

We Cheetham & Crumpsall

Issue 15
Nov. 2023

FREE

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

NEW FAMILY HUB FOR CHEETHAM AND CRUMPSALL RESIDENTS

Based in Woodville Sure Start Children's Centre, Woodville Family Hub is here for families living in Cheetham and Crumpsall. Unlike Sure Start Centres which largely provide support aimed at younger children, the age range of those supported through the hubs will be from pre-birth, through the infant and toddler stage, all the way up to age 19 years, or up to 25 for young adults who have special needs.

The hubs have been set up to provide access to a wide range of services to help families navigate all aspects of family life - from health issues such as infant feeding, mental health support, and stopping smoking, to building better relationships, accessing school and education support, as well as providing advice on jobs, skills training, and next steps post-18.

Here you'll find midwives, registrars, health visitors, early years, mental health professionals and youth specialists. We also have a host of other services - including relationship and parenting programmes and financial advice. We all work together to meet the needs of children, young people and families.

Address: Woodville Sure Start Children's Centre, Shirley Road, M8 ONE
Phone: 0161 234 3000

Genetic literacy project

Asma Khan and Sarah Iqbal, pictured below, are the volunteer co-ordinators for the genetic literacy project which is raising awareness of associated risks for communities practising customary consanguineous marriage and supporting informed reproductive decisions.



We are looking for volunteers to support expectant mothers who are in a close relative marriage.

If you are interested in volunteering or need further information contact us via:

- Asma.khan@manchester.gov.uk or
- sarah.iqbal@manchester.gov.uk



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

We have introductions to new people working in the community, what's on in venues near you, heart-warming stories from local people and organisations, and updates from services. We've also got some news about developments and investment within our neighbourhood and opportunities for you to have your say about how that should happen.

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 fifteenth edition of our community newspaper for Cheetham and Crumpsall.

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

From green spaces, new services and community safety - we've got so much to share with you.

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
Lizzie.Hughes@mft.nhs.uk

MEET THE EDITORIAL BOARD



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marysia@nmcp.org.uk



Hello again.

Some of you may remember me from the editorial page of previous issues of our newspaper. I left Cheetham and Crumpsall and the Wai Yin Society in October 2022 because of family issues but was persuaded back to Cheetham Hill to work for the North Manchester Community Partnership, based for part of the week at the Welcome Centre in Brentfield Avenue. I also work with Shakar and Shabnam Hussain who run Rainbow Surprise in Crumpsall. I am delighted to be working with so many of the same people in the area again, and to be back on the paper. I just could not stay away from Cheetham and Crumpsall and the people who live and work here. I look forward to seeing many of you in the future.

Cheetham and Crumpsall news

Strangeways regeneration

A team of consultants has been chosen to draw up a Strangeways and Cambridge Strategic Regeneration Framework (SRF) that will guide the transformation of the neighbourhood over the next decade and beyond.

A specialist team will deliver the framework on behalf of Manchester and Salford City Councils, which will include economic analysis, master-planning, urban and landscape design, heritage, and strategic property advice.

The SRF will go out to public consultation next year, with the document being reported to Manchester and Salford's respective executive committees next summer. In the meantime, if you have any questions or comments, contact us via district.centres@manchester.gov.uk

This map shows the area that is in scope.



Abraham Moss Library and Leisure Centre reopens

Following the multi-million investment from Manchester City Council, the significant revamp has transformed the Abraham Moss Centre's leisure and library facilities into a bustling and residential hub. Where residents can have access to essential state of the art services all in once place, in the heart of our community.

Abraham Moss Leisure Centre now boasts a six-lane swimming pool, learner pool, steam room, sauna, two squash courts, health and fitness suites and a state-of-the-art indoor cricket facility - the first Indoor Urban Cricket Centre in the city.

The new open-plan Abraham Moss Library will be open 7 days a week. It offers free high quality Wi-Fi, new books, self-issue facilities and a diverse range of events for people to enjoy. The library is open to all, you just need to register for free. Visit: www.better.org.uk or phone: 0161 720 7622.



Cleaning up Crumpsall alleyways

Manchester City Council's Neighbourhood Team are working with local residents who want to see the alleyways of Wellington Road, Hallworth Road and Duchess Road look cleaner and greener so the alleyways can be used for good, rather than fly-tipping.

So far we have posted flyers to all surrounding houses, been door-knocking and organised residents meetings for those who want to get involved and bring forward ideas for what they would like to see in the alleyways and also what they would like to see the alleyways used for.

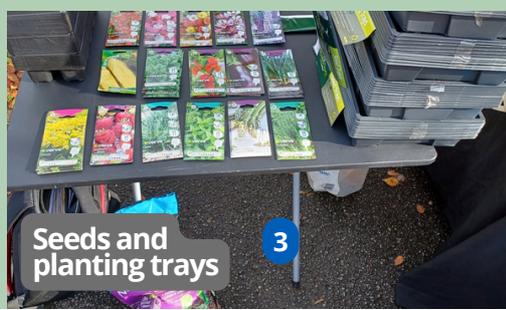
After feedback from residents saying they would like to see alleyways to be cleaner and greener,

we organised an event on Sunday 29th October on Duchess Road. There, we spoke to residents about the surrounding alleyways. For those who wanted to get involved in the alley-greening, we handed out seeds for flowers, fruit and vegetables, as well as seed trays and compost so residents can start growing these at home ready for spring. In spring, we'll be running another event to plant them.

Biffa also attended the event, they handed out freebies and played recycling games with children and families. The resident group is quickly growing and if you'd like to get involved in future meetings to share your ideas, please email tommy.williams@manchester.gov.uk



Recycling games with Biffa



Seeds and planting trays

3



Local fly-tipping



Your Local Health Update

Meet your new Care Navigator

'Hi, my name is Andrea Benjamin. I am your new Care Navigator for Cheetham and Crumpsall. I have worked in health and social care most of my life and feel this is where I thrive.

I am a dedicated person who is always looking for new challenges and I am very motivated towards what I do and the result I wish for at the end.

I enjoy working with others and I am always happy to help. I am a fast learner and always want to learn new things. I enjoy being with my family, reading, swimming and holidays.'



Andrea Benjamin.

About the Community Care Navigator Service

We understand that it can be difficult navigating your way through what is available in your local neighbourhood to help with any health or wellbeing issues. We will listen and liaise with you and our community colleagues to explore what you already have in place. We then identify any gaps in support and link you into these services. We then monitor to ensure these services have provided the support you require or if you need connecting further.

We work closely with NHS services, mental health services, GPs, social services (council), housing associations, charities, voluntary groups, social enterprise organisations and other community resources to do this.

Do you know someone that is:

- Socially isolated or lonely?
- At risk of hospital re-admission?
- Causing you worry?
- Poorly connected in their community/neighbourhood?
- Suitable for non-clinical intervention?
- A resident or GP patient of Manchester or Trafford over 18 years old?

If so, please refer to the Community Care Navigators.

- Phone: [0300 303 9650](tel:03003039650)
- E-mail: mft.spa-uhs@nhs.net

How to get the flu vaccine

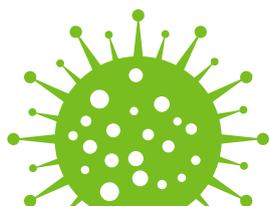
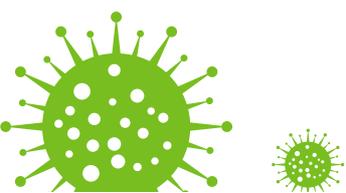
If you're eligible for an NHS flu vaccine, you can:

- contact your GP surgery to book an appointment
- find a pharmacy that offers NHS flu vaccination (if you're aged 18 or over)
- book a flu vaccination appointment online or in the NHS App (if you're aged 18 or over)

You may receive an invitation to get vaccinated, but you do not have to wait for this before booking an appointment.

You are eligible for a free flu vaccine if you are:

- aged 2 and 3 years
- eligible school aged children
- aged 6 months to under 65 years in clinical risk groups
- pregnant women
- aged 65 years and over
- in long-stay residential care homes
- a carer (in receipt of carer's allowance or main carer of an older or disabled person)
- living with someone who is immunocompromised
- frontline health and social care staff.



Your Local Health Update

Abdominal Aortic Aneurysm (AAA) Screening

Can you spare 10 minutes? It could save your life.

What is an Abdominal Aortic Aneurysm (AAA)? It is a swelling (an aneurysm) which gets bigger over time in one of the major blood vessels (called the aorta) which carries blood from the heart through the tummy (abdomen) to the rest of your body.

Aneurysms often do not cause any pain or symptoms, so you would not know if you had one. As they get larger, they are at risk of bursting (rupturing) which is classed as a medical emergency and can be deadly.

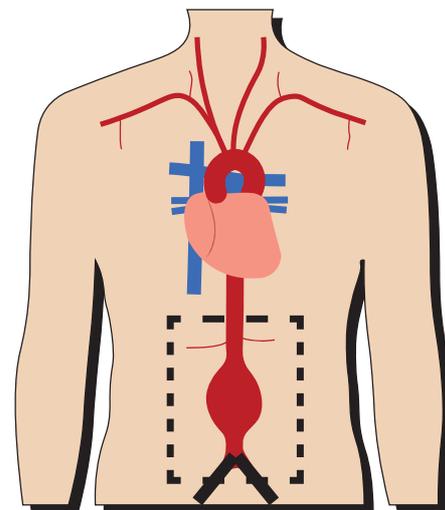
What is the AAA Test? The test is a simple, pain-free, ultrasound scan of your tummy which takes approximately 5/10 minutes. Using a handheld ultrasound, the Screener can measure the aorta inside your tummy. The scan is painless, quick and you are given the results there and then before you leave.

The NHS offers a safe, quick and pain free ultrasound scan to all men aged 65 years and over as they are at most risk of having a AAA.

Contact **0161 291 5716** to book a scan near you.



1 in 70 men will have an AAA.



New NHS Community Diagnostic Centre

Approval has been given for a new NHS Community Diagnostic Centre (CDC) to be in Harpurhey Shopping Centre, within the North City Family and Fitness Centre. This is fantastic news for residents of North Manchester as they will have a clinical centre providing tests, checks and scans in one place. So instead of having to go to several different hospitals for a series of tests and scans, North Manchester patients will go to Harpurhey where they will be able to have scans including X-Rays and ultrasounds, lung function tests, blood tests heart diagnostic tests such as ECGs, eye tests, all in one place and ideally all tests will be done in one day.

This 7-day service will mean quicker access to tests, should lead to quicker results, less waiting time for treatment and being seen nearer to home, instead of having to travel to hospitals in different corners of Manchester. This new facility aims to reduce pressure on hospitals and cut waiting lists. The Harpurhey Hub will be providing some services from the end of this year and the rest by April 2024.

North Manchester Community Partnership has been funded by the CDC Equalities Group to hold community engagement sessions throughout North Manchester which have been held at many venues. One of the main aims of these sessions has been to get feedback from potential users to highlight the barriers that people have experienced when attending scans, tests and so on at various hospitals across Greater Manchester. This will help the service provided by the CDC in Harpurhey to tailor to the needs of our North Manchester community. We have had valuable feedback from over 3,000 residents since the beginning of June, providing plenty of food for thought for the CDC team. We are all very much looking forward to this new initiative by the NHS in North Manchester.

For more information, contact North Manchester Community Partnership.

Telephone: 0161 792 9760

Email: hello@nmcpc.org.uk

GP surgeries will be referring patients from Christmas onwards.

Women's health

BollyFit Active

We help BAME and South Asian women build confidence, purpose and self-worth, giving them the confidence to be heard.

Our women's-only fitness program allows members to express themselves freely in a safe and secure environment. Our women have formed long-lasting friendships, bonding over a shared love of dance, fitness and wellbeing.

We celebrate our members' individuality, encouraging them to be themselves, express their feelings and move out of their comfort zones.

BollyFit supports members' physical and mental wellbeing; it's a safe space void of negativity and place of healing. We place particular emphasis on 'adaptation', helping members adapt to ever-changing society and teaching that 'new things' can be better than old traditions.

In addition to BollyFit's in-person fitness classes, we also use ZOOM and WhatsApp to ensure our members are supported 24/7. Our women always have constant access to support and a safe-space to express their feelings.



DO YOU WANT TO IMPROVE YOUR HEALTH AND FITNESS?

JOIN IN AT YOUR LOCAL LADIES ONLY FITNESS SESSIONS

TO FIND OUT WHERE YOUR NEAREST SESSION IS CONTACT SHAMIME:

- 07867854778
- SHAMIMEJAN@YAHOO.CO.UK
- BOLLYFIT-H24
- BOLLYFITUK
- BOLLYFIT ACTIVE CIC

"I LOVE IT WHEN WOMEN COME BACK TO SEE ME AND TELL ME, WITH A BIG SMILE ON THEIR FACES, WHAT THEY ARE DOING WITH BOLLYFIT AND HOW MUCH BETTER THEY FEEL"
DR HYLAND
ASHCROFT SURGERY
GP INTEGRATED NEIGHBOURHOOD
TEAM LEAD GORTON AND LEVENSHULME

WOMEN'S WALKING GROUP

Come along for a walk and chat!

Meet Zarka at Guidance Hub
Every Tuesday 10 am

Guidance Hub, 389 Waterloo Road,
Cheetham Hill, M8 9AB
0161 870 6001



Women's yoga

Wednesdays and Thursdays 11 am to 12pm.

Guidance Hub, 389 Waterloo Road,
Cheetham Hill, M8 9AB

Please register via
www.guidancehub.org

Contact 0798 343 2900.



Wellbeing at Khizra Masjid

Ahmed Iqbal Ullah Race Centre and Education Trust

We took some of our youth from the centre to the Manchester Library for an event organised especially for Asian boys aged 15 to 25 years, by the Ahmed Iqbal Ullah Race Centre and Education Trust.

Discussions were facilitated by three guest speakers who are known for modifying cars and also recently regarding a documentary and spoken word titled Peacephobia. The group discussed what they considered safe spaces, it was an opportunity for them to air thoughts, share their experiences and learn from each other.



British Taekwondo sessions

Khizra Masjid is pleased to announce that we are starting British Taekwondo sessions with a qualified instructor. The price has been heavily subsidised at £10 per month (3 months to be paid in advance), plus mandatory £15 insurance for each student.

There is no mandatory equipment or suit needed, however if you do wish to be graded then it would be a requirement. The grading system will take place roughly every 6 months to assess progression. There will be a fee for the grading but grading will not be mandatory.

To register or for more information, please visit our reception desk. Places are limited, so please do join early to avoid disappointment

Cycling Activity

Our latest Cycling event went very well, where many arrived early to take advantage of this wonderful opportunity.

Numerous people attended to watch and also have a go riding on a bike during this session and ask questions about our cycling sessions. We had a good turn out and the feedback was great.

Please do contact us if you have any questions.



Address: UKIM Khizra Mosque, 425 Cheetham Hill Road, Manchester, M8 0PF
Tel: 0161 205 6662
Email: info@khizramosque.org
Facebook: www.facebook.com/khizrayouth

Abraham Moss Warriors Update

Holiday programmes

The Warriors ran a really successful 31-day summer holiday program for young people aged 8-15 years of age to try a variety of activities including a week of science at Manchester University; 2 weeks of watersports; an opportunity to spend a day in the life of an England footballer at St. George's Park – the home of England National Football and cinema and bowling trips.

The young people had an amazing summer trying new activities and making new friends and led to an award for the best holiday activity program across the Northwest presented by Street Games.



Holiday activities



June Kelly being presented with the new kit

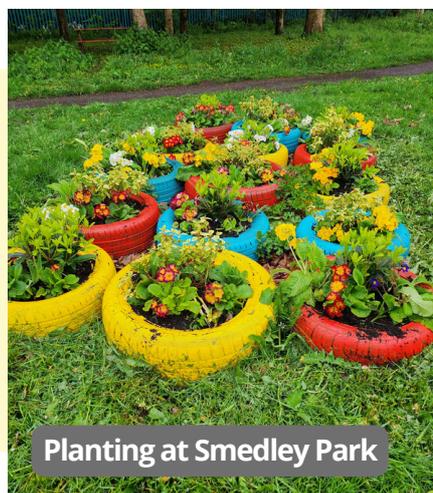
Lots of people to thank...

- Thanks to Mr. Shakos, new Headteacher of Abraham Moss Community School for the use of football facilities for training and League matches.
- Thank you to the GMP ARIS fund, the Youth Endowment Fund and the Greater Manchester Violence Reduction Unit for their financial support this year.
- Thanks to Abraham Moss Leisure Centre for letting us be the first group to use the new facilities in August 2023.
- A big thank you to McDonalds, Manchester Fort for the new kit.

This has made a real difference to the lives of young people in Cheetham and Crumpsall.

Smedley Park

We'll be planting 2000 winter plants and bulbs in Smedley Park over October half term. If anybody would like to get involved with the park, please contact June.



Planting at Smedley Park



Contact: June Kelly
Tel: 0795 742 9959
Email: abrahammosswarriorsjfc@yahoo.co.uk

CommUnity Together Event



On Wednesday 20th September 2023, the Welcome Centre in Cheetham Hill hosted a very successful 'CommUnity Together' event.

Jointly organised by North Manchester Community Partnership, Wai Yin Society and We Stand Together - it aimed to bring North Manchester together to celebrate diversity, challenge hate and to work towards building a safer, stronger community.

A day of free activities and food was enjoyed by a large group of people representing many different organisations and charities, including the NHS and Manchester City Council. We were honoured by a visit from the Lord Mayor of Manchester, Yasmine Dar who was impressed by all the work being

done to promote unity among our diverse communities in North Manchester.

Those who attended the event had the opportunity to try their hand at calligraphy, jewellery making, table tennis and karaoke. A splendid lunch was provided by Welcome Centre volunteers some of whom have come over recently from Hong Kong and this was reflected in some of the dishes on offer such as sweet and sour chicken and egg fried rice.

It was a great day, despite the inclement weather, but we North Mancunians are made of stern stuff and a drop of rain doesn't put us off. It was so good to see such a diverse group of people coming together.



Volunteers needed for our Together at Home project

Become a visitor to some of our members by providing:

- Weekly visits to their home
- Companionship
- Social Activities
- Respite break for carers

Our volunteer visitors must be:

- Caring, patient, empathic, with a sensitive and approachable manner
- Good communicators
- Reliable
- Good listeners
- Non-judgemental
- Aged 18 years and over



Call 0161 226 7168 or email suafina@togetherdementiasupport.org
www.TogetherDementiaSupport.org

Celebrate Carers Rights Day

Thursday November 23rd, 10.30am to 1pm. Come and Join Carers exploring the exhibits at the People's History Museum followed by lunch at the onsite café.

Spaces are limited so book now to avoid disappointment!

Manchester Carers Festive Celebrations

Book to attend our Festive Afternoon Tea on Thursday 7th December at Browns Brasserie, 12pm-2pm.

For more information, contact us:

Email: admin@manchestercarers.org.uk

Phone: 0161 27 27 27 0 Monday-Thursday, 10am-1pm (carers only)

Website: www.manchestercarers.org.uk



Cheetham Cultural Festival

Another successful four days of activities was enjoyed by many at the 19th Cheetham Cultural Festival with everyone celebrating unity, diversity and community.

The Lord Mayor of Manchester, Yasmine Dar, officially opened this year's festival at Abraham Moss Community School, where pupils from local schools showcased their many talents.

Over the four days many of our local organisations, opened their doors to visitors to enjoy fun activities, music, singing, acting and of course, food. Some of the highlights included:

- Manchester Jewish Museum which showcased music and stories written and performed by its song writing group as well as food and crafts.
- Wai Yin Welcome Centre with calligraphy, a community clothes repair workshop run by Stitched Up, music, table tennis and a delicious lunch provided by the wonderful ladies from Rainbow Surprise.
- A fabulous evening of beautiful gospel singing and amazing Caribbean Food at the New Testament Church of God.
- Khizra Mosque Open Day where visitors could learn about the Muslim community and tour the mosque.
- Central Gurdwara, where aspects of the Sikh culture and faith, including food, were enjoyed by many.

The festival's closing ceremony was held at the Ukrainian Cultural Centre. Here the Cheetham and Crumpsall Royal Exchange Cultural Ambassadors gave a moving performance based on inspirational stories from residents, aged from 7 to 97 years through a project they started in February. Other great entertainment included singing, Ukrainian dancing and, of course, borscht.

A wonderful weekend was had by many; all faiths and cultures mixing and eating together.

In the words of the Cultural Ambassadors' song
*'Coming together in harmony,
M8 is family, our community,
Like a tapestry, both dark and bright,
We fill this world with our radiant light.
That's Crumpsall, that's Cheetham Hill, that's who we are.'*

We hope to see you all next year for our very special 20th anniversary!



Cheetham Cultural Festival volunteers



Jewish Museum Royal Exchange Cultural Ambassadors



Closing event at the Ukrainian Centre



Info for the article – Marysia Bocquet



To find out about the festival find us on Facebook - Cheetham Cultural Festival.

Operation Vulcan: putting back into the community we serve

For the last 12 months Operation Vulcan has relentlessly policed the areas of Cheetham Hill and Strangeways in Greater Manchester. What is perhaps less visible however is some of the work going on behind the scenes. Did you know for example that Operation Vulcan is entirely funded from proceeds of crime?

Money that's seized from criminals is distributed to police forces via the Asset Recovery Incentivisation Scheme (ARIS). Some of the funds are returned to Greater Manchester Police (GMP) to fund policing operations and community initiatives.

The money recovered from criminals during Operation Vulcan has been added to the ARIS pot and as well as funding the operation, it is also being re-distributed back into the local community.

Cheetwood Community Primary School in Cheetham Hill has received £20,000 in ARIS funding, enabling the school to purchase school signs that add a splash of colour to the playground, update their school mural board and purchase new playground equipment.

Non-profit organisations which benefit a large number of people, can apply for a maximum of £20,000 to fund 12 months' activities which pledge to support GMP's objectives to fight, prevent and reduce crime; keep people safe; and care for victims.

Headteacher of Cheetwood Ellie Clark said: "This money is a fantastic benefit to the children and we're really grateful to the Operation Vulcan team for securing the funding for the school.

"We've worked closely with officers and we've

seen an increased police presence in the area and more engagement with the school which has been brilliant.

"Officers have come into the school to talk to children and parents, they have attended our school fairs – including our Eid Fair and Community Fair – and parents have been kept updated. We look forward to continuing working together educating the children and changing perceptions of this area for the better."

Detective Chief Inspector Jen Kelly of Operation Vulcan said: "Operation Vulcan is about more than enforcement. We want to make the Cheetham Hill area a safer and more vibrant place and put investment back into the community we serve.

"One of the key ways we can do this is ensuring the money seized from criminals is put back into community projects.

"We've also re-purposed over 900 tonnes of the seized counterfeit items to minimise the waste. Items such as hats, t-shirts and gloves have been made from safe materials, de-branded and donated to charities and local community organisations.

"I think it's right that confiscated criminal assets are being given back to the community where they will do good.

"During the next stage of Operation Vulcan, our officers will continue working closely with the Cheetham Hill Neighbourhood Team, Manchester City Council and the local community, listening to the concerns of residents and businesses so we can act on them and ultimately revitalise the area for the long-term and make it a better place to live and work."



Education

Tuition classes

Khizra Mosque is pleased to announce it will hold weekly tuition classes with qualified teachers who teach at local schools. Every Saturday from 2pm to 4pm. Teaching Key stage 1, 2 and GCSE levels.

Subjects taught:

- Science combined
- Chemistry
- Biology
- Physics
- Maths
- English
- Language and Literature

Address: UKIM Khizra Mosque, 425 Cheetham Hill Road, Manchester, M8 0PF

Tel: 0161 205 6662

Email: reception@khizramasjid.org

www.khizramosque.org



How do we sign up?

Please complete the online form or complete a form when attending on Saturday.

Payment details are attached in the online application form.

Visit the website below or scan the QR code or to fill in the online form:

forms.office.com/e/fXe5DKgpYY



New primary school in Cheetham Hill

Development has started for The Olive School, a new primary school for 4-11 year old children, opening September 2024. The Star Academies school will have a Muslim faith designation. It will welcome reception class applications from pupils of all faiths and none.

There is a consultation period from 16 October 2023 to 3 December 2023, in which local stakeholders within Cheetham and surrounding areas of Manchester are able to state their views on the proposal to open the new school. You can participate online by scanning the QR code or in person at a public consultation event:

- Wednesday 15 November, 6.00pm-7.30pm, Eden Boys' Leadership Academy, 38 Rayburn Way, M8 8DT
- Monday 27 November, 5.00pm-6.30pm, Eden Girls' Leadership Academy, 40 Rayburn Way, M8 8DT

Telephone: 0330 313 9900

Email: info@olivemanchester.staracademies.org

Website: www.olivemanchester.com



Creative workshops for young carers

Join other Young Adult Carers (16-25) for an exciting opportunity to take part in a set of monthly therapeutic art sessions! Come together as a group, in a friendly and pressure-free environment to get creative!

Sessions are running at The Horsfall, 87-91 Great Ancoats street, Ancoats – 4pm to 7pm on the following dates:

- 08-11-23
- 06-12-23
- 10-01-24
- 07-02-24
- 13-03-24
- 10-04-24

£5 Transport cost covered, and food included!

For more information, contact us:

Email: admin@manchestercarers.org.uk

Phone: 0161 27 27 27 0 Monday-Thursday, 10am-1pm (carers only)

Website: www.manchestercarers.org.uk



Worried about energy bills?



Citizens Advice Manchester

Citizens Advice Manchester is working with Cadent – the company who supply gas to homes in Manchester. They offer a free, confidential service to help you:

- Check if you are able to get financial support
- Manage energy debt
- Save money on energy bills
- Make sure your energy supply is safe
- Get new or better home heating



 Phone: 0808 164 4406.
Lines open Monday to Friday, 9am to 5pm.

Smart meters

Smart meters put consumers in control of their energy use, allowing them to adopt energy efficiency measures that can help save money on their energy bills and offset price increases.



Property repairs

If you have no heating or need emergency home repairs and are over 60 and on a low income, contact Manchester Care and Repair.

Phone: 0161 872 5500
www.careandrepair-manchester.org.uk



Energise Manchester

Energise Manchester will be offering a range of community based activities around home energy - from training in practical things to improve energy efficiency, to working with your neighbourhood health champions and events in local community hubs.

Look out for Energise Manchester events and activities near you.

Cost of Living Advice Line

Manchester's free cost of living advice line can help with:

- Benefits and help with your rent
- Advice about debt and paying bills
- Food support
- Support getting online



Phone: 0800 023 2692
Lines are open Monday to Friday, 9am to 4.30pm.
Text: 07860 022 876
www.manchester.gov.uk/helpinghands

First Asian Support Trust (FAST)

FAST helps marginalised people develop life and employability skills, address issues they face and improve their and their families' health. We achieve this through employability, citizenship, literacy, digital and other training and support.

We are available for all but particularly support those with seen/unseen disabilities and from communities experiencing racial and other inequalities.

Services include, a range of digital inclusion services such as: Basic Computers, Florence Academy certificates for care work or the NHS, HM Courts & Tribunals Service Appeals, National Data Bank, Employment Support, JCP Find a Job Account and Life in the UK accredited certificate.

First Asian Support Trust (FAST) Ltd
Community Point
551 Cheetham Hill Road, M8 9HZ

What's on: Cheetham & Crumpsall

MONDAYS

- **Women's Walking Group**, 9:30am at Khizra Mosque. FREE.
- **Women's Exercise and Gym Session**, 10am at Khizra Mosque. FREE.
- **Women's Indoor Cycling** 11am at Khizra Mosque. FREE.
- **Women's Coffee Morning, Befriending and Advice Session**, 11:30am at Khizra Mosque. FREE.
- **Sister's Chit Chat Chai**, every other Monday (Fortnightly) 12pm to 2pm at the ICT Centre.
- **Chai & Chat** Session by Hope Well at Woodville Sure Start. 1pm. FREE.
- **Me Time Session** by Hope Well and Women's Zone at Woodville Sure Start. 1:30pm. FREE.

Women-only

TUESDAYS

- **Mother and toddler group, coffee morning and exercise session**, 10am at Khizra Mosque. FREE.
- **Women's Exercise group for all levels**, 10am at Hope Well. FREE.
- **Informal English & Digital learning**, 12pm at Hope Well. FREE.
- **Women's Drop in chai and chat**, 2pm at Hope Well. FREE.
- **Ladies Only Walking Group**, 10am at Guidance Hub. FREE.

WEDNESDAYS

- **Yoga, Relaxation and Breathwork** by Hope Well. 11am at Guidance Hub. FREE.
- **Ladies Yoga**, 11am at Guidance Hub. £1 per session.
- **Ladies Gentle Exercise**, 1:30pm at Guidance Hub. £1 per session.
- **Ladies Bhangra** by Rainbow Surprise. 7pm at Crumpsall Community Hall (above Rainbow Surprise) £2.

THURSDAYS

- **Ladies Chit, Chat & Chai Group**, first Thursday of every month, 12pm at Guidance Hub. FREE.
- **Ladies Cricket** with Rainbow Surprise. 7pm at Abraham Moss Leisure Centre. FREE.

Men-only Martial Arts, 6:30pm Wednesdays at Guidance Hub, £4 per session.

TUESDAYS: Cricket for children with Rainbow Surprise at Abraham Moss Leisure Centre. FREE. 5pm for 6-12 year olds and 6pm for 12-16 year olds.

WEDNESDAYS

- **Boys Youth Club Session** (12 years and under), 6:45pm at Khizra Mosque. FREE.
- **Homework Club** (5 years and over), 5pm at New Testament Church of God. FREE.

THURSDAYS: Boys Youth Club Session (12 years and under), 6:45pm at Khizra Mosque. FREE.

FRIDAYS

- **Boys Youth Club Session** (12 years and over), 6:45pm at Khizra Mosque. FREE.
- **Boys Youth Club** (11 to 16 years) at Guidance Hub at 6:15pm. £2 per session.
- **Junior Dance Group** with Orlyk School of Dancing (4 to 12 years) at The Ukrainian Centre. 6:30pm. 50p
- **Arts, Crafts, Music and Games** (5 years and over), 4pm at New Testament Church of God. FREE.
- **Drama Workshop** (5 years and over), 5pm at New Testament Church of God. FREE.
- **Sports Youth Club** (8 to 13 years) at Abraham Moss Leisure Centre. 6pm OR 7.30pm. £1 per session.

SATURDAYS: Sports Youth Club (11 to 16 years) at Abraham Moss Leisure Centre. 5pm OR 6.30pm. £1.

SUNDAYS

- **Girls Youth Club (11 to 16 years)** 1pm at Guidance Hub at 6:15pm. £2 per session.
- **Boys Boxercise (7 to 16 years)**, 10:30am at Guidance Hub. £2 per session.

Young people



Open to all adults

MONDAYS

- **Strength Building Exercise** (with a focus for older people) by Hope Well. FREE. 10:45 at Manchester City Council Housing Office, Cheetham Hill.
- **Knitting and Crochet Group**, 10am at Rainbow Surprise. FREE.
- **Sewing Class**, 12pm at Rainbow Surprise. £2 a session.
- **"Podilya" Dance Group**, 7pm at the Ukrainian Centre. FREE.

TUESDAYS

- **Music Group Drop-In**, 10am at the Welcome Centre. FREE.
- **Art Class** – Drawing and Painting, 10am at the Welcome Centre. FREE.
- **Crafts**, 12:30pm at the Welcome Centre. FREE.
- **English Classes**, with Talk English and Guidance Hub. Two sessions: 9:30am and 12pm. FREE.
- **"Orlyk" Dance Group**, with Orlyk School of Dancing at The Ukrainian Centre. 8pm. FREE. Please book.
- **Coffee Morning**, 10am at Abraham Moss Library. FREE.

WEDNESDAYS

- **Arts & Crafts Group** by Creative Community at St Matthews Church (next to Rainbow Surprise). 10am. £3 includes refreshments, but first session is FREE.
- **Calligraphy**, 11am at the Welcome Centre. FREE.
- **Singing Group**, 11am at the Welcome Centre. FREE.
- **Tai Chi** (for all with focus on older people) by Hope Well. 10am at Abraham Moss Leisure Centre. FREE.

THURSDAYS

- **Digital Support Session**, 10am at the Welcome Centre. FREE.
- **Digital Skills**, 12:30pm at the Welcome Centre. FREE.
- **Dance for Health/Zumba/Afrobeat session**, by Hope Well. 11am at Woodville Sure Start. FREE.
- **Community Walk for All**, 1:15pm at Khizra Mosque. FREE.

FRIDAYS

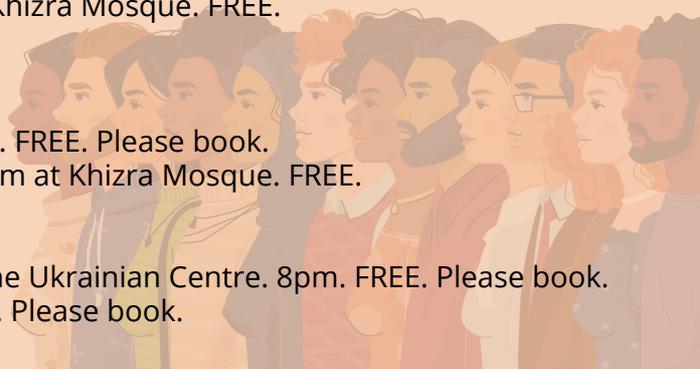
- **Community get together and gym session**, 1:30pm at Khizra Mosque. FREE.

SATURDAYS

- **Football**, 10am at the Guidance Hub. £2 per session.
- **"Podilya" Dance Group**, 1:30pm at The Ukrainian Centre. FREE. Please book.
- **Community Gardening and Befriending Session**, 1:30pm at Khizra Mosque. FREE.

SUNDAYS

- **"Orlyk" Dance Group**, with Orlyk School of Dancing at The Ukrainian Centre. 8pm. FREE. Please book.
- **Cycling & Walking Group**, 10am at Khizra Mosque. FREE. Please book.



College of the Third Age (C3A)

C3A annual membership is £10, then a £3 per session donation applies.

Age-friendly

TUESDAYS

- **Tai Chi** at 9:45am and **Line Dancing** at 1:15pm - both at Crumpsall Community Hall.

WEDNESDAYS

- **50+ Health & Interest** at 10am and **History & Interest** at 1pm - both at Crumpsall Community Hall.
- **Singing for Fun**, 1:15pm at St Matthews Church (Next to Rainbow Surprise)

FRIDAYS

- **Art Group** at 10:15, **Creative Writing Group** at 10:15, **Craft Group** at 1pm and **Intermediate French Group** at 12:45pm - all at Crumpsall Community Hall.

SEE ALSO: Pensioners Club with Lunch and Bingo, Wednesdays 12pm-4pm at Ukrainian Centre. £3 contribution to meal and bingo. *Not run by C3A.*



UKRAINE WINTER APPEAL



Millions of Ukrainians have had their homes destroyed by conflict. Many are staying in buildings that have been damaged by the war without access to electricity. These conditions increase the rates of frostbite, hypothermia, pneumonia, as well as stroke and heart attack particularly among the elderly and the vulnerable. Because many were forced to leave their homes quickly with only what they could carry or pack into a car they do not have cold weather clothes or blankets.

Our local Ukrainian Centre in Cheetham reacted immediately to the crisis in February 2022 working tirelessly, raising funds, supporting refugees in Manchester and sending out much needed supplies and equipment to the areas and groups most in need, including soldiers fighting on the front line. Donations are transported on Fridays or Saturdays, whenever there is a large enough consignment of goods.

Christmas appeal

If families want to make up a Christmas box with some of the above items and add a small, personalised note or card, this would be very much appreciated by families and soldiers, knowing that people are thinking of them in these very troubled times.

Tickets are now available for the ever-popular Ukrainian Cultural Centre Christmas Concert, on Sunday 17th December.



Donations of urgent items welcome

Bob Sopol, Chairman of the Ukrainian Cultural Centre, has compiled a list of the most urgent items needed this winter:

- Butane heaters and gas bottles (can be bought from camping shops and which can be used also as a small cooker)
- Winter coats and warm clothes including blankets, warm hats, scarves, gloves, thermal socks, balaclavas, pocket rain macs
- Food such as cup-a-soups, protein bars, chocolate, cough sweets and lozenges
- First aid kits
- Torches with batteries, rechargeable or windup lamps and head lamps
- Toiletries such as toothpaste, toothbrushes, wet wipes, pocket tissues, barrier hand and face creams
- Heat pads for hand and backs
- Soft toys for children.

Any donations can be dropped off at the Centre on Wednesdays between 11am and 3pm.



Address: The Ukrainian Cultural Centre 'Dnipro', 31 Smedley Lane, Cheetham Hill, M8 8XB

Phone: 0161 205 6692

Families in Ukraine are facing a harsh winter with temperatures usually below freezing and can drop quickly to -20°C or below accompanied by heavy snowfall.

