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| **Ardwick & Longsight** C:\Users\claire.duffy\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\O0NLB833\MLCO-Logo-withStrapline.jpg**Neighbourhood update** **Friday 22nd May 2020**  |
| As a Neighbourhood we are working together to try and make sure that key information is shared, to support vulnerable residents during this time. Click on the embedded links in the text below (highlighted) for further info. Please see previous updates for extra info.**Please let me know if you feel there is some information that would be useful in these updates. Also, if there are any gaps or patterns that you are finding with the people you work with, or other relevant info to share** on carlos.tait@nhs.net If you have concerns that someone may be vulnerable, please contact:* **Care Navigator Service** – self-referrals possible via mft.carenavigators@nhs.net (referrals from organisations also by phone, 0300 303 9650)
* **Be Well** – referrals now via any organisation, email or 0161-470 7120
* [**Manchester City Council’s Community Response helpline**](https://twitter.com/ManCityCouncil/status/1243596145160527872) - **0800 234 6123** or email

**Response Line Bank holiday opening hours:****Sat 23rd May**: 8.30am–5.30pm, **Sun 24th**: closed, Bank Holiday **Mon: 25th May** 10am-2pmNote: **Pharmacies** across Manchester are open this Bank holiday Monday 25th May.  For more information and details of their opening times please click [here](http://www.mhcc.nhs.uk/news/bank-holiday-pharmacies-2020/). |
| **Covid Mutual Aid Support Group & Volunteering**  |
| * For info on the A&L group’s :-  [Facebook page (with contact no)](https://www.facebook.com/groups/1122314271466972/), [Go Fund Me page](https://www.gofundme.com/f/ardwick-amp-longsight-covid-mutual-aid-group?fbclid=IwAR2L5iu7VzB8WDQQ9u8fMmGOF-301hRtf7G1rKynoqyxnqOGLJVCssFZ-3g), or the [donation list of food items](https://www.facebook.com/photo.php?fbid=10158516555963243&set=gm.1143822949316104&type=3&theater&ifg=1),
* Local MP Afzal Khan joined a Zoom meeting for the A&L Mutual aid group this week along with about 30 volunteers and supporters.
* For those who use Twitter the group have a new account ‘@ AandLMutual\_Aid’. Follow them to see what they’re doing.
* For Longsight 👇
* [longsightcoronavirushelp.org](http://l.facebook.com/l.php?u=http%3A%2F%2Flongsightcoronavirushelp.org%2F%3Ffbclid%3DIwAR3hFEaDIcf9pBkg7Nye627kVI6HKuu1QxFYqYJhZMsDoRL7SVTTsV_GSb4&h=AT1XcXRGf3j7hWccFLLGO_GHc1dbP5iovF6kHtvJHiwYQUhLMAnnuxff-vnfoPzv_67JNTVgsMglCvXdSviN0YGti9LcwrvRJo1d_Tg7WBMQq3nHfCPDQYLxNvmVO-IpAvB5SaBpRx717O6rNuPnRJc5fap-)
* For general information on Mutual aid Groups, including maps showing coverage across Manchester click [this link](https://www.manchestercommunitycentral.org/coronavirus-advice-and-resources/covid-19-mutual-aid-community-response-groups)
* Manchester Covid Community Volunteering Guidance Pack - [click here](https://www.manchestercommunitycentral.org/sites/manchestercommunitycentral.co.uk/files/Volunteer%20info%20pack%20-%20Final%20draft%20for%20general%20distribution_0.pdf).
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| **Social Isolation and Mental Health**  |
| * [British Psychological Society](https://www.bps.org.uk/news-and-policy/supporting-each-other-through-loss-and-bereavement) **have** a new “Supporting Yourself and Others - Coping with death and grief during the COVID-19 pandemic”. Click [this link](https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Supporting%20yourself%20and%20others.pdf)
* Attached is information from the MS Society on the [Improving Quality of Life for People](https://www.mhcc.nhs.uk/wp-content/uploads/2020/05/IQL-Leaflet-May-2020.pdf) with MS in Greater Manchester
* **Live Life to the Full** – a wide range of useful [resources](https://www.gmhealthhub.org/feeling/living-life-to-the-full) to support mental health and wellbeing are available at the **GM Health Hub** and can be downloaded free of charge for Greater Manchester Residents.
* [‘**The Little Book of Coping’**](https://drive.google.com/file/d/1yh-NL_NOvFTboQLzgLN8Z6d8ihwUJfJi/view?usp=sharing),: a new resource designed to help people pause and reflect, acknowledge how they are feeling, and try to find little ways of feeling stronger and more resilient. Please feel free to share with your teams, friends, neighbours, clients / patients, and anyone else that you think would benefit. You can leave feedback on Twitter or LinkedIn using #littlebookofcoping.
* **Manchester Mind** is offering **free weekly mindfulness sessions** via zoom. No experience is needed; just [register](https://www.manchestermind.org/events/) for the session of your choice from this selection. Or why not try a [5 minute breathing space](https://www.manchestermind.org/resource/breathing-space-meditation/) exercise at home throughout the day? Think about how you can take care of yourself by [staying active](https://www.mind.org.uk/about-us/our-policy-work/sport-physical-activity-and-mental-health/get-active-feel-good/staying-active-at-home/) at home and using [self-care tools and techniques](https://www.manchestermind.org/tips-for-wellbeing/). You might also find Mind’s Covid [wellbeing info](https://www.mind.org.uk/information-support/coronavirus/) useful too.

**Urgent help and crisis support** (from Manchester Mind) can be accessed [here.](https://www.manchestermind.org/urgent-help/) |
| **Partner Updates** |
| * **Being There** is a charity offering emotional support and practical assistance to people with cancer and other life-limiting illnesses (along with their family, friends and carers). Also, counselling is available via telephone or Zoom. Contact: Paula Hewitt, via tel: 0161 291 2911, Mob: 07845 793889, email , or [website](http://www.beingthere.org.uk/)
* **Stroke Association:** helping stroke survivors, their families & carers. Visit their website for information and advice on managing stroke recovery. Call 0303 3033 100 to speak to trained Helpline staff. Use the free online tool, [My Stroke Guide](https://www.stroke.org.uk/finding-support/my-stroke-guide), to chat to other survivors & carers (*see request for support section below*)
* **The COVID19 Midwife hotline** supports pregnant women booked in to give birth at St Mary’s Hospital. Answered by a dedicated midwife on 0161-701 5572 (Monday to Friday from 8am to 9pm)
* **ARMR Community Hot Meal referral Service:** ARMR is a local Community Interest Company (CIC) who’ve been working with Ardwick & Longsight Mutual Aid group to support at risk residents with Food. They are now widening the offer to Primary & Secondary care providers, along with Voluntary & Community sector organisations. For further information see referral form below:

* **GMP: New live chat facility for people suffering domestic violence.** There is now a live chat facility to report domestic abuse online and request support from GMP - so that victims can have a conversation without talking, and the page can be shut down quickly in the case of a perpetrator being present. [Go to GMP website to log an incident or start the live chat](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fhealthiermanchester.us17.list-manage.com%2Ftrack%2Fclick%3Fu%3D32f6b6945236f92ec00bcee00%26id%3D423a26d805%26e%3D1842d2364e&data=01%7C01%7CClare.Buckley%40gmmh.nhs.uk%7Cf70f2f43c9d64aeea73e08d7f8b5d526%7C0a8053324f1b4f7e9fc9d4b8f03d6174%7C0&sdata=B00Ss%2FhHF2LznsW2YkiQdqh6ii9Cd9GD8OYlblSCYDA%3D&reserved=0) (Remember - if in immediate danger & unable to speak a victim still needs to ring the police and can use the “silent solution” by dialling 999 then ‘55’ when the phone is answered, if they can’t talk.
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| **Requests for Support, Help or Action** |
| * **Community Explorers:** an informal network for VCSE groups or local services with an interest in health & wellbeing to connect, share knowledge & build relationships. Next Central meeting: **Tues 26th May 2pm-4pm.** If interested contact email here

 * **BBC Tiny Happy People – online stay and play class:** Selina, a Manchester based Stay and Play manager will be demonstrating fun activities for children aged 12 – 24 months. Join her on **Tuesday 26May at 10.30am.See this** [link](https://www.bbc.co.uk/tiny-happy-people) for info.
* **Buzz** is running a [virtual gathering](https://www.mhcc.nhs.uk/wp-content/uploads/2020/05/Lets-talk-about-stroke-Skype.pdf) for those who have **experienced Stroke**, their family / close friends and workers to discuss people’s experiences of support within the community on **Thursday 28 May from 11am.** Need to book a place
* **Parkinson’s UK** have an interactive guide called “[Coronavirus & Parkinson's](https://www.parkinsons.org.uk/) - your questions answered”. A hardcopy is also available for people unable to access the website, just call the helpline on 0808 800 0303 & request a copy. Local Advisers are also doing Wellbeing Calls (requested via the website or the helpline number).
* A&L Mutual Aid group’s [Go Fund Me page](https://www.gofundme.com/f/ardwick-amp-longsight-covid-mutual-aid-group?fbclid=IwAR2L5iu7VzB8WDQQ9u8fMmGOF-301hRtf7G1rKynoqyxnqOGLJVCssFZ-3g), and [donation list of food items](https://www.facebook.com/photo.php?fbid=10158516555963243&set=gm.1143822949316104&type=3&theater&ifg=1),
* The **University of Manchester** and **Greater Manchester Combined Authority** have produced a guide to help older people in Greater Manchester keep well while at home. The [booklet](https://www.greatermanchester-ca.gov.uk/coronavirus/support-and-advice-for-older-residents/) is packed full of health and dietary advice, including exercises for strength and balance.
* **Sow The City's Friday webinars** (10am – 10.45am). For more details or if interested in joining check out their [Facebook link](https://www.facebook.com/sowthecityuk/) or [twitter link](https://twitter.com/SowtheCity), or email
* **Future Topics include:**
* 29th May - Setting up a Market Garden.
* 5th June - Urban Trees
* 12th June - Compost and Vermiculture
* 19th June - Growing Mushrooms
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| **And in other News…** |
| * **Eid al-Fitr:** Wishing everyone a safe **Eid Mubarak** this weekend. Here is a [blog](https://drive.google.com/file/d/1rWF6dj0331kUnHOvYQVY9-SVVcvuPTZO/view?usp=sharing) by Health Coordinator, Adiba Sultan (Cheetham & Crumpsall) on staying safe this Eid.

A video message from Dr Sohail Munshi, Chief Medical Officer of MLCO highlighting the importance of staying home this weekend to be safe, click [here](https://vimeo.com/421205263)​* With another bank holiday weekend, here’s some info about keeping safe and well:

Whilst staying at home as much as possible with covid-19 circulating, if you or someone you know is feeling unwell you can: * Visit your local pharmacy for advice on a range of minor illnesses including colds, sore throats, earache and tummy pain.
* For more urgent matter visit NHS 111 [online](https://111.nhs.uk/) or **call 111**. or
* In an emergency (i.e. if something is life threatening) **call 999**.

**Funding Information*** **Manchester Airport Community Trust Fund** is ring fencing it's next round of funding for projects responding to Covid. Groups can receive up to £3k. For more info here: [click here](https://mediacentre.manchesterairport.co.uk/manchester-airport-offers-grants-to-community-groups-responding-to-coronavirus-crisis/), and to apply  [click here](https://www.manchesterairport.co.uk/community/working-in-our-community/community-trust-fund/)
* The National Lottery Community Fund are supporting VCSE groups responding to Covid. Click [here](https://www.tnlcommunityfund.org.uk/) for more details
* **Local Emergency Fund For Unpaid Carers** A fund of £200,000 is being made available to unpaid carers in Manchester who need additional support as a result of Covid. It can be used for a range of purposes including 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. See [here](https://www.manchester.gov.uk/news/article/8424/emergency_fund_opens_for_manchester_s_unpaid_carers?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=) for more information and how to apply.
* **Family Fund - Grants For Families:** Families with children that have complex needs and disabilities can apply for grants for vital equipment - such as computers, specialist equipment and educational toys - to make their lives easier while maintaining social distancing. It can also help with the cost of goods or services, like washing machines and refrigerators. The grants are typically worth £400 to £500 per family but vary depending on need. See the [here](https://www.familyfund.org.uk/?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=) for information and how to apply.

Further information on funding sources can be found at the MACC [website](https://www.manchestercommunitycentral.org/coronavirus-advice-and-resources/funding-sources). |

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| **In Previous Updates:** |
| * **No 8 – 15th May**: Self help services, Homestart survey, Money Advice session, Brunswick Beestro (updated flyer), information for rough sleepers,
* **No 7 – 7th May:** Mcr Uni befriending project, Europia info, digital access support, MAES. Bereavement Resources, activities /info from art galleries (Mcr & Whitworth)
* **No 6 – 1st May:** Buzz online resources, Relationship / Domestic abuse support, CAHN helpline & survey Citizens Advice Mcr,Mcr Carers Network, Early Help survey
* **No 5 – 24th Apr:** Silver Cloud - online therapy, Contacting your GP remotely- video, Be Smoke Free – new service, The Brunswick Beestro, Sickle Cell & Covid
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| **Thank you – For your continued Support!**

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| Keep in Touch  |
| Please keep sending your updates to me – any relevant information about your service including any needs or gaps; good new stories and feedback: Thank you all for everything you are doing to keep people safe and well.  |

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