

# We ♥ Cheetham & Crumpsall

Issue 8  
Sept. 2021

**FREE**

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

## CHEETHAM CULTURAL FESTIVAL IS BRINGING THE LOVE THIS SEPTEMBER



Images from Cheetham Cultural Festival



**This year's Cheetham Cultural Festival runs from 23rd to 26th September and promises to be bigger and better than ever! The theme is Love One Another. The festival is supported by local people, faith groups, businesses, charities and schools. We will be celebrating the diversity and history of Cheetham and our community.**

The committee has worked very hard for the past few months under the fantastic guidance of our chairman Gareth Redston to ensure that we are able to come together for the first time in two years to celebrate the uniqueness of Cheetham.

Last year, due to the pandemic and various lockdowns, both the Spring Fling in May and the Cheetham Fest in September were online. This year we are all very excited to be able to welcome everyone back into our Centres and see people face-to-face at last.

St. Chad's RC Primary School on Balmfield Street, Cheetham will be hosting the opening ceremony on Thursday 23rd September.

The Festival will be taking place in various venues across Cheetham, with lots of fun activities and, of course, delicious food showcasing the culinary skills of our wonderful volunteer community.

So, whether you want to try your hand at a number of acoustic and electric instruments in an informal music jam session at the Welcome Centre, have a tour of the Khizra Mosque, go to the Future Fashion Fair at The Yard or take part in Age Friendly Activities at Communities 4 All, the Cheetham Fest is for you.

The closing ceremony will take place on Sunday 26th September at the Ukrainian Cultural Centre, where you will be able to sample all sorts of different foods from Cheetham's diverse communities as well as celebrate what we hope will have been a brilliant three days.

Come along, meet neighbours, make new friends and, above all, have fun.

### Noisy Neighbours

A free 40-minute tour of the National Football Museum, exploring the social history of Manchester and its football teams.

Tour dates and times:  
23rd September 12pm and 3pm  
24th September 12pm and 3pm.



## Festival Events

### Thursday 23rd September

- Opening ceremony
- Age Friendly activities

### Friday 24 September

- Age Friendly Coffee Morning
- What's in your basket? Sketching with local artist Mary Burke

### Saturday 25th September

- Future Fashion Fair - ethical local fashion
- Age Friendly Arts and Crafts
- Welcome Centre - Welcome Back Open
- Crumpsall Allotments - Crumpsall Community Day
- Art Battle with art auction and live music,
- Gospel Evening with Caribbean and African Food

### Sunday 26th September

- Future Fashion Fair
- Ukrainian Centre Family Activity Day
- Makers Market and Exhibition
- Bus Tour through Cheetham ending at the closing ceremony
- Food Festival and Closing Ceremony.

### Open days at local places of worship on Sunday 26 September

- **Gurduwara** - learn about the Sikh faith, culture & community and enjoy Langar vegetarian food. 11am-3pm at Central Gurduwara, M8 8 RY
  - **Kizra Mosque**, M8 0PF - learn about the Muslim community, tour the mosque and sample delicious traditional foods, 2-4pm.
  - **Manchester Jewish Museum**, M8 8LW - learn about the holiday of Sukkot, tour the museum and enjoy performances from the museum's song-writing group, 12-4pm.
- Cheetham and Crumpsall Heritage Society** - Martin Gittins will also be running an information stall at Manchester Jewish Museum, 23 and 24 September, 12-2pm.

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

 **Manchester Local Care Organisation**  
Leading local care, improving lives in Manchester, with you

 **NHS**

 **MANCHESTER CITY COUNCIL**

 **GREATER MANCHESTER POLICE**



# Welcome

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

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

Since our last edition lockdown restrictions have lifted, some sense of normality has returned and we're even able to get together in person for our community festival once again.

We look forward to the return of Cheetham Cultural Festival and the celebration of everything and everyone in our neighbourhood - those things that makes Cheetham and Crumpsall so special and unique.

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 Cheetham and Crumpsall. We would love to share it in this paper, in hopes that we can pass on the good news in M8.

Please share your contributions via email: [community@incheetham.com](mailto:community@incheetham.com)

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](https://www.facebook.com/WeLoveM8)

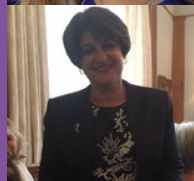
## Get involved! Email us at [community@incheetham.com](mailto:community@incheetham.com)

## MEET THE EDITORIAL BOARD

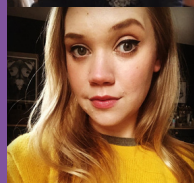
Our fantastic editorial board is made up of



**Adiba Sultan**  
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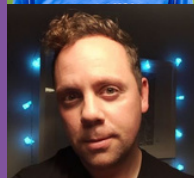
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## Lizzie Hughes

### Manchester Local Care Organisation

E: [Lizzie.Hughes@mft.nhs.uk](mailto:Lizzie.Hughes@mft.nhs.uk)



Hi, I'm Lizzie Hughes and I am one of the team that edit the newspaper.

My role as a Neighbourhood Lead for Cheetham and Crumpsall means that I am keen to support the paper as an opportunity to share all of the good things that are happening in our community as well as use the newspaper to pass on information to help keep people safe.

I am based at Cheetham Medical Centre so you might see me out and about in the neighbourhood enjoying the great food places that we have here at Cheetham Hill.



# Your Local Health Update

## Women's health in Cheetham & Crumpsall: Let's talk about cervical screening

**Cervical screening, or a smear test, is a free health check offered to women from the age of 25 to 64. This health check helps to identify and prevent early signs of cervical cancer and can be lifesaving.**

Cervical cancer is one of the most treatable cancers when detected early. It is important to understand that cervical screening is not a check for cancer but helps to identify early signs so that they can be treated before becoming cancer.

**It is estimated that cervical screening saves the lives of around 4,500 women in England every year.**

In Cheetham and Crumpsall, and across the country, the numbers of women coming forward for this health check is declining, especially in the younger age groups (25 to 49).

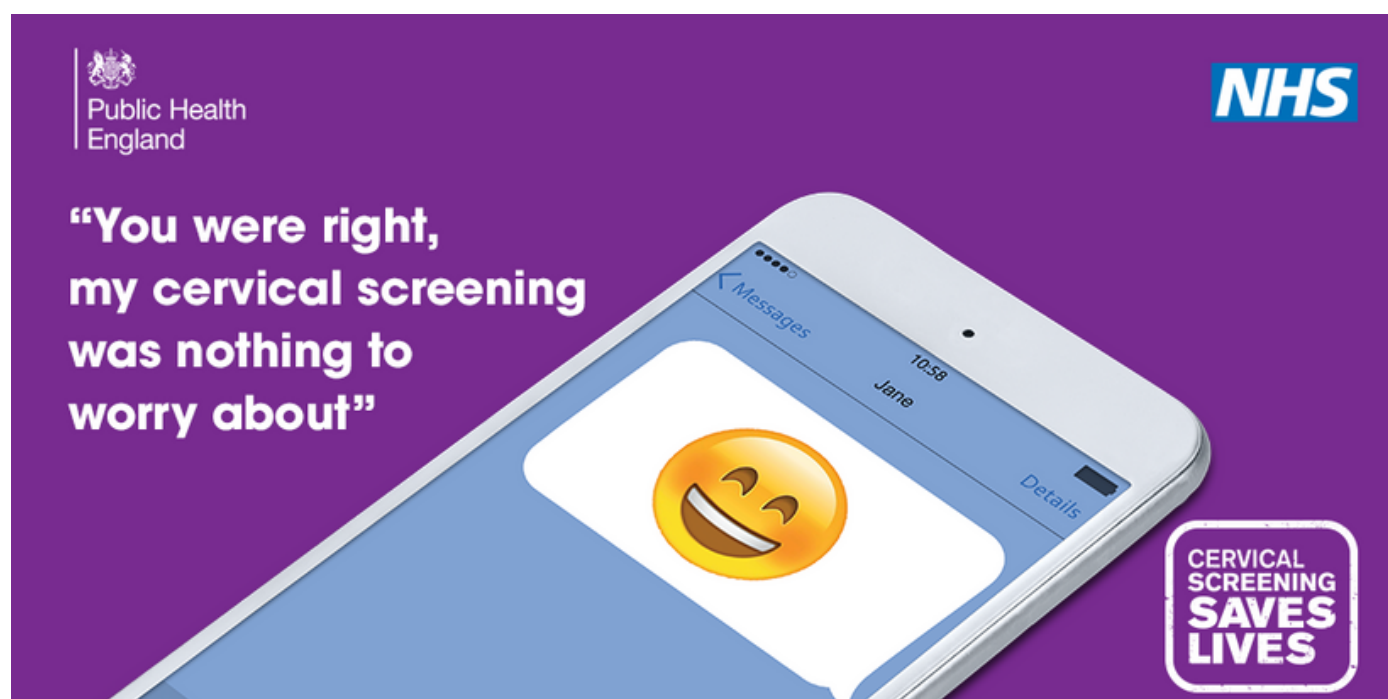
Cervical cancer is one of the most common cancers in women under 35 but can be prevented by attending screenings when invited.

Many women from the younger age group sometimes do not attend cervical screening due to feelings of fear and embarrassment. A smear test lasts around 5 minutes and is carried out in your GP practice by a female nurse. The test may feel uncomfortable but should not be painful and the nurse will do as much as possible to reassure you and make you feel comfortable.

In Cheetham and Crumpsall we want to raise awareness about cervical screening and support and encourage women to come forward for this health check and save lives. We can end the fear and embarrassment by supporting each other.

A conversation about cervical screening with a friend or woman in your family about cervical screening could help to end embarrassment and give them the support and courage to book an appointment and get tested.

**If you have been invited for cervical screening, please contact your GP to book an appointment.**



**We also want to hear from women to understand their experiences and views towards cervical screening so that we can make sure women are supported to attend cervical screening appointments when invited.**

If you would like to share your views, please complete the questionnaire:  
<https://forms.office.com/r/v9gigvW0mt>

For further information about cervical screening and cervical cancer, please visit: [jostrust.org.uk](http://jostrust.org.uk)



Dr Amjad Ahmed

## Dr Amjad introduces the new health roles, which will support local practices

**Local practices have expanded their teams to help support patients and treat them more efficiently.**

People in these additional roles are able to see and deal with your concerns just as well as a GP can and in some circumstances even better!

- **Clinical Pharmacists** are highly qualified experts in medicines and can help people in a range of ways. This includes carrying out structured medication reviews for patients with ongoing health problems and improving patient safety and health outcomes.
- **Social Prescribing Link Workers** will connect people to community groups and agencies for practical and emotional support. They will complement other approaches such as care navigation and active signposting.
- **Physician Associates** are healthcare professionals with a general medical education who work alongside and under the supervision of GPs. They provide clinical care as part of a wider multidisciplinary team.
- **First Contact Physiotherapists** can assess, diagnose, treat and manage musculoskeletal (MSK) problems and discharge a person without a medical referral. In our area patients are able to refer themselves by calling **0161 720 2321**.



# Manchester Jewish Museum Reopens its Doors

Newly re-opened Manchester Jewish Museum offers free entry for local residents.



Images from Manchester Jewish Museum

**Welcoming back visitors and more active than ever - Gareth Redston, Head of Programmes at the Manchester Jewish Museum - tells us about the museum's progress and projects taking place...**

I'm sure many of you have watched with interest over the last few years as building work has taken place at Manchester Jewish Museum on Cheetham Hill Road.

In the two years since we closed, our beautiful historic synagogue building has been lovingly restored back to its former glory and a striking new extension has been built that houses a new café, new galleries and even a community learning kitchen.

A new collection store means that for the first time in the museum's history, our amazing collection can be housed on site, making it far more accessible for visitors and researchers.

Our new gallery tells the story of Jewish Manchester through the universal themes of journeys, communities and identities. We hope these stories will resonate with people from all backgrounds. I think this is particularly true when it comes to stories of migration, which are such an important part of Cheetham Hill past and present – one of the most diverse communities in the country.

Food is integral to our new museum, as we believe it's by far the best way to bring people together and share each other's cultural backgrounds. That's why our new museum has not one but two kitchens.

Alongside our café which serves delicious vegetarian Jewish delicacies such as bagels and honey cakes, we also have a new learning kitchen where people are able to cook and eat together and share stories about their culture. Our museum foodie group meets regularly and takes part in all sorts of interesting food-based activities and events.

If food isn't really your thing, we also have a thriving women's textile group and a song-writing group who meet regularly to write lyrics and music inspired by the stories in the museum's collection. We will also be offering regular activities for all ages on Sundays and school holidays.

Our local communities are really important to us and we want you to come and make the most of what your new museum has to offer. As part of our commitment to you, we are offering FREE entry to the museum and all of our group activities for M8 residents.

You can sign up to our M8 Membership scheme and check out all the exciting things happening at the museum on our website:

**[manchesterjewishmuseum.com/m8members](http://manchesterjewishmuseum.com/m8members)**

## Meet Your Local NHS Community Care Navigator

**I'm Jenna, an NHS Community Care Navigator for Cheetham and Crumpsall. We help people aged over 18 to navigate services and access the support they need.**

Our service works across Manchester and Trafford. We form part of the Integrated Neighbourhood Teams, working closely with NHS services, mental health services, GP's, social services, Manchester City Council, housing associations, charities, voluntary groups and various other community resources.

If you, or someone you know, is feeling a bit lost or isolated or overwhelmed, or simply don't know who to turn to; myself and the team are here to help connect you to the right services and groups depending on your needs.

We can help with social, practical, financial, mental or physical health support through local services and groups.

We can support you even if you have many things you would like help with or your situation is quite complicated.



Jenna Shaw

You can self-refer into our service or can be referred by various services.

To make a referral to the Care Navigator Service, please contact us via:  
Email: **[mft.spa-uhs@nhs.net](mailto:mft.spa-uhs@nhs.net)**  
Phone: **0300 303 9650**



# Smedley Playing Fields officially renamed

Now named Smedley Community Park, residents are urged to care for the park after it is targeted by vandals.



Volunteers redeveloping the park over winter

**A big thank you to all of the volunteers who, over the past year or so, have helped to transform a couple of football pitches and a dog walking area into a community park for everybody to enjoy.**

There has been a lot of hard work involved but the park is looking stunning. In August, the Lord Mayor and Mayoress came to the park with local councillors to officially rename the park **Smedley Community Park - A Park For The Community by The Community.**

Lots of families using the park every day. So far we have added:

- 41 flower areas
- A teenage swing areas
- Lots of bird feeders and squirrel and bat boxes
- 14 picnic benches
- A defibrillator - thanks to the Cheetham Neighbourhood Investment Fund - let's hope it is never needed!

Unfortunately, over the past couple of weeks we have had a small group of

teenagers coming into the park and disrespecting it. They have been littering, damaging benches and planters, setting fire to bins and breaking the bird feeders.

Regrettably, we have had to take away the remaining picnic benches after six were damaged beyond repair in just one week.

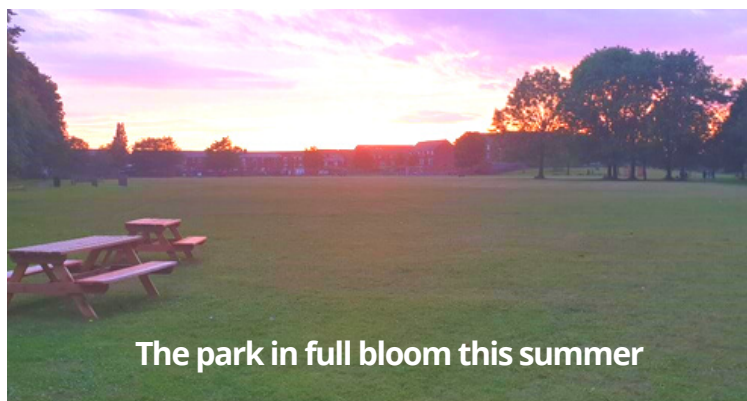
**It's important that we don't let a small minority of people ruin the park that we should all be able to enjoy. If you see anybody damaging the park please report it to the police on 101.**

We have a lot of new outdoor gym equipment to be installed and more benches, however this cannot happen until the damage is stopped. We need your help reporting any incidents to the police.

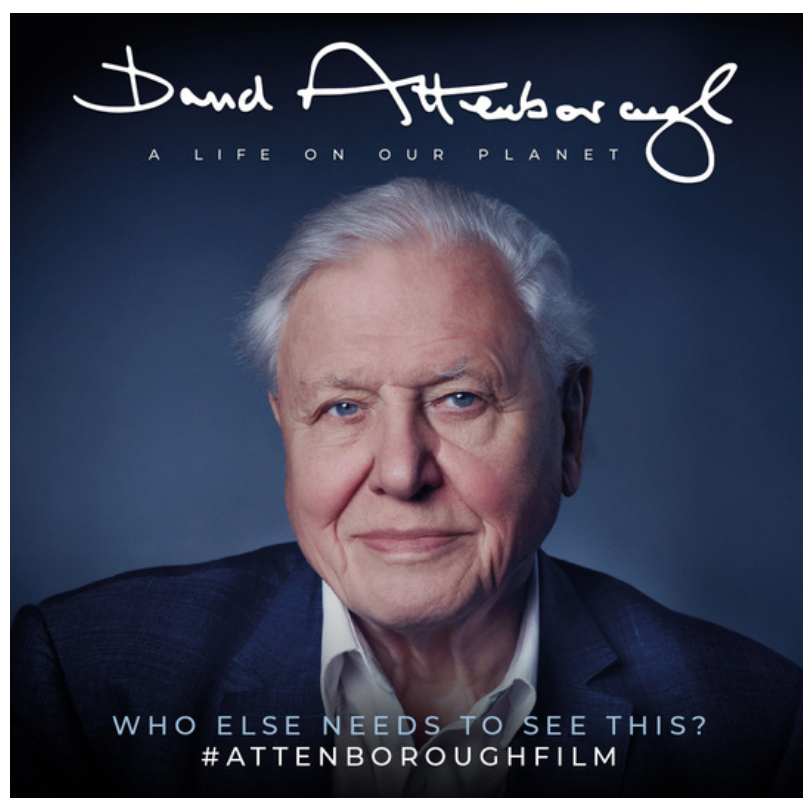
Thank you, from The Friends of Smedley Park!



June Kelly, Friend of Smedley Park



The park in full bloom this summer



David Attenborough  
A LIFE ON OUR PLANET

WHO ELSE NEEDS TO SEE THIS?  
#ATTENBOROUGHFILM

## Life On Our Planet' Screening

**The New Testament Church of God will be hosting a screening of 'Life On Our Planet' by David Attenborough.**

Date: Saturday 23rd October 2021

Time: 1.30pm

Venue: The New Testament Church of God, Waterloo Road, M8 9DU

Light refreshments will be provided. All are welcome on the day. If you require more information, call: 0161 202 1851

Reverend Michael Bradley the new minister at the church said, "This will be a great way of bringing the community together to have conversations around the issues that affects us all relating to the environment in our local area and worldwide."



# Abraham Moss Warriors Summer of Fun 2021

Celebrating our local green spaces and enjoying the outdoors. Find out what's been happening and how to get involved.



Images from Abraham Moss Warriors summer play scheme



It has been an incredibly busy summer for Abraham Moss Warriors. We ran a play scheme for children from Cheetham and Crumpsall, with nearly 70 children attending every day. We ran 31 trips over six weeks, serving nutritious meals and snacks each day.

A huge thank you to the Manchester City Council's Holiday Activity Fund for making this possible.

As well as going on the trips, we spent an hour every day talking about the importance of healthy eating and exercise.

We wanted the activities to be fun and educational for the young people to learn new skills and even overcome a few fears!

**The play schemes are an amazing opportunity for our local children. For some of them, it was the first time they were able to spend time in the countryside.**

**"The best summer ever!"  
"One we will never forget!"  
"...new friends made, confidence boosted and lifelong memories made."**



Discovering wildlife in the Peak District

Over 28 days, we did an amazing 31 trips! Every day was jam-packed with activities, including:

- A mini Olympics
- Sports day, orienteering and fun fair at Heaton Park
- Inflatables day
- Visits to Challenge 4 Change - an indoor adventure centre
- Kick Air Trampoline park
- Hollingworth Lake watersports
- Manley Mere adventure trail, assault courses and zip wires
- Visits to the Peak District for walking, river dipping, dry stone walling, dam and den building, art, meditation and learning about wildlife
- Football festival
- A Transport Museum visit
- Family picnic and sports day
- Restaurant and cinema trips
- Gullivers World theme park
- Family trip to Blackpool
- Ten-pin bowling
- Visit to Monkey World in Stoke
- Visit to Formby Red Squirrel park and beach.

## Abraham Moss Warriors News

### Thank you Marcus Rashford

Four lucky children from Cheetham Hill, are all smiles after receiving signed Marcus Rashford England shirts after appearing on The Late, Late Show with James Corden and Marcus Rashford.

They had been playing a computer game and were shocked to find they were actually playing Marcus!

Abraham Moss Warriors have been really effected by the racial abuse suffered by Marcus and some of his England team mates after the Euros. They were so moved that they drew pictures and wrote messages of support to take down to the mural in Wythenshawe.



### Hits Radio Sponsor Warriors Kit

During lockdown Abraham moss Warriors took part in Hits Radio's Cash for Kids Sports Challenge. Amazingly, they came first and won £5000 which we have used to purchase new kits for every member of the club.

We had a competition to design the new kit which also incorporates important messages about rail safety, especially since we train and play so close to rail tracks.



Abraham Moss Warriors at the **Heart** of the Community CIC



# We Tagged Along to Parklife to Talk About COVID Safety, Vaccines and Testing

Lizzie Hughes, Integrated Neighborhood Lead for Cheetham and Crumpsall, tells us about the fun opportunity some of our staff and volunteers had to attend Parklife. They went along to talk to people about vaccines, testing and how they feel about the future, living with COVID-19.

Wow - what a festival! Parklife is a weekend-long non-camping music festival that happens in Heaton Park. Around 80,000 people attend each day.

The festival was cancelled last year due to COVID-19 but was back with a great line up this year and we were keen to go along and use the opportunity to talk to young people about how they had found the last 18 months with COVID.

With a team of 14 people, we strapped on Vince the inflatable virus and set off with a gazebo and some goodies to help support people to stay safe from COVID and enjoy the festival at the same time.

We had a questionnaire on our phones and managed to talk to 787 people over the two days. The majority of them were aged between 17 - 25 and they completely blew away everything we thought we knew about young people and COVID.

Over 650 of the people we have spoken to had had one or two vaccines already, which was great news in terms of people keeping themselves and their loved ones safe. The festival had a COVID policy and everyone that was on the site had to show an NHS COVID passport, a PCR test or a lateral flow test in order to get onto the site.



Our staff dressed as Vince the Virus at Parklife 2021



Pictures from our staff and volunteers speaking to festival goers at Parklife 2021



We asked people what worried them about living with COVID and the largest response was around mental health. The festival goers talked about how hard lockdown had been, not being able to see family and friends, their worries about older people in the community and concerns that there may be further lockdowns in the future. They talked of their worries about jobs and money and gave examples of working in the hospitality industry worries and about what their job futures might look like.

People attended the festival from all over the country and having an event like Parklife really puts Manchester on the festival map.

Parklife felt like a great opportunity to go out and talk to young people and hear what they had to say about COVID. As a team we loved every minute of it.

Parklife - we'll be back again next year. Thanks for having us!

**Walking about with a large inflatable virus was great as it drew lots of people to us, and they were happy to chat and answer our quick five-question survey.**



**16-17 year olds are now eligible for the COVID-19 vaccine.**

**Encourage your teenager to book their jab via their GP or find their nearest walk-in centre.**

**[manchester.gov.uk/getmyjab](https://manchester.gov.uk/getmyjab)**

**What worried festival goers about a future, living with COVID?**

- 1. Mental health**
- 2. Tied in second was jobs and education**
- 3. Travel**
- 4. Housing**



# North Manchester Photography Group (NMPG)

The group is looking for individuals who are willing to go on photography trips to local green space in North Manchester and beyond.

They meet every Thursday, 1 to 2.30pm at Community Point Resource Centre, 551 Cheetham Hill Road, M8 9HZ

- No previous photography experience required
- No camera needed
- Small group (five people maximum), This is not a drop-in group, please let us know if you'd like to join us.

Please contact Tamzin Forster for more details: [tamzin@tamzinforster.co.uk](mailto:tamzin@tamzinforster.co.uk)



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# Abraham Moss Library

We're in a cabin next to the school, Crescent Road, Crumpsall, M8 5UF

- Monday: 10:00am – 5:00pm
- Tuesday: CLOSED
- Wednesday: 10:00am – 5:00pm
- Thursday: 10:00am – 5:00pm
- Friday: CLOSED
- Saturday: 9:00am – 5:00pm
- Sunday: CLOSED

There are four computers.

We stock books in Urdu.



# College of the Third Age

College of the Third Age (C3A) is a voluntary group, run by and for retired and semi-retired people over the age of 50. They run classes, workshops and social activities for this age group at the lowest possible cost.

All classes are held in the Crumpsall Community Hall, Cleveland Road, Crumpsall, M8 4QU

## Tuesday

- Tai Chi, 9.45am to 10.45am
- Line Dancing, 1pm to 3pm

## Wednesday

- Over 50's Health & Interest, 10.30am to 12.30pm
- History & Interest, 1pm to 3pm
- Singing for fun, 1.30pm to 3pm

## Friday

- Art, 10.15am to 12.15pm
- Creative Writing, 10.15am to 12.15pm
- Craft, 1pm to 3pm
- French for Beginners, 12.30pm to 2.30pm

For more information, contact:  
**E:** [collegeofthethirdage@yahoo.co.uk](mailto:collegeofthethirdage@yahoo.co.uk)  
**T:** 0161 795 4891



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# Stay in the loop of what's on in Cheetham and Crumpsall

If you would like to receive a newsletter of local events, contact Charlee Fitzgerald:

**E:** [Charlee.fitzgerald@gmmh.nhs.uk](mailto:Charlee.fitzgerald@gmmh.nhs.uk)  
**T:** 07771805278



# Crumpsall Walking Group

Charlee Fitzgerald is working with residents in Crumpsall to set up a weekly walking group for all abilities.

If you are interested in getting involved or becoming a walk leader, please contact her via phone: 0777 1805 278 or email: [Charlee.fitzgerald@gmmh.nhs.uk](mailto:Charlee.fitzgerald@gmmh.nhs.uk)



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# M8 Wellbeing Hub

The Wellbeing Hub hosts a variety of activities to improve people's health and wellbeing, as well as offering educational opportunities, such as:

- English for Speakers of Other Languages (ESOL) classes
- Digital inclusion and digital support classes
- Arts and crafts
- Music sessions - Tuesdays, 10am to 2pm
- Calligraphy - Wednesdays 11am to 1pm
- Body Balance - gentle exercise class
- Gardening

Activities take place at The Welcome Centre, 18 - 32 Brentfield Avenue Cheetham Hill, M8 0TW

For more information, contact via:  
**T:** 0161 513 4126  
**E:** [marysia\\_bocquet@waiyin.org.uk](mailto:marysia_bocquet@waiyin.org.uk)



# 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