



FESTIVAL REPORT 2023

Compiled by Lotte Karlsen

Photos by Lotte Karlsen, Liam Packham, David Lim, Dosinda Laranjeira
- and the local community



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- - - INTRODUCTION - - -

The annual Celebrate Festival 2023 returned for its 26th year, presenting a scaled-down version held at the JNR8 Youth and Community Centre, Manley Park Methodist Church and grounds on Cromwell Avenue. The community centre serves as the hub and home of the Whalley Range Community Forum and Whalley Range Youth Opportunities Association, located in the heart of the Whalley Range community.

The festival took place on Saturday June 10th, between 12 noon and 6 pm.

The theme for this year's festival was 'Celebrate Energy.'

It aimed to celebrate the inclusive and cohesive nature of our community through a dialogue about all forms of energy, with reference to the cost of living and energy crisis. The festival highlighted how the local community, with its wide diversity, can come together. Our main objective was to unite the neighbourhood in a fun, (mostly) free, and creative way, benefitting local residents and fostering a sense of belonging within Whalley Range.

Leveraging the talents and skills of the local community, Celebrate showcased a wide array of activities and workshops suitable for all ages. It offered diverse music and performances catering to various tastes, as well as enticing international food. The festival provided exciting opportunities for the Whalley Range community to explore, engage, and experience new things.

While the festival did not take place at its usual location in Manley Park, JNR8 offered an intimate and smaller setting that perfectly met the needs of this year's festival. The layout and facilities of JNR8 enabled us to organize two stages of live music and performances. One stage was positioned outside, near the main gate, while the other was situated inside the Manley Park Methodist Church's Hall. These stages hosted a range of professional musicians, a local choir, a kickboxing demonstration by young people from WHIZ, the youth group based at JNR8, performances from a local primary school, and the centre's over 50's music group, among others.

We strategically positioned two food and drink vendors near the main gate on Cromwell Avenue and another vendor outside the building's main hall. As visitors entered through the gate, they encountered the Information point on the left-hand side, along with information stalls focusing on environmental topics. Adjacent to this area, an arts and crafts marquee provided free workshops primarily catering to children and their families. On the right side of the building, we placed artisan food and craft stalls, and more information stalls. Notably, Travelling Light Circus contributed with the impressive Pendulum Wave installation and site decorations.

Adjacent to the church entrance on Egerton Road, right next to the ever-popular bouncy castle, Montessori House generously offered their green playground. Here, we curated a storyteller and provided henna and face painting.

Inside the main hall, various information stalls were grouped together, primarily focusing on Age-friendly/Health and Wellbeing issues. Additionally, professional artists and volunteers conducted arts and crafts workshops. A local GP practice provided health checks in one of the rooms off the main hall, and in another room a local wellbeing practitioner offered free hand massages.

Upon entry, visitors received a complimentary copy of the festival programme at both gates. They also had the opportunity to make donations towards the festival. Celebrate volunteers, along with support from the Hare Krishna temple, prepared and served food for the festival's volunteers.

Overall, the Celebrate Festival 2023 successfully delivered a vibrant and engaging experience, promoting community unity, cultural celebration, and creative exploration.

--- ABOUT CELEBRATE ---

To enable community capacity-building, local people are recruited to run our art and music workshops as well as showcasing work at Celebrate, which is entirely run by volunteers from the community and members of Whalley Range Community Forum and Whalley Range Youth Opportunities Association, both based at the JNR8 Youth & Community Centre.

Celebrate aims are:

- To celebrate the talent, diversity, and resources of Whalley Range
- To promote a positive image and improve the quality of life in Whalley Range
- To encourage participation of different communities within the area and work from an anti-discriminatory framework



- - - THANK YOU! - - -

Special thanks to everyone who made Celebrate Festival possible this year. A huge 'Thank You' to our team of dedicated volunteers without whom the festival would not happen.

Many thanks to all the musicians, performers, artists and photographers, Russell Kirby and Manley Park Methodist Church team, Manchester City Council, Alexandra Medical Practice, Whiz Youth Project staff and Volunteers, Whalley Range Community Forum, Age-friendly Whalley Range, Montessori House, Whalley Rangers, First Aiders, KPS Pharmacy and the Hare Krishna team.

Thanks to all the local businesses and supporters who took out adverts in the festival programme, and to donors: the Co-op, Tibetan Kitchen, Alexandra Practice, Elliott's Pharmacy - as well as donations from the local community.

Thanks to Manchester City Council for supporting Celebrate with Local Investment and Neighbourhood Investment Funding.



- - - EVENT OVERVIEW - - -

Pre-Festival Activities:

Although we scaled down this year, the Whalley Range Community Forum/Celebrate collaborated with various local artists to provide pre-festival activities for different groups at JNR8 Youth and Community Centre. Despite not having the primary school



programme this time, we were thrilled to have Spanish artist Agata Alcaniz, who specializes in life drawing, back with us. She worked with the Friday group 'Time to Change' on two occasions. During one of the sessions, the participants got so immersed in the conversation about energy that very little drawing was done. In a generous gesture, Agata decided to donate her time for this meaningful exchange.



John Blaylock held a free Celebrate pre-festival group singing workshop at JNR8, inviting everyone to come together through the joy of group singing, have fun, and make new friends. No prior experience or sight reading was required - it was a welcoming space for all.

As a half-term pre-festival activity at the JNR8 community hub, artist Mandy Cleveland from Curious Crafty led a session where participants made mini mosaic coasters to take home. Additionally, Mandy facilitated another pre-workshop for creating Ojo de Dios, traditional Mexican decorations believed to hold protective energy.

Local people were also invited to join Mez from MAD Sustainable Design for two free workshops on weaving techniques with willow, and they could take home a spinner to hang in their garden. Friends and families were welcomed to a free pre-Celebrate 2023 afternoon performance at JNR8 with the Over 50's Music Group - also known as the Happy Tuesday - featuring a set from the band and solo performances.

These pre-festival activities brought a sense of excitement and community spirit, setting the tone for the upcoming Celebrate festival.



Weather:

The initial forecast at the beginning of the week predicted sunshine with a possibility of a storm later in the afternoon. Fortunately, the anticipated storm never materialized, and we were blessed with a magnificent day without a single drop of rain. Water points were located around the grounds, and sunscreen.

The delightful weather significantly contributed to the positive atmosphere and had a noticeable impact on the attendance and the overall enjoyment of the event.



Site Security and First Aid:

The site security was supplied by Noor Wahid, the security manager from Securivision Security Ltd. Three security officers were provided for the event, with two scheduled from 7 am to 8 pm and one from 9 am to 6 pm. Throughout the day, everything ran smoothly.

Before the event began, the security team conducted patrols of the site. They did an excellent job



assisting with the setup and dismantling of the Pendulum Wave. As a gesture of appreciation, we provided free meal tickets. During the event, two stewards managed traffic on Cromwell Avenue, while one patrolled the site, ready to address any issues such as lost children or emergencies. They rotated positions throughout the day, allowing for breaks and meals.

The security staff displayed a proactive, supportive, and friendly attitude towards the staff, volunteers, and attendees. They remained responsive to communication through radios, conducting regular hourly checks with each gate, the information tent, and the large hall. They effectively managed vehicle access to the site, resulting in a smooth operation throughout the day, and there were no reportable incidents.

First Aid cover was efficiently, and uneventfully supplied by Northwest First Aid.

Access:

The festival featured two public gates, with the main entrance situated on Cromwell Avenue, granting access to the large hall. Additionally, there was a secondary entrance on Egerton Road, leading to the Church. Both provided public access to the entire site from both ends. Furthermore, Montessori House opened their entrance, allowing audiences to access their playground garden. The size of the site was perfectly manageable with two main public gates, and there were no significant issues.

Throughout the day, a minimum of two to three volunteers were stationed at each public gate, while one security officer patrolled the site. Stallholders and performers were encouraged to utilize Cromwell Avenue as the main entrance and information point for the public, as this area included sign-in sheets for artists, crew members, and volunteers. Festival programmes were available at each public gate.

Stages:

Both live music stages were provided and managed by Songsmith Solar, with programming overseen by Casey Birks and Matt Creighton.



Casey handled advance communication with all performing artists and was present on the day to ensure the smooth operation of both stages. This year, for the first time in Celebrate's history, all professional musicians were paid a flat rate fee, albeit a minimal amount. This decision proved to be a great success. Considering rising inflation and the looming cost-of-living crisis, we intend to continue this practice in the coming years due to the positive feedback received.



The Main Stage, located in the church, featured a diverse lineup of local acts and was a success despite not having a raised stage area. The family-friendly programming contributed to its popularity. The stage kicked off at 12:30 pm and steadily built up throughout the day, with the church hall becoming packed halfway through and remaining so until the very end. The atmosphere was fantastic, and

people thoroughly enjoyed themselves, even participating in singing along when the in-house music group took the stage.

Situated by the main entrance on Cromwell Avenue, the small and intimate Garden Stage hosted a variety of smaller acts. Programmed as an acoustic/spoken word area, this stage offered a more relaxed space for music and easy listening. Chairs were provided for the audience's comfort. Although it started off a bit quiet at midday, the attendance gradually increased throughout the day, thanks to the lovely weather and the high quality of music. A well-received element was a kickboxing demo by WHIZ youth club, based at JNR8. We received positive feedback from performers, volunteers, and the audience alike. Additionally, the stage's positioning, facing the main building, ensured that the sound did not travel excessively towards the residential housing, which worked well to maintain a harmonious environment.



Garden Stage:

12:00-12:30 **Bryony Lloyd** - Folk singer and songwriter

12:40-13:00 **Casey Birks** - A very unusual mix of Rock and Jazz, electric style

13:10-13:40 **Seamus Og** - Irish singer songwriter hailing from Belfast - with double bassist Andy Patterson

13:45-14:15 **Thai Boxing Demonstration** by WRYOA-Whiz Youth Project

14:15-14:45 **Alice Phelps**- soulful vocals with double bass

14:44-15:45 **Tony Curry & friends** - Poetry at its best

15:55-16:25 **Jo Rose** - A beautiful combination of guitar and vocal

16:35-17:10 **Mento B** - Jamaican folk music



Main Stage:

12:15-13:00 **Chorlton Rock Out School** (showcase for local youngsters)

13:10-13:40 **Whiskey n Rhyme** (Local Jazz duo with old and new covers)

13:50-14:05 **Let's Not Litter** (yrs 1+2, St. Margaret's Primary School perform a short play)

14:20-15:00 **Poppycock** (cocky pop, haunting, funny, and deadly serious)

15:10-15:40 **Trio Chuva** (a blend of musical experiences and cultures)

15:50-16:20 **Happy Tuesdays** (JNR8 over 50's community music group)

16:30-17:00 **Open Voice Choir** (Whalley Range legends /Celebrate regulars)

17:10-17:50 **Cajun Specials** (American folk band with washboard and fiddle)

Marquee:

Festival Marquees supplied the large arts and crafts marquee, delivering and installing it efficiently and professionally on the day of the event.

They also provided the necessary furniture, including tables and folding chairs, which were distributed throughout the site on the festival day.

Radios:

Radios were assigned to individuals stationed at strategic points throughout the festival, including the Festival Coordinator, WRYOA committee members, the Information Point, and Security. These radios were rented from Nine Hundred Communications. Although one of the radios was not in perfect working order, we still had a total of nine, which proved to be sufficient for our needs.

All communication during the event occurred on a single channel, and everyone was equipped with an earpiece. No emergency code words were required or utilized throughout the event, indicating a safe and well-organized festival.

Health & Safety:

All staff, security personnel, and volunteers were given thorough instructions on how to contact First Aiders using the radios.

Publicity:

The festival's flyer and poster were designed by the festival coordinator, Lotte Karlsen, while Alison Chisholm was responsible for designing the programme handed out on festival day. A5 flyers and A4 & A3 posters were printed and distributed prior to the event, and programmes were handed out on the day of the festival.

Printed publicity was distributed through the local primary schools, namely St. Margaret's and Manley Park, where flyers were delivered to be distributed to all pupils. Steering group members took charge of placing posters in shop windows and on trees in the area, and they also distributed flyers to local businesses, households, and schools. To minimize waste, last year's PVC banners were repurposed and placed on either side of the site.

Most of the online promotions took place through the Celebrate and Whalley Range Community Forum Facebook pages, as well as the Forum's website, and mutual aid street groups. Chris Ricard coordinated scheduling regular posts and photo montages leading up to the event to showcase what attendees could expect. These posts received a positive response, resulting in an increase in followers on the Facebook page and a significant number of individuals expressing interest in attending, and volunteering.



Accessibility:

JNR8 Youth & Community Centre and Manley Park Methodist Church are fully accessible, featuring ramp access at both entrances. The toilets, located off the large hall, include a wheelchair accessible option. We acknowledged the importance of providing a variety of seating options, including both folding chairs and armrest chairs, at the outdoor stage to accommodate individuals with different levels of mobility.

Information:

At each gate, visitors were provided with a programme containing information about the objectives of Celebrate, our sponsors, and a schedule of activities and their respective locations. Additionally, attendees had the opportunity to make donations. Volunteers were registered at the information desk and received a voucher for a complimentary meal and beverage.

Local community groups handed out leaflets and newsletters showcasing local news and events, and visitors were also offered the chance to sign up for mailing lists to receive regular updates and information about the area.



Volunteers:

As always, a dedicated and hardworking team of both new and experienced volunteers contributed tirelessly to ensure the smooth operation of the event throughout the day.



Volunteers were offered the opportunity to assist in various areas of the festival, with specific tasks such as welcoming attendees at the entrances, distributing programmes, accepting donations, running workshops, arranging, and clearing tables, serving food to fellow volunteers, aiding in different areas, and delivering information to the community.

This year, we were delighted to see an increased number of new volunteers, particularly those with an interest in photography. We had three individuals who captured brilliant photos on-site throughout the day. It's worth noting that they are now in the process of setting up a photography club, which is a fantastic outcome!

Sustainability:

We worked with Whalley Range Climate Action to devise ways of measuring the environmental impact and carbon footprint of the festival. A questionnaire was devised to find out how audience members had travelled to the festival, with young people from WHIZ who are undertaking the Duke of Edinburgh award posing the questions. With the relocation of the festival from Manley Park to JNR8, some of our original plans, such as measuring comparative air quality on different days, were put on hold, but it is our intention to develop this area of work.

Arts & Crafts:

The Arts & Crafts marquee showcased a variety of free workshops for the entire community, featuring sessions led by local artists. Thea Lucock and Rowan Zuleck delighted attendees with windmill and balloon-driven car workshops. Melissa Daniels (Mez - MAD Sustainable Design) returned this year to host a petal pixie workshop. Philippa Bailey organized a chalk drawing session, creating a collaborative artwork piece from all the drawings. Hollie Webb from Jive Prints prepared for 60 prints but ran out of materials halfway through the popular sessions.



Face painting and henna was situated behind the bouncy castle (although a bit hidden). An age-friendly workshop provider conducted an upcycling and environmentally friendly patchwork session in the large hall, alongside age-friendly information tables. Here we also had volunteers who facilitated upcycling puppets and led stenciling on cotton bags from Creative Conversations, and the WRCF Admin support worker who offered origami hearts.

Oliver Bishop, also known as Professor Jigget, captivated audiences with performative storytelling in the Montessori House playground garden, creating a delightful atmosphere in that area.

This year, the artists' fees and material budgets were increased to accommodate the current financially turbulent climate. This adjustment was well-received and appreciated by the workshop providers. However, despite our efforts, it was still challenging to secure enough providers early on. The coordinator and site manager continued recruiting artists until a few days before the festival, resulting in some artists not being from the M16 postcode.



Health & Wellbeing:

This year, we offered a diverse range of health services and age-friendly/intergenerational workshops and performances, despite having limited space for stalls.

Traditionally, Celebrate has dedicated a marquee specifically for health and wellbeing, as well as age-friendly activities. However, due to the layout at JNR8 this year, we faced challenges in creating a dedicated space for these important aspects of the festival. The health, wellbeing, and age-friendly stalls and activities were scattered throughout the venue. Additionally, the excellent weather led some stallholders, like the pharmacy, to move their setups outside as they anticipated more visitors in the open space.

Nonetheless, the pharmacy, along with GPs and practice staff, provided valuable health checks and advice throughout the day.

The wellbeing hand massage, laughter workshop and Tai Chi activities were also incredibly popular and kept busy for most of the festival. Despite the spatial constraints, attendees actively engaged with the health and wellbeing offerings, which contributed positively to the festival's overall atmosphere.



Inflatables:

The space available for inflatable play was very limited compared to the space we normally have in Manley Park, so we were only able to provide one relatively small combined castle and slide for young children and a soft play area for toddlers. For the first time access to the inflatables, provided by ADS Bouncy Castles in Old Trafford, was free. This was partly because the offer was comparatively limited, but also because we were not able to provide enough volunteers to take the money.

ADS provided a supervisor but unfortunately the staff member concerned was inattentive and ineffective, leaving parents and WRYOA volunteers to do much of his work. A complaint has been made to ADS, who did an excellent job in every other respect, and in future it is likely that we will return to supervising ourselves.

Site Art:

The site decor and the captivating interactive art installation, 'The Pendulum Wave,' were provided by Andy Benfield from Travelling Light Circus. Due to reduced funding and the smaller size of the site compared to our usual location in Manley Park, we had a limited budget for decor this year. Nonetheless, the Pendulum Wave installation, which was both large and impressive, occupied a significant portion of the ground near the Egerton Road entrance. It attracted a considerable number of visitors who thoroughly enjoyed the mesmerizing display of swinging artwork. Andy was present throughout the day, providing explanations about its illusionary effect and the kinetic and gravitational energy on display, adding a touch of theatricality to the experience.



Food:

Thanks to the fantastic weather, we experienced a high turnout, and our food and drink traders had a successful day in terms of sales, even though they started off a bit slow. To ensure easy access for attendees, we strategically placed two vendors near the main gate on Cromwell Avenue: Coffee Cranks and Tibetan Kitchen's smaller cart. Additionally, Exclusive Scoop ice cream was conveniently situated right in front of the entrance to the main hall. And a local resident prepared delicious Indian street food.

Stalls:

For the second consecutive year, the Celebrate team partnered with the Whalley Rangers. We availed ourselves of their services by renting 10 of their gazebos for our stallholders.

They efficiently transported and installed the gazebos in the morning, and dismantled them at the end of the day.

We had a diverse range of information stalls, including Whalley Range Climate Action Group, Let's Talk Clean Air WR, Hare Krishna, Vegan Organic Network - and pupils from Year 5 & 6 Green Team at St Margaret's Primary School led by Arwa Marchant, had a fantastic time presenting their learning on carbon footprint. Their Year 1/2 Green Team also performed their play called 'Let's Stop Littering'.

Four stalls featured various items for sale, including modesty clothing, children's toys and clothing, homemade jams and chutneys, and wood crafts.

Sales were relatively slow and not as strong as in previous years, partly due to lower footfall, particularly on the side of the building facing Egerton Road. It is possible that people are exercising caution due to the rising cost of living. Nonetheless, all stallholders expressed their intent to return next year, demonstrating commitment to the event.



Treasurers Report 2023

This was 26 years since our first festival in 1998 and once again the community, supporters and volunteers were keen to be involved, as Celebrate proves a great way of networking, information sharing and having fun.

Whalley Range Youth Opportunities and Whalley Range Community Forum worked jointly to raise funds, as well as carrying out local fundraising from local businesses and on the day fees and donations. Both organizations contributed worker time.

As our applications for grants from Awards for All, and the Arts Council were both unsuccessful we went ahead with a slimmed down festival day, at JNR8/Manley Park Methodist Church, with some pre festival workshops. We also drew on some Celebrate unrestricted funds, accumulated through donations etc.

We received a small grant from the Forum as part of their City Council grant, towards pre festival workshops, a MCC Neighbourhood Investment Fund grant and an emergency MCC Local Investment Fund grant.

Without the financial support of MCC and our neighbourhood team the festival would not have taken place.

As a result of the smaller venue and not holding a raffle the gate donations were £261 (compared to £520 in 2022, in Manley Park).

As always, we appreciate the payments for adverts in the festival programme, raising £260, which contributes towards the production of the programme. There were additional business donations of £398.

The other source of income on the day is pitch fees from the commercial food and stalls, £224.41 (2022, £315). We did not charge for the inflatables this year.

The information stalls from community groups, health organizations etc do not pay. We are appreciative of the hire of services and gazebos from the Whalley Rangers.

The music coordinator managed a small budget for performers and gave a small flat rate fee to cover expenses for the performers.

The workshop rate and daily coordinators rate were increased this year.

We thank Celebrate volunteers with a system of food vouchers, for a meal etc. in the volunteers' food area, which provides a welcoming space for volunteers to socialize. Once again, curry and rice meals were provided by the Hare Krishna Temple - and the Co-op donated contributions for sandwich/salad making.

Our own fundraising is not sufficient to cover the costs of the festival day and if we want to hold another event the core costs and those for workshops must be obtained again through grants etc. The festival would not be possible without the teams of volunteers who staff the gates etc. and collect gate donations, Many thanks to all.

Carol Packham (Treasurer)

Evaluation and Recommendations

Feedback was received from the evaluation meeting, involving the core team of workers and volunteers.

In addition, evaluation questionnaires were distributed at the event and received feedback from 48 people. These obtained information about how people had travelled to the event, how they hear about it and where people lived, and general feedback on activities.

Results showed that most people heard about the event through word of mouth (65%) and had been to Celebrate before (65%).

Only 15% travelled by car, the majority walking (55%), as lived locally.

There was a high level of satisfaction with all areas of the festival, however market stalls didn't receive such a positive response, e.g. we received requests for more variety of food and drink

- Clearly communicate information at the gates regarding the bringing of bikes, scooters, and dogs into the festival site
- Continue paying all professional artists/ arts and crafts and workshop facilitators and providing minimal fees for musicians
- Recruit more local volunteers throughout the year to support long-standing volunteers who may have less time and energy for long shifts. This is crucial for the longevity of the festival.
- Secure festival funding at an earlier stage to allow sufficient time for coordinator recruitment and early programming in preparation for promotion. Efforts should be made to secure funding from alternative sources.
- Use Adobe Sign to issue contracts, as it simplifies the process by allowing digital signatures and monitoring through Adobe Creative Cloud. However, note that this is a paid service.
- Continue to allocate a portion of the funding towards social media management to take advantage of various platforms.
- It is advised to have consistent and memorable handles/names across all platforms for easy festival discovery. Social media channels can also be utilized for targeting potential volunteers. (N.B. 35% of respondents heard about the festival through social media).
- Utilize the established Celebrate, Forum, and WHIZ websites/social media platforms and prepare content in advance
- Improve monitoring and gather feedback from festival attendees to ensure we attract an audience that represents our community. Include an equality data section in the forms.



:::GET INVOLVED:::

We are always looking for people to get involved in our volunteer-led festival: we also run Celebrate activities and events throughout the year.

If you would like to get involved in our Celebrate projects and the planning of Celebrate 2024 – please get in touch.

Call JNR8 on 0161 881 3744

Email celebratewhalleyrange@gmail.com

or pop in to JNR8 at 82 Cromwell Avenue, M16 0BG

Facebook: Celebrate Festival Whalley Range





Whalley Range Youth Opportunities Association is a registered charity established in 1982 to widen opportunities for young people in Whalley Range. We provide facilities and resources in and around JNR8 on Cromwell Avenue, including JNR8 under 12's Playscheme, Celebrate, Whiz Youth Project for 12-25's with cookery, Thai boxing, group discussions, job/training support and volunteering opportunities.

The main aims of the project are as follows:

- To reduce the risk of youth nuisance, antisocial behaviour, and drug misuse
- To create community cohesion and active citizenship
- To raise the aspirations, motivation, and confidence of young people
- For the project to be as reflective as possible of the young people we serve and their needs.

The Whalley Range Community Forum (WRCF) is a voluntary representative residents group, formed in 1995 to facilitate and improve communication between members of the community and those who serve/represent Whalley Range. The Forum holds bi-monthly meetings to raise local issues and share updates from Whalley Range community groups, police and councillors etc.

The Forum acts as an umbrella organisation, bringing residents and local services together to address local issues through promoting consultation and community cohesion – and encouraging participation. WRCF supports new community groups to access funding to set up their own groups. WRCF is a foodbank referral service and hate crime reporting centre - and addresses resident's priorities by facilitating health and wellbeing classes and courses at JNR8 during term times.

WHIZ Youth Project Ages 11-19 years

Facilitating the personal, social and educational development of young people



Monday - Girls Group
Starting soon- Watch this space!

Tuesday - Muay Thai Boxing
+ In house activities

Wednesday -Healthy Eating
+ Arts workshops

Thursday - Fitness Session
+ In house activities

In-house activities include: Pool, PS4, Board Games, Table Tennis, Art & Crafts, AND.... much more!



- Volunteering Opportunities
- One to One Support
- Duke of Edinburgh Award
- Outdoor Activities
- CV/ Job Application support
- Group Workshops



www.wryoa.org
0161 881 3744

JNR8 PLAY SCHEME

WRYOA's fantastic play scheme runs during school holidays, for children ages 6-12yrs old.



Whalley Range Community Forum: Weekday activities for adults

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

Monday: Admin, Advice and Signposting. Call 0161 881 3744. **Cookery Classes coming soon!**

Tuesday: 10-12 Women's ESOL (female teachers) Women with low-level English skills

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

Wednesday: 10-11am Keep Fit for Women only (female instructor)

11:30-1:30 Leg club Social club for people with leg ulcers/lower leg health issues. Launch date Wednesday 30th August. For a referral ask your GP - or contact Chris at JNR8 on 0161 881 3744.

2-3pm Age-friendly Afternoon Tea Local older residents, chat, trips...and cake!

Thursday: 11:30-1:30 pm Conversation Spanish for beginners contact Kaz at kazkarim@yahoo.co.uk

1:30 - 2:30 pm Tai Chi Chen style for mental and physical health and balance - suitable for all

Friday: Community Hub: socialise with friends/make new friends over a coffee/tea and a slice of toast or two - find out more about your neighbourhood and get support, advice and information.

Boost Resilience: 5-week confidence/self-esteem improving courses: call Chris/Kate at JNR8 on 0161 881 3744 to book onto the next course.

6-8pm Time to Change Mental Wellbeing Social Group - Supporting Mental Health: cooking, eating, pool, live music, and some good conversation. Call Carol for more info on 07788 855544

Whalley Range Community Forum is a representative voluntary organisation for residents of Whalley Range. The Forum and Age-friendly Whalley Range & Chorlton Network hold meetings and social and information events, to engage with people to identify and address priorities. JNR8 is a Third-party Hate Crime reporting centre. <https://whalleyrange.org>

Cost of Living Support

Citizens Advice 0800 144 8848



JNR8 is a registered foodbank voucher referrer 0161 881 3744.

To get a food parcel, you will need to be referred. Call 0161 226 3413 for details.

• **Monday 1-3pm @ Whalley Range Methodist Church**
51 Withington Rd M16 7EX

• **Wednesday 1-3pm @ St Bride's Church,**
St Bride's Way, Old Trafford M16 9NW

• **Friday 1-3pm @ Ascension Church**
282 Stretford Rd, Hulme M15 5TQ

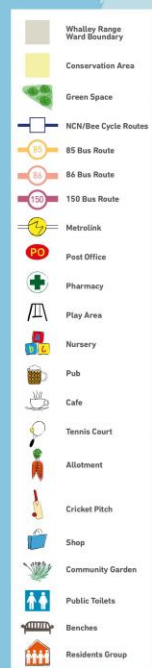
Call Manchester's **FREE**
Cost of Living Advice Line

0800 023 2692

Lines are open Monday-Friday, 9am-4.30pm
Text us on 07860 088 876
manchester.gov.uk/reladvice

Whalley Range Community Map

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.



Our parks are vital for health in so many ways. Green spaces are calming and rejuvenating to the mind, allowing space for exercise, sports, volunteering, interactions and events and allowing access to clean air. Sunlight exposure improves our vitamin D levels (vital for strong bones muscles and good immunity). Trees are valuable stores of carbon and help to reduce climate change. In built up areas our parks are vital for wildlife. Community groups are busy planting more trees and protecting existing trees because of their beneficial impact on the climate.

Age-friendly Whalley Range worked with local older people and MCC to plan and install 12 age-friendly benches in Whalley Range - with more to come soon. The benches make it easier for people with mobility issues to get around and form a route to age-friendly Alexandra Park.

This map was produced by the Whalley Range Community Forum at JNR8 and has been part-funded by buzz Manchester Wellbeing Service.