



## Community Explorers – Information to action, read and share

**Date:** 21 November 2020

Good Morning Community Explorers,

Welcome to the latest e-bulletin of information to action, read and share.

If you have any information you would like to include in the next edition, just email it to [mhcc.engagement@nhs.net](mailto:mhcc.engagement@nhs.net)

Please be mindful of the size of any attachments to be shared and if you can provide a link to where the information can be found on a website, even better, and this would increase the visitors to your website pages.

Many thanks, Val

### Compliments about the Community Explorers e-bulletin

*"It has been so valuable to us here in the Jobcentre. I have been able to share with our Work Coaches and customers really vital information during such a difficult time and enables us to make contact Community Providers to offer our support"*

*"This is a great format well done. Difficult with so much more info!"*

*"This looks amazing!"*

*"Thanks for sharing these bulletins, they're really useful"*

*"So much in it! It's always really helpful, thank you"*

**If you have an appointment to see your midwife or maternity team, it's important that we see you to check on the health of you and your baby.**

**Your NHS is here to see you, safely.**

**[nhs.uk/pregnancy-and-coronavirus](https://nhs.uk/pregnancy-and-coronavirus)**

**#HelpUsHelpYou**



**JUST COME SEE US**

**Your  
health  
matters** **help us  
help you**

## Community Explorer November Dates

Here are the dates, times and online invitations for the November Community Explorers meetings and we look forward to seeing you all.

- **North Manchester**      **Tuesday 24 November 2020**      **10am to 12pm**  
Join Zoom Meeting  
<https://us02web.zoom.us/j/81060516458?pwd=Z3dzc1dzQnVDUVgrN2dRMi8zZUp1UT09>  
Meeting ID: 810 6051 6458  
Passcode: 677782  
One tap mobile  
+442034815237, 81060516458#
- **Central Manchester**      **Wednesday 25 November 2020**      **10am to 12pm**  
Join Zoom Meeting  
<https://us02web.zoom.us/j/81857309316?pwd=RzhNUIZheHBBVIZxd2ZINXhHWTZRdz09>  
Meeting ID: 818 5730 9316  
Passcode: 312571  
One tap mobile  
+442039017895, 81857309316#
- **South Manchester**      **Thursday 26 November 2020**      **10am to 12pm**  
Join Zoom Meeting  
<https://us02web.zoom.us/j/81609121943?pwd=RmZQTzVwRTB5MnkzeTRmN2liSDJPZz09>  
Meeting ID: 816 0912 1943  
Passcode: 298123  
One tap mobile  
+442034815237, 81609121943#

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## COVID-19 Peer Support and Resources

### Coronavirus National Restrictions

As we are now in a national lockdown, we need your help to inform our residents that they are not alone during the next four weeks of lockdown and that help is available if they need it. National restrictions will last until 2 December 2020.

Here are latest assets and graphics as part of a Community Toolkit that are available for you to use and share across your channels.

- Here is a [word document](#) with messages and links for you to use
  - [Barrie](#) and [Syd](#) jpeg images to support #McrCovidStories
  - Carers Hardship [jpeg image](#)
  - Community Response Hub [jpeg image](#)
  - Easy read community response hub [poster](#)

Here is easy read [information](#) about the lockdown, restrictions and support available.

Here is large print [information](#) about the lockdown, restrictions and support available.

Here is a BSL information [video](#) about the national lockdown and restrictions from Breakthrough UK.

Here are audio files that explain the current lockdown and restrictions in place

- [We are in national lockdown until 2 December](#)
- [Staying at home, no mixing of households and support bubbles](#)
- [Essential outings, contacting your GP and other medical, going shopping, collecting medicines, takeaways, education and caring responsibilities and exercising](#)
- [Manchester Community Hub for support with food and medicines – contact numbers](#)
- [Symptoms of COVID-19 and getting tested, calling 119, Manchester Test and Trace](#)
- [Wellbeing and exercise, emotional health and 5 ways to wellbeing](#)
- [Families with children, cold and flu symptoms, COVID-19 symptoms, call NHS 111 for health advice](#)
- [Getting financial health, test and trace support payments, Manchester City Council and eligible criteria](#)

Accessible materials, some of which are available in other languages and formats that will help to support people are available directly from the Manchester City Council **Resource Hub** at [www.manchester.gov.uk/resourcehub](http://www.manchester.gov.uk/resourcehub)

If there any additional formats you need – please contact Yvonne George on 07940719406 or email [yvonne.george@manchester.gov.uk](mailto:yvonne.george@manchester.gov.uk)

Here is an A5 PDF and JPG format [safety advice flyer](#) on How to Stop the Spread of COVID-19.

Here is a NHS Test and Trace [toolkit](#) that contains content and key messages to support this work taking place in the city. Here is a [picture](#) that can be shared via text and WhatsApp.

Here is a Test and trace video link - <https://youtu.be/3eZrwbEMJu4>

You can keep up to date with what we know about the current levels of COVID-19 in Manchester by visiting this Manchester City Council [web page](#)

Here is a [“How to guide”](#) containing instructions on how to extract the data for Manchester from the [government website](#) from the Health Intelligence team at Manchester Health and Care Commissioning

Here are details of a BAME COVID-19 [support service](#) for Greater Manchester from NESTAC. You can call or text ‘HELP’ to 07862 279289 or 07894 126157.

### **COVID-19 Recovery Peer Support Group**

Manchester Health and Care Commissioning has set up a Manchester COVID-19 Recovery [Peer Support Group](#). If you are recovering from COVID19 and interested in talking to others who are going through a similar experience, please text Val on 07702-668169 with your name or email [val.bayliss-brideaux@nhs.net](mailto:val.bayliss-brideaux@nhs.net)

The group are meeting every Wednesday evening from 6pm. Expenses are being offered to support people joining the group. Here a [poster](#) to download and help promote the group. If anyone would like printed copies of the flyer, please email [mhcc.engagement@nhs.net](mailto:mhcc.engagement@nhs.net)

### **COVID-19 Carers Peer Support Group**

Manchester Health and Care Commissioning are working together with [Gaddum](#) and the [Greater Manchester Neurological Alliance \(GMNA\)](#) to host a weekly COVID-19 Carers Peer Support Group. The Peer Support Group is for unwaged carers who are recovering from COVID-19 or have been affected by COVID-19. The meeting will provide an opportunity for carers to come together online or by joining by telephone and share their experiences and speak to other carers.

The first meeting takes place on **Monday 23 November** from **12.30pm to 1.30pm**, when carers can join us with a cup of tea and have a chat.

Please share this information with carers you may know and ask them to call 07702-668169 or email [mhcc.engagement@nhs.net](mailto:mhcc.engagement@nhs.net) and we can share the Zoom invitation. There will be expenses available to help carers join us online or by the telephone.

### **Manchester Community Support Hub**

The Community Support Hub remains open to help the city's most vulnerable people during the pandemic. This service helps people who are affected by the restrictions with no support network, or people who are high-risk or medically vulnerable.

The hub can help with access to food, medication deliveries, fuel top-ups, helping to get access to online services, and combat loneliness.

If you need help, call **0800 234 6123** 9am - 5pm Monday to Friday.

Or text **07860 0202 876** for a response the next working day.

### **Emergency Fund for Unwaged Carers**

The fund is open for carers (aged 16+) to ensure the ongoing health and wellbeing of both the carer and the person who needs care. This includes those households where a child or young person is the carer. The funding can be used for transport costs (including taxis) or fuel, furniture, emergency delivery of food and one-off practical costs to help with the caring role at this time.

Carers can receive advice about accessing this financial support by ringing the Manchester Carers Contact Point: Monday to Friday from 10am to 4pm on 0161 543 8000 or their Young Carers Coordinator.

Alternatively, carers can email [contactpoint@carersmanchester.org.uk](mailto:contactpoint@carersmanchester.org.uk) or visit [www.manchester.gov.uk/carers](http://www.manchester.gov.uk/carers) and click on the Carers Emergency Fund tab or visit [www.carersmanchester.org.uk](http://www.carersmanchester.org.uk)

### **Ambition for Ageing Keeping Marginalised Older People Safe and Well this Winter**

You are invited to a short online briefing session and workshop for anyone working with minority or marginalised communities, on how to help older people in your community make the right decisions to stay connected and keep moving this winter, while also following Covid-19 guidance correctly.

The Covid-19 guidance can seem confusing to many older people, and there is a risk that decisions to stay safe may impact on older people's health and wellbeing. Social distancing may risk people staying home more, doing less exercise or avoiding necessary health appointments.

Staying warm may put a strain on budgets. Healthy eating advice may not meet the needs of older people in some communities.

In the workshop you will find out how the hands, face, space guidance interacts with up to date advice on how to stay well in winter, including:

- Key messages for older people in Greater Manchester about Keeping active and connected; Staying safe and well; Taking care of money and home
- How these messages work with Covid-19 guidance and restrictions
- How to make these messages work for older people in your community
- What support is available from community hubs and agencies

The briefing session will be held four times with the same content each time.

**You need only book onto one session.** A link to join will be circulated before the session is held.

### **Book onto “Keeping Marginalised Older People Safe and Well this Winter”:**

2 December 2020	10.30am-11.30am	<u><a href="#">Book a place on this session</a></u>
3 December 2020	1.30pm-2.30pm	<u><a href="#">Book your place on this session</a></u>
9 December 2020	1.30pm-2.30pm	<u><a href="#">Book your place on this session</a></u>
10 December 2020	12midday-1pm	<u><a href="#">Book your place on this session</a></u>

## **COVID-19 information and government guidance**

- **UPDATED** - [Local COVID alert levels: what you need to know](#) – 20 November
- **UPDATED** - [Coronavirus \(COVID-19\): safer travel guidance for passengers](#) – 20 November
- **UPDATED** - [COVID-19: guidance on shielding and protecting people defined on medical grounds as extremely vulnerable](#) – 18 November
- **UPDATED** - [Meeting with others safely](#) – 14 November
- [COVID-19: guidance for the public on mental health and wellbeing](#) – 4 November
- [COVID-19: guidance for households with possible coronavirus infection](#) – 5 November
- [Coronavirus \(COVID-19\): advice for UK visa applicants and temporary UK residents](#) – 5 November
- [COVID-19: guidance for the safe use of places of worship and special religious services and gatherings during the pandemic](#) – 6 November
- [Making a support bubble with another household](#) – 6 November
- [Coronavirus infection and pregnancy](#) – 14 October 2020
- [COVID-19: guidance on supporting children and young people's mental health and wellbeing](#) – 16 October 2020
- [Getting tested for coronavirus \(COVID-19\)](#)
- [Work and financial support](#)
- [Guidance for schools: coronavirus \(COVID-19\)](#) – 22 September 2020
- [COVID-19: guidance for those leading a nomadic way of life](#) – 17 September 2020
- [Domestic abuse: get help during the coronavirus \(COVID-19\) outbreak](#) – 13 August 2020
- [Donate blood plasma if you have recovered from coronavirus](#)

**DO YOUR BIT  
STAY AT HOME.**





**JUST GET YOUR  
FREE FLU JAB**

Ask your pharmacist  
or GP if you're eligible.



Here is the latest community [toolkit](#) to help you share key messages and includes the following pictures to help you share information on social media:

- Just the Flu Facebook [image](#)
- Just the Flu Twitter [image](#)
- Flu [poster](#)
- How to get your flu jab Facebook [image](#)
- How to get your flu jab Twitter [image](#)

Here is important [information](#) from the NHS to help you stay well this winter.

Here is a [link](#) to the Manchester Flu Campaign toolkit page where you can find resources to help you promote the flu messages this year to your services users and beneficiaries.

Here is a [link](#) to the Manchester People First video that has been co-designed with learning disabled people explaining why it is important to get the flu jab for themselves and their carers and support workers – please promote and share and let's try and get this go viral!

Here is a [link](#) to the Manchester Carers Centre video that has been co-designed with unwaged carers explaining why it is important to get the flu jab as a carer.

Here is a [link](#) to the Public Health England BSL and caption video flu information leaflet – the information has been shared into 4 chapters on video.

Here is a [link](#) to the Muslim Council of Britain website that has information and resources to share about the flu vaccination this year and help with community conversations.

Here is the [link](#) to an easy read leaflet and poster and a leaflet for low literacy on flu vaccinations from Public Health England.

Here is a [link](#) to leaflets and a poster aimed at providing information on influenza (flu) and vaccination for learning disabled people.

Here is a [link](#) to flu vaccination leaflets and posters for children from Public Health England and they are available in translated languages.

Here is the [link](#) to the latest guidance on who should have the flu vaccination this year and why – also translated in different languages.



I've had my flu jab, have you had yours?

Share this image on your social media platforms and tell us why you thought it was important to have your flu jab.

## Locality Updates

### South

#### Withington and Old Moat

The next partnership meeting is due to take place on Thursday 26 November from 1pm to 2.30pm. If you have any questions or queries just contact Jane McAllister, Health Development Co-ordinator - [jane.mcallister5@nhs.net](mailto:jane.mcallister5@nhs.net)

The meeting is to continue the conversations about COVID-19 looking particularly at how the pandemic has affected different communities in our neighbourhood, how it has exacerbated health inequalities – and how we can work together across the neighbourhood, including with GPs and Primary Care, to tackle some of these inequalities.

**Join on your computer or mobile app**

[Click here to join the meeting](#)



#### Didsbury, Burnage and Chorlton Park

The next partnership meeting is due to take place on Thursday 3 December from 1.30pm and 3pm. Looking at COVID-19, our communities and importance of recognising its unequal effect and how we can use this to positively impact our future work and priorities

Here are the meeting details from Fiona Vincer, Health Development Co-ordinator.

<https://us02web.zoom.us/j/88147931381?pwd=OHdKRU95Q0pBbE95ak1zeEFmamszdz09>

Meeting ID: 881 4793 1381 / Passcode: b8FBbv

Here is [information](#) about support for over 60s living in Wythenshawe.

Here are [details](#) of a South Manchester Dementia Café from Greater Manchester Mental Health NHS Foundation Trust.

Here is [information](#) about the Tree of Life Food Pantry in Wythenshawe.



### Tummy troubles? Speak to your doctor



If you have had any of these tummy troubles for 3 weeks or more, speak to your doctor:

- your tummy feels uncomfortable



- you feel bloated



- you have diarrhoea or runny poo



It is probably nothing serious, but if it is cancer, finding it early makes it more treatable.  
Speak to your doctor, they are here to see you safely.

Find out more at  
[nhs.uk/cancersymptoms](https://nhs.uk/cancersymptoms)



help us  
help you

## Central

### Chorlton, Whalley Range and Fallowfield

Here are links to handy guides about support agencies working in [Chorlton](#), [Whalley Range](#) and [Fallowfield](#) from Aron Thornley, buzz Health and Wellbeing service.

Dawn wanted to ask if any community groups are able help support a group of residents who have set up a new parent support group prior to lockdown and are looking for a venue to continue to meet. Under the new lockdown regulations support groups can meet inside, socially distanced, in groups of 15 people or less. The group currently has 8 adult members (and 8 babies that are not included in the numbers). They are looking to meet weekly for 2 or 3 hours and have a budget to pay for room hire. If this is something that you can help with then please get in touch with Dawn at [dawn.harris15@nhs.net](mailto:dawn.harris15@nhs.net)

Dawn is looking to stand-up the Chorlton, Whalley Range and Fallowfield mental health working group, which met monthly prior to the pandemic. They are seeing increasing numbers of local people who are feeling socially isolated and / or experiencing anxieties resulting from the pandemic. Dawn will be contacting existing members of the group next week to arrange a date to meet, but if you've not been involved before and would like to be, then please do get in touch.

### Gorton and Levenshulme

Here is a [list](#) of food banks and other food services to support residents in Gorton and Levenshulme.

Here is an [update](#) on VCSE organisations working in Gorton and Levenshulme.

The next Gorton and Levenshulme Age Friendly Network meeting will take place on Wednesday 2 December from 10am to 12 noon. The focus of the meeting will be the Winter Wellbeing project. If you have anything which you wanted to share during the partner updates, please contact Noah Mellor on [noah.mellor@gmmh.nhs.uk](mailto:noah.mellor@gmmh.nhs.uk) / 07484 546 326.

### [Join Microsoft Teams Meeting](#)

+44 20 3794 0272 United Kingdom, London (Toll)

Conference ID: 826 031 307#

[Local numbers](#) | [Reset PIN](#) | [Learn more about Teams](#) | [Meeting options](#)

### Moss Side, Hulme and Rusholme

Here is the latest [update](#) for Moss Side, Hulme and Rusholme from Adam Conroy, Health Development Coordinator.

The next Moss Side, Hulme and Rusholme Partnership meeting will be taking place on Wednesday 25 November from 1pm to 3pm. If you are interested in attending, please book a place via [Eventbrite](#). There will be a discussion about the disproportionate impact of COVID-19 on some of our communities and the wider issues that contribute to this.

Do you know community leaders in the Black Caribbean, Black African, and Arabic/Bengali/Somali/Urdu-speaking communities that would have:

- large networks (e.g. WhatsApp, social media) specifically in Hulme, Moss Side and Rusholme that they would be willing to share their recorded messages through
- interest in scripting and recording (with support) the messages that they know that their specific community needs to hear, to help increase the uptake of the flu vaccine, in English and their mother tongue?
- digital skills and access to be able to connect to Zoom?

The Health Development Co-ordinator is recruiting participants over the next days and week. The first two-hour workshop is on 3 December and they'd need to be able to come to another three between now and the end of January. Participants would receive a contribution to extra



internet costs and a gift voucher. Interested, please contact Adam on [adam.conroy@nhs.net](mailto:adam.conroy@nhs.net) / 0730 505 7367

### Ardwick and Longsight

Here is [information](#) on Winter Wellbeing for older Brunswick residents.

Here is the latest [update](#) for food provision information for Ardwick and Longsight.

Here is [information](#) from the Northmoor Community Association in Longsight about activities available during lockdown.

## What to do if my child has COVID-19 symptoms:

- Child shouldn't attend school
- Child should get a test
- Whole household self isolates while waiting for test result
- Inform school immediately about test results

**Back to school when child's test comes back negative provided they have been fever free for the 48 hours before returning to school, and feel well.**



Help and support with  
**food and medical supplies**  
for anyone living  
in Greater Manchester.



<b>Bolton</b>	<b>01204 337 221</b>	Mon to Fri: 8.30am – 5.30pm, Saturday: 9am – 1.30pm
<b>Bury</b>	<b>0161 253 5353</b>	Monday to Friday: 9am – 5pm
<b>Manchester</b>	<b>0800 234 6123</b>	Monday to Friday: 9am – 5pm,
<b>Oldham</b>	<b>0161 770 7007</b>	Monday to Friday: 9am – 5pm
<b>Rochdale</b>	<b>01706 923685</b>	Monday to Friday: 9am – 5pm
<b>Salford</b>	<b>0800 952 1000</b>	Monday to Friday: 8.30am – 6pm Saturday: 9am – 1pm
<b>Stockport</b>	<b>0161 217 6046</b>	Mon to Thu 9am – 5pm Friday 9am – 4.30pm
<b>Tameside</b>	<b>0161 342 8355</b>	Mon to Wed: 8.30am – 5pm, Thursday: 8.30am – 4.30pm, Friday: 8.30am – 4pm
<b>Trafford</b>	<b>0300 330 9073</b>	Monday to Friday: 8.30am – 5.30pm
<b>Wigan</b>	<b>01942 489018</b>	Mon to Fri: 9am – 5pm, Sat and Sun: 9am – 12 noon

**Greater Manchester Textphone 07860 022876**  
Messages will be responded to by the next working day

## North

Here is the latest What's On In North [newsletter](#) from the Community Inclusion team at Greater Manchester Mental Health NHS Foundation Trust – November 2020

### **Newton Heath, Miles Platting, City Centre and Moston**

The next Miles Platting, Newton Heath, Moston Neighbourhood Partnership Inclusion [meeting](#) will be taking place on 26 November from 1pm to 2pm. If you have any questions or queries, please contact Claire Duffy, Health Development Co-ordinator on [claire.duffy12@nhs.net](mailto:claire.duffy12@nhs.net)

### **Join Microsoft Teams Meeting**

Learn more about Teams | Meeting options



Here is [information](#) on a new Breastfeeding Support Group which is taking place at the Newton Heath Children's Centre on Wednesdays from 11am to 12pm.

### **Ancoats, Clayton and Bradford**

Here is [information](#) from Citizens Advice Manchester who are available at Clayton Sure Start centre – you can make an appointment and get connected.

### **Harpurhey, Charlestown and Blackley**

Healthy Me Healthy Communities had planned to open No 93's Café on Fridays, however due to the lockdown, it will have to partially close. On Thursdays, they'll trial take away breakfast butties in the mornings and a hot dish with a pudding meal deal for £3 from 12 – 3pm. You can read the menu [here](#). Please call Julie, the Community Food Hub Manager on 07305 053 660, between 10am-noon, Monday to Friday to order take away food in advance.

The Health Walks from No 93 can continue, as they provide therapeutic support to service users, however they will be in smaller numbers, to ensure sensitivity to the rest of the public. *'There's no such thing as bad weather, just bad clothes.'* We are going to think Scandinavian and embrace the great outdoors! Please contact Khadija on 0772 123 7373 or [Khadija.khan@gmmh.nhs.uk](mailto:Khadija.khan@gmmh.nhs.uk) for more information.

On Tuesdays, Healthy Me Healthy Communities will continue the Community grocer scheme at No 93 where people can choose 10 items of food, receive a bag of fruit and vegetables and get offered support depending on their needs. There is a waiting list but if anyone wants to join, please contact Julie, the Community Food Hub Manager on 07305 053 660.

Healthy Me Healthy Communities are working to bring Christmas joy to the families they work with through their Christmas Gift Appeal. They are requesting that people give donations of the following items for children aged 0-16 years:

- Toys, puzzles, games, comics
- Selection boxes and chocolates
- Arts and crafts materials
- Toiletries

So that we can make the most of any donations, items need to be new and unopened. Please drop off toys at No 93 on **Tuesdays 9.30-3.30pm**. Here are further details on this [leaflet](#).

## City-wide

Here is special [e-bulletin](#) from Manchester Community Central regarding Manchester City Council funding cuts briefing and details of an event taking place on 30 November from 1pm to 2.30pm.

Here is the latest Manchester Signpost [e-bulletin](#) from Manchester Deaf Centre – November

Here is the latest [e-bulletin](#) from Healthwatch Manchester – November

Here is the latest [e-bulletin](#) from MCRactive – 20 November

Here is the latest monthly Age Friendly Manchester [e-bulletin](#) – November

Here is the latest [e-bulletin](#) from the Manchester Institute for Collaborative Research on Ageing (MICRA) – 19 November

Here is the latest [newsletter](#) for SEND Families from Manchester Local Offer – 18 November 2020

Here is a [link](#) to advice and support for anyone affected by domestic violence in Manchester.

Here is the latest Business [e-bulletin](#) from Manchester City Council – 20 November 2020

Here is the latest Opportunities and Support [e-bulletin](#) from the Manchester City Council Work and Skills Team – 16 November 2020

Here is the latest Training [newsletter](#) from Manchester Community Central – November 2020

Manchester Cares is offering the following activities for over 65s:

- Virtual and Phone-In Social Clubs are free group activities hosted via [Zoom](#) and twice weekly Phone-In clubs, which can be joined for free by dialing in from a mobile or landline. At their clubs, older neighbours can hang out with younger locals to enjoy activities like discos, dances, recipe swaps, quizzes, yoga and more. If the person you're referring has internet access but isn't sure how to join Zoom, Manchester Cares can provide one-to-one support.
- Their activity packs are for older neighbours that can sign up to receive these. The activity packs can help keep neighbours busy and creative at home. Referrals can be made [here](#).

## Digital Inclusion and Skills

Here is a link to [Getting started with a new smartphone or tablet](#) from buzz health and wellbeing service and the information is available in Urdu and Farsi.

Digital inclusion support from Manchester City Council. Do you know someone who has internet access at home but doesn't have the skills or confidence to use it as effectively as they would like? Whether you have a smartphone, tablet, laptop or computer, free telephone support is available. Support is given on a wide range of things from turning on your device, setting up an email address, making video calls, downloading apps, booking your online supermarket shopping, finding health information and booking GP appointments etc. Calls can be made in 16 languages, so if you'd like the call in a different language to English, please let us know. To receive free telephone support from one of the organisations that provide internet support in Manchester, do either of the following:

Text 07860064128. Leave your name and area of Manchester where you live

Email [digitalinclusion@manchester.gov.uk](mailto:digitalinclusion@manchester.gov.uk) with the person's details including their name and area of Manchester where they live.

Please find the latest Arabic, Urdu and Farsi translated telephone digital support services posters below to promote the support available from Manchester City Council – November 2020

- [Arabic Full Poster](#)
- [Urdu Full Poster](#), [Urdu Part 1](#), [Urdu Part 2](#), [Urdu Part 3](#), [Urdu Part 4](#), [Urdu Part 5](#), [Urdu Part 6](#)
- [Farsi Full Poster](#), [Farsi Part 1](#), [Farsi Part 2](#), [Farsi Part 3](#), [Farsi Part 4](#), [Farsi Part 5](#), [Farsi Part 6](#)

MAES / Manchester Adult Education Service are offering Skill Up sessions where residents can come for between 1-6 sessions to learn anything they need re digital. Sessions are face-to-face across venues in Manchester (and hope to stay open even after the recent restrictions).

<https://manadulthood.org.uk/courses/digital/> People will need to fill out on short online form. It used to be a drop-in but due to COVID-19, learners do need to **book in advance** and no obligation to attend all 6 sessions. Here is [information](#) from Manchester Adult Education Service on digital skills course available and the [enrolment process](#)

## Health and Wellbeing

Here is [advice and information](#) for people wanting to access dental services.

Here is [information](#) about living with dementia to raise awareness of signs and symptoms in South Asian communities.

Here is [information](#) on where the NHS Community Health Checks will be taking place across Manchester in November 2020. Any queries, please contact Ben Rydings on 07702-872861 or email [ben.rydings@thebiglifegroup.com](mailto:ben.rydings@thebiglifegroup.com)

The [Be Smoke Free Service](#) is now fully mobilised, although they are not able to offer a full community clinic service just yet. However, the nurse led service can do personalised video or telephone assessments and supply NRT, Varenicline and Bupropion to peoples' homes. Support can be delivered for up to 12 weeks in line with latest NICE guidance. GP and other health and social care providers can be given an online direct, confidential referral route on request.

Here is the latest [information](#) on the new Community Care Navigators referrals process.

Here is [information](#) on Be Well and a [general referral form](#) – If you have any questions or queries about Be Well, you can contact James Sweeney, Be Well Partnership Manager by email to [james.sweeney@thebiglifegroup.com](mailto:james.sweeney@thebiglifegroup.com) / 07964 364566.

NHS stop smoking services are still open, offering support online and over the phone. You can also get help from your GP or pharmacist. Find out more at [YouCanGM.org](http://YouCanGM.org) or call the NHS Stop Smoking Helpline 0300 123 1044  
#HelpUsHelpYou #YouCanGM

You can find healthy eating recipes here on the Change4Life [website](#).

Your health matters. [Better Health](#) can help you improve your wellbeing by making healthier lifestyle choices. You'll find the tools and support you need to quit smoking, get active, and lose weight.

Here is a [link](#) to videos from Greater Manchester Health and Social Care Partnership sharing advice to parents about different children's health conditions – feel free to use and share.





## Mental Health and Support

Here is [information](#) about the mental health support available in Greater Manchester and [support](#) for children and young people.

Self Help Services (adult Mental Health, NHS commissioned) are open and are accepting referrals however please note they are currently experiencing technical issues with their phone system, due to changes in our working practice in response to the coronavirus. Therefore, we encourage professionals and clients to contact us via email and to refer online where possible. Here is a [link](#) to the online referral forms for both clients and professionals. They offer therapeutic support for adults experiencing common mental health problems such as anxiety and depression. You can also email their service at [pws.manchester@selfhelpservices.org.uk](mailto:pws.manchester@selfhelpservices.org.uk) where the team are responding to queries. Due to the increase in email traffic it may take time for us to get back to you.

As always, if you or your partner are currently pregnant or have a child aged 2 or under, you will be prioritised for assessment AND treatment within our service. If our service is not right for you, we are able to make onward referrals into other services to ensure you get the right support. Our support is currently offered by phone with some sessions by video call.

It is natural to feel worried or anxious. If you need support text SHOUT to 85258 to speak to a trained volunteer or visit <https://hub.gmhsc.org.uk/mental-health/shout/>

Feeling worried or stressed in a lockdown is normal. If you're 11-18 you can access free & anonymous online counselling and emotional support via Kooth <https://hub.gmhsc.org.uk/mental-health/kooth/>

Here is a [link](#) to mental health guides from Buzz health and wellbeing service.

Self-help techniques - Practice meditation and mindfulness techniques

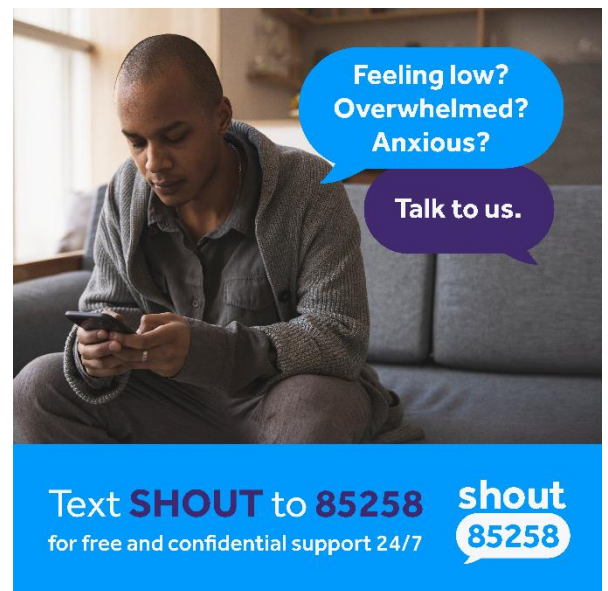
- NHS Every Mind Matters advice on COVID-19-related anxiety  
<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips>
- NHS Mental Wellbeing audio-guides  
<https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides>
- NHS Mindfulness  
<https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness>

[Relaxation techniques](#) – Audio files of relaxation techniques that can help relieve stress and gain a sense of well-being. Available in both male and female voices.

[Living Life to the Full](#) is one of the world's most used wellbeing support packages. It is written by an accredited CBT practitioner who is also an expert in education and training, Dr Chris Williams, Emeritus Professor of Psychosocial Psychiatry University of Glasgow. It aims to provide key information using everyday non-complex language. Living life to the full offers help quickly. People do the quiz and can get started quickly within 10 minutes on getting relevant support.

Adults can sign up [here](#).

[Shining a Light on Suicide](#) is bringing suicide out of the dark in Greater Manchester because it affects us all. Whether you're feeling suicidal, worried someone else is, or have lost someone to



suicide, you're not alone. Whatever you're going through, we'll help you get the [advice and support](#) you need.

## Arts and Health

Manchester City Council in partnership with Odd Arts presents an online interactive drama workshop on Blame & Belonging taking place on 16 December 2020 from 6pm to 7.30pm. Calling all young people aged 16-25 years in Manchester and interested in social action, community cohesion and challenging hate. You can register [here](#) for the Blame & Belonging online interactive drama workshop.

Art with Heart have shared a new digital workshop, 'Squirrel Club' with us. Whilst it's designed for young people with ADHD, this is of course having wider benefits to care givers/family of children with ADHD. The workshop consists of a video that young people can participate in at their own pace and create a character that personifies their ADHD symptoms. Once they've finished the video, they can book onto a Zoom with Creative Director, Sarah Emmott, to discuss their character and what it means. Squirrel Club is the development of a workshop that was created as part of the tour of *Declaration*, an award-winning show about Sarah's road to ADHD diagnosis. Originally delivered in-person, the workshop has been reimagined to cater for the pandemic and access from home. The press release attached gives more information. Megan Holland (*She / Her*), Associate Producer, Art with Heart, [www.artwithheart.org.uk](http://www.artwithheart.org.uk), [hello@artwithheart.org.uk](mailto:hello@artwithheart.org.uk), @artwith\_heart FB & Instagram: /weareartwithheart

The [Big Green Sketching Thank You](#) is suitable for all ages and abilities. It's super easy and needn't take long. Simply find a pencil or pen, head outdoors and sketch something that's brought you unexpected comfort or joy this year: a favourite view, garden plant, bird, tree, pretty weed or beautiful sky.

**Manchester Animation Festival** takes place from 15 to 30 November and is the UK's largest Animation Festival dedicated celebration of the animated art form. This year it goes online with feature films, shorts, retrospective screenings, workshops, networking events, panel discussions, masterclasses and screen talks, with options for single viewing or a festival pass. For frequently asked questions and other information visit their [website](#).

Created by the team behind the award-winning Bee in the City event, **50 Windows of Creativity** has transformed Manchester into an innovative art gallery taking you on a colourful, inspiring and safe journey around the city centre. The [displays](#) feature multiple art forms from fine art and photography to ceramics, crafts, mosaics and murals and are curated by well-known and emerging [artists, designers, makers and collectives](#) – all with a connection to Greater Manchester.

Visitors taking part in the trail can explore via an [illustrated trail map](#) and the **50 Windows of Creativity app** (available to download to an [Apple](#) or [Android](#) device for £1.99, with 25% donated to the [We Love MCR Charity](#)).

## Greater Manchester

Attached is the latest Caribbean and African Health Network (CAHN) e-bulletin – 20 November 2020.

## Transport

Transport for Greater Manchester (TfGM) has announced they have made the difficult decision to close Piccadilly Travelshop permanently to customers on Saturday 28 November.

The economic impact of the pandemic means that, like other public sector bodies, TfGM needs to review its operating costs to ensure future efficiencies while still delivering great customer service.



Against the backdrop of the pandemic, this decision has been driven by several key factors beyond their control, most notably, a significant drop in footfall and physical ticket sales in the city centre. They remain committed to making sure people looking to travel across Greater Manchester can access the tickets, services and information they require. They will still be providing the same customer service from Shudehill Interchange – which is just a short walk, tram or free bus ride away. Should you have any questions relating to the closure please do not hesitate to contact [TfGM](#).

## Funding

The [Manchester Wellbeing Fund](#) is now offering a second round of fast track grants to respond to the ongoing COVID-19 pandemic.

Here is [information](#) on the One Manchester COVID-19 Response and Recovery fund which is open for applications. The deadline for applications is 16 December 2020.

Manchester Health and Care Commissioning has launched two targeted engagement funds for the following two communities in recognition of the disproportionate impact of COVID-19 has had:

- Black African and Black Caribbean
- Pakistani

Here is further information on both targeted grants and application forms. Please note these grants are aimed at Black African, Black Caribbean and Pakistani VCSE organisations to apply for funding to share key COVID-19 messages in a cultural way to their communities.

- Black African and Black Caribbean – [information](#) and [application form](#)
- Pakistani – [information](#) and [application form](#)

The closing date for applications is 5pm on Tuesday 24 November 2020.

The [Near Neighbours Funding Programme](#) offers small grants between £250 and £3,000, as seed funding for local groups and organisations that are working to bring neighbours together across diverse faiths and ethnicities in order to improve their local communities.

## Surveys and opportunities to share feedback and lived experiences

Here is a survey [link](#) from the North West Disabled People's Stakeholder Group who want to understand issues affecting disabled people in employment during the COVID-19 pandemic – thanks to Breakthrough UK for sharing this.

## Have your say on the Greater Manchester Clean Air Plan now

Time is running out to have your say on plans to reduce harmful air pollution on our local roads. The Greater Manchester Clean Air Plan consultation closes on Thursday 3 December 2020. Government has instructed Greater Manchester to introduce a charging Clean Air Zone right across all 10 local authority areas.

Some vehicles that don't meet emissions standards will have to pay a daily charge to drive in and around the zone. That includes buses, coaches, heavy goods vehicles, taxis, private hire, vans, and minibuses. Private cars and motorbikes are not affected.

To help local people, businesses and organisations prepare, Greater Manchester is asking for more than £150 million of Government funding to support upgrades to cleaner, compliant vehicles. Those who upgrade before the Clean Air Zone is introduced in 2022 would not have to pay a daily charge. Find out more and help shape the final plan by filling out the questionnaire at [www.cleanairgm.com](http://www.cleanairgm.com) now.

## Research

Survived lymphoma? Help research survivorship care for the [Lymphoma Survivors for the eADAPT Co-Production Study](#). Interested, please contact Richard Dodd by email to [richard.dodd-2@postgrad.manchester.ac.uk](mailto:richard.dodd-2@postgrad.manchester.ac.uk)

If you have dementia or memory problems, or if you support a relative or friend who does, you may be able to help. Researchers at King's College London university are doing research about short stays in care homes (known as residential respite). They want to hear about the arrangements, expectations and experiences. What do people get out of them, and why do some people decide it is not for them? They would value your help so they can better understand what works well and what could be better. They would like to talk to you via phone or Zoom/Skype and offer you £10 to thank you for your time. Please email Laura Cole if you would like more information or might want to take part – [laura.cole@kcl.ac.uk](mailto:laura.cole@kcl.ac.uk) See <https://www.kcl.ac.uk/scwru/res/capacity/respite> for more information about the study.

## What to do if I or somebody in my household has COVID-19 symptoms:

- Child shouldn't attend school
- Household member with symptoms should get a test
- Whole household self isolates while waiting for test result
- Inform school immediately about test results

**Back to school** when household member test is negative, and child does not have COVID-19 symptoms.

