

We ♥ Cheetham & Crumpsall

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

Issue 16
April. 2024

FREE

ROLL UP! ROLL UP! A FILM ABOUT OUR LOCAL SHOWMAN COMMUNITY

A Showman's Life is the first film of its kind to be made in the UK – a candid conversation between members of the Showmen community about their lifestyle and how they access education and health and care services. Its purpose is to help educate statutory services about the community, improve the community's access to services and improve their health outcomes.

Showmen are a Travelling community who have been in the UK for hundreds of years. Showmen have lived on the same yard in Cheetham Hill for decades, yet in a recent study many health and care staff said that they didn't know much about the Showmen or their health and care needs. The study carried out by The Showmen's Mental Health Awareness Charity and Anglia Ruskin University (ARU), was supported by Manchester Local Care Organisation (MLCO). They spoke to both the Showmen community and health and care staff. The staff and community were interviewed separately, their answers were compared to highlight gaps in knowledge and identify where services may need to change their approach for some conditions.

This film can be viewed and downloaded on the MLCO website, which also links to information about this programme of research.



A Showman's Life

Mary Jeal said: "I knew very little about the lives of the Showmen community before yesterday and after Sheldon and his team gave a brilliant delivery around their health and wellbeing, I can now appreciate the way of life and the challenges encountered along the way, especially from a mental health perspective."

Lizzie Hughes, Integrated Neighbourhood Lead for Cheetham and Crumpsall, where this was filmed, said, "Really pleased at the interest and response to the film yesterday and keen to look at how we share the resource with wider health and social care professionals in GM to improve the outcomes for this community."

Thank you to the Showmen community in Cheetham Hill for taking part in this project!

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

We have introductions to new people working in the community, what's on in venues near you, heart-warming stories from local people and organisations, and updates from services. We've also got some news about developments and investment within our neighbourhood and opportunities for you to get involved in lots of green-fingered projects!

Welcome

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

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.

From green spaces and updated on redevelopments to new people, and big anniversaries - we've got so much to share with you.

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 send your contributions to:



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

Advertising opportunities:

If you are a local business or charity that would like to advertise in the paper, please email us for more information.

Interested in joining the editorial team?

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

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Hi, I'm Dave Bradley, and I'm thrilled to be stepping into the role of Health Development Coordinator in Cheetham Hill and Crumpsall. In this strategic role, I'll collaborate with health and social care services, and our vibrant voluntary, community, faith, and enterprise (VCSFE) sector. Together, we'll tackle health inequalities and empower our community to shape services that truly meet their needs. I firmly believe in services that fit people, not the other way around.

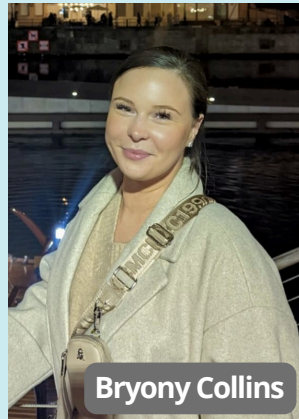
I've been working in public health and community development roles for almost 20 years, promoting health and wellbeing in our communities.

I'm also passionate about rugby. For years, I've volunteered as a coach and manager for kids and youth rugby at Sedgley Park Rugby Club, finding immense joy in nurturing young talents. When I'm not on the field, you'll find me enjoying quality time with my family or indulging in live music, particularly from bands of the 80s and 90s.

I look forward to collaborating with all stakeholders to make a positive impact on the health and wellbeing of our community. Together, we can achieve great things.

Cheetham and Crumpsall news

Introducing Bryony Collins, our new Neighbourhood Officer for Crumpsall at Manchester City Council



My name is Bryony Collins, and I am the new Neighbourhood Officer for Crumpsall.

My role includes working to improve the quality of the local environment, engaging and empowering community members to access services and supporting positive action from local groups.

I'm looking forward to meeting and working with local VCSE groups within Crumpsall. If we haven't met yet, please reach out and say hello!

My email address is:
Bryony.collins@manchester.gov.uk.

Get Financial Support To Reduce Your Energy Bills



We want to give people the chance to have a warmer, more energy efficient home this winter. If you live in Rochdale, Manchester, Tameside or Oldham, you can apply online for free, or reduced cost, energy saving measures.

Energy saving measures may include home improvements, such as loft insulation, new windows and replacement heating systems.

To be eligible for this scheme, you need to have an EPC rating of D or below, and also one of the following: a combined income of £31,000 or below, access to means tested benefits, or suffer from a health condition.

To find out more and apply, visit the Groundwork website via the QR code.



Partners and Communities Together

Partners and Communities Together (PACT) is a meeting that's held every few months and is open to all Cheetham and Crumpsall residents. There are representatives from Greater Manchester Police (GMP), Manchester Local Care Organisation and Manchester City Council's Neighbourhood Team. It's an opportunity for residents to meet the team and talk about any issues that they have concerns about.

At the last meeting on 18th April, held at 1 Tamerton Drive (community building owned by New Testament Church of God), we discussed:

- Parking challenges for residents
- The building of a new school on green space
- Issues around anti social behaviour.

Police from Operation Vulcan also talked about the work on Bury New Road and the plans for that area. Operation Vulcan is GMP's strategy to clear the areas of Cheetham Hill and Strangeways of the counterfeit goods trade and associated organised crime.

Residents are able to network after the meeting and access information and advice about funding opportunities for green spaces and accessing the police funding from the proceeds of crimes.

GMP and council officers took away any issues that they were not able to pick up on the night so they could respond outside of the meeting.

Please keep a look out for the next PACT meeting on **www.facebook.com/GMPManchesterNorth**

If you have any issues you'd like to report to the local neighbourhood team, you can email: **manchesternorth@gmp.police.uk**



Your Local Health Update

Measles vaccination now available in Wellfield Pharmacy

The measles, mumps and rubella (MMR) vaccination is now available from some Manchester pharmacies and luckily, one is in our neighbourhood: **Wellfield Pharmacy, 53-55 Crescent Road, Crumpsall, M8 9JT**

Anyone aged 16 and over who's missed their MMR vaccinations can walk into Wellfield pharmacy to get their vaccination.



You can choose to have a vaccine that does NOT contain any pork.



There's no link between autism and the vaccine. Previous claims made 20 years ago have been discredited and disproven.



If you aren't sure if you've had an MMR vaccine, it won't harm you to have an additional MMR vaccine.



Where and when will children be vaccinated?

Young children should be offered the vaccine as part of the UK national vaccination programme. They'll be offered 2 doses of the vaccine:

- the first one just after the first birthday
- the second dose before they start school – at around 3 years and 4 months of age.

If your child isn't up to date with their vaccines, they may be offered one in school. You can also get them vaccinated at your GP practice.

Unsure if you or your child has been vaccinated?

If you have your child's red book, their vaccinations should be logged in there. You can ask also your GP to check to your child's records.

Bowel screening in England Don't be shy, we all poo!

Who is eligible?

If you are aged 54 to 74 years, registered with a GP and living in England, you will be sent an NHS bowel cancer screening kit every two years. It will be posted to you.

Where can I find information?

Call the screening helpline on 0800 707 60 60 or visit NHS for more information about bowel screening in England.

Information in other languages

Further information about the test and how to use it is available to download in 10 different languages, including Polish, Urdu, Arabic and Chinese. Scan the QR code for other languages.



Bowel screening facts:



Bowel screening is for people who **DO NOT** have bowel cancer symptoms. This can help to catch it early.



A little poo will do - the sample bottle only needs a scraping of poo.



Having bowel cancer screening reduces your risk of dying from bowel cancer by at least 25%



If we find an amount of blood in your sample above the screening range, you will be sent for more tests. 98 out of 100 people will **not** need further tests.

Your Local Health Update

Cheetham Hill Medical Centre merger with Queens Medical Centres



in 2024, Cheetham Hill Medical Centre and Queens Medical Centres plan to merge into one organisation, and have one practice name - The Cheetham Hill Medical Centre.

Many patients will be forgiven for not realising that the two practices are actually currently two separate GP practice contracts due to the fact that we work so closely together. For example:

- Patients can be seen at both locations
- Patients can be seen and treated by the same clinicians in both practices
- Patients can access both practices using the same phone number
- Patients speak to the same non-clinical team members.

The practices operated under different practice names due to the type of contract each practice had signed with the NHS. Because the contacts had been different, the two could not combine.

There's no longer a need for these contracts to be different, so in 2024 the plan is to merge them into one organisation under the name The Cheetham Hill Medical Centre.

Practices spoke to local councillors, patient representatives in the Patient Participation Group (PPG), other local GP practices within the Primary Care Network and The Local Medical Committee. It was generally agreed that this merger would be a positive step forward for the practice, wider local health services, and more importantly, patients.

If you have any questions relating to this merger or would like to get involved in the Patient Participation Group, please contact the practice,

Tel: 0161 277 6939

Email: gmicb-mh.admin.chq@nhs.net

Bee Seen, Get Screened - Employers' Pledge To Staff

Over 900,000 people in the workforce are living with cancer and 28% of them say they've had little or no support from their employer.

What can you do?

By signing up to the Bee Seen, Get Screened campaign, employers commit to:

- paid time off or flexible working for their staff to attend NHS cancer screening appointments
- raising awareness of health and wellbeing in the workplace
- promoting open conversations about cancer and the importance of screening.

Screening diagnoses and detects cancer before there are any obvious symptoms, and sometimes before cancer has even had a chance to fully develop. One in three cancers can be prevented if caught early. Cancer screening saves lives!



Why should employers pledge?

- ✓ Supporting cancer screening shows that employers value their staff.
- ✓ Early detection of cancer leads to less traumatic interventions, reduced treatment requirements, and lower costs for employers.
- ✓ Workers are more likely to attend screening if they know time to do this is supported by their employer.

You can get more information about Be Seen, Get Screened on the Answer Cancer website: www.answercancergm.org.uk/bee-seen

North Manchester General Hospital

A step closer to a new hospital vision

North Manchester General Hospital (NMGH) has seen some big changes to make it more modern, eco-friendly and digital.

Independent assessments had identified that the existing estate needs to be revamped. The redevelopment is happening in stages, already we have a new multi-storey car park and an office block for administrative staff.



Computer generated image of how the new NMGH site could look

Long-gone are many of the dilapidated Victorian workhouse buildings, which will be replaced by North View inpatient mental health unit, which will be run by Greater Manchester Mental Health NHS Foundation Trust (GMMH).



The dilapidated buildings that have been demolished

The aim of the new hospital is to improve health and wellbeing for the whole of the community, providing excellent health facilities for patients, visitors and families. The redevelopment will see new hospital buildings on the site and the creation of shared green spaces that the community can use and enjoy.

A big part of the redevelopment is 'social value' – which means doing things that benefit the local community and the environment. As well as building more energy-efficient hospital and

creating green space; more than 2,000 jobs have already been created and 54 apprentices employed.

Michelle Humphreys, Director of Strategic Projects at MFT, said, "The completion of the car park and cycle hub takes us another step closer to the new hospital and the overall masterplan which will create new jobs, promote healthy lifestyles, develop skills and contribute to a zero-carbon environment for the benefit of the local neighbourhood and beyond."



Computer generated image of how the new NMGH site could look

Following completion of the multi-storey car park and office block, a site is now being cleared in preparation for the new build. Manchester University Foundation Trust (MFT) is working closely with government to secure the next stage of funding for the scheme.

Joanne Rowe, Chief Executive of NMGH, which is run by MFT, said: "We are really excited about our plans to make big changes to the hospital and help the future prosperity of North Manchester.

"Besides taking care of people's health, we're also one of the main employers in the area. With these changes, we'll have new jobs for people, and we will use the latest technology to give the best care possible.

"We will be working closely with partner organisations and our communities to make sure we are doing things the right way. This is a great chance for us to get to know the people we help even better."



Michelle Humphreys and Kathy Cowell, Chairman of MFT, in front of the new car park

Khizra Masjid News

Winter hampers

Thank you to all those who donated towards the winter hamper appeal. The hampers were filled with essential items such as food, a thermal hat, gloves and a vest to keep people warm this winter.



Playschemes

The centre delivered another hugely successful playscheme for children in the community, offering an enriching blend of creativity, learning, fun filled physical activities and nutritious meals.



Helping the homeless

Our team of volunteers travelled to the Manchester City Centre to help those that are homeless and sleeping rough in our city.

We believe it's vital to provide warm essentials such as blankets, gloves, hats, thermal wear and sleeping bags to ensure people who are homeless and sleeping rough to stay warm during the cold winter whilst awaiting help and support they need.

In addition, we offered advice and support to help those in transition off the streets, including accessing shelters, mental health services, and support to services that can eventually lead them to be rehoused.



Community Iftar

During the holy month of Ramadan, Khizra Mosque opens their doors to anyone from the community to come and share food at the Mosque when they break the fast at one of the Community Iftars.

Iftar is the meal that Muslim people eat when they break the fast. The community Iftars are an opportunity to experience Iftar at the Mosque as well as have a free tour of the mosque and get an understanding of where the community go to pray, the preparations that someone of the Islam faith follow before prayer time and a chance to ask any questions about the faith and how people worship in our neighbourhood. It also showed the wider preparations that take place in a Mosque around the breaking of the fast, including the fact that Khizra employ a chef for Ramadan to plan and prepare the hundreds of meals that are served daily.



Cheetham and Crumpsall's Neighbourhood Lead, Lizzie Hughes said, "Attending the Iftar was a fantastic opportunity to hear how people worship and celebrate the month of Ramadan in Cheetham and Crumpsall. The tour allowed you into areas that are normally only reserved for people worshipping in the mosque and to find out more about the faith of Islam. The breaking of the fast with dates and water and then the delicious food prepared at the Mosque is a real opportunity to link in with people who worship and live in the community."

Abraham Moss Warriors Update

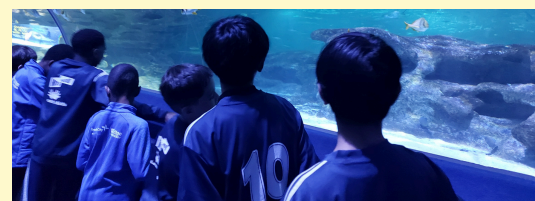
Holiday activity programme

We had another successful program over the Easter holidays with circus skills workshop, birds of prey show, beat-boxing, a visually Impaired football coaching session, a trip to Blue Planet Aquarium, tenpin bowling and the cinema trips.

More fun is coming up:

- May half term football camp
- Four weeks of fun over the summer holidays.

Holiday activities



£1 youth activity sessions at Abraham Moss Leisure Centre

Abraham Moss Warriors, in partnership with Abraham Moss Leisure Centre, continue to run a really successful Youth Club on Friday and Saturday nights at the leisure centre. We currently still have a few spaces.

Fridays, 6pm to 9pm. Children aged 8-13 years old can join us for swimming, football, table tennis, American pool or table football.

Saturdays, 5pm to 8pm. High school aged young people can join us for football, squash, swimming, gym, table tennis and more.

Sessions only £1 each.

Warriors team members get football contracts

We're proud to announce that two of our local boys from Abraham Moss Warriors have been signed. 11 year old Deen has signed for Liverpool Academy and 12 year old Nathan has signed for Stockport county.

We're very proud of them both and wish them the best of luck for the future from all at Abraham Moss Warriors.



Nathan and Deen pictured with head coach June Kelly MBE and vice chair of the club councillor Naeem Ul Hassan

Contact: June Kelly
Tel: 0795 742 9959
Email: abrahammosswarriorsjfc@yahoo.co.uk

Education

Reading volunteers needed in Manchester primary schools

Children's charity Schoolreaders is looking for volunteers who can help spread the joy of reading to children in primary schools.

Every year, 1 in 4 children leave primary school unable to read to the expected standard. Schoolreaders is recruiting volunteers to listen to children read in primary schools once a week in term time and to commit to an academic year.

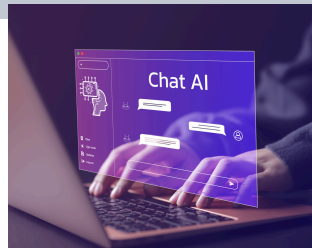
95% of children supported by a Schoolreaders volunteer improve their reading age. Schools also reported that volunteers had a positive impact on pupils with 95% improving their reading confidence and 87% their reading enjoyment.

Jane Whitbread, founder of Schoolreaders, comments "Children who leave primary school unable to read well can't access their secondary schooling fully which will compromise their life opportunities. One in seven adults in England are functionally illiterate and cannot read instructions on a medicine label, sit a driving theory test, or fill out a job application form. Working together, we can change this."

To find out more visit www.schoolreaders.org



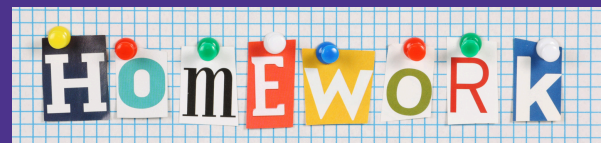
Free Artificial Intelligence Roadshow



What is Artificial Intelligence (AI)? Should you trust AI? Does AI have any impact on your bank loans, healthcare or education? The free two-hour session will discuss the benefits and dangers of AI systems.

Manchester Metropolitan University researchers Annabel, Keeley and Kaleem are here to explore what AI means for you and how it may affect you. They also want to ensure that the voices of all people affected by AI systems are heard during their development and use. They plan to set up a Manchester People's Panel for AI, with free training about AI, what questions we should ask and how, and then invite the panel members to question the use of AI in Manchester City Council services.

- Monday 15th April, 1pm to 3pm at Miles Platting and Newton Heath Library, M40 2JF
- Tuesday 23rd April, 10am to 12pm at No 93, 93 Church Lane, Harpurhey, M9 5BG
- Monday 29th April, 12.30pm to 2.30pm at Welcome Centre, Cheetham Hill, M8 0TW
- Wednesday 1st May, 10am to 12pm at Simpson Memorial Hall, Moston, M40 9NB
- Thursday 9th May, 11am to 1pm at Cheetham Housing Office, Cheetham Hill Road, M8 9NW



Iziko Youth Next Gen are running a FREE homework club for primary and secondary school children. Run by a fully qualified special educational needs (SEN) teacher and primary school teacher.

Wednesday 5:15pm - 7pm

Location: 1 Tamerton Drive, M8 0DH (community building owned by New Testament Church of God)

Email: powernextgeneration@gmail.com

Tel: Keisha 0749 5183 728

Tel: Sharon 0776 1665 807



Environment and green spaces in

Love your river Irk

Groundwork Greater Manchester and the Mersey Rivers Trust have been working around Lower Crumpsall Recreation Ground and Harpurhey Ponds for the past few years. Along with volunteers, they've been working to improve the environment and accessibility for people and nature.

'In the next few months we're going to apply for some funding to improve the space for the community and nature – we need your ideas!

We have been running fun activities for the local community, such as family fun days, nature walks and bat walks. Our events are always free and welcome to anyone, so please connect with us so you can come along. We're open to ideas of events, so if you'd like to do something we haven't, suggested please contact us.

We have spoken with over 300 local residents, but we want to hear your voice of what you want to see in your local area. If you can help with volunteering that would also be very appreciated.

Some people have never been to the site, and we think it's a local gem, so if you aren't sure of where it is, please get in touch. We run regular events and want the community to see the value of this beautiful green space.'

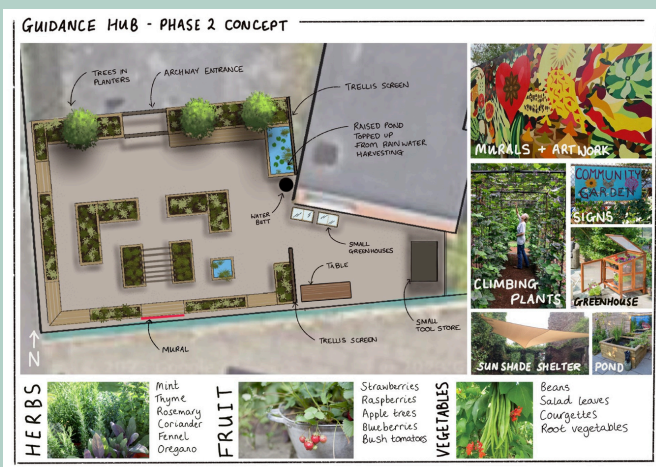


For more information, contact Fran Sullivan via:

07790 801039

francesca.sullivan@groundwork.org.uk

facebook.com/groups/loveyourriverirk

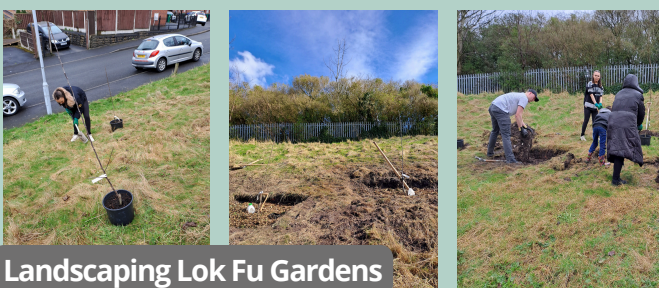


Strong Roots CIC puts down roots in Cheetham

Strong Roots CIC is delivering a nature and wellbeing project in partnership with the National Trust. Funded by the Family Hub at the Woodville Sure Start Centre, volunteers are able to help convert unloved green space into a community garden. You're invited to get involved!

We also put on pop-up gardening sessions in other around Cheetham Hill, such as Lok Fu Gardens. Please contact us for further details or join our Gardening Club on Wednesdays, 10:30am to 12:30pm at The Guidance Hub, 389 Waterloo Road, M8 9AB.

Anver Zeria, Strong Roots: 0772 301 6074
Laura Nash, The National Trust 079 77755 449.



Landscaping Lok Fu Gardens

Cheetham and Crumpsall

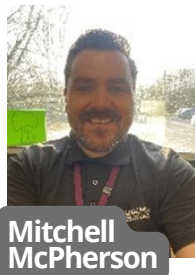
Introducing Manchester City Council's Park Service

Manchester City Council's Parks Service maintain 143 parks and green spaces, 68 of which are within North Manchester.

Nine of our team cover North Manchester and we have dedicated officers who carry out their roles primarily within Cheetham and Crumpsall Wards.

We work to ensure that each site is clean, safe and of the standard that member of the community and public would want to visit. We also ensure that each site is busy with events and activities, and explore investment opportunities for the parks and green spaces.

We're happy to speak to members of the public and take enquiries about your local park. For information about your local parks' friends group or any upcoming events please contact us via park@manchester.gov.uk or **0161 795 2650**.



Mitchell McPherson



Crumpsall Park



Smedley Playing Fields



Cheetham Park



Lower Crumpsall Recreation Ground



Goldstone Gardens



Herristone Park



Greening Up Cheetham

Alongside the greening up of the area surrounding Crumpsall Community Hall, North Manchester Community Partnership (NMCP) have received funding from Manchester City Council to tidy up and develop a neglected space around Woodville Resource Centre on Shirley Road.

Working with support from Sow the City, NMCP aims to transform and repurpose this unused and overgrown area into an attractive greenspace which will benefit all who use the services at Woodville.

Sow the City is a Manchester-based organisation who provide expert advice and support for greening projects. This is an 18-month project and NMCP hope to recruit keen local gardeners and service users to help make the garden a safe, colourful and happy place to be enjoyed throughout the year by all.

This is all part of a bigger idea to link up various green spaces throughout Cheetham and Crumpsall so that the groups involved can share resources, skills and learning opportunities to make North Manchester a more attractive and bio-diverse place.

These images show what the space around the Woodville Centre looks like now. We'll keep you posted of the progress of the project.

For more information, contact Woodville Sure Start Children's Centre and ask for North Manchester Community Partnership Garden Project: **0161 234 3000**

Arts and culture

Crumpsall Folk Club

North Manchester has an amazing tradition of folk clubs, with huge stars such as Christy Moore having frequented St Clare's social club in Blackley and The Old House at Home in Crumpsall. The Cleveland's folk club was resurrected in 2018 by folk fan and musician, Tom Long, who explains that it's about more than the music...

'We had our first events in 2018 and it was success right away, the audience has grown steadily from all over Manchester and beyond.

The events raise money for our local food bank and community organisation Rainbow Surprise. We charge in on the door but it's a pay what you feel structure: fiver in, but you can pay more if you want to donate more, or less if you're a bit skint!

We have an hour of floor spots, which is like an open mic, then we have a headline act. Headliners are fantastic artists, often with national profile. We have featured some amazing people over the years such as Alastair Roberts, Cath and Phil Tyler, and some up-and-coming stars of the UK folk scene such as Katie Spencer and Henry Parker.



Everyone who comes down comments on the friendly atmosphere and quality of the music. The floor spots are often of a really good standard, but if you're a beginner don't let that put you off. We welcome anyone to play, and we want it to be space where new artists and local people can experience performing in front of a friendly audience and hone their craft - it's also free in if you play. It may be a folk club but lots of styles of music can be heard, and everyone and anyone is welcome.'

£5 entry or £2 concessions. FREE for performers.

Starts 7.30pm, every third Thursday of the month.

Upstairs at The Cleveland, 67 Crumpsall Lane, Crumpsall M8 5SR

www.facebook.com/crumpsallfolk



Rainbow Surprise: Our Happy Place

Rainbow Surprise, a charity set up and run by Shakar and Shabnam Hussain, is based at Crumpsall Community Hall on Cleveland Road. Together with a group of loyal volunteers, Rainbow Surprise deliver emergency food parcels to local families, run a warm hub 4 days a week, hold a weekly lunch club on Mondays, and run a Community Fridge and Community Shop where people can buy food staples, toiletries, and clothes at much lower prices than regular shops.

They also organise holiday playschemes, youth sessions, community events, women's exercise, knitting and sewing groups, volunteer training sessions as well as supporting people with completing forms for benefits, medical, school or other needs and support with digital technology.

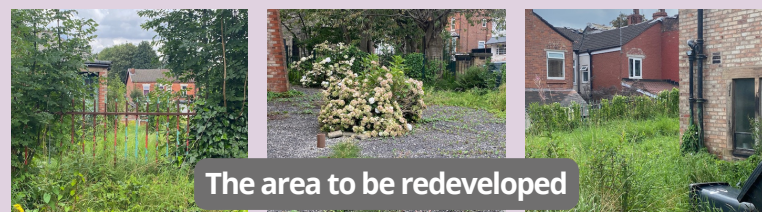
Surrounding the Community Hall there's a neglected area of land which Shakar and



Rainbow Surprise won 2 awards at Be Proud: Helping to Tackle Poverty and the Pride of Manchester 2024 award!

Shabnam wanted to put to good use for the local community. They applied to the Greater Manchester Green Spaces Fund to transform this area into a community garden. With help from Vinci Construction Company the site was cleared of rubbish and dangerous items, Sow the City have provided support and ideas and an initial site design. The name of the project is 'Our Happy Place'. They want to turn this derelict area into a flourishing, colourful and thriving community space with your help. Find out more:

www.facebook.com/rainbowsurprisemcr



The area to be redeveloped



Manchester Jewish Museum's synagogue turns 150 years old!

Manchester Jewish Museum's historic Spanish and Portuguese synagogue turns 150 years old this year. The museum has shared their plans for marking this historic milestone and are inviting everyone to join in.

Jewish architect Edward Solomons built the synagogue on Cheetham Hill Road in 1874. It was the first Sephardi synagogue in Manchester (Sephardi Jews are those whose origins lie in Spain and Portugal).

Over the years the building has changed to reflect the needs of the congregation. By the 1970s, the majority of the local synagogues had moved out of the Cheetham Hill area. The Jewish Heritage Committee suggested creating a Jewish Museum to capture the disappearing history of Jewish migration and settlement in Manchester; and so, for the last 40 years, the museum has served to teach people about Manchester's rich Jewish social history.

In 2019 the museum underwent a £6 million capital development including full renovation and restoration of the now Grade II* listed building. Conservation experts, historic painters and stained glass specialists were all involved in painstakingly researching and restoring the synagogue to its original decorative scheme, returning the synagogue to its former visual glory.

This beautifully restored synagogue now serves as both a major museum exhibit and a stunning performance space that hosts live cultural events, gigs, talks, shows and concerts.

To mark the anniversary, the museum will host a range of events, from live performances to family-friendly activities and workshops, exploring Sephardi culture and history.

The culmination of the anniversary celebrations will take place in May 2024 during a Museum open day, to which the museum invites all of its audiences and communities. Entry will be free for anyone to visit and there will be an opportunity to try the museum's award-winning café's new Sephardi-inspired menu.



Alex Cropper, the museum's curator and Deputy Chief said: "This year is going to be all about celebrating the Sephardi community, because that's the community who worshipped here in the synagogue. We're going to have Sephardi food in the café, our events and programming will be influenced by Sephardi culture."

The museum is also creating a time capsule to be buried or hidden on the synagogue's ground. Gemma Meek, the museum's Programme Manager said: "To mark the 150th anniversary of our synagogue, we've been creating a time capsule for 2024 that shares the incredible stories of our communities and what they love about the museum and the local M8 area. The project was inspired by the historic time capsule from 1873 discovered in our synagogue during the museum's renovations.

"We're inviting people all of ages to share recipes from their cultural heritage, write songs on what they love about the museum and local area, and create textiles inspired by Sephardi stories. There is still plenty of time to get involved, so do keep an eye on our website for future workshop opportunities. We hope that in another 150 years, our time capsule will bring as much excitement and intrigue as the historic capsule we discovered!"



Images of the time capsule



Inside the synagogue

What's on: Cheetham & Crumpsall

College of the Third Age (C3A) annual membership is £10, then £3 per session. Book via collegeofthethirdage@yahoo.co.uk
To find out upcoming activities, visit www.collegeofthethirdage.co.uk

Age-friendly

TUESDAYS

- **C3A Tuesday activities: Tai Chi**, 9:45am to 10:45am, **Beginners French**, 11am to 12:30pm and **Line Dancing**, 1:15pm to 3:15pm. All at Crumpsall Community Hall.
- **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

- **C3A over 50s Health and Interest**, 10:30am to 12:30pm Crumpsall Community Hall.
- **C3A History and Interest**, 1pm to 3pm at Crumpsall Community Hall.
- **C3A – Singing for Fun**, 1:15pm to 2:45pm at St Matthews Church (next to Rainbow Surprise)
- **Pensioners Club, Lunch and Bingo**, 12pm to 4pm at Ukrainian Centre. £4 contribution to meal and bingo. Email bob.sopel@ukraine.co.uk to book.
- **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.
- **Community Hub for people aged 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.

FRIDAYS

- **Together Dementia Support** - North Manchester Friendship and Activity session, 11am-1pm at Crumpsall Methodist Church. £5 per session. Please book by calling 0161 226 7186.
- **C3A Friday activities: Art Group**, 10:15am to 12:15pm, **Creative Writing Group**, 10:15am to 12:15pm, **Craft Group**, 1pm to 3pm and **French Group**, 12:45pm to 2:45pm - all at Crumpsall Community Hall.

TUESDAYS

- **Cricket for children** with Rainbow Surprise at Abraham Moss Leisure Centre. 4-5pm for 6-12 year olds and 5-6pm for 12-16 year olds. FREE.
- **Girls Youth Club**, 6:45pm at Khizra Mosque. FREE.
- **Storytime** for little ones and their grownups, 11-11:30am, term time only at Abraham Moss Library. FREE.

WEDNESDAYS

- **Boys Youth Club Session** (12 years and under), 6:45pm at Khizra Mosque. FREE.
- **Homework Club** (5 years and over), 5pm at 1 Tamerton Drive, M8 0DH. FREE.

THURSDAYS: Boys Youth Club Session (12 years and under), 6:45pm at Khizra Mosque. FREE.

FRIDAYS

- **Boys Youth Club Session** (12 years and over), 6:45pm at Khizra Mosque. FREE.
- **Boys Youth Club** (11 to 16 years) at Guidance Hub at 6:15pm. £2 per session.
- **Junior Dance Group** with Orlyk School of Dancing (4 to 12 years) at The Ukrainian Centre. 6:30pm. 50p
- **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), 5:30pm-7pm at 1 Tamerton Drive, M8 0DH. FREE.
- **Sports Youth Club** (8 to 13 years) at Abraham Moss Leisure Centre. 6pm OR 7:30pm. £1 per session.

SATURDAYS: Boys Football, 10am at Guidance Hub. FREE.

SUNDAYS

- **Girls Youth Club (11 to 16 years)** 1pm at Guidance Hub at 6:15pm. £2 per session.
- **Boys Boxercise (7 to 16 years)**, 10:30am at Guidance Hub. £2 per session.

Young people

Open to all adults

MONDAYS

- **Strength Building Exercise**, 10:45 at Manchester City Council Housing Office, Cheetham Hill. FREE.
- **Warm Hub Lunch** with Rainbow Surprise (hello@rainbowsurprise.com) 12:30pm to 2pm. FREE.
- **Health awareness sessions** at Woodville Family Hub, 12pm-1pm. FREE.
- **Knitting and Crochet Group**, 10am to 12pm at Rainbow Surprise. FREE.
- **Sewing Class**, 12pm-2pm at Rainbow Surprise. £2 a session.
- **Podilya Dance Group**, 7pm at the Ukrainian Centre. FREE.
- **Work Club**, 10am to 1pm, Welcome Centre, FREE. (0161 513 4126).

TUESDAYS

- **Gardening Club** at Guidance Hub, 10:30am. FREE.
- **Crafts**, 12:30pm to 2:30pm at the Welcome Centre. FREE.
- **Art Class** – drawing and painting, 10am to 12pm at the Welcome Centre. FREE.
- **English Classes**, with Talk English and Guidance Hub. 9:30am and 12pm. FREE.
- **Orlyk Dance Group**, with Orlyk School of Dancing at The Ukrainian Centre. 8pm. FREE. Please book.
- **Warm Hub, Breakfast and Lunch** at Rainbow Surprise (hello@rainbowsurprise.com) 11am to 3pm. FREE.

WEDNESDAYS

- **Arts and Crafts Group** by Creative Community at St Matthews Church (next to Rainbow Surprise). 10am. £3 includes refreshments, but first session is free.
- **Calligraphy**, 11am to 1pm at the Welcome Centre. FREE.
- **Sewing Class**, 10am to 2pm at the Welcome Centre. 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** - practice your English by speaking and listening with others. Suitable for beginner ESOL students. 12:30pm to 2:30pm at Abraham Moss Library.

THURSDAYS

- **Digital Support Session**, 10am to 12pm at the Welcome Centre. FREE.
- **Digital Skills**, 12:30pm to 2:30pm at the Welcome Centre. FREE.
- **Community Walk for All**, 1:15pm at Khizra Mosque. FREE.
- **Warm Hub, Breakfast and Lunch** at Rainbow Surprise (hello@rainbowsurprise.com) 11am to 3pm. FREE.
- **Health and Wellbeing Session** at Rainbow Surprise (hello@rainbowsurprise.com) 11am to 1pm. FREE.

FRIDAYS

- **Community get together and gym session**, 1:30pm at Khizra Mosque. FREE.
- **Digital Session** at Rainbow Surprise, 10am to 2pm. FREE.
- **Warm Hub, Breakfast and Lunch** at Rainbow Surprise (hello@rainbowsurprise.com) 11am-3pm. FREE.

SATURDAYS

- **Football**, 10am at the Guidance Hub. £2 per session.
- **Community Gardening and Befriending Session**, 1:30pm at Khizra Mosque. FREE.

SUNDAYS

- **Orlyk Dance Group**, with Orlyk School of Dancing at The Ukrainian Centre. 5pm to 7pm. FREE. Please book.
- **Cycling and Walking Group**, 10am to 12:30pm at Khizra Mosque. FREE. Please book.



Cheetham Hill museum celebrates 200 years of buses in Britain

In 1824, Salford toll keeper John Greenwood started a horse bus service between Pendleton and Manchester, five years before anything similar happened in London. It was the start of a story that continued all the way to today's Bee Network, and throughout 2024 we'll tell the story of the region's buses from yesterday to today and even tomorrow.

The Museum of Transport, Greater Manchester tells the story of, and promotes, public road transport in Greater Manchester from its very beginnings in 1824 to the present day.

The collection spans over 100 years, from an 1890s horse bus to a full size prototype Metrolink tram.

Opened in 1979, the Museum is a partnership between Transport for Greater Manchester and Greater Manchester Transport Society.

One of this paper's editors, Katharine Irwin, is also a big fan of the museum, "In my opinion, The Museum of Transport Greater Manchester is one of the best value-for-money experiences you can do in Manchester and we're so lucky it's in our neighbourhood!

"All children aged under 16 can visit for free and adults can visit for just £6 per person. The café is an absolute bargain too - we managed to get drinks and cakes for a family of six for under £8."

Visitor Niel Wood said, "It's crazy when you visit a museum and it's full of stuff you remember using. In a nice way though."

On Saturday 20th April, as part of the Museum of Transport Greater Manchester's celebration of 200 years of buses in Britain, the museum ran vintage bus rides retracing part of the very first bus route. Starting from Pendleton, calling at Salford Museum and Art Gallery and continuing on to the transport museum on Boyle Street, just behind the Queen's Road bus depot.

Chris Sullivan, a bus enthusiast and collector travelled up from the Isle of Wight for the occasion and said of the event, "It's got a wide range of exhibits from the Manchester conurbation, staff were helpful and in particular, the ticket machine exhibition was excellent."

There are lots of activities planned over the coming year that can be found on their website.



Opening hours: Wednesdays, weekends and bank holidays.

Address: Museum of Transport, Boyle Street, Cheetham, M8 8UW

Tel: 0161 205 2122

Website: motgm.uk

