

AGE-FRIENDLY WHALLEY RANGE & CHORLTON ANNUAL REPORT 2023



During the past year, it's been a mixture of supporting each other, coping with the effects of the pandemic on our mental health, dealing with the loss of loved ones and after-effects of Covid - followed by the Cost-of-Living crisis. A lot to deal with - so, throughout 2022 and the first months of 2023, we focused on keeping ourselves and others protected and supported – and restarted our activities, bringing people together again.

Our Chair Exercise, Tai Chi/Qigong, Afternoon Tea and music group continue to grow in popularity, most JNR8 visitors attend more than one class: “I don't know what I would have done without my JNR8 friends”.

Thanks to the Older People's Neighbourhood Support (OPeNS) grant, the last bit of the Co-op Local Community Fund, small grants from MCC to address loneliness and isolation, some Forum funding – and joining forces with our partners to pool resources - we managed to achieve what everyone needed – the chance to safely come together to participate in activities, improve our mental and physical wellbeing, meet up with old friends - and make new ones.

The Age-friendly Whalley Range & Chorlton Steering group continued to meet and plan each month – and in July we revised and updated our constitution – reflecting on the focus and priorities of the group, renaming the steering group:

Age-friendly Whalley Range & Chorlton Network.

One of our priorities for 2023 and moving forward is to ensure all local organisations who work with and support older people are involved with the development of the Network, working with local providers and a wider group.

The monthly meetings have been very useful to share information, promote and highlight initiatives and plan events. The Chair and Vice Chair – Mary and Elaine – as members of the Greater Manchester Older People's Board - share information from the meetings with our group – and feed back to and highlight the priorities that come out of our group discussions to the Board – e.g. the low uptake of Pension Credit, residential care homes and isolation, and older people's health. Buzz attended meetings and provided regular support and updates - and Bill shared information from meetings he attended that were relevant to the group.

Activities and Events

Following the AGM last year, the group launched its first big health and information event since the start of the Pandemic. The event was held during the Chorlton Good Neighbours Thursday coffee morning – and the attendance demonstrated how much people had missed getting together and speaking to groups and providers of health and wellbeing services. Whalley Range Community Forum provided each attendee with a wellbeing bag of

information and goodies, with funding from MCC and buzz. Lots of networking, finding out about local initiatives and discussing health issues.

In March, members of the Age-friendly group attended a Climate Emergency event in Whalley Range; our noticeboard displayed placards from our International Older Peoples Day Climate Action walk, featuring slogans about climate change issues that concern us.

Members of Age-friendly Whalley Range & Chorlton participated in the Greater Manchester Walking Festival in May – organising an age-friendly walk through Whalley Range, using the age-friendly benches as a guide for the route, resting and meeting others at different benches – and stopping for refreshments at the Withington Road Mediterranean Café. Yasmin from buzz replicated the walk along the age-friendly benches route in Gorton, stopping off at various community centres and venues.



The regular classes benefitted from the final year and 6-month extension of the Older Peoples Neighbourhood Support (OPeNS) grant: OPeNS funding was a fantastic success in terms of keeping projects going in a variety of ways during the pandemic and beyond. New groups and projects have become established, and as the project comes to an end, the search is on by each partner to maintain and support the projects, to access alternative funding, guiding groups to apply for grants in their own right. The OPeNS fund was a partnership between Age-friendly Whalley Range, Chorlton Good Neighbours and the Place in Fallowfield – and managed by the Whalley Range Community Forum as lead partner (who also facilitated the JNR8 projects and supported the other Whalley Range-based initiatives) A final OPeNS Report is in progress and will be circulated when completed.

- **Alexandra Park Heritage Group:** “The OPeNS money has really helped us, as a heritage group, to stay focused during this difficult covid period. We have made useful contacts with park users both in the African Caribbean Care group and Together Dementia Support and with many park users who shared their stories of Carnival.”
- **JNR8 Food & Nutrition projects:** The OPeNS funding for Food and Nutrition projects for the first year was allocated to Real Food Community Whalley Range who ran a successful diabetes support group, now running in different areas of Manchester. The year 2 (and 6-month extension) funding has enabled us to use our new community kitchen to run cookery classes – focused on the rising cost of living and looking at 5 ways to cook efficiently using low energy. The cooks used a slow cooker, a microwave, an air fryer, a pressure cooker – and attended a session on preserving. Bread baking is next!

- **Asian Elders Men's Group:** The Men's Group were also isolated and unable to meet during the pandemic – but we organised hot food during Ramadan to break the fast - and welfare/wellbeing packs for the men to keep connected. They found their original meeting place was unavailable – but with the OPeNS funding to pay for rent and refreshments the men have increased their meetings to twice a week at a local Mosque.
- **JNR8 Over 50's Music Group:** In April 2022, the Over 50's JNR8 Music Group was launched. Some of the members were from a project called Brunswick Mill Music Group in Ancoats –an Ambition for Ageing/buzz project. Jane Goetzee - who has been involved in many projects with us over the years and was working with the Royal Exchange Elders - had some funding to buy musical equipment. The mill was closed during the pandemic and then the building was put up for sale – so we offered to host the group at JNR8 - and it was agreed with buzz and the Elders that we transfer the instruments to our building. Since then, the group has attracted mostly older Whalley Range people – beginners and those who play but wanted to be with other musicians – and original group/new members from various parts of Manchester. We were awarded a small buzz grant to start up the group – then repurposed some OPeNS funding to continue. The JNR8 Music group goes from strength to strength – and will hopefully perform at the Celebrate Festival in June!
- **Teach Me I.T computer classes:** Geoff kept the groups and other older people from the community connected at the start of the pandemic – producing simple guides to Zoom, WhatsApp and Skype. The skills gained by the group were put into practice, enabling them to keep in touch with family and friends via email and live chat. Geoff also updated our computer leaflet for our wellbeing/wellness pack. Recovering from surgery, Geoff hopes to be back soon - to support the production of a new issue of the I.T group's newsletter 'Young at Heart'.

Timeline

March: Age-friendly Whalley Range & Chorlton Health event at Chorlton Good Neighbours and an Age-friendly display board at a Whalley Range Climate Emergency event at St Margaret's Primary School

April: Launch of the JNR8 Over 50's Music Group (OPeNS project)

May: Greater Manchester Walking Festival Age-friendly Benches Walk

June - July: Celebrate festival age-friendly marquee planning, event and report.

August: Asian Elder's Men's Group resume face-to-face meetings (OPeNS project)

September: relaunch of all groups following the summer break.

October - November: Planning and running our 5-week Cookery Classes – OPeNS funded – low energy cooking from Cracking Good Food - and Launch of the JNR8 Warm Hub with an over 50's Craft Workshop, part of JNR8 Warm Hub/MCC/WRCF cost of living support – making draught excluders.

December: Festive Feast: hosted by Trafalgar Court and a great success with most of the residents joining the meal - and guests from our JNR8 groups, churches, other housing schemes etc.

Funded by the Forum's OMCVCS grant.

January - March: GP's, Focus Care Practitioners and support workers refer older patients to our classes – for mental health and resilience support, 'social prescribing' to improve mobility and confidence, to find out more about their neighbourhood opportunities – and to make new friends.


“Basically, JNR8 has helped me get through times I didn't think I could: going to classes has helped me 100% to get back into the community – something I don't think I could have done without it.”

Referred patient.


Finances

Mosscaire St Vincent's awarded £675 for the age-friendly marquee hire for Celebrate 2022, including payment for chair exercise and an intergenerational workshop; an MCC Microgrant for post-pandemic isolation support funded the chair exercise and boost resilience courses – with funding secured in the Forum's name for age-friendly projects. No funding was applied for specifically for AFWR & Chorlton projects: the remaining OPeNS budget will fund one block of cookery sessions and I.T classes. The final budget will appear in the OPeNS Report.


We included some Age-friendly projects in WRCF core funding application for 2023/24.




FREE SEATED EXERCISE CLASS
For people with reduced mobility
Gentle exercise performed sitting down to help improve fitness, strength, flexibility, and stamina
Tuesday afternoons from 2.15 - 3.00pm
Come along and join in! Meet new friends! Have fun!
Please wear comfortable footwear and loose clothing
@ JNR8 Youth and Community Centre
82 Cromwell Ave, Whalley Range, M16 0BG
(Back of Manley Park Church)
For details please call on 0161 881 3744
Improve your fitness and make new friends!
Whalley Range Community Forum Charity number 1171868




Get Cooking, Save Energy!
JNR8 Youth & Community Centre,
Back of Manley Park Church
82 Cromwell Avenue, Whalley Range, M16 0BG
As part of our Older People's Neighbourhood Support (OPNS) funding during the cost-of-living crisis, Whalley Range Community Forum and Age-friendly Whalley Range have teamed up with Cracking Good Food! to bring you a 5-week limited discount on part-participatory cooking sessions - designed to spark and improve knowledge around sustainability, seasonality, low food waste and affordable cooking.
The classes will run from Monday November 14th, with a preferred choice of times:
Session 1 is from 9.30am - 11.30am
Session 2 is from 1.00pm - 3.00pm
Participants are welcome to attend every session for 5 weeks - and if someone has a particular interest in one of the sessions they can just come along for that one please book in advance and choose either the morning or afternoon session.
Places are limited - booking essential, call Chris/Care on 0161 881 3744 or email us at: info@whalleyrangeforum.co.uk
Week 1: Pressure Cooker, Dhal & Rice
Week 2: Microwave, Microwave Soup
Week 3: Pressure Cooker, Seasonal Chilli
Week 4: Slow Cooker, Microwave Bolognese
Week 5: Air Fryer, Pressure Cooker, Seasonal Chilli and seasonal salad
Come and join in: there are tables, seats are limited!
For more JNR8 warm hub on Friday from 10.00am - 12.00pm
<http://www.whalleyrangeforum.co.uk> Charity number 1171868




Age-friendly Health & Wellbeing Day
Thursday March 24th from 10.00 am - 12.00 noon
Age-friendly Whalley Range & Chorlton and invite you to:
Spring into Action!
Chorlton Good Neighbours
Milecross St. Mary's Church,
Chorlton Road South, Chorlton, Liverpool M21 3LJ
We are getting together again to find out what's been happening locally and what's coming up - and to have a chat to health professionals and local services over a cuppa
Join us at Chorlton Good Neighbours coffee morning to meet old friends and make some new ones!
Visit our stalls for a chat and to find out information:
• Meet Age-friendly from, Emma Carter, Eam & Ravi
• Chorlton & Whalley Range Community Action Group, Nutrition advice
• Blood pressure health checks with RPS Pharmacy and the Falls team
• Have your concerns with Healthwatch and Our Streets Chorlton
• Referrals
• Free walking bag of goodies from Whalley Range Community Forum
• Digital Empowerment about your laptop, smartphone and more
Taxi refunds available for people with low mobility
Contact links on 0161 351 3825 or Chris on 0751660150 for event details
Age-friendly Whalley Range & Chorlton want to keep everyone safe and will be following current government Covid guidelines: hand sanitiser stations and face masks will be available at the event
If you have Covid symptoms, please do not attend!




Free Over 50's Crafty Workshop!
Friday November 4th from 12:00 noon until 2:00 pm
At JNR8, 82 Cromwell Avenue, Whalley Range M16 0BG
(Back of Manley Park Church)
Join experienced Artist Lotte and Crafter Gail at JNR8 for a free workshop, making a draught excluder for your home to keep the heat in!
(If you have a favourite piece of material you'd like to use - bring it along!)
All levels welcome
Free refreshments!
Come along with a friend - or on your own to make new friends!
Come and see what happens at JNR8 and learn more about our Friday Warm Hub - coming soon!
Classes, Activities, Events, Support - and much more!
Call Chris on 0161 881 3744 for more information




AGE-FRIENDLY BENCHES WALKABOUT
Friday May 6th, 2022, at 10.30 am
Meet at 10.30 AM outside 208 York & Community Centre,
82 Cromwell Avenue, M16 0BG
(On the back of Manley Park Church)
Part of Greater Manchester Walking Festival
Local older people and members of our community group will walk the 1.5km long route of the 12 limited Age-friendly benches in Whalley Range, to get some exercise, fresh air and vitamin D. We will arrange to meet up with bus routes at different benches along the way to help help and share news - and encourage others to join us!
Less mobile older residents are welcome to meet us at their nearest bench for a quick hello along the route.
Call Chris for walk and Age-friendly W&R & Ch. details: 07733666150
See the map for the route and things below and come and join us!
GM Walking Festival 2022



JNR8 Music Group
An age-friendly group for 50+ people who want to play a musical instrument... and have lots of fun in the process!
Easy learning from 12.00pm onwards
We have guitars, ukuleles, a keyboard, lots of percussion - and Shave and Rave to teach, encourage and inspire!
This musical group meets to meet at 12.00pm in the hall. Some members of the Royal Exchange Elder's Group, and Culture Champions - and the original group have been really excited about getting back to their musical playing at JNR8!
Come and join in - no experience necessary!
Fun free to bring your own guitar/bass etc!
JNR8 Youth & Community Centre, 82 Cromwell Avenue,
Back of Manley Park Church Whalley Range M16 0BG
Free - donations always appreciated
(Call Chris on 0161 881 3744 for more details)



JNR8 Warm Hub
At JNR8 Youth & Community Centre,
82 Cromwell Avenue, Whalley Range M16 0BG
(Back of Manley Park Church)
Starting on Friday 11th November 2022
Friday from 10.00 am - 1.00 pm - call 0161 881 3744 for more information
Advice connection warm hub together
To save a little on your energy bills this winter why not visit us for refreshments, collect and hand out energy saving advice, company - and a warm welcome!
Lots of activities in the local area are working together to make sure we can support each other during this crisis.
Come along for a cuppa and a game of cards, dominoes or table football, have some good time with a book, or the newspaper, collect a little on your phone tablet or laptop, free Wi-Fi
Charging point for your phone tablet or laptop, free Wi-Fi
Advice and information sessions, (see noticeboard for details)
Handwritten, printed, music, and other board, warm drinks too!
Help yourself table and much more!



Free Festive Feast!
Delicious festive sit-down meal and hot! Tractor Lunch, 201 Williamson Road, Corner of Dakota Road, Whalley Range, Manchester M16 0JH
Monday December 19th, 2022
1.00 pm to 1.40 pm
Open until 12.00 pm
Transport costs available
Book now - see A&FP
Phone 0161 881 3744 or email info@whalleyrangeforum.co.uk
Call 0161 881 3744 for more info
St Mary's
Caring for you (vegetarian or meat) served with seasonal vegetables
Seasonal fruit available and more!
Yes, Coffee, juice, water plus

"We are very grateful for the OPeNS funding; it has really helped us to focus and keep going in these difficult times."

"The people make this a very helpful and constructive community complex. The benefit I take from it is a vital form of nutrition (for mental health, well-being) Thank you."



Compiled by Christine Ricard March 2023

Age-friendly Whalley Range and Chorlton and Whalley Range Community Forum would like to pay tribute to the late Anthony Morris, our fantastic Age-friendly and Celebrate photographer, who has captured so brilliantly many of our events over the years. Anthony will be sadly missed.