

## Updates from the network



# MERRY CHRISTMAS!



We would like to wish all of our GMOPN members a very merry Christmas! We hope you all have a wonderful time and we're looking forward to working together on new projects in the New Year.

Christmas will be a little different this year but we hope that you all have a peaceful break and we look forward to working with you all in the New Year.



## CORONAVIRUS UPDATE



The second lockdown ended on 2nd December and England entered the tier system again. Greater Manchester remains in tier 3, meaning you must not meet with anybody indoors (private homes and indoor venues such as pubs and restaurants) who you do not live with or have a **support bubble** with. You must also not meet people socially, outdoors (private gardens and outdoor public venues) who you do not live with or have a support bubble with.

However, you can meet up with family and friends you do not live with (or do not have a support bubble with) in some outdoor public places, in a group of up to 6. This limit of 6 includes children of any age.

These outdoor public places include:

- parks, beaches, countryside accessible to the public, forests
- public garden
- allotments
- the grounds of a heritage site
- outdoor sports courts and facilities
- playgrounds

You can continue to meet in a group larger than 6 if you are all from the same household or support bubble, or another legal exemption applies.

### Coronavirus at Christmas

In England's tier four areas, residents will only be allowed to celebrate Christmas with members of their own household and support bubbles. They will not be allowed to travel to other tiers to see family and friends. In areas in tiers one, two and three Christmas bubbles will no longer be across five days. Instead, three households coming together will now only be allowed on Christmas Day. **Christmas bubbles** are still able to meet each other in each other's homes, at a place of worship and in an outdoor public space or garden.

# CORONAVIRUS VACCINE GUIDE FOR OLDER ADULTS

In the UK, there are two types of COVID-19 vaccines to be used once they are approved. They both require two doses to provide the best protection.

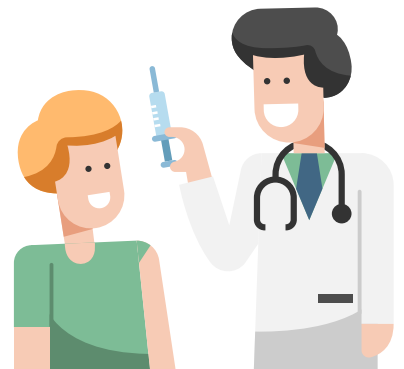
## Who should have the COVID-19 vaccines?

The Joint Committee on Vaccination and Immunisation (JCVI), an independent expert group, has recommended that the NHS offers these vaccines first to those at highest risk of catching the infection and of suffering serious complications if they catch the infection. This includes older adults, frontline health and social care workers, care home residents and staff, and those with certain clinical conditions. When more vaccine becomes available, the vaccines will be offered to other people at risk as soon as possible.

## Are you at increased risk from COVID-19 infection?

Coronavirus can affect anyone. If you are an older adult and have a long-term health condition, COVID-19 can be very serious and in some cases fatal. You should have the COVID-19 vaccine if you are:

- an adult living or working in a care home for the elderly
- a frontline healthcare worker
- a frontline social care worker
- a carer working in domiciliary care looking after older adults
- aged 65 years and over
- younger adults with long-term clinical conditions



To view the full Covid-19 vaccination guide, click [here](#).

## KEEPING WELL THIS WINTER CAMPAIGN

As some of you already know, the Greater Manchester Older People's Network were part of a collaboration led by the Greater Manchester Combined Authority Ageing Hub, to develop the Keeping Well this Winter campaign to support older residents in Greater Manchester with practical information to keep safe and well this winter.

As we continue to live with Covid-19, the campaign resources are designed both to support older people directly and to support and mobilise frontline staff across our services and communities to 'talk about keeping well this winter'.



The Keeping Well this Winter **booklet** is a resource designed to bring together important information to support older people during this period. It is recognised that many older people are digitally excluded and 140,000 copies have been printed for distributed across the Greater Manchester boroughs. Each borough has developed their own strategy for distribution. Please see the contact details at the bottom of this email if you would like a copy of the booklet. (Salford, through Inspiring Communities Together, has developed its own version of the booklet which is being distributed locally.)

There is also a **short film** (produced by older people) and **talking tips guide** sharing key messages for frontline staff, volunteers and the public, designed to encourage conversations about 'Keeping Well this Winter'.

If you are part of an organisation who would like to distribute copies of the printed booklets to older people in Greater Manchester, you can request large quantities (minimum order 600) by contacting the Greater Manchester Ageing Hub, please [email](#).

If you are from one of the areas without a direct contact on the list and would like a physical copy of the booklet please contact [Liz Jones](#) or telephone [07478741657](tel:07478741657). Please be aware that Manchester are already sending physical copies to all residents ages 70 and over. For organisations wanting free copies of the booklet to distribute (orders over 600), please contact [Jo Garsden](#).

## KEEPING WELL THIS WINTER CAMPAIGN

### Contacts for single copies of the booklet

**Area:** Bolton

**Contact:** Bolton Community Hub

**Number and email:** 01204 337 221 state that you require the Keeping Well This Winter booklet. Shielded.Covid19@bolton.gov.uk (please copy in leesa.hellingslamb@bolton.gov.uk)

**Area:** Rochdale

**Contact:** Dave Broome, Rochdale Borough Council

**Number and email:** 07975 231629 & david.broome@rochdale.gov.uk

**Area:** Salford

**Contact:** Inspiring Communities Together

**Number and email:** 0161 743 3625 & office@inspiringcommunitiestogether.co.uk

**Area:** Stockport

**Contact:** Liz Madge, Stockport Council

**Number and email:** 07891 949236 & agefriendlystockport@stockport.gov.uk

**Area:** Tameside

**Contact:** Lauren Foster, Tameside Council

**Number and email:** 07971 766557 & lauren.foster1@tameside.gov.uk

**Area:** Trafford

**Contact:** Trafford Community Hub

**Number and email:** 0300 330 9073

**Area:** Wigan

**Contact:** Zoe Ball, Wigan Council

**Number and email:** 07768383677 & z.ball@wigan.gov.uk

## News and Participation Opportunities

# Join Us!

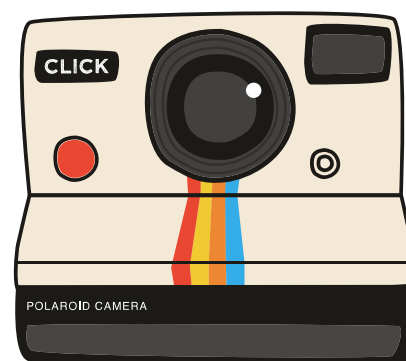
### JOIN THE STEERING GROUP

#### The Steering Group is looking for new members

The group comprises of older people from all the boroughs in Greater Manchester, except for Tameside and Wigan. If you are from either of those areas and would like to join a fun group of like-minded people who aim to make changes in their communities, we would love to hear from you! The Steering Group needs representation from all the boroughs but don't worry, if you are from an area that is already covered we would still love to hear from you. Joining the Steering Group is a great way to meet new people, be part of fun campaigns, have a chat and work for change for older people in Greater Manchester. If this sounds of interest to you, contact Liz via [email](#), or phone 0161 834 9823. If you are an organisation and you think the Steering Group would be of interest to someone you know or you would like to be involved yourself, click [here](#) to find out more.

### PHOTOGRAPHY PROJECT: ALONE

Masters student Vilija Skabute, is studying Socially Engaged Photography at Salford University and is currently working on a project called 'Alone'. This focuses on older people who live alone and their day to day lives. Vilija is interested in what this looks like: what people who are living alone eat, what they do and how they occupy their time. To show this, she will be posting disposable cameras with 27 frames to participants in order for them to photograph their daily life. She will include instructions but stresses participants are encouraged to photograph what they feel is important, don't worry if you are new to photography. The cameras can then be posted back to Vilija so she can process the images. Vilija plans to display her project to show that even if people live alone, they are not alone. If you or anyone you know would like to participate, [email](#) Vilija.





## News and Participation Opportunities



Christmas is going to look a little different this year and Zoom will probably feature heavily in it, if it isn't possible to have all our family together on the big day. Christmas day wouldn't be right without a game of monopoly or playing charades from crackers, and as some of you will be meeting your family digitally this year, we thought we'd put together some fun activities to keep you entertained on Zoom. We started the pandemic playing Zoom quizzes but if you want something that isn't a quiz, have a look at this list of fun games we've compiled to keep you entertained online. A socially distanced Christmas can still be fun, enjoy!

### 1. Hum that Tune

Choose well known songs or theme tunes to hum to people at the other end of your Zoom call. This is a very funny game and you could make it Christmassy too by humming classic Christmas songs, maybe you could make it harder by only humming the beginning part of a song before the singing starts. Make sure you all come to the Zoom call with a few ideas!

### 2. Scavenger Hunt

This could be a fun one to play with children, it's simple but keeps everyone entertained. To play, select the hunt master who sets out a list of items or clues. The rest of the group have a set limit of time to see if they can find those objects around their house. If you're going for the list option, you can be super simple and just name 10 objects the group have to find. The other option is to come up with a list of clues – choose simple clues if kids are involved (such as find something beginning with the letter J) and more cryptic clues for adults.

### 3. Skribble

Skribble is an online drawing and guessing game. It's essentially like playing Pictionary, but you can do it virtually. Gather a group together and create your own private room online and get drawing!

## News and Participation Opportunities

### 4. The Alphabet Game

Each player takes turns to choose a topic and then you go round the group from A to Z naming something from that category beginning with your letter until you have gone through the whole alphabet. The categories can be as creative as you like – anything from names of countries, cities, landmarks to food, fruit, chocolate bars, to TV shows, bands, or celebrities.

### 5. Sound Charades

A 'noises off' could also be called 'sound charades'. Essentially you can pick a sound from a theme – we recommend choosing a Christmas theme. Each person takes a turn to make a noise related to the theme. It could be anything from the sound of Santa coming down the chimney, the carving of the turkey, presents been unwrapped or a robin chirping. You can only make the noises using yourself, no mouth, hands and feet. Remember, sounds only, not movements.

### Attend virtual Christmas activities

Eventbrite have listed a whole host of Christmas activities you can enjoy from the comfort of your home. From a virtual Christmas carol service to 'Panto Tales!', there is lots of virtual fun to keep you entertained right up to Christmas Eve. There are 14 pages of events to choose from, enough to watch a few a day, and something to suit the whole family. Click [here](#) for the full list of events. Happy virtual Christmas!





## News and Participation Opportunities

### HAVE YOUR SAY ON THE FUTURE OF BUSES

#### Have your say on the impact of Covid-19 on GMCA's proposals for the future of your buses

Greater Manchester deserves a bus network that puts its passengers first. Last year, Greater Manchester Combined Authority (GMCA) held a consultation on a proposed franchising scheme. This would bring buses under local control as part of an integrated transport network. In June, GMCA received the results of the consultation but decided, before a final decision could be made, that the impact of Covid-19 on the bus market and the proposed franchising scheme should be considered.

Now, GMCA is asking for your views on its proposals in light of the findings of the Covid-19 impact report, which looked at potential future travel demand in Greater Manchester and what it could mean for GMCA's proposals to change how buses are run.

#### How to take part

The GMOPN will be offering members a chance to take part in a group consultation on Thursday 14th January. Further details will be shared in the new year.

You can:

- Find out more information and take part in an [online questionnaire](#)
- [Email](#) your feedback
- Give your feedback by phone on **0161 244 1100**
- Write/send a completed questionnaire to **Freepost GM BUS CONSULTATION**
- Pick up paper copies of the questionnaire at [Travelshops](#) across Greater Manchester.

Following the consultation, the responses will be independently analysed and reported to GMCA, who will consider the responses alongside the outcome of the previous consultation. The outcome of both consultations will then be considered as part of the final decision by the Mayor of Greater Manchester, Andy Burnham, on whether to implement the proposed franchising scheme. The decision is anticipated to take place in spring 2021.

Have your say on the future of your buses at [gmconsult.org](https://gmconsult.org) before **Friday 29 January 2021**.

## OLWYN HOLGATE IS AWARDED BY THE MAYOR OF BOLTON



Owlyn Holgate, from Bolton, has been awarded a certificate from the Mayor of Bolton for her work with the Golden Oldies. During the pandemic, Owlyn stayed in regular contact with her group members and provided them with puzzle books and activities to keep their minds active. She was able to do this as Golden Oldies were given a grant from GMCVO to provide socially isolated older people in Bolton with activity books and to hold regular telephone conversations with participants.

Owlyn has been leading the Golden Oldies for six years and said it's great to meet up as it prevents social and mental isolation. During the pandemic this hasn't been possible and Owlyn worried about her members as most of them don't own a computer. Thankfully, the puzzle books provided enough entertainment to keep their minds active. Meeting four times a week, the group have craft sessions, they play bingo and do raffles, and often have speakers in. Owlyn often gives talks to the group too, saying it makes them happy and she likes to educate them. Recently, the Golden Oldies started a project making ceramic flowers which have been placed outside the center and have brightened up the surrounding area. Along with her certificate from the Mayor of Bolton for her efforts, Owlyn is also up for a Lifetime Achievement Award from Inspire Awards, let's hope she wins!