

We ♥ Cheetham & Crumpsall

Issue 10
March. 2022

FREE

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

DISCOVERING CHEETHAM THROUGH STORYTELLING



Images from Cheetham Cultural Festival in September: in celebration of our wonderful community

Lennina Ofori, a Transformation Consultant and storyteller, is working in partnership with social finance and Youth Endowment Fund (YEF), supporting communities to protect children from crime. She tells us about her work with Abraham Moss Community School, which resulted in the poem Hope for Cheetham.

"When we hear the word school, of course, one of our first thoughts will be education. Then the next correlation is teachers teaching and pupils learning. However, over the past five months, I have been working with young people from Abraham Moss Community school in a truly reciprocal way, shifting the narrative, with them often being the educators.

"I have been working as the Lead Community Researcher with Social Finance, in partnership with the Youth Endowment Fund (YEF). The YEF's Neighbourhood Fund's primary focus is to support communities to protect children from crime.

"We have been speaking with young people and professionals across Cheetham, but I would like to spotlight the work carried out with pupils at Abraham Moss Community School, which resulted in the poem **Hope for Cheetham**. I worked with 21 pupils with different characters, varying thought processes, some high achievers, some at risk of exclusion and then a number on the

periphery of exclusion. We had three mixed groups and ran 12 sessions.

"These categorisations, however, were not the most important factor. All of them are extremely intelligent, holding valuable opinions about space and place, safety, youth culture, violence and knife crime. Throughout the sessions, I utilised my practice of storytelling for societal change, facilitating debate and story sharing as a platform for transparent conversations.

"The pupils shared stories about Cheetham, some saddening, many hilarious, insightful, and often brave. Cheetham is their home. The place in which they socialise, have fun, and where they are developing into the people they will be within society. However, it is also clear they don't always feel safe. And every child deserves to feel safe.

"Over the last sessions, I worked with the young people to develop a poetic manifesto. Once we had navigated rhyming stanzas and debunked the 'nerdiness of poetry' they took hold of creative license.

"As we close the Discovery Phase, we want to draw the attention of the public and community to this poetic manifesto as a starting point for co-design and change. It is an articulation of their thoughts, their feelings, and a snapshot of their **Hope for Cheetham**."

- Lennina Ofori

Our Hope for Cheetham

There are more knives stabbed in bodies
Than pies I eat
There are papers and sheets
On the dull, dark streets,
There's a problem with violence
Yes that's the truth
But can we make it better for the
Cheetham youth?

The parks are darker than our future
If this ageism keeps going
We're not all problematic
The adults aren't all knowing!

We don't want any more litter
It leaves us feeling bitter
We would like arts, dance and football
clubs
Fun activities, and boxing and boxing
gloves

Young people should be in school clubs
Instead of being out here, tempted by
drugs
The drugs keep on going and the homeless
keep on smoking
People think it's funny
But we really are not joking

In our community
We have diversity and unity
Different personalities and different
nationalities
If you come to Cheetham in MCR
You may just find out who you are

In Cheetham there are many things we
require
Here's a couple things we hope to acquire:
- To walk independently
- To feel safe and free
- No stress, no anxiety
- We deserve to live comfortably

Yes there may be a lot of knives
But this is where we live our lives
Although Cheetham can give you a fright
It's not all bad
There's still some light.

- poem written by young people from
Cheetham Hill

Community Safety Advisory Board

Community safety is a big issue in our area. Every month services and organisations from Cheetham, Crumpsall and Salford come together to share what we're doing to improve safety in the area. The aim of the meeting is to build trust, use resources efficiently and develop relationships between our communities and organisations to make a safer neighbourhood. For more information, contact Lizzie.Hughes@mft.nhs.uk

Brought to you by **Manchester Local Care Organisation's** Cheetham and Crumpsall integrated neighbourhood team and partners:

 **Manchester Local Care Organisation**
Leading local care, improving
lives in Manchester, with you

 **NHS**

 **MANCHESTER CITY COUNCIL**

 **GREATER MANCHESTER POLICE**



Welcome

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Hoş geldiniz أهلاً و سهلاً Soo dhowow ようこそ Welkom
Witamy Bine ați venit ברוכים הבאים 歡迎光臨 Karibuni

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

Since our last edition, more COVID-19 restrictions have lifted, bringing a cautious sense of hope that we are slowly returning to a new normal.

The theme of this edition is **HOPE**. Hope that the weather is improving, the flowers are blooming and the days are getting longer. Hope that our community stays safe and well. And hope that our children are given the best opportunities to thrive in Cheetham and Crumpsall.

Our aim with this community paper 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, opportunities, events and work that are taking place in Cheetham and Crumpsall. We would love to share it in this paper, in hopes that we can pass on the good news in M8.

Please share your contributions via email: community@incheetham.com

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](https://www.facebook.com/WeLoveM8)

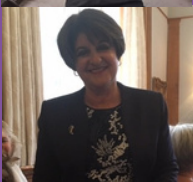
Get involved! Email us at community@incheetham.com

MEET THE EDITORIAL BOARD

Our fantastic editorial board is made up of



Lizzie Hughes
Manchester Local Care Organisation
E: Lizzie.Hughes@mft.nhs.uk



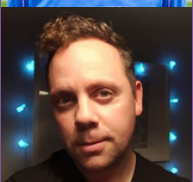
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Sharon Thomas
New Testament Church of God
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Sharon Thomas

New Testament Church of God

E: admin@ntcgft.org.uk



I have lived, attended schools, college and church in the Cheetham Hill area for most of my life and currently worship at the New Testament Church of God, Faith Tabernacle on Waterloo Road. You will also see me out and about getting involved in many of the local events and projects.

I remember when I first moved to Cheetham Hill as a child, many of the houses near Fairy Lane park were in the process of being built, the roads and streets were not finished and it felt like a huge play area for all the children moving in. We had such adventures until more houses were completed and our adopted play area got smaller and smaller.

I had a great time growing up in Cheetham Hill, exploring the parks at weekend and going to the many different youth clubs that were nearby. There was always something to do and somewhere to go and a great sense of community which is still prevalent today.

We hope with this newspaper to promote and share the good things about Cheetham and Crumpsall but we need you to share your stories with us. Don't delay - get in touch with us today!

Your Local Health Update

FACTS about COVID-19 vaccinations for 12-15 year olds and why they should get it.

Why is it important for people aged 12 to 15 to have COVID-19 vaccinations?

It is really important to vaccinate your child. COVID-19 can make some young people very unwell.

One dose gives good protection. Two doses gives stronger protection for longer.

The vaccines help stop the spread of COVID-19 to our family and friends.

Keeping young people well helps them to stay in school.

School is important for mental and physical health.

The vaccines are safe

Millions of young people around the world have had a COVID-19 vaccine.

There's no evidence the COVID-19 vaccines have any effect on male or female fertility.

Vaccine ingredients

The vaccines do not contain any live virus. They will not give you COVID.

The vaccines do not contain any animal products or alcohol.



The vaccines were produced quickly by working together and sharing research

The vaccines have been safely researched and tested. Before the COVID-19 pandemic, scientists were already working on vaccines for other coronavirus strains. This means they had already done a lot of the research and testing.

There was a global effort to produce the vaccine quickly and safely. This was sped up by removing delays to funding and research.

Lots of people from different backgrounds volunteered to be part of the medical trials.

What are the side effects?

It is normal for medicines to cause side effects, but not everyone gets them.

The COVID-19 vaccines may cause common side effects. Most side effects are mild and should only last 1 or 2 days, such as:

- a sore arm
- feeling tired
- a headache
- feeling achy
- flu-like symptoms.

If your child has these symptoms, they should rest and you can give them paracetamol to help make them feel better.

The chances of getting seriously ill from the vaccine are incredibly rare and definitely not as high as the chances of getting seriously ill from COVID-19.



When can my child be vaccinated?

Young people can get a first dose of the vaccine if they are aged 12 and over.

Most young people can get their second dose **12 weeks** after their first dose.

If a young person has recently had COVID-19, they need to wait 12 weeks before they can have the vaccine.

Which vaccination will my child receive?



Young people aged 12 to 15 will be given the Pfizer vaccine for both doses.

Young people can be vaccinated at school OR a vaccination centre.

Young people aged 12 to 15 will be offered a vaccine in school when the school vaccine team visits.

Parents or guardians will be asked to give their consent. Please return the consent form as soon as possible.

Young people can also get vaccinated at a local vaccination centre. Just visit **www.nhs.uk** to book or call **119** - it's really easy to book a convenient appointment at a local centre.



Dr Amjad Ahmed

Dr Amjad introduces the new health roles, which will support local practices

Local practices have expanded their teams to help support patients and treat them more efficiently.

People in these additional roles are able to see and deal with your concerns just as well as a GP can and in some circumstances even better!

- **Clinical Pharmacists** are highly qualified experts in medicines and can help people in a range of ways. This includes carrying out structured medication reviews for patients with ongoing health problems and improving patient safety and health outcomes.
- **Social Prescribing Link Workers** will connect people to community groups and agencies for practical and emotional support. They will complement other approaches such as care navigation and active signposting.
- **Physician Associates** are healthcare professionals with a general medical education who work alongside and under the supervision of GPs. They provide clinical care as part of a wider multidisciplinary team.
- **First Contact Physiotherapists** can assess, diagnose, treat and manage musculoskeletal (MSK) problems and discharge a person without a medical referral. In our area patients are able to refer themselves by calling **0161 720 2321**.

Introducing William Jennings-Wharton, Neighbourhood Inspector for Cheetham, Crumpsall and Higher Blackley.

I want to introduce myself, I am William Jennings-Wharton, the Neighbourhood Inspector for Cheetham, Crumpsall and Higher Blackley.

I have really enjoyed getting stuck in and working within our communities to make them safer, and tackle some of the ingrained issues we face within our wards.

I've been with GMP for 18 years and have served north Manchester since January 2020. I previously worked as a PC, Sergeant and Temporary Inspector in Bolton.

Whilst serving with GMP I have been a response officer, a neighbourhood officer, a Public Order Bronze Commander and a Family Liaison Coordinator (deployment of specialist officers in cases of homicide).

I have experience of commanding at large scale events, including football matches, protests and was the night bronze commander in response to the flooding in South Manchester in 2021.

I'm really excited to return back to neighbourhood policing. I really enjoy working within the community and love "back to basics" policing.

I'm really looking forward to leading my team and directing them to tackle the biggest issues the community faces - drug dealing, organised crime, burglaries and so on. The type of crime communities expect us to deal with.

I've been given some strategic priorities around reducing those things that are demanding a lot of our time in the area. This means we can put into place some processes which will divert and reduce unnecessary calls, so we can use our resources more effectively.

I want my team to be visible in the community and getting back to basics around executing warrants for drug dealers or and other suspects. There is a real drive within GMP to ensure we look after our victims and communities



William Jennings-Wharton

I will ensure this is delivered by working closely with partners and the public.

We cannot fight crime alone, we need the public's support by providing information and reporting crime. I would urge anyone with information about crime in the area to report it online at **www.gmp.police.uk**

People can also anonymously call Crimestoppers on **0800 555 111**.

Award Winning Abraham Moss Warriors



Mcr Sports Awards 2021
A massive congratulations to June Kelly MBE, Founder of Abraham Moss Warriors who has been named Mcr Sports Awards 2021 Peoples Champion.

Voted for by the readers of the Manchester Evening News, June has been recognised for the fantastic work she has done in Cheetham Hill and Crumpsall over the past 20 years.

Abraham Moss Warriors was also named Manchester's project of the Year for the

amazing work It has done during the pandemic to support the local community. Activities included online sports sessions, befriending calls, food parcels, well being packs and the transformation of Smedley Playing Fields into Smedley Community Park - a place for the Community by the Community.

Spirit of Manchester Awards
In October Abraham Moss Warriors were honoured to find out that they had won MACC's Spirit of Manchester Award alongside the Friends of Smedley Park.

They were nominated for the difference the group has made over the past 12 months transforming Smedley Playing Fields into Smedley Community Park.

Finally, they have been shortlisted for a Forever Manchester Award 2022 for outstanding contribution to the community

All of these awards are for the amazing work that the club does for the local community of Cheetham Hill and Crumpsall. Well done and thank you for all the great work!

Hopes for the future from young people in Abraham Moss Warriors

Maryam aged 10,
"In 2022 for my community I'm hoping to find ways to help in educating people about keeping our environment clean and litter free."

Asyah aged 12,
"2022 needs the ending of the pandemic as it has negatively impacted my social as well as academic life."

Musa aged 8,
"I would love extra football practice as one day will never be enough as I love football so much!"

Saeeda aged 13,
"My hopes and dreams for 2022 are to improve my work at school, so that when I grow older I can become a doctor and help others. I also want to improve my football skills."

Tayaab aged 13,
"My hopes and dreams for 2022 is to improve my work especially in English and history, so that when I grow up and become an astronomical engineer and also an artist as a side job and hopefully win a football tournament with school."

Crumpsall Community Hall Community Hub

A new community hub has been set up for the wellbeing of local residents.



Images from the community hub shop and knitting workshop

In November 2020, Rainbow Surprise and St. Matthews and St. Mary's Church, supported by Manchester City Council and local Councillors, joined forces to develop a Community Hub based as Crumpsall Community Hall.

Rainbow Surprise have a long history of delivering community project and activities in Crumpsall and surrounding areas, but needed a base. St Matthews and St Mary's wanted to make better use of their community hall, so it made perfect sense that they both worked in partnership.

The Community Hub provides a vibrant community space for residents and community groups in Crumpsall. The Hub also provides the opportunity for diverse community groups to engage and work in partnership to improve the neighbourhood.

The current offer at the Hub includes:

- **Food bank** - supplying free food parcels, working with Manchester Council, local authorities and NHS
- **Community Shop** - open to the public for budget shopping
- **Community Fridge** - surplus food from Pret A Manger, Greggs and Sainsburys is available to residents free of charge
- **Sewing & knitting workshops** - free two-hour sessions where you can learn to sew and knit. This social activity is great for mental health and wellbeing
- **Beauty therapy workshop** - two hours of pampering, helping residents deal with anxiety and stress.

The Hub also provides classes for Tai Chi, line dancing, art, creative writing and French.

Reverend Daniel Valentine, Shabnam and Shakur Hussian say the aim of the Hub is to:

'Create opportunities for the diverse residents of Crumpsall to improve their quality of life, become healthy and prosperous, with increased social mobility within an empowered, cohesive and vibrant community.'



Rainbow Surprise food delivery

Welcome Rev. Michael Bradley!

Introducing the new pastor of the New Testament Church of God Faith Tabernacle

"It is 2022! My wife Jody-Kay and I are so excited and privileged to get this opportunity to say hello to all of you in this wonderful community newspaper.

"We are new to this area and have been serving at The New Testament Church of God Faith Tabernacle on Waterloo Road for just over six months. We have been made to feel so welcome by the Cheetham community. I'm looking forward to exploring more of the area and getting to meet more of you as the restrictions lift.

"Despite all that we have experienced in 2021, by God's grace, we are still here in this moment. For some, things may not be what we want them to be right now, but we have much for which to be thankful.

"We want to encourage all of you and give

you hope from the word of God (the Holy Bible) and a particular passage stands out for us from the Old Testament from the book of Isaiah that we would like to share with you. It states 'those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint.'

"The passage is so encouraging and fitting for the time we're currently going through. Many of us have put our trust in people, government systems and many other things and have experienced betrayal, rejection and disappointment. Such experiences can lead to feelings of hurt, helplessness and hopelessness. These feelings can create a stifling environment and we were not created to function in that type of atmosphere. Our faith means that



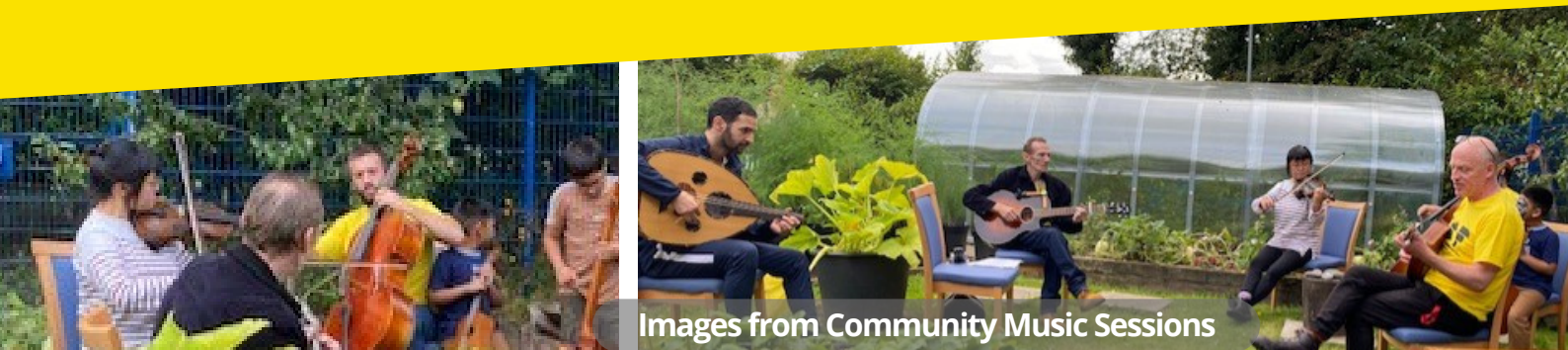
we put our trust in God and have the assurance that our hope is not in vain and by His grace, He will make all things well.

"I'm offering an open invitation to all readers, the next time you're in the area please do pop in to say hello. Jody-Kay and I would love to meet you."

Rev. Michael Bradley, Pastor of Faith Tabernacle New Testament Church of God, Cheetham Hill.

Community Music Sessions

Local musician and member of Crumpsall Folk Club, Kelly Burke, spoke to us about community music sessions in Cheetham.



Images from Community Music Sessions



As part of September's Cheetham Festival, it was decided to plan and put on an informal open jam session at the Welcome Centre.

Alongside Andy Steele, one of the long term volunteers at the Welcome Centre, we got together with Patrick Shepherd and Jo Yee Cheung from the Olympias Music Foundation (OMF), which has a successful community music project in South Manchester.

After some fun musical planning sessions, Andy, Patrick and myself agreed with Marysia at the Centre that we could offer two 2-hour informal workshops. The sessions introduced basic music skills on guitar, piano, percussion and various string instruments including including violin, fiddle, mandolin, oud, bouzouki, zither and hurdy-gurdy.

On the Saturday of the Cheetham Festival, the Welcome Centre had a number of activities running including calligraphy and

local craft sessions. We were delighted to see people and family groups of all ages coming in to see a vast range of musical instruments on display, to pick up and play, have a go and make some noise. This they did with great enthusiasm and some stayed for the whole four hour session, trying out instruments and receiving informal instruction from Andy, Patrick and myself.

Fortunately, the weather was kind, and a live PA was running in the garden for people to have a go at singing, playing keyboard and drums. A number of people enjoyed the opportunity to try out a variety of the instruments and expressed interest in learning further.

The session finished in the garden with those who wanted to jam along to some songs including Andy's 'Garden Song'. Jo Yee from OMF also expertly engaged some of the younger participants in an impromptu vocal performance. A great finish to a great community music jam.

People from all ages and backgrounds came together to explore and express themselves through music-making.

When we discussed the obstacles to playing music and playing music as a community, participants consistently mentioned finding and affording formal, quality lessons and instruments.

Following the successful community jam sessions, the Welcome Centre restarted regular 'come and learn' music sessions. A number of participants have also gone on to pursue music lessons via Olympias Music Foundation and attend the Welcome Centre weekly music sessions.

Many thanks to all the the staff and volunteers at The Welcome Centre and Olympias Music Foundation for supporting and contributing to this event.

Kelly Burke

Calligraphy Classes at The Welcome Centre

If you fancy trying a new skill, why not try our calligraphy classes at The Welcome Centre, Cheetham Hill. They have been running successfully over the last four years.

What is calligraphy?

It is an ancient visual art form related to writing, the execution of lettering with a pen, brush or other writing instrument - a way of painting speech to the eyes. The word calligraphy derives from the Greek words Kallos (Beautiful) and Grafi (Writing).

Research has shown that practising calligraphy can improve health and wellbeing. It is so easy to get lost in the flow and rhythm of the mark making patterns and letters - you find yourself and lose the stress and anxiousness of everyday life. Research from the University College Of London stated that 'Calligraphy can combat anxiety, improve wellbeing and boost self-esteem.'

In this modern, frantic, digitally obsessed world, calligraphy teaches us to slow down and be at one, to reconnect with the old ways, and be in a more relaxed state.

The calligraphy tutor Brian Whitmore has been a calligrapher for 37 years. Brian focuses on improving your lettering skills at your own pace with no pressure, using stimulating quotations to inspire positivity, these are then applied to varied creative projects such as handmade books, scrolls, hearts, boxes etc. Perfect uplifting gifts for yourself or family and friends.

All equipment and materials are provided free of charge.

If you fancy being part of this graceful revolution, contact The Welcome Centre, 18 – 32 Brentfield Avenue, Cheetham Hill. Tel: **0161 513 4509**

"The very greatest is the alphabet, for in it lies the deepest wisdom." - Emanuel Geibel.



Green-fingered Cheetham and Crumpsall

The amazing work of local volunteers' regeneration of our green spaces has been recognised by North West in Bloom.



Volunteers transformed areas from this...



...to this!

Congratulations to Cheetham and Crumpsall In Bloom

Eight community organisations from Cheetham and Crumpsall got together to brighten up the area for local residents by tidying their local areas and putting in lots of new plants. Their efforts were entered into the competition North West In Bloom.

North West in Bloom results

Entries are graded from level 1 (bronze) to 5 (gold outstanding).

Overall for Cheetham and Crumpsall, we were awarded level 4 Silver Gilt Thriving which was amazing.

Individuals were also able to enter or be nominated.

Individual scores

- Kay Kelly Individual garden - Level 5
- June Kelly Individual garden - level 4
- Smedley Park - Level 4
- Manchester Jewish Museum - level 4
- The combined gated alleyways of Cheetham Hill - level 3
- Khizra Mosque - level 3
- New Testament Church - level 4
- Newsholme Street community space - level 4
- St Annes Primary School Forest Garden - level 4.



Certificate presentations by the Lord Mayor

June Kelly from Abraham Moss Warriors and Friends of Smedley Park said, 'For many of the organisations this was the first time they had ever entered anything like this and we are proud to announce we did amazingly well for our first attempt.'

'Next year we hope to do even better, so if anybody in our community would like to get involved by either helping out one of the organisations below or would like to enter a front garden, alleyway or piece of waste land that can be tidied up for the benefit of the community please get in touch.'

Again, a massive thank you to everybody who took part and to the local councillors of Cheetham and the Neighbourhood officers for your continued support and to Mel from In Bloom for the donation of lovely plants.

Plant a tree for the Jubilee - The Queen's Green Canopy (QGC)

To mark Her Majesty's Platinum Jubilee in 2022, the QGC will encourage planting of trees to create a legacy in honour of The Queen, benefitting future generations.

Abraham Moss Warriors and the Friends of Smedley Park planted 70 trees to mark the occasion at Smedley Park on Sunday 19th February.



For more information about any of the stories on this page, contact June Kelly via **0795 742 9959** or **abrahammosswarriorsjfc@yahoo.co.uk**

Communities 4 All activities at Khizra Mosque 425 Cheetham Hill Road, M8 0PF



Women-only activities include:

- Exercise, nutrition, and weight loss, Mondays, 10am - 11am
- Walking group and coffee morning, Wednesdays, 10am - 11am
- Gym and coffee morning session, Thursdays, 9.30am - 11.30am
- Cycling sessions, last Sunday of the month, 2pm

Men-only activities include:

- Men's badminton at Abraham Moss Sports Hall (please register), Mondays, 9pm - 9:40pm
- Gym session and activities, Tuesdays, 1.15pm - 2.15pm
- Coffee and activities, Fridays, 2.30pm - 4pm

Other activities include:

- Support group for parents with under 3s with coffee morning and exercise session, Tuesdays, 11am - 12.30pm
- Community Kitchen - hot food packs cooked and distributed to local people in need, Fridays, 2.15pm - 3.15pm
- Support for families, including food, advice and sign posting, last Friday of the month, 3.15pm
- Community gardening and befriending advice session, Saturdays, 2.15pm
- Cycling and Walking group (please register), Sundays, 10am - 12.30pm
- Over 50's befriending and advice session, Mondays, 10am - 11am
- Bike and laptop hire project for the community
- Community walk for all, Thursdays at 2.15pm.

For more information please contact Mohammed Dawud Ali or Fehmeeda Shah between 9am and 4.30pm on: **0161 205 6662.**

Meet our Community Champions:

listening, chatting, connecting and signposting people to services.



Gurdeep

Gurdeep: "I love chatting to people about what matters most to them and enjoy meeting Cheetham and Crumpsall residents whilst out and about."



Idowu

Idowu: "I feel honoured to be able to put smiles onto people's faces, by allowing them to voice out their worries and concerns and proffering solutions in a respectful environment."

Idowu and Gurdeep share what it is like to be volunteer coordinators, as part of the Community Champions...

We joined the Community Champions programme as volunteer coordinators in April 2021. Alongside a team of dedicated volunteer coordinators working across voluntary and community sector organisations in Manchester, we have recruited over 120 Community Champions and have spoken with over 5,100 people.

No one day is the same. Our roles require us to actively network with lots of organisations to promote the programme, recruit covid chat champions and deliver covid chats.

When we recruit our champions, the covid chat training session gives our champions the resources and skills to listen without judgement, respond with care and respect people's choices. We provide champions regular support through on to one chats and webinar events where they can meet, share experiences and access further training opportunities.

We work collaboratively with our partners in the NHS, Manchester City Council and other programme delivery partners. This ensures we receive the latest updates about Covid, vaccination clinics and any changes to rules around self-isolation and testing. We then share this information through our network of trained champions who are based in community centres, mosques, churches, gurdwaras, schools and the local community.

Our covid chat champions play a vital role in helping people by passing on health messages, covid-related news and videos from reliable sources and signposting

people into wider support when its needed. We safeguard residents and volunteers' confidentiality by treating people with respect, promoting dignity, enabling their opinion to be heard. This helps to create opportunity for people to make informed decisions in achieving their best health.

You will often find us and our covid chat champions at events, handing out free face coverings, lateral flow testing (rapid) kits and flyers with up to date covid information. We promote services like the Community Response Hub and Covid-19 Helpline, where individuals can receive advice and support.

During the summer, the team attended Park Life Festival, Cheetham Cultural Festival, community events in parks and active street events doing what we do best - listening, chatting, connecting and signposting people to available services.

A little background to the project... Covid Health Equity Manchester (CHEM) launched the Community Champions Covid Chat Programme to support people shown to be most at risk from COVID-19. This includes supporting those from an ethnic minority background, disabled people and others to follow safer behaviours and reduce the impact of the virus on themselves and those around them.

The programme is developing a large network of Chatters who represent Black, Asian and disabled people. This network are being trained to have strength-based conversations with residents about what matters to them.

Covid-19 has impacted some people and communities harder than others and sadly brought many challenges for people trying to cope through illness or disability, depression, loss, grief, rising living costs and lockdown. As a growing community, we're learning more about people's health and wellbeing and what different people need to live safe and well.

This is an absolutely a rewarding job - do you want to join our Community Champions programme? Or request a chat about covid? All languages are welcome, training, support and volunteer expenses provided.

Please contact Idowu or Gurdeep for more information via:

- i.morafa@nhs.net or **07929 712389**
- gurdeep.thiara@nhs.net or **07929 729511**



Images from the Community Champions engagement



Cleaner Crumpsall

Taking pride in where we live

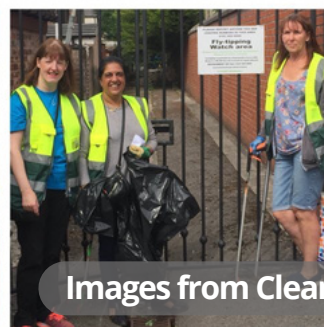


Cleaner Crumpsall is a local resident's group who take pride in Crumpsall.

The group brings together Cleaner Crumpsall and Close Neighbours resident groups. They also work with Lower Crumpsall Residents Group and Parkhill and Cleveland Residents Association.

Cleaner Crumpsall is led by husband and wife Dave and Kath McDougall. Cleaner Crumpsall hold regular litter-picks in Crumpsall, targeting locations where there are the most issues. They are always keen to engage with local residents to increase the membership and the impact of their activities.

For more information or to get involved, please email Cleaner Crumpsall: dkmac81@gmail.com



Images from Cleaner Crumpsall's litter-pick events

Fly tipping and litter

Everyone in Manchester is responsible for managing their own waste and making sure that rubbish is disposed of correctly.

Fly tipping is the illegal dumping of rubbish or bulky items. Cases have risen significantly since the pandemic, costing huge sums of money and contaminating our community. But what can we do to improve the problems we have with rubbish?

Getting rid of bulky / large items

Did you know that each Manchester household is entitled to one free collection of up to three items of bulky waste per year? The rubbish collection year runs from 1st April to 31st March.

Do not let bins overflow

You are fly tipping if you leave items beside street bins and recycling banks or on the floor of communal bin areas.

Only use reputable waste disposal companies

If your waste is fly tipped by someone else on your behalf, you could face a £400 fixed penalty notice or an unlimited fine.

Report fly tipping

Reporting it helps the council to remove it quickly and investigate who illegally dumped the waste.

Recycle correctly

Recycling bins containing the wrong things can contaminate the whole truckload of recycling. This wastes everyone's recycling efforts and large amounts of public money.

What are the penalties?

Fines can range from £75 to £2,500 if convicted. You can also be fined if someone fly tips on your behalf.

In 2021, Manchester City Council

- issued 2,353 littering fines
- prosecuted 130 fly-tippers
- issued over £77,000 of fines
- used legal notices to get 174 untidy plots of land cleared up.

If you are interested in starting a litter picking group and need some guidance or equipment, please contact:

emma.krijnenkemp@manchester.gov.uk

To report fly tipping, litter or to book a collection of bulky waste, visit the Manchester City Council website:

manchester.gov.uk/environment

You can also contact the Council's Customer Service Centre via **0161 234 5004** or contact@manchester.gov.uk



Keep Manchester Tidy is a partnership between Manchester City Council and Keep Britain Tidy. The team work on various campaigns, which bring together residents, schools, businesses, community groups and organisations to:

- tackle littering and fly tipping
- prevent dog fouling
- improve green spaces and waterways
- increase recycling
- improve our local environment.

One local campaign is happening around Narbuth Drive in Cheetham where they have run the 'Crime not to Care' campaign, creating several environmental crime scenes. Litter has been cleared and letters sent to local properties, and lots of flowering bulbs have been planted with further work planned for the following months.

ANOTHER TIP-OFF BY THE PUBLIC.



MANCHESTER CITY COUNCIL

Report it confidentially at:
www.manchester.gov.uk/flytipping

Do you look after someone in Manchester?

If you look after someone in Manchester, Carers Manchester is here to help you access the support and advice you need.

Carers Manchester is a network of 18 organisations, who work together to improve services for Manchester's unpaid carers in the local community.

Through our network of organisations, we run regular free workshops such as:

- Being a Carer
- Nutrition
- Worry v Problem Solving
- Welfare and Benefits and more.

Visit www.carersmanchester.org.uk for more details or sign up to their email newsletter.

We run a service called **The Contact Point**. This service acts as a first point of contact for all unpaid carers in Manchester who require advice and support.

Carers can contact this service in several ways:

- Website - www.carersmanchester.org.uk
- Contact Point helpline **0161 543 8000** (open Monday to Friday, 10am to 4pm except bank holidays, and 10am – 6pm on Wednesdays)
- Email - contactpoint@carersmanchester.org.uk
- Facebook messenger.

This service is delivered through a partnership of Gaddum, LMCP, Manchester Carers Forum and Wai Yin Society.



Lift Someone out of Loneliness campaign

Feeling lonely is something that all of us can experience at any point in our lives, it can make us feel isolated and have a negative impact on our wellbeing.

The pandemic has been an unsettling time for everyone. It's important to remember that many people may still feel disconnected, and will feel comfortable with different things, even when we're out of restrictions. We can't compare ourselves to how others are feeling or acting, and we should all take time to go at our own pace.

Sometimes it can feel easier to help someone else who may be feeling lonely. There are lots of simple actions that you can do to help, including:

1. Checking in

Check in with a family member, friend or neighbour by sending a text or giving them a call to see how they are doing.

2. Reaching out

Reach out to someone to suggest catching up over a tea or coffee

3. Inviting someone

Ask someone to join you in getting some fresh air and going for a walk.

In taking one of these actions, you could lift someone out of loneliness, and it might help you feel less lonely too.

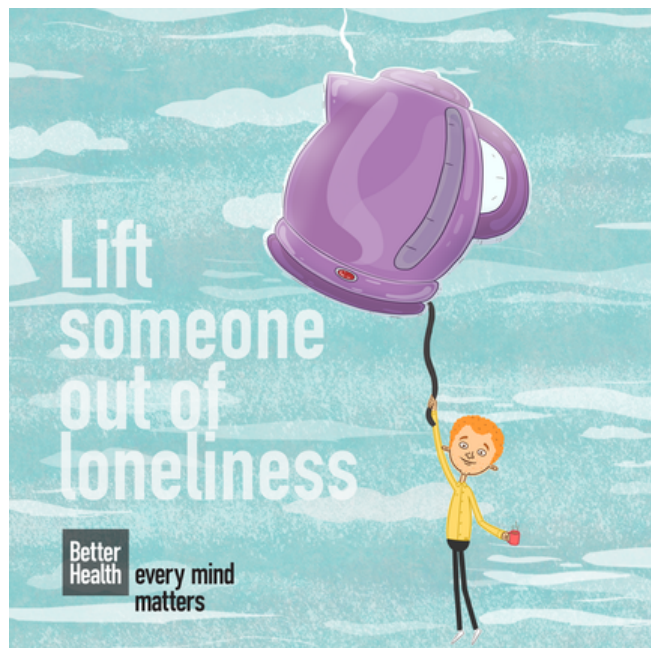
Talk to someone about how you're feeling

The Mix offers free confidential help for under-25s to get support:

- call The Mix free on 0808 808 4494
- text "THEMIX" to 85258
- visit The Mix website for a free online chat service

Silverline is a free 24-hour confidential telephone helpline offering information, friendship and advice to people over 55:

- call Silverline on 0800 470 80 90



Theatre Trippers wanted

To all Cheetham and Crumpsall Theatre Trippers...

Hello, I am looking to support residents to experience the arts.

Over Christmas, we took residents to shows at the Royal Exchange Theatre and a pantomime show and had a great time!

If you would like to go to the theatre for free, try out a show and see if you'd like to join the group, please let me know.

You don't need commit to anything straight away, we just want to see who would be interested. For more details contact Charlee:

E: Charlee.fitzgerald@gmmh.nhs.uk
T: 0777 1805 278





Record your overseas Covid-19 vaccination

If you live in England and have had one or more of your COVID-19 vaccinations overseas you can have your vaccination details added to your NHS Record.

To use this vaccination registration service you must be:

- Registered with a GP Practice in England. If you are not registered with a GP Practice, you can find out how to do this at on the the NHS website or by calling - 0300 311 22 33
- A resident (temporary or permanent) in England
- Over 18 years old
- Vaccinated overseas with one of the vaccinations below:
 - Oxford/ AstraZeneca (Vaxzevria)
 - Pfizer/BioNTech (Comirnaty)
 - Johnson & Johnson (Janssen)
 - Moderna (Spikevax)
 - Institute of India (Covishield)
 - Beijing Institute of Biological Products (Sinopharm BIBP)
 - Sinovac (CoronaVac)
 - Bharat Biotech (Covaxin)

Booking an appointment

You can book appointments for the Etihad Campus Mass Vaccination Centre, 9 Sportcity Way, Manchester M11 3DU.

You can book online using the overseas section on the National Booking System on the NHS website or by calling 119.

When attending your appointment, you must bring:

- Your passport or driving license
- Proof of which COVID vaccinations you have had and when.

Walk in clinics to register overseas vaccination

You can also attend a walk in clinic with no appointment however waiting times may vary. For information about when these sessions are, visit manchester.gov.uk

Sessions are held at:

- Manchester Town Hall, M2 5DB
- The University of Manchester
- Moss Side Millennium Powerhouse, M14 4S

Need help getting there?

A free taxi service is available for individuals and families who find it difficult to get to or from a vaccination centre.

This service is meant for Manchester residents who can't walk, drive or use public transport to travel to a vaccination centre.

To book a free taxi, call Street Cars on 0161 228 7878 and give the reference: ManchesterJabCab.

When booking, please give your address, the vaccine centre you will be going to and the number of passengers.



Learn English for free

The Manchester Adult Education service offers free courses to help people develop confidence, learn new skills and gain qualifications.

You can learn at centres across Manchester, learn online, or a mix of the two.

Courses include early years and education, community interpreting, digital skills, English, family learning, mathematics, ESOL, adult social care and courses for young adults with learning disabilities.

Find out more and register for courses at:

- www.manadulthood.org.uk
- Or call: **0161 219 6735**

Manchester
Adult
Education



**There are adult learning centres in your area.
Enrol for FREE courses now...**



est. 2021

HOME WORK CLUB

WEDNESDAY'S

TIME: 5:00PM - 7:00PM

FREE

IZIKO YOUTH, IS OFFERING A FREE PROGRAM TO HELP PRIMARY AND SECONDARY STUDENTS WITH THEIR HOMEWORK & ACADEMIC DEVELOPMENT.

THIS PROGRAM IS RUN BY A FULLY QUALIFIED SEN TEACHER.

FOR ANY INFORMATION PLEASE CONTACT:
POWERNEXTGENERATION@GMAIL.COM
KESHIA - 07949950692 OR SHARON - 07761665807

LOCATION: 1 TAMERTON DR
CHEETHAM HILL
MANCHESTER
M8 0DH

izikonextgen

Abraham Moss Library

We're in a cabin next to the school, Crescent Road, Crumpsall, M8 5UF

- Monday: 10:00am – 5:00pm
- Tuesday: CLOSED
- Wednesday: 10:00am – 5:00pm
- Thursday: 10:00am – 5:00pm
- Friday: CLOSED
- Saturday: 9:00am – 5:00pm
- Sunday: CLOSED

There are four computers.

We stock books in Urdu.

Library Activities include:

- **Age Friendly Hour**, every Monday 10am – 11am. Tea, coffee and biscuits will be provided.
- **The knitting group**, every Tuesday 3pm – 4pm. Beginners welcome.



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Get fit with Bollyfit

Bollyfit Active are looking for 40 South Asian women to take part in a 12 week healthy lifestyle and workshops and movement programme.

They will be running two groups - one in Longsight and one in Cheetham Hill.

Dates to be announced soon

Get in touch for more information:

- **0786 7854 778**
- **email@bollyfitactive.co.uk**



College of the Third Age

College of the Third Age (C3A) is a voluntary group, run by and for retired and semi-retired people over the age of 50. They run classes, workshops and social activities for this age group at the lowest possible cost.

All classes are held in the Crumpsall Community Hall, Cleveland Road, Crumpsall, M8 4QU

Tuesday

- Tai Chi, 9.45am to 10.45am
- Line Dancing, 1pm to 3pm

Wednesday

- Over 50's Health & Interest, 10.30am to 12.30pm
- History & Interest, 1pm to 3pm
- Singing for fun, 1.30pm to 3pm

Friday

- Art, 10.15am to 12.15pm
- Creative Writing, 10.15am to 12.15pm
- Craft, 1pm to 3pm
- French for Beginners, 12.30pm to 2.30pm

For more information, contact:

E: collegeofthethirdage@yahoo.co.uk

T: 0161 795 4891



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Stay in the loop of what's on in Cheetham and Crumpsall

If you would like to receive a newsletter of local events, contact Charlee Fitzgerald:

E: Charlee.fitzgerald@gmmh.nhs.uk

T: 07771805278



Crumpsall Walking Group

Charlee Fitzgerald is working with residents in Crumpsall to set up a weekly walking group for all abilities.

If you are interested in getting involved or becoming a walk leader, please contact her via phone: 0777 1805 278 or email: Charlee.fitzgerald@gmmh.nhs.uk



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M8 Wellbeing Hub

The Wellbeing Hub hosts a variety of activities to improve people's health and wellbeing, as well as offering educational opportunities, such as:

- English for Speakers of Other Languages (ESOL) classes
- Digital inclusion and digital support classes
- Arts and crafts
- Music sessions - Tuesdays, 10am to 2pm
- Calligraphy - Wednesdays 11am to 1pm
- Body Balance - gentle exercise class
- Gardening

Activities take place at The Welcome Centre, 18 - 32 Brentfield Avenue Cheetham Hill, M8 0TW

For more information, contact via:

T: 0161 513 4126

E: marysia_bocquet@waiyin.org.uk



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