

Community Magazine

Issue 7
Summer 2026

FREE

Miles Platting, Newton Heath, Collyhurst and Moston

News and useful information on health, wellbeing and what's on for people in our neighbourhood.

£100 million of government funding to be invested in our neighbourhoods

Manchester has secured up to £100 million in government funding through the Pride in Place programme, allocating up to £20 million per neighbourhood over the next 10 years - great news for our areas! The funds will target community spaces, safer streets, and local high street revitalisation.

Five Manchester areas have been selected for the scheme:

- Clayton Vale (including parts of Clayton, Openshaw, Newton Heath, and Miles Platting)
- Gorton South (including parts of Longsight, Abbey Hey, and Levenshulme)
- Benchill South and Wythenshawe Central
- Harpurhey South and Monsall (including parts of Moston and Crumpsall)
- Moss Side West (including parts of Whalley Range).

Unlike traditional top-down grants, this programme empowers local residents to determine how the money is spent. Independent Community Chairs were recently appointed to head new Neighbourhood Boards. These boards will work directly with residents, voluntary groups, and the Manchester City Council to decide exactly where the funding in each area will go.

Grassroots organisations have been awarded funding and are gathering lots of feedback to help determine community priorities.

Complete the Survey

Visit manchester.gov.uk/pride-in-place or scan the QR code to highlight what you like, dislike, and want to improve in your neighbourhoods.

HAVE YOUR SAY 



Find out about local activities for all ages, support for families, cost of living advice, local news and much more...



GREATER TOGETHER MANCHESTER+



Manchester Local Care Organisation

NHS



MANCHESTER CITY COUNCIL

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 seventh edition of the Miles Platting, Newton Heath, Collyhurst and Moston Community Magazine.

We have brought together a great group of people to be on the editorial board - a mixture of NHS, Manchester City Council and local voluntary, community and social enterprise organisations. This is by no means a closed group - if you'd like to get involved, please get in touch!

We are excited to be highlighting some great activities and ways to get involved in our community.

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 Miles Platting, Newton Heath, Collyhurst and Moston. We would love to share it in this paper.

So please share the newspaper widely, and send your contributions and article ideas to:

✉ MPNHnews@outlook.com

Advertising opportunities:

If you are a local business or organisation 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.



MEET THE EDITORIAL BOARD



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Nathan Martin Winning Hearts and Minds



'I'm Nathan, one of the fieldworkers at Winning Hearts and Minds.

We work across North Manchester, listening to residents and community groups, and seeing how we can best support.

If you need any support or have an idea for your community, give us a shout.

I'm often around Newton Heath Library - if you see me then say hiya!'

Summer is here

Hi, we hope that you are doing well today, and it's nice to spend some time with you.

This summertime edition of your neighbourhood magazine is packed full information, things to do and ideas on how to make the most of the warmer, brighter months.

For some of us that might be heading off the park to have a picnic, venturing out for a stroll or a run, meeting up with friends and neighbours in the lighter evenings or enjoying some of the summer fruits that always taste that bit sweeter in the sunshine.

Whatever you're up to we hope you find a little bit of extra inspiration in these pages.

Happy Summertime,
Angela and your community magazine team.



A lovely story of friendship

Free book, audiobook, and learning resources

As part of Manchester City Council's work with families, they've produced a free children's book about a hive of bees in Manchester who learn the importance of friendship.

In the story, 'Billie Bee and the secret glue that holds Manchester together' we see what happens when a group of bees are brought to their knees when they turn their back on a friend. Can the hive survive, and what exactly is the secret glue that holds Manchester together?

Free copies of the book will be handed out at community events, and copies will be available to borrow from any Manchester library.

Scan the QR code to download the book for free and listen to the audiobook. There's also some fun activity sheets available to print, to help bring the story to life for little ones.



SCAN
ME!



Health and wellbeing

Free community health checks in north Manchester

BHA are currently delivering free heart health awareness sessions (open to everyone) and community NHS health checks for eligible people aged over 50.

Health checks include:

- Blood pressure
- Cholesterol (finger-prick)
- Blood sugars for diabetes risk (finger-prick)
- Height, weight and BMI
- Lifestyle discussion (diet, physical activity, smoking, alcohol)

Checks take about 20 minutes and are delivered in local community venues and GP practices.

Individuals receive all of their health checks results, heart health risk overview and tailored advice, and with consent, results can be shared with their GP to support follow-up care.



Get in touch if you want to know more about:

- Eligibility for health checks
- Heart health
- Hosting free health checks or heart health sessions for your local community.
- Where and when upcoming free health checks and heart health will be in your area.

Please contact Akil via email: akil@thebha.org.uk or telephone: 07783 486465

Unfiltered: Risks of Smokeless Tobacco

Many people think tobacco only means cigarettes. But chewing products like paan, gutka and zarda, and smoking shisha, can be just as harmful.

These products can irritate the mouth and, over time, significantly increase the risk of oral cancer. Tobacco is also linked to other cancers, heart disease, and high blood pressure.

Oral cancer can start as a small sore, lump, or white or red patch in the mouth that doesn't heal, so it's important to be aware of the risks.

If you'd like support to stop using paan, betel nut, zarda, or any tobacco products, help is available.

You can visit changegrowlive/be-smoke-free or call 0161 823 4157 for free, confidential support.

This isn't about blaming culture. It's about having the right information to protect our health from the risks of tobacco.



In the latest Unfiltered podcast, a local GP Dr Farah Farzana talks openly about:

- Oral cancer risks
- Heart disease
- Why these products often go unnoticed and often mislabelled
- How to have respectful conversations within families

▶ Watch here: manchestercitycouncilvideo.podbean.com

Work Clubs in north Manchester

More Work Clubs have launched across North Manchester, making it easier than ever to get friendly, local support if you are looking for work or thinking about your next steps.

Work Clubs are relaxed, welcoming spaces where you can drop in and get help with things like writing a CV, searching for jobs, building confidence or exploring training opportunities.

Work Clubs are open to everyone and are free, whether you are ready to work now or just starting to think about it.

Local places you can go

There are several trusted community venues nearby offering support:

- **YES Manchester** in Newton Heath - with extra sessions at North City Library and The Avenue. Also delivering employment support through Manchester's Trailblazer programme
- **4CT** in Beswick - providing support in a friendly community setting
- **Manchester Settlement** in Clayton - a well known local organisation supporting residents for many years
- **Beacon Centre** in Clayton - offering advice and guidance close to home
- **NMCP** in Charlestown and Blackley - also delivering employment support through Manchester's Trailblazer programme

These are all places where you can talk to someone who understands the local area and take things at your own pace.



Employment support programmes

Three additional employment support programmes have been extended for another year. These programmes offer more tailored support for people who might need a bit of extra help, whether that is around confidence, skills or managing health alongside work:

- **Trailblazer** - offers more in-depth support if you are facing challenges like low confidence, long gaps out of work or other barriers
- **WorkWell** (delivered through Manchester Foundation Trust hospitals) - can help if your health is affecting your ability to work, bringing together health and employment support in one place
- **Ambition Manchester** supports residents already in work to progress into better-paid roles through personalised careers advice, coaching, and access to training—helping build skills, confidence and long-term career opportunities.

Support that works for you

Because these services are in the community, it's easy to pop in and get support in a way that works for you. There is no pressure - just a chance to chat and take things at your own pace.

Whether you want help finding a job, improving your skills or just building confidence, there is free support available and experienced people ready to help.

Scan the QR code or email us if you have any questions:
workclubs@manchester.gov.uk



Daughters launch Hope Hub in Newton Heath, inspired by their Mum's legacy

A new community project inspired by love, loss, and the power of music has launched in Newton Heath — created by two daughters determined to carry on their mum's remarkable legacy.

Sisters Jakki and Julie are behind The Hope Hub — Kath's Legacy, a welcoming space designed to bring people together through music, fun, and connection.

Their mum, Kath, was a well-known and much-loved figure in the Newton Heath community. As chair of the Queensferry Tenants and Residents Group, a deaconess at Heathfield Church, and a passionate organiser of local events, she dedicated her life to bringing people together and ensuring no one felt alone.

The family was devastated when Kath was diagnosed with dementia. "Over time, we lost so much," Jakki said. "But music was the one thing that could still reach her. It brought her back to us, even if just for a moment."

Those experiences led the sisters to create The Hope Hub — a space where people can come together, forget their worries for a while, and experience joy, laughter, and companionship.

The Hub will offer a variety of activities including bingo, shared lunches, games music, dancing, and weekly entertainment featuring singers and DJs. It will be open to people of all ages, particularly those experiencing loneliness, grief, or mental and physical health challenges.

"It's about creating a place where people feel they belong," said Jakki. "Somewhere they can walk in, have fun, enjoy a meal, join in, and leave feeling lighter."

The recent launch event featured live music from Jakki, Kath's daughter, alongside DJ Jamie, who is also a volunteer at The Hope Hub and will be a regular fixture at future events. They were also joined by several entertainers from the Blackpool circuit who came to support the launch. The room was filled with laughter, singing, dancing and smiles throughout the day.

Since the event, the sisters say they have been overwhelmed by messages and phone calls from families thanking them for what The Hope Hub brought to the community.

"One phone call really stayed with us," Jakki said. "A family thanked us because their mum had been very poorly and hadn't really been getting out of the house, but she came to the event, met up with old friends and family she hadn't seen in years, and had an absolute blast."

The Launch event was the start of what we hope will be a monthly or fortnightly event.

Contact us:

[✉ kathslegacy@hotmail.com](mailto:kathslegacy@hotmail.com)

[f The Hope Hub](#)

[🎵 The Hope Hub \(Kaths Legacy\)](#)



Images from Hope Hub launch event

Free family fun days in your parks

There will be free Family Fun Days in your local parks this summer holiday. These events are designed to provide free fun for the whole family. Keep little ones entertained while parents and carers enjoy the festivities and relax outdoors.

Fun days organised by your local parks team:

- Wednesday 5th August - Brookdale Park
- Wednesday 5th August - Boggart Hole Clough

Fun days organised by your local housing team:

- Wednesday 12th August, 12 noon to 3pm - Scotland Hall Road Park, Newton Heath
- Wednesday 19th August, 12 noon to 3pm - Collyhurst Park

Look at for more information on their social media channels nearer the time.



Housing events include:

- Bouncy bungee ride and climbing wall
- Children's Carousel
- Float archery and axe throwing
- Face Painters
- Wacky Woody (magician)
- Circus skills and bubbles
- Stalls run by park rangers, Greater Manchester Police and Greater Manchester Fire and rescue service.



Free Yoga Class

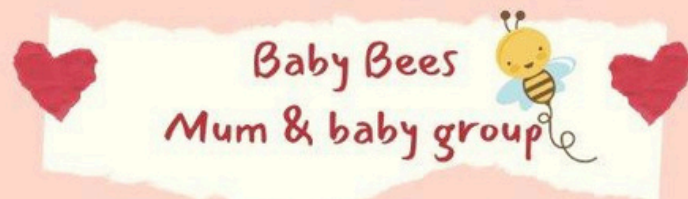
Wednesdays - 11am - 12noon
(starting 6th May)

At Miles Platting Community Library

Lower Vickers Street,
Miles Platting, M40 7LJ

Join Ashley for a gentle & beginner friendly
yoga class - Mats provided

Contact Steven at Jigsaw to book
your spot: 07827360498



Baby Bees is a NEW mum and baby group for Miles Platting and surrounding areas. Suitable for babies 0-10 months (if you have an older baby and would like to attend, please send a message).

Join us every Monday morning 10.30am - 12pm to meet other local mums in a relaxed environment. You will be able to chat with a hot (or cold) drink made by us and enjoy a sweet treat.

There will be a soft play mat and toys for your baby to play, sleep or feed!

We regularly have themed photo opportunities and events from other companies (such as sensory classes).

Our group is free and we'd love to see you there!

Miles Platting Library, Lower Vickers Street, Miles Platting, M40 7LJ

For more information or any questions, contact Gemma:
gemma.bennett@jigsawhomes.org.uk
07793186763





Shelter – Renter Rights Act changes


This month is a historic moment for private renters in England, who have campaigned for many years - as the Renters' Rights Act comes into force.


Emma Nay from Shelter explains...


From 1 May 2026, renters will have new rights. There will be longer notice periods for many evictions and new rules on rent increases. Millions of private renters in England will now benefit from:


 An end to landlords issuing any new section 21 'no fault' evictions.


 Rent in advance is now capped at one month.


 A ban on discrimination against people who receive benefits or have children.

 An end to fixed term tenancies – all tenancies are 'periodic or rolling' and tenants can leave at any time with 2 months' notice.

 Your landlord can only put your rent up once a year.

 Landlords must give you at least 2 months' notice of a rent increase. They must use a special form.

 You can challenge a rent increase if you think it is too much.

 You can ask to keep a pet. A landlord must have a good reason to say no.

Detailed information about the changes can be found on our website. Scan the QR code to visit: england.shelter.org.uk

SCAN ME!



Landlords cannot discriminate against people who receive benefits or have children.

The Renters' Rights Act also takes steps to target problems like income discrimination and insecurity that impact all renters – but especially renters who face additional discrimination like people of colour, people with children, and people receiving benefits.

This is a huge collective achievement - together, we are helping build a fairer system for everyone.

Do you rent, or have friends and family renting privately?

Tell them about the changes, share advice pages and help us make sure everyone knows about their new rights.

**1 MONTH
MAXIMUM
ON RENT IN
ADVANCE**

**THE RENTERS' RIGHTS ACT
WILL END EXTORTIONATE
UP-FRONT RENT DEMANDS**

Cost of living

Kids eat free

Many places offer kids' meals for free or as little as £1, especially during the school holidays.

Restaurants such as Pizza Express, Pizza Hut, Beafeater, Hungry Horse Morrison's Cafes and Brewers Fayre all have offers.

To find out more about your local offers, scan the QR code to visit: kidseatfree.co.uk



Miles Platting Community Grocer
Queensbury Court, Wardle Street, Miles Platting, M40 7DD.

OPEN WEEKLY, EVERY THURSDAY!
From 12:00pm-2:00pm.

FREE TEA, COFFEE and TOAST included!
Cost of the shopping is £4.00

For more information, please contact:
Vikki.Fitzpatrick@jigsawhomes.org.uk
T: 07708 835 624
www.milesplatting.co.uk

Jigsaw
Creating homes. Building lives.

*Please note: Items purchased at this community grocers are done so on a personal choice basis. The shopper picks the items that they want, no food bags are pre-filled.

ONLY £4 FOR A SHOP!*

Back to school support

From time to time, we all need a little help and sometimes it's hard to know where to turn. Wood Street Mission helps support families living on a low income in Manchester and Salford, with practical help and services.

They can help you with children's clothes, toys, books, bedding, baby equipment and toiletries through their Family Basics service, from their base in Manchester City Centre.

Their Smart Start project can help you with school uniform and other school kit for your children.

Referrals must be made by a professional who knows your family's circumstances well, such as someone from your child's school, a social worker, health visitor, midwife, or support worker. If you have any questions please call us on **0161 834 3140**.



Caritas Lalley Centre

We support people experiencing poverty with practical needs in health and wellbeing, housing, family life and employment.

Food pantry

- Every Wednesday and Friday, 10:30am to 12:15pm (entry from 10:15am)
- Food costs £5 and an extra £3 for meat, but fee waivers are available for those who can't afford this.
- Caritas Lalley Centre, Collyhurst, M40 7RG



Friendship group

A great opportunity for anyone over 55 to come and socialise, have lunch, and join a community. We often organise informational talks and advice sessions for the group, and have lots of activities such as bingo, raffle, knitting, armchair exercises, and day trips.

- Every Thursday, 11am to 1pm
- Lunch and refreshments £2
- St Patrick's Church, Livesey Street, M4 5HF



Energy advice service

Supports people to reduce their household energy bills and improve their energy efficiency, to understand and manage their energy bills, reduce and manage their energy debt, and issue them energy-saving items.

Arrange a one-to-one session with one of our advisors to discuss a range of energy-related issues.

Sessions can include translators, interpreters and British Sign Language on request.



Community allotment

Our community allotment is a peaceful space for growing food and flowers, getting to know nature and meeting others in the community. We have three sessions a week and a volunteering programme. No experience required to start.

- Tuesday 10:30am to 1pm
- Thursday 1:30pm to 4pm
- Friday 2pm to 4pm



Contact us:

- 📍 Caritas Lalley Centre, Eggington Street, Collyhurst, M40 7RG
- 🕒 Opening hours are 10:30am to 3:30pm, Monday to Friday
- 🌐 www.caritassalford.org.uk/Lalley
- ✉ lalleycentre@caritassalford.org.uk
- ☎ 0161 205 2754

Simpson Memorial Hall reopens


North Manchester Community Partnership is back in the Simpson Memorial Hall which reopened on Monday 18th May after extensive electrical work.

All activities and classes are free and running as usual from Monday to Wednesday from 9am to 3pm.


- English classes and digital support sessions on Mondays and Wednesdays
- We have benefits advice every Monday and Wednesday
- Sewing classes on Monday afternoons
- Talking Circle and coffee mornings on Tuesdays
- Tuesdays we are here to help with general immigration guidance, travel document applications and Indefinite Leave to Remain
- We also have exercise classes and art sessions on Wednesdays

There are other classes and activities that are in the planning stages for the autumn and winter months, so look out for further information.

Get in touch:

 07712 633 654

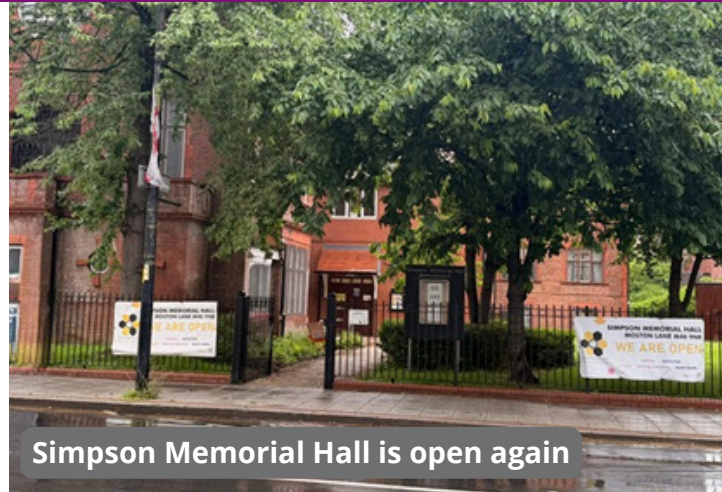
 gahmei@nmcp.org.uk

 nmcp.org.uk/whats-on-at-the-simpson-memorial-hall

Africa Day

Coming up on Saturday 11th July we are holding our very popular Africa Day at the Simpson Memorial Hall from 12 noon to 4pm.

There's lots going on for the whole family to enjoy with fun activities and performances, African drummers, music, dancing, face painting and much more, as well as free food! Everyone is welcome, bring your family and friends for an afternoon of lively entertainment.



Children's Centres

Introducing Becky

Hello, I'm Becky, a mum of three. I have worked in Manchester for nearly 23 years at Martenscroft Nursery School and Children's Centre.

Throughout my working life, I have supported babies, toddlers, and pre-school children, as well as children with additional needs—an area I have always felt particularly passionate about. I have also worked in a specialist setting with primary-aged children who had a range of individual needs, which further developed my skills and understanding.

Over the years, I have progressed in my career and have spent the last seven years working within the children's centre team. In April I took on the new role of head of centre for children's centres in Collyhurst, Moston, Newton Heath, and Miles Platting.



It is a privilege to work with such a hardworking and dedicated team, and I look forward to meeting many of you in the near future.

I am approachable and committed to ensuring our youngest children are given the very best start in life—they are our future, after all. I strongly believe that children and young people should be given opportunities that enrich their lives, enabling them to grow into confident, educated, and skilled individuals, ready for their futures.

Is your child about to start their education journey?

Starting nursery or Reception is a huge milestone in your child's life. It is also a big change for parents and carers.

It is perfectly normal for both you and your child to experience a mixture of emotions during this time. Being as prepared as possible can make the transition smoother and help your child feel confident, secure, and ready to learn.

We encourage families to access their local Children's Centre and take part in our free Stay, Play and Learn sessions. These sessions provide opportunities for children to develop the skills they need before starting school, while also giving parents practical ideas to support learning at home.

Simple things can make a big difference:

- Establish a daily routine
- Support your child to use the toilet independently
- Practice self-care skills such as putting on their own coat and shoes - this builds confidence and resilience
- Read books together - talk about the stories and pictures
- Encouraging your child to spend short periods engaged in activities such as drawing, puzzles, or imaginative play - this helps develop the concentration, communication, and early learning skills needed for school.

Every child develops at their own pace, but by working together and providing plenty of encouragement, we can help them take this exciting next step with confidence.

For more information, scan the QR code to visit: beststartinlife.gov.uk/preparing-for-school



ALWAYS FOLLOW THE WATER SAFETY CODE



Whenever you are around water:

STOP AND THINK

Take time to assess your surroundings.

Look for the dangers and always research local signs and advice.



STAY TOGETHER

When around water always go with friends or family.

Swim at a lifeguarded venue.

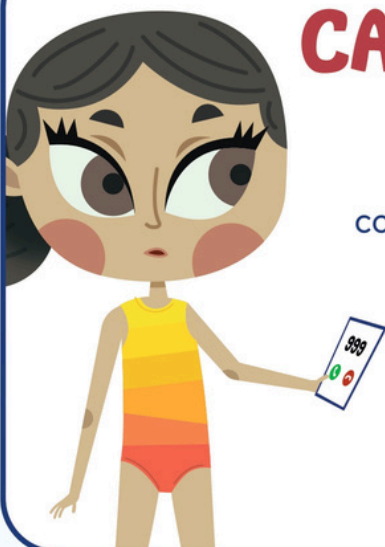


In an emergency:

CALL 999

If you are at the coast, call 999 and ask for the Coastguard.

Don't enter the water to rescue.



FLOAT

Fall in or become tired - stay calm, float on your back and call for help.

Throw something that floats to somebody that has fallen in.



Raising awareness of hoarding

A group of people with lived experience have been volunteering to support safeguarding improvement in Manchester alongside Healthwatch, Manchester City Council and Manchester Local Care Organisation.

The group codesigned a campaign to raise awareness of what safeguarding is and how to report concerns. We want people to see safeguarding as a positive thing to support us when we need it most.

One of the group, Gill, bravely shared her own personal story of hoarding to give hope to others who have had similar experiences.

"I think that cluttering and hoarding is a symptom of other things going on in your life. Once you have that problem, it is extremely difficult to solve. My friends would have helped me but that would have been too emotional, I couldn't do that."

Gill's husband, Michael, was ill for 25 years, "When he died in 2017, the house was a complete chaotic mess and that was absolutely not his fault whatsoever. Neither of us was capable of going out to buy a pint of milk without coming back with armfuls of books and bits and pieces from charity shops."

Gill's situation is not uncommon and can be difficult to address. This is something that people often need support to work through and may become a safeguarding concern.

Gill reached out for support in addressing her circumstances. Tenancy support manager Lyndsey supported Gill over many sessions as they cleared through Gill's house, garden and industrial unit - keeping those items that were useful, sentimental

and beautiful. They were able to donate many items to good causes and even museums.

"It is emotional, it is difficult, you have to be quite calm and professional, and she [Lyndsey] helped me with that because there wasn't the emotional attachment, we could have a laugh about it.

"Grief doesn't go away but you have to identify the problem, take a step back, realise you need to take certain steps to solve the problem and identify them and seek professional help. That's quite a challenging thing to do when you're not feeling particularly strong within yourself. But you've either got to do it or you're going to drown in all this stuff and it gets to the point where you just cannot do it yourself.

"I had to accept help and I was very fortunate that I had so many kind wonderful people to help me, who were not even friends, they were professional people but they empathised and sorted me out."

Scan the QR code to watch Gill's inspirational story:
[youtube.com/watch?v=5_NS8mMu2wc](https://www.youtube.com/watch?v=5_NS8mMu2wc)



For information and support with hoarding, scan the QR to visit:
mcchousingervices.co.uk/about-us/news/articles/understanding-hoarding



You can access support for yourself or someone else. If you have a safeguarding concern relating to hoarding or anything else, contact Manchester City Council.

Call: **0161 234 5001**

Email: mcsreply@manchester.gov.uk

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



Age-Friendly News

FREE Age-Friendly Activities at St George's, Collyhurst

St George's Age Friendly group offers a welcoming and supportive space for people in Collyhurst, Miles Platting, Ancoats and the surrounding area. Come along to stay active, social, and connected. All activities are FREE and you don't need to book - just drop in!

Monday Movers

Physical activity sessions such as yoga or chair yoga depending on your ability. Each session ends with a short, relaxing meditation.

- 11:30am to 12:30pm
- Term-time only
- Aimed at people aged 50+ to help improve mobility and wellbeing.

Tuesdays Collyhurst Walking Group

We usually walk around three miles, exploring local green spaces and canal routes. It's a great opportunity to chat, laugh, and put the world to rights while enjoying some fresh air and gentle exercise.

- Meet at 11am at St Georges Community Centre
- Local walks to meet all abilities
- Followed by a free lunch and a brew at St George's community centre.

Thursday Line Dancing


Our new line dancing sessions have been a fantastic addition to the programme and great fun for everyone involved.


- Followed by a free light lunch and a brew
- 11:30am to 12:30pm
- Open to all adults.




The group has over 40 members and continues to grow. If you would like to join us or find out more, please get in touch:

 info@stgeorgescollyhurst.co.uk

 0161 834 9368

 St Georges Community Centre Collyhurst

 St Georges Community Centre, Bothwell Road, Collyhurst, M40 7NY

Cool spaces

Manchester libraries are friendly locations to stay out of the sun, with access to drinking water. Our local libraries are:

- **Miles Platting Community Library**, Victoria Mill Community Centre, M40 7LJ (open 3 days a week)
- **New Moston Community Library**, Nuthurst Road, M40 3PJ (open 3 days a week)
- **Newton Heath Library**, Old Church Street, M40 2JB (open 6 days a week)



BE SAFE THIS SUMMER

FOLLOW THESE SIMPLE TIPS TO KEEP YOU,
YOUR FAMILY, AND YOUR FRIENDS SAFE.



SUN SAFETY

- Use sun cream with UVA and UVB protection
- Sun cream should be SPF 30 or higher
- Avoid the sun between 11am-3pm
- Know your skin type and how to protect it
- Drink plenty of water
- Wear a hat and sunnies



Scan the QR code for
sunburn advice



WATER SAFETY

- Swim in places that have a lifeguard on duty
- Never swim alone
- Take warm clothes with you to get changed into afterwards
- Make sure your phone is fully charged
- If you get into trouble in the water float on your back in a starfish shape and call for help

Scan the QR code for
water safety advice



TRANSPORT SAFETY

- Take care when crossing roads, tram lines and train lines - use crossing points
- Wear a helmet when on a bike or scooter



Scan QR code
for ideas for
the holidays



WATER SAFETY CODE

If you fall in, follow the **Water Safety Code**.

