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Carers Manchester Newsletter

Wednesday 14 October

Autumn has come round so quickly and we've lots of information to share with you this week. This includes; activities taking place in Manchester for Black History Month, details of a free online course to help manage long term health conditions, preventing falls, connecting with music, the latest coronavirus updates and more.

Don't forget, our Contact Point phone line is open Monday - Friday 10am - 4pm (**0161 543 8000**). You can also contact us via [email](#) or our website [enquiry form](#).

If your caring concern is an emergency, you can contact Manchester City Council's out of hours social care services on **0161 234 5001**.

www.carersmanchester.org.uk  [@CarersManchester](#)  [@CarersMcr](#)

Do you or does the person you care for live with a long term health condition?

Join Manchester Mind's [6 week online course](#) to help lift your mood. You'll learn different stress and mood management skills, ways to better handle fears and worries, relaxation techniques, and get help to make positive plans for the future.

The course runs on Mondays from
9 November – 14 December from



There's plenty of events taking place across Manchester this October in honour of [Black History Month](#).

These include the 'Windrush Generations Manchester Voices' exhibition at Central Library, and the 'Images of Protest: Black Lives Matter' exhibition at the People's History Museum. There are also a number of talks and family friendly events at Manchester's libraries.

Carers Manchester Network offers support and guidance to carers across Manchester from the African and Caribbean community, and two of its organisations [ACCG](#), (African Caribbean Care Group) and [ACMHS](#) (African Caribbean Mental Health Services) deliver targeted support to African and Caribbean carers and their families. To find out more about these organisations and the work they do please visit their websites by clicking the links above.



[FREE online workshops this October](#)

Tuesday 20 October:
Being a Carer (10am - 12pm)

Thursday 22 October:
Welfare and Benefits (10.30am - 12pm)

Not familiar with zoom? Don't worry, we'll send you instructions when you [sign up](#) to the event.

Coronavirus Updates

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The government recently announced a new 5 tier system for coronavirus restrictions in the UK. Manchester City Council regularly update their website with lots of useful information including the details of the rules you need to follow.

[Covid Community Response Hub](#)

Manchester's Covid-19 Community Response Hub can help with delivery of food and medication, combating loneliness and more if you or the person you care for are over 70, self isolating and have no support network. It is now closed on Saturdays, but remains open Monday – Friday, 9am – 5pm. If you need support call **0800 234 6123**.

[Shielding](#)

On Tuesday 13 October the government updated their guidance on shielding and protecting people who are extremely vulnerable, including what has changed recently.

[Recovery Peer Support Group](#)

If you or the person you care for is recovering from Covid-19, there is help out there to support you. Manchester Health and Care Commissioning's recovery peer support group is on Wednesdays from 6pm - 7pm. A WhatsApp group is also available for people to continue conversations throughout the week.

[Is it a Cold, Flu or Coronavirus?](#)

Throughout autumn and winter, it might be difficult to know whether you've got a cold, flu or symptoms of COVID-19. Signs of Coronavirus are a high temperature, a new and continuous cough, or loss of smell and taste. If you or anyone you live with has any of these signs, you must stay at home. You can get a test by calling **119**.



Prevent a Fall this Autumn

[Barlow Moor Community Association](#), working in partnership with the Manchester Falls Team are offering FREE advice sessions on how to prevent falling, including information packs, walking aid checks and adjustments.

The sessions take place on **Tuesday 20 October** between 11am and 2pm and brunch or lunch is available. Advanced booking required. To book call Elaine on **0161 446 4805** or text 07985 740 669.

Let's Face the Music...

Are you or the person you care for aged

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Hearts is a free phone call service for people who don't use the internet, to support connections, self-expression and creativity whilst COVID-19 restrictions continue.

You can receive a phone call from a local professional musician, chat about your favourite songs, play or sing together, and create music based on your interests.



Are you a parent or carer of a child with SEND (special educational needs and disabilities)?

Kidz to Adultz is dedicated to children and young adults with disabilities and additional needs, their parents, carers, and the professionals who support them.

They are hosting a free ['Venue to Virtual'](#) event from **Monday 9 – Friday 13 November 2020**, offering visitors virtual access to exhibitors, companies, voluntary and support organisations who will be showcasing their products, equipment and details of their services at various times during the week.

Click the link above to book or for more information call the Kidz to Adultz Team at Disabled Living on 0161 214 4592, email: info@disabledliving.co.uk.



Lest we Forget...

With many parades and events being cancelled this year, we encourage people to print off, colour and display poppies in their windows for Remembrance Day on **Sunday 8 November**, in support of our military veterans.

There are lots of images available online so feel free to use one of the images below, or choose or draw your own.

[Click here](#) for a selection of images to choose from.

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Disability Positive are looking for people with a disability and long term health conditions to take part in a [short online survey](#) on issues affecting their employment during the coronavirus pandemic.

They will use the results of the survey to raise issues with the Disability Minister on disability and employment.

LGBTQ+ Festival of Happiness

Wednesday 28 October - Tuesday 3 November

A FREE [online festival](#) for the LGBTQ+ communities in Greater Manchester and beyond, focussing on creativity, resilience and human connection.

Activities include laughter yoga, meditation and relaxation, creative writing and more.



Advice and Resources

[Manchester Local Offer](#)
(0161 234 1946)

Coronavirus information and advice for SEND families, including education updates, stuff to do, emotional wellbeing, IASM helpline, and finance and benefits - localoffer@manchester.gov.uk.

[Silver Line](#)
(0800 470 80 90)

A confidential, free helpline for older people across the UK. Open 24/7.

[Kooth](#) - free online counselling and emotional well-being support for children and young people in Manchester

[Manchester Community Central](#) - advice and guidance including info on how to volunteer with groups responding to

[Greater Manchester Mental Health](#)
(01204 483071)

A 24/7 helpline for anyone suffering from poor mental health and their carers.

[One Education - Putting Children First](#)
(0161 276 0118)

A helpline for parents/carers of children and young people with Special Educational Needs and Disabilities and for Early Help professionals within Manchester. Monday - Friday 1pm - 3pm.

[Public Health England](#) - update their Coronavirus blog page daily.

[Buzz - Manchester Health & Wellbeing Service](#) - useful information, resources and helplines around a wide variety of mental health topics.

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[BAME communities](#) - information for Black, Asian and Minority Ethnic (BAME) communities during the Coronavirus (Covid-19) pandemic.

[Women's Aid](#) - women and children at risk of domestic violence at home during the coronavirus crisis.

[Greater Manchester Police](#) - information regarding the impact of Coronavirus on areas such as: Courts and tribunals, visas and temporary residents, funerals and places of worship etc.

coronavirus.

[CarersUK](#) - advice and guidance for carers.

[Doctors of the World](#) - information about COVID19 in a number of languages.

Network Members

Please follow the below links to explore our network and find out more. If you would like a network booklet with all our information in one place, please let us know via hello@manchestercarersnetwork.org.uk

[African and Caribbean Mental Health Services](#)

[African Caribbean Care Group](#)

[Alzheimer's Society](#)

[Connect Support](#)

[Gaddum](#)

[Himmat](#)

[Indian Senior Citizens Centre](#)

[Lifted Carers Centre](#)

[LMCP](#)

[Manchester Carers Centre](#)

[Manchester Carers Forum](#)

[Manchester Jewish Federation](#)

[Moodswings](#)

[North Manchester Black Health Forum](#)

[Stroke Association](#)

[Talbot House](#)

[Together Dementia Support](#)

[Wai Yin Society](#)

[Communities 4 All \(Affiliate Member\)](#)

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