

Dear Groves Resident

Another week of Lockdown in our homes to help prevent the spread of Coronavirus (COVID-19) and lessen the load on our wonderful NHS staff – some of whom live right here on the Groves.

This video explains Coronavirus and what each of us can do: <https://youtu.be/BtN-goy9VOY>



If you are affected by Coronavirus directly (e.g. 12-week self-isolating) or indirectly (e.g. unable to work or earn, afford food, pay bills) here are...

3 ways to get help

- 1. The Ardwick and Longsight Mutual Aid Group** is a new local community emergency response to the Covid-19 pandemic offering food support. The Helpline number **07930 261 920** is in operation 7 days a week, between 10am and 3pm. Please leave a voicemail, or send a text message, with your request if the phone is not answered. The group is also looking for volunteers. If you can help, call Yasmin 07425 536 823.
- 2. The Council Coronavirus Helpline.** Phone **0800 234 6123** or go to www.manchester.gov.uk/coronavirus. If you are worried about food, medicines, bills or anything else, it has information, updates and advice. You can also ask to receive Coronavirus update emails.
- 3. Your neighbours.** We have been seeing lots of acts of kindness and expressions of support. People want to help! Particularly if you are not 'online' and need assistance with shopping, collecting a prescription or anything else, or would just like to chat to someone, please contact us.*

Let's keep looking out for each other and we can get through this together.

Paul & Judith, 17 Upper West Grove. Gulnar Mahmood, 26 East Grove

*Phone or text 07906 228132 or 07905 509677 or 07846 029065 (Gulnar) or use the WhatsApp group or send an email to paulkeeb@gmail.com. We will arrange for someone near you to get in touch.

Local information and more resources are here: www.m13groves.org/covid-19.