

We ♥ Cheetham & Crumpsall

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

Issue 21
Summer 2025

FREE

YOUTH TAKE-OVER! YOUNG PEOPLE GUEST EDIT WE ♥ CHEETHAM



A group of young people from Hope For Cheetham have given up their time during this busy exam season to write for us. Sharing insights into how current issues impact their lives and spreading hope and joy - the young people of Cheetham and Crumpsall have made this a very special edition.

Hope for Cheetham is a youth project created by members of the Cheetham Hill community. It aims to make Cheetham Hill a place where all children and young people are supported by the entire community and system to achieve their hopes and ambitions.

Hope For Cheetham is funded by the Youth Endowment Fund and #iwill Fund. Both funders are interested in enabling youth activities that:

- lower children and young people's risk of involvement in violence or crime
- help them to make a positive difference to others and the environment.



Homework Club reception group, Iziko Youth Next Gen

Young People's Hopes for Cheetham & Crumpsall by 2050

1. **To feel safe here** - we want to see an end to gang violence and knife crime.
2. **No more conflict** - world peace is necessary!
3. **More bins** - everywhere else is getting new bins and it feels like no one empties the bins that are here.
4. **Places to visit and tourist attractions** - this is important so more people want to come here!
5. **More free activities for kids and young people**
6. **End climate change** - we need the planet to be alive in 2050!
7. **Career pathways for the young people who are growing up here**
8. **Parks made by young people**
9. **End of the cost-of-living crisis.**
10. **Nicer weather!**

– by the Young Editors



Choose for Cheetham event images

Inside this packed issue of We Love Cheetham and Crumpsall...

We introduce you to some new teams in North Manchester and cover current issues such as cost-of-living, air pollution and healthy lifestyles. Abraham Moss Warriors are celebrating their 25th anniversary and there's lots of information about what's on and where to go this summer. There's articles from young people, news, feel-good stories and much more...

Welcome

خوش آمدیداً 歡迎 ӀЛаскаво просимо স্বাগতম Soo dhowow
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Witamy Bine ați venit 歡迎光臨 Karibuni ברוכים הבאים

Welcome to the 21st issue of our community newspaper for Cheetham and Crumpsall. We are excited to welcome some of Hope for Cheetham's young people as guest editors this issue.

We have received some great articles from local services and voluntary, community, faith and social enterprise organisations for this edition, along with updates about activities and lots of other wonderful stuff happening across the neighbourhood.

Our aim with this community paper is to bring smiles and updates to you. If you have any good news, opportunities and events that are taking place in Cheetham and Crumpsall, please send them to us. We would love to share it in this paper, in the hope that we can pass on all the good news in M8.

Please send contributions to:  **Dave.Bradley@mft.nhs.uk**
Lizzie.Hughes@mft.nhs.uk

Interested in joining the editorial team?

We are always looking for new contributors and fresh ideas. Please get in touch.

Need a copy delivering?

If you're unable to access the paper from one of our community venues, we can deliver to you for free.

MEET THE EDITORIAL BOARD



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Plamedie Hope For Cheetham

Guest editor for issue 21



'Hello, my name is Plamedie and I'm here to represent Cheetham Hill & Crumpsall's young people.

'Why do I like my area? Fun clubs, nice people, big parks. I'm interested in art, journalism and writing, and I attend drama, homework club and steelpan club. I like having the opportunity to meet up with different kids, of different nationalities, and from different parts of Manchester.

'Although I like living here, there are disadvantages, like some areas can feel dangerous at night, and there's knife crime and gang violence.

'In this issue, young people will share a bit about what it's like to be a young person here, the good and the bad.'

Plamedie, aged 15,
on behalf of this issue's Young Editors

Cheetham and Crumpsall news

Do You Want To Advertise In This Paper?

We always welcome contributions to the Cheetham and Crumpsall newspaper. If you would be interested in advertising with us, we would love to hear from you.

There is a small fee to advertise with us as this volunteer-run paper is funded by advertising and grants. **We do not charge for news articles.**

- The set prices for voluntary, community, faith and social enterprise sector organisations to advertise with us are £50 for half a page and £100 for a whole page.
- The set prices for businesses to advertise with us are £250 for half a page and £500 for a whole page.
- Bespoke advertising options are also available upon request.

ADVERTISE HERE



How many people will see your advert?

- 2000 printed copies are available for free in community venues across Cheetham and Crumpsall, including schools and the library
- Hundreds of people read the paper online and download previous editions from the Manchester Local Care Organisation website.

Please note: requests to advertise must be approved by the editorial team.

For more information, contact

Lizzie.Hughes@mft.nhs.uk or
Dave.Bradley@nhs.net

Northern England's Biggest Urban Regeneration Project

Victoria North, previously known as the Northern Gateway, is the biggest renewal project Manchester's ever seen.

Jointly developed and funded by Far East Consortium (FEC) and Manchester City Council, Victoria North is set to transform the neighbourhoods running north of the city centre along the River Irk, from Red Bank and New Cross up to Collyhurst. With a long term plan to create 15,000 new homes, the sustainable new residential communities will benefit from new and improved transport links, community facilities and a network of green public spaces.

On 4th June 2025, transport bosses also confirmed they will revamp public transport to build a new stop at Sandhills, between Queen's Road and Victoria Metrolink stations.

As the regeneration of North Manchester General Hospital also continues, the neighbourhoods of Cheetham and Crumpsall will look very different in 15 years.

Want to find out more?

SCAN ME to view a Manchester Evening News article about the new Metrolink Station:



SCAN ME to watch a video about the North Manchester General Hospital development



Visit redbank-regeneration.co.uk to find out about the Cheetham Hill development or victorianorth.co.uk for more information.

Your Local Health Update

From questions to confidence: understanding vaccinations together

As NHS health visitors, our mission is to promote the best health outcomes for all families. Recently, we've been working hard to address the very low uptake of childhood vaccinations in the Cheetham Hill area.

In partnership with colleagues at Manchester Local Care Organisation (MLCO), we've worked with local charities such as REGEN ME to run outreach groups with families.

Through surveys and conversations with local people, we've uncovered some barriers, such as a lack of awareness and persistent myths surrounding vaccination. These findings have strengthened our resolve to engage with families in a respectful, informative, and supportive way.

One initiative was the Festival of Blossom, hosted at the Woodville Family Hub and supported by the Mayor. This family-friendly event offered a safe space to openly discuss vaccination concerns with a team of nurses. The day was made even more special by delicious food courtesy of Zouk Tea Bar & Grill, joyful music, interactive gardening sessions, and fun activities including face painting and henna art.



The mayor and team at the Festival of Blossom

This event not only brought joy but also built trust, understanding, and stronger community ties. We are optimistic that through continued collaboration and education, we will see more families stepping forward to get vaccinated, helping us move closer to achieving herd immunity and protecting the most vulnerable.

If you would like to book your child in for their vaccinations, please contact your GP practice.

Find out more by scanning the QR code or visiting nhs.uk/vaccinations/nhs-vaccinations-and-when-to-have-them



Breathe Easy Update from Young Manchester

We've just wrapped our third session at Abraham Moss High School with the young people who were selected to be a part of the Breathe Easy project.

We're currently getting to know them and mapping out their experience of being a young person with asthma – all whilst having fun and eating good food.

It's important to hear directly from the young people about the physical and emotional effects asthma is having on their daily lives & learning how they are currently managing these effects.

We're hearing lots of important insights, and we are beginning to get an understanding of the different factors that affect their asthma management and how the systems around them can better support them.

We are looking forward to the next steps, which include a session with asthma nurses who will share a bit about what good asthma management looks like and then, a youth-led creative project over the summer!



Asthma and air quality research

Last year this paper highlighted the issue of childhood asthma in Cheetham and Crumpsall. Our neighbourhood has the highest number of children living with an asthma diagnosis.

In a neighbourhood partnership meeting we asked people living and working in the area what they thought the priorities should be to:

- support children with an asthma diagnosis to get the support that they need
- ensure that asthma, which can be a life threatening condition, is reduced.

The aim of the project is to increase awareness in the community of the importance of treating asthma, getting regular reviews with GPs, and making sure children are using the right inhalers.

Who is involved?

The project involves GP practices, Abraham Moss Community School, Young Manchester, Manchester Local Care Organisation, community asthma nurses and Manchester Metropolitan University.

Working with young people

Young Manchester are working with a group of young people that have asthma to understand the experiences of managing the condition and how this can be improved. They are looking to share the learning from this with lots of other groups working with children with asthma so that we can work towards becoming an asthma friendly neighbourhood.

Improving how services support families

Our GP practices are looking at how inhalers are prescribed. Staff are also working with the children's community asthma team to look at how children's annual asthma reviews can really support children and their families' understanding of their condition.



Asthma-friendly schools

Abraham Moss Community School is working to build on its policies and processes to become the first asthma friendly high school in our neighbourhood.

This is an exciting project and one that is giving young people with asthma the opportunity to tell services how they can improve and what would help them to better manage their condition.

Researching Manchester's air quality

Dirty air is killing more than 500 people a week in the UK according to research recently published by the The Royal College of Physicians. They say that air pollution causes health harm to every organ in the body.

Manchester Metropolitan University is currently running a project designed to help young people learn about air quality and its impact on their health.

By monitoring air quality in both classrooms and homes, children will explore how pollution levels fluctuate when people enter and exit spaces, particularly around the North Manchester area.

This hands-on project not only teaches valuable scientific concepts but also empowers young people to understand how their actions affect the air around them.

With sessions led by an expert, our goal is to equip students with the knowledge and tools to reduce their reliance on inhalers and take charge of their environment, promoting a healthier and more informed generation.



NEW START Health Expo

Over 70 people attended a recent Health Expo event at the Seventh Day Adventist Church & Rainbow Centre on Humphrey Street.

The event provided an 8-step health and wellbeing programme called NEW START, which stands for nutrition, exercise, water, sunlight, temperance, air, rest and trust.

People had their health-age calculated by using waist measurement, weight, height, blood pressure, blood sugar levels, cholesterol and lung power. The tests helped people to identify how physically fit they were. Everyone was challenged by the bench step exercise and the peak flow test for lung strength. These tests brought plenty of memorable moments and laughter.

The tests were followed by an opportunity to speak with a doctor who provided further information on the results of each score given and advice on concerns people had. Everyone who spoke with a doctor was referred to their own physician.

The event also had cooking demonstrations, and sessions on cancer, diabetes and stress management, any stressed delegates were treated to a relaxing head and shoulder massage.

We will be holding follow-up health events from the data collected at the Health Expo. Use the QR code to Download the recipes and health tips.



Health Expo cooking demonstrations

What people had to say about the event...

"I now know what I'm doing wrong, eating too much of the wrong things and too much fruit which was making my blood sugar spike. After the advice given today, I'm going to change" - Mr Green

"The session was so good I ran home and brought my wife, thank you this was a positive and helpful experience for me and my family" - Mr Vastoh



Celebrate a Country Day

The New Testament Church of God held a 'Celebrate a Country Day' organised by their Women's group. The women and girls shared interesting facts, stories, songs, poems, memories and food from from Jamaica, Barbados, Tanzania, Pakistan, Japan, New Zealand, England and Switzerland. Denese Brackett, the Women's Group President said 'We had a fantastic time learning and celebrating all the different countries'. If you're interested in attending one of the sessions, call: **0161 202 1851** or email: **admin@ntcgft.org.uk**



Women's Group selfie

"Declarations of a Proud Jamaican" – Kymani Palmer

Jamaica, my island, full of pride,
Where the sun always shines, and the waves collide.
From the hills to the sea, it's all pure bliss,
A place of rhythm, joy, and endless trips.

Jerk on the grill, the taste so sweet,
Vibes in the air, can't stay in yuh seat.
Rasta colours bright, and the music loud,
We Walk with strength, we all stand proud.

Mango trees sway in the cool breeze,
A perfect escape from the world's disease.
Blue Mountains rise with misty grace,
Coffee so strong, puts a smile on yuh face.

From Kingston's streets to Montego Bay,
Jamaica, my heart, my soul will play.
As the Lord guides this island every day,
I see why visitors wants to stay.
Culture so rich, your spirit so free,
Standing tall in a sea of debris,
A proud Jamaican I've come to be,
Full of laughter, love, and liberty.

Meet the Be Well Team



Be Well is here to help you find a way to live and feel well - work, family and money worries. We offer face to face and telephone based coaching. Contact your GP if you want to be referred to our service.



Colyn: 'The best part about being a wellbeing coach with Be Well is observing how our clients come to realise their potential.'



Ian: '...the opportunity to support them in achieving their goals and then seeing them empowered by success is a rewarding privilege'



Pippa: 'I enjoy building positive relationships with people, building on trust, which enables them to feel empowered.'



Nazia: 'I love knowing that I've made a difference to somebody's life.'



Rozina: 'I enjoy empowering people to make positive lifestyle changes'



Sally: 'My favourite thing about coaching is getting to see people discover the potential both in themselves and in their community'



Joseph: 'I'm really proud of my team of coaches doing incredible person centred and strength based coaching. I love the work.'



Aliya: 'As a health coach I support people and empower them to live healthier life and make positive changes.'



Scan here for more details



WOMEN'S WORKOUT SPACE JUST LANDED

PUREGYM MANCHESTER CHEETHAM HILL RETAIL PARK

News from Khizra Mosque

We Walked, We Played, We Connected!

As part of the GM Walking Festival, we were proud to host a fun and inclusive walking event at Heaton Park that brought together people of all ages from our community.

Everyone joined in at their own pace—whether walking solo or in groups. It was all about enjoying movement and connection in a way that suited each person. We also enjoyed badminton, walking football, and walking cricket with an international twist, bringing even more fun and teamwork into the day.

A big thank you to everyone who came along and helped make it such a special event. Let's keep walking and staying active together!



New Eco-Friendly Water Bottle Filler Installed!

We've added a new bottle filler and this one features a digital display showing exactly how many bottles and cups we're saving from waste! Let's keep making a difference together – every refill matters! Reduce, Reuse, Recycle.

New Defib Installed!

We're pleased to share that a defibrillator has now been installed at the front of Khizra Mosque, making it easily accessible to the public 24 hours a day, 7 days a week.

This vital piece of life-saving equipment is available for use in emergency situations, such as cardiac arrest, and reflects our ongoing commitment to the health, safety, and wellbeing of our community. We hope its presence brings reassurance and peace of mind to all who live, work, and worship in the area.



Khizra Cheetham Hill Cricket Academy

We're excited to announce the start of our Khizra Cheetham Hill Cricket Academy. Sundays at 1:30am. Open to children 7 years old and under. This academy is an introduction and a chance to set them on the right foot - ideal for those aspiring to be tomorrow's stars.

Spaces are limited - register ASAP to avoid disappointment!

- Sign up at the reception by completing a short form
- Registration fee: £5 per month, paid in advance until the end of July

Join our Drama Class for under 11s!

Tuesdays at 5:30pm, let your child explore their creativity and build confidence in a fun, supportive environment at Khizra Community Hall. Through exciting role-play, teamwork, and storytelling activities, children will learn new skills while having an amazing time with friends.

Drama classes are a fantastic way to encourage self-expression, develop communication skills, and nurture imagination, all in a safe and welcoming space. No need to book in advance, just turn up at Khizra Community Hall and get ready for an hour of fun and creativity!



Eid Fun Fair

ITC Centre's Eid Fun Fair drew 2,000 visitors to Manchester's Eid celebration. It was an Eid celebration with a difference as the day was also a Remembrance Day to those healthcare professionals who put their own lives at risk during COVID-19.

On 13 April 2025, the ITC Centre car park in Manchester was transformed into a vibrant Eid Fun Fair, welcoming some 2,000 attendees under a grand marquee. The day kicked off with an electrifying drumming performance, followed by smoothly paced hosting that set the tone for the festivities.

A devotional qawwali session captivated the crowd before moving into a timely health conference titled "Moving on from COVID." Speakers Attia Khan, Mishal Saeed and Dr Asad Khan shared sobering insights into the pandemic's impact on Manchester and other communities, outlining key lessons learned and strategies for future resilience.

Children then took centre stage with a series of games—winners received prizes—alongside a petting zoo and feeding area, plus a bouncy castle that had youngsters laughing and racing all afternoon. A live singer and a magic show entertained all ages, while balloon modelling added extra fun.

Throughout the fair, more than a dozen stalls offered desserts, street food, clothing, jewellery, and personalised keepsakes. Some 10% of the stall holders were new businesses supported by Awaaz Manchester Community Project. Organisers and visitors alike praised the event's seamless blend of culture, education, and entertainment, marking it as a landmark success for Manchester's Eid calendar.

Awaaz Manchester community project

Awaaz based at the ITC Centre delivers high-quality provision at a community level to ensure those furthest from the workplace have access to improving their qualifications and skills.

☎ 0161 839 9817

✉ info@itccollegeuk.com

📍 ITC Centre, 122 Waterloo Road, M8 8AF

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- ❖ Level 3 Data Analysis

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- ❖ Construction Management
- ❖ Banking and Finance



Images from the event



Speakers at the event



Money Advice Referral Tool (MART)

Poverty always comes down to a lack of income. However, knowing how best to help people who are struggling financially can sometimes seem too complex an issue to address – especially if money guidance is not your organisation's area of expertise. To help, Resolve Poverty has launched an online version of its Money Advice Referral Tool (MART).

MART is a financial support finder available for people living in Bolton, Bury, Manchester, Oldham, Tameside, Trafford and Wigan. It's designed for any agency that works with people on low incomes, including GP surgeries, schools, hospitals and local community groups, as well as people seeking financial support for themselves.

MART was first launched in 2022 in PDF form. The new online version of the tool has been designed to be user-friendly for both frontline staff and people in financial hardship who are seeking support for themselves.

Graham Whitham, Chief Executive of Resolve Poverty said: "We're really pleased to launch a digital version of our Money Advice Referral Tool. Many people are struggling financially at the moment, but the local support system can be really complex to navigate. We've designed the new online tool to make it as easy as possible for people to be referred directly into support services that best meets their needs.

"We really encourage organisations like healthcare settings, schools and foodbanks to make use of the tool, to guide their conversations and help people find the right support. The support included in the tool focuses around addressing the root cause of people's financial difficulties, with things like benefit checks and debt advice. By having all the information in one place, the tool really simplifies the process of trying to find and access support – meaning people can get help the right help at the right time."

To use the online MART, visit:
mart.resolvepoverty.org



The effects of the Cost-of-Living Crisis on Young People

The cost-of-living crisis is stopping people from having food and families are especially struggling to afford basic things.

I've experienced prices going up myself, for example a chocolate bar now costs £1.70, and a drink I buy has gone up from 25p to 40p.

People shouldn't struggle to heat their house, feed their kids, buy them clothes or send them to youth clubs.

The fact that people sometimes have to choose which of these things they can afford is in my opinion, very bad.

The world needs to be fairer, and prices need to come down. I don't want there to be a need for charities and food banks to exist in the future.

by Lee, aged 13



New neighbourhood officer

My name is Simon Cottington and I work in Manchester City Council's North Neighbourhood Team. I am the new Neighbourhood Officer for the Cheetham Ward. I have worked for Manchester City Council for 30 years and in the Neighbourhoods team since January 2023.

My role includes working to improve the quality of the local environment, engaging with and empowering residents to access services and supporting positive action from local groups. I also liaise with local elected members, other council teams and partner organisations.

I am passionate about music and play guitar. I enjoy sports including Football and Cricket. I also enjoy travelling to new places and meeting people from different backgrounds. I am often out and about in the neighbourhood so please feel free to say hello.



Simon Cottington

Hopewell

Hopewell is a charity based in Cheetham and Crumpsall. We work with people in North Manchester to improve the wellbeing, inclusion and resilience in our communities.

We are based in the heart of the community, at Woodville Family Hub. To make sure our services are accessible to everyone, we run activities in different venues across the neighbourhood.

We provide many health and wellbeing services:

- Cost of living support
- Carers support
- Befriending
- Learning and skills building
- Information, advocacy, and signposting
- Volunteering
- Community days and day trips.

With a dedicated team, we offer up to 10 wellbeing-boosting activities per week. See the What's on Guide on pages 22 and 23 for details.



People attending a Hopewell activity

What our members think...

Yoga/meditation

Wednesdays (WOMEN ONLY) 11am to 12 noon.
Guidance Hub: 389 Waterloo Road, M8 9AB

Carry said *"I am much more flexible, and calmer and my osteoarthritic pain has decreased too so now I am sleeping better."*

Munibi said *"we are all from different religion, background, age and abilities but in this group, we are one!"*

Women's Wellbeing Monday and Wednesday

"During the activities, we feel connected share our family issues, worries and happy moments, we laugh and cry knowing that this is a safe place to do so".

Carers Support

Support is available most days and specific drop in on Thursdays twice monthly at the Cheetham Primary Care Centre 1:30pm to 3pm.

"I've been a carer most of my life, someone explaining what the unpaid carer means in my own language was amazing. The North team arranged a trip to Leo Twin with Quwali concert in town, never been to concert before, it was brilliant, we had such a good time!"

✉ info@hopewellmcr.org.uk

☎ 077 161 703 29

🌐 www.hopewellmcr.org.uk

Abraham Moss Warriors Turns 25!

Formed in 2000 by June Kelly MBE, Abraham Moss Warriors is a multi-cultural club focusing on sport and other activities for families in Cheetham and Crumpsall in North Manchester.

Our ethos is to help People of all ages and backgrounds become more involved in sport and healthy activities. We provide a safe environment where people from different nationalities and faiths can come together to develop their potential. We cater for members from all backgrounds and all abilities aged 6 and above.

Small beginnings

The club started in 2000 with just 12 children fast forward 25 years now have just under 900 registered young people.

Multi-award winning club

The club has won numerous Local and National Awards for all the great work it has done in the local community helping to steer young people away from gangs and antisocial behaviour.

- Named the FA Charter Standard Club of the year locally and regionally 7 times
- Won Manchester City Council Club of the Year 5 times
- First club in the country to be named National Respect Club of the Year in 2012 receiving the award at Wembley at the FA Cup Final
- The Warriors as a club have also won over 50 trophies for leagues and tournaments as well as a further 20 for being the best club of the year etc or best coach of the year for young coaches such as just recently Ibrahim and Aman just won MCR Active young volunteer coach of the year 2024.

Celebrated coach

Head coach and founder, June Kelly, has received more than 30 individual awards for her leadership of the club. A few of the awards include:

- FA National Volunteer of the Year (twice)
- Barnardo's Children's Champion
- 2009's Best Citizen in Manchester
- BBC North West Sports Personality of the Year
- Pride Of Britain (where she met Prince William at Buckingham Palace where she presented him with a Warriors shirt)
- MBE which was presented by the Queen at Buckingham Palace.

Changing the rules

In October 2003, the Abraham Moss Warriors Under 12s team were doing well in the league when we requested time off for Ramadan, which was being observed by more than half the team.

The Lancashire FA denied the request, stating that we should either replace the Muslim players with non-Muslim players or lose our place in the league.

June Kelly challenged the decision and in 2005 won the first National rule change by the FA in 51 years, allowing all faiths to have time off for religious observance.

There has never been another rule change since but it has meant that hundreds of thousands of players of all religions can now play without being penalised

Academies

62 players from Cheetham and Crumpsall have gone for trials at clubs in the past 25 years, with the following Children making it into an academy: Adriano, Fernando, John Bull, Osayamen, Sabiq, Divine, Nathan and Deen. Osayamen has played in the Bundesliga in Germany for 5 years!



One of our teams



June Kelly with Prince William

12



Boys' and girls' teams

Famous faces

The Warriors have been fortunate to meet lots of famous footballers including David Beckham at the Beckham Academy in London. We have also met the whole of the England Football Team three times over the years, and recently playing football with Jesse Lingard and Angel Gomez!

Social impact

All of our sessions are underpinned by youth work - the sport is just the vehicle to engage the young people. The number 1 aim is to learn through having fun in a safe, encouraging environment.

Abraham Moss Warriors have helped to develop a better sense of belonging, helped to reduce anti-social behaviour, and keep vulnerable children from joining street gangs.

Children and their families have benefited from making new friends, a higher self-esteem, and of course, a healthy lifestyle.

Social action

The Warriors are always busy doing social action in the community whether it be gardening in the alleyways, community planting, clean-ups at Smedley Park, litter picks, and Walk & Talk mental health support for all ages.

We also run really fantastic Youth Club sessions in Partnerships with Hope 4 Cheetham, GLL and the police at Abraham Moss Leisure Centre on Friday and Saturday nights with over 200 young people regularly attending over the weekend.

Volunteering

The Warriors is nearly completely volunteer-led. Thank you so much to all the players, parents, volunteers and supporters who have helped the club over the past 25 years - we wouldn't be here without you all - here is to the next 25 years!

Holiday activities and food programme

As well as sports activities we run really successful holiday activity programmes - (HAF) for children on free school meals.

During the HAF programmes, young people get a chance to go on some amazing trips including and learn new skills at the same time such as: paddle boarding, kayaking, Total Wipeout assault course and Ninja Warriors.

We also run many more trips to zoos, beaches, and the countryside thanks to MCR Active funding and Department for Education funding.

Educational programmes

We run educational programmes including homework club, maths and English tuition and a very successful science club.

Warriors science club have worked closely with the British Space Agency and NASA we have also worked with astronauts Tim Peake on a project called Mission X Train To Be An Astronaut, where the Warriors came first in the World! A group of Warriors got to go to the European Space Agency in Cologne to meet Tim just a few days after he returned from the international Space station.

We have also worked with astronaut and explorer, Richard Garrott, who is the only person in the world who has been to both the North Pole, South Pole, space and the Mariana Trench (the deepest part of the ocean in the world).

Volunteers wanted!

We offer plenty of roles with flexible times that can fit around your lifestyle and schedule. No experience is required - just a genuine interest in supporting young people.



Meeting astronaut, Tim Peake



Rubbish collected at a litter-pick



Raft building during HAF



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



The Queen's Award
for Voluntary Service

ABRAHAM MOSS WARRIORS

FOOTBALL ACADEMY

Are you passionate about football?

Do you live in an M8 or M9 postcode and want to be
part of a national multi-award winning club?

As The Warriors celebrate their 25th anniversary this
month, we are excited to open up **150 new places** for
football enthusiasts.

Our academy offers sessions for beginners all the way through to
high-level players, and provides the opportunity to join our very
successful teams.

SIGN UP

- ✓ All genders and players aged 6-14
- 📍 Unity Primary School or Smedley Playing Fields
- ⚽ Free sessions in May
- ⚽ £2 a week from June

Secure your place

Contact Head Coach June Kelly MBE

Tel: 07957 429959 or email: abrahammossjfc@yahoo.co.uk



South Asian women – help women have healthier pregnancies

Join our coffee morning for South Asian women

We need to find better ways to help women have safer pregnancies and reduce their risk of health problems like diabetes.

Your voice is really important!

Services should be designed in the best way for the women that use them. Your opinions will help design better healthcare for South Asian women to help them have healthier, happier pregnancies.

Who can attend?

South Asian women who have been pregnant within the last five years, those who are currently pregnant or who are planning to become pregnant. We are looking for 6-8 women to take part.

Who is running it?

Dr Dapre is a female GP and women's health researcher at the University of Manchester.

Details

- 6-8 women needed for a coffee morning in Manchester in September.
- You will be offered a **£25** voucher for your time.
- E-mail elizabeth.dapre@nhs.net to register your interest and find out more.



Blossoming Together

Celebrating Collaboration and Connection at The Festival of Blossom

The Festival of Blossom, as Former Lord Mayor Paul Andrews described it, was “a heartfelt recognition of the invaluable contributions made by our community members.” With a focus on partnership and community collaboration, the event highlighted the real impact of working together—showcasing projects that are making a tangible difference in the lives of those in our community.

The festival was an opportunity to recognise and appreciate the work of those involved in establishing and growing the Family Hub project to support our community, from providing a safe space, championing play and creativity, and celebrating successes.

Set against the backdrop of a glorious spring day, The Festival of Blossom truly lived up to its name – reflecting the energy of every individual who makes this possible, and the flourishing



relationships between organisations. With over 300 members of the community in attendance, the day was a powerful reminder of what can be achieved when we come together.

As we look ahead, let's continue with the same spirit to nurture our connections, deepen our roots, and grow something even greater—together.

Green Spaces and the Environment

Grow your own food this summer!

Whether you have a garden, a yard-en, or just a sunny windowsill, this summer is a great time to have a go at growing your own food!

You can grow herbs like mint or basil on a windowsill, or plant salad leaves in an empty tub. Just add soil, seeds, water, and sunshine – then watch them grow! It's fun for all ages and a great way for families to spend time together.

Kids love planting seeds and checking on them every day to see what has changed. It's like a little science experiment that you can eat! Plus, growing your own food can help save money and means fewer trips to the shop.

Don't worry if you've never tried it before. You don't need special pots – yoghurt pots, milk cartons or buckets work just fine. You can even decorate them for extra fun.

Growing your own food can save money, reduce waste, and help the planet. You'll also learn where your food comes from and feel proud of what you've grown.

Look out for local seed swaps or ask neighbours for spare seeds or cuttings. Many communities are full of people who are happy to share.

So why not give it a go? Even the smallest space can grow something delicious!



3 easy things to grow this summer...

Salad Leaves – Lettuce, Rocket, or Spinach

Quick to grow and perfect for pots or tubs. Sow seeds in shallow soil and keep them watered. You'll have fresh leaves in just a few weeks!

Strawberries

Easy to grow in pots, hanging baskets, or window boxes and perfect for small spaces. They love sunshine and need regular watering. Soon you'll spot the flowers turning into juicy red fruit.

Herbs – Basil, Mint, or Chives

Great for windowsills. They smell amazing and add great flavour to your meals. Mint is especially easy, just don't forget to water it!

Visit the RHS website to learn more about growing your own food at home!

www.rhs.org.uk/advice/grow-your-own

Why Green Spaces Are Important

Having green spaces makes areas look so much nicer. Having spaces like this with activities would encourage people to go out more and there should definitely be a variety of activities available for young people to do outside in parks.

Young people especially should be included in the making of green spaces, like helping to plant the flowers, fruit and veg.

When people put the effort in to help make green spaces nice, it shows the council that people care and that they should try to help them do it.

– by Skii, aged 14



Rainbow Surprise Community Garden Official Opening

On Wednesday 18th June, Rainbow Surprise's Community Garden was officially opened by the new Lord Mayor of Manchester, Carmine Grimshaw. The sun shone as invited guests came to see what amazing work has been done in what was a derelict, litter strewn piece of land surrounding Crumpsall Community Hall on Cleveland Road.

Shakar and Shabnam Hussain together with their project manager, Miriam, have worked tirelessly over the past two years to create this garden space which will be open to the whole community to enjoy.

On the day, there was music, dancing, a BBQ as well as other wonderful food and desserts made by the very talented Miriam.

The Lord Mayor and other guests were invited to plant rose bushes along the perimeter of the garden which will provide a colourful and perfumed hedge in years to come.

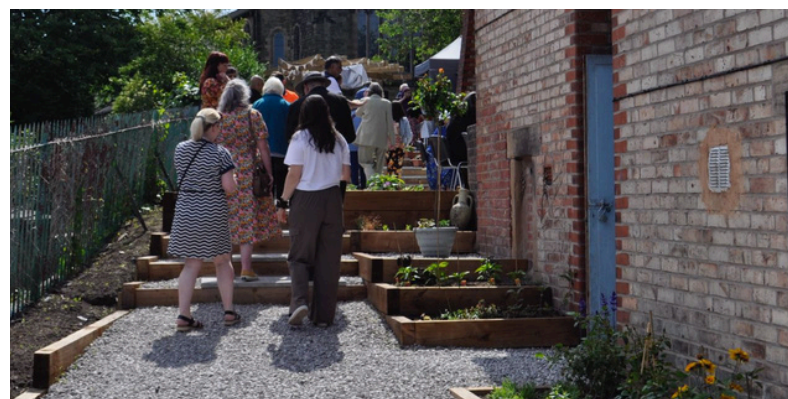
Green-fingered volunteers are always welcome to come to share their expertise and to help keep the garden blooming in the future. There is still work to be done to complete the project at the front of the Community Hall so, if you would like to take part in greening up Crumpsall, please get in touch or drop by.

📍 **Rainbow Surprise, Crumpsall Community Hall, Cleveland Road, M8 4GS**

🌐 **rainbowsurprise.com**

☎ **0751 511 0208**

✉ **hello@rainbowsurprise.com**



Photos from the opening



Arts & Culture

Baking at Manchester Jewish Museum

This summer, Manchester Jewish Museum invites you to get baking with three exciting, hands-on workshops that celebrate Jewish culture through the universal language of food.

Let's Bake Challah – Thursday 31 July

10.30am to 11.30am & 1pm to 2pm

We're starting with one of the most loved Jewish breads: challah. We'll show you how to knead, braid and bake this soft, eggy bread from scratch - and explain why it plays such an important role in Jewish tradition. As our bread bakes, we'll dive into fascinating stories from the museum's collection. You'll get to take your bread home with you, along with the recipe.

Rugelach Time – Thursday 7 August

10.30am to 11.30am & 1pm to 2pm

Next up, rugelach - a sweet, swirly pastry filled with things like jam, chocolate or nuts. We'll learn more about Polish Jewish stories from our collection linked to the origin of this small, delightful pastry with a choice of fillings.

Tahini & Honey Cookies – Thursday 28 August

10.30am to 11.30am & 1pm to 2pm

Our final baking session is inspired by a cookie that's already a big hit in our museum café. These cookies are all about sweet, nutty flavours and a connection to Libya's internationally celebrated honey. You'll get to take your cookies home and share them with friends and family.



Baking at Manchester Jewish Museum

These workshops are open to all ages, children just need to come with an adult, and it's a perfect way to spend a morning or afternoon together!

All our baking workshops are free for M8. You can book your place online at www.manchesterjewishmuseum.com or by emailing tickets@manchesterjewishmuseum.com

If you're looking for a new way to get involved, why not volunteer with us? We welcome people of all backgrounds and walks of life. Email volunteer@manchesterjewishmuseum.com to find out more.

We can't wait to welcome you into the kitchen!

Save the date: Cheetham Fest 2025!



Cheetham Cultural Festival returns this year with a four day family-friendly programme. Taking place from 16th to 19th October 2025, the festival will feature free events, performances, and delicious food across Cheetham and Crumpsall. Come celebrate, have fun, and connect with people from across our wonderful community.

Become a social media volunteer!

Are you based in Cheetham or Crumpsall? Would you like to help us promote the festival to reach even more people? We are looking for social media volunteers to help create engaging content in the lead-up to and during the festival. If you love taking photos, filming Instagram reels, or creating posts, we'd love to hear from you! This is a great opportunity for young people, students, and anyone looking to build their skills in content creation, while working in a friendly, creative environment. To apply please e-mail julia@manchesterjewishmuseum.com.



Out In The City's 20th Anniversary

In 2005, the UK's first LGBT+ History Month takes place, the Gender Recognition Act grants legal status to trans people and Civil Partnerships are introduced in the UK. Society is changing and a small lunch club was formed, meeting in Taurus Bar on Canal Street. It quickly became a supportive social group for members of the LGBT+ communities over 50 years of age, calling themselves "Out In The City".

We are part of a generation for whom being true to ourselves in our youth was a crime. We are also the survivors of the 1980s, when so many of our friends, peers and loved ones died during the AIDS epidemic. I personally know about 100 people who have died from HIV related illnesses.

These days, many older LGBT+ people face a new challenge - isolation and loneliness, which is further compounded by issues specific to members of the LGBT+ communities.

Not only are older people who identify as LGBT+ 50 per cent more likely to be living alone than their straight peers, but we are more likely to be estranged from our families, less likely to have children, have lost interest in the gay bars as a social space but we still have lingering, internalised feelings of shame from growing up during a less enlightened age.



There is a wealth of evidence which shows that LGBT+ people as a population experience disproportionate health inequalities.

The objectives of Out In The City are to connect people in order to alleviate these issues and restore a sense of belonging to our communities.

We are part of the Ageing Well service provided by Age UK Manchester, but we have been a self-organised group since 2018. We organise weekly meetings and trips out.

If you are interested in joining us, contact Tony Openshaw or visit outinthecity.org

Email: openshawtony1@gmail.com


Text: 07434 485 000


The Friendship Project

At the Welcome Centre, we're excited to launch The Friendship Project for Women 65+, a brand-new programme funded by Independent Age! This project is all about supporting older women from different cultural backgrounds living in North Manchester.

We know life comes with its challenges, so we're here to offer a helping hand with things like money matters, benefits, and finding the right support. It's about making everyday life a bit easier and helping women feel more confident and independent.

Contact Joanna Login to get involved:

 joanna_login@waiyin.org.uk

 0161 792 9760



Here's what's on offer:

1. **One-to-one advice and support** - advisors can help with benefit applications, pension credit, etc.
2. **Happy Valley Chatting Club** - socialise, share meals, enjoy chats, and take part in workshops.
3. **Project Working Group** - want to help shape the project? A small group of 4-6 women meet regularly to share ideas and help co-create how things run.

Arts & Culture – Youth Takeover

The following poem was written created by young people from MaD Theatre Company. It is to be performed by multiple children over piano renditions of pop songs that have gone viral on TikTok. The young people perform TikTok dances and other artistic movements to accompany the poem.

The idea is to show that on one hand, phone use, and more specifically TikTok, has a light side of showing young people dances and music trends, but on the other hand, there are aspects of the app that can be harmful for young people. The performance also highlights how adults may not be setting the best example, as they are just as, if not more, glued to their phones.

My Pocket Friend

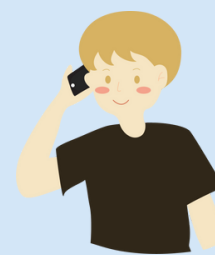
Algorithms wrap around in a hip-hop rhythm
Surf through the spider's web where the darkest glisten
I don't need an imaginary friend
I have a friend who is imaginative for me
My soulless mate, now everything else bores me
Stunting my growth before I realise I have shrunk
Don't worry Mum, I'm not getting drunk in a park
I'm just watering my flame and dimming my spark
Don't worry Dad, you don't need to teach me to
shave or how to tie a tie
My pocket friend will do that in the blink of an eye

My friend's pocket friend turned her into a young
adult in her last year of primary
She used to wear baggy clothes and jotted in her
butterfly diary
Now she's the spit of her twenty-year-old sister and
has more than one pocket-mate
The latter friend comes in a Coca-Cola flavour
I've been puffing mine since I was eight

A paediatric doctor, a blanket or a dummy
Is not enough to pacify the baby who needs their mummy
However, a pocket friend can keep a baby occupied all day

But don't knock a pocket friend, just wait and see
My parents play with theirs more than they play with me
I guess the apple don't fall far from the tree
If my own reflection requires a scrolling spree
Dad's pocket friend encourages him to bet on a horse
Mum's pocket friend encourages her to fill up her draws
Brother's pocket friend says get Vbucks to spend Sister's pocket
friend says try the TikTok blackout trend

But re-examine your resistance - when I say all
healthy relationships require distance
Regain autonomy, flourish and declare
To leave your pocket friend at home today and tell
your guardians to leave theirs



Iziko Youth Next Gen and New Testament Church of God's young people have shared an assortment of artwork and poetry for our special youth-takeover edition of the newspaper. Both are located at 1 Tamerton Drive, M8 0DH.

Iziko Youth Next Gen offers a free program to help the next generation with their educational development. They run every Wednesday 5:15pm to 7pm in Cheetham Hill. Their Black Girls World Club was one of ten youth projects that was recently awarded funding by young people at Choose for Cheetham.

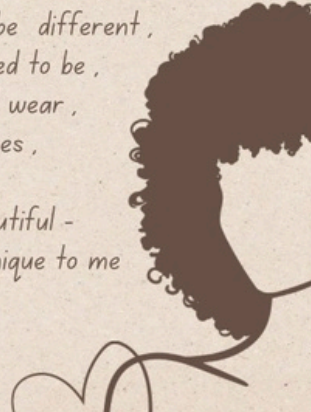
New Testament Church of God runs weekly arts & crafts sessions on Fridays. They also run Steel Band Workshops for young people aged 7 and up, 5pm-6pm on Tuesdays. This weekly session is perfect for beginners and young musicians to learn new skills, play music games and more!

My own planet

Drifting of to my own planet, asking myself questions,
My mind is wizzing left right and centre;
I've had enough of presumptions.
I have heard all the queries -
"Why is your skin so fair?" or "Can I touch your hair?"
I ... am ... FINISHED!

I am proud of my frizzy, curly hair,
I am proud of my skin, so brown, so fair,
I am proud of the fact I was born to be different,
I am proud to be who I am supposed to be,
I am proud to wear the clothes I wear,
I am proud of my piercing eyes,
I am proud of my race,
I am proud to be Black and Beautiful -
And I am happy that my planet is Unique to me

By
Rachel Grant-Powe



- by Sydney, aged 5



- Comic strip by Irvine, aged 7



Reception group at Homework Club

'Here is some Zoo animals, these all live in the UK.
We have 4 giraffes & 1 elephant,
Elephants have long nose called a trunk,
Giraffes have a long neck.
Elephants have big ears and giraffes have small ears.'

- by the reception group at Homework Club,
Iziko Youth Next Gen

What's On: Cheetham & Crumpsall

Young people

MONDAYS

- **Music Workshop** (5 years and over), 5pm to 6pm. 1 Tamerton Drive, M8 0DH
- **Brazilian Jiu Jitsu**, 6:30pm at Guidance Hub for girls and boys aged 7-16 years. £2 per session.
- **Busy Bee's Soft Play session** at Woodville Family Hub. 10am-11am. For babies ages 12 months to 23 months. Call 0161 234 3000 to book a place.

TUESDAYS

- **Youth Club** at Unity Primary School for ages 8-10, 6-8pm. Contact 0795 742 9959 to reserve a place
- **Cricket for children** with Rainbow Surprise at Abraham Moss Leisure Centre. 5pm to 7pm. FREE
- **Up to age 10 Homework Club** at Abraham Moss Primary School, 3pm-5:30pm. Book via 0161 720 9974
- **Girls Youth Club**, 6:45pm at Khizra Mosque. FREE.
- **Storytime for little ones** and their grown-ups at Abraham Moss Library, 11am to 11:30am, term-time.
- **Kid's Chess Club** at Abraham Moss Library (new starters welcome), 3pm to 5pm. FREE.
- **Groundwork Youth Club** at Crumpsall Park Visitor's Centre. 5:30pm to 7:30pm. Book via 07739 978 798.
- **Doodle Bugs physical activities** at Woodville Family Hub for 2 years and older. 1-2pm. Call 0161 234 3000 to book
- **Drama Club** for under 11 year olds at Khizra Mosque, 5pm.
- **Steel Pan Workshop** for young people aged over 7 years, at 1 Tamerton Drive, M8 0DH. 5pm-6pm. FREE.

WEDNESDAYS

- **Youth Club** at Unity Primary School for ages 11-13, 6pm-8pm. Contact 0795 742 9959 to reserve a place
- **Boys Youth Club Session** (12 years and under), 6:45pm at Khizra Mosque. FREE
- **Homework Club** (5 years and over), 5:15pm-7pm at 1 Tamerton Drive, M8 0DH. FREE. Run by Power Next Generation/Iziko Youth Next Generation.

THURSDAYS:

- **Boys Youth Club Session** (12 years and under), 6:45pm at Khizra Mosque. FREE.
- **Cheetham Hill Youth Club** (11-16 years) 4pm to 6pm at 1 Tamerton Drive, M8 0DH. FREE. Book via 07739 978 798.
- **Busy Bees Soft Play** at Woodville Family Hub, 11am-12pm. For 2 years and older. Call 0161 234 3000 to book
- **Baby Caterpillars baby sensory session** at Woodville Family Hub, Call 0161 234 3000 to book a place.
- **Smedley Park Junior Park Run** for ages 6 and above 5pm to 5:30pm FREE
- **Football at Smedley Park** for ages 6-14. From 5:30pm to 7:30.

MONDAY to THURSDAY After School Club at the Welcome Centre, 4pm-6pm. Free activities and tutoring for ages 9-16 years old. For more info email info@waiyin.org.uk or call 0161 513 4126.

FRIDAYS

- **Boys Youth Club Session** (12 years and over), 6:45pm at Khizra Mosque. FREE
- **Boys Youth Club** (10 to 16 years) at Guidance Hub at 6:15pm. £2 per session
- **Arts, Crafts, Music and Games** (5 years and over), 4:30pm-5:30pm at 1 Tamerton Drive, M8 0DH FREE
- **Drama Workshop** (5 years and over), 5:30-7pm at 1 Tamerton Dr, M8 0DH . FREE. Run by MAD Theatre Company
- **Sports Youth Club** (8 to 13 years) at Abraham Moss Leisure Centre. 6pm OR 7:30pm. £1 per session.
- **Doodle Bugs physical activities** for 2+ at Woodville Family Hub. 1:30pm – 2:30pm. Call 0161 234 3000 to book.

SATURDAYS

- **Boys Football**, 10am at Guidance Hub. FREE.
- **Kid's Games Club** at Abraham Moss Library – No need to be bored with our board games club! 10am-12pm. FREE.
- **Girls' under 12s football** session at Khizra Mosque, 2pm.

SUNDAYS

- **Girls Youth Club (10 to 16 years)** 1pm at Guidance Hub. £2 per session
- **Boys Boxercise (7 to 16 years)**, 11am at Guidance Hub. £2 per session
- **GCSE Maths Tuition** at Guidance Hub 12pm to 2pm FREE
- **Cheetwood Primary School mixed football sessions** - ages 7-9 from 5-6pm, ages 10-13 from 6-7pm and 7-8pm (must live in M8 postcode)
- **Football training for beginners** at Unity Primary school for ages 6-14. Must live in an M8 or M9 postcode. 4pm-5:30pm and 5:30-7pm
- **Khizra cricket academy** for under 7s at Khizra Mosque, 10:30am.
- **Under 12s boxing** at Khizra Mosque, 1:45pm.



MONDAY: Men's Brazilian Jiu Jitsu session at Guidance Hub – 7:30pm - £2 per session.

FRIDAY: Men's Social Club, Gym & Chai at Khizra Mosque, 2:30pm.

SUNDAY: Men's Gym, Cycling & Walking at Khizra Mosque, 11:30am.

Men only

MONDAYS: Crumpsall Park walk, meet at Abraham Moss Leisure Centre at 10:30am.

Age-friendly

TUESDAYS

- **Age-friendly swim and social**, 10am to 11am at Abraham Moss Leisure Centre. FREE for over 60s.
- **Age Friendly Coffee Morning**, 11am to 1pm at Abraham Moss Library. No need to book. FREE.

WEDNESDAYS

- **Over 60's Lunch and Bingo**, 12pm-4pm at Ukrainian Centre. £5 for hot meal, tea/coffee and cake and Bingo.
- **Arts and crafts group** by Creative Community, 10am to 12:30pm at St Matthews Church (next to Rainbow Surprise). £3 includes refreshments. Email creativecommunitycrumpsall@hotmail.com to book.
- **Hope Well Welcome Wednesdays for 65+ years**, 12pm to 3pm at Woodville Sure Start. FREE
- **Irish Community Care Lunch Club**, 11am to 2pm at The Irish Centre. No need to book. FREE.
- **Rainbow Surprise Walking Cricket** for 50+ years, 5pm to 6pm, at Abraham Moss. FREE
- **Community Hub Cost of Living Support** at Woodville Family Hub, Shirley Road, M8 0NE. 12pm-3pm.

FRIDAYS - Together Dementia Support - North Manchester Friendship and Activity session, 11am-2:30pm at Crumpsall Methodist Church. For more info call Claire on 0161 226 7186 or email claire@togethersedmentiasupport.org



MONDAYS

- **Board Games & Dinner** at Rainbow Surprise, 5:30pm to 7:30pm. FREE.
- **Knitting and Crochet Group**, 10am to 12pm at Rainbow Surprise. FREE
- **Citizen's Advice Information drop-in** at Abraham Moss Library – help with housing, welfare rights, energy and bills, using the internet etc. 9:30am to 1pm. No appointment needed. FREE.
- **Strength Building Exercise**, 10:45 at Guidance Hub, 389 Waterloo Road, M8 9AB. FREE. (Run by Hope Well)
- **Creative Confidence Workshop** at Woodville Family Hub, Shirley Road, M8 0NE. 12pm-1:30pm.
- **Digital Inclusion Drop-in** at Woodville Family Hub, 9:30am – 11:30am. Call 0161 234 3000 for more info.
- **British Taekwondo session** at Khizra Mosque. Call 0161 205 6662 or email info@khizramosque.org for more info.
- **Crumpsall councillor drop-in** advice session/councillor surgery at Abraham Moss Library, M8 5UF. 6pm – 6:30pm.

All adults

TUESDAYS: English classes, at Guidance Hub. 9:30am and 12pm, and at The Welcome Centre, 10am-12pm

WEDNESDAYS

- **Gardening Club** at Guidance Hub, 10:30am. FREE.
- **Arts and Crafts Group** by Creative Community at St Matthews Church at 10am. £3 but first session is free.
- **Digital Drop-in** at Abraham Moss Library. 12:30pm to 2:30pm. No need to book, just turn up. FREE.
- **Talk English Conversation Club** at Abraham Moss Library. suitable for beginners, 2:30pm to 2:30pm.
- **Bowls** from 6:30pm at Cheetham Hill Sports Club. FREE taster session. Memberships available.
- **English classes** at The Welcome Centre – 10am-12pm
- **MAES Talk English session** at Woodville Family Hub, 10am – 12pm. Call 0161 234 3000 to book a place.
- **Explore Cooking Session** at Khizra Mosque, 2pm.
- **Learn to ride a bike session** at Khizra Mosque, 5:45pm.
- **Cheetham councillor drop-in** advice session/councillor surgery at St. Chad's Primary School, M8 0SP. 6pm – 7pm.

THURSDAYS

- **Digital Support Sessions**, 10am to 12pm and 12:30pm to 2:30pm at the Welcome Centre. FREE.
- **Community Walk for All**, 1:15pm at Khizra Mosque. FREE.
- **Chair based exercise and activities** by Empower M8 at Welcome Centre 10am to 12pm. FREE.
- **English Corner** at Welcome Centre 10am-12pm – FREE – conversational English session.
- **Bi-monthly Carers Space** at Cheetham Primary Care Centre. 1:30pm-3pm.
- **MAES Talk English session** at Woodville Family Hub, 9am – 12pm. Call 0161 234 3000 to book.
- **Talk English class** at Khizra Mosque, 12:30pm.

SATURDAY: Community gardening and advice at Khizra Mosque, 2pm.



MONDAYS

- **Women's walking and exercise** at Khizra Mosque, 10am.
- **Women's Indoor Cycling & Coffee Morning** at Khizra Mosque, 11:30am.
- **Women's Explore Food (Cooking Session)** at Khizra Mosque, 12 noon

TUESDAYS

- **Exercise to suit all levels** at Woodville Family Hub, Shirley Road, M8 0NE. 10:40am-11:45am.
- **Mother & Toddler Group Exercise** at Khizra Mosque, 10am.

WEDNESDAYS

- **Ladies Yoga** by Hope Well. 11am at Guidance Hub. £1 per session.
- **Ladies Gentle Exercise**, 1:30pm at Guidance Hub. £1 per session.
- **Women Drop-in Group** at MCC Housing Office, Cheetham Hill. 12pm-2pm.

THURSDAYS:

- **Ladies Chit, Chat & Chai Group**, 12pm first Thursday of each month, at Guidance Hub.
- **Upcycling clothes session** at Woodville Family Hub, Shirley Road, M8 0NE. 11am-1pm.

Women-only



Summer Time!

My Life in Cheetham Hill

Some of my favourite things to do in my area are...

Music Club, ran by Jake at MaD Theatre, where we do singing, creating and composing songs.
Steel Pan Club, kind of like Music Club, is a place where we use Steel Pans, the concept is really simple! This club is ran by Sharon at New Testament Church of God.

Homework Club, is where we learn about subjects, do our homework in our free time and meet new people. This is the biggest club of the bunch and right now it's full, but there is a waiting list you can be on. This club is run by Iziko Youth Next Gen.

Drama Club is what you expect, acting usually and... SOME games! It's ran by Jake and Sharon at Tamerton Drive, and obviously, feel free to come!
These clubs are great but... there are disadvantages to the advantages of being a young person in Cheetham Hill. My complaint are the people using drugs and the dangerous people around the place. I can't lie, I feel unsafe around this. Although there's some bad people around my area, the community of Cheetham Hill never fails. They put up entertaining clubs and they always give me company and they never fail me.

– by Irevine, aged 7

My Summer Playlist

Sticky - Kiss of Life
San Salvador - Tamba4
Magic Hour - ζτέο?
Wait - HYOLYN
She - Tyler, the Creator and Frank Ocean
The Boy is Mine - Brandy & Monica
Karma - 2BYG
Lost - Frank Ocean
Tell Me - Kiss of Life
ROLLING STONE - Brent Faiyaz
KK - PENOMEKO
Mas Que Nada - Sérgio Mendes & Brasil '66
Lemon Drop - ATEEZ
LOOP - Yves
LIFE IS GOOD - Forrest Frank

– by Plam, aged 15 and Anna, aged 13



Try Bowls This Summer



Interested in an introduction to bowls?
Looking for a social activity? Want to join a club and meet new friends?

Join us every Wednesday
at 6:30pm.

Cheetham Hill Sports Club,
26 Catherine Road, M8 4HF

No experience needed.
Come along and have a go.

info@cheethamhillsportsclub.com

0161 740 1728