

WHALLEY RANGE News and Events

Winter issue 2019



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



On behalf of Whalley Range Community Forum I would like to wish all residents and our 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. We will continue to work hard towards the priorities indicated by the residents at various community events held last year. This year we hope to get even more funding, so we can continue to do as much as possible to support the needs of Whalley Range residents this year.

Bill Williams

Chair of Whalley Range Community Forum



The new date for Celebrate 2019 this year will be **Saturday 15th of June.**

Previously, Celebrate has been held on the May Day Bank Holiday weekend; however, this year the proposed date would have clashed with Ramadan, which begins on May 5th. This year's theme will focus on celebrating the different languages in our shared community of Whalley Range - and we are already in the process of getting things prepared! We hope you will all look forward to joining us to come together and Celebrate our community on

Saturday June 15th, 2019!

Volunteers always welcome: check out the Celebrate Facebook page for updates.

Thank You!



In 2018, Whalley Range Community Forum was nominated for the Co-op's Local Community Fund award. Co-op members have managed to raise an enormous **£7623.06** for us, and in November we were presented with a giant cheque at Chorlton Co-operative. The money raised will go towards keeping our projects and events running for another year, as well as being able to start new projects. Thanks to those who voted for us – we couldn't have done it without you!

Time to Change celebrate their 3rd Birthday!!

Time to Change mental health and wellbeing group has celebrated three years of meeting every Friday at the JNR8 centre. The group is open to anyone who has experience of mental ill health and provides a social space with activities from 6-8 every week. The members of the group prepare, cook and eat a delicious vegetarian meal together. In addition, we have been on trips out to the theatre, helped at Celebrate, run the Big Bike Revival bike repair sessions, and played music, and sung. If you would like to come along, please contact Carol on 07788855544



New Neighbourhood Working

Whalley Range is now one of 12 new neighbourhood areas across the city. Since April 2018 we have been linked with Chorlton and Fallowfield, as part of the work of the Manchester Local Care Organisation (LCO). The LCO is a pioneering new type of public sector organisation that is bringing together NHS community health and mental health services, primary care and social care services in Manchester, with the aim of improving the health of local people in the city, working as one team across traditional organisational boundaries. The Forum has been keen to help our neighbourhood work as well as possible, and to make sure that people from the many community and voluntary groups in our area are involved. We have established a working group with representatives from many different sectors. The Forum applied for a Spirit of Manchester small grant and was able to use the funds to plan and run a cross neighbourhood event in November. As a result of this, people found out more about services/groups, and several action groups have come about to take neighbourhood working further. We will be writing this up so that people who did not attend can find out what took place and get involved. The neighbourhood lead Dr Tim Greenaway, from the Alexandra Practice, has been enthusiastic about the work being carried out and the potential for working with a range of partners across the neighbourhood, e.g. Housing Association representatives. The aim of much of the new approach is to encourage people to be more involved in their health and wellbeing, and to be less isolated. Another new strategy is 'Social prescribing' where GPs will encourage people to be more involved in their local communities. Social prescribing involves empowering individuals to improve their health and wellbeing and social welfare by connecting them to non-medical and community support services. It is an innovative and growing movement, with the potential to reduce the financial burden on the NHS and particularly on primary care (The Social Prescribing Network). We will have more about how this is working in our area in the next News and Events.

Age Friendly Whalley Range & Chorlton News

In December we held two Festive Feasts at Trafalgar Court and JNR8 which were open to local older residents. We provided a free hot meal with transport for those who needed it. The two events were a great success, with delicious catering from by Good Mood Food, crackers, party games, festive music, and lots of fun!

Thanks to all the volunteers who helped out! 😊

Upcoming Tea & Talk Events 2 - 4pm at JNR8.

Free talks on nutrition, health & wellbeing from local specialists. Call Chris on 01618813744 or email us: agefriendlywhalleyrange@gmail.com to book your place.

Limited transport costs available: call Chris to discuss

TALK TOPICS

January 17

Different diets - pros and cons

February 21

Nutrition and lifestyle for brain health and reducing dementia risk

March 14

Gut health

Buzz Community Award

Whalley Range Community Forum and Age Friendly Whalley Range have been awarded a Buzz Community Champion Awards in recognition of our hard work, determination, and dedication to support the health and wellbeing of our local community. We're delighted to receive the awards: thanks Buzz!



Imagine if...Chorlton and Whalley Range are great places to be for people living with dementia.

We are holding two free events to bring together people who live or work locally to create a vision of a dementia friendly Chorlton and Whalley Range, to look at ways to work together to ensure that people continue to be active members of our Communities for as long a time as they want to be - and how we can make it easier for the people who support their relatives, friends and neighbours.

Choose Tuesday Feb 26th 7-9pm @ Chorlton Central Church or Thursday Feb 28th 2-4pm @ JNR8.

All are welcome; refreshments will be provided, and limited transport costs are available for people with mobility problems. Sign up to either online at eventbrite: <https://bit.ly/2QAo4rG> or <https://bit.ly/2slBC0s> or phone and leave a message for Chris - with your event choice, name and email address if you have one on 0161 881 3744. Everyone who works or lives in Chorlton and Whalley range or who makes decisions that affect the areas has a role to play and we need to work together.

Chorlton and Whalley Range Dementia Action Group.



Be Well is here to help you with all the things that stop you feeling your best. We help you to look at everything affecting your wellbeing – from employment and housing to mental health and money issues.

It's for anyone who lives in South or Central Manchester, or whose GP surgery is based there. You'll come to us if you speak to your GP and think that you could be helped by ongoing support in the community.

You'll then have regular one-to-one sessions with your coach – either face-to-face or over the phone. They will talk through any changes in your life you would like to make; and ways to keep you motivated along your journey.

Our coaches are based all over Manchester in different places, including the JNR8 Youth and Community Centre every Thursday morning.

If it sounds like Be Well is the service for you, then speak to your GP practice or you can contact Kate Jolley on 07702883485 or James Sweeney on 07964364566.

New Climate Change Action Group Starting in Whalley Range

Are you as worried about climate change as we are? The existential threat we are facing due to climate change is so huge, it is easy to despair and do nothing. Yet small steps repeated over and over by many individuals can make a difference.

We are two like-minded concerned residents of Whalley Range who want to start a local climate change action group. We want to help others be clear about the facts on climate change, what it means for their own lives and those younger than themselves, how to reduce their own ecological footprint and campaign for systemic change.

We are hoping to build a supportive group that meets locally to share ideas and strategies. Everybody is welcome to join no matter their current level of knowledge. Everybody is invited to contribute their own skills and energy to create a self-sustaining, active learning group.

If you are interested, please contact Gudrun on gstintin@gmail.com.

We will publish more details soon via the Whalley Rangers Facebook Group.

Former Spire Hospital in Whalley Range Confirmed as Manchester's new LGBT Care Scheme



Manchester City Council recently announced the location for the UK's first LGBT retirement home will be the former Spire hospital on Russell Road in Whalley Range. The news follows a consultation with Whalley Range residents, and planning permission for demolition of the former hospital has now been submitted.

Manchester City Council states: 'Manchester has for many years been a champion of LGBT rights and has a proud history of pioneering support for the community. Whalley Range was chosen due to its vibrant and diverse community, with good local amenities. Bringing an Extra Care facility to the site will attract a stable group of new residents who will add to and benefit the community, while the development will look to enhance the neighbourhood without impacting on the area's conservation status.

The key site is in the heart of the Whalley Range community in South Manchester will include around 77 Extra Care properties – half for affordable rent and half for outright sale – and although designed to support the care needs of older LGBT people, the scheme will be open to anyone aged 55 and over.'

Designed to tackle the problems of loneliness and isolation older LGBT people face, as well as providing a safe, welcoming space without fear of discrimination, the scheme has been welcomed by councillors and residents alike.

Construction for the scheme will be due to start next year following suitable planning permissions.

GENERATE OUR KITCHEN



After a few delays, our exciting JNR8 community kitchen renovation project is about to begin! An article documenting our progress will feature in the next Newsletter and on our website www.whalleyrange.org

Term Time Classes & Activities @ JNR8

Mondays

10-12:30 Talk English

Male/Female Residents with low-level English

1:30-2:30 Tai Chi

Local residents, all ages + abilities: £1 donation

Tuesdays

10-11am Women's ESOL

(female teachers)

Low-level English skills

11-12pm Hatha Yoga for Women

(female instructor) all ages + abilities: £3

Wednesdays

Keep Fit for Women only 10-11am

(female instructor) £2

Conversation & Crafts 11:30 – 1:30pm

Over 50's crafts and wellbeing

Age-friendly Afternoon Tea 2-3pm

Local older residents, chat, planning trips...& cake ☺

Thursdays

Learn your ABC...Access to Basic Computing- 10-1pm

Basic Computer classes: email, word processing, internet safety and lots more

Fridays

Time to Change 6-8pm

Whalley Range Mental

Wellbeing volunteer-led self-

help group Pool, music, art,

bike repairs and cook and eat a

meal together

(Call Carol on 07788855544 for more details)

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

Foodbank vouchers referral for residents in crisis JNR8 12-1pm

Use at St Edmunds Foodbank, Alexandra Rd Weds 1-3pm Wesley Centre, Sat 11-1pm

Hate Crime 3rd Party Reporting –

support to report hate crime online:

Visit JNR8/phone Chris on 01618813744

or report to MCC (free) **08000 830007**

www.whalleyrange.org/third-party-hate-crime-reporting-centres/

New Dyslexia Support Sessions at JNR8

JNR8 will be hosting Dyslexia support sessions in February and March with referrals to Advantage Dyslexia from Alexandra Park/local job centres. Advantage Dyslexia have worked successfully over the past 2 years in Wythenshawe supporting people with Dyslexia to move towards training and employment. They are now expanding the service to South Manchester. To be referred please speak to your local job centre adviser.



Whalley Range Youth Opportunities Association

Charity No. 51266

WRYOA is a charity organisation in Whalley Range, to help and educate young people through their leisure time activities so to develop their physical, mental and social capacities, that they may grow to full maturity as individuals and members of society and that their conditions of life may be improved. We take a holistic approach to promoting health and wellbeing, one that takes account of the stage of growth, development and maturity of each individual, and the social and community context.

We are looking for enthusiastic volunteers to join our management committee and help guide the organisation and broaden the experience and skills the board brings to the organisation and continue to drive the further development of our good work.

We meet quarterly in a fully accessible room at our base in Whalley Range.

Ideally you will have some experience in the field we work in, or voluntary sector experience, or other relevant experience.

If you would like to apply or would like to find out more information please contact Alison Chisholm on 0161 881 3744, or email alison@wryoa.org



Useful Numbers

Councillors

Angeliki Stogia	07901528750
Aftab Razaq	07799560244
Mary Watson	860 5523
WRC Forum	881 3744
Whiz projects	881 3744
Celebrate Festival	881 3744

Police

Emergencies	999
Non-emergencies	101 (15p per call)
Crimestoppers	0800 555 111

Neighbourhood Services	234 1590
Manchester City Council	234 5000

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 2019

March 14th, May 9th, July 11th, September 12th, November 14th
Venues to be confirmed

E: communityforumwhalleyrange@gmail.com

Tel: 0161 881 3744

JNR8, 82 Cromwell Ave

WRCF on Twitter

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

Whalley Range Policing Team:

Sergeant Jim Adams

Neighbourhood Beat Officer

Danielle Harvey

PCSO Nikki Monchuk

PCSO Ahmed Farooqi