

Appendix 3 – Age Friendly Old Moat

1. In 2012, Old Moat, a ward and housing estate near Withington became the first Age Friendly neighbourhood in Manchester. Southway Housing developed a partnership linking academics from the University of Manchester, Manchester Metropolitan University, Manchester Institute for the Centre of Research on Ageing and Age Friendly Manchester. The partnership, working in co-production with older people, conducted a study based on the eight Age Friendly themes identified by the World Health Organisation. (WHO). The research resulted in a ten year action plan and there have been a range of projects carried out to improve the area.

One of the study recommendations was to develop the area as a Naturally Occurring Retirement Community (NORC). A NORC is an area not developed with older people in mind, which over time has become primarily populated with older people. There were two keys aims:

- Establish a resilient and empowered community of older people in Old Moat;
 - Reduce isolation and build a sense of neighbourliness and community.
2. The initial consultation generated a number of ideas from residents including Derek Taylor. Derek, who is 91, has lived in Old Moat for forty years and wanted support to develop a network for older people run by older people.
 3. Even though the concept of a local older persons network was community led it has taken time to support its development. The main barrier was a lack of confidence older people doubted their ability to deliver a supportive and effective network. To increase confidence the group were offered a Community Organiser course. Nineteen older people undertook, all, or part of two and half days of training. The Older Moaters Peer Support Network is now a constituted group with their own bank account and committee.
 4. They organise regular local activities including a successful monthly pub lunch club and trips, including weekends away. They also provide an opportunity for older people to campaign on issues.
 5. The model used to develop the Peer Support Network, was researched and developed with the support of final year Occupational Therapy Students from Salford University. This model has proved successful and Southway have obtained funding from Comic Relief for the development of a similar network in the Chorlton Park area. Participants in the NORC and Peer Support Network have been surveyed and confirmed the opportunity to meet other people regularly has made a positive difference to them and that activities were helping to create a feeling of local community and support.
 6. They report feeling:
 - More connected to their local community
 - More involved in their local neighbourhood
 - More confident
 - Less isolated
 - More active.