

WHALLEY RANGE News and Events



November/December 2015

Working towards an age-friendly Whalley Range



Withington Road First Steps

Tell us what you think about Withington Road Shops and you could win a prize

Take the survey at www.withingtonroad.org/survey

Withington Road First Steps is bringing together shoppers, traders, local residents and the council.

Our goal: - To make our local shopping area...

“a safe, attractive and thriving high street where people want to shop, work, live, access services, trade and come together.”

You could win a meal for 2, a car valet or shopping vouchers...

So far around 150 people have given their thoughts and ideas. Everyone was impressed with the model made by Class 3J of St Mary's Primary School.

Many people wanted to see better use of the wider pavement areas, with good quality and attractive seating and planting mentioned a lot. Removing street clutter (redundant signposts etc.) and taking care of existing planted areas would help.

By far the most expressed wish for shopping was for a decent bakery. Opticians, traditional fish and chips, independent greengrocers and a butchers were also in demand. The idea of regular street markets was popular with farmers, crafts and street food markets suggested. A lot of people miss the No. 16 bus and a popular suggestion was to divert some No 85's to become 85A's. There was lots of support for the Save Nello James campaign, matched by complaints about the state of the building and grounds.

There was a lot of concern about the difficulty of crossing the road at the northern end (towards Tesco's) of the shopping area. Parking on the pavements, and on double yellow lines was a cause of annoyance. The pavement between Nello James Centre and May Road needs resurfacing and the hedge cutting back.

Better street cleaning, including along the side roads, and overflowing bins was a concern for many. The fly tipping hotspots were also identified a lot. There were also complaints about the back alley which exits on to May Road, the 2 short ginnels on the main shopping parade and Tesco's waste facilities.

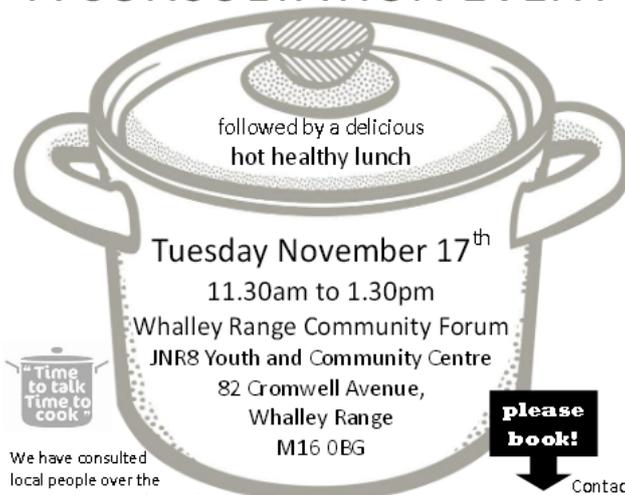
Anti-social behaviour, the drinking area and begging caused concern for some, and 2 people mentioned prostitution around Carlton Road.

Tell us what you think at www.withingtonroad.org/survey

There IS such a thing as a free lunch!

Are you an **older person in Whalley Range or Chorlton** and interested in **healthy eating** and tips to **stay healthy** over the **winter**? ...then please join us at

A CONSULTATION EVENT



We have consulted local people over the summer/autumn about a **food project for the winter months**. The idea is to give **nutrition education and practical tips for older people** on how to eat well and stay healthy in the cold weather, and a chance to enjoy getting together over a sociable lunch.

a new initiative from
Whalley Range Community Forum, Age Friendly Whalley Range and Foodwiser

Contact
agefriendlywhalleyrange@gmail.com
or tel: 881 3744 to book

Now we would like to share the results of this research with you and ask for your views on how this project might best meet your needs.



foodwiser

Cohousing in Whalley Range?

There is an exciting local initiative underway: a new proposed Whalley Range cohousing development of a council owned former children's home, with the project name 'Woodlands Cohousing.'

The initiative is attracting lots of interest from a group of people who live and work in the community, with weekly update meetings planned to take place at the Carlton Club on Tuesdays from 8pm. The meetings will be an opportunity for more people to get involved, to find out more, look at the proposed drawings of the site and to meet with other people who are interested and inspired by the project. The group recently met to walk around the site and to view an exhibition of the drawings of the scheme to date.

Future plans include featuring an exhibition of the proposals/ideas to date on the wall at Unicorn Grocery. This is an 'ongoing' design as it is important that the group make the decisions collectively regarding the final proposals, but there is a solid outline proposal in place.

Meetings on Tuesdays from 8pm at the Carlton Club, Carlton Road, Whalley Range, M16 8BE

The Alexandra Park Heritage group

will be in Chorlton Lodge in the Park on Sunday 6th December between 12 - 2pm. Visitors are welcome to come and share their photos and memories and look at the photos we have so far. Everyone is welcome and you will get a chance to see the Heritage of the Park from its opening to the present day - through picture boards, paintings and artefacts found in the park. The Heritage Group are also interested in meeting anyone wishing to share their own memories and photographs of the park.

The opening of the Park Lodge coincides with the monthly litter pick organised by the Friends of the Park, which starts at the Lodge between Noon and 2pm - and again everyone is welcome.

Whalley Range Mental Wellbeing Group

aims to promote a range of activities to support mental wellbeing, promote positive messages about mental health and reduce stigma and discrimination. Come along to the Friday drop-in to meet new people, share food and join in with fun activities in good company!

Time to change

Friday's from 13.11.15
Time: 6-8pm

Come along to Whalley Range's Self Help and wellbeing group. It's free and volunteer led. Meet new people and join in with fun activities. Offering:

- Pool
- Table tennis
- Tai Chi
- Food
- good company

.....and much more

Whalley Range
Self help wellbeing
group

At:
JNR8
82 Cromwell Avenue
M16 0BG
Phone: 0161 881 3744
0778885554
E-mail: carol_pockham@uk2.net



AGE-FRIENDLY WHALLEY RANGE



Join us on Weds
@ JNR8 from
2-4pm for a cuppa!

Festive Feast Friday December 18th!

We will be holding a sit-down festive meal for local older residents on the above date. Great food, entertainment and a chance to get out of the house and mix with some great company!

Places are limited: call Chris on 881 3744 to book a place or email agefriendlywhalleyrange@gmail.com

WHALLEY RANGE FOR PEACE AND JUSTICE

invite you to
write some wrongs

**THE PEN
IS MIGHTIER
THAN THE
SWORD 13**

'Many snowflakes
make an
avalanche'

Once a year, Amnesty International asks supporters to send cards with messages of hope and solidarity to victims of human rights violations and those who defend them. Once again we invite you join us in supporting this simple but effective humanitarian initiative.

SAT 28th NOVEMBER 2.00pm - 5.00pm
St Margarets Church, Rufford Rd



Friends of Alexandra Park Annual General Meeting

Tuesday 24th November

Nominations are invited for all posts:
Chair/Vice Chair/Secretary/Treasurer/
Publicity.

Please send any nominations to

j.keys@manchester.gov.uk or deliver them
to the park office located in the car park
behind the tennis courts.

Hi 5

Effective Job Search

Identifying Skills
CV Writing
Job Searching
Applications
Interviews

Every Thursday
10-1pm @
JNR8, 82
Cromwell
Avenue,
Whalley Range
M16 0BG

Support for anyone living locally who is looking at improving their employability, seeking volunteering or training opportunities, facing redundancy – plus tips for job searching online. Call Chris on 0161 881 3744 for details.



Community strikes Gold

On Saturday 17th October 2015, Young people from Community (Youth) on Solid Ground (COSG) became the first ever winners of a new category within the Manchester Sports Awards. The ceremony celebrates some of the excellent and inspiring achievements of positive sporting role models and community organisations from across Manchester's thriving community sports scene. The worthy winners took home the Youth and Community Sport Project, Gold Award. Majid Dar, Operations Manager said: *"We feel delighted at winning Gold even though it is a great shock! It is an awesome feeling of recognition for the young people, the volunteers, the employees of COSG and people across the South of Manchester. It is good to know that people appreciate the impact of what we do at a grass roots level!"* T: 0161 862 0955/E: admin@yosg.org.uk
TWITTER: https://twitter.com/COSG_UK
FACEBOOK: www.facebook.com/YouthOnSolidGround



'Our beautiful little park on Range Road – created and maintained by local people with a little financial help from the Council – was on the receiving end of the wrong sort of attention just recently; two of the six gorgeous Japanese maples were stolen.

Stupidly, the thieves simply ripped them out of the ground. They'll probably not survive the experience so it's gratifying to know they won't benefit from their crime but the senseless destruction is sickening.

We're probably quite lucky that after 5 years this is the 1st real problem – let's hope it's the last!!

If you live nearby and would like to help maintain our little park then do say hello; we'd love to meet you!'

Green bins will be collected every week in summer and every two weeks in winter.



www.manchester.gov.uk/bincollections

From mid October – mid April depending on the weather conditions green bins will be emptied fortnightly

Whalley Range On Wheels

www.whalleyrangeonwheels.weebly.com/



4 Free Women only bike riding sessions in Alexandra Park from Monday 16th November 12-2pm: open to all women. Bikes & equipment provided. With 2 cycle instructors to help support people new to cycling and to lead some rides around the park. Plus bike maintenance tips from a mechanic!

What's new: Whiz is now running the Duke of Edinburgh Award, offering young people the opportunity to experience new activities and/or develop existing skills. The work we do already fits in closely with many of the requirements of DofE, which is a voluntary, non-competitive programme of activities for anyone aged 14 to 24.

Why do it? Potential employers and universities will be impressed with an achievement they know and respect, with the added bonus that it is also internationally recognised. The DofE programme develops you as a whole person – in an environment of social interaction and teamwork.

For more info contact Justin Garner on 0161 881 3744 ALSO, we ran a very successful residential to Ghyll Head outdoor education centre in the Lake District in October, that was thoroughly enjoyed by all. Young people had the opportunity to participate in canoeing, Ghyll scrambling, zip wire/climbing and hill walking. I believe they walked many miles over the weekend, which was indeed a challenge in itself - a big well done to all who took part!

Whiz is based at JNR8 Youth & Community Centre, 82 Cromwell Ave, Whalley Range M16 0BG
www.wryoa.co.uk (new site in progress)



Providing a foodbank to people in need in Hulme, Moss Side & Whalley Range



Christmas Appeal



Socks &

Smellies



For children, teenagers, women & men

Please help us to provide a small gift of socks & smellies for families who use our foodbank in December or attend our Christmas dinner on Christmas day

Please contact to donate or for further information: 0161 226 3413

info@manchestersouthcentral.foodbank.org.uk



@MSCFoodbank #MakeADifference

Getting involved

Tai Chi with Kaz

Tai Chi @ JNR8

Mondays 1:30-2:30pm

Open Voice Choir

Meets at 7pm, Wednesdays at St Margaret's Church, Rufford Rd.

Chorlton Good Neighbours:

Coffee morning, gardening, exercise and History groups
Call Helen on 881-2925

Keep Fit (Women Only)

Weds @ JNR8 10-11am

Afternoon Tea and chat for older residents

Weds 2-3pm @ JNR8/back of Manley Park Church

What's on @ St Werburgh's

386 Wilbraham Rd, M21 0UH

Friday Film Night

FRIDAY 20th NOVEMBER

7.00 pm This month will be a Bollywood Film Night and Curry! Do Come!

Christmas Fair

Saturday 28th November

11 am to 3 pm in church
handmade crafts suitable for Christmas gifts or decorations plus our usual cakes and jams and refreshments and more!

Freedom from Torture

Winter Concert

3 December - 7.30-9.30 pm

Tickets: contact Alice on 0161 236 5744 or email

anicolay@freedomfromtorture.org

Home on the Range

Friday 27th November

It's our Birthday Party

Home on the Range at the Carlton Club

CHORLTON BOOK FESTIVAL

20-28 November 2015

<http://tinyurl.com/o97lv3q>

(Programme of Events)



BRITISH MUSLIM HERITAGE CENTRE

Check out BMHC News & Events:

www.bmhc.org.uk/

Our PCSO Ahmed Farooqi is working with representatives of different faiths in Whalley Range and is committed to bringing people of all faiths and cultures together in the community and promoting the #WeStandTogether initiative. More details at

www.whalleyrange.org/?p=374



Manchester Communities Together

17 November - 1.30 – 4.30 pm

Manchester Town Hall, Albert Square.

Join the celebration of Manchester's neighbourhoods and kick start your community activities. Find out more about what is going on in your area or how you can get funding for your group.

Talk to people from all around Manchester who are improving their area through Clean City funding, find out how they did it and how you could do the same. Workshops include:

Setting up a community group

Crowdfunding, Time Banking

Applying for Big Lottery Funding and more. To book your free place email:

community.engagement@manchester.gov.uk

or telephone: 0161 274 6404.



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.

Whalley Range Community Forum

Meetings

Trafalgar Court

100 Withington Road M16

7pm Thursday 14th January 2016

7pm Thursday 10th March 2016

E: communityforumwhalleyrange@gmail.com

T: 0161 881 3744

c/o JNR8, 82 Cromwell Ave

WRCF on Twitter

<http://tinyurl.com/8ywpocz>

The Policing team for Whalley Range:

Police Constable Summer Roberts

Police Community Support Officers

PCSO Ahmed Farooqi

PCSO Jacqueline Wroe

PCSO Carli Malone

PCSO Iain Tuft

PCSO Simon Laing