



Our Openshaw



2023

# openshaw

## Community Guide



[thecaravangallery.photography](http://thecaravangallery.photography)



[belsizegarage.co.uk](http://belsizegarage.co.uk)

Packed full of essential services, a map & interesting places



# Community Nursery

**Inclusive, not for profit  
Community Nursery for babies,  
toddlers and preschool children.**

Our staff love working with children and ensure that each child has a wonderful experience, whilst working to support their development and getting them ready for school.

## Why Choose us?

- A nurturing, high quality, childcare service
- Friendly, experienced and qualified staff
- Excellent indoor and outdoor facilities
- Healthy home cooked meals
- Parent Support Services
- Private and Funded places available subject to eligibility

New Name · Same charity · Same Nursery

**Book a visit today  
Call 0161 974 1300**

or email  
[info@manchestersettlement.org.uk](mailto:info@manchestersettlement.org.uk)

**We are based within our fantastic  
community hub in Openshaw**

1328-1330 Ashton Old Road  
Openshaw, Manchester M11 1JG



Scan QR code  
to be directed  
to our website

[www.manchestersettlement.org.uk/  
childcare/the-community-nursery](http://www.manchestersettlement.org.uk/childcare/the-community-nursery)



# About this Guide



**If you are reading this page then  
congratulations you are clearly interested  
in what happens in Openshaw, so do we!**

This *Our Openshaw Guide* has been produced by a group of community organisations that work in Openshaw. The Openshaw Community Organisations network brings together a wide range of organisations such as charities, community groups and social enterprises to share ideas and plan projects that will improve the lives of local people.

## The network has a number of priorities for 2023

1. To support the development and improvement of community ideas and projects that will improve the lives of local people
2. To increase the involvement of individual community members in helping others
3. To work with the community to improve the sense of belonging and the sense of feeling good about living working and playing in our diverse community

This 2023 *Our Openshaw Guide* is a key part of how we hope to meet our priorities, and in doing so improve the lives of Openshaw residents.

## Our Openshaw

The booklet introduces our new brand – *Our Openshaw*. We hope to roll out the brand over the next 12 months, with community organisations and businesses joining with us in developing a sense of togetherness, pride and hope for our community.



## Inside the *Our Openshaw Guide*

Surrounding a simple map of the central Openshaw area there are profiles of the community organisations that are working to help local people in a wide variety of ways, plus profiles of a number of local businesses / agencies that have supported the publication of the booklet.

So please use the guide to find where you can find help and support, but most importantly to find out how you can be part of the story of a rejuvenated Openshaw.



### 1 Step Up MCR

We are Step Up MCR, the charity unleashing the unlimited potential that exists in communities across Ancoats & Beswick and Clayton & Openshaw through the power of local giving.

We look to connect people to enable ideas to flourish, grow the community and support giving- whether of time, funding, resources, skills, space or expertise.

We can offer the connections, fundraising assistance, access to opportunities, promotion and resources residents need to get the wheels turning on big ideas.



We're based from The Resonance Centre in Clayton but work across Openshaw.  
 Tel: 07879 531 649  
 Email: [hello@stepupmcr.org](mailto:hello@stepupmcr.org)  
[www.stepupmcr.org](http://www.stepupmcr.org)

### 2 The River Manchester

Our mission is to provide relief and support for people who have suffered, or are in danger of suffering, from social and emotional difficulties, whether fleeing domestic violence, undergoing trauma and abuse, involved in prostitution, alcohol and drug abuse, being in debt, self harm or in fear of their lives. We assist by providing food, clothing, furniture, training, emotional support and further assistance where possible.



1298-1300 Ashton Old Road, Openshaw, Manchester M11 1JG.  
 Tel: 0161 371 5522  
 Email: [therivermanchester@gmail.com](mailto:therivermanchester@gmail.com)  
[www.therivermanchester.org.uk](http://www.therivermanchester.org.uk)



### 3 Jian Taiji

Jian Taiji are passionate about passing on traditional Chen Taijiquan skills and ethics. Combining fluid circular movements with relaxed breathing, Taiji (Tai Chi) improves co-ordination, flexibility and joint strength, reduces stress and increases overall fitness.

With Chen Taiji classes available across Manchester, Tameside and Stockport, we ensure that the benefits to health, well-being and martial arts, are taught in a relaxed and supportive atmosphere.

All levels of fitness and ability are welcome.



The New Roundhouse,  
 1328 Ashton Old Road, Openshaw.  
 Tel: 0161 637 9508  
 Email: [jispiral@aol.com](mailto:jispiral@aol.com)  
[www.jiantaiji.co.uk](http://www.jiantaiji.co.uk)

### 4 MaxTrax CIC

MaxTrax is a fun learn to cycle and pump track soon to be built within Delamere Park in the heart of Openshaw in memory of a very special little boy, Max Rimmer-Chambers. The track will help people of all ages have fun.

A repair & recycle workshop will be created to educate those who attend the track with



cycle maintenance classes, we will soon be opening a community tea room and hub within the disused park building for the people of Openshaw. With thanks to MaxTrax supports Funds raised will go towards the build of this amazing new cycle facility.



3 Newhaven Avenue M11 1HU.  
 Tel: 07723 036 344  
 Email: [kerrier33@googlemail.com](mailto:kerrier33@googlemail.com)  
 Social: Facebook MAXTRAX OPENSHAW, INSTA & TWITTER

### 5 The Inspirational Women

The inspirational women are a group where women connect and socialise for mental well-being. We explore topics such as lifestyle, relationships, and well-being.

The aim of the organisation is to support, encourage and build confidence- empowering women to use their voice; to connect with other women and build trust in systems, in people and in themselves.

The organisation empowers women by our various vocational and skill acquisition workshops which we do fortnightly.



21 Burbridge Close Manchester M11 3DW.  
 Tel: 07361 508 404 or 07939 056 947  
 Email: [info@tiw.org.uk](mailto:info@tiw.org.uk) | [www.tiw.org.uk](http://www.tiw.org.uk)

### 6 Pharmaco Chemists

We are a friendly, family-run business which has been running in the area for over 40 years. We offer a range of NHS and private services on an appointment free basis such as;

- Repeat dispensing
- Free collection and delivery service
- Vaccinations
- Blood pressure checks
- Healthy living advice.

We are open from 9-6pm Monday to Friday



84-90 Stanley Street, Higher Openshaw, Manchester M11 1LE.  
 Tel: 0161 301 5896  
 Email: [openshaw@pharmacochemists.com](mailto:openshaw@pharmacochemists.com)  
[www.pharmaco.uk](http://www.pharmaco.uk)



### 7 Rogue Artists' Studios CIC

Rogue is an artists' studios provider making affordable studio space available to visual artists in the North West. In addition to the studios, Rogue operates a wheelchair accessible Project Space featuring free exhibitions by emerging and established artists, collectives and community arts groups.

**ROGUE**  
ARTISTS' STUDIOS

4 Barrass Street, Higher Openshaw, Manchester M11 1WP.  
Tel: 07986 809 740  
Email: [rogueartistsstudios@yahoo.co.uk](mailto:rogueartistsstudios@yahoo.co.uk)  
[www.rastudios.co.uk](http://www.rastudios.co.uk)

### 8 4CT Limited

4CT is a multi-purpose youth and community charity, based in Beswick and managing the Grange Community Centre in Beswick, Sporting Edge in Openshaw and Broadhurst in Moston. We offer a wide range of community-based services from our centres including youth and play, holiday activities and health and wellbeing. We



have weekly drop-in sessions, clubs and groups. We also support other voluntary sector groups and organisations and have space available for others to run activities.

**4CT**  
Limited

The Grange Community Resource Centre,  
Pilgrim Drive, Beswick, M11 3TQ.  
Tel: 0161 230 1420 or 0161 301 1412  
Email: [info.4ct@btconnect.com](mailto:info.4ct@btconnect.com)  
[www.4ct.org.uk](http://www.4ct.org.uk)

### 9 Rainbow Haven

Rainbow Haven is a place of welcome, support and opportunity for refugees and asylum seekers.

We offer information, advice and support on Tuesdays and Thursdays, and a weekly programme of courses and activities that includes English, IT skills, Work Club, maths, gardening, crafts, singing, a mother and baby group and mental health support, plus hot lunches and destitution support. We welcome enquiries from people interested in volunteering with us in a variety of roles.



113 Abbey Hey Lane, Gorton,  
Manchester M18 8TJ.  
Tel: 07879 531 649  
Email: [info@rainbowhaven.org.uk](mailto:info@rainbowhaven.org.uk)  
[www.rainbowhaven.org.uk](http://www.rainbowhaven.org.uk)

### 10 Manchester City Council The Neighbourhoods Service

In the Neighbourhoods Service we essentially work to build community connections, improve engagement and participation and coordinate council services. We work closely with local Councillors, manage Ward Coordination where partners come together to identify priorities, meet face to face with residents and business owners to ensure our priorities match yours!

We also manage the NIF fund which is available for local community projects. Openshaw is one of the wards we have identified as most likely to be impacted so in addition to wider work we have secured additional funding for Food Support Provision Applications can be made to the email below [OMFP@manchester.gov.uk](mailto:OMFP@manchester.gov.uk)



Level 2, Abraham Moss Centre, Crescent Road M8 5UF.  
Tel: 07795 113 939  
Email: [northneighbourhoodteam@manchester.gov.uk](mailto:northneighbourhoodteam@manchester.gov.uk)  
[www.manchester.gov.uk](http://www.manchester.gov.uk)

### 11 EMERGE 3Rs

EMERGE 3Rs has reduce, reuse, recycle at its heart. We run FareShare Greater Manchester redistributing surplus food, reducing waste and helping people experiencing poverty. We also run Emerge Recycling, and Touch Wood workshop, reusing waste wood and upcycling it into bespoke products. Contact us if you need wood for a project, a piece of unique furniture, help with your recycling



Maynard House, New Smithfield Market,  
Openshaw, M11 2WJ.  
Tel: 0161 223 8200  
Email: [office@emergemanchester.co.uk](mailto:office@emergemanchester.co.uk)  
[www.emerge3rs.co.uk](http://www.emerge3rs.co.uk)

### 12 CeeBee Gold Foundation

CeeBee Gold Foundation International is a charitable organisation based in the United Kingdom and Africa, supporting the most disadvantaged and vulnerable groups of people, especially those from minority backgrounds. Within the local community, by providing: Skills for life courses incorporating skills We aim to help improve the lives of the vulnerable members of our local community while bringing all cultures together and building bridges between different ethnic communities, with a view of living in peace and harmony as a cohesive community.



84-90 Stanley Street, Higher Openshaw, Manchester M11 1LE.  
Tel: 0161 301 5896  
Email: [ceebeegoldfoundation@aol.com](mailto:ceebeegoldfoundation@aol.com)  
[www.ceebeegoldfoundation.org](http://www.ceebeegoldfoundation.org)



### 13 The Salvation Army Openshaw

The Salvation Army has been in Openshaw for over 100 years. We run a charity shop and a church with lots of community activities including a community drop-in, bible study group, community walks, food bank, seated exercise class, IT support, employment support, listening ear as well as weekly Christian worship. The



community activities keep changing. See our website for the latest or get in touch. Our shop is always interested in extra volunteers.



Salvation Army church and shop, Unit 14, Lime Square, Openshaw, M11 1DA.  
**Tel: 0161 371 5044**  
**Email: [openshaw@salvationarmy.org.uk](mailto:openshaw@salvationarmy.org.uk)**  
**[www.salvationarmy.org.uk/openshaw](http://www.salvationarmy.org.uk/openshaw)**

### 16 Age UK Manchester

#### Openshaw Day Centre Openshaw Resource Centre

Our Day Care Service covering North Manchester and surrounding areas provides a day out for people over fifty, with door to door transport, support that matches their needs, nutritious food and refreshments, engaging activities and friendly, relaxed company. Our service is open Monday to Friday 8.30am to 4.00pm.

**For information on how to access our service, please contact us on the telephone number or email address provided.**



10 Catherine Street, Openshaw, Manchester M11 1WF.  
**Tel: 0161 205 3851**  
**Email: [Colin.ratcliffe@ageukmanchester.org.uk](mailto:Colin.ratcliffe@ageukmanchester.org.uk)**  
**[www.ageuk.org.uk/manchester/](http://www.ageuk.org.uk/manchester/)**

### 14 Company Chameleon

Company Chameleon is a dance theatre company, which produces inspiring and original productions that tour across the UK and the world. Today, Company Chameleon tour internationally to wide acclaim and perform over fifty indoor and outdoor performances a year. From our home studio in Openshaw, Company Chameleon run an exciting programme of classes and workshops for children, young people, adults, and professional dancers.



**Tel: 0161 223 6280**  
**Email: [sam@companychameleon.com](mailto:sam@companychameleon.com)**  
**[www.companychameleon.com](http://www.companychameleon.com)**

### 17 Manchester Settlement After School Club

After School Club provides childcare for children aged between 3 and 11 years. The club operates from 3pm-6pm.

We provide school collections from, Varna Community, St Clements and Higher Openshaw primary schools.

We offer a wide range of fun activities including arts and crafts, homework table, IT, role play, dance, outdoor games, music, visits to local parks and more. Children are involved in planning the activities and resources we provide.



Manchester Settlement,  
 1328-1330 Ashton Old Road, Openshaw,  
 Manchester M11 1JG.  
**Tel: 0161 973 1300**  
**Email: [info@manchestersettlement.org.uk](mailto:info@manchestersettlement.org.uk)**  
**[www.manchestersettlementnursery.org.uk](http://www.manchestersettlementnursery.org.uk)**

### 18 Newleaf Foundation

Newleaf Foundation is a registered Charity, and we are based in Manchester. Our aim is to provide holistic support for children and families from disadvantaged backgrounds.

We are currently providing services that reduce food poverty, and to promote mental health and wellbeing through group sessions. We run a weekly crafting for wellbeing workshop including knitting, crochet, sewing, and jewellery making.

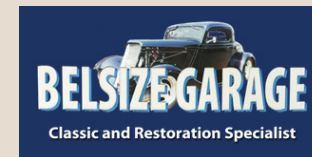
We also have a walking group that meet for weekly nature walk. In addition, we run a Talk and Share Café where residents come together to have breakfast and connect with each other.

In the future we will provide tutoring for children from ages 8 to 16 and employability skills for over 18's.



Office 116, Riverpark Trading Estate,  
 Riverpark Road, Manchester M40 2XP.  
**Tel: 07737 104 433**  
**Email: [info@newleaffoundation.org.uk](mailto:info@newleaffoundation.org.uk)**  
**[www.newleaffoundation.org.uk](http://www.newleaffoundation.org.uk)**  
**Instagram: [newleaf.foundation](https://www.instagram.com/newleaf.foundation)**  
**Twitter: [newleaf](https://twitter.com/newleaf)**  
**Facebook: [Newleaf.Foundation.Manchester](https://www.facebook.com/Newleaf.Foundation.Manchester)**







## Your guide to the new and existing roles working with you in Manchester's communities.

### Community Link Workers and Health Coaches (Be Well)

The Be Well service offers free, confidential, one-to-one advice and support for people referred by primary care (GPs and services provided from GP surgeries) or other health and care services. Be Well workers (Community Link Workers and Health Coaches) support people to identify what will improve their health and wellbeing, access community support and services, and develop understanding and skills to manage their own health. You may hear this approach referred to as 'social prescribing'.

### Integrated Neighbourhood Team (INT) Leadership Teams

These 12 teams are part of Manchester Local Care Organisation's approach to ensure that health and care services work together, where people live, to best meet the needs of residents.

They co-ordinate day to day services that see NHS community healthcare staff working together in partnership with social workers where people live, and develop an annual neighbourhood plan that outlines the agreed priorities for their Neighbourhood.

# Who's who in prevention and wellbeing

### Neighbourhood Health Workers (Buzz)

'on the ground' to improve health and wellbeing for people in their neighbourhood. They develop and support local networks and partnerships, link neighbourhood groups with local services and strategic partnerships, and deliver outreach projects to support local health and wellbeing priorities. Buzz also provides a 'knowledge and information' service for communities to access health and wellbeing information and training.

### Care Navigators (Citywide)

Care Navigators work with people who have many health and care needs and are receiving support from different agencies.

Based within each Integrated Neighbourhood Team (INT), as well as in the hospital some of the time, their focus is in simplifying peoples' care journeys and supporting the INT to ensure that the multi-agency meetings are effective.

### Health Development Coordinators

Health Development Coordinators bring health and social care services and staff together with voluntary and community sector groups and services, and other public sector and neighbourhood services. They support neighbourhoods to identify priorities and opportunities, develop and deliver plans, co-design local solutions, and access resources to build community capacity.

## General Practice Information

### Five Oaks Family Practice

47 Graham St, Openshaw,  
Manchester M11 3BB

**0161 223 4211**

### Cornerstones Family Practice

The Cornerstone Centre, 2 Graham St,  
Manchester M11 3AA

**0161 223 0637**

### Lime Square Medical Practice

Lime Square, Ashton Old Rd, Openshaw,  
Manchester M11 1DA

**0161 371 0678**

### Clayton Health Centre

89 North Rd, Greater, Clayton,  
Manchester M11 4EJ

**0161 231 1151**

### Drs Hanif and Bannuru

Clayton Health Centre, 89 North Rd,  
Greater, Clayton, Manchester M11 4EJ

**0161 223 8388**

### Eastlands Medical Practice

89 North Rd, Greater, Clayton,  
Manchester M11 4EJ

**0161 223 9229**

### Florence House Medical Practice

Higher Openshaw  
Primary Care Centre,  
1344 Ashton Old Rd,  
Openshaw,  
Manchester M11 1JG

**0161 370 2133**



## Neighbourhood Health and Well-being Workers

### Health development Coordinator

Zak Valli  
[Zakaria.valli@nhs.net](mailto:Zakaria.valli@nhs.net)

### Neighbourhood BUZZ Worker

Matthew Brown  
[matthew.brown@gmmh.nhs.uk](mailto:matthew.brown@gmmh.nhs.uk)

### Care Navigator

Natasha Devenport  
[natasha.devenport@mft.nhs.uk](mailto:natasha.devenport@mft.nhs.uk)

### Mental Health Practitioner

Carolyn Wheelhouse  
[c.wheelhouse@nhs.net](mailto:c.wheelhouse@nhs.net)

### INT Lead

Angela Beacon  
[angela.beacon@mft.nhs.uk](mailto:angela.beacon@mft.nhs.uk)

## To find out more, scan a QR code and have a listen.



**Apple Podcasts**  
<https://podcasts.apple.com/us/podcast/the-health-and-well-being-podcast/id1652747418>



**Spotify**  
<https://open.spotify.com/show/1N2iCqMPkC1GrZZf-Bx66tl>



**Amazon Music**  
<https://music.amazon.com/podcasts/e305f283-1651-4305-8ddf-e52c051fb0d1>



**TuneIn**  
<http://tunein.com/podcasts/Health--Wellness-Podcasts/The-Health-and-Well-being-Podcast-p2476043/>



**Deezer**  
<http://www.deezer.com/show/5315887>



**Listen Notes**  
<https://www.listennotes.com/c/92eb19be-2d8a42fb8b813d4b-d9244e55/>



**Podcast Addict**  
<https://podcastaddict.com/podcast/4131261>







**Manchester Local  
Care Organisation**

Leading local care, improving  
lives in Manchester, with you

## Coronavirus and the Flu vaccines

### The Coronavirus Vaccination (COVID-19)

The vaccine helps reduce your risk of getting seriously ill or dying from COVID-19, reduces your risk of catching or spreading the virus, protects against COVID-19 variants.

If you have not yet had your covid vaccination or covid booster, please contact your local GP practice to book an appointment. Alternatively, there are mobile pop-up clinics available – for the latest information regarding the pop-up clinic, please see the Manchester City Council website

[https://www.manchester.gov.uk/info/500362/covid-19/8079/covid-19\\_vaccination\\_programme/5](https://www.manchester.gov.uk/info/500362/covid-19/8079/covid-19_vaccination_programme/5)

### Flu Vaccine

It is important to have the Flu vaccination because, while Flu is unpleasant for most people, it can be dangerous and even life threatening for some people, particularly those with certain health conditions.

Autumn and early Winter are the ideal times to have your Flu vaccine before Flu starts spreading. But you can get your vaccine later.

If you have not yet had your flu vaccination, please contact your local GP practice to book an appointment. Alternatively, you can contact your local pharmacy for further information.



## Free Joint Pain and COVID-19 recovery programmes

### Joint Pain Programme

If you're suffering from joint pain which causes discomfort and stiffness sign up for our FREE 12-week face-to-face exercise and education programme. Run at Manchester Institute of Health and Performance and The Settlement Centre, Openshaw. When applying online please select Manchester East Sport City (MIHP).

### COVID-19 Rehab Programme

Designed by experts in physical and mental health, combining education, physical activity, and emotional wellbeing support, to help you recover from the long-term effects of COVID-19. Run virtually or face-to-face at Manchester Institute of Health and Performance. When applying online please select Manchester East Sport City (MIHP).

### How do I apply?



To find out more and apply online, just scan the QR code or visit [nuffieldhealth.com/about-us/our-impact/healthy-life](https://nuffieldhealth.com/about-us/our-impact/healthy-life)

- ◆ Once you have completed the form, our team will call to book an initial assessment appointment with one of our specialists
- ◆ This will ensure that the programme is right for you, and we can offer you the best support
- ◆ All information provided is confidential.

**PROTECT YOURSELF  
PROTECT OTHERS**



# Let's make our Openshaw even better

All of the community organisations in this booklet are reliant upon the generous offers of time and resources from people that understand the benefits that come from getting involved and helping others.



## Community Helpers

If you don't feel like formal volunteering is quite for you, but you could imagine helping out a neighbour, or at an event you might want to join our register of Community Helpers.

**In 2023 we will be looking for people to help with programmes such as**

- Telephone calls to isolated local people
- Event marshals at a new Openshaw Festival
- Helpers at food projects
- Helpers at fundraising events

## Donating Locally

Of course we know that times are very difficult for everyone, but everyone of these organisations is a locally rooted, and doesn't benefit from the big fundraising campaigns that you see from National charities.

If you make any charitable donations, we would ask you to think positively about donating locally. Your few pounds will have a much greater impact on smaller local organisations, and if you get involved you can see how the money is spent.

## Skill Sharing

Do you have a skill from your work or personal life that could help a local organisation?

- Could you help an Arts group explore a new craft?
- Could you help a group with an IT or marketing problem?
- Could you spare some time to help a local group with painting a room
- Become a trustee of a local charity – bringing your skills to help them develop
- If you are a business – could you or an employee spare some time?

## Local Voice

A better, friendlier, healthier more prosperous Openshaw will take the collective efforts of lots of local people who are positive about getting involved to improve matters – one step at a time. In 2023 we are hoping to work on.

- A new forum for local people to jointly plan for improvements with the council, police etc
- An Openshaw Festival – to focus on the positive
- Delivery of a range of projects that actively support listening and joint problem solving

## Volunteering

If you feel ready to commit to something a little more regular, then do contact local organisations to see how you could get involved with a role such as these.

Volunteering is always by choice, but comes with great benefits, you will be trained and supported, and you will meet lots of new people.

**Food project assistant**

**Youth and play worker**

**Community centre assistant**

**Litter Picker / community gardener**

**Career mentor**

**Befriender**

**Arts Worker**

**Admin assistant**

**Shop assistant**



**Our Openshaw**

How can I help?



visit  
[www.ouopenshaw.org.uk](http://www.ouopenshaw.org.uk)

or call  
**0161 974 1300**





# Don't let blood pressure take you away from what you love

## Get yours read for free

Blood pressure problems can affect anyone. For example, more than 5.5 million\* people in England may currently be suffering from high blood pressure without showing any symptoms – increasing the risk of heart attack or stroke. Make sure you're not at risk.



To find out more just scan the QR code or visit [nuffieldhealth.com/community-blood-pressure](http://nuffieldhealth.com/community-blood-pressure)

\*[www.gov.uk/government/publications/health-matters-combating-high-blood-pressure/health-matters-combating-high-blood-pressure](http://www.gov.uk/government/publications/health-matters-combating-high-blood-pressure/health-matters-combating-high-blood-pressure)

### 19 Cullens Manchester Ltd

Independent local Florist with delivery service available.

1342 Ashton Old Road  
Manchester  
M11 1 JG  
[www.cullens-manchester.co.uk](http://www.cullens-manchester.co.uk)  
Tel: 0161 370 4112



### 23 City Mobiles

Mobile phone repairs.

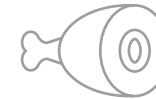
1293 Ashton Old Road  
Manchester  
M11 1JS  
Tel: 0161 478 6560



### 20 Pure & Fresh

Food and Drink, Halal Butchers.

1294 Ashton Old Road  
Manchester  
Tel: 07869 802 037



### 24 Heatcotes Funeral Services

Offering a comprehensive funeral service, providing floral tributes, horse drawn carriage headstones & more.

1339 Ashton Under Lyne  
Manchester  
M11 1JT  
Tel: 0161 459 2053



### 21 Farouk Fashion

Fashion, accessories & more!

Tel: 07459 583 940



### 25 Cluck & Crust

Take away serving pizzas, burgers, kebabs & more.

1340 Manchester Road  
Openshaw, M11 1JG  
[www.cluckncrustonline.co.uk](http://www.cluckncrustonline.co.uk)  
Tel: 0161 478 2345



### 22 Openshaw Optical

Proud family led opticians, offering over 30 years of optical experience.

1311 Ashton Old Road  
Openshaw  
M11 1JS  
[www.openshawoptical.co.uk](http://www.openshawoptical.co.uk)  
Tel: 0161 370 1800



### 26 Sunderlands Pets & Aquatics

Your local pet store, complete with everything your pets could need.

1291 Ashton Old Road  
Openshaw  
Manchester  
M11 1JS  
[www.sunderlandaquatics.com](http://www.sunderlandaquatics.com)  
Tel: 0161 370 1474





CREATING STRONGER  
**MANCHESTER  
SETTLEMENT**  
COMMUNITIES TOGETHER

# COMMUNITY HUB

Nursery · Afterschool Clubs · Wellbeing Support  
Family Support · Community Information  
Community Arts · Food Projects · Youth Clubs  
Community Rooms · Supported Housing



If you would like more information please visit our website  
[www.manchestersettlement.org.uk](http://www.manchestersettlement.org.uk) or call 0161 974 1300