







Get coronavirus support as an extremely vulnerable person <https://www.gov.uk/coronavirus-extremely-vulnerable>





Are you or someone you know experiencing mental health or addiction difficulties?


Why not become a student at GMMH Recovery Academy where you will find a range of resources to support you.

For more information

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

 www.gmmh.nhs.uk


 @GMMH_NHS

 /GMMentalHealth

This information can be provided in different languages, Braille, large print, interpretations, text only and audio formats on request.

Tel: 0161 358 1644
Email: communications@gmmh.nhs.uk



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Greater Manchester Mental Health
NHS Foundation Trust

GMMH Recovery Academy

Greater Manchester Mental Health
NHS Foundation Trust's Learning Centre

Improving Lives



Skills Support[®]
for Employment



In partnership with NorthWest Education & Training Ltd we are running an online Warehousing course. On successful completion learners will be supported by our employer engagement team to access a variety of warehouse job vacancies around the Greater Manchester area.

The Course:

Level 2 Certificate in Warehousing and Storage Principles (RQF) & Certificate in Lean Organisation Management Techniques including modules of Health & Safety, Customer Service and Team working.

9 Days in duration



You will be eligible for SSE if you are:

- Unemployed (you can be on benefits or not) or;
- Have Proof of Address and Identification (including proof of right to live and work in the UK if needed)
- A resident of Greater Manchester
- Not in full time education
- Have access to the internet and a device they can complete online learning on

Please note: This opportunity currently runs every 2 weeks on an ongoing basis

If you have any customers interested in this opportunity, please refer to Skills Support for Employment via melanie.lamb@gcemployment.uk

Please visit <https://www.gov.uk/coronavirus> for updates.



Here are some useful links

[COVID-19 General Evidence Update](#) Website:

<https://www.gmmh.nhs.uk/library-covid-19-resources>

<https://www.gmmh.nhs.uk/download.cfm?doc=docm93ijm4n7611.pdf&ver=10187>

<https://www.gmmh.nhs.uk/recovery-pathways>

Recovery Pathways is a Trust citywide service. Through creative and wellbeing themed practice that is delivered in supportive settings, we aim to build confidence and skills, enable personal recovery from mental distress and support access to moving on.

<https://www.mind.org.uk/need-urgent-help/how-can-i-distract-myself/games-and-puzzles/>

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/self-care-for-anxiety/>

The British Association for Counselling and Psychotherapy (BACP) has more information on how to cope if you're feeling anxious about coronavirus.

For more detailed information on looking after your wellbeing please see

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>



Chatterbox Project

Charity Organisation based in Blackley, North Manchester. Providing toddler group, foodbank. By the community - For the Community'. Tel: 0161 795 6162

Website: <http://www.chatterboxproject.org.uk/>

Joy Community Church, Booth Hall Rd, Manchester, M9 7BL

WOMEN-ONLY Drop In January 2022



Open to all women, our Drop In is a friendly, informal space allowing women to attend free of charge to socialise in a safe and supportive environment. A vegetarian lunch is included and a comfy friendly space to have a brew and a chat. We provide advice clinics and beginner-friendly workshops to learn something new.

Date	Regular Activity	Clinic	Activity/Workshop
Wed 12 th Jan 12-2pm	Social Drop In and Food		Arts and Crafts
Wed 19 th Jan 12-2pm	Social Drop In and Food	Legal Advice	Feedback Session
Wed 26 th Jan 12-2pm	Social Drop In and Food	Shelter (Housing and Benefits Advice)	Arts and Crafts

****There will be Covid-19 safety measures in place throughout the building****

Venue	
<p>The Pankhurst Centre 60-62 Nelson Street Manchester M13 9WP</p> <p>(Opposite Manchester Royal Infirmary)</p> <p>Accessibility: The Drop In is held on the ground floor which has an accessible toilet and a ramp to enter the building. However, some doors are 80cm wide and unfortunately may not be able to accommodate all wheelchairs. We apologise for the inconvenience.</p>	

If you have questions about the Drop In or need advice and support for domestic abuse, contact our Referral Line on 0161 660 7999

SPRING TERM

NURTURING FOUNDATIONS

SOCIAL SATURDAYS!

**FOUNDATION SKILLS FOR LIFE
FREE, INTERACTIVE AND FUN WORKSHOPS FOR YOUNG PEOPLE**

DATES: FEBRUARY 5TH AND 12TH
MARCH 12TH AND 19TH
TIME: 12-2PM
LOCATION: NURTURING FOUNDATIONS HUB
502, ROCHDALE ROAD
MANCHESTER
M9 5AR
AGES: 7-16

PROBLEM SOLVING



STEM SKILLS



FRIENDSHIP



REGISTER ONLINE TODAY
[HTTPS://WWW.NURTURINGFOUNDATIONS.ORG.UK/](https://www.nurturingfoundations.org.uk/)

CREATIVITY



COMMUNICATION



SUPPORTED BY  **MANCHESTER CITY COUNCIL**  **COMMUNITY FUND**

Email: info@reflecteen.org.uk | www.reflecteen.org.uk | 0161900 8083

Skills For Employment Programme

Open courses | Free classes | Next intake February to March 2022

Confidence building & handholding Programme for people age 16 and above.

Discover new opportunities leading to securing employment

- Guided & independent learning.
- Soft Digital Skills Workshop
- Formal & informal writing
- Presentation skills.
- Well-being and Mentoring Support.
- Job search, application & interview techniques.
- Everything you need to jump-start your career.

3 hours a week Online & In-person

Course Venue:
Online / Face-to-Face
310 Lightbowne Road Moston
M40 0FJ

To Register
Email: info@reflecteen.org.uk

Are you aged 16 or above?
Looking for work or training opportunities?
Do you want to upskill or improve your current skills?







WE NEED YOU!

Build confidence and learn new skills by volunteering!



Roles available:

- Run your own activity session
 - support with activities
 - prepare food
 - greet guests
 - sort donations
- And more!

Do you have experience of homelessness? Become a Lifeskills volunteer today and gain experience whilst taking part in sessions!



Sign up to sessions that suit you!
Weekday, Evening and Weekend shifts available.

To volunteer see 'Get In Touch'.

GET IN TOUCH

Book on to a session:

Lifeskills@greatertogethermanchester.org
Call/text/whatsapp 07526 204 744

For more information:

www.greatertogethermanchester.org
Lifeskills@greatertogethermanchester.org

Volunteer sign up:

Lifeskills@greatertogethermanchester.org

FOLLOW US



GTMHomelessSupport



@GTM_H_S



@GTM_H_S

LIFESKILLS

The Lifeskills programme supports people who are currently experiencing or have experienced homelessness with their wellbeing and with skills development through FREE trainings, activities and sessions.

Attend Sessions Volunteer Learn new skills



Improve your mental and physical wellbeing

**GREATER
TOGETHER
MANCHESTER**

Charity number: 1107704



Can you help Read Easy support someone in your neighbourhood who wants to improve their reading? Read Easy and buzz Manchester are working in partnership to find volunteers

Volunteer with Read Easy

Read Easy is a volunteer organisation that provides free and confidential one-to-one reading coaching for adults.

We have exciting opportunities for volunteers to join the team and work in your neighbourhood.

To find out more or to volunteer then please contact your local buzz neighbourhood health worker on 0161 271 0505 – choose option 2

readeasy.org.uk

© Read Easy UK. All Read Easy groups are legally and financially independent local organisations, affiliated to Read Easy UK (Registered Charity: 1191286)

SEATED EXERCISE & DANCE

YOU CAN BOOST YOUR ENERGY & REDUCE JOINT STIFFNESS WHILE MEETING NEW PEOPLE AND HAVING A BIT OF FUN TOO



WHEN?

Every Thursday at 10 am

WHERE? No 93 Harpurhey



93 Church Ln,
Manchester
M9 5BG

0161 205 0118

Telephone:

07504 831 651



[HTTPS://MORRISOHEALTH.CLOUDSTUDIOS.COM/](https://morrissohealth.cloudstudios.com/)

Slimming World taste the *freedom*



If you are a resident in Manchester City
and would like to lose weight
you could be eligible for a

FREE 12-week referral
to Slimming World

For more information around eligibility, call BE WELL on

0161 470 7120



slimmingworld.co.uk



MANCHESTER
CITY COUNCIL

Slimming
WORLD
Partnerships



Women Empowerment Project




EEC aim to bring women together to-
Improve employability skills
Be economical independent
Boost their self-esteem
Be informed and proactive
promote positive wellbeing



Every Friday
10am-1pm
@ BIZSPACE WILSON PARK
MONSALL ROAD
MANCHESTER
M40 8WN
GROUND FLOOR Office C

**Lunch, refreshments and all
resources/equipment will be provided**


Call 01612119016 to register

Reach Us

Manchester Residents Only*


To request a referral form please email:
befriending@manchestersettlement.org.uk
www.manchestersettlement.org.uk



What next?


Step 1- A Introductory call will be arranged

Step 2- 30 minute weekly telephone calls will be arranged with a volunteer telephone friend for 6 sessions





THE OPEN DOOR BEFRIENDING SERVICE


BY MANCHESTER SETTLEMENT AND WINNING HEARTS AND MINDS



Spreading Care in The Community

"Laughter is the best medicine in lockdown"
-Robin Graham



An hour to explore how laughter helps us be healthier, happier and less stressed, through laughter games, playful activities and some discussion and reflection



LAUGH

To register your interest or find out more please email:
admin@manchestersettlement.org.uk or call 0161 974 1300

Digital Skills

Are you looking to develop your Digital Skills?

Would you like to access services, connect with others, learn how to use particular devices and apps, save money or improve your employment prospects?

Our Skill Up workshops can help you!



COURSE INFORMATION:

Skill Up Workshops with Rob

Day: Every Tuesday morning

Time: 10am-12.15pm. Drop-in anytime

Location: North City Library, 931 Rochdale Rd, Manchester, M9 4AF

You do not need to have digital skills to attend these workshops. All abilities are welcome.

Call Kate on 07814 041432 for more information.

Manchester
Adult
Education

MANCHESTER CITY COUNCIL
Manchester Adult Education



Education & Skills
Funding Agency

GMCA
Greater Manchester
Combined Authority



every
person
matters

Find your own wellbeing balance

- Level 1 Qualification
- 9x classroom sessions
- Develop resilience
- Improve team working skills
- Increase confidence
- Learn new wellbeing techniques

Eligibility criteria applies - must be 19+ (no upper age limit)

COURSE DATES:

Manchester Methodist Central Buildings, Oldham Street, Manchester, M1 1JQ

Course Registration: Thursday 27th January

Dates: 27th, 28th, 31st Jan and 1st, 3rd, 4th, 7th, 8th, 10th, 11th, 14 and 15th Feb.

Time: 10:00am - 2:30pm

Course also includes Digital Skills Training

Contact us for more details



www.blueappletraining.com



@BlueappleYork



admin@blueappletraining.com



www.facebook.com/blueappletraining



0113 235 0722

blueapple
TRAINING

Back on Track
4th Floor Swan Buildings
20 Swan Street
Manchester
M4 5JW

Tel: 0161 834 1661 | email: info@backontrackmanchester.org.uk

Course type	Day & time	Class information
Starter Courses Leisure courses for people who would like to get back into learning.	Monday, 1:15-4:15	Women Aloud: Celebrating Us This half-term the women's group will be doing activities around the theme of celebrating their personal strengths and qualities.
	Monday, 1:30-3:30 <i>Starts 14th Feb</i>	Mindfulness This eight week course will guide you through the practice of mindfulness as a tool to support your wellbeing. Includes a certificate from the Mindfulness Association.
	Tuesday, 9:45-12:45	Around The World Travel from continent to continent and learn about different countries, their histories and cultures.
	Tuesday, 9:45-12:45	Communicating with Confidence It's not just about what you say, but how you say it! Improve your communication skills to help you in everyday situations.
	Tuesday, 1:15-4:15	Poetry to be passionate about Create poems on themes you feel passionate about.
	Tuesday, 1:15-4:15	Spread The Word Work as a team to produce a special edition of the Back on Track newsletter that raises awareness of key issues that are important to us all.
	Wednesday, 9:45-12:45	Bake to Sell Produce sweet treats that are well-presented <i>and</i> taste delicious! Work with other learners from our Happy to Help course to prepare bakes to sell and sample at an event.
	Wednesday, 9:45-12:45	Photography Taking photographs can be a creative way of expressing yourself. In this course get to grips with the basics like composition, uploading and editing your shots. Cameras are provided or you can bring your own!
	Wednesday, 1:15-4:15	5 Steps to Wellbeing Take steps to improve your mood and general wellbeing.
	Wednesday, 1:15-4:15	People Power Understand how parliament and democracy works. Learn about key events in history that shaped the fight for people's rights.
	Thursday, 9:45-12:45	Spring in your step As the seasons change, get out in the fresh air with our weekly walking group.
	Friday, 9:45-12:45	Everyone Can Draw Develop your own unique drawing style in this course where everyone and anyone can draw. Try new techniques like 30 second charcoal drawings and drawing whilst standing up!
	Friday, 9:45-12:45	Play Guitar Master the basics, play songs together as a group and even take part in an end of term performance. Suitable for total beginners.
Friday, 1:15-4:15	Book Club Our wonderful weekly reading group, led by volunteers.	
Basic Skills Courses in English, Maths and Digital.	<i>You will need to do an assessment before starting English and/or Maths. This is so we know which group to place you in.</i>	
	Thursday, 1:15-3	Basic Skills Assessment Find out what level you are working at.
	Thursday, 9:45-12:45	Step Into English Make a start on improving your literacy skills.
	Thursday, 1:15-4:15	English Next Steps Take your writing and reading to the next level.
	Friday, 9:45-12:45	Step Into Maths Make a start on improving your numeracy skills.
	Friday, 1:15-4:15	Maths Next Steps Take your numeracy to the next level.
	Thursday, 9:45-12:45	Introduction to IT Develop key digital skills for life in this introductory IT course. Perfect for beginners or as a refresher.
	Tuesday, 9:45-12:45	Work Club Find out about, search and apply for education, volunteering and employment.
	Thursday, 9:45-3:30 <i>Learners are invited to attend Work Club as part of this course</i>	Happy to Help! Our customer service training programme will equip you with the skills and experience to use in a variety of roles across the sector. Work with your team to plan and deliver an event that customers will remember! Includes a Level 1 unit in Customer Service, a cafe placement and advice on taking your next steps.
	Wednesday, 9:45-3:30	Skills for Success Learn about and develop essential skills for the workplace and gain a qualification in Employability Skills. Delivered by the Manchester College, this course is ideal for anyone who is thinking about work or volunteering.
Training Programmes & Employability Courses designed to help you take your next steps.		

Get online

Access libraries, GPs, prescriptions, NHS, banking, benefits and more

Stay connected with friends, family, communities, e-books, entertainment **Getting started and getting on**

Ask at your local library manchester.gov.uk/libraries

For digital assistance and support text your name and neighbourhood to **07860 064 128**

For read aloud and translate website support, use Accessibility tools or use Browsealoud

[Helping Hands](#)

Help with bills, debts, saving costs

manchester.gov.uk/helpinghands

[Be Well Service](#)

Finding a way to live and feel well with one-to-one support

0161 470 7120

Citizens Advice Bureau

Free, confidential, impartial advice citizensadvicemanchester.org.uk

03444 111 222

[Samaritans](#)

Call free, any time, from any phone

116 123

[Manchester](#)

Community Central

Mutual Aid & Community Response Groups **0333 321 3021**

Helping Hands advice and support to get you through

If COVID-19 has changed your personal circumstances, you are not alone. Use this Helping Hands Pocket Guide to see you through manchester.gov.uk/helpinghands

GET SUPPORT WITH:

- Redundancy/Finding work
- Struggling to pay mortgage/Rent
- Claiming benefits Debt, bills or borrowing Your health and wellbeing.

Places to go for advice and support

Be Well Service

Helps you find a way to live and feel well with one-to-one support **0161 470 7120 Citizens Advice Manchester (CAB)**

Free, confidential, impartial advice on

03444 111 222 citizensadvice.org.uk facebook.com/ManchesterCAB **Help and Support Manchester**

for a range of services to help you and your family hsm.manchester.gov.uk **Caribbean & African Health Network** www.cahn.org.uk

Work

Working from home

Get help towards heating, electric,

telephone gov.uk/tax-relief-for-employees **Young people**

princes-trust.org.uk

Over 25

Motiv8 Manchester motiv8mcr.org

Learn new skills or retrain National Careers Service nationalcareers.service.gov.uk Adult education manadulted.org.uk

Learn from home learnmyway.com

Apprenticeship – no matter what your age theapprenticeshiphub.co.uk/covid-19

Change in circumstances

Out of work/Redundant

Check with CAB Manchester

Search 'out of work checklist' on moneyadvice.service.gov.uk or call **0800 138 7777**

Jobcentre Plus for jobseeking

jobhelp.campaign.gov.uk

For urgent vacancies employgm.org **At risk of becoming homeless?**

Call Shelter on **0344 515 1640** or visit england.shelter.org.uk/housing_advice/coronavirus

Call CAB Manchester on **03444 111 222** or visit citizensadvice.org.uk/housing/homelessness

Money Matters

Benefits check

Visit www.entitledto.co.uk

Universal Credit Budgeting Loan

Visit gov.uk/budgeting-help-benefits or call **0800 169 0140** **Bills and discounts**

Visit manchester.gov.uk/helpinghands for information on:

Missed rent/Mortgage/Bills?

Council tax – 12 or 10 months?

Struggling to pay water bills? United Utilities online or call **0345 6722 888**.

Cheaper deals

Mobile, broadband, energy. Switch with poor credit history or a prepayment meter
moneysavingexpert.com

You're in control

Tackle debt!

Step 1 Open the letters

Step 2 Seek FREE advice from a debt adviser about affordable payments that are right for you at this time
Step 3 Write to creditors with a manageable payment plan and ask them to stop interest

Step 4 Start regular payments and start leaving your debts behind

Manage the stress of debt

Visit moneysavingexpert.com/credit-cards/mental-health-guide/

Make your money go further

Food

Visit manchester.gov.uk/helpinghands for information on:

- ▶ Eat well for less
- ▶ 'Grow your Own' guide
- ▶ Low-cost recipes
- ▶ Accessing food banks and food clubs.

Healthy Eating Tips

Visit nhs.uk/live-well/eat-well/eight-tips-for-healthy-eating

Energy saving

Visit manchester.gov.uk/helpinghands for advice on Winter Fuel Discount and energy.

No need to buy new

Make, mend, ask a friend – let's not spend!

Are you settled in Manchester?

Seeking asylum boaztrust.org.uk

Kath Locke Centre, Hulme, M15 5DD

0161 202 1056

www.rainbowhaven.org.uk

113 Abbey Hey Lane, Gorton, M18 8TJ

0161 370 3472 [EU settlement](#)

Apply by 30 June 2021 gov.uk/settled-status-eu-citizens-families

European Nationals – get support, training and representation from Europaia europaia.org.uk or call **0333 3058 570**

You're not alone

Get involved with community projects buzzmanchester.co.uk **Every Mind Matters**

nhs.uk/oneyou/every-mind-matters

Young people

Free confidential support 42ndstreet.org.uk

LGBT+ youth theproudtrust.org

Free 24-hour National Domestic Violence Helpline **0808 2000 247**

Free Male Advice Line **0808 801 0327**

Receiving benefits and need support with funeral costs?

Search Funeral Expenses Payment on gov.uk or call **0800 169 0140**









Are you out of work right now?
Are you looking to improve your chances of getting a job?
Then why not say




to Employment

Give Yes Manchester a shout, and come and meet one of our experienced team. After an assessment, you could join one of our Yes to Employment courses.

You'll get the chance to look at what it takes to get into a job—applying, interviewing and more—as well as considering the barriers you might already be experiencing.

And you'll do a short work placement.

CALL US ON 0161 720 4090 or EMAIL
yesinfo@yesmanchester.co.uk

*Yes to Employment is a 4 week course held at Yes Manchester's Briscoe Lane office on Tuesday and Thursday, from 9.30 to around 3.30., and includes work placements in Week 3, for two days.



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



**STRONG AS ONE.
STRONGER TOGETHER.**

About Us:

Lingua.Gm team has over 20 years of experience in Mental Health within voluntary sector/NHS (IAPT)/Community interpreting and translation/voluntary sector/private sector.

Level 2/Level 3 Interpreting Skills certificate, Diploma in Public Service Interpreting (DPSI)
Bilingual Mental Health practitioners are provided to support clinical work at STEP2/3/3+.
Registered and accredited with professional bodies. (BACP, BABCP, UKCP, BPS)

Lingua.GM as a bilingual local base organization across Greater Manchester provides:

- Bilingual Community Mental Health services
- Community Interpreting/Translation services
- Workforce Training
- Tailored & Targeted community living/working be well Approach
- Holistic living/Peer led programs/Physical health sessions
- Employment Outreach Programs
- Improve educational attainment

Our aim and objectives are to support our BAME Diverse communities to develop a healthier quality of life and living well community model across the North West.

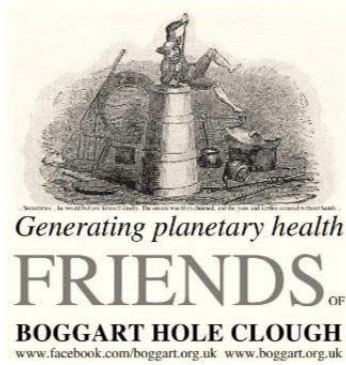
Our mission is to empower the wider community through integration and cohesion.

Please contact us for more information:

Lingua.GM Services:

Phone: **07814634576**

Email: **info@linguagm.com**



Free Natural History Walks

exploring Boggart Hole Clough Ancient Woodland Park

every Saturday starting 10am outside the Lakeside Café with walk around the Lake carrying out our Weekly Waterbirds Survey
 - see flyer / poster on our website - https://boggartholeclough.files.wordpress.com/2008/02/fobhc_20-3-2017_weekly_waterbirds_survey_flyer_poster.pdf
 Walks on other days by arrangement.



The Clough & adjacent Bailey’s Wood are *Ancient Semi-Natural Woodlands* described by Natural England as “irreplaceable” & of “prime ecological & landscape importance.” Ecologists report these woodlands to be in an “unfavourable condition” as are other aspects of the area.

We study the area’s past & present condition including its wildlife habitats, identify & map fauna & flora species, & research, discuss & promote **restoring biodiversity health**.



Old postcard above, from circa 1910, captioned *Main Avenue, Boggart Hole Clough*, published courtesy of the North Manchester Camera Club. Thanks to Paul McCrystal & Stephen Hamilton, among others, for the other 6 photos above which were all taken in the Clough between 2005 & 2019.

Everyone can join FoBHC activities, as our Equal Opportunities Policy affirms. Joining is free. All ages welcome. Under 16s must be accompanied by parent or guardian.

For further info contact Peter Milner – 01612035009 – peterfmilner@hotmail.com
 Friends of Boggart Hole Clough (FoBHC), before 2015 named Boggart Hole Clough Community Action Trust, was founded in 2000. FoBHC works with, among others, Manchester City Council, landowner of Boggart Hole Clough & most of adjacent Bailey’s Wood.



ELIGIBILITY:
 MANCHESTER BOROUGH
 POSTCODE
 19 +
 UNEMPLOYED
 RIGHT TO LIVE IN UK

TUESDAYS
2PM - 3PM

A WEEKLY WORKSHOP TO FIND OUT ABOUT THE LAB OVER THE SUMMER

SHARE WITH OTHERS AND CONNECT TO YOUR WELLBEING



IF YOU ARE INTERESTED, PLEASE CONTACT:
LISA@PROPERJOB.ORG.UK 07716638754



European Union
 European Social Fund



CanSurviveUK
 Supporting people living with or affected by cancer



Cancer support group in HARPURHEY

For people living with or affected by cancer

Have you or anyone else close to you been affected by cancer?
 Would you like to meet other people in similar circumstances?
 Would you like to receive information and support?

Can-Survive UK welcomes you to our new Cancer Support and Information service at **No. 93 Wellbeing Centre, Harpurhey.**

We offer a safe and confidential space in which you can meet other people, share experiences, take part in a range of free health and wellbeing activities and workshops, access information and support.

Venue: No. 93 Wellbeing Centre, Church Lane, Harpurhey, Manchester, M9 5BG

Day: Monday

Time: 12noon to 2pm

Refreshments provided. Reasonable travel expenses paid.

Dates for 2021

May: 10, 17, 24, 31

June: 7, 14, 21, 28

July: 5, 12, 19, 26

August: 2, 9, 16, 23, 30

September: 6, 13, 20, 27

October: 4, 11, 18, 25

November: 1, 8, 15, 22, 29

December: 6, 13, 20

All activities and groups delivered within Government COVID19 infection prevention and control guidelines (socially distanced and PPE equipment provided and worn)

For further information:
 Can-Survive UK, Kath Locke Centre, 123 Moss Lane East, M15 5DD
 Tel: 0161 455 0211 Mobile: 07496 089310 / 07908 429297
 Email: info@can-survive.org.uk Twitter: @CanSurviveUK
www.can-survive.org.uk
 Registered Charity number 1166128



North Manchester Age Friendly Support

Stepping out into the new normal after lockdown

As the lockdown eases, COVID-19 is still present, so we're sharing with you some useful information on what you can do to make sure you are feeling ready and confident to step out into the new normal.

Here's some tips to prepare you for heading out:

- **Wear a face covering when visiting indoor settings including public transport, this is not a legal requirement*** but it is an action we can take to protect ourselves and others around us.
 - * Some venues may still ask you to wear a mask such as health care settings.
- **Bring a small hand sanitiser with you for use outside of the home.**
- **Start out small, perhaps walk around the block.** Get used to being outdoors again slowly before you go on big trips, to public places like shops, or use public transport.
- **Keep to social distancing guidelines and try to stay 2 metres away from others.**
- **Prepare your journey and plan your route before you go out.**
- **Once you get back home, remove your face covering.**
- **If it's a disposable face covering, dispose of it in the bin.** If you are using a reusable face covering, it will need to be washed in hot water, so it's a good idea to have a spare one.
- **Once you're back, wash your hands immediately with soap and hot water for 20 seconds** (the time it takes to sing Happy Birthday twice).



Even if you have had a COVID-19 vaccination, still follow the above guidance to protect yourself, your family, friends and colleagues.

Looking after ourselves: We know that in these difficult times you may be feeling more worried about your situation, and it is important that you can talk about how you are feeling. Over the page there are some local befriending and support services available in North Manchester that are only a phone call away, how you are feeling. Over the page there are some local befriending and support services available in North Manchester that are only a phone call away.

Please remember all NHS services are still here for you. GPs are consulting with patients differently at the moment, but GPs are always there to support your physical and mental health, so please call your GP surgery if you need an appointment.

If you are struggling, why not give them a call?

NEPHRA Good Neighbours Befriending and telephone befriending in Moston & New Moston area	T: 0161 637 6788 / 07542 233 600 E: office.nephra@gmail.com W: nephragoodneighbours.org.uk
Caritas St Joseph's befriending service across North Manchester	T: 0161 850 1645 E: stjosephs@caritassalford.org.uk W: caritassalford.org.uk/service-view/services-4
North Manchester Black Health Forum Support with mental health, isolation, and loneliness across North Manchester	T: 0161 720 9974 or 07914350602 E: info@nmbhf.org.uk W: nmbhf.org.uk
The Fed Advice and support for the Jewish community across Manchester	T: 0161 772 4800 (option 2) E: advice@thefed.org.uk W: thefed.org.uk
Manchester Settlement Open door befriending service to help combat loneliness across North Manchester	E: befriending@manchestersettlement.org.uk W: manchestersettlement.org.uk/community/open-door-befriending-service
Communities for All Befriending services available for people speaking Urdu, Punjabi, Bengali and Arabic	T: Mohammed Ali on 0161 305 6663, Monday to Friday 10am - 4pm E: info@c4all.org.uk W: c4all.org.uk
LMCP (Learn Motivate Change Prosper) Support for older people in the South Asian community across Manchester	T: 0161 226 4632 E: info@lmcp.co.uk W: lmcp.co.uk
LGBT Foundation – LGBTQ+ community Rainbow brew buddies befriending service and talking therapies across Manchester	T: 0345 3 30 30 30 E: befriending@lgbt.foundation W: lgbt.foundation/rainbowbrewbuddies
Manchester Cares Friendship, social activities, and outreach for older people across Manchester	T: 0161 207 0800 W: manchestercares.org.uk/home
Be Well Support to help you find a way to live and feel well, available across Manchester	T: 0161 470 7120 W: thebiglifegroup.com/service/be-well
Manchester Mind Listening service and peer support for adults living in Manchester	T: 0161 769 5732 E: info@manchestermind.org W: manchestermind.org
Kwan Wai (Mental Health) Mental health support for the Chinese community across Manchester	T: 0161 272 7482 (direct) / 0161 833 0377 (general) E: kwanwai@waiyin.org.uk W: waiyin.org.uk/projects/health-social-care/kwan-wai-mental-health
The Welcome Centre Befriending and support to over 55's from BAME communities across Manchester	T: 0161 792 9760 E: info@waiyin.org.uk
The Silver Line Free national helpline for older people, open 24 hours a day, seven days a week, 365 days of the year	T: 0800 470 80 90 E: info@thesilverline.org.uk W: thesilverline.org.uk
Age UK National telephone friendship service	W: ageuk.org.uk/services/befriending-services/sign-up-for-telephone-befriending

Large print versions of this leaflet are available on request, please email buzz@gmmh.nhs.uk for more information. All information displayed on this leaflet was correct at the time of print and distribution.



SMASH

MENTAL HEALTH ARTS PROGRAMME

Do you live or have a connection to Moston and Harpurhey? Are you currently struggling with your mental health and well-being?

SMASH offers you a range of different creative activities that suit your own experiences and interests. You don't need to know anything about art!



You can choose from a range of creative experiences that will:

- Help you improve how you feel
- Increase your understanding of mental health and illness
- Help you to meet and talk with other people facing similar experiences
- Increase confidence in talking about your experiences
- Provide new creative ways for expressing your feelings

MENU OF ACTIVITIES FEBRUARY 2022

11th FEBRUARY 10:30am – 11:30/12pm: TALK - Simon Leroux of MCR Street Poem explores how art and creativity has improved his mental health as well as raised his skills and aspirations to a point where it has opened up new worlds for him

18th FEBRUARY 10:30am - 12/12.30pm: SEE & HEAR - A special guided tour by staff around a major retrospective of the work of **one of the most influential figures in 20th century British culture, Derek Jarman at Manchester Art Gallery**

25th FEBRUARY 10:30am - 12.30pm: CREATE – What does your perfect day look like? Join Simon Leroux as he returns to deliver a creative workshop making cardboard art. Exercises around creative writing and artistic expression, all with a keen focus on boosting self-esteem and creating meaningful connections.

You can sign up to SMASH activities at any time, you can choose whichever of the different activities suit you.

To find out more and arrange a chat about what you would like to get from SMASH, send an email to: Steve@sickfestival.com or call us on 07949 546135

FUNDED BY



PETER SOWERBY FOUNDATION

Funding Healthcare, Innovation & Creativity



MANCHESTER CITY COUNCIL



THE OGLESBY CHARITABLE TRUST



Supported using public funding by ARTS COUNCIL ENGLAND

GET YOUR VOICE HEARD!

DO YOU CARE ABOUT MOSTON OR HARPURHEY?
WE ARE LOOKING FOR 8-10 COMMUNITY AMBASSADORS TO HELP US
CONNECT WITH THE NEIGHBOURHOOD

FEE: £75 PER MONTH

TERM: One year fixed term. Monthly group meetings between February 2022 - February 2023



JOB ROLE:

We are looking for a small group of 8 - 10 young people aged 16 - 25, with a range of experience and perspectives, to help us shape our 10-year programme of exciting creative projects in Moston & Harpurhey.

You will attend monthly meetings to discuss issues that are important in the area, help us come up with new ideas and look at how we communicate with the wider community.

We want you to help us shape and deliver a series of community dinners, share our plans and progress with the community, deliver word of mouth marketing to local residents and offer share your knowledge of Moston & Harpurhey.

PERSON SPEC:

We are looking for young people who either live, work or have a connection to Moston or Harpurhey aged 16 - 25 who:

- Are committed and enthusiastic about making a positive change in the community.
- Want to help raise awareness about issues that matter to you and members of your community.
- Are interested in getting involved in enjoyable and thought-provoking creative activities.
- Would like to make new social and professional connections.
- Want to help shape cultural activity in the neighbourhood.

APPLICATION:

To apply to be a SICK! Ambassador please email Steve@sickfestival.com telling us:

- A bit about yourself including age, interests and hobbies
- What do you love about your community?
- What would you change about your community?

Deadline for applications is 11th February 2022. Interviews will be held from 15th February 2022 in person.

HandyHelp Update

Our handyperson service has been working in a reduced capacity in recent months, with a focus on health-related / higher priority works. However, based on the government's roadmap out of lockdown we are now accepting referrals for our full range of works, with visits starting again from Monday 17th May 2021.

Please do give us a call on 0161 872 5500 if you or someone you want to refer would like to use the service. HandyHelp is available to anyone living in Manchester aged 60 or over, regardless of tenure.

Labour is free, clients pay for the cost of any required materials. We can also source materials for jobs if required. The kinds of small jobs and repairs that our handyperson can do for you include, but are not limited to:

- Free home safety equipment (Handrails/Bannister rails, grab rails internal and external, carpet trims, non-slip bath and shower mats)
- Gates (repair, replacing broken hinges, fitting padbolts and padlocks)
- Fitting curtain rails and blinds and replacing light bulbs
- Small heating and plumbing issues (e.g. bleeding radiators, replacing taps and tightening washers, attending to leaking toilets) and Drainage works (e.g. unblocking sinks or gullies)
- Internal doors (e.g small repairs to handles/locks/catches, security measures and draught-proofing)
- Furniture repair (and small flat pack assembly) and internal joinery (e.g. erecting shelving and re-fixing loose floorboards)
- Limited brickwork and patch plastering
- Keysafes (£15.00 at cost price payable by the client upon fitting)
- Dementia Friendly Works – small aids and adaptations designed for people living with dementia. *All referrals to Dementia Friendly must be made by a health or social care professional.*

Please note that when taking enquiries for handyperson works we now need to check the following with clients/referrers:

- Clients have been vaccinated / have not had COVID symptoms in the last 2 weeks / have not been in contact with anyone suspected or diagnosed with COVID in the last 2 weeks.
- Clients must maintain a distance of 2 metres from all Manchester Care & Repair staff when inside their property.
- Not to offer refreshments as staff cannot accept.

If you have any questions about a potential job, or to discuss any of our other services please do give us a call on 0161 872 5500 or email mail@careandrepair-manchester.org.uk

Over 70 and not had your COVID jab?

If you or someone you know is over 70 years old and hasn't had their COVID-19 vaccination yet, please contact your GP.



It's also a great chance to make sure your GP practice has the correct contact details for you so they are able to get in touch with you in the future.

MCRactive

MCRactive are a not for profit organisation established and overseen by Manchester City Council, responsible for driving sport and physical activity across Manchester, inspiring and encouraging everyone to lead a more active and healthier lifestyle.

Our role is to provide the leadership and a common narrative, working with the whole sport and physical activity sector to activate all publicly accessible sport and leisure places that exist across the city. Please visit [MCRactive - Get active in Manchester](https://www.mcractive.com) (<https://www.mcractive.com>)

What's on at NCA

Our Community Centre had to close under the new national restrictions from 5th Nov 2020, but we still offer these services by phone:



- Information, Advice and Guidance – including benefits and CVs
- Register to do free Online Courses – such as Health & Safety, Customer Service, Starting a Business and many more...
- Learn to use your device and the internet at home, register for these free online courses

This service is open to everyone aged 16+
We will re-open when the restrictions end

Northmoor Community Centre, 95-97 Northmoor Road, Longsight M12 5RT
0161 248 6823 info@northmoorcommunity.org
www.northmoorcommunity.co.uk Charity No. 1091595

NCA

Northmoor
Community
Association



@Nmoor_Community



Northmoor Community Association

MINDFULNESS FOR HEALTH

— A FREE COURSE —

Are you suffering with pain, stress, disability or chronic illness?
Learn to live well again with mindfulness.

Mindfulness techniques help us to be more aware, at peace and present.

This course can help you to:

- Manage your health condition
- Sleep better and feel less tired
- Improve your mood
- Have a better quality of life

Find out more and book an introductory session:

- Send an email to info@breathworks.co.uk
- Phone 0161 834 1100 (ask for Karen or Colin)

MINDFULNESS FOR HEALTH

— A FREE COURSE —

Free places are available on this expert-led course for Manchester residents. In particular, we would like to welcome:

- Those with a disability of any kind
- Those with a chronic health condition
- People from black, asian and other ethnic minority backgrounds
- Older adults
- People from the LGBTQ+ communities
- Carers and family supporters

DO YOU KNOW ANYONE WHO'S FEELING LONELY?

BUDDYLINE



We're matching our friendly volunteers with isolated people over 50 for an hour a week, so they can get to know each other, share stories, common interests & help overcome loneliness, for those who need it most.

The pair will also given the option to have their phonecalls turned into heart warming content for radio.



To register your interest
please contact: hello@sonderradio.com
or call: 07933 773118

For more info visit:
sonderradio.com/buddyline



THE LALLEY CENTRE

IS STILL PROVIDING FOOD PARCELS AND PHONE OR ZOOM SUPPORT; DURING LOCKDOWN AND SOCIAL DISTANCING DUE TO THE COVID-19 PANDEMIC.

FOOD PARCELS ARE AVAILABLE:
WEDNESDAY 10AM-1PM
THURSDAY 10AM - 1 PM*
FRIDAY 10AM - 1PM

OVER THE PHONE AND ZOOM SUPPORT AVAILABLE WEDS-FRIDAY 10AM- 4PM

CALL US ON 0161 205 2754 OR EMAIL LALLEYCENTRE@CARITAS.ORG.UK

Lalley Centre
Caritas Diocese of Salford

*Home deliveries are available on first come first serve on Friday initially by professional referral ONLY

How has our service changed?

Together Dementia Support runs social and activity groups for people living with dementia. However, due to the governments guidelines regarding Coronavirus, we are unable to run these groups at the moment. This pamphlet includes information of how we have changed our service to continue to support our members and their carers.



Coming Soon...

▪ Distanced walks around the block

We will be able to match volunteers to visit people and go for a walk around the local area - whilst maintaining a safe social distance. This would require someone to be independently mobile and with minimal falls risk.

• Activities in the garden (eventually in homes)

We are training volunteers ready to be able to conduct social visits in outside spaces and eventually in peoples' homes following (once this is allowed and safe to do so). These visits would require a carer to be on hand during the visit, but enable members to have a weekly face-to-face chat, play games, or even have a go at some seated exercise. We would assess members for suitability for this new service on an individual basis.



Registered Charity No: 1180628

What we can offer people living with dementia whilst our groups cannot run



0161 226 7186

admin@togetherdementiasupport.org

www.togetherdementiasupport.org

Twitter: @2getherDementia

Facebook@

/TogetherDementiaSupport

Are you a private renter affected by Coronavirus?

- If your income has been affected due to losing your job, reduced hours or furlough pay, you may be able to claim Universal Credit, which could help towards your housing costs. If you need support with this, contact Citizens Advice Manchester's Help to Claim service.
- If you're still struggling to make your rent payment, you may be able to apply for a Discretionary Housing Payment if you're in receipt of benefits. For more help with this, contact us to see how we can help you.
- While there is currently a pause on eviction proceedings, this doesn't mean that your landlord can't serve you notice, just that the notice period is extended. If you are already in arrears when the pause is lifted, your landlord could accelerate eviction proceedings at this point, so it's important to keep up with your payments.
- If you're at all concerned about your ability to keep up with your rent, make sure you seek advice as soon as possible to find a solution.

**MS Society are working in partnership with Citizens Advice Manchester to help you get the advice you need. If you would like a referral into the project, please contact Mark Pritchard, MS IQL Project Officer
07920 429 477 / 0208 438 0753 /
Mark.Pritchard@mssociety.org.uk**



SelfHelp

Improving mental health

For more information call 0161 226 3871 or email pws.manchester@selfhelpservices.org.uk

You can refer yourself directly to our services online at www.selfhelpservices.org.uk

 @weareselfhelp

Self Help is a registered charity (no. 1122063)... a Big Life charity.

Funded by:



What is IQL?

Our Improving Quality of Life Project (IQL) provides financial and emotional support for people with MS in Bolton, Manchester and Salford.

IQL is funded by the National Lottery Community Fund and delivered in partnership with Citizens Advice Manchester. Our objectives are to:

- * Improve emotional wellbeing;
- * Improve access to dedicated advice;
- * Improve support in relation to financial security, employment and housing issues.



IQL Contact

Mark Pritchard
07920 429 477
Mark.Pritchard@mssociety.org.uk

Mia Tamarin
0208 438 0815
Mia.Tamarin@mssociety.org.uk

Website
mssociety.org.uk/iql-manchester

General MS Advice

MS National Centre
020 8438 0700
Info@mssociety.org.uk

MS Helpline Freephone
(weekdays 9am-7pm)
0808 800 8000

helpline@mssociety.org.uk

mssociety.org.uk
 [facebook.com/MSSociety](https://www.facebook.com/MSSociety)
 twitter.com/mssocietyuk



Need financial help & advice?

Dedicated support and grants available



Skills Support[®] for Employment

Fully funded courses

Online courses and support to help you get back into work

Would you like to boost your skills to help you get back into work? Skills Support for Employment will provide you with tailored support that will enable you to find employment and succeed in the workplace.

Improve your skills with fully funded courses

Whether you've been made redundant or are considering a change of career in light of COVID-19, Skills Support for Employment can offer you a range of online courses to help you upskill and enhance your employment prospects. Best of all, the courses are fully-funded, meaning there's no cost to you.

We understand that the current situation is tough for job-seekers, however it's the ideal opportunity to gain the skills you need to take your next step and get back into work. There has never been a better time to branch out and develop your skillset ready for your return to work. You can even start learning whenever suits you.



For more information visit:
www.gcskills-support.uk/services/skills-support-for-employment/
or call 01942 527 770

- Training resources including:
- Using Zoom and working from home
 - Spreadsheets, Word, Email
 - Online calendars
 - Keyboard shortcuts
 - Google Docs
 - Online safety and security
- And lots more

4CT Limited



Make it Click offers free online training resources – no hidden fees – no small print – just access to what you need whenever you want to access it!

email: your name, email address and contact telephone number to: info.4ct@btconnect.com and we will send you a code to register for free, then you register direct with Make It Click. If you need help just email or telephone us.

We will send you an email in 6-8 weeks just to ask how useful you have found the training resources.



4CT is a charity based in East Manchester
www.4ct.org.uk Tel: 0161 2301420



Finance by

GMCA

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European Union
Europe's
Social Fund

standguide group

Refresh your skills and Restart your career

Looking for a fresh start?

Standguide have on-line qualifications in

- Adult Social Care
- Digital Skills
- A wide range of employability courses to help you get the job you want.

At risk of redundancy?

We can help you make the switch into a fresh new career.

Currently unemployed?

We can support you to find the right employment for you



Refresh Restart

All courses are made to measure for you and free to GM residents aged 19 and over. Learn at your own pace, in your own time, with expert tuition and support.

For more info, or to book yourself an assessment, call our friendly referral team

- Standguide referrals: 0161 881 4826.

Alternatively, visit our website:

- www.standguide.co.uk



@standguidegroup

Course Name	Cert/ Award	Level	Learning Method
Digital Skills	Cert	1 & 2	Remote
Data Protection and Data Security	Cert	2	Remote
Preparing to Work in Adult Social Care	Award	1	Remote
Preparing to Work in Adult Social Care	Cert	2	Remote
Awareness of Mental Health problems	Cert	2	Remote
Common Health Conditions	Cert	2	Remote
Customer Service for H&S Care Settings	Cert	2	Remote
Dementia Care	Cert	2	Remote
End of Life Care	Cert	2	Remote
Falls Prevention Awareness	Cert	2	Remote
Infection Control	Cert	2	Remote
MH First Aid and MH Advocacy in Workplace	Cert	2	Remote
Principles of Care Planning	Cert	2	Remote
Safe Handling of Medication in H&S Care	Cert	2	Remote
Safeguarding and Prevent	Cert	2	Remote
Working with Individuals with Learning Disabilities	Cert	2	Remote
Working with People with Mental Health Needs	Cert	2	Remote
Employability Skills	Award	1	Remote
Principles of Customer Service	Cert	2	Remote
Functional Skills Maths	Cert	EL - L2	Blended
Functional Skills English	Cert	EL - L2	Blended
Money Management	Cert	1	Remote

Eligibility: Must be aged 19+ and live in Greater Manchester

Qualification:

Understanding Autism

LEVEL 3 CERTIFICATE

The Level 3 Certificate in Understanding Autism is a 12 week course that is designed to help you increase your knowledge and understanding of the condition, and the challenges and strengths that autistic people may experience.

You will learn about characteristics, diagnosis and how understanding and different theories surrounding autism have developed over time.

Within this qualification, the term 'autism' is used as an umbrella term for all autistic spectrum conditions, including Asperger syndrome.

Learn with expert tuition and support. Further your personal and professional development and demonstrate your competency to employers.

WHAT WILL BE COVERED?

- Positive approaches to supporting individuals with autism
- Current legislative framework relating to individuals with autism and how different theories have developed over time
- Supporting and managing transitions for individuals with autism
- Therapeutic interventions and support available for individuals with autism
- Supporting communication and social interaction for individuals with autism
- Vulnerability and safeguarding in autism.

WHY CHOOSE US?

- Access to high-quality online learning content throughout the course
- Gain a range of key skills to aid career progression and earning potential
- Receive support and guidance from a dedicated team of qualified tutors and assessors.

Funded by

GMCA

GREATER
MANCHESTER
COMBINED
AUTHORITY



European Union
European
Social Fund

For more information or to book yourself an assessment, call our referral team on 0161 881 4826.

We are offering at Standguide:

- Understanding Autism
- Understanding The Care And Management Of Diabetes
- Understanding Mental Health
- Understanding The Principals Of Dementia Care
- Principals Of End Of Life Care

We have spaces left for immediate starts! These courses are available to any Greater Manchester resident aged 19+, earning below £18,525 and haven't completed a Level 3 qualification of any kind in prior learning. Other eligibility rules also apply.

Any questions or queries, don't hesitate to email me or alternatively, talk directly to our referrals team on 0161 881 4826.

Christian McCrory

Engagement Officer | Standguide Limited

Tel: 0161 881 4826 | Mobile: 07917 967296 | Web: www.standguide.co.uk

Head Office: Suite 2, 1st Floor, Royal Buildings, Mosley Street, Manchester M2 3AN

Proper Job Theatre Co.

We are a theatre company based in the North of England creating and touring new work, producing large-scale theatre events, whilst supporting and nurturing individuals from the local community across Yorkshire and the North West through our unique [LAB Project](#). Please visit <https://www.properjob.org.uk/arts-hub> During this period of Covid-19 restrictions, we are currently running our weekly arts-based, wellbeing sessions online. For more information on any of these sessions contact: cheryl@properjob.org.uk / 01484 514687



CLAIM YOUR RIGHTS!

Did you know?
As a result of Brexit EU, EEA and EFTA citizens living in the UK will need to confirm their immigration status. The current deadline for applying is December 2020.

+4478 743 261 35
support@europia.org.uk
europia.org.uk
www.cabb.org.uk

EU Settlement Scheme Project Partners:

EUROPIA
Charity Reg. no. 1161453

citizens advice Bury & Bolton
OISC Reg. no. F201400861

Help with Furniture:

<https://static1.squarespace.com/static/5a02be2eb1ffb6f0e483368f/t/5f44efabbb0bb93861740c89/1598353325658/Finding+Furniture+For+Individuals+August+2020.pdf>

Mustard Tree creates opportunities through [volunteering](#), advocacy and a wide range of [creative](#) and [practical classes](#), as well as access to provision all under one roof. All our services are person centred and tailored to fit to the individual. Mustard Tree provides a safe and supportive environment where everyone is welcome. You can also refer someone to receive provision support from our shops, such as [furniture, clothing](#) and/or [food](#) – they will be signed up as a Mustard Tree client. Please visit <https://mustardtree.org.uk/referrals/>



SPECIAL OFFER

Pay in advance and £12.50 gets you 6 visits – that is 1 visit free!



Benefits

- Free membership
- Reduced price food
- Toiletries and household essentials
- Cookery courses
- Volunteering
- Training

Contact Us

To book an appointment or for more information email info@hmhc.co.uk or call 07910 879985

The Community Grocer is co-produced by Healthy Me Healthy Communities with local people and partners, with Fareshare



www.hmhc.co.uk

Harpurhey



No. 93, 93 Church Lane, Harpurhey M9 5BG

Currently running a GRAB & GO service

Opening times:
Tuesdays 11.30am – 4.00pm (appointment only)

Ask what is on offer at No.93 Café - open subject to Covid restrictions



Smithy's Bereavement Group

<u>WHEN:</u>	January	15th & 29th
Wednesdays	February	12th & 26th
	March	11th & 25th
	April	8th & 22nd
	May	6th & 20th
	June	3rd & 17th
	July	1st, 15th & 29th
	August	12th & 26th
	September	9th & 23th
	October	7th & 21st
	November	4th & 18th
	December	2nd & 16th

TIMES:
11am to 1pm
or
6pm to 8pm

WHERE:
AM - No 93 (Formerly The Wellbeing Centre) Church Lane, Harpurhey, Manchester M9 5GB
PM - Holy Trinity Community Centre, Goodman Street, Harpurhey, Manchester M8 4DT

CONTACT:
Please ring Wendy prior to attending the bereavement group for further information **07482643186**
18's and over only!



Join Us For A Chat and Refreshments

Service	Current situation
Manchester City Council hub	<p>0800 234 6123 Monday – Saturday 8.30am – 5.30pm (outside of BH) 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.</p> <p>Help with delivery of food, medication, combating loneliness and managing fuel top ups.</p>
The mustard tree	Food club emergency food parcels – please see website https://mustardtree.org.uk/2020/03/covid-19-food-deliveries-and-shop/
Ancoats	Shop remains open for food and essential toiletries – 10am – 2pm Monday – Friday
Talbot House, Newton Heath	Telephone advice for Carers of those with learning difficulties www.talbot-house.org.uk 0161 203 4095
Carers Manchester	All forthcoming workshops are still going ahead - https://www.carersmanchester.org.uk/events/ .
NEPHRA	Closed for face to face groups. Twice weekly meal deliveries to our service users with brain training packs in the bags. Over the phone support/befriending ongoing. (currently at capacity no new referrals)
Manchester Cares	Phone calls will still be available, please pass on their Name and Contact Number Criteria; 65+ and not having a diagnosis of dementia amy.saunders@manchestercares.org.uk
St Georges' community centre Collyhurst	The Bread and butter project will be coming to the centre every Tuesday 230-3pm to deliver food. All other groups have been cancelled.
Synergy home care	Staff continue to care for the most vulnerable in their homes.
Age friendly Miles Platting	All groups through age friendly have been cancelled
Walking with the wounded	Contacting and speaking to existing clients over the phone. Currently taking referrals - 0161 205 9287
Greater Manchester Fire and Rescue	GMFR are only conducting existing bookings for Safe and Well visits by telephone. Crews currently will respond to priority arson threat referrals and high risk referrals. Updates available at www.manchesterfire.gov.uk
CAB	Citizens Advice Manchester have suspended all of their community hubs but all other services are open for support. Advice line 03444 111 222 https://www.citizensadvicemanchester.org.uk/
Heathfield Hall Newton Heath	At Heathfield most of our classes have been suspended until further notice.
Church of the apostles,	Food parcels, pastoral support, self-isolating, supplies

Miles Platting	Reverend Ellie Trimble – 07887601451 / 0161 948 4197 *if anyone has tinned or dried food to donate please contact Ellie*
Sure start food clubs	As a charity, we are determined to keep the FOOD clubs open in Miles Platting, Whalley Range, Moston and Newton Heath. <ul style="list-style-type: none"> • Miles platting sure start centre is open on Fridays 1-3 • Newton Heath sure start centre is open on Mondays 12-2 • Collyhurst nursery - Mondays 12- 2pm 0161 205 1744 *Moston food club has now moved to Collyhurst nursery* 0161 205 1744
North Manchester fitness	Can send out information about appropriate exercise – contact: Lorraine.platt@btconnect.com www.northmanchesterfitness.com
Morrison Heath	Currently working on trying to provide health sessions to make available on social media.
Lung health checks	The programme is still seeing patients that had appointments pre-booked for the Failsworth site, but will finish on Monday 23 March. Again this could change though and if it does, patients will be directly contacted by the service.
Be well	Be Well are accepting referrals as normal and will be aligning our work to respond to vulnerable people during this time across the city. If you are worried about someone, as partners of Be Well you can refer to us so please do so.
Community Grocers, Miles Platting	All of the Community Grocers are closed but they are setting up an emergency food provision to support those most in need. They will be offering the service to existing grocer members and also taking referrals from GP's, One Manchester, Adactus, MCC, MHCC and GMMH. Once a process has been agreed this will be shared.
The Moston Miners	Currently open on Thursday and Friday afternoons for food to take away.
Broadhurst community centre	Closing from Friday 20 th March
Mood swings	Mental health support for people aged 16 plus over the phone. Helpline phone number 0161 832 3736 10am – 4pm
Back on track	Suspended all courses – current service users will be supported via phone by staff
42 nd street Mental health support for young people	Closing from Friday 20 th March. Taking no new referrals On line and telephone support to existing service users only. Online information available www.42ndstreet.org.uk
Samaritans	Phone - 116 123 0330 094 5717
Manchester mind	Phone 0161 769 5732 give your name and phone number and telephone support will be offered.
Caritas Saint Josephs	Phone calls to existing service users – shopping for them if needed. Emergency food parcels available contact Debbie on 07904 517028 .

Lalley centre	Open for emergency food pick-ups - Wednesday, Thursday and Friday. Please phone ahead - 0161 205 2754
Feed my City – Feeding Humanity	Briscoe Lane Learning Centre (M40 2TP, Newton Heath): Tuesdays 14:30 – 17:00 Wellspring Pentecostal Church (M40 9DN, Moston): Tuesday 11:00-14:00 Harpurhey Community Church (M9 5UX): Monday 11:00-13:30
Manchester Carers Centre	Helpline is still open - 0161 272 7270
Manchester self-help	www.selfhelpservices.org.uk
Connect support	Support for families/carers of those with mental health 0161 945 5044
Royal British Legion	http://counties.britishlegion.org.uk/counties/greater-manchester Served in armed forces and relatives – welfare team 0808 802 8080
Expert patient programme	Currently still taking referrals although all courses are cancelled until the end of June 2020. Phone: 0161 371 2105 or email: mft.epp@nhs.net
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.
Community Care Navigator	There is a Care Navigator based in each neighbourhood in North. To speak to a care navigator please email mft.carenavigators@nhs.net To make a referral please call Single Point of Access on 0300 303 9650.
The Gateway, Church of the saviour, Collyhurst	Gateway is only providing debt services and welfare services to existing clients and is operating remotely. They can offer a helpline and advise clients. They should call 07413305819. The call will be triaged and have a caseworker call them back. This service will be offered Mondays and Tuesdays The food pantry will continue to run as long as possible. Anyone who wants to use the food pantry sends a text in as there will be no surplus text - 07860 063 304
Northwards housing	Scheme Managers will be working from home, you can still contact Northwards on 03000 123 123 or email us on info@northwardshousing.co.uk
The Stirling centre	Closing from Friday
YES employment centre; Newton Heath, Collyhurst and Blackley	YES centres will be closed from Friday. The food pantry at the Collyhurst centre will also be closed. yesinfo@yesmanchester.co.uk , 0161 720 4990
CGL (change, grow, live) alcohol and drug service	Assessments over the phone and will see people new to treatment when clinically required. Group programmes have been suspended for now but online help or telephone support from is available.

	North residents should ring 0161 214 0770 South 0161 945 8772.
4CT	Do you know someone who is vulnerable and needs basic supplies in Moston, Newton Heath, Miles Platting, Openshaw, Beswick or Clayton 0161 230 1420 8am – 4pm
Scotland Hall Road Shop Newton Heath	Raja Bros - Will deliver goods if a person is unable to get out - 07405 005 819
The Sheridan	Can collect free hot food on a Monday (can book Mon-Fri) 0161 203 5444
Neighbourhood watch – Moston	07970 057015 - Janet Chapman, case by case support
Age UK	Meal delivery, prescription collection. shopping, visits/calls 0161 223 6062 or 07565988502
FC United, Moston	FC United - food distribution hub now up and running on Mondays and Fridays (please only contact on these days) Will distribute essential items to local vulnerable residents. Please contact Vinny to make a referral or for further info- 07792 833086
Rough Sleepers team	The rough sleepers team continue to provide outreach across the city – please contact the team if you see someone who is sleeping rough: https://secure.manchester.gov.uk/info/200117/homeless_people/3032/tell_us_about_people_who_are_sleeping_rough
The Silverline	Details of useful helpline for over 55's - https://www.thesilverline.org.uk/what-we-do/ 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. <u>The Silver Line Helpline – 0800 4 70 80 90</u>
Help with food while schools are closed	Please follow link: https://secure.manchester.gov.uk/info/500361/coronavirus/7938/coronavirus_-_benefits_and_money/4
Visit from the stork	Visit from the Stork 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. These include, <ul style="list-style-type: none"> • Nappies & Nappy bags, Wipes, • Formula milk (we also do breastfeeding support in Salford if anyone is breastfeeding) • Bathing items such as children's bath/shower wash, shampoo, toothpaste etc • baby food and toddler meals • Talcum powder • Medicines such as calpol, teething gel, nappy cream • Sanitary items and small care packages for parents <p>We are funded to cover all of Salford and North, central and South Manchester and can take referrals from professionals working with families or direct from the parents themselves - they just need to call, text or Whatsapp on 07402630671 or email storkcovidhelp@gmail.com.</p>
Barnabus City Centre	Telephone support for existing and new service users, signposting and help with food poverty - 0161 237 3223

	<p>admin@barnabusmanchester.co.uk</p>
	<p>https://acorntheunion.org.uk/ @ACORN_tweets</p> <p>Acorn are a community union, they are organising local volunteers to support people who need shopping, prescription collection, post and anything else they may need if they are stuck at home. To request help visit acorntheunion.org.uk/corona or if you don't have internet access call 07395945770</p>
Manchester Action on Street Health	<ul style="list-style-type: none"> • The MASH centre is operating 5 days a week Mon–Thurs 3:00pm -5:00pm & Fri 2:00pm -4:00pm. • The MASH mobile goes out 5 nights a week Mon-Fri 8:00pm–12:00am. In accordance with COVID 19 guidance both these services are delivered remotely in line with robust risk assessments and guidance around hand and respiratory hygiene, social distancing and general safety. http://www.mash.org.uk/
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"> • British Gas – 0333 202 9802 • EDF – 0333 200 5100 • EON – 0345 052 000 • N Power - 0800 073 3000 • Scottish power – 0800 027 0072 • SSE – 0345 026 2658



Please visit <https://www.manchestercommunitycentral.org/> for local community resources in Manchester. Tel: 0333 321 3021



Delivering Food Parcels

In the last fortnight, we have been volunteering in the North Manchester Business Network to deliver food parcels to vulnerable community members. The operation, which is supported by F.C United and Manchester City Council, delivers fresh food, tinned goods and cleaning products to residents throughout North Manchester twice per week.



The North Manchester Business Network is a relatively new organisation that has been working hard during this crisis to extend its products to as many people as possible.

'It is our intention to do as much as we can to alleviate the pressure on the people most at risk of the virus in our locality' explained Vinny Thompson of F.C United.

Helping the Homeless

Our friends at Barnabus are supplying daily meals to homeless people, now in temporary accommodation. Each day, volunteers are preparing hot and cold meals and receiving donated food from local businesses.

Master Moves has assisted in the delivery of meals from the hub in the Church of the Apostles in Miles Platting to various accommodations.

During this difficult period, it is important to utilise business services to provide aid to those in compromised positions. At Master Moves, we plan to continue our volunteer work, using full PPE and sanitiser and practicing safe distancing to keep our operatives and community members safe.

We would like to inform our clients and customers as of 27/04/2020, the government has updated its legislation regarding essential moves to social landlords.

We are now able to perform moves under the following circumstances:

- 1.Domestic abuse or other forms of violence.
- 2.Cases of severe overcrowding.
- 3.Removals from temporary to permanent accommodation.
- 4.Removals to facilitate hospital discharge and increase bed space in care institutions.
- 5.To support those in unsafe accommodation or without settled accommodation, which poses a health risk.



We are critically evaluating our strategy to resume our services following the guidelines of ensuring PPE, hand washing & sanitisers and practicing social distancing to prevent the spread of Covid-19.

Unfortunately, we remain unable to perform non-essential removals that do not fit this criteria until further notice.

Furthermore, we are delighted that our voluntary work over the past few weeks has been recognised with a mention in the Manchester Evening News recently. Utilising our services for the benefit of vulnerable community members is important to us and we will continue our volunteer work throughout this crisis.

To read about how Manchester businesses are playing a vital role in the pandemic, please see the article below:

<https://www.manchestereveningnews.co.uk/special-features/people-manchester-rally-coronavirus-response-18069604>

Ear for you



Covid-19 Support line for BAME communities. A Greater Manchester wide service.

What we already know

Third of Covid-19 patients are from Black and Asian Minority Ethnic population (BAME)

Why is this service necessary

Covid-19 related emotional support for BAME families is limited in Greater Manchester (GM)

Who can call

- People from BAME communities who are:
- Recovering from COVID-19 or are self-isolating
 - Relatives and friends of clients suffering from COVID-19
 - Bereaved relatives and friends of a deceased COVID-19 person
 - BAME women and young girls victims of abuse and violence

Who are we?

- A charity specialised in the provision of cross-culture emotional support
- Registered Mental health Practitioners and Psychotherapists
- Bilingual trained Peer Mentors skilled in basic cultural counselling
- Community support volunteer workers

What is available?

- Advice, guidance and signpost relating to COVID-19 matters
- Cross-culture emotional support related to pre- and post Covid-19 issues
- Tailored psychosocial therapy for women and young girls victims of violence and abuse during COVID-19:

Individual and Group therapy available.

- Online trainings available
- Advice, guidance and support provided in varied languages including Somali, Kurdish, Swahili, Urdu, Arabic, French and more

07862 279289 / 07894 126157

You can also text the word 'HELP' and someone will get back to you

Open seven days a week from 10am-6pm

www.nestac.org.uk info@nestac.org.uk



the guardian



Help is available if you need it.



Food. Medicines. Company.



Fuel bills. Online help.

CALL 0800 234 6123



kooth.com

Kooth, from XenZone, is an online counselling and emotional well-being service for children and young people, available free at the point of access.

When commissioned in their area, children and young people logging in can access:



Online counsellors 365 days a year up to 10pm, through either drop-in sessions or scheduled text-based sessions



Self-help materials co-produced by other young people



Fully-moderated peer-to-peer support forums



Personal goal-based journal

Kooth is:

- Safe, confidential, anonymous
- Free at the point of need
- Available through a smart phone, tablet or computer

Kooth helps to reduce wait times for young people seeking help and removes stigma around mental health. Kooth integrates with face-to-face local services to ensure a seamless transition for young people.

XenZone's team of accredited counsellors, therapists and support workers provide guided, outcome-focused help for each individual.

XenZone works with local authorities, CCGs, mental health trusts, charities and other organisations to provide early intervention support with clear escalation and de-escalation pathways.

We take safeguarding and clinical governance extremely seriously. The safety and well-being of our users is of our utmost priority.

“Kooth is now one of my new favourite websites. It has great help and support information. Kooth has already helped me with most of my problems. Before I had an account on Kooth I didn't know who and where to go to for help with my problems.”
Kooth user

85% prefer online counselling compared to face-to-face

97% are planning on returning to Kooth soon

97% would recommend Kooth to a friend

70% login outside office hours

Dez Wilson
 Integration & Participation Officer
 Phone No: 07930532839
 Email: dwilson@xenzone.com



xenzone.com
contact@xenzone.com

vimeo.com/xenzone/kooth
0845 330 7090

Kooth is a service from XenZone, leaders in mental health provision. Kooth is a BACP accredited service.

VRF - Emergency Fund.

<http://frontlinenetwork.org.uk/vrf-emergency-fund/>

Our priority is supporting people experiencing homelessness. In response to COVID-19 we have developed an emergency fund that is designed to offer flexibility in what you apply for as the full impact of the COVID-19 pandemic unfolds. The fund is informed by feedback from over 950 frontline workers who responded to our **Emergency Fund Survey** in the first few weeks of the crisis.

To ensure that we continue to adapt as the needs of people experiencing homelessness change over the course of the COVID-19 crisis, we are keeping our survey **open** and would encourage you to complete it as you see needs shift. We will in turn do our best to ensure that the fund remains useful throughout this time.

What can I apply for?

The VRF Emergency Fund has three broad categories: Basic Essential Need; Overcoming Barriers to Support; and Securing Accommodation.

We are not prescriptive in what you can apply for under each category, so please choose the category which you think best reflects the need you are asking for a grant for. However, examples of what might be included under each category are:

Basic Essential Need – eg, food, hygiene packs, utility bills

Overcoming Barriers to Support – eg, mobile phone, laptop, tablet, wifi or data access

Securing Accommodation – eg, a deposit to access accommodation, a deposit to secure accommodation suitable for self-isolation, rent arrears where there is an imminent risk of eviction

Who can apply?

We only accept applications from paid frontline workers who provide support to people experiencing homelessness or whose accommodation might be at risk. Frontline workers include staff working in the voluntary, statutory and public sectors. For example: Resettlement or Outreach workers, CAB advisers, Supported Housing Officers, Mental Health Workers, Drug and Alcohol Support, GPs, Probation Officers, Social Workers, Prison in-reach workers, Police, Health Professionals.

(Update 6th April: Please note that over the next couple of weeks we will be exploring the possibility of volunteers being able to make applications. If you are a volunteer – please check back here in a couple of weeks for an update, and in the meantime, sign up to our enews to stay up to date with the latest news about resources from the Frontline Network)

How much can I apply for?

Most of the grants we provide are small one-off grants – the amount is decided based on your current need so please give as much detail as you can on the application form. As a guide, we would usually expect to receive applications for amounts no more than:

£150 for Basic Essential Needs

£400 for Overcoming Barriers to Support

£1000 for Securing Accommodation

However, in exceptional circumstances we will consider more.

How do I apply?

Who can the payment be made to?

We can make BACS payments to organisations or landlords. In exceptional circumstances we may be able to make a payment direct to the individual.

Evidence

We ask that you provide evidence of spend and where possible, also evidence of the outcome of the grant.

Contact

- Email: vrf@stmartinscharity.org.uk
- Phone: 020 3795 5746 (voicemail only)

a year on Kooth 18/19

Kooth is the largest Mental Health and Emotional Wellbeing platform for Children and Young Adults living in the UK. Available for around half of all areas across England and Wales*, Kooth gives Young People under the age of 20 fast, free and anonymous access to professional counsellors with safe online support 365 days a year.



Kooth

“The online counselling on Kooth is fab. I feel supported and listened to and the counsellors here are so great at understanding how I am feeling and helping me to cope with things that I may not be able to say with words.”

2018
638,000
logins
Every 50 seconds somebody logs into Kooth

1 in 2
young people*
have access
to Kooth

2018
98,000
unique logins

Kooth keeps growing!

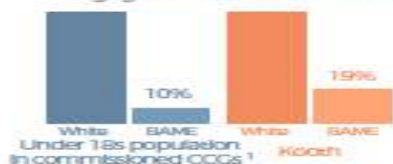
In the last four years, Kooth has grown

560%



Our users are **2x** more diverse than their local populations.

We're reaching even deeper into our local communities, with high engagement of BAME users.



Kooth is providing a safe space for users to be themselves.



4.4% of users identify as a non-binary gender (compared to 0.4% of the UK Population)

"I just wanna say thank you for the support and help you give to people like me. I've got lots of help from LGBTQ+ groups on here, I finally feel like I can be who I wanna be and not feel like I have to hide anymore."

young people are goal setters

(and they're making real progress too!)

6.8* Average Goal Movement
12K Goals Achieved or progressed

*The minimum value for a goal is 1 and the maximum is 10. All goals start with a value of 1 and the higher the score the more the young person feels they are achieving their goal.

top user goals 2018

- Getting Professional Help
- Self-care or Self-help
- Emotional Exploration
- Overcoming Anxiety
- Emotional Regulation

Gender Identity remains a popular forum topic on Kooth, as well as the LGBTQ+ articles on Kooth Magazine.

Kooth doesn't stop, we're here **365 days a year.**



Mid-week is our most popular time. users are the most active between 8pm and 9pm.

53% of our users found out about Kooth through their school or teacher which might have something to do with...

95% of our users would recommend Kooth to a friend.

72% of Kooth logins are outside of normal office hours. Our platform is more accessible for young people with busy schedules.

Our team visited over **1,500** school assemblies & classrooms in 2018



2018 saw us reach more young people than ever before. We're determined to grow even bigger in 2019 and make Kooth available to as many young people as we can.

#ayearonkooth

credits to this infographic are for illustration purposes only

Statistics and Sources:
1. CIP Report 2017, Ipsos MOR
2. Practical-Analyzing UK Census Research (2014)
websites.com/research-websites.com/and weebly.com/websites.com



yarannorthwest.com
info@yarannorthwest.com
 YARAN.CIC
 07413396573
 YaranManchester
 Yaran.northwest

Address: 307 Dickenson Road Manchester M13 0NG

Speak UP. Speak OUT. Safely at home

Supporting Adults and all Farsi speakers
On Monday 30th March Yaran Northwest CIC switched all Group work and one to one support work to digital and online live streaming, this means for us it is Business as usual.

We are primarily using Zoom for all Group works, and a mixture of live streaming, WhatsApp text/Video, Instagram, SKYPE, text messaging for one to one work.

All classes are ran in Farsi Language



Speak UP. Speak OUT.

#Stay at home
تیم یاران در خانه خواهد ماند

STAY AT HOME



FREE mental health session in respect to the Coronavirus (COVID-19) Stress- presented by Parvin & Experts offering practical guidance in coping better with being at home Every Monday 10am-12pm in Farsi via facebook LIVE @ YaranManchester



Life Skills Workshop- FREE session presented by Hassan & Experts Every Monday 10am-12pm in Farsi via www.eztalks.com or app.

مهارت های زندگی مجموعه ای از توانمندی هایی است که از طریق آموزش و تمرین قابل اکتساب بوده و دستیابی به آنها موجب شلخت خود، افزایش ترا برقراری ارتباط با دیگران و احساس رضایت بیشتری شود



Painting class- FREE - with Shahrzad every Thursday 10am-12pm via www.Zoom.com or app.

هنگامی که تخلص می کشید، درونی ترین احساسات، هیجانات و آرزوهای خود را بروز می دهید و این باعث بهتر شدن نحوه بروز احساسات و در نتیجه بهبود توانایی ارتباط با دیگران می شود.



Persian dance class- FREE with Sagar Every Saturday 10.30am-12pm via www.Zoom.com or app.

رقصیدن راهی برای ورزش کردن و حفظ تناسب اندام است . رقص راهی اجتماعی و معشتری برای انجام فعالیت است.



Fitness class- FREE with Ben every Friday 12am-1.00pm via Instagram LIVE @yaran.northwest

زیبایی و خوش فرمی بدن، سلامت جسم و آرامش روان، از نتایج اصلی حضور و تمرین منظم در کلاس های ورزش گروهی هستند.



Living well session- FREE session presented by Lili & Experts every Saturday 1pm-3pm in Farsi via Instagram LIVE @ yaran.northwest

برای حفظ امنیت خود یا حمایت تیم یاران در خانه بمانید

'Yaran team is here to support your mental well-being to stay

Safely at home'

ما در جمع شما هستیم

info@yarannorthwest.com

yarannorthwest.com

[YaranManchester](https://www.facebook.com/YaranManchester)

07413396573

[YARAN.CIC](https://www.instagram.com/YARAN.CIC)



Due to the outbreak of coronavirus (COVID-19), Yaran Northwest is taking precautionary measures. From March, our Psychological and Counselling Services will no longer be able to offer face to face appointments until further notice and in line with the national guidance around social distancing- a way to reduce close contact with someone who might have Coronavirus. We will offer the alternative of remote sessions via video phone calls, for all scheduled appointments, and your practitioner will be in contact to make specific arrangements with you for this. **Telephone and online support will continue and will be offered to all. One-to-one appointments face-to-face sessions will now take place over the phone or through video call. we will be sharing lots of wellbeing, Self-kindness tips and updates on our projects and online programme. For the time being we are no longer holding face to face groups.** We have arranged alternative options to run weekly activities online for the coming months.

If you need to get in touch with Yaran Northwest during this period, please email us at info@yarannorthwest, or phone 07413396573 .

Age concern UK Gorton

We as an organisation will still be operating to the best of our capabilities to ensure the well-being of all of the ladies and gents and their families who use our service and those in the community during these difficult times. We will have a team of staff and volunteers working out in the community visiting people in their own homes.

If you know of anybody who is isolated and may need any help with the following:

- Meal delivery / assistance with preparation
- Prescription collection
- Visits or telephone calls from staff for social interaction or company for those who are isolated
- Shopping
- Washing and cleaning tasks

If you can think of any way we can help you out please do ask.

If you have any questions or requests for assistance please contact the day centre on 0161 223 6062 or alternatively Stephen Chapman on 07565988502

Stephen Chapman
Day Support Manager,
Age UK Manchester,
The Melland Centre,
Mount Road,
Gorton,
Manchester,
M18 7QF
0161 223 6062



Forever Manchester Community Fund :

Forever Manchester has launched a Community Support Fund for grassroots community groups that are responding to the impact of Covid-19 by helping those most affected. Awards of up to £1,000 are available. The Community Support Fund will accept applications from constituted community groups based in any of the ten boroughs of Greater Manchester. Groups can apply for up to £1,000. Forever Manchester aim to assess and make decisions within two weeks of receipt of application. For more information www.forevermanchester.com



Bright Sky app by Hestia

<https://www.hestia.org/brightsky>

Bright Sky is a free to download mobile app, launched by Hestia in partnership with the Vodafone Foundation, providing support and information to anyone who may be in an abusive relationship or those concerned about someone they know.

The app is also designed to be used by specialist and non-specialist practitioners and other employers, and for anyone looking for information about issues around domestic abuse such as online safety, stalking and harassment and sexual consent.

How to get coronavirus support for an extremely vulnerable person?

The government has set up for those with medical conditions that makes them extremely vulnerable to coronavirus. So to be able to ask for help getting deliveries of essential supplies like food. You can register yourself, or on behalf of someone else.

<https://www.gov.uk/coronavirus-extremely-vulnerable>

In light of latest developments with Corona virus. Acorn is organising local volunteers to so support people in the community who need shopping, prescription collection and other essential things they may need help with while stuck at home. Acorn are a member-led campaigning organization supporting and empowering low income communities across the country. For more information on how they can help visit their website:

<https://acorntheunion.org.uk/corona/>

The Booth Centre, a day service that supports people that are homeless in Manchester remains open during the outbreak of COVID - 19 to ensure that people that are homeless can get into accommodation. As other services in the city are having to close, the Booth Centre has worked tirelessly to adapt and remain open, by moving everything to operate from their garden. The outdoor service is open 9am - 12noon offering hot drinks and a meal to take away and a free texting service to offer daily support remotely and a contact for people in emergencies.

Find ways to spend your time

Try having a clear out. You could sort through your possessions and put them away tidily, or have a spring clean. You could set any old possessions aside to donate to a cause you care about, or use online selling sites to pass on things you don't want to keep. If you do sell anything online, you might want to delay your delivery dates until you can leave the house to send your parcels.

You could also have a digital clear out. Delete any old files and apps you don't use, upgrade your software, update all your passwords or clear out your inboxes.

Write letters or emails, or make phone calls with people you've been meaning to catch up with. Do any admin tasks that you haven't got around to

Maybe take up a new hobby, often in our busy lives we don't find time to learn something new. Is there anything that you have always wanted to learn and could do so now using online resources?

You could learn to speak a new language, play an instrument or learn to knit/crochet. You could try out that new recipe and get ready for MasterChef!
You could spend time developing your existing skills such as painting, drawing, writing and cooking or read that book you have had for ages and not got round to yet.

Finding ways to relax, take notice and be creative are important

Here are just a few ideas: arts and crafts, such as drawing, painting, collage, sewing, craft kits or upcycling , DIY , colouring , mindfulness, playing musical instruments, singing or listening to music, writing , yoga , meditation

See <https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-tips/> for some ideas on how to relax.

See <https://www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/about-mindfulness/> for more information and ideas on mindfulness.



Wellbeing is defined by the Oxford English Dictionary as “the state of being comfortable, healthy, or happy.” However, it is important to realise that wellbeing is a much broader concept than moment-to-moment happiness. While it does include happiness, it also includes other things, such as how satisfied people are with their life as a whole, their sense of purpose, and how in control they feel. There are five ways to wellbeing, Connect, Be active, keep learning , give and take notice, here are some ideas of things you can do these while self isolating

Get creative : www.start2.co.uk – Everyone wants to stay mentally and physically well. This site shows you how you can use your natural creative skills to maintain and improve your wellbeing . Pick from dozens of creative activities designed for you by experts in the field of art and health

Art Bites- Online : Visit website: <https://www.eventbrite.co.uk/e/art-bites-online-tickets-104629184708>

learn via an online course <https://www.futurelearn.com/> range of courses including free ones free skills for life programme via <https://www.bt.com/skillsfortomorrow/> learning how to master the basics of social media and internet

free courses <https://www.reed.co.uk/courses/free>

Connect: Watch a live stream music/comedy performance : Some performers are doing live stream performances over the internet on Youtube and facebook .

Recent performances have included, slow readers club, lottery winners and comedians at the Stand comedy club. There are a number of online activities which will enable you to connect with others and engage in meaningful activity from the comfort of your home.

See <https://www.bbc.co.uk/news/uk-england-51977454> for some activities you can take part in online such as choir practice and quizzes.

When it became impossible to run his real-life choirs as normal this week, vocal leader James Sills launched The Sofa Singers. The virtual group invites people from all over the world to connect through the power of song – from the comfort of their sofas

You can sign up to the weekly online singing session on www.thesofasingers.net and see www.jamessillsmusic.co.uk for more details .

Sign up for a free trial for film/TV or music package (remember to cancel your membership before you start being charged)

Amazon prime – 30 day free trial : Love film – 30 day free trial : Now TV – 7 day free trial :

Spotify- 1 month free trial

Connect with people. Give people a ring or keep in touch digitally

- Make plans to video chat with people or groups you'd normally see in person. You can also arrange phone calls or send instant messages or texts.
- If you're worried that you might run out of stuff to talk about, make a plan with someone to watch a show or read a book separately so that you can discuss it when you contact each other.
- Think of other ways to keep in contact with people if meeting in person is not possible. For example, you could check your phone numbers are up to date, or that you have current email addresses for friends you've not seen for a while.
- If you're part of a group of people who are also self-isolating, you may be part of group communications to receive updates on your situation. This group could also act as an informal support network.
- You could join a peer support community. Mind runs an online peer support community called Elefriends, where you can share your experiences and hear from others.
- If you're going online more than usual or seeking peer support on the internet, it's important to look after your online wellbeing. See <https://www.mind.org.uk/information-support/tips-for-everyday-living/online-mental-health/about-online-mental-health/> for more info

If you're worried about loneliness

- Think about things you can do to connect with people. For example, putting extra pictures up of the people you care about might be a nice reminder of the people in your life.
- Listen to a chatty radio station or podcast if your home feels too quiet.

Try and keep a routine

Plan how you'll spend your time. It might help to write this down on paper and put it on the wall.

- Try to follow your ordinary routine as much as possible. Get up at the same time as normal, follow your usual morning routines, and go to bed at your usual time. Set alarms to remind you of your new schedule if that helps.

•If you aren't happy with your usual routine, this might be a chance to do things differently. For example, you could go to bed earlier, spend more time cooking or do other things you don't usually have time for.

•Think about how you'll spend time by yourself at home. For example, plan activities to do on different days or habits you want to start or keep up.

If you live with other people, it may help to do the following:

•Agree on a household routine. Try to give everyone you live with a say in this agreement.

•Try to respect each other's privacy and give each other space. For example, some people might want to discuss everything they're doing while others won't

connect support

... for carers/families of those affected by mental illness

**Do you look after someone with a severe mental illness?
...or know someone that does?**

We offer help and support

- Home visits**
To provide support, help and information
- Support groups**
To meet others, join in workshops and social activities
- Volunteering**
Opportunities to get involved
- Education and training**
Free courses in mental health and related topics

0161 945 5044
Email: info@connectsupport.org

[connectsupportmcr](https://www.facebook.com/connectsupportmcr) www.connectsupport.org [Connect Support](https://www.instagram.com/Connect_Support)

Supported by:

- MANCHESTER**
The University of Manchester
- MANCHESTER CITY COUNCIL**
- MHA**
Mental Health Foundation
Mental Health Research Institute
- mcⁿ**
Mental Health Community Network

We can provide free advice over the phone in Manchester

Help claiming Universal Credit, Tax Credits and benefits

Help with Council Tax support

Advice on debt

Advice on housing and help claiming housing benefit

Advice on the government's 'furlough' scheme

Advice if you have no recourse to public funds

Advice on self employment income support scheme

Advice on statutory sick pay

Advice in other languages and translation

We can provide advice in Urdu, Pushto, German, Cantonese, Mandarin, Malay, Bahasa, Hakka and English. We can also provide advice in other languages via an interpreter.

Initial contact by text or email if needed

Phone 0161 740 8999. If you are unable to phone you can text on 07823 495 307 or email to triage@cheethamadvice.org.uk



Lalley Centre Food Parcels

For info, The Lalley Centre is open and providing food parcels between Weds, Thurs, Friday 10am and 1pm. It is appointment system only, and either yourselves or the resident can ring on 0161 205 2754 to book a slot. Also allotment for gardening available. The allotments are adjacent to the Lalley Centre (<https://www.caritassalford.org.uk/service-view/services-5/>)– instead of going down the stairs to the building where food parcels are collected, simply turn to the right, follow the pathway around, past some buildings, and you will see it dips downhill to the left – where the allotments are. The Allotment Coordinator is Ladislav Maluch Tel: 0161 205 2754. His email address is: l.maluch@caritassalford.org.uk

Be active (please only do exercise you feel you are capable of)

Joe wicks doing online PE sessions aimed towards Kids (but no reason why adults can't do it also) for more information go his YouTube channel The Body Coach TV.

Please visit <https://www.darebee.com> for more workouts **Try to keep active**

Build physical activity into your daily routine, if possible. Most of us don't have exercise equipment like treadmills where we live, but there are still activities you can do. Exercising at home can be simple and there are options for most ages and abilities, such as:

- cleaning your home
- dancing to music
- going up and down stairs
- seated exercises 15

Be active at home during #COVID19 outbreak

- 1 Try exercise classes online
- 2 Dance to music
- 3 Play active video games
- 4 Try skipping rope
- 5 Do some muscle strength & balance training

World Health Organization [#BeActive](#) [#HealthyAtHome](#)

The infographic features a teal background with white and yellow text. It includes illustrations of people engaged in various activities: a woman playing tennis, a man performing a sit-up, a woman skipping rope, a man dancing to music, and a woman playing a video game on a monitor. The World Health Organization logo is in the bottom left, and the hashtags #BeActive and #HealthyAtHome are in the bottom right.

- online exercise workouts that you can follow
- sitting less – if you notice you've been sitting down for an hour, just getting up or changing position can help.

For 10 minute workouts you can do at home without any equipment please see : <https://www.nhs.uk/live-well/exercise/10-minute-workouts/>

Nike Training Club invite you to try out their app which allows you to join a community of living room athletes. You can take part in workouts and get nutritional advice. App can be downloaded via ios and android
See www.nike.com for more information

For those with children

Due to the schools closing our children are at home and following government guidelines the outdoor activities they can engage with are now limited to one session per day.

We have compiled a few tips to offer suggestions and advice

Where possible try and keep a routine at home for you and your children, maybe devise a timetable for them including some school work and other activities.

Where possible support your child/children to engage with some academic work sent by the school. If needed contact the school for extra resources.

If your child/children is in receipt of free school meals and isn't attending school either contact school or see www.manchester.gov.uk for more details of how to receive the £10 payment per week for each child eligible for free school meals.

Depending on the age of your child/children some activities you can enjoy at home are Arts and Crafts , Baking ,Making Dens Household Treasure Hunt ,Science Experiments ,Recycle cardboard boxes, Making music

If you have a garden or outdoor space, do some gardening/planting seeds/bulbs (only with members of same household)

If you allow your child/children to use technology there are a number of online sites which have lots of games and activities. Please ensure the site is safe and monitor usage of tablets/phones/laptops.

Below are a number of sites

www.cbeebies.co.uk

www.peepandthebigwideworld.co.uk

www.funology.co.uk

www.thegreatplantescape.co.uk

www.switchzooanimalgames.co.uk

www.bubblesphere.co.uk

www.funbrain.co.uk

www.kodable.co.uk

www.gigglepoetry.co.uk

www.hacketyhack.co.uk

www.abcya.co.uk

www.inventionatplay.co.uk

If you have support from health/social care professionals please speak to them about your challenges, they may be able to offer extra support, advice and reassurance.

If you have teenage children the website www.teentips.co.uk can offer advice and guidance around coping with your teens in these challenging times.

Do what you can and be kind to yourself.

Stay healthy and well

Free School Meals (FSM) Local Authority On-Line Voucher Scheme

Please find outlined below information about the Local Authority's support for Free School meals and the additional support they are offering to families through their welfare offer.

The Local Authority has put the following arrangements in place to support families during this challenging period of time:

- FSM pupils - Council's Voucher Scheme.
- Hardship support to families

Free School Meals (FSM) Pupils

FSM pupils are children who would normally receive a free school meal from the school, based on household income or due to being an asylum seeker. The government has advised that they expect to have a new scheme up and running in the near future. They intend to issue vouchers directly to families but this scheme will not be up and running for a few weeks.

The Local Authority is putting an interim arrangement in place until the national voucher scheme is in place. They will be able to pay this money within a few days by the following methods:

- Paying a contribution towards a lunchtime meal of £10 per week for each school child or young person in the household via:
 - o A bank transfer into a nominated bank account
 - o A secure text message that can be used to access cash from a range of Paypoint outlets in the city
 - o A voucher that can be printed and can then be exchanged for cash from a range of Paypoint outlets in the city

Parents can make an application by submitting a request via the Council's welfare Provision Scheme by clicking MCC On-line Application FSM Voucher. Please note links will go live on Wednesday 25th March.

FSM - Be aware of scam emails

The DfE have been informed that some parents have received an email stating the following: 'As schools will be closing, if you're entitled to free school meals, please send your bank details and we'll make sure you're supported'. The DfE have confirmed that this is a scam email and is not official. We urge you to inform parents that if you receive any emails like this, please do not respond, and delete it immediately.

Help with food costs while schools are closed in cases of hardship:

Because schools have closed and some families are facing additional financial challenges due to the Covid 19 virus, we would like to signpost support to families who most need it. The Local Authority are providing a financial grant to parents and carers of the following groups of children and young people.

To qualify the family must be:

- A Manchester resident or supported by Manchester's Homelessness Service; and
- Whose family has been hardest hit by the recent issues and may be waiting for benefits to be assessed or have a gap in their income due to being laid off etc.

To make an application, families need to submit a request via the Council's Welfare Provision Scheme here: [MCC Apply for cash grant if you are in financial crisis](#)

Be Smoke Free Manchester

Be Smoke Free is a new tobacco addiction service that will support people in Manchester to stop smoking via a nurse led evidence based service. We will provide **direct supply pharmacotherapy** and **psychosocial support** at clinics in community venues across the city.

Covid-19 Update

Giving up smoking is one of the best things you can do for your health at any time. We know that smokers may be more seriously affected by Covid than non-smokers, so it's now even more important for you to try to quit.

You can refer to **Be Smoke Free** during the Covid-19 outbreak.

For those who have the most urgent need and are a **priority referral**, a comprehensive telephone assessment and pharmacotherapy will be offered as part of their personalised Quit Plan.

Any **other referrals** will be signposted to online resources and support networks until we have our full staff complement and are in a position to offer additional assessments.

Priority Referrals

- ▶ People with health conditions which are exacerbated by smoking such as COPD, asthma or emphysema
- ▶ People aged 60 and over
- ▶ People whose immune system may be compromised
- ▶ People with mental health problems
- ▶ Smokers living with anyone in the categories above, or who live with a pregnant smoker

General Criteria

Anyone who smokes tobacco and lives in the Manchester area or has a Manchester GP can access the service.

Referrals

Telephone: 0161 823 4157

Email: manchesterbesmokefree@cgl.org.uk

to request an electronic referral form / submit a referral form. If you are making a referral on behalf of someone else, please ensure they have consented to receive support to stop tobacco use.

Be Smoke Free Manchester

If you are making this referral on behalf of someone else, please ensure they have consented to receive support to stop their tobacco use.

Date of referral:

Email: manchesterbesmokefree@cgl.org.uk

REFERRAL

Forename:

Surname:

Date of Birth:

Gender:

Ethnicity:

Home Address:

Post code:

Phone number: Home:

Mobile:

Email:

Preferred Language

Interpreter Required

Yes

No

TRIAGE ASSESSMENT

Due to Covid-19, we are currently prioritising telephone support for those who have the most urgent need. In order of us to do this, please answer the below questions.

Do you have a mental health problem?

Yes

No

Do you have respiratory problems? E.g COPD, asthma, emphysema

Yes

No

Are you pregnant?

Yes

No

Are you over the age of 60?

Yes

No

Risk issues

(mental health, physical health, pregnancy, safeguarding)

CONSENT

We are bound by laws, regulations and organisational values which inform how we use any information about you. We will not share information without your consent. To ensure that we can offer and remind you of appointments with Change Grow Live, we require permission to contact you. If you use the internet, we encourage you to consent to email contact so we can send you online resources. Please tick all your preferred contact methods;

Phone

Voicemail

SMS

Email

Write

Contact GP

STAFF USE ONLY

Outcome of referral

Email resource pack

Telephone assessment booked

Declined telephone assessment

Contact for face to face intervention when available?

Declined further input

Additional Information

Form completed by

Trusted Referral Agency Pack

V3 31/03/2020

This Covid-19 food response offer has been put together by Manchester City Council with partner support.

Please have a read and familiarise yourself before making requesting food support for Manchester residents.

The council will be working with a network of partners to get food to the most vulnerable community members (including The Bread and Butter Thing, Fare Share and others).

Please be aware that this information is for trusted partners across the city. It is not to be shared more widely.

Unless this is targeted to those in most need, the demand will soon outstrip the ability of the system to meet that need. We therefore need to be cautious of messaging, and not promote a free food delivery offer, but only refer when we believe there is a genuine need from someone that will struggle to get their essentials otherwise.

Background

A food response model has been put in place across Manchester to help manage the supply and distribution of food packages and meals to those in need. The partnership response, led by the Council will be agile to meet changing needs and build on the existing infrastructure.

The Manchester model includes support in the following areas

- Coordination of offers of support from the local business community
- Attraction, screening and deployment of volunteers
- Supporting Food Safety
- Coordinating communications to communities to help direct their offers of support through trusted food providers
- Develop clear referral pathways into food provision as part of welfare support
- Provide intelligence to support the identification of the most in need
- Support the management of supply and demand of food/meals and identify unmet need
- Development of a funding model to support increase in supply as required

Across the partnership, commitment to a shared system which is strategic but nimble and dynamic will allow the development of a supporting evidence base. This will enable allocation of resources and call upon personnel who have the right skills and access to facilities, whilst ensuring that the needs of vulnerable residents are met.

Trusted Referral Agency Pack

V3 31/03/2020

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What is the role of a Trusted Referral Agency?

We anticipate that many of the residents in need for support with food provisions across the city will approach trusted organisations such as yourself with queries on how to access help and support during this difficult time.

As a trusted referral agency supporting the co-ordinated food offer you will make an assessment on whether an individual / family does require support from the Manchester food response model.

In order to receive support we expect that people may fall into one of the following groups:

- Self-isolating
- Social distancing
- Vulnerable
- Financial hardship
- NHS, healthcare or essential worker

Please note - we do not expect that everyone that is in one of these groups will automatically need support. As a trusted referral agency and someone who knows the communities you work with it is at your discretion to decide if this support is needed.

How does the process work?

The diagram below shows a top level overview of the food response model for Manchester, please note this is subject to change as intelligence is collated and used to refine the offer, the needs of the city change and newly established systems evolve.



What can residents receive?

There are three options to choose from when requesting a food parcel.

1. Groceries - Groceries
2. Prepared Meals - A prepared nutritional meal that can be warmed (with instructions) - 2 per day

How long will the food parcel last?

Each food parcel will last three days

How do we refer in?

Ideally we would like all trusted referral agents to support the ordering process - this provides a more streamlined service for residents.

Please complete this online [Order Form](#). **The deadline for orders to be received is 3pm.**

What are the timescales?

All orders need to be sent to the Food Response Team by 3pm. This will then be processed and the resident can expect to receive their food parcel the next day.

Is there a way for us to know when the resident has received their food parcel?

All parcels will be delivered to the address detailed on the referral / order form.

We will let you know if it is not possible to fulfil any order. However due to the fact we will be using a network of volunteers to distribute food it will not be possible to confirm when the food support has been delivered.

We cannot guarantee the time of delivery each day as this will depend on the availability of the food provider.

Is there a limit on the number of orders/frequency?

This will depend on your assessment as a trusted referral agency.

You can determine need and indicate on the form if this is a one off or a long term need on the order form.

Do I need to fill one out every three days for them?

If you indicate that there is a long term need then we will automatically renew and a new order does not need to be placed.

Can residents request items they are in need of?

It is not possible to request specific items as the food offer will vary depending on the supplies available.

Someone has an allergy - how does this work?

This can be noted as part of the order and will be taken into account by food providers.

What about the size of the family?

An order will be made per person due to allergy considerations therefore there will not be an issue accommodating different sized families.

How is this funded?

If a service user is able to pay for their food parcel, then they should go to the [We Love MCR Charity Covid Community Response Fund JustGiving](https://www.justgiving.com/campaign/mcr-response-fund) page (<https://www.justgiving.com/campaign/mcr-response-fund>) and make a donation with the amount reflecting the food parcel they have received or an amount they can afford.

Service users should include the words "For food" in their message, add their name and tick the box to hide my name and photo from public view.

COVID-19 Food Response Team



Where possible we would like you to encourage residents in receipt of food support to make a donation. This is important to try and ensure that support is available for as long as it is needed.

However, we appreciate that some residents may not be able to contribute to the cost due to financial hardship.

The food response is based on standard costings as follows

- A grocery bag for 1 person - £7.50
- 3 pre-prepared meals - £6

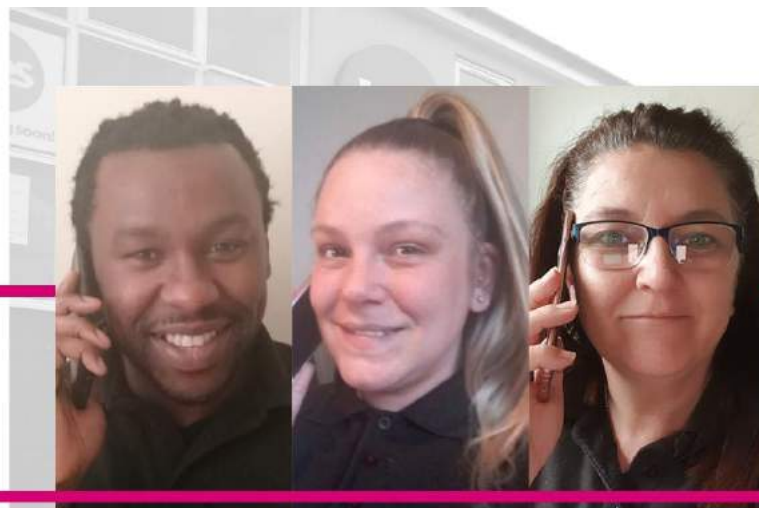
Where trusted referral agencies can make a donation or cover the costs of their referrals we would welcome this, this will be agreed with each agency individually.

Who do I contact if I have any other queries?

If you have any questions please contact food_response@manchester.gov.uk between 9am and 4pm Monday to Friday.



**We're here
to help...**



Ike
07876 218 642

Kirsty
07912 259 655

Sammy
0161 720 4090

...we can support you with CVs, job applications, interview preparation, employment advice, universal credit & benefits advice or anything else - just call the **yes** team on the numbers above!

ACTING ON IMPULSE

giving a voice to homeless and marginalised people through film



Supporting the launch of the 2.6 Challenge

26th April should have been the date of the 40th London Marathon, the world's largest one-day annual fundraising event. For Acting on Impulse, it would have been the final rehearsal before making our film over the first weekend in May. The premiere would have been in July.

But all that has changed. The Covid-19 pandemic has enforced the cancellation of thousands of events and the loss to numerous charities of billions in fundraising income. And for us, it's a finger on the pause button, postponement of our fortnightly workshops and 'bye for now' to our wonderful company of actors. Currently under lockdown, they won't be able to access their usual sources of company and food. Nor will their lives be changed by participating in something constructive, challenging, satisfying and creative – making a film. A film without an audience is nothing. *But you can help change all that by becoming the audience for their previous films.*

The organisers of the biggest mass-participation sports events across the country have come together to create a new campaign to raise vital funds to help to save the UK's charities. The challenge asks people to **take part in an activity based around the numbers 2.6 or 26 and raise or**

donate to support the charity of their choice. We'd love you to consider doing this to support [Acting on Impulse](#).

HOW TO GET INVOLVED WITHOUT LEAVING YOUR ARMCHAIR

We're not asking you to build up a sweat. We're inviting you to sit back and watch 2.6 hours (2 hours 36 mins) of our films. Get out the ice-cream and popcorn and watch with your household, or online with friends and family further away. Get to know our actors as they pop up in different films. Be challenged about issues around homelessness. Laugh at the ridiculous comedy, shudder at the spine-tingling dystopian drama. Be inspired by what homeless, vulnerable and marginalised people can do, if given a chance to shine.

Don't forget it's a 2.6 challenge. So for the pleasure of watching our films you can either [donate directly](#), anything from £2.60, £26 or even £260, or build up some sponsorship and raise as much as you can.

YOUR FILM SELECTION

Most of our films are on our [YouTube Channel](#).

Suggestions to build up your 2.6 hours of viewing:

Package 1: 1 hour 10 minutes

Street Life A music video about street people with the chorus 'I sleep in a graveyard..'

Life after Street Life – a 4 part mockumentary following up what happened to the characters in the music video

[Episode 1](#) [Episode 2](#) [Episode 3](#) [Episode 4](#)

Package 2 1 hour 40 mins

Life's a Lottery (10 parts) 10 characters dream about spending their Lottery win, in sharp contrast to their real lives.

Press Call for Help 4 strangers are trapped in a lift as their lives close in.

A Farce about a Musical Court Case

And finally sit back and enjoy a good belly laugh with our latest film. The actors sack the production team and make the film themselves. What could possibly go wrong?

And there are loads more, have a [browse](#) and see, maybe leave some comments and keep on watching!

Hope you have fun doing this. Thank you so much for your support.
Don't forget to mention us on [Twitter](#) or [Facebook](#) using #2.6Challenge



Copyright © 2020 Acting on Impulse, All rights reserved.

We send our emails to people who opted in at events or expressed a wish to be kept informed of our latest news.

Our mailing address is:

Acting on Impulse

8 Dobbinetts Lane

Manchester, M239NB

United Kingdom

Manchester Carers Centre

Manchester Carers Centre are operating a telephone helpline service for Carers who are worried or have concerns about their caring role, need information and advice or emotional support. Call us on:

0161 27 27 27 0 (Mon-Thurs 9am-4pm)

Manchester City Council are operating an emergency helpline for vulnerable residents. You can contact **0800 234 6123** if you have been affected by Coronavirus and need help with food delivery, medication delivery, fuel top up payments or are feeling lonely. This line is for those in the vulnerable categories (over 70 or existing health conditions) as well as Carers, Care Leavers or Young Carers.

Manchester City Council contact centre is an access point for Children and Adults Social Services. **You can contact on 0161 234 5001** if you are unable to care due to illness and need urgent replacement care or help.

Manchester Carers Centre

Carers- Coronavirus/Covid-19 Information

The Carers Centre telephone helpline service is here for you if you have coronavirus/covid-19 concerns as a Carer.

0161 27 27 27 0

Our helpline is open Mon-Thurs 9am-4pm.
We are increasing our telephone capacity and staff will be available to take calls during these times.

We can make telephone appointments to call Carers back. If your enquiry is non-urgent please consider emailing us on **admin@manchestercarers.org.uk** so that we can keep our phone line free for urgent calls.

Please also refer to our **Facebook (Manchester.Carers.Centre)** and **Twitter (@McrCarers)** and our **website (www.manchestercarers.org.uk)** for up to date information on our services.

If you have any health concerns for you or the person you care for related to coronavirus/covid-19, please call NHS 111 or visit 111.nhs.uk.

If you become unwell and require replacement care for the person you care for please call Manchester City Council Contact Centre on 0161 234 5001.

**Keep calm. Keep safe.
Ask for help if you need it.**

NETFLIX FILM NIGHT!
EVERY SUNDAY NIGHT FOR YOUNG ADULT CARERS

ACCESS TO PRIVATE WHATSAPP GROUP FOR FILM NIGHT BY REQUEST. TEXT OR CALL ORLA ON 07957 836 058 TO JOIN.

Film chosen by the group on Saturdays	Bring snacks and get comfortable...
--	--

OneEducation
 Putting children first

Supporting parents of children with SEND

Educational Psychology Helpline 0161 276 0118 (Monday – Friday 1.00pm – 3.00pm)

A helpline for parents/carers of children and young people with Special Educational Needs and Disabilities and for Early Help professionals within Manchester LA.

We can offer a problem-solving phone conversation relating to educating your child/young person at home and responding to issues relating to learning, behaviour, anxiety and mental health needs.

For example:

- are you feeling unsure how to teach your child learn at home?
- are you finding it difficult to teach what is expected?
- is it difficult to help your child stay calm or get them to co-operate?
- are you concerned that you don't have the right equipment or resources?

These are particularly difficult times for parents/carers of children and young people with special needs and disabilities. We are available to talk through difficulties you may be facing.



Most food banks require a referral form from an agency such as One Manchester before they will issue food parcels so if you are in need of food and have nowhere else to turn to please give us a call

Manchester Central Food Bank – Avila House 335-337 Oxford Rd, M13 9PG. Tuesdays 10-12pm, Wednesday 10-12pm, Friday 10-12pm

The Lalley Centre – Eggington St, Collyhurst, Manchester, M40 7RG, Wednesday 10.30-12pm (please arrive t 10.30am (No queuing outside Centre before 10am please)

Compassion Food Bank – Church of God Prophecy, 300 Moss Lane East, M14 4SS. Tuesdays 12-3pm, Friday 12-3pm, 1st Saturday of each month from 10-12pm.

St Cross Church – The Rectory, 54 Clayton Hall Rd, Clayton, M11 4WH. Thursday AM

East Manchester Food Bank – The Grange, Pilgrim Drive, Beswick, Manchester, M11 3TQ.

East Manchester Food Bank – Stirling Centre, Scotland Hall Rd, Newton heath, M40 2AZ. Wednesdays 2-4pm

Salvation Army – Salvation Army charity shop, Ashton Old Rd, Openshaw, M11 1JS. Monday-Friday 10-4.30pm. One parcel every 2 months unless there are extreme circumstances.

The Food Pantry, yes@Collyhurst 35-39 Southchurch Parade, Collyhurst. M40 7GE tel: 0161 720 4990. Are you receiving benefits? Having immigration problems? On a low income? Then you could be eligible to join. For just £3 per week you could take home shopping worth around £30. You can register for the service at: Monsall St Housing Office Fridays 10-11am

Food Poverty

This is not intended as an exhaustive guide – please remind people that you visit that there may be other options available to them.

This is a guide only and information should be checked either directly or via the websites below

www.greatertogethermanchester.org

www.trusselltrust.org

Moston, Newton Heath, Miles Platting and the City centre

Name	Contact details	Address
Miles Platting Community Grocers	info@healthymehealthycommunities.co.uk 07913 540680 www.healthymehealthycommunities.co.uk/grocer-join.html	Queensbury Court, Miles Platting, M40 7DD Must live within 15 minutes walk. £2.50 gets £30 of groceries. Open Thursday mornings, 9:30 to 12:30.
Yes – Collyhurst	https://www.yesmanchester.co.uk/collyhurst-food-pantry/ 0161 720 4090	35-39 Southchurch Parade, Collyhurst, M40 7GE £3 gets £30 of groceries. Open Friday's 12:00 to 13:00.
East Manchester Foodbank	v.keelan.4ct@btconnect.com http://www.4ct.org.uk/index.php/Section76.html	Stirling Centre, Scotland Hall Road, Newton Heath, M40 2AZ - Wednesday 2:00 to 4:00.
Wellspring Community Church	office@wellspringcommunitychurch.org 0161 219 1284 http://wellspringcommunitychurch.org/	35 Brendon Avenue, Moston, M40 9DN Thursday's 1:30 to 2:30.
The Gateway, Collyhurst	hello@breadandbutterthing.org https://breadandbutterthing.org/	Bread and butter thing - Church of the Saviour, Eggington Street, Manchester, M40 7RN Monday 11am-2.15pm
St Dunstan's RC Primary School,	hello@breadandbutterthing.org https://breadandbutterthing.org/	Bacup Street, Moston, Manchester, M40 9HF Tuesday 11am - 2.15pm
Droylsden and District Foodbank	info@droylsdendistrict.foodbank.org.uk http://droylsdendistrict.foodbank.org.uk/	Church Street, Droylsden, M43 7BR Friday 2:00 to 4:00

<p>Salvation army</p> <p>Sometimes able to provide food parcels, Café on Mondays from 12noon and often provide meals free of charge to people who are in need</p>	<p>failsworth@salvationarmy.org.uk</p> <p>http://www.salvationarmy.org.uk/failsworth</p>	<p>572 Oldham Road, Failsworth, Manchester</p> <p>M35 9DQ, Monday from 12 noon</p>
<p>Wood Street Mission</p>	<p>info@woodstreetmission.org.uk</p> <p>0161 834 3140</p> <p>http://www.woodstreetmission.org.uk</p>	<p>26 Wood Street Manchester M3 3EF</p> <p>Monday-Friday 8.30-4.30 (Office) Tuesday-Thursday 10am-1pm (community Shop)</p>
<p>Centre point</p> <p>Meals and advice for young people (16 - 25) who are homeless or at risk of being homeless</p>	<p>Contact Details</p> <p>s.vaughan@centrepoin.org</p> <p>https://centrepoin.org.uk/what-we-do/housing/manchester/</p>	<p>52 Oldham Street, Northern Quarter, Manchester, M4 1LE</p> <p>Monday & Friday 2 - 4pm</p>
<p>Manchester Buddhist Centre</p>	<p>mcrengagedbuddhists@yahoo.co.uk</p> <p>http://www.manchesterbuddhistcentre.org.uk/sangha/events/engaged-buddhists-food-bank-collection-starts.html</p>	<p>16-20 Turner Street, Manchester, M4 1DZ</p>
<p>Charter Street Ragged School</p>	<p>office@lifeshare.org.uk</p> <p>http://www.lifeshare.org.uk/</p>	<p>142 Dantzic Street, Manchester, M4 4DN</p> <p>Saturday & Sunday 7am - 9am.</p>
<p>Befrienders</p>	<p>admin@methodistcentralbuildings.org.uk 0161 236 1185</p> <p>http://www.methodistcentralbuildings.org.uk/</p>	<p>Methodist Central Hall, Oldham Street, Manchester, M1 1JQ</p> <p>Monday & Wednesday 2 - 4pm</p>

Harpurhey, Charlestown and Blackley

Name	Contact details	Address
Bread and butter project	hello@breadandbutterthing.org https://breadandbutterthing.org/	Blackley community centre, Victoria Ave M9 0RA Thursday 10.30am -1.30pm
Christ the Vine Ministries	0790 383 3949 http://christthevine.weebly.com/about.html	Park View, Harpurhey Road, M9 5TF Weds 12-2pm
Shout TMO	0161 202 6482 http://www.shouttmo.co.uk/	50 Kilinside Drive, Harpurhey, Manchester Thur 1-3pm
Harpurhey Community Church	info@christchurchharpurhey.org http://christchurchharpurhey.org/ http://hcconline.org.uk/theopendoor	Carrisbrook st, M9 5BG Tuesday from 11am
Chatterbox project	info@chatterboxproject.org.uk http://chatterboxproject.org.uk/helping-hands/	70 Booth Hall Road, Charlestown, Blackley, Manchester Mondays 1:30pm - 2:30pm
Christian Restoration Manchester crm.manchester@gmail.com www.crm-manchester.org	crm.manchester@gmail.com www.crm-manchester.org	451 Victoria Avenue, Blackley, Manchester Tuesday 6:30pm to 8:30pm, Thursday 12pm to 3pm, Friday 7pm to 8pm, (however Sunday @12pm to 3pm we offer tea, snacks)

Ancoats, Clayton and Beswick

Name	Contact details	Address
Boaz Trust - The mustard tree	referrals@mustardtree.org.uk http://www.mustardtree.org.uk/	Mustard tree – Ancoats - 110 Oldham Rd, Ancoats, Manchester M4 6AG Weekdays and Saturdays 10am- 4pm, except Thursdays 10am- 12.30pm. Food Club membership: £2 for 10 items / Family food club membership £5 for 20 items - for people on pension or benefits

The River	referrals.therivermanchester@gmail.com http://www.therivermanchester.org.uk/food-parcels	The River – Clayton - 1300 Ashton Old Rd, Manchester M11 1JG Monday - Friday 12noon - 3pm
Merci	http://www.herbie.org.uk/	Merci – Ancoats - 22A Beswick St, Manchester M4 7HR -
St Brigid's Church	hello@breadandbutterthing.org https://breadandbutterthing.org/	St Brigids church – Beswick - Grey Mare Lane M11 3DR Thursday 10am - 1.15pm
Revive Food parcels for refugees and asylum seekers	07500 662596 http://www.revive-uk.org/need-destitution-or-emergency-support/	St Brigid's Parish Hall, Greymare Lane, Beswick, Manchester M11 3ND Tuesday 11:30am - 4pm last entry 2.30pm
Salvation army	openshaw@salvationarmy.org.uk http://www.salvationarmy.org.uk/Openshaw	Salvation Army – Clayton - 14, Lime Square, Ashton Old Rd, Manchester M11 1DA Mon - Fri 10 - 4.30
Christian Restoration Manchester	crm.manchester@gmail.com http://crm-manchester.org/	125-133 Pollard Street, Ancoats, Manchester M4 7JB Tuesday 6pm - 8pm and Sunday 3pm - 5pm

Cheetham Hill and Crumpsall

Name	Contact details	Address
Khizra mosque	0161 205 6662	425 Cheetham Hill Road, M8 OPF
Rainbow surprise – food drive delivers to homes	07515 110208 or hello@rainbowsurprise.com https://www.rainbowsurprise.com/food-drive.asp	Crumpsall park visitors centre 12A Crumpsall Lane, Manchester M8 5FB
Wai Yin Society – The welcome centre	info@waiyin.org.uk http://www.waiyin.org.uk	18-32 Brentfield Avenue, Cheetham Hill, Manchester, M8 0TW Mondays, Tuesdays, Thursdays and Fridays 10am - 3pm 2.
North Manchester Black Health Forum	0161 720 9974 https://sites.google.com/site/nmblackhealth/home	Woodville Children's Centre, Shirley Road, Cheetham, Manchester

		M8 ONE Monday - Wednesday 12 - 2pm
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Useful numbers/websites:

NHS helpline 111 – a helpline for medical concerns

Socially isolating means that people who are suffering from domestic abuse are more at risk. The advice we should be stating to victims on every contact is; **If you are in immediate danger, please call 999 and ask for the police.**

National Domestic Abuse Helpline: 0808 2000 247 (run by Refuge)

Support is available from national **Women's Aid's online chat service**, (can be found via google internet search) open from 10am-12pm Monday-Friday.

Samaritans - Calling Samaritans is now free of charge from a landline or mobile. Their new number is: 116 123 (24 hours every day) www.samaritans.org

Citizens Advice Manchester service advice line on 03444 111 222

SANEline - 0300 304 7000 (6 -11pm every day) www.sane.org.uk

A specialist mental health helpline that is now a local-rate, 0300 number. Calling the helpline costs no more than calls to geographic (01 and 02) numbers from a landline, and is included in inclusive and free minutes on mobiles. **SANE** also offers 'Textcare' - a way of providing emotional support and connection for anyone affected by mental illness, including families, friends and careers. Having a mental health condition, or caring for someone who does, may leave you feeling distressed, lonely or isolated. Contact from SANE via text can provide an important source of support.

CALM 0800 58 58 58 – Campaign against living miserably specifically for men . Open from 5pm to Midnight everyday

Moodswings - 0161 832 3736

helpline from 10am to 4pm Monday to Friday www.moodswings.org.uk

Crisis Point - 0161 238 5149 <http://www.turning-point.co.uk/crisis-point.aspx>

Manchester mind- 0161 759 5732 or email at info@manchestermind.org www.manchestermind.org

CASS ANY AGE Women's Self Injury Helpline 0808 800 8088 www.selfinjurysupport.org.uk

No Secrets – supporting those affected by self-injury www.no-secrets.org.uk

Manchester Rape Crisis - 0161 273 4500. Monday – Friday 10 – 4pm. Wednesday and Thursday 6 – 9pm. Confidential support service run by women and girls who have been raped or sexually abused. Provides signposting for male survivors of sexual abuse.

Survivors Manchester – 0161 236 2182/0808 800 5005. Mon, Weds, Fri 9 – 6pm, Tues 9 – 8pm, 9 – 8.30. Confidential support service for male survivors of sexual abuse. Telephone support, face to face support, police support.

Sands still birth & neonatal death helpline 07756 466841. Manchester group of the national Sands charity <https://www.uk-sands.org>. Also hold monthly meetings which are open to all, no matter when bereavement occurred. www.manchester-sands.org.uk.

PAPYRUS HOPELINE UK 0800 068 4141 A specialist telephone service staffed by trained professionals. Providing a safe space to talk through anything happening in your life that could be impacting on your or anyone else's ability to stay safe. For children and young people under the age of 35 who are experiencing thoughts of suicide. For anyone concerned that a young person could be thinking about suicide. Our advisers are all trained to help you focus on staying safe from suicide

Drinkline : Free helpline: 0300 123 1110 (weekdays 9am–8pm, weekends 11am–4pm) Drinkline runs a free, confidential helpline for people who are concerned about their drinking, or someone else's.

Narcotics anonymous helpline 0300 999 1212 for those battling drug addiction

Support Line Telephone Helpline: 01708 765200 email info@supportline.org.uk Provides emotional support and keeps details of local agencies providing help and support for all issues relating to drugs.

Weighed down by debt? Free debt counselling in your community from an award winning charity Call free on **0800 328 0006** – CAP debt help (Christians against poverty, you do not have to be Christian to access). A charity we offer a completely free service to help you lift the burden of debt.

LGBT Number 5 Richmond Street Manchester M1 3HF

Helpline and email advice You can email the helpline anytime at helpline@lgbt.foundation. If you feel you need immediate support then please try calling our helpline on 0345 3 30 30 30

Self Help Services 0161 226 3871 www.selfhelpservices.org.uk
communityservices@selfhelpservices.org.uk (lists workshops/groups and drop-ins)

Mental Health in Manchester (resource website) www.mhim.org.uk

Survivors Of Bereavement by Suicide (SOBS) - National charity providing peer support and a helpline - Call **0300 111 5065**. 9am-9pm Monday to Friday or visit www.uksobs.org

Further Education colleges:

The Manchester College:

1. Careers, Employability & Welfare Team
Specialist support, advice & guidance about careers, courses, course fees and funding
2. Student Experience Team
Contact to discuss any learning support need

Support includes: Achievement tutors and Additional Learning Support, Student Mentors, study skills support

Tel: 03333 222 444

The Trafford College:

1. Career Guidance
Specialist support, advice & guidance about careers, courses, course fees and funding
2. Pastoral Support & Progress Tutors

Support includes: counselling, student mentors, study skills support

Tel: 0161 952 4694

Stockport College (part of The Trafford College group)

1. Career Guidance
Specialist support, advice & guidance about careers, courses, course fees and funding
2. Pastoral Support & Progress tutors:
Support includes: counselling, student mentors, study skills support

Support includes: counselling, student mentors, study skills support

Tel: 0161 296 5810

Manchester Adult Education Service (MAES):

Many free courses for adults, including: English, Maths, Everyday English, Family Learning, volunteer programmes and beginner computer courses. Other courses: Childcare, Community Interpreting, higher level computer courses, Adult Health and Social Care and ESOL

7 adult education centres:

- Abraham Moss Adult Learning Centre - 0161 219 6735
- Avenue Library & Learning Centre, Blackley - 0161 234 5073
- Forum Adult Learning Centre, Wythenshawe - 0161 935 4080
- Greenheys Adult Learning Centre, Moss Side - 0161 254 7314
- Longsight Library & Learning Centre - 0161 227 3706
- Newton Adult Learning Centre, Newton Heath - 0161 254 7706
- Withington Adult Learning Centre - 0161 234 5687

MAES Learner Support Service:

Contact each centre for information, advice & guidance available regarding courses fees and learning support

[Universities:](#)

Salford University

Disability and learner support:

Tel: 0161 295 0023 or contact askUS at University House

University of Manchester

Disability Advisory and Support Service

Second Floor, University Place

The University of Manchester

Oxford Road

Manchester

M13 9PL

0161 306 7976

[DWP](#)

Kathy Walsh

Disability Employment Adviser | Department for Work and Pensions|

Wythenshawe Jobcentre | Forum Square, Simonsway, Wythenshawe,

Manchester M22 5RX 01614514350 |Texbox 0845 6088551

Christine Hulse

Partnership Manager | Department for Work and Pensions | Work Services Directorate | Greater Manchester District | Newton Heath Jobcentre | 1009 Oldham Road | Manchester | M40 2EP | Tel: 0161 254 8069 | TextBox: 0845 6088551 | Mobile: 07768 504748

National Careers Advisor:

Shahida Ali

Manchester South – Wythenshawe Forum

Shahida.Ali@gcemployment.uk

Aaron Smith

Manchester Central

Aaron.Smith@gcemployment.uk

CanSurviveUK
Supporting people living with or affected by cancer

Food And Support Team

A culturally appropriate food delivery service

Have you been diagnosed with cancer, or are you going through/recovering from cancer treatment or caring for someone with cancer and therefore isolating due to COVID 19?

Would you welcome the delivery of a hot meal or food basket to your home?

CSUK FAST is a culturally appropriate service for our service users and wider community members who meet the criteria. Please note resources are limited, however we will try our best to meet your requirements.

For a confidential chat on how to access or refer someone to our FAST service or for more information about how Can-Survive UK can support you during these challenging times, please contact us on:

Mobile: 07496 089310 / 07949 949782 (Mon to Fri, 9am to 5pm)
Email: info@can-survive.org.uk

All food will be prepared and delivered in line with current government Covid-19 guidelines.
This service is for Manchester residents only.
Funded by Forever Manchester Community Support Fund.

FOREVER MANCHESTER

Can-Survive UK, Kath Locke Centre, 123 Moss Lane East, Manchester M15 5DD
www.can-survive.org.uk Twitter: @CanSurviveUK Registered Charity No: 1166128



**EDO
DIASPORA
UK CIC**

Providing Services in Greater Manchester

Vision

- 1) To unite Edo State Indigines in Diaspora (Binl, Egan & Auchi)
- 2) To support African families across Greater Manchester

What we do?

- 1) Information centre! Practical and emotional support; Every Friday at 10am to 1pm (by appointment only)
- 2) Pidgin English language translation
- 3) Weekly African Men and wellbeing session
Call: 07951 086526 to be part of it

Follow us on



Please donate

Edo Diaspora UK CIC
Account No :
67032486
Sort Code:
010902
Natwest bank

Helpline ☎

07405 165716

Unit 55 Cariocca
business park, 2 Sawley
Road, Miles Platting,
M40 8BB

info@edodiasporauk.org
edodiasporauk@yahoo.com

www.edodiasporauk.org

Newton Heath:

Heathfield Hall, M40 1LF, activities throughout the week film club, history, Sound Heart and more
Contact Anne a.rathmil@sky.com
Reopen on 17th of [May](#)

Newton Heath Library open

Yes 115 Briscoe Lane, M40 2TP

The Sterling Centre, Scotland Hall Rd over 50' social groups start in June;
Pandemic food bank, Wednesday, Friday 10am-1pm Jane [Chadfield](mailto:Chadfield.cstar.manchester@yahoo.co.uk)
cstar.manchester@yahoo.co.uk or 07922644407, small [fee](#)

Tai chi at **Duncan Edwards Court** with Joan tbc

Random Act of Kindness fb group and food parcels contact Jolene [07887697895](tel:07887697895)

City centre:

Craft and Design AGE Friendly organization looking for volunteers to talk about center's heritage and activities. Diane volunteers@craftanddesign.com
01618324274

Out in the City -social and support group for LGBT+ community 50+

Cross Street Chapel, 29 Cross Street, Manchester M2 1NL. Due to the limit on [participants](#) we are meeting every Wednesday and Thursday from 1.00pm to 4.00pm, booking essential

Tony openshawtony1@gmail.com



Anna [jarawka](mailto:jarawka@gmmh.nhs.uk)

Anna.jarawka@gmmh.nhs.uk

Neighbourhood Health Worker

01612710563

07342630494

North City Nomads Voluntary Community Group! Open to Residents over 50 that live in North Manchester; Contact Linda on the Groups Mobile No **07985 400 543** [currently suspended](#)

Miles Platting:

African food bank Open EDO Diaspora Cariocca Business Park contact musaamedu@ymail.com

Community Grocer- [Queensbury Court](#), volunteers' roles, food scheme, charity shop, every Thursday 07913540680

Church of Apostles Friday from 1pm gardening workshops to start April'21;
Food bank parcels contact eleanor.trimble@btinternet.com also 1to1 **Debt Advice/Digital Help Gateway**

Miles Platting Library 0161 227 3787

Miles Plodders social and walking group. Meet weekly Margaret 01612054211 to restart in [April](#)

Theatre Trippers run by Mike- visit local theaters twice a month to see plays mike.bishop1943@outlook.com

NEW PLAY Reading group with Mike to start soon!

Butler Court Film Club -shows film in the community room [tbc](#)

St George's Community Centre Bothwell Rd, 01618345665, **Creative Writing group** with Charles fortnightly 11-1pm on Thu 07498096873 tbc

Employment **YES** [Collyhurst](#) 01617204990

Moston:

NEPHRA 27 Parkfield Road North, M40 3TB.

Luncheon Club meets every Tuesday, Knitting group Monday afternoon and Thursday 10-12pm. [Lead group](#) **Tel: 0161 637 6788** suspended

NoticeBoard

Creative movement and cultural dance classes

FREE

Tuesdays
1pm - 1.45pm and 6 - 6.45 pm

Promote positive mental health and wellbeing through our FREE creative movement and cultural dance classes.

Signup by emailing
Info@afrocats.org.uk
or calling 07834 083 437
afrocats.org.uk







Manchester Wellbeing Fund


NHS Greater Manchester Mental Health NHS Foundation Trust

afrocats

CORONAVIRUS CASES ARE INCREASING ACROSS MANCHESTER

We can help to stop this by:

- 
Washing hands often
- 
Wearing face coverings
- 
Wiping down surfaces (handles, doors etc)
- 
Keeping distance from other people


Staying at home if you think you have the virus (signs are high temperature, or a new and continuous cough, or loss of smell and taste) and booking a test.

You can get a test and find out how long to stay home by ringing **119** or logging on to nhs.uk/coronavirus

MANCHESTER CITY COUNCIL

HUMANS
MCR

FOODBANK ON-WHEELS

By referral only

DAYS: TUES, WEDS, THURS
DELIVERY HOURS: 12PM-6PM

WHERE DO WE DELIVER?

- All Manchester City Council wards
- Salford
- Bury

Our premises are sanitized regularly and staff are provided with PPE to ensure safety.

Email info@humansmcr.org for access to our online referral form

THANK YOU FOR YOUR SUPPORT!



For Becky

Being There is a small local charity that has been in existence for 38 years. Being There supports people with cancer, strokes, heart disease, COPD and other life limiting illnesses. Being There provides transport to hospital appointments, a listening and befriending service, respite sitting, a fortnightly social group and a counselling service. Being There also provides general support such as shopping and providing information about local services and support networks.

Due to the current Covid restrictions we are providing a telephone befriending service to our vulnerable clients. Our wonderful team of trained volunteers are keeping in touch with many people across Greater Manchester who are experiencing isolation, uncertainty, and potential mental health issues. Being There are also providing an online social group, and person-centred counselling for those who feel they need some extra emotional support.

If you have a life limiting illness and you think that Being There can help you through this difficult time or you would like to support our clients and join our friendly volunteering team please contact Being There on 0845 123 23 29 or email at admin@beingthere.org.uk

For further information about Being There please visit our website www.beingthere.org.uk.

No. 93

Supporting health and wellbeing in north Manchester

No. 93 (formerly Harpurhey Wellbeing Centre) has been at the heart of Harpurhey for many years and is an important place for the whole community. Greater Manchester Mental Health NHS Foundation Trust (GMMH) has invested into the centre so that it lasts for generations to come.

- At the centre, there is a café that is open to serve hot food from 10am-3pm
- The art room has a variety of different creative groups
- If you are interested in running a wellbeing course or event, please talk to us about booking a room or space in the centre
- There is a one to one room for private health and wellbeing related appointments
- A relaxation room and space for exercise classes
- GMMH's Psychological Therapies service is also based in the building with prearranged appointments



Contact us

Email: harpurhey@gmmh.nhs.uk

Phone: 0161 271 0908

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- The art room has a variety of different creative groups
- If you are interested in running a wellbeing course or event, please talk to us about booking a room or space in the centre
- There is a one to one room for private health and wellbeing related appointments
- A relaxation room and space for exercise classes
- GMMH's Psychological Therapies service is also based in the building with prearranged appointments



Contact us

Email: harpurhey@gmmh.nhs.uk

Phone: 0161 271 0908

93 Church Lane, Harpurhey M9 5BG

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool Club 10:30—1pm Cafe Arrol - poolproject.info93 @gmail.com	Community Grocer Scheme 11.30am - 4pm Art Room 07910 879 985 or info @hmhc.co.uk	Beverley's Card-making group 9.30-10.45 Art room 0161 271 0908	Age UK Exercise 10am - 11am Courtyard Kathy 07504 831 651	SMASH SICK! Festival 10.30 -1 Art room ste- ve@sickfestival. com	Crisis Café 2pm – 1am GMMH 24/7 help- line; 0800 953 0285	Crisis Café 2pm –1am 07778012838
Cancer Support Group 12 - 2pm info@ cansurvive.org.uk or 07496 089310	Gardening group 11am—1pm Courtyard Drop-in	Alcohol peer-Support Group 10 -12.30 Relaxation Room Mike 07467317046	North Manchester Community Partnership Benefits & Housing advice 9.30-12.30 Caron Relaxation room	Alcohol peer Support Group 10 -12.30 Relaxation Room Mike 07467317046		
	Gateway Debt & Advice drop-in 11am- 2:30pm 121 room	Smithy's Bereavement Group 11am - 1pm Art room & Gym (every other Wednesday) Wendy 0748 254 3189	Food Bank 10am - 12pm info@ Manchestercen tral.foodbank. org.uk	Hearing Voices group 1 - 3pm Relaxation room 0161 271 0908		
	Music Appreciation group Relaxation room Drop-in 3 - 4.00pm	Pool Club 10:-30– 1pm Cafe Arrol - poolproject. info93 @gmail.com 0161 271 0908	Self Help Depression & Anxiety group 1 - 3pm Art room csgroups@ selfhelpservices .org.uk 0161 226 3871			
		Dance & Exercise class 11-12 Courtyard Kathy 07504 831 651	Health Walks 11am & 1pm Khadija 07721237373 or Khadija.khan @gmmh.nhs.uk			



To book a place in a class, contact the tutor for the class - details under each class heading.

To book space for a group email harpurhey@gmmh.nhs.uk

Join the **Green** Revolution!



Come and get involved with a range of nature based activities at our **Lalley Community Allotment**

Wed 2-5pm
Thu 12-5pm
Fri 2-5pm

...gardening, DIY, mushroom growing, woodcarving,...



LalleyAllotment

Lalley Centre
0161 205 2754

Lmaluch@caritassalford.org.uk





SEATED TAI CHI ZOOM CLASSES

**EVERY
THURSDAY**

2:30PM

**ONLINE
VIRTUAL
CLASS**



JIAN TAIJI HAVE ONE SIMPLE PHILOSOPHY...
TO PASS ON TRADITIONAL CHEN TAIJIQUAN TO OTHERS TO
HELP THEM TO HELP THEMSELVES.
AS AN OLD CHINESE PROVERB SAYS
"A TEACHER CAN ONLY SHOW YOU THE DOOR, THE STUDENT
HAS TO WALK THROUGH IT THEMSELVES"



FOR MORE INFORMATION CONTACT RAJ JOHAL ON: 07884000573 or email:
RajJohal@manchestersettlement.org.uk

Email: africanvoiceinmoston@yahoo.com

We offer a wide range of advice & support, employment training, referrals, counselling, and a comforting vibe. We're looking for more volunteers to join our unremitting efforts!

Collect and Go is a pre-packed food parcel project for those in need.

Food Bank Registration is every Wednesday from 10am to 1pm.

A.V.I.M
COLLECT & GO
FOOD BANK

Every Thursday 1pm to 3pm

Contact Us
Mobile: 07548159390
Emergency Situation/s: 07440775115
Office: 01613121244
 Food Available to all.

SHOUT TMO BUILDING.
First Floor, 54 Kilnside Drive.
(Entrance through Ravelston Drive.)
Harpurhey. Manchester
M9 5QP. Lancashire

MANCHESTER CITY COUNCIL
COMMUNITY FUND

WWW.WHITEMOSSYOUTHCLUB.BLOGSPOT.COM

Whitemoss
Caring for Young People

OVER 50s INDOOR BOWLS

SUPPORTED BY
the more people places & fun for older people

EVERY 2 WEEKS ON FRIDAY'S AT 11AM/12.30PM
PLUS TEA/COFFEE/HOT CHOCOLATE/CAKES
FIRST SESSION IS FREE 07856556226 TO BOOK
A PLACE ASK FOR JOHNNY

www.whitemossyouthclub.blogspot.com



**Music studio for hire
contact 0161.278.1240.**

**CHARLESTOWN COMMUNITY ALL AGE FELLOWSHIP
IN PARTNERSHIP WITH WHITEMOSS YOUTH AND COMMUNITY CENTRE**

**We are a Friendly , Welcoming Christian Fellowship which meets each
SATURDAY at 5 pm for an hour of Food, Creativity , Christian Reflection ,
Belonging and Fun**

**@ Whitemoss Youth and Community Centre
Southdown Cresnet , Blackley . M9 7DQ**



**For more information please
contact**

**Sweetline Burnell - Charlestown Community
Fellowship and Dam Head**

Community Church Leader on 07706466162 or 07789234073

ALL ARE WELCOME -



ENGLISH & COMPUTER CLASS

WANT TO EXPAND YOUR KNOWLEDGE AND SKILLS ON COMPUTERS, AS WELL AS LEARNING ENGLISH?

ENROL AT THE WELCOME CENTRE LIMITED SPACES AVAILABLE

EVERY MONDAY 12.30PM - 2.30PM

FOR ENQUIRIES CALL 0161 513 4126
18-32 BRENTFIELD AVE, CHEETHAM HILL, M8 0TW

English language
Hello Hi
How are you? Goodbye!

Wai Yin Society
WELCOME CENTRE

FROM TUESDAY 19th OCTOBER EVERY TUESDAY 10am - 2.30pm

MUSIC DAY

with **Andy Steele** & others

Come and learn an instrument or just have some fun

Based at the Welcome Centre REGISTER NOW
Speak to Gahmei or Andy for a place
Call 0161 513 4126

18-32 Brentfield Ave, Cheetham Hill M8 0TW

We have plenty of instruments for you to choose from, such as -
Guitars, Drums, Bass, Banjo, Piano and much more

Wai Yin Society



Meditation Classes

Wednesdays
8th and 15th
December
12th, 19th and
26th January
2nd February
2.00 - 3.00pm

No experience needed.
Turn up and give it a go!



Join us for 6 sessions where we will focus on how to improve well-being by being more mindful.

- We live in a fast paced world where we go from one thing to the next often feeling stressed out, worried and anxious.
- Mindfulness can help us feel calmer, less stressed, more in control, and we find ways to be kinder to ourselves.

No. 93 Wellbeing Centre, 93 Church Lane, Harpurhey M9 5BG

To book a place email Sally at sally@hmhc.co.uk or call 07305 325 369



HUMANS MCR FOODBANK - REOPEN! 8th Nov 2021



1. WHERE DO WE DELIVER?
We cover Manchester, Bury, Salford & Trafford.

2. WHEN DO WE DELIVER?
We deliver Monday – Friday. Food parcels are delivered between 2pm – 6pm.



3. HOW TO MAKE A REFERRAL
We take referrals via an online form – link in the email we sent you. If the form is closed, all delivery slots for that day are full.

4. WHAT IF ALL THE SLOTS ARE FULL?
If all delivery slots are full and the form is closed, please check back the following day.



5. KEY POINTS

- Client **MUST** be at home to receive the parcel
- Specific delivery times are not possible

Queries:
INFO@HUMANSMCR.ORG

A picture is worth a thousand words....



The NIHR ARC-GM are launching a photography competition.
We are celebrating the diversity and vibrancy of the communities
of Greater Manchester

Community is both a feeling and a set of relationships among
people and can be very different to different people.
We want to showcase the diversity of the communities of Greater
Manchester.

Show us in pictures:

- Something you love about your local community
- A new activity you have discovered
- Something that brings you joy

For more information on how to submit
and where the entries will be showcased,
please visit <https://www.arc-gm.nihr.ac.uk/photo-worth-1k-words>
or scan the QR code above



SCAN ME

All entries must be sent to arc-gm@nihr.ac.uk.

Smithy's Bereavement Group

<u>WHEN:</u>	January	12th & 26th
Wednesdays	February	9th & 23th
	March	9th & 23th
	April	6th & 20th
	May	4th & 18th
	June	1st, 15th & 29th
	July	13th & 27th
	August	10th & 24th
	September	7th & 21st
	October	5th & 19th
	November	2nd, 16th & 30th
	December	14th

WHERE:

AM - No 93 (Formerly The Wellbeing Centre) Church Lane,
Harpurhey, Manchester M9 5GB

PM - Holy Trinity Community Centre, Goodman Street,
Harpurhey, Manchester M9 4DT

CONTACT:

Please ring Wendy prior to attending
the bereavement group for further
information **07482649186**

18's and over only!



Join Us For A Chat and Refreshments

Food Bank

Humans MCR



www.humansmcr.org

0161 243 0171 - Office

If you would like any information included in the newsletter please contact
CISnewsletter@gmmh.nhs.uk .

The newsletter is also available via

Twitter - https://twitter.com/GMMH_NHS/status/1116960966594445312

Facebook - www.facebook.com/GMMentalHealth

Intranet - <https://newintranet/services/community-mental-health/community-inclusion-service/Pages/whats-on-newsletter.aspx>

External internet - <https://www.gmmh.nhs.uk/community-inclusion-service>

Please be aware we cannot always include all information received. Information should be sent in a ready-made format, preferably as a flyer ready to be included in pdf or Word format.

The Community Inclusion Service workers are now based in the local Community Mental Health Teams and along with producing the monthly newsletter continue to provide a range of flexible one-to-one support, peer support, and short courses: a clear support plan via realistic goal setting around

*Managing mental health *Developing confidence/independence *Community inclusion

*Relationships and support networks *Work readiness *Physical wellbeing

This list is not exhaustive but provides a snapshot of activities in your local area. We are unable to provide information on the quality of individual services.

Kind Regards. The Community Inclusion Service

