



MANCHESTER CARES

**Who are we &
how did we adapt?**

Virtual Social Clubs



- 3 social clubs per week
- Zoom tech support from staff & volunteers
- Range of activities from brews, Desert Island Discs, discos & chair yoga

Older and younger neighbours at our monthly pub quiz, hosted by Ged, 67.

Phone-A-Friend/ Community Callers



Manchester Cares

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This week Mancunian pals David (75) and Jamie (28) are celebrating a year of friendship. Since lockdown they've been keeping in touch over the phone. They love chatting about their shared passion for politics and Manchester United. They met through our Love Your Neighbour programme and over the last year have become great friends.



Friends Jamie and David

- 13 friendship matches
- 25 ongoing Love Your Neighbour friendships talking over the phone
- 5 trusted volunteers calling 5 older neighbours each
- Staff carrying out check-in calls each week

Activity Pack

#AloneTogether May 2020: Daily Activities

Friday 1st May

On this day in 1840, The Penny Black, the world's first adhesive postage stamp, was used in a public postal system, featuring the side profile of Queen Victoria.

Task: Design your own stamp, with a side profile of yourself or someone you admire.

Saturday 2nd May

Today is fashion designer Donatella Versace's 65th birthday - which means she can start coming to Social Clubs!

Task: Are you sparkles or polka design your dream party outfit.



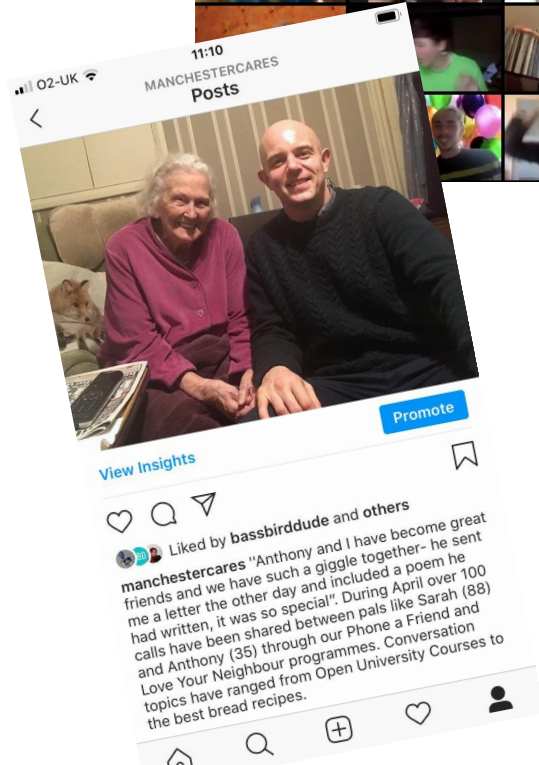
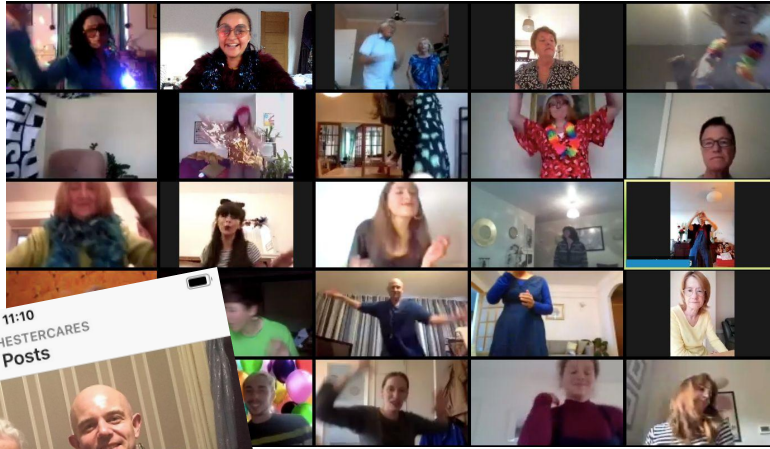
Above is a rainbow, made by Alice, 23, who regularly attends Desert Island Discs.

To the left is the Desert Island Discs task completed by Annie, 30, who has been attending Desert Island Discs with Manchester Cares since it started.

Below is a 'perfect neighbourhood' created by Matthew, 30, who is an architect and who attends documentary club.

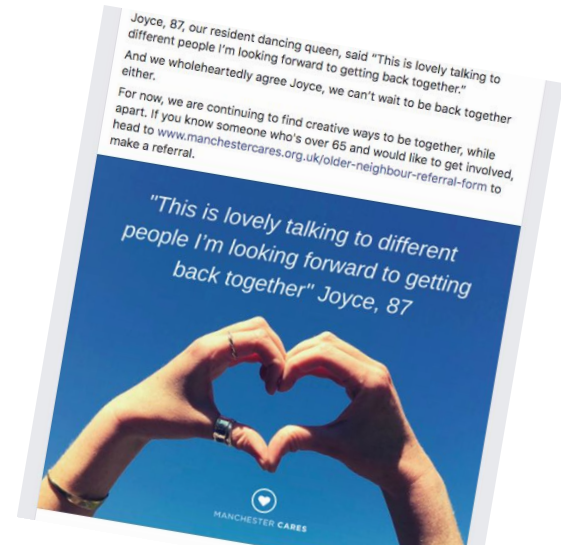


- Sent out to over 600 neighbours
- One inclusive activity per day
- Share activities on social media
- Great topic of discussion for calls and social clubs
- Each pack has letters/drawings from volunteers



Our Stories

- Focus on our people and their friendships
- Avoid negative language around aging, use positive stories
- Regular posts including quotes, screenshots and looking back



Next steps...

- Links to [Facebook](#), [Instagram](#), [Twitter](#)
- Who to contact with an enquiry - laura.wilkinson@manchestercares.org.uk
- How to make a referral - www.manchestercares.org.uk/older-neighbour-referral-form



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