

## Updates from the network

Welcome to the tenth edition of our information bulletins. We will be sending these out regularly to our members during the coronavirus pandemic to share information and advice for older people. If you would like to share any information via this bulletin about services available to older people in Greater Manchester please get in touch via [GMOPN@macc.org.uk](mailto:GMOPN@macc.org.uk) or telephone **0161 834 9823**

### GM Clean Air Plan - online workshop

Date and Time: **Thursday 17 September 1pm - 2:30pm**

Where: **Online on zoom**

Transport for Greater Manchester are working with GMCVO to gather views on the proposed GM Clean Air Plan (more information on the plan can be found [here](#) and [here](#)). They are looking to hear from a range of people, including older people and organisations that support older people. We will be holding a virtual workshop on zoom to help gather these views. Staff from TfGM will introduce the proposed GM Clean Air Plan and then participants will be asked a set of questions. All responses will be collated to feedback into the whole consultation.

If you would like to attend this workshop and share your views, please contact **Liz** on ***Macc number or your mobile?*** or email [GMOPN@macc.org.uk](mailto:GMOPN@macc.org.uk). Places are available on a first come first served basis.

**Do you want to say something here about the photo comp and that we will be re-launching it very soon and to watch this space kind of thing?**

# Information and support available

## Test and Trace service and common scams - information from Age UK

Age UK have put together some useful information about the test and trace service which forms part of the Government's strategy to reduce the spread of coronavirus. There have been reports of scams related to the test and trace service and the information below may help you to identify a scam and stay safe.

### **Contact tracers will:**

- Call you from 0300 013 5000
- Send text messages from 'NHStracing'
- Ask for your full name and date of birth to confirm your identity, and postcode
- Ask if you are experiencing any coronavirus symptoms
- Provide advice on what you must do
- Ask you to provide the name, telephone number and/or email address of anyone you have had close contact with in the 2 days prior to your symptoms starting.

### **Contact tracers WILL NOT:**

- Ask you to dial a premium rate number (e.g. those starting with 09 or 087)
- Ask you to make any payments or purchases
- Ask for any details about your bank account
- Ask for any log in details/passwords/pins or those of your contacts
- Provide medical advice on treatment of potential coronavirus symptoms
- Ask you to access any website that does not belong to the government or NHS
- Ask you to download any software to your PC or ask you to hand over control of your PC, smartphone or tablet to anyone else

For more information click [here](#).

## Transport for Greater Manchester cycle confidence courses

Do you want to learn to ride a bike, or to get out on the road? Do you want to find out how to ride safely around town? Do all this and more with Transport for Greater Manchester's friendly cycling training sessions! From complete beginners, to experienced cyclists, they offer a range of free courses suitable for everyone. They are currently only offering their 1-2-1 and family training courses, however updates on all other courses will be provided in due course. For more information click [here](#).

## Positive portraits of over 50s - opportunity.



A photographer working for the Centre for Better Ageing is looking for people aged 50+ in the Greater Manchester area to take part in creating a vibrant series of 'age positive' portraits. Think about typical pictures of 'older people', the photographer, Gemma Taylor, would like to create the opposite!

### **What Gemma's looking for:**

She would primarily like to photograph people at work, creating some action shots as well as creative portraits. Photos will be taken at a safe social distance and other precautions and relevant lockdown guidelines respected. For example it may not be possible to photograph you indoors at work, so your portrait may be taken outside instead if we can depict your job, e.g. through a uniform, tools, or similar.

### **What it's for:**

The Centre for Better Ageing will store the pictures, which will include your name, age and a short testimony. Photos will be published in their communications when relevant (website/reports/social media) For example, there is a new report planned in relation to employment and the over 50s.

### **What's required of you:**

To take part you need to be available for approximately 1 hour, at work or other (outdoor) location of your choice, between 25 Aug – 5 September (you can also register your interest for a later date).

If you'd like to take part, or have any questions, please contact Gemma:

**hello@gemmataylor.photo** or **07305 075 511**.

It is very important to ensure social distancing is adhered to at all times in order to reduce the risk of coronavirus spreading. For further information see the combined authority website [here](#).



### **Free Radio Training Drop in for older people at ALL FM**

Are you interested in making your own radio show or creative writing for radio?

If you're aged 65+ we will train you online in small, informal groups. The training is fun and free! No technical knowledge or experience is needed, just enthusiasm! For more information email [ed@allfm.org](mailto:ed@allfm.org)

## Positive stories and wellbeing

We really want to ensure that we're sharing positive news and amplifying the voices of older people so if you have any stories or if you would like to share any tips on how you're spending your time at home, please email Liz via [GMOPN@macc.org.uk](mailto:GMOPN@macc.org.uk) or telephone **0161 834 9823**. You may remember the lovely poetry that we shared in our previous newsletters. Pauline has kindly agreed to share some more of her work and this week is sharing some Haikus that she has written.

### Bees in Our Place

Bees buzzing around  
drinking nectar in our place  
summer sun shining

### Twenty Weeks

Twenty weeks inside  
outside now smelling the grass  
finally pleasure

### Three Special Women

Three women are we  
special in so many ways  
bold yet warm

*Pauline Smith, August 2020*

### **bOlder 2020 - 21: Greater Manchester visual artist talent programme for artists 50+**

Are you a contemporary visual artist over 50 years of age living in Greater Manchester? Are you currently unemployed or economically inactive (not currently engaged in paid work and not actively seeking work) and not a full time student? Do you have a track record of recent activity as a visual artist? Do you want an injection of critical and professional support to move your practice on to the next level?

bOlder 2020/21 is a talent development programme for contemporary visual artists aged 50+ who are currently unemployed or economically inactive. They welcome applications from artists working across mediums in the visual arts including, but not limited to: drawing, painting, printmaking, photography, sculpture, installation, artist's film, moving image, sound, live art, public art, socially engaged practices, design, craft.

For more information [see here](#), email us at [leslie@castlefieldgallery.co.uk](mailto:leslie@castlefieldgallery.co.uk) or ring **0161 832 8034** and leave a voicemail with your name, what you are calling about and your contact number and we will ring you back as soon as we can. **Application deadline: 12 noon, Monday 28th September 2020**