



Age-friendly Whalley Range Newsletter

**Winter
Volume 1, Issue 3**



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Dave Taylor has been entertaining visitors at our age-friendly events - and also entertains in care homes and community centres across Manchester. His show 'Hit Parade 1920-1970' is perfect for Christmas, New Year, birthdays and other occasions. Call Dave on 0797 901 1106 or visit: www.hitparade1920-1970.webs.com

Welcome to our third newsletter!

The Age-friendly Whalley Range newsletter is now becoming well established as a great way of sharing news across the ward - particularly as we don't have a main centre in Whalley Range - and lots of people do not have access to computers.

Our funding to provide social events to help people feel connected continues: the 4th event was held on 6th November at St Werburgh's church and focused on winter safety, with advice around heating the home safely and efficiently, electrical safety etc. A successful bid to Community First will enable us to provide 4 free sit-down two course meals and entertainment for 20 older residents at each event. See page 2 for dates and how to book your free tickets (maximum 2 each)

We will order the meals from **Good Mood Food** a local social enterprise catering business which is part of Manchester Mind, a provider of services to people with mental health needs.

Other seasonal events and news:

Winter Fayre @ Chorlton High School
11-1pm Saturday, 13 December, 2014

Pantomime: Chorlton Players present Red Riding Hood, January 15-17th 2015

Christmas & New Year Bin Collections

If your normal collection day is a Monday, Tuesday or Wednesday there'll be no change.

For anyone with a Thursday or Friday collection, bins will be collected two days later than usual in Christmas week, and one day later at New Year.

Alex Park Heritage Group

The Alexandra Park Heritage Group is gaining in popularity - and for those with internet access the group have a fantastic Facebook page which includes older residents posting photos and sharing memories of the park and its rich history on the site. Since the work began in Alexandra Park, several groups and forums have been involved throughout. The groups welcome new members and include a Wildlife forum, Alexandra Arts and a Sports forum - and of course the Friends of Alexandra Park. To get involved and find out about meetings and clean-up dates, call 07507558084.

Christmas Cheer

Come along to the Pavilion in the Park,
Saturday 13th December 2014
From 12 noon til 3:00pm

Music and entertainment provided by:
Dave Taylor Hit Parade
Churches Together

Food and drink on sale from Caffeine & Co.

Come chill out and relax and get those last minute gifts from our craft stalls, fill up on festive food and join the sing along.

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Whalley Range Taste Buds: Ready to cook!

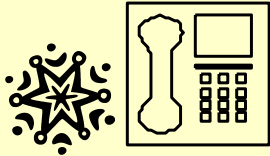


Our age-friendly Taste Buds scheme is for people who enjoy cooking and who are willing to provide an extra plate of food for an older or vulnerable neighbour when they prepare their own lunch/dinner. So - Diners get a fresh meal from a friendly neighbour - and Cooks get a chance to show off their culinary skills! www.whalleyrangetastebuds.wordpress.com/

Our Cooks are local residents who enjoy cooking and would like to help out their neighbour in a practical way - by cooking an extra plate of food when making their own meal.

Maybe you have been unwell and are feeling unable to cook for yourself just at the minute, maybe you would like to see a friendly face on a regular basis - or maybe you just feel you'd like to enjoy a freshly cooked hot meal once a week: there are no strict rules - it's up to Diners and Cooks to come to an agreement about what suits them both.

Call us on 881 3744 or email: wrtastebuds@gmail.com if you want to sign up as a Diner or a Cook!
Our Cooks have all been busy taking their online food safety courses and are ready to go!

**Useful numbers:**

Police 999 Emergencies
101 non-emergencies –
15p per call

Whalley Range Councillors
Mary Watson 860 5523
Angeliki Stogia 07901528750
Aftab Razaq 07799560244
WR Community Forum &
Age-friendly Whalley Range
881 3744

Mosscafe 226 4211
Tangmere Court 881 7377
Trafalgar Court 226 8259
Indian Senior Citizens Centre
232 0999
Chorlton Good Neighbours
881 2925
St Werburgh's Church
860 7496
Metrolink 205 2000
Ring & Ride 0845 688 3989
Care & Repair 872 5500
Range Medical Centre
08444996977
Ashville Medical Centre
881 4293
Ashleigh Vet 881 6868
Books to Go - library book
delivery 227 3800
Social Services 234 5001
Fire Service home safety
checks
0800 555 815
Silverline free helpline for older
people - 0800 4 70 80 90

New Year: Try Something Different!

A number of local venues will be offering activities for older residents in the New Year: computer classes at JNR8, Tangmere and Trafalgar Court and the Indian Senior Citizens Centre - and hopefully chair based exercise at JNR8 - to name but a few. Chorlton Good Neighbours offer a range of activities at their centre housed within Wilbraham St Ninian's church on Wilbraham road - and the St Werburgh's church hall activities include a painting group, play-reading - and a dance class which takes into account those with mobility challenges. See all the contact details on the left. Alexandra Park is recognised as being one of the first age-friendly parks in Manchester. Older residents have worked with the design team since the renovations began to ensure our needs are taken into account in terms of accessibility and activities - and to encourage increased usage of the park.

Age-friendly Business Charter:

Encourage your local shop to sign up to our growing list of places that take older people's needs into consideration: no trip hazards, decent lighting, maybe a home delivery service, accessibility, 'take a seat' and more!
Are you a local business who would like to find out how to become more age-friendly?
Call us on 881 3744 for details.

Age-friendly 'Post-it' notes

Heard about an upcoming event or news an older neighbour might be interested in?
Why not stick the details on a post-it and on an old envelope and pop it through their door?

Carol Concerts:

Manley Park
Methodist Church
@ 4:30pm on 21st Dec

St Werburgh's Church
Urmston Choral Society
Christmas Concert
December 13th @ 7.30pm



**You are invited to one of our
Age-friendly Whalley Range**

Free Festive Feasts!
Delicious festive sit-down meal and
entertainment!

1:00 p.m. to 3:00 p.m.

Please see dates below ☺

12th December
St Margaret's Centre,
Brantingham Road
M21 0TT

18th December JNR8/Manley Park
Methodist Church, 82 Cromwell
Avenue, M16 0BG

19th December Tangmere Court,
Dudley Road,
M16 8DF

Transport costs available

Each meal is for 20 guests,
so book your free ticket **ASAP**
Please R.S.V.P. to Chris Ricard at
agefriendlywhalleyrange@gmail.com

Call 881 3744/Text: 077516 66150

**The Flu season is upon us!**

The flu vaccine is available free of charge on the NHS for anyone over the age of 65 or who has a long-term or serious medical condition.

Check with your medical centre or the nurse at your doctor's surgery to book a slot for the flu jab – or if you can't get out of the house you can request a home visit.



AFWR websites: www.whalleyrange.org

Twitter: <http://tinyurl.com/qdetblq>

YouTube <http://tinyurl.com/pvm8jgi>

B&Q 'Diamond Club'
Over 60's discount card
10% off every Wednesday!
Apply in store or online:
<http://www.diy.com/div/diamond-club>
Bring proof of age to your
local store to apply ☺



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