

WHALLEY RANGE News and Events



May/June 2016

Working towards an age-friendly Whalley Range



Making a Difference Together in Whalley Range Saturday 28th May 2016 from 9am – 5pm

Amity, a Social Enterprise based in Manchester, are working with Age-friendly Manchester in Whalley Range. We are running a free workshop in May 2016 using a creative approach to problem solving called Human Centred Design which can be used for approaching any challenge. The process may result in ideas for new services in your area or ideas for creating better relationships in your neighbourhood.

The process is made up of 3 parts:

CONNECT with each other, with the challenge and with the design process

UNDERSTAND the challenge and the people facing that challenge

IMAGINE what you might do next, how your co-created solution can come to life and how you can use Human Centred Design in the future

Food and drinks will be provided and no previous experience is needed - if you join the programme you will:

+ have a fun, creative and constructive experience

+ work and connect with a diverse group of people from your neighbourhood

+ experience a new approach to problem solving

You might come up with ideas for what your community needs, new ways to overcome barriers between generations or how to improve transport networks where you live - whatever you decide to tackle together, you will create an innovative solution!

Where? JNR8 Community Centre on Cromwell Avenue.

We have 12 places available and are inviting older and younger people to join us. Contact katie@amityhcd.co.

call Patrick Hanfling on 234 4188, or Chris on 881 3744.

How to make a Green Roof – FREE!



Tuesday 17th May
10 – 4pm
St Margaret's Centre
Brantingham Rd M21 0TT

A hands-on session where we build a green roof in a day. Learn about green roof materials, soil, loading, slope, drainage and vegetation. Please email Kieron@sowthecity.org or phone 0161 465 6954



Now in its 19th year, CELEBRATE will take place on Saturday 16th July 2016, at Manley Park.

The festival celebrates the talent, diversity and resources of Whalley Range, promoting a positive image of the area and increasing participation in the arts within the community. The festival will host a range of performances by local upcoming artists, creative workshops for members of the public to get involved in, fun activities for children and families, stalls and information stands for local businesses and community organisations, and a selection of local and international cuisine. If you are interested in performing, hosting a stall, or volunteering please get in touch! Joe Webster // 07886 461 060

// celebratewhalleyrange@gmail.com

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

Visit the Whalley Range community website for more information and support services around mental health and well-being.

www.whalleyrange.org/whalley-range-mental-health-



Learn to Ride in Alexandra Park

Sunday 29th May
Sunday 26th June
9.30 - 2pm

If it's been a while since you've ridden bike, or maybe you've never had the chance to try, Learn to Ride is the course for you. Our training uses step-by-step teaching, covering all the basics: getting on and off a bike, starting off /pedalling, using the bike's gears, balancing/ controlling your bike. Held in Alexandra Park, Learn to Ride courses are led by National Standard qualified instructors who will teach you the basics of the bike and bike riding.

Bike Jumble Sale

When? The first Saturday of every month 11am - 4pm.
 Where? Right here at PopUp Bikes.
 Why? So lovely people can get together and buy and sell old, vintage and used bikes and bike parts.
 How much? FREE, it's free to enter and it's free to be a seller! It's free for everyone - whether you're buying or selling! ANYONE is welcome to come and sell ANYTHING bike related.

Arch 5, Corporation Street, Manchester M4 4DG
 0161 839 0709

<http://www.popupbikes.co.uk/bike-jumble.html>

The heritage group meet regularly in Chorlton Lodge.

Our "Open Sunday" on July 3rd will be an age friendly event. Anne Beswick will do "her walk" using a power point presentation followed by a short stroll. We are also hoping to have photos for memory stimulation as well. The meeting to plan this will be held on Thursday May 19th at 2.30. Everyone is welcome to attend.



The Big Lunch takes place annually in June - but you can join in and host one whenever you like. This year's Big Lunch is on Sunday 12th June 2016. Whether it's a few neighbours coming together to share sandwiches in your front gardens, a traditional street party or big community bash, holding a Big Lunch is simple. The pack contains invites, posters, activity and recipe cards, stickers, seeds and lots of useful planning information plus friendly faces! The download pack has posters, invites, an activity sheet and leaflet ready to edit, save and print at home. If you live outside the UK and want to take part, request your downloadable pack by emailing international@thebiglunch.com. Find posters and invitations to personalise in downloadable resources. <http://www.thebiglunch.com/index.php>



St Werburgh's Church
lunch /evening concerts
link to website below

Age Friendly Manchester Cultural Champions from South Manchester present Age Friendly at Chorlton Arts Festival: All activity is open to anyone aged 50+
Saturday 21st May: Free Art in the Part Mural Workshop - 12 noon-4pm. Work with a local artist to create a mural in Beech Road Park.

Monday 23rd May: Free Textiles & Sewing Drop-in 12-30-2.30 pm. Venue: Hardy Lane Co-op
 Including textile pieces and tie-dyeing. 10.30-12.30 pm.

In partnership with Chorlton Embroidery/ textile group
25th May: Free Spirit of 45 film showing - followed by food and debate. 1:30pm: film, 3pm: food of 45 to share - and a debate with a range of representatives to discuss the NHS from its inception to present day.

From 1:30-6 pm. Venue: St Margaret's Centre, Brantingham Rd, M21 0TT

Thursday 26th May: FREE An afternoon/early evening of Poets and Players Open mic session for local poets and musicians. Listen or join in! 4-6 pm.

The Edge Arts Centre, Manchester Rd, M21 9JG

Friday 27th May: FREE Textiles and Sewing Drop-In Including textile pieces and tie-dyeing. 10.30-12.30 pm. Venue as above.

Visit the Hardy Artists exhibition at the Battery Park café We are a small group of local people who get together weekly for an art session in the meeting rooms above the Hardy Lane Co-op.

We have been active there for nearly three years, and as part of the Chorlton Arts Festival, Battery Park will show some of our more recent work from 21st to 28th May. Contact claire.cowell@manchester.ac.uk 07776 170688 /@AFMCulture/@chorltonarts

CAF programme link <http://tinyurl.com/c2t3n2>



Tea Dance & Family Fun Afternoon

Enjoy an afternoon out with your friends and family and support our work

- BBQ
- Stalls
- Face Painting
- Bouncy Castle
- Live Music
- Afternoon Tea
- Ballroom Dancing
- Children's Entertainment

Sunday 29th May
2.30 - 5pm

Chorlton Central Church
 Barlow Moor Rd, M21 8BF



www.togetherdementiasupport.org

FAMILY FUN DAY!

SUNDAY 22ND MAY 2016

WHALLEY RANGE TENNIS & CRICKET CLUB
KINGSBROOK ROAD
2 - 5 PM

BOUNCY CASTLE, ARTS & CRAFTS ACTIVITIES
OUTDOOR FUN & SPORTS RACES, FOOD SHARING
TABLE, PLANT SWAP & SEED PLANTING,
HEALTH CHECKS AND MUCH MORE...

EVERYONE IS WELCOME!

Family Fun!

Meet Sir Gerald Kaufman, join in the fun: crafts for children, games and competitions, scones & tea, health checks, seed planting & plant swap, face painting, bouncy castle and a food sharing table.

All Welcome!

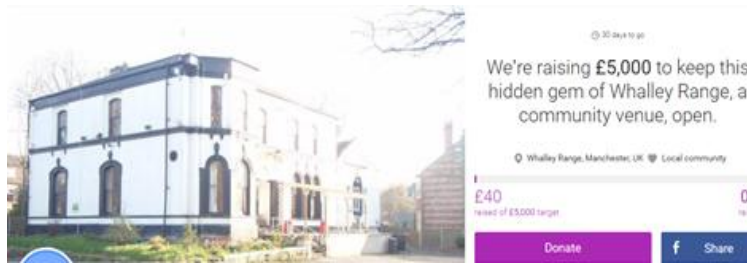
Whalley Rangers Action on FlyTipping (WRAF)

Residents from across Whalley Range have called a public action meeting to strengthen the community and tackle fly-tipping in the area. Fed up with the mess and would like to take action with other residents? then come along! Here are some of the actions you could get involved with: numbering every bin in Whalley Range followed by a 'Bin Amnesty' for all unclaimed bins, how we could repurpose unclaimed bins, organising alley-clear ups, with the idea of repurposing alleys as allotments, shared gardens, play-areas etc, installing planters at 'hot-spots' across Whalley Range, producing and distributing 'fly-tipped' and 'out for collection' stickers. "Let's take action together!" If you'd like to find out more or get in contact, join us at <http://tinyurl.com/j6dw3f5> or contact wraf.info@gmail.com It's your landlords responsibility to provide a grey bin (or communal container) for every property. If your landlord hasn't provided you with your own bin, then contact them! You can order recycling bins for free from the council. Every household can request one free pick-up of large items from the council: <http://tinyurl.com/hxge428>

The scrap metal man drives around regularly and will take some metal items (over a certain weight) away for free – Call Bennett Bros 872 0985. Hope charity shop on Chorlton Rd will take beds, sofas and armchairs, so long as they are clean and dry <http://tinyurl.com/z69fu2d>

Why not put your unwanted items on Freecycle, someone might be able to make use of the item you no longer need! See the WRCF Alley Greening guide:

<http://tinyurl.com/jjungpf>



We need your help to keep this hidden gem of Whalley Range, a community venue, open. It's in much need of a make over! The Carton Club is much used by the community of Whalley Range. Art Classes, Weddings, Funerals, Birthday Parties, Family Events and Dance Nights are just some of what happens in this building which has a rich history and a place in the hearts of everyone. Work has already begun but our funds fall very short on what needs to be done. Donations will be spent on decorating, repairs, sound proofing and reinstatement of its grounds. The crowd funding site is:

<http://tinyurl.com/jzmrw34>

Please follow this link and watch our film:

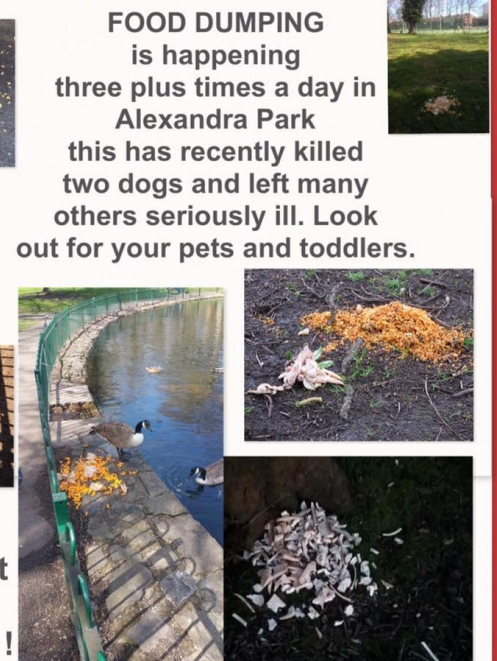
<http://tinyurl.com/j8y9xyn>

Your help will be much appreciated and rewarded with a free party once the work has been complete.

Manchester Therapy Centre has been running for over 26 years from its base in Russell Road, Whalley Range (opposite the Spire hospital). The centre offers a range of massage, sports and holistic therapy treatments by experienced and highly qualified staff. Treatments available include relaxing aromatherapy, invigorating sports massage, Thai massage, Indian head massage, reflexology, reiki and Hopi ear candling.

Also available are various workshops and qualification courses in massage, Thai massage, reiki, reflexology, aromatherapy, sports massage, hot stones massage and pregnancy massage. Please feel free to ring or call round for a chat. Appointments can be made Monday to Saturday by telephone (0161 881 7171) or email

rachael@thetherapycentre.com



This is an
criminal act
**PLEASE
REPORT IT !**

**FOOD DUMPING
is happening
three plus times a day in
Alexandra Park
this has recently killed
two dogs and left many
others seriously ill. Look
out for your pets and toddlers.**

Simple security tips to keep burglars at bay.

One in three burglaries are to homes that are insecure. Only leave windows and doors open in rooms that you are in. Always lock your windows and doors when you leave your home. Wheelie bins can be used as a climbing aid by criminals and can even be used to transport stolen goods. Secure them away from the window and doors.

Getting involved

Jazz Sundays @ the Hillary Step - from 9pm. FREE.

May 15th Steve Oakes Quartet, guitar sax frontline, hot rhythms and originals

May 22nd M6 Brass ladies led modern jazz 6 piece, standards

May 29th Sam Heally Quartet Sax led highly energetic jazz

June 5th The In 'n' Out Trio, Johnny Hunter-drums, Paul Baxter-bass Stuart MacDonald on sax, jazz standards given the full improv treatment

June 12th Lifemask Trio, Bass, guitar and trumpet trio playing Bill Frisell, John Zorn etc

June 19th Shyfinger – Explorations of jazz pop hiphop

June 26th Julie Edwards Quartet, fine vocalist with her combo

The Women's
Peace Crusade
1917-1918



in the North West

A meeting will be held in Chorlton Lodge, Alexandra Park Friday 10th June at 11am to discuss our new project and get your views and if possible, your help and support. Visit

<http://tinyurl.com/jatbnlc>

Ageing Research interactive info share @ Celebrate!

Visit our marquee where we'll be running activities to look at the findings of the age-friendly research in Whalley Range & Chorlton.

Celebrate will be a great place to showcase the research in an attractive, interactive way.

More on our [website](#) soon. Watch this space!

New spring opening times for the Alex Park Tea Hive Cafe:

Now open 7 days a week

Monday-Friday 10am - 4.30pm

Weekends 9.30am - 5.30pm

Find out what's on in the Park:

<http://alexandraparkmanchester.com/>



BRITISH MUSLIM HERITAGE CENTRE

Stories of Sacrifice Exhibition



Mon-Thurs:
10.30am-5pm

Friday:
10.30-12.30 & 2.30-5pm

Sat/Sun:
11.30-4pm

We are looking for volunteers to support every day running of 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.

Chorlton Open Gardens



Sunday 26 June 2016
11 am - 5 pm
£5

Entry by programme to over 25 gardens, yards, allotments and alleys
Under 13s free

Programmes on sale from late May at:

- Chorlton Bookshop, Wilbraham Rd (open Monday - Saturday)
- Creative Recycling, Beech Rd (open 11-5, Weds to Sunday)
- Blossom Flowers, Manchester Rd (open Monday - Saturday)
- Chorlton Nursery, Vicars Rd (open 10-5, Weds to Sunday)



www.chorltonopengardens.org.uk
#chorltonopengardens



Spring Fair time at Manley Park!

Junior Department 2pm -5pm Fri 20th May. If you would like to help we would be delighted to hear from you! Visit <http://manleyparkpta.org/> or call 881 3808 for more info.



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