

# WHALLEY RANGE News and Events



September/October 2016

[Manchester Food & Drink Festival](#) 29<sup>th</sup> September – 10<sup>th</sup> October | [Older Peoples Day](#) 1<sup>st</sup> October

## Deadline to submit comments Monday 26<sup>th</sup> September

The Local Government Boundary Commission is carrying out an electoral review of Manchester City Council. MCC are making proposals to the Boundary Commission to change Whalley Range electoral boundaries. Essentially, a big chunk - including Manley Park, half of Clarendon Rd and the Dukeries, and M21 postcode would become Chorlton, Parts of Fallowfield including Whalley Range High School (appropriately) as well as a chunk of Moss Side, would join Whalley Range. Click [here](#) to participate in the consultation/[find out more](#)/voice your opinion



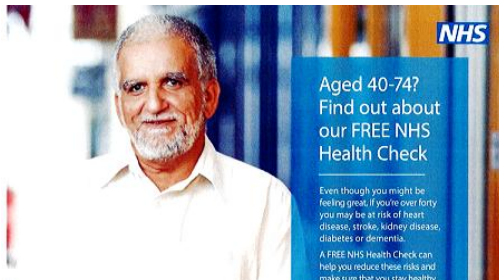
**Tangmere Court**, Dudley Rd, M16 8DF  
Friday 30 September @ 10:30pm  
0161 881 7377  
**Trafalgar Court**, Withington Rd, M16 8JW  
Thursday 6th October 10am-1pm  
0161 226 8259

## More Trafalgar Court news

Suzi from All FM radio comes to Trafalgar Court every Wednesday morning from 10am – 11am, this in aid of working with older people to promote social inclusion within sheltered/nursing and community living. On Wednesday's Suzi and the A Team at Trafalgar record topic conversation centred around older people's likes/dislikes, it is then edited and aired on the radio the following week. It has been a massive hit at Trafalgar and a lot of tenants get involved. Other things that are included are trip out to places like the art gallery and free tickets to the royal exchange theatre. Only catch is you must be over 50 and linked in with attending some sessions.

## JNR8 will be holding a Free NHS Health Check on November 21<sup>st</sup> for residents aged between 40-74 who are not currently taking medication.

Those who don't fit the criteria can chat with a Wellbeing Advisor. More in our next Newsletter.



For more info  
call Chris at  
JNR8 on  
881 3744



### To be suitable for a check you must :

- Be aged between 40 and 74
- **Not** be taking medication for high blood pressure, high cholesterol, diabetes or heart conditions.
- You must also have a doctor in Manchester. (so we can send them your results).

Don't fit the criteria? But want to make lifestyle changes? Come and see our Wellbeing Advisor on the day! (The Wellbeing Advisor Service is open to all Manchester residents)



## The Big Bike Revival at JNR8



Young people from WHIZ (Whalley Range Youth Opportunities) and adults from Time to Change have been benefitting from bike repair workshops at JNR8 over July and August. Trained mechanics and volunteers have been working on peoples own bikes, helping people to understand how to better maintain their bikes, as well as working on some donated bikes for people who currently don't ride. The Big Bike Revival is run by Cycling UK, who has run a number of cycling events in the area with the aim of increasing the number of people cycling. They have been asking participants to take part in a survey to find out peoples cycling activities, or lack of them.

## Whalley Range A Sure Start Children's Centre

**Monday: 1pm-2.45pm Healthy Child Drop in** for advice and weighing

**Tuesday: 10.00am-12pm Childminders Drop in**

**9am-1pm CAPS Pre-School Clinic** (pre – booked) 2-4 yr old

**1pm-2.30pm Baby Massage** Invitation only

**Wednesday: 8.30am-4pm Self Help Service**, for people experiencing common mental health difficulties. Referral/self refer.

**10am-12pm Parents Survival Course** Referrals

**1pm-3pm Stay and Play** 0-5yrs, develop and learn

**1pm-4pm Shelter Advice Session** See poster overleaf

**Thursday: 9.30am-12pm Health Development Reviews**

Discuss your child's milestones - weaning, speech, toilet training

**9.30am-11.30am Wellcomm Screening**, appointment only

**10.30am-11am Tiny Tots Time**, Stories, Rhymes & Songs term time only at Moss Side Leisure Centre

**9.30am-11.30am Talk English** Starts 6<sup>th</sup> Oct. Term Time only

**1pm-3pm Antenatal Clinic**

**10am-3pm Pre Employment Course**, Starts 10<sup>th</sup> Nov

**1.30pm-3pm Baby Play** Develop & learn, 0 -14 months

**Friday: 9.00am-11.00am Antenatal Clinic**

**10.00-12.00pm Women's Aid** training course. Referral only.

**10am-3pm Pre Employment Course** Starting 10<sup>th</sup> November

**1.00-3.00pm Play & Learn** Invitation only. From 30<sup>th</sup> September

**Saturday: Proud 2 b Parents** - for LGBT parents and children

monthly 2pm- 4pm @ Darley Avenue Children Centre. Various

activities each month, [www.proud2bparents.co.uk](http://www.proud2bparents.co.uk)

[info@proud2bparents.co.uk](mailto:info@proud2bparents.co.uk)

## Whalley Range Community Forum + Hate Crime Awareness Week



LET'S END  
~~HATE CRIME.~~

Come to our community OPEN DAY 😊

**SATURDAY 24th SEPTEMBER 12:00-2:00pm**

JNR8 Youth & Community Centre,  
82 Cromwell Ave, Whalley Range M16 0BG

**Join our Classes: Learn English, Keep Fit,  
Make friends!**

Talk English Café Mondays from 10-11:30am

Tai Chi for beginners Mondays from 1:30-2:30pm

Women Only English Classes on Tuesdays 10-11am

Women's Keep Fit Wednesdays 10-11am

Work Club & Computer Classes on Thursdays

Free lunch and refreshments, Workshops, Displays,  
Stalls, Learn about computers and sign up for our  
work club: tell us what classes you would like!

Find out local information for families

**COMMUNITY TOGETHER: NO TO HATE CRIME**

JNR8 is a third party hate crime reporting centre

Do you know what a hate crime is?

Have you been affected by hate crime?

Report FREE to Manchester City Council:

**08000 830007**

Report online: [www.report-it.org.uk](http://www.report-it.org.uk)

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



Working Together for Whalley Range



We can also support people in crisis who need food bank referrals. Call 0161 881 3744 for details

COLLEGE DRIVE & WHALLEY RANGE JUMBLE TRAIL

**JUMBLE TRAIL**

Saturday 8th October 9am-1pm



<http://www.jumbletrail.com/event/collegedr>



COLLEGE DRIVE & WHALLEY RANGE JUMBLE TRAIL

Follow the trail and hunt for hidden treasures

Saturday, 8th October  
9am - 1pm

For a map of the trail, more information or to register your own stall visit:

<http://www.jumbletrail.com/event/collegedr>



A jumble trail is like a car boot sale but on your street, communities co-ordinate to set up stalls outside their houses to sell books, bric-a-brac, toys, vintage clothes, socks or whatever.

Stalls cost £3.50 each. To check whether your street is included and to register your own stall simply visit:

[www.jumbletrail.com/event/collegedr](http://www.jumbletrail.com/event/collegedr)

# Shelter

Problems with your Housing or Benefits?

FREE Housing and Benefits drop-in sessions at Whalley Range Children's Centre

Do you need:

Advice about eviction, homelessness, Manchester Move, damp or disrepair and all other housing issues;

Advice about bedroom tax;

Which benefits to claim, or how to claim them?

Help challenging decisions to stop your benefit, e.g. following a medical examination;

Challenging decisions to sanction your benefit;

Appeals against overpayments.

If so, Shelter is now running free fortnightly Housing and benefits drop-in sessions at Whalley Range Children's Centre:

Alternate Wednesdays: 1.00 pm to 4.00 pm.

We will be here on: 14th September, 28th September,

12th October, 26th October, 9th November, 23rd

November, 7th December and 21st December

Come along, and get the advice and help you need!

## Age-friendly Whalley Range & Chorlton our aims



To promote the principle of active ageing



To engage directly with older people to help empower you to do more, influence and have a stronger voice in your community



To support local organisations that provide activities and services for older people



To support research and enable all services, partners and agencies to understand age-friendly approaches and the benefits that older people bring

contact people engage support inclusiv  
Chorlton agefriendly local  
agencies stronger services active partners  
network research Whalley Rang  
organisations older

Age Friendly Whalley Range & Chorlton lunchtime event, Friday October 7, 12-2pm, Chorlton Library, Manchester Road M21 9PN

Would you like to find out about the Age-friendly Business Charter? [Click here](#)

Or call 881 3744

Age Friendly Whalley Range & Chorlton is organising a series of free get-togethers over the next few months, for local people aged 50 and over.

Each event will be about two hours, including a free lunch, with a workshop or talk on a topic of interest, plus information about local age-friendly services and activities. The first one will be held during the Manchester Food & Drink Festival and will include a talk from a nutritional therapist on how to stay healthy and nourished over the winter.

To find out more call 881 3744

E: [agefriendlywhalleyrange@gmail.com](mailto:agefriendlywhalleyrange@gmail.com)

**Check out the progress of the Withington Road First Steps initiative and survey findings about the proposed 85A bus route at <http://withingtonroad.org/>**

# GOLDEN CENTRE OF OPPORTUNITIES

CHARITY NO. 1129304

We are a charitable voluntary organisation based in Whalley Range  
This new centre is all one floor, accessible for everybody. We also have a ramp at the entrance for wheelchair access.

## ACTIVITIES

- Welfare Benefit Advice
- ESOL Classes
- Basic IT Courses
- Btec Courses
- Home Work Club
- Pre employment Course
- Work Club
- Information Advice & Guidance
- IELTS (Cambridge ESOL International level)

## OPENING TIMES

MON - FRI: 9:30AM - 4:00PM

SAT: 10AM - 3PM

FOR FURTHER INFO PLEASE CALL

80 Demense Road, M16 8PJ

E: [info@goldencenter.co.uk](mailto:info@goldencenter.co.uk) | W: [www.goldencenter.co.uk](http://www.goldencenter.co.uk)

T: 0161 226 9288

### WHERE TO FIND US



# BLACK HISTORY MONTH 365

Click the logo for listings

Check out 'What's On' click



For local events during BHM visit <http://blackhistorygm.org>

<https://www.facebook.com/blackhistoryGM/?fref=ts>

## Time to Change, mental Health & Wellbeing Group.

The self help social group continues to meet on a Friday at JNR8, from 6-8 to prepare food and eat together, socialise and carry out other activities such as pool, table football, art, music, bike repairs, tai chi, and whatever people want to bring and share.

The group voluntary with no paid staff and is made up of people who want to make space for people to relax, and make friends, and enjoy themselves.

We recently received a grant from the Manchester Carers Forum and went on a day trip to Southport. This being our first 'outing' we were pleased how smoothly it went, and some new people were introduced to the group. If you would like to come, see the Time to Change poster below for details.



Whalley Range Mental health and Wellbeing group

## Time To change

Every Friday

6:00 p.m. to 8:00 p.m.  
JNR8, 82 Cromwell Ave,  
M16 0BG

Come along to our free, volunteer led, self help group.

Offering:

- Music
- Art
- Pool and table tennis
- Tai Chi
- Cooking and shared meal
- Bike maintenance
- Good Company

CONTACT CAROL 0778885544



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

**time to change**  
It's end mental health discrimination

Check out the Whalley Range Mental Health & Wellbeing page [here](#) With info about local and wider self-help services and support networks



The Whalley Range Community Forum invites all local people to their General Meetings every two months. All are welcome to come and hear news from the area and reports from Councillors, Police and other local community groups. Sometimes a special guest will give a presentation about a particular project. It's a good chance to ask questions and give your suggestions too. Resident Dave said:

"I never knew there was so much going on!"

See the 'Useful Numbers' column for meeting dates.

## Getting involved

Free Jazz Sundays, quizzes and bi-weekly blues night @ The Hillary Step! [Website](#)

## Wednesday is jam night at Jam Street!

9.30pm-Midnight, FREE  
209 Upper Chorlton Rd  
Featuring Exhibit Reggae Band plus guests jamming



Nip & Tiddle: Coming Soon!  
New exhibition launched on 6<sup>th</sup> October at 6pm featuring the work of Chris Fernie:

<http://goo.gl/oEGdaG>

Octoberfest BBQ (date tbc)  
Christmas Market  
Check the Nip and Tiddle [Facebook](#) for updates

## 123rd Manchester Scout Group

It's not too late to sign up to try Beavers (6-8), Cubs (8-10.5) or Scouts (10.5-14).

Get in touch to find out more or come along on to the Scout hut at 5:45pm on Monday to join in our adventure!

Rear, English Martyrs Church, Alexandra Road South Whalley Range, M16 8GF  
Call 07443 936238 for info.

## Rhythm & Rhyme

Songs, puppets, balls and bubbles in a session of musical fun with the amazing Anna, at JNR8 on Friday mornings.  
Call Mel 07584 344 315 to book a FREE TASTER or visit [www.rhythmadrhyme.co.uk](http://www.rhythmadrhyme.co.uk)

art FUSION

## Art Fusion Group Exhibition

You are invited to come along and view at Chorlton Library, Chorlton M21 9PM

14th September to 7th October  
[www.artfusion.org.uk](http://www.artfusion.org.uk)

## British Muslim Heritage Centre

### Arabic Language (for beginners)

Monday - 7-9pm (from 19th Sept)  
Exhibition Room 3 - Call Shaikh Wa'il: 07445 444 634

**Heritage Academy** Monday - Thursday 5:15pm - 7pm (from Monday 19th Sept)  
Seminar Room 1 - Call Abdul Nasir Munir: 07775 581 868

**Al Huda Urdu** Wednesday/Thursday 10-1:30pm (Main Hall)

**Al Huda English** Wednesday/Thursday 10-1:30pm (Dining Room)  
Saturday- Dining Hall or Seminar Room  
Sunday- Seminar 2

**Al Huda English Short Class** - Saturday - (Boardroom)-10-11am

**Al Huda Urdu Talk** - Saturday (Exhibition Room 3 or Seminar Room 2)

**Quran Reflections** - Wednesday 7-9pm Starting 21st September 2016  
Contact Shaikh Wa'il: 07445 444 634 -

**Jumma (The Marquee)** - Friday SHINE (Seminar Room1&2) 7-9:30pm (call Sr. Rasha: 07757 365 458)

**Scouts** - Sunday (call Waqas Qadir: 07415 387 400)

**Archery** - Sunday (Main Hall) 10-4pm - contact Ashraf Ali

## NEW Talk English Cafe @ JNR8!



Come to the Talk English Café at JNR8 Youth and Community Centre

**Mondays 10:00-11:30**  
Starts on September 26th

Our volunteers will help you to practise speaking English with other people. Get a free cup of tea or coffee and make some new friends!

JNR8 Community Centre  
82 Cromwell Avenue  
Whalley Range, M16 0BG  
0161 881 3744

Talk English  
Department for Communities and Local Government  
Activities

## Term Time fitness @ JNR8

### Tai Chi for Beginners

Every Monday from 1:30 - 2:30pm  
All ages welcome: £1 donation

### Keep Fit for Women

Every Wednesday from 10:00-11:00  
JNR8 Youth & Community Centre  
82 Cromwell Avenue, M16 0BG  
0161 881 3744



## 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

BMHC, College Road, M16 8BP  
7pm Thursday 10<sup>th</sup> November 2016  
7pm Thursday 12<sup>th</sup> January 2017

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