

We ♥ Cheetham & Crumpsall

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

Issue 26
Autumn 2026

FREE

FIREWORKS RETURN TO HEATON PARK

The skies over Manchester will light up once again as firework night celebrations are set to return with displays in Manchester parks this year bringing the city's communities together.

On Saturday 7 November, a free family-friendly fireworks events at Heaton Park will feature both a reduced-noise, low-impact display at 5pm for families and SEND audiences and a main fireworks display at 8pm, read more on page 35...

In this issue...

It's flu season

We've started our winter vaccination campaign to help keep people well. See page 7 for our new video and podcast series with members of the South Asian community in North Manchester.

Renters rights

Shelter have provided another great article explaining the rules for landlords and rights of tenants when it come to home repair, damp and mould, see pages 14-15.

Introducing our guest editors

This issue is guest edited by students from North Ridge High School, a specialist school supporting pupils with a learning disability. We're honoured to share their thoughts and ideas about our articles, as well as the amazing baked goods on offer at their cafe, Cup and Cake, see pages 12-13.

Chloe and Obinna



Special edition Family Friend feature inside

This issue of the newspaper features a 16-page special feature, containing information for families. See pages 17-32.

Raising a family can be joyful but also challenging. The Family Friend offer brings together support available across Manchester – from health and childcare, to food, activities and emotional wellbeing. It's here to help you find what you need, when you need it. Whether you're looking for advice, a friendly face, or just something fun to do with your child, there's something in here for you.



Welcome

خوش آمدیداً 歡迎 1Ласкаво просимо স্বাগতম Soo dhowow
Hoş geldiniz أهلاً وسهلاً Welkom ようこそ Wilujeng sumping
Witamy Bine ați venit 歡迎光臨 Karibuni ברוכים הבאים

Welcome to the 26th issue of our community newspaper for Cheetham and Crumpsall. This is a special edition, featuring a community guide designed to help local parents and carers navigate family life.

This issue is guest edited by students from North Ridge High School, a specialist school supporting pupils with a learning disability.

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.

DO YOU WANT TO SPONSOR THIS NEWSPAPER?

The Cheetham and Crumpsall newspaper is funded by grants and sponsorships. If you would be interested in sponsoring us, we would love to hear from you.

For more information, contact
Lizzie.Hughes@mft.nhs.uk or
Dave.Bradley@nhs.net



ARE YOU INTERESTED IN BEING A GUEST EDITOR?

In recent years we have invited Guest Editors to write a short editorial column introducing themselves, their organisation and linking in with the theme of the newspaper. Examples of this have been the Charity Manager of Cheetham Hill Advice Centre for a winter special cost of living edition.

Guest Editors can use their specialist knowledge to comment on and give context to the newspaper. It is an opportunity to have a longer feature article highlighting the role and work that they do. It has also been used as an opportunity to add insight and comment and introduce other articles in the paper.

North Ridge High School

Students and teachers
Guest editors for issue 26



10 students are our guest editors for this issue: Chloe (left) Obinna (right), Chantelle, Barina, Hafsa, Yara, Shamla, Rose, Mahmoud and King David; supported by teachers Laura and Sarah.

Katharine (editorial team): "Are you enjoying guest editing the paper?"

Everyone: "It's good."

Laura: "We're looking forward to having it out to look at."

Sarah: "It's good to have a voice, you can share your thoughts and feelings with the community."

Katharine: "Do you enjoy working at Cup and Cake?"

Obinna: "It's good! I like food! I like some vegetables."

Chantelle: "Customers and more people should come here."

MEET THE EDITORIAL BOARD

The Cheetham and Crumpsall newspaper is proud to have at least 50% of its editorial board from local voluntary, community, faith and social enterprise organisations. The remaining editors are from statutory organisations such as the NHS and city council.

You may notice our editorial board changes between some issues, that is to enable volunteer members to take breaks if they need to. We welcome new board members. If you would be interested in joining the editorial board or guest editing an issue, please contact: Dave.Bradley@mft.nhs.uk or Lizzie.Hughes@mft.nhs.uk



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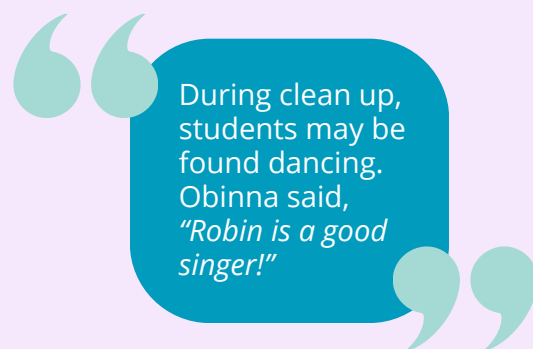
Amer Salam
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Sharon Thomas
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Guest editors at North Ridge share their playlist

- **APT** by Bruno Mars - recommended by Shamla
- **Calm Down** by Rema - recommended by Obinna
- **Baby** by Justin Bieber - recommended by King David
- **Despacito** by Luis Fonsi ft. Daddy Yankee - recommended by Rose
- **Never say Never** from Frozen - recommended by Barina
- **Experience** by Ludovico Einaudi - recommended by Mahmoud



During clean up, students may be found dancing. Obinna said, "Robin is a good singer!"

Manchester's handy guide to childhood vaccinations

Keeping on top of vaccination schedules for your children can feel overwhelming.

That's why Manchester City Council has designed a booklet to show people which

vaccinations are needed and at what stage from the baby years to young adult. It also uses images to help show the conditions the vaccinations can protect against, plus it gives you details of travel advice.

The booklets are available from health teams, or you can see them online here:

manchesterco.org/childhood-vaccinations/



Health and wellbeing

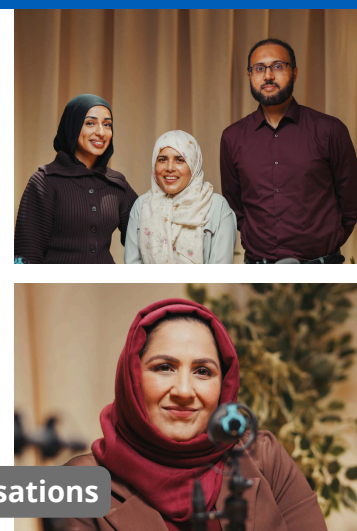
Gift of the Jab:

Real Questions. Trusted Voices. Community Conversations.

What do social media myths, vaccine ingredients, faith and community trust have to do with winter vaccines? Quite a lot, as it turns out.

A three-part podcast series, powered by Manchester Local Care Organisation and produced by Freshrb Health Media, Gift of the Jab brings together healthcare professionals, a social media influencer, local community influencers and community champions to explore questions and concerns about winter vaccines within the South Asian community.

From navigating online misinformation and understanding vaccine ingredients to exploring religious concerns and the role of trusted



community voices, we're having an honest, accessible conversation about vaccination - one that listens as much as it informs.

Listen to Gift of the Jab on Everyday People Talking Health, available soon on Spotify, and share it with someone who might find it useful. **Let's Talk Vaccines.**

Do I really need a winter flu or COVID vaccination?

Even if you are usually healthy, flu and COVID can make people very poorly. Winter vaccinations help your body learn how to fight these illnesses. It can also help protect other people around you, including babies, older people and people with health problems.

Some people are offered winter vaccinations because they need extra protection. This includes older adults, pregnant women and people with certain health conditions.

If you get an invitation for a winter vaccination, it is important to book your appointment as soon as you can, or you pop along to one of the community vaccination events that will be happening in the coming months.



Book, change or cancel a flu vaccination appointment

If you are registered with a GP surgery in England you can use this online service to:

- check if you need an appointment
- book an appointment
- check, change or cancel your appointment

Scan the QR code to access the service. You can call 119 free of charge to book over the phone if you cannot book online. You can ask for an interpreter if you need one.



Quotes from our guest editors at North Ridge:

"It tingles your nose, it doesn't hurt, it tickles." - Chloe

"Sometimes I'm a bit scared." - Barina

Health and wellbeing



Celebrating a year of Health Creation in Cheetham Hill and Crumpsall

The Guidance Hub is proud to reflect on an inspiring first year of the Long-Term Conditions (LTC) Project to improve health and wellbeing across Cheetham Hill and Crumpsall.

The project brings together Al Hilal Regeneration Enterprise CIC, New Testament Church of God, Jamia Masjid North Manchester and Sri Guru Singh Sabha Gurdwara. Each organisation brings trusted relationships and a deep understanding of the communities they serve. Together, we have created opportunities for people living with, or at risk of developing, long-term conditions to access information, health checks, practical support and activities in familiar community settings.

Case study:

One participant living with Type 2 diabetes has reported significant improvements in his health after becoming involved in the project:

- Through increased physical activity and making healthier food choices he reported that his diabetes had been reversed.
- His wife also became involved in regular walking, and he reported that she is now much healthier and more active than before.
- This is a powerful reminder that health improvements can spread through families.

Year one key achievements:

- Bringing these four organisations together under the principles of Health Creation — Connection, Confidence and Control. This has created a strong culture of collaboration and shared learning across different faiths, cultures, genders and lived experiences.
- More than 25 Health Creators and around 30 coordinators and volunteers took part in Health Creation training. Participants explored how community connections, confidence and greater control over health can help tackle inequalities and support sustainable changes in people's lives.
- Regular health checks and screening activities have been an important part of the work. Community members have been able to access blood pressure checks, health information and practical advice around conditions including hypertension, Type 2 diabetes, cardiovascular disease, stroke and dementia. The drop-in sessions enabled people to discuss health issues that they may previously have been reluctant to talk about.

Starting a new medicine? Your Pharmacy can help

If you've been prescribed a new medicine for your long-term condition, your pharmacist can support you. This is called the New Medicine Service.

Pharmacists can:

- Explain how and when to take the medication
- Discuss side-effects or concerns
- Answer questions
- Help you get the best out of your treatment.

Ask your pharmacy for a New Medicine Service appointment.

Translation and interpretation support services available.

Scan the QR code to find out more about the service.



North Manchester General Hospital

A new Main Hospital and Outpatient Centre

The Outpatient Centre will be the first part of the new hospital to be built. Work is planned to start in 2027, subject to approvals. It is planned to open to patients in 2029. Work on the new main hospital will follow. £1.5 billion is being invested in the redevelopment.

The new hospital is a once-in-a-generation investment in North Manchester. It will provide modern healthcare buildings for patients and bring wider benefits for local people.

Mark Cubbon, Chief Executive of Manchester University NHS Foundation Trust, announced that the new Outpatient Centre will be the first part of the hospital redevelopment to be built. Mark said: *"After a long time planning, we can now start building the first part of the new hospital. We're very pleased that our patients and staff will be getting the modern buildings they deserve. Our teams do a fantastic job, but the hospital was built many years ago and needs to be redeveloped so we can give everyone the best care."*

Quote from our guest editors at North Ridge: Barina said *"I work here [Cup and Cake] and at the hospital. My dad works at the hospital at night, my dad will like the new hospital."*



Our teams provide incredible care from facilities which are many decades old.

What will the new hospital mean for you?

Benefits for patients

- Modern, accessible buildings.
- Single rooms for all patients staying in the hospital, giving more privacy and dignity.
- A hospital that is easier to find your way around.
- New technology to help make care quicker and easier.
- More care closer to home, where this is right for patients.

Benefits for our community

- Jobs for local people.
- Apprenticeships and training opportunities.
- Opportunities for people to learn new skills.
- Support for the wider regeneration of North Manchester.
- A major long-term investment in North Manchester and its communities

Investment in our community

Cllr Garry Bridges, now the Leader of Manchester City Council, said: *"The redevelopment of North Manchester General Hospital is a cornerstone of a broader vision and long-term commitment to North Manchester that we and our partners have consistently championed at a national and city level."*

"The impact will be felt by our communities across North Manchester – and across the wider city. Since 2021, regeneration projects linked to the programme have generated nearly £32m in social value, secured great jobs for 631 local residents, supported 188 apprenticeships and created 5,000 jobs in total – all paid at least the Living Wage."



The current hospital building



What the new hospital could look like

Reporting Hate Crime

What is a hate crime

Hate crimes are crimes that are targeted at a person because of hostility or prejudice towards that person's:

- disability
- race or ethnicity
- religion or belief
- sexual orientation
- transgender identity

This can be committed against a person or property.

Why should I report hate crime?

Hate crimes and incidents hurt; they can be confusing and frightening.

By reporting them when they happen to you, you may be able to prevent these incidents from happening to someone else. You will also help the police understand the extent of hate crime in your local area so they can better respond to it.

Source: report-it.org.uk/what_is_hate_crime

Community Cohesion: Have Your Say

Over the last 12 months, Manchester City Council's Neighbourhoods Team has been working with local communities to support and strengthen community cohesion across the area.

We have helped deliver a wide range of projects, including community fun days, Crumpsall Hope Fest, local events, training packages, and activities that bring people together and celebrate the diversity of our neighbourhoods.

How to report hate crime

Greater Manchester Police:

Anyone can report hate crime by using an online form or by calling 101 or visiting your local police station. Scan the QR code to visit: www.gmp.police.uk/ro/report/hate-crime/triage/v1/report-hate-crime/



Scan Me!

Community Security Trust (CST):

CST is a charity where you can report antisemitism and related threats and access support. Scan the QR code to visit: cst.org.uk



Scan Me!

Tell MAMA

Tell MAMA is a national project supporting victims of anti-Muslim hate and monitoring anti-Muslim incidents. Scan the QR code to visit: tellmamauk.org



Scan Me!

The British Muslim Trust provides confidential support and reporting for victims of anti-Muslim hate. Visit: britishmuslimtrust.co.uk

Manchester Jewish Museum is an official Hate Crime Reporting Centre, welcoming all members of the Cheetham Hill community into a safe and supportive space. If you or someone you know has experienced or witnessed a hate incident, you can report it to the trained team.

- 190 Cheetham Hill Road, M8 8LW
- manchesterjewishmuseum.com

We want to hear directly from residents, community groups, faith organisations, and local partners about the the key community cohesion issues affecting your area.

What challenges do communities face, and what ideas do you have to help overcome them?

Your experiences, insights, and suggestions will help shape future projects and ensure funding is directed towards the issues that matter most to local people.

If you have ideas or would like to contribute to this conversation, please email bryony.collins@manchester.gov.uk

Criminals taking over vulnerable people's homes face tougher action under new cuckooing laws

People are being urged to spot the warning signs of home takeovers, also known as cuckooing, and act quickly to protect victims.

Cuckooing — sometimes described as “home takeover” — happens when offenders move into, control or repeatedly use a vulnerable person's property as a base for criminal activity. The term comes from the cuckoo bird, which lays its eggs in another bird's nest, leaving the host to carry the burden.

Cuckooing may include:

- Homes being used for drug dealing, storing weapons or cash
- Financial abuse
- Sexual exploitation
- Making people feel unsafe in their own home.

The Crime and Policing Act 2026 recognised cuckooing as a criminal offence for the first time. The offence carries a maximum penalty of five years' imprisonment, a fine, or both.

Victims may be targeted because they are isolated, dependent on drugs or alcohol, experiencing mental ill health, living with a disability, struggling financially, or lacking regular contact with services. Older people, single parents, care leavers and people experiencing homelessness can also be at risk.

Cuckooing is not always easy to see. Offenders may initially make friends with the victim, offering alcohol, drugs, money, protection or friendship. The relationship can quickly shift into intimidation, coercion and control.

Criminals target people who do not have much contact with services that would notice the abuse.

Victims may be too frightened to seek help and may be threatened to keep them silent.

Anyone can help spot the signs of cuckooing - neighbours, shop keepers, friends. Warning signs to look out for include:

- Being seen with new people who seem aggressive, controlling or defensive.
- Becoming withdrawn, anxious or unkempt or rarely seen.
- Sudden increase in unfamiliar visitors, cars or taxis stopping briefly outside the property.
- Noise at unusual hours.
- Drug activity nearby.
- Damage to doors or communal areas.

If you see something that you are concerned about please report this to the police. Call Greater Manchester Police on 101.

Image of cuckooing



Quotes from our guest editors at North Ridge:

"I'd be sad. I'd talk to my family and my brothers" - Obinna

"I'd talk to the police. Call 999" - Chloe

"I've been getting lots of spam calls. My I told my mum about it she told me to block them" - Yara

"My sister is a little bit protective" - Rose



Help to heal.

Recovering from a deeply traumatic event can take time.

We have specialists who can help.

Jewish Action for Mental Health (JAMH)

Call: 07510 204 844

Email admin@jamh.org.uk

Or visit our website www.jamh.org.uk

Critical Incident and Trauma Service

Call: 03330 095 071

Email: gm.help@nhs.net

You matter to us.



Manchester City Council and partners.

Arts, History and Culture

Thousands attend Crumpsall Hope Fest

On a hot and sunny 12th July, Crumpsall Park was buzzing with thousands of people attending Hope Fest, so called to coincide with International Hope Day. They came to have a family day out, to meet friends and neighbours and to celebrate their shared community, particularly following the recent Synagogue attack in Heaton Park.

Community groups and local businesses set up over 30 stalls in the park selling cakes and drinks and cultural food and clothing. There was a Tombola stall, a smoothie bike, face painting, and an ice cream van which did a roaring trade in the glorious hot sunshine. There was a Kidzone with sporting activities. On stage, entertainment was provided by the Crumpsall Concert Band and young, talented local artists, compered by Shakkar Hussain and Jonny Weinberg and mingling among the crowd were performance artists like a Walkabout Magician, a Balloon Modeller and Disco Mirror Man.

The day was enjoyed by over 2,500 people. It was a wonderful afternoon organised by Rainbow Surprise's Shabnam and Shakkar Hussain who were the inspiration behind this hugely successful event, bringing together residents, local community groups and organisations and reinforcing pride in our neighbourhood.

Quote from our guest editors at North Ridge: "It was nice. There was good music, it was really busy." - Hafsa

Photos from Hope Fest



Correction: Rainbow Centre Worldwide Knitting in Public Day

In our last issue we mistakenly wrote that Rainbow Surprise organised knitting patch blankets (amongst other items) for children in war-torn areas across the world. It was in fact **Rainbow Centre** who were responsible. Apologies for the confusion.

- "Sip 'n' Chat" every Monday from 11am to 1pm.
- Rainbow Centre, 11-13 Humphrey Street, Crumpsall, M8 9JS
- For more details, contact 078 7725 6698 or 0771 068 7790.



Image from the knitters

Brewing Brighter Futures

More than a coffee shop

Cup and Cake is so much more than just a coffee shop. It goes far beyond simply making your morning brew or a delicious sandwich, and community is at the heart of it all.

The environment in the Cup and Cake is infectiously warm and welcoming, which is a reflection of the incredible work that takes place there every day. The café at Abraham Moss Centre is operated by students from North Ridge High School with special educational needs, supported by John, Laura, Robin and Anjola.

The students' smiles and chattiness show how much they gain from the experience. Students keep everything beautifully clean so everyone can enjoy the great seating areas for their food and drink. The window spaces and sofas are great for people watching.

The local sustainably sourced coffee and fair-trade baked goods make the treats a less guilty pleasure. The menu is affordable and accessible to the community.

Sarah, Business Director, said, "These young people need a chance and opportunities. We want to be a stepping stone into employment and there are so many roles they would be great at. It is so important to bring young people with additional needs into the conversation and get their voices heard. They love what they do and they shine."

Cup and Cake provides the safe and friendly atmosphere that enables all the students to do so well in every task. They gain practical skills such as cooking, making coffees, till-work, front of house, cleaning and lots more.

Students also learn important things like teamwork and communication. The friendships they make are invaluable. Star barista, Chloe, said she misses it when she's not there.

Laura, SEND teacher, said, "It is so special to see friendships grow over the years. It's key to raise awareness of how young people with additional needs can engage so effectively and are such great additions to the workforce and the community."

The great work and quality of the café has been recognised with a Jamie Oliver Sustainability Stars Award as well as a Manchester Be Proud award for increasing employability skills."

Students work in rotation with multiple businesses as well like Grow it Allotment, a hive project and a gift shop. This further gives them spaces where they can showcase and develop all of their great attributes and skills. It would be amazing for other businesses to speak to these students and find places where they can get involved as it truly benefits all of us."

Find Us: Abraham Moss Centre, Crescent Road, Crumpsall, Manchester M8 5UF **Re-Opens:** Date

Chloe making a coffee



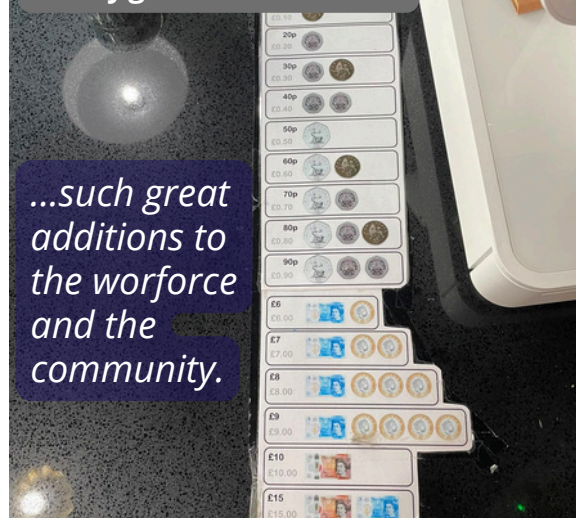
...they love what they do and they shine.

Obinna preparing the table for the next customer



...infectiously warm and welcoming

Money guide next to the tills



...such great additions to the workforce and the community.

About the café

Café opening times:

- Monday–Thursday: 8am to 3:15pm
- Friday: 8am to 1:15pm
- Term time only.

Located at the Abraham Moss Centre, close to Abraham Moss MetroLink Station.

About From Plot to Plate

North Ridge students also do catering work experience. The outside catering offer is provided through From Plot to Plate.

Fresh, seasonal produce plays an important role in the enterprise's approach to food. Much of it is grown at 'The Plot', its allotment based locally at Crumpsall & Cheetham Model Allotments. Throughout the changing seasons, pupils take part in harvesting, cooking and baking with the herbs, fruits and vegetables they have helped to grow.

This approach enables the enterprise to create fresh, healthy and inspiring food, while helping pupils develop a deeper connection with the land, the food they eat and their local community. For queries, email admin@northridge.manchester.sch.uk

About North Ridge High School

North Ridge High School is a specialist setting supporting pupils with an Education, Health and Care Plan (EHCP). While all pupils have a primary need relating to learning disability, the setting recognises and celebrates a diverse range of individual strengths, abilities and additional needs.

Would you be able to provide work experience opportunities?

North Ridge would love to hear from local employers and businesses who might be interested in getting involved with their students. Students would be interested in either through student placements or coming in to deliver presentations and talks. For more information, email Elaine: e.redpath@northridge.manchester.sch.uk

Quote from our guest editors at North Ridge about starting her new work experience at North Manchester Hospital: *"I'm looking forward to starting there but I've not been able to get on the training yet"* - Chloe

Obinna Cooking in the kitchen



Chloe and Obinna outside Cup and Cake Café



Amazing cakes from Cup and Cake Café



Shelter: reducing damp and mould

As we reach autumn and temperatures drop, many properties will start to experience issues with damp and mould. Severe damp and mould can cause health issues and structural damage to your property and belongings. Emma Nay from Shelter explains...

Tips to reduce damp and mould in your home:



open windows regularly



cover pans when you cook



dry clothes outdoors or in a dryer



close internal doors when you cook or shower



use extractor fans in the kitchen and bathroom



leave a gap between furniture and external walls



wipe condensation from window sills each morning



use a dehumidifier



heat your property

If you are struggling to afford to heat your home, the **Local Energy Advice Partnership** (LEAP) can support you to manage energy costs. applyforleap.org.uk

SCAN ME!



Quote from our guest editors at North Ridge: "Mould is dirty. Everyone deserves a clean house." - Obinna



Autumn temperatures may lead to an increase in damp and mould.

How dehumidifiers help

Dehumidifiers remove excess moisture from the air, reduce condensation, and help prevent mould growth. They are a preventative measure and do not replace structural housing repairs.



Running costs

Typical running costs are approximately 3.8p to 4p per hour.

For example, use 10 hours per day would cost approximately £2.60 to £3.00 per week.

Households should use the dehumidifier when needed such as when drying clothes indoors or cooking) and avoid running it all the time.

Drying clothes indoors can increase damp and mould.



Landlord rules and renter rights

No one should have to live in a home that's deemed as unsanitary or unsafe. That's why it's crucial to know your rights as a renter. Emma Nay from Shelter explains...

Rules for Landlords

Your landlord must fix problems that cause damp, such as:

- leaking internal pipes
- poor ventilation
- broken boilers and heating systems
- cracked walls or rotten window frames
- leaking roofs, missing roof tiles or faulty guttering
- Damaged extractor fans.

Landlords should also fix any damage caused by the damp - for example, they should redecorate or replace damaged plaster or carpets.

Your landlord should check if damp and mould return at least 6 weeks after the repairs.

Landlords should not tell you to do anything unreasonable.

- DO NOT paint over mould that keeps coming back
- DO NOT stop doing everyday things such as cooking or showering
- DO NOT accept that the problems are just condensation without checking
- DO NOT stop drying clothes indoors if you have no outside space.



Black mould



Image of home with mould and infestation



Reporting repairs

The best way to report damp and mould issues to your landlord is my email, so you have a written record that you have requested repairs. This can be used as evidence if the landlord does not take steps to resolve the issue.

You must allow access to the property for the landlord or their representatives to complete repairs work.

Continue to pay rent even if you experience issues with disrepair in your property as you may accrue debts or risk being evicted.

If your landlord does not resolve the issue, you might need to take further steps:

- Wait two weeks after you report the problem. If nothing is done, contact your landlord again.
- Wait another two weeks, if you haven't heard back from your landlord email your landlord giving them 48 hours to respond.
- Keep copies of all communication.
- Collect as much evidence as you can: photos, copies of any communication with the landlord, evidence from professionals who have looked at the problem, or a note from a doctor if the problem is affecting your health.
- If the complaint does not receive a response after a further 10 days, contact Manchester City Council housing team via manchester.gov.uk/homes-and-property

Woodville Family Hub

Baby Caterpillars group at Woodville Family Hub

The early months and years of a child's life are filled with incredible growth, development, discovery, and wonder. At Woodville Family Hub, our Baby Caterpillars group provides a friendly space where parents, carers, and babies can learn, play, and connect with others in the community.

Every week, families join activities designed to support babies' development while creating opportunities for adults to build friendships and share experiences. From sensory play and songs to story time and developmental activities, our sessions are carefully planned to stimulate young minds and encourage positive interactions between babies and their caregivers.

At Woodville Family Hub, we understand that every child develops at their own pace. The Early Years Outreach Workers create inclusive sessions that celebrate each baby's unique achievements, whether it's their first smile, first crawl, or first attempt at joining in with a nursery rhyme.

Through play, babies begin to develop communication skills, social confidence, coordination, and curiosity about the world around them.

Baby Caterpillars also offers information and support on child development, health, wellbeing, and accessing local services.

Our aim is to ensure that families feel supported and empowered from the very beginning of their parenting journey.

Whether you are a first-time parent, new to the area, or simply looking for a fun and supportive activity for you and your baby, we would love to welcome you to one of our sessions.

- **Abraham Moss Library** 10am to 10:45am every Monday
- **Woodville Family Hub** 1pm to 2pm every Thursday

For more information call in or contact Woodville Family Hub on 0161 234 3000.



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

What do parents say?

"I love that Helen made us feel so welcome and involved, she spends time with each baby going around the room which is lovely, there's loads for the babies to do, it's a very calm environment and feels safe. I enjoyed watching my baby wriggle around and be content with playing."

"I also really enjoy meeting other mums and babies and having a chance to socialise and share experiences. The sessions give me ideas for activities I can do with Mustafa at home too."

"She absolutely loves the stories and rhymes they're definitely her favourite part!"

"For me, it's become such a lovely part of our week. It gives us a chance to spend quality time together, meet other parents and watch her develop in such a fun environment. I genuinely feel like we get so much out of every session, and it's definitely not one to miss!"

"It's lovely to interact with other parents and my baby to socialise and experience different toys and environment especially the sensory room as well as the group sing along at the end."

Family Friend offer

A friend, indeed

When it comes to keeping in touch, many families use WhatsApp as a quick way to update their loved ones.

This is why Manchester City Council started a WhatsApp group called Family Friend, which posts help, information and free things to do for people in the city.

By joining this group, recipients receive details of offers and other updates straight to their mobiles so they can share them with their family.

There for you
and your
family too



Sign up at:
[manchester.gov.uk](https://manchester.gov.uk/family-friend)
/family-friend



MANCHESTER
CITY COUNCIL

Helping
Hands

MAKING
MANCHESTER
FAIRER



Manchester Local
Care Organisation





Manchester's Family Hubs

Your one-stop shop for the support
your family needs, when you need it.
All for free.

Scan the QR code to see what happens at a Family Hub:



Visit your local hub: manchester.gov.uk/family-hubs



Free, friendly, local support – all in one place

Family Hubs are amazing ‘third spaces’, ie. not home or school/work, but informal, welcoming places where families meet, socialise, learn, and build community.

They’re for all families, so whether you’re expecting, have a toddler, young child, teen, or young adult up to age 25 with SEND at home, there’s something for you.

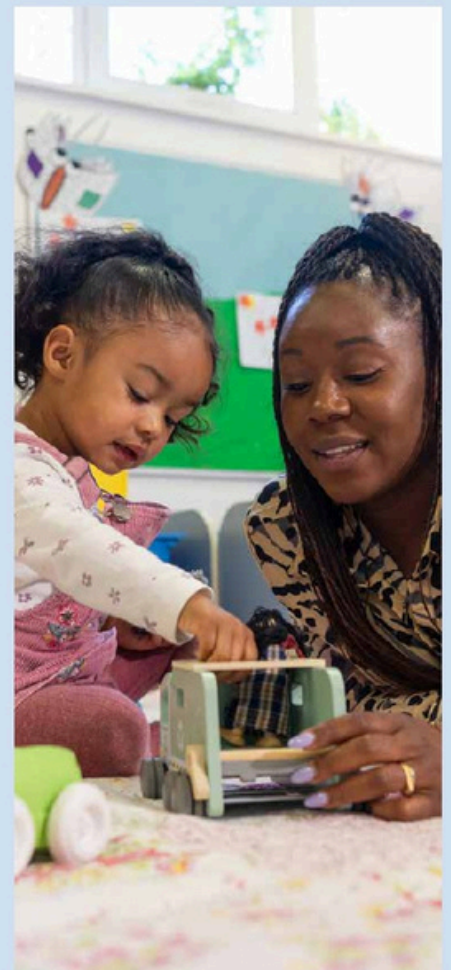
Regardless of whether you’re thriving, or if things are tough right now, get tailored support based on what you need. There are free fun activities and events for children of all ages, as well as expert advice on things like housing, money, relationships and parenting.

We offer practical help, such as access to education, training or work, and can provide you with the things you need, when you need them, such as food support. If we don’t have what you need, we’ll connect you with local organisations that do.

We can help with milestones, such as ensuring your child is ‘school-ready’. Opportunities to play with other children help with language skills, confidence, and learning how to make friends. Health Visitors also offer expert support on things like toilet training, sleep and nutrition.

Mum Sarah said about the school-readiness sessions at her local hub: “My three-year-old is able to put on her own coat now. She’s very independent! It’s enabled her to develop, which is fantastic to see.”

There are Family Hubs in Clayton, Longsight, Sharston, Cheetham Hill, and Gorton. More will be opening soon in Harpurhey, Rusholme, Moston, Old Moat, Whalley Range, and Burnage.





Balance your work and family life more easily with wraparound childcare.

Find out more:
[manchester.gov.uk/
wraparound-childcare](https://manchester.gov.uk/wraparound-childcare)



Could wraparound childcare help your family thrive?

For many families, fitting work, study and childcare around the school day can feel like a constant balancing act. That's why more Manchester parents are choosing wraparound childcare to help make family life a little easier.

Available before and after school, breakfast and after-school clubs provide a safe, caring and fun environment where children can play, learn, make friends and build confidence. For parents and carers, it offers extra flexibility to work, take on more hours, return to employment or continue studying, knowing their child is happy and well looked after.



The difference it makes is clear. In a recent survey, 42% of parents and carers

said wraparound childcare had helped them enter employment or increase their working hours, while many others said it had made family life easier and less stressful.

Parents told us:
"Having childcare to 6pm is a massive lifesaver and it means we can both stay in work and share the pick-up responsibilities."

Children benefit too. One parent remarked their children had "grown in confidence", while children themselves said: "I love coming here and playing with my friends, and we like everything!"

Many families can also get help with childcare costs through Tax-Free Childcare and Universal Credit Childcare, potentially saving hundreds of pounds each



year. Check your eligibility at **beststartinlife.gov.uk/eligibility-checker**

To find out what's available near you, speak to your child's school or visit **manchester.gov.uk/wraparound-childcare**

manchester.gov.uk/wraparound-childcare

Helping little ones feel happy and confident in primary school

Before your child starts school, there are lots of routines you can put in place and skills you can practise to help them start school ready to learn and join in.

Teach your child how to use the toilet and wash their hands independently. Teach them how to feed and dress themselves, and to share their books and toys.

Make sure they have a regular bedtime and get 10 to 13 hours' sleep each night. Encourage them to brush their teeth twice a day, eat a healthy diet and try new foods.

For more school-readiness tips plus where you can find free local support, visit manchester.gov.uk/readytolearn

If your child is due to start school in September 2027, apply online and on time at manchester.gov.uk/schooladmissions

(The deadline is Friday 15 January 2027. Applying late means you are less likely to get your preferred school.)



Support to help with school uniform costs

Kitting out the kids for their return to school does not mean the bank has to be broken.

There are more ways than ever for people to cut costs on back-to-school essentials, from pre-loved uniform programmes, free support, to a host of price-comparison services to make sure you and your family get the best deal.

Your first port of call would be checking with your school directly – schools often run services where pre-loved items of uniform



can be found new homes, often for a discounted price.



The Wood Street Mission are a community organisation that can also help people access free items of school uniform – you can visit their website at www.woodstreetmission.org.uk to find out more about getting referred.

Unify Credit Union offers low-interest uniform loans; visit unifycu.org/uniform-loan or call 01942 245656.

Finally, moneysavingexpert.com has a section on its website for school-uniform deals and tips.





Free School Meals

Now available to more families receiving Universal Credit, regardless of income.



Save up to £500 per child this year on school meal costs.

Speak to your child's school.



Free School Meals

Manchester families encouraged to check free school meals eligibility

From September 2026, more Manchester families will be able to access free school meals for their children.

Under new rules, all children whose parent or carer receives Universal Credit could be entitled to free school meals. This means many more families will qualify, as the previous household earnings limit will no longer apply.



Children can also receive free school meals if their family receives Guarantee Credit (Guarantee Pension Credit). As before, all children in Reception, Year 1 and Year 2 are

entitled to free school meals, whatever their family's income.

Free school meals may also be available for children attending full-time education before reaching compulsory school age, children of asylum-seeking families, and some young people who receive qualifying benefits themselves.

The eligibility rules for the Holiday Activities and Food (HAF) programme remain unchanged and are separate from free school meals.

Parents and carers are encouraged to check whether they are eligible by contacting their child's school, even if they have not qualified in the past.

Schools will carry out regular eligibility checks, so it is important that families keep their contact and benefit information up to date and respond to any requests from their child's school.

For more information and to check eligibility, visit www.gov.uk/apply-free-school-meals



You may be eligible if:



- ✓ An unexpected event has affected your finances
- ✓ You can't afford essential living costs
- ✓ You have no other way of paying for what you need



It only takes a few minutes



So grab your:



- ✓ National Insurance number
- ✓ Financial info (like paperwork about any benefits you may receive)



Apply now at:
manchester.gov.uk/crf



Crisis and Resilience Fund

Cash boost to stop money crisis

The start of a new school year in autumn is an exciting time, but it can also be a worry for many families across Manchester.

From rising costs, the expenditure from the summer holidays to unexpected bills, it doesn't take a lot for a family's finances to be rocked.

That's why Manchester City Council is working to get the word out about the Crisis and Resilience Fund (CRF).

The CRF is a Government-backed scheme that provides short-term emergency support for people in Manchester. It can provide immediate financial assistance for people who have a sudden or unexpected issue they can't afford.

Money given through the CRF aims to prevent people getting to crisis point and:

- Does not need to be paid back
- Won't have any effect on benefits you currently receive
- Only takes a few minutes to apply for.

When applying you will be asked for some information, such as your National Insurance number and any benefits you receive, if applicable. Any payment made will be by a voucher or a direct bank payment.



We're here to help

Applications can be made via:
manchester.gov.uk/crf
or by calling 0161 234 5678





We're
here to
help



Need help with the cost of living?

Call our FREE Cost of Living Advice Line:

0800 023 2692

Monday–Friday, 9am–4.30pm

Text: 07860 022 876

manchester.gov.uk/coladvice

We can help you



Get online

Access
the right
support



We're
here to
help

Friendly support when you need it most

Everyone has times when money feels a bit tighter than usual.

Whether it's rising food costs, higher energy bills or simply trying to make your household budget stretch a little further, it's important to know that support is available for Manchester residents.

Manchester City Council's Cost of Living Advice Line offers friendly, practical help and connects you to services that could make a real difference. The team understand that everyone's situation is

different and they're there to listen without passing judgement.

You can get advice on benefits you may be entitled to, help if you're worried about paying your rent, support with debt or household bills, and information about local food provision. Families receiving free school meals can also find out about holiday meal vouchers, while those struggling to get online can access support with internet access, laptops, phones and data.

If you're finding things difficult, it's a good idea to get in touch as early as possible. Often, the sooner you seek advice, the more options and support may be available.

The free advice line is open **Monday to Friday, 9am–4.30pm**, on **0800 023 2692**. If you'd prefer, you can also request support online at **manchester.gov.uk/coladvice**

Translation and SignVideo services are available on request, helping to ensure everyone can access the advice they need.



Host the future

Become a Supported Lodgings host in Manchester

Supported Lodgings helps young people aged 16 to 21 (or up to 25 if in higher education) who can't live at home or are leaving care.

As a host, you'll provide a room in your home and support a young person as they build the confidence and skills they need for independent living.

Hosts come from all walks of life and don't need any qualifications.

You can be working, retired, studying or renting (with landlord permission). We particularly welcome applicants who are themselves, care-experienced.



You'll need:

- A spare room
- To be in good health
- Experience with young people through family, work or volunteering

You'll receive:

- Ongoing training and support
 - £319 per week for over-18s
 - £419 per week for under-18s
- (Most hosts pay no tax on these payments, but individual circumstances may vary.)

Interested?

Visit manchester.gov.uk/supportedlodgings



Or call us on 0161 234 5868
(weekdays, 9.30am to 4.30pm)



My experience as a Supported Lodgings host – Anne's story

Alongside volunteering at her local community grocery store, 66-year-old Anne, from south Manchester, continues to make a difference to young lives as a Supported Lodgings host.

Anne's journey began 15 years ago when she became a foster carer. After ten years fostering and a period supporting a young person through Staying Put, she became a Supported Lodgings host five years ago.

"I've always loved the company of young people," says Anne. "When my birth daughters were young, their mates were always round, so I've always had a full house. Now I'm a Supported Lodgings host and have two young people living with me I like to keep my spare rooms full.

"I love the shenanigans, the comings and goings and the chat. They keep me alive and keep me young!"

Since becoming a Supported Lodgings host, Anne has welcomed five young people into her home. Every experience is different, some young

people needing intensive support and others requiring only occasional guidance.

"It all depends on the individual – some have had difficult experiences and are vulnerable," Anne continues. "You can also get independent ones. I've got an amazing young man now who's very capable. He needs some support, but he just gets on with it. That said, he likes to be home to eat his dinner with everybody. He likes that family interaction."

Much of Anne's role involves helping young people develop life skills, such as budgeting, meal planning and cooking, as well as building their confidence for independent living. For Anne, the greatest reward is seeing young people move on to independence.

"When they're ready to make that leap and are successful, it's great," she

says, "but you have to do supported lodgings for the right reasons – not just for the money. You should be patient, practical and realistic – and you must like young people. If you're the right person with the time and energy, it can be incredibly rewarding. It doesn't consume you in the same way fostering does. Fostering is a lifestyle, but supported lodgings is different; for instance, a lot of Supported Lodgings hosts are also able to work full-time.

"I feel the support we get is perfect. There's ongoing training, and the young people have a social worker. They're not overbearing, they don't mither, but there's always someone at the end of the phone, and they'll visit if you need them to. Supported Lodgings has definitely enhanced my life. There really is never a dull moment."



Autumn crafts and mindfulness

Activities to enjoy as the seasons change

Golden hour

The light at the beginning and end of the day is more golden in autumn. The sun sits lower in the sky and makes amazing patterns.

- Can we catch the light with anything reflective?
- See what it does to our shadows.
- Is it casting long beams of light through trees or railings?
- Does it make our skin and hair glow?



Golden hour

We're going on a bug hunt

What bugs can we find? What role do they play in our garden?

Find worms, ladybirds and woodlice to add to the garden, they help keep away aphids and encourage healthy soil.



Preserving leaves

Leaves are changing. What colours can we see? What shape leaves can we find?

Preserving leaves with vegetable glycerine replaces the leaf's water content with a flexible gel. This keeps them soft, strong and colourful for years. Great to use as decorations.

- In a flat tray or container, mix 1 part vegetable glycerine to 2 parts warm water.
- Place your leaves in the liquid. If they float, use something heavy to keep them covered.
- Leave them to soak for 3 to 7 days, depending on the thickness of the leaves.
- Remove the leaves and pat them dry front and back with a paper towel.
- Let them air-dry flat on newsprint or paper towels for another 24 hours before crafting.



Autumn leaves in a wood

Twig spiderwebs

Are any spiderwebs sparkling with dew, rain or frost? Can we spray them with water to make them sparkle?

- Cross sticks in a star shape and wind string around the middle to hold in place.
- Use string to make a spiderweb pattern. Work from the middle to the outside of the star.
- Use string to hang the spiderweb.



Hope for Cheetham Youth Fund

Earlier this year, as part of the Hope for Cheetham project, Young Manchester launched the Hope for Cheetham Youth Fund with one big idea: young people know best what their community needs, so they should be the ones to make it happen.

The fund had £50,000 to give away for youth social action projects. Projects had to be led by young people and based in Cheetham Hill. No experience was needed. Support was on hand for anyone finding forms, planning or budgets tricky.

The response to the fund was brilliant. Eighteen projects were funded, all designed and delivered by young people. Four have now finished, and the rest will wrap up by the end of the year. Here is what some of them have been up to.

A festival of traditions

On Sunday 7 June, the Ukrainian Centre was buzzing as 150 people came along to the Festival of Traditions. Led by Adrianna from PLAST Ukrainian Scouts, the afternoon brought together workshops from seven organisations across Cheetham Hill, with a shared aim of celebrating different cultures and learning from one another. Adrianna developed the idea, secured the funding and organised the whole event herself, showing just what young people can achieve.

Safe and skilled communities

At Abraham Moss Warriors, young people took charge of three projects as part of the centre's wider work on reducing violence.

- Cheetham's Knife Amnesty and Awareness Event gave over 100 young people trauma first aid training and bleed kit training. Cheetham's
- Young people organised three community Olympic events for 180 people.
- Cheetham's Year of Learning helped dozens of young people gain qualifications including: Young Leaders course, British Sign Language course, advanced mental health training, trauma-based first aid training and Makaton.

Creativity is thriving

- Black Girl's Planet Magazine, made by young people at Iziko Youth Next Gen to celebrate the stories and culture of Black and mixed-race girls in Cheetham Hill.
- Cosy Corner, a crafting club where different generations get together to crochet, knit, journal and make art.

Looking after each other

- Stronger Inside Out, another PLAST Ukrainian Scouts project, was created after young people noticed how much their friends talked about working out, counting calories and how they look. They wanted to make sure this was done in a safe, healthy and informed way.
- At Communities for All, two brothers designed and now run an anti-bullying and wellbeing course.

Getting hands-on and creative

Over the summer, young people took part in DIY sessions led by two young women from the area. They asked local organisations what furniture their spaces needed, then built it for them. The project was a brilliant way to get the community the equipment it needed, while helping young people build their DIY skills along the way!

And there's more to come

Plenty more is happening across Cheetham Hill. Young people are running a pottery-painting club, a youth-made newspaper is in the works, a girls' book club, and an eight-week qualification programme that supports young people, especially those learning English as an additional language, to build confidence and prepare for GCSEs. Groups are also making mythical creatures from recycled materials, cooking with dads and male role models, exploring careers and identity, and ukulele lessons in schools.

Hope for Cheetham is run by Young Manchester. To find out more about the fund and the projects, get in touch with Megan at m.powell@youngmanchester.org



Green spaces

Free fireworks events return to Manchester

The skies over Manchester will light up once again as firework night celebrations are set to return with displays in Manchester parks this year bringing the city's communities together.

On Saturday 7 November, free family-friendly fireworks events at Wythenshawe Park, Heaton Park and Platt Fields Park will feature both a reduced-noise, low-impact display at 5pm for families and SEND audiences and a main fireworks display at 8pm, with accessibility and inclusivity at the heart of the celebrations.

Each of the three parks will host lantern making workshops in the weeks leading up to the events, with family-friendly lantern parades taking place



ahead of the 8pm firework shows. Additional entertainment will be announced for each park in the coming weeks.

We'd like to encourage our local residents to attend organised displays rather than organising their own. This reduces stress for animals and reduces the risk of accidental fires or firework-related injury in the community.

Coffee, Community and Cleaner Streets: Local Partners Come Together at the Shaw Centre.

Volunteers and local organisations came together on 15 September for a successful community litter-picking and planting event organised by the Shaw Centre in Cheetham.

The event was about much more than picking up litter. It brought people together, created new connections and gave everyone the opportunity to take pride in their neighbourhood.

A big highlight of the day was the support from Heart and Graft, who as well as putting in a shift litter picking, kindly provided wonderful coffee and fresh pastries, giving volunteers the chance to take a well-earned break, chat and enjoy a real sense of community spirit.

The event was also supported by Manchester City Council's North Neighbourhood Team, FEC, Found and Manchester People First, whose involvement helped make the day such a positive success.

30 bags of litter were collected. Huge thanks to the Shaw Centre and Heart and Graft. You helped make the day special and was a wonderful reminder of what can be achieved when people come together to care for their neighbourhood.

Quotes from our guest editors at North Ridge:

"Litter is disgusting, you don't know where it's been. It can be harmful to animals." - Rose

"I get litter in my area and it's very disgusting sometimes me and my mum have to go out and pick it up." - Yara

"Sometimes the bins don't get emptied, or people might try to get rubbish in the bin but they miss." - Chloe



New park: St Catherine's Wood

St Catherine's Wood, Manchester's latest city centre park, opened to the public in July - the first major green space to be completed as part of the Victoria North regeneration programme.

Transforming the underused and largely unknown wooded area, the park is at the heart of the emerging Red Bank neighbourhood where new residents have already moved in and there are proposals for over 5,000 more homes as well as supporting community and commercial uses.

The St Catherine's Wood is one of the first phases of development in the neighbourhood, underpinning the importance of quality green spaces throughout the Victoria North area.

Located alongside the River Irk, the park features fully accessible paths. The 2.7acre park is also the first phase of 113acres of interconnected green spaces that will thread through the entire Victoria North regeneration programme.

The park promotes 'Wild Urbanism' – a more natural approach to green spaces, supporting biodiversity and expanding habitats for wildlife whilst blending the benefit of sustainable, urban living. This includes significant new trees, featuring three endangered Manchester Poplar

Trees, flowering plants and shrubs and protects hundreds of existing trees across the park.

The park is a celebration of the history of the area, including retaining the original bridge access point over the River Irk on Collyhurst Road and completed with a Corten (weathered steel) gate with stencilled leaf design, harking back to the industrial past of the Red Bank area.

Information boards explain the history of the neighbourhood, including the 'Impossible Bridge' made famous by L.S. Lowry, and the original church that closed in 1966 before being demolished, which gave its name to the wood.

Salvaged stone from the Our Town Hall project has been saved to be used in future phases of the City River Park project.

St Catherine's Wood was made possible by using part of a £51.6m Housing Infrastructure Fund (HIF) grant from Homes England that will help unlock the wider development area required to open up the park and new homes, along with £6.93m GMCA brownfield funding to deliver the first phase of the City River Park programme.

Access to the park is via Dantzic Street / Collyhurst Road at the junction of Dalton Street.

Photos of St Catherine's Park



Free English and Maths courses

Confident English + Empowered Maths = Life Skills

If you live in Cheetham or Crumpsall and would like to improve your confidence, gain a qualification, or take the next step towards a new career, our free English and maths courses could be the perfect opportunity.

Whether you left education some time ago or simply want to refresh your skills, our friendly and experienced tutors will support you every step of the way. Lessons are designed for adults and focus on developing practical skills that can be used in everyday life, at work, and at home.

Why choose English and Maths?

Learning English and maths can help you to:

- Gain qualifications that employers value
- Feel more confident reading, writing and working with numbers
- Support your children with homework and family finances
- Progress to higher-level study, apprenticeships or university
- Develop skills that improve everyday decision-making and problem-solving.

Learn locally to your home or work

The nearest centres for Cheetham and Crumpsall:

- **Abraham Moss Adult Learning Centre**, Crescent Road, M8 5UF, conveniently located in Crumpsall.
- **The Avenue Adult Learning Centre**, Victoria Avenue East, Blackley, M9 6HW.

We have centres across the city where you can learn at your own pace alongside other adult learners. Flexible timetables are designed to fit around work, family life and other commitments.

Alongside English and maths, we offer courses in ESOL (English for Speakers of Other Languages), digital skills, health and social care, teaching assistant training, and many other vocational and personal development programmes.

Whatever your goal, our team can help you on your way to further learning, employment, or career progression.

Your local learning centres



Looking for a greater challenge?

If you already have a good GCSE Maths grade or strong mathematical skills, you may be interested in our Level 3 Maths in Context course. This exciting qualification explores how mathematics is applied to real-world situations such as business, finance, statistics, data analysis, and population growth.

It's never too late to learn

No matter where you are starting from, you can take your first step today. Register your interest through our website and discover how our English and maths courses can help you build confidence, gain qualifications, and open the door to new opportunities. Your future could begin with a single step.

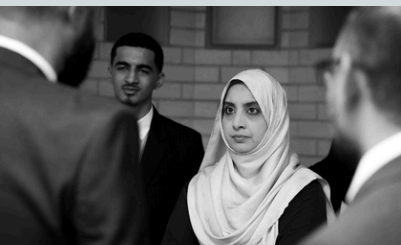
www.manadulthood.ac.uk

Quote from our guest editors at North Ridge:

"I started learning more English, it is important to keep learning. For a year now I have been learning more and become more proficient in it. It helps me talk to my friends. John is helping me with English for [ordering] drinks." - Mahmoud



News from Khizra Mosque



A Royal Visit to Khizra Mosque

We were delighted to welcome His Royal Highness, The Duke of Edinburgh, to Khizra Mosque. He joined us in September for a special regional Duke of Edinburgh Award event.

As the first mosque in Manchester and one of the first in the UK to offer the Duke of Edinburgh Award, Khizra Mosque was proud to host participants and leaders from schools, faith groups and community organisations across Greater Manchester.

Young people shared how the Award has helped them develop confidence, independence, teamwork and resilience—a wonderful reflection of Khizra's commitment to supporting young people and bringing communities together.

A heartfelt thank you to our Duke of Edinburgh leaders, volunteers, staff, young people and guests for making this such a memorable day.

A Day to Remember for Khizra Football Academy!

Our Khizra Cheetham Hill Football Academy had the fantastic opportunity to attend the City Football Experience Day at the Manchester City training ground.

All the children had an amazing day, enjoying the chance to play on a professional training ground, experience the atmosphere of elite football and create unforgettable memories with their friends and families.

Two of our young players were potentially selected for the Manchester City training academy. Every child received a certificate and had the opportunity to take photographs with their families, creating special memories that they can treasure for years to come.

Registration is now open for our weekly training sessions. Join our academy, develop your skills, build confidence and enjoy the beautiful game!



**425 Cheetham Hill Rd,
Cheetham Hill, M8 0PF**



0161 205 6662



khizramosque.org



Quotes from our guest editors at North Ridge:

"I go there" - Barina

"I go there sometimes, I go at Eid." - Hafsa



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 £5
- **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@cheethamhillsportsclub.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** at Woodville Family Hub. 10am-11am. For 12 months to 23 months. Book via [0161 234 3000](tel:01612343000).
- **Power Next Generation - Black Girls Planet** - 5:30pm to 7pm at Abraham Moss Library
- **Board Games and Dinner** (14 to 16 years), 5:30pm-7:30pm at Rainbow Surprise. FREE. Contact: [0755 245 5248](tel:07552455248)
- **British Taekwondo** at Khizra Mosque for ages 5-15 years, 6pm and 7pm session. £10 per month.

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 Arslan [0792 894 1039](tel:07928941039).
- **Storytime for little ones** and their grown-ups at Abraham Moss Library, 11am to 11:30am, term-time.
- **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**, for ages 5-15, 6:45pm at Khizra Mosque. FREE. Contact: [0161 205 6662](tel:01612056662) or info@c4all.org.uk
- **Football Sessions, girls & boys, all abilities**, year 7 & 8, 6pm-7:30pm / year 8 & 9, 7:30pm-9pm at Irk Valley School
- **Football Sessions** by Guidance Hub, ages 8-12, 6pm-7pm at Manchester Communication Academy
- **Cricket for primary school aged children**, 6pm at Khizra Community Hall, £5 per month.

WEDNESDAYS

- **Homework Club**, 5:15pm-7pm at 1 Tamerton Dr, M8 0DH. FREE. Please book via 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.
- **Skills for life** (various activities) for ages 9 - 12, 5:30pm at Khizra Community Hall. FREE.
- **Learn to cycle for all ages**, 6:30pm at Khizra Community Hall. FREE.

THURSDAYS:

- **Baby Caterpillars baby sensory** session, 10-10:45am 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), 6:30pm-7:30pm at Methodist Church Crumpsall. Contact 434thManchester@nmdscouts.org.uk
- **Cubs** (8-10 years) 6:30pm-7:30pm at Methodist Church Crumpsall. Contact 434thManchester@nmdscouts.org.uk
- **Boys Youth Club** (primary school age), 6:45pm at Khizra Mosque. Contact: [0161 205 6662](tel:01612056662) or info@c4all.org.uk
- **Football Sessions, girls & boys, all abilities**, year 5 & 6, 6pm-7:30pm / year 9 & 10 7:30pm-9pm, Irk Valley School
- **Girls' Football Sessions** for ages 10+ by Guidance Hub, 6pm-7pm at Manchester Communication Academy

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 Community Hall. 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.
- **Football Sessions for girls & boys of all abilities**, school years 1-4, 6pm-7pm at Irk Valley School.

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**, (for ages 5-15), 1:45pm at Khizra Community Hall. £7.50 per month.
- **Boys Football Academy** by Khizra Mosque, (for ages 5-15), 2pm at Cheetwood Primary School. £5 per month.
- **Tuition classes** key stages 1, 2 & 3 and GCSE, 2pm at Khizra Community Hall. £25. Contact: [0161 205 6662](tel:01612056662).
- **Boys Boxing**, 3:30pm at Khizra Mosque. Contact: [0161 205 6662](tel:01612056662) or info@c4all.org.uk
- **Abraham Moss Warriors Sports Youth Club**, 4pm-6pm at Abraham Moss Lesiure Centre. For age 11-18. FREE.

SUNDAYS

- **Rainbow Surprise Youth Club** (13-18 year olds), 4.30pm-6.30pm at Rainbow Surprise. Contact [0755 245 5248](tel:07552455248)
- **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 Community Hall, contact: [0161 205 6662](tel:01612056662), £5.
- **Khizra arts, poetry and nasheed club** (ages 5-15), 1:45pm at Khizra Community Hall, contact: [0161 205 6662](tel:01612056662), £5.