

Updates from the network

Welcome to the seventh 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

The government has recently announced new measures to ease the lockdown in England. From 4 July:

- You can meet in groups of up to two households (your support bubble counts as one household) indoors or outdoors. However, even inside someone's home you should continue to socially distance from anyone you don't live with.
- When you are outside, you can continue to meet in groups of up to six people from different households, following social distancing guidelines.
- Places such as restaurants, pubs, libraries, community centres and places of worship will be allowed to open.

It is important to continue to keep your distance from others outside of your own household and to wash your hands regularly.

If you have previously been told to shield, from 6 July the government says you can meet up to 6 people outside while maintaining strict social distancing. In line with the wider guidance for single adult households (either an adult living alone or with dependent children under 18) in the general population, you can also form a 'support bubble' with one other household. All those in a support bubble will be able to spend time together inside each other's homes, including overnight, without needing to socially distance. From 1 August the government will be advising that shielding will be paused and that clinically extremely vulnerable people should adopt strict social distancing rather than full shielding measures.

[Please see the government website for the most up to date information.](#)

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**.

Information and support available

Transport for Greater Manchester

In line with government guidance, Transport for Greater Manchester is asking for people to avoid public transport - unless it's absolutely necessary - and to cycle, walk or drive outside peak hours if possible. This is to ensure that the limited capacity available across the bus, tram and train networks is preserved for people who don't have another option.

If you need to use public transport there are things you must do to keep yourself and others safe. These are:

- You must wear a face covering - this can be a simple scarf or bandana
- You must keep your distance from other passengers. This should be 2 metres (6 feet) where possible
- Clean your hands frequently and carry hand sanitiser with you if you can
- Use contactless payment if possible

[For more information see the Transport for Greater Manchester website](#)

[The government has produced national guidance for safer travel for passengers here.](#)

Free online radio training from ALL FM

ALL FM are offering free online radio training to those who may be isolated or feeling more vulnerable right now. The training will be via Zoom or a similar platform and sessions will be a couple of hours. It's informal and free. It will lead to pre-recording a show on ALL FM 96.9. ALL FM are also hosting free online creative writing session for Manchester's older people. If you are interested in finding out more or if you someone who may be interested email ed@allfm.org [For more information about ALL FM click here.](#)

Equality and Ageing Digest: Housing, Inequality and Ageing

The Equalities Board have published their second equalities and ageing digest which looks at how housing inequality affects older people from different marginalised communities. You can view it [here](#) or you can view a simpler pdf version of the briefing [here.](#)

Telephone singalong with Helen McDonald

Acclaimed singer and storyteller Helen McDonald is making her telephone number available to older people at home or in care homes to call her and sing jazz and classic songs together over the phone, **To singalong with Helen call 01473 561 027, 22 June to 11 Sept, Mon-Thurs 2-5pm.** [For more information click here.](#)

Have your say

Patient and Public Advisory Board opportunity

The University of Manchester division of Pharmacy and Optometry is recruiting new members to its Patient and Public Advisory Board. If you live in Greater Manchester, use pharmacy or optometry services and are interested in helping to shape the future pharmacy and optometry workforce and to improve the quality and relevance of pharmacy and optometry research, please contact Sarah Bellis for more information and an application pack at sarah.bellis@manchester.ac.uk. Closing date: 31st August 2020

Windrush Generation - Share your experiences

This week sees the anniversary of the arrival of the Empire Windrush at Tilbury Docks in 1948. To celebrate the Windrush generation, age-positive news site, [Talking About My Generation](#) are writing a story about the Windrush generation in Manchester. It would be great to include people's memories of what their journey was like, what their expectations were and what it was like to settle in Manchester at the time. If anyone is part of that pioneering generation who settled in Manchester or knows someone who did and who might like to share their memories and experiences of what it was like, please get in touch with them. **Contact Ted via tswpeskett@gmail.com or telephone 07961 268 057**

Housing and Support Needs Survey for LGBT People aged 55+

[The LGBT Foundation](#) have announced the launch of a new year-long project to better understand the housing and care options for lesbian, bisexual, gay and trans (LGBT) people aged 55+. The project will inform Manchester City Council's future housing plans, including the country's first LGBT affirmative Extra Care development at Russell Road in Whalley Range. They have put together an online survey to gather information on the housing and care needs of the city's residents, and inform the services, facilities, and housing options available to those eligible for the city's first LGBT affirmative extra care scheme. There will be a prize draw which will give survey participants the chance to win one of three vouchers worth £50, £30 and £20. [To complete the survey click here](#). Alternatively, you can request a hard copy of the survey by emailing ellie.white@lgbt.foundation, or request to complete the survey over the phone by calling LGBT Foundation on **0345 330 3030**. The deadline for the survey is 31 July.

Healthwatch Manchester Survey

Healthwatch Manchester are looking to gather stories that are about Covid-19. They especially need to know about the impact it is having on individuals and communities with protected characteristics, such as BAME, LGBTQ+, long term conditions, learning disabilities etc. Please help them to amplify your voice and make sure no-one is left behind. [Click here for the survey](#).

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**. One of our members Pauline has written some fantastic poetry whilst in lockdown that we are really pleased to be able to share with you all. Here are two of her poems.

Springtime and Renewal in Our Place

Green shoots springing up
and buds bursting forth
daffodils and tulips leaving their bulbs
blossoms on trees and leaves turning green

New births and re-births
full of our hopes and dreams for our family
and friends
giving them support and succour is key
in calls and messages to those dear to us
and those alone

Sharing funny photos
and ones of new hatchlings
there are lambs in the fields I am led to
believe
and first swallows seen swooping in blue
skies

Butterflies soon will be fluttering
in the warmer breezes that uplift us all
bees start appearing looking for nectar
those potent symbols of "our place"

Where we stand together
in tolerance and compassion
as we care and support each other
across the ten boroughs of Manchester
"Our Place"

Pauline Smith April 2020

Staying sane in isolation

Alone for 12 weeks long
what does it mean to me?
where do I belong
how sane will I still be?

Thanks to Radio Manchester
hearing music and voices
when all seems to fester
help in a time of choices

Phone calls with friends
and with family also on face time
chatting on FB without pens
so many ways of being on line

Shopping delivered to my door
thanks to my helper from MAG Bury
and those folk from the Radcliffe market
floor
without them I would be full of worry

Seeing the sun glow
hearing birds and seeing bees
Spring is here now
lucky to be here eating cheshire cheese

Pauline Smith April 2020.

Talking About my Generation

The reporters at Talking About my Generation have been capturing lots of great, positive stories from across Greater Manchester during lockdown. One of our members Mike Dodd has written a fantastic piece called 'Covid 19 changes the direction for the Voluntary Drivers in Rochdale.' [To read the article and many more on the Talking About my Generation website click here.](#)

Music in Hospitals and Care - live streaming sessions

As Music in Hospitals and Care have had to press pause on their live music sessions in response to the current situation, they have created a programme of live stream sessions, including open concerts for everyone to access on their [Facebook](#) page and personalised sessions for specific groups on their [YouTube](#) channel. [Click here to view their full events calendar on their website](#)

Zoom quiz!

We're going to be hosting another online quiz on **Thursday the 9th of July 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. Everyone is welcome!**

Quiz answers from the previous newsletter

General Knowledge

1. 94 years old
2. 11 November 1918
3. Rudyard Kipling
4. The Richter scale
5. Cheetah
6. David Attenborough
7. Box Jellyfish
8. Orange White Green
9. Shirley Ballas
10. 260

True or false?

1. True
2. False - Prince William is 6' 3", Prince Harry is 6' 1.22"
3. True
4. True -
5. False - there's only one: the teeth
6. False - There are four: A, B, AB, and O
7. False - Vatican City is,
8. True
9. False - 'E' is the most common letter
10. False - Snow White and the Seven Dwarfs was released first in December 1937

Music

1. John Lennon
2. Unfinished symphony
3. Nashville, Tennessee
4. Bass
5. Clockwise
6. Petula Clark
7. Kylie Minogue
8. Elvis Presley
9. The Beatles
10. Pete Best