

Age-friendly Whalley Range & Chorlton Report 2016

We've had a very interesting year with a fantastic range of age-friendly initiatives – lots going on in Whalley Range in the first half of the year – and then meeting lots of new people as we expanded into Chorlton, developing partnerships and holding a range of community facing events. The Age-friendly Whalley Range (AFWR) Steering Group joined forces with representatives from Chorlton-based support groups as we worked together to formally constitute the group with a set of agreed objectives based on priorities of older people in Whalley Range and Chorlton.



The end of 2015 was also the end of the small grants that had kept us afloat in terms of promoting our services, holding informative and social events, engaging with new people and re-establishing links with service providers, friends and neighbours throughout the year. In the New Year, we continued our work thanks to Age Friendly Manchester and on-going support from Patrick Hanfling, AFM Project Manager.

The beginning of the year was spent identifying funding and further developing our Food and Nutrition initiative with older people.

The work is facilitated by Loren Grant from Foodwiser - and follows on from our MCC Neighbourhood Investment Fund (NIF) consultation - which was used to identify older people's priorities in terms of eating healthily - particularly in the winter.

Small grants from the John Grant Davies Trust and Arcon Housing enabled us to plan a range of food and diet related presentations incorporated into our community events.



We are very grateful to the Manchester Carer's Forum, Manchester City Council and Age-friendly Manchester who awarded us small grants for events and projects – helping to kick start our work with the age-friendly International Women's Day intergenerational event - Raising Our Voices - and our Festival of Learning (formerly Adult Learners Week).

These events included taster sessions of basic computer skills, Tai Chi, gentle yoga and lots of music and singing and dancing - and sharing food and conversation.

The Carer's Forum grant also enabled us to contribute to the Celebrate Festival and to organise a 53 seat coach trip to Southport - with older people from local churches and housing associations joining our Wednesday group - with new friends and neighbours - for a fantastic (sunny!) day out.

On Wednesday afternoons, our Cromwell Community Cuppa social group for people over 50 has reconnected local older neighbours - along with new members, sharing tea and coffee and delicious cakes (thanks to Margaret Kelly!) to chat and share local news and make plans. We decorated some masks as part of Chorlton Book Festival and Liz was a runner up! The group enjoyed a visit to Chorlton Lodge in Alexandra Park to visit the local Conscientious Objectors exhibition and to listen to a fascinating talk about the history of the Lodge from our host: Phil Benson-Hannam. One member of the group will be joining Phil and the Alexandra Park Ambassadors at the new Alexandra Park Information Centre in the Park Lodge as a volunteer. <http://alexandraparkmanchester.com/> See Angela Downing's [Alexandra Park Heritage Group Report](#) of activities during 2016.



The Wednesday group is connected to our Age-friendly projects and a food and nutrition initiative with Loren Grant of Foodwiser aimed at healthy eating for older people, e.g. food for bone health, vitamin rich foods and eating healthily on a budget.

The initial consultation was held at JNR8 with members of the Wednesday group, some of whom have also attended a range of our events across Whalley Range and Chorlton featuring presentations from NHS and health providers, information stalls, entertainment and lunch. The aim of the events is to encourage community involvement by targeting older people who are at risk of social isolation and poor nutrition especially in the winter months.

The focus was to run a series of age-friendly events which included a nutritious hot lunch, an educational session presenting easy to understand information on eating well in the winter, including a Q&A session and providing a friendly informal space for discussion and conversation. The events also have a social focus with a hot meal, a craft activity and entertainment. At each event our display boards feature a wide range of information about age-friendly local activities from community groups, health & wellbeing news and stalls hosted by partner organisations and service providers. Our new Age-friendly Whalley Range & Chorlton banners were designed and purchased in 2016 and feature our aims and objectives and contact details. The banners have been displayed at a diverse range of events throughout the year, raising our profile and getting the age-friendly flower more recognition! The first 'extended' event was at Chorlton Library and we had a fantastic turnout!



Age-friendly Whalley Range & Chorlton Priorities...

Age-friendly Whalley Range & Chorlton Constitution

Adopted on 20th April 2016

1. Name

The name of the group shall be Age-friendly Whalley Range & Chorlton

2. Administration

Subject to the matters set out below the organisation shall be administered and managed in accordance with this Constitution by the members of the Management Committee

3. Aims and Objectives.

1. To promote the principle of active ageing and age-friendly
2. To engage directly with older people to help empower them to do more, influence and have a stronger voice in their community
3. To support local organisations that provide activities and services for older people
4. To support research and enable all services, partners and agencies to understand age-friendly approaches and the benefits that older people bring
5. To enable organisations to be inclusive of older people at all levels
6. To build an age-friendly network across Chorlton and Whalley Range

4. Principles

Age-friendly Whalley Range and Chorlton will:

1. be open, democratic, and accessible to groups and organisations
2. promote equal opportunities
3. be non-party political

AGE FRIENDLY MANCHESTER

Are you age 50 or over? Do you live in Whalley Range or Chorlton?

Age-friendly Whalley Range & Chorlton our aims

- To promote the principle of active ageing
- To engage directly with older people to help empower you to do more, influence and have a stronger voice in your community
- To support local organisations that provide activities and services for older people
- To support research and enable all services, partners and agencies to understand age-friendly approaches and the benefits that older people bring

Would you like to find out about local activities and services for older people?

contact people stronger organisations network research inclusive local partners Whalley Range

agefriendly

Contact Age-friendly Whalley Range & Chorlton
agefriendlywhalleyrange@gmail.com
www.whalleyrange.org
0161 881 3744

See the full document at: <https://goo.gl/nnieMT>



AGE FRIENDLY at CHORLTON ARTS FESTIVAL

Age Friendly Manchester's Cultural Champions from South Manchester have come together with Chorlton Arts Festival (CAF) to create an Age Friendly CAF programme of events. All activity is open to anyone aged 50+

Saturday 21st May FREE

ART IN THE PARK – MURAL WORKSHOP

Are you a budding artist? or just fancy having a go? Come along to our artist led workshop anytime from 12 noon-4 pm Work with a local artist to create a mural for display in Beech Road Park. Venue: **Beech Road Park** in partnership with Unity Arts and Friends of Beech Road Park

Monday 23rd May FREE

TEXTILES AND SEWING DROP-IN

Do you already enjoy creating textile pieces? Never tried tie-dyeing but fancy having a go? Come along to the workshop and try your hand at a range of techniques. anytime from 12-30-2.30 pm. Venue: **Hardy Lane Co-op** in partnership with Chorlton Embroidery and textile group

For more information contact:
claire.cowell@manchester.ac.uk / 07776 170688
Follow us on @AFMCulture and @chorltonarts



AGE FRIENDLY at CHORLTON ARTS FESTIVAL

Wednesday 25th May FREE

SPIRIT OF '45 FILM SHOWING

Join us for a Spirit of '45 film show followed by food and debate. We will start at 1:30pm with the film showing (90 Mins) followed by a break for food (bring food of 45 to share) at 3pm and then a debate with a range of representatives to discuss the NHS from its inception to present day. From 1:30-6 pm. Venue: **St Margaret's Centre, Brantingham Rd, M21 0TT**

Thursday 26th May FREE

An afternoon/early evening of Poets and Players

An open mic session for local poets and musicians. Come down and listen or take the mic yourself. From 4-6 pm. Venue: **The Edge Arts Centre, Manchester Rd, M21 9JG**

Friday 27th May FREE

Textiles and Sewing Drop-In

Do you already enjoy creating textile pieces? Never tried tie-dyeing but fancy having a go? Come along to the workshop and try your hand. From 10.30-12.30 pm. Venue: **Hardy Lane Co-op, 349 Barlow Moor Rd, M21 7QH** in partnership with Chorlton Embroidery and textile group

Hardy Artists exhibition at the Battery Park cafe

We are a small group of local people who get together weekly for an art session in the meeting rooms above the Hardy Lane Co-op. We have been active there for nearly three years, and as part of the Chorlton Arts Festival, Battery Park will show some of our more recent work from 21st to 28th May.



Claire Cowell from the AFM team worked with local Culture Champions to put together a programme of art and cultural activities as part of the Chorlton Arts Festival. The group held one of their planning meetings at our JNR8 base and members of our Wednesday group attended the events.

Click to find out how to join the Culture Champions

<https://goo.gl/EmQUIG>

Email claire.cowell@manchester.ac.uk or call 07776 170 688

Culture Co-ordinator on Twitter: @AFMCulture



Celebrate Festival 2016



The Whalley Range Community Forum, MICRA, Manchester University and Age-friendly Whalley Range/Chorlton provided lots of information, activities, refreshments, arts and crafts and entertainment at this year's Celebrate Festival on July 16th 2016 at Manley Park.

Translating Research into Action

Age-friendly neighbourhoods Whalley Range, Chorlton and Chorlton Park

As part of the Celebrate festival, the research team from the University of Manchester and MICRA led by Dr Tine Buffel, Patty Doran and Jenna Ashton created an interactive display in a dedicated marquee, featuring the findings from Tine's work and the co-researchers interviews with older people. [Researching Age-friendly Communities](#)



Findings

Rich discussions about the local area, how it has changed, and the experience of growing old in an urban environment were recorded. There was repeated acknowledgement that many of the social and cultural changes experienced (e.g. increased diversity of neighbourhood, changes in local shops) were national, or even global changes. However, the participants discussed specific physical and social environmental issues they faced in their daily lives.

Physical environmental issues: *Transport* was the most talked about physical environment issue. The *Metro* has been positively received, however the *reduction of the bus service* is a cause of concern, with fears of isolation. The increase in the number of cars and the resulting *congestion and parking issues* related to issues about *parkways* and the ease of walking. The changes in available *services and shops* have been dramatic. A major change in the area was the removal of all *public toilets*.

Social environmental issues: Although the area was described as *friendly*, where in the past participants had *close ties to neighbours*, the current strongest social networks were linked to *family*, long-established *friends*, and *community organisations*. There is a lot of activities happening in the area, many of which appeal to older people, however knowing about the activities, having *access* (e.g. transport), and the confidence to attend are all barriers to *social participation*.

Suggestions for change

The focus group participants made many positive suggestions for change. Suggestions included *maintaining/improving bus services*, bringing back *public toilets*, *clearing litter*, *sorting out traffic problems* and related *pavement issues*. Many participants voiced support for more *opportunities for older people to meet*. It was acknowledged that much is already happening for older people, but good and appropriate communication is vital to making services accessible.

'Lunchon Clubs for like over sixties for example ... We're trying to beat isolation, so the ideas of groups of people that would ... meet for lunch ... but not having any age groups either because we're too fond of putting elderly people into groups.' (Female, 61-70)

'Having a centre we could all just go down and have a cup of tea, you know, and there's things going on, rather than being belonging to a church.' (Female)

'I think one of the problems is publicity. There are lots of things going on but it doesn't get to people. And if everybody took a friend to one of the meetings and so on, it might help considerably.' (Male, 71-80)

'I think it's - the problem or the resolution of the problem is the Internet. If you're at ease with that, you can find what you want to find. If you're not at ease with that, I think you'd find it difficult to find information on all kinds of things. Because increasingly you phone up the Council, it almost always says, 'go to our website', you know.' (Male, 61-70)

Considerations

- Physical issues were discussed in much more detail than social issues.
- Health and fitness were barriers for some participants, could make the difference between getting out and about or being isolated.
- Many of the issues raised are interlinked. Social support (e.g. through community centres) will not always be possible without the physical facilities (e.g. transport and toilets).
- The findings presented above are to be considered alongside the findings from the interviews conducted by the peer researchers.
- Next steps: Dissemination!

Contact Details:

Tine Buffel: Research Fellow, University of Manchester
tine.buffel@manchester.ac.uk

Jenna Ashton: Impact and Engagement Manager, MMU
jenna.ashton@mmu.ac.uk

Patty Doran: PhD Researcher, University of Manchester
patty.doran@postgrad.manchester.ac.uk

TRANSLATING RESEARCH INTO ACTION

Involving older people in co-producing knowledge about age-friendly neighbourhood interventions

Aim: Work with an existing group of older co-researchers to examine the age-friendliness of their neighbourhood, and to translate research findings into practice and policy recommendations that can help improve the quality of life of older people in urban neighbourhoods.

Project Update: April 2016

Background: Between October 2013 and May 2014, 15 focus groups were carried out across Whalley Range and Chorlton to discuss the experiences of older people living in the area. The first seven focus groups were with various community stakeholders, and the final eight focus groups were with groups of older people from the area. The following is initial findings from the latter eight focus groups. Over 45 participants took part in these eight focus groups. Of those that registered, 51% were over 70 years old, 44% were male, and 33% had lived in the area over 50 years.

In addition to the research displays, an 'opinion tree' was on display created by artist Jane Goetze with 'leaves' handed out to residents to write down their priorities and how to make an area more age friendly. The tree came to life at JNR8 and has been used for many other projects throughout the year! Thanks to the AFM and Manchester Carer's Forum grant, AFRW provided food for volunteers, advice & information stalls, a vinyl printing workshop for people to make their own age-friendly bags and a craft workshop decorating cakes with the age-friendly flower. Musical entertainment was provided by Dave Taylor's Hit Parade.



See the Age-friendly Celebrate Report here:

<http://www.whalleyrange.org/wp-content/uploads/2016/09/Age-friendly-Marquee-Celebrate-Report.pdf>

Chorlton Good Neighbours hosts Age Friendly Whalley Range and Chorlton event



On Thursday 10th November just under 90 people attended another successful event held at Chorlton Good Neighbours. Organised by Helen Hibberd, Coordinator of CGN, and Chris Ricard and Loren Grant from the local Age Friendly Team, a series of speakers from various health backgrounds gave information, and answered participants' questions.

Guest speakers included:

- Emma Gilbey, Programme Manager for Integrating care, spoke about the changes that are beginning to take place locally with the aim of bringing health professionals, social services and the voluntary sector together to work more effectively for its residents
- Laura Cassidy, a neighbourhood health worker from BUZZ who described the services and support they could offer people to help lose weight, stop smoking and take up more exercise
- Ellen Martinez with the local Falls team talked about how people could help prevent falls by reducing hazards in the home, and by taking exercise to strengthen bones and increase flexibility. She also introduced the topic of bone health. A further session advising about bone health will take place by the Falls team at Chorlton Good Neighbours coffee morning on Thursday 1st December 10-11.30am. This will allow individuals to come and speak with that team and have a preliminary assessment.
- Loren Grant gave a presentation about nutrition as we enter the winter months and the importance of omega 3's, vitamin D and some supplements. Soup was provided by North Star deli and rolls /cakes were donated by the local Morrison's. Entertainment by Magic Barry and Dave Taylor rounded off the event; with grateful thanks as always to the fantastic Chorlton Good Neighbours volunteer team who provided endless cups of tea, served food and did all the washing up.

Helen Hibberd, Coordinator, Chorlton Good Neighbours

<https://chorltongoodneighbours.org/>

Tangmere Court hosts Age-friendly Healthy Body, Healthy Mind Age Friendly Whalley Range and Chorlton event on Thursday 17th November



Despite heavy rain, over 30 people attended another successful event held at the welcoming housing scheme in Whalley Range – Johnnie Johnson’s Tangmere Court.

The event was hosted by Scheme Manager Maureen Jarvis, Chris Ricard from [Age Friendly Whalley Range & Chorlton](#) and Loren Grant from [Foodwiser](#).

The event featured stalls, entertainment and workshops, health and wellbeing advice, fire safety, [bowel cancer awareness](#), Karen Kennedy promoted [Care & Repair](#) and energy bill saving information, an upcycling workshop from [Stitched Up](#) (mittens made from recycled jumpers) - and close up magic from Barry. Festive fundraising stalls sold gifts and craft items and Mourad Keemar from [Transport for Greater Manchester](#) came along to update residents about travel options in Whalley Range and Chorlton.

Loren Grant gave a presentation about nutrition as we enter the winter months including the importance of omega 3’s, vitamin D and some supplements.

We were pleased to welcome Dr Mike Eecklaers, Chair of the Clinical Commissioning Group and a practicing GP in Gorton who led a discussion around access to health care services particularly for older people and addressing isolation/sharing information.

For lunch we shared 2 tasty freshly cooked soups (made by Chris and Loren!) served along with crusty bread and butter and baked potatoes - with refreshments provided by Maureen.



WHALLEY RANGE COMMUNITY FORUM



Working towards an Age-Friendly
Community in Whalley Range & Chorlton

As part of an age-friendly training session with NHS health workers and other staff who work with older people, I was asked to do a 45 minute presentation about how the Forum developed our own work with older residents in Whalley Range - leading up to the expansion of the project to link with Chorlton.

You can see the PowerPoint I used to supplement the presentation here:

<http://tinyurl.com/z7sh7jr>

Age-friendly Whalley Range Timeline 2016:

- **January 2016:** Confirmed and welcome involvement of Patrick Hanfling from the AFM Team to support AFRW to move forward. Patrick will be involved in the background, facilitating different projects and connections. Update Report to Board
- **February 2016:** AFRW Report circulated, AF priorities submitted to MCC Ward Plan, AFRW Locality Review submitted to AFM
- **March 2016:** International Women's Day: 60+ women attended this age-friendly focused intergenerational event: Raising our Voices! Food Project partnership work, grant from Manchester Carer's Forum, Retirement Health & Wellbeing course, consultation with Over 50's group, meeting: Hulme/Moss Side AF group, AF Planning Session with group + Patrick
- **April 2016:** List of objectives drawn up for extended group with Chorlton, constitution/objectives/charter drawn up/circulated,
- **May 2016:** planning: summer events/coach outings, amity 'making a difference' age-friendly workshops. See report here: www.whalleyrange.org/wp-content/uploads/2017/02/amity_MaDT_WR_CaseStudy.pdf
- **June 2016:** Celebrate planning meetings with MICRA, University, art work produced for festival showcase of ageing study findings, AF streets project
- **July 2016:** Banner designed, Celebrate community event: **60** people visited the age-friendly marquee/participated in activities/accessed information, Southport trip **53**
- **August 2016:** Age-friendly Business Charter updated/circulated to Chorlton Traders, Withington Road First Steps
- **September 2016:** Alex Park event: AF Banners, newsletters display, Charter
- **October 2016:** Chorlton Library event-Manchester Food & Drink week **40** people, AFRW&CH presentation at AFM event, Manchester Town Hall
- **November 2016:** Ageing Study wins the Engage Award, <https://goo.gl/tFafqA> Chorlton Good Neighbours event **90** people, Tangmere Court event **40** people, Buzz/NHS Health Check day + AFRW displays, lunch and Falls Team presence. Fully booked health checks all day.
- **December 2016:** 2 Festive Feast meals in Tangmere Court & JNR8 **60** people,
- Co-researcher meeting with Prof. Chris Phillipson: research participation

We received a £250 donation from One Manchester and secured a small MCC NIF grant for a Festive Feast sit down meal in December with Entertainment by Dave Taylor...

"I was glad to be invited to play music for some of the Festive Feast events because I entertain in Care Homes. I choose popular songs of all styles from the 1920s to the 1970s, because these often bring back memories for older people. Senior citizens can feel they are not catered for, when so much modern entertainment is aimed at younger generations. But the AFRW&CH events are especially aimed at the older generation."

Information sharing, publicity and social media

Our Newsletters, dedicated [website](#), [Twitter feed](#) and YouTube channel continues to provide a range of information for residents, sharing consultations and meetings, updated with relevant age-friendly news and events and shared across the wider networks.

Community Together: Safety in Numbers

In December 2016, the Whalley Range Community Forum produced a community contact booklet with telephone numbers to local services, community groups and free helplines, funded by the Police Crime Commissioner's Fund. We've featured the pages particularly relevant to older people in this Report. The booklet also contains useful information about support services for residents in crisis. Please see the link below to download the booklet or call Chris on 0161 881 3744 for a copy (limited numbers available)

S A F E T Y I N N U M B E R S

WHALLEY RANGE IS A RICHLY DIVERSE, WELCOMING AND FRIENDLY PLACE WHERE PEOPLE OF ALL AGES LOOK OUT FOR THEIR NEIGHBOURS AND GET ALONG WITH EACH OTHER.

WE CELEBRATE OUR DIFFERENCES AND SIMILARITIES - BUT SOMETIMES MAY NEED SOME EXTRA SUPPORT, PROFESSIONAL HELP AND ADVICE.

THIS BOOKLET PROVIDES LOCAL INFORMATION AND **DIRECT TELEPHONE NUMBERS** TO SERVICES WHO CAN TRY TO HELP YOU IF YOU FEEL VICTIMISED, BULLIED, LONELY, WORRIED ABOUT SOMEONE, ARE CONCERNED FOR YOUR OWN SAFETY - OR WANT TO REPORT AN ISSUE IN YOUR LOCAL AREA.

NOT EVERYONE HAS ACCESS TO THE INTERNET - AND SOMETIMES IT'S GOOD TO SPEAK TO A REAL PERSON IF YOU NEED HELP AND ADVICE - EVEN IF YOU JUST WANT TO CHAT TO SOMEONE WHO UNDERSTANDS HOW YOU ARE FEELING.

COMMUNITY TOGETHER, SAFETY IN NUMBERS.

OLDER PEOPLE'S SERVICES

AGE-FRIENDLY WHALLEY RANGE & CHORLTON

Tel: 0161 881 3744

INDIAN SENIOR CITIZENS CENTRE

16-18 Whalley Road Whalley Range M16 8AB

Tel: 0161 232 7994

TANGMERE COURT - "JOHNNIE" JOHNSON HOUSING

Dudley Road Whalley Range M16 8DF

Tel: 0161 881 7377

TRAFALGAR COURT (ANCHOR HOUSING)

199-201 Withington Road Whalley Range M16 8JW

Tel: 0161 226 8259

CHORLTON GOOD NEIGHBOURS

Wilbraham St Ninian's Church Hall, Egerton Road South

Tel: 0161 881 2925

OLDER PEOPLE'S SERVICES

RING & RIDE

Provides a door-to-door accessible minibus service for people who have difficulty in using public transport
Tel: 0845 688 3989

CARE & REPAIR

A registered charity working across Greater Manchester to improve the homes and lives of older and disabled people from home repairs to information and guidance
Tel: 0161 872 5500

AGE-FRIENDLY MANCHESTER

Tel: 0161 234 3391

TOGETHER DEMENTIA

sally@togethersedementiasupport.org
Tel: 07854 335 890

BEFRIENDERS

Cyril Flint is an established befriending service that currently covers Greater Manchester.
Tel: 0161 942 9465

OLDER PEOPLE'S
SERVICES

OLDER PEOPLE'S SERVICES

LINK GOOD NEIGHBOURS

Tel: 0161 225 1064

SILVERLINE

Free 24 advice and chat line for older people 0800 328 8888 • advice • information • friendship

AGE CONCERN COUNSELLING SERVICE

Freephone: 0800 027 5787

Community Together: Safety in Numbers

Download the complete booklet at:

<http://www.whalleyrange.org/communityforum/community-together-safety-numbers-2/>



The Age-friendly Manchester Older People's Charter sets out the principles required to achieve an age-friendly Manchester. We encourage individuals and organisations across the city to adopt it.

Support the Older People's Charter by making a pledge: <https://goo.gl/dhHxVP>

Age-friendly Whalley Range & Chorlton



December 2016 - Festive Feast time: our seasonal get-together in Whalley Range.

Funded by a donation from One Manchester and a NIF grant – a good excuse to get together over a delicious hot meal, pull some party crackers, wear party hats, tell rubbish jokes and chat with old friends and make new ones! Entertainment was provided by Dave Taylor’s Hit Parade and Magic Baz! The delicious food for the Festive Feast was again provided by caterers Good Mood Food based in Hulme, part of Manchester Mind. Many thanks to Alison Broadhurst from Home Instead for distributing Christmas gifts from the ‘Santa to a Senior’ scheme to attendees at the JNR8 Festive Feast!



Moving forward: ‘Generate our Kitchen’ is a fundraising initiative across all our projects based at JNR8 to raise funds needed (estimated £80,000) to develop a fully accessible professional community kitchen. A new kitchen will enable us to further our current work by developing JNR8 as an age-friendly Health & Wellbeing centre, bringing people together to cook and share food, providing cookery classes and training programmes to improve diet and nutrition, to share food heritage and cooking skills - and to promote good physical and mental health to residents of all ages. Fundraising advice and support welcomed! We are planning to develop our wider networks to provide more activities for older people in Whalley Range & Chorlton - based on our event feedback and suggestions. We also want to continue to support other groups who are working with and for older residents across our city by promoting and sharing events and good news – and to raise awareness of the Age-friendly Business Charter so that all businesses take older people’s needs into account.

Evaluation: how are we doing?

“Age-friendly Whalley Range & Chorlton is an exemplar in best practice for neighbourhood age friendly working. There is passion and belief, partnership working, political commitment and local drive from older people. It has action that is delivered, evaluated and then changed if need be. Work is varied, exciting and interesting. It is an inspiring model.

Older people are at the heart of everything that is done.”

Patrick Hanfling, Project Manager, Age Friendly Manchester

Funders, supporters & Partners:



Many thanks to our Funders & Supporters
as without them we wouldn't be able to provide these events 😊

- Arcon Housing Association
 - John Grant Davies Trust
 - Age Friendly Manchester
- Whalley Range Community Forum
 - Chorlton Library
 - Foodwiser
 - Johnnie Johnson
- Chorlton Good Neighbours
 - Morrison's



Contact Chris Ricard

JNR8 Youth & Community Centre, 82 Cromwell Avenue,

Whalley Range, Manchester M16 0BG

Tel: 0161 881 3744

Email: agefriendlywhalleyrange@gmail.com

Website: www.whalleyrange.org Twitter: <https://twitter.com/AgeFriendlyWR>

YouTube: <http://www.youtube.com/user/AgeFriendlyWR>

Visit the Age-friendly Manchester website to find out what's going on, local contacts and services, plus useful help and advice for older people in our age-friendly city at:

www.manchester.gov.uk/info/200091/older_people



Many thanks to Andrea, Freddi, Kate, Anthony, Roger, Laura, Russell, Dave, Helen
and all our Volunteers for their continued support 😊

Report compiled by Christine Ricard, WRCF Development Worker, February 2017