Wer Cheetham & Crumpsall

Issue 6 Feb 2021

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

IT'S 2021 & WE HAVE HOPE



Pictures from the vaccination centre at the Irish Centre, featuring volunteers, staff, Sir Richard Leese CBE, Leader of the Council and Rev. Sarah Fletcher

In this edition, we want to take the opportunity to highlight some of the amazing things we've seen in Cheetham and Crumpsall.

Welcome to our first edition of 2021! That feels strange to say, doesn't it? It's like we're constantly wondering where 2020 went, but then remember that it was a pretty tough year for most of us.

Even though we were all going through a lot last year, we saw the best come out of lots of places and people. We saw examples of local people looking after each other, ensuring that their neighbours had support when they needed it; shopping, making calls and doing off the cuff befriending. Different groups came together to support people in different ways.

We want to thank Rainbow Surprise, Khizra Mosque and Feed My City, who fed thousands of people with food parcels and hot meals. Sports clubs, including our local Abraham Moss Warriors took their clubs virtual so that children could still socialise. Organisations such as Cheetham Hill Medical Centre and the Welcome Centre stayed open (physically or virtually) to continue providing support to residents for support services.

North Manchester Black Health Forum and the Rainbow Centre started befriending groups for older residents who wanted some company. New Testament Church of God and Trinity Church took their sermons online to keep the spirits of the community up. The Community Hub linked up with a local takeaway to ensure those who needed food had it.

These are just some of the examples of the thousands of good will acts and kindness we saw over the last year. We just want to thank each and every person who has helped to support people through the pandemic.

North Manchester Recovery Partnership, Manchester People First and many other organisations have given out laptops or tablets to local residents who were digitally

excluded and have developed sessions to teach people how to use them. They've supported people in getting connected to their loved ones in a way that some people may not have been able to before. Isn't that utterly wonderful?

So, what else are we positive about? Well, since December to the time of writing this article, over 12 million people in the UK have received COVID-19 vaccinations! 75% of our over 80s population in Manchester have been vaccinated and we continue to work to ensure that everyone can be vaccinated quickly and smoothly.



At the Irish Centre, we've had up to 50 volunteers at any one time, supporting the vaccinations by helping residents navigate the system, laugh and feel safe.

When asked why they enjoy volunteering they tell us it's because getting out of the house and seeing people, even socially distanced is good for their mental health. Some volunteers have said they enjoy being part of something big, especially whilst they're on furlough, it has given them a purpose during a really hard time.

It's a new year we've got everything still to look forward to; spring and summer, Valentine's day and Christmas, snow when it's sunny and rain when it's hot, we've got weddings and singing yet to come. We have a lot to look forward to, even though it might be hard to see that right now, we're almost there.

A message of hope from Rev. Sarah Fletcher

'The past 12 months have probably seemed pretty rubbish for most people. As well as life's usual 'ups-and-downs' we have all been affected by COVID-19, watching loved ones seriously ill and sometimes passing away.

When life gets tough, for whatever reason, it can be hard to think about hope. Personally, I have suffered with my mental health on and off for many years and hope has sometimes been lost in a sea of anxiety and depression. Lockdown has been no exception.

As a Christian minister I have tried my hardest to cling to the hope that can be found in my faith. The Bible has many, many passages on hope in both the Old and New Testaments as well as the Gospels.

The image of a rainbow, found at the end of the story of Noah's Ark in the Old Testament has, during the pandemic, become a symbol of thanks hope to the amazing men and women who have worked on the frontline throughout this pandemic, and also as a symbol of hope – that better days are to come.

For me, one of the ways hope is being restored is through the vaccine. Whilst volunteering as a vaccination marshal at the Irish Heritage Centre it was wonderful to see the joy of those people getting their vaccine and helped me to see that, although we are moving cautiously there is hope of an end in sight.

There is hope that soon we will be sitting around with friends drinking cups of tea. There is hope that soon we will be seeing loved ones again. There is hope that soon there will be hugs.'

Rev Sarah Fletcher, Rector of St. Thomas, **Lower Crumpsall**













Welcome

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Welcome to the sixth edition of our community newspaper for Cheetham and Crumpsall.

A lot has happened since our last edition we've gone into a third lockdown but have also seen millions of people vaccinated across the UK.

We understand that times are tough at the moment and whilst we as a community are struggling, we are also pulling together in incredible ways. This is why we have put this paper together. We want to celebrate all the amazing work that has been happening in Cheetham and Crumpsall.

From community gardens, to health information and much more, things have really been moving in our area as lockdown measures have continued to be eased.

We just want to say a huge thank you to you - the residents, workers, businesses and charities who have shown strength, support and unity for those around us during a difficult period.

Our aim 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 that you have and to share this paper with your friends and family, in hopes that we can pass on the good news in M8.

If you have any feedback or would like to have anything added to a future edition. Please email us at:



community @incheetham.com

Thank you for reading and we hope you find the information in the newspaper useful.

Advertising Opportunities:

In future editions of the 'We Love Cheetham & Crumpsall Newspaper', we will be offering advertising space to local businesses and charities that wish to advertise themselves in the paper.

E-mail the address above for more information.



If you are online you can also follow us for latest news and updates on Twitter and Facebook at @WeLoveM8

Get involved! Email us at community@incheetham.com

MEET THE EDITORIAL BOARD

Our fantastic editorial board is made up of



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I have worked in Cheetham Hill for the past five years at the Welcome Centre on Brentfield Avenue, first as a volunteer and lately as Health & Social Care Team Leader.

I used to come to Cheetham Hill with my Dad as a child when he used to get his clothes made by a tailor friend of his here. I found it a fascinating place then with all the different shops, the wonderful smells that came from the bakers, the delis that lined Cheetham Hill Road and the many languages that were spoken by passersby.

When I came to work here I found that Cheetham Hill hasn't really changed over the decades. There are still many different languages spoken, different shops and restaurants and there is still that same sense of community and cooperation. Cheetham Hill is unique.

We work together as an editorial team to let people know what is happening in our area through the newspaper; where you can go to for help or advice, what activities you can get involved in and to get to know more about the different organisations and communities that live and work here. There is something for everyone in Cheetham and Crumpsall.

Update on the NHS COVID-19 Vaccination Programme

Vaccines are now being delivered in hundreds of hospital hubs, local vaccination services, care homes, Vaccination Centres & pharmacies.

This is the biggest vaccination programme the NHS has ever undertaken. It is a huge challenge, and not everything will always go perfectly. The NHS is well-used to delivering millions of vaccines a year and is moving quickly to roll out this vaccine to those who need it.

When will I get vaccinated?

The NHS is continuing to prioritise the rollout in a priority order so those most at risk get the vaccine first.

In line with the process already in place for other vaccination services, the NHS will contact people when it is their turn to book their vaccine.

It will not be possible to use the NHS Covid-19 Vaccination Booking Service if you haven't received an invitation letter. Please do not call to find out when you will be vaccinated - unless directed to if you are in a group being vaccinated and you think you have been missed.

It will also not be possible to get a vaccine at a Vaccination Centre or Community Pharmacy without an appointment. Doing so risks disrupting the work of NHS staff in protecting those at highest risk.

Why do we have to wait 12 weeks for the second dose?

'Prioritising the first doses of vaccine for as many people as possible on the priority list will protect the greatest number of at risk people overall in the shortest possible time'.

- The four UK Chief Medical Officers

Will things go back to normal?

This a marathon, not a sprint. The large increase in cases and the new variant of the virus also shows that we cannot let our guard down now and underlines the importance of offering the first dose to as many people as possible quickly.

Remember, even those who have received a vaccine still need to follow social distancing guidance.

NHS staff are doing an incredible job to deliver the largest vaccination programme in our history, at the same time as continuing to be there for everyone who needs care.

The public have an important part to play to help them do this:

- When we do contact you, please attend your appointment
- Please continue to follow all the guidance to control the virus and save lives.

Top Truths about COVID vaccines

It does <u>not</u> contain pig products There is no material of animal origin in <u>either vaccine</u>.

It is <u>not</u> made from foetal tissue Foetal tissue has not been used in the production of the vaccine. This is not ethical and would not be acceptable to the regulatory bodies who oversee our vaccination programmes.

It is <u>not</u> too soon for the vaccine to be safe

In times of great need, the drug discovery process can be quickened by speeding up the political and financial processes.

This vaccination development has had a huge investment of time and money. It has allowed multiple large companies and scientists to work together like never before. It has allowed multiple stages of the clinical trials to run simultaneously in some cases, allowing for faster development and production of the vaccine.

There is currently no evidence of any harm from the vaccine and there is strong evidence for the benefits of the vaccine.

It doesn't have a chip

There are no chips or surveillance methods being used in the vaccine. This is not scientifically or technologically possible.

It doesn't change your DNA

Advanced techniques have been used to create the vaccine. These methods do not alter your DNA. The vaccine stimulates the immune system to create the vital antibodies to protect you and your family.





Should I get the vaccine if the second dose falls during Ramadan?

'It is permissible to have injectable treatment/vaccination during fasting as this doesn't provide sustenance or breach the rules governing fasting. Please attend your appointments for the first or second dose of your vaccine as it's affecting our community more significantly than others.' - Dr Amjad Ahmed







Your GP Practice is still here for you in lockdown

Mike Neville, Managing Partner at Neville Family Practice, talks to us about the importance of still contacting your GP if you are unwell.

General Practice is very different to how it was in 1932 when my grandfather, Dr Thomas Neville, first took over the family practice in Blackley Village.

General Practice, as well as all of medicine, is a lot more complex than it was back then. The NHS didn't even exist until 1948!

However, the main difference in General Practice is that GPs now have a fantastic support framework around them in the wider practice team to help them make decisions about your health. This includes clinicians such as nurses, healthcare assistants, physiotherapists, pharmacists; as well as community services like the district nurses, case managers, midwives and health visitors.

GPs are all supported by administrative support staff who are the first point of contact when you contact your GP surgery. They do not make decisions on your health. They have been given specific guidelines to follow by the GPs, and the information they give to you is based on what the GPs want them to tell you.

Practices are no longer working on their own in isolation as a single organisation. 2019 saw the formation of Primary Care Networks (PCNs). These are groups of practices working together to focus local patient care. In this local area, the following practices are in the Cheetham and Crumpsall PCN:

- Cheetham Hill Medical Centre
- Jolly Medical Centre
- New Collegiate Medical Centre
- Park View Medical Centre
- Queens Medical Centre
- The Neville Family Medical Centre
- Wellfield Medical Centre

Your PCN practices work together to be able to provide a wider range of services for you as a registered patient.

The question should no longer be 'how can I see my GP?', but instead 'how can I stay healthy?', or if you are unwell, 'who can I speak with to get better?'.

It could be that the nurse or healthcare assistant may be more appropriate, or one of the wider team. These decisions are ultimately made by the GP with regards to who you see and for what reason (not the support team).



The important thing is that your general practice team is here for you.

The pandemic has certainly thrown some interesting obstacles in our path, but we are more than equal to them all.

We have been seeing patients, where clinically appropriate, throughout the pandemic. However, in order to practice safely, we have followed all guidelines to protect you as well as the staff, which is why you will receive a phone call first. If you need help from your practice, just call between 8am and 6.30pm, and someone from the team will be able to help – that may be the GP, or one of the wider clinical team.

Tackling Food Poverty: Rainbow Surprise Open Community Shop

Shabnam & Shakkar, the hardworking and energetic couple from Rainbow Surprise, have embarked on another project to support the local community.

They already run a very busy foodbank and in November of last year they launched a Community Shop based in the basement community hall at St Matthew with St Mary's Church on Cleveland Road in Crumpsall.

The Community shop is open Monday to Friday 11.00am – 3.00pm. Due to COVID-19, you must book a shopping slot by calling: 07515 11028.

People are able to access great value fresh fruit and vegetables, tinned, packaged and frozen food for a fraction of the normal price. You can even fill a carrier bag of fruit and vegetables for £3

Shabnam and Shakkar said 'Due to the pandemic we started this community shop as we could see that this was needed in the local area with so many families struggling financially and this was a great way of providing more food for less money, which can really make a difference.'



St. Valentine's Day Recipes and Poems

Valentines Biscuits

- 300g plain flour, plus extra for dusting
- 200g salted butter, diced
- 120g golden caster sugar
- 2 large egg yolks
- 2 tsp vanilla extract
- ½ tsp rosewater, or 25g/1oz freeze-dried raspberries, whizzed to a powder
- red or pink food colouring
- 1. Tip the flour and butter into a food processor and whizz to fine crumbs.
- 2.Add the sugar and yolks then whizz to a smooth dough.
- 3. Remove 1/3 of the dough, add vanilla to what's left and mix. Wrap this dough in cling film and leave at room temperature.
- 4. Put the reserved dough back in the processor with the optional rosewater or dried raspberries and a drop of food colouring.
- 5. Thickly roll out the coloured dough between baking parchment. Use a 3-4cm heart cutter to stamp out hearts. Use all the dough.
- 6. Line up hearts on top of each other and press to form a cylinder, taking care to retain the heart shape. Wrap in cling film and freeze for 3 hrs until solid.
- 7. When the heart dough is hard, roll the vanilla dough into a cylinder around the heart dough. Chill for 2 hrs.
- 8. Heat oven to 180/160 fan/gas 4.
- 9. Use a sharp knife to slice the log into 1cm-thick discs. Place on trays lined with baking paper. Bake for 20 mins.

Valentine

Not a red rose or a satin heart. I give you an onion. It is a moon wrapped in brown paper. It promises light like the careful undressing of love.

Here.

It will blind you with tears like a lover.
It will make your reflection a wobbling photo of grief.

I am trying to be truthful.

Not a cute card or a kissogram.

I give you an onion. Its fierce kiss will stay on your lips, possessive and faithful as we are, for as long as we are.

Take it.

Its platinum loops shrink to a wedding ring, if you like.
Lethal.
Its scent will cling to your fingers

Its scent will cling to your fingers, cling to your knife.

Carol Ann Duffy





- 250g plain flour, plus extra for dusting
- 125g butter, chilled and diced, plus extra for the tin
- 1 medium egg
- 1 vanilla pod, seeds scraped or vanilla essence (optional)
- 100g jam, fruit curd or marmalade of your choice
- 1. Mix flour, butter and a pinch of salt with fingertips until resembles breadcrumbs.
- 2. Stir in the egg and vanilla seeds
- 3. Add 1 tbsp cold water, then start to bring the dough together in one lump with your hands try not to knead it too much. Add 1 more tbsp of water if it's not coming together. Wrap in cling film and chill in the fridge for 30 mins.
- 4. Heat oven to 200/180 fan/gas 6.
- 5. Butter a 12-hole tart tin and dust your work surface with flour.
- 6. Roll out the chilled pastry so it's about the thickness of a £1 coin, then use a cutter to cut out 12 circles, big enough to line the holes in the tin. Use leftover pastry to cut pastry hearts.
- 7. Dollop 1-2 tsp of your chosen filling into each one and place pastry hearts on top.
- 8. Bake for 15-18 mins or until golden and the filling is starting to bubble a little. Leave to cool in the tin for a few mins then carefully transfer to a wire rack to cool completely.

TIP: Use shortcrust ready-made pastry to save time.



Heart Soul & Mind Project Choir

We'd like to invite you to put your Heart Soul and Mind into some singing to drive away the Lockdown blues.

Reinvigorate your energy and wellbeing with some hearty healthy singing. Join the HSMPC on a ten-week journey, each Wednesday evening 6.30pm-7.30pm.

Open to people aged 18+ living in Cheetham and Crumpsall.

To book, email: hsmPC21@gmail.com and we'll reply with joining details.

International Women's Day: Spotlight on Frances Eliza Hodgson Burnett

Born 24 November 1849, Burnett was a British-American novelist and playwright. She is best known for the three children's novels Little Lord Fauntleroy, A Little Princess and The Secret Garden.

Frances was born at 141
York Street in Cheetham
before moving to a
terrace opposite St Luke's
Church on Cheetham Hill
Road. The house is no
longer standing but the
ruins of the grade II listed
St Luke's Church still
stand proudly.



Keeping our Community Safe: Greater Manchester Police

The onset of the COVID-19 pandemic has been a huge challenge for all, including Greater Manchester Police (GMP) and your local neighbourhood policing team.

Where breaches of covid-19 guidelines are reported or identified, GMP will investigate. Our initial stance is to engage with those breaching restrictions, offering advice and education around rulings and the implications around non-conformity.

Where breaches continue, we will issue fixed penalty tickets and utilise wider powers, including closure orders to uphold the wellbeing of those involved and the wider community.

We are aware of breaches within the Bury New Road area and some of the businesses operating in these areas.

GMP have worked in conjunction with our partners, conducting days of action within this area. We have been targeting individuals and those businesses failing to comply with covid-19 restrictions.

Numerous fixed penalty tickets have been issued to those in breach of guidelines and numerous stores have been subject to prohibition notices.

Your local neighbourhood team patrols this area on a daily basis.



Inspector Adam Wignall

The local community play a vital role in ensuring that COVID-19 guidelines are adhered to by reporting breaches directly to us Tel: 101
E: manchesternorth@gmp.police.uk

L. manchesternortheginp.ponce.uk

You can also report anonymously to Crimestoppers
Tel: 0800555111
www.crimestopers-uk.org

Local History: We spoke to Martin Gittins about the new books Published About The History of Cheetham and Crumpsall

December saw the publication of the first comprehensive history of Crumpsall.

This book, over 30 years in the making, is the work of local historian Martin Gittins. It tells the stories of the people, the buildings and the events which have contributed to creating such a rich history in this north Manchester suburb – once referred to in an advertisement as 'The breezy heights of Crumpsall'

The book is the culmination of decades of research by the author and is based on his popular series of self-guided circular walks 'From the Green' which each direct the reader on a walk of discovery around a different part of the district.

Amongst the notable names mentioned are Humphrey Chetham who founded the Chetham School – now the school of music, Rev. C.W. Ethelston, the magistrate who, fatefully, read the riot act to a peaceful gathering before the massacre at Peterloo and James Rawson, one of England's greatest archers who lies, in a forgotten plot, in St. Mark's churchyard.

The whole book is illustrated throughout and includes extracts from old maps of the area which are a great source of information and add a further dimension to the narrative.

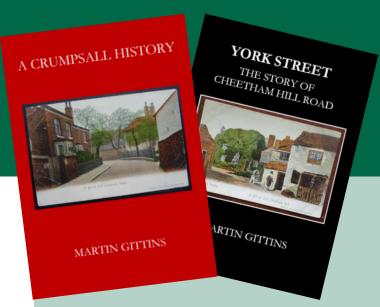
Not satisfied with creating the Crumpsall book Martin has made great use of the imposed lockdown and has gone on to pen about what made North Manchester the most desirable place to live in times past. The book introduces the reader to inventors and scientists, authors and clergymen, adventurers and romantics who have all called Cheetham Hill Road 'home'.

Find out who Charles Dickens' Cheeryble Brothers really were, when the Cheetham Hill Wakes Fair was held, and which World Championships were held on Derby Street. Discover too, how the Bijou Cinema stood out from the crowd for entertainment and in which church Felix Mendelssohn played the organ.

Why do we have an area known as Temple? You can read for yourself the evidence to support a Roman connection. Originally York Street, the name of this northern arterial road was later changed to Cheetham Hill Road and runs from Long Millgate to the Half Way House, where the White Smithy and the tollhouse once stood, with a horse trough in the middle of the junction.

These and many more interesting facts can be found within the pages of these two new publications.

Martin Gittins is a retired Primary School Deputy Headteacher and local historian. He is the co-founder of the 'Cheetham and Crumpsall Heritage Society' and founder of the 'Friends of St. Mark's Cheetham' Facebook group. He describes himself as a Heritage Activist and sometime musician.



Copies of all Martin Gittins books can be obtained from 'The Corner Shop' on his website: www.all-things-considered.org or by ringing 07760 430 577

For your chance to win a free copy of A Crumpsall History, email your name and a postal address to: communications@manchesterlco.org

The winner will be announced at the end of March. All entrants' data will be destroyed at the close of the competition. If we are unable to contact the winner, we will run the competition again in the next issue.

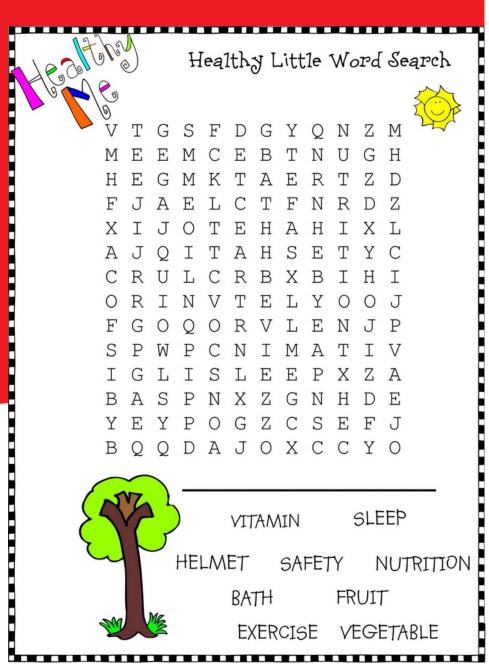
Get Involved: Friends of St. Mark's, Cheetham

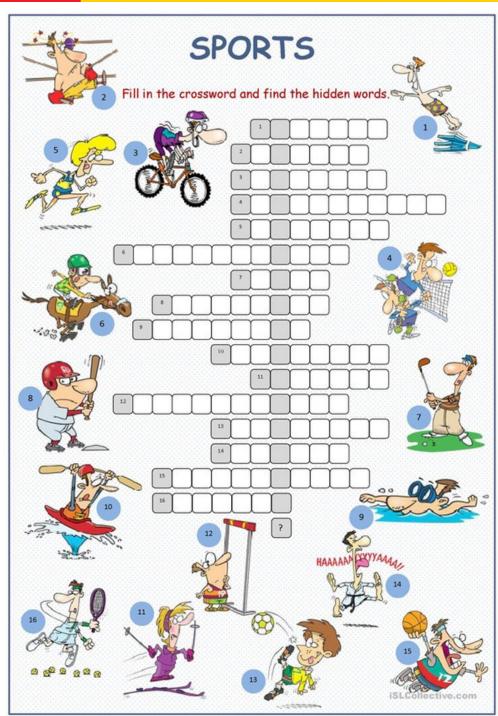
We are a group of individuals who all want to preserve and protect the history of St. Mark's churchyard. We are working alongside the Council and other agencies to develop a plan to clear and improve the site, provide information signage and, eventually, create a place which is attractive and accessible to the public.

We also intend to document the information about the interments in the churchyard, some of which are important locally and nationally in historical terms.

For further information, contact us on the Facebook page 'Friends of St. Mark's Cheetham' or phone 07760 430 577

Kids Corner





Ask Amjad



Why aren't children getting the vaccine?

The two approved vaccines were not tested on people under 16 so it hasn't been licensed for that group.

The evidence currently shows that children without significant underlying medical problems are usually asymptomatic or have mild symptoms, so they have not been prioritised for the national COVID vaccination programme.

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Manchester Jewish Museum

Young Activists Keep Past Stories Alive as Manchester Jewish Museum Marks Holocaust Memorial Day

This January Manchester Jewish Museum's third Trailblazer saw nine young people aged 16-18 become Creative Activists to create powerful acts of sharing and connection as they explored and shared stories to commemorate Holocaust Memorial Day on Wednesday 27 January, inspired by real life stories past and present.



Responding to this years' Holocaust Memorial Day theme, 'Being a light in the darkness', the nine activists from King David High School, Crumpsall, uncovered stories from the Museum's own extensive archives, their own family histories and from speaking to Cheetham Hill residents about their own experiences and responses to Holocaust Memorial Day.

Working with theatre practitioner Kate Bradnam and the Museum's Creative Producers Dara Laughlin and Dr Laura Seddon, these nine young activists wove together these stories to create their own commemorative artworks, filming their process and telling the stories behind each creation. These artworks and films were then gifted to community partners from Cheetham Hill in an act of sharing and passing on these stories and celebrating those lives, these included the Welcome Centre, Cheetham Hill Tesco and Trinity United Church.

These hidden stories, which will be included in a final film, include that of Hilde Davidsohn who fled Berlin and leaving her sister and mother behind, came to Manchester on a domestic visa, never to see her family again. Young activist Rivky commemorated her story by sculpting a bust of Hilde with a concealed speaker inside. Speaking about why keeping hidden stories alive is so important to her: "I think it's special that we memorialise the people we don't have much information on, as they are the ones who would be more ignored."

Another activist, Beila, created a sculpture of commemorative stones to celebrate Leicester Road in Cheetham Hill which became home to many Jewish refugees and was where Beila herself lived when her family first moved to Manchester.

It is a Jewish tradition to place stones on the graves of loved ones rather than flowers, as flowers, although beautiful, will eventually die. Stones represent the permanence of memories and legacy and show that people have been there.





Hilde Davidsohn and her mother in Berlin, courtesy of Manchester Jewish Museum

The art works will eventually be displayed in the Jewish Museum when it reopens, hopefully later this year, although there is no fixed date because of the coronavirus pandemic.

£5m Development Project

In 2017 Manchester Jewish Museum received a £2.89m National Lottery Heritage Fund Grant. This money is supporting an ambitious £5m development project that will see the museum, housed inside a former synagogue, double in size, with a new gallery, learning studio, shop and café built in an extension alongside the existing historic building. The Grade II* listed synagogue, meanwhile, is being repaired and restored.

The development builds on the museum's increasing success. Visitor numbers have risen steadily since 2011, and it was listed as one of the UK's top 10 small museums by The Times. In 2018 the museum became one of Arts Council England's National Portfolio Organisations (NPOs).

The museum cares for over 31,000 objects, telling the story of Jewish Manchester, as well as broader stories of migration, communities and identities. Linked to the synagogue, an extension will create extra space in which to display this nationally significant collection, as well as a café and learning kitchen where people can make and eat traditional Jewish foods.



Featured Photo: Crescent Road Woodlands

Celebrate the beauty of Cheetham and Crumpsall by sharing your photos with us and we'll feature our favourite images every issue.

Send submissions to: communcations@manchesterlco.org

This photo was taken by Katharine, part of our editorial team.

St Patrick's Day, 17 March

Although the famous St Patrick's Day Parade will not be taking place this year, we didn't want to miss out on the opportunity to celebrate our Irish Community in Cheetham and Crumpsall.

An Irish blessing for the home

May you always have walls for the winds, a roof for the rain, tea beside the fire, laughter to cheer you, those you love near you, and all your heart might desire.

May joy and peace surround you, Contentment latch your door, And happiness be with you now, And bless you evermore.

Bless you and yours As well as the cottage you live in. May the roof overhead be well thatched And those inside be well matched.

May your neighbours respect you, Trouble neglect you, The angels protect you, And heaven accept you.



Useful Numbers:

Manchester Mind: 0161 769 5732 **Manchester Council Community Hub:** 08002346123

Greater Manchester Bereavement Service: 0161 983 0902 Samaritans: 116 123 NHS advice: 111