

We ♥ Cheetham & Crumpsall

Issue 20
Spring 2025

FREE

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

£230,000 INVESTED IN CHEETHAM HILL CHILDREN

Over 200 young people and their supporters attended the 'Choose for Cheetham' event at the Ukrainian Centre on Monday 17th February. At the event, they agreed on how to distribute £230,000 as part of the Hope for Cheetham project.

Hope for Cheetham is a youth project created by members of the Cheetham Hill community. It aims to make Cheetham Hill a place where all children and young people are supported by the entire community and system to achieve their hopes and ambitions.

Hope For Cheetham is funded by the Youth Endowment Fund and #iwill Fund. Both funders are interested in enabling youth activities that:

- lower children and young people's risk of involvement in violence or crime
- help them to make a positive difference to others and the environment.

There is a Hope for Cheetham Fund, which local young people could apply for to fund activities. 21 applications were received and presented at the 'Choose for Cheetham' event, which was open to all local young people. Each young person was given four votes to spread across four projects they liked best. There was also a community vote.

"It's how it should be, giving young people a voice, exactly what they deserve."

- Hope for Cheetham applicant



Choose for Cheetham event images

After all votes were counted, we're excited to share the 10 projects that will be funded in 2025:

- **Abraham Moss Primary School:** clubs, parental support and self-protection classes.
- **Abraham Moss Warriors:** clubs, physical activities, gardening and litter picks.
- **Bike It Walk It CIC:** educational sessions.
- **Groundwork GM:** coaching, an open access youth club and environmental social action.
- **Guidance Hub:** Leadership, campaigning and team building sessions for young girls.
- **Iziko Next Gen:** 'Black Girls World Club'.
- **Muslim Northern Women x Al-Hilal:** 'Riyah Cheetham Programme'.
- **New Testament Church of God:** 'Cheetham Youth Steel Band'.
- **One Million Mentors:** School based 1-2-1 mentoring for 70 young people.
- **Wai Yin Society:** After school and holiday activities and safe spaces for migrant families.

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

We introduce you to some new teams and services in North Manchester - a new hospital has been promised, pharmacy offers have been extended and there's a new carers team. We have articles from local GP, Dr Shahid Munshi; Mohammed from Khizra Mosque and Shakar Hussain, Chair of Rainbow Surprise. Find out what's on, where to go and much more...

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 twentieth issue of our community newspaper for Cheetham and Crumpsall. We are so incredibly proud to have made it to the milestone of 20 editions!

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

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

Emma Sims

Head of Development and Partnerships
Young Manchester



Guest editor for issue 20

I'm Emma and I'm Head of Partnerships at Young Manchester, the network for youth clubs and play groups in Manchester.

In this issue you'll find more information about the Hope for Cheetham project, led by the community and young people growing up in Cheetham Hill.

Young Manchester is privileged to play a role in supporting this project to reach it's goal of making sure all children and young people are supported to achieve their ambitions, whilst increasing community safety along the way.

I hope you enjoy the issue and that you have a chance to enjoy spring as it arrives!

Happy reading.

Do You Want To Advertise In This Paper?

We always welcome contributions to the Cheetham and Crumpsall newspaper. If you would be interested in advertising with us, we would love to hear from you.

There is a small fee to advertise with us as this volunteer-run paper is funded by advertising and grants. **We do not charge for news articles.**

- The set prices for voluntary, community, faith and social enterprise sector organisations to advertise with us are £50 for half a page and £100 for a whole page.
- The set prices for businesses to advertise with us are £250 for half a page and £500 for a whole page.
- Bespoke advertising options are also available upon request.

ADVERTISE HERE



How many people will see your advert?

- 2000 printed copies are available for free in community venues across Cheetham and Crumpsall, including schools and the library
- Hundreds of people read the paper online and download previous editions from the Manchester Local Care Organisation website.

Please note: requests to advertise must be approved by the editorial team.

For more information, contact

Lizzie.Hughes@mft.nhs.uk or

Dave.Bradley@nhs.net

New Hospital Confirmed For North Manchester

The Secretary of State for Health and Social Care has confirmed that the North Manchester General Hospital will be rebuilt. The start date could be as early as 2027/28.

Mark Cubbon, Chief Executive for Manchester University NHS Foundation Trust, and Bev Craig, Leader of Manchester City council, said: "This is fantastic news for all the patients who rely on North Manchester General Hospital and all the dedicated staff who work there.

"North Manchester residents face some of the biggest health challenges in the country and now they will get the world-class hospital which they deserve. However, this scheme is bigger than just a hospital, it is an exciting plan for how we develop civic-led healthcare regeneration.

Image of how the new hospital site will look



SCAN ME to watch a video about the development



"The green light today is a massive boost for the North Manchester Strategy, the largest urban redevelopment programme in the North of England. Working together with our communities, we will ensure that the new North Manchester General Hospital does not just provide excellent healthcare but also improves the health and quality of life for the communities which it serves.

"Manchester will always fight for its local communities and even with the clarity around this timescale, there can be no doubt about the urgency and how this redevelopment will save lives, tackle health inequalities, drive regeneration for the whole area."

Your Local Health Update

Staying well in Ramadan: advice from Dr Shahid Munshi

It is important for patients to know whether it is safe to fast. If patients have long-term health conditions, they need to fast safely.

By paying attention to hydration, diet and sleep, patients can remain healthy and minimise the chances of hospital admissions and complications. It is important to also follow health advice given by your healthcare professional.

Scan the QR code to watch a video (in English) about how to have a healthy Ramadan.



Dr Shahid Munshi

Diabetes and Ramadan

Diabetes UK have teamed up with BIMA (British Islamic Medical Association). They have produced a factsheet about diabetes and Ramadan, which includes information about fasting while managing diabetes. It is available to download in English, Arabic, Bengali, Gujarati and Urdu.

**SCAN
ME!
TO VISIT
DIABETES UK**



Can Ambulance Services see your defibrillators?

Do you have a defibrillator at your school, club, group or business? Can ambulance services see your defibrillators?

It takes as little as five minutes to register a defibrillator on **The Circuit** - the national defibrillator network. There is no cost to register.

When someone goes into cardiac arrest, early use of a defibrillator can more than double their chance of survival. But if ambulance services don't know where they are, they can't direct people to them in an emergency. That's where The Circuit can help.

When 999 is called in response to a cardiac arrest, ambulance call handlers can direct bystanders to the nearest defibrillator – if it is registered on The Circuit. If a defibrillator is not registered, the call handlers won't know it exists. During a cardiac arrest, every second counts.



How to check if your defibrillators are currently registered

- You can check whether a defibrillator is currently registered online at www.defibfinder.uk
- If you are the Guardian of the defibrillator (the person responsible for looking after it) then please register it online at www.thecircuit.uk
- If you are not the guardian, please ask the guardian to register.
- If you have any questions, please contact ndnsupport@bhf.org.uk

Get More From Your Pharmacy

Pharmacy First

Pharmacists (or chemists) are healthcare professionals who can give expert advice on minor health problems and illnesses. They can also recommend over-the-counter medicines (medicines you can buy without a prescription).

You don't need an appointment to see a pharmacist and many are open late and at weekends. Most have a private consultation room. If needed, they'll recommend seeing another healthcare professional. They can also help with questions about medication and make sure you're taking it correctly.

Some of the things pharmacists can help with:

- Coughs, colds and sore throats
- Tummy upsets
- Aches and pains
- Skin rashes
- Baby teething
- Nappy rash
- Emergency contraception (not provided by all pharmacies)
- Free blood pressure checks.

Unwanted medicine

If your medicine is out of date, unwanted or some of it is left over after you've stopped taking it, don't put it in your household bin or flush it down the toilet. Instead, take it to your pharmacy to be disposed of safely.



Seven MORE conditions that your local chemist can now treat

Seven **more** conditions have been added to the list that pharmacies can help with, they are:

- Sore throat
- Earache
- Sinusitis
- Impetigo
- Shingles
- Infected insect bites
- Uncomplicated urinary tract infections in women.



If one of the seven conditions is diagnosed, pharmacists can give medicines to patients rather than sending them back to their GP.

Patients who need more specialist or follow-up care will be referred onwards.

New Medicine Service

If you're prescribed a medicine to treat a long-term condition for the first time, you may be able to get extra help and advice about your medicine from your local pharmacist through a free scheme called the New Medicine Service (NMS).

Scan to find out if you're eligible, or search 'NHS new medicine'.



New Team On The Block For Carers

The new Carers Manchester North team have arrived! Carers Manchester North cover Cheetham and Crumpsall. They are keen to find and support unwaged carers in the area.

Carers are ordinary people who do heroic jobs. Carers may look after a relative, a neighbour or friend for no pay and perhaps little recognition.

You don't need a certificate to be a carer. You may not even class yourself as a carer; but, if you are giving care to someone you care about, we are here for you.

We shared a survey with local people who are carers so we could find out what was important to you. We'll use that insight to plan peer groups, events, services and activities to provide for YOU. Our team of four has a whole load of enthusiasm and energy ready to be at your service.

We know from national studies (Carers UK charity) that carers are often lonely and worn out. Meeting fellow unwaged carers at the art gallery or football museum or in a local park could be just the respite you need.



The new Carers Manchester North team

Carers Manchester Contact Point

Contact Point is the first point of contact for carers in the Manchester city council area who want support or advice, including benefits advice.

- Phone: 0161 543 8000 (lines are open Monday to Friday from 10am to 4pm)
- Email: contactpoint@carersmanchester.org.uk
- Website: www.carersmanchester.org.uk

Have you registered with your GP yet?

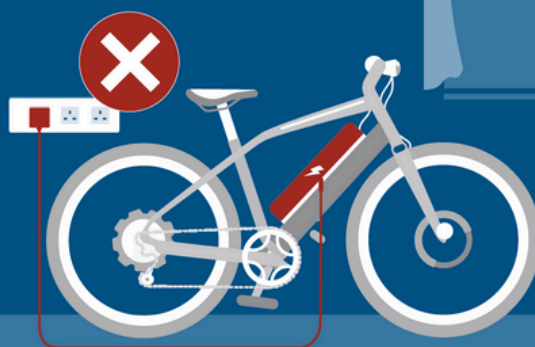
All GPs have a carers register. Benefits of being in the register include a free flu jab and access to carers information. It's free to do.

Charge Safe: Fire Safety For E-Bikes And E-Scooters

Greater Manchester Fire and Rescue Service is promoting the following advice:

- Don't leave your device charging unattended or when you're asleep
- Don't charge or store your battery in the hallway or where it could block your escape
- Only use the correct charger for your battery
- Only buy e-bikes, e-scooters and batteries from trusted retailers and manufacturers
- Always follow the manufacturer's instructions. Don't attempt to modify or tamper with the battery
- Check for the CE or UKCA safety marking to make sure your battery and charger meet safety standards
- It is recommended that a professional carries out an e-bike conversion.

Don't leave your device charging unattended or when you're asleep.



Meet Mohammed, at Khizra Mosque

Can you please tell us a bit about yourself?

Mohammed: I was born in Pakistan and have lived in the UK for many years, however I settled here in Manchester in the 1990s. I previously worked for Manchester City Council, overseeing various neighbourhoods in Manchester and serving as a Neighbourhood housing officer. However, I wanted to make a greater impact on my community, so I decided to shift my focus and began working at the mosque to help make a difference.

Can you share a bit about the history of the mosque and the community in Cheetham Hill?

Mohammed: Khizra Mosque is part of the UK Islamic Mission, committed to serving Muslims in the UK while promoting understanding and strengthening connections between communities. The mosque initially started in a house before moving to its current location on Cheetham Hill Road. As the community has grown, so has our centre, expanding to meet the increasing needs of the people we serve. Today, the mosque can accommodate around 1,500 to 2,000 people at a time.

What are you most proud of at Khizra Mosque?

Mohammed: I'm incredibly proud of how we, as a team, engage with the wider community. One day, I might be meeting with local faith leaders—such as the Dean of Manchester Cathedral—and on another, it could be someone from town hall, NHS representatives, the police, or our local GPs.

We're truly fortunate here in Cheetham; it's a vibrant and diverse community. I believe we have the most diverse road in Britain, which is why it's so important for our centre to be welcoming to everyone. People are always dropping in, and they don't need an invitation because the mosque has such a warm, homely atmosphere.

What sort of groups/activities take place here?

Mohammed: We offer so many fantastic activities for young people, including five to six youth clubs a week, drama classes, British Taekwondo, football, cricket and boxing academies. These programmes give children the opportunity to represent the area in sports, and for those with exceptional talent, there's even a pathway to compete at a national level.

We also have bike and football libraries that lend out equipment, allowing children to engage in activities beyond the mosque. In addition, we run women's sessions, programmes for older people, trips out, coffee mornings, and regular health sessions. We frequently welcome other organisations into the mosque to collaborate on community initiatives. There's so much happening—I could talk about it all day!

Within the community, we strive to support those around us, especially those who are underprivileged. With the rising cost of living, we've become like a fourth emergency service for many people.

Finally, what advice would you give to those interested in getting involved or contributing to the centre's growth?

Mohammed: If you'd like to learn more or get involved, please visit our website at www.c4all.org.uk or email us at info@c4all.org.uk

We'd love to hear from you! Whether you're interested in health initiatives, supporting young people, helping with the food bank, or any other community work, there's always a way to get involved. The work is incredibly rewarding, and every contribution makes a difference.



Wood Street Mission

Wood Street Mission is a children's charity that supports families from Manchester and Salford on low incomes.

Our projects include:

- **Family Basics** – providing help with clothes, toys, baby equipment and toiletries
- **Smart Start** - a school uniform project, providing new school uniform and other essential school items
- **Christmas Appeal** – We don't want any child going without at Christmas, so we help with Christmas presents for children
- We work closely with schools and youth groups to deliver our **Books Forever** and **Childhood Experiences** projects.

All our services are free. You cannot refer yourself. You need to be referred to Wood Street Mission by a professional who knows your family's circumstances. This could be someone at your child's school, a social worker, health visitor, midwife, or support worker. They will need to send us a referral form.

All referral information and forms can be found on our website www.woodstreetmission.org.uk



Manchester Cost of living Support

Call Manchester's free Cost of Living Advice Line: 0800 023 2692

Lines are open from Monday to Friday, 9am to 4.30pm

Text: 07860 022 876

Visit: manchester.gov.uk/coladvice



Benefits or rent



Advice about debt or bills



Food support



Staying warm



Family Hub

FREE PRE-LOVED CLOTHING



Wednesdays from 9:30am to 11am



Woodville Family Hub, Shirley Road, M8 0NE



Everyone is welcome!

- Children's pre-loved clothing age 0 to 5
- Winter essentials are also available for children and adults
- Limit 5 items per age group.

Impacts of social connections fund

These projects were funded through Social Connections Funding, a collaboration between Winning Hearts & Minds and Manchester City Council's Age Friendly Manchester Team and Neighbourhoods Team.

Creative Community Crumpsall

Creative Community Crumpsall runs different creative sessions each week. The group meets every Wednesday from 10am to 12:30pm at St. Matthews Church, Cleveland Road, Crumpsall, M8 4QU. It is open to everyone and free to join.

Group leader Barbara Shaw says of the group, "People think they can't do something and they leave feeling they've achieved a lot and taking home something they're proud of and their skills vastly improve.

"Some people come along and can be quite quiet to start with but after a session or two they really feel comfortable and are cracking jokes and having fun with the other members.

"People have made friends in the group and now go for days out together to Manchester Fort and to Bury Market. One resident brought a family member along who was visiting and they enjoyed it so much they came along to the next session as well before they went back home!"

"I really didn't want to come this morning but I made an effort because I know I'll leave feeling better!"
- Creative Community Crumpsall participant

For more information, contact:
creativecommunitycrumpsall@hotmail.com



Rainbow Surprise: The Power Of Connection

Shakar Hussain, Chair of Rainbow Surprise, shares the impact of social connection on one of their group members.

"Barrington is a gentleman that attends our weekly walking cricket session and board games evening, he travels all the way from Hulme on his electric bike.

"Before he joined us he was diagnosed with a serious illness and wanted to just get out and about rather than locking himself away.

"He came across our flyer in the local community paper and started attending the sessions. The group has given him something to look forward to every week. Barrington has made new friends and is learning so much about different cultures and integration, as well as enjoying the games, especially games from the 80's."

Rainbow Surprise
BRINGING COMMUNITIES TOGETHER
Charity No: 1160007

BOARD GAMES & DINNER

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LEARN NEW GAMES!
BRING YOUR FRIENDS!
MEET NEW PEOPLE!
GAMES AND DINNER PROVIDED!
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FROM 5.30 - 8:00 PM
STARTING FROM 3RD FEB
FOR MORE INFORMATION
07515110208

Weight-Loss challenge success!



Bollyfit Active are thrilled to share the remarkable achievements of our Crumpsall members in their weight-loss journey. From May to October 2024, the team has lost a combined 7 stones and 2 lbs, demonstrating their unwavering commitment, discipline, and mutual support throughout the challenge.

A special recognition goes to Sobia B, who achieved the highest individual weight loss; and to Ulfat, Saima B, Naila, and Saba, whose dedication inspired everyone involved. This challenge highlights the power of community and collective effort in achieving health and wellbeing goals.

Thank you to the Our Manchester Funds for their support, which made this initiative possible. Their backing has empowered our community to take active steps toward healthier lifestyles and fostered a spirit of togetherness and motivation.

From Pain to Hugs:

A heartfelt "Thank You" from the 15-Year-Old daughter of one of our participants

"I just want to take a moment to share how much Bollyfit Active has transformed not just my mum's life, but ours as a family. My mum, Saba, used to suffer from severe body pain due to fibromyalgia. She struggled so much that even hugging me was difficult for her. She rarely went out or spent quality time with me because of her pain.

"But now, thanks to all of you, she's a completely different person. She comes home from Bollyfit Active sessions in Crumpsall saying how fun and motivational they are. She's more active, more joyful, and we're finally able to share the small things that mean so much—like hugs, time together, and laughter.

"I want to thank the whole Crumpsall Bollyfit team for being such an inspiration to her. You've given her not just fitness but a sense of community, and for that, I'm forever grateful.

"You all inspire me so much that it makes me want to join Bollyfit myself! I don't know your address, otherwise, I'd have sent you a thank-you card and flowers. But please know how much you're appreciated. Thank you for bringing this beautiful change to my mum's life and to our family."

— Hafsa, 15

NEW Football Sessions

From April 2025, multi-national-award-winning Abraham Moss Warriors will be running NEW Football sessions at Smedley Park. Sessions will be run by qualified FA coaches over the spring and summer months.

New members will also have the chance to join the NEW Warriors teams, who will be playing in the league in September and numerous matches over the summer months.

The club is looking for additional players, of any gender, in school years 2 to 10, which is 7 to 15 years of age.



How to get involved

- Your child **MUST** live in Cheetham or Crumpsall and have an M8 postcode - the Warriors is a local club for local kids.
- Your child must **NOT** be signed with another football club.
- Cost just £2 a session.
- Register by contacting Head Coach, June Kelly MBE, on **0795 742 9959** or email **abrahmmosswarriorsjfc@yahoo.co.uk**

Environment and green spaces

Spring into action with Keep Manchester Tidy

It might not feel it just yet, but spring is coming and that means it's time for the **Great British Spring Clean**, which runs from the 21st March to the 6th April.

Manchester will be running a Keep Manchester Tidy day on Saturday 29th March. Now in its 10th year, the campaign has become Manchester's biggest mass environmental action event. Last year thousands of people got involved including residents, businesses, schools and community groups.

This year, everyone is being encouraged to grab a litter picker and show some love for where they live. There are lots of benefits to taking part including getting outdoors, meeting neighbours, and boosting your mental health.

Find out more at www.keepbritaintidy.org



Crumpsall is in on the action

Keep Manchester Tidy are hosting a litter picking station in Crumpsall. Pop along to get involved, or drop by for a brew and chat as Keep Manchester Tidy are planning an alleyway project in the area and would love to meet local residents.

- When: Saturday 29th March from 11am and 2pm
- Where: Duchess Road Green Space
- What do I need? All equipment and refreshments are provided.

Green your community!

Manchester's weather may be grey but your community doesn't have to be. We all have the power to green our streets and communities and we're here to help!

Types of greening we can support you with:

- Spring bulb planting in your local green spaces or grassy verges
- Wildflower planting
- Vegetable planting
- Making bird and bat boxes for your local area
- Alleyway greening and planting
- Community composting
- Plant a community orchard.

Manchester City Council's Neighbourhood Team has funding, resources, advice and support to help you realise your communities potential to become an urban oasis.

Contact your Neighbourhood Team by emailing NorthNeighbourhoodTeam@manchester.gov.uk



Bryony Carter doing some planting



Arts & Culture

For A Better Future

Manchester Jewish Museum marks Holocaust Memorial Day with community art "For a Better Future".

Manchester Jewish Museum marked Holocaust Memorial Day with a special Museum Open Day, celebrating a unique collaboration with the Iziko Next Gen Homework Club, which works in partnership with NTCG Faith Tabernacle in Cheetham Hill. Children aged 6 to 13 have been working closely with the museum to explore its rich collection of stories from Jewish refugees during the Second World War.

In response to the stories, they have been creating artworks on this year's Holocaust Memorial Day theme of 'For a Better Future'. These artworks share the children's ideas and hopes for Cheetham in the future, including ways in which we can continue to make the city a welcoming place for people arriving to Manchester.

"This has been a fantastic opportunity for children at the Homework Club to get a unique insight of personal histories linked to the Holocaust in such a creative way which brings the stories to life." – said Sharon Thomas from NTCG Faith Tabernacle.

Elysia Lukoszevieze, Creative Producer at Manchester Jewish Museum added: "Working with the kids from the Homework Club has been so enjoyable. Learning about their aspirations for the future and the level of empathy they displayed for refugees and other members of their local community was inspiring. I'd urge everyone to come along to the open day to celebrate their hard work and enjoy the artworks they've made throughout the project".



Holocaust Memorial Day reminds us of the terrible impacts prejudice and discrimination can have and highlights the importance of building a society based on acceptance and understanding. By working with the local Homework Club, Manchester Jewish Museum helps bring communities together and inspires young people to work towards a more harmonious future.

www.manchesterjewishmuseum.com

0161 834 9879

Manchester Jewish Museum, 190 Cheetham Hill Road, Manchester M8 8LW

Empower M8

Empower M8 meet every Thursday morning at The Welcome Centre, 18-32 Brentfield Avenue, M8 0TW. All are welcome.

Empower M8 focuses on health and wellbeing. It offers a safe space for sharing, gentle exercise, and free nutritious food. It runs activities such as art classes, singing, massages, and group outings.

Empower M8 is a trauma-response group, offering crucial support to the community during challenging times.



Arts & Culture

Viking craft sessions

In February, Odr Hird Educational Charity, organised a Early Medieval craft session, teaching people in the local community about Viking Age knitting called Nalbinding, and belt making.

Our goal is to spread the knowledge and skill, which in this busy modern world, is often forgotten. But also to connect local communities, and we are very grateful to the groups taking part.

Crumpsall and Cheetham Model Allotments were kind enough to facilitate the event, and their hospitality is greatly appreciated. Also to mention the lovely ladies from Rainbow Surprise Knitting Group, who attended the event as our special guests. We found the event to be a great success, not a huge turnout, but definitely helping to tightly knit the community (pun intended). We will definitely organise more events like this in Crumpsall.



Odr Hird meet at Crumpsall and Cheetham Model Allotments, every Wednesday from 7:15pm to 9:15pm. Newcomers are welcome.

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

Goodbye Gareth

Cheetham is saying goodbye to a real friend of Cheetham Hill, Gareth Redston, CEO of the Jewish Museum.

Gareth has been with the museum for 10 years. He played a significant part in the major £6 million refurbishment of the building, including a new gallery, café, shop and learning studio as well as a full restoration of the Grade II listed synagogue. As CEO he has helped to shape the museum's values and programme of events.

His colleagues have said "He has real care and love for Cheetham Hill and in leading a museum that strives to make a lasting impact on our communities. Working with him has been such a rewarding experience."



17th April 2025

BETH PORTER

15th May 2025

JOSHUA ARNOLD & THERINE

19th June 2025

HAZJAK

17th July 2025

CAITLIN GILLIGAN

7.30PM | £5 Proceeds to Rainbow Surprise
Floor spots from 7.45PM (no need to book just turn up early)

The Cleveland Hotel, M8 5SR



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.

Young people

MONDAYS

- **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.

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.
- **Storytime for little ones** and their grown-ups at Abraham Moss Library, 11am to 11:30am, term-time.
- **Kid's Chess Club** at Abraham Moss Library (new starters welcome), 3pm to 5pm. FREE.
- **Groundwork Youth Club** at Crumpsall Park Visitor's Centre. 5:30pm to 7:30pm. Book via 07739 978 798.

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.
- **Cheetham Hill Youth Club** (11-16 years) 4pm to 6pm at 1 Tamerton Drive, M8 0DH. FREE (Starting 24th April). Book in by contacting Carlos on 07739 978 798.

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.

EVERY WEEKDAY: Youth Drop-In at Welcome Centre, 3:30pm to 5:30pm. Call 0161 513 4126 to book on.

SATURDAYS

- **Boys Football**, 10am at Guidance Hub. FREE.
- **Kid's Games Club** at Abraham Moss Library - No need to be bored with our board games club! 10am-12pm. FREE.

SUNDAYS

- **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
- **GCSE Maths Tuition** at Guidance Hub 12pm to 2pm FREE
- **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)



Open to all adults

MONDAYS

- **Strength Building Exercise**, 10:45 at Council Housing Office, Cheetham Hill. 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
- **Crumpsall Councillor Surgery** at Abraham Moss Library – meet your local councillor for advice. 5:30pm to 7pm.
- **Citizen's Advice Information drop-in** at Abraham Moss Library – help with housing, welfare rights, energy and bills, using the internet etc. 9:30am to 1pm. No appointment needed, just turn up! FREE.
- **Board Games & Dinner** at Rainbow Surprise, 5:30pm to 7:30pm. 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.
- **Gentle Exercise** at Woodville Sure Start Centre by Hope Well, 10:45am to 11:45am. FREE.
- **Skill Building & English Language Session** at Woodville Sure Start Centre by Hope Well, 12pm to 1pm. FREE.
- **Cost of Living Support & English Language Session** at Woodville Sure Start Centre by Hope Well. 12pm to 1pm.

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.
- **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.
- **Digital Drop-in** at Abraham Moss Library. Support with online basics, bill and benefits. 12:30pm to 2:30pm. FREE.
- **Talk English Conversation Club** at Abraham Moss Library. Practice your English by speaking and listening with others and get to know Manchester. Suitable for beginner ESOL students, (During term-time). FREE
- **Community Drop-in Café** at Welcome Centre - watercolour session or bakery class. 1pm to 3pm. FREE.

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.
- **Chair based exercise and activities** by Empower M8 at Welcome Centre 10am to 12pm. FREE.
- English Corner at Welcome Centre 10am-12pm – FREE – Conversational English Session & light refreshments

FRIDAYS: Community get together and gym session, 1:30pm at Khizra Mosque. 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

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.

Women-only

Serving Veterans and their families

OUR TEAM:

- Community Veteran's Complex Care Navigator
- Veteran's Admiral Nurse
- Community Veteran's Dementia Care Navigator



WHAT WE DO:

- Complete person-centred assessments with working-age veterans or their family members
- Signpost or referral to the relevant services required
- Help with housing, employment, homelessness, mental health, drug and alcohol misuse, financial assistance or benefits
- Conduct holistic assessments with veterans diagnosed with dementia
- Guidance navigating the dementia diagnosis
- Support around benefits, care, and future for veterans diagnosed with dementia
- Support to the veterans, their family members or their carers

If you have ever served in the Armed Forces, live in Greater Manchester, and feel you would benefit from our services please contact our team.



0161 464 9521



hub.support@broughtonhouse.com