Due to the Corona outbreak the What’s On newsletter is very different this month. A lot of activities have been cancelled until further notice. But here is some useful information and some fun and helpful things you could do while self-isolating.

Stay alert
We can all help control the virus if we all stay alert. This means you must:

Stay at home as much as possible
Work from home if you can
Limit contact with other people
Keep your distance from people not in your household (2 metres apart where possible)
Wash your hands regularly
Do not leave home if you or anyone in your household has symptoms.

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

Try to avoid speculation and look up reputable sources on the outbreak
Rumour and speculation can fuel anxiety. Having access to good quality information about the virus can help you feel more in control. Check GOV.UK and https://www.nhs.uk/conditions/coronavirus-covid-19/

If news stories make you feel anxious or confused, think about switching off or limiting what you look at for a while.

Social media could help you stay in touch with people, but might also make you feel anxious including if people are sharing news stories or posting about their worries. Consider taking a break or limiting how you use social media. You might decide to view particular groups or pages but not scroll through timelines or newsfeeds.

If you are feeling anxious

If you have panic attacks or flashbacks, it might help to plan a 'safe space' in your home that you'll go to.
You can also find ways to comfort yourself if you’re feeling anxious. For example, there are games and puzzles you can use to distract yourself, and breathing exercises which may help.

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/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.


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, after school club, foodbank.
By the community - For the Community’. Tel: 0161 795 6162
Website: [http://www.chatterboxproject.org.uk/](http://www.chatterboxproject.org.uk/)
Joy Community Church, Booth Hall Rd, Manchester, M9 7BL
THE LALLY 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

*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 fall 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 that, 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.

Together Dementia Support
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: @togetherDementia
Facebook: TogethernessDementiaSupport
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.
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
020 8438 0185
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
(workdays 9am-7pm)
0800 800 8000
helpline@mssociety.org.uk
mssociety.org.uk
facebook.com/MSSociety
twitter.com/mssocietyuk

Need financial help & advice?
Dedicated support and grants available
Skills Support* for Employment

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 skills 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....

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 8-10 weeks just to ask how useful you have found the training resources.

Good Things Foundation
4CT is a charity based in East Manchester
www.4ct.org.uk Tel: 0161 2301420
# 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](http://www.standguide.co.uk)

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### Course Name

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

EU Settlement Scheme Project Partners:

EUROPiA
Charity Reg. no. 1161453

Citizens Advice Bury & Bolton
OISC Reg. no. F201400861

FREE WOMEN'S
ONLINE EXERCISE SESSIONS

With an experienced fitness instructor

EVERY WEDNESDAY
10AM TO 11.30AM

STARTS ON WEDNESDAY 24TH JUNE | 10AM

To book and receive the link for the free session, please whatsapp or text Kathy (Fitness Instructor) on 07504 831 651

If you would like any support setting up the Zoom link, please call Fehmida on 07984 793 920

Look after yourself during the lockdown with exercise and wellbeing advise

KHIZRA MOSQUE
425 Cheetham Hill RD, Manchester, M8 0GQ
www.c4all.org.uk | info@c4all.org | contact: 0161 205 6663
@ec4all.org | @c4all.org | @communities4all
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/
Let’s walk with No 93: for more info, contact Khadija Khan,
Support Worker on 0772 123 7373 or 0161 271 0908

contact Jane Centre Manager or Joann /Khadija
Smithy’s Bereavement Group

**WHEN:**
- **January:** 15th & 29th
- **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

**TIME:**
- 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 07462543189
18’s and over only

Join Us For A Chat and Refreshments

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No. 93
Supporting health and wellbeing in North Manchester

No. 93 (formerly Harpurhey Wellbeing Centre) has reopened after extensive refurbishment. The centre has been in 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

- At the centre, there is an informal drop-in from 10am – 3.30pm, Monday – Friday
- In the cafe area, people can come for a hot drink, have a chat and a game of pool. Hot food & sandwiches are being served in the cafe
- The art room has a variety of different creative groups
- There is a one to one room for private health and wellbeing related appointments
- A relaxation room and a 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
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>Heartbeat Exercise class</td>
<td>Knit &amp; Natter NMWBC 10:30am-12pm Art room</td>
<td>Carer’s centre (every other week) 11am-1pm Art room</td>
<td>Mosaics group NMWBC 10:30am-12pm Art room</td>
<td>Tai Chi classes NMWBC 1pm-2pm Gym</td>
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<tr>
<td>NMWBC 11am-1pm</td>
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<tr>
<td>Pool Tournament</td>
<td>Gardening group 11am-1pm Garden/Art room</td>
<td>Smithy’s Bereavement group 11am-1pm Gym</td>
<td>Self Help Depression group 1pm - 3pm Relaxation room</td>
<td>Hearing Voices 1pm-3pm Relaxation room</td>
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<tr>
<td>11am-1pm Café area</td>
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<tr>
<td>Relaxation class NMWBC 1pm-3pm Relaxation room</td>
<td>Pool Tournament 11am-1pm Café Area</td>
<td>Sewing and Dressmaking NMWBC 1pm-3pm Art room</td>
<td>Mind Peer Support group (contact Mind) 1:30pm-3:30pm Gym</td>
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<tr>
<td>Yoga</td>
<td>Reiki 1pm—3pm Relaxation room</td>
<td>Connect Support Carers Group 1pm-3pm Gym *</td>
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<tr>
<td>10-11am NMWBC Gym</td>
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<tr>
<td>Singing for fun NMWBC</td>
<td>Mixed Crafts NMWBC 1pm-3pm Art room</td>
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<tr>
<td>2pm-3:30pm</td>
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</table>

NMWBC: please contact North Manchester Wellbeing Centre

To book a class or use the space for a group,
Email: harpurhey@gmmh.nhs.uk Phone: 0161 271 0908
Café Reopening

- Number 93 Café will re-open once a week from Wednesday 9 September from 10 - 3pm
- We will be operating a socially distanced table booking system in the café.
- Sorry but we are not open for drinks only
- Please book your slot, order your food and pay a member of HMHC staff

Café Re-Opening Guidelines

We have put together some guidelines to keep you safe as we welcome you back to the No 93 Café. We will be operating a table booking system in the café.

How it works

- Please book your slot and pre order and pay for your food and drink at reception.
- You will be allocated a table for 1 ½ hours.
- Please stay seated at your allocated table and your food and drink will be brought to you.

Track & Trace

- We will ask for your contact number when booking a table so that in the event of a Covid case we can contact you.

Some rules to keep you safe

- Please do not walk around the café/garden and mix with other tables.
- When your time slot is up you will be kindly asked to leave so we can clean down ready for the next customer.
- Please do not use the pool table.

How to pay

- Where possible please pre-pay using our contactless machine.
- We can also accept cash payments.
Welcome back to a socially distanced café at No 93 Church Lane, Harpurhey!
We are now open every Wednesday each week
- Breakfast 10 – 11.30pm
- Lunch 11.45 - 1.15pm
- Late lunch 1.30 - 3.00pm

Please call Julie on 07305 053660 to book your slot and order your food between 10 and 11am Monday - Friday

Menu

Hot Drinks
- Tea/Instant coffee 60p
- 2 Hot Drinks 80p
- Hot Chocolate 75p
- Hot Chocolate with cream and marshmallows £1.25
- *Hot drink compostable take-away cups 15p*

Cold Drinks
- Cans, bottled water 75p

Breakfast (served till 11.30)
- Toast 2 slices, butter & jam £1.00
- 2 x Teacakes with butter £1.00
- Bacon butty £2

Extras
- Today’s homemade cake £1
- Crisps 75p
- Chocolate bar 75p

Lunch

**Sandwiches or toasties**: £1.75 with one filling, £2 with two fillings and salad garnish
Choose from cheese, ham, tuna mayo, Branston pickle or coleslaw

**Jacket potatoes**: £1.75 with one filling, £2 with two fillings and salad garnish
Choose from cheese, ham, tuna mayo, baked beans or coleslaw or pasta salad

**Salad boxes**
All come with salad leaves, tomato, onion, and cucumber
Choose from cheese, ham, tuna mayo, baked beans, ham, coleslaw or pasta salad
- £2.00 for 2 fillings
<table>
<thead>
<tr>
<th>Service</th>
<th>Current situation</th>
</tr>
</thead>
</table>
| **Manchester City Council hub**              | Help for people who are over 70, self isolating and have no support network.  
If you have received a letter from the NHS advising you are high risk  
Or you are medically vulnerable according to the government criteria.  
*Help with delivery of food, medication, combating loneliness and managing fuel top ups.* |
| The mustard tree Ancoats                     | Food club emergency food parcels – please see website  
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](http://www.talbot-house.org.uk)  
0161 203 4095                                                                                                                                 |
| Manchester Carers Network                    | All workshops for this month have cancelled and all future ones have been put on hold.                                                             |
| 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](http://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.citizensadvicegreatermanchester.org.uk/](https://www.citizensadvicegreatermanchester.org.uk/) |
| Heathfield Hall Newton Heath                 | At Heathfield most of our classes have been suspended until further notice.                                                                     |
| **Church of the apostles, Miles Platting** | Food parcels, pastoral support, self-isolating, supplies  
Reverend Ellie Trimble – 07887601451 / 0161 948 4197  
*If anyone has tinned or dried food to donate please contact Ellie* |
| **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.  
- 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 20th 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 |
| **42nd street Mental health support for young people** | Closing from Friday 20th 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 |
<p>| <strong>Manchester mind</strong> | Phone 0161 769 5732 give your name and phone number and telephone support will be offered. |</p>
<table>
<thead>
<tr>
<th>Service Provider</th>
<th>Contact Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caritas Saint Josephs</td>
<td>Phone calls to existing service users – shopping for them if needed. Emergency food parcels available contact Debbie on 07904 517028.</td>
</tr>
<tr>
<td>Lalley centre</td>
<td>Open for emergency food pick-ups - <strong>Wednesday, Thursday and Friday. Please phone ahead - 0161 205 2754</strong></td>
</tr>
<tr>
<td>Feed my City – Feeding Humanity</td>
<td>Briscoe Lane Learning Centre (M40 2TP, Newton Heath): <strong>Tuesdays 14:30 – 17:00</strong> Wellspring Pentecostal Church (M40 9DN, Moston): <strong>Tuesday 11:00-14:00</strong> Harpurhey Community Church (M9 5UX): <strong>Monday 11:00-13:30</strong></td>
</tr>
<tr>
<td>Manchester Carers Centre</td>
<td>Helpline is still open - 0161 272 7270</td>
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<tr>
<td>Manchester self-help</td>
<td><a href="http://www.selfhelpservices.org.uk">www.selfhelpservices.org.uk</a></td>
</tr>
<tr>
<td>Connect support</td>
<td>Support for families/carers of those with mental health 0161 945 5044</td>
</tr>
<tr>
<td>Royal British Legion</td>
<td><a href="http://counties.britishlegion.org.uk/counties/greater-manchester">http://counties.britishlegion.org.uk/counties/greater-manchester</a> Served in armed forces and relatives – welfare team 0808 802 8080</td>
</tr>
<tr>
<td>Expert patient programme</td>
<td>Currently still taking referrals although all courses are cancelled until the end of June 2020. Phone: 0161 371 2105 or email: <a href="mailto:mft.epp@nhs.net">mft.epp@nhs.net</a></td>
</tr>
<tr>
<td>GP’s primary care</td>
<td>GP’s in our neighbourhood are offering video/telephone consultations. Measures are in place for Practices to make contact with vulnerable and older patients.</td>
</tr>
<tr>
<td>Community Care Navigator</td>
<td>There is a Care Navigator based in each neighbourhood in North. To speak to a care navigator please email <a href="mailto:mft.carenavigators@nhs.net">mft.carenavigators@nhs.net</a> To make a referral please call Single Point of Access on 0300 303 9650.</td>
</tr>
<tr>
<td>The Gateway, Church of the saviour, Collyhurst</td>
<td>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</td>
</tr>
<tr>
<td>Northwards housing</td>
<td>Scheme Managers will be working from home, you can still contact Northwards on 03000 123 123 or email us on <a href="mailto:info@northwardshousing.co.uk">info@northwardshousing.co.uk</a></td>
</tr>
<tr>
<td>The Stirling centre</td>
<td>Closing from Friday</td>
</tr>
<tr>
<td>YES employment centre; Newton Heath, Collyhurst and Blackley</td>
<td>YES centres will be closed from Friday. <strong>The food pantry at the Collyhurst centre will also be closed.</strong> <a href="mailto:yesinfo@yesmanchester.co.uk">yesinfo@yesmanchester.co.uk</a>, 0161 720 4990</td>
</tr>
<tr>
<td>CGL (change, grow, live)</td>
<td>Assessments over the phone and will see people new to treatment when clinically required.</td>
</tr>
<tr>
<td>Service</td>
<td>Information</td>
</tr>
<tr>
<td>-------------------------------</td>
<td>---------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
</tbody>
</table>
| **alcohol and drug service**  | 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**   | Raja Bros - Will deliver goods if a person is unable to get out - 07405 005 819                                                             |
| **Newton Heath**              |                                                                                                                                              |
| **The Sheridan**              | Can collect free hot food on a Monday (can book Mon-Fri) 0161 203 5444                                                                       |
| **Neighbourhood watch –**     | 07970 057015 - Janet Chapman, case by case support                                                                                           |
| **Moston**                    |                                                                                                                                              |
| **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/                                                 |
| **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,  
- 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  
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. |
| Barnabus City Centre | Telephone support for existing and new service users, signposting and help with food poverty - 0161 237 3223  
admin@barnabusmanchester.co.uk  
https://acorntheunion.org.uk/  
@ACORN_tweets
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 |
|---|---|
| Manchester Action on Street Health | • 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 | If you are self isolating and have a prepay meter they will send you out a top up for 2 weeks.  
• 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
Age UK Manchester is partnering with Freesat to provide older people living in Manchester with the latest 4K set-top box absolutely free of charge.

To qualify for a free set-top box, you must:

- have a satellite dish already installed on the property,
- have a TV that is capable of receiving satellite TV (i.e. colour TV at least),
- be isolating, shielding or living on your own, and
- be a Manchester resident who is over 65 years old.

If you or someone you know meet the above criteria, please contact the nearest centre to register:

**North Manchester**
Openshaw Resource Centre
10 Catherine Street
Openshaw
Manchester M11 1WF
0161 205 3861

**Central Manchester**
Gorton Care Centre
Melland Centre
Mount Road
Gorton M18 7QR
0161 223 6062

**South Manchester**
Crossacres Care Centre
Peel Hall Road
Wythenshawe M22
5DG
0161 437 0717

Many thanks to Freesat for their generosity at this challenging time.

Stocks are limited and will be donated on a first come, first served basis. If you do not meet the eligibility criteria, we cannot provide you with a free set-top box.

Age UK Manchester is the working name of independent local charity Age Concern Manchester,iband Partner of Age UK and registered charity (number 1088342).
30 St. Ann’s Square, Manchester M2 5TG
0161 833 3994
Ear for you


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:
- Suffering from COVID-19 or is self-isolating
- Relatives and friends of clients suffering from COVID-19
- Black and Asian women and friends of a deceased COVID-19 person
- BAME women and young girls victims of abuse and violence

Who are we?
- Activists specialising in the provision of cross-cultural 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 support relating to COVID-19 matters
- Cross-cultural 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, Farsi and more

07862 779289 / 07894 126157
You can also text the word ‘HELP’ and someone will get back to you
Open seven days a week from 10am-4pm
www.nestac.org.uk  Info@nestac.org.uk

Morrisso Health

ZOOM EXERCISE CLASS
Strength & Balance with Morrisso Health

EVERY TUESDAY
9:10AM
FROM THE COMFORT OF YOUR OWN HOME!

For more information please contact
0161 271 0908
or email MorrissoHealth@gmail.com

To book your place
*Step 1. Complete a health questionnaire, scan QR Code above or follow:
https://www.surveymonkey.co.uk/r/77GJTS3
*Step 2. Zoom link will be sent to you via text - follow it and off you go!
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 smartphone, 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 08 30 230 230
Email: dwilson@xenzone.com

xenzone.com  vimeo.com/xenzone/kooth
contact@xenzone.com  0845 330 7390

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)
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 Wales¹, 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.

2018
638,000 logins
Every 50 seconds
1 in 2 young people have access to Kooth

2018
98,000 unique logins

Kooth keeps growing!
In our first four years total
658K
2018
112K
2017
45K
2016
24K
2015
11K

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.

6.8 "Average Goal Movement
12X Goals achieved or progressed

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

4.4% of users identify as a non-binary gender
(compared to 0.4% of the UK Population)²

"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 online, but I finally feel like I can be who I wanna be and not feel like I have to hide anymore."

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

97 CCGs now give free Kooth access including seventeen in London

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

¹In our first four years Kooth was available in 11 out of 20 areas across England and Wales.
²2018 figure is based on 1,921 users over the age of 16.
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 run in Farsi Language

#Stay at home
تیم یاران در خانه خواهد ماند

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.

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

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

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

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

Yaran team is here to support your mental well-being to stay
Safely at home

# Stay at home
دا در خانه مانیم

Yaran Manchester
07413398673
ye@yaranmanchester.com

Yaran Northwest
ye@yarannorthwest.com
07413398673
ye@yarannorthwest.com

Yaran North
ye@yarannorthwest.com
07413398673
ye@yarannorthwest.com
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

![Forever Manchester logo](Forever Manchester logo)

**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 includes happiness, it also includes other things, such as how satisfied people are with their life 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](http://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](https://www.eventbrite.co.uk/e/art-bites-online-tickets-104629184708)

**learn** via an online course [https://www.futurelearn.com/](https://www.futurelearn.com/) range of courses including free ones

**free skills for life programme via [https://www.bt.com/skillsfortomorrow/](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](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](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](http://www.thesofasingers.net) and see [www.jamessillsmusic.co.uk](http://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
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

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
VJ 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.
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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 fulfill 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 page 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.
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 - £8

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.responses@manchester.gov.uk between 9am and 4pm Monday to Friday.

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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 fundraise 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 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.

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.
Supporting parents of children with SEND

Educational Psychology Helpline 0161 278 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 at 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](http://www.greatertogethermanchester.org)

[www.trusselltrust.org](http://www.trusselltrust.org)

**Moston, Newton Heath, Miles Platting and the City centre**

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact details</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Miles Platting Community Grocers</td>
<td><a href="mailto:info@healthymehealthycommunities.co.uk">info@healthymehealthycommunities.co.uk</a>&lt;br&gt;07913 540680&lt;br&gt;www.healthymehealthycommunities.co.uk/grocer-join.html</td>
<td>Queensbury Court, Miles Plating, M40 7DD&lt;br&gt;Must live within 15 minutes walk. £2.50 gets £30 of groceries. Open Thursday mornings, 9:30 to 12:30.</td>
</tr>
<tr>
<td>Yes – Collyhurst</td>
<td><a href="https://www.yesmanchester.co.uk/collyhurst-food-pantry/">https://www.yesmanchester.co.uk/collyhurst-food-pantry/</a>&lt;br&gt;0161 720 4090</td>
<td>35-39 Southchurch Parade, Collyhurst, M40 7GE&lt;br&gt;£3 gets £30 of groceries. Open Friday’s 12:00 to 13:00.</td>
</tr>
<tr>
<td>East Manchester Foodbank</td>
<td><a href="mailto:v.keelan.4ct@btconnect.com">v.keelan.4ct@btconnect.com</a>&lt;br&gt;<a href="http://www.4ct.org.uk/index.php/Section76.html">http://www.4ct.org.uk/index.php/Section76.html</a></td>
<td>Stirling Centre, Scotland Hall Road, Newton Heath, M40 2AZ - Wednesday 2:00 to 4:00.</td>
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<tr>
<td>Wellspring Community Church</td>
<td><a href="mailto:office@wellspringcommunitychurch.org">office@wellspringcommunitychurch.org</a>&lt;br&gt;0161 219 1284&lt;br&gt;<a href="http://wellspringcommunitychurch.org/">http://wellspringcommunitychurch.org/</a></td>
<td>35 Brendon Avenue, Moston, M40 9DN&lt;br&gt;Thursday’s 1:30 to 2:30.</td>
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<tr>
<td>The Gateway, Collyhurst</td>
<td><a href="mailto:hello@breadandbutterthing.org">hello@breadandbutterthing.org</a>&lt;br&gt;<a href="https://breadandbutterthing.org/">https://breadandbutterthing.org/</a></td>
<td>Bread and butter thing - Church of the Saviour, Eggington Street, Manchester, M40 7RN&lt;br&gt;Monday 11am-2.15pm</td>
</tr>
<tr>
<td>St Dunstan’s RC Primary School,</td>
<td><a href="mailto:hello@breadandbutterthing.org">hello@breadandbutterthing.org</a>&lt;br&gt;<a href="https://breadandbutterthing.org/">https://breadandbutterthing.org/</a></td>
<td>Bacup Street, Moston, Manchester, M40 9HF&lt;br&gt;Tuesday 11am - 2.15pm</td>
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<tr>
<td>Organization</td>
<td>Contact Details</td>
<td>Location</td>
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<tr>
<td>Droylsden and District Foodbank</td>
<td><a href="mailto:info@droylsdendistrict.foodbank.org.uk">info@droylsdendistrict.foodbank.org.uk</a></td>
<td>Church Street, Droylsden, M43 7BR</td>
</tr>
<tr>
<td></td>
<td><a href="http://droylsdendistrict.foodbank.org.uk">http://droylsdendistrict.foodbank.org.uk</a></td>
<td>Friday 2:00 to 4:00</td>
</tr>
<tr>
<td>Salvation army</td>
<td><a href="mailto:failsworth@salvationarmy.org.uk">failsworth@salvationarmy.org.uk</a></td>
<td>572 Oldham Road, Failsworth, Manchester M35 9DQ, Monday from 12 noon</td>
</tr>
<tr>
<td>Sometimes able to provide food parcels, Café on Mondays from 12noon and often provide meals free of charge to people who are in need</td>
<td><a href="http://www.salvationarmy.org.uk/failsworth">http://www.salvationarmy.org.uk/failsworth</a></td>
<td></td>
</tr>
<tr>
<td>Wood Street Mission</td>
<td><a href="mailto:info@woodstreetmission.org.uk">info@woodstreetmission.org.uk</a></td>
<td>26 Wood Street Manchester M3 3EF</td>
</tr>
<tr>
<td></td>
<td>0161 834 3140</td>
<td>Monday-Friday 8.30-4.30 (Office) Tuesday-Thursday 10am-1pm (community Shop)</td>
</tr>
<tr>
<td>Centre point</td>
<td>Contact Details</td>
<td>52 Oldham Street, Northern Quarter, Manchester, M4 1LE</td>
</tr>
<tr>
<td>Meals and advice for young people (16 - 25) who are homeless or at risk of being homeless</td>
<td><a href="mailto:s.vaughan@centrepoint.org">s.vaughan@centrepoint.org</a></td>
<td>Monday &amp; Friday 2 - 4pm</td>
</tr>
<tr>
<td>Manchester Buddhist Centre</td>
<td><a href="mailto:mcrengagedbuddhists@yahoo.co.uk">mcrengagedbuddhists@yahoo.co.uk</a></td>
<td>16-20 Turner Street, Manchester, M4 1DZ</td>
</tr>
<tr>
<td>Charter Street Ragged School</td>
<td><a href="mailto:office@lifeshare.org.uk">office@lifeshare.org.uk</a></td>
<td>142 Dantzic Street, Manchester, M4 4DN</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.lifeshare.org.uk/">http://www.lifeshare.org.uk/</a></td>
<td>Saturday &amp; Sunday 7am - 9am.</td>
</tr>
<tr>
<td>Befrienders</td>
<td><a href="mailto:admin@methodistcentralbuildings.org.uk">admin@methodistcentralbuildings.org.uk</a></td>
<td>Methodist Central Hall, Oldham Street, Manchester, M1 1JQ</td>
</tr>
<tr>
<td></td>
<td>0161 236 1185</td>
<td>Monday &amp; Wednesday 2 - 4pm</td>
</tr>
</tbody>
</table>
## Harpurhey, Charlestown and Blackley

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

## Ancoats, Clayton and Beswick

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact details</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boaz Trust - The mustard tree</td>
<td><a href="mailto:referrals@mustardtree.org.uk">referrals@mustardtree.org.uk</a></td>
<td>Mustard tree – Ancoats - 110 Oldham Rd, Ancoats, Manchester M4 6AG</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.mustardtree.org.uk/">http://www.mustardtree.org.uk/</a></td>
<td>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</td>
</tr>
<tr>
<td>Name</td>
<td>Contact details</td>
<td>Address</td>
</tr>
<tr>
<td>----------------------------------</td>
<td>------------------------------------------------------</td>
<td>-------------------------------------------------------------------------</td>
</tr>
<tr>
<td>The River</td>
<td><a href="mailto:referrals.therivermanchester@gmail.com">referrals.therivermanchester@gmail.com</a> <a href="http://www.therivermanchester.org.uk/food-parcels">http://www.therivermanchester.org.uk/food-parcels</a></td>
<td>The River – Clayton - 1300 Ashton Old Rd, Manchester M11 1JG  Monday - Friday 12noon - 3pm</td>
</tr>
<tr>
<td>Merci</td>
<td><a href="http://www.herbie.org.uk/">http://www.herbie.org.uk/</a></td>
<td>Merci – Ancoats - 22A Beswick St, Manchester M4 7HR -</td>
</tr>
<tr>
<td>St Brigid’s Church</td>
<td><a href="mailto:hello@breadandbutterthing.org">hello@breadandbutterthing.org</a> <a href="https://breadandbutterthing.org/">https://breadandbutterthing.org/</a></td>
<td>St Brigid’s church – Beswick - Grey Mare Lane M11 3DR  Thursday 10am - 1.15pm</td>
</tr>
<tr>
<td>Revive</td>
<td>07500 662596 <a href="http://www.revive-uk.org/need-destitution-or-emergency-support/">http://www.revive-uk.org/need-destitution-or-emergency-support/</a></td>
<td>St Brigid’s Parish Hall, Grey mare Lane, Beswick, Manchester M11 3ND  Tuesday 11:30am - 4pm last entry 2.30pm</td>
</tr>
<tr>
<td>Salvation army</td>
<td><a href="mailto:openshaw@salvationarmy.org.uk">openshaw@salvationarmy.org.uk</a> <a href="http://www.salvationarmy.org.uk/Openshaw">http://www.salvationarmy.org.uk/Openshaw</a></td>
<td>Salvation Army – Clayton - 14, Lime Square, Ashton Old Rd, Manchester M11 1DA  Mon - Fri 10 - 4.30</td>
</tr>
<tr>
<td>Christian Restoration Manchester</td>
<td><a href="mailto:crm.manchester@gmail.com">crm.manchester@gmail.com</a> <a href="http://crm-manchester.org/">http://crm-manchester.org/</a></td>
<td>125-133 Pollard Street, Ancoats, Manchester M4 7JB  Tuesday 6pm - 8pm and Sunday 3pm - 5pm</td>
</tr>
</tbody>
</table>

**Cheetham Hill and Crumpsall**

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

**Crisis Point** - 0161 238 5149 [http://www.turning-point.co.uk/crisis-point.aspx](http://www.turning-point.co.uk/crisis-point.aspx)

**Manchester mind**- 0161 759 5732 or email at info@manchestermind.org [www.manchestermind.org](http://www.manchestermind.org)

**CASS ANY AGE Women’s Self Injury Helpline 0808 800 8088** [www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)

**No Secrets** – supporting those affected by self-injury [www.no-secrets.org.uk](http://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 | TexBox: 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
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](https://twitter.com/GMMH_NHS/status/1116960966594445312)
Facebook - [www.facebook.com/GMMentalHealth](http://www.facebook.com/GMMentalHealth)

Intranet - [https://newintranet/services/community-mental-health/community-inclusion-service/Pages/whats-on-newsletter.aspx](https://newintranet/services/community-mental-health/community-inclusion-service/Pages/whats-on-newsletter.aspx)
External internet - [https://www.gmmh.nhs.uk/community-inclusion-service](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