



# AGE FRIENDLY Wythenshawe

## SEPTEMBER 2022 NEWSLETTER

Just a few of the great things from August

### 2022 Northenden Boat Race Winners



Three weeks of great Wythenshawe games came to an end at Wythenshawe park. This is some of the attendees on the Friday, plenty to see and lots of activities for all age groups. Lets plan next year . Maybe go back to a full week in Wythenshawe park so that the more stable events can leave then arena's set up.

This was well planned and well run .A big thank you from all who attended.



Wythenshawe games  
In Wythenshawe park



# Communitree Listening Campaign – Know, Grow, Sow!



As the WCHG listening campaign draws to a close,

The team have been busy ensuring all members of the community have been included. Tracey Watterson, the Community Development Coordinator, has been researching LGBTQI+ communities and worked in partnership with the Open Table Church.

The research has highlighted a gap in provision and when speaking to members of the gay community it is obvious that there is still an element of fear of coming out. We are addressing this by meeting with LGBT providers, the council and WCHG Youth Team.

The knock-on effect of meeting new providers is ever beneficial as networks expands through word of mouth and connecting communities.

Along with the pop-up coffee mornings that still draw in a crowd, the team have been invited to open days, community celebrations and launches of new services. This has boosted the survey results with over 1,400 opinions collated to date with a top up from the amazing feedback gathered at the Wythenshawe games. What a fantastic event celebrating local services, kids sports and play and families enjoying the sun!

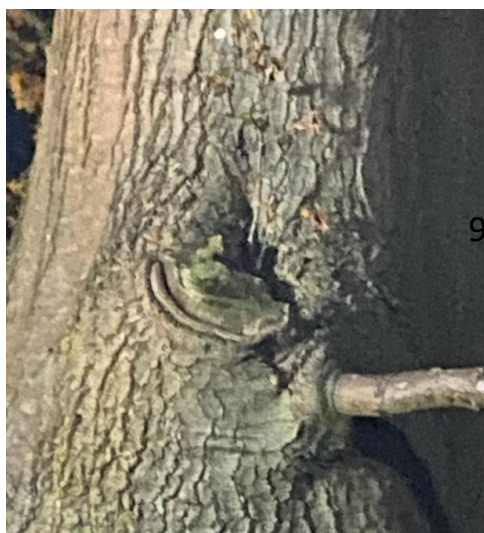


# MRS BEETON'S COOKERY



## CUSTARD SAUCE

Boil a bay-leaf in 1/2 pint of milk, add 11/2 oz of castor sugar, and cool slightly. Beat an egg well, pour the milk on to it and strain into a jug. Have ready a saucepan of boiling water, in which to place the jug. Keep stirring until the mixture thickens, but do not allow to boil, or it will curdle. Stir in 1/2 a teaspoonful of brandy and serve.



## SEPTEMBER

1 ST My Fair Lady U

9 th The Godfather Part III Coda 15

15th Lincoln 12

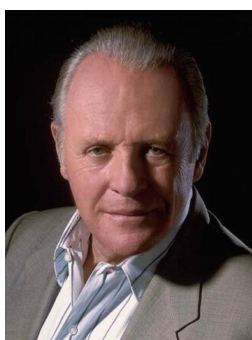
22nd The Birds 15

29th Dazed and Confused 15

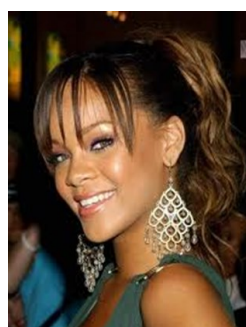


## A Trunk Call

## THIS MONTHS QUIZ GUESS WHO



David Craig



Jamie Bell

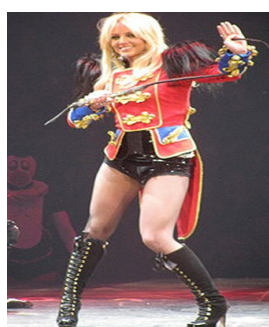


Britney Spears



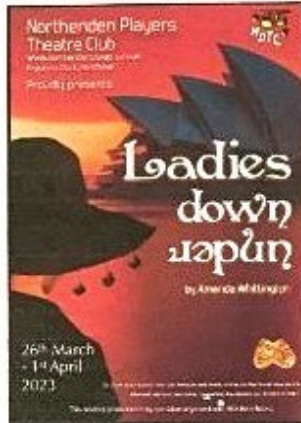
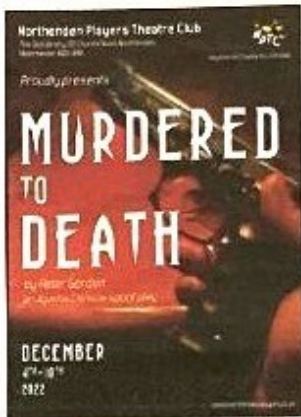
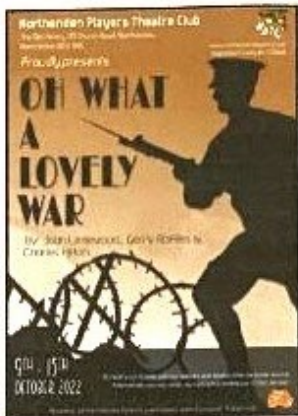
Cookie Monster

## Answers to last month's quiz...



Contact details...[fredleatherbarrow@yahoo.co.uk](mailto:fredleatherbarrow@yahoo.co.uk)

2022/23 SEASONS PLAYS



**For more information**

**NHS Choices**  
www.nhs.uk/livewell

**NHS Smoking Helpline**  
Tel: 0300 123 1044 England

**Smokeline**  
Tel: 0800 84 84 84 Scotland

**Stop Smoking Wales**  
Tel: 0800 085 2219 Wales

**Want2Stop**  
www.want2stop.info N. Ireland

**British Heart Foundation**  
Heart Helpline: 0300 330 3311  
www.bhf.org.uk

**National Osteoporosis Society**  
Helpline: 0808 800 0035  
www.nos.org.uk

**Walking for Health**  
Tel: 0207 339 8541  
www.walkingforhealth.org.uk

**NHS 111**  
www.nhs.uk/111

**NHS 24**  
www.nhs24.com

**Change4Life**  
Tel: 0300 123 4567  
www.nhs.uk/Change4Life

**Alcohol Concern**  
Drinkline: 0300 123 1110  
www.alcoholconcern.org.uk

**MIND**  
Infoline: 0300 123 3393  
www.mind.org.uk

**Cancer Research UK**  
Tel: 0808 800 4040  
www.cancerresearchuk.org

**Sport**  
www.sportengland.org  
www.sportscotland.org.uk  
www.sportwales.org.uk  
www.sportni.net

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Be Smoke Free Manchester offer.

Be Smoke Free Manchester is a specialist nurse-led tobacco service powered by Change Grow Live, in partnership with Manchester City Council and Manchester Health Care Commissioning Service. We provide a 12 week intensive stop smoking support programme for individuals with a Manchester post-code or Manchester GP. We accept referrals from aged 12+ and support with smoking, tobacco, shisha and chewing tobacco.

Please see an outline of what our service provides:

- Free direct supply Nicotine Replacement Therapy and medications, including vapes, without the need for a prescription or GP appointment.
- All service users will be provided with a named Tobacco Addiction Specialist Nurse and will receive ongoing behavioural support every 2 weeks in 1-1 appointments.
- Treatment typically lasts 12 weeks and medication/NRT will be provided free of charge throughout this time and delivered to service users at home.

If this is something you are interested in, we would love to hear from you!

Contact us now on 0161-823-4157 or email at [manchesterbesmokefree@cgl.org.uk](mailto:manchesterbesmokefree@cgl.org.uk)