

WE ARE STEP UP MCR

Ancoats

Beswick

Clayton

Openshaw

Spring 2024 Edition



stepupmcr.org



Step Up MCR's Step Forward Fund Event, Dec 2023

Hello Neighbour!

We are Step Up MCR- the charity growing local community projects, right on your doorstep!



Back in 2020, Step Up MCR set out on a mission to create happier and healthier neighbourhoods that enable people to feel at home in our city.

Since then, we have been getting the wheels turning on brilliant resident-led ideas, with a bank of over 30 community projects across Ancoats & Beswick and Clayton & Openshaw.

We've catalysed exciting initiatives that shift power to communities; from health and wellbeing centres and gardening projects, football teams and bike tracks, lunch clubs and music workshops.

Step Up MCR offers the tools communities need to thrive, including funding, space, connections, volunteers, promotion, training and development.

We believe in the power of local giving; that everyone can give something to grow the community. This might be funding, time, space, skills, expertise, or anything else!

Right now, there are projects near you that need your support.



Spring into action and volunteer at a community project near you!

- Can you become a volunteer gardener with **Beswick Urban Growers**?
- Can you support **Max Trax** in Openshaw with administration?
- Are you a whiz in the kitchen? Love a chit-chat? Can you help deliver food parcels? **Newleaf Foundation** needs you.

Find out more at stepupmcr.org/projects



A special thanks

We would like to give our biggest thanks to our longest standing volunteer, Anton Schultz. Anton founded Step Up MCR as a One Manchester supported project in 2019 and has been instrumental in shaping the charity on our Board of Trustees. After five brilliant years, we're so proud of all we've been able to achieve with Anton's support, and of course the rest of our wonderful volunteer team.

If you are interested in getting involved with Step Up MCR and having a voice in your community, we might have the perfect opportunity for you.

Get in touch! hello@stepupmcr.org

The Step Forward Fund

Shifting Power to Communities



On 20th December 2023, we teamed up with Hallé St. Peter's to hold a magical celebration of community power with the launch of our Step Forward Fund.

At Step Up MCR, we believe that communities should have a voice in local decision-making and leading activities in their neighbourhoods.

That is why we created The Step Forward Fund, giving neighbours a chance to Step Forward to pitch, Step Forward to vote, and Step Forward to take action in the community.



About the Step Forward Fund Event

In partnership with Manchester Local Care Organisation and MCRactive, we created a funding pot of **£8,000** for community health and wellbeing projects in Ancoats & Beswick and Clayton & Openshaw.

Local people with a good idea could apply for **£2,000** towards their projects. We shortlisted eight community groups and shifted power to our local communities to decide on how funding would be spent.

The event took place just before Christmas at the Hallé St. Peter's. We were beyond delighted to be joined by around 300 people in the main hall, with performances from the Halle's Community Choir and Youth Choir, as well as from local British Sign Language duo, Ella & Kiera. We were also joined by Santa Claus himself!

Our eight groups pitched for support for a huge range of exciting local activities, including a community mushrooming initiative, arts, yoga, boxing, football, men's talking groups, and more!

After the community votes, the groups funded were: Beswick Community Football Club, Ancoats Run Club, Directions for Men, and The Yard Boxing & Fitness at The Beacon Centre.



Read on to find out more about these groups, and those who also pitched on the night!

Beswick Urban Growers & FungALL



FungALL is an urban mushroom farming initiative enabling people of all ages to take a lead on local food production, waste recycling, and community spaces.

Equipped with the drive, know-how and growing technology, FungALL is on a mission to tackle climate issues and food insecurity head on.

The FungALL team has joined up with Beswick Urban Growers (BUG) to expand Beswick's community allotment behind The East Manchester Academy. The project will share the benefits of growing and eating mushrooms, while connecting with neighbours and nature.

Step Up for BUG & FungALL

FungALL is keen to work with TEMA students and anyone with an interest in learning more about mushrooms. If you or someone you know wants hands-on experience of growing food, has ideas and knowledge to share, or simply to spend time in the garden, get in touch.

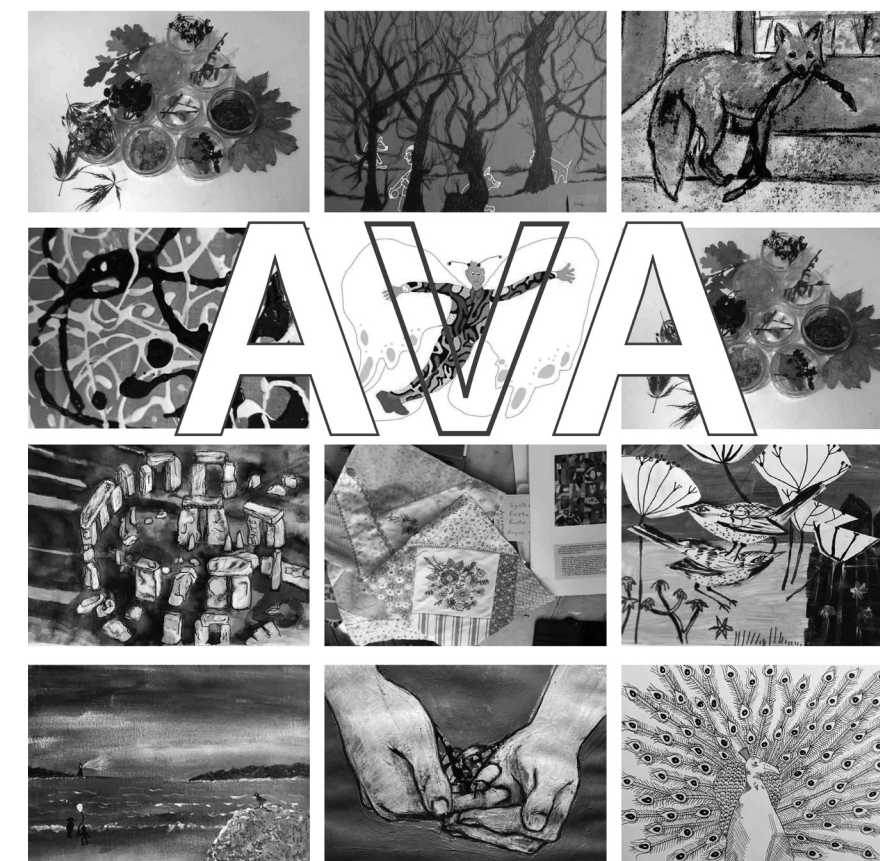
✉ s.lalley@temac.co.uk

☎ 07849140040

📘 Beswick Urban Growers

📷 @fungALL_cic

Ancoats Visual Arts



Ancoats Visual Arts (AVA) is a small yet vibrant mixed media arts and crafting group fostering connections among residents of Ancoats & Beswick and beyond.

Meeting at Hope Mill in Ancoats, AVA currently hosts a self-directed group run by member volunteers for the benefit of members. They ensure the group sessions nurture participants' creative spirit, wellbeing, and help foster friendships and connections within the local community.

Members have the freedom to work on personal projects or collaborate on group projects, all within a relaxed and encouraging studio setting.

Step Up for AVA

Would you like to join AVA's sessions or perhaps volunteer to lead a session? **Get in touch with Brian.**

AVA is eager to harness deeper connections within the local community and is currently seeking enthusiastic individuals to fill roles on their board, including Secretary, and Treasurer.

🌐 creativeartcourses.org/product/ancoats-visual-arts

✉ brian@creativeartcourses.org

📘 Ancoats Visual Arts

Chatty Craft



Chatty Craft is a 2-hour craft session run from Beswick Library every other Thursday morning. Led by the Royal Exchange Theatre, the free sessions provide a space for creativity and friendship.

The sociable sessions provide a therapeutic environment for the local community. Somewhere to come together, enjoy a cup of tea and a biscuit, create lovely things, and build lasting connections.

Step Up for Chatty Craft

Join artist Sam Edwards in Beswick Library for her adult's monthly craft drop-in. Get creative and chat about the area!

All the sessions are free, crafts are provided.

Thursday 14th March, then very other Thursday after that!

10am - 12pm

royalexchange.co.uk/project/chatty-crafts/

Ancoats Run Club



Ancoats Run Club (ARC) is an entirely free-to-join running community based in Ancoats, with group runs taking place every day.

The club was set up during the pandemic by Ancoats residents and is open to all abilities. It offers a variety of distances and paces and has created a community of friends.

ARC are passionate about supporting community activities, charitable initiatives and local businesses.

Step Up for Ancoats Run Club

Meet next to the bridge in front of the main entrance Royal Mills, Ancoats.

Early birds can catch ARC's morning runs Mondays, Wednesdays & Fridays at **7.15am** sharp, or their evening runs at **6.30pm on Tuesdays and Thursdays.**

Just turn up and you'll be made to feel welcome. It's free!

ancoatsrunclub.co.uk

[@ancoats_run_club](https://www.instagram.com/ancoats_run_club)

Ancoats Run Club

The Yard Boxing & Fitness



The Yard Boxing & Fitness offers weekly mixed ability classes, including seated boxing, children's boxing and women's sessions.

The Yard's mission is to create an inclusive space where people of all abilities can train, exercise, rehabilitate, and learn boxing while building connections.

Ben Hodkinson, founder of The Yard, regularly hosts seated boxing classes from The Beacon Centre in Clayton and in local care homes, supporting people to build physical fitness, new skills and friendships.

Step Up for The Yard

Can you Step Up? The Yard Boxing & Fitness are currently on the lookout for a permanent venue in East Manchester.

To enquire about sessions, reach out to Ben Hodkinson.

the_yard_boxing_mcr@yahoo.com

[@theyardboxingmcr](https://www.instagram.com/theyardboxingmcr)

The Yard Boxing and Fitness

Ceebee Gold Foundation



Ceebee Gold Foundation is a charitable organisation based in Openshaw, dedicated to uniting people from diverse backgrounds to address common experiences and enhance their quality of life.

Ceebee Gold hosts a Food Bank, as well as a variety of regular activities aimed at benefitting the community. Activities and workshops include social groups, yoga sessions, light exercise sessions, cooking workshops and much more. Additionally, Ceebee Gold brings in facilitators to conduct sessions, with a current focus on developing a programme to educate the Black minority community on blood pressure monitoring and healthier eating habits.

Step Up for Ceebee Gold Foundation

Can you volunteer your time to support the Ceebee Gold Foundation? Fill out an application via their website, or reach out.

Clothing, groceries and tinned food donations: Ceebee Gold is always glad to receive donations at their premises; 59 Old Lane, Openshaw, M11 1DE.

Or call to arrange a collection.

ceebeegoldfoundation.org/volunteers

07438283306

Ceebee Gold Foundation International

Beswick CFC



Founded by resident Paul Downing, Beswick Community Football Club (CFC) is the first FA Affiliated football club in the local community.

The club runs from The East Manchester Academy in Beswick and offers sporting opportunities for young people, including football coaching, weekly matches and special tournaments. The club also has volunteer opportunities for parents or aspiring coaches.

Step Up For Beswick CFC

Can you Step Up for Beswick CFC? Currently, Paul is on the lookout for more sponsorship, coaches, kit, equipment, storage and facilities.

More information regarding Beswick CFC including their current timetable and JustGiving campaign can be found on Facebook/Instagram or by contacting Paul Downing.

- Beswick CFC
- @beswickcfc
- pdcoaching_@hotmail.com



Directions For Men



Directions For Men is a peer support talking group based in Openshaw and Clayton, open to all men looking for a listening ear or helping hand through difficult times.

The weekly group brings men together in an informal, safe space to support one another through tough times.

With over 1500 attendees in 2023, the volunteer-led organisation is ready to greet and support more men this year and get men talking.

Step Up for Directions for Men

Know someone who may benefit from the group? No booking is required, just turn up!

Directions For Men Openshaw Group

St Anne's Catholic Church Hall, 1537 Ashton Old Road, M11 1GR
Tuesdays at 6.30pm – Facilitated by Mike & Imran

Directions For Men Clayton Group

The Resonance Centre, 599 Ashton New Rd, Manchester, M11 4SG
Wednesdays at 6.30pm – Facilitated by Joel.

Head to their website and social media for updates, including their latest JustGiving campaign.

- directionsformen.org.uk
- @directions4men
- Directions For Men

Art in the Community

Hallé Connect



Music is for everyone.

Hallé Connect brings together all of the Hallé's work away from the formal concert platform. Working across the whole community, from schools to care homes, nurturing young talent and bringing music in its broadest terms to those who may choose not to attend the concert hall.

- Free to attend for everyone
- No music reading skills or musical ability required
- No previous singing experience needed
- Tea & coffee provided

Singing for Wellbeing Workshops

Improve your health and wellbeing with this fun 90-minute workshop, designed to help get you moving and singing. The Hallé's experienced and dedicated choral conductors are here to create a welcoming and relaxing environment, to ensure you leave feeling happy and energised. This event is fully accessible and the Hallé welcomes all members of the community.

'It was interesting and fun. Much more than just a singalong!'
'It was well organised to enable all abilities to join'
'Very engaging and professional - the session was well-paced for the audience and really good song choices. The atmosphere was really welcoming'

Book your free place here:



Many Hands Craft Collective



A craft group for the young at heart. Nestled in Ancoats, Manchester, the Many Hands Craft Collective has been a vibrant creative community for over 14 years.

The craft collective brings together members of the community to socialise and create beautiful wares. From knitting and crochet to painting and jewellery, members infuse their unique talents into diverse projects. The collective often ventures beyond crafting, embarking on special projects and exhibitions that explore identity and the local landscape, including 'Present and Continuous' a collaborative photography in collaboration with artist Liz Wewiora.

More recently, the group revisited memories with the 'Making our Mark' creative project. Commissioned by Jigsaw Homes and delivered by artist Len Grant, the group retraced local landmarks and stories to create a beautiful piece of artwork that now sits proudly in the Ancoats Primary Care Centre.

Step Up for Many Hands Craft Collective

The group are on the lookout for friendly volunteers, and are always welcoming new members into the group, whether skilled or beginners. Many Hands are also grateful for any monetary contributions and would benefit from obtaining craft material donations.

Join the Many Hands Craft Collective from **2pm - 4pm** at Victoria Square Community Room, Victoria Square, Oldham Road, Ancoats, M4 5DX.

✉ gedreek@outlook.com

f Many Hands Craft Collective

Spotlight On: Backwell & Burman Together



Backwell & Burman Together is a fledgling community action group started by Steve Helme in Openshaw after fly tipping in the alleyway behind his home became a major problem.

Steve hopes to bring together residents of the surrounding homes to tackle this growing issue head on, with ambitions to create a space that neighbours can really enjoy.

With support from Step Up MCR and Manchester City Council, Backwell & Burman Together is currently coordinating a series of regular cleanups in the alleyway behind Burman Street and Backwell Street, Openshaw. Volunteers will be welcomed with a brew and a biscuit, plus activities for children, as they work together to clear debris and exchange ideas for improvement of the space.

Steve actively engages with the local community, sharing information on free removal services provided by Manchester City Council as well as offering recycling guidance.

Step Up for Backwell & Burman Together

Looking ahead, Backwell & Burman Together are planning to introduce planters, seating, and communal spaces, alongside potential social activities for residents.

Contact Ciara from Step Up MCR (ciara@stepupmcr.org) to get involved.



f Backwell & Burman Together

What's Going On Near You



WEEKLY TIMEABLE OF CLASSES & EVENTS



MONDAY

6:30-7:30PM MEDITATION £8 (4 sessions for £20) with Michael Hill

TUESDAY

9:30-11:30AM DIGITAL DROP IN (technical assistance and internet access)

WEDNESDAY

4-5PM MIDWEEK RESET £2 (Vinyasa Yoga & meditation)

THURSDAY

10-11AM TAP YOUR TROUBLES AWAY £2 (EFT/TAPPING)

11-12NOON TRANSFORM YOGA £2 (Trauma informed Vinyasa Yoga)

6:45PM-9PM BORN FREE £6 (Manchesters weekly conscious dance floor)

FRIDAY

5:30-6:30PM AFRO DANCE (Children's dance ages 4-8) £3

7:30-9:30PM RESONANT RYTHMS (WEEKLY DJEMBE WORKSHOP)

£6 3 Fridays a month from with James Buxton (1st Friday of the month off).

*** Fridays are also 'FEEL GOOD FRIDAYS' here hosted by members of #manchesterwellnesscollective so please book in for holistic treatments with our lead therapists directly. Nicholette 07592 711470 Alex 07400 246571

SATURDAY

10:30AM-11:30AM LITTLE YOGIS (FREE) (Children's yoga ages 4-8)

12NOON-1PM TAKE A SEAT YOGA £2 (Seated Yoga Class)

12:30PM WILDWOOD WEEKLY FORAGING WALKS (FREE)

***BORN FREE MONTHLY EXTENDED SOBER RAVES (Pay what you feel, guide donation £15 (One Saturday a month from 7PM-1AM) INCLUDING OUR NEW LIVE LOUNGE SESSIONS which are every 2-3 months and £12

SUNDAY

***Look out for workshops, Live Music events, Open Mic nights, Kundalini/ Yin/Vinyasa/Restorative Yoga, New & Full moon circles, our monthly Women's and men's circles Cacao ceremonies and many other events on at the weekends on our social media.

NEW FORTNIGHTLY SUNDAY ECSTATIC DANCE STARTING IN FEBRUARY

THE RESONANCE CENTRE, 599 Ashton New Rd, Clayton, M11 4RU
THE OLD SCHOOLHOUSE, 599 Ashton New Rd, M11 4RU



CO-OP MEMBERS GET FIRST IN LINE FOR TICKETS

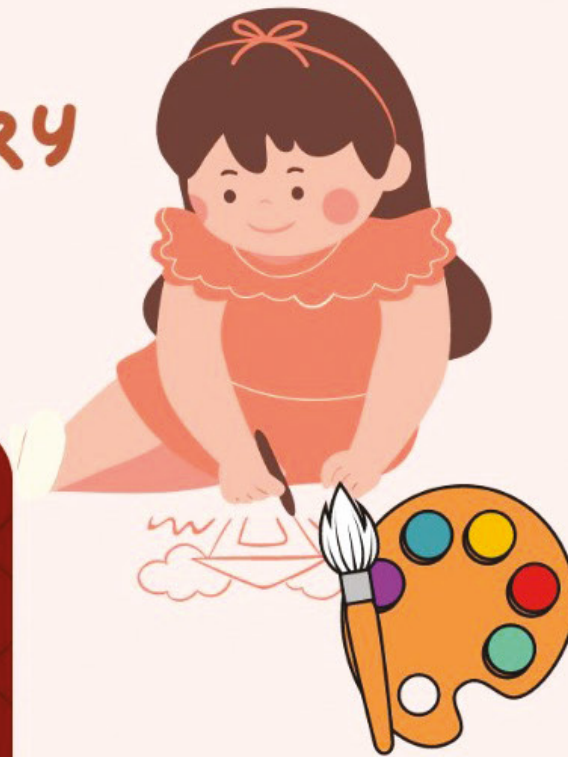
Download the Co-op App to access presale tickets

See coop.co.uk/presale for Ts&Cs. Costs £1 to become a member.
See coop.co.uk/membership for Ts&Cs.



NEWLEAF JUNIOR CLUB

FREE
EVERY WEDNESDAY
4-6 PM STARTING FEBRUARY
28TH



TERM TIME
ONLY
AGE 5-11

World Harvest Christian Centre,
8 Seymour Road South
M11 4PG



MANCHESTER
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07737 104433



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- bringing people together
- improve skills, employment & training

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*must benefit MSV tenants

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Touch Wood Workshop and Timber Yard



A hidden gem tucked away on New Smithfield Market, Touch Wood recovers quality timber and plywood that would otherwise end up in a skip and repurposes it, creating unique bespoke items. The team use wood with a story, like Manchester velodrome's track, to make charming upcycled tables and shelves.

EMERGE Recycling is part of a charitable group, together with its sister charity, EMERGE 3Rs, which runs FareShare Greater Manchester and the Give & Gain Volunteering & Employability Programme.

EMERGE Recycling are local pioneers in waste management, with experience and knowledge built over 25+ years. Specialising in security shredding of paper work as well as offering secure disposal of IT and WEEE waste, they can recycle the full range of materials including metal, cardboard and some plastics. Use their accredited industrial shredding service free of charge - if you can bring it down to site, or for a fee they can pick materials up for you.

The more they take, the more they give!

EMERGE Recycling are what's known as a 'Ben Com' - this means a Community Benefit Society, regulated by the FCA. They are owned by their members, community shareholders, who have invested in the development of this unique and ethical social enterprise.

Based on New Smithfield Market at Maynard House, M11 2WJ. For enquiries or to explore options, please call or email.

☎ 0161 223 8200 (press option 2)

✉ recycling@emergemanchester.co.uk

They design and realise well-being outdoor areas entirely built from reclaimed wood.

Touch Wood also welcomes volunteers who are keen to broaden their DIY skills; individuals gain confidence, accredited training, out of pocket expenses and protective equipment in the process.

Touch Wood provides wood collection services of redundant timber; their reclaimed wood store stocks a huge range of different timber for builders as well as DIY enthusiasts.

Opening times:

Monday to Friday 8am-4pm

Saturdays 10am-2pm

📍 Maynard House, New Smithfield Market, Openshaw, Manchester, M11 2WJ

☎ 0161 223 8200

Keen to start work?

Boost your CV with work experience and training, while helping a good cause! Help deliver surplus food to those who need it most!

We are now recruiting for our 6-8 week Give & Gain Work Experience and Training Programme.

FareShare Drop-in Sessions

Monday or Wednesday
anytime between 11:30-14:00
(it'll last about 30 minutes)

COME & EXPLORE YOUR OPTIONS!

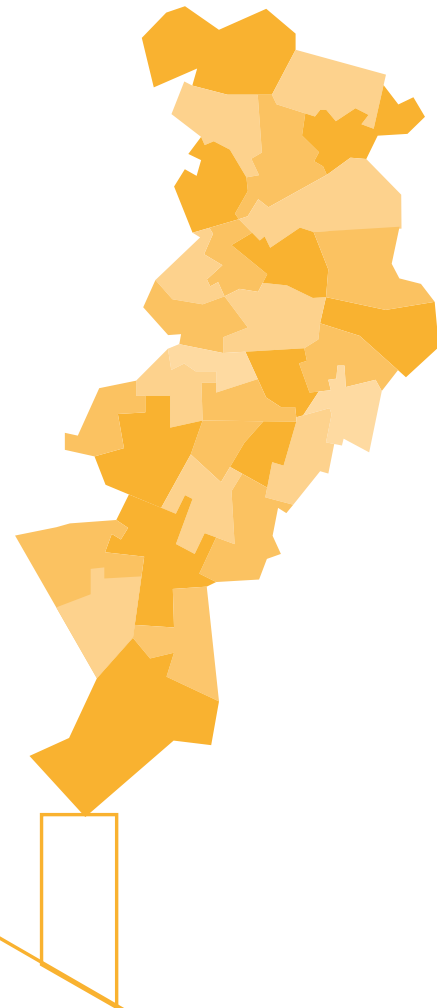
🌐 www.emerge3rs.co.uk/volunteering
✉ voladmin@emergemanchester.co.uk
☎ 0161 223 8200 (option 6)
📍 Maynard House, New Smithfield Market, Openshaw, M11 2WJ

"Volunteering has allowed me to get out of the house, gain new experiences, and meet new people that I would typically not get the chance to meet." - Joe, a volunteer

emerge 25 FareShare touch WOOD



www.stepupmcr.org/donate



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Where
You Live



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