

WRCF Clean and Safe Report August 2020





Working Together for Whalley Range



COVID-19 COMMUNITY RESPONSE FUND

Thank you. Give a little, help a lot

#givealittlehelpalot





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The Whalley Range Community Forum (WRCF) has been running since 1995 and is a small volunteer-led charity based at the JNR8 Youth & Community Centre on Cromwell Avenue in Whalley Range.

Due to the current situation with the Coronavirus (Covid-19) pandemic, the Forum unfortunately had to close the JNR8 building from the end of February 2020 - suspending all activities and classes.

We normally run community classes and activities for physical and mental wellbeing, including women-only and older people's groups. We hold residents' meetings, events, talks and classes around food health and nutrition and provide foodbank vouchers.

To support our Whalley Range residents we successfully applied for funding from Forever Manchester, We Love Manchester and MCC to provide a **free** Clean and Safe pack of non-food household cleaning products and personal care items for people in the community - carefully packed in line with safety guidance.

Because of the pandemic, some people have found it difficult to buy some essential items: maybe they are a carer, maybe they can't go out to the shops as they are isolating/shielding or scared, maybe they are struggling to pay for things - or maybe they are too embarrassed to ask people to get them personal items.

If you or someone you know are struggling and would like to be considered for a free Clean & Safe pack - and you have a Covid-19 neighbours WhatsApp group - let the admin of the group know, or email us/ask a friend or neighbour to email us for you: wrcfcleanandsafe@gmail.com

The Clean and Safe packs include:

- Shampoo,
- Shower gel,
- Soap,
- Tissues,
- Loo roll
- Washing-up liquid,
- Spray all-purpose cleaner

We also provide some extras on request: e.g. denture fixative, period pack, incontinence pads. If people would like any of these items added to the pack, or there is something else you would like us to try to get for them we asked them to confidentially get in touch by phone or email. A dedicated email account was set up for the project.

wrcfcleanandsafe@gmail.com

All products provided are cruelty-free and eco-friendly (with recyclable bottles)

We also included a copy of our Forum Directory – with useful information and phone numbers.



Whalley Range Community Forum
JNR8 Youth & Community Centre,
82 Cromwell Ave, Whalley Range M16 0BG
0161 881 3744 (Leave a message)
Website: <https://www.whalleyrange.org/>

Because of the coronavirus, some people have found it difficult to buy some essential items: maybe they are a carer, maybe they can't go out to the shops as they are isolating/shielding or scared, maybe they are struggling to pay for things - or maybe they are too embarrassed to ask people to get them personal items.

Clean & Safe Pack - a gift for you from Whalley Range Community Forum

If you or someone you know are struggling and would like to be considered for a free Clean & Safe pack - and you have a covid-19 neighbours WhatsApp group - let the admin of the group know, or email us/ask a friend or neighbour to email us for you: wrcfcleanandsafe@gmail.com

The pack includes: Shampoo, Shower Gel, Soap, Tissues, Loo roll
Washing-up liquid, Spray all-purpose cleaner
Cruelty-free eco products (please recycle the bottles)

A copy of our Forum Directory – with useful information and phone numbers

Extras on request: e.g. denture fixative, period pack, incontinence pads: please text Christine on 07751666150 to confidentially request extra items 😊

ABOUT THE WHALLEY RANGE COMMUNITY FORUM

We are a local charity based in Whalley Range since 1995.
We run community classes and activities for physical and mental wellbeing, including women-only and older people's groups. We hold residents' meetings, events, talks and classes around food health and nutrition and provide foodbank vouchers.

The Clean and Safe packs are supported by:



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Chorlton Bike Deliveries

19 Jun • 🌐

Such a lovely collaboration yesterday! Whalley Range Community Forum has put together 'clean and safe packs' for residents receiving free cooked meals from **Tibetan Kitchen** and we were delighted to do the delivering!

#neighbourshelpingneighbours
#KindnessGoesViral



The project was fundraised and facilitated by the Whalley Range Community Forum.

We worked with a range of Partners to identify people who would benefit: the criteria was loosely based around vulnerability, poverty, mental health issues, shielding, self-isolating. And people forced to live apart from friends and family who needed some extra care.

Also for people nervous about leaving their homes, those who had a lack of family/friends support and those who were very isolated - having lost their support systems, access to their social groups and people struggling with loneliness and depression. Some were couples who were self-isolating/shielding together and didn't like to ask neighbours to purchase what may be perceived as non-essential' items – but the items included domestic cleaning and personal hygiene items – which are important for people's peace of mind and self-esteem.

One of the residents we supported had just moved into the area into a housing scheme and the sudden lockdown affected her finances and left her struggling with benefit changes.

We distributed the packs to a wide range of people of all ages/sexes and faiths/cultures.

As the project was delivered by the WRCF - a well-known and established small local charity - people felt confident in contacting us/referring people. The newly formed Covid-19 mutual aid and WhatsApp neighbours/street groups were invaluable in identifying 'hidden' people who were struggling. Promoting the message 'We're all in this together' meant that people were not as worried about reaching out.

A local housing scheme has a number of residents with poor mental and physical long-term health conditions. Since delivering the pack to several of these residents, the scheme manager has signed up to our mailing list. We send information bulletins out – and a recent bulletin featured a request for people to make non-medical reusable face masks for the local older community– and several of these residents have signed up to the project, to give back and keep busy during lockdown.

Partnerships

- Manchester Health & Care Commissioning
- Chorlton Bike Delivery service
- Tangmere Court
- Trafalgar Court
- Hibiscus Court
- Adastral House
- KPS Pharmacy, Whalley Range
- Contact Hostel
- Co-op Food store Whalley Range (compostable carrier bags for packs)

Feedback...

Could I order a pack on behalf of a vulnerable neighbour please?

He does not know I am requesting this but some of us in the street are providing food for him and buying shopping each month as he has lost his support network during COVID.

He doesn't like to ask us for much so we feel he will be doing without some essential items.

Kind regards

Hello Chris

Thank you for dropping off the pack for ****, I gave it to him and he was pleased.

Hi Chris

Lovely goodies, muchas gracias - practical & pampering too; I feel spoiled....



Great to meet the sender of messages & emails

And the Directory is brilliant - roll on safe unlockdown

The age restrictions due to lockdown have caused me some rather difficult financial problems.

Could I please be considered for a Clean & Safe Pack? I am ok for shampoo & shower gel due to the generosity of the S Manchester Food Bank but would appreciate any help with other personal items available.

Thank you for listening.

Please can I have one I would really appreciate it, it would come in very useful thanks

Yes I received my parcel thank very much very useful thank you

Hi, I live in Whalley Range and would love to get a cleaning pack as it says on WhatsApp, if possible.

Thank you so much Chris for the wonderful pack.

I really appreciate it.



Lots of love and thanks

Hi Chris

Please could I request a pack for one of our residents and a couple of period packs she'd be very grateful, Thankyou.

You're doing a great job.

Hello Is it possible for someone, a woman from the mental health groups who is struggling to have a pack please If so we could collect and deliver

Thanks

I have a vulnerable person that would benefit from one of these packs. Kind Regards,

Hi I was wondering if I could please have a toiletries pack? I am very vulnerable and have struggled to get stuff like this. Thank you so much

Thanks so much for the pack! Sorry we missed you. Was in the shower! Fabulous and really thoughtful stuff. Brilliant. I really appreciate it x

Please could I have some of the pads: I don't like to ask my grandson to buy them for me, but I need them if I go out for my daily walk

Hi I was wondering if I could please have a toiletries pack? I am very vulnerable and have struggled to get stuff like this.

Thank you so much

Could you also include period pack ? That would be fantastic as me and my daughter have been struggling with that too.

Hi WRC, please can I place an order of clean and safe pack for about 12 – 15 residents at the scheme

Hope this request is not too large, if it is , whatever you can spare

Thanks so much for the pack! Sorry we missed you. Was in the shower! Fabulous and really thoughtful stuff. Brilliant. I really appreciate it x

Hi Chris
Thank you very much for going all the hard work you have always done . I will ask mr Afzal if he can collect or I will do it if he is not able to . I will let you know.

Dearest Chris. Thank you so much for the box full of items you gave so useful. Take care 😊

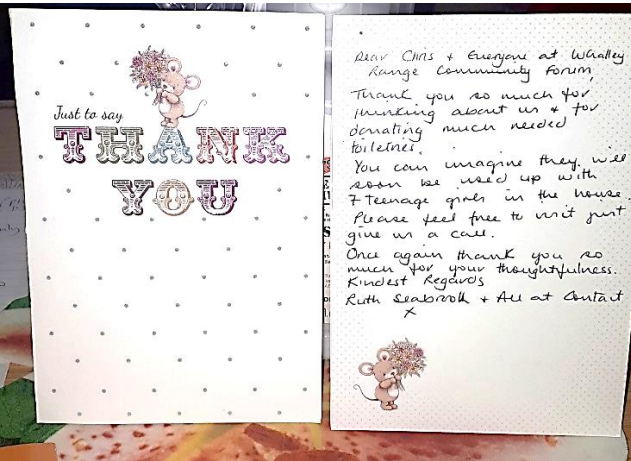
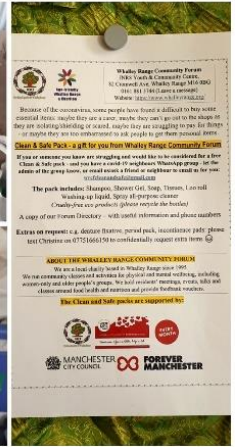
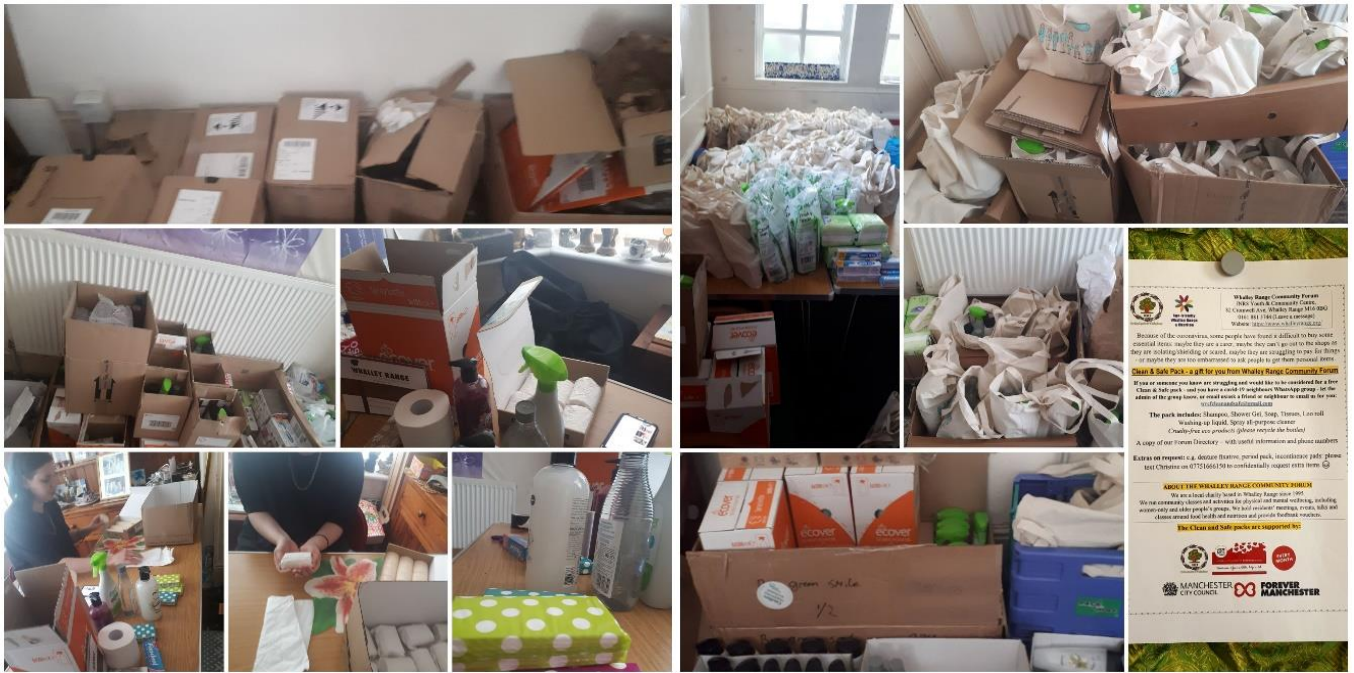
I have emailed the Clean & Safe contact with details of my circumstances but am getting in touch with you to see if you might be able to help me with denture items (long overdue dental appt!) & panty pads for my weak bladder probs. Not night incontinence pads as my wake up instinct still works!

Hello Aftab, I hope you are well. I have put 15 Clean and Safe personal and cleaning items packs together for the men's group - as we discussed. I wondered if someone could collect them and drop them off? With data protection this would be the best way I think. Many thanks, Chris

Dear All,
Please see details of this free Whalley Range Community Forum initiative below.

We are distributing these packs to people already on our lists - but it would be really helpful if community groups/neighbours etc. could request a number of packs for those Whalley Range residents they feel meet the criteria in the email/on the poster. For data protection and safety in delivering - if people could request the amount of packs they need and email the address below I can sort out a time to be at JNR8 to distribute. Please reply to wrcfcleanandsafe@gmail.com Thanks in advance. Chris

Thank you for the **packs** everyone loved and appreciated them. If you have a couple more spare can you drop off at the scheme please in the morning when ever free Thanks Yvonne



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Distributed to:

- Isolated older people and those who were shielding
- People who attended our social groups and were isolated and struggling with depression
- Local school families who were identified as in need by school staff
- Local homeless young women's hostel
- Women of various ages who struggled to buy sanitary and personal products
- People with health conditions who were too embarrassed to ask family/volunteers for personal products
- Residents across Whalley Range identified as in need by residents' groups, neighbours and MCC response
- Self-referral from residents who were struggling mentally and financially
- People living in 3 Whalley Range over 50's housing schemes who were shielding/self-isolating and worried about leaving their homes
- New arrivals to Whalley Range pre and during the initial stages of the pandemic: social worker and self-referrals
- people with health issues/disabilities, those financially struggling as identified by scheme managers and neighbours
- People struggling with deteriorating mental health and unable to leave home
- Older Asian Men's support group who met regularly pre-covid
- Residents identified by neighbours who had lost their support networks
- Whalley Range residents with long-term health conditions: packs distributed by local pharmacy along with prescriptions
- Resident with disability and anxiety: his car broke down so he couldn't shop and was too anxious to request help (given additional support)
- Foodbank users: 15 packs donated to Manchester South Central Foodbank to distribute to Whalley Range Foodbank recipients
- 15 packs delivered to recipients of the free 'Food Fantastic' meal initiative for vulnerable residents by Tibetan Kitchen – delivered by the Chorlton Bike Delivery team
- 5 residents who had returned home from hospital
- Older people who are shielding and or isolated supported by a resident's group