

SPRING WELLNESS LEAFLET

Things you can do to stay safe, well and connected

ME AND MY FAMILY

- Keep active
- Covid vaccination
- Flu vaccination
- Do things you enjoy
- Medicines and useful telephone numbers
- Vitamin D
- Know COVID-19 symptoms and how to get a test



MY HOUSEHOLD

(Household means people you live with under one roof)



- Support bubbles can help – know the rules
- Shopping – online and priority slots
- Keep fit and healthy
- Housing help
- Stay in touch – Use phone and video calls too

EAT WELL

- Eat well
- Food deliveries if self-isolating
- If in need and require access to food call Manchester Community Response Hub

0800 234 6123



MEETING AND SEEING OTHERS

- Know the rules
- Meet outside
- Social distance and wear face covering
- Holidays, festivals and celebrations – do them safely



WORK



- Make sure you have PPE if needed
- Travel to work – avoid crowds
- Money-where support is if self-isolating

MANCHESTER'S COMMUNITY RESPONSE HUB

Manchester's Community Response Hub is open Monday to Friday, 9am-5pm, for support with:

- Access to food
- Delivery of medication
- Combating loneliness
- Managing fuel top-up payments
- Getting access to services online (Freephone: 0800 234 6123; text: 078600 22876 Messages will be responded to by the next working day)
COVIDSupport@manchester.gov.uk.

FRESH AIR: Remember to allow fresh air into your home regularly by opening windows to help prevent the spread of COVID-19 particles indoors.

VITAMIN D: This helps to maintain a healthy body, including your immune system, teeth and bones. Especially in the winter/spring months our bodies don't get all the vitamin D we need from the sun. Taking a daily supplement containing 50 micrograms of vitamin D can help, especially for people who are African, African-Caribbean or South Asian.



GET HELP WHEN YOU NEED IT:

Talk to your pharmacist/GP about any health concerns or changes to your body that you notice. The sooner you access healthcare services, the more treatable a condition can be.

SUPPORT BUBBLES: Don't forget that your household is the people you live with. If you live on your own or live with children with no other adults in your home, then your support bubble is your household. A support bubble, also known as a 'linked household', means an adult who lives on their own or who lives alone with children can join up (link) with one other household. Linked households can act as one household according to the rules.

WHY ARE CAHN AND PARTNERS PROVIDING YOU WITH 50µG (2000IU) OF VITAMIN D3?

It is important to take vitamin D as you may have been indoors more than usual this year because of the lockdown.

The daily amount recommended for the general population by government for general health and in particular to protect bone and muscle health is 10µg.

However, for African-Caribbean communities the pigment on our skin does not allow us to process enough Vitamin D, we are at risk of deficiency throughout the year. Melanin protects the skin against ultraviolet light. But by blocking the sun's rays, melanin affects the skin's ability to activate pre-vitamin D. The darker the skin, the less vitamin D we produce.

Over the counter you can get up to 25µg but because of Covid-19 it would be best to take a higher dose. This will help boost our immune system as we know Covid-19 affects the immunity. CAHN is proud to provide you a pouch of 120 tablets of 50µg Vitamin D3.

There have been some reports about vitamin D reducing the risk of coronavirus (COVID-19). But there is currently not enough evidence to support taking vitamin D to prevent or treat coronavirus.

Please scan the QR code for additional information on the importance of vitamin D. The information is available in French, Amharic, Tigrinya, Somali and Arabic.

<https://www.cahn.org.uk/vitamin-d-campaign/>



COVID-19 SYMPTOMS: If you have a high temperature, a new and continuous cough, or loss or change of smell and taste, stay at home and book a test by visiting [nhs.uk/ coronavirus](https://nhs.uk/coronavirus) or ring 119. If you're told you have been in close contact with someone who has COVID-19 or you live with someone who tests positive, you must stay at home for 10 days. Only get a test if you have symptoms.

FINANCIAL SUPPORT WHILE SELF-ISOLATING: Test and Trace Support Payments – the Government scheme supports residents whose earnings are affected by staying at home and isolating for 10 days. Check the criteria here:

<https://secure.manchester.gov.uk/info/500361/coronavirus/8014/testandtracesupportpayments>

HOW TO SELF ISOLATE AND WHAT TO DO:

Stay at home guidance for households with possible or confirmed COVID-19 infection:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

**STAY AT HOME –
HOW TO SELF-ISOLATE AND WHAT TO DO**

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>



WHEN TO SELF-ISOLATE AND WHAT TO DO:

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>

HOW LONG TO SELF-ISOLATE FOR:

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-long-to-self-isolate/>

USEFUL WEBSITES:

www.manchester.gov.uk/coronavirus

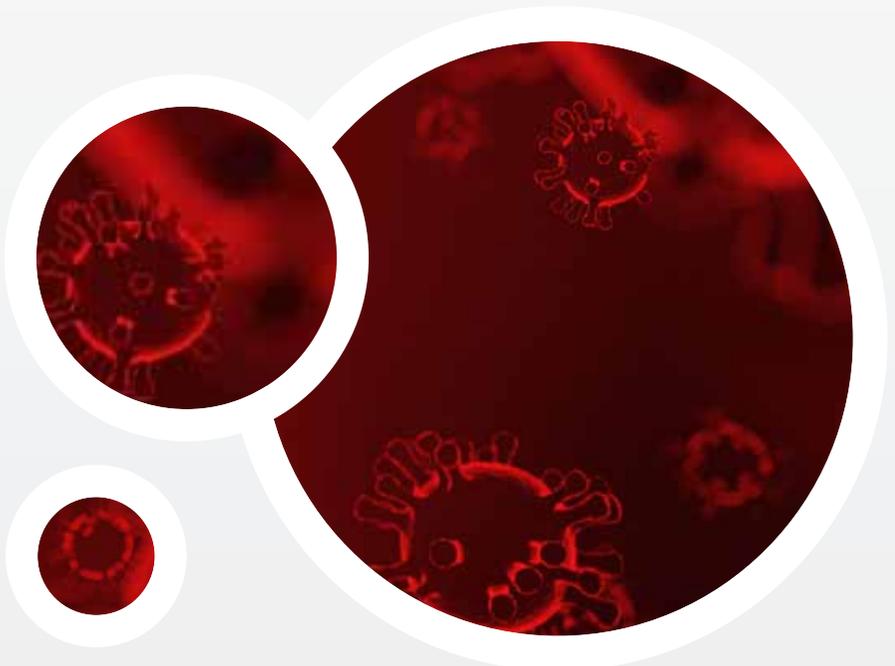
www.gov.uk/coronavirus

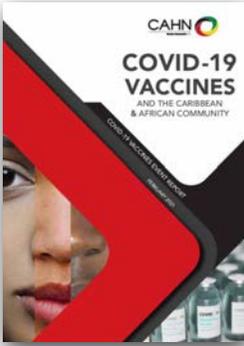
COMMUNITY CHAMPIONS - OPPORTUNITIES

Register and join this opportunity

Covid-19 Chat - Community Champions

<https://mcrvip.com/profile/CommunityChampions>





VACCINATION INFORMATION

Please read the Caribbean & African Health Network COVID-19 Vaccine Report providing insight into issues raised in the Caribbean & African community.

<https://www.cahn.org.uk/covid-19-vaccines-report/>

CAHN HEALTH HOUR 

Commences Saturday 2nd May 2020 until further notice
11.00am - 12.00 o'clock

Our focus is reducing health inequalities
Medical Doctors | Health and Wellbeing Professionals
Question & Answer Session

Zoom: <https://us02web.zoom.us/j/84516756373> | Meeting ID: 845 1675 6373
Live streaming on  and 

   07710 022382

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HEURE DE SANTÉ CAHN 

Débuté Samedi le 2 Mai 2020 jusqu'à nouvel ordre
En matinée 11.00hrs à 12.00hrs

Nous mettons l'accent sur la Réduction des inégalités liées à la santé
Médecins | Professionnels de la Santé et du Bien-être | Moniteurs de Sport
Sessions Questions - Réponses

Lien Zoom : <https://us02web.zoom.us/j/84516756373> N° de Réunion : 845 1675 6373
Diffusion en Direct sur facebook  et 

   07710 022382 www.cahn.org.uk

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COVID-19 Support Helpline 

for the Caribbean & African Community
Information & Advice | Befriending | Therapeutic Counselling

   07710 022382

Open 0600 - midnight | Email: COVID-19@cahn.org.uk

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COVID-19 Ligne d'Assistance Téléphonique 

Pour la communauté Caraïbienne & Africaine
Information et Conseils | Lien d'amitié | Consultation Thérapeutique

   07710 022382

Ouvert de 06.00hrs du matin à Minuit | Courriel: COVID-19@cahn.org.uk

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COLLECTIVE COMMUNITY RESPONSE MEETING 

Fortnightly on Fridays

Zoom: <https://us02web.zoom.us/j/86871231933?pwd=L2lOUm9ldTNUYUZHOUVJCMzIEBTO2OT09>
Meeting ID: 868 7123 1933 | Password: 852213

   07710 022382

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REUNION POUR UNE REPOSE COMMUNAUTAIRE ET COLLECTIVE 

Toutes les 2 semaines, les vendredis, de 13.00 à 15.00hrs

Nous joindre sur Zoom <https://us02web.zoom.us/j/86871231933>
Identifiant de la réunion : 868 7123 1933 | Mot de passe : 852213

   Veuillez nous contacter: 07710 022382

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DORETTA MAYNARD-HAMPSON

Delivering Lifting Inspiring Through Training (DLMTraining) inspired by her love of Sports, Athletics and Fitness as a young child. She found herself inspiring others to keep active for health and wellbeing over many years.

Graduated from Salford University with a degree in Exercise Health and Physical Activity.

She keeps herself updated by accessing the available Continual Professional Development (CPD) courses through UK Coaching.

She has been working and delivering health and fitness sessions with community organisations like Caribbean & African Health Network (CAHN), Cancer Care Diaspora, Hope Is The Key, Can Survive.

UK, BActive Manchester (BAM) and working with families and individuals Delivering Lifting and Motivating Through Training (DLMTraining) to reach their own personal fitness goals and more.

Follow the link on YouTube for instructions on how to use the resistance band found in your Health Pack. Exercise with Dorretta! - Livestream with Doretta - Vitamin D campaign



OUR PARTNERS INFORMATION



Manchester Health & Care Commissioning

A partnership between Manchester City Council and NHS Manchester CCG

Manchester Health and Care Commissioning (MHCC) plans and funds health and care services for the people of Manchester.

You can find out more about the responsibilities of Clinical Commissioning Groups on the NHS England website.

NHS England » Clinical Commissioning Groups (CCGs)



For over 30 years **BHA For Equality in Health and Social Care** has worked to challenge and address health and social

care inequalities and support individuals, families and communities to improve their health and well-being.

BHA is also well known for its community surveys and reports on the state of health of Black and other minority groups.

Further details at www.thebha.org.uk.

CHEM Caribbean and African Sounding Board

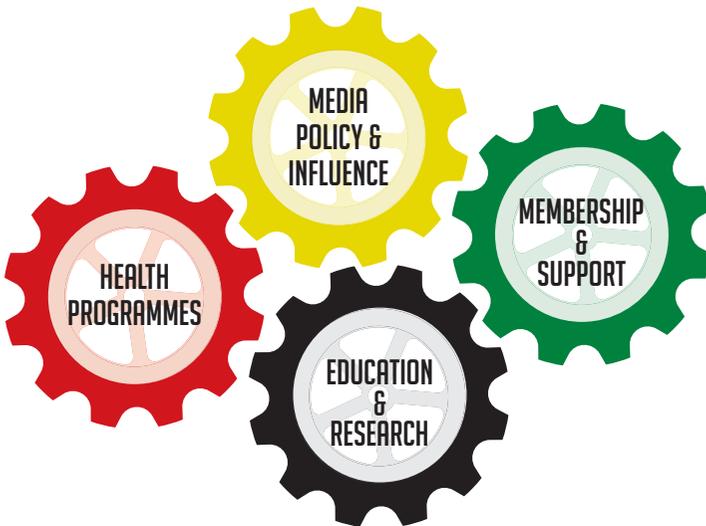
In collaboration with our partners, CAHN has been hosting the Caribbean and African Community Sounding Board which is made up of Community and Faith Leaders.

The Sounding Board group meets every 2 weeks (or as and when necessary, for rapid response), via online facilitation to respond to new and emerging public health messages and engagements. They provide the expertise required to deliver culturally competent messages and engagements.

CAHN's VISION AND MISSION

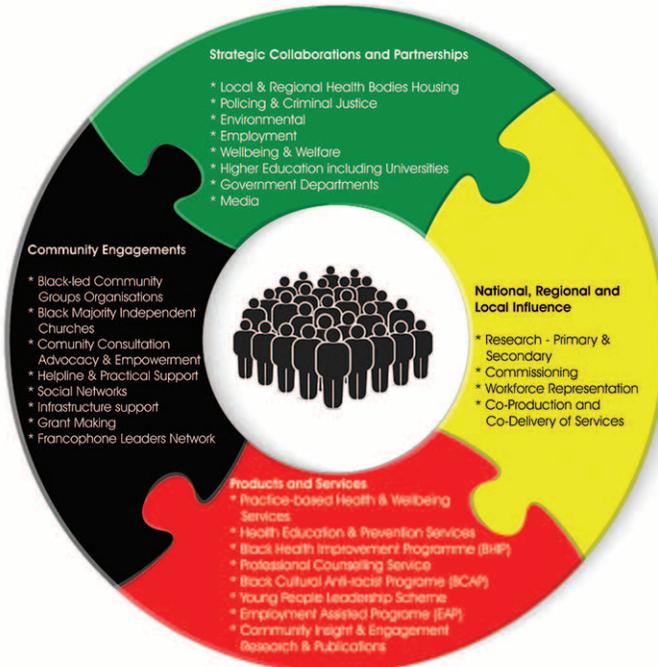
CAHN has been working with strategic partners to address the well-known wider social determinants which for CAHN include social capital and racism. Our social movement where we lobby and campaign for change which works on the view that where there is a negative for the Black community, there will be postcolonial echoes that will influence that engagement whether consciously or unconsciously.

CAHN's vision is to eradicate health inequalities within a generation for Caribbean & African people.



Our mission is to lead strategic engagement to change the unhelpful practices of service providers, commissioners, and member organisations to influence policy and practice to ensure racial and social justice is a focus of health and other sector service reform in our region.

Caribbean and African Health Network



For further information contact: info@cahn.org.uk
www.cahn.org.uk Telephone: 07853 556 591

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