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December 2018

Hello and welcome to the OMVCS newsletter

Thanks to everyone who worked with us on improving our monitoring – we've picked just a few of the many fantastic stories you've sent us, and we hope you enjoy reading it as much as we have preparing it!

There are a couple of attachments to this newsletter – [Street Support's full Christmas and New Year Drop-in Timetable](#) and the [programme booklet of all the groups funded through OMVCS](#).

Don't forget to say hi to us on twitter @OMVCS and use #OMVCS to let everyone know about the work you're doing in Manchester.

In the meantime we wish you all a very Merry Christmas and a Happy New Year.

Want to sign up to the newsletter?

Got a question about the programme or our processes?

Email us at omfunds@manchester.gov.uk

Meet the Team



L to R: Jez, Janet, Sue, Seb, Elle, Jess, Michael

Last quarter you met Michael our programme lead. This quarter we thought we'd introduce you to the rest of the team and asked each of them for a highlight:

- **Elle** – I enjoyed taking part in the Moodswings' #makeworkmorebearable working with Mr Bruce Barry. Taking a stuffed toy to a staff engagement session certainly got some attention!
- **Michael** – the launch event in April was an important moment for me because so much work (that a lot of people wouldn't realise – co design, due diligence, board reports etc) had led to that point and welcoming everyone on to the programme. It gave us the chance to set out how we would like to work with people going forward and provided some positive challenge from the groups too.
- **Sue** – A highlight for me was the launch event and seeing all the groups together and the networking that was occurring and the positive feeling that was in the room.

Follow us on Twitter to see the rest of the team's highlights!

Spotlight on: Manchester Mind

Who are we?

Manchester Mind supports better mental health for everyone. We promote the health and well-being of people affected by mental health distress and take a positive approach to mental health, challenging stereotypes and discrimination. We provide services including social welfare advice, support and mentoring. We operate two community cafes where local people can volunteer and receive support in order to build confidence and receive training and also deliver 3 Pay What You Can lunch time sessions. We deliver mental health awareness training across Manchester to organisations and groups. The training is free to small community and voluntary groups.



“We have seen a significant improvement on scaling measures relating to people’s mental health with ALL of our volunteers [this quarter] reporting that volunteering helps to stabilise or improve their mental health.”
– Manchester Mind

A volunteer's story

Morgan (not their real name) has been volunteering with Manchester Mind after moving to the UK eighteen months ago. As well as working they wanted to help people in their new community learn new skills:

“A friend told me about Manchester Mind and how they help people with mental health issues and I decided to apply for the training support role. I believe I learnt a lot about mental health and mental well-being due to the training they offered me.

I was amazed by the mindfulness training, so much so that I decided to apply to train in mindfulness myself so I could teach it to other people. I feel more confident being around strangers and talking to them in English, a language that I am not a native speaker of.

The mindfulness training has been useful for myself too, it is helping me to reduce my anxiety, be kinder to myself and reduce my stress. Doing mindfulness in a group is a lot nicer than doing it on your own.

I have gained new skills through my volunteering that can be transferred to the workplace. I am improving my English, I am getting more patient, I am learning how to get out of my comfort zone and how to speak to people. I have really enjoyed my time as a volunteer with Mind, the fact that I am learning new things and improving my skills at the same time as helping people in my new community.

I would definitely recommend volunteering at Manchester Mind to others. As a volunteer I’ve received so much support from the staff here, they offer a lot of training and they can help you gain a lot of knowledge and skills. It’s been an amazing experience and has been very rewarding.”

Awards & Achievements

A HUGE congratulations to everyone who has received an award or been nominated for an upcoming award – we're sorry we can't list them all here. If you've received or been nominated for an award, do let us know!

The Be Proud Awards

Manchester Mind
Back On Track

**Queens Voluntary Service
Award**

Manchester Refugee Support
Network

Walking for Wellbeing



With such a hot summer it's been a great time for walking. From Nephra's Bat Hunt walk to The Alzheimer's society memory walk (their biggest ever!), there have been some great opportunities for people to enjoy the outdoors.

Spotlight on: Healthy Me Healthy Communities

Who are we?

At Healthy Me Healthy Communities we believe that everyone should enjoy a long, healthy and happy life. To deliver this ambition we run and are involved with many projects and activities, including our Community Grocers project, which is a redistribution scheme for surplus food and household items that would otherwise go to waste.

A Community Grocer looks and feels like a traditional shop with members paying a small fee for goods and fresh produce. But they are more than just a shop, they are a valued community hub. Along with tackling the food poverty they are a starting point for transforming lives by offering activities, training, volunteer opportunities and access to partner services. Each Community Grocer is operated by local volunteers who are empowered and supported to help meet local needs. There are Community Grocers in Miles Platting, Ardwick, Gorton, Rusholme and Fallowfield with a new Grocer opening early 2019 in Hulme.

**"83% of our members are eating more fresh fruit and veg."
- HMHC**



Fred is retired and lives in Miles Platting. He became involved as a volunteer through a friend and took personal responsibility for displaying and promoting the fresh produce. Recently Fred has become a Community Grocer volunteer driver collecting and distributing food from Fareshare and retailers: "I love it, who would have thought that I would become a van driver at my age?"

Chrissie (not her real name) joined the project back in November 2017, completed the Grocer food safety training and became a valued member of the team, taking on customer service and project coordination roles. Chrissie had been unemployed for over 2 years and was getting help from her local job club and housing association. Recently Chrissie was successful in securing employment as a Care Assistant, providing residential and nursing care. Chrissie felt that her food-safety certificate and her new knowledge and experience of equality and diversity helped her secure the role.

Twitter Highlights



Moodswings on their #Makeworkbearable campaign on twitter

Coffee4Craig at the EU Parliament delivering a speech about their work in Manchester and homelessness.



Spotlight on: North Manchester Black Health Forum

Who are we?

North Manchester Black Health Forum work with local older people particularly those from Black and Minority Ethnic communities to live independent, safe and fulfilling lives. We run a variety of activities from Woodville Children's Centre in Cheetham including a health and well-being group, a social drop in, peer mentoring and raising awareness of issues such as Dementia in the different languages spoken by people in the community.



Anya's Story

Anya (not her real name) lives locally and has been attending for a few years now. She mainly lives alone but has some family support. Her independence is very important to her and when she experienced a decline in her physical and mental health she knew it was time for action. She joined the "Active Bodies, Active Mind" group and has never looked back:

"The way I look at it is that if I'm thirsty and ask my daughter for water, of course she will get it, but she might get distracted. I have to sit there until she fetches me the water. I don't want to depend on anyone, I want to be able to get up and get a drink for myself and thankfully coming to these activities means I am fit enough to do it.

"I don't like living alone it makes me feel anxious and depressed; I check the cooker, doors and windows again and again to see if all is OK. I know there is nothing I can do about it as my children have to live their own lives. I get my sewing machine out and start making things for me, my family and charity and when I see what I have made, I feel much better and happier. Especially when I come to Welcome Wednesday Group and get lots of compliments from my friends, the volunteers and staff."

In the news: The Proud Trust



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Celebrating 30 years supporting the LGBT community in Manchester @LGBTCentreMcr @TheProudTrust



3:49 PM - 24 Nov 2018

[Click here to watch the interview](#)

Keep in touch

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