

The Generation Project's Big Lunch!
It's back and Bigger than Ever
Make it a day to remember!

Summer 2011



MANCHESTER
CITY COUNCIL



If you live in East or North East Manchester
Look out for
The Generation Project's
BIG LUNCH
June 3rd 2011
Book your place early ...



Last event 166 people attended
Come and Join us
June 3rd 2011
from 12pm till 4pm
★ Free Massages ★ Free Food
★ Free Transport ★ Free Goodies
★ Raffles ★ Music
At: Clayton Youth Centre,
Clayton St, Manchester, M11 4HU
Bus No's 217, 218, 171 stop nearby
If you would require further details or would like to attend please call us on: 0161 202 2522
The Generation Project
Phoenix Mill, Percy Street, Manchester M4 7HY.
www.careandrepair-manchester.org.uk

Tell us what you think.

Manchester City Council's Directorate for Adults are consulting on the future provision of services and asking you to tell us what you think about proposals for:

- Supporting People Investment
- Voluntary and Community Sector Investment
- Changes to Social Care
- Charges for Social Care.

If you'd like to take part in the consultation, there are a number of ways you can get involved. You can read about the proposals online and complete a questionnaire or you can come and meet us at one of 24 local events to be held across Manchester in May and June, where we'll tell you about the proposals, answer any questions you may have, and if you'd like, help you complete a questionnaire.

For details of the proposals and your nearest events, please visit www.manchester.gov.uk/consultations or phone the Contact Service on 0161 234 5001.

Manchester City Council want to know your views on services . These are your services and your opinion matters.

Where do you want to live in later life? Staying put or moving? What choices do you



have? Want to know? Care and Repair England are offering FREE presentations to your group to answer most of these questions. Made to suit your group and with information to take away. If you would like to book, contact Wendy Cocks, Telephone 0151-226 9788 or email wendyc@careandrepair-england.org.uk

Get the Feel-good Factor with Active Lifestyles

Staying active as you get older can improve your health and quality of life. **Easy Rhythms** provides activities citywide for older people, with a key emphasis on supporting falls prevention. **Easy Rhythms** classes take a holistic approach, offering a tranquil yet social environment.

Or maybe you want to take part in something more active like the Great Manchester Run but could never imagine being able to run 10k, perhaps you want to lose weight or simply want to start exercising to help with your energy levels and long-term health. Whatever your aim, Active Lifestyles can help.

Active Choices offers a wide range of activities focused on fitness and **Easy Rhythms** provides gentle exercise to help flexibility, strength and balance. You can set yourself a long-term goal with **Commit 2 It** or lose weight with **Weight No More**, which goes one step further than other weekly weigh-in sessions by offering activity sessions as part of the package.

For more information about any of the classes we offer please contact Active Lifestyles on 0161 232 3100, visit www.manchester.gov.uk/activelifestyles or email activelifestyles@manchester.gov.uk.

LOOKING FOR ACCOMMODATION?

Mosscare Housing Limited currently has vacant flats to rent at its Sheltered Housing Schemes for people aged 60 years and over. To find out more contact **0161-226-4211**

Fun and Games every Monday at Heathfield Hall 10 - 12 noon. Play on the Wii, throw some darts, try curling or indoor bowling or some board games. A great opportunity to socialise while keeping active. Free toast, crumpets and tea and coffee. For more information or to book a place please contact Laura Cassidy at Zest on 655 7883 / 07834869203 l.cassidy@manchester.gov.uk

4CT provide services for both the young and more mature residents of East Manchester, which include junior youth clubs for 6 to 12yrs, senior youth clubs for 13 to 19yrs and playschemes over the school holidays.

For over 50's we have Indoor bowls on a Friday morning and ballroom dance classes in the afternoon.

On the first Saturday of every month we hold a roller skating disco for all ages.

A Mancunian Voyage of Discovery, Manchester Day parade - 19 June 2011

A magnificent galleon surrounded by waves and sea creatures; a beating heart; a Lancaster Bomber and literary figure Gulliver being carried aloft are some of the sights expected in the City Centre.



Manchester is set to once again turn into one massive carnival for the second Manchester Day, with more than 1600 walking the parade; 80 community groups including four charity groups have been working with more than 30 of the North West's leading artists.

The family event will take place on Father's Day, Sunday 19 June 2011 and will follow on from last year's success with dozens of groups from across the city busy working on bringing this year's theme - the Voyage of Discovery - alive.

Come and join us to celebrate everything that's great about this city.

BE PROUD.
LOVE MANCHESTER.

Over 50's drop in at the New Roundhouse, Openshaw

The East Manchester over 50's forum are now holding drop in coffee afternoons at the New Roundhouse. The group is made up of volunteers from East Manchester and welcomes new people to come and try their hand at arts and crafts, flower arranging, help with computers or even just for a coffee and a chat.

The group meets every **Thursday between 1pm and 3pm** at the New Roundhouse, Ashton Old Road, Openshaw near the new Morrisons Supermarket. The 219 bus runs up and down Ashton Old Road and the 171 stops two minutes from the building making it accessible from Gorton, Clayton and Newton Heath. Phone Brenda on 07594167274 to find out more.

**If you are over 60, and on less than £17,000 pa,
for free tax help and advice call
0845 601 3321**

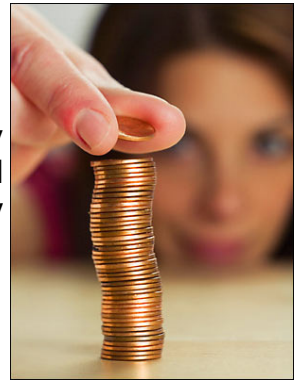
The Tax Help for Older People (TOP) scheme has been set up by the charity 'Tax Volunteers' to provide free, impartial, professional tax help, advocacy and advice to older people on low incomes who could not otherwise afford to pay for independent assistance.

To qualify, a client must normally be over 60 with an annual household income of less than £17,000.

The scheme is staffed by volunteers from the tax profession who generously give up their time to help and is part-funded by HM Revenue & Customs. We now have over 600 volunteers working throughout the UK.

All that is needed, for a qualifying client to arrange a meeting with one of our volunteers, is a telephone call to our National Call Centre Helpline and we will make all the necessary arrangements.

We usually arrange a meeting in either a local Age UK/Age Concern or CAB Office or by way of a home visit. **Further information can also be found on our website at www.taxvol.org.uk.**



A Friendly Guiding Hand

Do you have any problems
Perhaps a form you can't understand.
There is someone who can give you
A friendly guiding hand

Is Bureaucracy becoming troublesome
Overbearing and Impolite
These people will assist you
To change the wrongs to right

Are you at the end of your tether
Is red tape tying you in knots
Hand over your mountain of paperwork
They can really help you lots

So lets have no more worrying
Forget those feelings of
despair
Contact them without delay
They provide comfort, compassion and care

There is no charge for this service
That's right it's given free
They are "The Generation Project"
Who offer advice and advocacy

Allan Ball (March 2011)

Hotpot and Hot Topics

Our last Hot Pot Lunch at St Dustan's Hall, Moston was a roaring success. **46** people attended the event, which was focused on saving money and accessing services that provide support with money advice. Agencies included the pension's service, tax help for older people and Manchester credit union. A couple of people on the day also managed to put a few questions to the Manchester MP Tony Lloyd .



Parkinson's UK is the UK's biggest Parkinson's support and research charity. We do lots of different things including providing information and support, funding research and campaigning. We provide information and support through our UK wide team of Information and Support Workers. Visit our website www.parkinsons.org.uk, or call our free confidential helpline 0808 800 0303 publications and other resources. Your local Information and Support Worker is **Jacquie Gray Tel: 0844 225 9817/ jgray@parkinsons.org.uk**

Hints & Tips...

SAY NO TO 0870

For those of you who are internet savvy, the silver surfers amongst you, www.sayno0870.com is a website on which you can search for alternative 0800 or geographical numbers for the 0870 or 0845 numbers that some companies give out. If you have an inclusive landline calls package with your phone provider then often 0844, 0845, 0870 and 0871 numbers aren't included in your free minutes.

The website allows you to search by the number or the company name and gives details of which department the number will put you through to. The website has lots of alternative numbers however not every number has an alternative listed.

Cleaning on the Cheap

- Use the water from your boiled eggs to make liquid plant food for your houseplants
- Mix a box of value washing powder with washing soda and use half the amount you would normally use in your machine. This mix lasts 3 times as long as 'ordinary washing powder'
- Bicarbonate of soda is great for cleaning ovens, mould and grease stains. Add a little water to the soda to make a paste, leave for a few minutes and wash off.

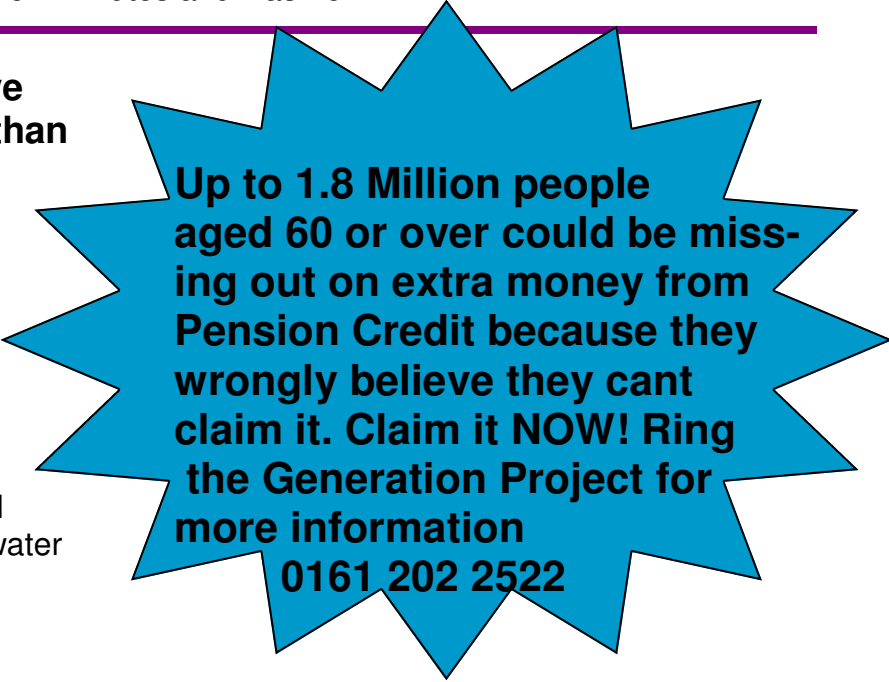
'Our days are happier when we give people a piece of our heart rather than a piece of our mind'

This is a cheap easy recipe for corned beef hash for one person

1 sliced carrot
1 tin of corned beef
1 sliced potato
1 beef stock cube
A little hot water

Slice corned beef and layer with carrot and potato, add the stock cube with a little hot water and cook in a medium oven for 45 mins

Total cost £1.41



Up to 1.8 Million people aged 60 or over could be missing out on extra money from Pension Credit because they wrongly believe they cant claim it. Claim it NOW! Ring the Generation Project for more information

0161 202 2522

Manchester's Warm Homes Insulation Project

For Manchester residents living in their own homes or private rented accommodation, the home insulation scheme offers free loft insulation and cavity wall insulation for over 60's, and also for people in receipt of certain benefits

If you would like more information or to request a surveyor to call, please ring 0161 234 5312 and quote "Warm Homes Project" or email energy_team@manchester.gov.uk

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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