

BCD Neighbourhood news

End of Summer early Autumn round up

Hello and welcome to a round up of events news and updates in Burnage, Chorlton Park and Didsbury (BCD) Neighbourhood Partnership.



Our BCD frontline worker meeting has been meeting regularly throughout the pandemic to share info, mutual support and build together as a team to better serve our communities. We managed our first face to face meeting in Home café in in Didsbury to meet new members for the first time and discuss opportunities and challenges to meet the needs of our communities. First challenge -truly understanding scope, remit and referral processes and priorities of each organisation to clear the way for us to establish our 3 month goals. Meeting #2 tomorrow!

Members of the team Be Well Coaches (Steve and Richard) and managers, Primary care network coaches (Kim and Laura), Care Navigator (Amy), Buzz Start Well Worker (Dina), Buzz neighbourhood worker (Bernie), neighbourhood officers for Manchester City Council (Ollie and Lucy -present- and Dianne) and Southways Aging well worker (Cathy). Stephen form Carer’s Manchester also joins us when he can.



Community Health Activators in Burnage- in Partnership with Burnage Community Centre, and supported via Burnage Library

Meet Shaz, who will be heading up the Community Health Activator project going forward. The project is building on the flu activators last year where women were trained in the flu vaccination and shared this info with their communities in different languages. This group will be developed using community development approaches, being shaped and co produced by participants. We hope that it will build better links throughout communities in our neighbourhood. We hope it will provide a way in which all can participate in our forums and have a say in our plans and help them become a reality. We also hope long term it will encourage and support individuals into our health and social care workforce, but initially the focus will be on building up a team, working a plan, making new friends and having some space for enjoyment. For more info about this project please let me (Fiona) know! We’re targeting women from a variety of backgrounds in Burnage women to get involved.
More info –Fiona 07789 860 969 fiona.vincer@nhs.net



Access to Food info and Advice

We have started meeting with Foodbanks at Burnage and West dids/Chorlton to take forward concerns raised at neighbourhood frontline workers and mental health task teams about we can work to build support for the most vulnerable in our neighbourhood.

Concerns are mounting with the oncoming Universal credit cut, end of furlough and rising fuel costs at onset of colder weather.

Watch this space for developments but we are looking to putting together a series of events to signpost support and advise anyone who may need it.

If you're interested in joining this initiative- let me know!



Contents

Environment: Cycling	3
Digital Inclusion-Good neighbours	3
Including offering home visits and drop ins-message from Helen Hibbert.....	3
Energy Buddies-Southway	4
Employment news.....	4
Carers.....	5
Dementia Cafe.....	5
Community Safety Strategy.....	6
Recovery Academy.....	7
Covid – a year in the North- report.....	7
Covid-	8
Testing.....	8
Vaccines	8
Covid 19	8
Pregnant women.....	8
Please find attached these and other social media graphics we appreciate you sharing.....	9
Flu	9
Thanks for reading!	9

Environment: Cycling

Where: **Alexandra Park** (Whalley Range).

Learn to Ride: Saturdays 10am-12 noon (fortnightly). Alexandra Park.

This course is for you if you're new to cycling or haven't ridden for many years. You might not even have a bike. Run by a qualified instructor, the course will give you the confidence to take the first step into cycling, at your own pace, starting from getting on your bike. You'll be in a small group with other beginners in a quiet outdoor area and there's no pressure; come to as many sessions as it takes. You'll learn to get on and off your bike, how to start and stop, steer and change speed and how to check your bike before you ride. **Bikes can be provided if needed.**

[Further info.](#)

Road Rider Ready: Saturdays 1pm-3pm (fortnightly). Alexandra Park.

This is for you if you can ride off the road but want to learn the skills needed to ride alongside traffic and with other road users. Sessions are open to those over the age of 12 when accompanied by an adult or 16 when unaccompanied. Run by a qualified instructor, you'll be in a small group with people of similar ability. You'll start in a traffic-free area, before putting your new skills into practice on quiet roads. You'll learn how to make short road journeys safely and gain the confidence to ride in traffic. **Bikes can be provided if needed.**

[Further info.](#)

[Book your Manchester session here. https://cycletraining.tfgm.com/publicbooking](https://cycletraining.tfgm.com/publicbooking)

Note: more sessions from October onwards will be added to the website shortly.

Other cycle training:

TFGM also offer Manchester residents:

[One-to-one sessions](#) where an instructor will accompany a rider with planning a bespoke route and building cycling skills and confidence cycling on the road. The rider needs their own bike for this session.

[Family sessions](#) – bespoke on-road family confidence-building cycling sessions in a location of your choice. Participants need their own bikes.

[Bike maintenance](#) – coming soon!

Digital Inclusion-Good neighbours

Including offering home visits and drop ins-message from Helen Hibbert

"I am just letting you know that we have a new service up and running , supporting older residents with any form of IT issues or concerns. Our worker Aidan can do home visits and we also run a digital drop in each Thursday at our base 10-11.30am in St Ninians Church , Wilbraham Rd when people can just turn up with their mobiles or tablets/laptops, although we do also have some tablets here on site for people to access.

Aidan and our volunteers can support queries about mobile phones , how to text , zoom or use Whatsapp , set up a tablet or laptop, set up any accounts etc . Recently we have been showing people how to download the NHS app to view their vaccine passport .

Please let others know about this service as currently funding is only available until Christmas so we wish to make the most of it. . We are working in conjunction with two other care groups , one in Didsbury and one in Withington and feel the joint working has proved really beneficial.

I also attach a flyer about the project for you to share -Thank you as always for your support''

Energy Buddies-Southway

'Southway Housing Trust have recently launched the Energy Buddies service to its tenants. This is a free and impartial service, funded for the next two years by the Energy Redress Scheme, which is managed by the Energy Saving Trust. The service will seek to engage with all tenants, with an initial focus on those struggling and offer support to those managing rising fuel bills and will advise those looking for support with switching energy providers. Alongside this, we will be working towards our wider zero carbon strategy in advising tenants on how to live in a more energy efficient way. We will be installing small energy saving measures, such as foil radiator panels and draft excluder tape as part of the home visit service. With the Universal Credit uplift coming to an end, and an energy price crisis afoot, we are pleased to be able to be there for all of our tenants to offer this personalised service.

Our service is there to support Southway Housing tenants, across South Manchester, but we are busy establishing links with partner organisations within Greater Manchester in order to build pathways and refer on where appropriate. For those looking for further information, please visit <https://www.southwayhousing.co.uk/energy-buddies/> or email energybuddies@southwayhousing.co.uk

Employment news

From Richard our neighbourhood Be Well/Southways Employment coach: Following the success of our Meet the Employer event with Aldi, we have now gone live with the Eventbrite page for booking onto our Meet the Employer with the NHS Health & Social Care Careers Hub, so please feel free to share with your networks and anyone you're working with;

<https://www.eventbrite.co.uk/e/meet-the-employer-with-the-nhs-health-social-care-careers-hub-tickets-170429065924>



**WANT TO WORK
IN HEALTH AND
SOCIAL CARE?
Meet the employer!**

An event designed to help you into work. Meet the employer, learn about the jobs available, who they're looking for and how to apply.

FRIDAY 15/10/2021 1-3PM
OLD MOAT SURE START CENTRE
OLD MOAT LN, WITHINGTON,
MANCHESTER M20 1DE

REFRESHMENTS AVAILABLE

To book a place, register at <https://bit.ly/3AkdlbT>, contact EmploymentSupportReferrals@southwayhousing.co.uk or call 0161 448 4200.

Southway
Greater Manchester Health & Social Care Careers Hub
NHS
GREATER MANCHESTER
MANCHESTER CITY COUNCIL
Step Into Care
Greater Manchester Health & Social Care Partnership

Carers



If you look after someone in Manchester, Carers Manchester is here to help you access the support and advice you need.

Carers Manchester is a group of organisations, working together to improve services for Manchester's unpaid carers.

The Contact Point acts as a first point of contact for all unpaid carers in the Manchester City Council area, who require advice and support.

This service is delivered through a partnership of Gaddum, LMCP Care Link, Manchester Carers Forum and Wai Yin Society. Carers are able to contact this service via the website, on our Contact Point helpline (Monday – Friday 10am – 4pm except bank holidays, and 10am – 6pm on Wednesdays) email and Facebook messenger.

Telephone: 0161 543 8000

Web site: www.carersmanchester.org.uk

Email: contactpoint@carersmanchester.org.uk

#WeCareSoYouCan

Dementia Cafe



Every month there is a get-together at the HOME Café in Didsbury for people with dementia and their carers. Carers who wish to attend by themselves are also very welcome, giving them an opportunity to meet with other people who are caring for someone with dementia. Tea, coffee and cakes are provided.

Dates: - October 21st, November 18th, December 16th.

Whenever possible an Admiral Nurse and/or a Dementia Support Adviser will be in attendance for any questions or advice.

Third Thursday of the month 1.45pm until 3pm

Venue: Emmanuel Church, 6 Barlow Moor Road, M20 6TR



- **Free onsite parking**
- **Accessed easily by several bus routes (call for details)**
- **Nearest tram stop 'Didsbury Village'**

For more information please call: The Parish Centre: 0161 446 4151.



Cultural Awareness Training

This session looks at how you can effectively engage with carers from the BAME community to identify and support their needs.

Speakers will include Prof. Erinma MBE, from the Carisma Organisation, talking about African communities and Mel Safari, from the Linguagm Organisation, talking about the Iranian Community in Manchester.

Please see details attached it's on the 8th, delivered by Wi Yin

Community Safety Strategy

The Community Safety Strategy consultation is now live. The survey aims to encourage residents, businesses, visitors, and our partners to tell us what is most important to them for safety in the city and so that the CSP can refresh its strategy to tackle crime and anti-social behaviour.

The [Community Safety Strategy Consultation](#) survey takes around 5 minutes to complete, and we would ask you to share it as widely as possible with your networks, partners, at meetings and with any organisations or groups you work with. There will be a comms campaign to support the consultation using the council's social media platforms to promote the survey.



We are organising several bespoke focus groups with organisations and some members of our communities, we also have the ASB Engagement Team who will be taking to the streets encouraging residents and businesses to complete the survey.

Please let me know if you have any queries or questions please email: communitysafety@manchester.gov.uk. We really appreciate your support in promoting this to your networks.

Recovery Academy

Our Mental Health Task Team had a presentation from GMMH Recovery Academy training facilitator and peer support lead Lucy Burtham. The new term starts on 6 October so get registered for a load of resources and training courses co produced and co led by people with lived experience about a range of mental health conditions and therapies.

Check out the links and get skilled up!

Resources are free to adults of all ages.
Sign up today to discover how our Recovery Academy can help you to understand and overcome mental health and addiction difficulties.

For more information

-  www.gmmh.nhs.uk/recovery
-  recoveryacademy@gmmh.nhs.uk
-  0161 358 1771

Covid – a year in the North- report

204.1 per 100,000
died of COVID-19 in the North compared to
174.4 per 100,000
in the rest of England

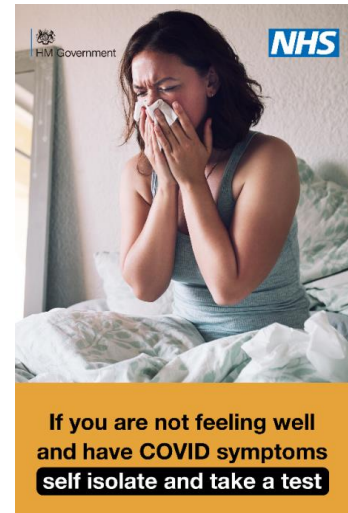
Published by the Northern Health Science Alliance last week you may be interested in reading about what it has meant in the North relative to the rest of the country. It provides further evidence to support demands for action to address the stark inequality seen in England.

[A-Year-of-COVID-in-the-North-report-2021.pdf \(thenhsa.co.uk\)](https://thenhsa.co.uk/A-Year-of-COVID-in-the-North-report-2021.pdf)

Covid-Testing

A new team has been set up as part of population health to support and promote testing.

If you re working with individuals you think may benefit from some support round testing- how to, when to and where to get them, please let me know and we can try to set something up.



Vaccines

Covid 19

Wilmslow road pharmacy are continuing their offer for covid vaccinations at St James and Emmanuel church. You can find them on Mondays Thursdays and Fridays 8am-8pm. You can book via the national booking system and also they have capacity for drop ins.

They will also be offering boosters along with other sites (6months from the date of your second dose) Please use the national booking system for an appointment

<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/>

Pregnant women

Mythbuster #1:
COVID - 19 vaccination and pregnancy

QUESTION:
Will the COVID-19 vaccine harm my unborn baby?

ANSWER:
No. There is no evidence to suggest that the COVID-19 vaccines will harm your baby.

Help to protect you and your baby

Speak to your GP or maternity team for advice

You can ask any questions that you might have about the COVID-19 vaccine at your vaccination appointment.

To book your COVID-19 vaccination, you can:
 📞 Call 0800 092 4020 or 0161 947 0770
 🔍 Search 'book my Covid vaccination' online, or
 📍 Visit your local walk-in vaccination clinic

There's no evidence that the COVID-19 vaccines have any effect on your chances of becoming pregnant.

To find out more about the benefits of the vaccine during pregnancy, visit <https://www.rcog.org.uk/>
To book to vaccine call 0800 092 4020 or 0161 947 077.

#ProtectYourBaby

To read more se this recent article from MEN [Manchester Evening News-Wythenshawe H Maternity and Covid Vaccine](#)



Please find attached these and other social media graphics we appreciate you sharing

Flu

You'll be seeing that many of our GPs are planning their flu vaccine clinics. Most will be offering weekend clinics and we'll all be working together to see how we can ensure that people who will benefit the most but may have difficulty accessing an appointment or getting to the clinics will be able to access a vaccine.

Please let me know any queries or concerns.

Thanks for reading!

Partnership: We'll be organising a face to face café "Info-loco" event for our partnership in October- look out for date and time coming soon!

Thanks again- and as ever for anything to be shared or any questions please let me know!
BW Fiona