

We Cheetham & Crumpsall

Issue 9
Sept. 2021
FREE

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

FESTIVE MINI-EDITION: LOCAL ACTIVITIES, EVENTS AND SUPPORT

December can bring a lot of festive fun but it can also be a difficult time for some of us. This mini-edition of the community paper contains information about what is happening locally and what support is available.

Christmas Holiday playscheme

Over the Christmas holidays, Abraham Moss Warriors will be entertaining 80 local children for 10 days with a variety of fun sessions, including ice skating, skiing, go karting and lots of trips.

This program is offered to children on free school meals and ensures none of the group goes hungry over the holidays. They will receive five days of hot meals whilst out on trips and spend five days learning to cook healthy meals.

They will also receive four intensive swimming lessons thanks to North City Family and Fitness Centre.

Thanks to all the volunteers who are giving up their holidays! For more information, contact June Kelly: abrahammosswarriorsjfc@yahoo.co.uk



This paper is brought to you by **Manchester Local Care Organisation's** Cheetham and Crumpsall Integrated Neighbourhood Team and partners.



**Manchester Local
Care Organisation**



**MANCHESTER
CITY COUNCIL**



Advent and Christmas at St. Matthew with St. Mary Church, Crumpsall

Advent Compline

Tuesday 7th, 14th and 21st
December at 9.30pm.

A quiet candle-lit evening service to
reflect and gently close the day.

Christingle and Toy Service with Family Holy Communion

Sunday 12th December, 10.30am.

During this service we will be
collecting new and unwrapped
toys to donate children in need.

Traditional Christmas Carols

Sunday 12th December, 6.30pm.

Singers from the University of
Manchester will be attending. Join
us for mulled wine and mince pies
after the service.

Community Carols by Candlelight

Wednesday 22nd December,
6.30pm.

Carols begin outside, followed by a
torchlit procession into the church.
We will be joined by the Crumpsall
Concert Band. Refreshments will
be served following the service.

Midnight Mass

Christmas Eve, Friday 24th
December, 11.30pm.

The First Eucharist of Christmas
and traditional carols.

Christmas Morning

Christmas Day, Saturday 25th
December, 10.30am.

Family service to celebrate the
birth of Jesus.



Welcome

خوش آمدید Ўласкаво просимо Wilujeng sumping 歡迎 স্বাগতম
Hoş geldiniz أهلاً وسهلاً 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

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

 **community**
[@incheetham.com](mailto: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)

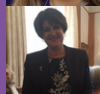
Get involved! Email us at community@incheetham.com

MEET THE EDITORIAL BOARD

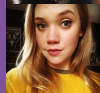
Our fantastic editorial board is made up of



Adiba Sultan
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E: adiba.sultan@nhs.net



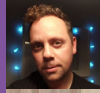
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Hi, I'm Lizzie Hughes and I am one of the team that edit the newspaper.

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).

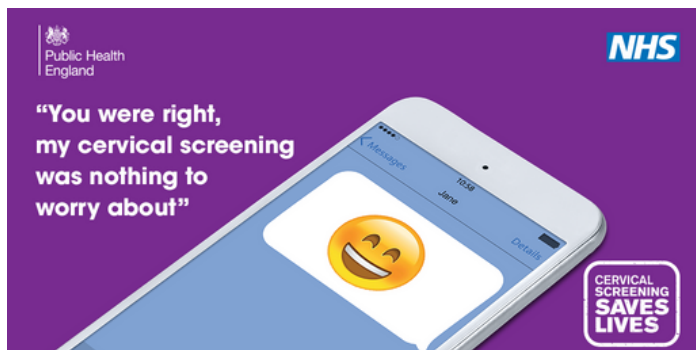
Cervical cancer is one of the most common cancers in women under 35 but can be prevented by attending screenings when invited.

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



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**.

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

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



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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

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
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



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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



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