

We ♥ Cheetham & Crumpsall

Issue 18
Autumn 2024

FREE

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

CHEETHAM CULTURAL FESTIVAL 20TH ANNIVERSARY

This year marked the 20th anniversary of the Cheetham Cultural Festival, which has grown from small beginnings to a four-day community fest. Each year more and more organisations from Cheetham and Crumpsall open their doors to the people of North Manchester to join in the fun and activities.

This year's opening ceremony was held at Unity Community Primary School, who welcomed other schools, parents, representatives of local groups and organisations, local councillors and the Lord Mayor, Paul Andrews, who handed out the prizes for the fabulous entries in the art competition.

The Jewish Museum held a candle making workshop. The Foodie Group taught us how to make delicious traditional honey cakes and held an open day - over 200 people came to enjoy songs, music, explored the historic Synagogue and tried out some seasonal Jewish food. Central Gurdwara and Khizra Mosque held open days so visitors could learn about the culture and faith of both religions, as well as enjoy refreshments. The Wai Yin Welcome Centre also held a family event.

There were one or two new activities this year - a local history tour of St Mark's graveyard on Copthall Lane - and a sketching session with local artist Mary Burke. Mary also held an exhibition of her urban sketches of Cheetham Hill in the Water Tank at Oxfam in the Fort.



Ukrainian dancing



Making honey cakes



The Closing Ceremony was held at the Ukrainian Cultural Centre on Smedley Lane with a food festival and performances of traditional Ukrainian dancing. Many more activities were held, too numerous to mention, so, if you missed out this year, look out for news of next year's festival in September so you too can join in the fun!

After the worrying images and stories of conflict and division in the world over the last year, the wonderfully diverse communities of Cheetham and Crumpsall showed what can happen when we all come together to celebrate.

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

This issue has lots of information about what's on this Autumn. We introduce you to some new organisations and support programmes that have been launched. We celebrate people, history, good news and heart-warming stories from across the neighbourhood - and there are so many ways you can get involved!

Welcome

خوش آمدیداً 歡迎 ǃЛаскаво 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 eighteenth edition of our community newspaper for Cheetham and Crumpsall.

We have received some great articles from local services and voluntary, community, faith and social enterprise organisations for this edition, along with updates about activities and lots of other wonderful 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 any good news, opportunities, events and work that are taking place in Cheetham and Crumpsall with us. We would love to share it in this paper, in the hope that we can pass on all the good news in M8.

Please send contributions to:  **Dave.Bradley@mft.nhs.uk**
Lizzie.Hughes@mft.nhs.uk

Advertising opportunities:

If you are a local business or charity that would like to advertise in the paper, please email us for more information.

Interested in joining the editorial team?

We are always looking for new contributors and fresh ideas. Please get in touch.

Need a copy delivering?

If you're unable to access the paper from one of our community venues, we can deliver to you for free.

MEET THE EDITORIAL BOARD



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



Lizzie Hughes
Manchester Local Care Organisation
E: Lizzie.Hughes@mft.nhs.uk



Tommy Williams
Manchester City Council
E: tommy.williams@manchester.gov.uk



Katharine Irwin
Manchester Local Care Organisation
E: Katharine.Irwin@nhs.net



June Kelly
Abraham Moss Warriors
E: abrahammosswarriorsjfc@yahoo.co.uk



Dave Bradley
Manchester Local Care Organisation
E: dave.bradley@mft.nhs.uk



Sharon Thomas
New Testament Church of God
E: admin@ntcgft.org.uk

Lizzie Hughes

Hello I'm Lizzie Hughes and I'm the Neighbourhood Lead for Cheetham and Crumpsall for the Local Care Organisation. My role fits into three main areas. The first is managing some of the community health services that work in this neighbourhood - specifically the District Nursing Team and the Care Navigation Service. The second bit is looking at how people working across the neighbourhood, including voluntary, community and faith groups can work together; and finally 'population health' - looking at the health of people locally and working together to improve the health and wellbeing of our community.



This coming year sees us focusing on three main areas:

- **Bowel screening** - specifically for men of Pakistani heritage and we are working with Khizra Mosque to train people from the community to share why returning your screening kit can save your life
- **Hypertension** (blood pressure) and focusing on our Black African and Caribbean communities to talk with people about healthy hearts
- **Childhood asthma** - working with our GP practices, Abraham Moss High School and Abraham Moss Warriors to look at how we can improve inhaler use and managing asthma.

This is just a snapshot of the work that we do and if anyone would like to get involved or find out more then please get in touch. Thanks for reading!

Oxfam superstore celebrates 30 years of Fairtrade

Oxfam is set to celebrate 30 years of Fairtrade with a series of shopper events at its new Cheetham Hill superstore this month. Food tastings, competitions and café specials are all planned to help mark three decades since the first Fairtrade certified products hit supermarket shelves in the UK.

Alison Hutchinson, Oxfam Buyer, says: "We hope shoppers see this as an opportunity to support marginalised communities overseas and help support millions of farmers simply by changing the way they shop. Fairtrade sets off a ripple effect that has seen children go to school, reforestation projects started and vulnerable women engaging in training initiatives and businesses."

By buying Fairtrade products you can "be the change" and help contribute to a better tomorrow for millions of farmers.



Oxfam Manchester Fairtrade events:

- 25 October: Zaytoun Food tasting and talk
- 26 October: Divine Chocolate tasting and talk
- 12 November: English tea shop tea tasting
- Oxfam Manchester will also be running a 20% discount throughout October on selected Fairtrade items.

Location:

Oxfam Superstore Manchester, Unit 28, The Fort Retail Park, Cheetham Hill Road, M8 8EP

In memory of Kay Kelly 1946-2024

Kay was an extraordinary person, radiating beauty from the inside out. Her heart overflowed with love, which she generously shared with everyone. Her kindness, compassion, and unwavering dedication to the community of Cheetham and Crumpsall have etched an indelible mark that will never fade.

For so many years, Kay devoted her life to bettering our community especially with Abraham Moss Warriors, Smedley Park, as well as supporting local neighbours and her legacy continues to thrive in the lives she so profoundly touched.

Kay, your absence will be deeply felt by all, but your love, laughter and remarkable spirit will forever be cherished in our hearts.

I was, and always will be, proud to call you my mum. You were the rock that kept me going and gave me the strength to achieve everything I have. You are forever in my heart. Love you to the moon and back 10 million times. Sleep tight with the angels and thank you for everything. Love June and the community xx

- Words by June Kelly



Your Local Health Update



A new cancer support group for Greater Manchester's Muslim community

The Muslim Cancer Support Group is for anybody from Greater Manchester and the surrounding area who is Muslim and is living with cancer, as well as their family and friends. The group has been set up by the cancer charity Maggie's, and is supported by The Christie.

Members of the groups will have the opportunity to speak to experts and receive support and information, find out more about the services on offer at Maggie's as well as meet staff from The Christie to find out about potential research opportunities.

Muslim NHS staff worked together with people from Maggie's, ensuring the support group and communications were appropriate. Maggie's strapline has been changed to read "The Ummah's home of cancer care", which in Islam means a community of Muslims.

Umaymah Nisar, a breast cancer nurse at Manchester University NHS Foundation Trust, said: "As a clinical nurse specialist I am passionate about supporting people going through cancer treatment, as well as their family and friends. There are gaps in support, especially for minority groups, it is therefore, my privilege to be part of the Muslim Cancer Group.

"Being a Muslim myself and understanding the culture, I want to meet the needs of that community by supporting conversations and building a cancer support network. This group is a unique way to reach out to a community in need, where experiences can be shared in a safe, supportive environment."

It is free to attend and no appointment is necessary – just come in.

- The first brother's support group will be taking place on 21st November from 2:30pm to 4pm.
- The sister's support group will be taking place on 7th November from 2:30pm to 4pm.

Maggie's in Manchester is located opposite The Christie, on Kinnaird Road, Withington, M20 4QL.

For more information visit: maggies.org/ummah

Contact us by email manchester@maggies.org or call **0161 641 4848**.

MUSLIM
CANCER SUPPORT
GROUP

MAGGIE'S

NHS

The Christie
NHS Foundation Trust

The Ummah's home of cancer care

Long COVID peer to peer support group

The community COVID support group for Cheetham Hill and Crumpsall will be held at the Rainbow Community Centre on Humphrey Street. The project aims to offer an opportunity to meet with people who've had similar experiences.

- Are you suffering from long COVID?
- Experiencing the loss of someone through COVID?
- Would you consider using your experience to help yourself and others?
- Could you offer practical support through a befriending program?

This service is non profit wellbeing provision for COVID 19 survivors and their families.

We have created a space to give you the opportunity to talk about what you've been through to and listen and share experiences.

Drop in to the Rainbow Centre, Humphrey Street, M8 9JS for their 'sip and chat' sessions from 12 noon to 2pm every Monday - or if you want more information or have any questions contact **Juliette on 07445 483040**.

Your Local Health Update



Dr Amjad Ahmed

Local GP, Dr Amjad Ahmed, wants you to be up to date with your vaccinations.

Respiratory Syncytial Virus (RSV) vaccination

This is a new vaccination programme. Respiratory syncytial virus (RSV) is a common virus that is spread through coughs and sneezes.

Most people get it several times during their life. It usually gets better by itself, but in some people (especially babies and older adults) it can cause illnesses such as:

- Pneumonia (a lung infection)
- Bronchiolitis (a chest infection that affects babies).

The RSV vaccine is recommended if:

- **you're pregnant** - it will help make sure each baby is protected for the first six months after they're born, when they're most likely to get seriously ill if they get RSV.
- **you're aged 75 to 79** - one dose will provide protection for several years.



Measles and the MMR vaccination

Measles cases are on the rise. It is an infection that spreads very easily and can cause serious complications in some people. Having the MMR (measles, mumps, and rubella) vaccine is the best way to protect someone from becoming seriously unwell with measles. Two doses offers lifelong protection against becoming seriously unwell.



If you or your child are not vaccinated, or you are not sure if you are vaccinated, your GP surgery can help you.

Flu vaccine

The flu vaccine aims to protect you from getting seriously ill from the most common types of flu viruses. There's still a chance you might get flu after getting vaccinated, but it's likely to be milder and not last as long.

You can get the free NHS flu vaccine if you:

- are aged 65 or over
- have certain long-term health conditions
- are pregnant
- live in a care home
- are the main carer for an older or disabled person, or receive a carer's allowance
- live with someone who has a weakened immune system.

The children's flu vaccine can be given by injection or nasal spray. It's offered to children aged two to three years, school-aged children (Reception to Year 11) and children with certain long-term health conditions.

How to get the flu vaccine

Your GP practice is the first point of call for the flu vaccine, and most will have drop-in clinics and dedicated clinics to make sure you get your flu vaccine on time.

Alternatively, if you're eligible for an NHS flu vaccine, you can also book a flu vaccination appointment at a pharmacy online or in the NHS App (if you're aged 18 or over).



Community safety

As the winter nights are drawing in, we want to remind Manchester residents to think about home security during the late afternoon and evenings. Here are some simple steps to make it as difficult as possible for burglars.

- Make sure that all of your doors and window locks work and ensure that doors and windows are locked at all times
- Do not leave your car engine running to defrost windows whilst you are not with your vehicle
- Ensure your house and car keys are kept in a safe place out of sight and well away from your letterbox. If the vehicle is keyless entry, keep keys in Faraday pouches whilst at home
- Visible burglar alarms and security lights can deter burglars
- Never leave garages or sheds unlocked
- Keep valuables out of sight from windows and letterboxes
- Don't open your door unless you know who it is - use a door spy hole, video doorbell or door chain.

If you see somebody acting suspiciously report it to the police immediately by calling 101, reporting online or, in an emergency, call 999.

Road safety

- Pedestrians and cyclists - make sure you can be seen by cars when it is dark or misty.
- Car users - ensure your vehicles are fit for the winter.



Local police officers supporting a community event



Bee in the Loop is your direct line to your neighbourhood policing team and will keep you in the loop about what is happening on your street and in your local community.



www.beeintheLOOP.co.uk



Your personal safety app

WalkSafe is your personal safety app for getting around Manchester.

Download today.

WalkSafe Manchester



SCAN ME

As part of Manchester City Council's commitment to tackling harassment and violence against women and girls, we've partnered with WalkSafe and added Manchester to its personal safety app.

It combines journey-sharing features with a detailed safe-space map to help people safely navigate around our city with confidence. Users can share their locations and journey progress with trusted contacts, access safety information about city venues, and report issues or concerns about areas within the city. Scan the QR code or visit manchester.gov.uk/walksafe

Bonfire and Halloween Campaign

#BangOutOfOrder

Emergency services in Greater Manchester are urging communities to help prevent attacks on emergency service workers, deliberate fires and anti-social behaviour this autumn, in the run up to Halloween and bonfire night.

The Bang Out Of Order campaign aims to highlight the consequences of anti-social behaviour, encourage parents to have conversations with their children about their behaviour over the bonfire and Halloween period, and inform residents about the ways to report anti-social behaviour.

Halloween advice

Do:

- Look out for the posters below - these will let you know if 'trick or treaters' are welcome
- Take extra care crossing roads - more accidents happen to children in the dark
- Get a responsible adult to go with your group to help keep you safe
- Dress to be seen - wear reflective clothes or carry a light so that drivers can see you
- Be respectful - ring or knock only once, and be prepared to take 'no' for an answer.

Don't:

- Go alone - 'trick or treating' is more fun and safer if you go in a small group
- Go into houses - stay on the doorstep where the responsible adult can see you
- Play pranks that may damage property - this could result in arrest and a criminal record
- Demand money or intimidate people - Halloween can be a scary night for some
- Throw things at people or their property - it is a criminal offence and you will be arrested.



Bonfire night advice

Advice is to attend an organised bonfire and firework event. If you are planning to have fireworks at home, please ensure you follow the Firework Safety Code:

- Buy fireworks marked UKCA or CE
- Keep fireworks in a closed metal box and use them one at a time
- Follow the instructions on each firework
- Light the fireworks at arm's length using a taper and stand well back
- Never return to a firework once it has been lit
- Never put fireworks in your pocket
- Never throw fireworks
- Light sparklers one at a time and wear gloves
- Keep a bucket of water nearby at all times
- Alcohol and fireworks do not mix and may lead to injury
- Keep pets indoors.

Bonfire safety advice, and more information about the campaign, is available on manchesterfire.gov.uk



Don't ignore it, report it

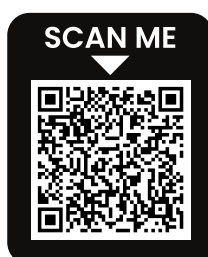
If you believe there is a risk to life or property, always call 999.

To report incidents of anti-social behaviour, including firework nuisance, you can:

- Live Chat or report online at gmp.police.uk
- Call 101.

Anonymously report deliberate fire setting or attacks on a firefighter/fire response vehicle through FireStoppers:

- Call 0800 169 5558
- Visit firestoppersreport.co.uk



Scan the QR code to access the posters

Khizra Masjid News



Tuition classes

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

To sign up, please complete a form online or when attending Khizra Masjid on Saturday. Scan the QR code to access the form forms.office.com/e/fXe5DKgpYY - payment details are attached in the online application form.

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

Tel: 0161 205 6662

Email: info@c4all.org.uk

SCAN ME !



FREE Lancashire Cricket Sessions

Join us in the community hall for an evening of fun, practice, and teamwork. Whether you're a seasoned player or new to the game, everyone is welcome!

- Open to boys and girls aged 8-16 of all abilities
- Thursdays, 6.45pm to 7:45pm
- For more information, call 0777 523 7009 or email wradcliffe@lancashirecricket.co.uk



Under 12s Boxing

Boxing sessions by a trained England boxing coach for children under 12.

- Sundays, 1:45pm to 2:45pm
- Please register at reception.



British Taekwondo

Sessions run by a qualified instructor. Boy's, girl's and women's only sessions available.

The price has been heavily subsidised at £10 per month (three months to be paid upon registration), plus mandatory £25 insurance for each student.

There is no mandatory equipment or suit needed. Grading is optional. To register or for more information, please visit our reception desk. Places are limited.



Come along to our
Talk English Club

Practise speaking English and meet other people.

Thursdays
12:30 - 2:30
at Khizra Mosque & Community Centre
425 Cheetham Hill Rd,
Cheetham Hill, M8 0PF
Starting Thursday
26th September 2024

Just turn up!

MANCHESTER CITY COUNCIL
GREATER MANCHESTER
Education & Skills Funding Agency
Talk English
LANCASHIRE

Abraham Moss Youth Club

Are you looking for something fun for young people to do during the dark winter weekend nights? Then why not join the hundreds of young people who come to the youth club at Abraham Moss Leisure Centre for swimming, football, table tennis, pool or air hockey. High-school aged young people can also use the gym and squash courts.

Sessions cost just £1 (cash only). People can only do one session per weekend to allow everyone a chance to take part. Session times are:

- **Ages 8 to 10** - Friday from 6pm to 7.30pm
- **Ages 11 to 13** - Friday from 7.30pm to 8.55pm
- **High-school aged young people** - Saturday from 5pm to 6.30pm or 6.30pm to 8pm.

Abraham Moss Youth Club is run in partnership with Abraham Moss Warriors and Abraham Moss Leisure Centre.

If you have any questions, contact: June Kelly

☎ 0795 742 9959

✉ abrahammosswarriorsjfc@yahoo.co.uk



Irish Dancing

Established in 1994, Ward-Mallinson School of Irish Dancing offers classes to children of all ages and ability. Classes provide a safe environment, where pupils develop friendships and have fun.

Our dancers learn choreography, coordination, musicality and are offered the opportunity to compete if they want to.

The class success includes podium placements at World and All Ireland Championships, and also includes numerous Regional Champions, and title winners at Great Britain, British Nationals and American National Championships.

Sessions are held at:

- The Irish World Heritage Centre, Cheetham Hill - Mondays and Tuesdays at 6pm
- St Thomas Church Hall, Swinton - Thursdays at 6pm.

If you have any questions, contact Justine:

☎ 07984 118 725

✉ Justinewm@icloud.com



Environment and green spaces

We care about Crumpsall!

Cleaner Crumpsall is a community group of volunteers who meet every three months to pick litter around the Crumpsall area.

We meet on a Saturday morning. You'll see our banners around Crumpsall, letting people know when the next litter-pick will be and where to meet. We provide all equipment and instruction and go out in teams of four to five volunteers.

Following the litter-pick we return to Crumpsall Labour Club for free refreshments. We can share local issues and action them if possible, such as reporting fly-tipping.

We also do a Christmas lights switch-on event each December at the Methodist Church, Crumpsall Green.



Cleaner Crumpsall volunteers

The group has won outstanding awards from North West In Bloom and we are hoping for another award in the October Presentation. Together we can make a difference! We do share equipment and expertise if anyone wishes to do an independent litter-pick.

Please come along, even if you cannot litter-pick. You can join us for refreshments and community time. You will be so welcome.
Email: cleaner.crumpsall@hotmail.com

News from across local parks

LOWER CRUMPSALL

Mersey Rivers Trust, Deloitte, Manchester University and Groundwork Trust helped with woodland management, clearing pathways and doing some litter picking.



GOLDSTONE GARDENS

The Friends group have been busy Litter picking and tidying up the garden.

The Christmas Tree light switch on date will be announced soon.



HERRISTONE PARK

Some of our Park Rangers have been making and painting bird boxes to put up in trees around Herristone Park.



On Sunday 1st December from 1pm to 2.30pm, Herristone Park will be holding their annual Christmas Grotto with various Stalls, Crumpsall Brass Band and a visit from Santa and his little helpers.



CHEETHAM PARK

The Orchard Project and our Park Rangers have made bird boxes, placing them in the trees for the families to monitor and enjoy.

There's a bulb planting day planned for October 23rd, 1pm to 2.30pm with the Park Ranger and the Orchard Project.



Access Funding to Fight Climate Change In Our Community

The climate emergency is a huge threat to our communities and the environment. With extreme weather, flooding, heatwaves and the loss of nature, this will impact everyone's lives. But together we can improve the environment and help our communities thrive – and Manchester City Council is here to help you take control and make positive change.

Bryony Carter is North Manchester's Climate Change Officer. She has a wealth of experience working with communities to tackle climate change. Wherever you are on your journey she can help upskill and educate your groups and help you design projects to make change. She can:

- Talk to your group or school
- Run workshops around different environmental topics
- Link you with national and international campaigns
- Give advice on how to reduce the impact of your building or organisation
- Help you design climate action projects to improve your local environment
- Give you advice on how to reduce your carbon emissions.

Email Bryony to learn more about how we can help you become a climate champion!

Bryony.Carter@manchester.gov.uk



NIF

Manchester City Council also have funding available to turn your ideas into reality through the Neighbourhood Investment Fund (NIF).

If you or your group have any ideas for our neighbourhoods and would like to apply for funding, Bryony can help. Ideas could include:

- Improving your local green spaces to make more homes for nature through planting, building bird or bat boxes, removing invasive plants etc
- Implementing a new recycling scheme in your community space to recycle plastics or green waste
- Providing cycling or other active travel opportunities for local people or groups
- Investing in equipment which would reduce your use of single use plastics, eg water bottles, cups and plates
- Hosting guided nature walks for your community
- Growing food in your local area.



Bryony talking to school pupils about active travel



Arts and culture

Crumpsall Northmen

A band of history enthusiasts are striving to revive the life of the formidable Vikings and other folk who dwelt upon our continent in the early Middle Ages. They call themselves Odr Hird, which in the ancient tongue of the Norse means the guard of the god Odr.

Striving to recreate many aspects of Viking age life in Europe, members of Odr Hird engage in various crafts, such as: sewing (hand-stitching the garments they wear during historical festivals), jewellery making (in the same style, materials and methods as the Middle Ages), woodworking, metal-smelting and music.

For almost four years, Odr Hird have held their practices upon the grounds of Crumpsall and Cheetham Model Allotments, every Wednesday from 7:15pm to 9:15pm.



Newcomers are welcome. You will hear wondrous tales of the Vikings, and perhaps you yourself may catch the spark of historical curiosity, and together, uncover the secrets of Viking life.

- Email: admin@odrhird.org
- Facebook: ÓÐR HIRD



Photos from the June event



Rediscovering a Relic

The North Neighbourhoods Team have been working alongside the Cheetham Tenants and Residents Alliance and Heritage North West to restore the grounds of St Luke's Churchyard in Cheetham. The long-term vision is to provide a quiet green space which tells the storied history of this forgotten corner of Cheetham.

Open in 1839, the church was considered one of the finest examples of Gothic churches in the UK, during its prime. It was also famous for:

- Musician and composer Mendelssohn playing there in one of his 10 visits to Britain
- Its crypts, which were open for several years and popular with ghost tours in the area
- Notorious church Rector, Hugh Stowell, who was accused of libel by one of the other local priests and is rumoured haunt the grounds!

Currently, the church itself is in a dilapidated state, with overgrown grounds and scaffolding being used to support the main structure of the church. Recent efforts have focused on clearing the overgrown vegetation, Japanese Knotweed and fly-tipping to be able to reopen the grounds to the public on weekends. The most recent of these was in June, and had over 20 volunteers throughout the day strimming, cleaning and cutting back the front of the site.

We would welcome volunteers on future days, and would encourage people to get in contact with Cheetham Tenants and Residents Alliance on Facebook to register their interest and to ask how they can get involved in the future of the site.



Crisis Café at No.93

This is not a café that serves food - we are an out of hours friendly and supportive community space open to anyone from Manchester, Bolton, Salford and Trafford, experiencing a mental health crisis. The Crisis Café is open seven days a week, including bank holidays.

Our aim is to offer support and advice from qualified mental health practitioners and support staff in a relaxed and comfortable environment, avoiding long waits in emergency departments.

What we do

- Provide one to one session with experienced Mental Health workers, including mental state and risk assessments as required.
- Provide help for people to stay well at home
- Signpost to other local support services
- Offer interventions to help identify positive coping strategies.

How to access the service

There is no need for a referral to be completed.

People are asked to call the mobile or landline on the day prior to attending, to allow screening to take place and a mutually convenient appointment time to be agreed.

What we do not offer

Unfortunately, we are unable to offer telephone support, however if you feel you would benefit from this, Greater Manchester Mental Health who run the centre has a 24-hour helpline for this purpose. The number is 0800 953 0285.

Unfortunately, we are not able to offer an appointment to anyone who is under the influence of alcohol or drugs or has injuries from self-harm that require medical attention.

Please note that if the person is felt to be at an immediate risk of harm to self or others, they should be directed to the accident and emergency department.

The manners of the staff and the environment, greatly helped me improved my wellbeing



Mike Matthews,
senior support
worker

Where to find us

No.93 Harpurhey Wellbeing Centre, 93 Church Lane, Manchester M9 5BG

Opening hours

Monday to Friday, 6:30pm to 1am (including Bank Holidays). Saturday and Sunday, 2pm to 1am.

Contact

Email: GMMHCrisisCafe@gmmh.nhs.uk
Call: **0777 801 2838** or **0161 271 0339** (please phone ahead before dropping in).



No.93, Church Lane

*“They were a godsend...
I owe them so much”*

(left to right) Mike Matthews, senior support worker; Eliane Porter, Nurse Practitioner; Brian Cavanagh, Operational Manager



What's on: Cheetham & Crumpsall

College of the Third Age (C3A) annual membership is £10, then £3 per session. Book via collegeofthethirdage@yahoo.co.uk
To find out upcoming activities, visit www.collegeofthethirdage.co.uk

Age-friendly

MONDAYS: Wellness walk around Crumpsall Park, meet at Abraham Moss Leisure Centre at 10:30am.

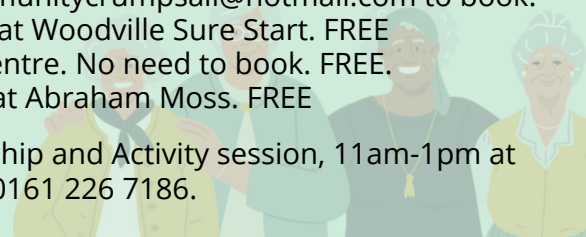
TUESDAYS

- **Age-friendly swim and social**, 10am to 11am at Abraham Moss Leisure Centre. FREE for over 60s.
- **Age Friendly Coffee Morning**, 11am to 1pm at Abraham Moss Library. No need to book. FREE.

WEDNESDAYS

- **Over 60's Lunch and Bingo**, 12pm to 4pm at Ukrainian Centre. £5 includes a hot meal, tea, coffee and cake and a game of Bingo. Email marusia.rob@gmail.com to book.
- **Arts and crafts group** by Creative Community, 10am to 12:30pm at St Matthews Church (next to Rainbow Surprise). £3 includes refreshments. Email creativecommunitycrumpsall@hotmail.com to book.
- **Hope Well Welcome Wednesdays for 65+ years**, 12pm to 3pm at Woodville Sure Start. FREE
- **Irish Community Care Lunch Club**, 11am to 2pm at The Irish Centre. No need to book. FREE.
- **Rainbow Surprise Walking Cricket** for 50+ years, 5pm to 6pm, at Abraham Moss. FREE

FRIDAYS - Together Dementia Support - North Manchester Friendship and Activity session, 11am-1pm at Crumpsall Methodist Church. £5 per session. Please book by calling 0161 226 7186.



MONDAYS

- **Homework Club** with Hope Well. For girls and boys aged 7-9 years, 3pm-4pm at Abraham Moss Primary School. Book by calling 0161 720 9974
- **Music Workshop** (5 years and over), 5pm to 6pm. 1 Tamerton Drive, M8 0DH
- **Brazilian Jiu Jitsu**, 6:30pm at Guidance Hub for girls and boys aged 7-16 years. £2 per session.

Young people

TUESDAYS

- **Youth Club** at Unity Primary School for ages 8-10, 6-8pm. Contact 0795 742 9959 to reserve a place
- **Cricket for children** with Rainbow Surprise at Abraham Moss Leisure Centre. 5pm to 7pm. FREE
- **Up to age 10 Homework Club** at Abraham Moss Primary School, 3pm-5:30pm. Book via 0161 720 9974
- **Girls Youth Club**, 6:45pm at Khizra Mosque. FREE.

WEDNESDAYS

- **Youth Club** at Unity Primary School for ages 11-13, 6-8pm. Contact 0795 742 9959 to reserve a place
- **Boys Youth Club Session** (12 years and under), 6:45pm at Khizra Mosque. FREE
- **Homework Club** (5 years and over), 5pm at 1 Tamerton Drive, M8 0DH. FREE.

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

FRIDAYS

- **Boys Youth Club Session** (12 years and over), 6:45pm at Khizra Mosque. FREE
- **Boys Youth Club** (11 to 16 years) at Guidance Hub at 6:15pm. £2 per session
- **Junior Dance Group** with Orlyk School of Dancing (4 to 12 years) at The Ukrainian Centre. 6:30pm. 50p
- **Arts, Crafts, Music and Games** (5 years and over), 4:30pm-5:30pm at 1 Tamerton Drive, M8 0DH FREE
- **Drama Workshop** (5 years and over), 5:30pm-7pm at 1 Tamerton Drive, M8 0DH . FREE
- **Sports Youth Club** (8 to 13 years) at Abraham Moss Leisure Centre. 6pm OR 7:30pm. £1 per session.

SATURDAYS: Boys Football, 10am at Guidance Hub. FREE.

SUNDAYS

- **Cheetwood Primary School mixed football sessions** - ages 7-9 from 5-6pm, ages 10-13 from 6-7pm and 7-8pm (must live in M8 postcode)
- **Girls Youth Club (11 to 16 years)** 1pm at Guidance Hub. £2 per session
- **Boys Boxercise (7 to 16 years)**, 11am at Guidance Hub. £2 per session
- **Girls Kickboxing Session** at Guidance Hub. 12:15pm. £2 per session
- **Kids Homework Club** at Guidance Hub at 11am. FREE.



Open to all adults

MONDAYS

- **Strength Building Exercise**, 10:45 at Council Housing Office, Cheetham Hill. FREE. (Run by Hope Well)
- **Knitting/Crochet with English Language practice** at Woodville Sure Start – Every other Monday from 12pm to 1pm. FREE. (Run by Hope Well)
- **Knitting and Crochet Group**, 10am to 12pm at Rainbow Surprise. FREE
- **Podilya Dance Group**, 7pm at the Ukrainian Centre. FREE
- **Work Club**, 11am to 2pm, at the Welcome Centre, FREE. (0161 513 4126)
- **ESOL (English for Speakers of Other Language) for beginners**, 10am to 12pm, at the Welcome Centre, FREE
- **ESOL for daily life**, 12:30pm to 2:30pm, at the Welcome Centre, FREE.

TUESDAYS

- **Crafts**, 12:30pm to 2:30pm at the Welcome Centre. FREE
- **Art Class** – drawing and painting, 10am to 12pm at the Welcome Centre. FREE
- **English Classes**, with Talk English and Guidance Hub. 9:30am and 12pm. FREE
- **Orlyk Dance Group**, with Orlyk School of Dancing at The Ukrainian Centre. 8pm. FREE. Please book
- **Advice drop-in** from 10am to 1pm at the Welcome Centre, FREE.

WEDNESDAYS

- **Gardening Club** at Guidance Hub, 10:30am. FREE
- **Arts and Crafts Group** by Creative Community at St Matthews Church (next to Rainbow Surprise). 10am. £3 includes refreshments, but first session is free
- **Calligraphy**, 10am to 12pm at the Welcome Centre. FREE
- **Basic Digital Create and Learn**, 12:30pm to 2:30pm at the Welcome Centre. FREE. Please book
- **Digital Drop-in** at Abraham Moss Library. 12:30pm to 2:30pm. No need to book, just turn up. FREE
- **Talk English Conversation Club** - practice your English by speaking and listening with others. Suitable for beginner ESOL students. 12:30pm to 2:30pm at Abraham Moss Library
- **Advice drop-in** from 10am to 2pm at the Welcome Centre, FREE
- **Bowls** from 6:30pm at Cheetham Hill Sports Club. FREE taster session. Memberships available.

THURSDAYS

- **Digital Support Sessions**, 10am to 12pm and 12:30pm to 2:30pm at the Welcome Centre. FREE
- **Community Walk for All**, 1:15pm at Khizra Mosque. FREE.

FRIDAYS

- **Community get together and gym session**, 1:30pm at Khizra Mosque. FREE
- **Digital Session** at Rainbow Surprise, 10am to 2pm. FREE.

SATURDAYS: Community Gardening and Befriending Session, 1:30pm at Khizra Mosque. FREE.

SUNDAYS

- **Orlyk Dance Group**, Orlyk School of Dancing at The Ukrainian Centre. 5pm to 7pm. FREE. Please book
- **Cycling and Walking Group**, 10am to 12:30pm at Khizra Mosque. FREE. Please book.



MONDAYS

- **Brazilian Jiu Jitsu** at Guidance Hub, 6:30pm. £2 per session
- **Chai & Chat** with Hope Well at Council Housing Office, Cheetham Hill, 1pm-2:30pm. FREE
- **Me Time Session** by Hope Well and Women's Zone at Woodville Sure Start. 1:30pm-3pm. FREE.

TUESDAYS: Women's Group from 10am to 12pm at the Welcome Centre, FREE.

WEDNESDAYS

- **Ladies Yoga** by Hope Well. 11am at Guidance Hub. £1 per session
- **Ladies Gentle Exercise**, 1:30pm at Guidance Hub. £1 per session.

THURSDAYS: Ladies Chit, Chat & Chai Group, 12pm first Thursday of each month, at Guidance Hub. FREE.

SUNDAYS: Ladies Kickboxing Session, 12:15pm at Guidance Hub. £2 per session.

Women-only



Pension Top-Up

Are you over State Pension age, or know someone who is?

Pension Credit tops up pension income and can help with day-to-day living costs. If you are over State Pension age, you may be eligible to claim Pension Credit, even if you own your home or have savings.

People who claim Pension Credit may also be able to get:

- The Winter Fuel Payment and other help with heating costs
- Help with rent and Council Tax
- A free TV Licence for those aged 75 or over
- Help with the cost of NHS services, such as NHS dental treatment, glasses and transport costs for hospital appointments.

You could be eligible for Pension Credit if your weekly income is below £218.15 or, if you have a partner who lives with you, £332.95. Qualifying income level may be higher in some circumstances.

21 December 2024 is the last possible date to make a successful backdated claim in order to receive the 2024 Winter Fuel Payment.

Don't miss out.

Check your eligibility at gov.uk/pension-credit or by calling **0800 99 1234**



THE PENSION TOP
up



“Thanks to a pension top up, managing my household bills just got easier.”

Hasan topped up – have you?

Could you be entitled to a pension top up like Hasan? Thousands of older people across Greater Manchester are missing out on Pension Credit, Attendance Allowance and Housing Benefit.

Find out if you're one of them by calling Independent Age 0800 319 6789



MANCHESTER CITY COUNCIL

#abenefittoyou

Dementia Support – Music Café

Music Café for people living with dementia and their carers. Bringing joy and support through making music together!

Weekly sessions starting Friday 18th October. Doors open 1;30pm for refreshments. Music session from 2pm to 3pm. Crumpsall Methodist Church, Landsdowne Road, Crumpsall, M8 5ST

To attend this free session, or for more information, please contact claire@togetherdementiasupport.org or **0161 226 7186**

