

Age-friendly Whalley Range Newsletter

Autumn/Winter
Volume 1, Issue 2



Age-friendly

In this issue

- ◆ Local update
- ◆ Keep in Touch
- ◆ WR Taste Buds
- ◆ Latest events
- ◆ Health Q & A
- ◆ Ageing Study
- ◆ Older People Day
- ◆ Useful contacts

Coming Soon:

Winter safety event
12-3pm Nov 6th
St. Werburgh's
Church Hall

Seasonal celebration
JNR8, M16 0BG
December
(date tbc)

Garden Party @ the
British Muslim
Heritage Centre,
Spring 2015
(date tbc)

What makes an Age-friendly Community?

Welcome to our second newsletter!

Since the first issue was circulated door to door across Whalley Range we have held two age-friendly community events and made lots of new friends and contacts. The Probation Service's Community Payback team delivered the newsletter throughout Whalley Range, the NHS CCG printed out extra copies to distribute at our events - and the Greater Manchester Coalition of Disabled People (GMCDP) produced a large print version of the first issue.

The funding for our six events is thanks to a successful application to the Lord Mayor's charitable fund: a review of the first two events is on the next page.

Coming up next on October 2nd

(12-3pm) we are holding an age-friendly event: **'FOOD'** in partnership with Whalley Range Methodist Church – at the Church on Withington Road – an opportunity to socialise and access information, bringing together the wide variety of local food projects who are working hard to make sure those of us who are vulnerable can access help and support. The event will look at ways to address isolation particularly over the winter by making sure we all look out for each other and keep in touch.

There'll be food, activities and information too! See you there! ☺



Keeping in touch

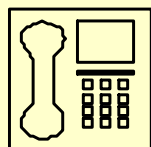
Although we have an Age-friendly Whalley Range website which is a very useful way of promoting what is happening locally and in the wider community, we realise that not all residents are able to access the internet - and some people do not have the basic skills required to use a computer. We hope to be able to provide some basic computer classes again in September/October for absolute beginners to people who want to brush up their skills. The Internet is a great way of keeping in touch with friends and family or simply finding out about the subjects you are interested in. From setting up an email account to uploading photographs, from listening to music to visiting local history sites, once you get to grips with the basics most people are hooked! Call 881 3744 for details.

Whalley Range Taste Buds

Some people really enjoy cooking for others - and some people enjoy a home cooked meal - but sometimes may find it difficult to cook for themselves.

We are bringing Cooks and Diners together to benefit each other - here in Whalley Range! Our age-friendly Taste Buds scheme is for people who enjoy cooking and who are willing to provide an extra plate of food for an older or vulnerable neighbour when they prepare their own lunch/dinner. So - Diners get a fresh meal from a friendly neighbour - and Cooks get a chance to show off their culinary skills! www.whalleyrangetastebuds.wordpress.com/
(Free Food Hygiene course & DBS checks provided for Cooks)

Call us on 0161 881 3744 if you want to sign up as a Diner or a Cook!



Useful numbers:

Police 999 Emergency
 101 non-emergency – calls 15p
 Whalley Range Councillors
 Mary Watson 860 5523
 Angeliki Stogia 07901528750
 Aftab Razaq 07799560244
 WR Community Forum 881 3744
 Mosscafe 226 4211
 Tangmere Court 881 7377
 Trafalgar Court 226 8259
 Indian Senior Citizens Centre
 232 0999
 Chorlton Good Neighbours
 881 2925
 Metrolink 205 2000
 Ring & Ride 0845 688 3989
 Care & Repair 872 5500
 Range Medical Centre
 08444996977
 Ashville Medical Centre
 881 4293
 Ashleigh Vet 881 6868
 Whalley Range Methodist
 Church 226 5517
 Ashiana Meals on Wheels
 861 9829
 Books to Go - library book
 delivery 227 3800
 Manchester City Council
 234 5000
 Age-friendly Manchester
 234 3391
 Social Services 234 5001
 Fire Service home safety checks
 0800 555 815
 Silverline free helpline for older
 people - 0800 4 70 80 90

Are you on the Internet?
 Visit our AFRW sites at:

Twitter:
<http://tinyurl.com/qdetblq>
 YouTube
<http://tinyurl.com/pvm8jgi>



Manchester Ageing Study Update

An age-friendly research project involving local communities is now well underway in Chorlton and Whalley Range. 15 local residents have taken part in a one-day training course and are carrying out interviews across their own neighbourhoods, talking with older people about their experiences of living and growing older where they live. All interviews will form part of the evidence base for the two-year project, which began in October last year. For more information contact Rebecca Bromley, email r.bromley@manchester.gov.uk, phone **0161 234 4049**, or Dr Tine Buffel, email tine.buffel@manchester.ac.uk



Age-friendly on the Range

Tangmere Court hosted a spring planting, information and social event for older residents in May, with stalls from local service providers, food and music. Residents tried out the scheme's computers for the first time and brought mobile devices along for advice and troubleshooting with our volunteer.

Trafalgar Court's focus was health and wellbeing, with health advice and taster sessions, pharmacy health checks - and singing for wellbeing. Both events featured chair based exercise, lunch, information stalls and conversation with old and new friends. Our host venues are housing providers for over 55's - and both have a welcoming space for community events and meetings. Please get in touch if you have any suggestions for future events.

Healthier Together: What is it?

Healthier Together have proposed changes to healthcare across Greater Manchester including increasing GP hours and implementing specialist hospitals to offer specialist treatment to emergency care.



How are health services changing for Manchester people?

All of the organisations responsible for the delivery of health and social care in Manchester have plans for how they can best support and improve the health of everyone who lives here, within the resources available in the city. By 2020 we aim to radically transform Manchester's community based health and care services so that everyone who lives in our city can access high quality services. Read more about the review on the Website: <http://tinyurl.com/orfkbmj>
 Tell us what you think in the online questionnaire <http://tinyurl.com/lgkky7>

Event: Healthier Together Question Time: Tue 30th Sep 2014 - 7:00-8:30 pm
Christie Auditorium - The Christie NHS Foundation Trust,
550 Wilmslow Rd, Manchester M20 4BX

Join us for an evening of lively debate about the future of your health service. Find out more and book your place by calling 0800 888 6789

Age-friendly Manchester is producing a flyer to promote International Older Peoples Day (1st October) and to work with and for older people to promote what's happening across the city in October 2014. Call AFM on 234 3391 or visit www.olderpeoplesday.co.uk/

Don't forget the event age-friendly event on 2nd October 12-3pm: put it in your diary! 😊



MANCHESTER
 CITY COUNCIL

