Manchester Community Central
Quarterly News

Issue
November 2016

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Supporting our Voluntary and Community Sector

Spirit of Manchester Awards 2016
Spirit of Manchester 2016

“The Spirit of Manchester Awards just keeps getting better and better every year. I’ve worked in the voluntary sector in Manchester for quite a long time now and yet I am always finding out about wonderful new projects and groups which are constantly springing up all around the city.

Thanks to everyone who took part in this year’s Spirit of Manchester activities as a supporter, running a Festival event, nominating for an award, donating to the Spirit of Manchester Fund, sharing Spirit Stories and helping spread the word.

On behalf of all of us at Macc, I can say we are pleased, proud and, most of all, determined to keep celebrating and championing the fantastic work the voluntary, community and social enterprise sector does in this city.”

Mike Wild, Chief Executive, Macc

Our Spirit of Manchester Awards ceremony on 6 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 nationally for the evening. The atmosphere in the venue was incredible.

The awards celebrated the work of Manchester’s voluntary, community and social enterprise sector and were presented at The Sheridan Suite.

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/spiritofmcr16films

**Volunteer of the year - outstanding contribution** (supported by First Central Insurance Management Ltd) **winner**

Oliver Bradley

**Volunteering team of the year** (supported by Manchester City Council) **winner**

Emmeline’s Pantry Parlour Food Bank Volunteers

**Volunteer involving organisation of the year** winner

Back on Track

**Best service user involving organisation** (supported by Adactus Housing Group) **winner**

Self Help

**Most successful campaign / innovative project** (supported by One Manchester) **winner**

Inspire Task Force

**Best Community Space** winner

Growing in the City

**Best partnership initiative / collaboration** (supported by Kier Construction) **winner**

The Tutor Trust

**Business Citizenship award** winner **Fabulous Fan Fayre**

**Health and wellbeing award** (supported by the Manchester Clinical Commissioning Groups: North, Central and South) **winner**

Old Moat Greenies

**Equalities award** (supported by Mosscare Housing) **winner**

Reclaim Project – Samuel Remi-Akinwale

**Contribution to the sector** (supported by The University of Manchester) **winner**

Majid Dar, Community on Solid Ground
The Spirit of Manchester Festival is one component of our Spirit of Manchester programme, the annual celebration of Manchester’s voluntary, community and social enterprise (VCSE) sector.

The idea of the Festival is for organisations throughout Manchester’s VCSE sector to hold an event to showcase their organisation during a set period (this year 1 – 10 October 2016). This is something that many groups already do; but as there are over 3000 VCSE organisations in the city of Manchester, it can be difficult for every group to get the recognition that their work deserves.

The Spirit of Manchester Festival encourages groups to all get involved at once in order to magnify the impact of the VCSE sector and create a city-wide celebration of the incredible work that we all do.

Participating in the Spirit of Manchester Festival therefore means no additional work for organisations, something that is key whilst the sector is currently facing so many difficulties. It benefits the individual organisations who get involved and the sector as a whole by: raising the profile of participating organisations; providing the opportunity to network and recruit new supporters, volunteers and funds; and creating a celebration of the VCSE sector in communities across Manchester.

Just over 30 organisations participated in the Spirit of Manchester Festival 2016, with over 70 events taking place between 1 and 10 October 2016. These events were highly varied: from open days and community fairs to art exhibitions and film screenings; from gigs and workshops to gardening and cycling; from meditation and story-telling to cafés and youth clubs.

This year was the third Spirit of Manchester Festival, and it has grown each year since its inception in 2014. Despite this, it still only provides a glimpse at the vast amount of work done by the VCSE sector in Manchester.

Pictures from the festival events can be found on our Facebook page: www.facebook.com/spiritofmanchester
Chief Executive’s update

In the last Newsletter, I posed the question (as much to myself as anyone else!) “If the referendum result was even partly driven by a protest vote against economic exclusion, what can we in our individual organisations do about that?”.

To reach this sentence you’re now reading, you’ve passed through five pages of stories and pictures showing exactly what our sector is doing: working incredibly hard all across the city to involve, support, celebrate, help, teach, learn, comfort… I always describe my job as being “to help make more good things happen” and the thing which struck me most about this year’s Spirit of Manchester programme was how precious the time was to stop for a moment and celebrate all the amazing things being done by all kinds of voluntary organisations, charities, community groups and social enterprises all across the city. It would be impossible to build a machine with so many moving parts which does so many things and yet somehow we have created an enormous force for social good in Manchester. Everyone involved in the sector should be proud.

And we all know it’s hard work – and now that it’s winter, there are inevitably additional pressures. It has its rewards on those wonderful days when you get to see the difference you’ve made, but I know that many of us are working flat out all the time, often trying to do more and more with less and less. The time this really hit home to me recently was when someone from a local group talked about the effort of “jumping from one grant to the next”. Think about that: to some people that will look like a failure to diversify income or some such business analysis. I don’t buy that.

For one thing, the fact that organisations keep going, keep trying to find new sources of funding to run projects shows that there’s not only constant effort but also that if it keeps being attractive to funders, something clearly works well. Why then is it so hard to keep going in those in between times?
Chief Executive’s update

I still believe it’s important to keep reminding funders they need to invest in our organisations and allow us the costs we need to be good employers, to be supportive of volunteers and, as any employer should do, keep a happy, healthy and thriving workforce (paid and voluntary). Even if you keep innovating, being creative, exploring and developing the way things work at the moment means there is never enough: as public funding and services reduce there is inevitably more pressure on all of us.

Our sector has always struggled to get the resources it needs and, bizarrely, been challenged and scrutinised about running costs in a way no other organisations are. We rely heavily on dedication, energy and elbow grease. If our groups and organisations are made of anything, it’s people. It’s a workforce which is often overlooked and rarely nurtured yet we must look after the people who make the good stuff happen.

I’d urge you to make sure you complete our State of the Sector Survey as this is the best evidence we will ever have about the workforce in our organisations, the resources we have and the work we do. It has been an incredibly powerful tool in making the case about the difference we make in the city. For the first time, we will have a previous survey to compare with – and over a period (since 2012) when we’ve faced our toughest ever challenges. Putting together all that evidence to present to commissioners, funders and anyone who donates time, money or resources to us is the best way to present a powerful case to sustain that force for good.

Mike Wild, Chief Executive
Microvolunteering

Microvolunteering and online volunteering may not be the first things that spring to mind for organisations when developing volunteering opportunities.

Traditional volunteering roles usually involve spending time on site with an organisation working with other staff, volunteers or service users, or maybe volunteering at an event.

Microvolunteering, on the other hand, seeks to use small chunks of people’s time in a way that still makes a difference to the organisations they want to help.

It works on the premise that, although not everyone can take regular chunks of time to go somewhere to volunteer, most people can find five or ten minutes – whilst waiting for the kettle to boil, for example, or whilst using public transport.

Much of the volunteering is available online, and one site even awards a ‘pyjama rating’ to its tasks. Now you don’t even have to get out of bed to volunteer!

As an organisation have you thought about incorporating Microvolunteering into the work you do?

There are specific Microvolunteering websites out there that provide users with a variety of activities and games that volunteers can engage with to help contribute towards a good cause, but you don’t have to create a game to get volunteers involved.

Some of the roles that can be developed may include having a volunteer manage a social media account or designing posters or flyers, writing a blog or proof reading a report. It might be worth considering!

For Volunteer Centre Manchester’s Micro Volunteering Factsheet contact Jack Puller at Volunteer Centre Manchester for more information on jack@macc.org.uk or call us on 0161 830 4770.

Microvolunteering Day 15 April 2017 www.microvolunteeringday.com
Christmas Volunteers

Christmas is nearly here and you know how time flies. It’s not too early to get your Christmas volunteering opportunities in!

From now - and in the run up to Christmas, the volunteer centre receives an increased number of requests to dispense information and guidance on volunteering opportunities that are taking place on or around Christmas Day, Boxing Day, New Year's Eve and New Year's Day.

We're writing to let you know that you can register your Christmas opportunities on our Volunteer Engagement and Recruitment Application (VERA) right now. It's quick and easy to do and you can delay your recruitment start date to suit you.

A lot of organisations (because you are so snowed under!) generally wait until late November or early December before even thinking about advertising for their Xmas opportunities, and to give your organisation the best chance of finding suitable volunteers for the busy festive period, we advise that you start advertising as soon as possible.

If you would like help with registering your opportunities or you are new to Volunteer Centre Manchester and would like more information, give us a ring on 0161 830 4770 or email Jack Puller at jack@macc.org.uk and we’d be happy to discuss how we can support you in your search for volunteers.
Choosing your structure

In building and product design, ‘form follows function’ is a phrase that is often used. This means the shape or structure of something should be dictated by what you want to use it for – and not the other way round.

However, when you’re setting up a new community organisation, this isn’t always clear-cut. There are several legal structures you can choose from, including Charities, unincorporated associations, Community Interest Companies and Cooperatives. The Capacity Building team at Macc spends a lot of time working with new organisations, helping them choose the structure that is right for them.

So what kind of things should you be thinking about when deciding on your organisation’s structure?

The process of ‘incorporating’ is the process of completing and registering the forms and documents you need to set up your organisation so that it has its own legal existence. The two most common forms of incorporation that we look at with organisations are registering them as Community Interest Companies (CICs) with Companies House, or as Charitable Incorporated Organisations (CIOs) with the Charity Commission.

Both of these types of organisations have restrictions about how organisations can use the money and other assets such as equipment and buildings they own. They are often called ‘not-for-profit’ organisations, but this isn’t strictly true. They are allowed to make profits and surpluses, but the structure means that these have to be used to benefit the people and areas that the organisation has said is going to work with – and not go to private individuals.

A Community Interest Company is a business that, when it registers its documents with Companies House, includes a statement about how it will benefit the community it wants to work with, and how it will use its profits and assets to do this.

The expectation is that it will operate as a business, charging fees for its goods and services, whether this is directly to customers, or through entering in to contracts with other organisations. Because of this it can be harder to get grant funding for CICs in the long term, although start-up funding can be available, for example, through Awards for All.
As a business, it has directors. You can be a director and get paid for working for the CIC, so if you want to earn a living from working for your organisation, this might be the structure for you.

Charitable Incorporated Organisations (CIOs) have trustees rather than directors, and in general, trustees can’t get paid for work they do for the organisation.

In order to register with the Charity Commission, they have to show their work benefits a large enough section of the public, and that it fits in with one of the 13 purposes or ‘objects’ that the Charity Commission says are charitable. This structure also offers a formal way to create a membership for your organisation and involve members in making decisions about what it does.

Faith has recently been working with Macc to look at these issues for a new organisation she is setting up to do music, song-writing and recording with people on the autistic spectrum.

She said: “For me, the big issues I had to look at were how much involvement I could have in managing and making decisions about my organisation versus wanting to earn a salary from my work. At first I was looking at being a CIC, so I could be a company director but still do paid work for the organisation. But in the end, I decided to go down the charity route for now, mainly because I want to be able to offer free services to the people we will be working with, and think I will need grant funding to help me do that.”

This brief introduction doesn’t cover all the things you need to consider. If you want information that is specific to what you want to do, do get in touch with us.

We offer training on choosing your structure, and on the legal responsibilities for charity trustees. We can work with you to complete your registration documents, and also help you with the next steps such as business planning and fundraising. Visit our training calendar to find the dates of our next workshops:

As promised in the last newsletter the training page on the website http://bit.ly/1HYegzR has received a makeover.

After a period of consultation with users of the website, staff and the developers I am pleased to say that the training page is now completed with new features added to make searching for training a little easier.

Now included on the page is the function to use filters to search for training through topic area, cost and provider. So if you are looking for what training is free and believe me I receive plenty of requests you can now use the site to search specifically for free training both from Macc and other training providers.

Similarly if you are looking for funding related training you can use the blue boxes to find courses listed under the topic headings.

Finally, there is a keyword search box simply type in your word and click apply. Don’t worry all the training courses are still listed for you to scroll through like the old times.

I am really pleased with the page and hope that you will find it a lot easier to use.
Social Media Surgeries

Social media surgeries are informal drop-in sessions where anyone from the voluntary, community and social enterprise sector can come and pick the brains of our 'surgeons' (helpful volunteers who understand the world of Twitter, Facebook and the rest).

Speak to experts and get tips and practical advice about how social media could help your organisation. Solve any issues you are having with your organisations existing social media or see how you could use it better.

Our previous surgeries have been very successful, with people from all kinds of voluntary organisations coming along and asking for advice. If you have a problem with your social media accounts, just book yourself onto our next surgery on 15 December, here: http://bit.ly/2dLYArC

Please note: This is not a structured social media training session - if you are looking for social media training for beginners see the Manchester Community Central training pages for the next session: http://bit.ly/1HYegzR

Training programme

Our October to December training programme is now online: http://bit.ly/2e7MpHO and this quarter we have introduced two new workshops: Blowing Your Own Trumpet and Introduction to Marketing complementing the existing quarterly programme.

All workshops will be delivered by Macc staff who have plenty of knowledge and experience delivering workshops to the VCSE sector.

As always we're happy to discuss any training needs you or your organisation may have, contact Cheryl on 0333 321 3021 or email: training@mcrcommunitycentral.org
Revive

Revive was founded in 2002 and was originally run by one paid member of staff, student social workers and a small army of volunteers. Over the past four years in particular, Revive has grown and developed dramatically, now employing a manager, three social workers and a full-time Immigration Advice Worker. Revive has provided numerous opportunities for volunteers and social work students to gain experience and share their skills.

Revive provides free holistic support and advice to asylum seekers, refugees and those subject to immigration control in Greater Manchester. Revive are not just a signposting organisation, they provide both short-term and long-term advice and support to those with simple or complex needs through social work, supporting and accompanying clients to important meetings or hearings, providing advice and advocacy, engaging clients in activities and empowerment projects, offering training and volunteering opportunities to clients and the wider community. Revive also works successfully in partnership with local and national organisations.

Over the past four years, Revive has supported more than 2,000 people seeking sanctuary in Greater Manchester.

“I was recently appointed as the Business and Development Manager and the Advisory Board wanted to refresh things and update our expiring business plan. We contacted Macc for support to help facilitate our visioning and business planning. All staff and Advisory Board members who were engaged in the process were challenged and inspired. The support was invaluable. We now feel ready to move confidently to our next level of success and we thank Macc for supporting us on our journey.”

Uchenna Odenigbo
Emmeline’s Pantry Parlour Food Bank

Two weeks on from the Spirit of Manchester Awards we spoke to winners (or some) of the Spirit of Manchester Awards about the night and what’s happened since receiving their award. Here’s what one winner told us...

Irene, a volunteer from Emmeline’s Pantry Parlour Food Bank, winners of the Volunteering Team of the Year Award.

“Every week me and the volunteers get rewards seeing how much our work is valued by the women who come to the food bank. We get lots of hugs regularly but now we have something else – a Spirit of Manchester Award, a reward at the end of the rainbow, we’re all delighted!

To be nominated was exciting enough, sitting together in a brilliant atmosphere enjoying the lovely food, and when we were announced as the winner we just sat there, we couldn’t take it in, we were all tearful.

Taking our award back we’ve been congratulated by everyone, our Facebook and Twitters been busy with loads of lovely congratulations, messages and donations that are different to normal. And of course the women we support have told us how much we deserve it, it means so much to us!”

To find out more about Emmeline’s Pantry Parlour Food Bank visit their Facebook page: https://en-gb.facebook.com/Emellines/
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

Health and Social Care

This has been an extremely busy summer working on keeping the sector involved in all the developments around bringing health and social care together. As reported last time, Manchester is establishing a Local Care Organisation which will comprise all the services which aren’t hospital based – and some which are currently in hospitals may move out into the community. This may sound like an old model to some with long memories but the crucial feature is the boldness of including social care inside the organisation.

Macc was originally founded in the 1980s on campaigns about the barriers between ‘health’ and ‘social care’ so we’re keen to see efforts to get beyond that distinction and think about what helps people be healthy, happy and safe. There is huge potential in the role of the voluntary, community and social enterprise sector to contribute to that and – as with all the changes there’ve been in services over the years – the challenge for us is to make sure we’re round the table.

Colleagues from many organisations took part in a range of workshops over the summer to start exploring ways to improve care. This is positive but it’s just the beginning of the conversation we need to have. I’m continuing to be involved in the Manchester Provider Board (though Macc is of course not a ‘provider’ of services in that sense) pushing the conversation along: the ‘pivotal’ role of our sector is being acknowledged but there still is a long way to go. As Nigel notes below, we’ve put a lot of effort into influencing proposals to the GM Health and Social Care Transformation Fund and are pressing for increasing engagement with the sector in developing new care models.

Devolution

I’m continuing to take part in the Greater Manchester VCSE Sector Reference Group which is building the sector’s role in the devolution agenda as both a strategic and delivery partner. We’re currently updating the policy and influence section of our website and have created a new page around this: http://bit.ly/2ePWW8F

I’ve also been involved in supporting a group which is hoping to pull together a People’s Plan for Greater Manchester. Macc’s purpose is to encourage, support and develop voluntary and community groups and individuals to have a real influence.
over the places and communities in which they live. So for that reason alone, we’re supporting the People’s Plan as a non-partisan, citizen-led movement bringing new and seldom-heard voices into the conversation about the future of Greater Manchester.

The idea is to organise lots of conversations all across Greater Manchester to think about the future of the region and what Devolution means for us. With the election of the new Mayor of Greater Manchester in 2017, there’s a great opportunity for the voices of the communities all across the city to be heard. We’re not pressing any particular agenda, only that engagement is in itself a good thing – one of Macc’s core beliefs is that every individual and community has unique skills, talents, knowledge and insights which are important and valuable. More information at: www.peoplesplangm.org.uk

Our Manchester
The new Our Manchester strategy is now available on the City Council’s website: www.manchester.gov.uk/mcrstrategy. This is the major strategy for the city for the next 10 years developed, as reported last time, by the Manchester Leaders Forum (now renamed the Our Manchester Forum). There are some ambitions in this which are directly relevant to the voluntary sector – increasing volunteering for example.

The Our Manchester approach is driven by being ‘strength based’ (or ‘asset based’) which will be familiar to much of the VCSE sector – taking what’s good and building on it, so it’s welcome to see in the conversation, the emphasis on communities and principles around collaboration being built in.

Of course, a big factor in this is the City Council who are now starting to adopt the Our Manchester approach in all their thinking. The new budget consultation process began, unlike previous years, by asking local people to set their *priorities* rather than just going straight to budget proposals. The second stage is to put forward some initial proposals based on this before a fuller set of budget proposals in the New Year. More information here: www.manchester.gov.uk/budget

One of the ideas being explored in all of this is a single funding pot for (most of) the grants the Council gives to the VCSE sector. This discussion started with a range of workshops over the summer and a small group is now working up ideas to bring back out for further discussion with the sector. We’ve set up a new webpage with information about this work as it develops: http://bit.ly/2e96Pub. Keep watching for news on this as when the group completes its work there will be an important opportunity for everyone in the VCSE sector (Council funded or not) to have a say and contribute further ideas and proposals.
Claire Tomkinson – Wellbeing Development Lead (Policy and Influence Team Leader)

I’ve recently been spending time speaking to our colleagues working in health and social care about how they can develop new ways of working with VCSE sector organisations to make better use of what is already available within the community that has an impact on health and wellbeing.

We know that 70% of health is influenced by social determinants, while only 30% is clinical factors and ensuring that people are able to continue to be active in their community, share their skills and have a role to play will have a massive impact upon their resilience and ability to cope with long term health conditions.

We’ve been having a lot of conversations about community assets and how we can build upon them, without losing sight of the fact that our biggest assets are people using services.

Nigel Rose, Strategic Lead Commissioning

The Our Manchester VCS Funding co-design group, made up of representatives from voluntary and community sector, Manchester City Council and Manchester CCGs, has now met twice. It’s discussing the purpose, principles and structure of Council Grant-Making and I’m co-facilitating. For more information, visit: http://bit.ly/2e96Pub

Greater Manchester Social Value Network, which I help to co-ordinate, held its second conference in September. Participants from statutory, private and VCSE organisations greatly valued the opportunity to network, share experience, and learn more about approaches to social value.

I have been heavily involved over the last three months in preparing a proposal to go forward to the £450 million GM Health and Social Care Transformation Fund. The focus of the proposal is on linking statutory health and social care staff to community organisations to maximise the impact on health and wellbeing of people with long-term needs.
Pauline Clark, Early Help Development Worker

The Help and Support Manchester Directory of Services can be found here: [http://bit.ly/2eWW7J2](http://bit.ly/2eWW7J2) and is a good source of information about services and activities across Manchester for children, young people and families. Any organisation can add details of their organisation and its services/activities to this website, but need to remember to update these details on a regular basis. Why not check if your organisations services are on there and up to date? Registering to add details of activities is very simple. Why add your organisations activities to the directory? Families and professionals use this directory to find services and activities in their local area to signpost people to; this can only increase people attending your activities.

Allison Foreman, User Involvement Worker

In celebrating the fantastic work of the sector during the Spirit of Manchester Festival I met people doing incredible things to support their communities. Irene, a volunteer at Emmeline’s Pantry Parlour Food Bank Volunteers, winners of the Volunteering Team Award reminded me of the warmth and vitality volunteers exude, “what we do is more than making sure people have food to put into their mouths, it’s about putting a smile on their faces”.

Groups I’ve been working with are equally as passionate about making a difference: the GM Older People’s Network has developed a core group and now plans to reach out to involve more members in their campaign; and Manchester Mental Health Charter Alliance plan to share the findings of their research report on Crisis Care at a launch on 16 November. To hear more please contact me on 0161 834 9823, or email me at: allison@macc.org.uk.

Helen Walker, Policy and Influence Worker

I started working for Macc in August and my main role is to provide communications and events support for the Policy and Influence Team. I am currently updating the Policy and Influence part of the Manchester Community Central website and the new pages available so far include the Voluntary Sector Assembly, which you can view here: [http://bit.ly/2f5o8kr](http://bit.ly/2f5o8kr), and Greater Manchester devolution, which you can view here: [http://bit.ly/2ePWW8F](http://bit.ly/2ePWW8F). I hope that you find the new pages useful.

I was also responsible for writing up and publicising stories as part of the Spirit Story week held in September. The week saw a wide range of activities including advice sessions, community gardening and food redistribution. The 32 stories from 30 organisations are all now available on the Manchester Community Central website, here: [http://bit.ly/2fqnWxk](http://bit.ly/2fqnWxk).
Greater Manchester Youth Network (GMYN) is an inspirational youth charity that transforms the lives of young people who might be struggling to find their way. In 2017, GMYN is reaching a milestone and will be 10 years old. To showcase all the amazing achievements of their young people and programmes over the past 10 years GMYN will be holding a big celebratory event in March 2017.

To ensure the event is extra special GMYN are calling on businesses and organisations from across Greater Manchester to get involved by: sponsoring the event; providing a venue; offering in-kind support such as catering or promotion. If you’re able to help, or know someone who can, contact Rich or Alex 0161 274 3377.

Action for Blind People - Call for Community Eye Health Volunteers in Manchester

Are you interested in health and wellbeing issues in the community? If so you could help prevent sight loss in people with diabetes and raise awareness of the importance of regular eye checks to health professionals, religious groups, and communities.

To find out more contact Helen Pattie, Eye Health Project Coordinator on 0161 787 9252, or email: helen.pattie@actionforblindpeople.org.uk. You can also apply online at: http://bit.ly/2exrLN7

MadLab, the UK’s most active makerspace, has loads of great events on this winter! On 17 November Advanced WordPress led by WordPress co-founder (and Stockport resident!) Mike Little; if you’re in Tameside, MadLab’s Online Safety For Parents And Carers is at Hyde Hall on the 28 November; there’s also a couple more Digital Skills courses for Salford residents taking place at MadLab Salford (make sure you book soon before they sell out!); then on 3 December get Hands-on with the Internet of Things with MadLab hacker in residence Asa Calow; and finally keep an eye out for imminent Christmas announcements about family tech events, Make Stuff.

To find out more and to see everything that’s on, visit: https://madlab.org.uk
Upcoming events for young adult carers at Manchester Carers Centre

Are you a carer aged 16-25?
Pizza Wednesday - Wednesday 9 November, 4.30pm-7pm. There will be interactive discussions and fun group activities and planning for the Christmas event.
Christmas Event - Tuesday 29 November, 4.30pm-7pm. Details to be confirmed
Manchester Carers Centre Christmas Party - Thursday 15 December. Time and location to be confirmed

If you have any questions or if you want to book your place contact 0161 272 7270 or text 0795 783 6058 or email: elisbeth@manchestercarers.org.uk

Manchester Carers Centre, Bridge 5 Mill, 22A Beswick Street, Ancoats, M4 7HR

Mcr Voices

Mcr Voices is an open meeting for women over 30 who have ASC (Asperger/Autism) traits diagnosed and undiagnosed. The meeting is held at the Three Minute Theatre Afflecks Arcade, 35-39 Oldham Street M11JG, each Thursday afternoon 2pm to 4pm. The meetings are being run as part of a five year funded project called Mcr Voices.

Volunteer creatives and volunteer social workers are on hand at the meetings. Experts will be visiting sharing appropriate information to support the clients.
For more information email Gina at: gina@outlook.com

Relate Greater Manchester South

‘Don’t you just do marriage guidance?’ is a common question asked about Relate GMS. Well the answer is they do! But they have so much more to offer besides. Relate GMS aims to provide support to people who are going through difficult times in any of their relationships. They offer a range of services and projects across the south of Greater Manchester including: relationship counselling; family counselling; sex therapy; mediation (legal aid funded for those who qualify); children and young people’s counselling; parenting courses; and separated parents’ information programme. Some of services are funded while others are available at a cost.
For more information, visit: www.relate.org.uk/greater-manchester-south
Do you want your news / event included in our newsletter? Let us know by emailing: info@mcrcommunitycentral.org

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