

Your monthly update of news, events, information and resources for Manchester's older residents.

Send content for the next e-bulletin to jason.bergen@manchester.gov.uk

News



Launch of very first Age Friendly Leisure Standards at International Day of Older People 2025

It was International Day of Older People (IDOP) Oct 1 and at the Age Friendly Manchester Assembly we launched the first Age Friendly Leisure Standards in the country. AFM Board and Assembly members had their say earlier in the year about what they need from a leisure centre in order for it to be accessible and Age Friendly. GLL (the UK's largest Leisure service provider), McrActive and the AFM Team with support from the Centre for Ageing Better - linked to their new [Age Friendly Business Framework](#) worked together with AFM Board to codesign the standards. McrActive and GLL came along to the Assembly and gave more information to people about how to get involved with their local centre. Read more about it here: [Manchester Launches Age Friendly Leisure Standards](#)

The event was a great success with around 60 people celebrating what older people bring to the city, people brought along objects that helped them to tell stories about their lives as the theme for this year's day was social connections. Martin Purdy, from Sing Yourself to Better Health ran a singing workshop and volunteers from Wai Yin sang Cantonese Opera.



Black History Month

October is Black History Month (BHM) in the UK – a month to celebrate Black heritage and culture.

Embracing the powerful theme 'Standing Firm in Power and Pride,' this celebration honours the enduring strength, creativity and resilience of the Black diaspora. From acts of resistance during enslavement, to the vibrant spirit of carnival, to the proud legacy of activism and community organising across Manchester.

Black History Month in 2025 calls for the everyone to acknowledge the strength and commitment of those that came before us to truly stand proud in what Black culture, identity and societal progress means today. See Manchester City Council [Press Release and links.](#)

It's an important event that shines a light on important people and events that have had a huge impact, yet often go missed in our history. Above all, Black History Month is a time to recognise Black culture and achievement; to inspire and share the pride people have in their heritage.

Take your pick from theatre shows, talks, film screenings and family activities. There are many events happening in Manchester for BHM 2025.

Check out BHM events in the [libraries here.](#)



World Menopause Day 2025 - Whitworth Art Gallery

Visible and Vocal event - The gallery invites you to their World Menopause Day Event. Hear from a panel, question, be creative, share experiences and be 'Visible and Vocal'.

This event for World Menopause Day is organised by the Whitworth Age Friendly Programme as an on-going project focussed on creativity as part of the menopause journey. The Creative Menopause series explored how being creative can support you in practical ways as well as supporting your physical and mental health.

Where: The Whitworth, Oxford Road Manchester, M15 6ER

When: October 10:30am – 4:00pm Sunday October 19, 2025

More information and [Book Here](#)

**BE
SMOKE
FREE**

Provided by
 **Change
Grow
Live**

STOPTOBER

HEALTH EVENT

- *Health Checks*
- *CO Monitoring*
- *Information Stalls*
- *Free Refreshments*

Get ready for a day full of helpful advice and practical support to help you or someone you know **quit tobacco for good!**



TUESDAY 14TH
OCTOBER



11AM - 2PM



PHOENIX MILL, 20 PIERCY STREET,
ANCOATS, MANCHESTER, M4 7HY

**OPEN
TO ALL!**

FREE HEALTH CHECKS & INFORMATION



0161 823 4157



www.changegrowlive.org/service/manchester-be-smoke-free

Let's Quit Tobacco Together

Join Us at the Stoptober Health Event 14 Oct 2025

Whether it's your first time quitting, you've tried before or you would like to support someone else in quitting, drop by our free **Stoptober Health Event this October**. Get

practical advice, friendly support, free health checks and refreshments. Join the team for a brew and let's quit tobacco together!

More information on [Be Smoke Free - Manchester](#)



New Report: Supporting Older Disabled Workers

Disabled older workers are almost twice as likely to experience negative treatment when applying for jobs or promotions than their non-disabled peers, new research from the Centre for Ageing Better published in National Inclusion Week reveals.

More than two in five (44%) Disabled people aged between 50 and 66 years old felt they had experienced negative treatment when applying for jobs or promotions in the past five years, compared to one in four (25%) non-Disabled people of the same age, the newly published Supporting Disabled Older Workers project report details.

Video including Rohina a member of the AFM Older People's Assembly:

<https://youtu.be/oAdLiry9CKA>

Report here:

[The double prejudice facing Disabled older workers | Centre for Ageing Better](#)

Adult safeguarding means...

We all have a right to be safe from abuse and neglect.



If you have a safeguarding concern about yourself or someone else, contact Manchester City Council.

Call: **0161 234 5001**

Email: mcsreply@manchester.gov.uk

Website: www.manchester.gov.uk/report-abuse-neglect

MCC Adult Safeguarding Campaign

Safeguarding can be challenging – a term often misunderstood or even feared – and a role of social care that can be distressing for people.

Manchester City Council have launched a new campaign to help people know more about what safeguarding is and how to access safeguarding support for themselves or people they know.

If you have a safeguarding concern about yourself or someone else, contact Manchester City Council on 0161 234 5001 or email: mcsreply@manchester.gov.uk

To find out more about adult safeguarding in Manchester, visit: www.manchester.gov.uk/report-abuse-neglect



Powered by  Transport for Greater Manchester

Concessionary pass trial on buses in November

Throughout August, Transport for Greater Manchester ran a trial to allow older and disabled TfGM concessionary pass holders to travel on buses before 9.30am for free.

Transport for Greater Manchester is now considering the results of the trial and feedback received by those who took part.

The Mayor has announced that a second trial period will take place this November.

The trial is just for travel on bus, and does not include tram or train.

About the trial

TfGM want to make travel easier and more affordable for everyone. The trial will allow eligible pass holders to get out to work, healthcare, leisure and shops round the clock.

- Trial takes place on buses from 1 to 30 November 2025.
- Unlimited, free bus travel is valid for TfGM issued older person's or disabled person's travel pass holders only.
- Available on Bee Network buses, **not** on trams and trains.
- Passes also accepted before 9.30am on non-Bee Network buses within the Greater Manchester boundary only.

As well as free early morning travel, the trial will allow pass holders to use the Bee Network's night buses as well.

Next steps

At the end of the trial period, from 1 December, you can continue to use your pass as normal, from 9.30am to 12am (Monday to Friday) and all day, weekends and bank holidays.

The trial is being held to look at the impact of lifting the 9.30am restriction on peak bus services and those shortly after 9.30am.

At the end of the trial we will assess the evidence, including analysing passenger feedback, and bus and pass use, before a decision is made on whether the move can be made permanent.



WINTER FUEL PAYMENTS

are automatic



So, if you get TEXTS about
Winter Fuel Payments
it's a **SCAM**



Report suspicious
texts at:

stopthinkfraud.campaign.gov.uk

Scam Alert: Winter Fuel Payments

On 9 June 2025, the Government announced that they are reinstating the Winter Fuel Payment for everyone over the State Pension age in England and Wales.

Anyone with an income of, or below, £35,000 a year will get the Winter Fuel Payment this winter. You do not need to do anything! Just regularly check your fuel statement. The payment of £200 per household, or £300 per household (where there is someone over the age of 80), will be made automatically to help with heating bills this winter.

However, there are reports of people being contacted out of the blue regarding the upcoming Winter Fuel Payment. **This is a scam!**

Scammers are offering to help setup the Winter Fuel Payment and asking pensioners for their bank details. Never give out any personal information. A genuine organisation will never ask you for these details over the phone, in an email or in writing.

The government has said you do not need to do anything regarding the receipt of Winter Fuel Payments. **These will be made automatically. No one will contact you directly.**

You can report suspicious texts at stopthinkfraud.campaign.gov.uk.

[Visit the UK Government website](#) to learn more about your eligibility and view the timetable of payments this winter.



New Age UK Report – Ageing While Black

[New Report](#) exposing the inequalities faced by older Black people in the UK.

A call to action based on their new report exposing the specific inequalities faced by older Black people in the UK, highlighting systemic issues like low income, health disparities, and insecure housing as lasting impacts of historical injustices. The organization emphasizes the need for tailored support and commits to working towards dignity, fairness, and equality in later life for this disproportionately affected group.

Key points from the report:

- **Systemic Inequality:**

The report details how Black older people face significant challenges due to systemic inequalities rooted in slavery, colonialism, and institutional racism.

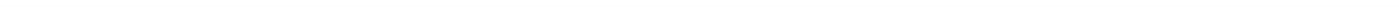
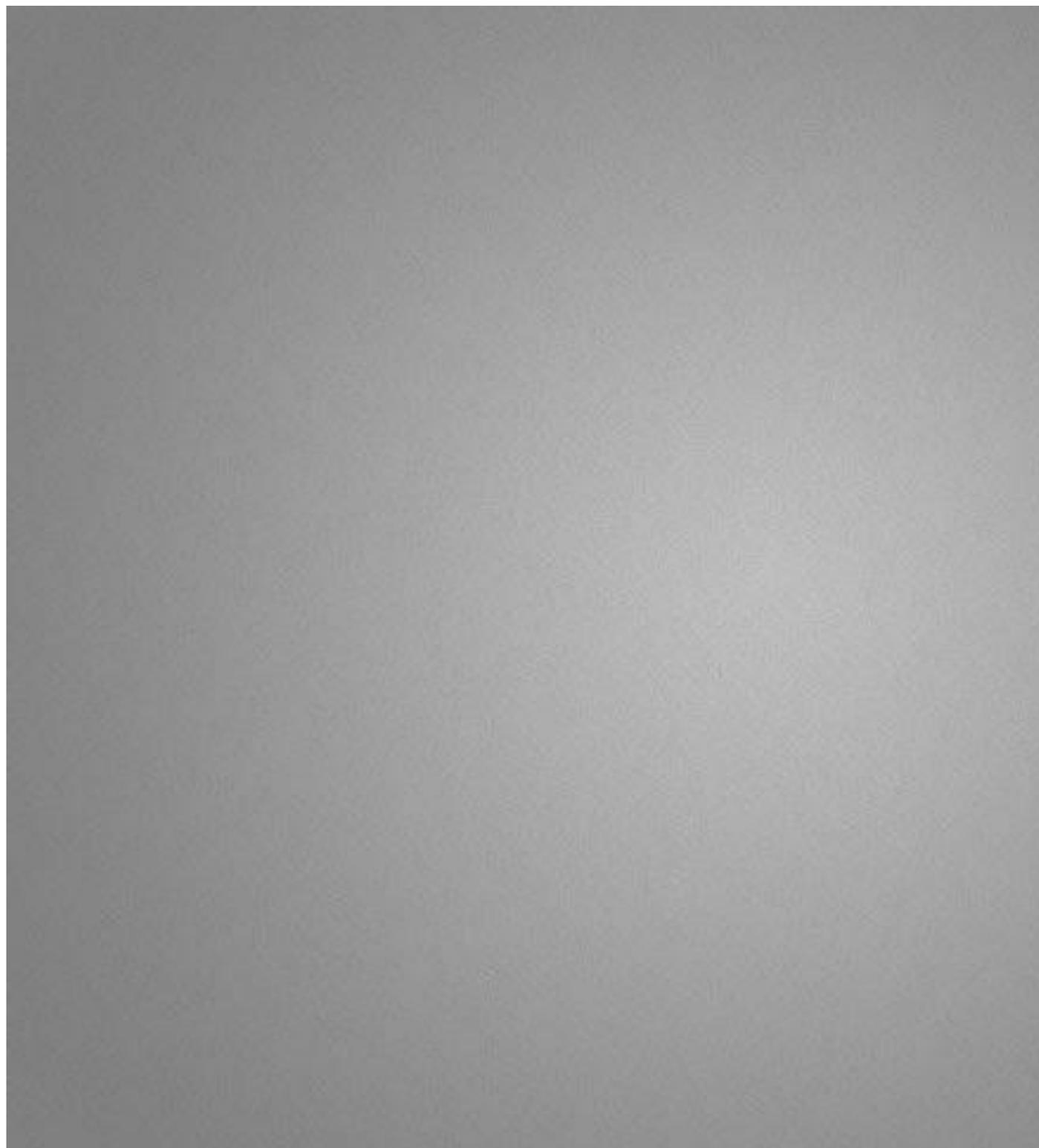
- **Specific Disparities:**

These inequalities manifest in areas like:

- **Financial Security:** Higher rates of poverty and lower retirement savings compared to White pensioners.

- **Health:** Poorer health outcomes and a longer-term impact on health than their White counterparts of the same age.

- **Housing:** Greater risk of living in unsafe or insecure housing.



Are you living with a long term health condition?



We want to hear from YOU! Join the Access4All Research Project

We are exploring barriers and facilitators to rehabilitation access, especially for people from socioeconomically disadvantaged communities.

Who Can Participate? Adults (18+) living with chronic conditions (e.g., COPD, diabetes, chronic pain, heart disease)

What's Involved?

Completing a short anonymised survey

All responses are confidential. Participation is voluntary.

Your participation could make a real difference!



Scan the QR for access

Interested? Contact: Gregg Stevenson PhD Researcher, Manchester Metropolitan University, Email: gregg.stevenson@stu.mmu.ac.uk

Access 4 All - Rehabilitation for People with Long-Term Conditions

The project is focused on improving access to rehabilitation for people living with long-term conditions across Greater Manchester, ensuring that every community's voice is heard.

At the moment:

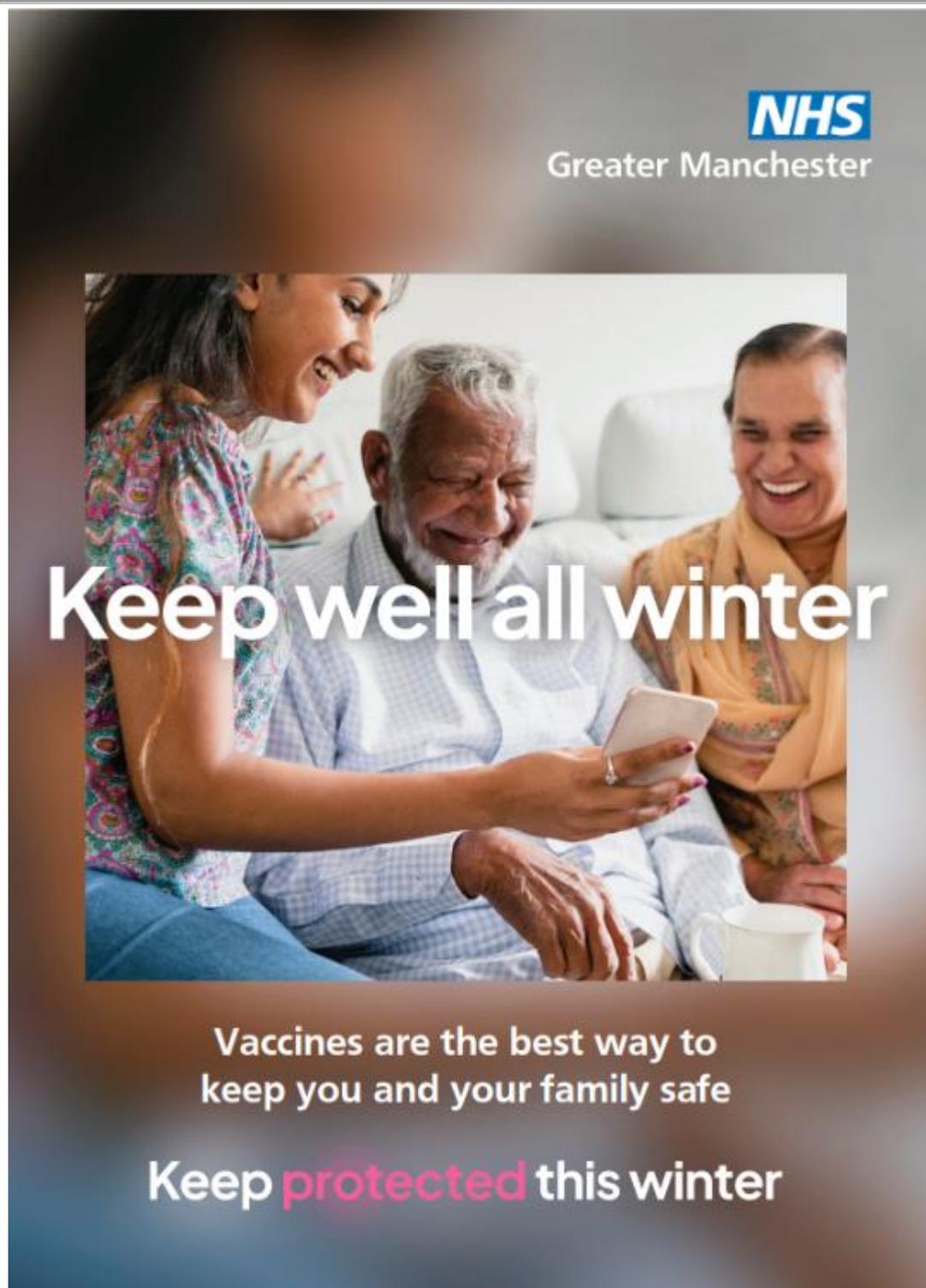
- Running a **short, anonymous survey** for individuals living with long-term conditions.
- Conducting **1-to-1 interviews** to capture personal stories in more depth.

Sharing the survey link <https://forms.cloud.microsoft/e/rk7Pyqrq23> with your members, networks, and community contacts.

Please contact below if any individuals might be open to a 1-to-1 interview.

As part of this work, they will also be hosting a **celebration event – Access4All: Reimagining Rehabilitation Through Community Voices – on Wednesday 5th November, 14:00–16:30 in Manchester**. The event will showcase lived experience, community voices, and creative performances, alongside health and community partners

Please contact gregg.stevenson@stu.mmu.ac.uk, PhD Student, Lead Researcher Access 4 All for more information.



The image is a promotional poster for NHS Greater Manchester. At the top right, the NHS logo is displayed in blue, with 'Greater Manchester' written below it in a grey sans-serif font. The central part of the poster features a photograph of three people: a young woman on the left, an elderly man in the middle, and a woman on the right. They are all smiling and looking at a smartphone held by the young woman. The background of the photo is a soft, out-of-focus indoor setting. Overlaid on the bottom half of the photo is the text 'Keep well all winter' in a large, white, bold sans-serif font. Below the photo, the text 'Vaccines are the best way to keep you and your family safe' is written in a smaller, white sans-serif font. At the very bottom, the phrase 'Keep protected this winter' is displayed, with the word 'protected' highlighted in a vibrant pink color.

NHS
Greater Manchester

Keep well all winter

Vaccines are the best way to
keep you and your family safe

Keep **protected** this winter

Find out more about Autumn/Winter Vaccinations

There are several important steps you can take to help protect yourself and your family this season. Get vaccinated.

During the colder months, viruses common in winter can make some people very unwell, potentially leading to serious health complications that may require hospital care. In some cases, these illnesses can even be life-threatening.

Therefore, this autumn and winter, the NHS is offering free vaccines to those most at risk of catching flu, Covid, and respiratory syncytial virus (RSV). By getting your vaccinations, you not only reduce your own risk but also help prevent spreading viruses to others – helping to protect your family and community.

All NHS vaccines have undergone rigorous testing to ensure their safety and effectiveness.

Covid and Flu are available from 1st October 2025 to help you get protected ahead of the colder months. However, it's best to get your vaccinations as soon as possible to maximize your protection.

Take action now to help you and your loved ones stay healthy and happy this winter.

Check which vaccines you are eligible for and learn how to get them. Don't miss out on enjoying all the activities you love during this busy time of year.

[Find out which vaccines you are eligible for.](#)

[Find out more about winter vaccines and winter health.](#)



Work with Age UK Manchester

Do you want a job with purpose? And to work for an independent Mancunian charity who supports those in need of support? Age UK Manchester have a number of Home Care roles in South Manchester. You will have individual responsibility to deliver compassionate and empathetic home care to adults within their own homes. You'll perform a wide range of duties, which may include personal care, with the aim of creating a supportive environment where service users can achieve maximum independence.

The hours are flexible, so ideal for working around other duties, such as childcare. There is an enhanced pay rate at weekends and bank holidays. To find out more about this role and to apply, visit Age UK Manchester's website: [Work with Age UK Manchester](#)

YOUR VOTE MATTERS

DON'T LOSE IT



Do you vote by post? New rules for postal voting

New legislation as part of the Elections Act 2022 means that all postal voters must reapply every three years and complete an identity check.

What's changing?

If you applied for a postal vote before 30 October 2023, you need to reapply this year to keep voting by post.

How to reapply

Apply securely online at
www.gov.uk/apply-postal-vote

If this affects you, you should have received an email or letter from the Elections Team. Please respond as soon as possible. Don't wait for the deadline.

If you don't reapply, your postal vote will be cancelled and you'll need to vote in person at your polling station. We'll confirm your polling station when we send your poll cards.

Not sure if this affects you?

Contact us at esu@manchester.gov.uk
or call **0161 234 1212** for advice.



New rules for postal voting

If you applied for a postal vote before 30 October 2023 then you will need to reapply before 31 January 2026 however Manchester City Council are urging people to take

action now. You should have already received an email or letter detailing what the next steps are but if you need more information then please call 0161 234 1212 for advice.

Events and Activities



Get Online Week with the Digital Inclusion team!

Get Online Week is [Good Things Foundation's](#) annual digital inclusion campaign focused on enabling people to discover the benefits of being online, and to build their confidence in using the internet - reducing the digital divide.

Get Online Week runs from the 20th - 26th of October 2025 and the theme this year is to try one new thing! The Digital Inclusion team will be hosting two public events, one in Central Library and one in Gorton Hub.

Tuesday 21st October – Central Library

Central Library will be buzzing with activity on Tuesday between 1pm and 4pm, with a 3D printing demonstration, the opportunity to explore your family history online and a marketplace of stalls providing a wealth of digital inclusion support and knowledge.

Thursday 23rd October – Gorton Hub

Visit the Atrium at Gorton Hub between 1pm-4pm to find out more about digital inclusion services from a range of providers. You will find NHS App support, Citizens Advice, AbilityNet, One Manchester and the JobCentre, plus the library team will be helping you download free e-books with BorrowBox. Multiple workshops will be on offer throughout the afternoon, including tips and tricks to stay safe online, using online tools to boost your career opportunities and communicating and sharing online.

Visit [this link](#) to find out more about both events, and book your space on one (or more!) of our exciting workshops!

For more information, you can contact the Digital Inclusion team by texting 07860064128 or emailing digitalinclusion@manchester.gov.uk



Chetham's this Autumn

Take a lunch break and enjoy this free recital by some of the UK's most exciting young musicians!

Discover the UK's next big talent with concerts featuring remarkable Chetham's School of Music performers, aged 8-18, from the UK's leading music school with multiple days in October.

You can find the programmes and free booking for upcoming concerts [here](#).*

Chetham's Lunchtime Concerts Food and Drink

Alongside tea and coffee available to purchase at our Chetham's Lunchtime concerts, from September 2025 we will have a hot soup lunch offer for concert goers to enjoy.

Chetham's Relaxed Lunchtime Concerts

Wednesday 1 October, Wednesday 5 November, Wednesday 3 December at 1.30pm

Chetham's Relaxed Lunchtime Concerts return to Manchester's Stoller Hall, with performances by fantastic young musicians from Chetham's School of Music.

The seating brings you closer to the performers and their instruments to give you a truly memorable experience. You are welcome to get a hot drink and chat to others before and after the music.

These events are perfect if you're looking to encounter the world of classical music in an informal environment.

Tickets are free. You can book advance online at chethamsschoolofmusic.com, or by calling the Stoller Hall box office on 0333 130 0967 open Tuesday – Thursday 1.30pm – 4pm.

*Please note that as our students are still developing their musical skills, there may be last minute changes to programmes. Thank you for your understanding.



NCHS: Meditation in Nature, Menopause Awareness Month

Meditation in Nature is an opportunity for you to switch-off and experience a deep sense of calm whilst enjoying the beauty of the grounds at The Whitworth. When we are mindful in nature, we are able to be in the present moment much quicker than if we were indoors. At the end of the session, you will experience feeling lighter, less stressed and having a sense that you have connected to something bigger than yourself. These sessions are delivered by our Natural and Cultural Health Service Partner, Lilasuri (Claire) Morris from [Wild Awake Mindfulness](#).

When: Thursday 16 October, 6 - 7pm

Where: Alex Bernstein Garden, Whitworth, Oxford Rd Manchester M15 6ER

[Register here.](#)

£5
per class

Feel Good Fitness with Sam

Fully qualified, insured, friendly fitness instructor
with over 20 years of experience.

**Session for all levels of fitness
(inc seated option)**

**Tone, shape, lose weight, stay active, get
fitter, stress release...**



Tuesdays 5.30pm

Sam 07940912271

profsamenglish@gmail.com

Methodist Church, 1 Mercer Road, M18 8JR

Feel Good Fitness

Every Tuesday evening - for all ages & abilities with seated options provided (completely inclusive).

Every week is different from Zumba to boxing, stretching & toning and classes based on what participants enjoy

Where: Methodist Church, 1 Mercer Road, M18 8JR

When: Tuesdays at 5:30pm

Contact: Sam 079740912271, profsamenglish@gmail.com

Cost: £5 per class

Yoga and Mindfulness for Menopause

Thursday 16th October 1:30 – 3:30pm

Celebrate World Menopause Week with a morning of replenishing self care. Learn how yoga and Mindfulness can help manage menopause symptoms.

Yoga and mindfulness can help you manage symptoms of perimenopause and menopause through a combination of yoga poses, breathing techniques and meditation practices.

This gentle practice fosters body positivity and is accessible to everybody, whatever your size, shape or ability. You can expect to feel stronger, calmer and more self-confident, with more tools and resources to help you through this natural transition

When: 1:30-3:30pm Thursday, Oct 16

Where: The Whitworth, Oxford Road Manchester, M15 6ER

[Book Here](#)



Building a Healthy Future course

A six week course for anyone living with a long-term physical health condition who wants to improve their mental wellbeing.

- Learn different techniques to help improve mood, manage stress and life's challenges
- Be in a group of people who 'get it'
- Take time to relax and recharge

Monday lunchtimes from 10th Nov 12 - 2pm

All sessions held live on zoom

Book now! Contact:

ruth.rosselson@manchestermind.org

www.manchestermind.org/events/bahf-zoom/



Free six week building a healthy future course run by Manchester Mind

Do you live with a long-term physical condition? Would you like to learn tried-and-tested tools and techniques to help improve your mood, lower your stress, and manage anxiety or worry? Manchester Mind's next free week course starts on 10 November. All sessions are held live on zoom, and we can help if you're rusty or haven't used it before.

Sessions take place 12 – 2pm from 10 November, and there are six in total.

More information and sign up: [Manchester Mind BAHF Course](#)



FREE ENGLISH CLASSES

Come learn, share & flourish with us!

Learn English, share stories, and meet new people in a fun and friendly space!

Dates :

16/09 | 21/10 | 18/11 | 09/12 | 23/12

The classes will be held on a monthly basis

Time:

10.30am - 12.30pm

Location:

Longsight Library & Learning Centre
519 Stockport Rd, Longsight, Manchester M12 4NE

For more inquires contact our email:

Riseandflourish0@gmail.com

Or call us:

+44 7404 072083

Scan here to book a FREE space here:



**MANCHESTER
CITY COUNCIL**

FREE ENGLISH CLASSES in Manchester!

Come learn, share & flourish with Rise and Flourish! These fun and friendly sessions are a great way to improve your English, share stories, and meet new people in the community. For levels from Entry 3 to Level 1

When (monthly): 10:30am-12:30pm on 21 Oct, 18 Nov, 9 & 23 Dec.

Where: Longsight Library & Learning Centre, 519 Stockport Rd, Longsight, Manchester M12 4NE

Call: 07404 072083 or **email:** Riseandflourish0@gmail.com



Intergenerational Climate Cafe

What is an Intergenerational Climate Cafe?

An **Intergenerational Climate Cafe** is a welcoming, action-free community space for people all ages to have open conversations about how climate change makes us feel. We particularly encourage the participation of students and people aged 50+. Over drinks and snacks we'll have an informal and confidential conversation, supported by experienced facilitators. You can choose to share as much or as little as you feel comfortable with.

This is a great opportunity for people all ages to come together and discuss common challenges.

Participants will encounter a curated selection of Manchester Museum's Natural History collection objects close-up during the session.

The Intergenerational Climate Cafe is free and will take place in Manchester Museum's Top Floor Space. Free drinks and snacks (including vegan and gluten free options) will be provided.

When: 1:00-2:30pm, Tuesday 11 November

Where: Manchester Museum, Oxford Road

You can find this event on [Eventbrite](#), or alternatively, you can book your place by emailing maria.ramosacevedo@manchester.ac.uk or by calling 07818 578 474

Why are Climate Cafes significant?

The climate and ecological crisis is the greatest threat facing our planet today. In response, we are seeing a rise in anxiety, fear and overwhelm globally.

We need spaces to navigate these emotions in solidarity with a global community already experiencing the impacts of the climate crisis. In this way we can come together, share openly and honestly and reflect on how we can navigate the climate crisis to build a more sustainable world.

The Manchester Museum Climate Café programme has been developed with the support of the [Climate Psychology Alliance](#).



LIVELY LEGS GET TOGETHER

**A WELLBEING GROUP FOR PEOPLE LIVING
WITH LEG CIRCULATION ISSUES**

A social and active group for anyone living with Leg Circulation health issues such as Peripheral Arterial Disease, Lymphedema, Oedema and Varicose Veins. **No need to book, just turn up!**

EAST MANCHESTER LEISURE CENTRE, M11 3ND



Last Thursday of every month
2pm - 3:30pm

NORTH CITY FAMILY & FITNESS CENTRE, M9 4DA



Third Monday of every month
1pm - 2:30pm

THE CHATTERBOX PROJECT, M9 7BL



First Wednesday of every month
1pm - 2:30pm

FIND OUT MORE:

b.donohoe@mcractive.com
 07719 070263

MCR
active

let's get
digital



Volunteer as a Digital Champion

We are looking for confident volunteers who can support digital drop-in sessions and teach basic digital skills in our libraries or community centres.

You don't need to be a tech genius to be a Digital Champion, but some knowledge can definitely help!

Being a Digital Champion is more about being patient and great with people.

Interested?
Sign up here:



MANCHESTER
CITY COUNCIL



Manchester
Libraries

digitalinclusion@manchester.gov.uk

Volunteer as a Digital Champion

David had always loved libraries but admitted, "I knew nothing about computers." His journey into digital inclusion began unexpectedly, and today he's one of its most passionate advocates.

He started out as a meet-and-greet volunteer at Central Library but soon got involved in supporting a one-off digital skills session. He found the experience incredibly rewarding and, after seeing how valuable it was for residents, campaigned to keep the session running beyond its initial funding. Except for closures during lockdown, the Digital Drop-In on the 3rd floor has been running weekly ever since.

“Technology was something that helped me,” David explains, “so I could empathise with people attending the sessions.”

The Digital Drop-In is open to any resident who needs help getting online. Attendees can bring their own devices for troubleshooting, get assistance downloading apps, or work through online training modules with support from Digital Champions. The sessions run every Tuesday from 10am to 12.30pm on the library’s 3rd floor.

Volunteering as a Digital Champion has been life-changing for David. “After being knocked back in my attempts to get into work, it completely rebuilt my confidence,” he says.

After three years of volunteering, David transitioned into part-time employment at the library on the condition that he could continue running the Tuesday drop-in sessions. He describes the initiative as a lifeline for many residents, having built strong connections and even helped one attendee self-publish a book.

His advice to anyone considering volunteering? “Teach, don’t tell, it works like dynamite!”

We’re currently looking for more volunteers to support digital drop-in sessions across the city. You don’t need to be a tech expert: just bring your time, patience, and a willingness to help others.

Email: digitalinclusion@manchester.gov.uk to find out more.

General advice and support



Mouth Care for Older Adults

Good oral health is important throughout life, especially as we age. With advances in dental care and better oral hygiene products, such as toothbrushes and toothpaste, many older adults are keeping their natural teeth longer

Mouth Care Training for Health and Care Professionals

The Manchester Oral Health Improvement Team provides specific mouth care training for healthcare and caregiving teams working with older adults. The training highlights the importance of daily oral hygiene and explains how inadequate mouth care can impact overall health and quality of life.

For information regarding oral health or to arrange training, please can contact Sue Hodgkiss at the Oral Health Improvement Team via email sue.hodgkiss@mft.nhs.uk

Advice to keep your mouth healthy:

- Regular dental visits - help spot problems early, even for people who wear dentures. Your dentist can also check for signs of dry mouth, which is common with some medicines and can increase the risk of tooth decay.
- Brushing twice a day with a fluoride toothpaste protects teeth and gums. A soft or medium toothbrush works best, and spitting without rinsing keeps the fluoride working. Bleeding gums should not be ignored, as they may be a sign of gum disease.
- If hands, arms, or eyesight make brushing harder, dental teams can suggest helpful tools.
- Good oral care supports overall health too. Poor oral hygiene is linked with chest infections, pneumonia, heart disease, diabetes, and stroke.

Daily brushing and cleaning between teeth reduce harmful bacteria and help lower these risks.

- Limiting sugary foods and drinks to mealtimes helps protect natural teeth. Snacking between meals on sweet or acidic foods can lead to tooth decay.
- For denture wearers, cleaning is just as important. Dentures should be removed, brushed with soap or denture cream, and left out overnight to give the mouth a rest.



Carers Manchester

A carer is someone of any age who supports, unpaid, a relative, partner or friend. The person they care for may need help due to physical or mental illness, disability, frailty or addiction and could not manage without that support. A carer does not always live with the person they care for, or care for them full time.

You might not think of yourself as a carer, but just as someone's partner, parent, son, daughter or friend. Recognising that you might be a carer means that you can access support, advice and guidance relevant to your situation.

Contact Point

The Contact Point acts as a first point of contact for support for unpaid carers in the Manchester City Council area who require advice and support.

Call 0161 543 8000 10am – 4pm Monday – Friday (except bank holidays).

Also see our [Calendar of Events](#)

Carers Manchester South

Carers Manchester South (CMS) works to identify unpaid carers and improve services in their community. CMS run free events for carers including bowling and RHS Bridgewater. The team also does lots of outreach work to identify new carers and raise awareness among professionals about how to best signpost carers.

If you are a carer wanting to hear more about CMS or a professional wanting us to support any events you run please contact: cmsouth@manchestercarersforum.org.uk

let's get
digital

Need help getting online?



 MANCHESTER
CITY COUNCIL

Text and get free digital support

Do you know someone who has Internet access at home but doesn't have the skills or confidence to use it as effectively as they would like? Have they got a device, like a smartphone, tablet, laptop or computer? The Digital Inclusion team at Manchester City Council is able to direct you to the right service you may need. There is support available such as digital drop in sessions that can help with many things such as setting up an email address, using social media, using the NHS App and booking GP appointments.

To get in touch and find out more, text 07860064128 with your query and the team will get back to you. Alternatively, you can email digitalinclusion@manchester.gov.uk or visit <https://manchesterdigitalstrategy.com/lets-get-digital> for more information.



Home Fire Safety Assessment

A Home Fire Safety Assessment (HFSA) is a free visit to your home by the Fire and Rescue Service. During the visit we will provide fire safety advice and equipment depending on risk. We'll need to talk to you about your health, home environment and your daily activities in order to understand your fire risk and provide the best advice for you.

How do I book an HFSA?

To find out whether you are eligible for a HFSA, click the button above and fill in the online home fire safety check.

At the end of the check you will be provided with online fire safety advice or, if you are eligible for a visit, you will be asked to submit your contact details. We will then telephone you to arrange your HFSA.

Want to find out more about HFSAs?

Learn all about HFSAs by watching the [short animation](#). This includes information about what an HFSA is, the benefits, who is eligible for a visit and how to make a referral.

For more information please visit [website](#).



Looking to Volunteer? Pop into to the Volunteer Centre's Drop In

This new Volunteering Drop-In is open and ready to welcome you. Whether you're new to volunteering or just exploring your options, come along for tea, biscuits and a chat with the friendly team from the Volunteer Centre.

The team will take time to get to know you and what you're looking for, then help match you with volunteering opportunities that suit your interests and goals.

Need a bit of extra support to get started? No problem—they are here to help, and you're welcome to return over multiple weeks for ongoing support with applications until you've found the perfect role.

When and where?

Every 2nd and 4th Tuesday of the month

10am – 3pm

Manchester Central Library, St Peter's Square, M2 5PD

No need to book—just drop in! But if you'd like a calendar reminder or want to let them know you're coming, you can book a slot here:

[Book your visit](#)

Contact us

Phone: 0161 830 4770

Email: info@volunteercentremanchester.co.uk

Website: [Welcome to Volunteer Centre Manchester](#)

65 yr + Men of Greater Manchester & East Cheshire

Can you spare 10 minutes?
It could save your life

Abdominal Aortic Aneurysm Screening

Who?

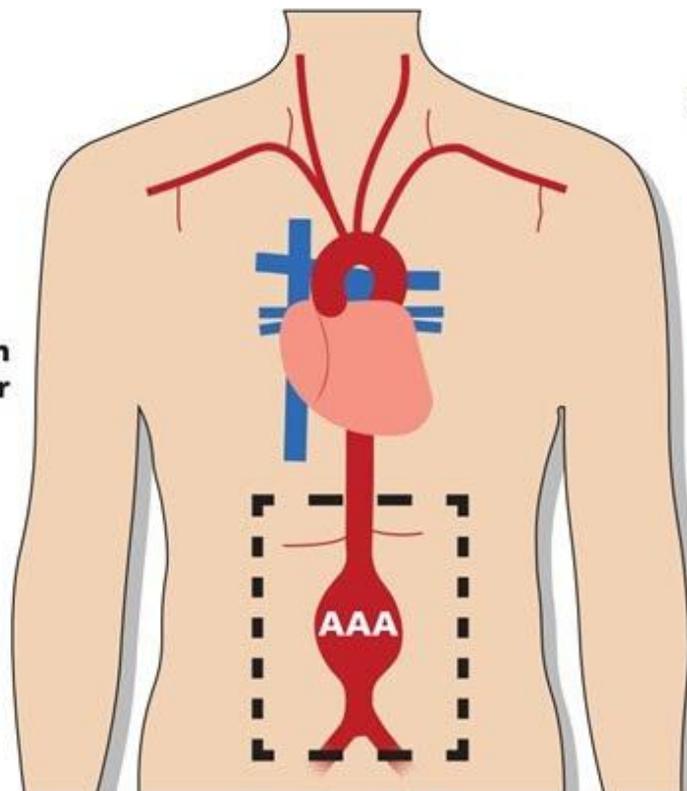
All men
aged 65+

When?

In your 65th
year or over

Why?

1 in 70
men will
have an
AAA



What?

Weakening of
the artery
wall

Where?

NHS sites
near you

How?

Ultrasound
scan. It's
safe, quick
and pain
free

For further information search the internet for NHS AAA Screening
Men over 65 contact the AAA screening programme on:

0161 291 5716



Pensioner Entitlements - Introductory Training for Frontline Workers

This 1.5-hour online course (using Teams) aims to give frontline workers an introductory overview of key benefits for people over State Pension Age, including Pension Credit, Attendance Allowance and Pension Age Disability Payment. We'll also demonstrate how to use the online **entitled to** benefits calculator.

This course is aimed at non-welfare benefits advice roles.

By the end of the session you should be able to:

- explain what Pension Credit is, who may be eligible and how to claim
- know when to ask for or signpost to specialist advice
- explain what Attendance Allowance is, who may be eligible and how to claim
- use the online benefits calculator to help someone see if they may be missing out on benefits
- have some strategies for starting the conversation about claiming benefits with people who you work with
- explain what Pension Age Disability Payment is, who may be eligible and how to claim

This training is relevant to those supporting older people in England, Scotland and Wales.

[Upcoming Dates](#)

Want help with...

- Benefits or rent
- Advice about debt or bills
- Food support
- Staying warm

Call Manchester's free cost of living advice line
0800 023 2692 or text **07860 022 876**

MAKING MANCHESTER FAIRER
Helping Hands
MANCHESTER CITY COUNCIL

Manchester's cost of living advice line

The Council's free telephone cost of living advice line offers support with benefits and help with your rent, advice about debt and paying bills, Winter Fuel Payment Hardship Fund, food support and help to get online (support to access the internet, laptops, phones and data).

The advice line is open Monday to Friday 9am to 4.30pm. Call **0800 023 2692** or text 07869 022 876 visit manchester.gov.uk/coladvice

Have you used the benefits checker?

It helps to know you're getting all the support you need:
gov.uk/check-benefits-financial-support

MAKING MANCHESTER FAIRER
Helping Hands
MANCHESTER CITY COUNCIL

The Age-Friendly Manchester Team

Established in 2003 as Valuing Older People, Age-Friendly Manchester is a partnership involving organisations, groups and individuals across the city playing their part in making Manchester a great place to grow older.

We'll be back with our next e-Bulletin in a month's time.

Please send us any news articles or event/regular group listing requests at least two weeks in advance.