

PRESS RELEASE

19th September 2003

OVER 800 YEARS OLD IN HYDE



Photo opportunity at the Scheme with residents

You are never too old to learn new skills! One group of elderly residents is showing just that as they learn the Ancient Chinese Art of Tai Chi.

Landlord New Charter is hosting regular sessions for residents at one of their Sheltered Housing Schemes at Rufford Avenue in Hyde.

This beneficial health exercise and self defence system improves overall well-being and can help mobility. Ideal for the elderly!

New Charter has teamed up with a local GP to provide the sessions once a week in the residents lounge.

Eighteen people took part in the first one-hour session on 9th September and one local resident said “I was a bit curious, but was persuaded by my friend to join in. It was very relaxing - nothing too strenuous”.

Dorothy Goddard, Care Manager at New Charter commented “ We are always on the lookout for more events to promote in our sheltered housing schemes. I am pleased we have teamed up with a local GP who is running the group. Tai Chi has been around for centuries. It is a little bit different and I am delighted at the response of our residents. It is part of our campaign to promote a healthy lifestyle among our older residents, many of whom will be back next week!”

NOTES TO EDITOR

1. New Charter formed in 1999 as the new landlords to own and manage nearly 16,400 properties transferred from Tameside Metropolitan Borough Council in Greater Manchester. Until September 2000, it was Britain’s biggest Large-Scale Voluntary Transfer (LSVT). With a turnover of £49 million a year and a workforce of almost 800, New Charter is one of the twenty largest Registered Social Landlords (RSL’s), and is regulated by The Housing Corporation, a Government watchdog.
2. New Charter has 22 Sheltered housing schemes across Tameside, aimed at the over 55s.
3. This particular scheme at Rufford Avenue, Hyde has 38 bungalows.
4. The Scheme Co-ordinator is Jean Bullock who has worked there for 5 years.
5. There is a photo opportunity at the Scheme.

6. Tai Chi is an ancient Chinese art involving movement and concentration, which provides relaxation and promotes well-being.

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