

# WHALLEY RANGE News and Events

Summer 2015



Working towards an age-friendly Whalley Range



Photos [www.chrisfosterphotography.com](http://www.chrisfosterphotography.com) + [www.markwaugh.net](http://www.markwaugh.net)

Congratulations to Dr Tine Buffel, School of Social Sciences and MICRA, was the winner of the University of Manchester "Outstanding Local Community Collaboration" award for her project, Manchester Ageing Study. In this project, Tine has been working together with older residents in Whalley Range, Chorlton and Chorlton Park - along with community organisations and Manchester City Council - to produce research and identify actions and strategies to improve the 'age-friendliness' of local neighbourhoods. An important feature is the active involvement of older people, who were trained as 'co-researchers' in all stages of the project. The project has culminated in the production of a film and book exploring ageing in cities - along with a presentation at the New York United Nations summit on protecting the human rights and dignity of older people. See <http://tinyurl.com/nkgq6nf> to download the book and view the film - featuring Whalley Range co-researchers and contributors!

See the Film launch photos at <http://tinyurl.com/opav8t2>



The Caribbean Carnival is an annual two-day event that has been celebrating Caribbean culture since 1972. This year's theme is 'Calypso Fever' and festival organisers will encourage participants to get into the swing of things through vibrant music and colourful costumes. There will be different attractions for all ages and many culture-specific genres of music tied to their respective locations in the African Corner, Latin Quarter and Calypso Tent. There will also be a main stage, featuring various international musicians and bands. The highlight of the event will be the flamboyant parade which takes place on the Sunday. If you would like more information on this event, and the various artists who will be appearing, [visit the official Caribbean Carnival of Manchester website](http://www.themanchestercarnival.com).

**Find out more about the Park and what's happening over the summer: [www.facebook.com/AlexParkMCR](https://www.facebook.com/AlexParkMCR)**



To find out more about a local group working together to save the Nello James Centre visit @SaveNelloJ on Twitter or by email at [nellojamesuk@gmail.com](mailto:nellojamesuk@gmail.com)



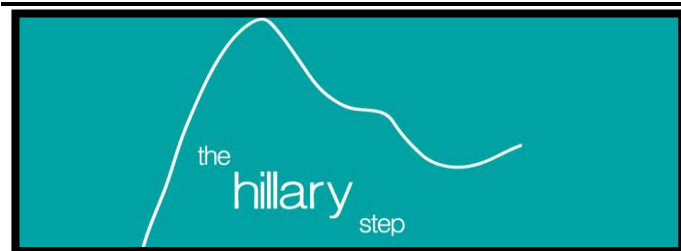
The 18th Celebrate Festival



Many thanks to our host venue: the St Margaret's Centre on Brantingham Road for the use of the building and playing fields for this year's 18<sup>th</sup> Celebrate Community Festival.


Massive thanks also to everybody who supported our Spacehive crowd funding venture! We did it!

Celebrate Report coming soon on [www.whalleyrange.org](http://www.whalleyrange.org): send us your photos to include in the Report!



**Monthly Pub Quiz: Tuesday, August 4, 2015**

Pit your wits against Angela's fabulously tricky pub quiz, with Quiz Mistress Sue. Every month on the first Tuesday, maximum 6 per team, £1 a head. Winning team gets the cash, runners up get booze! Free Jazz night at the Hillary every Sunday. More details: <http://tinyurl.com/nq8ym5c>



**LOVE PARKS WEEK**

Celebrate Love Parks Week here:

**ALEXANDRA PARK**  
Summer Car Boot Sales  
Along the beautiful Lime Walk  
Saturday 1st August, 10 am – 2pm  
[www.facebook.com/AlexParkMCR](http://www.facebook.com/AlexParkMCR)

Protect, Improve, Promote Green Spaces  
[www.loveparks.org](http://www.loveparks.org)

KEEP BRITAIN Tidy

**heritage open days**

10-13 September 2015

What's on your doorstep?

Go

Manchester area places to visit:

<http://tinyurl.com/nt78sb>

**It's summertime...Come and Play!**

**Summer Playscheme 2015**  
Manley Park Holiday Fun Club

FREE to all young people aged 8-14 years  
For both boys & girls

Manley Park Centre & Manley Park  
York Avenue, Whalley Range, Manchester M16 0AS

Week 1: Mon 27th - Thurs 30th July 11am - 1.30pm  
Week 2: Mon 3rd - Thurs 6th Aug 11am - 1.30pm  
Week 3: Mon 10th - Thurs 13th Aug 11am - 1.30pm

Drop in a fortnightly 12-week programme packed with a range of fun activities including: Creative Arts & Craft, Baking, Games, Dance, Story, Table Tennis, Bouncy Castles, Board Games, Street Games, Football, Cricket, Basketball, Outdoor Games & Competitions, Outdoor Sports, Tennis, Badminton, Football, Cricket, Basketball, Outdoor Games & Competitions.

Delivered by qualified Play Workers, Youth Workers and Sports Scientists.

YSG change the lives of young people through the Power of Sports, Youth Work & Mentoring Interventions.

For further information please contact:  
Youth On Solid Ground  
Main Office: 0161 881 4631 / 0161 862 0955  
Email: [admin@yosg.org.uk](mailto:admin@yosg.org.uk)  
Website: [www.yosg.org.uk](http://www.yosg.org.uk)  
Facebook: [www.facebook.com/yosgmanchester](https://www.facebook.com/yosgmanchester)  
Twitter: @COSG\_UK

**SUMMER PLAYScheme**  
Wednesday 22nd July - Tuesday 11th August  
2:30pm - 5:00pm

Come along and have fun doing what children do best! PLAY!

Join us in many indoor and outdoor activities!  
Meet new friends!  
Open access provision for 8-12yrs only  
Refreshments and snacks will be provided

Manchester City Council

Contact: Alison, 0161 881 4631  
82 Cromwell Ave, Whalley Range, M16 0BS  
T: 0161 881 3744

Arzak Walton MANCHESTER CITY COUNCIL

**PSYCHIC READINGS EVENT**

Thursday 13th Aug  
7pm

Enquire within to book your one to one reading, or come early on the date above

[facebook.com/psychiceventsuk](https://www.facebook.com/psychiceventsuk)

Mediums Tarot Cards Palmistry  
Crystal Ball Angel Cards Psychometry

[www.psychiceventsuk.com](http://www.psychiceventsuk.com)

## Psychic Reading Event

Evening of one-to-one readings ranging from Angel Cards, Tarot Cards, Palmistry and mediumship.  
At Jam Street Café on Thursday 13th August at 7pm. arrive early on the night to avoid disappointment!  
Jam Street Café, 209 Upper Chorlton Rd, Whalley Range, Manchester, M16 0BH

**Home on the Range  
Friday 31 July  
Here comes the summer**

## Alexandra Park Heritage Group

Sharing memories and looking at the Park's rich history. Visit and join:  
[www.facebook.com/groups/alexandraparkheritage/](https://www.facebook.com/groups/alexandraparkheritage/)

**St. Margaret's Church, Rufford Rd, W/Range M16 8AE**  
**11-12.00pm Saturday 1st August 2015**  
**Featuring Jazz Ballads**  
Well known classics and original songs sung by Allison Clarke, accompanied by Andy Moorhouse.  
**Coffee Morning - 10.30am. Homemade Cakes for Sale**



**MANCHESTER FOOD & DRINK  
FESTIVAL 2015**  
[www.foodanddrinkfestival.com](http://www.foodanddrinkfestival.com)

**2015 Festival Dates**  
10th September - 21st September 2015

## What's on in around Whalley Range?

Visit our website to read the latest News, activities and events – for all ages – in and around the Range!  
Sport, events, jobs, and age-friendly Whalley Range news - <http://tinyurl.com/nz9zd88>



## Interested in healthy, nutritious food but not sure about the cooking?

We are thinking of doing a project later this year to run through the winter months about how to eat well and stay healthy in the cold weather, including some practical cook and taste demonstrations. If there is enough interest, we will apply for funding to enable us to run the project.

Our initial thoughts are that the project would be based at JNR8, led by a local nutritional therapist, but we would also like to run sessions at other local venues such as sheltered housing organisations in Whalley Range. The idea is that we could get people together in an informal, friendly way to meet, eat, chat, and get some tips on easy ways to cook for one and how the right foods can help you to stay well through the winter. As a first step, we would like to know what you think - does this project sound as if it would be of interest to you or are there other ways to do it? Drop Chris a line at

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

with the subject heading 'Healthy Food' - or call 881 3744 to register your interest in taking part and to put forward any other ideas you might have about food/eating/healthy ageing.

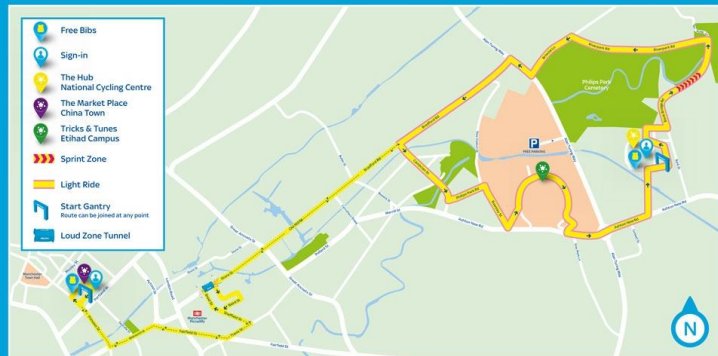
## Time to Talk

In June, the groups based at JNR8 hosted a soup lunch, information and minor bike repair drop-in event in partnership with Public Health Manchester, for people to get together to chat informally, share information and find out how to access services aimed at supporting mental health and wellbeing.

The idea behind this initial event at the JNR8 Community Centre in Whalley Range came out of group discussions between local people who have been meeting at JNR8 to look at gaps in existing advice and support services around mental wellbeing in the area. Call JNR8 on 881 3744 and leave a message for more information or to get involved with the group.

## Let's Ride Manchester

sky | RIDE



**Sunday 2 August**  
The National Cycling Centre/China Town • Route length 12km • 10am-4pm • Free parking: M11 3FF  
goskyride.com/ManchesterSkyRide

Join us for a fantastic Sky Ride traffic-free bike ride in Manchester this August. Register now to claim your free reflective Sky Ride bib on the day, and your free expert bike check at Halfords.

Read more at <http://tinyurl.com/owxn5jq>  
Tel 0161 274 2000



## Do you share our 2040 vision for transport in Greater Manchester?

This summer sees the launch of a 12-week public consultation on a new publication 'Greater Manchester Transport Strategy 2040: Our Vision' – the starting point in the development of a new long-term transport strategy for Greater Manchester.

Have your say on our transport plan for the future. We would love to know if you share our vision for the future of transport in Greater Manchester and if you have any specific views on the ambitions set out in the document. Your feedback is crucial as it will help to shape the development of a more detailed Greater Manchester Transport Strategy for 2040 which will be published in 2016. Call to request a form or visit <https://forms.tfgm.com/Vision-2040/Vision-2040-form.html>

## The Bread Project visited our ESOL group @ JNR8



We have just been awarded a grant from We Love MCR Charity to go towards our new Kitchen Crowdfund campaign... Be a part of it and help us to reach our target...

<https://spacehive.com/thebreadprojectforeverkitchen>



## Pankhurst in the Park

Mon 3rd August - 11.00am until 12.00pm

Talks @ Dig the City Den, St Anne Square - Free  
Join Dig the City's Coffee Morning Talk and hear about Emmeline Pankhurst's links to Alexandra Park and how she inspired the Park's artistic regeneration. Alexandra Arts is an artist-led collective based in Manchester's Alexandra Park, founded in 2010 by [Artist Lotte Karlsen](#). During autumn 2014, Alexandra Arts curated the widely successful Pankhurst in the Park programme and are currently planning for its return in 2015. Pankhurst in the Park is an Arts Council England funded programme of free events, artist commissions and an international artist residency. It celebrates Alexandra Park's rich historical connection to the iconic leader of the Suffragette Movement, Emmeline Pankhurst, who was born and bred only yards from the Park in the neighbouring Moss Side estate.

<http://www.digthecity.co.uk/event/11am-coffee-morning-talk-pankhurst-in-the-park/>



## ALEXANDRA PARK

### Summer Car Boot Sales

Along the beautiful Lime Walk

**Saturdays 10 am – 2pm**  
on 1st, 15th & 29th August

In aid of The Friends of Alexandra Park

Cars £10\*, Vans(Transit size) £15\*  
\*£5 returnable deposit

Vehicle Entry Point:- Demesne Road Gate  
Demesne Road, Whalley Range M16 8PJ

NO COUNTERFEIT CDs/DVDs OR CLOTHES ARE TO BE SOLD  
NO NEW GOODS ARE TO BE SOLD

Weather dependent, go to  
[www.facebook.com/AlexParkMCR](http://www.facebook.com/AlexParkMCR)  
For up to date information

## Trafalgar Court News

Welcome to Kat Dempster, new Scheme Manager at Anchor's Trafalgar Court, who has taken over from Elsa Thomsen. Hopefully we will arrange an age-friendly community event soon at Trafalgar Court - in partnership with Whalley Range Community Forum - to get to know Kat...watch this space! [agefriendlywhalleyrange@gmail.com](mailto:agefriendlywhalleyrange@gmail.com)



**Little Seedlings**  
Baby & Toddler Group  
In partnership with St. Margaret's Church

"A place to blossom"

**EVERY THURSDAY**  
10am - 11.45am at St Margaret's Centre

Come along to play, craft, sing, dance, explore, make friends, chat, drink tea and much more!

Only £1.50 per child  
(includes a cuppa and child's snack)

A: St. Margaret's Centre, Brantingham Road, Manchester, M21 0TT  
E: info@st-margarets-centre.co.uk W: st-margarets-centre.co.uk  
Contact: Jenny on 07807 200868 or Ronyia on 07525 547177



**YSG**  
CHALLENGE YOURSELF  
KEEP FIT  
PLAY SPORTS  
IMPROVE YOUR SKILLS  
HAVE FUN  
MAKE NEW FRIENDS

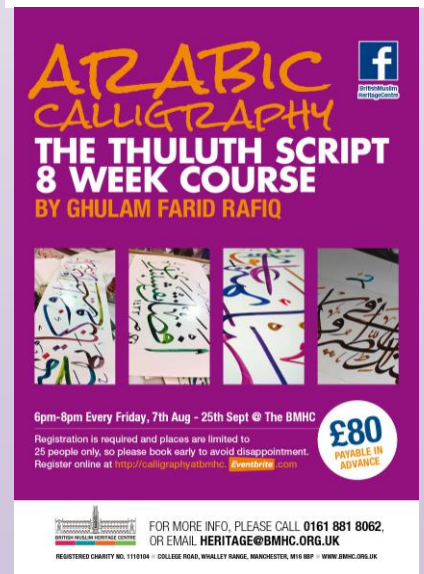
**SUMMER HOLIDAYS FOOTBALL & SPORTS CAMP 2015**

WEEK 1 MON 27TH - THURS 30TH JULY - 2PM - 4PM  
WEEK 2 MON 3RD - THURS 6TH AUG - 2PM - 4PM  
WED 5TH AUG 11-4PM YSG SPORTS DAY  
WEEK 3 MON 10TH - THURS 13TH AUG - 2PM - 4PM  
WED 12TH AUG 11-4PM YSG FUN DAY (BOUNCY CASTLE)

DELIVERED BY QUALIFIED COACHES, YOUTH WORKERS & MENTORS

**MANLEY PARK / MANLEY PARK CENTRE**  
YORK AVENUE | WHALLEY RANGE | MANCHESTER | M16 0RS

FOR FURTHER INFORMATION PLEASE CONTACT YOUTH ON SOLID GROUND  
0161 881 4631 / 0161 862 0955 ADMIN@YSG.ORG.UK WWW.YSG.ORG.UK  
@YOUTHONSOLIDGROUND @CSG\_UK



**ARABIC CALLIGRAPHY**  
THE THULUTH SCRIPT  
8 WEEK COURSE  
BY GHULAM FARID RAFIQ

6pm-8pm Every Friday, 7th Aug - 25th Sept @ The BMHC

Registration is required and places are limited to 25 people only, so please book early to avoid disappointment.  
Register online at <http://calligraphyatbmhc.com>

**£80**  
PAYABLE IN ADVANCE

FOR MORE INFO, PLEASE CALL 0161 881 8062, OR EMAIL [HERITAGE@BMHC.ORG.UK](mailto:HERITAGE@BMHC.ORG.UK)  
REGISTERED CHARITY NO. 1101044 COLLEGE ROAD, WHALLEY RANGE, MANCHESTER, M15 8PP WWW.BMHC.ORG.UK

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

**Coming soon:**  
Heritage week Open Day @  
BMHC in Partnership with  
Whalley Range  
Community Forum.  
Keep checking BMHC/WRCF  
websites for more details.



Congratulations to all of our JNR8 students who received certificates to mark the completion of their courses in MAES Talk English and 4 Steps Skills - courtesy of CSO-CIC. Also to the residents who brushed up on their English skills at our bread and pizza making sessions - courtesy of the Bread Project who are based at the St Margaret's Centre. See you in September! ☺



**Talk English Course for Beginners**

Learn English and improve your speaking, listening, reading and writing skills

Mondays 10:00-12:30

Enrolling on 28<sup>th</sup> September

**JNR8 Youth & Community Centre**  
82 Cromwell Avenue  
Whalley Range

**Enrolment Day for Talk English is 28<sup>th</sup> September from 10-12pm**  
Call us on 0161 881 3744 to see when our other classes start again in September – and to let us know what you would like to get involved in!  
[www.whalleyrange.org](http://www.whalleyrange.org)



## 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

Venue TBC

7pm Thursday 10<sup>th</sup> September

7pm Thursday 12<sup>th</sup> November

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