

# N WHALLEY RANGE E

## News and Events

March/April 2015



Working towards an age-friendly Whalley Range

### Cromwell Community Cuppa

Weekly afternoon tea on Cromwell Avenue



Some older residents living in Whalley Range have said they would like to meet up for a chat and a cuppa, to get out, meet with neighbours and find out what's happening locally. We hope to start meeting after Easter on

**Wednesdays between 2-3pm**

We have a lovely age-friendly space at the JNR8 Community Centre on Cromwell Avenue - part of Manley Park Methodist Church.

Please come along with your friends!

Or come along on your own to make new friends!

We'll provide the tea, coffee and biscuits ☺

Call Chris on 881 3744 or visit our stall at the **Manley Park Community Health Day**



To find out more about a local group working together to save the Nello James Centre visit @SaveNelloJ on Twitter and the Facebook page: <http://tinyurl.com/mz5g37f> Manchester Evening News: <http://tinyurl.com/lp3fq6m>

### Trafalgar Court: Good luck to Elsa Thomsen!



Dear all,  
Just to let you know that after 3 ½ years I am leaving Trafalgar Court to move to 'semi retirement' in Portugal. I would like to thank the community and especially Chris Ricard for all the help and support plus great events we have held here at Trafalgar Court; it has made a big difference to the place and my tenants have loved it. This will carry on, I'm sure, with the new manager who will start in April. I wish you all well in the future and please carry on the great work you are doing in Whalley Range. Elsa Thomsen, Anchor's Trafalgar Court, Whalley Range.

<b>Friday 13th</b> March 2015	<b>Health &amp; Pampering Day</b> 10am-5pm	Information on local projects & provision Free health Checks 40-74 yrs Massage Henna Food ...and loads more
<b>Saturday 14th</b> March 2015	<b>Fun Day</b> 10am-5pm	Free health Checks 40-74 yrs Bouncy Castle Face Painting Cycling Food ...and loads more

*Where??*  
**Manley Park Play Centre**  
York Avenue, Whalley Range, Manchester, M16 0AS

**01618620955**

E-mail: [admin@yosg.org.uk](mailto:admin@yosg.org.uk)

Website: [www.yosg.org.uk](http://www.yosg.org.uk)

Facebook: [/youthonsolidground](https://www.facebook.com/youthonsolidground)



**MANCHESTER CITY COUNCIL**

## Barakah Food Aid

For the people. By the people.

### Can you help us?

Barakah Food Aid provides food parcels to people who are struggling in and around Manchester.  
Can you help the local community by donating non perishable food items, toiletries or your time?

### Know someone who needs help?

Are you struggling yourself or concerned about a friend/neighbour who may need help? Do you know of a family or individual who has been sanctioned by the DWP?

All donations distributed to those locally in and around South Manchester and beyond. If we can help, we will. We are an independent non profit group, run by concerned members of the community.



@BarakahFoodAid

/BarakahFoodAid

**07506 527523**

For the People

**Youth on Solid Ground Press Club creative writing sessions, in partnership with Invisible Inc.**

**For all young girls (ages 11-19)**

Every Week: Saturdays 2:30am-4:30pm

Manley Park Centre, York Avenue,

Whalley Range, M16 0AS

**Activities Include:** Creative Writing, Group Work, Discussions, Problem Solving Activities & Having **Fun**

You can simply turn up, register on the day

**Free session Delivered by Qualified Youth Workers, Mentors & Artists**

Call 0161 862 0955 for details

**Alexandra Arts**

presents



**Are you an older resident living in Whalley Range?**

Then you are invited to Alexandra Arts free "Pankhurst in the Gallery"\* event on Thursday the 26th of March 5-8pm, held in the lovely Manchester Art Gallery.

In an accessible age-friendly environment, this is your opportunity to learn about and discover artworks commissioned for our autumn programme 'Pankhurst in the Park'; Celebrating Alexandra Park's rich history connected to the Iconic Suffragette Emmeline Pankhurst. You will have the opportunity to participate in a workshop linked to the gallery's collection, socialise with like-minded people in your community or simply enjoy the serenity of this exceptional location.

Leave it to us to organise free transport and refreshments for you. If you would like to come along please contact us on [hello@alexandra-arts.org.uk](mailto:hello@alexandra-arts.org.uk)

Ring or send a text to: 07816683171(c/o Lotte Karlsen) 01618813744 (c/o Chris at JNR8 Community Centre)

\* Age friendly 'Pankhurst in the Gallery' is part of the Wonder Woman festival 2015: *Manchester's finest fem fest runs between 1-31 March, with over 35 organisations taking part to shine a light on some of the incredible, creative and campaigning women working in Manchester and Salford today.*

This opportunity is funded by a MCC Cash Grant by the Whalley Range Ward.

### **Whalley Range Methodist Church**

Saturday 25<sup>th</sup> April 2015 @ 7:30pm

An evening of entertainment provided by the Swing and Swing Again band. In aid of Church Building Fund.

Tickets £5 (Under 16's £3)

Contact Rudy Rock for tickets on 226 9644



Adapted By David Greig

26th – 28th March 2015  
at 7.30pm

Euripides's Greek classic, given a new twist: revitalised and rocked up!

One of the greatest of all Greek tragedies – savage, comic and intensely lyrical – *The Bacchae* powerfully dramatises the conflict between the emotional and rational sides of the human psyche. The magnetic young Dionysus – icon, hedonist, god – returns home with his cult of female followers to exact his revenge, unleashing the full force of female sexuality on the city.

ADVANCE TICKETS NOW ON SALE

**Jnr8'ing Good Health at WHIZ Youth Project**

We provide a space for young people to learn, have fun and take part in leisure/sport activities

**Thai Boxing - Every Tuesday**  
6:00pm - 9:00pm  
Take part in our long established Thai boxing sessions. Keep Fit.. Make friends.. Compete in competitions.. In proud association with G-Camp - Certified Gradings Affiliated to The World Kickboxing Association

**Healthy Eating Workshops - Every Wednesday**  
6:00pm - 9:00pm  
Learn essential cooking skills.. Eat healthy food that tastes good too.. These sessions include **Group Workshops** Focusing on health and well-being - understand how physical activity and healthy eating can have an impact on the wider well-being..

**One to One support - Every Tuesday and Wednesday**  
4:00pm - 6:00pm  
Offering advice and guidance to young people: Unemployed? - homeless? - bullied? - drug problem? or maybe you just want to get something off your chest Whatever it is, our qualified staff will help you find solutions to any given problem..

**All activities are FREE!!** including: TRIPS OUT

If you are aged 11 to 18 and want to get involved in any of these activities, and much MORE.. come along and meet youth workers and other young people and share ideas and interests.

Supported by **Children in Need**

visit WRYO on Facebook, Whiz on Facebook, Whiz on Twitter, Whiz on Tumblr, and Whiz on YouTube  
WRYO, Whiz Youth Project, 82 Cromwell Avenue, Whalley Range, Manchester, M16 0BC, Tel: 0161 881 3744

**Manley Park** [manleypark.com](http://manleypark.com)  
Sharing a Love of Learning

### **Manley Park Primary School News & Events**

**Green Saturdays** (check dates on website)

Exploring green spaces, getting in touch with nature and having fun with family and friends.

**A big welcome** to latest member of the team, Nichola Sobolewski - who is the Family Support Worker at the school and can be contacted on [fsw@manleypark.com](mailto:fsw@manleypark.com)

**Earth Hour:** March 27<sup>th</sup> 6-7:30 pm, Manley Park Junior School, College Road. A worldwide grassroots movement uniting people to protect the planet by switching off lights for one hour.

**Contact the school** on 881 3808 for more details

**PTA Website:** <http://manleyparkpta.org/>

## Whalley range on wheels



Whalley Range on Wheels was set up in January 2015. We are a social enterprise based in Whalley Range. We want to enable more people to have fun on wheels and to enjoy the benefits of pedal power. We are an inclusive community cycling club and an affiliated member of CTC, the national cycling charity (membership number 90085355). Open to anyone to join. <http://whalleyrangeonwheels.weebly.com/> Watch the video from the Alex Park Whalley Range on Wheels event: <http://tinyurl.com/mepmt42>

### Mindfulness + nature connection course

Feeling stressed, ungrounded, in need of rejuvenation? Or just curious...

**Awaken to the joys of spring!** A new 8-week course in Manchester, based at Alexandra Park Whalley Range. 2 hour session each week from 6 – 8pm full day course (in forest or national park)

**STARTS: Wed 15th April, 6-8pm**

**ENDS: Wed 3rd June, 6-8pm**

**Day course: Sat 23rd May, 10-5pm**

Cost: £95 payable in advance (subsidised rate).

Class size is limited to 8 for quality of experience

More: [www.cultureprobe.co.uk/](http://www.cultureprobe.co.uk/)

**Easter Services:** Manley Park Methodist Church  
Good Friday service 10:30am  
Sunday 5<sup>th</sup>: breakfast @ 8:30/service @ 10:00am.  
All Welcome

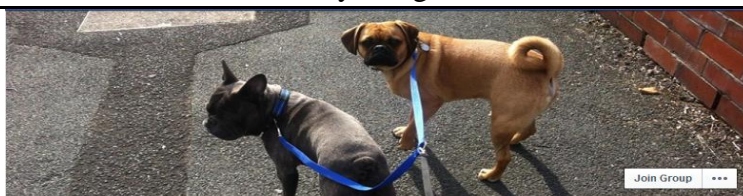
### JNR8 Easter Playscheme

Monday 13th - Friday 17th April - 2:30pm - 5:00pm  
Open Access - Fun Activities for 6-12 yrs  
For more information call Alison on 0161 881 3744



### Inspired by the Mighty Fall! ☺

Come along to the Carlton Club on Saturday 14<sup>th</sup> March:  
[Poppycock](#) will be joined by [Kill Pretty](#) and [STOOR](#)  
With DJ set from The Present Occupier  
8 til late £5 on the door. See you there :)  
113 Carlton Road, Whalley Range, M16 8BE



Dogs of Manley Park Members Photos

Search this group

For dogs and their owners and friends that enjoy Manley Park

## Exercise Classes for Older Residents: Keep Fit and Have Fun!

JNR8, Cromwell Avenue, Whalley Range

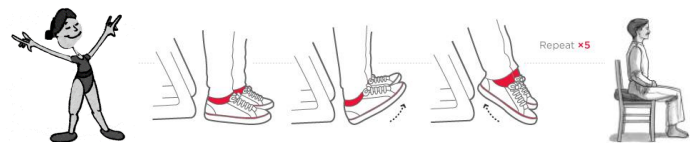


### We are starting an exercise class for older men and women

Starting after the Easter break on April 24<sup>th</sup> at 2-3pm  
with a qualified fitness teacher  
at the JNR8 Youth & Community Centre  
(Back of Manley Park Methodist Church)

Fiona the teacher is very experienced and runs exercise classes  
across Manchester for lots of older peoples groups

**It should be fun and beneficial to your health!**



Contact Chris Ricard at JNR8 Youth & Community Centre,  
82 Cromwell Avenue, Whalley Range, Manchester M16 0BG  
Tel: 0161 881 3744



**Hands On Hair 14th Annual Community**  
**EASTER EGG HUNT**  
**EASTER SUNDAY**  
5TH APRIL 12NOON - 3:00PM

**\*Registration opens 15th March 2015.**  
The first 100 children get 1 FREE Easter Egg

To register your child,  
email: [hello@handsonhair.co.uk](mailto:hello@handsonhair.co.uk)  
Ref: EEH/2015

**FAMILY FUN DAY**  
GAMES  
FREE GIVEAWAYS  
FREE EASTER EGGS

**HANDS ON HAIR'S**  
CGS-CEPTIONAL EASTER EVENT AT ALEX PARK

The Bread Project Forever Kitchen has just started fundraising on [@Spacehive!](#) Help make it happen: Visit <http://spacehive.com/thebreadprojectforeverkitchen...> to pledge!

[@StMagCentre](#)

**ONE NIGHT ONLY**

THE SUNDERLAND PSYCHIC  
LIVE AT THE CARLTON CLUB

TUES 17th March 2015

THE CARLTON CLUB  
Rowan Lodge, 113 Carlton Road,  
Whalley Range, Manchester,  
M16 8BE  
Doors 7:30

SHOW STARTS 8PM

**FREE ADMISSION**

**IAN D MONTFORT**  
SPIRIT MEDIUM

## Term time Classes @ JNR8

### Talk English

Mondays 10-1pm

Attending the weekly 3 hour classes enables people who speak limited English the opportunity to build confidence and self-esteem, helps reduce isolation and build cross-cultural friendships.

Talk English classes provide support to people with little or no English – to help them improve their English skills, access services and get more involved in their community.

### Tai Chi with Kaz

Mondays 1:30-2:30pm

The Tai Chi form has for centuries inspired men and women of all ages, of all walks of life and of levels of fitness. Come and find out why!

### ESOL for Women: Tuesday 10-11am

A term-time women-only accessible safe space to practice English with women of all levels, ages, faiths and cultures. Our two female tutors teach everyday things such as contacting school staff if a child is ill, making appointments and filling in forms.

### 4 STEPS SKILLS - Computer Skills Made Easy

#### Tuesdays 11am-2pm

Do you need help using computers and tablets properly? Do you need help to search for jobs? All welcome.

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

### Keep Fit (Women Only) Wednesdays 10-11am

Keep Fit sessions in a safe accessible environment. Improve health, fitness, confidence and self esteem, reduce isolation and encourage participation. Keep Fit for Women - Free! Meet up, chat and get fit at our women-only group

## **BMHC: 'Give A Little of Yourself'**

The Islamic Society of Britain and the British Muslim Heritage Centre cordially invites you to attend an evening with Canadian singer/songwriter Dawud Wharmsby and others, as part of

**Islam Awareness Week 2015** on Thursday 19th March 2015, 7:00pm  
There has been much focus on Muslims in Britain over recent months, questions around integration, the rise of “extremism”, what do Muslims think about “freedom of speech” as well as whether Islam is responsible for terrorism? With so many pressing questions, it is always nice to have an opportunity for some answers as well to gain an insight into what being a British Muslim really means. register for free tickets:

[goo.gl/Ii9PsB](http://goo.gl/Ii9PsB) Phone: 07886 183 519

Email: [isbmanchester@gmail.com](mailto:isbmanchester@gmail.com)

For more information please visit our website: <http://tinyurl.com/ob4nbsb>



## Messy Easter

**Saturday 28<sup>th</sup> March 2015**  
10.30am - 12.30pm

Arts and Crafts  
Story and Song



Fun for all ages  
Free lunch included

Everyone welcome

386 Wilbraham Road, Manchester, M21 0UH

[www.stwerburghchch.co.uk](http://www.stwerburghchch.co.uk)



CELEBRATING INTERNATIONAL WOMENS DAY

Breaking through the Glass Ceiling:  
inspirational women in  
employment & education



This is a special event to celebrate International Women's Day. Come along and hear how BME women from a variety of different cultures and communities have managed to achieve so much! Be inspired!

Free Pampering Service Lunch & Refreshments Networking

#### Agenda of day

9.30am Registration Teas/Coffee  
10am Introduction  
10.30am Speakers  
12pm Practical Session Activity  
1pm Lunch  
2.30pm Close

#### Speakers

Murmatz Bashir JP DL  
Dr Shameela Islam-Zulfikar  
Aitha Chaudry JP DL  
Rohina Ghafour (TBC)

TUESDAY 17TH MARCH  
10AM-2.30PM

For Further Information please contact:  
Nusrat or Amna on 0161 862 0955  
Email: [n.a.hmed@byog.org.uk](mailto:n.a.hmed@byog.org.uk)  
Website: [www.byog.org.uk](http://www.byog.org.uk)  
Twitter: [HTTPS://TWITTER.COM/COSG\\_UK](https://twitter.com/COMCOSG_UK)

Hosted by: COMMUNITY ON SOLID GROUND  
MANLEY PARK COMMUNITY CENTRE, YORK AVENUE,  
WHALLEY RANGE, MANCHESTER, M16 0AS

In partnership with MANCHESTER BENEVOLENT SOCIETY and MANCHESTER CITY COUNCIL



## Useful Numbers

### Councillors

Angeliki Stogia	07901528750
Aftab Razaq	07799560244
Mary Watson	860 5523
Whalley Range Forum	881 3744
Health Forum	881 3744
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	455 1015

## 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.

### Upcoming Whalley Range Community Forum Meetings

Trafalgar Court

100 Withington Road M16

7pm Thursday 14<sup>th</sup> May

7pm Thursday 9<sup>th</sup> July

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

T: 0161 881 3744

c/o JNR8, 82 Cromwell Ave



WRCF @WhalleyRangeorg  
AFWR @AgeFriendlyWR

### The Policing team for Whalley Range:

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

### Neighbourhood Beat Officer:

PC Summer Roberts

PCSO's: Carli Malone, Jackie Wroe,

Simon Laing, Iain Tuft, Ahmed Farooqi