

We Cheetham & Crumpsall

Issue 13
March 2023

FREE

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

COMMUNITY SAFETY: OPERATION VULCAN

Working to rid our community of organised crime

Operation Vulcan began in November 2022. It is clamping down hard on organised crime groups in the Cheetham Hill and Strangeways area using businesses as a façade for money laundering, selling fake goods and drugs, modern day slavery and exploitative immigration.

It is widely accepted that Cheetham Hill is the UK capital of counterfeit goods, representing half of the counterfeit goods trade, generating vast sums of money for organised crime groups.

Detective Sergeant Matt Donnelly said: "Operation Vulcan is tackling serious organised crime in the area and the last eight weeks have seen major disruption to every level of criminality in the area. An integral part of this operation's success is engaging with members of the local community, which is most effective when we work with our partners, and the closures this week are an example of our multi-agency approach in action.

"We want to work closely with local landlords and businesses to restore Cheetham Hill and Strangeways to the thriving hub it once was, making it a place for legitimate businesses to prosper."

Councillor Luthfur Rahman, deputy Leader of Manchester council, said:

"Operation Vulcan is about more than just enforcement. It's about building back a sense of unity in the area."

"Working with business owners and landlords we want to show that Cheetham Hill can be a place for businesses to thrive and that once rogue traders are kicked out, they're kicked out for good."

At its heart, Operation Vulcan is a partnership effort, and while enforcement is an important part - real, sustainable change would not be possible without the help of dedicated partner agencies and members of the local community sharing their concerns and any intelligence.

How to report a crime

- Phone 999 in an emergency
- Phone 101 for non-urgent crime
- Visit www.police.uk to report online.

Crimestoppers

Report crime anonymously:

- Online - crimestoppers-uk.org
- By phone - 0800 555 111



Operation Vulcan team patrolling



Visit from Home Secretary, Suella Braverman



Operation Vulcan team



Operation Vulcan raids



Visit from Home Secretary, Suella Braverman

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

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.

Coffee with a Copper

An opportunity to talk to your local police force. Follow GMP Manchester North on Facebook for updates on times and dates.

Welcome

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Welcome to the thirteenth edition of our community newspaper for Cheetham and Crumpsall.

Since our last edition, we have had quite a few changes to our editorial team. While we will miss old friends, we are so pleased to bring in some new energy and local knowledge. We look forward to building on the hard work that so many have contributed to.

We round up some of this news in this edition along with activities taking place this spring and lots of other great stuff happening across the neighbourhood.

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

If you have any feedback or would like to have anything added to a future edition. Please email us at:



Kelly.Wray@mft.nhs.uk
Lizzie.Hughes@mft.nhs.uk

Advertising Opportunities:

In future editions of the 'We Love Cheetham & Crumpsall Newspaper', we will be offering advertising space to local businesses and charities that wish to advertise themselves in the paper. E-mail 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

Our fantastic editorial board is made up of



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Tommy Williams

Manchester City Council



Hi I'm Tommy,

I am a Neighbourhood Community Development Officer for Manchester City Council covering Cheetham Hill and Crumpsall. My role is all about working with the community and helping to develop projects and initiatives that benefit the community. In my spare time I enjoy playing drums and I have played for about 15 years. I also enjoy keeping active and enjoy going to the gym and running regularly.

E: tommy.williams@manchester.gov.uk

Cheetham and Crumpsall news

Expert support to help get you online

Improve your computer skills, learn how to email, manage benefits online, look for work and be safe online.

Need a problem sorting? Come and have a brew and speak to us. Drop in every week or just once!



Monday's 10am to 12pm - free lunch included

Tuesday's 10am - 2pm

Welcome Centre, 18-32 Brentfield Avenue, Cheetham Hill, M8 0TW

- Job search
- Email
- Universal Credit
- Online basics
- Help with online forms
- School applications
- View your rent statement
- NHS App
- Digital support for health

Introducing Antonia Jackson, one of your neighbourhood policing team

I'm Antonia Jackson, and I have been with Greater Manchester Police (GMP) for 15 years. I have recently moved from Tameside to get back to neighbourhood policing.

For me, it is the only area of policing where we can actually make a significant difference to the lives of our victims and community.

I have been with the team for three months now, and they have really impressed me with their 'can-do attitude.'

I have been very clear on my objectives for the team, and I expect a high level of victim services in the way of updates for ongoing investigations, lots of community engagement and being visible, and proactive policing.

I want the people who are causing harm to our communities to be held to account and made clear to them that their criminality and anti-social behaviour will not be tolerated or accepted.



Traffic calming in Crumpsall

The junction of Crumpsall Lane, Ash Tree Road, Lansdowne Road and Delaunays Road has recently seen highway safety improvements.



Aerial view of the junction that has been made safer

Improvements include:

- controlled pedestrian crossings
- carriageway resurfacing
- installation of pedestrian guardrail
- installation of speed cushions
- a reduction in the speed limit to 20mph
- no left-hand and right-hand turn onto Lansdowne Road from Ash Tree Road and Crumpsall Lane respectively.

The aims were to improve pedestrian safety by providing safe havens when needing to interact with motorists is necessary to complete a journey.

The changes have also made it safer for cars to travel to and from North Manchester General hospital.

A Rubbish Call to Action



Appeal for litter-pickers for the Great British Spring Clean.

Spring is in the air and that means one thing... **The Great British Spring Clean!** This is the perfect opportunity to get together with friends, neighbours, or your colleagues to show some love for Cheetham and Crumpsall by doing a litter pick.

Surprisingly, litter picking has become a popular hobby that delivers a huge range of benefits from tackling loneliness and low mood to protecting wildlife and reducing crime. The campaign starts on the 17th March and runs through to the 2nd of April.

Keep Manchester Tidy, the partnership between Manchester City Council and Keep Britain Tidy, are on hand to help you take part in the GB Spring Clean. Keep Manchester Tidy will provide you with litter pickers and bags as well as arranging for the bags of litter to be picked up after your litter pick.



Litter picking near Cheetham Academy Primary School

To get involved you'll need to register at keepbritaintidy.org and email keepmanchestertidy@manchester.gov.uk to let them know what equipment you need and it will be delivered to your door.

You can also join the Keep Manchester Tidy Facebook Group to connect with other local litter pickers and find out more about GB Spring Clean and other local litter picking events.

Thank you to everyone who gets involved to keep our neighbourhood clean!

Your Local Health Update

Your GP is not always the best person to see



There are many different healthcare professionals that you can see at your GP Practice. They are all experts in their field and are often the best people to see for particular issues.

When you call your GP surgery for an appointment, you are likely to be asked the reason for the appointment request. This is to ensure that our highly trained care navigators (who answer the phone) can identify the most unwell patients, and ensure they are seen as a priority. It also allows them to identify the very best person for you to see to help you in the safest, quickest, and most efficient way.

They may offer you an appointment with a:

- Advanced Clinical Practitioner (ACP)
- Physicians Associate (PA)
- Practice Nurse
- Health Care Assistant (HCA)
- Community Pharmacist
- MSK (Musculoskeletal) Specialist.

All of these highly trained and skilled clinicians have access to a doctor should they require any extra advice.

Physicians Associate (PA)

PAs have completed a course at university to gain their full Physicians Associate qualification. This enables them to examine and assess you. They will offer advice, refer you onwards if necessary and can recommend a medication for a prescriber to issue to you.

MSK (Musculoskeletal) Specialist

In Cheetham Hill and Crumpsall, we are extremely lucky to have a direct refer MSK service. This allows patients to contact an MSK specialist directly, without having to be referred by their GP. This ensures that you do not have to wait to see a GP before you can access the experts. If you are having issues with your joints, bones or muscles or experiencing back or joint pain you can refer yourself to the MSK service via

- Phone: 0161 720 2321
- Email: mft.nmghphysiorefer@nhs.net.
- Some surgeries can book you in directly with the MSK specialist at a local venue.

Practice Nurse

A Practice Nurse will have gained their full nursing qualifications plus further education in general practice nursing. Many of our Practice Nurses are prescribers and will be able to issue medications. Most nurses have a specialism such as respiratory, diabetes, women's health and so on. Our nurses carry out long-term condition reviews, smear tests, immunisations and clinical processes.

Health Care Assistant (HCA)

HCAs can carry out a number of clinical tasks in the practice. These may include some injections, blood pressure checks, taking bloods, lifestyle advice, reviews of some conditions, health checks and so on.

Advanced Clinical Practitioner (ACP)

An ACP is a highly trained clinician who can assess and treat most conditions. They have most often obtained their full nursing qualifications and then been further educated to achieve their ACP status. They can examine and assess you, offer advice, most can prescribe medication and will be able to refer you onwards if required. Many have specialist areas such as gynaecology, respiratory or diabetes.

Community Pharmacist

Your GP practice can refer you directly to a highly trained pharmacist based in a local pharmacy if you have symptoms of common minor illnesses such as cold and flu symptoms, ear pain, constipation etc. They will consult with you, firstly over the phone, then face to face. They can examine and assess you, and offer self-care advice or over-the-counter medication. Most can refer you to the Minor Ailment Scheme, which allows them to prescribe medication. They can also refer you back to the GP if they believe you need to be seen by a doctor.



Community Pharmacists are experts in medicines

Meet your new community care navigator

Community care navigators work with you to ensure you are connected with the right services available to you in your local neighbourhood, including NHS services, social services, housing, charities and other community resources.



Introducing Khadija Khan

I am the new Community Care Navigator for Cheetham & Crumpsall ward. I moved to the UK (Manchester) in 2004 from Hong Kong with so many dreams and a passion to work in NHS. I always feel proud to wear the NHS badge.

The beginning of my journey in the NHS started in 2007 as a Community Health Trainer. Being a local resident, I considered myself lucky to be able to work within my community and served the Cheetham & Crumpsall wards for 13 years as a Health and Wellbeing Advisor, then a BeWell Health Coach. I was moved to No.93 wellbeing Centre in Harpurhey for three years as Senior Support Worker, and now I am here once again as Community Care Navigator.

Serving the local community gives me a sense of satisfaction beyond words. Like I always say, I am

a 'genie in the bottle' of information who brings the best NHS services for you to your doorstep.

This community has given me so much love and respect that it makes me want to work at my very best. I feel lucky to be able to come back and work alongside a great team of professionals who are dedicated and ever-ready to make a great change in the community.

This role is very exciting and gives me the opportunity to play a mediator role between the service and the service users so we can bring out the potential of the service. I am very excited and feel encouraged by the warm welcome given to me by my colleagues.

In my spare time I like home decorating and spending quality time with my family.

How a community care navigator supported Alex

Care navigators can support people in so many ways that sometimes a personal story can help bring to life some of what they do. We'd like to tell you about Alex (not their real name).

Alex was referred to the care navigators by their GP. Alex and their family were experiencing financial and housing difficulties and Alex was suffering from physical health problems following an accident.

Alex needed better walking aids and support with moving to a new home as where they lived was no longer suitable due to injury caused by their accident.

The care navigators worked with Alex to find out what support would best suit them and their situation.

To support Alex with their financial worries, the care navigators:

- Arranged an appointment at the Welcome Centre to support with financial advice and housing application
- Provided contact details for Gateway M40 for the fuel voucher scheme
- Referred Alex to Pakistani Resource Centre for further advice on Universal Credit, PIP, Carers Allowance and Housing Benefit
- Gave advice about how to get their children bus passes.

To help with Alex's walking, the care navigators referred Alex to Adult Social Care for an assessment for a walking frame. Thanks to this, Alex's new walking frame helps them to spread the weight and balance putting less pressure on one of their hands. The care navigator also spoke to Alex's GP about providing a supporting letter for Alex's Manchester Move application so Alex could find more accessible accommodation. With the GP's help, they are now bidding for properties and are classed as a high priority.

Care navigators take a holistic approach to supporting people. As Alex was also worried about their family, the care navigator referred Alex's family to Communities 4 All. Communities 4 All provide emotional and community support for families and social connection through groups and classes.

Alex and their family now have access to the financial and housing support services they need and we hope they will be in their new home soon.

Care navigators work with people to find out what support would best suit each person's needs and they agree on goals together. From health to housing and benefits to befriending, they can assist with what matters most to you.



For more information about the community care navigator service, you can visit the Manchester Local Care Organisation website manchesterlco.org or contact us.

Our service is available 7 days a week: Monday to Friday, 9am to 5pm
Tel: **0300 303 9650**
E: mft.spa-uhs@nhs.net

Faith New Deal Pilot Project

Minister for Faith praises boost for mental health and food support in faith communities

Local charities and faith groups, including Rainbow Surprise, have successfully run a project to address poverty and mental health in faith communities.

Activities included:

- Supporting over 100 people with their mental health
- Providing food to over 3000 people
- Running workshops about food and money

At the end of the project, there was a large increase in most people's confidence and mood.

Minister for Faith, Baroness Scott of Bybrook, Parliamentary Under Secretary of State at the Department for Levelling Up, Housing and Communities, came to visit those involved and discuss its implications.

Baroness Scott was hugely impressed with the work undertaken and said, "I didn't realise the breadth of what had been done with the small amount of money we gave you and the holistic nature of the project, working together across communities." She was keen to see how such work could be supported in future and replicated elsewhere.

Jonny Wineberg, Trustee of JAMH who also has the role of Project Officer, said, "We are immensely proud of what we have achieved here, exceeding the targets we agreed, benefiting thousands of people facing both food poverty and mental health issues.

"We emphasised to Baroness Scott the fact that poverty is the single biggest driver of ill health, and that the relationship is bi-directional in that poverty causes ill health, and ill health causes poverty. Anxiety and depression are 50% more prevalent in the most deprived tenth of the country so, in Greater Manchester, that means 25% of households. Also, the fact that children living in low-income households are more than three times as likely to have a mental health condition than those in high-income households."

Shabnam Hussain, Project Manager at charity Rainbow Surprise, who hosted the meeting at their Community Shop, said, "Baroness Scott met with our women's health & wellbeing group before the discussions with the partners. It was so good that she was down to earth and able to laugh with our ladies and understood the issues they were bringing up and the benefits of the work."

Sukhbir Singh, Chair of the Manchester Sikh Foundation, said, "This is the first time the Sikh community in Greater Manchester have received funding for work around mental health and the impact has been very significant and positive for the community. We hope to be able to continue and extend this support, subject to funding, in the future."

Kate Lurie, Project Manager at JAMH, said, "We were delighted to show Baroness Scott the fantastic outcomes of this project and what can be achieved by working together with partners both within and outside the Jewish community."

For more information about the project, please contact Jonny Wineberg by email charity@jamh.org.uk or call **07930 534422**.



Faith New Deal events



“By using a Jewish service, they are already aware of some of the issues that the religion faces, the laws and the way most think as well as many people's upbringing. I do not have to waste time explaining certain aspects of my belief. Also, I am always scared that non-Jewish sensitive services would be more judgmental due to not fully understanding where I come from.”

“My counsellor was able to empathise fully with any scenarios/issues I had that involved cultural background and/or social religious matters. Nothing had to be explained and I could use words or phrases and express cultural sentiments automatically without tempering these. This has ALWAYS been an issue in the past and I was very aware that I was totally relaxed about this matter, during these important sessions.”

“Because of coming to ladies' classes and joining Rainbow Surprise I have started a course to become a fitness instructor myself so I can give back to the community.”

“I sometimes feel misunderstood by mainstream services and it's hard for me to explain myself, it makes things more stressful. When Neshomo are involved, I feel more relaxed.”



Welcome Centre Warm Hub

Providing a warm space and hot food two days a week until the end of March.



Welcome Centre activities



The Welcome Centre's Warm Hub was started in November 2022 in response to rising fuel and food prices causing great difficulties for many people living around the centre. The Welcome Centre provides a warm friendly space with hot free food two days a week.

Every Tuesday and Wednesday there is access to hot drinks and snacks, and a free freshly cooked hot meal is served at lunchtime. Everyone can sit down together to eat and chat. The meal is prepared by the Welcome Centre's volunteers and is very popular — attendees comment on how tasty everything is!

As well as providing warmth and food, the team wanted to provide a setting where people could improve their wellbeing by making friends and trying out activities to learn new skills and grow their confidence.

People attending the Warm Hub have been able to take part in music and art workshops, meditation, gentle exercise, hand massages and calligraphy. The centre has also run its usual ESOL (English for speakers of other languages) classes, Women's Group and advice sessions. We have also worked with partner organisations to provide information sessions and opportunities for people to talk to groups who can help with a huge range of issues including access to emergency food parcels and clothing.

Attendees at the Warm Hub have left lots of positive feedback saying how friendly and kind everyone is, how much they enjoy their time at the centre and taking part in the activities. One first-time visitor said, "I love it here! Such a welcoming and helpful place. I will definitely be coming back!" They have come back every week since and bought some friends.

The Welcome Centre Team will keep the Warm Hub running until the end of March. It runs on Tuesdays and Wednesdays from 10am to 3pm. No need to book.

For more information, you can call the centre on **0161 513 4126** or email **welcomecentre@waiyin.org.uk**



Welcome Centre music group

The Yard: Ours, And Soon, Yours

Welcome to a space for creatives to explore, grow and redefine.

The Yard is based in the beautiful setting of a Victorian boys school. We have developed and reworked the space from the ground up to make it as inspiring, functional and adaptable as possible. From our cobbled yard to our rooftop rehearsal spaces, there are so many ways we can host our local community and creative people.

Our collective continues to grow under the watch of founders, Jo and Mark Hamburger. In their pursuit to find a place for all, we form a unique community of cultural investors; from musicians and poets to painters and fashion designers.

We look forward to opening the space up to our Cheetham and Crumpsall community. This is a space to be shared, experienced and explored.

Check out our Twitter **@theyard_mcr**
Email us at: **info@theyardmcr.com**
Find us at: **11 Bent Street, Manchester, M8 8NF**



Music event at The Yard



The Yard

Youth Justice Sport Fund

Abraham Moss Warriors receive £20,000 to support vulnerable young people in Crumpsall and Cheetham



Over the coming weeks, we will be supporting 28 young people aged 11 to 16 years of age in a variety of activities including a life skills program, gym and swim sessions, football and driver training academy.

As well as earning qualifications including the Multisports Activator course, Youth at Risk course, First Aid, Referee course and Level 1 in football coaching, they are also assigned mentors to help support them.

The funding comes from The Ministry of Justice, who are investing £5m in sports programmes across England and Wales to help prevent youth crime. The funds will support voluntary and community sports organisations to carry out targeted work supporting children and young people who are at risk of entering the criminal justice system.

Sport is increasingly recognised as having a role in prevention and early intervention work with children at risk of, or already involved in, offending behaviour. Although sport is unlikely to stop offending by itself, it has the potential to make a positive contribution.

Sport can offer:

- Supervised, positive, fun activities
- Pro-social friendships
- Positive adult role models
- The chance for young people to achieve
- Support for protective factors.

We hope that some of the young people on this 12 week course can go on to be future role models in the community.



Abraham Moss Warriors at the Heart of the Community CIC



Youth Justice activities

Three local Councillors for Cheetham came down to visit the group during one of the Lifeskills sessions.

A celebration of International Women's Day

Wednesday 8th March was International Women's Day. The theme for this year was Embrace Equity. To mark the occasion, local organisations ran a women-only event.

The New Testament Church of God, working in partnership with the MLCO, delivered a fantastic day. The event was hosted by the Guidance Hub and was well attended by lots of women of all ages and backgrounds from across the Cheetham and Crumpsall.

There were a number of stalls offering information, advice and guidance, as well as a fantastic exercise session led by Afrotots, food and refreshments, massage therapy, arts and crafts and yoga!

Councillor Shazia Butt gave a fantastic and empowering speech to all the women in attendance and the event generated ideas about what women value in their community and what they want to see develop.

It was a great opportunity to celebrate women in our community.



Crafts made at the event



Cheetham Hill Advice Centre



Demi Franks, Creative Producer, Manchester Jewish Museum



Manchester City Council Housing Services News

Website: mcchousingservices.co.uk
Phone: 03000 123 123
Office hours: 8.30am to 4.30pm,
Monday to Friday.



Northwards Housing is now part of Manchester City Council Housing Services

You'll notice a change to our name and branding, but the ways in which you can contact us have not changed.

Following Northwards Housing's transfer back into Manchester City Council (MCC), the offices have been rebranded with the MCC logo. Our website and social media accounts have also been rebranded to reflect the transfer to MCC. You will notice that our Estate Services vans are now branded with MCC logos and letters that we send out will no longer feature the Northwards Housing logo. The official name for the service is Manchester City Council Housing Services.



Visit Manchester City Council Housing Office

Our Cheetham Hill Road housing office is now open from 9.00am to 4.00pm every Thursday for our residents to speak to a Customer Service Advisor face-to-face.

We also offer drop-in digital support sessions every Thursday from 10.00am to 2.30pm.

Cheetham Hill Road Housing Office, 549 Cheetham Hill Road, Cheetham Hill, M8 9NW



Have your say on housing Services

Manchester City Council Housing Services are looking for residents who live in Manchester City Council homes who would like to get involved in shaping how we provide our services.

If you are passionate about improving and influencing housing services in your area and you would like to find out more, please register your interest by contacting us on **03000 123 123** or in-person at the Cheetham Hill Road housing office.

This could include helping to review and design policies and procedures, testing website features, or simply suggesting ways in which services that we provide to you can be improved.

Introducing the Tenancy Support Team

Manchester City Council (MCC) Housing Services provide a range of people in the Tenancy Support Team who can assist tenants in a range of ways, including adjusting to a new property, money and energy worries and mental health support.

New Tenancy Support Coordinators

- Providing short-term support for new tenants coming from temporary accommodation. Support lasts up to 12 weeks.
- They can help with anything needed to settle into a property – utilities, benefits, furniture and carpet where possible, work and skills, repairs and so on.
- Referrals can be made via the New Tenancy Team. Not every new tenant will need to use this service.

Support & Wellbeing Officers

- Providing intensive support to the most vulnerable tenants, often with multiple and/or complex needs, such as mental health issues, substance misuse, hoarding, severe property condition, learning difficulties, complex anti-social behaviour cases and domestic abuse cases.
- They will work one to one with tenants who need additional support to sustain their tenancy and live safely in their homes.
- Cases are open for as long as needed in order to provide the necessary support.
- Referrals are made via Housing Officers after an initial assessment.

Money Advice Team

- We can support MCC Housing Services tenants only.
- We offer support with debt, benefits and welfare advice. This includes maximising incomes, identifying any unclaimed benefit entitlements, budgeting, and repayment plans.
- We are supporting our tenants through the cost of living crisis by applying for funding and grants, making referrals to food banks and so on.
- We cannot support tenants with setting up direct debits and managing their payments for them.
- We offer telephone advice, face-to-face appointments and home visits (if deemed necessary).

Energy Advice Officer

- Providing energy advice to MCC Housing Services tenants in North Manchester.
- Advising on energy efficiency in the home, keeping gas and electricity bills down, dealing with supplier problems, smart meters and making the best use of renewable technologies in the home such as heat pumps and solar PV panels.
- Cannot provide advice about financial matters.



Weekly Schedule of Activities for

Mondays

- **Sister's Chit Chat Chai for ladies** at ITC Centre, 12pm to 2pm every fortnight. Supporting women's health and wellbeing.
- **Women's only group** at Khizra Mosque, 9:30am to 12:30pm. Coffee morning, gym, walking, cycling and other activities.
- **Khizra Mosque Men's Badminton** at Abraham Moss, 9pm to 9:40pm. Please register before attending.
- **Employability Skills Workshops** at Guidance Hub, 12.30pm.

Tuesdays

- **Tai Chi for over 50s** at Crumpsall Community Hall, 9:45am to 10:45am. £2.50 per session or £10 annually.
- **Line Dancing for over 50s** at Crumpsall Community Hall, 1:15pm to 3:15pm. £2.50 per session or £10 annually.
- **Women's only exercise group** at Woodville SureStart Centre, 10:30am to 11:30am
- **Let's Cook** at Woodville SureStart Centre, 11:45am to 2pm
- **Tea, Talk & Play** at Woodville SureStart Centre, 2pm to 3pm
- **Family Strength and Stretch for ladies** at ITC Centre, 11.30am to 12.30pm.
- **English classes** at Guidance Hub, 9:30am
- **Music Group Drop-In** at The Welcome Centre, 10am to 12:30pm. No need to book.
- **Art Class** at The Welcome Centre, 10am to 12pm. Please book.
- **Women's Group Conversational English Club** at The Welcome Centre, 10am to 12pm. Please Book.
- **Craft Class** at The Welcome Centre, 12:30pm to 2:30pm. Please book.

Wednesdays

- **Yoga and Relaxation** at Woodville SureStart Centre, 11:45am to 12:45pm
- **Meet, Eat and Greet for over 50s** at Woodville SureStart Centre, 12:45pm to 2:30pm
- **Health and Interest for over 50s** at Crumpsall Community Hall, 10:30am to 12:30pm. £2.50 per session or £10 annually.
- **History and Interest** at Crumpsall Community Hall, 1pm – 3pm. £2.50 per session or £10 annually.
- **Singing for Fun** at St. Matthew's Church, 1:15pm – 2:45pm. £2.50 per session or £10 annually.
- **Martial Arts** at Guidance Hub, 6:30pm
- **Music Group Drop-In** at The Welcome Centre, 10am to 12:30pm. No need to book.
- **First Step ESOL for Beginners** at The Welcome Centre, 10am to 12pm. Please book.
- **Calligraphy Class** at The Welcome Centre, 11am to 1pm. Please book.

Thursdays

- **Learning the tools for self-care** at Woodville SureStart Centre, 11:30am to 1:30pm
- **Community Walk for All** (Councillors, Tesco Champion etc.) at Khizra Mosque, 2:15pm, last Thursday of the month
- **MMA/Karate for under 12s** at Khizra Mosque, 7pm to 8pm
- **MMA/Karate for over 12s** at Khizra Mosque, 8pm to 9pm
- **Ladies Chit, Chat & Chai Group** at Guidance Hub, 12pm, first Thursday of every month
- **Employability Skills Workshops** run by Alchemy Arts at Guidance Hub, 12.30pm
- **Community Warm Hub** at Guidance Hub, 11am to 2pm. Free hot unch and activities.
- **Digital Support Session** at The Welcome Centre, 10am to 12pm. Please book.
- **Digital Skills** at The Welcome Centre, 12:30pm to 2:30pm. Please book.

Fridays

- **Men's Hour** (Coffee, Pool & Table Tennis session) at Khizra Mosque, 2pm to 4:30pm
- **Art for over 50s** at Crumpsall Community Hall, 10:15am to 12:15pm. £2.50 per session or £10 annually.
- **Creative Writing for over 50s** at Crumpsall Community Hall, 10:15am to 12:15pm. £2.50 per session or £10 annually.
- **Craft for over 50s** at Crumpsall Community Hall, 1pm to 3pm. £2.50 per session or £10 annually.
- **Intermediate French for over 50s** at Crumpsall Community Hall, 12:45pm to 2:45pm. £2.50 per session or £10 annually.
- **Boys Youth Club** at Guidance Hub, 6:15pm.

Cheetham and Crumpsall

Saturdays

- **Kids Martial Arts Karate for 4-16 year olds** at ITC Centre, 9am to 10am. £6 per session.
- **Community gardening and befriending advice** at Khizra Mosque, 12pm to 1:30pm
- **Football** at Guidance Hub, 10am

Sundays

- **Cycling and Walking Group** at Khizra Mosque, 10am – 12:30pm. Please book.
- **Boxercise** at Guidance Hub, 10:30am
- **Girls' Youth Club** at Guidance Hub, 1pm

Venue information

Abraham Moss

140 Crescent Road, M8 5UF

Crumpsall Community Hall

(above Rainbow Surprise), Cleveland Road, M8 4GS
Activities run by College of the Third Age
E: collegeofthethirdage@yahoo.co.uk
Tel: 0161 795 4891

Guidance Hub

389 Waterloo Road, M8 9AB
Tel; 0161 870 6001

ITC Centre

122 Waterloo Road, M8 8AF
Tel: 0161 839 9817

Khizra Mosque

425 Cheetham Hill Road, M8 0PF
Tel: 0161 205 6662

St Matthew's Church

Cleveland Road, M8 4QU

The Welcome Centre

18-32 Brentfield Ave, Cheetham Hill, M8 0TW
Tel: 0161 792 9760

Woodville SureStart Centre

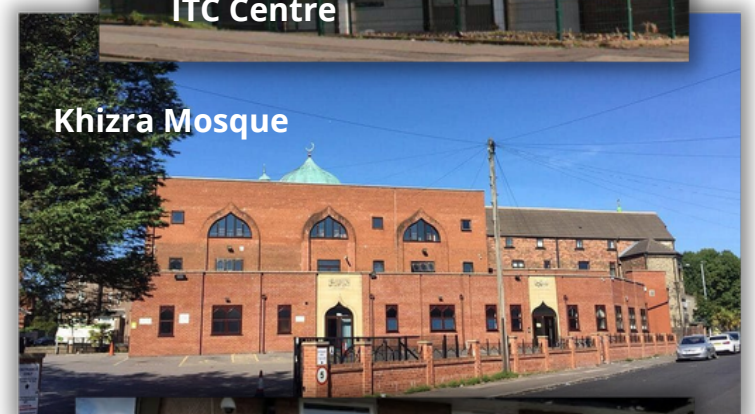
Shirley Road, M8 0NE
Tel: 0161 234 3000



Guidance Hub



ITC Centre



Khizra Mosque



Woodville SureStart

College of The Third Age

College of the Third Age is a voluntary group, with charitable status run by and for people over the age of 50.

We host group classes and courses for over 50s at the lowest possible cost. Annual Membership is just £10 and then a £2.50 per session donation. This helps to pay for our room hire and tutors where necessary as we are a self-supporting organisation.

College of the Third Age is a way to learn new skills, make new friends and keep young at heart!

Email: collegeofthethirdage@yahoo.co.uk
Tel: **0161 795 4891**
Website: www.collegeofthethirdage.co.uk
Venue: **Crumpsall Community Hall,**
Cleveland Road, Crumpsall, M8 4QU



Iziko Next Gen est. 2021 **ING** **FREE**

HOME WORK CLUB

WEDNESDAY'S TIME: 5:00PM - 7:00PM

IZIKO YOUTH, IS OFFERING A FREE PROGRAM TO HELP PRIMARY AND SECONDARY STUDENTS WITH THEIR HOMEWORK & ACADEMIC DEVELOPMENT.

THIS PROGRAM IS RUN BY A FULLY QUALIFIED SEN TEACHER.

FOR ANY INFORMATION PLEASE CONTACT:
POWERNEXTGENERATION@GMAIL.COM
KESHIA - 07949950692 OR SHARON - 07761665807

LOCATION: 1 TAMERTON DR
CHEETHAM HILL
MANCHESTER
M8 0DH

NTCG Faith Tabernacle | [izikonextgen](https://www.instagram.com/izikonextgen)

Crumpsall and Cheetham St John Ambulance needs you!

Our North Manchester Cadet Unit needs adult volunteers aged 18+ to become youth leaders. We need youth leaders to lead our unit and teach valuable lifesaving skills to young people aged 10 to 17 in your area.

Youth leaders will learn first aid, gain communication, listening and presentation skills, and grow in confidence. There is also the opportunity take on more advanced roles with training. Youth leaders will be fully supported by the rest of the St John Ambulance team.

Under your leadership, young volunteers will harness their potential and learn vital first aid skills that can be delivered at events and activities around the country. They will gain confidence, make friends and support their community.

Cheetham and Crumpsall youth leaders will run their unit on Tuesdays, 7pm - 8:30pm at Crumpsall Methodist Church.

The role will require approximately four hours per week, including one evening where you will be at the unit with other adult volunteers running the sessions you plan together. There is a full training process for first aid, safeguarding and leadership.

Find out more
Website www.sja.org.uk/get-involved
Email michael.nicholson@sja.org.uk

St John Ambulance

How has being a youth leader shaped my life? **Ask me**

Shahid, Youth Unit Leader

“Volunteering with St John has been a phenomenal part of my life – from gaining new skills, to teaching amazing young people how to save lives. It’s allowed me to grow into who I am today, which includes studying to be a doctor.”