WE ARE
STEP UP MCR

Ancoats
Beswick
Clayton
Openshaw

Summer 2023 Edition

stepupmcr.org
Dream Big Beswick | 21st July

We’ve teamed up with Handmade Productions, The East Manchester Academy and a host of local partners for a magical day of arts, creativity and fun.

The DREAM BIG BESWICK event will take place from 1pm at The East Manchester Academy, starting with the community parade and followed by a wonderfully whacky afternoon!

Join us to share your BIG DREAMS and enjoy:

- The Handmade Parade celebration
- Stilt walkers & giant puppets
- Live music
- Spray painting from Oskar with K
- Food from Manchester Urban Growers
- Puppetry and laughter yoga from Serious Laughter
- Growing, planting and making
- Arts and creative workshops
- Dance, drumming and fitness
- Much more!

Get involved!
Handmade Productions are calling for residents to make costumes, headpieces and decorations to join their stilt walkers, giant puppets and artists.

WORKSHOPS
18th July & 20th July 4-7pm

Come along to our FREE community making workshops at The East Manchester Academy!

Each workshop will be the same so please only sign up to one to ensure there enough spaces for everyone to attend.

Head to www.stepupmcr.org/dreambigbeswick to book via Eventbrite.

We’re looking for volunteers!
Contact Nicole Hope, Step Up Programme Manager, to find out how you can help. help@stepupmcr.org

Handmade Productions
FROM 1PM AT THE EAST MANCHESTER ACADEMY

DREAM BIG BESWICK HANDMADE PARADE & COMMUNITY FESTIVAL

- Handmade Parade
- Stilt walkers & giant puppets
- Live music
- Spray painting from Oskar with K
- Food from Manchester Urban Growers
- Puppetry and laughter yoga
- Growing, planting and making
- Arts and creative workshops
- Dance, drumming and fitness
- Much more!

Scan to sign up to our parade making workshops at TEMA!
18th & 20th July 4-7pm
The Neighbourhood Connector will work alongside our Programme Manager to engage communities in Ancoats & Beswick and Clayton & Openshaw. They will support us to unleash the unlimited potential in our neighbourhoods through the power of local giving, recognising that anyone can give back to grow the community with their time, knowledge, resources, space, funding, or skills.

Using an arts-led approach to community building, the post holder will unearth, inspire and catalyse bright ideas for new resident-led initiatives, as well as supporting existing community projects and activities to grow.

We’re Hiring!

Thanks to funding from The National Lottery Community Fund, we’re delighted to announce that we are hiring a Neighbourhood Connector to expand the Step Up MCR team.

The Neighbourhood Connector will increase Step Up MCR’s presence in the community, hosting weekly drop-ins, engagement events and resident meetings.

Does this sound like you?

Head to www.stepupmcr.org/neighbourhoodconnector for more information and the job description.

To apply, please send a CV and cover letter, along with a completed Diversity & Monitoring form to hello@stepupmcr.org.

For any questions, contact Nicole Hope (Programme Manager) using the email above.

Applications close at 11:59pm on Sunday 16th July. Interviews will be held on Monday 24th July.

Calling Local Businesses!

Help us award local grants to local communities by becoming a Friend of Step Up MCR.

We know that many businesses in Manchester want to give back and do more in their local communities. However, the approach to giving back effectively is not always clear.

Step Up MCR is committed to supporting local grassroots causes that have a lasting impact in the community.

We want to bring together businesses across Manchester to help us to help others.

Our new Friends of Step Up MCR partnership is for businesses based or working in Manchester who want to engage with and support grassroots community activities.

Let’s chat!

Get in touch, we’d love to chat about how your business can give back and make an impact to local communities in Manchester.

hello@stepupmcr.org

Read on to see the difference you could make by becoming a Friend of Step Up MCR!

Newleaf Foundation

Newleaf Foundation is a Charitable Incorporated Organisation connecting people in North Manchester through food, crafting, wellbeing and fitness.

Local resident, Marcelina, runs Newleaf alongside her full time counselling role to get people the support they need- whether a listening ear, support with the weekly shop, or simply a space to relax and meet new people.

Newleaf has run a host of activities across Openshaw, Clayton, Beswick and Gorton over the last 12 months, from crafting for wellbeing sessions, wellness walks, coffee mornings and food parcels.

Get involved with free weekly activities!

Community Lunch- Tuesdays 12pm- 2:30pm
Church of the Resurrection & St. Barnabas, 1A Albert Street, Beswick, M11 3UT

Wellness walks- every Saturday 11:30am- 1pm
Join Newleaf for a nature walk and picnic at Clayton Vale. The group meets at the arch opposite Riverpark Road.

Talk and Share Café- Monday from 10.30am - 12.30pm
The Grange, Community Resource Centre, 4 Pilgram Drive, Beswick, M11 3TQ

Step up for Newleaf Foundation

Are you looking for a volunteer role that makes a real difference?

Maybe you have the summer off and are looking to build your skills and experience?

Contact Marcelina to find out about volunteering opportunities with Newleaf Foundation

info@newleaffoundation.org.uk
Improving Young Lives was established to inspire young people within the local community by creating a safe, fun environment for them to thrive outside of their typical social circle.

The organisation was founded by Clayton and Openshaw residents Daniel Hugo and Curtis Jones who have worked with young people in the area and recognise the need for more personalised and engaging sessions for young people.

“We offer multisport coaching and healthy living workshops focusing on getting the children active and educating them on how to make better lifestyle choices. We do this in a fun interactive way so that they are learning and having fun at the same time. We are hoping we can make a real difference in the area and help with the development of the children for the better.”

Improving Young Lives run half term camps which provide enriching activities for children who receive free school meals. A typical day begins at 9:30 and ends at 13:30. With specialist coaches and classroom assistants, the Improving Young Lives team offer Arts & Crafts, Football Training, Multi Sports and Netball coaching. A nutritional lunch is also supplied for all students. Camp competitions run throughout where exclusive prizes like football match tickets can be won.

Step Up for Improving Young Lives
Follow Improving Young Lives on Instagram to stay up to date on the latest camps! @improvingyounglives
Check out their latest reel “A day in the life” where you can virtually attend the camp yourself to see what all the fuss is about.
Book for the next Half Term Camp!
24th July | 27th July | 1st August | 4th August | 8th August | 11th August | 14th August | 17th August

Get in touch
Email improveyounglives@hotmail.com to book onto the next half term camp and to find out more. You can also book via the MCR Active Go App.
This is Beswick Urban Growers

Ever dreamed of planting a garden, or getting your hands dirty growing your own food? Well, if you live in East Manchester, you can – just head over to Beswick and spend the day with BUG.

BUG is a new community project, growing food on the playing fields of The East Manchester Academy. Its mission: use organic food production to improve local people’s health and wellbeing, and to create a haven for nature in a built-up part of the city.

Funded by Greater Manchester Green Spaces fund, in partnership with the school and wearemud.org, the BUG garden is putting down strong roots thanks to the work of Community Gardener Steven Lalley.

“I’ve spent the best part of 20 years working behind a desk as a copywriter, just dreaming of a job like this,” explains Steve, who started his role in the garden at the end of April. “Now, it’s happened and I can’t quite believe my luck!”

Over the last few months Steve and his colleagues at MUD have divided their time between setting up the garden, teaching students how to grow, and making friends in the community. But the biggest challenge is getting people to realise the garden exists at all:

“We’re on the school grounds, tucked away behind TEMA and Beswick library. I’ve got so much space to work with – what we need are volunteers. People who want to learn, those with experience, and people who just want to sit in a safe, nature-friendly space, have a cup of tea and a chat,” says Steve. “This is a community garden just waiting for the community to discover it!”

As food prices rise, global climate change becomes a local reality and more and more land is given over to businesses, gardens where people, nature and common food production come together are needed more than ever.

As Steve puts it: “Something like BUG is pretty unique round here. It’s our chance to work together, grow together and eat together.”

Step Up for BUG

If you or someone you know wants hands-on experience of horticulture, a space of their own to grow food, or simply to spend time in the garden, contact Steve the Community Gardener at BUG on 07849140040 or email s.lalley@temac.co.uk

MaxTrax

All-Wheels MaxTrax coming soon to Delamere Park.

The wheels are turning on Max Trax’s big plans for a community-led cycle track and bike hub in Delamere Park.

Designed by you, for you
Share your thoughts on the community-led track design.

The track explained
The two circles on the left are the learn to cycle area that will flow over to all wheels track. The existing building in the park will become a kiosk serving refreshments and provide a community setting for activities and events. One of the outbuildings will be for bike repairs and the other for storage. There will be bike gates to prevent motorists accessing the track, keeping the space safe for use.

The track design works around existing trees to maintain the biodiversity of the park. There will be added trees, wildflowers, seating and a new path in the central area of the park. The plans include a mini allotment to grow fresh fruit and vegetables, alongside the mini orchard planted by the Friends of Delamere Park in 2021.

The existing skate park will be turned into a small football pitch for local groups.

We would appreciate you taking the time to give us some feedback on the ALL-WHEELS MaxTrax in Delamere Park.

Step Up for Max Trax
Share your thoughts on the track plans by emailing info@maxtrax.org.uk

Head to www.maxtrax.org for more information.
The Resonance Centre

The Resonance Centre is your local holistic wellbeing hub offering a weekly timetable of classes such as Yin Yoga, Vinyasa Yoga, Seated Yoga, Children’s Yoga and EFT (tapping). Adult classes are just a £2 donation and our Saturday ‘Little Yogis’ class is FREE.

The Resonance Centre is also home to ‘BORN FREE’! Manchester’s weekly conscious dance floor where sober ravers gather every Thursday to ‘shake it off’, ‘let it go’ and release in a safe and non-judgemental environment (£6 on the door).

There is also a Born Free ‘extended edition’ one Saturday each month on a ‘pay as you feel’ basis and on Saturday August 19th the dance goes big when Born Free takes over the ‘Royal Exchange Theatre’ DEN which is here in M11 from 10th-20th August. This is a party for you and as such will be FREE!

Your Resonance Centre now has ‘FEEL GOOD FRIDAYS’ too where you can get reasonably priced holistic treatments such as full body massage, Indian Head massage and myofascial release from experienced members of #manchesterwellnesscollective

There are even ‘Pay as you feel’ options available for this so do contact Nicholette Dean via email on nicholettedean@hotmail.com or as @naturally_holistic on Instagram to book in for a treatment. Please also get in touch if you are a holistic practitioner seeking a cost effective space in which to see clients.

Step Up for The Resonance Centre

The Resonance Centre offers very competitive room hire rates for classes, retreats, meetings, workshops and our office is also available to hire 3 days a week. We invite you to join us on our adventure of #powerfulpositivechange right here in Clayton!

Get in touch!
Email: info@theresonancecentre.co.uk

Art in the Community

East Manchester Community Festival

From 11th to 19th August 2023, the Royal Exchange Theatre will bring their mobile theatre, The Den, to pop up at The East Manchester Academy in Beswick for the East Manchester Community Festival!

Eight days of events, performances, workshops and activities, co-created and delivered by a 12-strong Local Exchange Ambassador team of residents from Beswick, Openshaw and Clayton.

All tickets to shows in The Den are £1 to secure your seat, or free if you take a chance on the day. All workshops and other activities are completely FREE.

The programme will include professional productions from Manchester based companies, and productions with the local community centre stage including a night of stand-up comedy, a performance from the Beswick Young Company and a devised collaboration between The Men’s Room and Manchester-based internationally touring dance company, Company Chameleon. The festival will also see the world premiere of a brand-new musical written about Beswick, Openshaw and Clayton performed by professional actors and five local choirs.

The people of East Manchester can also get involved in workshops across the festival including crafting for all ages, DJing and drumming. The 13th August sees a family takeover day with crafting, facepainting, nature activities, a local scavenger hunt and a family-friendly production of new-play The Street Where I Live by M6 Theatre.

Throughout the festival there will be crafts, stalls, locally provided food and exhibitions of locally made art.

The East Manchester Community Festival is supported by Arts Council England, Greater Manchester Combined Authority, Esmée Fairbairn and The Oglesby Charitable Trust.

Tickets, and the full programme, will be available at royalexchange.co.uk from week commencing 24th July 2023.

“Lively and diverse programme, giving a real sense of community, much notably the plays of really high quality”

The Den in M8 audience member

“I love the idea of the Royal exchange ‘pop up’ theatre, taking the theatre out and about, bringing whole, diverse communities together”

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The Den in M8 audience member
**Manchester Local Care Organisation**

**Know Your Numbers**

High blood pressure, or hypertension, rarely has noticeable symptoms. But if untreated, it increases your risk of serious health problems such as heart attacks and strokes. If your blood pressure is too high it puts extra strain on your blood vessels, heart and other organs such as the brain, kidneys and eyes. Around a third of adults in the UK have high blood pressure, although many people will not realise it. It’s not always clear what causes high blood pressure, but there are things that can reduce your risk, such as having a healthy diet and being active. And the good news is that if you have high blood pressure, reducing it even a small amount can help to lower your risk of serious health conditions.

Getting your blood pressure checked is quick and easy, and the only way to know whether your blood pressure is high. You can get your blood pressure checked at your GP practice as part of an NHS health check, however we know that not everyone will have a health check so we’ve been working on ways to make sure that more people ‘know their numbers’.

In the coming months there will be opportunities for people to get their blood pressure checked in new places right across our area, from hair salons and food banks to community groups and local pharmacies.

Look out and take the opportunity to ‘know your numbers’, it could be a life saver.

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**Nuffield Health**

Nuffield Health are a trading charity that focus on health and wellbeing in local communities. Since taking over the Manchester Institute of health and performance in 2020, Nuffield Health has opened the doors of the elite facility to the local community, helping over 3000 local people across many services and collaborations with local organisations Newleaf Foundation and Keep Youth Work Alive.

**What’s on offer**

Nuffield Health’s local community FREE Joint Pain programme has so far helped 140 Manchester residents to manage chronic pain and learn skills to self-manage to increase quality of life. If you suffer from joint pain or know someone who does, please apply for the programme [www.nuffieldhealth.com/jointpain](http://www.nuffieldhealth.com/jointpain) and select East Manchester Sport City location. Programmes are available at the Manchester Institute of Health and Performance and The Settlement Centre.

**More active**

In September, Nuffield Health launch East Manchester FA Squad girls football group for age 11-15 years, every Monday 5pm-6pm (during term time). They are up-skilling and employing Connell Co-op College students with a FA coaching qualification and casual coach work.

With the success of the Lionesses during last year’s European Championships, and as one of the favourites to win the Women’s World Cup this summer, now is the perfect time to offer these opportunities to get more girls playing football!

During the month of August, on the 9th & 23rd, Nuffield Health are also running free taster sessions for anyone that may be interested in taking part our new FA funded project. Running between 9am-3pm, you will get the chance to experience learning from FA qualified coaches at the world class Manchester Institute of Health & Performance.

If you are interested, please scan the QR code above and complete the booking form to reserve your space.

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**Manchester Local Care Organisation**

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So for over 12 weeks I’ve been coming to joint pain clinic that’s been run by Nuffield Health here at the Manchester Institute of Health and Performance. I was apprehensive in the beginning considering I’ve got osteoarthritis and a number of chronic pain problems both in my knees and hip, back and neck. I just wanted to try something which was different than the usual paracetamol, codeine and other pain killers. Over many years in sports and in working environments where I’ve had to do physical work, it’s become more and more difficult over the last few years following an accident at work which left me severely incapacitated with severe joint pain. Where I really wanted to try something different.

I had previously tried going to the gym without any great success and then I heard about the joint pain programme and was able to come along and try out in a non-judgemental environment with like-minded people, different ages, different backgrounds and cultures and be able to participate with likeminded people who wanted to have some time type of change in their life. In respect to that what I’ve been able to do not only make new friends, but also alleviate some of the joint pain that I walked into this environment with. Through the varying types of exercises from the cardio to the strength exercises, they aren’t daunting, it’s a different way of coping because that’s what it has helped me with. In many ways it’s given me a really positive incentive and mental health attitude now I can do things for myself in a way which I never thought I would be able to do again. I have since returned to using the gym, using treadmills, the cycle and swimming like aqua aerobics. It’s fundamentally changed my life.

The future is much better without having to take daily pain killers and move more freely than 3 months ago.”

Anthony Schiavo
The National Careers Service is here for you

You’ve probably heard of the National Careers Service – but did you know that you don’t have to be unemployed to enjoy the FREE support on offer?

The National Careers Service provide advice and guidance, whatever stage of your career path you are on. They help when you’re searching for your first job, but can also support you in so many other ways too:

Perhaps you’ve been in the same role for a while and are looking for a change of direction? Maybe you’re facing the prospect of redundancy and need someone to talk to about future plans. It could be that you want to explore ways of increasing your knowledge-base or evaluating your transferable skills.

All support is tailored to the individual’s own circumstances. They don’t sit behind a desk in an office, they get out and about in the community; you’ll find them in libraries, in community centres, at your college or place of work and at jobs fairs.

Pay the National Careers Service an online visit at nationalcareers.service.gov.uk or call on 0800 100 900
START YOUR CAREER IN CONSTRUCTION ON-SITE

North View
NORTH MANCHESTER GENERAL HOSPITAL

- Traineeships
- Apprenticeships
- Work Experience
- Trade Skills
- Certificated Training

REGISTER NOW!

North View Devt
IHP Project Office
Eyam Road,
Manchester, M8 5EP

skillscc.com
0161 549 8777
admin@skillscc.com

26TH AUGUST AT CLUB VISION
DRYWAVE PRESENTS
The Enchanted Forest

THE WAVE
SECRET ACT
SECRET LIVE PA
LIVING JOY
‘DREAMER’ LIVE PA
PLATINUM
‘WHAT’S IT GONNA BE’ LIVE PA

SWEET FEMALE ATTITUDE
‘FLOWERS’ LIVE PA

KVKI
INTERNATIONAL BOOKING

MARK XTC
‘TAKE ME AWAY’ DJ SET
DJ PROPHECY
‘HISTORY OF DANCE’ DJ SET

Fertile FOREST
IMMERSIVE FOREST DECOR BY VISUALARCHITECTS
CRAG WATER TASTING POP UP
VR MEDITATION SUIT
BARBER SHOP TRIM N CHILL
MOCKTAIL MIXOLOGY BAR
UV TRIBAL PAINT - MERCH STANDS

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Inclusive, not for profit Community Nursery for toddlers and preschool children age 2-5 years.

Our staff love working with children and ensure that each child has a wonderful experience, whilst working to support their development and getting them ready for school.

Why Choose us?
- A nurturing, high quality, childcare service
- Friendly, experienced and qualified staff
- Excellent indoor and outdoor facilities
- Healthy home cooked meals
- Parent Support Services
- Private and Funded places available subject to eligibility

Book a visit today
Call 0161 974 1300
or email nursery@manchestersettlement.org.uk

We are based within our fantastic community hub in Openshaw.
1328-1330 Ashton Old Road
Openshaw, Manchester M11 1JG
Our Nursery is open in term time only.

Get into Gaming with Digital Edge is a three-week online programme brought to you by Microsoft and Rare Games, designed to make the video games industry more accessible. Whether you’re a gaming enthusiast or curious about the diverse careers in this rapidly growing sector, this programme is your passport to success.

Throughout the programme, you’ll dive into the exciting world of video games, exploring various entry-level roles and pathways into employment. We have an exclusive lineup of industry professionals from Rare Games who will share their experiences and insights, giving you an insider’s perspective on what it takes to thrive in this dynamic industry. As a special treat, you’ll even have the opportunity to spend a day at the renowned Rare Games Studio, immersing yourself in the heart of game development and showcasing your own projects to the talented employees. On programme completion participants will then have one-to-one support from a career coach who will help them apply for roles within the industry.