

Age Friendly Manchester

Wythenshawe resident Marie Greenhalgh, founder of Wythenshawe Good Neighbours, and volunteer presenter with Mint Sounds and Wythenshawe FM, has been appointed chairperson of the Age Friendly Manchester board.

Having spent some years as deputy, Marie has been part of the strategy development and during her tenure aims to work more closely with Age Friendly communities around Manchester through the conduit of the Age Friendly Manchester Assembly.

The Assembly is open to older people and representatives of older people's groups. Bringing together around 100 people, it acts as a consultative body and sounding board.

Marie said: "Manchester, indeed Wythenshawe, should be a place where growing older is recognised not as a burden, but as a stage of life rich in experience, resilience and value."



Marie with guests at our Game For A Laugh event

She aims to challenge ageism, strengthen the voice of older people and ensure that older residents are recognised as active citizens with the right to influence services, policy and the future of their communities.

"As chair I'm expected to focus on issues of social care; housing; transport; accessibility; and social connectedness. I feel my experience across policing, education, community development, and creative health work, leaves me well placed to guide the board's next chapter."

Wellbeing in retirement



Age Friendly Wythenshawe comprises residents and organisations working together to help make Wythenshawe a better place for retirement and later life. The group acts as a central hub, with opportunities to discuss issues, share ideas, and support residents:

- Social meetups advertised online and on posters at local venues
- Events, such as Ageing Well, held annually at the Forum
- Age Friendly Corners – information to help residents find out what's happening in the area, to link to support services and connect with others – at accessible community venues
- Winter Warmer bags, distributed to the most vulnerable older people in the community each year
- A Summer Cooler campaign – helping the same people to keep cool and stay healthy during hotter months
- Representation at Age Friendly Manchester Assembly

Further information:

www.tinyurl.com/AgeFriendlyWythenshawe



TREE OF LIFE CENTRE WELLBEING TIMETABLE

MONDAY

Tai Chi | 10:30-11:30 | Gentle movements with your body to promote relaxation and wellbeing | £3 for Wythenshawe residents, £5 for non Wythenshawe residents

TUESDAY

Men's Social Club | 10:30-12:00 | A place to relax with a brew, play pool, games and socialise

WEDNESDAY

Mindful Colouring | 10am-12pm | A relaxation and colouring group to improve mental wellbeing

THURSDAY

Friendship Group & Afternoon Tea | 1pm - 2:30pm | A social group to connect with others over a delicious afternoon tea

FRIDAY

Sustainable Sewing Workshop | 10:15am - 12pm | Learn to sew and repair your old clothes in a relaxed and supportive environment!

Ageing Well

Residents aged 50 and over are invited to add the annual Ageing Well event to their diary. Planned at the Forum on 24 September from 10.30am to 2.30pm, visitors will find a wide range of local services on offer.

Alongside information and advice stalls, Age Friendly Wythenshawe has organised a varied programme of activities for visitors who would like to try something a little different.

There will also be leisure and interest stalls on the concourse, while Trafford Woodcraft Club will be selling handmade wooden household items and gifts — perfect for anyone wanting to start their Christmas shopping early.

The free event is a great opportunity to find out more about services in the area, with support and advice available on topics including finance, housing, legal matters, health, and wellbeing.



RBL ROYAL BRITISH LEGION CHARITY GOLF DAY

Proceeds to the Poppy Appeal

Friday 9th October

Withington Golf Club

Entry Fee: £50 per person

- Coffee & bacon bap on arrival PLUS 2-course meal afterwards
- Individual Stableford Competition, yellow tees, 85% handicap
- Prizes across three groups of 32 players

Tee Times 09:00-12:27

- Presentation of prizes at 14:45, 16:00 & 17:15

Extras:

- Various on course competitions and prizes
- Includes Nearest the Pins & Twos comps



To book, scan the QR code or book online at
www.withingtongolfclub.co.uk/open-competitions

Registered charity number is 219279



Northenden Boat Race returns on Sunday 30 August 2025, at 1pm.

The race runs from Simon's Bridge to the Tatton Arms bridge, with registration and safety briefings opening at 12PM at the Didsbury Golf Club visitors car park. The boat race raises funds for The Christie Charity, so please join in or support those competing with sponsorship, or donations on the day.

Further information:

www.facebook.com/northendenboatrace





New potential treatment for Alzheimer's

See if you or a loved one are eligible for an Alzheimer's (AD) research trial in Greater Manchester



- ✓ Aged 50 to 85
- ✓ Have a diagnosis of Alzheimer's
- ✓ Must be on a stable dose of an AD treatment

Scan QR to learn more



or call UK Freephone 0800 917 7679



Eligible participants and their caregiver/study partner will each receive up to £1595

**ITCHY SCRATCHY
PINK STICKY DRY
SWOLLENGOOEY
REDHAZY WEEPY
SOREACHYICKY
GUNKY BLURRY**

**Dodgy eyes are the worst
Don't waste time, call us first**

If you've got an eye problem, call Specsavers, and we'll put you through to an expert.

Scan to learn more



Specsavers

What about Artificial Intelligence (AI)

AI is technology that can appear to 'think' in a human-like way, e.g., understanding language, recognising patterns and making decisions. It's different from other technologies because it can use data to adapt and improve over time. In other words, it can learn.

Although we're hearing much more about AI these days, it's far from new. Scientists were working on AI in the 1950s. Early research projects included teaching computers to play games like chess.

More recent technological advances have made AI faster, smarter and more usable.

How can I use AI?

AI isn't just for tech whizzes – in many cases, it's working away in the background of things you use already.

While everyone will use AI differently depending on the devices they have and what their needs are, it can make day-to-day life easier or more interesting.

- **It can help you stay organised:** you can get apps to remind you about appointments, prompt you to take medication and keep track of your to-do list.
- **It can support healthcare:** some NHS services now use AI-powered tools as part of telecare, enabling them to monitor things like your heart rate and blood pressure without you needing to visit a clinic.
- **It can keep you handsfree:** voice assistants can play music, read things out to you or call family members without you having to navigate buttons and menus.
- **It can give you ideas:** AI assistants can speed up finding solutions, from a recipe that uses what you have in the fridge to a holiday destination that ticks all of your boxes.

There are lots of AI tools to try. Stay aware of keeping yourself safe. Be mindful of sharing personal information, and never provide data like passwords, bank account numbers, or your contact details.

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Interested in local history?

Why not become a volunteer at Wythenshawe Hall... the Friends of Wythenshawe Hall is a friendly group of people ranging from teenagers to octogenarians. Additional volunteers are needed to help keep the hall open regularly and to spread the workload.

Each month the friends group runs an open day so that more people can visit the hall and learn about its history.

Find out more at www.wythenshawehall.org.



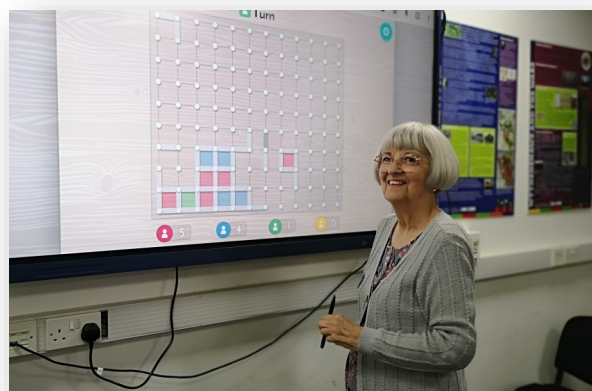
Game for a laugh

Older residents and high school students came together to share experiences of games through the decades at an Age Without Limits Day event held in the Creative Space.

Guests enjoyed the chance to reminisce about playground games and board games, and the chance to play a few old favourites, along with some insights into modern-day gaming with the students from St Paul's High School.

Questioning ageism was the underlying theme for the day, and the intergenerational nature of the event yielded some interesting discussion around what ageism looks like.

The free event ended with a retro 70s buffet including traditional fayre such as vol au vents, cheese and pineapple on sticks, and Black Forest gâteau.



ARE YOU ONLINE?

Being online helps you connect with family and friends. It can also save you money and improve your health and wellbeing.

We can help you:

- find low-cost internet
- access computers and mobiles
- learn and grow in confidence online

Pop in to see us at Wythenshawe House on Poundswick Lane, or call us on 0300 111 0000.



**FORUM
EVENTS**

2027 events booking now

Further information and tickets from wythenshaweforum.co.uk/events

Newsletter contact: agefriendlywythenshawe1@gmail.com