

# WHALLEY RANGE News and Events



January 2015

*Working towards an age-friendly Whalley Range*

## Happy New Year from WRCF!

On behalf of the Whalley Range Community Forum I would like to wish all residents and partners a very happy and prosperous new year.

We are looking forward to working with everyone and ensuring that the welfare and positive image of Whalley Range is paramount.

I would like to express our sincere gratitude to the police for the Christmas hamper gesture that they made towards some of our lonely elderly residents.

It was appreciated by those who had to spend the Christmas period on their own.

**BILL WILLIAMS, WRCF CHAIR**

## Recycling News for 2015



Real Christmas trees can be recycled by leaving the tree NEXT TO your green bin on any of your normal green bin collection days in January 2015 – making sure it doesn't block the pavement. Please remove the wooden block from the base, if your tree had one.

**General Recycling** All glass and plastic bottles, cranberry sauce or mayonnaise jars, drink cans, used tin foil and foil trays from mince pies can be put into the **brown bin**.

Christmas cards, newspapers, magazines, drinks cartons and cardboard boxes should go into the **blue bin**. You can also recycle all your wrapping paper (but not the foil type wrap please),

Please remember however, that yoghurt pots, plastic toys, plastic carrier bags and cling film cannot be recycled in Manchester.

Free compostable liners are provided – before being left outside for collection in the large **green wheelie bins** with garden waste, or the **small green bins** for food waste only. If you haven't got all the available recycling bins, order them now (free of charge) online [www.manchester.gov.uk/recycling](http://www.manchester.gov.uk/recycling).

If you live in a block of flats, apartments, halls of residence or sheltered accommodation, please check with your building manager to find out where the recycling bins are, and what arrangements are in place for Christmas tree recycling

Check your bin collection dates:

[www.manchester.gov.uk/bincollections](http://www.manchester.gov.uk/bincollections)

## MCC Budget cuts and options for consultation

Since the consultation started the amount we have to save has been reduced. This is because of extra money we got from our airport investment. We now have to cut £55.24million from next year's budget, rising to a possible total of £70.22million over the next two years. This means we don't have to make the same level of cuts in some areas.

If you have already given your views you don't need to do it again. We are not changing the current surveys. But we would also like you to [read some new options and complete a new survey](#). We are also extending the deadline for some consultations to 1 February.

## Alexandra Park wildlife forum

WR 4 wildlife

Discovering the wildlife living in Whalley Range



Now that the park renovation works are more or less complete, various forums have been set up to represent different interest groups: wildlife, heritage, arts & events and sports, in addition to the existing Friends group. We are looking for locally-based people with nature-related knowledge and expertise to join the wildlife forum and contribute to decision-making and running activities. If you are interested in getting involved visit <http://wr4wildlife.wordpress.com/>



## The Bread Project @St Margaret's Centre

The monthly drop-in Bread making sessions at the Centre usually run on the last Friday of the month (Call the number below for details)

**The next session will be on Friday January 30th from 10am.** To book a place call Claire on 862 9058/E: [info@st-margarets-centre.co.uk](mailto:info@st-margarets-centre.co.uk)

(Tuesday and Friday only) or via

[www.facebook.com/stmargaretscentre.manchester](http://www.facebook.com/stmargaretscentre.manchester)

We do not receive any funding for these sessions so donations welcome. Our Cook Book is available to purchase for £5 donation to fund more sessions. To order a copy email

[info@st-margarets-centre.co.uk](mailto:info@st-margarets-centre.co.uk)

# Generating Opportunities in Whalley Range

## 4 STEPS SKILLS Computer Skills Made Easy



Do you need help using  
computers and tablets  
properly?

Do you need help to search  
for jobs?

20th January 2015  
- 17th March 2015

11.00am—2.00pm

JNR8 Youth & Community Centre  
82 Cromwell Avenue  
Whalley Range  
M16 0BG

0161 881 3744

OUR 8 WEEK COURSE INCLUDES:

- ♦ 1 hour learning tips and tricks for using technology every day
- ♦ 1 hour getting help to look for work

PLACES  
ARE  
LIMITED  
BOOK  
NOW

This course is brought  
to you by CSO-CIC with  
funding from European  
Social Fund and WEA

Funded by  
**Skills  
Funding  
Agency**



## Tai Chi @ JNR8: Starts Monday 26<sup>th</sup> January What is Taiji?

Tai Chi is a unique system of exercises based upon the principle of relaxed breathing, rhythmical movement and balance.



Term-time Mondays 1:30-2:30pm

All Ages Welcome

JNR8 Youth & Community Centre,  
82 Cromwell Avenue,  
Whalley Range, M16 0BG

Tel: 0161 881 3744

£1 suggested donation



Introductory course  
in Tai Chi to include

- Short form
- Chi Kung
- Sensing hands



GREATER MANCHESTER  
**POLICE**



Link to January GMP Bulletin: <http://tinyurl.com/ovpdz12>

*Tip from GMP - Windows - if you are replacing windows, take the opportunity to install new ones that are certified to British Standard BS7950 'Windows of Enhanced Security' and consider using laminated glass, particularly in ground-floor and accessible windows, as this is much harder to break. Laminated glass will break as normal glass but will hold in place in the window, slowing down the burglar from entering.*

مقامی کمیونٹی سے اپیل

☆ لوکل پولیٹنگ ٹیم آپ سے درخواست کرتی ہے کہ والی رینج کے ایریا کو ایک محفوظ علاقہ بنایا جائے۔

☆ کچھ عرصہ سے کلیرنڈن روڈ خطرناک تیز رفتاری کے واقعات زیادہ ہونے لگے ہیں۔

☆ دو برس قبل ایک حادثہ ہوا تھا جس میں نو جوان مارا گیا تھا کیونکہ گاڑی بہت تیز چلائی جا رہی تھی، اسی طرح کی مشکلات سے بچنے اور مزید کسی حادثہ کو روکنے کے لیے ہم درخواست کرتے ہیں کہ علاقہ کے رہائشی لوگ آگے بڑھیں۔

☆ اس طرح کی تیز رفتاری کرنے والی گاڑیوں کے بارہ میں ہمیں اطلاع دیں تاکہ لوکل پولیٹنگ ٹیم اس پر کوئی مثبت اقدام کر سکے۔

☆ براہ مہربانی لوکل پولیٹنگ ٹیم کی مدد کریں تاکہ والی رینج ایریا کو محفوظ اور خوشگوار علاقہ بنایا جائے۔

☆ آپ براہ راست پولیس کو 101 نمبر رابطہ کر سکتے ہیں **CRIMESTOPPERS** کو اس نمبر پر رابطہ کریں

### Appeal to the Local community

Your local Neighbourhood Policing Team is requesting your help to make Whalley Range a safer place. We have recently had an increase in the number of vehicles being driven at high speed and in dangerous manner, in the Clarendon Road area.

Two years ago a youth was fatally injured due to a vehicle travelling at high speed. To help combat this problem and to prevent any further instances, we require the assistance of local residents to come forward and provide details of these vehicles, so that your local Policing team can take positive action. Please help your local Policing team make Whalley Range a safe and happy place to live. You can report directly to Police on 101 or you can report anonymously to crimestoppers on 0800555111. Thanks

### ABOUT

**Whalley Range**  
The community site

HOME

AGE-FRIENDLY

GENERATING OPPORTUNITIES

COMMUNITY FORUM

LATEST BULLETINS

DOCUMENTS AND LINKS

For people with access to the internet, check the Whalley Range Community Forum website, featuring local and wider news, jobs, volunteering opportunities, age-friendly and health & wellbeing information.

Visit [www.whalleyrange.org](http://www.whalleyrange.org)

Join the WRCF/Age-friendly Mailing Lists to receive our newsletters and regular email bulletins: add AFWR or WRCF email heading  
[agefriendlywhalleyrange@gmail.com](mailto:agefriendlywhalleyrange@gmail.com)  
[communityforumwhalleyrange@gmail.com](mailto:communityforumwhalleyrange@gmail.com)

Celebrate Burns Night @  
Jam Street Café,  
Upper Chorlton Rd  
Whalley Range M16 0BH  
25<sup>th</sup> January 2015  
Book tickets on 881 1013





## New at Trafalgar Court in March 2015

### Wellbeing Workshops

Do you want to improve your mood or build yourself up?  
Do you want to find out how food affects your mood or how to de-stress?

Do you want to sleep well or unwind your mind?

Do you have a couple of hours spare to find out how?

The workshops are run by trainers from the NHS and are for groups of 8 to 15 people.

These workshops are held all over the Manchester area, but if you are interested in joining the one in March at Anchor's Trafalgar Court, please contact Elsa Thomsen on 0161 2268259.

### Regular weekly event at Trafalgar Court Growing Together course

This is a course run by Debdale Eco-centre and focuses on teaching people how to grow plants, herbs and vegetables. But it's also about healthy eating, ideas for new dishes and using herbs for health enhancing reasons. It's very informal, fun and interactive.

You can join one session or carry on coming.

No charge. It's every Monday at 10.30am until 12.30pm.

If you are interested, please phone Elsa Thomsen on 0161 226 8259.

## Calligraphy WORKSHOP



ISLAMIC CALLIGRAPHY OF ART BY  
MASTER CALLIGRAPHER ABDULLAH AL-ANEZI

1pm - 5pm, Saturday 7th February 2015 @ The BMHC

Registration is required and places are limited to 25 people only,  
so please book early to avoid disappointment.



£10  
PAYABLE AT  
ENTRANCE



FOR MORE INFO, PLEASE CALL **0161 881 8062**,  
OR EMAIL **ADMINISTRATOR@BMHC.ORG.UK**

REGISTERED CHARITY NO. 1110104 • COLLEGE ROAD, WHALLEY RANGE, MANCHESTER, M16 8BP • WWW.BMHC.ORG.UK

Visit BMHC Website [www.bmhc.org.uk](http://www.bmhc.org.uk) or call the Centre on the number above to find out more about upcoming events and activities.

## Keeping Warm in winter



### Have you thought of stocking up your kitchen cupboards for winter?

In cold weather, it is more important than ever to ensure that you have regular hot drinks and eat at least one hot meal a day as eating regularly keeps your energy levels up.

However, when the temperature drops and the roads and pavements get icy some of you will prefer to stay indoors until it gets warmer and safer to be out and about again.

You can prepare for bad weather by making sure you don't run out of food and drink even if you cannot leave the house for a week - just stock up your cupboards and the freezer!

Depending on what you like to eat and how much cooking you can do yourself either buy the ingredients to prepare the meals or just get some ready meals that will be either canned or frozen. Make sure that you include all mealtimes and snacks in your shopping.

Make sure that you buy products with a long shelf life - canned and frozen fruit and vegetables, cheeses and meats as well as sauces, soups, fruit juices etc.

Remember that your milk may not be delivered during bad weather so do not forget about cartons of long life milk that you can use instead when you fancy a cup of tea. Think about what and how much you eat each day and base your "long life" shopping list using that.

### Pakistani Resource Centre Advice Sessions

Welfare Rights Advice: Free impartial, confidential and independent advice at the Ashville Surgery in Whalley Range on Fridays from 9:30am -12:30pm. We provide advice on Welfare Benefits, Housing, Debt, Consumer Affairs, Family Matters, Domestic Violence, Education and Employment Issues.

For further details please contact our office:  
Pakistani Resource Centre, 13 Copson Street,  
Withington Manchester, M20 3HE

Tel: 0161 434 7800

email: [welfare@pakistani-resource.org.uk](mailto:welfare@pakistani-resource.org.uk)

### ESOL and Fitness classes for Residents at JNR8

Monday 10am -1pm Talk English

Monday 1:30-2:30 Tai Chi (from Jan 26<sup>th</sup>)

Monday 6:30-8:30pm ESOL for Employability

Tuesday 10-11am ESOL for Women only

Wednesday 10-11am Keep Fit for Women only

**JNR8** 82 Cromwell Avenue, M16 0BG

Call Chris on 0161 881 3744 for details



## Chorlton Good Neighbours Positive Living Project

Would you like to get out more, meet new people and try some new activities? Are worries and concerns stopping you living the life you want?

Do you feel a bit stuck, a bit lonely, not sure how to go about making the change and just need a bit of encouragement?

Are you aged 65 or over? We're offering a free programme of 12 weekly sessions for small groups of people like you.

Helen Hibberd, Co-ordinator  
Chorlton Good Neighbours  
tel: 0161 881 2925

[helen@chorltongoodneighbours.org](mailto:helen@chorltongoodneighbours.org)  
[www.chorltongoodneighbours.org](http://www.chorltongoodneighbours.org)



Carlton Club  
House Party  
Friday 6th  
February  
8-1am

[www.carltonclub.org.uk/](http://www.carltonclub.org.uk/)

## A Date for your Diary!

### CARIBBEAN CARNIVAL OF MANCHESTER 2015



**SAT 8TH & SUN 9TH  
AUGUST 2015**  
THEME: CALYPSO FEVER

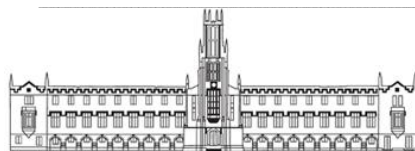
Alexandra Park, Manchester M16 7JL

THE RETURN TO OUR SPIRITUAL HOME

TO TAKE PART CONTACT  
**07985 400 384**  
OR VISIT OUR WEBSITE

[WWW.THEMANCHESTERCARNIVAL.COM](http://WWW.THEMANCHESTERCARNIVAL.COM)

Places and groups on the Range



BRITISH MUSLIM HERITAGE CENTRE



**Whalley Range**  
Youth Opportunities Association  
Charity No. 512666



Indian Senior  
Citizens Centre



**JNR8**  
Youth and  
Community Centre



St Margaret's Centre & Playing Fields

### Age-friendly Whalley Range

Our Community First funded 4 Festive Feasts held during December gave us a good excuse to get together over a delicious hot meal, pull some party crackers, wear party hats, tell rubbish jokes and join in with Freddi's Christmas quiz! As a result of the community meals we are planning to hold regular Coffee Mornings at the JNR8 Centre. Delicious food was provided by Good Mood Food based in Hulme - part of Manchester Mind support services for people with mental health issues Entertainment came from Dave Taylor and Calypso George with Bob Jones. Held at Trafalgar Court, St Margaret's Centre, JNR8 and Tangmere Court, over 70 people came along. The next 2 AFWR events will be a Garden Party at the British Muslim Heritage Centre and a Celebration at JNR8. Dates to be confirmed....



## Useful Numbers

### Councillors

Angeliki Stogia	07901528750
Aftab Razaq	07799560244
Mary Watson	860 5523
JNR8	881 3744
Whiz projects	881 3744
Celebrate Festival	881 3744

### Police

Emergencies	999
Non-emergencies: 101 (15p per call)	
Crimestoppers	0800 555 111
Local Station	856 4973/856 4784
Council Planning	234 4537
Environment Issues	
Environmental Health	234 4875
Neighbourhood Services	234 5004
Ward Co-ordinator	234 4104
Regeneration Ward Officer	234 1590

### About the

#### Whalley Range Community Forum

The Whalley Range Community Forum is a representative voluntary organisation for residents of Whalley Range. The Forum aims to promote a positive image of the area, contribute to the development of appropriate government strategies, improve local facilities and services and increase communications with other organisations.

### Whalley Range Community Forum

#### Meetings

Trafalgar Court  
100 Withington Rd, M16 8JW  
7pm Thursday 15<sup>th</sup> January  
7pm Thursday 12<sup>th</sup> March  
7pm Thursday 14<sup>th</sup> May

E: [communityforumwhalleyrange@gmail.com](mailto:communityforumwhalleyrange@gmail.com)

T: 0161 881 3744

c/o JNR8, 82 Cromwell Ave



WRCF [@WhalleyRangeorg](https://twitter.com/WhalleyRangeorg)

AFWR [@AgeFriendlyWR](https://twitter.com/AgeFriendlyWR)

### The Policing team for Whalley Range:

PC Bryn Lomas-Cecil  
PC Lee Coulson  
PCSO Simon Laing  
PCSO Jackie Wroe  
PCSO Ahmed Farooqi  
PCSO Carli Malone  
PCSO Iain Tuft

Follow the team on Twitter for updates:  
<https://twitter.com/GMPChorlton>