

Miles Platting

spotlight

Spring 2018
Issue 42



MILES PLATTING COMMUNITY GROCER

Open at Queensbury Court

Every Thursday from 9:30am – 12pm

See page 5 to find out more!



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This document is
available in other
languages, larger text,
braille and on audio cd



LOVELL



MANCHESTER
CITY COUNCIL

Adactus Miles Platting gets connected



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Contact us..

If you'd like to get in touch about anything related to Spotlight contact: Amy Holden on 0161 2032600 or by email at: amy.holden@adactushousing.co.uk



2017 in Review

A LOOK BACK AT LAST YEAR...

2017 marked 10 years since Adactus began working in Miles Platting as part of the PFI Regeneration programme, and to celebrate we arranged a whole host of events throughout the year. Below are just a few of the highlights...





10 YEARS IN MILES PLATTING: A celebration of people and communities

On 28th November last year, Adactus hosted a lavish awards ceremony to commemorate 10 years of PFI partnership working in Miles Platting, celebrating local people and community projects.

The event at the Sheridan Suite on Oldham Road included a film premiere showcasing a documentary of all the good work that has helped transform Miles Platting over the last 10 years, highlighting various local projects and events that have taken place in that time and more recently. The film was a result of collaborative work between film producers REEL MCR and local residents, who in return received on the job training in film and media production.

The evening was hosted by 'Longfella' Poet Tony Walsh who was joined by staff from **Adactus**, **Manchester City Council** and the **Renaissance Consortium** who handed out a series of awards celebrating the dedication and hard work of local volunteers and community members. **It was a celebration of neighbourhoods and people that have successfully set up and delivered amazing projects that have made a real positive difference to residents of Miles Platting.**

And the award winners were...

Good Neighbour Award:

MIKE BISHOP

Young Resident Award:

HANNAH LYNCH

Health & Wellbeing Award:

MILES PLATTING COMMUNITY GROCER

Bringing the Community Together Award – Activities & Events:

APOSTLES COMMUNITY KITCHEN

Bringing the Community Together Award – Organisations & Venues:

APOSTLES, TRINITY AND ST. CUTHBERT'S CHURCHES

Community Achievement – Individual:

REV. ELLIE TRIMBLE

Community Achievement – Group:

ST. GEORGE'S DAY PARADE ORGANISING COMMITTEE



Suzanne Bullock, Assistant Director of Housing Services said

"We were delighted to be celebrating 10 years of working in Miles Platting. The night was all about celebrating people and the local community. All the projects nominated have made a real difference to the lives of local people and their neighbourhood. A testament to great partnership working, the film will serve as a lasting record of all the good work that has made Miles Platting the great area it is today"

For the Over 50's

Activities at Victoria Square

- Monday** Desert Island Discs 6:30pm-8pm on 2nd April
- Tuesday** Many Hands Craft & Knitting Club 2pm-4pm
- Wednesday** Meditation 10am on the first Wednesday of every month
- Thursday** Breakfast Club 10am
- Friday** Computer Sessions 2pm-4pm

Tai Chi at Butler

CHEN

TAI CHI

The traditional Chinese internal art for mind and body

With slow circular movements, the low impact routines of CHEN STYLE TAI CHI were developed to coordinate the whole body, improving flexibility and joint strength, reducing stress and enhancing general fitness.



Seated Tai Chi
HERE AT
BUTLER COURT
EVERY THURSDAY
at 2PM

All the exercises keep the Taiji principles at their heart and so offer the related benefits to people who may not be able to participate in a standing class. The class includes silk reeling and chi gong exercises along with movements from the Taiji form tailored to suit the students levels of fitness and ability, and even though it is a seated class they are still designed to give the whole body a gentle workout.

Why not come and join us -
just ask Sue or Emma if you want more details




For the Under 20's

ASPIRE

Year 5 and 6 Club
Tuesdays 5-7pm

St Georges Community Centre, Bothwell Rd, Collyhurst, M40 7NY
Starts 6th February 2018
For more information ring Chris or Sharon on 0161 834 5665

info@ypacmanchester.org.uk 0161 834 5665

YPAC MANCHESTER

Limited Company in England and Wales (registration no: 7039253) Registered Charity (no: 1133626)

YOUTH HUB

AN OPEN ACCESS YOUTH CLUB FOR 13-19 YEAR OLDS

Thursdays 7-9pm

Victoria Mill Hut, (Community Library), Lower Vickers street,
Miles Platting, M40 7LJ

YPAC MANCHESTER info@ypacmanchester.org.uk 0161 834 5665

Eastlands Trust

EASTLANDS TRUST
HELPING EVERYONE ACHIEVE MORE

Superactive Multi-Sports Camp for children aged 5-13 featuring a variety of sports including Athletics, Boxing, Basketball, Squash, Cricket and many more.

Tuesday 3rd April 2018 – Friday 13th April 2018 10am-4pm
£40 per week for Manchester residents (pro-rata for week 1)

Led by qualified coaches with DBS clearance at The Manchester Regional Arena Indoor and Outdoor Athletics Track/National Squash Centre (Etihad Campus)



**HEALTHY ME
HEALTHY COMMUNITIES**
www.healthymehealthycommunities.co.uk
NHCMcr Healthy Me Healthy Communities



Miles Platting Community Grocer

In August last year, Miles Platting Community Grocer was officially opened by the Lord Mayor of the City of Manchester.

Since then there have been over 100 local residents through the door, the project has received significant recognition and a number of awards, including Best Partnership Project at The Spirit of Manchester Awards and the Health and Wellbeing Award at the Miles Platting Community Awards Ceremony.

Based at Queensbury Court, the Community Grocer was set up by Adactus and Healthy Me Healthy Communities and is now run almost entirely by a group of passionate resident volunteers. Predominantly a food sharing membership scheme, the project also aims to reduce food poverty, food waste and social isolation and to improve the health and wellbeing of volunteers and members alike.

By paying just £2.50 to the shop, members can choose around £12 worth of food, toiletries and household essentials, all supplied by FareShare, Tesco and M&S. More than just a shop, the Grocer also acts as a community hub, a space for local residents to get together for a brew and a slice of toast.

It has been a busy few months since the Grocer opened but the volunteers are now looking into other services which can be provided, considering workshops and training, the addition of a clothes and furniture swap shop as well as a number of other social activities. Watch this space!

To find out more about volunteering at the shop, or to become a member, simply pop in on a Thursday between 9:30am and 12pm. There will be a brew with your name on it!

BENEFITS FOR VOLUNTEERS

- Making new friends
- Supporting the local community
- Improved health and wellbeing

BENEFITS FOR MEMBERS

- Free memberships
- Reduced price food, toiletries and household essentials

For further information, please contact Rich Browning, Healthy Me Healthy Communities via email at richbrowning@healthymehealthycommunities.co.uk or by phone on 07913 540680, or simply pop in to Miles Platting Community Grocer at Queensbury Court, Wardle Street, Miles Platting, M40 7DD.

"I left with a tear in my eye, it will help so much, you can't believe what a difference it will make to my week"

**Miles Platting
Member**

Holiday Fun & Food

HOLIDAY FUN & FOOD

February half term school holidays saw yet another Holiday Fun & Food event held at the Church of The Apostles on Ridgway Street.

17 families took part in the 4 day programme with sessions ranging from biscuit baking to card making!

As the half term fell so close to Valentines Day, the group decided on a Care & Share theme. Reverend Ellie Trimble ran a workshop to raise awareness of Miles Platting's homeless community. This led to the children making biscuits and writing notes for the users of the night shelter at the church.

In addition to making salt dough figures and care cards, the group enjoyed a trip out to 'Flip Out!' on Ashton New Road.

The group are now busy organising the next holiday fun & food event for April – so watch this space!



Adactus are merging with New Charter

ADACTUS HOUSING GROUP ARE MERGING WITH NEW CHARTER HOUSING GROUP.



The new organisation will be called Jigsaw Homes Group Ltd. Preparations to bring the two organisations together have been progressing well and a merger is due to take place in April 2018.

Jigsaw will be one of the country's largest housing associations with more than 33,000 homes across the North West and East Midlands, creating new and exciting opportunities for tenants and our customers.

Once the new Group is formed, you will remain a tenant of Manchester City Council and your rights as a tenant or leaseholder will not be affected and you will continue to receive services from us in the same way that you do now.

Lalley Centre News

The Lalley Centre is located in Collyhurst in the basement of St Malachy's School on Eggington Street (M40 7RG).

Lalley Centre
Caritas Diocese of Salford



It is open for all North Manchester residents, including people living in Miles Platting. We have lots going on, including:

- A weekly Food Bank (Wednesdays 10am – 12 noon)
- An Emergency Food Parcel service – via agency referral
- Health and Well Being sessions (Fridays 1-3pm)
- Sewing and Knitting Circle drop in (Fridays 10.30-12 noon)
- Work Club (Thursdays 1-3pm)
- English Lessons - by appointment
- Welfare Benefits, Debt Advice, and general support and information
- Internet access
- Signposting to other services
- A Community Allotment

We are also always looking for volunteers in our centre and allotment. Please get in touch with us if you need support or want to help out by email at lalleycentre@caritassalford.org.uk or by phone on 0161 205 2754.



The Ancoats Dispensary Trust wish to let all their supporters know that after 5 years of fighting to save the Ancoats Dispensary they have been unable to raise the final piece of funding of almost 1 million pounds, that would have triggered off Stage 2 and the restoration of this amazing building.

For the Trust to have fallen at the final hurdle has been extremely difficult to accept. However all is not lost as they did what they set out to do and that was to prevent the demolition of the Dispensary.

They have also begun to engage with the City Council and Great Places Housing Group who are interested in developing

The Ancoats Dispensary Trust

proposals for an affordable housing scheme, retaining as much of the original building as possible to celebrate the historic importance to the city.

This is exciting news indeed and although the Ancoats Dispensary Trust are saddened by not being able to retain ownership of the building, they are proud that over the past 5 years they have been able to draw attention to the Dispensary's fantastic history and to encourage people to engage with their heritage.

Their supporters are now spread not only throughout Manchester but the world, including in Canada and America.

Ancoats Dispensary Trust would also like to thank Adactus and their tenants for their support throughout. This has meant a great deal to the Trustees of the Dispensary.

What's On?

St Georges Day Parade



This year the parade will take place on Sunday 22nd April.

Starting at the junction of Varley Street and Oldham

Road, the parade will set off at 12:30pm and make its way down Oldham Road and into the City Centre before heading back into Miles Platting and finishing by The Bradford Inn on Bradford Road.

Everybody is welcome to join in, all you need to do is contact Thelma McGrail to register on 07788 606234.

Nisa Local Grand Opening...

...to take place on 22nd April in conjunction with the parade. Pop by from 12:30pm for freebies and fun!



Library Art Sessions

Art club is held at MILES PLATTING library 3.30pm to 5.30pm on Thursdays. For children and families.

WORKSHOPS FUNDED AND AVAILABLE UNTIL 12TH APRIL 2018



Holiday Fun & Food at Easter

Tuesday 3rd April – Thursday 5th April 2018 from 10am – 1pm at Church of The Apostles, Ridgeway Street, M40 7FY

Come along to our free holiday fun and food sessions. A free family programme including breakfast, lunch and fantastic activities. Suitable for children of all ages!

To register, please contact Kelly Bond/Catherine Lowe on 0300 111 1133. Please be advised that pre registration is essential to book onto these events.

**HOLIDAY
FUN & FOOD**

Tales of Miles Platting Creative Writing Workshops

What's On?

Free adult creative writing workshops led by professional writer, poet and local resident Al Keogh.

- Learn some new skills in an enjoyable way
- Be more confident about expressing yourself
- Share your experiences living in Miles Platting, past, present and future

DROP IN OR COME TO ALL OF THEM!

The workshops are open to **ALL ADULTS**. You don't have to be a professional writer, we can record you speaking your story or help you to write it. We will make every effort we can to record your tale.

We are creating a collection of stories celebrating the area and will be holding local events to share these stories later in the Summer.

WORKSHOP DATES

Tues 17 April	1.30 – 3pm	Victoria Square Community Room
Fri 20 April	10.30 – 12noon	Church of the Apostles
Weds 25 April	1.30 – 3pm	Adactus Meeting Room
Thurs 26 April	12.30 - 2pm	Community Grocers, Queensbury Court

CREATIVE WRITING CLUB

Thursdays, Miles Platting Library 5 - 6.45pm -
Thurs 19 April – 24 May

- Come and explore your experiences and ideas about the past, present and future of Miles Platting
- Learn some techniques for storytelling, poetry, lyrics and playwriting
- No experience necessary
- Al Keogh is setting up this club for budding writers in Miles Platting, open to all adults

For more info about the workshops and club email Al Keogh at tompwriters@outlook.com

Miles Platting Age-Friendly Neighbourhoods (MPAFN) is funding this age-friendly, creative and social programme Tales of Miles Platting, bringing people together to creatively celebrate the past, present and future of our neighbourhood, through storytelling, poetry, performance and art.

For more info or to get involved in MPAFN email milesplattingafn@gmail.com



Project UP

PROJECT UP Furniture Upcycling Workshop

Wed 18th April 2018
10.00am - 2.00pm
Church of the Apostles
49 Ridgeway Street
Miles Platting M40 7FY

PROJECT UP are partnering with Adactus to run a furniture upcycling workshop for local residents. Come along and learn techniques that bring old items back to life.

The course will focus on how to use paint to change the look and feel of an item. It will cover surface preparation, paint types, block colour, stencilling, shabby chic and protecting paint.

What to bring...A small piece of wooden furniture you'd like to transform. The item can have a small amount of fabric but we are not able to do any upholstery in this course so a wooden item is preferred.

Good examples could be a dining chair (or 2), a bedside table or a coffee table. We also would suggest wearing old clothes you don't mind getting a little messy ☺

****SPACES ARE LIMITED so please book a slot early to avoid disappointment!****

Complete the transformation and take away your completed item within the session!

To BOOK please contact:
Laura Reynolds
0161 203 2639 or 07976 497 074
laura.reynolds@adactushousing.co.uk
www.adactushousing.co.uk

Follow us on Facebook: [Adactus1914](https://www.facebook.com/Adactus1914)
Follow us on Twitter: [laura_adactus](https://twitter.com/laura_adactus)

Developing Neighbourhoods. Inspiring Communities. **breathe**

BIG funding

> 'B.I.G' community grants

Up to £2k available for
your community project



...YOUR chance to make a
difference in your COMMUNITY ☺

'BIG' FUNDING IS BACK FOR YOUR COMMUNITY.

We will soon be accepting applications for this year and have grants available to support projects in the Miles Platting area.

Adactus has been supporting community groups for the last 9 years and new for this year you are now able to apply for up to £5,000 from our BIG pot.

We've had some great projects over the last few years and we want to support more local community projects than ever in this coming year.

We have also now formed a Facebook page called "BIG community network" and we welcome groups to join and share their exciting project ideas, volunteer opportunities and news. Application packs will be available from 19th March. You can visit us online to download a form or pick a pack up from your local office at Baker House.

For more information on BIG and our Community Facebook page visit www.adactushousing.co.uk.

Employment, Volunteering & Training

BAKER HOUSE JOBS CLUB IS MOVING

The Miles Platting Jobs Club which has been running for a number of years at Baker House will be moving to the new Yes Centre opening in Collyhurst around April 2018.

The Yes Centre, which will be open daily through the week, is a social enterprise launched to help north Manchester residents find fantastic local jobs and take advantage of great training and volunteering opportunities.

The address of the new Yes centre is 35 - 39 Southchurch Parade, Collyhurst, Manchester, M40 7GE. More information to follow.



YPAC

You're Invited to come along to **ST GEORGE'S JOB CLUB AND COMMUNITY CAFE**

Fridays 10-1pm

St Georges Community Centre, Bothwell Rd, Collyhurst
Manchester M40 7NY

YPAC
MANCHESTER

MANCHESTER
CITY COUNCIL
info@ypacmanchester.org.uk 0161 834 5665

Yannis was offered a great job at Amazon, with the help of



yes are opening in Collyhurst soon!

Get in touch to find out how we can help you get a job.
Contact 0161 720 4090 or yesinfo@yesmanchester.co.uk

A SPOTLIGHT ON... ZOE DYSON



Zoe is a 34 year old full time, single mum of 5 living in Miles Platting, Manchester. She has been a customer of Adactus Housing for over 15 years. Over the past 3 years, Zoe has attended the Holiday Fun & Food events held at The Church of the Apostles in Miles Platting with her 2 youngest children Kelsey and KJ.

During the event in summer 2017 it was noticed that Zoe had demonstrated a keen interest in helping to run the group sessions with us. We invited Zoe along to planning meetings for the following HFF event – Halloween (October 2017). Zoe attended the meeting held with us and the church and provided fantastic ideas, feedback and observations that helped shaped and plan the sessions for the following HFF event.

Zoe volunteered to help deliver the Halloween event over a 4 day period. She attended with her two children, arriving early each day to help set and prepare the room and leaving later each day after helping to tidy and clean up afterwards.

At the end of each session evaluation activities were provided to gain feedback from the group, which will help improve future programmes. Zoe again contributed and offered good ideas and observations about the day.

As a result of her hard work, commitment and dedication to the Holiday Fun & Food in Miles Platting, Adactus offered AQA certificates to recognise, celebrate and congratulate Zoe on her achievements in volunteering, planning and working within and on behalf of her community.

AQA – Unit Award Scheme is a unique record of achievement scheme. It offers everyone the opportunity to have their achievements and efforts formally recognised.

Regardless of what the achievement is, how old the learner, how long it takes or how small the learning step might be.

Zoe said "I can't believe I'm doing something that's just for me. I have never done anything like this before. I left school without any GCSE's and soon became a mum. The children take up all my time and I'm always busy with them. I'm so thankful to Adactus to let me volunteer and be a part of the Holiday Fun & Food – I'm there anyway with the kids, coz they love it!"

Zoe is now looking into volunteering with other groups within her local community. This has been brought forward as a requirement of one of the AQA award units that she is currently completing.

She has advised that this is the beginning of a new chapter for her and who knows what she can achieve in the future.

Sport & Leisure

Walking Football

At the Tea in the Park event last summer we had a taster of walking football which was enjoyed by all that participated, this year we are looking to take it a little further and have a Walking Football event, are you interested?

The rules being the same as five a side football but you are not allowed to run, not as easy as you think and a chance to show your football skills.

Please register your interest at the Baker House Housing office or email John.gilmore@adactushousing.co.uk to be kept informed of the upcoming event in Spring 2018.



Childcare

Ofsted
OUTSTANDING
2017 | 2018

WMB
Winstanley
Day Nursery

**PROUD TO BE
OUTSTANDING
IN ALL AREAS**

FREE
15/30 HOURS
FUNDING

0161 205 7933
WWW.WMBCHILDCARE.CO.UK

WMB
ChildCare

Our top tips on how to handle Temper Tantrums

You're out shopping with your 2 year old and all of a sudden, they decide to throw a monumental temper tantrum, kicking and screaming, throwing them self on the floor and sobbing as if the world has ended. In the meantime, you want to be swallowed into the ground with embarrassment and have no idea what to do as you stand idly by watching the horror unfold.

Welcome to temper tantrums that can happen typically with kids from the ages from 1 to 3, but sometimes beyond as well. The big question is "How do you handle temper tantrums?" Well read on for a few helpful tips.



TRY TO UNDERSTAND WHY THEY ARE HAVING A TEMPER TANTRUM

Tantrums generally tend to happen if your child is tired, hungry, frustrated, and uncomfortable or if they can't get something they want like something in the shop or your undivided attention. Learning to deal with frustration is a skill children learn over time, especially when they start talking as they can verbalise their frustrations. Toddlers want independence and control over their environment — more than they may be capable of handling. This can lead to power struggles as a child thinks "I can do it myself" or "I want it, give it to me." When kids discover that they can't do it and can't have everything they want, they may have a tantrum.

TRY TO AVOID TANTRUMS IN THE FIRST PLACE

Here are a couple of ideas to help avoid those nightmarish tantrums:

- **Give plenty of positive feedback** – catch your child in the act of doing something good and really praise them and give them attention for their behaviour.
- **Give them some control over little things** – offer minor choices like "Do you want to brush your teeth before or after bath?" or "Do you want orange juice or apple juice?" This avoids the "No" answer that will undoubtedly come if you just ask "Can you please go and brush your teeth."
- **Keep off-limits objects out of sight and out of reach** - this will make struggles less likely. Obviously, this isn't always possible, especially outside of the home where you can't control the environment.
- **Distract your child** – this really works a treat. Take advantage of your little one's short attention span and offer them something else in place of what they want. Start a new activity that replaces the forbidden one. Or you could just change the environment. Take them outside or inside, or even to a different room.
- **Help your kids learn new skills and succeed** – help kids learn to do things themselves and praise them for their efforts so that they feel proud of what they've done. Start slowly with simple tasks and then move on to more difficult tasks.
- **Consider what your child is asking for carefully** – perhaps it isn't that big of a deal and consider whether it's a battle worth fighting.

Choose your battles.

- **Know your child's limits** – if they are tired, perhaps it's not the best time to go shopping as that's just asking for trouble.

WHAT TO DO WHEN YOUR CHILD HAS A TANTRUM?

- **Keep your cool** – as hard as this can be, it's extremely important to keep your wits about you and not react with screaming and shouting of your own. Your job is to help your child learn to calm down in a tantrum situation. Your actions set an example for your child.
- **Don't hit your child** – this tells your child that physical violence is okay and this can lead to behaviour problems further on down the line, and you don't want that.
- **Handle the tantrum according to the problem** – your child will throw tantrums for different reasons as outlined above, so you will need to change your tactics to suit the situation. If they are hungry, it's time for a snack, if they are tired it's time for a nap. If the tantrum happens because they don't get what they want, don't go into long detailed discussions about why they can't have it, rather move on to something they can have and distract them. Children who are in danger of hurting themselves during a tantrum should be taken to a quiet, safe space to calm down.
- Toddlers and older children normally have tantrums as they've learned that they work. **If your older child has a tantrum a good way to deal with it is to send them to their room for a time out.** Rather than setting a time limit, tell them to come out once they have calmed down. This allows them to regain some control that they lost during the tantrum and it's empowering as they can affect the outcome by their own actions.

AFTER THE TANTRUM

- **Don't under any circumstances give in to your child's tantrum** as this will only show them that this kind of behaviour gets them what they want.
- Children may also be especially vulnerable after a tantrum as they know they have been less than adorable. **Now, as soon as they are calm, is the time to reassure and hug them letting them know that they are loved no matter what.**

GOTCHA...

From around mid November 2017 Adactus staff started to notice a lonely figure of a dog looking very lost on the car park of the Sheridan Suite, opposite Baker House.

Many attempts were made by Adactus staff, the dog warden and RSPCA to lure the dog to safety with tasty treats but to no avail, he was very scared and would run and hide.

Christmas was looming and we really wanted to get this dog home, the weather was getting increasingly cold with snow and ice and we were very worried about him surviving the winter weather.

After being spooked in the car park one day in December we lost sight of him and feared the worst. Every day we would look for him and leave food out on the car park but sadly we didn't see him again.

The Christmas and New Year festivities came and went then one day we heard he had taken up residence in the bushes on the old school site on Nelson Street, by this time he had an injured paw

so we knew we had to capture him one way or another!

Housing Officer, Patrice, contacted a volunteer rescue team who had the equipment to plan the rescue. With the help of a local resident, who continued to feed the dog, a trap was set. This Beagle was too clever and on the first attempt would not go near the cage trap. A second attempt was made the following night, with the lure of chicken and sardines this hound could not resist, BINGO, he was captured!

As it turns out Tyson was microchipped which made locating his family much easier. The rescue team were amazed to discover his family were living in Widnes, that's over 25 miles away.

I don't think we will ever find out how Tyson found his way over to Manchester but his family were overjoyed to be reunited with him, it was a very emotional reunion. We just love a happy ending!



The importance of Microchipping

Microchipping is the best way of you being reunited with your pet should they become lost or stolen.

PDSA recommend all pets are microchipped. A collar and tag can fall off or be removed, but a microchip is a more permanent way to identify your pet and keep them safe.

How microchipping works

A microchip is a tiny radio chip, about the size of a grain of rice, which is implanted under your pet's skin between its shoulder blades. When this chip is scanned it shows their unique identification number. This identification number is logged on a national database, which can be matched against your contact details, so you can be reunited with your precious pet.



PDSA Pet Checks

PETCHECK ON TOUR

FREE WELLBEING CHECKS FOR DOGS
FREE MICROCHIPPING
FREE NAIL CLIPPING AND EAR CLEANING
FREE ADVICE ON PETS

Victoria Mill Community Centre
Lower Vickers Street
M40 7LJ
15/05/2018 - 10am to 5pm
16/05/2018 - 10am to 5pm

St Georges Youth and Community Centre
Bothwell Road
M40 7YN
17/05/2018 - 10am - 5pm
18/05/2018 - 10am to 5pm

We'd love to meet your group for the first wellbeing check. If they're younger than 8 weeks, please bring all the necessary records and proof of age for advice from our vet team.

Facebook.com/pdsa BPSA HQ
pdsa.org.uk/petcheck

pdsa Since 1951
Animal Welfare Charitable Company Limited

*Are you registered for rehousing?
Looking to up-size or downsize
property but want to stay in the
Miles Platting area?*

WHY NOT LOOK AT MUTUAL EXCHANGE?

It may be faster than bidding on vacant properties when they appear on Manchester Move.

A mutual exchange is where tenants decide they would like to swap their property with someone else. More than 2 tenants can swap at the same time so that everyone ends up with a property they need. There are some rules to the exchange that must be taken into account:

- Tenants must have a clear rent account and no recharges outstanding.
- Tenants must not over-occupy the property they move to.
- Exchange tenants take over the length of the tenancy of the other tenant.
- A property inspection must be completed and passed before the exchange is authorised. Outstanding repairs must be completed before passing the inspection.
- Tenants accept the property in the condition it is, there are no decorating allowances with exchanges.

We are looking to put together a list of potential exchange applicants to see if we can help people move faster and to fully occupy currently under-occupied homes. We will also put details in the Exchange Book at Baker House reception.

It is possible to do multiple home swaps to help you move. For example, if you live in a 3- bedroomed property and want to move to a one bedroom property we could try



to find someone to swap directly or we could find someone in a 1 bed looking for a 2 bed and someone in a 2 bed looking for a 3 and swap everyone around.

If you are interested please contact either Rachel Parkes or David Crowe at the Baker House office on 0800 234 6826 or 0161 203 2600.

Crime

DOMESTIC ABUSE
DON'T SUFFER IN SILENCE

adactus

Adactus are here to help tenants who maybe victims of domestic abuse. We can provide support to victims of domestic abuse and are always here to listen to you whilst treating every conversation with the utmost confidentiality and sensitivity. We will act upon the information given and will work with you towards a safer future. If you are an Adactus tenant and are suffering from domestic violence or abuse and need someone to speak to, then contact us on:

T:0300 111 1133
www.adactushousing.co.uk

For ALL violent emergency situations please CALL 999 straight away.

**DOMESTIC ABUSE IS A CRIME
ACT NOW BEFORE IT IS TOO LATE.**

Reduce Reuse Recycle for Manchester's Tower Blocks

There are many ways to reduce the amount of waste in your bin and the best way to start is by following the three R's. Reduce, Reuse and Recycle.

REDUCE

- Buy what you need not what you like the look of, for example don't be tricked in to buying passing fashions. Why not look into second hand furniture, white goods or clothes and remember to donate yours when you're getting rid.
- If you're worried about how much food you end up throwing away, have a look at the shopping and storage guides, recipes for leftovers and loads of brilliant tips from real families on the Love Food Hate Waste website.
- Watch out for false economy multi buy offers at supermarkets as they can set you back more if you're not careful.
- Use reusable bags for carrying shopping
- Use rechargeable batteries

REUSE

- Alternatively ask a friend or neighbour if they would like your old item(s) or advertise your unwanted things on Freecycle or sell them on eBay or Gumtree website.
- One person's waste is another person's treasure. For example; if you have working electrical equipment or furniture that you don't need, instead of throwing it away, pass it on to your local charity, such as The Mustard Tree or British Heart Foundation.
- Consider buying second hand goods before buying brand new items.

RECYCLE

- Make sure you use the right bin for all your recycling
- Only recycle plastic bottles in the brown bin all other plastics go in the general bin
- If you can't recycle or bin it, take it to your local Household Recycling Centre on Reliance Street, Newton Heath M40 3EZ

WHAT YOU CAN RECYCLE AT RELIANCE STREET:

Fridges / freezers, washing machines, TV's, monitors, fluorescent tubes any small or large electrical items, batteries, engine oil, plasterboard & rubble, household chemicals and gas bottles all free of charge.

70% OF THE AVERAGE BIN CAN BE RECYCLED.



Getting Rid of Large Bulky Items

To arrange a free collection, visit www.manchester.gov.uk/bulkywaste. If you don't have access to the internet call 0161 234 5004.

Do not leave your items outside the block until the morning of the collection
If you have any queries please contact your caretaker.

And Finally...

If you can't recycle it or put it in the general rubbish please take it to:

HOUSEHOLD WASTE RECYCLING CENTRE, Reliance St, Newton Heath M40 3EZ.

Think before you flush!

It's a shocking number, but did you know that around 1,000 homes and 6,000 gardens are affected by flooding each year? That's just in the North West.

Millions of pounds are spent on cleaning drains and sewers right across the UK because of items that shouldn't be in them. Wet wipes, cotton wool, nappies, cotton buds and dental floss are just some of the culprits.

As much as we live in a 'disposable age', it's vital that you think before you flush.

Things like wipes and nappies don't just disappear down the u-bend and dissolve - they clump together and cause havoc in the sewers.

All-too-often we see the misery caused to people when blocked sewers have caused their homes and gardens to flood.

On top of that, many of these items end up in our rivers and on our beaches, which has far-reaching impacts on nature and the environment.

It may take a little getting used to, but thinking about what you flush each time will have a fantastic ripple effect - pardon the pun! Put a bin in the bathroom so nobody's tempted to flush and bear in mind

**THE THREE P'S RULE:
PEE, POO AND (TOILET) PAPER, ONLY.**



Community Gardens

Miles Platting Community Gardens

Did you know that there are two community gardens in Miles Platting, one on Holland Street and the other on Chippenham Road. To find out more or to get involved, contact Amy Holden at Baker House on 0161 2032600.

FREE Basic Adult Gardening Sessions!

FREE Basic Adult Gardening Sessions at Holland Street Community Garden. Ideal for beginners.
Every Sunday from 12noon - 1pm until further notice.
Learn how to grow fruit and vegetables from seed.
Just come along!



Pat's Gardening Corner

There's no season quite like spring for bringing a sense of optimism, colour and the notion of a fresh start – in life but especially in the garden.

The thaw may be long but the floral show is here as trees, shrubs, herbaceous perennials and bulbs get to perform. Nothing can stop the profusion of colour that is being unleashed by everything from tulips to magnolias and even the most amateur of gardeners can easily achieve a bright display. If you haven't done so already start a big outdoor tidy-up before nature takes its course and goes wild.

Don't make your life more difficult than need be. Start by

- Clearing away leaves from gullies and corners
- Prune back any trees/shrubs that are now overgrown

- Dig into your borders plenty of compost or organic matter
- Jet wash pathways/patios and garden furniture
- Clear away twigs, leaves and other winter debris from the lawn so it's ready for that first cut of the season.
- Remove perennial weeds such as creeping buttercups to prevent pests and disease in borders.

Once you've finished the big tidy-up, plant up some containers with bunches of violas, pansies and daffs for an instant flash of garden colour.



Q&A

A couple of great gardening questions in the mail bag this week...

Q. I only have a small garden but would like to buy a small tree which would add colour to my garden in the winter/autumn months, what type of tree would you suggest?

A. I think the miniature standard holly trees (Argentea Marginata or Blue Angel) are ideal. Unlike holly bushes, which can grow to an enormous size, these are on 40 cm stems with a bush head that won't become rampant; they also produce masses of berries during the winter months which are 'fast food' for the birdlife.

Q. I want to create a new border in my garden, do you have any tips on how to do this and what plants to use?

A. The key to a successful and colourful border is to plan the area well. Start with taller plants at the back and then smaller ones to the front - for a free planning leaflet contact Pat at Adactus.

Free Spring Garden Giveaways*

- Selection of seeds
- Seed trays
- Kneeling mat
- Gardening trowel
- Wall basket for spring or summer planting
- Water globes (keeps your plants watered while you're away)
- Gardening gloves
- Bulb baskets (for ground planting)

** stocks are limited so please ring Pat at Adactus to bag your giveaway.*



.....Pause for thought

Consider your garden as 'AN EXTRA ROOM' - it deserves as much consideration as the inside of your house. Please care for your garden and keep it tidy - it's your responsibility!

ARABIC
هذه الوثيقة متاحة باللغة العربية
عند الطلب.

BENGALI
অনুরোধ করলে এই ডকুমেন্টটি
বাংলা ভে ও উপলব্ধ

CANTONESE
本文件可以應要求，製作成中文
(繁體字) 版本。

FARSI
این مدرک در صورت درخواست به فارسی
موجود است.

KURDISH
ئەم بەلگەییە بە پێی داواکاری بە زمانی
کوردی ش دەس دەکەویت

MANDARIN
本文件可以应要求，制作成
中文 (简体字) 版本。

POLISH
Dokument ten jest na życzenie udostępniany
w języku polskim.

PUNJABI
ਪੰਜਾਬੀ ਵਿਚ ਵੀ ਲਿਆ ਜਾ ਸਕਦਾ ਹੈ
ਇਹ ਦਸਤਾਵੇਜ਼ ਮੰਗ ਕੇ

SOMALI
Dokumentigaan waxaa lagu helaa Soomaali
haddii la codsado.

FRENCH
Ce document est disponible en français
sur simple demande.

GUJARATI
આ દસ્તાવેજ વિનંતી કરવાથી ગુજરાતીમાં
મળી રહેશે.

HINDI
अनुरोध पर यह दस्तावेज़ हिन्दी में भी
उपलब्ध है

URDU
درخواست پر یہ دستاویز اردو میں بھی مل سکتی ہے۔

VIETNAMESE
Tài liệu này có sẵn bằng tiếng Việt khi
được yêu cầu.

Baker House Office

Open Monday to Friday, 9am to 5pm (6pm on Wednesday)

T 0800 234 6826

Emergency Repairs

T 0800 234 6826

Allpay

For direct debit, debit/credit card payments & ordering new rent cards

T 0870 234 6040

Housing Benefit queries:

e: benefit.enquiries@manchester.gov.uk

T 0161 234 5003

Council Tax queries:

e: ctax.enquiries@manchester.gov.uk

T 0161 234 5002

Miles Platting Outreach Library Open:

Tuesday 2pm - 5pm

Wednesday 10am - 1pm

Thursday 1pm - 7pm

Saturday 10am - 1pm

T 0161 227 3787

Environment on call:

e: contact@manchester.gov.uk

T 0161 234 5004

Find out your utility supplier:

Gas: T 0870 608 1524 Electric: T 0870 751 0093