



Artwork by Len Grant www.lengrant.co.uk

Withington and Old Moat neighbourhood update

Issue 2
July 2023

FREE

News and useful information on health, wellbeing and what's on for people in Withington and Old Moat.

Neighbourhood Partnership

Thank you to everyone who continues to attend our Withington and Old Moat Neighbourhood Partnership Meetings.

For anybody who hasn't attended a neighbourhood partnership meeting before, these meetings take place four times a year and are a space where workers across all sectors and residents can come together to share thoughts and discuss priorities around health and wellbeing for the neighbourhood.

Neighbourhood partnership meetings are also a space to connect with others and build more awareness of what we all offer so that we can work more cohesively. We welcome all partners to this meeting including active residents who want to find out more about the work that is taking place in the area and offer their knowledge of the local community and their lived experience to help address health and wellbeing priorities.

The next **Neighbourhood Partnership Meeting** will take place on **Thursday 21st September 10:00 - 12:30** at **St Christopher's Church, Moorgate Avenue, Withington.**

This meeting will focus on 'support for families with young children' in collaboration with the Start Well Develop Well Team. There will be speakers, stalls and food. Contact Yasmin Holgeth, Health Development Coordinator for Old Moat and Withington, Manchester Local Care Organisation for more information:

- Email - Yasmin.Holgeth@mft.nhs.uk
- Call - **0757 0527 497**

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- What's on
- Age friendly activities and information
- Early years and youth provision
- Support for carers
- Volunteering
- Cost of living help
- Health information.



If you want this newsletter in large print, please contact us
Yasmin.Holgeth@mft.nhs.uk or 0757 0527 497

What's on

Withington Baths

Withington Baths, 30 Burton Road, M20 3EB
Tel: **0161 478 1181**
withingtonbaths.com

Activities include...

Exercise Classes. Including yoga, pilates, swimming and gym sessions. Sessions are free for people with a Withington Baths Membership or cost £2.50 if you aren't a member which you can pay at reception. All sessions to be booked through Withington Baths directly, or on The Gymcatch app.

Wellbeing Group. Nature activities, tea and cake. Join in as much or as little as you like and discover the benefits of being outside and meeting new people. Mondays, 10am to 11:30am. All adults welcome. Email Helen and Katy at withingtonwellbeing@gmail.com

St Paul's – Withington Welcomes

A social group with free tea, coffee and conversations. Everyone is welcome! Farsi speaking community support the event.

Every Tuesday, 10am to 12noon.

St Paul's, 491 Wilmslow Rd, Withington, M20 4AW

Table MCR

Table Manchester creates safe spaces for connection and community with socials and events ranging from brunch to workout sessions. For people aged 18 to 30

For more information, check out [instagram/tablemcr](https://www.instagram.com/tablemcr) or www.meetup.com/tablemcr

Old Moat People's History project

Former or present Old Moat Residents with stories, memories or photos to share? We want to hear from you!

Old Moat Histories is a social/local history project aiming to collect and collate memories, photos and stories from current and former residents of the Old Moat estate.

We would like to find the stories about the people who lived in the area from the early 1920s, through WW2, the 50s, the 60s the 70s and the 80s right up until the COVID-19 pandemic and today.

The project is looking for people who would like to share their own stories or to get involved in helping other people share theirs.

To get involved, email OLDMOATSTORIES@gmail.com

Manchester Little Libraries scheme

The Manchester Little Libraries scheme makes books accessible in our neighbourhood. Please contact the venues directly to find out their opening times.

- Withington Little Free Library The Hutch – Stephens Road
- The Bookery on Brunswick – on Brunswick Road
- Café Blah Withington Village Book swap shelf.
- Withington Baths book swap.
- Ladybarn Community Centre book swap.
- Minehead Avenue Little Library
- Mouldsworth Avenue Little library (has toys and books)
- Fog Lane Park book swap

Find out more at: www.manchesterlibrarytrail.com

Ladybarn Community Hub

Ladybarn Community Hub, Royle St, Ladybarn. M14 6RN
Tel: **0161 224 3733**
ladybarncommunityhub.co.uk

Bollyfit Classes. Starting Monday 4th September 9:30am -10:30am. An energetic weekly dance fitness class with Mary £3 donation per session. Women only safe space.

Older Mens Group. Starting 18th September at 12 midday . Board games, cards, diy projects, men's health information. Tea & Toast £2 donation.

LGBTQ+ Tea & Toast Group. Starting Tuesday 5th September at 12 midday. monthly speakers. £2 donation per session.

Walking and talking Group, Ladybarn Park

Group walking can be good for your health and social life. Come along for a walk and chat. Suitable for anyone. Every Wednesday, 10:30am to 11:30am. No need to book. Free. Meeting point Parrswood Road near Briarfield Road.

Withington Pride

The first Withington Pride is taking place on 23rd of September 2023. Radical Joyful Unity. A day and night of events across Withington celebrating the local LGBTQ+ community's vibrancy, creativity, & value, and building community networks of care, allyship and solidarity through music, art and dance! There'll be something for everyone from free kids crafts to a march and street party, keep your eyes peeled for more info!

What's on – age friendly

Old Moaties Peer Support Group

Free over 50's coffee mornings and events. Coffee mornings 10:30am to 12:pm, 2nd and 4th Thursdays of the month at St Christopher's Church, Moorgate Ave, M201HE. Booking essential, call **0751 2293 190** or email elmaecrolla@gmail.com

Over 50's SVP Tea Dance

Expect uplifting music to get you moving or just come along to have a chat. £2 entry. Every Monday 2pm to 4pm. Refreshments provided. St Cuthbert Church, 3 Palatine Rd, Withington, M20 3LH.

Manchester Cares

Manchester Cares is a community network of younger and older people sharing time together for friendship, company, and conversation. If you'd like to share time, laughter, friendship and new experiences with a different generation, Call us on **0161 207 0800** or email hello@manchestercares.org.uk

Withington Age Friendly Group

Join us for coffee, tea, scrabble and a chat for over 50s. Fridays, 2pm to 4pm. Withington Library, 410 Wilmslow Road, M20 3BN
T: 0161 227 3720

The Withington Daytime Singers

Over 50s choir. Every Friday 11.30am to 1pm. £5 per session. Free lyric book for all singers, free tea and coffee. Withington Scout Hut, M20 4PE
Tel: 0742 9494 506

Free Home Delivery Book Service

Books to Go provides a home delivery service for Manchester residents who have difficulty leaving their home or have issues with access. Manchester Libraries have books in ordinary and large-print size, talking books, music CD's and films on DVD. The service is completely free. Call Manchester Libraries on 0161 227 3800 or email the Books to Go team at bookstogo@manchester.gov.uk

Withington Assist Neighbourhood Care

Providing support services and activities for older people, designed to help them continue to live independent, active and fulfilling lives.

Tel: 0161 434 9216:

Email: withingtonassist@gmail.com

Assist Neighbourhood Care, Withington Methodist Church, 439 Wilmslow Road, M20 4AN

Activities include...

Lunch Club. Tuesdays, 12pm-1.30pm. Freshly cooked, two-course meal. £5 donation. Volunteer lifts available when possible. Veggie and halal options available.

Barbara's cafe! Coffee Group. Wednesdays, 1pm to 2.30pm. In downstairs room at WMC, coffee, chat and quizzes. All welcome. £1 donation.

Tai Chi taster session. August 23rd here at the church from 11am to 12pm. Suitable for all levels.

Exercises Fridays, 10.30am to 11.30am chair assisted and 11.30am to 12.30pm seated. Strength, balance and mobility with music. £3.

Snooker Group. Fridays 1pm to 3pm. Older men's snooker group at WMC. All abilities welcome, full-size table with refreshments. £1.50.

Film Club. "Joyride" with Olivia Coleman. Comedy set in Ireland. Monday 25th September 12.30pm. £3.50 donation includes cuppa soup and bread before with ice cream and popcorn in the interval

Withington Baths

**Withington Baths, 30 Burton Road, M20 3EB
0161 478 1181**

Free sessions with Withington Baths Membership

- Silver Circuits, Tuesday at 3pm and Thursday at 1pm
- Over 50's Thai Chi, Monday at 2:15pm
- Table Tennis, Tuesday at 10:45am, Wednesday at 10am and Thursday at 10am
- Weekday swim: 6:30am to 9:15am, 12pm to 1pm and 6:30pm to 9:30pm
- Over 50's massage workshop, Thursday 2:15pm to 3pm. Helpful for age-related conditions like arthritis and high blood pressure. In some classes, the participants will form pairs with each other.

Early years and youth provisions

Withington Junior Boxing Club

Withington Baths, 30 Burton Road, M20 3EB
Tel: **0161 478 1181**
withingtonbaths.com

Every Monday, 4pm to 5pm for 8 to 16 year olds. FREE. Please book.

Expert coaching: fitness, strength, confidence, resilience.

NHS Healthy Start Scheme

Get help to buy food and milk.

You can get £4.25 every week to help you buy: cow's Milk, fresh, frozen or tinned fruit and vegetables, infant formula milk, fresh/dried and tinned pulses, you can also get free Healthy Start vitamins.

Eligibility:

- Under 18s - anyone who is under 18 and pregnant can apply.
- Over 18s - you must be at least 10 weeks pregnant or have at least one child under 4

See eligibility criteria and how to apply visit

healthystart.nhs.uk/how-to-apply or you can call their helpline on **0300 330 7010**.

Monday Monkeys

Withington Methodist Church, Wilmslow Road

10am to 11.30am term-time.

Open to parents/carers with under 5s who live within 1.5 miles of Withington Methodist Church.

Minimum donation of £1 per child.

Please book. Email: mondaymonkeyswithington@gmail.com

OMYOP Youth session

Youth club for 10-19 year olds. Every Thursday, 6pm to 9pm.

Table tennis, music, cooking, urban art, arts and crafts, chill out, discussions, conversations and more....

Withington Methodist Church, 439 Wilmslow Road, M20 4AN

The entrance to the building is through the back of the building via carpark off Egerton Crescent.

For more information contact Email: elise.unityarts@gmail.com
Tel: **0778 756 0002**

Holiday Activity and Food Programme

Check out this handy guide for ways to keep your young ones entertained this summer:

A guide to universal (open to all) activity which includes some free and low-cost options

<https://loadstodo.co.uk/guides/schoolhols/>

Summer holidays can be difficult for some families. The cost of extra food, childcare, and activities to keep the children active and entertained can be challenging.

The Holiday Activity and Food (HAF) programme is a scheme funded by the Department for Education. It gives children who are eligible for benefits-related free school meals the opportunity to take part in fun, enriching activities and receive a healthy meal. It runs during Easter, summer, and Christmas school holidays.

Places on the holiday schemes are available free of charge to children aged 5-16 who receive free school meals. Each programme will provide delicious, healthy meals, allow kids to get active, help them learn new things, make friends, and have fun.

A guide to HAF activity - only available to families with children on benefits-related FSMs

<https://loadstodo.co.uk/guides/haf/>

Support for carers

TREATS

A support group for people living with dementia and/or carers. The group is run by staff and volunteers from Manchester University NHS Foundation Trust

Complementary Therapies including massage, aromatherapy and reflexology, also games, chats and music time.

Fridays 2pm to 4pm. N.B There is no group on the first Friday of the month.

Church Hall, St. Paul's Church, 491 Wilmslow Road, Withington, M20 4AW

If you are interested please contact Michele Latham (Active Therapy Team): **0161 217 4920**

Carers of Adults with Substance Misuse Issues

This free group is where carers of adults with substance misuse can meet with other carers to share your experiences, find useful information to help you and the person you care for.

Carers Manchester South believe you should have the opportunity to meet in a safe place to talk openly without being judged about the person you care for.

This group meets on the fourth Thursday of every month from 3.30pm to 5pm.

Venue: Withington Methodist Church 439 Wilmslow Rd, Withington, Manchester M20 4AN.

Transport is available if you find it difficult to get to the venue.

If you are interested, or you have any questions then please contact Steve
Email: Stephen@manchestercarersforum.org.uk
Tel: **0749 4097 568**.

STAR Stroke Group for Patients and their Carers

S Support
T Therapeutic (Holistic)
A Activities
R Relaxation

A group for anyone who lives in South Manchester who has had a stroke, and anyone who is a carer to someone who has had a stroke and lives in South Manchester.

Come and take part in complementary therapies to improve wellbeing. The group is run by staff and volunteers from Manchester University NHS Foundation Trust and is affiliated to the Stroke Association.

Every Friday 9.30am to 12.00 noon

Church Hall, St Paul's Church, 419 Wilmslow Road, Withington, Manchester, M20 4AW

If you are interested please contact Michele Latham (Active Therapy Team): **0161 217 4920**

Carers Manchester

Carers Manchester is a partnership of statutory services and voluntary organisations. The partnership includes 18 organisations who support unwaged carers in the city. These organisations make up the Carers Manchester network.

For more information about what support is available for carers in Manchester, visit carersmanchester.org.uk

Manchester Carers Forum Support Group

2nd Monday of the month, 11am to 12:30pm
Ladybarn Community Hub, Royle St. M14 6RN
Tel: **0161 224 3733**
ladybarncommunityhub.co.uk

Volunteer

Change Grow Live

- Gain new skills and experience
- No qualifications needed
- Full training provided
- Flexible around your time.

To view all available roles and to apply, Visit www.changegrowlive.org/volunteering

For more information, or for an informal chat about any role, please email joshua.nicol@cgl.org.uk

Ladybarn Community Hub

Ladybarn Community Hub, Royle St, Ladybarn. M14 6RN

Tel: **0161 224 3733**

ladybarncommunityhub.co.uk

Are you interested in becoming a volunteer for Lady Barn Hubs Older Peoples Groups on a Wednesday and/or Thursday?

If so please contact us or visit www.ladybarnhub.co.uk/volunteer for more information.

Withington Baths

Withington Baths, 30 Burton Road, M20 3EB

Tel: **0161 478 1181**

withingtonbaths.com

Withington Baths is on the look out for new volunteers to support a range of roles, from volunteer gardening to volunteer guided heritage tours.

If you would like to lend a hand to support Manchester's last Heritage Pool, please contact emma.horridge@withingtonworks.com or visit in person.

Chatty Café Volunteers Needed

The Chatty Café Scheme is coming to Withington and Old Moat.

We're looking for local people who like to talk and have a few spare hours a week to come and help talk to people who attend the chatty café about anything from 'by gone times' to 'exciting hobbies'.

Contact Yasmin Brodie to register your interest.

Email: Yasmin.Brodie@manchester.gov.uk

Tel: **0797 1617 147**

Website: thechattycafescheme.co.uk

Manchester Cares

Manchester Cares is a community network of younger and older people sharing time together for friendship, company, and conversation.

If you are a younger person looking to find out how you could spend time with your older neighbours then call Manchester Cares on **0161 207 0800**, or email hello@manchestercares.org.uk

Cost of living

10 tips to save money on fuel in the kitchen

With the cost of fuel being so high, saving money is so important. Porter Nutrition have put together 10 tips to help you save money.

1. Put the lid on the saucepan

Keeping the lid on helps keep the heat in. It also reduces the amount of steam in the room so you are less likely to have to put the extractor fan on for ages or open the window.

2. Turn down the heat

Once your food has come to the boil, turn down the heat. Pasta, rice and veg cook well on a lower heat – you just need to keep the water simmering.

3. Turn the heat off a couple of minutes before the end of cooking rice or pasta or veg

The heat from the water will continue to cook the ingredients after you turn the gas off so why not save some pennies and turn the gas off just before the food is cooked (don't try this with meat and fish though).

4. Choose the correct size saucepan

If you have a pan which is too small for the ring, you lose lots of heat up the side so pick the right size pan to cover the whole electric ring or to sit so that the flames of the gas don't go up the side of the pan.

5. Use a steamer

One ring of gas/electric and lots of levels. I like to cook my pasta/rice/potatoes on the bottom and my veg on the top.

6. Don't keep opening the fridge or freezer

Every time you open the fridge the warmth of the kitchen goes into the fridge. This means it has to work harder to keep cool. Think through what you need before you open the fridge or freezer. Try not to stand there thinking what you might have too! And, for your freezer, you might want to consider having a mini wipeable chart which you can write what is in each drawer/on each shelf so you can quickly access what you need – and stop your hands freezing too!

7. Keep your freezer fairly full

When you open the freezer, warm air rushes in. The emptier your freezer is the more warm air can get in. A recent hack I saw was to put bags or boxes of water in your freezer to fill the gaps. Don't pack it too tightly but this can help.

8. Maximise your oven use

If you need to use the oven, think what else you can cook at the same time. I like to cook chicken breasts at the same time as another meal which I thinly slice for sandwiches – it's much cheaper than buying pre cooked meat.

9. Consider a pressure cooker

If you have some money to invest to save money long term, consider a pressure cooker. You can cook soups, veg, meat, pulses and a fraction of the time.

10. Consider a slow cooker

Although slow cookers are on for a while, they are often much more efficient than having the oven on. Choose recipes which don't need to have lots of things part cooked first and you are on to a winner – and a time saver.

Cost of living advice line

If you are struggling with the increases in food and energy bills and are struggling financially, help is available.

This free telephone line offers support with:

- Benefits and help with your rent
- Advice about debt and paying bills
- Support with transport to get to medical appointments
- Food support – help to find community food provision near you
- Help to get online - support to access the internet, laptops, phones and data.

Cost of living advice line **0800 023 2692**.

The line is open Monday to Friday 9am to 4:30pm.

Translations and Sign Video services are available upon request.

Your health

Community NHS Health Checks

Monday 21st August 10am – 3pm at Withington Library.

The health check consists of a blood pressure check, a small blood test to check cholesterol levels and diabetes risk, plus height and weight measurements. The health check takes around 30 minutes to complete, and you will receive a copy of your results during your appointment.

NHS Health Check Eligibility Criteria

- Aged 40 – 74
- Do not already have heart disease, diabetes, or kidney disease and not taking medication for high blood pressure or high cholesterol
- Registered with a Manchester GP practice
- Have not had an NHS health check in last 5 years

To make an appointment for one of these health checks please contact the community NHS health check team on 07702872861

Annual Health Checks for people with Learning Disabilities:

Everyone over the age of 14 with a Learning Disability can have an annual health check at their GP. The health check is a useful way to help you keep well. Get in touch with your GP if you haven't had your annual health check.

Be Well

Be Well is a social prescribing service for people living in Manchester. That means we support you to make healthy lifestyle changes without ignoring things that often get in the way.

So come to us if you are looking for help with:

- Getting more support locally
- Reaching your life goals
- Motivation, low mood and feeling positive about life
- Feeling less isolated
- Reaching a healthier weight or lifestyle.

To make living and feeling well part of everyday life, call Be Well on **0161 470 7120** from Monday to Friday 9am - 5pm or email bewell@thebiglifegroup.com

Bowel Screening Saves Lives

Bowel cancer screening aims to prevent and detect cancer at an early stage when treatment is more likely to work. Bowel screening involves taking a simple test at home every 2 years. The test looks for hidden blood in your poo, as this could mean a higher chance of bowel cancer. The aim of the test is to find bowel cancer at an early stage in people with no symptoms.

Everyone aged 56 to 74 years who is registered with a GP and lives in England is automatically sent an NHS bowel cancer screening kit every 2 years.

Make sure your GP practice has your correct address, so your kit is posted to the right place.

If you're 75 or over, you can ask for a kit every 2 years by phoning the free bowel cancer screening helpline. If you think you are eligible for screening but haven't received a kit also phone the free bowel cancer screening helpline to request one on **0800 707 60 60** or email bowelscreening@nhs.net

If you are aged 54+ and would like to help your local NHS to understand how people feel about bowel screening, and help us make changes to how we promote screening please share your views in this survey: <https://www.surveymonkey.co.uk/r/LWH2X8M>

Change Grow Live – Drug and Alcohol Service

For adults and young people.

Do you want to make a fresh start?

Are drugs/alcohol affecting your life or the life of somebody you know?

Contact us for free and confidential information: 0161 823 6306

manchester@cgl.org.uk

Eclipse offer a tailored service for young people and families: 0161 839 2054

eclipsemanchester@cgl.org.uk

Be smoke free

Free products, advice and support to help you stop stopping for good. Whether it's for your health, for your kids, to save money, or something else, you're more likely to succeed if you get support. With Be Smoke Free, you get:

- Expert one-on-one support from a nurse to find the best way to stop smoking for you
- Free stop smoking aids like nicotine patches, gum or Champix
- Someone to encourage and cheer you on.

Contact 0161 823 4157 or visit changegrowlive.org/be-smoke-free/home