

“I think there was something useful in one of those lockdown round-ups, some while ago...er, but I don't remember which....”

## **Your complete guide to all the key info and partner updates in the Hulme, Moss Side and Rusholme pandemic round-ups**

Links are categorised by topic and to the relevant round-up. Some links are repeated as they belong to more than one category.

[Black, Asian and Minority Ethnic Communities \(BAME\)](#)

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[Support and information for people with other long-term conditions \(focus on heart disease, diabetes, lung disease and lung cancer\)](#)

[Support for the Voluntary, Community and Social Enterprise sectors](#)

[Welfare rights advice and info](#)

[\(Other\) wider determinants of health](#)

[Young people services and information](#)

## Black, Asian, Minority Ethnic and Refugee Communities (BAMER)

1. Be Well, Care Navigators & MCC Community Response helpline for vulnerable people: [3/4/20](#) and each subsequent round-up
2. CAHN helpline advice & support, including single-mother peer-to-peer: [28/4/20](#)
3. Caribbean & African Collective Community Response meetings: [28/4/20](#)
4. MCC Community Response helpline: [3/4/20](#) and each round-up
5. Irish communities (settled & Irish or Roma travellers) support: [5/5/20](#)
6. For those struggling with severe & enduring mental health diagnoses back in the community from African & Caribbean communities, and quick chats & help with strategies to manage anxiety, stress & depression: [5/5/20](#)
7. Europa Roma/gypsy phone advocacy & signposting: [5/5/20](#)
8. Report on the impact of covid on equalities and diverse communities: [5/5/20](#)
9. Phone-in on impact on BAME communities: [5/5/20](#)
10. Racism against BAME NHS workers: [5/5/20](#)
11. Ramadan advice in English and Urdu: [5/5/20](#)
12. Manchester Refugee Support Network support for asylum seekers, refugees & migrants: [14/5/20](#)
13. Migrant destitution fund: [14/5/20](#)

## Carers support

1. Be Well, Care Navigators & MCC Community Response helpline for vulnerable people: [3/4/20](#) and each subsequent round-up
2. Manchester Museum: [28/4/20](#)
3. MCC Community Response helpline: [3/4/20](#) and each round-up
4. Emotional support for carers in Gujarati, Hindi, Punjabi and Urdu, offered nationally during the covid crisis from Shama Women's Centre: [16/4/20](#)
5. GMMH carers helpline: [3/4/20](#)
6. Manchester Carers' Network: [14/5/20](#)
7. Unpaid carers' UK government scheme: [14/5/20](#)

## Digital inclusion

1. Digital inclusion team via MCC Community Response helpline: [5/5/20](#)
2. Support and advice from Learn My Way: [28/4/20](#)
3. Volunteer cashless payments: [28/4/20](#), [5/5/20](#)



4. Alternatives to cash policy review: [5/5/20](#)
5. Contacting your GP practice remotely video: [21/4/20](#)
6. Wai Yin Chinese Society digital literacy support: [5/5/20](#)
7. Stories and pictures of older people taking the plunge: [5/5/20](#)
8. IT skills sessions from the Royal Voluntary Service: [5/5/20](#)

## Domestic abuse

1. Be Well, Care Navigators & MCC Community Response helpline for vulnerable people: [3/4/20](#) and each subsequent round-up
2. Helpline and advice from Talk Listen Change: [28/4/20](#)
3. Perpetrators and professionals support from Respect: [28/4/20](#)
4. Silent solution: [21/4/20](#)
5. Helplines and support lists from Manchester Community Safety Partnership & Greater Manchester Mental Health NHS Trust: [8/4/20](#)
6. Independent Choices helpline in English, Punjabi and Urdu: [3/4/20](#)
7. Manchester Women's Aid: [14/5/20](#)
8. British Sign Language support and advice: [14/5/20](#)

## Family support for those with young children and through pregnancy

1. Be Well, Care Navigators & MCC Community Response helpline for vulnerable people: [3/4/20](#) and each subsequent round-up
2. Manchester Museum online resources: [28/4/20](#)
3. Emotional support for people with young babies from Muso Baby: [28/4/20](#)
4. Baby essentials: [8/4/20](#), [28/4/20](#)
5. Relationship support and advice from Talk Listen Change and Relate: [28/4/20](#)
6. Guide and book for talking to children about covid in Arabic, Bahasa Indonesia, Chinese, Croatian, Danish, Dutch, Egyptian Arabic, English, French, German, Greek, Hebrew, Hungarian, Italian, Japanese, Persian (Farsi), Polish, Portuguese (Brazil), Portuguese (Portugal), Romanian, Russian, Serbian, Spanish, Turkish and Welsh: [21/4/20](#)
7. Handy parenting advice from the World Health Organisation: [21/4/20](#)
8. Free easter eggs: [21/4/20](#)
9. Free school meal vouchers info in Arabic on the Migration Info Hub: [21/4/20](#)
10. Midwife hotline: [8/4/20](#)
11. Help with food costs whilst schools are closed: [8/4/20](#)
12. Parenting in the time of Covid, including WHO & UNICEF parenting tips: [8/4/20](#)
13. A helpful guide to explain to children from the Children's Commissioner: [8/4/20](#)
14. CAHN single-mother peer-to-peer support: [28/4/20](#)

15. Online resources & workshops to support locked-down families, including science, parenting, maths & English games, crafts and family wellbeing from MAES: [5/5/20](#)
16. Wai Yin Chinese Society parenting support: [5/5/20](#)
17. Good visual resources from the WHO in Arabic, Chinese, English, French, Russian and Spanish on pregnancy and breastfeeding: [5/5/20](#)
18. Looking after children, parenting tips, if you're child is unwell, children with SEND at home, storybook, ideas for taking emotional care of yourself, babies & toddlers: [14/5/20](#)
19. Healthy Start vouchers: [14/5/20](#)

## Food

1. MCC Food Response team: [8/4/20](#), [16/4/20](#)
2. MCC Community Response helpline: [3/4/20](#) and each subsequent round-up
3. Hot meal delivery from ACCG & The Old Abbey Taphouse: [3/4/20](#)
4. Food collection and deliveries for those self-isolating from The Bread & Butter Thing (Moss Side): [3/4/20](#)
5. Veg deliveries from Herbie mobile green grocer: [3/4/20](#)
6. Manchester South Central and Central food banks: [3/4/20](#)
7. Wai Yin Chinese Society addressing food needs: [5/5/20](#)
8. Migrant destitution fund: [14/5/20](#)

## Health inequalities

1. Be Well, Care Navigators & MCC Community Response helpline for vulnerable people: [3/4/20](#) and each subsequent round-up
2. Period poverty: [28/4/20](#)
3. Long-term conditions, ethnicity and poverty from the Race Equality Foundation: [21/4/20](#)
4. The health of Irish people in Britain from the Race Equality Foundation: [21/4/20](#)
5. Race and gender from the Race Equality Foundation: [21/4/20](#)
6. Smoking and black and minority ethnic communities from the Race Equality Foundation: [21/4/20](#)
7. Health of Gypsies and Travellers in the UK from the Race Equality Foundation: [21/4/20](#)
8. Housing and BAME communities from the Race Equality Foundation: [21/4/20](#)
9. Racial disparities in mental health from the Race Equality Foundation: [21/4/20](#)
10. Disproportionate impact on BAME communities report: [16/4/20](#)
11. COVID-19: Pandemics, Modelling, and Policy, UNESCO/Open University free course: [5/5/20](#)
12. Barriers to health for Deaf people: [14/5/20](#)
13. Racial injustice in the covid response: [14/5/20](#)
14. Migrant destitution fund: [14/5/20](#)

15. Free taxi rides for NHS workers: [14/5/20](#)
16. Lend or borrow a car for NHS workers, volunteers, charities, food banks or community meal service, hospice or care workers or anyone else looking after people: [14/5/20](#)

## Housing and homelessness

1. Be Well, Care Navigators & MCC Community Response helpline for vulnerable people: [3/4/20](#) and each subsequent round-up
2. Rough sleepers: [3/4/20](#)
3. Support with antisocial behaviour including intimidation, verbal abuse, threats and hate incidents in private rented or owner occupier housing: [16/4/20](#)
4. Housing and BAME communities from the Race Equality Foundation: [21/4/20](#)
5. Housing - private rented sector and owner occupiers: [16/4/20](#), [5/5/20](#)
6. 'Here When You Need Us' GP practices and NHS open for all: [5/5/20](#)
7. Manchester Refugee Support Network housing and integration support: [14/5/20](#)

## Impact & other surveys

1. Caribbean & African communities: [28/4/20](#)
2. Accessibility of translated advice for asylum-seekers, and migrant communities: [28/4/20](#)
3. LGBT community: [5/5/20](#)
4. Disabled people: [5/5/20](#)
5. Psychological and social effects of covid 19 study on social isolation: [14/5/20](#)
6. New training centre in Hulme survey: [14/5/20](#)

## Kindness stories

Webpage & twitter hashtag: [16/4/20](#)

## Mutual aid groups and volunteering

1. Covid mutual aid groups: [3/4/20](#) and each round-up; support for organisers: [8/4/20](#) and each subsequent round-up
2. Volunteer(s)/ing support for VCSE organisations: [3/4/20](#); capacity-building support: [28/4/20](#) and each subsequent round-up

3. Volunteer(s)/ing support for public sector organisations and services: [14/5/20](#) and each subsequent round-up
4. Volunteer cashless payments: [28/4/20](#)
5. Volunteer for intergenerational befriending: [5/5/20](#); CARA Irish-support project: [5/5/20](#);

## Older people support and information

1. Be Well, Care Navigators & MCC Community Response helpline for vulnerable people: [3/4/20](#) and each subsequent round-up
2. MCC Community Response helpline: [3/4/20](#) and each round-up
3. Free easter eggs: [21/4/20](#)
4. #AloneTogether activity packs and more from Manchester Cares: [16/4/20](#)
5. Age Friendly Manchester eBulletin with lots of info: [16/4/20](#)
6. Intergenerational befriending schemes: [5/5/20](#)
7. Manchester Cares social clubs and supporting the most vulnerable: [5/5/20](#)
8. Europa support for Polish over 50s: [5/5/20](#)
9. Helping older people stay active, in your armchair: from Irish Community Care: [5/5/20](#)
10. Shielded people update: [5/5/20](#)
11. 'Here When You Need Us' GP practices and NHS open for all: [5/5/20](#)
12. Manchester Refugee Support Network older people social isolation support: [14/5/20](#)
13. Dementia and covid: [14/5/20](#)
14. Free shopping pick-ups for over 65s: [14/5/20](#)

## Partner updates

1. African Caribbean Care Group (ACCG): [3/4/20](#)
2. African Caribbean Mental Health Service (ACMHS): [5/5/20](#)
3. Age Friendly Manchester: [16/4/20](#)
4. ALL FM: [21/4/20](#)
5. Andy Man's Club Manchester: [14/5/20](#)
6. Bee Vocal: [14/5/20](#)
7. Be Smoke Free: [21/4/20](#)
8. Be Well: [5/5/20](#)
9. buzz: [14/5/20](#)
10. The Bread & Butter Thing (Moss Side): [3/4/20](#)
11. Can-Survive UK: [8/4/20](#)
12. Care Navigators: [8/4/20](#)
13. Caribbean & African Health Network (CAHN): [28/4/20](#); [14/5/20](#)



14. Chatty Cafe scheme: [21/4/20](#)
15. CDI counselling: [28/4/20](#)
16. Community Diabetes Education & Support (CoDES): [16/4/20](#)
17. Dementia United/Greater Manchester Health & Social Care Partnership: [14/5/20](#)
18. Doctors of the World: [3/4/20](#), [28/4/20](#)
19. Ethnic Health Forum: [28/4/20](#)
20. Every Month: [28/4/20](#)
21. Europia: [5/5/20](#)
22. Expert Patients Programme: [8/4/20](#)
23. Gaddum Centre: [21/4/20](#)
24. GM Law Centre: [16/4/20](#)
25. GP practices: [3/4/20](#), [21/4/20](#), [5/5/20](#)
26. Greater Manchester Mental Health NHS Trust (GMMH): [3/4/20](#); [14/5/20](#)
27. Health Development Coordinator: [3/4/20](#)
28. Healthy Me Healthy Communities AKA the Community Grocers: [8/4/20](#), [16/4/20](#), [5/5/20](#)
29. Herbie mobile green grocer: [3/4/20](#)
30. Independent Choices: [3/4/20](#)
31. Infant Feeding Team: [28/4/20](#)
32. Integrated Neighbourhood Team: [21/4/20](#)
33. Irish Community Care: [28/4/20](#), [5/5/20](#)
34. Kooth: [21/4/20](#)
35. Manchester CAB: [16/4/20](#)
36. Manchester Adult Education Service (MAES): [5/5/20](#)
37. Manchester Art Gallery: [14/5/20](#)
38. Manchester Carers Network: [14/5/20](#)
39. Manchester Cares: [16/4/20](#), [5/5/20](#)
40. Manchester South Central and Central food banks: [3/4/20](#)
41. Manchester City Council: [3/4/20](#), [8/4/20](#), [16/4/20](#), [28/4/20](#)
42. Manchester Community Central/MACC: : [16/4/20](#), [28/4/20](#)
43. Manchester Local Care Organisation school nurses: [16/4/20](#)
44. Manchester Mind: [8/4/20](#), [28/4/20](#)
45. Manchester Museum & Muso Baby: [28/4/20](#); [14/5/20](#)
46. Manchester Refugee Support Network: [14/5/20](#)
47. Manchester University Students' Union: [5/5/20](#)
48. Manchester Urban Diggers (MUD): [14/5/20](#)
49. Manchester Women's Aid: [14/5/20](#)
50. Medact: [5/5/20](#)
51. Neighbourhood Lead: [3/4/20](#)
52. Odd Arts: [5/5/20](#)
53. The Old Abbey Taphouse: [3/4/20](#)
54. The Owl & The Coconut: [21/4/20](#)
55. Race Equality Foundation: [21/4/20](#)



56. Relate: [28/4/20](#)
57. Respect: [28/4/20](#)
58. Self-help Services: [3/4/20](#), [14/5/20](#)
59. Sign Health: [3/4/20](#); [14/5/20](#)
60. Sure Start Centres: [16/4/20](#)
61. St Mary's hospital (Manchester University NHS Foundation Trust AKA MFT): [8/4/20](#)
62. Talk Listen Change: [28/4/20](#)
63. Thrive: [28/4/20](#)
64. Visit from the Stork: [8/4/20](#), [28/4/20](#)
65. Wai Yin Chinese Society: [5/5/20](#)
66. Yaran: [3/4/20](#), [28/4/20](#)

## Services and info in community languages

1. Welfare rights from Ethnic Health Forum in Arabic, Kurdish, Urdu, Spanish and English: [28/4/20](#)
2. Manchester City Council Community Response helpline posters in Arabic, Bangladeshi, Cantonese, Chinese, Czech, English, Farsi, French, Guajarti, Hindi, Latvian, Lithuanian, Polish, Punjabi, Romanian, Russian, Slovak, Somali, Spanish, Swahili, Tigrinya and Urdu: [28/4/20](#)
3. One-to-one and relationship counselling, emotional support from Yaran in Farsi, Arabic & Turkish: [28/4/20](#)
4. Relationships, family, anxiety, depression, bereavement & cultural problem counselling in Urdu, Punjabi & Hindi from CDI counselling: [28/4/20](#)
5. Survey on accessibility of translated advice for asylum-seekers, and migrant communities: [28/4/20](#)
6. Book for talking to children about covid in Arabic, Chinese, Croatian, Danish, Dutch, Egyptian Arabic, French, German, Greek, Hebrew, Hungarian, Indonesian, Italian, Japanese, Persian, Polish, Portuguese, Romanian, Russian, Serbian, Spanish, Turkish, Welsh: [xxx21/4/20](#)
7. Language support in health & social care from the Race Equality Foundation: [21/4/20](#)
8. Written & audio info in Bulgarian, Czech, English, Estonian, French, German, Greek, Hungarian, Italian, Latvian, Lithunian, Polish, Portuguese, Romanian, Russian, Slovak & Spanish from Europa and Doctors of the World: [21/4/20](#)
9. Public Health England's 'Stay at Home, Save Lives' including for radio in Bengali, British Sign Language, Gujarati, Punjabi, Polish, Romanian, Russian, Urdu, and Romani: [21/4/20](#)
10. Videos in Punjabi, Hindi from the South Asian Health Foundation: [21/4/20](#)
11. Videos in Romanes and Romanian, Slovak, Slovak Romanes from the Roma Support Group: [21/4/20](#)
12. Coping strategies in Albanian, Arabic, Bengali, English, Farsi, French, Mandarin, Pashto, Polish, Romanian, Somali Sorani, Tigrinya, Turkish and Urdu from the Migration Info Hub: [21/4/20](#)
13. No charges or immigration checks for coronavirus testing & treatment in Albanian, Amharic, Arabic, Armenian, Bengali, Bulgarian, Cantonese, Czech, Dari, Estonian, Farsi, French, Greek, Gujarati, Hindi, Hungarian, Igbo, Italian, Korean, Kurdish, Lithuanian, Malayalam, Mandarin,



- Pashto, Polish, Portuguese, Punjabi, Romanian, Russian, Sindhi, Slovak, Somali, Spanish, Tamil, Tigrinya, Turkish, Urdu, Vietnamese, Welsh, Yoruba from the Migration Info Hub: [21/4/20](#)
14. How to apply for Universal Credit in Arabic, Bengali, Bulgarian, French, Farsi, Kurdish, Polish, Portuguese, Punjabi, Romanian, Slovak, Tigrinya, Turkish, Urdu from the Migration Info Hub: [21/4/20](#)
  15. Essential info, Spot the signs and hand washing videos in Arabic, Bengali, Czech, Farsi, Kurdish Sorani, Polish, Punjabi, Romanian, Slovak, Tigrinya, Urdu from the Migration Info Hub: [21/4/20](#)
  16. World Health Organisation coronavirus information in Arabic, Chinese, English, French, Spanish and Russian from the Migration Info Hub: [21/4/20](#)
  17. Self-isolation guidance in Arabic, Bengali, Chinese/Cantonese, Chinese Mandarin, English, French, Gujarati, Polish, Portuguese, Punjabi, Urdu and Welsh from the government on the Migration Info Hub: [21/4/20](#)
  18. Social distancing guidance in Arabic, Bengali, Chinese/Cantonese, Chinese Mandarin, English, French, Gujarati, Polish, Portuguese, Punjabi, Urdu and Welsh from the government on the Migration Info Hub: [21/4/20](#)
  19. Shielding and extremely vulnerable people guidance in Arabic, Bengali, Traditional Chinese/Cantonese, Simplified Chinese/Mandarin, English, French, Gujarati, Polish, Portuguese, Punjabi, Urdu and Welsh from the government: [3/4/20](#) and on the Migration Info Hub: [21/4/20](#)
  20. WhatsApp coronavirus info in Arabic, English, French, Hindi, Italian, Spanish and Portuguese from the World Health Organisation on the Migration Info Hub: [21/4/20](#)
  21. Free school meal vouchers info in Arabic on the Migration Info Hub: [21/4/20](#)
  22. Stay at home guidance, covid info leaflet: 'Stay Home, Protect the NHS, Save Lives', audio/video translations in Arabic, Bengali, British Sign Language, Bulgarian, Chinese, Czech, Gujarati, Hungarian, Kurdish Sorani, Latvian, Lithuanian, Polish, Punjabi, Romani, Romanian, Russian, Slovak and Urdu plus Easy Read guides on Doncaster council's website via the Migration Info Hub: [21/4/20](#)
  23. Bereavement support in Gujarati, Hindi, Punjabi and Urdu from Shama Women's Centre: [16/4/20](#)
  24. Anxiety and depression helpline, and emotional support for carers in Gujarati, Hindi, Punjabi and Urdu, offered nationally during the covid crisis from Shama Women's Centre: [16/4/20](#)
  25. Covid advice videos in Arabic, Bengali, English, Farsi, French, German, Kurdish Sorani, Mandarin, Mirpuri, Polish, Punjabi, Pushto, Romanian, Spanish, Swedish, Sylheti Bengali, Turkish and Urdu from AskDoc: [8/4/20](#)
  26. Stay at homes videos in Arabic, Bengali, Cantonese, Chinese, Dutch, Egyptian Arabic, Farsi, French, German, Gujarati, Hindi, Hungarian, Indonesian, Italian, Kurdish, Latvian, Lithuanian, Memoni, Polish, Portuguese, Punjabi, Romanian, Russian, Shona, Slovakian, Spanish, Swahili, Tamil, Telegu, Tetum, Urdu from Peterborough City Council & Cambridgeshire County Council: [8/4/20](#)
  27. Stay at home, Chris Whitty, Essential advice, Face touching, Home Isolation Advice For Those With Symptoms (short), Home Isolation Advice For Those With Symptoms, How To Use The NHS, The Signs, Coronavirus PM Letter - BSL Subs, BSL Version: Door Drop Leaflet in British Sign Language from Peterborough City Council & Cambridgeshire County Council: [8/4/20](#)

28. Written guidance in Albanian, Amharic, Arabic, Armenian, Bengali, Bulgarian, Burmese, Czech, Dari, English, Estonian, Farsi, Filipino, French, German, Greek, Gujarati, Hausa, Hindi, Hungarian, Indonesian, Italian, Kiswahili, Korean, Krio, Kurdish Sorani, Latvian, Lithuanian, Oromo, Malayalam, Nepali, Pashto, Polish, Portuguese, Punjabi, Romanian, Russian, Simplified Chinese, Traditional Chinese, Sindhi, Slovak, Spanish, Somali, Tamil, Tetum, Tigrinya, Turkish, Urdu, Vietnamese, Wolof and Yiddish from Doctors of the World: [3/4/20](#)
29. Video guidance in Arabic, Gujarati, Kurdish Sorani, Lithuanian, Mandarin, Punjabi, Russian, Somali, Spanish, Turkish and Yiddish from Doctors of the World: [3/4/20](#)
30. Short summaries of the daily briefings, coronavirus leaflet, NHS shielding letter, home isolation advice, essential advice, how to use the NHS, face touching, Every Mind Matters and hand hygiene (cash machines, door handles, pedestrian crossings) in British Sign Language from Sign Health: [3/4/20](#)
31. Stay at home advice for households with potential coronavirus from the government in Arabic, Bengali, Traditional Chinese/Cantonese, Simplified Chinese/Mandarin, English, French, Gujarati, Polish, Portuguese, Punjabi, Urdu and Welsh, plus Easy Read: [3/4/20](#)
32. Domestic abuse helpline from Independent Choices in Punjabi and Urdu: [3/4/20](#)
33. Mental health information in Arabic, Bengali, Bulgarian, Chinese, English, French, German, Greek, Gujarati, Hindi, Italian, Japanese, Lithuanian, Pashto, Persian (Farsi), Polish, Punjabi, Romanian, Russian, Somali, Spanish, Tamil, Turkish, Urdu and Welsh from the Royal College of Psychiatrists: [5/5/20](#)
34. Europaia emergency £30-60 fund to help buy supplies such as food and medicine (forms in English, Romanian, Polish & Lithuanian): [5/5/20](#)
35. Wai Yin Chinese Society are actively supporting the older Chinese community via telephone support, general advice & info and translation support, signposting, parenting, digital literacy support as well as collecting medicines and addressing food needs: [5/5/20](#)
36. Ramadan advice in English and Urdu: [5/5/20](#)
37. Visual resources from the WHO in Arabic, Chinese, English, French, Russian and Spanish on pregnancy, breastfeeding, stress, protecting yourself and others, myth busting and caring for people at home: [5/5/20](#)
38. British Sign Language home isolation advice for those with symptoms, Essential Advice, Spot the signs, How to use the NHS, Face Touching & hand hygiene plus a summary of the UK government daily briefing: [14/5/20](#)
39. British Sign Language health video library: [14/5/20](#)
40. Parenting in a time of covid in Afrikaans, Akha, Albanian, Amharic, Arabic العربية, Armenian, Ateso, Azeri, Bahasa Indonesian, Bahasa Melayu, Bangla বাংলা, Bislama, Bulgarian, Burmese မြန်မာဘာသာ, Chichewa, Chinese 中文, Chinese-繁體, Danish, Dutch, English, Estonian, Farsi, Filipino, Finnish, French, Georgian, German, Greek, Gujarati, Hebrew (עברית), Hiligaynon (Ilonggo), Hindi, Hungarian, Icelandic, Italian, Japanese 日本語, Jinghpaw, Kazakh, Kannada, Khmer - Cambodia, Khong So Chin, Kinyarwanda, Korean, Kurdish (Central), Kurdish (Kurmanhji), Lahu, Lao, Lemi, Likhy, Luganda, Luo, Macedonian, Makury Naga, Malayalam, Marathi, Montenegrin (Crnogorski), Ndebele, Nepali, Ngakarimojong, Norwegian, Pa oh, Polish, Portuguese (Brazil), Portuguese (Mozambique), Portuguese (Portugal), Romanian, Runyakore, Russian (русский), Serbian, Setswana, Shona, Sinhala, Siswati, Slovenian, Somali, Spanish, Swahili (Kenya), Swahili (Tanzania), Swahili (Tanzania), Swedish, Tai Lay, Tajik, Tamil, Telugu, Thai ภาษาไทย, Turkish, Ukrainian, Urdu, Uzbek, Vanuatu, Vietnamese, Welsh, Xhosa and

Zulu: [14/5/20](#)

41. Storybook in Albanian, Amharic, Arabic, Azerbaijani, Bahasa Indonesia, Bahasa Malay, Bulgarian, Burmese, Cham Vietnamese, Chinese, Cornish, Croatian, Czech, Dari, Danish, Dhivehi (Maldivian), Dutch, Ede Vietnamese, English, Estonian, Farsi, French, Georgian, German, Greek, Gujarat, Guyanese Creole~Creolese, Hao Vietnamese, Hausa, Hindi, Icelandic, Italian, IsiZulu, Jamaican, Japanese, Jarai Vietnamese, Kanuri, Khmer Vietnamese, Kinyarwanda, Korean, Kurdish Kurmanji, Kurdish Sorani, Latvian, Malagasy, Mong Vietnamese, Mongolian, Nepali, Norwegian, Polish, Portuguese, Romanian, Russian, Serbian, Sinhala, Shuwa\_Arabic\_Latin, Shuwa\_Arabic\_Script, Slovak, Spanish, Swahili, Tagalog, Tamil, Thai, Thai Vietnamese, Tigrinya, Turkish, Ukranian, Urdu, Uzbek, Vietnamese, and Welsh: [14/5/20](#)

## Social isolation and mental health support

1. Be Well, Care Navigators & MCC Community Response helpline for vulnerable people: [3/4/20](#) and each subsequent round-up
2. One-to-one and relationship counselling, emotional support from Yaran in Farsi, Arabic & Turkish: [28/4/20](#)
3. Young people's mental health support list: [28/4/20](#)
4. Children and young people counselling and listening service from Manchester Mind: [28/4/20](#)
5. Emotional support for people with young babies from Muso Baby: [28/4/20](#); [14/5/20](#)
6. Relationship support and advice from Talk Listen Change and Relate: [28/4/20](#)
7. Kooth - mental health platform for young people: [21/4/20](#)
8. NHS-approved apps: [21/4/20](#)
9. Chatty cafes online: [21/4/20](#)
10. Online therapy to help with stress, anxiety, low mood and depression from Silver Cloud: [21/4/20](#)
11. Mental health support grants: [21/4/20](#)
12. Coping with stress, from the World Health Organisation: [21/4/20](#)
13. Mindful art for health and happiness from the Owl & the Coconut: [21/4/20](#)
14. Guided mindfulness from Manchester Art Gallery: [14/5/20](#)
15. Managing stress & wellbeing during the pandemic: [21/4/20](#)
16. Coping strategies in Albanian, Arabic, Bengali, English, Farsi, French, Mandarin, Pashto, Polish, Romanian, Somali Sorani, Tigrinya, Turkish and Urdu from the Migration Info Hub: [21/4/20](#)
17. #AloneTogether activity packs and more from Manchester Cares: [16/4/20](#)
18. Manchester Local Care Organisation school nurses offering emotional support for 11-16 year olds: [16/4/20](#)
19. Bereavement support in Gujarati, Hindi, Punjabi and Urdu from Shama Women's Centre: [16/4/20](#)
20. Bereavement support for African & Caribbean communities from CAHN in French & English: [14/5/20](#)
21. Anxiety and depression helpline, and emotional support for carers in Gujarati, Hindi, Punjabi and Urdu from Shama Women's Centre: [16/4/20](#)
22. Services and free online events to ground the mind from Manchester Mind: [8/4/20](#)



23. GMMH service users & carers helpline: [3/4/20](#)
24. Mental health resources, information and helplines from GMMH: [3/4/20](#); Wellbeing for Everyone [14/5/20](#)
25. MCC Community Response helpline: [3/4/20](#) and each round-up
26. Mental health information in Arabic, Bengali, Bulgarian, Chinese, English, French, German, Greek, Gujarati, Hindi, Italian, Japanese, Lithuanian, Pashto, Persian (Farsi), Polish, Punjabi, Romanian, Russian, Somali, Spanish, Tamil, Turkish, Urdu and Welsh from the Royal College of Psychiatrists: [5/5/20](#)
27. NHS mental wellbeing audio guides on coping strategies for low mood and anxiety: [5/5/20](#)
28. Every Mind Matters tips, quizzes and mental health resources and apps from the NHS: [5/5/20](#)
29. Muslim Youth Helpline counselling, and mental health advice & support from an Islamic viewpoint: [5/5/20](#)
30. For those struggling with severe & enduring mental health diagnoses back in the community from African & Caribbean communities, and quick chats & help with strategies to manage anxiety, stress & depression from ACMHS: [5/5/20](#)
31. Europa women's group developing strategies to cope with stress due to self-isolation or long working hours during the lockdown: [5/5/20](#)
32. Europa support for Polish over 50s: [5/5/20](#)
33. Report on the impact on mental health of young people: [5/5/20](#)
34. Visual resources from the WHO in Arabic, Chinese, English, French, Russian and Spanish on stress, myth busting and more: [5/5/20](#)
35. Impact study of social isolation from lockdown: [14/5/20](#)
36. Survey on mental health effects of covid 19: [14/5/20](#)
37. Online choir rehearsal for people who are currently experiencing or who have previously experienced mental health challenges from Bee Vocal: [14/5/20](#)
38. #IdeasForIsolation from a GP: [14/5/20](#)
39. Andy Man's Club non-judgemental chat: [14/5/20](#)
40. Stuck at home, baby crying, struggling to cope? Support & advice from MLCO: [14/5/20](#)
41. Anxiety: dealing with your own & your children's from Emerging Minds: [14/5/20](#)
42. British Sign Language users mental health crisis support, psychological therapy and bereavement from Sign Health: [14/5/20](#)
43. Grow your own plant boxes from buzz & MUD: [14/5/20](#)
44. Self-Help services: [14/5/20](#)
45. Manchester Refugee Support Network check-in & chat buddy scheme and older people social isolation support: [14/5/20](#)
46. Bereavement information, support and advice guides: [16/4/20](#)
47. Ideas for taking emotional care of yourself, babies & toddlers: [14/5/20](#)

Support and information for people with other long-term conditions (focus on heart disease, diabetes, lung disease and lung cancer)

1. Be Well, Care Navigators & MCC Community Response helpline for vulnerable people: [3/4/20](#) and each subsequent round-up
2. Be Smoke Free: [21/4/20](#)
3. Advice from the Race Equality Foundation on heart disease, sickle cell: [21/4/20](#)
4. Smoking and black and minority ethnic communities from the Race Equality Foundation: [21/4/20](#)
5. Ramadan, fasting and diabetes: [16/4/20](#), [21/4/20](#)
6. Substance misuse and covid: policy, health issues, coping strategies & info: [16/4/20](#)
7. Cancer support from Can-Survive UK: [8/4/20](#)
8. MCC Community Response helpline: [3/4/20](#) and each round-up
9. Shielded people update: [5/5/20](#)
10. Young people with high level needs/multiple disadvantage creative packs: [5/5/20](#)
11. 'Here When You Need Us' GP practices and NHS open for all: [5/5/20](#)
12. Dementia and covid: [14/5/20](#)
13. Sickle cell, thalassaemia and covid info: [14/5/20](#)
14. Addiction recovery cafe: [14/5/20](#)

## Support for the Voluntary, Community and Social Enterprise (VCSE) sectors

1. MACC webinars: [28/4/20](#)
2. Mental health support grants: [21/4/20](#)
3. Funding: [3/4/20](#), [21/4/20](#)
4. Personal Protective Equipment (PPE): [16/4/20](#); updated: [14/5/20](#)
5. Community Explorers bringing VCSE & community-focussed health professionals: [8/4/20](#)
6. CAHN funding bid writing support: [14/5/20](#)
7. Manchester Refugee Support Network Community Development project supporting Refugee Community Organisations: [14/5/20](#)
8. Tool to review options for sustainability funding, advice and support: [14/5/20](#)

## Welfare rights advice and info

1. Ethnic Health Forum: [28/4/20](#)
2. GM Law Centre: [16/4/20](#)
3. Irish Community Care: [28/4/20](#)
4. Manchester CAB: [16/4/20](#)
5. Manchester Mind: [28/4/20](#)
6. Europia including European Settlement Scheme: [5/5/20](#)
7. Sign Health: [14/5/20](#)
8. Mental health, care, welfare rights, housing and tribunal [advocacy service](#): [referral](#).
9. [Resources for professionals](#) working with British Sign Language users.

## (Other) wider determinants of health

1. Air pollution: [28/4/20](#)
2. Indoor air quality: [21/4/20](#)
3. Long-term conditions, ethnicity and poverty from the Race Equality Foundation: [21/4/20](#)
4. Individual hardship funding: [21/4/20](#)
5. Europa individual emergency fund (forms in English, Romanian, Polish & Lithuanian): [5/5/20](#)
6. Free easter eggs: [21/4/20](#)
7. Food and necessities for those in need in Hulme from The Old Abbey Taphouse: [3/4/20](#)
8. MCC Community Response helpline: [3/4/20](#) and each round-up
9. Covid deaths twice as high in poorest areas: [5/5/20](#)
10. Almost a fifth of UK homes with children go hungry: [5/5/20](#)
11. Lowest paid most at risk: [5/5/20](#)
12. Webinar and blog post on a Just Response focussing on economic inequalities: [5/5/20](#)
13. Young people with high level needs/multiple disadvantage creative packs: [5/5/20](#)
14. 'Here When You Need Us' GP practices and NHS open for all: [5/5/20](#)

## Young people services and information

1. Be Well, Care Navigators & MCC Community Response helpline for vulnerable people: [3/4/20](#) and each subsequent round-up
2. Mental health support list: [28/4/20](#)
3. Sorted - welfare rights by Manchester Mind: [28/4/20](#)
4. Kooth - mental health platform for young people: [21/4/20](#)
5. Manchester Local Care Organisation school nurses offering emotional support: [16/4/20](#)
6. Young carers and care leavers - MCC Community Response helpline: [3/4/20](#) and each round-up
7. Report on the impact on mental health of young people: [5/5/20](#)
8. Young people with high level needs/multiple disadvantage creative packs: [5/5/20](#)
9. 'Here When You Need Us' GP practices and NHS open for all: [5/5/20](#)