

Whalley Range Community Forum

Annual Report 2022



Music and Cookery at JNR8 2022

Registered Charity Number: 1171658 | Website: <https://whalleyrange.org>

Email: communityforumwhalleyrange@gmail.com | agefriendlywhalleyrange@gmail.com

Telephone: 0161 881 3744

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

CHAIRMAN'S REPORT [2022-2023]

Resumption of normal activities at the centre was difficult because of the impact of Covid-19 virus.

All our meetings were held via ZOOM.

Manchester City Council, Manchester Local Care Organisation and Buzz - [one of our partner organisations] - provided funding for the purchase of essential materials to be distributed to our residents including those living in secured accommodation.

Celebrate festival was well attended and enjoyed by the residents. Christmas dinner party was held at Trafalgar Court.

The Whalley Range Map has been completed and is ready for circulation, either as a link to print or hard copies are available from JNR8.

The impact of the rising cost of living crisis had to be minimised by setting up a Warm Hub at the centre for our residents for them to socialise in a warm environment for few hours on Fridays. Refreshments were provided and residents were offered free essentials including clothes, hot water bottles etc.

Our Forum worker had to cope with the high demand for Food Vouchers which our residents need to have, in order to collect food from the Food bank.

I must express my sincere gratitude to our Forum worker and Admin support worker for handling all the crises very well.

We are grateful to Manchester City Council for supporting the Forum morally and financially.

I wish to express my gratitude to all our officers, Buzz, police, and various organisations.

Thanks,

BILL WILLIAMS

[CHAIR]

Whalley Range Community Forum and Manley Park Methodist Church welcome you to the

JNR8 Warm Hub
at JNR8 Youth & Community Centre,
82 Cromwell Avenue, Whalley Range M16 0BG
(Back of Manley Park Church)
Starting on Friday 11th November 2022
Fridays from 10:00 am – 1:00 pm - call 0161 881 3744
for more information

advice connection warm hub together

To save a little on your energy bills this winter why not visit us for refreshments, coffee/tea and toast (maybe soup), useful local and energy saving advice, company - and a warm welcome!

Lots of venues in the local area are working together to make sure we can support each other during this crisis.

Come along for a cuppa and a game of table tennis or table football, have some quiet time with a book, or the newspaper, come with a friend or on your own and make new friends!

Charging point for your phone tablet or laptop, free Wifi

Advice and information sessions, (see noticeboard for details) foodbank referral, music, skill share board, warm clothes rail, Help yourself table and much more!

Worried about increasing costs?
Partners across Whalley Range are here to help

JNR8 Youth & Community Centre, 82 Cromwell Avenue, Whalley Range M16 0BG
Warm Hub Fridays 10:00am-1:00pm: from Whalley Range Community Forum, Age-friendly Whalley Range & Manley Park Methodist Church. Free refreshments/soup

- Free WiFi and phone/tablet/laptop charging
- Information and signposting, hate crime reporting
- Essentials packs, health & wellbeing sessions
- Digital support/referral, foodbank voucher issue, warm clothes rail, skill share
- Classes and activities to improve mental and physical health, table tennis, football

E: communityforumwhalleyrange@gmail.com
Phone 0161 881 3744
Web: <https://whalleyrange.org>
Facebook page: Whalley Range Community Forum | Twitter: @WhalleyRangeorg

Visit Manchester City Council for help with the cost of living crisis:
<https://manchestersouthcentral.foodbank.org.uk/get-help/>
JNR8 is a voucher referrer: Call 0161 881 3744

Food and Support

- Whalley Range Food Club (Food on Our Doorstep Family Action initiative) at Sure start Children's Centre, Burford Road M16 8HE Fridays 1-3pm. £1 per year to join, then buy £15 of food each week for £3.50. More details: 0161 245 7007.
- The Bread & Butter Thing: shopping bags £7.50 for a family/£4 for individual - at least £35 worth of food - Compassion Foodbank, 300 Moss Lane East M14 4LB - Thursdays 2:30-3:00pm + advice and support. Text 07860 063304 with full name, postcode, and name of hub you will collect from. Locations: <https://www.breadandbutterthing.org/members>
- Mad Dogs Homeless project: support to the homeless, especially rough sleepers. Volunteer cooks always appreciated. Call 07591 571555
- Barakah Food Aid: set up to help those in need of food in our local communities. Call 07506 527523 Volunteers and donations always needed and welcomed.
- Tibetan Kitchen: free meal for people in need, based at 254 Upper Chorlton Road.
- Feed My City Emergency food charity food van and parcels. Call 0300 3653101.

tibetan kitchen
authentic tibetan food

foodbank

In order to get a food parcel you will need to be referred

For further information call 0161 224 3413

<https://manchestersouthcentral.foodbank.org.uk/get-help/>
JNR8 is a voucher referrer: Call 0161 881 3744

MSV's Warm Heart campaign provides a range of support for anyone needing a helping hand throughout winter, from accessing food support to financial advice. Employment and Skills: Breaking down the barriers to employment with one-to-one support, career guidance and training. Money Management Advice and support: relating to money management, benefits, and universal credit. Energy Advice and Fuel Voucher Assistance: Our dedicated Energy Advisor offers free advice to help save money on your energy bills and improve your energy efficiency. Come along to one of our Warm Place venues throughout winter (visit the website). MSV's Kindness Fund is open to support any groups delivering projects related to supporting the community over winter. For more information, please email involvement@msvhousing.co.uk or visit www.msvhousing.co.uk

Housing and homelessness support

- Shelter Free monthly housing, welfare, benefits & debt advice at Whalley Range Sure start Centre, Burford Road M16 8HE. By appointment: call 0161 245 7007.
- South & Central Manchester Tenants Union: landlord issues, urgent repairs, eviction south.mcr@tenantsunion.org.uk
- Reach Out to the Community: Homelessness & food poverty support: 07516161655
- Mad Dogs Homeless Project: Community-led secular initiative, food clothes and signposting for the homeless of Manchester: 07591571555
- Warm Hubs: have toast and a brew, a biscuit, maybe some soup, play board games, table tennis, read a book, meet people, get advice and support, keep warm - save energy!

advice connection warm hub together

Citizens Advice is supporting more vulnerable residents to sign up to Electricity North West's Priority Services Register (PSR) for additional support with customers' power supply if they meet the criteria. Contact AdviceLine (England): 0800 144 8848 between 9am to 5pm, Monday to Friday. Don't miss out!

Look out for Whalley Range Climate Action Group's leaflet on keeping warm, saving energy, and getting financial help for insulation and heating bills...the info will also be on their Whalley Range Community Forum website page at: <https://tinyurl.com/dhwe58k>

Are you entitled to Pension Credit?
Even if you only qualify for a small amount it can potentially unlock lots of other benefits - such as free dental care, help with cost of glasses, certain housing costs and extra amounts if you have other responsibilities and costs. Contact Citizens Advice: 08002787800
<https://citizensadvice.org.uk>
And visit the government website: <https://www.gov.uk/pension-credit>

Manchester Local Care Organisation
Local Care Organisation, 254 Upper Chorlton Road, M14 4LB
0161 275 1234

msv
Manchester South Valley Housing Association
254 Upper Chorlton Road, M14 4LB
0161 275 1234



Report from Whalley Range Community Forum Development Worker

This Report is from the period of March 2022 – March 2023

Addressing the Cost of living crisis: Funding and support

It has been a difficult year: during the pandemic most funding streams were focused on Covid support – and we successfully applied for a number of grants from Forever Manchester, We Love Manchester, MCC and NHS grants - to assist people who struggled financially - and wellbeing packs to support the effect of the pandemic on mental health. As we progressed into 2022 some of the funding opportunities reopened for general activities – but then the cost of living crisis meant we had to re-evaluate our priorities.

In 2022 we held a meeting at JNR8 between the Forum, MCC Neighbourhood officers and Manchester Local Care Organisation Neighbourhood Health Worker to discuss the impact of the cost of living crisis and how we could support our residents. As we are already registered as a foodbank voucher issuing partner with Manchester South Foodbank, we wanted to provide residents with wider support, and discussed production of a cost of living leaflet to deliver door to door to 6500 households in Whalley Range. We used a local delivery company and the Whalley Range Climate Action Group produced a leaflet about saving on energy costs – which was delivered alongside our leaflet to 6500 across Whalley Range.

MCC organised a Cost of Living Roadshow at JNR8 - with stalls, e.g, Citizens Advice, housing, benefits and welfare support – and Covid/Flu jabs from the local pharmacy. Local organisations hosted stalls too – including the Whalley Range Climate Action Group, South and Central Manchester Tenants Union, Walk Ride Whalley Range – and of course noticeboards and information from Whalley Range Community Forum.

Refreshments were provided with Soup and a roll, and hot and cold drinks.

In November 2022, to address the impact of the cost of living crisis we launched our 'Warm Hub' in partnership with the church, opening the centre on Fridays from 10am -1pm. As well as saving on heating costs, the weekly Warm Hub is a chance to have a chat, keep warm over tea and toast and collect a bag of toiletries and essentials.



Funding

In 2022 the WRCF reapplied for our 3-year core funding from MCC Our Manchester Voluntary and Community Sector funding. Although we were unsuccessful in the OMVCS bid we were offered a grant for 2 years From the funders: “ The OMVCS process has highlighted that supporting community infrastructure across the city, particularly in the context of the current cost of living crisis, is a strategic priority. In response, the Supporting Communities Fund (SCF) has been developed. The SCF is a direct award scheme and your organisation has been identified as being eligible.”

Obviously this is such a relief: the application has been submitted and we await the next steps.

Age-friendly Whalley Range & Chorlton

During the past year, it's been a mixture of supporting each other, coping with the effects of the pandemic on our mental health, dealing with the loss of loved ones and the after-effects of Covid - followed by the Cost-of-Living crisis. A lot to deal with - so, throughout 2022 and into the first months of 2023, we focused on keeping ourselves and others protected and supported – and restarted all of our activities, to bring people together again. Our Chair Exercise, Tai Chi/Qigong, Afternoon Tea and music group continue to grow in popularity, most of our JNR8 visitors attend more than one class:

"I don't know what I would have done without my JNR8 friends".

The Age-friendly Whalley Range & Chorlton Steering group continued to meet and plan each month – and in July we revised and updated our constitution – reflecting on the focus and priorities of the group, renaming the steering group the Age-friendly Whalley Range & Chorlton Network.

Forum Meetings

The Forum continued to meet bimonthly throughout 2022, via Zoom - with representatives of Whalley Range community groups, councillors, and trustees, to discuss local issues and hear reports and updates from groups, and at our AGM we reviewed and updated our Development Plan:

Forum Events

We started planning our first main event – a partnership with Chorlton Good Neighbours – in March 2022. The event was focused on older people and health: Spring into Action – and the first Celebrate festival day in Manley Park on June. We themed our Warm Hub sessions too – e.g. essential packs and information displays on International Mens Day, Carols at Christmas with the Church, Citizens Advice Energy Champion advice, Police surgery, Scam awareness and Lets Talk Clean Air workshop...more to come!

Groups and Activities at JNR8

A Forum priority is to support the health and wellbeing of our residents by offering a range of physical and mental health projects, events and activities. During 2022 our programme included more Boost Resilience sessions: 5-week courses to improve mental health and self-esteem for people who were finding it difficult to engage with their community again after long periods of isolation and shielding. People self-referred to the course and 2 GP practice Focus Care Practitioners referred patients – who have benefited greatly: The courses were well attended by a diverse range of people - who are all invited to meet up monthly when the 5-week course is completed, to keep connected.

What's on at JNR8? (pronounced 'generate')					
Term time classes and activities from Whalley Range Community Forum Age-friendly Whalley Range					
JNR8 Youth & Community Centre, 82 Cromwell Avenue, Whalley Range M16 0BG (Back of Manley Park Church)					
Monday:	More cooking classes and Bread Making coming soon!!	Admin & Office 0161 881 3744	What would you like to see here??	Get in touch if you have any ideas.	Men's Fitness? Creative Writing? Benefits advice?
Tuesday:	10-12 Women's ESOL (female teacher) Women with low-level English skills	1-2pm 5-week Boost Resilience Course! Call 0161 881 3744 to book onto the next course	12-2 JNR8 Music Group for over 50's – learn to play an instrument and have fun!	2-15-3pm Chair-based Exercise Fitness for people with low mobility	(10-12 Monthly Positive Living Group Call Chris on 0161 881 3744 to find out more)
Wednesday:	10-11am Keep Fit for Women (female instructor) Make friends and get fitter!	11:30 – 1:00pm Conversation & Crafts Over 50's crafts and wellbeing BACK SOON	2-3pm Age-friendly Afternoon Tea over 50's, refreshments, chat/ plan trips		
Thursday:	10-1pm Computers for Beginners BACK SOON	12-1:30pm Conversation Spanish contact ladacm@yahoo.co.uk (currently a waiting list)	1:30-2:30pm Beginners Tai Chi & Qigong for mental and physical health		
Friday:	10am-1pm Warm Hub, tea, coffee, toast, warmth, advice, signposting and support. Warm clothes rail, Help Yourself/freebies table	5-7pm Time to Change Whalley Range Mental Wellbeing volunteer-led self-help group Call Carol on 0778885544 for info.	Time to Change will meet during winter from 5-7 – then back to 6-8pm during lighter nights...		
<ul style="list-style-type: none">Whalley Range Community Forum Advice/signposting for residentsFoodbank voucher referral contact Chris on 0161 881 3744 for detailsHate Crime 3rd Party Reporting We can support you to report hate crime/incidents online. Call 0161 881 3744FREE CITY COUNCIL HATE CRIME REPORTING 08000 830007Whalley Range Community Forum Residents Meetings. Bi-monthly 2nd Thursday of the monthAge-friendly Whalley Range & Chorlton Steering Group monthly meetings Call 0161 881 3744 for meeting dates					



Feedback from one of our participants: *"I was isolated and depressed, I was referred to JNR8 and very anxious but, I have found JNR8 to be warm, welcoming and supportive and it has helped me with my confidence and depression. I've gone from attending once a week to 3 times a week, I don't know where I would be without it. Thank you JNR8."*

New groups coming Soon: Cookery, Leg Club, Computer classes, Arts & Craft for wellbeing – and the Celebrate festival!



Health and Wellbeing activities

As a result of the growing emphasis on mental health, wellbeing and reducing social isolation, we have continued to support and develop health and wellbeing activities through the Forum.

The Forum is continuing to support the Time to Change mental health group, which continues to meet weekly at JNR8, providing volunteer led social activities, music, games, Tai Chi, bike repairs, and the preparing, cooking and eating of a vegetarian meal..

The Forum has also been working with the Primary Care Partnership Neighbourhood team, supporting local activities to tackle diabetes and encourage healthy eating (through the Real Food, Real Health, and Eat Well, Get Well Projects).

The Forum has been instrumental in the development of the new ward map which, for this third edition has an emphasis on health, wellbeing, and climate change.

Forum representatives have been active in the W/R Walk Ride group, encouraging people to reduce car use, school streets, encourage cycling and walking.

We work with the WR Climate Action Group hosting their monthly meetings, and contributing to their activities, particularly the Clean Air project, which has worked with groups across the ward to identify contributors to air pollution and actions that can be taken to reduce these and so improve health.

The Celebrate festival day, returned to Manley Park on June 11th with a theme of Celebrate Connections, and a day of workshops, information, music, bike repairs and general fun, preceded by workshops in schools and community venues and bringing many in our community together for the first time since the pandemic.



Celebrate 2022: Celebrate Life

Celebrate was a great success: it was apparent that people really wanted to come together and meet up face-to-face again after the lockdowns and restrictions of the Covid Pandemic.

See the link to the Report below from Celebrate Coordinator Lotte Karlsen or you can request a hard copy by contacting the Forum office on 0161 881 3744

[CELEBRATE FESTIVAL REPORT 2022 \(1\)](#)

The Whalley Range Community Forum ran the popular age-friendly and health and wellbeing marquee again at Celebrate this year in June 2022

The combination of information boards, promoting local news and activities, leaflets and giveaways – e.g., canvas bags, resistance bands and exercise leaflets, light timers for security - were well visited and people took a lot of information away with them.

Information stalls and service providers included:

- Together Dementia Support and the Chorlton and Whalley Range Dementia Action Group
- Local pharmacy blood pressure and inhaler checks - 3 people were advised to seek treatment for high blood pressure and results sent directly to their GP.
- Buzz wellbeing service hosted an information and advice stall with a draft preview of the new Whalley Range map for feedback. The 3rd edition has a focus on mental and physical wellbeing and the environment. There will also be an online brochure with more in-depth information about local groups and services.
- Eat Well, Get Well CIC/Public health collaboration charity shared sugar infographics and general information about eating a real whole food diet. They shared how this lifestyle has been shown to help with weight loss and in putting Diabetes (type 2) into remission.
- Chair exercise taster session for people with reduced mobility, and some Tai Chi combined with laughter Yoga!

We were happy to have our regular age-friendly photographer - Anthony Morris – as always capturing the atmosphere of the festival with his fantastic Celebrate photographs.

As a result of the information displayed in the marquee, the interactive sessions and engagement with people from the community we welcomed some new participants to our JNR8 sessions.

Contact agefriendlywhalleyrange@gmail.com to find out about our activities for older people and the Age-friendly Whalley Range and Chorlton network.

<https://www.facebook.com/CelebrateFestivalWhalleyRange>





Regular and new grants applied for and used to run projects over the past year:

The Forum supports community groups who are not yet established to apply for funding which is held in the Forum bank account, and we are grateful to our Treasurer for his support.

Grants held for other local community groups and projects during the year include:

- Ashville Community Champions winter events,
- Whalley Range Women's Group trips and room hire for St Margaret's Centre,
- OPeNS projects,
- partnership between MCC, Walk Ride Whalley Range, Let's Talk Clean Air,
- Neighbour's groups – alley greening
- Carlton Club gardening group

OPeNS (Older People's Neighbourhood Support Fund)

<https://tinyurl.com/y43ofuzq> Whalley Range, Chorlton and Fallowfield Partnership project

- **Alexandra Park Heritage Group:** “The OPeNS money has really helped us, as a heritage group, to stay focused during this difficult covid period. We have made useful contacts with park users both in the Afro Caribbean Care group and Together Dementia and with many park users who shared their stories of Carnival.”
- **JNR8 Food & Nutrition projects:** The OPeNS funding for Food and Nutrition projects for the first year was allocated to Real Food Community Whalley Range who ran a diabetes support group. The year 2 (and 6-month extension) funding has enabled us to use our community kitchen to run cookery classes – focused on the rising cost of living and looking at 5 ways to cook efficiently using low energy. The cooks used a slow cooker, a microwave, an air fryer, a pressure cooker – and attended a session on preserving. Bread baking is next!
- **Asian Elders Mens Group:** The Men's Group were also isolated and unable to meet during the pandemic – but we organised hot food during Ramadan to break the fast – and welfare/wellbeing packs for the men - to keep connected. They found their original meeting place was unavailable – but with the OPeNS funding to pay for rent and refreshments the men have increased their meetings to twice a week at a local Mosque.
- **JNR8 Over 50's Music Group:** In April, the Over 50's JNR8 Music Group was launched. Some of the members were from a project called Brunswick Mill Music Group in Ancoats – which was an Ambition for Ageing/buzz project. Jane Goetzee who has been involved in many projects with us over the years and was working with the Royal Exchange Elders - had some funding to buy musical equipment. The mill was closed during the pandemic and then the building was put up for sale – so we offered to host the group at JNR8 - and it was agreed with buzz and the Elders that we transfer the instruments to our building. Since then, the group has attracted mostly older Whalley Range people – but also the original group and new members from various parts of Manchester. We were awarded a small buzz grant to start up the group – then repurposed some OPeNS funding to continue. The JNR8 Music group goes from strength to strength – and will hopefully perform at the Celebrate Festival in June!
- **Teach Me I.T computer classes:** Geoff kept the groups and other older people from the community connected at the start of the pandemic – producing simple guides to Zoom, WhatsApp and Skype. The skills gained by the group were put into practice, enabling them to keep in touch with family and friends via email and live chat. Geoff also updated our computer leaflet for our wellbeing/wellness pack. Recovering from surgery, Geoff hopes to be back soon to produce a new copy of the I.T group newsletter 'Young at Heart'.



WHALLEY RANGE COMMUNITY FORUM

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**STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED
31ST MARCH 2022**

	Further Details	Unrestricted Funds £	Restricted Funds £	Total Funds Year Ended 31st March 2022 £	Total Funds Year Ended 31st March 2021 £
Income from:					
Donations and legacies	(3)	2,903	-	2,903	-
Charitable Activities	(4)	-	73,027	73,027	79,860
Other		428	-	428	568
Total		3,331	73,027	76,358	80,428
Expenditure on:					
Charitable Activities	(5)	3,458	65,872	69,330	57,503
Total		3,458	65,872	69,330	57,503
Net income/(expenditure)		(127)	7,155	7,028	22,925
Transfers between funds	(14)	-	-	-	-
Net movement in funds		(127)	7,155	7,028	22,925
Reconciliation of funds					
Total funds brought forward	(14)	20,445	36,825	57,270	34,345
Total funds carried forward	(14)	20,318	43,980	64,298	57,270

The statement of financial activities includes all gains and losses in the year. All incoming resources and resources expended derive from continuing activities.

The notes on pages 9 to 16 form part of these accounts.

Whalley Range Community Forum Accounts Extract Year End 31/3/2022

To view accounts in full visit WRCF on the Charity Commission website:

<https://register-of-charities.charitycommission.gov.uk/charity-search/-/charity-details/5085926/accounts-and-annual-returns>

Objectives and Activities

The purposes of the Charity are to support the people who work and live in Whalley Range and local businesses. The main activities are in areas of teaching English, keep fit classes for women, assisting unemployed, annual Celebrate Festival, cookery cases, computer literacy classes, aged residents support, local area improvement, lobbying council, assisting in grant applications, fund holding for grants where applicants are ineligible, local newsletter and miscellaneous projects.

The trustees confirm that they have referred to the Charity Commission's guidance on public benefit when reviewing the Charity's aims and objectives in planning future activities and setting the policies for the year.

The Charity furthers its charitable purposes for the public benefit through the activities detailed above.

A review of our achievements and performance: How our activities delivered public benefit

Following on from the restrictions and issues caused by the pandemic during the previous year, our priority has been on building back our communities.

We focused on providing information, increasing attendance at community activities safely, supporting other community groups and strengthening our partnerships. We addressed some of the mental health effects of the pandemic in terms of isolation by organising confidence building and resilience courses and face to face work and events. There was an increase in requests from residents who wanted support to address their neglected health concerns and housing/benefits issues including reorganising cancelled hospital and GP appointments and benefit claims. Grants to build resilience and rebuild our communities allowed us to provide wellbeing packs and resources and to organise small events building up to our annual community festival, to encourage people living in our community to re-engage with others, and to feel confident enough to leave their homes and meet up socially.

Financial Review

Following the end of restrictions related to Covid we used funds carried forward to present the annual Celebrate Festival in Whalley Range after last year's cancellation. This represents a welcome return to some form of normality. Funds generally were reverted to original use following the agreed repurposing during Covid restrictions and face to face activities restarted. Despite the difficult situation created for charity funding WRCF successfully bid for sufficient new grants to continue activities. Particular appreciation goes to Manchester City Council who provided a large part of our funding in the period despite all the pressures on their finances.

Reserves policy and going concern

The balance held in unrestricted reserves at 31st March 2022 was £20,318 (2021: £20,445) all of which (2021: £20,273) are free reserves, after allowing for funds tied up in tangible fixed assets. The trustees aim to maintain free reserves in unrestricted funds at a level which equates to approximately six months of unrestricted charitable expenditure. The trustees consider that this level will provide sufficient funds to respond to applications for grants and ensure that support and governance are covered.

Welcome to the third edition of the Whalley Range Community Forum Map - with an emphasis on physical and mental health and wellbeing and climate change.

Welcome to the third edition of the Whalley Range Community Forum Map - with an emphasis on physical and mental health and wellbeing and climate change.



This map was produced by the Whalley Range Community Forum at JNRB and has been part-funded by buzz Manchester Wellbeing Service

This map has been partly funded by Buzz Manchester Health & Wellbeing Service. Communities are at the heart of everything Buzz does, working to help individuals and families live fuller, healthier, happier and longer lives. Buzz are part of Greater Manchester Mental Health NHS Foundation Trust. Find out more about them at <http://buzzmanchester.co.uk> 0161 271 0000.

Be Well
More than just working with people to improve their physical or mental health, we help people look at everything affecting their wellbeing – from employment and housing to family and money issues. 0161 470 7120

About the groups based at JHFA (generate 1 team & Community Centre)

Whalley Range Community Forum (WRCF) runs daytime activities for adults: ESOL to learn English, mental and physical wellbeing and social activities, music groups, health courses and support groups.

Whaley Range Opportunities Association/WROZ provides positive yr activities in the evenings, including Thai boxing, healthy eating projects, the Duke of Edinburgh's award scheme.

Age-friendly Whalley Range hold monthly steering group meetings to discuss issues that affect older people, to share news and information and to plan activities.

The Whistley Range Climate Action Group and Charlton & Whistley R. Dementia Action Group meet monthly at JAGS.

Community on Solid Ground Saturday youth club at JHRB by arrangement with the church.

The annual Celebrate Festival held its 25th anniversary in 2022, bringing community groups, schools, businesses, service providers, musicians, performers and artists together to showcase their work. Celebrate demonstrates the diversity of Whitley Range people of all ages, cultures and faiths get involved.

The vision is to be a 'centre of excellence for learning and development fostering good relations between different faith groups and diverse communities without a faith'. BMHC also tackles health inequalities a gay woman's health, diabetes, mental health and long-term conditions - and provides safe accommodation for vulnerable individuals.

Whitley Range Climate Action Group (WRACAG)
Think Globally. Act Locally! For a thriving, climate-safe Whitley Range, local people and organisations working in groups to make changes in area, campaigning for the Government and the council to take the action needed to address the climate emergency.

Whitley Rangers
Working together to make living here even better – through community clean-ups, urban gardening and promoting a cleaner and greener Whitley Range.

Washburn Whalley Range
A group of local residents who want to make it easier and safer to get a Whalley Range without a car. Do you have ideas for your street or area?

HW 111
Greater Manchester Police 101 (call 999 in an emergency)
Samaritans 116 123
Manchester Community response 0800 123 41 23
CALM 0800 54 58 58
And Secret 0141 228 1231
Mental health crisis line 0800 013 3252 (freephone)
CASH Caribbean and African Health Network 0755 3556391
Social Services 0161 234 5061
Homelessness 0161 234 5061
Hate Crime 0800 055 0097/LANES is a hate crime reporting centre
Manchester HSD 0161 749 3732
Merakus Find Out Crime 0161 224 3433
Manchester HSD 0161 224 3433
Manchester HSD 0161 224 3433

2008 Youth & Community Centre
01 881 3764

Whiskey Range Community Forum
01 881 3764
whiskeyrange.org

Whiskey Range Youth Opportunities Association Wha Project
01 881 3764
whoy.org

Celebrate
01 881 3764

Community on Solid Ground
CSG are based in Whiskey Park and their premises include a community sports hall and gym.
01 881 3764
www.solidground.org.uk

High Wycombe League Climate Action Group
07932 496 258
Facebook: High Wycombe League Climate Action Group
www.facebook.com/groups/WhiskeyRangeSolidGroundSupport/

Friends of Alexander Park
07 725 762 1237
http://www.facebook.com/foalexpark

Friends of Tipton Kitchen
07971 896 142
foatiptonkitchen.co.uk

2nd Walsley Primary School
07162 208 018
2nd.walsley@walsley.sch.uk

Walsley Park Racecourse, Brownies and Guides
01814 261 265
www.walsley.org.uk

2777th Walsley (2nd Whiskey Range) Scouts Group
walsley2@2ndwalsley.org.uk

Whiskey Rangers
www.whiskeyrangers.co.uk

Alexandra Range Whitwood Practice
0161 226 3200
<https://whitwood.viahealth.co.uk>
Alexandra Range
0161 226 3200
<https://www.alexandraandwhitwood.co.uk>
Antiviral Surgery
0161 881 4275
<https://www.antiviral-surgery.manchesterhse.nhs.uk>
Range Medical Centre
0161 270 8900
<https://www.therangemedicalcentre.co.uk>
Range Pharmacy
0161 226 3723
Elkita Pharmacy
0161 866 1900
<https://www.elkita-pharmacy.co.uk>
Levens Pharmacy
0161 227 8104
<https://www.levenspharmacy.co.uk>
Mansley Pharmacy
0161 881 1985
<https://www.mansleypharmacy.co.uk>
Whitney Range Dental Practice
0161 226 3200
Levensham Veterinary Centre
0161 881 4640
<https://www.levensham-veterinary-centre.co.uk>
Levensham Whitley Range self help wellbeing group
0161 881 2764
<https://www.whitleyrange-self-help-wellbeing-group.co.uk>
Whitley Range Health & Beauty
0161 226 3200
<https://www.whitleyrange-health-beauty.co.uk>

Whalley Range Methodist Church
0161 842 9740
<https://www.facebook.com/WhalleyRangeMethodistChurch>
English Martyrs RC Church and Parish Centre

Gita Bhavan Hindu Temple
 0794 907 1279
www.gitabhavan.org.uk
 Hare Krishna Centre

- 6 **Alexandra Park**
0161 236 6362
- 7 **Whalley Range Cricket and Lawn Tennis club**
0161 801 1614
<http://www.whalleyrangeantennis.com>
- 8 **Walfords Whalley Range at Carlton Club**
<https://www.facebook.com/walfordswhalleyrange/>
- 9 **The Bika Hive in Alexandra Park**
<https://www.facebook.com/bikahiveantennis/>
- 10 **Whalley Range Sports Centre**
0161 274 9544
- 11 **South West Manchester Cricket Club**
0161 801 1921
- 12 **Mastley Park**
0161 236 6362

Older Peoples Services

Indian Senior citizens Centre
0161 232 0999
<https://www.manchester.co.uk>

Tangmere Court
0161 681 7377

Age Friendly Hathersley Range and Charities
0161 681 3766
agefriendlyhathersleyrange@gmail.com

Trafalgar Court
0161 226 8259

Charlton Good Neighbours
0161 681 2925
<https://charltongoodneighbours.org>

Hibiscus Court
0161 237 9391

Emmwood Park Extra Care
0161 232 5661
<https://www.manchester.co.uk>

Russett Road L&H Extra Care
<https://www.manchester.co.uk>

Early Years/Schools/ Education

Kid Grammar School
0161 840 7674
www.kidgs.mtst.co.uk

Hastley Park Primary School Infants
0161 907 9338

Hastley Park Primary School Juniors
0161 907 3808

Our Lady's RC Primary
0161 226 2747
www.saintlukes-rp.manchesterschools.co.uk

St Hargreaves Primary School
0161 226 2721
www.sthargas-rp.manchesterschools.co.uk

St Bedes College
0161 226 3223
<http://www.abcmrc.co.uk/>

William Hulme Grammar School
0161 226 2624
<http://www.w-hulme-academy.org.uk>

Whitley Range Sure Start Children's Centre
0161 243 7937

Manchester Montessori House
07 360 115952
www.manchestermontessorihouse.co.uk

Alexandra Park Children's Learning Community
0161 226 8880
<http://www.thedigitalcityschool.co.uk>

More information can be found in the online brochure coming soon to <https://whalleyrange.org>

WHALLEY RANGE COMMUNITY FORUM

Future work of the Forum

We will continue to review our Development Plan, to work with residents and groups in the community to build resilience and encourage participation. We will strengthen our partnerships to support residents through difficult times, working with the foodbank and advice services to ensure residents can access relevant support. We will continue and expand our classes at JNR8 to improve mental and physical wellbeing with resilience and confidence building courses and fun exercise classes to improve health and mobility. We will also promote the work of the Forum and encourage more people to get involved and attend meetings.



MANCHESTER
CITY COUNCIL



Manchester Local
Care Organisation
Leading local care, improving
lives in Manchester, with you

Registered Charity Number: 1171658 | Website: <https://whalleyrange.org>

Email: communityforumwhalleyrange@gmail.com | agefriendlywhalleyrange@gmail.com

Telephone: 0161 881 3744

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

We were very sad to hear that our fantastic Age-friendly and Celebrate photographer – Anthony Morris - passed away in December. Anthony captured the essence and spirit of many of our events for over 10 years - and worked with the Buzz Chatty Cafe and Chorlton & Whalley Range Dementia Action Group, taking photos for the 10 Big Ideas dementia booklet. Anthony is sadly missed, both as a friendly face at JNR8, popping in for a brew – and as a great volunteer photographer at so many of our events.