



Off Site... but not out of mind

What is the chaplaincy team up to during this time of furlough?

Manchester Airport's Chaplaincy Team is made up of paid and volunteer chaplains; all but one of whom are part time, and several of whom have other jobs, again, both paid and as volunteers. Some chaplains have been placed on furlough, others have stood down to shield or self-isolate from the pandemic. Here, our only recently-appointed Sikh chaplaincy volunteer, Pargash Singh, who is also (in his day-job) a Systems Technician at Manchester Airport writes about his current work away from the airport:

"Here are some of the voluntary projects I'm currently involved in during this unprecedented period.

I'm currently one of the many NHS volunteers for which the request went out for many weeks ago, but also, I'm currently working with Barnabus / Reach Out (Stephanie and Allison) to feed the homeless which still exist in the City Centre through the Charity I work with called Feed My City.

This particular initiative has been organised with Manchester City Council and Police to safely feed and house the individuals who still haven't found accommodation.

In addition to this I'm working with the local community to ensure the vulnerable (cancer patients and elderly) have sufficient support where possible... and just today its been brought to my attention that there are number of overseas students who are experiencing hardship at this moment in time so we'll be looking at some support for them too.

On top of this we have been organising the live streaming of prayers and hymn singing from the Sikh Gurdwara to ensure the community have a sense of spiritual support which is invaluable during these challenging times. This has been a technical challenge to set up several live cameras etc and create a YouTube channel to allow the community to access the Virtual Gurdwara experience."

You can find out more about the charities Pargash is supporting (Barnabus, Reach Out and Feed My City) over the page. ■

Multifaith Prayer Rooms are still open, but all corporate worship is suspended until further notice.

Use of Prayer Rooms is subject to government restrictions on numbers and proximity.

Please be mindful of other users and give space to them.

Eating, drinking and sleeping in prayer rooms all remain prohibited.



A Prayer for Key-Workers*

*especially those previously called 'low-skilled'.

We are not people of **fear**: we are people of **courage**.
 We are not people who selfishly preserve our own safety at all costs:
 we are people who protect our neighbours' wellbeing for all our sakes.
 We are not people of **greed**: we are people of **generosity**.
 We are your people God, **giving** and **loving, wherever** we are,
whatever it costs, For **as long as it takes, wherever** you call us.

Barbara Glasson
 President of the Methodist Conference
 (amended)

Give us today our daily bread...

Here are just a few of the charities that Pargash is working alongside - to support local people (both housed and homeless) throughout Greater Manchester who might otherwise go hungry.

REACH OUT TO THE COMMUNITY



It all began with a fruit and veg shop in Chorlton Precinct.

Early Days

Stephanie Moore and Becky Elliott – that's us – were running Elliott's in Chorlton Precinct, when we decided we wanted to try and help address the growing problem of homelessness in Manchester. We saw so many people on the streets in Chorlton. We started donating stock to a homelessness project which operated food runs, feeding people on the streets of the city centre.

The shop soon became a collection point for donations, as more and more Chorlton people heard what we were doing. Fruit and veg donations soon became cash, clothing and other items to help people who found themselves on the streets.

After a while, we began to realise that taking food to homeless people – while vitally important – wasn't actually helping them to build a life away from the streets. We saw people who were 'regulars', and although hot food every day was helping to save lives, nothing much else was changing.

Reaching Out

Donations were still pouring into the shop, so we decided to use them in a different way: taking a practical, hands-on and highly-responsive approach, tailored to individual needs.

And as the name suggests, we reach out. We go out onto the streets and make contact. The key is listening and learning to what people need, rather than just making assumptions. And sometimes, a small thing can make a big difference.

Reach Out To The Community was established to offer help to anyone struggling to find food or shelter in the local area. It became a Charitable Incorporated Organisation (reg charity 1176332) in December 2017. ■

reachouttothecommunity.co.uk/



Feeding Humanity - Supporting People

We are a small group of volunteers who have come together to help feed people, who are in need of a hot meal. This may include people in financial difficulty, in work poverty, homeless or anyone about to come homeless.

We operate from a fully equipped mobile van, where the food is prepared, served at several different locations around the Greater Manchester Area.

Our aim is to provide simple, free vegetarian nourishing food to those who need it.

Feedmycity is a registered charity and we do not seek donations.

Our Vision

We believe that every human being has the right to have a hot meal and this should NOT be dependent on them having money.

What we do

Simple hot vegetarian meals, using organic food (where ever practical), served in environment friendly packing free of charge

We operate from a number of different locations, at the same time around the outskirts of Greater Manchester Area but NOT centre of Manchester.

Our Values

- Be concerned with the needs of others.
- Be considerate, polite, courteous and respectful to all at all times
- Work with local authorities, communities and comply with all legal and statutory regulations
- Offer no judgement

Where we operate

Feedmycity's aim is to provide free hot vegetarian meals to anyone in need around the outskirts of Greater Manchester (excluding centre of Manchester), see list of locations below.

Please feel free to share this information with anyone that may benefit from this service. ■

feedmycity.org/



Barnabus is at heart a Christian charity. We want to share God's love by giving hope and support to those who really need it.

We believe that everybody has the right to live in their own home, the right to have friends and family who care, and the right to have a purpose in life. Most of all, we believe that everybody has a right to love. We believe that every person we help is able to transform their lives with a helping hand from us, and from other organisations in Manchester.

We believe that everyone is equal in the eyes of God, so we treat each and every person we meet as an individual. This means giving them tailored support and the power to make their own choices.

Street Outreach

This is where the foundations of a new life are laid. Our Street Outreach teams go out in the evenings to meet rough sleepers and build relationships, encouraging them to come to our Drop in centre and visit our Support Workers and our Health and Wellbeing Nurse.

It's a vital first step to welcome our friends and gain trust so they can begin their journey of recovery away from the streets into a home.

The Beacon Drop-in Centre

For a lot of our homeless friends, the Beacon Drop-in Centre on Bloom St in Manchester is their first experience of Barnabus. For us, the Beacon is a vital space for giving hope and building new relationships.

There's no appointment needed. Our dedicated staff and volunteers run five morning and four evening sessions a week, where people can make the most of a cooked breakfast or dinner, fresh clothing, healthcare and social activities. It's also our chance to refer people to our dedicated Support Workers for 1-2-1 support.

How did the Beacon help in 2017-18

- **1,940** individuals attended our morning drop-in sessions
- Our showers were used **1,628** times
- **3,304** fresh sets of clothes were given out
- **13,763** breakfasts were eaten
- **1,144** toiletry packs were used
- **One third** of our visitors were seen by a Support Worker ■

www.barnabus-manchester.org.uk/

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Contact us on: 0161 489 2838 or thechaplaincy@manairport.co.uk

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We'll Get Through This - Together 1

A pick-and-mix of thoughts and information to help through lockdown...

The Coronavirus pandemic is having an impact on all of our lives but, unfortunately, for some more than others. A number of people will have experienced the illness or death of a loved one during this time and the restrictions that are in place at the moment only adds to the feelings of loss and grief that they are experiencing.

Added to this, many people, both young and old, are feeling anxious and overwhelmed due to the fear of losing someone they love, especially those who are vulnerable or in the at-risk category.

Please remember that we are always here for you. Do not hesitate to contact us if you need our support during this difficult time. Contact us on **0161 489 2838** or by email to thechaplaincy@manairport.co.uk

Feelings of anxiety and worry:

www.childbereavementuk.org/coronavirus-supporting-children-through-difficult-times

youngminds.org.uk/find-help/for-parents/parents-survival-guide/

youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anxiety/

When you are unable to visit someone who is ill:

www.childbereavementuk.org/when-you-cant-visit-someone-who-is-ill

When a loved one has died:

www.childbereavementuk.org/telling-a-child-that-someone-has-died
<https://www.childbereavementuk.org/holding-a-funeral-when-you-cannot-meet-ideas-for-families>

For young people:

www.childbereavementuk.org/young-people

youngminds.org.uk/find-help/feelings-and-symptoms/grief-and-loss/

Spiritual and religious resources:

Roman Catholic:

www.dioceseofsalford.org.uk/covid-19-online-resources/

Church of England

<https://www.churchofengland.org/more/media-centre/news/sadness-grief-and-being-there>

Islam:

<https://mcb.org.uk/community/covid-19-muslim-burial-resources/>

Judaism:

<https://www.shiva.com/learning-center/visiting-shiva/covid-19-coronavirus-social-distancing-and-jewish-mourning-shiva/>

Prayer in a time of Pandemic

*May we who are merely inconvenienced remember those whose lives are at stake.
May we who have no risk factors remember those most vulnerable.
May we who have the luxury of working from home remember those who must choose between preserving their health or paying their rent.
May we who have the flexibility to care for our children when their schools close remember those who have no options.
May we who have to cancel our trips remember those who have nowhere to go.
May we who settle in for a quarantine at home remember those who have no home.
During this time when we cannot physically wrap our arms around each other, let us find ways to be the loving embrace of God to our neighbours.
Amen.*

Want to help others? Don't know where to start?

You could start on the MAG intranet – search for **volunteer-opportunities-covid-19-coronavirus**

There's also a helpful article in the Guardian from 3 May:

Feeling powerless during the coronavirus crisis? Lost? ...Do something, though. Forget Proust; you are never going to read him. The sourdough is a disaster; no one likes it. You can still potentially make a positive difference, whether joining a 'scrub hub' or contributing to food banks. Get up, look out, help others. Help yourself. Help.

www.theguardian.com/society/2020/may/03/moments-of-magic-10-ways-to-help-others-in-lockdown-coronavirus-from-phone-calls-to-milkshakes

If you are interested in volunteering or helping reach out to those most vulnerable, Caritas Salford is helping respond to the crisis. Find out how to get involved by visiting www.caritassalford.org.uk/

Do you know someone who needs help? Do you need help and support?

Coronavirus (COVID-19) and domestic abuse

The household isolation instruction as a result of coronavirus does not apply if you need to leave your home to escape domestic abuse. There is a Government factsheet: Coronavirus (COVID-19): support for victims of domestic abuse. www.gov.uk/government/publications/coronavirus-covid-19-and-domestic-abuse/coronavirus-covid-19-support-for-victims-of-domestic-abuse

NATIONAL DOMESTIC VIOLENCE HELPLINE
0808 2000 247
24/7 CONFIDENTIAL FREEPHONE

National Domestic Abuse Helpline
free and confidential advice, 24 hours a day on 0808 2000 247

Departures ✈			
Time	Destination	Door	Status
07:00	Bathroom	7	On Time
09:00	Kitchen	3	On Time
11:00	Front Room	2	On Time
13:00	Garden	6	Check Weather
15:00	Shops	1	Delayed
17:00	Walk	1	Delayed
19:00	Pub	2	Cancelled
21:00	Kitchen	3	On Time
23:00	Bedroom	10	Delayed

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We'll Get Through This - Together 2

A pick-and-mix of thoughts and information to help through lockdown...

women's aid

until women & children are safe

Women's Aid

www.womensaid.org.uk/
Email helpline@womensaid.org.uk
Chat with Women's Aid:
chat.womensaid.org.uk/ Monday to Friday
10:00am - 2:00pm (current average wait
time is 18 minutes)

The Men's Advice Line

for male domestic abuse survivors – 0808
801 0327

The Mix, free information and support for
over 25s in the UK – 0808 808 4994

National LGBT+ Domestic Abuse Helpline 0800 999 5428

And lots of specialist advice from elder
abuse through forced marriage to fostering
a pet...

Managing your mental health during the Coronavirus outbreak

- Talk to someone you trust
- Let family or friends know what's going on for you. They may be able to offer support and help keep you safe.
- Who else you can talk to
- If you find it difficult to talk to someone you know, you could:
- call a GP – ask for an emergency appointment
- call 111 out of hours – they will help you find the support and help you need
- contact your mental health crisis team – if you have one
- There's no right or wrong way to talk about your feelings – starting the conversation is what's important.

www.rethink.org/news-and-stories/blogs/2020/03/managing-your-mental-health-during-the-coronavirus-outbreak/

There are helpful bright infographic posters about helping families, children, students, athletes, colleagues especially through this period at twitter.com/BelievePHQ

SAMARITANS

Samaritans

9am – 10pm weekdays, 2pm – 10pm
weekends, 2pm – 10pm bank holidays
Whatever you're going through, you can
call any time, day or night, from any phone
for FREE on **116 123**

Sometimes writing down your thoughts and feelings can help you understand them better.

send an email: jo@samaritans.org (response time: up to 24 hours)

Or write a letter (you don't need a stamp – but remember to include a return contact address) to Chris at Freepost RSRB-KKBY-CYJK, PO Box 9090, STIRLING FK8 2SA



PAPYRUS Prevention of Young Suicide HOPELINEUK

confidential support and advice service for
Children and Young People under the age
of 35 who are experiencing thoughts of
suicide and for anyone concerned that a
young person could be thinking about
suicide

9am – 10pm weekdays, 2pm – 10pm
weekends, 2pm – 10pm bank holidays
0800 068 41 41 07860 039967 or via email:
pat@papyrus-uk.org

The Campaign Against Living Miserably (CALM)

free and confidential
helpline and webchat
7 days a week for anyone
who needs to talk about
life's problems.
5pm – midnight every day
webchat and resources:
www.thecalmzone.net **0800 58 58 58**



Childline – for children and young
people under 19

Call 0800 1111 – the number will not show
up on your phone bill



DrugFAM

Safe and caring support to families, friends
and partners affected by someone else's
drug or alcohol use

Helpline **0300 888 3853**

www.drugfam.co.uk/

email / twitter / facebook



Somewhere to turn when someone dies

Cruse Bereavement Care

The UK's largest bereavement care charity,
supporting over 50,000 people each year.

www.cruse.org.uk **0808 808 1677**

email helpline@cruse.org.uk

helpline open Monday-Friday 9.30-5pm
(excluding bank holidays),

Tuesday, Wednesday and Thursday
evenings open until 8pm

Coronavirus: dealing with bereavement and
coping with grieving in isolation - Get help
following the death of someone close



The Compassionate Friends

offer support after the death of a child of
any age and from any cause

helpline **0345 123 2304**

helpline@tcf.org.uk

Specialist National Contacts

There are specialist national contacts in the
following areas of loss. These volunteers
are all bereaved themselves and can offer
support and understanding around
particular types and causes of loss. If you
would like to make contact with these
specialist supporters please ring our
Helpline on **0345 123 2304** or email for
more details.

- Bereaved by suicide national coordinator
- Organ donors specialist contact
- Grandparents whose child has died.
- Grandparents whose grandchild has died
- Parent/carers whose child or children had special needs and/or disabilities.
- Bereaved by addiction or substance use
- Telephone contact for bereaved fathers who would prefer to speak with a man.
- Bereaved by road traffic collision

Local support Contacts

Our local Contacts provide a safe
environment for bereaved parents and their
families. They are there if you would just like
to talk, in person, by phone or by email.
They can also put you in touch with other
parents in your area.

Support Group Meetings

Some local Contacts hold group support
meetings. If you feel a group could be
helpful for you, call our **Helpline** on **0345
123 2304** or email us for nearest group.

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