



Gaddum
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**Manchester Health & Care
Commissioning**
A partnership between
Manchester City Council
and NHS Manchester CCG

Carers COVID-19 Peer Support Group

If you are an unwaged carer recovering from COVID-19 or supporting someone recovering from COVID-19, there is a weekly Peer Support Group that can provide you with help and support.

The Peer Support Group

- Brings carers together with shared experiences to support each other
- Provides carers with a safe and confidential space where you will feel accepted and understood
- Treat everyone's experiences as being equally important
- Involves both giving and receiving support and top tips
- Helps inform health and social care services about what support and services are needed for unwaged carers living with the long-term effects of COVID-19

The Peer Support Group meets online via Zoom on a Monday lunchtime from 12.30pm to 1.30pm. You can also join the Peer Support Group by telephone.

The first meeting takes place on Monday 23 November 2020.

Expenses are available to support people to join the Carers Peer Support Group by using their mobile phone or using a laptop.



If you are interested in joining the Carers Peer Support Group or need help to join the meeting using Zoom, please contact us.

Email: **mhcc.engagement@nhs.net**

Text: **07702 66 81 69**

The Carers Peer Support Group is open to carers living in Greater Manchester.
(Manchester, Trafford, Bury, Bolton, Stockport, Tameside, Oldham, Salford, Wigan and Rochdale)

Supporting your COVID-19 Recovery website is a good resource of support and information <https://www.yourcovidrecovery.nhs.uk>

This Peer Support Group is a partnership between Gaddum, Greater Manchester Neurological Alliance and Manchester Health and Care Commissioning.