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POST
NEWSPAPERS

ISSUE 054 | AUG 2026

MANCHESTER POST

INFORMING, INSPIRING AND CONNECTING COMMUNITIES ACROSS MANCHESTER



**CELEBRATING
HIGHER
BLACKLEY**
SEE PAGE 9



**AGE FRIENDLY
BENCHES IN
WHALLEY
RANGE**
SEE PAGE 10



**STRIDING
TOWARDS
HEALTHIER
HEARTS**
SEE PAGE 12

SOWING THE SEEDS OF THE FUTURE

by Friends of Didsbury Park

The Friends of Didsbury Park has officially opened the park's wildflower meadow, marking a significant milestone in local environmental conservation.

The ceremony, which took place at the end of June, was attended by Councillor Shaukut Ali, the Lord Mayor of the City of Manchester and the Lady Mayoress, alongside Councillor Basat Skeikh, MCC Executive Member for Neighbourhoods, Friends of Didsbury Park volunteers, local councillors and community members.

The rewilding project, led by the Friends of Didsbury Park (FoDP) in conjunction with Manchester City Council, has transformed a disused bowling green into a thriving habitat for urban nature. By introducing a mix of UK wildflowers, the meadow provides pollen and shelter, actively attracting pollinators including solitary bees, hoverflies, and butterflies

which face ongoing threats from urbanisation and green space destruction.

The project emphasises the power of grass roots community action, reaching fruition just three years after the Friends received the King's Award for Voluntary Service.

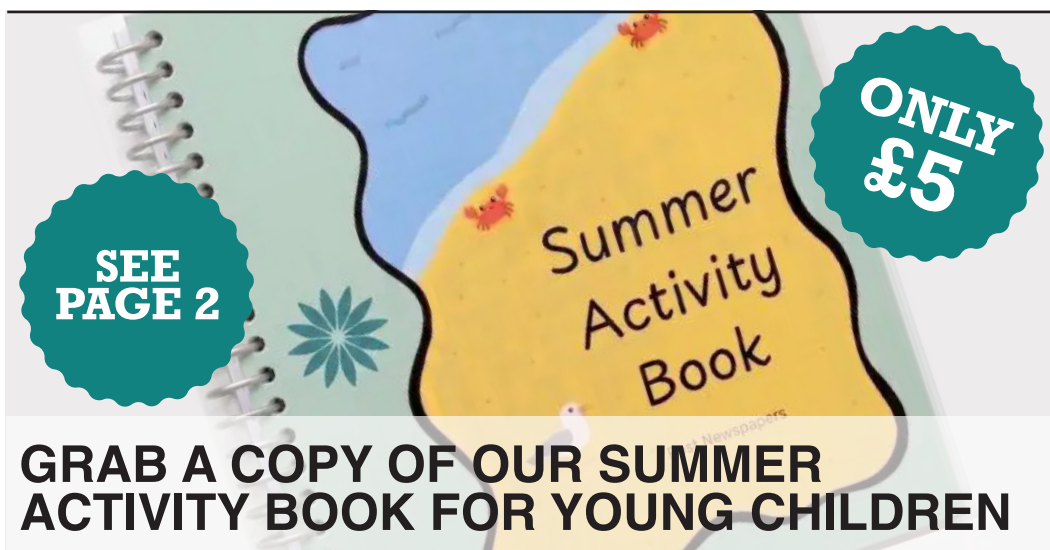
The newly-accessible area features a gently-winding footpath through the meadow, allowing visitors to appreciate the diversity of wildflowers and pollinators without disturbing the delicate flora and fauna.

Speaking at the launch event, the Chair of the Friends of Didsbury Park, Brian Johnson, said: "We are absolutely thrilled to officially open this beautiful new space which has been six years in the making. Our volunteers have worked incredibly hard to create a spectacular habitat that will support insects, birds and wildlife, ensuring Didsbury Park



plays an important role in restoring Manchester's urban biodiversity for generations to come."

To help support the Friends of Didsbury Park please visit: www.friendsofdidsburypark.com where you can become a member for just £10 a year, make a one-off donation or become a volunteer.



**SEE
PAGE 2**

**ONLY
£5**

**Summer
Activity
Book**

**GRAB A COPY OF OUR SUMMER
ACTIVITY BOOK FOR YOUNG CHILDREN**



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If you would like to volunteer to help your neighbours receive Manchester Post, email: volunteering@postnewspapers.org

POST
NEWSPAPERS

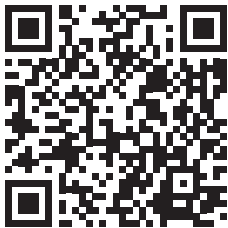
POST TEAM NEWS

SUMMER HOLIDAY ACTIVITY BOOK

For the first time we have decided to publish a Summer Holiday Activity Book for kids, filled with content from our amazing resident poet, our puzzlemaster and colouring designs from one of our team, Anya. The 32 page book is available to buy online now, and will hopefully entertain local families throughout their summer break!

The book costs £5 + postage and all proceeds go towards supporting the Post Newspapers and getting more papers into homes.

You can order your book now by visiting:
www.postnewspapers.org/post-products
where you can also buy all sorts of other Post Newspapers merchandise. Or scan the QR code:



YOUR PHOTOGRAPH IN THE POST 2027 CALENDAR



Post Newspapers is running a competition for local residents to have their photograph featured in a 2027 calendar.

The calendar will feature photographs from across all eight areas that are currently covered by Post Newspapers and will be sold via our website and at local events. As a profit-for-purpose organisation, all funds raised will contribute to the continued running of Post Newspapers.

If you have a photograph of a local greenspace, heritage building, monument, place of interest or wildlife taken in Stockport, Manchester, Trafford, Salford, Bolton, Bury, Wigan or Cheshire East, send

it in to us by 10 October 2026 for the chance to have it published in the 2027 Post Newspaper calendar.

We are particularly looking for photographs taken across different seasons.

The winners will have their photograph included in the printed calendar and will be listed as the photographer.

Please send full-size images to: news@postnewspapers.org

Please note: we cannot accept any photographs that have been cropped, reduced in size or taken from social media or Whatsapp.

We need volunteers to help us get Manchester Post delivered to your neighbours.
If you'd like to volunteer to help your neighbours continue to receive Manchester Post, email: volunteering@postnewspapers.org 

MEET THE TEAM



Amanda Fourie



Mel Page

Co Founders: Amanda Fourie and Mel Page
Social Media Manager: Anya Fourie
Business Liaison: Mel Page
Community Liaison: Amanda Fourie
Funding Manager: Hannah Phillips
Design: Gemma Lamb (joyastudio.co)
Printer: Reach Printing (reachprintingservices.co.uk)
Deliveries: Universal Packaging and Manchester Van Team

REGULAR WRITERS

Our Regular Community Writers: Carl Burkitt, Geoff Garnett, Kirsty Hutchison, Isabella Barber, Peter Devonald and Andrew Simpson.
Family Historian: Mary James
Puzzles: The Puzzlemaster

READ ON FOR YOUR HYPERLOCAL NEWS:

North Manchester - Page 9
Chorlton and Whalley Range - Page 10
Didsbury and Burnage - Page 11
Fallowfield and Withington - Page 12
Gorton and Levenshulme - Pages 12 and 13

YOUR MONTHLY FEATURE CONTENT:

Community Groups - Page 8
Culture - Pages 14 and 15
What's On Listing - Page 16
Gardening - Page 17
Local Business - Pages 18 and 19
Community Expert - Page 18
Time Out - Page 20
Readers Contributions - Page 21
Health and Wellbeing - Pages 22 and 23
Sports and Fitness - Page 24

Ensure news from your local area is shared across the Borough by submitting content each month through this form: www.postnewspapers.org/content-submission

LETTER FROM THE EDITORS

It has been another fantastic summer for community celebrations with local events across both North and South Manchester, as well as the city-wide Manchester Day celebrations held at the end of July.

We feel very proud to be able to provide a free printed platform where these local events can be showcased and where residents can discover more about all that is happening in their local area, as well as the borough as a whole.

We hope you enjoy the rest of the summer, whether you are going away or are staying closer to home.

Take care,
Amanda and Mel

Borough-wide monthly Post Newspapers:

Stockport Post, Manchester Post, Trafford Post, Salford Post
Bolton Post, Cheshire East Post, Bury Post, Wigan Post

Launching in 2026:

Tameside Post (October 2026)

Launching in 2027/2028:

Liverpool Post, Oldham Post, Rochdale Post, Cheshire West Post, Warrington Post - if you would like a Post Newspaper for your community, get in touch!

Post Newspapers are trading names of Drawing Board Productions Community Interest Company registered at Stanley Road, SK4 4HL. Post Newspapers make every effort to report the truth and are considered impartial publications. The majority of content is written by members of the community and the views of contributors remain their own. If you spot any mistakes, please contact us.

Post Newspapers have secured social investment to increase distribution to homes. The grant and loan from the Northern Impact Fund 2, provided by the Key Fund, has been funded by Access - the Foundation for Social Investment, Better Society Capital, Joseph Rowntree Foundation, Unity Trust, Regional Growth Fund, Barrow Cadbury Trust, The Places Foundation and The Mercers' Charitable Trust.

**BETTER
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ACCESS
The Foundation for
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Growing Enterprise in Communities

CONTACT US:

✉ manchesterpost@postnewspapers.org

☎ 0161 672 7012

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LinkedIn @DrawingBoardProductions Website www.postnewspapers.org

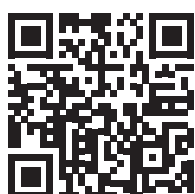
MISSED AN ISSUE OF MANCHESTER POST?

SCAN THE QR CODE TO VISIT OUR WEBSITE FOR PAST ISSUES:
WWW.POSTNEWSPAPERS.ORG/OUR-PAPERS



NEVER MISS AN ISSUE AGAIN...

SCAN THE QR CODE TO SIGN UP TO RECEIVE MANCHESTER POST BY EMAIL:
WWW.POSTNEWSPAPERS.ORG/SUPPORT-US



BECOME A MEMBER AND SUPPORT LOCAL NEWS

by Post Newspapers

Post Newspapers are published by Drawing Board Productions Community Interest Company - a profit-for-purpose organisation that works to support all sectors of our local communities.



We believe a local newspaper you can hold in your hand should not be a luxury – it should be available and free to everyone. Furthermore, having access to local news and essential information should not require an internet connection.

We Need Your Help

Post Newspapers are free positive-news publications that work to provide a platform for organisations and residents to share locally-focused news and information with the wider community.

Our publications are fully independent and are not funded by an external organisation. As a Community Interest Company, we have no shareholders or commercial backers, and any profits are invested back into the organisation to increase distribution and develop a Post Newspaper for another borough.

70% of content space is provided for free every month but we do rely on advertising revenue to cover the cost of producing and distributing the newspapers.

But these costs are continually rising and we need your help to keep Post Newspapers in print and to ensure more residents within each borough have access to a locally-focused newspaper that provides relevant news and information.

How You Can Help

By becoming a Post Newspapers Member for a monthly subscription, you can help to support our work within local communities and help ensure local news stays in print.

Every penny we receive through membership fees is invested into local community news.

And as part of your monthly subscription, you will have the opportunity to receive each issue of your chosen area Post Newspaper.

With support from you we can:

- Increase our print and distribution volumes
- Grow and expand Post Newspapers into new areas
- Ensure local, positive news continues to be the focus
- Keep local news free, independent and accessible – a fundamental need
- Keep organisations operating within local communities supported

Membership Tiers:

The Good Neighbour - £5 per month
Receive early digital access to any Post Newspaper delivered straight to your email inbox each month.

The Supporter - £10 per month
Receive early digital access to any Post Newspaper plus a print copy of your chosen area Post Newspaper delivered to your door each month.

The Champion - £15 per month
Receive early digital access to any Post Newspaper plus a print copy of your chosen area Post Newspaper delivered to your door and a nominated second household each month.

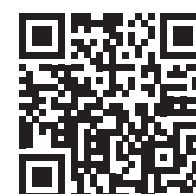
Or you can make a one-off donation of your choice.

To become a member or make a donation, please see:
www.postnewspapers.org/support-us
or call us on: 0161 672 7012.

SUBMIT CONTENT AND REGISTER FOR CONTENT REMINDERS:



DISCOVER ALL THE WAYS YOU CAN SUPPORT YOUR POST NEWSPAPER:



BOROUGH-WIDE NEWS

LOCAL MP UPDATE

by Jeff Smith, MP for Manchester Withington

During the school holidays, many local parents will be looking for ideas to keep the kids occupied and active over the summer break. Cost-of-living pressures can sometimes leave parents worrying about how they are going to afford to spend time together and keep children entertained over the holidays. So, I was pleased that the Government announced the ‘Great British Summer Savings’ scheme, to support families with these costs and help more children to make the most of their break.

Until 1 September, the rate of VAT on children’s tickets for some summertime days out has been cut to 5%. This includes tickets for theatres, cinemas, concerts, circuses, fairs, amusement parks, theme parks, adventure parks, water parks, zoos and soft play centres. VAT on children’s meals has also been reduced to 5% in cafes and restaurants, cutting the price of family meals out. We are lucky in south Manchester to have access to terrific entertainment and hospitality businesses on our doorstep, and this will also provide crucial support for businesses that depend on their summer trade.



This measure sits alongside a package of recent Government action to ease the cost of living, including cutting import charges on 100 everyday food items, including biscuits, chocolate, dried fruit and nuts, to help to bring down the cost of food, and committing £100 million to fund free bus travel for children in August, ensuring the cost of travel isn’t a barrier for families over the summer holidays.

And can I also recommend the Summer Reading Challenge – a brilliant initiative to get young people reading for pleasure. It invites children aged 4-11 to visit their local library and discover new books – and this year’s theme is music, and exploring the joy of music through reading. Details are available from our local libraries.

STEP UP MCR ANNOUNCES NEW INTERIM CHAIR

by Nicole Hope

Step Up MCR, Manchester’s place-based giving charity, has announced a change in board leadership as Chair Tom Woodcock steps down after more than three years of dedicated service to take up a new role with Pride in Place, Harpurhey.

The Board of Trustees has appointed Chris Smith as Interim Chair. Chris joined the Board earlier this year and will work with fellow trustees to build on the strong foundations established under Tom’s leadership. The charity is going from strength to strength with a renewed focus on growing Step Up’s impact on place-based giving across Manchester, prioritising the communities of Ancoats and Beswick, and Clayton and Openshaw.

The Board thanks Tom for his commitment, leadership and contribution to the charity, and wishes him every success in his new role.

Trustees look forward to continuing a positive relationship with Pride in Place as both organisations work to strengthen local communities.



ALBERT MEMORIAL SCHOOL MEMOIR

by Ed Akay

Barnsley-born author and former primary school teacher KJ Akay (Born Jennifer Wragg), 81, is celebrating a breakthrough year in 2026, after her childhood memoir The Fruits of Victory soared to number one in Amazon’s Regional UK Biographies chart. While the book reflects on her early life in post-war Barnsley, its success has paved the way for a deeply personal follow-up rooted in a new chapter of her life - Manchester.



woman navigating independence in a tough urban environment whilst learning her vocation.

Author KJ Akay, Says: “I was truly overwhelmed by the response to The Fruits of Victory. It was especially heart warming to hear from my former pupils and even old school friends, now well into their eighties, who got back in touch after reading the book.

“Teaching was a career I loved, and I was fortunate to enjoy a long and rewarding career in the classroom. Life Around The Sparrow tells the story of how that journey began back in the ‘60’s and it has been a pleasure to document those formative years and share them with readers.”

Her latest memoir, Life Around the Sparrow, shifts the spotlight firmly onto 1960s Manchester, where Akay began her teaching career after leaving home. Picking up where her first book ended, it traces her move to the city and her experiences between 1965 and 1972, offering a vivid and unfiltered portrait of life in one of Manchester’s most hard pressed communities.

Set around the now-closed Albert Memorial School in Collyhurst, the book immerses readers in the realities of inner-city Manchester during a time of social and economic struggle. Through Akay’s eyes, we see a young

Notice of Application for a Premises

Licence under the Licensing Act 2003

Name of Applicant:	COCKTAIL CARTEL LTD
Address of Premises:	UNIT 88, 15 POLLARD STREET EAST, MANCHESTER, M40 7SL
Proposed licensable activities to be carried on at the premises:	
- Sale of alcohol for consumption off the premises: Monday to Sunday 9am to 7pm, - Opening hours : Monday to Sunday 9am to 7pm	
Representations shall be made in writing to the below address on or before the following date: 25/08/2026	
Premises Licensing, Level 1 Town Hall Extension, Albert Square, Manchester, PO Box 532, M60 2LA	
Or by e-mail to: premises.licensing@manchester.gov.uk	

The Licensing register and Record of application are available for inspection at the above office by appointment only. For further details e-mail premises.licensing@manchester.gov.uk.

It is an offence to knowingly or recklessly make a false statement in connection with an application under the Licensing Act 2003. A person guilty of such an offence is liable on summary conviction to an unlimited fine.

LOCAL MP UPDATE

by Afzal Khan, MP for Manchester Rusholme

Last month we celebrated Clean Air Day here in Manchester, and we also commemorated the 70th anniversary of the very first Clean Air Act which was passed 70 years ago. Since then, significant progress has been made to clean up our air quality. But air pollution continues to damage our health and drives climate change which causes intense heatwaves, like the one endured in June.

That's why I've championed action on air quality in Parliament and here in Manchester. I have made sure that voices supporting clean air are heard in Parliament by working with organisations like Asthma and Lung UK, Global Action Plan, and Health Equals to speak about the importance of tackling air pollution and let MPs know how they can support them. I am also the chair of the cross-party parliamentary group advocating for parks and green spaces, which we know are good for our health and our planet. I have regularly met with local environmental and clean air groups from the constituency to hear what more we can do in our city, region, and country. Clean air is a human right, and we must treat it like one.



Action matters because action achieves results. Just this month, London announced that deaths related to poor air quality have reduced by a staggering 40 percent in just five years through tackling pollution. Here in Manchester, over 1,200 people lose their lives in instances related to poor air quality – clearly the need is great. We need to replicate London's results, and I will always support action to protect our air, our planet, and our lives here in Manchester.

EAT • DRINK • VOTE

Northern Heat

STOCKPORT FOODIE FRIDAY
&
FOOD MUTINY PRESENTS

BRITISH
ST, FOOD
AWARDS

20 26

SUNDAY 23rd AUGUST

Free Entry

THE PEOPLE'S CHOICE VOTE, YOU DECIDE THE WINNER!

THE BIGGEST STREET FOOD COMPETITION IN THE WORLD COMES TO STOCKPORT

CELEBRITY GUEST JUDGES!

THE BIGGEST STREET FOOD COMPETITION IN THE WORLD COMES TO STOCKPORT

STOCKPORT MARKET & UNDERBANKS

12PM - 6PM

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entry 5-16 years

ALL YEAR ROUND

rhs.org.uk/bridgewater

Brick Explorers

18 Jul – 31 Aug

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*Sculptures vary by garden, image shown is illustrative.

RHS Registered Charity No: 222879/SC038262

MANCHESTER DAY WITH A CATALAN TWIST



Thousands of people flocked into the city centre on Sunday 26 July to celebrate Manchester Day - Manchester's favourite day of the year - that this year came with an unmistakable Catalan twist. The centrepiece of the day was the spectacular Manchester Day Parade with over 500 participants from 25 different community groups, as well as an afternoon of free fun-filled activities for all the family.

In an exciting first for Manchester Day, this year also saw artists and performers from Barcelona join in the celebrations as part of a unique partnership with the Catalan city.

It follows Manchester's role as guest city at last year's La Merce Festival in Barcelona, which saw performers and musicians from Manchester invited to Barcelona to take part in the iconic annual festival.

This year's stunning Manchester Day parade - a crowd-pleaser from start to finish - has been several months in the making and was brought to life by local community groups from across the city who worked alongside artists in the run-up to the big day, along with artists and performers from Barcelona, to

help create a parade filled with music, energy, colour, and Catalan vibes.

Led by Manchester's very own giant-sized Queen Bee and Worker Bee and joined by Barcelona's own larger-than-life giants taking their first-ever trip outside of Barcelona, the Gegants de la Ciutat de Barcelona - the oldest and most significant pair of giants in Catalonia, representing King Jaume I and Queen Violant d'Hongria - this year's parade provided plenty of seize-the-moment selfie opportunities for the cheering crowds.

With dancers from community groups across the city - many wearing traditional costumes - and live music throughout, the parade wound its way through the city as crowds lined the streets, from St Peter's Square, along Deansgate, Cross Street and Princess Street, before coming to a finish back at St Peter's Square.

Away from the parade the city's squares were filled with live music, dancing, theatre shows and pop-up performances - from duelling Shakespeares, unicycling knights and damsels in distress, to serenading singers in a punt that glided through the city streets, giant polar bears,

a brimstone dragon, and even an enormous walk-in sperm whale for youngsters to step inside for story-time sessions with fishy tales.

Catalan highlights included The Ultimate Player's Handbook - a fabulous dance performance that saw dancers from Manchester's own Company Chameleon join forces with dancers from Catalan company Clementine & Lisard to perform a vibrant dance piece created and first performed at La Merce last year.

Performance artist and Catalan superstar Joan Català also paid a visit to Manchester, performing with Pelat in a show that blurred the lines between circus, dance and thrilling theatre.

The day's festivities were brought to a close with a show-stopping grand finale that saw musicians and performers from Manchester and Barcelona join together in a fabulous finale to celebrate the two cities.

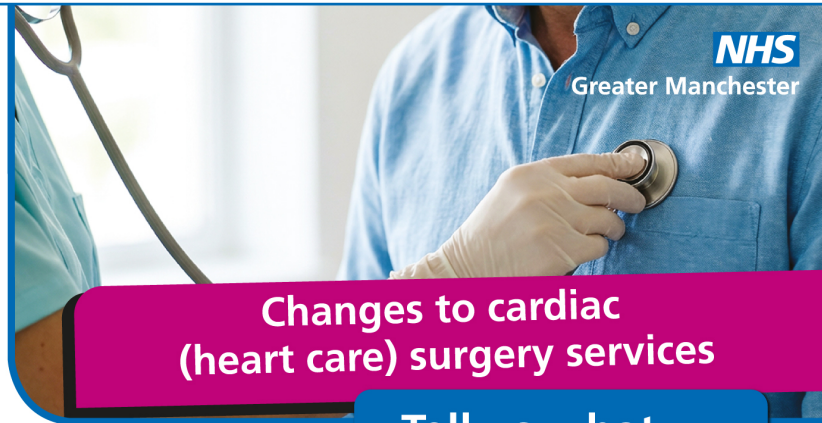
Councillor Pat Karney, Chair of Manchester Day, Manchester City Council, said: "I want to say an enormous thank you to our friends from Barcelona for bringing the most amazing Catalan vibes to Manchester

and joining in our celebrations with such spirit and energy.

"And thank you also to all the artists and performers from Manchester and from Barcelona for sharing their talents with us and helping make it such a special day for all the thousands of people who came along and got involved."

The involvement of Catalan performers in this year's Manchester Day has been supported by Barcelona City Council and the Institut Lull in Barcelona, which is the public institution responsible for promoting Catalan language and culture internationally.

Xavier Marcé, Councillor for Culture and Creative Industries of Barcelona City Council, said: "Barcelona has been delighted to participate in Manchester Day and to strengthen the cultural ties that connect our two cities. Through this collaboration, we celebrate creativity, diversity and the capacity of culture to bring people together across borders. We've been proud to share a glimpse of Barcelona's cultural spirit with the people of Manchester and to be part of this vibrant collective celebration."



Changes to cardiac (heart care) surgery services

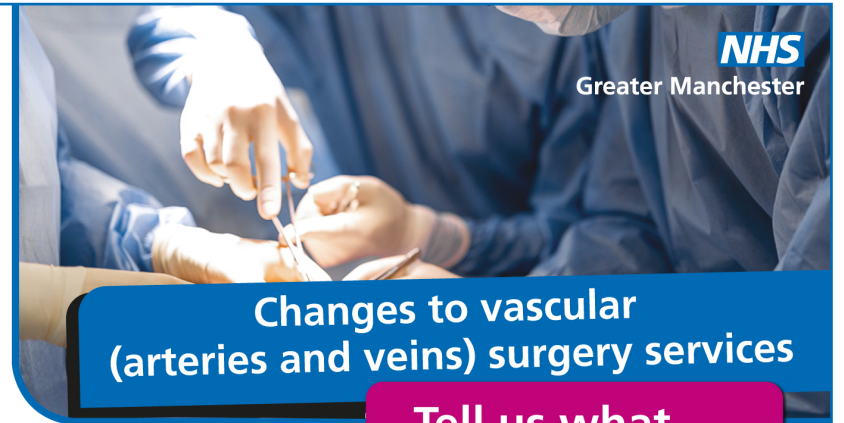
Tell us what you think

Cardiac surgery treats serious heart problems. This includes valve problems, and rhythm issues. More people are getting heart problems as the population gets older. We think services need to change so they are safer, more consistent, ready for the future.

There are lots of ways to get involved:
You have until 22 September 2026 to share your views



- Complete a survey by scanning the QR code or visit: <https://getinvolved.gmintegratedcare.org.uk/projects/cardiac>
- Send us an email: gmhscp.engagement@nhs.net
- Call us, or send us a message or a BSL video via WhatsApp on: 07786 673762
- Attend one of our discussion groups - sign up on our survey platform



Changes to vascular (arteries and veins) surgery services

Tell us what you think

Vascular surgery treats problems with your arteries and veins. This includes blocked blood vessels and blood clots. More people need this care because we are living longer and more people have illnesses like diabetes and high blood pressure. We think services need to change so they are safer, more consistent and ready for the future.

There are lots of ways to get involved:
You have until 22 September 2026 to share your views



- Complete a survey by scanning the QR code or visit: <https://getinvolved.gmintegratedcare.org.uk/projects/vascular>
- Send us an email: gmhscp.engagement@nhs.net
- Call us, or send us a message or a BSL video via WhatsApp on: 07786 673762
- Attend one of our discussion groups - sign up on our survey platform

ANOTHER GREAT CHARITY EFFORT BY IAG

by Geoff Garnett

Golf Clubs and golf societies across Cheshire have raised hundreds of thousands of pounds each year to support national and local charities.

Usually each year the Captain and Lady Captain choose charities to support with the help of their club members and friends.

The Irish Association of Golfers (IAG) was founded in 1981 in the Irish Club in Cholton, and their aim was to raise funds for good causes and charities. To date, they have raised well over £700,000.

The IAG has strong connections with Northenden Golf Club, who are regular hosts for Cheshire events, and Northenden President Larry McDonald has been involved with them for many years and is a current committee member.

Northenden Golf Club has hosted the IAG Charity Golf Day for many years and they did it again this year in great style with the event attracting over 200 golfers, playing in teams of four, and raising over £40,000.

The money raised is split equally between six local charities – The Christie, Alzheimers Society, the Children's Adventure Farm Trust, Irish



Larry on his rehydration buggy with Helpers from Francis House and Alzheimers Society on the day of the competition

Communities Care, Francis House and the Little Sisters of the Poor Homes for the Elderly.

Representatives for each charity were delighted to be invited to Northenden GC where they received their cheques from Larry.

Larry said: "I would like to give thanks to the Joe Kennedy Foundation, John Murray, Peter Flynn and Northenden Golf Club for their outstanding support of another great day which does so much to support deserving charities." The winning team was Hyway Logistics who won a cpo on 48 from Bethel Group.

LICENSING ACT 2003

NOTICE OF APPLICATION TO VARY A PREMISES LICENCE

Nicolo, 51 Manchester Road, Chorlton Cum Hardy, Manchester, M21 9PW

I, Zamir Xhepa have made the above application on **29.07.26** to Manchester City Council for the following variation of the licensable activities:-

- To include- The sale of alcohol (For consumption ON the premises) from 11:00-22:00 Sunday to Saturday
- To amend the layout of the premises
- To add conditions to the licence

Any representations shall be made in writing no later than **26.08.26** to Licensing Unit Level 1, Town Hall Extension, Manchester, M2 5DB or email to: premises.licensing@manchester.gov.uk.

The full copy of the application is available on www.manchester.gov.uk or may be viewed by appointment only at the above address Mon-Fri 10.00 -17.00.

It is an offence to knowingly or recklessly make a false statement in connection with an application under the licensing act 2003. A person guilty of such an offence is liable on summary conviction to an unlimited fine.

COMMUNITY GROUPS

ANCOATS

Cottonopolis WI: cottonopoliswi@gmail.com
St Georges Community Centre:
 stgeorgescommunitycentrem40@gmail.com
Friends of Medlock Way: friendsofmedlockway@gmail.com

CHORLTON

Friends of Chorlton Park: friendschorltonpark@gmail.com
Friends of Chorlton Community Garden: chair@chorltonvoice.org
Friends of Longford Park: info@folp.org.uk
Friends of Beech Road Park: park@crodale.co.uk
Friends of Chorlton Meadows: davegbishop@aol.com
Chorlton Traders: info@chorltontraders.co.uk
Chorlton Civic Society: Secretary@chorltoncivicsociety.org
Chorlton Good Neighbours: helen@chorltongoodneighbours.org
Barlow Moor Community Association: 0161 446 4805
Chorlton Quilters: Contact Eileen by email eiowen@btinternet.com
Chorlton Wombles: Litterpicking group meets on the second Sunday of every month. Tel: 07815 682 278
Indian Senior Citizens Centre: 16/18 Whalley Road, Whalley Range
<https://iscc-manchester.co.uk>
Community Gardening: Chorlton Community Garden, carol@brown.pm
Chorlton Plant Swap and Gardening Advice:
 danielle.lowy@googlemail.com

DIDSBURY AND BURNAGE

Didsbury Civic Society: info@didsburycivicsociety.org
Didsbury Traders: info@didsburytraders.co.uk
West Didsbury Residents Association: info@westdidsbury.org.uk
Friends of Didsbury Park: www.friendsofdidsburypark.com
Didsbury Good Neighbours: info@didsburygoodneighbours.org.uk
Burnage Good Neighbours: sam@burnagegoodneighbours.org.uk
Friends of Fletcher Moss and Parsonage Gardens: fmpgpg@yahoo.com
Fictional Film Club: fictfilmclub.didsbury@gmail.com
The Friends of Marie Louise Gardens: info@marielouisegardens.org.uk
People Place Planet Didsbury: pppdidsbury@gmail.com
The Thursday Group: www.thursdaygroup.co.uk
Didsbury & Withington Assist: withingtonassist@gmail.com,
 0161 434 9216
South Manchester Parkinsons Patient and Carer Group:
 0344 225 9846, aashworth@parkinsons.org.uk

GORTON AND ARDWICK

Friends of Gorton Park: gortonparktra@aol.com
Friends of West Gorton Community Park:
 friendsofwestgortoncommunitypark@outlook.com
Gorton Central: info@hmhc.co.uk
Ardwick Climate Action: ardwickclimate@gmail.com
Ryder Brow Community Allotment Society (RBCAS): Far Lane, Gorton,
 07735 806 188
Potting Herbs with Gale Community Project CIC:
 pottingherbswithgale@gmail.com
Debdale Diggers: Wednesday at 10am. Email: olwyntaylor@outlook.com
Manchester Diabetes Group: 01925 653 281,
 manchesterdiabetesgroup@gmail.com

LEVENSHULME AND LONGSIGHT

Levenshulme WI: levenshulmewi@gmail.com
Levenshulme Inspire: bookings@lev-inspire.org.uk
Levenshulme Good Neighbours: levenshulmegn@gmail.com
Levenshulme Repair Cafe: levrepaircafe@gmail.com
Positive Women Empowerment: info@positivewomenempowerment.org
<https://positivewomenempowerment.org>
Longsight Youth & Community Centre: info@longsightycc.co.uk
Inspired Taskforce: Call: Tel: 07724 713 563, www.inspiredtaskforce.co.uk

WHALLEY RANGE

Older Men's Gym: Manley Park Sports and Community Centre, Whalley Range. Wednesdays 11am 12:30pm. Call: 07960 888 879
Whalley Range Women's Group: Tuesdays (Term time only), 1pm – 2:30pm, Marley Park Community Centre.
Whalley Range Community Forum: JNR8 Youth & Community Centre, communityforumwhalleyrange@gmail.com - <https://whalleyrange.org>
Community Art Class: Tuesday 10am – 12pm, St Margaret's Community Centre
Age-friendly Whalley Range and Chorlton:
 agefriendlywhalleyrange@gmail.com
Friends of Ryebank Fields: ryebankfieldsfriends@gmail.com
Let's Talk Clean Air Whalley Range: TalkCleanAirWR@gmail.com
Whalley Range Climate Action Group: (Jane) 07812 604993
Friends of Alexandra Park: friendsofalexandraparkmanchest@gmail.com
Backgammon Club: Mondays, 19:30 - 22:30. Free. The Carlton Club
Indian Senior Citizens Group: 0161 232 0999 or miscc1618@gmail.com

WITHINGTON AND FALLOWFIELD

Withington Civic Society: withingtoncivicsociety.org.uk
Environmental and Community Group:
 contact@withingtoncivicsociety.org.uk
Friends of Old Moat Park: friendsofoldmoatpark@gmail.com
Friends of Ladybarn Park: friendsofladybarnpark@outlook.com
The Place at Platt Lane: bookings@theplacefallowfield.co.uk
Friends of Birchfields Park: friendsofbirchfieldspark@gmail.com
Sow in the City: 0161 465 6954, info@sowthecity.org, www.sowthecity.org
The Boiler House: 0161 465 6954, www.boilerhouse.org
Friends of Mauldeth Road Station:
 friendsofmauldethroadstation@outlook.com
Fallowfield Secret Garden Community project:
 thefallowfieldsecretgarden@gmail.com
Royal Scottish Country Dance Society Manchester:
 www.rscds-manchester.org.uk
Friends of Kingswood Park: FriendsOfKingswoodpark2@hotmail.com
Friends of the Fallowfield Loop:
 fallowfieldloop.org, friendsfallowfieldloop@gmail.com
Withington Lipreading and Managing your Hearing Loss Classes:
 lipreading@outlook.com
Ladybarn Community Hub: info@ladybarncommunityhub.co.uk
 Royle St, Ladybarn. M14 6RN. Tel: 0161 224 3733
Walking & Wheeling: Tuesdays 11am-12:30pm at Ladybarn Community Hub. No need to book. *Please contact the venue for the full list of activities.*
Withington Assist: 439 Wilmslow Road, M20 4AN.
 0161 434 9216. withingtonassist@gmail.com
Maggie's and Chai Cancer Care: Cancer Support for the Jewish Community: 0161 772 4760, Amanda.newdall@chaicancercare.org

WYTHENSHAW

Wythenshawe Good Neighbours: assist.thegppprojects@outlook.com
Friends of Wythenshawe Hall: info@wythenshawehall.org

MANCHESTER WIDE

South Manchester u3a: smu3amembership@gmail.com
EGG Charity (supporting homeless people): Jonathan@egg.charity
South Manchester Swifts, Bird Conservation:
 smswifts11@gmail.com, www.southmanchesterswifts.co.uk
Manchester WI: www.manchesterwi.org.uk

If you run a community group and would like to be listed please email:
 manchesterpost@postnewspapers.org

THIS MONTH WE RECEIVED SOME FUNDING TO PAY FOR ADDITIONAL DOOR TO DOOR DELIVERY. IF YOU'D LIKE TO VOLUNTEER TO HELP YOUR NEIGHBOURS CONTINUE TO RECEIVE MANCHESTER POST, EMAIL: VOLUNTEERING@POSTNEWSPAPERS.ORG

NORTH MANCHESTER

HIGHER BLACKLEY COMMUNITY CENTRE

by Sean Murphy

Higher Blackley Community Centre (HBCC) was facing closure three years ago, but thanks to the efforts of the staff, volunteers and local councillors we have received funding for another three years.

The staff and volunteers are dedicated to the survival of the centre as a vital community resource. Everyone who walks through our door receives the same welcome, regardless of status.

There are many weekly activities including a twice weekly Toddler Group, Dance classes, Messy Play, Cheerleaders.

The Vine Café on Saturday evenings is run by volunteers and offers a free meal to all who attend. It is a lifeline to many people, with music, socialising and bingo. The Vine recently celebrated its' first anniversary, demonstrating its' success.

We run a Dementia Café which also recently celebrated its first anniversary and Socialise for vulnerable adults or lonely people. Last Christmas we put on a pantomime and ran cultural events and a drama group.



• Lord Mayor and Volunteer Sean Murphy holding a corn snake at We love Higher Blackley

With the demise of most of the local pubs, we offer a welcoming place for people to go and socialise instead of becoming isolated.

The recent shocking attack at the Co-Op Academy showed Blackley in a negative light. We want to turn that on its head and show that Blackley has a lot going for it.

We recently ran an event in partnership with Manchester City Council called "We love Higher Blackley" and we do. Come and see for yourselves!

ENSEMBLE MANCHESTER: CONNECTING TO OUR CAMEROONIAN ROOTS

Ensemble Manchester Secures National Lottery Heritage Fund Grant to Preserve Cameroonian Heritage. Ensemble Manchester has been awarded over £117,000 from The National Lottery Heritage Fund to deliver Connecting to Our Cameroonian Roots, an exciting community project that will preserve and celebrate Cameroonian heritage for future generations.

The project will bring together elders and young people from Greater Manchester to share stories, traditions, art, food, language, music, literature, and cultural practices, ensuring the rich heritage of Cameroon's first-generation migrants is not lost. Open to everyone, the programme also promotes cultural understanding and stronger community connections.

A series of Intergenerational workshops will take place from Saturday 8 August 2026, 2pm - 5pm, at Ensemble Manchester, 342 Oldham Road, Miles Platting. Participants are invited to bring a pre-loved outfit and explore sustainable fashion by transforming garments using the traditional Toghu and Ndop designs of

Cameroon. Delivered in partnership with Manchester Art Gallery and Cameroon Forum, the workshop combines creativity, environmental awareness, and intergenerational learning.

Founded in 2008, Ensemble Manchester (Charity No. 1165797) has long championed Cameroonian heritage through education and community engagement. Sustainability is central to the project, with a focus on reusing, borrowing, and upcycling materials throughout its activities.

Ernest Nghogeh, Chief Executive of Ensemble Manchester, said: "This funding enables us to preserve our Cameroonian heritage and ensure it continues to inspire future generations. We are grateful to The National Lottery Heritage Fund, Sported, and National Lottery players for making this important project possible."

For more information or to get involved, visit: www.ensemblemanchester.org.uk, email: info@ensemblemanchester.org, or call: 07424 941 770.

AFRICA DAY BRINGS NORTH MANCHESTER TOGETHER



Hundreds of residents gathered to celebrate African culture, heritage and community spirit at the North Manchester Inclusion Partnership (NMIP) Africa Day 2026.

Held in North Manchester, the event brought together families, community organisations, local services, volunteers and residents from a wide range of backgrounds. The day celebrated the richness of African culture while strengthening community cohesion.

Visitors enjoyed cultural performances, traditional music and dance, African fashion displays, arts and crafts, children's activities, community information stalls and authentic African cuisine representing countries across the continent. BHA also delivered NHS Health Checks, giving residents access to health and wellbeing support.

More than 80 organisations from the North Manchester Inclusion Partnership worked alongside community groups, volunteers and statutory organisations to deliver a welcoming celebration.

The participation of residents created opportunities for people to learn about different cultures,

build friendships and strengthen relationships across North Manchester.

Idowu Morafa, Lead of the North Manchester Inclusion Partnership and Founder of Across Ummah CIC, said: "Africa Day is more than a celebration of culture; it is a celebration of people, unity and belonging. It provides an opportunity for communities to come together, appreciate our differences and recognise the many values we share. We are proud to see people of all backgrounds enjoying the day and building friendships."

Visitors praised the event for its warm atmosphere, family-friendly activities and the opportunity to experience the diverse cultures of Africa in one place.

One attendee said: "The atmosphere was incredible. There was something for everyone, and it was wonderful to see so many cultures coming together in such a positive way."

Africa Day 2026 demonstrated how community-led events can break down barriers, celebrate diversity and bring people together in a spirit of friendship, respect and harmony.



CHORLTON & WHALLEY RANGE

LOCAL HISTORY

AT THE SAVOY CINEMA IN 1937 WATCHING ROAD TO GLORY

by Andrew Simpson, Chorlton History Blog

Now back in the summer of 1937, I could have had three cinemas to choose from here in Chorlton and of these, the most impressive was the Savoy on Manchester Road which had opened in 1920 as the Picture House before being renamed the Savoy when it was leased to the Savoy Cinemas, and later became the Gaumont.

And in the summer of 1937, for three days, I could have gone and seen Road to Glory made the year before by Howard Hawks, which told the story of trench life during the Great War through the lives of a French regiment, and included as you would expect a tangled “love interest” between a nurse and two officers.

I am not sure it would have appealed but at least I know what was on offer, and that is thanks to Peter McLoughlin who shared this film bill with me.

I doubt that there are many of these still knocking around. After all they are the sort of thing which you pick and then discard, but this one has survived. It is a wonderful insight into

a night at the “flicks.”

The obvious starting point are the films themselves and in time I will look them all up and, in the process, get something of an idea of what the cinema-going public were being offered back then.

For modern audiences the frequency of the shows will also be a revelation.

When I was growing up in the 1950s you got, I think a week of the same show, but two decades earlier and programmes changed more regularly, which I guess is both a recognition of the number of films being churned out but also that people went to the pictures more than once a week.

Not that this should be much of a surprise. In an age before the telly the pictures offered a night’s entertainment which included the film, a newsreel and a host of adverts.

Thinking back there were also the other “bits” which offered up their own attractions. The newsreel with its fast pace and often relaxed commentary provided a visual roundup of events

from Britain and around the world when there was no 24-hour news coverage.

Back here in Chorlton, the old flea pits still existed but the big purpose built cinemas of the 1920s, and more especially the 30s, gave you a sense of luxury which started with the uniformed doorman and continued with that plush auditorium which was light and bright and had a distinctive smell.

And the picture houses were warm which on a cold winter’s night was another attraction. And on one of those dark nights they would be lit up and acted a beacon as well as a promise of a good night ahead.

All of which brings me back to that film bill and the simple observation that you should always be careful about what you are going to throw away.

Pictures: Film bill for the Savoy ABC, 1937 courtesy of Peter McLoughlin, and the Picture House later the Savoy, 1922, from the Lloyd Collection.



• ABC Program Card

• Savoy Paint

chorltonhistory.blogspot.com

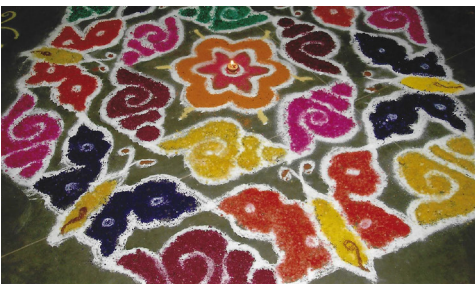
COLOUR

by Stories of Our Lives

Aoife Greenham, a local children’s book author and illustrator, led us in a powerful and memorable session back in March, exploring our feelings about colours and our emotional responses to them. In a follow-up session, we discussed the role of colour in our everyday lives, starting from learning about colour as children. Here is an extract from a piece Jean Thompson wrote afterwards:

“Thinking of my own experience of colour, did it just come into my life in the wonderful psychedelic 60s? There must have been colour in my younger years, but I don’t remember that so vividly. Was there colour in the immediate years after WWII or do we just think that colour was limited then because of films and newsreels of the times, which were in black and white, or was the lack of colour a reflection of how hard life was at that time? The introduction of colour TV was a marvellous exposure to how much brighter life could be.

“In counties where there is a lot more sun, colours seem more vibrant. The fabrics of India and Africa. Market stalls of fruit, vegetables and spices, even in warmer countries of Europe, seem more luscious, and full of colour. The exotic flora and fauna of tropical countries, just another



• Rangoli

example of colour in the sun. Is it just that sunshine brings colours alive? The bright colours of traditional rangoli designs to celebrate the Hindu festival of Divali.”

You can read more writing from our group at:
<https://storiesofourlivesnow.org/blog>

Why not join us? We usually meet on the 1st and 3rd Saturdays of the month in Chorlton. Find out more by emailing: jolene.joyethic@gmail.com

NEW AGE FRIENDLY BENCHES

by Age-friendly Whalley Range and Chorlton

On 12 May, the Age-friendly Whalley Range and Chorlton group came together for a special community walk as part of the GM Walking Festival, alongside a celebration of new benches in the area.

Seven new age-friendly benches have been installed across Whalley Range, bringing the total number to 19. This project reflects continued investment through Section 106 funding, with support from the Manchester City Council Neighbourhood Team.

The occasion also provided an opportunity to honour the memory of Bill Williams, who played a key role in championing age-friendly benches in Whalley Range. A bench on College Road, outside St Margaret’s School, has been dedicated to him, bearing the inscription: ‘Our much loved and respected Community Leader.’

Age-friendly benches are an important feature of the local area. They support active travel and wellbeing by linking walking routes to key community facilities while providing essential places to rest.

Neighbourhood Officer Allan, highlighted their importance, saying: “The benches are a great asset to Whalley Range. Their value in



supporting health, wellbeing, and promoting walking for all ages is enormous. Every day, when I’m out and about in the ward, I see people using them.”

Remembering Bill Williams Members of the community shared heartfelt tributes in recognition of Bill’s contribution:

- Sue: “Bill was a great guy, not only to Whalley Range but to the community as a whole.”
- Mary: “I have known Bill for a long time through the Age Friendly Group, and we worked so hard to get the benches. We will all miss him as a community.”
- Michaela “He was a kind and community-spirited man, and we will miss him dearly.”

Bill’s legacy lives on through the benches he helped bring to the community, supporting residents to stay active, connected and independent.

DIDSBURY & BURNAGE

THE BIG BURNAGE PARADE HAILED A BIG SUCCESS



• Carl Austin Behan, Cllr Azra Ali, Seema Sheikh, Cllr Bev Craig, and Linda Duffy

'Be more Burnage' was the rallying cry at the first ever Big Burnage Parade, which took place on 5 July, bringing hundreds of people together to celebrate everything that is great about Burnage.

The initiative to resurrect the tradition of walks in the area was a collaboration between Burnage Community Centre, Burnage Library, Westcroft Community Centre and Didsbury Arts Festival.

Over 20 community groups and schools from across Burnage worked with artists *Toubie Jack* to create a giant fish made of recycled plastic, and Phoebe Foxtrot and Heather Skowood to create banners that were carried in the parade, giant sunflowers that dressed the route, and 40 large flags that hung on lampposts.

The flags featured the people of Burnage who have had an impact in the local community, nationally and internationally, and will remain in place for the community to enjoy over the coming year.

The parade, led by Councillor Bev Craig, and former Lord Mayor of Manchester, Carl Austin-Behan, arrived at Fog Lane Park where DJ and spoken word pioneer Chris Jam, hosted an afternoon of free music featuring local bands The Fleecers, Midland Railway, and The Tea Towel Collective.



• Linda Duffy

Linda Duffy, community development officer at Westcroft Community Centre, said the day was full of fun and positivity: "I can't remember a day like this in Burnage."

"The pride and excitement was incredible. People have worked so hard to make it a success and there's so much enthusiasm to do it again."

THOUGHT FOR THE MONTH

by Victor Hassan, Didsbury Synagogue

I'm recovering from replacement hip surgery as I write this. It's a lonely business.

Thanks to regular painkillers the discomfort is kept to a minimum, but it's still there to a certain degree for substantial parts of the day and is a disruptive factor when trying to sleep at night. And there's no-one to share that bit with, no-one you can contact and ask to have your discomfort for a few hours so that you can have the afternoon or evening off.

And then there's all the exercises you're supposed to be doing to get fit again. There's not exactly a queue of family or friends able to come over and do them for me. Although in fairness there's no shortage of nearest and dearest reminding me that if I'm going to make the most of all the discomfort, I'd better keep moving my feet, doing the exercises and all that jazz.

As the Lebanese philosopher Kahlil Gibran wrote: "trust the physician, and drink his remedy in silence and tranquillity: For his hand, though heavy and hard, is guided by the tender hand of the Unseen"

But there's not a great deal of relief to be had from a fatalistic religious optimism as Jewish belief is that, having received the divine gift of life, self-care is a mitzvah (a commandment), taking medicine, seeking therapy, and maintaining good habits - like proper diet, exercise, and rest. Nor are you allowed to rely on the power of prayer alone, but it is a personal responsibility to connect with the process and do what is needed to get better.

Or as Shakespeare put it: "Our bodies are our gardens, to the which our wills are gardeners"

So, there's a lot resting on this recovery process and finding a bit lonely is no excuse.

DGN HOST THEIR SUMMER VOLUNTEER CELEBRATION

by Didsbury Good Neighbours

Didsbury Good Neighbours (DGN) and Didsbury Pavilion Café held a Thank You celebration on Friday 26 June for their family of volunteers in the Neighbourhood Centre in Didsbury Park. DGN plays an important part in keeping people connected to their community and ensures members are supported to live an independent and meaningful life.

Jamie Richardson, manager explains: "DGN is a lifeline for older people in our community. We want the Neighbourhood Centre to be welcoming and supportive, and volunteers are essential to making that happen."

"Our volunteers facilitate weekly activities including Film and Gardening clubs, as well as providing a vital befriending service. A weekly trip to the centre to join an activity, or a visit from a befriender, is for some the only social interaction they will have for days."

Our community cafe (Didsbury Pavilion Cafe) plays a vital role in promoting the work and ethos of the charity and provides further volunteering opportunities.



Cafe manager Jo Brooks says "Our volunteer team has gone from strength to strength over the last few months, and we are always looking for more people to join us. Volunteering in the café is a lively and fun experience; training is provided and our volunteers say it's a great way to meet people and boost their wellbeing."

If you'd like to donate an hour or more of your free time or would like to find out more about our volunteer opportunities email: info@didsburygoodneighbours.org.uk

FALLOWFIELD & WITHINGTON

STRIDING TOWARDS HEALTHIER HEARTS

by HeartHelp

Members of The HeartHelp Support Group are looking forward to using their new treadmill to take further strides towards improved heart health.

The treadmill was funded by a neighbourhood grant from Manchester City Council and is a popular addition to the Group's range of exercise equipment.

The HeartHelp Support Group is a self-help group supporting people with cardio-vascular and related health conditions. It is based in Withington Methodist Church Building where it provides structured exercise classes led by experienced qualified tutors on Tuesdays, Wednesdays and Thursdays each week.



Further information about the Group's activities and membership offer can be obtained by ringing: 0161 536 3188 or via email: hearhelp4u2@gmail.com

WITHINGTON CIVIC SOCIETY NEWS

by Withington Civic Society

WCS members on the committee are volunteers. We would like more people to join us and take an active role. If you are interested and would like to know more, please check out our website: www.withingtoncivicsociety.org.uk or email: contact@withingtoncivicsociety.org.uk

Community Activities

Fog Lane Litter Pick Saturday 8 August 10am - 12noon. Meet at the café. The entrance nearest to the cafe is Parkville Road M20 4UP. This park was one of the first public parks in Manchester and is celebrating its centenary this year. If you would like to get involved in this lovely park email: friendsfoglanepark@gmail.com

Pop Up Market Saturday 29 August 10am - 4pm. Outside the library: Rutherford Place. It is a free event and dog friendly.

Love Ladybarn Community Clean-Up Saturday 29 August 11am - 12 noon. This resident-led group meets regularly to help keep our local area clean and welcoming. Clean-ups take place at Ladybarn Community Hub, Royle Street M14 6RN All are welcome and all equipment is provided. The sessions are enjoyable and rewarding, with refreshments afterwards. For more information, please contact Sue Bell: suebchow@gmail.com

Withington Pride 19 September more details to be announced.

Withington Village Clean-Up and Gardening Saturday 26 September 11am - 12 noon. Meet outside Withington Methodist Church, Wilmslow Road (village centre). All equipment will be provided, with tea, coffee and cake available afterwards at the Methodist Church. This is a family-friendly event that is both fun and worthwhile. For more information, contact: gavinwhite7627@googlemail.com

GORTON & LEVENSHULME

INTERGENERATIONAL SESSIONS SUCCESS

by Gorton Central

Over two Monday afternoons at Gorton Central, the room was filled with lively conversation as Year 3 pupils from Abbey Hey Primary School joined local older residents involved in our Gorton Together, National Lottery funded heritage project at Healthy Me Healthy Communities.



We brought local history to life by linking the children's learning about changing land use at Gorton Mill with residents' memories of the area. The children came prepared with questions, and we were delighted to see how fascinated they were to hear that some participants have lived in Gorton for over 70 years.

We were thrilled to share stories that amazed the children, including learning that the canal is now a footpath and that Gorton Central was once a Johnstone's paint factory.

To finish, we invited the children to step back in time and experience what mill work might have been like in the early 1900s, gathering 'cotton' from the floor in a hands-on activity.

We felt it was a wonderful exchange, with both generations enjoying the session. After the children had left, the room was still alive with excitement as the older residents continued sharing memories with each other. Our Gorton Together Monday group is looking forward to welcoming the end-of-term presentations from Abbey Hey Primary School and visiting the school assembly to share our heritage work.

FREE ONE-TO-ONE DIGITAL SUPPORT BY TASKFORCE

by Inspired Taskforce CIO

Ever felt stuck staring at a screen, wishing someone could just show you how? You're not alone — and help is closer than you think.

Taskforce is running free, friendly, one-to-one digital support sessions every Friday, 1pm–3pm, at Arcadia Library, Yew Tree Avenue, Levenshulme, M19 3PH.

Whatever your question, big or small, come along and bring it with you! Whether it's setting up an email account, video-calling family, using an app, or getting to grips with online banking, our friendly staff and volunteers are here to sit down with you and work through it together, at your own pace.

Don't have a laptop or tablet? No problem. Bring your own device, or use one of our computers or laptops on the day.

We know getting help can feel daunting if English isn't your first language, so if you'd like support in Urdu or Spanish, just give us a call-in advance and we'll arrange a translator to be there with you.



No booking needed - just turn up! You can call or text us anytime on: 07724 713 563. No question is too small, we are here to support you, every step of the way.

Get in touch by phone, text, or email: tatiana.guzman@inspiredtaskforce.co.uk

Come along, bring a friend, and let's get confident with technology together - one click at a time!

DEBDALE NATURE CENTRE CELEBRATES FIVE YEARS



2	7	56	2707
wildlife	bat	species of	social
gardens	walks	birds	media
created		observed	followers
1	5	350+	
RHS School Show	species	participants	
Garden created	of bats	on bat walks	
	identified		



This year marks the fifth anniversary of Debdale Nature Centre, providing an opportunity to reflect on an incredible journey of wildlife conservation, environmental education, and community engagement.

Over the past five years, the Centre has grown into a thriving hub for nature enthusiasts of all ages. During that time, we have created two wildlife gardens, delivered a wide range of workshops covering everything from insect identification to our famous bat walks, and provided advice and information to countless local residents about the wildlife living right on their doorstep.

We have been proud to welcome school groups, Brownie units, families, and community organisations, helping people develop a deeper appreciation for the

natural world around them. We have also created walking route maps and nature treasure hunt guides for Debdale and the surrounding area—resources that proved especially valuable during the socially distanced days of the pandemic. It feels hard to believe that was five years ago.

One of the standout highlights of our journey so far was our collaboration with Abbey Hey Primary Academy on their RHS Tatton Flower Show garden in 2024. Working alongside the staff and children to design and create the garden was an absolute joy and remains one of our proudest achievements. We are delighted that the school has invited us to be involved once again when the RHS Flower Show returns to Tatton in 2027, and we are already looking forward to the challenge.

In 2024, Debdale Nature Centre moved from its original home in Debdale Park to its current base at Gorton Reservoir Allotment Site. The move marked an exciting new chapter for the organisation, and we have never felt more at home. To celebrate our fifth birthday, we have donated a special trophy to be awarded at this year's 75th Annual Horticultural Show, and we are excited to see who will be the first recipient. The celebrations will continue with a special anniversary event on 25th July, bringing together volunteers, supporters, partners, and members of the local community to mark this important milestone.

Looking ahead, Debdale Nature Centre remains committed to inspiring people to connect with nature. We will continue our partnership with the Re-Greening Project at the Monastery, offer

regular gardening volunteer opportunities, and deliver our popular programme of bat walks, workshops, and wildlife-focused events.

As we celebrate five successful years, we are also excited about the future. In 2027, we will join the wider community in celebrating the 30th anniversary of the Gorton Heritage Trail—a landmark project that continues to showcase the area's rich natural and cultural heritage.

We would like to thank everyone who has supported Debdale Nature Centre over the past five years. From volunteers and visitors to partner organisations and local residents; your enthusiasm, dedication, and passion for nature have made everything we have achieved possible. Here's to the next five years!

In partnership with



CULTURE BOOK CLUB

brought to you by Kirsty Hutchison



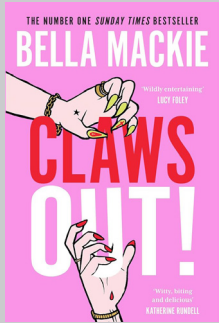
With many of you venturing off on holiday, our resident book reviewer, Kirsty, shares some reading suggestions for you. For more book recommendations, you can visit Kirsty's blog: www.noveldelights.com or follow her on Instagram: @noveldelights



BOOK OF THE MONTH

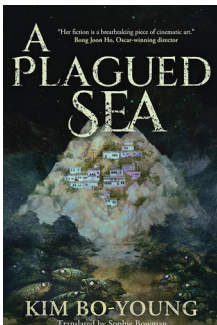
Claws Out by Bella Mackie
The Borough Press,
Hardback £20.00,
Released: 27 August

The bestselling author of *How To Kill Your Family* and *What A Way To Go* is back with another great summer read that's full of sardonic humour, dark twists, and truly entertaining (but not pleasant) characters.



Three times widow and social climber Diana is on the hunt for husband number four. She has set her sights on affluent author David Farrand, looking forward to a life amongst the wealthy literary elite. Yet as she finds David easy to catch in her snare, Diana soon discovers that David has an annoying and entitled daughter, Cat, who also happens to be suspicious of Diana and her marital past.

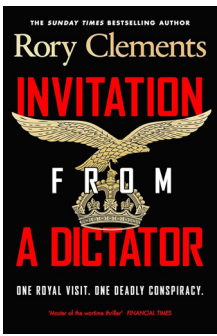
Yes, some of the twists in *Claws Out* are farfetched, but this enhanced my joy in reading this fun murder mystery.



A Plagued Sea by Kim Bo-Young (translated by Sophie Bowman)
Honford Star, Paperback, £13.99, Release date: 11 August

As a reader, I am generally not the biggest fan of horror or sci-fi; yet I found this Korean novella so eerie and atmospheric, I couldn't put it down. I finished it in just a few short hours.

A Plagued Sea follows Muyong, who is haunted by the consequences of her actions after being notified of a natural disaster. She is now living in an isolated fishing village besieged by a mysterious plague that leaves the villagers horribly deformed. Grieving and lonely, yet immune to the plague, Muyong works to keep the village's infected residents quarantined in their homes. But when an outsider from Seoul arrives finally offering support, he brings even more trouble to the village. Muyong is forced to make difficult choices that will change the community forever.



Invitation From a Dictator by Rory Clements
Viking
Hardback: £16.99, Release date: 13 August

As a fan of both historical fiction and political thrillers, I was instantly drawn to this book. Its stark title and simple but striking cover immediately caught my attention, so I requested an advance copy and was delighted to receive one from Viking. At the time, I hadn't realised *Invitation From a Dictator* is the second book in a spy thriller series, but despite not having read the prequel, I found it worked extremely well as a gripping standalone story.

Set against the backdrop of the Duke and Duchess of Windsor's controversial tour of Nazi Germany in 1937, the novel is set in Munich, with the Duke and Duchess soon set to arrive at Hitler's Bavarian retreat.

That night, a series of attacks devastates Munich, with the attacks claimed by the Communist group Red Freedom. Brutal and dangerous, the group is poised to target Hitler and his royal guests.

Detective Sebastian Wolff is tasked with protecting Edward and Wallis, but when he learns Red Freedom is led by Ulrike, his first love and the mother of his son, Wolff's duty, personal loyalties, and political convictions collide.

SEARCH FOR A NEW HOME - A PLEA

by Sunshine Steel Band

For Sunshine Steel, the music never stops, even if the walls around us have disappeared. We are a tight-knit steel band of five to six players, bringing calypso sounds to Manchester and surrounding area. However, we are currently facing a crisis that threatens our rhythm. We have been made homeless from our storage and practice space.

The Problem

We previously operated out of a modest garden room, measuring just 5x5 meters. While small, it was perfectly suited for our ensemble of 15 pans. It was warm, dry, and secure. Unfortunately, circumstances have changed, and we are now without a base.

Who We Are

We are not just musicians - we are community players. Our members travel from across Cheshire and Manchester to rehearse, and we regularly perform for charities in Handforth and Levenshulme. We firmly believe in 'singing for our supper' and we are more than happy to trade our services for a roof over our heads.

If you or your organization have a spare room, garage, or outbuilding that we can use, we don't expect charity (though we joyfully welcome it!). We are available for private hire and would be thrilled to pay our way by providing live music for your events, festivals, or parties. We have an extended and polished repertoire of traditional steel drum melodies, pop and some unexpected favourites too. And we love a good Christmas Concert, combining carols and chart hits.

We are looking for a space that is:

- Warm and dry (to protect the steel pans)
- Secure
- Accessible for players traveling from different postcodes

Can you help us find a new home? If you have a space, or know someone who does, please get in touch. We are ready to bring the sunshine to your doorstep in return.

Contact Janice Turley on:
07719 586 668
or at: janiceandbarrie@gmail.com

CHESS

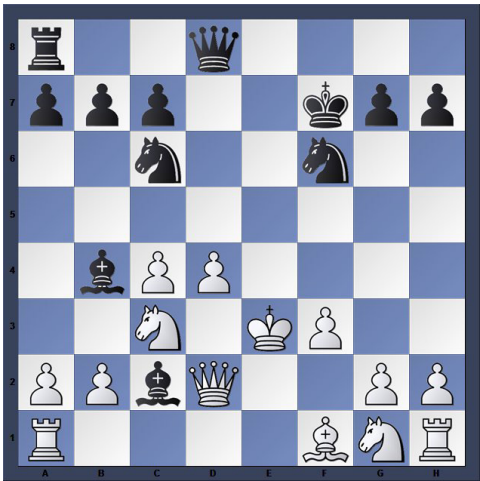
brought to you by Graham Phythian

On the Rampage

Black to play. Having sacrificed material to lure the white king into the open, how does Black now finish the job? Answer below.

The Final of the u-1650 Counties Championship between Greater Manchester and Kent took place at Warwick University on 4 July. Chorltonians involved were Joel Prittie, Jack Donegan, and your columnist. The latter managed to scrape a draw from an unpromising position, but elsewhere the Manchester team was plagued by bad luck, notably by three of our best players unable to attend because their car broke down on the way to the venue! The 9-7 loss, in the circumstances, was creditable. Congratulations to the victorious Kent team.

Answer: 1. ...Ng4 check! 2. Kf4 (If 2. fxc4? Qg5 check wins the white queen after 3. ...Re8 check) 2. ...Bd6 check 3. Kxg4 Bf5 check! 4. Kxf5 Qh4 5. g4 Re8 forces mate.



This sacrificial rampage was conducted by Chorlton member Julian Alderton in a recent League match.

Chorlton Chess Club meet on Tuesday evenings from 8pm until 10:30 pm at the Spread Eagle PH on Wilbraham Road, Chorlton, M21 9LD. During the summer, weather permitting, we host informal chess sessions on Thursday evenings in Longford Park, near the café, from around 7:30 pm.

LITTLE WONDERS

Quick games, short poems, fun facts, jolly jokes, and more
for our wonderful younger readers by Carl Burkitt.

FUN FACT

You cannot hum while holding
your nose.

TONGUE TWISTER

How fast can you say this
tongue twister?

Five fruit flies fancied fresh figs.

JOLLY JOKE

What do you call two bananas?

Answer: A pair of slippers

QUICK GAME

Name one colour for every
letter of your first name.

GET WRITING

Grab a scrap of paper and
write a poem with the title:
WHAT THE RHINO DID

GET DRAWING

Use some paper to draw a
plate of BBQ food.

MEET MY PALS

by Carl Burkitt

My friend Natalie Needham
is a vibrant vegetarian.
My friend Dennis Drinkwater
is dangerously dehydrated.

My friend Gina Goodenough
is a particular perfectionist.
My friend Lucy Lovejoy
is awfully angry.

My friend Peter Proudfoot
is not a fan of his feet.
My friend Martin Makepeace
is a monstrous warmonger.

My friend Lauren Lightfoot
wears big, banging boots.
My friend Larry Longbottom
has a teeny, tiny tush.

FILM

REVISITING THE CLASSICS: A TASTE OF HONEY

by John Crozier

Shelagh Delaney wrote *A Taste of Honey* when she was only nineteen years old. Premiering in 1958, the play is one of the most iconic and influential British works of the 20th century, changing how the artistic world viewed working-class culture, and including revolutionary depictions of black and gay characters. Tony Richardson's 1961 film adaptation (co-written by Delaney) was similarly revered at the time, and to me, is absolutely a classic worthy of its reputation.

As with most theatrical adaptations, the film's greatest strength is its characters. Jo, Helen, Geoffrey and Peter are all so appealingly detailed and nuanced in their quirks and personalities. All are also richly portrayed by their actors; Rita Tushingham as Jo is the highlight,

of course, who brings a truly deep complexity to the protagonist. While watching, it becomes obvious how much this film's commitment to naturalism in its performances influenced acting in British film going forward.

And as usual, it's a delight to see familiar locations on film. Seeing Saint Mary's Church and the Salford Docklands in such an influential film was a treat, and beyond the locations, the film is fascinating as a look at Salford while it was still the industrial heartland of Manchester. It feels truly authentic in a way most classic films do not, and is one of the earliest films I've seen which feels properly naturalistic and lifelike. I truly cannot recommend this film enough.

FOOD

WHERE I'VE BEEN EATING THIS SUMMER

by Isabella Barber

If winter brings the desire to hole up indoors with a takeaway, summer has the inverse effect: it urges me to get off the sofa and explore my lovely neighbourhood. Here's where I've been loving this summer.

Lapwing Deli (West Didsbury): When the sun is out, you'll likely find me, drink in hand, under the iron arches of Lapwing Lane Arcade. The best thing about Lapwing Deli is that it is in fact a deli. So alongside your craft beer, wine, Hugo spritz, or whatever, you can enjoy anything from the shop. Marinated olives and crisps are my usual choice, but there's nothing stopping you from going to town at the deli counter to create the ultimate charcuterie board.

Hikari (Didsbury Village): I didn't know how much I needed a Japanese coffee shop in my life until Hikari landed in Didsbury. Once a tiny hatch, now a full-on café on Albert Hill Street, Hikari sends its siren call to me weekend after weekend. The coffee is superb, and there's a huge range of food on offer, including (but not limited to) sandos, French toast, kimchi pancakes and loaded sourdough. Me, I come for the pastries – blueberry chocolate babka, cardamom knot, Nutella pecan swirl... need I say more?

The Lime Tree (West Didsbury): I tend to associate this stalwart of Didsbury's restaurant scene with cosy evenings of red wine, roasted meat and sticky toffee pudding. But on a scorching summer's day, you'd



be hard pressed to find a better place to lunch than in the dappled shade of their terrace. The menu changes regularly, so I can't guarantee that my most recent meal of gazpacho and seabass will be available when you visit, but I can guarantee you'll have a marvellous time sipping a spicy marg, eating great food and watching the world go by.



Isabella is a freelance
writer specialising in
food, travel and culture.
Follow on:
@isabellaisawriter

POETRY PROMPT

A chance to write a poem with *The Post* poet in residence
Carl every month in a few simple steps.

Your body has been quietly getting
on with things for years. This month,
give one part of it the chance
to have a personality, a voice,
and perhaps a few opinions.

STEP ONE

Choose one body part and treat it
as the main character. It could be
obvious – a heart, hand, or stomach
– or something less celebrated,
like an elbow, kneecap, earlobe,
thumbnail, or left foot. Jot down
a few quick notes. Is it confident
or shy? Sensible or dramatic?
Patient, grumpy, competitive,
easily offended? Give it a job title,
a favourite snack, or an irrational
dislike. For example, perhaps your
knees are retired athletes, or your
eyebrows think they're in charge.

STEP TWO

Write six short lines beginning with
"I wish..." or "I'm tired of..." from
the body part's point of view. What
does it have to put up with? What
does it secretly enjoy? Maybe your
shoulders resent carrying everyone
else's problems. Perhaps your toes
are furious about formal shoes.
Keep the complaints specific,
surprising, and a little exaggerated.

STEP THREE

Imagine your chosen body part
overhears a conversation about
you. How does it react? Write a
short exchange between the body
part and another part of your body.
Perhaps your lungs are trying to calm
your heart down, or your left hand
thinks your right hand gets all the
interesting work. Listen for humour,
disagreement, or unlikely teamwork.

STEP FOUR

Use anything you've discovered to
write a poem in which your body part
becomes a fully realised character.
You might let it tell its own story,
defend itself, reveal a secret, or
offer advice nobody asked for. Try
to keep the voice consistent, and let
its personality shape the language.
The more ordinary the body part,
the more room there is for surprise.

If you'd like to share your work,
we'd love nothing more than to
read it. Send your poems to:
manchesterpost@
postnewspapers.org.

WHAT'S ON

DIDSBURY PROBUS CLUB - SPEAKERS

6 August 2026 - *"Does the Criminal Justice System Work?"* by Martin Rowley
This talk covers Parliament making Laws; who can charge you with a criminal offence; what happens in court, and in prison; also how then does the Probation system work.

20 August 2026 - *The Libraries of Manchester* by John Carpenter
John gives a visual walk around five of Manchester Libraries. Why were they built? Their social histories. Who went to these early libraries in these different areas. He also looks at the introduction of Carnegie Funded Libraries.

3 September 2026 - *Moors Murders - A true detective story* by Alan Kibble.
The story of Alan's participation in the fascinating detective work involved in the reinvestigation of the Moors Murders.

17 September 2026 - *A World of Mules and Minders* by Brian Topping
Brian will share his experiences as a customs officer. He will guide us through the background and history of drug smuggling, providing examples of detection and investigation skills of officers in maintaining their success and some anecdotes from when things didn't go "quite right" for the smugglers.

1 October 2026 - *AI It's Impact on Society* by Chris Goswami
Artificial Intelligence and its impact on society is a very fast changing use of technology, some aspects are very good and important, others very bad and many we don't even know exist. Come and be surprised by the extent of its influence.

Meetings are on Thursdays in Didsbury Baptist Church, School Lane, M20 6SX. Tea, coffee and biscuits from 10:30am before the talk at 11am.

STOCKPORT & SOUTH MANCHESTER CAMRA

Thursday 13 August - Branch Meeting at 8pm
The Magnet, 51, Wellington Road North, Stockport SK4 1HJ.
News and views, followed by the Summer Quiz. Beer to be won.

Friday 21 August - 'Stagger' round Stockport Market Place from 7:30pm
Meet at the Bakers Vaults at 7:30pm, then Thread, midpoint Angel at 8:30pm, finish at the Arden Arms.

Thursday 27 August - Pub of the Month from 8pm
Grapes 196 London Road, Hazel Grove, SK7 4DQ.
Join us as we present our monthly award to this excellent Robinsons community pub. Award presentation about 9pm



REGULAR EVENTS

- **Lipreading and Managing Your Hearing Loss Classes:** various locations. lipreading@outlook.com or write to: Lipreading, PO Box 319, M21 3DG

Chorlton and Whalley Range

- **Dementia Friendly Gardening**, Saturdays 10am - 11:30am, Chorlton Park
- **Volunteer sessions at Chorlton Community Garden** on the first Tuesday 10am - 12pm and third Saturday 2 - 4pm of every month, carol@brown.pm

Withington & Fallowfield

- **Chatty Café** - Tuesdays, 1:30pm at The Coffee House Cafe, Withington
- **Platt Fields Market Garden Farmer's Market, including Speakers Corner** - 1st Sunday each month
- **Qigong** - Mindful Movement and Breathwork for Wellbeing with Rae Story, 5 - 6pm Mondays, Union Chapel, Fallowfield.
- **Nigerian Community Greater Manchester (NCGM)** - 23 Platt Lane, M14 5NE. For regular events and activities see: www.ncgm.org.uk
- **Fallowfield Commuity Choir:** 2nd & 4th Wednesday, 7pm at ThePlace@PlattLane

Levenshulme and Longsight

Levenshulme Inspire Community Hub

- **Citizens Advice Manchester** - online drop in video meetings are available Fridays 10:00am - 1:00pm
- **Food Cycle** - provide a free sit down three course meal to anybody that wants one every Thursday evening 7pm - 8pm
- **Family Food and Fun Club** - Every Wednesday from 3pm we invite families with children to come together to get involved in fun games and activities followed by a free nutritious (Halal friendly) meal. Pre-booking is required.

Gorton

- **Debdale Ramblers** - every Thursday in Debdale Park Carpark, 10am for a nice walk followed by a coffee and chat.
- **Debdale Spanish Group** - every Tuesday in the outdoor centre, 10:30am - 12pm

If you'd like to add your event to our listings please email: manchesterpost@postnewspapers.org

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LOCAL GIG GUIDE

We want to create a local gig guide to showcase all the musical talent hitting stages in venues across Manchester every month.

Please email your gig info to manchesterpost@postnewspapers.org

GARDENING

YEAR- ROUND COLOUR AND STRUCTURE - EVERGREENS

Most people don't want a complicated garden. They want one that looks good whenever they glance out the window, not just in the summer, but in February too, when everything else has died down. That's exactly what evergreen plants do. They stay green, they hold their shape, and they don't disappear on you, keeping your garden looking fresh all year round. The team at British Garden Centres has put together a guide to the best ones available for your garden that are easy to look after, make an immediate difference, and are easy to get going.

Why evergreens?

If you've ever spent money on plants in spring only to find the garden looking empty by November, you're not alone. Most plants at the start of the season are annuals or summer perennials and are designed to look great for a few months, then they're done.

Evergreens work differently. Plant one now and it will still be there, still looking good, this time next year and the year after, providing you with a lush green space all year round.

Our top evergreen plants

Hebe: Tough, long-flowering and available in a huge range of leaf colours. Sits happily at the front of a border or in a container and attracts pollinators from early summer through to autumn. Genuinely unfussy and will provide interest all year round to your garden or outdoor space.

Photinia 'Red Robin': A great plant that has vivid new scarlet leaves that deepen to glossy dark green as the season progresses, giving two completely different looks from the same plant. Fast-growing and easy to shape into a screen or informal

hedge, this is ideal for an evergreen garden and will keep looking fresh all year round.

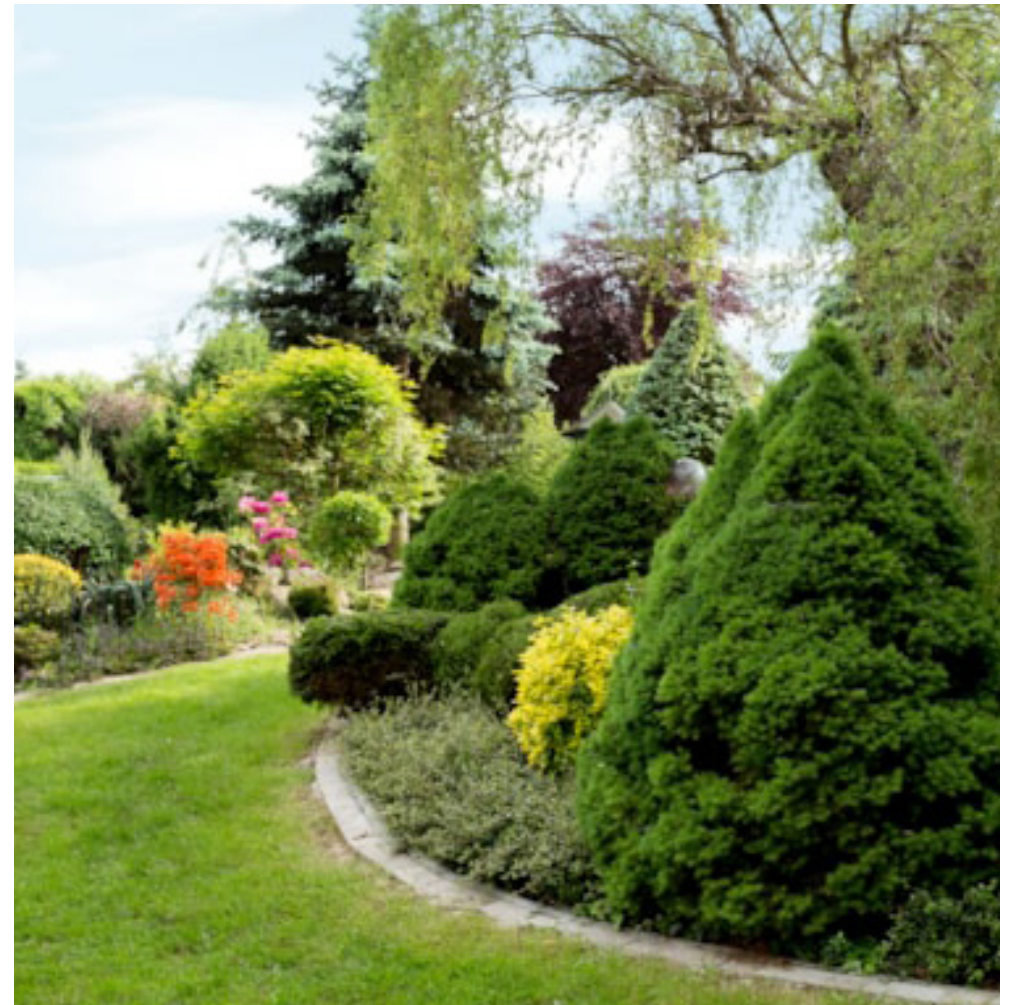
Choisya: This evergreen shrub is glossy, has aromatic foliage and sweetly scented white flowers in late spring and again in early autumn. It grows happily in sun or partial shade, so suits any outdoor setting. The golden green leaves add brightness to any dull corner all year round.

Skimmia japonica: This evergreen is the answer to "what do I put in that shady corner?" It boasts glossy leaves in summer, and fragrant flowers in spring, then bright red berries right through winter. One of the few plants that genuinely earns its space every month of the year and will wow you whatever the season.

Conifers: Often overlooked, conifers are one of the most reliable evergreens you can buy. They come in all shapes and sizes, from neat, compact mounds to tall, elegant columns and provide solid year-round structure with virtually no maintenance. Brilliant for adding height or definition to a border, and just as effective in a large container by a front door.

Euonymus: If you want something colourful, tough and almost impossible to get wrong, euonymus is the one evergreen to plant. The variegated varieties, splashed with gold, cream or white, brighten up borders and pots through every season, including winter. Hardy, low-maintenance and widely available in all sizes, they are the ideal evergreen for your garden.

Viburnum tinus: One of the quiet heroes of the winter garden. While most shrubs are doing nothing, Viburnum tinus produces clusters of small, pink-budded white flowers from late autumn right through to



spring, followed by dark metallic berries. If you want something that earns its place when the garden needs it most, this is it.

Rosemary: A classic herb with dark, aromatic foliage, delicate blue flowers and handles drought without complaint. Works in formal and informal settings alike. Also, you can cook with it, so whenever you want to add some zing to a dish or drink, take a snip of a branch and you've got evergreen flavour on your doorstep.

Pittosporum tenuifolium: This boasts neat foliage ranging from pale apple green to creamy variegated to

almost black-purple depending on the variety. Give it a sheltered spot, and it will slowly develop into something your favourite evergreen. The spring flowers are small but carry a honeyed scent that's worth leaning in for.

How to plant evergreens

Container grown evergreens can go in the ground at any point during the growing season; there is no need to wait for a particular time of year. As long as the soil isn't frozen or waterlogged, now is a perfectly good time to plant. Water well for the first few weeks, and most will take care of themselves from there.

BIRD CORNER

by Robin Finch

August can often be a disappointing and puzzling month for the casual bird observer. The weather is warm and the days still long; both native and visiting species have raised and fledged anything up to three broods; and there is plentiful food available in our gardens. You would expect to see more activity out of the back window. However, it can often seem very quiet and subdued at this time of the year. Where have all the garden birds gone?

In late summer there is a bounty of natural food away from our gardens as grains, berries and fruit ripen. This tempts birds away from their

nesting areas to where food is most plentiful, often to farmland. Sparrows, starlings and finches might feed on ripening grain, or spilt grain after it's been harvested. Rural hedgerows will be full of hawthorn berries, blackberries etc.

Another reason for birds' comparative invisibility in late summer is because they are usually in moult, a process that takes place every year after they have finished breeding. They lose their old feathers and develop new ones over the course of several weeks. The growth of new wing feathers restricts their flying agility so they will often conceal themselves at

this time in order to avoid predators and territory disputes.

And of course, with the breeding season over, the need for males to advertise their presence to attract a mate and defend a territory has now finished, so birdsong drops dramatically at this time of the year. So, although you might not be as aware of them, most of our birds are still around, hidden in the vegetation or living in nearby countryside, and will hopefully make themselves more evident again during the autumn (or next spring if they are a migratory species).



LOCAL BUSINESS NEWS

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BECOME A COMMUNITY EXPERT FOR YOUR INDUSTRY

At Post Newspapers, we are always developing new ways for different sectors within local communities to better connect and support one another.

Our monthly Community Expert feature is a way for one business within each industry to share their knowledge, advice and expertise with the wider community each month.

This exciting feature provides a wealth of benefits, not only to the business who commits to being a Community Expert, but also to readers by providing them access to trusted and locally-focused information around topics that can impact us all.

We are seeking one Community Expert from each of the following industries for a 12-month commitment:

- Finance
- Law

- Money Management
- Care
- Garden Design
- Home Renovations
- Health - *booked by Change, Grow, Live*
- Wellbeing
- Fitness
- Nutrition
- Education
- Small Business
- Insurance
- Property

We are open to additional industries not listed here - please just contact us should you be interested but your business industry is not listed above.

For more information on what being a Community Expert includes for your business, please see: www.postnewspapers.org/advertise/#COMMUNITY-EXPERT-PACKAGE or email us at: advertising@postnewspapers.org

LICENSING ACT 2003 Public Notice

Application for Variation of a Premises Licence S34

57 -59 Wilmslow Road, Rusholme, Manchester, M14 5TB. I Chaudhry Mohammed Azam GULSHIN have made the above application on 04.08.2026 to Manchester City Council to increase the hours for the sale of alcohol (for consumption off the premises) and terminal hour open to the public by 2 hours to 04.00 (the next day) Sunday to Saturday. Written representations and objections must be made by email or post on or before 01.09.2026 to: Premises Licensing, Level 1 Town Hall Extension, Albert Square, Manchester, PO Box 532, M60 2LA or by e-mail to: premises.licensing@manchester.gov.uk. The licensing register and a copy of this application are available for inspection at the above office by appointment only on www.manchester.gov.uk. For further details contact the above. It is an offence to knowingly or recklessly make a false statement in connection with an application that carries an unlimited fine.

COMMUNITY EXPERT

HEALTH EXPERT: CHANGE, GROW, LIVE WHY SUMMER IS THE PERFECT TIME TO QUIT SMOKING

For many of us, summer is a chance to reset. Whether it's spending more time outdoors, enjoying holidays with loved ones or simply making the most of the longer days, it's often the season when people think about making healthier changes.

If quitting smoking has been on your mind, now is the perfect time to do it.

Breaking old routines can make it easier to leave smoking behind. A morning coffee in the garden, a walk in the park or a family day out can help replace the habits that often trigger a cigarette. Better still, many people notice improvements within days of quitting, including easier breathing, more energy, and a better sense of taste and smell - helping you enjoy everything summer has to offer.

Quitting also saves money. The cost of smoking soon adds up, and the money you save could go towards holidays, family activities or simply easing the pressure on your household budget.

While quitting isn't always easy, you don't have to do it alone. Be Smoke Free, provided by Change Grow Live, offers free, personalised support for people aged 12 and over who live in Manchester or are registered with a Manchester GP. Friendly advisors provide tailored support and free quit aids to help give you the best chance of becoming smoke free.

This summer could be the start of a healthier future for you - and your family.

To find out more or self-refer, visit: bit.ly/ManchesterPost or call: 0161 823 4157. Alternatively, scan this QR code.



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Print is the most effective way to disseminate information and drive engagement.

For over two years, Post Newspapers have been working with partner organisations to get their communications directly to thousands of residents as a supplement publication.

As a Supplement Partner, this has seen significant cost savings for organisations who were unable to afford the cost of stand-alone design, print and distribution.

Four to 16-page pull-out supplements can be printed as part of the Post Newspapers for event programmes, awareness campaigns, or advertorial catalogues.

These full colour and branded supplements can be pulled out and kept by readers of Post Newspapers for them to easily refer back to time and again.

If your business, service or event is looking at ways to reach more people across your local area, or Greater Manchester as a whole, supplements are an effective way to achieve this.

A supplement allows you to showcase all your organisation offers, to provide essential information that all residents, or specific demographics, need to have access to, and to ensure your community has all they need to know to attend and enjoy your event - all in an easy to access and keep print publication.

Take a look at some recent supplements and the partners we work with at:
www.postnewspapers.org/our-papers/supplements

And contact:
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to discuss publishing your newsletter, event programme or awareness campaign collateral with us.

ADVERTISE LOCAL JOBS TO LOCAL PEOPLE

Looking to recruit for a position within Greater Manchester or Cheshire? Advertise your job vacancy on our website.

There's nothing more powerful for your business than recruiting directly from your community and harnessing the energy and support from a local resident who sees and values your business every day.

The cost to advertise your job vacancy with Post Newspapers is £100 + VAT which includes:

Job vacancy listing on our online Jobs Board until the application deadline

Job vacancy announcement in one of our weekly Latest News E-Mailouts

Job vacancy announcement on social media (Facebook and LinkedIn)



We are running an introductory offer of 20% off a Job Vacancy listing until 31 August 2026.

For more information and to submit a job vacancy, see:
www.postnewspapers.org/jobs

POST NETWORK

by Post Newspapers

Providing Support and Visibility for Local Businesses

Do you operate a small business within Manchester?

The Post Network brings together SMEs working within Greater Manchester and Cheshire to provide support, share advice and knowledge, and improve visibility across our local communities.

While 'networking' is a natural part of the Post Network, it is more than connecting or 'selling' to other business owners.

The Post Network seeks to create a supportive business community where ideas, knowledge and advice are shared, business owners can seek collaborations, and through



the Post Newspapers' online and print platforms, public visibility is increased.

All revenue from Post Network Membership Fees will be reinvested into growing distribution of our Post Newspapers and creating new newspapers for communities across the North West, expanding our support for local businesses and building the strength of the Post Network.

For more information, visit:
www.postnewspapers.org/join-the-post-network

TIME OUT

THE WITHQUIZ MONTHLY CHALLENGE

If you want to join WithQuiz, the local Pub Quiz League, then get in touch with me at: mikebath@pfsi.org.uk. Details of WithQuiz can be found on our website at: withquiz.org.uk.

We’ve now completed the 2025/26 season and are resting our brain cells until we start all over again late September/early October.

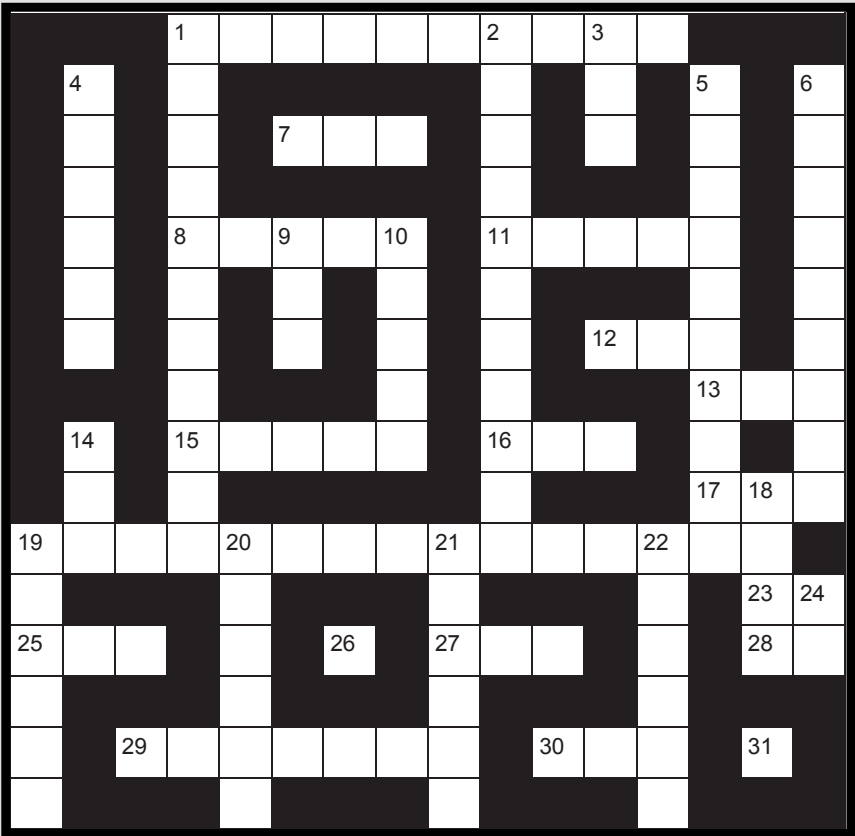
Here are 10 more teasers to keep you occupied. To help you on your way the first letter of each answer makes an anagram of the surname of this well-known Tech Billionaire.



1. The 26 official languages of the European Union all belong to the Indo-European family apart from Maltese, Hungarian, Finnish and which other language?
2. Which UK 1980s number one hit song features these lyrics: “Since you’ve gone, I’ve been lost without a trace / I dream at night, I can only see your face / I look around, but it’s you I can’t replace / I feel so cold, and I long for your embrace / I keep crying, baby, baby please.”?
3. Truman, Jones, Barker, Wade – what comes next?
4. What is the name of the south-east Asian plant with enormous flowers that smell of rotting flesh attracting carrion flies? It’s named after the founder of Singapore.
5. Jill Scott, the former City and England footballer, owns a café in Northenden. What’s it called?
6. What’s the surname of Sir Kenny Dalglish’s daughter who is a prominent TV Sports presenter?
7. Written by Gerry Goffin and Carole King in 1962 which song contains these lyrics: “When this old world starts getting me down / And people are just too much for me to face.”?
8. Which UK Shipping Forecast sea area borders sea areas Fisher, Humber and Dogger and the coast of Europe?
9. Which ‘Electronics, Imaging and Graphic Arts’ company was founded in 1892 by George Eastman and Henry A Strong in Rochester, New York state where it still has its HQ?
10. International cricketers Grant Flower, Andy Flower and Heath Streak have all played for which International cricket team?

July Answers

1. Free Trade Hall, Manchester
2. Sheffield Wednesday Football Club
3. Stiff Little Fingers (“if it wasn’t for your stiff little fingers no-one would know you were dead”)
4. Let’s Go Fly a Kite
5. Northamptonshire
6. Donald Rumsfeld
7. A rational number
8. Get Me to the Church on Time (gamophobia being a fear of marriage)
9. Eskdale
10. Mercator



ACROSS

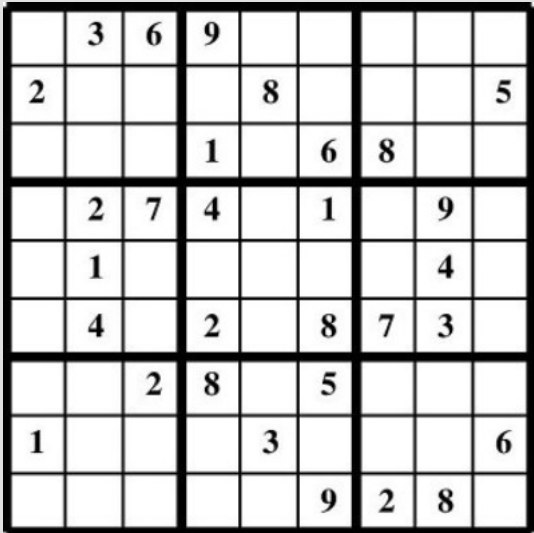
- 1 City with City and United teams
- 7 3-letter abbreviation for this month
- 8 Bring together, combine, unite
- 11 Informal for Rehabilitation
- 12 Knight’s title, followed by 1st name
- 13 Yoko’s second name
- 15 White covering on top of cakes
- 16 Possessive pronoun, (belonging to it)
- 17 Allow. Or, rent out
- 19 This year, written out in full
- 23 The answer is in the clue, so it is
- 25 Inter what? To catch butterflies & fish
- 26 It’s me! Or, perhaps, It is ?
- 27 Call in here for a pint or two
- 28 Isle of Man Tourist Trophy
- 29 Pope’s city
- 30 Popular music or fizzy drink
- 31 2nd vowel

DOWN

- 1 Of a machine: Fail to work properly
- 2 Opposite of addition
- 3 Australian flightless bird, Can be 6 feet tall
- 4 This month
- 5 Hallé conductor in Manchester, Sir John who?
- 6 Move people / goods from one place to another
- 9 Quicker to write than I Owe You
- 10 Opposite of old
- 14 Car or bike from Bayerische Motoren Werke
- 18 Way out, of a room, building etc.
- 19 A bicycle made for two
- 20 A real Japanese car, not just a toy
- 21 Make something bigger
- 22 One of 3 on sergeant’s sleeve
- 24 14 Lbs is one of these
- 26 Roman one
- 31 End, first letter

Many thanks to The Puzzlemaster, our local puzzle creator for this month’s crossword.

SUDOKU



Sudoku Instructions:

The aim of Sudoku is to complete the entire grid using the numbers 1-9. Each number can only be used once in each row, once in each column, and once in each of the 3x3 Boxes.

Sudoku puzzles are provided by www.memory-improvement-tips.com – visit them and get a new Sudoku every day.

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READERS CONTRIBUTIONS

READER PHOTOGRAPHS



Thank you to our readers for submitting photographs.

Ryebank Fields, Chorlton, Manchester by Jay Clarke (1 and 2)

A Painted Lady Butterfly in a Chorlton garden (3) and a Hosta plant (4) by Stephen Smith.

Submit your local photographs to: manchesterpost@postnewspapers.org

READER POEMS

Laughter's Cry by Michael R. Burch

Because life is a mystery, we laugh
and do not know the half.
Because death is a mystery, we cry
when one is gone, our numbering thrown awry.

Rosebud by Dorinda MacDowell

Lying dormant beneath winter's ice and cold
and indifferent cutting winds which thrust their force,

and deadening frost,
sharp in its intensity
All but dead
And gladly, summer beckoned,
a gentler grace unfolding
and I perceived, hardly daring to believe,
the smallest bud on the rose bush;

bravely reaching for its brief existence to bloom and to delight

It's dark night has ended;
its promise a lesson in perseverance...

POETRY CORNER

brought to you by Peter Devonald

THEME: I SPY!

A Senryu
by C. Oulens
the smirk
slipping 'round your
curve
already pocketed

by C.W. Blackburn
composing haiku
a tiny ray of sunshine
points towards the moon

Y
by Dylan Miller
I keep looking - it
Starts with a Y...
Possibility = endless!
Yoghurt? Very smart!

Street Walker
by Linda Cosgriff
When the pavement
ends,
opportunities begin:
leap before you look.

Cannot Spy
by Satya Rudravajhala
I spy with Soul's Eye
For the A-to-Z offers of
life,
But now I am searching
For "P", which is needed:
Peace be on Earth
forever.

by Dorinda MacDowell
Tell me tomorrow
What you're telling me
tonight
So I'm sure of you

Everyday Dreaming
by Peter Devonald
Births, loves, sunsets
and wonder,
journeys inspire like
thunder.

The Car Journey
by Ian Brownlie
cricket
i-spy
or the alphabet game
are our options

but me and my sister
will not agree
until disarmed
by boredom

by Winnie Wordsmith
...with my little eye
something beginning
with U.

by John Dredge
I spy
With my little eye
Something beginning
with A
Apple? No
Acorn? No
What is it then?
A car park.

Euripides
translation by Michael R.
Burch
Fresh tears are wasted
on old griefs.

The Third Men
by Lynn White
There was a third man.
Harry needed to hide
just like Kim.

But hidden

Three third men
Harry Lime and Kim
Philby
hiding
and Ishmail Hussein
hidden
in plain sight.

I spy
by Garima Sachdev Kapoor
I spy life collecting crumbs of
hope,
Flickers of courage, missed
chances.
Little joys hiding in plain sight.
I spy mess and magic,
Both want tea
So thankfully, stay.

Poems under 30 words before the 1st: news@postnewspapers.org

Themes: **It's Christmas! New Year! Love, Love, Love.**

HEALTH & WELLBEING

AAA SCREENING SAVES LIVES



NHS

AAA Check... saved my life

82% of men with an untreated Abdominal Aortic Aneurysm die from it

If you're a man aged 65+ don't ignore your invite for your FREE 10 minute...

AAA Check

In England, Abdominal Aortic Aneurysms screening (AAA) is offered to all men in the year they turn 65. Men aged 65 or over are more at risk of developing an AAA.

Screening can help spot a swelling in the aorta early when it can usually be treated.

Aneurysms do not cause any pain or symptoms, so you would not know if you had one. As they get larger, they are at risk of bursting (rupturing) which is classed as a medical emergency and can be deadly.

We carry out a simple, pain-free, ultrasound scan of your tummy which takes approximately five minutes. Using a handheld ultrasound, the Screener can measure the aorta inside your tummy. The scan is painless, quick and you are given the results there and then before you leave.

AAA screening saves lives, please call: 0161 291 5716 to find your nearest clinic and book in for yours.

GARY DISCOVERED CANCER AFTER STRUGGLING TO EAT TAKEAWAY

A dad from Greater Manchester who has recently been treated for oesophageal cancer is urging other men to learn the warning signs and visit their GP if something doesn't feel right.

Gary Carney, 54, from Salford, first realised something was wrong when he began having difficulty swallowing food.

He said: "My wife was away for a few days, so I got a takeaway. Afterwards, I found myself rubbing my chest to try and help the food go down. I thought it was just the takeaway not agreeing with me. "But then it happened again over the weekend. When my wife, Nuala, got back, I told her about it and she encouraged me to contact my GP."

Gary had previously been diagnosed with Barrett's oesophagus in his 20s — a condition where the lining of the food pipe changes due to abnormal cell growth. This meant he already took medication to manage reflux and had a slightly higher risk of developing oesophageal cancer than the general population.

His GP referred him on a suspected cancer pathway for blood tests and an endoscopy — a small camera test used to examine the inside of the food pipe — at Salford Royal Hospital. This marked the beginning of a series of further investigations.

Gary underwent a CT scan, a PET scan, a colonoscopy (a camera test to look at the bowel), and a laparoscopy (keyhole surgery to examine the stomach). Once all the results were reviewed, he was diagnosed with oesophageal cancer and a treatment plan was put in place.

He received chemotherapy at The Christie Hospital from May to August, followed by surgery led by surgeon Sophie Doran to remove the tumour at Salford Royal in September.



Eight months on, Gary is feeling much better, though he is still using a feeding tube to help him regain weight. He has also joined the Greater Manchester Cancer Alliance's Cancer Voices Community as a patient representative.

Gary is planning to return to his role as a compliance manager for apprenticeships at the University of Salford in September.

He said: "The care I've had at both The Christie and Salford Royal has been fantastic. The pain relief was amazing — I actually felt more pain after I broke my shin bone playing football than I did after my cancer surgery.

"It's really important to see your GP if something isn't usual for you, just to get it checked out. Most of the time it won't be cancer, but it's better to know. If it is cancer, you want to start treatment as soon as possible."

Professor Javed Sultan, a specialist in oesophageal (gullet) cancer at the NHS Greater Manchester Cancer Alliance, added: "If you have difficulty swallowing food, or if it feels like food is getting stuck when you eat, you should get this checked by your GP, just as Gary did.

"We also advise people — especially those aged 55 or older — to see their GP if they have heartburn or indigestion lasting three weeks or more."

Know the symptoms of bowel cancer



Bleeding from your bottom



Blood in your poo



A change in how often you poo, or regularly having diarrhoea or constipation



Losing weight but you're not sure why



Feeling very tired all the time but you're not sure why



A pain or lump in your tummy

If you have any of these symptoms, it's important to ask your GP for an at-home test as soon as you can.

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www.postnewspapers.org/volunteer
or email: volunteering@postnewspapers.org

SUPPORT FOR MEN

HARPURHEY, CHARLESTOWN & HIGHER BLACKLEY (AND SURROUNDING AREAS)



If you are a man, of any age, who is struggling to cope, please reach out to family, friends or a trusted organisation for support

"the club has helped me massively and helped me feel apart of something good...its been great for my confidence and mental health"

Other support and resources:

Greater Manchester Bereavement Service

For anyone who has been bereaved or affected by a death

Web: greater-manchester-bereavement-service.org.uk

Call: 0161 983 0902 Monday to Friday, 9am to 5pm (except bank holidays)

Email: gmicb-sal.gm.bs@nhs.net

Shining a Light on Suicide

Suicide prevention campaign offering lots of free information and resources

Web: shiningalightonsuicide.org.uk

Domestic Abuse Helpline

Greater Manchester Domestic Abuse Helpline is for anyone over the age of 16 who is experiencing or has previously experienced domestic abuse/violence

Call: 0800 254 0909 Monday to Friday 10am - 4pm

In an emergency or crisis call:

NHS 111

Mental health option connects to Greater Manchester Mental Health Trust Crisis

Call - 111

Samaritans free telephone helpline

Call: 116 123
24 hours a day, 7 days a week

GMMH Crisis Café team @ No.93 Wellbeing Centre



Out of hours friendly and supportive community space open to anyone from Manchester experiencing a mental health crisis.

Call: 0161 271 0339
Call 2: 07778012838

Monday to Friday 6.30pm to 1am
Saturday and Sunday 2pm to 1am
Please phone ahead

Mandemmeetup



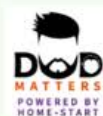
Supporting men's mental wellbeing through community, activity, and purpose. Hikes, talking circles, homeless outreach, exercise groups and creative opportunities

Web: mandemmeetup.org

Local: Talking Circle at J7 Gym, Higher Blackley, every 2nd and 4th Tuesday 7.30pm

WhatsApp: available for non-judgmental peer support

Dad Matter's



Supporting Dads in the perinatal period to bond with baby and manage their mental health.

Web: home-start.org.uk/dad-matters

Tel: 0161 344 0669

Self-refer for 1-1 support

Men's groups and local support

Men Against Depression & Suicide Football Club



MADAS was founded to use football as a vehicle to tackle men's mental health issues and has grown into a support forum for men and their families to come together to talk and share lived experiences.

Local: weekly football at Manchester Communication Academy, Harpurhey with additional wellbeing activities and socials.

Email: madas.manchester@gmail.com

Social Media: Facebook

Mentell



Online and local circles for men aged 18+ to talk in a safe and confidential space, free from advice and judgement.

Web: mentell.org.uk

Local: Talking Circle at Irish Heritage Centre, Cheetham Hill every Wednesday 7pm

Be Well



Feeling stressed, under pressure, alone, or facing mounting money, family or job worries? Be Well social prescribing service is here for men too, aged 16+

Web: thebiglifegroup.com/service/be-well

Self-refer for 1-1 support

ABandOfBrothers



ABOB work with young men 18 - 25 involved in the criminal justice system, providing support to make the transition to an adulthood free of crime.

Web: abandofbrothers.org.uk

Self-refer for 1-1 support: tiny.cc/abobreferral

Email: manchester@abandofbrothers.org.uk

Tel: 0161 505 2150



SPORTS & FITNESS

TOP AWARD FOR L AND C REFEREES SECRETARY

by Geoff Garnett



There was a good refereeing contingent from the Lancashire and Cheshire AFL at the annual Manchester FA Referee awards dinner held at Hotel Football. It was an excellent evening reflecting upon the season amongst friends, with a superb guest speaker in Howard Webb.

Many awards and accolades were handed out across the evening. The L&C's very own Russell Hoyte not only received a long service award, but the much coveted 'Spirit of Refereeing' award. This recognised a grass roots volunteer who has gone above and beyond to support Referees in the Greater Manchester area.

Further, due to Russell's hard work in setting up a group to attract, support and develop Referees in the L&C, the League was further awarded 'League of the Year - Match Official Development'.

Overall it was a clean sweep for Russell and the L&C and clearly the league is setting the standard for Match Officials in the amateur game.

Russell added: "I have been involved in the League (Committee) in various roles and capacities since joining with the Burnage Metro Club in 1999. I have been the Leagues Referee Secretary for the last three seasons, since taking over from my esteemed colleague, Stephen Howard.

"My plans/targets when undertaking the role were full appointments for the season in the League, Not managed it yet but came within two games - must do better! To offer opportunity for individuals, male and female, young and old. To have an opportunity to personally develop and support the improvement of others and remove micro-managing and challenge them to flourish.

"I would like to thank the work done by the Main Support Team which includes Keith Marsden, James, Keeley, Jason Rostron, Alec Holloway, Alan Flint, Graham Ellis, David Massey, Ian Battersby and John Nisbett. The County RDO's Conor Brown and Ryan Bostock especially, as they have been prepared to remove the limitation of their boundaries when offering support to their Officials. Given we are a League that covers four County FA's and has Officials from all and nationally, this is of massive importance.

"Also Geoff Garnett for his support at so many matches and providing photographs which are much appreciated and valued by the referees.

"I am hoping to get funding to support and assist the Referee Support Programme.

"Also If you are interested in being helped to get the best out of yourself, contact 07763 829 696."

CHORLTON SHOW THEIR CLASS ON & OFF THE COURSE

by Geoff Garnett

The Mersey Men's Shield Championship is the biggest competition of the season for the five Mersey clubs Sale, Chorlton, Didsbury, Withington and Northenden.

The clubs rotate the hosting of the competition each year and Chorlton Golf Club were this year's hosts.

They provided a pristine and challenging course, excellent weather, superb club house hospitality, in and outside the club, and impeccable administration for the day led by the fab four of Cheshire Ladies legend Pam Draper, Sarah Miles and Steve Clare.

There was a massive field of over 220 players in BB Stableford action looking to be in the top six pairs in their team to provide the final aggregate score to decide the destiny of the magnificent Mersey Shield which was being defended by Sale.

Chorlton showed their determination and class with two early top scores of 46 from Ian Moat and Will Appleton backed by 45 from Jordan Clifford and Tom Allen 45.

This was backed by good support throughout a long day by Mark Brownhill and Paul Bennett, Mark Thomas and John Griffiths and Christian Leith and Dave Paxton all 43 and Trevor Golds and Keith Patterson 42 for an untouchable total of 262.

The top individual score of 46 was matched by Ian Singh and Jamil Akhtar (Sale).



• Chorlton team with the shield



• Bob and Gary with the shield

In second place with 258 were Northenden, who also had some steady scoring, from Sale 242, Didsbury 233 and Withington 227.

Sale Captain Bob Barlow passed over the trophy to Chorlton Captain Garry Steed, to be displayed in their historic clubhouse, and gave deserving thanks to all at Chorlton for their top class efforts and congratulated them on their success. Garry Steed replied to thank all of the players, their clubs and his own club for making this another top golfing event on the banks of the River Mersey which will be hosted in 2027 by Didsbury GC.

CHORLTON OFFICIALS ENJOY VISIT TO BRIDGE HALL SCHOOL

by Geoff Garnett

For more than 30 years the Scroungers Golf Society has raised hundreds of thousands of pounds used to provide powered wheel chairs for disabled youngsters.

The first one was presented by Sir Bobby Charlton and well over 200 more have been donated for use since then.

One of the clubs giving great assistance to the Scroungers' efforts over the years has been Chorlton GC in hosting charity days.

Last year The Scroungers decided to link with Bridge Hall School, near Oldham to provide them with wheelchairs and wet beds.

Chorlton officials Captain Garry Steed, Past Captain Peter Johnson and Chorlton's first-ever lady to be Club

Captain Gerry Gee had the privilege of catching up with Scroungers Honorary President Rod Wild and his wife Pat at the New Bridge School in Oldham to look at the work done at the school and how their funds are used.

Gerry said: "What an eye opener it was. I couldn't believe the care that the staff gave to the pupils that suffered from many types of disability.

"They were the most caring people I've ever met and the children, no matter what their disability was, all appeared really happy. How they manage it without any government support beats me.

"I have to say, there wasn't a dry eye between us after the visit."

