

WHALLEY RANGE News and Events



March/April 2016

Working towards an age-friendly Whalley Range

Rare portrait found

@

Jam Street Cafe
209 Upper Chorlton
Rd, Manchester
M16 0BH



A rare portrait of an early computer has been rediscovered after a plea by its artist and The National Museum of Computing, where the computer itself has been fully restored to working order. The painting was bought and displayed by Kaldip Bhamber, in her Jam Street Café Bar in Whalley Range. The *Portrait of a Dead WITCH* was painted in 1983 by John Yeadon after he had seen the original machine, the Harwell Dekatron / WITCH computer, in Birmingham's Museum of Science and Industry. The computer itself was rediscovered dismantled and in storage in 2009 and moved to The National Museum of Computing on Bletchley Park where it was restored to become the world's oldest original working digital computer. Call Jam St on 0161 881 1013 for more details



**Hands on Hair
and The Nubian
Times Annual
Easter Egg Hunt
Easter Sunday
27th March
12 noon to 3pm.**

Hair salon Hands on Hair joined forces once again with The Nubian Times for the fourth year running to host the largest free Easter Egg Hunt in Manchester on Easter Sunday. The 15th annual event will take place as always at Manchester's historical Alexandra Park, near the lake Demesne Road entrance.

To register your interest contact:

hello@handsonhair.co.uk – Subject: Easter Egg Hunt.

Requirements: Child's full name, age, (2 -15 years), full address - including postcode, telephone number - mobile and landline, email address and parents full name and address if different to child. Call 0161 232 8870 for info. A booking reference number will be given online for your attendance once all criteria have been met.

Bookings open on 1st March.

Registration and wristbands will be taken on the day as always. Please ensure sensible footwear for all.

This event will be filmed and pictures will be taken.



Withington Road First Steps

The First Steps consultation phase for Withington Road is now complete. Thanks to Locality, Groundwork and the Community Development Foundation for supporting this, and the 400+ local residents who contributed their thoughts and ideas. We now have an action plan and have gotten off to great start delivering improvements.

We had a successful clean up of the street on 5th March and will have another in a few weeks. William Hills have been in touch and are piloting their new "good neighbour" scheme here.

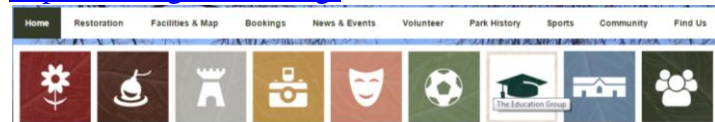
Malik's asked for a litter picker on Saturday so he could maintain the area in from to his store.

An Assistant Chief Constable is due to visit to discuss community safety aspects.

We are beginning to think about the planted areas. We will begin with the areas in front of Range Pharmacy and need volunteers to help plant and maintain them.

We are starting also looking for volunteers to help organise markets and events: we are planning to have two this year. Our next meeting will be at St Edmunds Church on Wednesday 16th March at 7.30pm

<http://withingtonroad.org/>



Saturday 26th March 10am – 4pm

Come along to a range of Family and Sporting activities on Easter Saturday in Alexandra Park as part of Manchester Community Games day.

Check their website for more details

<http://alexandraparkmanchester.com/>

Easter Play Schemes

JNR8/WHIZ 2:30-5pm Mon 28th March-Fri 1st April
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 6 -12yrs only. Refreshments and Snacks will be provided.
Contact: Alison on 0161 881 3744.

Manley Park Centre: Community on Solid Ground.
Fun creative play with Arts & Crafts, Baking, sports & team building exercises. Free to all young people age 6 -14, Tuesday 29th -Thursday 31st March and Monday 4th – Thursday 7th April, 11am-1:30pm at York Ave M16 0AS. Contact 0161 881 4631/862 0955

Whalley Range Children's Centre offer a wide range of services, including ESOL classes, Healthy Child Drop in, Childminders Drop In, CAPS Pre-School Clinic (referrals), Self Help Services (pre-book), Stay and Play, Ante-Natal Clinic (appointment only), Baby Play, Baby Massage.

Shelter Advice Sessions are held on alternate Wednesdays 1pm - 4pm, the next session will be on 23rd March.

For further details contact the Centre on 0161 245 7007.



The successful BMHC 100 Untold Stories of Sacrifice

Exhibition has attracted a lot of interest and has been featured on TV and in newspapers across the world. The exhibition documents the contribution of Muslims to World War One.

We are looking for volunteers to support every day running of the exhibition and further development of the project.

For more information please contact: Ashraf Ali, Project Manager at the BMHC on: ashraf.ali@bmhc.org.uk or 0161 881 8062.

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

The BMHC will soon be launching Heritage Radio, a 24 hour radio station dedicated to providing high quality Islamic and community programs. Heritage Radio will reach out to over 500,000 people who live in the Greater Manchester area. Also with the help of live internet streaming, people around the globe will also be able to listen in.

St Edmund's Whalley Range  **St James'** Moss Side

St Edmund's is an all-inclusive Church of England church in Whalley Range meeting at 10.30 am every Sunday, offering sermons and worship, fellowship, fun children's groups - and a warm welcome for everyone who wishes to join them!

The church is a foodbank partner working with care professionals to identify people in crisis and issue them with a foodbank voucher by referral.

Visit <http://tinyurl.com/qgsh2qu> - or call the number below to find out more.

The church has space for hire during the daytimes: call Rev. Tony Hardy on 0161 226 1291 Or

visit www.stedsandstjames.org.uk/st-edmunds

St Edmund's Church, Alexandra Road South, Whalley Range, M16 8EZ



AFM Culture Champions: What is an Age Friendly Manchester (AFM) Culture Champion? Firstly to be a Culture Champion you must be over 50 years of age. Secondly you must be passionate about the arts and access to the arts for everyone.

The role of the culture champions is;

To inform local networks about cultural events in the city and encourage participation in these events.

To attend cultural workshops and events and provide feedback.

To co-design activities for older people with cultural organisations.

If this all sounds like it is right up your street and you think you would like to be a Culture Champion then get in touch with:

Age Friendly Culture Coordinator Claire Cowell on: 0161 275 8459 OR 07776 170 688 OR

Email: claire.cowell@manchester.ac.uk

Follow AFM Culture on Twitter - [@AFMCulture](https://twitter.com/AFMCulture) and Facebook <https://www.facebook.com/AFMCulture/>

Age Friendly Chorlton Arts Festival: There are already 30 culture champions in Chorlton and Whalley Range and they are working towards putting on an event as part of Chorlton Arts Festival. Get in touch if you would like to be involved.

The Age-friendly Whalley Range Steering Group is in the process of constituting the group and expanding to include Chorlton and Chorlton Park services and organisations that offer support to older people.

This will be an opportunity to promote what's going on in the wider community for the benefit of older residents. AFWR Report <http://tinyurl.com/hjlsfre>

Afternoon Tea: Cromwell Community Cuppa is a weekly group of older residents who meet up for a chat and refreshments at the JNR8 centre on Wednesdays from 2-3pm. Please come and join us! Call Chris on 0161 881 3744 for more details. (Term times only)



CHORLTON ARTS FESTIVAL 2016
20-29 MAY

Join the team and Volunteer for CAF 2016.

There are a range of opportunities available including artist liaison, technical support, marketing and event coordination but if you feel like you could also bring other skills to the festival, please let us know – we want to make sure all festival volunteers get as much out of their experience working on the festival as they can. For more info visit: <http://tinyurl.com/hh8jeyv>



Speeding cars and anti-social driving continue to be a challenge on some streets in Whalley Range and Chorlton. Working with the police and local Councillors, Whalley Rangers/Whalley Range Community Forum are keen to support the set up of a Community Speedwatch scheme. This is a new initiative where active members of the community join together with the support of the police to monitor the speed of vehicles using detection devices. Volunteers will receive appropriate training, and will be supported by neighbourhood policing team (NPT) staff. If you are interested in joining this activity please contact us via communityforumwhalleyrange@gmail.com with your name, telephone number and email.

Whalley Range Self Help Wellbeing group

Whalley Range Mental Wellbeing Group

This group is made up of people with an interest in promoting mental well being in Whalley Range. We have managed to arrange **Connect 5 training**, delivered by the Health and Wellbeing service. This training is for people who are interested in improving their awareness of how to work with people using the 5 steps to well being. This was held at JNR8 on March 15th and has the potential for further follow on training in skills development. We are also hoping to run a 'Boost Course' for those who want to improve their confidence.

The group meets monthly and is supporting Whalley Range on Wheels and work with Community Circles. Members of the group initiated the Time to Change social group, responding to requests for a reduction in social isolation and stigma for those experiencing mental ill health. We are connected to the Whalley Range Community Forum and have an information site on the Forum website: <http://tinyurl.com/zhghcbz>
If you are interested in joining the group please contact Carol carol_packham@uk2.net

Whalley Range Self Help Wellbeing group

Time to Change - every Friday 6:00-8:00pm

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 and Good Company.

"It has been the highlight of my week"

Wellbeing group member.



We are looking for stall holders or crafters who would be interested in having a nearly new or craft table at our Easter Fair at St Margaret's Church on Saturday 19th March 10am -12pm.

Please get in touch for more details, or email

littleseedlingsgroup@gmail.com

call jenny on 07807200868



Free event Sunday
3rd April 2016 at 2pm

ALEXANDRA PARK

"THE QUEEN OF MANCHESTER PARKS"

"A Guided Walk" led by Anne Beswick.

Alexandra Park, The Queen of Manchester's Parks, was the jewel in the city's leisure and horticulture crown when it opened in 1870. Following a successful regeneration, it is now a thriving park.

But what do you know about WHY it's here

A walk around the historic park with Anne Beswick, will fill you in on the whys and wherefores.

The Victorian intentions to improve life for the people, the political marches, and the fight for women's rights, all took place alongside sports, music from the bandstand and recreation, and family events. Hear some of its stories. The walk will start at Chorlton Lodge and will last approximately an hour and a half. Chorlton Lodge will be open from 1pm.

Refreshments are available at Tea Hive in the Pavilion, where the walk will end. Chorlton Lodge is on Claremont Road near to Princess Parkway.

Anne is a green badge guide with Manchester Guided Tours. www.manchesterguidedtours.com/

Have your say on new ten-year vision for Manchester Parks.

The consultation, which is [available online](#), gives everyone the chance to have their say on how they would like to see the city's parks and green spaces develop over the next decade.

"We're very keen to get residents' views, see how they would like to get more involved and find out how we can best improve the city's parks, for everyone's benefit. This consultation is your chance to have your say." <http://tinyurl.com/jure7mm>

Recycling News from MCC

Brown Week

Blue Week

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

The green recycling bins and food caddies go back to weekly collections from the end of March. Visit <http://tinyurl.com/q6xyalx> to find out more about waste and recycling and order replacement bins.

Getting involved

International Women's Day 2016

Raising Our Voices 

Saturday 12th March 12 - 3pm
JNR8 Community Centre, 82 Cromwell Ave, Whalley Range M16 0BC

Citywide International Women's Day events

<http://tinyurl.com/hlnzlr>



It's time to put Pankhurst in the Park in your diary and tell your friends! Join us on March 12th for **Women on Wheels** 4-6pm: A free heritage cycle tour starting at Tea Hive Pavilion. Booking required

Followed by **Wonder Warrior: Official Launch Party**

12 March, 6pm - midnight*

Tea Hive Pavilion, Alexandra Park. Free, 18+ an interactive public performance and artist presentation by Legacy Fatale, plus music by DJ Andrea Trout - no booking required.

Age-friendly Pankhurst in the Park 'Rebels and Rollers' Silk Screen Printing for older residents: 3rd April, 12-2pm

Meet at Chorlton Lodge.

9th April 6pm Tea Hive Pavilion, Alexandra Park, FREE, 18+

Lil' Fee & Veba's Caribbean-infused High Tea.

Sample traditional Northern fare with a Caribbean twist, expect feathers and steel drums. Meet the new Artist in Residence and enjoy the delights of the renovated Pavilion. Stay late to hear the amazing Lil' Fee & Veba bring the house down with a three-hour DJ/MC set. Limited availability.

Booking required - More details at: <http://tinyurl.com/gpyqbx>



Building a Healthy Future in Retirement

- Are you interested in learning life skills to help you age better and make the most of your retirement years? Have you recently retired and are finding the change in circumstances tricky? Is retirement less rewarding than you would like it to be? Why not enrol on our FREE 6 week mental wellbeing course? It's open to anyone over 55 who's retired (or who's about to) who'd like to boost their mood, meet new people & share experiences, improve their wellbeing, grow in confidence, make positive future plans, learn to handle worries and fears, and acquire new life skills. Manchester Mind's first two pilot courses start in April 2016.

19th April 2 - 4pm 2016

Kath Locke Centre, 123 Moss Lane East, Hulme, M15 5DD

20th April 10 - 12 noon

Northmoor Community Centre, 95-97 Northmoor Road, Manchester M12 5RT

Contact Ruth Rosselson on

bahf@manchestermind.org

or 07527 127786 for further information or to register.

If you'd like to influence the themes or topics on the course, there is an online survey open until March 16th. <http://tinyurl.com/zhqobr>



It's the 10th year of the Green Walk Open House Arts & Crafts weekend this year! Dates are Saturday 30th April and Sunday 1st May.

Check the website for updates: www.greenwalk.co.uk/home



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

Venues to be confirmed

7pm Thursday 12th May

7pm Thursday 14th July

E: communityforumwhalleyrange@gmail.com

T: 0161 881 3744

c/o JNR8, 82 Cromwell Ave

WRCF on Twitter

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

The Policing team for Whalley Range:

Police Constable Summer Roberts

Police Community Support Officers

PCSO Ahmed Farooqi

PCSO Jacqueline Cosgrove

PCSO Carli Malone

PCSO Iain Tuft

PCSO Simon Laing