



As a Neighbourhood we are working together to try and make sure that key information is shared, to support vulnerable residents during this time. Click on the embedded links in the text below (highlighted) for further info. Please see previous updates for extra info.

If you have concerns that someone may be vulnerable, please contact:

- **Care Navigator Service** – self-referrals possible via [email](#) (referrals from organisations also by phone, 0300 303 9650)
- **Be Well** – referrals now via any organisation, [email](#) or 0161-470 7120
- **[Manchester City Council's Community Response helpline](#)** - 0800 234 6123 or [email](#)

Note: **Helpline Bank Holiday Friday 8<sup>th</sup> May opening times:** 10am – 2pm. Sat 9<sup>th</sup> May 8.30am – 5.30pm, Sunday 10<sup>th</sup> May – Closed.

### **Covid Mutual Aid Support Group & Volunteering**

- For info on the A&L group's :- [Facebook page \(with contact no\)](#), [Go Fund Me page](#), or the [donation list of food items](#),
  - The latest stats show a huge increase in support provided: **30** calls were received, **25** families received food parcels, number of hot meals provided: **348**. Total number of people benefited = **519** (*last time it was 121 people*)
  - Over **2500 Manchester volunteers** available so far: [VCSE: request a volunteer](#) , [Support on managing volunteers, capacity-building & more](#).
- Please note:** - if you run an A&L community group you can access some volunteer support by clicking the link above
- **Worried about using your car to volunteer?** [The Association of British Insurers have made a statement](#) that anyone volunteering is automatically covered.

### **Social Isolation and Mental Health**

- **African Caribbean Mental Health Services** offer a range of support; for those with anxiety, stress & depression, to people struggling with severe & enduring mental health diagnoses. Contact via 0161 226 9562, [Website](#), or [email](#)
- **Intergenerational befriending.** This **Manchester University project** will link a student to an isolated older person for a phone call once a week. Students are given safeguarding training & will only know the name and phone number of the older person (no address details). To refer yourself or someone else please [click here](#)
- **More [mental health support for young people](#)** by phone, text and online, compiled by Thrive who share other useful tips on [twitter](#). Manchester Mind's [counselling & listening service](#) for 15-25 years olds (follow [the link](#) for email & phone contacts, and referral form where needed).
- **[NHS mental wellbeing audio guides](#):** coping strategies for low mood and anxiety.
- **[Muslim Youth Helpline](#)** counselling volunteers 4-10pm every day, 0808 808 2008.

Also [Mental health advice & support](#) from an Islamic viewpoint.

- **GriefChat** is a safe space for **grieving or bereaved people** to share their story, explore their feelings and be supported by a qualified bereavement counsellor. They are available Mon-Fri 9am-9pm [click here for details](#)
- **Bereavement Resources**. Buzz Health & Wellbeing Service have a useful list [here](#)
- **Marie Curie Support Line**, befriending and online community for carers or those living with someone with a terminal illness (translators available in 200+ languages), **0800 090 2309**. (Mon-Fri 8am-6pm & Sat-Sun 11am-5pm)

### Partner Updates

- **Europaia** is a charity offering holistic support to European Nationals living locally. For more information, visit [the website](#) or contact via **0333 3058 570** or [email](#).
- **Wai Yin Chinese Society** are actively supporting the older Chinese community via telephone support, general advice & info and translation support, signposting, parenting, digital literacy support as well as collecting medicines and addressing food needs. 07309 329 487 or [email](#).
- **MCC Waste Collections** From Monday 11th May green waste collections will restart & will be emptied every 2 weeks on the day of your grey bin collections ([more details](#))
- **Household Waste Recycling Centres**. All refuse tips in Mcr reopened on Saturday 2nd May (for general 'bagged waste' only). The nearest to A&L is Sandfold Lane, Levenshulme, M19 3BJ. Open Daily, 8am to 6pm. See [here for the new rules](#)
- **Manchester Art Gallery** have put together some mindfulness exercises and creative tasks for families and individuals. They are also hosting online 'art bite' sessions, a chance for people to join in relaxed conversations about art. [see here](#)
- **Help with digital access**. Many services have moved online but if you're not so confident with the internet – help is at hand! The Digital Team at **Manchester Adult Education Services** can give you 1-2-1 support. You can text them on **07307 810 306** with your name & someone will call you back to discuss how to help.
- **Manchester Adult Education Service** is offering online resources and workshops to support families at this time, including Science, Parenting, Maths and English games, Crafts with Children, and Wellbeing for the Family. Families can register to take part [here](#). For a call back, text 07307 810306. [Other free courses from the council](#)

### Requests for Support, Help or Action

- **Empowering a Community to Get Growing Webinar**. *Last chance to sign up for tomorrow* Fri 8th May (10 - 10.45am). Local resident / worker Mo on mobilising local the community to clean and green alleyways. Sign up [here](#).
- **Manchester Kindness Stories**. MACC are gathering stories about positive things that are happening in local communities during the lockdown. See [here](#) for stories and a short film. To share a story contact [hannah@macc.org.uk](mailto:hannah@macc.org.uk): #Manchesterkind
- **Men's Meditation session 'Menitate'**. Sunday 10<sup>th</sup> May, 6pm online via Zoom.

Organised by Armr Store in Ardwick. Suggested Donation of £3 -£10. Details [here](#)

- **VE Day bank holiday.** Victory in Europe Day marked the end of fighting against Germany in 1945, bringing the 2<sup>nd</sup> World War to a close. This year marks the 75th anniversary. For lots of ideas you can do from home click [here](#).

#### And in other News...

- **Wider determinants of health:** [Covid deaths twice as high in poorest areas](#); [almost a fifth of UK homes with children go hungry](#); [lowest paid most at risk](#); Medact's 14th May [webinar](#) and [blog post](#) on a Just Response focussing on economic inequalities
- **Dementia resources** – for people with dementia and their carers. Updated regularly, see this [link](#) for information and advice.
- **Free Metrolink travel for NHS and Social Care workers** – key workers are advised to drive, cycle or walk where they can, but if this isn't possible then TfGM are offering free transportation on all Metrolink services. For further info click [here](#)
- **Cultural First Aid Kit (from Whitworth Art Gallery).** This provides 30 creative & fun activities and workshops that can be completed in the comfort of your own home, in hospital or care centres and homes [click this link](#)
- **Ramadan:** why social distancing is important, options for what people can do instead and how people can access help if they need it. Videos from a Manchester Imaam in: [English](#) | [Urdu](#). - Guidance from the [Muslim Council of Britain](#). ([#RamadanAtHome](#))
- **Shielded patients** have been asked to shield until 30 June 2020 at least.

#### In Previous Updates:

- **No 6 – 1<sup>st</sup> May:** Buzz online resources, Relationship / Domestic abuse support, CAHN helpline & survey Citizens Advice Mcr, Mcr Carers Network, Early Help survey
- **No 5 – 24<sup>th</sup> Apr:** Silver Cloud - online therapy, Contacting your GP remotely- video, Be Smoke Free – new service, The Brunswick Beestro, Sickle Cell & Covid
- **No 4 – 27<sup>th</sup> Apr:** Mcr Mind, Kooth, GMMH Helpline, MACC's Virtual Volunteer Forum

#### Thank you – For your continued Support!

Keep in Touch

Please keep sending your updates to me – any relevant information about your service including any needs or gaps; good new stories and feedback:

Thank you all for everything you are doing to keep people safe and well.