

THE SALE MOOR SOURCE

Autumn 2024
Issue 52



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We are delighted to bring you a new edition of the Sale Moor Source magazine. It has been a long time since the last one and a lot has happened since then least of all a global pandemic that affected us all. We are very proud of our response for the community at that time as we were one of the few organisations to continue our work in incredibly difficult circumstances. We also had to deal with a double threat as we had to move from the two shops we had worked from on the Norris Road Shop parade for over fifteen years in April 2021. At that point we moved what we could into St. Francis Hall before that closed down in August 2022 making us effectively homeless.

You may recall that we were due to move onto Lime Tree Primary in a bespoke modular building. Covid interrupted that process and by the time we came out of it costs had more than doubled and the finances to make it work were beyond our reach.

However we have become embedded as the primary organisation helping people in crisis in Sale Moor over the last couple of decades and our work as the local hub continues to this day in our new location at the Sale Moor Community Centre. We relocated in January 2024 and while it has taken a while to reorganise the charity it is now starting to look much more promising with support, events and activities at the centre starting to impact on the wider community again.

We very much focused on food poverty and crisis support since Covid and we are now trying to look to the future with a big push to capture local residents views through our "Sale Moor Says!" project and surveys. Please help us to understand what you want as a local resident by completing the surveys when you get a chance. There are online resources and a simpler cut out and drop off version in this magazine too. The Sale Moor Community Partnership can then use these responses to shape what we do as a charity and to persuade other partners such as the Council, NHS and L&Q of the need for funds and support to make those changes happen.

Finally if you want to get involved get in touch or call in to the centre on any Thursday between 12pm-3.30pm. We always have staff on hand to discuss your issues or ideas and lots of tea, coffee and biscuits!

smcp
sale moor community partnership
your local community charity

Barbara
SMCP Chair



We would like to say a big thank you to Steve, Jack and Key who have been a bedrock of the community for over 26 years now at Nisa and in various guises on the shop parade (remember Norris Food Store and Londis too!) Many of you will also know that they are passing the business on and will be leaving the shop in November. They told us, "We would like to thank the residents of Sale Moor for their support over the years. We leave with a heavy heart as such but we know the shop will be in good hands going forward and continue to thrive under the new management in the new shop parade."

What you may not know is how much they have supported the Sale Moor Community Partnership and the work of the charity. We feel it is only right to celebrate that support and this is our first big chance to express our thanks and we are certain of the community's thanks too for all the years spent going above and beyond for local residents!

A FOND FAREWELL

They have donated huge amounts of food for us to distribute during Covid and provided pretty much all the food for our children's lunch clubs for a number of years, going to great lengths to secure the food for us and making a lot of people happy. What you may not be aware of though is the support they have added to that through the Nisa "Making a Difference Locally" fund. They have nominated our charity (and others) to receive funds and have contributed well over £5,000 to our services and charity work in the last seven years. The fund comes from the purchase of Nisa branded items in the shop and a contribution that is then made to the MADL fund from these purchases. We are very lucky to have been nominated on numerous occasions. They have also gone above and beyond on helping older people with deliveries and extra support and have always employed local people to work in the shop too. We are truly lucky to have had them and we wish them all the best for the future.



URBAN GARDENS ARE GO!



Lime
Tree
Primary
Academy



Friends of
Moor Nook Park

Greater
Manchester
ENVIRONMENT FUND

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Get in touch if you want to get involved. We will accommodate all ages and ability ranges with a view to start the project in November with a big push in 2025 to plant in time for Spring. Email admin@salemoorcp.org to find out more.

The Sale Moor Community Partnership and Lime Tree Primary have been awarded nearly £15,000 to create the Sale Moor Urban Gardens (SMUG) project.

The project will create a pollinators trail linking some of the key bio-diverse sites in Sale Moor with a trail of hanging baskets, raised beds, wildflower planting and much more!

The main areas that will be impacted on are Moor Nook Park & Allotment, Lime Tree Primary, Baguley Lane, Alderley, Royton, Chorley, Croft, Newby, Fraser, Bamber and the roads inbetween. Not exclusive to these areas either!

There will be community planting workshops and eventually we will have a Garden Tool Hire scheme available at the school for those that need access to tools for their own garden.

HISTORY CONTAINED

During the summer holidays we started a mural at Sale High School to celebrate the history of Sale and Sale Moor. A group of young people helped to get the main background painting work done before the details were added by artist (and our Charity Manager) Jamie Rennie.

The mural features small stories tied to the history and development of Sale as the place we know and love today. It spans two containers and the side facing the pitches finishes with a homage to Sale Communities JFC to inspire our future players.

Left Top: The history side of the containers.

Left Bottom: Young people getting the backgrounds ready for detail.

Below: The pitch side with football and history elements.



Above: City and United players from the early 1900's with the cenotaph in Sale centre, the Rose of Lancashire and the Cuckooflower of Cheshire.

Sale Moor Says

What do you have to say about the future of Sale Moor?

Your local charity the Sale Moor Community Partnership is continuing a survey of what the community wants and needs. We've already had some great conversations about what local residents want to see happen in the community.

Come along any **Thursdays in November & December from 12-3pm** to help us to plan for the future. We want your views on local issues. It is a drop in event so you can call in anytime on the days. Refreshments available too.

We are also looking for volunteers to help us on the project itself with interviews and data collection so let us know if your interested in volunteering for the survey.

A more detailed digital version of the survey will be available in mid-November so check our usual online channels for that. We will be posting how to get to it on Facebook, X and our website.

In the meantime please fill out the short form below and get that back to us. You can hand it in at the community centre, take a picture and send to us or email your response to the questions. All our contacts are on the back page.

Sale Moor Says

1. What is your postcode?
2. To the best of your knowledge, what is the the most pressing issue for the wider community of Sale Moor?
3. What issues impact on you or your family the most?
4. Thinking of the future, what do you think would be "the best thing to happen in Sale Moor"?

Good News for Health in Communities (HiC) in Sale Moor

If you haven't heard of us yet, let me introduce the Health in Communities (HiC) service. We started in April 2023, with some funding from Greater Manchester. We wanted to see how we could improve the links between the community and the GP surgeries, looking together at the local inequalities in health. We wanted to work in a different way, providing health in the heart of your community, as well as in our GP surgeries.

We are a small team working with Sale Moor Community Partnership (SMCP), Our Sale West (OSW) and Sale Central Primary Care Network (SCPCN).



Our Community Health Advisors

SCPCN is a collaborative network of the 5 GP practices:

Bodmin Road Health Centre,
Boundary House Medical Centre,
Conway Road Medical Practice,
Firsway Health Centre &
Washway Road Medical Centre.



What do we do?

We offer the opportunity to speak confidentially to one of our Community Health Advisors (nurses) to discuss any health concerns you may have.

You can also have a check on your blood pressure, check your vaccinations and cancer screening tests - for bowel, breast and cervical cancer, are up-to-date. They can also support your stopping smoking or getting fitter. We can't do any prescriptions or look after emergency problems but if 'health' has slipped down your list then drop in and see us.

We have been inviting people eligible for NHS Health Checks (40-74 years) and offering appointments for these NHS health checks at both Our Sale West Youth Centre and Sale Moor Community Centre. We can check your cholesterol level, blood pressure and test for diabetes. We have performed 76 NHS Health Checks in the community, over the last 7 months. Local residents tell us they are delighted that they can come for their NHS Health Check in a community centre.

When can you see us?

We are available around the food bank times:

At Sale Moor Community Centre - Mondays 9.30am-2.30pm (from the start of November)

At Our Sale West Youth Centre - Tuesdays 10am-3pm
Drop in and say hello. We will always have time for a quick chat and if you need longer, we can arrange this for the following week.

Community Health Panel

Mondays 10am-11.30am
11th, 25th Nov & 9th Dec

We will be discussing health inequalities for Sale Moor residents at the Community Centre. Come along to have your say and find out more!

MONDAY FOOD BANK & CITIZENS ADVICE

Every Monday at the Sale Moor Community Centre you can access the Trafford South Food Bank. Delivered in partnership between Trussell and SMCP.

Doors open at **12pm** with last entry at **1.45pm**.

Citizens Advice are also available. You don't need to come for food, you can just access this service itself if you want.

We are happy to take donations of food, including fresh food and toiletries too. You can also purchase food for the Food Bank at **One-Stop in Sale Moor Village**. The team have organised 100's of bags of food for the Food Bank over the last few years. Huge thank you from us!



Hi, I'm Kirsty the Sale Moor Spoke Coordinator and if you need help with crisis support I can get in you touch with the right people and help you to get food and energy support. In some cases I can help to get sim cards with free data and household goods too within our very tight budgets! You can find me at the Food Bank most weeks or call the main SMCP line to find out when I am available and what can be offered to help you get over the crisis!



My name is Lottie and I am the new Projects and Partnerships Development Manager at SMCP. I started in September and it has been so lovely to meet so many local residents already!

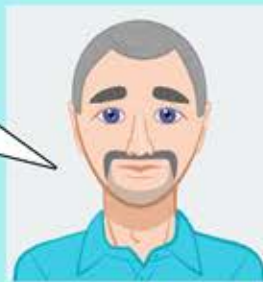
I'll be leading the Urban Gardens project (SMUG) which you'll definitely be hearing more about. I am also going to be working with the board of trustees, to develop SMCP's strategy for the next few years.

If you have any burning ideas about potential community projects, please pop in and see me because I'd love to hear them!

I'm really looking forward to getting stuck in and I can't wait to give Sale Moor some of the love that it deserves!



Hi, I'm Jamie and I have been part of the charity for over 20 years now. I lead the team here and help to develop the charity and its projects so that they have the most impact possible for residents. I particularly have a passion for arts and youth projects and also work all over the UK in my design practice creating murals and art workshops.



To contact the team call 0161-962-3636 or call in to the community centre on Thursdays between 12-3.30pm



Trafford COMMUNITY HUBS

Old Trafford - St John's
 0161 872 7795
 Urmston - Age UK Trafford
 0161 746 9754
 Stretford - Stretford Public Hall
 0161 989 1689
 Partington - Hope Centre
 0161 6600299
 Sale - Our Sale West
 0161 973 3778
 Altrincham - The Hub
 0161 941 2018

There are six community hubs across Trafford with the key one for our community being the Sale Hub based at Sale West Community Centre and delivered by the team at Our Sale West. Here in Sale Moor the Sale Moor Community Partnership runs the Sale Moor Spoke as a part of the Sale Hub. Kirsty is the main focal point for crisis support in Sale Moor.

ALL HUBS PROVIDE:



FOOD
HELP



SIGN-
POSTING



EMERGENCY
HELP



VOLUNTEER
OPPORTUNITIES

Each hub consists of employed staff and a team of volunteers.

They all offer 4 core services in addition to a range of other services and support that's specific to the needs of their local communities.

The main numbers for all the hubs are in the yellow panel. In the first instance we advise to use these numbers before contacting a local agency as they are the main coordination point for the respective communities and have the most resources.

If you are from Sale Moor you will likely be assigned to the Sale Moor Spoke.

Online search for "Sale Community Support Hub" or "Trafford Community Hubs"

WHAT'S ON AT THE CENTRE & CONTACTS

admin@
salemoorcp.org



0161-962-3636
(answer machine
outside office hours)



salemoorcp.org



Sale Moor
Community
Partnership



@salemoorcp



MONDAYS

10am-11.30am Community Health Panel
Starts 11th Nov, then 25th Nov, 9th Dec 2024; 13th
12pm-2pm Sale Moor Food Bank & Sale Moor Crisis Support
12pm-2pm Citizens Advice Drop In (last entry 1.45pm)
9.30am-12pm Health In Communities
(for appointments booked through your surgery)
12pm-2pm Health In Communities
(Drop In to see the nurse)

TUESDAYS

10am-2pm Sale Moor Crisis Support
(call to book appointment)

WEDNESDAYS

12pm-2.30pm The Bread & Butter Thing
(See poster below for sign up method)
venue; St. Anne's Church Hall, Trinity Road

THURSDAYS

12pm-3.30pm Sale Moor Community Drop In
12pm-3pm Sale Moor Says.... (Community Survey project)

Venue: Sale Moor Community Centre, Norris Road
except The Bread & Butter Thing event

FRIDAYS CLOSED

The bread and butter thing.



We often get asked what is The Bread & Butter Thing?

It is a mobile food clubs giving access to nutritious and affordable food taken into the heart of communities starved of money, food and resources.

This low cost weekly shop provides essential produce for family eating – fresh fruit and veg, fridge favourites and cupboard staples all for £8.50*.

That's 3 bags of food for that amazing price!

Use the number in the panel to register and become a member. Each Monday you will then get a text asking if you want to be on the list for that week.

At the Sale Moor Hub the collection is always on a Wednesday** at St. Annes Hall on Trinity Road between 1.45pm-2.15pm. Don't be late!

The hub is led and supported by volunteers from Sale Moor Community Partnership and has been operating since August 2018. Over 70,000 bags of food have been distributed!

Become a Member

It's really easy to join Bread and Butter. Everyone is welcome, there's no fee and the membership rules are really simple.

Text us to join!

Text [07860 063 304](tel:07860063304) with your full name, postcode, and the name of the hub you will be collecting from.

*price correct Nov 2024 **may be on another day at Xmas & New Year week