Chorlton Voice Bulletin May 15th 2020

Hello everybody – We hope you are still keeping well and are not getting 'cabin fever' from the lockdown. The Chorlton Voice Committee has been meeting fortnightly to consider planning and other issues. The latest was a proposal from Damas to extend and have an outdoor seating area in what is now the scrap land on the corner of Sandy Lane. We did not think their plans, as they stand, would enhance that prominent position.

We have included here a compilation of information that may be of interest and that you might not get from anywhere else. But we apologise if you have already received some of this.

If you'd like anything included in the next bulletin, please let me know

Carolyn Chair@chorltonvoice.org

We are pleased to announce that Chorlton Arts will run a Chorlton Cake Challenge. So get your ideas flowing, your baking tins out and have a go.

Chorlton Cake Challenge

CREATE THE CHORLTON CAKE

We have Eccles Cake, Chorley Cake, Welsh Cake, Bakewell Tart, Bath Buns, Chelsea Buns, London Cheese Cake, Tottenham Sponge, Battenberg Cake, Madeira Cake, Danish Pastries and Belgian Buns but to name a few. Now is the time for a cake that belongs to the township of Chorlton, what do you think it should look and taste like? Here is the challenge to all the cake shops, bakeries and individuals in Chorlton to bake a Chorlton Cake.

If you are up for the challenge and you want to join in this community project see the web site for full information. www.chorltonarts.org/cake

Flour, Flour, Flour

If you are finding it difficult to get flour (which you will probably need for your cake – see above), you will be interested to know that a family in Whalley Range have set up a flour cooperative. From them, you can buy sacks of flour that would normally have gone to the catering and restaurant trades. Why not get a sack and share with your neighbours? You could try different flours for making your Chorlton Cake! There is a facebook page which lists the different kinds of flour available – just about every sort!:

https://www.facebook.com/groups/2228019458/permalink/10158581585744459/

It's really cheap (£16/17 for 16kg sack), but at that price, Simon is still able to make a surplus and support local food banks.

***Phone Simon Waters on* 07 421 025 241 for any enquiries.**

Open Up Magazine

The latest issue of Open Up is online at https://view.publitas.com/open-up-magazines/open-up-may-june-2020/page/1 As usual it is a really good read, full of local information and inspiring stories.

Manchester Active

Across the city, MCRactive are promoting daily messages of support, inspiration, guidance and updates around physical activity and wellbeing on their Facebook, Twitter and Instagram pages. Give them a follow, take a look at #MCRactive, and share details with your friends and family about @MCRactive too! You can also sign-up to their newsletter to receive ideas and inspiration straight to your email inbox, so you don't need to go looking for it.

MCRactive would also love to hear about the innovative ways Mancunians are being active, and they're keen to share any methods you have! If you have inspiring content – be it a short video, image, creative idea or message, you can send it to info@mcractive.com or share it with @MCRactive on any of their social media accounts.

Now, more than ever, is the time for us to be proactive around our levels of physical activity whilst recognising and sharing those small moments of happiness in our days. Stay safe, move more when you can, and look after both yourself and your loved ones.

Greater Manchester Tree Strategy

This strategy has just been launched – see below for access to launch and the full report. The full strategy can provide grist to our mill when we try to argue for more trees, or the protection of trees during developments.

- The recording of the full webinar is available here – https://www.youtube.com/watch?v=iu6J-r8E1BQ
- To just view Cllr Western's welcome speech – https://www.youtube.com/watch?v=4t0LKVQO7mY

- To just view the All Our Trees intro video – https://www.youtube.com/watch?v=VhV1uAzmpz8
- To just view Bryan's presentation on how to use the maps– https://www.youtube.com/watch?v=qohDjie-TmM&t=3s
- To view the interactive maps on GM mapping - https://mappinggm.org.uk
- To download the full All Our Trees strategy document – http://www.cityoftrees.org.uk/allourtrees

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Information from TfGM about travel on public transport: Coronavirus has affected all aspects of our lives, including how we travel. This week government published a new guide to help people understand if and when they should travel - and how to do so safely during the coronavirus outbreak in England. The guide gives advice for walking, cycling, driving and travelling on public transport.

The Government's latest advice is that you should stay at home as much as possible, work from home if you can, stay local and only travel if it is necessary.
If you do have to travel, walk, cycle or drive if you can and continue to avoid public transport unless you have no other option - leave it for those with no alternative.
Increased walking and cycling will be essential to reduce pressure on our roads and public transport networks so please do consider this as one of your options.
If you have to use public transport, please help to keep yourself and others safe:

- Wear a face covering when you travel
- Keep a distance of 2 metres where possible on platforms, stops, stations and interchanges and while travelling on trams, trains and buses
- Wash or sanitise your hands regularly – including before and after you travel – and carry a hand sanitiser with you if possible
- Pay using contactless, apps or buy your tickets online if you can

Please be aware that a face covering is not the same as a surgical mask or respirator, these should be left for health and social care staff and other key workers who need them to protect against risks in their workplace.

A cloth face covering should cover your mouth and nose while allowing you to breathe comfortably. You should wash your hands or use hand sanitiser before putting it on and after taking it off. Government has published an online guide on wearing and making a face covering. NB there are loads of instructions for making face masks on the internet.
Where possible people using public transport should also look to travel outside of peak times in the morning and evening and leave extra time for journeys. Also make sure you check timetables before you travel.
If you are an employer or employee about to return to a workplace which has recently reopened, TfGM has produced a factsheet with further information to support you.
For the latest updates on services, timetables and safety advice, visit the TfGM coronavirus webpage.

Creamline Diary, which featured in one of our Weaklie News front pages...

Can deliver milk and other groceries, sourced from Chieshire farmers and an independent family run fishmonger. https://www.creamline.co.uk/

Talking of deliveries..Chorlton Bike Delivery: local deliveries for groceries from the new cheesemonger, Ali's post office on Egerton Road South, Adams greengrocer in the Precinct, Tower of Flour...contact them at chorltonbikedeliveries@gmail.com or call 07561 737986

Have a look at the attached update from Dawn Harris, Health Development Worker for Chorlton (Thanks dawn!) Tel: 07305943204 Email: dawn.harris15@nhs.net. Especially look out for Manchester International Festival's 'Together in One Voice' on 28th May and information from Manchester Museum.

The following information has come from Email: fiona.vincer@nhs.net***Fiona, Health development Worker for Chorlton Park (thanks, Fiona!)*** Mobile: 07789 860 969

Growing Manchester Webinars

Food growing, green wellbeing and sustainable living. Free to join

- 15th May **Gardening and Wildlife with Kids.** Sign up here.
- 22nd May **Introduction to Beekeeping**. Sign up here.
- 29th May **Setting up a Market Garden**. Sign up here.
- 5th June **Urban Trees.** Sign up here.
- 12th June **Compost and Vermiculture** . Sign up here.
- 19th June **Growing Mushrooms** Sign up here.

Directions are still working so

Any men that need support can talk to Directions for Men via:

Telephone: 07894 971 434,

E-mail at Hello@directionsformen.org.uk

Neighbourhood Employment updates: Introducing Richard from pathways/Be Well :Richard Phillips Specialist Coach Employment)

T:07753448603 E:r.phillips@southwayhousing.co.uk

Hi! I'm a Specialist Coach (Employment) working on the Be Well programme alongside my colleague Carl Bacon. We are still working in a supportive way with people (that want to / are able to) move back into work. Despite the dire economic

situation, there is work out there particularly in the care, supermarket, logistics, farm sectors as well as telecoms companies such as Virgin Media. Now – more than ever before – there are opportunities for training and development both to upskill people to go into this type of work and for those that are working but want development opportunities to cope with changed working environments and to take on additional tasks.

Two initial sites to share : https://jobhelp.dwp.gov.uk/ - lots of useful articles about where work is now, a portal for applying for jobs, advice on the recruitment process when in Lockdown

https://www.southwayhousing.co.uk/news-events/coronavirus/employment-help-through-the-pandemic/ - As well as advice about jobs, there is information here on some of the training opportunities available and volunteering

Anyone that wants help with learning or work can be referred to work with a Be Well Employment Coach using the attached form. Assessment would take place, then they would be placed with the appropriate Be Well staff member.

Any queries please call Richard on 07753448603 / R.phillips@southwayhousing.co.uk . More than happy to chat through possible circumstances for clients!

Carers-Financial support plus Covid Testing

Manchester City Council have opened an **Emergency Fund for Manchester's unpaid carers**

A fund of £200,000 will be made available for unpaid carers to apply for. It will be open for carers to ensure the ongoing health and wellbeing of both the carer and the person who needs care. This includes those households where a child of young person is the carer.
It can be used for a range of purposes including transport costs (including taxis) or fuel, furniture, emergency delivery of food and one-off practical costs to help with the caring role at this time.

For more info - Click here

Unwaged Carers are now eligible for COVID-19 testing. This page on the government website provides advice specifically for unwaged carers. It covers guidance on mitigating infection, how to find alternative care and advice on interactions with paid carers.

Befriending and Counselling offers from our Universities

Salford and Manchester Universities are offereing support – Salford is poffereing free person centred counselling to anyone affected by bereqvement, the lock down – and so on. Manchester is offering a student volunteer buddy partnership.

If you are interested in either of these please contact Fiona Vincer, Health Development Worker for Chorlton Park (Fiona.Vincer@nhs.net)



Mind continue their great support for our mental Wellbeing in Manchester

FREE online sessions on ZOOM, running throughout May:

Mondays: **Calming the nervous system** 12 – 12.45pm: practices to calm the nervous system; ground the body and mind. Aiming to help people understand and manage anxiety, worry and stress.

Wednesdays: **Lunchtime meditation** 12.15 – 1pm. Mindful meditations – suitable for those new to mindful meditation

Fridays: **Morning meditation** 8 – 8.30am. Aimed at people with some experience of meditation.

Sessions are free and suitable for beginners but MIND asks that people register for individual sessions. There is an Anxiety Toolkit handout to accompany the Monday sessions with explanations of the various tools and techniques covered. People can attend sessions as a one-off, or come each week as if it is a course.

The links to the zoom sessions for signing in can be found at https://www.manchestermind.org/events

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