



As a Neighbourhood we are working together to make sure that key information is shared, to support vulnerable people during this time. Click on the web links embedded in the text below for further info.

**Please [let me know](#) if there's any gaps in info needed at a Neighbourhood level, or any gaps or patterns that you are finding with the people you work with, or other relevant info to share.**

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

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

### 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).
- Mutual aid group organiser/admin? [Share learning. ask & answer questions to other organisers.](#)
- For volunteering & requesting volunteers, the national [NHS Volunteer Responders](#) is not endorsed by MCC, so use the [local MACC scheme](#):
- 2,600 Manchester volunteers ready for your VCSE group or organisation - what do you need? [Request or offer support.](#) [Support on managing volunteers. capacity-building & more.](#)

### Social isolation and mental health

- **Yaran** [1-to-1/relationship counselling & emotional support](#) in Farsi, Arabic & Turkish.
- **CDI** counselling: relationships, family, anxiety, depression, bereavement & cultural problems in Urdu, Punjabi & Hindi. Call 881 0007 or [email](#). [More info](#) & [referral form](#).
- **More mental health support for young people** by phone, text and online, compiled by Thrive who share other useful tips on [twitter](#). Manchester Mind's [counselling & listening service](#) for 15-25 years olds (follow [the link](#) for email & phone contacts, and referral form where needed).
- **Emotional support group for parents with young babies**, bedtime guided meditations & music from [Muso Baby](#) plus [online chat with a music therapist](#) 10-11am on Tuesdays till 19th May (for live chat, message to join the closed FB group).
- **Relationship support** in Manchester from [Talk Listen Change](#); Relate's [advice & tips for keeping relationships healthy](#) during self-isolation & physical distancing + [support](#).
- **Domestic abuse support** also offered by [Talk Listen Change](#). [Respect offers support & advice](#) for perpetrators, concerned family and friends, and professionals.

### Partner updates

- **More employment/housing/benefits advice:** [Ethnic Health Forum](#) in Arabic, Kurdish, Urdu, Spanish and English, 07957 317707. [Manchester Mind's welfare rights advice](#) re-open, 0161-769 5732 or [email](#) (leave a message if answerphone) and [Sorted](#) for 15-25 year olds.

[Irish Community Care welfare rights](#) 9:30-4:30 M-F: 0161-256 2717 (NB different number), 07458 303 036 or 07458 303 032 or [email](#). Also see links in the [16th April](#) update.

- **Caribbean & African Health Network** [survey on the impact of Covid-19 on C&A communities](#); helpline advice & support, including single-mother peer-to-peer: 07710 022382 6am-midnight, or [email](#). [RSVP](#) to book for the 2nd C&A Collective Community Response meeting 1/5/20, 1-3; [email](#) questions for the Mayor of Greater Manchester for the first hour, if you can't attend.
- **MCC Community Response helpline** posters in [different languages](#); last week 6497 food parcels delivered: "in Manchester, although we're apart we stick together".
- **Manchester Museum in Quarantine** is a mobile site offering a range of resources for families, home educators, carers and all members of the community.
- **Free MACC advice & support webinars**, 1-2pm: [furloughing](#) 28/4, [personal resilience](#) 29/4, [safeguarding](#) 30/4. Send questions in advance via the linked booking forms. Any other support topics you need from MACC? [Let me know](#) and I'll pass it on.

#### In other news...

- [Air pollution and covid 19 report](#) on the links.
- **Self-isolating or sheltering? Someone else shopping or getting cash for you?** Cashless payment at supermarkets and withdrawing cash at Post Offices without leaving your home [info](#).
- **Supporting people to get online?** [Useful courses and guides](#).
- **Baby essentials:** [Visit from the Stork](#) are struggling due to a heightened demand, so as an alternative, refer parents to the infant feeding team, by [email](#) or 0161-720 5982
- **Period poverty:** packs distributed to foodbanks, charities & the Care Navigators by [Every Month](#) on 07858 325 191 or [email](#).
- **Improve the accessibility of translated advice** by Doctors of the World for asylum-seekers and migrant communities - [feedback form](#) on needs, formats & impacts for [these resources](#).

#### In previous updates...

Previous updates include information on homelessness; Covid-19 in English and community languages; VCSE funding; PPE & support; mental health advice, support & grants; social isolation & loneliness; stress & mindfulness; health inequalities; diabetes & Ramadan; welfare rights advice; food provision; family support & talking about covid with children; domestic abuse; anti-social behaviour; substance abuse; bereavement support; kindness stories; community radio; accessing your GP remotely; smoking cessation; digital health inequality; indoor air quality advice; mutual aid groups and other volunteering; plus partner updates.

#### Keep in touch

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](mailto:adam.conroy@nhs.net) & on [Twitter](#)