

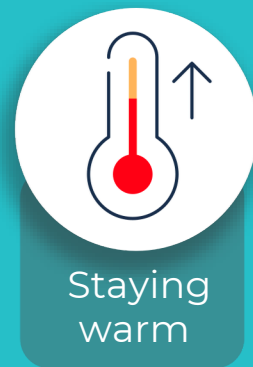
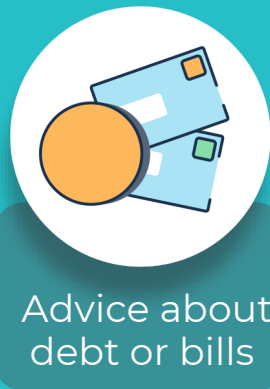
# We ♥ Cheetham & Crumpsall

Issue 19  
Winter 2024-25

**FREE**

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

## \*SPECIAL EDITION\* KEEPING WARM AND WELL THIS WINTER PLUS COST OF LIVING SUPPORT



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](http://manchester.gov.uk/coladvice)

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

Winter can be beautiful, and for many, a cause of celebration over Hanukkah, Christmas, New Year and Chinese New Year. But the shorter, colder days can be tough too as it can be harder for some people to stay well, see friends, be active or keep their homes warm.

This issue is sharing information about where to get support, what activities are on and how to stay warm and well in Cheetham and Crumpsall. There's something for everyone!

# Welcome

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

**Welcome to the nineteenth issue of our community newspaper for Cheetham and Crumpsall. This special edition is focused on keeping warm and well this winter, with cost of living support.**

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. If you have any good news, opportunities and events that are taking place in Cheetham and Crumpsall, please send them to 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



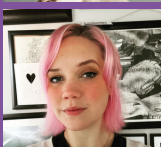
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## Sinéad O'Connor

Charity Manager of  
Cheetham Hill Advice  
Centre

*Guest editor for issue 19*



Welcome to this edition of We Love Cheetham and Crumpsall newspaper. This edition is all about the winter months and all the support that is available to you in Cheetham and Crumpsall. We know that these months can be cold and dark and we know that things are especially hard this year with the cost-of-living crisis.

We wanted to share all the good things going on in our neighbourhood and this newspaper is crammed full of support agencies, free activities and important information on managing your health through the winter months. There is information in here for older people, for parents, people wanting to socialise more and anyone wanting to find out about volunteering.

So, whether you are interested in festive activities, saving energy, getting out more, flu jabs or money advice – this is the newspaper for you.

# Manchester Cost of Living Support

## For help with: Benefits and rent, debts or bills, food or staying warm...

Please ring our Cost of Living advice line on freephone **0800 023 2692** Monday to Friday, 9am–4.30pm. More information is also available at [manchester.gov.uk/coladvice](http://manchester.gov.uk/coladvice) or text: **07860 022 876**.



## Extra money you may be entitled to...

Check if you are eligible for Pension Credit by calling charity Independent Age for free on **0800 319 6789** Monday to Friday, 8.30am–5.30pm, or visit [independentage.org](http://independentage.org). Pension Credit is a very important benefit because it gives access to other benefits, such as social tariffs, the Warm House Discount, cheaper broadband, free TV licences, lower water bills, and now the Winter Fuel Payment.



## Extra support for pensioners

The Council has identified pensioners who receive Council Tax Support or Housing Benefit but have not qualified for Winter Fuel Payment. These pensioners will automatically receive direct payments of £150 or £200 if aged 80 or over. You don't need to do anything – payments go straight into the bank account the Council has details of, or will be paid in Post Office vouchers.



## Hardship Fund

The Council has created a new Hardship Fund for pensioners in need who will not receive the Winter Fuel Payment and don't get the payment mentioned above. In this scheme, those people aged 66–79 may be eligible for £150 payments and those aged 80 or over may be entitled to £200. Referrals will be made through Manchester City Council's Cost of Living advice line by calling **0800 023 2692**. There are also £100 automatic payments for households in receipt of Council Tax Support where at least one person receives disability benefits. [manchester.gov.uk/coladvice](http://manchester.gov.uk/coladvice)



## Warm hubs...

### Abraham Moss Library

Every library in Manchester is a Warm Welcome Space. offering:

- Hot drinks – available from 21st October 2024 to February 2025.
- Free Internet, WiFi, newspapers,
- Digital drop-ins one day a week
- Under 5s story time, Tuesdays at 11am

### Rainbow Surprise

Every Tuesday, Thursday and Friday 11am to 3pm at Crumpsall Community Hall, Cleveland Road, M8 4GS.

Free hot drink, hot meal and fun activities.

3

**NHS**  
Greater Manchester



## Need urgent medical advice?

- ✓ Open 24/7, 365 days a year
- ✓ Calls are FREE
- ✓ Interpretation service available.





# Money Matters Team

For tenants of Manchester City Council Housing Services



**If you are a Manchester City Council Housing Services tenant and are struggling with benefits or bills you can contact our Money Matters Team.**

We supported thousands of tenants last year who were struggling with Universal credit, disability benefits and debt. It is a free and confidential service. We've helped tenants to save hundreds of thousands of pounds over the years.

We can help you to:

- Get all the benefits and support you're entitled to
- Come up with an affordable plan to pay rent
- Open a bank account (this helps your credit rating)
- Manage your bills or debts
- Access support funding (in some cases).

## Energy Advice

You can also contact Naila our Energy Adviser. With her help, some of our tenants have saved a lot of money on their bills already. Book an appointment using our online form.

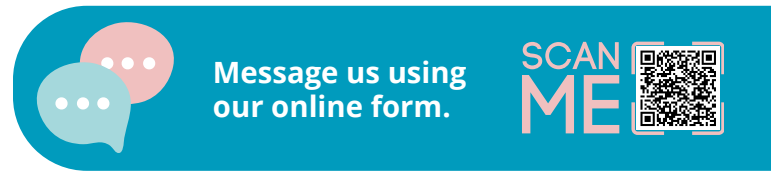
[www.mcchousingservices.co.uk/rent/get-energy-advice](http://www.mcchousingservices.co.uk/rent/get-energy-advice)



## Contacting us

If you are a tenant, you can message us online or call the hotline on **0161 543 4449** to speak to:

- Katie, 10am to 1pm every Monday
- Tracy, 1pm to 4pm every Wednesday
- Yvonne, 10am to 1pm every Thursday.



## Response time

Due to the increased cost of living, more people are contacting our team than usual. It's taking us a bit longer to respond so please bear with us, your issues are important, and we will get to you as soon as we can.

## Want to talk to us in person?

We have a reception where people can pop in any make appointments if they don't want to ring or use the internet.

## Open hours:

- White Moss Road is open from 9am to 4pm every weekday except Thursday
- Cheetham office is open from 9am to 4pm on Thursdays only.

## Want to refer someone?

Other agencies can refer people to us using our online form.

[www.mcchousingservices.co.uk/rent/contact-the-money-matters-team/refer-a-client-to-our-money-matters-team](http://www.mcchousingservices.co.uk/rent/contact-the-money-matters-team/refer-a-client-to-our-money-matters-team)



# Cheetham Hill Advice Centre (CHAC)

**We can provide free advice over the phone in Manchester**  
Help claiming Universal Credit, Tax Credits and Pension Credit  
Help with benefits  
Advice on debt  
Advice on housing issues  
Advice on employment  
Advice on consumer issues  
Advice on basic immigration issues

### Advice in other languages and translation

We can provide advice in Urdu, Pushto, Arabic, German, Cantonese, Mandarin, Malay, Bahasa, Hakka and English. We can also provide advice in other languages via an interpreter.

### Contact

Our reception is open Monday, Wednesday and Thursday between 10am and 1pm at 1-3 Morrowfield Avenue M8 9AR

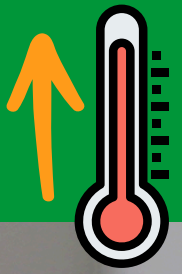
Or text: 07823 495 307 or email: [triage@cheethamadvice.org.uk](mailto:triage@cheethamadvice.org.uk)





# Green Doctors

Save energy, reduce your bills and live in a warmer, more comfortable home.



Green Doctors provide FREE support with:

- Energy bills
- LED lightbulbs
- Draughtproofing
- Warm Home Discount
- Grant applications
- Home heating

## Contacting us

☎ FREE phone us on **0800 090 3638**

✉ [energyworks@groundwork.org.uk](mailto:energyworks@groundwork.org.uk)

🌐 Visit [www.groundwork.org.uk](http://www.groundwork.org.uk) and search for 'Energyworks'



GREEN DOCTORS

## Energy-saving tips

### 1. Ditch the draughts

Draughts let warm air out and cold air in. Fitting draught proofing strips to windows and doors is a quick and easy DIY job. It could save you £40 a year.

Top tip: If you have an open chimney, fitting a chimney draught excluder could save you a further £55 a year.

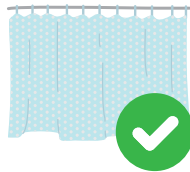


### 2. Draw the curtains

Closing blinds and curtains at night can limit your home's heat loss.

Rooms will feel cosier and you might spend less on heating.

Top tip: Make sure curtains don't block radiators. When closed, they should stop between the edge of the windowsill and above your radiators.



### 3. Turn down the thermostat

If you are warm enough, try turning down your thermostat by one degree.

The lowest comfortable temperature for most people is between 18°C and 21°C. This could save you £90 a year.

Top tip: Only heat the rooms you're using and turn your heating off when you go out.



### 4. Choose central heating over electric heaters

If you have gas central heating, it will generally be cheaper than an electric heater. If you want to heat one room, turn the radiator valve up in that room and turn the valves down in your other rooms.

Top tip: Keep doors between heated and unheated spaces closed to stop heat escaping.



### 5. Keep your hot water tank cosy

Most modern hot water tanks have plenty of insulation, but an older tank might not. You can add extra insulation with a hot water tank insulation jacket, saving you up to £40 a year.

Information taken from [energysavingtrust.org.uk/energy-saving-budget](http://energysavingtrust.org.uk/energy-saving-budget)



# Catching flu costs you



**time**



**plans**



**money**



**health**

The flu jab is free, and done in minutes.  
Check if you should have it:

[manchester.gov.uk/getmyjab](https://manchester.gov.uk/getmyjab)

#StayKindManchester

# The Vaccination Van is Touring Manchester



- ✓ No documents required
- ✓ No appointment – just come along
- ✓ Flu and COVID vaccines for eligible adults

## FLU VACCINES

### Which adults are eligible for a flu vaccine from our vaccine van?

- Residents in care homes for older adults
- Adults aged 65 years and over
- Adults at increased risk, this includes pregnant women and people with diabetes or asthma
- Frontline health and social care workers and care home staff
- Adults who live with someone with a weakened immune system
- Adults who are carers.

### From the age of 2 (up to 15), children will be offered a flu vaccine every year

- If children are younger than school age, they can get their flu vaccine from their GP practice.
- School-aged children will be offered the flu vaccine at school.

## COVID VACCINES

### Which adults are eligible for a COVID vaccine from our vaccine van?

- Residents in care homes for older adults
- Adults aged 65 years and over
- Adults who are in a clinical risk group
- Frontline NHS and social care workers, and those working in care homes for older people.

Find out where vaccination walk-ins are happening across Greater Manchester

[gmintegratedcare.org.uk/covid-vaccine-walk-in-clinics](https://gmintegratedcare.org.uk/covid-vaccine-walk-in-clinics)



Find your nearest vaccinating pharmacy

[gmintegratedcare.org.uk/gm-covid-sites](https://gmintegratedcare.org.uk/gm-covid-sites)





# Five Ways To Wellbeing

The winter months can have an impact on some people's mental health. Despite the shorter and colder days, there are things we can do that can help boost our mood. Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing.

Here are some ideas of how you can try the five ways to wellbeing in Cheetham and Crumpsall.

## 1 Connect with other people

Good relationships are important for your mental wellbeing. They can:

- help you to build a sense of belonging and self-worth
- give you an opportunity to share positive experiences
- provide emotional support and allow you to support others



### Why not join a group?

Take a look at our **what's on** pages for groups and activities in Cheetham and Crumpsall.

### Social Group for over 75's

Meet new people, play dominoes and cards, enjoy FREE refreshments.

- Thursdays, 11am to 1pm at Anchor Court, 132 Bury Old Road, Cheetham, M8 5DR
- Tel: 0800 716 543
- Email: rhiannon.briscoe@reengage.org.uk



## 2 Be physically active

Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing.

- Abraham Moss Leisure Centre has a flexible range of membership offers and classes
- College of the Third Age is offering line dancing and Tai Chi for people over 50
- Enjoy your local parks.



The 5 ways to boost wellbeing are:

1. Connect with other people
2. Be physically active
3. Learn new skills
4. Give to others
5. Pay attention to the present moment (mindfulness)

5 ways

## 3 Learn new skills

Learning skills can improve mental wellbeing, boosting self-confidence, raising self-esteem and providing a sense of purpose and achievement.

### Manchester Adult Education Service (MAES)

Offering English, maths, early years development digital skill and many more. Many of our courses are free or MAES may be able to help you with the fees or provide student finance information. Contact via:

- Phone: 0161 219 6733
- Email: maes.info@manchester.gov.uk
- Abraham Moss Adult Learning Centre, Crescent Road, Crumpsall, M8 5UF



### College of the Third Age (C3A)

C3A is run by and for people over the age of 50, running classes, workshops and social activities.

- Website: [www.collegeofthethirdage.co.uk](http://www.collegeofthethirdage.co.uk)
- Facebook: [www.facebook.com/C3ACollege](https://www.facebook.com/C3ACollege)
- We are based at Crumpsall Community Hall, Cleveland Road, Crumpsall, M8 4GS.

Tuesday

- Tai Chi, 10am - 11am
- Beginners French, 11:15am - 12:45pm
- Line Dancing, 1:15pm - 3:15pm

Wednesday

- 50+ Health & Interest, 10:30am - 12:30pm
- History & Interest, 1pm - 3pm
- Singing in St Matthews Church 1:15pm-2:45pm

Friday

- Art 10:15am, 12:15pm
- Creative Writing, 10:15am - 12:15pm
- Intermediate French, 12:45pm - 2:45pm
- Craft, 1pm - 3pm

## 4 Give to others

Research suggests that acts of giving and kindness can help improve your mental wellbeing by:

- creating positive feelings and a sense of reward
- giving you a feeling of purpose and self-worth
- helping you connect with other people

It could be small acts of kindness towards other people, or larger ones like volunteering in your local community.

### How can I support local causes?

- Children's clothes that are in good condition can be donated to other mum's at Woodville Sure Start Centre
- Donate to food banks in large supermarkets
- Cleaner Crumpsall arrange regular litter-picks around the area.



The Cleaner Crumpsall Team



## Become a Volunteer Driver

### Become a Volunteer Driver

HMR Circle Volunteer Drivers Service is looking for Volunteer Drivers with their own vehicles to provide a transport service. The volunteers will help vulnerable adults get to medical appointments, as well as social groups and activities in and around Cheetham and Crumpsall.

You will be helping older people access vital services and combat loneliness. The role is flexible, you can do as much or as little as you like. The service operates Monday to Friday, 9am to 5pm.

Drivers will receive 45p per mile in expenses, paid by the passenger directly to volunteer driver. Volunteer drivers are covered under their current insurance.

Please note that a DBS check will be required. This will be paid for by HMR CIRCLE.

For more information contact: 0800 032 0868 or email [hello@hmrcircle.org.uk](mailto:hello@hmrcircle.org.uk)

## 5 Pay attention to the present moment (mindfulness)

Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you.

Some people call this awareness "mindfulness". Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.

### CHALLENGE: Find the beauty in the every day

Try taking some photos next time you go for a walk, even if it's just to the shop. When we take notice, it can be amazing how much beauty there is in the every day.

We'd love to feature your photos. Share them with us via [communications@manchesterlco.org](mailto:communications@manchesterlco.org)

### Self-Guided Crafty Sundays

Every Sunday, 11am - 3pm, FREE  
Manchester Jewish Museum, 190 Cheetham Hill Road, Manchester M8 8LW

Drop in for a free, self-guided craft session. Each month, you'll find a new activity inspired by our collection, where you can get hands-on with different materials and ideas.

This month, we're inviting you to decorate your very own festive candle. Across cultures, light is a powerful symbol of hope and warmth, celebrated in diverse traditions from Diwali to Christmas, Chanukah to Eid. Learn about the rich stories behind these practices, including the eight-day lighting of the menorah during Chanukah, and personalize your candle with patterns, words, and images that reflect your own traditions.

# Christmas and Mental Health:

Coping Tips from [manchestermind.org/christmas](https://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:** 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 Harpurhey** out of hours support for anyone in a crisis. Mon to Fri: 8pm to 1am and Sat & Sun: 3pm to 1am. Call 07778012838 or 0161 271 0339.



# Festive activities

## Jewish museum

190 Cheetham Hill Road, Manchester M8 8LW

Book FREE tickets via: [tickets@manchesterjewishmuseum.com](mailto:tickets@manchesterjewishmuseum.com)

As the days grow colder, Manchester Jewish Museum is a warm haven of creativity and community. We invite you to join us for free, inspiring activities that bring light, joy, and festive spirit.

## Self-Guided Crafty Sundays

Every Sunday, 11am - 3pm, FREE

Drop in for a free, self-guided craft session. Each month, you'll find a new activity inspired by our collection, where you can get hands-on with different materials and ideas.

## Foodie Group: Baked Doughnuts for Chanukah

Friday, 20 December, 11am - 1pm, FREE (Adult Group)

Celebrate Chanukah with our monthly Foodie Group. This time, we're whipping up baked vegan doughnuts. We'll learn more about the Chanukah stories in our collection and make some delicious dips for our doughnuts.

## Make Your Own Chocolate Gelt

Sunday, 22 December, 10-11am & 12-1pm, FREE for M8 residents

Join us for a Chanukah-themed family workshop, exploring the tradition of chocolate gelt—gold-wrapped coins. Decorate your own delicious treats with glitter, sprinkles, and fruit, and package them in a handmade origami box to share or gift.

Your ticket includes access to the museum, so take time to explore the stunning 1874 Spanish and Portuguese synagogue and our galleries, uncovering the rich history of Jewish life in Manchester.



## New Testament Church of God services

Waterloo Road, M8 9DU



### Christmas Carol Service

Sunday 22nd December at 11.30am  
Enjoy a mince pie and hot drinks afterwards.

### Christmas Day Service

Come and Celebrate with us!  
Wednesdays 25th December at 8am

### New Years Eve Service (Watch Night)

Tuesday 31st December at 10.30pm

**Rainbow Surprise**  
BRINGING COMMUNITIES TOGETHER  
Charity No 1188887

# CHRISTMAS PARTY

25 DEC 2024

**JOIN US FOR A FREE CHRISTMAS DINNER**  
STARTING 1.30PM  
OPEN TO ADULTS WHO WILL BE ON THEIR OWN ON CHRISTMAS DAY

To book a place please call **07515110208** or email **bookings@rainbowsurprise.com**

11

**Rainbow Surprise**  
BRINGING COMMUNITIES TOGETHER  
Charity No 1188887

# Santa's Surprise

**SATURDAY 21ST DECEMBER**

**NOMINATE A SPECIAL CHILD FOR A VISIT FROM**

What to do, **SANTA**, send us an email on **bookings@rainbowsurprise.com** by Friday 13th Dec with,

- Nominated child's name.
- Age
- Gender
- Your contact number and why you are nominating this child.

Santa would love to visit all nominated children but due to the high demand name draw will be taken out on 16th December and selected will be contacted.



# Woodville Family Hub

📍 Woodville Family Hub, Shirley Road, M8 0N

## Access Free SIM cards

The National Databank provides free mobile data, texts and minutes to those who need it most. Woodville Family Hub is part of the large Digital Inclusion network!

Offered to adults ages 18+ years old from a low-income household. If you would like a free SIM card, please contact us at Woodville: **0161 234 300**



## Food Club

Supporting local families in need, providing emergency food parcels every Saturday, 10:30am – 11:30am

To book a slot or find out more, contact: **0161 230 3000** and ask to speak to a Family Hub Worker.



## FREE Pre-Loved Clothing

Children's pre-loved clothing for ages 0 to 5. Winter essentials are also available for children and adults.

Starts Wednesday 8th January 2025, 9:30am - 11am. Everyone is welcome. There is a limit of 5 items per age group.



# Hopewell

📍 Woodville Family Hub, Shirley Road, M8 0N  
Contact: 0791 435 0602 or [ruqia@hopewellmcr.org.uk](mailto:ruqia@hopewellmcr.org.uk)

Hopewell offers a warm and friendly space with hot food, wellbeing activities and an opportunity for people to talk to make new friends. Our staff and volunteers speak several community languages so they can support people with energy saving tips and connect people with agencies who can support them.

## Homework Club

- Tuesdays 3.30pm to 5pm.
- Children and parents join us for hot food and drinks on arrival.
- Children aged 7-9 are supported by qualified teachers with English and maths while parents connect with each other and agencies that can support them.



## Club for people aged over 65

- Wednesdays 12 noon to 3pm.
- People participate in wellbeing and craft activities, and are given a hot drink, plus a simple, hot and culturally-appropriate meal.
- Agencies attend to provide information, such as Cheetham Hill Advice Centre, Age Friendly Manchester and more.

## Carers Drop-In

- Thursdays 12noon to 1pm
- Support in community languages for unpaid carers.
- Helping people navigate carers assessment and translating the information.

# MMR FACTS



The MMR vaccine helps protect you from three very nasty illnesses: measles, mumps, and rubella. It's like a shield that keeps those bad bugs away!



We need the MMR vaccine because measles, mumps, and rubella can make you very unwell. These infections spread easily between people and can lead to serious problems including meningitis, blindness and hearing loss. The MMR vaccine is the best way to keep you safe from these illnesses.



The MMR vaccine is not linked to autism. Research has shown there is no link between the MMR vaccine and autism.



It is better to have the MMR vaccine than separate vaccines for measles, mumps, and rubella. The MMR vaccine protects you from all three at once, so you're safer sooner.



Babies and young children are given 2 doses of the MMR vaccine. They're given a first dose at 1 year old and a second dose after they turn 3 years old.



If you missed a dose, don't worry! You can still catch up. Children and adults can get an MMR vaccine at their GP practice.



If you're not sure if you are vaccinated, ask your GP. If your vaccine record is not up to date, it is recommended you get vaccinated to be safe. An extra dose is harmless.

Find out more at [www.nhs.uk/vaccinations/mmr-vaccine](http://www.nhs.uk/vaccinations/mmr-vaccine)



# Food Support

## Rainbow Surprise Community Fridge

We have an amazing team that collects surplus food from our local sandwich shops and supermarkets. Usually, we have sandwiches, pasties and soups and might have other things such as bread or fruit that we can add to the bag.

This is open to everyone and free of charge. It runs every Monday and Friday from 11am.

We suggest coming as early as possible on the day as this is very popular and the fridge can get empty within the first couple of hours of us opening.

This helps to stop food waste and helps us to distribute unwanted food to the people who can make use of it.

Rainbow Surprise,  
Crumpsall Community Hall,  
Cleveland Road, M8 4GS



## To Good To Go

Too Good To Go is a free app that lets you rescue unsold food from shops, cafes, grocery stores, and restaurants in your area, at a minimal cost. It is the most popular app for reducing food waste.

Download the app or visit [www.toogoodtogo.com/en-gb](http://www.toogoodtogo.com/en-gb) to find out more.



## BeWell Here for Men

Find your own happy

### Feeling stressed, under pressure alone, or facing mounting money family or job worries?

Be Well Social Prescribing Service is here for men too. We:

- Listen and point you in the right direction
- Have your back with one on one support
- Build on the things you enjoy - like sport, the outdoors, art, gaming and DIY

Be Well is excited to launch a monthly Men's Drop-In early in the new year. Venue and times will be announced soon. No appointment required. Referrals to the Be Well service for accessing further coaching will also be available.

**It's OK to ask for help.**  
**Call us on 0161 470 7120**  
**Find out more about us at**  
[www.thebiglifegroup.com/bewell](http://www.thebiglifegroup.com/bewell)





# Hasan topped up his pension - have you?

Thousands of people across Manchester are missing out on Pension Credit, Attendance Allowance, Winter Fuel Payment and Housing Benefit.

Call Independent Age for  
a **FREE** benefits check on

**0800 319 6789**

Monday to Friday, 8.30am–5.30pm  
or visit [manchester.gov.uk/credit](https://www.manchester.gov.uk/credit)

SCAN HERE  
FOR ADVICE





## Family Support & Activities

### Sure Start Children's Centres

Supporting parents with children aged under 5. Provide group play-based activities and support for families.

- Crumpsall Sure Start, Cromhurst St, Crumpsall, M8 5FN ☎ **0161 740 3077**
- Woodville Sure Start, Shirley Road, Cheetham, M8 0NE ☎ **0161 234 3000**

### Woodville Family Hub

Support families aged 0-19 years or up to 25 years for people with special educational needs.

- Working with local organisations and services to offer a 'one stop shop' including support and/or signposting
- The Hub is based at Woodville Sure Start, Shirley Road, Cheetham, M8 0NE
- ☎ **0161 234 3000**

# How to keep your baby safe and warm this winter

You may worry about keeping your baby warm enough, especially with the rising cost of living. The ideal room temperature is 16–20°C.

If your room is colder than 16°C dress your baby in...



Long sleeve vest



Long sleeve babygrow



Cardigan



Sleeping bag

For more advice for your baby visit:  
[manchester.gov.uk/babywinterwarmthadvice](https://manchester.gov.uk/babywinterwarmthadvice)



scan here