

Updates from the network

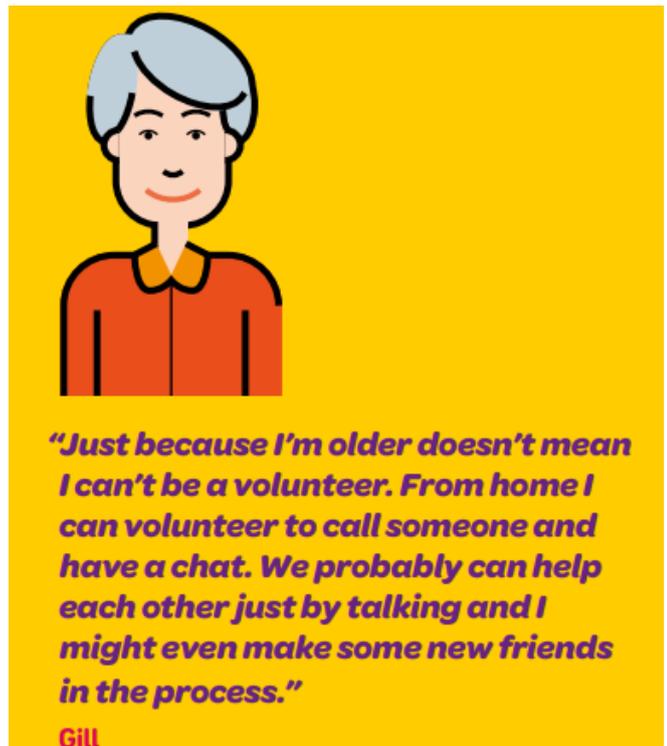
Welcome to the fourth issue of our news bulletins. We will be sending these out to our members regularly during the coronavirus pandemic to share information and advice for older people.

If you would like to share any information via this bulletin about services available to older people in Greater Manchester please get in touch via GMOPN@macc.org.uk or telephone **0161 834 9823**

Keeping well at home booklet

A guide to help older people stay healthy at home during the COVID-19 lockdown has been published by academics at The University of Manchester. Called 'Keeping Well At Home', the team have been working with the Ageing Hub at Greater Manchester Combined Authority (GMCA) so the resource can reach homes across the region. The printed booklet is specifically aimed at older people, many of whom have no access to the internet, and draws on evidence based research from the University's Healthy Ageing Research Group. Members of our action group gave their views to ensure the design and content were accessible and appropriate for the target audience. More than 50,000 copies of the guide have been printed and are being distributed

through the ten Greater Manchester local authorities. This will be done in a number of ways, including via post, through community hubs and housing associations. A number of our action group members had their quotes included in the booklet, including Gill (above). [You can download and print a copy of the guide here.](#)



Positive stories!

We really want to ensure that we're sharing positive news so if you have any stories or if you would like to share any tips on how you're spending your time at home, please email Victoria via GMOPN@macc.org.uk or telephone 0161 834 9823. This week Jan, who is a member of our Action Group, has written a short article below about how she is keeping active at home.

Keeping Fit?...OK I'll settle for keeping flexible!

We're all six weeks into this social distancing lark and, I don't know about you, but the novelty has well and truly worn off for me. I'm a naturally fit and active person but I'm no gym bunny. I used to attend two classes a week of exercise for over 50s and very enjoyable they were too. All that stopped overnight in March and we were all told we should walk, cycle or run from our homes once a day.



Suddenly, The Green Goddess (80 year old Diana Moran) was all over the television giving us exactly the same exercises she did 40 years ago. All that lycra put me off then and still does, well that's my excuse. So, what was I to do?

I scoured YouTube and Facebook to find every personal trainer regularly posting free keep fit videos. If you are already fit and flexible PE with Joe every morning seems motivational. Then again when a video starts "OK guys, let's do this!" it puts me off as much as Diana's lycra!

For the first couple of weeks I settled for walking. For those able to get out the weather was perfect, but what if you are shielding? By definition a high intensity workout won't be feasible. Even those that claim to be low intensity go at a pace I sometimes struggle to maintain. So I searched again and found Mike, an Australian (of course!) Seniors' Specialist Physiotherapist and Exercise Scientist. His videos are mainly seated flexibility moves demonstrated at a pace that can be followed.

It can be difficult at times to stay consistent. Sometimes you feel good, other times not so good and everything but the exercise gets done.

But that's ok! This happens to everyone.

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We just need to find a way to make it easier, and when it's easier, it's more likely to be done more often. This means great results! So, what's a way to make it easier?.....Do less! Doing small amounts of exercise consistently is going to get you greater results than more exercise only done every now and then.

Check out Mike

- [YouTube at More Life Health Seniors](#)
- [Website More Life Health Seniors](#)
- [Facebook More Life Health Seniors](#)

Disclaimer

This article is my personal journey and does not offer fitness or medical advice. It does not reflect any views or advice by GMOPN. I hope you find it interesting and maybe helpful.

Action group meeting via zoom

We recently held our second virtual action group meeting with some of our members (we forgot to take a picture during our first meeting!) It was lovely to connect with each other and share how we're all coping during lockdown. Elizabeth said it was so fantastic to see everyone's faces!



There are lots of useful guides online to help you to use zoom such as this one [here](#)

Support available

Greater Manchester Combined Authority Support and Advice for older people

The GMCA has put together a range of resources and support on their website for older people living in Greater Manchester. Find out more information [here](#). The Ageing Hub is also sending out information bulletins weekly. [Click here to sign up](#).

'End the Fear' domestic abuse support

End the Fear is a website of local domestic abuse services and helplines across Greater Manchester. Anybody in Greater Manchester who is experiencing domestic or sexual violence can find help, support and advice from End The Fear. Visit their website [here](#) for lots of information and resources. The GM domestic abuse helpline **0161 636 7525** is open Monday to Friday 10am - 4pm excluding bank holidays. Alternatively the national helpline number **0808 2000 247** is available 24/7.

Greater Manchester Bereavement Service

The Greater Manchester Bereavement Service can help to find support for anyone in Greater Manchester that has been bereaved or affected by a death. No one needs to feel alone as they deal with their grief. There are a range of resources for anyone who has been bereaved or affected by a death on their website [here](#). You can also get in touch with them by telephone on **0161 983 0902** from Monday to Friday from 9am - 5pm. If you need to speak with someone at a weekend about a bereavement, please call the NHS Bereavement Helpline on **0800 2600 400** available from 8am - 8pm daily. If you are in distress, please call Samaritans on 116 123 at no cost, any time of the day or night. Whatever you're going through, a Samaritan will face it with you.

Resources for BAME Communities

GMCVO have put together a list of information, resources and support for Black, Asian and Minority Ethnic (BAME) communities during the Coronavirus pandemic. [Click here to read more.](#)

Have your say

A number of organisations are trying to find out how people are being affected by Coronavirus. Please see below a range of different surveys you can participate in.

The Greater Manchester Disabled People's Panel is an independent strategic body made up of Disabled People's Organisations from across Greater Manchester and they want to find out what issues disabled people face during the Covid-19 / Coronavirus Pandemic. To complete their GM Big Disability [Survey click here](#). Findings from the survey will be used to inform GM services how to meet those support needs.

Health, wellbeing and coping with COVID-19: Researchers in the School of Healthcare Sciences at Cardiff University have developed an online questionnaire that aims to assess what people think, feel and are doing to manage the threat of Coronavirus. [Click here for the survey.](#)

Survey on the mental health effects of Covid-19

A brief national survey on the mental health effects of COVID-19 has been launched. Healthcare professionals and researchers from the University of Oxford, Kings College London and University of Warwick want the general public and health and care professionals to tell them about the mental health challenges they are facing due to COVID-19. This information will be used to build better tools to monitor mental health and support people through this crisis and beyond. [Click here for the survey.](#)

Wellbeing

Royal Voluntary Service 'Virtual Village Hall'

The Royal Voluntary Service has launched the Virtual Village Hall which is a new programme of online activities designed for older people at home in lockdown, to combat feelings of isolation and boredom. Activities will be led by expert tutors and some well-known faces, Royal Voluntary Service activity co-ordinators and volunteers, and the initiative is supported by players of People's Postcode Lottery. Activities include gentle exercise, arts and crafts, cooking and baking, technology skills and quizzes with beatboxing, laughter yoga and Zumba Gold planned too. Sessions will be available seven days a week with both live and pre-recorded activities to join in with. The programme will run as long as people are in lockdown in their homes. [For more information click here.](#)

Nutrition and Hydration

Greater Manchester Nutrition and Hydration have a wide range of tips on their website about eating and drinking well during the Coronavirus pandemic. [For more information click here.](#) We're sharing one of their recipe ideas that you could try to make this week.

Tomato and chickpea curry (makes 3 portions)

Ingredients:

- 400g tin tomatoes
- 400g tin chickpeas
- 1 onion
- 2 teaspoons curry powder
- Pinch chili powder (or to taste)
- 1 tsp oil
- 225g rice

Method

1. Cook the rice according to packet instructions
2. Heat the oil in a pan and add the onion. Fry until soft.
3. Add the spices and stir well.
4. Add the tin tomatoes and reduce the sauce for 10 – 15 minutes
5. Drain and rinse the chickpeas and add to the pan, heat thoroughly and serve.

Talking about my Generation 'What's for Tea'

The Talking About My Generation team have launched a series giving the lowdown on lockdown diets called "What's For Tea?". Their reporters have been sharing their own tips and recipes and [these can be read online here.](#) They would love to hear what you are serving up in lockdown - send them your favourite recipes, concoctions and food stories via changingtherecord@gmail.com