

Greater Manchester Autism Consortium
Coronavirus Advice

Dear all,

First of all I hope you are doing ok. This is a round- up of some of the practical support available across GM in relation to help you might need if you get ill.

if you just need to talk/ vent/seek general autism advice and info we are still here we are going to start to check the messages 3x daily from tomorrow. Email us with your number or leave us a message on the office phone 0161 998 4667 and we will get back to you asap, hopefully within the day or the next day. The other thing to say is there is a rise in scams out there so if in doubt check to see if the organisation offering help is known to us or others. We will do that for you if needed. For example we would phone up and check/ ask our colleagues in the 10 localities etc.

First a quick reminder..

If you have received a letter from your GP saying you are an “extremely vulnerable person” who should stay indoors for 12 weeks: There is information on the gov.uk website (<https://www.gov.uk/coronavirus-extremely-vulnerable>) about how you can get help for deliveries. You will be asked to put your NHS Number in, which should be on the letter that the GP has sent to you.

For people who have NOT received a letter, but might find it difficult to go out or might be self-isolating because they think they have coronavirus: If you have friends and neighbours you can ask for help, this might be helpful. But if you don't want to ask them there are a number of small groups that have been set up in different neighbourhoods and these are the things I am trying to highlight here.

Mutual Aid Groups

These are small community groups of volunteers coming together to support each other with advice or practical help in case people are unable to get food/ medicine etc during this pandemic. They are not for other issues that are unrelated so if in doubt ask us if you are not sure what sort of issues the groups might be able to help with. Some of them are also trying to offer other advice on money/ housing but we might be able to connect you to more expert organisations for that so if in doubt check it out with us

They are worth knowing about but be careful about revealing too much personal information about yourself. If they bring you shopping, you should also ask them to leave it on your doorstep. Each group are supposed to be providing a safe way for you to pay for the shopping so check that before just handing over cash. I would strongly advise you connect via the Facebook pages or an email if that is the main contact in the first place. If you would prefer us to make an approach on your behalf we are happy to do so.

This list is just one list I have found today .I suspect there may well be more out there..

Failsworth Mutual Aid Community Group

Wigan COVID 19 Mutual Aid

Rusholme & Moss Side Coronavirus Support

Greater Manchester Mutual Aid Network

Manchester Coronavirus Support Network

Levy Corona Helpers

Clifford (Old Trafford) Neighbourhood Aid

Leigh/Atherton & Surrounding Area Covid-19 mutual aid & support

Leigh Community Coronavirus Support

Bury Mutual Aid Group

In addition, some of the local areas have organised more formal channels of support. I know this list is still incomplete. We are working on this

Manchester

The Manchester Care Navigator service is offering support for people who are currently struggling due to self -isolation/lockdown. They can help with things such as getting shopping, food parcels, medication etc and linking in with volunteer agencies and other support networks.

All referrals can be made via their single point of access number which is 0300 303 9650.

Salford

<https://www.salford.gov.uk/people-communities-and-local-information/coronavirus/spirit-of-salford-helpline/>

This is the info I got about this organisation The Spirit of Salford line will work like this

People call the line and say what help they need

The referral is made to neighbourhood management teams

CVS match with a volunteer

Volunteer is coordinated by neighbourhood management team.

<https://twitter.com/GMAutismC>

<https://www.facebook.com/GMAutismConsortium>

www.autism.org.uk