

# Community Magazine

**Issue 5**  
**Winter 2025-26**

**FREE**

## Miles Platting, Newton Heath, Collyhurst and Moston

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

**Winter  
Wellness  
Special**

If you are looking for support with...



Benefits  
or rent



Advice about  
debt or bills



Food  
support



Staying  
warm

Call Manchester's free Cost of Living Advice Line

# 0800 023 2692

Lines open: Monday to Friday, 9am to 4.30pm

text 07860 022 876

[manchester.gov.uk/coladvice](https://manchester.gov.uk/coladvice)



This special winter issue we're also covering Moston for the first time!  
Find out how to stay well and connected this winter, with cost of living  
advice, information about support, and much more...



**GREATER  
TOGETHER  
MANCHESTER**



Manchester Local  
Care Organisation

**NHS**



MANCHESTER  
CITY COUNCIL

# Welcome

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## Welcome to the fifth edition of the Miles Platting, Newton Heath, Collyhurst and Moston Community Magazine.

This special winter issue covers Moston for the first time! Find out how to stay well and connected this winter, with cost of living advice, information about support.

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

Our aim with this community paper is to bring smiles and updates to you, but as fantastic as our team is - we can't know everything, or tell everyone.

So we ask you to share with us any good news, opportunities, events and work that are taking place in Miles Platting, Newton Heath, Collyhurst and Moston. We would love to share it in this paper.

Please send your contributions to:

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

## Advertising opportunities:

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



## Interested in joining the editorial team?

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



## MEET THE EDITORIAL BOARD



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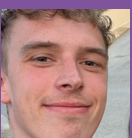
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Winning Hearts and Minds  
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## Angela Beacon Manchester Local Care Organisation



Hello!

If you haven't met me before I'm Angela (the one in the bobble hat, here next to my daughter). I'm new to the Integrated Neighbourhood Team role in Miles Platting & Newton Heath and Moston, taking over from Tom Bassford in October.

It's been great for me to get to know new people and to learn about the brilliant things happening locally and how together we can help more people to be healthy and happy in our area. I'd love to hear from you with your ideas and suggestions so do please get in touch.

As the weather is turning colder we know that it's really important to stay warm, safe and well. We hope that this edition of the newspaper will have some hints and tips that you can make use of so that you can enjoy the months ahead. This is the most wonderful time of the year after all!

If you need help or support there are lots of services available locally that are there to help you if and when you need them. Please don't feel alone, together we can all stay well this winter.

- Angela

# Cardio Conversations

**We're excited to announce that in 2026, Freshrb Health Media and Manchester Local Care Organisation (MLCO) will release a ground-breaking new podcast series: Cardio Conversations.**

This series is designed to demystify cardiovascular disease (CVD) - also known as heart disease - and make heart health accessible for everyone, especially communities across Manchester who continue to face some of the highest CVD rates in the UK.

Built on real stories, expert insights, and practical advice, Cardio Conversations is all about empowering people with the knowledge they need to prevent heart disease through everyday changes like better food choices, moving more, managing stress, and understanding the importance of regular health checks.

What makes this series truly special is the people behind it. We've brought together Manchester's health community which includes GPs, public health experts, fitness professionals, community leaders, and individuals with lived experiences to share honest conversations rooted in culture, reality, and hope.

Expect episodes that are insightful, relatable, funny, and sometimes emotional, but always focused on inspiring positive action. Whether you're tuning in on your morning walk or winding down after work, Cardio Conversations will give you the tools and motivation to take charge of your heart health.

Stay tuned for the launch, follow us on Spotify and YouTube, and get ready for a series that brings science, community, and storytelling together like never before.

✉ [info@freshrb.com](mailto:info@freshrb.com)

🌐 [www.freshrb.com](http://www.freshrb.com)

▶ [youtube.com/@HealthFilmsTV](https://youtube.com/@HealthFilmsTV)

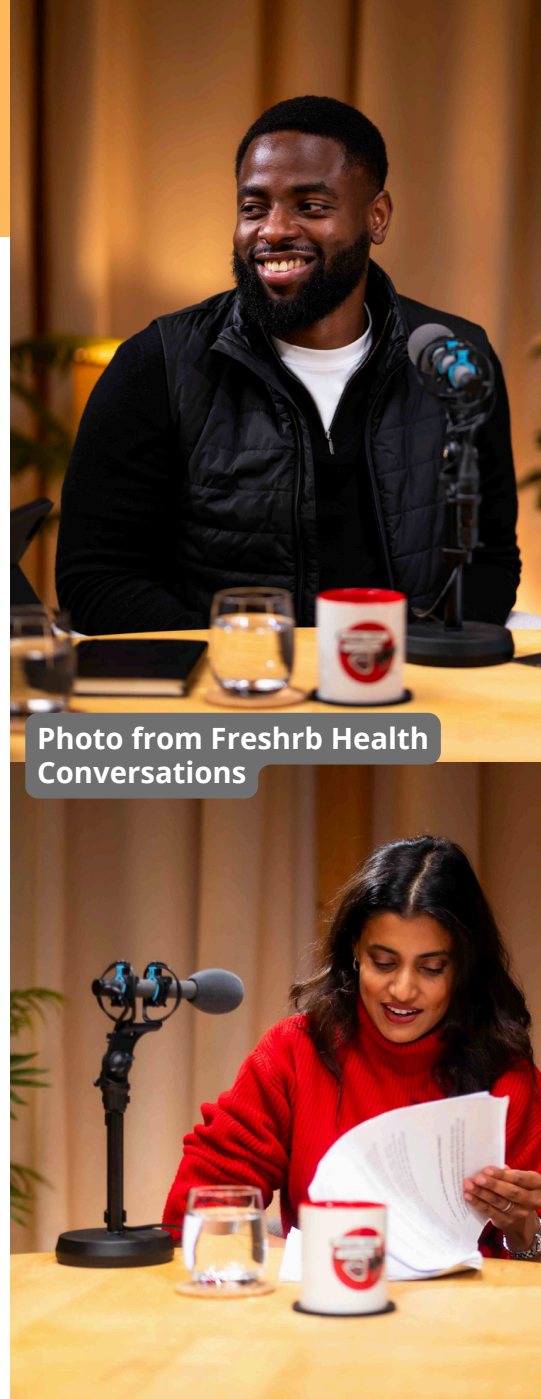


Photo from Freshrb Health Conversations

## News from your Libraries

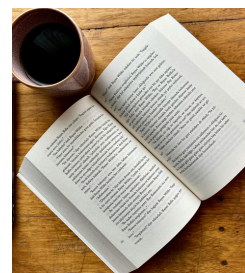
### Warm Hubs

**Every library in Manchester is a warm, safe and free space** that residents of all ages can come in and stay warm all day in a positive environment with lots of resources. Here's some of what's available:

- Age-friendly spaces
- Hot drinks – available until February 2026
- Free Wifi
- Newspapers
- Information and advice
- Digital drop-ins
- Under 5s story times once a week.

### Refurbished Newton Heath Library

- Newton Heath Library will re-open at 9am on Monday 15<sup>th</sup> December with a brand new look!
- Come along for 'pie and cake' on Wednesday 17<sup>th</sup> December, 11am to 2pm
- Join our Christmas Mince Pie coffee morning on Friday 19<sup>th</sup> December 11am to 12:30pm





# Food Support

## Miles Platting Community Grocer

**Miles Platting community grocer has recently been re-furnished and is ready to welcome new customers.**

Shoppers pay just £4 - cash only please. Shoppers can choose items up to a value of 7 points - most items are 1 point each. This includes fridge, freezer and pantry items, toiletries, cereal and bread. Fruit and vegetables are free in addition to your points!

### Shop with us

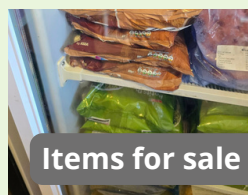
The community grocer is open every week:

- Thursday 12pm to 2pm, first come, first served
- Queensbury Court Community Room, Queensbury Court (tower block), Wardle Street, Miles Platting, M40 7DD.

Join us for a free brew, toast and chat before or after your shop.

☎ 0779 3186 763

✉ [Gemma.bennett@jigsawhomes.org.uk](mailto:Gemma.bennett@jigsawhomes.org.uk)



Items for sale at the community grocer

### Becoming a member

- NO referral needed.
- Membership is available to anyone living within 15-minutes walking distance of the project
- You'll need to fill in a form at the project to become a member
- If we have free places you can start shopping straight away. If the project is full you will be placed on a waiting list.

## Free recipe book: healthy, affordable meals for families



Discover 20 delicious, budget-friendly recipes designed to feed your family and support healthy eating from the earliest years. Created by Women's Voices CIC in Longsight with expert input from a paediatric dietitian, these meals are perfect for children aged 0-5 and beyond.

Download the free cookery e-book from: [childfriendlymanchester.co.uk/news/recipe-book](http://childfriendlymanchester.co.uk/news/recipe-book) or use the QR code.



## Too Good To Go

Too Good To Go is a free app that lets you rescue unsold food from shops, cafes, grocery stores, and restaurants in your area, at a minimal cost. It is the most popular app for reducing food waste.

Download the app or visit [www.toogoodtogo.com/en-gb](http://www.toogoodtogo.com/en-gb)





# Food Support

## Collyhurst

### Caritas Community Pantry

📍 The Lalley Centre, Eggington Street, M40 7RG

📅 Wednesdays and Fridays

🕒 10:30am to 12:30pm, last admission 12:15pm  
Arrive and register at the Lalley Centre from 10:15am and to have tea, toast and a chat.

🍲 No referral needed. We offer fresh and frozen food, organic vegetables from Caritas's community allotment and long-life items.

- £5 per for 12 items
- £6.50 for 15 items
- Meat items available for £2 extra.

For more information, contact the Lalley Centre:

📞 0161 205 2754

✉️ [lalleycentre@caritassalford.org.uk](mailto:lalleycentre@caritassalford.org.uk)

🌐 [www.caritassalford.org.uk/service/lalley-centre-community-pantry-allotment](http://www.caritassalford.org.uk/service/lalley-centre-community-pantry-allotment)

## Moston

### Wellspring Community Church

📍 Brendon Avenue, Moston, M40 9DN

📅 Wednesdays 🕒 12 noon to 1pm

Requirements:

- Foodbank voucher
- Subscription is £5 per visit but food without charge for emergencies available up to two times
- Person must show evidence of benefit entitlement.

✉️ [office@wellspringcommunitychurch.org](mailto:office@wellspringcommunitychurch.org)

📞 0161 219 1284

🌐 [wellspringcommunitychurch.org](http://wellspringcommunitychurch.org)

## The Bread and Butter Thing

### So what's it all about?

Three bulging bags full of fresh fruit, vegetables, cupboard staples, frozen and fridge favourites you say? All for £8.50?! Yes, that's right. Welcome to the Bread and Butter Thing way of life!

We work with all the big supermarkets like Morrisons, Sainsbury's and the rest, food manufacturers and even farmers who provide us with their surplus stock.

### How do I join?

It's free to join The Bread and Butter Thing anyone can become a member. Just text your name, phone number and the name of your local hub to **07507 237 311** and we'll get you signed up.

We'll then text you each week to see if you want to shop with us.



### Local venues:

Gateway, Church of the Saviour, Eggington Street, Collyhurst, M40 7SQ  
Mondays, 1:30pm to 2pm

St Lukes C of E Church, 173 Kenyon Lane, Moston, M40 5HS  
Tuesdays, 1:30pm to 2pm

Newton Heath Library, 2 Old Church Street, M40 2JF  
Saturdays, 12 noon to 12:30pm

✉️ [hello@breadandbutterthing.org](mailto:hello@breadandbutterthing.org)

🌐 [breadandbutterthing.org](http://breadandbutterthing.org)

# Menopause Peer Support Group

**The North Manchester Menopause Peer Support Group offers a safe, supportive, and confidential space for sharing, listening, and learning. It focuses on education, peer support, and empowerment, ensuring women feel heard and informed.**

This is a community-led initiative supported by NHS staff, Manchester Local Care Organisation, Winning Hearts and Minds, and housing providers Jigsaw and Equans. It is an open group for any resident who lives in North Manchester.

Since its creation, the group has launched the first cohort of Community Menopause Champions, who use their lived experience to support other women navigating this stage of life.

In January 2026, the group will also be working on a Health Creation project as one of the qualifying groups at FC United. They will be inviting women to join a 12-week project designed to:

- Improve participants' understanding of long-term health conditions
- Promote physical activity and healthy nutrition
- Empower women to become community health champions
- Encourage peer-to-peer learning and knowledge sharing.

📍 Harpurhey Neighbourhood Project, Conran St, Harpurhey, M9 5PR

📅 We meet every 2nd and 4th Thursday of the month

🕒 6pm to 8pm

✉ [nm.menopause.psg@gmail.com](mailto:nm.menopause.psg@gmail.com)

To read more about the group's impact, scan the QR code or visit:  
[gmintegratedcare.org.uk/news/menopause-hub-transforms-the-lives-of-women-in-north-manchester](http://gmintegratedcare.org.uk/news/menopause-hub-transforms-the-lives-of-women-in-north-manchester)

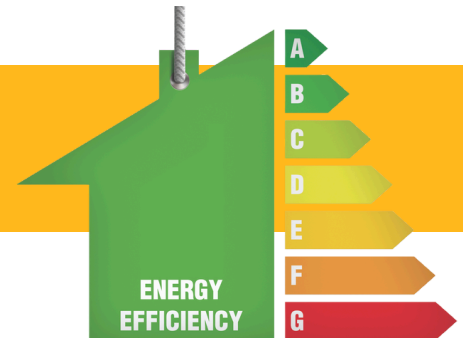


Community Menopause Champions

## Energy Advice Drop-in

We hold monthly energy advice drop-ins with our specialist energy advisors for help around saving money on household bills, including:

- LED bulbs and draught excluders
- the efficiency and appropriate use of heating and hot water appliances and systems and the functions of the controls
- what domestic fuel costs are
- how to record gas and electricity consumption and work out costs
- payment options for gas and electricity.
- insulation methods for improving the energy efficiency of a range of building types
- information about Government initiatives
- the causes of condensation dampness, how to avoid condensation and remedial actions to combat existing condensation.



📍 The Lalley Centre, Eggington Street, M40 7RG

📅 Mondays from 2:30pm to 3:30pm  
Wednesdays from 10:15am to 12:30pm  
Fridays from 10:15am to 12:30pm

🗣️ We can also include interpretation into other spoken languages and British Sign Language on request.

To find out more or book a session, including to enquire about sessions, please contact us:

✉ [energyadvice@caritassalford.org.uk](mailto:energyadvice@caritassalford.org.uk)  
☎ 0161 817 2250

# New sessions in more venues

**Gateway M40 is a debt and money advice charity based in Collyhurst. Our service is completely free. We offer debt advice, education, practical assistance and ongoing support to anyone who needs it, regardless of background or circumstances.**



Debt Advice service



Welfare Benefits Supported Services including Mandatory reconsiderations



Food Pantry Provision



Grants for households



Signposting to further support

We will get to know you and your circumstances and make sure you're claiming everything you're entitled to.

We can represent you and deal with your creditors. We will contact them and get them to give you some breathing space while we help you decide the best option for you.

You can have a telephone or Facetime meeting, or a face to face meeting at one of our sessions. Sessions are held at:

- Hazeldene Surgery
- Simpson Memorial Hall
- Moston Sure Start
- Newton Heath Sure Start

Contact us to book a session:

☎ 0161-202-3511

✉ [info@gatewaym40.org](mailto:info@gatewaym40.org)

## Health Creation

**There's a growing buzz around Health Creation. Health Creation means looking at health and wellbeing as something that we can enhance and improve. This is done by creating the conditions for people to be healthy and helping them to be so.**

We know that if we have connections with other people and our communities this leads to greater control over our lives. This then enhances the way we feel and our physical and mental health. In a nutshell, our health can be improved, and each one of us can play a part in this.

A number of our local community organisations are leading the way on how we improve health in our area using this approach. This isn't just about avoiding illness, but about focusing on what people need to be healthy, and helping to put in place the things that can make a difference.

Stacy Partridge, Community Manager at FC United will be coordinating this work in our neighbourhood, alongside a growing network of organisations. There will be lots of opportunities to play your part in the next two years - from joining activity sessions to learning more about keeping well, and even becoming a Health Creator yourself.

To find out more please get in touch with either Stacy or Angela

- [stacy.partridge@fc-utd.net](mailto:stacy.partridge@fc-utd.net)
- [angela.beacon2@mft.nhs.uk](mailto:angela.beacon2@mft.nhs.uk)



**Photo: Stacy Partridge, Community Manager FC United, alongside Kathy Morrison and Kelly Pierce from Morriso Health**



# The flu jab is free, and done in minutes.

Check to see if you should have it:  
[manchester.gov.uk/getmyjab](https://manchester.gov.uk/getmyjab)



time



plans



money



health



**The flu season has started very early and is likely to last 5 months.**

**It's a more serious strain than last year. But almost 8,000 people still died from flu in England in 2024/5.**

**Please have a free flu vaccine if you are offered one.**

**All the evidence shows you are far less likely to end up in hospital if you have had the vaccine.**

**The flu vaccine injection does NOT contain porcine (pork).**

**Protect yourself from flu. Ask your GP, nurse or pharmacist for the vaccine.**

**You can get a free flu vaccination if you:**

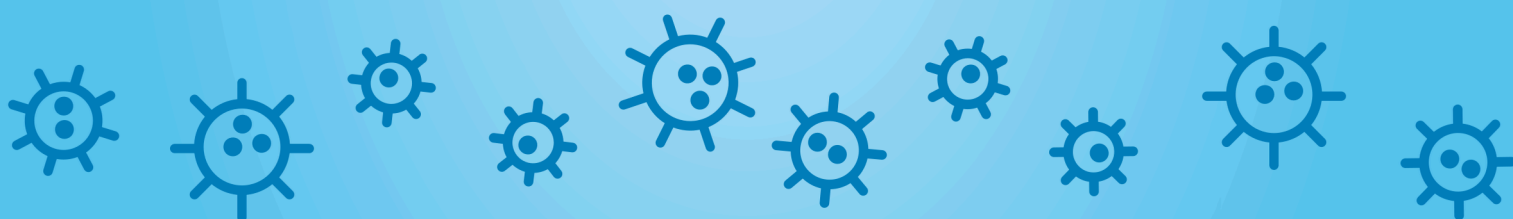
- are aged 65 or over (including those who will be 65 by 31 March 2026)
- have certain long-term health conditions
- are pregnant
- live in a care home
- are the main carer for an older or disabled person, or receive a carer's allowance
- live with someone who has a weakened immune system
- are a front-line health and social care worker.

**The children's flu vaccination is recommended for:**

- children aged 2 or 3 years on 31 August 2025 (born between 1 September 2021 and 31 August 2023)
- school-aged children (Reception to Year 11)
- children aged 6 months to 17 years with certain long-term health conditions.

# The COVID-19 jab is free, and done in minutes.

Check to see if you should have it:  
**[manchester.gov.uk/getmyjab](https://manchester.gov.uk/getmyjab)**



**Bugs like flu and COVID-19 can hit families during the winter, especially pregnant mums and kids with health conditions.**

**Getting vaccinated is free and helps to protect your family's health, your time, and your wallet.**

**You can get the winter COVID-19 vaccination if you:**

- are aged 75 or over (including those who will be 75 by 31 January 2026)
- are aged 6 months to 74 years and have a weakened immune system because of certain health conditions or treatment
- live in a care home for older adults.

Vaccinations take about two weeks to work, so don't wait!

## **Why it matters:**

Getting flu or COVID-19 can do more than make you feel unwell – it can:

- keep you off work or school
- disrupt family plans
- cost money if you don't receive sick pay or free prescriptions.

## **Where to get your free jabs**

- contact your GP surgery to book an appointment
- visit [manchester.gov.uk/getmyjab](https://manchester.gov.uk/getmyjab)
- for COVID-19 and flu vaccinations: find a pharmacy or walk-in clinic near you (no appointment needed), book online at [nhs.uk](https://nhs.uk), or use the NHS app
- for a COVID-19 vaccination: the Care Gateway is helping those who need additional support to make an appointment, find a walk-in clinic, or access a housebound vaccination. Call: 0161 947 0770 or 0800 092 4020.

# Five Ways To Wellbeing

The winter months can have an impact on some people's mental health. Despite the shorter and colder days, there are things we can do that can help boost our mood. Evidence suggests there are five steps you can take to improve your mental health and wellbeing. Here are some ideas of how you can try the five ways to wellbeing in Miles Platting, Newton Heath, Collyhurst and Moston.

## 1 Connect with other people

Good relationships are important for your mental wellbeing. They can:

- help you to build a sense of belonging and self-worth
- give you an opportunity to share positive experiences



Have a hot drink at a **local coffee morning** and make new friends:

- Newton Heath Library, Fridays at 10:30am
- Miles Platting Library's Age Friendly Hour, Tuesdays at 11am
- New Covenant Church, Culcheth Lane, Newton Heath on Saturdays at 10am
- Stirling Centre Lunch Club, Scotland Hall Road, Newton Heath on Thursdays at 11am
- Church of the Apostles, Ridgway Street, Miles Platting on Fridays at 10am

## 2 Be physically active

Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing.

- **Monday Movers** at St George's Youth and Community Centre, in Collyhurst, 11:30am
- Tuesday **walking group** - meet at St George's Youth and Community Centre, Collyhurst at 10:50am.
- Age friendly **armchair exercise** group at Newton Heath Library, 1pm every Friday
- **Community gardening project** at Ridgway Street Community Gardens, Miles Platting, Wednesdays at 1pm



The 5 ways to boost wellbeing are:

1. Connect with other people
2. Be physically active
3. Learn new skills
4. Give to others
5. Pay attention to the present moment (mindfulness)

5 ways

## 3 Learn new skills

Learning skills can improve mental wellbeing, boosting self-confidence, raising self-esteem and providing a sense of purpose and achievement.

**Improve your computer skills** and get help with completing online forms at Newton Heath Library Mondays, 1pm to 3pm.

**Have a go at a new craft** such as Newton Knitters at Newton Heath Library. An age-friendly group for adults, whether you are a learner or a knitting wizard, Wednesdays, 2pm to 4pm.



**Manchester Adult Education Service (MAES)**

MAES is a great place for adults to develop their confidence, learn new skills and gain qualifications. Most of the courses are FREE.

Courses are taught from eight adult learning centres across the city. Our local venue is Newton Heath Library.

Courses cover lots of subjects including essential skills, English, maths and digital, as well as vocational courses in health and social care, and education, which are aimed at helping adults gain qualifications to help them move closer to the jobs market.

We also have a programme for learners with additional education needs and a very large ESOL provision for speakers of other languages.

Visit [manadulted.ac.uk](http://manadulted.ac.uk) to find out more.



# 4

## Give to others

Research suggests that acts of giving and kindness can help improve your mental wellbeing by:

- creating positive feelings and a sense of reward
- giving you a feeling of purpose and self-worth
- helping you connect with other people

It could be small acts of kindness towards other people, or larger ones like volunteering in your local community.

**Donate household items** to the Fix, Flip and Flourish Project by Easy Come Easy Grow. They flip and fix items that may have gone to landfill. Donations are received at the Heathfield Hall, 63 Heathfield Street, M40 1LF on the 2<sup>nd</sup> Saturday of every month, 10am to 12 noon.

### Become a volunteer

- Volunteers at Miles Platting Community Grocer work from 10am to 2pm every Thursday at Queensbury Court, Wardle Street. Contact Gemma on 0779 3186 763.
- You can also register to volunteer and find opportunities through the Manchester Volunteer Inspire Programme (VIP). Visit [mcrvip.com](http://mcrvip.com)
- For information about about local volunteering opportunities, contact Zoe from the Neighbourhoods team on 0794 075 2095



## Become a Volunteer Driver

### Become a Volunteer Driver

HMR Circle Volunteer Drivers Service is looking for Volunteer Drivers with their own vehicles to provide a transport service. The volunteers will help vulnerable adults get to medical appointments, as well as social groups and activities in and around Greater Manchester.

You will be helping older people access vital services and combat loneliness. The role is flexible, you can do as much or as little as you like. The service operates Monday to Friday, 9am to 5pm.

Drivers will receive 45p per mile in expenses, paid by the passenger directly to volunteer driver. Volunteer drivers are covered under their current insurance.

Please note that a DBS check will be required. This will be paid for by HMR CIRCLE.

For more information contact: 0800 032 0868 or email [hello@hmrcircle.org.uk](mailto:hello@hmrcircle.org.uk)

# 5

## Pay attention to the present moment (mindfulness)

Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you.

Some people call this awareness "mindfulness". Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.

### Try the 5-4-3-2-1 grounding technique

1. Look around and name **five** things that you can **see** around you. These could be a picture on the wall or a plant in the house. Think about the colours and shapes of what you are looking at. What do you like about it? What don't you like about it?

2. Focus on **four** things that you can **feel**. This could be the chair you are sitting on or the feel of your clothes on your skin. Think about how they feel, are they soft or hard? Smooth or rough? Cold or warm?

3. Name **three** things that you can **hear** around you. You may be able to hear people outside or the wind blowing. Think about how loud or quiet the noises are. Are they noises you hear often?

4. Notice **two** things that you can **smell** around you right now. This could be a flower, the smell of your clothes or the shampoo in your hair. Think about what you like about that smell.

5. Focus on **one** thing that you can **taste**. If you can't taste anything, then instead you can choose your favourite thing to taste.

# BE SAFE THIS WINTER

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

## HOT WATER BOTTLES

- Check the expiry date, and replace every two years
- Allow boiled water to cool first
- Fill slowly, holding upright
- Fill 2/3 full
- Squeeze the air out
- Tighten the cap
- Use a cover.

Year the bottle  
was made



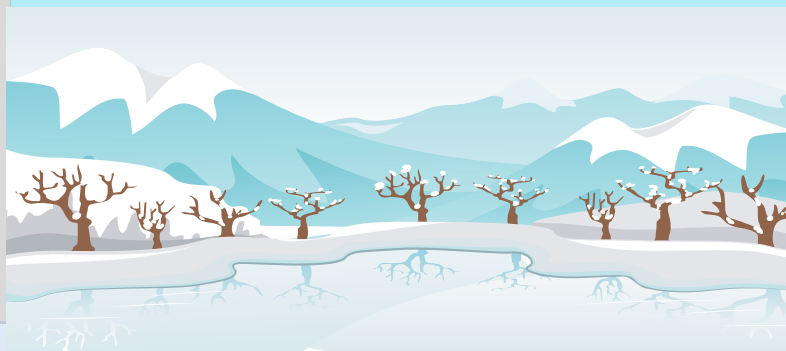
## TOY SAFETY

- Check you're buying toys from a trusted retailer
- Look out for the CE or lion mark so you know toys have passed safety tests
- Check for loose parts including button batteries.



## COLD WATER SAFETY

- If you're going near the water stay with other people
- Only go near the water when there is daylight and you can see where you are walking
- Take care near canals, rivers and reservoirs when paths can be icy to avoid slipping into the water
- Keep back from the edge of water
- **Never step onto the ice**, it isn't as strong as you think, you could fall through.



## FIND OUT MORE...

Water safety  
advice



Burns  
advice



## If you fall in, follow the WATER SAFETY CODE



Stop and  
think – spot  
the dangers



Stay  
together



In an  
emergency:  
Float



Call  
999 or 112





#ChargeSafe

# E-BIKE, E-SCOOTER AND MOBILITY SCOOTER FIRE SAFETY IN THE HOME

Charge your e-bike, e-scooter or mobility scooter battery safely. Follow these simple steps to reduce the risk of fire.



Don't leave your device charging unattended or when you're asleep.



Don't charge or store your battery in the hallway, communal area or where it could block your escape.



Only use the correct charger for your battery.



It is recommended that a professional carries out an e-bike conversion.



Only buy e-bikes, e-scooters, mobility scooters and batteries from trusted retailers and manufacturers.

Scan here  
for other  
languages





# Christmas and Mental Health:

Coping Tips from [manchestermind.org/christmas](https://manchestermind.org/christmas)

**Christmas can be difficult for anyone, at any point in their life. You might be struggling this year for the first time. Or you may have found Christmas difficult in the past, and you are dreading it again this year.**

You may also enjoy Christmas, but not be able to celebrate it how you would like. Or you might find some parts enjoyable, but other parts stressful.

Whether or not Christmas is part of your life, your mental health might be affected by it happening around you. It's a time of year that often puts extra pressure on us, and can affect our mental health in lots of ways.

## Be gentle, generous and patient with yourself

- It's okay to prioritise what's best for you, even if others don't seem to understand.
- Think about what you need and how you might be able to get it.
- Consider talking to someone you trust about what you need to cope.

## Plan ahead

Think about what might be difficult about Christmas for you, and if there is anything that might help you cope. It might be useful to write this down. For example:

- Think about whether you really need to do things if you are not looking forward to them. Can you do them differently or for less time?
- Make a list of any services that you might need and their Christmas opening hours. Mind's page of useful contacts has some suggestions.
- If you are worried about feeling lonely or isolated this Christmas, think of some ways to help pass the time. For example, this might be doing something creative or spending time in nature. See our self-care hub for more ideas.
- If you can't be with the people you want to see in person, you could arrange a phone or video call to catch up with them on the day. Or try to arrange a visit around Christmas, if there is a time when it's possible to meet.
- Try to plan something nice to do after Christmas. Having something to look forward to next year could make a real difference.

## Manage relationships

If other people's questions are difficult, you could think of some answers in advance so you are not caught off guard.

- Think about how to end difficult conversations. It's okay to tell someone you do not want to talk about something, or to change the subject.
- Suggest an activity or an easy way to move on to help end an unwanted conversation.

## Look after yourself

Set a 'start' and 'finish' time for what you count as Christmas. Remind yourself: it will not last forever.

- Set your boundaries. Say no to things that are not helpful for you.
- Let yourself experience your own feelings. Even if they do not match what is going on around you, they are still real and valid.
- Let yourself have the things you need. For example, if you need a little bit of quiet time.
- If you cannot avoid something difficult, plan something for yourself afterwards to help reduce the stress or distress you might feel.

## Talking to other people

Let people know you are struggling. It can often feel like it's just you when it is not.

- Tell people what they can stop, start or continue doing to help you.
- You don't have to justify yourself to others.
- You might not be able to make others understand. That is okay. It's not your responsibility to convince other people, or get their permission to look after yourself.

## Get support

If you are struggling, you can contact:

- **Samaritans:** Free 24-hour confidential emotional support: 116 123
- **Shout** is a free 24/7 text service for anyone in crisis anytime, anywhere. Text Shout to 85258
- **Crisis Cafe at No. 93 Harpurhey** out of hours support for anyone in a crisis. Mon to Fri: 8pm to 1am and Sat & Sun: 3pm to 1am. Call 07778012838 or 0161 271 0339.

# Your Local Councillors

**Local Councillors are elected by the community to decide how the council should carry out its various activities.**

Councillors represent public interest as well as individuals living within the ward in which he or she has been elected to serve a term of office.

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

You can contact your local councillors using their emails or by calling **0161 234 3235**



Councillor John Flanagan  
cllr.john.flanagan@manchester.gov.uk



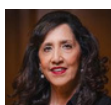
Councillor June Hitchen  
cllr.june.hitchen@manchester.gov.uk



Councillor Carmine Grimshaw  
cllr.carmine.grimshaw@manchester.gov.uk



Councillor Paula Appleby  
cllr.paula.appleby@manchester.gov.uk



Councillor Yasmine Dar  
cllr.yasmine.dar@manchester.gov.uk



Councillor Sherita Mandongwe  
cllr.sherita.mandongwe@manchester.gov.uk

## Now offering places from 5 months to 4 years at Collyhurst Nursery School

At Collyhurst Nursery School and Children's Centre, we believe every child deserves the best start in life.

Our school serves the community of Collyhurst and the surrounding areas by providing outstanding full-time nursery provision for 3 and 4 year olds and day-care for children aged from 5 months.


We pride ourselves on the warm welcome that all families get when they walk through the door.

What we offer:

- An inclusive, safe and nurturing environment
- Outstanding provision both indoors and outdoors
- Highly qualified early years practitioners
- An inspiring curriculum that ensures the best possible start for all children
- Flexible hours and extended day care, to suit the needs of working parents
- A fully integrated children's centre with a large multi-disciplinary team.

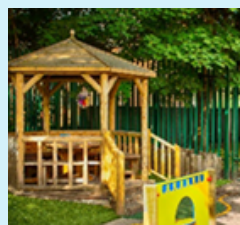
Our Foundation Class (3 and 4 year olds) are taught by qualified teachers and all our teaching rooms are supported by a team of highly skilled teaching assistants. We are surrounded by superb outdoor grounds and have a Forest School.

If you are looking for a setting that has a family feel whilst upholding the very highest expectations for all children, please contact us using the details below. We welcome visits to the school.

 **0161 205 1744**

 **admin@collyhurst.manchester.sch.uk**

 **Collyhurst Nursery School, Teignmouth Avenue, Manchester M40 7QD**



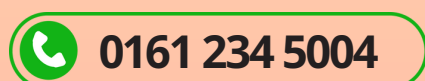
# Need help taking your bins out?

**Manchester City Council can take your bins to a collection point and return them if you and people you live with are unable to do so.**

People this may include are:

- older people
- people with physical or mental disabilities
- people with other health problems.

To arrange this service or find out more, visit:  
**[manchester.gov.uk/binhelp](https://manchester.gov.uk/binhelp)**



## Books to Go



**Books to Go provides a home-delivery service for Manchester residents of any age who have difficulty leaving their home or have issues with access.**

### What can I borrow?

We have over 30,000 items in stock, so we are bound to have something you will like to read.

We have books in ordinary and large-print size, talking books, music CDs, and films on DVD.

You can also access our digital services any time. You can download e-books, audio books, digital versions of your favourite magazine, and use our online reference library.

Our staff can show you how to get started.

### How does it work?

When you join our service you will be asked to give us an idea of what you like to read. Our experienced staff will then choose books for you according to your preferences.

### Is there a charge?

No – the service is free.

### Become a Books to Go subscriber

Anyone who has difficulty leaving their home, or who is caring for someone who does, can register for the free Books to Go service.

- Call us on **0161 227 3800**
- Email us at **[bookstogo@manchester.gov.uk](mailto:bookstogo@manchester.gov.uk)**
- Or call your local library, they can fill out a form for you over the phone.
- [manchester.gov.uk/libraries](https://manchester.gov.uk/libraries)

