

WE ARE STEP UP MCR

Ancoats
Beswick
Clayton
Openshaw

Spring 2023 Edition



stepupmcr.org

Put a spring in your Step

We are Step Up MCR, the charity unleashing the unlimited potential that exists in communities across Ancoats & Beswick and Clayton & Openshaw.

Our ethos is that anybody can give back, no matter how big or small. We work with residents who have big dreams for their neighbourhood and provide the Step Up needed to bring them to life - all through the power of local giving.

We know that everyone can give something back to make the community bloom - whether its time, funding, resources, space or expertise.

If you're a resident or business looking to make a difference, get in touch!

Spring into action and make a positive impact!

Spring is the season of renewal and growth, and what better way to celebrate than by volunteering in our community? Volunteer your time and energy to help those around you, and watch your efforts grow.

You could start planting seeds or bulbs, cleaning up parks, building bird boxes, or helping out at a local food bank, every little goes a long way.





Bloomin' Brilliant Ideas Event- 10th May

If you have an idea for a community project and would like a Step Up to make it happen, come along to our Bloomin' Brilliant Ideas event on 10th May to meet the Step Up MCR team as well as other local projects and partners to help you get going.

Read on to find out what other amazing local projects are happening near you and for more information on getting involved.

See our website and socials for details or get in touch with us:

**10th May, 2-4pm at The Resonance Centre,
Clayton Street, Manchester, M11 4EA**



hello@stepupmcr.org



www.stepupmcr.org



Step Up MCR



stepup_mcr

Step Up for Step Up MCR this National Walking Month



#Steps4StepUp is launching for National Walking Month this May and we're calling on you to **STEP UP, STEP OUT, and STEP INTO ACTION!**

Join our **#Steps4StepUp** Challenge and raise money to support Step Up MCR to grow more amazing community initiatives in your neighbourhood.

Walking is good for your mind and body and an excellent way to connect with loved ones and with nature. What better way to raise money for a good cause!

You could:

- Going car-free for a month by walking the school run or to work
- Organising a walk of your local area with family, friends or neighbours
- Exploring the great outdoors by arranging a countryside ramble
- Committing 10,000 steps each day

Looking for more of a challenge? How about:

- Walking 50 miles in a weekend
- Running 100k in May
- Taking on a mountain challenge!

Join our Ashton Canal Walk 31st May

Meet us at Cotton Fields Park on 31st May and join our team of local people walking the Ashton Canal Tow Path to Openshaw, with stops at some Step Up MCR supported projects along the way.



Contact Nicole Hope on
hello@stepupmcr.org
for more information.



www.stepupmcr.org/donate

Step Up

MCR

Community

Projects

Friends of Medlock Way

What does it mean to plant a seed?

“When we first decide to plant a seed we open up a world of optimism, nurturing the first shoots with light and water and already thinking of the bountiful autumn harvest to come.

These days, even with the price rises in just about everything in the household shop, fresh seasonal vegetables are still relatively cheap but the joyless experience of buying your vegetables in a supermarket can't compare to planting a potato in some soil and watching it grow into 10 potatoes over the space of a few months, or watching a tomato seed that starts off around 2mm in size, and turns into a 3ft plant, full of vibrant red fruits, ready to be eaten straight from the vine.

Our community allotment is about much more than growing food. We aim to plant seeds of hope in the Beswick community to show by working together, we can be self-sufficient in all aspects of our lives, helping each other to grow, and care for all the things we plant in life.

With thanks to Step up MCR, One Manchester & Manchester City Council, we were given permission to

use some neglected council land to start planting and so our project Friends of Medlock Valley began to flourish.

If you have a similar idea, we urge you to seek permission from your council or housing authority.

Just plant the seed and watch it grow.”

Dave, Friends of Medlock Way in Beswick.

Step Up for Friends of Medlock Way

Find out more about Friends of Medlock Way, including how to get involved at upcoming community allotment days.



FriendsofMedlockWay@gmail.com



[Friends of Medlock Way](#)



[Medlock_valley](#)



Evermore



Evermore is an exciting creative community-led climate action group run by Beswick resident, Jan Johnson.

Evermore aims to engage the local community in a recycling way of life – educating the importance of recycling and how it affects the planet’s long-term health.

Step Up for Evermore

On 22nd April, Evermore will be hosting an Earth Day Event in Medlock Valley on the entrance of Lyme Bank Street, just off Ashton Old road. **Join for FREE from 2-4pm!**

There will be tree and bulb planting, seed scattering, a walk along the sculpture trail made by Friends of Medlock Way, along with story-telling and creative writing using natural resources from Medlock Valley.

Dress up is optional but hippie style, flower power, or anything Earth related is encouraged.

All children under 18 accompanied by an adult.
Fruit and drinks will be provided.



Evermore



evermore_environmental_

Directions for Men

Directions For Men is a talking group for men based in Openshaw, 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.

Imran and Mike who run the group say **“when you arrive will be greeted by a smile, a handshake and the offer of a brew to help settle any nerves or anxiety you may have. We don’t shine spotlights on people and you are free to talk as much or as little as you want.”**

Mike has been attending Directions for Men since 2019 and says **“I looked around and tried so many different ideas but none of them gained my interest. Then I found Directions of Men in 2019. It was different in many ways and the punch line that “Men don’t ask for Directions” hit me as a true saying”.**

IT’S OK TO ASK FOR DIRECTIONS

Step Up for Directions for Men

Directions for Men meet every Tuesday 6–7:30pm

 **St Anne’s Catholic Church Hall, 1537 Ashton Old Road, Openshaw, Manchester, M11 1GR**

Car parking is available off Victor Mann Street, (off Ashton Old Road).

 **directionsformen.org.uk**



Max Trax



Making Tracks for Openshaw

Max Trax, the community-led cycle track coming to Delamere Park in Openshaw, has seen huge success since the Step Up MCR Crowdfunder. Thanks to you, we have raised over £85,000 and counting to make dreams come true.

In 2022, hundreds of people came from across Greater Manchester to attend fantastic community cycling events like the Colour Cycle, Glow Roll, Santa Cycle. The track is still in the planning stages but is making headway and now has Sure Maintenance as official sponsors who, along with Graham Plumbers Openshaw, will support with repairs to the community cycle hub and cafe.

The Max Trax team are working tirelessly in the background on the track plans and exciting community events for 2023. A big thank you to Max's mummy Kerrie, Nic, Lucy, and their fantastic team of dedicated volunteers.

Step Up for Max Trax

There is so much to get involved with this year including:

27th May – One Adventure fundraiser in The Mill, Greenside Lane, Droylsden. Crazy Golf, Archery, Laser Tag, Axe Throwing, Bingo, Play Your Cards Right, Quiz, DJ .. Tickets are selling fast.

25th June – Colour Cycle in Delamere Park

29th Oct – Glow Roll in Delamere Park

3rd Dec – Santa Cycle in Delamere Park

Find out about all of this and more



maxtrax.org.uk



[MaxTraxOpenshaw](https://www.facebook.com/MaxTraxOpenshaw)

The Beacon Centre

Following a huge community-led fundraising effort to turn a disused council-owned building into the community asset it is today, The Beacon Centre is now buzzing with a hive of activities.

Since its grand opening last year, Centre Manager Kay Symcox and the whole volunteer team have been working hard to offer a full timetable of health and wellbeing activities for the whole community, including:

- Luncheon Club
- Community Grocer
- Family Coffee Morning
- Play Clayton (active play for ages 8-12)
- MenZone
- Craft Along
- Cookery Classes

The Beacon Centre has also been supporting residents throughout the winter months of fuel and food prices rising through programmes like a winter warmer food project keeping people warm and healthy with soups and

lunches, slow cooker workshops and cookery classes, and its popular luncheon club and Community Grocer. They have also been running health fairs offering Covid and flu vaccination drop-ins.

Thank you to everyone who donated to Step Up MCR's Crowdfunder to get The Beacon Centre up and running, and for your continued support volunteering or utilising this fantastic community space.

Step Up for The Beacon Centre

The Beacon Centre has room hire in its light and airy community space available for parties, training sessions, short courses, exercise / dance / martial arts classes, and more. Enquiries welcome.

Are you looking to get involved as a community volunteer? Contact Kay Symcox to find out how you can help.



hello@beaconcentremcr.co.uk



Beacon Centre MCR



The Beacon Centre, Barrington St, Clayton, Manchester, M11 4FB



beaconcentremcr.co.uk












What's On at The Beacon Centre?

131 Barrington Street, Clayton M11 4FB (fully accessible facilities)

Centre Manager: Kay Symcox Email: hello@beaconcentremcr.co.uk Tel: 0161 243 2435

DAY	TIME	SERVICE/ ACTIVITY	DETAILS	CONTACT
MONDAY	12:30pm -2:30pm Enrolment 20/03/23 (6wks)	You and Your Health  <small>MANCHESTER CITY COUNCIL Manchester Adult Education</small>	Six free sessions to help you to: <ul style="list-style-type: none"> • Use the NHS website to find out about symptoms, illnesses or medication • Speak more confidently to health care professionals • Find out more about health conditions that are important to you and your family 	Lisa Robinson Tel: 0788 7541 180 lisa.robinson@manchester.gov.uk
	4:00pm- 6:00pm Starting 03/04/23	Play Clayton 	Free play sessions for age 8-12 years, delivered by qualified, DBS-checked youth and play workers from WAC, Droylsden	Ben Evans (Youth and Play Worker, WAC) Tel: 0161 301 2673 info@wateradventurecentre.org.uk
	7:00pm- 8:00pm	Strictly Beacon 	Learn Ballroom and Latin dance with a qualified dance instructor. Experienced dancers and beginners welcome £3 per person	Beacon Centre Manager
WEDNESDAY	12:30pm -2:00pm Alternate weeks from 08/03/23	Luncheon Club 	£3.50 for main course, dessert, hot or cold drink. BOOKING IS ESSENTIAL (please state any allergies or dietary requirements when booking)	Beacon Centre Manager
THURSDAY	9:30am- 12:00pm	MenZone MENZONE	Men's group Activities including darts, cards, dominoes, board games etc. £2 per person, includes refreshments	Beacon Centre Manager
	12:00pm -3:00pm	CraftAlong 	Craft at home? Don't craft alone, bring your projects and craft along with us. £2 per person, includes refreshments	Beacon Centre Manager
FRIDAY	9:30am- 12:00pm	Citizens Advice Drop-in 	Free, easy-to-use video advice sessions. Full support available No appointment required Come early to be sure of a place.	Beacon Centre Manager
	10:00am - 12:00pm	Community Coffee Morning 	Come along for light refreshments and a chat. All welcome	Beacon Centre Manager

Room hire and volunteering opportunities available - contact centre manager for details

Beswick CFC



Beswick Community Football Club is going to the finals!

In September 2022, Beswick Community Football Club became Beswick's first FA accredited football club thanks to the hard work of founder and local resident, Paul Downing.

In just a few months of participating at grassroots level, all five of Beswick CFC teams will be competing in their respected league cup finals in the East Manchester Junior Football League.

The five teams head to Curzon Ashton in April 2023 in hopes of returning with the club's first trophies.

Step Up for Beswick CFC

Coaching Opportunities

Beswick CFC is looking to expand their offering of grassroots football to the children and local community of Beswick with the addition of five new teams for children in school years

1, 2 and 3. With this, coaching opportunities have come available as these teams will need a football coach!

If you're looking to start your coaching journey or simply looking for a new team to coach, then this is the perfect opportunity to join the Beswick CFC football family.

More information can be found on Instagram/Facebook or by contacting Paul Downing.

Sponsorship

Calling on any local business for sponsorship opportunities. Your business name could be advertised across Beswick's first football team's kits.



Beswickcfc



BeswickCFC



BeswickCFC



PD Coaching

Affordable football - Development Centre

Session 1:

5-5:55PM

Year 1, 2 and 3's (U6, U7 and U8's)

Session 2:

(Including girls only football #She Can)

6-6:55PM

Year 3, 4, 5 and 6's (U9, U10, U11 and U12's)

Girls Football-

Year 4, 5, 6's and 7's (U9, U10, U11 and U12's)

£20 per month, £7 per individual weekly bookings

(Monthly booking discount)

For more information and to follow the PD Coaching journey:



PDCoaching_



PDCoaching_



PDCoaching_



pdcoachingmcr.co.uk



East Manchester Academy, Grey Mare Lane, M11 3DS



Malawi Heritage UK



The Malawi Heritage Community Grocery

Malawi Heritage UK's Community Grocery is now open at the St. Vincent's Centre in Openshaw.

Available to all, the Community Grocer offers a weekly food shop, including cultural foods, at the fraction of the cost of buying straight from the supermarkets. **Get a £25 shop for £5!**

The Community Grocer is supported by Malawi Heritage UK's fantastic local volunteers, Fareshare, and local food partners including Gregg's and Morrison's.

Step Up for Malawi Heritage UK

Pop in and see how you can get involved volunteering, or try out some of the activities on offer at St. Vincent Centre.



info@malawiheritage.org



Malawi Heritage UK



**St. Vincent Centre, 21 Vincent Street,
Openshaw, M11 2FU**



malawiheritage.org



WALK FOR WELLNESS



**NATURE & NORDIC
WALKING
EVERY SATURDAY AT
11:30 TO 13:00 FROM
18TH MARCH TO 19TH
AUGUST**

Come and join our
free nature and canal
walks where we visit
different parks, and
walk through canal,
breathing in the fresh
air and taking in the
beautiful
environment around
us.

Contact Us:
07737104433
Info@newleaffoundation.org.uk
www.newleaffoundation.org.uk



Art in the Community

Circle Of & The Kaleidoscope Project

Circle Of is a new organisation founded by Clayton resident, Yasmin Clarke. Circle Of aims to give young people the opportunity to work creatively to explore race, culture, heritage, and identity.

Circle Of recently ran an Arts Council funded project, The Kaleidoscope Project, for 5-16 year olds in East Manchester.

As part of the 14 week project, young people of diverse ethnic heritage in Clayton took part in workshops that pair discussions of race and identity with multimedia art and materials.

Throughout the project, participants shared parts of their culture and language, asked questions of the wider world they exist in and have been able to consider the importance of community, identity and belonging.

The Kaleidoscope Project was created to give young people a safe space to have collaborative discussions but also to enable organisations to understand how the arts, education & social impact sectors can better support some of the underrepresented parts of our local communities.

Young people had the opportunity to create an artistic reflection of their self-identity in a form of their choice, i.e. a poem, a piece of prose, a drawing, a sculpture, a mosaic etc.

The Kaleidoscope Project was exhibited in Beswick library for a month at the end of 2022 and the young people loved the opportunity to present their artwork at the launch in November.

Step Up for Circle Of

Support with funding, volunteer support to run sessions, support with social media, a local place for the group to meet, a creative mind to join the Board of Trustees.

Contact Yasmin Clarke to find out more.



yasminclarke@circleof.org



07561829449



What is Going on in the Community?

Co-Op Academy Belle Vue

Co-op Academy Belle Vue students have moved into their new permanent home on Hyde Road.

Formerly a 12.6-acre brownfield site hosting the old Showcase Cinema, the new co-educational school will have capacity for 1200 pupils and consists of a main three-storey building including reception, community hub, library and dining hall, with a teaching block and adjoining drama block.

The new Co-op Academy Belle Vue also boasts a two-storey sports block with Sports England – standard pitches and a multi-use games area. It will accommodate a range of sports including tennis, basketball, netball, and hockey.

These facilities were built with separate access for the wider East Manchester community, and both school and community will be served by Belle Vue's new 140-space car park with electric charging points and play area.

The new building was built by Sir Robert McAlpine working with Co-op Academies Trust and Manchester City Council. Co-op Academies Trust has 30 schools and colleges across the North of England. The Trust was appointed by the Department for Education and Manchester City Council to run Co-op Academy Belle Vue from its first intake of year 7 students in September 2021.

Scott Fletcher, Head of Academy said:

"Today marks a new chapter in the history of our school as we move into our state-of-the-art building. This new facility represents not just bricks and mortar, but an investment in the future of our students and community. We are excited to offer our students access to the latest resources and technology, and to provide them with an inspiring and dynamic learning environment."

"As we join our new community, we will continue to empower our students to think creatively, to collaborate, and to achieve their full potential. We will strive to foster a culture of excellence and inclusivity, where every student feels safe, valued and supported."

"We are proud to be a part of this community and we look forward to working together to make a positive impact on the lives of our students."

Dr Chris Tomlinson, CEO of the Co-op Academies Trust, said:

"We are delighted the students can now enjoy Co-op Academy Belle Vue's state of the art new site."

"It's fantastic to provide a place that will help deliver ambitious and aspirational young futures for the students."

Co-op Academy Belle Vue hosted an Opening Gala for the school community on 1 March with Co-op's CEO, Shirine Khoury-Haq, in attendance along with many other guests. Shirine said of the evening:

"Tonight was an incredibly inspiring evening. Looking at the fantastic facilities, seeing how happy the students are and how engaged the staff and community members are. It was extremely inspiring to see."

On what it means to be a Co-op Academy, Shirine said:

"The reason we run our businesses is so that we can deliver on our vision of 'Co-operating for a fairer world' and the academies are a wonderful demonstration of that."

"We are all about providing for and building our communities, with a strong focus on youth. To see our co-operative values so integrated into the curriculum is fantastic. The children are growing and learning and it means a great deal because it's what we're all about."





FULL CIRCLE

BY **DRYWAVE**

YOUR CALL TO ADVENTURE



**MENTORING
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**8 WEEK COMMITMENT
3 DAYS A WEEK
12 HOURS IN TOTAL PER WEEK
FIND YOUR PURPOSE
BASED IN STOCKPORT & MANCHESTER**

**YOUTH
MUSIC**



**FOREVER
MANCHESTER**
THE COMMUNITY FOUNDATION
FOR GREATER MANCHESTER



AGES 18-30 / LIMITED SPACES / CONTACT: BEN SOS RILEY ON FACEBOOK



WHAT CLASSES ARE ON WEEKLY ?



TUESDAY

2-4PM DIGITAL DROP IN AFTERNOON (FREE)

7-8PM 'Y INTEGRATION' £2 (Trauma informed Yin Yoga)

WEDNESDAY

2-4PM DIGITAL DROP IN AFTERNOON (FREE)

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)

2PM-4PM DIGITAL DROP IN AFTERNOON (FREE)

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

FORTNIGHTLY DJEMBE WORKSHOP BAND with Craig Winterburn £6 (Two Fridays a month, one from 6-8PM & one from 7:30-9:30PM)

MONTHLY GONG BATH with 'Gong Holistic' £15 (One Friday a month 8:30-9:30PM)

SATURDAY

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

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

BORN FREE MONTHLY EXTENDED SOBER RAVES £15 (One Saturday a month from 7PM-1AM) INCLUDING OUR NEW LIVE LOUNGE SESSIONS!

***Look out for Breath work, Live Music, Kundalini/Yin/Vinyasa/Restorative Yoga, New & Full moon circles, our Women's circle 'Sisters with voices', our Men's Circle and other Saturday events on our Social media.

SUNDAY

***Look out for workshops, Cacao ceremonies, New & Full moon circles and other events on our social media.

We hope to have more details on our future 'Integrating Self' courses soon. If you are living with symptoms of trauma (PTSD, CPTSD, BPD, Fibromyalgia) then do please get in touch to be added to our waiting list for future courses. Places on the Integrating self courses are fully funded by Manchester City Council.



**AIRPORT
ACADEMY**
AT MANCHESTER AIRPORT

AIRPORT ACADEMY

INITIAL ASSESSMENTS

Initial assessments will take place on:

11th May 2023 at 10am

Time slots to be made in advance

Location

Airport Academy
Upper Rail Station
M90 3RR

The day includes

- Information giving session,
- Numeracy and literacy assessment

NB Please bring either photo ID (UK passport, driving license or residents permit), birth certificate, debit card, benefit letter or utility bill. This is required by the first day of the course at the very latest otherwise you will not be able to complete the course.

COURSE

15th May to 26th May 2023

Step into Your Aviation Career at Manchester Airport

9.30am – 3:30pm

Monday to Friday

The course includes

NCFE L1 Cert in Exploring the Aviation Industry
NCFE qualification in E3 Employability & City & Guilds in E3 Customer Service
CV writing
Interview skills
Access to positions with MAG, Jet 2, plus a wide range of Hospitality Roles

Guaranteed interview

Eligibility

- Claiming benefits
- Aged 19yrs+
- Lived in the UK for a minimum of 3yrs

**To book an appointment,
Contact your local DWP office**



**AIRPORT
ACADEMY**
AT MANCHESTER AIRPORT

AIRPORT ACADEMY

INITIAL ASSESSMENTS

Initial assessments will take place on:

6th June 2023 at 10am

Time slots to be made in advance

Location

Airport Academy
Upper Rail Station
M90 3RR

The day includes

- Information giving session,
- Numeracy and literacy assessment

NB Please bring either photo ID (UK passport, driving license or residents permit), birth certificate, debit card, benefit letter or utility bill. This is required by the first day of the course at the very latest otherwise you will not be able to complete the course.

COURSE

12th June to 23rd June 2023

Step into Your Aviation Career at Manchester Airport

9.30am – 3:30pm

Monday to Friday

The course includes

NCFE L1 Cert In Exploring the Aviation Industry

NCFE qualification in E3 Employability & City & Guilds in E3 Customer Service

CV writing

Interview skills

Access to positions with MAG, Jet 2 plus a wide range of Hospitality Roles

Guaranteed interview

Eligibility

- Claiming benefits
- Aged 19yrs+
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**To book an appointment,
Contact your local DWP office**

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Saving
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The bowel cancer screening kit can save your life

Just a tiny sample detects signs of cancer
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help you

THIS IS YOUR FUTURE

FREE Skills Bootcamps in Green Technology

Overview

These 4-week Skills Bootcamps are designed to equip you with the skills and knowledge needed to start your career or upskill to enhance your career in Green Technologies.

There are two pathways available:

- Pathway one - for experienced/qualified Electricians or Heating and Plumbing Installers
- Pathway two - for those without prior related qualifications

These Skills Bootcamp are Free if you:

- Are aged 19+
- Have the right to live and work in the UK
- Live in the Northwest (Greater Manchester, Merseyside, Lancashire, Cheshire and Cumbria)
- Are unemployed
- Are an ex-offender

Need to know...

- All sessions are delivered by industry trained Tutors
- Guaranteed job interview on completion
- Skills Bootcamps are fully funded
- Employability support is offered



**SKILLS FOR
GROWTH**

DOING THINGS DIFFERENTLY FOR
GREATER MANCHESTER'S WORKFORCE



Find out more about Skills Bootcamps...

T: 0161 233 2656

E: recruitment@gceducationandskills.ac.uk

W: gceducationandskills.ac.uk



The
Growth
Company

Let's make Our Openshaw even better



Over 20 community organisations in Openshaw have come together to develop the “Our Openshaw” brand and community activity programme.

Could you help us?

Community Helpers

If you don't feel like formal volunteering is quite for you, but you could imagine helping out a neighbour, or at an event you might want to join our register of Community Helpers.

In 2023 we will be looking for people to help with programmes such as

- Telephone calls to isolated local people
- Event marshals at a new Openshaw Festival
- Helpers at food projects
- Helpers at fundraising events

Donating Locally

Of course we know that times are very difficult for everyone, but all of these organisations are locally rooted, and don't benefit from the big fundraising campaigns that you see from National charities.

If you make any charitable donations, we would ask you to think positively about donating locally. Your few pounds will have a much greater impact on smaller local organisations, and if you get involved you can see how the money is spent.

Skill Sharing

Do you have a skill from your work or personal life that could help a local organisation?

- Could you help an Arts group explore a new craft?
- Could you help a group with an IT or marketing problem?
- Could you spare some time to help a local group with painting a room
- Become a trustee of a local charity – bringing your skills to help them develop
- If you are a business – could you or an employee spare some time?

Local Voice

A better, friendlier, healthier more prosperous Openshaw will take the collective efforts of lots of local people who are positive about getting involved to improve matters – one step at a time. In 2023 we are hoping to work on.

- A new forum for local people to jointly plan for improvements with the council, police etc
- An Openshaw Festival – to focus on the positive
- Delivery of a range of projects that actively support listening and joint problem solving

Volunteering

If you feel ready to commit to something a little more regular, then do contact local organisations to see how you could get involved with a role such as these.

Food project assistant

Youth and play worker

Community centre assistant

Litter Picker / community gardener

Career mentor

Befriender

Arts Worker

Admin assistant

Shop assistant

Volunteering comes with great benefits, you will be trained, supported and meet lots of new people.



How can I help?

visit www.ouopenshaw.org.uk
or call 0161 974 1300





- **Build local relationships**
- **Make connections**
- **Influence the design of services**
- **Share ideas**

**IF YOU LIVE OR WORK IN ANCOATS, BRADFORD,
CLAYTON OR OPENSHAW YOU ARE INVITED TO OUR**

PARTNERSHIP HEALTH WALKS



- **Friday 17th February, 10am to 12pm** – Rainbow Haven, 113 Abbey Hey Lane, Abbey Hey, M18 8TJ
- **Friday 24th March, 10am to 12pm** – The Beacon Centre, Barrington Street, Clayton, M11 4FB
- **Friday 28th April, 10am to 12pm** – Manchester Settlement, 1328-1330, Ashton Old Road, M11 1JG
- **Friday 26th May, 10am to 12pm** – REVIVE, 187 Grey Mare Lane, Beswick, M11 3ND
- **Friday 23rd June, 10am to 12pm** – Resonance Centre, 599 Ashton New Road, M11 4SG

For more information, contact:

Zakaria.valli@nhs.net – 07702 590595

Angela.beacon@manchester.gov.uk

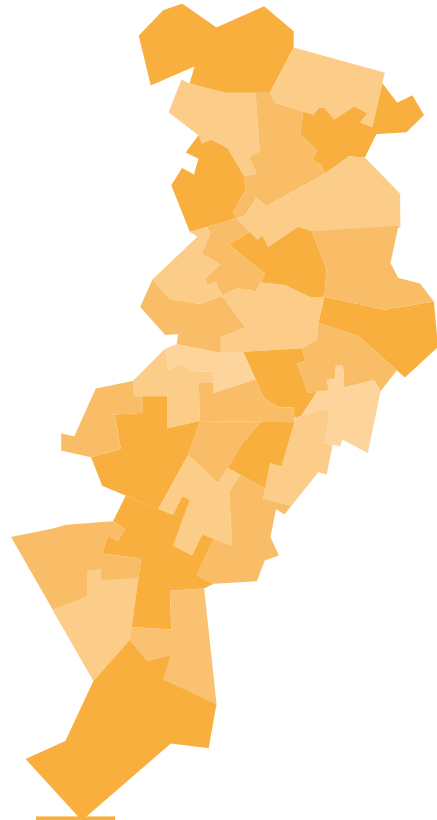
07507 227844



**Manchester Local
Care Organisation**



www.stepupmcr.org/donate



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one manchester



Manchester Local
Care Organisation



mosscafe st vincent's

MCR
active



MANCHESTER
CITY COUNCIL