

Updates from the network



JOIN OUR EVENT - FROM IDEAS TO INFLUENCE: MAKING YOUR EXPERIENCE COUNT

On 6th May we will be hosting an online event in partnership with Manchester University's Healthy Ageing research group. It's aimed at making sure that older people can bring their ideas and experience into research and work that will influence and make a real difference for us all.

Join our online event! Healthy Ageing: From ideas to influence – making your experience count



Thursday 6th May,
10:15 - 12:30

Want to bring your life experience to make a difference for older people now and in the future?

Want to share ideas about the kinds of topics that healthy ageing research should be addressing?

Join us to bust some of the myths about research and hear about GM Older People's Network's partnership with Manchester University's Healthy Ageing Research Group.

We want to make sure that all older people can input if they want to and that research is inclusive of everyone. Whatever your background or experience, your voice is important.



This event will take place on zoom, you can join either by video or by telephone.

Register via this link: <http://bit.ly/3r33gfz> or telephone 0161834982

Email GMOPN@macc.org.uk or telephone 0161834982 for further information.



Some of you have already been involved in the GMOPN's collaboration with Manchester University and over the past year we have been working together to help develop innovative research projects that directly impact the lives of older people in Greater Manchester and beyond.

At this event we will explore some of the commonly held views about research and attempt to bust some of the myths and break down some of the barriers to getting involved. We will discuss the potential, benefits and necessity of involving older people as experts by experience in the whole process of research: from identifying priority areas, informing the way in which research is conducted, to making sure that it is applied to make the changes and have the impact needed.

Come and join us to share your thoughts and hear about the work we have been doing so far. Whether you have been involved in research before and want to share your experience, or are just curious about whether you might like to be involved and what difference research can make. This event has been developed by some of our network members, alongside Manchester University colleagues and is open to anyone aged 50 or over living or working in Greater Manchester or those who have strong links to older people who may wish to be involved.

To register for the event, click [here](#) or telephone 0161 8349823



CORONAVIRUS UPDATE



Soon, lockdown rules will be changing. On 29th March we will be able to meet outdoors in a group of six from any number of households, and from 1st April if you have been identified as clinically extremely vulnerable you will no longer be advised to shield. Non-essential shops and hospitality venues (outdoors) will open on 12th April and by 17th May hospitality venues will open indoors but the rule of six will apply.

THE VACCINE

With news that the COVID-19 vaccine has been offered to the government's top 4 priority groups in the UK, the prospect of vaccination available to all is becoming more real. The top four priority groups include all those most at risk from coronavirus, as well as those working in environments where the risk of catching covid and passing it onto vulnerable people is high.

This includes:

- Residents and workers in care homes for older adults
- People over the age of 70
- Frontline and healthcare workers
- Clinically extremely vulnerable people

Everyone in these groups has now been offered a vaccine and as the mass vaccination process continues, more eligible groups are being offered the vaccine. The next groups include:

- Group 5: people aged 65-69
- Group 6: anyone aged 16-64 who has an underlying health condition
- Group 7: people aged 60-64
- Group 8: people aged 55-59
- Group 9: people aged 50-54

As GP surgeries and hospitals are beginning to roll out the vaccine to the next most vulnerable groups, it's important that you don't contact them and overwhelm the service. You will be contacted when a vaccine becomes available for those in your risk category in your area. To keep others safe and to prevent transmission of the virus, it is still essential to continue to follow government guidelines even if you have had the vaccine.

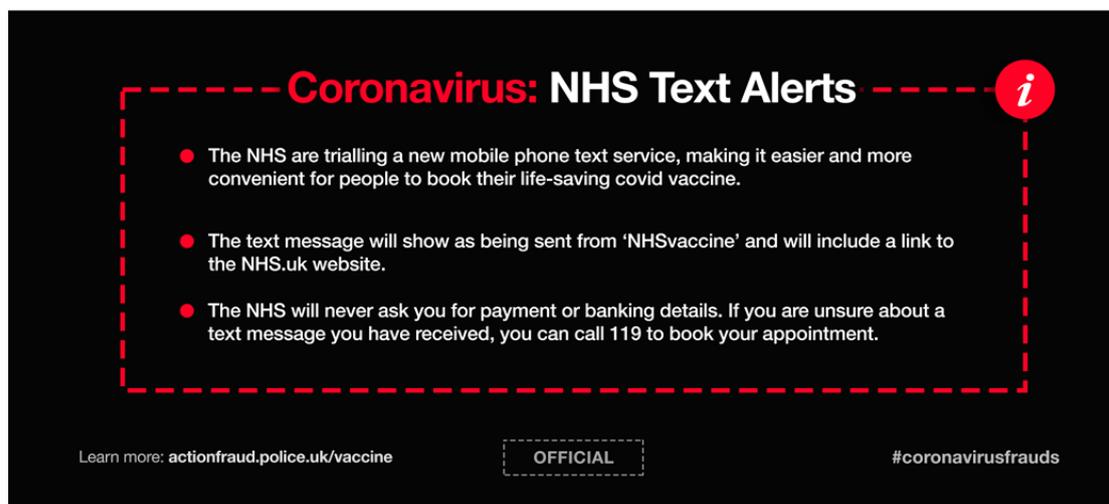
Scams and the vaccine:

There are a lot of scams around currently and scammers are becoming more advanced in their techniques. It's very easy to believe a scammer when their texts or emails look professional.

Sadly, the vaccination programme has been used as an opportunity to target people so it's important to be able to spot a scam when you see it.

Recently, the NHS have started inviting people to book their covid vaccine via text and to help people ensure that the text is genuine, here is a list of key points to look out for:

- The text will come from 'NHSvaccine'
- The link to book your vaccine will take you to the NHS.uk website
- The vaccine is free of charge, if the link takes you to a page to input payment details it is a scam
- You will never be asked to prove your identity by sending copies of personal documents



Coronavirus: NHS Text Alerts

- The NHS are trialling a new mobile phone text service, making it easier and more convenient for people to book their life-saving covid vaccine.
- The text message will show as being sent from 'NHSvaccine' and will include a link to the NHS.uk website.
- The NHS will never ask you for payment or banking details. If you are unsure about a text message you have received, you can call 119 to book your appointment.

Learn more: actionfraud.police.uk/vaccine OFFICIAL #coronavirusfrauds

BEREAVEMENT SUPPORT

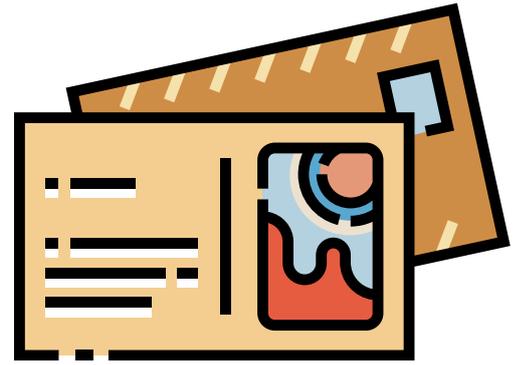
On 23rd March the UK marked one year since the first lockdown. A national minute's silence was held at midday to remember those who had lost their lives to coronavirus.

Many people have been bereaved during the pandemic. Whether this has been a direct result of coronavirus or not, grieving during this time has been even more challenging, with people not necessarily able to attend funerals or to get support from family and friends in the way that they would usually. It has also been a time when some people have experienced a great deal of loneliness and the absence of a partner or friend lost many years ago has been felt strongly again.

The Greater Manchester Bereavement Service offers help and support to anyone who has been affected by death. Support is there for everyone. It doesn't matter if your bereavement is recent or happened a long time ago – people all process grief differently and this service is for everyone. They point people in the direction of resources that may help them when bereaved, show the available care and support in areas of GM and offer advice for practical issues that losing a loved one may bring. The resources include information on [coping with grief](#), [how to keep in touch with someone you can't be with who may die](#), and a [Little Box of Big Thoughts](#) - an exercise to jot down memories with someone who is / was important in your life.

If you or someone you know would like some support with bereavement, visit the [Greater Manchester Bereavement Service](#). or call **0161 983 0902**.

OLD FRAME NEW PICTURE CAMPAIGN - POSTCARDS



We have now launched the next stage of our Old Frame New Picture campaign designed to challenge negative and stereotyped representations of older people. As many of you were able to see, we recently showed the fantastic winning images from our competition to people across Greater Manchester on billboards outside supermarkets. Now we want to continue to spread the messages with a postcard campaign. Some of these are being distributed by [Talking about my Generation](#) with their magazine later this month.

Help us share these wonderful images of older people and spread some positivity by helping us to change perceptions of older people. These images can be sent as digital postcards (as an email, on Twitter or on Facebook). You can send them through our website: just click [here](#) and follow the easy steps. The postcards can be sent via email, Twitter or Facebook.

If you would like to request a physical pack of cards, please contact GMOPN@macc.org.uk. We hope you find joy in sending these brilliant images to family and friends as a way of reminding people that older people are valuable not vulnerable. We would also be interested to hear ideas from organisations about extending this campaign and encouraging people to reach out to each other with a postcard. We want to spread the positivity as far as possible!



TRAM AND TRAIN PASS RENEWAL



Great news for tram and train pass holders!

Greater Manchester concessionary travel pass holders, whose annual £10 tram and train add-on is due to expire before Monday 21 June 2021, can now carry on travelling for necessary off-peak journeys after the deadline for renewal was extended. This is to help pass holders avoid making unnecessary trips on public transport and to TFGM Travelshops or PayPoint stores to renew as the government eases coronavirus restrictions through its roadmap out of lockdown.

If you're a pass holder and you need to make an essential journey, you can now continue to use your pass, without renewing, until 21 June 2021. After that date, concessionary pass holders should renew when they next need to travel by tram or train. The £10 will last for a full year from the new start date. For more information, visit this [website](#) or **call 0161 244 1000**.

CAN YOU BE A MYSTERY SHOPPER?



Help the GMOPN improve housing options advice across Greater Manchester

In 2017 the GMOPN produced a Housing Manifesto based on a participatory workshop. One of the issues that was highlighted and remains a problem today is access to free, independent and impartial advice about housing options. This is something that older people need in order to make informed choices and plan for the future. However, the experience of some members of the Network suggests that this advice can be difficult to access and negotiate and that the picture is very different, depending on where you live in Greater Manchester.

We want to do something about this and are asking for your help to work with us on a research project that will assess older peoples experiences of engaging with home information services across Greater Manchester. We have successfully applied for funding from the British Society of Gerontology (BSG) to support us to do this. We have agreed to work with the Manchester School of Architecture, Care and Repair England and the Manchester Institute for Collaborative Research on Ageing (MICRA) to make sure that the research is robust and that our findings carry sufficient weight to push for change where it is needed.

The project will be designed and delivered by our members with the guidance of our partners. We are looking to use a "mystery shopping" approach, where older people telephone councils and other home information services and record their experiences.

Does this sound like a project you would like to take part in? Would you like to help the network turn our members experience into evidence and then action?

We will be having an initial online meeting about the project in April and the research will be carried out between May and October this year.

Please contact us at **GMOPN@macc.org.uk** or telephone **0161 8349823** if you would like to be involved or to find out more.

News and Participation Opportunities

E- SCOOTER SURVEY-WIN £100!

Take part in an online survey and win £100!



Healthy Active Cities are leading on a project funded by Transport for Greater Manchester and Lime, focused on the new e-scooters that are currently being trialled in different regions across the country. Salford is one of the trial cities and the only one with an attached academic study. This study will help TfGM and national government decide on the future role of these vehicles on our roads and pavements.

As part of this research they are inviting you to take part in an online survey. They have launched a survey to understand people's perceptions of the e-scooters. You don't need to have used one to take part in the survey and it only takes 5-10 minutes. All views are welcome! Click [here](#) to take part. Complete by **26th March** and there is also a chance to win £100.



ONLINE EVENT

What helps VCSE Organisations Keep Greater Manchester Moving?

Moving more is vital to feeling happier, stronger, living and coping better during the pandemic and beyond. VCSE organisations are key in a whole system approach to supporting active lives and addressing inequalities. This workshop is an important conversation as GMCVO engage widely on the refresh of the GM Moving Strategy - GM Moving in Action. If you are a group, organisation, volunteer or individual interested in supporting others to move more, GMCVO would love for you to attend this event. The event will take place on **31st March, 1pm-2pm**. Click [here](#) to register.

News and Participation Opportunities

MAYORAL ELECTION

On 6th May 2021, Mayoral Elections will take place in Greater Manchester. If you are registered to vote in any of the ten boroughs of GM you will be eligible to vote in this election.

As the Greater Manchester Older People's Network, we want to hear what the candidates have to say about the issues that matter most to older people.

At the beginning of April, the network will send some key questions to the candidates based on the priorities of our members and ask for their responses. In order to develop these questions, we will look at our previous reports and recommendations and consider some of the issues that were raised in our working groups over the past year. We will publish the responses on our [website](#) in the run up to the election.

We are also inviting you to let us know if you have particular areas or questions that you would like to raise. Please **email GMOPN@macc.org.uk** or **telephone 0161 834 9823 by Monday 29th March** if you would like to contribute.

Please be aware that we will only be sending candidates 5-8 questions in total so we are unlikely to pose your question directly but it will be used to help us gain a better understanding of the concerns of our membership. We will do our best to bring together the main priorities of our membership and frame questions accordingly.



News and Participation Opportunities

TAKE PART IN A RESEARCH STUDY

The Healthy Ageing Research Group at Manchester University would love to hear from the GMOPN members about a project they are currently developing. This is what they have told us about the project.

Background

Frailty is a condition common in older adults and can lead to a variety of health issues including falls, disability, hospitalisation, moves to care homes, dementia, poor quality of life and death. Frailty is a condition that can be mild, moderate or severe. 'Pre-frailty' or 'mild' frailty is associated with some minor health problems but the biggest risk is to people moving towards moderate or severe frailty. We know that if we work with older adults who are 'pre-frail' and get them engaged in physical activity, then they are more likely to remain stable or even move back to robust health. Our project will target 'pre-frail' older adults in Greater Manchester in order to signpost them to physical activity classes in their local areas that are known to help prevent or reduce frailty.

What do we need to do first?

One of the first things we need to do is talk to a variety of people, including older adults, in order to explore their views on what is being developed. We are interested to know what you think will or won't work; if you think it will be practical to undertake such a project; what you think some of the barriers might be to taking part in such a study for older adults; are we explaining the project in a way that is easy to understand etc.

News and Participation Opportunities

What would I have to do?

If you decide to take part, an interview will be arranged with Dr Annemarie Money who runs the project and works at the University of Manchester. You will be sent a brief one-page summary of the proposed project to read before the interview. Interviews will either be via telephone, zoom / teams, depending on what you prefer, and will be arranged at a time and date best suited for you. Interviews will last for around 30mins and you will only be asked to take part in 1 interview. Everything that you tell us during the interview will be kept confidential.

You will be compensated for your time and will receive a £15 'Love2shop' voucher as a thank you.

If you are interested in taking part, or if you would like further information, then please contact Annemarie Money either by **telephone 0161 306 7777** or **email Annemarie.money@manchester.ac.uk**.

News and Participation Opportunities

MANCHESTER CARES VIRTUAL CLUBS PROGRAMME

Manchester Cares has arranged a variety of virtual clubs to attend throughout April. All of the clubs are free to attend but you must book in advance by **phoning 0161 207 0800 and pressing option 2** or by **emailing heather.madden@manchestercares.org.uk**. Once booked, you will be sent the links to join the clubs via Zoom. Here are a selection of clubs you may wish to join:

Thursday 1st April, 2.30-3.30pm: Phone-in Cozy Club

Call up to join in with this group chat! We will be coming together on the phone to have a general chat. Absolutely no internet access necessary - just your normal phone line. This club is dial in only.



Joining Instructions:

- **telephone 0800 260 5801**
- enter the **meeting ID: 549 218 9495** followed by a **hash #**
- you will then be asked for a participant ID, which we aren't using, so just enter a **hash #**
- enter the **password: 123456** followed by a **hash #**

Tuesday 6th April, 5-6pm: Phone-in Quiz

Call in and have a go at our phone-in quiz! All you need is a pen and paper to write down your answers. We will put you into quiz teams with your neighbours over the phone and read some quiz questions aloud.

Joining Instructions:

- **telephone 0800 260 5801**
- enter the **meeting ID: 964 3137 4590** followed by a **hash #**
- you will then be asked for a participant ID, which we aren't using, so just enter a **hash #** for that
- enter the **password: 123456** followed by a **hash #**



Friday 16th April, 5-6.15pm: Desert Island Discs

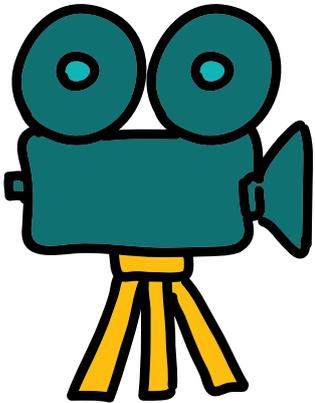
Like the radio show of its namesake, come and share a song and why it's meaningful to you. This month our theme is Smile/Laughter - we want to hear those tunes that make you giggle, or that bring back an amusing memory!

Joining Instructions:

- call **0800 260 5801**
- enter the **meeting ID 939 5768 7890** followed by a **hash #**
- You will then be asked for a participant ID, which we aren't using, so just enter a **hash #** for that
- enter the **password: 123456** followed by a **hash #**

Wednesday 7th April, 1-2.15pm: Sistine Chapel Tour

If you've always wanted to visit the Sistine Chapel, or if you've been before and want another look, join us for this virtual tour and learn all about the history of the famously beautiful chapel. **Call Heather on 0161 207 0800** and press option 2 if you'd like to join.



Monday 12th April, 1-2:30pm: Movies, Music and Memories

Watch old footage of the North, live music and entertainment, and come together with your neighbours in Liverpool to discuss memories and stories. Call **Heather on 0161 207 0800** and press option 2 if you'd like to join in with this club.

Monday 19th April, 1-2pm: Creative Writing For Fun

In this workshop we will complete fun writing based games and activities. No prior experience or 'talent' needed, just come along for a laugh and a catch up. Call **Heather on 0161 207 0800** and press option 2 if you'd like to join in with this club.

For the full list of clubs, visit the [Manchester Cares website](#).