

# Community Magazine

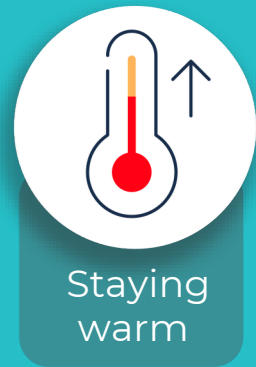
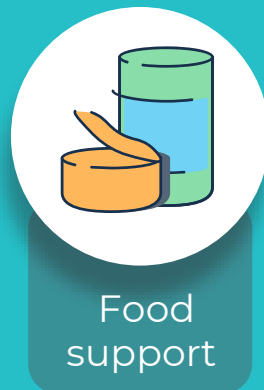
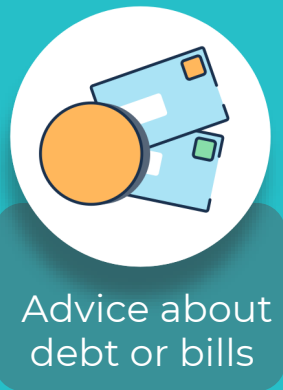
## Miles Platting, Newton Heath and Collyhurst

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

**Issue 3**  
**Spring 2025**

**FREE**

If you are looking for support with...



Call Manchester's free Cost of Living Advice Line

# 0800 023 2692

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

text 07860 022 876

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



Find out about local activities for all ages, support for families, green-fingered initiatives, local news and much more...



**GREATER TOGETHER MANCHESTER**



Manchester Local Care Organisation

**NHS**



MANCHESTER CITY COUNCIL

# 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 third edition of the Miles Platting, Newton Heath and now COLLYHURST Community Magazine.**

We have brought together a great group of people to be on the editorial board - a mixture of NHS, Manchester City Council and local voluntary, community and social enterprise organisations. This is by no means a closed group - if you'd like to get involved, please get in touch!

We have received some great articles from our communities and local people for this edition, along with updates about activities and lots of other

wonderful stuff happening across the neighbourhoods.

Our aim with this community paper is to bring smiles and updates to you, but as fantastic as our team is - we can't know everything, or tell everyone.

So we ask you to share with us any good news, opportunities, events and work that are taking place in Miles Platting, Newton Heath and Collyhurst. We would love to share it in this paper.

Please send your contributions to:

✉ [MPNHnews@outlook.com](mailto:MPNHnews@outlook.com)

## Advertising opportunities:

If you are a local business or organisation 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.



## MEET THE EDITORIAL BOARD



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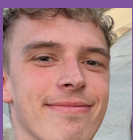
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**Nathan Martin**  
Winning Hearts and Minds  
E: [n.martin@mcractive.com](mailto:n.martin@mcractive.com)

## Katharine Irwin Manchester and Trafford Local Care Organisations



Hi everyone!

My main role is to make information accessible to as many people as possible. If we can say things clearly, we should.

I love coproduction, which is why I love working on these community papers - local people can get involved and everyone on the editorial board gets an equal say about what we should include. Then it's my job to put it all together and try to make it look pretty.

I'm a proud north Manchester resident and I try to find beauty everywhere - the ornate tops of buildings, spring flowers on Rochdale Road and kids splashing in puddles.

I think everyone deserves to look out of their window and see some nature. We should all have safe access to green, biodiverse spaces close to home, fresh air and mother nature does wonders for the soul.

# Photo Competition



We are excited to launch our very first photo competition! We love that we get to live and work in Miles Platting, Newton Heath and Collyhurst - an area that is steeped in history, evolving with developments and full of pride in it's communities. To celebrate our community, we want you to send us your best photos of the area.

It is easy to miss the beauty sometimes when we're used to the view or distracted by some fly-tipping.

Therefore, whether you're a budding photographer or just having a go with your smartphone, we want to challenge you to go out and capture some pictures of Miles Platting, Newton Heath or Collyhurst and share them with us.

We'll feature some of the submitted photos in our next edition and each submission will be entered into a competition to win a £25 Amazon voucher and book bundle, which has kindly been donated by Neighbourhood 3 Children's Centre's.



Book bundle



## How to enter

Please email your photographs of Miles Platting, Newton Heath and Collyhurst to: [MPNHnews@outlook.com](mailto:MPNHnews@outlook.com)

## Competition terms and conditions:

- You must have taken the photo and have permission to share it.
- If people are in the photo, we will need their written consent, giving us permission to use the images.
- By submitting the photo to the competition, you are agreeing to the paper's use of the images in future editions.
- Photographers will not be paid for the use of their photo in this publication.

## Can you do better than our editorial team?



# Your Local Councillors

Local Councillors are elected by the community to decide how the council should carry out its various activities. They represent public interest as well as individuals living within the ward in which he or she has been elected to serve a term of office.

They have regular contact with the general public through council meetings, telephone calls or surgeries. Surgeries provide an opportunity for any ward resident to go and talk to their councillor face to face and these take place on a regular basis.

You can contact your local councillors using the emails below or by calling **0161 234 3235**



Councillor John Flanagan  
[cldr.john.flanagan@manchester.gov.uk](mailto:cldr.john.flanagan@manchester.gov.uk)



Councillor June Hitchen  
[cldr.june.hitchen@manchester.gov.uk](mailto:cldr.june.hitchen@manchester.gov.uk)



Councillor Carmine Grimshaw  
[cldr.carmine.grimshaw@manchester.gov.uk](mailto:cldr.carmine.grimshaw@manchester.gov.uk)



# Mums Matter Online Support Group

Our online peer support group is open to all Manchester Mums with at least one child under 2.

This supportive space will enable you to meet other Mums across the city, to share the challenges and celebrate the successes of early Motherhood together.

To find out more, please contact:  
Charli Headley **0759 237 6720**  
[mumsmatter@manchestermind.org](mailto:mumsmatter@manchestermind.org)



**We meet Thursdays from 1pm-2pm on Zoom.**

Each session we will look at a different wellbeing tool or technique and talk about how you can incorporate it into your life as a busy Mum. There will also be space for connection and conversation. Babies and toddlers are welcome.

*Because being a Mum is hard enough.*



## Supporting Families with Children Aged Under 5

**Your Children's Centre's Outreach Team are your one-stop-shop for all areas of support in your life - from helping with housing concerns to ensure you are claiming the right benefits and everything in between. We offer...**

**Financial support** – Help and guidance on managing finances and accessing financial and debt support. This includes ensuring you are claiming the right benefits.

**Housing** – Assistance with housing related concerns and applying for properties.

**Overcoming Isolation** – Do you feel isolated and want to connect with other parents in the community? We can support you to find and attend groups/sessions in the local area including the sessions at the Children's Centre's.

**Connecting you to other services** - If you feel that you need additional help and advice our dedicated team can connect and refer you into relevant services that provide specialised support.

**Adult Education:** We can help you to find out about opportunities for adult education, this includes College Courses, ESOL and functional skills sessions designed to support your growth and development.



Holly



Helen



Chloe



Chelsea



Cath



Aimee

**Managing your Childs behaviour** – Being a parent is tough; we can help with tips and strategies to manage behaviour as well as referring into our Incredible Years Programme.

**Childcare and School Places** – Our team can help you to find suitable childcare and help you to apply for school places for all your children.

**Child Development and School Readiness**

- We offer Speech and Language screening to all children aged 6 months - 5 years.
- Raising early achievement in literacy sessions where you'll discover new ways to support your child's literacy journey while making learning fun, enjoyable and meaningful for all the family.
- 18 Month Ages and Stages screening, the Outreach Team can offer this to all children aged 18 months to ensure they are working at age expected level and offer pathways of support if needed.



# Collyhurst Youth JFC

Welcome to Collyhurst Youth JFC, a vibrant football club established in 2018 with the aim of bringing the joy of football back to the Collyhurst community in Manchester. We believe in the power of sport to transform lives and create lasting memories.

Founded by Stephen Howarth and Anthony Barcoe, our club has grown rapidly over the past six years, nurturing a passion for football in hundreds of young people. Today, we are proud to have over 350 boys and girls participating in our fun and safe football programs across Collyhurst and surrounding areas.

Whether your child is a seasoned player or just starting out, we invite you to join the Collyhurst Youth JFC family. We offer a variety of age-appropriate teams (Under 6 to Under 15) and training sessions to cater to all levels of ability.

Discover more about our club, teams and upcoming events at:  
[www.collyhurstyouthjfc.co.uk](http://www.collyhurstyouthjfc.co.uk)



## Our programs

- **Wildcat** (girls only – year 1 to year 6 pupils)  
Session: Every Monday from 5-6pm. We have over twenty enthusiastic girls who are eager to learn and play football in a supportive and empowering environment.
- **Collyhurst Mini Stars:** Our popular Collyhurst Mini Stars program attracts over 50 children from across North Manchester, offering a fun and engaging introduction to football for young players from 2 to 6 years old.
- **Club Training:** Tuesday and Wednesday night (team players only).
- **FREE Community Training Session:** Thursday nights between 5pm-7pm.
- **Holiday Club** – Run throughout the school holidays in collaboration with Manchester Active.

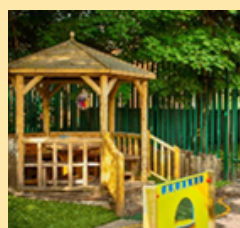
## Places Available at Collyhurst Nursery School

We are a Manchester City Council maintained nursery, which means we are not for profit (private) nursery. We put our children at the heart of everything we do.

We currently have places for 2, 3 and 4 year olds. Funded and paid places are available, including Breakfast and Afterschool Clubs.

Telephone **0161 205 1744** or call in to see us:  
**Collyhurst Nursery School, Teignmouth Avenue, Manchester M40 7QD**

Our Foundation Class (3 and 4 year olds) are taught by qualified teachers and all our teaching rooms are supported by a team of highly skilled teaching assistants. We are surrounded by superb outdoor grounds and have a Forest School.



# Easy Come Easy Grow

**We are Easy Come, Easy Grow Mcr - a group of Newton Heath residents who are creating an accessible, inclusive and eco-friendly community garden.**

We're establishing and maintaining green spaces for local residents of all ages, abilities, and backgrounds, who can participate in gardening, environmental education and social activities.

As of February 2025, we will be running at least one litter pick a month in and around Newton Heath.


We're starting a new project at the Heathfield Resource Centre, a disability support learning centre. There we'll be creating a community garden. We'll begin by building wheelchair-friendly planters, bug hotels, and wildflower spaces. Once a month, we'll also run workshops with the staff and users.

In collaboration with the Canal and River Trust, we're working to bring the Troydale Community Garden back to life. The Canal and River Trust has already cleared the overgrown site through community payback, and we'll be joining forces to restore and maintain it.



All of our activities and events are regularly posted on our social media channels.

 @eceg\_mcr

 0735 469 6392

 eceg\_mcr@yahoo.com



SCAN ME!



## NHS 111 is also available online

**If you're not sure what to do or where to go, go to 111.nhs.uk. It's available 24/7, 365 days a year.**

If you visit [111.nhs.uk](https://111.nhs.uk), you'll be asked to enter your age, sex, postcode and main symptom. You are then asked a series of questions about your health problem.

You can:

- find out how to get the right healthcare in your area, including whether you need to see a GP or seek urgent care
- get advice on self-care

111 online is a fast and convenient service for people who want to access 111 digitally.

NHS 111 offers a British Sign Language (BSL) service that is open 24/7.

  
Greater Manchester



**Need urgent medical advice?**

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





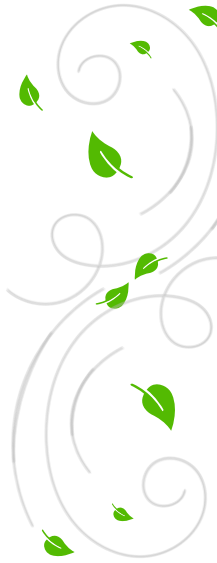
# Walk and Talk Trails

In December, Collyhurst Sure Start Children's Centre and Collyhurst Nursery teamed up with Read Manchester, a campaign delivered by the National Literacy Trust and Manchester City Council. The campaign encourages families to get out and about and make the most of little moments together with their 0 to 5-year-olds to help build their communication skills from the very start.

Families were invited to head out on a winter 'walk and talk' trail, exploring the local area, reading signs and chatting about the things their children noticed, using helpful tips and guidance from Read Manchester. Along the way, families also discovered lots of free children's books to take home, hidden around local shops, the pharmacy, allotment and more. These had been hidden and gifted by Read Manchester to help nurture a love of stories.

Getting outside throughout the year offers great opportunities to chat to little ones, introducing new words to help them begin talking or developing their vocabulary if they're already chatty!

Visit the National Literacy Trust's website for families and download your free walk and talk cards. These are filled with conversation ideas and activities to help children learn new words and develop their communication skills:  
[wordsforlife.org.uk/talking-when-out-and-about](http://wordsforlife.org.uk/talking-when-out-and-about)



One of our walkers finds a book!

Here are the National Literacy Trust's top tips for chatting while out and about:



- Follow your child's lead. Talk about the things they are doing and have noticed.
- Give them time to think and respond when you talk, remember to pause for a few seconds and wait for a response.
- Repeat back the sounds and words your child says and add one or two more words. This shows them you're listening and teaches them new words.

## Meet your housing officers!



Your housing officer plays a leading role in improving your environment and making sure your neighbourhood is a safe, welcoming and vibrant place to live.



They are your key contact for local issues, they look for any unkempt areas, potential hazards and fly tipping across the area they look after.



They carry out regular estate walkabouts with residents and partner agencies. You can come along too. You can find out when they will be in your area using the QR code or searching the housing website:  
[www.mcchousingservices.co.uk](http://www.mcchousingservices.co.uk)



Tammy



Iona



Caroline



Germaine



# Spotlighting... Gateway M40

Charity No 1173971

Gateway M40 is an independent debt and money advice charity based in Collyhurst, Manchester. Our service is completely free, and we offer debt advice, education, practical assistance and ongoing support to anyone who needs it, regardless of background or circumstances.



Debt Advice service



Welfare Benefits Supported Services including Mandatory reconsiderations



Food Pantry Provision



Grants for households



Signposting to further support

You can have a face to face meeting or a telephone or facetime meeting. We have friendly comfortable rooms at two venues in Collyhurst.

What to expect:

- We will get to know you and your circumstances and make sure you're claiming everything you're entitled to.
- If you're happy we will ask you to sign a form to say we can represent you.
- We can request your credit file so we can see any debts that you may have forgotten about.
- We will sort your debts into priority and non-priority.
- From then on, we deal with your creditors. We will contact them and get them to give you some breathing space while we help you decide the best option for you.

☎ 0161-202-3511

✉ info@gatewaym40.org

## WalkSafe Manchester



SCAN ME

WalkSafe is the UK's leading personal safety app. The free app helps people to safely navigate Manchester with confidence.



WalkSafe Manchester

Your personal safety app

WalkSafe is your personal safety app for getting around Manchester.

Download today.

MANCHESTER CITY COUNCIL

### The WalkSafe app includes:

- **HomeSafe:** Set a specific destination and an ETA, then share your journey plan with your trusted contacts without sharing your live location. If you don't successfully complete your journey, your contacts will be notified.
- **WalkSafe:** Commuting, exploring, or just heading out? WalkSafe journeys allow you to share your live location with your friends. Your location will update in real time, allowing your loved ones to keep track of your journey alerting them if you don't arrive on time.
- **Follow Me:** From walking the dog to getting some exercise, not every journey is set in stone. Follow Me allows you to start a journey with no set destination in mind while letting your friends see where you are.
- **Community Map:** See which Manchester venues offer safe spaces, are trained in the Ask for Angela and Active Bystander schemes, are LGBTQ+ inclusive, offer Wi-Fi or charging stations and more. Learn what other users have said about venues, and report your own concerns, such as poor lighting.

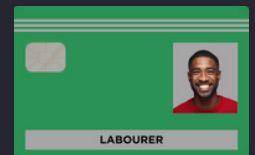
# FULLY-FUNDED CONSTRUCTION COURSES

## LEVEL 1 INTRODUCTION TO CONSTRUCTION

Improve your opportunities for work on local construction sites with this fully funded training course, providing you with the necessary knowledge and skills for a successful and sustainable career. You will also gain your **green CSCS card!**\*

### 4-Week Course

- Health & safety in construction
- Working around plant and machinery
- Construction and the environment
- Reducing carbon and energy management in construction



\*You must complete the course & pass the CSCS test to be awarded the CSCS card

## LEVEL 2 SKILLS BOOTCAMP IN CIVIL ENGINEERING & GROUNDWORKS

A mix of classroom learning and on site plant training to achieve your NPORS forward tipping dumper/ride on roller licence and plant machinery marshal accreditation.

### 4-Week Course

- Principles of civil engineering
- Asbestos awareness
- Abrasive wheels
- Use of power tools
- Detection of buried services
- Mental health awareness
- Guaranteed interview



### Location:

Collyhurst, 41 Southchurch Parade, Manchester M40 7GE

Contact **Carla** 07977 569732

carla.kenworthy@skillspeoplegroup.com



**Eligibility:** Age 19+ | Unemployed |  
British or EU citizen or UK resident  
for 3+ years

# Bowel Screening



**My name is Mahum. I am a doctor currently in my final year of GP training and I work at a GP practice in Manchester called Hazeldene Medical Centre.**

Bowel cancer, also known as colon cancer, is one of the most common types of cancers. It affects the large intestine and has different symptoms including tummy pain, changes in your poo or blood in your poo. However, in the early stages, some people **may not experience symptoms**.

Evidence shows that if found early, bowel cancer can be very treatable. To help with this, the NHS offers free bowel screening to people aged 50 to 74 who are registered with a GP. If you're this age, you'll automatically get a screening test kit through the post every 2 years. The screening test requires you to take a simple poo sample and free-post it to the NHS to check for traces of blood.

Bowel cancer affects certain people more, including men and those with a family history.

The likelihood of developing the bowel cancer goes up with age. Detection via the screening programme means bowel cancer can be diagnosed early and treated successfully, which is why awareness and timely check-ups are crucial!

It is important to remember that the screening programme is only for those who **do not** have any symptoms. If you have symptoms of persistent tummy pain, changes in your poo, blood in your poo, unintentional weight loss, excessive tiredness or have any concerns, please contact your GP surgery to make an appointment with your doctor. We **will** want to see you!

If you have any questions about bowel screening, call the Bowel Screening Hub on 0800 707 6060.



*Picture of an NHS bowel screening kit*

 **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)**





# **LET'S TALK...**

## **LONG-ACTING REVERSIBLE CONTRACEPTION (LARC)**

### **WHAT IS LARC?**

Long-Acting Reversible Contraception otherwise referred to as **LARC** is hassle-free birth control. It is an effective, safe and long-lasting contraception that fits seamlessly in your life. LARC methods include, Hormonal Implant, Hormonal IUS, Copper IUD. LARC can be for anyone who has a uterus who wishes to prevent a pregnancy or for those who are going through menopause as the IUS can be used as part of HRT to treat symptoms of menopause.

**AVAILABLE TO ANYONE REGISTERED WITH A MANCHESTER GP**

**SCAN THE QR CODE FOR MORE INFORMATION AND  
OUR SELF REFERRAL FORM**



# What's on for young people and families



## MONDAYS

- **Children's story time** - songs, rhymes, and stories at Newton Heath Library. 11am to 11:30am (term-time only). For children aged 0-5 with parents, grandparents and carers. No need to book. FREE.
- **Lego Club** for under 18s at Newton Heath Library. 4pm to 5pm (term-time only). No need to book. FREE.
- **Stay, Play and Learn** at Newton Heath Children's Centre, 10am to 11:30am (term-time only). For ages 0 to 5 years. FREE. Please book by calling 0161 510 0066 at 8:30am on the day.
- **Infant Feeding Team Drop-in** - feeding advice at Newton Heath Children's Centre, 12:30pm to 1:30pm.

## WEDNESDAYS

- **Stay, Play and Learn for children under 5** at Miles Platting and Ancoats Sure Start Centre from 10am to 11:30am (term-time only) FREE. Call 0161 277 6970 at 8:30am on the day to book.
- **Adult and Toddler session** at St George's Centre, M40 7NY. 9:30am to 11:30am (term-time only). FREE.
- **Baby Explore for children under 1** at Miles Platting Children's Centre 1:30pm to 2:30pm FREE. Call 0161 277 6970 to book.

## THURSDAYS

- **Tiny Tots and Toddler Time** at Miles Platting Library. 1:15pm to 2:15pm (term-time only). For children aged 0-5 years with parents, grandparents and carers. No need to book. FREE.
- **Children's crafts and colouring** for under 18s at Miles Platting Library. 4pm to 5pm (term-time only). No need to book. FREE.
- **Messy Play** for 0 to 5 year olds, at Collyhurst Sure Start Children's Centre, 10am to 11:30am (term-time only). Call 0161 205 1744 at 8:30am on the day to book. FREE.
- **Walking Mum's Club** - open to all mums and their little ones. No need to book. FREE. Visit their Facebook page for more info. [@walking\\_mums\\_club](#)

## SATURDAYS

- **Hello Saturday** - children's crafts, games and colouring for children aged 4 to 11 at Newton Heath Library. 11:30am to 12pm. No need to book. FREE.
- **Lego Club** for under 18s at Miles Platting Library. 11am to 12:30pm (term-time only). FREE.

## Sensory Play at Sure Start Centres

**What is sensory play and why is it really important?** Sensory play is any activity that stimulates at least one of your child's senses. This could be hearing, sight, touch, smell or taste. It also includes play that involves movement or balance.

Exploring the world through senses can have many benefits for young children. It helps to improve attention span, helps children to understand the world, boost language development, supports the development of motor skills and helps to foster social interactions.

Why not book onto one of our baby sensory programmes? The programmes are for children under one year of age and are completely free, please call 0161 277 6970 to book a space.

### Baby Bag

A six-week session for you and your baby. You also get a gift bag full of sensory equipment at the end of the six weeks. Available at all centres.

### Baby Explore

At Miles Platting Children's Centre, M40 7DA, every Wednesday 1:30pm to 2:30pm.

