

What a Difference a Day makes!

On Friday June 3rd, the Generation Project joined in with the national initiative to bring older people out of their homes – the Big Lunch.

MP Tony Lloyd, and local councillors, Jim Battle, Mike Carmody and Mike Loughman joined Generation Project staff and Combining to Care volunteers in providing a lunch, dancing, entertainment, bingo and information on local services.

Eighty-seven older people attended the event, many of whom took advantage of the free transport on offer to travel to the occasion. The Generation Project's Big Lunch was definitely a hit with many of the dancers of East Manchester who cut a rug to music spanning from ballroom to jive.

The day was a great success due in part to the wonderful sunny day and the accessible and bright venue 'Clayton Youth Centre'. Feedback from the day included:

"I have used Generation Project services and know that I wouldn't have received the help I have, if it wasn't for them. And to know that this Big Lunch is also available is great, the food and entertainment were great and having information about other services was a bonus. Every time I come to an event, it gets better and better. They even made sure that I got here and arranged transport for me. What more could I ask"- Elsie

"The day was a great example of partnership working. We had a great turn out, demonstrating a need for older people's services and highlighting the need to work together for the benefit of older people".
Mandy Powell, Project Manager



"Today has been great. This should be a weekly event, everything has been done that can be done to make the day enjoyable for us" - Stan

Feedback from participants was overwhelmingly positive and all comments are useful in helping us to make our future events even better.

Our next information event will take place on **August 23rd at Trinity Baptist Church, Gorton**. Come along and bring a friend.

Full of Life

Full of Life is a celebration of the opportunities, achievements, and aspirations of older people and their contribution to society and the economy.

Under the Full of Life banner, the government and other supporting groups arrange a variety of activities. UK Older People's Day is the main event and is held annually.

Keep checking this page for announcements about this year's UK Older People's Day, on 1st October 2011.



Expert Patients Programme

Do you want to learn new ways of living with or caring for someone who has a long term health condition?

“Expert Patients Programme” could be one step forward to help you maintain your health and improve your quality of life!

Here are some of the Key Benefits:

- Have greater confidence in dealing with your health problems and recognising and acting on symptoms
- Learn about how to reduce and manage your pain, fatigue, depression and anxiety
- Develop techniques like relaxation, exercise and healthy eating
- Build your self esteem, independence and confidence
- Get more out of health services and medication
- Improve your communication skills with family, friends and health professionals
- Develop an action plan to improve your well being
- Meet others sharing similar experiences and improve your social activity
- Access support through our local Network Groups to take up opportunities for volunteering and work towards an accredited qualification

The Programme is free (tea, coffee and biscuits are provided) and the course is run by trained volunteers who are living with long term conditions themselves.

For information on courses in your area or to find out more please contact the Expert Patients Programme Team on 0161 219 9424 or email man-pct.epp@nhs.net

RNID becomes Action on Hearing Loss

ACTION ON HEARING LOSS

RNID celebrated its centenary on 9 June 2011 with a bold new identity – Action on Hearing Loss – which better represents the full scope of the charity's work for a world where hearing loss doesn't limit or label people, where tinnitus is silenced – and where people value and look after their hearing.

Chief Executive of Action on Hearing Loss, Jackie Ballard, says: “Our centenary marks a special time in our history and our inspiring new identity will help us engage with our stakeholders in a more impactful way. Entering our second century as Action on Hearing Loss better describes all our work for people with all types of hearing loss, and reflects our urgency in trying to reach the four million people in the UK who should be benefiting from hearing aids but haven't yet taken action on their hearing loss.”

For more information or to check your hearing, visit the charity's new website www.actiononhearingloss.org.uk or call 0844 800 3838.

For local information or to book an information stand or a talk please contact your Regional Information Officers, Sue Davies and Jenny Harkison:

**Free Hot Pot Lunch,
Tuesday 23rd August
Trinity Baptist Church Hall,
Wellington St
Gorton M18 8BE**

**To book your place and
transport ring 0161 202
2522**

Advocacy Service

Our Advocacy service works with people aged 55 plus and their carers, living in East Manchester and Moston. Our free service helps to support clients with issues such as housing, feeling isolated, benefit claims, accessing care services, safety, caring for others and health.

Our advocacy workers have experience of working with a range of issues and complex situations which can lead to money problems and worry about managing in general.

We recognise that sometimes it can be difficult to muster up the courage to ring up a service and talk about your problems over the phone or even make the journey to an unknown office so when you contact us we will arrange to visit you at home or in a community venue.

“I would still be trying to get things done by doing what I was doing before the advocate got involved but I would probably be getting nowhere. I feel that more got done when the advocate got involved”.

If you have got a problem and are not sure where to turn, please don't hesitate give us a call. To make a referral or obtain further information about the service please contact Carole or Peter on 0161 202 2522

Advocacy Service

Aged 55 or over? Changes in your life? Changes in your area? Changes in your health and well-being?
Need support in getting your voice heard and wishes considered?

What is advocacy?
Advocacy is helping you speak up for yourself, secure your rights and obtain benefits.

We can attend meetings with you, search for information, help you to apply for services and support you when negotiating with different agencies.
This service is free and impartial and we can visit you in your own home.

The Generation Project

Find out more about our service by giving us a call on 0161 202 2522 or email us at generation@careandrepair-manchester.org.uk

careandrepair | POPP | The National Lottery

Manchester's 'Warm Homes Project' could help you cut fuel bills

With the news that gas bills are set to rise by 19% and electricity by 10% it has never been a better time to make sure your home is insulated. While funds allow, Manchester's Warm Homes Project is able to offer free insulation to those over 60 (no need to be in receipt of any benefits) so long as you own your own property or rent it privately and subject to a free survey to check your homes suitability.

For those who are looking to see what else they can do in the home to save energy, a visit to the Manchester Eco House will show what can be done and the savings that can be made. The Manchester Eco House is in Miles Platting and tours of the house, which take 90 minutes, are booked in advance.

So if its for insulation, a trip to the Manchester Eco House or both, give the Energy Team a call on 0161 234 5312

Link Launches “Your Homecare, Your Rights Guide”

Manchester Local Involvement Network (LINK) has published “Your Homecare, Your Rights - A guide for customers”. The booklet provides advice for vulnerable people on what they have a right to expect and how to raise complaints about personal care provided in their own home (homecare). It gives real life examples of the experiences people have had – good and bad – to help people understand that they have a right to a good standard of care.

Michael Kelly, Chair of Manchester LINK, launched the booklet at the “Big Dignity Showcase” on 7th June saying “everybody in Manchester should have a copy”.

It is an important part of the “Dignity and Respect” campaign, which has been running for the past two years to ensure that everyone is treated with dignity and respect by our local health and social care services.

Manchester Local Involvement Network

Your Homecare, Your Rights
A guide for customers



supported by
BHA
for equality
in health
and social care

A Spotlight On...

Breathe Easy Group

What inspired members to start this group?

People suffering from lung conditions start to feel isolation because they can't keep up the pace or the distance to engage in activities with fit, healthy people.

What kind of activities does your group organise and take part in?

We have monthly meetings with a programme of activities which vary each month. Sometimes we have a speaker, other times we have social afternoons with bingo etc. At the July meeting we are learning party dances. In June we had a speaker from the university doing research into breathing difficulties leading to panic attacks and other mental health issues. In addition to the meetings we have social outings. Last month a group of us went to the Royal Exchange, this week we are going to Trentham Gardens.

Later in the year we are going to The Millstones in Harrogate for a party afternoon with 50's and 60's type music.

We have a monthly newsletter, which details what is happening and gives notice of forthcoming events. This helps people to keep in touch between meetings. We also know that the newsletter is appreciated by people when they are too ill to come to meetings.

What days and times do you meet?

We have monthly meetings on Wednesday afternoons at Heathfield Hall in Newton Heath, 1.00-3.00pm

How many members attend regularly?

We usually have between 20 and 30 members at meetings. It is always less in Winter due to chest infections etc, but we still keep in touch with people by phone and newsletter.

What makes your group special?

We all have difficulty breathing. We all go slowly and have to stop to get our breath back. It is this acceptance that in some cases gives people their life back. You don't feel as though you are a burden stopping other people getting on with

things. We are all in the same boat. If you need oxygen or walking aids, wheel chairs or scooters, you can feel very conspicuous and tend to stop going out. With us it doesn't matter because you are not the only one, there is always someone ready and willing to stand with you whilst you get a second wind.

What would you like to say to the readers of this newsletter about the group?

Thank you for the interest you have shown in reading this article. If you or anyone you know has breathing difficulties you/they are welcome to join us. If you can spare a couple of hours a month to help out you will also be very welcome.

Who can people contact if they are interested in getting involved?

Contacts are: Dot 0161 273 4709; Shirley 0161 684 9573; Maureen 0161 702 1601



The views expressed in this publication are not necessarily those of the Generation Project.

If you would like to be on our mailing list, find out more about the Generation Project or find out about any of the articles in this quarterly Newsletter please contact

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