

Early Help Assessment Programme Team. Your October 2022, Early Help Update.



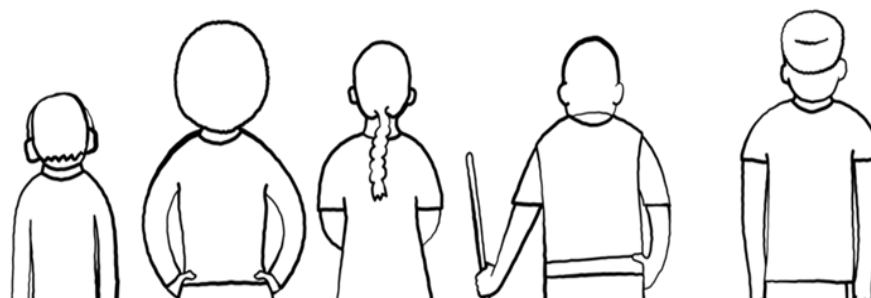
You already see the impact on Manchester's children, young people and families, of the "Cost of Living Crisis".

Our team have had so many reports from practitioners, who feel as if they are "fire fighting", given the demand for support.

Consequently this months update contains information, related to support with issues highlighted, by the cost of living.



Early Help



Join the family!
@earlyhelpmcr

*Brought to you by
the Early Help
Programme Team,
in conjunction
with the wider
Manchester Early
Help Partnership.*



AVAILABLE AREAS OF SUPPORT FOR MANCHESTER FAMILIES AND PRACTITIONERS



Your October E.H Update. It's not a proffered solution, but hopefully it will help you to help them, to help themselves. Just click on your topic of choice, scroll.

[What's on for Children and Young People?](#)

[Meeting the needs of children experiencing S.E.N.D.](#)

[Your posters promoting the cost of living advice line,](#)

[Quick links to MCC information webpages. Support with the cost of living.](#)

[E.S.O.L classes as communication is important when looking to access support.](#)

[An Emergency Food Charity, offering so much more.](#)

[Free weekly Community meals.](#)

[One Pot meals! Learning opportunities for all on cooking a meal in one pot.](#)

[Manchester Food bank. Listings with supporting map.](#)

[Cheaper broadband offers and so much more, that families are unaware of .](#)

[How money saving apps can potentially help families.](#)

[Vulnerable renters, support and financial help.](#)

[Your Home Energy Check List.](#)

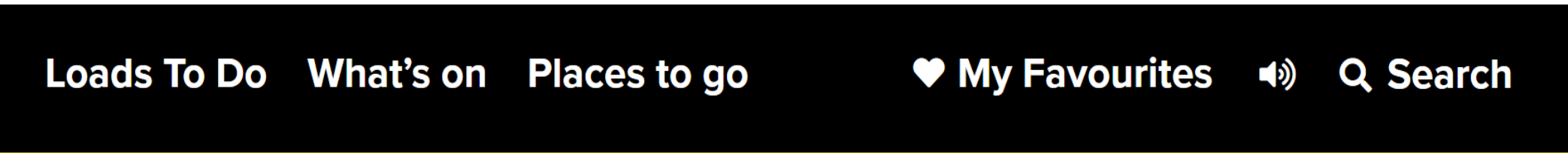
[2 pages of creative development opportunities for young people.](#)

[Realistic training opportunities for those between 16 to 24.](#)



October half term and nothing to do with the family?

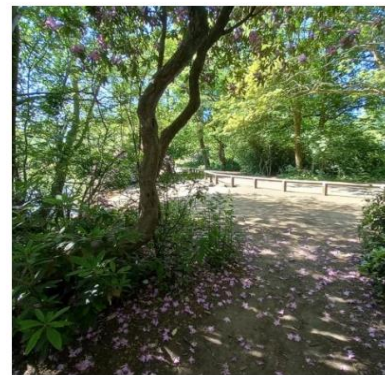
There is always Loads to Do in Manchester.



School Holidays in Manchester

If you're looking for things to do during the October half-term school holidays – read on. Working with our partners across the city, we've pulled together a fantastic list of fun-packed activities and events, so you don't have to go searching.

There's everything from sports activities, family



LOCAL OFFER

CHILDREN AND YOUNG PEOPLE
WITH SPECIAL EDUCATIONAL NEEDS
AND DISABILITIES 0-25 YEARS

www.manchester.gov.uk/sendlocaloffer



Welcome to our Half Term Special with news about our free activities for Manchester families as part of the SEND Community Offer.

These free activities are for SEND families living in the Manchester City Council area. Booking is essential for most activities – do this directly with the organisers. Please let them know if you can't make it, even if it's on the day - it creates space for another family. Thank you!



Sensory Rooms: Families have free use of the Sensory Room at Benchill Community Centre in Wythenshawe during October half term. Each slot is for 45 minutes and on the hour, Monday 24th to Friday 28th October, 10am–5pm.



Simply Cycling offer outdoor sessions with their range of adapted bikes - plus a warming cup of hot chocolate. Monday 24th & Tuesday 25th, 10am-2pm, Boggart Hole Clough - Drop in Tuesday 25th 9am-3pm, Wednesday 9am-12 noon & Friday 9am-3pm, Wythenshawe Park Athletics Track - Please book The activity is for Manchester SEND families. Please book for the Wythenshawe Park sessions through Simply Cycling's website. [To access the site just click here.](#)

There is so much to do, we just can't fit it all in! To learn more about activities and opportunities please contact your Local Offer team. Email: localoffer@manchester.gov.uk or Telephone: 0161 234 1946. Alternatively check out these websites. [Welcome to Manchester Local Offer](#) / [Local Offer SEND Information Hub](#)



Call the **FREE** Cost of Living Advice Line for support with: Benefits and rent, • Debts and paying your bills, • Food, • Getting online. A translation and Sign Video service is available. Or text us on 07860 022876

Visit the City Council webpage for more information, by clicking on the image above.

CLICK  **Print & Share** English



Arabic

Bengali

Chinese

Kurdish

Polish

Punjabi

Urdu

Please help to make Manchester families aware of this **FREE** Cost of living advice line! Click on the information posters above. Download and then print as posters or leaflets. Display or hand out, the choice is yours.





Your Manchester City Councils web pages contain a wealth of information on how to access support, for families facing the realities of the “cost of living crisis”.



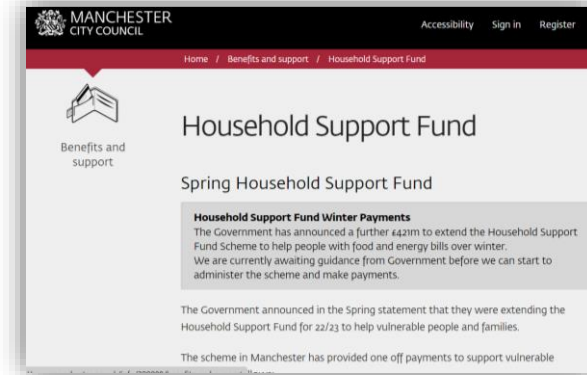
Just click on your chosen image/topic and be taken directly to the page.



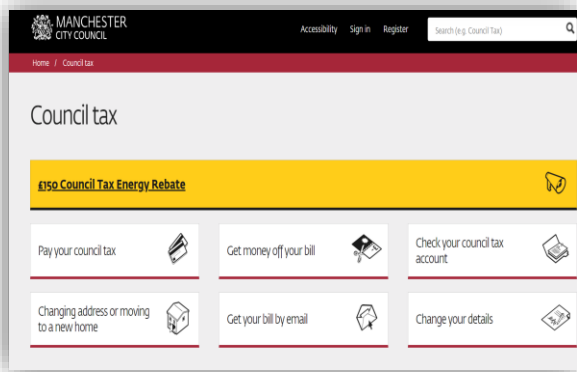
[General advice and guidance](#)



[For those experiencing financial difficulties](#)



[The household support fund](#)



[Financial support with council tax](#)



[Grants for those agencies supporting Manchester Families](#)



Let us not forget that many Manchester residents may struggle to access support, because one key area of support they require is access to courses specialising in **English for Speakers of Other Languages.**

Wai Yin Society
[About Us](#) [Projects](#) [Events](#) [Media Gallery](#) [Latest news](#) [Contact Us](#)

Wai Yin signs up to a Memorandum for social care and wellbeing
 On Friday 12th May, I attended a very important meeting at Manchester's Town Hall.

Our services

- Women and Parenting Services**
- Education Services**
- Crisis Support Services**

Please do feel free to access this agencies web site and explore the wide range of support they offer to children, young people and families.

Just click on the image on the left.



The Wai Yin Society offer an autumn timetable of **E.S.O.L** courses. To access the timetable please click on the image on the right.

Wai Yin Autumn 2022 Courses 慧妍社2022年秋季課程

Enrol Now 立即報名

Wai Yin Society
 Serving the community since 1959

To register, please copy link below or scan QR code
<https://forms.office.com/r/hFeEJrrcpz>
 報名請複制以下鏈接或掃描二維碼
<https://forms.office.com/r/hFeEJrrcpz>

For more information, please ring
 0161 833 0377 / 0161 513 4126

欲了解更多信息，請撥打 0161 833 0377 / 0161 513 4126

Day	Time	From	To	Course	Location
Monday	10am to 11:30am	26/09/2022	19/12/2022	ESOL for Seniors	Shang Lin Centre M13 PUB
	10am to 12noon	26/09/2022	19/12/2022	ESOL for Active Citizenship (E1/E2)	Headquarter M4 SUU
Tuesday	10am to 2:30pm	Ongoing		Music Session	Welcome Centre MB OTW
	10am to 2:30pm	Ongoing		音樂坊	Welcome Centre MB OTW
	10am to 12noon	01/11/2022	20/12/2022	Art Class (Drawing & Painting)	Welcome Centre MB OTW
	10am to 12noon	06/09/2022	13/12/2022	Women's group/Conversational English Club	Welcome Centre MB OTW
Wednesday	10am to 12:30pm	20/09/2022	13/12/2022	ESOL for Sustainability (E2/E3)	Headquarter M4 SUU
	10am to 12:30pm	27/09/2022	22/12/2022	First Step ESOL for Parents (E1/E2)	Primrose Hill Primary School, M5 3PJ
	12:30pm to 2:30pm	01/11/2022	20/12/2022	Craft Class	Welcome Centre MB OTW
	10am to 12:30pm	28/09/2022	07/12/2022	Next Step ESOL for Beginners (P1/E1)	Welcome Centre MB OTW
	11am to 1pm	Ongoing		Calligraphy Class	Welcome Centre MB OTW
	12:30pm to 2pm	20/09/2022	14/12/2022	ESOL for Writing and Grammar (E1/E2)	Headquarter M4 SUU
Thursday	4pm to 6pm	21/09/2022	14/12/2022	ESOL for Listening and Speaking (S1)	Welcome Centre MB OTW
	7am to 9am	31/09/2023	14/12/2023	雙力心讀英之語	網上課程
	10am to 12:30pm	29/09/2022	08/12/2022	Digital Support	Welcome Centre MB OTW
	12:30pm to 2:30pm	29/09/2022	08/12/2022	Digital Skills	Welcome Centre MB OTW
Friday	10am to 12:30pm	29/09/2022	24/11/2022	ESOL for Daily Life and Work (E1/E3)	Welcome Centre MB OTW
	10am to 12:30pm	22/09/2022	15/12/2022	ESOL for Daily Conversation (E2/E3)	網上課程
	10am to 12:30pm	23/09/2022	16/12/2022	ESOL for Beginners (P1/E1)	網上課程
	12:30pm to 2:30pm	23/09/2022	16/12/2022	Life in the UK	網上課程
	12:30pm to 2:30pm	23/09/2022	16/12/2022	Life in the UK	網上課程



EMERGENCY FOOD CHARITY OPERATING IN MANCHESTER, SALFORD, AND TRAFFORD

We believe everyone has a right to enjoy basic food without having to have money, so we provide simple, free, vegetarian, nourishing hot food and emergency food parcels to those most in need in the Manchester area without questions, judgement or charge.

If you would like to know more, request a food parcel, or take advantage of the **FREE** Sikh Foundation Minibus (first come first serve basis) Then click on the image above.

Book the Manchester Sikh Foundation Minibus



Manchester Sikh Foundation

Manchester Sikh Foundation has a minibus available for use by the community

Provided that you meet the criteria, the minibus is available for use by any voluntary group or community group **free of charge** on a first come, first served basis.



Free weekly

COMMUNITY MEALS



Healthy, hearty meals cooked with love by Cracking Good Food to support hospital discharge patients and other people facing challenges to eating well.

Email gemma@crackinggoodfood.org for referrals and more information



- Weekly deliveries of up to 6 meals each Wednesday starting 5th October
- Meals are microwavable and freezable
- Dietary requirements can be accommodated
- Fresh, tasty food with recipes guided by our in-house Nutritionist
- Manchester residents only

Want to volunteer with us? Email amanda@crackinggoodfood.org

www.crackinggoodfood.org

Lets connect families with those in the community, who are supporting the community.

For referrals and more information Email: gemma@crackinggoodfood.org.



Interested or know someone who may be interested in becoming a volunteer? Then email: amanda@crackinggoodfood.org

If you would like to know more about the wide range of support, information and opportunities provided by Cracking Good Foods, then click on the poster on the left.

ONE POT MEALS

Learn to cook healthy, affordable, one pot meals



Week 1 Lasagne pasta pot
Week 2 Moroccan Tagine
Week 3 Malaysian coconut curry
(vegetarian, vegan and Halal available)

Free!



Week 1 Lasagne pasta pot
Week 2 Moroccan Tagine
Week 3 Malaysian coconut curry
(vegetarian, vegan and Halal available)



Choose a location and dates

Levenshulme Inspire M19 8AR
Block One -Wednesday 2,9 and 16 November
or
Block Two 23, 30 November and 7 December
12 - 1.30pm

or

Gorton Sacred Heart Sure Start Centre M18 7NJ
(Creche Available here)
Block One Thursday 3, 10 and 17 November
or
Block Two 24 November, 1 and 8 December
1 - 2.30pm

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Block Two 24 November, 1 and 8 December
1 - 2.30pm

To book call 0161 850 5717
or email bookings@lev-inspire.org.uk



Sure Start
Children's Centres

To Book call Tel no:
01618505717
Or email: bookings@lev-inspire.org.uk



Empower families in need! Share this information with them. Its one less person they then have to ask for help.

MANCHESTER CENTRAL FOODBANK
HELPING LOCAL
PEOPLE IN CRISIS

Learn more



To find out how families can access the support from this food bank. Just click on the image on the left.



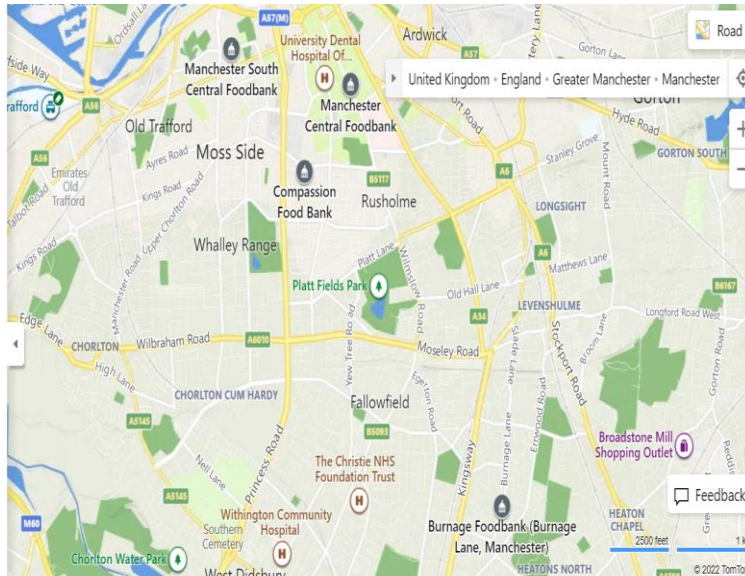
food banks

Wesley Enterprise Centre, Royce Road ...
Closed · Opens 13:00
0161 226 3413

Compassion Food Bank
★★★★★ Facebook (1) · Food banks
300 Moss Lane East, Manchester M14 ...
Closed · Opens Fri 11:00
07773 119855

Manchester Central Foodbank
★★★★★ Whodoyou (1) · Food banks
Avila House 335-337 Oxford Road, Man...
07928 412339

Burnage Foodbank (Burnage ...
Food banks
St. Bernards Presbytery Burnage Lane, ...
Closed · Opens Fri 15:00



Access a full listing for Food banks in Manchester, with a helpful map locator. Simply click on the image on the left.



Cheaper broadband and phone packages



It's not a total solution, to all the challenges faced by families needing to access the internet. However O.F.C.O.M have look to provide vulnerable families and those receiving benefits with discounted/reduced rates, to enable more people to access the increasing number of services/provisions, that are now only accessible online.



You can help raise awareness of these potential savings and opportunities for Manchester families.

Click on the images left and right, become informed, then share your learning with those who may benefit.

Right now, right here, every little helps.



let's get digital

get online week
17-23 Oct 2022

Money saving apps and websites



Sort out your budget



Shop discounted food



Buy and sell clothes



Buy, sell and rent tech

MANCHESTER CITY COUNCIL

Getting more from your smart phone or tablet.

MORE!

Manchester residents with a smart phone or tablet, can scan the Q.R codes and look to save money via these apps and websites!





Vulnerable Renters Fund for private rented sector tenants



The vulnerable renters fund – An opportunity for private rented sector tenants to reduce their rent arrears and secure their tenancy,

The vulnerable renters fund was set up to support people who were at risk of losing their homes due to financial difficulties. The fund can reduce or clear rent arrears which have mainly built up since 2020. If the ongoing tenancy is sustainable and the property suitable then the vulnerable renters fund can make a payment direct to the landlord to secure the tenancy.

A suitable client for referral would be: 1) A Manchester City Council resident. 2) Tenant of a private rented sector landlord. 3) Have built up a large proportion of their rent arrears since 2020. 4) Able to pay their ongoing rent and bills.

Those practitioners supporting eligible families should contact either.

Citizens Advice Manchester: via Contact Us — Citizens Advice Manchester **0808 278 7800**

Cheetham Hill Advice Centre triage@cheethamadvice.org.uk **0161 740 8999** | 1-3 Morrowfield Avenue, Cheetham Hill, Manchester M8 9AR

Following the referral an adviser would contact the tenant to complete an assessment.

WELCOME TO SKILLS CONSTRUCTION CENTRE

About Us

Traineeships

Apprenticeships



There is so much to see here. So take your time, look around, and learn all there is to know about us. We hope you enjoy our site, just click on the images above or on the left. and please feel free to message or call us with any enquiries you have about our centre.

NVQs



16-18 years old?

ENROL NOW

£600 Bursary Available

We offer multiple Traineeships in

- BRICKLAYING
- PLASTERING • MULTI-TRADE

- Full Training + PPE Provided
- Guaranteed Work Experience
- Health & Safety Certifications + CSCS Card
- Employability + Functional Skills Support

Refer a friend for a £20 Amazon voucher!

REF: 1618A-M

Contact Us : 0161 549 8777 www.skillscc.com 3 Stoke Street, Manchester M11 4QU

Explore realistic, practical opportunities for young people and so much more.

Just click on the “Enrol Now” poster for the relevant age group and your away!

19-24 years old?

ENROL NOW

£600 Bursary Available

We offer multiple Traineeships in

- BRICKLAYING
- PLASTERING • MULTI-TRADE

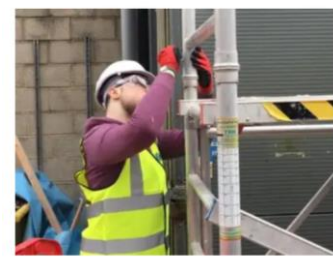
- Full Training + PPE Provided
- Guaranteed Work Experience
- Health & Safety Certifications + CSCS Card
- Employability + Functional Skills Support

Refer a friend for a £20 Amazon voucher!

REF: 1924A-M

Contact Us : 0161 549 8777 www.skillscc.com 3 Stoke Street, Manchester M11 4QU

Adult Courses





NURTURING TALENT

Create's training programme for emerging artists

To learn more click on the image above.

The Greater Manchester position is open to applications from emerging musicians.

Completed eligibility forms can be submitted until 10am on 03/11/22.

Nurturing Talent is Create's programme for emerging artists. It offers an opportunity to six artists (all studies must have been completed) who are interested in gaining hands-on workshop experience to apply their professional practice in a community setting.

Over 12 months (approximately 27 days) you will:

- Work as a supporting artist alongside Create's professional artist(s) to plan and deliver three or more creative arts projects (circa 18 days). You'll work with different community groups (eg: vulnerable older people; young carers; disabled children; homeless adults).
- Attend seven professional development training days led by Create artists, which focus on leadership skills, workshop planning and delivery.
- Work in pairs to design and deliver your own workshop in one of Create's community settings.

hello

We're taking referrals now for our next courses in Ardwick!

We are a dynamic and creative theatre company who aim to get people back into a routine and equip them with the confidence, skills and inspiration to move forward in their life whether that's into further learning, volunteering or employment. We're funded by Manchester Adult Education Service.

We call our short courses 'LAB' courses - Learn Achieve Believe.

£50/£25 voucher and certificate on completion
£5 reimbursement towards travel each day

We are currently enrolling now for our courses in Ardwick. To refer someone (or yourself) please email or phone me, Tess Keeble (Engagement Officer (Manchester)

Email: tess@properjob.org.uk

Mobile: 07754854528



Confidence and Communication skills

Introduction session: Friday 4th November (10am - 12pm)

Course: Monday 7th – Friday 18th November (10am - 4pm)

Wellbeing: building emotional resilience

Introduction session: Friday 25th November (10am - 12pm)

Course: Monday 28th November - 2nd December (10am - 4pm)

Volunteering: building work skills and finding a volunteer role

Introduction session: Friday 9th December (10am - 12pm)

Course: 12th - 16th December, Monday to Friday (10am - 4pm)

Venue: Brunswick Church, Brunswick Street, Ardwick, M13 9SX (near Apollo Theatre)

To learn more explore this 5 minute video. Just click on the image.





Better Lives
Its about people



Listening
*We listen learn
and respond*

Our Manchester
the four principles

Working Together
*We build
relationships and
create conversations*



Recognising Strengths
*of individuals and
Communities*
We start from Strengths

