

Support on Offer to Manchester Mutual Aid Groups

If you are part of a mutual aid group in Manchester, or are looking to set a group up, then there is a wide range of support on offer to you.

This support offer is a partnership between buzz Health and Wellbeing Service, Macc and Health Development Coordinators (Central Manchester only).

Contact details and more information for each support provider is below.

To find out more just email Tom Waring from Macc on thomas@macc.org.uk, his working hours are Monday-Friday, 9.30-16.00.

buzz Health and Wellbeing Service



We have a team of Neighbourhood Health Workers (NHWs), one in each neighbourhood in Manchester, who can support local people or organisations to help turn ideas, ambitions and conversations into new projects or help existing projects who need support to continue, adapt or grow. All with a view to improving people's health and wellbeing. All our work is resident led and using a strength based approach. We also have two specialist teams who cover larger areas but have a specific focus on supporting 'early years intervention' and 'age friendly community development'.

NHWs can:

- Introduce and connect groups with other local or citywide organisations/networks (including health screening services) and signpost to MACC for support and advice.
- Share local neighbourhood knowledge and contact information
- Offer small financial grants to support development of projects and help to identify other funding streams including Manchester Wellbeing Fund.
- Promote the groups through neighbourhood networks, mailing lists and press releases.
- Provide health promotion information and research and evidence (for funding bids)
- Listen to group members and identify development and support needs and signpost to appropriate organisations
- Provide face to face meetings with groups/residents on a 121 basis in a community setting to listen to their ideas for new projects (online/telephone support during lockdown)

Find your local NHW at: <https://buzzmanchester.co.uk/>

Macc

Macc is the organisation which supports the voluntary, community and social enterprise sector in the city of Manchester.



Any mutual aid group in Manchester can receive free ongoing advice and support from Macc. Examples of the support we offer includes: offering funding advice and helping groups create policies, procedures and resources.

Also if groups are considering developing into a more formal organisation we can offer support and guidance in partnership with the Macc Capacity Building Team (<https://www.manchestercommunitycentral.org/support-groups>)

To access this support just email Tom Waring from Macc on thomas@macc.org.uk, his working hours are Monday-Friday, 9.30-16.00.

Health Development Coordinators



(Please note: Health Development Coordinators are currently only offering support to mutual aid groups in Central Manchester)

Health Development Coordinators support people to improve their wellbeing, through breaking down the barriers together that get in the way of building stronger, healthier communities.

We are part of a dedicated NHS team covering each Neighbourhood in Manchester. Our role is to bring together and support local residents, communities, services and organisations, and aims to improve health, wellbeing, justice, equality and opportunity in Neighbourhoods. We use an approach called Community Development which uses these themes to underpin our work.

In practice, for Mutual Aid Groups this means:

- Linking them into any appropriate organisations or services to help achieve their goals, including addressing potential barriers.
- Supporting groups to identify important issues and taking them to local strategic decision-makers in the organisations such as the NHS or Manchester City Council.
- Providing training or awareness-raising on different ways of working, values and issues like working together, equality, the wider circumstances that impact on our health.
- Facilitating them to meet, network and learn together through future challenges
- Support Mutual Aid Groups to consider how to link in to the wider Neighbourhood work, if appropriate

Find the contact details for the Health Development Coordinator in your area here: <https://tinyurl.com/HDCcontacts>