

Supporting those affected by the Manchester attack

Manchester Attack Support Newsletter

December 2017

This newsletter is a new way of providing advice and information to support anyone affected by the Manchester Arena attack on 22 May 2017.

The attack tragically killed 22 people and injured many more, and work is still going on across the country to provide care, treatment and support for all those affected.

In this newsletter you will find updates from the various partners and organisations that are supporting people through the tragedy.

You'll also find support available to help you cope through the festive period, as well as information about plans to create a permanent memorial.

We would love to hear your thoughts on the newsletter, including your ideas for content.

Launch of the new website

A new website has been developed to bring together all the advice and support, and to share information and updates about issues connected to the attack.

Sometimes, after disasters, people want to connect with others who have been affected by the event. People say that writing about what they've been through can help, and that it makes them feel part of a support network. The website and this newsletter may help to give mutual support to those who need it.

Please keep an eye on the website for any updates and to get advice and support if you need it.

Coping at Christmas

The first Christmas after loss and bereavement can be a painful time. Cruse Bereavement Care has information about coping with christmas at www.cruse.org.uk – including some helpful tips. It includes links to other guidance too, such as how to help someone who is grieving, coping with anniversaries and reminders, and reflections by those with personal experiences of bereavement.

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It's ok not to be ok

The Manchester attack might have affected your mental wellbeing. We want to make sure you and your family can get the support you need, so our new website contains links to help and support you if you are struggling to cope.

The Manchester Resilience Hub is an enhanced NHS mental health service set up to specifically help people who have been affected by the Manchester Arena attack. The Hub is based in Greater Manchester but is for everyone who was affected, wherever they may live.

Anyone can contact the Hub if they:

- have been directly affected by the incident
- have a family member who was affected
- were a member of the Arena or station staff working that night, or an emergency responder.

Contact the Hub for help: gm.help@nhs.net

If you have a question about accessing support or about other information not addressed there or here, you can contact us at www.penninecare.nhs.uk and we will follow it up.

There is also a series of leaflets on the Compassionate Friends website that are designed to help bereaved parents and siblings understand the unique aspects of their grief.

Talking to the media

The media may want to interview you if you have been affected by the Manchester attack. Interacting with the media following such experiences is a significant decision, as media exposure can positively or negatively impact on your recovery process.

You don't have to do anything you don't want, and you don't have to give up your right to privacy. You can refuse to speak to the media at any time. If you do want to share your story, you might feel anxious about an upcoming interview. Being well prepared in advance of the interview will help reduce these feelings. You can find helpful guidance on our website www.manchesterattacksupport.org.uk

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Contributing to the next newsletter

Some people find it helpful to write about their experiences and feelings. If you might be interested in being featured, please get in touch and we'll work with you on developing some content.

We are also encouraging people to sign up for the newsletter by registering their contact details with us. You can do this at www.manchesterattacksupport.org.uk

Please pass on details of the website and newsletter to anyone who you feel might benefit from knowing about them.

Updates on plans for a permanent memorial

The Manchester Memorials Advisory Group has been established to help develop plans for at least one permanent memorial following the Manchester attack. The Group's purpose will include overseeing a consultation process in which the views and voices of bereaved families will play a central part.

Other people directly affected are also being invited to participate in the consultation, and the wider public will have the chance to contribute. Through this newsletter we will keep you updated about opportunities to have your say.

We Are Manchester, September's benefit concert staged by Manchester Arena, has raised over £330,000 for the Manchester Memorial Fund.

The Manchester Memorial Fund will be run as a dedicated part of the Lord Mayor of Manchester's charity We Love Manchester, with all funds raised used for memorial purposes. This should not be confused with the We Love Manchester Emergency Fund, the separate fund to help support those who suffered loss, injury or trauma in the Arena attack.

As well as the memorial processes overseen by the Memorials Advisory Group, there may be other commemorative activities taking place. We will keep you updated as we hear about these.

Please let us know if you have information about memorials, or any events you are involved with or participating in.