

Updates from the network

POSITIVE AGEING CAMPAIGN

Thank you so much to those of you who have shared stories so far about the positive contributions that you have made during lockdown.

We have already received some brilliant stories of your kindness and contributions to the community.

Some of you have donated material to the NHS for the production of masks and some of you have been the point of call for people struggling with isolation. We've also heard how people have continued their involvement and support with organisations during this troubling time which has made you proud to have been able to help. We would love to hear from more of you, every contribution is appreciated however big or small and we will be sharing your contributions as part of the month-long Valuable not Vulnerable campaign, launching on 1st October on the International Day of the Older Person.

Please get in touch if you would like to share your positive contributions you have made during lockdown.

THANK
YOU

CORONAVIRUS UPDATE

Recent coronavirus rules means the reintroduction of the 'rule of 6'. This means you must not meet people socially in groups of more than six - indoors or outdoors, including private homes and gardens. However, this rule does not apply to individual households or support bubbles of more than six who will still be able to gather together.

The government have also introduced a 10pm closure for all pubs, bars and restaurants and the requirement to wear a face mask in hospitality venues when not eating or drinking. People are now also required to wear face coverings in taxis and private hire vehicles.



The local restrictions, meaning that people are not allowed to visit people in their homes or gardens, still apply in all areas of greater Manchester, apart from Wigan and Stockport. Bolton has some further restrictions, including a requirement that hospitality venues including pubs, are operating a takeaway only service which must close at 10pm.

For more information on the restrictions, please visit:
<https://www.gov.uk/guidance/greater-manchester-local-restrictions>

CALL FOR EVIDENCE



North West ADASS are calling for evidence to investigate the impact of Covid-19 on adults with social care needs and the role of the communities in providing support.

North West ADASS are the Association of Directors of Adult Social Services and they have formed an Elected Member Social Care Commission to investigate the impact of Covid-19 on people (adults aged 18+), their families and communities and what this shows about the role our communities should play in supporting people to live independently at home.

They are asking people to submit stories to inform Commission listening sessions in October and November.
They are interested in hearing from:

- People who require help to live independently at home
- People who already receive an adult social care service
- Family members
- Advocates
- Carers, e.g: people who support a family member
- Care Workers (carers who work in a paid role for a care provider)
- People who volunteered during the pandemic to support people in their community
- Community and voluntary organisations
- Informal groups which emerged in the pandemic
- Businesses who have supported their community with vital services

To submit stories and for more information please email: nwadass@nwemployers.org.uk.

COMPETITION: POSITIVE ICONS

A competition has been launched by The Centre for Ageing Better, who are supported by Public Health England (PHE), to rethink the symbols and icons that represent older people and how we can challenge this.



Current icons, such as the familiar illustration of walking sticks and hunched backs, give a negative stereotype of older people. Research has shown that stereotypes can become self-fulfilling prophecies as they can affect the way older people view themselves, their own capabilities and the activities they engage with. This was shown in findings from a report by the Greater Manchester Older People's Network last year, *Age Proud: Exploring Positive Ageing*. The report found that ageing is perceived as a negative and this is reflected in both language and imagery.



Stereotypes and assumptions about the older generations include the idea of a privileged 'golden generation', the 'little old man/woman', characterized by weakness and a lack of capacity, and a sense of older people as 'past it', their attitudes and insights out of touch and irrelevant. Although these strands are often mutually contradictory, together they combine to characterise older people overwhelmingly in terms of societal burden. It is important to celebrate ageing rather than view it negatively, as the report found that older people value opportunities to share their knowledge and experience as well as to continue to have an impact and express their views.

Negatively focused icons feed into this negative narrative and Ageing Better are committed to changing this- they hope to use new icons to challenge these stereotypes and imagery by inviting designers to submit their proposed icons that are 'age-positive'. The designs need to be simple and instantly recognisable, and appropriate for use in reports, presentations and other related outputs as a way of visually showing ageing or older people.

Entrants are encouraged to involve older people in their design process to ensure there is the right level of representation. They should remember to avoid stereotypes and offensive imagery and try to be creative in what they think should represent ageing.

Competition: Positive Icons

The winning entry, decided by a panel of experts, will be used by Ageing Better and partners and it will also be publicly available for unlimited use by others. The winner of the competition will subsequently be awarded a contract and they will work with Ageing Better to expand their design into a wider set of icons and illustrations.

The competition will close at 4pm on Friday 16th October and the winner will be announced by the end of October.

For more information about the competition including how to submit your entry, please visit: <https://www.ageing-better.org.uk/news/age-proud-icons>.

RESEARCH OPPORTUNITY: SHARE YOUR THOUGHTS ON END-OF-LIFE CARE

Share your thoughts and experiences on end-of-life care for people with frailty to support policy research.

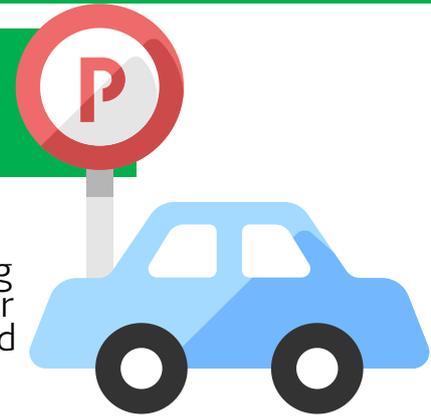
The National Institute for Health Research's Older People and Frailty Policy Research Unit are inviting older people with frailty or those who support an older person with frailty to get involved in an online discussion about end-of-life care. They are investigating how people with frailty may be identified as approaching end-of-life, and the best way these people can be supported during their final months of life.

Their findings will be a review of published research on end-of-life care. The online discussion will be hosted by VOICE network and facilitated by Dr Alex Hall from the University of Manchester.

The discussion board will be open until Sunday 4th October.



THE ISSUE OF PAVEMENT PARKING



The Greater Manchester Older People's Network has held various events and consultations where the issue of pavement parking has been identified as a key issue for older people, impacting on their ability to safely navigate their local area and to feel confident and comfortable in their neighbourhood.

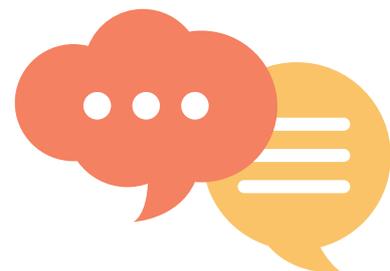
Age Friendly Manchester board member Margaret Greenhalgh, is passionate about the subject of pavement parking and started the Pavement for Pedestrians campaign. Pavement parking is an important issue for her as she believes cars should follow the rules of the Highway Code by not parking on pavements and therefore making safer walkways for children and pedestrians. Mrs Greenhalgh has been campaigning on this issue for many years, attending various meetings, raising awareness and evening meet with her local MP to discuss the issue. Mrs Greenhalgh did not get the response she was hoping to from her MP who did not pursue the issue but she nevertheless continued to campaign. She comments, "I recognise that tackling the issue will be difficult as there is sometimes not enough space for people's cars to park on both sides and to let traffic pass through but pavements need to be clear for pedestrians. It's something that makes walking unsafe for older people and children alike. It also damages the pavements making it more likely for people to trip. I'm really pleased that there is now a consultation about this and there is now an opportunity to make a change that will have a real impact on the safety of our neighbourhoods."

As the current laws stand, local authorities in England (outside of London) can enforce against pavement parking in cases where vehicles are parked in violation of existing waiting restrictions such as yellow lines, or where vehicles are wrongly parked in areas with traffic signs and bay markings for example. The issue of pavement parking is difficult to police as parking violations are enforced by local authorities as a civil matter instead as a criminal matter by the police.

If you would like to get involved in an open consultation to discuss the pavement parking issue and raise any queries and hopes for the future, please respond via the [online survey](#), or to email directly: pavement.parking@dft.gov.uk.

When responding, please state whether you are responding as an individual or representing views of an organisation. If responding on behalf of a larger organisation, make it clear who the organisation represents and, where applicable, how the views of members were assembled.

The GMOPN will be submitting a response on behalf of the GMOPN Transport Group following a discussion in our November meeting.



AGEING IN THE COMMUNITY CONFERENCE AND LOCKDOWN LANDSCAPE



BAME AGEING IN THE COMMUNITY CONFERENCE: WATCH ONLINE NOW

Ambition for Ageing held an online conference on 25th August discussing topics ranging from setting up BAME networks, to funding culturally-specific financial inclusion projects. The event featured speakers from across the Ageing Better partnerships and keynote speaker Patrick Vernon OBE - who led a workshop on the next steps to take. The event can be found online on YouTube, there are numerous videos to watch in the playlist or simply click on an individual workshop to watch.

[Watch here](#)

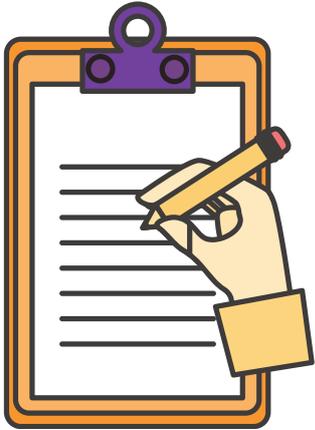
TOUCHING AT A DISTANCE: LOCKDOWN LANDSCAPE



A collaborative digital soundscape, led by Mary Stark, has been produced to connect people through their everyday experiences of lockdown. From Joe Wicks' exercise videos, to the sound of people clapping for the NHS, to getting on the tram, it features the ways we have all tried to get on with our lives over lockdown and how we have adapted to this new normal. The soundscape was recorded on a mobile phone app and is available to listen on Soundcloud. It features the personal perspectives of Culture Champions and Bury Creative members, hopefully making people feel connected and together even when current restrictions don't allow that. [Listen here](#)

News and Participation Opportunities

ONLINE SURVEY



Doctoral researcher and NHS Physiotherapist Hannah Barbour, is conducting research for her project titled Sensory Impairment of Older Adults Who Have Fallen. The study is about preventing falls and the link between falls and the vestibular system (part of the inner ears). The research is open to anybody over 65 whether or not you have had falls or balance problems.

Please complete this online survey to help with the research, it should take no longer than 15 minutes and the answers remain anonymous.

[Click here](#) to take part in the survey.

BALLET CLASS



Sunday 4th October
2.30pm




FREE ballet class for the over 55s
suitable for absolute beginners

ONLINE via Zoom

Advance booking necessary
Please phone to reserve your place
0161-280 6234
www.janetlomasdance.co.uk

Hosted by Silver Swans® at the Janet Lomas School of Dancing, as featured on TV, radio and in national newspapers

Take part in a free ballet class hosted by Silver Swans at the Janet Lomas School of Dancing!

On Sunday 4th October at 14:30pm there will be a ballet class for the over 55s online via Zoom, as part of the annual Silver Sunday celebrations. Silver Sunday is a national campaign to tackle loneliness and it is celebrated on the first Sunday of October. This special day gives people the chance to pause and think about older people and recognise their contributions to society.

Everybody is welcome to attend the ballet class and it is suitable for absolute beginners.

Advanced booking is necessary, please phone **0161 280 6234** to reserve your place.



HEALTH AND SOCIAL CARE WORKING GROUP

The Next Greater Manchester Older People's Network Health and Social Care Working Group will be held next Thursday. This meetings will be held digitally, on Zoom. Holding meetings online has allowed us to increase the number of participants and to welcome new members so if you have not attended a meeting before but would like to come next week please let us know. We very much hope that as many members as possible can have a voice and express their views about priority issues for older people. If you have not used zoom before and would like some help to do this then we'd be happy to support you to participate.

We will be welcoming contributions from the following people to the next meeting:

- Manchester University (Healthy Ageing Research Group), Jane McDermott and Alison Littlewood – Introduction to research on the Health Ageing Theme and the collaboration between GMOPN and the university.
- Emma Rose and Nicola Calder, GM Nutrition and Hydration Programme - consultation on Eating Well Affordably booklet.

There is also opportunity for group members to put forward items for the agenda, either for this or future meetings so please let us know if you would like to add anything to the agenda.

Details for next Thursday's meeting are as follows:

Health Working Group: Thursday 8th October 11-12:30.

[Click here](#) for the Zoom link or use the details below to access the meeting.

Meeting ID: 850 7611 7823

Passcode: Network1

If you would like to attend please contact Liz at GMOPN@macc.org.uk or phone 07478741657 to confirm your attendance.