

FROM IDEAS TO INFLUENCE: MAKING YOUR EXPERIENCE COUNT



Thank you very much to everyone who attended our online event, From ideas to influence: making your experience count on 6th May! It was lovely to see so many new faces as well as many familiar ones.

It was great to hear your views and experience of the barriers to getting involved in research, to share the story of the Keeping Well Campaign, and to share opportunities for you to get involved with our ongoing work with Manchester University. We can't wait to hold future events, hopefully we will get to see you all in person next time!

GMOPN participation opportunities

Housing Options research project – Introductory Meeting, Wednesday 9th June 10:30-12

We will soon be launching our housing options information research project, in partnership with Care and Repair England, The Manchester Institute for Collaborative Research on Ageing (MICRA) and The Manchester School of Architecture. We are looking for people over the age of 50 to get involved as researchers and to help us co-design the project. Come along to our introductory meeting if you'd like to find out more.

Representation and Older People Campaign Group – Thursday 27th May 10:30-12

The GM Older People's Network is passionate about challenging ageism. We are committed to continuing to work to make sure that older people are represented in a positive way and on their own terms. Over the last year we held a campaign across Greater Manchester – Old Frame New Picture – to challenge the ways that older people are represented. You can find out more about the campaign on our [website](#). This new campaigning group will work together over the next few months to decide what the next stage of our campaign should be, design it and put it into action.

We are also welcoming members to our regular working groups. The upcoming dates are:

Health & Social Care:

- 26th July, 1 - 2:30

Housing and Neighbourhoods:

- 19th July, 1 - 2:30

Transport:

- 12th July, 1 - 2:30

If you would like to get involved in any of our groups, get in touch by emailing gmopn@macc.org.uk or by telephone on 0161 834 9823.



CORONAVIRUS UPDATE



The next stage of easing lockdown in England will go ahead from 17th May, meaning pubs, restaurants and cafes will be allowed to open indoors. Friends and families can now mix and stay overnight and hugging will be allowed – as people will be able to choose whether they continue to social distance or not.

For many older people in Greater Manchester, coming out of lockdown presents new challenges.

Plan your journeys ahead

Space on public transport is still limited, however there are certain periods of the day when there is more space available. Transport for Greater Manchester have put together information and advice to help you plan your journeys wherever you are in Greater Manchester. TfGM are working with councils across Greater Manchester as part of the #SafeStreetsSaveLives programme to create extra space and safe and direct routes for the increasing number of people choosing to travel on foot or by bike.

- [Check the best times and ways to travel in your local area](#)
- [For local trips walking and cycling could be the best option for travel](#)

Have a go at Behavioural Activation – Greater Manchester Mental Health

Many of us are having a difficult time getting back to the level and variety of activity we used to do prior to the lockdown. Behavioural Activation (BA) is something that may help you with this. It will allow you to identify the activities you value the most, establish goals around these activities and prioritise the ones to work on first. You can then break these down into more easily achievable steps. You can also use the worksheets to help plan ahead or reflect on some activities you tried out.

Worksheets help you to think about:

- Understand BA rationale, including link between activity and mood
- What's important to me, what values do I have?
- In line with my values: What are my hopes, wishes, dreams for the future?
- What are my activities? Either doing already or future activity goals.
- What are my specific day to day goals for next week starting with the easiest?

View the 25 minute video around "getting back into activity" – all available with downloadable and printable worksheets on [GMMH webpage](#).

WEBINAR: MANAGING POST LOCKDOWN ANXIETY

If you're struggling with feelings of anxiety now the world is beginning to reopen, or if you've been shielding for the last 12 months and you're struggling to know when you'll feel ready to socialise again, The Brain Charity can support you through this process safely.

Their webinar will help you feel informed about the latest developments with the COVID-19 pandemic and vaccination programme, confident enough to advocate for yourself in situations you may feel uncomfortable with, and calm enough to deal with the changes coming society's way in the coming months.

The webinar takes place on **Teams on 19th May, 10:30 – 3:30.**

To register your place, **email communications@thebraincharity.org.uk or call 0151 298 2999.**



GMP ECONOMIC CRIME UNIT: SCAM BUSTERS

Book your presentation from Greater Manchester Scambusters

A group of older volunteers with the Greater Manchester Police Economic Crime Unit are on a mission to provide older residents with the information to avoid scams and fraud.

The GM Scambusters are offering to come and give presentations to sheltered accommodation and older people's groups across Greater Manchester – online or in person, restrictions permitting. Sessions last 2-3 hours but can be tailored to shorter periods and cover top tips on what to look out for at the door, over the phone and online. To find out more information, email Ellie Crossley: ellie.crossley@gmp.police.uk.

THYME FOR GROWING

Ambition for Ageing have invested £50,000 into small projects across Greater Manchester to prevent social isolation of older people. One of those projects is a sensory gardening project for older people in Gorton, led by Ryder Brown Community Allotments. They are seeking people aged 50 and over to help design, create and maintain a sensory garden.



For more information, email ryder.brow@yahoo.com or telephone 07735 806 188.

COMMUNITY RESPONSES TO COVID-19 - AN ONLINE CONVERSATION

On Tuesday 18th May, 5pm-6:30pm, The University of Manchester is holding an online conversation to share stories of how communities have come together and adapted to the challenges of lockdowns and restrictions.

The online event will reflect on:

- How our communities innovated, particularly in the gaps created by lack of policy direction, to take care of each other
- The upcoming challenges and opportunities for addressing inequalities that have been amplified during the pandemic, such as: those associated with physical and mental health, vaccination and prevention policies, education and employment impacts, and the lifting of restrictions
- The lessons that leaders of our political and healthcare systems can learn from the successes and the challenges of community responses, and how to make the most of community assets and resilience to build back better

The event will feature a panel of guest speakers with first-hand experience of community responses to coronavirus in Greater Manchester. It will be followed by a Q&A session in which personal reflections and cross-cutting connections from the audience on this topic are particularly encouraged.

To register for the event, **email:** policy@manchester.ac.uk.

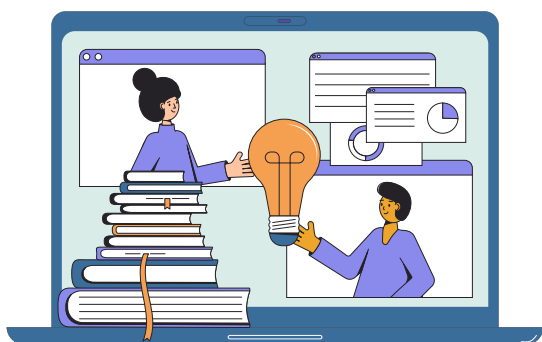


News and Participation Opportunities

MICRA WEBINAR

Moving online: Digital dance programme for older adults and people with Parkinson's

On **Thursday 27th May at 12:30**, MICRA (The Manchester Institute for Collaborative Research on Ageing) will present their findings from a study that explored older people's experiences of accessing and using home-based dance resources. In this webinar, they will also highlight key considerations for future research and practice. To find out more information and register yourself onto the webinar, click [here](#).



AFA ONLINE WORKSHOPS

Age-Friendly Places in Practice online workshops

Ambition for Ageing are hosting a series of online practice-based workshops on key issues for those developing age-friendly place-based work in localities across Greater Manchester. The three workshops are:

- Meeting the Challenge of Taking an Equalities Approach to Place-Based Work
- The Value of Shared Spaces in Place-Based Working
- Coproduction in Sustaining Age-Friendly Places

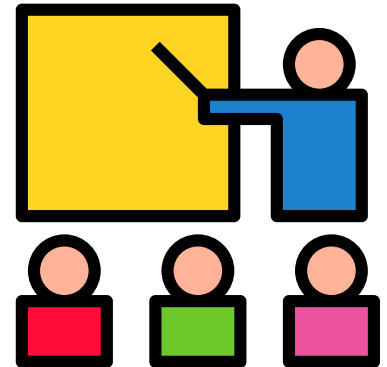
These will take place on 26th May, 27th May, 2nd June, 3rd June, 9th June, 10th June. For the full details, click [here](#).

News and Participation Opportunities

AGE-FRIENDLY COMMUNITY TRAINING

New Age-friendly Communities Training

The Centre for Ageing Better is piloting two new online training sessions on Age-friendly Communities. These are:



Introduction to Age-friendly Communities – Tuesday, 15 June

- This training introduces you to the background and principles of Age-friendly Communities and what can be achieved by using this approach
- This is designed for people who are interested in learning more about Age-friendly Communities or represent places thinking of becoming an Age-friendly Community, as well as new staff of existing UK Network members

To find out more and register, click [here](#).

Developing Age-friendly Communities – Wednesday, 23 June

- This training looks at how you would start to implement the Age-friendly Communities approach, taking you through the first stage of the Age-friendly Communities framework
- This is designed for places that are becoming or have recently become Age-friendly Communities

To find out more and register, click [here](#).

News and Participation Opportunities

EVENT: DEMENTIA CARER RIGHTS

The University of Manchester is holding an online event on **Friday 11th June, 3-4:30** looking at dementia carer rights.

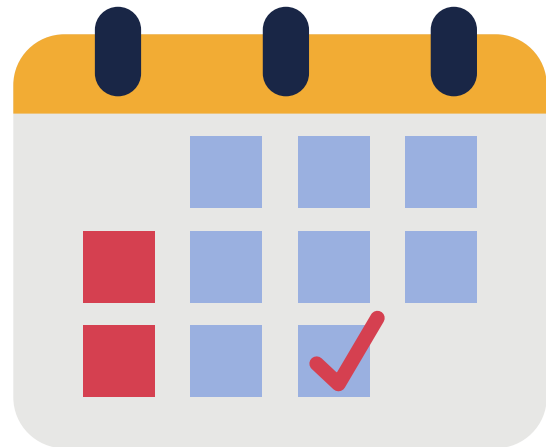
This online session provides an overview of carer rights in the context of dementia. It is part of the University of Manchester's research project which is analysing the changes to local authority support during Covid-19. They are particularly keen to understand the impact on carers over 70 looking after partners living with dementia at home.

This webinar will focus on the law in England. By joining this webinar you will hear information from Neil Allen, a Barrister, about the law and welfare issues that may affect you in your role as a carer of a person with dementia.

The webinar will cover these key areas:

- When to ask for help from public authorities
- What to ask for
- What to expect

To book onto the event, click [here](#).



News and Participation Opportunities

READ: REPORTS

WHO: Global report on ageism

Read the World Health Organisation's new report which outlines a framework for action to reduce ageism. It brings together the best available evidence on the nature and magnitude of ageism, its determinants and its impact.

Outlining what strategies work to prevent and counter ageism, identifying gaps and proposing future lines of research to improve their understanding of ageism. Read the report [here](#).



Ambition for Ageing report

Pandemic Pressures – a new report on how equalities organisations have responded to the needs of older people during the Covid-19 crisis. Ambition for Ageing have released a new report titled [Pandemic Pressures](#), which summarises their

research into how Greater Manchester equalities organisations have responded to the needs of older people during the Covid-19 crisis. It provides recommendations for actions to be taken now to support future emergency planning.

They have published two briefings:

- 1) a briefing for service commissioners, funders and contractors summarising the key recommendations from the report to contribute to future planning
- 2) a briefing for VCSE organisations outlining how equalities organisations responded to the pandemic, and the impact this had on organisations, staff and volunteers

Click [here](#) to download the report and briefings.

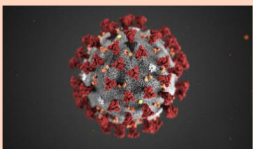
News and Participation Opportunities

RECRUITMENT FOR A NEW ADVISORY PANEL

The University of Manchester is looking to recruit people who are carers of someone living with dementia to join an advisory group. They currently have a number of volunteers but would like people specifically from Oldham to join.

If you are over 70 and looking after a partner who has dementia, you can take part in a telephone interview talking about your experiences. The university is researching this topic as carers over the age of 70, with spouses or partners living with dementia, and living at home, are facing many difficulties under Covid-19. On top of these, some local authorities have had to reduce services and support.

[Here](#) is some more information if you are interested in getting involved.



Are you over 70 and helping a partner with dementia to live at home?

Did you use a day centre and/or have outside support before the COVID-19 pandemic began? Yes?

Then please tell us about your experiences during the pandemic in a telephone interview

To find out more before you decide:

Please contact the researcher, Jayne Astbury, who will be happy to tell you about the research:

Email: jayne.astbury@Manchester.ac.uk
Mobile: 07385463137

