



GET **CREATIVE** INSIDE!

**AN ACTIVITY PACK FOR FAMILIES
ACROSS ROCHDALE BOROUGH**

This pack has been assembled and delivered following strict guidance
from Rochdale Public Health

We are grateful to the arts organisations who have supported this project by contributing content and repurposing funding from projects they couldn't deliver due to Coronavirus. We're also grateful to partners who have provided funding and to Rochdale Council Public Health department who have produced guidelines for us to produce and distribute packs safely in these difficult times.



Many thanks to Allison Bamford and her team at Bamford Print in Heywood who assembled the packs. www.bamfordprint.co.uk

WELCOME TO GET CREATIVE INSIDE,

an activity pack for families in Rochdale borough produced by Cartwheel Arts and Link4Life on behalf of Rochdale Borough Culture Network.

You should find almost everything you need to carry out the activities in this booklet in the box. Some activities require scrap materials which we hope you can find at home. Ask an adult before you cut up the cereal packet, particularly if there is still cereal in it.

We know that one booklet and one pack of felt tips doesn't go far if there are several children in the family so please share!

We also know that internet access is an issue for many families, but many of the cultural organisations in the borough are making more activities, performances and content available online so we have provided a section of links for you to explore if you can.

So there we are – **Get Creative Inside!** And don't just stick to the activities here – make up your own. And if you do, be sure to tell us about it – we've included our social media links so you can send us your pictures!

When this is all over we hope to make an exhibition of the work produced so save your favourite pieces.

Rick Walker

Director

Cartwheel Arts

Darren Grice

Deputy CEO

Link4Life



Dippy on tour - Rochdale

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THE GREAT OUTDOORS

Activity supplied by Cartwheel Arts

ABOUT ME / DRAW THE DAY

OVERVIEW

Make a door to a special outdoor world using pictures and coloured pens.



INSTRUCTIONS

Take a piece of A4 paper and lay it flat lengthways. Fold each edge in to the centre of the page to create a double door effect.

Draw a door on to the folded pages using the whole width and imagine the folds as hinges. To shape the door, cut around the drawn edges and embellish with door handles.

On the inside, cut and stick pictures from magazines or use pens and pencils to create a picture of an outdoor scene. It could be a garden, a landscape or something you find relaxing.

MATERIALS

A4 paper

Pens/pastels/coloured pencils

Collage materials (coloured paper/magazines)

PVA glue or Gluestick

Scissors

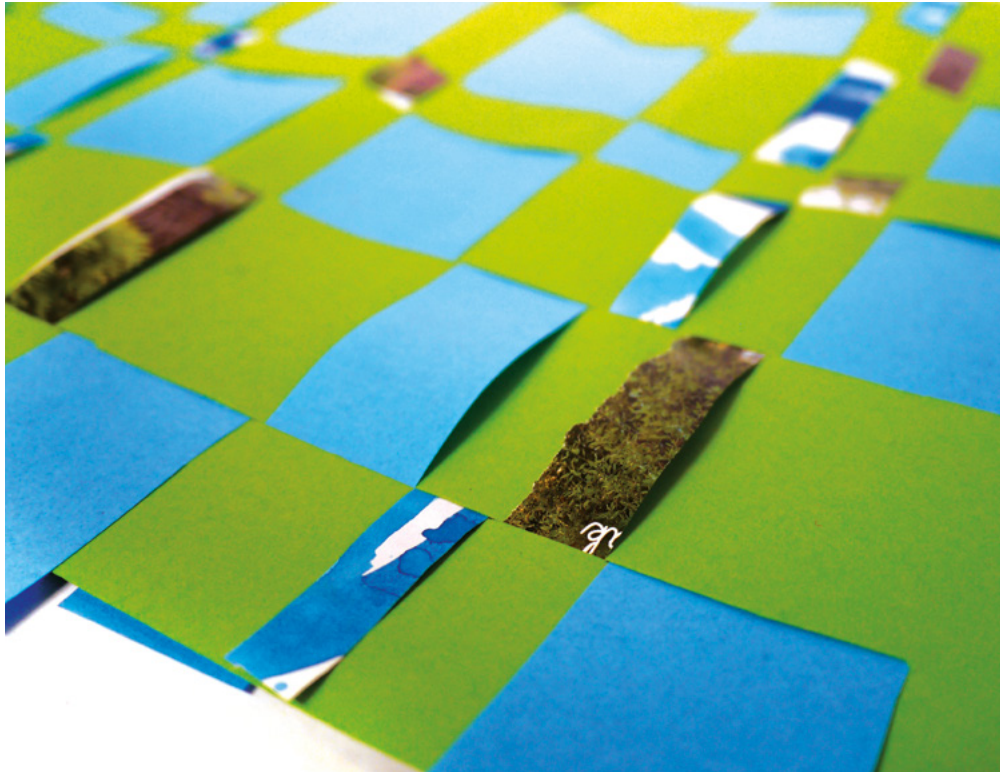
WEAVING

Activity supplied by Cartwheel Arts

LOOK AT THIS / DRAW THE DAY

OVERVIEW

Choose two different pieces of coloured paper that look good together. Cut one into strips and cut lines into the other. Carefully move your strips in and out between the lines you made to create a paper weaving.



INSTRUCTIONS

Take two different coloured A4 pieces of paper.

Take one of the pieces and fold in half (doesn't matter which way) and start cutting from the folded side towards the edge in a straight line. Don't cut all the way! Stop when you are about 2.5cm away from the edge. Repeat this cutting until you have several lines evenly spaced apart. When you open it back up you will have a frame to weave in.

Take your other piece of paper and cut it into strips that match the width of your frame. Weave your first strip into the frame by going under one line and over the next line and repeat. The next strip will start from the same side, going over one and under the next. Keep going by alternating the way you weave under and over until your frame is full.

Optional:

Take a magazine picture to use as your weaving strips to create an interesting effect. Use curved edge scissors to create wavy strips. Draw patterns on the paper before cutting it.

MATERIALS

Two sheets of the same size paper in different colours or patterns

Scissors

Optional:

Magazines, curved edge scissors, pens, pencils, crayons

SCRATCH & REVEAL

Activity supplied by Cartwheel Arts

LET'S PLAY / DRAW THE DAY

OVERVIEW

Colour in a whole piece of paper using bright colours.
Then go over the top with black crayons and have fun revealing
a colourful picture by scratching away the black.



INSTRUCTIONS

Take a piece of white paper or card.

Fill the paper with different colours using felt tips or coloured pencils. Cover the entire page and don't leave any white paper showing. Bright colours work best – you want colours that will stand out.

Take a chunky black crayon and scribble over the top of your coloured page.

When the page is completely covered, start scratching a pattern in the crayon using the end of a paintbrush (or toothpick/empty ballpoint pen).

You can scratch random shapes and patterns, or create an image such as an underwater scene or a flower.

MATERIALS

White paper/card

Chunky coloured crayons/pencils/felt tips

Chunky black crayon

Paintbrush/toothpick/empty ballpoint pen

REARRANGE THE PICTURE

Activity supplied by Cartwheel Arts

LET'S PLAY/ GROUP / DRAW THE DAY

OVERVIEW

Scribble and have fun making lots of different marks on a coloured piece of paper. Then use your colourful sheet to make a completely new picture.



INSTRUCTIONS

Use crayons, pens or paints on black or coloured sugar paper to make lots of different patterns and marks. Get as much colour and contrast on to the page as possible.

Cut up the image into different shapes, or lots of the same shapes (such as triangles or squares).

Take a plain piece of paper or card and create a new image using the cut up shapes. Glue these to the piece of paper to create a final image. This could be abstract or a theme such as flowers or landscapes. It could be 3D too by folding before gluing or scrunching up the shapes.

Group option:

Create a joint image by each creating your own page of marks. Then cut them into shapes and swap or rearrange them to create a larger combined image.

MATERIALS

Black or coloured paper/card

Crayons/felt tip pens

Scissors

White paper/card

PVA glue or Gluestick

Optional: Poster paint, paintbrushes, paint palette & water pot

MOSAIC

Activity supplied by Cartwheel Arts

LOOK AT THIS /
GROUP / DRAW THE DAY

OVERVIEW

Create a picture using cut up paper shapes. Carefully glue each piece to build up the colours in your picture. Notice how the picture changes as you add more pieces to colour it in.



INSTRUCTIONS

Cut small squares or triangles out of coloured card or paper.

Draw an outline of a picture to fill in with shapes.

Very carefully fill in the outline using the coloured shapes. Glue them down one by one.

Theme ideas:

Flower, tree, landscape, rainbow, house, favourite toy/teddy or use your imagination.

Group option:

You could complete a large version together like a jigsaw.

MATERIALS

Coloured card or paper

PVA glue or Gluestick

Plain card

Pencil

Scissors

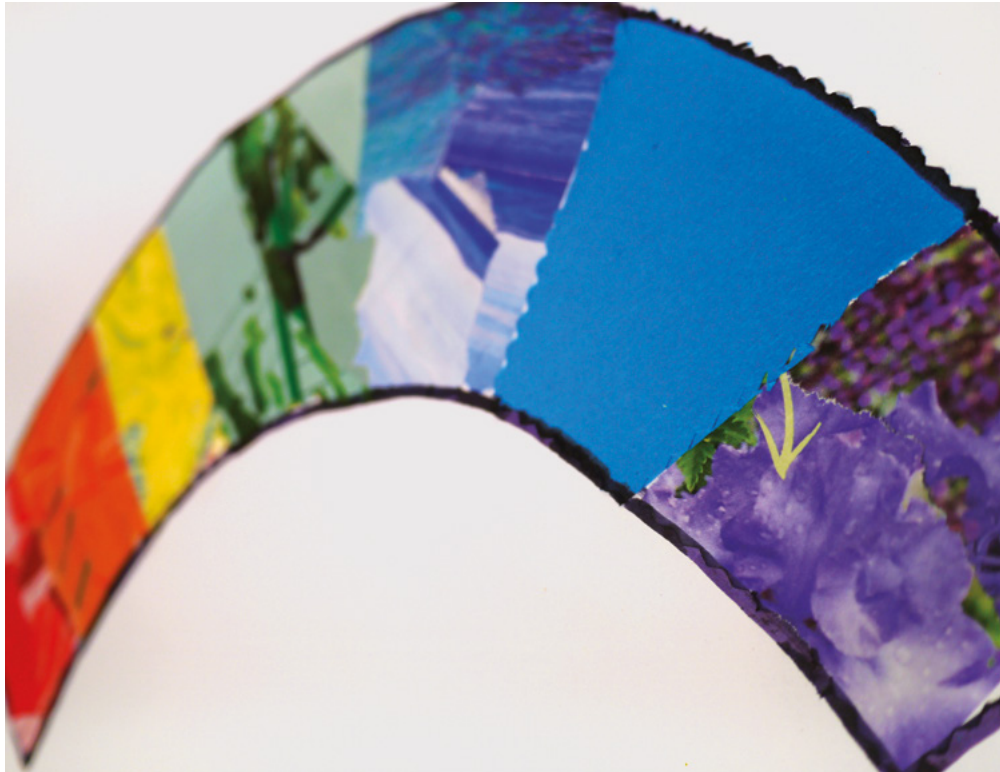
MAKE A RAINBOW

Activity supplied by Cartwheel Arts

CLEAR YOUR MIND / DRAW THE DAY

OVERVIEW

Cut out and stick colours from a magazine to create a fantastic rainbow to connect you to the wonders of nature. You can use the real colours of the rainbow or invent a new one.



INSTRUCTIONS

Draw an outline of a rainbow.

There are seven colours in the rainbow; red, orange, yellow, green, blue, indigo (bright blue) and violet (purple).

Look through magazines and collect sections of different colours across the rainbow. Stick them on to the outline and fill out the space until the rainbow is full.

It doesn't matter if the coloured paper has patterns or images on them. This can add to the effect.

If you don't have magazines or coloured paper you can also use pens and pencils and draw patterns in each colour section. Why not display your rainbow in the window for all to see!

MATERIALS

Magazine (home and garden magazines work well)

PVA glue or Gluestick

Plain paper or card

Scissors

Pencils/Pens

Optional: textured and coloured card

CIRCLE QUARTERS

Activity supplied by Cartwheel Arts

**CLEAR YOUR MIND /
GROUP / DRAW THE DAY**

OVERVIEW

Create four art pieces inside a circle. Make each one really different by using different colours, patterns or materials to create one whole piece of exciting art.



INSTRUCTIONS

Draw a circle on a page, fold the page in half and then half again to create circle quarters.

In each of the circle quarters create a different image using a different art medium (paint, collage, pen, crayon). Try to use patterns, shapes, lines and marks to make your images.

Try creating a more dramatic effect by using just two colours for each of the different quarters e.g. black and white for one of the circle quarters then bright colours in another.

Optional:

Try using planets, wheels, cogs and spirals as inspiration for the images within the circle quarters. Think of other circular objects or items that could inspire you.

Group option:

Cut the circle into quarters so everyone can make a quarter. Then bring them together, back into a circle.

MATERIALS

Pens/Pencils

Poster paint, paintbrushes, paint palette & water pot

Crayons

Collage magazines or paper

Gluestick

Scissors

PLAY HOUSE BINGO

Activity supplied by Touchstones Rochdale

OVERVIEW

Complete a task, mark with a token.

Work together to complete a line.



LET'S PLAY BINGO!

**BUILD
A DEN**

**FIND AN
INSECT**

**MAKE UP A
NEW DANCE
& SHOW
SOMEONE**

**FIND
SOMETHING
SOFT**

**ACT LIKE
YOUR
FAVOURITE
ANIMAL**

**STAND
STILL
FOR 30
SECONDS**

**DESCRIBE AN
OBJECT TO
SOMEONE SO
THEY CAN GUESS
WHAT IT IS**
(you can't say
what it is)

**SING A
SONG**

**TELL SOMEONE
A FACT**
(if they've already
heard it tell
another one)

**TELL
A JOKE**

**GIVE
SOMEONE
A HUG**

**CREATE A
PICTURE OF
A DUCK**

**FIND 3
THINGS
SMALLER
THAN YOUR
HAND**

**GET SOMEONE
TO SAY
POTATO
WITHOUT YOU
SAYING IT**

**JUMP
20 TIMES**

**GIVE YOURSELF A
NEW NAME THEN
GO INTRODUCE
YOURSELF TO
SOMEONE USING
YOUR NEW NAME**

**POINT TO
A TAP**

**FIND
SOMETHING
THAT LOOKS
LIKE YOU**

**TELL A
STORY TO
SOMEONE**

**LAUGH FOR
10 SECONDS**

For a greater challenge try and complete the whole board.

SPRING TIME BINGO

Activity supplied by Touchstones Rochdale

OVERVIEW

Search for the signs of Spring -
What can you see, hear, smell & feel? Can you spot them all?



LET'S PLAY BINGO!



Birdsong



Daffodil



Opening Bud



Warm Sun



Bumblebee Buzz



Blossom



Flowers



Soft Catkin



Butterfly

OUTSIDE THE PICTURE

Activity supplied by Touchstones Rochdale

SNOW DRIFT, CLEAR SKY (PANEL 1 OF 4)

BY KEITH GRANT (B.1930)



Draw what you think is happening outside this picture taken from the borough's art collection. What might be in the water?

GRACIE FIELDS

WILLIAM ALLAN VAUSE (1903–1987)



Draw what you think is happening outside this picture taken from the borough's art collection. Do you know where you can find a statue of Gracie?

WHATEVER THE WEATHER

Activity supplied by M6 Theatre Company

ACTIVITY PACK



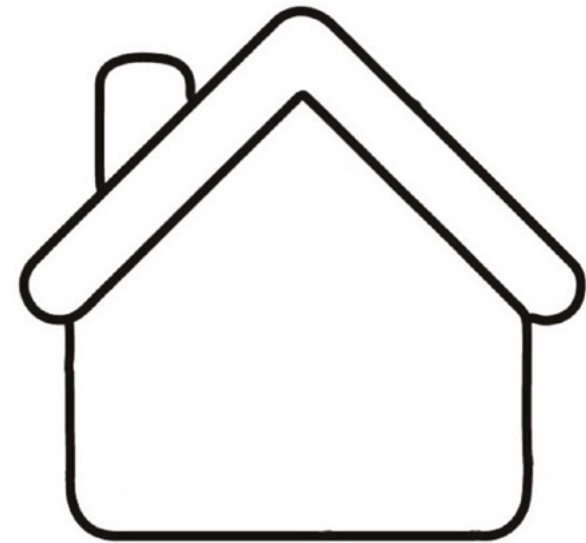
Mrs Sunshine and Mr Rain spend a lot of time outside

When you are outside on a sunny day, what can you see, hear, smell, do?

When you are outside on a rainy day, what can you see, hear, smell, do?

A large, empty white box with rounded corners, intended for a child to write their observations of a sunny day.A large, empty white box with rounded corners, intended for a child to write their observations of a rainy day.

Can you turn this picture into a weather house?



Rainbows happen in the sky when it's sunny and rainy at the same time.

Draw a picture of a rainbow.

What nice things could Mrs Sunshine and Mr Rain do outside together?

There are lots of different types of weather - sunny, rainy, windy or snowy. Draw a symbol for each type.

PUPPET SHOW

Activity supplied by Rochdale Borough Culture Network

HOW TO CREATE YOUR OWN PUPPET SHOW

When we make puppets and use them to tell stories, we can create a magical world in our own homes.

There are so many materials that could be recycled to make puppets, such as egg boxes, toilet roll tubes, newspaper, cotton wool balls, socks and anything else that you can find.



HOW TO CREATE YOUR OWN SHOW

1. Think of a story that you would like to tell.
2. You might be making up your own characters or you might be using the characters from the Cereal Box Puppet Theatre.
3. For your own characters, draw pictures of everyone who appears in the story,
4. Find old boxes, tubes, boxes that you could make each of the puppets out of.
5. Start to decorate and colour the puppets with anything you can find – wool, string, old wrapping paper, old clothes, but ask an adult first before you start cutting things up.
6. Handy tip: Make eyes by cutting two circles out of an old piece of white paper or cardboard box and draw a black circle in the centre.

When you have created your puppets:

Find a suitable space for the stage, somewhere you can fit behind

Use the puppets to act out the story, making up what they say as you go along, and talking in the special voices you've chosen for them.

Most stories start with a problem. So imagine the main character has a problem to solve. Have they lost something, or have they got an important job to do, or somewhere they need to get to?

How are they going to solve this problem. Do they ask another puppet or toy for help? Or perhaps another puppet is getting in the way?

Don't decide exactly how the story will end - find out by acting it out!

Once you've found your ending, act the story out again once or twice, just to practice. Then you could perform the play for your family. You could also write it down, and draw pictures to go with it.

It doesn't have to be a long or perfect show, just have fun!

If you can record or photograph it - send it to Cartwheel Arts.

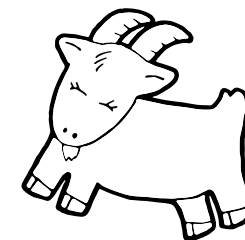
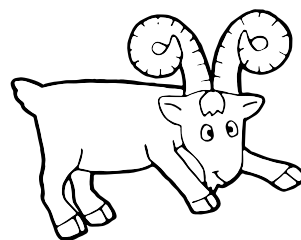
CEREAL BOX THEATRE

Activity supplied by Rochdale Borough Culture Network

MAKING A CEREAL BOX PUPPET THEATRE

Inside the box you will find a sheet of card with characters on, like these. Colour them in, cut them out and stick them to the lolly sticks

in the box with masking tape to make puppets. Stick the lolly stick to the top of the puppet or the bottom depending on whether you are going to bring your puppets on stage from above or below.



TOUCHSTONES & LINK4LIFE

Touchstones Rochdale is managed by Link4Life, a charity working at the heart of Rochdale borough to help people to live active, healthy and creative lives.

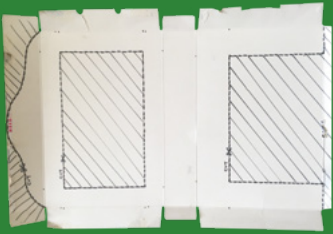
As we're all currently spending more time at home, we know that regular exercise and being creative is essential for keeping you as healthy as possible and boosting your mood, so even though the Link4Life venues are currently closed, we're giving a range of activities for children, adults and older adults at www.link4life.org/at-home

Alongside the creative ideas in this pack, there's lots more including art projects, online viewing of the boroughs' artwork collection at Touchstones Rochdale, mindfulness sessions, national theatre broadcasts from our partners at National Theatre Live. As well as being creative, there's also a range of online workouts, fitness classes, recipes and nutrition and indoor activities to keep you active.



www.link4life.org/at-home

1



Find an old cereal box, pull it apart carefully and lay it down flat.

2



Get an adult to help you cut out a rectangle from the middle part of the box, and a curved shape at the top.

3



Cut out another u-shape on the bottom part of the box as shown in the picture.

4



Decorate your theatre and then tape it back together, inside-out, so it stands up.

Decorate it as you wish to go with the puppets that you have made. Add curtains with fabric if you wish. You could make a backdrop for the theatre if you are going to work your puppets from above. You now have a puppet theatre to put on a show with your stick puppets.

THINGS YOU WILL NEED:

Cereal box

Two pieces of fabric (optional)

Scissors

Paper

Paints, crayons, or felt tips

Masking tape

CARTWHEEL ARTS

DRAW THE DAY PROGRAMME

A LOAD OF FUN ACTIVITIES TO DO AT HOME

Cartwheel Arts promotes wellbeing, social inclusion and cohesion, diversity and regeneration through community participation in vibrant, memorable and high quality arts projects. We call this Art for a Reason.

DRAW THE DAY

In this booklet you will find creative activities to try, as well as the materials to do them!

There are 7 Cartwheel activities here, but we have lots more - 30 in all. If you have internet access, why not 'make along with us' with our dedicated videos made for you. Find us online!

There will be a new activity every Tuesday, Thursday and Saturday

EXPLORE THE DAY

Use the Explore the Day booklet full of walking activities to make every day an adventure.

And Join Professor Jigget for a story full of wonder on Facebook each Monday at 6:30pm.

FEEL THE DAY

Every Sunday we will post online with a creative activity focused on wellbeing, techniques for anxiety or guided relaxation for you to wind down and restart.

HOW TO FIND US ONLINE

For art videos: Go to www.drawtheday.org and look for the link or get on to YouTube and search for *cartwheelartsonline*

To share your work with us for the online gallery or get in touch:

Email: admin@cartwheelarts.org.uk

Facebook/Twitter/Instagram: Tag us or search with @CartwheelArts

For story time: Get on Facebook and search for @yantantetheria

www.cartwheelarts.org.uk

ABOUT M6 THEATRE COMPANY

'WORLD CLASS THEATRE LOCALLY GROWN'

M6 Theatre Company based in Rochdale, are recognised specialists in creating & touring original theatre productions for, with and by children & young people. We tour our plays prioritising local schools & community settings alongside high profile national theatres & international festivals engaging audiences of around 15,000 children & their grownups each year. We also host five weekly youth theatre groups for children in Rochdale Borough.

DURING THIS TIME

We are delighted to contribute our storybooks to Get Creative Inside, including Whatever The Weather storybooks (illustrated by artist Amy Pierce) and activities to local families. You will find a *Whatever the Weather* colouring sheet in the box which needs completing.

We have launched a short monologue writing competition, *Love In The Time of Corona*, to capture this unprecedented time. The 10 winners will be announced in May and the performance filmed and shared online.

May 2020: We will release our archive film of the wonderful M6 play *A Tiger's Tale* by Mike Kenny, free to download with new fun creative activities for children. The themes of the play include Circus life, family relationships – including one with a very special tiger, Love overcoming fear and the power of story to understand the world, each other & ourselves

We will be collaborating with partners once again to distribute free *The Street Where I Live* storybooks and activities to support local families

WHEN THIS IS TIME IS OVER

Our five youth theatre groups will return and we will tour once again into Rochdale schools & national theatres with FREE community performances at M6 Studio Theatre in Rochdale, Yaay!

Autumn 2020: We will be sharing *Sunflowers & Sheds* a "living picture book of a play" about communities growing together – carrots and cabbages alongside friendship and understanding.

Spring 2021: We will be sharing *Pebble On The Beach*, a brand new M6 show about connecting to the natural world and appreciating what is important in life.

You are all invited to come and see our FREE community shows at M6 Studio so please email us on admin@m6theatre.co.uk or call 01706 355898 to add your name to our mailing list so we can let you know the dates and times of performances. Please do keep an eye on our website for updates www.m6theatre.co.uk

Until we meet again, stay safe

The M6 team

ROCHDALE BOROUGH CULTURE NETWORK

The Network represents arts organisations and individual artists based in, or working in, the borough of Rochdale. The Network has supported this project financially and members have contributed work to it. We are grateful to Vicky Lomax, who sits on the Steering Group as a freelance artist, for contributing some of the activities in the pack. The Network is administered by Cartwheel Arts and for more information contact rick@cartwheelarts.org.uk

SKYLIGHT CIRCUS ARTS

Skylight uses circus creatively for performance and as a vehicle for personal, physical and social development and wellbeing.

They have a range of activities on their website including the juggling challenge and images you can download and colour in.

You will find some of their designs in the box.

www.skylightcircus.com

ROCHDALE LIBRARIES

Our libraries may be closed but you can still borrow eBooks, eAudiobooks and eMagazines from the thousands available. Go the Libraries section of Rochdale Council website for instructions on how to access Borrowbox.

We are grateful to Libraries for suggesting the Time Capsule which you will find in this box.

<http://www.rochdale.gov.uk>
<https://www.borrowbox.com>

ROCHDALE YOUTH SERVICE

Join us each week for an online programme of activities. We can't meet in youth clubs but we are sharing lots of ideas, tips and activities to keep you entertained and busy during this time. We are still having group meetings via online platforms. If you want to start your Duke of Edinburgh's Award then get in touch as we are starting virtual meetings soon to guide you through the process.

#RochdaleYouthie
f: @RochdaleYouthService
t: @RochdaleYouthie

SOME OF THE ARTS ORGANISATIONS IN THE BOROUGH ARE OFFERING ACTIVITY AND SUPPORT DURING THE CRISIS

CENTRE FOR WELLBEING, TRAINING & CULTURE

Over the 30 years, CWTC continues to focus on the awareness of dementia, diabetes and mental health and improve employability skills. CWTC helping to improve the awareness and understanding of Dementia, reduce stigma and build confidence and capacity of the Rochdale's Borough BAME residents (in particular of South Asian origin) living with Dementia, carers and families. Online wellbeing activities are planned.

<http://cw-tc.co.uk>

ENGLISH FOLK EXPO

English Folk Expo (EFE) supports the English folk, roots and acoustic music industry through showcasing, audience development, artist mentoring, industry training, international collaborations and sector advocacy. In June 2020, the first Rochdale Folk Festival should have taken place. Instead you can live streams from amazing artists at:

www.englishfolkexpo.com

ALL ACROSS THE ARTS

Are you a budding writer or an emerging artist? AATA will be publishing work throughout this period at home. Email your writing or pictures of your artwork to stevecswct@gmail.com and he will select work to go on

www.allacrossthearts.com

DARNILL FESTIVAL ASSOCIATION

The summer festival has been cancelled for the first time since it started in 2003 and the DFA have contributed some of their funds to the contents of this box. They hope to have a Winter Wonder festival on Monday 7th December.

<http://www.darnhillfestival.btck.co.uk>

CRESCENT COMMUNITY RADIO – THE SOUND OF ISLAM ON THE AIRWAVES 97FM

Crescent Radio are working hard to keep their listeners informed of the latest developments of the Coronavirus pandemic in Rochdale and how you can get help and advice. Get in touch via our helpline on 07817 229 862 or volunteer on the website.

<http://www.crescentradio.net>

PIONEERS MUSEUM

The museum is posting online activity and documenting the cooperative response to the coronavirus. The Pantry continues to operate providing food to members.

www.co-operativeheritage.coop

MIDDLETON POPSTARS

Popstars are currently working with Action Together to deliver food and essential supplies in Langley.

Popstars is a nonprofit community group open to all no matter of ability or disability.

Remote performances are being posted on social media.

www.popstarsacademy.co.uk

OAKENHOOF FOLK ARTS

Oakenhoof are all about community and inclusivity. We learn and create beautiful things, but it's the journey that makes it special.

Folk Arts for and by everyone. Cyber Clogging every Tuesday from 7.00-8.30. Visit the website and click on the link.

www.cloggin.co.uk

OTHER ARTS ORGANISATIONS WILL BE UP AND RUNNING AGAIN ONCE SOCIAL DISTANCING IS EASED

MOOREND DEVELOPMENT TRUST

The Trust has restored two community venues, Butterworth Hall in Milnrow and Hare Hill House in Littleborough hosting a range of creative activities.

<http://www.moorendtrust.org.uk>

ROCHDALE ARTISTS

The group's objectives are to advance the education of anyone living or working in the Borough of Rochdale or the surrounding area, particularly in the field of the visual arts.

<http://www.rochdaleartists.com>

STORIES WE COULD TELL

SWCT HUB is a welcoming supportive, stimulating and safe space for young people to develop their resilience to the challenges they face and may face in the future through engaging with their creativity.

<http://www.swct.co.uk>

CAN'T DANCE CAN

Dance company based in Littleborough who organise a massive community dance showcase every June at Gracie Fields Theatre. Not this June though.

[@cantdancecan](https://www.instagram.com/cantdancecan)

HAODS AND HEYKIDS

Heywood Amateur Operative and Drama Society was formed in 1930, and is affiliated to both the National Operatic and Dramatic Association and to the Greater Manchester Drama Federation. The Junior section, known as 'HeyKids' was formed in 1990.

The society produces two full musicals each year : one for the senior section(16+) and one for HeyKids (8 -18), as well as a play and concerts from time to time. The senior show is normally in early March each year, and the HeyKids show in mid-October at the Heywood Civic Centre.

www.heywoodaods.co.uk

MILNROW BAND

The Milnrow Band is a top class group of amateur musicians promoted to the highest ranked Championship section of Great Britain in 2006.

<http://milnrowband.co.uk>

LANGLEY THEATRE WORKSHOP

LTW have been providing quality arts activities for the past 16 years on the Langleigh Estate and surrounding Township of Middleton for ages from 2 upwards.

<http://www.langleythetreworkshop.co.uk>

LANGLEY WRITERS

Langleigh Writers is a group of enthusiastic local writers who write individually and collectively for pleasure and wellbeing, and share their work with others through performance and publishing.

<https://langleighwriters.wordpress.com>

LITTLEBOROUGH FESTIVAL

Littleborough Arts Festival is a volunteer-led multi arts festival celebrating creativity in Littleborough through working with local, national and international artists. Since 2001 this community-led festival has been inspiring creativity across the community. Each year the town is invited to participate in a rich and varied programme of activities including visual art, music, poetry, participatory workshops and fun.

<http://www.littleboroughartsfestival.co.uk>

CORONAVIRUS

HELPING AND SUPPORTING OUR MOST VULNERABLE RESIDENTS

USEFUL INFORMATION FROM ROCHDALE COUNCIL

The NHS has put in place measures to protect patients, our community and NHS staff while ensuring as many services as possible are available to the public.

If you have symptoms or have to self-isolate for another reason, you are advised to follow the latest government guidelines about how long to stay at home.

Please do not book a GP appointment or attend your GP practice for coronavirus.

If you think you have symptoms of coronavirus visit:

www.111.nhs.uk/covid-19

This can tell you if you need further medical help, and advise you what to do.

Only call **111** direct if you are advised to do so by the online service or you cannot go online.

You may still call NHS **111** or your GP practice, if you have any other health concerns.

We will be regularly updating our website: rochdale.gov.uk/coronavirus with information, help and advice.

If you need any help, assistance or support please contact the council Contact Centre on: **01706 923685** between 9.00am and 5.00pm from Monday to Friday.

If you have an urgent need out of hours, please call the council on: **0300 3038875**

rochdale.gov.uk

FOLLOW US ON



@Link4Life
@cartwheelarts
@Touchstones
@ArtsRochdale
@RochdaleCouncil



Link4Life
CartwheelArts
Touchstones Rochdale
Creative Rochdale
Rochdale Borough Council