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Carers Manchester Newsletter

Wednesday 30 September

Autumn is upon us and we understand if you are feeling anxious and overwhelmed with the new coronavirus government restrictions. This week we have a wealth of information for you including coronavirus updates and support that is available to you as a carer.

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](#)

A listening ear...

If you're over 25, live in Manchester, and are struggling with your mental health, [Manchester Mind's](#) new listening service for adults is now available.

Call **0161 769 5732** between 10am and 2pm or email info@manchestermind.org.

Looking to chat with other carers? The

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days a week.



Coronavirus Updates

[Latest government restrictions in Manchester](#)

Manchester City Council regularly update their website with lots of useful information including the details of the rules you need to follow and what you can and cannot do.

[Job Support Scheme](#)

A new 'jobs support scheme' will replace the furlough scheme at the end of October. To be eligible, workers need to be working at least one third of their usual hours, the government will then pay a third and the employer will pay a third. This means they could get 77% of their normal pay.

[Statutory Sick Pay](#)

Statutory Sick Pay (SSP) eligibility has been extended to patients who are advised to self-isolate ahead of surgery and who are unable to work as a result.

[£500 Test and Trace Support Payment](#)

The government has announced a £500 Test and Trace Support payment for people in England claiming qualifying benefits or working tax credit who are required to self-isolate to avoid coronavirus transmission.



FREE online workshops this October

Wednesday 7 October: Modern Meditation (10.30am - 12pm)

Tuesday 8 October: Moving and Handling (1pm - 3pm)

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.

African Caribbean Care Group offering a helping hand

The [African Caribbean Care Group](#) are offering a befriending service for anyone who is feeling particularly isolated or lonely during this difficult period. They can take referrals or can be contacted directly on **0161 226 6334**. They are also delivering Caribbean meals from Monday to Friday between 12.30 & 2.30pm. The cost is £5.50 per 2 course meal.



Brush up your cooking skills with Bounceback Food

Are you an unwaged carer based in Cheetham Hill? Do you have a passion for food and are interested in either finding work in the food sector or starting or own food business? Join [Bounceback Food's](#) 4 week 'Fresh Start' programme to learn a combination of practical cooking activities, hands-on training and opportunities to gain accredited qualifications.

The course runs on Tuesdays from 6 - 27 October (10.30am - 1.30pm) at Khizra Mosque and Federation House. For more information and to book contact info@boucebackfood.co.uk.



Yoga for SEND parents

Manchester Parent Carers Forum are pleased to announce the return of their weekly yoga sessions for parents and carers of SEND (special educational needs and disabilities) children in Manchester.

Sessions will take place on Thursdays at 11am at St Chad's Community Hall in Ladybarn (maximum 6 participants, booking required). [Click here](#) for more information.

[Subscribe](#)[Past Issues](#)[Translate](#) ▼**dementia?**

In these difficult times, it's important to take a break. [Health Awareness](#) have published some useful information on taking breaks when caring for someone with dementia. It includes tips and advice such as doing an activity you enjoy.

Carers UK also have a digital '[You and your Wellbeing](#)' course for carers, designed to help you build strategies to maintain your physical and emotional wellbeing whilst caring.



Gaddum are looking for a Financial Services Lead.

Looking for a new role in finance?

Gaddum are looking for a [Financial Services Lead](#) to support in delivering their organisational objectives by providing a vital financial management function and controls as well as ensuring quality, governance and value for money.

The role will be responsible and accountable directly to the Chief Executive and report to the Senior Leadership team and Trustee Board as required. The closing date is noon on **Monday 12 October.**

Wai Yin Autumn online courses

Wai Yin Society are offering free online courses for BAME women who are not currently in employment throughout the Autumn.



These include art classes, conversational English, life in the UK, gardening, confidence workshops and more. [Click here](#) for more information.

NHS video consulting

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sure how it works? The NHS has produced a [useful guide](#) on how to do video consultations.

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 (COVID-19).

[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.

[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.

[Sign Health](#) - BSL information on 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

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