



Macc webinar: Keeping Connected

Date of webinar: 20 May 2020

Resources

Jitsi is a free app for phone conferences where you can create breakout rooms / different 'channels'.

The Resonance Centre is offering 12 FREE classes every week on Zoom designed to help people with physical wellbeing and mental health. The Zoom links can be found on our Facebook page, in the descriptions of our YouTube videos, and on our website - www.theresonancecentre.co.uk. The classes are open to everyone and suitable for beginners. We are offering Yin and Vinyasa Yoga, Meditation, Pranayama, Art, Plant-based Cooking and Mindset Meet-up so all great isolation activities 🙌. Contact us directly at info@theresonancecentre.co.uk We have developed a 'Mindfulness for children' programme of four sessions which we are delivering for the first time this afternoon to a youth theatre in London but if anyone would have any interest in this, then do get in touch via info@theresonancecentre.co.uk The sessions are only 30 minutes so that they are a manageable length for children.

SalfordStories Wellbeing Activity Calendar - <https://www.salfordcvs.co.uk/salfordstories-wellbeing-activity-calendar> Our colleagues at Salford CVS have a calendar with activities and how to contact people.

There are lots of singing from home things going on at the moment. Including Bee Vocal Choir (Mcr mental health choir) and what is now going under The Isolation Choir (was Northenden Community Choir). Both rehearse on Zoom for an hour each week. Tuesdays and Wednesdays. Tea time. Details easy to Google. The Choir Project is a good place to start. On 28th at tea time, there is a big community sing on streets (with a TV programme to follow on 31st). Details and news on www.togethcr.com website. Danny McDwyer is the choir master for these things (he was MD for the big singing event in Albert Square) and he tweets. @danielmcdwyer @choir_project @togethcr @beevocalchoir

ABL Health

Resource guide updated every fortnight -

www.ablhealth.co.uk/wp-content/uploads/Lockdown-Survival-Guide-ABL-Health.pdf

Support for voluntary sector organisations (a form to complete if you need volunteers) - <https://www.manchestercommunitycentral.org/coronavirus-advice-and-resources/covid-19-support-voluntary-sector-organisations>

Community Explorers - please contact Danielle@macc.org.uk to find out more



Q&A

Manchester Cares

How do you arrange your phone social club?

Via Zoom. It's free for people to call and they can dial in from any phone

How do you engage with any new users - what marketing do you use? How do you find the people who might want to take part? Are you linked in to the MCC Community Response helpline, Care Navigators & Be Well, and mutual aid groups?

We promote our online referral form - <https://manchestercares.org.uk/make-a-referral> - and are connected with many other organisations.

Have you had any struggles with adapting to going digital?

We have a few people with hearing issues and some problems with using the technology

Email Laura for activity pack/Zoom guide – laura.wilkinson@manchestercares.org.uk

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Resource guide updated every fortnight -

www.ablhealth.co.uk/wp-content/uploads/Lockdown-Survival-Guide-ABL-Health.pdf

Please email Rebecca at rfecitt@ablhealth.co.uk with any queries or resources to add.

The Proud Trust

How do people communicate with you if they are living with people and don't want them to know what information they are accessing?

They can use another name, the communication is not LGBT labelled and there is an exit site button on the website.

www.theprouddtrust.org/lgbt-centre/

How have you navigated deliveries during lockdown, did you work with a courier or were these staff?

I have delivered food and left it outside

What are you offering that is not digital?

We are also calling and texting people. Most people when surveyed did want online information and resources. We have also done some letter writing if folk were happy to receive those.

This is an expression of interest for any folk who want to run a workshop through our virtual LGBT+ centre - https://docs.google.com/forms/d/1h_lodU7Aeyzl6MuW_1XH_fLYQ-qoucFnUDqX-Afoa6g/edit

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