



# WGN Newsletter

## THE NEWSLETTER OF WYTHENSHAW GOOD NEIGHBOURS

We've having a great response to our Afternoon Tea for International Women's Day. If you'd like to join in the celebrations, RSVP to Sam. Everybody is welcome! Sam can help with transport issues/ questions: 07816 960025.



Join us for

# Afternoon tea

to celebrate

### International Women's Day 2022

### 'Shining a light'

on women and their lives during the  
past two years

**Tue 8 March: 12.30 - 2:30pm**  
**Northenden Social Club**  
412 Palatine Road, Manchester M22 4JT  
Please ask us if you need help with transport.

RSVP to Sam Days by Mon 28 February  
Tel: 07816 960025

presented with funding from:  **MANCHESTER CITY COUNCIL**



# What's on at your local library...

From a fantastic collection of books, DVDs and resources to activities and learning opportunities, local libraries have lots to offer.

## Northenden Library:

**Open: Mon – Thu 2–5pm. Fri 10am–1pm (closed Sat/Sun)**

460 Palatine Road, Parkway Green House, M22 4DJ / Tel: 0161 227 3747



### Drop-in for Basic IT Support:

Every Wed 2.30–3.30pm (no need to book)

### NEW: Afternoon Tea & Biscuits (complimentary):

Every Tue 2–4.30pm (all welcome)

### Book Club:

Meet every month (ring the library or pop in and ask staff for details)

## Brooklands Library:

**Open: Mon, Tue, Fri, Sat 10am–1pm/2–5pm. Wed 10am–1pm/2–8pm  
(closed Thu/Sun)**

Manchester Health Academy, Moor Road, M23 9BP / Tel: 0161 245 7087

### Drop-in for Basic IT Support:

Every Wed 2–4pm (no need to book)

### NEW: Age Friendly Afternoon Tea & Biscuits (complimentary):

Tuesdays 10–12.30pm/ 2–4.30pm



### Adult Reading Group:

Last Wed every month 6.30–7.30pm - new members always welcome to join this friendly group. Light refreshments included.

## Forum Library:

Open: Mon–Wed 9am–5pm. Thu 1–8pm. Sat 9am–5pm (closed Fri/Sun)  
Forum Centre, Simonsway, Wythenshawe, M22 5RX / Tel: 0161 227 3770

Activities include:

- + **Chess Club:** every Mon 1pm (1<sup>st</sup> Floor Reference Library)
- + **Wythenshawe History Group:** (enjoy looking back at local history) every Mon 2pm (1<sup>st</sup> Floor Reference Library)
- + **Age Friendly Hour:** every Tue 10–11am
- + **Library Reading Group:** last Tue in the month 1–3pm (Meeting Room 5)
- + **Paint Pot Art Group:** self-taught group – pop in and have a go every Tue 12–4pm (Meeting Room 1)
- + **Wythenshawe University of the 3<sup>rd</sup> Age (U3A):** 3<sup>rd</sup> Tue in the month 10am–noon (Meeting Room 1). For retired people who enjoy learning.
- + **Age Friendly IT Help:** 1<sup>st</sup> & 3<sup>rd</sup> Wed in the month 10am–12pm. Contact the library to book your slot.
- + **KNOT Knitting Group:** every Wed 1–4.45pm (Meeting Room 1)
- + **Pensioners' Papercraft Club:** every Thu 1.30–3.30pm (Meeting Room 5)
- + **Anxiety Group:** every Sat 10am–noon (Meeting Room 5)
- + **Chatty Crafters:** knitting, sewing and paper-folding every Sat 2–4pm (Meeting Room 1)





# **Nutrition and Hydration Week**

**14 -20 March 2022**

**Making a difference every day**

For more information : [www.nutritionandhydrationweek.co.uk](http://www.nutritionandhydrationweek.co.uk)



We're celebrating on Tue 15 March: 11am-noon Wythenshawe Amateurs Football Club & 12.30-2pm Northenden Social Club  
Join us as we give information and swap ideas and juicy, fruity, oozy, refreshing recipes. Do share your recipes with us, by post in advance (our address is on P.8) or in person at either venue on the day.



# It's football – just not as you know it!

As you can guess, there's no running or jogging in **walking football** (but you can walk as fast as you want!). The other big difference, as explained by the Walking Football Association, is that this (normally) 6-a-side game is classed as non-contact, so tackling is allowed, but without contact. It's played on smaller pitches; the ball must not go over head height; free kicks are indirect.



## Walking Football in Wythenshawe

New sessions being held at Wythenshawe Forum every Thursday!

**Men's Session: 10am-11am**

Book online at [tinyurl.com/2p8kwkrz](https://tinyurl.com/2p8kwkrz)

**Women's Session: 11am-12pm**

Book online at [tinyurl.com/yp8yp5c9](https://tinyurl.com/yp8yp5c9)

Book online or just turn up. Our friendly staff will welcome and introduce you to the other players.

Age UK Manchester (No 1083242) | General enquiries: 0161 833 3944



## Directions for Men – Wythenshawe Group

A men's peer support group, working across the Northwest to get men talking and supporting each other through tough times - and participating in activities together.

Meets Thursdays, 6pm, Woodhouse Park Lifestyle Centre, 206 Portway, Wythenshawe M22 1QW. Feel free to go along for a brew and a chat.

For more information: ring 07894 971434

visit [directionsformen.org.uk](http://directionsformen.org.uk) or email [hello@directionsformen.org.uk](mailto:hello@directionsformen.org.uk)

**WYTHENSHAWE  
GROUP**

**THURSDAY - 6PM**  
WOODHOUSE PARK LIFESTYLE CENTRE,  
206 PORTWAY, WYTHENSHAWE, MANCHESTER M22 1QW

Rudheath  
and Wotton  
**Together**  
A Big Local Project

[hello@directionsformen.org.uk](mailto:hello@directionsformen.org.uk) | 07894 971 434



## Village 135 Event

Who are you going to call?

**Scambusters – volunteers supporting GMP in the fight against fraud**

**A chance to hear a talk by the Scambusters at Village 135 Bistro: Fri 4 March, 10am**

Since the pandemic began, Scambusters has given more than 1,100 hours to help almost 3,000 scam victims on behalf of GMP – the only police force in the country to have a Scrambusting team.

At the event they'll share information that may prevent you from falling victim to fraud such as telephone, online or romance scams, and doorstep crime.

To register to attend, call in at Village 135 (3 Hollyhedge Court Road, Wythenshawe M22 4ZP) and speak to Reception. Alternatively, ring us at Wythenshawe Good Neighbours and we will contact Village 135 on your behalf. Places are limited, so don't delay if you are interested in going.



## Dreaming of days out?

We'd like to hear your ideas (by phone, email or in person please) for places to visit this year. We can't promise we'll get to all of them, but we'll gauge the most popular/feasible and get planning! See back page for our contact details.

## Helpful Contact Numbers

<p><b>Manchester Community Response Hub (Manchester City Council)</b> 0800 234 6123 (Monday to Friday 9am-5pm) For help with food, medicines, company, fuel bills and online services.</p>	<p><b>NHS</b> 111 if you have concerns about your health</p>
<p><b>Age UK</b> 0800 169 6565 <b>Age UK Manchester</b> 0161 833 3944 Provides help and information for people in later life.</p>	<p><b>Independent Age</b> 0800 319 6789 Advice and support for older people on a range of topics.</p>
<p><b>SilverLine</b> 0800 4708090 Helpline for 55 plus; call for a chat!</p>	<p><b>Citizens Advice</b> 0800 144 8848 Free independent and confidential advice by telephone</p>
<p><b>Samaritans</b> 116 123 If you want to talk through concerns, worries or troubles</p>	<p><b>Refuge</b> 0808 2000 247 National Domestic Abuse Helpline</p>
<p><b>Carers UK</b> 0207 378 4999 Advice and support for carers and their families</p>	<p><b>Admiral Nurse Dementia Helpline</b> 0800 888 6678</p>
<p><b>Alcoholics Anonymous</b> 0800 9177650</p>	<p><b>Narcotics Anonymous</b> 0300 999 1212</p>
<p><b>Greater Manchester Bereavement Service</b> 0161 983 0902</p>	<p><b>Greater Manchester Victim Support</b> 0161 200 1950 For support with any crime including domestic abuse</p>
<p><b>Greater Manchester Police</b> If an Emergency 999 Non-emergency 101</p>	<p><b>Veterans Gateway</b> 0808 802 1212 Support and advice for veterans and their families</p>
<p><b>Wythenshawe Good Neighbours</b> Staff Team</p>	
<p>Samantha Days Project Manager 07816 960025 E: assist.thegpprojects@outlook.com</p>	<p>Kathryn Wolstencroft Project Coordinator (Tue – Thu only) 07723 354198 E: WGNresilience@outlook.com</p>

### Wythenshawe Good Neighbours

Flat 6 Thorngrove House, 9 Thorngrove Avenue, Manchester M23 9PQ  
Tel: 0161 905 3898