Community Magazine

Miles Platting, Newton Heath, Collyhurst and Moston

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

Issue 9
Winter 2026-27
FREE

Cost of Living Special

If you are looking for support with...



Call Manchester's free Cost of Living Advice Line

0800 023 2692

Lines open: Monday to Friday, 9am to 4.30pm

Text 07860 022 876

manchester.gov.uk/coladvice

In this issue we've got our regular Ask Dr Dubey feature, an article from Shelter about how to challenge your rent increases, information for younger people, families and older people, plus much more...

Winning Hearts and Minds
GREATER TOGETHER MANCHESTER
Manchester Local Care Organisation
NHS
MANCHESTER CITY COUNCIL

Welcome

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

Welcome to the ninth 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.

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

MPNHnews@outlook.com

Sponsorship opportunities:
If you are a local business or organisation that would like to sponsor 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



Angela Beacon
Manchester Local Care Organisation
E: angela.beacon2@mft.nhs.uk



Zoe Goddard
Manchester City Council
E: Zoe.Goddard@manchester.gov.uk



Claire Duffy
Manchester Local Care Organisation
E: claire.duffy@mft.nhs.uk



Marysia Bocquet
North Manchester Community Partnership
E: marysia@nmcp.org.uk



Katharine Irwin
Manchester Local Care Organisation
E: katharine.irwin@mft.nhs.uk



Nathan Martin
Winning Hearts and Minds
E: nathan.martin@manchester.gov.uk



Claire Briscoe
Caritas Lalley Centre
E: comms@caritassalford.org.uk



Angela Beacon
Manchester Local Care Organisation

I'm Angela, and I'm lucky enough to spend my days working with some amazing people across Miles Platting, Newton Heath, Moston and Collyhurst. I love hearing local stories and cheering on great ideas.

One of my recent highlights was being part of the Manchester Health Film Festival, where we showcased some of the brilliant Cardio Conversations podcasts created right here in North Manchester. The podcasts are full of real people, real stories and honest chats about heart health, proving that important conversations don't have to be boring.

Looking after your heart doesn't always mean running a marathon or eating spinach for breakfast. Sometimes it's as simple as taking a walk, swapping one biscuit for a piece of fruit, checking your blood pressure or having a good laugh with friends.

So, over to you... What's your heart health pledge? What one thing will you do today to give your heart a little bit of love?

Please read on for some inspiring ideas in this edition of your community magazine.

Festive Events

Carols by Candlelight at St Dunstan's

St Dunstan's Amateur Operatic and Dramatic Society invites local residents to a special event this winter.

Join us for a night of traditional Christmas Carols accompanied by a small group of musicians. Seating will be Cabaret style and the bar will remain open during the performance.

Friday 11th December, the doors will open at 7pm and the performance will start at 7.30pm.

St Dunstan's Parish Centre, Moston, M40 9JP

Ticket prices start at £5.21

For tickets and more information visit www.ticketsource.com/stdunstansaods



Christmas Festivities at Boggart Hole Clough

Christmas Lights switch on event, Friday 11th December at 4pm.

FREE Christmas activities at the Lakeside Cafe Sunday 13th December:

- 10:30am to 12 noon - **Crochet club** at the Lakeside Cafe - making Christmas decorations. All levels welcome.
- 12:30pm to 2:30pm - **Carols In The Park & Nativity Trail** - carol singing and conversations.
- Christmas Arts and Crafts for kids.

Lakeside Café, Boggart Hole Clough, Manchester M9 7DF



Miles Platting Community Grocer

The shopper picks their own items, no food bags are prefilled. Free tea, coffee and toast included.

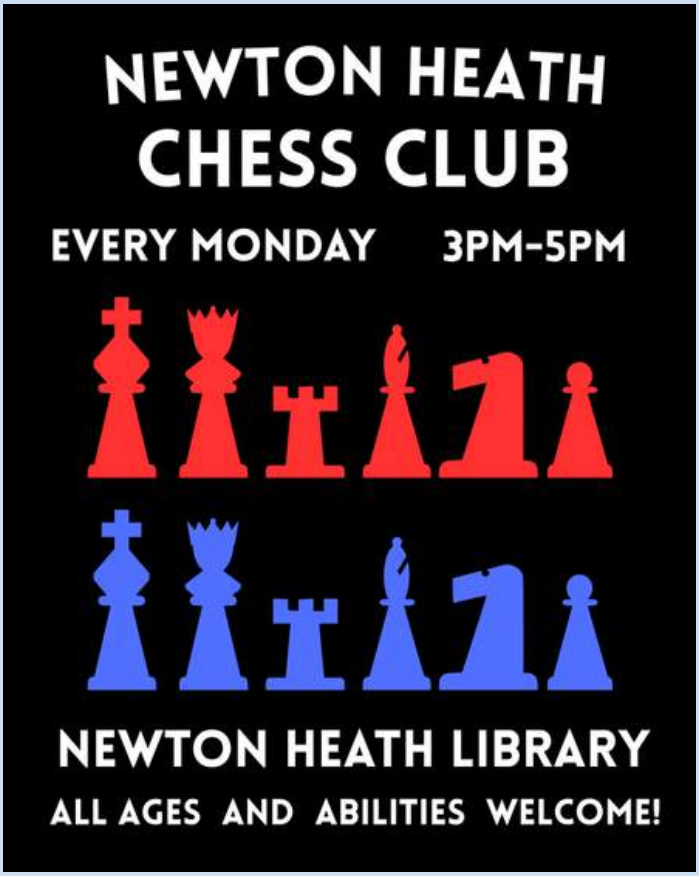
Queensbury Court, Wardle Street, Miles Platting, M40 7DD.

Open every Thursday, 12 noon to 2pm.

For more information, please contact:

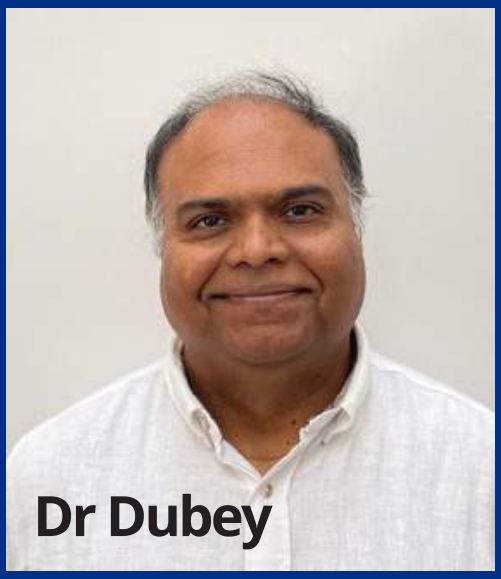
- steven.delahunt@jigsawhomes.org.uk
- 0782 736 0498





Ask Dr Dubey: your Local GP

Dr Dubey from Hazeldene Medical Centre kindly answered some of the most commonly asked questions...



Every winter I seem to get coughs, colds or a sore throat. I never know whether I should make a GP appointment, speak to a pharmacist or just wait for it to get better. What should I do?

You're definitely not alone. It can be difficult to know where to go when you're feeling unwell. Your local community pharmacy is a great place to start for many common health problems.

Pharmacists are trained healthcare professionals who can offer advice and help you work out whether you need further medical help. NHS winter guidance encourages people to use pharmacy services, NHS 111 and their GP to get the right advice.

You may also be able to get help through Pharmacy First. This NHS service means community pharmacies can provide advice and, where appropriate, treatment for a number of common conditions, without you needing to see your GP first.

So, this winter, don't forget about your local pharmacy. If you're unsure where to go or your symptoms are worrying you, you can also contact NHS 111 for advice.

Doctor's winter tip:
Think Pharmacy First. NHS Pharmacy First lets you get clinical advice and prescription medicines (including antibiotics and antivirals, where appropriate) from a pharmacist for common health conditions without seeing a GP first.

I'm trying not to put the heating on too much because everything costs so much. Can being cold at home actually make me ill?

This is an important question, especially when household bills are a worry.

Cold weather can make some existing health problems worse. Older people and people living with conditions such as heart disease, kidney disease, COPD, asthma or diabetes can be particularly vulnerable. Being cold can also raise blood pressure, which can increase the risk of heart attacks and strokes.

The British Heart Foundation have some helpful information about cold weather and your heart if you would like to find out more, please scan the QR code.

SCAN ME!

So please don't feel that keeping warm is a luxury. It is part of looking after your health.

If you're worried about heating your home or paying your bills, ask for help rather than struggling alone. Speak to local support services, your housing provider if appropriate, or a trusted community organisation to find out what help may be available.

And remember other simple ways of looking after yourself, such as eating regularly, having warm drinks and continuing to move around as much as you safely can.

Doctor's winter tip:
If you know an older neighbour, friend or relative, check in on them when the weather turns cold.

Ask Dr Dubey: your Local GP

My daughter keeps telling me to throw away my favourite old slippers because she says I could trip in them. They're very comfortable though! Do slippers really make that much difference?

Your daughter may have a point!

The shoes and slippers we wear can make a difference to how safe and steady we feel on our feet. Old slippers can become loose, floppy or worn. Backless or badly fitting slippers can also be less safe because your foot isn't held securely.

Have a quick look at your own slippers. Do they fit properly? Are they secure on your feet? Are the soles still in good condition? If not, it might be time to treat yourself to a new pair.

Falls are not something we should simply accept as part of getting older. If you have fallen, feel unsteady on your feet, or are worried about falling, speak to a healthcare professional about what support might be right for you.

And don't forget to look around your home for things you could trip over, particularly in the places you walk through regularly.

Doctor's winter tip:
Give your slippers a winter MOT! If they're loose, floppy, badly fitting or worn out, it might be time for a new pair.



Challenge Your Rent Increase!

Has your landlord told you that your rent is going up? You may be able to challenge it.

Rent costs are out of control across the country. Many tenants are already struggling to make ends meet, and a rent increase can put even more pressure on household budgets.

The good news is that changes to the law have made challenging rent increases safer and easier. The law also limits how often your landlord can increase your rent. Shelter explains...

Have you received a valid rent increase?

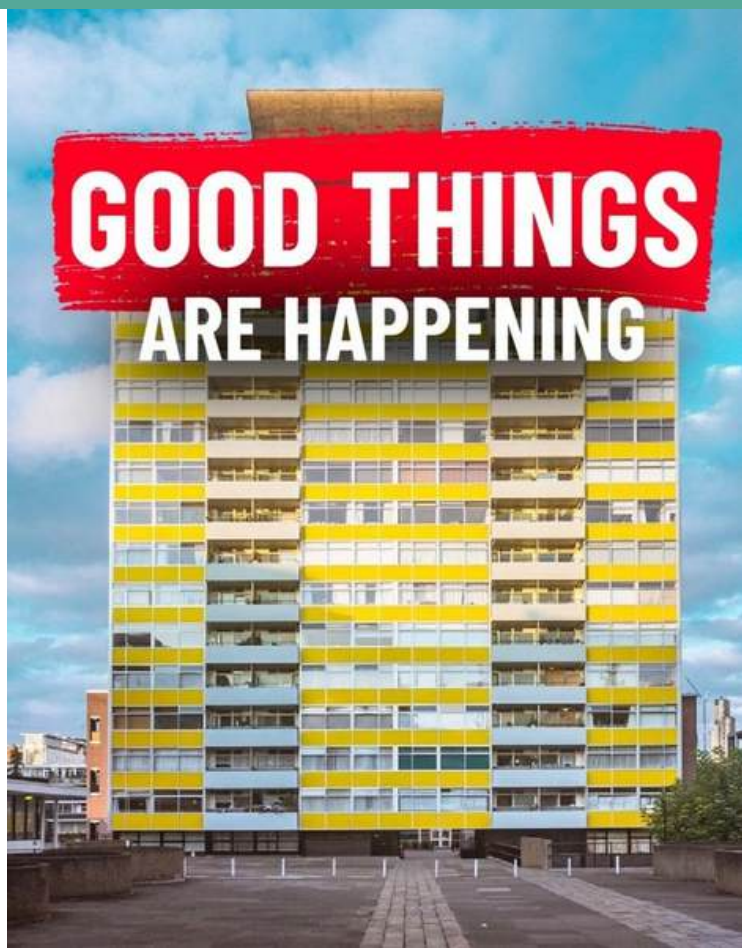
Landlords cannot increase your rent simply by asking you in person, sending you an email or WhatsApp message, or relying on a rent review clause in your tenancy agreement.

Since 1 May 2026, landlords have had to follow new rules when increasing rent:

- ☑ Landlords must use a valid Section 13 notice (Form 4A) to increase your rent.
- ☑ Landlords must give you at least two months' notice.
- ☑ At least 12 months must have passed since your last rent increase.



A rent increase can put even more pressure on household budgets



Why challenge your rent increase?

- **To save money** - While you wait for the tribunal to make a decision, you can continue paying your current rent. The process can take several months and therefore can save your hundreds of pounds.
- **Keep rents lower in your area** - Landlords often use rents charged for similar properties nearby to justify their own increases. Challenging an increase can help prevent local rents from being pushed up further.

What should you do if your landlord wants to increase your rent?

Step 1: Talk to your landlord

You may be able to agree on a lower rent with the landlord.

Explain your concerns to your landlord if:

- The proposed increase is higher than rents for similar properties in your area.
- You could afford a smaller increase but cannot manage the full amount.
- Your benefits or income will not cover the additional cost.

Step 2: Check the notice

Check that your landlord has given you a valid Section 13 notice (Form 4A).

Make sure:

- The correct official form has been used.
- You have received at least two months' notice.
- At least 12 months have passed since your last rent increase.

If something does not look right, seek advice before agreeing to the increase.

Step 3: Check whether the increase is reasonable

Use the Resist Rent Rises tool to check whether your landlord's proposed rent is in line with rents for similar properties.

Scan the QR code or visit resistrentrises.org - the website also provides information about challenging a rent increase.

SCAN ME

Step 4: Challenge the increase

You can apply to the tribunal for an open-market rent determination if you believe the proposed rent is too high.

You must apply before the proposed increase takes effect.



Do not pay the proposed rent increase if you intend to challenge it. Paying the increase is seen as you accepting the proposed cost.

Get help challenging your rent

You do not have to challenge a rent increase alone.

If you would like help to challenge your rent increase, Greater Manchester Tenants Union can help you to complete the forms.

You can attend their housing rights drop-ins at:

- Location: Methodist Central Hall, Oldham Street, Manchester, M1 1JQ
- When: 2pm the first Saturday of every month





Photos of people campaigning for fairer rents

FREE Childcare and Education

Did you know you may be eligible for FREE childcare?

There are a number of funded childcare options available to families, and you may be entitled to FREE childcare for your child.

Eligible working parents with children aged 9 months to 4 years may be entitled to up to 30 hours of funded childcare each week, for 38 weeks of the year. Eligibility depends on your circumstances, including your work and income.

There are also other funded childcare entitlements available. All 3 and 4-year-olds are entitled to 15 hours of funded early education, and some 2-year-olds may also be eligible for funded hours depending on their family circumstances.

Not sure what you are entitled to? We can help!

Call into your local Family Hub or Family Centre and speak to a member of our team. We can help you check whether you may be eligible for funded childcare and provide information about the different options available to you.

Don't miss out – pop in and speak to us. We are here to help!

All 3 and 4 year olds are entitled to 15 hours of funded early education.







FREE Junior Gym Memberships

Manchester City Council has launched a **free** junior membership scheme for Manchester residents at secondary school aged 11-16.

This includes swimming, junior gym and fitness classes.

You can now attend any of your local leisure centres to set up your child's free membership:

- Arcadia Leisure Centre
- Abraham Moss Leisure Centre
- Belle Vue Sports Village (no swim)
- Broadway Baths
- East Manchester Leisure Centre
- Hough End Leisure Centre
- Manchester Aquatics Centre
- Moss Side Leisure Centre
- North City Family & Fitness Centre
- Whalley Range Sports Centre (no swim)
- Wythenshawe Forum

SCAN ME!

to find out more



Free Support for Families

Family Unit Trust is a charity based on James Street in Miles Platting, supporting families in Newton Heath and Miles Platting. We have helped over 2,000 families since 2020. All of our programmes are free, and everyone is welcome. Here is what is on each week...

Coffee Mornings
- Wednesdays, 10am to 12 noon.
- A friendly weekly space to meet people, chat and feel less isolated.

Wellbeing Sessions
- Wednesdays, 12 noon to 2pm.
- Relaxed sessions to support your health and wellbeing.

Taste of Home
- Fridays, 11am to 12 noon.
- Shared meals celebrating the food and cultures of our community.

Cancer Awareness and Support
- Fridays, 12 noon to 2pm.
- In partnership with Macmillan Cancer Support, the charity hosts a weekly themed awareness workshop open to the general public.
- We also offer practical support to anyone affected by cancer, whether directly or through a family member, including screening information, community outreach and one-to-one signposting to relevant services.

Food Bank
- Fridays, 12 noon to 2pm.
- Food support for families affected by cancer, those undergoing treatment, and people facing food insecurity.



Some of our young people and the team

Brave Spaces
- Saturdays, 12 noon to 2pm.
- Safe, supportive sessions that build confidence, life skills and wellbeing. Supported by the National Lottery Community Fund.
- For young people aged 11 to 18.

Holiday Playscheme (during school holidays)
- The next one runs from 19 to 22 December.
- Fun, safe activities that keep children active and build confidence.

End of Year Event
Celebrate the year with the us on Wednesday 23 December. Contact us for more details.

Referrals and contacting us:
Referrals are welcome from residents, families and professionals, or you can simply get in touch yourself. We are also looking for volunteers!

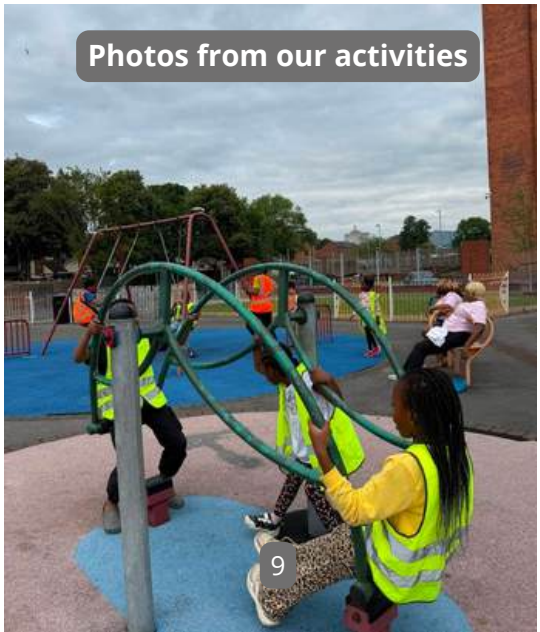
Phone: 0161 879 8398

Email: info@familyunittrust.org.uk

Website: www.familyunittrust.org.uk

Visit: Unit 11 Varley Industrial Estate, James Street, Miles Platting, M40 8EL





Photos from our activities



Free Bus Travel for Young People

Our Pass 11-16: Everything families need to know

Dates for the diary:
- Applications for Our Pass 11-16 open on Tuesday 8 December 2026.
- Free bus travel will then launch on Monday 4 January 2027.

Eligibility:
- Children are eligible for an Our Pass 11-16 from the September they start secondary school (so the 1st September after their 11th birthday).
- They must be a resident of Greater Manchester to qualify.

Igo cardholders:
Secondary school aged children who live in Greater Manchester and already have an 'igo' card don't have to do anything as they can use this to travel for free from January. They will be contacted via email by Transport for Greater Manchester and automatically issued a new Our Pass 11-16 early in the new year.

New applications:
- If a young person doesn't have an igo card, they must apply for an Our Pass 11-16 to get free travel.
- There will be a £10 administration fee.
- From 8 December, this can be done online, on the Bee Network app (for those in Year 9 and above applying for a digital pass), or on a paper form available at Bee Network travelshops.

Cards and digital passes:
- Those in Years 7 and 8 will be issued a physical Our Pass 11-16 card.
- Those in Years 9 to 11 will have the choice between a physical card or a digital pass.
- All passholders need to re-apply before they start Year 9, to have the option to get a digital pass and confirm their continued eligibility.



Bev Craig, Mayor of Greater Manchester, meets some of Greater Manchester's young people





How to use:
Passholders can enjoy unlimited travel on all buses, including school services, across Greater Manchester. Passholders just need to present their Our Pass 11-16 card at the ticket machine as they board the bus.

Head to beenetwork.com/OurPass11-16 for more information.

SCAN ME!

Caritas Lalley Centre

A down to earth project you'll be rooting for!

The Caritas Compost Club, run at the Caritas Lalley community allotment and food pantry in Collyhurst, sees people from the local community coming together to make an unbe-leaf-able difference.

The team at the allotment coordinates the club - a special group which has been engaging with children from the neighbouring St Malachy's School and other locals to reduce and recycle food waste.

Visitors to the allotment (which is open for anyone to drop in and say hello or volunteer), including regular corporate volunteers, adult education classes and school and wellbeing groups, also take part, making it a real local community effort. There's even a special compost song which is sung each day when the children visit to compost their school dinner waste!

Combining positive environmental action, education and community engagement, the project, which has been running for almost four years, recycles the food waste from the school and Caritas Lalley food pantry to create peat-free compost, which is used on the allotment to grow delicious, nutritious, organic fruit and vegetables.

Last year, 9.5 tonnes of compost was produced by the Caritas Compost Club which helped grow 625 kg of food, worth £4,777.94, that was then shared in the community food pantry with local people.

The headteacher of St Malachy's said: *"I'd say it's a highly successful way of bringing recycling to life for the children...I feel it's a really unique opportunity and we're privileged to be part of it."*

Everyone is welcome to get involved. Drop in or get in touch:

Eggington Street, Collyhurst, M40 7RG

Open hours: 10:30am-3:30pm, Monday-Friday

www.caritassalford.org.uk/Lalley

lalleycentre@caritassalford.org.uk

0161 205 2754

Caritas Diocese of Salford



Garden waste and food waste are added



The composter



The words to the special compost song



Compost is ready to use



Fantastic fresh food is grown in the compost

Young Artists in Miles Platting

An artist has worked with local young people to create artwork for an upcoming affordable housing development.

Community organisations in Miles Platting joined Manchester-based artist Jamie Rennie, professionally known as JME-DZYNZ, to design and paint artwork for the hoardings at the site of the former Apollo Pub in Miles Platting.

The development, which is just off Varley Street, is a partnership between housing provider Jigsaw Homes Group and Manchester City Council. It will see 32 one-bedroom apartments available for social rent.

Young people were involved from three organisations:

- YPAC Manchester, a youth and play-work charity
- Ensemble Manchester, a community group for people of French African heritage
- Family Unit Trust who support local families and raise cancer awareness.

They used spray art to decorate the hoardings with symbols and imagery to help tell their own stories and focus on the history behind Miles Platting and the wider community.

The hoardings depict Isabella Banks, nee Varley, a local 19th century author, activist and textile pattern maker. Her celebrated novel The Manchester Man details the life of Jabez Clegg, whose 'rags to riches' story reflects the rising economic growth of Manchester during Victorian Britain.

The design also includes Toghu designs, a specific art style from Cameroon in Central Africa, with meaningful symbols reflecting the welcoming community spirit in the local area and celebrating Miles Platting's industrial past.

Artist Jamie has worked in street art for more than 40 years, emerging from the early hip-hop and graffiti scene in the 1980s. Throughout his career, he has worked with tens of thousands of young people from across the country and has worked on a range of projects, from large scale murals to small workshops.







Young artists using spray cans to decorate the hoardings with symbols and imagery



Young Artists in Miles Platting



Isabella Banks, author of The Manchester Man




The hoardings line parts of Varley Steet and Farnborough Street in Miles Platting

Jamie said: *"It's been a pleasure working with the community and the art will hopefully reflect its creativity, values and historical significance."*

The art project has been funded by the building project's contractor Casey Group, through their Improving Lives fund, to create a positive social impact for residents in Miles Platting.

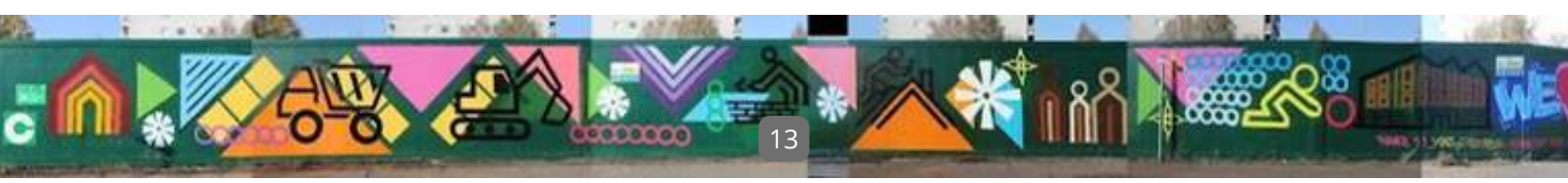
John Walmsley, Social Impact Executive at Casey, said: *"This project is a great example of what can be achieved when young people are given the opportunity to shape the places where they live.*

"By supporting local creativity and providing a platform for young voices, the Apollo mural will create a lasting visual legacy that reflects the pride, identity and aspirations of the Miles Platting community. We are proud to work alongside Jigsaw Homes, Manchester City Council and local partners to help deliver initiatives that bring people together and create positive opportunities for residents."

The development is part of Jigsaw Homes' wider Miles Platting regeneration project. The Apollo pub site, which has stood empty for 15 years, will kickstart phase one of Jigsaw's plan, which will also see land around Baker House on Oldham Road, Falkland Avenue and Rosewell Avenue redeveloped.

Richard King, Land and New Business Manager at Jigsaw Homes Group said: *"The redevelopment of the former Apollo Pub site marks an important milestone in our wider regeneration plans for Miles Platting. We want these new homes to celebrate the community around them so by working with local young people and Jamie, we've been able to transform the site hoardings into something meaningful that showcases local identity."*

Councillor Gavin White, Executive Member for Housing and Development, said: *"We're delighted to see this development moving forward, delivering 32 much-needed social rent homes for local people. The artwork, created by young people from the community, celebrates and serves as a reminder of the rich history and diversity of Miles Platting, which is helping to bring the community together ahead of this important investment in the area."*



Stronger for Longer at FC United

We're delighted to launch Stronger for Longer, a new weekly strength, balance and falls prevention session delivered in partnership with Morrisso Health and FC United.

Designed for older adults, these friendly and supportive sessions will help participants improve strength, balance, mobility and confidence, whilst reducing the risk of trips and falls.

The programme is suitable for a range of abilities, with exercises tailored to individual needs, including chair-based options where required.

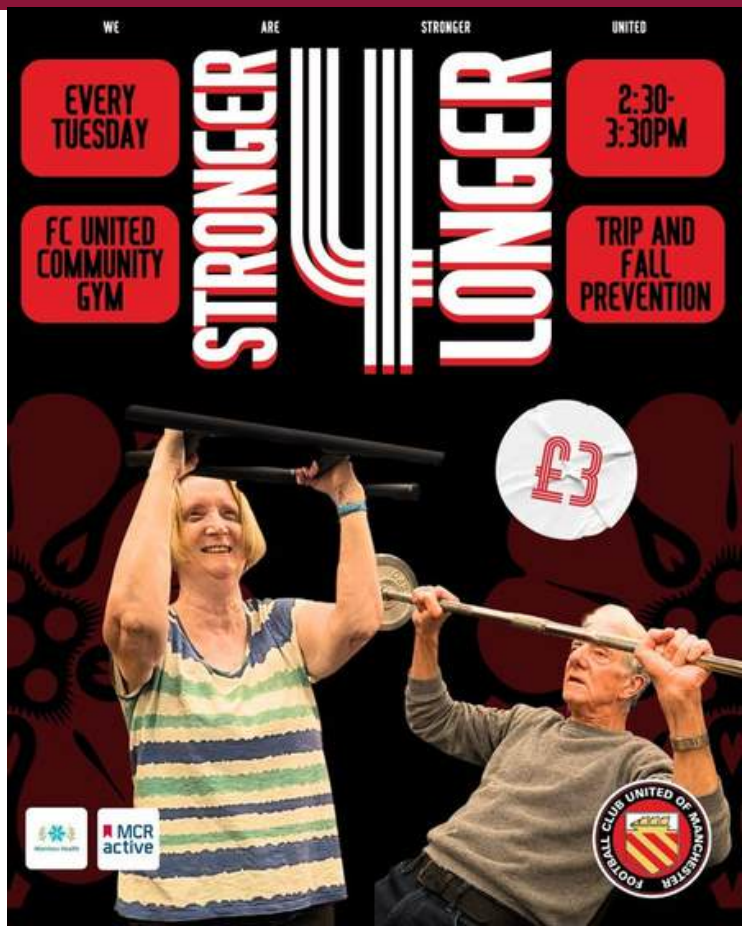
- ✓ Improve strength and mobility
- ✓ Build confidence and independence
- ✓ Reduce the risk of falls
- ✓ Meet new people and stay socially connected
- ✓ Access wider health and wellbeing support

2:30pm to 3:30pm every Tuesday.

FC United of Manchester, Broadhurst Park, 310 Lightbowne Road, Moston, M40 0FJ

For older adults aged 55+ looking to stay active, healthy and independent.

To find out more or to book your place, please call Kathy on: 0750 483 1651.



"The strength I've built has made such a difference to my confidence and mobility. I used to rely on my walking aid much more than I do now, and being stronger has really helped me feel steadier on my feet. It's all down to your encouragement and dedication to the job, along with the effort I've put in"

Moston Singers

Moston residents recently met over tea and cake at New Moston Library for the first gathering of The Moston Singers, a new community singing group being developed by local people. The group came together to get to know one another, share ideas and discuss the next steps for the group.


Moston residents planning Moston Singers

The Moston Singers is the working title, members are still discussing the name and were keen to emphasise that it is a singing group rather than a traditional choir, so that people of all abilities feel comfortable getting involved.

The group plans to sing a wide range of music, from classics by Engelbert Humperdinck to punk favourites and everything in between. The aim is to bring people together through music, friendship and community spirit. No singing experience is needed, just an interest in singing and meeting new people.

To find out more or register your interest, please email Neighbourhood Community Development Officer paula.duffy@manchester.gov.uk

The MHan Cave

Supporting men's mental health through connection, conversation and play

Every Wednesday evening, NEPHRA opens the doors to the MHan Cave, a session designed to bring people together, reduce isolation and provide a relaxed environment where men can connect, unwind and support one another.

Running from 7pm to 9pm, the MHan Cave offers a unique approach to wellbeing by using gaming and shared interests as a way of encouraging conversation and building friendships.

Two rooms, two experiences

The MHan Cave is split across two dedicated spaces, allowing attendees to choose the environment that suits them best.

Retro gaming room

For those who enjoy a touch of nostalgia, one room is dedicated to retro gaming consoles.

Whether it's revisiting classic favourites from years gone by or introducing others to games from a different era, the gaming room provides a relaxed setting where people can bond over shared memories and friendly competition.

Gaming often acts as a natural conversation starter, helping to break down barriers and create connections between people who may never have met before. The focus is not on winning or losing, but on enjoying the experience together and having a good laugh along the way.

Board games and card games room

The second room offers a quieter space centred around board games, card games and table-top activities. From strategy games and classic card games to simple social games that get everyone involved, there is something to suit all interests and abilities.

These activities encourage teamwork, communication and social interaction while providing a welcoming atmosphere where conversations can happen naturally.



MHan Cave gaming room



More than just games

While the activities are an important part of the MHan Cave, the real purpose of the sessions is to create a supportive community where men feel comfortable being themselves.

Many men can find it difficult to talk about their mental health, loneliness or personal challenges. By providing a relaxed, pressure-free environment, the MHan Cave helps to build confidence, develop friendships and promote positive wellbeing. Whether someone wants to join a game, have a chat over a brew or simply spend time with others in a welcoming setting, they will find a place at the MHan Cave.

Join us

New members are always welcome, and there is no need to be an expert gamer or board game enthusiast. Just come along, meet new people and enjoy an evening of friendship, conversation and fun in a supportive environment.

Every Wednesday, 7pm to 9pm.

NEPHRA, 27 Parkfield Road North, New Moston, M40 3TB

nephra.org.uk

office@nephra.org.uk

0161 637 6788 / 07716 316026

Pride in Place



Introducing Andrew Wickens, Chair of Clayton & Newton Heath Pride in Place Board

Andrew Wickens is Chair of Clayton and Newton Heath Pride in Place Board, an Anglican Priest, musician, and educator. He writes:

"I have lived in the Newton Heath portion of the Clayton Vale Pride in Place area for very nearly sixteen years and am very honoured and proud to have been appointed Chair of Pride in Place Clayton Vale Board, especially as I'm 'not from round here'. Sussex-born; Norfolk-raised, maybe, but this is my home.

"Before ordination in 2000, I had a 'portfolio career' in professional music, teaching, and research. I try hard to combine all those aspects in my work locally and nationally. I was nominated and elected a Fellow of the Royal Society of Arts (Commerce and Manufacture) because of my track record of working across many domains within society.

"I am a fierce advocate of equitable provision and opportunities; for people to be agents, to develop their talents and passions, maybe finding new ones, all to realise their potential; and for their voices to be heard.

"I have a strong record in governance, trusteeship and handling conflict. Perhaps most importantly for this role, I have a reputation for being fair but firm; and for leadership, whilst being able to get alongside people in good times and in bad.

"I believe Pride in Place is a terrific opportunity, once in a generation, maybe longer, to steward and develop what we have, share ideas, and together to grow and develop places and people."

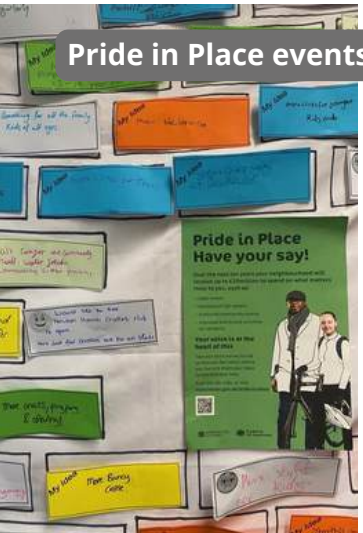


Reverand Andrew Wiggins, Chair of the Neighbourhood Board thanking the community groups that undertook consultation for Pride in Place.

The Clayton and Newton Heath Neighbourhood Board has identified four priorities for change, shaped by local evidence and what residents have told us. These priorities will provide the focus for the Board's work and investment over the next four years:

- **Greener, safer neighbourhoods** – improving and activating parks, green spaces and public areas so they are cleaner, safer and welcoming for everyone.
- **Stronger community involvement** – helping residents have a greater say, supporting local groups and improving how people find out about opportunities and activities.
- **Supporting children and young people** – providing more safe spaces, activities, youth support and opportunities, including pathways into education, training and employment.
- **Supporting older residents** – tackling loneliness and isolation through accessible activities, better connections to support and more opportunities for different generations to come together.

Pride in Place events





PRIDE IN PLACE
LED BY YOU – BACKED BY UK GOVERNMENT

Clayton and Newton Heath

TAM4 - New Community Cafe

At TAM4 (Trinity Ancoats Manchester 4) we are passionate about our local community in Ancoats and are part of the Methodist Church here in Manchester.

We are using our space to help build Community through the resources we have here on the edge of Ancoats and Miles Platting.

Our coffee shop (TAM4 Coffee) aims to provide great tasting drinks and cake at a reasonable cost sourced as local as we can. In developing the coffee shop, we have used as much pre-used or recycled material as possible.

We are opening the coffee shop Tuesday to Friday, 10am to 2pm with occasional Saturday special event opening. In addition to the Coffee Shop we have a weekly knit and natter group on Wednesdays from 1pm to 3pm.

We are looking to use the space we have available that benefits the local community. We are hoping to set up a monthly Repair Café, a Lending Library,



and other events and groups that are engaging, environmentally friendly and beneficial to the local area enabling it to flourish.

Keep up to date with what we are doing through our Facebook TAM4-Coffee-at-Trinity-Ancoats

Take a look at our web page manchestermethodists.org.uk/tam4 for more about the story so far.

Hopes for 2027... What are your hopes for the coming year?

For many, a new year is an opportunity to take stock, to re-evaluate and to prioritise what's important. Local people visiting the Caritas Lalley Centre in Collyhurst, share their hopes for 2027 and beyond...

"My hope for the new year is I want a house because I have no home. Life as a homeless person is not easy. I want to be happy and healthy." Ibrahim, attendee at the Caritas English for Speakers of Another Language course and Living Here programme.

"My hope for 2027 is to have my kidney transplant so I would no longer need dialysis and am able to work. I'd like my mother to have better health, and I would like to return to Italy when I am eligible to retire." Franco, attendee at the Caritas Lalley centre.

"I want a house. I want to enhance my English skills and study functional skills at college. I want to make coffees and to become a barista, so I am looking for a barista course." Mousab, attendee at the Caritas English for Speakers of Another Language course and Living Here programme.

The Caritas Lalley friendship group also shared:

- *"Peace for all the world and to meet lots more people at our friendship group. For continued good health for myself, my family and friends."*
- *"Peace and happiness for everyone."*
- *"That my eyesight improves so that my life regains some normality."*
- *"That my sister, with dementia, understands more about self-safety and that she always knows and remembers that she is loved."*
- *"I hope that my health keeps me able to help others less fortunate than me."*
- *"To continue meeting new people. To play games, to learn, to sing and to dance."*
- *"I'd like to meet different types of people and learn their cultures."*





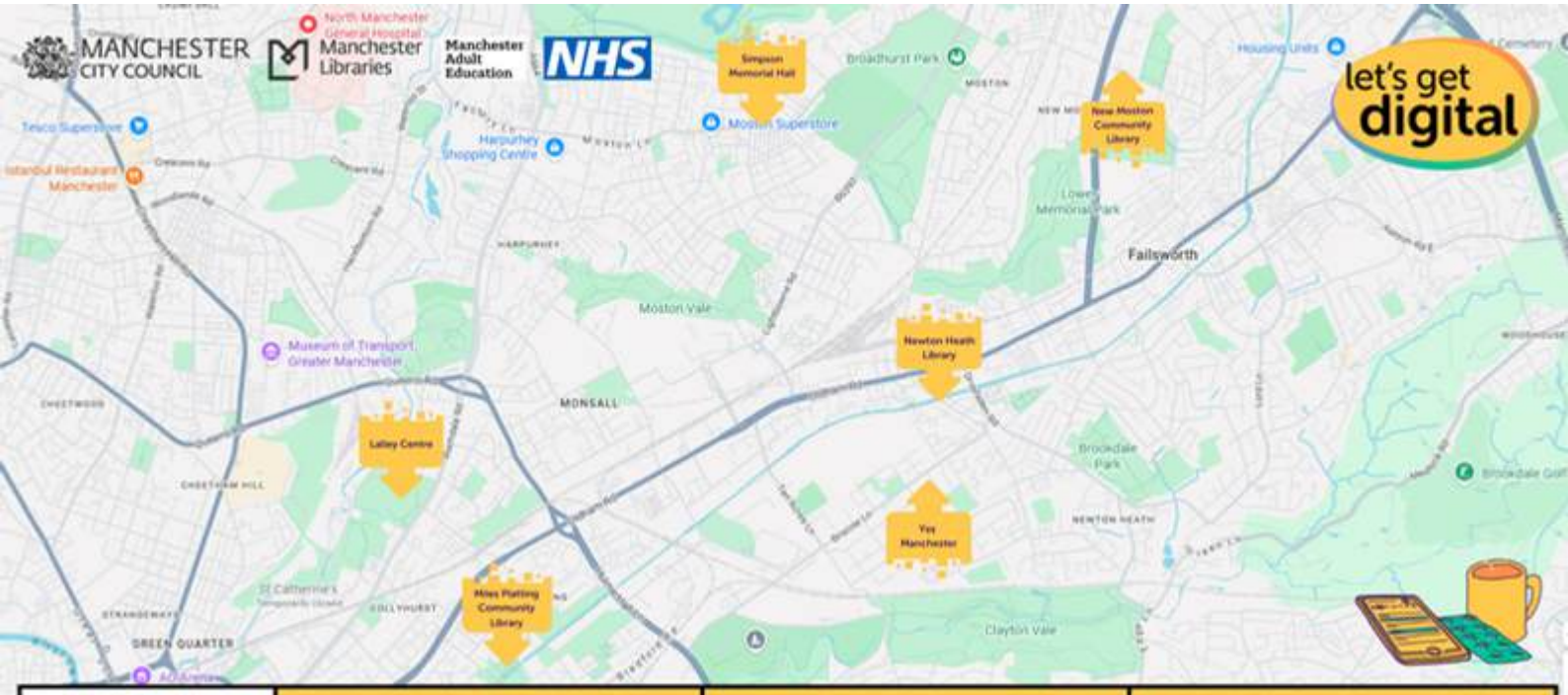




Digital Health Hubs

Here is where you can access digital support in your area - get help using the NHS App, booking GP appointments and build your confidence.

For session times and details, please contact your local centre using the details below. To find out more, email digitalinclusion@manchester.gov.uk



Support available at each Digital Health Hub	Connectivity			Digital Skills Support			Digital Health support		
	Free Wi-Fi Access	Free Internet SIMs	Devices for use in the centre	Weekly drop in	One-to-one appointments	Group sessions/courses	Setting up & using the NHS App	Using your GP website	General digital skills support
Newton Heath Library	✓		✓	✓			✓	✓	✓
Miles Platting Community Library	✓		✓	✓			✓	✓	✓
New Moston Community Library	✓		✓	✓			✓	✓	✓
Lalley Centre (Caritas Salford)	✓	✓	✓	✓	✓		✓	✓	✓
Simpson Memorial Hall	✓	✓	✓	✓		✓	✓	✓	✓
Yes Manchester	✓	✓	✓	✓	✓		✓	✓	✓

Newton Heath Library

Everyone
2 Old Church Street, M40 2JB
0161 234 4474
newtonheathlibrary@manchester.gov.uk
bit.ly/newton-heath-library

Miles Platting Community Library

Everyone
Victoria Mill Park, Lower Vickers Street, M40 7LJ
0161 227 3787
beswicklibrary@manchester.gov.uk
bit.ly/miles-platting-library

New Moston Community Library

Everyone
173 Nuthurst Road, M40 3PJ
0161 219 6461
ncl@manchester.gov.uk
bit.ly/new-moston-library

Lalley Centre (Caritas Salford)

Registered clients (get in touch to register)
St Malachy's School Basement, Eggington St, M40 7RG
0161 205 2754
lalleycentre@caritassalford.org.uk
caritassalford.org.uk/lalley

Simpson Memorial Hall

Everyone
361 Moston Ln, M40 9NB
07307 206 013
natalie@nmcp.org.uk
nmcp.org.uk/whats-on-at-the-simpson-memorial-hall/

Yes Manchester

Registered clients (get in touch to register)
115 Briscoe Lane, M402TP and 35-39 Southchurch Parade, M40 7GE
0161 260 1600
yesinfo@yesmanchester.co.uk
yesmanchester.org/

Manchester Adult Education

Learn something new with Community Learning

Want to build your confidence, learn new skills or meet new people?

Manchester Adult Education Service offers friendly Community Learning courses and workshops in your neighbourhood. Our opportunities develop your skills and confidence while connecting you with other people and your local community.


Adult learners attending MAES sessions

There's lots to choose from. You could explore the 5 Steps for Wellbeing, improve your understanding of health and NHS services, prepare for work or volunteering, learn about sustainable living or join activities for parents and carers supporting their children's learning and family life.



Courses are usually delivered over 4–6 sessions, with shorter one-off workshops also available.

SCAN ME!

Ready to find out what's available? Scan the QR code to visit: manadulted.ac.uk/courses/community

Volunteer with Talk English

Could you help someone build their confidence in English?

Talk English is looking for volunteers to help people learn and practise English in Manchester.

You could help lead a Talk English Circle alongside other volunteers or support a teacher in a Talk English Conversation Club or Literacy Workshop. Volunteering is a great opportunity to gain experience, develop your skills and meet new people.

You don't have to be a teacher to make a difference. If you enjoy meeting people, supporting others and being part of your local community, we'd love to hear from you.

Email: maes.volunteers@manchester.gov.uk

Scan the QR code on the flyer to visit mcrvip.com/volunteers/opportunity/10229383



Christmas and Mental Health:

Coping Tips from manchestermind.org/christmas

Christmas can be difficult for anyone, at any point in their life. You might be struggling this year for the first time. Or you may have found Christmas difficult in the past, and you are dreading it again this year.

You may also enjoy Christmas, but not be able to celebrate it how you would like. Or you might find some parts enjoyable, but other parts stressful.

Whether or not Christmas is part of your life, your mental health might be affected by it happening around you. It's a time of year that often puts extra pressure on us, and can affect our mental health in lots of ways.

Be gentle, generous and patient with yourself

- It's okay to prioritise what's best for you, even if others don't seem to understand.
- Think about what you need and how you might be able to get it.
- Consider talking to someone you trust about what you need to cope.

Plan ahead

Think about what might be difficult about Christmas for you, and if there is anything that might help you cope. It might be useful to write this down. For example:

- Think about whether you really need to do things if you are not looking forward to them. Can you do them differently or for less time?
- Make a list of any services that you might need and their Christmas opening hours. Mind's page of useful contacts has some suggestions.
- If you are worried about feeling lonely or isolated this Christmas, think of some ways to help pass the time. For example, this might be doing something creative or spending time in nature. See our self-care hub for more ideas.
- If you can't be with the people you want to see in person, you could arrange a phone or video call to catch up with them on the day. Or try to arrange a visit around Christmas, if there is a time when it's possible to meet.
- Try to plan something nice to do after Christmas. Having something to look forward to next year could make a real difference.

Manage relationships

If other people's questions are difficult, you could think of some answers in advance so you are not caught off guard.

- Think about how to end difficult conversations. It's okay to tell someone you do not want to talk about something, or to change the subject.
- Suggest an activity or an easy way to move on to help end an unwanted conversation.

Look after yourself

Set a 'start' and 'finish' time for what you count as Christmas. Remind yourself: it will not last forever.

- Set your boundaries. Say no to things that are not helpful for you.
- Let yourself experience your own feelings. Even if they do not match what is going on around you, they are still real and valid.
- Let yourself have the things you need. For example, if you need a little bit of quiet time.
- If you cannot avoid something difficult, plan something for yourself afterwards to help reduce the stress or distress you might feel.

Talking to other people

Let people know you are struggling. It can often feel like it's just you when it is not.

- Tell people what they can stop, start or continue doing to help you.
- You don't have to justify yourself to others.
- You might not be able to make others understand. That is okay. It's not your responsibility to convince other people, or get their permission to look after yourself.

Get support

If you are struggling, you can contact:

- **Samaritans** provides free 24-hour confidential emotional support: 116 123.
- **Shout** is a free 24/7 text service for anyone in crisis anytime, anywhere. Text Shout to 85258.
- **Crisis Cafe at No. 93** out of hours support for anyone in a crisis. Monday to Friday, 8pm to 1am and Saturday and Sunday, 3pm to 1am. Call 0777 8012 838 or 0161 271 0339.

Pension Credit

A warmer winter starts with what you're entitled to
Could Pension Credit give your income a boost?

A little extra income could make a big difference this winter

Keeping the heating on, buying healthy food and staying connected with friends can become harder when money is tight. Yet many older people are missing out on Pension Credit—extra income that could help make winter more comfortable.

Some people assume they cannot claim because they own their home, have savings or receive a small private pension. Others feel uncomfortable asking for help or find the paperwork daunting. This should not stop anyone checking their entitlement. Pension Credit is financial support you have a right to claim if you qualify.

Could you be entitled?

Pension Credit supports people who have reached State Pension age and are on a low income. For 2026/27, it can top up weekly income to:

- £238 for a single person
- £363.25 for a couple
- You may qualify for more, depending on your circumstances, such as disability, caring responsibilities or certain housing costs.

Owning your home does not rule you out, and savings of £10,000 or less do not affect your entitlement.

If you get Pension Credit you can also get other help:

- Housing Benefit if you rent the property you live in
- Cold Weather Payments
- Support for Mortgage Interest if you own the property you live in
- a Council Tax Reduction
- a free TV licence if you're aged 75 or over
- help with NHS dental treatment, glasses and transport costs for hospital appointments (if you get the Guarantee Credit part of Pension Credit)
- help with your heating costs through the Warm Home Discount Scheme.

Gateway M40 can help

Our Senior Advice Service (SAS) offers friendly, confidential support to older people. We can check your benefit entitlement, explain the rules in plain language and help you complete a claim.

Support is available through our office, community outreach and, where needed, home visits. If you are unsure, ask. A simple entitlement check could help you feel warmer and more financially secure this winter.

You can also find out more at gov.uk/pension-credit or call the Pension Credit claim line on 0800 99 1234, Monday to Friday, 8am–6pm, excluding public holidays.

You can have a telephone or Facetime meeting, or a face to face meeting at one of our sessions. Sessions are held at:

- Hazeldene Surgery
- Simpson Memorial Hall
- Moston Sure Start
- Newton Heath Sure Start

Contact us to book a session:

0161-202-3511

info@gatewaym40.org



The Cost of Living Advice & Support

Free Cost of Living Advice Line

Rising household costs can affect anyone, and knowing where to turn for trusted advice can make all the difference.

Manchester City Council's Cost of Living Advice Line offers free confidential advice and practical support for residents. Whether you need information about benefits, help with housing costs, advice on managing debt, or support with household bills, the team can connect you with the services that are right for you.

The service can also provide information about local food support, holiday meal vouchers for families whose children receive free school meals, and help with accessing the internet, devices and data.

Getting advice early can often open up more options, so it's worth checking what support may be available for you and your family.

Free Cost of Living Advice Line

- 0800 023 2692
- Monday to Friday, 9am to 4.30pm
- manchester.gov.uk/coladvice

Translation and SignVideo services are available on request, helping ensure support is accessible to all Manchester residents.



Local in-person cost of living support: Citizens Advice

Sometimes, when you're in a jam, it can be hard to think about where to go for help. That is where Citizens Advice Manchester come in.

Offering free confidential and impartial advice, their staff can help you with issues such as managing debts, support with energy bills or housing, pensions advice and support with your benefits.

Your local Citizen Advice Hub:

You can attend in-person drop-in events at community hubs. Your local hub is:

- Newton Heath Library, 2 Old Church Street, M40 2JF
- Tuesdays from 9:30am -12.30pm.

For more information about the service or hubs, visit www.citizensadvicemanchester.org.uk or call 0808 278 7800.

Support from Local Libraries

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).

Come on in, out of the cold

The Warm Welcome Spaces programme, operated across the city's library network, is running again this year.

This means that every public library in the city will remain a free welcoming and warm safe space for anyone who is in need this winter.

All of Manchester's 22 public libraries will be taking part in this scheme.

A range of services will be on hand for people who may need an extra bit of support:

- Age-friendly spaces
- Free hot drinks – available from 19 October 2026 to February 2027 (donations welcome)
- Free internet and Wi-Fi
- Free SIMs
- Newspapers
- Information, advice and signposting to services
- Digital drop-ins one day a week
- Under-5s storytimes once a week at 11am.



Free and cheap ways to stay connected

Everything is online these days, so it's more important than ever to stay connected. Your local library will always be there to provide free access to the internet. You don't need an appointment, just pop in to get online.

You can also enquire about how to get a free SIM card for data. Network provider O2 can also help if you pop in and ask about the National Databank.

In addition, many broadband providers offer social tariffs. These are discounted broadband and phone packages for people receiving benefits such as Universal Credit or Pension Credit.
To find out more, visit www.ofcom.org.uk/phones-and-broadband/saving-money/social-tariffs



Healthy Schools MANCHESTER

Manchester Local Care Organisation

BE SAFE THIS WINTER

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

HOT WATER BOTTLES

- Check the expiry date, and replace every two years
- Allow boiled water to cool first
- Fill slowly, holding upright
- Fill 2/3 full
- Squeeze the air out
- Tighten the cap
- Use a cover.



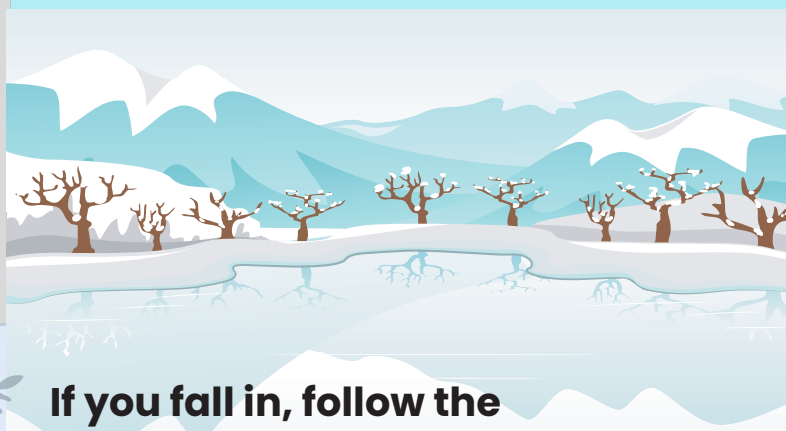
TOY SAFETY

- Check you're buying toys from a trusted retailer
- Look out for the CE or lion mark so you know toys have passed safety tests
- Check for loose parts including button batteries.



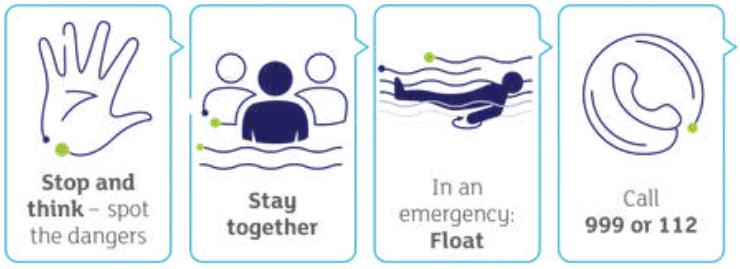
COLD WATER SAFETY

- If you're going near the water stay with other people
- Only go near the water when there is daylight and you can see where you are walking
- Take care near canals, rivers and reservoirs when paths can be icy to avoid slipping into the water
- Keep back from the edge of water
- **Never step onto the ice**, it isn't as strong as you think, you could fall through.



If you fall in, follow the

WATER SAFETY CODE



FIND OUT MORE...

Water safety advice

Burns advice