

Greater Manchester Older People's Network Newsletter

October 2018

The Mayor's Age-Friendly Challenge

The Mayor's Age-Friendly Challenge is looking for practical examples of what age-friendly really means so that they can be shared across the city region. Of particular interest are practical schemes and projects already in place in Greater Manchester, which are helping to make your community and neighbourhood more age-friendly.



The scheme doesn't need to be perfect and finalised – but it does need to be able to demonstrate that it is:

- **Actively working** to make the neighbourhood age-friendly
- **Involving older people** in the development of the scheme
- **Committed** to future age-friendly goals

The challenge is open to the voluntary and community sector, public services, and older people's groups working together to make their community and neighbourhood more age-friendly. **Closing date for applications is the 1st of December 2018. For more information email ambition@gmcvo.org.uk or telephone 0161 277 1001**

Centre for Ageing Better Report

A new report has been written detailing practical steps employers can take to create a more age-positive culture and to better support older workers. The report, which was published in partnership with Business in the Community, is based on the findings from a YouGov poll commissioned by the Centre for Ageing Better, of more than 1100 employees over the age of 50. Here are the five simple actions outlined in the report that employers can take to be an age-friendly employer:

1. **Be flexible about flexible working:** Offer more flexibility, manage it well and help people know their options
2. **Hire age-positively:** Actively target candidates of all ages, and minimise age bias in recruitment processes
3. **Ensure everyone has the health support they need:** Enable early and open conversations, and early and sustained access to support for workers with health conditions
4. **Encourage career development at all ages:** Provide opportunities for people to develop their careers and plan for the future at mid-life and beyond
5. **Create an age-positive culture:** Equip HR professionals and managers to promote an age-positive culture, and support interaction and networking among staff of all ages

To read the report or to find out more information please visit www.ageing-better.org.uk/publications/being-age-friendly-employer

Participation and Training Opportunities:

We are always looking for new opportunities for people to participate and get involved in the network in different ways to ensure the members can share their knowledge and experience. With this in mind, the following are a few ways in which you may like to get involved:

Reflect trial

Professor Martin Tickle is looking to recruit a number of older people with an interest in health to provide a patient voice to the Reflect trial. The Reflect trial has been commissioned by the National Institute for Health Research and is designed to test the costs and effects of prescription only, high concentration fluoride toothpaste in preventing tooth decay in older adults. Participants will be required to attend a meeting twice a year for the next three years. Travel expenses will be reimbursed and participants will be paid a daily rate for their time.

For more information contact Professor Martin Tickle: martin.tickle@manchester.ac.uk or telephone 0161 275 6610.



Greater Manchester Clinical Frailty Charter and Network Conference: Engagement and Workshop

18th of October 2018 9:30am – 4:00pm

Venue: Macdonald Manchester Hotel & Spa, London Road, Manchester, M1 2PG, United Kingdom.

Please ensure you formally register to attend this event. To register to attend the event please follow this link: <https://www.events.england.nhs.uk/events/the-greater-manchester-clinical-frailty-charter-and-network-conference-engagement-and-workshop> or email

[**gmopn@macc.org.uk**](mailto:gmopn@macc.org.uk)

The event will explore:

- The importance of a Charter and Standards in improving services and reducing variation in Greater Manchester
- The contribution of clinical frailty standards in to wider Greater Manchester social and policy objectives
- The national perspective on improving services for people living with clinical frailty
- The evidence base for clinical frailty interventions
- How the Greater Manchester Clinical Frailty Network will be developed

More Participation and Training Opportunities:

Festival of Social Science—Volunteers invited

Run by the Economic and Social Research Council, this year's Festival of Social Science takes place from the **3rd to the 10th of November 2018**. It will see over 300 events taking place across the UK including film screenings, exhibitions, workshops, walks to debates and 'hands-on' experiences.

One such experience will be a 'Living Library' event at Manchester Central Library where passers-by can drop in and 'borrow' an older person to hear them talk about some of the events and changes which have led them to this point in their lives and how they feel about the influence these have had on their lives.

Volunteers are invited to be part of this event as the 'books'. To find out more about getting involved, please email: Neil.Dymond-Green@jisc.ac.uk or to find out more about the festival please email: <https://esrc.ukri.org/public-engagement/festival-of-social-science/>

Afruca—Manchester against Modern Slavery

Africans Unite against Child Abuse (AFRUCA) has received a new grant from Manchester City Council to help raise awareness of Modern Slavery in the city. The campaign "Manchester Against Modern Slavery" aims to prevent and disrupt Modern Slavery and Human Trafficking across Manchester. As part of the project, Afruca is looking to recruit and train Community Champions, who will reach out to different communities and conduct awareness programmes. **If you are interested in applying or for further information, email Fabiola@afruca.org or telephone 0161 205 9274**

Silver Sunday is happening on the 7th of October

Silver Sunday is an annual day of fun and free activities for older people across the UK. Led by The Sir Simon Milton Foundation, it celebrates the value and knowledge they contribute to our communities while combating loneliness and isolation. Everyone can get involved, whether that's organising an event, spreading the word, or simply attending an activity.

For more details see <https://silversunday.org.uk/>

More Participation and Training Opportunities:

Join the Action Group: We are still recruiting for new members for our Action Group. The Action Group meets on a monthly basis to discuss ideas relating to Older People in Greater Manchester and plan all aspects of the work of the Network. We have sufficient members from Rochdale, Manchester, and Salford. If you are over 50 and from, Bolton, Bury, Oldham, Stockport, Tameside, Trafford or Wigan and are interested in joining the Action Group then we would love to hear from you.

Highlight your issues: Are there issues for older people in Greater Manchester that you feel need greater attention? Do you have an idea for an event we should run or a point you feel needs raising at a higher level. Please get in touch if you would like support to get your voice heard.

Please get in touch by email gmopn@macc.org.uk or telephone 0161 834 9823 if you would like support to book on to any of these opportunities, or if you would like to participate in the network in another way.