The Newsletter of
Wythenshawe Good Neighbours

Meet Helen - our new Volunteer Drivers Scheme Assistant

We're very pleased to welcome Helen Davis as our new Volunteer Drivers Scheme Assistant.

Some of you have met Helen at our Tuesday coffee morning and lunch.

She is already making an excellent contribution as we all 'shift through the gears' to get our new Scheme ready to go live this October. Here's what Helen has to say about her important new role:

"Hi, my name's Helen, and I thought I'd tell you a little bit about myself.

I am working at WGN part-time and also studying for a master's degree part-time in International Development. I am originally from down South but I have been living in Manchester for nearly 5 years – I love the city, the people, and I feel like an adopted Mancunian.

Prior to joining WGN, I worked in a range of jobs, including hospitality, retail and most recently, running activities for older people in the care sector. I wanted to join WGN so that I could work in the community, helping to set up the WGN Volunteer Drivers Scheme, which will be a fab addition to the area.

In my spare time, I love being outdoors, exploring different parts of Greater Manchester, and I enjoy going to gigs and theatre performances. I am also a keen crafter; my most recent project is weaving and I am always open to crafting tips and tricks!

I hope to meet all of the WGN members in the coming weeks and I'm excited to hit the ground running and help to launch the WGN Volunteer Drivers Scheme in the coming months."

Welcome on-board Helen!

What is the WGN Volunteer Drivers Scheme?

The Scheme is a Wythenshawe Good Neighbours members-only, low-cost and accessible transport option, launching in October 2023.

The Scheme will start steadily, while we recruit a pool of Volunteer Drivers. Initially, health and legal appointment journeys will be prioritised. As the Scheme grows, it will expand to include transport to local activities, events and social visits.

The Volunteer Drivers will receive 45p per mile towards the costs of petrol and vehicle maintenance. This cost will be paid by the WGN Member direct to the driver. Journeys will be booked over the phone, and the system will calculate an estimated price for the journey – shared with the passenger and the driver in advance.

Currently, we have an informal membership - through which, people receive our monthly Newsletter, and can access our coffee mornings and social lunch, day trips, events, resources (like our My resilience matters folder), and support information.

Our new Volunteer Drivers Scheme will require us to introduce a more formal membership system. We will give everybody on our current WGN database the opportunity to sign-up to our new Scheme. In addition, other Wythenshawe residents, aged 50+, will also be able to sign up for membership.

Will there be a membership cost - and how will I benefit?

During the 5-month pilot period (November 2023 – end March 2024) we will be trialling the scheme and recruiting/ training the first Volunteer Drivers. There won't be a membership fee during this pilot period. From the beginning of April 2024, there will be a cost to join/ renew membership, at £10 per person for 12 months.

As well as enjoying accessible and affordable transport, to help you connect to your local community, there will be additional benefits. These will be described to you in due course. For now, we hope you'll sign up and give the free, 5-month trial a go!

Membership is optional. Those who don't want to join the Scheme (either during the 5-month pilot, and/or afterwards) can still receive our monthly WGN Newsletter.

We will contact all our members soon, with full details about the Scheme.

We need Volunteer Drivers for our Scheme. Our recruitment campaign is underway across Wythenshawe. If you can help spread the word, please let friends, family and neighbours know about the opportunity. The poster below has all the details.

Wythenshawe Good Neighbours

Wythenshawe Good Neighbours

Volunteer Drivers Scheme

We need Volunteer Drivers

for our new Volunteer Drivers Scheme (launching autumn 2023)

Join us - making life better for older people in Wythenshawe

Images: Centre for Ageing Better - Age-positive images

Taking our members to / from health appointments, activities & social engagements - locally

45p per mile when volunteer driving

Volunteer training & support

Info / how to apply:

Call for information: 0161 905 3898

WGN CIC no. 12477405

WGN is funded by: MANCHESTER CITY COUNCIL

Railway magic & flower power at Castlefield Viaduct

Some of our members joined us for a trip to Castlefield Viaduct this August. The sun was shining and the flowers and plant-life were spectacular. Members were treated to a fascinating tour of the hulking, Victorian-era, steel viaduct, which was disused and unloved, and is now the National Trust's stunning, green 'sky park' in the heart of historic Manchester – near the world's first passenger railway station.

We thought we'd share some of the images from our lovely experience. We heartily recommend a visit, if you are able to go. It's free to visit, with no need to book for walk-ups (pre-booked, guided visits are available Mon-Fri; and guided visits without the need to book are offered at the weekend). Opening times vary.

It's an accessible attraction and there are lifts at Deansgate train station and Deansgate-Castlefield tram stop – a short distance away. Do check the details in advance of a visit at: www.national trust.org.uk (search Castlefield Viaduct). If you don't have internet access, ring us and we can give you details: Tel: 0161 905 3898.

We hope that our soon-to-be-launched Volunteer Drivers Scheme will mean that more of you can come and enjoy our short-trips to local destinations.

Blackpool rocked!

We also took a coachful of our members (plus some residents from Village 135) to Blackpool for the day.

For our second trip of the month, the weather was super-kind to us again. A fantastic time was had by all!

We'd like to thank Manchester City Council Neighbourhood Investment Fund (NIF) for helping us to subsidise the day out to Blackpool for our members.

Look out for details of our autumn day out - in our next Newsletter

By popular request, we feel a festive shopping trip coming on! Venue and date to be confirmed.

The choice is between Oswaldtwistle Mills or Boundary Mill (probably early - mid November). Both have great shopping options and fantastic café and restaurant choices – all under one roof! If you have a strong preference, let us know (ring us, or talk to us at our Tuesday coffee morning or lunch) by mid-September. We'll respond to feedback, and go with the most popular choice (logistics permitting!).

What's new in your local community?

Fresh & flavoursome at Common Ground - Northenden's newest coffee shop

Did you know that Northenden has a new café by the riverside? It's open 7 days a week: Mon – Fri, 8am – 6pm / on weekends, it opens a little later.

Visit for freshly brewed coffee, cold drinks, sandwiches, toasties, soups, cakes and ice cream – along with:

- fresh bread, daily
- bagel breakfasts
- wraps and crusty cobs
- smoothies and frappés

24 Mill Lane, Northenden M22 4HJ
(at Northenden Riverside Park)

Our founder/director, Marie, goes live on air as a new Wythenshawe FM presenter

Wythenshawe FM's ethos is 'Radio by the community for the community'.

Marie's entertaining new show focuses on women - including those born in the 1950s - and their experiences of all things work (including getting work later in life), pension inequality, leisure-life, creativity in retirement, music, and lots more.

If you'd like to share your views with Marie, and chat to her on her topical, local radio show, she'd like to hear from you. You can contact her through Wythenshawe Good Neighbours – see us at our lunch or coffee mornings, or give us a call (our number is on the back page of this Newsletter) and we'll put you in touch with Marie. Our new member of the WGN team, Helen, has already been interviewed!

Age Friendly Wythenshawe

WE'RE IN YOUR CORNER...

AGEING WELL EVENT • 30 August, 10.30am to 2pm
Forum Centre, Simonsway Wythenshawe M22 5RX

Age Friendly Wythenshawe is making Wythenshawe a great place to grow older.

If you're over 50, don't miss this event full of resources to help you find out what's happening locally, connect with others, and access appropriate advice and support..

- ⇒ Health & wellbeing
- ⇒ Support & advice services
- ⇒ Activities
- ⇒ Age Friendly resources

TASTER ACTIVITIES
ENTERTAINMENT

LEISURE & INTEREST STALLS

Short courses ● Hobby & activity groups ● Cooking on a budget
Woodcrafts ● Sweet treats ● Body Shop stall ● Holistic therapies

PICK UP YOUR FREE GIFT FROM THE AGE FRIENDLY WYTHENSHAWE STAND WHEN YOU DOWNLOAD OUR AGE FRIENDLY MOBILE APP

Attending with grandchildren? Why not visit the Grand Kids Corner at Forum Library for FREE activities!

Contact Age Friendly Wythenshawe on 07752 327 955
or find further information online at tinyurl.com/AFWyth1.

Scan me

The team from Wythenshawe Good Neighbours will be there – pop along and say 'hello' and enjoy a fun and informative, community event for older people.

Support services

Manchester's FREE Cost of Living Advice Line: Mon-Fri, 9am – 4.30pm 0800 023 2692 or text them on: 07860 022 876 Support with: benefits & rent; debts & paying bills; food; getting online. manchester.gov.uk/coladvice	**NHS** 111 if you have concerns about your health
Age UK 0800 169 6565 Provides help and information for people in later life. Age UK Manchester: 0161 833 3944	**Independent Age** 0800 319 6789 Advice and Support for older people on a range of topics.
SilverLine 0800 4708090 Helpline for 55 plus; call for a chat	**Citizens Advice** 0800 144 8848 Free independent and confidential advice by telephone
Samaritans 116 123 If you want to talk through concerns, worries or troubles	**Refuge** 0808 2000 247 National Domestic Abuse Helpline
Carers Manchester 0161 543 8000 Partnership of 18 organisations: advice and support for carers & their families.	**Admiral Nurse Dementia Helpline** 0800 888 6678
Alcoholics Anonymous 0800 9177650	**Narcotics Anonymous** 0300 999 1212
Greater Manchester Bereavement Service 0161 983 0902	**Greater Manchester Victim Support** 0161 200 1950 For support with any crime including domestic abuse
Greater Manchester Police If an Emergency 999 Non-emergency 101	**Veterans Gateway** 0808 802 1212 Support/advice for veterans & families
Wythenshawe Good Neighbours: Tel 0161 905 3898 Flat 6 Thorngrove House, 9 Thorngrove Avenue, Brooklands, M23 9PQ	
Samantha Days: Manager (Mon – Fri) M: 07816 960 025 E: assist.thegpprojects@outlook.com	Kathryn Wolstencroft: Coordinator (Mon – Thu only). M: 07723 354 198 E: WGNresilience@outlook.com
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WGN is funded by:

MANCHESTER CITY COUNCIL

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