



As a Neighbourhood we are working together to make sure that key information is shared, to support the people most at risk during this time. Click on the web links embedded 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 most at risk, 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](#).
[Manchester map of local mutual aid groups](#)
- 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

- [The Resonance Centre](#) is offering [12 free classes every week on Zoom](#), suitable for beginners and designed to help people with physical wellbeing and mental health - Yin and Vinyasa Yoga, Meditation, Pranayama, Art, plant-based cooking, and more.
- ['The Little Book of Coping'](#) is a new resource to help pause and reflect, acknowledge feelings, and try to find little ways of feeling stronger and more resilient, from [My Word](#).
- [Living Life To The Full](#) is one of the most used resources for improving feelings, beating stress and boosting ability to live well, available free at the [GM Health Hub](#).
- **New sleep resources** are now available from Public Health England at [Every Mind Matters](#).
- [Ear for You](#), a covid helpline for BAME communities offering cross-cultural emotional support, individual & group therapy, & psychosocial therapy for women & girls facing domestic abuse, from [Nestac](#)'s mental health practitioners, psychotherapists, bilingual trained peer mentors & community support volunteers. 10am-6pm every day, in Arabic, English, French, Kurdish, Somali, Swahili & Urdu, 07862 279289 or 07894 126157 or text 'help' for a call-back.

Partner updates

- [The Somali Adult Social Care Agency](#) welcomes everyone to their [online AGM on 29th June](#).
- [Hideaway](#) is doing youth group work, classes & drop-ins and one-to-one remotely. [Hideaway Believes in You, Believe in Yourself video](#). [A little of their story over the last 5 decades](#).

- **Housing associations:** [Great Places](#) - have been letting properties throughout the pandemic, though virtually, and have continued weekly visits to streets and communal areas. They have called everyone over 70 to check if they need welfare checks or signposting, and anyone else they know who is most at risk. Financially contributed to the MCC Community Response and have offered a hardship fund to tenants, as well as the usual tenancy support, money & employability advice. All repairs are back to normal as of this week. They are currently scoping what can be offered at community centres such as the Moss Side Powerhouse, whilst respecting physical distancing. [Further info](#) including on domestic abuse & employment support. [Mosscafe St Vincent's](#) - stopped new lets, and have also been calling thousands of their residents for welfare checks, including over 50s, any referrals and those in sheltered or supported housing who aren't already being supported. Of these, some now get weekly or daily calls, or have been referred to the MSV counselling service or partners for food and shopping. MSV has supported several local groups and charities financially, and distributed MSV Beat the Boredom packs, focusing on wildlife and the outdoors. [More info](#) including newsletters & sources of community support. [One Manchester](#) - stopped new lets, and have been calling all tenants at their Independent Living Schemes to offer support and advice, either daily, twice a week or weekly. Other at risk tenants have been called to find out what needs they have and risks they are facing and are making referrals to the MCC Community Response hub wherever needed. Supporting local communities and organisations with in-kind support and a £350,000 budget around three priorities: food, financial resilience, and social isolation and wellbeing. [More service info](#) and [support](#) including community safety & free e-learning.
- **Manchester City Council** has contacted 7,500 people in receipt of housing benefit or council tax relief who are either in the Private Rented Sector or owner occupiers, with the [MCC Community Response helpline](#).
- The [Chatty Café Scheme](#) now offers 30 minute virtual chatty cafés 4 times a week: Tuesdays at 1pm, Thursdays at 12 & Fridays at 12 and 1pm. To join, call Jenny on 07465 966 597 or [email](#).
- The **Flowhesion Foundation** have launched a [COVID-19 Response and Support Hub](#) that offers free bilingual support (financial advice, faith-based support & form filling) and counselling (English, Gujarati, Punjabi & Urdu) for South Asian communities across Greater Manchester. They've provided free tablets to their most at risk service users, and offer free advice to frontline social workers and health professionals on best practice engagement with South Asian communities, plus [a series of videos](#) on how to manage anxiety, healthy exercise and home routines in English and Urdu. [Listen to an interview](#) where they discuss the importance of empowering elderly people to use online social media and communication tools alongside the traditional mental health work that is done with this diaspora. [Referral form](#).
- **The Media Trust** provides volunteers to offer communication support to charities and community groups, with an increase in media & communication professionals offering their skills and an increased need through the pandemic. [Sign up](#) today and let their volunteers know how they can help. [Resource Hub](#) with free guides, toolkits, blogs and tips.

In other news...

- **Digital inclusion:** "[Getting started on your new device](#)" from [buzz](#) – this digital support guide is for older residents who are new to using smartphones and tablets, with a [video](#) to learn 4 simple tips to help you work out whether information you find online can be trusted. [Manchester Cares](#) also have a [guide](#) to help those new to using Zoom to get set up. Staying connected through Covid-19 – [information](#) available in 22 languages from Manchester City

Council to help you get access to online services, digital support, staying well, socially connected and includes links to free [online plays](#) and [cultural shows, DJs and more](#). [Make it Click](#) from [4CT](#) offers free online training resources.

- [Digital support for VCSE organisations](#) is offered by [Manchester Community Central](#): tips for holding virtual meetings, info on digital tools for participation, links to [MAES](#) workshops (staying safe online, homeschooling, skills for work, and Access info & services/Bank & Buy online/Connect with others) and more resources.
Tech for Good Live Volunteer programme, a community of people with a mix of digital skills and an interest in using technology to make the world a better place has partnered with MACC too. They can help with things like: building websites; helping organisations reach their audiences online; collecting and organising information to understand problems in more detail; how to do remote working, workshops & events. They also make apps, chatbots and VR experiences, know about online data security, can find security flaws and advise on GDPR considerations. If you have another query, it's probably worth asking - they have lots of people who might be able to help and will do their best to promote your query by sharing it via social media and a newsletter. Do remember though that they are a team of volunteers and so can't promise that everyone will get a response. [Fill in the form](#).
- **Gambling support for people** as it's increased, [GamCare](#) offers [Women & Problem Gambling webinars](#), free training, support & treatment. [Email](#) the NW Women's Outreach Officer.
- **For people suffering domestic violence and abuse**, [new live chat facility from GM Police](#) to report [domestic abuse](#) & request support - so that victims can have a conversation without talking & the page can be shut down quickly in the case of a perpetrator being present. [How to hide your web history](#) so your visit to that site or other domestic abuse support is not obvious.
- [The Myriad Foundation](#) is in need of **more volunteer drivers** to deliver food items at 7pm on Wednesdays and 1pm on Saturdays. If you can help, call Adeel on 07974 148434 or [email](#).
- Last week was National Volunteers Week celebrating all that people are doing to look out for each other. Some of **our local VCSE organisations have won awards**: [ALL FM](#), a local community radio station, [The Bread and Butter Thing](#) who deliver groceries weekly to [Moss Side](#) residents who are struggling financially [together with the Modern Milkman](#), as well as [Ananna - Manchester Bangladeshi Women's Organisation](#), [Cheetham Hill Advice Centre](#), [George House Trust](#), [Manchester Parents Group](#), [Sow the City](#) and [Wonderfully Made Woman](#).
- [Free training courses for community groups](#) from One Manchester
- **Older people**: Active at Home [booklet](#) from Public Health England: practical guidance on home-based activities to maintain their strength and balance; [other PHE moving resources](#). [A guide](#) to help older people keep well while at home, packed full of health and dietary advice, including exercises for strength and balance from the University of Manchester and the GMCA. [Moving with limited mobility video](#), includes standing, supported, seated and assisted exercise for everyone, with a BSL interpreter and subtitles, from [GM Moving](#).
- [Communities and Covid-19: the impact of social inequality and social distancing on older people](#), [MICRA](#) webinar 11-noon, 19th June.
- [Respect for All](#) is a helpline to help autistic people, people with learning disabilities, and their family members and carers.
- **Covid 19, the big questions & emerging trends**: [latest newsletter](#) from [The Health Foundation](#).

- **The Take-up Service** of [GM Law Centre](#) offers a diagnostic income check service to residents, accessed through the website or by telephone, 0161 769 2244. This will involve a check of benefits, grants and other support that may be available including potential access to longer-term health and disability related benefits. [Email](#) for printed posters & flyers, or call if your organisation or service would benefit from an online staff briefing on what support is available for residents you work with. The benefits system is daunting at the best of times, with many people and families trying to navigate this for the first time.
- **Sow The City** webinars:
12th June **Compost and Vermiculture** - making your own beautiful, dark, rich, crumbly compost using worms to recycle food scraps and garden waste in your garden or inside your house!
19th June **Growing Mushrooms** on recycled coffee grounds at home. [Past webinar recordings](#).
- **A letter of support for volunteers** is available now as some are being challenged to prove their identity while carrying out activities on behalf of vulnerable and shielded residents. From the Our Manchester VCSE Team: fill in [the form](#) for each volunteer.
- **Cornbrook Wellbeing Garden** has a Prescribe a Plant programme offering the beneficial effects on many aspects of health and wellbeing of looking after plants. It's pleased to be able to offer a delivery service: currently tomato and oregano plants, [see here for more info](#).
- As restrictions ease around Covid-19 it can be confusing as to what we can & can't do outside. '[Getting active outside safely](#)' brings together current advice from government, local authorities & other outdoor organisations, to help you decide where to go & what to do.
- The GM **Walking small grants programme** has been relaunched: £50-1,000 available for VCSE groups/organisations to encourage people to walk more during physical distancing restrictions. Awarded on an ongoing basis with decisions usually made within 3 weeks, [apply here](#).
- [Free elearning courses for carers](#), from the Future Care Capital charity.
- [Help with benefits, Council Tax and welfare provision](#) signposted by MCC.
- **ARMR Community Hot Meal Delivery Service** covers Central Manchester Neighbourhoods. Afro-Caribbean inspired plant based (vegan) meals to members of the community most at risk. The aim is to support older, single occupancy households and those most at risk of social isolation. They will take referrals for families but on a once per week, per family basis., from Primary and Secondary care providers along with VCSE organisations: [referral form](#).

In previous round-ups...

A treasure trove of key info and partner updates: find your way with [this 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](#)