



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); for people dealing with more complex issues; multi-agency approach.
- **Be Well:** referrals and social prescribing [via any organisation](#) & [GPs](#); [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 coordinating 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](#).
- Public sector organisation looking for volunteers? [Register needs](#) with [MCRVIP](#), or [volunteer](#).
- 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

- **Emotional support group for parents with young babies** from [Musu Baby](#) plus online chat (message to join the [closed FB group](#)) with a music therapist 10-11am on Tuesdays & live music 11-11:30 till at least the end of June. Music & bedtime guided meditations available [here](#).
- **Psychological and social effects of covid 19 study** about the impacts of social isolation on mental health launched by University College London: [contribute](#).
- [Guided mindfulness sessions](#) from Manchester Art Gallery. Mindfulness is a simple form of mediation that involves us being aware of our thoughts, feelings and emotions as well as our surroundings, moment by moment.
- [Wellbeing for everyone](#): lots of info, support & activities for your mental & physical wellbeing
- **Online choir rehearsal for people who are currently experiencing or who have previously experienced mental health challenges** with Bee Vocal. [Register & see here for future dates](#).
- [#IdeasForIsolation](#) from a GP.
- [Andy Man's Club Manchester](#): peer-to-peer non-judgemental support and chat, online every Monday; [email](#) for the link to your local group. #ItsOKayToTalk
- **Stuck at home, baby crying, struggling to cope?** [Support and advice](#).
- [Anxiety: dealing with your own & your children's](#).

- **Mental health effects of covid 19** [short national survey](#) to build better tools to monitor mental health & support people through this crisis & beyond; the Ethnic Health Forum is supporting to ensure minority ethnic community voices are well-represented who are also most impacted.
- **British Sign Language mental health** [crisis text service](#) including for suicidal thoughts, abuse or assault, self-harm, bullying, and relationship issues and [psychological therapy \(service information and referral form\)](#) plus [self-help bereavement guide](#) from [Sign Health](#).

Partner updates

- [buzz](#) & [Manchester Urban Diggers](#) are creating boxes so people can grow their own plants at home with seeds, compost, pots & instructions. Interested group or individual? Please contact [Emma](#) or [Phil](#) on 07557677969.
- **Manchester Carers' Network:** [latest newsletter & link to subscribe](#). Links to all the network members current services and telephone support.
- **Self Help Services** operates as normal for support with mental health needs; referrals 0161 226 3871 or via [website](#). Initial assessment appointment within 1-2 weeks of referral.
- **Manchester Refugee Support Network** offer basic essentials to asylum seekers, refugees and other vulnerable migrants - donate, volunteer or ask for support: [details, phone number & referral form](#). [New project to reduce social isolation for older refugees](#). Phone & email support: [check-in & chat buddy scheme](#), [housing & integration](#), [immigration & travel advice](#), [employment support](#), [community work peer support & training](#), [Community Development project](#) supporting Refugee Community Organisations and [learning English online](#).
- **Manchester Women's Aid** are providing confidential advice, information and support for victims of domestic abuse. Referral line 0161 660 7999 or [email](#). to provide support and help between 09.30 and 16.30 Monday to Friday. Our referral line staff are experts in the field of domestic abuse and are here to listen and advise.
- **Caribbean and African Health Network (CAHN)** online activities: [Healthy Hearts - Physical Activity | Nutrition | Medication](#) – Tuesdays 1-2pm, [Single Mothers Peer Support Group](#) Thursdays 11am-noon, [Afrobeats & Reggae Bash](#) Fridays 8-10pm, [Health Hour](#) Saturdays 11am-noon, [Collective Community Response Meetings](#) fortnightly on Fridays (15th & 29th May, 12th & 26th June) 1-3pm. [Bereavement counselling support \(self\) referrals](#) in French or English. [Email for support](#) for grassroots organisations with bid writing and reviewing grant applications.

In other news...

- More **British Sign Language resources and support:** [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](#). Also see the [BSL health video library](#), covering topics from cancer and depression, to types of abuse, long-term conditions and how to perform first aid. [Domestic abuse service update](#) and referral forms ([adult](#) | [young person](#)). Mental health, care, welfare rights, housing and tribunal [advocacy service: referral](#). [Resources for professionals](#) working with BSL users.
- [COVID-19: Information for people affected by dementia](#) from [Dementia United](#).
- [Survey](#) for residents in Moss Side, Hulme, Rusholme and Fallowfield. Proposed **new training centre** to prepare local residents for jobs in the science, digital and technology sectors.

- **Health inequalities:** racial injustice in the covid 19 response [live position paper](#) from [Charity So White](#). [Report](#) on health barriers for the Deaf community.
- [Sickle cell, thalassaemia and covid info](#) from the Sickle Cell Society.
- [Migrant destitution fund](#).
- [Recovery Café](#): online space for people recovering from addiction or supporting others.
- [Looking after children during the COVID-19 outbreak](#) resources & helplines via buzz.
- [Parenting tips from the WHO in very many languages](#).
- [If your child is unwell or injured..](#), the Royal College of Paediatrics & Child Health.
- **Parents caring for children with SEND at home?** [Workbook, sensory storytime & other resources & apps](#) from [Skills for Life](#) and [Manchester Libraries](#).
- [My Hero is You. Storybook for Children](#) on covid 19 in very many languages.
- [Healthy Start applications](#) for pregnant women & children in low-income families now simpler.
- **Are you engaging children and young people?** [Youth Work Support](#) and the [UK Safer Internet Centre](#) have developed resources for digital engagement. [Young Minds](#) have put all their coronavirus resources for young people, parents and professionals in one place.
- **Unpaid carers of family and friends:** [government guidance](#).
- [Ideas for parents to take emotional care of themselves, babies and toddlers](#) during the Covid-19 outbreak, from a Hulme children's centre.
- **VCSE organisations needing sustainability funding, advice and support?** [Manage the funding crisis and review your options](#), from [Manchester Community Central](#).
- [Free taxi rides for NHS workers and free shopping pick-ups for over 65s](#).
- [Donate your car for a week, or borrow one](#): for NHS workers, volunteers, charities, food banks or community meal service, hospice or care workers or anyone else looking after people. Checked for roadworthiness, deep cleaned and insured by the [Karshare](#) Covid-19 community not-for-profit initiative.
- **PPE for the VCSE:** [updated process](#) to get personal protective equipment.

In previous updates...

A treasure trove of key info & partner service updates: find your way with [this amazing clickable guide!](#)

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 & on [Twitter](#)