

# We Cheetham & Crumpsall

**Issue 14**  
July 2023

**FREE**

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

## LOCAL NEWS, EVENTS AND ADVICE FROM CHEETHAM AND CRUMPSALL

### Vaccination reminder

Immunisation is one of the most effective ways to protect children from serious infectious diseases. It helps to prevent the spread of diseases such as including the human papillomavirus (HPV), measles, mumps, rubella, polio, and diphtheria.

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### New Dementia service for South Asian Community

Sahara, meaning 'support' in Urdu, is a new Greater Manchester service for South Asian people who are affected by dementia or worried about their memory. It's a free and confidential service from Alzheimer's Society.

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Sahara Team

### Funding and training opportunities

Conversations 2 Cash and HomeStart training.  
See page 7



### Windrush 75

Find out how Cheetham and Crumpsall celebrated and marked the occasion.  
See page 9



### Protecting people

Greater Manchester Police talk about the human cost of crime and what they're doing to protect people.  
See page 14.



# Welcome

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

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

We received some lovely feedback for the last issue, as well as a request for a more compact paper. So we've listened, and tweaked, and hope you enjoy this new A4 version.

We have received some great articles from our communities for this edition, along with updates about summer 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 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 send your contributions to:  
**Kelly.Wray@mft.nhs.uk** or  
**Lizzie.Hughes@mft.nhs.uk**



### Advertising opportunities:

If you are a local business or charity 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.

**Kelly.Wray@mft.nhs.uk**  
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## MEET THE EDITORIAL BOARD



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## Amer Salam Khizra Mosque



My Name is Amer Salam. I am a resident of the Cheetham Area.

I really like to help people.

Whatever needs an individual requires support with, I will try my best to help them, regardless of their ethnicity and background.

My aim of life is to be the most helpful person. Ever ready to support and help people in need.



# Cheetham and Crumpsall news

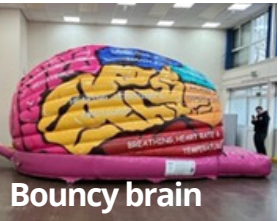
## Bouncy Brain

**This summer a brain bouncy castle will be out and about at various public events in North Manchester.**

The Brain is part of the North Manchester TIC TAC (Trauma Informed Care in Trauma Aware Communities) project which aims to raise awareness of how adverse childhood experiences (traumas) impact people.

Alongside the brain we have resources such as:

- Leaflets on brain development in babies, children and young people
- Giveaways, including books
- A 'TIC TAC' tent with interactive parent/carer and child games
- Baby brain development toys.



Bouncy brain



## North Manchester Community Partnership (NMCP) wins 1st prize

WeStandTogether Affiliate Awards which took place on the 31st May. North Manchester Community Partnership was proud to receive first prize for their community engagement, which included:

- Hate crime awareness events
- Community dialogues, asking the awkward questions
- Winter Warmer events

Engagement was organised by the Welcome centre in collaboration with partners in North Manchester.



NMCP receiving their award

## Welcome Centre garden inspiration

**Welcome Centre staff and Volunteers took a trip to Bridgewater Royal Horticultural Society (RHS) Garden.**

This fabulous trip was an opportunity to have a picturesque team building day for staff and volunteers. It was also a fantastic opportunity to get some inspiration for the the Welcome Centre garden.

We were very lucky with the weather, everyone really enjoyed the day - especially the picnic!



Welcome Centre team

## Unsold food redistributed to community groups

**At FareShare, we save good food from going to waste. We redistribute surplus food from some of the UK's top food companies to nearly 8,500 charities and community groups.**

If your organisation uses food to support people, then you can sign up to receive food too.

We offer two options for getting food:

- A paid for service with a FareShare Community Food Membership
- Or the opportunity to collect free surplus food from your local supermarket through FareShare Go.

Register your interest in receiving food from FareShare and one of our team will be in touch to assess your needs.

In order to receive food, your organisation must demonstrate that you are fit to provide a safe food service to your users. Don't worry, we can help you reach these standards if you are not quite there yet.

Find out more at [fareshare.org.uk/getting-food](https://www.fareshare.org.uk/getting-food)



# Your Local Health Update

## Don't miss your child's vaccinations

Immunisation is one of the most effective ways to protect children from serious infectious diseases. It helps to prevent the spread of diseases such as including the human papillomavirus (HPV), measles, mumps, rubella, polio, and diphtheria.

In recent years, there has been a decline in the uptake of childhood immunisations in the UK, which is a cause for concern.


Immunisation protects not only the individual who receives the vaccine but also the community as a whole by reducing the spread of the disease. Vaccination helps to develop herd immunity, which means that when a large proportion of the population is immunised, it becomes difficult for disease to spread, even those are not vaccinated.

These diseases that vaccines help prevent can have long-term complications such as deafness, blindness, paralysis, and even death. By vaccinating children, we can prevent people getting seriously ill.

The safety of childhood vaccines has been extensively studied and confirmed by numerous scientific studies. The vaccines are rigorously tested in clinical trials before they are licensed for use, and their safety is continually monitored.


Got a question? Contact the Immunisation Team:  
**Telephone: 07854 972072**  
**Email: [mft.immunisation@nhs.net](mailto:mft.immunisation@nhs.net)**





Knowing the facts can help you to protect yourself and your family and friends from certain diseases.

### KNOW THE TRUTH ABOUT VACCINES



**How do we know if vaccines are safe?**

- ✓ Vaccines are strictly tested to make sure they are safe and that they work.
- ✓ The World Health Organisation monitors all vaccines and investigates any side effects which are reported.



**Do vaccines contain porcine or pork?**

- ✓ Your nurse will be happy to answer any questions about what's in your vaccine.
- ✓ Only two vaccines offered to children in the UK contain porcine gelatine but our team do not offer them.

**Is it safe to have more than one vaccine?**

- ✓ Combined vaccines mean fewer injections are needed.
- ✓ Scientific evidence shows having several vaccines at once has no negative effects on your immune system. Everyday people's immune systems deal with many different germs at the same time.

Got a question? Contact the Immunisation Team  
Telephone: 07854 972072  
Email: [mft.immunisation@nhs.net](mailto:mft.immunisation@nhs.net)





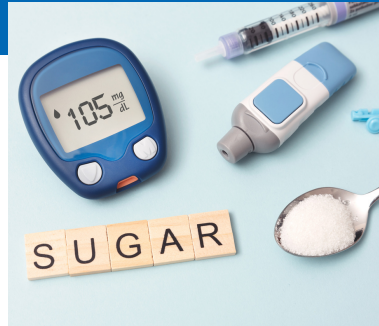
# Meet Yusuf Lambert, your new Diabetes Engagement Officer

Hello, I'm Yusuf Lambert, the newly appointed Diabetes Engagement Officer for the Cheetham and Crumpsall area. My role is to raise awareness of national diabetes prevention programmes, particularly Healthier You, which is designed for those of us who have been identified as pre-diabetic by our GPs.

Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough to be diagnosed with type 2 diabetes. It also means that you are at high risk of developing type 2 diabetes. You are unlikely to be experiencing any symptoms with prediabetes.

The Healthier You programme has been developed by NHS England, Public Health England and Diabetes UK. It is FREE and participants are supported to make lifestyle changes that are proven to significantly reduce their chances of developing diabetes.

**Did you know that if you are South Asian you are six times more likely to develop diabetes than**



Yusuf Lambert

**people from other communities and at an earlier age?** There can be major complications if diabetes goes undetected or untreated; including eye problems, foot problems, heart attack, stroke, kidney problems, nerve damage and gum disease.

I have been in community development over 13 years and worked as a front-line social worker and as a social work educator. In my spare time I enjoy spending time socialising with family and friends. I am also an armchair sports fan.

If you are part of a community, charitable or faith group and want to find out more about the work.

Please contact me on:

Mobile: **078 0090 3149**

Email: **Yusuf.lambat@mft.nhs.uk**

## Sahara: New Dementia service for the South Asian Community

**Sahara, meaning 'support' in Urdu, is a new Greater Manchester service for South Asian people who are affected by dementia or worried about their memory. It's a free and confidential service from Alzheimer's Society.**

You can contact Sahara if you:

- Have concerns about your memory
- Support someone with memory problems
- Have received a dementia diagnosis
- Want to find out more about dementia.

Our trained staff provide a safe space to talk about your concerns in English, Urdu or Punjabi. They can answer questions, help you to access services and share useful advice and information. Whether it's over the phone or in person, you can talk to one of the friendly dementia advisers in the way that's right for you.



Sahara Team

'Research suggests people from South Asian communities are more likely to develop dementia than the general UK population, but they are less likely to reach out for help and support. There's very little awareness of what dementia is in our community, so a negative attitude is quite common but we're here to change that. The Sahara team are really looking forward to engaging with the community to ensure that everyone who needs support gets it in the way that suits them and their family. Together, we're here to make a difference to the lives of everyone affected by dementia.' – Naz Asghar, project manager.

Get in touch with the Sahara team via **sahara@alzheimers.org.uk** or **0161 470 6048**.

# Conversation 2 Cash

**Are you a voluntary, community or social enterprise organisation in North Manchester? Would you like to work with a mentor to develop your organisation?**

Following the huge success of the fund that supported and progressed seven local groups, Conversation 2 Cash is back. They aim to help small North Manchester not-for-profit organisations to receive support to develop their governance knowledge, skills and confidence as well as getting a £2,500 grant to develop their organisation and activities for local people.

Your group will be matched to one of our six mentors, all with extensive experience of working in North Manchester and the voluntary sector; an opportunity not to be missed!

Applications open now until Monday 24th July at 5pm.

Members of Blossom Foundation, which took part in the programme



Eligibility criteria:

- You have been constituted for 12+ months
- You have at least three board members
- You can commit to six months working with a mentor on a development plan.

Get in touch to find out if you're eligible. We can even help you complete the application form.

For more details, contact Seb and Laura at: [omfunds@manchester.gov.uk](mailto:omfunds@manchester.gov.uk)



## Home-start training

**Free training for volunteers who want to support families.**

**Home-start is a charity that supports families with a child under 5 that may be struggling. We offer a weekly home visit to families referred into our service.**

Our volunteers are recruited and trained to offer befriending support to families. If you have a couple of hours a week spare and would like to support a family in your community (or another area of Manchester), please contact us on **0161 721 4493** or visit [homestartmanchester.com](http://homestartmanchester.com) for more information.

Volunteers must complete five e-learning modules and three compulsory face to face training sessions at Mount Road Surestart Centre, Gorton:

- Tuesday 12th Sept 9.30am to 2.30pm
- Tuesday 26th September 9.30am to 2.30pm
- Tuesday 3rd October 10am to 2pm.

We also offer on-going support and training and cover out of pocket expenses.



Home-start training session

Before being accepted, potential volunteers will need to:

- Complete an application form
- Attend an informal interview
- Provide two references and an enhanced DBS check.

Volunteer testimonies:

"The family I support have a number of difficulties; I appreciate how difficult it can be for mum looking after the children."

"Supporting the family makes me feel valued, especially having a role outside of being a mother."



# Health and wellbeing programme at the Welcome Centre



Health and wellbeing programme activities



**A wonderful 12-week project to improve local people health and wellbeing is taking place at The Welcome centre, Cheetham Hill.**

Local people have committed to the 12 week programme. They begin with an exercise class, hosted by Loise, a professional instructor. It's always fun and people exercise to their ability.

After the class, various organisations are invited to have a chat about problems people might have. So far, we have had Moodswings, a mental health charity and Breakthrough UK, a disabled people's organisation. They have been talking about anxiety, the effects of long-COVID and disabilities.

Local artist and retired Mental Health professional, Mary Burk has run an art session

and talks about mental health through art. She will be coming back for more art sessions.

There are planned gardening activities and other activities. The main thing is that people are having fun and they are making friendships.

We finish the day by a lovely healthy lunch that is made by the fantastic volunteers at the centre.

This programme is run in collaboration with the Cheetham Crumpsall integrated team, Winning Hearts and Minds, MCRActive, North Manchester Partnership, and Wai Ying.

For more information, you can call the centre on **0161 513 4126** or email **welcomecentre@waiyin.org.uk**

## Garden therapy at Crumpsall Vale Intermediate Care Unit

**Manchester Local Care Organisation's Crumpsall Vale Intermediate Care Unit enjoyed a sunny day of gardening with its patients and their family members.**

Therapy assistant Danielle Dale organised the activity as an opportunity for everyone involved in the patient's rehabilitation to come together and get involved. Danielle believes that having a positive, encouraging support network around a person is important, it helps them stay on track and makes their recovery much easier, reducing the likelihood of any relapse.

Danielle shared: "All the patients thoroughly enjoyed the gardening activity, as did their families, and it was nice to see all of them engaged. Everyone even got a little competitive about whose basket was the best."



Gardening at Crumpsall Vale





# Khizra Mosque events

## Family fun day

A big thank you to all of the visitors who attended our family funfair event at Khizra Mosque. We are grateful to all those that attended and in particular the volunteers that spent the day ensuring the event ran smoothly.

Hopefully see you all at the next fun day!



## Community Health Fair

The British Islamic Medical Association worked in partnership with Khizra Mosque and Manchester Local Care Organisation to host a great community health fair.

Stalls provided a wide range of information on different health conditions and how to get support. There were demonstrations and people were able to talk with local GP's and get individual advice.

The event was really busy. We hope that this will be the first of a number of community events that connect people in our community with advice and information about staying well.



# Making Cycling E-asier at Khizra Mosque

**Manchester locals can now access free e-cycle skills and confidence sessions and free one-month loans through Making Cycling E-asier at Khizra Mosque. Powered by Cycling UK and funded by Department for Transport, the new scheme aims to encourage people to consider e-cycling for short everyday journeys.**

Participants can choose from a range of e-cycles from top brands and are provided with all the necessary equipment to take part and start their e-cycling journey.

Aimed at regular cyclists and those who haven't cycled in a while, skills and confidence sessions help people of all cycling abilities to get to grips with e-cycling in no time.

During each session participants will learn how to operate an e-cycle, best practise when preparing for an e-cycle journey and how to carry out basic maintenance checks.



Free one-month loans of a wide range of electric bikes and cycles in different sizes give participants the opportunity to incorporate e-cycling into their everyday lives.

Derrick Udusegbe enjoyed a free one-month e-cycle from Khizra Mosque in Manchester and said "Everyone says I'm addicted to my e-cycle now. When I ride I feel much calmer, much more relaxed and I think that when you sit in a car life passes you by, whereas when I cycle I'm more engaged. The kids get so excited when we use the e-bike to go anywhere, they love watching the world go by as we pedal."

To sign up for Making Cycling E-asier, visit - [cyclinguk.org/making-cycling-e-asier](https://cyclinguk.org/making-cycling-e-asier)





# Windrush celebrations

## WINDRUSH 75

*Windrush 75 years on, let us all remember how it all began.*

*When the people of the Caribbean answered the clarion call of the Motherland/England.*

*They left their island in the sun, travelled by the Empire Windrush ship and B.O.A.C plane, to rebuild England the Motherland. Many left their families behind, never to see them again.*

*England needed to rebuild the land, after the Second World War. So the people travelled afar, to do the jobs that were needed. Tilbury dock was their first glimpse of England the place they had dreamt of.*

*In thousands they travelled, Doctors, Nurses, Bus drivers, Cleaners, and many Veterans from the Second World War.*

*The motherland was thankful for the response to its call, but the people found there was 'No room at the Inn' at all.*

*Wherever they found a place to rent, it was 'NO blacks', 'NO dogs', 'NO Irish'. England wanted the people to work, but no place to rest their heads.*

*The motherland was rebuilt after the war, but after a while the Caribbean people became surplus to requirements.*

*The Rivers of Blood speech was clear, it was time to send them back to where they belong or put them a ship with a one way trip to Africa.*

*Since 1948, the people of the Windrush Generation have experienced struggles of acceptance, inclusion, racism and social injustice.*

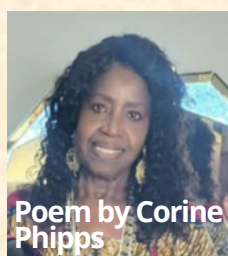
*The road has been rough at times and the mountains very steep to climb, but the people still soar.*

*Soar, when they are told, they 'Don't belong'.*

*Soar, when they are told, 'You're over qualified'.*

*Soar, when the 'Go home' immigration van appeared on the streets.*

*Windrush 75 years on, how much longer to receive acceptance by the Motherland.*



**The New Testament Church of God on Waterloo Road and Arawak Walton Housing Association celebrated the Windrush 75th Anniversary on 10th June.**

Windrush Day acknowledges the Windrush generation, their descendants and their achievements in the UK

The day included a life size replica of the Windrush Anchor which was on display for anyone to view and have a photo taken with it.

There were many who flocked to the day to enjoy the sunshine, refreshments and activities that were on offer, a poem was also created for the Windrush anniversary by a local resident which was read on the day.

Reverend Michael Bradley minister at The New Testament Church of God said 'We had such a wonderful time, we are so grateful for the support and attendance of our neighbours, friends and local councillors.'





# Diverse-City Festival

Join us this summer for a series of fantastic FREE events celebrating the diversity of culture, heritage and history that makes North Manchester unique.

Across North Manchester we're hosting four festival days which will bring together our community through music, dance, workshops, food, games, activities and more. All parts of the festival are led by organisations and community members who work tirelessly to make North Manchester an even better place to live and work. With something for the whole family, these events will brighten up your summer.

Some of the events have already taken place, but you can still join us for:

- **Festival Day** - Saturday 8th July, 12-4pm at Simpson Memorial Hall, Moston.
- **Free family fun day** - Sunday 9th July, 10am-1pm at Boggart Hole Clough.



Images from previous events

## Stories from people in M8 to inspire Royal Exchange Theatre play

The Royal Exchange Theatre has been working in Cheetham Hill and Crumpsall since 2017, in partnership with local communities and key organisations such as Khizra Mosque, Manchester Jewish Museum and the Ukrainian Cultural Centre who hosted our Den Festival in July-August 2022.

Alongside developing partnerships, we also brought together a group of local Ambassadors who are passionate about their area and excited for what the arts and culture have to offer.

Since the Ambassadors co-created the Den festival, they've worked on their next project for M8. They are collecting stories and photos from people who live, work or play in M8, they've already interviewed over 80+ local people. Some of these stories will then be featured on posters across Cheetham Hill and Crumpsall and some will be feature on Instagram.

All these stories will be used to make a play to be performed at Cheetham Festival with a community cast. Follow us on Instagram to see the project evolve.



Ambassadors of the OurM8s project





# Sustainable fashion show

Young people find a flair for fashion that doesn't cost the Earth.



Photos from the event



**Young people from Cheetham Youth Club, run by The New Testament Church of God, sourced and created recycled garments to deliver an incredible sustainable fashion show.**

In addition to the show, the group produced a presentation, posters, a quiz and a brilliant rap. The project was produced in partnership with Groundwork and supported by Hubbub at The Royal Exchange Theatre.

The young people involved wanted to highlight

the negative aspects that the fashion industry can have on communities. They also wanted to investigate and promote less harmful options for creating and purchasing clothes to minimise the negative impact that we have on the planet.

Cheetham Youth Club offer activities on Wednesdays and Fridays.

For further information contact Sharon Thomas.

Tel: **0161 202 1851**

Email: [admin@ntcft.org.uk](mailto:admin@ntcft.org.uk)

## Climate workshop at Manchester Jewish Museum

In Spring 2023, Manchester City Council and Manchester Jewish Museum (MJM) came together to host a Climate Fresk workshop for museum staff and local community group representatives in Cheetham.

Climate Fresk is an accessible three-hour workshop where participants explore the causes and effects of climate change. It allows space to step back and consider how, as a community, we can come together to make positive change and protect our planet. Climate Fresk materials have also been adapted for schools and young people to take part in a workshop.

Julia Gorko, Marketing & Communications Manager at MJM said "...it went really well and I loved the opportunity to connect with people



Climate Fresk workshop

from our local organisations. Great that we were able to provide a space to spark those conversations about climate change and communities."

If you are involved with a group or community network that would like to find out more about hosting a Climate Fresk Workshop, please contact Ash: [Ash.Farrah@manchester.gov.uk](mailto:Ash.Farrah@manchester.gov.uk)



# Abraham Moss Warriors News



Abraham Moss Warriors at the Heart of the Community CIC



Images from the big clean-up



## Smedley Community Park volunteer day

On 8th May Bank Holiday we had a community volunteer give back day at Smedley Community Park. Despite the very poor weather we still had over 40 people turn up and we had a massive tidy up. We also put the picnic tables back together just in time for the nice weather.

Unfortunately by the end of May, all the tables had been either destroyed or stolen. If you would like to donate to replacing the tables, please contact June: [abrahammosswarriorsjfc@yahoo.co.uk](mailto:abrahammosswarriorsjfc@yahoo.co.uk)



The celebrations



## Coronation Celebration

On May 7th, Abraham Moss Warriors held a fantastic community lunch to celebrate the crowning of Prince Charles. It was a lovely event with over 150 participants both young and old. As well as lovely buffet, we played royal bingo and pin the crown upon the King.

Lots of fun was had by all. Thanks to Abraham Moss Leisure for the sports hall and to Cheetham and Crumpsall Neighbourhood team for the funding. It was such a fantastic day.

## Join our summer fun

Free sporting activities and meals this school holidays with Abraham Moss Warriors. This is part of the HAF program at Smedley Park for children aged 9-12. We have a few spaces available for non members of the club.

To be eligible, children must:

- Live in Cheetham or Crumpsall
- Be on free school meals
- Be between 9 and 12 years of age.

For more information and to book a place, contact June Kelly MBE on **0795 742 9959** or [abrahammosswarriorsjfc@yahoo.co.uk](mailto:abrahammosswarriorsjfc@yahoo.co.uk)





# Fighting crime, protecting people

Greater Manchester Police talk about the human cost of crime and what they're doing to protect people.



Images from Operation Vulcan

**Greater Manchester Police's slogan is 'fighting crime, protecting people'. We often hear about the fighting crime, but DCI Jenny Kelly explains how protecting people is inseparable from that work...**

'The last 6 months, as part of Operation Vulcan, we've spoken a lot about our work smashing doors in, arresting drug dealers, and clearing out the counterfeit shops along Bury New Road.

'What might not be as visible is the nasty, harmful side to counterfeiting that affects the people who are forced to work in these illegitimate shops - but this is something my officers have come across time and again. These are the vulnerable people in our communities who are being exploited by the criminals running the shops.

'Having a heightened police presence, enforcing the law and securing criminal convictions are all important elements of Operation Vulcan, but safeguarding vulnerable victims is our number one priority.

'We've shut the vast majority of illegitimate counterfeit shops operating in this area, and in the process, we have come across innocent people who are being exploited by criminal gangs. We find people who are forced to work in unsafe conditions, and being paid less than minimum wage or nothing at all.

'The buildings they work in are often incredibly dangerous and not fit for purpose - many we've come across have a number of structural issues and no fire escapes. We've been working closely with Greater Manchester Fire and Rescue Service (GMFRS) to ensure these unsafe shops cannot remain open or continue to put the public at risk. GMFRS have powers to condemn these buildings and ensure they cannot re-open until relevant work has been done and they are made safe.

'We've also come across evidence of people living in these shops - we've found beds, fridges and makeshift toilets. This all points to evidence of severe exploitation happening here in Manchester and that is linked directly to the counterfeit trade. A lot of the time people don't realise they're being exploited, but we're working hard to show them that these conditions aren't safe or legal, and we can help them.' - DCI Jenny Kelly.

## Report modern slavery

In 2021, there were 54 modern slavery incidents in Cheetham Hill that were notified to Greater Manchester Police.

You can report modern slavery as a member of the public. Call the modern slavery helpline on **0800 0121 700** or report it online at **[modernslaveryhelpline.org/report](https://modernslaveryhelpline.org/report)**



Officers forcibly access units to protect exploited people

# Rubbish!

## A guide to getting rid of rubbish and recycling right.

Everyone in Manchester is responsible for managing their own waste and making sure that rubbish is disposed of correctly. Here's a handy guide to recycling, rubbish, donating items and what to do if you need to report fly tipping.

Keep Manchester Tidy is a partnership between Manchester City Council and Keep Britain Tidy. The team work on various campaigns bringing together residents, schools, businesses, community groups and organisations to tackle littering and fly tipping, prevent dog fouling, improve green spaces and waterways, increase recycling and improve our local environment.

One such campaign is around the Narbuth Drive area in Cheetham where they have run the 'Crime



not to care' campaign, creating several environmental crime scenes. Litter has been cleared and letters sent to local properties, and lots of flowering bulbs have been planted with further work planned for the following months.

If you are interested in starting a litter picking group and need some guidance or equipment, please contact

- [emma.krijnenkemp@manchester.gov.uk](mailto:emma.krijnenkemp@manchester.gov.uk)
- [keepmanchestertidy@manchester.gov.uk](mailto:keepmanchestertidy@manchester.gov.uk)

### Fly tipping

Fly tipping is the illegal dumping of rubbish or bulky items and is frustrating for residents to have to put up with. Greater Manchester councils have seen 93,629 fly-tipping incidents reported between 2020 and 2022.

As well as posing significant and environmental health risks, fly-tipping can be a legal and financial burden. Local authorities are usually left to clean up the mess left by fly-tippers, which means the taxpayer is picking up the bill for people too lazy to dispose of their rubbish properly.

To report fly tipping, litter or to book free collection of bulky waste visit [manchester.gov.uk/environment](https://manchester.gov.uk/environment)



### Your local tip

Household waste can be taken to waste and recycling centres. They can recycle a wide range of items such as:

- Mattresses and carpet
- Large and small electrical items
- Windows, wood, rubble and soil
- Tyres, car batteries and engine oil
- Gas canisters and household chemicals
- Hard plastics, such as broken toys and much more.

The closest tips to M8 are:

- Cobden Street Recycling Centre, Cobden Street, Salford, M6 6NA
- Spring Vale Recycling Centre, Spring Vale, Middleton, M24 2HR
- Reliance Street Recycling Centre, Reliance Street, Manchester, M40 3EZ





## Having a clear out?

**Did you know that each Manchester household is entitled to one free collection of up to three items of bulky waste per year.**

We'll collect large items from your home address only. We cannot collect from inside your property and items must be put as close to your bin collection point as possible. We will only take the items you have told us about.

If you have already had a free collection, it is £27 for up to three items and £54 for up to six items.

Please make sure large items such as cupboards and fridges are empty (apart from their own fixtures).

Visit [manchester.gov.uk/environment](http://manchester.gov.uk/environment) to book your collection. You'll need to create an account.

For items that are still in good condition, why not donate them? Charities can collect items for free:

### British Heart Foundation

Donate your unwanted furniture, homeware and electrical items using their free collection service. Visit [bhf.org.uk](http://bhf.org.uk) to book your collection.

### Mustard Tree

This Christian homelessness charity will accept furniture, electrical items, curtains, bedding and kitchenware. Book your free collection: [mustardtree.org.uk/support-us/donate-goods](http://mustardtree.org.uk/support-us/donate-goods)

### Sue Ryder

This palliative neurological and bereavement support charity will collect your furniture and electrical items for free. Visit [www.sueryder.org](http://www.sueryder.org)

Please note that all furniture with fabric, such as mattresses and sofas, must have fire labels.

## LET'S RECYCLE RIGHT.

### What goes in your blue bin:



### What goes in your brown bin:

The only plastics we can recycle are bottle-shaped



### What goes in your green bin:



### Some things we can't recycle:



## Problem with your bin?

If you have contaminated recycling bins, you can request to get them emptied using the council's bulky item collection service. Just visit [manchester.gov.uk/environment](http://manchester.gov.uk/environment) and choose the correct colour recycling bin from the drop-down list of items. Our crews will empty the contents of the bin and return it. Each bin will be counted as one item.

If you're missing a bin, or would like a different size recycling bin, you can request one. It is free to replace recycling bins. There is a £22 fee for a new grey rubbish bin.

You will need to create an account when you log in for the first time. This helps you to track your requests.

## Want to recycle more?

**B&Q, Manchester Fort** can recycle your small electrical items, batteries and light bulbs.

**Tesco, Cheetham Hill** has a recycling bin for soft plastics - they can accept plastic bags, crisp packets, bread bags and cling film.

# Cheetham & Crumpsall Community Allotment Group



**Join the Community Allotment group - make friends, enjoy the outdoors, learn new skills, feast on the fruits of your labour and do something good for the planet.**

The group is open to anyone in the local community. Members must be able to give a few hours per week to work as a team and share with others whilst learning how to grow fruit and vegetables in a green and sustainable way.

The group meet for around three hours on the second Monday of each month, from March to

November. We ask all members to attend whenever possible so we get to know each other. It also means we can discuss that season's work – for example: sowing seeds, potting on, planting out, weeding, harvesting. All tools are provided and work will be distributed between us. We share a drink and biscuits to finish.

There will be a named contact but we all take some responsibility for the running of the site.

Group code of conduct:

- Attend as many sessions as you can
- We all take responsibility for the site, tools and plants
- Respect people on neighbouring plots
- We harvest together and share equally.

We are based at the Cheetham & Crumpsall Model Allotments on plot number 110 of 120 plots. You need a keyholder to access. There are two entrances:

1. Path at the bottom end of Abraham Moss Tram Station Car Park
2. Entrance from Hazel Bottom Road.

If you are interested in joining, email [tommy.williams@manchester.gov.uk](mailto:tommy.williams@manchester.gov.uk)

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## Creative Community

**Get crafty and learn new skills.**

**Creative Community was formed for local people wishing to take part and learn new skills in creative activities such as card making, knitting, and more.**

Each week a card project is available for members to make if they want to. Or you can bring along your knitting or crochet and take part in a group that is friendly and welcoming. No need to book.

The group meets at St Matthews Church Crumpsall every Wednesday from 10am to 12.30pm.

The cost for this session is £3 which includes refreshments. The first session is free.

For more information, contact Barbara Shaw [bsmb3152@gmail.com](mailto:bsmb3152@gmail.com)

