

SEASON'S GREETINGS FROM...



The
Generation
Project

A word to the wise

Winter 2011

We're still in business and our business is all about You!

The New Year opens the door to new beginnings bringing the opportunity to reinvigorate and refresh situations, friendships and ourselves.

Well this is exactly what we will be doing at the Generation Project!

The substantial reduction in funds from central government to Manchester City Council, means that our council has had to make some difficult decisions about how they fund services. Unfortunately these changes have affected us. However, with the help and support of your local councillors Manchester Care and Repair, who manage the Generation Project are able to maintain some of the services which you as a community have valued.

Manchester Care and Repair's business is that of ensuring older people can, as far as possible live independently in their own homes and that is still our project's business. In the coming year there will be changes to how we deliver our services, but what will not change is the values and the aims of what we do.

The Generation Project currently provides a home visiting advocacy service, a befriending service and a community learning programme, better known as the Take up Champions.

Through feedback from people of East Manchester, you have told us that *All* of these services are of value to you. What we want you to know is that we're still listening and that we will look at how we can ensure that you continue to benefit from these services.

So, 2012!.....

It will be a challenging year for us all, almost as challenging as when the Generation Project first started to work in East Manchester in 2002, when no one understood our role or our services. Nearly 10 years on we would like to believe that we have demonstrated our commitment to

prioritise the needs of older people and helping you to obtain your entitlements.

Therefore if anyone reading this article has a problem and you are not sure where to get help, or need information about health, social care or entitlements give us a call **0161 202 2522**. If you could volunteer any time to help us we also need to hear from you.

So, with all the challenges ahead, why not attend our special **Christmas Hotpot on December 15th at Culcheth Methodist Church** to commemorate our nearly 10 years in East and North Manchester. Things will change, but what won't change is that Manchester

Care and Repair with the Generation Project will still be here, we may look slightly different in the New Year but we'll still be here for you. **We're in it together!**



Getting Out and About.....

Age Concern Manchester are currently running 3 local groups which promise to be exciting and fun days out!

Travel Club

What's it all about?

This is for people with an over 60s bus pass and we will visit places of interest such as museums, art galleries, stately homes, market towns etc using public transport (bus, tram or train) within the bus pass boundaries so travel will be free.

Where do you meet?

Meet at Age Concern Manchester Head Office, 24 Mount Street, Manchester M2 3NN on the First Thursday every month at 10.30am.

How much will it cost?

The only cost involved will be for lunch (people can bring sandwiches weather permitting).

Social Group

What's it all about?

A fun social afternoon with light refreshments and a raffle.

Where do you meet?

Meet at Age Concern Day Centre Varley Street Manchester M40 8EE on the Second Thursday each month 1.30pm – 3.30pm.

How much will it cost?

The cost is £1.

Miles Platting Plodders

What's it all about?

We alternate a local walk around Ancoats one week and a trip to a park using Ring & Ride the following week – numbers for the trips are limited to a maximum of 15. Please call Diane on 0161 205 3851 to book your place.

Where do you meet?

Meet at Trinity Church, Butler Street, Ancoats every Wednesday at 10.15am for a gentle (roughly 1 hour) walk.

How much will it cost?

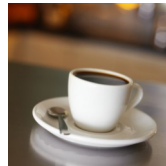
The cost involved is the Ring & Ride fare and lunch (or sandwiches as above).

For more details of any of the above please contact:

Diane Aronwich, 07950 427292 or 0161 205 3851

ALSO IN YOUR AREA!.....

St Cross Parish Church, Ashton New Road: Senior Citizens Luncheon and Bingo. 1st and 3rd Monday every month 11.30am-1.30pm. £1.50 inc lunch. Please call the Church to book a place on 0161 223 0766!



Seasonal Flu Vaccination

Manchester, it's that time of year again where we are promoting the importance of having a seasonal flu vaccination.

The vaccine is available free of charge from your GP practice to the following groups:

- People aged 65 or over
- All pregnant women – it is safe to have the flu vaccine at any stage of your pregnancy

And people who have:

- Diabetes
- A chest problem or breathing difficulties (such as asthma, bronchitis or emphysema)
- A heart problem
- Kidney disease or liver disease
- A neurological condition (such as Parkinson's or motor neurone disease)
- A low immune system due to disease (such as Cystic Fibrosis or Crohn's disease or treatment such as cancer treatment)
- Had a stroke
- A problem with the spleen (such as sickle cell disease) or If the spleen has been removed

You should also have the vaccine if you live in a residential or nursing home.

If you are the main carer for someone that is over 65 or lives with a disability, you should also contact your GP for a flu vaccination.

Children with any of the conditions listed above or who have previously been admitted to hospital with chest or breathing problems should also have the vaccine.

If you are registered with a GP in city of Manchester and have an allergy to eggs, the GP practice is able to order a specific seasonal flu vaccine for you.

Just For Fun!....



P	Q	C	Z	A	A	T	R	E	E	F	B
U	R	H	Y	G	R	I	U	S	D	U	I
D	W	A	E	T	H	N	D	R	N	L	O
D	E	R	N	C	V	S	R	B	K	N	A
I	J	L	M	C	B	E	G	E	W	E	N
N	H	E	I	S	E	L	A	U	I	Z	Y
G	I	S	H	D	L	R	B	N	L	O	S
A	E	D	C	E	L	V	E	S	C	I	G
D	E	I	S	I	S	C	B	O	A	G	N
O	W	C	Q	A	D	V	E	N	T	J	I
N	S	K	R	E	W	A	Y	T	J	L	K
K	A	E	S	U	S	E	J	G	R	E	C
E	H	N	K	I	T	Y	E	O	L	L	O
Y	W	S	W	A	N	S	R	L	E	C	T
K	R	A	H	W	G	H	L	D	A	N	S

Solve the Christmas Clues and find the answers in the word grid above!!

1. Traditional Christmas dessert
2. Santa's entrance
3. Let them chime for Christmas
4. One of Santa's Reindeer
5. Author of 'A Christmas Carol'
6. Christmas bird
7. Santa's little helpers
8. On the 7th day of Xmas my True-love brought 7 of these
9. Put them on your feet or hang them up for Santa
10. Count down to Christmas on this calendar
11. He was born in a manger on Christmas Day
12. Traditionally decorated at Christmas
13. You can use this to decorate clue 12
14. One of the gifts from the Wise men
15. Traditional Christmas song about this Little Mule

Don't miss....

**Generation Project's
Free Hot Pot Lunch!
15th Dec '11 12-3pm
at Culcheth Methodist
Church, Newton Heath
To book your place
and transport ring
0161 202 2522**

Benefit Information **Attendance Allowance**

Do you receive a Pension?
Having difficulties with everyday tasks?

Help is available...

- If you are over 65 and;
- you have a physical disability (including sensory disability, such as blindness),
- Or a mental disability (including learning difficulties),
- Or both

and find that you struggle with everyday tasks such as housework and personal care you may be entitled to claim

Attendance Allowance.

This could mean an extra £49.30 or £73.60 per week. For more



Information and advice on Attendance Allowance and any other benefits you may be entitled to ***please call:***

The Generation Project: **0161 202 2522** and speak to a member of the **Advocacy Team** who will be happy to help!

Save money on your Water Rates

If United Utilities are unable to fit a water meter in your property you may be eligible to apply for an assessed charge rate which can be cheaper than a regular water rate.

Properties such as Sheltered Accommodation or flats which have a shared water supply are often eligible for these assessed rates.

Reduced rates may apply to single person residencies or smaller properties including flats or terraced houses where a water meter cannot be fitted

You would need to compare your current bill with the amount you would pay on the assessed charges to see if you could be saving money on your bill.

For more information on the Assessed Charge rates, please call the Advocacy Team on 0161 202 2522 for advice!



A Spotlight On...

St Mary's Church Pop-In Session



Amidst a very friendly and relaxed atmosphere in the St Mary's Church in Moston we met Pam who has set up a community pop-in group at the church and asked her all about the group.....

What inspired you to start this group?

After my retirement I decided I would like to get a group together where people from the community can come for a drink or a chat. It's a great opportunity for people to get out into the community and meet new friends or just come in for a rest, a chat or change of scenery for an hour or so. There will also always be someone here to offer advice and information to anyone who needs it. If you're struggling to fill in a form, need help to understand correspondence or just need general advice, we will always try to help or point you in the right direction.

What days and times do you meet?

We meet every other Wednesday morning at 10.45am until 12.30pm.



How many members attend regularly?

Between 12-15 on average and we are always happy to welcome more!

What makes your group special?

This is an event for the community as well as the Church congregation. The Church is always there for the needs of the parish but between 10.45 and 12.30 on alternate Wednesdays St Mary's opens its doors to welcome and serve the community in whatever way we are able. Everyone is welcome.

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

Do come along and pop in for a cuppa, we would love to see you! We will try to help with any problems you may have by lending an ear. Hopefully quick fixes for basic queries and lots of information at hand for complex issues. We are certainly not claiming to know all the answers but we may know who to contact and/ or where to go for advice. We also have table top sales where you can pick up a bargain, most items are just 50p or £1 each!

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

Please contact the Church for more information on 0161 681 1201.



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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