

WHALLEY RANGE News and Events

Summer issue 2017



Whalley Range Community Forum: Charity number 1171658: Working towards an age-friendly Whalley Range

GENERATE OUR KITCHEN



We are working hard to raise funds to improve the inadequate kitchen facilities at JNR8

JNR8 Youth & Community Centre is the leased community rooms of Manley Park Church, running weekly classes, activities, discussions, work clubs, computer classes, ESOL, youth provision, play schemes, healthy eating projects, and the Duke of Edinburgh's Award. JNR8 is the base for the Whalley Range Community Forum and Whalley Range Youth Opportunities Association and is an Ofsted registered, Hate Crime reporting centre and Foodbank voucher distribution centre. We provide health & wellbeing and mental health support with social groups, Thai Boxing, Tai Chi, women's health, girls night, Age-friendly events, coffee mornings, afternoon tea, day trips, festive feasts and Arts & Crafts groups. We hold regular community events and initiatives for all including Hate Crime Awareness Week, International Women's Day, Celebrate Festival, open days, support groups, meetings, debates, bike workshops, under 5's groups, community meetings and advice sessions - a wide range of activities for everyone of all ages in our richly diverse community! Food is a very important aspect of the work in our centre in terms of the social benefits of sharing food, prepping, cooking and eating together. If we can achieve the above now - imagine what we can achieve with our new improved community kitchen!

At the Celebrate community festival we talked to residents and this is what we all want to see at JNR8 in Whalley Range: cookery lessons, meal budgeting advice, catering courses, Cook & Taste, community meals, healthy meal ideas, cheap nutritious meal plans, Heritage food courses, Intergenerational cooking, learning about vitamins & food sources, healthy nutritious meals for one, family cooking sessions, practical ESOL cookery sessions, production of a local cook book ...And much more!

Find out more and take our [survey](#)

Massive thanks to [ISG Construction](#) for catering equipment donation & building support - and [Brunswick Mill](#) & [Johnnie Johnson](#) for storage ☺

Offers of support to generateourkitchen@gmail.com



Local community fund: 1% for your community.

Our way of giving back to local communities... As a member, every time you shop at Co-op, 1% of what you spend on selected own-brand products and services goes to the Co-op Local Community Fund. Co-op members have helped raise over £14 million for local causes. This money, together with [money from carrier bag sales](#), supports projects close to where you live. Select your cause: If you're a member you can [choose a local cause you want your 1% to go to](#).

WRCF Featured project:

Whalley Range Youth Opportunities Association
Category: Community Development
We want to run workshops with local groups with a lantern procession in Whalley Range to celebrate 20 years of the community festival. £1,756.44 has been raised so far. [Sign in](#) or [join us](#) to support this cause.



Chorlton
Players

ARCADIA

by Tom Stoppard

17th, 18th & 19th August
Curtain-up at 7:30pm
Adults £7, Concessions £4

St. Werburgh's Hall,
St. Werburgh's Road,
Chorlton, M21 0TL

www.chorltonplayers.com

MMU Community Learning Festival: Tuesday, 25 July – Thursday, 27 July 2017, 12 – 6pm.



The Community Learning Festival is an exciting and free event for all ages happening at Manchester Metropolitan University's Brooks building on Tuesday, 25 July – Thursday, 27 July 2017, 12 – 6pm.

Full programme: <https://goo.gl/JgbVGA>

Click and Register Eventbrite

Note on Booking: Many workshops have limited spaces. When you book online, it is for attending one or more days of the festival (rather than individual workshops). When you arrive on the day, you will be able to book onto workshops on a first come first serve basis. Friends can also register on the day.

The festival is a celebration of the diversity of learning happening in the local area. It's a chance for community learning providers and University projects to come together and enjoy the facilities at the Brooks building for a series of lively and interesting events.



Deyika NZERIBE
Memorial Lecture: 2017
DR. LEON SEALEY-HUGGINS: "ONE POINT FIVE TO STAY ALIVE: CARIBBEAN CLIMATE CHANGE & THE BLACK BRITISH COMMUNITY"
9th August, 2017/ STUN (Z-Arts) 6 pm



The Spirit of Manchester Awards celebrate and highlight all the excellent work being carried out in Manchester's voluntary, community and social enterprise sector communities.

Read more about the awards: <https://goo.gl/Q8rYgQ>

Congratulations and fingers crossed for the Whalley Rangers who have been nominated for a Spirit of Manchester award!

The summer holidays are here!
 See page 4 and visit our [website](#) for details of events and activities in and around Whalley Range ☺



We had a great time at our age-friendly event at Anchor's Trafalgar Court on Thursday 20th July - despite the weather. Our summer picnic took place indoors and featured information about local activities, health & wellbeing news, surveys and freebies. Loren Grant gave a presentation about foods that work well together to get the best nutritional value – and this was followed by a tasty lunch from the Mediterranean Cafe - and a demonstration from Freddi about quick and nutritious colourful salad ideas was a great success. Lotte ran an arts and crafts workshop, hand massage from Una, music from Dave and our age-friendly photographer Anthony Morris took lots of photos – coming soon to the website at www.whalleyrange.org Anthony produces hand-made cards featuring some of his photography work - blank inside for any occasion. The cards are £1.50 each and will be on sale at our events– and Anthony is kindly donating all proceeds to our age-friendly projects!

The Alexandra Park Pavilion Café will be re-opening for the community soon!

Coffee Cranks Cafe's Grand Opening
 Our cafe will be opening its doors on Wednesday the 26th of July and we can't wait to see you there!
 The cafe will be open from 10am to 5pm.
 The following Saturday the 29th of July we would like to invite you all to our launch event, where there will be coffee, cakes and a buffet.
 We look forward to being a part of the Alexandra Park community and if you would like to keep up with news and updates regarding the cafe, classes and events you can follow any of our social media pages.
 @coffeecrankscafe

Age-friendly Active Ageing Survey



Would you like to see some activities for older people in Alexandra Park this summer?
 What would you be interested in?
 Please tick the suggested activities and taster sessions below - or add your own!

- Tai Chi
- Bird watching
- Walking
- Fitness sessions
- Memory Collecting
- Other(s) (please specify)

Your age:

Your postcode:

Please return the survey to the lodge in the park or to JNR8 Community Centre, 82 Cromwell Avenue, Whalley Range, Manchester M16 0BG

To join our age-friendly mailing list contact Chris on 881 3744

Email agefriendlywhalleyrange@gmail.com

Visit our website for community and age-friendly news www.whalleyrange.org



Live Jazz at The Hillary Step.

July 26th Trilo3y 70's-'80s rock but done quietly.

30th July Sonorous Originals & standards, afro-Cuban feel...

6th Aug Stuart MacCallum, guitar soundscapes

9th Aug Singer Nishla Smith's Trio, standards & originals

13th Aug Zacc Rogers, stompin' blues and originals

20th Aug Annie Long Charming songstress + swinging combo

23rd Aug Jodrellaires Western swing time y'all

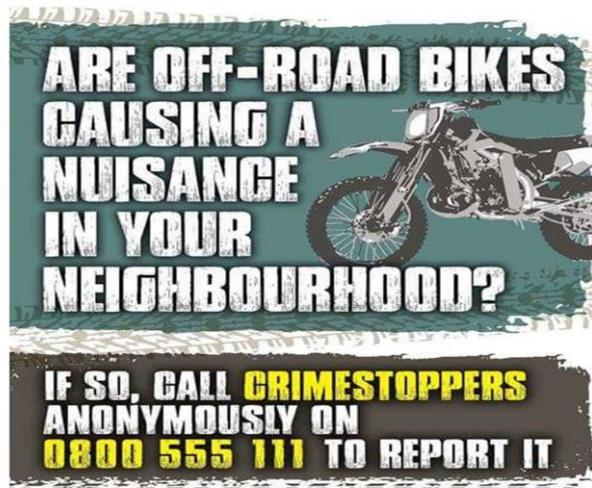
27th Aug The Family Tree - Bassist Gavin Barras plays material from his new album with Jeff Guntren on sax, Jim Faulkner on guitar and Dave Walsh on drums.

NEW from 2/8/17: seated/gentle exercise with Fiona Gray
 Tangmere Court, Dudley Road, Whalley Range.

All welcome! Call 07716 123 258 to say you're coming.

Day/Time: Wednesdays from 2.30-3.15pm

Cost: £3 (£2.50 for Tangmere Court residents)



Crimestoppers aren't interested in your name, just what you know.

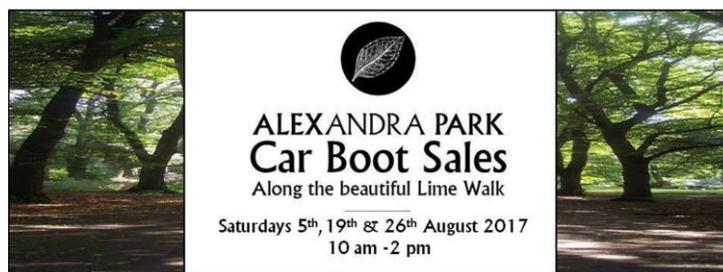
www.crimestoppers-uk.org **CRIMESTOPPERS**
 0800 555 111



For more info and to find out where and when activities are happening please head to www.parklives.com



SESSION	DAY	TIME	LEADER	PARK
Walking Workout (Over 50s)	Mondays	10:00:00	Emma Walker	Chorlton Water Park
Buggy Boot Camp	Mondays	10.30.00	Catherine Reynolds	Boggart Hole Clough
Health Walk	Tuesdays	09:15:00	Laura Gligan	Alexandra Park
Tai Chi	Tuesdays	10:30:00	Janet & Ian	Platt Fields Park
Buggy Boot Camp	Tuesdays	11:30:00	Emma Walker	Platt Fields Park
Nordic Walking	Tuesdays	14:30:00	Maion Endt-Jones	Chorlton Water Park
Health Walk	Wednesdays	09:45:00	Laura Gligan	Clayton Vale Park
Lunch Time Boot Camp	Wednesdays	12.00.00	Juan Carlos Rodriguez	Alexandra Park
Buggy Boot Camp	Wednesdays	12.00.00	Emma Walker	Wythenshawe Park
Walking Workout (Over 50s)	Wednesdays	13:30:00	Emma Walker	Fletcher Moss Park
Keep Fit Fun and Games 4-7	Wednesdays	15.30.00	Juan Carlos Rodriguez	Jollyhurst Village Park
Nordic Walking	Wednesdays	14:00:00	Maion Endt-Jones	Wythenshawe Park
Boot camp	Wednesdays	14:00:00	Juan Carlos Rodriguez	Boggart Hole Clough
Walk 2 Run	Wednesdays	18:00:00	Donna Young	Plant Hill Park
Bootcamp	Thursdays	11:00:00	Juan Carlos Rodriguez	Alexandra Park
Health To Run	Thursdays	19:00:00	Emma Walker	Chorlton Water Park
Tai Chi	Fridays	10:00:00	Janet & Ian	Debdale Park
Tai Chi	Fridays	10:30:00	Janet and Ian	Whitworth Park
Health Walk	Fridays	11:30:00	Juan Carlos Rodriguez	Debdale Park
Family Circuit	Saturdays	09:00:00	Donna Young	Boggart Hole Clough
Health Walk	Saturdays	09:00:00	Lorraine Platt	Boggart Hole Clough
Weekend Workout	Saturdays	10:00:00	Juan Carlos Rodriguez	Alexandra Park
Family Fishing	Saturdays	10:30:00	Julia Mottershead	Boggart Hole Clough
Weekend Workout	Saturdays	11:30:00	Juan Carlos Rodriguez	Wythenshawe Park



There's **All Sorts to Do** in Manchester during the summer holidays. African Drumming, Sports, Arts & Crafts, Nature, Cycling, reading challenges, clog dancing, and more! Look at our **top ten places to go** Check out JNR8, Manley Park, Chorlton Library, Alex Park, Moss Side Powerhouse library, Chorlton Water Park...if you don't have a computer visit your library: it's free to go online!

Soundscape

For the people who have fled North Korea



Will Rogers creates music and sound on guitar

11.00am - 12.00noon

St. Margaret's Church

Rufford Road, Whalley Range

Coffee Morning

Saturday 5th August 2017

From 10.30am
Homemade Cakes for Sale

Free entry



Bike Maintenance Cafe
Bike Hive
Women in the Workshop

Free bike repair drop-in for women

Come along to our drop-in sessions to sort out niggles with your bike.

Qualified and experienced women mechanics will help you sort out your bike.

No booking needed - just bring yourself and your bike

When and where?

Saturday 1st July 1-4 p.m. Donations welcome
Saturday 5th August 1-4 p.m.
Saturday 2nd September 1-4 p.m.

Alexandra Park - Community Room at the cafe in the Pavillion (by the lake).

[BikeHiveMcr](https://www.facebook.com/BikeHiveMcr) [bikehive](https://www.facebook.com/bikehive) thebikehive.co.uk

Nip & Tipple Donation Day

Charity Buffet

Sunday 30th July

From 3pm onwards in aid of
Animal Sanctuary,

Albert Kennedy Trust and Water Aid

<http://www.nipandtipple.com/>

Cabaret for Freedom

A Celebration of the Life and Work of Maya Angelou



In 1960, Maya Angelou organised an event called 'Cabaret for Freedom' in New York to raise funds for the civil rights campaign of Martin Luther King Jr.

St John's Church and Young Identity will be hosting their own Cabaret For Freedom to raise funds for refugees and asylum seekers living in Old Trafford.

Poetry, live music and visual art from Shirley May, SuAndi, Leah Hill, Segun Le-French, Young Identity and Stanley Chow. Special guests and more performers to be announced.

Saturday 14 October 7.30pm
St John's Church, Old Trafford M16 7GX

Tickets £5 www.manchestertheatrefestival.co.uk
Presented in partnership with Black History Month and Manchester Literature Festival
Illustration donated by Stanley Chow (www.stanleychowillustration.com)

SUMMER PLAY SCHEME AT JNR8

Mon 24th July - Fri 11th August
2:30pm - 5:00pm

FUN PLAY LAUGH

JUMP EAT SMILE

RUN HIDE SLIDE

DRAW BAKE HOP

JOY HOP SKIP

Come along and play games and have fun doing what children do best... PLAY!
Join us in indoor and outdoor activities...
Use your imagination...
Meet new friends...
Open Access - Provision for 6-12yrs Only
Refreshments and snacks will be provided

Contact: Alison, JNR8/Whz
82 Cromwell Avenue, Whalley Range, M16 0BG T: 0161 881 3744

Summer Playscheme

WITH YOUTH ON SOLID GROUND

Enjoy a 4 week programme packed with a range of fun activities including:
Join us for: Creative Arts & Craft, Performance Stage, Fun Group Games, Traditional Board Games, Music Gaming, Footy/Skill & Competitions, Try out Tennis, Badminton, Football, Cricket, Dodgeball, Rounders. Develop your skills and keep fit!

MANLEY PARK CENTRE / PARK
York Avenue | Whalley Range | Manchester | M16 0AS

Delivered by qualified Play Workers, Youth Workers and Sports Coaches.

DATES:

- Week 1 - Tues 1st to Thurs 3rd August - 11am-1:30pm
- Week 2 - Tues 8th and Thurs 10th August - 11am-1:30pm
- Weeks 9th YSG Sports Day 11-4:30pm (refreshments included)
- Week 3 - Tues 15th to Thurs 17th August - 11am-1:30pm
- Week 4 - Tues 22nd and Thurs 24th August - 11am-1:30pm
- Weeks 23rd YSG Fun Day with Bouncy Castle 11-4:30pm (refreshments included)

FREE to all young people aged 6-14 years

0161 881 4631 / 0161 862 0955
07555792595
admin@yosg.org.uk
www.yosg.org.uk
@YOSG_UK
/YouthOnSolidGround

All voluntary donations are welcome
*This is an open access Playscheme & places will be given on a first come first served basis!

MANCHESTER CITY COUNCIL

Summer Holidays SPORTS CAMP

For all young people aged 6-14 yrs

Week 1: Tues 1st to Thurs 3rd August - 2.30pm-4.30pm

Week 2: Tues 8th and Thurs 10th August - 2.30pm-4.30pm
Weeks 9th YSG Sports Day 11-4.30pm (refreshments included)

Week 3: Tues 15th to Thurs 17th August - 2.30pm-4.30pm

Week 4: Tues 22nd and Thurs 24th August - 2.30pm-4.30pm
Weeks 23rd YSG Fun Day with Bouncy Castle 11-4.30pm (refreshments included)

Play Sports
Improve your skills
Have fun

Keep Fit
Challenge yourself
Make new friends

Delivered by Qualified Coaches

Manley Park / Centre
York Avenue | Whalley Range | M16 0AS

£1.00 per session

For further information please contact Youth On Solid Ground:
Main Office: 0161 862 0955 Mobile: 07555792595
Email: admin@yosg.org.uk Website: www.yosg.org.uk
Facebook: /YouthOnSolidGround Twitter: @YOSG_UK

manchester jazz festival

28 July - 6 August 2017



Useful Numbers

Councillors

Angeliki Stogia	07901528750
Aftab Razaq	07799560244
Mary Watson	860 5523
Whalley Range 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

Whalley Range Community Forum

The Whalley Range Community

Forum is a representative voluntary organisation for residents of Whalley Range and became a registered charity in December 2016. 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.

www.whalleyrange.org

WRCF Meetings

British Muslim Heritage Centre

7pm Thursday 14th September

7pm Thursday 9th November

E: communityforumwhalleyrange@gmail.com

T: 0161 881 3744 | 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 Cosgrove

PCSO Iain Tuft

<https://twitter.com/GMPChorlton>

Safe4Summer offers young people the opportunity to experience a whole host of fun and exciting activities in their local areas.