

Updates from the network

Dear network member,

In light of the current outbreak of the coronavirus all of our meetings and events have been postponed for the foreseeable future. Although we may not be able to hold face to face meetings at the moment, we remain committed to ensuring that older people's voices from across Greater Manchester are heard and to ensuring that we provide information for all of our members. Here are a few things we are planning to do:

- Keep in touch by email, phone and post
- Monitor the situation and keep you updated
- Share advice and support you in a positive way
- Looking at ways to help people keep physically active and occupied while at home
- Help make sure older people's voices are heard during this time.

We will be sending out weekly bulletins to all of our members, to provide information and support for older people and organisations that work with older people across Greater Manchester. We will try to ensure that the information we provide is as up to date as possible, however the situation is changing on a daily basis so please bear this in mind

If you would like to share information via this bulletin about any services available to older people in Greater Manchester please get in touch via GMOPN@macc.org.uk

If there is anything we can do to help or if you simply just want a chat, then please get in touch with us. If you have any issues you would like to raise you can email us at GMOPN@macc.org.uk or telephone a member of the project team on **0161 834 9823**.

Age Proud Photography Competition

Due to the coronavirus outbreak, we have taken the decision to postpone our Age Proud Photography competition until further notice. All entries that have already been submitted will still be valid when we resume the competition at a later date. Thank you for your understanding.

Coronavirus information

Coronavirus (COVID-19) is a new type of illness that can be spread easily. The main symptoms are:

- High temperature
- A new continuous cough

If you have any of these symptoms, however mild, you must stay at home for at least 7 days. If someone you live with has any of these symptoms, everyone in the household needs

to stay at home for 14 days. If you have been identified as someone who is extremely vulnerable and you develop a high temperature or a new, continuous cough you should seek clinical advice using the [NHS 111 online coronavirus service](#) or call the NHS on 111. Do this as soon as you get symptoms. If you are not classed as extremely vulnerable, you don't need to tell the NHS you're staying at home and you won't need to be tested for coronavirus. Only get in touch with the NHS if:

- You don't feel better after 7 days
- Your symptoms are getting worse
- You feel you can't cope with your symptoms at home.

You should do this by calling 111.

CORONAVIRUS
PROTECT YOURSELF & OTHERS

NHS.UK/coronavirus
GOV.UK/coronavirus

How to help stop coronavirus from spreading

HM Government

Wash your hands for
at least **20 seconds**.
with soap and water.

0:14 / 0:46

The government has introduced new measures to stop the virus from spreading. **Everyone should now stay at home and should only leave the house for very limited purposes.** These are:

- Shopping for food and medicine as infrequently as possible
- One form of exercise a day, for example a run, walk or cycle
- Any medical need, or to provide care or to help a vulnerable person
- Travelling to and from work, but only where absolutely essential

Even when doing these activities, you should be minimising time spent outside of the home and ensuring you are 2 metres apart from anyone outside of your household.

There are a number of things you can do to help reduce the risk of you and anyone you live with getting ill with coronavirus:

- Wash your hands with soap and water often – do this for at least 20 seconds
- Use hand sanitiser gel if soap and water are not available
- If you do go out, wash your hands as soon as you get back home
- Cover your mouth and nose with a tissue or your sleeve when you cough or sneeze
- Put used tissues in the bin immediately and wash your hands afterwards

The government is advising those who are at increased risk of severe illness from coronavirus (COVID-19) to be particularly stringent in following social distancing measures.

This group includes those who are:

- aged 70 or older (regardless of medical conditions)
- under 70 with an underlying health condition (ie anyone instructed to get a flu jab as an adult each year on medical grounds)

There are also some people who are at a higher risk of severe illness from COVID-19. These are people who are classed as being extremely clinically vulnerable. The NHS in England is directly contacting people who are at higher risk and advising them on what they should be doing. If you have been contacted by the NHS to say that you're extremely clinically vulnerable, you can register [here](#) for extra support with things like food deliveries.

For further information please see government guidance [here](#).

Public Health England has produced an Easy Read guide about the coronavirus [here](#)

Advice around COVID-19 has been translated into a range of languages [here](#).



Support available

Coronavirus helplines have been set up by councils in each borough of Greater Manchester to provide support for vulnerable people who have to self-isolate.

Bolton: The Bolton emergency contact number has been set up for the extremely vulnerable people who have been told stay at home at all times and avoid any face-to-face contact (shielding), during the current situation. The number is **01204 337221** and will be open from 8:30am – 5:30pm Monday to Friday and from 9am – 1:30pm on Saturdays.

Bury: The Bury community hubs can support you if you:

- have received a letter advising you that you're in the most vulnerable group and should be shielded;
- are aged 70 or over and have underlying health conditions;
- are otherwise socially or economically vulnerable.

You can request support via the online form [here](#) or by telephoning **0161 253 5353**. The line is open 7 days a week, 9am to 5pm.

Manchester: The Manchester community response hub can offer support to you if you are:

- Over the age of 70, are self isolating and have no support network
- If you have received a letter from the NHS advising you are high risk, or
- You are medically vulnerable according to the government criteria

Help will also be available, but not limited to, other groups such as carers, care leavers or young carers. The number to call is **0800 234 6123** and the line will be open Monday to Saturday from 8:30am – 5:30pm

Oldham: A coronavirus emergency need helpline has been set up for anyone of any age who is unable to leave the house and doesn't have a trusted friend, neighbour or family member to help them. The number is **0161 770 7007** and is open weekdays from 9am – 5pm and from 11am – 2pm on weekends.

Rochdale: 4 new hubs have been set up across Rochdale to support those who are the most vulnerable during the coronavirus pandemic. People who are vulnerable and need to access support through the community hubs can phone: **01706 923685**. The out of hours contact number is: **0300 303 8875**.

Salford: Salford City Council has set up their Spirit of Salford helpline. Any residents that have to self-isolate (stay at home) for any length of time and need assistance, or any carers that need advice and support, should visit their [website](#) or call **0800 952 1000** between 8.30am and 6pm (Monday to Friday).

Stockport: Stockport council's dedicated coronavirus helpline will provide advice and tell you how you can access support. You can call the helpline if do not have a network of family and friends you can call upon for support particularly if:

- you're over the age of 70 and you're self isolating
- you have received a letter from the NHS advising you're high risk and should stay at home
- you're medically vulnerable according to the government criteria and should stay at home

The number is **0161 217 6046** and is open Monday to Friday from 9am – 5pm and on Saturdays from 10am to 4pm.

Tameside: Tameside Council call centre staff will be manning an emergency support line. If you are self-isolating and have no family, friends or neighbours to support you, please call **0161 342 8355**

Trafford: 5 community hubs have been set up across Trafford to support anyone who is vulnerable and self-isolating. If you need support please call the Trafford Community Response line on **0300 330 9073**. The line will be open Monday to Friday from 8:30am – 5:30pm and is managed by the Citizens Advice Bureau.

Wigan: 7 community hubs have been set up across Wigan to provide support to vulnerable households affected by the coronavirus. If you are in urgent need of support, please call **01942 489018** and a worker from your nearest hub will be in touch as soon as possible.

National support and resources

Independent Age have put together answers to the coronavirus related questions they were receiving through their helpline. [View them here](#). You can call their freephone helpline on **0800 319 6789**, Monday to Friday, 8:30am-6:30pm, and Saturday, 9am-1pm,

Age UK have a range of resources on their website including staying safe at home, ways to look after yourself and how to keep in touch with people. [Click here to view their website](#). You can also call their freephone helpline for information, friendship and advice on **0800 12 44 222** Monday to Friday from 9am – 5pm.

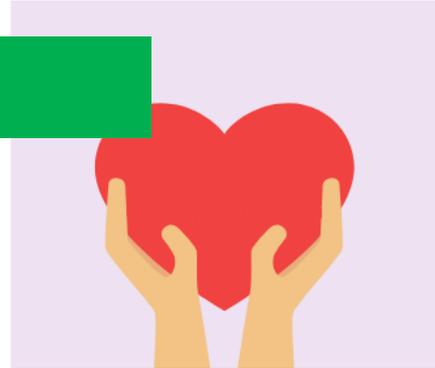
Friends against Scams have produced a leaflet aimed at preventing people from becoming victims of scams. [Click here to download the leaflet](#).

Wellbeing

We understand that this is a time of uncertainty and worry for many people, however there are lots of things that you can do to try to help your wellbeing. Each week we will be sharing information, tips and fun activities that you can try at home to improve both your physical and mental wellbeing. If you have any suggestions of things you would like to see, please let us know by emailing GMOPN@macc.org.uk or telephoning **0161 834 9823**.

Staying active

It's really important to stay physically active, for both your physical and mental wellbeing. If you have not been advised to self-isolate (due to being extremely clinically vulnerable or through having symptoms) then you can go for a walk, jog or cycle outside once a day. Just make sure you stay 2 metres apart from others outside of your household. If you can't or don't want to leave your house, there are still lots of different ways you can stay active.



The free ['I CAN' active calendar 2020 here](#) contains lots of movements that can help you to improve your strength, balance and mobility.

There are also lots of tips and advice on the [Greater Sport website here](#)

Mental wellbeing

Greater Manchester Mental Health NHS Trust has a range of information and resources on their website about looking after your wellbeing during this time. They recommend:

- Avoid excessive exposure to media coverage of coronavirus.
- Try and get some daily exercise.
- Connect with others and share your concerns and how you are feeling with friends, family members and colleagues.
- Maintain a sense of hope and positive thinking. Feeling anxious and worried is normal in these times. Try to watch your thoughts and notice when you may be moving into negative thinking. For full information please see [here](#)

The charity [Mind](#) have lots of guidance on their website about looking after your wellbeing. They have shared advice around what to do if you're feeling anxious, ways to keep your mind stimulated and ways to relax. [Click here to read more.](#)

Activity pack

[Manchester Cares](#) has put together an April Activity pack featuring jokes, puzzles and fun activities that can be done at home. [The pack can be downloaded here.](#)