The Newsletter of Wythenshawe Good Neighbours

Our new Volunteer Drivers Scheme has now launched!

We launched our Volunteer Drivers Scheme at a special event hosted by Wythenshawe Football Club on 19 October. It was well attended by community-focused organisations and some of our WGN members - as well as representatives from our main funder, Manchester City Council, and our additional pilot project funder, Wythenshawe Community Housing Group. Responses were very positive!

As you know from October's Newsletter, we now have a new WGN Membership system which allows you to access our Volunteers Drivers Scheme, along with other benefits. You should have received your Membership Pack in the post.

Thank you to everyone who's already completed and returned the Membership Form which was included in the pack. It's great to have you on-board! For those of you who'd like to become a WGN Member and haven't yet filled in the form or sent it back, please do – there's still plenty of time! **If you would like help to complete it over the phone with a member of our team (including if you've lost the printed form), please ring our office on 0161 905 3898. If getting out to post it back to us is tricky, do let us know and we can arrange to collect it from you, instead.**

The initial 5-month pilot (Nov 2023 – end March 2024) will be FREE as we test and develop the scheme. From April 2024, there will be a £10 annual Membership fee – to contribute to the costs of running the scheme.

Benefits to Members are as follows:

- Access to the WGN Volunteer Drivers Scheme
- Membership card
- Priority access to day trips
- Personalised birthday and festive card.

The Scheme will start steadily. **Initially, health, legal and financial appointment journeys will be given priority, while we recruit more Volunteer Drivers.**

If you don't want to join (either during the 5-month pilot, and/ or afterwards), you can still receive our monthly Newsletter – and, of course, come to our weekly community coffee mornings and lunch.

Festive-fun events with our community partners

now open to book for WGN Members!

Pioneer House High School: 200 Yew Tree Lane, M23 0FF **Thursday 23 November: 1.15 – 2.30pm** Free	Enjoy a visit to the school's fabulous Strawberry Fox Café for hot drinks, snacks, board games and bingo.
Wythenshawe Football Club: Altrincham Road, M22 2US **Wednesday 13 December: 1 – 4pm** £12	**A 2-course Christmas Lunch** (festive fun Bingo and a quiz). Arrival from 12.30pm.
String of Hearts Showcase Limelight, Old Trafford M16 9NW **Monday 18 December: 4 – 6pm** Free **(transport will be provided)**	Celebrate the power of music for health, wellbeing and community, with relaxed performances by String of Hearts members, singalongs and food & drink.

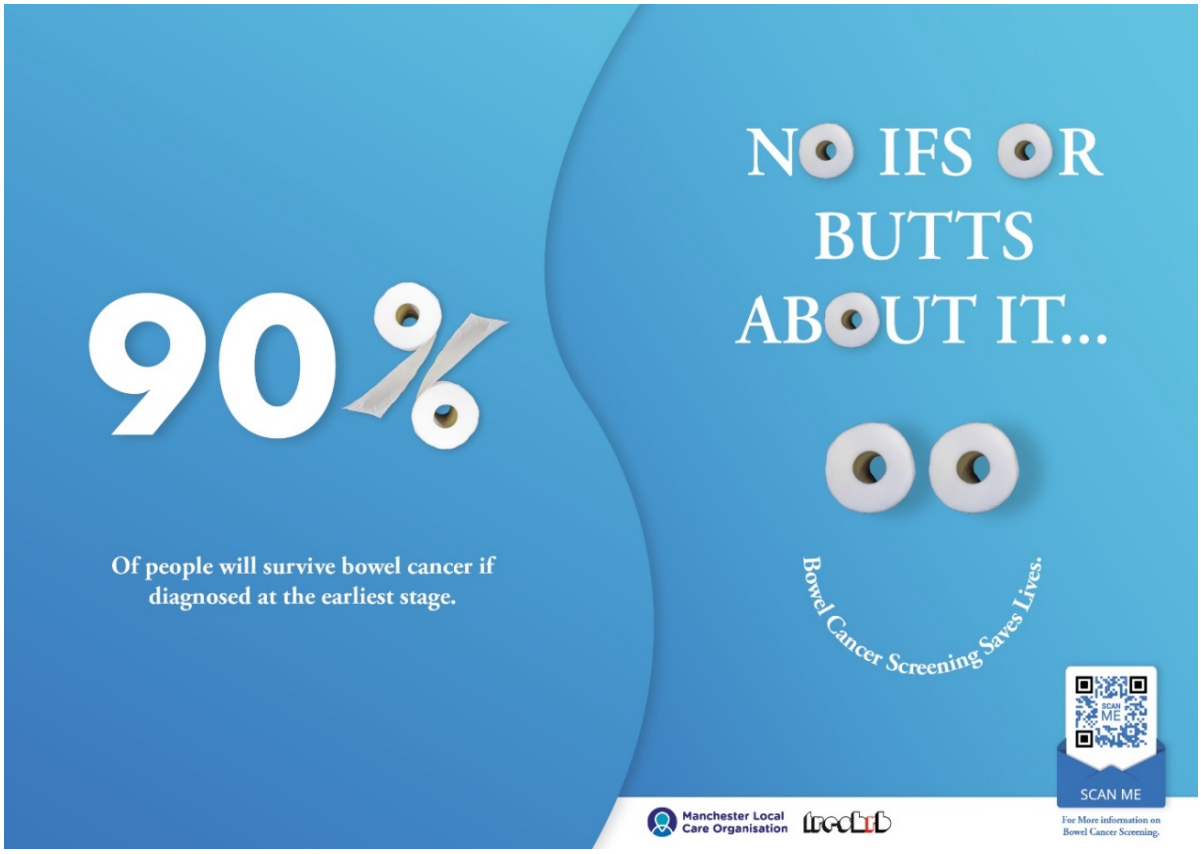
To book on any of the above, please call the WGN office: 0161 905 3898:
we may be able to help with transport to Christmas Lunch/ Pioneer House School.

We have 20 places available for each event (for WGN Members only).
All WGN places allocated on a 1st come 1st served basis.

Thinking of Volunteering or getting work-ready?

WGN has members aged 50+. We know that many of you have retired and several of you enjoy volunteering - regularly or as a one-off activity. **Some of you may be looking to return to the world of work.** If so, you might be interested to know that organisations across Wythenshawe offer support services, such as **Tree of Life Centre's drop-in Work Club** (now Wednesday afternoons as per the advert below) and monthly **Job Prep Workshops.** Ring Tree of Life Centre for details on both.

We are recruiting for WGN Volunteer Drivers. If you, or somebody you know, is interested, do get in touch with us **(Tel: 0161 905 3898). Time commitment can start from as little as 1 hour per week.** Benefits include: warm vibes from making a positive contribution to your community; volunteer socials; and learning new skills.



Bowel cancer is the fourth most common type of cancer. Screening aims to detect bowel cancer early, in people with no symptoms, when it can often be cured.

Everyone living in England aged 56 to 74 who's registered with a GP should receive an NHS bowel cancer screening kit in the post every two years.

This home test kit is a hygienic way to collect a small sample of poo and send it to a lab (instructions come with the kit). The lab checks the sample for tiny amounts of blood, which can be a sign of polyps or bowel cancer. Polyps (bowel growths) are not cancer, but may become cancerous.

Your test results should be posted to you within two weeks of sending off the kit. If the test finds anything unusual, you may be asked to go to hospital for further tests.

Remember:

- Make sure your GP practice has your correct postal address
- Complete the test when you receive it.

If you have never received a test or are aged 74 or over and would like to do a test, you can request a home kit for free. Call the free bowel cancer screening helpline on 0800 707 60 60.

No ifs or butts. Complete your screening test, it may save your life.

NHS
Manchester University
NHS Foundation Trust

65 yr + Men of Greater Manchester & East Cheshire

Can you spare 10 minutes? It could save your life

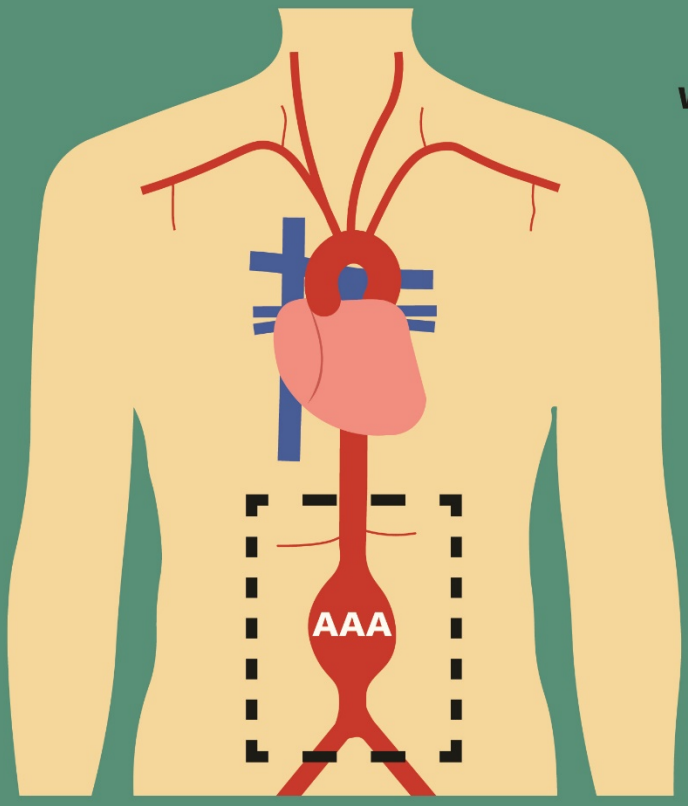
Abdominal Aortic Aneurysm Screening

Who?

All men aged 65+

What?

Weakening of the artery wall



When?

In your 65th year or over

Where?

NHS sites near you

Why?

1 in 70 men will have an AAA

How?

Ultrasound scan. It's safe, quick and pain free

For further information search the internet for NHS AAA Screening

Men over 65 contact the AAA screening programme on:

0161 291 5716

For more information visit: www.nhs.uk/aaa. For a leaflet which has more details about Abdominal Aortic Aneurysm, ring the telephone number in the above poster.

It could be in the stars – a new Astrology Group is currently trying to gauge interest. If it's something that would appeal to you, please contact Philip Tomlinson at the email in the advert below.

- Astrology isn't a science – it's the study of the way cosmic objects, like planets and stars, can be perceived to influence earthly and human destinies.
- Astrology says that when a child is born, the position of cosmic objects will shape various aspects of its life.
- Some form of astrology appears in belief systems of various ancient cultures. It may have originated in Mesopotamia (*c.* 3rd millennium BC).
- The Ancient Greek period saw the 12 star-signs of the Zodiac set down.
- The separation of astrology from astronomy (a scientific approach to studying the sky and movement of the planets and earth) occurred in stages during the Age of Enlightenment (late 17th and 18th centuries).

Dark Nights and Misty Mornings

Have a go at our autumn quiz! (answers: see bottom of back page)

1. **Is a pumpkin a fruit or a vegetable?**

2. **Why do trees shed their leaves in autumn? Is it:**
   a) they get sun damaged over the summer
   b) because the tree stops giving them water
   c) the branches need a break from holding all the leaves

3. **Bonfire Night takes place every November but in which year did Guy Fawkes try to blow up Parliament?** a) 1701 b) 1680 c) 1605 d) 1585

4. **In 2009, Autumn was the 81st most popular name for girls born in which country?**

5. **The Oktoberfest is held annually in which German city?**
   a) Munich b) Cologne c) Berlin d) Frankfurt

6. **SAD can be known as Autumnal depression.** What do initials SAD stand for?

7. **What is a male turkey called?**

8. **Cranberries grow in water. True or false?**

9. **Autumn season is also known as?**

10. **Which famous poet wrote the poem 'To Autumn'?**

    a) Ted Hughes b) Sylvia Plath c) Lord Byron d) John Keats

Questions sources: bbc.co.uk/cbbc/quizzes/bp-autumn-quiz
freepubquiz.co.uk/autumn-quiz | **lovetoknow.com**/life/lifestyle/fall-trivia-questions
proprofs.com/quiz-school/story/celebrate-fall-quiz

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/confidential advice
Samaritans **116 123** Talk through your worries or troubles	**Refuge** **0808 2000 247** National Domestic Abuse Helpline
Carers Manchester **0161 543 8000** 18 organisations: support for carers	**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** Support with **any** crime
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
Helen Davis: Volunteer Drivers Scheme Assistant. (Tue – Thu only) E: wgndriversscheme@outlook.com	

WGN is funded by:

MANCHESTER CITY COUNCIL

P.3 References: Time.com | britannica.com/summary/astrology
Images from Pixabay:
P.2 Christmas wreaths: by Becca Clark
P.7 Winter leaf: Rebekka D | Pumpkins: Alexa | Cranberries: PublicDomainPictures

Quiz Answers: 1) A Fruit | 2) Tree stops giving them water | 3) 1605 | 4) United States 5) Munich | 6) Seasonal Affective Disorder | 7) Gobbler | 8) False | 9) Fall | 10) John Keats