



Update from the network



We would like to wish all of our members a very merry Christmas from all of us here on the GMOPN Project team here at Macc, and we look forward to working together again in the new year!

INFLUENCING THE AGENDA FOR OLDER PEOPLE

On Thursday the 20th of February 2020 between 11am-4pm, GMOPN will be holding our next network event on ageing, offering you the opportunity to engage with the mayor of Greater Manchester Andy Burnham and other leaders and key influencers. We will celebrate the work that the network has done over the past five years as part of the Ambition for Ageing programme and outline our strategy for building an Age Proud GM. The event will take place at Friends' Meeting House, 6 Mount Street, Manchester, M2 5NS. Please note, this is a new date for the event previously taking place in January. A buffet lunch will be provided.

Booking for this event is essential. Please email GMOPN@macc.org.uk or call Liz or Victoria on 0161 834 9823 to book your place.



EVENT PLANNING MEETING

We will be having another event planning meeting on Tuesday 7th January 2020 from 2pm-3:30pm at Macc to help us plan for our February event. Anyone is welcome to come along and share their views!

Please call Liz or Victoria on 0161 834 9823 to confirm your attendance.

Ambition for Ageing news and events

BUILDING AGE FRIENDLY PLACES

On Tuesday 3rd December, the Ambition for Ageing team held the first interactive learning event on building age-friendly places. The event in Bury brought together a diverse range of statutory-sector colleagues, researchers, older people and other experts involved in Ambition for Ageing. The team are evaluating the feedback and plan to hold more events next year as part of the legacy and learning the Ambition for Ageing programme.

Events and Participation Opportunities

8 WEEK COMPUTER COURSE

Northmoor Community Centre are running an 8-week course on Wednesdays 10am-12pm from 8th Jan to 4th March 2020 (1 week break 19th Feb). Anyone can come and learn at their own pace with the help of three friendly tutors. You must be able to come to all 8 sessions. You will learn to -

- Use a keyboard and mouse
- Emails and using the internet safely
- Online budgeting, shopping and socialising
- Documents, spreadsheets & slideshows

Call Fiona on 0161 248 6823 to book your place.



MANCHESTER
1824

The University of Manchester
Institute for Collaborative
Research on Ageing

SPRING 2020 SEMINAR SERIES

MICRA will be hosting a series of seminars in 2020. These will take place at GMCVO from 2pm-3:30pm. More information will be sent out nearer the time. Save the dates!

- Wednesday 22nd April
- Wednesday 20th May
- Wednesday 17th June



BUS CONSULTATION SURVEY

A reminder that there is still time to take part in GMCA's bus consultation survey. They are proposing a franchising scheme for the whole of Greater Manchester. This would mean that bus services would be under Greater Manchester's control and they would decide which services would be provided. The routes, timetables, tickets and standards would be set, while the bus operators would run the services.

Please call 0161 244 1100 to discuss your requirements to do the survey.
Deadline: 8 January 2020

LUNG HEALTH FOCUS GROUP

Are you aged 55-80? Are you a current smoker or have you quit in the last 3 months? The University of Manchester are working on a project funded by Cancer Research UK, carrying out research exploring the use of stop smoking advice and treatments at the time of a lung health check (also called lung cancer screening).

They are planning on running two focus groups (one for smokers, and one for recent ex-smokers).

If you are interested, please call Samantha Groves on 0161 275 1972.



IMPROVING QUALITY OF LIFE

This project aims to support people with MS to improve their emotional wellbeing and financial security. MS Society can provide support and information on a range of topics, including finances, independence, employment & wellbeing. You do not have to do any of this alone, as you will be matched with one of their volunteers who can support you whilst you are involved with the project.

If you feel the project could help you, a client or would like to know more, contact Mark Pritchard on 07920 429 477.

OUR YEAR!

As we near the end of 2019, we would like to share some of our favourite pictures and memories from the year with all of our members!

