

# Community Magazine

Miles Platting, Newton Heath and Collyhurst

News and useful information on health, wellbeing and what's on for people in our neighbourhood.

Issue 2  
Autumn 2024

FREE

## A new Comedy Club is coming to Newton Heath!

Hello Newton Heath! Get ready to laugh like never before because a brand-new comedy club is coming your way! Introducing The Comedy Stall, your soon-to-be favourite spot for comedy and community connection.

Each month there will be comedy gold for your viewing pleasure. Save the date - Friday 25th October 2024 will be the first comedy event.

Here's a little teaser of what you can expect:

- ★ Monthly comedy nights
- ★ Top comedians
- ★ Special events and themed nights
- ★ Open mic sessions and more!

Led by Smug Roberts, The Comedy Stall is not just about comedy; it's about bringing our community together, supporting each other and having a great time. Spread the word, mark your calendars and get ready for a whole lot of laughter. More exciting updates coming soon!

**When?** The last Friday of every month (apart from December).

**Where?** The Church Inn pub, Gaskell Street, Newton Heath, M40 1JB.

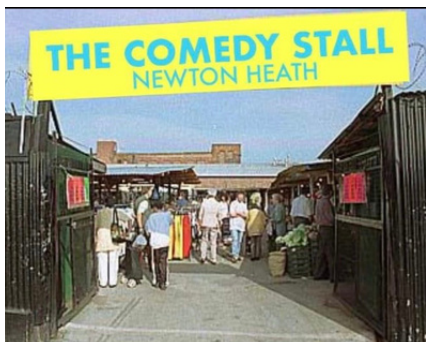
**It's free!** Follow us on Facebook to get the latest updates.

If you fancy helping out get in touch:

☎ 0782 480 8132

✉ julesmariesamson@googlemail.com

Facebook group: The Comedy Stall Newton Heath



## Welcome Collyhurst!

**You'll have noticed we've added Collyhurst to our community magazine.**

As a close neighbour of Miles Platting and Newton Heath, we wanted to share the opportunities and good news stories of the Collyhurst area too.

We hope people in Collyhurst will get involved with the magazine and send in articles. We want to celebrate you and your proud history.

Historical or the latest news, let us know what you'd like us to feature and what you love most about Collyhurst.

**MPNHnews@outlook.com**



**Find out about local activities for all ages, support for families, green-fingered initiatives, local news and much more...**



**GREATER TOGETHER MANCHESTER**



**Manchester Local Care Organisation**



**MANCHESTER CITY COUNCIL**

# Welcome

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## Welcome to the second edition of the Miles Platting, Newton Heath and now COLLYHURST Community Magazine.

We have brought together a great group of people to be on the editorial board - a mixture of NHS, Manchester City Council and local voluntary, community and social enterprise organisations. This is by no means a closed group - if you'd like to get involved, please get in touch!

We have received some great articles from our communities and local people for this edition, along with updates about activities and lots of other

wonderful stuff happening across the neighbourhoods.

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 Miles Platting, Newton Heath and Collyhurst. We would love to share it in this paper.

Please send your contributions to:

✉ [MPNHnews@outlook.com](mailto:MPNHnews@outlook.com)

## Advertising opportunities:

If you are a local business or organisation 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.



## MEET THE EDITORIAL BOARD



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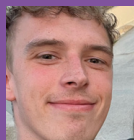
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**Nathan Martin**  
Winning Hearts and Minds  
E: [n.martin@mcractive.com](mailto:n.martin@mcractive.com)

## Lisa Maley Sure Start Children's Centre



Hi, I'm Lisa and I'm the Locality Lead of Neighbourhood 3 Sure Start Children's Centre's which are Miles Platting & Ancoats, Newton Heath, Collyhurst and Moston.

The Sure Start Children's Centre's are based in the heart of the community and are a great source of information and guidance from a variety of services. We support families with a child under 5 working in partnership with families to help to improve everyday life.

The best thing about my job is leading such a dedicated and passionate team who work tirelessly in the community and obviously meeting all the Children and families who come into the Centre on a daily basis.

We have a great range of fun sessions for children (and adults) in each of our buildings. If you haven't been in and seen what we do, please call in and pick up a what's on guide and meet the team.

# News From The Neighbourhood

## You're helping to catch bowel cancer early!

**Recent reports show that lots of people who live in our area are completing their bowel screening, with some of the best return numbers in the city!**

This is great news as 9 out of 10 people will survive bowel cancer if it is diagnosed at an early stage. The bowel screening kits look for small amounts of blood, a warning sign of bowel cancer that can happen before you see or feel any symptoms.

The bowel screening programme has been expanded to people as young as 52, which will help save even more lives. Anyone currently aged 53, 55, 57 and 59 will have to wait until their next birthday to receive their first kit.

Please see your GP if you have any signs of symptoms of bowel cancer.

Contact the Bowel Screening Helpline on **0800 707 6060** for information and advice.



**Cancer Awareness**

**A podcast raising the awareness of health conditions that affect our communities.**

Hosted by



SCAN TO LISTEN



## New Newton Heath Defibrillator

**A new defibrillator (defib) has been installed at Newton Heath library and is available 24 hours, 7 days a week, 365 days a year.**

The Newton Heath defib is registered on the national database The Circuit. This means that the North-West Ambulance Service and members of the public can find their nearest defib. Find your nearest defib by visiting **defibfinder.uk**

The defib was purchased with funds from the charity AED Donate, your local Manchester City Council Neighbourhood team and the Department of Public Health, with support from Winning Hearts and Minds.

AED Donate also provide organisations with free training sessions and a free online eLearning course. This helps residents, staff and volunteers find out how and when to use a defib and what to do when someone is having a cardiac arrest (heart has stopped beating).

### What are the benefits of having a defib?

If someone has a cardiac arrest, a defib can help restart their heart while you're waiting for the emergency services to arrive.

Without CPR and a defib, a person's survival chances drop up to 10% every minute. This means having a defib close by, in the community, can be life saving.





# Mums Matter: By Mums, For Mums

**We are Mums Matter, proud to be a part of Manchester Mind. We run groups and courses across the city to help teach new mums the skills they need to look after themselves whilst trying to look after everyone else... Because you can't pour from an empty cup. We are open to all new mums in Manchester with at least one child under the age of 2.**

Mums Matter is an 8-week course that runs within children's centres across Manchester, the course is for you to learn new self-care tools but also to connect and share with other mums about how challenging those first few months (and years) can be. We believe that when you're okay, your baby is okay too and as part of this offer, we put on a crèche in the room next door so your baby can be expertly cared for whilst you take some well-earned time out for yourself to have a hot cup of tea and a biscuit.

Our sessions follow a similar structure each week, we start with a check-in about how your week has been, no pressure to say anything at all. We learn a new breathing technique each week to help us land in the session and leave whatever happened before outside the room. We then have a conversation about a different element of life as a new parent, which is led by participants and their experiences, before learning tools that can support us. We always end with a relaxation or a meditation practice before going back into the rest of our weeks.



**Mums  
Matter!**



We have also a number of peer support groups across the city and online, for mums to connect together and find that village we all are searching for in those early days. We know that being a parent is the hardest job in the world and having space for yourself within that is so important.

**Contact Charli Headley by:  
07592 376 720  
[mumsmatter@manchestermind.org](mailto:mumsmatter@manchestermind.org)**



## Places Available at Collyhurst Nursery School

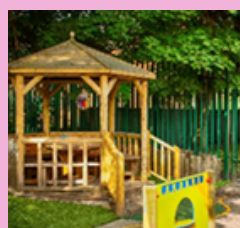
We are a Manchester City Council maintained nursery, which means we are not for profit (private) nursery. We put our children at the heart of everything we do.

We currently have places for 2, 3 and 4 year olds. Funded and paid places are available, including Breakfast and Afterschool Clubs.



Telephone **0161 205 1744** or call in to see us:  
**Collyhurst Nursery School, Teignmouth  
Avenue, Manchester M40 7QD**

Our Foundation Class (3 and 4 year olds) are taught by qualified teachers and all our teaching rooms are supported by a team of highly skilled teaching assistants. We are surrounded by superb outdoor grounds and have a Forest School.





# Kids, what do you like about here?

**Have you ever thought to yourself or asked others what you like about living in the area, you may be surprised at the answer.**

At the Children's Centre we asked a group of children what they liked about living in Collyhurst, Miles Platting and Newton Heath and here's what they said...

Jess told us "I have lots of friends near my house, I'm not allowed to play out on the street yet. I go to School around the corner, and I have lots of friends there too, I miss them when it's holidays"

Zion said "I like school because I get to play with all my friends. I love to go to the park and to the library – we can walk there. I've got lots of siblings and I love them."

Ruby said "I like it when my friends come in the garden and play with me, I've got lots of toys and a princess castle. I like School sometimes and I've got lots of friends there, we like to play chase"

Ryder said "I like living in my house because I've got my friend's near and we like to play on the green, my house is near the city, so we walk there a lot. I also like to walk to the Marina, but I would like more parks to play on"

Emily said "I get sad sometimes when people drop litter, that's bad you put it in the bin. I do like to go to the library to get new books to read"

JG said "I like to play in the groups, I like play dough and painting the best"



Images of children at the Sure Start Centre

## Your Local Councillors

Local Councillors are elected by the community to decide how the council should carry out its various activities. They represent public interest as well as individuals living within the ward in which he or she has been elected to serve a term of office.

They have regular contact with the general public through council meetings, telephone calls or surgeries. Surgeries provide an opportunity for any ward resident to go and talk to their councillor face to face and these take place on a regular basis.

You can contact your local councillors using the emails below or by calling 0161 234 3758.



Councillor John Flanagan  
[cllr.john.flanagan@manchester.gov.uk](mailto:cllr.john.flanagan@manchester.gov.uk)



Councillor June Hitchen  
[cllr.june.hitchen@manchester.gov.uk](mailto:cllr.june.hitchen@manchester.gov.uk)



Councillor Carmine Grimshaw  
[cllr.carmine.grimshaw@manchester.gov.uk](mailto:cllr.carmine.grimshaw@manchester.gov.uk)



# Access Funding to Fight Climate Change In Our Community

The climate emergency is a huge threat to our communities and the environment. With extreme weather, flooding, heatwaves and the loss of nature, this will impact everyone's lives. But together we can improve the environment and help our communities thrive – and Manchester City Council is here to help you take control and make positive change.

Bryony Carter is North Manchester's Climate Change Officer. She has a wealth of experience working with communities to tackle climate change. Wherever you are on your journey she can help upskill and educate your groups and help you design projects to make change. She can:

- Talk to your group or school
- Run workshops around different environmental topics
- Link you with national and international campaigns
- Give advice on how to reduce the impact of your building or organisation
- Help you design climate action projects to improve your local environment
- Give you advice on how to reduce your carbon emissions.

Email Bryony to learn more about how we can help you become a climate champion!

**[Bryony.Carter@manchester.gov.uk](mailto:Bryony.Carter@manchester.gov.uk)**

Filling up the planters with fresh herbs and flowers on Victoria Road and Rochdale Road in Higher Blackley



Bryony talking to students in Newton Heath about active travel



## NIF

Manchester City Council also have funding available to turn your ideas into reality through the Neighbourhood Investment Fund (NIF).

If you or your group have any ideas for our neighbourhoods and would like to apply for funding, Bryony can help. Ideas could include:

- Improving your local green spaces to make more homes for nature through planting, building bird or bat boxes, removing invasive plants etc.
- Implementing a new recycling scheme in your community space to recycle plastics or green waste
- Providing cycling or other active travel opportunities for local people or groups
- Investing in equipment which would reduce your use of single use plastics, eg water bottles, cups, plates
- Hosting guided nature walks for your community
- Growing food in your local area.



# Newton Heath: one of 18 'Nature Neighbourhoods'

Instigated by David Attenborough's 'Save our Wild Isles' TV show, Newton Heath has been chosen as one of 18 'Nature Neighbourhoods' projects, which will help tackle the climate and nature emergency in the UK.

Nature in the UK is in crisis. Over the last 50 years, 38 million birds have vanished from our skies, 97% of our wildflower meadows have been lost, and a quarter of all our mammals are now at risk of extinction. The UK is one of the most nature-depleted regions in the world.

Sow The City were approached to develop one of these Nature Neighbourhoods and immediately chose Newton Heath, due to recent work and the local community energy that exists.

Nature Neighbourhoods is a partnership project between the National Trust, RSPB and WWF, working with 18 diverse community organisations across the UK and funded by the National Lottery Community Fund and the Co-op. Local residents and stakeholders, including from the Council, University and Canal and Rivers Trust came together in January and started discussing issues and opportunities locally for nature.

For more information:

- Project email - [newtonheathnn@yahoo.com](mailto:newtonheathnn@yahoo.com)
- Sow The City Project Lead - Kieron McGlasson **07841 382 837** or [kieron@sowthecity.org](mailto:kieron@sowthecity.org)
- [facebook.com/groups/inournaturenewtonheath](https://facebook.com/groups/inournaturenewtonheath)



## Would you be interested in joining our group?

We have monthly Nature Neighbourhood meetings at Newton Heath Library. Come along and voice your thoughts and ideas for what you want from your neighbourhood.



Some initial ideas for the Nature Neighbourhood project include:

- 1) **Green and Blue Trail for Newton Heath:** with 'stepping stone' hubs including canal, former botanical garden in park, forest garden, community garden, orchard and Green Hub etc.
- 2) **Organisational capacity and fundraising**
- 3) **Co-design and partnerships:** co-designing the plan with the community and stakeholders
- 4) **Green skills, volunteering and young people** - teaching and inspiring local people about nature.
- 5) **Tree Planting.**

## Community Amateurs Playreaders (CAP)

CAP are a group who meet to enjoy reading Theatre and TV scripts together. We are all amateurs who enjoy fun, laughter, and the learning this brings. We do this in non-judgmental way, which makes us ideal for those who never tried this before. We enjoy making many mistakes (that is the laughter and fun bit).

Our group is free to join. We are open to ALL, no matter where you live. We meet every other Thursday at the Church of the Apostles, Ridgway Street, Miles Platting.



Community Amateurs Playreaders (CAP)

For more information:

☎ Text: 0790 984 1831

✉ [mike.bishop1943@outlook.com](mailto:mike.bishop1943@outlook.com)



# Age Friendly Manchester

## Activities for older people at Heathfield Hall, Heathfield Street, Newton Heath.

**Coffee Morning**, Mondays, 10am to 11:30am.  
Cost £1. Contact Anne on 0795 199 0903.

**General Interest Group**, Mondays, 2pm to 4pm.  
Activities include speakers, discussions on topical subjects, days out and arts and crafts.  
Cost £1. Contact Ian 0783 3322 769

**Radio Group**, Mondays from 7pm to 9pm.  
Free tuition in all three amateur Radio Examinations. Visit [www.rsgb.org](http://www.rsgb.org) for more details.  
Cost £1. Text: 0790 819 5278.

**Sound Heart**, Tuesdays from 10am to 12 noon.  
Only for people with heart conditions and their carers. Referral needed. Carries on where cardiac rehab finishes. Help with fitness and advice on cardiac problems. Also arranges social activities such as theatre trips and meals.  
Cost £1. Contact Maureen on 0750 2107 101

**History Group**, Tuesdays 1pm to 3pm.  
Cost £1.50. Contact [janet.spender@sky.com](mailto:janet.spender@sky.com)

**Front Row**, 1st and 3rd Wednesday of the month, 12 noon to 3pm. Watch and discuss current and popular films. A light lunch is provided.  
Cost £2. Contact Anne on 0795 199 0903

**Breathe Easy**, every 2nd Wednesday of the month from 12.30pm to 3pm. Support group for people with breathing problems and their carers. Includes presentations from health professionals and social activities at a leisurely pace.  
Cost £3. Contact: Ian on 0776 8161 559 or Clare on 0749 686 0287.



**TAI - CHI**, Thursdays, 10am to 12 noon.  
DVD instructor. Gentle exercises can be done standing or sitting.  
Cost 50p. Contact Anne on 0795 199 0903.

**Line Dancing**, Fridays from 1pm to 2pm, followed by refreshments till 3pm.  
Cost £2. Contact Muriel at [pricetaylor@live.co.uk](mailto:pricetaylor@live.co.uk) or 07566 235943



Line Dancing sessions

**Independent Age** **THE PENSION TOP up**

**"With extra money in my pocket, I don't have to worry so much about bills going up."**  
**Phil topped up – have you?**

Could you be entitled to a pension top up like Phil? Thousands of older people across Greater Manchester are missing out on Pension Credit, Attendance Allowance and Housing Benefit.

**Find out if you're one of them by calling Independent Age 0800 319 6789**

**#abenefittoyou**

**MANCHESTER CITY COUNCIL**

Age Friendly Manchester works with people over 50 and services across the city to ensure the places we live help older people to age better. Last year a new strategy, **Manchester: a city for life** was published with four themes:

- Being heard and age equality
- Age-friendly neighbourhoods where we can all age in place
- Age-friendly services to help us age well
- Age-friendly work, skills and money.

If you are keen to challenge ageism, share experiences and views, celebrate progress and influence plans and strategies for the city and services, why not join the Age Friendly Manchester Assembly. For more information, contact [Jason.Bergen@Manchester.gov.uk](mailto:Jason.Bergen@Manchester.gov.uk)

## Age Friendly Manchester Assembly





# Collyhurst Community Enterprise

**Collyhurst Community Enterprise (CCE) is a Community Interest Company (not for profit) which has been set up by local residents and supporters to create opportunities for local people and groups. We'd like to tell you about some of the projects...**

## **Collyhurst Community Growers**

We have started the first phase of the growing space at South Church Parade. The bedding plants have been put in. Our hard working team of volunteers, along with Manchester Urban Diggers (MUD) and Sow the City, have been busy planting the seeds.

We'll soon be moving our polytunnel to the Yard at Southchurch parade to establish the green space there.

We have had some challenges with the rain and vandalism, but we won't let that stop us! We're growing in pots in the yard and have built a little greenhouse.

We're hoping to get funding to put up a fence around the site, set up our own shipping container and create space for children's natural play and community events. Thanks to Greening Greater Manchester Fund for supporting this Project.



**Collyhurst Teddy Bears' Picnic**

## **Teddy Bears' Picnic**

Over the summer we had a teddy bears' picnic for all the family, which was well attended. It was organised in partnership with Friends of Irk Valley and Sandhills. We were very lucky with the weather. We hope to put on another similar event in Autumn, keep an eye on our Facebook page for more details.

## **Collyhurst Voices**

Did you see the films?

This project was created to capture the history and people of Collyhurst in two films with a photographic exhibition. Our Showcase event at Saviour School was a great success with over 120 people attending. You can see the films here [Collyhurst Community Enterprise Facebook page](#).



## **Get involved**

There are lots of opportunities to get involved with Collyhurst Community Enterprise. Please contact us:



[bowensue@hotmail.com](mailto:bowensue@hotmail.com)

[collyhurstce@gmail.com](mailto:collyhurstce@gmail.com)



Facebook page: Collyhurst Community Enterprise



**Images from Collyhurst Community Enterprises activities**

# Your Local Health Update

## Abdominal Aortic Aneurysm (AAA) Screening

Can you spare 10 minutes? It could save your life.

**What is an Abdominal Aortic Aneurysm (AAA)?** It is a swelling (an aneurysm) which gets bigger over time in one of the major blood vessels (called the aorta) which carries blood from the heart through the tummy (abdomen) to the rest of your body.

Aneurysms often do not cause any pain or symptoms, so you would not know if you had one. As they get larger, they are at risk of bursting (rupturing) which is classed as a medical emergency and can be deadly.

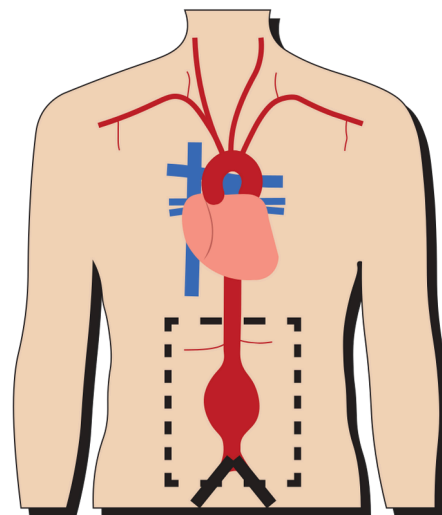
**What is the AAA Test?** The test is a simple, pain-free, ultrasound scan of your tummy which takes approximately 5/10 minutes. Using a handheld ultrasound, the Screener can measure the aorta inside your tummy. The scan is painless, quick and you are given the results there and then before you leave.

The NHS offers a safe, quick and pain free ultrasound scan to all men aged 65 years and over as they are at most risk of having a AAA.

Contact **0161 291 5716** to book a scan near you.



**1 in 70 men will have an AAA.**



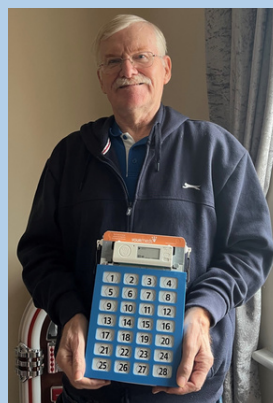
## Take your meds!

Taking your medicine correctly is very important for staying healthy. When your doctor gives you medicine, it's because your body needs it to feel better or to stay well. If you don't take your medicine as you should, it might not work the way it's supposed to.

For example, if you have an infection and need antibiotics, you have to take all the pills, even if you start to feel better. This is because the germs can still be in your body and can come back stronger if you stop too soon.

Also, if you have a condition like asthma or diabetes, taking your medicine every day helps keep you safe and prevents problems. Skipping doses or not following the instructions can make you sick that may result in you going to hospital.

Sometimes, medicines need to be taken with food or at a specific time of day. These instructions help the medicine work best and avoid side effects. If you're ever unsure, ask your doctor or pharmacist for more information.



**Images of people using YOURmeds dosset box**

If you or a loved one is struggling to take medicines correctly, Manchester City Council can provide assistive technology to support you.

One of the solutions is YOURmeds, which is a digital dosset box filled and delivered by the pharmacy that alerts you when to take your medicines and if you miss a dose or take the wrong ones, informs your loved ones through the YOURmeds supporter app so that they can support you.

You may be able to get YOURmeds through the council for free, speak to your social worker about YOURmeds or visit **[www.yourmeds.net](http://www.yourmeds.net)** for further information.



# Working Well: Support to Succeed

**We help people to overcome barriers which may prevent them from working or pursuing their ambitions. We help boost confidence and support people to achieve their goals.**

If you or someone you know is feeling stuck or overwhelmed we help you move forward with FREE one-on-one coaching about:

- Wellbeing and confidence building
- Managing finances, budgets and housing
- Job searching and career planning
- Skills and volunteering experience
- Families and relationships
- One-to-one coaching and specialist services
- Specialised support for people over 50 years.

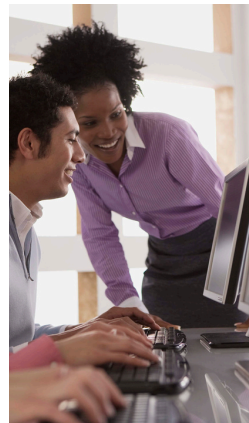
We understand starting something new can feel daunting. That's why our FREE program makes it easy to take the first step. contact us:

✉ supporttosucceed@gcemployment.uk

☎ 0161 236 8118

[www.gcemployment.uk/supporttosucceed](http://www.gcemployment.uk/supporttosucceed)

- ✓ Gain confidence as we support you every step of the way.
- ✓ Access specialist services to help with barriers like childcare or transport.
- ✓ Potential to increase your income once in employment.
- ✓ Improve skills and open doors to new opportunities.



## Increasing physical activity

Article by Dr. Naddia Atif, Hazeldene Medical Centre GP



[www.nhs.uk/live-well/exercise/physical-activity-guidelines-for-adults-aged-19-to-64](http://www.nhs.uk/live-well/exercise/physical-activity-guidelines-for-adults-aged-19-to-64)

Science and technology have made daily life more convenient in many ways, but nothing comes without a cost. People are moving less.

Not moving enough can cause all sorts of health issues, such as: obesity, heart problems, diabetes, increased anxiety and depression and certain types of cancers. Reduced mobility in the elderly also increases their risk of falls and early death. Guidance from the NHS suggests for adults:

- Do some form of physical activity every day - even the little things count
- Include strengthening exercises that work all major muscle groups at least twice a week.
- Spread over a week, aim for 150 minutes of moderate-intensity or 75 minutes of high-intensity exercise.
- Reduce time spent sitting or lying down and to break up long periods of immobility.

Incorporating more physical activity into your daily routine doesn't have to be daunting or time-consuming. Small, consistent changes can lead to significant improvements in your overall health and wellbeing. Ideas to try:

- Walk or cycle to work
- Get off public transport a stop early
- Park further away from work
- Set 30-minute reminders to stand up and walk for a couple of minutes to reduce staying still
- Use standing desks if your office has them
- Taking the stairs instead of lifts
- Book onto a fun exercise class or sport
- Relax and work out with yoga or Pilates
- Limit screen time.



# What's on for young people and families



## MONDAYS

- **Children's story time** - songs, rhymes, and stories at Newton Heath Library. 11am to 11:30am (term-time only). For children aged 0-5 with parents, grandparents and carers. No need to book. FREE.
- **Lego Club** for under 18s at Newton Heath Library. 4pm to 5pm (term-time only). No need to book. FREE.
- **Stay, Play and Learn** at Newton Heath Children's Centre, 10am to 11:30am (term-time only). For ages 0 to 5 years. FREE. Please book by calling 0161 510 0066 at 8:30am on the day.
- **Infant Feeding Team Drop-in** - feeding advice at Newton Heath Children's Centre, 12:30pm to 1:30pm.

## WEDNESDAYS

- **Stay, Play and Learn for children under 5** at Miles Platting and Ancoats Sure Start Centre from 10am to 11:30am (term-time only) FREE. Call 0161 277 6970 at 8:30am on the day to book.
- **Adult and Toddler session** at St George's Centre, M40 7NY. 9:30am to 11:30am (term-time only). FREE.
- **Baby Explore for children under 1** at Miles Platting Children's Centre 1:30pm to 2:30pm FREE. Call 0161 277 6970 to book.

## THURSDAYS

- **Tiny Tots and Toddler Time** at Miles Platting Library. 1:15pm to 2:15pm (term-time only). For children aged 0-5 years with parents, grandparents and carers. No need to book. FREE.
- **Children's crafts and colouring** for under 18s at Miles Platting Library. 4pm to 5pm (term-time only). No need to book. FREE.
- **Messy Play** for 0 to 5 year olds, at Collyhurst Sure Start Children's Centre, 10am to 11:30am (term-time only). Call 0161 205 1744 at 8:30am on the day to book. FREE.
- **Walking Mum's Club** - open to all mums and their little ones. No need to book. FREE. Visit their Facebook page for more info. [@walking\\_mums\\_club](#)

## SATURDAYS

- **Hello Saturday** - children's crafts, games and colouring for children aged 4 to 11 at Newton Heath Library. 11:30am to 12pm. No need to book. FREE.
- **Lego Club** for under 18s at Miles Platting Library. 11am to 12:30pm (term-time only). FREE.

## Sensory Play at Sure Start Centres

**What is sensory play and why is it really important?** Sensory play is any activity that stimulates at least one of your child's senses. This could be hearing, sight, touch, smell or taste. It also includes play that involves movement or balance.

Exploring the world through senses can have many benefits for young children. It helps to improve attention span, helps children to understand the world, boost language development, supports the development of motor skills and helps to foster social interactions.

Why not book onto one of our baby sensory programmes? The programmes are for children under one year of age and are completely free, please call 0161 277 6970 to book a space.

### Baby Bag

A six-week session for you and your baby. You also get a gift bag full of sensory equipment at the end of the six weeks. Available at all centres.

### Baby Explore

At Miles Platting Children's Centre, M40 7DA, every Wednesday 1:30pm to 2:30pm.

