



Working towards an Age-friendly Manchester

Valuing Older People e-bulletin

An electronic publication bringing you news and updates from the Valuing Older People team and our partners

For more information about VOP visit www.manchester.gov.uk/vop

Issue 87 – December 2012

About this e-bulletin

Welcome to the 87th edition of the VOP e-bulletin - a monthly update, with 1500 direct recipients in Manchester and further afield, featuring brief articles on local and national news, events and information that relates to older people.

Please send all copy, comments and suggestions to
vop@manchester.gov.uk

News from VOP

Harpurhey and Moston VOP Network Launch
Wednesday 5 December 2012

10.00am at North City Library in Harpurhey

VOP are pleased to announce the launch a new VOP Network for Harpurhey and Moston. The Network will bring together local service providers, older people, voluntary organisation and a range of partners supporting or working with local older people. The aim of the Network will be to ultimately create a model Age-friendly neighbourhood that everyone can enjoy.

The VOP team, North Manchester Regeneration Team, Manchester City Council and Northwards Housing have already pledged their commitment to working together to improve service provision for older people, but we recognise the importance of

making sure **all** partners are provided with an opportunity to be fully involved. If you have an interest, live or work in Harpurhey or Moston and have a specific interest in issues important to local older people, please do contact **Tracey Annette** on **234 4299** for more information or email t.annette@manchester.gov.uk

**My Generation Christmas Twister
Band on the Wall, Swan Street, Northern Quarter
Sunday 9 December 2012**

A night out in town, great company, live band and dancing - all for £4.00!! You've got to be joking!! No we're not!! A real Christmas treat to get you in the festive mood. **My Generation returns with it's Christmas Twister** for the clubbers of yesteryear. Come along and relive that buzz and excitement of your Generation with people who share a love of music from across the decades. DJ Dave Hulston will get the party mood off to a flying start playing a host of **60's and 70's funk, soul and club classics** before introducing our fantastic live band, The Cavernites, who are sure to keep the dance floor packed all night long. **The Picture House Bar will be open from 6.00pm** and you can be sure of a friendly welcome. Go on, dig out your dancing shoes and get your festive season off to a really great start, it's the perfect way to celebrate the beginning of the festive season. For more information contact **Tracey Annette** on **234 4299** or email t.annette@manchester.gov.uk or try the following links <http://bandonthewall.org/events/3790/> and <https://www.facebook.com/#!/mygenerationatbandonthewall>

VOP Board and team report to Overview and Scrutiny Committee

In November, members of the VOP team and Board presented a report to the Communities Overview and Scrutiny Committee on the development of the Age-friendly Manchester programme. Partners from the wider VOP Partnership also attended to describe their partnership work with VOP to Members. These included representatives from Manchester University and one of the city's major Housing Providers. Minutes from the meeting are available on the City Council's website http://www.manchester.gov.uk/meetings/meeting1844/communities_scrutiny_committee

**Higher Blackley and Charlestown VOP Network - Winter Warm Event
Monday 10 December 2012**

Higher Blackley Community Centre

Network members are pleased to be hosting a Winter Warm event for older residents living in Higher Blackley and Charlestown. The event will be taking place between 11.00am and 1.00pm, a hot pot lunch and warm drinks will be available throughout the event. Network Members and lots of other organisations will be hosting information stalls so there'll be plenty of information to pick up on the day as well as the opportunity to chat with neighbours and friends.

If you represent a group or offer a service to local older people please consider attending the event with a stall. Invitations will be distributed widely across the area to older people. In addition to this being an informative day for older people, the event will provide a great opportunity for workers and volunteers to catch up with their peers working across the neighbourhood.

For further information about either event or future Network Meetings please do not hesitate to call Tracey Annette on 234 4299 or email

t.annette@manchester.gov.uk

VOP Board Annual Report 2012/13

The VOP Editorial Board has been hard at work producing their annual report. The report details all the work of the Board over the past twelve months and gives details of the priorities that the Board has set for the next year. Copies of the report will be available from the VOP team in early January and the report will be launched at the February meeting of Manchester Older People's Forum. **For more information contact Patrick Hanfling at the VOP team on 0161 234 4188 or email p.hanfling@manchester.gov.uk**

News from VOP Partners

Front Row Newton Heath: Film screenings for people over 50

Next show: Wednesday 5 December – We Bought a Zoo

Heathfield Hall, Heathfield Street (off Briscoe Lane), Newton Heath M40 1LF

Latest movie releases in a warm, friendly environment. This fortnight is We Bought a Zoo - from the director of Jerry Maguire. Pop in, enjoy the film and meet new people. Just £1.50 towards tea and coffee. For more details or to book a place, please contact Laura Cassidy at Zest on **0161 908 8334 / 07834 869 203**.

What's On

Volunteering, Employment and Training

Volunteer Centre Manchester: Searching for Santa

The Volunteer Centre is lending support to Manchester Carers' Forum in their search for a Santa this festive season. The Carers' Forum is holding Christmas events at Hollywood Bowling in Ashton under Lyne on 15, 16, 22 and 23 December from 12noon til 4pm. Could you or someone you know take on the busiest role of the season and wear the magic red suit on one or more of these dates? Duties include looking jolly, wandering about ringing a bell and handing out gifts in Santa's Grotto (no bouncing children on the knee necessary, although you should be willing to have your photograph taken). CRB disclosure and references required. Refreshments and travel costs provided. If you are interested, or know someone who is, please call **Jen Halfpenny** on **0161 830 4770** or email jen@macc.org.uk

Learn more about Manchester's Community Food Project

This project works across North, Central and South Manchester to deliver free healthy eating programmes within local community settings. This includes hands on cookery skills courses, accredited nutrition courses and support to setup and run cookery clubs, and at accessible locations within local communities. All courses are either bespoke for a particular community group, or open-access for the general public to attend. For more information contact **Rose Boyd**, North Manchester Community Food Coordinator for more information on **07971 331 539**.

Free cycle training sessions for adults in Manchester

Freewheeling cycle training is funded by Public Health Manchester, and delivered by

BikeRight!, one of the UK's leading cycle training providers. This adult cycle training is available free of charge for any person aged over 16 who lives in the Manchester City Council area or works for Manchester City Council or Manchester NHS services. The cycle training offers courses for absolute beginners through to experienced riders, free bikes and helmets during the training and a friendly informal approach. Get fit, save money, socialise, stay safe, learn new skills, enjoy the fresh air... what more can be said to get you cycling? To book your place go to www.bikeright.co.uk/freewheeling

Research into the Second World War Guernsey Evacuation to northern England

Gillian Mawson has been researching the WW2 Guernsey evacuation to northern England since 2008, and her findings will be of interest to those who experienced the Second World War, as well as those interested in the social history of the period. Her interviews reveal many issues regarding family separation, and the evacuees' massive contribution to the British War effort in the Manchester area. If you know any Guernsey evacuees, Gillian would love to interview them about their wartime experiences. Her blog can be viewed at <http://guernseyevacuees.wordpress.com/evacuation/> and you can also contact her through the 'Comments' section of her blog.

Free CRB checks for Manchester Volunteers

A dedicated Criminal Records Bureau checking service for Manchester's voluntary sector. Volunteer Centre Manchester and CRB Services Manchester are working in partnership to support Manchester's community and voluntary groups. If your group's volunteers require a criminal record check (CRB) before starting their volunteering, you can access this service for free! In addition to this you can get access to discounted CRB checks for your staff, access to training and advice on safe recruitment, conviction disclosure and expert CRB guidance. For more information and to access the service please visit www.manchestercommunitycentral.org/volunteer-centre/crb

Research study about museums and people over 75

The researcher for this study is Antonio Benitez from the University of Salford. His project aims to find out more about how people over 75 years old experience museums and art galleries. Participants must live in Manchester. Please note that the researcher is very interested in talking to people who don't go to museums or have never been to a museum. If you are selected you will have an interview with the researcher and receive £10 to thank you for your time. To take part in this research study or for more information, please contact: Antonio Benitez, a.benitez@edu.salford.ac.uk, or **07907 583 891** (please leave your name and contact details and Antonio will return your call).

Events and Activities

Cupcake Decorating at Manchester Libraries

Decorate cupcakes with the whole family at various libraries across the city. Watch demonstrations from Airyfair Cake Boutique and decorate your own cupcakes. You can even take them home gift-boxed to eat – if they last that long! Call your nearest library below for more information and to book tickets. Children under 13 must be

accompanied by an adult.

Saturday 1 December: Crumpsall Library 3.30–4.30pm

Tel. 0161 227 3777

Saturday 19 January 2013: Fallowfield Library 10.30am–12 noon

Tel. 0161 227 3744

Help Red Rose Forest create new woodlands for all

Saturday 1 December 2012, 10:30 - 15:30 - Fog Lane Park, East Didsbury

Monday 3 December 2012, 10:30 - 15:30 - Boggart Hole Clough

Red Rose Forest needs your help to create whole new swathes of woodland across Manchester. With funding secured from the government's Big Tree Plant initiative and environmental charity Trees for Cities, they're aiming to plant thousands of trees during November and December 2012. All equipment will be provided at these sessions as well as hot drinks for volunteers. Please wear suitable outdoor clothing and strong boots or wellies. For further information contact **Kev Wigley** on **0161 872 1660**, or email kevin@redroseforest.co.uk

World AIDS Day: Saturday 1 December

World AIDS Day is an international day of action on 1st December each year. It is designed to raise awareness about HIV and to challenge stigma. It's a great opportunity to get involved and make a difference. On World Aids Day there will be holding a candlelit procession in Sackville Gardens, Manchester.

Levenshulme Inspire Winter fair and market

Saturday 1 December, 11am - 1pm

747 Stockport Road, Manchester, Greater Manchester M19 3AR

Lots of Christmas goodies and crafts will be for sale at this winter fair. Pop along on the day or ring **0161 850 5717** for more information.

North Manchester Health Information Day

Tuesday 4 December, 10am – 1pm

Harpurhey Community Church, Carisbrook Street, Manchester, M9 5QQ

Information and advice about getting support and keeping well. Activities, information and food - all free! For more information phone Kathy on **0161 234 5575** or email k.clayton@manchester.gov.uk

Manchester Blitz tours at IWM North

Monday (3, 17, 31), Tuesday (4, 18), Wednesday (5, 19), Thursday (6, 20), Friday (7, 21) and Sunday (9, 23) December at 2.15pm

IWM North, The Quays, Trafford Wharf Road, Manchester, M17 1TZ

To mark the anniversary of the devastating Manchester Blitz, join us for a 20 minute walk and talk to explore the theme of the Second World War Blitz on Britain.

Sessions on 9 and 23 December will also be followed by a special screening of the Blitz film, Manchester Took It Too. See website for further information at

www.iwm.org.uk/events/iwm-north/a-closer-look-manchester-blitz

eReader and Audiobook sessions at Manchester Libraries in December

RNIB and Manchester Libraries are offering tailor-made sessions for people with a visual impairment. Come along and learn about different eReaders, what's available, the features you can expect to find and get some hands-on experience using

them. You don't need to be registered blind - you can come along if you feel you have a level of visual impairment that requires some extra assistance or support. Please contact the listed library to book your place:

Monday 3 December 2.00-3.30 - City Library, 0161 234 1989

Tuesday 4 December 2.00-3.30 - North City Library, Alison Gill on 0161 219 6442

Wednesday 5 December 10.30-12.00 - Longsight Library and Learning Centre, 0161 227 3706

Wednesday 5 December 2.00-3.30 - Forum Library, Siobhan O'Connor on 0161 227 3770

Thursday 6 December 2.00-3.30 - Beswick Library, Joan Gray on 0161 245 7241

Friday 14 December 2.00-3.30 - Chorlton Library, 0161 227 3700

Invasive Species Walk along Rochdale Canal

Thursday 6 December at 1 pm

Starting at Lock 69, off Old Church Street, Newton Heath

This walk is a chance to investigate invasive species along the Rochdale Canal in Newton Heath, what they are, what effect they have on our native wildlife and what can be done to help halt their spread. This walk is particularly topical due to "Ash Dieback" and "Demon Shrimp" currently in the news. For more information contact **Rhys Wynne**, Canal Community Liaison Officer on **0161 223 1155**, mobile **07747 461 299**.

Talk by Artist Susan Stockwell

Gallery of Costume, Platt Hall, Platt Fields Park

Thursday 6 December between 2pm and 4pm

Susan Stockwell has created full size paper dresses made of maps and money for the First Cut exhibition, currently on display at the Gallery of Costume and Manchester Art Gallery. She will be talking about this new work as well as her wider practice. This extremely interesting event is free and everyone is welcome. You just need to sign up via the 'event bright' on the Gallery of Costume exhibition page:

<http://www.manchestergalleries.org/our-other-venues/platt-hall-gallery-of-costume/exhibition-programme/>

Any problems with booking please contact the event organiser **Emma Anderson** on **0161 2358822** or email e.anderson@manchester.gov.uk

Christmas Concert in aid of Freedom from Torture

Thursday 6 December, 7.30pm

St Werburgh's Church, 386 Wilbraham Road, Chorlton

Freedom from Torture is hosting a Christmas Concert to include piano works, solo songs, and a performance from The Manchester College Choir. Visit St Werburgh's Church on Thursday 6th December for an evening of light music including choral works, instrumental favourites and Christmas classics. Tickets can be purchased from the Freedom from Torture website or on the door for £5. For more information contact Alice on **0161 236 5744** or email anicolay@freedomfromtorture.org.

Alternatively visit: www.freedomfromtorture.org/events/6820

The Lord Mayor's Christmas Carol Concert

Thursday 6 December, 7pm – 8pm

At the Great Hall, Manchester Town Hall

Feel the true Christmas spirit at the Lord Mayor's annual Christmas Carol Concert, taking place at Manchester Town Hall on Thursday 6 December. The building's splendid Great Hall will be filled with the festive spirit as the Lord Mayor of Manchester, Councillor Elaine Boyes invites visitors to share some Christmas cheer with a selection of traditional Christmas carols and hymns at the annual carol concert. The concert is free of charge and a wonderful way to begin the Christmas season.

MERCi Festive Fair

Thursday 6 December - Friday 7 December

Bridge 5 Mill, 22a Beswick Street, Ancoats, Manchester, M4 7HR

At the MERCi Festive Fair you can find a wide range of eco-friendly gifts. Organic and fairtrade refreshments will be provided. For further information, email claire@merci.org.uk

Over 55s Afternoon Dance and Social at St George's Community Centre: Festive Special

Thursday 13 December, 12.30 – 3.00pm

**St George's Community Centre, Corner of Livesey Street and Oldham Road,
Ancoats**

Mince pies, mulled wine (non-alcoholic), raffle prizes, cost £2. For details or to book contact Diane on **07950 427 292** or email diane.aronwich@silverservice.org.uk

Festive Party at the Zion Centre

Saturday 15 December 12 – 2pm

The Zion Centre, Stretford Road, Hulme M15

Hosted by People First Housing Association, this party is for older people and friends, but all are welcome. There will be food, music, a quiz, raffles and prizes. If you would like to get involved or donate prizes for the quiz or raffle, please ring Amelia Scanlan on **0161 235 6900**.

City Library 60 plus group

Tuesday 18 December, 2 - 4pm

City Library, Elliot House, Deansgate, Manchester M3 3WD

This new group is growing in numbers, the next meeting is 18 December in the Becker Room, on the first floor of City Library for a Christmas get-together – pop in for a cuppa, a quiz and a mince pie or two.

Christmas Comedy at the 3MT! 'Not Dead Yet!' By Victor Alexander and Cassandra Bernard

Thursday 20 – Friday 22 December, 7.30pm

Ground Floor Afflecks Arcade, Oldham Street, Manchester City Centre M1 1JG

Retired Variety performers Lilly and Claude are hiding out in the 'Fallen Arches Home for Distressed Thespians', when a desperate call for help from two young performers precipitates a madcap adventure involving fake ventriloquism, a secret tunnel, separated twins, a unicycle chase and lots of jokes which, like Lilly and Claude, have seen better days! Tickets £7.50/£6 from Ticketweb.co.uk. Group Bookings available from the Box Office: **0161 834 4517**. The 3MT is a wheelchair friendly theatre. More info from: www.threeminutetheatre.co.uk

Community Carol Service with Inspire Church

Sunday 23 December, 4 - 5pm

747 Stockport Road Manchester, Greater Manchester M19 3AR

This carol service will be followed by festive finger food. Pop in on the day or ring **0161 850 5717** for more information.

Manchester Christmas Markets

Until Sunday 23 December

A trip to Manchester wouldn't be complete without a visit to see the giant illuminated Santa as he watches over Albert Square and the bustling Christmas Market below. Open between 17 November and 23 December and hosting traders from all over Europe, the Christmas Markets offer the chance to sample the very best in Christmas delights. Spread across no less than eight sites, this year they will be even bigger than ever! See www.manchestermarkets.com

Manchester Town Hall Clock Tower Tour

Until 6 January 2013

Number of Tours Throughout The Day, £9.95 per person

Climb the 173 spiral steps to the top of Manchester Town Hall clock tower. You will view the world-famous Great Abell and walk the catwalk around the tower to enjoy spectacular views across the city, the Pennines, the Cheshire Plain and beyond. For more information visit www.manchester.gov.uk/townhall

Arabian Nights - Library Theatre Company at The Lowry

Friday 30 November 2012 – Saturday 12 January 2013

Long, long ago in a faraway land there lived a clever young girl called Shahrazad. And there was nothing she liked better than to read stories... Longing to free her town and its vengeful king from the dark demons that haunt them, Shahrazad brings to life the magical stories of One Thousand and One Nights. Adapted from the world famous folk tales this production of Arabian Nights will be a visually stunning production presented "in the round" with fabulous costumes and set pieces – an imaginative delight for Christmas that will keep both children and adults spellbound. See www.librarytheatre.com

"I'll Be Seeing You" in 2013: New Year's Eve 1940's Dance

Monday 31 December

Chadderton Town Hall, Middleton Road, Chadderton, Oldham, OL9 6PP

Featuring DJ B-17 BOOGIE, Paul and Natasha Harper's 1930s/40s roadshow, Oldham Scottish Pipe Band, and other guest artistes. Forties dress encouraged but not compulsory. Advance ticket only, £18 including supper. For tickets or more information contact Glenise Jones on **0161 681 5873**.

Manchester's Spinningfields Ice Rink is back!

Until Sunday 6 January 2013

This winter, Spinningfields will again be transformed into a seasonal wonderland complete with a warming winter bar, chalet-style food stalls and a dazzling ice rink for all to enjoy. Tickets are now on sale, so book your spin on the ice now. To book, call **0843 208 0500** or go to www.spinningfieldsonline.com for more details.

Manchester LINK Dementia Event

Monday 14 January 2013

The Nowgen Centre, 29 Grafton Street, Manchester M13 9WU

The LINK is trying to make sure people with dementia are diagnosed early and can continue to live full, independent lives in dementia-friendly communities. As a first step we'd like to bring front-line workers across a range of sectors together to see how you can help identify sufferers and get them support if need be. The event includes presentations and examples of training from Police, Fire and Ambulance services. If you would like to book a place or for more information please contact me on **0161 874 2189** or email danny@thebha.org.uk

Ageing Well North - 2013 Activities

Diane from Ageing Well Wishes everyone a great Christmas. New Year events kick off with a Coffee Morning at The Printworks' Hard Rock Café at 10am on 3rd January, Afternoon Dance and Social at St George's Hall, Ancoats on 10th January at 12.30pm and Travel Club is back on 31 January - meet at Age Concern Mount Street Offices at 10.15am. For more information on any of these events or groups contact **Diane** on **07950 427 292**, email diane.aronwich@silverservice.org.uk

Start 2013 as a Burnage Good Neighbour: Recruitment Event

Saturday 26 January 2013, 10am to 3pm

Burnage Lane, Burnage, Manchester M19 1EW

Burnage Good Neighbours hope to boost their volunteer team at this event which will include stories, blogs and a DVD of real life accounts from current volunteers and centre users to show how volunteering changes lives. A sensory experience will give people an idea of the challenges of living with impaired sight or hearing and a volunteer helpdesk will be on hand to answer questions. To book a place at the event or for more information about becoming a Burnage Good Neighbour, ring **Lynn Leggat** on **0161 221 1951 / 07711 270 164** or email her at contact@cso-cic.org.uk

Cook and Taste Cookery Skills Course

Higher Blackley Children's Centre, Victoria Avenue

Wednesday 30 January 2013 for six weeks to 13 March (one week break for half term), 12 – 2pm

This is a free cookery skills course being run by Manchester's Community Food Coordinator project. Priority on this course will be given to North Manchester residents. For more information or to book a place, contact **Rose Boyd**, North Manchester Community Food Coordinator for more information on **07971 331 539**.

Bupa Great Manchester Run 2013 – a great run in a great city

Sunday 26 May 2013

The nation's favourite 10k running event the Bupa Great Manchester Run returns to the city. Featuring 40,000 runners of all abilities, from some of the world's greatest athletes to first time fun runners, the event will be televised live on the BBC. Entries are now open on a first come, first served basis at www.greatrun.org/manchester

The Great Manchester Swim

Saturday 20 July 2013

A unique urban swimming challenge in the heart of the city's regenerated waterfront. The one-mile dock-to-dock course staged against the backdrop of vibrant

MediaCityUK is the perfect challenge for all abilities. Enter today at www.greatswim.org/manchester

Advice, Support and Information

Combat loneliness with home-sharing

Uniitee provides a unique option for our aging population considering where they will live in their later years - home-sharing. Selected by Nesta as a semi-finalist in the Ageing Well Challenge Prize, Uniitee provides a hassle free, one stop housing service of bringing elders to live together, from initial introductions to effective operational management. Where a senior person has a spare room in their house, renting will bring companionship, income through rent. For the person moving in, the same benefits apply, with the added bonus of saving money. Contact **Bob Williams** on **0800 084 3422** or bob@uniitee.com

“Dementia: Care in Crisis?” – The impact of social care cuts on people with dementia

Are you worried about the Redefined Social Care Offer in Manchester? Would you like to know how cuts are affecting people with dementia and their families? Manchester LINK has carried out a substantial investigation into this issue. For a copy of the full report or a short summary visit <http://manchesterlink.org.uk/socialcareoffer>, email Valeska at valeska@theBHA.org.uk or call on **0161 874 2190**.

Adult Learners' Week – nominations for Awards closing soon

Nominations for Adult Learners Week Awards (18-24 May 2013) are open until **Thursday 13 December** so get your vote in today. The Awards recognise the achievements of outstanding individuals and innovative learning projects across England and the winners are celebrated during the week itself. See <http://www.alw.org.uk/>

2012 Cold Weather Plan

The Cold Weather Plan for England 2012 is part of the wider suite of measures that the Dept of Health and the NHS are taking to protect individuals and communities from the effects of severe winter weather. The Plan and supporting documents provide advice for individuals, communities and agencies on how to prepare for and respond to severe cold weather as part of wider winter planning. To find out more visit www.dh.gov.uk/health/tag/cold-weather-plan/

Time is running out to have your home insulated before winter: Offer ending soon

Are you a Manchester homeowner, or do you rent from a private/social landlord in the city? Get great new home insulation improvements for free cavity wall insulation, if your walls are suitable, and free loft insulation. Why not get the work done and start saving now, before fuel prices go even higher. For a free, no obligation survey, phone **0800 009 3363**. You do not need to be in receipt of benefits to qualify for this offer.

The Ardwick Connect Team

The Connect Team provides information, advice and support to Ardwick and

Rusholme residents aged 18 - 65 who are independent and simply need help with getting in touch with the right agencies. They can help to improve your confidence and help you feel better about yourself, manage your money and debts, improve your family life, find answers to benefits and housing queries, get back into work or volunteering. Call **0161 234 5922** to find out more or email ardwickconnect@manchester.gov.uk. You can also visit the team at the Sure Start Centre on Bushmoor Walk in the Grove Village estate in Rusholme; open 9am to 4.30pm Monday – Friday.

Expert Patients Programme

Do you want to learn new ways in living with or caring for someone who has a long term health condition(s)? The Expert Patients Programme could be one step forward to help maintain health and quality of life. Develop an action plan to improve well being and meet others sharing similar experiences. The programme also provides opportunities to work towards an accredited qualification. The Programme is run over six free weekly sessions and are once a week for two and a half hours. For information on courses in your area, or to find out more, please contact the Expert Patients Programme Team on **0161 219 9424** or email epp@manchester.nhs.uk

As a society we need to talk more about death, dying and bereavement in order to get the kind of death we want

Around 70% of us say we want to die at home, yet 60% of us die in hospital. If we don't talk about what we want to happen at the end of our lives and after our deaths, how can we hope to have our wishes met? In order for a change to happen, we need to start locally with our communities. Dying Matters has produced a comprehensive pack offering information and advice on how best to get the conversation started in your groups and communities. If you are interested in receiving a pack or for more information on further guidance and support to groups, please call **Val Bayliss-Brideaux** on **0161 765 4168** or email val.bb@manchester.nhs.uk. See www.dyingmatters.org/page/community-pack

Manchester Voluntary Sector Mental Health Directory of Services 2012

Manchester Public Health Development Service has produced a new directory of Mental Health Services. To download a copy of the directory, visit www.manchesterpublichealthdevelopment.org/mphds/download-files/pdf/mental-health/2012/Mcr%20Voluntary%20Sector%20Mental%20Health%20Directory%202012.pdf

Greater Manchester's newly-elected Police and Crime Commissioner

New Commissioner Tony Lloyd has been out and about in the community during his first week in office and joined members of Manchester-based Out in the City, a community group for older lesbian, gay, bisexual and transgender people, on Wednesday 21 November to have a chat about their policing and crime concerns. Hate crime, perception of crime and anti-social behaviour and building trust between the police and the public were some of the topics on the agenda. Keep up-to-date with the work of the commissioner and if he's coming to an event near you by visiting www.gmpcc.org.uk. You can also contact the commissioner by emailing info@gmpcc.org.uk or by telephoning the office on **0161 604 7711**.

Over 65? Get flu safe, get the flu jab

Older people in Manchester are being urged to get flu safe with a free flu jab to help protect them this winter. Simply contact your GP to arrange a convenient appointment and get your jab. It's quick, safe and free for those aged 65 or over. Those who care for older people are also advised to get vaccinated to protect not only themselves but the person they care for. And remember, the flu jab does not contain live viruses, so it cannot give you the flu. If your group, day centre or organisation would like copies of flu leaflets, please email talkinghealth@manchester.nhs.uk

The Silver Line launches in Manchester

Monday 26th November saw Esther Rantzen launch the Silver Line pilot which is to run for three months in Manchester. The helpline is for older people who seek information, advice and friendship. It will provide sign-posting to the variety of existing organisations offering support for older people. It will provide a telephone befriending service for those who are isolated or lonely, and it will help those who may be suffering abuse or neglect. The pilot will run from 26 November 2012 until the end of February 2013. The helpline number is **0800 328 8888**.

Don't miss your bin collections throughout the festive season!

Many of us will have our recycling and rubbish bins collected a day later than usual for the two weeks over Christmas and New Year (although homes on the Monday collections won't be affected.) Make sure you know when to put your bins out - check your calendar to make sure you remember the right dates. You can download a copy of your calendar at www.manchester.gov.uk/bincollections

Alzheimer's Society Manchester - Dementia Support Service

The Alzheimer's Society offers a Dementia Support Service in the borough of Manchester providing information, support and guidance to people with dementia and their carers, wider family or friends. We also facilitate a Manchester South Carers Group on the last Tuesday of every month at Hall Lane Resource Centre, Hall Lane, Baguley, M23 1WD. If you would like any further information on the services available in Manchester please contact the Dementia Support Workers Lora or Sally on **0161 342 0797**.

Equalities Funding Programme 2013-2016

The new Equalities Funding Programme provides grants of up to £40,000 per year to voluntary and community sector groups to deliver projects which address inequalities faced by sections of the community in Manchester. Deadline: Thursday 31 January 2013. For further information and to apply, visit www.manchester.gov.uk/info/200047/grants/168/third_sector_policy_and_grants/12, or contact the Third Sector Team, on 0161 234 3141 or email: voluntary.sector.grants@manchester.gov.uk

Your One Stop Football Shop This Christmas

Not only is the National Football Museum the perfect destination for a family get-together, but it's also the ideal place to buy the football fans in your life a unique gift. The shop has some fantastic gift ideas and original presents; from retro classics and one-off signed specials to pocket money mementos that make the perfect stocking filler. Visit www.nationalfootballmuseum.com

Local News, Groups and Projects

New City Centre walking group for 2013

Walking in a group is great for mind and body. The walks will be around Manchester City Centre as well as local parks. Everyone welcome to join, contact Sue Nzilani at Age Concern Manchester on **0161 833 3944** or email sue.nzilani@silverservice.org.uk for further information.

Philips Park have a new Men's Shed – for guys who love to make things

Philips Park are looking to start a 'men's shed' on their community orchard for guys who love to make things. It's a great opportunity to meet new friends and use handy skills to make things for the community. The Orchard has a 21 x 13 foot shed that is just waiting to be used! First job - the inside of the shed needs painting and the orchard need a few blokes to kick start the East Manchester Men's Shed. If you are interested, contact Gary on **07891 953 918** or email philipsparkcommunityorchard@googlemail.com. Further information on Men Shed's can be found at <http://menssheds.org.uk/>

Open Tuesdays @ Union Chapel Fallowfield

Tuesday evenings from 7.30pm

Union Chapel, near corner of Wellington Road and Wilbraham Road, Fallowfield M14

Open Tuesdays is a regular weekly programme of Tuesday evening discussions, films, activities and food. The next session 4th December will be a session of making Christmas cards and chatting over some festive food. 11th December will be showing of a beautiful animated feature film, suitable for all ages. 18th December is an evening of singing called Vibrant Voices. All sessions are free, apart from the singing at £2.50 per session. Contact **Andy Howes** for details: **07970 598 419** or see www.unionchapelbaptist.org.uk and click 'activities'.

Zest Blog - Keep up to date with Zest Activities in your area

Zest is the Healthy Living Network for North Manchester, working with local communities to provide healthy living activities. The Zest blog is updated most days with details of activities and events as well as partner information and healthy living advice. If partners would like anything putting on there please contact **Laura Cassidy** at Zest, email l.cassidy@manchester.gov.uk Blog address - <http://www.zestactivities.blogspot.com/>

Affordable Meeting and Office Space for Community Groups

Age Concern Manchester continues to work out of the large (50,000 square feet) bank building it has been loaned on Mount Street, opposite the Manchester Conference Centre. If you or your group are looking for office space or larger space for events or meetings in an easily accessible, prominent part of the city give **Ian or James** a call on **0161 833 3944** to arrange an informal viewing. Age Concern has space to suit all sizes and is very happy to talk to other Third Sector organisations.

Arts and Crafts with a Christmas Theme at Ladybarn Community Centre

The next arts and crafts session at Ladybarn Centre will have a Christmas theme. Open to anyone aged over 50. No experience needed. All tuition and materials

supplied. Why not join the group on Friday 7 December from 1.30 -3.30pm. Only £2.00 to take part. Please book your place in advance by contacting **Fiona on 0161 225 2093**. There are a limited number of places - please book early to avoid disappointment.

Nordic Walking Group

Debdale Park - meet at the car park (opposite McDonalds)

Wednesdays 1.30pm

Nordic walking is an enhancement of normal walking. The use of poles means the upper body muscles are used as well as the legs. Whatever your age, fitness or goal – Nordic walking is suitable, enjoyable and effective! £1.00 per session for hire of poles. For more information about these or other walking opportunities please contact Beth Sutcliffe at the Physical Activity Referral Service on **0161 230 1857**.

Victoria Square Lunch Club

On your way in and out of Manchester? Why not stop at Victoria Square for Lunch? This lively lunch club is located in this historic housing scheme on Oldham Road in Ancoats. A lovely hot two course meal with a cuppa is only £2.70. Lunch service is between 12pm and 1pm Monday to Friday and if you'd like to book a meal, then please call the Scheme Manager in advance on **0161 228 6775**.

National and Regional News

Working with older lesbian, gay and bisexual people: A Guide for Care and Support Services

This guide from Stonewall offers practical advice to organisations providing care and support services about how to meet the needs of lesbian, gay and bisexual people. Stonewall also published a report last year, providing a compelling evidence base for the first time about older lesbian, gay and bisexual people in this country. It also provides practical recommendations for a range of agencies about how to improve things. Both publications can be found at www.stonewall.org.uk/age

Using ICT in activities for people with dementia: A short guide for social care providers

A new guide has been launched which supports computer activities for people with dementia. It helps care managers and their staff to use information and communication technology (ICT) to improve quality of life for their clients. The plain-language guide means that professionals who use it do not need to be technically-minded. The guide is published by The Social Care Institute for Excellence (SCIE), who hope it will be useful to those who are new to the topic as well as to those who already have some experience of using ICT in dementia support. See <http://www.scie.org.uk/publications/icfordementia/>

Find Me Good Care

The Social Care Institute for Excellence has launched a new website, Find Me Good Care, which aims to make it easier for people to make choices about care and support for themselves or other adults in England. It combines advice and information about choosing care with a comparable database of services. And it allows you to create your own Good Care Planner online so that you can save all the information that you find most useful in one place. You can visit the website at

www.findmegoodcare.co.uk

News from the Older People's Advocacy Alliance (OPAAL)

OPAAL is delighted to announce that it has received an additional six months funding from the Department of Health's Sustainability Fund to enable it to continue disseminating the findings of the Making it Personal (MIP) project. MIP sought to show the benefits of advocacy in the personalisation process for older people. In addition the funding will support the creation of new sustainable personalisation partnerships and an opportunity to explore diverse funding streams to fund the project in the future. See <http://www.opaal.org.uk/>

The VOP Team: Here with help and advice

Established in 2003, the VOP partnership aims to improve the quality of life of older people in Manchester. By creating the right partnerships across the statutory, community and voluntary sectors and by co-producing projects and programmes with older residents, the programme has become nationally recognised as leaders in the field of ageing policy. The VOP team is part of Public Health Manchester:

Tracey Annette: Community Engagement Officer,
Tel. 0161 234 4299, t.annette@manchester.gov.uk

Rebecca Bromley: Project Assistant,
Tel. 0161 234 4049, r.bromley@manchester.gov.uk

Sally Chandler: Programme Manager,
Tel. 0161 234 3513, s.chandler@manchester.gov.uk

Patrick Hanfling: Programme Coordinator,
Tel. 0161 234 4188, p.hanfling@manchester.gov.uk

Paul McGarry: Senior Strategy Manager,
Tel. 0161 234 3503, p.mcgarry@manchester.gov.uk

Also working with the VOP team:

Sherry DeWynter: Cultural Offer Manager,
Tel: 0161 234 2962, Sherry.deWynter@allaboutaudiences.com

Sophie Handler: Keele University Research and Planning Officer (Age-friendly Cities)
Tel. 0161 234 4584, s.handler@manchester.gov.uk

Catherine Morris: Southway Housing Older People's Project Officer,
Tel: 0161 234 3391 or 0161 448 4281, C.Morris@southwayhousing.co.uk

Emma Reid: GM Healthy Communities Partnership Coordinator
Tel: 0161 234 4102, emma.reid@manchester.gov.uk

Louise Marshall: Programme Manager,
Tel: 0161 234 4736, louise.marshall@manchester.gov.uk

Locality VOP Networks

Since 2004 VOP has worked to develop better opportunities and service for older people across the city. A central part of this work has been the development of our VOP Networks – groups of local workers and community groups – who are committed to making local areas better places to grow older.

The basic idea behind the VOP locality networks is that by working together in a defined geographical area, agencies can improve services for, and importantly, with, older people. This approach brings together all interested parties working with and supporting older people at a neighbourhood level in order to identify local concerns, take collective action, share ideas and find local solutions to local issues. The aim being to ultimately create a model Age Friendly neighbourhood that is inclusive of older people, meets their diverse needs and enables them to shape local services. Currently Networks are meeting in the following areas:

Withington and Old Moat VOP Network

Contact **Catherine Morris** on **0161 448 4281** or by emailing
C.Morris@southwayhousing.co.uk

Didsbury and Burnage VOP Network

Contact **Catherine Morris** on **0161 448 4281** or by emailing
C.Morris@southwayhousing.co.uk

Hulme and Moss Side VOP Network

Contact **Tracey Annette** on **0161 234 4299** or by emailing
t.annette@manchester.gov.uk

Ardwick Lifetime 50+ Project

Contact **Nick Carr-Brown** on **0161 273 1262** or by emailing
chair@healthyardwick.com

MPAC VOP Network (Miles Platting, Ancoats and Collyhurst)

Contact **Isobel Richards** on **0161 203 2900** or by emailing
Isobel.Richards@adactushousing.co.uk

Higher Blackley and Charlestown VOP Network

Contact **Janet Newall** on **0161 448 4281** or by emailing
j.newell@manchester.gov.uk

Wythenshawe Wider VOP Network

Contact Sally Chandler on 0161 234 3513 or email s.chandler@manchester.gov.uk

Our VOP Locality Approach is beginning to pick up a pace once again and we happy to be involved in conversations about developing similar approaches in Rusholme and Fallowfield, Whalley Range, Chorlton and Chorlton Park, Harpurhey and Moston and Cheetham and Crumpsall. Look out for further updates in future bulletins. If you

are interested in joining any of our existing Networks please contact **Tracey Annette** on **0161 234 4299** or email t.annette@manchester.gov.uk

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