



# Age Friendly Wythenshawe

## AUGUST 2023 NEWSLETTER

### AGEING WELL EVENT — 30 AUGUST — FREE ENTRY

- Information & advice
- Products & services
- Activities, refreshments

Forum Centre, Simonsway, Wythenshawe M22 5RX



Age Friendly  
Wythenshawe

## WE'RE IN YOUR CORNER...

Age Friendly Corners are located at venues around Wythenshawe. They're full of useful information to help you:

- Find out what's happening
- Link to services
- Connect with others
- Access appropriate advice and support



### Age Friendly Wythenshawe

### Social Meet-Ups 2023

July 26th 1pm - 3pm      Oct 25th 1pm - 3pm  
 Aug 30th Ageing Well Event      Nov 29th 1pm - 3pm  
 Sept 27th 1pm - 3pm      Dec 13th 1pm - 3pm

All meet-ups are at the Forum Library, Forum Centre, Simonsway, M22 5RX

Residents over 50 are welcome to come along

Age Friendly Wythenshawe is a network of likeminded people who want to discuss matters and take action in their community related to growing older. We also offer information on:

- What's happening in Wythenshawe
- Links to services
- Connecting with others
- Help to access advice and support

Find out more by downloading our App



Contact Age Friendly Wythenshawe

Call/Whatsapp: 07752 327 955

#### Brooklands Library

Moor Road, M23 9BP



#### WHP Lifestyle Centre

Portway, M22 1QW



#### St Richard's

Peel Hall Rd, M22 5DH



#### Sacred Heart

Floatshall Road, M23 1HP



#### Crossacres Age UK

Peel Hall Road, M22 5DG



#### Northenden Library

460 Palatine Road, M22 4DJ



#### Tree of Life Centre

Greenbrow Road, M23 2UE



#### St Anthony's

Dunkery Road, M22 0WR



#### Dandelion Centre

Oatlands Road, M22 1AH



#### St Michael's

Orton Road, M23 0LH



#### Village 135

Hollyhedge Road, M22 4QN



#### St Hilda's

66 Kenworthy Lane, M22 4EF



#### Forum Library

Forum Centre, M22 5RX



# MRS BEETON'S COOKERY

## STRAWBERRIES AND CHERRIES

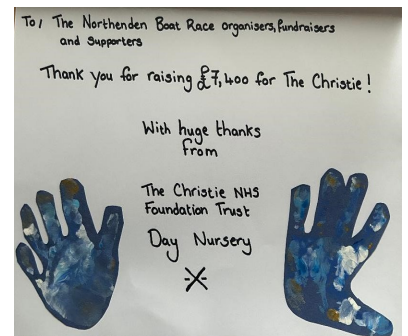
These should be arranged in rows in a pyramidal form, With the stalks inwards, so that when the whole is completed, nothing but the red part of the fruit is visible. When strawberries are served with cream the stalks should be removed.



## THE ANNUAL NORTHENDEN BOAT RACE - SUNDAY 27th AUGUST

Supporting

**The Christie**  
Charitable Fund





## THE PARK MEDICAL CENTRE Patient Participation Group NEEDS YOU!

Do you feel you aren't being heard?

Please join us for a cuppa and have your say here on Tuesday 15th August.

Drop in any time between 10AM & 12.30PM



*"It is with a unified solidarity that we learn, adapt and grow."*

434 Altrincham road, M23 9AB



# Karmakids

## MINDFULNESS

## & WELLBEING SESSIONS

PLAY • YOGA • ART • MINDFULNESS  
RELAXATION • SOUND THERAPY

From 3rd July

SATURDAY 9.30-10.15AM AGE 6-11 £3.50 OR £12 MONTH  
SATURDAY 10.30-11.30AM TEEN SESSION AGE 12-16 FREE

MINDFUL ME MONDAYS  
2-2.45PM ADULT YOGA, RELAXATION & SOUND £4

@ THE FORUM LIBRARY  
FIRST FLOOR  
CIVIC CENTRE  
WYTHENSHAW, M225RX

Text to ensure place 07515956623

karmakids.southmanchester@gmail.com

Insured. Enhanced DBS. Mental health, Play & Movement Specialist

### Lights, camera, Action - Here goes!

Question 1:

Who directed the film that starred Colin Firth as King George VI in a performance that won him an Academy Award for Best Actor?

Question 2:

Who won an Academy Award for her role in The Iron Lady (2011), portraying former British Prime Minister Margaret Thatcher?

Question 3:

Which acclaimed director's films include Mulholland Drive (2001) and Blue Velvet (1986)?

Question 4:

In which film did actor Christian Bale portray the character of Patrick Bateman, a wealthy investment banker with a dark secret?

 **Read Easy**  
Helping adults learn to read



### Do you know someone who struggles to read?

Read Easy provides free and confidential one-to-one reading coaching for adults.

People can learn to read or improve their reading skills at their own pace and without pressure. It's friendly, flexible and fun!

To find out more, please contact:

Read Easy Manchester South & West  
Contact ROY on 07884 116616  
mswnetworker@readeasy.org.uk

[readeasy.org.uk](http://readeasy.org.uk)

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Scan me to visit Age Friendly on Twitter



**NEXT AGE FRIENDLY SOCIAL  
MEET-UP**  
**WEDNESDAY 27th SEPTEMBER**  
 From 1 to 3PM at Forum Library

A themed, guided walk on the fourth Thursday of the month

**Heart & Soul  
Walk-Together**

**3 parks challenge**

**Thursday 24th  
August**  
**1-2:30pm**

Meet at Painswick Park M22 1QS.  
 At the Children's play area  
 Free refreshments after the walk.

**TREE OF LIFE  
WORK CLUB**



**DROP INS**

**WEDNESDAYS  
START 12/7/23**  
**10 - 12 AM**

- JOB SEARCHING
- CV WRITING
- PREPARATION FOR INTERVIEWS

For more information  
 Contact Josh or Anne at the  
 Tree of Life Centre  
 Tel - 0161 489 7018  
 Email - wellbeing@treeoflifecentre.org.uk



The Northenden Fringe Festival  
 Presents...

Jim Salveson (XS Manchester) In  
 Conversation With Rowetta + Special  
 Guests on Friday 25th August at The  
 Northenden Players Theatre

Tickets available now from: [https://  
www.skiddle.com/whats-on/  
Manchester/Northenden-Players-  
Theatre/Jim-Salveson-in-  
conversation-with-Rowetta/  
36395836/](https://www.skiddle.com/whats-on/Manchester/Northenden-Players-Theatre/Jim-Salveson-in-conversation-with-Rowetta/36395836/)

The Northenden 25/26 AUG '23  
**FRINGE festival**

**THE NORTHENDEN PLAYERS THEATRE**  
**THE TALK TODAY STAGE**  
**20:00 FRIDAY 25 AUG**




**DOWNLOAD  
OUR AGE FRIENDLY APP**



- 1 Scan the QR Code
- 2 Find out how one of our LocalApps could help your business




[www.local-apps.co.uk/age-friendly-wythenshawe/](http://www.local-apps.co.uk/age-friendly-wythenshawe/)

LocalApps from  
**YOUR LOCAL voice**



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 Call: 0161 902 0706