

Age-friendly Whalley Range

Spring 2014
Volume 1, Issue 1



AFWR Timeline & ideas

- ◆ Steering Group
- ◆ Action Plan
- ◆ Celebrate Festival
- ◆ Mailing list
- ◆ Age Debate
- ◆ Funding search
- ◆ Winter Warm
- ◆ Resource Files
- ◆ Newsletter
- ◆ Ward-wide events
- ◆ Ageing Study
- ◆ Ideas from you?
- ◆ Coffee Mornings?
- ◆ Film Shows?

Launching the Age-friendly Initiative

Introducing the Whalley Range Age-friendly Steering Group

Whalley Range Community Forum (WRCF) is working with the City Council's Age-friendly Manchester (AFM) team to establish a steering group of local residents and representatives of relevant groups, to look at developing a range of projects, which will make Whalley Range more Age-friendly. Further details will be shared in our newsletters and on our website: agefriendlywhalleyrange.wordpress.com

Contact us:

Chris Ricard 0161 881 3744

Rebecca Bromley 0161 234 4049

agefriendlywhalleyrange@gmail.com

or pop in to JNR8 at

82 Cromwell Avenue M16 0BG

Tel: 881 3744

Do you feel isolated and out of touch with what's happening locally? Would you like to talk to someone about local services? Would you like help/support to get out and about? Would you like to volunteer at our community events? Call us on 881 3744 and ask for Chris

Aims of the Group:

- To promote age-friendly services
- To increase volunteering opportunities for older people
- To talk to older people about what activities and opportunities they would like to see provided
- To allow people to discuss the issues connected to ageing and growing older in Whalley Range
- To allow people to share ideas about what they believe is helping them to age well
- To recruit Age-friendly Whalley Range Champions
- To provide social activities to help people feel connected
- To encourage intergenerational work

Age-friendly Information Hubs

One of the Age-friendly Whalley Range Action Plan priorities is to compile hard copy files of useful information and advice relevant to older residents. These resource packs will be full of local and wider useful information - including details of health & wellbeing initiatives, housing support and benefits advice, information about local activities, transport links, and local support networks, Call us on 881 3744 if you would like your organisation to hold a file.

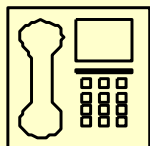
Call Rebecca Bromley on 234 4049 to receive the Age-friendly Manchester email bulletins - packed with citywide news!



Is YOUR Business Age-friendly?

We want to share information about the existence of AFWR with private organisations and local businesses. We are adapting an 'Age-friendly Business Charter' and encouraging local businesses to sign up to encourage improved health & safety in shops, to be mindful of the needs of older people provide a place to sit if possible, ensuring products are easily accessible, removing trip hazards...and more.

Call us on 0161 881 3744 if you want to join the growing list of local Age-friendly businesses!



Useful numbers:

Police 999 Emergency
 101 non-emergency-15p per call
 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
 Withington Rd Post Office
 226 1790
 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

Growing Older in Whalley Range

Welcome to our newsletter!
 We hope you find lots of interesting information contained this first issue. The Whalley Range Age-friendly initiative launched at the Celebrate community Festival in 2013. A steering group was set up prior to the Festival, to draw up an action plan, to discuss ways to identify the needs of older residents, to look at how to engage with people who were not accessing any of the services available - and to promote existing activities and resources. The project is aimed at older residents in the area who may find it difficult to access services; of course one of the problems is that many residents do not have access to the Internet - and as we do not have a central community centre or library etc in the ward, we decided to come up with other ways of keeping in touch. Resource files are being compiled containing local information such as health provision, housing providers, useful numbers, activities and things to do - and lots more. These resource packs will be held at different venues across Whalley Range - for example the health centre on Withington Road, the JNR8 Youth & Community Centre/Manley Park Methodist Church, social housing providers - particularly those with provision for over 50s/retirement complexes - and post offices. We will compile a list of telephone numbers of the organisations holding the resource files for you to contact if you require information. If the host venue cannot help you they will be able to refer you to somebody who can help. Please call Chris on 881 3744 for more details about the files. Following the Celebrate Festival,

AFWR held an Age Debate at the Whalley Range Community Forum base, JNR8/Manley Park Methodist Church. There is also an Ageing Study in progress in Whalley Range: find out more at our upcoming events. AFRW have received funding to hold several free community events in accessible venues across Whalley Range. We hope to be able to engage with people who may feel isolated and will be posting invitation leaflets in the immediate vicinity of each proposed event. We hope lots of people will come along to socialise, visit the information stalls, take part in an activity (arts and crafts, gardening etc) maybe watch some entertainment from local schoolchildren/local community choir - and enjoy a hot meal or some light refreshments. See News & Events for more details. We want to hear from all local residents who have ideas to improve local services and who want to get involved. Please get in touch with us if you have any ideas, to join the mailing list, to volunteer at any of our events - or simply like to talk to somebody about what it's like to grow older Whalley Range.



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

Twitter: <http://tinyurl.com/qdetblq>
 YouTube <http://tinyurl.com/pvm8jgj>

Read current ageing news - and watch local and wider age-related videos about issues affecting older people.



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