

FREE

HEATONS POST

INFORMING, INSPIRING AND CONNECTING THE HEATONS & REDDISH



BEE SANCTUARY

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ST. JOHN'S MARATHON

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SHOP LOCAL ONLINE THIS CHRISTMAS

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A TAVOLA SET TO LEAVE REDDISH

by Jez Myers and Anthony Barlow

One of Reddish's most successful businesses looks set to leave the local area by the end of January 2021 having been served notice by its landlord, Heaton's Post can exclusively reveal.

A Tavola has proved hugely popular since opening on Broadstone Road, Reddish in 2016. The Sicilian restaurant is loved by locals, welcomes customers from across Greater Manchester and has received glowing reviews from critics. The restaurant's success, local goodwill and plaudits should make A Tavola a dream tenant. However their landlord seems to disagree.

Emilio Raccio, of Emilio's Hairdressers (also located on Broadstone Road, Reddish) has stated he now wishes to use the A Tavola site for "personal use," as cited on the notice. In doing so, Mr Raccio must pay one year's rateable value — circa £9,000 — to the restaurant by way of compensation. This comes in spite of A Tavola wanting to remain in their current location, or even take up another of Mr Raccio's properties in the area. Suitable premises, even those currently under a lease in Reddish, are at an absolute premium, and other mitigating factors mean the likelihood of A Tavola staying in the area after January 2021 is minimal.

The potential impact of A Tavola leaving Reddish cannot be understated. "A Tavola has shown us how just one, much loved, local business can influence others and



inspire confidence to locate their own business in the same area," said Cllr. Kate Butler.

It's well known that several businesses have cited the restaurant and its success among their reasons for choosing to move into the area. "The loss of an anchor like A Tavola will negatively impact other local businesses, the people they employ and the people they serve," Cllr. Butler added whilst also expressing concern for "the fate of our high streets".

Continued on page 2.

- Do you have an hour to spare each month?
- Would you like to help community news reach those most in need of receiving local news & information?

If you would like to be part of our team of volunteers delivering Heaton's Post throughout the Heaton's & Reddish, we would love to hear from you!
news@heatonspost.co.uk



HEATONS POST



FIND OUT WHAT THIS LOCAL BUSINESSMAN HAS BEEN FOCUSED ON THIS MONTH.

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COMMUNITY NEWS

TWO SHEDS AND A SHREDDER

by Rachel Lewis, Plastic Shed

The talented Heatons' Men In Sheds group will be taking on a new project this autumn – building a plastic waste shredder for local community benefit society, Plastic Shed.

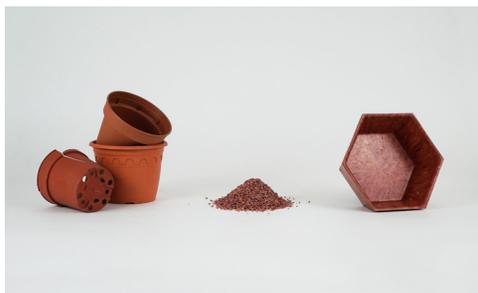
We've always been inspired by the Men In Sheds movement and their approach to supporting peoples' health and wellbeing - it's why we're called Plastic Shed!. We've always wanted to collaborate in some way and this was the perfect project to get started.

Terry Hewitt of Heatons' Men In Sheds said, "Heatons' Men in Sheds is delighted to be building the shredder for Plastic Shed. It will enable them to be much more effective in recycling plastic waste into new and useful objects, and will keep our members busy in these difficult times."

The design for the shredder is based on open source blueprints created by Precious Plastic – another project that has massively inspired our work. It's a machine we've needed for a long time.

Graham, a retired mechanical engineer, will be building the shredder in his garage. His impressive design will ensure the machine is extra safe for public use in our workshop in the Merseyway Shopping Centre.

In August, we were lucky enough to be awarded funding by Sector 3. The



funding was a result of the fantastic #KeepStockportCaring campaign, created to ensure the resilience of the local voluntary, community and social enterprise sector despite the pandemic.

We're over the moon to be able to use this money for our plastic waste shredding machine and excited to be able to invite local people to get involved with collecting, shredding and recycling much more of our plastic waste in the future!

For more information on these two organisations, see: www.plasticshed.org and www.heatons-mis.co.uk.



READ EASY

by Marie Joyce

Did you watch The Write Offs on Channel 4? Would you like to help adults learn to read in Stockport?

Readeasy.org.uk provides free, confidential, one-to-one reading coaching from trained volunteers for anyone who struggles with reading, through a network of volunteer groups.

Following our previous article in the August edition of the Heatons Post, a Read Easy Stockport group has recently been established and we are now looking for a volunteer to become our coordinator.

We are looking for someone who:

- is passionate about making a difference in their community
- would like to use their skills to support the group and gain new skills along the way
- has a couple of hours a week to spend supporting a great cause!

Becoming a volunteer coordinator for Read Easy is fun and fulfilling but

requires commitment and passion. You'll be given lots of support and full training, meet a diverse range of people, and be part of a genuinely life-changing organisation. The coordinator role is often described as "the best role in Read Easy", because it is so rewarding.

Is this you? If so, please get in touch to find out more about the role of coordinator.

Please contact Marie Joyce, Pioneer for Stockport, at: stockportpioneer@readeasy.org.uk or on 07957 516443 to find out more.

Read Easy is following all current guidelines with regards to Covid-19 safety and is committed to supporting our volunteers using online platforms and digital resources, where this is feasible.



A TAVOLA SET TO LEAVE REDDISH

by Jez Myers and Anthony Barlow

Continued from front page...

Losing A Tavola as the food and drink establishments are beginning to flourish in Reddish could be hugely detrimental to the entirety of the Houldsworth Square area of the town. This is a position supported by Andrew Gwynne, MP for Denton and Reddish. Upon hearing of the situation, Mr Gwynne said: "This is dreadful news for Reddish. A Tavola is a great local business and really adds to the town. As a local eatery it's as iconic as the Houldsworth clock." Mr Gwynne also made a point to praise the kindness and hard work of Alessio and Nicky from A Tavola. "[they] carried on serving the community undeterred, providing key workers with food" he said whilst noting the significant impact COVID-19 has had on hospitality across the area and the UK. "I really hope they do manage to find an alternative unit in the centre".

Should an alternative site in Reddish not be found, Alessio has set his



sights on keeping A Tavola local. Reddish's loss may well be the gain of the Heatons, with several properties already having been viewed in the area. Alessio said: "We're upset and shocked to have been asked to leave. Reddish is our home and we've been made to feel so welcome here" before adding "We'd love to stay and hope that Emilio will change his mind."

There is, however, still time to keep A Tavola in Reddish. Mr Raccio might have a change of heart, but the clock is rapidly ticking down to the point of no return. Alternatively a suitable property might still become available.

Heatons Post contacted Mr Raccio for comment but he declined.

A HANDMADE CHRISTMAS

by Carol Cross

SUPPORT LOCAL CHARITIES

This Christmas

Here at Stockport Lamplighter we know how important it is, now more than ever, to support local charities. This year we have set up an online craft market which allows you to buy locally this Christmas, with FREE local delivery (SK1 to SK8).

Items can be viewed and purchased at: www.lamplighters.org.uk



Although their Wednesday evening meal and meetings have changed to Zoom meetings, members of Rotary Stockport Lamplighter have been busy fundraising during lockdown by creating a Christmas shop.

Many members have been busy making hand crafted items to raise the much needed funds that the Club needs in order to maintain the help they give to local charities, who are all suffering with loss of funds during the present crisis.

The list is endless: fluffy hand knitted hedgehogs and owls, hand painted named mugs filled with chocolates, named Christmas Eve plates, bird feeders made in cups and saucers along with mixed bird food, three-tier cake stands ready for the festive season, candles in wine glasses, and

pretty cups and saucers. Chocolate filled 'Thank You Teacher' mugs have been particularly popular, with parents buying early for Christmas

Orders are all hand delivered for free in the SK1 to SK8 areas, with social distancing being strictly adhered to. So far, orders have amounted to over £400, which is an incredible amount and will enable the Club to help, amongst others, local food banks during this sad time in people's lives.

To view these interesting craft items, you only have to go to the lamplighters web site at: www.lamplighters.org.uk

Thank you for your support and Lamplighter hope you all have a good Christmas, hopefully with your family and friends.

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Coronavirus helpline for vulnerable people

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Saturdays from 10am to 4pm
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STOCKPORT
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COVID-19
CORONAVIRUS



Heatons Neighbourhood Outreach

Community Action and Support

heatonscovid19@gmail.com

STUCK INSIDE AND NEED HELP?

There is now a special Coronavirus/ COVID19 helpline for our North Reddish neighbours, specifically for:

Anyone who is self-isolating and has no-one nearby to help

Anyone who is too unwell to get out and has no-one nearby to help

PLEASE BE A GOOD NEIGHBOUR AND ONLY USE THIS NUMBER IF YOU REALLY NEED IT.

Call 0161 443 1903

Leave your name, phone number and street name. One of our brilliant local volunteers will call you back just as soon as they can to see what you need. If we can't help, we'll find someone who can.

This service is endorsed by your North Reddish councillors and St Elisabeth's Rev Angie Stanton. All our volunteers will carry an ID pass confirming they are trustworthy.

NEVER ALONE

NSPCC 0808 800 5000 (24hrs)

National Domestic Abuse Helpline 0808 2000 247 (24hrs free)

Mind 0300 123 3393 (Mon-Fri 9-6)

Victim Support 0808 168 9111 (24hrs)

Cruse Bereavement 0800 808 1677 (Mon-Fri 9-5)

ChildLine 0800 1111 (24hrs)

Action on Elder Abuse 0808 808 8141 (Mon-Fri 9-5)

Respect - Men's Advice Line 0808 801 0327 (Mon-Fri 9-5or8pm)

Samaritans 116 123 (24hrs free)

National Centre for Domestic Violence 0207 186 8270

CHALLENGING POLLUTION

The MP for Stockport has challenged the Government to set new targets to reduce high emissions in the town.

Speaking in Parliament, Navendu Mishra MP challenged the Environment Minister to include nitrogen dioxide and particulate matter in legally binding legislation to cut dangerous levels of microscopic droplets of solid and liquid pollution.



• Navendu Mishra, MP for Stockport

The question follows research which reveals there are 21 areas in Stockport where nitrogen oxide levels will be above legal limits next year.

Challenging the Parliamentary Under Secretary of State for Environment, Food and Rural Affairs in the House of Commons last week, Mr Mishra said: "Local modelling has revealed that there are 21 locations across Stockport where nitrogen oxide levels will be above legal limits in 2021. Will the Government commit today to including nitrogen dioxide and particulate matter in legally binding targets in the Environment Bill when it comes to this House?"

In response, Minister Rebecca Pow said: "The Environment Bill has a big section on tackling air quality with two targets to be set. There are lots of other air pollutants - five in total - that are tackled and we've already got targets in place for those under the Clean Air Strategy. We have a comprehensive strategy because we appreciate just how serious air quality is and we, as the Government, will be tackling it, including with Clean Air Zones all across the country, many of

which are coming forward in the near future."

Speaking after his appearance in Parliament, Mr Mishra added: "Despite seeing a welcome fall in pollution during the lockdown, levels are worryingly high again with many people returning to work and school. It is completely unacceptable that so many parts of Stockport have such high levels, which threatens the health and safety of all those who live and work in the town.

"In addition, these emissions are a major contributory factor to the climate emergency and reducing the levels will help us to meet legally binding targets."

The Greater Manchester Green Summit 2020 took place at the end of September and set out the details of its five-year Environment Plan, including a target to become carbon neutral by 2038, improving air quality over the next decade, protecting our natural environment and becoming more resilient to the devastating impact of climate change.

LETTER FROM THE EDITORS

It's hard to believe we are approaching the end of the year, with Christmas just around the corner.

While these remain uncertain times, one thing we do know is the importance of supporting our local businesses. Our shopping areas are what make the Heatons and Reddish what they are, with such a wide range of vibrant independent shops, restaurants, bars, cafes and services.

As you begin to think about shopping for the festive season, we urge you, wherever possible, to look locally this year. To help, an online shop has recently been launched featuring a wide range of businesses and products. Shop 4 Heatons brings together both physical shops and non-shop businesses from the local area, allowing customers to buy from anywhere and at any time through one convenient online shop.

If you are looking for stocking-filler gifts this year, then be sure to consider pre-ordering the Heatons Post calendar which will be available from early December. The calendar features seasonal photographs from across the Heatons and Reddish, all taken by local photographers.

Finally, we would just like to say a huge thank you to the growing team of volunteers who deliver Heatons Post to homes on and around their streets. If you would like to see Heatons Post delivered to homes on your street and have an hour to spare each month, please do get in touch.

Take care and stay safe.

The Heatons Post Team.

Heatons Post would particularly like to thank the following for their generous support: Nelstrop's Millers, Heaton Hops, Blue Door Flowers, Love Heaton Norris, Heaton Mersey Collective, Sustainable Living in the Heatons, Netti, Heatons Markets, Savoy Cinema, Claritas Wealth Management, I Knead Pizza, Stockport Homes, Heatons Heritage Society, Stockport Area Fund, TaxAssist, Mary Griffiths (Family Historian), Sector 3, and private donors.

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The Heatons Post makes every effort to report the truth and consider ourselves an impartial publication. The views of contributors remain their own. If you spot any mistakes please email us on: news@heatonspost.co.uk

BUILD BACK BETTER, PROPERLY

by Andrew Gwynne, MP for Denton and Reddish

You may have seen some of the Prime Minister's speech at the recent virtual Conservative Party conference. Behind him on the backdrop were the words "Build Back Better", which may have reminded you of our own city region mayor Andy Burnham's slogan "Build Back Better" from the start of the crisis or US presidential candidate Joe Biden's election slogan "Build Back Better".

Regardless of the fact that the PM has pinched the slogan, I'm glad that he and so many others have come to the conclusion that "building back better" is what we need to do. This crisis will have done a lot of damage and we will need to rebuild. But we need to do more than just put things back to the way things were – we need to come up with something even better.

And right at the very heart of how we do this must be community. We need to make sure that any rebuilding is done with communities in mind. That means consulting people and getting involved, helping one another as so many have during this crisis.

It also means tackling inequalities. Unfortunately, we've seen the gap between rich and poor open in many ways during this crisis, and it was



• Andrew Gwynne, MP, Denton & Reddish

already wide enough. We need to rebuild in a way that gives people more of a fair chance. There's a lot of talk of the north-south divide, but something similar exists even within Stockport borough – and indeed within the relatively small area served by this fantastic paper.

So yes – let's build back better. But it needs to be more than a slogan – it needs to mean real positive change, involve communities and result in a fairer society.

SAFE STREETS SAVE LIVES

A raft of new safety measures are being introduced in district centres across Stockport as the council works together with its partners to build a better future for everyone.

In support of the One Stockport campaign's aim to support local businesses in the wake of COVID-19, the council is using Transport for Greater Manchester's Safe Streets Save Lives grant to carry out work in district centres across the borough to make local shopping areas safer for everyone who uses them.

To make sure that residents can shop safely or visit pubs and restaurants in the district centres, the council will introduce new and reinforce existing 20 mile per hour zones using the following measures:

- Increased signage
- Improved road markings
- Additional temporary road cushions and barriers

Measures have already been installed in Houldsworth Square, Reddish.

Cllr David Meller, Cabinet Member for Economy and Regeneration, said: "As we learn to live with COVID-19, it is really important that the re-opening of our retail sector is done so as safely as possible. I am confident that we have done all we can across the borough to ensure it is a safe and welcoming place for you to shop, live, work and enjoy.

"These new measures in our district centres will help residents navigate the areas safely and maintain



social distancing at all times, while encouraging people to walk or cycle over using the car.

"I am really grateful to those local councillors who have engaged positively with the Safe Street Save Lives campaign and offered their feedback on how best to support their communities' district centres. If local traders and residents like the arrangements then there is the option to make them permanent.

"Our local businesses all need your support more than ever right now, so please support them by shopping local and giving back to the local economy.

"It was those local businesses that were there for us during the height of the pandemic earlier this year and will no doubt be there for us in the coming weeks as we wrestle with a rise in cases."

The council expects the temporary schemes to be in place until Autumn 2021.

A public consultation would take place before any decisions are made on whether the schemes are made permanent.

HOW TO WEAR A NON-MEDICAL FABRIC MASK SAFELY

who.int/epi-win

Do's →

Clean your hands before touching the mask

Inspect the mask for damage or if dirty

Adjust the mask to your face without leaving gaps on the sides

Cover your mouth, nose, and chin

Avoid touching the mask

Clean your hands before removing the mask

Remove the mask by the straps behind the ears or head

Pull the mask away from your face

Store the mask in a clean plastic, resealable bag if it is not dirty or wet and you plan to re-use it

Remove the mask by the straps when taking it out of the bag

Wash the mask in soap or detergent, preferably with hot water, at least once a day

Clean your hands after removing the mask

Don'ts →

Do not use a mask that looks damaged

Do not wear a loose mask

Do not wear the mask under the nose

Do not remove the mask where there are people within 1 metre

Do not use a mask that is difficult to breathe through

Do not wear a dirty or wet mask

Do not share your mask with others

A fabric mask can protect others around you. To protect yourself and prevent the spread of COVID-19, remember to keep at least 1 metre distance from others, clean your hands frequently and thoroughly, and avoid touching your face and mask.

ACCESS TO SAFETY PACKS

Stockport Council is putting safety first and has developed 1,000 Covid-19 safety packs, to protect homeless, disadvantaged and vulnerable people across the borough.

The packs include essential safety items such as two face coverings, hand sanitiser and a selection of leaflets about mental health, Covid-19 safety and One Stockport. They are being distributed to the Stockport Trussell Trust foodbank in Reddish, while communities in Heaton Norris and Heaton Mersey will also be supported, among others in the Stockport area.

Councillor Amanda Peers, Cabinet Member for Inclusive Neighbourhoods, says: "Residents across the borough are at the heart of everything we do, and we believe income shouldn't be a barrier to health during a pandemic.

"We are donating safety packs to a range of community groups to help stop the spread of Covid-19 amongst the most disadvantaged in Stockport. We are also liaising with specific faith



• Henriikka Tuomi-Jennings, from Stockport Councils Neighbourhood Inclusion Team

based and BAME groups to discuss how safe they feel, their mental health and offer any support. If everyone had access to safety items hospital admissions would drop, the numbers of people contracting Covid-19 and fatalities would fall, and the pandemic would slow down. This initiative will ensure no-one is left behind in the fight against coronavirus."

PYJAMA CAMPAIGN

Andrew Gwynne, MP for Denton and Reddish, is encouraging constituents to donate children's pyjamas to local hospitals.

The initiative, from the charity Children's Hospital Pyjamas, was set up by Charmaine Green, when her daughter, Nevaeh, was treated for cancer ten years ago.

Whilst the charity initially collected toys for young patients, they found that hospitals were in short supply of pyjamas for children to wear rather than hospital gowns.

Last year, 12,202 pairs were donated and distributed to 62 hospitals, hospices and refuges.

For hospitals to accept the pyjamas, they must fit the following guidelines:

- They must be brand new
- Preferably sealed but not wrapped, as the hospitals will have to check them

- Please avoid Christmas pyjamas, as hospitals will use these all year round
- Please avoid fleecy pyjamas, as hospitals are often quite warm
- Boys and Girls, Newborn to age 18 (young adult).

The collection runs from now until 6 December, after which they will be delivered to the hospitals.

This year – for the first time - the charity is collecting in Greater Manchester, with pyjamas to be distributed at Tameside General Hospital, MRI Hospital For Children and Stepping Hill Hospital.

There is currently a collection point at Karma Hair and Beauty (Rupert Street, Reddish), with more locations to be added soon. You can also arrange a collection by emailing: hospitalpjs@gmail.com.

Andrew Gwynne said: "This is a



fantastic initiative, which I fully support. Being poorly in hospital is difficult for anybody, but can be particularly difficult for children. Having nice new pyjamas rather than a hospital gown makes this just a bit easier.

"I'm delighted that Children's Hospital Pyjamas is now collecting for Greater Manchester hospitals and would encourage everyone to make donations if they are able to."

DIGIKNOW DEVICE LIBRARY



For those Stockport residents who do not have access to the internet, the DigiKnow Device Library offers free to borrow tablets and laptops, many with free data packages. All come with help from Digital Champions to get online and stay safe online.

Councillor Kate Butler says about the service: "The DigiKnow Device Library was set up to help people who want to do things on the internet but don't know where to start. If you're not online yet, don't worry you're not alone, and it's easier than you think."

Throughout the pandemic, Stockport Council has been finding ways to continue providing services that reach and support vulnerable people in greatest need. The DigiKnow Device Library and Helpline are two new initiatives introduced by Stockport's 'DigiKnow' Alliance, a network of partners from all sectors who are helping more people in Stockport become confident, independent users of the internet. This Alliance, established by the council in April 2018, has already helped almost 9,000 residents to get online and improve their digital skills.

If you would like to borrow a device, please call the DigiKnow Helpline on: 07537 127095.

PATHWAYS INTO EMPLOYMENT

by Nadia Ali



• Ala • Douniya • Gada • Edina



• Martha and boys



• Rand and Saif



• Workshop

Heaton Norris Community Centre was able to secure funding from the European Social Fund (ESF), managed by the Workers Educational Association (WEA), to deliver a project to help families in the area with limited written and spoken English to improve their opportunities to access paid employment.

The project started in February 2020, but shortly afterward we hit a global pandemic which affected the way we delivered the program.

In true Heaton Norris Community Centre spirit, we did not let this get

in the way of being able to support families. The project enabled adults to take part in an ASDAN accredited qualification in Employability Development - 12 learners completed the course and received an ASDAN certificate.

Learners took part in activities that will help them to be more confident in applying for paid work or further education, this included: identifying individual learning plans, barriers to employment, self assessments, self management, teamwork, problem-solving, working with numbers in the workplace, introduction to volunteer

roles, completing a CV, interviewing techniques, trips out and reflection on achievements.

Tracy Ryan, Project Coordinator, said, "This was an amazing community based, safe environment for learners to engage and achieve better well-being to enhance their career and educational opportunities."

The project successfully enabled and supported six learners into volunteering opportunities, one learner into full time employment and two learners into further education, as well as improving learners' ability



to speak and write in the English language.

Bernard Kivel, Chair of Heaton Norris Community Centre, is delighted to have received the news that we have secured funding for a further six months to continue providing the support that families in the area need to address their overall health and well-being needs.

THE BEE SANCTUARY

by Sheila Standard, Friends of Highfield Country Park

We are in the eye of the storm of climate change, overuse of chemicals and plastics, and constant development and industry, all of which are having a devastating effect on our natural world.

There is species collapse, especially of insect and bird life, which is happening at an alarming rate. Cuckoos, starlings, house sparrow, song thrush, skylark - the list goes on of bird species under threat.

However, this article isn't about the doom and gloom we are facing but about hope for the future.

Urban green spaces can be sanctuaries for wildlife because they are not in areas of intense agriculture. We can make choices that will help wildlife thrive. Ban the use of chemicals, grow organic food and flowers, make our manicured spaces just a bit wilder to support our wildlife. Stop covering our gardens in plastic lawns and paving stones, live with nature on your doorstep, and watch it flourish.

We need to positively defend and manage what green spaces we have, and those green spaces will repay our efforts a thousandfold, providing oxygen, removing pollution from the air, and giving us the tranquillity and delight we so sorely need at the moment. Be a Wildlife Gardener!

I began Wildlife gardening in my local park, Highfield, and it turned into the Bee Sanctuary.

Just over a year ago, what was to become the Bee Sanctuary was

a neglected, rubbish strewn, rat-infested area of the park along the edge of Cringle Road, known for drug dealing at this time. A huge bramble patch was occupying the space encroaching on the wooded area behind and grassland in front.

It was not a project with lots of volunteers from the beginning. In fact, for a long time it was just Brian and me, until we met Nicole who had the vision, and then Robin the organic gardener. We sought advice and permission, and were encouraged by the Park Ranger Declan Kelly.

The reason that the Bee Sanctuary has flourished is because we have joy and enthusiasm, which is infectious.

Now, just over a year later, there are a lot more volunteers and we are working on projects on other green spaces. Why? Because we are running out of time.

We have set up a charity called "Bee Sanctuary Movement" as we want to educate people in how to make a wildlife garden, or another wild area, and help neglected green spaces to become Bee Sanctuaries. This year, we have stimulated Bee Sanctuary Gardens, a Research garden, and other projects such as Bluebell Pond, and a Bee Sanctuary on Chapel Street Park.

We are thankful that we still have some wildlife to save, but there is no time to spare. Now is the time to act.

To learn more about the Bee Sanctuary, visit: www.facebook.com/beesanctuaryhighfield



• Robin and Sheila



• Maeve and Monica painting the first Bee Sanctuary sign



WHY WE MUST FIGHT TO KEEP A TAVOLA

by Jez Myers

I remember first hearing about the opening of a Sicilian deli in Reddish and thought 'that sounds great but what a peculiar thing to be opening here'. Reddish News offered to help promote the soon to be opening business through its channels, for free, as it gladly does any other business in the area – the raison d'être of Reddish News.

Opening day came and Liz, the co-founder of Reddish News, and I went down and were blown away. We weren't the only ones. It soon became clear that far from a weekday deli, their customers wanted an evening restaurant.

Word spread and the venture soon became packed out every night, powering up the Tripadvisor charts to, at one point, being the second highest ranked restaurant in the whole of Stockport – and rightly so.

And so it breaks my heart to hear that they might be forced to leave Reddish. They are exactly what a community business should be – welcoming, caring, and outstanding at what they do. They have achieved more than Reddish News ever could, because they have managed to put Reddish on the map. Other local businesses have told me that they chose to open in Reddish because of them. People have moved to the area having not known Reddish existed previously.

Andrew Gwynne, MP for Denton and Reddish, has correctly pointed out their importance to the area "As a local eatery it's as iconic as the Houldsworth clock." As one friend stated "when you have a place like that on your doorstep, why would you ever go into [Manchester] town for dinner?"

Reddish has some fantastic places to have dinner. Baan Phad Thai and

I Knead Pizza are particularly good and rightly deserve their success. I'd happily take up the argument that, alongside A Tavola, the group makes up a trifecta that can't be bettered in any of the Heaton. However, A Tavola is the jewel in the crown for me. It's the one that pulls in people from outside the area.

The impact of losing it could be huge. I can only guess what the owner of the potential Frankie's Ale House, to be hopefully located in the old butcher's on Broadstone Road, must be thinking. 30-50 possible customers a night who, for all the greatness of the other local restaurants, simply won't come to the area, and therefore not pop into the conveniently located new bar down the road.

Emilio, the landlord of the property, and owner of a significant number of properties in the area, wishes for them to leave their current location. That is

his right and his choice to make; the reasons are personal to him. He does have other properties, as do alternate landlords. There must be a solution.

Like the swimming pool, the Fir Tree, the butchers, and the greengrocers, if an alternate local property can't be found, then A Tavola will soon be gone too, reconciled to nostalgic tones of 'remember when we had that fantastic Sicilian place'. We cannot afford for that to happen. Not now. Not during a recession. Not during covid. Not when Reddish has turned the corner and is being seen as an enticing prospect for investment.

This is why we must fight to keep A Tavola in Reddish.



Jez Myers is the co-founder of Reddish News (www.facebook.com/reddishnews) and passionately believes in holding onto Reddish's prized assets.

TRANSFORMING STOCKPORT

Stockport Council has published two new prospectuses detailing plans that will take forward its ambition to make Stockport the location of choice in Greater Manchester to live, work, play and connect.

The Infrastructure Plan sets out the work that needs to be carried out in the Town Centre and Mayoral Development Corporation (MDC) area to ensure that Stockport is well equipped for the future and that the infrastructure helps its communities to thrive.

The plan recognises that there is a clear need to provide world class infrastructure to create a Smart Town which creates a sustainable and resilient place, and details comprehensive plans for digital infrastructure, tackling climate change, connectivity, place, smart utilities, regeneration and investment.

The Stockport Station Growth Prospectus focuses on the importance of further investment in and around Stockport Station over the next 10-12 years and is a key part of the Council's

growth strategy and supporting the vision of the MDC.

Stockport is already one of the best-connected town's in the North West, handling over five million rail users a year. Plans will see a refreshed, modern and future-ready gateway to the town, Greater Manchester and beyond, and will act as a resilient interchange to add capacity to the North's rail network.

The document has been developed in discussion with the rail industry and Transport for Greater Manchester (TfGM), as well as private developers.

Cllr Elise Wilson, Leader of Stockport Council, said: "We've already led the way with a hugely ambitious town centre regeneration programme and with the recently created Mayoral Development Corporation (MDC) which will deliver the comprehensive regeneration of Town Centre West. The purpose of the MDC is to facilitate growth and change with a cutting edge urban neighbourhood, and with a revitalised station at its heart, it will provide outstanding connectivity.



"We need to ensure that we are providing the best possible place for people to live, work, and play and to realise our long term ambition to make Stockport town centre the best place it can be.

"There's a lot of work to do but we're an ambitious and forward thinking borough and we are committed to making sure that this is a success."

Cllr David Meller, Cabinet Member for Regeneration and Economy at Stockport Council, said: "These are ambitious projects and we need to put the building blocks in place now to help us achieve our aspirations for an additional 11,500 people calling the town centre 'home'.

"Our plans will have a huge impact on central Stockport and will ensure that we are well placed to deal with any future changes, attracting world-

class businesses and strengthening our position as one of Greater Manchester's most desirable residential locations."

Stockport MDC is the first of its kind nationally to focus on a town centre, turning the ambitious new plans for Stockport's Town Centre West into a reality. The MDC is a new approach to tackling the challenges that town centres face and it will lead to the creation of a new urban village with up to 3,500 new homes and up to 1,000,000 sq.ft of employment floorspace incorporating a mix of office, workshops, retail and leisure, health and education which could accommodate up to 5,300 jobs.

To view the prospectuses and find out more, visit: www.stockportmdc.co.uk

CENTRAL LIBRARY REMAINS

Stockport Council has confirmed that the proposed move of library services and other services, including digital access and local history displays, into a new 'One Stockport Hub' is a temporary move to address the current challenges of opening Central Library and Stockport Museum due to covid.

Last month, the Council announced plans to create a 'One Stockport Hub' and invited people to give feedback via an online consultation. Following the launch of the consultation a number of concerns have been raised by residents about the future of the Central Library building.

During the presentation of the proposal at Cabinet on 6 October, Cllr Tom McGee, presenting the paper, clarified that a decision has not been made in respect of any proposals for the future use of Central Library and any permanent move of services from the Central Library building – for example, as the result of a successful Future High Street Fund bid - would be subject to further consultation.

Located in Mersey Square, in a unit formerly occupied by Argos, the Hub would provide a cultural and social experience, including a library service, in the heart of the town centre for both Stockport residents and visitors.

Library services currently located at Central Library on the A6 would be provided from the One Stockport Hub, in a move that would mean the service would be more accessible to shoppers and visitors.



In light of feedback received during the consultation process, the council has clarified that the move to Mersey Square would be a temporary measure, due to the difficulty of providing a covid secure environment at Central Library.

Cllr Tom McGee, Deputy Leader of Stockport Council said: "We have had a great response to the consultation so far and I would like to thank those that have taken the time to provide us with valuable feedback.

"For the avoidance of doubt, we have added FAQs to the consultation, which clearly state that the relocation

is a temporary solution. I would like to apologise if this has led to any confusion. I want to be very clear that we are not proposing to permanently cease provision of library services at Central Library, which is why the consultation does not include questions about the future of the Central Library building."

Cllr Kate Butler, Cabinet Member for Citizen Focus and Engagement, whose portfolio includes the libraries service and museums, said, "One Stockport Hub represents an opportunity to bring together a number of services in a central location, with high footfall, near to transport and parking whilst

covid continues to affect the way in which we can deliver our usual services.

"Across the UK library usage is declining and we want to see more people taking advantage of our library offer. We also want local people to continue to experience our rich local history. This temporary location provides an opportunity to wider awareness of, and access to, these important services."

LIFESTYLE & GARDENING

ON THE FLIP SIDE...

In our regular feature, two women - a local mum and her teenage daughter - discuss the issues hitting the headlines from each of their differing perspectives.

Over to our local mum and daughter for their thoughts...

Do you think Donald Trump really did have coronavirus?

Mum

I really doubt that he did. He seems to have made a miraculously speedy recovery.

Daughter

We know that other people around him did contract it, but you would imagine that people are kept at a safe distance from the president most of the time.

Mum

For me hearing such conflicting reports about his treatment, and the date that he was found to be positive makes me suspicious.

Daughter

His closest advisors were tested every two hours on some days apparently, so you would think that as soon as anyone was tested positive around him, he would have been quarantined immediately.

Mum

He has always downplayed this virus, it suits him to say he has been infected and recovered. It shows him as a super-human and it helps him defend his lax policies on mask-wearing and social distancing.

Daughter

You would imagine he would be quite vulnerable to the virus and that he would have been really poorly if he had contracted it, given his age and his weight.

Mum

Exactly, and it seems unlikely that the President of the United States



would have been given a treatment that was untried, so did he have any treatment at all? Was it all a hoax, I wonder?

Daughter

There are a lot of conspiracy theorists now saying that the US Government has a cure and they are withholding it from worldwide supply.

Mum

This being so close to the election and just when his tax avoidance was making headline news, the whole idea of him contracting Covid-19 could have been hatched as a PR plan to court sympathy.

Daughter

It is entirely possible, we know he can't stay out of the news and he always shapes a story to show him in a positive light, no matter how incredulous it seems.

Mum

It is so dangerous though if that is the case. People should be able to look to their leaders to operate with authenticity and integrity, they are duty bound to serve the public good above their own self-interest. Let's see what the result on the 3 November brings.

If you have an idea for a topic you would like to see discussed from two different perspectives in On The Flip Side, please email us: news@heatonspost.co.uk

ADVERTORIAL

INSPIRING RETIREMENT

by Anna Thomas



Construction begins on retirement living apartments in Heaton Mersey

The new development, on Woodlands Road in Heaton Mersey, will offer an innovative approach to independent living so Homeowners don't have to compromise on their lifestyle, their social life or their independence.

Alexandra Johnson, Sales and Marketing Director for Adlington Retirement Living, said: "We believe that later life doesn't have to mean sacrificing the things you love. Retiring should be inspiring. Our approach respects our Homeowners' privacy, surrounds them with friendly, like-minded people and supports their health and wellbeing today and in the future."

Due to open at the end of 2021, The Woodlands will comprise 63 retirement living apartments for the over 55s, featuring a Homeowners' lounge, table service restaurant, hairdressing salon, therapy suite and fully maintained gardens.

A selection of one, two- and three-bedroom apartments will be available, all designed to make everyday life easier, safer and more comfortable. Every detail has been considered from the natural light and user-friendly layout to the spacious storage cupboards and private patios or balconies.

Quality fixtures and fittings will include hardwearing 80% wool carpets that reduce heat loss and add a touch of luxury, feature fireplaces, fully fitted kitchens with integrated appliances

and specially designed wet rooms. Optional personal care packages will be available tailored to individuals' needs and a 24-hour emergency call system is linked to a dedicated on-site support team, 365 days a year.

"We're noticing more and more people choosing to move to upmarket and aspirational retirement communities whilst they're fit and healthy - to future-proof retirement with peace of mind for the years ahead, and also to free up more time to focus on enjoying life."

Adlington Retirement Living develops and operates high-end, purpose-built retirement communities in the North West and Yorkshire.

Three Adlington Retirement Living communities have won Gold, Silver and Bronze Awards for the Best Retirement Living Development in the UK at the WhatHouse? Awards, the UK housebuilding's most prestigious event. The Bridges in Macclesfield won the Silver Award in 2019, Adlington House in Otley won the Gold Award in 2017 and Adlington House in Portishead won the Bronze Award in 2015.

The judges recognised both the spacious, superbly appointed apartments and the unique approach to independent living, praising the fact that Adlington Homeowners don't have to compromise on their independence, privacy and social life.

For more information on Adlington Retirement Living please visit www.adlington.co.uk.

Family Histories

Ever wondered about your family history and interested in discovering more about your ancestors?



Discover your family tree with Family Historian Mary James and receive your very own tree document.

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YOUR ENVIRONMENT

HYCC PITCH TO THEIR MP

by Kevin Bradford



A young group of passionate campaigners have pitched a series of recommendations to the Stockport MP aimed at tackling climate change.

The three members of the Heaton Youth Climate Commission used the webinar with Nav Mishra to call on politicians, businesses, and individuals to adopt the suggestions for the benefit of future generations.

The ideas discussed and agreed by the commissioners included:

- Forming a Stockport Youth Climate Citizens Assembly, which would give suggestions on climate action in the area, and then present to a specially convened session of the council.
- Promoting Meat-Free Mondays in schools and colleges, supported by an integrated education package looking at the environmental benefits.
- Converting public bins to provide recycling options in parks and green spaces.

Mr Mishra welcomed the opportunity to meet with the Youth Commission and said he was supportive of the ideas.

"I think climate change will impact our youngest people a lot more than perhaps people of my age, because the future is theirs" he added.

"It's really important people, especially young people, think more about all these issues because in my view climate change is the biggest catastrophe facing humankind."

The suggestions were delivered as part of the closing session of The Heaton Climate Action Festival, organised by Sustainable Living in the Heaton.

And the commissioners now hope it is the start of regular discussions with politicians in the area.

Connie, one of the climate commissioners, said: "I'm really excited of how we can take these conversations forward and start putting our thoughts and ideas into action and actually change things."

Another of the commissioners, Hannah, added: "I'm really pleased we've managed to have this opportunity and I think it's going to be a massive stepping stone not just for us, but for young people all over the local area, and hopefully expanding across the world."

And Mr Mishra was also positive about future opportunities.

"These recommendations are excellent, but this isn't the end of the conversation," he said.

"When things return to normal a bit more, I'd love to meet your group in person but also young people, and hopefully we can get things moving."



DON'T DIG BLIND

One in five people in the North West have hit an underground pipe or cable whilst digging, or know someone that has, with eight percent of these incidents resulting in injury, according to new research into safe digging practices in the UK. On top of this, 26 percent of North West residents have been severely disrupted by a key pipe or cable being struck mistakenly by someone else.

For some working in specific trades, the problem is even more severe, with more than two in five of the nation's builders and 36 percent of farmers admitting to either striking a pipe or cable themselves or knowing a colleague who has.

The study, commissioned by the nation's leading underground mapping provider, LSBUD, found that 24 percent of people in the North West don't bother to check for underground pipes and cables before a spade or digger hits the ground.

Richard Broome, Managing Director at LSBUD, comments: "It is great to

hear that 76 percent of people living in the North West now search before they dig, because it means our vital safe digging message is getting through. The major worry for me is that remaining quarter or so of people who never search before digging. Given the huge amount of work people have been doing to their homes and gardens during lockdown, and still plan to do, the potential for injury or worse, is very real."

In addition to avoiding potentially life changing injuries, there are plenty of other reasons why people should do more to avoid hitting a pipe or cable.

Richard Broome again: "Modern life is so reliant on broadband, water, gas and electricity that we struggle to operate without them – no one wants a major utility accidentally cut off."

"Beyond costs and inconvenience," adds Richard Broome, "absolutely no one wants to be the person who cuts off the utilities in their neighbourhood or causes a major flood by hitting a water main."



HEATONS POST 2021 CALENDAR!

Featuring Heaton & Reddish scenery from local photographers - £5 per calendar

(all proceeds go towards keeping Heaton Post in print)

Pre-order now:

news@heatonspost.co.uk



A34 IMPROVEMENTS

Stockport Council is asking residents for their views on a raft of improvements proposed along the A34 corridor as part of a Government-backed scheme.

In 2018, the Government designated the A34 as part of a Major Road Network (MRN) of routes which they were seeking to improve.

In February 2020, the Government awarded a grant to Stockport Council to develop proposals for part of the A34 in the Borough.

Cllr David Meller, Cabinet Member

for Economy and Regeneration, said: "The A34 is an incredibly important road for Stockport and its residents and we want them to tell us what they think of these proposals.

"We believe this new scheme, which includes enhancing and improving the borough's cycling and walking links, will help to encourage active travel and ensure journey times are improved.

"This scheme is much more than just focusing on cars: its aim is to encourage and support more

sustainable forms of transportation.

"The council understands that in recent years a substantial amount of work has taken place on the A34 but this is a fantastic opportunity to create a designated, safe, cycleway along the length of the corridor.

"It also shows the council's ambitions to change the mindset of how our residents travel to work and help us cement our belief in the Greater Manchester Cycle Bee Network and the positives that it will bring to the borough and the environment."

The scheme, if approved, would also complement a Bus Rapid Transit (BRT) proposal that is also in the pipeline for the A34 corridor.

If funding is awarded by the Department for Transport, the council anticipates construction to take place in a phased approach between mid-2022 and 2025.

The consultation is now open and ends on 13 November. A summary of the proposals can be viewed online at: www.stockport.gov.uk/consultations

WHAT'S ON?

. QUALITY . LOCAL .
. FRIENDLY . SAFE .
ARTISAN MARKETS



REDDISH FESTIVE

WORKER BEE MARKET

**Broadstone Mill Car Park
Broadstone Road, SK5 7DL**

**Saturday 14 November
11am - 3pm**

workerbeemarkets.wordpress.com

COMING NEXT YEAR Worker Bee Artisan Awards
sponsored by Snapes Estate Agents

WHAT'S ON & LOCATION	TIME & DATE	MORE INFO
Heaton Moor Producers Market Shaw Road, Heaton Moor	Sunday, 01 Nov 10:30-14:30	www.heatonmoormarket.com
Heaton Mersey Artisan Market St John's Road, Heaton Mersey	Saturday, 14 Nov 11:00-15:00	www.heatonmoormarket.com
Worker Bee Market Broadstone Mill, Reddish	Saturday, 14 Nov 11:00-15:00	www.workerbeemarkets.wordpress.com
Christmas at Dunham Massey National Trust Dunham Massey	From 20 November	www.nationaltrust.org.uk/dunham-massey
Lightopia Festival Heaton Park, Manchester	From 20 November	www.lightopiafestival.com
Heaton Moor Producers Market Shaw Road, Heaton Moor	Sunday, 06 Dec 11:00 - 18:00	www.heatonmoormarket.com
Heatons Christmas Trail Shops throughout the Heatons	Sunday, 06 Dec - Thurs 24 Dec	www.fourheatons.co.uk

POP UP Christmas & Gift Shop

6th & 7th November 2020
10am to 3pm



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Social distancing measures in place

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6th - 24th DECEMBER

Gingerbread Houses will be popping up in shops throughout the Heatons and we need your help to find them!

Download a trail sheet online from www.fourheatons.co.uk to find out which shops are taking part and get hunting!

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CULTURE

LIGHTOPIA LIGHTS UP MANCHESTER

by Jessica Rogers



Following its European debut in Manchester last year, the award-winning and visually spectacular lantern and light festival, Lightopia, is returning to Heaton Park from the 20 November 2020 until 3 January 2021.

Explore interactive exhibits and immersive light installations through the magical illuminated trail. This year's event will also feature new creations to discover, including a stand-out Christmas showcase, Astronomy display, and the immersive Musical City; with all the favourites from last year, including the antler-

framed arch of the Love Gate, the sparkling branches of the Tree of Life and the state-of-the-art Lakeside water show.

Lightopia will also host a brand-new area - a Local Heroes display - dedicated to those on the COVID-19 frontline. The Local Heroes walkway will be magically lit to reveal a beautiful, colourful rainbow display, with the words 'Thank You' lit up in front of the well-regarded symbol of 2020.

The large, heartfelt creation will make

for the perfect photo backdrop for families and friends and a way for people to show their appreciation for all the city's heroes during the pandemic.

A new route has also been designed to create a safe environment, where Lightopians are able to see the sights safely with friends and family; there will be wider footpaths to maintain social distancing, three entry points to reduce queuing and direct access to two car parks. Shimmering walkways will mark the route direction, and extraordinary dragon sculptures will

lead the way to Lightopia's food stalls and licensed bars.

Book now at:
www.lightopiafestival.com

We would like to thank the Lightopia team for donating tickets for a family of four to visit Lightopia on available dates throughout the festival. These will be available for you to bid for through the Heaton's Post Silent Auction launching on Saturday, 28 November to raise money for Heaton's Post and local charities. Watch this space for the launch!

HEART OF THE HEATONS POETRY WINNERS 2020

HOTH WINNER POETRY OVER 25S

Golden Hour

by Matt Concannon

Losing focus on the 'normal' things we used to discuss,
streets abandoned by bee's who gave this city its buzz.
Capturing images of a town that used to be filled up with
fuss Even Golden Hour starts to adjust
Cos now it's just us.
Holding on to our loved ones

Check the camera, zoom in
Login, lockdown
With your lock down locks from being locked up now Longing
for you to stay home bound and out of town.

Question, Is this the new normal?
Stock loading and furlough.
Shops closed, no bog roll.

We need to stop taking things for granted,
And with slim chances of seeing our families
the overwhelming feelings enhances.
We broke the rules,
took chances
For Black Lives Matter
We risked groups Knelt and took stances
And
the government was too late with finance
Support,
Waiting for the next Downing Street report.
No jobs but must redeem sport.
But don't travel on public transport,
stay home and work alone, from home
Unless you can't work from home
Boris's ya rules are unknown

But We say
Thank you
to the people who keep working,
Keep serving,
Key working,

Clap at 8 for those nursing,
You kept your nerve
When times been unnerving.

Those locked in working
From home.
Elderly and vulnerable stuck on their own
Getting deliveries by local heroes.

Overloaded Amazon deliveries,
Deliveroos,
Just to Avoid Overcrowding queues,
hoping that the R rate starts to reduce.

We'll paint a rainbow in the window
From the ones forced on furlough
Praying the storm'll pass tomorrow.

These are Unprecedented dark times,
So I wrote this rhyme for those who've had to change their
lives, Lost a their lives
Hoping that we see the light.

I miss your bright smiles on faces, in familiar places Cos we
can only see gazes
And now masked.
But I know that under the superhero disguise there's always
a surprising
Laugh about the 'new look',
a city moved, globally shook,
Moving forward with a positive outlook
but we won't let it shake us down,
We will rise from lockdown
Worker bee rework this buzzing town
Cos
You can only swim up when you're starting to drown.

HOTH WINNER POETRY OVER 50S

Caught Unawares

by Dorinda Ann MacDowell

It's that lovely illuminating link which,
perhaps unnoticed for decades, leaps
into life and catches us unawares.

In that split second we may find
ourselves stunned by the tilt of
someone's head,
a transient glance,
a dimly remembered old photograph,
the way someone holds a pencil,
a half-forgotten smile.

With our senses heightened to another
age yet still remaining in the present
we may perceive, although dimly, those
ethereal and indestructible connections
which link us to a past time
and we are held there
for a passing moment.

A profound truth, then, is at our
fingertips: How very little we
understand....

CULTURE

HOTH 2020 WINNER FLASH FICTION

Sensory Overload

by Rachel Robbins

In the garden on a blanket, the sun was warm on their backs and Mum was reading to her daughter. She saw her daughter purse her lips and a fierce concentration as she mimicked her mother's mouth. Theresa looked at Emma's eyes. Emma looked at her mother's mouth. Emma said "Moo". Theresa gathered her baby in her arms and they both smiled. "My little baby is a genius. She can speak. You can speak." For Theresa, the connection was complete.

Theresa texted her partner – 'Emma has said her first word.' There was a string of love emojis.

Emma's first full sentence – "The bannister is wet." Theresa was picking her up from nursery from another dull day at her dull job, but the clarity of her daughter's language made her heart sing. Emma smiled when her mother smiled. But she would not touch the wet bannister.

As she sorted her toys into ever increasingly complex categories,

Emma gobbled up words – 'exemplary', 'vicarious', 'pernicious', 'infectious', 'agoraphobia'. She would whisper them under her breath – the more syllables the better.

Emma developed a vocabulary beyond her years and a determined focus that could shut others out. She excelled at school. She won prizes for literacy and reading at primary school. She memorized Shakespearean soliloquies.

At secondary school she became known as quirky. Her English teacher called her 'idiosyncratic'. He liked the challenges she made.

But now Emma talks less. She says very little except to comment on how much it all hurts and nobody understands how tired she is. Every sound she hears itches her brain. She can hear electricity hum, Theresa's sniffles, her Dad's footsteps. She can't filter out the woosh of the heating, the squeak of her chair, the

traffic outside. And it was true, Theresa did not understand.

"But know this", Theresa thinks, "If I could, I would take away the pain. If I could, I would make you comfortable in your own skin. But I would not take away your brilliance, your ability to find connections that others miss. I love your dryness of humour. Your knowledge that a hug from you is special. I love you. I love your words. I know your struggle to articulate how you cope and how you're feeling. You know the words, but you can't connect them to your anguish and frustration. And your emotions don't know how to communicate through your face. I know that for you feeling anything can be overwhelming. Please know, I will fight for you."

Emma wants to separate. Theresa's job is to keep her connected.



RANDOM OVERHEARD IN THE HEATONS

Our roving raconteur, the flaneur of the Heatons and beyond, known for gracing our (mostly) licensed places and spaces (remember those...?)... described as The Patron of Debauchery, a lighthearted literatus, the wandering adventures of a solo Twitterer usually from a socially distant pavement near you.

Sarcasm frequent, drops of kindness rare and small.

You have been warned folks.

Here goes...

#RandomOverheard

'You know I kept my coat on indoors the other day, and when I went out I did indeed feel the benefit...I don't know how to break it to mother...'

Lady at till loads wine then tea bags: 'Yes that's dinner and breakfast...in case you were wondering...'

In shop, guy hugging lucozade and grasping paracetamol: 'Can I just...?' 'Sorry mate...'

*indicates huge queue
'FGS!!! I've been here ages!!'
'So have we all mate...how's that hangover going...?'

'...well I was rushing for the train but I'd just put a load of fake tan on my legs so I had to dry it off with the hairdryer...'
'Kind of like a new take on Hot Legs really...'

'...Rule of six eh...gonna be a bummer about Christmas then...'
'Oh I don't know...I'm actually looking forward to it for once...it's a blinkin' godsend to be honest...'
<silence>

'...they say leaving out a bowl of beer gets rid of the slugs and snails...'
'Yeah, I tried that...when I went back to check, it was completely empty...I think every cat for miles around must have been having a party that night...'

'Yeah, I've got the perfect Covid test...works every time...'
'?'
'I pour a glass of brandy and if I can smell and taste it, I'm fine...'

'You know, a guy asking for your number used to be exciting...'
*sighs

'Oh white wine today madam...? Is that large or small?'
'Listen honey, the colour may change but the size definitely doesn't...'
*winks

'...so I ended up with my legs just going from under me...!!'
'It's called alcohol...'
'Well I knew I was tipsy but I was pretty focussed... with effort...y'know...'
'Ah...the spirit is willing but the flesh is weak...'
'Jeez!'
'Yep, that's him'

'...she said she had nothing in the fridge but Champagne...so I went home via the chippy instead...'

MUSIC

STILL SPINNING SOME MUSICAL MAGIC...

by Andy Rayner

With 99% of all live performances coming to a crashing halt because of the current Covid crisis, it's good to report that Stockport's one and only dedicated music venue has bucked the trend. The Spinning Top, on Wellington Road South, opened its doors to live gigs again in early September shortly after the national lockdown was lifted.

It's six years now since former courier driver Mike Swann, originally from Devon, realised a lifelong dream to open 'a craft ale bar with food and some live music' and found the perfect venue on the ground floor of the building that also houses the Garrick Theatre. Since then, the food has been put on the back burner as the emphasis on live music (and good beer!) has made the 100 capacity venue the place to visit for all local music fans.

Mike describes the venue as 'multi-genre' although the emphasis does seem to be on blues and rock with the venue regularly playing host to established local favourites such as George Borowski, The Drones and The Distractions - as well as encouraging younger bands such as the Heatons own Derailer. Stockport Blues Society also calls it home, and when local legend Norman Beaker appears there's always a full house.



Mike has managed to remain surprisingly upbeat and positive despite the present difficulties. "During lockdown we managed to do some important refurbishment" he says. "If we hadn't been forced to close I don't think we would ever have got round to fitting the new floor and stage." At the time of writing, the threat of moving into Tier 3 is hanging over the area – how would the venue respond if we were forced into another lockdown? "Under Tier 3, venues serving food can stay open" was the reply – "you could see the quickest kitchen refurb in history!"

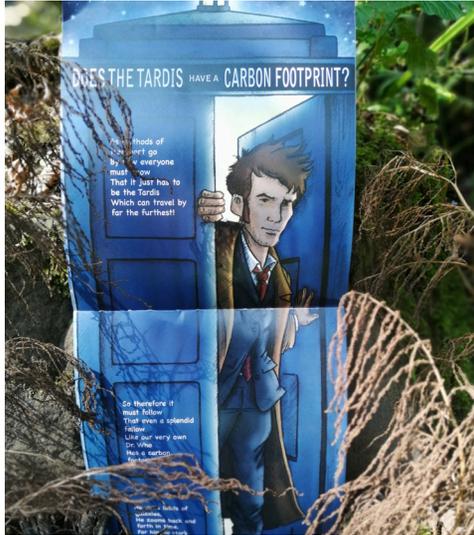
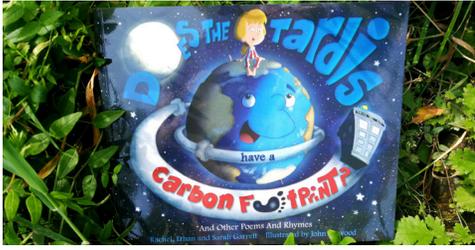
Mike's even found time to hone his own guitar skills, forming the duo 'Montgomery-Swann' with popular local singer Mandy Montgomery. Watch out for them and many other exciting acts coming to the Spinning Top – the Stockport venue determined to keep music live despite all the problems.

Keep an eye out for future gigs by visiting: www.facebook.com/



Andy Rayner writes a regular monthly column on all genres of music in the Heatons – contact him with your music news at: news@heatonspost.co.uk

LOCAL SCHOOL UPDATE



Dear Children of the Heaton's,

You have just had the wonderful Heaton's Climate Action Festival celebrating the natural world and encouraging everyone to take good care of it. I am sure you and your mums and dads learnt a lot. We have all started to learn how we must hurry up and take good care of our planet.

David Attenborough, the marvelous wildlife person, has told us if we don't it will be too late. No more excuses. Wait a minute – 'No more excuses?' That reminds me of something... Oh, I know, it reminds me of a poem in our book, 'Does the Tardis Have a Carbon Footprint?'

The poems in this book were written by two children, Rachel aged 11 and Ethan aged 9. That was eleven years

ago, and they have grown up now, but they still care about the environment. Their poems are inspirational!

At Seven Arches Publishing, we are planning a new book of poems by children and young people about the beautiful world we live in and how we MUST look after it.

Can you write us a poem and draw a picture to go with it?

Ask dads, mums, grans, grandads anyone to help you (even your teacher). Tell them there are brilliant tips on poetry writing at the back of the book.

You need to go on to our website: www.sevenarchespublishing.co.uk or Facebook page: www.facebook.com/doesthetardis/ to see how to take part. Happy writing!

RAISING FUNDS FOR KIDSCAN

The Heaton's Preschool and Day Nursery, and The Heaton's at St. Paul's, are raising the money for Kidscan, which is a Salford-based charity that funds and manages research into new and improved treatments for children with cancer.

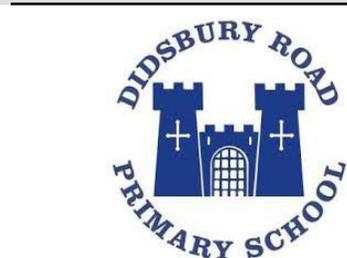
Kidscan is a charity close to the hearts of Marie and the team at The Heaton's, as she, and a number of the staff, had the pleasure of teaching a little girl called Gracie in the school they worked at before they opened The Heaton's.

Gracie was an Ambassador for Kidscan and the face of their 'I miss' campaign in 2016. Gracie was diagnosed with

an aggressive brain tumour at two and sadly died in March 2017.

Gracie was an amazing little girl and made such an impact to many people's lives, in such a short time. Gracie's two siblings are part of The Heaton's family at their Didsbury Road site.

The Heaton's team are holding lots of fundraising activities throughout Nursery and they are holding a great raffle, with excellent prizes donated from lots of local people and businesses. See their Facebook page for more information or to buy tickets. For more information about Kidscan visit: www.kidscan.org.uk



Two children from Didsbury Road Primary School wrote to the Heaton's Post to explain how they feel about school and the pandemic.

REASONS WHY I MISS SCHOOL

by Matilda, age 10, Didsbury Road Primary School

I miss my friends and my teachers. I miss my daily routine and I miss the classroom. I want to go back to seeing my friends and playing together. I love working and learning new things every day in a safe and friendly environment. I really want to go back to school.

THE MERSEY VALE HARVEST

by Jayne Mullane, Headteacher

For many years around Harvest time, Mersey Vale Primary School has a collection of food items to help local homeless people through The Wellspring. This is a fantastic charity which does so much to support homeless and disadvantaged people in Stockport.

Each year, The Wellspring volunteers prepare, cook and serve 50,000 free meals. The charity also helps over 4,000 people to get, and into, accommodation and they do this without funding from the council, government or the lottery.

In September, we were sent a Harvest Festival Wish List of items including coffee, sugar, cereal, tinned vegetables, tinned meats, tinned puddings and biscuits that are needed to restock the shelves at The Wellspring. Members of our school community have, once again, been incredibly generous and donated a huge amount of food which has been displayed in school. There's more than ever this year and it's piled high waiting to be collected.



Thank you to children, parents and staff for being so kind! Children have also learnt about the great work of The Wellspring and the many challenges that some people face. When asked about why we collect for The Wellspring each year Dween, Imogen, Melissa and Oliver from our Year 6 class said, "Often people have no choice but to live on the streets. It's important that we share what we have, care for others and not be selfish ourselves."

EVERYTHING IS BLOOMING AT TITHE BARN

by Pippa, Year 6

A lot of things have been very different at Tithe Barn Primary since we returned to school in September. We are very determined though to carry on with as many of our regular customs as we can

One of these is our annual autumn flower festival. Usually our children from Years two to six create a floral arrangement based on one of a number of themes. They then pay an entry fee and are entered into a competition. This is usually judged by a local celebrity - for the last few years this has been Bob, our school lollipop man. All of the entrance fees are then given to a local charity - for the past few years this has been Francis House, the children's hospice. This year because we are all in pods and not mixing, the competition has had to go virtual.



• Pippa & her two brothers

The children have created their arrangements at home and then sent photographs into school. They have then been put into a virtual exhibition which everyone in the school community will be able to view. Judging will take place over the next few days, but to be honest who wins doesn't really matter, we have a lot of fun creating the arrangements and are able to raise some money for a fabulous cause.

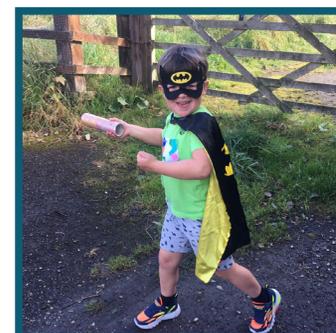
HAPPY TO BE BACK AT SCHOOL

by Zain, aged 9, Didsbury Road Primary School

When the pandemic arrived in March a lockdown was announced in the UK. Things felt abnormal and we could not visit our friends and relatives. In the lockdown I learned how to ride a bike and I made pizzas as well every day.

School reopened and I felt ecstatic going back to school. I loved going back to school and meeting my friends. However, things felt different. For instance, we had

food in the cafeteria, now we were having food in the classroom. We were told to wash our hands or sanitize more often. It was going to be so much fun to be back in school because I felt bored and going back to school gives me something to do. Lastly, I would love to say that I am grateful that I remained safe. The lockdown was so much hardship but now I am happy to be back at school once again.



ST. JOHN'S MARATHON

by Adele Burns

Pupils at St John's CE Primary School in Heaton Mersey went the extra mile on Sunday, 4 October by taking part in a socially-distanced relay marathon.

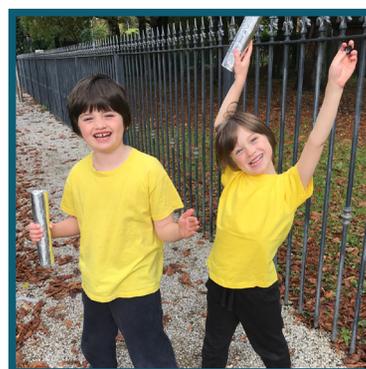
To celebrate the 40th London Marathon, the children ran 26 miles between them, passing a "virtual baton" to each other in a socially distanced way. The route took them all over Heaton Moor and Heaton Mersey, culminating in the final leg to the school.

Headteacher, Mr Rayner said: "Our pupils love a challenge and what better way to get active and do something so

physical to raise money for our school. The spirit and enthusiasm of the children taking part was outstanding and it was fantastic to see them all running around our neighbourhood.

"We're not able to run our usual events due to the pandemic so this relay marathon was a great way to raise some much-needed funds for the school and create some wonderful memories for the children."

So far, the school has raised more than £1,500 which will be used to fund vital IT equipment.



PHOTOS: Pupils at St John's CE Primary School running a socially distanced, relay marathon in sibling groups

PRIESTNALL MARKS WORLD MENTAL HEALTH DAY

by Nicola Condron, School Wellbeing Lead



Saturday, 10 October was World Mental Health Day – a day that has been recognised internationally since 1992 and encourages mental health education, awareness and advocacy against the social stigma attached to mental health.

Obviously, we were not going to be in school on Saturday 10 October, but myself and Ms Marsden thought it was so important to recognise this day and felt it fitted in with everything we have been working on since opening the Wellbeing Room back in February 2019. Therefore, we decided that Priestnall School would celebrate World Mental Health Day on the week beginning Monday, 5 October - Friday, 9 October and chose to support the charity YoungMinds with their #HelloYellow campaign.

YoungMinds is the UK's leading charity committed to improving the emotional wellbeing and mental health for children and young people. The charity finds that 'three children in every classroom have a mental health problem' and strive to support these children throughout their time in education. We feel that the work we have done - and continue to do - from the Wellbeing Room echoes this ideology, so we felt this was an excellent opportunity to raise funds, spirits and awareness as well as showing solidarity on a topic we are so passionate about for our students.

At the start of the week, Learning Coordinators launched the campaign by presenting students with resources and videos to show the importance of World Mental Health Day. Students were encouraged to discuss their understanding of mental health and the importance of maintaining positive mental wellbeing before working through some fun activities such as playing Wellbeing Bingo

and completing a five-step Wellbeing Challenge.

Of course, we were limited as to what we could do in terms of celebrations - we had planned to do a cake sale and photobooth for students, but unfortunately current restrictions would not allow for this. Nevertheless, this did not dampen the students' spirits to get involved and it was fantastic to see some form groups even creating their very own #HelloYellow bunting to display in their form rooms to mark the occasion.

On Friday, 9 October, students were invited to wear their own clothes to school and encouraged to add an item of yellow if possible; they did not disappoint! It was absolutely amazing to see the various shades of yellow brightening the corridors throughout the day. It's incredible what a splash of colour can do! Please see the new banner on the homepage of the school website for images of our wonderful students and staff, including Ms Marsden and I showing off our home-made tutus!

In addition to this, students were given the opportunity to make a donation of £1 with half of the proceeds being donated to YoungMinds and the other half being put towards ongoing interventions and projects taking place in our very own Wellbeing Room. The total raised has not yet been calculated but we will be sure to inform our Priestnall family how much was raised as soon as we know.

This half term has certainly been a challenge for students and staff alike. We have all had to familiarise ourselves with new guidelines and rules which has definitely been a test for us all. However, I continue to be wholeheartedly impressed with our students and the resilience, courage,



and patience they show.

Although the road ahead may appear to be a bumpy one for us all, please know that here at Priestnall we will be doing everything we can to make it as straightforward as we can for our students. The mental health and wellbeing of our young people is paramount to the Wellbeing Team and we are as dedicated as ever to support them through these times.

You may be aware that we recently had a film crew in school to record a virtual open evening for prospective Year six pupils. This is now available to view on our school website and includes a section about the Wellbeing Room. This is a great opportunity for you to see The Wellbeing Room we have created for our students as well as hearing from some of our Wellbeing Ambassadors about our plans for the future.

Finally, if you are a Priestnall parent or carer, please continue to guide your son or daughter to the Wellbeing page on the Frog. They will find a wealth of regularly updated information pages, advice, resources and links for students to make use of should they ever need to.

Our social media pages are open to the public and can be found using the following handles:

Twitter - @roomwellbeing
Instagram - @priestnall_wellbeing



LOCAL BUSINESS NEWS

LOCAL BUSINESS AWARDS

Andrew Gwynne MP
for Denton and Reddish



NEWS

Gwynne launches annual local business awards

STANDING UP FOR AUDENSHAW, DENTON, DUKINFIELD, HEATON CHAPEL, HEATON NORRIS & REDDISH

Andrew Gwynne, MP for Denton and Reddish, has opened nominations for his 2020 Local Business Awards.

Gwynne is encouraging constituents to nominate their favourite local businesses from across the constituency for the awards, which celebrate their contribution to the local economy and communities.

Last year, over 4,000 nominations were received from constituents for over 250 local businesses across Audenshaw, Denton, Dukinfield and Reddish. There were winners for each of the seven wards that make up the constituency and one overall winner.

The winner of the awards will be announced on Small Business Saturday, which this year is 5 December.

Andrew Gwynne said: "It has been

an incredibly difficult time for our local businesses. The pandemic and lockdown have threatened the survival of many and it is clear that we are still some way from a return to anything like normality.

"This makes it more important than ever that we celebrate the local businesses that we love and the contribution they make to our lives and communities.

"I would encourage all constituents to show their appreciation by nominating their favourites on my website."

You can nominate your favourite local businesses on Andrew Gwynne's website: www.andrewgwynne.co.uk/local-business-awards-2020/

All nominees need to be in the Denton and Reddish constituency.

CYCLING FOR PARKINSONS

Nicholas Harris, owner of B'Spoke Coffee, took on the challenge of cycling 180 miles in just three days in aid of Parkinson's UK.

Nick says, "I wanted to support Parkinson's UK as I know people affected and it is also my wife's research area at the University of Manchester."

Initially, Nick had planned to cycle from London to Bruges in Belgium back in June, but, unfortunately, this had to be cancelled. The plan was then to cycle from Stockport to Swansea via Bristol in October. Ultimately, due to current restrictions, Nick decided to complete rides which involved coming back to Stockport each day.

"The first day was hard but enjoyable with pleasant weather" says Nick, "After the second day being a bit of a wash out with punctures, I managed to push through day three in the pouring rain to reach my target."

Nick completed 85 miles on the first day, 40 miles on the second day, and 60 miles on the final day.

Nick tells us: "The hardest part was



figuring out how to reseal a tubeless tyre and despite my bike being in good shape, I unexpectedly needed to do so many repairs."

Getting home to his family on the final day and sorting out those tubeless tyres were the most satisfying things about the ride.

To date, Nick has raised £1100. To donate, please see: www.justgiving.com/fundraising/nicholas-harris6

CLIMATE ACTION IN THE BUSINESS COMMUNITY



As part of the very first Heaton's Action Climate Festival back in September, the Climate Action Ideas from Businesses in the Heaton's session held on Sunday, 20 September saw panellists discuss some of the inspiring ideas that are circulating among our local businesses and within our community.

Speakers included:

- Mark Glynn, Director of Place Management for Stockport MBC, the professional lead for the Councils Climate Change Action Plan, who talked about how the Council is facing climate challenges and how it is inviting a whole community response.
- Graeme Heyes, a specialist from Manchester Metropolitan University in sustainable business model innovation and environmental management, who develops frameworks that help businesses adapt to sustainability challenges.
- Stephen Dootson, the Commercial Director of KAST, experts in Renewable Energy and Low Carbon Technologies, who provide feasibility studies, energy reduction plans and project management to a wide range of sectors.

Representing the Heaton's business community and discussing the initiatives that have been put in place locally, were restaurateur, Steve Pilling, and Director of Eco-me, Jodi Flannery.

Steve detailed many of the sustainable practices already in place throughout his establishments, as well as looking at areas he would like to focus on in the future. These include replacing current delivery vehicles with electric cars and an annual sustainability audit.

As a founding member of the 4 Heaton's Traders Association's (4HTA) #KickThePlastic campaign, Jodi has helped to organise inspirational local events and initiatives to help the community reduce plastic waste and pollution. Jodi discussed the issues with current recycling and composting schemes, and looked at a take-away cup that is fully compostable in domestic recycling.

If you missed the live discussion, watch the video recording at: www.youtube.com/watch?v=oQRLzqD6F_E

SLH presents...



www.slheatons.org

@SLHeatons

HEATONS POST SILENT AUCTION

Heaton's Post is organising a Christmas Silent Auction in support of our not-for-profit newspaper and local community group fundraising.



Would your business be able to donate an item for auction?

Auction Date: 28 November - 13 December

Please confirm auction items to: news@heatonspost.co.uk by 1 November

Shop 4 Heatons

At the beginning of October, the 4 Heatons Traders Association (4HTA) launched its locally-focused online shop.

Shop 4 Heatons is designed to enable small, independent businesses based within and around the Heatons to sell online, and to encourage more people to support local businesses by being able to purchase through a convenient, one-stop, local online shop.

Amanda Fourie, COO of the 4HTA, said, "The popularity and convenience of online shopping, particularly over the past few months, prompted us to implement an initiative that puts our small, local businesses at the centre."

"Now, as much as ever, we need to support our local businesses. There are so many fantastic businesses based within and around the Heatons - whether based from a physical shop or a non-shop business - that we wanted to ensure the community has access to all that is available locally."

Shop 4 Heatons works in a similar way to large national online shops such as Etsy or Not on the High Street, but very much has a local focus and includes everything from cakes, spice mixes and chocolates, to candles, skincare, home items, art, and books by local authors.

"Through buying on Shop 4 Heatons, customers know they are supporting a local business" Amanda says, "We

understand how busy life can get and it is not always easy to find the time to visit local shops or seek out local businesses that do not operate from a shop.

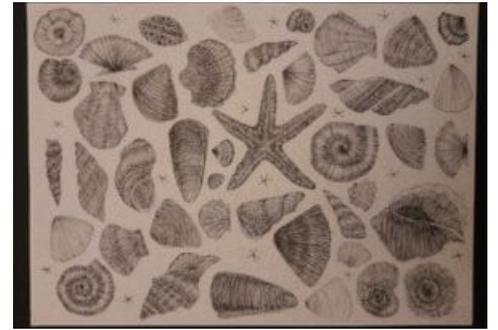
"With Shop 4 Heatons, a wide range of businesses can be accessed through one site, allowing customers to purchase from multiple sellers in one 'shop' at any time of day or night. Purchases are then delivered by the seller - either in person or through the mail."

There are a wide range of businesses and products available to buy on Shop 4 Heatons, while new sellers can register on the site for free at any time. Payment for purchases is made by card through a secure payment system making the whole process as simple as possible.

"It's amazing to see the wide range of products available from our small, independent businesses and Shop 4 Heatons is a great way to make those products available to more people. If anyone is looking to buy something that little bit different and support local businesses, particularly with Christmas coming up, Shop 4 Heatons is the perfect place to go."

Browse and shop on Shop 4 Heatons at: www.shop4heatons.com

To register as a seller, see: www.shop4heatons.com/sell/



CHEEKY CHAI

Cheeky Chai is a loose Leaf Tea company based in Stockport Indoor Market sharing their love and passion for all Teas. Our delicate, smooth breakfast brew will get your day off to an Amazing start! A Tea that keeps on giving!



www.shop4heatons.com/store/cheeky-chai/



JEWELLSY

Mel creates affordable bespoke and custom designed costume jewellery from glass, resin and mixed media beads suitable for any occasion. Get in touch for a gift for someone special or yourself! Prices start from £8 for bracelets and £15 for necklaces.



www.shop4heatons.com/store/jewellery/

FROCK GODDESS

A unique bridal/wedding shop! Not only do we sell a huge range of handmade gowns; but we also sell all things wedding related such as gifts, cards, confetti, accessories etc. Everything in our store is sustainable and /or ethical. Located upstairs in The Galleries, Broadstone Mill.



www.shop4heatons.com/store/frock-goddess/

4HTA #KICKTHEPLASTIC

Help reduce single use plastic with our #KickThePlastic organic cotton jute bags available in a choice of blue or green. Perfect for shopping, as storage bags, or to carry around everyday essentials.



www.shop4heatons.com/store/4-heatons-traders-association/

TREEHOUSE BAKERY

Treehouse Bakery takes the hard work out of plant based baking. We put together recipe boxes filled with the ingredients you need to become a star baker in your very own kitchen. Each recipe is easy to follow, 100% plant based, and comes wrapped in eco-friendly packaging.



www.shop4heatons.com/store/treehouse-bakery/

CLASSIFIEDS

Please contact news@heatonspost.co.uk to list your business, service, job vacancy, community group, kid's club, holiday clubs, items for sale.

<p>GROCERIES</p>	<p>Bernie's Hawthorn Grove, Moor Top Responsibly Sourced Grocery Store 07525 421 319 hello@provisionsgrocery.com</p>	<p>The Good Life Didsbury Rd, Heaton Mersey Ethically Sourced Zero Waste Groceries www.thegoodlifeheatons.com</p>	<p>Bakerlou Freshly Made Artisan Bread 07788 830 154 www.bakerlou.co.uk</p>	<p> Seed Urban Farm Eco Urban Farm & Store Specialising in Microgreens + Culinary Mushrooms Freshly delivered to Stockport 07830 222 871 hello@seedurbanfarm.co.uk www.seedurbanfarm.co.uk</p>	<p>Raja Brothers Shaw Rd, Heaton Moor General Groceries 07885 939 931</p>	
<p>DINING IN OR OUT</p>	<p>Kauri Fine Foods Freshly Made Meals 07951 468 833 info@kaurifinefoods.co.uk www.kaurifinefoods.co.uk</p>	<p>A Tavola Broadstone Rd, Reddish (Closed 17 Aug -9 Sept) Sicilian Restaurant offering Takeaway 07478 743 293 info@atavolastreetfood.co.uk www.atavolasicilianfood.co.uk</p>	<p>Grounded In The North Broadstone Rd, Reddish Brunch, Lunch, Coffee & Cakes 07814 686 939 Hello@groundedinthenorth.com www.groundedinthenorth.com</p>	<p>Roost Heaton Moor Rd, Heaton Moor Rotisserie Chicken & Wood Fired Pizza 0161 432 4666 manager@roosthm.com www.roosthm.com</p>	<p>The Barbecue School Lane, Heaton Chapel Sandwich Shop offering Takeaway & delivery 0161 432 4057 priestley.amanda@yahoo.com www.thebarbecue.co.uk</p>	<p>Cheshire Bakehouse Savoury Pastry Rolls 07710 052 051 info@thecheshirebakehouse.co.uk www.thecheshirebakehouse.co.uk</p>
<p>I Knead Pizza Gorton Rd, Reddish (Delivery via Uber Eats) Hand-stretched Neapolitan Pizza 0161 222 9890 lkneadpizza@outlook.com</p>	<p>The Spice Yard Freshly Made Indian Meals & Spice Blends 07834 359 272 hello@thespiceyard.com www.thespiceyard.com</p>	<p>BEVERAGES</p>	<p>Heaton Hops School Lane, Heaton Chapel Tap House & Bottle Shop heatonhops@gmail.com www.heatonhops.co.uk</p>	<p>Cork of the North Heaton Moor Rd, Heaton Moor Wine Shop 07717 860 107 marc@corkofthenorth.co.uk www.corkofthenorth.co.uk</p>	<p>Thirst Class Ale Station Road Industrial Estate, Reddish Artisan Beer 0161 442 0299 richard@thirstclassale.co.uk www.thirstclassale.co.uk</p>	<p>GIFTS & HOMEWARE</p>
<p>Flamingo Paperie Quality Cards, Stationery & Craft Kits 07972 352 699 heatherlovescards@gmail.com www.heatherlovescards.co.uk</p>	<p>Jewellery Custom Designed Jewellery, Accessories & Gifts 07818 422 722 orderjewellery@gmail.com www.jewellery.co.uk</p>	<p>Ben Sedman Photography Framed architectural photography 07738 558 639 bensedman@hotmail.com www.bensedmanphotography.com</p>	<p>Blue Door Flowers Heaton Moor Rd, Heaton Moor Flowers & Gifts 0161 432 2600 flower@bluedoorflowers.com www.bluedoorflowers.com</p>	<p>Chiselled Features By Paul Handmade Bespoke Personalised Gifts 07912 149 451 paul@chiselledfeatures.co.uk www.chiselledfeatures.co.uk</p>	<p>Glass Umbrella Art High Quality Art and Crafts hello@GlassUmbrellaArt.com www.GlassUmbrellaArt.com</p>	<p>Kitsch Republic Creative Homewares & Gifts 07957 444 195 angela@kitschrepublic.co.uk www.kitschrepublic.co.uk</p>
<p>SERVICES</p>	<p>Nettl Heaton Moor Rd, Heaton Moor Printing & Website Design 0161 975 5203 stockport@nettl.com www.nettlstockport.com</p>	<p> K's Mint Ironing Services Ironing Service 07753 224 004 katherine.hubbarde@ntlworld.com</p>		<p>Davies Chiropractic Care Heaton Moor Rd, Heaton Moor Chiropractic Clinic 0161 768 1287 info@davieschiropracticcare.co.uk www.davieschiropracticcare.co.uk</p>	<p>Phil Yates Stockport Ltd Plumbing & Oil Heating Engineer 07540 568 561 Juliyates.stockport1@outlook.com</p>	<p>George Ball & Son Derby Range, Heaton Moor Funeral Directors 0161 432 2131 admin@georgeball.co.uk www.georgeball.co.uk</p>
<p>Fountain May Business Support Services ~ Community Engagement Facilitators 07818 422 722 melandsuze@fountainmay.com www.fountainmay.com</p>	<p> Carrie Burke Tutor Work Private Tutoring for Primary Children 07758 783 321 info@carrieburke.com www.carrieburke.com</p>		<p>Heatons Post Social Media Services Social Media Brand Design Services & Campaign Support news@heatonspost.co.uk www.heatonspost.co.uk</p>	<p> TaxAssist Accountants Stockport Bookkeeping, Payroll, Accounts & Tax Returns 0161 989 6800 andy@taxassist.co.uk www.taxassist.co.uk/stockport/</p>		<p>VIP Bin Cleaning Wheelie Bin Cleaning 07821 397 115 cdphughes@gmail.com www.vipbincleaning.com</p>
<p>COMMUNITY GROUPS</p>	<p> Sustainable Living in the Heaton Monthly Meeting: 1st Saturday of the month info@slheatons.org www.slheatons.org</p>	<p> LOVE HEATON CHAPEL Bi-Monthly Meeting: 2nd Tuesday of the month, 7pm (currently over zoom) loveheatonchapel@gmail.com www.facebook.com/groups/loveheatonchapel</p>	<p> LOVE Heaton Norris Monthly Meeting: 1st Tuesday of the month, 7pm The Magnet Pub (upstairs) info@loveheatonnorris.co.uk www.loveheatonnorris.co.uk</p>	<p> Four Heaton Traders Association Supporting Local Businesses admin@fourheatons.co.uk www.fourheatons.co.uk</p>	<p> FRIENDS OF HEATON CHAPEL STATION Monthly Meeting: 1st Monday of the month, 7pm (currently over Zoom) FofHCS@gmail.com www.friendsofheatonchapelstation.co.uk</p>	<p> Rotary Club of Stockport Lamplighter Weekly Meeting each Wednesday lamplightersrotary@gmail.com www.lamplighters.org.uk</p>
<p> Friends of Heaton Moor Park Preserving your Local Heritage hello@heatonmoorpark.co.uk www.heatonmoorpark.co.uk</p>	<p> HEATONS' MEN IN SHEDS Meetings via Zoom Monday 1pm & Thursday 7pm heatonsmis@outlook.com www.heatons-mis.co.uk</p>	<p> COFFEE Chill & Spill Supporting Maternal Wellbeing Free Sessions: Each Thursday, 9.30-11.30 Heaton Norris Pavilion coffeechillandspill@gmail.com www.coffeechillandspill.com</p>	<p> HEATON MERSEY HEATON MERSEY Heaton Mersey Collective Monthly Workdays: 2nd Sunday & 4th Tuesday of the month, 10:30am-1pm heatonmerseycollective@gmail.com</p>	<p> FORS Friends of Reddish South Station forss1@ntlworld.com www.friendsofreddishsouthstation.co.uk</p>	<p> THE HEATONS WI info@theheatonswi.com www.theheatonswi.com</p>	<p> Heaton Mess Membership heatonmessmembership@gmail.com</p>

WELLBEING

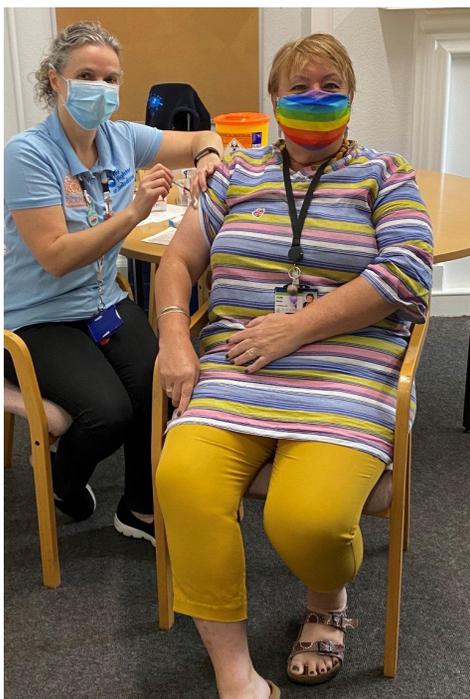
FLU SEASON IS COMING – MAKE SURE YOU ARE PROTECTED

Stockport Council and its health partners are urging residents eligible for a free flu vaccination to make sure they book their annual vaccination.

By getting the flu vaccine, you'll be able to protect yourself and your loved ones from falling ill, and protect outbreaks in the community.

This year, the programme is being expanded to help protect people from the flu and ease pressure on the NHS and urgent care services.

Councillor Jude Wells, Cabinet Member for Adult Care and Health, said: "This year, it is even more important for individuals eligible for a free NHS flu jab to protect themselves and their loved ones by contacting their GP to arrange their annual flu vaccination."



• Cllr Jude Wells

HEATONS POST SUPPORTERS



If you want to support the Heatons Post then please email news@heatonspost.co.uk

SUDOKU

4		9						5
				6			2	
6	2	1		3	7	8		9
7	5	4	1			3		6
2		8			9	5	1	4
3		2	6	9		4	7	1
	4			2				
1						2		8

Instructions: The aim of Sudoku is to complete the entire grid using the numbers 1-9. Each number can only be used once in each row, once in each column, and once in each of the 3x3 boxes.

Sudoku puzzles are provided by www.sudokuoftheday.com – visit them and get a new Sudoku every day!

1		2		3		4		
5				6				
	7							
8							9	
10				11				
		12						

ACROSS

- 2 South African political party (1,1,1)
- 5 Video receivers (3)
- 6 Dangerous colour (3)
- 7 Loft (5)
- 10 Thin fluffy scarf (3)
- 11 Spike of corn (3)

DOWN

- 1 Source of ready money (1,1,1)
- 2 Collaboratively (2,1,4)
- 3 Naval vessel (7)
- 4 Military assistant (1-1-1)
- 8 Imperial weights (3) 9 Not against (3)

Puzzle source: www.crosswordsite.com

Visit www.heatonspost.co.uk for the solution



Heatons Post brings you Horoscopes by Nemone - just for fun!



Jan 20 - Feb 18
Aquarius

Try not to rely too heavily on validation from others, have a little faith in your own judgement.



Feb 19 - Mar 20
Pisces

Remember not to repeat your bad decisions. The results are fixed.



Mar 21 - Apr 19
Aries

Try not to be resentful when those around you have good fortune, your time is coming Aries, just wait your turn.



Apr 20 - May 20
Taurus

When you know something is wrong, speak out against it. Don't repress your good nature Taurus.



May 21 - Jun 20
Gemini

Jealousy can often make us forget the immense privileges we have been given. Remember to stay grateful.



Jun 21 - Jul 22
Cancer

Give people a second chance this month. Remember, everyone deserves a chance at redemption.



Jul 23 - Aug 22
Leo

Don't forget your independence Leo, and lose yourself in the pursuit of others.



Aug 23 - Sep 22
Virgo

It might be time for a change for Virgo, it doesn't have to be drastic, but try to add some variety to your life.



Sep 23 - Oct 22
Libra

You will build stronger relationships this month with existing friends. Make sure to put the time and effort in, as it will surely pay off.



Oct 23 - Nov 21
Scorpio

Huge success is coming your way this month, let it motivate you further rather than allow you to slack off.



Nov 22 - Dec 21
Sagittarius

A huge life change will occur this month, you will find yourself transformed as a person. Remember to keep hold of what matters most to you.



Dec 22 - Jan 19
Capricorn

Stay alert this month Capricorn, a past obstacle will return.

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SPORTS AND FITNESS

MOOR CONTINUE THEIR TOUCH SUCCESS

by Jack Humpage

Heaton Moor travelled to Didsbury Toc H on Saturday, 10 October for the latest localised touch rugby tournament, in the hope of carrying on their promising start to their touch careers.

Moor faced Didsbury 1s in their first game which proved to be a close affair. Moor, in a contrast to last season, wound up just sneaking home with the winning try coming from a speculative, floated pass from Brad Pryjmachuk found winger David Adebo and as he does so often, David managed to touch down in the corner against all odds.

Following a tough first game, Moor came up against another of the host's in Didsbury's 2XV. A rest between games allowed Moor some time to work on their game plan, which showed upon kick off. Tries from Dan McDonagh, Captain Danny Child and David Adebo gave Moor a well deserved victory.

Fresh from their 2-0 start, Moor faced Stockport. Moor took the lead with a well-worked try down the right wing



with Pryjmachuk and Adebo proving to be forming quite the partnership and maybe the start of a wonderful bromance? Stockport then hit back to draw level with a quick breakout try against the run of play. Cometh the hour, cometh the man and Captain Danny Child produced his now trademarked chip and chase, which saw him score under the posts to give Moor a superbly fought 2-1 victory.

To round off the day, it was Didsbury 1XV for the second time and for the second time Moor ran out winners. A 2-0 win for Moor was secured by scores from Mike Maguire and Dave Adebo, who secured his Hat-Trick of tries for the day, which gave Moor a 4/4 record.

Thanks to Didsbury Toc H for a great day and of course, the burgers went down a treat!

STING LIKE A BEE CAMPAIGN IN HEATON NORRIS

by Ben Thompson

Stories of youth delinquency never seem to be far from the pages of our national newspapers, but young people are always making positive efforts to improve their prospects - even if they don't always make the front pages.

Such is the case with the Sting Like A Bee campaign, headed by the Maverick Stars Trust charity. The campaign seeks to exert a positive influence over young people by introducing them to boxing, and keeping them away from negative influences like gangs and knife crime.

The scheme has received the backing of Greater Manchester Mayor Andy Burnham and boxing champion Carl Frampton, among others.

The scheme has been rolled out in boxing clubs all across Greater Manchester, with it finding a home in Heaton Norris' Paramount Amateurs Boxing Club. The club, run several nights a week, is open to both boys and girls and is currently being run from Whitehill Fire Station.

Mick Kenyon, the head coach of the club, strongly believes in the ethos behind the campaign: "We're providing a community project that anybody can come along to. We don't make champions, we make nice people. If we make nice people, we consider ourselves a success."



The club is certainly not lacking in champions however, as the walls of their gym are covered in photos of young boxers adorned in belts.

But the rewards for the participants go beyond the awards. For many of them, boxing is a way to channel their energy into something productive and build their confidence.

Seventeen year old Will Power credits his time at the club with improving his mental health: "It benefits me massively, having a routine and being around other people who have a similar mindset, and who want to win and want to compete."

The club are frequently fundraising with the hopes of returning to Wycliffe Congregational Church, where they had previously hosted their training sessions. The community has given the club massive support through Asda's Green Token Scheme and the Vernon Building Society.

Find out more about Paramount Amateurs Boxing Club and the Sting Like A Bee Campaign at: www.maverickstarstrust.co.uk/explore-sting-like-a-bee.

THE SHOW GOES ON

by West Heaton Bowling, Tennis and Squash Club

Every September, West Heaton runs its own version of a tennis "Grand Slam" with a two week tournament covering ladies and men's singles, doubles and mixed doubles with prize giving and a celebration event at the end of Finals Day.

So, could we do it in these difficult times and also comply with all lockdown rules and best practices? Of course we could - we've not lasted from 1873 without being adaptable!

Inevitably, we had to make some changes - extending the event to three weeks, BACS payments to enter, ensuring that seating for spectators complied with social distancing, spreading the finals over Saturday and Sunday, and no big celebration evening event. But it all worked so well we're planning to include some of the changes as regular features in the future.

Like many sport clubs, including Heaton Moor Golf Club, we have seen an increase in membership since lockdown and to their great credit, many of the new members entered the tournament. Last year, we had 11 brand new entrants to the competition, and this year it was 26! This led to the biggest entry in recent times with 123 matches played in all.



Well done to all the players and spectators who made the tournament so special. And a special mention to our bowling section who have also managed to successfully arrange a couple of internal competitions.

A MONTH OF BIKING

Liam Smith recently cycled 250 miles within a month in aid of Alzheimer's Society.

"It was a tough challenge considering I work full time at Lynx taxis, so any spare time I had, I was on my bike" Liam tells us.

Liam saw the event on Facebook and, having cycled during lockdown and because of the charity the cycle was in aid of, he wanted to give it a try in the hope that any money he raised would go a little way to help Alzheimer's Society.

Alzheimer's Society is a charity close to Liam's family as his partner's gran died of the disease, which he says was heartbreaking to see.

Liam says, "The end result was a success having completed the challenge raising lots of money, but more importantly raising awareness of such a great charity."

"Definitely the hardest part was having the motivation to get out and cycle in the rain, but I thought it was the least I could do and it was nothing compared to the unfortunate people who are suffering from Alzheimer's."



For Liam, the most satisfying aspect of the challenge was raising awareness for the charity and hitting £3,000 in funds raised.

And it was the people who made the challenge what it was, as Liam says, "For me, it was the people who donated - times are hard, people were on furlough or lost their jobs, but they still contributed, that made me smile."

Liam's initial target was to raise £500 but he managed to exceed this to raise £3,000.

Liam says, "I urge everyone at this difficult and strange time to give something to the most vulnerable. Charities need the support - even if it's just a £1 donation into a charity box around stockport, it makes you feel good knowing you are making a difference."