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December Newsletter 2020

Dear Good Neighbour

How are you doing? As you know during lockdown we continued to run the Positive Living Group as two small support sessions, as well as carry out plenty of telephone befriending, shopping, door step chats and zoom history talks and Thursday exercise session. New volunteer Rory has also been doing plenty of small odd jobs; eg changing light bulbs, re hanging pictures and re attaching a broken shower rail . Now that we have gone back into a Tier system it does mean we have a bit more flexibility to organise some activities, so we are considering trialling two small coffee morning support sessions (Tuesday and Thursdays) for those people with no local family or support networks.

Out for walks: some of our volunteers are also managing to walk out with our older clients, even if it is just up the road and back or round a local park. Here's Eimear with Doreen. If you would like to have a go at this and get some fresh air on a dry day, and have a bit of company then do please let me know and I can arrange this.



Scam alert Volunteer John tells me that people need to be especially careful about scams at the moment .He has heard of one where you receive a card from PDS (Parcel Delivery Service) asking you to ring a number beginning 090.. Don't ring it as you will be automatically charged £300 .Volunteer David reports scammers are often working in pairs, so that one can act as a distraction. They may also say they are from the council and need to get into your house to do a job, so just close the door if you have not received a letter of notification from them.



Congratulations to former trustee and volunteer driver Marc and his partner Sophie, on the birth of their daughter Penelope

Happy Birthday to those with December birthdays : here are a few to acknowledge – Joyce B, Bernard B happy 80th , Caroline H, Marie B, Alma Mc, Betty D and Irene Kenny, volunteer David B and community worker Diane. Special wishes to Hilda M who will be 96 years old on Christmas Day.

Messages from the volunteers to you



I would like to wish you all a Happy and Peaceful Christmas and look forward to seeing you all in the New Year once we have had the vaccine. My good news is that my daughter Anna had twins on May 1st so I am a proud Granny to Ed and Ada.

Mary



In January it will be 361 days until next Christmas; look after yourselves and have a glass of wine and don't eat too much!

Peter



What a year we have had!! I am sure next year will be better and hopefully we can open up for big coffee mornings. Happy Christmas to you all and lots of love. Stay safe **Andrew**
xxx



Thinking of you and sending you all my love for Christmas. Hope we can be together again

in the New Year. Take care. Love **Arthur**



I would like to wish you all a Merry Christmas and a very Happy New Year. Here's hoping that next year will be so much better than this one. Take care and stay safe. Kind regards **Christine**



Angela sends her best wishes for Christmas and New Year to Helen and to everyone at Chorlton Good Neighbours. "I am missing everyone and look forward to us all being together again at some stage". This is a photo of myself with my new grandson, Santiago, born in September and doing very well.

Thinking of you all at Christmas. Hope you are well. Renewed hope for the New Year. I am looking forward to seeing you all at a coffee morning in the future and saying 'Nice to see youto see you? ...Nice! **Love and best wishes, Ray**



Messages from Community colleagues

Are you a Stroke Survivor and / or a carer? If so please get in touch with Helen Gilbertson from the Stroke Association for help, advice, support in all areas of your stroke recovery. They have a weekly zoom meeting, an active WhatsApp and Facebook group.

0161 742 7482

07983 343003

Helen.gilbertson@stroke.org.uk



REAL FOOD
Community
Whalley Range

Want to do something about your diabetes?

Then join us in January for our Eat Well to Get Well

12-week programme for people living with Type 2 diabetes or pre-diabetes

You can learn how an NHS-approved low carbohydrate approach can help you tackle type 2 diabetes and lose weight

You can get practical help with a low carb diet – menus, recipes, cookery demos and videos, and ingredient packs to try recipes at home

You can be part of a support group to get help and advice and share your successes and worries on the low-carb journey. People trying this before have lost weight, improved their control, reduced medication and even reversed their diabetes. They feel better too!

What about Covid-19 restrictions?

At the moment we are planning to run the programme mainly online in case restrictions are still in place early next year.

If this is the case, we may use Zoom or other video conferencing apps, for our meetings, depending on what computer or phone equipment our participants have, or feel comfortable using. But we have also drawn up plans to hold one or more of these meetings face to face in a Covid-safe venue in Whalley Range (likely to be the JNR8 [youth and community centre](#)) if the situation allows and group members would like to meet this way.

Find out more . . . get in touch by December 22

Loren Grant. Phone 07828 295 962 or email grant.loren@gmail.com

Project team

Carolyn Driver (retired practice nurse), Loren Grant (nutritional therapist), Andrew Thompson (community chef). Advisor: Dr Tim Greenaway.

The Macmillan Cancer Information and Support centres, at Manchester Royal Infirmary, Wythenshawe Hospital and North Manchester General Hospital are open to support people affected by cancer and their families, over the phone, by email and in some cases Skype, Zoom, Facebook etc., weekdays between 9am-4pm.

We understand how difficult and worrying these times are and it may help to just have a chat and we may be able to help. **You can get in touch Monday to Friday, 9am – 4pm at:**

Manchester Royal Infirmary Macmillan Centre (Central Manchester)

Tel: 0161 276 6868 **Email:** cancer.information@mft.nhs.uk

Wythenshawe Hospital Macmillan Centre (South Manchester)

Tel: 0161 291 4876 **Email:** macmillan.info@mft.nhs.uk

**North Manchester General Hospital Macmillan Centre (North Manchester)
(Pennine – Bury, North Manchester, Oldham & Rochdale)**

Tel: 0161 604 5244 **Email:** macmillan.infocentre@pat.nhs.uk

Support is also available from **Macmillan Cancer Support** via the phone; email; on-line chat and on-line community. Ring **0808 808 00 00** or visit the website at: www.macmillan.org.uk/cancer-information-and-support

The government announced that from 2 December the national lockdown will end and the country will move back to a localised Tier system. Manchester will be in Tier 3 with a Covid Alert Level of 'Very High'. This means there is still a ban on social mixing in ANY indoor setting as well as in private gardens. Here's everything else you need to know:

- You will not be able to socialise in a group of more than 6 people in an outdoor public space such as a park or beach, the countryside, a public garden or a sports venue
- Bars, pubs, cafes and restaurants will stay closed – but takeaway and delivery services can continue
- Non-essential retail shops will re-open
- Indoor venues including soft-play, cinemas, museums, galleries and bingo halls will remain closed
- Places of worship will open but the rule of six/household rules still apply to interactions
- Weddings and funerals can go ahead with restrictions on the number of attendees – 15 people can attend wedding ceremonies, but wedding receptions are not allowed. 30 people can attend funeral ceremonies, 15 people can attend wakes
- Leisure centres, gyms and pools will be allowed to open, this includes junior club activity and lessons
- Indoor group exercise classes won't be allowed unless for youth or disability sport
- Exercise classes and organised sport can now take place outdoors
- Libraries will start to reopen, with a limited service available
- You should avoid travelling to other parts of the UK, including for overnight stays unless for work, study or caring responsibilities
- Finally, there will be a 5 day reprieve on the restrictions from 23-27 December where up to three set households can meet indoors should they wish to

Office opening times over Christmas:

We will be closed from noon on Thursday 24 December and reopen again on Monday 4th January 2021.

Thank you again for all your support during this challenging year; as you know some of our dear friends have passed away during this time, both to Covid and other illnesses, and it has been hard not sharing memories of these people together like we normally do. Hopefully we will begin to get back on track in 2021 and as soon as we can have a big party up at Houghend Police Club I will be arranging it, so get your dancing shoes ready!



Your donations of money, gifts and homemade cards, letters and kind words have meant a lot to myself and the volunteers over the last nine months so thank you for that.

The little Christmas bag is made up of small goodies; the chocolate orange covers have been knitted by our wonderful community worker Moira and of course you have the letters and decorations from Brookburn Primary and Chorlton Park schools. All my good wishes to you for now and 2021

Helen, Co ordinator