

WYTHENSHAWE (BROOKLANDS) & NORTHENDEN NEIGHBOURHOOD NEWSLETTER

NEWS AND INFORMATION ON HEALTH, WELLBEING AND WHAT'S ON – AUGUST 2023

NEIGHBOURHOOD PARTNERSHIP UPDATE



Thank you to everyone who attended our People Led Partnership Walk and Talk in May hosted by Dave Nuttall from Thrive Manchester. Partners enjoyed a lovely outdoor walk in the sunshine and

chatted about their roles, work areas and shared interests. Back in Parkway Green House over a cuppa, discussions continued, and informed the development of a Carers' Event and Trauma Informed Training.

PLEASE SAVE THE DATE for the next in person Neighbourhood Partnership Meeting:
Wednesday 13 September 2023 11-1pm

A CARERS EVENT

"We organised an event during Carers Week for all carers, which was attended by about 25 carers and workers from MCR Active, Be Well, Carers Manchester South, Manchester Mind, String of Hearts, Manchester Local Care Organisation, Age Friendly Wythenshawe, and Answer Cancer. This was promoted by local organisations, and through the GP carers register. It was a lovely sunny day, and a great atmosphere with plenty of opportunity for people to spend time with organisations to ask

questions, get advice and support about ways to look after themselves and the people they care for. If you care for someone, speak with your doctors about being added to the carers register. This can entitle you to have flu vaccines, health checks, and referrals for further support such as carers assessments."

Zoe Bisby Learning Disability Care Coordinator



TRAUMA INFORMED TRAINING

Conversations about what trauma is and isn't, what this means for us as individuals, family members, professionals, working in organisations, communities and our Neighbourhood led us into creative ways to think about our workforce and community wellbeing. Next steps include the delivery of new training from Thrive Manchester and co-

CONTRIBUTE TO THIS NEWSLETTER

Contact Gurdeep Thiara, Health Development Coordinator. Email

Gurdeep.Thiara@mft.nhs.uk or call 07502 193 406

designed plans to inform this practice with Teams Around the Neighbourhood.

FUTURE PARTNERSHIP MEETINGS

Neighbourhood Partnerships meetings are a space to connect with others and build more awareness of what we all offer so that we can work more collaboratively. We welcome all partners to these meetings 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.

Contact Gurdeep to get involved.

Email: Gurdeep.Thiara@mft.nhs.uk

Mobile: 07502 193 406

WHAT'S ON

WYTHENSHAWE GAMES: COMMUNITY HEALTH & WELLBEING

Sports, Fun for Under 5s, First Aid Training, Health Checks & chats, Cost of living advice and lots more!!



Come and Chat to Services on Fridays 11am-3pm at Wythenshawe Games:
Friday 11 August Painswick Park
Friday 18 August Wythenshawe Park

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 or www.meetup.com/tablemcr

AGEING WELL EVENT



WE'RE IN YOUR CORNER.

AGEING WELL EVENT • 30 August, 10.30am to 2pm

Forum Centre, Simonsway Wythenshawe M22 5RX

Taster Activities Woodcrafts * Hobby & Activity groups * Cooking on a budget* Sweet Treats * Body Shop* Hand Massages* Grandchildren welcome

SUPPORT FOR CARERS

DO YOU HELP A PARTNER, FAMILY MEMBER, FRIEND OR NEIGHBOUR?

Do you provide them with support to help them keep safe and well in their own home?

If you do, then you are an unpaid carer and could get support to help you and the person you care for.

The Carers Manchester Contact Point is a dedicated helpline for carers to access for support and guidance. The team includes advice workers that can provide support in other languages.

You can contact them at:

Tel: 0161 543 8000 Monday – Friday 10am – 4pm except bank holidays. Their busiest times are between 11am and 2pm so you may wish to contact them outside of those hours.

Email contactpoint@carersmanchester.org.uk

Visit www.carersmanchester.org.uk and fill in their enquiry form.

EARLY YEARS

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.

HOLIDAY ACTIVITY AND FOOD PROGRAMME

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

<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.

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

SUMMER HOLIDAY IMMUNISATION CLINICS FOR SCHOOL-AGE CHILDREN (YEAR 8 AND ABOVE) IN MANCHESTER – CATCH UP ON ANY MISSED

Want to ensure your child's immunisations are up to date? This summer holiday, Human Papillomavirus (HPV), Meningitis ACWY, Diphtheria, Polio, and Tetanus immunisations are available at clinics across Manchester. Our Neighbourhood local clinic is:

Clinic: Brownley Green Health Centre, Brownley Road, M22 9UH

Dates: Tuesday 1st, 8th, 15th and 22nd August

Times: 10am to 2pm

Clinics are open to school-age children (Year 8 and above) who live or go to school in Manchester.

Book now by calling [07973 698166](tel:07973698166) or emailing mft.immunisation@nhs.net

Upon booking, immunisation status will be checked, and a consent form will be provided in a language of your choice.

Find out more at www.manchesterlco.org/summer-immunisation-clinics

AGE FRIENDLY



Monthly on Fridays 2-3.30pm at Brooklands Church of The Nazarene, Wendover Road M23 9FN

- Transport Available
- Refreshments
- Accessible venue

Contact Lucy to sign up or make a referral
Phone: 07392154743
Email: lucy@stringofhearts.co.uk

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 Available at Brooklands library and Wythenshawe Forum

AGE FRIENDLY WYTHENSHAWE NETWORK



Age Friendly Wythenshawe

Social Meet-Ups 2023

All meet ups are at the Forum Library, Forum Centre, Simonsway, M22 5RX
Wednesdays at 1pm-3pm on September 27th, October 25th, November 29th, December 13th

Age Friendly Wythenshawe helps residents to play an active role in their community.
Contact Philip Tomlinson to get involved!
Philip.tomlinson@manchester.gov.uk

AGE FRIENDLY CORNERS

Age Friendly Corners are located at venues around Wythenshawe with information to help you:

- Link to services
- Connect with people
- Get advice and support

Visit your local Corners at the following venues:

The Forum Library
The Tree of Life Centre
The Dandelion Centre
Village 135
Crossacres Age UK

DOWNLOAD OUR AGE FRIENDLY APP



- 1 Scan the QR Code
- 2 Read the instructions to add the 'APP ICON' to your homescreen



www.local-apps.co.uk/age-friendly-wythenshawe/



Get your LocalApp!
Call: 0161 902 0706

Woodhouse Park Lifestyle Centre
St Antony's Church
St Hilda's Church
Sacred Hearts Church
St Michael's Church Hall
Brookland Library
Northenden Library

VOLUNTEER

WYTHENSHAW GOOD NEIGHBOURS IS RECRUITING VOLUNTEER DRIVERS

Wythenshawe Good Neighbours (WGN) is recruiting Volunteer Drivers for its new Volunteer Drivers Scheme, launching this autumn. The membership scheme will see volunteers driving older people to health appointments and activities across Wythenshawe. They'll also inform service users about local support for older people and distribute details of things to do across the community. Volunteer Drivers will receive initial training and ongoing support. They'll use their own car and receive 45p per mile to reimburse costs of petrol whilst volunteer driving, and to support insurance and vehicle maintenance.



Volunteer Drivers Scheme

WGN's looking for volunteers who are keen to improve quality of life for older people, many of whom face transport difficulties, for reasons like rising costs and mobility or confidence challenges. Interested? [Visit WGN's website](#) for the role description/ how to apply.



Photo credit: Elliot Manches. Image courtesy of Centre for Ageing Better - Age-positive images

**OPPORTUNITIES FOR YOUNG PEOPLE
LOOKING TO SPEND TIME WITH OLDER
NEIGHBOURS**



Manchester Cares brings older and younger neighbours together to share time and experiences and feel more part of their community.

We're currently looking for people aged 18+ living or working in Northenden, Brooklands or Wythenshawe, who would like to spend an hour a week chatting and getting to know an older neighbour in their area. Our Love Your Neighbour programme is about building fun, mutual, long-lasting friendships, learning new things and finding out what you might have in common with an older neighbour!

We also run Social Clubs across Manchester, bringing older and younger people together to visit different venues and try something new - from Desert Island Discs, to museum trips and food-tasting tours, we have something for everyone and all our activities are free.

To get involved in Love Your Neighbour, Social Clubs or both, please sign up on our website or get in touch with us on 0161 207 0800

<https://manchestercares.org.uk>

CHANGE GROW LIVE

- Gain new skills
- 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

COST OF LIVING

THE SHARSTON SHOP



The Sharston Shop was set up in the Children's Centre (on Poundswick Lane) to support families in response to the current cost of living crisis, following an idea put forward by the centre's administrator.

Adults and children's clothing and shoes, baby items, bric-a-brac and a few household items are donated by members of the public and are available free of charge to anyone who visits the centre, living in M22 or M23.



The shop is supported by the staff team and two volunteers who manage stock rotation, sorting and displaying items so there is always plenty to choose from

Find out more

<https://www.facebook.com/wythenshawchildrenscentres>

ENERGY ADVICE CHAMPION CITIZENS ADVICE CENTRE

"I'm Jess the Senior Energy Champion at Citizens Advice Manchester, part of my role is to offer energy training sessions, whether that's front-line workers, or to consumer groups".

The frontline worker session covers: -



- Current Energy Crisis and additional support
- What the Priority Service Register is, and what the advantages are of registering your clients there.
- Energy advice and how it affects clients' health.
- Ways to maximise clients income
- Setting up a client when they move

Consumer sessions explain: -

- Different meters
- Current energy crisis
- How to make the most of Income and support available
- Priority Service Register
- Energy saving tips

Contact Jess on this email to find out more jessica.mellor@citizensadvicemanchester.org.uk

FREE SIM CARDS WITH INTERNET ACCESS

Any Manchester resident (over the age of 18) who is on a low income and struggling to pay for internet access can now get a free SIM loaded with free data.

SIMs come with free internet access for up to 6 months!

Locally, you can pop into Brooklands library or Wythenshawe Forum and ask for details.

MANCHESTER'S 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
- 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 advice line is open Monday to Friday 9am to 4.30pm

Translations and Sign Video services are available on request

YOUR HEALTH

COMMUNITY NHS FREE HEALTH CHECKS

Tuesday 22nd August 10am – 3pm at Church of Nazarene, Wendover Road, Brooklands M23 9FN

&

Wednesday 23 August 10am-3pm St Michael's Church Hall, 43-49 Orton Road, Wythenshawe M23 0PX

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

To make an appointment for one of these health checks please contact NHS health check team on 07702972861 (request a translator if required)

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 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/besmoke-free/home

STROKE ASSOCIATION



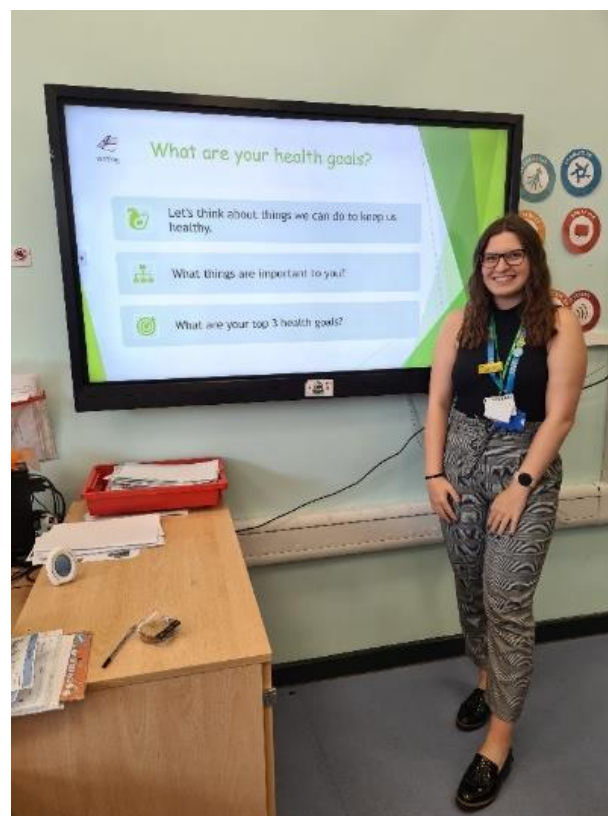
We understand the impact of stroke and how it affects everyone differently. Please get in touch with our South Manchester team to find out how we can help you, a loved one or someone you support professionally.

Telephone: 0161 7427 482
Email: southmanchester.team@stroke.org.uk
Email contact for nhs professionals:
southmanchester.stroke@nhs.net

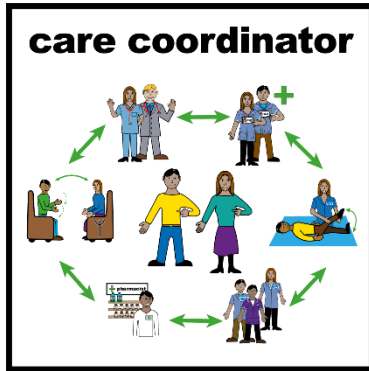
ANNUAL HEALTH CHECKS FOR PEOPLE WITH LEARNING DISABILITIES:

Everyone over the age of 14 with a Learning Disability can have an annual FREE health check at their GP. The health check is a useful way to help you keep well.

“Hi, I’m Zoe and I’m the Learning Disability Care Coordinator for the Brooklands and Northenden neighbourhood.

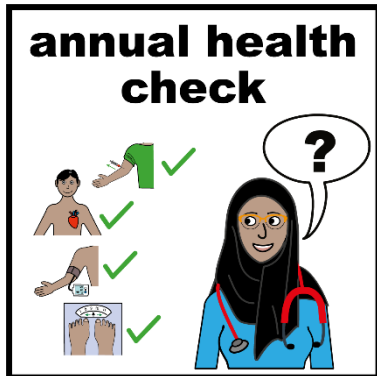


I support people who are on the GP’s Learning Disability Register to have their Annual Health Check with their doctor. I work alongside other teams in the neighbourhood to provide wider support to people in the community and promote healthy lifestyles”.



I'm Zoe and I am a Learning Disability Care Coordinator.

I work with Brooklands Medical Practice, Northenden Group Practice, Northern Moor Medical Practice, Park Medical Centre,



I support people with a Learning Disability to have their Annual Health Check at the doctors.

The Annual Health Check is a free, yearly health check for everyone over 14 on the GP

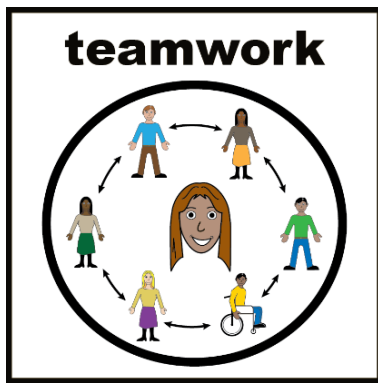


We will help you to write a Health Action Plan to remind you of things you can do to help you keep healthy.

It might include things that the doctors can do to help you.



I have worked in a school to teach students and their parents and carers about the Annual Health Check so that they can understand how important it is, and what will happen at the appointment.



I work with other groups in the neighbourhood to support people with a Learning Disability and their carers.

We held an event for carers to talk to organisations and get support



If you have any questions about the Annual Health Check or Learning Disability Register, you can email me on z.bisby@nhs.net , or call your doctor's practice.



BOWEL CANCER SCREENING

ARE YOU AGED 60-74?
Have you sent off your home test kit?

English

Scan the codes to learn more about Bowel Cancer Screening

Video



Leaflet



Arabic

امسح الرموز للتعرف على فحص سرطان الأمعاء

Video



Leaflet



Bengali

অন্ত্রের ক্যান্সার স্ক্রীনিং সম্পর্কে জানতে কোড স্ক্যান করুন

Video



Leaflet



Urdu

آنتوں کے کینسر کی اسکریننگ کے بارے میں جاننے کے لیے کوڈز کو اسکین کریں۔

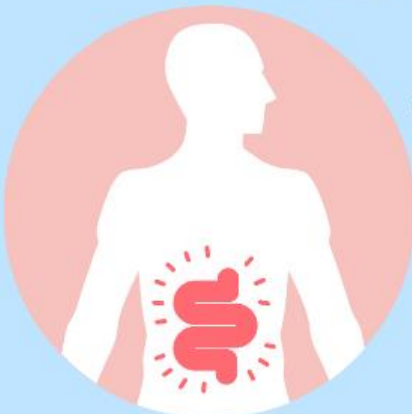
Video



Leaflet



A kit will be sent to you every 2 years



Videos in other languages



Aged over 75?
Call 0800 707 6060 to request your kit



Remember to send us your screening kit back...



No ifs or butts about it...

Bowel Cancer Screening Saves Lives.



SCAN ME

For More information on Bowel Cancer Screening.



Out Of
10

People will survive bowel cancer if diagnosed at the earliest stage.

NO IFS OR
BUTTS
ABOUT IT...



Bowel Cancer Screening Saves Lives.



SCAN ME

For More information on Bowel Cancer Screening.

