

FREE

HEATONS POST

INFORMING, INSPIRING AND CONNECTING THE HEATONS & REDDISH



MAKING SUMMER FUN
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HEATONS CLIMATE ACTION FESTIVAL
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RESULTS DAY
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BIKING FOR BROADIE

by Angela Craughwell

The last six weeks have been a rollercoaster for one local family. The Broadhurst's predicament has touched our community and inspired them to pull together in ways that have not been seen for some time.

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Mark & Claire Broadhurst with their children Marcia, Eddie and Pippa



ONE STOCKPORT

by Helen White

A new website, brochure and supporter's tool kit will support the next and future phases of the One Stockport campaign as the public, community groups and businesses begin to recover from the impact of Covid-19.

It has been a tough few months for all of us. But, there have been some more positive, happier moments too. The residents of Stockport have come together to support each other: we have all experienced cleaner air, we have cycled and walked more leading to healthier lifestyles; by using digital technology we have been able to remain safe while adopting a more flexible way of working; and by staying and shopping locally we have supported more of our local businesses.

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PRIZE

IPA SELECTION

GREENE KING

IPA SELECTION

All this could be yours...

see page 12



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MOTORS

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PLEASE RECYCLE ME

See page 16 for the article about John Delany Motors.

COMMUNITY NEWS

BIKING FOR BROADIE

by Angela Craughwell

Continued from the front page.

In early July, Mark Broadhurst, owner of Shutter Me Beautiful, went to the doctors with suspected gallstones pains only to be given news that he had stage four pancreatic cancer.

Mark and Claire, his partner of over 30 years and a self employed beautician, had just started to get life back on track after the impact of Covid-19. They now found themselves facing a fight against this unwelcomed cruel visitor.

Since that day, Mark's friends and family have rallied round to provide practical day-to-day support for him and his three young children. Mark's friends put their thinking caps on to raise funds in order to alleviate the financial burden of not working whilst undergoing treatment.

Mark is a health conscious person who, prior to his diagnosis, could be found on his bike cycling along winding roads in wind and rain at 6am in the morning or in the gym. Mark's keen interest in cycling led a group of friends known as Team Broadie to embark on arranging a "Bike Ride for Broadie" - a 50 mile cycle ride from the Middlewood Way to Heaton Moor, through the leafy lanes of Cheshire.

From the moment the GoFund me page was set up, a tidal wave of love and support has engulfed the family from friends, family, clients,

customers and local people who are simply touched by his story. The likes of Richard Branson, Paul Dickov and Dawn Ward posted messages of support. Messages continue to come in from all over the world, including Tasmania, Hong Kong, America and Sweden.

The family are obviously grateful for the funds that grow every day but, more than anything, they are grateful for the outpouring of love and best wishes for Mark, lifting his spirits and giving him the desire and fortitude to fight by any means necessary.

On Saturday, 22 August, Bike Ride for Broadie took place and was a roaring success with 68 cyclists set up in small groups completing the ride back into Heaton Moor. The British weather did not disappoint with driving wind and rain, however, blue skies emerged and, despite tired legs, Broadie was in everybody's heart. Mark's family greeted every cyclist as they made their way to the Moor Top.

The last six weeks have seen local people and local businesses offering support via donations or prizes in abundance. It truly is an example of fantastic community spirit and helping one of our own in their time of need.

If you'd like to make a donation, please click: gf.me/u/yry3zj



Julie, John and James Moores



Claire Lamerton and Maeve Hallmark



Team Broadie

LIGHTENING THE LOAD OF LONELINESS

by Carol Cross

Just before lockdown, Rotary Stockport Lamplighter thought it would be a good idea to try to lighten the load of loneliness by the introduction of Buddy Benches in local parks and community spaces.

Happily the local Council agreed that two Buddy plaques could be fixed on existing benches and that, if the public response was positive, more could be placed throughout the Heatons and Reddish.

Two Buddy plaques were fixed on benches in Heaton Moor and Thornfield parks, inviting people who wanted to chat to others to sit there and do just that.

The initial responses via email were extremely positive: "my mother has recently been widowed and was delighted to have the opportunity to chat to someone she didn't know" was one such response.



• Anne Brown - member of the Community Committee who organised the bench

One respondent wrote to Lamplighters asking if a plaque could be placed on a bench in a local shopping area where there was a Health Centre used by elderly people - she thought they would benefit greatly by interacting with each other as well as sitting for a rest.

as many folk of different ages have become isolated and lonely due to the Covid-19 situation.

A smile and a chat is well worth having and there is plenty of space on the benches to sit one metre apart.

Lamplighters purchased ten Buddy plaques so now have eight more to fix but need permission from Stockport Council. Permission will only be given if the Council feels there is a need.

If you know a place where there is a Council bench and think a Buddy plaque would be a good idea, please email:

hello@buddybenchstockport.co.uk



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POST

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Coronavirus helpline for vulnerable people

0161 217 6046

Monday - Friday from 9am to 5pm
Saturdays from 10am to 4pm
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STOCKPORT
Municipal Council

COVID-19
CORONAVIRUS

SAMARITANS

116 123
This number is FREE to call

TALK
TO US

If things are getting to you

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 0800 800 5000 (24hrs)

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

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

Action on Elder Abuse 0800 808 8141 (Mon-Fri 9-5)

Samaritans 116 123 (24hrs free)

National Domestic Abuse Helpline 0800 2000 247 (24hrs free)

Victim Support 0800 168 9111 (24hrs)

ChildLine 0800 1111 (24hrs)

Respect - Men's Advice Line 0800 801 0327 (Mon-Fri 9-5or8pm)

National Centre for Domestic Violence 0207 186 8270

LETTER FROM THE EDITORS

The last few months have been a challenging time for all. While we are beginning to see a return to some form of normality, this pandemic is not yet over and we encourage all to continue to follow guidelines to help control and reduce the spread of the coronavirus.

As schools across the country begin to reopen, students are returning to the classroom for the first time since mid-March, but in a somewhat different form to that which they are used to. One thing this past few months has shown is how well we are able to adapt when the need arises and we are sure the necessary changes schools have had to make will soon be adapted to as well.

Over the summer, students from our local High Schools received their GCSE results and, while there was some confusion and uncertainty leading up to results day, we are proud to share their achievements in this issue of Heatons Post and wish them all the very best for the future.

Finally, our well wishes go out to local Heatons resident Mark Broadhurst and his family who are facing a challenging time of their own - the rallying of local support has been phenomenal and has proven yet again how well our wonderful community pulls together when the need arises. We send our thoughts and support to Mark and his family.

This month, for the first time, we have printed 10,000 copies of Heatons Post thanks to the financial support from our wonderful local businesses and subscribers. We hope you enjoy this issue and look forward to receiving your stories for October!

Take care and stay safe.

The Heatons Post Team.

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

MP's UPDATE

by Navendu Mishra, MP for Stockport

Parliament returned this month after a short summer break. It was a busy August in the constituency and I was delighted to spend time in Stockport visiting community initiatives, such as the Food Bank and Community Centre at South Manchester Muslim Community Association in Heatons North. Every week they have been collecting donations from local businesses and communities to tackle food poverty in our town and it was inspiring to see so many people step up to support each other during these challenging times.

I'm looking forward to attending the virtual Heatons Climate Action Festival later this month. One of my priorities in Parliament is combating climate change, improving air quality in the region and delivering better cycle and walkways to cut emissions. Climate change remains the greatest threat facing humanity and I'm proud that the Heatons is taking the lead in raising awareness about this important issue. For more information about the Heatons Climate Action Festival please visit: www.slheatons.org/heatons-climateaction-festival/

I'm also supporting Mayor of Greater Manchester Andy Burnham's 'Time Out To Help Out' campaign to ensure that blue collar workers who fulfil their civic duty when asked to self-isolate by the test-and-trace system continue to receive full pay if unable to work during that period. For more information on the Time Out To Help



• Navendu Mishra, MP for Stockport

Out campaign please visit: www.timeouttohelpout.com/

More than 3,000 people in our constituency are set to lose their TV licence as a result of the Government's deal with the BBC to end the free service for over-75's. I challenged the Culture Minister directly over this issue in Parliament before the recess and asked him to review the plans.

Finally, while the Government continues to fail in its attempts to establish a test-and-trace system a big thank you must go as always to our NHS, council and all key workers who continue to go above and beyond in supporting our community through the Covid-19 pandemic.

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 Heatons Post.

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

ACTIVE NEIGHBOURHOODS

by Andrew Gwynne, MP for Denton and Reddish

It's hard to say yet exactly how our world, our country or our communities will change as a result of the Coronavirus pandemic. My hope – one that I'm sure many of you share – is for a fairer, greener and happier society. One area that looks set to change in a positive direction is transport.

One of the many funds that have been created during this period is the Department for Transport's emergency active travel fund for local authorities to put in place schemes to encourage active travel during the crisis. Stockport Council have submitted six bids for schemes, including an "Active Neighbourhood" in Heaton Norris.

Whilst there's much to be welcomed in these schemes, I still think we need to aim higher and be even more ambitious. The new parallel cycle route, a cycle loan scheme and traffic calming measures around Heaton Norris are a start but the important thing for me, though, is that none of these schemes are standalone and need to be plugged into a strategy to improve safe local walking and cycling routes across Stockport and, more widely, across Greater Manchester.

Our transport planners need to start properly integrating these schemes to change our habits and behaviours so public transport, walking and cycling

become viable alternatives to the car.

Our reliance on cars is a very difficult habit to break, but it is something that we desperately need to do. It will make our communities greener, healthier and more sustainable. These schemes are just a very small part of what needs to be done, but are certainly a step in the right direction.

The scale of change that we need though, will require really big thinking – and funding to match. Just as importantly, we need as many people as possible – from right across the community – to be involved in the discussion. Transport for Greater



• Andrew Gwynne, MP, Denton & Reddish

Manchester and the Department for Transport will soon confirm whether funding has been approved for these schemes. At this point, there will be a consultation period (probably opening in September) and I'd encourage you all to take a look and submit feedback.

PRECIOUS GREEN SPACE

by Cllr David Sedgwick, Councillor for Heaton North Ward

The Heaton North and Reddish are a great place to live, work and raise a family. Indeed, since I moved here over ten years ago from my native Scotland, I've been involved in projects across our community to help improve the green space and the quality of recreational facilities in our community. We're lucky to be supported by several brilliant 'Friends' groups who work hard all year round volunteering their time to make the most of our parks and green spaces.

I was first elected to Stockport Council in May 2012 and since then I've made it one of my main priorities to ensure that our parks, green spaces and recreation spaces get the investment they deserve and that our communities can enjoy for generations to come. Even in the face of huge budget cuts we've delivered the first new park in the Heaton North for over 50 years.



• Cllr David Sedgwick, Councillor for Heaton North Ward

The new park at Peel Moat Open Space, which is nestled between Buckingham Road and Heaton Moor Golf Club, to the rear of the St Thomas Junior Campus, is right at the heart of the Heaton North and offers so much potential for the local community. The new facilities include swings, climbing equipment, chutes, spinners and picnic tables, and will be used by children across the Heaton North for years to come. However, this is just a starter for ten. We want to develop the park to ensure that it's used all year round by all members of our diverse community.

We're also working hard on a plan to redevelop the former Peel Moat AstroTurf which was closed by the former council administration in 2010. The pitch is in a serious state of disrepair and is slippery underfoot. Although council funds are limited, we'd love to get to know your ideas

for the site. Would you like to see a new sports facility return? Or perhaps you'd like to see a community garden, with trails for walking? We'd love to know what you think so please do get in touch, or take part in the survey which is on my Facebook page.

Finally, we have this great new facility to serve all the communities of the Heaton North. However, there is one thing that we do not have - a name! That's where you come in. We're looking for your suggestions for a name for the site - be adventurous and pick a name that reflects the site but includes a reference to our local heritage. Simply get in touch by email and let me know what you think:
cllr.david.sedgwick@stockport.gov.uk

ACTIVE TRAVEL FUNDING

by Kevin Bradford

Walking and cycling in The Heaton North could receive a major funding boost after Stockport Council submitted bids to launch three schemes in the area.

The proposals have gone to Transport for Greater Manchester for approval and include:

Heaton Mersey Cycleway

This scheme will provide a sealed surface on the path from Station Road to Green Pastures to improve access in all weathers to the East Didsbury Metrolink stop.

Heaton North Active Neighbourhood

This scheme will include a pocket park on Belmont Street and an extensive traffic calmed 20mph zone in the Heaton North area north and south of Belmont Way.

Heaton North A6 Parallel Cycle Route

This scheme is a permanent version of the proposal that has been approved in phase one. It will involve a 3.3km route from Heaton Chapel to Stockport town centre, with a new signal junction on Heaton Moor Road near Heaton Chapel station and changes to junction priority to allow uninterrupted cycling along the route.

The "ambitious" projects would be paid for by the second phase of the Department for Transport's Emergency Active travel fund.

Cllr David Meller, Stockport Council Cabinet Member for Economy and Regeneration, said: "We want to give people a viable option to get out and walk and use their bikes safely across Stockport."

The applications have been entered after the council received funding to create a 3.3km parallel route along the A6 from Heaton Chapel to the town centre as part of the phase one funding of the DfT project.

HEATON MESS WI HERITAGE WALK

by Karishma Chandaria



• Linda Norris, Lisa Tobin & Louise Lanigan



On Saturday, 15 August, a group of Heaton Mess WI members, who have not been able to meet in person like many groups through the lockdown, met up in Heaton Moor Park for a socially distanced heritage walk around Heaton Moor.

The group were following an expertly designed trail put together by committee member Linda Norris, taking in local landmarks and spotting the different historic things you may not have noticed before. This is following on the theme of exploring and appreciating local landmarks and buildings in the Heaton North that many of us did during lockdown.

On completion of the trail, members collected gift bags containing a few little afternoon treats as a thank you from Heaton Mess WI for hanging in there over what have been difficult and unusual times.

"QUEEN OF REDDISH" CELEBRATES 100TH BIRTHDAY

by Jez Myers

A former Reddish resident, Sarah 'Sally' McGrath, recently celebrated her milestone birthday and was suitably inundated by cards and good wishes.

Her daughter, Shelagh Logan, said: "Mum has lived in the same house in North Reddish for over 40 years, where her son Robert continues to live in the family home. Previously with her family, she lived in Moss Side and received money from the council through a regeneration grant to purchase a house. Everyone was blown away when she announced she wanted to buy a house in Reddish where there were no family or friend attachments whatsoever and where she saw the only 'for sale' sign on a two-up-two-down which was to become the family home."

Shelagh explained that not only did Sally live here, but ingrained herself in the local community and further afield: "[she is known as] the Queen of Reddish by most who know her, particularly Royal Mail who deliver letters to her daily, as she was a prolific letter writer with many pen pals."

Sally was an active member of St. Joseph's Church and social club for over 40 years under the charge of Father Moss, who she supported in many fundraising activities including coach trips to see the Singing Monk in Chester and the Holy Well in Wales. Sally sang in the choir, played bingo, and was a member of the church 'young mothers association'.

Five years ago, the decision was made to move Sally to Bamford Close Care Home where she continues to



entertain and hold court with residents and staff with her stories and singing.

Whilst unable to celebrate the occasion with her due to the coronavirus outbreak, her immediate family were still able to gather outside her window to sing 'Happy Birthday' and sift through in excess of 100 messages, including the card from the Queen, and a papal blessing from the nuns at the Loretto Convent in Dublin.



I KNEAD PIZZA

COMPETITION WINNER!

Well done to Joseph Blundell from Heaton Chapel who won the I Knead Pizza design competition!

Joseph thinks the pizza from I Knead Pizza is "out of this world!"

LOVE HEATON CHAPEL BUDDY BENCHES ARRIVE!

by Karishma Chandaria

Love Heaton Chapel are very pleased to see that our two new 'buddy benches' have finally arrived and been installed at the old recycling point at the crossroads in Heaton Chapel.



The benches form a small part of LHC's long-term project to redevelop the site into a community space which can be enjoyed by all the residents of Heaton Chapel. With the help of our members and local councillors, this has included the planting of plants and wild flowers in the previously

disused beds, and the leveling and tarmacing of the area to make it safe and accessible.

We are now looking at getting some free standing planters and street art work to make the space bright and welcoming, and to encourage people to use it as a space to meet and chat.

VCSE FEEDBACK WANTED

by Kevin Bradford

Voluntary, Community and Social Enterprise (VCSE) organisations in the area could win up to £1,000 by taking part in an online council survey.

The State of Sector research is aimed at better understanding the work carried out by VCSE groups, and is particularly important in the light of COVID-19, which has significantly changed the way services are delivered.

Councillor Amanda Peers, Stockport Council Cabinet Member for Inclusive

Neighbourhoods, said: "We need to know how these changes have affected our sector to enable us to continue to back them up in the superb work they are doing to support the people of Stockport."

The online survey runs until 25 September and those who complete the form will be entered into a prize draw for their organisation. For more information, visit: salford.onlinesurveys.ac.uk/state-of-the-sector-2020.

LENDWITHCARE

by Martyn Griffiths

Whilst they are perhaps best known for their local activities, the Rotary Club of Stockport Lamplighter is part of Rotary International and also involved in a number of international projects. For the past few years, the club has been delighted to support and recommend Lendwithcare.

This is an organisation that brings together entrepreneurs in developing countries with people like us with the power to help them. Lendwithcare is run by one of the world's leading aid and development organisations - CARE International - and is a revolutionary way to help people in the developing world to transform their lives.

The Lamplighters Club has already supported over 140 entrepreneurs with loans totalling over £3000. You too can support this individually by opening an account and linking your personal loan to the Stockport Lamplighter lending team. Linking to the team is simply a way of promoting the club, the loans (and your money) are still yours to control, reinvest or withdraw.

It all starts with an idea from the budding entrepreneur - whether it's opening a market stall, perhaps a small tailoring business, or diversifying the crops they grow. People across the developing world are bursting with business ideas - all they need is a helping hand to get started. This project is helping others to help themselves - true sustainable aid.



The entrepreneurs approach a local Microfinance Institution (MFI) that is a Lendwithcare partner and, if their ideas together with a mini business plan show promise, they get the go-ahead for the loan they need to either get their business going or expand their existing business.

The MFI uploads the entrepreneur's profile to Lendwithcare - you can see these in the Entrepreneurs section on the Lendwithcare website where you can choose which promising business idea you would like to support. Entrepreneur profiles are updated so you can see how their business is transforming their lives. The loans are then repaid in monthly instalments over an agreed period which the local MFI transfers to CARE International who then credit the repayment to the club's Lendwithcare account. It's as simple as that!

When your loan is repaid, you can withdraw it if you wish or donate it to CARE International. The policy in our club is to reinvest the payments to make another loan, helping more entrepreneurs turn their ideas and hopes for a better future into reality. For more information, see: www.lendwithcare.org

A LIDL BIT OF AN ARGUMENT

by Jez Myers

Unless you’ve been living under one of the multitude of beautifully designed Reddish Rocks for the last few months, you can’t ignore Reddish’s worst kept secret — Lidl is looking to open a store on the site of the old Fir Tree pub and the old houses/yard next door. The latter of which is being slated for demolition as you read this.

Planning permission has not yet been applied for, let alone granted, but local Facebook groups are awash with information and misinformation, likes and dislikes. Needless to say, disagreements are brewing over the proposed supermarket.

The arguments against the development are clear: high levels of traffic already at the location, potential damage to trade for other nearby shops, and does Reddish really need another supermarket with Asda and Morrisons nearby? Even shoppers with a distinct brand loyalty towards Lidl can point to existing stores in Longsight and the new A6 store being built in Heaton Norris.

The most vocal argument of all, however, appears to be from those who simply do not wish to see the demise of the Fir Tree and would be against any development at all of anything on the site that isn’t a pub. This appears to be misguided, an idea borne out of rose tinted glasses of what the Fir Tree of yesteryear was, or what a reopened Fir Tree (with a complete pivot and significant

investment) might have the potential to become.

The Fir Tree site has been empty for twelve months. It’s gone. It isn’t coming back. I wrote a few months ago about how Reddish either needs to “use it or lose it” and we, as a community, lost it. The finger of blame can be pointed at years of mismanagement and a revolving door of staff tasked with running the place. Or perhaps it was a lack of a proper identity that rendered The Fir Tree an unviable project. The reality is that, for all the pontificating and rhetorical questions, The Fir Tree didn’t have enough of what the locals wanted.

There’s an argument to be made that re-opening The Fir Tree as a family-friendly pub would be a good idea. A great pub with a high quality Sunday lunch offering would have been a place the community could have been proud of. Think of the carvery offerings from the Almond Pub Group at the Fletcher’s Arms in Denton, or the Spread Eagle in Romiley. So much lost potential, but we are where we now are.

It’s not all bad news though. In fact, it’s quite the opposite. Lidl is a major employer. A store opening creates approximately 40 jobs per new store (although the Reddish site would be small so expect less than this) that pay above the national living wage. This could be crucial at a time that could see mass redundancies. It’s



also worth bearing in mind the option for local residents, particularly those living at Poet’s Corner within an easy walking distance, to have access to a low cost supermarket. This should be welcomed.

There’s also the wider argument that investment from a major national company in an area that struggles for visibility is a positive. The idea that we should turn our noses up at this level of investment in order to (maybe) see the Fir Tree resurrected seems ridiculous, but that doesn’t mean that we or the planning committee should wave the application through with open arms as and when it arrives.

The concerns about traffic and traffic flows are genuine and legitimate.

Ensuring that, wherever possible, the store is staffed by Reddish residents, is something we should strive for. This should be a given within every local business. The plans should be scrutinised and, where required, opposed vociferously.

Lidl is, in all likelihood, coming to Reddish. It is an opportunity that could reap benefits for the community for years to come. Who knows, it might even lead to a regeneration and the opening of a new family friendly pub nearby.



Jez Myers is co-founder of Reddish News (www.facebook.com/reddishnews) and is teaching himself how to make curries. It’s going surprisingly well.

INTRODUCING SECTOR3

by Helena Banfield

For those of you who aren’t aware, Stockport has a vibrant and active Voluntary, Community and Social Enterprise (VCSE) sector, comprising of the town’s many support organisations. Sector3 works closely with these organisations to offer support, guidance, training and mentoring advice, to enable the people of Stockport to live great lives.

The VCSE sector has suffered in recent months due to Coronavirus, with many organisations having to temporarily close with little or no financial support. Those organisations lucky enough to be able to continue to operate have seen a dramatic reduction in the amount of funding available to them, although the requirement for their services has dramatically increased.

Sector3 works hard to support and acts as a signpost to point organisations in the direction of funding opportunities available to them. A large part of Sector3’s work involves acting as a ‘sounding board’ for organisations.



We have a hugely experienced mentor in Jo McGrath who has years of experience working across the VCSE sector - she is on hand to offer tailored advice and support to organisations.

Throughout lockdown, a number of free training sessions have been organised via Zoom to support organisations on a range of subjects including, good governance, resilience and funding stream sessions. All of these sessions are available to ‘watch again’ on the Sector3 website.



If you want to find out more about Sector3, you should visit their website and sign up for their fortnightly bulletin about the work going on in the VCSE sector across Stockport. See: www.sector3sk.org



MAKING SUMMER FUN

by Nadia Ali



Heaton Norris Volunteers helped the Heaton Norris Community Centre Management Committee pack 365 bags in preparation for the school holidays, and helping those families that are still shielding. Thanks to the National Lottery, SMBC, RTime Life Leisure, ESF and donations.



THANKS FROM THE MAYOR

Letter of Thanks to Volunteers during the Coronavirus Pandemic from the Mayor of Stockport

I am writing to thank you all for the help and support you have provided over recent weeks to communities across Stockport.

The contribution volunteers have made to support their local communities has been extraordinary – and I wanted to let you know these efforts are recognised and appreciated.

The commitment and dedication volunteers have shown to help local people and communities is something that I, and others, will be forever grateful for.

More than 600+ volunteers have been actively involved in delivering food, picking up medicine, or checking in on people, and your efforts have proved to be invaluable.

These are truly unprecedented times, and thanks to the determination and selfless acts of local volunteers, our collective response to the coronavirus



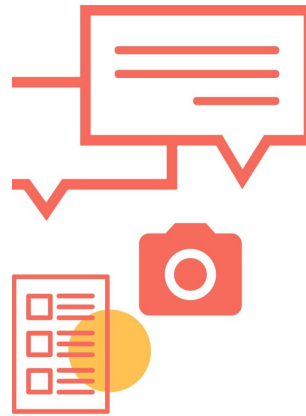
• Councillor Dean Fitzpatrick, Mayor of Stockport

pandemic is something we as a borough can be very proud of.

I'm sure that many of you will remain active in your communities in the future but for now I thank you once again and wish you all the very best.

WAVE OF CHANGE

by Simone Callaghan



WAVE OF CHANGE



FOR STOCKPORT WOMEN CURRENTLY NOT IN WORK

WWW.WAVEOF.CO.UK

#WaveOfChange #ConnectedCommunities



European Union
European
Social Fund



Education & Skills
Funding Agency



The Goodness Collective
#ConnectedCommunities



Pursuing
Individual
Excellence
www.pieuk.org



Through a collaboration between local social enterprises, The Goodness Collective and Heaton-based PIE: Pursuing Individual Excellence, and funded by the Workers' Education Association's European Social Fund (ESF), the first Wave of Change programme launched in January 2020.

The focus of the programme is to help empower, inspire, and build confidence in women across Stockport to assist them to not only move closer to employment, but to also feel more confident. Over a 16 week period, the programme aimed to help women to go on a journey of self-reflection and development.

Initial workshops were held at Saz Media, located in Merseyway. Whilst plans for direct delivery were interrupted due to the Covid-19 pandemic, course leaders Beth Nunn and Simone Callaghan quickly came up with an alternative plan to ensure the project could continue to run.

Beth explained, "In addition to wanting to ensure our initial content could be delivered, we also felt that it was even more vital to ensure that we were offering continued support to women during this challenging time."

Weekly support calls, 'Coffee and Catch Up' Zoom sessions and remote learning, including online workshops and a series of videos from local businesswomen, helped guide the development of next steps. There were also regular doorstep deliveries of activities, resources and even an afternoon tea! All of this was provided by local female-led businesses, to ensure fellow female entrepreneurs were supported, and showcasing possibilities that are available (and achievable!) for these women too.



One of the key barriers identified was lack of confidence in accessing resources digitally, not only due to a lack of knowledge, but also nervousness about the sharing of information online - one-to-one tutorial sessions helped to overcome this by supporting women in setting up, understanding and using digital platforms.

The first programme closed with two women successfully setting up in self-employment, and with others securing paid work and volunteer roles. For some women, it was about figuring out what direction to take next, with reports at the start of women 'feeling stuck' 'lost' and 'devalued'. The programme has helped all to set new goals, build a community of supporters and get access to new, exciting opportunities.

Simone and Beth have secured additional ESF funding to run a second course. To qualify for a free place, you must be a woman living in Stockport and be out of work at the start of the programme. If this sounds like you and you'd like the chance to explore your future possibilities, get in touch with Simone on: 07803 250570 or email: thegoodnesscollective@outlook.com

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...

Is Eating Out Helping Out?

Mum
What do you think about the Eat Out to Help Out scheme?

Daughter
I think it is all quite confusing, there are so many mixed messages. On the one hand, we are being advised to minimise contact with people, but then the government is incentivising us to eat in restaurants.

Mum
I feel so conflicted. I want to support the businesses in our neighbourhood, we have some fabulous places to eat around here. However, whilst we are in local lockdown it doesn't seem like the right time to be enjoying a meal out.

Daughter
It seems strange, too that you can't go into a friend's house or garden, which could be done safely, but you can be alongside strangers in a restaurant.

Mum
I believe that most business owners and staff will be taking their responsibilities seriously to ensure the cooking and eating environment is safe. How confident are you that they will ensure customers follow the rules around social distancing and hand sanitising?



Daughter
I feel as though there is more risk eating out than eating at home with friends.

Mum
I would need to be reassured that the restaurant staff act responsibly with people who aren't following the rules. It must be difficult for staff to confront and challenge people who might be putting other diners at risk.

Daughter
I do miss eating out.

Mum
I am looking forward to a time when we can do some of the normal things we used to enjoy, to be able to be sociable again without all this worry.

Daughter
Me too.
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

THIS IS YOUR NEWSPAPER!

Be involved!
Got a story? Want to write for us? Want to list an event? Need to connect with volunteers?
Email us at: news@heatonspost.co.uk
Help fund us!
We're a not-for-profit community newspaper that relies on donations to stay in print.
To donate, visit: www.heatonspost.co.uk

EVENTS IN THE HEATONS HAPPENING ONLINE

HEART OF THE HEATONS
MUSIC, ARTS & CULTURE FESTIVAL
FRIDAY 2ND - MONDAY 12TH
OCTOBER 2020
WWW.HEARTOFTHEHEATONS.COM

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

WHAT'S ON	TIME & DATE	LOCATION	MORE INFO
Heaton Moor Producers Market	Sunday, 06 Sept, 10:30 - 14:30	Shaw Road, Heaton Moor	www.heatonmoormarket.com
Heatons Climate Action Festival	Saturday 12 & Sunday 13 Sept	Online Event	www.slheatons.org
Heatons Climate Action Festival	Saturday 19 & Sunday 20 Sept	Online Event	www.slheatons.org
Heart of the Heatons	Friday, 02 Oct - Monday, 12 Oct	Online Event	www.heartoftheheatons.com
Heaton Moor Producers Market	Sunday, 04 Oct, 10:30 - 14:30	Shaw Road, Heaton Moor	www.heatonmoormarket.com
SK Film Awards Ceremony	Monday, 12 Oct	Venue tbc	www.skfilmawards.co.uk
The 4 Heatons Halloween Town	Friday, 30 Oct - Sunday, 01 Nov	Homes & Gardens across The Heatons	See: The 4 Heatons Halloween Town on Facebook Events
Heaton Moor Producers Market	Sunday, 01 Nov, 10:30 - 14:30	Shaw Road, Heaton Moor	www.heatonmoormarket.com
Heaton Mersey Artisan Market	Saturday, 14 Nov, 11:00 - 15:00	St John's Road, Heaton Mersey	www.heatonmoormarket.com
Christmas at Dunham Massey	From 20 Nov	National Trust Dunham Massey	www.nationaltrust.org.uk/dunham-massey/
Lichtopia Festival	From 20 Nov	Heaton Park, Manchester	www.lichtopiafestival.com/

YOUR ENVIRONMENT

HEATONS ACTIVE NEIGHBOURHOOD - ARE YOU COMMENTING?

by Sarah McClelland

By the time this goes to press, you'll have received a leaflet about the 'Heatons Active Neighbourhood'. The aim of the Heatons Active Neighbourhood is to help make walking and cycling in the Heatons safer, easier and better for all, but it will only work if we all respond to the consultation to make it even better. We need you to tell Stockport Council what is good and bad about walking and cycling in the Heatons.

We have got to start putting people before cars and maybe, just maybe, the Heatons Active Neighbourhood is where this can start.

Why do we need to put people before cars? The answer is simple - our car driving habit is killing us. We are so car dependent that we no longer get the physical activity we need. And it is not just impacting adults - childhood obesity is on the rise across the Heatons. A neighbourhood where we can all walk and cycle safely will reduce this.

During the height of the covid lockdown we were able to taste the impact of traffic on air pollution. As the number of cars on our roads decreased, so did the air pollution which is directly linked to motorised



transport - exhaust pipes release a toxic cocktail of pollution from the burning of the petrol or diesel used to move us from A to B. If, through the active neighbourhood, it is easier to walk and cycle to the shops and to school, then it will benefit the air we breathe.

We need to work together to make the Heatons a place that is easier to walk, cycle and scoot. For our elderly neighbours to be able to join in the community, for our kids to have independence on the journey to school.

Please add your comments at heatons.commonplace.is to make our community the best it can be!

UPDATE ON BIN COLLECTIONS

Blue bin collections in Stockport will return to their fortnightly frequency from Monday, 31 August. Collection days will be on the same day as residents' existing calendars from that day onwards.

The council will continue to provide a green bin collection on a fortnightly basis until 29 March 2021. After that date, the service will permanently return to a weekly collection in time for the busiest period of the year for garden waste.

If residents are unsure of when their bins are due to be collected, please use the online tool: www.stockport.gov.uk/find-your-collection-day

The existing calendar will expire on the 31 October 2020 and a new, two-year calendar will be with residents before that date.

Cllr Sheila Bailey, Cabinet Member for Sustainable Stockport, said: "On behalf of the council, I would like to express my thanks to Stockport residents for their understanding and patience during this period when



changes have had to be made due to the impact of Covid-19.

"By continuing to collect green waste on a fortnightly basis for the next eight months, returning staff can be redirected to provide additional support with cleaning in the town centre and district centres as well as helping to deal with the backlog of highways, public realm, grass cutting and tree work that did not take place during the lockdown."

FOLLOW THE YELLOW BRICK ROAD

by Kevin Bradford

Walkers, runners and cyclists will be eagerly awaiting the results of a consultation on improvements to a popular path in our area. A recent survey has been looking into ways of enhancing parts of the Fallowfield Loop and Yellow Brick Road for all users, while maintaining the thriving natural wildlife along the route.

The project, run by Commonplace on behalf of Manchester City Council, hopes to address anti-social behaviour, provide a more open and connected circuit, and revitalise the habitat.

A statement on the consultation said: "We want to improve on what is already there, and create a safe, convenient, efficient, and accessible cycling and walking network that will help to encourage greater and more widespread sustainable travel use."

The Loop, which passes through Reddish and is easily accessible from the Heatons, runs 14km from Chorlton-cum-Hardy to Fairfield.

The Friends of the Fallowfield Loop committee has been feeding into

the discussion and placed dozens of signs along the route alerting people to the consultation. Suggested improvements by supporters on the group's Facebook page have included widening the path, creating more entry points, and removing barriers that make access difficult for some users.

More contentious areas of concern relate to the level of signage and the installation of lighting along the path.

Councillor Angeliki Stogia, Manchester City Council Executive Member for Environment, Planning and Transport, said hundreds of people use the walk every day, and added: "The Fallowfield Loop also serves as a quiet route away from motorised traffic that links local schools, shops, as well as some much-loved green spaces."

Enhancements to the active travel options will be paid for using allocated budget from the Mayors Challenge Funding (MCF). Sign off will be needed from Transport for Greater Manchester before final designs are drawn up based on feedback from the consultation.

WIN A HAMPER OF LUXURY CO-OP PRODUCTS!

by Suze Appleton



Heaton Mersey Collective is organising a raffle to raise funds for a heritage information board at the garden on Didsbury Road.

Where there is currently a magnificent display of beans, peas and herbs, the area used to be a thriving street of houses. The information board will have details of these residents, along with some vintage photos to commemorate the history.

You can help by buying raffle tickets to win a luxury hamper donated by Heaton Moor Co-op.

Tickets are on sale at £1 each - to purchase a ticket, please email for payment and further information: heatonmerseycollective@gmail.com

The raffle will be drawn on Sunday, 11 October at the monthly workday.

Donations towards the heritage information boards can also be made at: www.gofundme.com/f/garden-heritage-board



Free Online Zoom Festival

Join us for twelve inspiring and informative events over the weekends of 12/13 and 19/20 September. This is a collaboration of community and business organisations across the Heatons who are being positive about the necessity for change. We will be offering videos, debate, ideas and presentations that will help you make your own contributions to change - both big and small. See the range of topics below.

The event is funded by Sustainable Living in the Heatons and Stockport Local.

SATURDAY 12 SEPTEMBER 2020

13.30 - 13.45

Opening Session

Find out why this festival is happening now and why you live in the perfect place for it to be held! And an eco poem for the festival.

Hannah Warren, Paul Lowis (SLH Chair)

13.45 - 14.45

Have Your Say - Takeover by the Heaton's Youth Climate Commission

Four young Heatonians will quiz a panel of local experts and Stockport MP, Nav Mishra, about the climate crisis and what we could change for the better in the Heatons.

Check in with Heaton's Youth Climate Commission again on 20 September at the end of the festival to find out what the representatives recommend as future actions.

Nav Mishra MP and the Young Persons Commission

15.00 - 16.00

The Science Behind Climate Change

The scientific evidence for climate change is overwhelming, but reports in the press and on social media suggest otherwise. This session will explain the physics behind this issue and will include an opportunity to ask the questions that matter to you.

Sarah McClelland

16.15 - 17.15

Reducing, Reusing and Recycling Being Green and Having Fun!

This session for families and children will include an online quiz to find out who knows the most about climate change and keeping our environment clean, with an interactive section that uses old plastic packaging and an iron to make a... — you will have to wait and see!

Rachel Lewis, Camilla Reghenzi

SUNDAY 13 SEPTEMBER 2020

13.30 - 14.45

Cycling, Walking and Transport Let the Heaton's Breathe

Local experts and enthusiasts share their practical tips and local routes for walking, cycling and using electric bikes to enjoy the many green spaces in and around the Heaton's. Ideas on less carbon intensive holidaying.

Angie Taylor, Sarah McClelland, Andy Kyffin

15.00 - 16.00

Cycling, Walking and Transport Shared Heaton's = Safer Heaton's

Explore the national and local initiatives designed to make walking and cycling safer for everyone, and the benefits of these "active travel" methods. Discover ideas designed to encourage us out of our cars and make journeys more pleasant, particularly for children and elders.

Rod King, Andy Howard, Faye Drinkwater

16.15 - 17.15

Wild Heaton's and Biodiversity Want to be a wildlife detective?

In this session, two enthusiasts raised in the Heaton's will share their passion for wildlife. Learn about our local bats and many other creatures, what inspired our enthusiasts and where you can go to enjoy the wildlife that lives just around the corner.

Emilia Adamson, Jeff Clarke

PRACTICAL WAYS TO FIGHT CLIMATE CHANGE

Register via slheatons.org
12/13 and 19/20 September



 @heatonsclimateactionfestival

  @slheatons

 www.slheatons.org

SATURDAY 19 SEPTEMBER 2020

13.30 - 14.45

Planning a Building Project? Make It Green!



Join this session to find out how to be ambitious with your next building project but still choose sustainable options. Be inspired by the design ideas behind a Heatons Ecohome. Lots of practical advice from Heatons homeowners that will help you maximise your investment while reducing your long-term energy costs and your carbon footprint.

Steve Howarth, Sara Darwin

15.00 - 16.00

Reducing, Reusing and Recycling Support the Local Fight Against Food Waste



Did you know that 6.6 million tonnes of the UK's food goes in the bin each year? Find out what Heaton Norris Community Centre and other community groups are cooking, sharing, planting and growing to ensure that food is redistributed locally, and how one of the churches in the Heatons is distributing food that would otherwise go to waste. Join the Q & A to find out what you can do.

Nadia Ali, Josh Gaskell, Lucy Danger (Emerge)

16.15 - 17.15

Electric Cars: More Fun and More Affordable Than Ever Before



Find out from Heatons residents how to finance and use an electric car, and understand what impact this choice has on your carbon footprint. This session will explain why a family-sized electric car can now be cheaper overall than a fossil fuel-driven equivalent. Hybrids, Hydrogen and batteries will be discussed too.

Paul Dunk, Mel Godfrey

SUNDAY 20 SEPTEMBER 2020

13.30 - 14.45

Have Your Say - Businesses are Talking Climate Action



The panellists involved in this session will discuss some of the inspiring ideas that are circulating among our local businesses and within our community. Stockport Council's Corporate Director for Place will join local business and community leaders to debate climate actions for safeguarding everyone's futures.

Mark Glynn, Steve Pilling, Jodi Flannery, Graeme Heyes

15.00 - 16.00

Reducing, Reusing and Recycling Buying Green in the Heatons



Join local shop owner Shelley Brown from The Good Life and some of her customers to talk about low waste, sustainable shopping habits. This session will include tips on the benefits and challenges of shopping sustainably, as well as time for your questions.

Shelley Brown

16.15 - 17.15

Create a Warmer, Energy Efficient Home



Sadly, reducing your energy bills is not quite as simple as putting insulation in your loft. Let us explain how to make the most effective energy-saving investments in your home, including how to plan projects and apply for the brand-new home insulation grants available from the UK government. Learn about People Powered Retrofit.

Aneaka Kellay (Carbon Coop)

17.15 - 17.30

What Next?

Check in with Heatons Youth Climate Commission again to hear their recommendations, and find out about follow-up events related to all of the topics covered during the festival.

Young Persons Commission

CULTURE

POETRY & MUSIC

A QUESTION OF MUSIC?

by Andy Rayner

With live music still being non-existent at the moment, for this month's column I'm giving you the chance to show what you know about Stockport and its music!

Please send your answers to: news@heatonspost.co.uk and put "Music Quiz" in the subject box. You have until 20 September to send us your answers.

There's even a case of beer for the first all correct entry received, courtesy of the First Friday team at the West Heaton Bowling, Tennis & Squash Club!

Winner and answers announced in the October issue of the Heatons Post!



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

DON'T GIVE UP

by Allan Graham

When the odds are stacked against you
When you've taken all you can
When your heart is tired and broken
When you've reached your journey's end
When you're battered and bruised and on your knees
When your face is in the dust
When all your friends desert you
When there's no-one left to trust
When losing is better than winning
When Death is a welcome friend
When you think you've reached your limit
Stop!...And think again
There's a seed of life inside you
There's a power deep within
Breathe it; Feel it
Love and laugh
Learn to live again
Get off your knees
And rise like God
Give Death a mocking glare
Laugh at your adversities
Rejoice at lessons learned
Face your foes
Defeat your fears
And you will win this day
And you will win a thousand more
With your strength to guide the way

1	An early incarnation of 10cc, featuring three of the founder members, had a 1970 hit with the song "Neanderthal Man" under what name?
2	Martin Fry, who grew up in Bramhall, is best known as the founder member and lead singer of which group?
3	Which Stockport born artist represented the UK at the 2006 Eurovision Song Contest with the song "Teenage Life"?
4	Heatons resident Alan Clarke was keyboard player with which legendary band from 1980 until they disbanded in 1995?
5	The Hollies' 1965 number one "I'm Alive" was originally recorded by which local band, who took their name from a boutique on Prince's St., Stockport?
6	St. Winifred's School Choir's 1980 number one "There's No One Quite Like Grandma" was written to celebrate which event?
7	Stockport born Geoff Downes, who went on to play keyboards for both Yes and Asia, first tasted chart success as one half of which duo?
8	The album Solitaire, recorded at Strawberry Studios with the future members of 10cc, led to the revival of the career of which American singer?
9	Heatons resident Liam Fray is guitarist and singer with which band?
10	Which Stockport born singer and musician is best known as frontman of 1980s synthpop band, Living In A Box?
11	All five original members of which Stockport band were born in Stepping Hill Hospital?
12	Which 60s Stockport band had their debut single "Granny Takes A Trip" banned by the BBC due to its alleged drug references?
13	Which band fronted by Stockport born Rick Witter had 14 consecutive top 40 hits in the 1990s?
14	Stockport born Dominic Howard is the drummer with which major rock band?
15	Stockport Rock 'n Roll Society, which meets every month at Brinnington Ward Labour Club is run by Derek Quinn. Which successful 60s group was he once a member of?
16	Singer Sarah Harding, a former student at Stockport College, had 20 hit singles as a member of which group?
17	Which Heaton Moor based guitarist is one of the few British musicians inducted into the Blues Hall of Fame?
18	Colourful entertainer Timmy Mallett, from Marple, hit the number one spot in 1990 as a member of which band?
19	At which Stockport recording studio was Bryan & Michael's 1978 number one hit "Matchstalk Men and Matchstalk Cats And Dogs" recorded? (Careful here....)
20	Towards the end of his career, who in 1983 released a single called "Stockport"?



POETRY & FLASH FICTION COMPETITION

HEART OF THE HEATONS
MUSIC, ARTS & CULTURE FESTIVAL

For all wordsmiths out there, enter our poetry and flash fiction competition on the theme of 'connection'. All poems and flash fiction entries need to be under 500 words.

Judges are looking for poems and fiction that best reflects the interpretation of the theme, so entries are welcomed from every keen writer irrespective of experience. And, in case you don't know, Flash Fiction is just a super short story!

Competitions are free to enter with some cool prizes to be won for winners of each competition. Winners will be announced at a special event during the festival.

There are three age categories for children 6-8, 9-12, 13-15 and three adult categories 16-24, over 25s and over 50s.

Visit www.heartoftheheatons.com/ competitions for more info and to enter.

Deadline to enter: Friday, 18 September 2020



RANDOM OVERHEARD IN THE HEATONS

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

Sarcasm frequent, drops of kindness rare and small.

You have been warned folks.

Here goes...

#RandomOverheard

'Well he helped rescue the neighbour's budgie....and well, we've been seeing each other ever since....'
'That's gotta be a first....' '?'
'Bonded over a budgie....'

'God I feel rough....'
'Good time then eh....?'
'Oh brilliant.....! Dancing till around three this morning...!'
'I thought all the clubs were still closed...?!'
'The one in my front room remains very much open...'

Mum to little girl:
'That's a pretty dress you've drawn...! And what's this all around the hem...?'
'It says no, no, no, no, no, no, no, no, no...'
<silence>
'Oh...how...errr....lovely...'

'...well it'd be good to get away...'
'OK....maybe a week?'
'We could do a bit longer...?'
'OK, we'll compromise'
'That means a week doesn't it...'

Guy on phone:
'...yeah...yeah...I'll email...what?!!!! Zoom????!! Good god...can't I just send it through...y'know...like before...? What was that...? Oh... yeah...the new normal...right...'
*rolls eyes

'You know what the film is tonight.... Apocalypse Now...'
'They're taking the mick now aren't they...'

'Y'know everything I do just stopped...'
'Yeah, same for everyone I'm afraid mate...including our so called Government...'

'It looked busy, how was the queue?'
'Oh pretty great really...'
'?'
Well they piped through some Kinks on the system...and...errr... ..well...I had a bit of a dance actually...'

TRAVEL

While travel outside the UK has been restricted this year, we look forward to the time when we can experience new places once again. Our travel writers, Teresa and Steve, provide some future travel inspiration with a guide to Warsaw.

WARSAW - A FASCINATING CITY

by T. Dietrich & S. Harrison

Looking for a fun, interesting and great value for money weekend break, then make Warsaw, Poland's capital city, your next trip. Pack your walking shoes and prepare to sample delicious pierogi (filled dumplings) and piwo (beer) while exploring this fascinating and rapidly developing city.

Warsaw is an easy city to navigate and the highlights are well sign posted. Start your trip in the UNESCO listed Old Town with Warsaw's Royal Castle situated on the beautiful Castle Square. From there, head along Krakowskie Przedmiescie street with highlights including the Church of St Anne, Nicolaus Copernicus Monument and the Polish Academy of Science.

Once you reach Nowy Swiat Street, there are numerous cafes, bars and restaurants to sample traditional Polish food. The area is both busy in the day and vibrant in the evening, with a mix of traditional pubs and cocktails bars to cater to all tastes. You certainly won't go hungry or thirsty while navigating the sights.

Away from the busy street there is The Royal Lazienki Park which was designed in the 17th century in the Baroque style and is home to the Palace on the Water, a neoclassical amphitheatre and orangeries - a great place to stroll or relax.

Warsaw is home to many museums with a couple that are particularly unique

and well worth a visit. The Museum of the Warsaw Uprising is a must for anyone with an interest in modern European history, using multimedia design to replicate the atmosphere of the uprising. While the Copernicus Science Centre which is named after Poland's most famous astronomer is not to be missed - with fascinating exhibits for the whole family, it is very popular, so book your tickets in advance to avoid disappointment.

For a breathtaking view over the city, visit the 30th Floor viewing platform at the iconic Palace of Culture and Science which is a brilliant example of 1950's Communist Architecture and at the heart of the modern city centre of Warsaw. Retail therapy is close at

hand at a number of nearby shopping centres.

If you have time, then cross the Vistula river and visit Praga, the rapidly up and coming part of the city. Start with a tour of the wonderful Wedel Chocolate Factory before visiting the independent shops and galleries in this bohemian district.

Warsaw is the birthplace of Chopin and the city holds a variety of musical events at venues across the city, and his life and achievements are documented at the Chopin Museum.

Whatever you choose to do, Warsaw is a great place to visit.



CALLING ALL FILMMAKERS!

Calling all amateur, student or professional filmmakers with less than two years experience, living or studying in an SK postcode: the SK Film Awards 2020 is THE place to showcase your talent! Get working on your film now!

If you've never made a film before, but always dreamt of doing it, now is your chance! There's a total prize fund of £1,000 to be awarded across all of the awards, thanks to the kind generosity of our sponsors, Jane and Dave Parsons.

The awards are free to enter, and you can enter into any of the following categories:

- Best Documentary
- Best Fiction Film
- Best Film Shot On A Mobile Device

For each category, prizes will be awarded for each of the following age groups - under 16s, 16-24s and over 25s. Back by popular demand will be the People's Choice award too.

Films will be judged on story, technical and creativity. The judges will take your level of experience into account. Films produced anytime since January 2019 will be considered, and it must be your own work.

For full terms and conditions and details of how to enter, please visit www.skfilmawards.co.uk

Get your entries in by Friday 18 September 2020.



HEART OF THE HEATONS



For budding photographers, enter our photography competition on the theme of 'connection'. Images need to be on the theme of connection and can be taken on any device or camera of your choosing, but you'll need to pick your favourite image as only one image allowed per person!

Judges are looking for the image that best reflects the interpretation of the theme, so entries are welcomed from every keen photographer irrespective of experience or equipment used.

Competitions are free to enter with some cool prizes to be won for winners of each competition. Winners will be announced at a special event during the festival.

There are three age categories for children: 6-8, 9-12, 13-15 and three adult categories: 16-24, over 25s and over 50s.

Visit www.heartoftheheatons.com/competitions for more info and to enter.

LOCAL SCHOOL UPDATE

ST. JOHN'S FOREST SCHOOL

by Keith Ross, Vice Chair of Governors



What is a Forest School?

Forest School is an inspirational process that offers all learners regular opportunities to achieve and develop confidence and self-esteem through hands-on learning experiences in a woodland or natural environment with trees. Here at St. John's, we are proud that it has been possible to develop an area of the school site as a Forest School. Approximately 700 saplings from the Woodland trust have been planted together with log circles, and tool work areas provided.

Aims of Forest School at St John's

- To provide children with experiences which do not automatically form part of their home life or childhood.
- To provide children the opportunity to develop an additional skill set which they do not get in the classroom.

- To develop the mindset, independence and self-confidence of children.
- To support children in their appreciation of, and learning about, the environment around them.
- To provide an opportunity to develop a child's self-esteem, empathy and ability to cope and function within a social setting.

The children report to us that they thoroughly enjoy their time at Forest School and it is a pleasure to see the different benefits all the children get from being part of it, as well as how their understanding of protecting and maintaining the environment has developed.



The Stockport Uniform Project



As parents we are fully aware of how costly buying school uniforms can be.

At The Stockport Uniform Project we already have a supply of uniforms for some of the schools in Stockport (primary and high school) ready for those who may find it difficult to purchase a school uniform.

For uniform requests or donations please get in touch with us either via Facebook or email and we will do everything we can to help.

We are still accepting donations of the following:

- ♥ School jumpers/cardigans
- ♥ Shirts
- ♥ Polo Shirt
- ♥ Trousers/Skirts/Pinafores
- ♥ Summer uniform
- ♥ School shoes
- ♥ Coats

Must be in good condition



Email: thestockportuniformproject@outlook.com

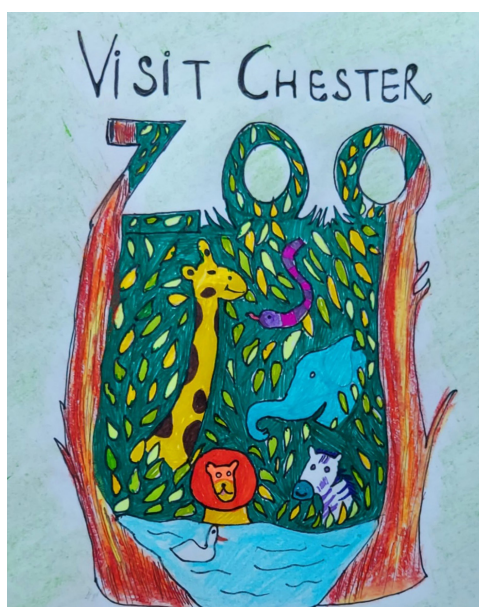
STOCKPORT GRAMMAR RAISES FUNDS FOR CHESTER ZOO

by Enfys Bosworth

Stockport Grammar School's Junior and Senior Eco-Committee produced an imaginative way of raising funds for Chester Zoo by creating a book filled with pictures, poems and experiences of the attraction.

Pupils from Pre-Reception right up to the Upper Sixth highlighted the impact that Chester Zoo has had on so many of the SGS community, with staff members also sharing their thoughts.

The UK's biggest zoo faced permanent closure due to the financial impact of the Covid-19 pandemic and the restrictions put in place – 97% of the attraction's revenue comes from visitors.



The zoo put out a plea for help from the public with their Chief Operating Officer, Jamie Christon, saying at the time: "We've tried to stay positive during this pandemic. Our conservationists have continued to prevent extinction, our virtual days have cheered up the nation and our learning resources have helped out thousands of homeschooling families. We wanted to remain a beacon of hope but Chester Zoo is very much fighting for its future."

It has been a busy time for the Eco-Committee – earlier in the year they handed in a petition to 10 Downing Street focused on reducing carbon emissions and planting trees.

Stockport Grammar School is committed to minimising our environmental impact and offering our pupils, their parents and everyone who visits the school a safe and healthy space.

All proceeds from purchases of the book will help the zoo to stay open - order your copy by visiting: stockportgrammar.co.uk/news-and-events/news/eco-schools-book-raises-funds-for-chester-zoo/

RESULTS DAY

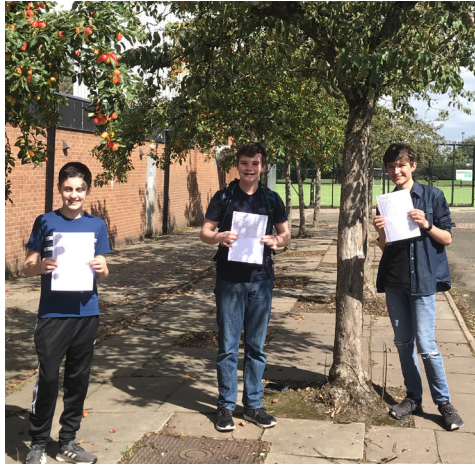
PRAISE FOR PRIESTNALL

by Priestnall School

Year 11 students at Priestnall School have achieved some fabulous examination results this summer as a result of their hard work, determination and enthusiasm over the past few years. They have proved that they can be truly successful, whatever is put in their way. We are all really proud of who they have become as individuals and know that so many of them have a very exciting future ahead of them.

Mr Burns, Headteacher, said: "I have had only six months to get to know these fantastic young people and it has been a real privilege to work with them and see them achieve a great set of GCSE results which will enable them to move on to the next stage of their education.

"They have made me feel very welcome here. They deserve every success and happiness and we all wish them well for the future."



REDDISH VALE SUCCESS

by Sian Williams

Here at Reddish Vale High School, we are extremely proud of all of our staff and students who have adapted admirably to constant changes and maintained a strong work ethic throughout the school's closure.

Students have continued to work conscientiously and behave with integrity and moral purpose during these unusual times.

All of us here at Reddish Vale are very proud of how our class of 2020 have responded to these unprecedented and at times difficult year for school leavers.

On 20 August, we were pleased to congratulate them all as they collected their results and are delighted with what they have achieved.

We wish them all every success for their futures.

SGS: CELEBRATING OUTSTANDING ACADEMIC ACHIEVEMENT

by Enfys Bosworth



Congratulations to Stockport Grammar School's A Level and GCSE pupils on their outstanding academic success. At A Level 86% of grades are at A* to B and at GCSE over 27% of the grades are at the top mark of 9, with 76% at 9, 8 and 7.

Headmaster Dr Paul Owen said: "I am delighted by the success of our GCSE and A Level candidates. Their hard work over many years has enabled them to move on confidently to the next stage of their lives with excellent examination grades as well as a wide range of interests. I am so proud of the resilience and adaptability that our students have shown through this unprecedented year, qualities that will stand them in good stead for their future studies."

Stockport Grammar A Level students are now looking forward to the next exciting stage in their education with courses at prestigious universities across the country, including Cambridge, UCL, St Andrews, Bristol, Durham, Nottingham and Manchester. For the GCSE students, next term will

see them start their A Level studies in Stockport Grammar's brand new Sixth Form building.

Jamie Carson from the Heatons and Eve Gibbons were among the students celebrating their A Level success, both are now heading to Cambridge University. Jamie was delighted with his 4 A*s in English Literature, French, German and Mathematics and will be studying Languages. Model United Nations and Debating Competitions are amongst the activities Jamie has enjoyed at SGS. Eve will be studying Veterinary Science following her 2 A*s in Chemistry and Mathematics, A in Biology and A* in her EPQ.

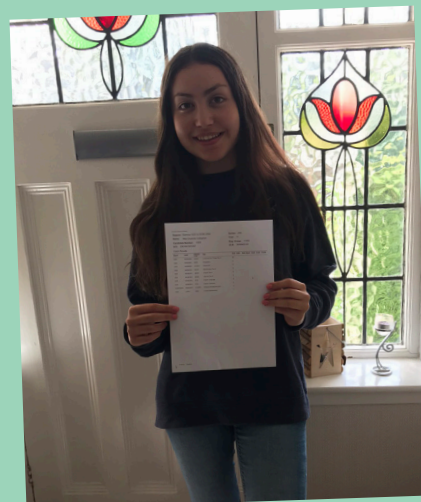
At GCSE, Olivia Patton-Lane from the Heatons achieved results which have set her up well for her SGS A Level studies in Art in which she got a 9, Chemistry an 8, and Biology a 7 plus a new subject for Sixth Form, Psychology. Olivia said: "The teachers have inspired me, they are passionate about their subjects. I love sport at SGS, especially netball and athletics."



Lucy Halket from Reddish Vale School: Two 8s, One 7, Two 6s and Four 5s. Lucy will be going on to study at Aquinas College in September.



From Stockport Grammar, Joseph Farrelly from Heaton Mersey achieved ten GCSEs: seven 9s, two 8s and one 7, plus he sat GCSE business studies a year early last year and achieved an 8. Joseph will be going on to study A Levels at Stockport Grammar Sixth Form in English Literature, Maths, History and Economics.



Mia Callaghan achieved eleven GCSEs from Loreto Grammar: two 9s, eight 8s and one 7. Mia will be staying on at Loreto Grammar Sixth Form to study Maths, History and Theology at A-level.



Nikita Arora from Heaton Mersey achieved Nine GCSEs from Stockport Grammar: five 9s and four 8s. Nikita will be continuing at Stockport Grammar Sixth Form to study English Literature, Maths, Psychology and Business at A-level.

LOCAL BUSINESS NEWS

SUPPORTING LOCAL BUSINESSES AND PROMOTING ACTIVE TRAVEL

by Cllr David Mellor, Cabinet Member for Economy and Regeneration

The tightened restrictions we've seen recently have been disappointing for everyone and show that we still need to be extra vigilant and thoughtful of each other as we continue to deal with COVID-19.

As we have seen, several businesses have been badly affected in the Heatons. Yet this certainly doesn't reflect on businesses' lack of effort in following the restrictions - from personal experience in visiting various bars and restaurants in and around the Heatons, and more broadly in Stockport, they've been terrific in collecting details and operating in a safe and secure way.

The One Stockport campaign, which is going from strength-to-strength now, will always place safety at its absolute heart while gently encouraging everyone in Stockport to back their local businesses when and if they can - from shops to pubs, bars, restaurants and, if fortunate enough, their local cinema.

One place I'm excited to visit again is The Savoy Cinema and, to help support it, I've taken out a year's membership. At £30 for 12 months, it offers excellent value and I know that money will be supporting a local institution that brings so much to the Heatons and Stockport as a whole. One oft-quoted statistic is for every £1 spent with small and medium-sized businesses locally, 63p stays within the local economy. This compares to 40p with larger businesses.

This is because small and medium-sized local businesses are far likelier to use other local businesses, meaning more wealth circulates within the local economy. This obviously helps support local jobs - something that is going to be critical over the coming months as furlough comes to an end. Supporting small and medium-sized local businesses also adds to the character of our communities and is environmentally far more sustainable, too.

Instead of having to rely on delivery vehicles turning up at our doors, driving to large supermarkets or the nearest soulless cinema multiplex

(that certainly isn't the case with The Light Cinema at Redrock, believe me!), we can get out on foot, bike or public transport and reduce traffic on our roads while sampling what's on offer right on our doorsteps.

Indeed, something that I hope will encourage people to walk and cycle is the temporary - emphasis on "temporary" - A6 parallel route, which will run towards the Manchester border.

The route will help facilitate access to and from the Heatons Neighbourhood Centre and the town centre without worrying about cycling on the A6, which I know is a daunting prospect for many.

The parallel route is something of a big experiment and is being funded by the Department for Transport as part of their emergency active travel measures, which are hoped to take some pressure off public transport and support social distancing on buses and trains.

Once you read this, the route should be in place and as I've said, it's a big experiment - therefore, if things clearly aren't working on the route or need tweaking, it should be straightforward enough to do that based on feedback. The hope is that, if the route is successful, the council can try and secure funding to do it permanently. Of course, everyone would have their say on any plans through a proper consultation and nothing will be done without agreement from local councillors and public support.

Supporting local businesses through One Stockport and promoting active travel are two key areas I am working on for us to 'Build Back Better' from this pandemic. We have an opportunity to learn from this horrid period and do things differently - we don't need to go back to the same old, same old. I hope everyone can do their bit, however small, to support the local community at this time.

Provide feedback on the A6 parallel route by emailing: walkcycle@stockport.gov.uk

BUSINESS NEWS ROUND-UP

Welcoming new businesses to the local area:

- Wargeh Cafe & Restaurant on Heaton Moor Rd, Moor Top
- Bernie's Grocery Store on Hawthorn Grove, Moor Top

- Chapel Hangout Cafe, Bar & Restaurant, on School Lane, Heaton Chapel
- The Moor Restaurant on Shaw Road, Heaton Moor
- Terra & Mare Restaurant on Shaw Road, Heaton Moor

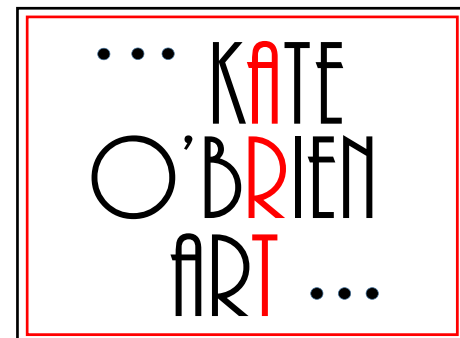
ADVERTORIAL

HOME IS WHERE THE ART IS

Kate O'Brien is a local artist based in Stockport Indoor Market but first appeared at the Shaw Road Market in Heaton Moor a few years back where she can still be found on the first Sunday of each month. Kate has become well known for her unique whimsical renditions of Stockport Scenery and architecture, and can produce personalised bespoke commissions such as a portrait of your home, pet, or loved one, all in her distinctive style.

Kate appeared on the first series of BBC1's 'Home is Where the Art Is,' and produced both a Manchester Bee and Stockport Frog for the recent art trails. She has also won several awards in recent years, such as the Buxton Spa Prize International Festival Choice 2018 and Theo Paphitis Small Business Sunday January 2019. Most recently, Kate was selected to win a free stand at the prestigious Autumn Fair in Birmingham.

Come and visit Kate's studio/shop in Stockport Indoor Market on Tuesday, Thursday, Friday and Saturday, 9:00am - 4:30pm, or at Heaton Moor Producers Market on the first Sunday



of each month. Here you can buy original artwork, prints, greetings cards and gift items such as coasters, mouse mats and chopping boards, all featuring Kate's work. You can also shop online at www.kate-obrien.co.uk or email an enquiry to: kateobrien81@yahoo.co.uk.

40 YEARS OF JOHN DELANY MOTORS

John Delany
MOTORS

Established in the heart of Stockport in 1980, John Delany Motors are planning their 40-year celebrations.

John Delany grew up in Bramhall and decided to set up in Stockport during a time when Stockport was emerging as a busy town with more and more businesses choosing the area for their business.

Brittany tells us, "John started the business as a one man band, and it has grown over the years, with over 500 vehicles going through the workshop on a monthly basis."

Due to John's reputation and hard work, the garage was awarded Bosch accreditation. John's daughter, Brittany Delany, now oversees the day to day running of the business, but John is still involved in the family-owned business.

Unfortunately, plans for their 40th celebrations have had to be put on hold due to Covid-19, although the business was able to stay open during lockdown to keep key workers vehicles on the roads.



98% of customers recommend John Delany Motors and they have a very high level of repeat business.

Brittany says, "The success has been due to our honesty and transparency - no work is carried out without prior approval and all of our technicians are trained to a high standard. Customer satisfaction is our priority."

Plans are currently underway to extend the workshop to welcome more vehicles through the doors. John Delany Motors has survived two recessions, is currently in its third, but is still managing to grow!

ONE STOCKPORT

by Helen White



Continued from front page...

One Stockport's aim is to keep hold of all the good things we have been doing as a result of coronavirus and to build on them. By staying connected, our communities have the opportunity to continue to look out for each other; by

enjoying a better way of living, we can become more healthy; by shopping locally, we can continue to help with Stockport's economic recovery.

Everyone can become a part of One Stockport - let the One Stockport community know what you've been

doing and what matters to you. Send us your stories, your pictures, a selfie or a video and we will post it on the website - whether you are volunteering in the community, a business owner or worker, a student or a retailer, you can help to steer the campaign and everyone can help to promote the One Stockport message.

Delivered in partnership with Stockport Council and partners from the voluntary, business, health and education sectors, the joint vision is to work together to build a brighter more sustainable future for everyone and to develop a greater sense of pride in Stockport.

Leader of Stockport Council, Cllr Elise Wilson said: "If you share the vision and values for Stockport and want to work together to develop a plan for the borough or want to get involved in supporting the campaign, we want to hear from you! Your ideas and feedback will help to shape a long-term plan for the borough.

"This has the potential to be something really special and to build on all the great work and relationships that have been formed during the last few months. But we need your help to make it a success. The stories I have heard have been heartening and as a borough we have supported and looked out for each other through difficult times. We need to build on this but we need to do this together.

"The website will be a great tool in helping us achieve this, so please take a look and see what One Stockport is all about."

You can check the website for regular campaign updates, and for more information on how you can get involved:

🌐 www.onestockport.co.uk

📘 facebook.com/onestockport/

📷 @onestockport

✉ getinvolved@onestockport.co.uk

THE SAVOY IS BACK!

by Tony Mundin

The Savoy is back! With the most important palindrome in cinema history...

Originally slated for release on the (American style) palindromic date 7-17, Warner Brothers has been waiting for the global cinema exhibition business to show signs of life before releasing its \$200m, Christopher Nolan directed asset – TENET. But July was too soon; America was yet to hit peak Covid, China was locking down cities daily and the appetite in Europe for cinema was cool.

After a few false dawns, the decision to split release across the globe meant countries where cinemas are open can show TENET from 26 August and the rest a few weeks later. At last we have a film...! However, the other film distributors are holding on to their babies to see how the new boy does in the first few days - the whole industry is holding its breath to see if the required number of bums fill the seats.

We decided to open a few weeks later, mainly to allow the other distributors to release their films ensuring we have a continuous programme of high-quality, big screen films to show. We think this is the right strategy - it allows us to offer some new content and a few catch up films that many of you have been stopping us on the street to make sure we bring back. We are very happy with our new programme and will be sending it out later in September.

TENET is showing from 18 September and is available to book online now!

So, what is the new normal at the Savoy? Well, you will notice a few changes but, first and foremost, we

want you to enjoy your night out - we are an escape venue, smiles will still be on our faces and any reminders will be gentle and warm.

We have reduced the capacity in the auditorium to around 60% - this will give everyone space and there are divider boards on vacant seats adjacent to you so that you, or your group, have your own 'booth'. There will be screens on the bar and you can follow socially distanced Buzz and Woody footprints through the foyer. Masks have been made mandatory, but they can be removed once you are seated to consume drinks and snacks which we know you love to do!

The Heatons love the Savoy and they proved it again by answering our call for help. When we first took on the task of renovating the old building, 3,500 of you took out memberships even before you knew what you were getting. You took a leap of faith which meant we didn't run out of money! Since then, our membership subscription has settled at around 1,500. We put out a call to get back the numbers that originally backed us and – WOW - you have answered that call - thank you. We are still accepting memberships, new and old - if you would like to support us, please visit our website.

We will extend all existing memberships by the six months of our enforced absence and anyone who renews will have that added as well to their new renewal date.

We look forward to seeing you all soon!

For more information and to become a member, see: www.savoycinemaheatonmoor

YOUR LOCAL TRADERS ASSOCIATION



Local Businesses!

Join the 4 Heatons Traders Association

.... and help make the Heatons a better place to live, work and prosper

How we can help your business...

- **Business Listing on the 4HTA Website Directory**
includes a full business bio with logo, contact details, website and social media links
- **Social Media Support**
across Facebook, Twitter and Instagram, helping to extend your reach and visibility
- **Find Local Employees**
Members can advertise local vacancies on the website and through our social media channels. We'll make it easy to find the local talent you're looking for.
- **List Your Event**
Add your event to our online Heatons Events Calendar
- **Local, Community Led Project**
we facilitate and fund projects to benefit local Heatons communities
- **Connect with 140+ Business, Community Groups and Charities**
create links and support one another

Only £50 per year
(subsidised rates for community groups and charities)

Join at: www.fourheatons.co.uk

Since 2009, the 4 Heatons Traders (4HTA) has been working to support local businesses and organise projects and events to benefit the Heatons community as a whole.

Through membership of the 4HTA, local businesses help to support that work, enabling us to make the Heatons a better place to live, work and prosper.

Our latest project is a local, online

shop aimed to help small businesses sell online and enable the local community to shop from a wide range of local businesses, all in one convenient online shop.

Details of the work of the 4HTA in the Heatons, the charities and community groups the association has supported, our recent projects, a full member business directory, local events and more can be found on the 4HTA website. See: www.fourheatons.co.uk

**YOUR ONE-STOP
ONLINE SHOP**

**Shop
Heatons**

Local Heatons Shopping with the
Convenience of Online.

Launching Soon!

www.shop4heatons.com

CLASSIFIEDS

Please contact news@heatonspost.co.uk to list your business or service.

GROCERIES

Raja Brothers

Shaw Rd, Heaton Moor

General Groceries

07885 939 931

The Good Life

Didsbury Rd, Heaton Mersey

Ethically Sourced Zero Waste Groceries

www.thegoodlifeheatons.com

Bakerlou

Freshly Made Artisan Bread

07788 830 154

www.bakerlou.co.uk

Seed Urban Farm

Eco Urban Farm & Store

Specialising in Microgreens + Culinary Mushrooms

Freshly delivered to Stockport

07830 222 871

hello@seedurbanfarm.co.uk

www.seedurbanfarm.co.uk

DINING IN OR OUT

I Knead Pizza

Gorton Rd, Reddish

(Delivery via Uber Eats)

Hand-stretched Neapolitan Pizza

0161 222 9890

lkneadpizza@outlook.com

Kauri Fine Foods

Freshly Made Meals

07951 468 833

info@kaurifinefoods.co.uk

www.kaurifinefoods.co.uk

A Tavola

Broadstone Rd, Reddish

(Closed 17 Aug -9 Sept)

Sicilian Restaurant offering Takeaway

07478 743 293

info@atavolastreetfood.co.uk

www.atavolasicilianfood.co.uk

Grounded In The North

Broadstone Rd, Reddish

Coffee & Cake

07814 686 939

Hello@groundedinthenorth.com

www.groundedinthenorth.com

Roost

Heaton Moor Rd, Heaton Moor

Rotisserie Chicken & Wood Fired Pizza

0161 432 4666

manager@roosthm.com

www.roosthm.com

The Barbecue

School Lane, Heaton Chapel

Sandwich Shop offering Takeaway & delivery

0161 432 4057

priestley.amanda@yahoo.com

www.thebarbecue.co.uk

Cheshire Bakehouse

Savoury Pastry Rolls

07710 052 051

info@thecheshirebakehouse.co.uk

www.thecheshirebakehouse.co.uk

The Spice Yard

Freshly Made Indian Meals & Spice Blends

07834 359 272

hello@thespiceyard.com

www.thespiceyard.com

BEVERAGES

Heaton Hops

School Lane, Heaton Capel

Tap House & Bottle Shop

heatonhops@gmail.com

www.heatonhops.co.uk

Cork of the North

Heaton Moor Rd, Heaton Moor

Wine Shop

07717 860 107

marc@corkofthenorth.co.uk

www.corkofthenorth.co.uk

Thirst Class Ale

Station Road Industrial Estate, Reddish

Artisan Beer

0161 442 0299

richard@thirstclassale.co.uk

www.thirstclassale.co.uk

GIFTS & HOMEWARE

Flamingo Paperie

Quality Cards, Stationery & Craft Kits

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heatherlovescards@gmail.com

www.heatherlovescards.co.uk

Jewellery

Custom Designed Jewellery, Accessories & Gifts

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orderjewellery@gmail.com

www.jewellery.co.uk

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bensedman@hotmail.com

www.bensedmanphotography.com

Chiselled Features By Paul

Handmade Bespoke Personalised Gifts

07912 149 451

paul@chiselledfeatures.co.uk

www.chiselledfeatures.co.uk

Blue Door Flowers

Heaton Moor Rd, Heaton Moor

Flowers & Gifts

0161 432 2600

flower@bluedoorflowers.com

www.bluedoorflowers.com

Kitsch Republic

Creative Homewares & Gifts

07957 444 195

angela@kitschrepublic.co.uk

www.kitschrepublic.co.uk

Kate O'Brien Art

Vibrant Mixed Media Artwork

kateobrien81@yahoo.co.uk

www.kate-obrien-art.myshopify.com/

SERVICES

Nettl

Heaton Moor Rd, Heaton Moor

Printing & Website Design

0161 975 5203

stockport@nettl.com

www.nettlstockport.com

Heatons Phsyio

Heaton Moor Rd, Heaton Moor

Physiotherapists

Face-to-face treatments & video consultations

0161 432 3232

Info@gatleyheatonsphysio.co.uk

www.gatleyheatonsphysio.co.uk

Integrate Hearing Ltd

Audiologist

0161 706 0067

info@integratehearing.co.uk

www.integratehearing.co.uk

Davies Chiropractic Care

Heaton Moor Rd, Heaton Moor

Chiropractic Clinic

0161 768 1287

info@davieschiropracticcare.co.uk

www.davieschiropracticcare.co.uk

Phil Yates Stockport Ltd

Plumbing & Oil Heating Engineer

07540 568 561

Julia.yates.stockport1@outlook.com

Social Circle

Meeting people

www.social-circle.co.uk

Carrie Burke Tutor Work

Private Tutoring for Primary Children

07758 783 321

info@carrieburke.com

www.carrieburke.com

Fountain May

Business Support Services ~ Community Engagement Facilitators

07818 422 722

melandsuze@fountainmay.com

www.fountainmay.com

Heatons Post Social Media Services

Social Media Brand Design Services & Campaign Support

news@heatonspost.co.uk

www.heatonspost.co.uk

TaxAssist Accountants Stockport

Bookkeeping, Payroll, Accounts & Tax Returns

0161 989 6800

andyslade@taxassist.co.uk

www.taxassist.co.uk/stockport

Heatons Post Classifieds

Businesses - Kid's clubs & activities - Items for sale - Job vacancies

Submit at: www.heatonspost.co.uk

Email: news@heatonspost.co.uk

COMMUNITY GROUPS

Sustainable Living in the Heaton

Monthly Meeting: 1st Saturday of the month

info@slheatons.org

www.slheatons.org

LOVE HEATON CHAPEL

Bi-Monthly Meeting: 2nd Tuesday of the month, 7pm (currently over zoom)

loveheatonchapel@gmail.com

www.facebook.com/groups/loveheatonchapel

LOVE Heaton Norris

Monthly Meeting: 1st Tuesday of the month, 7pm The Magnet Pub (upstairs)

info@loveheatonnorris.co.uk

www.loveheatonnorris.co.uk

Four Heaton's Traders Association

Supporting Local Businesses

admin@fourheatons.co.uk

www.fourheatons.co.uk

FRIENDS OF HEATON CHAPEL STATION

Monthly Meeting: 1st Monday of the month, 7pm (currently over Zoom)

FofHCS@gmail.com

www.friendsofheatonchapelstation.co.uk

Rotary Club of Stockport Lamplighter

Weekly Meeting each Wednesday

lamplightersrotary@gmail.com

www.lamplighters.org.uk

Friends of Heaton Moor Park

hello@heatonmoorpark.co.uk

www.heatonmoorpark.co.uk

HEATONS' MEN IN SHEDS

Meetings via Zoom Monday 1pm & Thursday 7pm

heatonsmis@outlook.com

www.heatons-mis.co.uk

COFFEE Chill & Spill

Supporting Maternal Wellbeing

Free Sessions: Each Thursday, 9.30-11.30 Heaton Norris Pavilion

coffeechillandspill@gmail.com

www.coffeechillspill.com

HEATON MERSEY HEATON MERSEY

Heaton Mersey Collective

Monthly Workdays: 2nd Sunday & 4th Tuesday of the month, 10:30am-1pm

heatonmerseycollective@gmail.com

Do you have an hour to spare each month? Would you like to help community news reach those most in need of receiving local news & information? If you would like to be part of our team of volunteers delivering Heaton's Post throughout the Heaton's & Reddish, we would love to hear from you! news@heatonspost.co.uk

HEATONS POST

WELLBEING

NORDIC WALKING FOR BETTER HEALTH

Switching your walk for a Nordic Walk will turbocharge your calorie burn by 20%, say British Nordic Walking.

Get Britain Nordic Walking for Better Health is a new campaign from British Nordic Walking aimed at using the sport to help tackle the UK's obesity crisis and get everyone enjoying better health, especially those who want to give a calorie-burning boost to their daily walk.

With increasing the amount of exercise people take now a component of the UK government's strategy to tackle obesity and to reduce vulnerability to COVID-19, Nordic Walking is ideal for everyone who wants an easy-to-learn

and accessible form of activity.

Proven to burn around 20% more calories than normal walking, Nordic Walking is a safe way to get more "bang for your walking buck". Even in a group walk, it is easy to maintain social distance.

In Nordic Walking, the active use of specially designed poles engages both the upper and lower body, enhancing your walking technique, to propel yourself forward. It gives you a highly effective all over workout that doesn't feel like one. Nordic Walking is a fun and social activity that can be enjoyed in town centres or open countryside throughout the year.

FACEMASK SELLERS

If you still need to purchase a mask, then why not buy local from one of these amazing businesses...

Business	Mask Type	Location	Contact	Website
Yanthia	Reusable	Online/ Heatons Markets	07772 756 450	facebook.com/yanthiamanchester
Bay Tree	Reusable Adult & Child	Heaton Moor		baytreeonthemoor.com
Stitch Massey	Reusable	Online	stitchmassey@ hotmail.com	facebook.com/Stitch-Massey- 322362791557794
All Rolled Up	Reusable	Online	contact@ allrolledup.co.uk	allrolledup.co.uk
The Good Life	Reusable	Heaton Mersey	0161 222 8091	thegoodlifeheatons.com
Blaggs Hardware	Disposable & Reusable	Heaton Moor	0161 432 2530	blaggs-hardware.business.site
Print By Magic	Reusable Personalised	Heaton Chapel	0161 464 4304	printbymagic.com
Moor Top Post Office	Reusable	Heaton Moor	0161 432 2050	
JoJo Coco Design	Reusable	Online	hello@ koalaslings.co.uk	koalaslings.co.uk/collections/face- masks
Nettl	Reusable Branded	Heaton Moor	0161 975 5203	nettlofstockport.com
Easy T	Reusable	Stockport Centre	info@easyt.co.uk	easyt.co.uk
Susie Blues Lifestyle Store	Reusable	Reddish	hello@ susieblueslifestyle.co.uk	susieblueslifestyle.co.uk
Broadstone Mill Shopping Outlet	Reusable	Reddish		broadstonemillshoppingoutlet.co.uk

SUDOKU

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

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: Memory-Improvement-Tips.com
Reprinted by Permission
Memory-Improvement-Tips.com.

1		2		3			4	
5				6				
	7							
8							9	
10				11				

ACROSS

- 5 Skin-aging radiation (2,1)
6 Nevertheless (3)
7 Zippy (5)
10 Entirely (3)

DOWN

- 1 Chump (3)
2 Drums (7)
3 Mistreating (7)
4 Messy dwelling (3)
8 Capture (3)
9 Reverence (3)

Puzzle source: www.crosswordsite.com

Visit www.heatonspost.co.uk for the solution



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



Jan 20 - Feb 18
Aquarius

Exaggerating may get you into a predicament this month, remember not to get swept away with the story and always be honest.



Feb 19 - Mar 20
Pisces

Don't let another person's opinions throw off your whole identity. you know who you are better than anyone and your personality should not be reliant on other people's opinions of you.



Mar 21 - Apr 19
Aries

An old friend who has wronged you will re-enter your life this month. Don't hold a grudge, you probably weren't your best self either back then, and if the shoe were on the other foot you'd want a second chance



Apr 20 - May 20
Taurus

A door to a new project will open in the beginning of this month, don't pass on the opportunity.



May 21 - Jun 20
Gemini

If someone behaves in a way you find uncomfortable, tell them. It's much better to know your faults than be quietly resented for them



Jun 21 - Jul 22
Cancer

A huge change is coming this month, be careful not to underestimate its challenges



Jul 23 - Aug 22
Leo

You've been pushing yourself very hard in an aspect of your life, and it's time to weigh up whether all of the stress is worth it.



Aug 23 - Sep 22
Virgo

Explore a new creative venture this month, whatever that may be, it will bring you great fulfilment.



Sep 23 - Oct 22
Libra

Give people the space they need to be their own person, it's hard to grow in someone else's shadow.



Oct 23 - Nov 21
Scorpio

People will rely on your strength a lot this month Scorpio, make yourself available.



Nov 22 - Dec 21
Sagittarius

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



Dec 22 - Jan 19
Capricorn

Try not to judge others too harshly, nobody makes a decision specifically to inconvenience you, have a little patience.

PROMOTE YOUR BUSINESS IN THIS SPOT BY OFFERING A VOUCHER



for more information email news@heatonspost.co.uk

SPORTS AND FITNESS

CYCLE FOR DEMENTIA

Setting himself the challenge of riding 250 miles in one month, Liam Smith is raising money for Alzheimer's Society, a charity that is close to his family and impacts so many lives.

Liam's love for cycling has led him to take on the challenge which he will be completing throughout September. Liam says, "I'm doing this alone, just me and my bike - hopefully my music will keep me company."

Although he has not done a great deal of training, Liam's goal is to complete over the 250 miles within the month, becoming his first real challenge.

"The best part is knowing I'm hopefully going to make a difference to the people who need it most." Liam tells us, "The hardest part no doubt will be recovery - I think my legs will need a good rest."

Liam has set up a JustGiving page



where people can support his challenge and help Liam raise funds for Alzheimer's Society.

Liam would like to thank anyone who donates in advance and says, "If you do see me on the roads, then please say hello, and if car users would be considerate that would be amazing."

To donate, see:
www.justgiving.com/fundraising/cyclefordementia-liamsmith

GAME, SET & TROPHY FOR LOCAL TENNIS COACH

by West Heaton Bowling, Tennis and Squash Club

West Heaton Bowling, Tennis and Squash Club tennis coach, Sue Morrison and her business partner Louise Assioun, otherwise known as LUSU Sports, have won the National LTA Disability Award for 2020.

LUSU sports' desire to make tennis accessible for all has seen them scoop the 'Disability Award' at this year's LTA Tennis Awards. One of 18 national winners, LUSU – formed by Sue and Louise and to help make tennis inclusive – were given the accolade from the governing body for tennis in Britain on account of their efforts in the North West.

LUSU Sports inspired many people during an amazing 2019, starting with a multi-activities event at the Greater Manchester Special Olympics. They produce unique and adapted tennis resources, ensuring tennis is available to all and, for the past three years, have delivered the Stockport Special Educational Needs and Disability tennis festival.

In a virtual ceremony, LUSU were presented their award by Nigel Huddleston, Minister for Sport, Tourism and Heritage.

Sue said: "Now, more than ever due to the unprecedented times we're facing, introducing and enabling children and young people to play tennis is a great way to help keep them active and healthy, both physically and mentally."

Sue has more than 30 years experience



in tennis, has been coaching tennis at West Heaton Bowling, Tennis and Squash Club for 13 years, and has worked hard to make the club fully inclusive. She has worked closely with the Cheshire LTA and has been fully supportive by them – they in fact nominated LUSU Sports for this award.

West Heaton Tennis Club President, John Mandy, said: "Sue is a fantastic tennis coach and works tirelessly to support and nurture local youngsters at a grassroots level, here at the club, at our local schools and across the community. It's a tremendous achievement and is testimony to the impact Sue and Louise have on our sport."

Sue was interviewed about the LUSU Sports award by BBC Radio Manchester's Drive Time show on 11 August.

For more information on lessons, camps and inclusive programmes, please visit the club's website: www.west-heaton.co.uk

BATTING AWAY THE BLUES

by Tim Humpage

For those of us who like to spend our summers trundling in from the Green Lane end, the early spring brought serious concerns that 2020 meant a complete drought of those beautiful long summer days chasing a hard ball around a field. Those at Heaton Mersey Cricket Club had to delay their start to the year, which usually comes with indoor nets in February, until the first matches were possible - socially distanced of course - in July.

But from difficulty comes opportunity, and the change to the summer has allowed young players to make a mark on senior cricket far earlier than expected. HMCC has a large, successful junior section, with boys and girls able to join as soon as they're able to hold a bat, and a pathway to make it to the top of the club.

This year, when the normal league structure's been cancelled, that has meant, for example, a brilliant debut for a 13 year old in the first team - and with others following in his wake, the future for the club looks promising.

We've felt lucky in the current climate that all four men's teams have been playing this summer, along with a



women's team and all the junior age groups as well; and whether you prefer bowling, batting or fielding, the hours spent at the club this summer have been a welcome distraction from our difficult world.

If you are interested in joining our friendly club, contact our chairman Tim Humpage: tim.humpage@sky.com

IS THERE A WILDCAT IN YOUR HOUSE?

by Catherine Parsons

Wildcats is a national FA (Football Association) funded program providing girls the opportunity to Have Fun, Make Friends and Play Football. Sessions are delivered in a safe, engaging way, adhering to current social distancing and FA Guidelines, by level one FA qualified coach, Cat Parsons, with volunteers from the club's Under 16s boys and girls teams.

Wildcats is a great way to introduce girls to football, promoting healthy and active lifestyles – definitely something I would've gone to as a football-mad girl in the 90s! So far, 27 girls have come along since we started in July and it's a real mixture of those who are new to football and others who are playing regularly. Parents have messaged to say how much their daughters love it.

Reddish North End FC has great training facilities with AstroTurf and grass pitches, on site changing rooms, toilets and a café. The club has put in a number of measures to help make it Covid-secure, including handwashing, a register and temperature checks on entry. It currently boasts over 50 football teams, many of them mixed,



with six girls teams and eight female coaches – showing its commitment to increasing female participation in football.

Reddish North End FC is an FA approved Wildcats Centre, running Wildcats sessions for girls aged five to eleven, every Saturday until mid-October, 11.00 – 12.00, £3 per child at Mike Doyle Centre, Browning Road, SK5 6JW.

For more information, contact Cat on: 0770 9311 287 or cat_parsons27@hotmail.com