

# **Ancoats, Clayton & Bradford Covid-19 Neighbourhood Support Information**

The aim of this newsletter is to share information about what is available in our neighbourhood. If you have any information you would like including or if you have a need for information on a specific theme just let us know.

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## **The Council has set up a hub to support Manchester's most vulnerable people, and help them cope with the impacts of the COVID19 outbreak.**

We want to help you if you are:

over the age of 70, are self-isolating and have no support network,

- if you have received a letter from the NHS advising you are high risk, or
- You are medically vulnerable according to the government criteria.

We can help with things like:

- Delivery of food
- Delivery of medication
- Combating loneliness
- Managing fuel top-up payments

Help is also available for other reasons, for example if you are a carer, care leaver or young carer. Across the City a community of charities, businesses, community groups and the Council have all come together to make sure you have the support you need during this challenging time. **If you need help you can get it now by calling 0800 234 6123.**

\*We have set up a text to donate function which works as "**text MANCHESTER 10 to 70470**" which would donate £10 to the charity's Covid-19 Community Response Fund. You can donate any whole number from 1 to 20, texts are charged at standard network rate, and you will also receive a text asking you to fill out a very short form for Gift Aid claims which would mean we get an extra 25% to the Fund on your donation for free.

## **A message from our GP Clinical lead, Dr N Khan**

Corona virus pandemic has affected millions of people worldwide, including thousands in the UK. This infection is caused by a virus that can spread from person to person via touching objects contaminated with the droplets generated from coughing or sneezing, or direct contact with a person having the illness.

It can also be transmitted by someone who is asymptomatic (not showing any symptoms of the disease). With no approved treatment for this disease yet, prevention is the only way to stop the spread of illness.

We should strictly follow government advice about social distancing, avoiding unnecessary travel, wash hands frequently and appropriately with soap or clean with sanitisers, and avoid touching the face. We all need to fight this virus together and save our NHS.

## GP Clinical Lead, Dr N Khan talks to radio station ALLDAY FM

Dr N Khan joins ALLDAY FM radio station as a guest speaker to talk about the new ways of working for primary care, providing us with help and advice about living well during the lockdown and much more. Below is the link in case you might have missed it.

<https://www.mixcloud.com/ALLFMBulletin/all-fm-lock-down-bulletin-27520/>

## Video from Dr Ahmed from Cheetham Hill Medical Practice

Dr Ahmed is a GP from North Manchester at Cheetham Hill Medical Practice. In this message, he gives reassurance that NHS services are there for local people's needs in the current lockdown. <https://vimeo.com/412352974>

## Digital Inclusion

Many of us rely on the internet for shopping, information and keeping in touch with family and friends. These digital ways of connecting have proved to be even more important in recent weeks, as we have seen more services go online during lockdown and as we have been encouraged to stay at home.

Digital access is now so essential to the way that we live that it is recognised as a human right. Lack of access isn't just an inconvenience; it affects our health, our social well-being, our educational opportunities and the levels of poverty we experience.

We know in our neighbourhood that lots of local people do not have access to the internet, or the skills or confidence to use it and so digital access is a real priority for us.

In this summary you will find information about two fantastic offers which are tackling digital inclusion with vulnerable residents, including

- People who have internet access at home, but who do not have the skills or confidence to use it effectively
- People who do not have internet access but who would benefit from it

If you have an interest in closing the digital divide please get in touch to see what we can do in our neighbourhood together.

Please contact Angela Beacon - [angela.beacon@manchester.gov.uk](mailto:angela.beacon@manchester.gov.uk), tel. 07507 227 844

Food Provision	
Manchester City Council hub	0800 234 6123 Monday – Saturday 8.30am – 5.30pm Help for people who are over 70, self-isolating and have no support network. If you have received a letter from the NHS advising you are high risk Or you are medically vulnerable according to the government criteria. Help with delivery of food, medication, combating loneliness and managing fuel top ups.

The Mustard Tree (Ancoats)	Food club emergency food parcels – please see website <a href="https://mustardtree.org.uk/2020/03/covid-19-food-deliveries-and-shop/">https://mustardtree.org.uk/2020/03/covid-19-food-deliveries-and-shop/</a>  Shop remains open for food and essential toiletries – 10am – 2pm Monday – Friday
St Cross Church (Clayton)	Food bank normally operates on Friday afternoon from 3pm onwards, If you come across someone who needs help urgently please contact 0161 223 0766.
St Clements Church (Openshaw)	Have set up a small food bank and have produced a few parcels already. The service is open to receiving donations on Tuesday 2-4pm or Wednesday 6-8pm. They have also established a care community team who are happy to help people practically. They can be contacted on <a href="mailto:Care@stclementschurchmanchester.org">Care@stclementschurchmanchester.org</a> or on 07737915353  Other information can be found on the church website <a href="http://stclementschurchmanchester.org">stclementschurchmanchester.org</a>
Rainbow Haven (Openshaw)	Food parcels are also available for distribution – please call:  Amanda 07985 885059 or Sisay 07985 884043  Office 0161 370 3472
Salvation Army (Openshaw)	Salvation Army Openshaw  First floor, Unit 14, Lime Square  Openshaw M11 1DA  Phone: 0161 371 5044  Email address: <a href="mailto:openshaw@salvationarmy.org.uk">openshaw@salvationarmy.org.uk</a>  <a href="https://www.salvationarmy.org.uk/openshaw">https://www.salvationarmy.org.uk/openshaw</a>
4CT The Grange (Beswick)	Accepting both referrals and self-referrals. Able to provide essential supplies – bread, milk, cupboard foods/fresh food  Required;  Name  Address  Contact No.  0161 230 1420 Mon-Fri, 8am-4pm,
Church Of The Resurrection and St. Barnabas (Beswick)	Church of the Resurrection and St Barnabas, Beswick  Food parcels to those in need. Please contact 0161 223 9182
Church Of The Apostles (Ancoats)	Food parcels, pastoral support, self-isolating, supplies  Reverend Ellie Trimble – 07887601451 / 0161 948 4197  *if anyone has tinned or dried food to donate please contact Ellie*
Revive (Beswick)	Dedicated time slots for vulnerable people and NHS staff 8am to 9am Monday to Saturday and from 10am to 11am on Sundays in all our stores. Co-op quick shop, purchase up to 20 items <a href="https://quickshop.coop.co.uk">https://quickshop.coop.co.uk</a>  0161 795 4397
<b>Bereavement &amp; Support Information</b>	
The Gaddum Centre	Families can refer themselves or be referred by any relevant professional. Services are available for children and adults.

	Please contact 0161 834 6069
NHS Bereavement Support Line	<p>A bereavement support line has been set up to support people who have lost loved ones</p> <p>The helpline can offer guidance and advice on dealing with grief and loss</p> <p>It is staffed by trained nurses who are highly skilled and experienced in working with bereaved families</p> <p>NHS Bereavement Helpline 0800 2600 400 and is open from 8am to 8pm</p>
Irish Community Care	<p>For the Traveller community and those of Irish decent. Based across North and Central <a href="#">Manchester</a></p> <p><a href="#">289 Cheetham Hill Road, Cheetham, M8 0SN</a> 0161 205 9105</p> <p><a href="#">893 Stockport Road, Levenshulme, M19 3BG</a> 0161 256 2717</p>
Smithy's Bereavement Group	<p>Join the group for a chat and refreshments.</p> <p>AM – Conran Medial Centre, <a href="#">77 Church Lane, Harpurhey, M9 5BH</a></p> <p>PM – North City Leisure Centre, Upper Conran Street, Harpurhey, M9</p> <p>For further information about the group ring 07482 543 189</p>
The Compassionate Friend	<p>This organisation offers support and care to anyone (parents, siblings and grandparents) who has experienced the loss of a child of any age and from any cause. Support can be offered over the telephone, online or face to face.</p> <p>Telephone lines are open 365 days a year 10.00-16.00 and 19.00 – 23:00</p> <p>Telephone Number 0345 123 2304 <a href="https://www.tcf.org.uk/">https://www.tcf.org.uk/</a></p>
Once Upon a Smile	<p>The service aims to assistance and support (emotional, practical and financial) parents who have lost a child or a partner (and have children) or children who have lost a parent or sibling.</p> <p>0161 711 0339 <a href="http://www.onceuponasmile.org.uk/">http://www.onceuponasmile.org.uk/</a></p>
Cruse Bereavement Care	<p>Offering support, advice and information to children, young people and adults when someone dies. Support can be offered via telephone, email or face to face.</p> <p>0808 808 1677 (free phone) <a href="http://www.cruse.org.uk/">http://www.cruse.org.uk/</a></p>
Winston's Wish	<p>The charity offers practical support and guidance to bereaved children, their families and professionals via a free phone telephone number.</p> <p>08088 020 021 (Mon-Fri 9-5 excluding bank holidays)</p>
Child Bereavement UK	<p>Child Bereavement UK supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement.</p> <p>0800 028 8840 <a href="http://childbereavementuk.org/">http://childbereavementuk.org/</a></p>
<b>Keeping Active At Home</b>	
Stay in, Workout	<p>Stay In, Work Out – tips for getting active in and around the home</p> <p>Sport England has launched a campaign to help people stay active at home during the coronavirus outbreak. It provides information and advice, while encouraging people to share on social media with the hashtag #StayInWorkOut</p> <p><a href="https://www.sportengland.org/stayinworkout">https://www.sportengland.org/stayinworkout</a></p>
Zoom Café Inspire	<p>Zoom Café Inspire will also taking place at 2pm, so you may want to record the radio show, so as not to miss either!</p> <ul style="list-style-type: none"> <li><a href="https://zoom.us/j/341817585">https://zoom.us/j/341817585</a></li> <li>Meeting ID: 341 817 585</li> </ul>

	<ul style="list-style-type: none"> <li>• Or dial 0208 080 6591</li> </ul>
	You can use a laptop or a mobile phone and join with video or just audio.
Radio Show	Happy Mondays on a Tuesday!! Radio Show on ALL FM 96.9, 2pm. Please tune in to hear Kate play some requests and connect you to all your friends. From the Inspired taskforce and Levenshulme Inspire.
100 Humans Laughing  (Gary Loftus)	<p>An online space where you can connect with hundreds of people, share the wonders of laughter, gentle exercise and guided relaxation.</p> <p>Email – <a href="mailto:gary@theorangeclubuk.com">gary@theorangeclubuk.com</a> for the ZOOM link</p>
Free downloadab le app “Simple Design LTD”	Consist of Pull Ups, Push Ups, Sit Ups & Squats, the app using magic to count the number of reps completed, also has a rather comprehensive diary plan to top it off
St Willibrords Roman Catholic Church	<p>Live steam services Weekdays 9:15, Sundays 10:00 + 12:00</p> <p>Facebook group @parisholysprit</p>
Joe Wicks youtube channel	Free online sessions that consist of 10 minute cardio sessions.
North Manchester fitness	Can send out information about appropriate exercise – contact: <a href="mailto:Lorraine.platt@btconnect.com">Lorraine.platt@btconnect.com</a> <a href="http://www.northmanchesterfitness.com">www.northmanchesterfitness.com</a>
Morriso	Providing health sessions available on social media.
Heath	<a href="https://morrisshealth.wordpress.com/2020/03/30/seated-exercise-video/">https://morrisshealth.wordpress.com/2020/03/30/seated-exercise-video/</a>
<b>Mental Health Services &amp; Domestic Violence</b>	
Mood swings	<p>Mental health support for people aged 16 plus over the phone.</p> <p>Helpline phone number 0161 832 3736 10am – 4pm</p>
42 <sup>nd</sup> street	Closing from Friday 20 <sup>th</sup> March. Taking no new referrals
Mental health support for young people	<p>On line and telephone support to existing service users only.</p> <p>Online information available <a href="http://www.42ndstreet.org.uk">www.42ndstreet.org.uk</a></p>
Samaritans	Please contact – 0161 116 123 or 0330 094 5717
Manchester mind	Please contact 0161 769 5732 with your name and phone number and telephone support will be offered.
Self Help Services	<p>Currently delivering telephone Cognitive Behavioural Therapy and Counselling over the telephone, as well as computerised CBT.</p> <p>Referrals to come through our online portal (for self and professional referrals) rather than sending paper referrals/emailing or asking clients to phone our service. As there may be a delay through these methods. <a href="https://www.selfhelpservices.org.uk/service/manchester-psychological-wellbeing-service/">https://www.selfhelpservices.org.uk/service/manchester-psychological-wellbeing-service/</a> clients will have an initial appointment within 2 weeks of referral.</p>
Kooth	<p>Free, safe, anonymous online counselling for young people</p> <p>It's a stressful and anxious time for many. For people aged 11–18 in Greater Manchester, Kooth offers information, resources, and a way to share fears and anxieties with peers. Visit <a href="http://kooth.com">kooth.com</a> to find out more.</p>
Befriending Phone Line for Polish Over-50s	<p>Europaia will be setting up a befriending phone-line service for Polish people who are over-50 years old. Polish people will be able to ring <b>0161 826 3177</b> and have a chat with one of our Polish staff. This phone-line is for those who just want to talk to someone. Callers can discuss whatever they like. They can ask for advice about welfare or COVID-19, or they can just talk about how they are feeling. This service will be available from Monday 27 April 2020, 10am-2pm Monday to Thursday.</p>

Shout	<p>A service for people in Greater Manchester to find and receive mental health support – anytime, day or night.</p> <p>The service, Shout, allows people to simply and discreetly communicate with trained crisis volunteers by text message. The service is overseen by clinical supervisors.</p> <p>After texting a crisis volunteer will reply. The volunteer will offer support and respond to questions until they, and the person using the service, feels in a safe calm place. The volunteer will also provide sign posting to other services that can offer specialist support and ongoing help in their local area.</p> <p>Shout, can be contacted 24 hours a day, 7 days a week, simply by texting '<b>SHOUT</b>' to <b>85258</b>.</p>
<b>Family and Children</b>	
Sure Start (Clayton)	<p>Able to offer families with children who may be struggling to purchase nappies – £5 voucher to spend at ASDA. Ante-Natal classes are still running.</p> <p>Email <a href="mailto:j.farrell@manchester.gov.uk">j.farrell@manchester.gov.uk</a> or <a href="mailto:janet.dexter@manchester.gov.uk">janet.dexter@manchester.gov.uk</a></p>
Visit from the Stork	<p><a href="https://www.facebook.com/visitfromthestork">https://www.facebook.com/visitfromthestork</a></p> <p>A social enterprise has been funded by NHS Salford CCG and the We Love MCR charity to provide 'baby essentials' to families in hardship due to Covid-19.</p> <p>07402630671 or email <a href="mailto:storkcovidhelp@gmail.com">storkcovidhelp@gmail.com</a></p>
<b>Services</b>	
Expert patient programme	Currently still taking referrals although all courses are cancelled until the end of June 2020.
Rainbow Haven	<p>Rainbow Haven provides support to destitute asylum seekers and refugees who are without any source of income and lack food and housing. Rainbow Haven is still offering general advice with benefits, homelessness and access to solicitors. Users are able to be referred and also self-refer to the service. Arts &amp; Craft packages are available for children (please note these are limited)</p> <p>Amanda 07985 885059 or Sisay 07985 884043</p> <p>Office 0161 370 347</p>
Manchester Settlement (Openshaw)	<p>Current Services;</p> <p>Childcare for Keyworkers / SEND children 8 – 6pm 5 days per week</p> <p>Distribution of activity packs for children ( craft resources, games, puzzles etc) – as a break from online resources ( Help with resources and distribution is welcome)</p> <p>Ongoing support for asylum seeking young people living independently in the community – ensuring access to life's essentials</p> <p>Telephone contact with older community members – sign posting sources of help</p> <p>Social Media Campaign – health messages and activities</p> <p>Contact - <a href="mailto:EmmaDavis@manchestersettlement.org.uk">EmmaDavis@manchestersettlement.org.uk</a></p>
Manchester City Council Contact Service	Social Care referrals can be made by contacting the Manchester City Council Contact Service. You can make contact to get help, support or social care, if you think someone is being abused or neglected and to find out information from other support organisations. , By phone 0161 234 5001, or online <a href="mailto:mcsreply@manchester.gov.uk">mcsreply@manchester.gov.uk</a>
GP's primary care	GP's in our neighbourhood are offering video/telephone consultations. Measures are in place for Practices to make contact with vulnerable and older patients.
Be well	Be Well are accepting referrals from any organisation in Manchester now, not just GP's. Be Well can connect to everything the Community Hub, they can support with food and medication delivery.

	<p>Be Well during covid-19 - They have adapted to support people with their current needs, contact is more about immediate welfare, making sure residents have the support they need to deal with the current situation.</p> <p><a href="https://www.thebiglifegroup.com/service/be-well/">https://www.thebiglifegroup.com/service/be-well/</a></p>
Community Care Navigator	<p>Farrah is still taking referrals and will be able to offer support to service users.</p> <p>Please contact 0300 303 9650 or email for referrals <a href="mailto:mft.carenavigators@nhs.net">mft.carenavigators@nhs.net</a></p>
CGL (change, grow, live) alcohol and drug service	<p>Assessments over the phone and will see people new to treatment when clinically required.</p> <p>Group programmes have been suspended for now but online help or telephone support from is available.</p> <p>North residents contact 0161 214 0770</p> <p>South residents contact 0161 945 8772.</p>
Manchester Community Central-MACC	<p><a href="https://www.manchestercommunitycentral.org/coronavirus-advice-and-resources/volunteering-and-covid-19">https://www.manchestercommunitycentral.org/coronavirus-advice-and-resources/volunteering-and-covid-19</a></p> <p>offering support to community groups and volunteers</p>
Age UK	<p>Meal delivery, prescription collection. shopping, visits/calls</p> <p>0161 223 6062 or 07565988502</p>
CAB	<p>Citizens Advice Manchester has suspended all of their community hubs but all other services are open for telephone support. Advice line 03444 111 222</p> <p><a href="https://www.citizensadvicemanchester.org.uk/">https://www.citizensadvicemanchester.org.uk/</a></p>
Rough Sleepers team	<p>The rough sleepers team continue to provide outreach across the city – please contact the team if you see someone who is sleeping rough: <a href="https://secure.manchester.gov.uk/info/200117/homeless_people/3032/tell_us_about_people_who_are_sleeping_rough">https://secure.manchester.gov.uk/info/200117/homeless_people/3032/tell_us_about_people_who_are_sleeping_rough</a></p>
The Silver line	<p>Details of useful helpline for over 55's - <a href="https://www.thesilverline.org.uk/what-we-do/">https://www.thesilverline.org.uk/what-we-do/</a></p> <p>The Silver Line operates the only confidential, free helpline for older people across the UK that's open 24 hours a day, seven days a week, 365 days of the year.</p> <p>The Silver Line Helpline – 0800 4 70 80 90</p>
Manchester Life (twitter)	<p>#AncoatsSupports is a community group aimed at supporting every Ancoats' resident and business as we work through this challenging time together. This is a place to ask for help, to offer it, and share ideas and opportunities to keep the Ancoats community spirit strong.</p>
Utility support	<p>If you are self-isolating and have a prepay meter they will send you out a top up for 2 weeks.</p> <ul style="list-style-type: none"> <li>British Gas – 0333 202 9802</li> <li>EDF – 0333 200 5100</li> <li>EON – 0345 052 000</li> <li>N Power - 0800 073 3000</li> <li>Scottish power – 0800 027 0072</li> <li>SSE – 0345 026 2658</li> </ul> <p>British Gas Energy Trust is offering grants to help with energy bill arrears – not just British Gas arrears. More information <a href="#">here</a></p>
<b>Ex-Services</b>	
SSAFA	<p>Provide a wide range of support to military servicemen/women alongside ex-servicemen/women. Support includes:</p>



	<ul style="list-style-type: none"> <li>•financial assistance for basic living, heating and warm clothes, as well as paying for bills, rent and food, by distributing vouchers or delivering food parcels</li> <li>•advocacy and support with accessing benefits and entitlements, particularly for housing and accommodation issues</li> <li>•befriending and other informal support networks</li> </ul> <p><a href="https://www.ssafa.org.uk/news-articles/covid-19-latest-information">https://www.ssafa.org.uk/news-articles/covid-19-latest-information</a></p> <p>0161 223 7171</p>
Royal British Legion	<p><a href="mailto:gml@britishlegion.org.uk">gml@britishlegion.org.uk</a></p> <p>0808 8028080</p> <p>Supports ex-servicemen/women with a variety of needs</p>
Walking with the wounded	<p>Contacting and speaking to existing clients over the phone.</p> <p>Currently taking referrals - 0161 205 9287</p>
<b>General Advice &amp; Funding Resources</b>	
<p><b>The Grange 4CT Garden Beswick, Clayton, Ancoats, Openshaw</b></p> <p>Join the Garden project during lockdown</p> <p>We can deliver a small number of seeds for you to grow at home.</p> <p>Join a weekly seed growing circle on ZOOM to learn how to grow the seeds</p> <p>A weekly look around the 4CT garden on ZOOM to see what is growing</p> <p>And when lockdown is all over we invite you to our new garden project in Philips Park to see the garden You can also plant your growing seeds if you have no space at home and join the project once a week as a volunteer</p> <p>It's one way to positively count down the days through lockdown and have something at the end to show for it.</p> <p>Dennis Hardy, 4CT Garden Volunteer   07715550757   or   <a href="mailto:hardy.dennis@gmail.com">hardy.dennis@gmail.com</a></p>	
<p><b>Our Manchester VCSE</b></p> <p>The Our Manchester VCSE Team has produced a volunteering ID letter; please share this information with your VCSE contacts.</p> <p>A letter in support of volunteers is available.</p> <p>Our Manchester would like to ask that voluntary organisations complete the google form (one form needed per volunteer). Once this is done we will be able to issue a letter in support of the named volunteer.</p> <p>Form to apply:</p> <p><a href="https://forms.gle/kaaQwSU5nhcC1ueAA">https://forms.gle/kaaQwSU5nhcC1ueAA</a></p>	



## **Manchester City Council**

MCC have produced a leaflet to support people with the Internet during the C19 crisis. Here is a link containing the leaflet in 22 languages;

[https://www.manchester.gov.uk/downloads/download/7239/stay\\_connected\\_through\\_covid-19\\_leaflets](https://www.manchester.gov.uk/downloads/download/7239/stay_connected_through_covid-19_leaflets)

As part of the Council's response to the Covid situation, MCC have identified that people will be much more likely to be isolated and vulnerable if they're not confident Internet users. Therefore a service to offer calls to residents to help them with their Internet use - e.g. online shopping, video calling friends and family, applying for universal credit etc. The service can be accessed by calling the Council's response hub on 08002346123 or by a friend/organization emailing us on [digitalinclusion@manchester.gov.uk](mailto:digitalinclusion@manchester.gov.uk).

## **MLCO**

### **Vulnerable people stay connected through COVID-19**

We are all faced with making huge changes to our everyday lives as a result of coronavirus, with the lockdown leaving many of us feeling much more isolated as a result.

During these unprecedented times everyone is being encouraged to stay connected using technology, but for those who are digitally excluded; without access to the Internet or the skills and confidence to use it, this may not be an option. This is obviously more common in Over 70s than with any other age group.

With many face-to-face services moving online, including medical appointments, Council services many residents, and especially vulnerable people, are at risk of not being able to stay informed or access services. Many older people without access to the Internet, or the skills and confidence to use it are extremely socially isolated, cut off from friends and family.

The Libraries and Work and Skills teams have been working closely together for the past 6 months to support more residents to get online and have access to learning that enables them to develop digital skills. In response to the coronavirus lockdown, the teams have created two new offerings aiming to quickly and effectively support our most vulnerable residents to benefit from the relief that going digital is offering.

These two offerings are online support for those with Internet but without the confidence to use it, and a tablet donation scheme, with the help of nationwide initiative DevicesDotNow. People calling the Council's response hub will be referred to the digital support call back service, where appropriate. If you know anyone who could benefit from this support, email their details to [digitalinclusion@manchester.gov.uk](mailto:digitalinclusion@manchester.gov.uk)

One of the first tablets delivered was to Heather in Newton Heath. She lives on her own and has no family nearby and feels very isolated. She is using the tablet to video call her friends using Whatsapp, including people from the coffee morning that she usually attends at Newton Heath Library.

## **Mental Health**

Some mental health funding to be aware of and share locally – from the GM Ageing Hub bulletin:

Micro grants programme via GMCVO offering up to £500, so far funded music making workshops via zoom for socially isolated older people:

<https://www.gmcvo.org.uk/gm-mental-wellbeing-grants>

## Manchester Settlement

We are pleased to announce that Manchester Settlement are working in partnership with The National Childbirth Trust and can provide you with a new NHS- funded digital support service to help you through the #COVID19 crisis.

It is a fantastic service that can give one to one or group support to families who will benefit from chatting to expert practitioners in a relaxed and calm way. The advice could be around breast feeding, baby sleep and mental wellbeing. There will also be unlimited online exercise sessions which are safe, fun and effective.

At this stage, the free support is being offered to 1,000 expectant and new parents over an initial two week period. If the support proves to be helpful, there is the potential for national roll- out throughout the #COVID19 pandemic.

### More Information

<https://www.nct.org.uk/about-us/media/news/new-nct-partnership-launches-critical-support-for-expectant-and-new-parents-during-covid-19>

Sign up to access this fantastic support by [completing this short survey](#).

Please get in touch with us if you require any further information or support.

## Sow the City

**Below is the info on Sow The City's upcoming Friday webinars** plus sign up links, please feel free to share with anyone you think may be interested. Keep an eye on their social media for any updates <https://www.facebook.com/sowthecityuk/> and <https://twitter.com/SowtheCity>, or email [info@sowthecity.org](mailto:info@sowthecity.org) to get sign up links.

- 22<sup>nd</sup> May **Introduction to Beekeeping**. Paul from Abermarle Allotments will cover the fascinating world of beekeeping including types of beehive, how bee colonies work, and some of the things to look out if you are interested in starting to keep bees.
- 29<sup>th</sup> May **Setting up a Market Garden**. Plattfields Market Garden and Manchester Urban Diggers has transformed a formerly abandoned bowling green into a productive market garden for growing and selling fruit and vegetables. Find out about their journey including what they've learnt and how this could be replicated elsewhere.
- 5<sup>th</sup> June **Urban Trees** - Find out about our urban trees including the benefits of urban trees, collecting seeds, and planting out young trees. Paul will provide advice which trees are best suited to urban planting and the role that trees play in urban environments.
- 12<sup>th</sup> June **Compost and Vermiculture** - Join Klaudia from Plattfields Market Garden and learn how to make your own beautiful, dark, rich, crumbly compost and all about vermiculture, using worms to recycle food scraps and garden waste into nutrient rich black soil in your garden and inside your house!
- 19<sup>th</sup> June **Growing Mushrooms** – A webinar with Jonathon Curry from MSP and Jon from Sow the City. Learn about growing fungi, suitable species and how to grow oyster mushrooms on recycled coffee grounds. Discover and share tips for setting up a DIY mushroom cultivation space at home and how to make use of your lovely homegrown fungi!
- **Past webinar recordings** are being uploaded onto Sow The City's vimeo channel, you can find them here: <https://vimeo.com/sowthecity>

## Mcr Active

### Sport England Community Emergency Fund

Funds available: £300-£10,000 available to all sport clubs and community groups experiencing financial hardship as a result of Covid-19. Examples could include maintenance and utility bills, outgoings for competition or activity which can no longer take place and core staffing costs than cannot be met with alternative government funds.

### We Love Manchester: COVID-19 Community Response Fund

Funds available: £500 - £3000 Available to community groups supporting vulnerable people and communities on the front line. Not sport specific but if your club is able to support vulnerable people or communities in another way this may be suitable.

### **Forever Manchester: Community Support Fund**

Funds available: Up to £1000 available to clubs and groups who are supporting their communities however they can. Not sport specific but if your club is able to support the community in another way then this may be suitable.

### **Business Support** (Sport and Recreation specific)

An assortment of support suitable for any clubs who operate as a business. Support includes business loans for all sized businesses, temporary 100% business rates relief for the sport and leisure sector, grants of £10,000 for organisations eligible for Small Business Rate Relief and support for staff while business remains closed.

### **Manchester City Council Business Rate Relief Application Form**

The city council should contact you if you are eligible for any of the above grants, but if not, or you want more information, you can find it [here](#).

### **Business Support** (other)

#### **Free Yoga provided by The Resonance Centre**

DIRECT ZOOM LINKS FOR ALL 12 OF OUR FREE ONLINE CLASSES:

Monday Pranayama with Juanita 10AM

<https://us04web.zoom.us/j/71928111189?pwd=amNaWlVUTzVFQU5ZcFBSWXFtMFVXZz09>

Monday mindset meet-up with Juanita at 1:30PM

(1:30 pm on 4th May only, regular time for this meet-up is 3PM)

<https://us04web.zoom.us/j/79223793954?pwd=aUtKZlRvbjd5a2NoaHM3bWVvS1ZQZz09>

Tuesday Vinyasa Flow Yoga with Juanita at 10AM

<https://us02web.zoom.us/j/77685868966?pwd=ZWpvNW9IREZGZEs3c2xESXZEc3BQUT09>

Tuesday Basic Home remedies with Juanita at 3PM

<https://us02web.zoom.us/j/76184725401?pwd=cUpwaUErWVRDamt0cG1tRGFMTWFkQT09>

Wednesday Yin Yoga with Juanita at 7PM

<https://us02web.zoom.us/j/77127015758?pwd=Y0d6cTBicy9uUDE0U0tlUDdpRnNYdz09>

Thursday Art with Ralph at 3PM

<https://us02web.zoom.us/j/72308251990?pwd=U1hWcm43YkhmVHA0dU1VU2ZySHFDUT09>

Thursday Meditation for beginners with Juanita at 6PM

<https://us04web.zoom.us/j/75972924771>

Friday Yin Yoga with Juanita at 7PM

<https://us02web.zoom.us/j/73493428378?pwd=RUhKV1ozZW13bk1S2lYQkV5WmEvZz09>

Saturday 'Strength Flow' with Roy at 11AM

<https://us02web.zoom.us/j/81066218705>

Saturday Plant Based Cooking with Terri at 3PM

<https://us04web.zoom.us/j/6494777845?pwd=aFdwRFpGYjdhSUVmb0kxQlhzY2pKUT09>

Sunday Guided meditation with Irina at 11AM:

<https://zoom.us/j/91901962501?pwd=WTBITktR080cTZJUDZUNXlpbk5oUT09>

Sunday Yoga Flow and reset with Juanita at 6PM:

<https://us04web.zoom.us/j/78534315622>

## Love Your Neighbour

We hope you and your friends and family are keeping well!

Over 2 months ago, we made the decision to suspend our face-to-face programmes with older and younger neighbours, and find new ways of keeping people connected in times of change. Since then, we've seen our Mancunian communities -and the whole world- coming together like never before, and the power of community spirit. We just wanted to let you know our **referrals are still open** if you know anyone who would benefit from some extra company during this isolating time.

## Creating Phone Friendships

While neighbours can no longer hang out face-to-face, we are now connecting them one-to-one through our **Phone a Friend** pilot. Our matches typically enjoy regular calls throughout the week and so far they have been chatting about everything from what VE day was like in 1945 to creating poems together. If a neighbour is referred for this type of connection, we'll speak to them about what options are available first, and decide what's most suitable for them- this may be regular calls from a volunteer or a member of our team, or a referral through to our pilot social clubs over the phone.

## Postal Activity Packs

Older neighbours can also sign up to receive our free monthly **Postal Activity Pack**, which includes an activity for every day of the month to do at home. Each daily suggestion is different and could range from writing a letter to an inanimate object, to deciding what you'd do if you were Prime Minister for the day, to cutting out words from a newspaper to turn into an abstract poem.

## Social Clubs at Home

Our **Social Clubs at Home** are free online group activities hosted via **Zoom** - a video conferencing platform that's free to use. All that's required to get involved with these clubs is a smartphone or laptop and a connection to the

internet. Much like our usual in-person Social Clubs, our online version allows our community of older and younger neighbours to continue to enjoy taking part in activities like *Desert Island Discs* evenings, dancing, recipe swaps and quizzes together. And if they don't know how to use Zoom then it's absolutely no problem: where possible, we're also providing neighbours with one-to-one **support with how to download and navigate the Zoom app**, in order to be able to access our online group activities.

**If you know someone who is over 65 and who lives in the City of Manchester who would benefit from a friendly chat about our projects, or other way they can keep socially connected, [please do refer them here!](#)**

## Children Services

### [Minions, astronauts and baking - more activities and inspiration for children](#)

We're pleased to share some amazing activities and ideas to inspire your pupils this week, as part of the latest 'Creativity And Confidence At Home' series.

Children can have minion-tastic fun joining Chris Meledandri (Co-Founder & CEO of Illumination) and Brad Ableson (Co-Director of Minions: The Rise of Gru) as they show us how to draw a Minion.

<https://www.youtube.com/watch?v=b6vgllBQLil&feature=youtu.be>

Share your children's creations online by using the hashtags #creativity&confidence and #myminion. We can't wait to see what they come up with!

Children can also get their mixing bowls ready as Bake Off: The Professionals judge Benoit Blin lets us in on the secret to making his favourite childhood yoghurt cake recipe.

<https://vimeo.com/412027641>

Sesame Street and Broadway set designer David Gallo shows us that creativity knows no bounds as we drop in on him in his studio (be ready for lots of surprises along the way).

<https://vimeo.com/412035519>

We also have inspiring messages from Helen Sharman (the first British person in space), Billy Collins (poet laureate of the United States 2001-2003), Dan Brulé (pioneer in the field of breathwork) and Lance Corporal Richard Jones (the only magician to ever win Britain's Got Talent).

<https://vimeo.com/412031058>

### **Support for Music and RE Home Learning.**

Music Mark is a membership organisation, subject association and charity and all schools in Manchester are members.

To support Music education during the COVID-19 school closures Music Mark have worked with partners to make available a selection of home learning resources. These include temporary free access to a number of resources for which there is normally a charge: **[Free Music Mark Resources](#)**

RE Today is an educational charity supporting the teaching of religious education and are the body with whom Manchester worked to produce its current RE syllabus. In partnership with National Association of Teachers of Religious Education (NATRE), they have produced a series of free, quality-assured online resources to support parents and their children with the provision of RE activities for use during the coronavirus crisis. **[Free RE Resources](#)**

### **Second Creativity and Confidence at Home Video for Young People - with Challenges and Advice from Celebrities**

Messages, advice and challenges from a range of celebrities including: iCbeebies, Rebecca Keatley, Anton Du Beke, Olympic champion, Amy Williams, chef Heston Blumenthal, explorer Levison Wood, international cricketer Ryan Sidebottom, Britain's Got Talent Winner Jai McDowall and ITV's The Dales Amanda

Owen: <https://vimeo.com/409475949>

There is also an extended video – with Jay Blades of BBC's The Repair Shop in his workshop providing a beginners guide to upcycling: <https://vimeo.com/409499633>

### **MACC Update**

Volunteer Centre Manchester is directing volunteers to support voluntary and community groups in Manchester responding to the outbreak of Covid 19. We have over 2000 people [registered](#) wanting to support their community.

If an organisation needs volunteers they should [fill in this form to request support](#). There is also space to outline other support they may need as we may be able to help or signpost them to help. We will obviously always respond to calls and e-mails but are directing all groups to this form.

A member of our team will then get in touch with that organisation to get the full details of what is required from volunteers and support that organisation with advice and guidance on how to recruit and manage their volunteers safely.

The organisation's request for help gets sent out to our volunteers (we will try to target volunteers in the local area/who meet the criteria as best we can)

Those volunteers then opt-in to that role and their information is sent over to the organisation. That organisation should then contact those volunteers and arrange volunteering (Inc. any relevant information, inductions/guidance, ID checks etc.).

Volunteer Centre Manchester are not recruiting any volunteers themselves but are directing volunteers to organisations that need them, supporting organisations with advice on coordinating volunteers safely and providing guidance to volunteers registered with Covid 19 Volunteer programme.

Volunteer Centre Manchester are not matching individual volunteers to members of the community who need support but are supporting organisations to reach volunteers who want to help.

### **Foundation in Tech for Good**

I'm contacting you with an free opportunity for girls aged 13-16 in your local community to participate in during lockdown and beyond, and we do hope you'll share it with your networks.

Our new online 'Foundation in Tech for Good' course provides girls with an opportunity to continue to learn tech/digital skills safely whilst in isolation, through accessing weekly industry expert coaching sessions and cutting edge content. All of our industry mentors are trained in safeguarding and DBS checked. We are launching this as an experienced tech ed provider with over 4 years of delivering our tech ed programmes in schools, to over 1,000 girls.

Programmes will start online in May and some places will be free to those girls who receive free school meals / pupil premium students. To find out more and to sign up for the course visit [online.innovateher.co.uk](https://online.innovateher.co.uk).

We have partnered with the Princes Trust to provide access to devices and dongles for those who may not have this in the household too. (This is limited depending on the location and age of participants).

We're also accepting 'pay it forward' donations for places. If you're interested in supporting girls to have a place on our course, please contact us.

Please do share our news with your community, particularly youth centres, youth organisations, schools and parent communities.

With warm regards,

Jo (Co-founder & Director)

### **Manchester Cares Online Social Clubs**

Manchester Cares are running Virtual Social Clubs at the moment; You can see a few screenshots on their [Facebook](#).

The form to refer people to potentially join in our Virtual Clubs can be accessed here- [www.manchestercares.org.uk/older-neighbour-referral-form](http://www.manchestercares.org.uk/older-neighbour-referral-form)

Social Club Activities include:

one focussed on creativity/video/memory/wellbeing (run by an external facilitator)

either Desert Islands Discs/Pub Quiz

a virtual Coffee afternoon/catch up

and a Cares Family Disco (basically just lots of great music and dancing in the living room!)

In addition to Social Clubs at Home the referral form also has options for Friendship over the phone, Postal Activity Packs and Practical Support