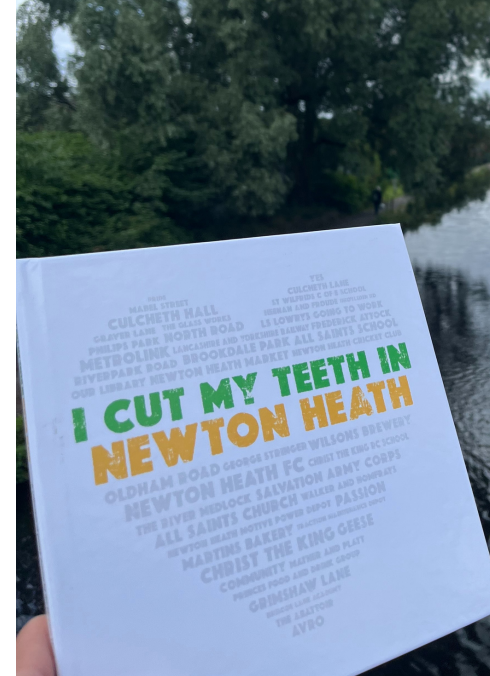


Miles Platting & Newton Heath Community Magazine

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

Issue 1
Feb. 2024

FREE



'I Cut My Teeth In Newton Heath' Creative Crew Publish Poems

Local residents in Newton Heath join together to write and publish poetry in celebration of the history and vibrancy of Newton Heath and its community.

In 2020, Winning Hearts and Minds started a group in Newton Heath. The aim was to meet and learn about the lives of people in Newton Heath, hearing more about the community and its fascinating past.

Many of the conversations touched upon how the local area used to be, things people looked back on fondly, and the changes they had seen over time. From this, we launched the Newton Heath Poetry Competition which was really successful! We now have a fully published Newton Heath poetry book which can be found in the Library called 'I Cut My Teeth In Newton Heath' – go and check it out!

This is where the Creative Crew was born. Some of the poets and people from the community come together to be creative, put the world to rights or just have a brew! Whatever people's reason for attending, they always leave with a smile on their faces. The group has members young, old and and is open to all!



For more Creative Crew information, contact Nathan or Christine:
n.martin@mcractive.com
c.ashton@mcractive.com

Unfortunately Joan, our competition winner and friend, recently passed away. Her spirit lives on through her poetry and creativity. She was the life of the party and always the funniest person in any room! We all miss Joan greatly and will continue to be creative together with her always in our hearts.

The winning poem from the Newton Heath Poetry Competition, by Joan Toomey:

*There's lots and lots of reasons
Why I love Newton Heath,
I haven't room to name them all
So I shall keep it brief.*

*The friendliness of people
That really warms my heart
The other is on Droylsden Road
Our lovely Brookdale Park.*

*The third thing I shall mention
That means the world to me
Is that great place on Church Street,
Our fantastic library.*

*And tho it may be shabby
and not always look its best,
Newton Heath the place I Love
Until I'm laid to rest.*



Find out about local activities for all ages, support for families, green-fingered initiatives, social supermarket and much more...



**GREATER
TOGETHER
MANCHESTER**



Manchester Local
Care Organisation



MANCHESTER
CITY COUNCIL

Welcome

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

Welcome to the first edition of the Miles Platting and Newton Heath Community Magazine.

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!

We have received some great articles from our communities and local people for this edition, along with updates about activities and lots of other wonderful stuff happening across the neighbourhood.

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 and Newton Heath. We would love to share it in this paper.

Please send your contributions to:



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.

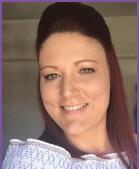


Interested in joining the editorial team?

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



MEET THE EDITORIAL BOARD



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Bryony Carter Manchester City Council



Hi! My name is Bryony, I'm a Neighbourhood Officer in Manchester City Council's Neighbourhood Team.

I work with the diverse communities in this area, so together, we can improve it for those who live and work here.

The best thing about my job is all the amazing people I get to meet. I get to see first-hand the hard work residents, businesses, community groups and more, put in to their neighbourhood for the good of all. This fills me with pride and inspiration to do my best help and support that work.

I trained as a marine biologist and am interested in climate action. I like to use my scientific training to build resilience for the future in our community. I love all things fluffy and currently have six pet rats who are my babies.

If you have an idea for a community project and need some support, please email me!

News From The Neighbourhood

Music is the best medicine

Introducing local DJ, Ged. Ged's Music provides golden oldie music for the young-at-heart at an affordable cost.

Ged has years of experience providing suitable music (from the 50s to the 80s) for people in housing associations, care homes and dementia groups.

Many positive comments and feedback have been received, and establishments have re-booked several times, so Ged must be doing something right!

So if you wish to party, sing along or just listen to those good old tunes, then contact Ged now.

Tel.: **07535 048 010**

Email: **gedreek@outlook.com**



Manchester City Council builds the city's first low-carbon social housing

Manchester City Council's new low-carbon social housing project on Silk Street in Newton Heath began welcoming new residents last Summer. The project has brought back into use brownfield land overlooking the Rochdale Canal to build 48 apartments and 21 houses.

All of the houses in the development have solar panels fitted, new kitchens, generous gardens and private driveways with electric charging points. They will be heated through ground source heat pumps. The use of Ground Source Heat Pumps and mechanical ventilation with heat recovery will keep utility costs down for residents.

Each of the apartments will have a balcony and living walls will provide a green aesthetic to the development, along with shared outdoor green space, living green roofs and will be completed to low carbon standards.

Walking Mum's Club

Hello! We are Walking Mums Club, a lovely bunch of mums and little ones who get together each week for a walk and chat along the canal. The walk is around 45 minutes, finishing at Miles Platting Community Library for teas, coffees and cake - a welcome treat on a cold or rainy day!

We love our walks and the community we have created. Being a mum can be hard; sleepless nights and the huge responsibility of a baby can have an impact on wellbeing. We create a safe space where we can support each other, sharing our high, lows and experiences. Sharing these experiences bring us together, making us friends for life :)

We also have regular Walk and Talks where specialists pop by and chat about different health and wellbeing topics.

In spring we will be planting seeds and plants around the community library to make our space great for our summer walks.

Contact: walkingmumsclub@gmail.com

Meeting point: Miles Platting Sure Start Centre

When: Thursdays at 11.15am

Walk distance: 2.5 mile circular walk

Time spent walking: 45 minutes.

Here's what some of our mums say....

"I love that Thursday mornings have become a part of my week to enjoy the outdoors and it's been a really great way of meeting some incredible mums too!"

"We love Walking Mums Club! It's like our breath of fresh air in the week and it's one of the only baby groups that allow the older kids to go so it's perfect for the holidays."



Dad Matters

We are an organisation that supports dads. We aim to help dads have successful relationships with their families, and to support dads with anxiety, stress, and mental health issues. We hope to get dads accessing essential services that have usually been targeted at mums. We also train and support volunteer dads to work with us.

We work directly with services that support dads, families and babies to increase dads accessing those services. We want those service to think about the dads too. A big part of our work is making sure dads know how important they are, how to access support when they need it and why it's essential for baby's development.

In Manchester, Dad Matters supports dads to have the best possible relationship with their children. We work closely with other professionals within Greater Manchester and nationally to better support dads in the first 1001 days of their parenting journey.

We support all fathers in Manchester who are expecting a baby or have a child under two years old.

Meet the team

Hi, I'm Matt, I'm 34 years old and a dad of three girls. I started working for Dad Matters in July 2023 after a long period of time supporting my partner as a stay-at-home dad. I am the coordinator for Manchester and I am immensely proud to be part of a team that has such an impact on fathers' wellbeing.



Hi, I'm Alex and I'm the Dad Matters coordinator for Central Manchester, Stockport and Trafford. I live in Glossop with my partner and young daughter. I feel very proud to be working on a project that provides support for dads at such a challenging and life changing time in their lives. Being able to provide support, community and connection to dads when they most need it feels like a gift.



Dad Matters Activities

Dads delivering one-on-one peer support

This includes connecting fathers with resources and offering guidance to manage anxiety, stress, and promote awareness of mental health issues that can impact on us all. Enquiries for one-to-one support opened in November 2023.

Monthly walk and talks

Keep an eye on our social media for the upcoming walk and talks. They are a great way to talk to other dads, share some quality time with your children and have some peer-to-peer support from our coordinators and volunteers (or just talk about the football).

Antenatal clinic outreach at Manchester hospitals

Every Thursday morning at each of the hospitals in Manchester we have a drop-in. If you are having a scan, appointment or just need someone to talk to, you can pop in between 10am and 1pm to talk to our coordinator or volunteer.

FREE online workshop

This workshop is for dads-to-be and new dads with babies under 12 weeks old. It covers:

1. Attachment and bonding
2. Mum's and dad's mental health and wellbeing
3. Access to appropriate services
4. Labour, birth and beyond from a dad's perspective.

This is your chance to learn about aiding your baby's development, consoling your baby, how to cope with a crying baby, how to look after yourself in this major life transition, how to support your partner, where to go for help, support, advice, and education about new babies!

Every third Tuesday and third Saturday of each month. Book online at dadmatters.org.uk

New Nature Projects Help People Grow Together

Mushrooms, apples and other edible plants will be popping up in a park near you in one of three new growing projects.

Bulb planting, tree pruning, a new forest garden and a wildflower meadow are just some of the activities that local residents are invited to join at Scotland Hall Park in Newton Heath.

Regular workshops are being held in the park, where an apple orchard is being restored and will be used to create apple pies, apple juice and more.

At the nearby Duncan Edwards Court on Eddie Colman Close, a mini allotment was built in recent months that enables residents to grow their own fruit and vegetables. Residents also took part in two food-growing workshops to support their efforts to be as fruitful as possible.

"The residents are absolutely over the moon with all the help and support given to them by Lucy and the team at Sow the City," explained Michelle Butt, Scheme Manager.

And Newton Heath has also been selected to be part of the new Nature Neighbourhoods Project. The National Trust, The Royal Society for the Protection of Birds (RSPB) and The World Wide Fund for Nature (WWF) will provide support to help local people create plans for nature in the local area.

The project is funded by the National Lottery Community Fund and Co-op who are providing grants totalling more than £1million to 18 community organisations across the UK.

If you would like to find out more or join in, please visit tinyurl.com/4xvjecns or scan the QR code.

You can also call on:
0161 465 6954.



All of these growing projects are being led locally by Sow the City – a local organisation who work with communities to create a healthier, greener city. Tools and safety wear are provided for the sessions, which are suitable for complete beginners.



The Social Super Market is based at the Church of the Apostles in Miles Platting. It helps local residents to reduce the cost of their weekly food shop, and help to prevent food waste.

It costs £5 to sign up (this includes your first shop), and then it is just £4 each time you shop. You can shop twice a week.

You can pay by cash or card, you can choose to pay in advance (e.g. pay £16 for 4 weeks of shops). We also have the option to 'Pay it Forward' for those who want to help cover the cost of the shop of someone else.

Your £4 allows you to choose from a large variety of items including groceries, fresh fruit and vegetables, plus all the usual store cupboard favourites – just like going to the supermarket! We also have sanitary and baby items.

We estimate that we can save the average household up to £58 on their weekly shop – that's a total saving of £3,016 per year!

The only criteria for being a member of the Social Super Market is that you live within a 20 minute walk of the Church of the Apostles (M40 7FY).

We also have lots of low-cost clothing, toys, books and household items, as well as a team of friendly staff and volunteers who can help you with a wide range of issues.

Why not pop into our Place of Welcome on a Friday morning (10am – 12noon) for free tea, coffee and toast and a chance to get to know other local people, and find out more about the other activities happening throughout the week!

Opening times:

- Wednesday 12 noon to 7pm
- Friday 12noon to 4pm
- Saturday 12noon to 2pm



For more information or if you have any questions you can pop in and see us whenever we are open.

You can also call or text us: **07393 574 571**

Or email:
supermarket@greatertogethermanchester.org

“
Lovely staff, great choice of quality produce. It is really helpful.
”

“
We love this place – it is so lovely.
”



Hearty Cottage Pie Recipe

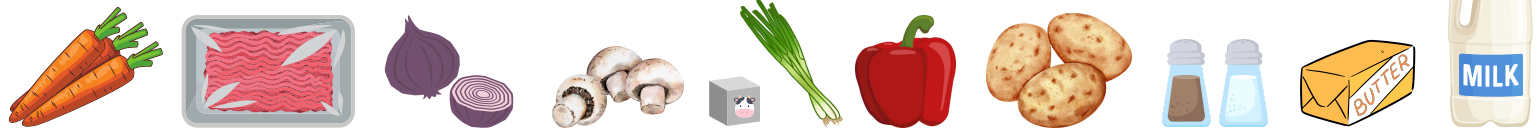
Ingredients:

For the filling:

- 500g mince (beef, lamb, pork or quorn)
- 2 red onions, finely chopped
- 1 red pepper cut into small chunks
- 200g mushrooms, sliced
- 4 carrots, peeled and cut into small chunks
- 4 spring onions, chopped
- 1 beef (or veg) stock cube in 500ml water
- Salt and pepper to taste

For the mashed potato topping:

- 4 large potatoes, peeled and chopped
- 100ml of milk
- 2 tablespoons of butter (or olive oil or margarine)
- Salt and pepper to taste



Instructions:

1. Preheat the oven to 200°C.

2. In a frying pan, heat the olive oil over medium heat. Add the chopped red onions, fry until softened.

3. Add the mince to the pan, breaking it apart with a spatula, and cook until browned.

4. Stir in the chopped peppers, mushrooms, carrots and spring onions. Cook for an additional 5-7 minutes until the vegetables are softened.

6. Pour in the beef stock. Stir until the mixture thickens. Season with salt and pepper to taste.

7. Simmer on a low heat for 10-15 minutes to bring out the flavours. Remove from heat and set aside.

8. Boil the peeled and chopped potatoes in a large pot of salted water until tender. Drain the potatoes and mash them with the butter and milk.

9. Transfer the meat and vegetable filling into a large baking dish, spreading it out evenly.

10. Spoon the mashed potatoes over the filling, spreading them with a spatula to cover the entire surface. Use a fork to evenly spread the potato.

11. Place the baking dish in the preheated oven and bake for 25-30 minutes or until the top is golden brown.

12. Allow the cottage pie to cool for a few minutes before serving.

Swap to Stop: free vape products

Manchester is taking part in a scheme to help adult smokers stop smoking by giving out free vaping starter kit and liquids to people who want to quit. It's called Swap to Stop.

Many people smoke tobacco products such as cigarettes, shisha or other forms of tobacco. We know it can help some people relax and that it can be hard to quit, but **over half of smokers will die from their addiction.**

Did you know that there are other products that can still help you relax, provide the nicotine you're craving and help you quit tobacco? **It is the tobacco, not the nicotine which kills.** If a vape isn't for you, we have other free medicines for you to try. We want to help you.

The government wants to support smokers to stop - for their sake, the good of the people smokers live with and our NHS.



Swap to Stop is part of Be Smoke Free Manchester. Swap to Stop is for people aged 18+ but Be Smoke Free can support anyone aged 12+. To take up this offer or more information, contact:

Email: SwapToStopBSF@cgl.org.uk

Website: changegrowlive.org/be-smoke-free

Recycle your vapes:

E-cigarettes and vaping device waste should be taken to the recycling centre, where the batteries can be disposed of in the battery container. recycleforgreatermanchester.com

Caring for our canals

The Rochdale Canal is a feat of engineering, crossing 32 miles over the Pennines from Manchester to Sowerby Bridge in Yorkshire.

The historic canal was restored following decades of decline, reopening in 2002. Today, it is a vital green space in the heart of the community for people to enjoy. It is also home to plenty of wildlife, as well as being of international ecological importance with its rare flora and fauna.

This year, Canal & River Trust has been working with Manchester City Council to resurface sections of towpath in Miles Platting and Newton Heath. The Trust is also replacing signs on the towpath and creating a wellbeing trail to help people who want to be more active. These improvements will make the towpath a better environment for people to use for walking, wheeling and cycling.

Canal & River Trust looks after 2,000 miles of inland waterways in England and Wales. They believe life is better by water and its local team and volunteers work hard to care for the ageing Rochdale Canal all year-round.



James Long, engagement manager at Canal & River Trust, says: "We have a regular Towpath Taskforce group that meets on the last Wednesday of each month. These volunteers make the Rochdale Canal a cleaner and greener environment for people to enjoy.

"Joining the taskforce is a great way to enjoy the outdoors, meet new people, make a difference to the community, and help keep your local canal alive. If you would like more information about our work in Manchester and beyond, or would like to know more about volunteering, please visit our website."

canalrivertrust.org.uk

Miles Platting Community and Age Friendly Network (MP-CAN): Climate Action Group

MPCAN is a network of local community groups and residents working together to make Miles Platting and surrounding areas an even better place to live, grow up and grow old.

MPCAN's Climate Action Group was established after community leaders came together to map sites across their neighbourhood that were not yet earmarked for development, and to create a shared vision for the future in consultation with residents.

These sites could be developed as climate-friendly green spaces and they are working with local people to develop plans for bee, bird and butterfly friendly planting, habitat creation, seating and play facilities.

They have recently been awarded £40,000 from the Greater Manchester Green Spaces Fund to develop a wildlife corridor with support from the University of Manchester and other partners.

Mayor of Greater Manchester, Andy Burnham, said: "I continue to be amazed by the imagination and endeavour shown by community groups applying for support from the fund – from green-fingered growers to champions of biodiversity, the projects that we have been able to back so far are really making a difference to their local areas."



The Miles Platting Wildlife Corridor will enhance the area for people and nature.

The project aims to:

- improve biodiversity and the local ecosystem
- increase people's connection to their natural environment
- mitigate impacts of climate change
- encourage physical activity.

You can find out more about the fantastic work of MP-CAN and how to get involved on their website:

www.mpcan.org.uk



What's on

Age friendly

Age-friendly iPad group for over 55s - improve your digital skills, learn how to email, manage online benefits, job search, and get housing advice. Newton Heath Library, Mondays, 1.30pm to 3.30pm. FREE.

Age friendly coffee morning for over 55s at Newton Heath Library Fridays, 10am to 12.30pm. FREE.

Open to all ages

Be Well NHS health advice at Newton Heath Library - Find a way to live and feel well, get on top of work, housing, family and money issues. Tuesdays, 10am to 4pm. No need to book. FREE.

Newton Knitters at Newton Heath Library - Bring your knitting or start a new project in our friendly creative group. Wednesdays, 2pm to 4pm. No need to book. FREE.

Benefit Validation at Newton Heath Library - Are you claiming housing, council tax, or education benefits? Ask at the counter and a member of staff will scan and send your documents. Everyday excluding Thursday and Sunday from 10am to 4pm. No need to book. FREE.

Citizens Advice drop-in at Newton Heath Library. Tuesdays, 9.30am to 12:30pm. No need to book. FREE.

Newton Heath Library Warm Hub - enjoy a cuppa and free Wi-Fi every day. No need to book. FREE.

Miles Platting library IT drop in - get support with any digital issues, just ask a member of staff. Tuesdays, all day. No need to book. FREE.

Miles Platting Library Warm Hub - enjoy a cuppa and free Wi-Fi every day. No need to book. FREE.



Philips Park parkrun

Every
Saturday
9am

Free

5k course
walk, jog, run
volunteer, cheer



-east Manchester
-near Etihad Stadium and Velodrome
-first timer's briefing at 8:45am



-buggies and dogs on leads welcome
-tail walker so no-one finishes last
-track progress from week to week



-scan QR code for more info
-register at parkrun.com
-email philipspark@parkrun.com

What's on for young people and families



MONDAYS

- **Children's story time** - songs, rhymes, and stories at Newton Heath Library. 11am to 11:30am (term-time only). For children aged 0-5 with parents, grandparents and carers. No need to book. FREE.
- **Lego Club** for under 18s at Newton Heath Library. 4pm to 5pm (term-time only). No need to book. FREE.
- **Stay, Play and Learn** - Newton Heath Children's Centre "Stay, Play and Learn" Sure Start Mondays 10-11:30am (term time only) 0-5s Yes - Call 0161 510 0066 at 8:30am on the day

WEDNESDAYS

- **Baby yoga** at Newton Heath Sure Start, 1.30pm to 2.15pm. For babies aged 0-9 months. FREE. Call 0161 205 7058 to book
- **Stay, Play and Learn for children under 5** at Miles Platting and Ancoats Sure Start Centre from 10am to 11.30am (term-time only) FREE. Call 0161 277 6970 at 8:30am on the day to book.

THURSDAYS

- **Tiny Tots and Toddler Time** at Miles Platting Library. 1.15pm to 2.15pm (term-time only). For children aged 0-5 with parents, grandparents and carers. No need to book. FREE.
- **Children's crafts and colouring** for under 18s at Miles Platting Library. 4pm to 5pm (term-time only). No need to book. FREE.
- **Walking Mum's Club Walking mums club** open to all mums. Visit their Facebook page for more info and to book [@walking_mums_club](#)

SATURDAYS

- **Hello Saturday** - children's crafts, games and colouring at Newton Heath Library for children aged 4 to 11. 11:30am to 12pm. No need to book. FREE.
- **Lego Club** for under 18s at Miles Platting Library. 11am to 12:30pm (term-time only). FREE.

Sure Start Children's Centres

Sure Start Centres support children, and their families, up to the age of 5. We are so lucky in our ward to have two children's centres in our area, supporting parents from the very beginning of pregnancy, until the children start primary school.

The centres provide a full range of services from play sessions and baby yoga to antenatal and postnatal drop-in sessions, parenting courses and sensory rooms. All the services and classes provided are FREE of charge and open to all Manchester residents.

The dedicated teams who work at each of the centres are super friendly and welcoming and can support you to access services to help with financial, housing, benefits issues and more!



**Newton Heath Sure Start
Centre, Great Newton
Street, M40 1GX
0161 510 0066**



**Miles Platting and Ancoats
Sure Start Centre, Holland
Street, M40 7DA
0161 277 6970**



Outreach Service

Our team of outreach workers are available at all our centres to support families with children aged 0 to 5 years. They can support you with a variety of areas such as money, home safety equipment, child development, parenting, childcare, adult education and more.



Manchester Care and Repair

Helping Manchester residents to stay independent in their own homes.

Home Repairs Support

This service can help with larger home repairs and renovations. They can help advise on funding options and eligibility for grants.

This service is available to Manchester residents who are:

- Over 60 years old and who own their own home
- Or to residents who are under 60 years old who have a serious health condition or disability.



The Handyperson Service

This service can help you with any small repairs and maintenance, such as fixing dripping taps, changing light bulbs, putting up curtains or helping assemble small flat-pack furniture.

The service is free, you only pay for the cost of any materials needed to complete the work.

The Handyperson Service can also conduct a Home Safety Assessment and fit a range of falls prevention equipment free of charge.

This service is available to any Manchester resident who is:

- Over the age of 60
- Under the age of 60 in receipt of DLA or PIP.



Energy Efficiency Advice

Our Energy Efficiency Officer can complete an assessment in your home. They offer tailored home energy advice that can help you reduce your energy usage and save money on your bills.



0161 872 5500



mail@careandrepair-manchester.org.uk



www.careandrepair-manchester.org.uk