



Live Well
everyday support in
every neighbourhood



Hello and welcome to the third **OT Live Well in Later Life Newsletter**.

Thanks to those who attended our second Resident's Catch Up. It was vibrant, as always with many subjects discussed. It was great to hear from Judie Collins, representing Greater Manchester Older People's Network, who outlined ways to get involved in their work.

We have identified Transport (and the walking environment), History and Heritage and Social Activity as our priorities moving forward. Residents are also keen to get involved in litter picking initiatives

(I will attach the minutes to this email for those who may have missed them).

Residents in the Spotlight

Congratulations to **Lilian Simmonds**, who has been awarded with the Customer Award 'We Support Others' from L&Q housing.



Melanie Cameron, who nominated Lilian says "Lillian is such an inspiration to me and her friends and neighbours. At 85, she will throw herself into all activities and

functions, often initiating them. Her support for others is endless. She shops, assists with their laundry, and even cooks for some, especially when they're poorly. Recently, she has taken on the challenge of doing the garden at the scheme, single handedly, spending hours weeding, bending, and digging and planting flowers, last year she transformed the garden area to the stage residents couldn't wait to sit out amongst the flowers.

Lillian has battled so many illnesses over the years, and still is, but I never hear her complain or making excuses as to why she can't do something, she just puts her happy face on and gets stuck in.

Lillian used to be a nurse, and you can tell, she oozes compassion and patience. It's such a true saying, not all heroes wear capes. Thankyou Lillian”

Opportunities

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CO COUTURE...A TRUE FASHIONISTA! PART TWO

BY DORRETTA MAYNARD

Sidnie has been deeply rooted in the Manchester community for decades - working not just as a designer, but as a mentor, educator, and collaborator. Her studio regularly welcomed students on placement, giving them hands-on experience in manufacturing while also encouraging them to develop their own creative projects. One early student, who dreamed of designing bridalwear, was supported in creating a wedding dress despite her course focusing on streetwear.

At one point, Sidnie worked directly with universities to support students who needed help completing their collections.

For Sidnie, community has always been central to her work. She has delivered workshops with schools and community groups, running mask-making projects with young people, to encourage them to express personality and identity through design.

She has supported Manchester fashion shows and events, including Manchester Fashion Week. This has included collaborating with photographers, hairdressers, stylists, and creatives across the city. She has showcased work at Manchester Town Hall, engaging with civic leaders and the wider public. Her workshops weren't just about technique—they were about confidence, storytelling, and self-expression.

"The mask-making workshops weren't only about making something," Sidnie explains. "The children had to talk about what they wanted the mask to say to the world."

After realising she didn't really have a "hobby" outside of sewing, Sidnie turned her passion into teaching. Nearly ten years ago, she launched Sew With Me classes at Works for Progress on Westwood Street.

The classes welcome everyone - from complete beginners to advanced students. Over the years, students have ranged in age from 7 to around 65. One student went on to study fashion professionally and is now thriving. In addition, many participants discovered confidence and creativity they didn't know they had.

Beyond teaching, Sidnie continues to work on creative installations and event styling - creating immersive, three-dimensional visual stories. One recent project featured an African beauty set within a lush green garden backdrop, combining culture, colour, and narrative.

"I love making things that make people smile," she says.

Sidnie Pantry's journey is one of creativity, resilience, and community impact. From early needlework classes to manufacturing studios, from fashion shows to classrooms, her work has always been about bringing people together - through beauty, skill, and self-expression.

07956562991

 Sidnie Pantry

 @SidnieCoCouture

 Sidnie Co Couture



Steering group member and regular contributor to OT News, **Dorretta Maynard**, shines a spotlight on talented Old Trafford fashion designer **Sidnie Pantry** in this edition. Dorretta is featured wearing one of Sidnie's beautiful and elegant designs. **For more information about Sidnie's work and latest creations, visit her Instagram page: @sidniecocouture.**

OT News Call for Submissions.

If you have any ideas for stories or would like to submit a piece for the OT News, would love to hear from you!

The editorial team meet to consider the content of each issue months before each paper is printed. We look forward to hearing from you.

A one-page piece is around 450 words, and we like to include two images.

Send your submissions to editorialteam@OTNews.org

Trafford Carers Centre

Trafford Carers Centre are looking to connect with local creative organisations and projects that would like to be part of an exciting new Creative Health Connector Project.

The project aims to make it easier for older (age 50+) unpaid carers to access creative opportunities that support connection, confidence and brain health by building stronger links between health, care, voluntary and community services, and the creative sector.

Please see more information on the attached flyer.

Information

Celebrating International Day of Older People - 1 October 2026 - get involved

Greater Manchester is joining the [UK Network of Age-friendly Communities](#) in celebrating the United Nations' International Day of Older People on 1 October.

The day aims to raise awareness of opportunities and challenges faced by ageing populations, and to engage and mobilise the wider community. This year's UK theme is What's on your doorstep?

Tell us your plans so we can promote them. Please email jo.garsden@greatermanchester-ca.gov.uk with details of events, case studies, photos, videos etc by Monday 14 September so your activities can be shared in this digest, and other Greater Manchester partners can promote.

How to get involved:

Whether you are a local authority, charity, community group, business, care home, or local resident, this is an opportunity to:

- Celebrate the work already happening in your area to become more age-friendly, showcasing local initiatives, partnerships or services that support people to live well as they age.
- Raise awareness and share information, such as organising an event, campaign or activity that brings people together and highlights the importance of creating inclusive, supportive environments for older people.
- Look ahead and take action for the future, build new partnerships, starting conversations, or identifying practical steps that will help make your community more age-friendly over time.

Kellogg's Exhibition - Trafford Local Studies at Archives Centre (Located in Sale Library)

An exhibition showcasing nearly 90 years of Kellogg's history in Trafford is currently on display celebrating the people, products and cultural moments behind one of the region's most iconic food manufacturing sites, ahead of it closing its doors for the final time later this year.

The exhibition has been curated by the Local Studies & Archives team in partnership with colleagues from the Kellogg's factory.

The exhibition is up until the 14th of August, go have a look whilst it's still there!

Age UK Act Now, Age Better 2026 Campaign

Building on last year's success Age UK have teamed up with more than 50 partners and supporters – including the FA, British Cycling, England Rugby and Parkrun – to make this year's campaign even bigger, better and bolder. There's plenty of ways to get involved with all the sports and activities on offer – from group walks with the Ramblers to walking cricket with a range of local partners. And the Age UK Network is very much in on the action, too: local Age UKs across the country already provide a huge range of exercise classes and activities for their communities that are just waiting to be explored, from table tennis to Bollywood dancing.

For more information, visit the following link: [Making your next move | Discover | Age UK](#)

Digital Inclusion Handbook from Let's Get Digital

Over the last few months, Let's Get Digital have been working to create a handy resource for Manchester residents to learn where they can access digital support. The

handbook covers access to the internet, low-cost devices, and where to get help with digital skills. Designed to be referred to as and when needed, this is available to download as a PDF and is also available in a plain text version for screen reader accessibility. This will be printed and distributed to community centres and some GP practices, so if you would like to receive some, please get in touch with the team.

If you have any questions about the handbook, or would like to provide feedback, please email the team at digitalinclusion@manchester.gov.uk.

To view the handbook, visit the following link: [Digital Inclusion Handbook — MANCHESTER DIGITAL STRATEGY](#)

Funding Opportunities

Renew Community Fund

The Renew Community Fund is part of Renew Greater Manchester, the UK's largest reuse initiative. It helps give unwanted items a second life by supporting local projects that mend, fix, share, pass on or make better use of things that might otherwise be thrown away. Items donated at recycling centres are repaired, cleaned up or given a new use before being sold in Renew shops. The money raised is then used to support local community projects through this fund.

They're looking for projects that:

- **help people mend, fix, share, borrow or pass on items**
- **stop useful household items from being thrown away**
- **build skills and confidence in local communities**
- **support local people, especially those who may benefit most**

This could include things like repair workshops, tool or toy libraries, clothes swaps, furniture projects, community sharing events, or projects that help good-quality items find a new home.

To apply, visit the following link: [Renew Community Fund | Recycle for Greater Manchester](#)

