

## TAKING ACTION ON CHILDHOOD ASTHMA

**Cheetham and Crumpsall is one of Manchester's largest and most youthful neighbourhoods. It also has one of the highest levels of children with asthma.**

Asthma is the most common long-term medical condition in children in the UK - 1 in 11 children lives with childhood asthma. The UK has the highest numbers of children diagnosed, emergency admissions and death rates for childhood asthma in Europe.

People with asthma have swollen (inflamed) and sensitive airways that become narrow and can become clogged with sticky mucus. Symptoms include a shortness of breath, wheezing, tight chest and a cough. There is no cure, so we need to look at ways of supporting children to manage their asthma. We also want to look at some of the things that affect asthma like air quality, housing conditions and household income.

We want to make sure that children with asthma are using the right inhalers to manage their symptoms:

- The preventer inhaler needs to be used regularly to keep children's asthma controlled
- The reliever inhaler should only be used in an asthma attack to give immediate relief or if the asthma condition is getting worse.

All children with an asthma diagnosis can get asthma advice and support and a personal asthma plan from their practice nurse.



Image of an asthmatic child using a nebuliser

This coming year we are making childhood asthma a key priority in our area. We'll be working with local medical centres, neighbourhood climate change officers, housing, parents and children in the area.

We are looking at how we can develop a plan to:

- Reduce the impact that asthma has on the lives of children in our community
- Address the over reliance on the reliever medication
- Reduce the number of asthma attacks that mean that children end up in A&E
- Work with schools and build on the Asthma Friendly Schools programme
- Develop the Manchester Clean Air Programme and smoke free spaces.

If you are interested in being a part of a steering group, get in touch via [lizzie.hughes@mft.nhs.uk](mailto:lizzie.hughes@mft.nhs.uk)

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

This issue has lots of information about what's on this summer, especially for families. We introduce you to some new organisations and support programmes that have been launched. We celebrate good news and heart-warming stories from across the neighbourhood and there are so many ways you can get involved!

# Welcome

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

## Welcome to the seventeenth 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.

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.

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

## MEET THE EDITORIAL BOARD



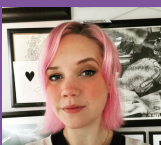
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**Sharon Thomas**  
New Testament Church of God  
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## Meet one of our newspaper delivery volunteers Kay Kelly from Crumpsall



Kay Kelly is a wonderfully kind volunteer from Crumpsall. Setting out on foot, with armfuls of newspapers, Kay hand delivers the Cheetham and Crumpsall paper to those in need, focussing on those who she knows don't get out as much as they used to.

If anyone else would be willing to become a delivery volunteer or if you'd like a bundle of papers for your neighbours, business or community venue, please get in touch via:

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





# Cheetham and Crumpsall news



**WELCOME CENTRE OPEN DAY**  
18-32 BRENTFIELD AVE CHEETHAM HILL M8 0TW  
WEDNESDAY 31ST JULY 11AM - 3PM

**FREE FAMILY FRIENDLY EVENT**

LOTS OF ACTIVITIES FOR ALL THE FAMILY  
CELEBRATE STORIES & ACHIEVEMENTS OF LOCAL PEOPLE

FREE FOOD | ICE CREAM BAR | BOUNCY CASTLE | FACE PAINTING  
AND MUCH MORE.....

COMMUNITY FUND

Wai Yin Society  
Serving the community since 1995



**MEN'S M8 SOCIAL DAY**  
SATURDAY 10TH AUGUST  
FREE FOR ADULTS (18+ YEARS OLD)

**FOOTBALL AT GOALS**  
CHEETHAM HILL, M8 0AE  
11AM - 1PM

**INDOOR CRICKET**  
ABRAHAM MOSS LEISURE CENTRE, CRUMPSALL, M8 5UF  
2PM - 4PM

**VIDEO GAMES, TABLE TENNIS & TACOS**  
WELCOME CENTRE, CHEETHAM HILL, M8 0TW  
2PM - 6PM

MANCHESTER CITY COUNCIL

YOU WIN!

Wai Yin Society  
Serving the community since 1995

## New Oxfam Superstore at the Fort

Oxfam is a global charity fighting for the injustices and inequalities that keep people in poverty. One of the ways Oxfam generates income is through their charity shops. Oxfam are launching a new Superstore at Manchester Fort Shopping Park in Cheetham Hill.

The grand opening is on Friday July 19th. The new Manchester Superstore promises to be a hub of community engagement. It will be a treasure trove of all things pre-loved, alongside Oxfam's carefully selected environmental and ethical goods from around the world.

On the second floor, there is a large books and music offer and a plant-based café, located next to a Water Tank, with menus also inspired by their humanitarian programmes around the world.

Here are some other ways you can get involved and support the superstore opening:

- **Donation Days** - Help fill the superstore shelves and help raise money for a fairer, more equal world. They are accepting donations of books, clothing, music, homewares, electricals and art.
- **Volunteer Opportunities** - Join Oxfam's volunteer team and help make a difference. Whether you're sorting donations, serving customers, or creating stylish window displays, there's a role for you. Apply online at [volunteering.oxfam.org.uk/opportunities/results#team=25968](https://volunteering.oxfam.org.uk/opportunities/results#team=25968)

# Your Local Health Update

**Are you struggling with your pregnancy?  
Do you feel isolated? Would you like extra support?**



If you need a volunteer Api, email  
[Umeed@manchester.gov.uk](mailto:Umeed@manchester.gov.uk) or contact:  
Sarah Iqbal 07970 894 498 or Asma Khan 07779 981 218

**Volunteer Apis are fully trained to support you throughout your pregnancy and up to 28 days after birth. They can also:**

- ✓ Help you guide NHS maternity services
- ✓ Support you to stay fit and healthy
- ✓ Help you to achieve a healthy pregnancy
- ✓ Offer emotional support
- ✓ Help you plan for birth.

**And much more.....**



UMEED PROJECT  
Manchester

## Catch-Up Immunisation Clinics for children in high school in Manchester

The school immunisations team are running summer catch-up clinics for high school students who have missed one or more of their vaccinations. We will be offering:

- The **HPV vaccine**, which helps protect against cancers caused by the human papillomavirus (HPV) virus
- The **MenACWY vaccine**, which helps protect against meningococcal groups A, C, W and Y, which can cause meningitis and septicaemia
- the **3 in 1 teenage booster** (Td/IPV), which protects against tetanus, diphtheria and polio
- The measles, mumps and rubella (**MMR**) vaccine is also offered as a catch-up programme to young people if they have missed any doses when they were younger.



**Moston Sure Start Centre, Adrian Street, M40 5EA**  
23rd July, 6th August and 20th August, 10am to 2pm

**Manchester Communication Academy, Silchester Drive, Harpurhey, M40 8NT**  
30th July, 10am to 2pm

**Etihad Stadium, Gate 11, Ashton New Road, M11 3FF**  
1st, 7th, 14th, 21st and 28th August, 10am to 2pm

**Please  
book!**

Telephone: **0797 3698 166**  
Email: [mft.immunisation@nhs.net](mailto:mft.immunisation@nhs.net)



# Your Local Health Update

## Empower M8

**In April 2023, a health initiative was created in the M8 area to help and support its residents. A collaboration of organisations in the area got together and Empower M8 was born.**

Empower M8 started off in order to help people suffering or at risk of from Diabetes, but it grew organically, and became much more than that. It became a place that people were looking forward to going to, friendships were created, stories were shared, confidences were built.

The group came to The Welcome Centre every Thursday at 10am for a chair-based exercise class delivered by Louise, a local fitness instructor. Her enthusiasm was contagious, people enjoyed the class, and they could feel and see that their health was improving from week to week.

After the class people would get together talk to one another, this way, they found out what else in going on in the area. Some of the ladies joined other classes within the Welcome Centre and other activities in the area. Another gentleman felt more confident with his health and joined Abraham Moss Leisure Centre and the local Royal Exchange Theatre Ambassadors - he is now being creative in ways he never thought possible.



The group is still going strong, people can step in and out as they wish because as we all know life has its ups and downs. All of the people that started the group keep coming back and new people have joined.

After two successful funding bids, Empower M8 can keep going and evolving. Following group input, more activities will take place like arts and crafts, cooking sessions, gardening and day trips to places of interest around the area.

The success of this project is down to the people that have used it, they have made it their own. The organisations involved are: Cheetham and Crumpsall Integrated Team, Winning Hearts and Minds, Family Hub, Wai Yin, North Manchester Community Partnership, MCRACTIVE, Barnados and Breakthrough UK. For more information, contact Poppy via: [p.soldatos@mcractive.com](mailto:p.soldatos@mcractive.com)

## Pregnancy and Infant Loss Support

**We aim to help those experiencing any sort of pregnancy or infant loss by hosting coffee mornings with activities, supporting each other through a difficult time.**

Having a baby should be an exciting and wonderful chapter in our lives with dreams, expectations and plans for the future. For many families that is the case but sadly in the UK 12,000 families a year will experience the tragic loss of babies either due to stillbirth, miscarriage or neonatal death. This leaves many families and couples feeling vulnerable, angry, frustrated, alone, confused and devastated.

Please feel free to join us to help support each other through the healing process of a loss and infertility.

We meet every second Monday of the month from 12pm to 2pm at Crumpsall Community Hall, Cleveland Road, M8 4GS.

- Monday 9th September 2024
- Monday 14th October 2024
- Monday 11th November 2024
- Monday 9th December 2024
- Monday 13th January 2025
- Monday 10th February 2025

For more information, please contact your GP Practice.



# Manchester Happy Homes

**In Greater Manchester, the Manchester Happy Homes initiative is making a significant impact on families from minority communities.**

This project provides support during the perinatal period - the perinatal period is from the 28th week of pregnancy to the first week after birth,

The support is very broad - social, physical and mental wellness, as well as helping families access the services they need to adjust to this new phase of life.

The experienced staff members are from minority ethnic communities. They understand their clients' cultural backgrounds and speak their languages. This culturally sensitive approach fosters better communication and trust. The project has supported over 150 families and collaborates with hospitals, midwives, early help, family hubs, schools, and other organisations across Greater Manchester. This extensive network ensures comprehensive support for the families involved.

For expectant mothers and those with new-borns, Manchester Happy Homes offers peer support groups in Urdu, Kurdish, Arabic, and Punjabi. These groups provide a welcoming space for mothers to connect, share experiences, and support each other.

Images from a Happy Homes event



Manchester Happy Homes highlights the importance of culturally tailored support services, empowering families from minority communities and helping them navigate the challenges of the perinatal period. By fostering healthier, happier homes, the project plays a crucial role in the community.

Happy Homes is run by Ethnic Health Forum, a community organisation working in health and social care. They work at the grassroots level to overcome health inequalities that exist within ethnic minority communities.

**For more information or to access the support, call 0791 883 0170.**



Help and advice  
for a great  
summer 2024  
[manchester.gov.uk/  
helpinghands](https://manchester.gov.uk/helpinghands)

**MAKING  
MANCHESTER  
FAIRER**

 **MANCHESTER  
CITY COUNCIL**



**Run out  
of data?**

Use the free Wi-Fi in  
your local library.

To find out more,  
text 07860 064128  
or visit

[manchesterdigital  
strategy.com/lets-  
get-digital](https://manchesterdigitalstrategy.com/lets-get-digital)

6

**Have you used  
the benefits  
checker?**

Make sure you're  
getting everything  
you're entitled to.

Find out more:  
[gov.uk/  
check-benefits-  
financial-support](https://gov.uk/check-benefits-financial-support)





# Khizra Masjid News

At Khizra Mosque, we work hard to keep all our congregations healthy and happy. We have so much going on here, including walking groups, indoor cycling, and special educational needs sessions. Here are just a few to highlight the work we do.



## Walking for all

We have walking groups for both men and women. Our weekly walking group recently ventured out to one of our local parks to enjoy the beautiful weather, clock up some steps, and inspire more women to incorporate walking into their daily routines.

Walking benefits our health and the environment. If you're interested in joining the group or getting more involved, please don't hesitate to enquire.

## Gardening Club

We've been busy turning the soil, trimming the lawn, and tidying the edges around the flower beds. With the favourable weather, we've been making the most of it and even enjoyed some refreshing mint tea made from the mint grown in our garden.

Come along and join us on Saturdays from 2:15pm onwards.



## Cooking sessions

We've been working with both men and women to teach people to cook healthier options at home. The sessions were very well attended and enjoyed by those who took part in the sessions, who all reported that the sessions had also benefitted their wider families, making them more aware of healthier habits and positive lifestyle changes.



## Bowel Screening

We've been supporting the NHS in raising awareness of bowel cancer screening in our community. Bowel cancer is often much easier to cure if caught in the early stages so the screening process is an important part of early identification.

We have some fantastic volunteers who have helped us raise awareness. Our team has an open-door policy, so if you or a family member are worried about bowel cancer screening, please come and speak to us.



## Holiday, activities and food (HAF) summer programme

Abraham Moss Warriors are running 25 days of summer activities for Cheetham and Crumpsall young people aged 9 to 14 years. This is only open to those on **FREE school meals**.

Activities include:

- Four days of water sports sailing, windsurfing, paddle-boarding, kayaking and more
- Trips to Blackpool Zoo, Manley Mere Adventure Trail, Formby Beach, The Peak District National Park and cinema
- Sports such as football, bowling, Kick Air, ChillFactore skateboarding and so much more.

For more information and to book a place, contact June Kelly.



Afzal Khan, Lucy Powell, prize winner and June Kelly



## Awards and celebrations

On 3rd June, we took part in a Great Get Together meal. The Great Get Together is the UK's annual celebration of everything that unites our communities, inspired by Jo Cox's belief that we have more in common than that which divides us.

There was a lovely meal, followed by our annual football prizegiving. Awards were presented to the young people for all their hard work over the pass 12 months.

We were honoured that members of Parliament, Lucy Powell and Afzal Khan attended the event, as well as Cheetham and Crumpsall councillors.

One of the highlights of the day was how many women decided to try football for the first time. It was so successful that we will be setting up some NEW adult female sessions in September.



## New Sunday football sessions

We are pleased to announce we will be opening some new football sessions on Sundays, starting from September. To attend the sessions you need to live in Cheetham, Crumpsall, Cheetwood or Blackley. No experience needed for beginners sessions. For advanced sessions, players must have some experience of playing football and not be currently playing for any other team.

New sessions include:

- Mixed advanced sessions - ages 11 to 12 (school years 7 and 8) - 5pm to 6pm
- Mixed beginners sessions - ages 8 to 10 (school years 4, 5 and 6) - 6pm to 7pm
- Girls only beginners sessions - ages 7 to 11 (school years 2 to 6) - 6pm to 7pm
- Girls only beginners lessons - aged 11 to 16 (high school) - 7pm to 8pm
- Women's only beginners sessions for adults aged 16+, from 7pm to 8pm.



# Free finance education for teachers

Just Finance Foundation is a national charity working with schools and families to teach financial resilience. Through our LifeSavers initiative, we provide a free whole school financial education programme for primary, SEND and alternative provision schools. We provide free training and resources that equip teachers to deliver money lessons, and keep children engaged in healthy money habits.

## What's available?

- **5 Big Questions about money** – whole school resources, lesson activities and assembly plans to promote meaningful conversations about money.
- **Milo's money** – an illustrated storybook complete with Milo the Dino toy. Supplementary resources available for EYFS and KS1.
- **Continuing Professional Development (CPD)** – delivered at a time that is convenient for your school.



For more information, contact [hayley.coyne@jff.org.uk](mailto:hayley.coyne@jff.org.uk) or visit [justfinancefoundation.org.uk](http://justfinancefoundation.org.uk)

## Rainbow Surprise: We are open!



As some of you may have seen on social media and local news, **Rainbow Surprise**, the charity that works tirelessly on behalf of the community of Crumpsall, was sadly broken into a few weeks ago. Thieves stole cash, computers, and goods that are always on sale at greatly reduced prices in the community shop and at the same time caused a lot of damage to the premises.

Shakar and Shabnam Hussain, who are Rainbow Surprise, made the heart-breaking discovery on 16th June. However, volunteers and local people immediately rallied round and came to help to clean up and offer their support.

Needless to say, Rainbow Surprise did not let this get them down. They immediately started to pick up the pieces, held cake sales and organised a local giving fundraising page on Facebook to replace stolen equipment. Undeterred, all their vital services were running as usual as soon as their premises on Cleveland Road had been cleared up. So, the Community Shop, Foodbank and Community Fridge are open as normal.

In addition to this, Rainbow Surprise have set up a Community Cleaning Service to help people into employability, a Tailoring Service at affordable prices, a beauty salon offering facials, threading, waxing, manicures and pedicures and the newly refurbished kitchen is providing fantastic meals for the weekly lunches and for events in the Community Hall. During the holidays, a play-scheme is being run at Crumpsall Lane Primary School, and there are still places available. 12 spaces are being held for those parents who work and whose children are not eligible for free school meals, so please contact Rainbow Surprise as soon as possible. Well done Rainbow Surprise!



# Environment and green spaces in

## Smedley Park

Thank you to all the volunteers who recently helped clean up and weed Smedley Park, and plant 500 new bedding plants. You have done an amazing job, it looks fantastic! We're sure local residents will be happy to see all the new flowers in bloom over the summer.

If you would like to get involved in helping out in the park, please just get in touch. All help is greatly appreciated. Contact June Kelly on **0795 742 9959** or **abrahammosswarriorsjfc@yahoo.co.uk**



## Fun making bug hotels

During Spring half term, the New Testament Church of God, Waterloo Road held a 'Fun with Nature' event in partnership with the Natural Trust and Afrocats.

The activities they enjoyed on the day were mud and leaf painting, making a bug hotel, building a bird box, planting seeds and the opportunity to participate in an insect safari. The children had a great time exploring and finding out about nature whilst having fun.

If you would like to join our young club, they meet every Friday, at 4.30pm on Tamerton Drive, Cheetham. For more info, contact Sharon on 07761 66587 or 0161 202 1851.

## Sprucing up St Luke's

In June, a clean-up of the grounds of St Luke's Church in Cheetham Hill was run by Cheetham Tenants and Residents Alliance (CTRA) CIC, Friends of St Luke's, Cheetham Hill, Manchester City Council, Heritage Trust for the North West, Unity Trust Bank and local volunteers.

CTRA chairman, Anthony Richmond, said: "St Luke's has been unloved for many years, and we wanted to do something about it, get people together and to try in the future to have it opened up as a garden for the community to enjoy. As part of the clean up, we're clearing rubbish, cutting back overgrown plants and weeding to clear paths and make the area safer."

CTRA was formed in 2023 with a mission to improve the quality of life for all tenants and residents of Cheetham and its surrounding areas. For more information, contact: **anthony@ctra.org.uk**





# Cheetham and Crumpsall

## Summer events in your local green spaces

### One-off special events



Crumpsall Park Celebration of Babies with Woodville Nursery Hub, 13th July, 10am to 1pm.



Crumpsall Park Creative Writing in the Visitors Centre, 20th July and 24th August, 2pm to 5pm.



Crumpsall Park Seasonal Walk and Talk, 29th July, 6pm to 7pm, meet outside the Visitors Centre.



Cheetham Meadow Odir Hreidur Living History Viking Village, 24th August, 10am to 5pm £3



Bellot Street Park, Manchester City Council Housing Fun Day, 28th August, 12 noon to 3pm.



### Regular events



Crumpsall Youth Club in the Parks Visitors Centre, every Tuesday term time 5.30m to 7.30pm.



Crumpsall Park Litter Pick, the first Sunday of the month, 10am start, meet outside the Visitors Centre.

## Hundreds of plants donated to local causes

The Welcome Centre, Irish World Heritage Centre and Rainbow Surprise received about 500 plants as part of a plant sharing project with the Royal Horticultural Society (RHS) and HMP Manchester.

Approximately 2500 plants, grown by inmates at Strangeways, have been delivered to community projects across Manchester and Salford, which is amazing! Even more plants will be delivered at the end of July.

In addition, a Basic Growing Training Session was held in the North Manchester Community Growing Project's space behind the Irish Centre on May 22nd. A group of keen gardeners spent a very enjoyable (and rainy!) morning learning how to recognise seeds and how to best cultivate them. The session was led by Sow the City. Our gardeners left with all sorts of pots of seeds, ready to nurture and harvest - basil, coriander, beetroot, beans and peas and more, and with so much more knowledge. Thank you, Sow the City!

Many of our local gardening projects have also benefited from Recycle for Greater Manchester's offer of one-tonne bags of free organic, peat free compost made from the city's food and garden waste. One-tonne bags of compost were delivered free in April to several garden spaces.



Planting with Sow The City





# Arts and culture



Entry with car park  
Abraham Moss  
Metrolink  
M8 5UF

Entry on foot only  
Crumpsall and Cheetham  
Model Allotments  
Hoddesdon St M8 0GR

- No car access to allotments
- Please be respectful and don't pick produce on allotments
- Dogs on leads at all times
- Under 18's to be accompanied by adults



## Cheetham and Crumpsall Spring Fling

This year's Spring Fling was held in St. Thomas' with St Mark's Church in Crumpsall where we welcomed over 150 people, including local councillors and PCSOs, to enjoy a wide range of activities and performances.

Martin Gittins, our local Cheetham and Crumpsall historian, was on hand to answer questions about the fascinating story of Cheetham and Crumpsall's past. Martin has written several local history books about Cheetham and Crumpsall and is currently researching our Ancient Roman heritage.

The marvellous varied entertainment and activities included:

- Irish dancers from the Irish Centre
- Poems from Sarfraz Malik, Cheetham Hill poet
- Chinese Calligraphy with the Wai Yin Welcome Centre
- Tassel making by the Jewish Museum
- New Testament Church of God colouring exercise
- Lego with Cheetham Hill Advice Centre
- Henna painting
- A lovely performance by children from the Mad Theatre Company
- A reading of 'Nowhere Better', a poem by Jocelyn Shaffer about Cheetham and Crumpsall.

As always, delicious food was provided by Khizra Mosque. The afternoon was rounded off on a high by a fabulous fashion show from the Cheetham ambassadors for the Royal Exchange modelling very colourful and stylish outfits designed by themselves.

The Spring Fling is an annual one-day event as part of the Cheetham and Crumpsall Festival. A date to put in your diaries is the annual autumn festival which this year is from September 26th to September 29th, and it's a very special date as it is our 20th anniversary!!





# Nowhere Better

## A poem by Jocelyn Shaffer

I've lived in Manchester all my life  
Crumpsall & Cheetham to be precise!  
With 153 languages Cheetham has many races  
So, you could say it's one of the world's most diverse places!

And Humphrey Chetham who gave his name  
To the renowned School of Music is Crumpsall's claim to fame.  
The suffragette leader was also born here  
Emmeline Pankhurst, just to be clear!

And the biggest establishment that I can chronicle  
Is North Manchester General, once known as Crumpsall Hospital.  
Then built in the '70s was the Abraham Moss Centre,  
A place for the community, for education and leisure

And here in the North West we love to innovate  
Our inventions are legendary, there's nothing we can't make!  
We built the first railway and the first computer  
Helping to create a much brighter future.

We've got the tastiest food, hot pots and meat pies  
And a bap and a barm to go on the side  
And there's the Manc accent, decidedly broad  
Heard often in Corrie and not easily taught

We make the best tea. We all know that's true  
So, if you're passing, drop in for a brew.  
We've got good housing, health and education.  
We've libraries too, if you have the inclination.

Our great grandparents were here, in days of old  
When the streets were cobbled, but not paved with gold!  
But they left us their spirit, not just to survive  
But to build a great city in which we all thrive.

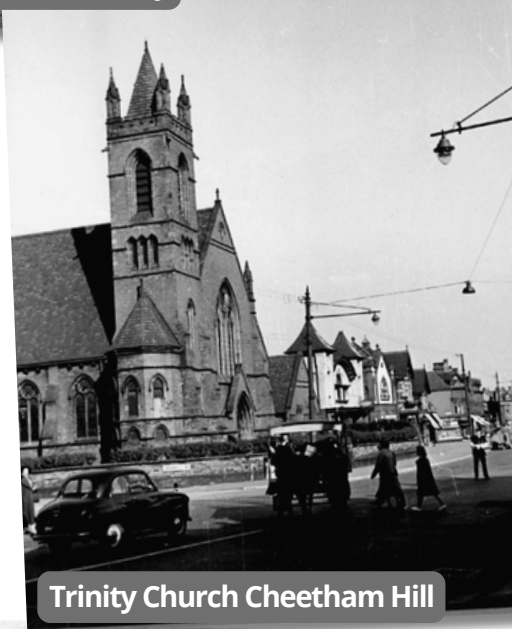
It's cleaner and greener and with community spirit  
Whatever transpires, nothing can dim it.  
A sense of pride caused their spirits to soar  
When the hardworking volunteers won the Queen's Award.

Over the last year there have been many plans  
Crumpsall's gone from steam trains to electric, then trams.  
In fact, a new line's been opened, so I'm thrilled with the venture  
As it runs from Crumpsall straight to the Trafford Centre.

But if you live in Manchester, it has to be said  
The most important thing to decide, is whether you're a Blue or a Red!



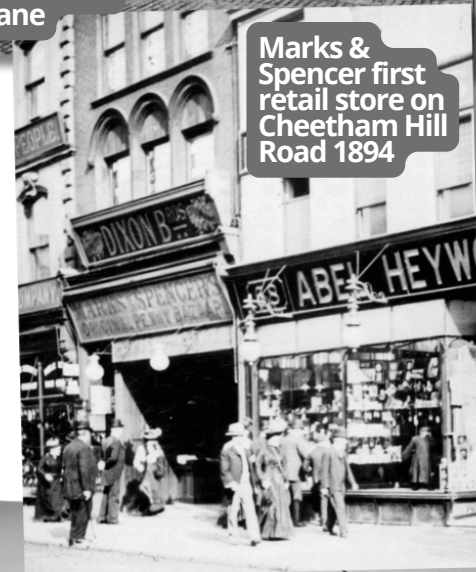
Crumpsall Public Library



Trinity Church Cheetham Hill



Waterloo Road and  
Halliwell Lane



Marks &  
Spencer first  
retail store on  
Cheetham Hill  
Road 1894



Cheetham Hill Road 1963

# 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](mailto:collegeofthethirdage@yahoo.co.uk)  
To find out upcoming activities, visit [www.collegeofthethirdage.co.uk](http://www.collegeofthethirdage.co.uk)

## Age-friendly

### TUESDAYS

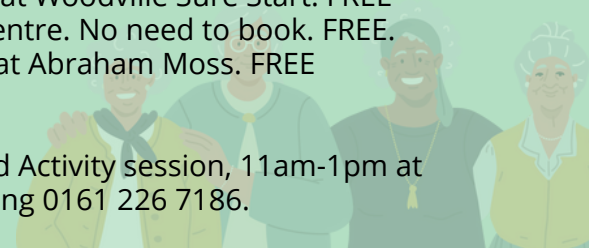
- **Age-friendly swim and social**, 10am to 11am at Abraham Moss Leisure Centre. FREE for over 60s.
- **Age Friendly Coffee Morning**, 11am to 1pm at Abraham Moss Library. No need to book. FREE.

### WEDNESDAYS

- **Pensioners Club, Lunch and Bingo**, 12pm to 4pm at Ukrainian Centre. £4 contribution to meal and bingo. Email [bob.sopel@ukraine.co.uk](mailto: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](mailto: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

### 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.



### MONDAYS

- **Homework Club** with Hope Well. For girls and boys aged 7-9 years, 3pm-4pm at Abraham Moss Primary School. Book by calling 0161 720 9974.
- **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.

## Young people

### 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.
- **Homework Club** with Hope Well for up to 10 year olds. 3pm-5:30pm at Abraham Moss Primary School. Book by calling 0161 720 9974.
- **Girls Youth Club**, 6:45pm at Khizra Mosque. 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. £2 per session.
- **Boys Boxercise (7 to 16 years)**, 11am at Guidance Hub. £2 per session.
- **Girls Kickboxing Session** at Guidance Hub. 12:15pm. £2 per session.
- **Kids Homework Club** at Guidance Hub at 11am. FREE.





# Open to all adults

## MONDAYS

- **Strength Building Exercise**, 10:45 at Council Housing Office, Cheetham Hill. FREE. (Run by Hope Well)
- **Knitting/Crochet with English Language practice** at Woodville Sure Start – Every other Monday from 12pm to 1pm. FREE. (Run by Hope Well)
- **Knitting and Crochet Group**, 10am to 12pm at Rainbow Surprise. FREE.
- **Podilya Dance Group**, 7pm at the Ukrainian Centre. FREE.
- **Work Club**, 10am to 1pm, Welcome Centre, FREE. (0161 513 4126).

## TUESDAYS

- **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.

## WEDNESDAYS

- **Gardening Club** at Guidance Hub, 10:30am. FREE.
- **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.
- **Dance for Health/Zumba/Afrobeat session**, 11am to 1pm at Abraham Moss (run by Hope Well). FREE.

## FRIDAYS

- **Community get together and gym session**, 1:30pm at Khizra Mosque. FREE.
- **Digital Session** at Rainbow Surprise, 10am to 2pm. FREE.

## SATURDAYS

- **Community Gardening and Befriending Session**, 1:30pm at Khizra Mosque. FREE.

## SUNDAYS

- **Orlyk Dance Group**, 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.



## MONDAYS

- **Brazilian Jiu Jitsu** at Guidance Hub, 6:30pm. £2 per session.
- **Chai & Chat** with Hope Well at Council Housing Office, Cheetham Hill, 1pm-2:30pm. FREE.
- **Me Time Session** by Hope Well and Women's Zone at Woodville Sure Start. 1:30pm-3pm. FREE.

**TUESDAYS: Guidance Hub Walking Group**, meet at 10am at Smedley Park. FREE.

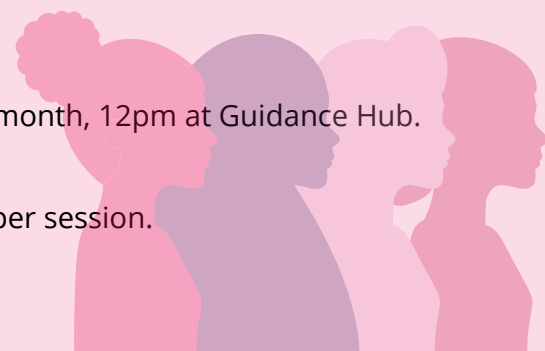
## WEDNESDAYS

- **Ladies Yoga** by Hope Well. 11am at Guidance Hub. £1 per session.
- **Ladies Gentle Exercise**, 1:30pm at Guidance Hub. £1 per session.

**THURSDAYS: Ladies Chit, Chat & Chai Group**, first Thursday of every month, 12pm at Guidance Hub. FREE.

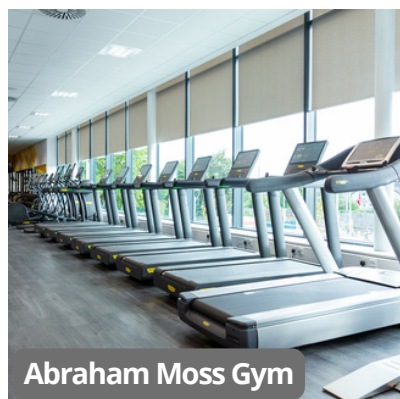
**SUNDAYS: Ladies Kickboxing Session**, 12:15pm at Guidance Hub. £2 per session.

# Women-only



# Abraham Moss Library and Leisure Centre summer holiday activities

Abraham Moss Library and Leisure Centre are running lots of activities this Summer holiday to keep the young people of Cheetham and Crumpsall entertained. They also offer a number of other activities all year round including table tennis, pool table, squash, badminton, basketball, swimming and more! For more information visit [www.better.org.uk/abraham-moss](http://www.better.org.uk/abraham-moss)



## Junior Gym Membership

Membership includes access to junior gym sessions which will run:

- Monday to Friday from 12pm to 6:30pm
- Weekends from 12pm to 5pm

Membership includes access to our swim for all sessions, running each day between 9:00am and 18:00pm.

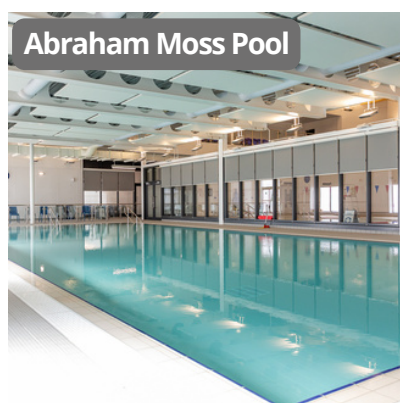
We also provide girls only junior gym sessions in our dedicated female only programmable gym.



## Aqua Splash Inflatable

Come and enjoy our brand new inflatable assault course! Sessions will run Monday to Friday from 1:15pm to 2:15pm and from 2:30pm to 3:30pm.

Sessions are bookable on the app, online or with our reception team. Suitable for those aged 8 and over, the assault course will test your nerve as you and your friends race to the finish.



## Swimming Sessions

### Swim for Women and Children

A new session to the centre, this allows families to attend swim sessions in an environment suitable for them, with female only adults and their children. Boys are able to attend this session up to the age of eight.

### Under 16s Free Swim

Did you know, Manchester residents aged 16 and under swim for free during swim for all sessions throughout the summer holidays? To register visit [www.better.org.uk/abraham-moss](http://www.better.org.uk/abraham-moss) click join and select the Junior MCreative resident card. If you cannot do this, our friendly team can help.

## Learn 2 Squash Programme

Our new learn 2 squash programme starts on Monday 15th July and helps you learn the fundamentals of squash in a fun, game-led environment, supported by our fully qualified coaches. Sessions are on Mondays and Saturdays and are suitable for those aged 5-15. To book a FREE taster session, please contact [Abrahammoss@gll.org](mailto:Abrahammoss@gll.org)



## Learn 2 Basketball Programme

Our learn 2 basketball programme runs on Mondays and helps you learn the fundamentals of dribbling, shooting and defending through game led activities. Courses are available for those aged 4-15. To book a FREE taster session, contact [Abrahammoss@gll.org](mailto:Abrahammoss@gll.org)

