

We ♥ Cheetham & Crumpsall

Issue 25
Summer 2026

FREE

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

WELCOMING OUR YOUNG JOURNALISTS

This summer, local young journalists will be trying their hand at interviews, articles, video and graphic design.

Young people from the New Testament Church of God Youth Club will be joining our editorial team, amplifying the voice of young people in the area.

We're looking forward to a new, youthful perspective on big issues, local themes and the experiences of young people today.

If you are a young person who is interested in being one of our young journalists, please contact our editorial board's editor:
katharine.irwin@nhs.net



Young journalist, Plamedie

Save the date: Cultural Festival in Cheetham and Crumpsall



Cheetham Cultural Festival returns this autumn for its 22nd year, taking place from Thursday 15th October to Sunday 18th October 2026. The four-day festival celebrates the rich cultural diversity of Cheetham and Crumpsall, bringing communities together through an exciting programme of food, music, performances, art and family-friendly activities.

Events will take place at multiple venues across the area and will feature a spectacular opening ceremony to get the festival started, as well as a captivating closing ceremony.

Full programme details will be revealed over the coming months, but for now save the date and look forward to a vibrant celebration of the people, cultures and traditions that make Cheetham and Crumpsall amazing! With something for everyone to enjoy, the festival promises four unforgettable days of culture, creativity and community spirit!

Celebrating the milestone of 25 editions with our biggest issue yet!

This paper started in 2020, to help connect with people during Covid. It has continued to be a great way to help people know what support is available locally. It is also a great way for local community groups and organisations to promote the wonderful work that they do.

Thank you to the dozens of people who have submitted articles and the thousands of people who have read them. Thank you to the people who distribute papers and share the good stories with their friends, family and neighbours. Here's to the next 25 editions.

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

We cover how to stay safe and cool in the hot weather, including water safety. We've got some great examples of local people and community groups doing fantastic health initiatives. There's information about cost of living, housing and employment support, and so many offers of activities and groups for young people, older people and all ages.

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



Welcome

خوش آمدیداً 歡迎 ıЛаскаво просимо স্বাগতম Soo dhowow
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 25th issue of our community newspaper for Cheetham and Crumpsall. What a milestone!

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

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

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

Interested in joining the editorial team?

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

Need a copy delivering?

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

MEET THE EDITORIAL BOARD



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Lisa Maley

Woodville Family Hub

Guest editor for issue 25

Hi everyone,

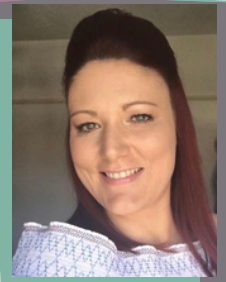
I'm the new Family Hub Locality Manager for Woodville Family Hub and Crumpsall Sure Start Children's Centre.

I'm extremely excited to join the editorial board and look forward to bringing you news and updates of all the fantastic things that we have going on in the Family Hubs and the neighbourhood.

If you haven't been in to say hello and pick up a what's on guide, then please do. We offer huge range of support, advice, guidance and activities for expectant families and those with children up to age 19 (25 years for young adults with SEND and care leavers).

Looking forward to meeting you all!

Lisa Maley
Family Hub Locality Manager, based at Woodville Family Hub



Cheetham and Crumpsall news

Do You Want To Advertise In This Paper?



ADVERTISE HERE



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

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

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

How many people will see your advert?

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

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

For more information, contact

Lizzie.Hughes@mft.nhs.uk or

Dave.Bradley@nhs.net

A lovely story of friendship

Free book, audiobook, and learning resources

As part of Manchester City Council's work with families, they've produced a free children's book about a hive of bees in Manchester who learn the importance of friendship.

In the story of Billie Bee, we see what happens when a group of bees are brought to their knees when they turn their back on a friend. Can the hive survive, and what exactly is the secret glue that holds Manchester together?

Free copies of the book will be handed out at community events, and copies will be available to borrow from any Manchester library. Scan the QR code to download the book for free and listen to the audiobook, as well as activity sheets.



Guest editor note from Lisa at the Family Hub: Reading helps build language skills and relationships with children. There's a free community library at Woodville Family Hub. Free book packs are available from Family Hubs for newborn and 0-3 year olds.



SCAN ME!



Health and wellbeing

Free community health checks in north Manchester

BHA are currently delivering free heart health awareness sessions (open to everyone) and community NHS health checks for eligible people aged over 50.

Health checks include:

- Blood pressure
- Cholesterol (finger-prick)
- Blood sugars for diabetes risk (finger-prick)
- Height, weight and BMI
- Lifestyle discussion (diet, physical activity, smoking, alcohol).

Checks take about 20 minutes and are delivered in local community venues and GP practices.

Individuals receive all of their health checks results, heart health risk overview and tailored advice, and with consent, results can be shared with their GP to support follow-up care.



Get in touch if you want to know more about:

- Eligibility for health checks
- Heart health
- Hosting free health checks or heart health sessions for your local community.
- Where and when upcoming free health checks and heart health will be in your area.

Please contact Akil via email: akil@thebha.org.uk or telephone: 07783 486465

Unfiltered: Risks of Smokeless Tobacco

Many people think tobacco only means cigarettes. But chewing products like paan, gutka and zarda, and smoking shisha, can be just as harmful.

These products can irritate the mouth and, over time, significantly increase the risk of oral cancer. Tobacco is also linked to other cancers, heart disease, and high blood pressure.

Oral cancer can start as a small sore, lump, or white or red patch in the mouth that doesn't heal, so it's important to be aware of the risks.

If you'd like support to stop using paan, betel nut, zarda, or any tobacco products, help is available.

You can visit changeGrowLive/be-smoke-free or call 0161 823 4157 for free, confidential support.

This isn't about blaming culture. It's about having the right information to protect our health from the risks of tobacco.



In the latest Unfiltered podcast, a local GP Dr Farah Farzana talks openly about:

- Oral cancer risks
- Heart disease
- Why these products often go unnoticed and often mislabelled
- How to have respectful conversations within families

▶ Watch here: manchestercitycouncilvideo.podbean.com

Health and wellbeing

Mentell: Men's Support Group

UK charity Mentell are starting to offer free, confidential spaces for men aged 18+ to talk openly about life in Cheetham Hill.

Mentell provides both online and in-person circles where men can speak in a safe environment without advice, judgement or pressure.

The concept is simple but powerful: a group of men sitting together, listening to one another. There is no expectation to share, men can simply listen if they prefer.

Andy Walker, Mentell's co-founder and director explains, "There's no pressure, no fixing, no labels, just listening. At the end of the night, everyone leaves feeling a little bit lighter."

What makes Mentell different is its emphasis on equality within the room - no one interrupts, no one tries to solve anyone else's problems. The space belongs to whoever is speaking.

"Sitting in a circle with other men might feel daunting," Andy Walker adds. "But it's as normal as going to the gym, eating, or breathing. It's not weird. It's not therapy. It's just men, being human - together."

With rising conversations around men's mental health and the importance of community support, Mentell's arrival in Cheetham Hill offers a new, accessible option for local men who may need somewhere to talk.

The groups are free to attend and run weekly. For more details, or to sign up to join a circle, visit: mentell.org.uk/signup

Meeting Times

Every Wednesday, 7pm to 9pm, excluding bank holidays.

Location

Irish World Heritage Centre, 1 Irish Town Way, Cheetham Hill, M8 0AE



Mentell circle



Guest editor note from Lisa at the Family Hub: Parents and carers often feel stressed, lonely or low, it's part of being human and totally normal. There's some great groups that meet locally that offer support and an understanding ear.

Manchester's Cool Spaces

To find out more about heat health alerts and Manchester's Cool Spaces, scan the QR Code.

Manchester libraries are all friendly locations to stay out of the sun, with access to drinking water.



Cool down



Free water



Have a rest

SCAN
ME!



Health and wellbeing

Khizra Champions Health

In a small but determined corner of Cheetham Hill, Khizra mosque is quietly reshaping the conversation around men's health in the Pakistani community.

For years, national and local statistics have shown that Asian men face some of the most persistent health inequalities in the UK, particularly when it comes to long-term conditions and late cancer diagnoses. Rather than accept this as an unchangeable reality, Mohammed, a dedicated volunteer at the mosque, has been working tirelessly to bring men together and get them talking.

What began as a simple idea has grown into a lively men's group that meets regularly for interactive sessions. These include exercise classes, health information workshops, cooking demonstrations and open discussions about wellbeing.

The atmosphere is relaxed and supportive, giving men who often put their own health last a chance to ask questions, share concerns and learn from one another.

One of the most important issues the group has taken on is early cancer screening. Bowel cancer screening rates remain particularly low among Asian men, and the group recognised early on that this was a conversation many avoided.

Make sure you do your bowel cancer screening

It's quick, simple and could help save your life.

- Check your post**
If you are sent a free NHS bowel cancer screening kit in the post make sure you do it.
- What is the kit for?**
The kit tests for early signs of bowel cancer. Your bowel is the part of the body that gets rid of food you do not need.
- Easy to do**
The test is easy to do. You just need to poo and follow the instructions on the box.
- Post it back**
When you have done the test, pop it in the post box.
- Get your results**
Your results will be checked and you will be told if you need to do anything else. Finding cancer early makes it easier to treat.

425 Cheetham Hill Road, Manchester, M8 0PP | Email: info@k4all.org.uk | www.c4all.org.uk

اپنی آنتوں کے کینسر کی اسکریننگ ضرور کروائیں

یہ آسان ہے، مہلت ہے، اور آپ کی جان بچانے میں مدد کر سکتی ہے۔

- اپنی ڈاک چیک کریں**
اگر آپ کو NHS کی طرف سے آنتوں کی کینسر کی اسکریننگ کٹ ڈاک کی ذریعہ موصول ہوا تو اسے ضرور استعمال کریں۔
- یہ کٹ کس لیے ہے؟**
یہ کٹ آنتوں کی کینسر کی ابتدائی علامات کی جانچ کر کے ہے۔ آپ کی آنت جسم کا وہ حصہ ہے جو غیر ضروری خوراک کو جسم سے خارج کرتا ہے۔
- یہ کرنا آسان ہے**
یہ ٹیسٹ کرنا بہت آسان ہے۔ آپ کو صرف پانچ یا نو گھنٹوں کا وقت لینا ہے اور آپ کو کوئی بھی پانچ یا نو گھنٹوں کا وقت لینا ہے۔
- اسے واپس بھیج دیں**
ٹیسٹ مکمل کرنے کے بعد کٹ کو پوسٹ باکس میں ڈال دیں۔
- اپنے نتائج حاصل کریں**
آپ کے نتائج کا جائزہ لیا جائے گا اور آپ کو بتایا جائے گا کہ کیا مزید کسی کارروائی کی ضرورت ہے یا نہیں۔ کینسر کی علامتوں سے بچانے اور زیادہ آسان بنا دیں۔

425 Cheetham Hill Road, Manchester, M8 0PP | Email: info@k4all.org.uk | www.c4all.org.uk

Through a series of open and sometimes challenging discussions, men explored how to break down stigma, address fears and make screening feel like a normal part of looking after oneself. They debated what messages would resonate, how to reach older men and how to make information accessible.

Their ideas soon turned into action. The mosque now hosts regular information stalls, and Friday prayer announcements include reminders about the importance of screening. The group even designed its own poster campaign, created by the men themselves to reflect the community's voice and values.

With the posters now printed, the campaign is spreading far beyond the mosque walls. Members are taking posters to their workplaces, speaking with local schools to share them with parents and grandparents, and reaching out to nearby Gurdwaras to widen the message across communities.

Perhaps the most powerful part of the project is its open-door approach. Anyone who is worried about screening can speak confidentially to a volunteer in English, Urdu or other community languages.

The mosque can be contacted on **0161 205 6662**, offering reassurance, information and a friendly conversation for anyone who needs it.

Mohammed's work shows how community-led health initiatives can make a real difference when they come from trusted voices. The project continues to grow, and the men involved are determined to keep pushing the message further, proving that meaningful change often begins with simple conversations.



Age-Friendly News

Volunteers needed to support local people living with dementia

Together Dementia Support are looking for North Manchester volunteers to join our wonderful volunteering community.

You don't need prior experience of working with people living with dementia – you just need empathy, patience and the ability to chat. We'll give you all the training you need, and cover travel expenses. There are two opportunities:

- We're looking for people who are available to support our **Friendship and Activity Group** at Crumpsall Methodist Church, every Friday, 10:30am – 2pm. The group offers a safe and supported space, as well as supporting our members with activities, games and refreshments.
- We're also looking for **Together at Home** volunteers – our 1:1 home-visit befriending service. Volunteers visit a local person living with dementia at their home weekly/fortnightly.

Both opportunities are a great way to gain valuable experience in a health and social care environment, build positive and meaningful relationships, and have fun whilst making a real difference in your local community.

Photograph of Together Dementia



Contact our volunteer co-ordinator, Mary:
volunteers@togetherdementiasupport.org

0161 226 7186

WANT TO ACCESS THE
FREE 60+ SWIMMING
IN MANCHESTER
BUT CAN'T SWIM?
WELL IT'S NEVER
TOO LATE TO LEARN...



Free swimming lessons for Manchester residents aged 60+

Places are still available on our free 8-week swimming programme for Manchester residents aged 60 and over. Places are limited and will be allocated on a first come, first served basis. Whether you're a complete beginner or looking to build confidence and improve your technique, these friendly sessions are the perfect way to get started.

Once you've completed the programme, you'll be able to make the most of free swimming, available all year round for Manchester residents aged 60+.

Sessions available at Abraham Moss Leisure Centre, Tuesdays, 9:15am – 10am, starting 21st July.

To register your interest, email MCR.Sport@gll.org with your:

- Age
- Postcode
- Preferred leisure centre
- Contact telephone number


We will contact everyone to let them know whether or not they have been offered a place.


Shelter – Renter Rights Act changes


This month is a historic moment for private renters in England, who have campaigned for many years - as the Renters' Rights Act comes into force.


Emma Nay from Shelter explains...


From 1 May 2026, renters will have new rights. There will be longer notice periods for many evictions and new rules on rent increases. Millions of private renters in England will now benefit from:


 An end to landlords issuing any new section 21 'no fault' evictions.


 Rent in advance is now capped at one month.


 A ban on discrimination against people who receive benefits or have children.

 An end to fixed term tenancies – all tenancies are 'periodic or rolling' and tenants can leave at any time with 2 months' notice.

 Your landlord can only put your rent up once a year.

 Landlords must give you at least 2 months' notice of a rent increase. They must use a special form.

 You can challenge a rent increase if you think it is too much.

 You can ask to keep a pet. A landlord must have a good reason to say no.

Detailed information about the changes can be found on our website. Scan the QR code to visit: england.shelter.org.uk

SCAN ME!



Landlords cannot discriminate against people who receive benefits or have children.

The Renters' Rights Act also takes steps to target problems like income discrimination and insecurity that impact all renters – but especially renters who face additional discrimination like people of colour, people with children, and people receiving benefits.

This is a huge collective achievement - together, we are helping build a fairer system for everyone.

Do you rent, or have friends and family renting privately?

Tell them about the changes, share advice pages and help us make sure everyone knows about their new rights.



Guest editor note from Lisa at the Family Hub: Housing is the worry we help parents and carers with most. Shelter run a weekly session at Woodville Family Hub. Please ring 0161 234 3000 to book an appointment.



Cost of Living

Kids eat free

Many places offer kids' meals for free or as little as £1, especially during the school holidays. Restaurants such as Pizza Express, Pizza Hut, Hungry Horse, Beafeater, Tesco Cafes and Brewers Fayre all have offers.

To find out more about your local offers, scan the QR code to visit: kidseatfree.co.uk



Healthy Start vouchers for healthy food and milk

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to a Healthy Start card with money on it. The card can be used in some UK shops and is topped up every 4 weeks.

You can use your card to buy:

- plain liquid cow's milk or infant formula
- fresh, frozen, and tinned fruit and vegetables
- fresh, dried, and tinned pulses

You can also use your card to collect:

- Healthy Start vitamins – these support you during pregnancy and breastfeeding
- vitamin drops for babies and young children – these are suitable from birth to 4 years old.



Guest editor note from Lisa at the Family Hub: We have lots of unclaimed Healthy Start in our area. We know lots of people are eligible but we don't have many accessing the support. If you would like support accessing Healthy Start, please drop into Woodville Family Hub or call us on 0161 234 3000. We can help fill in the forms.

How can I apply?

If you're receiving a qualifying benefit, you can apply online now at healthystart.nhs.uk

How much will I get each week for my children?

- £4.65 from the 10th week of your pregnancy
- £9.30 for children from birth to 1 year old
- £4.65 for children between 1 and 4 years old



Back to school support

From time to time, we all need a little help and sometimes it's hard to know where to turn. Wood Street Mission helps support families living on a low income in Manchester and Salford, with practical help and services.

They can help you with children's clothes, toys, books, bedding, baby equipment and toiletries through their Family Basics service, from their base in Manchester City Centre.

Their Smart Start project can help you with school uniform and other school kit for your children.

Referrals must be made by a professional who knows your family's circumstances well, such as someone from your child's school, a social worker, health visitor, midwife, or support worker. If you have any questions please call us on **0161 834 3140**.



The magic of Family Hubs

What is a Family Hub?

A Family Hubs are a one-stop shop for families. Whether you're juggling toddlers, navigating the teenage years, or simply looking for advice and SEND support, Family Hubs are there to support you from pregnancy right through to young adulthood.

These warm, welcoming spaces filled with skilled professionals, friendly faces, and plenty of advice, support and conversation.

Parents have told us: *"Staff are very welcoming and make the sessions feel a safe place."* and *"I would like to come every day if I could."*

A place where everyone belongs:

At the heart of every Family Hub is a simple idea: no family should feel alone.

What makes Family Hubs special is the people - dedicated teams working hand-in-hand with families every day, building trust and celebrating the small wins that matter most.

Parents told us: *"I will come to others, this is my first baby, and my friend told me the groups are good to make friends."*

It's a place where no question is too small, from *"Is my toddler supposed to do that?"* to *"How do I support my teenager?"*

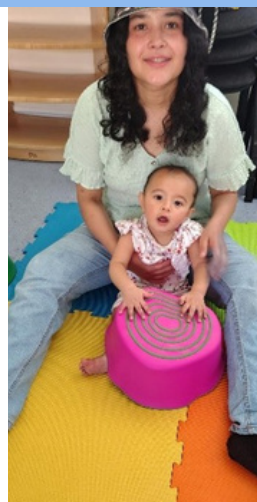
Where to find us

Woodville Family Hub
Shirley Road,
M8 0NE

0161 234 3000



FAMILY HUBS



Images of families enjoying activities at Woodville Family Hub. Photos shared with permission.

Supporting the whole family:

Family Hubs don't just focus on children, they support the whole family:

- Health support, with midwives, health visitors, and wellbeing advice
- Parenting guidance, from sleep tips to navigating tricky behaviours
- Youth services, giving young people a safe space to grow and thrive
- Access to services, helping families connect with education, employment, and community resources.

Parents told us: *"I love coming to the centre, the team made me feel welcome from day one. I had a bad time, and the staff were like a ray of sunshine in my life. They helped me more than they knew. My Baby is developing so well now and loves seeing other children."*

So next time you see the Family Hub sign, pop in, say hello and pick up a What's on Guide. You might come for advice—but you'll stay for the warm welcome. Because at Family Hubs, it's not just about services—it's about people, connection, and community.



One of our local families

Supporting every family,
every step of the way.

Baby summer safety

Keep your baby's room temperature cool

One of the most important parts of baby summer safety is keeping your baby cool in hot weather. Babies that get too hot have a greater risk of *sudden infant death syndrome (SIDS)*, so it's essential to keep them cool enough.

We recommend keeping the room your baby sleeps in at a *fairly* cool temperature of 16 – 20°C. Buying a room thermometer can help you check the temperature of your baby's room.

Keeping your baby's room between 16 – 20°C can be harder in summer or if you take a trip away somewhere warm, but these tips should help:

-  Use lighter bedding and clothing, with fewer layers.
-  Open the bedroom door and a window, if it's safe to do so, to allow the air to flow.
-  Check baby sleep bag guidance for which tog to use for each season.
-  Use a fan to cool the room, but don't aim it directly towards the baby.
-  Keep curtains and blinds closed in the daytime so the room doesn't heat up as much.
-  Use a thermometer to check the room is the right temperature.



You might find that even after taking all these steps, you still struggle to keep your baby's room between 16 – 20°C when it's particularly hot outside. This can be frustrating. **In really hot weather, it's fine to have your baby in a short sleeve vest or even just a nappy.** Continue following all of our safer sleep guidance for peace of mind.

Visit lullabytrust.org.uk for advice and videos

Scan the QR code to watch a video about keeping baby cool in summer:

[youtube.com/watch?v=y_u13PSlavY](https://www.youtube.com/watch?v=y_u13PSlavY)



Safer sleep for babies

Things you can do

the lullaby trust



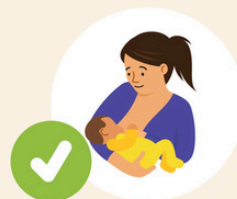
Place your baby to sleep in a separate cot or Moses basket in the same room as you for the first six months



Always place your baby on their back to sleep



Keep your baby smoke free during pregnancy and after birth



Breastfeed your baby if possible



Use a firm, flat, waterproof mattress in good condition

Abraham Moss Warriors news

Man Utd tournament

Abraham Moss Warriors took their under 12s and under 14s football teams down to Manchester United's Old Trafford Theatre of Dreams to play in a tournament on the actual pitch in the stadium.

The under 14s went in to win their whole tournament not losing a single game all day. The under 12s reached the finals just missing out after a penalty shoot out in the final.

It was a once in a lifetime opportunity for these talented young players to experience life as a pro-footballer. Maybe one day, some of the players will be playing here in the Premier League.



Annual prizegiving

We were honoured to have Cheetham and Crumpsall councillors Shazia Butt, Naeem Hassan and Fiaz Riasat attended our annual prizegiving, celebrating 26 years of Abraham Moss Warriors in the community.

180 local residents, young people and families came together to share traditional food made by Warriors' families as well as a buffet to spend time talking and getting to know each other better.

Thanks everybody who came and funding from the Stronger Together Community Fund and the Hope For Cheetham Youth Fund.



Knife amnesty and awareness

On Saturday 27th June, 51 young members of Abraham Moss Warriors project group put on a Knife Amnesty and Awareness event at Abraham Moss Leisure Centre

There was free food and free first aid training using trauma mannequins, as well as a chance to ask police and other local community leaders questions. Young people also received a £20 voucher for handing in a weapon, making our streets safer.

Thanks to the Hope For Cheetham Youth Fund for funding the event.



Olympic events

8 of our young people have put on the 3 Olympic events with javelin, shot putt, running, basketball cricket, tennis, football, dodgeball, tennis and badminton. The events have been fantastic, with goody bags, medals and trophies given out on the day.

If anyone in Cheetham or Crumpsall would like to get involved with Abraham Moss Warriors, please contact June Kelly MBE on **0795 742 9959** or **abrahammosswarriorsjfc@yahoo.co.uk**



Guest editor note from Lisa at the Family Hub: Groups like this are so important. Activities that keep kids active and part of a team, help keep them safe and healthy.

Aspirations Fortnight at Unity Community Primary School

Unity Community Primary School has had an exciting two weeks, hosting their very first Aspirations Fortnight where children got to meet professionals from various industries and learn about different career paths available to them.

The fortnight included informative and engaging sessions taking place every day in school, where each class welcomed the generous volunteers who came in to talk about their jobs, lead workshops and inspire the children.

They learned about the roles of vets, police officers, barristers, microbiologists, nurses, doctors, physiotherapists, TV camera operators, translators, and the staff at Manchester United.

Many of these are industries that children don't often have access to, so these talks allow them to ask questions, gain advice and hear stories first-hand on the many different possible career paths.

One Year 3 people said: *"I liked having the police come into my class because I want to grow up and be a police officer who is in charge of helping people"*.

Stuart Porter, Lecturer in Physiotherapy at University of Salford, said of his visit: *"This was one of the most enjoyable days I have had for quite some time. The enthusiasm, curiosity, and engagement of the children was wonderful to see."*

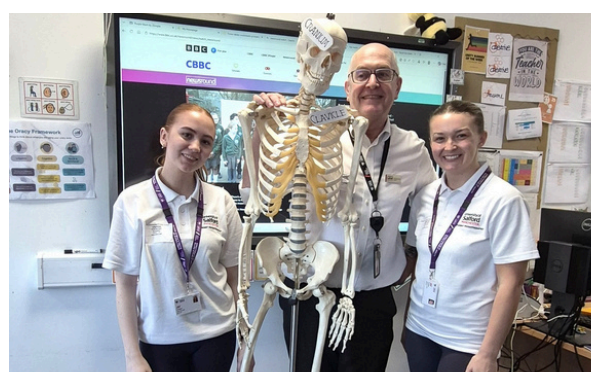
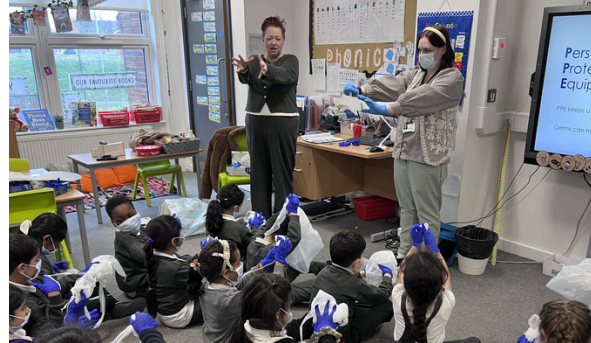
"Opportunities like this are incredibly important. They allow young pupils to see that careers in healthcare and science are open to them, and they also give my undergraduate students the chance to communicate their knowledge and inspire the next generation."

By exploring careers across a whole fortnight, every class was able to take part and gain the awareness and confidence to aspire to big things in the future! Well done to everyone involved for inspiring the next generation at Unity!

unitycommunityprimary.com

Guest editor note from Lisa at the Family Hub:

Sparking a child's interest in a career is so important. It can have such a lasting impact. I'd always wanted to be a vet but I couldn't get work experience in a vet so got sent to do my work experience in a children's centre. Can you believe, I got sent to Woodville, which at the time was called Woodville Resource Centre. And that's where I work today, I joined this team in April, I've come full-circle!



Arts, History and Culture

Through a Queer Lens: Portraits of LGBTQ+ Jews

Manchester Jewish Museum 14 June to 11 September 2026

Manchester Jewish Museum has been working with our local LGBTQ+ (Lesbian, Gay, Bisexual, Trans and Queer) communities over the last few months to create a representative exhibition about LGBTQIA+ Jews. The exhibition is based on portraits on loan from a previous Jewish Museum London exhibition and the stories of contemporary local Manchester LGBTQ+ Jews about their lived experiences here.

The Jewish Museum London portraits were the result of a unique collaboration between Black Queer artist Ajamu, and PhD/doctoral researcher and heritage practitioner/manager Noam-Shaan Knan to celebrate the richness of LGBTQ+ Jews in 2016.

The display features a wonderfully diverse group of individuals including activists and academics, artists and performers, rabbis and educators, administrators and executives. We have worked with them over the last few months to update and reflect their life experiences 10 years on and their identities in 2026.

As Manchester Jewish Museum reflects the stories of local communities, the real focus of this exhibition is the experiences of local Mancunian LGBTQ+ Jews today. We have been collaborating with Manchester's Out in the City group for LGBTQ+ people aged over 50, to capture portraits of their members, who identify as LGBTQ+ Jews. We are delighted to have their stories on display in this exhibition, along with the Mancunian CEO



of KeshetUK, the LGBTQ+ Jewish organisation, who support queer Jewish people.

We are continuing to collect and display Mancunian LGBTQ+ Jewish stories throughout the exhibition, so if anyone with these identities would like to contribute to the displays, scan our QR code in the exhibition to find out more and send us your story.

Just a reminder to everyone, if you are an M8 resident, you can come into the Museum for free, so do come along and visit this new exhibition. Make a day of it and come for one of our superb home cooked Jewish lunches and check our website for the superb summer holiday programmes to keep all the family entertained!

Article by Sue Shave, Interim CEO

Website: manchesterjewishmuseum.com
Phone: **0161 834 9879**
Address: **190 Cheetham Hill Road, M8 8LW**



Arts, History and Culture



Summer at Manchester Jewish Museum

If you have an M8 postcode, you can book on any of our summer events for free. Visit:

manchesterjewishmuseum.com

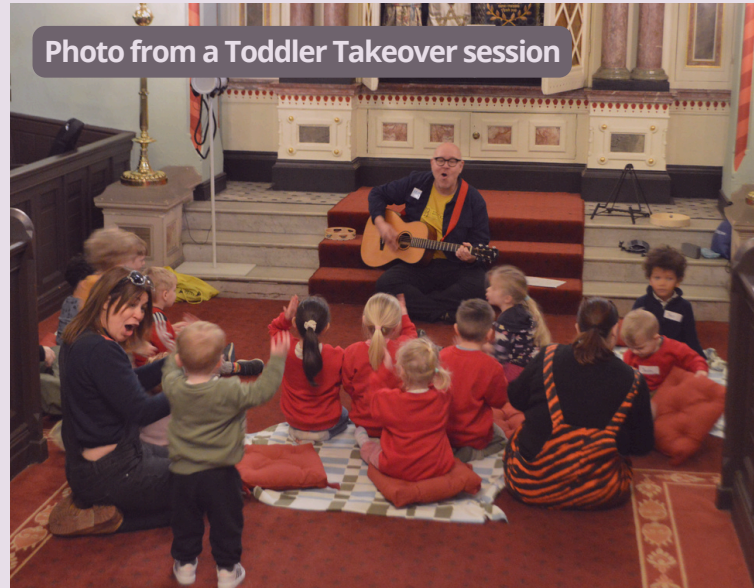
July

- **Stained-glass workshop**, Monday 20th – Sunday 26th. Drop in during the day. Design and decorate your own Portuguese and Spanish stained-glass window.
- **Time capsule**, Wednesday 29th, 10am to 1pm. Make your own time capsule using your own materials and memories. Please book.

August

- **Bake it: Bourekas!** Thursday 6th, 10:30am and 1pm. Bake a lovely Sephardi pastry and learn about the Hakim family, who lived in Didsbury in South Manchester. Book online.
- **Musical Instrument Making** - Wednesday 12th, 3:15pm to 5pm Drop-in. This session will be at Broughton Hub.
- **Bake it: Malabi/Muhallebi!** Thursday 20th, 10:30am to 1pm. Try this cool, creamy dessert made with rose-water and topped with pomegranate coulis. Book online.
- **Back-to-school pencil case making**, Wednesday 26th, 3:15pm - 5pm. This drop-in session will be at Broughton Hub.
- **Mask-making**, Monday 24th, Monday 31st - drop-in all day: Mask-making inspired by the costumes of the Jewish Pantomime Group!
- **Back-to-school bag making and museum object handling**, Monday 31st all day. Drop-in.

Photo from a Toddler Takeover session



Toddler Takeovers

Drop in between 10am to 11:30am. Explore the Synagogue through the senses.

- Friday 17th July
- Friday 31st July
- Friday 7th August
- Friday 21st August

Creative Youth Collective

Creative Sessions for young people, including activities such as zine making, film making, crochet, an introduction to DJing, creative architecture, baking and lots more.

From 10am to 1:30pm, every Tuesday in August. Book online.

Read to the Beat this summer!

The 2026 Summer Reading Challenge is Read to the Beat - inspiring children to explore the connection between stories and songs.

We have lots of free activities for children and families in our libraries this summer all centred around Read to the Beat, from African drumming and ukulele workshops to arts and crafts.

The Summer Reading Challenge is free to join. There will be competitions where you can win art supplies or a Kindle so head to your local library and get involved this summer!

Celebrate South Asian Heritage Month this July at Abraham Moss Library by creating your very own dholak drum. These beautiful drums have deep roots in South Asian culture. This activity is suitable for children and families aged 5 and up.



dholak drum



Arts, History and Culture

Celebrating the life stories of the Khidmat Group

On the 3rd July 2026 a celebration was held at the Guidance Hub to launch a booklet about the lives of the Khidmat Group, who support older South Asian men living in Cheetham Hill and Crumpsall in Manchester.

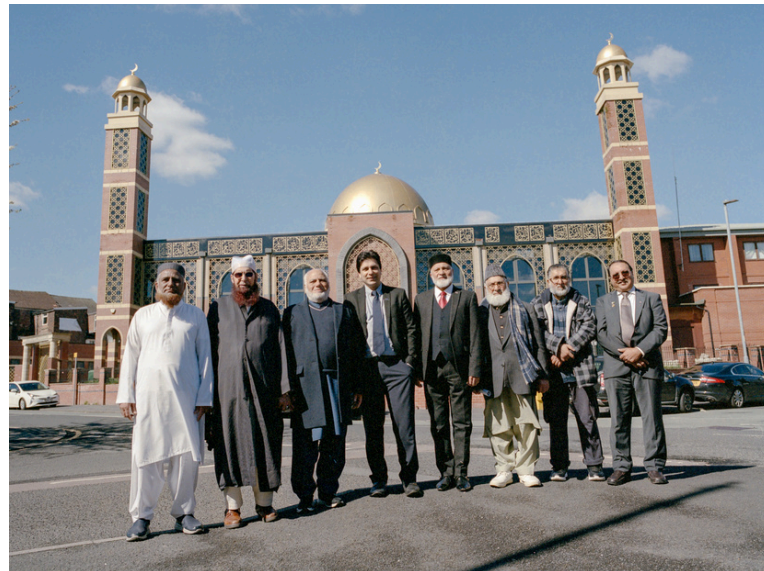
The event included an exhibition of photographs, taken by documentary photographer Chan-yang Kim who took portraits of the men in places which are important to them in their neighbourhood - their homes, local park and places of worship.

Through powerful storytelling, photography and collaboration, the booklet amplifies voices and histories that are often unheard. It celebrates the men's achievements while also acknowledging the challenges that have shaped their lives. Their stories explore identity and belonging through work, family, religion and community. They also reveal experiences of discrimination, resilience, and the importance of faith.

Together, the stories and photographs capture the rich sense of community in north Manchester and among British Pakistanis more widely. Beyond their individual experiences, the stories reflect deep connections the men have to their families, neighbours and communities locally and beyond.

This project is a collaboration between:

- Khidmat Group members, (led by Chairman Dr Mohammad Younas Perwaz)
- Guidance Hub (led by Ifraz Sharif and Maqsood Ahmad)
- University of Manchester researchers (Camilla Lewis and Niamh Kavanagh).



For further details about the Khidmat group or a copy of the booklet, please contact Ifraz Sharif ifraz@guidancehub.org

For more information about Chan-Yang Kim, visit: chanyangkim.com



Featured photo

Katharine, one of our editorial team, captured this funny photo on Crescent Road - a squirrel raiding a bin for a snack.

If you would like any of your local photographs to be included in the paper, please send them to: communications@manchesterlco.org





Hopewell Trustees with Lord Mayor Shaukat Ali



Hopewell trustees attend Lord Mayor's Civic Reception

Hopewell Trustees attended the civic service at Manchester Cathedral and reception of Councillor Shaukat Ali, as he became 128th Lord Mayor of Manchester.

The trustees were invited as they are local residents of Cheetham Hill, where Lord Mayor Shaukat Ali is the local councillor. Hopewell Trustee Mr Nazra quotes "I came to the UK with fathers of these young men [local councillors]".

Hopewell is honoured to have these committed people at trustees, they all have lived experience of struggles, discrimination and barriers that still exist in our communities, leading and developing Hopewell's work in shaping inclusive and connected communities.

Mrs. M Hyde, Hopewell trustee and also supports African Caribbean Elders said, "I live so near this beautiful building [Manchester Cathedral] and never been inside, new and wonderful experience".

www.hopewellmcr.org.uk

Rainbow Surprise Worldwide Knitting in Public Day

Monday 8th June 2026 marked "Worldwide Knitting in Public Day" - perfect timing as the Rainbow Centre members have been knitting and nattering at their "Sip 'n' Chat" every Monday from 11am to 1pm for the past 3 years.

The group of ladies have been knitting patch blankets (amongst other items) for children in war torn areas across the world. This is a nonpolitical, nonpartisan effort, providing humanitarian support and care for our fellow man, in this case newborn babies.

Our next project will assist Baby Banks and other baby supporting organisations across Greater Manchester. If you'd like to take part, you can join our Monday sessions or knit your own squares and drop them off any Monday between 11.30am - 1pm.

Once you've completed the squares, we will put them all together, or if your happy to help, your more than welcome to join us.

Rainbow Centre, 11-13 Humphrey Street, Crumpsall, M8 9JS

For more details, contact 078 7725 6698 or 0771 068 7790.

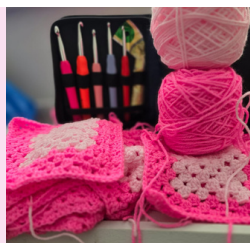


Images from the knitters



Knitting pattern:

- Cast on 30 stitches
- Knit 30 rows



Work Clubs in north Manchester

More Work Clubs have launched across North Manchester, making it easier than ever to get friendly, local support if you are looking for work or thinking about your next steps.

Work Clubs are relaxed, welcoming spaces where you can drop in and get help with things like writing a CV, searching for jobs, building confidence or exploring training opportunities.

Work Clubs are open to everyone and are free, whether you are ready to work now or just starting to think about it.

Local places you can go

These are local places where you can talk to someone who understands the local area and take things at your own pace. Your closest community venues nearby offering support:

- **Wai Yin Society, Welcome Centre**, 18-32 Brentfield Ave, Cheetham Hill, M8 0TW
- **The Booth Centre**, Pimblett St, Cheetham Hill, M3 1FU
- **The Mustard Tree**, 110 Oldham Rd, Ancoats, M4 6AG
- **Back On Track**, 20 Swan St, M4 5JW
- **MCC Housing Services, Cheetham Hill Road No. 93**, 93 Church Ln, Harpurhey M9 5BG
- **North City Library**, 931 Rochdale Rd, Harpurhey M9 8AE
- **The Avenue Library and Learning Centre**, Victoria Ave E, Blackley, M9 6HW

Guest editor note from Lisa at the Family Hub:

We also run employability sessions, supporting parents with the skills that they'll need to enter the workplace. Sessions such as Fun with Maths is a great way to get parents' building their confidence with numbers to support them into work and helping young ones with their homework.



Employment support programmes

Three additional employment support programmes have been extended for another year. These programmes offer more tailored support for people who might need a bit of extra help, whether that is around confidence, skills or managing health alongside work:

- **Trailblazer** - offers more in-depth support if you are facing challenges like low confidence, long gaps out of work or other barriers
- **WorkWell** (delivered through Manchester Foundation Trust hospitals) - can help if your health is affecting your ability to work, bringing together health and employment support in one place
- **Ambition Manchester** supports residents already in work to progress into better-paid roles through personalised careers advice, coaching, and access to training—helping build skills, confidence and long-term career opportunities.

Support that works for you

Because these services are in the community, it's easy to pop in and get support in a way that works for you. There is no pressure - just a chance to chat and take things at your own pace.

Whether you want help finding a job, improving your skills or just building confidence, there is free support available and experienced people ready to help.

Scan the QR code or email us if you have any questions:
workclubs@manchester.gov.uk



LoveWorld Church

A celebration of craft, connection and community

In just nine months, the LoveWorld Church Elders Group has grown from a simple idea into one of the most joyful and transformative community initiatives in the congregation.

Launched last September to help address social isolation among older members, the weekly sessions have blossomed into a vibrant hub of creativity, companionship and renewed purpose.

What began as a gentle invitation has become a lifeline for many. Each week, the group has immersed itself in arts and crafts, reintroducing skills that many of the ladies hadn't practised since their youth; knitting, crocheting, embroidery.

Participants spoke fondly of childhood evenings spent knitting beside their mothers, or learning crochet patterns passed down through generations. These sessions have rekindled not only forgotten skills but cherished memories.

One member shared that the group had given her a focus again, another described the sessions as "a reminder of who I used to be and who I still am". These stories show the quiet power of creativity: it doesn't just fill time, it fills lives.

Beyond the crafts, what truly shines is the deep connection the women have formed with one another, building trust, warmth and shared experience, a space where everyone feels valued.



LoveWorld Church Elders Group receive certificates

The group's success was beautifully showcased at a recent celebration event, where the room was filled with pride, applause and a few happy tears. Dave from Manchester Local Care Organisation and Gemma from Jigsaw Homes joined the festivities to present certificates to the ladies, recognising not just their creative achievements but their commitment to one another.

It was a touching moment — a reminder that community work isn't just about activities; it's about belonging.

The LoveWorld Church Elders Group stands as a shining example of how simple acts, a shared craft, a weekly chat, a familiar face — can have profound effects on health and wellbeing. Social connection is more than a nicety; it's a necessity.

This group has shown just how transformative it can be when people come together with kindness, purpose and joy. This is more than a weekly session. It's a community, a family, and a celebration of life's enduring threads — woven together, one stitch at a time.

Litter picking equipment to loan or keep

How it works:

- Fill in the equipment hire form online manchester.gov.uk/xfp/form/2270
- Once we have received your form, we deliver the equipment to a Manchester address.
- If you would like to keep your equipment, please say so on the form.
- If you need the litter bags to be collected, please fill in the form: manchester.gov.uk/xfp/form/2314
- Litter bags can be left by any street lamppost. Just let us know what the yellow sticker says on the lamppost to help us locate them.
- Alternatively, they can be left near street or park bins and reported to us.

For more information:

- Join the [Keep Manchester Tidy Facebook Group](#)
- Email tidy@manchester.gov.uk



Cheetham and Crumpsall Neighbourhood Partnership Meeting

The partnership meetings are opportunities for people living and working in Cheetham and Crumpsall to meet together, shine a light on some of the great work that is happening in the community and provide an opportunity for developing shared work across organisations.

This latest partnership meeting highlighted the incredible work of the The Guidance Hub in supporting good health in the South Asian community. It was also an opportunity to focus on neighbourhood priorities such as reducing poverty, community cohesion, improving health outcomes in the neighbourhood and the health creation work that has been happening focusing on raising awareness and support around long term health conditions.

The next partnership meeting will be in September - if you would like to receive emails about the meeting please contact lizzie.hughes@mft.nhs.uk



KHIZRA BOXING ACADEMY

SESSIONS DELIVERED BY A TRAINED ENGLAND BOXING COACH

AGE UNDER 15

SUNDAY

@ 1.45pm to 2.45pm



- BUILD CONFIDENCE
- HEALTH AND WELL-BEING
- EXERCISE
- DISCIPLINE



KHIZRA MOSQUE & COMMUNITY CENTRE

425 Cheetham Hill Road, Manchester, M8 0PF

0161 205 6662 | info@c4all.org.uk | www.c4all.org.uk

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MANCHESTER CITY COUNCIL



Green spaces

Crumpsall Park history

Crumpsall Park opened in 1899 on Ash Tree Road, it's one of the city's oldest municipal parks, though it very nearly became something very different.

The land was originally set aside for a cemetery, but as Manchester's industrial boom brought pollution, overcrowding, and tough living conditions, the need for proper green space became impossible to ignore. Parks like Crumpsall became the lungs of the city, offering fresh air, room to move, and a break from the smog.

One of the first things you notice in Crumpsall Park is the obelisk standing proudly in the centre. It looks like the sort of thing that should honor a famous figure or a moment in history, but it doesn't. Its story is far more unusual.

The Obelisk was originally the idea of local politician Graham Stringer, who had it installed on Market Street in the city centre. His hope was that



The obelisk in its old and new homes

it would give the area the feel of an old market town. Instead, it quickly became a popular meeting point for groups of young people, and not always in the most helpful way.

After the 1997 bomb, the city centre was redeveloped, and the obelisk was quietly moved on. Piece by piece, it was rebuilt in Crumpsall Park, replacing the old water fountain. And that's where it has stayed — a slightly eccentric but much-loved landmark with a story that's very Manchester: a bit unexpected, a bit stubborn, and full of character.

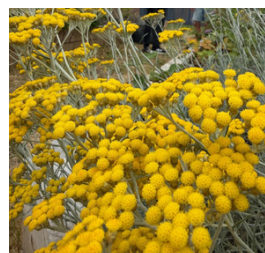
Heatherdale Drive Community Garden

Local residents and schoolchildren came together for a fantastic community gardening event at Heatherdale Drive Community Garden on 1st July, with a planting workshop hosted by Manchester Urban Diggers (MUD), in collaboration with Manchester City Council's Neighbourhoods Team.

Schoolchildren from St Chad's Primary School and Unity Community Primary School joined local residents to help weed and tidy the planter beds, sow wildflower seeds and learn more about the fantastic variety of flowers, fruits, vegetables and herbs growing in the garden.

The event was a wonderful opportunity for the local community to come together and get involved in gardening, whilst enjoying the outdoors and helping maintain this valuable community space.

If you would like to join in for upcoming events taking place at Heatherdale Drive Community Garden over the summer, please contact tommy.williams@manchester.gov.uk for more information.



Images from the event



Guest editor note from Lisa at the Family Hub: Woodville Family Hub are looking for volunteers to create a community garden in their grounds. If you'd be interested in getting involved, call 0161 234 3000

News from Khizra Mosque

Qurbani Distribution Initiative

Qurbani meat donations were put to great use during Eid - given directly to people facing hardship, enabling them to prepare meals in their own homes. Some Qurbani meat was cooked and prepared into meals to be delivered to those in need, including those sleeping rough on the streets in Cheetham Hill and Manchester city centre.

We continue to support many people through our regular food parcel programme, helping to provide essential food and household items to those experiencing financial difficulties. Thank you to everyone who donates and volunteers.



Fire extinguisher training



Fire Marshal Training Held at Khizra Mosque

We run an annual Fire Marshal training session as part of our continued commitment to health, safety, and the wellbeing of all those who attend and use the mosque and community facilities. The training was delivered by an external fire safety expert and was attended by more than 20 staff, volunteers, trustees, youth leads, and brothers' and sisters' team representatives.

The session provided essential guidance on fire safety awareness, emergency procedures, evacuation responsibilities, and the important role Fire Marshals play during incidents and emergencies.

Basic Life Support session

We recently delivered some well-attended Basic Life Support sessions for babies and children. The sessions helped raise awareness and equip attendees with valuable knowledge and practical skills to help preserve life during emergency situations involving babies and children. Participants learned essential lifesaving practices and gained greater confidence in responding effectively in an emergency. A massive well done to all the parents, coaches, and dedicated volunteers whose hard work and commitment made this possible.



North Manchester Health Fair

The North Manchester Health Fair at Khizra Mosque and Community Centre was a great success. Young and old attended throughout the day to access the wide range of free health checks, advice, and awareness sessions available.

Visitors benefited from NHS health checks, blood pressure monitoring, kidney function tests, BMI assessments, diabetic eye health advice, bowel cancer awareness information, and guidance from healthcare professionals and support organisations. The event provided an excellent opportunity for residents to learn more about maintaining a healthy lifestyle and accessing local health services.

One of the highlights of the day was the live healthy cooking session, where attendees learned practical ways to prepare nutritious meals and enjoyed free food tasters.

Images from the health fair. The free bouncy castle was a popular attraction.

Raising awareness of hoarding

A group of people with lived experience have been volunteering to support safeguarding improvement in Manchester alongside Healthwatch, Manchester City Council and Manchester Local Care Organisation.

The group codesigned a campaign to raise awareness of what safeguarding is and how to report concerns. We want people to see safeguarding as a positive thing to support us when we need it most.

One of the group, Gill, bravely shared her own personal story of hoarding to give hope to others who have had similar experiences.

"I think that cluttering and hoarding is a symptom of other things going on in your life. Once you have that problem, it is extremely difficult to solve. My friends would have helped me but that would have been too emotional, I couldn't do that."

Gill's husband, Michael, was ill for 25 years, "When he died in 2017, the house was a complete chaotic mess and that was absolutely not his fault whatsoever. Neither of us was capable of going out to buy a pint of milk without coming back with armfuls of books and bits and pieces from charity shops."

Gill's situation is not uncommon and can be difficult to address. This is something that people often need support to work through and may become a safeguarding concern.

Gill reached out for support in addressing her circumstances. Tenancy support manager Lyndsey supported Gill over many sessions as they cleared through Gill's house, garden and industrial unit - keeping those items that were useful, sentimental

and beautiful. They were able to donate many items to good causes and even museums.

"It is emotional, it is difficult, you have to be quite calm and professional, and she [Lyndsey] helped me with that because there wasn't the emotional attachment, we could have a laugh about it.

"Grief doesn't go away but you have to identify the problem, take a step back, realise you need to take certain steps to solve the problem and identify them and seek professional help. That's quite a challenging thing to do when you're not feeling particularly strong within yourself. But you've either got to do it or you're going to drown in all this stuff and it gets to the point where you just cannot do it yourself.

"I had to accept help and I was very fortunate that I had so many kind wonderful people to help me, who were not even friends, they were professional people but they empathised and sorted me out."

Scan the QR code to watch Gill's inspirational story:
[youtube.com/watch?v=5_NS8mMu2wc](https://www.youtube.com/watch?v=5_NS8mMu2wc)



For information and support with hoarding, scan the QR to visit:
mcchousingervices.co.uk/about-us/news/articles/understanding-hoarding



You can access support for yourself or someone else. If you have a safeguarding concern relating to hoarding or anything else, contact Manchester City Council.

Call: **0161 234 5001**

Email: mcsreply@manchester.gov.uk

Adult safeguarding means... We all have a right to be safe from abuse and neglect



What's On: Cheetham & Crumpsall

MONDAYS: Loveworld Seniors Group - arts & crafts with refreshments.
3:30pm at 5 Knowsley Street, M8 8QN.

Older people

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.
- **Exercise to suit all levels**, with a focus on older people. 11am - 12pm at Guidance Hub, 389 Waterloo Road, Cheetham Hill, M8 9AB. To book on please contact Hope Well on 07547 201 644 or info@hopewellmcr.org.uk


WEDNESDAYS

- **Over 60's Lunch and Bingo**, 12pm-4pm at Ukrainian Centre. £5 for hot meal, tea/coffee and cake and Bingo.
- **Irish Community Care Lunch Club**, 12 noon to 2:30pm at The Irish Centre. No need to book. FREE.
- **Rainbow Surprise Walking Cricket** for 50+ years, 5pm to 6pm, at Abraham Moss. FREE Contact 0792 894 1039.

College of the Third Age

For over 35 years, we have been organising classes, activities and events for people aged over 50 in Crumpsall. Currently we offer ten different weekly classes and activities so there is bound to be something for you to enjoy. Why not come along?

 We are based at Crumpsall Community Hall, Cleveland Road, Crumpsall, M8 4GS

 www.collegeofthethirdage.co.uk

 www.facebook.com/C3ACollege

 c3acollege@gmail.com



Tuesday

- Tai Chi 10am - 11am
- Beginners French 11:15am - 12:45pm
- Line Dancing 1:15pm - 3:15pm

Wednesday

- 50+ Health and Interest 10:30am - 12:30pm
- History and Interest 1pm - 3pm
- Singing for Fun 1pm - 2:30pm (held in St Matthew's Church)

Friday

- Art 10:15am - 12:15pm
- Creative Writing 10:30am - 12:30pm
- Intermediate French - 12:45pm - 2:45pm
- Craft - 1pm - 3pm

Booth Centre

The Booth Centre offers people the opportunity to try new things through their Activities Programme. **As part of helping people to move off the streets and break the cycle of homelessness, they offer a variety free activities for people to get involved in.**

Address: Booth Centre, Edward Holt House, Pimblett Street, M3 1FU

Email: info@boothcentre.org.uk

Phone: 0161 835 2499

Website: boothcentre.org.uk/activities-programme

MONDAYS

- **Women's physical activity exercise session** at Khizra Mosque, 10am.
- **Women's Indoor Cycling & Coffee Morning** at Khizra Mosque, 11am.
- **Strength Building Exercise** to suit all levels, 11am-12pm at Guidance Hub, 389 Waterloo Road, M8 9AB. FREE. To book on please contact Hope Well on 07547 201 644 or info@hopewellmcr.org.uk

Women-only

TUESDAYS: Mother & Toddler Exercise & Coffee, 10am at Khizra Mosque.

Khizra Mosque contact information:
0161 205 6662 or info@c4all.org.uk

WEDNESDAYS: Yoga, relaxation & breathwork, 10:30am-11:30am at Guidance Hub, M8 9AB. To book on please contact Hope Well on 07547 201 644 or info@hopewellmcr.org.uk

THURSDAYS:

- **Ladies Chit, Chat & Chai Group**, 12pm first Thursday of each month, at Guidance Hub. FREE.
- **Women's Group**, 10am-12pm - build your confidence, learn some English and improve your wellbeing. Traditional classroom learning, hands-on workshops, games, chat and snack sessions. The Welcome Centre, 18-32 Brentfield Ave, M8 0TW.

MONDAYS

- **Knitting and Crochet Group**, 10am to 12pm at Rainbow Surprise, Crumpsall Community Hall. FREE.
- **Board Games and Dinner** at Rainbow Surprise, Crumpsall Community Hall. FREE. 5:30pm-7:30pm. Contact Shabnam 0775 185 5229 shabz@rainbowsurprise.com
- **Sip & Chat** with refreshments, crafts and socialising, 11am at Seventh-day Adventist Church, Humphrey Street
- **Digital Inclusion Drop-in** at Woodville Family Hub, 9:30am – 11:30am. No need to book – just drop-in.
- **Talking Circle** – 10am to 12pm at The Welcome Centre, 18-32 Brentfield Avenue, M8 0TW.
- **Citizen's Advice Information drop-in** at Abraham Moss Library – help with housing, welfare rights, energy and bills, using the internet etc. 9am to 12:30pm. No appointment needed. FREE.
- **Crumpsall councillor drop-in** advice session/councillor surgery at Abraham Moss Library, M8 5UF. 6pm – 6:30pm.
- **Podilya Dance Group** – 7pm at The Ukrainian Centre, 31 Smedley Lane, M8 8XB
- **British Taekwondo**, 6pm at Khizra Mosque. Contact: 0161 205 6662 or info@c4all.org.uk

TUESDAYS:

- **English classes**, 9:30am and 12pm at Guidance Hub.
- **Orlyk Dance Group** with Orylk School of Dancing 8pm at The Ukrainian Centre, 31 Smedley Lane, M8 8XB
- **Zumba Dance Exercise Class** (suitable for beginners) 11am at Seventh-day Adventist Church, Humphrey Street
- **Strength & Balance/Mobility Exercise Class** (suitable for all levels). 12pm at Seventh-day Adventist Church
- **Percussion Orchestra/African Drumming** (all welcome). 5pm at Seventh-day Adventist Church, Humphrey Street
- **English Classes**, 10am-12pm (intermediate) and 12:30pm-2:30pm (pre-entry) at The Welcome Centre, M8 0TW.
- **Art Classes** at The Welcome Centre, M8 0TW, from 10:30am-12:30pm. £20 for 5 lessons or £5 for 1, plus £1 material fee. Contact tutor directly enroll.clayground@gmail.com
- **Gentle Chair Based Exercise** with Hopewell, 10.45am at Woodville Family Hub, M8 ONE.

WEDNESDAYS

- **Gardening Club** at Guidance Hub, 10:30am. FREE.
- **Arts and Crafts Group** by Creative Community at St Matthews Church at 10am. £3.50 but first session is free.
- **Digital Drop-in** at Abraham Moss Library. 12:30pm to 2:30pm. No need to book, just turn up. FREE.
- **Talk English Conversation Club** at Abraham Moss Library. suitable for beginners, 12:30pm to 2:30pm.
- **Bowls** at Cheetham Hill Sports Club. If interested, call 0161 740 1728 or email info@cheethamhillssportsclub.com
- **MAES Talk English session** at Woodville Family Hub, 10am – 12pm. Call 0161 234 3000 to book a place.
- **Explore Cooking Session** at Khizra Mosque, 2pm.
- **Learn to ride a bike session** at Khizra Mosque, 5:45pm.
- **Cheetham councillor drop-in** advice session/councillor surgery at St. Chad's Primary School, M8 0SP. 6pm – 7pm.
- **Calligraphy Class** at Wai Yin Society Welcome Centre, M8 0TW. 10am – 12pm. For more info call 0161 513 4126
- **Training Band** (For people that can read sheet music at a basic level) – 6pm to 7pm. Speak to us before you attend to find out more – crumpsallband@hotmail.co.uk Website: www.crumpsallconcertband.co.uk
- **Concert Band** (For more experienced players – Grade 3 and above) 7:30pm to 9:30pm. Speak to us before you attend to find out more – crumpsallband@hotmail.co.uk Website: www.crumpsallconcertband.co.uk
- **Explore cooking session**, 2pm. Khizra Mosque. Contact: 0161 205 6662 or info@c4all.org.uk
- **Learn to ride a bike session**, 5:45pm at Khizra Mosque. Contact: 0161 205 6662 or info@c4all.org.uk
- **Talking Circle** – 10am to 12pm at The Welcome Centre, 18-32 Brentfield Avenue, M8 0TW.
- **Gentle Chair Based Exercise** with Hopewell, 10.45am at Guidance Hub, 389 Waterloo Road, M8 9AB.

THURSDAYS

- **Community Walk for All**, 1:15pm at Khizra Mosque. FREE.
- **Chair based exercise and activities** by Empower M8 at Welcome Centre 10am to 11am. FREE.
- **Bi-monthly Carers Space** at Cheetham Primary Care Centre. 1:30pm-3pm.
- **MAES Talk English session** at Woodville Family Hub, 9am – 12pm. Call 0161 234 3000 to book.
- **Talk English class** at Khizra Mosque, 12:30pm.
- **Talk English class**, 12:30pm at Khizra Mosque. Contact: 0161 205 6662 or info@c4all.org.uk
- **Community Walk**, 1:15pm at Khizra Mosque. Contact: 0161 205 6662 or info@c4all.org.uk
- **English Classes (Beginners)**, 12:30pm – 2:30pm at The Welcome Centre, 18-32 Brentfield Avenue, M8 0TW.

FRIDAY: Rainbow Surprise Community Garden Club, 11am – 3pm. Refreshments provided.

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

SUNDAY: Orlyk Dance Group with Orylk School of Dancing, 4pm at The Ukrainian Centre, M8 8XB

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

WEDNESDAY: Men's gym, health & fitness class, 7:15pm at Khizra Mosque.

FRIDAY: Men's social club, gym & chai, 2:30pm at Khizra Mosque.

SUNDAY: Men's gym, cycling & walking, 11am at Khizra Mosque.

Men only

Khizra Mosque contact information:
0161 205 6662 or **info@c4all.org.uk**

What's On: Cheetham & Crumpsall

Young people

MONDAYS

- **Music Workshop** (5 years and over), 5pm to 6pm. 1 Tamerton Drive, M8 0DH
- **Brazilian Jiu Jitsu**, 6:30pm at Guidance Hub for girls and boys aged 7-16 years. £2 per session.
- **Busy Bee's Soft Play session** at Woodville Family Hub. 10am-11am. For babies ages 12 months to 23 months. Call [0161 234 3000](tel:01612343000) to book a place.
- **Power Next Generation - Black Girls Planet** - 5:30pm to 7pm at Abraham Moss Library
- **Young People Board Games and Dinner** (for ages 14 to 16 years) FREE, - 5:30pm to 7:30pm at Rainbow Surprise, Crumpsall Community hall. For more details, contact Ferhan: [0755 245 5248](tel:07552455248) or ferhan@rainbowsurprise.com

TUESDAYS

- **Cricket** with Rainbow Surprise, delivered by professional cricket coaches at Abraham Moss Leisure Centre. 5pm to 6pm for 8-11 year olds and 6pm to 7pm for 12-16 year olds. For more information contact Arslaan [0792 894 1039](tel:07928941039).
- **Storytime for little ones** and their grown-ups at Abraham Moss Library, 11am to 11:30am, term-time.
- **Doodle Bugs physical activities** at Crumpsall Sure Start for 2 years and older. 1-2pm. Call [0161 234 3000](tel:01612343000) to book
- **Drama workshop** with MAD Theatre Company, 6pm to 7:30pm at Khizra Mosque: rob@madtheatrecompany.co.uk
- **Steel Pan Workshop** for young people aged over 7 years, at 1 Tamerton Drive, M8 0DH. 5pm-6pm. FREE.
- **Groundwork Youth & Play** at Crumpsall Park Visitor's Centre. 5:30pm - 7:30pm carlos.dore@groundwork.org.uk
- **Kid's Chess Club** at Abraham Moss Library (new starters welcome), 3pm to 5pm. FREE.
- **Drama class** (Under 11s), 5pm at Khizra Mosque. Contact: [0161 205 6662](tel:01612056662) or info@c4all.org.uk
- **Girls Youth Club**, 6:45pm at Khizra Mosque. Contact: [0161 205 6662](tel:01612056662) or info@c4all.org.uk

WEDNESDAYS

- **Homework Club** (5 years and over), 5:15pm-7pm at 1 Tamerton Drive, M8 0DH. FREE. Run by Power Next Generation/Iziko Youth Next Generation. Limited spaces so please email powernextgeneration@gmail.com
- **Pre-loved clothing drop-in** at Woodville Sure Start Centre from 9:30am to 11am. FREE.
- **Doodle Bugs** physical activities for 2+ at Woodville Family Hub. 9:30am - 10:30am. Call [0161 234 3000](tel:01612343000) to book.

THURSDAYS:

- **Busy Bees Soft Play** at Crumpsall Children's Centre, 11am-12pm. For 2 years and older. Call [0161 740 3077](tel:01617403077) to book
- **Baby Caterpillars baby sensory** session at Woodville Family Hub, Call [0161 234 3000](tel:01612343000) to book a place.
- **Groundwork Youth Club** (11-16 years) 5pm to 7pm at 1 Tamerton Drive, M8 0DH. FREE. Book via [07739 978 798](tel:07739978798).
- **Beavers** (6-8 years old) - Make friends, earn awards and try new activities - 6:30pm-7:30pm (term-time) at Methodist Church Crumpsall. Contact 434thManchester@nmdscouts.org.uk for more information.
- **Cubs** (8-10 years old) - Learn practical skills while having adventures with friends - 6:30pm-7:30pm (term-time) at Methodist Church Crumpsall. Contact 434thManchester@nmdscouts.org.uk for more information.
- **Boys Youth Club** (primary school age), 6:45pm at Khizra Mosque. Contact: [0161 205 6662](tel:01612056662) or info@c4all.org.uk

FRIDAYS

- **Drama Workshop** by MAD Theatre Company (5 years and over), 5:30pm-7pm at 1 Tamerton Drive, M8 0DH. FREE.
- **Boys Youth Club** (10 to 16 year olds) at Guidance Hub at 6:15pm. NOW FREE!
- **Junior Dance Group** with Orylk School of Dancing (4-12 years old) 6:30pm at The Ukrainian Centre, M8 8XB
- **Boys Youth Club** (high school age), 6:45pm at Khizra Mosque. Contact: [0161 205 6662](tel:01612056662) or info@c4all.org.uk
- **Abraham Moss Warriors Sports Youth Club**, 7pm - 9pm at Irk Valley Primary School. For age 8-14. £1 per session.

SATURDAYS

- **Boys Football**, 10am at Guidance Hub. FREE.
- **Kid's Games Club** at Abraham Moss Library - No need to be bored with our board games club! 10am-12pm. FREE.
- **Girls football, gym & boxing session**, 1:45pm at Khizra Mosque. Contact: [0161 205 6662](tel:01612056662) or info@c4all.org.uk
- **Boys Football Academy** run by Khizra Mosque, 2pm at Cheetwood Community Primary School, M8 8EJ.
- **Tuition classes** key stages 1, 2 & 3 and GCSE, 2pm at Khizra Mosque. Contact: [0161 205 6662](tel:01612056662) or info@c4all.org.uk
- **Boys Boxing**, 3:30pm at Khizra Mosque. Contact: [0161 205 6662](tel:01612056662) or info@c4all.org.uk
- **Abraham Moss Warriors Sports Youth Club**, 5pm - 8pm at Irk Valley Primary School. For age 11-18. FREE.

SUNDAYS

- **Rainbow Surprise Youth Club** (13-18 year olds) - gardening, safety, badminton music, crafts, performing arts and life skills. 4.30pm-6.30pm at Rainbow Surprise. Contact Ferhan [0755 245 5248](tel:07552455248) or ferhan@rainbowsurprise.com
- **Girls Youth Club (10 to 16 years)** 1pm at Guidance Hub. NOW FREE!
- **Boys Boxercise (7 to 16 years)**, 11am at Guidance Hub. NOW FREE!
- **GCSE Maths Tuition** at Guidance Hub 12pm to 2pm FREE
- **Cricket session** (high school age), 11am at Khizra Mosque. Contact: [0161 205 6662](tel:01612056662) or info@c4all.org.uk
- **Cricket session** (under primary school age), 10am at Khizra Mosque. Contact: [0161 205 6662](tel:01612056662) or info@c4all.org.uk
- **Boys boxing, & gym session** (under 12s), 1:45pm at Khizra Mosque. Contact: [0161 205 6662](tel:01612056662) or info@c4all.org.uk

ALWAYS FOLLOW THE WATER SAFETY CODE



Whenever you are around water:

STOP AND THINK

Take time to assess your surroundings.

Look for the dangers and always research local signs and advice.



STAY TOGETHER

When around water always go with friends or family.

Swim at a lifeguarded venue.

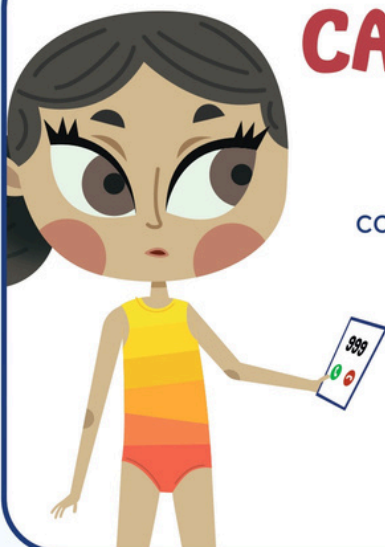


In an emergency:

CALL 999

If you are at the coast, call 999 and ask for the Coastguard.

Don't enter the water to rescue.



FLOAT

Fall in or become tired - stay calm, float on your back and call for help.

Throw something that floats to somebody that has fallen in.



BE SAFE THIS SUMMER

FOLLOW THESE SIMPLE TIPS TO KEEP YOU,
YOUR FAMILY, AND YOUR FRIENDS SAFE.



SUN SAFETY

- Use sun cream with UVA and UVB protection
- Sun cream should be SPF 30 or higher
- Avoid the sun between 11am-3pm
- Know your skin type and how to protect it
- Drink plenty of water
- Wear a hat and sunnies



Scan the QR code for
sunburn advice



WATER SAFETY

- Swim in places that have a lifeguard on duty
- Never swim alone
- Take warm clothes with you to get changed into afterwards
- Make sure your phone is fully charged
- If you get into trouble in the water float on your back in a starfish shape and call for help

Scan the QR code for
water safety advice



TRANSPORT SAFETY

- Take care when crossing roads, tram lines and train lines - use crossing points
- Wear a helmet when on a bike or scooter



Scan QR code
for ideas for
the holidays



WATER SAFETY CODE

If you fall in, follow the **Water Safety Code**.

