



MANCHESTER CARES



Manchester Local Care Organisation

Chorlton, Whalley Range and Fallowfield: Stepping out into the new normal after lockdown

Although the lockdown is easing, COVID-19 is still present and we want to share with you some useful information on what you can do to make sure that you are feeling ready and confident to step out into the new normal.

Before you go out you will need to:

- **Wear a face covering every time you leave the house. You will not be able to use public transport including buses, trams, taxis or trains or visit shops without wearing a face covering.**
- **Bring a hand sanitiser with you outside of the home.**
- **Start out small, perhaps walk around the block. Get used to being outdoors again before you go on big trips or to public places like shops or on public transport.**
- **Keep to social distancing guidelines and try to stay 2 metres away from others.**
- **Prepare your journey and plan your route.**
- **Once you get back home, remove your face covering.**
- **If it's a disposable face covering, dispose of it in the bin. If you are using a reusable face covering, it will need to be washed in hot water, so it's a good idea to have a spare one.**
- **Wash your hands immediately with soap and hot water for 20 seconds (the time it takes to sing Happy Birthday twice).**



During lockdown we have seen communities come together to share support and keep each other safe and well. We want to remind you that we are all in this together and we have a wide range of local organisations in this neighbourhood who are here to make sure that everybody feels able to step out into the new normal as lock down lifts:

Be Well's specialist workers can help you prepare to go out again by offering telephone coaching and plan making to bring back your confidence. If this sounds like it would be useful to you (or someone you know) then ask your GP to refer you to **Be Well** or contact the service for more information Tel: 0161 470 7120.

If you would feel more confident having somebody to take the first few trips out with you as lockdown lifts, Chorlton Good Neighbours and Withington Assist are here to work with people aged 65+ and have a friendly team of volunteers who want to offer their time to get you back out around where you live, to find out more about this contact:

Withington Assist Tel - 0161 434 9216 Email: withingtonassist@gmail.com

<http://withingtonassist.org.uk/>

Chorlton Good Neighbours Tel – 0161 881 2925 Email: helen@chorltongoodneighbours.org

<https://chorltongoodneighbours.org/>

As both the above organisations are for residents aged 65+ If aged under 65 you can access support to go out for the first time by contacting **Manchester City Councils** emergency support hub: 0800 234 6123

If you or somebody you know has more complex health or social care needs and would like specialist support to regain independence after lockdown they should contact their GP and ask to be referred to the **Care Navigator Service**. This service helps people to find the right support, at the right time, to help manage a wide range of needs. You can also contact their team directly by emailing mft.carenavigators@nhs.net/ Tel 0300 303 9650.

Manchester Cares are also here to connect you with someone in their 20s, 30s or 40s, who lives nearby, for friendship over the phone. This is a chance to speak to someone you may not ordinarily meet and you'll have the chance to get to know each other over time, catch up about hobbies and share life experiences. Call Amy on 0161 207 0800 if you'd like more information and to hear about what else they do – including dial-in Social Clubs and help getting online!

If you feel ready to go out but need a mask to keep yourself and others safe contact your local **Buzz Health and Wellbeing** worker Laura Cassidy 07818 522 978 / Laura.Cassidy@gmmh.nhs.uk . please note: we understand that some people cannot put on, wear or remove a face covering because of an illness or disability and in this instance would be exempt from wearing facemasks.

If you would like to connect with others in your neighbourhood then please visit **Whalley Range Community Forum/Age-friendly Whalley Range and Chorlton's** website

<https://www.whalleyrange.org/> or phone them on 0161 881 3744

Please remember **NHS Services** are still here for you - GPs are consulting with patients differently at the moment but GPs are there to support your physical and mental health so please call the surgery if you need an appointment.