



Ready to go  
**Planning for Winter**

# Introduction

For readers who are new to the term 'Age Friendly' it's about recognising the challenges of an ageing population and looking at all the different ways that together we can rise to those challenges, foster healthy and active ageing, make it possible for people to continue to stay in their homes participating in the activities they value and contributing to their communities for as long as possible.

The World Health Organisation provided an Age Friendly Model to help places around the world look at their communities in a structured way, considering all the different aspects that affect our lives. And it's not just about cities, it's about age friendly places – our streets, neighbourhoods and communities – the definition is up to us.

Salford started using the World Health Organisation model back in 2014 as a way of bringing together some ideas and projects which were important to older people's health and wellbeing.

This latest booklet produced as part of the Age Friendly Salford programme brings together in one easy read the information which is relevant to help older people prepare for and stay well during the winter.

**Age Friendly Salford Team**

## Keeping safe during Covid-19 top tips

During the current Coronavirus Pandemic it is even more relevant that communities recognise and value their older residents. To keep us all safe and well we must all follow these three simple actions to keep on protecting each other.



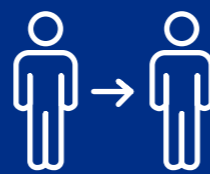
### Wash hands

keep washing your hands regularly



### Cover face

wear a face covering in enclosed spaces



### Make space

stay at least 2 metres apart - or 1 metre with a face covering or other precautions

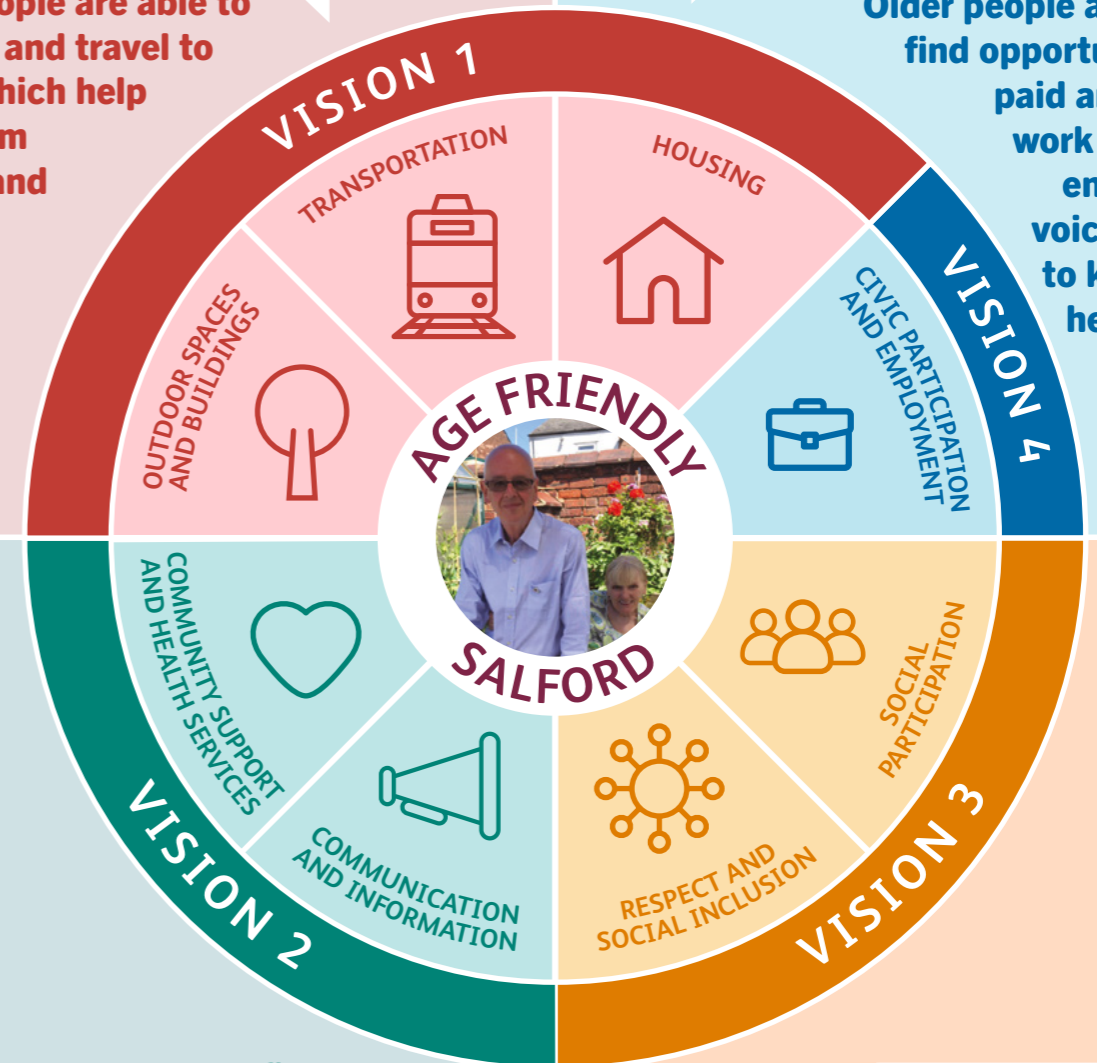
# WORLD HEALTH ORGANISATION AGE FRIENDLY MODEL

"As an individual it can be hard to get things to change but as a group, people listen and take on board what we say."

**Older people are able to feel safe and travel to places which help keep them healthy and engaged**

"I realise how valuable older people are in society, we clearly have a purpose and a part to play in making our region a better place."

**Older people are able to find opportunities for paid and unpaid work as well as ensure their voice is heard to keep them healthy and engaged**



**Older people are able to find information and services to keep them healthy and engaged in activities**

"There are a number of people out there trying to live well with dementia, some of them don't have a voice or unable to have their voice heard. As someone living with dementia I intend to be their voice for as long as I have capacity."

"I have made new friends and get out of the house more and I feel valued."

**Older people feel respected and included in neighbourhood activities to keep them healthy and engaged**



# WELLBEING



**Wellbeing can be defined as:** “ Good feelings day to day and overall happiness and satisfaction with life ”

There are 5 ways to wellbeing which have been proven to help you stay well:

## Connect: Who is important to me and how do I stay in touch?

- 1 How do I keep in touch with people now?
- 2 Where do I currently go to meet people?
- 3 What local groups or activities do I attend currently?

## Keep Learning: What am I currently learning or doing?

- 1 How do I currently keep my mind active?
- 2 Where do I currently go to keep learning?
- 3 What am I currently doing to learn new things?

## Take Notice: What matters to me now?

- 1 How do I currently take time for myself?
- 2 Where is an important space for me to go?
- 3 What do I currently do to look after my own wellbeing?

## Be Active: What physical activities are important to me?

- 1 How do I currently keep physically active?
- 2 Where do I currently go to keep physically active?
- 3 What physical activity do I currently do?

## Give: What do I do to give my time for an act of kindness?

- 1 How do I currently help others?
- 2 Where do I currently go to help others?
- 3 What do I currently do to help others?

# STAYING CONNECTED



**Staying connected and learning new skills can be a good way to look after our own health and wellbeing.**

Age Friendly Salford have created a weekly programme of activity which any older person in Salford can access. Sessions are currently taking place virtually through Zoom. Check out our pages on how to Zoom later in the booklet.

## Age friendly Activity programme

Come and join us - We now have a programme of **virtual activity running 11am - 12pm every weekday**

- \* **Ready to Go** - Planning for the future is not easy at the moment – Join us for information and advice from experts
- \* **Brew and Chat** - An opportunity to get together with others and share memories and conversation about a particular topic with a focus on wellbeing
- \* **Walk and Talk** - Lost some of your confidence to go out? Join walk & talk where we will explore the history of some of Salford’s public space – starting with a virtual walk - **Call Andrea** (Inspiring Communities Together) **07375049963** to find out when the next programme starts
- \* **Tech and Tea on-line** - Would you like some help with your tech skills join our Tech and Tea on-line sessions. If you do not have access to equipment please **call Jo** (Inspiring Communities Together) **07375 924 424** (Tuesday and Thursday 10am – 3pm)
- \* **Friendly Friday** - At the moment weekends can seem like the same as an other day- join us for our Friday chat. We discuss a different topic each week

Day	Times	Activity
Monday	11am - 12pm	Ready to go
Tuesday	11am - 12pm	Brew and Chat
Wednesday	11am - 12pm	Walk and Talk
Thursday	11am - 12pm	Tech and Tea
Friday	11am - 12pm	Friendly Friday

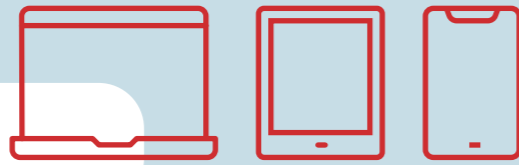
## A Helping Hand

During this lockdown, we know it’s not so easy to ask a family member or friend to help you with digital issues, so if you want to get involved but you need a bit of help with Zoom, you can:

- \* Watch our short YouTube video [youtube.com/watch?v=EMWtg29BKZk&t=367s](https://www.youtube.com/watch?v=EMWtg29BKZk&t=367s)
- \* Read our “How to Zoom” guide on the next two pages

If you would like to get involved email [andrea@inspiringcommunitiestogether.co.uk](mailto:andrea@inspiringcommunitiestogether.co.uk) Andrea will add you to our weekly emails on how to join each session

# HOW TO ZOOM



**During these these challenging times, we know it is not so easy to ask a family member or friend to help with technology.**

This is a quick guide to Using Zoom, the popular video calling program which is connecting family and friends and we will be using it to help you during Covid-19, and beyond!

You can “Zoom” using any electronic device i.e. laptop, tablet or mobile phone.

## What is Zoom?

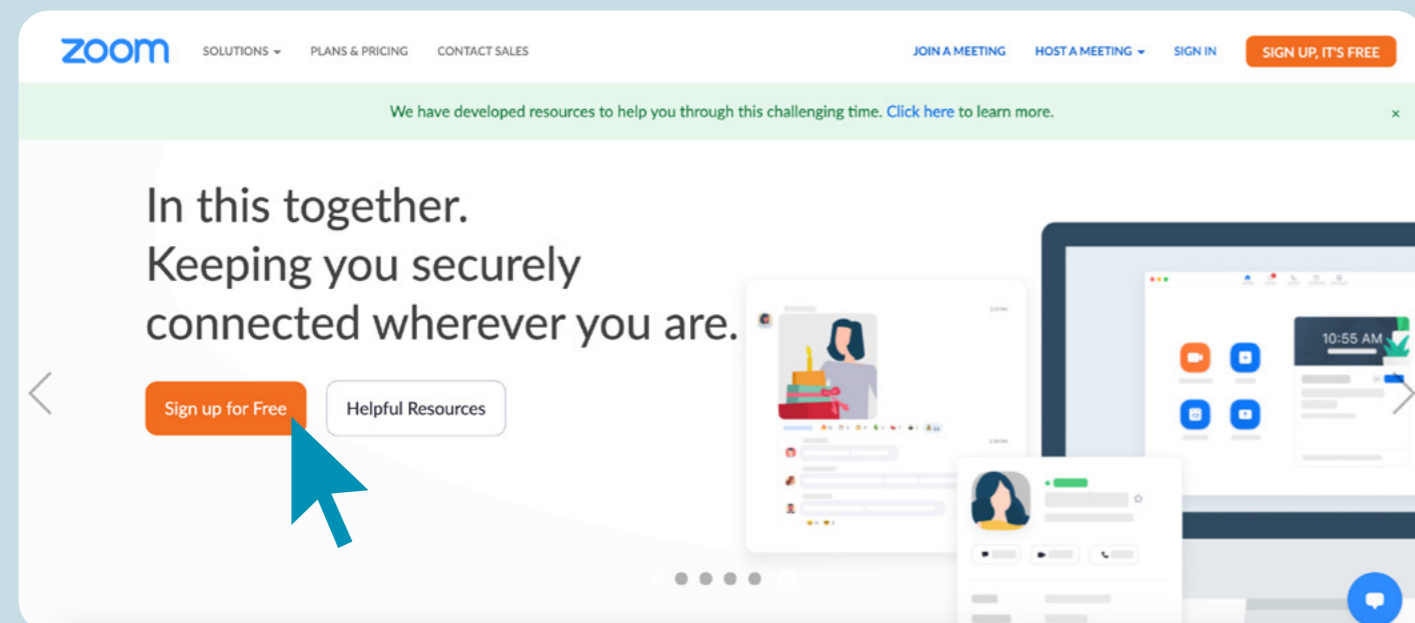
Zoom is a computer program which lets more than one person at a time talk to, and more importantly SEE each other. During the lockdown it is increasingly being used by friends and family to keep in touch.

## Why use Zoom?

We all enjoy physical contact with friends and family, somehow a phone call just doesn't hit the spot. So when for what every reason we can not meet up in person Zoom provides an alternative option to connecting with people, taking part in group activities or learning some new skills.

## So... How do I Zoom?

You can either join a meeting, using an invitation, or set up a meeting yourself, and invite others. In this guide we will show you how to join a meeting with an invitation.



## On a laptop

1. Open up Google and search for “Zoom.us”
2. In the results screen click “Zoom Video Conferencing”
3. On the screen that opens, click “Join a meeting” in top right hand corner
4. You will then be asked for your meeting ID; this will be in the weekly newsletter you will have received by email. Enter this **11-digit number** in the box (without the dashes) and Click “Join”
5. **The first time you join a Zoom meeting**, you will be asked to download software to your computer, **(be patient!)** follow the directions to do this and select “Run” when requested.
6. A small screen will appear, showing you as you will appear to other participants
7. Click “Join with video”
8. If you get a popup asking you to “Open Zoom Meetings” select “Open Zoom Meetings”
9. Click “Join with computer audio”
10. You will now be “admitted” to the meeting and will see yourself on the screen with the other meeting participants.
11. Running along the bottom of the screen you will have various options to customise your meeting. All are self-explanatory, have a play and see what they do!

## On a tablet/phone

**Android:** Open Google Play Store

**iPhone/iPad:** Open Apple App Store

1. Search for **Zoom**
2. Tap **Zoom Cloud Meetings**, you will get this screen
  - a. Tap “Install”, wait about a minute and when installed, click “Open”
3. To join a meeting, either click on the link you have been sent in an email, or click on the link in the newsletter.
4. If asked “Open with?” tap “always”, and tap the Zoom icon.
5. Enter your name (first name is fine)
6. Tap “Call via device audio”
7. For “allow Zoom to take pictures and record video?” tap “allow”
8. You will now be in the meeting (See step 10 for Laptop)
9. To access the options tap your screen, tap the “More” button in the bottom left hand corner, and tap the option you want

## Top Tip



The first time on Zoom is the most complicated, stick with it, as for future meetings all you will have to do is either

- ✿ Click on the link in the weekly newsletter
- ✿ Follow instruction No 3 and enter the ID provided in the weekly newsletter

# EATING WELL



**In winter eating and drinking well is an important part of looking after our wellbeing. Be ready for any periods of bad weather that stops you getting out to the shops. Eating well and drinking enough fluid helps you keep warm.**

Here are a few tips that can help you be prepared and look after yourself in winter.

## Stay well hydrated

We need about **6-8 drinks per day** to stay well hydrated. This improves concentration, energy and mood, so we can keep our minds active. It will also stop us from getting infections and help to avoid hospital at this crucial time. Why not keep a tally of your drinks so you know if you have reached your daily target? All hot and cold drinks count (except alcohol!).

## Think about how you will get your shopping if the weather is bad

Ask a neighbour or family member to help or contact one of the Age Friendly Salford Team if you are not sure. If you have access to the internet set up your online shopping now. **Need some help?** Get involved with our weekly Tech and Tea sessions and we can show you how.

## Keep an eye on yourself

If you think you are eating less than usual or don't have much appetite keep track of your weight or check if your clothes, jewellery or belts are looser than usual.

## If you have a poor appetite

Try to increase the amount of energy and protein you get each day. You may find it easier to:

- \* Eat little and often
- \* Use full-fat food and drinks (e.g. milk, yoghurts)
- \* Enhance your food by adding cream, butter and cheese
- \* Have extra nutritious drinks such as Horlicks, glasses of full cream milk, milkshakes and cup-a-soups.

Some specific booklets are available and can be found online (via the website at the bottom of the right page) or sent to you through the post.

These are:

- \* **Eat, Drink, Live well booklet** – tips for people who have a poor appetite or have lost weight without meaning to
- \* **Staple cupboard recipes** – quick and easy recipes using ingredients you may have in your cupboard
- \* **Meal and snack ideas** from a range of cultures
- \* **Food First recipes** – that will help you put on weight

If you would like any of this information to be sent through the post please contact **Age UK Salford** on **0161 788 7300**



**Keep your kitchen cupboard and freezer stocked with some simple, tasty foods and long-lasting foods.**

Tinned and frozen fruit and vegetables are just as healthy as fresh and buy small tins and packets where possible.

## MY STORE CUPBOARD CHECKLIST

Items	Already have	Need to order
Breakfast cereal and porridge		
Jam, marmalade, peanut butter and honey		
Baked beans, macaroni cheese and spaghetti		
Tinned stews, meats, fish and lentils		
Tinned vegetables and fruit		
Tinned custard, sponge and custard and rice pudding		
Long life milk and milk powder		
Squash and fruit juice		
Horlicks, Ovaltine and drinking chocolate		
Instant/ready meals		
Frozen sausages, burgers, fish fingers		
Frozen fruit and vegetables		
Boil in the bag meals, e.g. fish in sauce		
Ice cream/ ice lollies		
Frozen desserts, e.g. jam roly poly, crumbles		
Milk can be stored in the freezer until needed		

For more information and resources, visit [www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration](http://www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration)



# KEEPING ACTIVE

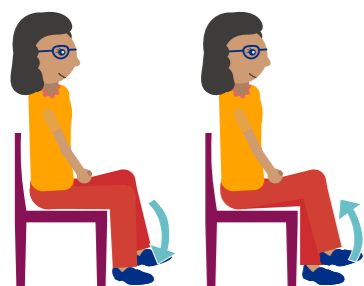


**Keeping active during winter can sometimes be hard but there are ways in which we can look after our physical activity at home.**

If you're fit, you are less likely to fall. Exercise can help to keep muscles strong and improve your balance. Try to do some regular exercise such as: gardening, walking or dancing. If you haven't exercised for a while, talk to your GP first. They might be able to give you some strength and balance exercises to do at home or recommend a local exercise class.

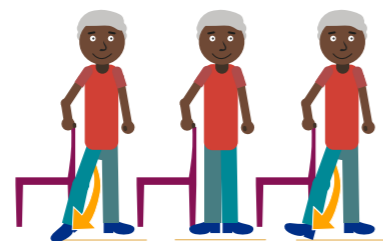
## 1. Warm Up

Seated march for 30 seconds.



## 2. Toe & Heel Taps

6 - 8 times.



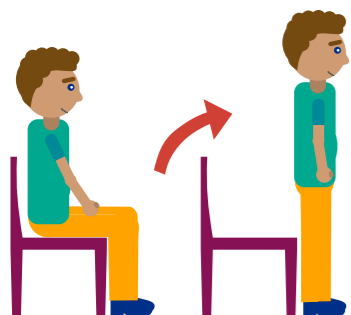
## 3. Side Step

10 - 15 times.



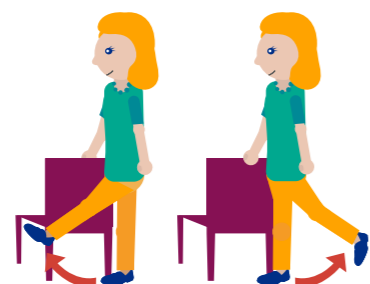
## 4. Sit to stand

5 - 10 times.



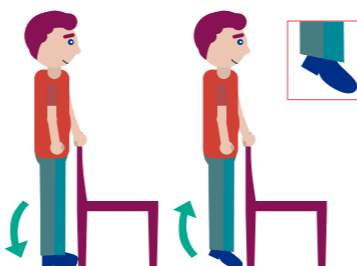
## 5. Leg swing

3 - 6 times on each leg: slow and controlled.



## 6. Heel raise

5 - 10 times.



## Top Tips

- ✿ You should undertake physical activity to improve muscle strength
- ✿ You should incorporate physical activity to improve balance and coordination
- ✿ You should minimise the amount of time spent being sedentary (sitting) for extended periods



### Question

Yes

No

#### Do I spend more time sitting down than doing some form of exercise each day?

Ideally you should aim to do 150 minutes of exercise each week. Try to do something every day, preferably in bouts of 10 minutes of activity or more.

#### Do I think I am doing exercise already through my daily chores?

Daily chores like shopping, cooking or housework don't count towards your 150 minutes a week because the effort isn't hard enough to raise your heart rate, although they do help break up sedentary (sitting) time.

#### Do I already do some physical activity every day?

Physical activities should cause you to get warmer, breathe harder and your heart to beat faster.

## Did you know?

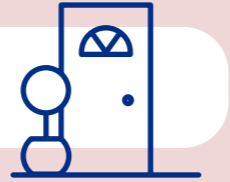
Salford Community Leisure Active Lifestyles Team offer a range of community based activities.

[active.lifestyles@scll.co.uk](mailto:active.lifestyles@scll.co.uk)

0161 778 0577



# LOOKING AFTER YOURSELF



## Falls are serious at any age, but breaking a bone after a fall becomes more likely as we get older.

Even if a bone is not broken after a fall, people become fearful of falling again and this may limit the amount of activity a person feels they can do. However, falls are preventable and to reduce the risk of falling set out below are some steps to reducing the risk of falling along with some tip tips and useful links to support.

### Look after your eyes

- ✿ Make sure you have your eyes tested at least once a year
- ✿ Anyone over 60 is entitled to a free NHS funded eye sight test at their local optician
- ✿ Check the lighting in your home – you may need a higher level of bulb or a side lamp
- ✿ Have an annual health check with your doctor
- ✿ Ensure your glasses are easy to reach if you need them when you get out of bed



### Wear the right footwear

- ✿ Make sure you cut and file toenails and keep them at a comfortable length
- ✿ Check for cracks and breaks in the skin and inflammation such as blisters
- ✿ Look for signs of infection like nail fungus or other obvious early problems and seek professional advice
- ✿ Wear suitable socks and footwear
- ✿ Keep your feet clean, dry, mobile, comfortable and warm. Bedsocks are a good idea
- ✿ If it's difficult for you to carry out the above yourself, see a professional chiropodist/podiatrist for help

### Taking more than three medications can increase the risk of falls due to their side effects

- ✿ Ask your Doctor for a medication review at least once a year
- ✿ Keep a list of all medications including prescriptions, over the counter medications, vitamins and herbals
- ✿ Keep all your medicines in the same place
- ✿ Ask questions about your medicines
- ✿ Use only one chemist when possible
- ✿ Take your medicine according to the directions



### Avoid home hazards

- ✿ Make sure all hallways, stairs and paths are well lit and clear of objects
- ✿ Use rails and banisters when going up and down stairs
- ✿ Tape rugs to the floor so they do not move when you walk on them
- ✿ Put rubber mats in the bath to prevent slipping
- ✿ Try not to use extension leads or have trailing wires
- ✿ Nightlights are an inexpensive way to provide light to dark passageways at night
- ✿ Consider using a cordless telephone. You need to only have one telephone line and can take the phone with you to bed or outside

### Avoid outside hazards

- ✿ Take a walk with a friend, it's an opportunity to socialise and support each other from hazards
- ✿ If you are going outside by yourself, have your mobile phone or pendant with you if you have one
- ✿ If using a walking aid, look in the direction straight ahead while walking. Be sure the aid is clear of debris and any grips are in place
- ✿ Do not load yourself down with shopping. Take advantage of home delivery or use a trolley
- ✿ Take all the time you need, plan ahead, do not rush
- ✿ Wear footwear to prevent slipping and avoid laces that may come undone

## Keeping Safe

Check out Greater Manchester Fire and Rescue website for information on how to stay safe: [www.manchesterfire.gov.uk/staying-safe](http://www.manchesterfire.gov.uk/staying-safe)

For a FREE Safe and Well visit please call **0800 555 815**

Treacle is the Greater Manchester wide Halloween and Bonfire Night safety campaign. Its aim is to encourage our communities in to have a safe and happy autumn: [www.manchesterfire.gov.uk/staying-safe/safe4autumn](http://www.manchesterfire.gov.uk/staying-safe/safe4autumn)

Information to help you stay safe and well during the winter months [www.manchesterfire.gov.uk/staying-safe/safe4winter](http://www.manchesterfire.gov.uk/staying-safe/safe4winter)

Check out Greater Manchester Police website for information on your local area, how to report a crime and find helpful advice to keep you safe: [www.gmp.police.uk](http://www.gmp.police.uk)

Check out Friends against scams the national website has lots of information [www.friendsagainstscams.org.uk](http://www.friendsagainstscams.org.uk)

There are many of sorts of scams but some of the most common are fake lotteries, deceptive prize draws or sweep stakes, clairvoyants, computer scams, and romance scams. Age Friendly Salford partners are Friends against Scams Organisations and delivery scams awareness training as well as support individuals to become Scam champions.

# PENSION CREDIT



**Age UK Salford is partnering with Citizens Advice Salford to encourage the uptake of Free Pension Credit Checks for people of State Pensionable age.**

## **This may be because of:**

- ✿ Lack of awareness of entitlement
- ✿ Stigma of receiving a benefit
- ✿ People have reached State Pension Age and may be eligible but think they aren't
- ✿ It is means tested. People may still qualify even if they have savings or a house

This may mean only a few extra £'s/ week but it can open the door to other entitlements including a free TV Licence, free NHS dental treatment and check-ups, free sight tests, vouchers for glasses & contact lenses, travel costs to and from hospital, Cold Weather payments.

## **To check if you are eligible and to apply for Pension Credit**

Call Citizens Advice Salford on **07494 498 678**

Check out the Age UK Salford Pension Credit webpage:

**[www.ageuk.org.uk/information-advice/money-legal/benefits-entitlements/pension-credit](http://www.ageuk.org.uk/information-advice/money-legal/benefits-entitlements/pension-credit)**

If you already think you are eligible – you can apply online

**[www.gov.uk/pension-credit/how-to-claim](http://www.gov.uk/pension-credit/how-to-claim)**

or phone Pension Credit claim line on **0800 99 1234**



# CORONAVIRUS



**You have told us that it is hard to know what is fact and what is fiction with so much information about the Coronavirus.**

## **Below we have set out some trusted websites where you will be able to find updated information:**

Salford City Council: **[www.salford.gov.uk/coronavirus](http://www.salford.gov.uk/coronavirus)**

**Customer services are open in the Gateways and Broughton Hub** to help residents face to face with urgent council related enquiries. Customer numbers will be limited to keep everyone safe and priority will be given to transactions that cannot be carried out online **[www.salford.gov.uk/cloudchat](http://www.salford.gov.uk/cloudchat)** or through the Spirit of Salford Helpline **0800 952 1000**.

Age UK Salford has lots of useful information:

**[www.ageuk.org.uk/salford/about-us/covid-19-coronavirus](http://www.ageuk.org.uk/salford/about-us/covid-19-coronavirus)**

The Government also issues lots of updated guidance according to the new rules on safely meeting with others. Please check the Gov.Uk website for details.

## **Flu**

Flu vaccine is the best protection we have against an unpredictable virus that can cause severe illness and even death among older people. The vaccine will stop you getting some but not all of the flu viruses. If you get the flu after vaccination, it is likely to be milder and shorter-lived than it would have otherwise of been.

To keep up to date with how and when you should have your flu jab please check with your own GP practice.

## **Keeping Well Booklet**

A booklet created by Greater Manchester Combined Authority is aimed at people who are not online and includes information and advice on physical and mental well-being. If you know of anyone who would like to receive a copy of this booklet - please contact Age UK Salford office on **0161 788 7300**.





# WHO WE ARE

**Age Friendly Salford is a programme of work funded by the:**

**NHS**

**Salford**

Clinical Commissioning Group

**Salford City Council**

**Clinical Commissioning Group**

**Website:** [www.salfordccg.nhs.uk](http://www.salfordccg.nhs.uk)

**Salford City Council**

**Website:** [www.salford.gov.uk](http://www.salford.gov.uk)

**The programme is delivered by a partnership of voluntary sector organisations:**



**Inspiring Communities Together**

**Email:** [office@inspiringcommunitiestogether.co.uk](mailto:office@inspiringcommunitiestogether.co.uk)

**Website:** [www.inspiringcommunitiestogether.co.uk](http://www.inspiringcommunitiestogether.co.uk)



**Age UK Salford**

**Email:** [administrator@ageuksalford.org.uk](mailto:administrator@ageuksalford.org.uk)

**Website:** [www.ageuk.org.uk/salford](http://www.ageuk.org.uk/salford)



**Salford CVS**

**Email:** [office@salfordcvs.co.uk](mailto:office@salfordcvs.co.uk)

Check out the World Health Organisation website for further details about Age Friendly Communities and the work in Salford: World Health Organisation Salford AF.