

Chorlton Voice Bulletin June 2020

Introduction

Volunteering has always been strong in Chorlton, with lots of different kinds of groups all run by volunteers with opportunities to get involved. Never more so than during the pandemic.

We could be forgiven for finding all the new volunteering opportunities confusing. There is the Government scheme, run by the Royal Voluntary Service; The Council Scheme – Manchester VIP for CoronaVirus volunteering; Manchester Volunteer Centre for voluntary sector volunteering run by MACC; GNCA wading in to signpost people to volunteering opportunities in each authority; and participating in the dozens of street level mutual aid groups. Beyond this, for example, sewers have been sewing scrubs, masks, headbands, hats; cyclists have been delivering goods by bike; plants are being shared and sold for good causes; jams and chutneys are being made for neighbours to buy for good causes; people who might be lonely are being telephoned; young people are doing sponsored runs; food banks are working their socks off and others are still managing to donate. And of course neighbours are helping each other out with all sorts of things. As MACC has said, ‘this is the biggest act of organised kindness in our City’s history’.

One of the things volunteering does is give us a sense of purpose as we are able to give to others. And **give**, is one of the now well known *Five Ways to Wellbeing*. The others are: **notice** – so when we note the silence of no traffic, the singing of the birds, or the cleanliness of the air, we are taking notice; **learn** – so when we have tried a new or forgotten skill, discovered something we didn’t know through our children’s home learning, watched a new play on television, or had some new ideas, we are keeping on learning; **connect** – this has been hard for some of us during recent months, but smart phones, computers, I-Pads and the trusty telephone, and every conversation we have had with family, friends or acquaintances, without the need to pay for data or phone bills, are all ways we have been able to stay connected; **be active** – one of the hardest things to do for many of us since March, but those walks round our gardens, round our apartments, up and down our stairs, doing the housework, as well as those on-line exercises have all been ways of keeping active (if only for half an hour a day!).

Somewhat paradoxically, then, these most extraordinary of times have thrown up some opportunities to keep our wellbeing ticking over, even if our physical beings are under threat, and it has been hard at times to feel optimistic about ever getting make to any kind of normality. We hope the easing of the lockdown proceeds carefully and successfully and that it will not be too long until we are able to enjoy each other’s company – without having to sit, at a distance, under umbrellas in the garden!

Carolyn Kagan, chair@chorltonvoice.org

Chorlton Voice Meetings

We do not know when we will be able to hold face to face meetings again. For now, the July meeting is cancelled. We are cautiously optimistic that we may be able to hold a meeting in September, but wont be surprised if that is still too early.

Friends of Hough End Hall

It is with some regret that at the last AGM of the Friends of Hough End Hall, it was decided to close the organisation. The Company was formed to acquire, restore and manage the Hall

for the good of the community of Chorlton. As the Hall has new owners and functions to serve the South Asian community, there is no further role at this point in time for the Friends of Hough End Hall. You will be pleased to know that after considering a number of options, the Directors and Committee members agreed that the remaining funds (just over £1,000) should be transferred to Chorlton Voice (Civic Society), to be earmarked for heritage projects. This should boost our coffers somewhat and give us a chance to develop some creative ideas to showcase the history of the area. This will be a theme of Chorlton Voice during the forthcoming year. So thinking caps on! The friends group acknowledged and registered their thanks to Chorlton Voice for all the enthusiastic support given to the original project. If you haven't seen the interpretation Boards in the park – do go along and have a look. They should be graffiti clear at the moment! If you haven't bought the Hough End Hall Story book, why not get from the library or buy a copy from the bookshop? Andrew Simpson is finding new things out about the occupants of the Hall, so go along to his blog at <https://chorltonhistory.blogspot.com>. If you have forgotten what the Hough End Hall project was, there is a summary at <https://houghendhall.files.wordpress.com/2020/07/bulletin-13-july-2020-1.pdf>

Congratulations to Reach Out

Reach out to the Community, based in Chorlton was one of the organisations to be awarded the Queens Award for Voluntary Service. Very well done to them and to the vital support they have been able to give to people who are experiencing homelessness across South Manchester, and to help them rebuild their lives. Great news and justly deserved. Other nearby groups to have received the award include Sow the City, based in Hulme and Love Withington Baths. Fantastic!

Welcome back to Manchester!

There is a useful resource with advice for moving out of lockdown, complete with a #MCRHUG to be found at www.welcomebackmanchester.com

Library re-opens

Talking of welcoming back...Chorlton Library re-opened on Saturday July 4th. The Library website given the following information on opening times:

Opening times for library

- Tuesdays from 11am to 3pm
- Thursdays from 11am to 3pm
- Saturdays from 11am to 3pm
-

The library will be available for use by over 60s from 10am to 11am on Tuesdays and Thursdays.

Bike delivery consultation

Design and Make a Cake for Chorlton

The cake challenge is still open. This is the opportunity to really put Chorlton on the map through the invention of the Chorlton Cake. Either send a picture of your cake plus its recipe to events@chorltonarts.org or upload it on the Chorlton Cake facebook page www.facebook.com/ChorltonCake. Please do tell your friends and neighbours who may have missed the challenge – they can send their ideas to Chair, Chorlton Arts/Cake, 37 Chandos Road South, M21 0TH.

Capture the Pandemic (not literally) for NW Film Archive

The [North West Film Archive](#) is appealing for the public's help to gather video footage of life in the North West during the Coronavirus pandemic.

The [#lockdownlife](#) appeal aims to find a wide range of footage taken during the lockdown to paint a picture of what life was really like in the North West of England and to preserve our experiences for future generations.

The archive wants to show as many different people's perspectives of life through this unique period of time.

Ideas for films include those that show social distancing, lockdown life, connecting with friends and loves one from far away, life at home or work, empty streets, experiences of key workers, Zoom parties, or the weekly applause for the NHS on our streets.

For more than 40 years, the [North West Film Archive](#) has been collecting and preserving these moving images depicting the lives and experiences of North West people from the late Victorian era right up to the present day for everybody to learn from and enjoy.

If you'd like to be involved in the [#lockdownlife](#) project, please send your videos straight to n.w.filmarchive@mmu.ac.uk, or using the same email address via file transfer services such as WeTransfer or DropBox.



ARMR COMMUNITY SERVICE – HOT MEAL REFERRAL FORM

During the current COVID 19 outbreak we are providing free hot healthy plant based (vegan) meals to vulnerable members of the community. ARMR Community Service is the social value arm of our retail premises 'ARMR Store'. We have been working with Ardwick and Longsight Mutual Aid group with a shared vision to support and empower communities to maintain good levels of health and wellbeing at this time.

The food we provide is in line with our store ethos and is based on afro-caribbean inspired cuisine. Our aim is to support elderly, single occupancy households and those at risk of social isolation. We will take referrals for families but on a once per week, per family basis.

Hot food parcels will initially be delivered between 4pm- 6pm Tuesday, Wednesday, Thursday with opportunity for carers to collect food from Brunswick Church between 2pm – 4pm on those days also. This may change depending on demand.

We are currently only accepting referrals from Primary and Secondary care providers along with voluntary and community sector organisations, this is not a self-referral service. ARMR Community Service is limited to the central Manchester locality, covering the following neighbourhoods;

- **ARDWICK**
- **LONGSIGHT**
- **LEVENSHULME**
- **GORTON**
- **HULME**
- **MOSS SIDE**
- **RUSHOLME**
- **CHORLTON**
- **FALLOWFIELD**
- **WHALLEY RANGE**

To refer clients; please complete below and submit by 1pm to secure same day collection / delivery. In cases where regular support is required only one form will need to be submitted and these will be reviewed on a monthly basis. It is important that should the client no longer require support, the referring organisation is responsible for making ARMR Community Services aware at the earliest possible opportunity. For families, a new form submission would be required each time.

REFERRER DETAILS

Name

Organisation

Email Address

Contact Details

Do you have consent to refer client Y/N

If client does not have capacity to consent, have their best interest been considered?

Y/N

Reason for Referral

CLIENT DETAILS

Name

Age

Address

Postcode

Contact Number

Delivery Address (if different from above)

Dietary Requirements / Allergies

Risks (Environmental or Physical)

DELIVERY NOTES AND ANY ADDITIONAL INFORMATION

Submit referrals to: [Hello@armrstore.co.uk](mailto>Hello@armrstore.co.uk)

Integrated Neighbourhood Teams (INTs for short)

Did you know there was a Chorlton, Whalley Range and Fallowfield Integrated Neighbourhood Team bringing health and social care services together to improve health and wellbeing?. Regular updates and useful information are posted on their Facebook site <https://www.facebook.com/ChorwhalfallINT/>

If you live in Chorlton Park Ward, there is a different Didsbury, Burnage and Chorlton Park Integrated Neighbourhood Team. If you would like regular bulletins and information, please contact Fiona Vincer, Health Development Coordinator Burnage, Chorlton Park, Didsbury; Mobile: 07789 860 969; Email: fiona.vincer@nhs.net; Twitter: @DBCP_INT and @HealthysouthMCR

Face masks – to wear or not to wear?

It may be of interest to CV members that our very own Jenny Slee was on Radio 4's Any Answers Sat.6th June
Click onto the link below and advance to 3 mins and 40 secs.

A bbc.co.uk account is required to listen, but they're free.

<https://www.bbc.co.uk/sounds/play/m000jsz6>

Jenny raises concerns about the safe wearing of face masks and a health physicist replies with an explanation of why we should wear them.

The conclusion is that facemasks protect us all; particularly they protect others from us if we have an infection (even if we don't know it). So wear in crowded places (public transport, hospitals, doctors' surgeries, smaller shops); wear once only; dispose of disposable masks in plastic bag in the rubbish; take off cloth or other reusable masks carefully washing mask in warm soapy water and sanitising hands after handling.

MICRA Webinar Series: 11am - 12pm Friday 19th June. Communities and Covid-19: the impact of social inequality and social distancing on older people (sent by Dave Thorley)

We are delighted to host the second title of the MICRA webinar series. Please register here: <https://www.eventbrite.co.uk/e/communities-covid-19-tickets-107819268334>

We will host three speakers and a Q&A session. Chris Phillipson will review the impact of Covid-19 on community life, placing this in the context of increasing inequalities affecting neighbourhoods over the past 10 years. He will argue that the nature of the pandemic is raising fundamental questions about the changing nature of our communities, and the responses necessary to support older people in periods of economic and social crisis.

Sophie Yarker will talk about the implications of social distancing measures on how we use public spaces and how we maintain social connections. She will reflect on how important social infrastructures are adapting to deliver their services in the context of the virus and reflects on what issues around social connections may become more pressing as we move into the next phase of the pandemic.

Tine Buffel will consider the implications of COVID-19, and the challenges facing older people living in deprived communities, for developing age-friendly community recovery plans. She will conclude with presenting the research plans led by the Manchester Urban Ageing Research Group which will assist this agenda.
