Give Where You Live

Why Give?
Community has never been more important than right now, which is why Step Up MCR is asking you to Give Where You Live and support local heroes to make great things happen in your neighbourhood.

Giving back is easy. We collect giving from residents, businesses and local partners and use it to fund and grow amazing projects that keep on giving.

With the power of collaborative giving, we promise that every penny will create positive change in your community, whether you have £1 or £1 million to give.

You will always see the real life benefits to your donations, and we’ll keep shouting about your support in our community newspaper, so you never miss a thing!

Why Step Up MCR?
Step Up MCR was created together with people living and working in our areas to create powerful change from the inside out.

Since we began in 2020, we have invested £58,359 into local communities and match funded Crowdfunder campaigns supporting £131,702 into health and wellbeing projects like The Beacon Centre, The Resonance Centre and Max Trax.

Our funding is only made possible through local giving, and better yet, you can get involved in deciding how our funding is spent.

Other Ways to Give
If donating is not available to you but you still want to Give Where You Live, there are still so many ways you can.

Whether you want to get involved by growing your own group or activity, joining an existing one, or deciding how funding is spent - we’d love to hear from you.

Get in touch for a chat:

hello@stepup.mcr.org

www.stepupmcr.org

Read on to find out about some of the fantastic community-led projects Step Up MCR is supporting in your area.
WE DID IT!

Thanks to you, we have raised almost £38,000 for The Resonance Centre, a brand new community health and wellbeing hub creating positive and powerful change in Clayton, Manchester.

With your help, we have supported Clayton’s new community health and wellbeing space with the management costs it needs for the year ahead.

In April, Step Up MCR launched a Crowdfunder to support The Resonance Centre to raise £20,000 towards its Centre Manager costs.

We committed to match fund your pledges £1 for £1 up to £10,000, and with the support of the local community, we have almost doubled our target!

We want to say a huge thank you to every community hero and supporter for donating your time, funding, talents, prizes and so much more to make this campaign a success. We couldn’t have done it without you!

We also want to thank Sport England, The National Emergencies Trust and One Manchester for their match funding contributions.

The Resonance Centre is a unique space positioned just minutes from Manchester’s city centre. It provides a wealth of health and wellbeing activities for the local community including yoga, meditation, nutritional eating, drumming, dancing, digital inclusion, sober events, radio and podcasting, and much more.

The Resonance Centre, including yoga, digital drop-ins, dancing, singing and more!

In only two years, The Resonance Centre has undergone a radical transformation - turning a kitchen showroom into the incredible community space it is today.

Step Up for The Resonance Centre

To find out more about the activities on offer at The Resonance Centre, or to get involved, visit: www.theresonancecentre.co.uk

The Resonance Centre, The Old School House, Clayton Street, Manchester, M11 4EA

info@theresonancecentre.co.uk

TIMETABLE

MONDAY
FLOURISHING MONDAYS WITH ‘FLOURISH TOGETHER CIC’
Including POP UP SPA DAYS on:
20th June
18th July
19th September
17th October
21st November

TUESDAY
2PM-4PM DIGITAL DROP IN AFTERNOON
7PM-8PM ‘YINTEGRATION’ YOGA (Trauma informed Yin Yoga Class)

WEDNESDAY
2PM-4PM, SOUL SOUNDS SINGING SESSION (Natural voice singing)
2PM-4PM DIGITAL DROP IN AFTERNOON

THURSDAY
11AM-12NOON TAP YOUR TROUBLES AWAY (Group EFT/tapping session)
12NOON-1PM TRANSFORM YOGA (Trauma informed Vinyasa Yoga)
2PM-4PM DIGITAL DROP IN AFTERNOON
6:45PM-9PM BORN FREE 03 (Manchester’s weekly conscious dance floor)

FRIDAY
3PM-4PM MIDDLE WAY YOGA (A Yin/Yang style Vinyasa/Yin yoga class)

SATURDAY
10:30AM-11:30AM LITTLE YOGIS (Children’s yoga ages 4-7)

SUNDAY
1:30-3:30PM CHILDREN’S AFRO DANCE £3 (Children up to 11 years)

Manchester Health & Care Commissioning
A partnership between Manchester City Council and NHS Manchester CCG

The BigLife group
Clayton resident, Katie Grimshaw, came up with the idea for the project in the spring of 2022 and has been working with Step Up MCR to bring her dream to life for the summer holidays starting.

After leaving her job to care for her children with additional educational needs, Katie recognised the lack of fun activities for children and young people in her neighbourhood and wanted to make a positive step change. She has since been working hard to get her forest school accreditation and build up local connections to grow her project.

Katie wants to see more local young people accessing the amazing greenspaces and woodlands on their doorstep. She believes in the outdoors as a place of adventure, where children can be wild, be themselves and make new friends outside of a school environment.

“I’m passionate about child-led learning and getting the kids outdoors. It boosts their mental wellbeing, teaches them new skills and builds self-confidence”, Katie says. “The Really Wild Ones is all about promoting friendships and teamwork, but above all we are all, we want to children to have fun and learn about the natural environment around us.”

Katie particularly wants her project to benefit those on low incomes and children with additional needs who struggle with curriculum based learning.

The Really Wild Ones is running summer holiday clubs at Debdale Park and Clayton Vale, with sessions for children with additional needs starting up in September.

Her’s what to expect!

- forest crafts and tool making
- messy play
- woodland walks
- den building
- bug hunting
- identifying plants and wildlife
- caring for local wildlife by planting flowers, repairing bird and bat boxes and building bug hotels

Step Up for The Really Wild Ones

Follow The Really Wild Ones’ journey and find out more about the activities on offer!
Beswick Community Football Club is paving the way for more East Manchester football heroes!

Beswick resident Paul Downing set up his football venture, Pd Coaching, just a year ago with the dream to set up Beswick’s first football team.

Paul’s football coaching began on lockdown as a way to support local young people to stay fit and active. As restrictions eased, he saw interest in his project continue to grow. Now, with the ongoing support of Step Up MCR, Paul is running five sessions per week with up to 30 young people at each.

Now that his football team is registered with the Football Association, Paul can begin arranging matches and training up local coaches to support even more young people into the sport.

Step Up for Pd Coaching

Paul is looking for local businesses to sponsor his football sessions. Support will cover equipment, hiring facilities, and coaching costs.

Contact Pd Coaching for more information:

pdcoaching_@hotmail.com

To follow the journey follow @pdcoaching_

Max Trax Colour Cycle

We are hugely grateful to The Lord Mayor, Donna Ludford, and Councillor Sean McHale for supporting the event and attending to cut the ribbon at the start of the colour cycle.

Look out for the bright pink Max Trax banners popping up around the community over the summer and beyond for more exciting events and activities in the build up to the track build!

What’s Next?

With your support through our recent Crowdfunder, which raised over £85,000 towards the track build, Max Trax has been working hard to bring the dream into a reality.

Helped by Step Up MCR, Manchester City Council, Flourish Together, Bike Track, Graham’s Plumber’s Merchant and other local partners, Max Trax soon aim to start the pump track build.

As well as the track, Max Trax will aim to create a community space inclusive of a café and cycle repair hub.

Step Up for Max Trax

Support Max Trax on their journey!

This June, the Max Trax team held their very first cycling event in Delamere Park to fundraise for Openshaw’s brand new community cycle track in memory of local resident, Max Rimmer-Chambers.

The Max Trax Colour Cycle brought together hundreds of people from within the local community for a brilliantly bright and colourful day. As well as the colour cycle, the event boasted a climbing wall and giant inflatable darts board, live music and an open mic hosted by Buzzin’ Sounds, cakes and bakes from a fantastic team of local residents, fun community stalls, and much more.
Keep Youth Work Alive is a Beswick based youth project run by dedicated local resident, John Scott. John grew up in Beswick and is passionate about giving young people opportunities to get active and learn new skills.

With the closure of traditional youth facilities in the area over the years and the high costs involved in joining some of the local sports, John wants to offer free activity at a grassroots level and inspire young people to set their ambitions high.

John has been growing his project since 2017 and with the support of Step Up MCR is now working in partnership with Nuffield Health to access the world-class healthcare facilities at the Manchester Institute of Health and Performance in Beswick.

John now runs sessions five nights per week at both MIHP and Frank’s MMA Gym in Beswick, offering mixed martial arts, fitness coaching and positive life skills.

Since the start of the year, Keep Youth Work Alive has been accessing the indoor football pitch and circuit studio, giving young people somewhere safe and inspiring to train and develop their skills. Through the summer, Keep Youth Work Alive visited the wind tunnel at MIHP which the young people all thoroughly enjoyed.

Step Up For Keep Youth Work Alive

John is looking for sponsors to support his grassroots youthwork.

To help, contact John on:

keepyouthworkalive@outlook.com

Step Up For PMC

The Positive Media team are looking for the following to achieve their goals for the community:

- Two Board members to help create with the next phase of the Positive Media Experience
- Premises to expand into Volunteers who are good with audio technology
- Finally, PMC plan to launch two radio stations in the summer of 2023 and is looking for sponsors. One sponsor will have the entire station to themselves, including adverts and sponsor tags. These radio stations will be available to the local community to program and learn new skills from.

Contact Andrew for more information and to get involved with Positive Media Company:

AP@PositiveMedia.uk
Throughout the year, Jan and Chris have been getting to know Openshaw residents by bringing their caravan to Lime Square, holding neighbourhood walks and arts sessions. They have been collecting your artwork, memorabilia, poetry, photographs, and stories to pull together an exhibition celebrating all things Openshaw.

Our friends at Manchester Settlement hosted the exhibition in a specially constructed bright yellow wooden pavilion. The pavilion has been visited by a huge number of you, all contributing to the artwork and adding landmarks to the People’s Map of Openshaw!

Jan and Chris are now working on a souvenir publication celebrating Openshaw that will be on sale very soon! We can’t wait to share the details.

The tiny yellow caravan on wheels has been making big tracks in Openshaw!

The Pride of Place project commissioned by One Manchester, Step Up MCR and MCR Active has seen artists and photographers Jan Williams and Chris Teasdale touring Openshaw to create a unique exhibition.

Art in the Community

The Caravan Gallery – Pride of Place Openshaw

Stay up to date!

Openshaw Pride of Place Project
For more from The Caravan Gallery, visit: www.thecaravangallery.photography
Local Giving

DryWave Recovery launches brand new Clayton production suite with support from BAM and SES

DryWave Recovery is a Clayton based organisation working with people in recovery from addiction. The team hosts large scale sober club events and runs arts sessions and holistic peer support to enable people to make positive and lasting lifestyle changes.

DryWave Co-founders and recovery advocates, Ben Riley and Will Power, began their venture after overcoming addiction and low mental health. They are now passionate about empowering others on their journey to recovery.

The DryWave team has been working hard to get their state of the art wellness zone up and running. Once complete, it will provide podcasting and studio quality sound entertainment for the people of Clayton and surrounding areas. Free training and development in radio, podcasting and music production will be available to boost health and wellbeing in the community.

DryWave Recovery launched their brand new production suite at The Resonance Centre on 16th August, with Ted style talks, wellness activities and free food from Kings Tyras Lebanese restaurant.

Step Up for DryWave Recovery

Ride the wave! Contact Ben Riley and find out how you can get involved with this fantastic community project.

drywaveevents@icloud.com
@drywaveevents

What’s Going on in the Community

Flourishing Mondays
Support your social venture to flourish

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<td>Information and Sign-Up</td>
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<td>20th June</td>
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<td>27th June</td>
<td>Social Enterprise Support Day - CO-DESIGN DAY</td>
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<tr>
<td>26th September</td>
<td>Social Enterprise Support Day: MEDIA, PR &amp; COMMIS</td>
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<td>Social Enterprise Support Day: SOCIAL VALUE &amp; EVIDENCING NEED</td>
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Flourishing Mondays are FREE to women change-makers.

Pay-in-your-face donations suggested £5-£30 are welcome. Email info@flourishtogether.org.uk to claim your pass to join. The Resonance Centre, The Old School House, 599 Ashton New Road, M31 4UA.
Share your stories and learn new skills at a free media workshop!

Whatever your experience or interests, join us for a free two-hour workshop to learn basic media skills including filming, photography and interviewing.

We’re a news team who are all aged 60 and over - we look forward to sharing our experiences and skills with you!

Thursday 25th August,
3-5pm
Beswick Library
No experience is needed and all equipment will be provided.

Book: changingtherecord@gmail.com
FANCY YOURSELF AS A YOUTUBER, TIKTOKER OR PRESENTER?
LEARN FILMING, INTERVIEWING AND PRESENTING SKILLS AT A FREE MEDIA SKILLS WORKSHOP
THURSDAY 25TH AUGUST
BESWICK LIBRARY, 12.30-2.30PM
BOOK: TEAM@MEDIACUBS.CO.UK

LITTLE GROOVERS

SING familiar and learn new songs

MAKE music, friends & FUN

PLAY and sing with your children

ENHANCE your child’s natural musicality

Fridays: 2-3pm in the Community Room at Seymour Road Academy. 40 minutes of music then time for a drink and a biscuit. This is FREE and open to EVERYONE with children 0-4 years of age.
COFFEE & CRAFT MORNINGS

Louise warmly invites parents and carers to join her for a coffee & craft morning. Come along for a hot drink, some craft activities and a chat.

Every Wednesday morning between 8.50am & 10.30am. Starting Wednesday 7th September.

In the Community Room at Seymour Road Academy

A chance to meet new people, relax and recover from the school run. Everyone welcome.

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

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

PARTNERSHIP HEALTH WALKS

• Friday 19th August, 10am to 12pm
  Morrison’s, Lime Square, Ashton Old-Road, M11 1ND
• Friday 16th September, 10am to 12pm
  National Squash Centre, Rowsley Street, M11 3FF
• Friday 21st October, 10am to 12pm
  ASDA Eastlands, Ashton New Road, M11 4BD
• Friday 18th November, 10am to 12pm
  Mustard Tree, 110 Oldham Road, Ancoats, M4 6AG
• Friday 16th December, 10am to 12pm
  The Grange, 4 Pilgrim Drive, M11 3TQ

For more information, contact:
Zakaria.vallil@nhs.net – 07702 590595
Angela.beacon@manchester.gov.uk
07507 227844
What’s on at Your Beacon Centre?
131 Barrington Street, M11 4FB

Monday:
Strictly Beacon Dance Classes, 7pm-8pm
Learn Ballroom and Latin with our qualified instructor, the dancing vicar! Waltz, Quickstep, Foxtrot, Tango, Cha-cha, Rumba, Samba and Jive.
£3 per person, including refreshments.
NO BOOKING REQUIRED.

Every other Wednesday: (from 10th August)
Luncheon Club, 12pm-1:30pm *BOOK NOW!*  
Home cooked main course and pudding, (vegetarian and light options available.) £3.50 per person
BOOKING ESSENTIAL – SEE CONTACT DETAILS OVERLEAF.
Optional After Lunch Activities, 1:30-2:30pm
Rota of Bingo, arts & crafts, dancing, light exercise etc.
£3 per person. BOOKING REQUIRED FOR ARTS & CRAFTS.

Thursday:
MenZone coffee morning, 9:30am-11:30am
Join us for a brew and/or board games, dominoes, cards, darts, table tennis and pool. £2 per person, includes refreshments & all activities. JUST DROP IN ON THE DAY.
Job Club, Free Drop-In, 10:30am-1pm
Support with searching and applying for jobs; info about local employers; careers advice; computer WiFi access; online training. NO APPOINTMENT REQUIRED. FREE

Friday:
Digital Skills, Free Drop-In, 10am-12pm
Help with digital devices (computers, laptops, tablets, mobile phones), software, and online services.
NO APPOINTMENT REQUIRED. FREE.
Coffee Morning, 10am-12pm
All welcome, refreshments on sale.

What’s Coming Soon at Your Beacon Centre?
131 Barrington Street, M11 4FB

Volunteering Opportunities: APPLY NOW!
A variety of volunteer roles available: experienced cooks for luncheon club, cleaners, coffee morning staff, session helpers, community grocer. CONTACT US FOR DETAILS

Breakfast/ After School Club ENQUIRE IN SCHOOL
Will be available to children aged 5+, who attend primary school in Clayton.
Breakfast Club 8am-9am - £1 per child, per day.
After School Club 3pm-6pm - £6 per child, per day
ENQUIRE IN SCHOOL

Exercise, Dance and Martial Arts Classes, Activities, Services and Support
ESOL activities, women’s support, Citizen’s Advice, activities for people with SEND, Bingo, work experience for students, activities for the elderly, drug, alcohol and smoking cessation support, health checks.

Other Free Courses
For fun, or qualifications

ROOM HIRE AVAILABLE NOW!
Main hall, kitchen, IT room, and shop area available.
Suitable for meetings, training sessions, dance/ exercise classes, social activities, exhibition space etc. Free WiFi, A/V facilities, tea & coffee making facilities (refreshments/ lunch can be provided – menus & prices on request)
FOR DETAILS/ VIEWING, CONTACT US

Contact us by email: hello@beaconcentremcr.co.uk or tel: 07305 048 634
Follow us on Facebook @Bea Con/ Twitter @BeaconCentreMcr, see our on-site noticeboard, or check our website www.beaconcentremcr.co.uk, for latest information

Activities and Services generously supported by

Join the Step Up MCR tribe and help your community thrive!

There are infinite ways we can all use our energy, skills and resources to benefit the community.

If you have a big idea or something to give back, we can offer the step up to get you there.

Get in touch if you’d like to support a local project or start up your own!

Other Ways to Give

Our community fundraising campaigns need your support, but you can also help us from home!

Raise FREE donations for Step Up MCR every time you shop online through Easyfundraising.

Join Our Team!

If you live or work in Ancoats & Beswick or Clayton & Openshaw and would like to have a say in the community, our Board of Directors or Advisory Panel opportunities could be for you.

We are looking for caring, dynamic and committed people who are passionate about building community and making a real difference to a place and the people who live there.

Head to www.stepupmcr.org to find out more.