

A MESSAGE OF LOVE AND SOLIDARITY TO OUR COMMUNITY

Cheetham and Crumpsall is a beautifully diverse Manchester neighbourhood. We want this to be a place where everyone feels safe and valued.

At the We ♥ Cheetham and Crumpsall newspaper, we continue to stand in solidarity with the Jewish community in Manchester following the horrific antisemitic terrorist attack at Heaton Park Synagogue. We are shocked and deeply saddened by this act of hate in our city. Our thoughts are with the victims, their families and everyone in the Jewish community affected by this appalling act of violence.

We know that many in our communities may understandably be feeling anxious and scared. Manchester is a proud, diverse, and inclusive city. An attack on one community is felt by us all. In this moment of grief, we reaffirm our commitment to each other - to stand together as one strong, resilient and inclusive city.

Now more than ever, we must stand united. We urge all residents to show solidarity, compassion, and resilience in the face of hatred. Together, we will continue to build a city founded on respect, peace, and mutual understanding.

Manchester City Council and Greater Manchester Police are providing increased support and reassurance patrols where needed. They



encourage anyone with concerns or information to come forward. For information on how to report a hate crime, see page **INSERT HERE**

This is a time for all of us - of all backgrounds, faiths and communities - to stand together in defiance of hate and violence. We come together as one city to honour those affected, to support our Jewish neighbours, and to show that Manchester will always stand united in the face of division.

Children from Abraham Moss Warriors have written letters to the Jewish Community [page 12]:
I am really sorry for your losses. I fully condemn the actions of the individual. I would like to offer my support in anyway to the victims of this incident.

aged 11

Inside this issue of We Love Cheetham and Crumpsall...

Read about childhood asthma and vaccinations on pages 4 and 5, and community safety on pages 8 and 9. We have lots of articles about what's on for young people, older people, carers and all ages. This paper is full of stories of how in Cheetham and Crumpsall, we work together to be an inclusive, caring neighbourhood that listens and learns.

Welcome

خوش آمدیداً 歡迎 1Ласкаво 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 22nd issue of our community newspaper for Cheetham and Crumpsall.

We have articles from local services and voluntary, community, faith and social enterprise organisations, 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. If you have any good news, opportunities and events that are taking place in Cheetham and Crumpsall, please send them to us. We would love to share it in this paper, in the hope that we can pass on all the good news in M8.

Please send contributions to:  **Dave.Bradley@mft.nhs.uk**
Lizzie.Hughes@mft.nhs.uk

Interested in joining the editorial team?

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

Need a copy delivering?

If you're unable to access the paper from one of our community venues, we can deliver to you for free.

MEET THE EDITORIAL BOARD



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In lieu of a guest editor, the editorial team would like to share a joint message this issue. The purpose of this paper is to celebrate what is wonderful about Cheetham and Crumpsall - the passion and diversity of people, the groups and organisations here.

The events of 2nd October do not represent the community of Cheetham or Crumpsall. This paper is full of stories of how we work together to be an inclusive, caring neighbourhood that listens and learns.

We still believe Cheetham and Crumpsall are all of those good things. We will come together to heal and learn and keep each other safe.

Cheetham and Crumpsall news

Do You Want To Advertise In This Paper?

We always welcome contributions to the Cheetham and Crumpsall newspaper. If you would be interested in advertising with us, we would love to hear from you.

There is a small fee to advertise with us as this volunteer-run paper is funded by advertising and grants. **We do not charge for news articles.**

- The set prices for voluntary, community, faith and social enterprise sector organisations to advertise with us are £50 for half a page and £100 for a whole page.
- The set prices for businesses to advertise with us are £250 for half a page and £500 for a whole page.
- Bespoke advertising options are also available upon request.

ADVERTISE HERE



How many people will see your advert?

- 2000 printed copies are available for free in community venues across Cheetham and Crumpsall, including schools and the library
- Hundreds of people read the paper online and download previous editions from the Manchester Local Care Organisation website.

Please note: requests to advertise must be approved by the editorial team.

For more information, contact

Lizzie.Hughes@mft.nhs.uk or
Dave.Bradley@nhs.net

Advice and support for those affected by the Manchester Synagogue Attack

A page has been set up on the NHS GM website to offer advice and guidance for anyone affected by distressing or traumatic events, reassurance and signposting to services for those affected. It offers:

- Advice and practical self-care tips from the Greater Manchester Resilience Hub
- Access to support services, such as Victim Support and Independent Public Advocate
- Advice for children and young people
- Signposting and support for community leaders and public sector workers
- How to report a hate crime.

Scan the QR code to visit:
gmintegratedcare.org.uk/keep-well/trauma-support



SCAN HERE

Victim Support

Following the terrorist attack at Heaton Park Synagogue on 2 October 2025, and as more details emerge in the news, it can continue to be traumatic and triggering for many people.

If you, or someone you know, has been affected by the terrorist attack in Manchester, speak to Victim Support by calling their free 24/7 support line on 0808 168 9111 or via their online live chat.



**free 24/7 support line
0808 168 9111**

Scan the QR code to live chat
victimsupport.org.uk/help-and-support/get-help/support-near-you/live-chat/



SCAN HERE

Your Local Health Update

Flu vaccines in school: Protecting Health, Preventing Absence

As the new school year begins, it's more important than ever to protect children and young people from the flu. The flu vaccination is a safe and effective way to reduce illness, limit school absences, and stop the spread of the virus within families and communities.

Flu can spread quickly in schools, where children are in close contact throughout the day.

Vaccinating school-aged children helps protect not only their health but also that of teachers, vulnerable classmates, and family members. It's a simple step with a big impact - because **Healthy Kids = Happy Classroom.**

This year, the vaccination will once again be offered in schools by the **IntraHealth Immunisation Team.**

The flu vaccine is given as a quick, painless nasal spray. For families with specific dietary or religious requirements, a Porcine-free flu injection is also available.

We ask all parents and guardians to return consent forms to school quickly.

Let's work together to keep our schools safe and children thriving this flu season.



Find out more by scanning the QR code or visiting nhs.uk/vaccinations/nhs-vaccinations-and-when-to-have-them



Who else is eligible for winter vaccines?

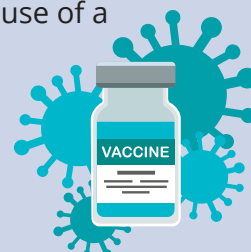
Vaccination appointments will be available through local GP practices and pharmacies. For those adults eligible for both, NHS Greater Manchester will make flu and COVID-19 jabs available at the same time, giving the option to get protection from both viruses in one visit.

Flu vaccinations are offered to:

- over 65s
- pregnant people
- people with certain long-term health conditions
- residents in care homes
- carers
- people in close contact with immunocompromised adults
- frontline workers.

COVID-19 vaccinations are offered to:

- over 75s
- residents in a care home for older adults
- people aged 6 months to 74 years with a weakened immune system because of a health condition or treatment.



Asthma: September Spike

Asthma is a condition that affects the lungs, symptoms include wheezing, coughing, shortness of breath and chest tightness.

Common triggers

Knowing your child's triggers can help prevent asthma flare-ups. Every child's asthma triggers are different, some of the most common are:

- Colds and viral infections
- Dust, pollen, or pets
- Changes in weather or cold air
- Cigarette smoke
- Strong smells like perfumes or cleaning products.

The September Spike

There is often a sharp rise in asthma attacks in September, especially in the first few weeks after school starts. This is sometimes called the September Spike.

This can happen for several reasons such as:

Colds and viruses - children are suddenly mixing again in classrooms, which spreads colds and flu.

Allergies - autumn pollen and mould can set off symptoms.

Routine changes - over the summer, some children miss doses of their preventer inhaler, which means their lungs are less protected when school starts.

Stress and tiredness from new schedules, new teachers and anxiety can play a role.

When to seek support

Speak to your child's GP or practice nurse if:

- Your child is having symptoms of asthma more than twice a week.
- Your child needs to use their reliever inhaler three or more times a week.

Find out more:

www.asthmaandlung.org.uk

www.beatasthma.co.uk



A child with asthma

How parents can help

Preparing early can reduce the risk of your child being affected by the September spike.



Make sure your child is taking their preventer inhaler regularly before school starts.



Book an asthma check-up before term begins to update prescriptions and review their action plan.



Share your child's asthma plan with teachers.



Keep reliever inhalers (usually the blue one) accessible in school bags.



Encourage good handwashing to reduce the spread of viruses.

Meet the Children's Community Asthma Team



Claire



Claire



Samantha

Loveworld Pumps Up Heart Health

There's something heart-warming happening in Cheetham Hill and Crumpsall - and it's not just the hugs after Sunday service!

Loveworld Church has stepped up in style to support the Black African community with a mission that's all about heart health. From raising awareness of high blood pressure to launching projects that help people live healthier lives, the church is proving that love really is the best medicine.

Love really is the best medicine

Leading the charge are local heroes Gloria and Lucille, who've been working tirelessly behind the scenes (and in front of the camera!) to bring these initiatives to life. Whether it's organising wellness workshops or handing out blood pressure leaflets with a smile, they're the heartbeat of the movement.

And the good news doesn't stop there. In partnership with Health Development Coordinator Dave and North West Ambulance Service, Loveworld successfully secured funding for a community defibrillator, now proudly installed on Knowsley Street in Cheetham Hill. It's a lifesaving addition that's already making the neighbourhood feel safer—and a little more loved.

Loveworld are not just a church, they are becoming a community hub with a pulse!

Loveworld are not just a church, they are a community hub with a pulse! So next time you're in Cheetham Hill, swing by Knowsley Street, say hi to Gloria and Lucille, and feel the rhythm of a community that's putting heart health front and centre, with a whole lot of love.



Gloria and Lucille next to the new Knowsley Street defibrillator

📍 5 Knowsley Street,
Cheetham Hill, M8 8QN

☎ 0161 833 9330

✉ admin@lwukzone4.org

Inclusive Menopause Support Group

A group of passionate women from Cheetham and Crumpsall are creating a safe, inclusive space for menopause support—one that reflects the rich diversity of their community.

The vision: to build a menopause support group that is culturally sensitive, welcoming, and responsive to women who often feel overlooked in mainstream health conversations.

Monthly sessions will explore themes such as mental health, HRT, nutrition, and workplace rights.

Momentum is building. A WhatsApp group has launched and discussions are underway to recruit local menopause champions.

Organisations involved: Al-Hilal Regeneration Enterprise CIC, Jigsaw Homes, Manchester Local Care Organisation, Manchester City Council and Winning Hearts and Minds.

"This is more than just a support group, it's a movement to ensure every woman—regardless of background—has access to the knowledge, care, and community she deserves." Laura McIntosh.

The next meeting is on 22nd October, 12pm to 2:30pm at Al-Hilal Hub, 80 Heywood St, M8 0DT

Email sandra@alhilalregen.org.uk for future dates.



Menopause Group selfie

RANi – Supporting SEND Families

RANi (Raising Awareness on Neurodivergent Individuals) is providing a sense of community and support for families in Manchester. Together, we can create a north Manchester where every neurodivergent child and young person is celebrated, supported, and given the chance to thrive.

What We Offer

RANi runs a range of free or low-cost activities designed to bring families together and make support easy to access:

- **Social events** (mothers and female carers)
- **Support group** (mothers, fathers and carers)
- **Drop-ins** (mothers and female carers)
- **SEND Connect Walk** (mothers and female carers)
- **Online Zoom meetings** (mothers, fathers and carers - depending on the schedule)
- **WhatsApp Support Network** (mothers, fathers and carers)
- **Holiday Activity Fund (HAF) SEND Playscheme**

Get Involved

Whether you are a parent, carer, professional or an organisation interested in partnership, or want to volunteer, RANi would like to hear from you.

Email info@rani.org.uk

Text "RANi" to: 0738 570 7888 (Sundus)

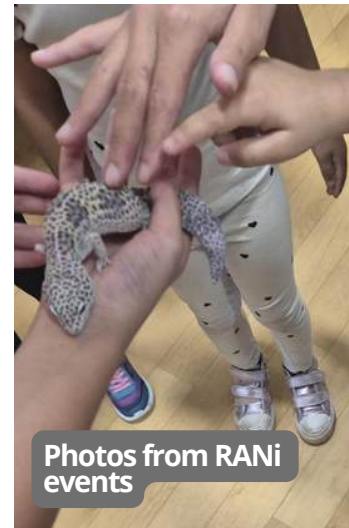
0739 153 1286 (Sidra)

Working Together for Families

We collaborate with local organisations including Al-Hilal Regeneration Enterprise, Family Hub, Manchester Parent Champions and Manchester Parent Carers Forum.

We maintain strong partnerships with schools across Manchester, acting as a bridge between families and education providers to ensure each child's individual needs are recognised and met.

"I'm so grateful for the chance to meet other mums who truly understand what I'm going through. It's been such a boost for my mental health and a welcome break from everyday routines. I especially enjoyed sharing experiences and stories together over breakfast."



GPs don PJs for charity walk



Staff from Cheetham Hill & The Neville Family Medical Centres are inviting you to get comfy in your PJs, onsies or dressing gowns and join us for a 5km sponsored fun walk around Heaton Park, Saturday 8th November, 2025, 1pm.

The family-friendly, accessible route will have a lively warm up and entertainment along the way.

It costs £6 per person, family discounts apply. The sponsorship you raise by taking part will equip our hospitals with two Rocket Scanners – playful, rocket-shaped MRI-simulators that will help children overcome the fear and anxiety an MRI scan can cause.

Every day, many of the children we treat in our hospitals require MRI scans to diagnose all sorts of medical conditions. But the prospect of an MRI scan is frightening, particularly for our younger patients, and for many children the only solution is to be put to sleep whilst the scan takes place.

All participants who raise over £100 will be entered into a free prize draw* to win a two night stay for a family of four in Shropshire.

*www.mftcharity.org.uk/terms-and-conditions-pyjama



Community Safety

New Neighbourhood Inspector

I am Inspector Derek Quinn, and I am proud to have recently taken up the role of GMP Neighbourhood Inspector for Cheetham, Crumpsall, and Higher Blackley.

With over 22 years of service in policing, I have held various uniformed roles across Manchester, Tameside, and Bury.

I am delighted to be working in this area, which offers both challenging and rewarding opportunities to make a meaningful impact.

My key priorities include:

- Tackling serious violence on our streets
- Addressing anti-social behaviour
- Reducing neighbourhood crime, including robbery, burglary, and vehicle-related offences

I am committed to maintaining regular Partners and Communities Together (PACT) meetings, ensuring that we continue to listen to our communities and work collaboratively with our partners to enhance public safety.

I am supported by a dedicated and capable team of officers and Police Community Support Officers (PCSOs), and I am confident that we will build on the excellent work already underway to benefit everyone who lives, works, and visits this area.



Reporting Hate Crime

What is a hate crime

Hate crimes are crimes that are targeted at a person because of hostility or prejudice towards that person's:

- disability
- race or ethnicity
- religion or belief
- sexual orientation
- transgender identity

This can be committed against a person or property.

Why should I report hate crime?

Hate crimes and incidents hurt; they can be confusing and frightening.

By reporting them when they happen to you, you may be able to prevent these incidents from happening to someone else. You will also help the police understand the extent of hate crime in your local area so they can better respond to it.

Source: report-it.org.uk/what_is_hate_crime

How to report hate crime

Greater Manchester Police:

Anyone can report hate crime by using an online form or by calling 101 or visiting your local police station. Scan the QR code to visit: www.gmp.police.uk/ro/report/hate-crime/triage/v1/report-hate-crime/



Community Security Trust (CST):

CST is a charity where you can report antisemitism and related threats and access support. Scan the QR code to visit: cst.org.uk



Tell MAMA

Tell MAMA is a national project supporting victims of anti-Muslim hate and monitoring anti-Muslim incidents. Scan the QR code to visit: tellmamauk.org



The British Muslim Trust provides confidential support and reporting for victims of anti-Muslim hate. Visit: britishmuslimtrust.co.uk

Bonfire and Halloween Campaign

#BangOutOfOrder

Emergency services in Greater Manchester are urging communities to help prevent attacks on emergency service workers, deliberate fires and anti-social behaviour this autumn, in the run up to Halloween and bonfire night.

The Bang Out Of Order campaign aims to highlight the consequences of anti-social behaviour, encourage parents to have conversations with their children about their behaviour over the bonfire and Halloween period, and inform residents about the ways to report anti-social behaviour.

Halloween advice

Do:

- ✓ Look out for the posters below - these will let you know if 'trick or treaters' are welcome
- ✓ Take extra care crossing roads - more accidents happen to children in the dark
- ✓ Get a responsible adult to go with your group to help keep you safe
- ✓ Dress to be seen - wear reflective clothes or carry a light so that drivers can see you
- ✓ Be respectful - ring or knock only once, and be prepared to take 'no' for an answer.

Don't:

- ✗ Go alone - 'trick or treating' is more fun and safer if you go in a small group
- ✗ Go into houses - stay on the doorstep where the responsible adult can see you
- ✗ Play pranks that may damage property - this could result in arrest and a criminal record
- ✗ Demand money or intimidate people - Halloween can be a scary night for some
- ✗ Throw things at people or their property - it is a criminal offence and you will be arrested.



Scan the QR code to access the posters



Bonfire night advice

It is safer to attend an organised bonfire and firework event. If you are planning to have fireworks at home, please ensure you follow the Firework Safety Code:

- Buy fireworks marked UKCA or CE
- Keep fireworks in a closed metal box and use them one at a time
- Follow the instructions on each firework
- Light the fireworks at arm's length using a taper and stand well back
- Never return to a firework once it has been lit
- Never put fireworks in your pocket
- Never throw fireworks
- Light sparklers one at a time and wear gloves
- Keep a bucket of water nearby at all times
- Never light fireworks if you've been drinking alcohol
- Keep pets indoors.

Visit manchesterfire.gov.uk for more information.



Don't ignore it, report it

If you believe there is a risk to life or property, always call 999.

To report incidents of anti-social behaviour, including firework nuisance, you can:

- Live Chat or report online at gmp.police.uk
- Call 101.

Anonymously report deliberate fire setting or attacks on a firefighter/fire response vehicle through FireStoppers:

- Call 0800 169 5558
- Visit firestoppersreport.co.uk

Solidarity and Support Organisation

This Cheetham Hill based charity support over 1000 people over the summer, running community events and initiatives for people of all ages, which strengthened community ties, supported families, reduced isolation, and created opportunities for learning, networking, and integration.

About Solidarity & Support Organisation (SSO)

Our commitment extends to educating refugees on the importance of education, tolerance, and acceptance of others. We act as a liaison between local authorities and the refugee/asylum community, identifying their needs and challenges, and providing feedback to the relevant authorities. Additionally, we offer voluntary opportunities to refugees and asylum seekers, facilitating their integration into wider society.

Acknowledgment and Thanks

The Solidarity & Support Organisation extends its heartfelt gratitude to: National Lottery Awards for All, Edward Holt Trust and Charity services. We also thank our volunteers and community members, whose commitment and generosity made these initiatives possible.

Stay Connected

Follow us to keep updated on our upcoming programmes and activities.

- Base: Onyx House, 164 Cheetham Hill Rd, Cheetham Hill, M8 8LQ
- Website: www.sso-support.org.uk
- ☎ 0161 834 2901
- ✉ info@sso-support.org.uk

Together, we continue building a strong, supportive, and connected community.

Families and Children's Event

More than 150 people enjoyed a day of group games, henna painting, traditional Sudanese tea and coffee sessions, and prize giveaways.



Manchester Football League 2025

SSO proudly sponsored the Manchester Football League, attracting more than 700 people. It was a social and cultural celebration, strengthening solidarity in the Sudanese community.



Trip to Llandudno Beach - Wales

100 people of all ages departed from Manchester. The trip offered a full day of fun activities, seaside relaxation, and the creation of new friendships.



Ongoing Community Services

- ESOL English classes, in partnership
- Distribution of clothing to families in need.
- Support with filling in forms and translation services.
- Referrals to local councils for housing and social support.



North Manchester Voices Heard

Inclusion Partnership meeting brings north Manchester together

Cheetham Hill was buzzing with purpose this week as the latest Inclusion Partnership Meeting took centre stage, bringing together voices that are too often left unheard.

The focus of the meetings are to network and listen to communities who face entrenched discrimination and health inequity. This is an opportunity to use local people's experiences to shape the future of local health and wellbeing.

The North Manchester Inclusion Partnership began during the COVID-19 pandemic. The pandemic laid bare the stark health inequalities many of our communities faced.

In the beginning, the partnership was led by NHS organisations as a way to build relationships and trust with the Black African community. This small NHS-led partnership has since blossomed into a vibrant movement that is now community-led. Today, the partnership is a beacon of progress.

...the partnership is a beacon of progress.

At the heart of this transformation is the ever-energetic Idowu from Across Ummah CIC, who's been leading from the front with passion and purpose. Under Idowu's guidance, the partnership has found the community voice it had been missing—one that's bold, inclusive, and impossible to ignore.

...bold, inclusive, and impossible to ignore.

Idowu leading this partnership has meant that we're not just talking about inclusion—we're living it. The partnership encourages collaboration from all who wish to be part of it and means that this is not just a tick box exercise but a real movement with real stories and real change.

...a real movement with real stories and real change.

With heartfelt conversations, shared experiences, and a renewed sense of unity, the meeting reminded everyone that inclusion isn't just a policy—it's a practice. And in Cheetham Hill, it's thriving.

If you would like to be involved in the partnership please contact Idowu on: admin@acrossummah.com



News from Khizra Mosque

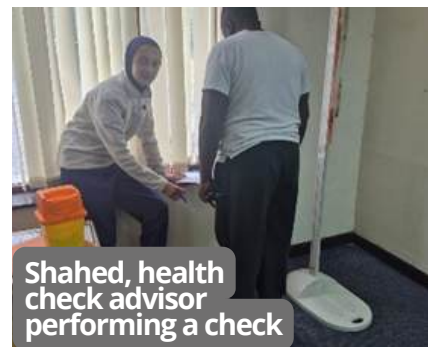
Health Event

We recently held a successful health event at Khizra Mosque and Community Centre, aimed at addressing health inequalities in our community.

The event offered:

- Lung health screening for over 50s
- Cholesterol and blood pressure checks
- AAA (Abdominal Aortic Aneurysm) ultrasound scans – detecting potential risks in the abdominal artery, particularly for those over 65
- Support from the Carers Network
- Stop smoking services to promote healthier lifestyles
- Diabetic eye screening.

By bringing these vital services directly into the community, we helped more people access life-saving health checks and support.



Shahed, health check advisor performing a check



food donations

Helping Those in Need – Supporting Our Community

At Khizra Mosque and Community Centre, we are committed to supporting families in our local community during difficult times. Through our Helping Those in Need project, we provide essential food parcels to individuals and families who are facing unexpected financial hardship.

If you or someone you know is in need — or if you'd like to support this vital work, please call ☎ **0161 205 6662** and ask for Mohammed Dawud. We welcome referrals and are incredibly grateful for any donations.

- 🍌 Support with dignity.
- 🍌 Food that respects cultural needs.
- 🌱 Hope for better days ahead.

British Taekwondo achievements

Over 20 students successfully passed their British Taekwondo grading over the summer – a huge achievement.

A massive well done to all the parents, coaches, and dedicated volunteers whose hard work and commitment made this possible. Your support is what keeps this journey going strong!

If your child is interested in building confidence, discipline, fitness, and life skills in a fun, safe, and friendly environment – don't miss out!

To register or for more information, please visit our reception desk. Places are limited.



Khizra Mosque students celebrating passing their British Taekwondo grading

Share your voice on rehabilitation in Greater Manchester

By Gregg Stevenson, Paralympic gold medal winner.

'Manchester means a lot to me. My family are from here, and like many working-class families, we've lived with the realities of long-term health conditions. I've also spent a lot of time in this city myself - training, working, and even representing Great Britain at the Paralympics, where I was proud to win gold. Those experiences taught me how important resilience, support, and belonging really are.'

'Now, through my PhD at Manchester Metropolitan University, I'm leading the Access4All project. Our aim is simple: to listen to people living with long-term conditions, carers, and health professionals, and to understand what makes rehabilitation work - and what gets in the way.'

What makes rehabilitation work - and what gets in the way?

'Our findings so far show that people face real challenges, from transport and money worries to not always knowing what support is out there. But we've also seen what makes the difference: family encouragement, supportive communities, and clear information.'



Gregg Stevenson kayaking through greater Manchester's canals

'We want to use this learning to help build services that are easier to reach, more welcoming, and designed around people's lives. And to do that, we need your voice.'

'You can get involved in two ways:

- **Fill in our survey** using the QR code, it's anonymous and takes around 10 minutes.
- **Have a one-to-one chat** to share your experience in more depth - contact me via gregg.stevenson@stu.mmu.ac.uk

'Together, we can build a future where rehabilitation is not only about treatment, but about connection, community, and a fair chance at a healthier life.'



 **Here for Men**
Find your own happy

Men's health drop in and advice sessions

Be Well is here for men too. If you are looking for advice, why not call in to see us at our monthly drop-in sessions:

Thursday 30th October 2025

Thursday 27th November 2025

Thursday 18th December 2025

All dates are 10am till 1pm, at No. 93 Wellbeing Centre, 93, Church Lane, Manchester M9 5BG (Next to Conran Medical Centre)

Speak to a healthcare professional or call us on 0161 470 7120
thebiglifegroup.com/service/be-well

Abraham Moss Warriors

Children from Abraham Moss Warriors have written letters of support to the Jewish community, following the horrific antisemitic terrorist attack at Heaton Park Synagogue.

I am really sorry for your losses. I fully condemn the actions of the individual. I would like to offer my support in anyway to the victims of this incident.
aged 11

*For the Jewish Community,
I am very sad to hear about the distress caused by the incident that occurred last week.
I send all my condolences to the families of the innocent that were killed.*
aged 12

*Dear the Jewish Community,
I feel very sorry about the incident that happened.
I offer my condolences to the families that have lost their loved ones.
We should all support each other in this hard time.*
aged 11

*To all the Jewish Community,
I am very saddened by the tragic events that happened on Thursday.
Please accept my deepest condolences for the victims, their families, and everyone affected by this terrible act.
At this difficult time I want to show my support and i hope that our communities can come together to show strength and comfort.*
aged 11

Abraham Moss Warriors have moved to Irk Valley Primary School

Abraham Moss Warriors have relocated to Irk Valley Primary School 6 days a week with a total of 26 hrs a week of sessions for the local community. You need to have an M8 or M9 postcode - a local club for local kids.

Abraham Moss Leisure Centre

We will still also be running the Saturday Youth Club at Abraham Moss Leisure Centre from 5pm to 8pm.

Sessions are high school children only. £1 per person each week. No need to prebook.

Timetable of sessions at Irk Valley Community School

Weekday football team sessions for boys and girls aged 8-14, Tuesday to Friday, 6pm to 9pm

Wednesday Youth club sessions for ages 8-12, from 6pm to 8pm - just £1

Friday homework club - FREE. Please book.
• Ages 7-9 from 6pm to 7pm
• Ages 10-11 from 7pm to 8pm

Friday arts and crafts club for ages 8-12 from 6pm to 8pm. £2 a session. Please book.

Friday night Youth Club for ages 8-12 from 6pm to 8pm. £1 per person. No need to prebook.

Saturday football from 9am to 1pm - team sessions only (fully booked).

Sunday football - Please book.

- Ages 2-3 indoors from 10am to 10.45am - £3
- Ages 6-7 outdoors from 10am to 11am - £2
- Ages 4-5 indoors from 11am to 11.45 - £3
- Ages 8-9 outdoors from 11am to 12pm - £2
- Ages 10-11 from 12pm to 1pm (fully booked)
- Ages 12-14 outdoors from 1pm to 2pm - £2
- Ages 8-9 outdoors from 2pm to 3pm - £2
- Ages 10-11 outdoors from 3pm to 4pm - £2
- Ages 11-13 outdoors from 4pm to 5pm - £2



Crumpsall Beaver Scouts

Join the 434th Manchester Scout Group's Beaver Colony for fun, games, and exciting activities for all children aged 6 to 8.

Make friends, earn badges, and enjoy adventures in a safe, welcoming environment every week.

 **Thursdays, 6.30pm**

 **Methodist Church Crumpsall**

 **434thmanchester@nmdscouts.org.uk**

 Enquiry form: tinyurl.com/join434th

What is Beavers?

Beavers is the first section of the Scouts for all children aged 6 to 8. It's all about fun, friendship, and learning new skills through activities like crafts, games, outdoor adventures, and community projects. We are a fully inclusive group.

What do children do at Beavers?

Children take part in weekly sessions where they play, explore, and learn, earning badges and challenge awards along the way.

What skills do children gain?

Beavers helps children develop confidence, teamwork, independence, and social skills in a safe, welcoming environment.

Why join Beavers?

It's a great way for children to make new friends, try new activities, and have fun every week!



BEAVERS
TIME FOR FUN

Scouts 
434th Manchester
(Methodist Church Crumpsall)

For fun, friendship and activities that get you thinking as well as doing.

Ready to find out more?
Email us or scan the QR code to complete our enquiry form



Get in touch today at
434thManchester@nmdscouts.org.uk

The poster features a group of cartoon beaver characters on the right side, including a brown beaver at the top, a black beaver with orange eyes, a grey beaver with glasses, a pink beaver, and a green beaver at the bottom. They are all smiling and looking towards the left.

Things to do for Young People in Manchester

Whether you're looking for a new hobby, sports club or afterschool activity, There's plenty to do. From Thai boxing to music lessons, and from den-building to cookery – there's something for everyone.

Some events are term-time only, with others running throughout the year. There are drop-in sessions and others that need to be booked. There's also a School Holiday guide bursting with brilliant ideas.

loadstodo.co.uk/guides/things-to-do-for-young-people-in-manchester



Green Spaces and the Environment

Heatherdale Drive Community Garden

Heatherdale Drive Community Garden has been brought back to life to start restoring it to its former glory!

Local residents, schools, community groups, faith organisations and the wider community came together to reignite the passion for this community garden.

All the planters have been completely rebuilt. Planting took place over the summer during heavy downpours of rain, but volunteers stuck it out, got wonderfully muddy and got plenty of planting done!

There was a lunchtime session for children from two local primary schools to do some seed planting on their lunchtime break.

An afternoon session was organised for community groups, faith groups, local residents and employees from a local construction company, Lyndon SGB.

Everyone got stuck in with planting a mixture of fruit trees, vegetables, herbs and ornamental flowers and bulbs.



We have assigned planters to local community groups to give the community a sense of ownership and pride. Groups can design their planters and host sessions for their groups at the community garden in the future.

We can't wait for Spring 2026 to carry on work at Heatherdale Drive Community Garden! If you'd like to get involved email tommy.williams@manchester.gov.uk

Thank you to the groups involved so far: North Manchester Community Partnership, Wai Yin Society Welcome Centre, New Testament Church of God, Iziko Youth Next Gen Youth Club, Hope for Cheetham project through Young Manchester, Olive Primary School, St Chad's Primary School and WMB Children's Nursery as well as local residents, Cheetham councillors and with support from The National Trust.

Lasagne Planting!

Lasagne planting is a method for layering bulbs with different flowering times in a single container to create continuous colour from late winter through spring.

In the UK, the best time to plant a bulb lasagne is in autumn, from September to October for most spring-flowering bulbs, or slightly later in October and November for tulips to prevent rot.

This approach is great for small gardens as it maximises space.

- **Choose a pot:** deep enough for several layers of bulbs, and ensure it has drainage holes.
- **Add the first layer of compost:** to about one-third of the way with a bulb-planting compost mix, ideally one with added grit for drainage.
- **Plant the largest bulbs** that flower latest (like tulips) at the bottom, pointing their nose upwards. They can be planted closer together than in a traditional garden bed.
- **Add more compost**, about one bulb's depth.
- **Plant the next layer** with medium-sized bulbs that bloom in mid-spring like daffodils.
- **Add more compost**, about one bulb's depth.
- **Plant the final layer:** with the smallest bulbs that bloom earliest (such as crocuses or irises).
- **Finish with compost**, consider adding a layer of grit to deter pests like slugs and snails.

Crumpsall Cycles Towards Cleaner Air!

On August 27th Crumpsall Park was alive with laughter, learning, and the gentle hum of bike wheels as around 150 residents came together for a community event hosted by Bike It Walk It. The day was all about raising awareness of asthma, promoting active travel, and celebrating the power of community action.

Despite the “dry-ish” weather (a Crumpsall classic!), the event was a roaring success. The ever-popular Bike Doctor sessions saw 35 bikes repaired, with free repair kits handed out to keep the good work rolling. Families and cyclists alike were thrilled to get their wheels back in action.

Yes Energy were on hand to share advice on making homes more energy efficient, signposting attendees to the Green DR scheme—a brilliant initiative to help households cut costs and carbon.



Photo from Bike It, Walk It

Citizens Advice Manchester offered guidance on local support services, and Biffa chatted about recycling and handing out handy recycling caddies to help households reduce waste.

A standout moment? 41 children made heartfelt pledges to improve air quality in Crumpsall. Their promises included walking to school more, turning off lights when not in use, and playing outside to save electricity. These small steps add up to big change—and the future looks bright!

Clean Air Pledges in Action

Passionate people from NHS and council services are doing their bit to improve Manchester's air quality and shine a light on childhood asthma.

Millions of Britons face a higher risk of stroke or heart failure because of dirty air where they live. The Royal College of Physicians has said that dirty air is killing more than 500 people a week, with harm to every organ of the body caused by air pollution, even at low concentrations.

At community events across the city, children and young people have made dozens of pledges to be more active, reduce car use and learn more about clean air.

Eager to do their part, passionate people from the NHS and Manchester City Council have been working together to tackle air pollution and



climate change. Community members and health and social care staff have taken part in a cycle challenge under the banner of Ride for Their Lives. They cycled from the areas of the city with the highest asthma rates to bring pledges from young people and a letter to MP Afzal Khan, asking him to support clean air action, better housing conditions and green travel schemes.

Hope for Manchester's future

Manchester has some great initiatives to increase active travel, improve housing quality and enable more people to use public transport. The aim of this clean air activity is to accelerate that great work and encourage people to do their part.

A huge thank you to the many passionate young people who have pledged and the staff who have given their personal time and energy to make a difference for the next generation.



Photos from Ride for Their Lives cycling challenge

Presenting children's pledges to MP Afzal Khan

Social Connections

In Cheetham and Crumpsall, Winning Hearts and Minds and Manchester City Council have been working to co-produce a new project that tackles social isolation through eating together and moving more.

By funding 11 groups, local people have been empowered to design and lead activities that reflect their community's unique character and needs - sparking connection, building confidence, and nurturing wellbeing.

Most groups are already underway, with activities beginning to bring people together in meaningful ways. We've seen events like a community litter pick followed by "sit down, stand up" bingo and a shared lunch hosted by Cleaner Crumpsall, as well as a board games night organised by Rainbow Surprise, where attendees have the chance to connect and enjoy a relaxed evening.

Through these gatherings, we're seeing first-hand how simple acts like sharing a meal, playing a game and walking together can break down barriers and build trust. These moments of connection are especially powerful for those who've felt isolated or disconnected.

Funded groups are: Hopewell, Guidance Hub, Booth Centre, Rainbow Centre, Khizra Mosque, Creative Community, Rainbow Surprise, Cleaner Crumpsall, Irish Community Care, Ukrainian Centre, Welcome Centre.



Cleaner Crumpsall litter pick



Games night at Rainbow Surprise



LIVELY LEGS GET TOGETHER

A social and active group for anyone living with Leg Circulation health issues such as Peripheral Arterial Disease, Lymphedema, Oedema and Varicose Veins. No need to book, just turn up!

NORTH CITY FAMILY & FITNESS CENTRE, M9 4DA



**Third Monday of every month
1pm – 2:30pm**

FIND OUT MORE:



b.donohoe@mcractive.com



07719 070263

**MCR
active**

Adult safeguarding means...

We all have a right to be safe from abuse and neglect.



If you have a safeguarding concern about yourself or someone else, contact Manchester City Council.

Call: **0161 234 5001**

Email: **mcsreply@manchester.gov.uk**

Scan the QR code to find out more about adult safeguarding in Manchester.

www.manchester.gov.uk/report-abuse-neglect



Carers Manchester North

The Carers Manchester North team are keen to find and support UNPAID CARERS.

Carers are ordinary people who do heroic jobs; they look after a relative, neighbour or friend for no pay and little recognition. You don't need a certificate; you may not class yourself as a carer; but if you are giving care to someone you care about, we are here for you.

We can help direct you to support including local Carers groups and activities, walks, short breaks, welfare and benefits advice, employment rights and help to access a carers assessment and carers card.

Have you registered with your GP yet? All GPs have a carer's register. As a carer, you will be offered a free flu jab and access to carers information from your practice.

The Carers Manchester Contact Point is the first point of contact for carers in the Manchester City area who want support and advice. Open Monday to Friday, 10am to 4pm (except bank holidays). ☎ **0161 543 8000**



Cheetham and Crumpsall Support Group

Are you caring for a family member, friend or neighbour?

Meet other carers and receive support from people in similar situations who understand the issues you may be facing. Refreshments available.

Sometimes we have guest speakers on topics the group are interested in. It is advisable to ring and check in case of cancellation.

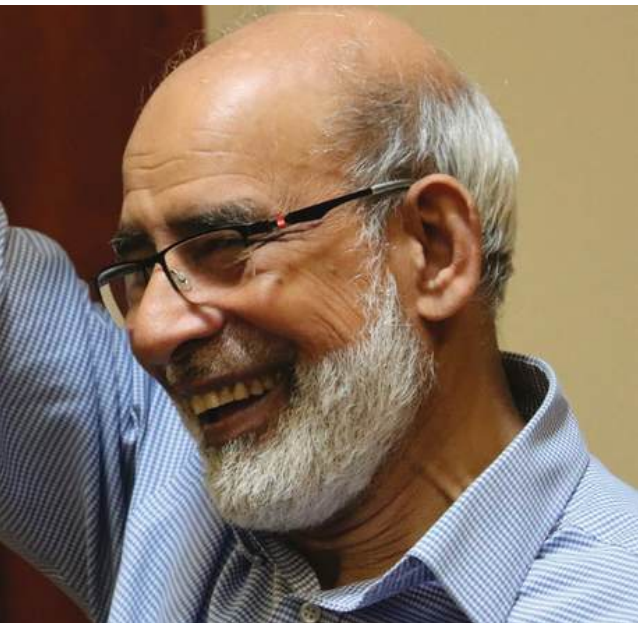


📍 Ukrainian Centre, 31 Smedley Lane, M8 8XB

📅 3rd Wednesday of every month,
12.30pm to 2.30pm

For more information, contact Karen:
☎ 0790 368 5435

✉ karen@manchestercarersforum.org.uk



BREATHE BETTER GET TOGETHER

Join us every month: advice from health professionals, get active, improve your health and meet new people.

ABRAHAM MOSS LIBRARY & LEISURE CENTRE
140 CRESCENT RD, CRUMPSALL, M8 5UF



Third Monday of every month
1pm – 2:30pm

✉ b.donohoe@mcractive.com
☎ 0771 907 0263

What's on for older people

MONDAYS: Crumpsall Park walk, meet at Abraham Moss Leisure Centre at 10:30am.

TUESDAYS

- **Age-friendly swim and social**, 10am to 11am at Abraham Moss Leisure Centre. FREE for over 60s.
- **Age Friendly Coffee Morning**, 11am to 1pm at Abraham Moss Library. No need to book. FREE.

WEDNESDAYS

- **Over 60's Lunch and Bingo**, 12pm-4pm at Ukrainian Centre. £5 for hot meal, tea/coffee and cake and Bingo.
- **Arts & crafts group** by Creative Community, 10am to 12:30pm at St Matthews Church (next to Rainbow Surprise). First session free, £3.50 after, includes refreshments. Email creativecommunitycrumpsall@hotmail.com to book.
- **Hope Well Welcome Wednesdays for 65+ years**, 12pm to 3pm at Woodville Sure Start. FREE
- **Irish Community Care Lunch Club**, 12 noon to 2:30pm at The Irish Centre. No need to book. FREE.
- **Rainbow Surprise Walking Cricket** for 50+ years, 5pm to 6pm, at Abraham Moss. FREE
- **Community Hub Cost of Living Support** at Woodville Family Hub, Shirley Road, M8 0NE. 12pm-3pm.

FRIDAYS - Together Dementia Support - North Manchester Friendship and Activity session, 11am-2:30pm at Crumpsall Methodist Church. For more info call Claire on 0161 226 7186 or email claire@togethersedementiasupport.org



Photos from Centre for Ageing Better



College of the Third Age

For over 35 years, we have been organising classes, activities and events for people aged over 50 in Crumpsall. Currently we offer ten different weekly classes and activities so there is bound to be something for you to enjoy. Why not come along?

📍 We are based at Crumpsall Community Hall, Cleveland Road, Crumpsall, M8 4GS

🌐 www.collegeofthethirdage.co.uk

📘 www.facebook.com/C3ACollege

✉ c3acollege@gmail.com



Tuesday

- Tai Chi 10am - 11am
- Beginners French 11:15am - 12:45pm
- Line Dancing 1:15pm - 3:15pm

Wednesday

- 50+ Health and Interest 10:30am - 12:30pm
- History and Interest 1pm - 3pm
- Singing for Fun 1:15pm - 2:45pm (held in St Matthew's Church)

Friday

- Art 10:15am - 12:15pm
- Creative Writing 10:30am - 12:30pm
- Intermediate French - 12:45pm - 2:45pm
- Craft - 1pm - 3pm

Crumpsall Friendship & Activity Group

Based at Crumpsall Methodist Church, running every Friday, supporting local people living with dementia. It's more than just a support group, it's a lively, welcoming space filled with laughter, creativity, and connection. What makes this group special is the focus on what people **can** do. For more info: mary@togethersedementiasupport.org

The group is currently looking for local volunteers. There are several ways you could help:

- Activity volunteers to help run sessions
- Lunchtime volunteers to assist with meals and social time
- Driver escort volunteers
- Music Café with Manchester Camerata.

The weekly timetable offers:

- A monthly singing session
- Arts, crafts, baking, gardening
- Reminiscence and games
- Regular trips and outings



Gerard baking



Angela gardening

What's On: Cheetham & Crumpsall

Young people

MONDAYS

- **Music Workshop** (5 years and over), 5pm to 6pm. 1 Tamerton Drive, M8 0DH
- **Brazilian Jiu Jitsu**, 6:30pm at Guidance Hub for girls and boys aged 7-16 years. £2 per session.
- **Busy Bee's Soft Play session** at Woodville Family Hub. 10am-11am. For babies ages 12 months to 23 months. Call 0161 234 3000 to book a place.

TUESDAYS

- **Youth Club** at Unity Primary School for ages 8-10, 6-8pm. Contact 0795 742 9959 to reserve a place
- **Cricket for children** with Rainbow Surprise at Abraham Moss Leisure Centre. 5pm to 7pm. FREE
- **Up to age 10 Homework Club** at Abraham Moss Primary School, 3pm-5:30pm. Book via 0161 720 9974
- **Girls Youth Club**, 6:45pm at Khizra Mosque. FREE.
- **Storytime for little ones** and their grown-ups at Abraham Moss Library, 11am to 11:30am, term-time.
- **Kid's Chess Club** at Abraham Moss Library (new starters welcome), 3pm to 5pm. FREE.
- **Groundwork Youth Club** at Crumpsall Park Visitor's Centre. 5:30pm to 7:30pm. Book via 07739 978 798.
- **Doodle Bugs physical activities** at Woodville Family Hub for 2 years and older. 1-2pm. Call 0161 234 3000 to book
- **Drama Club** for under 11 year olds at Khizra Mosque, 5pm.
- **Steel Pan Workshop** for young people aged over 7 years, at 1 Tamerton Drive, M8 0DH. 5pm-6pm. FREE.

WEDNESDAYS

- **Youth Club** at Unity Primary School for ages 11-13, 6pm-8pm. Contact 0795 742 9959 to reserve a place
- **Boys Youth Club Session** (12 years and under), 6:45pm at Khizra Mosque. FREE
- **Homework Club** (5 years and over), 5:15pm-7pm at 1 Tamerton Drive, M8 0DH. FREE. Run by Power Next Generation/Iziko Youth Next Generation.

THURSDAYS:

- **Boys Youth Club Session** (12 years and under), 6:45pm at Khizra Mosque. FREE.
- **Cheetham Hill Youth Club** (11-16 years) 4pm to 6pm at 1 Tamerton Drive, M8 0DH. FREE. Book via 07739 978 798.
- **Busy Bees Soft Play** at Woodville Family Hub, 11am-12pm. For 2 years and older. Call 0161 234 3000 to book
- **Baby Caterpillars baby sensory session** at Woodville Family Hub, Call 0161 234 3000 to book a place.
- **Smedley Park Junior Park Run** for ages 6 and above 5pm to 5:30pm FREE
- **Football at Smedley Park** for ages 6-14. From 5:30pm to 7.30.

FRIDAYS

- **Boys Youth Club Session** (12 years and over), 6:45pm at Khizra Mosque. FREE
- **Boys Youth Club** (10 to 16 years) at Guidance Hub at 6:15pm. NOW FREE!
- **Arts, Crafts, Music and Games** (5 years and over), 4:30pm-5:30pm at 1 Tamerton Drive, M8 0DH. FREE.
- **Drama Workshop** (5 years and over), 5:30-7pm at 1 Tamerton Dr, M8 0DH . FREE. Run by MAD Theatre Company
- **Sports Youth Club** (8 to 13 years) at Abraham Moss Leisure Centre. 6pm OR 7:30pm. £1 per session.
- **Doodle Bugs physical activities** for 2+ at Woodville Family Hub. 1:30pm – 2:30pm. Call 0161 234 3000 to book.
- **Bike repairs & maintenance workshop** (7 years and over) Hosted by BikeltWalkIt at 1 Tamerton Drive, M8 0DH. 4:30pm to 5:30pm. FREE.
- **Junior Dance Group** with Orylk School of Dancing (4-12 years old) 6:30pm at The Ukrainian Centre, M8 8XB

SATURDAYS

- **Boys Football**, 10am at Guidance Hub. FREE.
- **Kid's Games Club** at Abraham Moss Library – No need to be bored with our board games club! 10am-12pm. FREE.
- **Girls' under 12s football** session at Khizra Mosque, 2pm.

SUNDAYS

- **Girls Youth Club (10 to 16 years)** 1pm at Guidance Hub. NOW FREE!
- **Boys Boxercise (7 to 16 years)**, 11am at Guidance Hub. NOW FREE!
- **GCSE Maths Tuition** at Guidance Hub 12pm to 2pm FREE
- **Cheetwood Primary School mixed football sessions** - ages 7-9 from 5-6pm, ages 10-13 from 6-7pm and 7-8pm (must live in M8 postcode)
- **Football training for beginners** at Unity Primary school for ages 6-14. Must live in an M8 or M9 postcode. 4pm-5:30pm and 5:30-7pm
- **Khizra cricket academy** for under 7s at Khizra Mosque, 10:30am.
- **Under 12s boxing** at Khizra Mosque, 1:45pm.



MONDAY: Men's Brazilian Jiu Jitsu session at Guidance Hub – 7:30pm - £2 per session.

FRIDAY: Men's Social Club, Gym & Chai at Khizra Mosque, 2:30pm.

SUNDAY: Men's Gym, Cycling & Walking at Khizra Mosque, 11:30am.

Men only

All adults

MONDAYS

- **Knitting and Crochet Group**, 10am to 12pm at Rainbow Surprise. FREE
- **Citizen's Advice Information drop-in** at Abraham Moss Library – help with housing, welfare rights, energy and bills, using the internet etc. 9:30am to 1pm. No appointment needed. FREE.
- **Creative Confidence Workshop** at Woodville Family Hub, Shirley Road, M8 0NE. 12pm-1:30pm.
- **Digital Inclusion Drop-in** at Woodville Family Hub, 9:30am – 11:30am. Call 0161 234 3000 for more info.
- **British Taekwondo session** at Khizra Mosque. Call 0161 205 6662 or email info@khizramosque.org for more info.
- **Crumpsall councillor drop-in** advice session/councillor surgery at Abraham Moss Library, M8 5UF. 6pm – 6:30pm.
- **Podilya Dance Group** – 7pm at The Ukrainian Centre, 31 Smedley Lane, M8 8XB

TUESDAYS:

- **English classes**, at Guidance Hub. 9:30am and 12pm
- **English Classes** at Wai Yin Society Welcome Centre, M8 0TW (For people who have lived in the UK for over 3 years). Two sessions: 10am to 12pm and 12:30pm to 2:30pm. For more info call 0161 513 4126.
- **Orlyk Dance Group** with Orlyk School of Dancing 8pm at The Ukrainian Centre, 31 Smedley Lane, M8 8XB

WEDNESDAYS

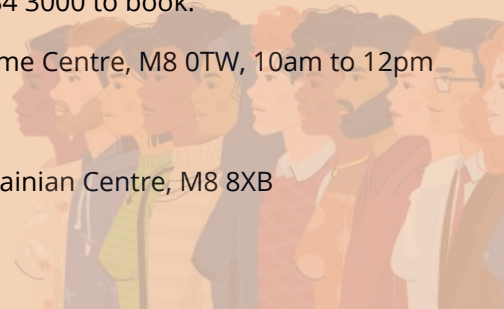
- **Gardening Club** at Guidance Hub, 10:30am. FREE.
- **Arts and Crafts Group** by Creative Community at St Matthews Church at 10am. £3 but first session is free.
- **Digital Drop-in** at Abraham Moss Library. 12:30pm to 2:30pm. No need to book, just turn up. FREE.
- **Talk English Conversation Club** at Abraham Moss Library. suitable for beginners, 2:30pm to 2:30pm.
- **Bowls** at Cheetham Hill Sports Club. If interested, call 0161 740 1728 or email info@cheethamhillsportsclub.com
- **MAES Talk English session** at Woodville Family Hub, 10am – 12pm. Call 0161 234 3000 to book a place.
- **Explore Cooking Session** at Khizra Mosque, 2pm.
- **Learn to ride a bike session** at Khizra Mosque, 5:45pm.
- **Cheetham councillor drop-in** advice session/councillor surgery at St. Chad's Primary School, M8 0SP. 6pm – 7pm.
- **Calligraphy Class** at Wai Yin Society Welcome Centre, M8 0TW. 10am – 12pm. For more info call 0161 513 4126
- **Training Band** (For people that can read sheet music at a basic level) – 6pm to 7pm. Speak to us before you attend to find out more – crumpsallband@hotmail.co.uk Website: www.crumpsallconcertband.co.uk
- **Concert Band** (For more experienced players – Grade 3 and above) 7:30pm to 9:30pm. Speak to us before you attend to find out more – crumpsallband@hotmail.co.uk Website: www.crumpsallconcertband.co.uk

THURSDAYS

- **Community Walk for All**, 1:15pm at Khizra Mosque. FREE.
- **Chair based exercise and activities** by Empower M8 at Welcome Centre 10am to 12pm. FREE.
- **Bi-monthly Carers Space** at Cheetham Primary Care Centre. 1:30pm-3pm.
- **MAES Talk English session** at Woodville Family Hub, 9am – 12pm. Call 0161 234 3000 to book.
- **Talk English class** at Khizra Mosque, 12:30pm.
- **Digital Classes** (For people who have lived in the UK for over 3 years) at Welcome Centre, M8 0TW, 10am to 12pm

SATURDAY: Community gardening and advice at Khizra Mosque, 2pm.

SUNDAY: Orlyk Dance Group with Orlyk School of Dancing 5pm – 7pm at The Ukrainian Centre, M8 8XB



MONDAYS

- **Women's walking and exercise** at Khizra Mosque, 10am.
- **Women's Indoor Cycling & Coffee Morning** at Khizra Mosque, 11:30am
- **Women's Explore Food (Cooking Session)** at Khizra Mosque, 12 noon
- **Strength Building Exercise**, 10:45am at Guidance Hub, 389 Waterloo Road, M8 9AB. FREE. (Run by Hope Well)

TUESDAYS

- **Exercise to suit all levels** at Woodville Family Hub, Shirley Road, M8 0NE. 10:40am-11:45am.
- **Mother & Toddler Group Exercise** at Khizra Mosque, 10am.

WEDNESDAYS

- **Ladies Yoga** by Hope Well. 11am at Guidance Hub. £1 per session.
- **Women Drop-in Group** at MCC Housing Office, Cheetham Hill. 12pm-2pm.

THURSDAYS:

- **Ladies Chit, Chat & Chai Group**, 12pm first Thursday of each month, at Guidance Hub.
- **Upcycling clothes session** at Woodville Family Hub, Shirley Road, M8 0NE. 11am-1pm.

Women-only



Scam Alert: Winter Fuel Payments

In June, the Government announced that they are reinstating the Winter Fuel Payment for everyone over the State Pension age in England and Wales.

Anyone with an income of, or below, £35,000 a year will get the Winter Fuel Payment this winter. You do not need to do anything! Just regularly check your fuel statement. The payment of £200 per household, or £300 per household (where there is someone over the age of 80), will be made automatically to help with heating bills this winter.

However, there are reports of people being contacted out of the blue regarding the upcoming Winter Fuel Payment. **This is a scam!**

Scammers are offering to help setup the Winter Fuel Payment and asking pensioners for their bank details. **Never give out any personal information. A genuine organisation will never ask you for these details over the phone, in an email or in writing.**



The government has said you do not need to do anything regarding the receipt of Winter Fuel Payments. These will be made automatically. No one will contact you directly.

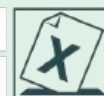
Find out more information at:

- gov.uk/winter-fuel-payment
- stopthinkfraud.campaign.gov.uk

Do you vote by post? New rules for postal voting

YOUR VOTE MATTERS

DON'T LOSE IT



New legislation as part of the Elections Act 2022 means that all postal voters must reapply every three years and complete an identity check.

What's changing?

If you applied for a postal vote before 30 October 2023, you need to reapply this year to keep voting by post.

How to reapply

Scan the QR code or visit www.gov.uk/apply-postal-vote to apply securely online.



If this affects you, you should have received an email or letter from the Elections Team. Please respond as soon as possible. Don't wait for the deadline.

If you don't reapply, your postal vote will be cancelled and you'll need to vote in person at your polling station.

We'll confirm your polling station when we send your poll cards.

Not sure if this affects you?

Contact us at esu@manchester.gov.uk or call **0161 234 1212** for advice.



Clearing the way for a new hospital

Work is well underway at North Manchester General Hospital (NMGH), clearing the site for the new hospital. This major redesign involves replacing over 70% of the old buildings with a new, modern hospital and healthcare campus.

The project, planned over 10-15 years, includes a new acute hospital, mental health facilities, and community services, built around a new "village green". The Secretary of State for Health and Social Care announced that building could begin as early as 2027/28.

In a joint statement, Mark Cubbon, Trust Chief Executive, and Bev Craig, Leader of Manchester City Council said: "This is fantastic news for all the patients who rely on North Manchester General Hospital and all the dedicated staff who work there.

"North Manchester residents face some of the biggest health challenges in the country and now they will get the world-class hospital which they deserve. However, this scheme is bigger than just a hospital, it is an exciting plan for how we develop civic-led healthcare regeneration."

"...they will get the world-class hospital which they deserve."

NMGH is at the heart of an exciting vision to improve health and wellbeing for local people over the next 10 to 15 years. It's not just about a new hospital, it is about community, creating new jobs, promoting healthy lifestyles, developing skills and contributing to a zero-carbon environment for the benefit of the local neighbourhood and beyond.

The plans are forward-thinking, looking to support an ageing population. The World Health Organisation estimates that by 2030, the number of people aged 60 and over will rise from 1.1 billion in 2023 to 1.4 billion.



Diggers on the grounds of the new hospital site

The planned local housing will be developed with technology, such as medical wearables and remote monitoring, which will allow people to live independently for longer.

"A core part of our work for more than 20 years has been how we create neighbourhoods that are good places to grow older," says Paul McGarry, who heads up the Greater Manchester Ageing Hub.

"...how we create neighbourhoods that are good places to grow older."

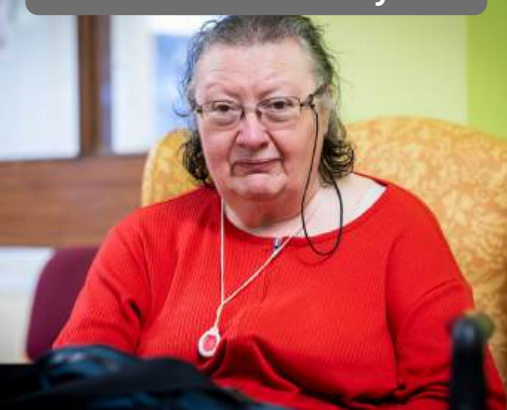
"From an age-friendly perspective, you could see North Manchester as a potential exemplar of how you integrate ageing into large scale developments. It's a huge opportunity."

While we won't be able to visit the new hospital for a few years yet, and services will still be running while the work takes place, it's great to know that local people, and generations to come, will benefit from this project.

For more information, scan the QR code to visit:
mft.nhs.uk/transforming-the-future-at-north-manchester-general-hospital/



Woman wears community alarm



NHS staff using technology



Computer image of the new hospital site

