

N WHALLEY RANGE E

News and Events

January/February 2016



Working towards an age-friendly Whalley Range



2016

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.

Our primary objectives for 2016 will be to continue to make Whalley Range as age-friendly as possible and to support residents to improve their employment opportunities by providing facilities to enhance their prospects on request.

BILL WILLIAMS WRCF CHAIR

HERITAGE COMMUNITY PROJECT
TRADITIONAL BEST TIMES OF SOUTH ASIAN WOMEN

CSG SOLID GROUND

This project will help to recapture, recreate and then retain the hobbies and past times of South Asian Women. It will also provide the opportunity for other people to learn about South Asian Heritage

EVERY TUESDAY - 10am to 3pm

Manley Park Community Centre, York Avenue M16 0AS

This is a Women Only Project For further information please contact Community on Solid Ground on 882 0955 and ask for **Nusrat** - or email n.ahmed@yosg.org.uk

Anyone up for the challenge?
Whalley Range Rainbows need
Volunteers: can you help?



@ Tegan.Jones@girlguiding.org.uk



Withington Road First Steps

The Withington Road Survey results pull no punches. They demonstrate both a need and a desire for change. 239 people responded...over half volunteered to help deliver improvements!

There are over 1200 comments, gripes, suggestions and ideas. The results clearly identify what needs tackling and how they should be improved.

The results covered a more vibrant shopping area, community safety and cleaner streets.

For further details visit:

<http://withingtonroad.org/index.php/2015/12/29/within-gton-road-survey-report/>

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!

Whalley Range Self Help Wellbeing group

Time to Change

Every Friday

6:00 p.m. to 8:00 p.m.
JNR8, 82 Cromwell Ave, M16 0BG
Contact 881 3744 or Carol 07788855544

Come along to a free, volunteer led, self help mental wellbeing group.

Offering:

- Music, Art
- Pool and table tennis
- Tai Chi
- Food
- Good Company

'It has been the highlight of my week'
Wellbeing group member

time to change
let's end mental health discrimination



ALEXANDRA PARK

Alexandra Park's Heritage Group will be opening the Lodge on the first Sunday of the month to the end of the year between Noon & 2pm. Everyone is welcome and you will get a chance to see the Heritage of the Park from when it first opened to the present day through the picture boards, paintings and artifacts found in the park. Entry is free so why not drop by to Alexandra Park Lodge?

Upcoming dates: Sunday 7th February & 6th March.

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

www.alexandrapark.com



Mothers, grandmothers, sisters, daughters, granddaughters and aunts – women of all ages are invited along to bring and share vegetarian food and to celebrate the opportunity to be heard at our International Women's Day event in Whalley Range: Raising our Voices!

We need women to share their songs, poetry, stories and share ideas for discussions: women of all ages and cultures are welcome to join us at the JNR8 Community Centre on Saturday 12th March from 12-3pm.

Contact Chris on 0161 881 3744 to get involved.

Beat the winter blues
at
Home on the Range
Friday 29 January

Every last Friday of the
month at
The Carlton Club,
113 Carlton Rd, Whalley
Range M16 8BE

SureStart

MAES: Manchester Adult Education Service courses run at Whalley Range Sure Start Children's Centre on Wednesdays throughout the year.

Jan-April: Fun with Numbers

Jan-April Spend & Save

May-July: Confident Parent, Confident Child

Other services at the Centre: Drop-in Shelter Advice

Session 1-3pm: Advice on housing and benefits every other Wednesday from 13th January.

Tel 0161 245 7007 or call in to the centre at Burford Road, M16 8HE to find out more and to register on the courses.

GREATER MANCHESTER
POLICE



ADVICE ON HOW TO BEAT BOGUS CALLERS

Most people who call at your home will be genuine. But sometimes, people turn up unannounced, with the intention of tricking their way into your home. They are known as "distraction burglars" or "bogus callers", whose only aim is to get into homes to distract people and steal their money or valuables.

Bogus callers may be smartly dressed and claim to be from the council, the police, NHS or gas, water or electricity companies. They can be convincing and persuasive. They may be men, women or even children. They may ask for a drink of water or to wash their hands. Some may be looking for a lost pet.

*By following the simple **LOCK, STOP, CHAIN, CHECK** message, we can all be sure that the people who enter our homes are who they claim to be.*

LOCK: Ensure you keep exterior doors locked.

STOP: Before you answer the door, stop and think whether you are expecting anyone.

CHAIN: Put the door bar or chain on. Look through the spyhole or the window to see who it is.

Always keep the bar or chain on while you are talking to the person on the doorstep.

CHECK: Ask for and carefully check their ID card, even if they have a prearranged appointment (all genuine callers will carry one). If you are not expecting them and they do not carry an ID card **DO NOT LET THEM IN.**

If you have any doubts at all as to whether the caller is genuine, ask them to leave and come back at a time that is convenient to you and when you have had a chance to ask someone to be with you.

REMEMBER IF IN DOUBT: KEEP THEM OUT!

Regeneration, Neighbourhood Delivery Teams and Culture and Community Services have now been brought together into the new service known as **The Neighbourhoods Service**. This brings all the services focussed on delivering priorities at a neighbourhood level into one strong, coherent team. The new South Neighbourhood Team (formerly South Manchester and Wythenshawe Regeneration teams) now sit as one team at Etrop Court in Wythenshawe. Any service requests should continue to be reported through the Manchester City Council website at www.manchester.gov.uk

The new Ward Coordinator and Neighbourhood Manager for Whalley Range is Helen Johnson. David Broom will be continuing as the Whalley Range Neighbourhood Officer for the foreseeable future. More details in next issue of News & Events.

Chinese New Year 2016: 4th – 7th February

To welcome in the 'Year of the Monkey', thousands of red Chinese Lanterns will decorate the city. At noon on 7th, Albert Square will host martial arts and dance displays and at 1pm the famous Dragon Parade to Chinatown. Stages in Chinatown and Albert Square will feature traditional acrobatics, music, dance, street performers, funfair rides and street food. Watch out for the spectacular fireworks finale in Chinatown at 6pm. For more information visit chinesenewyearmcr.com



MANCHESTER CITY COUNCIL

MCC Consultation: Tell us what you think about our proposed new equality objectives.

We want to make Manchester a more inclusive and equal place, where everyone has the same opportunities and a good quality of life, and we all value the diversity of each other's different backgrounds. We've been told that the work we've done is excellent, but there's still a lot more to do. We're deciding our new equality objectives – the things we want to achieve for the next few years – to help us focus on the most important areas. We're asking some organisations and groups around the city for their view, but now we want yours. Consultation link: <http://tinyurl.com/jmxgp2h>



People with learning disabilities should be able to speak up for themselves, to report hate crime easily and speak out about discrimination bullying !!



LET'S END HATE CRIME

Hate Crime Awareness Week Event at JNR8 Youth & Community Centre, M16 0BG on Saturday 13 February from 12-3pm.

JNR8 is a Third Party Hate Crime Reporting Centre and as part of **Hate Crime Awareness Week**, Whalley Range Community Forum is holding a free, fun event called **Community Together**, for everyone in our diverse community to celebrate our diversity. Speakers, workshops, refreshments and information displays - and a chance to get together with neighbours. Call Chris on 881 3744 to get involved.



In December Age-Friendly Whalley Range held a 'Festive Feast' sit down meal for older local residents. The idea was to bring isolated people together to share a meal, make friends and meet up with old friends. The Lord Mayor of Manchester visited us too! To find out more about what is going on in Manchester for older people visit the City Council Age-Friendly website <http://tinyurl.com/zyj5rzd>

FREE WORKCLUB

HELPING YOU FIND WORK

If you are living in or around Whalley Range area we are here at the heart of the community to help you.

WORKCLUB EVERY THURSDAY 10:00 - 1:00pm

Open to everyone, whether you are currently unemployed or looking to further your career!



Help with CV's, Covering Letters, Job Searching, Interview Techniques etc..

For further details please call Chris on 0161-881 3744

(Or call in at) **JNR8 Youth & Community Centre**
82 Cromwell Avenue, Whalley Range, M16 0BG

PLUS Every enquiry we receive is entered into our free prize draw.



open athletics

The 5k Women's Series at Alexandra Park are 5k Training Runs for women. The runs are free of charge and timed. There is no registration, just come along! The 5k Women Series take place every first Sunday of the month at 3pm. The course is flat, traffic free and inside the park on a road/tarmac surface. The 5k Women series is under UK Athletics Rules. The course is a certified accurate 5k by UK Athletics. The run is ideal for novices, but it is also a fast race course for experienced runners.

Read more at <http://tinyurl.com/jp2e522>

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

Read more at <http://www.whalleyrange.org/?p=3464>

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

AFWR Afternoon Tea & chat

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

What's on @ St Werburgh's

386 Wilbraham Rd, M21 0UH
Messy Church, our all-age arts, crafts and worship drop-in with a free meal is on Saturday 13th February 10.30-12.30 and will be themed **Messy Valentine**.



February 12th to 14th 2016
Fun weekend of Love, Fellowship & Family
For All Manchester Folk
@
St Werburgh's Church, Hall & Gardens
Wilbraham Rd M21 0UH
EVERYBODY WELCOME: "LOVE FOR ALL: COME ONE AND ALL"



"Sababa Northern Souls"
By Neha Nara
Andi: newly qualified doctor, smart, witty, footloose, playing the field... and a Muslim.
Michal: beautiful, sensitive, intelligent, wants to help the world... and become a Rabbi.
The Culture: Two Faiths, Two Aspirations.
People trying to resolve a world of difference and historic differences in today's world.
The story of the spiritual journey, agony & ecstasy of two young souls in contemporary Rock.
St Werburgh's Hall Theatre
0161 227 3700
February 12th & 13th 7.30pm

If anyone is interested in helping with audio technical production/mixing or Stage Management, Stage hands, Props for our show (staged on 12th & 13th February as part of Chorlton Festival of Love please get in touch. A Valentine's Treat for All Theatre Lovers. This original, new Rom-Com musical will be held in St Werburgh's Hall Theatre. *Info: 07538 59904*



BRITISH MUSLIM HERITAGE CENTRE



A recent ICM survey revealed that only 2% of the British public were aware of the extent of contribution of Muslims to World War One. The BMHC 100 Untold Stories of Sacrifice Exhibition will include Muslim stories from WW1.

Visit: <http://tinyurl.com/jxan2a5>

In December, local community members from different religious faiths came together at the St Margaret's Centre on Brantingham Road to show solidarity and strongly condemn the recent events in France. The event was organised by PCSO Farooqi to show that as a community we stand together and that extremism and terrorism have no place within our communities.
www.whalleyrange.org/?p=374



Ever read a book that you loved so much you just HAD to talk about it? That's what reading groups do all the time. It's not highbrow, it's ordinary people, talking with passion about extraordinary books ... everyone is welcome to come along to Chorlton Library monthly reading group on the 2nd Wednesday of every month from 7.30-8.30pm.
Tel 0161 227 3700 or email chorltonlibrary@manchester.gov.uk



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 10th March 2016
7pm Thursday 12th May 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