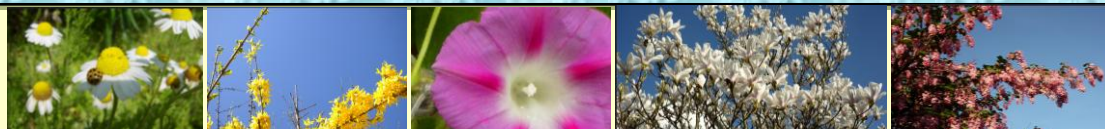


Age-friendly Whalley Range Newsletter - April 2015

Website: www.whalleyrange.org Twitter: <https://twitter.com/AgeFriendlyWR> YouTube: <http://tinyurl.com/p9bjnxf>

hello
spring!



Volume 1, Issue 4



Age-friendly

In this issue

- ◆ Springtime update
- ◆ Heritage Group
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- ◆ Health +Wellbeing
- ◆ Travel & Discounts

**SORRY
YOU'RE
LEAVING!**

We're really sad to announce that Rebecca Bromley is no longer working for Age-friendly Manchester and won't be involved in the future Whalley Range projects... ☹ (I'm sure we can entice her along to our events with promises of coffee and cake!)

Rebecca has really supported Chris with her knowledge and expertise (and great sense of humour!) in the initial stages and during the progression of the Age-friendly Whalley Range project over the past 2 years (yes - that long!) Rebecca has also been involved in the Ageing study work with Dr Tine Buffel.

Good Luck in whatever you do next Rebecca!

**GOODBYE
+ GOOD LUCK
REBECCA!**

Welcome to our Fourth newsletter!

We celebrated the start of the New Year by producing our first AFRW Report, documenting how we began - to where we are now - and planning for the future of the group. Those with computer access can view on our website <http://tinyurl.com/q3jmgpn> - or by calling into the JNR8 Centre.

SPRING INTO ACTION!

To mark the coming of spring we are starting some new activities at our base in the JNR8 Community Centre. There's been a lot in the News lately about the benefits of exercise for improved health & wellbeing as we get older. At the recent Community Health Day in Manley Park Play Centre, Age-friendly Whalley Range provided a chair based fitness session with Beatriz Lazarus and a Zumba Gold workout for active older adults - as well as an information stall to promote our group and activities - and freshly baked food from the St Margaret's Centre based Bread Project. Fiona Gray will run a weekly exercise class for older residents at JNR8 every term-time Wednesday from 22nd April. Our taster sessions in chair based gentle exercise at all of our events have proved really popular.



We have also been running a fantastic Tai Chi class on Mondays 1:30-2:30pm with local resident and teacher Kaz. This relaxing and gentle form of exercise has proved really popular - especially with older residents and those who suffer with back pain. Free, £1 donation appreciated!

ALEXANDRA PARK HERITAGE GROUP

Since the work began in the Park, several groups and forums were set up to address specific issues: a wildlife forum, sports and cultural group are in progress.

A popular group looking at the Parks' rich history is the Alexandra Park Heritage Group - and for those with internet access the group have a fantastic active Facebook page with local older residents posting photos and sharing memories of the parks history on the site. To find out more call Debbie on 07507558084

Queen of Parks Sat 18th April 14:00

Guided Walk: Once the Queen of Manchester's Parks and now it's reborn for the 21st century. Meet: Chorlton Lodge, Alexandra Park, M16 7JL

Our local Co-operative Pharmacy on Upper Chorlton Road in Whalley Range has nominated Age-friendly Whalley Range to receive a £200 donation for our projects! The Senior Account Executive, Ainsley Piggott, called us recently with the good news - and the Co-op pharmacy team will attend the JNR8 centre May 1st at 1:30pm to offer blood pressure checks on and health advice and to present us with the cheque. We have decided this will be a great way to launch our Fitness and Fun exercise class for people with reduced mobility with Fiona Gray of Zumba Gold. This will also be an excellent way of promoting the Age-friendly initiative, developing links with local organisations as part of the plan to encourage more local businesses to adopt an age-friendly approach to running their services...

STORYBOX CREATIVE CAFE

Do you have memory loss? Or do you support someone with memory loss?

STORYBOX - CREATIVE CAFÉ is a brand new group based at Central Library in Manchester offering fun, creative activities

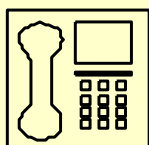
designed especially for people with memory loss and their family and friends.

Tuesdays 11am - 12pm: 14th and 28th April/12th and 26th May/9th and 23rd June/7th and 21st July at Central Library, St Peter's Square, Manchester M2 5PD

FREE - ALL WELCOME Pre-booking is advised: 07941 218 435

info@smallthings.org.uk

STORYBOX - CREATIVE CAFÉ is a Small Things project www.smallthings.org.uk



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
 St Werburgh's Church
 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
 Books to Go - library book
 delivery 227 3800
 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

**Exercise Classes for Older Residents:
 Keep Fit and Have Fun!**



**We are starting an exercise class for
 older men and women**

Starting on Friday April 24th at 2-3pm
 with a qualified fitness teacher
 at the JNR8 Youth & Community Centre
 (Back of Manley Park Methodist Church)
 Fiona the teacher is very experienced and runs
 exercise classes across Manchester for lots of
 older peoples groups

**It should be fun and beneficial
 to your health!**

Contact Chris Ricard at
 JNR8 Youth & Community Centre,
 82 Cromwell Avenue, Whalley Range,
 Manchester M16 0BG
 Tel: 0161 881 3744



Cromwell Community Cuppa

**Weekly tea & chat on
 Cromwell Avenue**



Some older residents living in
 Whalley Range have said they
 would like to meet up for a chat
 and a cuppa, to get out, meet
 with neighbours and find out
 what's happening locally.

We have a lovely space at JNR8
 Community Centre on
 Cromwell Avenue - which is part of
 Manley Park Church

**Are you free on Wednesdays from
 2-3pm? (Starting on 22nd April!)**

Come along with your friends - or
 come along on your own to make
 some new friends!

**We'll provide the tea, coffee,
 cake and biscuits ☺**

Call Chris on 0161 881 3744 or pop
 in to JNR8 at the Clarendon Road end
 of Cromwell Avenue - back of
 Manley Park Church for details.



B&Q
 Over 60's
 10% discount
 Every
 Wednesday

Apply in store or download the form at
<http://tinyurl.com/n9f26wn>

Upcoming events and seminars from MICRA:
 Manchester Institute for Collaborative Research on
 Ageing: www.micra.manchester.ac.uk/events/



Alexandra Arts received a Cash Grant
 for age-friendly activities and to
 purchase silk screen printing
 equipment for printing designs on
 bags, scarves, cards etc.

Watch this space for details of free
 printing workshops for older residents
 Read more at <http://tinyurl.com/kjx4rcs>

Low fares & free travel for eligible people over 60

Getting around...transport news: who qualifies and how do I apply?

If you are an eligible person aged over 60 and a resident of Greater Manchester you
 can apply for a NCTP, which will entitle you to travel for free on local buses
 anywhere in England between 9.30am and 11pm Monday to Friday
 and all day at weekends and on public holidays.

For more information, phone 0161 244 1000. Lines are open 7am to 8pm Monday to
 Friday, 8am to 8pm Saturday, Sunday and public holidays.

Interested in learning about computers?

Our new free 4 Steps Skills class for all ages starts at JNR8 on Tuesday 21st
 April from 11-2pm. It's a really popular & friendly class and places are
 limited so book ASAP! Enrol on 21st April or Call Chris on 881 3744 to book.



Good luck to Tine Buffel & team,
 nominated for the University of
 Manchester 'Making a
 Difference' Awards on 7th May
 for the amazing
 Whalley Range/Chorlton based
 Age-friendly Research Project:
 You deserve to win!

