



The **Manchester** Community Hub goes live from today, **Monday 30 March**, and further information can be found here

https://secure.manchester.gov.uk/info/100003/people_and_communities/7941/coronavirus_covid-19_-_manchester_community_response

Information on how voluntary and community organisations are responding to the COVID19 emergency can be found on the **Manchester Community Central** website <https://www.manchestercommunitycentral.org/coronavirus-advice-and-resources>

Here is information from Greater Manchester Mental Health NHS Foundation Trust about their 24 hour helpline for services users and carers <https://www.gmmh.nhs.uk>

Here is a link to social distancing and vulnerable people information which has been translated in a number of languages - <https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people>

Resources

The following resources are aimed at older adults and will enable both those able to stand but also for those who are seated to build movement into their days through strength and balance.

I CAN Calendar - free to download, print out and share or you can order a copy and get it posted anywhere (small fee for the hard copy version - great for those without digital access or do not use digital) see online shop to access:

<https://www.laterlifetraining.co.uk/product/i-can-active-calendar-2020/>

Make movement your mission - a new Facebook group set up (find and request an invitation) which will deliver 3 x 10 minutes movement sessions every day starting Monday 23rd March for 4 weeks. This is based around the I CAN calendar but it's not essential you have it to join in. The daily sessions will run at 8am, 12 noon and

4pm every day as live sessions on Facebook. Simply search the group on Facebook and request to join - all are welcome. See below for you tube access to the same sessions.

You tube Later Life Training - the Make movement your mission team will also be uploading all videos from the Facebook page onto their you tube channel, the you tube channel is to allow those not on Facebook to join in at a time that suits you. See Later Life Training You tube Channel here:

https://www.youtube.com/channel/UCqen30veJkDw_izbDFMyb6w

Department of Work and Pensions – update 24 March 2020

The Rt Hon Thérèse Coffey Work and Pensions Secretary has taken the decision to limit access to job centres from today, with members of the public not admitted into job centres unless they are directed to do so with a booked appointment. Only the most vulnerable claimants who cannot access DWP services by other channels will be invited to attend, with the public urged to use online services, see link below;

https://www.gov.uk/government/news/claimants-are-asked-to-apply-online-as-jobcentres-limit-access?utm_source=0b62277d-0c8b-401d-a8cd-e22745cdbd9f&utm_medium=email&utm_campaign=govuk-notifications&utm_content=immediate

In addition, the Secretary of State has also today announced that [reviews and reassessments](#) for disability benefits are being suspended for the next three months. The suspension will be kept under regular review and extended if necessary.

Universal Credit guide finder

Information about Universal Credit can be found on [GOV.UK](#). There are lots of detailed guides covering specific topics which provide additional information to help claimants, landlords, stakeholders and advisers who support our claimants.

DWP has published a 'Universal Credit guide finder' which provides links to all the current guidance available to make it easier for you.

You can find it on the first page of the [Helping someone claim](#) section on the Understanding Universal Credit website.

Finally, DWP has provided information about coronavirus and claiming benefits. It will continue to be updated. Please check this page regularly for updates on the arrangements the Department for Work and Pensions is making to support those who are affected by coronavirus

<https://www.understandinguniversalcredit.gov.uk/coronavirus/>