

Age-friendly Whalley Range Report 2015



The Age-friendly Whalley Range (AFWR) Steering Group was set up with support from Age-friendly Manchester (AFM) in 2013 to address the needs and priorities of older people living in the Whalley Range Ward, as part of the Whalley Range Community Forum's engagement work.

The Steering Group discussed setting up a local network to bring services and information together - in partnership with other local groups - to engage with older people to find out how residents feel about Whalley Range as a place to grow older - and to get feedback from residents about perceived barriers to participation and how to address isolation issues.

As there is no central meeting place to display local information and no free newspapers in Whalley Range - and to support people who don't access the internet - it was decided that community-facing events at a variety of accessible locations in the Ward would be the best way to raise awareness of the AFWR group.

We applied for a small grant of £1000 from the We Love Manchester Lord Mayor's Charity Appeal to hold 6 events - which included a small budget for transport, food, a workshop or activity and entertainment.

The events enabled us to promote local activities to older Whalley Range residents to increase participation - and local community groups and service providers were invited to host stalls about their own services. Each event was themed to promote as wide a range of information as possible.

We exceeded our expectations and managed to hold a total of 9 events covering Health & Wellbeing, Food and health, winter safety and keeping warm, growing food, chair-based exercise and consultations. The events gave us the opportunity to consult with local people to record their own thoughts about how to reduce isolation/address barriers to participation.

We secured a small MCC NIF grant for a Festive Feast sit down meal in December.

We held 5 of the meals which were a great success in 2014: this year we invited everyone who attended last year - and all the new contacts we'd made, along with the Lord Mayor. Around 60 people attended, familiar faces and new: some residents were recognised as being isolated and invited along by GMP and local care workers.

Age-friendly Whalley Range Timeline 2015:

- **April 2015:** Cromwell Community Cuppa launch and a Community Audit from an MMU student to encourage the local older people who attend to identify priorities and increase participation with other local people by planning relevant group activities
- **May 2015:** Co-op Pharmacy contacted the AFWR Wednesday group with an offer of a £200 donation along with free health checks at JNR8 - and a photoshoot and giant cheque presentation!
- **September 2015:** AFWR in the Lodge: a 'Takeover of the Alexandra Park Lodge' during the Restoration one year Anniversary: Researching Age-friendly Cities film showings, silk-screen printing workshop – featuring Age-friendly Whalley Range logo/details, food and entertainment. Throughout the day we met up with around 50 people who watched the film and took away information from our displays – along with making a jute bag to promote AFWR with Lotte from Alexandra Arts.
- **October 2015:** International Older People's Day: Noticeboard to acknowledge the day at Chorlton Library promoting services and contacts for older residents, free printed bags, Ageing Communities books etc. We also promoted and supported the Prevention of Falls Network's ProFouND Flash Mob: our chair-based exercise/Zumba Gold teacher worked with the team along with Whalley Range-based older residents.
- **October 2015:** Food Consultation: Presentation and taster session with older residents and Loren Grant of Foodwiser. Following several presentations with older people across the Ward this event was an evaluation of the consultation to date and future planning for the project. Funded by an MCC NIF grant. 10 people attended.
- **October 2015:** 'Love your Community'- an AFWR partnership event with the Chorlton Library Grand Day Out computer classes and Greater Manchester Fire & Rescue Service to promote European Restart a Heart day. Around 40 people attended throughout the day, the weather wasn't too good!
- **November 2015:** Trafalgar Court Winter Warm & Safety: a community event to prepare for the winter and to introduce the new scheme manager. Services in attendance included GMFRS, GMP PCSO's, Care & Repair and many more. Food and entertainment provided as usual! Around 40 people attended.
- **December 2015:** Festive Feast: sit down meal and entertainment for older residents: a great success with lots of new faces who have since got involved with other activities. Lots of referrals of older people who are isolated from GMP and local care providers/Housing Associations. With transport costs for less mobile residents. Around 60 people attended. Including the Lord Mayor of Manchester!

Miscellaneous:

- Weekly Cromwell Community Cuppa – tea and chat with older residents, getting steadily busier – with new attendees from the Festive Feast and by referral. Plans are in progress for a springtime trip!
- AFWR at Manley Park Community Health Day Ageing study Co-researchers interviewed at Festival
- Age-friendly Whalley Range Business Charter circulated to traders as part of the Withington Road First Steps project which aims to improve the shopping experience and relationship between traders and shoppers.
- Whalley Range Co-researchers interviewed at the MICRA event 'What makes an age-friendly city?'



CHORLTON LIFE SAVERS
DEFIBRILLATORS ARE PLACED IN
COOP FOOD STORE EPICURE LUDO
WILBRAHAM ROAD 46 BEECH ROAD
SHOP/STAFF ALSO TRAINED AT
CHORLTON BOOK SHOP IVY COURT-ADALTA
OXFAM BOOK SHOP POTTERY CORNER
EVEREST PHARMACY RECYCLING GALLERY
BRITISH HEART FOUNDATION BUDDHA BEAUTY
DISCOUNT CARDS BOX WORKS
CHORLTON ART MARKET HORSE AND JOCKEY
TEA HIVE CAFE
AND MORE TO FOLLOW!

Health & Wellbeing

We trialled chair-based exercise sessions at our centre in May aimed at residents with reduced mobility and funded by a NIF grant under our ‘Wellbeing @ JNR8’ banner.

The sessions were delivered by a local fitness instructor who runs sessions for active older adults and is qualified to work with older people with health conditions.

Two of our events were aimed at providing access to current health news and initiatives and gave residents the opportunity to have their blood pressure and blood sugar levels checked.

Projects and AFWR representation

The Ageing Study was featured on BBC radio Manchester with Elaine from the Steering Group and Tine discussing ageing well in cities in the studio: the Study won a University of Manchester Making a Difference award for “Outstanding Local Community Collaboration”

Community Action

The AFWR Business Charter has been incorporated into the Withington Road First Steps initiative following consultation with residents - which aims to improve the shopping area and relationships between traders and shoppers.

Funding

Our main source of funding for the community engagement events was the ‘We Love Manchester Lord Mayor’s Charity Appeal’ (£1000) - which was intended to enable us to provide 6 social/information events - each with a specific focus.

We actually managed to organise 9 events and also promoted the group at other community festivals and initiatives – including the Manley Park Health Day, the Celebrate Festival and Older People’s Day.

The funding enabled us to engage with approximately 200 people and helped to build networks between service providers and promote the venues who hosted the events.

Small grants from the MCC Neighbourhood Investment Fund enabled us to provide chair-based exercise sessions and a ‘Festive Feast’ hot meal for over 60 people in December.

Information Sharing

Our Newsletters, dedicated website, Twitter feed and YouTube channel are regularly updated with relevant age-friendly news and events and shared across the wider networks.

Publicity and Social Media

Noticeboards and presentations at community events – including food, seated exercise and a stall at the Manley Park Health Day, Alexandra Park 1st anniversary event, AFWR Steering Group, WRCF and Ward meetings – updates on the group provided, a dedicated stall and mention in the Celebrate report, regular Twitter and website posts.

See last year’s Age-friendly Whalley Range Report at:

www.whalleyrange.org/wp-content/uploads/2015/01/AFWR-Annual-Report-2014.pdf

Gallery: Publicity, Events and Engagement..

Age-friendly Whalley Range Newsletter - April 2015

Welcome to our fourth newsletter! We celebrated the start of the New Year by publishing our first newsletter in January. It was a busy month for us, with a lot of work to do in the lead up to the New Year. We have a lot of news to share with you, so please take a moment to read our newsletter. We hope you enjoy it as much as we enjoyed writing it.

What's in this issue:

- Springtime activities
- Healthier Group
- New Clubs
- Health Walking
- Travel & Discounts

Our newsletter is a free service for all our members. We hope you enjoy it as much as we enjoyed writing it. We will be publishing our newsletter every month, so please keep an eye out for it. We will be publishing our newsletter every month, so please keep an eye out for it.

Look out for the Chorlton Arts Festival 19th-20th Nov

Exercise Classes for Older Residents

Exercise classes for older residents are held every week at the JNRS Community Centre. These classes are designed to help older people stay fit and healthy. They include a variety of exercises, including walking, stretching, and strength training. The classes are led by a qualified instructor and are suitable for all levels of fitness. They are held every week on Tuesdays from 10am to 11am. The cost is £2.00 per session. For more information, please contact the JNRS Community Centre on 0161 881 3744.

Age-friendly Whalley Range

Welcome to AFWR News Summer 2015!

Looking back over the year... The AFWR News is a quarterly newsletter that provides information about the activities and services of the Age-Friendly Whalley Range. It is a free service for all our members. We hope you enjoy it as much as we enjoyed writing it. We will be publishing our newsletter every quarter, so please keep an eye out for it. We will be publishing our newsletter every quarter, so please keep an eye out for it.

Age-friendly Whalley Range

Interested in healthy activities? We have a lot of news to share with you, so please take a moment to read our newsletter. We hope you enjoy it as much as we enjoyed writing it. We will be publishing our newsletter every month, so please keep an eye out for it. We will be publishing our newsletter every month, so please keep an eye out for it.



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

JNRS Community Centre, Cromwell Avenue, Whalley Range

Weekly exercise class for older men and women

Every Term-time Friday at 2-3pm with a qualified fitness teacher at the JNRS Youth & Community Centre (Back of Manley Park Methodist Church)

From 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 JNRS Youth & Community Centre, 82 Cromwell Avenue, Whalley Range, Manchester M16 0BG. Tel: 0161 881 3744

Age-Friendly Whalley Range

Winter Warm, Winter Safety

Free event on Thursday 5th November 11-12pm

TRAFFALGAR COURT, 201 WILMINGTON ROAD, WHALLEY RANGE, MANCHESTER M16 8JW

Visit our AFWR event to meet up with friends - and to make some new ones! Featuring useful information about preparing for winter - including local health & wellbeing services, GMP, GM Fire & Rescue Service, Care and Repair - and how to access local door-to-door travel services with advice from Transport for Greater Manchester (TfGM).

Share some hot soup, rolls, sandwiches, tea, coffee, cakes and biscuits and meet Katrina Dempster, the new Scheme Manager at Trafalgar Court.

David Taylor will entertain us with songs from the hit parade! Join Lettie on our Arts & crafts stall to decorate a jam jar tea-light holder (bring your own jam jar if you can!).

Visit our Age-Friendly stall to see what's so healthy - and to tell us what you think would help to make the Whalley Range one a better place to grow older. There'll also be an update on the Whittington Road First Steps initiative, run by local volunteers who have been working with traders to improve the area and build relationships between traders and the local community.

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

Age-Friendly Whalley Range

Age-Friendly Business Guidelines

Physical Environment

- Providing a place for customers to sit and rest
- Placing products on shelves that are reachable or readily offered help to customers
- Allowing customers to use any available toilet facilities
- Keeping flooring even and clutter free to prevent trips and slips
- Moderating excessively loud music and noise
- Providing adequate lighting throughout the business
- Being mindful of the safety of steps and stairs
- Keeping the immediate pavements free of dirt, snow, leaves, clutter, and other obstacles

Products and Services

- Providing a warm and friendly welcome
- Selling food, products, and/or services that are tailored to the needs of our older customers
- Promoting discounts or special offers for older adults when possible
- Offering extra customer service for older adults, such as providing a drop of a skirt
- Highlighting the availability of any drop-off or local delivery services
- Using large, clear fonts for signage, printed materials and websites.

There IS such a thing as a free lunch!

Are you an older person in Whalley Range or Chorlton and interested in healthy eating and tips to stay healthy over the winter? ...then please join us at

A CONSULTATION EVENT

followed by a delicious hot healthy lunch

Tuesday November 17th 11.30am to 1.30pm

Whalley Range Community Forum, JNRS Youth and Community Centre, 82 Cromwell Avenue, Whalley Range, Manchester M16 0BG

We have consulted with people on the summer/autumn food project for the winter months. The idea is to give nutrition education and practical tips for older people on how to eat well and stay healthy in the cold weather, and a chance to help us put together our winter menu.

Now we would like to share the results of this research with you and ask for your views on how this project might best meet your needs.

Free lunch! Contact us on 0161 881 3744 or 0161 881 3744 to book

Age-friendly Whalley Range, Chorlton Library's Grand Day Out & Greater Manchester Fire & Rescue Service present:

Love your Community!

GMFRS Promoting European 'Restart a Heart' (With hands-on CPR training)

Health & wellbeing and information stalls

Free refreshments and entertainment!

An event to promote age-friendly activities and services and share information with older residents in Whalley Range & Chorlton

When? Friday 16th October from 12-2pm

Where? Chorlton Library Community Room

How much? FREE!

Call Chris on 0161 881 3744 for more information!

Age-friendly Whalley Range

Age-friendly Anthony Morris - Photographer

Age-friendly Whalley Range 2015

INSIDE EVERY OLD PERSON is a YOUNG PERSON...

JNRS Youth & Community Centre, 82 Cromwell Avenue, Whalley Range, Manchester M16 0BG

Telephone: 0161 881 3744

Email: agefriendlywhalleyrange@gmail.com

Website: www.agefriendlywhalleyrange.org.uk

Age-friendly Whalley Range

Free Festive Feasts!

ON FRIDAY 18th DECEMBER 2015

Delicious festive sit-down meal and entertainment!

Meal served at 1:00pm (Arrive from 12:30pm)

Venue: JNRS Back of Manley Park Methodist Church, 82 Cromwell Ave, Whalley Range, M16 0BG

1:00pm-3:00pm

Menu: Cottage Pie served with Seasonal Vegetables (Vegetarian or meat available; please state preference)

Fruit juices, tea, coffee, fruit - and lots of cake!

Transport costs available; please call Chris to discuss

Limited places book your free tickets! (maximum of 21 ASAP)

Book 5.17.17. Call: Chris Ricard on 0161 881 3744. Text: 0161 881 3744

September brought us the one year anniversary of the Alexandra Park regeneration...

“Age-friendly Whalley Range takes over the Lodge!”



To celebrate the one year anniversary of the regeneration of Alexandra Park AFWR were invited to ‘Take over the Lodge to promote the group, inform people about local age-friendly initiatives, to show the Researching Ageing Communities film – and to share food and entertainment from Dave Taylor – who researched songs from artists with a connection to the Park. A silk screen printing workshop with Lotte from Alexandra Arts meant people could make their own canvas bag featuring information about the AFWR group. The equipment was funded by a joint NIF grant between AFWR and Alexandra Arts.



A new project was launched in October, focusing on eating well in the winter with food and good nutrition advice - particularly for older residents during the colder months. The aim of the initiative is to promote a healthy diet and included visits to local sheltered housing groups and community centres followed by a consultation and a presentation of food and nutrition for healthy eating. In partnership with Loren Grant of www.foodwiser.net

Chorlton Library...



We showcased a display in the library on October 1st to promote AFWR to the wider community on International Older People's Day, with local activities and age-friendly news. We decided to organise a joint event with the library on 16th October, to promote local activities for older residents in and around Whalley Range and Chorlton with a health focus. The event was 'Love your Community': an AFWR partnership event with the Chorlton Library Grand Day Out computer classes and Greater Manchester Fire & Rescue Service to highlight European Restart a Heart day, with CPR training from GMFRS and information stalls, local service providers, entertainment and food from AFWR.

The event also served as an opportunity to promote the location of businesses and trained staff who store defibrillators at their premises.

Around 40 people attended throughout the day: bit lower than hoped due to rain...

Winter warm and Winter Safety at Trafalgar Court

On November 5th we were welcomed back to Trafalgar Court to hold a joint social and information event about keeping safe and warm in the winter - and to meet the new scheme Manager Katrina Dempster. GMFRS, Care & Repair and other services joined us...



Dave Saunders from the Whalley Rangers and Withington Road First Steps initiative brought along a model of Withington Road made by children in a local school.

The model has been used as part of a consultation aimed to improve the area and the shops, working together with traders and the local community. See the website for more information at <http://withingtonroad.org/>

Whalley Range residents trained as Co-Researchers... and more!



Over the past 2 years we've been involved in a partnership project with MICRA, University of Manchester and Age-friendly Manchester: the Manchester Ageing Study which involved training local older residents as co-researchers to interview other isolated and hard to reach older adults as part of a research project to explore exclusion and isolation. The project exceeded all expectations with a film and book produced based on the research which won an award and the work was presented at the UN Working Group on Ageing in New York. Dr Tine Buffel, School of Social Sciences and MICRA, was the winner of the University of Manchester "Outstanding Local Community Collaboration" award for the Manchester Ageing Study research.

Aims of the project

- To explore older people's experiences of social exclusion and inclusion in their neighbourhood as well as issues relating to quality of life
 - To support the process of creating age-friendly communities in the city of Manchester
- To improve our understanding of older people's existing and potential level of engagement, i.e. opportunities for engagement and the desire to be engaged
- To promote evidence-based policy making at the local level by providing input and mobilising knowledge for planning and age-inclusive policy programmes
- To inform urban design and regeneration practice by building on older people's experiences and participation (e.g. through design workshops)

December 2015 - Festive Feast time!



A fantastic seasonal get-together at JNR8 in Whalley Range.

Funded by a NIF grant – and just a good excuse to get together over a delicious hot meal, pull some party crackers, wear party hats, tell rubbish jokes and join in with Freddi's Pass the Parcel! Entertainment was provided by Dave Taylor's Hit Parade and Magic Baz!

The delicious food for the Festive Feast was provided by caterers Good Mood Food based in Hulme, part of Manchester Mind, a mental health charity which delivers services to young people and adults. We welcomed people from different housing schemes across the Ward, a great mix of people and a fantastic team of volunteers...and of course the Lord Mayor of Manchester, Councillor Paul Murphy – who was in great demand for the photoshoot!



Moving Forward:

The Steering group have been in discussions about expanding the AFWR group to cover Chorlton and Chorlton Park and have put together a set of objectives. This will enable us to raise awareness about the services already operating locally and in the wider community, to support older residents, to work together and not duplicate services and to find out what's missing with an opportunity to promote each other's activities. Keep checking the website and watch this space!

Get in touch:

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:

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

Funders, supporters & Partners:

