

Manchester Community Central Bulletin -

Macc's response to the events at the Manchester Evening News Arena

Like everyone else in Manchester and around the country all of us at Macc are horrified by the events which took place in the city centre last night. Our thoughts are with the families and friends of those who died and those who are waiting anxiously for news of their loved ones.

[You can read the full press release from Macc in response to last night's horrific events on our website here](#)

“Be kind. Be kind to everyone around you. Be defiantly kind.”

There is a Vigil at Albert Square tonight at 6pm. Macc and many of our colleagues in the local voluntary sector will be attending the vigil.

In response to last night's horrific events at the Manchester Evening News Arena this update is a first gathering of information on practical support from local charities, voluntary organisations and community groups in Manchester – and some thoughts on how to respond.

If you have any further information to share please contact us info@mcrcommcentral.org

Getting the right information

In these situations, information spreads quickly and speculation is easily mistaken for facts. The two best sources of reliable information are:

Manchester City Council - [@ManCityCouncil](#) on Twitter or www.manchester.gov.uk

Greater Manchester Police - Updates from [@GMPolice](#) on Twitter or www.gmp.police.uk

Emergency number: 0800 096 0095 for those who are concerned about loved ones or anyone who may have been in the area.

[You can find information and helplines following last night's events on our website here](#)

Social media

Please be careful when sharing stories and images of last night's events. Be sensitive to the families and victims.

Also, if you have any images or footage you think may assist the police, please upload these to the image appeal website. to ukpoliceimageappeal.co.uk or ukpoliceimageappeal.com

Practical support

Safe Spaces to talk about it

Our thoughts naturally focus on those who've been killed and physically injured in this atrocity. But the impact of this is also on people's feelings and mental wellbeing – and it may be more complex than you expect.

We'd encourage everyone to take care of themselves emotionally over the next days and weeks. Many people will know someone who was at the MEN Arena last night and will feel the emotional impact of this.

These events may also be a trigger for people who have had a recent bereavement, people who have experienced trauma and anyone who is already feeling fragile.

People will be affected who do not expected to be. There doesn't need to be a reason. Sudden tragic events like this can affect us in so many different ways - including sleeplessness, irritability, being tearful and feeling overwhelmed by negative thoughts.

So we encourage everyone to look out for friends and family who may be struggling. Paying attention to our own feelings is important too. Talk to the people around you and find people you trust to talk to and listen to.

Some people may find telephone and web-based support helpful - particularly if they feel isolated or overwhelmed. Details of support from local voluntary organisations below:

Some useful guidance on ways to talk about these subjects with children following an incident like this: <https://www.nspcc.org.uk/what-we-do/news-opinion/children-calling-childLine-fearing-terrorist-attacks/>

TLC St Lukes @TLCStLukes

If you are feeling anxious about events last night, we are open 4-6:45 for our regular drop in. Company, meal etc.

TLC St Luke's we have our usual drop-in available today between 4-7pm, we provide a safe place, a hot meal and volunteers/staff to talk to clients. We are a charity working with people who live with mental health issues but welcome all the community to our project.

YASP @YASPproject

We can offer desk space to anyone who can't get into their offices in #Manchester today. Phone 0161 769 5732

Staff and volunteers will be around today if you want to come in and talk. Open door from 10am-3pm - no appointment needed. #Manchester

Burnage Community Centre @BurnageCC

Our doors are open for anyone who needs us today

Talk Listen Change @TLC_Charity

Free counselling available to support those affected. Call 0161 872 1100

Christchurch Harpurhey is open from 12-8pm for support, reflection and prayer

Hideaway Youth [@Hideaway_Youth](#)

Hideaway and young people extend our thoughts and condolences to the young people adults and their families affected by the tragic event

We continue to offer a safe space for any young person including those that are struggling to make sense of this tragedy

Moss Side is a united strong diverse community. We will work through our grief together and continue to build a strong Manchester

Irish World Heritage [@IWHCmanchester](#)

We're offering food, drink and warmth for all those involved last night

The Pankhurst Centre [@PankhurstCentre](#)

Open today for free refreshments and a safe space for anyone affected by horror of

Proud Trust [@TheProudTrust](#)

We are offering time and staff listening for LGBT YP and families who are impacted by the incident.

British Red Cross [@BritishRedCross](#)

Red Cross staff & volunteers are currently providing practical and emotional support to people at the Etihad stadium in Manchester.

Victim Support [@VictimSupport](#)

If you were affected by the Manchester attack last night, you can call us on 0161 200 1950 for support and advice.

Child Action North West

Have a team of qualified counsellors who would be happy to volunteer to support individuals or do work with schools who may have need of additional support. Contact 01254 244700.

Samaritans [@samaritans](#)

Our thoughts are with those affected by the events in Manchester. If you need to talk we're here to listen

Working in the city centre

For those who work in the city centre and can't access their desk – or don't feel able to go into the city centre at the moment, contact us. Many of the charities in Manchester are offering temporary work space where they can.

Volunteering

Lots of people are asking us about how they can volunteer to help. The immediate practical issues are now mainly in hand but we're continuing to take details and talk to partners so that we can issue a call for volunteers as the need arises. Keep in touch.

Blood donations

Lots of people are wanting to volunteer to give blood. The NHS Giving Blood service has stated they do are no longer taking registrations due to a high response following last night's events and that they have all the blood required at the present time. Of course, this

will change in the coming days and weeks so even if you don't give blood right away, set yourself a reminder to do so in the near future. Follow [@GiveBloodNHS](#) for updates

Donations and fundraising

There will be a number of fundraising campaigns set up by people and organisations wanting to help. Macc has decided our efforts are best used in lending our support rather than setting up one of our own. We would encourage everyone to do the same.

We'll share info about the campaigns over the next few days but in the meantime, this is a useful guide to thinking about what fundraising can do in this situation:

<https://www.fidelitycharitable.org/about-us/news/11-18-2015.shtml>

Further information

[MEN news article, how to help](#)

[BBC Newsround: Advice if you're upset by the news](#)

[Business community offers of support](#)

To get in touch

Telephone Information Service: **0333 321 3021**

- Support Line open Monday to Friday 10am - 4pm
- Calls are charged at the same rate as a local call, whether made from a landline or mobile phone

Email: info@mcrcommunitycentral.org

Web: www.manchestercommunitycentral.org

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