

BAME Communities: Ageing in Place

Exploring the social infrastructure that enables South Asian communities to age in place in Manchester



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Emerging issues & recommendations

This research has explored the social infrastructure that enables South Asian communities to age in place in Manchester through the activity diaries of 14 older South Asian participants from Levenshulme and Longsight and through interviews with 8 BAME community groups and organisations in the area. The following section sets out the key issues and recommendations for supporting both organisations and individuals to maximise their potential and lead fulfilling lives. We feel that significant impacts could be gained from the following actions, most of which need not be resource intensive.

BAME Community support (infrastructure/social capital) – what can be done?

- Provide opportunity and tools for BAME organisations to undertake an “age friendly” audit of their space, facilities, support and services so that they can better meet the growing needs of their ageing community;
- Support with developing and embedding “age friendly” policies collectively at a neighbourhood level;
- Supporting collaboration in developing age friendly activities at a neighbourhood level which may help with pooling resources and enabling a better variety of activities throughout the week;
- Dedicated small scale funding pot at neighbourhood level for older BAME people activities, e.g. Local Neighbourhood Fund.

From the individuals engaged in this study it is clear that not only is the support infrastructure not meeting needs, but a deep well of untapped social capital exists which could be utilised to enhance community level interaction and support.

South Asian Community (individual) – what can be done?

- Better availability of information about services and activities in the local area and city wide with a specific focus on how men and women are reached and engaged;

- Better understanding of best places and methods for getting information to the older South Asian Community;
- Better understanding of the activities local older people want, e.g. creative activities, walking and exercise, social activity, trips, space for talking e.g. men's room (similar to a majlis which are men's room spaces for men to meet informally) e.g. women's activities; walking/exercise activities around the areas aging community likes e.g. parks, shopping;
- Explore developing south Asian community WhatsApp groups or local Facebook pages e.g. like Levi massive¹ and like Noor Masjid;
- Opportunities to grow untapped informal volunteering and peer support.

¹ See <https://www.facebook.com/groups/295500227146054/>

1. Introduction

Ageing Better, a programme set up by The National Lottery Community Fund, the largest funder of community activity in the UK, aims to develop creative ways for people aged 50 and over to be actively involved in their local communities, helping to combat social isolation and loneliness.

As part of this programme, a research project has been developed exploring the types of social infrastructure that people aged 50 and over from Black, Asian and Minority Ethnic (BAME) communities use in specific places.

There are 14 local partnerships delivering Ageing Better across England and 5 of these are taking part in this project: Birmingham, Camden, Hackney, Leicester and Manchester. This research is being delivered through Ambition for Ageing and the focus of this project is South Asian Community and in the local areas Longsight and Levenshulme, Manchester.

The aim of the project is to understand how BAME-led organisations engage with members from their community, what services they provide and how this might have changed over time and to explore how individuals from BAME communities use places, organisations and services for social contact and interaction.



Levenshulme Market

2. Local context

Local population

Levenshulme and Longsight wards had similar populations until 2011, when Longsight started increasing at a faster rate. In 2019, Levenshulme's population is estimated at 16,277 while Longsight's population is estimated at 18,511. The projected average population increase in Levenshulme is 1.1%, however in Longsight is 1.8% (Manchester: 1.7%). The total population increase between 2018-2027 is projected as 10.3% in Levenshulme and 16.2% in Longsight (Manchester: 15.3%).

Age profile

Levenshulme and Longsight have a similar age profile, however Longsight has a larger share of the population under 21 than Levenshulme. Both wards have significantly smaller share of the population aged between 18 and 30 than Manchester as a whole.

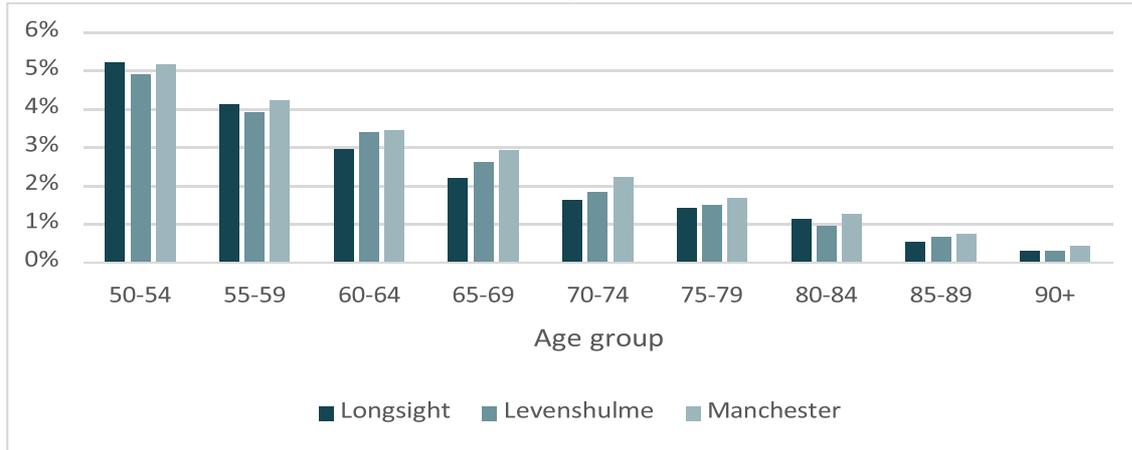
Figure 1 – Age profile (Single year)



NOMIS, 2017

Looking in more detail at the over 50 population, Longsight has a slightly larger share of population in the 50-54 and 55-59 age groups than Levenshulme, however this pattern reverses for 60-64 to 75-79 age brackets. On the whole, 19.5% of the Levenshulme population is over 50, a marginally higher 20.1% in Longsight and for comparison, 22.1% in Manchester.

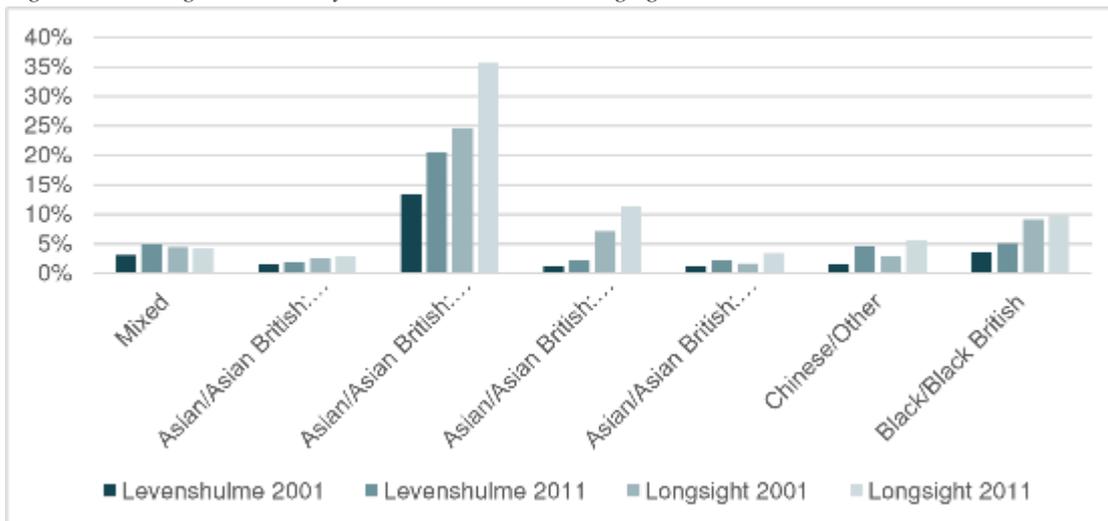
Figure 2 – Age profile (5 year age brackets 50+)



Ethnicity

In 2001 Levenshulme was 26% BAME while Longsight was 53% BAME with Asian/Asian British Pakistani by far the most dominant ethnic group. Between 2001 and 2010 the BAME population of both areas increased significantly, reaching 61% BAME in Levenshulme and 73% in Longsight.

Figure 3 – Changes in ethnicity in Levenshulme and Longsight – 2001 to 2010



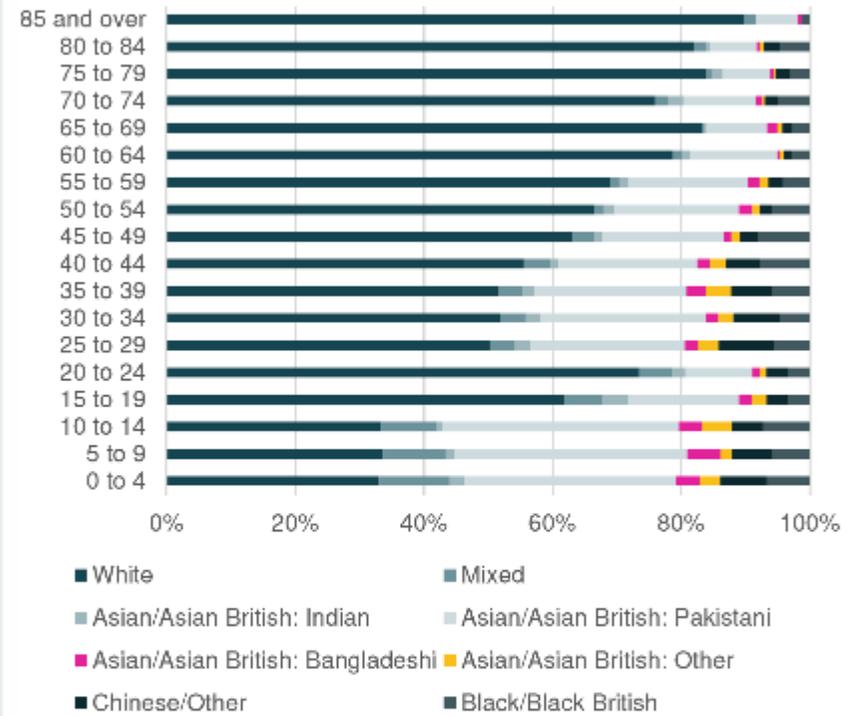
In terms of the over 50's population, a total population of 3,402 (27%) in Levenshulme in 2001 has reduced to 2,911 (19%). However, the BAME over 50 population grew from 408 to 705 in the same period. The over 50 population in Longsight also reduced, from 3,059 (19%) to 2,258 (15%) between 2001 and 2010, however the BAME over 50 population grew from 990 to 1,329.

Both Levenshulme and Longsight have a high shares of young adults (15 to 25) from white ethnic groups, attracted by in large by the availability of housing, particularly houses of multiple occupation which attract students and young professionals.

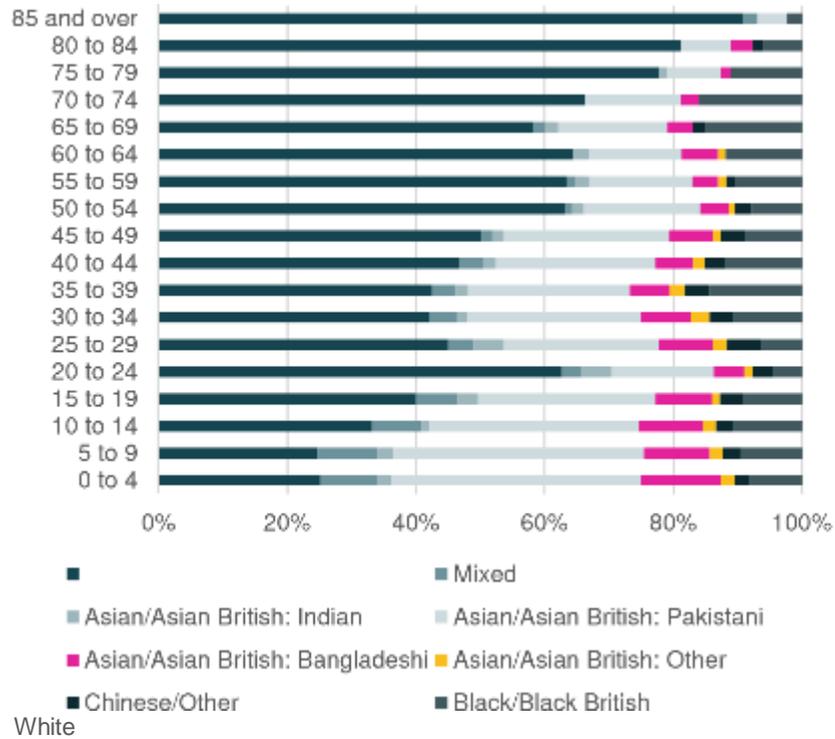
Levenshulme, 2001



Levenshulme, 2011



Longsight, 2001



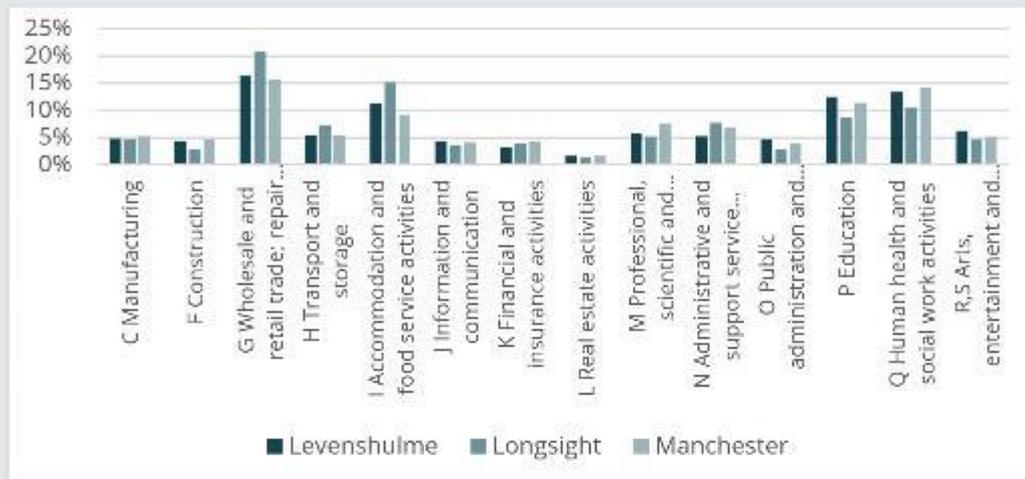
Longsight, 2011



Economy

Wholesale, retail, repair of motor vehicles and motorcycles and accommodation and food service activities make up a significant part of the local economy in Levenshulme and Longsight, with the A6 corridor a centre for shopping and services for the community. Education and health and social work also feature as important parts of the local economy.

Figure 4 - Industry



Census, 2011

In Longsight, 47% of those in employment worked in sales and customer service occupations, as process, plant and machine operatives and in elementary occupations, occupations that tend to be lower paid, compared to 36% of the Levenshulme population and 32% of the Manchester population. At the other end of the occupational scale, 38% of the working population in Levenshulme were managers, directors and senior officials, working in professional, associate professional and technical occupations, compared to 27% in Longsight and 40% in Manchester as a whole.

Figure 5 - Occupation



Census, 2011

Deprivation

The combined Lower Super Output Areas (LSOA's) of Levenshulme in 2019 are ranked in the top 14% of most deprived in England & Wales, a slight deterioration from 2015, when the average rank of the LSOA's placed it in the top 15% of deprived places. Longsight is ranked as more deprived than Levenshulme, with the average rank of its LSOA's placing it in the top 8% of most deprived places, there has however been a slight improvement over the last 4 years, as the average rank in 2015 placed Longsight in the top 7% of most deprived places.

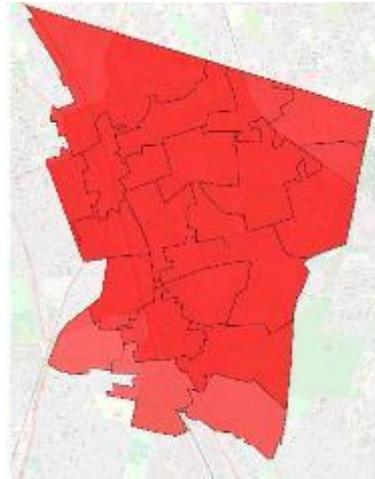
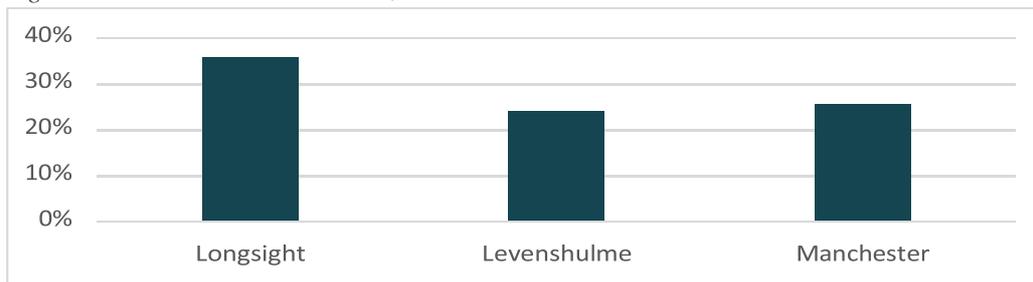


Figure 6 – Index of Multiple Deprivation 2019

Pension Credit

As an indicator of pensioner poverty is the rate at which Pension Credit is claimed. Those who are eligible for Housing Benefit and are over State Pension age are eligible for Pension Credit, and while there are issues with the take up of this benefit, it does serve as a proxy for pensioner poverty. In Longsight, 36% of those over the State Pension age in 2017 were claiming Pension Credit compared to 24% in Levenshulme and 25% in Manchester as a whole.

Figure 7 – Pension credit claimants, 2017

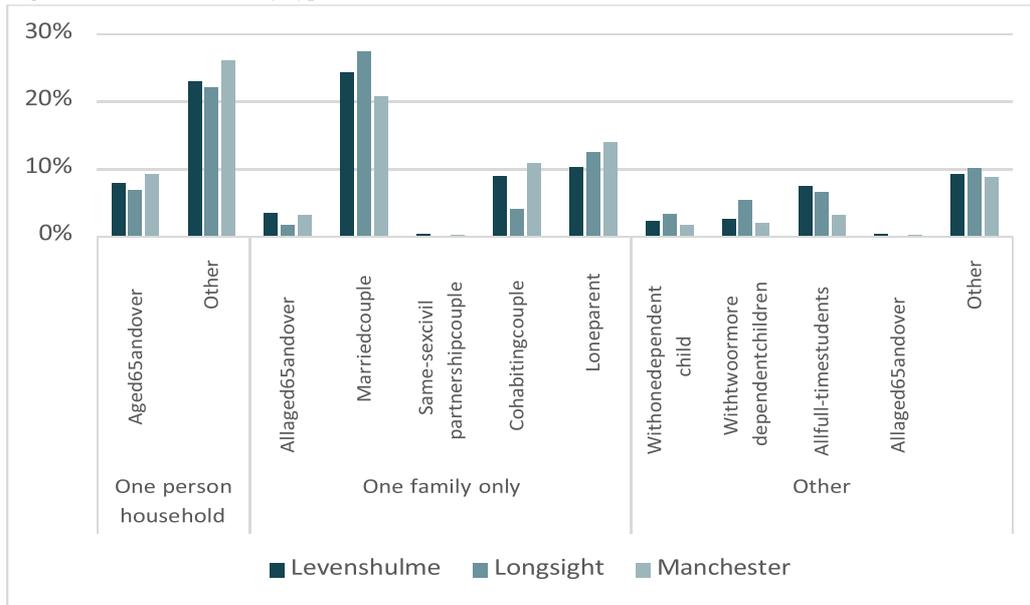


ONS, 2017

Housing & households

In the last Census, 5,366 households were recorded in Levenshulme and 4,767 in Longsight. Single person and married couple households represented the largest share of households. 10% of households in Levenshulme and 9% of households in Longsight were households over 65 years of age, with 8% and 7% respectively single person households over 65, compared to 9% for Manchester as a whole. Cohabiting couples were much more likely to be found in Levenshulme than Longsight, and both places had 7% of households registered as student houses, compared to 3% for Manchester as a whole.

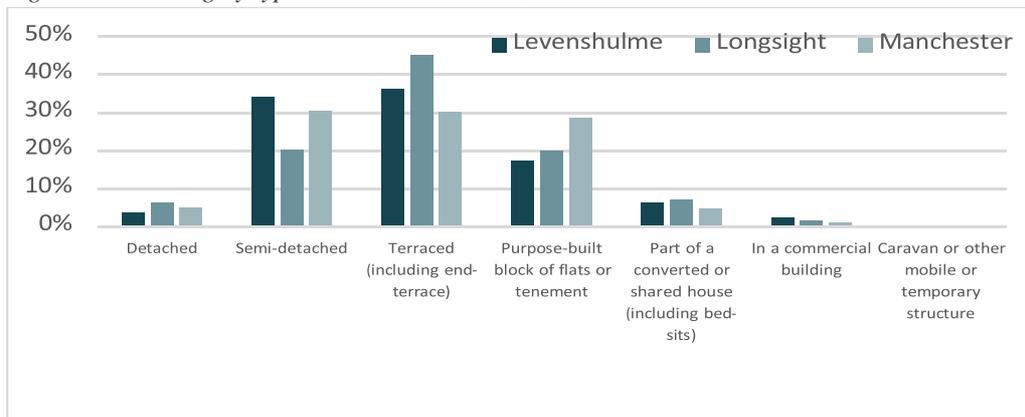
Figure 8 – Households by type



Census, 2011

Levenshulme has significantly more semi-detached property than Longsight (34% vs 20%), while Longsight has significantly more terraced property (45% vs 36%). Both Levenshulme and Longsight have less purpose-built flats as a share of the total housing stock than Manchester as a whole, however both have a larger share of converted or shared houses than Manchester as a whole.

Figure 9 – Housing by type



Census, 2011

Health

The Mosaic dataset for Manchester (from December 2015) indicates the extent of households who need intensive support. 18% of all households in Longsight contain people whose social circumstances suggest that they may need more intensive levels of support to help them manage their own health and prevent them becoming high users of acute healthcare services in the future. However, 30% of all households in Levenshulme wards contains people whose social circumstances suggest that they may need high or very high levels of support to help them manage their own health and prevent them becoming high users of acute healthcare services in the future.

Leisure facilities

As established Victorian communities, both Levenshulme and Longsight have an extensive ser of well-established parks and open spaces, from sports clubs, to allotments, from formal parks to nature reserves.

Levenshulme	Longsight
Cringle Park Tonbridge Road Allotments Levenshulme Allotments East Levenshulme Cricket Club Levenshulme Crown Green Bowling Club Highfield Country Park Chapel Street Park Greenbank playing fields/park Fallowfield Loop	Crowcroft Park Birchfields Park Longsight Town Park North Nutsford Vale Annie Lees Playing Fields Belle Vue Stadium

Levenshulme

Greenbank Park includes a children’s play area, a multi-use games area, bowling green and tennis courts. The park is also located directly across the road from Greenbank Playing Fields, a multi-acre expanse of land. The playing fields include an outdoor gym, a ‘circular health walk path’ and multiuse games area. Both include bins and benches and wheelchair and pushchair accessibility. Highfield Country Park is a 70-acre (280,000 m2) area of open land, situated on the east side of Levenshulme. Much of the park is not manicured, nature taken its own course.

Longsight

Crowcroft Park was one of the early Victorian parks of Manchester with well laid out flower beds, a bandstand, floral borders and several cricket and football pitches. Prior to 2001 the park had fallen into decline, but with the appointment of a dedicated Park development officer and partnership working with the local community the park has been transformed.

Public transport & accessibility

Levenshulme and Longsight are located along the busy A6 road corridor which connects Stockport and Manchester. The area is connected to these urban centres and further afield via bus and rail services.

Bus services

Levenshulme and Longsight are well serviced by bus routes between Hazel Grove (Stockport) and Manchester (North/South) along the A6 corridor, with individual services running at frequency at 10 minutes in peak hours, meaning that between the 191,192 and 197 there are bus services to Manchester and Stockport every couple of minutes in peak commuting hours. During weekdays these services operate till around 1am and run through the night during the weekends. Journey times are approx. 30 mins. A weekly unlimited travel pass is £16.

Other services traverse the area East/West with services connecting the area to Hyde and the Trafford Centre (out of town shopping centre in Trafford Park). The 171 and 172 connect Newton Heath to Withington Hospital.

- 150: Hyde - Denton - Levenshulme - Chorlton - Stretford - into Trafford Centre
- 171: Newton Heath - Gorton - Levenshulme - West Didsbury - Withington Hospital
- 172: Newton Heath - Gorton - Levenshulme - West Didsbury - Withington Hospital
- 191: Hazel Grove - Stepping Hill - Stockport - Levenshulme - Longsight – Manchester
- 192: Hazel Grove - Stepping Hill - Stockport - Levenshulme - Longsight – Manchester
- 197: Manchester - Longsight - Levenshulme - Green End – Stockport

Rail services

Rail services from Levenshulme Railway Station to Manchester start around 6am and run at frequencies of 15-20 minutes in peak hours, reaching Manchester Piccadilly in 8 minutes and Stockport in 6 minutes. A weekly ticket between fixed stations is £14.50 per week. Levenshulme railway station is however not accessible, with the only access via a flight of stairs. This has been the subject of a long running complaint from the community.

Belle Vue train station on the border of Longsight and Gorton serves Manchester and Sheffield with peak frequencies of 30 minutes. A weekly ticket is £12.

Cycle routes

Levenshulme and Longsight have a mixture of on road and pavement cycle lanes along a number of back roads, however Stockport Road does not have cycle lanes. The Fallowfield Loop, a disused railway line converted into a walking and cycling route connects Levenshulme and Longsight to Chorlton and the River Mersey green corridor.

3. BAME led organisations

Engagement with older people

The neighbourhoods of Levenshulme and Longsight are served by a diverse range of community and voluntary organisations. General mapping of the areas shows that there is a diversity of organisations serving the BAME community and these include a range of churches and mosques, community centres e.g. Pakistani Community Centre, Jain Community Centre, Jabez. There are a good range of other broader community organisations serving the whole community e.g. Inspire Community Centre, Slade Lane Neighbourhood Centre, Levenshulme Old Library and Levenshulme Community Association.

The BAME community is well served across Longsight and Levenshulme with places of faith, especially mosques for the majority Muslim community in the area, community centres that are specific for the south Asian community e.g. Pakistani resource centre or general and open to all e.g. Inspire Community centre. In the context of the size of the BAME community, the local area is less well served by community groups and organisations specifically for the BAME community where they can access support and services and less well served by distinctive services targeted at the BAME community and its needs?



The organisations interviewed have a significant reach into the communities they work with and support. Whilst all of them are open to the community they do have a particular focus area in terms of community e.g. Bangladeshi Women's

² For the purposes of this report the following BAME lead organisations were interviewed: Bangladeshi Women's Organisation, Women's Voices, Himmat, Rethink Rebuild Society, Yarran, We Matter, Noor Masjid and Vision 2020. Details for these organisations are provided in the table below showing their makeup, services and reach.

Organisation's (BWO) main focus is Bangladeshi women as they provide specialist language and culture specific services, Himmat mainly attracts Pakistani women and Yarran's focus is on Farsi speakers. Whilst all of them attract older people to their services very few have a particular focus on older people e.g. BWO have recently started an older women's lunch group. Apart from them none of the other groups have any specific services designed for older BAME people. There is no BAME specific older people's organisation in Longsight and Levenshulme.

The engagement methods used by the sample organisations are varied and include, leaflets, social media, WhatsApp group, other forms of social media, telephone, outreach and word of mouth.

Their reach is extensive and for some beyond the local area e.g. Rethink Rebuild, Noor Masjid and Yarran have extensive reach beyond Manchester as their communities are more dispersed widely in smaller groups whereas groups like Bangladeshi Women's organisation, Women's Voices and We Matter have a local focus and serve large local communities. The most effective methods of engagement for most of them are face to face, outreach and word of mouth.

In recent years and for some newer communities, social media has become more important as a method to communicate where they are trying to reach more widely dispersed communities and where new communities are more familiar and used to this method of communication. Some of our traditionally settled communities e.g. Pakistani and Bangladeshi these technologically advanced communication methods are less favourable.

Case Study – Noor Masjid WhatsApp Group

- *500 members*
- *Daily multiple messages*
- *Hooked into worldwide network*
- *Facility to identify non-attendance, followed by phone call*

A good practice model used by Noor Masjid to communicate with members about services at the Mosque.

Could be replicated at a neighbourhood level for south Asian older people

Challenges to engaging older people

Older people face challenges with mobility and travel, with the cost of travel a barrier. Limited access to community transport and limited capacity to organise shared transport and family members unavailable to help prevents older people from maximising opportunities. Building trust and relationships is key to enabling older people, we found for example an older user (73 yr.) travelling from Cheetham Hill by taxi (over 5 miles) to access service at Women's Voices in Longsight due to the relationships built with the staff.

These challenges have been there for some time and it is continuously important to address these issues. However, some of the new emerging issues for the South Asian community include changing family structures as increasingly children are moving/having to move away due to work, and this can be outside of Manchester and at times abroad. Community organisations are increasingly being asked by the children of older people if they have services

and support on offer as their parents need help, they are isolated and lonely because it's difficult for them to find appropriate support and services.

We do now see increasing numbers of South Asian older people living alone and more dependent on local support and services including friends and neighbours.

Services for South Asian Older people

All the organisations interviewed understand the needs of older people in their community and want to do more but lack resources and capacity.

Amongst the eight organisations only one had developed (recently) a dedicated service for older Bangladeshi women, a Tuesday lunch club. Women's Voices ran a lunch club for older south Asian women for a few year's but it came to an end due to lack of funding. Noor Masjid run a funeral scheme for its members. They all have 50 + users as part of their user base but they do not target older people specifically and do not have specific services and support.

Mosques generally have a high rate of 50+ attendees and mainly men. They recognise that an increasing number of their users have health concerns and they do need to consider providing services and support that meets their need e.g. more chairs available for praying as some of the older users can no longer easily pray on the mats. We Matter attracted a number of 50+ women to its weekly friendship group but its funding is coming to an end and they fear that they will have to close the service.

Partnership working

There were some varied responses on the effectiveness of partnership working. All organisations were supportive of collaborative working and supporting the development of the local area and their cause, but there were differences of opinion as to the mutual benefits of partnership working. Established and comparatively better funded organisations have a positive approach to partnership working e.g. Bangladeshi Women's Organisation in Longsight has extensive partnerships with a wide range of organisations.

Case study - Bangladeshi Women's Organisation: Partnership working

Organisations they have worked with:

- *Manchester BME Network*
 - *Northmoor Rd Community Centre*
 - *WEA*
 - *Manchester City Centre*
 - *Maya Project*
 - *Women's Voices*
 - *University of Manchester*
 - *GMP*
 - *OddArts*
-

Other organisations, less funded and resourced, report the difficulties in developing equal partnerships and barriers to securing funding outside of partnership working. This makes it difficult for organisations that are not long established because they have been set up in response to the needs of new arrival communities over the last ten years.

Case study - We Matter - Really local

Locally lead dependent on small pots of funds to run really effective support for local women and a big reach through word of mouth. Reach deep into the community. They do not have the capacity to develop partnerships. They get good support from the local church that provides space for meetings.

Map of support organisations

All of the organisations are located along or close to the A6 corridor, with 4 located in Longsight (north) and 3 located in Levenshulme. We Matter does not have a physical base but operates across Levenshulme and Longsight.

Works from home

Logos shown on the left side of the map:

- We Matter
- YARAN ART AND HERITAGE
- Rethink Rebuild Society
- Annapurna

Logos shown on the right side of the map:

- Women's Voices
- Himmat SUPPORT CENTRE
- V2020
- MASJID E NOOR

Table 1: BAME led organisations

Org.	Location and operation	Community of Focus	Aims	Services	Staff, Volunteers and Reach	Level of engagement with 50+	Future
<p>We Matter</p> 	<p>Longsight Organiser works from home</p>	<p>Open to everyone but because of the local demographic its main beneficiary is BAME women including: Pakistani Bangladeshi Afghan Saudi Arabian</p>	<p>To improve lives of people living in Longsight with a focus on Hamilton Rd as a hotspot. It's a friendship group</p>	<p>Runs a Friendship Group For socially isolated women -weekly meetings @Jabez community centre Includes talks, activities, trips and peer support</p>	<p>There are no staff just sessional worker depending on funding. They have 6 volunteers</p> <p>They reached about 200 BAME women over the last year</p>	<p>The age group they reach and include are 20-80 with 25% over 50 They see the need for work for older people particularly women and would like to organise a luncheon club, but they don't have any base/space or funding</p>	<p>Their funding is coming to an end and they are unsure about the future.</p>

Org.	Location and operation	Community of Focus	Aims	Services	Staff, Volunteers and Reach	Level of engagement with 50+	Future
Yaran 	Longsight Roby Church 307 Dickenson Rd, Longsight	A self-help group providing support to people of all communities while having a natural affinity to the Iranian (and middle eastern) community due to their cultural background and knowledge of the Farsi language. They are increasingly contacted by Farsi speaking refugees from Syria, Afghanistan Kurdish speaking Iraq and Iran and agencies seeking support for their Farsi speaking clients who have fled conflict in their countries of origin. They support adults 18+ and both men and women.	To support the Iranian community to develop healthier quality of life and so preserve the cultural heritage of the Iranian community in Manchester.	Outreach activities Counselling sessions Community engagement Projects have included: Farsi Depression group Speak up Speak out Here to Help They have a number of active volunteers and organise cultural events	They have 4 therapists and 12 volunteers They have a large and far reach across Greater Manchester for their counselling and support services. They attracted a few hundred people to their New Year celebrations for 2019 Its unique service for Farsi speakers.	4 of their volunteers are 50+ and highly qualified. Their service is not targeted at 50+ but about 20 % of users are 50+	They are aware of the main challenges for the older members of their community and would like to do more if they had capacity and resources e.g. More intergenerational work, drop in, breakfast and lunch clubs, more social activity and volunteering opportunities.

Org.	Location and operation	Community of Focus	Aims	Services	Staff, Volunteers and Reach	Level of engagement with 50+	Future
Women's Voices 	Longsight Burhan Centre 81 Beresford Rd Manchester M13 0GX	Open to all women. Main groups accessing services at Women's Voices include, Asian, African, Middle eastern. Primarily Pakistani women reflecting the demographics of the local area.	To empower disadvantaged women by providing training, skills, one to one support, personal development, confidence building and have a voice.	Drop in sessions Advice and information Health & Wellbeing, beauty, flower making/crafts, Sewing, Knitting and Crocheting English Classes Creative Writing IT Classes Car Theory They also provide 11 + tuition for children in Math and English and 1-21 tuition is available for GCSE and A levels	1 part time paid member of staff 7-10 volunteers They reach about 200+ women per year	They used to have a 50+ group every Thursday but due to capacity and resources they were unable to continue as many of the users needed support with transport. However, a number of their users are 50+ and some come from as far as Cheetham Hill because of the support she gets from women's Voices and wants to move to Longsight	They understand the needs of the older BAME community and would like to do more but are restricted due to funding and resources. They did run a 50 + BAME women's group for 3 years but could not continue due to funds. They are facing funding challenges for the future.
Org.	Location and operation	Community of Focus	Aims	Services	Staff, Volunteers and Reach	Level of engagement with 50+	Future

<p>Himmat</p> 	<p>Longsight Midway Business Centre 703 Stockport Rd Manchester M12 4QN</p>	<p>Himmat is a support centre for carers of people with a learning disability and physical disability from a South Asian background. Most of their users are Pakistani (75%) with some from the middle eastern community 90 % are women</p>	<p>Supporting South Asian carers to be more independent Promoting health and wellbeing for carers</p>	<p>Drop in Information and advice every Monday and Tuesday Outreach through home visits Monday coffee mornings Monthly support group meetings</p>	<p>3 part time staff 3 volunteers And they have some 60 carers who access their services</p>	<p>They don't focus specifically on 50+ but some of their service users are 50+ They are aware of the challenges and needs of 50+ in their community</p>	<p>They would like to reach out to 50+ community as they are aware of issues of isolation and loneliness and access to services and support. Their current resources are focused on carers and they would need more resource and capacity to reach 50+</p>
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Org.	Location and operation	Community of Focus	Aims	Services	Staff, Volunteers and Reach	Level of engagement with 50+	Future
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<p>Vision 2020</p> 	<p>Levenshulme 1 Mathews Lane Levenshulme Manchester M12 4QW (Use the Church Hall for meetings and activities)</p>	<p>BAME communities especially young people in the main. They do attract some other communities including polish and new European migrant communities. Supporting disadvantaged communities</p>	<p>Established in 2009: Reduce anti-social behaviour among young people through productive engagement Empower young people of varied backgrounds (especially BAME) with actionable tools for real life situations Prepare young people for leadership roles Lay foundation for health and wellbeing through sport Provide positive opportunities through fun activities</p>	<p>Training and leadership activities and local projects Transnational projects Social sports</p>	<p>It is dependent the funding and lead member who is paid through funded project work otherwise it its totally dependent on volunteers</p>	<p>They are aware of all the challenges older people from their BAME communities face. It's not an area of focus for as their focus is young people, but they do get older members coming along and wanted a space to meet and socialise</p>	<p>Funding is a challenge for them and with Brexit they are anxious about their transnational work. They can only run local activities when they have funding</p>
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Org.	Location and operation	Community of Focus	Aims	Services	Staff, Volunteers and Reach	Level of engagement with 50+	Future
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<p>Rethink Rebuild Society</p> 	<p>Longsight Unit 7 Longsight Business Park Hamilton Road Manchester M13 0PD</p>	<p>Rethink Rebuild Society provides community assistance and support to improve lives and promote aspirations of refugees, asylum seekers and immigrants in the UK. Their main focus is the Syrian Community.</p>	<p>Established in 2012 to promote the integration of the Syrian community coming to the UK</p>	<p>Awareness raising, Information and advice Celebration events Trips Annual Syrian Festival Advocacy Fundraising</p>	<p>5 part time staff 10 volunteers</p> <p>They have a wide reach and 3000+ access their services</p>	<p>There focus is all the community but many 50+ access their services and are members</p>	<p>They are aware of the needs of the older Syrian community especially those who recently arrive and are new to the UK. It's very difficult for them especially with language, culture and understanding of the system and how to access services. They can be very lonely and isolated</p>
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Organisation	Location and operation	Community of Focus	Aims	Services	Staff, Volunteers and Reach	Level of engagement with 50+	Future
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<p>Noor Masjid</p> 	<p>Levenshulme Woodford Ave Manchester M19 3AP</p>	<p>This is a Shia Muslim mosque serving the Bhora community It serves a community stretching across Greater Manchester and beyond</p>	<p>To promote the religion and faith Provide education and learning Address poverty</p>	<p>Prayer services Events Food distribution to the member community Education (madrassa) Health and social activity Funeral services Marriage arrangement Young volunteers</p>	<p>Totally volunteer run 16 volunteer trustees 20-30 volunteer members</p> <p>They have a large reach to their community and have some 500 members</p>	<p>A large number of their members are 50+ (most of the advisory committee is 50+) are but they do not have any specific services that are targeted at 50+. They have a scheme for funeral costs</p>	<p>They are aware that their older members have specific needs e.g. transport and mobility issues to come to the mosque. The Mosque has a strong income base generated by themselves through their community through a form of membership fees. They have a WhatsApp group for all members and through this they are able to reach everyone.</p>
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Organisation	Location and operation	Community of Focus	Aims	Services	Staff, Volunteers and Reach	Level of engagement with 50+	Future
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<p>Bangladeshi Women's Organisation</p> 	<p>Longsight 360 Dickenson Road Manchester M13 0NG</p>	<p>Well established organisation. Supporting BAME women and the main client group is Bangladeshi women</p>	<p>Be an empowerment service for women by women To provide different services for Bangladeshi women in a safe environment Provide valuable services for disadvantaged women To work with others to improve the lives of Bangladeshi women</p>	<p>Coffee mornings Keep fit and massage Drop in Advocacy Yoga Lunch Club, talk English ad sewing English class, Swimming, Carers group, Employability skills (1-2-1 support) young girl's group</p>	<p>7 staff and 30+volunteers They are a busy centre and 600+ access their services annually</p>	<p>They are aware of the needs of their 50+ community and provide some services e.g. Lunch club and yoga aimed specifically at 50+ They have linked up and taken users to other 50+ groups e.g. We Matter Red Cross are working on Social Isolation in the Bangladeshi community and have delivered sessions at BWO</p>	<p>They want to continue to develop their 50+ offer They would like a specific worker for the 50+ community as there is a high demand from children of older people who want their parents to have some activity</p>
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4. Important social infrastructure for older members of South Asian communities

Research participants

This section of the report details the 14 South Asian older people living in Longsight and Levenshulme who took part in this study (see figure 10 for more details).

- Participants ranged in ages from 52 to 79 years of age. The largest age bracket was 60-64 (6 people).
- Half of the sample (7) reported health issues ranging from limited mobility due to a stroke, to heart problems/heart bypass, diabetes, cataracts, hernia, gallstones and use of anti-depressants.
- 6 out of 14 reported caring responsibilities, with husbands with health issues, and individuals looking after children, with one respondent looking after a foster child.
- Only 1 out of the 14 participants was working, while 6 reported being unemployed and the remainder were retired.
- All 14 participants completed their diaries and 12 participants completed their in-depth interviews. The reasons for non-completion for the 2 participants was due to ill health (shingles, family member taken to hospital, general ill health).

Figure 11 provides a summary of activity at individual participant level, highlighting diary completion and interview participation. Here we present a list of the top 3 places visited and their social media activity which can be read against their general health and whether or not they are active volunteers. Surprisingly, poor health and activity levels did not correlate as expected and a number of individuals continue to be active despite their health complaints. Social media use was frequently high where activity was limited, often as a really important way of keeping in touch with family and friends elsewhere and abroad. All but one household was an extended family household, challenging widely held assumptions and confirming that family structures have changed in south Asian communities.

Figure 10 – Participant demographics

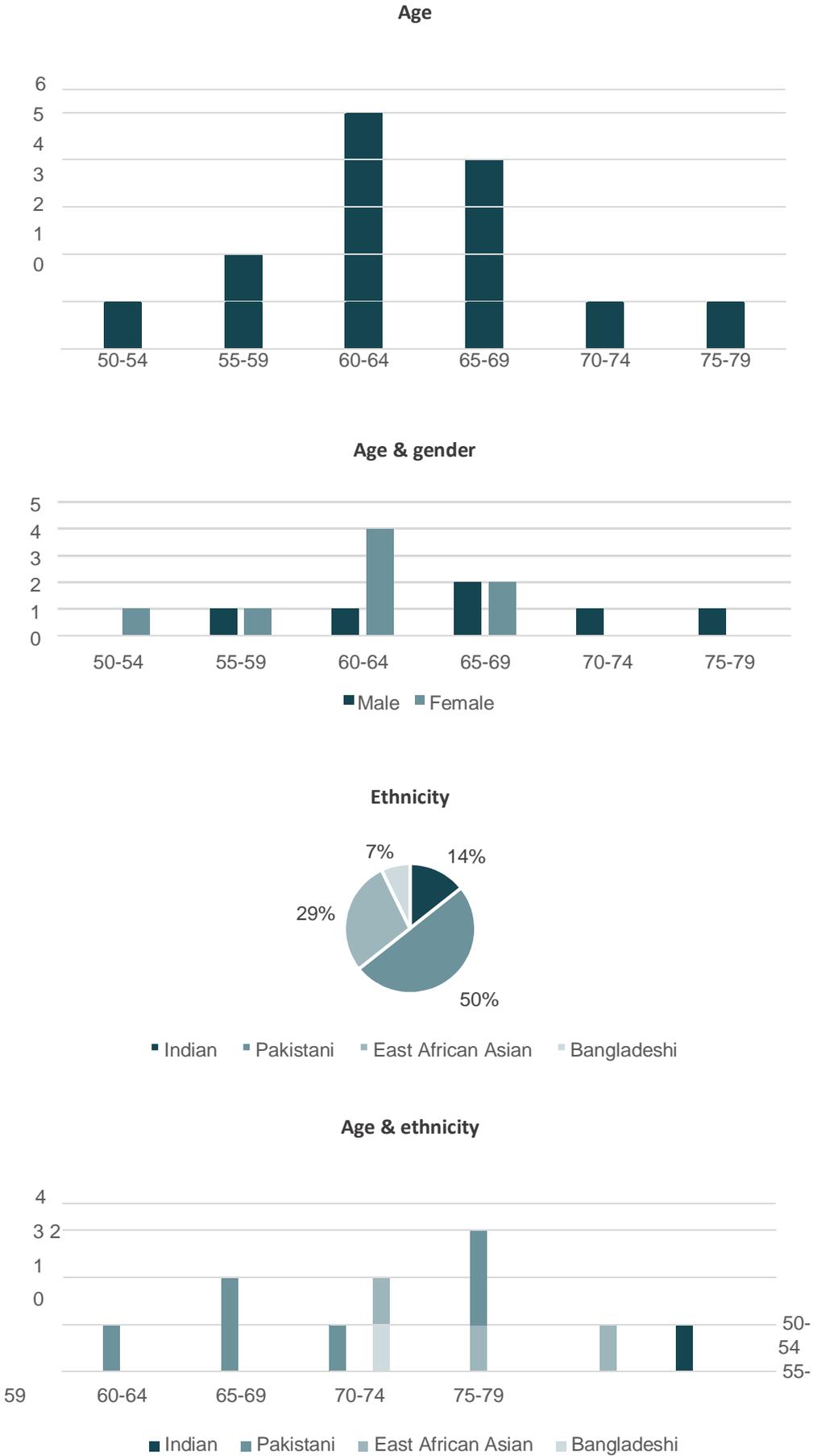
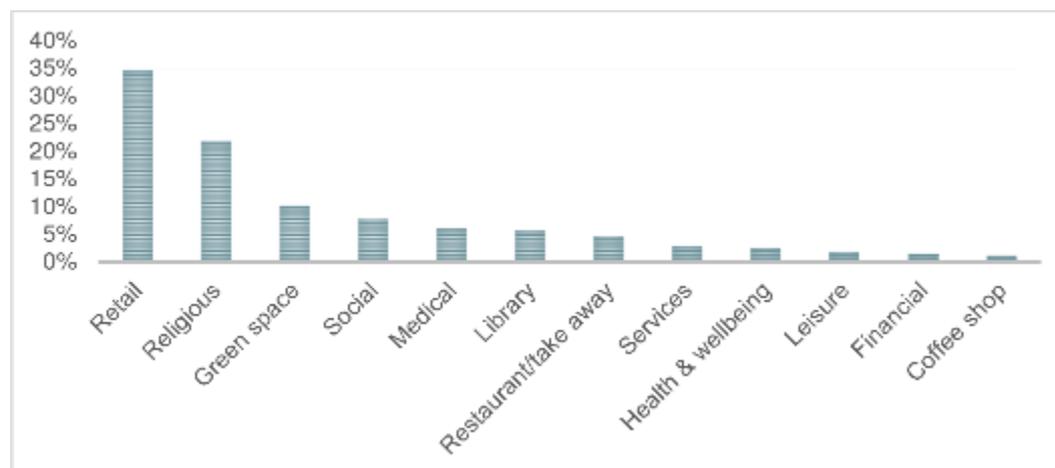


Figure 11 – Activity by participant

Participants	Diary	interview	Top3 Visitedplaces	Poorhealth	Neithergood orbad	Goodhealth	ActivityLevel	Socialmedia Activity	Volunteering
1	✓	x	No in depth interview		x		Limited	Low	x
2	✓	x	No in depth interview	x			Limited	Low	x
3	✓	yes	Mosque Library Social outings			x	High	High	Yes
4	✓	yes	Mosque Exercise Art activity			x	High	High	x
5	✓	yes	Home/family Park Swimming			x	Limited	High	x
6	✓	yes	Mosque Swimming Hospital		x		Limited	Medium	x
7	✓	yes	Cinema Mosque Swimming/ Exercise			x	High	Medium	x
8	✓	yes	Shopping Community group Library	X			High	High	x
9	✓	yes	Family Trafford centre Market	X			Medium	High	x
10	✓	x	Mosque Library Market	X			Limited	High	x
11	✓	yes	Trafford Centre Friends/religion Shopping			x	Medium	None	x
12	✓	yes	Work Mosque Neighbours			x	Medium	Medium	x
13	✓	yes	Mosque Doctors Shopping	X			Limited	Limited	Yes
14	✓	yes	Community centres Church Neighbours			x	High	High	Yes

Places visited

Our 14 research participants recorded 285 places visited over the 2-week diary period, with the most common places visited being retail shops. *Figure 12 – Places visited by typology*



The furthest place visited was Blackpool (omitted from maps – 1 visit), all other visits were within Greater Manchester. Most trips were in south Manchester, with only 1% of visits (3) to places north of Manchester city centre, with visits to the out of town retail shopping area Manchester Fort. 185 out of 285 places visited were in Longsight or Levenshulme (65%). In terms of shopping visits, 100% of financial (bank) and services (barbers) visits were within Longsight and Levenshulme, 71% of retail visits were within the area, with visits to city centre retail (Arndale Centre) and out of town shopping (Trafford Centre and Manchester Fort).

In terms of leisure time health and wellbeing (gym) visits were local while only 48% of green spaces visited were local. Visits to Platt Fields Park and Birchfields Park neighbouring Rusholme and Denton Park, Heaton park and Delamere Park further afield. In terms of visits to institutions, religious institutions accounted for the most visits with 21 visits to Darul Aloom Mosque in Longsight. Darul Amaan Masjid in Hulme is the most visited place outside of Longsight and Levenshulme, with 14 visits. 73% of social (community centres) visits were local with Inspire Café and Community Centre (9) and the Bangladeshi Women’s Organisation (6) accounting for 68%. Community groups/centres visited outside of Longsight and Levenshulme include Birch Community Centre, Burnage Buddies at Burnage Community Centre, and Macc, a city centre based charity (1 visit).

59% of medical visits were within Longsight and Levenshulme, with visits to local medical centres such as Ashcroft Medical Surgery, Ailsa Craig Medical Centre, Surrey Lodge Health Centre, Anson Road Medical Centre, and Longsight Health Centre, with 1 trip record to Rusholme Medical Centre in neighbouring Rusholme. Hospital visits to Manchester Royal Infirmary, The Christie, Trafford General and Wythenshawe Hospital took people out of area. Longsight Library and Learning Centre is the 4th most visited place, it is a state-of-the-art library and Adult Learning Centre, opened in 2010 after a £2.3m rebuilding of a previous library on the same site.

Figure 13 – Share of places visited locally

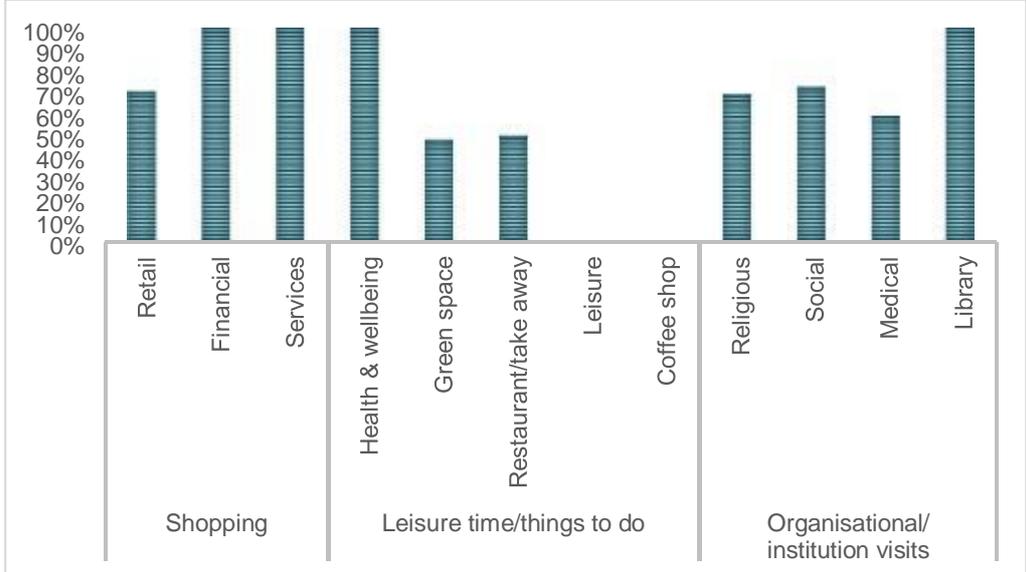


Figure 14 -Greater Manchester (all visits)

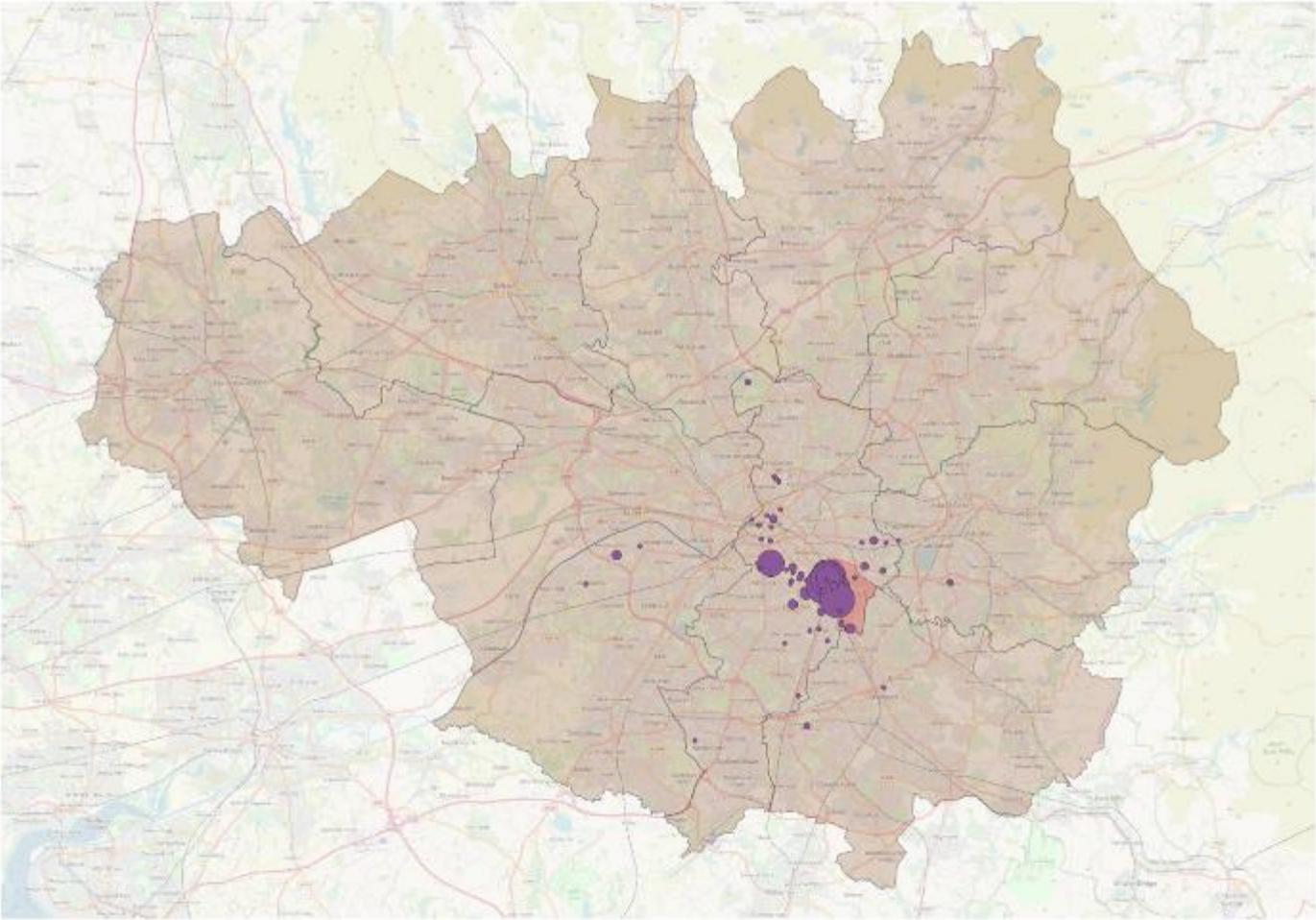
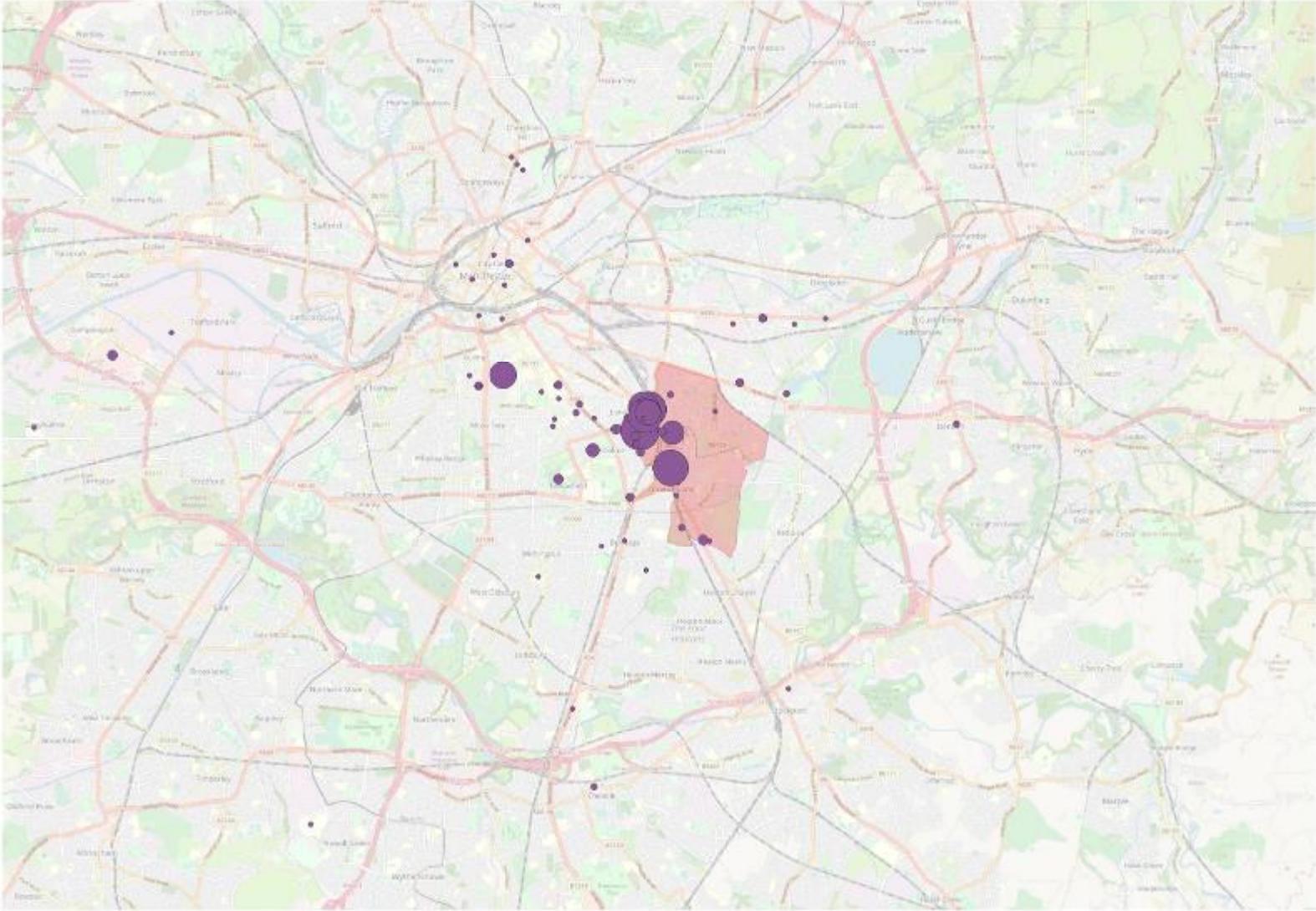


Figure 15 – South Manchester (all trips)



1

21

The top 18 most visited places are presented below, detailing the typology of place as detailed above and the number of times visited.

Darul Aloom Mosque (Religious – 21 visits – most Noor Masjid (Religious – 19 visits) Asda Longsight (Retail - 19 visits) visited place)



Longsight market (Retail - 18 visits)



Longsight Library and Learning Centre (Library – 16 visits)



Darul Amaan Masjid (Religious - 14 visits)



Stockport Road shopping district (Retail - 13 visits)



Crowcroft Park (Green space - 12 visits)



Inspire Café and Community Centre (Social – 9 visits)



Bangladesh Women's Organisation (Social – 9 visits)



Birchfield's Park (Green space - 6 visits)



Arcadia Leisure (Leisure – 5 visits)



Ailsa Craig Medical Centre (Medical – 4 visits)



Trafford Centre (Retail – 4 visits)



Lidl Longsight (Retail – 4 visits)



*Platt Fields Park, Fallowfeild (Open space – 4 visits)
(Financial - 4 visits)*



McDonalds, Monarch Leisure Park Barclays Bank, Longsight Shopping District visits (Restaurant/takeaway - 4



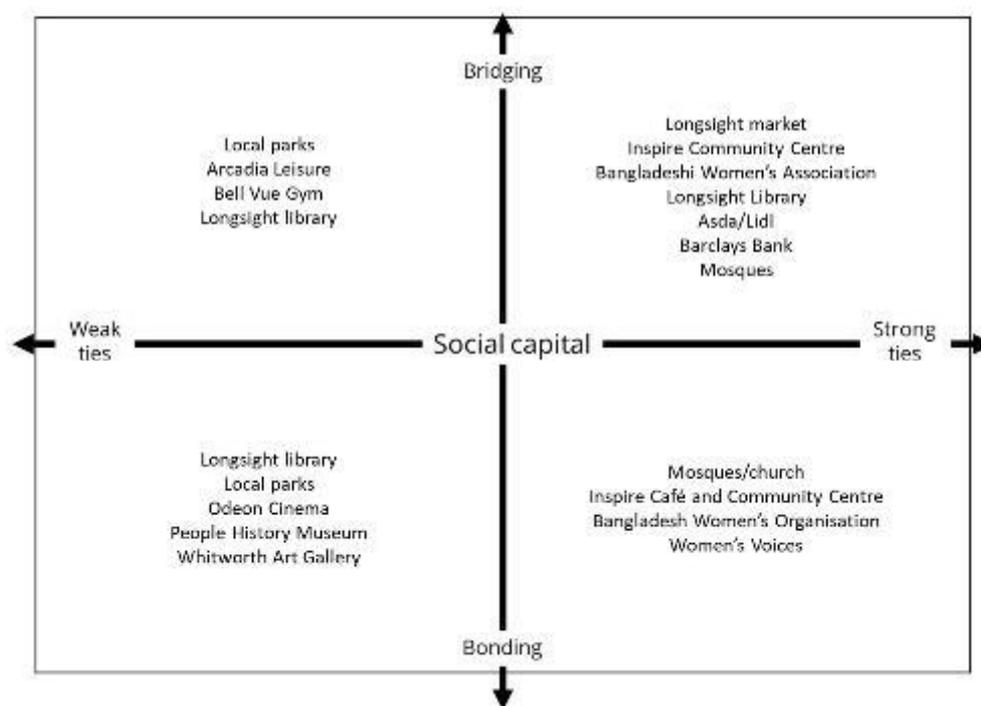
Bonding and bridging ties

Based on the follow up interviews, exploring the ways in which spaces were being used and the meaning and value people ascribed to different places we have developed a schema outlining where spaces contribute to bonding and bridging capital and where this is weak and where it is strong. Some places feature in more than one box highlighting how different individuals had differing experiences of the same places.

By and large, research participants ascribed community spaces and religious spaces as places where they were able to develop strong bonding and bridging ties. With an ability to develop strong personal bonds with family, friends and neighbours over an extended period through a common or shared purpose. Cinemas, galleries and museums provide an opportunity to develop bonding ties with close groups through a shared experience, but these places develop much weaker bonding ties.

In terms of bridging, these spaces provide an opportunity to engage with wider community members outside of close familial circles and learn more about different groups interests and passions. Additionally, the retail environment along Stockport Road is considered an important space for meeting people and chatting and learning the latest news of people's lives. Parks, gyms and the library were also mentioned as places where contact was made with others, but perhaps in a much more fleeting way and therefore these places are described as developing weaker ties.

Figure 16 – Bonding and bridging capital by place visited¹



What did they say about the local neighbourhood?

¹ Based on diagram in Yarker, S (2019) Social infrastructure: How shared spaces make communities work, Ambition for Ageing.



Social media used

Of the 14 research participants, only 1 was not an active user of social media, with 3 having low and infrequent use, a further 3 having regular use of a single platform, and high-level users described as those using multiple platforms on a regular basis.

Figure 17 – Participant extend of social media use

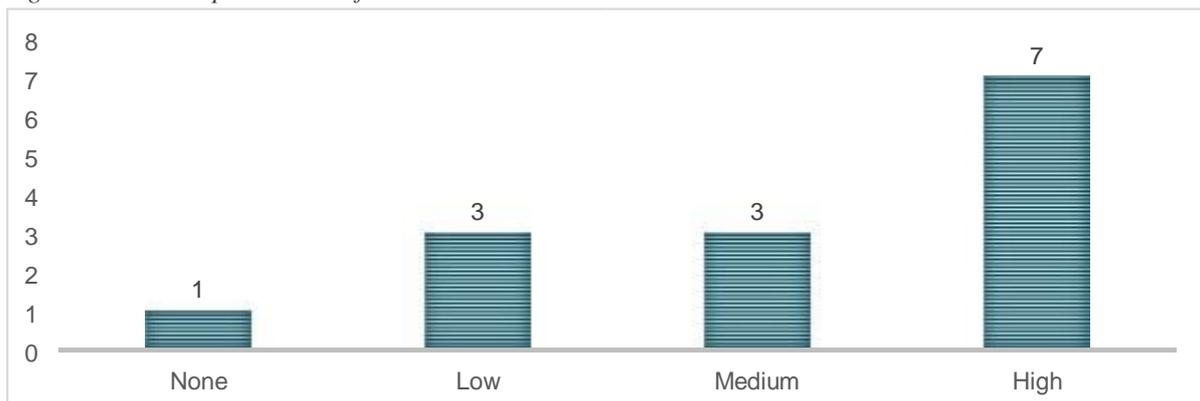


Figure 18 – Social media platforms and main purpose for use

Platform	Main Purpose
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WhatsApp	keeping in touch with family and friends, local and a lot more national and international being a member of a group e.g. mosque, community centre making calls especially video calling ordering prescriptions
Facebook	Keeping up with events and birthdays Sharing photos and viewing photos Market place, selling and buying Sharing news and capturing news and events
Telephone	Talking to family and friends Communicating with services, social services, utilities, doctors Making complaints e.g. telephone service, bills Doctor/hospital appointments and checking results Making call for neighbours e.g. helping them with problems
Facetime	Talking to family
E-mail YouTube Instagram Amazon Asda Viber TV	Service providers, social services, communications about their volunteering work, communicating with family abroad where no other social media available Listening to music, and helping local group with uploading clips Sharing photos Online shopping Online shopping Works better for some places abroad Catching up with news

The most popular and most commonly used platforms included WhatsApp and Facebook, with many engaged in daily use of both of these, however the telephone remains an important tool for this cohort and is relied upon for accessing services, making appointment etc which in a time where many providers are moving to exclusively digital channels, presents a risk to older people and potential to increase isolation.

E-mail was used regularly by some people to communicate about official business or with family abroad where social media was unavailable; online shopping was important for some people for food shopping but also as a market place.

Social media was viewed as most important for keeping in touch with family and friends and especially those who live abroad or far away, and this became more and more important as families and children grow up and increasingly live apart or work away. Social media is important for sharing information with family and friends especially photos given the distance between families and friends in different parts of the world whom they have not seen for some time.

Social media is being used to send messages or news about events, religious celebrations and funerals, and serves as an important method of communication for the south Asian community. Social media also allows people to keep up to date with local news, developments and events happening in their countries of heritage e.g. Kashmir conflict, often providing richer levels of detail than can be gained from Western media coverage of the same events. Those with limiting activity levels (not going out) rely on social media for communications and keeping in touch with people and event in the community.

Appendix 1: Research methodology & reflections

Research methodology

The cohort was recruited through local contacts via the Manchester BME Network (MBMEN) and personal contacts in the area using a snowball effect. Recruitment was not difficult as the older people were keen to engage and welcomed visits by the interviewer and being involved with the research. Each research participant was asked to:

- Keep a 2-week social contact diary tracking on a daily basis (1) physical places visited and (2) use of online and communication technology.
- At the completion of the diary, an in-depth interview was undertaken to discuss the diary activity and their wider views about their neighbourhood.

A series of research tools were provided by Ambition for Ageing, with questions for organisations (about your organisation, who you work with and where, about your services, working with others) and questions for individuals, with 4 parts exploring physical and digital spaces used. A social diary template was provided, which was used as provided.

Participant time was valued, with individuals rewarded with a £20 Asda voucher for completing a diary, and a £20 Asda voucher for an in-depth Interview and a joint trip to Tatton Park as a reward.

Reflections on the research:

- The project timetable was challenging;
- Not planned for situations e.g. illness, religious events (Moharram);
- Caring responsibilities of participants;
- Complex lives for some, lost /misplaced diaries or forgot to do them;
- Diary methodology new to them and maybe not completed in the detail required;
- Language barriers in completing diaries. Would have been useful in Urdu for some;
- Valuing engagement time was important and really appreciated;
- Expectations built that something will change as a consequence of this research;
- Some friendships developed.

Some challenges/ lessons in completing 14-day diary

- Too long a period for older people
- Language barriers for some in completing so support was negotiated for family members to help
- Cultural barriers for some and addressed by asking couples to participate so there was also support for each other as many spend time together anyway
- Illness during 14-day period e.g. one person got shingles, another lost the diary, some were ill
- Moharram (Muslim new Year which is a period of complete devotion) started at the same time as diaries were to start so had to be delayed.