

## Updates from the network



### POSITIVE AGEING: VALUABLE NOT VULNERABLE

This November issue of the Greater Manchester Older People's Network newsletter is focusing on your positive ageing stories. Last month the GMOPN was involved in the #ValuableNotVulnerable campaign, coordinated by the Greater Manchester Ageing Hub. Lots of organisations and older people came together to highlight positive stories and realistic depictions of older adults responding to the challenges of coronavirus – whether that's working on the frontline in paid employment, being active in the community, or caring for family and neighbours. The campaign mainly took place online and through social media so we wanted to make sure that those of you who don't use Twitter and Facebook would have a chance to look at the fantastic contributions from our members - about your community spirit, the changes in your areas and how you have adapted and helped out. Keep sending us your stories so we can share them and inspire others!

### CORONAVIRUS UPDATE

Due to the national rise in cases of COVID-19, the government announced a national second lockdown starting on 5th November and ending on 2nd December. This means you must only leave the house for these reasons:

- Shopping for basic necessities, for example food and medicine, which must be as infrequent as possible.
- To exercise, for example a walk, either alone, with members of your household or your support bubble.
- Any medical need, or to provide care or help a vulnerable person.
- Travelling to work or volunteering

In general you must not meet with another person socially, or undertake any activities with another person. However, you can exercise or meet in a public, outdoors space with people you live with, your **support bubble** (or as part of a **childcare bubble**), or with one other person.



There are some people who need to pay particular attention to the Government's advice to stay at home and avoid contact with other people. They include:

- People aged over 60 (regardless of medical conditions)
- People with underlying health conditions such as
- Long-term respiratory disease
- Heart, liver and kidney disease
- Diabetes
- Chronic neurological conditions, such as Parkinson's disease.

If you fall into one of these categories, you should be especially careful to follow the rules, minimise your contacts with others and continue to wash your hands carefully and more frequently than usual.

### The Flu

The flu vaccination is more important than ever this year. It will help save lives. People aged 65 and over are more likely to experience serious complications from flu. As well as having your flu vaccine, you may be eligible for the pneumococcal and shingles vaccines. All three vaccines can be given at the same time. Ask your pharmacist or GP about the free flu vaccine. Social distancing and safety measures are in place to prevent the spread of COVID-19. More information about the flu vaccine can be found on the NHS website, click [here](#).

# GREATER MANCHESTER COMMUNITY HUBS

Here is some contact information for Greater Manchester Community Hubs if you or anyone you know needs help and support with food and medical supplies. Please **text 07860022876** or use the numbers on the poster to phone from a specific area in Greater Manchester. If texting, messages will be responded to by the next working day. For further information please click [here](#).

Help and support with  
**food and medical supplies**  
for anyone living  
in Greater Manchester.



<b>Bolton</b>	<b>01204 337 221</b>	Mon to Fri: 8.30am – 5.30pm, Saturday: 9am – 1.30pm
<b>Bury</b>	<b>0161 253 5353</b>	Monday to Friday: 9am – 5pm
<b>Manchester</b>	<b>0800 234 6123</b>	Monday to Friday: 9am – 5pm,
<b>Oldham</b>	<b>0161 770 7007</b>	Monday to Friday: 9am – 5pm
<b>Rochdale</b>	<b>01706 923685</b>	Monday to Friday: 9am – 5pm
<b>Salford</b>	<b>0800 952 1000</b>	Monday to Friday: 8.30am – 6pm Saturday: 9am – 1pm
<b>Stockport</b>	<b>0161 217 6046</b>	Mon to Thu 9am – 5pm Friday 9am – 4.30pm
<b>Tameside</b>	<b>0161 342 8355</b>	Mon to Wed: 8.30am – 5pm, Thursday: 8.30am – 4.30pm, Friday: 8.30am – 4pm
<b>Trafford</b>	<b>0300 330 9073</b>	Monday to Friday: 8.30am – 5.30pm
<b>Wigan</b>	<b>01942 489018</b>	Mon to Fri: 9am – 5pm, Sat and Sun: 9am – 12 noon

**Greater Manchester Textphone 07860 022876**

Messages will be responded to by the next working day

## AGE UK REPORT

### The Impact of Covid-19 on Older People's Mental and Physical Health

Recently, Age UK produced a report that looked at the impact Covid-19 has had on older people's mental and physical health; finding that a substantial group of older people have been left frightened, depressed and alone. The report discovered some older people no longer found happiness in the things they used to enjoy, leaving them hopeless for the future as there is no end in sight to the pandemic. Along with this affect on mental health, the virus can also affect older people's mobility and balance as a result of moving around less while staying at home to help protect themselves from the virus. Particularly now we have moved into winter, many older people and particularly those living alone are likely to need extra support. To read the full report go to this [website](#).

## NEW: AMBITION FOR AGEING PUBLICATION

### New publication: A Toolkit for Inclusion in Practice

Ambition for Ageing have launched a new toolkit of real case studies illustrating different ways of equalities approach to programme design. The toolkit is supported by a short briefing which summarises the approaches.

Read about how Ambition for Ageing ran a rainbow train for Pride, delivered sign language-interpreted dementia information sessions, ran multi-cultural gardening projects, co-designed pay-as-you-like cafes and much more across the 24 mini case studies. The toolkit can be read as an independent document or used as a companion document to Ambition for Ageing's recent practical model for ensuring equality in community development work: [A Spatial Approach to Working with Marginalised Communities](#).

You can download the documents [here](#).

## POSITIVE AGEING STORIES



Some of you have shared brilliant stories of your efforts, the ways you have helped your communities and ways you have stayed positive over lockdown. Here are some stories we have received.

### Amy Muthra Shah

My name is Amy Muthra Shah and I'm a member of the Greater Manchester Older People's Network. Before the COVID-19 lockdown I was like many other citizens, busy with all my tasks of activities and daily living – shopping, attending hospital and GP appointments, and meeting friends and family. Particularly important to me was attending to community volunteering duties with various groups. I'm



particularly involved with a group that I founded called Yellowbird Age Friendly Support Group, but as well as this I'm also part of The Moss Side and Hulme Ambition for Ageing Group, a single parent group in Withington and also some volunteering with Catholic Rescue.

The onset of the lockdown was initially a shock, but the first 3 months was manageable and I adapted quite easily. I busied myself with neglected jobs like spring cleaning and gardening. I was lucky enough to be able to phone friends and families here and abroad. The face-to-face meetings with my various groups had to stop but I was keen to keep up the mutual support and contact with the group members. With my Yellowbird support group, I made sure that I made weekly telephone calls to members, to make sure that they were coping ok. I gave some of them signposting support if they needed help with benefits or referred to social services for occupational health assessments. One of the group members had to have a pacemaker fitted so I supported her in her recovery by cooking meals and my son delivered them for me.

To me, all members of my community are equally important and I'm passionate about supporting refugees. Recently, I have been supporting some people from Syria and the Yemen. I always try to do as much as I can to do my bit and in the lockdown I helped by providing hot meals and sandwiches and also signposting people to organisations that would assess their needs and make sure that their wellbeing was maintained.

## Positive Ageing Stories

All the time, I couldn't help feeling that I should be doing more, but this was impossible due to shielding with underlying health problems, so I reassured myself that I was doing all that I could. I still continue to think about what I can do and am always focusing on ways that I can help and stay involved in my community as much as possible. I'm really looking forward to the time when we can start to work face to face again with members of the community because I still feel that this is an essential part of connecting and supporting each other.

### Colin Bayley.



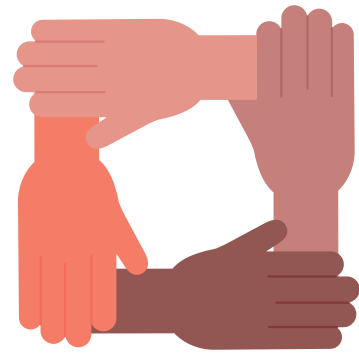
My name's Colin Bayley and I'm 73 years old. I've always been an extremely active citizen and supporting my local community has always been extremely important to me. COVID meant that all the face to face meetings that I attended had to stop. There's something special about face to face contact and I needed to find ways of bringing that back into my life. I found a great solution when I attended a Community Explorers meeting via Zoom and heard a presentation from North Manchester Black Health Forum. They talked about the support they were providing to the community and one of their initiatives was to deliver homemade curries to older people in

the Cheetham Hill and Crumpsall areas. They shared that they were short of volunteer drivers and I immediately thought, "I can do that" and volunteered there and then. Now, every Wednesday lunchtime I pick up 9 meals and deliver them to older people in Cheetham Hill. It's a great way of giving back to the community and also helps me stay connected and keep that face to face contact. I'm definitely going to stay involved and keep volunteering. People often think about older people as just the receivers of support but we've been very much part of the community response, supporting others in whatever way we can.



## Pauline Sergeant

My name is Pauline Sergeant and I am a 71 year old volunteer from Levenshulme. I am involved in numerous groups and organisations that help people so at the beginning of lockdown I felt redundant but after two weeks I felt happy to be at home and able to get things done. As my husband and I shielded, technology became very important to us; my phone used to sit in my bag and was only used for dialling numbers but now I'm able to use FaceTime, Email and I can text.



I was never a fan of technology before but I see the importance of it now, it's been a lifesaver! I have kept in touch with members of my community by phone, and the groups I'm involved with such as Ambition for Ageing and Age UK, send messages to each other and we have done quizzes to keep busy. Getting in touch with my community gives me a sense of pride and I still give advice and help to others who can't help themselves. It's important to me to communicate with people who struggle with loneliness and isolation, I'm there for them to offer help and encouragement. I have maintained my role as a Culture Champion and an advocate of numerous groups and organisations.



It makes me proud that I have been able to give advice and instructions to my community during this time. Another group I support is MAV which stands for Mothers Against Violence. I've continued my involvement with this group throughout this time and the kitchen space we provided allowed us to adhere to government guidelines while preparing food to deliver to the community. During lockdown, I celebrated my 71st birthday and mine and my husband's 50th wedding anniversary, it wasn't what we had planned but it was still lovely. I am extremely blessed and thankful to have my five beautiful daughters and ten beautiful, kind grandchildren, they mean the world to me; they're my heartbeat.

Earlier this year, my sister sadly passed away and it felt like the sky had fallen down on me but I am very thankful I was able to attend her funeral in Jamaica before lockdown, it was God's blessing. Family, friends and staying connected are so important to me and I've made sure that I do this for myself and also helped others to do the same. Looking to the future, I would love people to recognise each other and communicate in a friendly way – we all have things in common and kindness goes a long way.

## POSITIVE AGEING STORIES

### Jan Kitching

My name's Jan Kitching. I'm 67 and the Stockport representative for the Greater Manchester Older People's Network. Staying active and connected is really important to me and I wasn't about to let COVID put an end to that. Although I couldn't make the trip to Australia to see my family which was a big disappointment there have been many positives from this time. The connections that I made with the local community as we came together to support each other through mutual aid groups were fantastic and have created a real atmosphere of neighbourliness.



I couldn't attend my regular exercise classes as they stopped but to compensate for this we have discovered a network of local footpaths to enjoy from our own front door and walk between 3 and 6 miles every day. It's all about finding alternatives and making sure that you stay positive and connected. I live in Stockport but I know this has been the case for many older people across Greater Manchester.

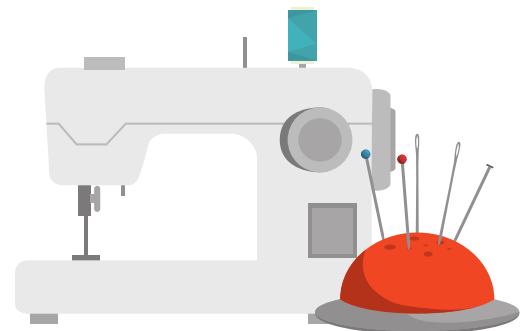
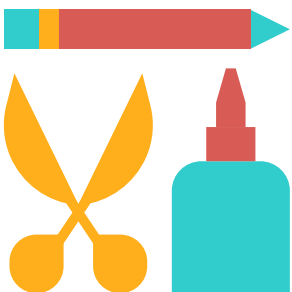




# POSITIVE AGEING STORIES

## Mabel Jones

My name is Mabel Jones and I'm 83 years old and from Wigan. I'm part of many groups, one being a craft group where their aim is to help people on their own. During lockdown I wanted to do something to make a difference so I began sewing masks, with material left over from the craft group. I gave them to my family and friends and to local groups that I was involved with. Someone I knew was sewing masks for the NHS and as material was becoming scarce, I gave them my new bedding set to help with the production of masks. As an active member of the community, I'm involved with another group who helped keep our library open and raised £20,000 for our community. As I have always been so busy with all my groups, in some ways, I loved the peace that came with the first couple of weeks of lockdown; I could hear the birds singing again and it was nice not to be needed. I could relax and take my dog out for a few hours a day. I'm proud to have taken care of myself, I think it's important for my wellbeing. I've been able to shop for myself, I've made bread for friends and it has made me realise how kind people are. I have had people close to me knocking on my door to ask how I am and Age UK Wigan have also been in touch but I've been okay with my jigsaws and wasgijs to keep me occupied. This virus has given everyone food for thought and I hope it has given the youth a better understanding of life for the future. It's made me think more about the value of the environment and I hope we have a planet free from pollution and we understand the importance of wildlife.



# News and Participation Opportunities

## RADIO MAKING COURSE

Starting on 19th November, Sonder Radio are offering a free radio making course over Zoom, with the opportunity to create a live show at the end!

If you are aged over 50 and keen to try something new, why not give it a go?

If you are interested, email [hello@sonderradio.com](mailto:hello@sonderradio.com) or call 07933 773 118.



**TASTER 19TH NOVEMBER**  
**23rd NOVEMBER - 4TH DECEMBER**  
**WEEKDAYS ONLY**

**RADIO COURSE**

**PRESENT, PRODUCE AND LEARN ABOUT RADIO**

**IF YOU ARE OVER 50, JOIN THE COURSE AND CREATE A 1 HOUR LIVE SHOW**

**PLEASE CONTACT: HELLO@SONDERRADIO.COM CALL OR TEXT 07933 773118 OR 0161 820 2190**

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GMCA, Greater Manchester Older People's Network, Greater Manchester Local Enterprise Partnership, MANCHESTER 2025



**OCTOBER 2020: WE ARE EXPANDING!**

2020 has been a difficult year! How could we help?

**SKILL GIVERS IS BACK AND BETTER THAN EVER!**

Skill Givers will support all groups to find the skills they need!

If your group would benefit from some short-term skilled support to help you adapt to Covid-19 changes, let us know!

**SKILL GIVERS IS NOW OPEN TO ALL VOLUNTARY GROUPS, COMMUNITY GROUPS, CHARITIES & SOCIAL ENTERPRISES ACROSS MANCHESTER & SALFORD.**

**SkillGivers**

## SKILL GIVERS IS EXPANDING

The Skill Givers project aims to make the most of volunteer time offered by employer supported volunteering schemes for everyone involved. We do this by working with local voluntary and community groups, charities and social enterprises who provide vital services across Manchester and Salford, to identify where they really need support. Over the coming months we will be focusing on trying to support

the voluntary sector with adapting to the new ways of working that have had to be put in place due to Covid-19. We want to know how employee volunteers can really make a difference to your organisations – get in touch and let us know! You can find out more and register for the project on the [Skill Givers website](#). You can also contact the Skill Givers Project Coordinator if you have any questions about how this may work for your organisation. Phone 0791 225 9255 or [Email](#).

## News and Participation Opportunities

### TRANSPORT CONSULTATIONS: CLEAN AIR AND TAXI STANDARDS

Transport for Greater Manchester has launched two major public consultations to get a wide range of views on the city-region's plans to reduce harmful air pollution on local roads and to introduce minimum standards for all taxis and private hire services licensed in the region. People and businesses across the region and beyond are invited to help shape the final plans by taking part in the consultations, which are open until Thursday 3rd December 2020.

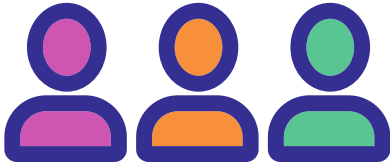
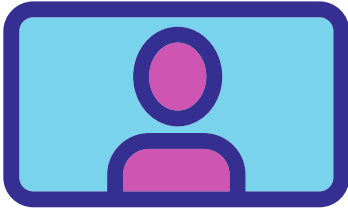
#### Clean Air Consultation

The purpose of the proposed Clean Air Zone is to improve air quality by encouraging drivers to upgrade to a cleaner vehicle. The government has directed Greater Manchester to introduce a Category C Clean Air Zone across the region, to bring nitrogen dioxide levels on local roads within legal limits in the shortest time possible. Click [here](#) to find out more information. The Plan includes the introduction of a Clean Air Zone from 2022, inside which the most polluting commercial vehicles, including non-compliant taxis and private hire vehicles, would pay a daily charge to travel on local roads. Under the proposals, funding would be available to help affected drivers and operators upgrade to compliant vehicles which wouldn't be subject to the daily charge. find out more and give your views, visit [cleanairgm.com](http://cleanairgm.com) or request further support, including copies of consultation documentations, on **0161 244 1100**.

#### Taxi Standards

Greater Manchester's proposed taxi and private hire Minimum Licensing Standards are designed to make services safer and more customer-focused, with high environmental and accessibility standards. We know that taxis are an important service for many older people, allowing people to get out and about, access their communities and use essential services. We also know that many people have had negative experiences. The taxi standards that are being proposed are intended to give peace of mind to every customer that the vehicle, driver and operator have been checked to a high standard. Please fill in the survey to make sure that the concerns of older customers are given due consideration. You can fill in the survey by visiting [gmtaxistandards.com](http://gmtaxistandards.com) or to request paper copies of the consultation document and questionnaire please email [info@gmtaxistandards.com](mailto:info@gmtaxistandards.com) or phone **0161 244 1100**.

## News and Participation Opportunities



### AMBITION FOR AGEING SEMINAR

#### Ambition for Ageing seminar

#### Community research: Belonging in neighbourhoods

What does it mean to belong to your neighbourhood for marginalised communities? This seminar shares the findings of two Ambition for Ageing research projects, Ageing Equally and Growing Older with Learning Disabilities (GM GOLD), that consider how members of different marginalised communities perceive neighbourhood belonging. There will also be a chance for discussion and questions. Speakers include Henshaws, Rethink Rebuild Society and the GM Gold team. Book your place [here](#).

### OLD FRAME NEW PICTURE COMPETITION: WIN £250!



#### Photography competition

The Old Frame New Picture photography competition launched last month and we have received lots of entries so far. We have extended the deadline for the competition to **Friday 27th November at 5pm**. Do you have a photograph that might challenge some of the negative stereotypes about older people? Do you have friends and family who might want to enter? We want to present a more positive and diverse view of older people and encourage the media to use more realistic images. Photos can be entered under the following categories: Activism, Supporting my Community, Old and Proud, Friends and Family, Taking Part and Self-Portraits (including selfies): Submit your pictures by Friday 27th November. You could win £250!!!

Old Frame New Picture looks to celebrate and promote positive and realistic images of older people in Greater Manchester. The competition is designed to challenge the negatively stereotyped ways older people are represented as vulnerable or frail, something that has become even more prevalent during the coronavirus pandemic. To read the full competition details and get involved, click [here](#). Good luck!

## News and Participation Opportunities

### OLD FRAME NEW PICTURE EVENT



On 28th October the Greater Manchester Older People's Network and Great Place GM hosted an online event called Old Frame New Picture: How Older People Are Represented in the Media and What Can We Do About It? Timed to run alongside the Old Frame New Picture photography competition, this online event was an opportunity to examine and discuss the way older people are portrayed in the media with negative and stereotypical images of vulnerability and fragility. Speakers addressed how we can challenge this narrative with one that celebrates the diversity of older people's lives and their contributions to society. The event included presentations and provocations from a range of speakers who drew on professional and personal insights - exploring why we represent older people in this way and how this has been compounded by Covid-19. Presentations were followed by a broader discussion on ageing, media and representation where attendees had the chance to share views and ideas on how we might change the current picture.

You can watch the full event on Youtube by clicking [here](#). To view the full webpage about the event, visit [Old Frame New Picture how older people are represented in the media and what we can do about it?](#)

### CENTRE FOR AGEING BETTER REPORT

#### An Age Old Problem?

The Centre for Ageing Better have produced a report looking at how society shapes and reinforces negative attitudes to ageing. The report focuses on the language used by national government, news and social media, advertising, ageing-focused charities and health and social care organisations in relation to the topics of age, ageing and demographic change. To read it, click [here](#).



## POSITIVE ICONS COMPETITION WINNER



In the last newsletter we shared the Positive Icons competition, launched by The Centre for Ageing Better, that focused on challenging the symbols and icons that represent older people. Current images show older people negatively so we asked you to get involved and rethink the current images and design new positive icons. The project was incredibly well received and shared – the conversation continued beyond social media with the competition capturing attention on national TV. With more than 120 submissions, the entrants drew on a range of ideas, from abstract concepts such as tree rings, to reimaginings of the walking stick.

And the winner is... **Swag Design!** They took a unique spin on the familiar couple crossing the road with walking sticks and hunched backs, and reimagined the existing icon as two older people dancing across the street, using the walking stick as a dancing cane.



The new age-positive design will be made publicly available for unlimited use by any individual or organisation by February 2021!