

Manchester Community Central Bulletin -

Information and support following the Manchester Arena Incident (updated 24/5/17)

I know many local charities and community groups were present at last night's vigil. Among the ones I saw were The Samaritans offering support and someone to talk to and members of the GM Interfaith Network speaking to the media, the Muslim Youth Foundation simply there to be visible and talk to the people around them. So many people were there simply to share positive messages of hope and solidarity.

Members of the community had even organised drinks and snacks. It was uplifting to see so many people there to stand together – and all doing so in the knowledge that they were joined by countless others around the UK and the world.

If there is anything else you are doing or information you'd like us to share, let us know. The intention of these updates is simply so that as many people as possible have information about what people are doing to offer support and assistance.

It hasn't been 48 hours yet and I'm sure many people are still in shock, getting by on adrenaline or simply ploughing on. Please make sure you take some time for yourself and those around you.

With love from all of us at Macc
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Wonderfully Made Woman www.wonderfullymadewoman.org

Wonderfully made woman was at the Royal Manchester's children's hospital to make donations of food and drinks to the victims. Wonderfully made woman is opening doors for general support and counselling. We are also calling our service users to make sure they are safe. Address: Transformation Community Resource Centre (TCRC), 1st Floor Richmond House, 11 Richmond Grove, Manchester, M13 0LN

TLC St Luke's www.tlcstlukes.co.uk

Here at 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. Address: St Luke's Church and neighbourhood centre, Guidepost road, Longsight, Manchester, M13 9HP

The Proud Trust www.theproudtrust.org

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

Khizra Mosque and Communities for All www.khizramasjid.org

We are deeply saddened at the incident that has occurred at the Manchester Arena. As we heard of the awful events, Khizra mosque has opened its doors with refreshments, a safe

place for anyone looking for family members and also for use for emergency services working so brilliantly. Our thoughts and prayers are with those deceased and the injured for whom we pray for a speedy recovery. We have also offered by sharing our telephone and our services/building to anyone who wants more information and for us to go to them to pick up, we have also offered to set up a stall offering refreshments at the vigil taking place by the Mayor's office in city centre. Contact 0161 205 6662/3. Address: 425 Cheetham Hill Rd, Manchester M8 0PF

Hideaway Youth Project www.thehideaway.org.uk

As always our doors will be open for young people

Hideaway and its young people extend our thoughts and condolences to the young people adults and their families affected by the tragic events at Manchester Arena.

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. Address: 7 Shoreham Close, Manchester, M16 7DG

Women's Voices and Greater Manchester Pakistani Association

<https://womensvoices.org.uk/>

At Women's Voices and Greater Manchester Pakistani Association we are offering support, advice and information to members of the community.

Refreshments will also be made available for people to meet and get support from one another. Address: 481 Stockport Rd, Manchester M12 4NN

Self Help www.selfhelpservices.org.uk

Should anyone require immediate emotional support, please contact our crisis telephone line – The Sanctuary – on 0300 003 7029. This service is available day and night across 24 hours. We encourage any person who is experiencing distress or in need of immediate support to contact The Sanctuary on 0300 003 7029. Please note that the evening service (between 8pm-6am) can provide a drop-in facility for client's who are feeling particularly anxious/stressed during this time.

Self Help will continue to take any general enquires through our administration office on 0161 226 3871 during the hours of 8:30am-5:30pm. We will signpost clients to the appropriate service and can discuss making a referral for further support.

We offer a range of different services such as 1:1 CBT, Counselling and a various workshops. All of our information can be found on our website www.selfhelpservices.org.uk and any enquiries can be made on our office number 0161 226 3871. These services are commissioned by NHS Manchester and so are free to access.

At this time we would like offer our condolences to the people affected by this tragic event and commend the community on the work they have done so far. We would like everyone to be aware that our service is here to provide support and guidance to those in need.

Childline www.childline.org.uk

An NSPCC spokesperson said: "We are deeply saddened to learn of the devastating terror attack in Manchester. Our thoughts are with the victims and families of those who have been affected.

"Our advice for any child or teenager upset and anxious in light of this news is for them to talk to a trusted adult, be it a parent, teacher or Childline."

Children and young people can contact Childline for free, confidential support and advice, 24 hours a day on 0800 1111 or at www.childline.org.uk

The NSPCC has published advice to help parents talk to their children about terrorism:

- Listen carefully to a child's fears and worries
- Offer reassurance and comfort and avoid complicated and worrying explanations that

could leave them more frightened and confused.

- Help them find advice and support to understand distressing events and feelings.
- Children can always contact Childline free and confidentially 24/7

If you're worried about a child you can contact the NSPCC Helpline to talk to our trained practitioners for 24/7 help, support and advice on 0808 800 5000 or help@nspcc.org.uk

42nd Street Support <http://42ndstreet.org.uk/>

Following last night's tragic incident at the MEN Arena, we recognise that many children and young people, parents/carers and professionals supporting children and young people will be shocked and saddened by what took place. Children and young people in particular may have questions and it can be difficult to know what to say. Here are some guidelines on how you can respond to children and young people, we have included some links for more detailed guidance for children, young people parents/carers and professionals.

Advice if you're upset or made anxious by the news:

[Appropriate for children and young people primary school age and upwards](#)

[Appropriate for older young people 13-25 years](#)

[Coping after a traumatic event](#)

[Supporting children after a frightening event: for parents/carers/professionals](#)

[Talking about terrorism- Tips for Parents](#)

Anxiety UK www.anxietyuk.org.uk

Anxiety UK can offer our infoline services to anyone experiencing anxiety or heightened anxiety during this upsetting time. Our infoline number is 08444 775 774 and is open from 9:30am- 6pm Mon-Fri. Alternatively, individuals can visit our website www.anxietyuk.org.uk where there is a range of help and advice regarding anxiety. Our website also offers information and self-help resources for those experiencing anxiety.

Campaign Against Living Miserably (CALM) www.thecalmzone.net/help/get-help/

The Campaign Against Living Miserably (CALM) is a male suicide prevention charity. We offer a free and anonymous helpline (0800 58 58 58) and webchat, open 5pm - midnight every day for men who want to talk about anything and everything.

www.thecalmzone.net/help/get-help/

TLC: Talk, Listen, Change <http://talklistenchange.org.uk/>

TLC: Talk, Listen, Change are offering Free Professional Counselling to anyone who has been affected by the attack in Manchester on Monday night. We can offer appointments for adults, children, couples and families. We have offices in Manchester and Stockport. If people are interested, they just have to call 0161 872 1100 to book an appointment.

The Jewish Representative Council <http://jewishmanchester.org/>

The Jewish Representative Council is collecting food from local kosher shops and inviting donations of food that we are then sending into hospitals for relatives of the injured. We are also planning a Tehillim (Psalms) Service for Monday evening.

Gaddum Centre www.gaddumcentre.co.uk

The Gaddum Centre is offering advice, support and listening for children, young people and families including therapy and counselling for bereavement and loss, contact 0161 834 6069.

Emerge <http://emergemanchester.co.uk>

Have offered food from FareShare to the Children's Hospital and can offer contributions to anyone who is supporting the effort to help those affected over the coming days. Please speak to Miranda on 0161 223 8200 ex 117 or Option 4 on our phones.

Citizens Advice Manchester www.citizensadvicemanchester.org.uk
Have offered support to the parents of children in the Children's hospital.

NHS

Manchester Health and Care Commissioning have put together some resources which are being updated as more information comes in: www.mhcc.nhs.uk/publications/resources/

Hatecrime – Greater Manchester Victims' Services

Events like this almost inevitably lead to tensions in communities. Fear and anger so easily turn into hatred which is misdirected at innocent people. We want to share our message of defiant kindness but we also believe that hatecrime should not be tolerated. Hate crime are acts of violence or hostility directed at people because of who they are or who someone thinks they are. No-one should be made to feel unsafe. Visit: www.gmvictims.org.uk/find-information/ive-been-affected-by/hate-crime

[Statement from the Greater Manchester Interfaith Network, 23 May 2017](#)

Statement from Manchester's Violence Against Women and Girls Organisations

(The Pankhurst Trust, Manchester Women's Aid, Independent Choices Greater Manchester, Manchester Rape Crisis, Saheli South Asian Refuge, Safety 4 Sisters)

Statement: We, the Violence Against Women and Girls organisations of Manchester, would like to express our heartfelt sadness for the victims, families and all those affected by the tragic events at Manchester Arena last night. Ariana Grande is a popular artist amongst girls and young women and we are deeply upset that her fans have been the target of such a senseless attack.

We still firmly believe we have far more that unites us and have far #MoreInCommon with each other, than those things that divide us. This targeted attack on our children and families will be met with solidarity and support for all communities touched by the violence. Together we will resist any threat to reduce the freedoms and the hard won rights of girls and young women. We all have the right to live our lives free from fear."

If you are worried about violence or hatred, please [report it](#).

[Greater Manchester Combined Authority Information for Children and Young People and Families - Manchester Arena Terror Incident 22 May 2017](#)

[NHS Mental wellbeing advice - Following the Manchester Arena Incident](#)

[Manchester Mind - Coping with traumatic events - Manchester Arena bombing](#)