

FREE

HEATONS POST

INFORMING, INSPIRING AND CONNECTING THE HEATONS & REDDISH



A ROYAL CALL

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CREATIVITY STILL FLOWING

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STOCKPORT REGENERATION

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CHESTER ZOO'S TOP FUNDRAISER

by Paul Harrison



PHOTO: Amy Vose, 4 Heatons Zoo Event Founder



The Heatons in Stockport was turned into a 'pop-up zoo' to raise over £7,500 for Chester Zoo.

"It was a special event - people had the time to create and wanted something to focus on."

Around 200 households created displays for the Heatons Zoo trail in aid of Chester Zoo, which had been closed during the coronavirus pandemic. People visiting the 'enclosures' donated £7,584* – the largest single amount raised for the zoo's fundraising campaign that has now hit £2.5m.

Chester Zoo reopened its gates after being closed for three months, losing an estimated £5m during the coronavirus pandemic. It is one of the largest zoos in the country and home to more than 35,000 animals.

"When I saw they weren't going to be allowed to reopen, I was crushed for them," said organiser Amy Vose, who teaches religious education at Stretford High School.

A Chester Zoo spokesperson said: "The love, the passion and the energy shown by so many people all over the UK has completely humbled us.

"We are all struggling right now, but those animals still need feeding and still need care.

"We've been shown overwhelming kindness when times are hard for everyone, not just us, and we're incredibly grateful to those fundraising on our behalf.

"I saw online that someone had organised an event on their street to raise money for Colchester Zoo.

"People and communities have been so incredibly innovative in their efforts - not least the wonderful people of the Heatons.

"I knew it would be something the people of the Heatons would get involved in. I love the community spirit – I am a Manc, so Chester Zoo is somewhere I go every year.

"Each and every fundraiser is an inspiration and is making a real difference.

"This fight is far from over for us, even though we're now open again, but we will keep doing everything we can to save our zoo."

The Heatons Zoo exhibits are now being stored away and will be used at nurseries and care homes after the coronavirus crisis.

For more info, contact: miss.a.c@hotmail.co.uk or paul@paulharrisonmedia.co.uk

Links: www.facebook.com/events/692197928223752/

www.justgiving.com/campaign/ChesterZooFuture

Special thanks from the Heatons Post to Amy Vose for organising the event, and to Amy Green who created the posters and Justgiving profile, and Arlene Brown who made the website.

*amount correct at time of going to press

Continue to page 7 to read more about Chester Zoo and see more 4 Heatons Zoo photos.



YOUR AD HERE

Email news@heatonspost.co.uk

COMMUNITY NEWS

LOVING LOCKDOWN DISCOING

by Nick Shaw

You may have read about the Dementia Disco in earlier editions of the wonderful Heaton's Post. We were lucky enough to appear in the first ever edition, and the fabulous Chris Warburton wrote a lovely article about us in May.

If you don't know anything about us, the Dementia Disco is a monthly event which uses the power of music to inspire memory, conversation and friendship among people living with dementia across the Heaton's - and beyond!

Before the lockdown, we were meeting every month at the Heaton Mersey Conservative Club, playing great music, having lovely chats and eating the most wonderful hot-pot! We even went on tour to the Tower Ballroom in Blackpool and all had a dance on the famous Strictly dance floor. Every month our regulars welcomed new people, caught up with friendly faces and enjoyed sharing their memories of their favourite music.

When the lockdown began in March, we took the difficult, but inevitable, decision that we could no longer meet up in person to continue the disco. However, we immediately set about working out how we could continue discoing remotely.

After many trial video calls, and mini discos with just me, Kate and Phil - the organisers of Dementia Disco - in attendance, we found a format that worked, and sent out invitations and hyperlinks to our members. This was the moment of truth.



As an event which caters to those living with dementia, our members are, how shall I put this, mostly on the older side, and I wasn't sure how they would deal with the idea of joining the disco over the internet. I was wrong to doubt them!

We've now held four remote discos, and they have been wonderful. As well as, obviously, playing some of the finest songs in history, the discos have been an opportunity for our members to interact with each other and share their experiences of lockdown. It has been fantastic to listen to them working together to create a support network for each other through this strange time, as well as providing some light relief with funny lockdown tales.

We can't wait till we can meet up again properly at the Conservative Club and get back to that hot-pot but, until then, we will keep on discoing remotely. We've even decided to move to holding the disco every two weeks now, seeing as we all have less to do with our Saturday nights now!

Check out our Facebook and Twitter pages if you'd like to get involved.

BLACK LIVES MATTER IN STOCKPORT

by Nadia Ali

Bernard Kivel, a Heaton Norris resident, is tired of seeing things happen to people that don't have a voice, people who don't have a platform to talk and have their voices heard, not knowing how to affect change.

Bernard says, "I wanted to show our support to the Black Lives Matter movement and how the people of Stockport can and will always come together to challenge racism in our communities and join the voices for transformation."

Nadia Ali, Youth and Community Worker, and Bernard Kivel will be meeting every



Wednesday outside Heaton Norris Community Centre at 5:30pm to coordinate and take part in a 'Taking the Knee' gesture of support - anybody and everybody is welcome to join us.

FEEDING THE COMMUNITY SPIRIT

by Lindsey Farrelly

Stockport Foodbank continues to be overwhelmed by the kindness and generosity shown to us by individuals, community groups, businesses and other organisations. It is impossible to highlight every act of kindness, but we are trying our best to acknowledge every donation and share heart-warming stories of community spirit.

Last week, we caught up with Louise Ball who has been coordinating street collections across the Heaton's for items that we are running low on.

Louise helped establish a Facebook group - The Heaton's Covid-19 Self Isolation Neighbourhood Outreach - to support neighbourhoods through the Covid-19 pandemic. The group is made up of group leaders who support residents on allocated streets who may be isolating by helping with shopping, collecting prescriptions, providing a chat service, and in other ways.

The group decided they wanted to come together on 'Project Foodbank' where they used the contacts they had made on their streets to organise collections for Stockport Foodbank.

The project is now entering its fifth week and has been a massive success. Louise explains how the process works: "We put a call out on the Facebook page for WhatsApp street leaders and groups to nominate their streets to participate, with some further logistical information supplied. We then allocate four of these groups each week to receive a collection box. Sometimes the groups incorporate multiple streets and sometimes it is a small street, but our coordinator, Kate, organises this to get the best spread and most logistical collection route."

Louise goes on to say, "Kate informs the street leaders at the beginning of the week of the logistical details for the Thursday

CARING FOR CARE HOMES

by John Sibbald

Following a consultation with Heaton's Covid Facebook members during a 'Pop the kettle on' Zoom session, it was agreed that our group would reach out on behalf of this community to the nine local care homes in our area. We had all heard in the news how the pandemic has hit many care homes hard and we wanted to respond locally.

As a result, nine individualised, beautifully hand-crafted cards were made and donated by Jean Bower with a lovely message

written by Amal Khan; everlasting plants and containers were selected and arranged by Victoria Taylor at Blue Door Flowers; and contact details were provided by SMBC via Cllr Jude Wells.

Fiona Carroll then came up with a wonderful idea of how our community could continue to support our local care homes. Read on for more on how the community have pulled together in support.



PHOTO: Amal Khan outside Blue Door Flowers, Heaton Moor

CARE HOME PROJECT

by Fiona Carroll

As part of the Heaton's Covid-19 self isolation neighbourhood outreach, we came up with the idea of supporting our local residents in Care Homes as they struggle with being isolated from their friends and family throughout this pandemic. Elderly people thrive through contact with children and so we thought if we could get our local children to write to the residents it would give them somewhat of a boost.

So we put out the call and the response was fantastic! We have been able to provide care packages in the form of letters, cards, poems, drawings and a few items from the Heaton's Zoo Project for all nine care homes and 216 residents in the local Heaton's area.

The content is delightful - we have a very creative and caring younger population and to read some of the letters was heart-warming.

To read statements such as 'we care about you', 'stay positive and stay well' and 'I hope we can meet in person one day soon', shows the understanding and true consideration that young children committed to this project.

The packages were put together with the help of three young men whose Duke of Edinburgh Bronze award has been hampered by the pandemic. They have ensured that each resident has something to receive so that the project is wholly inclusive for each resident in a Care Home within our Heaton's neighbourhood.

Some of our primary schools got involved with this project, so we are hoping now that this may lay the foundation to building relationships between the schools and our care homes for the future.



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 9-5 or 8pm)
- Samaritans: 116 123 (24hrs free)
- National Centre for Domestic Violence: 0207 186 8270

LETTER FROM THE EDITORS

It has been fantastic to see local businesses begin to reopen and be able to put measures in place to ensure customers and staff remain safe.

Our small, independent businesses have been hit hard by Covid-19 and the resulting lockdown that was put in place. Initiatives have been launched by Stockport Council to help support Stockport businesses with the first phase of their 'One Stockport' campaign being to support the recovery process and help businesses to reopen safely. Read more about this in this month's double page feature.

In the Heaton and Reddish, local businesses are doing all they can to continue to operate or reopen. Our business listing, highlighting the alternative services businesses had introduced, has been continually updated since lockdown began back in March. As our shopping areas begin to see doors reopen, we need to do all we can to support local businesses and help ensure we retain such a vibrant, independent business community.

Finally, we would just like to express our thanks to all those who have subscribed to Heaton Post over the past month. As you know, Heaton Post is a not-for-profit newspaper and the support provided through subscriptions helps to fund the production of the newspaper each month. For July, we received so much fantastic content - none of which we wanted to have to leave out - which resulted in a 20-page community newspaper for the first time since Heaton Post was launched in February.

We hope you enjoy reading your local community newspaper and, as always, stay safe.

The Heaton Post Team.

Heaton 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 Heaton, Netti, Heaton Markets, Savoy Cinema, Claritas Wealth Management, I Knead Pizza, Stockport Homes, Heaton Heritage Society, Stockport Area Fund, and private donors.

ACTION UPDATE

by Navendu Mishra, MP for Stockport

Black Lives Matter has helped to put racial inequality front and centre of political discourse in recent weeks. I was pleased that Greater Manchester Combined Authority published a statement, signed by all council leaders, expressing revulsion at the murder of George Floyd.

With the aviation sector at a virtual standstill during the pandemic, I have been in contact with the CEO of Manchester Airport and Mayor of Greater Manchester Andy Burnham to discuss the many challenges facing the industry. Disappointingly, British Airways (BA) is laying off all 42,000 of its staff, before rehiring 30,000 on worse pay, terms, and conditions. As a result, I wrote to Prime Minister Boris Johnson to urge him to urgently address this matter. Several jobs in our constituency depend on both Manchester Airport and BA and I will do all I can to support these people.

I was delighted to join fellow local MPs Angela Rayner and Andrew Gwynne to push the Government for a new passenger rail link between Stockport and Ashton-under-Lyne, stopping in Denton and Reddish South, as part of the Restoring Your Railway Fund. The route will help to breathe life into parts of Stockport and reconnect and reinvigorate areas of this community that have been underfunded by this Government for too long.



PHOTO: Navendu Mishra, MP for Stockport

Finally, I am supporting calls from local Walk Ride groups in calling for greater investment in cycle and walkways. A cycleway on the A6 would go a long way to making our roads safer for cyclists, boost health and help to address environmental concerns and I'm hopeful that Manchester City Council and Stockport Council can work together to deliver this.

Coronavirus helpline for vulnerable people

0161 217 6046

Monday - Friday from 9am to 5pm
Saturdays from 10am to 4pm
Bank holidays from 10am to 4pm



STOCKPORT
METROPOLITAN BOROUGH COUNCIL

COVID-19
CORONAVIRUS

ERRATUM

The Heaton Post team would like to apologise for any confusion caused by an error in the 'Our Heritage' article in issue 005, page 9.

National Grid are the sole sponsors of the Heaton Heritage Society Blue Plaque project.

The donation request for the Garden Heritage Board via GoFundMe was included incorrectly as part of the article 'Our Heritage'.

MEET THE TEAM



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Thank you

To all our funders who have donated to make this paper happen!

We would also like to thank all the volunteers that have helped to distribute the Heaton Post.

The Heaton 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@heatonpost.co.uk



PHOTO: Andrew Gwynne, MP, Denton & Reddish

ON YOUR BIKE

by Andrew Gwynne, MP for Denton & Reddish

In last month's Heaton's Post, I wrote about the need for a transport revolution in the wake of the Coronavirus outbreak, so that we move around in a more sustainable way that improves the quality of our air and our lives.

I was delighted, therefore, to see the plans for pop-up cycle routes around Greater Manchester during this outbreak, including one parallel to Wellington Road North (the A6) through the Heaton's. With fewer cars on the roads, this is a fantastic way of getting more people moving around in a more sustainable way.

You may have seen, though, that Manchester City Council were refusing to allow these

routes to continue into the city centre. This decision angered me as I felt that it endangered lives and potentially also increased pollution. I very publicly urged the Council to rethink this decision and thankfully they have now announced that they will work with neighbouring boroughs – including Stockport – to make these lanes work.

Whilst pop-up cycle lanes are a fantastic development for the time-being, we also need to think well beyond the current global pandemic, however. One of the key things that I would like to see done is to accelerate the Bee Network. This is an exciting proposal, led by former gold medal-winning cyclist Chris Boardman, for 1,800 miles of

cycling and walking network across Greater Manchester. As I mentioned last month, the Heaton's is part of one of the proposed routes.

Community groups are key to developing a new approach to transport, which is why it's great to see the newly formed Walk-Ride Reddish Group. I'm sure they will be inspired by the great work that the existing Walk-Ride Heaton's Group have done.

Whilst I hope that in the main our lives return to normal as soon as possible once the outbreak is over, it would be great if we see some substantial positive changes in transport so that we have a greener and healthier future.

MEET YOUR MAYOR



In May, Cllr Dean Fitzpatrick was elected as new Civic Mayor of Stockport in a ceremony that was slightly different to that of previous years! Heaton's Post found out more about Stockport's new Mayor and what his role entails.

Can you tell us a little about yourself and your role as a Heaton's Councillor?

I was born at Stepping Hill Hospital, went to St. Winifred's and St. Anne's schools, before Xaverian College and University. I've lived in the Heaton's all of my life, in fact my parents, grandparents and great grandparents all lived in the Heaton's, so I guess that makes me a fully-fledged Heatonian.

My family got me interested in politics from a young age. In 2004 a few neighbours and I were forming the Friends of Crescent Park - Cllr Colin Foster helped us to get the group created, and as I was already a member of the Labour Party I offered to return the favour, which inevitably means delivering leaflets. I enjoy helping people so I started to get more involved, one thing led to another and I was elected to the Heaton's South ward in 2011, then re-elected in 2015 and 2019.

One of the most important things I can do in local politics is to make sure that people have a voice and it gets heard.

You have recently been elected Civic Mayor of Stockport. Can you explain how the Mayoral system works?

It's a lengthy process that begins long before the election. There are 63 Councillors in Stockport - each year, there is a different Mayor and the person has to have already served a full four-year term of office. I put my name forward to the Labour Group in November and was selected to be the Labour candidate in January.

Informal discussions are held with the political groups to identify if there are any nominations for the forthcoming Municipal Year. Nominations have to recognise the current political composition of the Council and consideration is given to ensuring that there is a reasonable rotation amongst the political parties. The Mayor-elect needs to be able to win the support of a majority of members of the Council at a vote held at the Annual Meeting of the Council, and fortunately I was able to do this in May this year.

What are the main roles of the Civic Mayor of Stockport?

The Mayor is the First Citizen of Stockport Metropolitan Borough Council and acts as Chair of the Council Meeting, as well as being an ambassador for the Borough and the Council. This involves acting as signatory to the Council's official seal on documents, performing Citizenship Ceremonies where new citizens swear their oath of allegiance; meeting people, voluntary organisations and community groups; receiving and welcoming members of the Royal family, dignitaries and visitors.

Most duties are within the Borough, with some across Greater Manchester and others further afield. Other duties include hosting events, promoting and raising the profile and gaining publicity for projects and events, and businesses; and attending functions as a representative of the Council.

Undoubtedly, one of the most important duties is observing a two minutes' silence on Remembrance Day morning outside the War Memorial. I'm probably most nervous about this as it's such an emotional and significant time.



Given the current restrictions that are in place, how were the election and ceremony run?

For the first time in Stockport Council's 46-year history this year's ceremony was held virtually. Usually, there would be a grand ceremony and handover in the Council Chamber, with the previous Mayors and Mayoresses, Councillors, Officers and guests in attendance. This year, only the Council's Monitoring Officer and I were allowed in the Town Hall - Cllr Tom McGee, who proposed me, and around twenty other people were on video conference. In one way that was a good thing because it really took the pressure off, in another it was like no-one came to my party. I know which one I prefer!

What do you hope to achieve during your term as Mayor?

Who knows what's going to be possible this year? I want to raise a decent amount of money for the Mayor's Charity - Beacon Counselling - who are based on Hillgate and support people with emotional and mental distress. There are a lot of people in Stockport who are really struggling at the moment and need a helping hand - whether it's because of financial concerns, job insecurity, family issues, missing out on education opportunities or uncertainty about what happens next. I want my legacy to be enabling Beacon Counselling to do a bit more of what they do best.

But I'd also love to meet and say thank you to all the amazing people who make our town great. We've got thousands of superb volunteers, and carers who work day in and day out to look after those who need support, and all of the amazing teachers who give our young people a good start in life.

I've already been invited to meet the Heaton's Traders, and it will be nice if I can help our local businesses in some way. Hopefully I'll get invitations to our religious groups too, not just because I'm always made to feel welcome, but because they look after the well-being of people all across our community and they deserve recognition - some of them also put on a nice buffet - although I'll have to be careful with that, every Mayor tells me they ended up half a stone heavier than when they started.

What are your plans/hopes for Stockport in the long-term?

My first responsibility is to the people of the Heaton's who elected me, my plan is to continue to represent their interests to the best of my ability. Stockport is the best place in the world and whatever happens it will always be my home, and part of what makes it so great is our diversity, but with diversity we get inequality. Stockport is moving in the right direction, over the next decade or so there will be lots more homes being built in Stockport, businesses will grow, things will get better and better for a lot of people. As a community, if we work together we can make sure that everyone has equality of opportunity - my hope is that everyone has the chance to share in that success.

Contact details:
Cllr. Dean Fitzpatrick, Mayor of Stockport, Heaton's South Ward (SMBC)

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MPs UNITE FOR BETTER RAIL LINKS

MPs Andrew Gwynne, Angela Rayner and Navendu Mishra have joined together to push the Government for a new passenger rail link between Stockport and Ashton-under-Lyne, stopping in Denton and Reddish South.

The three MPs represent the communities that the new service would benefit and are supporting a bid to the Restoring Your Railway Fund, which will distribute £500 million of funds to reinstate axed local services and restore stations.

This bid was put forward by Transport for Greater Manchester (TfGM) and Stockport Metropolitan Borough Council. It also has the full support of Tameside Metropolitan Borough Council.

The bid proposes two options; one for a heavy rail service between Stockport and Manchester Victoria via Denton and Reddish South and the other a light rail service connecting with the existing Manchester-Ashton Metrolink line at Ashton Moss in the north, and with the proposed Stockport-East Didsbury line in the south.

The proposals also open possibilities of new stations along the line at Audenshaw, Thornley Lane and Heaton Norris.

The three MPs have written to Transport Minister Chris Heaton-Harris urging the Government to give the proposals its "fullest support in the next wave of bids to be considered".

Andrew Gwynne, MP for Denton and Reddish, said: "This is a really exciting proposal which would be a real game-changer for the communities that I represent, who have been under-served by the rail network for far too long.

"The Government have made much of their plan to "level up" the North and these proposals would help to do just that, so I really hope that they support them and make this vision into a reality."

Angela Rayner, MP for Ashton-under-Lyne, said: "I'm really excited about the possibility of a new passenger rail link between my hometown of Stockport and Ashton-under-Lyne, the constituency where I now serve as MP and live with my family.

"Folk in the North are far too used to being let down when it comes to us getting investment in projects that really will make a difference to so many people."

Navendu Mishra, MP for Stockport, said: "I'm delighted that this proposal has been put forward and, having heard from the Transport Minister on this issue, I'm encouraged that we are well on the way to achieving our goal.

"A new passenger link will help to breathe life into parts of Stockport and reconnect and reinvigorate areas of this community that have been underfunded by this Government for too long."

THE FUTURE OF REDDISH

by Jez Myers

Regular readers of my column (hi, Mum!) will know that, last month, I wrote about the increase in high quality residential developments in Reddish. Strangely though, commercial ventures haven't been nearly as quick to act, aside from a handful of exceptional restaurants.

I can only imagine that when the former Rocksalt in Heaton Moor owners, Gina and Arthur Wright, saw the Reddish Beds site become available, they had a Colonel Mulberry Sellers-esque epiphany before declaring "there's gold in them thar mattresses".

Having stripped the site back to bare brick, a new multi-unit venture was opened — a genuinely outstanding idea and clever use of the space. Whilst I could pontificate about the businesses located within, this is no advertorial. This is, however, a column about what the site represents.

Much like the Elisabeth Mills development, the finish, the design, the quality, and the attention to detail are all a step up from what was previously considered acceptable in Reddish.

This should be the new normal that we should all welcome with open arms. I like the pound shops, vape shops, and the umpteen convenience stores as much as the next person but there is nothing wrong with pushing for these places to be more aesthetically pleasing. After all, Reddish has a plethora of other businesses that manage to do so.



To this Reddish resident, it feels that the Broadstone Arcade development represents a turned corner and, whether we like it or not, our town is on the cusp of change. It appears that 'gentrification' — a word that no one really likes to mention — already has its eyes firmly set on Broadstone Road and the surrounding area. It's starting to happen right before our eyes, and I think we should embrace it.



Jez Myers is co-founder of Reddish News and has an impressive collection of ridiculous jumpers. (www.facebook.com/Reddishnews)

MAKING A DIFFERENCE

by Mabel Regis

We are still making a difference with Heaton Norris Community Centre (HNCC).

The lockdown is still here and we are adjusting to what is happening and meeting the challenges of the changes for everyone in the Heaton Norris and Lancashire Hill community areas - thanks to everyone and to our brilliant volunteers.

Since the last issue of Heaton Post, a big thing we are proud of is recruiting ten amazing volunteers with the help of Stockport Council and local residents - they have been instrumental in delivering food parcels and activity packs to all the residents.

As part of Volunteers Week, we presented certificates to the amazing Jane and Janet for their continuous help in making sure families in need were provided with bread.

For the Community Centre, additional storage units have been fitted to allow more community groups to store their equipment, along with new kitchen cupboards. We are having a new community centre floor fitted right now, as we are going to press - all thanks to the ASDA Foundation.

We want to give a big shout out to Laura Biddulph, the Community Champion for ASDA Reddish, for her great work in supporting the people's community centre's needs.

On behalf of the families and young people in the area, Bernard Kivel, Chairman of the HNCC and an avid United supporter, would like to say a huge 'Thank You' to Manchester United football player, Marcus Rashford, for understanding and having the utmost empathy that "no child should be going to



PHOTO: Janet, Volunteer



PHOTO: Jane, Volunteer

bed hungry" and for the fight to challenge the government with #maketheUturn.

The free school meals vouchers are very much needed in our community for those that are suffering hardship. Please get in touch with Bernard directly on: 07956 027133 if you want to know more about how we can help provide food vouchers to local families.

We have successfully received funding from the National Lottery to coordinate and implement activities for young people during the summer holidays. If you want to find out more or get involved in this project, then contact Nadia on: 07857 928833.

We are currently consulting with people in the area by telephone or by an online survey. We want to hear from more families about what they think should be taking place in the area during the summer holidays. If you are on Heaton Norris Community Centre Facebook page, please complete the survey or go to this link:

app.smartsurvey.co.uk/survey/collect/id/754725?live=1.

You can also call Bernard directly on the number above - he would be pleased and obliged for your help with the survey.

Lastly we are pleased to say Bernard is now out of isolation and is taking his daily one-hour exercise, and he is looking forward to seeing familiar faces in the local area.



LOVING HEATON CHAPEL



PHOTO: From front Left to Right: Andrew Gwynne MP, Cllr David Sedgwick, Damian O'Shea, Cllr Dena Ryness, Janet Mobbs, Tristan Oxford and Karishma Chandaria

Andrew Gwynne, MP for Denton and Reddish, raised concerns of local businesses in Parliament this month, urging ministers to set out support for the small independent hospitality sector.

Andrew Gwynne and local councillors David Sedgwick, Dena Ryness and Janet Mobbs met with traders at School Lane and Manchester Road in Heaton Chapel, including Heaton Hops and Feed General Store.

They discussed the challenges that Coronavirus poses to their businesses and considered how the small hospitality businesses can re-open safely once restrictions are lifted on food and drink sales.

There are concerns over how businesses operating on small premises will be able to operate under the current conditions

Andrew Gwynne said: "Keeping people safe during this outbreak should always be the highest priority, but we also need to think carefully about the impact of the lockdown on the local businesses that we all love.

"I was very glad to meet with local businesses in Heaton Chapel to discuss their concerns and some potential solutions to the challenges that this crisis poses to them.

"We need to hear more from the Government on how they will support the small independent hospitality sector through these difficult times."

WHEN THE LIGHTS GO DOWN

by Tony Mundin

Cinemas around the world have been closed for three months with a reopening date in the UK yet to be confirmed. This is the first time in cinema history that projectors have been cold for so long.

At the start of the Second World War, cinemas were instructed to close, but within two weeks, they had reopened in the provinces and within a month in the major cities. Film attendance in 1940 rose to just over one billion and, by 1945, was almost 1.5 billion. The cinema has always been there in times of adversity and has provided an uplifting experience, even during our darkest hour.

Since we reopened the Savoy in October 2015, we have had many memorable nights - dancing in the aisles for Dirty Dancing, tears for A Star Is Born, free marshmallows for A Quiet Place, belting out Abba to Mamma Mia, even louder for Bohemian Rhapsody, the roof raised for Rocketman, breath held for Free Solo, astonished silence for 1917, awe for The Joker, delight for Toy Story, a local legend in The Keeper, full every night for The Greatest Showman, bringing your children to see Lion King, Apollo 11 like it's 1969, and Avengers to bring you back to earth.

We have been inspired by the new local filmmaking talent - the SK Film awards were a huge success and will be repeated this year!

An empty cinema is a strange place. It hints at its potential but has no life of its own, the bums on the seats bring the personality that changes with each show - the laughter, the gasps, the muffled sobs or even the total

silence bring the atmosphere - without the people the building is just that, a building.

Total cinema admissions in 2019 were the second highest in 49 years. The perceived threats that cinema has faced are actually fuelling a surge in attendance. Our most frequent visitors are consumers of film and sometimes they want to do that in their own homes, or on devices, but regularly want the big screen, the powerful sound and immersive experience of a cinema - and a night out!

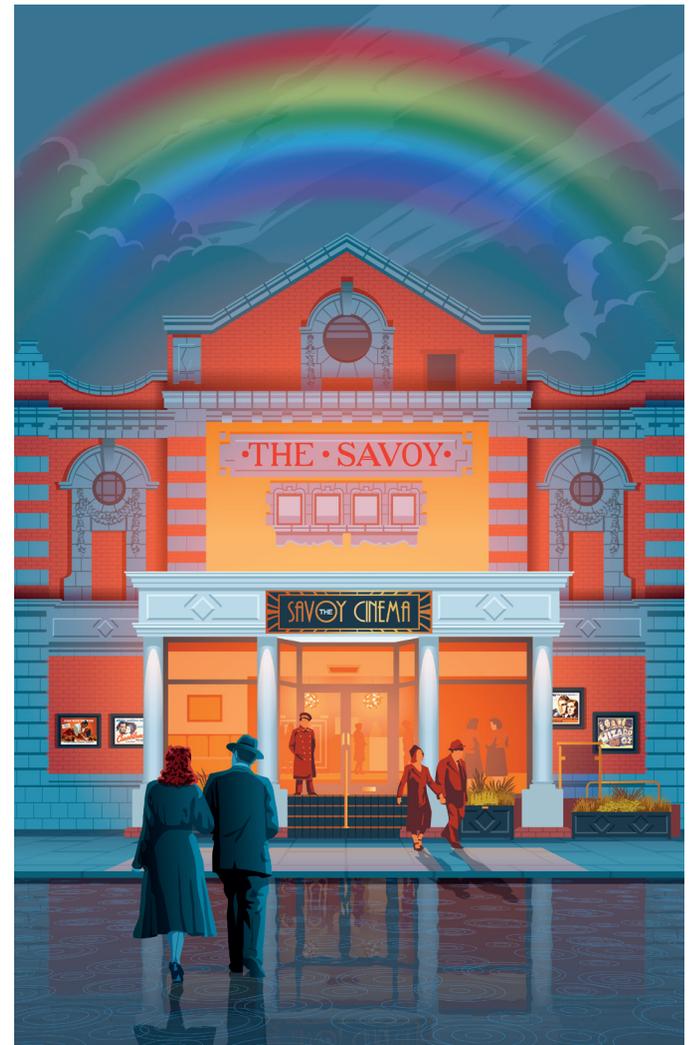
The closure has brought many challenges but we are more fortunate than some sectors - our product will not go out of fashion, it is waiting for us when we reopen, and there is pent up demand for the films that have been missed.

We have also benefited from wide community support, our 'Heroes In Cinema' initiative has brought in valuable revenue for us and means NHS workers will get a free night out when we reopen. We have almost 400 tickets waiting to say thank you to those who have put themselves on the front line and the promotion is still running for anyone who wishes to help. The Heaton's 'Paid It Forward' and we are incredibly grateful.

We are making plans for the Savoy in a post-Covid world - sanitiser stations on entry, screens on the bar, blocked off seats to maintain distancing and enhanced cleaning between shows, but we will always remember that we are there to give people an enjoyable night out - all the changes will be unobtrusive and the smiles will still be on our faces.

We have an important part to play in making people happy and raising the spirits of our community. As the Arts Council's 'Let's Create Strategy' of April 2020 says, 'Culture reduces loneliness, supports physical and mental health and well-being...and strengthens social ties.' Nowhere is this more immediate than in the cinema. Film brings communities together, it is comforting and yet revitalising. Film is culture for all and is accessible for all. When we begin to pick ourselves up, when we look to step outside again, we will always remember Coronavirus and those who looked after us. Cinema can uplift and inspire us to create again, and it can do it in the most immediate way.

Finally, please remember that the Savoy is only one part of the Heaton's, without the restaurants, bars, shops and support services of our community, we will be much diminished - please support them all.



TED & ED'S ADVENTURES DRAW TO A CLOSE



The Moor Bears appeared at the start of lockdown, and for 70 days captured the heart of the community with their uplifting spirit and adventurous antics!

Now known far and wide, and even internationally, the bears have taken a holiday to rest. The Heaton's Post team were keen to find out which of the bear's activities was the most popular and the votes are in!

We received hundreds of votes, and lots of wonderful comments... but the winning scene with over 250 votes is... The Wedding Scene!

Many thanks to Ted & Ed's family for all their wonderful efforts. A truly heartwarming spectacle that has captured the hearts and imaginations of the whole community.

SPREADING BIRTHDAY CHEER!



What started as an eBay bargain-find for a young resident's birthday on 7 May, this uplifting balloon has found its way around the Heaton's and Reddish to help other members of the community have fun on their Lockdown Birthdays.

How far did this display reach? Well, six families received the balloon which started on Broadstone Hall Road South, Heaton Chapel, then went to North Reddish and ended on Carnforth Road, Heaton Chapel, two weeks later! Thanks to Natalie Warrington for her generosity and sharing ingenuity! Happy Birthday to all!

SAFE TRAVELS

by Phil Rowbotham, Friends of Heaton Chapel Station

Whilst the country has been in lock-down, the government has kept the railways running as an essential service with the Heaton Chapel Railway Station booking office remaining open throughout.

Almost empty trains have been stopping, albeit on a reduced service, but small numbers of critical workers have been able to get to work by rail throughout the pandemic crisis.

Some seats on the platforms and in the booking office have been taped off to keep



passengers separated and warning signs of 2-metre separation are posted throughout the station.

If passengers access the platforms via the ramps and purchase their tickets via the machine on Platform 2, they are almost effectively outdoors all the time until a train arrives.

4 HEATONS ZOO CONT'D



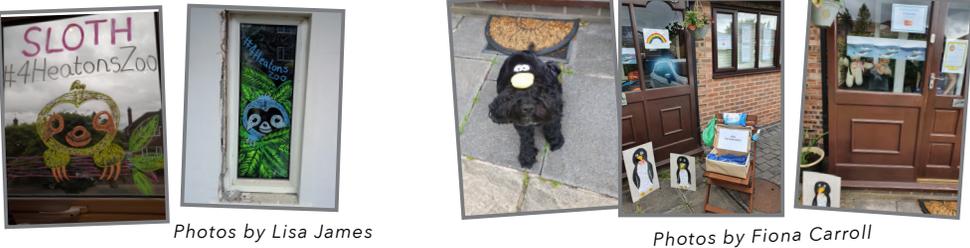
Creations by Conrad Milligan (7 y.o)

Photo by Jayne Fallows

Photo by Roisin Gregory

Photos & research by Charlotte Vaughan (8 y.o)

Photo of Jools and Drew



Photos by Lisa James

Photos by Fiona Carroll



Photos by Mel Page



Photo credit to Jill Jennings - @jillphoto @jilljen1

SAVE OUR ZOO

THANKS for everything YOU'VE done so far...

chesterzoo.org/supportus



WORKING TO PREVENT EXTINCTION

by Will Condliffe, PR Manager

Chester Zoo is a registered conservation and education charity. Home to 35,000 animals and more than 500 different species, many of which are endangered in the wild, the zoo also supports field projects around the world and closer to home, preventing the extinction of many highly threatened species.

The zoo works directly with schools locally and regionally, and through our online resources we provide conservation education material to schools nationally and internationally. Prior to the current global pandemic, we welcomed over 130,000 visits of school children to the zoo, including 40,000 free tickets available to schools.

As mentioned, Chester Zoo is a registered UK charity and all money that comes in goes towards running and developing the zoo, our education work, our global conservation field programmes and our mission to prevent extinction. Zoos globally contribute more than \$350 million each year to species conservation programmes in the wild, making them the world's third-largest funder of species conservation.

Indeed, the survival of endangered species is increasingly more reliant on zoos and Chester Zoo is a centre of excellence. Conservation breeding is an important part of the conservation work that Chester Zoo does and we, along with many other progressive UK zoos, are part of an extensive, coordinated European breeding programme, which is grounded in and led by science. Working with partners around the world, we all share a common goal of preserving genetic diversity of species in zoos. Chester Zoo is recognised globally for its breeding of countless species including, for example, the critically endangered eastern black rhino - a

species now thriving in UK zoos, yet on the brink of extinction in the wild.

Finally, when, and only when, it is safe to do so, animals from progressive zoos like Chester are reintroduced to the wild. A recent example was a successful reintroduction programme, led by Chester Zoo, to return rhinos to Rwanda. This was a historic moment as, 12 years ago, the eastern black rhino disappeared completely from Rwanda and were declared extinct. Happily, with our help, they are now making a comeback.

Jamie Christon, Chief Operating Officer at Chester Zoo, said: "We have said it many times but it never stops being true - we are completely humbled by the extent of the support and love shown to us in our time of great need. We've seen overwhelming kindness when times are hard for everyone, not just us, and we're incredibly grateful to those fundraising on our behalf. Each and every fundraiser is an inspiration and is making a real difference."

"The financial damage suffered during the zoo's closure has left a deep scar and, despite now being open again, the road to a full recovery remains uncertain. However, with the love, passion and energy of all of those supporting us, we will keep doing everything we can to save our zoo, and continue our mission to prevent extinction."

For more information on Chester Zoo, see: www.chesterzoo.org

To donate: www.justgiving.com/campaign/ChesterZooFuture

PHOTOS: © Chester Zoo

MARTYN SMILE CAKE

Linda Duffy has been delivering cakes to help put smiles on people's faces.

The Martyn Smile Cake Facebook page is run by Linda and was set up in memory of her friend's brother, Martyn Hett, who sadly lost his life in the Manchester Arena bombing in 2017.

"The idea of the cake is to hopefully brighten up a person's day with a smile" Linda tells us, "A post goes on each month on the Facebook page, asking people to nominate someone and, in a few words, say why they think they would love to receive Martyn's cake."

From the nominations, Linda then chooses someone to receive a cake.

During lockdown due to Covid-19, Linda wanted to honour some of the local retail workers who, like many, were still going out to work in very difficult circumstances to ensure people had what they needed. Instead of asking for nominations, Linda decided to deliver a smile and a thank you to local shop staff.

The Martyn Smile Cake became Martyn Smile Cupcakes so that each staff member could have their own smile. Linda has been grateful for the help of the local Co-op in Heaton Moor, where she works, and Burnage Community Box, a community page for Burnage, who kindly covered the cost of ingredients.



Linda chose businesses local to the Heatons who were able to remain open during lockdown to let them know they were appreciated and to recognise them as local heroes. Those who received Martyn Smile Cupcakes were:

- Boots Chemist
- Heaton Moor Post Office
- Heaton Computers
- Co-op, 206 Heaton Moor Road
- Blaggs Hardware Store
- Coop, 76-78 Heaton Moor Road
- George Ball & Son
- Aldi

Linda says, "Those that have already received our Martyn Smile Cupcakes were delighted and felt appreciated by the local community. The cupcakes brought a very big smile to those that received them."

Linda reminds us, "When times are difficult, be there for each other, be kind and do what you can to support your community and the communities around you. Heroes come in many forms and for many reasons. Making people smile was Martyn's thing and I'd like to think if he were here today he would love the idea of the Martyn smile cake."

The Martyn Smile Cake will continue after lockdown - you can follow its journey on Facebook.



PHOTO: Ryan and Meussa, Boots Chemist, Heaton Moor

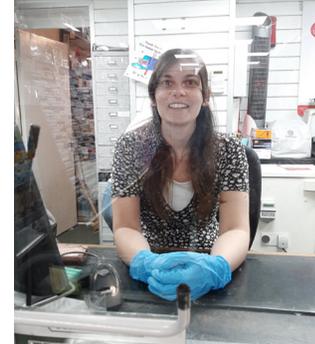


PHOTO: Emma, Heaton Moor Post Office



PHOTO: Mike at Heatons Computers



PHOTO: Sarah, Coop, Heaton Moor



PHOTO: Rachel, Blaggs Hardware, Heaton Moor



PHOTO: Ellie & David, Heaton Moor Coop



PHOTO: Caitlin, Coop, Heaton Moor



PHOTO: Rachel, George Ball & Son Funeral Directors, Heaton Moor



PHOTO: Lizzy, Rob, Megan, Aldi Burnage

HANDY LADIES FEED THE COMMUNITY

by Jo Walton
I am the proud owner of A1 selection - a cleaning and maintenance company trading as Handy Ladies.

After being placed on furlough, myself, along with team members Elise and Anna, wanted to do something to help the community. Elise is a fully trained cook and suggested that we make meals for our more vulnerable clients. After approaching Mike Newman, the vicar of St Cuthbert's Church in Cheadle, we were given permission to use the church kitchen.

On 1 April, we had 13 clients and aimed to raise £1,000 - to date, on our busiest day, we have provided over 116 meals and have raised £7,311.50. In addition, we have provided microwaves, DVDs, books, and baby clothes donated by members of the community for the homeless living in temporary accommodation. We are delivering over 24 daily food parcels in the Reddish and Heatons area.

We have been helped by Age UK Stockport, Social Workers, MSV Housing Association, Stockport Plaza, Manchester Rugby Club, and also the Rotary Club. Morrisons in Cheadle Heath and Reddish make regular food donations, helping us to help those across the whole of Stockport.

As a community, we help anyone who needs a hot meal or food parcels - this virus has and is affecting everyone in some way.

POPPIN OUT FOR CHARITY

After wanting to start walking again following the birth of her baby at the beginning of March, and having seen the smiles Stockport Spidermen and friends were bringing during their daily walks or runs, Emma Hope was inspired to join the team and get out more around the Heatons.

Emma chose to dress as Mary Poppins as "she is practically perfect in every way." Emma tells us, "I was previously a childminder and a Teaching Assistant, so I have looked after children, as Mary did, and she is a friendly, fun character who appeals to people of all ages - I can also put the umbrella up as part of the costume on rainy days."

Mary Poppins can be found around Heaton Chapel, Heaton Norris, and also Reddish. Emma says, "Now that I am jogging again, I might be able to go that bit further in the time I am out, so you could see me in Heaton Moor too."

"The reaction from children has been magical and really heart warming" Emma says, "I have been asked a couple of times how I got here and, after answering that I flew in on my umbrella, I have then been asked to show them - luckily it hasn't been too windy at those times so I have been able to say that I can only fly when the wind picks up!"

After the restrictions have further eased, Stockport Spidermen and friends, including Heatons Mary Poppins, intend to continue to bring smiles to the children of Stockport.

"We know how infectious smiles can be



and we don't believe they should stop after lockdown." Emma tells us, "We have big plans ahead that are yet to be finalised, but it is all very exciting."

Personalised messages for any occasion can now be requested from any of the characters for a donation of £15. A live auction is held every Saturday on Facebook at 8pm, with some fantastic donations such as signed shirts, collectable items, weekends away and much more, all donated by the community. All winning bids are paid directly to the Justgiving page for the NHS, and deliveries are made by one of the co-founder Spidermen.

To donate, see:
www.justgiving.com/fundraising/stockport-spiderman

RECOMMENDED BOOKS FOR JUNE

This month's recommended reads from the Heatons Post team

Fiction

Half of a Yellow Sun
by Chimanda Ngozi Adichie

Set in 1960s Nigeria during the violent Civil War, Chimanda Ngozi Adichie's second novel is about the end of colonialism, class and race. An emotional read, Half of a Yellow Sun tells the story of three characters whose lives intersect, offering a glimpse into what was a brutal chapter of history.

Non-Fiction

Ghosts of Empire
by Kwasi Kwarteng

Over 60 years since the majority of Britain's colonies gained their independence, The 'Ghosts of Empire' continue to be felt today, with many issues remaining unresolved. Kwasi Kwarteng addresses the realities of the British Empire and the legacies it has left behind.

Thank you for all the book recommendations we have received. If you don't see your recommendation here, look out for it in a future edition of Heatons Post!



HEATONS POST
DONATIONS
WELCOME

A ROYAL CALL FOR LOCAL CAREGIVER

Heatons-resident, Suraya Alvi, recently had the opportunity to speak to HRH, The Duke of Cambridge during a video call with other key workers from the care sector. Heatons Post asked Suraya about her job as a CAREGiver and found out more about the surprise call.



PHOTO: Suraya on Royal call

Can you tell us a little bit about yourself - you live in the Heatons, is that correct?

Yes, I live in Heaton Moor. I've pretty much always lived in the Heatons - I've actually lived in every one of the Four Heatons during my life!

How long have you been a CAREGiver with Home Instead and which areas of Stockport do you cover?

I've been a CAREGiver at Home Instead Senior Care Stockport for four years now and I mainly cover the Heatons, Bramhall, Cheadle, Cheadle Hulme and some areas in Tameside.

What does your job involve?

My job involves looking after vulnerable people, mainly clients with dementia, and providing the best companionship based care possible in order to allow them to live in the homes they love. I carry out a variety of tasks during my call - these can be assisting with personal care, administering medication, preparing a meal, helping somebody in and out of bed. I also stay overnight with some clients, to be there for added reassurance during the night.

I support clients out in the community too - maybe a doctor's appointment, going shopping with them, going out for a meal or a trip to the theatre, although at present I have been unable to do this.

What do you enjoy most about your job?

I enjoy all aspects of my job - no two days are ever the same. Building up relationships and trust with clients, over a period of time, thus allowing me to carry out the best care possible. Going above and beyond to make

sure they stay well looked after and healthy, physically, mentally and emotionally, and provide reassurance to family members that their loved ones are safe is something which is very important to me.

I love seeing faces light up when I say 'hello' or taking daft Snapchat selfies! Or taking a bunch of flowers to a client who loves gorgeous flowers, and whose family members haven't been able to visit.

I also enjoy the little breakthroughs which happen, particularly if it has been a little more challenging to build up a relationship with a client. Especially one who might not want to accept any care.

I had a brain tumour removed seven years ago and was cared for by my mum and sisters. I remember it well - the feeling of being helpless and wanting to do things for yourself but you just physically couldn't. That feeling of anger, frustration and upset is debilitating. I made a full recovery, but I remember those negative feelings well. I think this enables me to put myself in the person's shoes and maybe step back a bit, if needed.

What impact has Covid-19 had upon your role as a care assistant and how have you had to adapt?

I still carry out all the same things I did before, just with the added PPE. Covid-19 has made a lot of clients, and their families, quite

anxious and frightened. It's been very hard not to be able to give anyone a hug or hold their hand. Our job relies on lots of gentle touches, to provide calm and reassurance. And with the masks on too, it can sometimes be hard to make yourself heard.

How did the video call with HRH, The Duke of Cambridge come about?

The interview came about when my manager, Clare Cliff, phoned to ask if I'd like an amazing opportunity. I said yes definitely! She then proceeded to tell me what the opportunity was and I nearly crashed the car - I was on handsfree at the time!

Clare mentioned that HRH, The Duke of Cambridge was going to conduct a Zoom interview with several care workers from around the country, who all worked in different sectors of care. I said I'd be delighted! The interview took place less than two days later so I didn't have a huge amount of time to prepare, but I didn't really need it to be honest, I was just advised by everyone to speak from the heart.

What did HRH, The Duke of Cambridge talk to you about and what did he ask you?

HRH asked us all how we were coping with the impact of the virus - what we'd had to do to adapt and how we were finding time to look after our wellbeing. We all took turns in answering.

First off though, he made a general comment that in his opinion, what we do isn't just a job, it's a vocation. I answered and said that I agreed absolutely. That I've always said it's not a 9-5 job and that you know if it's for you, as soon as you start in care.

When it came to my turn to answer the other questions, my mind went a bit blank and

I could feel my heart hammering in my chest! I composed myself and answered that I still provide the best care I can.

I said it can be hard, physically and emotionally and that I've taken to going running when I can. But the main thing I've done to look after my wellbeing, is to spend time cooking with my daughter, Kez, who lives with me.

What has been the response to the video call from others and those involved?

The response I've had has been incredible! I was interviewed by North West Tonight about the Zoom interview and that aired a week after. My family were all so chuffed and Kez was really proud. I had so many texts and phone calls. People posting on my Facebook wall. A few people have stopped me in the shops to say they saw me.

My directors, David and Joanna Moore, and managers Nichola and Clare, kept telling me how proud they were of me. Some of our clients and their families saw me and were really excited to say they'd seen me - some even said 'do we have to curtsy now and call you m'aam?'

Such an incredible experience and a once in a lifetime opportunity - I'm so glad I did it!



PHOTO: Video call with HRH, The Duke of Cambridge

FRESH PRODUCE FOR THE COMMUNITY

by Josh Gaskell

During the lockdown, All Saints' Parish Church in Heaton Norris has been helping to feed the local community with fresh fruit and vegetables from the church garden.



PHOTO: (L) Josh Gaskell, Church Warden, (R) Phil Waddington, Organist and Choirmaster

Along with further kind donations from various other local sources, food has been able to be distributed widely throughout the community to those struggling for various reasons during the Coronavirus pandemic.

All year round, the team of children from the Sunday School, Church Brigade and choir at the church grow fresh vegetables in the allotment which they distribute to those in need. The vegetables are also used to provide free Sunday dinners after the church service, lunches and free monthly hotpot suppers in the church hall.

The garden - maintained by a team of keen volunteers from the church on the corner of Manchester Road and All Saints' Road - also provides a welcome space of peace and quiet for those seeking refuge from the hustle and bustle of the lockdown.

Josh Gaskell, Church Warden and Captain of the Church Lads' and Church Girls Brigade at All Saints' said, "It has been wonderful to be able to really help our community on a practical level. The response from the wider community to this pandemic has been truly touching. Everyone has really pulled together to show the world what Heaton Norris is made of!"

Keep an eye out on the church Facebook pages for updates on when fruit and vegetables are available!

For updates, see: facebook.com/CWASChoir/ or facebook.com/allsaaintsclgcb/

For more information, see: www.cwas.org.uk

BOOKING OFFICE UPGRADE

by Phil Rowbotham, Friends of Heaton Chapel Station



PHOTO: A panoramic photograph of the refurbished booking hall

Heaton Chapel Railway Station is just one of five busy stations in Greater Manchester which have been identified to merit a complete booking office upgrade.

The upgrade was recently completed by Northern Rail at our Victorian Station which was built in 1852. It now has a new floor, two large built-in bookshelves for our 'Travellers Library', new seating, and an electronic touch screen which will display the Friends of Heaton Chapel Station website and will act as our 'Friends' noticeboard.

Northern's artists painted a large mural of the stunning 'new' LNER Peppercorn Class A1 steam locomotive Tornado 60163 which has passed through our station several times over recent years. Our 'Travellers Library' is unmanned but operates on an honesty principle of 'Take a book, Bring a book' - all the books, mainly fiction, have been donated by passengers and by the public. Our station supervisor, Mike, has kindly volunteered to be our librarian.

An original maroon, six-foot long British Rail station sign - Heaton Chapel & Heaton Moor



PHOTO: The Friends Rail Travel display

Station - is now attached on the opposite wall to the Tornado painting. In 1973, British Rail abbreviated our station name to just Heaton Chapel Station - 38 other station names were also abbreviated at the same time.

To compliment the artwork, the Friends group have created a Rail Travel display adjacent to the British Rail sign showing various heritage items associated with travelling by rail - these are placed on top of old leather suitcases and include a copy of the 1865 Bradshaw's Railway Manual Guide.

For more information, visit: www.friendsofheatonchapelstation.co.uk

LOCAL SCHOOLS UPDATE

ADVERTORIAL

AND WHAT ABOUT OUR YEAR 10 STUDENTS?

by Kate Morrison, Dynamic Tutoring

The Education Minister, Gavin Williamson, has announced that our current Year 10 students will be sitting their GCSE examination next summer despite the disruption to their schooling. This has added to the anxiety that many parents, teachers and students were already experiencing for who we may come to call our lost generation. And while the journey towards the summer exams will unfold in its own time, meaning no one should worry, there are measures we can take.

We've done well getting to grips with home-schooling, however, receiving quality feedback in which parent, student and teacher know exactly what grade the student is currently working at has been difficult in the remote, home school setting. As has motivating and managing behaviour.

This is where a well-qualified tutor would help. A regular session can provide the structure and discipline that is lacking at

home. Furthermore, a good tutor will tailor the tutorial to the students' interests and needs. There are advantages to employing tutors who have worked as examiners because they can provide highly accurate grades on past papers and know how to navigate a paper. An accurate grade gives a clear place to start building on, perhaps working, little and often, through the summer holidays if necessary.

Kate Morrison is a qualified, practicing teacher-tutor and examiner from the Heatons. She has started a tutoring and exam paper marking service to prepare for GCSE English examinations at any age.

www.dynamic tutoring.co.uk
Phone: 07703372135



RETURN TO SCHOOL AFTER LOCKDOWN

by Omar, age 11, and Esme, age 10 - Year 6 School Councillors at St. John's CE Primary School

Returning to school after the lockdown in late March, was always going to be a challenge for the entire school community. We were mindful of the fact that the school needed to be a place where the children still felt safe and engaged in their learning, despite all the new systems and procedures that we have had to put in place to minimise the risk from Covid 19.

Below are Omar and Esme's accounts of their experiences of returning to school at St. John's.

Omar says: "I felt really nervous because although I had watched the video that school sent to us all showing the new markings placed around the building and explaining the new rules, I still didn't know what it would be like. I thought it would be boring and all work, but really it was mostly fun. The main differences were that our class has been split into two bubbles in two classrooms and we eat our lunch in our classroom."

Esme says: "I was also nervous because of how different school would look. I also didn't know who was in my bubble. I really enjoyed doing a lesson outside with my friends, we had to sit diagonally from the other person on the bench to keep a two metre distance but it meant we could share ideas and work more collaboratively. We also had an option to choose a hot school dinner or a packed lunch from home which we had to eat in our classroom."

Since we have been back, we have done some normal lessons like Maths and English. Our lessons are linked to a whole-school theme, which at the moment is mythical creatures. This has meant we have been able to do lots of art.



In addition, we have to go out at break and lunch in our bubbles and the rest of the playground is marked off by tape. Furthermore, we have been doing a digital lesson on the iPad called Learning by Questions, which we have used to keep up to date with our maths.

Another thing we have had to do is wash our hands before and after we go outside. We aren't allowed to share equipment to stop the spread of germs. When we go outside, we are allowed to speak to our classmates in the other year 6 bubble, even if it is across a line, as each bubble has an allocated playground space.

We are happy that we came back to school so that we can spend some more time here before we go to year 7. Before we leave, we are looking forward to possibly doing a virtual leavers assembly.

A piece of advice that we would've given ourselves on the first day back would be not to be nervous or scared because in the end, it is the same school even if it had a few different rules.

CREATIVITY STILL FLOWING

by Adam Nokes, Head of Art, Priestnall School

The last time we saw our students in the art department here at Priestnall School, we were in the midst of developing fantastic projects, teaching technical ability as well as fostering creative and imaginative responses to themes.

There is always a positive energy in the art studios and when lockdown was introduced we witnessed the visual arts rising to the surface of our communities too - in windows of homes and all over social media. People of all ages were expressing themselves creatively and it was a pleasure to see.

Our students have responded extremely positively to the tasks they have been set remotely and teachers have been receiving artwork completed at home steadily for three months.

Tom, in Year 10, submitted this incredible piece, which, as well as being an amazing piece of work, is photographed expertly too! It is a stand out piece of art in response to the theme of 'shoes' which he interpreted very creatively.

Using pages cut out of an old book, Tom printed the patterns from the soles of shoes onto the paper and constructed the sheets into sculptural representations of an item we



PHOTO: Artwork by Tom, Year 10

are all so familiar with and can each relate to. This is what we encourage our students to do in the art department - to look at things differently, to reimagine the ordinary and to create unique objects and images.

We are incredibly proud of our students and the artwork they have all created. We are really looking forward to seeing them back in the art studios at Priestnall soon!

Work is regularly shared through our social media platforms:
Instagram: @priestnall_art_department and
Twitter: @Priestnall_Art

STOCKPORT GRAMMAR SAYS THANK YOU

by Enfys Bosworth



The Stockport Grammar School community has been so grateful for the amazing work of the NHS, charities and other vital frontline workers during the recent months and have wanted to do what we can to help.

As staff continued to develop the minds of pupils through a variety of virtual learning methods; SGS collected equipment donations, raised money for charity and designed PPE equipment.

Now a midwife, former SGS swimming teacher Kristy Franklin took a donation of toiletries from the school community to staff at Stepping Hill Hospital, and following calls for extra PPE equipment, SGS gathered goggles and protective equipment from the Science departments to donate to Stockport NHS Trust and to a local care home. The Design Technology department boosted these efforts by producing face visors for NHS staff.

To help keep morale high amongst our key frontline workers, Junior School children have made posters to thank the NHS and

all those who care for us. Some of their beautiful paintings appeared on display in the Emergency Department at Macclesfield District General Hospital.

Budding Second Year chefs made carrot cake as part of their practical work and it was wonderful to see the baking by one of our pupils enjoyed by NHS workers.

And finally, Junior School Headteacher, Tim Wheeler MBE, ran the London Marathon... in his own back garden, completing over 550 laps in full Scissorman costume to raise money for The Little Princess Trust, while six SGS families raised money for Emmeline's Pantry with their 'Tour De Lockdown' which saw them run, walk and cycle a combined 3,500km.

Thank you to the NHS, from Stockport Grammar School!

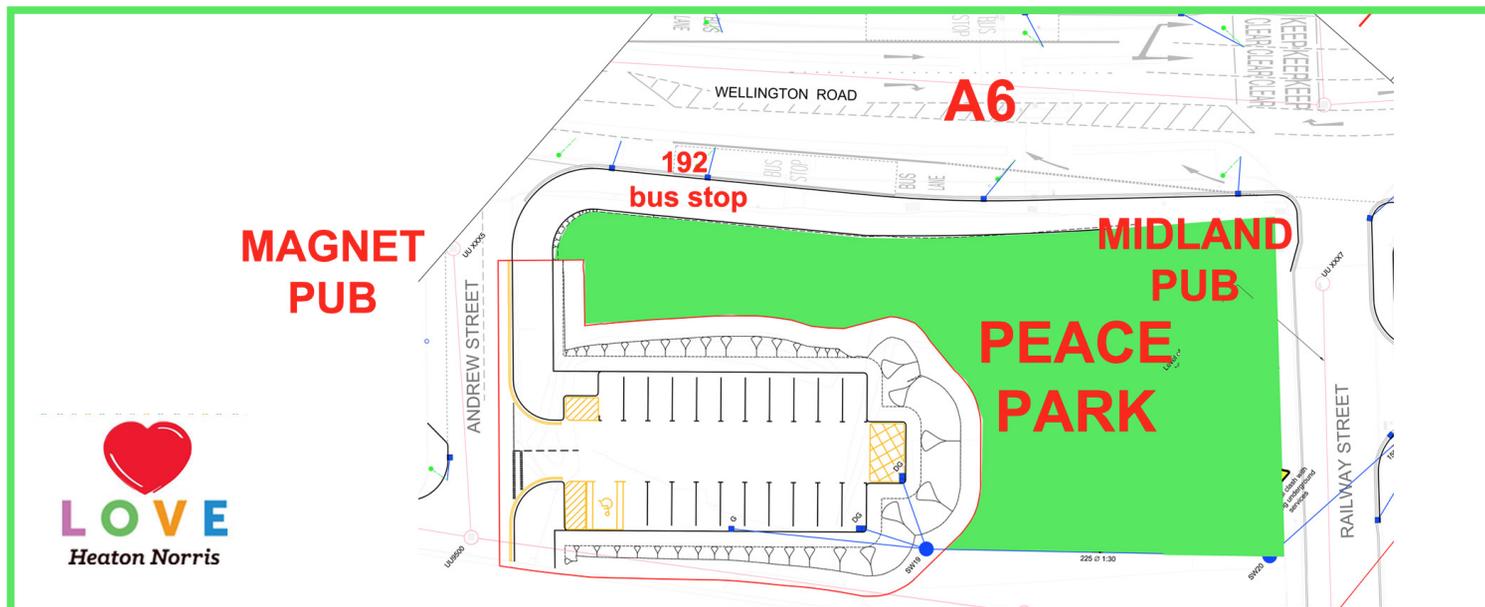
For media enquiries contact Enfys Bosworth, Press and Communications Officer via bosworthe@stockportgrammar.co.uk

CULTURE

TRAVEL

PEACE IN HEATON NORRIS

by Maggie Jones



The Love Heaton Norris Group (LHN) spotted an opportunity to bring a lovely little green area to the locals and create some 'green lungs' in our town centre.

The land between the Midland and Magnet Pubs on the A6 was derelict but did have mature trees fronting the main road. LHN met with executive councillors to discuss creating a Peaceful Park here, which was agreed. In February 2019, LHN met with council officials

and construction engineers to see what was feasible - a new small car park was also included in the Peaceful Park area.

It was agreed that a public pathway would be laid at the side of the Midland Pub to take visitors through a new garden of colour towards the car park. This will enable LHN to design a peaceful garden spot with a bench, attracting butterflies, bees etc. A second attractive curved stainless steel bench,

entirely funded by LHN, is also planned to be placed near to the number 192 bus stop. However, we are unable to proceed until the council has finalised and implemented their plans, and agreed to our proposals.

The public will be able to get away from it all and enjoy a rest in the Peaceful Park, with time to reflect, and maybe do some train-spotting and enjoy the smell of the roses!

POETRY & MUSIC

CORONAVIRUS BOREDOM

by Isabella Lucia Antonelli,
Yr 5/6, Broadstone Hall Primary School

Coronavirus is here,
Lockdown brings a tear,
So bored, oh dear,
This makes us live in fear,

No school, YIPPEE,
Means we can party,
Work still has to be done,
While we gaze at the sun,

Baking lots of stuff,
Cakes, biscuits, dogs go woof,
This sugar makes me crazy,
Though I'm still lazy,

Watching TV all day,
Playing games without dismay,
Dancing, Singing, so much fun,
Writing stories and we run,

Coronavirus is here,
Lockdown brings a tear,
So bored, oh dear,
Not a great time of year.

LILY-JO – MUSIC FOR CHANGE!

by Andy Rayner

Heaton Mersey songstress Lily-Jo is a performer on a mission – hand in hand with her recording career she has a passion for reaching out to people of all ages in areas of their life that some find difficult to talk about – their mental health and wellbeing.

A former Priestnall School student, Lily-Jo grew up in a musical household and early on in her career was a member of top Manchester chart band, LZ7. It was after this that she trained as a counsellor and spent five years working as a mental health specialist within the NHS.

Such is her calling to the cause that she has formed a charity, The Lily Jo Project, which seeks to reach out to those with any type of mental health issue. Alongside her regular gigs and events, Lily-Jo and her team visit schools and workplaces delivering workshops on mental health for the students and staff – work which has taken her not only to all corners of the UK, but to Europe and the USA too. Amazingly, in the last four years she has appeared in front of over 180,000 children and adults performing her music and giving her mental health advice.

Of course, the pandemic has put a temporary end to all live events, but this has not stopped Lily-Jo who has taken her project on-line with virtual performances and a series of weekly podcasts. Another exciting development is



the release of a new single "Be The Change" – a stylish and well-produced release that blends strong vocals and inspiring lyrics with an infectious chorus. Lily-Jo is an artist the Heatoners can be proud of – an inspiring role model for the younger people she comes into contact with and also for her music with a message which is important to everyone. Lily-Jo's new single "Be The Change" is available now on most streaming platforms. For more details on The Lily Jo Project visit www.thelilyjoproject.com



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



RANDOM OVERHEARD IN THE HEATONS

Our roving raconteur, the flaneur of the Heatoners 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

'Have you got the time mate?'
'We've all got the time....'
'Is that some kind of existentialist statement on the current situation....?'
<points at huge church clock>
<silence>
'Oh.....'

'God I feel rough.....'
'!!!!'
'No, all self inflicted I'm afraid....nobody calls time when you're at home do they....'

'What happened to that guy....?'
'God he was crass, awful....this lockdown blinkin' saved me!'

A lady is endlessly complaining, loudly, ending the tirade with:
'.....I should be in Greece now and instead I'm stuck in this godforsaken queue!!'
Guy: 'Madam, on behalf of the godforsaken, I'm sure Greece isn't missing its visit this year'

'Y'know all those parent's evenings we've sat through....endlessly trying to big him up and explain...I totally understand what they mean now....he is actually a little so-and-so...'

'Was thinking about emigrating to Oz'
'You need points'
'Got them!'
'Not on your license'
'Oh'
'And you need a sponsor'
'Loads of people want to see the back of me!'
'Preferably an Aussie'
'Oh'
<silence>
'Yorkshire's nice....'

'It's turned into my 70's childhood with an old John Wayne film on a Sunday afternoon and dad in the garden....'

'It's just like old times....stood around in the rain, in June and wondering whether we can put the heating on later....'

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...

Cats Who Love Lockdown

Mum

How do you think pets will cope when people return to work and school?

Daughter

I think in our case, our cat will lose weight! Every time I walk past her, she wants me to put food in her bowl.

Mum

I know what you mean, she is a bit of a chancer! She is all out of routine. She used to know our every move. Our comings and goings marked her breakfast and tea time. Now we are just around all the time. I think she has made the most of that!

Daughter

Yes, I have found she has spent more time with me than ever. Either curled up on my bed while I have a lie in or keeping me company when I am doing college work at my computer.

Mum

I'm used to that, when you were at college all day and I was working from home, she



would plonk herself firmly on my lap when I was typing away. She would tap the keys and lick my hand as I typed. She has appeared in Zoom calls more than once even before lockdown.

Daughter

I think she will miss us when we go back to school.

Mum

Will you miss her?

Daughter

No, the thing with our cat is she is always there when you get back home and there will be more things for me to be interested in getting back to college than to be bothered with missing the cat!

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

GOOD GARDENING WITH SLH

by Sustainable Living in the Heaton



Check out the Sustainable Living in the Heaton website where there are new articles coming on board weekly. We recently asked all our supporters, through an online questionnaire, about the environmental issues they'd like to know more about - growing, planting and biodiversity came out on top! So this month, we have two new features.

Firstly, Edible Garden gives suggestions on how you might get more out of your garden, patio or balcony that will look good, taste good and attract pollinators. It's a feature of modern life that in shops we only see a limited range of the huge variety of leaves, salads and herbs that grow according to each season.

The feature offers several ideas for both foodies and gardeners, including plants that will happily grow in your flowerbeds. The foodie-angle suggests new plants and vegetables and how you can prepare them.

The gardening-angle is about how you can grow your own throughout the year - even in limited spaces. If there is sufficient interest in the topic and the one that follows, we will do an online Q&A session later in July.

Secondly, The June Gap is a time between spring and summer when bee colonies are at peak numbers and bees can go hungry. Spring flowers have finished, and summer flowers have yet to come into full bloom, and there can be a shortage of nectar and pollen for the bees.

You can help by growing bee friendly plants that flower in June and early July. It's never too late to plant them, and they will of course be good for the next year. See an interesting article by Paul Lewis of Green Man Garden, with recommendations of flowers, herbs and shrubs, by visiting our website: www.slheatons.org

Happy gardening!

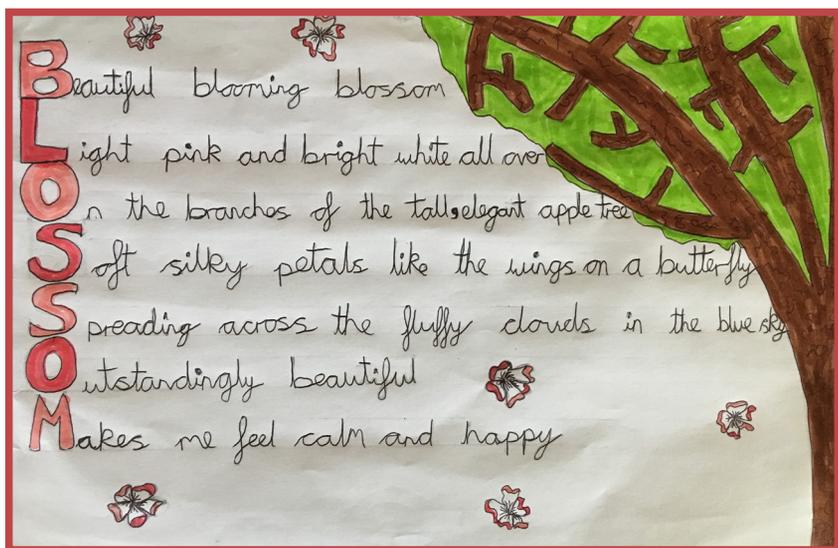


PHOTO: Poem by Holly, Yr 5, Broadstone Hall Primary School

PRESERVING MEMORIES

by Suze Appleton, Heaton Mersey Collective

The green area along Didsbury Road in Heaton Mersey, including the little garden where the herb beds are located, used to be an area of houses which were demolished in the 1970s.

Part of this area was known as 'Heaton Place' and we have some great pictures of the houses, along with notes on some of the residents. Heaton Mersey Collective would like to preserve the memory of this heritage through an interpretation board to be sited next to the bench in the little garden.

The board will also contain a short background about the volunteers involved in producing the current garden, its history, and thanks to our supporters.

The cost of the board is more than we have in available funds - all the work to produce the herb beds and maintain the garden has been done by volunteers including members of Sustainable Living In The Heaton in collaboration with Stockport Council. We have received a donation from Heaton Heritage Society towards the cost of the board and, in order to raise the remaining funds, a GoFundMe page has been set up: www.gofundme.com/f/garden-heritage-board Please consider helping us to achieve our target which will provide a lasting reminder of the history of this area.

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.

Email: heatonspostfamilyhistory@gmail.com





PHOTO: Didsbury Road Gardens



PHOTO: Heritage Board

Photos by Jessica Bradburn, Yr 6, St. John's CE Primary School

YOUR ENVIRONMENT

AS ONE STOCKPORT, WE WILL RECOVER

by Cllr David Meller, Cabinet Member for Economy and Regeneration

These last few months have been incredibly trying, if not devastating, for local businesses right across Stockport.

As a council, we have done a number of things to support businesses through the initial shock of COVID-19 and I believe we have risen to the challenge as best as we can.

We have got tens of millions of pounds of grant money out of the door quickly, exceeding the performance of many other local authorities. We have also used our discretionary grant funding from the government to try and catch those businesses that fell through the net, such as those based in mills or shared spaces.

We created the Stockport Economic Resilience Forum, which meets three times a week and works to support local businesses through this period.

As part of this work, the SK Business Recovery website has brought together businesses and allowed them to support each other, access support from high-profile business people and keep up-to-date on the latest guidance and news as it is announced.

Finally, we set up the Stockport Jobs Match website, which has supported businesses that needed additional help to get through this period. The website has also helped those who needed work find it by 'marrying them up' to potential employers.

But after the initial shock, we are now moving into our recovery phase - and it is one we all must play a part in.

Our One Stockport campaign is at the heart of our recovery. You may have already seen it adorning lamp posts within the Heaton, as well as on billboards and in other key locations throughout the borough.

One Stockport aims to build on the overwhelming sense of community and collaboration that has been at the fore in dealing with this pandemic and we have seen in each corner of our borough.

At times, it is easy to think of Stockport as a borough made up by distinct districts or towns in themselves. However, that spirit of community and collaboration has united the whole borough and brought it together as one.

From the Mutual Aid groups to the local shops that were there when the supermarkets could not cope, this sense of community and collaboration will, I believe, support Stockport's recovery and help lead to us 'building back better'.

Supporting our town centre, district centres and local centres is key to doing this. By supporting the local businesses at the heart of our communities, it means Stockport as a whole can benefit from the recovery going forward.



Money spent in Stockport - the so-called 'Stockport pound' - is far more likely to remain in Stockport, circulate around our local economy and help support businesses, organisations and ultimately the communities we live in. This campaign will preach that message, while also emphasising the need for us to remain safe and continue thinking about each other at this time.

As part of supporting our town centre, district and local centres, you will see the council doing even more to support walking and cycling. For starters, you will see us using highway space to create additional pavement space to support social distancing, as well as creating 20mph zones.

We are also working on creating temporary pop-up cycle routes that, if successful, can be made permanent.

Our initial plans involve having parallel routes that go alongside the A6 and A34 and run through residential areas. In the process, these will help tackle rat-running while supporting the growth in cycling. We hope these pop-up routes will eventually lead into Manchester and encourage two-way sustainable travel by bike.

Stockport is a strong, connected community and we have a lot to be confident about. The plans for our town centre, particularly in relation to the Mayoral Development Corporation, will continue and we still have key investors backing us.

Indeed, you may have recently seen news about Weir Mill finally set to be redeveloped after years of inactivity, as well as BASF UK soon set to move into Stockport Exchange 2 and be a key fixture in the heart of our town.

It is important that despite this pandemic, we do not let it affect the positive vision we have for our town. In fact, I hope One Stockport can add to that vision and that sense of positivity we should rightly have in where we live.

Ultimately, by supporting local businesses, we can help to rebuild our local economy - and by building confidence, we can all work together as One Stockport to build back better and stronger.

Please get behind the campaign as it develops and help support your town's recovery over these coming weeks and months.

CYCLING NOW AND IN THE FUTURE

by Walk Ride Heaton



Lots more people have been cycling locally during lockdown, from people who have never been on a bike to those who'd not cycled for a while, and families new to the bike out exploring the Heaton while the roads are quieter than we've ever known them.

We'd like to know if and how this trend is likely to carry on, and how people can be encouraged to keep using their bikes for short journeys, so we're carrying out a survey to understand this better.

This new trend has important benefits both for individuals and for our society: cycling is an excellent form of exercise, and helps us to feel good. Pollution levels were reduced during lockdown as we did fewer miles in our cars. Getting on the bike has become a good

way to get around, but also to explore and get daily exercise.

We have a wealth of great routes locally and we've heard people going to places that they never knew existed! Bike shops have done sterling business, selling new and second-hand bikes and repairing those that have been rusting in the shed.

With all this in mind, Walk Ride Heaton would like to ask you to complete this quick survey about you and cycling, now and in the future: tinyurl.com/StockportCycling

It will just take a few minutes to fill it in. Please ask your friends and family to join in too. You can find us on Twitter: @WalkRideHeaton and on Facebook.

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Need to connect with volunteers?

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More info:
news@heatonspost.co.uk



by Peter Haymes,
Townscape Heritage Manager,
Development & Regeneration, SMBC



Rediscovering the Underbanks is an exciting Townscape Heritage project that aims to bring buildings back to life and reconnect people with Stockport's historic centre by raising awareness of its unique past. The project is led by Stockport Council, part funded by the National Lottery Heritage Fund, and supported by partners and community groups, including Stockport Heritage Trust, Stockport College and Totally Stockport.

This is a unique opportunity to make a significant investment and transform the fortunes of the Underbanks. The Heritage Fund award, coupled with commitment from Stockport Council and local property owners to match fund works, provides a generational opportunity to realise the potential of this amazing area, building upon the success of the Market Place regeneration and safeguarding the future of many iconic buildings and structures.

In the nineteenth century, the Underbanks was one of the finest shopping streets in Stockport where all the needs of the town were met by its 30 shops, from hosiers, milliners and curriers, all plying their trades. Today, the Underbanks is home to an array of fantastic independents, including the critically acclaimed Where The Light Gets In restaurant and a variety of cafes like Hillgate Cakery, Cariad Cakes and Laco. As well as popular bars such as The Cracked Actor and The Good Rebel, record stores - SK1 Records and All Flight Records - and fashion shops like the trendy Norah Store and the vintage Cherry Girl's Wardrobe, there's Rare Mags selling rare mags...even a Plant Shop.

Bryn, owner of Mercurio's Market, said: "I chose to open on the Underbanks because it seemed like there was something going on here - there's a lot of potential, with the architecture and the new businesses. Having all these interesting quirky independents

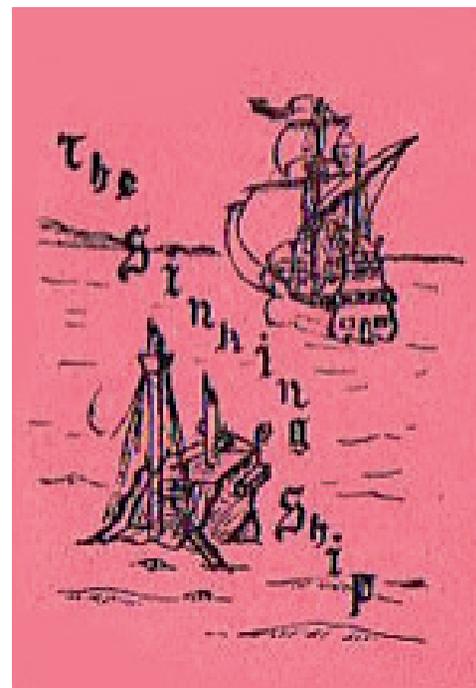
is what makes the Underbanks unique. It's something different from the high street, and I think that's what people want". The Rediscovering the Underbanks project seeks to support these existing retailers whilst providing an environment for further creative industries to relocate and flourish. The character and charm of the area is so apparent, everyone in Stockport has a story about the Underbanks and it is important to see it revitalised for future generations to enjoy as well.

In 2018, Stockport Council was successful in securing a £1.8m funding bid to support the regeneration of the area. Working with property owners, existing businesses and residents, the Rediscovering the Underbanks project has highlighted 26 capital projects, including building restoration and public realm improvements, designed to rediscover this important part of the historic town centre. Grants are available to building owners, providing up to 75% of the total cost of works, and where possible, local tradespeople will be used to undertake these works. Rediscovering the Underbanks also seeks to upskill local trades, property owners and students with appropriate heritage techniques to ensure the long-term sustainability of the works, whilst introducing the next generation to the rich and proud history of the area.

The project will run for a five-year period to 2023, and a planned programme of events will also take place during the project lifetime to increase knowledge and appreciation of the Underbanks. Events will include fun and interesting community activities designed to bring people to the area such as workshops, competitions and an annual Heritage Open Day event that will celebrate the Underbanks

unique past, all hosted in collaboration with local creatives and experts.

The aim is to also reconnect local people with the rich history of the area, publicising stories of the past such as the Sinking Ship nightclub that was once in Royal Oak Yard - during the 1960's many famous faces performed here, including Jimi Hendrix and the Rolling Stones. The project aims to ensure that pride is firmly restored in the old town, providing a 21st century offer whilst preserving the 300+ years of history.



Since it began in 2018, the Rediscovering the Underbanks project has been steadily gaining momentum and restorative work is well underway. The White Lion, one of Greater Manchester's most historic pubs, which has been left derelict for over 10 years, has been transformed into 11 luxury apartments with the ground floor providing an ideal location for food and beverage, expected to open later this year.





Resurfacing works have also begun with the first phase of the high-quality public realm scheme already completed. A temporary coloured surface has been laid from the bollards at Robinsons Brewery to Royal Oak Yard with the existing paving setts being carefully removed and stored. These original setts will be replaced and the remainder of Little Underbank will then be reconstructed with heritage-style paving setts following the building redevelopment works.

Another major project scheduled to come forward this year is the extensive renovation of the iconic Winter's. The Grade II listed building will be fully restored, alongside the clock and the three figures depicting Old Father Time, a soldier and a sailor, so that the chime of its bells will once again fill the Underbanks. Inside, another exciting addition to the food offer in the town centre will emerge.



13 Little Underbank is another such project set to start on site in 2020 which will involve both external and structural repairs and will see the shop front reverted to its former architectural glory. Owner Paul Kelsall says, "There is an energy and enthusiasm as well as a real passion for the place, and we love that Stockport is using its unique heritage as the main driver for regeneration in this part of its town centre".

This project sits in the heart of the town centre and is surrounded by wider regeneration activity.

Councillor David Meller, Cabinet Member for Economy and Regeneration, said: "Regenerating the Underbanks area is just one of our aims for our town centre, which also includes transforming Merseyway and the Interchange. The overall aim of these projects is to provide a destination for those who live and work in Stockport, but also those from further afield, whether it be to eat, drink, shop or work. The Underbanks will extend the fantastic offerings of the Market Place and Redrock, providing something for everyone. There has never been a better time for regeneration in Stockport, with so much aligning together, the future is looking very bright and hats off to all concerned!

"Following the easing of the current restrictions, businesses on the Underbanks

have started to reopen in line with government guidance. Independents have been hit hard during this difficult time and it is important, now more than ever, to support our local businesses.

"And yet, in spite of the impact of coronavirus in our communities, Stockport has risen to the challenge. We have a strong, connected community: we have seen people come together to support each other, to help family, friends and neighbours and followed the guidelines to protect our health services and those who provide critical services.

"Over the past few weeks, the council has been progressing with its recovery plans to support retailers and also the hospitality and leisure sector from July.

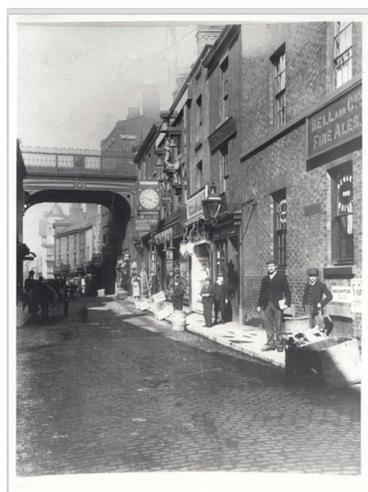
"To assist with the plans we have worked with partners to launch "One Stockport, a new borough wide campaign that builds on the resilience and support communities have demonstrated and creates positivity across the whole borough.

"We will be displaying the 'One Stockport' message across the borough – in the press, on posters, on lampposts, on social media – to reinforce the message that by pulling together and by supporting each other, we will stay safe and proud to be part of 'One Stockport'.

"These measures will make our retail centres safe places for Stockport residents and by supporting local businesses we can collectively help to rebuild our local economy."

It is going to be important to rebuild the momentum of the Rediscovering the Underbanks project post-lockdown, supporting the existing traders and encouraging more independent and alternative retail and leisure uses into the Underbanks area. We can only achieve this with your help so remember to shop local and support our independent businesses.

For more information and updates on the Rediscovering the Underbanks project visit: www.rediscoveringtheunderbanks.co.uk or follow us @Underbanks_SK



ONESTOCKPORT

ONESTOCKPORT.CO.UK

One Stockport campaign launches with recovery plan as borough gets ready to build back better, together.

The impact of the coronavirus pandemic has accelerated the launch of One Stockport, a partnership campaign designed to connect, unite and support Stockport's multi-faceted communities.

Stockport, a key component in successfully helping to drive growth and development across the region, is looking to its many diverse communities to have a say in creating and delivering its next ambitious and inclusive, local plan.

One Stockport is a campaign where, by working in collaboration, Stockport can become united and encouraged to build a better future for everyone by supporting the local economy, connecting communities and promoting health & wellbeing.

Steve Oliver, Chair of Stockport Economic Alliance and CEO of musicMaggie whose HQ is based in the heart of the newly developed Stockport Exchange said: "Being a proud Stockport business at the heart of the Borough, musicMaggie is delighted to have been part of the new 'One Stockport' initiative. We are excited to see the town unite under one brand as we all look forward to restoring both business and consumer confidence after such a difficult time for so many people"

Cllr Elise Wilson, Leader of Stockport Council, said: "I'm overwhelmed by how we have all worked together in such difficult and unprecedented times and the strength of relationships demonstrated over the past few months will ensure our town continues to flourish.

"The One Stockport brand will be a big part of everything we do moving forward. Everyone can play a role in this from supporting local businesses, to volunteering in our communities and helping to make our borough more resilient. In essence, One Stockport is about working together."

Helen White, director and co-founder of Marketing Stockport, is encouraged by the new One Stockport campaign and confident of its success: "When we set up Marketing Stockport ten years ago to promote, support and connect Stockport's business community, we were very quickly struck by the groups' commitment to contribute to the local economy and to support each other through the stages of future growth and development.

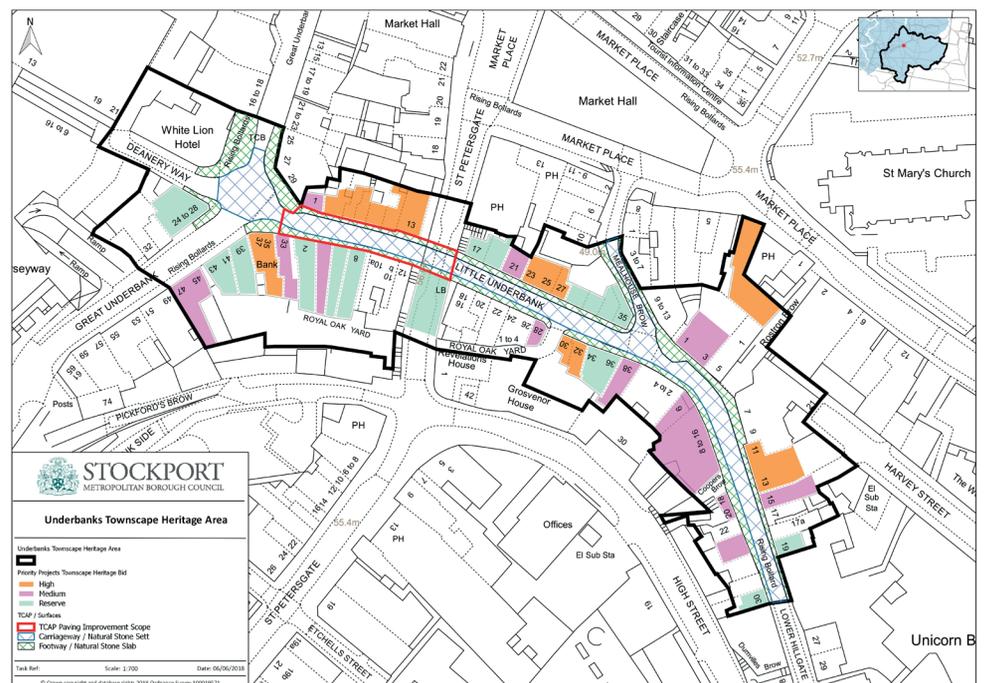
"It is this ongoing display of selflessness that I believe provides the perfect foundation on which we can all build to make One Stockport a success for now and future generations. Throughout the various phases of the campaign we look forward to working alongside our colleagues to support all aspects of our community."

Cllr David Meller, Cabinet Member for Economy and Regeneration at Stockport Council said: "The first phase of this campaign will have a huge impact on our plans to rebuild the local economy so the whole borough can build back better and stronger.

"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 and I am confident that we have done all we can in Stockport to ensure it is a safe and welcoming place for you to shop, live, work and play.

"Our unique independent businesses and major high street brands all need your support more than ever right now, so please support them by shopping local and giving back to the local economy. I can't wait to see our town centres and district centres thriving again."

Following the current coronavirus crisis, the first phase of the campaign will support the recovery process, to help people reopen their businesses safely. To help people build back better and to instil confidence as we ease out of the current enforced lockdown.



STOCKPORT
METROPOLITAN BOROUGH COUNCIL

LOCAL BUSINESS NEWS

LIGHTING UP THE OLD TOWN

Based on Rostron Brow in the Underbanks area of Stockport, Where The Light Gets In has had a real impact on the local restaurant scene. Heatons Post caught up with owner, Sam Buckley, to find out more about him and how he has adapted during Covid-19.

Can you tell us a little about yourself - where did you grow up and go to school?
I grew up in Marple but I went to school at Kings, Macclesfield first, and later to Marple Hall.

What inspired you to become a chef and where did you work before opening Where The Light Gets In?
I worked in a local restaurant - Murillos in Marple - whilst I was at school and later whilst at college, so I kind of fell into it. Later, after working with Gary Rhodes, I left the industry and studied at university. The last place I worked before opening was at L'enclume.

What inspires the dishes you create?
It's about the inclusivity of all crafts. It takes so much to open and run a restaurant and it is never just about the food. There has to be a belief system, everyone you work with must

work from the same page. So this is Where The Light Gets In.

Our desire to source with a low impact on our environment has led to working with many great growers and developing many great techniques to preserve, so I would say that all dishes for me start with the soil.

What are your thoughts on the changes taking place in Stockport Town Centre, particularly the Old Town area?
It's very exciting. I'm particularly excited about SK1 Records, The Plant Shop, Rare Mags. These guys are all doing something different that you can't find anywhere else in the north.

You recently completed the Jordan Trek - can you tell us what this involved and the organisation it supports?
It supports Action Against Hunger which is a charity working without borders to help undernourished children in areas of conflict or vulnerable places. We trekked for 10 days across the desert and ended up in Petra.

I was incredibly fortunate to be asked to join. Although it was for a great cause I really got a lot out of it on a personal level too.

How has Where The Light Gets In been affected by Covid-19 and have you been able to adapt your services to continue to operate?
We have opened up a takeaway service called the Pickle Factory. We are operating but with skeleton staff and constantly having to change our offer to suit new guidelines. It is fun to be able to adapt and come up with new ideas but it is tiring too, and it all boils down to survival. If you can forget that then the stress levels are manageable!

Any plans for the future?
Hmmm - We have so many plans ahead but we are not ready to announce yet.

I can give you one - we have built a kitchen garden on the rooftop of the Mersey Way - an unlikely spot for an urban oasis. Very soon we plan to serve hotdogs and natural wine up there as it will be a covid compliant space. We're just working on our Frankfurters.

WHERE THE LIGHT GETS IN

www.wtlgi.co/
Email: bookings@wtlgi.co
@arestaurantwherethelightgetsin
@wtlgi



SK BUSINESS RECOVERY

by Stockport Council

A new website designed to provide support to businesses as they begin to emerge from the effects of the coronavirus, Covid-19, has been launched by the Stockport Economic Resilience Group, a group of the town's business leaders working with Stockport Council.

The website - www.skbusinessrecovery.co.uk - provides a portal to a wealth of information and support tools to help businesses quickly navigate their way through the complexities brought about as a result of the coronavirus. It delivers easy access to information and support tools designed to help businesses and the economy recover from the considerable impact of Covid-19.

The 'SK Recovery' website is also a platform to showcase innovation, where businesses have been inspired to revise their business models, to look for opportunities, to trial new ideas and to launch new products.

When the Government announced its lockdown measures in mid-March, Stockport Council convened the Stockport Economic Resilience Group, a partnership of private and public sector representatives, collaborating to coordinate a swift and effective response to the economic impacts that the crisis has brought to the borough's business community.

Cllr Elise Wilson, leader of Stockport Council, said: "In a short space of time the coronavirus has dramatically affected the way we live our lives. This has left people feeling worried and businesses of all shapes and sizes have been left uncertain about their future.

"To help out, we've joined forces with businesses in Stockport to create a website for our business community. The SK recovery website will provide advice from experienced and well respected business leaders and contain forums where businesses can support each other."

Cllr David Meller, Cabinet Member for Economy and Regeneration, said: "Our recovery is going to be shaped around supporting Stockport businesses and with it, the local community. The website will allow local businesses to develop closer links with one another, which can then support buying and using each other's services.

"Alongside this, we are developing our longer-term economic recovery plan that will ensure Stockport remains one of the best places to invest and do business in."

For more information, visit: skbusinessrecovery.co.uk/

BUSINESSES SUPPORTING THE COMMUNITY

After a number of businesses saw their trade disappear when the Covid-19 pandemic hit, local business, E.P. Muldoon Builders, wanted to help but didn't really know how.

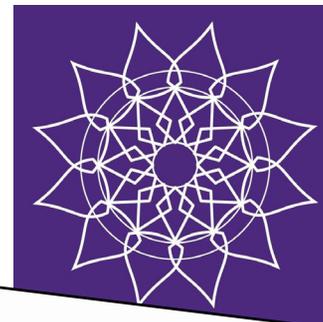
Owner Paul Muldoon tells us, "We decided upon the idea of offering a free item from the businesses affected - be it a takeaway from The Flying Coach in Hazel Grove or an afternoon tea from Cafe 35 in Reddish - for a nominee that has had a tough time of it or has gone the extra mile during the current crisis."

Nominations for someone to receive a free item were made privately over social media messaging and a name was then pulled out of a bag.

"We've now had The Cupped Cake and Orange Bloom Yoga, both from Hazel Grove, getting involved, offering a cake box and some vouchers for some online yoga sessions" Paul says, "We'd love more businesses to get involved, we only started out with two, but now two more have come on board."

Paul is hoping to run the nominations again in August or September, saying, "The aim of it really is to help the businesses but, most importantly, help the people who have been through the worst of this. It's not much in the scheme of things but if we can all spread a bit of kindness and help each other out, then that has to be a good thing."

If you are a local business and would like to get involved, please contact Paul at: paul@epmuldoon-builders.co.uk





AWARD HAS PRIDE OF PLACE

In last month's Heatons Post, we featured an article about the partnership between Steve Pilling of Northern Restaurants Ltd and Noel Goulding of the Veterans Food Co, who have been making and delivering meals to the homeless of Stockport - a partnership that has been in place for the past 25-years.

At the Manchester Commonwealth Games in 2002, the work of Steve and Noel was recognised with an award from Nelson Mandela.

"We provided some of the official lunches for the Commonwealth Games in 2002 as we worked with Salford Consortium - a group that supports disadvantaged youths" Steve tells us.

"We had been working together since 1995 - Noel and I would introduce young people into the workplace and, hopefully, give them meaning. Having both had tough upbringings, we know work is a great conduit for life.

"Most of our intake had disparate family backgrounds - from drugs to criminality - and did not have a work habit.

"Noel and I were young chefs - Noel leaving for a while to take a degree in Education, then returning on my doorstep in 1995 at Mr Thomas's Chop House with two Salford youths.

"After a full days work and a workout in our own Dojo, followed by a Gym & Swim session across the road and an after work beer with the team, it is not an understatement to say that the two had acquired a new 'work' family in one day.

"We became Salford Consortium's most successful retainer of redeployment with a 80% success record."

At the Commonwealth Games, the lunches Steve and Noel provided were held in Salford which was twinned with South Africa for the Games.

Steve recalls, "Nelson Mandela was due to visit Salford for the Games and to meet us and come to Salford Consortium for lunch but, unfortunately, Mr Mandela was ill and unable to attend."

The partnership of Steve and Noel now covers many areas across Stockport, Manchester, Salford and Oldham, supporting veterans, the disadvantaged, the unemployed, and many more.

Steve says, "We still get the same sense of satisfaction we did 25 years ago and it's worth every penny we invest. Our work continues in many other worthwhile areas, such as the New Produce Hall in Stockport, where we took on 50 employees - 24 of whom were long term unemployed, ex-veterans, or had been children in care."

The Nelson Mandela Award hangs in pride of place in Steve's home in the Heatons.

The original sketch of Nelson Mandela featured on the award was auctioned in New York for £1m - this went to the Soweto Township in South Africa. The sketch was by Harold Riley of Salford and was the only sketch Mr Mandela sat for, on condition that the sale proceeds went to South Africa.

BUSINESS NEWS ROUND-UP

Many of the local businesses in the Heatons and Reddish have been closed during the lockdown restrictions but are now gradually re-opening. As always, please support your local businesses and help get business going again. Here's a brief round-up of local business news:

- **Coming soon:** Shop 4 Heatons - a one-stop-shop enabling small, locally-based businesses to sell online and making it easier for customers to shop local, all in one convenient online shop. www.shop4heatons.com
- Wargeh Cafe & Restaurant coming to Moor Top
- New restaurant coming to School Lane, Heaton Chapel

LOCAL BUSINESS SERVICES

The following local businesses are operating and open as usual or continuing to offer collection/delivery/virtual services. Please check with the individual business for the most up-to-date information.

Groceries & Produce

Raja Brothers	General groceries	07885 939 931 (Mr Shaz)	
The Good Life	Ethically sourced, zero waste groceries		thegoodlifeheatons.com
Bakerlou	Bread	07788 830 154	
Back's Deli	Groceries & Produce	0161 432 3309	shop@backsdeli.com backsdeli.com

Pharmacy

Boots H. Moor	Medicines & Toiletries		
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Dining In

I Knead Pizza	Hand-stretched Neapolitan Pizza	0161 222 9890	ikneadpizza@outlook.com	ubereats.com
Kauri Fine Foods	Freshly made meals	07951 468 833	info@kaurifinefoods.co.uk	kaurifinefoods.co.uk
Casa De Moor	Mediterranean Restaurant	0161 432 9999		casademoor.co.uk
The Beehive Cafe		07383 305 333	Traceybancroft23@gmail.com	https://buff.ly/37eGrMA
The Spice Yard	Vegetable Curries & Spice Blends	07834 359 272	sapaspiceyard@gmail.com	thespiceyard.com
A Tavola	Sicilian Restaurant	07478 743 293	info@atavolastreetfood.co.uk	atavolasicilianfood.co.uk
Seashell Fish & Chips				deliveroo.co.uk/
Grounded in the North	Artisan Coffee Shop, Cakes & Sandwiches	07814 686 939	Hello@groundedinthenorth.com	Groundedinthenorth.com
Bayleaf Heaton Moor	Indian cuisine	07572 502 957	Bayleafheatonmoor@hotmail.com	
Roost	Rotisserie Chicken & Wood Fired Pizza	0161 432 4666	manager@roosthm.com	roosthm.com

Beverages

Thirst Class Ale	Artisan Beer	0161 442 0299	richard@thirstclassale.co.uk	thirstclassale.co.uk
Cork of the North	Wine	07717 860 107	marc@corkofthenorth.co.uk	corkofthenorth.co.uk
Heaton Hops	Artisan Beer		heatonhops@gmail.com	heatonhops.co.uk
B'Spoke	Coffee & Tea	07904 244 460	bspokecoffeehouse@gmail.com	bspokecoffeehouse.co.uk

Gifts/Homewares

Blue Door Flowers	Flowers & Gifts	0161 432 2600	flower@bluedoorflowers.com	bluedoorflowers.com
Chiselled Features By Paul	Handmade Bespoke Personalised Gifts	07912 149 451	paul@chiselledfeatures.co.uk	chiselledfeatures.co.uk
Flamingo Paperie	Cards, Stationary & Craft Kits	07972 352 699	heatherlovescards@gmail.com	heatherlovescards.co.uk
Jewellery	Jewellery, Accessories & Gifts	07818 422 722	orderjewellery@gmail.com	jewellery.co.uk
Ben Sedman Photography	Architectural Photography of NW	07738 558 639	bensedman@hotmail.com	bensedmanphotography.com
Kitsch Republic	Creative Homeware & Gifts	07957 444 195	angela@kitschrepublic.co.uk	kitschrepublic.co.uk
Sarah's Sensational Sweets		07792 006 214		sarahsensationalsweets.co.uk

Services

Phil Yates Stockport Ltd	Plumbing & Oil Heating Engineer	07540 568 561	Juliayates.stockport1@outlook.com	
Davies Chiropractic Care	Chiropractic Clinic	0161 879 7701	info@davieschiropracticcare.co.uk	davieschiropracticcare.co.uk
Eleven Accounts Services	Bookkeeping & Admin Support	07528 694 664	office@elevenaccounts.com	elevenaccounts.com
Carrie Burke Tutor Work	Private Tutoring for Primary Children	07758 783 321	carrieburketutorwork@gmail.com	carrieburke.com
Nettl	Printing & Website Design	0161 975 5203		nettlofstockport.com
Heatons Physio	Physiotherapy	0161 432 3232	Info@gatleyheatonsphysio.co.uk	
Integrate Hearing Ltd	Audiologist	0161 706 0067	Info@integratehearing.co.uk	integratehearing.co.uk

Hair & Beauty

Beauty Bee	Beauty Treatments	07876 032 125	abby.crowhurst@outlook.com	www.facebook.com/AbbyBeautyBee/
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Have your business listed & printed in the next issue of Heatons Post: news@heatonspost.co.uk



Please take two minutes to complete a survey on bikes and cycling in the area at the following link: www.surveymonkey.co.uk/r/QQ3PCTP

A LOOK BACK ON THE HEATONS SUMMER FESTIVAL

by 4 Heatons Traders Association

Sunday, 12 July should have been the day the Heatons celebrated their local community at the Heatons Summer Festival. Like many other local events, the festival has been cancelled this year, making it only the second time in ten years that the festival has not taken place. We thought this was the perfect time to take a look back at the festival to see how it all began, and how the festival has grown and developed to become a hugely popular community event.

The Early years

In the early days of the 4 Heatons Traders Association (4HTA), formed in 2009, there was lots of discussion about what the 4HTA should actually do. The 4HTA aimed to help make the Heatons a better place to live, work, and prosper, and what was clear to all members was that the key to encouraging the shop local message was to engage with the local community.

Zoran, owner of Pokusevski's, proposed the idea of a 'food festival' as a way to thank the local community for supporting local businesses, resulting in the first ever Heatons Summer Festival in July 2010.

This first festival was organised entirely by volunteers from the 4HTA with some seed funding from the council. It was held in Heaton Moor Park with a small number of stalls, food and a kid's funfair. The 4HTA team pulled this together from scratch – no experience in planning events, no idea of what to expect, would the locals even come?! It was a massive learning curve for everyone involved and thankfully, the event was a major success.

And then it grew

The festival grew to become a much anticipated event on the Heatons calendar. Two-years in, the format was set and became a much bigger event. By 2012, there was a larger entertainment schedule on the stage, including Zumba, kids 'sports day' races, and a falconry display. The larger stall area now included Heaton Moor Market and the first Great Heatons Bake-Off for the first time.

By the following year, the festival had grown to a level that was simply beyond the scope of the management and responsibility of just a small group of volunteers. The 4HTA took the decision to employ professional event Health and Safety Managers – LFX Events – to ensure all the boxes were ticked and that a festival of this size had all the necessary infrastructure and policies in place.

After much consideration, the 2014 festival saw the introduction of a beer tent. To enable this to happen, the serving and drinking area needed to be covered by an additional license, additional infrastructure was required, and we relied on extra volunteers to 'police' the area covered by the license.

The costs of running the festival were being covered by sponsorship from local businesses, stall holder fees and donations collected at the gates on the day. The increased requirements for the bars added a substantial amount to the cost of the event.

Thankfully, the weather was on our side and the festival saw a great turnout.

Time for a break

In 2017, the 4HTA took a year off from running the festival to take stock of the direction it was going, as well as take a long hard look at the costs of running the festival and the income generated - the cost of the Summer Festival had tripled over the years. Add that to the dwindling volunteer numbers, and it was clear something had to change.

Following a year of rest and contemplation, the Heatons Summer Festival came back in grand-style with a two day event. The 4HTA was offered the opportunity to host the 2018 Summer Festival at the Heatons Sports Club. This provided a bigger venue which, with the help and event management provided by local business Fountain May, saw the traditional festival be combined with a music and beer event to run over an entire weekend.

Alongside this, the 4HTA was going through internal restructuring. The comeback festival was an experiment for the 4HTA that could easily have gone wrong - had the weather changed a day earlier, or even just a few hours earlier, it could have been financially disastrous. Coupled with ever smaller volunteer numbers, we had to make some big decisions for next year. If the Summer Festival was to be sustainable and continue each year, we had to cut costs, and take it back to its roots.

Back to its Roots

2019 was the 10th Anniversary year for the 4 Heatons Traders Association which saw a return for the festival to Heaton Moor Park. To better manage costs and risks, the beer tents and the associated licenses and infrastructure were removed. This meant the 4HTA were now able to concentrate on bringing back the family event that the people of the Heatons know and love. It also meant the event could continue to benefit from free entry.

The festival proved to be as popular as ever in its back-to-roots format, allowing more scope for the inclusion of community groups and family-friendly activities. Significantly for volunteers, rather than over two hours spent packing up and clearing rubbish and empty beer cups, the park was back to how it was originally found an hour after the festival closed.

The Heatons Summer Festival will be greatly missed this year and Heatons Charities are missing out on much needed funds that would have been raised through the annual Festival Charity Raffle - the Heatons Charity Challenge has been set up to help raise funds for these charities.

A huge thank you goes out to all those who have voluntarily given their time over the past 10 years to help organise and run this annual event - the festival just wouldn't have been possible without them.

Here's to the grand return of the Heatons Summer Festival in 2021!



WELLBEING

TIPS FOR BETTER SLEEP

by Jane Fox, BSc, MSc, HPD, DSFH, MAFSFH, MNCH(Accd), Jane Fox Hypnotherapy



Sleep is so important. You may be surprised to know that our brain works hard during parts of our sleep pattern. During REM sleep (rapid eye movement) the brain is busy carrying out vital functions such as consolidating learning, rehearsing past events to cope better next time and working on solutions to problems.

So, if we are struggling to sleep, how can we take action and improve it?

- Keep to a sleep schedule – whether you are a morning person or a night owl, be consistent
- Minimise noise and light in the bedroom, and have a cool environment
- Be comfortable – buy the best mattress you can afford and find a comfortable position for sleep

- Avoid caffeine before bed – it is a stimulant and will keep you awake
- Avoid alcohol before bed – it is a relaxant, and may help you get to sleep faster, but it affects sleep quality
- Regular exercise helps with sleep, but avoid a lot of exercise within three hours of bedtime.
- If you nap during the day, take short naps of less than 30 minutes to avoid interfering with night-time sleep
- Don't eat a large meal just before bed as this results in poor quality sleep
- Have a pre-bedtime routine, so you train the body to sleep
- Avoid screens for an hour or so before bed as the light interferes with the sleep chemistry
- Do something relaxing before bed – take a bath or shower, have a warm drink or read a book

DATE FOR THE DIARY

by Heather Thorpe

Heaton Moor Producers Market returns to Shaw Rd on Sunday, 5 July from 10.30am - our first outdoor market since lockdown.

It will be different - only one entrance and exit by Derby Range, a one-way system, hand washing facilities, hand sanitisers and limited numbers. Luckily, we have Extreme Coffee on hand whilst you are waiting to enter and I've booked good weather - fingers crossed!

What will be the same is all your favourite products and food, and just a hint of 'being back to normal'

If you would like to buy, but do not want to come to the market, feel free to contact me and I will arrange this for you.

Email: heatonmoormarkets@gmail.com

HEATON MERSEY COLLECTIVE

SATURDAY 19TH SEPTEMBER
11.00AM - 3.00PM
Artisan Market on St John's Road
Charity Fundraising Event for MacMillan Cancer Support
Charity & Refreshments in St John's Church

SATURDAY 3RD OCTOBER
7.00PM
Evening of International Music and Food
This annual event is part of the Heart of the Heaton's Festival at St John's Church

SATURDAY 14TH NOVEMBER
11.00AM - 3.00PM
Artisan Market on St John's Road
St John's Church Christmas Fair, Refreshments and charity stalls in St John's Church

FOR MORE INFORMATION AND DETAILS OF THE REGULAR WORK SESSIONS ON THE DIDSBURY ROAD VILLAGE GARDEN
PLEASE EMAIL: HEATONMERSEYCOLLECTIVE@GMAIL.COM
OR GO TO HEATON MERSEY COLLECTIVE ON FACEBOOK

SUDOKU

Medium

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

		1		2				
3	4							
5					6			
			7					
8								

- ACROSS**
- 3 Shooting stars (7)
 - 5 Child's bed (3)
 - 6 Type of chart (3)
 - 8 Typical (7)
- DOWN**
- 1 Corporate top dog (1,1,1)
 - 2 Stressful (6)
 - 4 Gradually develop (6)
 - 7 Snoop (3)

To complete Sudoku, fill the board by entering numbers 1 to 9 such that each row, column and 3x3 box contains every number uniquely. For many strategies, hints and tips, visit www.sudokuwiki.org for Sudoku

Puzzle source: www.syndicatedpuzzles.com

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

A challenging opportunity will arise this month. Go easy on yourself, a stress-free mind is worth more than any financial reward.



Jul 23 - Aug 22
Leo

Speak out for what you know is wrong. You have a strong moral compass, don't ignore it out of fear.



Feb 19 - Mar 20
Pisces

This month will bring great luck! Taking small chances will surely pay off in your favour.



Aug 23 - Sep 22
Virgo

Don't leave anything up to fate this month, play it safe and watch out for the people in your life who might jump at the chance to throw you under the bus.



Mar 21 - Apr 19
Aries

A new arrival will come to Aries when you least expect it, be on the lookout.



Sep 23 - Oct 22
Libra

Find time to be mindful this month, independent thinking is one of the most difficult skills to hone.



Apr 20 - May 20
Taurus

A new found entity will betray Taurus this month, be aware of the unknown.



Oct 23 - Nov 21
Scorpio

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



May 21 - Jun 20
Gemini

There is beauty in the minimum, try not to overdo things too much.



Nov 22 - Dec 21
Sagittarius

You will find something this month you thought to be long gone, whether a possession or a human connection.



Jun 21 - Jul 22
Cancer

Finding the balance between work and play is no easy task, but it is a necessity for true fulfilment.

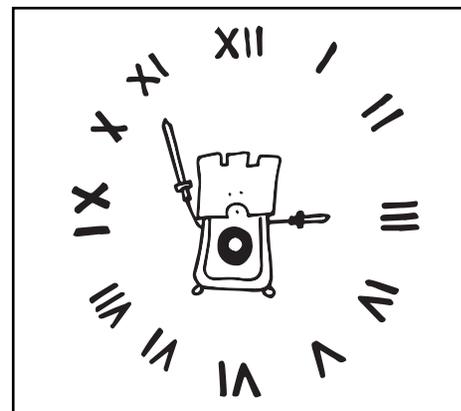


Dec 22 - Jan 19
Capricorn

Remember to be grateful. Things seem tough, but there is always someone who is worse off.

PROMOTE YOUR BUSINESS IN THIS SPOT BY OFFERING A VOUCHER

for more information email news@heatonspost.co.uk



"Knight Time"

Source: www.k-boomhouse.com



SPORTS AND FITNESS

BRC ACADEMY AWARDS

by Laura Thomas



PHOTO: Joe Thomas, Winner U11 Award

President and senior members of Burnage Rugby Club.

Academy Head Coach, Mike, delivered trophies to all our award winners - following socially distant rules, of course.

It was so amazing to feel the Burnage Rugby Academy community come together to celebrate this.

If you are interested in joining our amazing club, please do get in touch. We hope to be back playing again next season, bigger and better than ever before.

Follow and message Burnage Rugby Club on Instagram and Facebook @BurnageRugbyAcademy, or call Mike: 07398 132 161 or Laura: 07795 295 713.

Here at Burnage Rugby Academy in Heaton Mersey we have over 180 boys and girls aged 3 and up playing with us every Sunday throughout the rugby season.

Like all clubs this year, we had to cut our season short due to the awful and devastating Coronavirus crisis. Despite us being unable to hold our usual end of season party, medals and award ceremony, we still thought that it was really important to acknowledge how proud we are of all our players across all age groups, so we decided to try something new this year - a Virtual Awards Ceremony.

We recorded a special message for all our players that was sent out before the individual winners from each age group were announced to the teams. We were delighted to receive messages and contributions to this video message from Sale Sharks players, the RFU Cheshire Chair, the Lancashire RFU

'SAMARATHON' FOR FUNDS

Stockport and District Samaritans has launched 'Samarathon' - a virtual marathon - as an exciting fundraising initiative that encourages supporters to run, jog or walk a marathon distance in their own time over the month of July.

Stockport and District Samaritans want to motivate more people to get active to improve their mental wellbeing, rather than focus on a single physical endurance challenge that requires participants to run 26.2 miles in one stretch.

Tracey Murray, Branch Director at Stockport and District Samaritans, said: "While we don't know how long we'll be observing social distancing and Government guidance on daily exercise, this is a challenge you can do on your own, with members of your household, or join with friends, family and work mates virtually, supporting each other's progress wherever you are.

"Now, more than ever, we know getting active works wonders for your mental wellbeing. 'Samarathon' is a great goal to motivate people to go at their own pace. Whatever your age or ability, it's a challenge to do in your time, at your pace, wherever you live or work. This fitness-fundraising initiative is focused on feeling good. We hope supporters will encourage their friends and family of all ages to take part as it's an achievable challenge they can share and enjoy.

"In this current climate we really need the public's continued support. Due to the cancellation of many of our fundraising



events, we're facing a significant loss of funding, so we're urging the public to help us ensure that we continue to be here for anyone who needs support. It's free to sign up to Samarathon, but we'd love for everyone to raise whatever they can to support their local branch of Samaritans and help us be there for anyone struggling to cope."

Supporters can sign up for free at www.samaritans.org/samarathon to take part in the challenge that launches just days before the start of Mental Health Awareness Week. With this year's theme of 'kindness', Samaritans is calling on people to be kind to themselves, to get active and boost their wellbeing, as well as be kind enough to raise valuable funds to ensure Samaritans can deliver a critical service.

Anyone can contact Samaritans, free, any time, from any phone on 116 123 - even a mobile without credit. This number won't show up on your phone bill. Or you can visit: www.samaritans.org

HEATONS CHARITY CHALLENGE

by Amanda Fourie

The 4 Heaton Traders Association is supporting Heaton-based charities through the Heaton Charity Challenge.

With the cancellation of the Heaton Summer Festival and the associated Festival Charity Raffle, the Heaton Charity Challenge aims to raise funds for Supportability, Stockport Samaritans, and Stockport Lamplighter Rotary by encouraging the local community to participate in a distance challenge as part of their daily exercise.



Whether out on a daily walk, jog or cycle, or at home on a treadmill, exercise bike or cross trainer, the total distance covered by participants each week will be combined to see how far the Heaton can travel.

Participants are asked to make a donation with all funds raised being split equally between the three charities. Non-participants are welcome to donate and help support our local charities.

For more information, to log your weekly distance, and to donate, see: www.fourheatons.co.uk/product/heatons-charity-challenge/

FANCY A GAME?

South Manchester Hockey Club was founded by a group of school friends in 2010 and has since moved up the leagues to now play in the North West Division three.

The squad is made up of a range of players of different ages, abilities and ethnicities. The team are a great group of guys, all of whom are social, love their sport and enjoy a beer. We also arrange social events including tours and nights out throughout the season.

Last season, we struggled for players, but have since had a resurgence in interest and have managed to acquire five or six new players - some have played before, some haven't.

In spite of Covid-19, the team has continued to organise quizzes and go for socially-distanced walks or runs. We are hoping to be

able to begin training, with social distancing restrictions, within the next couple of weeks.

A number of our players have young children and we have to be flexible in terms of availability. However, the positive atmosphere and support network surrounding the club means that we can get past this without any issues.

We play and practice at St. Bede's College Sports Ground in Whalley Range and have a couple of players that live in the Heaton area and we regularly go for walks or team runs in Reddish Vale. Our players come from all over Manchester including Stockport, the Heaton, Chorlton, Bury and Salford.

To find out more: ben.greenwood93@outlook.com, [@s_m_h_c](https://www.facebook.com/groups/274140550451115/) www.facebook.com/groups/274140550451115/

FUNDING FOR NURSERY BOWLING

by The Nursery Bowling Club

The Nursery Bowling Club in Heaton Norris has been awarded £1,000 of National Lottery funding from Sport England's Community Emergency Fund towards maintaining its bowling green in a playable condition during the on-going COVID-19 pandemic.

The outbreak of the virus and the consequent shutdown of businesses as of 23 March has left the sport and physical activity sector facing a period of uncertainty.

In response, on 31 March, Sport England announced a £195m package to help the sport and physical activity sector through COVID-19. Within the package is a £20m Community Emergency Fund of National Lottery money to deliver immediate funding to those who have a role in supporting the nation to be active but are experiencing short-term financial hardship, or the ceasing of operations due to the impact of coronavirus.

The grant will allow Nursery Bowling Club to meet its costs in maintaining its bowling green in a playable condition for the coming months.

Tim Hollingsworth, Sport England's Chief Executive, said: "As the body responsible for the growth of sport and physical activity participation, we want the vital grassroots



organisations that make sport and physical activity happen in this country to not just come through this crisis but to be in a position to thrive again in the future.

"The £20m Community Emergency Fund, made possible by National Lottery players, is part of a multimillion pound package of support we are providing to ease the pressure on a huge number of the organisations who are central to the nation's health and wellbeing. We are proud to be able to provide vital funding to Nursery Bowling Club to help it through these challenging times."

Further Information on the fund can be found at: www.sportengland.org/how-we-can-help/our-funds/community-emergency-fund