



As a Neighbourhood we are working together to support vulnerable people during this time. Click on the web and email links embedded in the text for further info.

[Please follow and like our new HMSR INT Facebook page.](#)

Please **let me know** if there's any gaps in information needed at a Neighbourhood level, or any patterns with the people you work with, and other relevant info to share.

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

- **Care Navigator Service** – self-referrals possible via mft.carenavigators@nhs.net (referrals from organisations also by phone, 0300 303 9650)
- **Be Well** – referrals now via any organisation: bewell.mcr@nhs.net or 0161 470 7120
- **Manchester City Council's Community Response helpline** - 0800 234 6123

Mutual aid groups and volunteering

- Covid mutual aid groups are co-ordinating invaluable support at a local level for neighbours by neighbours. Info, support & guidance is available [here](#) and [here](#).
[Rusholme & Moss Side Coronavirus Support](#) | [Hulme \(+ Britannia Basin & Castlefield\)](#) | [Redbricks/Bentley House housing estate](#) (in Hulme).
- Are you the organiser or admin of a mutual aid group? [Share learning, ask and answer questions with other organisers.](#)
- For volunteering & requesting volunteers, the national [NHS Volunteer Responders](#) is not endorsed by MCC, so use the [local MACC scheme](#):
- Over 2,400 Manchester volunteers are being matched - [request or offer support](#)

Social isolation and mental health

- [Kooth](#) is a mental health platform for young people. Advice, live chat & forums.
- NHS-approved [Apps for Mental Wellbeing](#).
- The **Chatty Café Scheme reducing loneliness & social isolation** is offering a weekly [virtual Chatty Café](#), where people come together with a brew for a chat.
- **Online therapy to help with stress, anxiety, low mood and depression** for all via [Silver Cloud digital mental health platform](#).
- **Mental health support grants** for extending or new services are available [here](#).
- [Coping with stress](#), from the World Health Organisation.
- **Mindful art for health and happiness**: [free daily videos](#) taking you through creative mindfulness based activities, from The Owl and the Coconut.

Partner updates

- **HMSR Integrated Neighbourhood Team** has launched a [Facebook page](#) with these updates, videos and more. Please think of other organisations and services that might find it useful, then share and like the page.

- ALL FM broadcasts a **community radio daily bulletin**. If you have tips to help the community get through lockdown, including those who don't have online access, contact Sean on 07796997602 or by [email](#).
- **Be Smoke Free** the new smoking cessation programme has launched. Smokers are more at risk from covid-19. [More details](#) including priority groups and [referral form](#).
- The **Gaddum Centre** has produced a [guide for talking to children](#) about covid 19, including bereavement; another resource is [this book](#) in different languages. Other [handy parenting advice](#) can be found at the World Health Organisation.
- **Contacting your GP practice remotely** [advice video](#). Continue to contact your GP practice by telephone, their website or using the NHS app or GP online services.

In other news...

- [More on health inequalities & BAME communities](#) by the Race Equality Foundation.
- **More Ramadan health advice:** [fasting & diabetes advice in various languages](#); [NHS guide to supporting fasting staff](#); [managing stress & wellbeing](#) during the pandemic.
- **Domestic Violence Silent Solution:** if you can't speak about domestic violence when calling 999 from your mobile, cough or tap the handset to answer questions, and press 55 if an emergency for immediate transfer to police.
- [Combating digital health inequality in the time of coronavirus webinar](#), tomorrow.
- Spending more time indoors?! [Indoor air quality advice](#) is more crucial than usual.
- MACC now hosts [two funding lists](#), regularly updated: for Voluntary, Community & Social Enterprise organisations, and for individual hardship.
- **Free Easter eggs:** if you can distribute (& pick up) to those in need especially the old and young, contact [MCC's Central neighbourhood team](#). 65,000 distributed so far.
- **More translated advice:** written & audio in [many European languages](#); [Public Health England's 'Stay Home'](#) including for radio; & [South Asian Health Foundation](#), [Roma Support Group](#) & [Migration Info Hub](#); [British Sign Language](#), [Easy Read & community languages](#), Doncaster council. Also see links in [3rd](#) & [8th](#) April updates.

In previous updates...

Previous updates include information on: homelessness, covid-19 in English and community languages, VCSE funding, PPE & support, mental health, health inequalities, diabetes & Ramadan, housing/employment/benefits advice, food provision, family support, domestic abuse, anti-social behaviour, substance abuse, bereavement support, kindness stories, mutual aid groups and other volunteering, plus partner updates.

Please keep sending me information gaps, patterns in needs, system challenges needing to be addressed. Also send me your updates and information for distribution, & any feedback.

[HMSR INT Facebook](#): please like and share.

Thank you everything you are doing to support each other and those most in need,
HMSR Health Development Coordinator: adam.conroy@nhs.net & on [Twitter](#)