

We ♥ Cheetham & Crumpsall

Issue 7
May 2021

FREE

News and useful information on health, wellbeing and what's on for people living and working in Cheetham Hill and Crumpsall.

A CLEANER, GREENER, FRIENDLIER COMMUNITY THANKS TO VOLUNTEERS



Volunteers give Smedley Community Park a makeover

Thank you to everyone who spends their spare time volunteering, supporting their family and friends or taking time out to give a shoulder for someone to lean on.

Everyone needs support in one way or another from time to time, and having people we can rely on makes a huge difference.

This edition of the newspaper has a large focus on the importance of volunteering and giving your time to your community.

If you're wanting to give some of your time, there are lots of opportunities across Cheetham and Crumpsall. The newest of which is an exciting new opportunity; Sarah Fletcher along with other voluntary sector groups, with the support of the NHS and Manchester City Council, is creating a pool of volunteers who'll be called **The Cheetham and Crumpsall Community**.

The Cheetham and Crumpsall Community volunteers will be signed up to the City Council's MCR VIP programme, given training by Sarah and partners and linked into all the different opportunities in the neighbourhood for volunteering. No one day will be the same!

This is a great opportunity to learn all about what's happening in the neighbourhood and connect safely with other people. To get in touch with Sarah contact: cheethamconnectors@gmail.com

This month, we also spoke to June Kelly from Abraham Moss warriors about how volunteers have impacted the work her community group has been doing.



June said: "Behind every great community organisation are the people who dedicate their time and expertise to the cause, and we are no exception."

"Everyone involved with the Abraham Moss Warriors started as a volunteer. Our team of amazing people give up their free time to help children and their families participate in sports and other activities that may not have been available to them, helping to build stronger community ties and enhance racial harmony in a diverse, multi-cultural area.

"As the club continues to go from strength to strength and more children and families sign up for our activities, we are constantly on the lookout for more members of the community who are willing to give a few hours of their week to help achieve our aims.

"Volunteering is an incredibly rewarding experience. You will gain a real sense of achievement as you watch the participants grow in both personal development and in sporting ability. You will be helping them to build their self-esteem and experience the comradeship that comes with playing team sports, helping them to grow into team players and valued members of the community.

"Our volunteers have also been recognised on a national scale. In 2014, the Abraham Moss Warriors won the prestigious Queen's Award for Volunteering which is the equivalent of an MBE for groups or organisations. The founder, June Kelly, was awarded an MBE in 2010 for her volunteer work with the Warriors and then a Pride of Britain Award in 2013".

Some of the volunteer roles at Smedley Park:

- Maintaining the garden and nature area
- Painting
- Arts and crafts in our new wooded area
- Helping sign members in and out of sessions
- Helping with coaching or training to be a coach
- Setting up activities
- Cleaning equipment during sessions
- Social media
- Science sessions

What can you get out of being a volunteer?

- **Gain new knowledge and skills**, which can help further your career, help with university applications or lead to new hobbies and pastimes
- **Connect with your local community** - meet new people and even make lifelong friends
- **Feel a sense of achievement and pride** to be part of a successful team, making a difference in your community
- **Improve your physical health** - lots of volunteering can involve physical activity and being outside, which is good for you
- **Improve your mental health** - volunteering has been proven to boost your self-esteem and personal development
- **Build a better understanding of your community and the people who live there**

If you'd like to get involved, give back to the community and help to enrich the lives of young people and their families through our activities, contact us today.

07957 429959 or abrahammosswarriorsjfc@yahoo.co.uk

You can choose hours to suit you and roles which put your best skills into practice. Come along to one of our activities and ask to speak to June.

For information about volunteering elsewhere in Manchester, visit volunteercentremanchester.co.uk

Welcome

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Welcome to the seventh edition of our community newspaper for Cheetham and Crumpsall.

A lot has happened since our last edition - we've partially come out of the third lockdown and have also seen millions of people vaccinated across the UK.

From community gardens, to health information and much more, things have really been moving in our area as lockdown measures have continued to be eased.



We just want to say a huge

Thank you!

to you - the residents, workers, businesses and charities who have shown strength, support and unity for those around us during a difficult period.

Our aim is to bring smiles and updates to you, but as fantastic as our team is - we can't know everything, or tell everyone. So we ask you to share with us any good news that you have and to share this paper with your friends and family, in hopes that we can pass on the good news in M8.

If you have any feedback or would like to have anything added to a future edition. Please email us at:



community
@incheetham.com

Thank you for reading and we hope you find the information in the newspaper useful.

Advertising Opportunities:

In future editions of the 'We Love Cheetham & Crumpsall Newspaper', we will be offering advertising space to local businesses and charities that wish to advertise themselves in the paper.

E-mail the address above for more information.



If you are online you can also follow us for latest news and updates on Twitter and Facebook at @WeLoveM8

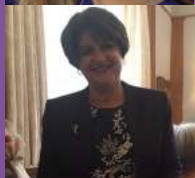
Get involved! Email us at community@incheetham.com

MEET THE EDITORIAL BOARD

Our fantastic editorial board is made up of



Adiba Sultan
Manchester Local Care Organisation
E: adiba.sultan@nhs.net



Marysia Bocquet
Welcome Centre
E: marysia_bocquet@waiyin.org.uk



Lizzie Hughes
Manchester Local Care Organisation
E: lizzie.hughes@pat.nhs.uk



June Kelly
Abraham Moss Warriors
E: abrahammosswarriorsjfc@yahoo.co.uk



Chris Horner
Manchester Local Care Organisation
E: chris.horner1@nhs.net



Sharon Thomas
New Testament Church of God
E: admin@ntcft.org.uk

Katharine Irwin

Manchester Local Care Organisation

E: Katharine.Irwin@nhs.net



I have worked for Manchester Local Care Organisation and been a proud Crumpsall resident for four and a half years.

My favourite thing about living here is that we have so much on our doorstep. I had my first child at the beginning of the first lockdown and loved taking him out for long walks while I was on maternity leave. This helped me to get to know the area and I now really appreciate how lucky we are to have such an abundance of trees and beautiful old buildings.

Manchester Local Care Organisation has a neighbourhood approach to health and social care - we know that each area of Manchester has its own needs, aspirations and personality. Through working with partners and local people, we want to make sure our services reflect the neighbourhood they serve.

As Communications and Engagement Manager at Manchester Local Care Organisation, I support our teams to have conversations with local people and local partners.

Being part of this community newspaper is a great way to celebrate the amazing things that happen in our neighbourhood and share useful information about the different organisations and communities that live and work here.

COVID-19 Update

COVID-19 vaccine second doses

It's important that you attend your appointment for your second dose of COVID-19 vaccination at the specified time and don't delay or miss the appointment.

Delaying the appointment after the date you are due it or missing it will put you and your family at greater risk of severe infection and hospitalisation.

Trial data and real world evidence strongly support the need for you to complete the course of your COVID-19 vaccination.

After two doses of your vaccination the effectiveness of the vaccine is 82% to 95%. Meaning that you are less likely to transmit infection to others, suffer from a severe infection or become hospitalised.

Early evidence also suggests that completing your vaccination schedule will protect you against the newer variants of COVID infection.



You can get free COVID tests at home if you don't have symptoms

You can still carry the virus, even if you don't have any symptoms. Getting tested helps find who has coronavirus and stop the chains of transmission.

The test for people without symptoms of COVID-19 is called a rapid lateral flow test.

This usually involves rubbing a long cotton bud (swab) over your tonsils (or where they would have been) and inside your nose.

The tests can give you a result in 30 minutes. They use a device similar to a pregnancy test and do not need to be sent to a lab.

You can do a rapid test at home or at a rapid lateral flow test site.

If you test positive, you and anyone you live with will need to self-isolate.

Who can get regular rapid tests? Anyone who does not have symptoms can now get regular rapid lateral flow tests to check for COVID.

How to get rapid tests You can order tests online, pick up from a local pharmacy or test site or even some local libraries.

New maternity care service for Cheetham and Crumpsall

Hi, I'm Sue Halliday, the Midwife Team Leader for Cheetham and Crumpsall. I've been in this role since November 2020, but my connection with M8 dates back to 2005 when I started my midwifery training in the area, as well as working here as a community midwife after I qualified.



I've also worked at St Mary's and Bolton, but coming back to North Manchester feels like coming home, and I've got some exciting news about local Maternity Services to share!

We've just launched a new 'Continuity of Care' team to look after all pregnant people who live in M8 and who book their care at North Manchester General Hospital.

The team will provide all antenatal and postnatal care and will be on-call for your birth. You'll have one named midwife who'll provide most of your care, but you'll also meet the rest of the team so that when you're giving birth, a familiar face will be there to support you.

This model of care is known to improve people's experiences of maternity care, as well as the health and wellbeing of mums and their babies. This is especially important for people from Black, Asian and Minority Ethnic backgrounds, whose experiences and pregnancy outcomes can be poor.

As well as the new Continuity Team, North Manchester now has its very own Maternity Voices Partnership (MVP). This is an NHS working group – a team of women and their families, midwives, doctors and commissioners working together to review and contribute to the development of local maternity care.

Our local chairperson Kinga Fuentes is very passionate about improving services in the area, and we are looking forward to working together to achieve this, although we can't do it on our own.

We need you! If you've recently had a baby or are pregnant, and want to share any aspect of your experience with us (good or bad), or get involved in shaping the future of local maternity services, please don't hesitate to contact us.

Continuity Team email: pah-tr.m8_midwives@nhs.net

MVP: northmanchestermvp@gmail.com or Facebook and Twitter: @MvpNorth

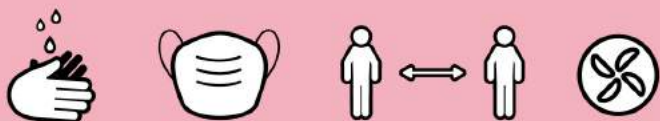


STOPPING THE VIRUS IS THE BEST WAY TO STOP VARIANTS.

KEEP DOING YOUR BIT FOR GREATER MANCHESTER

Act like you've got the virus to keep protecting others

Even after having the vaccine, you can still carry the virus. It is essential that everyone continues to follow COVID-19 restrictions whether they have had the vaccine or not. To follow social-distancing guidance, wear a face covering and remember hands, face, space and fresh air.



REMEMBER: HANDS, FACE, SPACE AND FRESH AIR

KEEP DOING YOUR BIT FOR GREATER MANCHESTER



TAKE TWICE-WEEKLY COVID TESTS AND GET VACCINATED TO STOP CORONAVIRUS VARIANTS.

KEEP DOING YOUR BIT FOR GREATER MANCHESTER



Continuity Team

Cheetham and Crumpsall Playschemes

During the Easter Holidays, Abraham Moss Warriors, MCR Active and Street Games provided a range of activities and a healthy lunch each day.

The friends of Smedley Park ran a science and nature playscheme where the group, alongside the Warriors young leaders, designed and built sensory gardens. We think they look amazing!

In Cheetham Hill, Abraham Moss Warriors ran a successful sports playscheme at Smedley Community Park. They had 45 young people attending each day, including face to face sessions and 15 online sessions.

All had a great time despite the terrible weather. Thanks to Manchester Libraries for the free books for each member - they loved them!

Want to get involved?

Now the weather has started to get better and the nights lighter, why not get down to Smedley Community Park, Smedley Lane and take part in one of Abraham Moss Warriors' sports sessions?

Sessions available 7 days a week.

New members welcome.

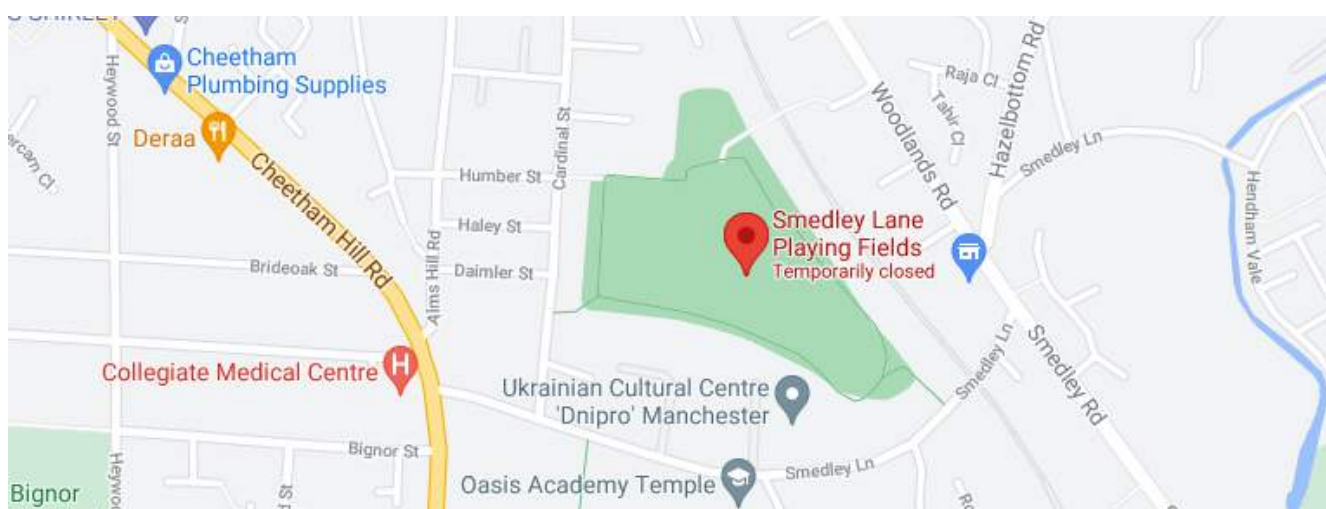
Sessions for all the family are also available at Abraham Moss Leisure Centre as of Monday 17 May 2021.

To get involved or find out more, please contact June Kelly MBE on:

0795 742 9959 or

abrahammosswarriorsjfc@yahoo.co.uk

Where to find Smedley Community Park



Abraham Moss Warriors at the **Heart** of the Community CIC



Images from Abraham Moss Warriors

Rainbow Surprise

In Crumpsall, Rainbow Surprise ran a week long playscheme from 11am to 3pm for 30 children a day.

Everyone had a great time and did a variety of activities including cooking, arts and crafts and playing in the park.



Images from Rainbow Surprise

Abraham Warriors sessions include:

- ✓ football for boys and girls
- ✓ cricket
- ✓ basketball
- ✓ tennis
- ✓ badminton
- ✓ multi sports
- ✓ rounders
- ✓ archery
- ✓ futsal
- ✓ couch to 5K
- ✓ cycling
- ✓ virtual walking challenge
- ✓ gardening
- ✓ science
- ...and much more.

Annual British Science Week



Annual British Science Week - about the most boring thing to do every one might think - but it turned out to be a real eye opener for us and our groups.

We took on this event in 2018 as it was different and there was a small grant of £500 from British Science (that we didn't expect to get, but did).

The event promoted STEM topics (Science, Technology, Engineering and Mathematics). The topic of 'Sensational Women in Science and Mathematics' was chosen by a women's ESOL group at the Welcome Centre and this ran for six months. In addition, The Hive in Blackley did a 'Careers in STEM' Community Fun Day.

The Welcome Centre ladies found surprising and amazing women going back nearly 2000 years:

- Queen Zenobia who in the 3rd Century AD captured Egypt's corn trade giving Palmyra (Syria) economic advantages
- Florence Nightingale, best known as the founder of modern nursing, who was also a statistician - she invented Bar Charts
- Marie Curie, the discoverer of radium, first woman to win a Nobel Prize, the first and the only woman to win the Nobel Prize twice, and the only person to win the Nobel Prize in two scientific fields in Physics and Chemistry
- Sutayta, Al-Mahāmalī a mathematician and lawyer who made original contributions to algebra and arithmetic.

The list of amazing women was long and well worth looking up!

Each of the Welcome Centre women made a short presentation to the community who attended our event, their first time public speaking.

Every room in the Centre became a Who's Who gallery of famous women in Science Technology, Engineering and Mathematics.

The Hive in Blackley put on a STEM Careers event, with guest appearances from Darth Vader, the Tardis and Dr Spock from Star Trek.

MadLab demonstrated Raspberry Pi, which is a tiny computer that you can use to learn programming through fun. Kids were also able to have a go at Minecraft and coding.

The careers chats with high school pupils were incredible. We talked about the less obvious construction jobs like crane operators - the boys didn't know that the job could take them all over the world and that the salary averages £33k a year.

With the girls, we explored all the different strands of health and social care, as well as hair and beauty in terms of product design and use of technology.

We've realised that British Science week is virtually unknown in North Manchester, which is a crying shame. If we put our minds to it, we could have fantastic events across all the wards. I ask that we collaborate to put together an exciting project for March 2022.



Cheetham & Crumpsall Welcome Centre



Abraham Moss Warriors Science Club

Abraham Moss warriors run a really popular and successful science club both online and at Smedley Park.

Over the past couple of months the group have been lucky enough to meet, albeit online, astronaut and explorer Richard Garriott.

Richard Garriott is the only person to have travelled to the North and South Pole, space and now the Marina Trench, which is the deepest part of the ocean.

Whilst in the ocean he did lots of experiments and gave talks to the children about his experience - it really was an out of this world event!

In the past, they have also met astronaut Tim Peake.

If you or your child would like to get involved, please contact coordinator June Kelly MBE on: **0795 742 9959** or **abrahammosswarriorsjfc@yahoo.co.uk**



Richard Garriott on an exploration to the Mariana Trench



Green Cheetham and Crumpsall

Celebrating our local green spaces and enjoying the outdoors. Find out what's been happening and how to get involved.



Images from Abraham Moss Warriors and Friends of Smedley Park

The Beautification of Smedley Community Park

Since the pandemic people have appreciated green spaces more and more. Smedley Playing Fields in Cheetham Hill is one such place.

Until recently it was really just used by Abraham Moss Warriors football teams, dog walkers and a few children on the play area.

During lockdown, more local residents started to use the field for their daily exercise. Local Cheetham Councillor Naeem Ul Hassaan and June Kelly, Head coach of Abraham Moss Warriors, started chatting to visitors in the playing fields to ask how we could improve them.

Overwhelmingly residents said they wanted to see flower beds, benches, bird feeders, wind chimes and a litter-free park.

As Abraham Moss Warriors were unable to run their normal sports sessions due to COVID restrictions, they redirected their attention to helping to improve the fields for the whole community.

On July 14th 2020 they set about making a large flower bed with the help of local residents, however there was such a good turnout of support that one flower bed turned into 14 flower beds!

Nine months on and the fields are unrecognisable and have been renamed as Smedley Community Park - a place for the community - built by the community. Fly tipping at the entrance to the park has also greatly reduced.

So far 89 volunteers have been involved. We've also formed **Friends of Smedley Park** for volunteers who want to help maintain and improve the park.

On average at least 450 people now use the park. The fencing has been painted in bright colours, the play area has been painted and 14 picnic tables have been installed, following requests from residents.

In addition to the 35 flower beds, 400 foot nature area, numerous bird feeders, bat houses, bug homes and wind chimes; five sensory gardens were also designed and built by the Warriors Young Leadership group.

One local resident said she had lived in the area for over 20 years but was always worried about the safety of the park. Now she comes for a walk twice a day, feels really safe and loves listening to the birds and watching the squirrels whilst she has a rest on the new benches.

What's next?

Phase two involves installing a Multi Use Games Area (MUGA) pitch, some outdoor table tennis tables, an allotment area for children and adults and to learn the joys of gardening, a cycle and stride programme and fixing the teenage play area.

Get involved

- Community litter pick every Sunday at 3.30pm
- Sports sessions for the whole family every day in the park
- Community picnic 14 July, 4pm
- To find out more, contact June Kelly on: **0795 742 9959** or **abrahammosswarriorsjfc@yahoo.co.uk**



Cheetham Hill Alleyways Get A Makeover

Following on from the great work at Smedley Park, our three local Cheetham Councillors, led by Councillor Naeem Ul Hassan, spoke with local residents on Galsworthy Avenue and Faraday Avenue about fly tipping in the alleyways.

After consultation and applying for some Neighbourhood Investment Funding through the Friends of Smedley Park, residents set about transforming the alleyways into a lovely green oasis where people can sit outside and enjoy a bit of nature.

Residents love the alleyway now and other streets are asking to have theirs done.

Five weeks on and no fly tipping at all - a great success!



Join a Cleaner Crumpsall Litter Pick

10.00am, Saturday 26 June.
Meet at Crumpsall Labour Club.
Equipment provided.
Refreshments served.
Together we can make a difference.

Meet Local Artist, Mary Burke

Adiba, one of our editors, interviews Mary about her life and work as a painter.

Mary Burke is very well known around Cheetham Hill as being an artist. I first met Mary almost three years ago during the run up to Cheetham Cultural Festival. Mary had kindly offered to do a paint class with some children during a street party I organised.

Mary has a very calming nature about her and you'll rarely see her without a sketchbook. A few weeks ago, Mary showed me one of these books when we bumped into each other at The Irish Centre, as she was bringing her mum to be vaccinated.

Inside she had drawn the Irish Centre as it was then, a vaccination centre. She'd drawn the people, the rooms and even the riddle I'd written on the board (in my handwriting!). It was utterly astounding and emotional, I'd never imagined someone would capture our work in such a way. So, I had to ask Mary if I could interview her for our Cheetham and Crumpsall Newspaper.



Mary Burke's illustrations of the vaccination centre

Adiba: When did you start drawing and why?

"I was a nurse for 40 years, worked all over Manchester and even worked in Kenya on vaccinations. However, five years ago I had a stroke and had to stop being a nurse.

"Sketching became a part of my recovery journey. It's good for my mental wellbeing and helps me stay focused.

"Two years ago I started a Masters in Illustration at Manchester Metropolitan University and my focus is on recovery through art. I've sketched all of Cheetham Hill Road! I've even got a concertina book of Crumpsall. I love sketching. I'm happy to share my recovery journey and hope it helps others to look after their own mental health and wellbeing.

"A Sketch a day, keeps the Doctor away!"

Adiba: What was your motivation for drawing the Irish Centre?

"It's where we all had our vaccines! I took my mum to get hers a few months ago as I'm her carer and whilst looking around I thought this is part of history and should be drawn and recorded.

"I like doing documentary sketching and also use it as a visual aid. You could see how hard everyone was working and there was a good atmosphere. The volunteers were brilliant, the workers and the health staff, I even saw my former GP who has been fundamental to my recovery. Thank you for everyone involved in the vaccination clinic here in Cheetham Hill."



Mary Burke with her illustrations of the vaccination centre

Adiba: What's next for your work and is there anything you want to add?

"I'm going to keep sketching! For my Masters degree, I'm transferring my sketchbook illustrations onto textiles. They'll be sewn together and be put onto scrolls influenced by Torah scrolls - I've done a lot of work with The Jewish Museum over the years, especially around the Cheetham Cultural Festival.

"I'm also an Ambassador for Manchester Royal Exchange Theatre and I think I just want to make sure Cheetham and Crumpsall are seen for how wonderful an area it is.

"Also, I wanted to say to your readers, please look after your wellbeing. Especially during this pandemic, so get out for a walk, talk to family and friends, pick up a new hobby, try a new recipe, anything, just make sure you look after yourself, and stay safe."

Need Help Submitting Your Census?

Digitally excluded people in Cheetham Hill and Crumpsall being supported to access online census.

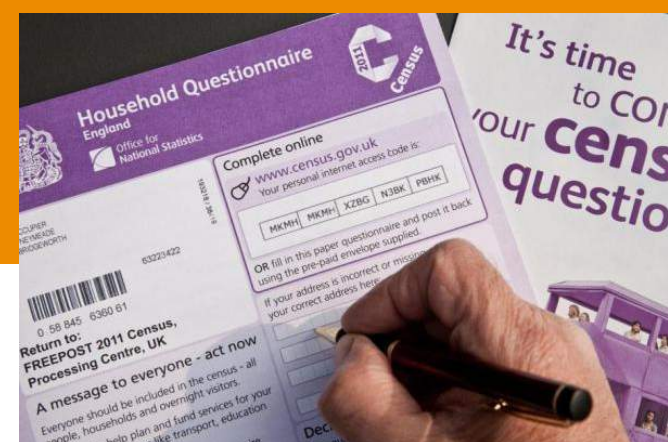
Census 2021 is over - I've missed Census Day so I don't have to do it. Wrong! Every household is required by law to complete the census and even though Census Day - 21 March 2021 - has been and gone, it's not too late to complete a questionnaire.

We've had a great response to Census 2021 so far, but everyone needs to respond as soon as possible to avoid a fine.

The Welcome Centre, a community hub based on Brentfield Avenue, Cheetham Hill M8 0TW is helping local people without internet access or digital skills to complete their Census questionnaire. The Welcome Centre is part of a network of Census Support Centres supporting people across England and Wales.

The Census Support Centres are funded by the Office for National Statistics (ONS) and managed by Good Things Foundation, one of the UK's leading social change charities. Census Support Centres can provide face to face appointments and telephone support to help people to complete Census 2021 online, or on paper.

The Census is a key national exercise, and the data it produces underpins local and national decisions on the provision of education, housing and healthcare; as well as informing the fair distribution of Government funding to local areas. It also provides accurate national and local information on the diversity of the population, allowing public bodies to know whether they are meeting their duties.



Joanna Login at the Wai Yin Welcome Centre said: "We're so proud to be a Census Support Centre and part of a national network that's making sure everyone, no matter how confident they are using computers and the internet, has the chance to take part in Census 2021. We've always worked so hard for our local community, so it's really important to us that the people of Cheetham Hill and Crumpsall are properly represented."

For more information about the Welcome Centre Census Support Hub please contact **0161 513 4127**

Thank you and Goodbye

A move to Dudley for Bishop Herbie McKenzie, Pastor of New Testament Church of God Faith Tabernacle, Cheetham Hill

For the past 13 years, I've served as the Senior Pastor of the New Testament Church of God Faith Tabernacle, in Cheetham Hill. During that time, the church has engaged in a great deal of partnership and ecumenical work with Churches Together, Health and community groups.

I've enjoyed our involvement with the Spring Flings, Cheetham Cultural Festivals, Heritage Days, Fun days to name a few, and building relationships with so many people and organisations. I truly thank God for allowing me to meet so many of you and to work together in supporting the local community.

It really has been a great pleasure serving, not just the congregation, but all the communities in and around Cheetham Hill.

As I leave at the end of April to take up my new post in the West Midlands, I take all the wonderful memories and experiences with me; the joys of ministry and the faithfulness and dedication of each of you that has contributed to accomplishing so much over these past 13 years.

So, thank you and good-bye. I'll surely miss you all.

Bishop Herbie McKenzie
Senior Pastor,
NTCG Faith Tabernacle



July 14th will be a year since starting the redevelopment of Smedley Playing Fields into Smedley Community Park.

To celebrate, there will be a picnic and activities for all the family from 4pm. Bring a dish and and join in the community spirit.

Cheetham and Crumpsall are Blooming Marvellous

Cheetham Hill and Crumpsall will be entering North West in Bloom this summer. Local parks, places of worship, community centres, alleyways and local residents are all coming together to showcase their beautiful green spaces.

Everybody in the area can help by making sure that Cheetham and Crumpsall is kept clean and tidy with no rubbish and fly tipping as the judges will be touring the whole area.



Fingers crossed we bring back some awards!

Find out more:
northwestinbloom.com

Windrush Day - 22nd June

Windrush Day is an annual celebration to recognise and honour the contribution of West Indian communities to Britain.

Windrush Day was introduced in June 2018 on the 70th Anniversary of the Windrush migration to the UK. Patrick Vernon campaigned for the UK Government to recognise the contribution of people from the West Indies who were invited by successive governments to relocate to Britain to address labour shortages.

Their contribution covered so many different areas of public life such as transport services, the NHS, businesses, food, music, fashion, sports and arts to name but a few.

Events to celebrate Windrush Day will be taking place across Manchester, including a Windrush Celebration Worship Service at The New Testament Church of God, Waterloo Road, Cheetham, M8 9DU Sunday 27 June 2021, 11.30am to 1.00pm.

All are welcome. Please reserve your seat by calling **0161 792 4148** or emailing admin@ntcgft.org.uk

For information about the **Windrush Compensation Scheme** visit www.gov.uk/apply-windrush-compensation-scheme or call the Windrush Helpline: 0800 678 1925

WINDRUSH
2021

FREE FOOD ITEMS

PRECIOUS HOUSE FOOD BANK

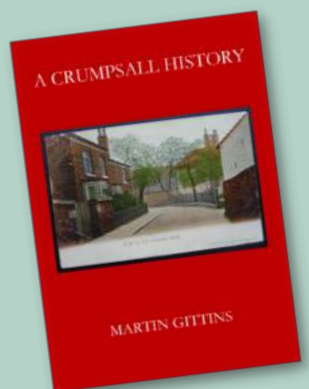
OUTLET NOW OPEN THURSDAY - SUNDAY @1PM-4PM

PPP
PRECIOUS PEOPLE PARISH

Precious House, 6 Hart Hill Street, off Waterloo Road, M8 8AG Manchester
07877787335, 07535703955, 07886441716

Winner Announced

Congratulations to Tom King, winner of a free copy of A Crumpsall History, by Martin Gittins.



Copies of all Martin Gittins books on the history of North Manchester can be obtained from 'The Corner Shop' on his website: www.all-things-considered.org or by ringing 07760 430 577 or emailing conduitzzz@outlook.com

Useful Numbers:

Manchester Mind: 0161 769 5732

Manchester Council Community Hub: 08002346123

Greater Manchester Bereavement Service: 0161 983 0902

Samaritans: 116 123

NHS advice: 111