

**'What's On' Central Newsletter**  
**May 2020**

Compiled by the Community Inclusion Service

**What's On Community Meeting: - cancelled until further notice**



With the Covid-19 isolation community activities have been cancelled until further notice. But here are some useful information and helpful things you could do while self-isolating.

**NHS website advice on Coronavirus (COVID-19) what we should be doing?**

Everyone must stay at home to help stop the spread of coronavirus. This includes people of all ages – even if you do not have any symptoms or other health conditions.

You should only leave your home:

- shop for basic essentials – only when you really need to
- To do one form of exercise a day – such as a run, walk or cycle, alone or with other people you live with
- For any medical need – for example, to visit a pharmacy or deliver essential supplies to a vulnerable person
- to travel to and from work – but only where this is absolutely necessary
- What to do if you have coronavirus symptoms

Continue to stay at home if you have either:

a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)

a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)  
To protect others, do not go to places like a GP surgery, pharmacy or hospital. Stay at home. Use the 111 online coronavirus service to find out what to do

### Try to avoid speculation and look up reputable sources on the outbreak

Rumour and speculation can fuel anxiety. Having access to good quality information about the virus can help you feel more in control. Check GOV.UK and <https://www.nhs.uk/conditions/coronavirus-covid-19/>



### **If news stories make you feel anxious or confused, think about switching off or limiting what you look at for a while.**

•Social media could help you stay in touch with people, but might also make you feel anxious including if people are sharing news stories or posting about their worries. Consider taking a break or limiting how you use social media. You might decide to view particular groups or pages but not scroll through timelines or newsfeeds.

### What to do if you are feeling anxious

If you have panic attacks or flashbacks, it might help to plan a 'safe space' in your home that you'll go to.

•You can also find ways to comfort yourself if you're feeling anxious. For example, there are games and puzzles you can use to distract yourself, and breathing exercises which may help.

Living with anxiety can be very difficult but there are steps you can take which may help.

**Here are some useful links** <https://www.mind.org.uk/need-urgent-help/how-can-i-distract-myself/games-and-puzzles/>

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/self-care-for-anxiety/>

**Deep Muscle Relaxation** :It is helpful to read through these instructions a couple of times before you try this exercise. Start by sitting or lying somewhere warm and comfortable, where you won't be disturbed. This relaxation takes you through different muscle groups in the body teaching you to firstly tense, then relax. Don't tense your muscles too tightly, it's not meant to be uncomfortable or painful. Each time you relax a group of muscles notice how they feel when they are relaxed. Don't try too much to relax but just try and let go of the tension. Allow your muscles to relax as much as you can. Think about the difference in the way they feel when they are tense compared to when they are relaxed.

It is useful to stick to the same order, as you work through the muscle groups:

**Breathing** – Close your eyes and concentrate on your breathing for a few minutes, breathing slowly and calmly 'in.. two..three and out...two...three'. Say the word 'calm' to yourself as you breathe in and 'relax' as you breathe out.

**Hands** – Start with your hands. Clench one fist first and notice the tension in your hand and forearm. Hold it and study the tension for a minute.....and then relax. You might feel a slight tingling, this is relaxation beginning to develop.

**Arms** – Bend your elbows and tense your arms. Feel the tension especially in your upper arms. Remember do this for a few seconds and then relax.

**Neck** – Press your head back and roll it gently from side to side. Feel how the tension moves. Then bring your head forward into a comfortable position.

**Face** – There are several muscles here, but it is enough to think about your forehead and your jaw. First lower your eyebrows in a frown. Relax your forehead. You can also raise your eyebrows, and then relax. Now clench your jaw, notice the difference when you relax.

**Shoulders** – This is where we hold a lot of tension. Shrug your shoulders up – then relax them. Notice the tension ease away as you drop your shoulders down. Circle your shoulders slowly and let go of your remaining tension.

**chest** – Take a deep breath, hold it in for a few seconds, notice the tension, then relax. Let your breathing return to normal.

**Stomach** – Tense your stomach muscles as tightly as you can and relax.

**Buttocks** – Squeeze your buttocks together and relax.

**Legs** – Straighten your legs and bend your feet towards your face and then relax.

**Feet** – Point your toes to the floor, hold it for a few seconds, then wiggle your toes. Imagine you are letting go of the last bit of tension through your feet.

There are many free relaxation resources online which you can use to guide you through the exercise or perhaps record yourself reading these instructions out on your phone so you can listen to it as you do the exercise. But remember to make your voice sound soothing like you were soothing a child or an animal.

To make the best use of relaxation you need to practice daily, slow down and don't try too hard, just let it happen. Don't get annoyed if it doesn't work straight away, it takes time and practice.

### **Controlled Breathing :**

Some people can find it very useful to learn to use their breathing to relax their bodies, however if you have suffered from panic attacks this may not be the right strategy for you as the focus on breathing can remind some people of their previous panic attacks.

To begin with, chose a time of day when you generally feel more relaxed. You can do this exercise sitting or standing with your eyes opened or closed. Concentrate on your breathing for a few minutes, breathing slowly and calmly in through your nose and out through your lips. Place one hand on your chest and one on your stomach. Imagine you are filling a bottle from the bottom up, so that the hand on your stomach moves first, then the hand on your chest. You are filling and emptying your lungs with each breath, but make sure that these are slow breaths. It may help to count 'in- two-three and out- two-three'. Once you have mastered the controlled breathing try to

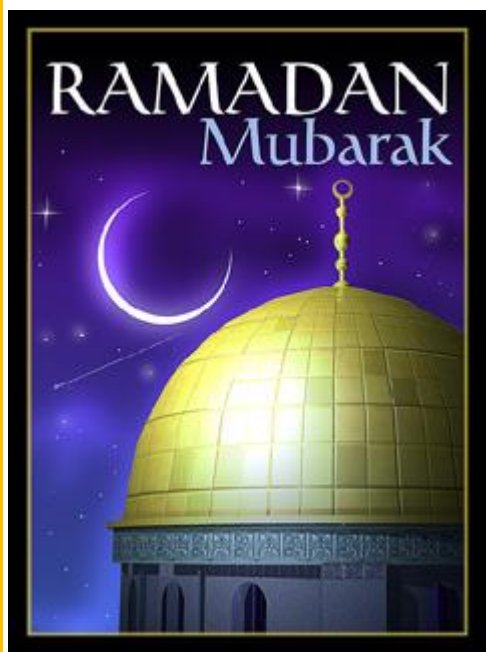
The British Association for Counselling and Psychotherapy (BACP) has more information on how to cope if you're feeling anxious about coronavirus.

**For more detailed information on looking after your wellbeing please see**

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

## Whats happening in the community?

Pubs, cafés , cinemas, restaurants and retail shops are now closed. Supermarkets, local food shops and some takeaways (for delivery service ) are open. Only projects that support the most vulnerable people are still running, but only on a limited service. The advice is don't go unless you really need to, but there are places to get help should you need it.



**Alhamdulillah! The blessed month of Ramadan upon us once again!** Ramadan will take place between 23/24 April & 23/24 May (depending on moon sightings), and will prove a very different experience for Muslims due to the COVID-19 pandemic.

It is important to plan Ramadan activities given these restrictions. Consider: Organising *taraweeh* at home as a family and pray in congregation.

Streaming Islamic lectures or *taraweeh* in your home, either pre-recorded or live.

Arranging virtual *iftars* with loved ones and community members through the many online video calling facilities available.

Planning your *iftar* menus in advance so that you can limit multiple shopping trips given social distancing measures.

Hydrating well for the long fasting days. Dehydration can lead to tiredness,

headaches, lack of focus/concentration.

Eating high energy, slow burn foods for *suhoor* (starting your fast).

Remaining energised throughout the workday, especially as we can experience heightened levels of anxiety during these times.

Taking regular breaks to reflect and take time for yourself. Life can be full, and we try to fill it with more worship during Ramadan. We all want to pray more and this can help with anxiety but it is important to be good to yourself – sometimes it is quality over quantity.

For more information about Ramadan, visit [mcb.org.uk/ramadan](https://mcb.org.uk/ramadan), or about COVID-19, visit [mcb.org.uk/coronavirus](https://mcb.org.uk/coronavirus).

In the wake of the COVID-19 pandemic, many voluntary Muslim-led community initiatives have been set up across the UK providing support for those in need. To volunteer, access support or find out more, visit [mcb.org.uk/covid-volunteer-initiatives](https://mcb.org.uk/covid-volunteer-initiatives).

The MCB will be hosting a number of virtual *iftars*, streaming Qur'an recitation and sermons, as well as sharing key information on Ramadan and COVID-19. Follow the MCB on Facebook, Twitter and Instagram to take part. As part of the Muslim Spiritual Care Provision in the NHS, a project of the MCB, a Ramadan Health Factsheet has been produced in conjunction with BIMA to provide NHS frontline staff with key information about Ramadan, who is exempt from fasting and how best to support patients during Ramadan. This can be found at [mcb.org.uk/ramadan](https://mcb.org.uk/ramadan).

BIMA has produced a wealth of resources for Muslims and the medical community to provide expert advice and guidance on issues pertaining to Ramadan. For more information, visit [britishima.org/ramadan](http://britishima.org/ramadan). If you have any medical queries regarding Ramadan, contact [ramadan@britishima.org](mailto:ramadan@britishima.org).

**Manchester Mind** are offering three online sessions each week (on Zoom) while we are unable to offer face-to-face sessions.

These will be free to access but we ask that you pre-register first :

**Mondays: Calming the nervous system.** 45 minutes. 12 noon. (Not bank holiday Monday) Join Manchester Mind in a session to help you calm your nervous system and ground the body and mind. This session will include some easy practises that you can use in your everyday life.

**Wednesdays: Lunchtime meditation:** 12.15pm. 45 minutes Join Manchester Mind for a chance to meditate and connect with others. This session includes a couple of mindfulness meditations and opportunities for questions and reflections.

**Morning meditation: Fridays** (not bank holidays) 8am 30 minutes. Join Manchester Mind in a morning meditation to help you start the day on the right foot. Session will be half an hour, but the meditation itself will be around 15 minutes, with time for questions and reflections.

More info and links to the registration pages: <https://www.manchestermind.org/events/>

Any questions, please contact Ruth Rosselson directly at Manchester Mind  
[Ruth.Rosselson@manchestermind.org](mailto:Ruth.Rosselson@manchestermind.org)

### **Bee Vocal**

Registration for our next online virtual choir rehearsal is now open. This will take place on Wednesday 8th April from 7pm - 8pm. Please note that weekly registration will be required for each online session. You will see there are two options on the Eventbrite page. One to register with a donation and one without. For those who are financially able to, and would like to continue giving their weekly donation, please use that option. For anyone who is not able to, please use the free ticket option with our compliments. All donations are voluntary and go towards the administration costs of the choir.

**Here is the Eventbrite link to register for 'Bee Vocal Online' - 08/04/2020**

**<https://www.eventbrite.co.uk/e/bee-vocal-choir-online-rehearsal-08042020-tickets-101805322460>**



Manchester pride LGBTQ+ charity would like to bring the joy of performances from recent Manchester pride festival to people to enjoy while isolating. With the hope of giving people something to look forward to, from the comfort of their own homes. Offering four weeks of Fridays night performances from the last few Pride festivals. Which we all be available on the Manchester pride Youtube channel,

**For more information and ways to get support go to <https://www.manchesterpride.com/>**

**TLC** the mental health charity based in Ardwick have currently closed all Drop-in sessions until further notice. TLC have taken this action following Government and Health advice regarding Covid 19. TLC are operating a telephone service for current clients were they are telephoning them on a weekly basis to offer support. Updated information will be posted on their website [www.tlcstlukes.co.uk](http://www.tlcstlukes.co.uk). Diane, the Project manager can be contacted by email [tlcstlukesvolunteering@gmail.com](mailto:tlcstlukesvolunteering@gmail.com) or telephone 0759 314 7369 on Tuesdays and Thursdays only.



[www.stlukeslongsight.co.uk](http://www.stlukeslongsight.co.uk)

## MANCHESTER CARES

**Phone A Friend Pilot** - We're piloting a new friendship programme, introducing older and younger neighbours over the phone.

**Digital Social Clubs** - Alongside our April activity pack, we're teaching older neighbours how to join us online for group video chats and social gatherings.

**Emergency Food Delivery** - We're piloting small food parcel deliveries to older neighbours who are unable to get out and about or rely on friends and family to get important food items.

**Referrals and Signposting** - We're regularly catching up with our network to make sure their needs are being met and so no one is left behind.

Check the website <https://manchestercares.org.uk/home>

If you'd like any more information regarding our work, please email:

[amy.saunders@manchestercares.org.uk](mailto:amy.saunders@manchestercares.org.uk) or call us on 0161 207 0800.

### **Forever Manchester Community Fund :**

Forever Manchester has launched a Community Support Fund for grassroots community groups that are responding to the impact of Covid-19 by helping those most affected. Awards of up to £1,000 are available. Community Support Fund will accept applications from constituted community groups based in any of the ten boroughs of Greater Manchester. Groups can apply for up to £1,000. Forever Manchester aim to assess and make decisions within two weeks of receipt of application. For more information [www.forevermanchester.com](http://www.forevermanchester.com)



THE COMMUNITY FOUNDATION **The**  
FOR GREATER MANCHESTER

**DOORSTEP DELIVERY**

Can't get out, but need things for your garden?

Not sure what plants to buy?  
Personal Shopping and Expert Advice as part of the service.

**0161 227 8198** Delivery charges apply  
Checkout our list on Facebook or website, or phone us for details

**HULME COMMUNITY GARDEN CENTRE**

Morrisons have launched a doorstep delivery service for vulnerable and elderly people to order essential items . Use the template below to order. 0345 611 6111 and option 5 to place order



## Doorstep Deliveries

Our Morrisons Doorstep delivery service is available to vulnerable and elderly members of the community, unable to go shopping in-store. Please select your items from the below essentials list.

Call 0345 611 6111 and select option 5 to place your order.

Your order will take 24 hours to process and payment will be taken through a contactless card by the delivery driver, please have this ready.

### DAIRY

- Milk - 2 pints
- Butter
- Eggs
- Cheese

### BAKERY

- Bread

### FRUIT

- Bananas
- Oranges (Tangerines/Clementines)
- Apples
- Grapes

### VEGETABLES

- Potatoes
- Broccoli
- Carrots
- Tomatoes
- Lettuce
- Cucumber

### MEAT & FISH

- Chicken Breast Fillets
- Unsmoked Bacon
- Sausages
- Corned Beef (Tinned)
- Beef Mince

### FOOD CUPBOARD

- Pasta
- Beef Oxo Cubes
- Beef Gravy Granules
- Ready Salted Crisps multipack
- Cornflakes
- Custard Creams
- Chopped Tomatoes
- Tomato Soup
- Marmalade
- Self Raising Flour
- Sugar

### DRINKS

- Tea
- Coffee
- Diet Lemonade
- Diet Coke

### FROZEN

- Chips
- Scampi
- Peas

### READY MEALS

- Cottage Pie
- Lasagne

### HOUSEHOLD

- Toilet Roll
- Kitchen Roll
- Ariel Liquid
- Bleach 750ml

**Feeding the Nation**

#ItsMoreThanOurJob



**Aldi** has introduced a voucher scheme to make it easier for volunteers to buy food on behalf of the vulnerable and those self-isolating.

The vouchers are available to buy on a new Aldi voucher website [vouchers.aldi.co.uk](https://vouchers.aldi.co.uk). Once purchased, the vouchers can be posted to any address in the UK so they can be given to volunteers, friends or family members to shop on their behalf.



### Yaran arts and heritage

**FREE mental health session in respect to the Coronavirus (COVID-19) Stress– presented by Parvin & Experts offering practical guidance in coping better with being at home Every Monday**

**10am-12pm in Farsi via facebook LIVE @ YaranManchester Life Skills Workshop- FREE session presented by Hassan & Experts Every Monday 10am-12pm in Farsi via [www.eztalks.com](http://www.eztalks.com) or app.**

قابل تمرین و آموزش طریق از که است هایی توانمندی از ای مجموعه زندگی های مهارت  
توا افزایش ،خود شناخت موجب آنها به دستیابی و بوده اکتساب  
شود بیشترمی رضایت احساس و دیگران با ارتباط برقراری

**Painting class- FREE - with Shahrzad every Thursday 10am-12pm via [www.Zoom.com](http://www.Zoom.com) or app.**

بروز نحوه شدن بهتر باعث این و دهید می بروز را خود آرزوهای و هیجانات ،احساسات ترین درونی ،کشید می نقاشی که هنگامی  
بهبود نتیجه در و احساسات  
شود می دیگران با ارتباط توانایی

**Persian dance class- FREE with Sagar Every Saturday 10.30am-12pm via [www.Zoom.com](http://www.Zoom.com) or app.**

است فعالیت انجام برای معاشرتی و اجتماعی راهی رقص . است اندام تناسب حفظ و کردن ورزش برای راهی رقصیدن

**Fitness class- FREE with Ben every Friday 12am-1.00pm via Instagram LIVE @yaran.northwest**

هستند گروهی ورزش های کلاس در منظم تمرین و حضور اصلی نتایج از ،روان آرامش و جسم سلامت ،بدن فرمی خوش و زیبایی

**Living well session- FREE session presented by Lili & Experts every Saturday 1pm-3pm in Farsi via Instagram LIVE @ yaran.northwest**

مانند خواهد خانه در یاران تیم

بمانید خانه در یاران تیم حمایت با خود امنیت حفظ برای

**'Yaran team is here to support your mental well-being to stay well while staying at home**

**website: [Yarannorthwest.com](http://Yarannorthwest.com) [info@yarannorthwest.com](mailto:info@yarannorthwest.com)**

### Manchester Libraries

[Manchester libraries](#) are closed until further notice, but they have a page with links to a range of resources. Find out how to download books and audio books, comics and e-magazines. You can also get free [courses and tutorials \(Manchester Libraries\)](#) as well as an online learning package offering 100+ [language courses](#)



## Foodbanks

Most foodbanks usually operate on a referral system, either with a red voucher or an e referral. You can be referred by a health/social care worker, DWP, GP or another professional involved with you or your family. You may also need to bring proof of address.

**Below are list of local foodbanks -If possible please contact the foodbank to ensure they are open before you visit.**

**Please be aware foodbanks often have limited stock and resources, if you would like to donate food or volunteer please contact them to find out more**

### Trussell Trust Foodbanks

#### Central Manchester Foodbank

Manchester Universities Catholic Student Chaplaincy (next to Holy Name Church)

Avila House, 335 – 337 Oxford Rd,  
M13 9PG

Tues, Weds and Fri 10am – 12pm

07928412339



#### Manchester South Central Foodbank

[info@manchestersouthcentral.foodbank.org.uk](mailto:info@manchestersouthcentral.foodbank.org.uk)

Unit 3,

The Wesley Centre (corner of Old York St/Royce Rd)

Hulme,

M15 5BP

Saturday 11am – 1pm

07842093922/0161 226 3413

**St Edmunds- this foodbank was put on hold early April, please contact beforehand to see if its reopened**

Alexandra Rd South,

Whalley Range,

M16 8EZ

Wednesdays 1 – 3pm (07842093922)

**Burnage Foodbank**

[info@burnage.foodbank.org.uk](mailto:info@burnage.foodbank.org.uk)

07796448205

**St Bernard's Parish Rooms,**

St Bernards Church,

Burnage Lane,

M19 1DR

Friday 3 – 5pm

**St Nicholas Parish Hall,**

St Nicholas Church,

408 Kingsway,

M19 1PR

Tuesday 12.30 – 2.30pm

**Fallowfield and Withington Foodbank**

[info@fallowfieldwithington.foodbank.org.uk](mailto:info@fallowfieldwithington.foodbank.org.uk)

07411077654

Union Chapel Fallowfield Baptist Church,

2 Wellington Rd,

Fallowfield,

M14 6EQ

Fridays 12 – 2pm

**St Cuthberts Hall,**

3 Palatine Rd,

Withington,

M20 3LH

Tuesdays 12- 2pm

**Chorlton and Didsbury Foodbank**

[info@chorltondidsbury.foodbank.org.uk](mailto:info@chorltondidsbury.foodbank.org.uk)

07938191038

**St Barnabas Church,**

Hurstville Rd (off Hardy Lane)

Chorlton,

M21 8DH

Fridays 11am – 1pm

**Christ Church Hall,**

Darley Ave,

West Didsbury,

M20 2ZD

Wednesdays 11am – 1pm

**Chorlton Central Church,**

Barlow Moor Rd,

Chorlton

Tuesdays 4.30 – 6.30pm

**Independent Foodbanks in Central Manchester****Longsight and Ardwick Foodbank**

[info@ardwickandlongsight.foodbank.org.uk](mailto:info@ardwickandlongsight.foodbank.org.uk)

07853553732/ 0161 273 3977 (during session)

Mondays 1 – 3pm & Thursdays 2 – 4pm

11 Richmond Grove,

Longsight,

M13 0LN.

Referral from health/social care/other professional. Also accept self referral but MUST have proof of address and some evidence that you need a food parcel.

**Compassion Foodbank**

07773119855

The Church of God of Prophecy,

300 Moss Lane East,

Moss Side,

M14 4SS

Tuesdays & Fridays 12 – 3pm/ First and last Saturday of the month 10am – 12pm.

Can either just drop in or can be referred by a referral agency. If self-referral please bring ID and proof of address.

Please contact the foodbank prior to going to visit to ensure they are open.



### Cornerstone Day Centre

104B Denmark Rd, Manchester, M15 6JS

0161 232 8888.

Mon, Weds, Thurs and Fri 10.30 – 4pm. Tues 10.30 – 2pm

Please contact the centre by phone before you visit to request a food parcel, a health worker or other agency involved with you may need to call or do a referral over the phone.

### Zion centre and Kath Locke

Should you need a food bank voucher to make a first time referral you can do so by calling 07891220647

Monday 10am-1.30pm

Tuesday 10am -1.30pm

Wednesday 10am-1.30pm



### Finding ways to relax, take notice and be creative are important

Here are just a few ideas: arts and crafts, such as drawing, painting, collage, sewing, craft kits or upcycling , DIY , colouring , mindfulness, playing musical instruments, singing or listening to music, writing , yoga , meditation

See <https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-tips/> for some ideas on how to relax

See <https://www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/about-mindfulness/> for more information and ideas on mindfulness.



Wellbeing is defined by the Oxford English Dictionary as “the state of being comfortable, healthy, or happy.”

However, it is important to realise that wellbeing is a much broader concept than moment-to-moment happiness.

While it does include happiness, it also includes other things, such as how satisfied people are with their life as a

whole, their sense of purpose, and how in control they feel. There are five ways to wellbeing, Connect, Be active, keep learning, give and take notice, here are some ideas of things you can do these while self isolating

**Get creative :** [www.start2.co.uk](http://www.start2.co.uk) – Everyone wants to stay mentally and physically well. This site shows you how you can use your natural creative skills to maintain and improve your wellbeing. Pick from dozens of creative activities designed for you by experts in the field of art and health.

**learn** via an online course <https://www.futurelearn.com/> range of courses including free ones

free skills for life programme via <https://www.bt.com/skillsfortomorrow/> learning how to master the basics of social media and internet

### National Online Courses and Training

#### Open Learn (From the Open University)

[Open Learn](#) has nearly 1000 free courses, between 1 to 24+ hours long, and lots of different topics.

#### Vision2Learn

[Vision2Learn](#) free online courses

They offer a wide range of courses which are nationally accredited and delivered in partnership with a further education college in England. They are all funded by the UK Government too, so if you are eligible you can study for free!

[Fund out if you are eligible.](#)

#### Connect:

**HOME** have created a [digital channel](#), ensuring you can see HOME from home! This includes the [Manchester Open Exhibition](#) (the most successful exhibition in HOME’s history) and also some theatre productions. They have also made commissions for this period,

# HOME

inviting theatre and live art makers to create new works from their homes as part of Homemakers.

**The Manchester Museum** have uploaded their digital content onto their website, to enable you to explore and enjoy the museum in your own home. <https://www.museum.manchester.ac.uk/>

**The National Football Museum** is continuing to share tales of football's history on its different social media sites. Check Facebook , instagram and Twitter accounts, with virtual tours of the museum also available through the Google Arts and Culture app. For more information go to <https://www.nationalfootballmuseum.com/>

**Learn with Imperial War Museum** – Every Wednesday are hosting a 2pm show Adventures in History. Hear museum experts telling their favourite stories and interesting facts ! Drawing inspiration from the national curriculum, these new videos will help viewers explore a wide range of interesting subjects - <https://www.iwm.org.uk/visits/iwm-north>

**RHS have launched Grow at home** encouraging people to do some gardening during lockdown. RHS will be sharing advice to help you get growing with grow at home over the coming weeks and months. <https://www.rhs.org.uk/press/releases/RHS-Launches-Grow-at-Home>

**Sign up for a free trial for film/TV or music package** (remember to cancel your membership before you start being charged)

Amazon prime – 30 day free trial : Love film – 30 day free trial : Now TV – 7 day free trial : Spotify- 1 month free trial

### **Connect with people, take notice in others- Give someone a phone call or keep in touch digitally**

- Make plans to video chat with people or groups you'd normally see in person. You can also arrange phone calls or send instant messages or texts.
- If you're worried that you might run out of stuff to talk about, make a plan with someone to watch a show or read a book separately so that you can discuss it when you contact each other.
- Think of other ways to keep in contact with people if meeting in person is not possible. For example, you could check your phone numbers are up to date, or that you have current email addresses for friends you've not seen for a while.

### **Connect with others in similar situations**

- If you're part of a group of people who are also self-isolating, you may be part of group communications to receive updates on your situation. This group could also act as an informal support network.

- You could join a peer support community. Mind runs an online peer support community called Elefriends, where you can share your experiences and hear from others.

- If you're going online more than usual or seeking peer support on the internet, it's important to look after your online wellbeing. See <https://www.mind.org.uk/information-support/tips-for-everyday-living/online-mental-health/about-online-mental-health/> for more info

### **If you're worried about loneliness**

- Think about things you can do to connect with people. For example, putting extra pictures up of the people you care about might be a nice reminder of the people in your life.

- Listen to a chatty radio station or podcast if your home feels too quiet.

### **Try and keep a routine**

Plan how you'll spend your time. It might help to write this down on paper and put it on the wall.

- Try to follow your ordinary routine as much as possible. Get up at the same time as normal, follow your usual morning routines, and go to bed at your usual time. Set alarms to remind you of your new schedule if that helps.

- If you aren't happy with your usual routine, this might be a chance to do things differently. For example, you could go to bed earlier, spend more time cooking or do other things you don't usually have time for.

- Think about how you'll spend time by yourself at home. For example, plan activities to do on different days or habits you want to start or keep up.

If you live with other people, it may help to do the following:

Agree on a household routine. Try to give everyone you live with a say in this agreement.

- Try to respect each other's privacy and give each other space. For example, some people might want to discuss everything they're doing while others won't

say to yourself 'calm' as you breathe in and 'relax' as you breath out. Controlled breathing can be used any time and anywhere to switch off the body's stress response.

### **GIVE-Covid-19 Community Volunteering**

The councils from all over Greater Manchester are coordinating the community volunteering response. In Manchester we are all working with Manchester Community Central and their Volunteer Centre Manchester. They have set up a special page for [Covid-19 Community Volunteering \(Manchester Volunteer Centre\)](#)

You can volunteer as an individual or register for support if you are a charity or community group.

Their job is to ensure people's offers of help are directed to where it is most needed. Once you have submitted your information they will get in touch to tell you what would be most useful and where you should go to offer your support.



Information about community support across Greater Manchester can be found on the [Volunteering in Greater Manchester website](#).

**Be active** (please only attempt exercises you feel you are capable of )

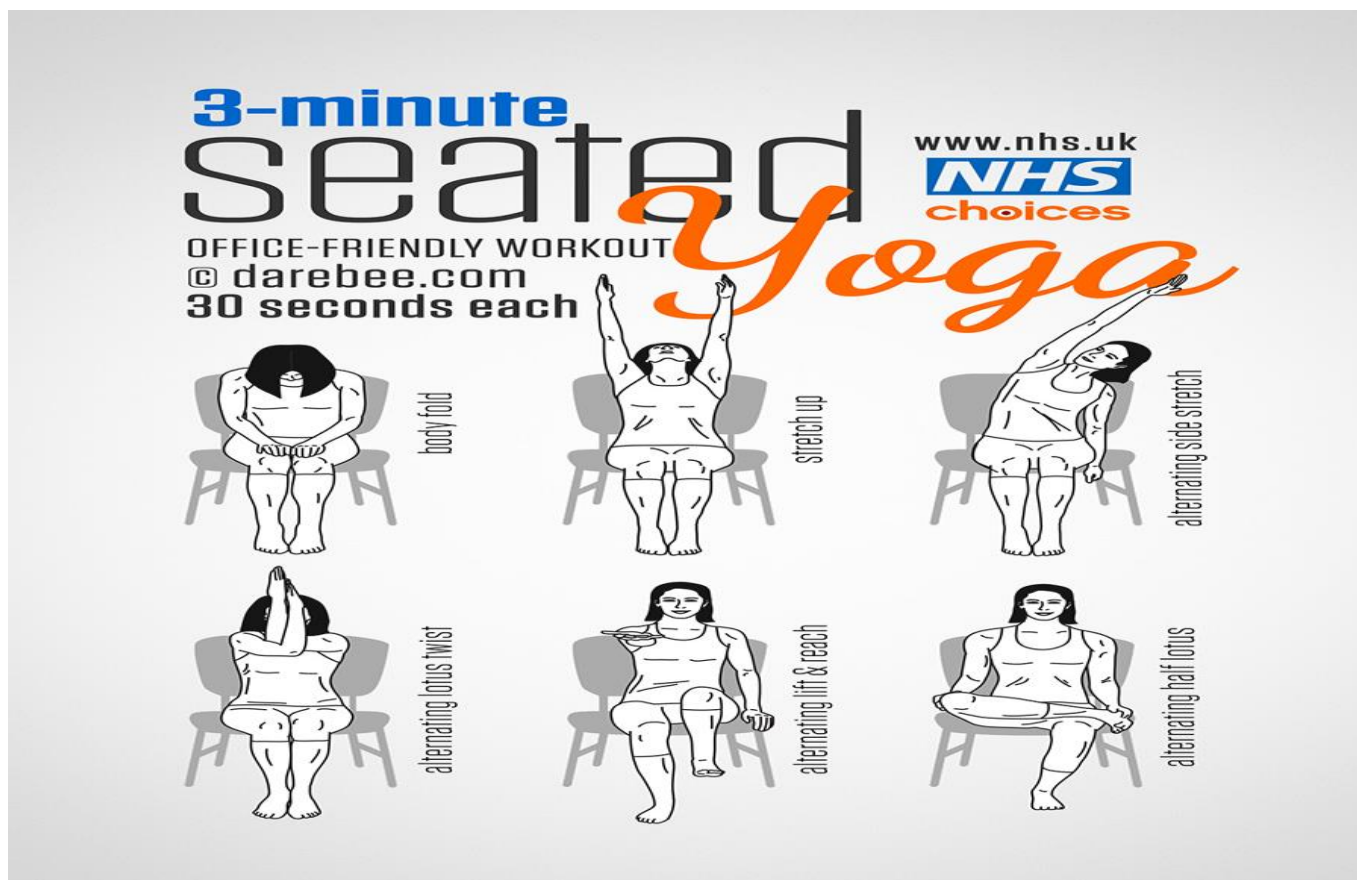
Joe wicks is doing online PE sessions aimed towards Kids (but no reason why adults cant do it also) for more information go his YouTube channel The Body Coach TV.

Build physical activity into your daily routine, if possible. Most of us don't have exercise equipment like treadmills where we live, but there are still activities you can do. Exercising at home can be simple and there are options for most ages and abilities, such as:

- cleaning your home •dancing to music •going up and down stairs •seated exercises
- online exercise workouts that you can follow •sitting less – if you notice you've been sitting down for an hour, just getting up or changing position can help.

For 10 minute workouts you can do at home without any equipment please see : <https://www.nhs.uk/live-well/exercise/10-minute-workouts/>

**Nike Training Club** invite you to try out their app which allows you to join a community of living room athletes. You can take part in workouts and get nutritional advice. App can be downloaded via ios and android See [www.nike.com](http://www.nike.com) for more information



Please visit <https://www.darebee.com> for more workouts **Try to keep active**

## For those with children

Due to the schools closing our children are at home and following government guidelines the outdoor activities they can engage with are now limited to one session per day.

We have compiled a few tips to offer suggestions and advice

Where possible try and keep a routine at home for you and your children, maybe devise a timetable for them including some school work and other activities.

Where possible support your child/children to engage with some academic work sent by the school. If needed contact the school for extra resources.

If your child/children is in receipt of free school meals and isn't attending school either contact school or see [www.manchester.gov.uk](http://www.manchester.gov.uk) for more details of how to receive the £10 payment per week for each child eligible for free school meals.

Depending on the age of your child/children some activities you can enjoy at home are

Arts and Crafts , Baking ,Making Dens Household Treasure Hunt ,Science Experiments ,Recycle cardboard boxes, Making music

If you have a garden or outdoor space, do some gardening/planting seeds/bulbs (only with members of same household)

If you allow your child/children to use technology there are a number of online sites which have lots of games and activities. Please ensure the site is safe and monitor usage of tablets/phones/laptops.

Below are a number of sites

[www.cbeebies.co.uk](http://www.cbeebies.co.uk)

[www.peepandthebigwideworld.co.uk](http://www.peepandthebigwideworld.co.uk)

[www.funology.co.uk](http://www.funology.co.uk)

[www.thegreatplantescape.co.uk](http://www.thegreatplantescape.co.uk)

[www.switchzooanimalgames.co.uk](http://www.switchzooanimalgames.co.uk)

[www.bubblesphere.co.uk](http://www.bubblesphere.co.uk)

[www.funbrain.co.uk](http://www.funbrain.co.uk)

[www.kodable.co.uk](http://www.kodable.co.uk)

[www.gigglepoetry.co.uk](http://www.gigglepoetry.co.uk)

[www.hacketyhack.co.uk](http://www.hacketyhack.co.uk)

[www.abcya.co.uk](http://www.abcya.co.uk)

[www.inventionatplay.co.uk](http://www.inventionatplay.co.uk)

If you have support from health/social care professionals please speak to them about your challenges, they may be able to offer extra support, advice and reassurance.

If you have teenage children the website [www.teentips.co.uk](http://www.teentips.co.uk) can offer advice and guidance around coping with your teens in these challenging times.

Do what you can and be kind to yourself.

Stay healthy and well

**Free School Meals (FSM) Pupils-** the government announced that children eligible for free school meals would continue receiving supermarket vouchers- contact you school for further information.

### **How can the vouchers be used and where?**

Schools will be able to order vouchers directly from supermarkets or shops in their communities to be emailed or printed and posted to families, and they will have their costs covered by the Department for Education," official guidance states.

Once a school is in receipt of a voucher, it can then forward an eCode to parents or carers whose children qualify for free school meals.

They will then receive instructions on how to use this eCode to create an eGift card, which should have been received within three hours and can be used at supermarkets including Sainsbury's, Asda, Tesco, Morrisons, Waitrose and Marks & Spencer.

However, the government is urging schools to only consider using this approach if they are confident that the family receiving help has access to the Internet.

If the family doesn't have access to the Internet, then the child's school can choose a supermarket on their behalf and send the vouchers by post.

So, if you have Internet access, you can contact your school and ask for an eCode. Those who can't go online can request to be sent a voucher in the post

## FSM - Be aware of scam emails

The DfE have been informed that some parents have received an email stating the following: 'As schools will be closing, if you're entitled to free school meals, please send your bank details and we'll make sure you're supported'. The DfE have confirmed that this is a scam email and is not official. We urge you to inform parents that if you receive any emails like this, please do not respond, and delete it immediately.

## Help with food costs while schools are closed in cases of hardship:

Because schools have closed and some families are facing additional financial challenges due to the Covid 19 virus, we would like to signpost support to families who most need it. The Local Authority are providing a financial grant to parents and carers of the following groups of children and young people.

To qualify the family must be:

- A Manchester resident or supported by Manchester's Homelessness Service;

and

- Whose family has been hardest hit by the recent issues and may be waiting for benefits to be assessed or have a gap in their income due to being laid off etc.

To make an application, families need to submit a request via the Council's Welfare Provision Scheme here: You can also apply for cash grant if you are in financial crisis. For more information go to Manchester city council website or visit

[https://secure.manchester.gov.uk/info/500361/coronavirus/7938/coronavirus\\_-\\_benefits\\_and\\_money/4](https://secure.manchester.gov.uk/info/500361/coronavirus/7938/coronavirus_-_benefits_and_money/4)



## Skills and Training

**Manchester council skills and work team for more information about courses they provide email [workandskillsadmin@manchester.gov.uk](mailto:workandskillsadmin@manchester.gov.uk)**

Level 1 Introduction to Construction

This will be an ongoing course. You need to be Entry Level 3 or above in English and Maths. A basic online

assessment will be done prior to signing up with them. You will have to attend classroom delivery for manual handling assessment and CSCS test, when open again. When this is completed, you will gain a CSCS card within 5 working days. If you are interested email [ssemanchester@gcemployment.uk](mailto:ssemanchester@gcemployment.uk). **please include your: Full Name, Contact number**

**,Email address, Date of birth and Employment Status**

### **The LAB Project and Arts Hub - Online Sessions**

#### Proper Job Covid-19 Support

All their courses are accessible online. Sessions include Works Better (support to gain employment); Lab Project Manchester (team working, confidence building and communication skills); and Skills Swap (drop in to share or learn a new skill). Other sessions are available.

### **The Works**

#### E-Learning CSCS Course

You will have the chance to gain the relevant preparation and training needed to complete the CSCS test, when the test centre is open again.

To find out more information or to register, ring

Tracey on 0161 359 3388 anytime Monday to Friday 9.30am to 4.30pm.

### **Skills Support for Employment**

The Growth Company now has courses available online. It also has access to current job vacancies in Greater Manchester, in sectors such as warehouse and logistics, retail, care and cleaning. Below are some of the digital courses currently available:

Level 1 + 2 Retail

Level 2 Spectator safety

Entry level 2 Personal & Social Development

Level 2 SIA

Warehouse Qualification Courses

E1, E2 & E3 – Maths & English – Starts in May 2020 – tbc

If you have any questions or want to register, please contact

:[Jayne.livingstone@gcemployment.uk](mailto:Jayne.livingstone@gcemployment.uk) or telephone 07595 465315.

### **Digital Advantage, The Manchester College and Pure Innovation**

#### Digital Supported Internship

Made films but want to take them to a professional level? Social media marketing appeal to

you as a job? Maybe you are interested in designing websites? Might you want to make a career from your coding skills? This internship might be for you. You will work on live projects provided by employers, with the hope of you moving into paid employment within the industry. Open to young people with an EHCP aged 16 to 25 and will start in September.

### **Digital Her with Code Nation**

#### Junior Developer Scholarships for Women 2020

The dates for the programme are:

29th June 2020 (deadline 8th June)

20th July 2020 (deadline 29th June)

As a Digital Her scholar you will receive a fast track guaranteed place at the Manchester Digital Software Development Apprenticeship Programme assessment day, where you will get the opportunity to meet tech employers looking to hire.

If you think you want to change the course of your career, use the [Junior Developer Scholarship application link](#).

### **2 Week Pathways into Construction Course**

Are you ex-military? Ready for a new career? This two week Project RECCE online course may be for you. [Register your details for the Pathways into Construction Course](#) and fill in the [Project RECCE Learner Pledge online form](#).

[Project RECCE Flyer](#).

### **ESOL Manchester**

You can [improve your English online](#) with videos, quizzes and tests. The site also includes [online training for knowing your rights at work](#)

### **Manchester Community Central**

[Manchester Community Central - Online Training opportunities](#) for people working in the community or voluntary sector.

**Start online service** :Start online shows you how you can use your natural creative skills to maintain and improve wellbeing. Pick from dozens of creative activities designed for you by experts in the field of art and health . Visit [www.Start2.co.uk](http://www.Start2.co.uk).



**Have a go at our Manchester theme quiz : (answers on the last page ) or the space related wordsearch**

1. What nickname did Manchester have during the early 19th century owing to its many textile factories?
2. what is the name of the pub in Coronation Street?
3. Which political activist was born in Moss Side on the 15th of July 1858?
4. Ian Curtis was lead singer of which Manchester band?
5. What major historical event took place on 16th August, 1819?
6. What is the name of Manchester ice hockey team?
7. Which locally born actress starred in the in the films Peterloo, Funny cow and tv shows shameless and Dinner ladies
8. Dion Dublin played for which Manchester football club?
9. who is the mayor of Manchester
10. which director born in Radcliffe directed Trainspotting, Slum dog millionaire and the Olympic games opening ceremony ?

**Who made the following albums:** a) Laid (1993) ,b) Saturday night fever (1977) c) The Queen is dead (1986), d) Second coming (1994), e) Seldom seen kid (2008)

**Name the year:** a) Manchester Commonwealth games b) Hacienda night club closed, c) the Arndale opened, d) Metrolink started operating e) the Pope visited Heaton Park f) The first Manchester pride

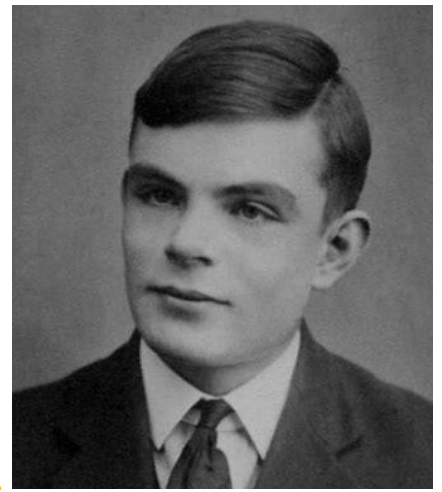
Famous Manchester faces



1.



2.



3.



4.



5.

Name the place:



1



2





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U	E	J	I	H	U	N	Y	S	T	H	A	O	R
D	N	A	U	U	E	E	E	M	A	E	N	W	A
W	N	A	I	P	L	U	T	O	N	A	O	D	H
A	G	H	P	L	I	Z	O	O	E	R	U	S	U
R	D	E	I	H	C	T	M	N	W	T	N	S	H
F	H	Y	H	O	P	B	E	O	Q	H	I	U	E
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E	D	I	D	D	O	E	D	U	T	S	E	T	S
E	S	Z	E	E	H	O	P	H	S	L	U	M	S

VENUS  
 EARTH  
 MARS  
 CERES  
 ASTEROIDS  
 JUPITER  
 SATURN  
 NEPTUNE  
 URANUS  
 PLUTO  
 DWARF  
 PLANET  
 MOON

The newsletter is also usually available via  
Twitter - [https://twitter.com/GMMH\\_NHS/status/1116960966594445312](https://twitter.com/GMMH_NHS/status/1116960966594445312)  
Facebook - [www.facebook.com/GMMentalHealth](http://www.facebook.com/GMMentalHealth)

Intranet - <https://newintranet/services/community-mental-health/community-inclusion-service/Pages/whats-on-newsletter.aspx>

External internet - <https://www.gmmh.nhs.uk/community-inclusion-service>

### Useful numbers/websites:

#### NHS helpline 111 – a helpline for medical concerns



**Manchester council corona virus support helpline** – for vulnerable people who need help getting food, fuel to ups , medication deliveries or support with combating loneliness.

Socially isolating means that people who are suffering from domestic abuse are more at risk. The advice we should be stating to victims on every contact is; **If you are in immediate danger, please call 999 and ask for the police.** If you are not in immediate danger, you can contact the following number **Freephone 24 hour National Domestic Abuse Helpline:**  
0808 2000 247 (run by Refuge)

Support is available from national **Women's Aid's online chat service**, (can be found via google internet search)open from 10am-12pm Monday-Friday.

**Samaritans** - Calling Samaritans is now free of charge from a landline or mobile. Their new number is: 116 123 (24 hours every day) [www.samaritans.org](http://www.samaritans.org)

**LGBT Foundation** provides a wide range of support services to lesbian, gay, bi and trans + people. Its team has temporarily shifted to become a remote service delivery charity due to the Coronavirus pandemic. The helpline remains open on 0345 3 30 30 30 weekdays 9am-9pm, and weekends 10am-6pm.

**Switchboard** provides information, support and referral service for lesbians, gay men and bisexual and trans people – and anyone considering issues around their sexuality and/or gender identity. Switchboard LGBT listens to LGBT+ people, providing a lifeline and calm words to those who need them. You can get it touch on the phone, by email or through Instant Messaging. The helpline number is 0300 330 0630.

**Citizens Advice Manchester service advice line on 03444 111 222**

**SANEline** - 0300 304 7000 (6 -11pm every day) [www.sane.org.uk](http://www.sane.org.uk)

A specialist mental health helpline that is now a local-rate, 0300 number. Calling the helpline costs no more than calls to geographic (01 and 02) numbers from a landline, and is included in inclusive and free minutes on mobiles. **SANE** also offers 'Textcare' - a way of providing emotional support and connection for anyone affected by mental illness, including families, friends and careers. Having a mental health condition, or caring for someone who does, may leave you feeling distressed, lonely or isolated. Contact from SANE via text can provide an important source of support.

**CALM** 0800 58 58 58 – Campaign against living miserably specifically for men . Open from 5pm to Midnight everyday

**Moodswings** - 0161 832 3736

helpline from 10am to 4pm Monday to Friday [www.moodswings.org.uk](http://www.moodswings.org.uk)

**Crisis Point** - 0161 238 5149 <http://www.turning-point.co.uk/crisis-point.aspx>

**Manchester mind**- 0161 759 5732 or email at [info@manchestermind.org](mailto:info@manchestermind.org)  
[www.manchestermind.org](http://www.manchestermind.org)

**CASS ANY AGE** Women's Self Injury Helpline 0808 800 8088 [www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)

**No Secrets** — supporting those affected by self-injury [www.no-secrets.org.uk](http://www.no-secrets.org.uk)

**Manchester Rape Crisis** - 0161 273 4500. Monday – Friday 10 – 4pm. Wednesday and Thursday 6 – 9pm. Confidential support service run by women and girls who have been raped or sexually abused. Provides signposting for male survivors of sexual abuse.

**Survivors Manchester** – 0161 236 2182/0808 800 5005. Mon, Weds, Fri 9 – 6pm, Tues 9 – 8pm, 9 – 8.30. Confidential support service for male survivors of sexual abuse. Telephone support, face to face support, police support.

**Sands still birth & neonatal death helpline 07756 466841.** Manchester group of the national Sands charity <https://www.uk-sands.org>. Also hold monthly meetings which are open to all , no matter when bereavement occurred. [www.manchester-sands.org.uk](http://www.manchester-sands.org.uk).

**PAPYRUS HOPELINE UK** 0800 068 4141 A specialist telephone service staffed by trained professionals . Providing a safe space to talk through anything happening in your life that could be impacting on your or anyone else's ability to stay safe. For children and young people under the age of 35 who are experiencing thoughts of suicide. For anyone concerned that a young person could be thinking about suicide. Our advisers are all trained to help you focus on staying safe from suicide. Their training enables them to provide advice and support that may help you to move forward and stay alive. If you are concerned that a young person is feeling suicidal, advisors can support you to start a conversation about suicide and explore options of how best to support them.

**Drinkline : Free helpline:** 0300 123 1110 (weekdays 9am–8pm, weekends 11am–4pm) Drinkline runs a free, confidential helpline for people who are concerned about their drinking, or someone else's.

**Narcotics anonymous helpline** 0300 999 1212 for those battling drug addiction

**Support Line Telephone Helpline:** 01708 765200

email [info@supportline.org.uk](mailto:info@supportline.org.uk)

Provides emotional support and keeps details of local agencies providing help and support for all issues relating to drugs.

**Weighed down by debt?** Free debt counselling in your community from an award winning charity Call free on **0800 328 0006** – CAP debt help (Christians against poverty, you do not have to be Christian to access). A charity we offer a completely free service to help you lift the burden of debt.

### **LGBT Number 5 Richmond Street Manchester M1 3HF**

Helpline and email advice You can email the helpline anytime at [helpline@lgbt.foundation](mailto:helpline@lgbt.foundation) and we will reply to you within 10 working days. If you feel you need immediate support then please try calling our helpline on 0345 3 30 30 30

### **If you already have contact with mental health services:**

- Contact your local Community Mental Health Team (CMHT)
  - Contact your crisis team
- :
- We are also launching a helpline for service users and carers which will be supported 24/7 – the number is: **01204 483071** and will go live at 5pm on Friday 20 March 2020. Please see attached flyer
  - For Manchester service users who usually use 0161 271 0450, this number will automatically transfer to the new number without the caller being aware, however we would encourage all service users and carers to contact **01204 483071**

**Self Help Services** 0161 226 3871 [www.selfhelpservices.org.uk](http://www.selfhelpservices.org.uk)  
[communityservices@selfhelpservices.org.uk](mailto:communityservices@selfhelpservices.org.uk) (lists workshops/groups and drop-ins)

**Mental Health in Manchester** (resource website) [www.mhim.org.uk](http://www.mhim.org.uk)

**Please be aware we cannot always include all information received.**

**The Community Inclusion Service workers are based in the local Community Mental Health Teams and along with producing the monthly newsletter continue to provide a range of flexible one-to-one support, peer support, and short courses: a clear support plan via realistic goal setting around**  
**\*Managing mental health \*Developing confidence/independence \*Community inclusion**  
**\*Relationships and support networks \*Work readiness \*Physical wellbeing**

**This list is not exhaustive but provides a snapshot of activities in your local area. We are unable to provide information on the quality of individual services. Kind Regards. The Community Inclusion Service**

**Quiz answers** :Cottonopolis , 2, Rovers return 3, Emiline Pankhurst 4, Joy Division 5, Peterloo Massacre 6, Manchester Storm 7, Maxine Peak 8, United, 9, Andy Burnham, 10, Danny Boyle

**Albums:** a)James,b) Beegees,c) Smiths, d) Stone roses e ) Elbow

**Years:** a) 2002 b) 1997 c)1975 d)1992 e) 1982 f) 1985

**Famous faces:** a) Frank Sidebottom, b)Surrane Jones, c)Alan Turing, d)Marcus Rashford  
e)Victoria Wood

**Places** :1. John Rylands library, 2,Eithad Stadium 3.Imperial war museum 4. Central Library, 5, Ordsall Hall 6. Bridgewater Hall