



# NEWSLETTER

## MARCH 2024

Age Friendly  
Wythenshawe

DID YOU SPOT THE DELIBERATE MISTAKE IN THE LAST  
COPY ?IT WAS FEBRUARY SPELT WRONG

WERE WILL YOU FIND EASTER BUNNY THIS YEAR

**WYTHENSHAW HALL**  
Sunday 31st March '24  
Open 11m to 4pm

**£2**  
Entrance  
fee  
(cash only)

Under  
10's go  
**Free**

**Step into spring with  
Alice and say hello to our  
very own White Rabbit.**

Learn about how people across the world  
celebrate the spring equinox.

If you're feeling adventurous - why not come in  
Alice in Wonderland inspired fancy dress.

**Easter  
BUNNY  
BRUNCH**

Includes  
Easter Trail,  
Chocolate Egg  
& Brunch

Sat 30th March  
11am start

For children  
aged under  
10

£3:50  
per child

Wythenshawe Cricket & Sports Club,  
Longley Lane, Northenden

Egg-citing 🥚 opportunity to meet the  
Easter Bunny 🐰 here at  
Wythenshawe Cricket Club on Sat  
30th March 11am start for our  
Easter Bunny Trail & Brunch 🐰 🍫 🥚

This event is for children aged 10 &  
under 👍

£3:50 per child

Contact the club on 01619987268  
(call may be diverted ~ please leave a  
message) to reserve your child's place  
- FYI, we will only reserve places with  
an adults name & mobile number -  
looking forward to a cracking day! 🥚



HAPPY  
Easter



HAPPY  
Easter



# MRS BEETON'S COOKERY

## BEEFSTEAK AND KIDNEY PIE.

Cut 2 sheep's kidneys or 1/2 of ox-kidney, into thin slices Across, dip in seasoned flour. Cut 1 lb of buttock steak into thin slices and place a slice of kidney on each slice of meat, roll up tightly and put the roll on end in the piedish. Season with salt and pepper, and moisten with 1/2 gill of water or gravy, line the edges of the dish and then cover with rough puff paste. Ornament the surface with fancifull cut leaves of paste, flake the edge of paste, brush over with beaten egg and bake in a fairly hot oven from 11/2 to 13/4 hours.



GREEN  
DOCTORS

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Our Green Doctors provide FREE support with:

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- + LED lightbulbs
- + Draughtproofing
- + Warm Home Discount
- + Grant applications
- + Home heating



Please contact us on free phone

0800 090 3638



energyworks@groundwork.org.uk



Visit [www.groundwork.org.uk](http://www.groundwork.org.uk) and search for 'Energyworks'

## Friends together

Today's friends are tomorrow's family

### Over 50's

Wednesdays  
10am-3:30pm  
St Andrews  
Church  
Brownley road  
M220DW



Bingo, quiz's, card making,  
armchair exercise, tea, coffee  
and biscuits

Join us to make new friends  
and have a great day!



## TONE AND TRIM FOR THE COMMUNITY

FB:TONE AND TRIM THE COMMUNITY GYM

FRIENDLY ATMOSPHERE



HEALTH AND  
WELL-BEING



PAY AS YOU GO AND  
MONTHLY MEMBERSHIP  
AVAILABLE

FOR PEOPLE WITH  
ALL ABILITIES



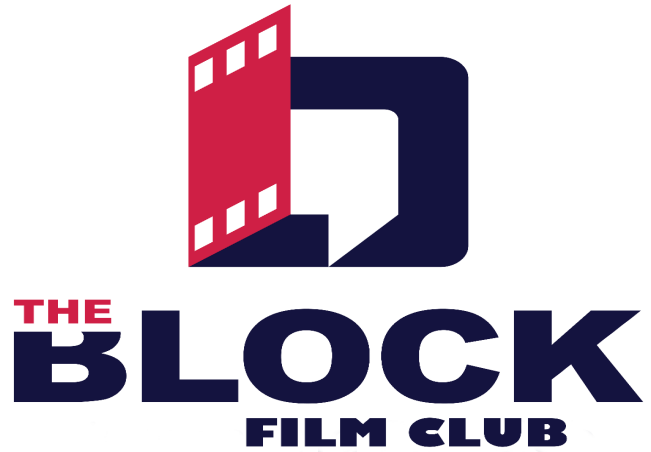
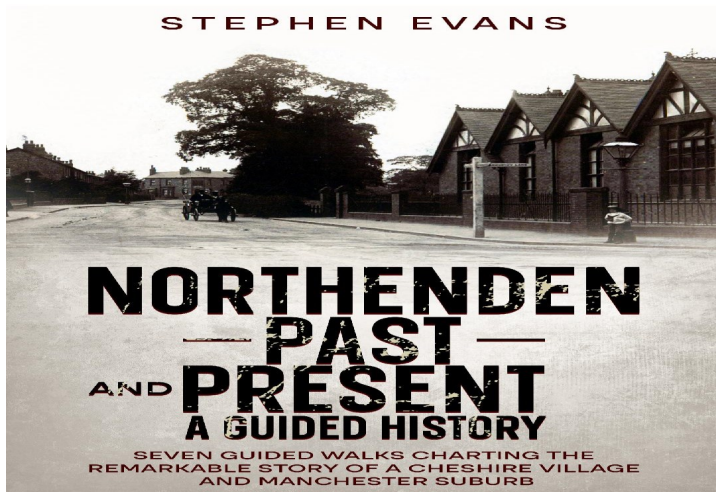
POWER ASSISTED  
EQUIPMENT

ASSISTED EXERCISE



TO BOOK YOUR PLACE EMAIL:  
[janicejwilson@hotmail.co.uk](mailto:janicejwilson@hotmail.co.uk)

DANDELION  
COMMUNITY  
M22 1AH



### A New Book About Northenden

Out now. It's about time Northenden and Wythenshawe had an updated history book. **Northenden Past and Present: A Guided History** does that.

Dr Stephen Evans presents Northenden's history in seven engaging and fact-filled walks accessible throughout the year that are wheelchair- and buggy-friendly. The walks are supported with lovely maps, illustrations, restored photographs, and drawings commissioned for the book.

There is a great overview of the village's history, and when you walk the route, you find out even more fascinating facts. How the Norman Conquest devastated Northenden and its transformation from a quiet Cheshire village to a bustling Manchester suburb. You learn about Northenden life: its customs and events from the gruesome to the bizarre, with a host of characters: eccentric, grand, courageous, decent, and downright criminal.

Dr Evans has some great stories to tell - gun battles along Longley Lane, body snatching, murder at Carr's Wood, a wailing phantom, and the haunted post box on Ford Lane. Discover the art of bellringing, the craft of brewing, the location of Manchester's first airfield, the history of St. Wilfrid's Church, the war memorial, and much more!

Stephen said, 'The idea for the book came from the guided walks I run. I moved to Northenden in the 1980s, so I'm still a newcomer! It's a great place to live, and you sense its history all around you. I wanted to share its fascinating stories with you and encourage people to explore the area and find out what's great about present Northenden. I dedicated the book to the people of Northenden past, present and future, and though it might sound pretentious, I meant it is people, not just brick and mortar, that make a village, town, or city, and we've many great people living here.'

Northenden Past and Present: A Guided History is available at all bookshops and online. To find out more about Stephen's guided walks or to arrange one as an individual or a group, you can contact him at [stephen@together-one.org](mailto:stephen@together-one.org) or 07549789747.

### Block Cinema Launches Exciting Film Club in South Manchester

Exciting news for film enthusiasts! The Block Cinema at West View Court, Northenden, launched its film club in February. Building on the tremendous success of its regular cinema screenings, 'Film Zone' meets twice a month on Wednesdays to showcase twenty-four outstanding films over twelve months.

Film Club members can engage in stimulating discussions, gain exclusive access to premieres, receive a monthly newsletter, and much more. Films slated for screening can be found on the Film Club's website. All will screen in high definition in the aspect ratio the filmmakers intended.

The money the club generates funds local projects that promote film education and filmmaking, including community-led films. The club will create volunteering opportunities. To find out more about The Block Cinema Film Club or buy a membership, visit [www.blockcinema.org](http://www.blockcinema.org)

**Newsletter contact: [fredleatherbarrow@yahoo.co.uk](mailto:fredleatherbarrow@yahoo.co.uk)**





Focus & Fly is a 10 weeks personal and social development program, designed to boost the confidence and self-esteem of its participants. By using a combination of lively activity and discussion-based workshops, we support vulnerable adults to actively bridge the gap back into education, training and employment within a safe, non-judgmental environment.

We have had the pleasure of working in

Wythenshawe for 6 months now. In this time we have completed a 10 week course and an 8 week photography course, Creative Confidence. We have been lucky enough to gain funding from The Lottery, WCHG, Manchester City Council and The Family Hub to do the same again this year!

We've partnered with The Dandelion Community and The Family Hubs to provide parents with the opportunity to take a break from their hectic schedules and prioritize self-care. Our goal is to offer them the chance to unwind, have fun, and connect with others who share similar interests. If you would like to know more or even get involved, get in touch with Tracey.

Where? : The Dandelion Community, Oatlands Road

When? : Wednesdays 11am-2pm

Dates? : Wednesday 6th March - 8th May 2024 (break at Easter)

What do you need to be part of the group?

An M22/23 postcode and a sense of fun!

**For more information or a chat,**

**contact Tracey on : 07895 434723**



**Week 1** - Checking in: getting to know the program, each other and your aims.

Team and confidence building skills

**Week 2**- Blurb - Communication skills and how to get your message across clearly and confidently

**Week 3** - Yes you can!: How confident are you feeling right now? How is your relationship with yourself? How can we build self-esteem?

**Week 4** – Stay standing: Assertiveness training

**Week 5** - Connect: emotional literacy and how our feelings effect behaviors. Coping strategies and toolkits.

**Week 6** - Values, ethics and morals: Why are values important? Where do we get them from? How can they be lost? How do they impact our lives?

**Week 7** - Onwards! :living in the solution. Breaking down barriers and goal setting. Agency visits. Building resilience - workshops and toolkits

**Week 8** - Martians: Who lives in our world? Where do our attitudes and beliefs come from? Does it matter how we treat others? How do you want to represent yourself in the world?

**Weeks 9** - Five ways to well-being: How to keep going forward, preserve energy, make healthier choices and stay positive.

**Week 10** - Course completion and moving on plan.