

Updates from the network

Welcome to the sixth edition of our information bulletins. We will be sending these out regularly to our members 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**

Coronavirus information

From 1 June, there is new Government guidance on coronavirus and you can now leave your home for the following reasons:

- To go to work if you cannot work from home.
- To go to shops that are allowed to be open to buy things like food and medicine or to collect items you have ordered over the phone or online.
- For unlimited leisure and recreation outside, which includes doing exercise, sitting, or playing sports with members of your household. You can meet outdoors with up to 5 people from outside your household in parks and gardens. It is essential that you maintain social distancing measures whilst seeing friends and family and stay 2 metres away from anyone outside your household. You should not go into anyone else's house unless you are accessing their garden or using the toilet.
- For any medical need.
- To attend the funeral of a close family member or member of your household.

Guidance for people who were told to shield due to being 'extremely clinically vulnerable' has also changed. If you had been told to shield, you can now go outside with members of your household. If you live by yourself, you can also meet up with 1 person outside of your household. If you choose to do this, you should meet up with the same person each time you go outside. You should make sure that you socially distance by staying at least 2 metres away from other people, wash your hands regularly and avoid touching your face and eyes.

If you have symptoms of coronavirus (COVID-19), you can ask for a test to check if you have the virus. [Click here to request a test online](#) or if you do not have access to the internet telephone **119**.

For full up to date information please see the government website [here](#)

Information and support available

The Road to Recovery: how can the Covid-19 crisis provide an opportunity to improve later lives? Online Webinar

Date and Time: **Monday 8 June, 11am-11:45am**

We are living in unprecedented times. The COVID-19 pandemic is a global public health crisis with huge social and economic consequences. What steps do we need to take on the road to recovery from this global upheaval so that it is not just business as normal, but we emerge stronger than before? Join us as our panel explores how we can recover from this pandemic, shaping our future so we can all age better. Speakers include: Andy Burnham, Mayor of Greater Manchester, Torsten Bell, Chief Executive, Resolution Foundation, Anna Dixon, Chief Executive, Centre for Ageing Better. [To book a place click here.](#)

Questions for the panel? Email them in advance to events@ageing-better.org.uk

If you aren't able to join the webinar at that time, all events are recorded and are available to watch on the Centre For Ageing Better's YouTube channel [here](#). You can tune in at any time after the event to catch up. Join the conversation on Twitter [#RoadToRecovery](#)

Changes to concessionary passes

Transport for Greater Manchester has re-introduced peak restrictions from 9.30am on concessionary travel. This means from Tuesday 2 June, you will no longer be able to use your concessionary pass to travel for free on public transport before 9:30am on weekdays in Greater Manchester. You will continue to benefit from free bus travel and, if you have paid to add tram and train, be able to use your pass on Metrolink and trains, after 9.30am Monday to Friday and all day on weekends and bank holidays.

For the latest coronavirus travel guidance and information, please visit the TfGM web page [here](#)

NESTAC – Ear for you Covid-19 support line for BAME communities

A third of Covid-19 patients are from Black and Asian Minority Ethnic population (BAME). NESTAC operate a Covid-19 related emotional support for BAME families in Greater Manchester. They can provide advice, guidance and signpost relating to COVID-19 matters, cross-culture emotional support related to pre- and post Covid-19 issues, tailored psychosocial therapy for women and young girls who are victims of violence and abuse during COVID-19 and lots more. For more information click [here](#) or contact **0786 227 9289 / 07894 126 157**. You can also text the word 'HELP' to them and someone will get back to you. The service is open seven days a week from 10am-6pm.

Keep On Keep Up app launched to keep older people active

An evidence based app has been developed at The University of Manchester and released for free to help reduce the high risk of falls and physical decline in older people self-isolating during the COVID-19 Lockdown. When used, the award winning app called Keep-On-Keep-Up will help reduce the thousands of injuries, which are often serious and sometimes fatal, in over 65's caused by falls. To download the app, [visit the Keep On Keep Up \(KOKU\) website](#). The app is only currently available for apple devices but will be available for Android users by early 2021.

Talking About My Generation - 'What's For Tea?'

'What's for tea?' is a series of reports from Talking About My Generation in partnership with the GM Nutrition and Hydration programme. Reporters, all older people, share their 'lockdown diet lowdowns' including their top tips for meals, what their days look like, and how they are using food to look after themselves. [Click here to read the reports](#).

Wythenshawe Community Radio 97.2

Wythenshawe Community Radio are still broadcasting 24hrs a day, in South Manchester. They're rolling out the latest official word on the Corona situation, helping you along during difficult times, altering their output regularly to reflect sudden changes in advice – both nationally and locally, still in touch with community matters and continuing to bring you regular shows now pre-recorded in volunteer's homes, like Out to Lunch with Silver Seniors, with Roz Johnson – Mondays 12-1pm.

Have your say

'Getting Greater Manchester Moving One Mile at a Time'

Collaborate Out Loud CIC are working with the Walking Team at GM Moving to engage communities in developing a resource, which will help people to walk more on a daily basis, with the aim of getting people across Greater Manchester walking a mile a day.

They want to understand what is helping you to keep walking during social distancing and what might be getting in the way, so they can take these lessons beyond the current situation into the future. One of the ways you can join in with the discussion is to respond to their survey, which will take approximately 10-15 minutes to complete; [Click here to respond to the survey](#). For more ways to join in the conversation, see their website [here](#).



#BlackLivesMatter: we want your views!

Talking about My Generation, the online news platform for over 50s across Greater Manchester is inviting people to share their views and experiences of the Black Lives Matter movement, and the recent events that have prompted civil debate and action. This is a critical issue and the My Generation news team wants to make sure Greater Manchester over 50s have a chance to have their views heard. **Please contact Grace on 07859 177 499** to share your views or to find out more.

Positive stories!

We really want to ensure that we're sharing positive news and amplifying the voices of older people 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 Marie, who is a member of our Action Group, has written a short article below about using Zoom for the first time.

Bridging the Gap

With the arrival of the coronavirus we were told nothing would ever be the same again and that we all had to change. I've thought a lot about change. How would I change? Could I change? As I am a dyed in the wool oldie. Then a second shock arrived – the network could only meet via Zoom. Zoom was a new word to me. It was a love song in the 70's, I remember that



The dictionary says it means impact, to move rapidly. I didn't like the sound of that at all. When my granddaughter phoned later in the day, she asked did I have any meetings this week. I explained about zoom. "Oh good" she said, "I'm glad you know about zoom!" Shamefacedly I admitted that I don't. I cannot use the net. "Don't worry," she said, "I will teach you!" Laughingly I said "will you teach me as a 3 year old?" And that is exactly what she did. With great patience and understanding she said it will be alright. The next day through my letterbox my homework arrived. A four page letter of step by step lessons on joining a zoom meeting plus 2 later phone lessons. Change has come. You're never too old to learn or change, is now my new motto. Bridging the gap between young and old has arrived.

Zoom quiz!

We recently had another fantastic quiz organised by our Action Group member Jan. We've included the questions below in the wellbeing section if you would like to try to test yourself. We'll share the answers in the next newsletter.

We're going to be hosting another online quiz next week on **Thursday the 11th of June** at **11am** on Zoom open to all members of the network. Unfortunately we can't offer any prizes but we can promise it will be great fun! If you would like the meeting details to join in then please email Victoria via GMOPN@macc.org.uk or telephone **0161 834 9823**.



Keeping Well at Home booklet

We still have a few copies of the ['Keeping Well at Home' booklet](#) available if any of our members would like one. The booklet contains lots of helpful support and advice for older people isolating at home. If you would like a copy posted to you please email Victoria via GMOPN@macc.org.uk or telephone **0161 834 9823**.

Quiz!

See how many questions you can get right. We will share the answers in our next newsletter.

General Knowledge

1. How old is Queen Elizabeth II?
2. When did World War I end?
3. Who wrote the Jungle Book?
4. What is used to measure the severity of earthquakes?
5. What's the fastest animal in the world?
6. Blue Planet is a nature documentary narrated by who?
7. What is the most venomous creature on earth?
8. What colours are the national flag of India?
9. Who is the head judge on Strictly Come Dancing?
10. How many bones in the human body?



True or false?

1. The Battle of Hastings took place in 1066
2. Prince Harry is taller than Prince William
3. The unicorn is the national animal of Scotland
4. The Great Wall of China is longer than the distance between London and Beijing
5. There are two parts of the body that can't heal themselves
6. There are five different blood groups
7. Monaco is the smallest country in the world
8. A lion's roar can be heard up to 5 miles away
9. 'A' is the most common letter used in the English language
10. Cinderella was the first Disney princess

Music

1. Which Beatle led the way across the zebra crossing on the Abbey Road album cover?
2. By what name is Schubert's Symphony No. 8 better known?
3. In which American state is the museum called the Country Music Hall of Fame?
4. In music, which is the lowest male voice?
5. Does a record turntable revolve clockwise or anti-clockwise?
6. Who sang Downtown in 1964?
7. Who sang - "I should be so lucky"?
8. Which singer has the most UK Number One singles ever?
9. Which British band sang 'Come Together'?
10. Ringo Starr was not the original drummer for the Beatles – but who was?