

# Neighbourhood Update w/c 15<sup>th</sup> January 2024

## Local Activities and Info



### Women's Bike Ride

Bee Pedal Ready are running a free Women's Led Bike Ride from Alexandra Park via Mayfield Park to the Chinese New Year Celebrations in town. Saturday 10<sup>th</sup> February from 10am to 12:30pm. For more information or to book your place please visit: <https://www.eventbrite.com/e/womens-bike-ride-10th-february-tickets-796100878157>

### St Margaret's Forever Fields Gardening

St Margaret's Centre now have regular Gardening sessions with Manchester Urban Diggers (MUD). Head along on Mondays between 10am and 4pm, and Thursdays between 12pm and 4pm. Expect gardening, exercise, brews, biscuits and good chat. Wear sturdy

footwear and clothing for outdoor work. All tools are provided. St Margaret's Centre and Playing Fields, Brantingham Road, M21 0TT. [www.facebook.com/groups/482841333276734](http://www.facebook.com/groups/482841333276734)

**Join our brand new volunteering project at Forever Fields.**  
Expect gardening, exercise, brews, biscuits and good chat.  
Wear sturdy footwear and clothing for outdoor work, tools provided.

**Forever Fields Gardening Club**  
This project is funded by the Greater Manchester Green Spaces Fund.

**Mondays 10am - 4pm**  
**Thursdays 12pm - 4pm**

Visit [wearemud.org](http://wearemud.org) for more information

**MUD** Greater Manchester Environment Fund

St. Margaret's Centre and Playing Fields  
Brantingham Rd  
Manchester  
M21 0TT



## Mindfulness for Menopause Taster

Are you mystified by the menopause? Is midlife making you miserable? Do you find it hard to slow down?

Come to this 90 minute Mindfulness and Relaxation for Menopause taster

31st January 11 - 1pm (including break) Whitworth Art Gallery, Manchester M15 6ER in partnership with Age Friendly Whitworth

**Sign up now**

[ruth.rosselson@manchestermind.org](mailto:ruth.rosselson@manchestermind.org)  
[www.gmmind.org.uk/menopause-project/mindfulness-relaxation/](http://www.gmmind.org.uk/menopause-project/mindfulness-relaxation/)

- Understand the link between stress and menopause symptoms
- Experience different techniques to help anxiety, and calm the body and mind
- Find out how mindfulness meditation can help.



in Greater Manchester  
Local Minds working in partnership

Registered charity no. 219830



### Mindfulness for Menopause Taster

Manchester Mind are holding a free Mindfulness for Menopause Taster at Whitworth Art Gallery on Weds 31<sup>st</sup> January from 11am to 1pm. Understand the link between stress and menopause symptoms; Experience different techniques to help anxiety, and calm the body and mind; Find out how mindfulness and meditation can help. For more information please contact

[ruth.rosselson@manchestermind.org.uk](mailto:ruth.rosselson@manchestermind.org.uk) or visit: [www.manchestermind.org/events/mindfulness-menopause-taster/](http://www.manchestermind.org/events/mindfulness-menopause-taster/)


### Library Warm Spaces

Winter is a challenging time for households, but your local library is a warm space that welcomes everyone. So call in to have a brew, a chat and get online. Stay as long as you want. [www.manchester.gov.uk/libraries](http://www.manchester.gov.uk/libraries) Call 0800 023 2692 or text 07860 022 876.

**Warm Welcome Spaces**

- A free brew
- Help to get online
- Free data sims
- Free wifi
- A chat
- Advice and information


**MAKING MANCHESTER FAIRER** **Helping Hands** **MANCHESTER CITY COUNCIL**



Chorlton Family Practice Health Champions

# MENS TALKING CIRCLE

EVERY OTHER MONDAY AT 7PM AT THE TEA HIVE IN CHORLTON



Range Methodist Church, 51 Withington Road, M16 7EX.

## Mandem Meetup Men's Talking Circle

Mandem Meetup are a grassroots charity promoting, correcting and improving the conversation around men's mental health and wellbeing. They run groups across the City including recreational activities such as climbing and hiking and their Talking Circles bring together men of all ages for chat and community. They meet every other Monday at 7pm at Tea Hive in Chorlton. The next Tea Hive Talking Circle meeting is Monday 29<sup>th</sup> January. For more information please visit [www.mandemmeetup.org/](http://www.mandemmeetup.org/)

## Free NHS Health Check

Free NHS Health Checks are available for people aged 40 to 74 at Whalley Range Methodist Church on Tuesday 30<sup>th</sup> January. Appointments are available between 10am and 3pm. Please call 07702 872 861 to check that you qualify and book your health check. Whalley

## Aged 40 to 74?



**FREE NHS HEALTH CHECK**

CALL TO BOOK

Helping you prevent diabetes, heart disease, kidney disease, stroke & dementia

Free NHS health checks available at Whalley Range Methodist Church, 51 Withington Rd, Manchester M16 7EX

Tuesday 30th January  
Appointments available between 10am-3pm  
Call the Community NHS Health Check Team on 0770 2872 861 to check you qualify and book your health check

**NHS BeWell**  
Find your own happy

Beginners are welcome

## Knit For Peace Group

Join other local knitters for a brew and a natter while working on making items for the local community or your own projects. Come along, meet new people and get inspiration. Drop in, you don't have to stay for the whole session. No charge for session, some needles and wool will be available but please bring your own if you have them

**WEDNESDAYS 2 - 3:30PM**

**IVY COURT, BEECH ROAD, CHORLTON M21 9FL**

For more information please contact [Laura.Cassidy@manchester.gov.uk](mailto:Laura.Cassidy@manchester.gov.uk) / 07976 885 898



## Knit for Peace Group

The Chorlton Knit for Peace group meet every Wednesday from 2 – 3:30pm at Ivy Court, Beech Road, Chorlton M21 9FL. All are welcome, you can work on your own projects or knit squares which are then sewn together into large blankets which are distributed to people who need them. Sessions are free and wool and needles are provided. For more information please contact [Laura.Cassidy@manchester.gov.uk](mailto:Laura.Cassidy@manchester.gov.uk) / 07976 885 898.

## Chorlton Central Church Warm Welcome

Chorlton Central Church invite all to their Warm Welcome Thursday afternoons from 3:30pm to 5:30pm. Come and get warm, meet other local people, have a free hot cooked meal, with craft

activities. Chorlton Central Church, Barlow Moor Road M21 8BF. <https://chorlton-central.org.uk/>

Next Thursday 25<sup>th</sup> January staff from South Manchester Neighbourhoods Team, Citizens's Advice Manchester and The Energy Doctor will also be at Chorlton Central Church's Warm Welcome to find out how you might be able to save both energy and money in your household.



**Warm Welcome Spaces**

with free **Hot Cooked Meal,** craft activities, and chat

**Thursdays 3:30pm to 5:30pm**

Children and Families welcome!

**Chorlton Central Church**  
Barlow Moor Road M21 8BF

[www.chorlton-central.org.uk](http://www.chorlton-central.org.uk)





## Funding

### BIFFA MANCHESTER COMMUNITY FUND

BIFFA HAVE FUNDS OF UP TO £500 FOR LOCAL  
COMMUNITY PROJECTS

WE'D LIKE TO CHANGE THE WAY PEOPLE THINK ABOUT WASTE, MAKE  
MANCHESTER CLEANER AND GREENER, ENCOURAGE GREEN SKILLS  
AND RAISE AWARENESS OF THE CIRCULAR ECONOMY.



**Biffa** TO APPLY FOR FUNDING FOR YOUR  
COMMUNITY PROJECT OR FIND OUT  
MORE SCAN THE QR CODE.



friendships – just simple interactions to combat loneliness and to just maybe have a big impact on someone's day. We currently have two regular Chatter and Natter Tables in Chorlton – On Wednesdays 1 – 3pm at Tea Hive; and Thursdays 1 – 3pm at Benito Lounge. There is a regular volunteer but we need either regular or occasional cover. We are also looking at setting up more across the area and would need new volunteers to help support these also. If you would like more information please contact [Laura.Cassidy@manchester.gov.uk](mailto:Laura.Cassidy@manchester.gov.uk) or call / text 07976 885 898. You can also apply at <https://mcrvip.com/volunteers/opportunity/10197843>

### Could you support mums with breastfeeding?

#### Volunteer Breastfeeding Peer Support Role



#### What's on Offer?

- Practical Experience
- Opportunity for National Volunteer Support Certificate
- Community Based Work
- Knowledge Sharing
- Travel Expenses Covered
- Potential Careers

If you're passionate about breastfeeding and want to provide support to families in Manchester, please email an expression of interest to Claire Bisaro.

#### Interested?

✉ [infantfeedingteam@mft.nhs.uk](mailto:infantfeedingteam@mft.nhs.uk)  
☎ 0161 741 2043

249 3311 to book a place.

### Biffa Manchester Community Fund

Biffa have funds of up to £500 for local community projects. They'd like to change the way that people think about waste, make Manchester cleaner and greener, encourage green skills and raise awareness of the circular economy. To help the fund make the biggest difference, applications should fit with at least one of the criteria above. Please use the QR code or find the link at <https://twitter.com/gogreenmcr> All applications will be reviewed on a quarterly basis. If you have any questions please email [Georgia.Gibson@biffa.co.uk](mailto:Georgia.Gibson@biffa.co.uk)

## Training, Volunteering and Employment

### Chatty Café Volunteers Needed

A Chatter & Natter table creates a space for people to talk; whether it is for five minutes while you drink a brew, or an hour of good conversation. We're not trying to build



At a loose end?  
Fancy a cuppa?

The 'Chatter & Natter table' is a wonderful way of encouraging people of all ages to talk to others. During the day and time below, the table will be hosted by a friendly volunteer. Do come along and sit for a chat.

We are looking for volunteers to support current and new Chatty Tables in Chorlton and Whalley Range. If you would like more information please contact Laura Cassidy at [Laura.Cassidy@manchester.gov.uk](mailto:Laura.Cassidy@manchester.gov.uk) / 07976 885 898

Stay for five minutes or longer if you're enjoying chatting!



Having a chat can brighten someone's day  
[www.thechattycafescheme.co.uk](http://www.thechattycafescheme.co.uk)

### Volunteer Breastfeeding Peer Support Role

The Infant Feeding Team are looking for breastfeeding peer support volunteers who can help families in Manchester on their feeding journey. You will gain practical experience and have an opportunity to gain a National Volunteer Support Certificate. Travel expenses will be covered. If you are passionate about breastfeeding and want to provide support please email an expression of interest to Claire Bisaro at [infantfeedingteam@mft.nhs.uk](mailto:infantfeedingteam@mft.nhs.uk) or call 0161 741 2043 for more information.

### Platt Hall Health and Well Being Coach

Platt Hall and Better Health are seeking a Health and Well Being Coach to work between them to support people's health and wellbeing in Moss Side, Fallowfield and Rusholme. All details can be found by clicking on this link.

<https://www.jobs.nhs.uk/candidate/jobadvert/A4060-24-0000>

There is an online information session on Tuesday 23rd January 2024 between 12pm and 2pm find out more about the role. Please contact Sue Daly, HR Support Manager on 0161

### Chorlton Central Church – position of caretaker available

Do you want to work locally, helping to provide an attractive and affordable venue to our local community, working with a caring, creative and growing church here in Chorlton?

We are looking for a new caretaker for 52 hours per month (average of 12 hours a week) to start work in March.

**Salary £9,310.08** (£14.92 an hour) 6 weeks holiday per year + bank holidays.

Paid monthly. Includes employee's benefits and sick leave. Probationary period of 3 months.

The successful applicant would need to:

- have good relationships with the church and all groups who hire the building
- open and lock up for one-off hires of the building
- look after and help maintain the building
- respond and problem solve when issues arise
- work with the cleaners and contractors in keeping the building clean and in good repair

We need someone local to our church building (within 15 mins walk, or by own transport), can work flexible hours, has good communication and people skills, some practical maintenance skills, and is committed to the role.

For a copy of the Job Description, Person Specification, and Application Form please our website at

[www.chorlton-central.org.uk/jobs](http://www.chorlton-central.org.uk/jobs)

Opportunity to view the building when in use can be arranged for 25<sup>th</sup> January between 3:30 and 5:30pm. If you would like to arrange a visit, or if you wish to discuss the job further before applying, ring Emma on **07896 851 973**

**Closing date for applications:**

Sunday 21<sup>st</sup> January 2024, 5pm

**Interviews:** Chorlton Central Church, Barlow Moor Road M21 8BF

Monday 29<sup>th</sup> or Wednesday 31<sup>st</sup> January 2024 by arrangement

Completed applications should be sent via email to [emma@chorlton-central.org.uk](mailto:emma@chorlton-central.org.uk)



### Chorlton Central Caretaker Role

Chorlton Central Church are looking for a new caretaker for 52 hours a month (average of 12 hours a week) to start work in March. The role would include opening up and locking up for one off hires; look after and help maintain the building; working with cleaners and contractors to keep the building clean and in good repair. Closing date for applications is Sunday 21<sup>st</sup> January at 5pm.

For more details or to apply please visit: <https://chorlton-central.org.uk/jobs/>



### Care and Repair Handyperson Volunteering

Manchester Care and Repair have opportunities for the role of Volunteer Handyperson. The Volunteer Handyperson assists the employed Handyperson Team in delivering a range of Handyperson services across Manchester. They would complete tasks such as small DIY jobs for their clients. A full induction programme is provided which includes the opportunity to work alongside experienced operatives. Working as a Volunteer Handyperson you would directly be helping older people and be part of a respected local service. This is an opportunity to develop skills for working with people and to use your DIY skills developed through work or a hobby. For more information or to apply please visit:

<https://careandrepair-manchester.org.uk/volunteering/>

### Southways Cosy Mondays

Southways Cosy Mondays are back for January where everyone is welcome to attend the Southway Offices to get warm and take part in activities. This Monday 22<sup>nd</sup> January the Employment and Skills team will be there to offer expert advice and support on CV's and job applications; local courses and support; looking for work; gaining new skills and confidence. Also find out about their exciting green skills course starting in February and how it can help you gain a job in construction. Want to know more but can't attend? Email

[EmploymentSupportReferrals@southwayhousing.co.uk](mailto:EmploymentSupportReferrals@southwayhousing.co.uk)

### Manchester Mind Volunteering Opportunities

Manchester Mind are looking for Manchester based volunteers to help support their Food for All support sessions; Allotment gardening sessions; allotment maintenance; adult peer support groups. For more details and to apply please visit:

[www.manchestermind.org/get-involved/volunteering/](http://www.manchestermind.org/get-involved/volunteering/)

**get off to a flying start**

Chat with The Employment and Skills team for expert advice and practical support on:

- CVs and Job applications
- Local courses and support
- Looking for work
- Gaining new skills and confidence
- Apprenticeships

Also find out about our exciting green skills course starting in February and how it can help you gain a job in construction.

**Cosy Mondays**  
EMPLOYMENT & SKILLS SPECIAL

**Monday 22 January**  
10.30am–1.30pm

Southway Housing Trust  
Southern Gate, 729 Princess Road,  
Manchester, M20 2LT

Want to know more but can't attend? Email us at [EmploymentSupportReferrals@southwayhousing.co.uk](mailto:EmploymentSupportReferrals@southwayhousing.co.uk)