Manchester Community Central
Quarterly News

Issue
Autumn 2015

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Supporting our Voluntary and Community Sector
Spirit of Manchester Awards 2015

“This year’s Spirit of Manchester Awards were the biggest yet! We had over 150 nominations of fantastic examples of voluntary and community action in Manchester which made for a very tough job for our panel of judges. Then on the night of 8th October over 300 people came along to the Awards event.

We welcomed the Lord Mayor, Tony Lloyd the Interim Mayor of Greater Manchester, guests from the City Council, the NHS, Big Lottery Fund, local businesses, social enterprises and of course many many colleagues from the local voluntary and community sector.

We saw amazing, heartwarming stories of people who are making a huge difference to the lives of people in this city and we raised the roof of the Royal Nawaab restaurant in Levenshulme cheering and clapping as we filled the stage with some real community heroes.

As the highlight of the Spirit of Manchester Festival, it was a brilliant party in celebration of the sector. We also raised £1000 which we’ll be giving out as small grants to local organisations – watch this space. And start getting ready for 2016!”

Mike Wild, Chief Executive, Macc

Our Spirit of Manchester Awards ceremony on 10 October was truly a fantastic night and we’d like to thank everyone who attended for creating such a vibrant atmosphere. The event was streamed live via YouTube and was trending on Twitter in Manchester for the evening. The atmosphere in the venue was incredible.

The awards celebrated the work of Manchester’s voluntary and community sector and were presented at the Royal Nawaab restaurant.

Winners were determined by the audience voting on short films of the projects made by Manchester Community Reporters. To view the wonderful films made by our Community Reporters, please visit: http://bit.ly/spiritofmcr15films

**Volunteer of the year - outstanding contribution award** in partnership with Adactus Housing winner – Lawrence McGill, The Booth Centre

**Volunteer involving organisation of the year award** in partnership with Southway Housing winner – **Manchester Action on Street Health**

**Manchester youth volunteering award** in partnership with the University of Manchester winner – **We Tell You Community Research Team, 42nd Street**

**Equalities award** winner – **Simply Cycling**

**Business Citizenship award** in partnership with Impact: Corporate Responsibility Monitoring and Tracking winner – **Mosscare Housing Group**

**Best service user involving organisation award** in partnership with Riverside Housing Trust winner – **The Booth Centre**

**Most successful campaign award** winner – **Manchester Lesbian and Gay Chorus**

**Best partnership initiative award** in partnership with One Manchester winner – **The Dementia Friendly Swimming Project - Steering Group**

**Health and wellbeing award** in partnership with the Manchester Clinical Commissioning Groups winner – **Self Help Services**

**Contribution to the sector award** in partnership with Mosscare Housing Group winner – **Sylvia Sham, Wai Yin**
Updates from us

2015 Spirit of Manchester Festival 1-10 October

Southway Housing Trust Volunteering Fair

Films from Creative Support

Picnic in the Park - Royal Mencap Young Ambassadors and Greater Manchester Youth Network

Thank you to all the organisations that hosted an event and to everyone that attended, the festival was a great success!
Chief Executive’s update

As I’m writing this the day draws nearer when the Chancellor is going to announce his latest Comprehensive Spending Review. A lot of people are waiting anxiously to hear what they expect to be bad news: further reductions in budgets for public services which are already under strain and, inevitably, increased pressure on local voluntary and community organisations in terms of funding but, perhaps more importantly, demand for our support. We will be watching closely.

I think one of the most important things our sector can do is continue to be vocal about the impact these changes are having on our communities: groups like the one Macc is involved with in looking at the impact of the Work Capability Assessment or the various groups working to provide support to the increasing numbers of people who are homeless or sleeping rough in the city.

The irony is that in many ways this is something for us to be proud of. No matter what happens to individual organisations or staff or volunteers, our sector never gives up and never stops working. We shouldn’t have to do it. We shouldn’t have to run foodbanks or provide homeless shelters. But we do because we won’t abandon people. We celebrated that at the third Spirit of Manchester Awards last month. It was our biggest so far: over 150 nominations, over 300 people attending on the night and voting to pick the winners. You might remember I said last year that I was disappointed that we didn’t manage to run the category around great Business Citizenship by socially responsible private companies – well we did it this year! We heard great stories of social action from all across the city. A huge recognition of the tough, relentless optimism of our sector in these difficult times.

We will keep at it. You will see over the page, Manchester is becoming the first UK city to adopt Giving Tuesday. No matter what happens, we can still work to make Manchester the most generous city in the UK.

Mike Wild, Chief Executive, Macc
Manchester Gives More

Macc has teamed up with Charities Aid Foundation and a group of other Manchester based organisations to launch a city-wide campaign encouraging support for local organisations working on good causes. We’re calling this Manchester Gives More and we’re proud to announce that our first action is that Manchester will be the first city in the UK to launch its own #GivingTuesday campaign.

#GivingTuesday takes place on 1 December 2015

Macc wants to encourage local people to treasure and support those Manchester groups and organisations which make such a difference in the city - the ones which can’t run big marketing campaigns or gain the attention of the national media. Macc’s ambition is to increase the level of donations (not just money but time, skills, ideas) that people in Manchester make to local organisations and causes.

Manchester Gives More is a call-to-action to everyone to give something back to this great city – whether it is making a charitable donation, volunteering time or simply spreading the word. We want Manchester to be the most generous city in the UK, a city which prides itself supporting local organisations for the benefit of Manchester people and doing our part to respond to international emergencies and showing solidarity for those facing a crisis.

Manchester can show the rest of the UK and the world how it’s done!

Where to start

• We’ve put together a page of ideas for things you can do to take part in Giving Tuesday: http://bit.ly/1N5SZ5S
• You can read more about the organisations who’ve signed up to take part in Manchester Gives More on the #GivingTuesday website: http://bit.ly/1YrAPn7
Voluntary Sector Assembly: Cuts, Campaigns and Devolution

This assembly is an opportunity for you to share, learn about and discuss some of the key issues affecting the voluntary, community and social enterprise (VCSE) sector in Manchester.

Date & Time: Thursday 10 December, 2015, 1pm-4.30pm
Venue: Central Methodist Hall, Oldham Street, Manchester, M1 1JQ

There will be keynote speakers on:

- **Cuts to Manchester City Council** - The latest news about how MCC are proposing to make the major savings they have to make

- **The Campaign to Save Mental Health Services** - Mental Health services are facing cuts of £1.5 million which will lead to the closure of services for hundreds of people with mental health problems

- **Street Homelessness** - With increasing media exposure street homelessness has become a major area of action for the city. What’s happening and how is it being addressed?

- **Devolution** - Devolution is an area of rapid change. What’s happening and what, so far, has been the response of the VCSE sector

- **The Way Forward – a strategy for Manchester’s VCSE sector** - Proposals from the Voluntary Sector Assembly of Manchester on how the VCSE sector can sustain and increase its impact in Manchester

There will be opportunities to network at the event during the registration period and the break.

**Read our Cuts in Manchester 2016/17 Briefing 1 at:**
- This briefing is the first in a series of Macc briefings that will cover the predicted central government funding cuts on Manchester City Council in the year 2016/17 and how these cuts may impact on Manchester's Voluntary and Community Sector.

Light refreshments will be provided.

Places are limited, so registering an interest in attending is essential in the first place, confirmed booking notifications will be sent one week prior to the event.

**Click here to register:**

For further information, contact Pauline Clark on 0161 834 9823, or email: pauline@macc.org.uk
Volunteer Centre Manchester Noticeboard - your flyers, posters, literature and copy needed!

Volunteer Centre Manchester has developed a Noticeboard Toolkit that allows organisations and agencies to print and display information about volunteering opportunities.

Some early adopters include; work clubs, housing schemes, libraries, community centres and offices.

Volunteer Centre Manchester wants to hear from volunteer-involving organisations who have materials about their volunteering, training or development opportunities to be included in the Noticeboard Toolkit.

To have your flyers, posters, literature and copy included in the Noticeboard Toolkit, send them via email: info@volunteercentremanchester.co.uk with the Subject: VCM Noticeboard.

If you'd like to access the Noticeboard Toolkit, for your agency or organisation you can access the resources now at: http://bit.ly/VCMNoticeboard for further information you can also call 0161 830 4770.
Volunteer Coordinators Forum

Date & Time: Wednesday 16 December 2015, 10am-12pm

Date & Time: Monday 21 December 2015, 10am-12pm

The Volunteer Co-ordinators Forum (VCF) is a chance for people who look after volunteers whether as their paid job or as a volunteer themselves, to come together.

The VCF meetings are a chance to share good practice, dispel myths, offer peer support and have a cuppa and a catch up.

You can find previous VCF minutes and meeting packs online, here: [http://bit.ly/1S5XD8b](http://bit.ly/1S5XD8b)

If there is a particular subject you would like to talk about in relation to your project or if you have an agenda item, please email them to Jack Puller, at: jack@macc.org.uk

Volunteer Centre Manchester VERA database training

Do you advertise opportunities with us? We can now train you on our new VERA system which you can use to manage volunteer opportunities as well as applications. Our staff will be happy to attend a location which is best for you and provide informal training, as well as demonstrating the significant enhancements VERA has over other competing systems.

A few benefits VERA can offer are:

- Fast, free and easy recruitment
- Instant application notifications
- Proactive marketing of opportunities / training
- Collection of feedback on your organisation
- Collection and monitoring of data for funders
- Volunteer reward and recognition scheme

If you would like to take advantage of this offer please visit: [http://bit.ly/1HmtUCF](http://bit.ly/1HmtUCF) and we will be in touch to arrange a meeting.
Our website - Support for Groups

Did you know you can find anything from policy templates to a funding portal on our website? http://bit.ly/1KHHujw

The Support for Groups section on our website has a wide range of factsheets, resources, templates and tools to support you with starting, developing, growing or would like to discover in being a voluntary and community sector group.

Here are a few sections you can find in Support for Groups:

**Funding portal** – our funding search engine is a straight forward FREE service using information from IDOX Information Solutions that can help voluntary, charitable and community groups like yours to find suitable funding

**GRIPP** – health check the five areas (Governance, Resources, Information, Projects and People) that are common to all organisations in the voluntary and community sector with our GRIPP tool

**Policy templates** – are you writing a funding application and need to include a business continuity template? Or are you looking to develop a business plan to plan the future direction of your organisation for the next three years, we have the templates and guidance to get you started

**Taking on a building** – are you thinking of taking on a building and want to know more about how we can help or want resources on whether your new build community housing or buildings project has the potential to be viable?

**Trustees Toolkit** – essential resources and information for Trustees, Directors, Board Members, Governors, and Committee Members
Our Trustees Toolkit contains useful resources and information which will provide you with all you need to know about becoming a trustee, recruiting trustees and being a trustee, with case studies highlighting experiences of three trustees.

Our Factsheets and Resources

- **Raise your profile** - voluntary and community organisations often don't showcase their work, highlighting their impact. Reporting on all the good work your group or organisation is doing can attract potential funders and volunteers. It also shows evidence of your work to your existing funders or supporters. There are a number of ways you can showcase your work and we have some factsheets and resources to help you.

- Looking to **start a group**, you can find the steps on where to start, template constitutions, information on management committees and more.

- **Human resources** factsheets which cover: fixed term contracts, the Equality Act 2010, recruitment and selection, redundancy, supervision and feedback, plus more.
Our upcoming training

So far 2015 has seen over 250 members of local voluntary and community sector organisations access a wide variety of Macc workshops with more workshops coming up before the end of the year.

**Macc training coming up in 2015**
- Recruit, Retain and Motivate volunteers – 30 November
- Presentation and Public Speaking – 3 December
- Community Development – 9 December

**Macc training coming up in early 2016**
- Are you fit for funding
- Automatic Workplace Pension enrolment
- Committee and meeting skills
- Funding your project
- Trustee Recruitment
- Trustee Roles and Responsibilities

To register interest in attending any of the above training courses email: training@mcrcommunitycentral.org

View our training calendar here: http://bit.ly/1HYegzR

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**In-house training**

A number of the training courses listed can be tailored and delivered in-house specifically to your organisation (maximum number of 12 attendees).

If you are interested please contact Cheryl, Training Co-ordinator on 0333 321 3021 to discuss this further.

**Learning Zone**

E-learning modules developed specifically for the voluntary community sector covering Volunteer induction; Trustee training; Staying safe; Raising your profile; and You're in charge.

Licences cost £18 plus VAT per person - if you are interested please visit: http://bit.ly/1pt4cCJ, or contact 0333 321 3021 or email: training@mcrcommunitycentral.org
Free training places on accredited Health and Safety and First Aid Training

Macc is working with Ouch Training Team to offer two free places (excluding examination fees) on the Ouch training programme delivered at our offices.

Courses to be run in 2016 include (dates to be confirmed):

- CIEH Level 2 – Emergency First Aid at Work
- CIEH Level 3 – First Aid at Work
- IOSH – Working Safely
- IOSH – Managing Safely
- IOSH – Directing Safely
- UKATA – Asbestos Awareness
- Fire Marshal / Fire Safety training

To ensure fairness in allocating the free places we have set the following criteria:

- Free places are only available to voluntary and community groups within the city of Manchester who are Macc members (membership reference number will be requested)
- One free place, per organisation, per year is available
- Examination fees must be paid by your organisation
- Expressions of interest must be received for the free place

If you are interested in finding out more on any of the above contact Cheryl, Training Co-ordinator, on 0333 321 3021, or email: training@mcrcommunitycentral.org
Policy and Influence at Macc - Informing, engaging, and connecting Manchester’s voluntary and community sector to encourage creativity and bring about positive change

Mike Wild, Chief Executive
Manchester Leaders Forum – along with Paul Martin from LGBT Foundation, Priscilla Nkwenti from BHA and Michele Scattergood from Breakthrough UK and Atiha Chaudry from Manchester BME Network, I sit on this group chaired by Sir Richard Leese which has been looking at the new 2015-2025 strategy for Manchester. You may have seen the engagement about ‘My Dream Manchester’. We’ve managed to get a good acknowledgement of the contribution of the sector into this new version and a focus on getting more people involved in volunteering and active citizenship. There is growing recognition of the part the sector plays in Manchester, particularly as the public sector budgets reduce. There are various conversations taking place to push this forward. As the Voluntary Sector Assembly continues to develop ideas for building up the role and impact of the sector, we feed these ideas into discussions in places such as this.

Health and Wellbeing – there is a lot of attention being given at the Health and Wellbeing Board to the implications of devolution. I’ve been pressing for greater involvement of the sector in the new Locality Plan to make best use of what the sector can offer in improving the wellbeing of local people. This is continuing though, it’s perhaps understandable that the big NHS Trusts and the City Council need to have some challenging and complex conversations which aren’t always best held in public, there is starting to be recognition that it’s not just the organisations which need to change but the whole culture. Watch out for more on this early in the New Year…

Children, Young People and Families – due to staffing reductions at Macc I’m now leading on our work to build relationships with Children’s Services across the city. Our Children Young People and Families Leaders Group now meets regularly with the Director of Children’s Services and is represented on the Children’s Board and the Manchester Safeguarding Children’s Board. We’re working to explore how the sector can provide ‘Early Help’ support to children, young people and families as part of a new city-wide approach. The situation with Kids Company prompted some interesting conversations – I wrote about these issues in a blog http://bit.ly/1OfXgcc which was circulated to colleagues in the Council and the NHS as part of a continuing focus on challenging myths about the voluntary and community sector.
Reducing Isolation and Loneliness Grant funding programme
Social Isolation and Loneliness has a serious negative impact on older people’s health and wellbeing. The three Manchester Clinical Commissioning Groups have invested in a grants programme to tackle this problem. Manchester’s three Clinical Commissioning Groups have awarded funding to 29 projects across Manchester to provide social activities for people over 50 years old. Projects offer a variety of activities, skills and support.

A hobby journal is now available detailing all funded projects, where they are based and how to contact them. Paper copies are available by contacting Anna Tate at Anna@macc.org.uk or to view an electronic version of the Hobby Journal visit: http://bit.ly/1vRbruj

Making Safer Communities Summit
Since the Making Safer Communities Summit on the 18 June 2015 Salford CVS and Macc have set up web pages with the summit pack and notes from the conference plenary and table discussions. An updated summit pack has been developed, with additional organisation profiles and case studies.

The summit pack has been sent to the GM Police and Crime Commissioner (GMPCC) and to local partners including representatives of GM Police, local commissioners and those involved in working on the conference themes of hate crime, child sexual exploitation and domestic abuse. Positive feedback has been received from the GMPCC about the value and impact of the summit and the summit pack.

For more information about the conference or to access the summit pack, visit: http://bit.ly/1PpMijS
Policy and Influence at Macc - Informing, engaging, and connecting Manchester’s voluntary and community sector to encourage creativity and bring about positive change

Nigel Rose, Strategic Lead Commissioning

How the voluntary can most effectively help the people of Manchester in a time of financial crisis for the sector

Following a very successful Voluntary Sector Assembly where voluntary sector organisations and councillors discussed a way forward for Manchester, a group was set up to develop the ideas into a set of proposals. These draft proposals are about how the voluntary can most effectively help the people of Manchester in a time of financial crisis for the sector.

The proposals include: maximising inward investment from the private sector, grant-makers and individuals; increasing employment opportunities for the people we work with; and increasing our impact in areas of low VCS activity.

Improving services for people with long-term health conditions

‘One Team’ is the Health and Social Care Integration strategy for Manchester. The idea is that Health and Social care staff should work together in 12 patches across Manchester in order to improve services for (mainly) people with long-term health conditions.

Part of my role is to help statutory bodies think about how to link with local organisations. I have written part of the Self-Care Strategy which focuses on staff learning how to support people to find ways of improving the factors that lead to wellbeing. I have also written a paper on a ‘One Team and a Community Development Approach’ and how this will, over the longer term, enable Health and Social Care staff to build productive relationships with local organisations.
Pauline Clark, Policy and Influence Worker

Manchester Mental Health Charter Alliance
This Charter is about what people want from mental health services in Manchester. It has been drawn up from what people who use mental health services have said.

The Charter is a set of wishes. Each wish has been translated into an outcome and an overarching aim for a mental health service. Accompanying each outcome is a set of suggestions for whether the outcome has been achieved.

Who developed this Charter
This Charter was drafted by a steering group, made up of people who use mental health services and people who are active campaigners for improvements in mental health services.

How can you get involved?

• Let us know how you will use the Charter
For instance you may use the Charter to guide the development of your services or use it to campaign for change in other organisations.

• Attend Charter Alliance meetings
We need more people to attend the meetings to move the Charter forward. If you wish to attend these meetings and get involved please email: info@macc.org.uk with your contact details.

More information and the full Charter can be found on our website here:

Please also take the time to read Mike Wild, Chief Executive of Macc’s blog about the current situation of Manchester Mental Health and Social Care Trust in respect of funding cuts to mental health services, on our website here:
http://bit.ly/1Ml8SJK
Manchester Met Community Research Awards

Manchester Met University have funding for up to four research projects to work in partnership with local community groups in the Manchester Local Authority area.

Through the scheme, Manchester Met University can provide you with an experienced researcher who can help develop the scope for research in your organisation and then carry out that research for you. This will greatly increase your chances when you are bidding for grants and funding or confirm that what you are doing meets the needs of your community group.

Types of projects could be an evaluation of your food bank services to understanding people’s barriers to exercise or undertaking some research to support evidence for a bid for another funding stream.

For more information and to request an application form, contact 0161 247 4685, or email: community.awards@mmu.ac.uk

Knit and Natter with Macmillan at North Manchester General Hospital

Do you knit? Would you like to learn? Or would you just like to join in for a chat and a cuppa?

The ‘Knit and Natter’ group meets every other Tuesday afternoon at the Macmillan Information and Support Centre at North Manchester General Hospital and is open to everyone affected by cancer.

It's an opportunity to have some fun, learn new skills and support each other in a friendly and relaxed local setting. All materials and refreshments are provided.

For more information or to check the date of the next session, contact 0161 604 5244 or email: macmillan.infocentre@pat.nhs.uk
Self Help Services eTherapy

Self Help Services offer a wide range of support, services and opportunities for people living with mental health problems such as anxiety, depression, insomnia, phobias and panic attacks.

The eTherapy service will allow you to work through a series of Cognitive Therapy interventions at venues or flexibly at home to learn techniques to help you manage anxiety, stress and low mood and feel better about yourself. Trained staff and volunteers are available to provide 1-1 support, guidance and assistance when you access any of the highly effective eTherapy programmes, including: Beating the Blues, Living life to the Full, Sleepio, Silver Cloud Health and Breaking Free.

For more information, visit: www.selfhelpservices.org.uk or contact 0161 226 3871.

Fostering Solutions

Fostering is a way of providing a child with a family life when they are unable to live with their own parents. There are many reasons why a child may need to be placed in foster care but by fostering you help provide that child with a stable home and a brighter future.

Fostering Solutions is a child centred, independent fostering agency that is passionate about ensuring the best possible outcomes for children and young people whilst being uncompromising in their pursuit to offer the very best support to their valued carers.

The Greater Manchester team are always looking to recruit foster carers, they provide a comprehensive support package that includes:

- 24 hour support, seven days a week from qualified social workers
- A generous financial allowance recognising the skills and dedication of carers
- Ongoing training
- Paid membership to Foster Talk
- Local support groups
- Access to online resource centre for foster carers

For more information, visit: www.fosteringsolutions.com, or contact 01204 274 274.
Local news and events

Chrysalis Family Parenting Course

Are you someone whose child or children have been taken into care?

Are you a migrant just arriving in the UK and have no idea what child protection in the UK is about?

Classes are free, all welcome – Mums, Dads, Carers and Grandparents.

The classes are being held at the Chrysalis Family Centre, 4 Westerling Way, Moss Side, Manchester, M16 7EA.

For more information, email: chrysalismanchester@gmail.com

A Christmas Ceilidh

Have a great night out at a Christmassy Ceilidh on Friday 11 December, with live music and calling by ALBIREO. No experience necessary since steps are easy to pick up as you follow the caller. It will be held at St Kentigerns Irish Social Club on Wilbraham Road in Fallowfield.

The night is in aid of two Ugandan focussed locally-based charities, the Pearl Trust www.thepearltrust.org.uk and SALVE International www.salveinternational.org who are working in community development and offering opportunities to children living on the streets of Uganda.

There will be lots of cold food snacks, drink and Christmas gifts available on the night as well as the dancing.

Tickets are £8 on the door and £4 for children. Doors open at 8pm.
SICK! Lab

Festival date: 9-12 March 2016 at Contact, Manchester

Taking place in March 2016, SICK! Lab is a focused 4-day programme of events, a temporary open laboratory for experimentation, discovery, collaboration and creation, where participants from a wide range of perspectives can explore the physical, mental and social challenges of life and death. The programme will include performances from Bryony Kimmings and Kim Noble, debates, talks and much more, with plenty of opportunities for you to share your thoughts.

SICK! Lab is presented by SICK! Festival, in collaboration with Contact and The University of Manchester.

For more information, visit: www.sickfestival.com

MadLab’s Coding Roadshow

MadLab are running free coding workshops for adults in Salford, Trafford, Tameside, Stockport and Bury.

Following a great collaboration for National Coding Week, MadLab and CodeUp Manchester are coming together again to bring you another round of digital taster sessions.

Each session is just £3 to reserve, and fully refundable on completion of the workshop (or you can choose to make it a donation to MadLab).

All sessions are suitable for complete beginners, and all you need to participate is to bring your own laptop with wi-fi capabilities.

Please note that these workshops are for adults.

For more information and to register, visit: http://madlab.org.uk/2015/10/madlabs-coding-roadshow/
Manchester’s groups

Light

Hameeda, Nagina and Pamila have worked in the voluntary sector for many years and that’s when they came up with the idea of using their experience to set up a group to do more in the community.

Through searching online Hameeda came across Manchester Community Central and got in contact for support in developing the group. Sarah, an Organisation Development Worker, met with the members of the group to talk through how to set up and how to write their charitable objectives and develop their group to become fully established.

Light supports people in the UK and abroad and has been set up:

- To provide the relief of women and their children who have been physically, sexually and emotionally and/or mentally abused within an intimate or ‘family’ relationship in Manchester
- To advance public education and understanding of the issues of domestic violence
- To promote human rights
- To help to bring awareness of health and wellbeing - weight management, cancer, cardiovascular and mental health
- To support families with young children
- To provide information on how to keep an eye on children’s activity regarding their use of mobile and social networking
- To help parents to interact with their children by becoming a bridge between parents and children
- To provide counselling services for all ages
- To provide short courses for women
- To become a bridge between the community and local authorities
The sessions are being run in mosques to make them easily accessible to members of the community.

Hameeda, Nagina and Pamila have a wealth of experience to be able to support members of the community and have various backgrounds in legal support, community development and health and wellbeing, they also speak five languages between them so are able to support the wide and diverse community.

Light recently attended an Introduction to Roles and Responsibilities workshop run by the Capacity Building Team, which really made a difference to the group to know what they need to be doing to run the group effectively. As the workshop was run in the evening the members of the group found it easier to attend as they could fit it round their work. As members of Macc Light were able to take advantage of a discount on attending the training.

Light are planning to have an open evening in January to launch their service and invite members of the community to find out more about Light and the support that is available to them.

“The support has been brilliant, and Sarah has been very patient with us and let us talk and say everything we wanted and helped the group to develop. It has been a helping hand to make a dream come true.”
Sickle cell anaemia is a serious blood disorder that is inherited and it causes the red blood cells, which carry oxygen around the body to develop abnormally. The disorder mainly affects people of African, Caribbean, Middle Eastern, Eastern Mediterranean and Asian origin. In the UK, sickle cell disorders are most commonly seen in African and Caribbean people.

Normal red blood cells are flexible and disc-shaped, but in sickle cell anaemia they can become rigid and shaped like a crescent (or sickle). The abnormal cells are unable to move around as easily as normal shaped cells and can block blood vessels, resulting in tissue and organ damage and episodes of severe pain.

Since SCCM featured on the radio raising awareness of the disorder, parents, carers and those living with the condition have expressed the need for a community based organisation. The aim of SCCM is to, empower and support those affected by sickle cell and raise awareness, understanding and support for the condition.

The organisation was founded by carers and individuals who live with the condition and who felt that there wasn’t enough support within the community. It started as regular meetings then evolved into a group of individuals who gave their time to attend monthly meetings to establish ways forward to improve and empower the lives of those affected by the condition. We conducted hospital and home visits, facilitated Q&A sessions on the local radio and attended events held in the community. Our growing presence meant that the group needed to be more structured to develop further. SCCM is now the only community based registered sickle cell charity in the North West.

With much needed support from Macc, we were able to apply for a grant to establish an office base and have a visible presence within the community to offer support services.

City View House, 5 Union Street, Ardwick Green, Manchester, M12 4JD
There is a wealth of experience within the group. Individuals, who are carers, have great insight and coping mechanisms in which to empower those who have young children and may need support.

As Chair of SCCM, I live with the condition and work within the NHS as a Communications Consultant and as a Minister, I help people in need and carry out pastoral duties.

Chantelle our Administrator also has sickle cell and is passionate about the cause. She has great co-ordination and administrative skills and is very sensitive to the needs of others with the condition. There are many others in the group whose skills range from Community Development workers, Nursing, Human Resources and mentoring skills.

Together we are very capable of developing and sustaining a bespoke service.

We are connected to the community and have links with leaders at grass roots level. We also partner with the NHS and have connections with the National Screening Programme and Professors within Universities.

We welcome donations in order to support the work in this ever changing, economical climate.

For more information about the group, visit: www.sicklecellcaremanchester.co.uk, or email: admin@sicklecellcaremanchester.co.uk

To watch a movie about sickle cell produced by Sickle Cell Care Manchester, visit: http://tinyurl.com/noe23u9
Do you want your news / event included in our newsletter? Let us know by emailing: info@mcrcommunitycentral.org

Do you want your own copy of this newsletter?
If you’re reading this in a library or at another organisation and you would like to receive your own copy of the newsletter then email us at: info@mcrcommunitycentral.org