

Greater Manchester Older People's Network Newsletter

April 2019

News and Updates

Harold Kershner

We are very sad to say that one of our GMOPN members, Harold Kershner, passed away on the 4th of March. Harold was a valued member of the Greater Manchester Older People's Network Action Group and the Equalities Board Executive Group. He was always a committed participant and a positive presence, the first to volunteer to be involved in activities and to offer his time, even when his health made this more difficult in recent months. He will be greatly missed by his friends in the GMOPN and our thoughts are with his family and friends.



Championing Older People's Voices in Greater Manchester (GMOPN Network Event)

Date: 23rd May 2019

Time: 10:30-14:00

Venue: St Thomas Centre, Ardwick Green North, Manchester, M12 6FZ

Do you want to be more involved in making decisions about the things that matter to you?
Do you feel that you're often asked what you think but seldom really heard?

On the 23rd of May, the GMOPN will be holding its next network event, focusing on how to support older people to feel valued members of society and their communities. The GMOPN is all about getting your voice heard and giving you opportunities to participate. We want to know what makes you feel valued and make sure that you can get involved on your own terms. Join us to help develop a charter for participation and co-production with older people. **Places are reserved for individuals over the age of 50 and people supporting older people to attend. To book a place please email GMOPN@macc.org.uk or telephone 0161 834 9823.**



The GMOPN wins the NAVCA award for Campaigning and Advocacy!

We are really proud to announce that the GMOPN has recently won the NAVCA award for campaigning and advocacy! NAVCA is the national membership body for local voluntary sector support and development organisations in England. We submitted a short video entry featuring some of our network members talking about the work that the GMOPN does. Following this, we were shortlisted for the award and invited to the awards ceremony in London. Elaine Unegbu from the Action Group, along with some staff members from Macc, attended the ceremony and received the award on behalf of the network. This is great news for the GMOPN and something for us all to be really proud of.



Participation Opportunities **MICRA Annual lecture 2019**

MICRA is pleased to announce Professor Sarah Vickerstaff will be hosting the MICRA 2019 Annual Lecture on the 18th of June 2019, 17:00-20:00, on the topic of Extending Working Lives: the implications for winners and losers in the changed UK policy landscape. The lecture will be held at the Roscoe Building, Theatre B, University of Manchester, Brunswick Street, Manchester, M13 9PY. **For further information or to book a place please contact Victoria or Liz on GMOPN@macc.org.uk or 0161 834 9823**

Developing age-friendly cities: Turning urban research into practice

MICRA and the Manchester Urban Ageing Research Group (MUARG) are pleased to invite you to their one off event **Developing age-friendly cities: Turning urban research into practice**, on **Wednesday 26 June from 10am at the Museum of Science and Industry**. This event will provide the opportunity for dialogue between researchers, policy makers, practitioners and older people working on issues relating to ageing, age-friendly cities and urban change. It will provide practical insights into how urban research can influence policy and practice. Understanding the relationship between population ageing and urban change has become a major issue for public policy, and an increasingly important area for interdisciplinary research. This workshop is hosted by the Manchester Urban Ageing Research Group (MUARG) from the University of Manchester. Their research supports the promotion of age-friendly environments at global, EU, national and local level. MUARG has a particular focus on understanding issues relating to social exclusion and pressures facing older people in areas subject to economic decline.

If you are interested in attending please contact Victoria on 0161 834 9823, who can register you online.

Ambition for Ageing Seminar: Age friendly and inclusive volunteering:

Date: Wednesday 17th April 2019, 2:00pm - 3:30pm (doors at 1:30pm)

Venue: St Thomas Centre, Ardwick Green North, Manchester M12 6FZ

This seminar will offer an opportunity to explore the findings of the recent review of Community Contributions in Later Life, and consider how the recommendations might be applied. Led by co-author of the review, Kate Jopling, International Longevity Centre, the session will consider what the evidence tells us about when and how older people currently contribute to their communities, and what more can be done to ensure that more people are able to access opportunities to contribute which work for them right across the course of their life. The session will involve discussion and activities drawing on the findings, and considering how they might be applied in different communities.

To book a place please contact Lucy North by email lucy.north@gmcvo.org.uk or telephone 0161 277 1001.

ITV casting call out

ITV are looking for people to take part in a fun programme about pensions. They are specifically looking for thrifty pensioners to give ITV viewers some money saving advice for when they retire.

For more information please email tonight@itv.com

An opportunity for you to use your skills and talents

Wythenshawe Community Radio (WFM) is always looking to involve local people in the programmes.

Are you a member of a group or could you gather a small group of friends together from South Manchester?

The challenge is to plan and prepare a thirty minute feature for 'Local Voices', to be aired on our 'Out to Lunch Show with Silver Seniors'. The piece would include speech and your choice of music.

If you are already part of a group you could feature your activities. It could also include such things as: a book review, 'what I don't want for my birthday', a favourite piece of music with reasons why, and so on. Participants will come to the studio in Wythenshawe Forum to deliver the piece on air. We have already featured two 'Local Voices' which were prepared with great enthusiasm. **Once you have gathered your group Roz can come and talk more about this on a suitable date, but in the meantime if you are interested please email: rozjohnson5@btinternet.com**





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Invitation for people with lived experience to apply for the Peer Leadership Academy

The Peer Leadership Academy is an NHS England personal development programme for people with lived experience of personalised care. It builds people's knowledge, skills and confidence to take an active role in co-production both locally and nationally. The programme is residential and consists of 6 days over May, June and July 2019. Travel expenses and accommodation are paid. **To find out more, please email rita@peoplehub.org.uk**

Age-related skin changes research project

Professor Anna Nicolaou is looking for co-researchers to participate in a project about skin ageing. The aim of the project is to explore age-related changes in the lipid composition of the skin, examine how ageing impacts the numbers and types of microorganisms living on the skin and to investigate how these changes alter skin barrier function and could be targeted to promote healthy skin ageing. As a co-researcher, you will be invited to attend the quarterly project management team. You will help to collaboratively shape the research project, help to disseminate the research findings, help to maximise the impact of the research. All travel expenses will be covered. **Please contact Anna Nicolaou for more information and details on how to apply by email anna.nicolaou@manchester.ac.uk or telephone: 0161 275 8358.**

Our members' journey

Manchester Health and Care Champion Awards

Recently, Elizabeth and Marie from our Action Group were invited to support with shortlisting for the Greater Manchester Health and Care Champion Awards. The awards aim to recognise those who regularly go above and beyond to improve the health and wellbeing of the people of Greater Manchester. In our GMOPN Health report published last year, one of the recommendations was that those working in the Health and Care industry should be recognised. This was a great opportunity for us to support this recommendation. Elizabeth and Marie both said that they thoroughly enjoyed the day.

Campaigning and Influencing Training

Last week, Karen and Helen from Macc delivered some campaigning and influencing training to members of the network. The purpose of the training was for our members to learn more about campaigning and the different approaches that can be taken. Some of the topics covered were: What is campaigning? How to communicate your message and the importance of using evidence based arguments.

We hope to be able to run this training again in the future. If you would be interested in attending, then please let us know.