



**Neighbourhood update – 28 August 2020
Chorlton, Whalley Range and Fallowfield**

Hello Chorlton, Whalley Range and Fallowfield Neighbourhood Partnership, I hope you are all looking forward to the bank holiday weekend? This update – **no.23** - is full of information to support those people most at risk from Covid-19 across Chorlton, Whalley Range and Fallowfield. Please share widely with anyone that you think it might be of interest to, and help us to keep local residents safe and well.

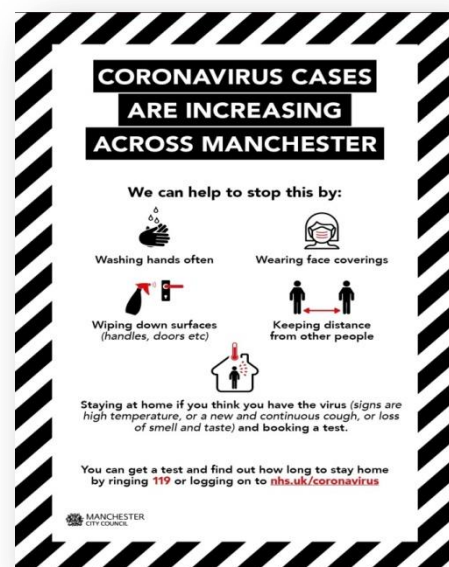
Please continue to talk to your family, friends, neighbours, patients, clients and anyone else about how we can all play our part in helping to stop the spread of covid-19 in Manchester. Once again I've attached a JPEG file of the latest Manchester City Council leaflet in the accompanying email, which can be shared far and wide.

Manchester City Council Resource Hub has lots of other national accredited information translated into different languages (handwashing, social distancing etc.), and audio files too. You can access them via the MCC [website](#).

GP Practices in Chorlton, Whalley Range and Fallowfield remain OPEN! If you are feeling unwell or are worried about an existing health condition then please contact your GP practice by telephone or via GP online services.

DO NOT VISIT YOUR SURGERY IF YOU HAVE SYMPTOMS OF COVID-19 - SELF ISOLATE AT HOME AND TELEPHONE 119 TO ARRANGE A TEST.

Manchester's Covid-19 Community Response Hub is operating on reduced hours this bank holiday weekend – see opposite!
Normal weekday operating hours (9am to 5pm) will resume on Tuesday 1 September.
Freephone: 0800 234 6123
or email: COVIDSupport@manchester.gov.uk
or text: **078600 22876** (messages responded to by the next working day) or visit manchester.gov.uk/coronavirus



**Helpline: Summer Bank Holiday
opening times**

Saturday 29 August: 10am - 2pm
Sunday 30 August: Closed
Bank Holiday Monday 31 August: Closed

CALL 0800 234 6123

COVIDSupport@manchester.gov.uk

If you are concerned that someone you know might be at risk and in need of some practical support then you can contact:

- **Care Navigator Service** – referrals via mft.carenavigators@nhs.net (also by phone: **0300 303 9650**)
- **Be Well** – referrals now via any organisation: bewell.mcr@nhs.net or **0161 470 7120**. Further information [here](#).

Preparing to Step Out into a New Normal

Community groups and organisations from across the neighbourhood have collectively designed an information leaflet - **'Stepping Out into a New Normal After Lockdown'** – which has been created to support residents in Chorlton, Whalley Range and Fallowfield who have been shielding during the covid-19 pandemic. This follows intelligence from the Age Friendly Whalley Range and Chorlton group who raised a need for this poster and offered constructive feedback on the final draft. I have attached a copy of the poster to the email and would ask that you share it with anyone you know that would benefit from this information. *Big thanks go to Yasmin Holgeth from Buzz, who coordinated this project and to Laura Cassidy, also from Buzz, who has walked the length and breadth of the neighbourhood this week, mainly in the pouring rain, to distribute posters to local community pharmacies.*



COVID-19 Recovery Peer Support Group

Manchester Health and Care Commissioning (MHCC) 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 **07702-668169** with your name or email val.bayliss-brideaux@nhs.net. The group are meeting every Wednesday evening from 6pm. Expenses are being offered to support people joining the group.

Manchester Pride takes place online this weekend. There's a virtual parade, performances and much more! **Please keep Manchester safe and celebrate from home this weekend! You MUST NOT mix households.** Further information on this year's pride plans can be found [here](#)

MCC Chorlton Neighbourhood Team are organising a social distancing day of action in Chorlton District Centre on **Tuesday 15th September** from **10am to 1pm**. They will be talking to residents and businesses about how to stop the spread of covid-19. Please pop along and say hello, or if you'd like to join us in getting the key messages out to as many people as possible then please let me know: dawn.harris15@nhs.net / 07305943205.

Mutual Aid Groups and Volunteering

Coronavirus hasn't gone away and there are still people across Chorlton, Whalley Range and Fallowfield that require support. If you know of someone that requires help with shopping or other practical tasks, then please consider getting in touch with the groups at the links below:

[Chorlton Coronavirus Community Response](#)

[Whalley Range Covid-19 Mutual Support Group](#)

[Compstall Avenue, M14](#)

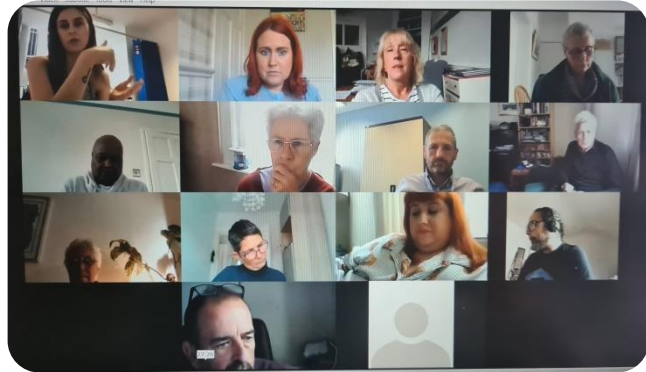
[Fallowfield Vs Coronavirus](#)

Partner Updates

Chorlton, Whalley Range and Fallowfield VCSE Forum

On Wednesday 26 August representatives from a number Chorlton, Whalley Range and Fallowfield community and voluntary sector organisations came together on Zoom to take part in our second VCSE Forum. Our theme for the session was **'build back better'** which generated a number of really interesting discussions. The group are keen to continue with the 'Two Stars and a Wish' activity that we introduced at our first meeting to start to build a map of our current community assets (taking into account the impact of covid-19); including the gifts of individuals, associations and institutions, and physical spaces. We'll be working together to collect this information, with a view to using it to build on what we already have in our neighbourhood.

Can you be involved? – Yes absolutely! We need as many people to take part in this activity as possible in order to understand what assets we have in Chorlton, Whalley Range and Fallowfield. I will be sending out our 'Two Stars and Wish' template next week and would request that you complete it and send it back to me on dawn.harris15@nhs.net.



Our next meeting will be held on **Wednesday 30th September at 2.30pm via Zoom**. If you'd like to get involved then please contact me on the email address above or on 07305943204.

Whalley Range Climate Action have organised a 'Build Back Better' meeting, on 10th September at 8pm, to develop plans for community wealth building. To attend please register [here](#).

Self-Help Services continue to operate as normal for support with mental health needs. All assessments and therapy sessions are currently conducted over the telephone and they will now be adding video calls to their options for support. All referrals can be made via professional, GP or self by calling **0161 226 3871** or through the [website](#). An initial assessment appointment will be offered within 1-2 weeks of referral.

Greater Manchester Mental Health NHS Foundation Trust (GMMH) continue to operate their 24/7 helpline. You can call their free phone number: **0800 953 0285**

Urgent help and crisis support information can be accessed [here](#).

Please email me with any information that you'd like to share with local residents and the neighbourhood partnership: dawn.harris15@nhs.net

Our 24/7 Helpline is changing



You can now call the number below, **free of charge**.
The helpline is open every day, 24 hours a day.

The free 24/7 helpline number is

0800 953 0285

We are here to help you during this tough time - please reach out to us if you need us.

In Other News.....



Who would you like to thank for all they have done in response to the covid-19 pandemic? The Spirit of Manchester 2020 awards are now open for nominations. This year is non-competitive it's simply about highlighting and celebrating the great work happening across Manchester.

Funding information is available from Manchester Community Central (MACC) can be accessed via their [website](#).

In Previous Updates....

To request a copy of a previous update please contact dawn.harris15@nhs.net or call / text or WhatsApp **07305943204**.

Keep In Touch

Please send me any information, good new stories and feedback: dawn.harris15@nhs.net.

Other ways to keep in touch: Twitter: [@dawnhealthdev](https://twitter.com/dawnhealthdev)

Facebook: [Chorlton, Whalley Range and Fallowfield Integrated Neighbourhood Team](#) or

Twitter: [@ChorWhalFallINT](https://twitter.com/ChorWhalFallINT)

Thank you for your continued support in helping to keep the people that live and work in our neighbourhood safe and well. Have a great bank holiday weekend!