

News from your Neighbourhood

Useful information on health, wellbeing and what's on for people living in the Didsbury, Burnage, Chorlton Park, Old Moat and Withington areas.

Issue 1
Mar 2021

FREE



Getting ready for your COVID-19 vaccine

The COVID-19 vaccine is being rolled out across the city at the moment, here's how it's happening locally

The news that the vaccine rollout is now well underway in the UK has given us great hope that we can finally see the light at the end of the tunnel with COVID-19.

Over the last few weeks we have been busy calling in our oldest and most vulnerable community members to be vaccinated at our vaccination site at the **Chancellor's Hotel** in Fallowfield.

At Chancellor's we're delivering vaccinations for people across Chorlton Park, Burnage, Didsbury, Withington and Old Moat.

This involves a number of different medical centres and doctors so it's been exciting building teams and taking decisions together. We are backed up by an incredible pharmacy team who take care of the vaccines which have entirely different requirements in storage and delivery.



Some of our fantastic vaccination centre volunteers

We also have great admin, reception and booking teams so it really feels like everyone is coming together. However, fundamental to the success of the centre and its smooth running are the huge number of **volunteers** we have working with us. Our volunteer marshals come from all walks of life; furloughed, retired, or just wanting to make a difference with spare time.

It has been an amazing experience welcoming patients who are nervous, excited or haven't been out for months, to receive this vaccine. Patients leave feeling so relieved and hopeful - it really is a positive experience.

If you've been for your vaccination, please do not hesitate to get in touch if you have had a good experience or can see something we can improve. We really want to welcome as many people as possible to the centre.

You'll be contacted when it's time to get your COVID-19 vaccination.

However, people aged 70 and over who have not yet been vaccinated against COVID and who would like to be are being asked to contact the NHS to arrange a jab.



TV regular Dr Chris Steele took his own advice recently and had his Covid vaccination in Fallowfield. See page 2 to read more.

Welcome!

Welcome to the first edition of our new community newspaper aimed at people living in Old Moat, Withington, Chorlton Park, Burnage and Didsbury.

It's produced by Manchester Local Care Organisation which provides your NHS community health and adult social care services in the neighbourhoods.

We have two neighbourhood teams covering the area - Didsbury, Burnage and Chorlton Park Integrated Neighbourhood Team and Withington and Old Moat Integrated Neighbourhood Team.

We work with a wide range of partners and the voluntary sector locally who have come together to produce this newspaper.

We aim to share news, health advice and lots more about what's going on where you live. If you have any feedback or would like to have anything added to a future edition, please contact us.

We'd love your stories, photos, poems or artwork from across our neighbourhoods. Thank you for reading and we hope you find the information in the newspaper useful.

What's inside:

- **Page 2** - Your GP practices - open and here for you
- **Page 3** - Staying connected while we're not allowed to meet
- **Pages 4 & 5** - ideas about how to improve wellbeing
- **Page 6** - Help and support available to local people.

Contact us:

E: Jane.McAllister5@nhs.net T: 0757 052 7497
E: Fiona.Vincer@nhs.net T: 0778 986 0969

Your local GP surgeries are open and here for you

Dr Andy Coupes and Dr Oliver Atkinson are our local GP leads. They tell you about how their services have had to change because of COVID-19 but that they are still here for you.

I think it's fair to say 2020 was probably the most difficult year for many of us in recent history. Now we still face some big challenges in 2021, further lockdowns and restrictions on what we can do.

The impact has not been more palpable in the elderly and vulnerable members of our neighbourhood. Those who 'coped' before, have had to shield, increasing the risk of isolation and being cut off from friends, support and voluntary sector groups, or carers offering vital help with daily living. Residents of nursing homes have been isolated from loved ones.

The COVID-19 pandemic has meant that GP practices have had to find new ways to work so that we can provide a safe environment for our patients and our staff. Part of this has been closing our physical doors but we are still open and here for you and your family.

Consultations have moved for the most part to a telephone or video consultation. Speaking personally, calling patients and consulting from a distance from morning till night is not why we became GPs. We miss the face to face consultation, the rapport and interaction but we're making it work.

The main message from us is that GP Practices remain very much open! However, contacting your surgery is a bit different from how it has been in the past.

Your initial contact will likely be either a telephone call or accessing an online consultation via the practice website. The surgery may then contact you to ask for a photograph or arrange a video call to explore your concern further.

Hopefully with the COVID vaccine we might hope that we can meet face to face again soon. In the meantime distance consultations can be prompt, efficient for both parties and avoid the risk of exposure to COVID. On occasion a face to face consultation and examination either by safe attendance or home visit is still happening in a socially distanced manner.



Dr Andy Coupes



Dr Oliver Atkinson

Many problems can be resolved on the phone, but when necessary we can arrange for you to come to the practice for a further assessment. Where possible, sick notes and prescriptions will be sent digitally to reduce footfall in to practices.

Long-term condition management remains a priority to, and your practice will have plans in place to support patients with these. Referrals to community and hospital specialists are still done, and those with symptoms suggestive of cancer are referred on urgent two-week-wait pathways. Please contact your practice if you have symptoms which are causing concern.

GP practices locally remain as determined as ever to support our patients' physical, mental and emotional wellbeing during this most challenging of times, and are working ever closer together to make sure everybody in our neighbourhood can access health care and information.

Dr Oliver Atkinson is GP Partner at Cornishway Group Practice, and Clinical Director for the Didsbury, Chorlton Park, Burnage Primary Care Network.

Dr Andy Coupes is a GP at Didsbury Medical Practice and the GP Lead in Withington and Old Moat.

"Get injected - not infected", that's Dr Chris' advice

Now aged 75, Dr Chris Steele is a regular face on daytime television offering down-to-earth medical advice based on his 35 years of healthcare experience.

The roles were reversed as Dr Chris became the patient at the Chancellors vaccination site not far from where he was a working GP for many years where he received his COVID-19 vaccination recently.

"I have such a feeling of relief and thankfulness that I got it," he says. "I'm in the vulnerable age group and I've hardly been out in the last ten months. I fully understand that isolation that people are feeling.

And to those people also feeling lonely or scared, Dr Chris had this message: "There is light at the end of the tunnel. As a GP you treat disease and its prevention. That science around vaccinations means that we don't see things like polio or smallpox any more and that's one of the ways we can control disease. **To me I think it's simple: get injected - not infected.**"



It's a thumbs up from Dr Chris Steele after his COVID vaccination!

Staying connected during lockdown and beyond

Feeling close to others and being valued by them is really important for our mental wellbeing.

This is much more difficult to do at the moment, but by the same token it's vital for us to be connected so we all have to try.

Try connecting with family or friends over the phone, through letters or via video calls. Maybe connect with your pet if you have one. What does their fur feel like to touch? Talk to them, how do they react and how do you feel? Enjoy the moment.

Try not to let a day go by without having some contact with someone even waving out of the window or smiling at someone.

How about trying to speak to someone new - most people are feeling the need to connect too!

Good Neighbours groups can help

Good Neighbours groups are there to help and support older people in the community. They're able to provide a variety of services including vital contact and support when you're feeling isolated - which everyone has felt at some point this last year.

This includes telephone befriending, emergency shopping support and much more. It's all about looking out for each other in the neighbourhood.

If you're feeling like you need some support just pick up the phone - you have nothing to lose and everything to gain! We are lucky enough to have four brilliant Good Neighbours organisations in the area, as well as other local services that can provide a similar service. Get in touch with your most local one to see if it's for you.

Need to chat? Here's how to contact your Good Neighbours groups and other services if you'd like to connect with someone.

- **Didsbury Good Neighbours - 07749 504 298**
- **Burnage Good Neighbours - 0161 431 7220**
- **Chorlton Good Neighbours - 0161 881 2925**
- **Silverline - 0800 4708090** They provide someone to chat to 24 hours a day if you're feeling low or lonely and need a natter.
- **Withington Assist - 0161 434 9216**
- **Southway LINKage - 0161 448 4227** Older People's Peer Support Network

Age UK support

Age UK Manchester have been working hard during these ever changing and unsettling times to ensure that older people have what they need and can access necessities such as food, care and medicine.

They've done this through their care and personal assistant services, continuing to deliver high quality care throughout the pandemic and delivering thousands of food parcels and collecting prescriptions through our emergency outreach and befriending programme. We envisage that the need for this will continue and Age UK are ready for the challenge.

Here! some useful contact numbers for Age UK services:

- **Personal Assistant Service** (Withington and Didsbury) - 0161 6377227
- **Home Care Service** - 0161 6378898
- **Emergency Outreach and Befriending Service** - 0161 4370717

Annie, 84, and her telephone befriender Mary, 48, live in Withington and tell us about what the service means to them - and the benefits for both of them!



"My telephone befriender Mary calls me once a week and we'll chat about anything... TV, the weather, her daughters, what we'll have for tea, a bit of news (though not too much), anything. It's just good to have someone different to speak to and I look forward to it.

It can be a bit hard living on your own, especially at the moment when there's no groups to go to or visitors. So it's been lovely to chat with her, she's so kind and it's nice to know you can still make friends - even at my age! I would definitely recommend having a telephone befriender. It's only a simple thing but it makes a big difference to me."



"I love calling Annie. I always think in the week - 'ooh I'll tell Annie that', or 'I'll ask Annie that'. I was worried that we might not have anything in common but in the end, we're all people and there's always going to be something.

I think it's important to stay connected to others and it's nice to have something to look forward to on a set day too. I hope she enjoys it as much as I do!"

Five ways to wellbeing

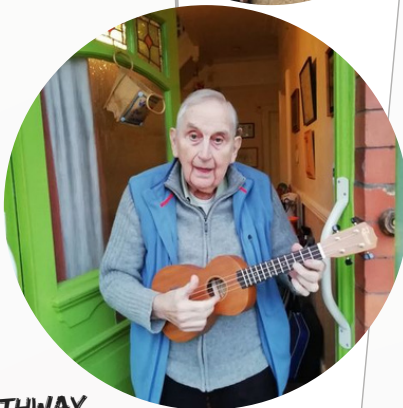
The last year has had its fair share of challenges for us all. Whilst we hope that the next few months might see some positive changes, there's also things we can do to help us improve our mood. They're called the **five ways to wellbeing**. Why not try one or two. Here are a few local activities to inspire you.

KEEP LEARNING



LEARNING CAN IMPROVE YOUR MOOD AS IT BUILD CONFIDENCE AND A SENSE OF PURPOSE. READING BOOKS, TACKLING PUZZLES AND TRYING SOMETHING NEW ARE ALL GREAT WAYS TO KEEP LEARNING.

- BUZZ HAVE CRAFT PACKS AND CLASSES - CONTACT SADIE: 0798 053 3374
- LEARN HOW TO GET ONLINE WITH WITHINGTON ASSIST - TEL: 0161 434 9216
- IF YOU FEEL LIKE A FREE STRUCTURED COURSE AND HAVE INTERNET ACCESS, VISIT WWW.FUTURELEARN.COM/COURSES
- ONLINE SINGING/SONG-WRITING WITH SOUTHWAY OLDER PEOPLE'S PEER SUPPORT NETWORK TEL: 0161 448 4227
- ONLINE TEA & TALKS WITHINGTON ASSIST TEL: 0161 434 9216
- BARLOW MOOR COMMUNITY ASSOCIATION RUN ONLINE COURSES, COOKING ON A BUDGET AND ALL YOU KNEAD BAKING SESSIONS. TEL: 0161 446 4805
- BURNAGE AND DIDSBURY LIBRARIES DELIVER BOOKS
- ONLINE HISTORY TALKS WITH CHORLTON GOOD NEIGHBOURS. TEL: 0161 881 2925



BE ACTIVE



BEING ACTIVE CAN LIFT YOUR MOOD - GETTING OUT IN THE FRESH AIR FOR A WALK IS GREAT EXERCISE AND ALSO HELPS US TO CONNECT WITH OTHERS, TAKE NOTICE AND KEEP LEARNING!

- BARLOW MOOR COMMUNITY ASSOCIATION RUN FREE CHAIR-BASED YOGA ON ZOOM - TUESDAYS AND SATURDAYS UNTIL 3 APRIL 0161 446 4805
- ZOOM EXERCISE CLASSES WITH WITHINGTON ASSIST. TEL: 0161 434 9216 AND CHORLTON GOOD NEIGHBOURS. TEL: 0161 881 2925
- EXPLORE OUR LOCAL GREEN SPACES SUCH AS FOG LANE PARK AND CHORLTON WATER PARK
- GARDENING GROUPS:
 - LADYBARN PARK, 10AM TUESDAYS
 - MARIE LOUISE GARDENS
 - FLETCHER MOSS, WEDNESDAY AFTERNOONS
 - CHORLTON PARK, SATURDAY MORNINGS
- CHORLTON PARK FREE OUTSIDE GYM
- WHEN RESTRICTIONS LIFT WATCH OUT FOR:
 - GUIDED WALKS FROM BURNAGE LIBRARY
 - BARLOW MOOR COMMUNITY ASSOCIATION WALK AND TALK, THURSDAYS AT 10AM
 - WITHINGTON BATHS & LEISURE CENTRE EXERCISE CLASSES.

TAKE NOTICE



TAKING NOTICE CAN REDUCE WORRY, ANXIETY AND DEPRESSION. IT IS ABOUT MAKING TIME TO BE AWARE OF THE PRESENT MOMENT AND YOUR OWN THOUGHTS AND FEELINGS RATHER THAN WORRYING ABOUT THE PAST OR FUTURE. THIS HELPS US APPRECIATE THE WORLD AROUND US.

WHETHER IN YOUR HOME OR OUT IN NATURE, TAKE NOTICE OF WHAT YOU SEE, HEAR AND SMELL.

- LOOK AT A PLANT AND NOTICE THE DETAIL IN THE LEAVES OR IN THE FLOWER
- NOTICE WHEN YOU EAT. WHAT DOES IT SMELL LIKE? WHAT IS THE TEXTURE? ENJOY EACH INDIVIDUAL ELEMENT OF YOUR MEALS
- HOW ABOUT TRYING TO ATTRACT BIRDS TO YOUR WINDOW OR GARDEN BY PUTTING UP A BIRDFEEDER? NOTICE THE BIRDS THAT COME EACH DAY AT DIFFERENT TIMES AND GET TO KNOW THEIR CHARACTERS
- SPOT THE SIGNS OF THE CHANGE OF SEASONS AND PERHAPS WRITE DOWN THINGS YOU NOTICE OR REMEMBER TO TELL A FRIEND.



GIVE



IT FEELS GOOD TO GIVE! FROM LISTENING TO SHARING YOUR SKILLS - YOU CAN GIVE IN LOTS OF WAYS.

- YOU CAN DONATE FOOD ITEMS TO FALLOWFIELD & WITHINGTON FOODBANKS AT SAINSBURY'S FALLOWFIELD
- CAN YOU KNIT OR SEW? BUZZ CAN LINK YOU WITH CHARITIES WHO NEED HELP MAKING THINGS LIKE HATS AND BLANKETS FOR PEOPLE WHO NEED THEM. CONTACT SADIE: 0798 053 3374
- JOIN A REGULAR LITTER PICK AT MERSEYBANK GREEN CONTACT@MERSEYBANKGREENGROUP.ORG
- THE FRIENDS OF CRINGLE PARK AND FIELDS FACEBOOK PAGE ALSO HAS INFORMATION ABOUT LITTER PICKS
- MUTUAL AID GROUPS OFTEN ASK FOR HELP ON LINE - FOR MORE INFORMATION, CONTACT JEN SAVARIS: JEN@DEARNEIGHBOUR.CO.UK
- CONTACT THE CARE GROUPS TO VOLUNTEER AS A TELEPHONE BEFRIENDER, OR SOMEONE WHO MIGHT HAVE A DOOR STEP CHAT WITH AN OLDER RESIDENT - CONTACT WITHINGTON ASSIST: 0161 434 9216



Keep this list by your phone so you have useful numbers at hand.

STAYING IN TOUCH



- KNOW HOW TO CONTACT YOUR NEIGHBOURS BY PHONE - IT'S EASY TO LOSE TOUCH IN LOCKDOWN WHEN PEOPLE AREN'T OUT AND ABOUT AS MUCH
- CONTINUE TO GO TO YOUR SOCIAL ACTIVITIES WITH FRIENDS OR AT THE LOCAL COMMUNITY CENTRE WHEN YOU CAN
- USE ONE OF THE BEFRIENDING SERVICES RUN BY THE GOOD NEIGHBOURS ORGANISATIONS FOR A REGULAR CHAT WITH SOMEONE
- IF YOU CAN'T GET OUT FOR ANY REASON, CALL THEM TO LET THEM KNOW AND ASK TO KEEP IN TOUCH BY PHONE
- IF YOU CAN, GET A MOBILE PHONE (AS IT DOES NOT RELY ON YOUR ELECTRICITY SUPPLY) AND KEEP IT CHARGED.

USEFUL CONTACT NUMBERS

111 for NHS 111

Dial 111 if you have an urgent medical problem and you're not sure what to do. It is available 24 hours a day, 7 days a week. You answer questions about your symptoms speaking to a fully trained adviser on the phone who can advise on what to do.

Southway Housing

0161 448 4200 for home repairs, gas checks and other issues if you are a tenant.

Barlow Moor Community Association (BMCA)

0161 446 4805

Libraries

Burnage: 0161 227 3774

Didsbury: 0161 227 3755

Withington: 0161 227 3720

Ladybarn Community Hub

0161 224 3733

My GP:

.....

My neighbour:

.....

Other useful numbers:

.....

.....

.....

Help with home repairs and advice

If you are a **Southway Tenant** and you need help with a home repair or gas safety check please contact **0161 448 4200**.

Or, if you have the internet, you can visit www.southwayhousing.co.uk and open your own account on the Southway Portal, so you can request repairs.

If you are an **owner occupier, or live in private rented accommodation** and you need advice about home repairs you can contact **Manchester Care & Repair**. They are a registered charity working across Greater Manchester to improve the homes and lives of older and disabled people. They can provide practical support with home repairs and information and guidance on a wide range of issues. Call them on **0161 872 5500**.

What is Pension Credit and can I claim it?

What is Pension Credit?

It's a benefit for people who have reached State Pension age which is 66 (as of 6th October 2020).

Pension Credit can top up your low income if you've reached the qualifying age. Lots of people who qualify for it aren't claiming it, so it's worth checking if you're eligible.

Pension Credit can top up your income to a minimum level and can give you a host of other benefits, such as:

- Free NHS dental treatment and sight tests
- Help with the cost of glasses and contact lenses
- Help with travel costs to and from hospital
- Full Housing Benefit if you rent
- Reduced Council Tax
- Cold Weather Payments
- A Warm Home discount
- Free TV License.

Who can claim it?

To be eligible for Guarantee Pension Credit, you must be State Pension age. If a couple you must both be at pension age.

Your weekly income, including income from savings and capital over £10,000, will need to be below the minimum amount the government says you need to live on: usually £173.75 for a single person or £265.20 for a couple.

This amount could be higher if you're disabled, a carer, or have certain housing costs.

How to claim Pension Credit

To make a claim for Pension Credit, call the claim line on **0800 99 1234**.

You'll need:

- Your National Insurance number
- Information about your income, including your pensions
- Details of your savings and investments
- Your bank account details.

If you can't claim by phone or online, ask a relative or a voluntary organisation such as a local Citizens Advice or to request a paper application form on your behalf, or if a Southway Tenant, contact the Advice Team on 0161 448 4200.

Getting help with heating and energy bills

With temperatures still low, energy bills are a big worry for many homes.

While we've all been staying indoors more and using more devices to work and entertain ourselves, we know that 2021 is going to feel even tougher, but Citizens Advice Manchester are here to help.

Their free, confidential, independent advice can help you to make savings on your energy bills, get more energy efficient around the house, access a range of additional financial support to keep you switched on through the winter and much more.

Advisers will also be able to answer questions on an array of topics including welfare benefits, debt and money, employment and housing.

You can call Citizens Advice Manchester for free on **0808 278 7800**.

Or find out about their online advice services at citizensadvicemanchester.org.uk/gethelp

Hello from Carers Manchester

You might not think of yourself as a carer, but just as someone's partner, parent, son, daughter or friend.

A carer is someone of any age who supports, unwaged, a relative, partner or friend who due to physical or mental illness, disability, frailty or addiction could not manage without that support.

A carer does not always live with the person they care for, or care for them full time. Recognising that you might be a carer means that you can access support, advice and guidance relevant to your situation.

As a carer you are not alone, there are an estimated 65,000 carers in the city and we are here to help you find the right support at the right time.

Carers Manchester is a partnership of statutory and voluntary organisations, working together to improve support for Manchester's carers.

For more information visit www.carersmanchester.org.uk

Services available to carers in Manchester include:



Carers Manchester Contact Point

Offering a dedicated helpline for carers to access advice, guidance and support. It's a great starting point if you have any questions, need any support. The team is able to provide guidance in a variety of languages, so please get in touch with them to find out more.

- **Call 0161 543 8000** (Monday – Friday 10am – 4pm except bank holidays)
- **Email:** contactpoint@carersmanchester.org.uk
- **Visit:** www.carersmanchester.org.uk and fill in in the enquiry form.

Carers Manchester Local Support Services

A range of support provided by 18 Carers Network members and two new neighbourhood services delivering support within local communities. These services will provide carers outreach and support services in north, central and south Manchester.

Carers Manchester Learning and Development Programme

Offers FREE online workshops that take place all year. These workshops aim to provide carers with the tools they need to take control of their caring role as well as offer the opportunity to meet other carers and share experiences. Topics include: Modern Meditation, Managing Stress, Being a Carer and Welfare and Benefits.



Keep yourself hydrated!

Keeping hydrated is one of the simplest things we can do to keep feeling well.

If we don't have enough fluids, we can feel tired, hungry, depressed and fuzzy headed - often without realising the cause!

Not drinking enough liquid can leave us prone to infections and other health issues.

Here's some tips on how to get the recommended 2 litres of fluid a day:

Are you drinking enough? One way to check if you're getting enough fluids, is the colour of your urine. It should be pale yellow. If it's deep yellow, to orange, to brown, it could be a sign you need to drink more.

- It's best to drink steadily through the day
- Have a glass near you all the time
- Fill a flask with hot liquid try herbal tea-can also keep you warm and saves electricity of frequently boiling the kettle
- Liquids include water, milk, tea (herbal and ordinary),
- coffee (in moderation), fruit juice, cordial (very diluted).

Alcohol has the opposite effect as it takes more fluid from our bodies, than it puts in.

Do you get enough vitamin D?

Vitamin D is essential for our health. It keeps our bones and teeth strong, and has an effect on our heart health, and even our weight management.

Our bodies make vitamin D through sunshine on our skin, but it's difficult to get enough sunshine living in Manchester, and almost impossible in the Winter!

However, you can find it in oily fish, and some cereals have it added. Most of us would benefit from a vitamin D, or Cod Liver oil, supplement to make sure we're getting enough.

There are good Vitamin D or cod liver oil supplements available in most supermarkets that are not too expensive. It's recommended that we have 10 micrograms daily. It can improve our general wellbeing, and resilience, which can help our bodies resist infection which is really important.

Other ways to help are trying to get out and expose to some light and sunshine when you can. Light box therapy helps some people. This is a treatment you can try in the community it's available for free if you phone BMCA in Chorlton Park to book in 161 446 4805

Men's Activity Network for men aged over 50

Getting older can often mean you lose contact with friends, especially after retirement.

This is a new social group, developed in partnership with Southway Housing Trust, Directions for Men and Manchester City Council for men over 50 who live in South Manchester.

The activities have been chosen by men who took part in an initial focus group. Currently these activities are taking place over the online platform Zoom, due to COVID-19.

Recent sessions have included healthy eating and Desert Island Discs (creating a playlist of your favourite music), hosted by friendly DJ Ged.

More sessions are being planned for spring.



For more information, please contact hello@directionsformen.org.uk

If you need help to access Zoom, please contact Jamie Dean on 0161 448 4227, so we can arrange a training session over the phone.

Bereavement support

Being bereaved is tough at the best of times but if you have lost a loved one during the pandemic, or know someone who has, things have been so much harder.

Due to COVID restrictions, it's been difficult to visit people at the end of their life which may have led to feelings of guilt and helplessness.

Grieving has been a much more lonely process because we can't get together with family and friends to remember the person. Some communities have not been able to carry out their usual rituals following a death and funerals have been limited to small numbers.

If you are feeling sad and down about the death of someone close that is a completely normal part of grief but talking it through can really help.

Here are some groups that offer bereavement support:

- **Cruse - 0808 808 1677**
- **Greater Manchester Bereavement Service - 0161 983 0902**

Books to Go

Books to Go provides a free home delivery service for Manchester residents. If you have limited mobility, a visual impairment or any difficulty leaving your home, you are invited to apply to become a Books to Go customer.

You can tell us what you like to read and our experienced staff will choose books for you according to your preferences.

You can borrow up to 15 items every four weeks. You will be informed of your delivery date well in advance.

We have over 30,000 items, including books in both ordinary and large-print size, talking books and DVDs.

There are a few ways to apply:

- Apply using our online form
- Print off and complete the form and send it to: Books to Go, Hammerstone Road Depot, Hammerstone Road, Manchester M18 8EQ
- Call 0161 227 3800 office hours 9am-5pm Monday-Friday
- Email: bookstogo@manchester.gov.uk
- Contact your local library and a staff member will help you fill out a form over the phone.



ROUND AND ABOUT MANCHESTER QUIZ



Here's ten quick quiz questions to test your general knowledge of all things Manchester! Why not try them on the phone with a friend? How well did you do? The answers are at the bottom of this page.

1. Manchester United was formed in 1878 - in which part of the city?
2. In which park in Manchester did the Royal Society for the Protection of Birds originate?
3. Manchester's first railway station is on which road?
4. Which two men were alleged to have had a meeting at the Midland Hotel in 1904, which led to a world famous partnership?
5. Which soft drink was created by Noel Nichols in 1908 in Granby Row Manchester?
6. What name is given to the 36 mile long inland waterway linking Manchester to the sea?
7. Manchester has the oldest free public library in the English-speaking world. Can you name it?
8. Who was the architect who designed Manchester Town Hall?
9. What does MOSI stand for?
10. Manchester's new arts and cultural centre is being built where?



Image from Centre for Ageing Better



Zoom meeting with our Health Development Coordinators

Good Connections

Helping people over 65 stay connected

A free service, providing digital support, open to everyone. They offer:

- Free 1:1 support sessions to help you use your smartphone, tablet or laptop
- Advice about how to use the internet safely
- Advice about finding the best device for your needs
- Support to access Zoom and WhatsApp
- Regular Zoom sessions to practice your skills
- We may be able to offer a short-term loan of a tablet.

To book a session, or for help and advice, contact:

John - 07484 182594
Email: minibig@hotmail.co.uk



Featured photographs

Are you a budding photographer?

We are looking for photographs that celebrate our neighbourhoods. If you'd like your photographs to be featured in this paper, on our website and social media, please send them to communications@manchesterlco.org



Contact us.

We hope you've found this newspaper useful. Please send us your feedback, ideas for articles, photos, stories, historical facts, quiz questions and more.
Email: Jane.McAllister5@nhs.net Mobile: 0757 052 7497
Email: Fiona.Vincer@nhs.net Mobile: 0778 986 0969

QuizAnswers - 1,Newton Heath 2,Fletcher Moss 3,Liverpool Road 4,Charles Rolls and Henry Royce 5,Vimto 6,Manchester Ship Canal 7,Chethams 8,AlfredWaterhouse 9,Museum of Science and Industry 10, The old Granada Studios site