

FOOD & OLDER PEOPLE IN MANCHESTER

Engaging Older People in the Food Futures Strategy



Although there is currently little activity in Manchester around older people and food, there are some older people's food projects in the city. There are also initiatives that have older people's food-related needs and support for their healthier eating within their remit. Current ideas for engaging older people in Food Futures include:

- Intergenerational food related projects – older people have local knowledge, and experience of traditions, skills, and techniques that can be passed down to younger generations
- Increasing access to 5-a-Day or more fruits and vegetables, and to healthy, fresh and cheap or good value food more generally
- Gardening, food growing (*in allotments, community gardens, at home or wherever*) and gathering wild produce
- Developing more cookery classes, projects and support *to accessing healthier food*
- Developing meal provision for less independent older people, including traditional and modern menu choices, *more service users' and carers' involvement* and options to complement more traditional luncheon clubs.

Older People's Food Projects

Nell Lane Allotment

This is a large site situated off the Nell Lane estate, next to Southern Cemetery in Chorlton. Several new allotment plots have recently been established, one of which has been taken on by the Manchester Leisure Over 50s Group. For more information on Nell Lane allotment contact Martin, the society secretary on 07759 324 377.

HARP (Health Advocacy and Resources Project)

HARP, based at the Zion Health Centre in Hulme, run community projects, including for older people, concerning mental health, food and mood. In addition they have produced a Food and Mood Self Help Guide. For more information phone Kate Wells on 0161 226 9907, Zion Health Centre, Stretford Rd, Hulme, Manchester, M15 5ZY.

Elderpreneurship - Market-eze

Market-eze is an exciting new initiative in home shopping. It is social enterprise aimed at older people, and is being developed by Mike Delaney. The pilot scheme is underway in Manchester, and is designed to introduce Internet shopping into sheltered housing schemes across the City, aimed primarily at helping those residents who have difficulty in shopping for their selves. Negotiations are currently under way to determine the preferred retailer and a website is being developed in a joint collaboration between Toucan-Europe, the Manchester Digital Development Association and a management group of sheltered housing residents. Once the pilot has run its course and the business model is proven, the aim will be to roll out the scheme initially across the City and subsequently across Greater Manchester. More information contact Mike Delaney: email - mike@delaney24.fsworld.co.uk

Manchester Leisure – Sports Development Unit

The Sports Development Unit is currently operating two schemes on Manchester Allotments, on Cypress Street and Southern sites. Young offenders clear derelict plots in return for training in Sports Development Qualifications and the plots are then tended by the unit's over fifty age group health referrals. For more information contact Jim Canniffe: 0161 232 3104.

Trinity Club for Disabled - Food Preparation

Food preparation sessions are held in a community kitchen at Trinity Club for Disabled in Ancoats. The average age of participants in these sessions is 60. For more information contact Walter Yeomans: phone - 205 5856 / email - walteryeomans@msn.com / Trinity Methodist Church, Butler Street, Ancoats, Manchester, M4 7JE.

Additional sources of information and support

- For information on 5-a-Day work focussed on older single men, contact Chris Love: phone - 861 2900 / 882 2300
- For information on food related older people's projects:
 - being run by Primary Care Trusts,
 - Healthy Living Networks,
 - 5-a-Day in general,
 - 'Cook & taste' and Community Health Tutors/Trainers some of which specialise in promoting good nutrition, *contact Sandra Stronach: phone - 882 2308 OR a Healthy Living Network:*

South Manchester: Phone Nigar - 217 3035 or John - 217 3667
Bloom (Hulme, Moss Side, Whalley Range & Old Trafford) 455 0213 OR
Zest (North Manchester): Phone Fiona - 277 8816 or Shirley -277 8807

The Manchester Older People's Network

The Network was launched by Manchester Alliance for Community Care (MACC) in 2001, as a way for older people to get involved in the planning, development and delivery of public services in Manchester. It plays an important role in highlighting the role of the voluntary and community sector in providing preventative services. In addition:

- It harnesses the skills, experiences and abilities of older people, to improve the delivery of public services that have an impact on the quality of their lives
- It is a partnership between older people (55yrs+) and voluntary and community groups who provide services or support to older people and their carers including meal provision and support to healthier eating
- It ensures the involvement of older people and the voluntary sector in the implementation of the NHS National Service Framework for Older People
- It feeds into the work of the Manchester Local Strategic Partnership

For more information on the Older People's Network, and MACC:

Phone - 0161 834 9823 / email - olderpeople@macc.org.uk / www.macc.org.uk
(follow the 'Older People' link).

Valuing Older People (VOP)

VOP is a local partnership initiative to improve the quality of life of older people in Manchester, which was initiated by the City Council. The partnership, crucially, includes older people in its planning and delivery. VOP is linked to the Manchester Partnership, and Sustainable Communities Strategy, through the Health Inequalities Partnership. The



VOP team is part of the jointly funded Manchester Joint Health Unit. The project offers useful resources to community and voluntary groups, including:

‘Towards a Quality of Life Strategy for Manchester’s Older People’

This 2004 strategy document has a section on Health and Social Care which includes a commitment to promote preventative services including schemes to provide cheap fruit and vegetables. It is due for update later this year. (see VOP web link below)

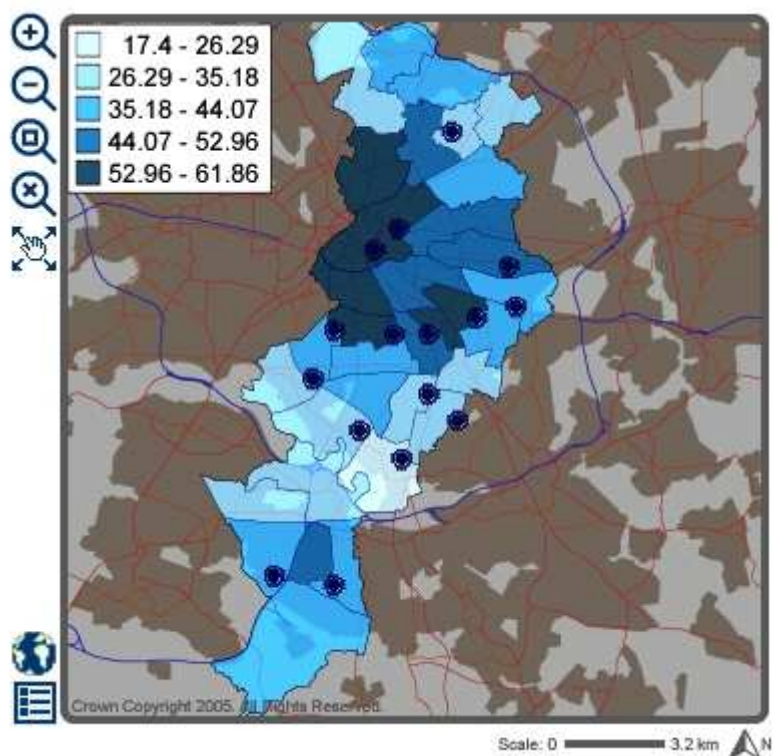
VOP Local Groups Database:

This lengthy list of community / voluntary groups includes:

- Age Concern Manchester’s daycare, luncheon clubs and aging well groups which include ‘Out in the City’ which is a lunch club for older gay, lesbian, bisexual and transgender older people;
- ‘Days Away for Recycled Teenagers’ which include sharing meals;
- Hurst Court (Housing 21) evening meal club;
- Kirkmanshulme Lane club for the elderly (Kirkley Club) luncheon club;
- Our Lady’s over 50s’ weekly lunch club;
- St Paul’s Wanderers whose main interests are ‘Getting people out of their homes, providing healthy food & interesting outings’; and
- ‘Tree of Life’ ‘Cooking on a budget’ course and drop-in café.

It also covers groups that provide support for older people including help with shopping and gardening.

(To access this list use **mCHIP** go to: www.healthprofile.org.uk and follow the: ‘What Information is there about ...’ and ‘Older People’ links). **mCHIP** also includes lists of food stores, locations of allotments and quality of life survey data on consumption of fruit and vegetables.



This map is an extract from 'mCHIP' the community health information profiler for Manchester where you can access up-to-date information and statistics about health and health services. It shows the Locations of Local Groups providing Older People with Support with Shopping / Gardening and the percentage Pension Credit Claim Rate (among over 60s).

Directory of data sources relating to older people's health, well-being and quality of life in Manchester:

This includes sources of information on older people, their poverty/deprivation, expenditure and other citywide data. It can be downloaded from:
www.manchester.gov.uk/health/older

VOP Task Groups

Please contact the VOP Team for more information or if you would like to get involved. These include the following:

- Ageing and Ethnicity** Chair: Evelyn Asante-Mensah, Central Manchester PCT
- Continuing Learning** Chair: Glenda Cox, Manchester Adult Education Service
- Healthy Ageing** Chair: David Regan, Director, Manchester Joint Health Unit
- Low Level Support** Chair: Fionnuala Stringer, Adult Social Care
- Mapping and Information Group** Chair: Jane Morris, VOP
- Newsletter Editorial Group** Chair: Paul McGarry, VOP

VOP Web Resources

Valuing Older People: www.manchester.gov.uk/health/older

VOP Strategy: www.manchester.gov.uk/health/older/strategy/health.htm

Small Grants: www.manchester.gov.uk/health/older/smallgrants.htm

For more information about VOP research/information, or if you can help update or extend the Local Groups Database contact Jane Morris:
Phone 07984 480 894 or 234 4048 Email - j.morris1@manchester.gov.uk
To get involved in other aspects of VOP contact Sally Chandler: Phone - 0106 234 3513 or Email - s.chandler@manchester.gov.uk

Partnerships for Older People's Projects (POPPs)

POPPs is a partnership recently established with Department of Health funding, for a £2.6M, two-year project. Partners include: MACC, Adults Social Care, Age Concern, Manchester Enterprises, and VOP. POPPs funding is an opportunity to “complete the whole system puzzle of older people’s services”. The strategy aims to invest in the low level and preventive services that are the gap between specialist health and social care services that a minority of older people receive, and universal services that often do not meet the specific needs of older people that require the “small but useful” services.

The voluntary and community sector is best placed to deliver many of the services older people want, but often it does not have the management capacity, infrastructure and funding base to respond to commissioners’ expectations and older people’s needs. The aim of POPPs is to develop from a ‘patchwork’, to a network of low-level services. The case for investment in low-level or preventive services has been made strongly by older people, in government reports, academic research, and by the voluntary sector. Manchester’s older people experience high levels of social exclusion, poverty and ill health. Often our communities lack the social capital and neighbourhood infrastructure taken for granted elsewhere.

There is considerable scope for food related projects, within the POPPs framework, especially if initiatives can be joined up with the Food Future’s strategy. Funding could potentially support the initiatives suggested previously in the section entitled: Engaging Older People in the Food Futures Strategy.

Manchester City Council Social Care Services

The Social Care Services department of the Council, offer services aimed at getting healthy meals to older people:

Meals on Wheels

The Meals service delivers hot or frozen meals to residents who are unable to cook for themselves for a variety of reasons. The service is primarily aimed at older residents who want to remain independent, but other groups can make use of the service too, for example those who have physical disabilities. Hot meals with a dessert cost just £2.30 per day. For more information phone Stuart Macdonald on 0161 231 0282.



Luncheon Clubs

Luncheon clubs are run all across the city. They're places where older people can go to spend time with others whilst they have some lunch. It's a great way to get out if you're feeling lonely or isolated, or even if you just fancy something good to eat and a chat. They provide a hot two-course lunch and a sociable, daily meeting place to over 7,000 people. They cater for those in need of a special or medical diet including soft or liquidised diets, diabetics, coeliacs, low fat diets and modified fibre diets. Social Care Services can be accessed via the contact centre for Social Care on 0161 255 8250.

Manchester Fayre – Welfare Catering

Manchester Fayre is the catering trading arm of Manchester City Council. They support the work of the Children, Families and Social Care Department through the provision of services to elderly and disabled citizens of the city through their running of local luncheon clubs and resource centres. For information on Manchester Fayre: www.manchester.gov.uk/fayre/index.htm

Report: Community Resource Centres and Luncheon Clubs

This report to the 'Health and Well-being Overview and Scrutiny Committee', Manchester City Council considered the role of the Community Resource Centres and Luncheon Clubs in Manchester. It sets out a framework for providing day care services and describes a number of necessary changes to services to enable a comprehensive and focused approach to supporting older people to remain independent for as long as possible. The report can be obtained from Children, Families and Social Care: phone – 0161 953 5000 / Town Hall Extension, Manchester, M60 2AF.

Luncheon Clubs in Manchester

(Many of these clubs have other activities and opportunities associated with them.)

The following are commissioned by the Social Care department and run by voluntary/community organisations for Black and Minority Ethnic elders:

AFRICAN COMMUNITY OF GREATER MANCHESTER: Mr M.B. Zubairu, 49 Crofton Street, Moss Side, Manchester M14 7WD. Phone - 0161 257 3615

AFRO-CARIBBEAN CARE GROUP: Mr I. Thompson, Claremont Resource Centre, Rolls Crescent, Hulme, Manchester M15 5FF. Phone - 0161 226 6334

ASHIANA: Mr S Bukhari, 262 Upper Chorlton Road, Old Trafford, Manchester M16 0BN. Phone - 0161 861 9889

ASSOCIATION OF UKRAINIANS IN GREAT BRITAIN: Mrs O Kay, 46 Sommerfield Drive, Middleton, Manchester M23 2WW. Phone - 0161 205 6692

BROAD AFRICAN REPRESENTATIVE COUNCIL: Mr T. Chaba, 34 Anson Road, Rusholme, Manchester M14 5BQ. Phone - 0161 257 3050

CHURCH OF GOD OF PROPHECY: Ms D Simpson, 300 Moss Lane East, Moss Side, Manchester M14 4SS. Phone - 0161 226 7955

HAVEN OF PEACE DAY CENTRE: Mrs I. Burth, 13 Wilbraham Road, Fallowfield, Manchester M14 6JS. Phone - 0161 224 3576

HUMDARD DAY CENTRE: Mr Kahloon, 18 Buller Road, Longsight, Manchester M13 0PP. Phone - 0161 225 6764

INDIAN SENIOR CITIZENS' CENTRE: Dr B.C. Das, 16-18 Whalley Road, Whalley Range, Manchester M14 8AB. Phone - 0161 232 7994

MANCHESTER JEWISH COMMUNITY CARE: Mrs M Wiseman, Nicky Alliance Day Centre, 85 Middleton Road, Manchester M8 4JY. Phone - 0161 740 0111

MUSLIM ASSOCIATION OF MANCHESTER: Mr Shah, 17 Hector Road, Longsight, Manchester, M13 0QN. Phone - 0161 224 9322

NEESA WELL WOMEN: Ms G Hussain, Woodville Resource Centre, Cheetham, Manchester M8 7NE, Phone - 0161 740 2995

NIGERIA NATIONAL UNION: Mr Adesanya, Nigeria Centre, Appleby House, Platt Lane, Manchester M14 5NE. Phone - 0161 256 1059

UNITED CARE GROUP: Mr G. Brown, 6 Catherston Road, Moss Side, Manchester M16 7FH. Phone -0161 232 9535

WAI YIN CHINESE WOMEN'S SOCIETY: Dr S Sham, 1st Floor, 61 Mosley Street, Manchester M2 3HZ. Phone - 0161 237 5908

The following are run the Children Families & Social Care Department (those without a direct number below can be accessed via the Contact Centre for Social Care: Phone - 0161 255 8250) in order of the ward in which they are based:

Ancoats/Clayton:

Clayton Centre, Barrington Street, M11 4BF Phone - 0161 223 1282
Northolt Court, North Road, Clayton, M11 Phone - 0161 223 7048
Victoria Square, Bengal Street, Ancoats Phone - 0161 236 7506

Baguley:

Bideford Centre, Bideford Drive, Wythenshawe M23 Phone - 0161 998 5163
Hall Lane Resource Centre, Baguley M23 8WD Phone - 0161 998 3331

Bradford: Openshaw Centre, Catherine St, Openshaw Phone - 0161 371 8267

Charlestown:

Broadmoss Resource Centre, Broadmoss Drive Phone - 0161 795 0854
Thornlea Centre, Charlestown Road, M9 2DD Phone - 0161 740 923

Chorlton: Egerton Court, Edge Lane M21 1JU Phone - 0161 881 0895

Chorlton Park:

Chorlton Community Centre, Corkland Road, M21 Phone - 0161 861 9634
Barlow Moor Comm. Centre Maitland Avenue, Phone - 0161 434 1538

Crumpsall: Green Methodist Church, Ashtree Road, Crumpsall. M8

Fallowfield: Platt Lane Methodist Church, Platt Lane, M14 7BU
Phone - 0161 248 6366

Gorton South: Mellands Centre, Mount Road, M18 7QF
Phone - 0161 223 1977

Higher Blackley: St Pauls Church, Victoria Avenue, M9

Longsight: Cayton Centre, Stockport Road, Longsight. M12 4EG
Phone - 0161 224 2109

Miles Platting/Newton Heath:

Stirling Centre, Scotland Hall Road M10 6RA Phone - 0161 681 6849
Heathfield Resource Centre, Heathfield St, Newton Heath M40 1LF
Phone - 0161 681 4761

Northenden:

St. Wilfreds Church, Ford Lane, Northenden
Alfred Morris Ct, Fellpark Rd, Northern Moor, M22 0EX Phone - 0161 902 0865

Withington:

Ladybarn Comm. Centre, Royle St., M14 6RN Phone - 0161 225 2093
Minehead Resource Centre, Dermott Murphy Close Phone - 0161 446 2551



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**Thanks to Jane Morris at Valuing Older People
for information, contributions and photographs**

