



Artwork by Len Grant www.lengrant.co.uk

Withington and Old Moat neighbourhood update

Issue 7
October 2024
FREE

News and useful information on health, wellbeing and what's on for people in Withington and Old Moat.

Neighbourhood Partnership

Thank you to everyone who continues to attend our Withington and Old Moat Neighbourhood Partnership Meetings.

For anybody who hasn't attended a neighbourhood partnership meeting before, these meetings take place four times a year and are a space where local people and workers across all sectors can come together to share thoughts and discuss priorities around health and wellbeing for the neighbourhood.

Neighbourhood partnership meetings are also a space to connect with others and build more awareness of what is available in the neighbourhood. We welcome all partners to this meeting including active residents who want to find out more about the work that is taking place in the area and offer their knowledge of the local community and their lived experience to help improve health and wellbeing for residents.

To join the neighbourhood partnership mailing list and receive invitations to future meetings contact Yasmin Holgeth, Health Development Coordinator for Old Moat and Withington, Manchester Local Care Organisation for more information:

**Email - Yasmin.Holgeth@mft.nhs.uk
Call - 0757 0527 497**

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If you want this newsletter in large print, please contact us
Yasmin.Holgeth@mft.nhs.uk or 0757 0527 497

What's on

Friends of Mauldeth Road Station

We are a friendly local group who meet regularly to maintain and improve the environment around Mauldeth Road Station. We have already established a triangle of shrubs and flowers outside the ticket office. Our next project is to develop the area on the corner of Mauldeth Road near the bridge. If you'd like to join us, or for more information, email: friendsofmauldethroadstation@outlook.com

Withington Public Hall Institute

A community hub in a historic venue. Quiz Nights, Live Music & More.

2 Burton Road, Withington, M20 3ED
View their Instagram for what's on, or pop in Thurs - Sat 4pm - 11pm
www.instagram.com/withypublichall

Digital Skills for Adults

Have you heard that there are Free Digital Skills courses with Manchester Adult Education Service? Including: Digital Skills Courses for Beginners, Microsoft for Work, Digital Essentials (entry 3/level1), Skill Up. Contact Withington Adult Education Centre, 24a Burton Road, Withington, M20 3ED. 0161 234 5687
www.manadulted.ac.uk

The Withington Daytime Singers

Over 50s choir. Every Friday 11.30am - 1pm. £5 per session. Free lyric book for all singers, free tea and coffee.
Withington Scout Hut, M20 4PE
Tel: **0742 9494 506**

Chair Based Yoga

Free Chair Based Yoga Lessons for people aged 50+.
Third Friday of the month, 2pm at Withington Library.

Walking and Talking Group, Ladybarn Park

Group walking can be good for your health and social life. Come along for a walk and chat. Suitable for anyone. Every Wednesday, 10:30am - 11:30am. No need to book. Free.
Meeting point Parrswood Road near Briarfield Road.

Walking and Wheeling Group

Low impact exercise as you walk is a group around Kingswood Park. Followed by a light lunch at Ladybarn Hub.

Tuesdays 11am

Meeting point Ladybarn Community Hub, Royle Street, Ladybarn, M14 6RN

For more info contact:
Tel: **0161 224 3733**
ladybarncommunityhub.co.uk

Free Home Delivery Book Service

Books to Go provides a home delivery service for Manchester residents who have difficulty leaving their home or have issues with access. Manchester Libraries have books in ordinary and large-print size, talking books, music CD's and films on DVD. The service is completely free.

Call Manchester Libraries on **0161 227 3800** or email the Books to Go team at bookstogo@manchester.gov.uk

Intergenerational Music Makers

Music and Movement workshops: Starting Thursday 3 October for 6 weeks, 11am - 12pm each Thursday at Withington Methodist Church, 39 Wilmslow Road, Withington, Manchester, M20 4AN.

A free intergenerational project looking for people from all ages to come together. Whether you're a university student, local worker, or resident, this is a fantastic opportunity to connect with others around music and develop new skills. No experience needed! The project will be co-designed by participants to reflect the community's needs, and full training will be provided. Come be a part of something special and make a difference in your community!
No booking required, just turn up.

Ladybarn Litter Pickers

11am on the last Saturday of every month.

Meet at Ladybarn Hub, Royle Street, M14 6RN.
All welcome, equipment provided. For further information contact Sue - suebchowo@gmail.com or follow on Instagram [loveladybarn](https://www.instagram.com/loveladybarn)

Table MCR

Table Manchester creates safe spaces for connection and community with socials and events ranging from brunch to workout sessions.
For people aged 18 to 30.

For more information, check out [instagram/tablemcr](https://www.instagram.com/tablemcr) or www.meetup.com/tablemcr

St Paul's - Withington Welcomes

A social group with free tea, coffee and conversations. Everyone is welcome! Farsi speaking community support the event.

Every Tuesday, 10am to 12pm.
St Paul's, 491 Wilmslow Road, Withington, M20 4AW

Together!

You are invited to Together! A new monthly afternoon service It's for everyone - all ages and abilities. Everyone's invited, everyone's included. Come and join the celebration!

Sundays 4pm at St Paul's, 491 Wilmslow Road, M20 4AW

www.stpaulswithington.org.uk
stpaulschurchwithington@gmail.com

African and Caribbean Men's Health Event

Saturday 5 October 12pm - 3:30pm inside Withington Library.

An event for African and Caribbean Men, their friends and family.

Everything is free with boxing and men's yoga workshops, film screenings, Health Checks, Caribbean food and stalls from Mandem Meetup, Be Well, CAHN, Care Navigators, Answer Cancer, Can Survive UK and Manchester Active.

No booking required, just show up for yourself!

Ladybarn community clean-up

Resident-led group undertake frequent clean-ups, etc. to improve the public realm. Join us from 11am - 12pm on Saturday 26 October and Saturday 30 November.

Meet at Ladybarn Hub, Royle Street, M14 6RN. All welcome, equipment provided. For further information, contact Sue Bell: suebchowo@gmail.com
This is both fun and worthwhile.

Withington Village clean up

Saturday 5 October, 11am - 12pm.
Meet outside Withington Methodist Church, Wilmslow Road. All are welcome and equipment will be provided. Refreshments and home-made cake will be available. For further information, contact Gavin White: gavinwhite7627@gmail.com

Christmas in Withington Friday 6 December 2024

Due to public realm work taking place in Rutherford Square this year, our annual event will be held at The Red Lion Public House, Withington.

Assist Community and Voluntary organisation

Supporting older people in the community. Positive Living Workshops for over 65's every 2nd Monday of the month, 1pm - 3pm.

Led by life coach and trainer Debra McCallion, explore ways to feel more positive, cope with bereavement, loneliness, too much spare time, health issues etc. A friendly group setting, no charge, free tea, coffee and biscuits. Come give it a go!

Downstairs Hall in the Withington Methodist Church, 439 Wilmslow Road, Withington, M20 4AN. All are welcome, just turn up or call: 0161 434 9216 for more information.

What's on

Withington Walks at Withington Baths

As part of the Withington Baths community programme Withington Baths run monthly walks on Sundays. The walks are informal and relaxed and aim to reduce social isolation and improve physical fitness. They have also expanded the activity to include an optional meal which people pay for themselves.

These walks received funding as part of the Your Community Your Fund to cover transport costs to take the walking group further afield.

Walk leader Nuala (who also runs the Bathhouse Café at the Baths) said "as walk leader its been such a pleasure to watch members of the walking group progress not only with health issue but also making personal connections with each other, its a pleasure to sit and watch people really enjoy eating together."

For more information or to join the next walk people can email Nuala on thebathhouse@withingtonbaths.com

Your Community Your Fund was funded jointly by ARIS, NHS Local Care Partnership, Manchester City Council, and Southway Housing.

Stop Motion Workshops

Come and learn the art of stop motion animation in a family friendly workshop in Withington, facilitated by Cheryl a freelance stop motion animator.

Through these two workshops (5 October and 19 October), we will take inspiration from the murals of Withington Walls to create some individual stop motion animations!

You might get more out of this workshop by bringing a fully charged device with either the Stop Motion Studio app or Aardman Animator app downloaded (both free). It isn't essential though and everything you need will be provided!

This workshops are suitable for anyone over the age of 8.

Under 18's must be supervised by an adult throughout. If you want to take part alongside your child, please register an additional place.

Saturday 5 October, 10:30am - 12:30pm

Saturday 19 October, 10:30am - 12:30pm

Book your place on EventBrite:

Saturday 5 October -

<https://shorturl.at/jY6Cr>

Saturday 19 October -

<https://shorturl.at/TOU5v>

This project was funded through the Your Community Your Fund (ARIS, NHS Local Care Partnership, Manchester City Council, and Southway Housing).

Mandem Meetup

Mandem Meetup provide activities for men to come together and build brotherhoods.

From men's talking circles to football, chess and sober raves - the Mandem has activities running all across the city of Manchester. All of their interventions are free so that there's one less barrier to access for any men who feel they want to be a part of their community. Find out more about Mandem Meetup and get involved by visiting: www.mandemmeetup.org/

The Bang Out Of Order Campaign

Greater Manchester's Bonfire and Halloween campaign to reduce deliberate fire setting and anti-social behaviour incidents

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

To report incidents of anti-social behaviour, including firework nuisance, you can use Live Chat or online reporting at gmp.police.uk. You can also call 101.

Anonymously report deliberate fire setting or attacks on a firefighter/fire response vehicle through FireStoppers on 0800 169 5558 or firestoppersreport.co.uk.

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

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

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

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

Ladybarn Hub Hate Crime Reporting Centre

Ladybarn Hub is now a Hate Crime Reporting Centre. This means if you experience or witness a hate crime, you can report it without having to go to the Police. This includes hate based on someone's race, religion, sexuality, transgender identity, disability or sub-culture.

You can do this by completing an online form or going to a hate crime reporting centre like Ladybarn Hub. Ladybarn Hub staff have been training to support the victims of hate crimes and will help you complete a reporting form in a safe and private space.

It's important to report all hate incidents, whether they're crimes or not, so that we can prevent future hate. You can

report hate crimes anonymously if you would prefer. For more information or to report hate crime visit Ladybarn Community Hub or go to report-it.org.uk

WalkSafe+

The UK's leading free personal safety app, has launched in Manchester.

The free app combines journey-sharing features with a detailed safe-space map to help residents, workers and visitors in Manchester to safely navigate the city with confidence.

Features include:

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 By-stander 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 large crowds or poor lighting.

WalkSafe+ is available in Manchester now and can be downloaded for free from manchester.gov.uk/walksafe

Ladybarn Community Hub

Royle Street, Ladybarn, M14 6RN

Tel: 0161 224 3733

ladybarncommunityhub.co.uk

Mondays

1pm – 2pm Tai Chi. All abilities welcome. £5 per session. 1st Session FREE
PLEASE NOTE: There will be no Tai Chi on the 21 October due to the NGage playscheme.

Tuesdays

10:30am – 12pm LGBTQ+ coffee morning. Popular and friendly group for LGBTQ+

people. £2 donation per session.

11am – 12:30pm Easy Walking Club. Join us for a walk around Kingswood Park followed by free tea and toast at the Hub.

Meet in the foyer at 11am. In association with Friends of Kingswood Park.

5:30pm – 7:30 pm Volunteer-led gardening session. Come along and garden with others in the community. Beginners welcome and learning opportunities

provided. We will be reducing the frequency of our sessions during the next few months, contact us for more information.

5:30pm – 7:30pm Board games and brews. Friendly board game group playing a variety of games. Everyone welcome - £2 donation per session to support the hub.

Wednesdays

12pm – 2pm Wellbeing Wednesdays. Wellbeing arts and crafts activities.

All welcome £3 donation free tea and biscuits. Bring along your lunch if you like!

6pm – 7pm Ladybarn Voices Choir. Contemporary and classic pop music choir. All abilities welcome and no audition required £4

Thursdays

12pm – 2:30pm Over 50s lunch club. Freshly cooked, two course meal. Once a month vegetarian lunch. Veggie and halal options available. Bingo and raffle, golden balls. £5 for lunch plus £1 for bingo and £1 for any other games.
PLEASE NOTE: There will be no Thursday lunch on the 24 October due to the NGage playscheme.

Friends of Old Moat Park

Join them for litter picking and leaf clearing in Old Moat Park on 6 October, 3 November and 1 December 2pm - 3pm.

Everyone welcome!

Post Community Newspapers

View online editions of Post Community Newspapers here www.communitynewsgm.co.uk

What's on - age friendly

Over 50's SVP Tea Dance

Expect uplifting music to get you moving or just come along to have a chat. £2 entry. Every Monday 2pm - 4pm. Refreshments provided. St Cuthbert Church, 3 Palatine Road, Withington, M20 3LH.

Withington Baths

Withington Baths, 30 Burton Road, M20 3EB
0161 478 1181

Silver Circuits
Tuesday at 3:15pm and
Thursday at 1:15pm

Over 50's Thai Chi
Monday at 2:15pm

Table Tennis
Tuesday at 10am,
Wednesday at 10am and
Thursday at 10am.

Over 50's massage workshop, Thursday 2:15pm - 3pm. Helpful for age-related conditions like arthritis and high blood pressure. In some classes, the participants will form pairs with each other.

Withington Age Friendly Group

Join us for coffee, tea, scrabble and a chat for over 50s. Fridays, 2pm - 4pm. Withington Library, 410 Wilmslow Road, M20 3BN.
Tel: **0161 227 3720**

Old Moat People's History project

Former or present Old Moat Residents with stories, memories or photos to share? Interested in finding out about local history? Old Moat Histories is a social/local history project aiming to collect and collate memories, photos and stories from current and former residents of the Old Moat estate. They collect the stories about the people who lived in the area from the early 1920s, through WW2, the 50s, the 60s the 70s and the 80s right up until the COVID19 pandemic and today. The project is looking for people who would like to share their own stories or to get involved in helping other people share theirs. To get involved, email **OLDMOATSTORIES@gmail.com**

Over 65's cost of living event

Thursday 10 October 11am - 1pm at Withington Methodist Church.
A cost of living interactive workshop, where older people will be asked to share what they have seen/heard around the impacts of cost of living in their age range. The findings will help influence a response from our local C.A.R.E anti poverty working group. There will also be information and advice stalls where attendees can find out about the support currently available and a communal meal. There are also some good incentives for coming - a £20 Shopping Voucher and a free Bread and Butter Thing Voucher. Booking essential: rose.boyd@manchester.gov.uk.

Withington Assist Neighbourhood Care

Providing support services and activities for older people, designed to help them continue to live independent, active and fulfilling lives.

Contact Withington Assist to find out more: Tel: 0161 434 9216

Email: withingtonassist@gmail.com

Assist Neighbourhood Care, Withington Methodist Church, 439 Wilmslow Road, M20 4AN

Mondays

Every 2nd Monday of the Month 1pm - 3pm - Positive Living workshops for over 65s. Led by life coach and trainer Debra McCallion, explore ways to feel more positive, cope with bereavement, loneliness, too much spare time, health issues etc. A friendly group setting, no charge, free tea, coffee and biscuits. Come give it a go!

Tuesdays

11am - 12pm NEW! Over 65's information and advice drop in. No booking required. Come for friendly free advice on anything from benefits to cost of living. Let us listen and offer support.

12pm-1.30pm Lunch Club. Freshly cooked, two-course meal. £5 donation. Volunteer lifts available when possible. Veggie and halal options available.

Wednesdays

Walk and Talk 10:30am -12pm. Meet for a walk around Ladybarn Park at your own pace, followed by coffee in a local café. Parrs Wood road/school grove entrance.

Barbara's cafe! Coffee Group.

1pm - 2.30pm. In downstairs room at WMC, coffee, chat and quizzes. All welcome. £1 donation. Digital Drop in .

2pm - 3pm. Come sit with our friendly volunteers in WMC foyer to work through your phone/tablet/ laptop woes, book appointments, get advice etc. £1 donation.

Friday

Friday Exercises 10.30am - 11.30am chair assisted and 11.30am - 12.30pm seated. Strength, balance and mobility with music. £3. Snooker Group.

1pm - 3pm. Older men's snooker group at WMC. All abilities welcome, full-size table with refreshments. £1.50.

Be Well Service Drop In

Meet Andy from the Be Well Service at one of his new face to face Men's Health drop ins!

Be Well are here to help you find a way to live and feel well whatever twists and turns life brings. They can even help you get on top of work, family and money worries. When you come to Be Well, you'll be assessed by one of their trained coaches. They'll talk to you about the help you need and the goals you want to achieve, and set you up with the most appropriate person in the team to get you to where you want to be.

Dates: (all 9am - 12pm) at Withington Library:

Friday 25 October, Friday 29 November, Friday 20 December

Support for carers

TREATS

A support group for people living with dementia and/or carers. The group is run by staff and volunteers from Manchester University NHS Foundation Trust

Complementary Therapies including massage, aromatherapy and reflexology, also games, chats and music time.

Fridays, 2pm - 4pm.

N.B There is no group on the first Friday of the month.

Church Hall, St. Paul's Church, 491 Wilmslow Road, Withington, M20 4AW

If you are interested please contact Michele Latham (Active Therapy Team):

0161 217 4920

STAR Stroke Group for Patients and their Carers

S Support
T Therapeutic (Holistic)
A Activities
R Relaxation

A group for anyone who lives in South Manchester who has had a stroke, and anyone who is a carer to someone who has had a stroke and lives in South Manchester.

Come and take part in complementary therapies to improve wellbeing. The group is run by staff and volunteers from Manchester University NHS Foundation Trust and is affiliated to the Stroke Association.

Every Friday 9.30am - 12pm
Church Hall, St Paul's Church, 419 Wilmslow Road, Withington, Manchester, M20 4AW
If you are interested please contact Michele Latham (Active Therapy Team): **0161 217 4920**

Carers Manchester South

Do you help a partner, family member, friend or neighbour? The Carers Manchester South partnership is a group of organisations that are here to help you support your loved ones.

The role of Carers Manchester South is to raise awareness of what caring for a loved one means and to appreciate the impact that caring for someone can have on their life and physical and emotional health. Every month we offer carers, and the people they support trips and leisure activities so they can share more quality time together, take a break from their caring role and have fun. For the latest information go to:

<https://www.carersmanchester.org.uk/events/>

Can Survive UK

Providing culturally sensitive support and information for people with cancer, their families and carers. We enable people affected by cancer to participate in the programme of regular activities and attend support groups. We empower people to take control and better manage cancer to enhance wellbeing and resilience. We educate by delivering cancer awareness sessions, particularly those that disproportionately affect BME people.

www.can-survive.org.uk/ 0161 455 0211

Early years and youth provisions

Stay & Play

**St Paul's, Withington Wednesdays
10am - 12pm**

A friendly informal stay & play session for babies, small children and their grown ups.

No need to book, just turn up.

NHS Healthy Start Scheme

Get help to buy food and milk. You can get £4.25 every week to help you buy: cow's milk, fresh, frozen or tinned fruit and vegetables, infant formula milk, fresh /dried and tinned pulses, you can also get free Healthy Start vitamins.

Eligibility:

- Under 18s - anyone who is under 18 and pregnant can apply
- Over 18s - you must be at least 10 weeks pregnant or have at least one child under 4

See eligibility criteria and how to apply visit [healthystart.nhs.uk/how-to-apply](https://www.healthystart.nhs.uk/how-to-apply) or you can call their helpline on **0300 330 7010**

New Parent Compassion Focussed Therapy

Are you or your partner pregnant? Are you a parent or main caregiver to a child under 24 months?

Becoming or being a parent can be challenging. If you're struggling and are self-critical, then our Compassion Focused Therapy Groups (online or face-to-face) might be for you. We offer priority access to these groups, and priority 1:1 Cognitive Behavioural Therapy and Counselling, for Depression and Anxiety Disorders. Priority Couples Counselling is also available.

1:1 sessions can be offered online, via telephone, video or face-to-face. You can self-refer for the groups or 1:1 therapy through NHS Manchester Talking Therapies - The Big Life group or by ringing **0161 226 3871**.

Stay and Play

(term time only) at Old Moat Primary School, Old Moat Lane, Withington M20 3FN.

Every Thursday from 9.15am -10.45am. No need to book just come along with your babies and small children to join in stimulating activities, snack time and song and rhyme time.

Maternity Action

Pregnant or new parent? Are you worried about work or money?

Contact Maternity Action for completely FREE and confidential legal advice on work and benefits for pregnant women and new parents in Greater Manchester and East Cheshire.

Call FREE **0808 801 0488** 10am - 1pm Monday - Friday or leave a message for a call back.

maternityaction.org.uk/manchester-maternity-rights

Monday Monkeys

Monday Monkeys Group offers a range of play equipment and activities for toddlers.

Withington Methodist Church, Wilmslow Road.

Mondays 10am - 11.30am term-time.

Open to parents/carers with under 5s who live within 1.5 miles of Withington Methodist Church.

Minimum donation of £1.50 per child.

Please book. Email:

mondaymonkeyswithington@gmail.com

More Life

Manchester Junior Physical Activity Referral Service (PARS), supporting children and young people across Manchester.

If you're aged 5 - 17yrs and are keen to move more and be active, Junior PARS might be for you.

This service is commissioned by Population Health (Manchester City Council) and supports children and young people ages 5 - 17 years old, who are above a healthy weight and not engaging in physical activity to the recommended level. Junior PARS offer a free 10 week program to help CYP become more active, reduce sedentary behaviours, and increase wellbeing. Our Children's Healthy Lifestyle Practitioners will connect CYP and their family to fun activities in their local area. All activities are sourced to be budget-friendly and accommodate your family's needs.

Head to their website for more info - www.more-life.co.uk/places-we-work/greater-manchester/manchester-pars/ You can be referred via a health professional, or you can self-refer using the below link:

<https://secure.refer-all.net/referrals/manchester/refer>

Parent Support Group

Wednesdays 9:15am - 11am (termtime)

at Old Moat Sure Start Centre.

Come in for a brew and a chat with other parents from around the area.

Weaning with Porter Nutrition

Check out these free resources on the Weaning Centre website which may be helpful.

www.weaningcentre.co.uk/resources/ Including a positive mealtimes factsheet, children's activity sheets and a healthy eating in pregnancy factsheet.

OMYOP Youth session

Youth club for 10 - 19 year olds.

Every **Thursday, 6pm - 9pm.**

Table tennis, music, cooking, urban art, arts and crafts, chill out, discussions, conversations and more...

Withington Methodist Church, 439 Wilmslow Road, M20 4AN

The entrance to the building is through the back of the building via carpark off Egerton Crescent.

For more information contact Email:

elise.unityarts@gmail.com

Tel: **0778 756 0002**

Mums Matter

Mums Matter online peer support group is open to all Manchester Mums who would like to make connections with other Mums.

This is a weekly space that combines mindfulness techniques with peer support in a low pressure environment. This space has been curated for Mums who aren't sure they want to commit to our 8 week course, but would like to benefit from social connections and new self-care tools to support their wellbeing. Mums who have completed our Mums Matter course are also invited to attend.

A reminder of who can benefit from our Mums Matter offer: all Manchester Mums with at least one child under 2 years old. To express your interest in joining visit our website: <https://data.manchestermind.org/mums-matter/self-referral>

Mums Matter Online Course is an 8 week course, designed to support new Mums, with a child under 2, who are experiencing a variety of mental health challenges such as worrying thoughts, anxiety and postnatal depression.

Running via Zoom. Sessions last 2 hours. You will collect a range of wellbeing tools to use in your daily life and prompts to nurture yourself to keep well.

To reserve your space please contact Charli Headley **07592 376720** mumsmatter@manchestermind.org

Baby Signing Classes

TinyTalk Baby Sign teaches babies up to the age of 2 to communicate using BSL sign language as well as spoken words. Classes are half an hour long, with half an hour of singing, signing and sensory activities. And then half an hour where the babies can play with all the toys I provide, and the adults can have a hot drink and a biscuit or two!

We're at St Chad's Community Hall in Ladybarn, M20 4NH on Thursdays 10:45am - 11:45am. Cost £8.50 per family, with no extra charges for siblings or other family members to come too! www.tinytalk.co.uk/emmaadshead

Old Moat Sure Start Children's Centre

Old Moat Lane, Withington M20 1DE
Tel: 0161 234 471.

Mondays:

- Toddler Stay and Play 1.30pm - 3pm mobile babies upwards Make friends, play & learn, fun activities including arts, craft, outdoor play, story, songs, and rhymes supporting your child's development.

Tuesdays:

- Baby Sensory Project 1pm - 2pm A five-week programme in a sensory space for babies and parents to explore, play and relax in. You will receive a free gift of some sensory materials. Ring to book a place.

- Baby Massage 1pm - 2pm. From 4 weeks+ Non mobile babies. Ring to find out where it is running in the neighbourhood.

Wednesdays:

- Healthy Child Drop-in 9.30am - 11.30am: A drop-in session for advice from the health team and get your child weighed. You will be allocated a 10 minute slot. For a longer consultation please contact your health team. Last entry 11.15am

- Baby Stay & Play 9.30am - 10.30am [non mobile] A safe space for babies and parents to explore, play and learn. Encouraging the development of early communication.

Thursdays:

- Childminder Drop-in A session for childminders and the children they are caring for to come and play and interact with others.

Fridays:

- R.E.A.L. Raising Early Achievement in Literacy Activities using day to day learning opportunities in the home, Children's Centre, and the community. Fun, interactive sessions! For 2 - 4-year-olds. Ask an outreach worker for more information

- Quids-in Food Club An affordable food project helping to feed families on lower incomes in M20 and to reduce food waste. To join email quidsin@southwayhousing.co.uk

Cost of living

Cost of living advice line

If you are struggling with the increases in food and energy bills and are struggling financially, help is available.

This free telephone line offers support with:

- Benefits and help with your rent
- Advice about debt and paying bills
- Food support – help to find community food provision near you
- Help to get online - support to access the internet, laptops, phones and data.
- Find out where your nearest Warm Hub is

Cost of living advice line **0800 023 2692**.

The line is open Monday to Friday 9am - 4:30pm.

Translations and Sign Video services are available upon request.

Energy Advice & More

Citizens Advice Manchester have partnered with Cadent Gas to help with your energy concerns and more.

All advice is free, confidential, independent and impartial, and can help with:

- Increasing your household income
- Managing energy debts
- Saving money on your bills
- Making your home safe and efficient
- Accessing the Priority Services Register

The team are here to help. Contact their energy advisers:

Call: **0808 164 4406**

WhatsApp: **07360 546 111**

Available Monday - Friday, 9am - 5pm

Porter Nutrition's 10 tips to save money on fuel in the kitchen

With the cost of fuel being so high, saving money is so important. Porter Nutrition have put together 10 tips to help you save money:

1. Put the lid on the saucepan
Keeping the lid on helps keep the heat in. It also reduces the amount of steam in the room so you are less likely to have to put the extractor fan on for ages or open the window.
2. Turn down the heat
Once your food has come to the boil, turn down the heat. Pasta, rice and veg cook well on a lower heat – you just need to keep the water simmering
3. Turn the heat off a couple of minutes before the end of cooking rice or pasta or veg. The heat from the water will continue to cook the ingredients after you turn the gas off so why not save some pennies and turn the gas off just before the food is cooked (don't try this with meat and fish though).
4. Choose the correct size saucepan
If you have a pan which is too small for the ring, you lose lots of heat up the side so pick the right size pan to cover the whole electric ring or to sit so that the flames of the gas don't go up the side of the pan.
5. Use a steamer
One ring of gas/electric and lots of levels. I like to cook my pasta/rice/ potatoes on the bottom and my veg on the top.
6. Don't keep opening the fridge or freezer
Every time you open the fridge the warmth of the kitchen goes into the fridge. This means it has to work harder to keep cool. Think through what you need before you open the fridge or freezer. Try not to stand there thinking what you might have too! And, for your freezer, you might want to consider having a mini wipeable chart which you can write what is in each drawer/on each shelf so you can quickly access what you need – and stop your hands freezing too!
7. Keep your freezer fairly full
When you open the freezer, warm air rushes in. The emptier your freezer is the more warm air can get in. A recent hack I saw was to put bags or boxes of water in your freezer to fill the gaps. Don't pack it too tightly but this can help.
8. Maximise your oven use
If you need to use the oven, think what else you can cook at the same time. I like to cook chicken breasts at the same time as another meal which I thinly slice for sandwiches – it's much cheaper than buying pre cooked meat.
9. Consider a pressure cooker
If you have some money to invest to save money long term, consider a pressure cooker. You can cook soups, veg, meat, pulses and a fraction of the time.
10. Consider a slow cooker
Although slow cookers are on for a while, they are often much more efficient than having the oven on. Choose recipes which don't need to have lots of things part cooked first and you are on to a winner – and a time saver.

For more information please visit: <https://porternutrition.co.uk/>

Reaching Out to the Community

If you're worried about someone sleeping rough in South Manchester, please contact Reach Out To The Community - reachouttothecommunity.co.uk

Reaching Out to the Community work with every local rough sleeper for as long as they need to get them back to a life off the streets.

The Baby Bank

The Baby Bank at St Pauls Church, Withington. Struggling to keep up with the cost of things for your little ones? The Baby Bank at St Pauls Church in Withington has lots of pre-loved clothes & equipment, they can help with nappies and toiletries too. Open Thursdays between 1pm - 3pm. St Pauls Parish Hall, 491 Wilmslow Road, M20 4AW.

stpaulschurchwithington@gmail.com

South Manchester Credit Union

South Manchester Credit Union are an inclusive not-for-profit organisation offering secure savings accounts and flexible, affordable loans. Anybody who lives or works in South & Central Manchester can join!

Members are at the heart of everything they do – their 745 5-star Google reviews back this up in our members' own words.

"We make finance simple and enjoyable, replacing financial stress with confidence and wellbeing.

"You can apply to borrow from £150 for any challenges life throws your way, up to £15,000 for those bigger goals.

"Empowering your financial future is our main priority"

They treat you like a human, not a credit score. Saving couldn't be easier. Tuck some money away when you can to build a nest egg for a rainy day.

Be rewarded for saving, focus on your dream goals and save for Christmas – there's something for everyone!

Join today on their mobile messaging app – ask them anything and manage your account in one place. Visit them on Fog Lane, Burnage or give them a call on 0161 448 0200.

Looking to borrow right away? Apply through their online loan application form and they'll get back to you within 1 working hour.

Find more information on their website: www.smcreditunion.co.uk

Period Poverty Project - Bodey Medical Centre

This scheme was developed by Gift Wellness, a social enterprise dedicated to combating period poverty worldwide. In 2023 they collaborated with Qualitas, a partner of NHS England to tackle period poverty in Primary Care. GP Surgeries are often hubs of the Community, a safe space, a place people trust. GP Surgeries all over the country have begun setting up Period Angel stations - sites for the local community to access free period products.

The long term plan is to eliminate period poverty in this country by having at least 1 Period Angel Station in every Town and City in the UK.

The Period Angel Station in Bodey Medical Centre (Ladybarn Court, 28 Ladybarn Lane, Manchester, M14 6WP) is located in between the male and female toilets and is available to not only our patients but the whole community. Bodey are a registered station on the official Period Angel app.

The stock of the station will rely on donations, so if you are reading this and would like to donate. Please drop off any period products for the attention of Rachael O'Brien at Bodey Medical Centre reception.

South Manchester Credit Union helps with bus travel

Spread the cost of a Bee Network bus pass with South Manchester Credit Union. SMCU will be offering a groundbreaking initiative that will provide you with the option to spread the cost of your bus travel for the year.

As a part of The SoundPound Group, a consortium of 14 credit unions in Greater Manchester, we are working with the Bee Network to offer our members access to an annual bus pass, while making regular repayments throughout the year at no additional cost, hidden fees or charges.

Through spreading the cost of a bus pass throughout the year, it will save local people £240 a year in their bus fare.

If you want to spread the cost of an annual bee network bus pass you can contact us through our website or call 0161 448 0200 or pop down to 187 Fog Lane we are open on Mondays, Tuesdays, Thursdays, and Fridays from 10am – 3pm. You can apply from 5 December to have your pass ready for the launch date of 5 January.

Volunteering

Ladybarn Community Hub

Ladybarn Community Hub, Royle Street, Ladybarn, M14 6RN
Tel: 0161 224 3733
ladybarncommunityhub.co.uk

Are you interested in becoming a volunteer for Lady Barn Hubs Older Peoples Groups on a Wednesday and/or Thursday?

If so please contact us or visit www.ladybarnhub.co.uk/volunteer for more information.

Greater Manchester Rape Crisis

Helpline Volunteers. Interested in volunteering?

If you are a woman and you are 21 or over please contact us for more information.

In return for a regular commitment of one shift per month, GMRC offers formal training covering basic counselling skills and specific information relevant to the work of the helpline, as well as access to on-going training opportunities. Support is provided through regular helpline meetings.

For more information visit www.manchesterrapecrisis.co.uk/volunteers/ or phone 0161 2734591

Withington Baths

30 Burton Road, M20 3EB
Tel: 0161 478 1181
withingtonbaths.com

Withington Baths is on the look out for new volunteers to support a range of roles, from volunteer gardening to volunteer guided heritage tours.

If you would like to lend a hand to support Manchester's last Heritage Pool, please contact emma.horridge@withingtonworks.com

Withington Civic Society

Do you live in Withington, Ladybarn or Old Moat? Are you interested in making your local neighbourhood a great and vibrant place for people to live? Would you like to help raise issues/concerns with what is happening in the local neighbourhood and be part of influencing change?

Join Withington Civic Society, run by local people for the benefit of local people. There are plenty of volunteer roles for you to get involved with, such as Chair, Secretary or Archivist.

The committee meets 6 times a year.

You can also volunteer with activities such as clean up days and help out with stalls at community events. For more details contact contact@withingtoncivicsociety.org.uk or phone 0161 445 3760.

Also visit their website www.sites.google.com/view/withington-civic-society/home for more details.

Withington Library & The Bread and Butter Thing

Withington Library is working with The Bread and Butter Thing to bring a mobile affordable food pantry to our community.

Join our volunteer team to help unload the van and pack food into bags. We need 3 hours of your time on Mondays from 12pm - 3pm as often as you can spare it.

Get in touch with Withington Library by email at withingtonlibrary@manchester.gov.uk if you are interested.

Driving Volunteers Needed

Do you drive? Have a spare hour a week? Live near Withington? We need You!

Withington Assist charity supports older people living locally. We're looking for volunteers to give lifts to our weekly groups for those at risk of social isolation and loneliness. Volunteering does not affect car insurance and petrol expenses covered.

Call 0161 434 9216 or email amelia@withingtonassist.org.uk

Your health

Greater Manchester South Diabetic Eye Screening Programme

The Greater Manchester South Diabetic Eye Screening Programme is provided by In Health Intelligence, commissioned by Greater Manchester Health and Social Care Partnership as part of the National Diabetic Eye Screening Programme.

Diabetes is the leading cause of preventable sight loss in adults, so don't lose sight of your screening appointment.

FREE annual diabetic eye screening is available for people with diabetes aged 12 years and older.

If you have diabetes, you will receive an invitation to attend for screening. This invitation is not the same as your regular sight test at your Opticians which you should still attend. The examination includes eye drops to dilate your pupils and then digital photographs will be taken of the back of your eyes (the retina). These photographs are then reviewed by accredited specialists.

For more information, take a look at the website www.gmsouthdesp.co.uk If you have NOT received an appointment letter, please contact the Booking Office (8am - 8pm) on 0161 464 3000 or enquiries.gmsouthdesp@nhs.net

Physical Activity Referral Service in Manchester

Did you spot the article in the Northern Quota about Manchester Active PARS? If not, you can check it out here - <https://thenorthernquota.org/the-manchester-active-referral-service-making-an-impact/>

Manchester Active PARS are here to help if your mental or physical health is stopping you from being active.

You can access this service by seeking a physical activity referral through a professional who knows about you and your health.

PARS work with qualified community providers and instructors to deliver sessions in local leisure or community centres. They offer a range of different activities, so will always try and find something to suit you! Some Manchester Active PARS sessions are free of charge, and others carry a small cost.

For more information on the Physical Activity Referral Service, please contact the PARS Team on: 0161 974 7839 or physicalactivityteam@mcractive.com

Your health

HEART HELP SUPPORT GROUP Withington

We are self-help group supporting people with heart-related problems, their families and carers. Activities feature structured exercise classes run by experienced qualified tutors.

Timetable of Activities:

Tuesday

10am – 11am Group exercise
11am – 12pm Gym and Social

Wednesday

10am – 12pm Group exercise
11am – 12pm Gym and Social

Thursday

10am – 12pm Group exercise
11am – 12pm Gym and Social

There is an annual subscription of £25. There is also a weekly charge of £5 for the exercise classes.

If you or a family member have a cardio or a vascular problem and think we may help, do get in touch. Withington Methodist Church Building, Wilmslow Road, Manchester, M20 4AN. (Entrance off Egerton Crescent).

Office Telephone: **0161 536 3188**

Email: hearthelp4u2@gmail.com

Emerging Futures

Offer support to people who are going through addiction recovery, from support with housing, behavioural change and coaching to help people make long-term sustained behaviour change leading to a positive future. They also offer support from families and friends of those going through addiction. For more information visit.

<https://www.emergingfutures.org.uk/projects/manchester/>

Expert Patients Programme - Living Well with a Long-Term Health Condition

Do you live or care for someone living with a long-term health condition or are you recovering from COVID-19?

The frustrations and limitations of living with long-term conditions can make your overall health much worse. This programme helps you manage your long-term health conditions and feel more in control of your life. To find out more about the programme at St. Paul's Church Hall please contact us:

Tel: **0161 549 6624**

Email: mft.epp@nhs.net

Be Well

Be Well is a social prescribing service for people living in Manchester. That means we support you to make healthy lifestyle changes without ignoring things that often get in the way.

So come to us if you are looking for help with:

- Getting more support locally
- Reaching your life goals
- Motivation, low mood and feeling positive about life
- Feeling less isolated
- Reaching a healthier weight or lifestyle.

To make living and feeling well part of everyday life, call Be Well on

0161 4707120 from Monday - Friday, 9am - 5pm or email

bewell@thebiglifegroup.com

Greater Manchester Rape Crisis

In times of panic, stress of crisis, we offer a listening ear, information and support for women and girls who have experienced sexual violence. We also signpost male survivors and offer information and support to friends, partners and other family members.

Contact us on 0161 273 4500 or email

help@manchesterrapecrisis.co.uk

We Are Survivors

Supporting Male Survivors of Sexual Abuse and Rape. No Male Survivors Left Behind. Whether you're at the beginning of your healing journey, or already getting support, We Are Survivors can help. Community activities, drop ins, group support, therapy sessions, support in prisons, or helping you through the criminal justice system – we're there for you.

@ThisIsSurvivors, 0161 236 2182

New Stop Smoking Drop In

Want a smoke free future, attend one of these drop ins today! Every Tuesday, 10am - 2pm at Withington Methodist Church. Delivered by Change Grow Live.

Have you got the NHS App?

Did you know, on the free NHS App you can manage prescriptions, view issued medication with a barcode for easy collection at pharmacies, access test results, and in some cases see documents, consultations, or even book appointments (where available). You can also change your nominated pharmacy. These features can save both you and your GP surgeries a lot of time by reducing unnecessary calls and improving access to care from home. To find out more about the NHS App visit <https://www.nhs.uk/nhs-app/> or contact your GP Surgery.

Bowel Screening Saves Lives

Bowel cancer screening aims to prevent and detect cancer at an early stage when treatment is more likely to work. Bowel screening involves taking a simple test at home every two years. The test looks for hidden blood in your poo, as this could mean a higher chance of bowel cancer. The aim of the test is to find bowel cancer at an early stage in people with no symptoms. Everyone aged 56 - 74 years who is registered with a GP and lives in England is automatically sent an NHS bowel cancer screening kit every two years. The programme is expanding to make it available to everyone aged 50 - 59 years. This is happening gradually over four years and started in April 2021. Make sure your GP practice has your correct address, so your kit is posted to the right place. If you're 75 or over, you can ask for a kit every two years by phoning the free bowel cancer screening helpline. If you think you are eligible for screening but haven't received a kit also phone the free bowel cancer screening helpline to request one on **0800 707 60 60** or email bowelscreening@nhs.net.

NHS Talking Therapies

Difficulty sleeping? Feeling low? Worrying a lot? Struggling with your mood? Struggling to cope with a physical health problem?

Lost interest in things you normally enjoy? Finding it hard to motivate yourself?

We have a team who can help you overcome life's difficulties and problems, or manage them better. Therapy can be provided one-to-one, in a group, over the phone, via video call or online. With online therapy, you can gain instant access to a range of Cognitive Behavioural Therapy programmes that can help you work on anxiety, low mood and stress and develop the skills to manage how you are feeling in the 'here and now'. We can also bring a taster presentation to your workplace or community group on stress or sleep. All services are free and can be accessed directly or through your GP. For more information (including videos) contact us: www.thebiglifegroup.com/manchestertalkingtherapies **0161 226 3871** facebook #manchestertalkingtherapies

Annual Health Checks for people with Learning Disabilities

Everyone over the age of 14 with a Learning Disability can have an annual health check at their GP. The health check is a useful way to help you keep well. Get in touch with your GP if you haven't had your annual health check.

Change Grow Live – Drug and Alcohol Service

For adults and young people. Do you want to make a fresh start? Are drugs/ alcohol affecting your life or the life of somebody you know? Contact us for free and confidential information:

0161 823 6306

manchester@cgl.org.uk

Eclipse offer a tailored service for young people and families:

0161 839 2054

eclipsemanchester@cgl.org.uk

Health Watch Manchester

Manchester Men Speak Up is an online forum where men can talk openly about health and care.

www.manchestermenspeakup.org.uk

Instagram: @manchestermenspeakup

Twitter/X: @MancMenSpeakUp

Facebook: @mancmenspeakup

Manchester Women Together is an online health and social care forum. A place where women come together to have open conversations about health. www.manchestermomentogether.org.uk Instagram: @mwomentogether Twitter/X: @MWomenTogether Facebook: @ ManchesterWomenTogether LinkedIn: Manchester Women Together Nextdoor: Manchester Women Together

Measles

Drive for 5 key messages:

1. Measles cases have increased throughout the country. Measles is one of the most infectious viruses that exists - it spreads really quickly and easily and people can become very ill and even die from it. (It can be dangerous in particular for adults, babies and it can also harm babies in the womb).
2. Two doses of a vaccine (injection) called MMR can protect against Measles and also Mumps and Rubella. This is all FREE through the NHS.
3. It's REALLY important that people know they can choose to have a vaccine that does NOT contain any pork or animal products. They can simply ask their GP.
4. There is no link between autism and the vaccine. Previous claims made 20 years ago have been discredited and disproven.
5. If people don't know if they/ their child has been vaccinated they can ask their GP to check to their records. It won't harm people to have an additional MMR vaccine if they are unsure if had it before - and we'd encourage this.