

FREE

# HEATONS POST

INFORMING, INSPIRING AND CONNECTING THE HEATONS AND REDDISH



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STOCKPORT**  
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DAY AT SGS**  
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## 10<sup>TH</sup> YEAR CELEBRATION FOR FofHCS

by Phil Rowbotham, Friends of Heaton Chapel Station



On Saturday, 24 July, Friends of Heaton Chapel Station (FofHCS) and invited guests celebrated the group's 10th birthday with refreshments, a tour of the station house, and the unveiling of a plaque on platform two by Navendu Mishra MP.

The Friends group was formed following an exploratory meeting in July 2011 when 27 people came together to discuss setting up a new group, initially as part of Sustainable Living in the Heaton.

An inaugural meeting of the newly formed Friends of Heaton Chapel Station was held on 24 July 2011 at St. Thomas's Church. The first Chair was Rory Aiken 2011-2014, followed by Clyde Raine 2014-2017, with Phil Rowbotham having held the position since 2017.

Over it's 10 years, FofHCS has won numerous awards - the first being a national Association of Community Rail Partnerships first prize award for the Running Man panels which were sponsored by local businesses.

In 2020, for the third time, FofHCS won a Cheshire Best Kept Station

Award, which was presented in June 2021.

The group is currently the largest Friends group in Northern Rail with 129 members and is also one of the most active. Run entirely by volunteers, all projects are funded by grants, local sponsors and through membership fees.

Heaton Chapel Station is the busiest two platform station in Greater Manchester, with over a million passengers using the station in 2018.

Unfortunately, the station is still without suitable disabled access - the



• (L-R) Cllr Janet Mobbs holding a first FofHCS ACoRP award from 2021, Phil Rowbotham FofHCS chairman 2017 onwards, Walter Brett Mayor of Stockport 2018-2019, Navendu Mishra M.P of Stockport 2019 onwards

existing access ramps are extremely steep, have no relief landings, and are not suitable for wheelchairs. Two lifts are, therefore, urgently needed.

The Station House is expected to be upgraded sometime between late

2021 and early 2022 and will be open to selected community groups.

Membership of Friends of Heaton Chapel Station is £2 per year - join at: [www.friendsofheatonchapelstation.co.uk/membership/](http://www.friendsofheatonchapelstation.co.uk/membership/)

## WHATS OUR MP BUILDING?

READ MORE ON PAGE 5



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# COMMUNITY NEWS

## ANNUAL CANVAS

Stockport residents are being urged to look out for communication from the council regarding their electoral details, or risk losing their voice in future elections.

The 2021 annual canvass ensures that Stockport Council can keep their electoral registration details up-to-date, allowing them to encourage any residents who are not registered to vote to do so.

Residents are advised to keep an eye out for communication from Stockport Council, and follow the instructions on any correspondence to ensure that the electoral details for every address in Stockport are kept accurate.

If they do not respond to inaccurate information, residents could lose their chance to have their say in important future local and general elections, so it's crucial that everyone checks that their details are up-to-date.

The easiest way to respond to your form is online. If you are not registered to vote, your name won't appear on any messages we send. If you'd like to register to vote for future elections, visit: [www.gov.uk/register-to-vote](http://www.gov.uk/register-to-vote).

This year's canvass is even more important due to the pandemic. We want to reduce canvassers having to make house calls to encourage people to respond to messages.

People who have moved recently are encouraged to look at registration messages from the council, as these people are least likely to have registered to vote with the correct details.

Any residents with questions can email the Stockport Electoral Services team at: [elections.office@stockport.gov.uk](mailto:elections.office@stockport.gov.uk).

## SUN SHINES ON HEATON MERSEY

by Heather Thorpe

On Saturday, 24 July the sun shone, gazebos went up, church doors were flung open, ukuleles were tuned and vocal cords vibrated - it was time for the pop up Heaton Mersey Artisan Market!

But it wasn't just the Traders - the Heaton Mersey Collective were instrumental in organising it all. St John's welcomed everyone through their doors, plied them with cups of tea and gave local charities a chance to showcase themselves. The Heaton Pub served up hot food outside - plus the hugest doughnuts known to man, and live music to boot.

The atmosphere was lovely - the most oft repeated phrase to me was "It feels like a village fete...!"

Sunshine, bunting, ukuleles (by the U3A) and fabulous independent local traders created a good day on the cobbles in front of the beautiful St John's Church in Heaton Mersey.

Thankyou to everyone who came and supported us - always hugely appreciated!

The next Heaton Mersey Artisan Market/Heaton Mersey Collective event is Saturday, 20 November with funfair rides and stalls, plus children's activities planned - and who knows, maybe even Santa...



## MP'S UPDATE

by Navendu Mishra, MP for Stockport

It was fantastic to see the North West leading the way at last month's Olympics by winning more medals than any other region. Stockport's very own Josh Bugajski secured a rowing bronze medal, with Stockport Harriers' Jess Piasecki, as well as fellow Stopfordians Aimee Pratt and Amy-Eloise Markovc, all doing us proud.

Greater Manchester's coronavirus infection rate is sadly on the rise once again, with Stockport now having the fourth highest number of Covid cases across the region, based on data up to 11 August. Please continue to wear a mask where possible, as they are scientifically proven to reduce the rate of infections. We must continue to be mindful of the most vulnerable in our society.

Finally, I have called on our Conservative and Liberal Democrat councillors to work with the Labour Group on Stockport Council to deliver a suitable mixture of housing right across our town and borough, which



• Navendu Mishra, MP for Stockport

is of good quality and fit for everyone. With so many people struggling to find affordable and available properties that meet their needs, it is vital that we are able to offer a variety of homes to all those who need them. You can read more on my website: [www.navendumishra.co.uk/](http://www.navendumishra.co.uk/).

As always, if you live in Stockport constituency and have any issues you need help with, please do not hesitate to contact me on: [navendu.mishra.mp@parliament.uk](mailto:navendu.mishra.mp@parliament.uk).

## PICNIC IN THE PARK

by Friends of Heaton Moor Park

On Sunday, 1 August, The Friends of Heaton Moor Park hosted a summer picnic to raise funds for some new picnic benches.

It was a fantastic event that showcased the beauty of our local park and kept the little ones busy with an owl hunt. There was also an opportunity to enter a competition to name the wooden owl that landed in the children's play area last year thanks to the carving skills of Mike Burgess. There were lots of great entries but the winning name of Harris came from Emily and Molly.

The event raised over £500 and with a very kind donation of a further £500 from Joules Estate Agents. Two new picnic benches have been ordered and will be installed soon.

The Friends of Heaton Moor Park would like to take this opportunity to say a huge thank you to everyone who attended the event and to Joules for their truly wonderful donation.



### Correction

Issue 19, August 2021

The August issue of Heaton's Post featured an article on page six with the title: 'Local Author Visits via Zoom' regarding an online visit from local author Julia Wolfendale to the Signpost Creative Writing Group.

The author of this article should have been acknowledged as Jayne Fallows rather than Signpost for Carers.



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## Coronavirus helpline for vulnerable people

0161 217 6046

Monday - Friday from 9am to 5pm  
Saturdays from 10am to 4pm  
Bank holidays (except Easter Sunday) from 10am to 4pm

STOCKPORT  
Metropolitan Borough of StockportCOVID-19  
CORONAVIRUS

### Heatons Neighbourhood Outreach

Community Action and Support

[heatonscovid19@gmail.com](mailto:heatonscovid19@gmail.com)

## STUCK INSIDE AND NEED HELP?

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

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

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

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

**Call 0161 443 1903**

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

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

**NEVER ALONE**

NSPCC 0808 800 5000 (24hrs)

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

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

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

Samaritans 116 123 (24hrs free)

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

Victim Support 0808 168 9111 (24hrs)

ChildLine 0800 1111 (24hrs)

Respect - Men's Advice Line 0808 801 0327 (Mon-Fri 9-5 or 8pm)

National Centre for Domestic Violence 0207 186 8270

## LETTER FROM THE EDITORS

As we usher in the start of another, hopefully uninterrupted, school year and more people return to the workplace after working from home, we hope that you have all had the opportunity to take some form of a break over the summer period - whether that was a holiday within the UK, to one of the countries where travel was permitted, or simply taking time off to relax at home.

We would like to congratulate local students who received their A level and GCSE results in August - you should be proud of all you have achieved in what was another incredibly difficult year for students and teachers alike.

September is the time we begin to plan for the rest of the year - the Heart Of The Heatons festival, celebrating local art, music, culture and wellbeing, is happening next month; we are organising food/small business pop-ups in Heatons Post Hub throughout the Autumn months; we are looking to get started on a design for our annual Christmas Card (see page 12 for how you can help with this); and are also looking for local photographers who would like to submit photographs of the Heatons or Reddish for the Heatons Post 2022 calendar (please email: [news@heatonspost.co.uk](mailto:news@heatonspost.co.uk)).

We continue to work to help more local residents have access to a copy of Heatons Post each month - the newspaper is making such a difference in keeping the community informed and connected, and also helping to get more people involved in local activities and groups. If you have picked up a copy of this month's issue from a local shop as you do not receive Heatons Post through your door and would have a small amount of time available each month, please do consider becoming a volunteer by helping to deliver Heatons Post to homes on your street. We would particularly appreciate hearing from anyone who could help deliver to homes in Heaton Mersey, Heaton Chapel and Reddish.

We hope you are all keeping well and, as always, take care.  
**Amanda and Mel.**

0161 511 3292  
11 Tatton Road South, Heaton Moor, SK4 4LU (next to Heaton Chapel train station)  
[news@heatonspost.co.uk](mailto:news@heatonspost.co.uk)

PLEASE RECYCLE ME

## VOLUNTEERS NEEDED

To help serve hot & cold drinks, biscuits/cakes etc and provide a warm welcome to visitors at Social Saturdays at Wycliffe Church.  
[wycliffechurch@outlook.com](mailto:wycliffechurch@outlook.com)

## VOLUNTEERS NEEDED

To help with maintenance of an ancient hedge by Priestnall Allotments. 10am-12noon on the 3rd Sunday of the month.  
[info@slheatons.org](mailto:info@slheatons.org)

## 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](mailto:heatonspostfamilyhistory@gmail.com)

Research is undertaken for a donation to Heatons Post or to Heaton Mersey Collective.



## 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](mailto: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, scan the QR code or visit:  
[www.heatonspost.co.uk](http://www.heatonspost.co.uk)



## MEET THE TEAM



**Amanda Fourie**  
Heatons Post Team



**Mel Page**  
Heatons Post Team

## LIST OF CONTRIBUTORS

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**Our Regular Writers:** Andy Rayner, Kevin Bradford, Jez Myers, Sean Baggaley, Navendu Mishra, Andrew Gwynne and our Roving Raconteur

**Family Historian:** Mary Griffiths

**Cartoonist:** Chris Kay, Kay-Boom House

**Make Do Creator:** Kimberley Bevan

**Puzzles:** The Puzzlemaster

The Heatons Post is a trading name of Drawing Board Productions Community Interest Company, registered at Briarfield Road, Heaton Chapel, SK4 5HT.

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](mailto:news@heatonspost.co.uk)



# CELEBRATING COMMUNITY

by Andrew Gwynne, MP for Denton and Reddish



The community spirit that binds Reddish and the Heaton together is second to none, and it is an immense privilege for me to represent these areas in Parliament.

I'm so passionate about community because I think it is a vehicle for real change, both on a local and national level. The last year serves as a perfect illustration of this fact. We saw local communities mobilise up and down the country, neighbours help out neighbours, and volunteers come from far and wide to help this nation through its greatest post-war threat. In Reddish and the Heaton we saw organisations like Re:Dish (who last year received my Citizens Award) working hard to tackle food poverty and isolation in the local area.

Across Reddish and the Heaton, local councillors and I are proud to work alongside residents to look after our local community. Cllr Janet Mobbs has done a lot of work with Heaton Norris Community Centre. This centre is run exclusively by volunteers, and

runs a fantastic array of trips, groups, and activities for residents.

There's also been a growing number of 'Friends' groups popping up all over the area, including Friends of Reddish Vale and Friends of Manchester Road Park. Janet, Cllr Jude Wells and I have all attended some of the litter picks that have been organised by 'Friends' groups, and have seen first-hand what an incredible difference they make to our open spaces.

We've also seen groups like Love Heaton Norris and Love Heaton Chapel going from strength to strength. Community groups like these combine the expertise of residents, charities, faith leaders, businesses and councillors and help make Reddish and the Heaton a better place to live.

Recovering from the upheaval of the pandemic won't be easy, but with local residents, councillors and volunteers all working hard together, I know that we can not only rebuild, but rebuild stronger and better than ever.

# FROG ROCKS STOCKPORT



Local artist, Viv Lally, has created a frog as part of Stockport's Gigantic Leap Frog Art Trail.

Born and raised in Kent, Viv studied in Manchester where she graduated with a Bachelor's Degree in Printed and Woven Textiles, before completing a Master's Degree in Textiles and Fashion.

Viv has lived in the Heaton since 1982 and, in addition to numerous commissions that include portraits, book covers and beer cans, Viv paints local landmarks and her popular, unique take on music icons.

Rock Stock Stylus is Viv's creation for the Gigantic Leap joining fellow Heaton-artist Jaz Stokoe's frog - Yves St Le Frog - on the town centre art trail.

Find Rock Stock Stylus is location number 20 on the frog trail and can be found on The Peel Centre.



# HEATON NORRIS PARK BOWLING INITIATIVE

by Agnes Pimblett, Friends of Heaton Norris Park

Throughout July and August, on a Wednesday afternoon, Heaton Norris Friends of the Park and the Community Centre invited the local community to join them in a fun way to stay healthy and socialize by organizing a Bowling Initiative on the park's greens.

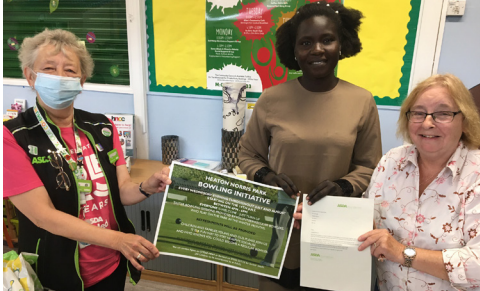
This entailed bowlers volunteering to teach crown green bowling with the hope of attracting more people to the sport. It was also a fun way to teach young people what the bowling greens were for in the hope that they would respect and protect the Bowling Greens.

The initiative was funded by Asda's Bringing Communities Back Together Fund, and supported by SMBC and Life leisure.

The event has been a huge success with many wanting it to continue into September.

Bowls were provided from our Brinnington Group and one of the winter bowlers, Dave, created a target game which was hugely popular with the children. Mike Dawson, a former volunteer at the park and enthusiastic bowler, helped make recommendations to buy target mats and sourced bowls, and encouraged other bowlers to donate equipment. Mike also promoted the event, bringing it to the attention of the wider Bowling fraternity who made a donation and are now considering setting up initiatives in other areas.

We were able to identify people who wish to take up the sport but also saw many young people who had a



Asda's Community Champion, Laura, with Inge Challiner from SMBC and Agnes Pimblett



particular talent and, therefore, wish to consider how we could get younger people involved in the future.

It is hoped that another taster session will be held in April 2022 before the start of the next Summer Bowling season.

If anyone is interested in bowling, please come along to the park and have a chat with the bowlers - you will be more than welcome!

# PHOTO OF THE MONTH



This month's photograph, taken by Norman Wall, captures the flower display outside La Cantina in all its glorious bloom.

Should you wish to submit a photograph of the Heaton or Reddish for our Photo of the Month, please email: [news@heatonspost.co.uk](mailto:news@heatonspost.co.uk)



## ADVERTORIAL

# LOCAL MP VISITS CONSTRUCTION SITE FOR HEATON MERSEY RETIREMENT COMMUNITY

Last month, Navendu Mishra MP visited the construction site for The Woodlands, a brand-new retirement development, on Woodlands Road in Heaton Mersey.

The MP donned a hard hat and high viz jacket to help lay a brick and view plans for the 63 age-exclusive apartments with Adlington Retirement Living Construction Director Lee Pitchford and Site Manager Gareth Holdcroft.

Navendu Mishra commented: "I was delighted to visit the site of The Woodlands, an independent living development in Heaton Mersey. Once completed, the apartments and communal facilities will encourage retirees to maintain their independence and will have a real sense of community. This will be a welcome addition to the local area - I look forward to returning and meeting new homeowners when the project is completed."

Lee Pitchford, Construction Director of Adlington Retirement Living, added: "It was a pleasure to welcome Mr Mishra to the site of our latest retirement community to view our progress with construction. Adlington's vision is

• Navendu Mishra, MP for Stockport and Construction Director Lee Pitchford



to empower our older generation to live a long, happy and healthy life. We do that by creating safe and secure environments with active communities, extensive facilities, and spacious, quality homes, providing an opportunity to enjoy retirement with a new perspective."

The Woodlands, an Adlington Retirement Living community specially designed for those over the age of 55, is set to open by January 2022 and is now taking off-plan reservations.

A range of one, two and three bedroom apartments will include quality fitted kitchens with integrated appliances, many will feature en-suite shower rooms and separate bathrooms and

most will have walk-on balconies or a patio area overlooking the beautifully landscaped gardens.

The communal facilities will include a hairdressing salon, therapy room, activities studio, and a guest suite, equipped with a kitchenette and en-suite, for visiting friends and family.

The 24-hour on-site support team will provide homeowners with added peace of mind and, if needed, the option of tailored personal care. In addition to this, there will be a sophisticated emergency call system and a security video entry system to manage access.

Four of Adlington's sites have won Gold, Silver and Bronze Awards for

the Best Retirement Development at the WhatHouse? Awards, the UK housebuilding's most prestigious event. The Folds in Romiley and the Bridges in Macclesfield won the Silver Award in 2020 and 2019, Adlington House in Otley won the Gold Award in 2017 and Adlington House in Portishead won the Bronze Award in 2015.

The Marketing Suite, located in the car park of the nearby Griffin Hotel, is now open from Tuesday to Saturday, 10am to 5pm for appointments. Please call 0161 241 5933 to find out more.

**ADLINGTON**  
— RETIREMENT LIVING —

## VOLUNTEERING IS TRULY REWARDING!

Have you ever considered sparing some time to volunteer for a charity? Whether you're a seasoned volunteer or looking to help for the first time, we have a range of ways you can lend a hand to our charity which supports local people with disabilities. From marshalling at a race to helping at our annual golf day and biggest fundraiser, any time and support you can provide will be truly appreciated.

What's more, volunteering can be a rewarding activity and bring real benefits to those who are able to donate their time. It can mean finding and developing new friendships, getting involved in the local community or learning new skills that could even enhance your career.

Last month, our volunteers marshalled at the Wizard 5 in Alderley Edge. They had an amazing evening cheering the runners on and making sure they stayed safe. One of our volunteers shared their experiences:

"When the opportunity came through to volunteer as a Marshall at the Wizard 5, it was a no-brainer for me. I've always been a runner and I wanted to help other runners, but more importantly, help raise money for the wonderful charity, Supportability. It was hugely inspiring watching runners of different abilities on a very hot evening and I was proud to wear the pink vest."



We're now looking for volunteers to help at the Tour De Manc on Sunday, 5 September and we'd love to hear from anyone who can spare their time

to help.

For more information, please contact: [sonia.schofield@supportability.org.uk](mailto:sonia.schofield@supportability.org.uk)

### COMMUNITY GROUPS

**Sustainable Living in the Heaton**

Meeting: 1st Saturday each month  
[info@slheatons.org](mailto:info@slheatons.org)  
[slheatons.org](http://slheatons.org)

**Heaton and Reddish Walkers**

[heatonreddishwalkers@gmail.com](mailto:heatonreddishwalkers@gmail.com)

**Love Heaton Chapel**

Meeting: Bi-Monthly, 2nd Tuesday of the month  
[loveheatonchapel@gmail.com](mailto:loveheatonchapel@gmail.com)

**Love Heaton Norris**

Meeting: 1st Tuesday each month  
[info@loveheatonnorris.co.uk](mailto:info@loveheatonnorris.co.uk)  
[loveheatonnorris.co.uk](http://loveheatonnorris.co.uk)

**Friends of Heaton Chapel Station**

Meeting: 1st Monday each month  
[FofHCS@gmail.com](mailto:FofHCS@gmail.com)  
[friendsofheatonchapelstation.co.uk](http://friendsofheatonchapelstation.co.uk)

**Heaton Mersey Collective**

Work Days: 2nd Sunday & 4th Tuesday each month  
[heatonmerseycollective@gmail.com](mailto:heatonmerseycollective@gmail.com)

**Rotary Club of Stockport Lamplighter**

Meeting: Wednesday each week  
[lamplightersrotary@gmail.com](mailto:lamplightersrotary@gmail.com)  
[lamplighters.org.uk](http://lamplighters.org.uk)

**Friends of Heaton Moor Park**

Work Days: 2nd Saturday each month, 11-3  
[hello@heatonmoorpark.co.uk](mailto:hello@heatonmoorpark.co.uk)  
[heatonmoorpark.co.uk](http://heatonmoorpark.co.uk)

**Heaton Men in Sheds**

Meeting: Each Monday 1pm & Thursday 7pm  
[heatonsmis@outlook.com](mailto:heatonsmis@outlook.com)  
[heatons-mis.co.uk](http://heatons-mis.co.uk)

**Friends of Reddish South Station**

[forss1@ntlworld.com](mailto:forss1@ntlworld.com)  
[friendsofreddishsouthstation.co.uk](http://friendsofreddishsouthstation.co.uk)

**Heaton WI**

[info@theheatonswi.com](mailto:info@theheatonswi.com)  
[theheatonswi.com](http://theheatonswi.com)

**Heaton Mess WI**

[heatonmessmembership@gmail.com](mailto:heatonmessmembership@gmail.com)

**Heaton Moor Strollers**

Meet: Every Monday, 1:30pm  
[daz156@googlemail.com](mailto:daz156@googlemail.com)  
[facebook.com/heatonmoorpark/events](https://facebook.com/heatonmoorpark/events)



# YOU SHALL GO TO THE PROM

by The Mission Prom Mums

After such a difficult and disappointing year to finish their time at Priestnall High School, our class of 2021 then had their Prom cancelled because of Covid restrictions. But, a few Mums got together and hatched a plan and Mission Prom was underway!

On Tuesday, 27 July, our wonderful Year 11s donned their suits and ball gowns and headed down to the Alma Lodge in Stockport where a feast of glamour and fun awaited them. Each one of our young people looked a picture of elegance and style, and held themselves with great poise and maturity.

As they entered on the red carpet they received mocktails and had their photos taken at the stunning Flower Wall and Balloon Arch provided by The Flower Emporium. Our photographer, Chelsea Shoesmith, captured the fun of the night.

The room itself was dressed by Balloons and Ties and was received by gasps of shock and excitement that this was all for this wonderful bunch of young people - it did look truly amazing!

After a buffet dinner the fun commenced on the dance floor which was packed and the photobooth from MCR Photobooths was a huge hit with a big queue the whole night.

And then it was time for home with the last song 'We've had the time of our lives' ringing out after what was a truly fabulous night.

We would like to thank Zoe and Faye from the Alma Lodge who provided a seamless service and accommodated our every request. Callum the house DJ provided much fun on the dance floor. Chelsea Shoesmith from Chelsea Shoesmith Photography captured the glitz and glamour and was a delight to work with. Sean from MCR Photobooths was the consummate professional. The room was dressed beautifully with balloons and seat sashes by Balloons and



Ties, and the spectacular flower wall and balloon arch were set up by The Flower Emporium - it was wonderful to work with local businesses to deliver a fabulous night.

Finally, we would like to thank Mikey the bouncer and all the parents who volunteered on the night.

**Macmillan Event**  
**Saturday 18 September**  
**11.30 to 2.30**  
**St John's Church**  
**SK4 3BR**

Handmade Goods, Homemade Cakes, Sandwiches, Raffle, Books, Games

Meet friends, chat & help families fight cancer  
**Contact Linda 0161 431 4585/**  
**Margaret 0161 432 0020**



Organised in aid of Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland.

**WORLD'S BIGGEST**  
**COFFEE**  
**MORNING**

**Fundraising for**  
**MACMILLAN**  
**CANCER SUPPORT**

# Juniper

TRAINING

Stockport Centre



## Vocational Courses, GCSE re-sits, Work Experience, Traineeships and Apprenticeships

Find out more at [www.junipertraining.co.uk](http://www.junipertraining.co.uk) or call us on 0161 4803343

### Who are we?

We are an independent training provider who have been trading for over 35 years. We have 13 centres across the Midlands and North West supporting over 2000 students a year. Our Stockport centre is easily accessible, situated near St Petersgate.



We offer English and maths from Functional skills Entry 3 to GCSE, and our Vocational qualifications include Customer Service, Childcare, Health and Social Care and Work Skills.

### What do we offer?

Our programmes focus on tailored support and are designed for the individual to achieve the skills, qualifications, knowledge and experience they need to progress into their chosen career. Our Stockport centre offers a range of study programmes, traineeships and apprenticeships and we have courses starting every month.



All of our programmes include work experience to match the chosen career path and are excellent springboards in to employment and apprenticeships. We work closely with employers across Stockport and Greater Manchester to maximise the opportunities for our students.

## EXHIBITION REVIEW – STONE BY STEVE WILLIAMS

reviewed by Liam Ferguson, Heaton Moor Resident

Anyone with even a passing interest in sculpture would thoroughly enjoy the Stone exhibition by local artist Steve Williams at the Stockport Art Gallery. Williams has evidently had a lifelong ambition to become an artist but, until recently, this was mainly restricted to photography whilst having a “normal” career and raising his family. Avoiding the temptation to ease his way into his artistic endeavour Williams has jumped head first into the most demanding of artistic crafts namely sculpture, working in alabaster, marble and other natural stones. Akin to taking up hill walking by shinning up the Eiger on your first weekend.



which arrestingly captures a naked flame using an unusually grained and coloured piece of translucent stone.

The sculptures are expertly complemented by ‘Shorelines’, a series of large-scale photographs of a pebbled beach at the water’s edge. These images are hypnotic and provide a perfect backdrop for the sculpture. The notion that the sea is in itself the master sculptor lingers long after exiting this fine body of work.

Large scale exhibitions can often be tiring and more becomes less. Here is a chance to spend an absorbing hour engrossed in one man’s craft and vision. Highly recommended.

The exhibition is on until 17 September. See: [www.stockport.gov.uk/topic/stockport-war-memorial-art-gallery](http://www.stockport.gov.uk/topic/stockport-war-memorial-art-gallery)

This exhibition confirms Williams is a highly talented artist who combines freedom of expression with genuine craftsmanship. The pieces often combine facial portraits with geometric shapes evoking sea creatures and shell forms. Centre stage is a very striking piece in blue marble called ‘Whale’ which simply but skilfully captures the unique shape and weight of a moving whale. His choice of material is perfect and emphasises the deep thought the artist pays to matching material to the ultimate shape. This is also very evident with ‘In the Flames’





# Independent, low maintenance living

## A thriving community

Discover new friendships, social occasions and activities on your doorstep that you can dip into whenever the mood takes you.

## Relax and treat yourself

Dine in our restaurant\* with family and friends, pamper yourself in our hair salon\*, or enjoy a relaxing treatment in our therapy suite\*.

## Carefree retirement living

A peaceful location offering beautifully landscaped gardens and a summer house, all maintained for you. Plus, 24/7 support from our on-site team.

- Spacious 1, 2 and 3 bedroom apartments for sale
- Patios or balconies to most apartments
- Peaceful landscaped gardens
- On-site parking

## Coming soon

The Woodlands,  
Woodlands Road,  
Heaton Mersey

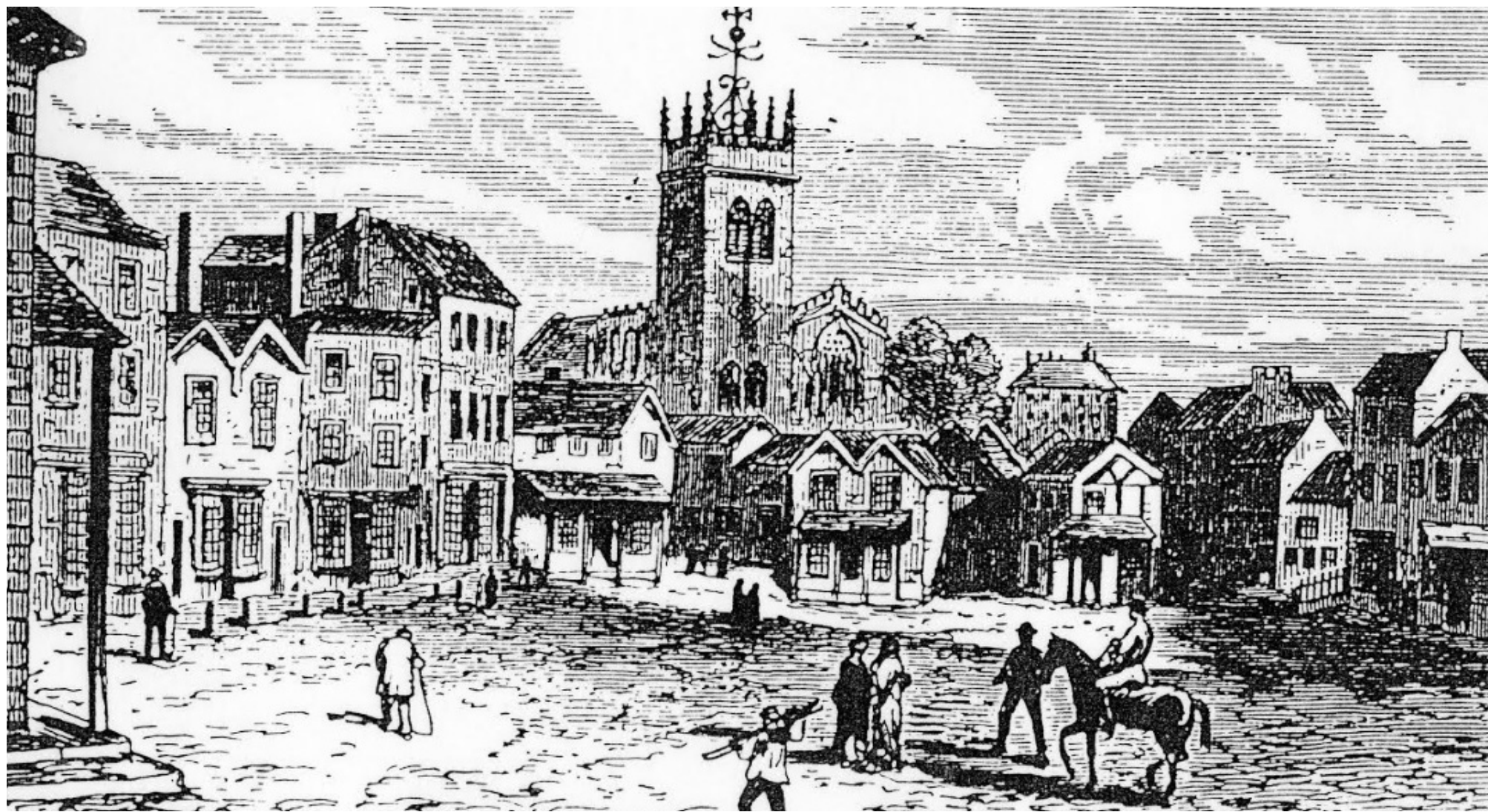
**Call 0161 241 5933 • Visit [adlington.co.uk](http://adlington.co.uk)**

Marketing suite now open Tuesday to Saturday,  
10am – 5pm at Griffin Hotel, Didsbury Road, SK4 3AJ

**ADLINGTON**  
— RETIREMENT LIVING —



# HISTORY OF STOCKPORT MARKET



A terrible tragedy occurred in 1860 - as part of the celebrations for the third anniversary of the opening of Vernon Park, there was a firework display in the market to be followed later by another on Higher Hillgate. A stream of people rushed down Mealhouse Brow to get to the second display. Some others were on their way up the brow, but because of the sharp turn in the brow each group was unaware of the other. The two groups collided. Chaos ensued, resulting in six people being trampled to death and leaving many others injured.

The 1820s saw the introduction of gas lights in the market place and in 1850, Stockport Corporation bought the market rights from the Lord of the Manor, which meant that the town now benefitted from the market's income.

They set about making the market more attractive by demolishing old buildings to build the Produce Hall that opened in 1851.

About ten years later a decision was made to cover the open market stalls and in 1862, the new Market Hall was opened. State of the art cast iron columns supported a roof of slate and glass but the structure had no walls leading to the nickname of the 'Glass Umbrella'. Gradually, the open sides were filled in, some by the council and some by individual stall holders. One of the first to do this was Ephraim Marks - a shareholder in the company run by Michael Marks and Thomas Spencer.

Changes to the Market Hall were made by removing a full bay closest to the Produce Hall to allow for the Offerton trolley bus service, which started in 1913. The market went from strength to strength in the twentieth century.

In 2006, Heritage Lottery funding was awarded for the renovation of the Market Hall with the historic fabric being revitalised and the internal design being changed to reflect the historic nature of the stalls.





# THEN, AND NOW...

## STOCKPORT MARKET HALL

### IS THE HOME OF OVER 30 INDEPENDENT TRADERS

Stockport Market Hall has Cafes, Fruit and Veg Stalls, Cheese, even a real Butcher.

You can buy Tools, Bedding, Jewellery, Ladies Night Wear, Birthday Cards, Buttons and even get your watch repaired.

We also have Local Artists, Model Trains, Collectable Items, Phone Repairs and Picture Framing.

We offer a Local Friendly service to all our customers.

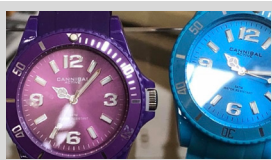
So next time you are in Stockport pop into Stockport Market Hall and you may be surprised by what's on offer.



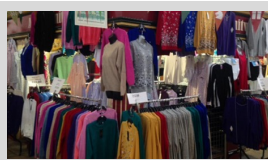
## MARCH WALK OR CYCLE TO YOUR LOCAL MARKET



# MEET THE TRADERS



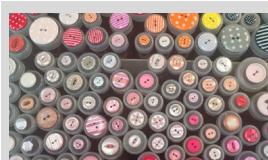
**About Time**  
☎ 07894 868228



**Allan's Knitwear**  
f @allansknitwear



**Big Fish Little Fish**  
f @bigfishlittlefishstockport



**Bob's Buttons**  
f @Bobs-Buttons



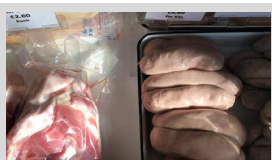
**Card Empire**  
www.cardempire.co.uk



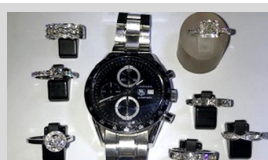
**Charlie's Cheese**  
f @Charlies-Cheese-Stockport



**Cheeky Chai**  
www.cheekychai.co.uk



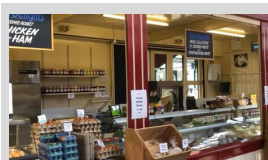
**Cheshire Meats**  
☎ 07932 646093



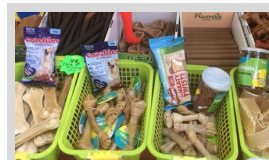
**D & L Jewellery**  
www.dandljewellery.co.uk



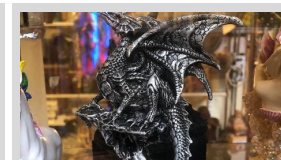
**Dad's Shed**  
www.dads-shed-diecast.co.uk



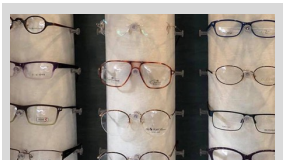
**Deli Delights**  
f @Deli-delights



**Dogano Pet Centre**  
amzn.to/3jqY040



**Dream Catcher**  
f @Charlies-Cheese-Stockport



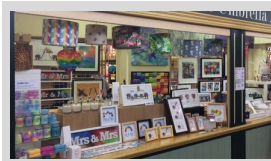
**Eye Catchers Opticians**  
☎ 07958 740471



**Fone Choice**  
f @phone.shop.stockport.market



**Gardners Fruit and Veg**  
☎ 07811 698873



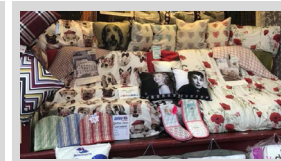
**Glass Umbrella Art**  
f @glassumbrellaart



**Go Figure Collectables**  
www.gofigurecollectables.co.uk



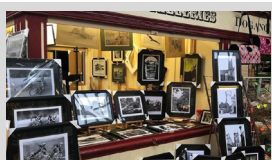
**High Lane Model Railways**  
www.highlanemodelrailways.ccet.co.uk



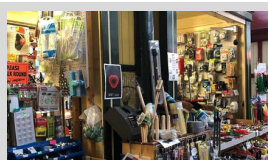
**Jules 4 Bedding**  
☎ 07557 354988



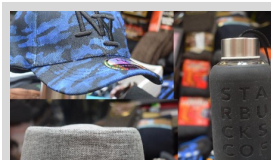
**Kate O'Brien Art**  
f @kateobrienart



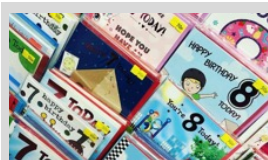
**Market Galleries**



**Moran Tools & Hardware**



**Numra Trading**



**Ted's Cards**  
f @tedscards



**The Book Exchange**  
☎ 07973 786683



**The Candy Shack**  
www.thecandyshack.shop



**Wally's Fruit & Vegetables**  
☎ 07969 987413



**Wineboy**  
@WineBoyUK



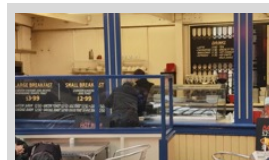
**Cafe O'Mara**



**Oak Tree Cafe**



**Lynn's Cafe**



**O'Maras Cafe**

For more information about the market, it's history and all the traders please visit:  
[www.stockportindoormarket.com](http://www.stockportindoormarket.com)



# HEATONS POST HUB



It's official - the shelves at Heaton's Post Hub are full to bursting with a huge range of products from local artists and artisans.

As summer draws to a close and with autumn on the horizon, some of our super organised readers may be starting to think about gifts for a certain celebration in December. Well, look no further - Heaton's Post Hub is the perfect place to find unique gifts.

When you buy at the Hub, you are not only supporting our local small businesses, but you are also supporting the running of the Hub itself which provides a community space with local information and community drop in sessions.

Find Heaton's Post Hub at 11 Tatton Road South, open Monday - Friday, 09:30 - 15:00.



## FREE Community IT Clinic

Mondays & Wednesdays  
10:00 - 14:00

**HEATONS POST HUB**

11 Tatton Road South



BROUGHT TO YOU BY  
HEATONS POST NETWORK AND  
THE HEATONS MARKETS

# Xmas Market

SAVE THE DATE:  
Sunday 5 December  
2021  
Venue TBC

MORE INFO:  
[NEWS@HEATONSPH.CO.UK](mailto:NEWS@HEATONSPH.CO.UK)



## NEW SELLERS AT THE HUB!

### AUDRINKA ART

Hi I'm Audrey - 'Audrinka' is the name my Czech grandmother called me and I use this in her memory. I live in the Heaton's and enjoy spending holidays at my family's homes in Prague and Wales which is where I take a lot of my inspiration. My big love is Monty the mini schnauzer and am happiest strolling with him taking in the surroundings before getting to work in my lovely little garden studio.



### BERLIN BESPOKE

Berlin Bespoke creates personalised artwork and greeting cards for all occasions. The perfect gift for anyone and everyone!



### JAZ LOVES ART

Heaton's-based artist Jaz Stokoe specialises in fashion illustrations and has painted a frog as part of Stockport's Gigantic Leap Frog Art Trail. A selection of her fashion and floral illustrations are available to purchase at the Hub.



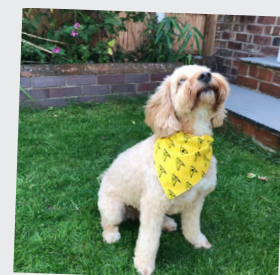
### SEVEN ARCHES PUBLISHING

Seven Arches mostly publishes children's books as well as a small range of books for adults. We involve children in our books and our book production. We do this through numerous interesting activities, resources and our writing and reading competitions.



### DANDY GOOSE

Established in 2013, Dandy Goose sources funky fabrics from around the world to create unique clothing for toddlers, children and adults, and beautiful home accessories. My own dog (and sometime model) Bingo has recently inspired me to create a range of pet accessories, which you can find in my Etsy store and here in Heaton's Post Hub.



## LATE NIGHT SHOPPING AT THE HUB!

Heaton's Post Hub will be open for late night shopping on Thursday, 21 October and Thursday, 18 November.

This will be the perfect opportunity to visit the Hub if you are unable to make our regular daytime opening hours and to take the opportunity to begin planning for the festive season ahead.

B'Spoke coffee will also be opening late and we hope to bring you further updates next month.







### Collecting the following items at Heatons Post Hub for Plastic Shed:

- Plastic Lids - Type 2, 4 and 5
- Straws - Type 5
- Plant Pots - Type 2

Please wash clean any items before dropping off

Heatons Post Hub, 11 Tatton Road South. Open Weekdays, 09:30-15:00



### Collecting the following items at Heatons Post Hub for SmartWorks:

- New/Nearly New Working Attire
- Flat Shoes
- Accessories

Heatons Post Hub, 11 Tatton Road South. Open Weekdays, 09:30-15:00



### Collecting the following items at Heatons Post Hub for Stockport Foodbank:

- Toothbrushes
- Long-life Sponge Puddings
- Carrier Bags
- Size 6 Nappies Only
- Tinned Tomatoes
- Shampoo
- Long-life Orange Juice
- Spray Surface Cleaners
- Toilet Rolls
- Dried Lentils (packets)

Heatons Post Hub, 11 Tatton Road South. Open Weekdays, 09:30-15:00

**Friday  
29  
October**



## SMALL BUSINESS POP-UP

# Treehouse Bakery

POP ALONG TO SAMPLE AND BUY  
VEGAN BAKING KITS  
FROM TREEHOUSE BAKERY

**10:00 - 14:00**

**HEATONS POST HUB**

11 TATTON ROAD SOUTH

# SUPPORTING SEPTEMBER

During the past 18 months, Drawing Board Productions Community Interest Company has developed a number of initiatives with the aim of supporting and connecting local communities. Little did we know when we launched our first community publication in February 2020 just how essential these initiatives would prove to be.

Our free, hyper-local community newspapers - Heatons Post and Cheadle Post - work to ensure communities are receiving local news and information, helping residents stay informed and connected.

In May of this year, Heatons Post Hub opened to bring this work together. The Hub acts as a base for our community newspapers but also a place for residents of the Heatons & Reddish to access local information, join community drop-in sessions run by a range of local organisations, and it is a place to buy from local small businesses.

As a Community Interest Company, we rely on funding support to enable our newspapers and the Hub to continue and to remain free to the community, and so we are asking residents of the Heatons and Reddish to help these services continue by donating £1 each year during September.

Donations during 'Supporting September' will go directly toward the continued running costs of Heatons Post Hub and our community



**DONATE  
£1**

publications over the next 12 months, as well as allowing us to develop further initiatives to continue to support and connect all sectors of the local community.

Donating just £1 will make a huge difference in allowing us to continue to provide such essential local services, and ensure as many people as possible benefit from these and future hyper-local initiatives.

To donate, please call into Heatons Post Hub at 11 Tatton Road South or click the 'donate' button at: [www.heatonspost.co.uk](http://www.heatonspost.co.uk) - any and all donations are greatly appreciated.

*If you would like to stay connected with our work and receive benefits such as discounts on products sold in Heatons Post Hub, why not become a Friend of Heatons Post Network? For more information, pop into the Hub or see: [www.heatonspost.co.uk/friends-of-heatons-post-network](http://www.heatonspost.co.uk/friends-of-heatons-post-network)*

# YOUR NEIGHBOURHOOD POLICING TEAM

Greetings from Greater Manchester Police and your Heaton's team.

We would firstly like to extend a special thank you to Heatons Post in order to bring you updates and information relating to your neighbourhood policing team.

Our intention is to let the community know about key dates such as police surgeries, specific crime reduction advice and good news. So watch this space...

**Date for your Diary:** Police Surgery - Thursday, 23 September, 11:00 - 13:00 at Heatons Post Hub, 11 Tatton Road South.



• PC Crowley, PCSO Whitworth and PCSO Dooley



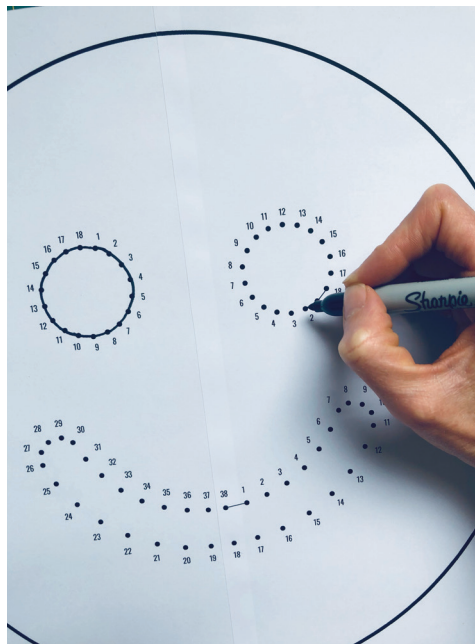
# MAKE, DO, CREATE OUR WINDOWS OF OPPORTUNITY: THE POWER OF A SIMPLE SMILE

by Kimberley Bevan  
@kimbeaubevan on Instagram

The rainbow pictures displayed in our windows last year were a symbol of hope. They were a joy to look at as we trod the same streets and neighbourhoods over and over last Spring on our daily walks.

We couldn't see people, but we could see the pictures they had made. We clung on to what they stood for and they reminded us that our community was still there, in their houses, still finding ways to support each other.

And so here we are, nineteen months on, seeing a sense of normality returning. As we re-emerge and tentatively peel away our face masks, I have come to realise how much I have previously taken for granted the privilege of greeting someone with a smile. Smiling is good for our health. Ron Gutman's TED talk called "The Hidden Power Of Smiling" is



--> Join the dots to draw your smile

a great listen. Simply the act of smiling can lower stress levels, reduce blood pressure and elevate our mood and that's because of the endorphins and serotonin released by our brains when we smile. The very act of seeing someone smile triggers an automatic muscular response in our own face to mimic the smile that we just saw. Smiles bring about smiles.

So it got me thinking about this month's project....if when we smile we feel happy, and seeing someone smile triggers an automatic response to smile back.....how could we spread happiness throughout



--> Line your streets with smiles!

our community using the power of a simple smile?

Turn over to reveal the centrefold dot-to-dot smile! All you have to do is join the dots to draw your smile, and pop it in the window this September as you did your rainbows! It's as simple as that. Feel free to add colour and draw into it however you like! Let's use our windows of opportunity to line our streets with smiles and continue showing our solidarity and warmth for our community.

A couple of months ago Reverend Kate Bottley said on her BBC Radio 2 show that 'yes she'd obviously

missed seeing her family and friends during the pandemic, that went without saying, but most of all she'd missed the chance encounters with strangers'. I got what she meant. I realised I had missed being able to smile at strangers.

My daughter was born two weeks before Lockdown 1.0. She is all too familiar with strangers wearing face masks. As the pandemic played out, this hasn't stopped those strangers smiling at her from behind their masks. She has waved and smiled at people from her pram and in turn they have cooed over her and returned her smiles, mostly forgetting their smiles were in fact concealed by their masks. Luckily it didn't matter though, because my daughter had come to learn that eyes smile too, and so too do voices. She has made several people's day with her smile, one lovely lady in Heaton Moor actually reversed her mobility scooter to tell me so.

So, this September there may be a little boy or girl on their very first walk to school that would welcome seeing a smiley face in your window. Or there may be a new mum or dad out walking their newborn baby in the pram after an exhausting night in need of a smile. Or perhaps there are other elderly ladies or gentlemen out and about on their mobility scooters looking for a smile to make their day too.....whoever is passing by let's not underestimate the power a simple smile may have that day.

As ever, we'd absolutely love to see what you do with your smiley faces and see how many you spot in the windows around The Heatons and Reddish. Please tag @kimbeaubevan and @heatonspost on Instagram with any smiley sightings including the hashtag #MadeWithTheHeatonsPost.



**CELEBRATING THE BEST OF AMATEUR FILM  
PRODUCTION ACROSS STOCKPORT**

Calling all amateur, student or professional filmmakers with less than two years experience, living or studying in an SK postcode: these are THE awards to showcase your talent!

The awards are free to enter.

Deadline is Friday 17 September 2021 - existing work is welcomed.

To enter visit [www.skfilmawards.co.uk](http://www.skfilmawards.co.uk)

**Prizes  
available**

**You could  
win a share  
of £1000  
in prizes!**

## Design Our Christmas Cards!

We are looking for Christmas Card designs around the theme of **Heatons Post Hub!**

### Kid's Christmas Card Competition

#### Age categories:

- under 6
- 6 - 9 years
- 9 - 12 years

#### Prize:

- Winners in each category will receive a pack of 20 cards with their design
- Winning design in each age category published in Heaton Post

#### To Enter a design:

- £1 per entry
- Entries must feature Heaton Post Hub in some form
- Last date for entries: 30 September
- Send your design to: [news@heatonspost.co.uk](mailto:news@heatonspost.co.uk) or hand in at Heaton Post Hub, 11 Tatton Road South

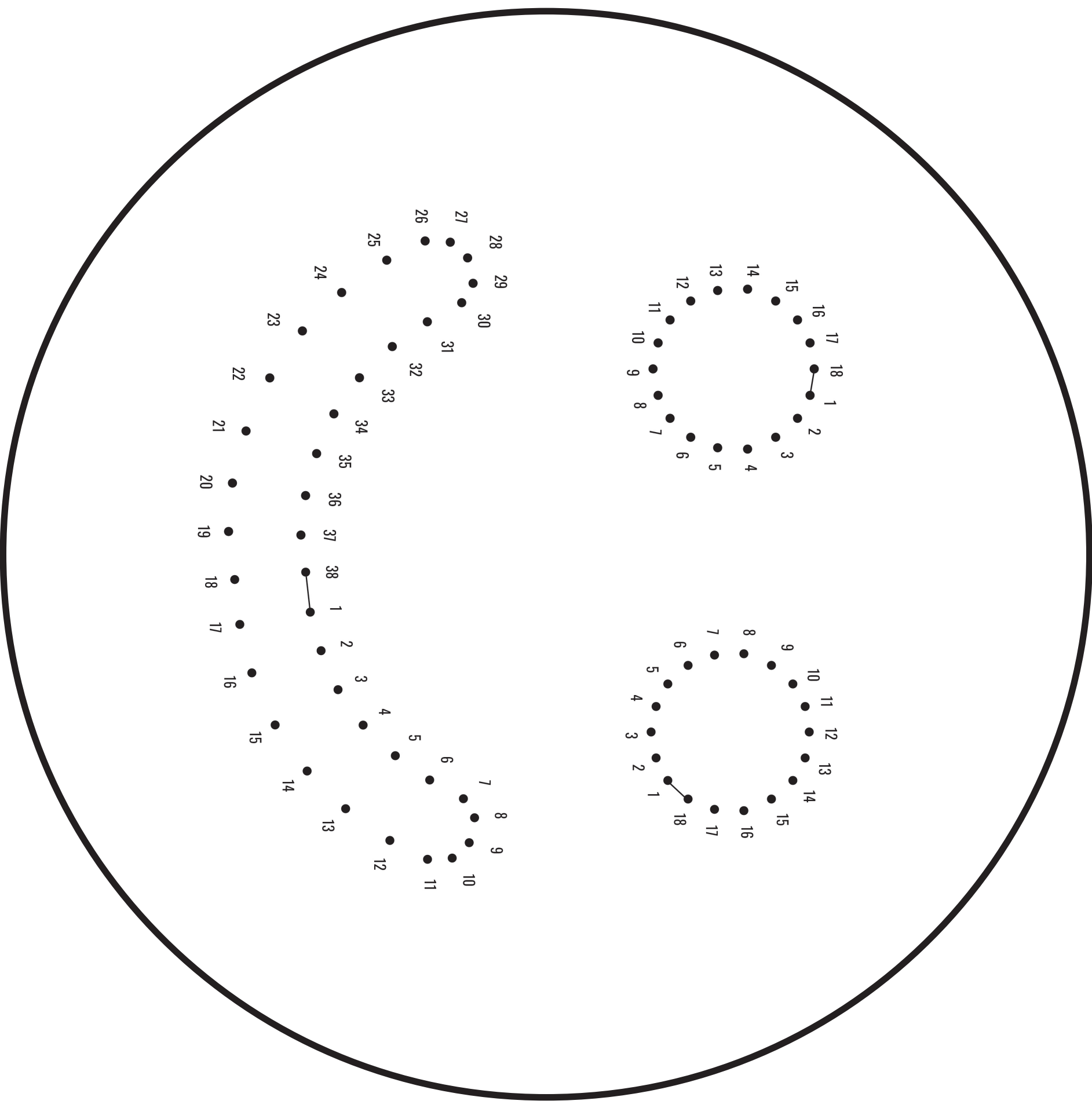
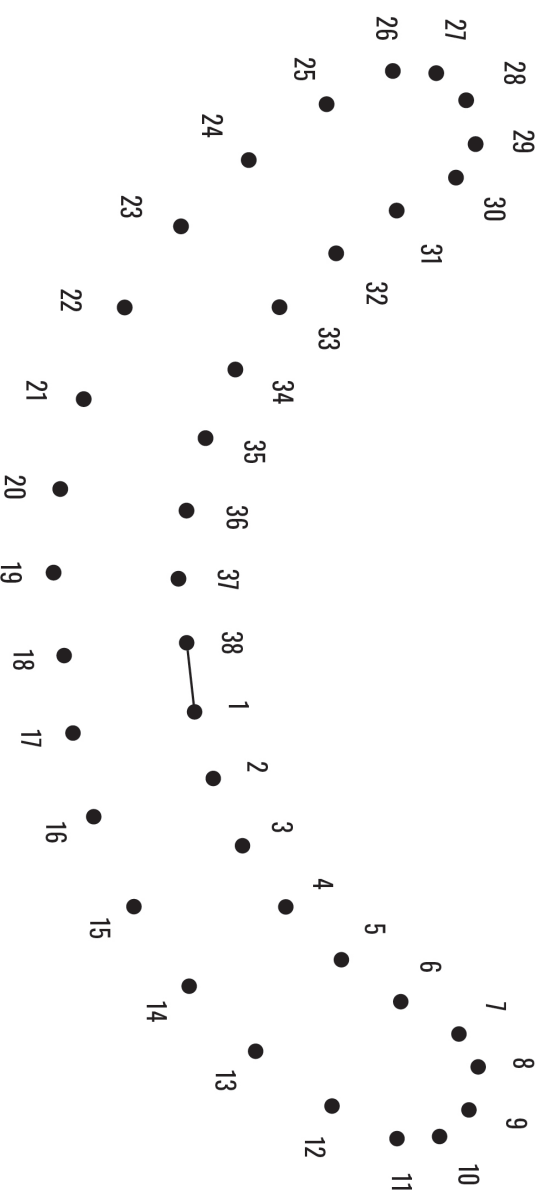
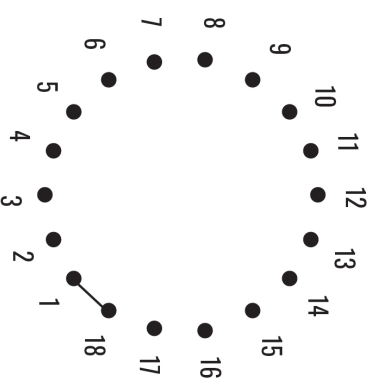
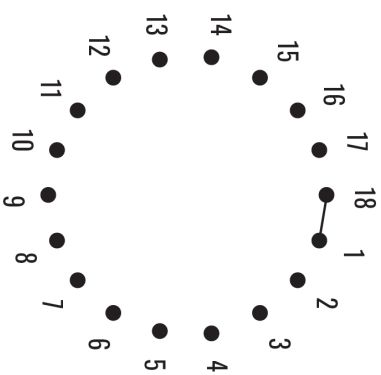


### Heaton Post Annual Christmas Card

- Winning design will be printed as this year's Heaton Post Christmas Card to be sent to our subscribers, business supporters and volunteers
- Winning design published in Heaton Post

All proceeds from entries go directly towards the running of Heaton Post and Heaton Post Hub.







# LOCAL SCHOOLS UPDATE



**ST. ANNE'S**  
R.C. VOLUNTARY ACADEMY  
Where children come first

**Wednesday 22<sup>nd</sup> September**  
**4pm - 7pm**

Meet the Executive Headteacher and our friendly staff.

An excellent opportunity to ask questions.

For Year 5 & 6 Pupils and their families.

**Executive Headteacher speech at 5pm and 6pm.**



Glenfield Road, Heaton Chapel,  
Stockport, Cheshire SK4 2QP



0161 432 8162



admin@stannesrcvoluntaryacademy.com



## CELEBRATING ACADEMIC SUCCESS

by Stockport Grammar School

### A Levels

Congratulations to the fantastic Class of 2021 at Stockport Grammar School, with 86% of the grades awarded at A\* to B and 58% at A\* and A.

Headmaster Dr Paul Owen said: "Our A-level students have worked incredibly hard and I have been hugely impressed by the academic ambition and determination they have shown throughout their time at SGS. Their commitment and the dedication of their teachers has enabled them to achieve the highest academic standards and to develop their wider talents to the full. Throughout their Sixth Form years, their support for the SGS community, their ambition and their resilience have shone through in the most difficult of circumstances. They have become well deserved role models for the younger pupils. I wish them every success as they look forward to starting their courses at prestigious universities across the country."

Kate Langton's 4 A\*'s in History, Geography, English Literature and EPQ see her go on to study History at Durham University. A talented soprano, Kate has been involved with a variety of choirs at SGS and outside of school she has performed with the Halle Youth Choir.

Georgia Fazakerley is off to The University of Edinburgh to study Finance and Business after getting two A\*'s in Business and Economics and an A in Geography. Netball player Georgia, who was a House Captain for Arden, said the most inspiring things about SGS were the teachers and making great friends.

### GCSEs

Congratulations to Stockport Grammar School GCSE pupils on their well-deserved academic success. 27% of the grades are at the top mark of 9, with over 76% at 9, 8 and 7.

Headmaster Dr Paul Owen said: "I am delighted by the success of our GCSE pupils. Their hard work and determination is reflected in these

results and gives them a strong foundation for further study. Supported by their teachers, they have shown academic ambition and resilience in incredibly difficult circumstances and have continued to take opportunities to develop their wider talents. I am immensely proud of them. We look forward to welcoming back the large majority of our pupils into the Sixth Form at SGS."

Amongst the pupils receiving their results was Joseph Eaton who is celebrating twelve 9s at GCSE and looking forward to starting A Levels in Biology, Chemistry, Physics, Maths and Spanish. Alongside hard work for his GCSEs, Joseph has also been busy with the Duke of Edinburgh Award and Chemistry CREST. Joseph thanked his teachers saying: "They are so supportive and encourage you to try lots of different things."



FOUNDED IN 1487

## STOCKPORT GRAMMAR SCHOOL

An independent school for ages 3-18 years

Assistance with fees available at 11+ and 16+ (means tested), academic and music scholarships

### Book online for Open Events

#### Senior School Open Mornings

Saturday 18<sup>th</sup> September

Saturday 13<sup>th</sup> November

#### Junior School Open Morning

Saturday 18<sup>th</sup> September

#### Sixth Form Open Evening

Tuesday 12<sup>th</sup> October

#### School Day Tours and Virtual Visits

Extensive school bus routes including Sale, Altrincham and Hale

# SGS Inspires

Tel: 0161 456 9000



Highest Inspection  
Rating of "Excellent"

www.stockportgrammar.co.uk



# WHAT'S ON

## REDDISH WORKER BEE MARKET

**Saturday 25 September**  
**11am - 3pm**

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

FINAL SATURDAY OF THE MONTH

[workerbeemarkets.wordpress.com](http://workerbeemarkets.wordpress.com)

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

## National Events & Awareness Days

<b>4 September</b> International Bacon Day	<b>7 September</b> Youth Mental Health Day
<b>13 September</b> Roald Dahl Story Day	<b>16 September</b> National Teaching Assistants' Day
<b>1 - 30 September</b> Organic September 2021	<b>13 - 19 September</b> Jeans for Genes Day
<b>17 - 26 September</b> Great British Beach Clean	<b>20 - 26 September</b> National Eye Health Week

Are you an artist, musician, performer, speaker, writer, poet, or something else, and want to be part of the festival programme?

## HEART OF THE HEATONS

MUSIC, ARTS & CULTURE FESTIVAL

Got some spare time on your hands? A whizz at social media? Or can you leaflet drop while you walk your dog? Any help in putting on this community festival is welcomed - let us know!

Know a cool space in the Heatons you think should be on our radar? Tell us!

**Friday 1 - Monday 11 October 2021**  
[www.heartoftheheatons.com](http://www.heartoftheheatons.com)

## 3-DAY FOOD & DRINK FESTIVAL

Stockport is preparing to serve up a feast of a three-day Food & Drink Festival across Stockport town centre from 3 to 5 September 2021.

On Friday, over 30 food and drink stalls will be popping up across the town centre to tempt the most discerning of taste buds with food and drink from all around the world.

On Saturday and Sunday, the festival comes alive featuring two outdoor kitchens in Mersey Square and in the Market Place where celebrity chefs Aldo Zilli and Jean Christoph Novelli will perform cooking demos as they rustle up some favourite recipes that will have your mouth watering. You can learn how great food happens - follow the adventures of food and science with BBC's Stefan Gates.

Stockport's hospitality offering is growing as more and more independents choose to open their businesses here. Throughout the festival, you'll have a chance to pop in and check out some of the great new venues and meet some of Stockport's own highly skilled chefs.



For the children, the ever-popular Mr Bloom will be performing at Stockport's iconic Plaza on Sunday morning - tickets heavily subsidised. Book at The Plaza website.

With pop-up entertainment at the Peel Centre, Stockport Market Place is back with a bang as your favourite events venue.

Three days packed full of free entertainment. For the full schedule and to find out go to [www.totallystockport.co.uk](http://www.totallystockport.co.uk)

## EVENTS

**Stone**  
**Exhibition of Sculpture & Photography**  
Saturday 24 July -  
Friday 17 September  
Stockport War Memorial Art  
Gallery

**Giant Leap**  
**Frog Art Trail**  
Saturday 24 July -  
Sunday 26 September  
Stockport Town Centre

**Stockport**  
**Food Festival**  
Friday 3 September -  
Sunday 5 September  
Mersey Square &  
The Market Place

**Social Saturdays**  
Drinks, Cake &  
Chat  
Saturday 4 September  
10:30 - 13:30  
Wycliffe Congregational  
Church

**Heaton Moor**  
**Market**  
Sunday 5 September  
10:30 - 14:30  
Shaw Road, Heaton Moor

**Tea on the Lawn**  
Tea, coffee & cake on the lawn -  
or buy a snack at Heaton Moor  
Market and sit with us to eat it!  
Sunday 5 September  
12:30 - 14:30  
St Paul's Church, Heaton Moor

**Youth Christian Climate**  
**Network Relay Event**  
Eco events for all the family,  
free including refreshments.  
Thursday 9 September  
15:30 - 17:00  
St Paul's Church, Heaton Moor

**Strawberry**  
**Studios Forever**  
Thursday, 16 September  
The Plaza Theatre

HMVCG Greenspace Volunteers  
&  
Neighbours of Craig Road Estate  
**Litter Pick**  
Saturday, 18 September  
10am  
Meet at noticeboard & steps  
on Craig Road

**Stockport Enduro &**  
**Cycling Festival**  
Saturday 18 September  
& Sunday 19 September  
St Peter's Square

**SLH 10th**  
**Anniversary**  
**Celebration**  
Sunday 19 September  
15:00 - 17:00  
SLH Orchard, The Meadows,  
Heaton Chapel

**Is Climate Change a**  
**Genuine Threat to the**  
**Heatons and Reddish?**  
Monday 20 September  
20:00  
Sustainable Living in the Heatons  
Via Zoom

**2040 -**  
**Climate Change**  
**Documentary**  
Wednesday 22 September  
20:00  
The Savoy Cinema

**Reddish**  
**Worker Bee Market**  
Saturday 25 September  
11:00 - 15:00  
Broadstone Mill Car Park

**Dementia Disco**  
Saturday 25 September  
17:00 - 19:00  
Conservative Club,  
Heaton Mersey

**Bakehouse Kitchen**  
**Pop-Up**  
Friday 1 October  
10:00 - 14:00  
Heatons Post Hub

**HOTH**  
**First Friday with**  
**The Matchstalk Men**  
Friday 01 October  
20:30  
West Heaton Bowling, Tennis &  
Squash Club

**HOTH**  
**Make, Do and**  
**Disco**  
Saturday 02 October  
10:30  
Heatons Sports Club

**HOTH**  
**The Reactions Live**  
**at The Crown**  
Saturday 02 October  
21:00  
The Crown Inn, Heaton Moor

**HOTH**  
**PopVox Stockport**  
**Choir**  
Thursday 07 October  
19:30  
Heaton Moor United Church

With Covid-19 restrictions in place, please check with the organisers in case any changes have been made to the following events.



# LIFESTYLE & GARDENING



## RANDOM OVERHEARD IN THE HEATONS

Our roving raconteur, the flaneur of the Heatons and beyond, known for gracing our (mostly) licensed places and spaces...described as The Patron of Debauchery, a lighthearted literatus, the wandering adventures of a solo Twitterer usually from an outdoor table at a safe distance from you...

Sarcasm frequent, drops of kindness rare and small.

You have been warned folks.

Here goes...

### #RandomOverheard

'Oh I could never stand her... she always had far too much flesh and lipstick on display than was wise... especially for Norfolk...'

'...and he used to get changed on the beach... no shame... everything out there...'  
'Norfolk?'  
'Scarborough... but just as bad...'

'I remember there used to be a lovely shop where I bought Freddie's clothes when he was little... they'd put little jokes on the tags...'  
'Mine still do'  
'?'  
'It's the price usually...'  
\*cackles

'So what is it you do again...?'  
Guy launches into a long monologue about engineering strategy, business models, future planning, contracts, recruitment, HR...  
\*draws breath  
<silence>  
'I guess we've all been off the dating scene for a while now eh...'

'...so I asked her if she needed any shopping... y'know... like basics... I ended up dropping off a couple of bottles of prosecco and packets of those small cigars...'

'...so will you smarten it up a bit...? Paint it...?'  
'Oh no! I prefer the worn and distressed... fits in with the rest of it... including me!'

'Y'know I've totally forgotten about checking tomorrow's weather forecast...'  
'Umm rain'  
'Oh... ok... right'  
'Maybe showers... but y'know... rain...'  
'Right...'  
'See ya then...'  
'Yeah, cheers... see ya...'  
<silence>  
'I really liked her...'

## EMBARRASSING DAD: EPISODE 9 HOLIDAY THE EMBARRASSING WAY



*Embarrassing Dad: middle-aged, middle-class and, increasingly, middle-of-the-road.*

"If we took a holiday...It would be so nice." Well, I can tell you, dear reader, that it did not feel so nice standing in the rain looking at the impossible metal puzzle next to the car that was supposed to be carrying the Embarrassing Family bikes to South Wales, musing over the four-letter words I had added to my children's vocabulary. No, so far our holiday was not "so nice". I will be honest with you, I did not have high hopes.

Yet, what a joy it was! Once the bikes were actually on the bike rack, we had an absolutely brilliant couple of weeks.

However, it pains me to say that, whilst I was on holiday, Embarrassing Dad was not. The beach is just such an inspiration to Embarrassing Dad: the manic enthusiasm; the strange skipping run; "who can dig the biggest hole"; and the famous football-juggling skills and the inevitable frantic race after the windswept ball. The Embarrassing Family faces will live long in my mind.

One thing really stands out: making friends. Nothing is more embarrassing than a middle-aged man "chatting" on the beach. Firstly, swimming shorts without pockets mean you both end up in that awkward arms folded over the sucked-in tummy stance that you are not taught as a middle-aged man, but which is now as natural as breathing. Then, once you've stumbled through the acceptable conversations ("How old are yours then?", "Who do you

support?" and "So, working from home, eh?"), you're left staring into the distance, wondering why he still has all his hair.

What makes this more embarrassing is how easy it is when you're six: friendships are built in seconds wrestling in the shallows and/or rolling down a hill. I can do both those things. Next holiday I'll avoid any Embarrassing Dad friendship attempts and just playfully shove the first guy I see into the waves.

Despite this, sitting watching the Youngest Child throw Dobble cards around the room in the middle of a tense, best of three play-off, I wouldn't have been anywhere else. If you managed to have a holiday this year, I hope you had a good time, and that you managed to avoid too many embarrassing moments.

## SEPTEMBER GARDENING TIPS

by David Ashworth



September is a perfect month to pay back your lawn for all the pounding and hammering it has had all summer with BBQs, paddling pools, family games etc. The first thing to do is to scarify the lawn with a wide tine rake to remove as much moss and dead grass off the top. You then need to aerate it with a roller aerator that has long spikes opening up the lawn. There are plenty of different types of aerators but if you have a small lawn, then just use a garden fork, walking backwards as you go along.

Finally you have to feed the lawn a few days after aerating it. There are scores of lawn feed fertilisers on sale and you don't have to pay a fortune for a good water soluble type. One such affordable product is Miracle Grow Evergreen, but there are even

cheaper ones than that. It is actually best to spread the dry fertiliser in the rain as it is essential to water it in really well or any dry type will burn the grass and cause brown patches that take months to grow out. If you do it on a dry day, you really do have to water it in well.

Another important job for September is to give all your pots, hanging baskets and tubs a really good potash feed. The liquid tomato feeds that can be bought very cheaply are ideal. The cheaper ones though are not quite as concentrated - follow the instructions and don't put too much in the water. A good feed once a week will keep the flowers going well into the autumn, providing you keep dead heading the plants as well.

## FREE GUIDED, EVENING BAT WALKS

by Sustainable Living in the Heatons & Heaton Mersey Village Conservation Group



September is a great month to see and detect bats. They come out to hunt for flying insects at dusk.

Our free guided evening bat observation walks are available two or three times a week until 28 September and will be weather dependent. Guides will take out parties of up to six people and use our bat detection monitor to identify what you are seeing and hearing. There are three to five species on the wing now.

Family groups are welcome - the walk should take about an hour.

If you are interested in taking part please book yourself a place via: [www.slheatons.org/](http://www.slheatons.org/)





# YOUR ENVIRONMENT

## SWIFT STREETS AND HEDGEHOGS

by Cheshire Wildlife Trust



Cheshire Wildlife Trust are looking for neighbours within Stockport to come together to create suitable habitats for our Swift and Hedgehog Population.

### Swift Streets

Could your street come together to help these declining birds?

A swift street is a group of five or more houses who come together to provide nesting sites for swifts. This street needs to be a street where swifts have previously been recorded. Swifts are colonial nesters, meaning they like to nest near each other. We are offering to help out the first five streets, made up of five or more houses who contact us. We will give each house a free swift nesting box, and arrange free installation over the winter, ready for the next migration. Don't worry if you are not the first five streets to get in touch, we can still help. If your swift street buys your boxes, we can put them up for you, for free!

### Hedgehog Highways

Are you looking for ways to encourage Hedgehogs into your garden?

Then why not come together with neighbours to connect at least five gardens and create a Hedgehog



Highway. A network of these Hedgehog Highways across Stockport will give our prickly friends the space they need to thrive. Each hole created will receive a special hedgehog highway plaque. We can also offer help and advice on creating your Hedgehog hole.

If you are interested in setting up a swift street or hedgehog highway or would like any more information, then please get in touch: [Rnellist@cheshirewt.org.uk](mailto:Rnellist@cheshirewt.org.uk)

## TACKLING CLIMATE CHAOS IN THE HEATONS AND REDDISH - A DISCUSSION ON WHAT IS POSSIBLE

Are you confused, or perhaps frustrated, by all you hear and see concerning climate change? What will the COP 26 do when it meets in Glasgow?

Why not put questions directly to some local experts and listen to their take on the reality of climate change. Ask why the Government is not being honest about the changes it is going to require of us.

Sustainable Living in the Heaton is hosting a Zoom Event and Q&A to explore what climate change will mean to us locally on Monday, 20 September at 8pm. Please register by heading to

our Eventbrite page and booking a place: <https://buff.ly/38fZg3y> or visit: [www.slheatons.org/](http://www.slheatons.org/)

Our experts include:

- Mark Atherton - Lead on climate matters for the Greater Manchester Combined Authority
- Phil Korbel - Director of the Climate Literacy Project
- Stephen Dootson - Local renewables business person



## CARING 4 THE SQUARE



Back in June, Reddish came together in Houldsworth Square for a volunteer 'Care 4 the Sq' action morning.

Work undertaken including digging out all the unsightly overgrown weeds from planter beds and the clock base brickwork. Morrison's Community Reddish very generously donated all the new bedding plants.

Andrew Gwynne MP took part and said, "Houldsworth Square has received a much needed Summer makeover."

Cllr David Wilson, who coordinated the event as part of a 'Summer of Love Reddish' initiative said, "Once again local volunteers have proved their worth, so thanks to all involved in supporting our efforts to care for our community amenities."



## THE GREAT BIG GREEN WEEK 18 - 26 SEPTEMBER 2021

by Sustainable Living in the Heaton

The Great Big Green Week is coordinated by The Climate Coalition - the UK's largest group of people dedicated to action against climate change. The week is an important time to focus our energies in the run up to COP26 in Glasgow in November 2021, when the world's leaders will unite to tackle climate change.

Sustainable Living in the Heaton (SLH) have organised a few local events:

**19 September 3-5pm**  
**SLH Orchard, The Meadows, Heaton Chapel**

Sustainable Living in the Heaton 10th Anniversary Celebration event to raise awareness of what we can do locally to fight climate change. The orchard is located at the rear of Adlington House on Nelstrop Road (SK4 5LT), backing onto the houses on Weston Grove and the Stockport Homes' bungalows on Meadows Road.

**20 September 8pm**  
**Tackling Climate Chaos in the Heaton and Reddish - a discussion on what is possible**

# THE GREAT BIG GREEN WEEK

Zoom webinar with Q & A to find out what is being done by our local leaders to prepare for COP26. Please visit: [www.slheatons.org/events/](http://www.slheatons.org/events/) for a link to the webinar.

**22 September 6pm**  
**The Savoy Heaton Moor**  
2040 - an Australian documentary film looking at the effects of climate change over the next 20 years, introduced by one of the SLH team. See: [www.savoycinemaheatonmoor.com](http://www.savoycinemaheatonmoor.com)

**19, 21, 23 and 26 September**  
**Free bat walks in Heaton Mersey**  
To book your place, visit: [www.eventbrite.co.uk/e/free-evening-bat-walks-tickets-165113309353](http://www.eventbrite.co.uk/e/free-evening-bat-walks-tickets-165113309353)

For more information on The Climate coalition, see: [www.theclimatecoalition.org](http://www.theclimatecoalition.org)



# CULTURE

## HEATONS POST BOOK CLUB

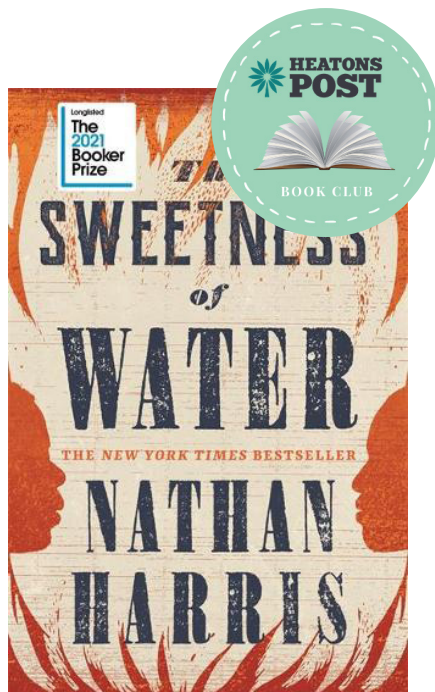
Our September pick is *The Sweetness of Water* by Nathan Harris - longlisted for the 2021 Booker Prize.

### **The Sweetness of Water by Nathan Harris**

In the dying days of the American Civil War, newly freed brothers Landry and Prentiss find themselves cast into the world without a penny to their names. Forced to hide out in the woods near their former Georgia plantation, they're soon discovered by the land's owner, George Walker, a man still reeling from the loss of his son in the war.

When the brothers begin to live and work on George's farm, the tentative bonds of trust and union begin to blossom between the strangers. But this sanctuary survives on a knife's edge, and it isn't long before the inhabitants of the nearby town of Old Ox react with fury at the alliances being formed only a few miles away...

Publisher: Tinder Press  
ISBN: 978-1472274373



*If you have a favourite book you'd like us to review then please email [news@heatonspost.co.uk](mailto:news@heatonspost.co.uk) and don't forget to join our Facebook group: @HeatonsPostBookClub*

## LOCAL HISTORY INCREDIBLE EDIBLES

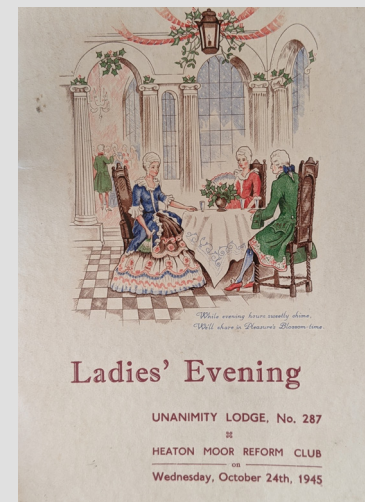
by Sean Baggaley

Every September the nationwide scheme of Heritage Open Days encourages and enables us to visit historic buildings in our local area. This year the scheme has also chosen a foody theme to explore – Incredible Edibles. I don't need much persuading to think about the long history of food!

This image is the front page of a booklet containing the programme and menu for a Ladies' Evening at Heaton Moor Reform Club in October 1945. The evening was organised by the Unanimity Lodge, a Masonic lodge that traced its origins back to a first meeting at the Sun Inn in Stockport in 1791.

The activities began with Afternoon Tea at 3pm before some time was set aside for playing Whist. The main dinner was served at 5.30pm followed by dancing from 8pm with a scheduled finish of 11.45pm. All very civilised, and no doubt a good time was had by all. But the menu itself is what caught my eye.

This dinner was organised just weeks after the end of the second world war. Rationing was still in force and the caterers at the Reform Club could not guarantee that any specific foods would be available. Instead the menu



page carries the following message: "Though our supplies are controlled, our appetites may soar to realms of fancy. So let us again remember our debt of gratitude to the sailors, soldiers and airmen whose service and sacrifice have made it possible for us to meet to render thanks for what we are about to receive."

We might never know what food was served up that evening. But the message certainly gives us a flavour of the time...

*Museum curator and local resident Sean Baggaley writes a regular local history column for Heatons Post.*

# MUSIC TALKING SONGS WITH ROWLAND

by Andy Rayner

Like practically every musician throughout this (and just about every other) country, Stockport based singer/songwriter Rowland Jones found there was a big hole in his life when lockdown first struck in March last year. The experienced guitarist, who has been performing different genres of music for as long as he cares to remember, hit upon a novel way to stay connected to other musicians and music fans alike.

Using contacts built up over many years spent playing both in this country and abroad, Rowland has been interviewing other songwriters in a weekly series of shows broadcast live on Facebook. Titled *Talkingsongs*.uk, he has now notched up nearly 60 episodes featuring writers from the USA, Canada, Australia and Italy as well as a number who live much closer to home. So far, the shows have been watched by over 130,000 viewers and Rowland intends to continue the series as long as the demand is there.

Like most musicians though, Rowland is looking forward more than anything to returning to live performances – whether it is as a solo artist or with his regular sidemen, bass player Bo Lee and percussionist Ian Mellor. He will no doubt be bolstered by some good news that followed on from one of his last gigs before lockdown, which was at the 2020 Great British Rock and Blues Festival in Skegness. Playing a solo set, Rowland recorded his performance direct from the mixing desk and found the results to be much better than he had hoped for. Following some tidying up and mastering by producer Mark Lewis, the live set has now been released both on the major streaming services and on CD. Even better news is that the eponymously named album has been nominated in the Best Live CD category of the 2021 Independent Blues Awards!

Look out for Rowland's return to a local venue soon - his brand of country blues and skilful playing will put a smile on your face, and his passion for

music is sure to shine though. Don't forget also to check out his Facebook shows every Tuesday at 6.30pm at [Talkingsongs.uk](https://www.talkingsongs.uk).

In other music news, the Heart of the Heatons Festival returns in October, kicking off at West Heaton Tennis Club on Friday, 1 October with The Matchstalk Men – the group formed by Brian and Michael, who had that unforgettable #1 hit single "Matchstalk Men and Matchstalk Cats and Dogs". Not to be missed at just £5 on the door, the music starts at 8.30pm. Then on Saturday, 2 October, Heaton based band The Reactions make a welcome return to live action at the Crown on Heaton Moor Road from 9pm. Free entry of course, for this one.



*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](mailto:news@heatonspost.co.uk)*



• Rowland Jones



TOTALLY STOCKPORT

# Food & Drink Festival

3 — 5 SEP

Featuring...  
Aldo Zilli,  
Jean Christoph  
Novelli &  
Stefan Gates

**We're celebrating all things delicious in  
Stockport Town Centre this September.**

A three day festival of food and drink is coming to Stockport town centre this September, three days of tasty treats and tempting delights from over 70 traders.

Taking centre stage at the Cookery Theatre on Saturday 4th will be Aldo Zilli and Jean Christoph Novelli.

Sunday is family day with Mr Bloom and his band back in Stockport to thrill the youngsters.

**[www.totallystockport.co.uk](http://www.totallystockport.co.uk)**

and...  
**Mr Bloom**



# LOCAL BUSINESS NEWS

## DEVELOPING THE NETWORK

Tuesday, 14 September sees the first meeting for Heaton's Post Network subscribers at Heaton's Post Hub - this is a very informal meet-up and a chance for our small business subscribers to meet and catch up with other business owners.

These small business meetings will take place on a regular basis to provide support and help encourage connections and collaborations between subscribers to the Network. Non-subscribers are welcome to pop along to find out more about the Network, we just ask that you confirm attendance so that we can monitor numbers.

This month, we are welcoming new community, faith group and business subscribers to the Network - should you recognize one of our new business subscribers, it may give you a clue as to what we have begun planning for, as a Network, to celebrate our local community...



### Latest subscribers



## SPOTLIGHT ON BUSINESS

### LOVE LAMINGTONS

by Kevin Bradford

Cutting into a slice of the local cake market usually requires a product that has a unique ingredient.

For home baker Hannah Phillips, she believes that special something is 'love'. She has turned her passion for cakes into her first ever business - Love Lamingtons.

Inspired by her time living in Sydney, Australia, the mum-of-one decided to test whether the antipodean treats would go down well over here.

"I've always been a keen baker and loved cooking for people," says Hannah.

"I made some Lamingtons to celebrate Australia Day in January and handed them round to family and friends.

"For most of them it was their first time trying a Lamington and I was overwhelmed with their positive reactions."

So she fine-tuned her recipes, created new combinations, and ensured every batch became a labour of love.

But what is a Lamington? Hannah sums it up on her website as "coconutty, chocolatey, spongy squares of deliciousness".

She says there are very few places in Manchester serving the cakes and felt there was the space, and appetite, for something a little different.

"During and post-lockdown I've noticed the market, especially online, is buzzing with home-baking businesses," says Hannah, who also

produces brownies and truffle bars with an Aussie twist.

"But I'm confident my Lamingtons and Lamington-inspired bakes are unique enough to stand out from the crowd.

"My biggest mountain to climb now is getting the word out there and finding ways to encourage everyone to try my products."

Love Lamingtons has already debuted at markets in Heaton Chapel and Heaton Moor, and at Broadstone Mill's Worker Bee Market.

And Hannah says the response from those events has been really positive, which is helping drive her, and the business, forward.

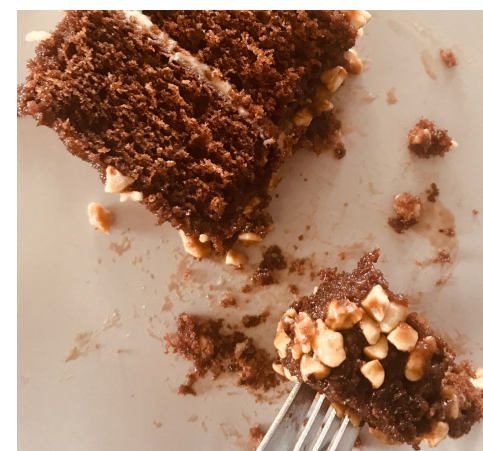
"All of the traders I've met at the markets have been nothing but supportive, and it really does feel like we're working together to promote local business," says Hannah.

"Being a part of this community is hugely important to me.

"I can really see there has been a huge shift in how people in the area are connecting with each other and working together - it's wonderful to see."

And where does she see the brand in a few years time?

"I'm still finding my feet," she admits. "But in the short term, I'd love to see my Lamingtons on the counter of coffee shops and vans in The Heaton's and Reddish.



"I've had some great support from other traders in The Heaton's and found everyone is always happy to answer any questions or give some advice.

"It's been amazing to be welcomed into such a fabulous and supportive community."

To find out more, visit [lovelamingtons.co.uk](http://lovelamingtons.co.uk) and enjoy 10% off your first order for collection with the discount code HEATONS10.

*If you're a startup business or entrepreneur in the area, and want to be featured, email us on: [news@heatonspost.co.uk](mailto:news@heatonspost.co.uk)*

A quick Lamington Lovers guide to Lamingtons:

- It's thought the first Lamingtons were baked in Queensland, Australia, in the late 1800s for a certain Lord Lamington.
- There's a National Lamington Day in Australia on July 21.
- The name of the cake is sometimes shortened to "Lammo".
- Jam is traditionally used between the two halves, but you can also use cream.
- The world's largest ever lamington was made by a group of bakers in New Zealand, and weighed in at 2,770kg.



# CLASSIFIEDS

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

## GROCERIES

### The Good Life

Didsbury Rd, Heaton Mersey

Ethically Sourced  
Zero Waste  
Groceries

[www.thegoodlifeheatons.com](http://www.thegoodlifeheatons.com)

### Bakerlou

Freshly Made  
Artisan Bread

☎ 07788 830 154

[www.bakerlou.co.uk](http://www.bakerlou.co.uk)

### Feed General Store

Kitchen, bakery, coffee shop,  
grocery & gift store.

☎ 0161 312 4148

[feedgeneralstore@hotmail.com](mailto:feedgeneralstore@hotmail.com)  
[www.feedgeneralstore.co.uk](http://www.feedgeneralstore.co.uk)

## DINING IN OR OUT

### Seashell Fish & Chips

14 Derby Range, Heaton Moor

Home Delivery - Fish & Chips via Deliveroo

If you have any historical photos of the  
Seashell Fish & Chip Shop pre-dating 1900,  
please email:  
[heatonspostfamilyhistory@gmail.com](mailto:heatonspostfamilyhistory@gmail.com)

**THE SEASHELL**  
Fresh Quality  
[www.deliveroo.co.uk](http://www.deliveroo.co.uk)

### Grounded In The North

Broadstone Rd, Reddish  
Brunch, Lunch, Coffee &  
Cakes

☎ 07814 686 939

[Hello@groundedinthenorth.com](mailto:Hello@groundedinthenorth.com)  
[www.groundedinthenorth.com](http://www.groundedinthenorth.com)

### The Spice Yard

Freshly Made Indian  
Meals & Spice Blends

☎ 07834 359 272

[hello@thespiceyard.com](mailto:hello@thespiceyard.com)  
[www.thespiceyard.com](http://www.thespiceyard.com)

### Cakes of Bliss

7 Tatton Road South

☎ 07811 139 561

### I Knead Pizza

Gorton Rd, Reddish  
(Delivery via Uber Eats)

Hand-stretched  
Neapolitan Pizza

☎ 0161 222 9890

[lkneadpizza@outlook.com](mailto:lkneadpizza@outlook.com)

### Kauri Fine Foods

Freshly Made  
Meals

☎ 07951 468 833

[info@kaurifinefoods.co.uk](mailto:info@kaurifinefoods.co.uk)  
[www.kaurifinefoods.co.uk](http://www.kaurifinefoods.co.uk)

### Pokusevskis

Breakfast Sandwiches,  
Hot Sandwiches, Homemade  
Cakes, Quiches & Coffees.

☎ 0161 442 1717

[info@pokusevskis.com](mailto:info@pokusevskis.com)  
[www.pokusevskis.com](http://www.pokusevskis.com)

### Roost

Heaton Moor Rd, Heaton Moor

Rotisserie Chicken &  
Wood Fired Pizza

☎ 0161 432 4666

[manager@roosthm.com](mailto:manager@roosthm.com)  
[www.roosthm.com](http://www.roosthm.com)

### Cheshire Bakehouse

Savoury Pastry Rolls

☎ 07710 052 051

[info@thecheshirebakehouse.co.uk](mailto:info@thecheshirebakehouse.co.uk)  
[www.thecheshirebakehouse.co.uk](http://www.thecheshirebakehouse.co.uk)

### Love Lamingtons

Australian Baked  
Sponge Treats

[lovelamingtons@gmail.com](mailto:lovelamingtons@gmail.com)

[www.lovelamingtons.co.uk](http://www.lovelamingtons.co.uk)

## BEVERAGES

### B'Spoke Coffee

Tatton Rd South, Heaton Moor

Speciality Coffee &  
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MONDAY  
TO  
FRIDAY

#### COMMUNITY DROP-IN SESSIONS

Operate or work for a Community Group, Charity or  
CIC based within South Manchester and like to  
connect with the Heatons & Reddish community?

Get in touch to book a space in The Hub!  
[news@heatonspost.co.uk](mailto:news@heatonspost.co.uk)

AVAILABLE 10:00 - 14:00

**HEATONS POST HUB**

11 TATTON ROAD SOUTH

## Shop Online?

Did you know you can support Heatons Post Hub  
every time you shop online by registering with  
Easyfundraising.

Easyfundraising allows you to turn your everyday online  
shopping into FREE donations with  
over 4700 retailers including  
Amazon, M&S, John Lewis and Sainsbury's

Register & shop at:  
[www.easyfundraising.org.uk/causes/heatonsposthub/](http://www.easyfundraising.org.uk/causes/heatonsposthub/)

MONDAY  
TO  
FRIDAY

#### TRADE FROM THE HUB!

Operate a small business based within or around the  
Heatons & Reddish?

We have a stall space for hire within The Hub!

Get in touch for more information & to book:  
[news@heatonspost.co.uk](mailto:news@heatonspost.co.uk)

AVAILABLE 10:00 - 14:00

**HEATONS POST HUB**

11 TATTON ROAD SOUTH



# STOCKPORT ENDURO

& CYCLING FESTIVAL

For more information visit  
[www.totallystockport.co.uk/enduro](http://www.totallystockport.co.uk/enduro)

18-19th  
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Transport for  
Greater Manchester



# WELLBEING MINDFULNESS

by Claire Ash, Green Shoots Yoga

Mindfulness has been around for over 2,500 years, but has become more popular in the last decade.

The most simple thing to start with is our breath. It is free, always with us, accessible and pretty fundamental to living.

Author of 'Life on a Knife Edge', Rahul Rangali, American brain surgeon says, "Our breath is a weapon we have against anxiety. We can use our breath to think clearly".

Whenever you have a spare five minutes, this is a good place to begin. Sit, or stand, with a soft focus.

Breathe in deeply and as you breathe out imagine your muscles relaxing. Next time you breathe out close your eyes and enjoy this feeling of letting go.

Now try to make your in breath through your nose (for a count of four) and hold for five and the your out breath either through your nose or mouth (for a count of six).

Repeat three times and then go back to your normal breathing, in through

the nose and out through the mouth.

Observe the breath entering and leaving the body.

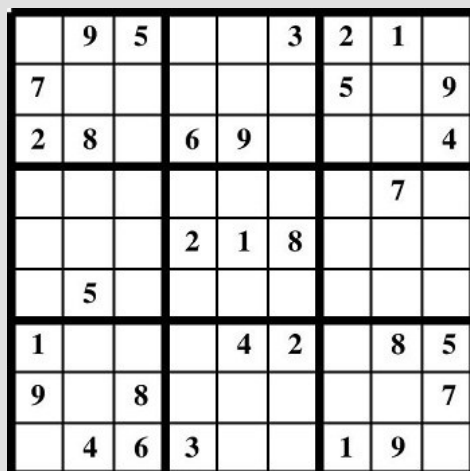
When thoughts inevitably enter the mind, try and label them.

Unhelpful thoughts are seen to lose their power if you name them. For example, 'I am having an anxious/worried or planning based thought'. This can help us disconnect ourselves from our thought patterns. Remember thoughts are merely words and not always based on truth.

When you are ready open your eyes and try to take a few moments to note how you are feeling.

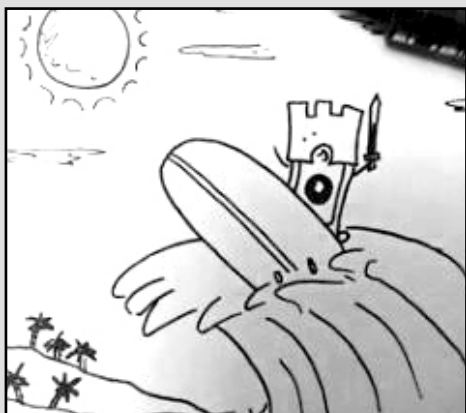


Claire Ash from Green Shoots Yoga brings serenity to our daily lives with her mindfulness advice. Find out more at <https://greenshoots-yoga.business.site/>



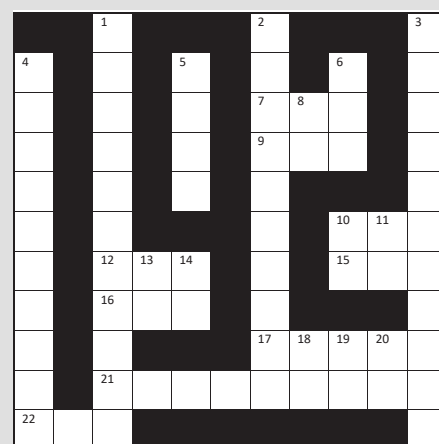
**Instructions:** The aim of Sudoku is to complete the entire grid using the numbers 1-9. Each number can only be used once in each row, once in each column, and once in each of the 3x3 Boxes.

Sudoku puzzles are provided by [www.sudokuoftheday.com](http://www.sudokuoftheday.com) – visit them and get a new Sudoku every day!



"Sir Finalot"

Source: [www.k-boomhouse.com](http://www.k-boomhouse.com)



## ACROSS

- 7 Insect of formicidae family, friend of Dec
- 9 Roman numeral is II
- 10 Hole in a wall for cash
- 12 A knight's title
- 15 Playing card. High or low?
- 16 Female swan, mightier than the sword
- 17 Band, with water in a desert
- 21 A set of stairs. House in Stockport centre
- 22 Letter E in Morse code. WWW what?

## DOWN

- 1 The publication you're reading now. [7,4]
- 2 New train station sign: Heaton Chapel & ? [6,4]
- 3 Water that ends up in Liverpool [5,6]
- 4 Park at Moor Top: Sharp part of rose & meadow
- 5 10 - 1 = ?
- 6 Instruction to go to next page
- 8 Compass direction of this region
- 10 Helps motorists or people with drink problem
- 11 Cartoon cat's initials. Also comedian, just like that!
- 13 That is, in Latin
- 14 UK military ship group
- 18 Band: two letters before DC
- 19 ISO code for Saudi Arabia
- 20 3rd person singular of be

Many thanks to The Puzzlemaster, our local puzzle creator, for this month's crossword.

Visit [www.heatonspost.co.uk](http://www.heatonspost.co.uk) for the solution

# EIGHT TALENTED TALES

brought to you by Peter Devonald

8 word stories is the concept of local resident, Peter Devonald. Peter has set a theme for each month and asked the community to send in their stories.

September Theme: Schools Daze/Summer Haze

by Carolyn Batcheler-Hampton

First day at school  
Made Friends  
Missed Mum

by James Welsh

Three apples changed  
the world: Eve, Newton,  
Steve

THE LIBRARY  
by Emma Wilkinson

Ssssh!!! Quiet please!  
Whoops...  
it wasn't me.

OH NO HOW TERRIBLE  
by Jonny Taylor

Giant crab destroys  
school.  
Children and teachers  
rejoice.

SAVIOUR  
by C Wilkinson (aged 11)

Dog came from hell...  
journeyed to heaven.  
Safe.

by Seren Syder (aged 5)

Dolphin eyes.  
Shiny fish.  
Man traps.  
Mermaid saves.

by Kathy Dorkin Wagner

Holiday time.  
Sun, sea and sand.  
Can't wait!

by Adrienne Aiken

Schools broke up for  
summer.  
Summer swiftly ended.

If you would like to submit an eight-word story, please email in to: [news@heatonspost.co.uk](mailto:news@heatonspost.co.uk)

HEART OF THE  
HEATONS  
MUSIC, ARTS & CULTURE FESTIVAL

SK  
FILM AWARDS

## Are you a budding writer, photographer or filmmaker?

Put your creative juices to good use and enter the poetry, flash fiction, film and photography competitions, running as part of **Heart of the Heatons** – your local music, arts and culture festival coming to The Heatons this October.

There are categories for **children**, **teens** and **adults** and there are some great **prizes** to be won!



Entry date Friday, 17 September

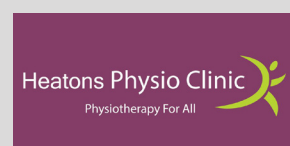
Find out more at:

[www.heartoftheheatons.com/competitions](http://www.heartoftheheatons.com/competitions)

Or for the film competition:

[www.skfilmawards.co.uk](http://www.skfilmawards.co.uk)

## HEATONS POST SUPPORTERS





# SPORTS AND FITNESS

## REDDISH PARAOLYMPION

Andrew Gwynne, MP for Denton and Reddish, has been cheering on Paralympic and Olympic heroes at Tokyo 2020.

Gwynne also celebrated the news that local athlete Aimee Pratt had been selected by Team GB to represent the country in the 3,000 metres steeplechase. Pratt, who is originally from Reddish, last year won the 3,000 metres steeplechase at the British Athletics Championship and is one of the fastest in the world in the event.

This year's Olympic games took place from Friday, 23 July, and the Paralympic games followed on 24 August.

Pratt and other athletes have benefitted from significant funding both from the Government and the National Lottery. A recent study conducted by Sheffield Hallam University estimates that the industry around training Paralympic and Olympic athletes is worth over £25bn to the UK economy.

Andrew Gwynne said: "I'm so proud of what Aimee has achieved. It's fantastic to have the local area and Manchester represented in such an iconic event. Over the last year Aimee has shown that she is a force to be reckoned with in the 3000m steeplechase.

"It has been such a difficult 18 months, so even reaching the start line for Tokyo is a massive achievement."

## TWO-DAY ENDURO AND CYCLING FESTIVAL



Stockport town centre is revving up to host its first Enduro & Cycling Festival – two awesome days of racing, spectating and festival fun on 18 and 19 September.

Stockport Enduro will be the first suburban cycle race in Greater Manchester. Stockport is known for its diverse landscape of cobbled climbs, steep steps and narrow passageways, all adding to the excitement and creating the perfect location for an urban cycling race.

With action centred around the inspiring and animated Event Village in St Peter's Square on both Saturday and Sunday, a wide range of fun, cycling related activities will be on offer for people of all ages and abilities to take part in.

British Cycling will be on-hand to offer women's led-rides around Stockport as well as a dedicated children's bike

circuit with a supply of different sized bikes. Life Leisure will be offering spin taster sessions and there will be pedal powered challenges, smoothie making and bike MOTs by CeraCycloan.

Some roads will be closed to vehicles, providing the opportunity to try out different bikes including balance bikes, electric bikes and adapted bikes for those with limited mobility. Families can also enjoy cycling together with a supply of rear toddler carriages being provided.

Come along and see all the imaginatively dressed bikes by local school children in the theme of 'Heroes of the Pandemic' and watch the winners being presented with medals by Stockport's very own former Olympian cyclist Alan Newton and our Paralympian Megan Giglia.

For the full schedule of events visit: [www.totallystockport.co.uk/enduro](http://www.totallystockport.co.uk/enduro)

## FIRST EVER STOCKPORT URBAN 5K RACE



Stockport Council introduces the first ever Stockport Urban 5k running race. The closed road circuit takes in the iconic landmarks of Stockport centre and surrounding areas on Saturday, 18 September.

The race will be run in memory of Stockport Council colleagues Will Garner and Dave O'Brien from the Street Lighting team and aims to raise funds for The British Heart Foundation and Beacon Counselling.

The timed 5k race starts at 10am at the Stockport Enduro and Cycling Festival Event Village of St Peter's Square. The course will take in the sights of the Old Town and Market Hall before heading out along Fred Perry Way towards Vernon Park then back, taking in the epic hill at New Zealand Road.

The race is organised by the Running Bee Foundation and is open to those who are 14 years and over. All participants will receive a medal and goody bag on completion. There will be a designated bag drop and water will be available on the route.

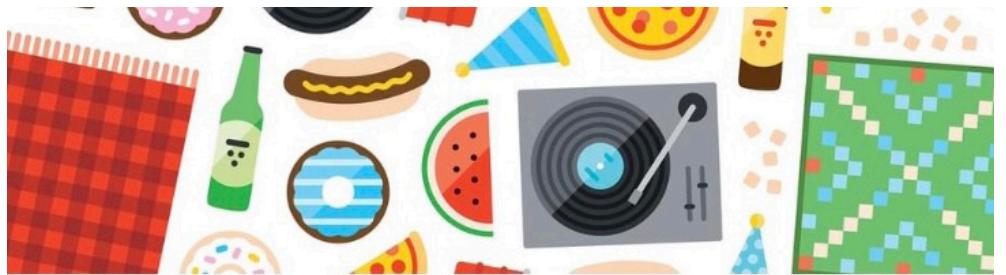
The race is part of the wider Stockport Enduro and Cycling Festival, Saturday activities so there will be lots for all the family to get involved in on the day with at the animated Event Village. Including face painting, spin bike taster sessions, smoothie making with the smoothie bike and the opportunity to try lots of different bikes including balance bikes, electric bikes and adapted bikes for those with limited ability.

To sign up to take part in Stockport Urban 5k please visit: [www.runningbeefoundation.co.uk/events-calendar/stockport-urban-5k/](http://www.runningbeefoundation.co.uk/events-calendar/stockport-urban-5k/)

## CHANGE OF PLANS

by Abi Stevenson

The Friends of Manchester Road Park have decided to scale back the Park Fun Day this year to a smaller Community Picnic and Rounders Match on Sunday, 5 September from 1-3pm - all welcome and bring your own food and refreshments. We hope to see some of you there if the sun is shining!



SUNDAY, 5 SEPTEMBER 2021 FROM 13:00 UTC+01-...

## Community Picnic & Rounders

Free • Manchester Road Park • Stockport