

August 2020

# *Monthly Newsletter Wirral Older People's Parliament*

Vol 1 Issue 3



## *Inside this Issue*

**CURRENT ISSUES**

**DIGITAL SURVEY**

**AGE FRIENDLY  
CITIES**

## **HAVE YOU SOMETHING TO SAY? JOIN US!**

Find out how to join us and add your voice to the many older people who live in Wirral who want to make sure that decision makers know what they want! [julie@wirralopp.co.uk](mailto:julie@wirralopp.co.uk)  
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## CURRENT ISSUES

We have been looking at a variety of issues this month both local and national. Concerns have been raised about charities advertising on daytime television with a high number of viewers being older people. there are things to consider before donating e.g. how much money is going to the actual projects and how much is going in salaries. OPP are creating a simple leaflet with a guideline on things to consider before donating.

Accessing healthcare for ongoing conditions has been a hot topic. Services are beginning to operate again but in a slow way due to safer guidelines needing to be in place.

OPP are involved with the Age Friendly City initiative through our membership of the Liverpool City Region Older Persons Forum. A great discussion has been had this week on where housing issues, shopping centre regeneration and the perception of older people need to go in our future culture.

As you can see we cover a wide variety of issues affecting older people.

Everyone is welcome to the Health and Social Care meeting, held online at the moment on the second Friday of the month.



keeping our eye on  
government and  
services...

## AUGUST NEWS

by Julie Kay  
Project CoOrdinator

Another busy month here in the OPP office, home working version. Lots of meetings are now up and running again online and filling up the diary, it's great to be involved in so many great partnerships and projects. across Wirral. We have had our Health and Social care Committee, Executive committee and Housing meeting this month, all online and quite successful.

A big part of the current issues are focusing on how Wirral will recover from the pandemic issues so far and moving forward. Lots of great initiatives in the pipeline, and we look forward to our involvement.

As always please get in touch if you have any feedback on services or issues you may be experiencing or a project you would like to see. We love to hear from all our members and partners.

Keep well and safe.

*Julie*





## Age Friendly Cities

The World Health Organisation is a global body who are part of the United Nations system and direct and authorise international health issues. Their principles reflect human rights guidelines and issues.

WHO's approach to active ageing, the purpose of these guidelines is to engage cities to become more age-friendly so as to tap the potential that older people represent for humanity.

An age-friendly city encourages active ageing by optimizing opportunities for health, participation and security in order to enhance quality of life as people age. In practical terms, an age-friendly city adapts its structures and services to be accessible to and inclusive of older people with varying needs and capacities. OPP is a partner in the Liverpool City Region drive to gain Age Friendly City status. In the coming months we will be involved in consultations, feedback groups, webinars and meetings about what this will look like for Wirral as part of the city region. Our members are a very important part of this, and we want to include as many experiences and opinions as possible.



# Lockdown Tales of the Wirral



We have lived in the same large house in West Kirby since 1965, when we bought it for what seemed a fortune at the time (over £7000) we had two children when we moved in, and had two more soon after. I was on maternity leave and we had a series of lodgers for many years to boost our income. It was worth the cost and hard work, since we have all loved it. Once our four left home we had lodgers again for some years, to justify such a big house.

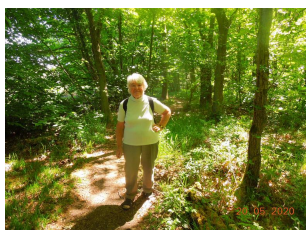
Then one of our daughters asked if she and her husband and three kids could share the house with us, since it was clear that we did not want to downsize. This was 20 years ago. Our daughter is a GP, her husband is a violin teacher, the eldest son lives in North Wales with his partner and the younger two are students, one with a partner.

In March, when Covid 19 began to hit, they all worried, because two of the household are NHS workers. We are both in our eighties and my husband has several health problems. They thought (rightly as it turned out) that they might bring the virus into the house, and we would be vulnerable.

Three of them have had Covid 19, only one being quite ill, but not needing hospital. My daughter liaised with our son who lives in the Peak District near Sheffield. He and his family have three rental properties in their grounds (an ex-farm). All bookings had to be cancelled by lockdown, so they suggested that we went there, and stayed in their little self catering unit adjacent to their house. We spent about a hundred days there, and came back once the Government said that holiday properties could reopen. It was a brilliant decision. A two hour drive with a laden car. then weeks of sunshine, hills and green space, all of their family around plus dogs, poultry and unlimited fields, lanes and woods for our daily walks, which are pretty slow these days.

Our son has four adult sons, two of whom have left home, but they were all there for the same time as us, with partners and our two little grandsons.

Several were working from home. After the first fortnight of social distancing, we had more close contact (hard to avoid with the babes) Our son arranged a huge supermarket delivery for all twelve of us each week. They also have a local pig farm which makes sausages and bacon, and sells all sorts of pork joints. They delivered each week. They have had a fish delivery once a week for years, which carried on. We had most meals in (or on the outside terrace) of our little unit, but joined in with everyone once a week. We also enjoyed helping with gardening, since our daughter in law grows a huge area of fruit, veg and lovely flowers. Most years we have visited them once or twice for a few days, but this long stay which was a wonderful experience, and we felt we were helping them by paying (less than their normal price) for the little cottage. We had no worries about catching the virus there. In the 100 days, I drove to the nearest pharmacy a couple of times to pick up prescriptions. Otherwise we literally just pottered in their fields and local lanes, and if we did see other people, there was no problem about keeping one's distance while chatting (which we always did, since it has been a very friendly experience, meeting other local residents).



*by Sandra Wall*  
*Health and Social Care Committee Chair*