

Where to get support

Community hubs for food and medical supplies

Bury Council 0161 253 5353 Every day 9am to 5pm

Manchester City Council 0800 234 6123 Monday to Saturday 8.30am to 5.30pm

Salford City Council 0800 952 1000 Monday to Friday 8.30am to 6pm, Saturday 9am to 1pm

Stockport Council 0161 217 6046 Monday to Friday 9am to 5pm, Saturdays 10am to 4pm

Trafford Council 0300 330 9073 Monday to Friday 8.30am to 5.30pm

Community support

Gateway Action 0161 826 3333

Hershel Weiss Children and Family Centre 0161 778 0070 or 07884 742 976

Jewish Action for Mental Health 07510 204 844

Jewish Women's Aid
Domestic abuse 0808 801 0500
Sexual violence 0808 801 0656

Manchester Kehilla Isolation Support 0161 660 1777

Shomrim support and information 0330 0887 510 (local rates apply)

The Fed's Community Advice and Support 0161 772 4800, option 2

The NHS is still open for business.

Please continue to seek medical advice, help or treatment

For some serious conditions, a delay could be critical

If you're not sure what to do, call your doctor's surgery, 111 or go to 111.nhs.uk

In an emergency, call 999

Coronavirus (June Update)

COVID-19 is a highly contagious virus that can be fatal

You can spread the virus even if you don't have symptoms

כל ישראל ערבים זה לזה

We all have a responsibility for each other

Thank you for playing your part in stopping the spread – let's keep COVID-19 out of our kehilla by continuing to follow these measures:



Wash your hands regularly with soap for at least 20 seconds



Try to wear a face covering in enclosed public spaces



Do not leave home if you or anyone in your household has symptoms



Groups of up to 6 people from different households can meet outdoors – but stay at least 2m apart & keep shielding if you're vulnerable



Stay at home as much as possible – if you must travel somewhere, try to do this by walking, bicycle or car

Please take care of your physical health



Eat regular, healthy meals, drink plenty of water and get a good night's sleep



Have a healthy balance between work and relaxation



Exercise and be outside at least once a day

In partnership with organisations across the Jewish community, local doctors and Rabbonim