

HELPFUL RESOURCES

Looking after your Health and Wellbeing during the pandemic

Family Support

PARENTS support



Parent workshops

If you're a parent looking for advice and support with your **child's mental health and wellbeing**, Trafford Sunrise Parent Workshops can help. They are running online sessions looking at behavioural difficulties, anxiety and online safety for five to 12 year olds. No booking is needed and all the **workshops are drop-in sessions online**.

There are also workshops running for parents of 10 to 16 year olds, which can help you know how to support your child as they enter into adulthood. Visit [Trafford sunrise](#) for more information.

Kooth online counselling now available to all young people in Greater Manchester



KOOTH

Young Peoples online mental health support

An **online counselling** service called Kooth has launched to help any young person struggling with their mental health – particularly at this difficult time. Kooth offers a range of emotional wellbeing resources for **11-18 year olds** including:

- Live chat with a qualified counsellor
- Chat forums with other young people
- Self-help resources and crisis information

For children and young people, social distancing measures make it harder to reach out to friends. Kooth offers a way to share fears and anxieties with peers, as well as providing access to professional advice, if needed – without leaving the house. To sign up visit kooth.com

BBC
Bitesize

Bitesize

here to help

The BBC is putting online **14 weeks** of educational programmes and lessons. This expanded service aims to either complement what schools are providing remotely, or as a standalone resource. BBC Bitesize Daily will include lessons for **children of all ages**. Visit www.bbc.co.uk/bitesize

HELPFUL RESOURCES

COVID specific

Our **FRONTLINE** launches



A new resource has been launched to support those **frontline staff** under most pressure. It offers round-the-clock one-to-one support, by call or text, from trained volunteers, plus resources, tips and ideas to look after your mental health. There is tailored material for staff working in **social care, essential roles, the emergency services and health workers**. Visit [MentalHealthAtWork/frontline](https://www.mentalhealthatwork.org.uk/frontline)

Bereavement Service

Losing a loved one is never easy, particularly at the moment when there are limits on the numbers of mourners who can attend funerals due to the coronavirus lockdown. If you've been bereaved and need support or advice, call the **Greater Manchester Bereavement Service** on 0161 983 0902 or visit www.greater-manchester-bereavement-service.org.uk

GREATER MANCHESTER
BEREAVEMENT SERVICE

0161 983 0902

Monday to Friday, 9am to 5pm
Wednesday, 9am to 8pm
Except bank holidays



[Greater-Manchester-Bereavement-Service.org.uk](https://www.greater-manchester-bereavement-service.org.uk)



CHRISTIE

Helpline

The Christie has made a helpline available for patients and relatives manned by senior nursing staff from 8am-8pm, 7 days a week including bank holidays. It offers psychological support for **patients** whose treatment has been paused, or stopped and for **relatives/loved ones** of inpatients who are in the Last Days of Life and unable to have visitors due to infection risks. Patients and relatives who would like to access the service should **call 0161 956 1900**.

DENTAL emergencies



All dentists remain closed at the present time. But if you're in pain and feel you need urgent dental contact your dental practice between 9am and 5pm, Monday to Friday.

If a dentist thinks you need **urgent treatment**, you will be referred to one of the urgent care treatment hubs in Greater Manchester, which have the appropriate PPE, procedures and equipment to provide limited dental treatment. For **urgent dental care** when your dental practice is closed call the **Greater Manchester Urgent Dental Care Service on 0333 332 3800**.

HELPFUL RESOURCES

COVID specific



GMHCA resources

Greater Manchester Health & Social Care Partnership has pulled together a range of **learning disability, ADHD and autism resources**. This includes information on self isolating those who are vulnerable, communication tools, advice on challenging behaviour as well as links to other national sites. Visit hub.gmca.org



FINANCIAL

concerns

You can get advice on a variety of issues including **debt, benefits, housing and employment** as well as referrals through to local offices, if further advice is needed, and access to a wide range of GM specialist support services. Please be assured that our dedicated team are still available to support you by **Phone (0300 330 9073 – Mon – Fri 8:30am–5:30pm)** and **web chat (Mon – Fri 9am–5:00pm)** An Out Of Hours Emergency Helpline service is available to all Greater Manchester residents, from 7pm–10pm Monday to Sunday. Visit <https://www.casort.org/coronavirus>



HEALTH CONCERNS

during the pandemic

Since the coronavirus pandemic started, fewer patients are using the NHS for essential services. But if you need medical help, **the NHS is still here for you.**

Delays in getting treatment due to coronavirus fears pose a long term risk to people's health. You should seek help in the ways you always would:

- Contact your GP practice, either online, by an app or by phone to be assessed.
 - If you need urgent medical help, use the **NHS 111 online service**. If you cannot get help online, **call 111**.
- If it's a serious or life-threatening emergency, **call 999**.
 - If you are told to go to hospital, it is important that you go to hospital.
- You should continue to attend your appointments, unless you have been told not to attend.

For further information, please visit the NHS website.



ONGOING Cancer Treatment

The NHS is working hard to make sure people can get cancer checks and treatment safely. If you have symptoms of cancer that you are worried about, **you must contact your GP.**

To find out more about what we are doing at The Christie to make sure cancer patients get the treatment, information and support they need, see our coronavirus information page here christie.nhs.uk.

HELPFUL RESOURCES

General Wellbeing



Join the Movement has launched a new TV ad as part of its campaign to keep the nation active during the coronavirus pandemic. The ad celebrates the diverse ways people been moving more, whether at home, with family or alone.

Made entirely with **self-shot videos** from members of the public, the ad has been backed by the likes of triathletes Alistair and Jonny Brownlee, Strictly Come Dancing's Karen Hauer, ex-England footballer Kelly Smith and former European 10,000m champion Jo Pavey.

Share your own videos of working out during the lockdown on social media using the hashtag **#StayInWorkOut**. Keep up-to-date with the campaign on Facebook, Twitter and Instagram. We'd also love to see any new and wonderful ways in which you're staying fit. **Email communications@trafford.gov.uk**

Help to
KEEP WELL



Working with the GMCA, the University of Manchester have created a **Keeping Well at Home guide**. It's aimed at older people who don't have access to the internet, and contains lots of useful health, dietary advice and exercises. We know lots more people are currently walking to stay active, and there are now helpful resources available so you can do so safely. Visit the [GMCA website](#) for more info and to print a booklet.



KEEP ACTIVE
during lockdown

The recent Government announcements limiting time outdoors have impacted on people's physical activity levels. So to help you move more while staying at home **That Counts** have created some ideas to keep everyone active - you could try **dancing while making tea**, create an indoor obstacle course, or play hide and seek. Check out their other tips and suggestions at thatcounts.co.uk. They've also got a special exercise plan for older adults with 30-minutes worth of activities.

Trafford Leisure have some great **online classes** you can do at home. More details are on their [Facebook page](#).

HELPFUL RESOURCES

General Wellbeing

Breakfast BIRDPWATCH

One of the positive outcomes of the lockdown is that there are more birds, and other animals, appearing in our towns and cities. To find out more about connecting with birds and nature while staying at home, check out the [RSPB Facebook page](#) and take part in [#BreakfastBirdwatch?](#)



Get more from NATURE

Our gardens, balconies and outdoor space have become more important than ever during this pandemic. To improve your back yard or balcony sign up and receive a free copy of [Lancashire Wildlife Trust's #MyWildGarden](#) booklet.



...and don't forget our own EPIC YOU resources

Trafford Council have a range of virtual learning guides available to share on a range of subjects including, managing change and building personal resilience. To request a copy of these learning guides please contact learninganddevelopmentteam@trafford.gov.uk



Give YOGA a go

If you haven't tried it before, yoga is great at **relieving tension** while **strengthening your body**. There are a range of online sessions now available, visit [YouTube](#) for classes being streamed. Also, check out what [daily online classes](#) **Trafford Leisure** have on offer.



Connect with your CREATIVE side

Find out how to craft a mug cosy, make a bird feeder, or even start your own lockdown orchestra through **Create to Connect**. This includes [free downloadable activity packs](#) for families and teachers. The **Get Creative Festival** also normally takes place in May and has moved online this year with [#GetCreativeAtHome](#). Over 200 participatory activities are now listed on the [website](#), including masterclasses by leading artists including Sir Antony Gormley and features artist Clare Twomey.

HELPFUL RESOURCES

Staff Support



The Skills Toolkit

Department for Education (DfE) has launched a Skills Toolkit aimed at furloughed workers and anyone else who may want to take the opportunity to upskill. The initial focus of the Toolkit is on **digital and numeracy skills**, as these are the most sought after and will be important in supporting people to secure and progress in work. Visit the [gov.uk website](https://www.gov.uk).



Domestic Abuse SUPPORT

Emergency grab bags are being created for people fleeing domestic abuse filled with essential items which police can give to victims who suddenly need to leave their homes.

Trafford Strategic Safeguarding Partnership have also created a leaflet about domestic abuse and who to contact if you suspect someone is being abused.

Visit: www.tdas.org.uk for support and helpline details.

Help with HOUSING



We are promoting a range of measures to help people having difficulties with **housing** as a result of the coronavirus outbreak. Whether you rent out a property in the borough, or are a tenant, there are a series of options to assist – Find out more www.trafford.gov.uk

Emergency funding has been announced to help Councils move **rough sleepers** into temporary accommodation so that they can self-isolate. To report a rough sleeper in Trafford please contact **HOST on 0161 912 2230** (during office hours) and **0800 218 2000** (after 5pm and at weekends) or email host@salixhomes.co.uk

Support for BAME communities

Online support and resources for **Black, Asian and Minority Ethnic (BAME)** communities during the pandemic has been set up by the **Greater Manchester Centre for Voluntary Organisation (GMCVO)**. On their [website](https://www.gmcvo.org.uk) is Government guidance on social distancing and self-isolation translated into different languages, information on religious burials, plus details of charities that are working to help BAME communities.