

FREE

# HEATONS POST

INFORMING, INSPIRING AND CONNECTING THE HEATONS & REDDISH



**AN EVENING WITH GREENPEACE**  
SEE PAGE 10



**A HELPING HAND TO ST. THOMAS**  
SEE PAGE 14



**KEEPING THE PASSION ALIVE**  
SEE PAGE 16

## HAPPY 1<sup>ST</sup> BIRTHDAY HEATONS POST!



## CELEBRATING COMMUNITY

At first glance, the Heaton's is no different than many other suburbs across the region, with tree-lined streets, green parks and a thriving café culture.

But what makes the area stand out is the range of Heaton's-focused organisations that have become established over the past ten years, helping to bring the Heaton's together as a community, and forming an integral part of what makes the Heaton's distinct as an area.

A monthly artisan market, a traders association supporting small local businesses, a bi-monthly lifestyle magazine, a community group dedicated to the sustainability of the Heaton's as an area, annual art & culture festivals, a Film Awards and, of course, a community newspaper.

One of the main reasons for the creation of Heaton's Post was to provide a printed platform where all that goes on in the Heaton's could be shared. We were aware that many households had no access to information on what was happening locally, particularly community activities and events they may wish to get involved in and support, and news from official bodies that may affect their community. In having a dedicated 'hyperlocal' newspaper, the Heaton's and Reddish! has a regular, go-to source for staying informed and connected.

Since its launch in February 2020, Heaton's Post has:

- increased content from 12 to 20 pages with over 50 articles per issue.

- increased distribution from 3,000 to 10,000 copies.
- formed a team of 30 volunteers to help deliver to local homes throughout the Heaton's and Reddish.
- launched a range of merchandise in collaboration with local businesses and artists.
- raised funds for local charity, Supportability, and Sustainable Living in the Heaton's through a Christmas Silent Auction
- supported a large number of local residents in their fundraising efforts - read more about this on page 7.

Thank you for supporting YOUR local community newspaper, and here's to the next year!

*Continued on page 6.*



AMANDA, MEL & SUZE, CO-FOUNDERS, AT THE HEATONS POST LAUNCH PARTY HEATONS HOPS, FEB 2020



**IS THIS THE OLDEST CHIP SHOP?**  
SEE PAGE 12

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# COMMUNITY NEWS

## NEW YEAR NEW TEAM



• Chrissie Gibson



• Roy Edwards



• Sharon Edwards

At the end of 2020, Chrissie Gibson stepped down from her role as Deputy Director for Fundraising and Outreach at the Stockport and District Branch of Samaritans as her term had ended.

Her exceptional work over the last three years has been invaluable, fundraising to run our branch and provide outreach support into our local community and schools. We are delighted that Chrissie will continue to be a Listening Volunteer and remain part of the Fundraising and Outreach teams.

She will be replaced by two volunteers

- Sharon Edwards in the role of Deputy Director for Outreach, and Roy Edwards as Deputy Director for Fundraising. Both are looking forward to working in their roles within our wonderful community.



## SAFE AT HOME

by Mike and Charlotte Halliwell, Care Home Owners



At this time, when all we are reading is doom and gloom in the papers, and when we are appalled at the number of elderly people dying in our Care Homes, here is a good news story.

Since the start of this horrible pandemic back in March 2020, Priestnall Care Home in Heaton Moor has been kept free from Covid-19 due to the fantastic care and diligence of the manager, Mrs Vickie Edmondson, and the supreme efforts of all the care staff. Not a single case of the virus throughout - an amazing success.

The biggest factor has been the tremendous effort of all our staff in keeping Residents safe. They have religiously followed the guidelines to prevent themselves from becoming infected and being carriers of the virus into the Home. If staff tested positive, they isolated as required.

This is a very hard and stressful

time, not only for the staff and the Residents, but also for Residents' families. We have had window visits throughout and have just had a cabin built in the back garden of the home designed so that Residents can have visitors in complete safety. This was ready just in time for Christmas. We say "Thank You" to all our Residents' families for the support they have given us in keeping their loved ones safe.

We would also like to thank the staff and nurses based at Heaton Mersey Health Centre who have visited our Home to look after Residents. Dr Wynne has looked after our Residents and also vaccinated them all on 8 January with the Oxford vaccine, only a few days after it was approved and as soon as it was available.

It is down to our staff that Priestnall Care Home is not only a safe Home but also a very happy one.

## SCHOOLS IN THE COVID ERA

by Cllr. Yvonne Guariento

What a start to the term for schools all over the UK!

Some started back with their pupils on the Monday, only to discover that evening that they had to shut down on the Tuesday.

Headteachers everywhere had to somehow get the message out to families not to send children into school. Families everywhere had to somehow find alternative child care for the next day.

The stress this caused is immense. Last minute disruption of people's lives is reflected in rising mental health issues and burnout in our professionals.

A second issue was the paltry food boxes the Government supplied to families via schools. The costings on social media reckoned that the food was worth £5 in some cases when it should have been £30 worth to last a fortnight.

Many schools have, therefore, returned to vouchers as this gives parents the opportunity to choose items themselves, to the full value.

Why were vouchers not chosen in the first place? Well, school staff, the first time round, were having to register families in the small hours, some getting up in the middle of the night. This was due to the system being flooded with applications during the day.

Let's also spare a thought here for the food suppliers hit by the return to vouchers, through no fault of their own, when the schools market dried up.

On a positive note, it was great to see the 'No parking signs' outside the Reddish South Health Centre, as a clear indication that vaccination has got underway in earnest.

There are so many deserving categories who have a claim to be at the front of the queue - anyone in any job where they come face to face with the public should be a priority.

Let's all stick to the social distancing rules as much as we can until the mass vaccination bears fruit.

Keep safe and keep smiling. We will get through this.

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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  
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COVID-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 0800 800 5000 (24hrs)

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

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

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

Samaritans 116 123 (24hrs free)

National Domestic Abuse Helpline 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

# MP'S UPDATE

by Navendu Mishra, MP for Stockport

The latest lockdown continues to be incredibly challenging for my constituents, and I've been doing all I can to push the Government to provide more support for workers and businesses - particularly those small and independent companies who form the backbone of our community and local economy - to enable them to survive this crisis.

For example, last month I spoke in a parliamentary debate on Government support for the hospitality industry, which across Greater Manchester is facing a devastating two thirds of redundancies in the coming months - with 80 per cent of those alone in the restaurant sector and our pubs in a precarious position.

With thousands of children across Stockport having to be schooled from home during the pandemic, it should be a fundamental right that every child away from school has access to data and a device to enable them to continue learning remotely. I added my name to a letter to the Prime Minister calling on him to ensure all children have access to computers and reliable broadband.

Stockport Viaduct is a proud landmark for all Stopfordians and I tabled an Early Day Motion which encouraged



• Navendu Mishra, MP for Stockport

all parliamentarians to sign and show their support for this engineering feat.

The news of the vaccine rollout offers a sense of hope after so many dark months, but it's vital that we continue to do all we can and follow Government guidance to ease the burden on our NHS workers, with hospitals stretched to breaking point during this latest wave.

As always, please do not hesitate to contact me directly should you require support on any issue on [team@navendumishra.co.uk](mailto:team@navendumishra.co.uk)

## LETTER FROM THE EDITORS

It has been a year since the very first issue of Heatons Post was launched back in February 2020 and what a year it has been...

For the Heatons Post team, creating a community newspaper was a challenge in itself - figuring out what we wanted a community newspaper to be, finding a printer and a designer, wondering whether we would receive sufficient content, worrying over raising sufficient funds to at least cover the first few issues, and hoping to find volunteers to help deliver the newspaper to local homes.

No-one could have anticipated the additional challenges posed by a global pandemic!

As part of Drawing Board Productions Community Interest Company, Heatons Post is very grateful to have received several funding awards to help establish the newspaper and, along with support from local businesses, enabled it to grow in both content and distribution volume.

We simply would not be celebrating our first year anniversary without this support, without the contribution of articles from our regular writers and members of the community, and without our growing team of dedicated volunteers who ensure around 7,000 homes across the Heatons and Reddish receive a copy of Heatons Post through their door each month.

One thing the pandemic, with the series of restrictions and lockdowns, has shown is how important a printed local newspaper is, both for organisations looking for a platform to reach all sectors of the local community, and for residents to have access to local news and information. A regular, community-focused newspaper is essential and we hope to be able to continue to provide and grow Heatons Post over the next 12 months.

Stay safe and we look forward to the challenges the second year of Heatons Post may bring!

**Amanda & Mel**

*Should your road not currently receive a copy of Heatons Post delivered each month, or should you wish to help other residents receive a copy through their door, we would love to hear from you. Please email us at [news@heatonspost.co.uk](mailto:news@heatonspost.co.uk)*

## MEET THE TEAM



**Amanda Fourie**  
Heatons Post Team



**Mel Page**  
Heatons Post Team

## LIST OF CONTRIBUTORS

**Design:** Gemma Lamb ([gemmarachael.com](http://gemmarachael.com))

**Printer:** Reach Printing ([reachprintingservices.co.uk](http://reachprintingservices.co.uk))

**Co Founders:** Amanda Fourie, Mel Page, Suze Howell

**Our Regular Writers:** Andy Rayner, Kevin Bradford, Jez Myers, Our mother and daughter columnists, Nemone, Navendu Mishra, Andrew Gwynne and our Roving Raconteur

**Family Historian:** Mary Griffiths

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

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)



## BUILDING BACK BETTER TRANSPORT

by Andrew Gwynne, MP for Denton and Reddish

There is a lot of talk of building back better. In fact, in many ways it is one of the catchphrases of the Covid era. It seems that everyone is agreed that our recovery from the pandemic shouldn't mean a return to things exactly as they were, but that it should be an opportunity to think about doing things differently and improving the way we live and the places that we live. What is sometimes less clear is exactly what people want to see changed and improved.

For me, building back better has to start with transport. The way we move around – and are able to move around – is key to our everyday lives. The availability and quality of different transport options determines where we work, where we socialise and where we live. In other words, it is absolutely fundamental. New or alternative transport options open up exciting new opportunities, whilst poor transportation can leave us stranded and cut off from opportunity.

So what would I like to see? Green transportation is right near the top of my list. The threats posed by climate change are huge and we will all need to lead greener lives. Transport is a really important part of this, so I'd like to see more and safer cycling



• Andrew Gwynne, MP, Denton & Reddish

routes and better pedestrian-friendly neighbourhoods. The more that we can make local journeys on foot or by bike, the better!

It won't always be possible to travel by these methods though and that's why we need better public transport for those longer journeys. For me, that means public control over buses to end the deregulation that has seen many vital routes cut and left others with poor or infrequent services. Our rail services also need improving and for us here, that means a proper service using Reddish South station!

## LETTERS TO THE EDITORS

A response to the article 'A Tale of Two Planning Applications' printed in Issue 11, December 2020.

With proper consultation unable to take place due to Covid, why has the council allowed the development to be sanctioned in its entirety when in fact, despite an overall welcome for affordable housing in the area, the jump of 30% in a site originally approved for 75 needs careful consideration. If a minimum of 75 extra cars (some families have two) was acceptable at the bottleneck at the top of Harwood road then why would an extra 30 plus be accepted without deliberation. Those 30 cars themselves could potentially block the whole of Harwood road at busy times.

The impact on local schools has been conveniently down estimated. Nationally any development has to assume a schoolchild rate of between 0.3 and 0.9 considering this development is to provide two-storey affordable houses for local families then the impact could be considerably higher. Overcrowding in local schools can mean disruption, siblings not finding a place, and transporting children via private cars to schools out of area therefore disabling the previous notion of The Heaton as a community.

From Glenys Penny Robinson

### Happy 1st Year Heaton Post!

Happy First Anniversary to Heaton Post! On behalf of the 4 Heaton Traders Association, it's been a pleasure supporting the newspaper over the last 12 months.

We thought it was a challenge to set up the 4HTA during the 2009 financial crisis, so we appreciate the effort that has gone into setting up Heaton Post during a climate that eclipses any economic challenge of this century! The Heaton Post team have reinforced the already vibrant community spirit. While we have not been able to hold our annual Summer & Christmas festivals in 2020, we're pleased that Heaton Post has helped everyone still feel connected. Congratulations to the team on a successful first year and we look forward to continuing to support you in the years ahead.

4 Heaton Traders Association Chair, Rajeev Arora

## TACKLING ANTI-SOCIAL BEHAVIOUR

by Kevin Bradford

A growing community group is rallying together in Reddish to help tackle anti-social behaviour in the area.

A sharp rise in criminal damage, thefts, and noise has been reported by new residents in the recently converted Elisabeth Mill.

Several neighbours are now working with politicians and the police to address the safety issues. They are calling for property developer and landlords De Trafford to install more security measures around the properties.

One resident, who did not wish to be named, said: "There are some young families who have moved into the building, and you don't want to be scared to step out of the front door."

"It's really upsetting to see the damage, especially as there is a primary school just across the road. It's not setting a good example."

There have been reports of wing mirrors being kicked off cars, objects thrown at windows, and bikes stolen from secure parking in the Mill.

Councillors Roy Driver and Kate Butler have been supporting those living in Houldsworth Street, as has Denton and Reddish MP, Andrew Gwynne.

In a message to police, shared online with Mill residents, Mr Driver said: "I am always concerned when such activities happen and believe proactive early intervention is vital to prevent this becoming the norm."

"Elisabeth Mill is a brand new housing development with over a hundred new residents to Reddish."

"Not only is this likely to deter new housing and damage the reputation of Reddish as a place to live but it could lead to more serious problems."

Inspector Val North, of GMP's Stockport district, said officers are aware of a spike in reports of anti-social behaviour in the Reddish area in early December last year.

"In response, neighbourhood officers have increased the frequency of patrolling in the area which has since seen officers engaging with a number of young people and encouraging them to return home where, when necessary, they were advised in front of their parents about their behaviour," she added.

"We acknowledge the public's frustration and the neighbourhood team have made extensive enquiries, including using CCTV, and have spoken to a number of local residents to address reported issues."

Inspector North thanked the public for their continued cooperation, and added: "There has been a decrease in the number of reports since December however officers continue to monitor and patrol the vicinity to prevent a recurrence of the situation."

Residents who may witness any incidents are encouraged to contact police via GMP's website, 101, or 999 where there is an emergency.

## LIDL HEATON NORRIS PLANS

by Richard Wilson

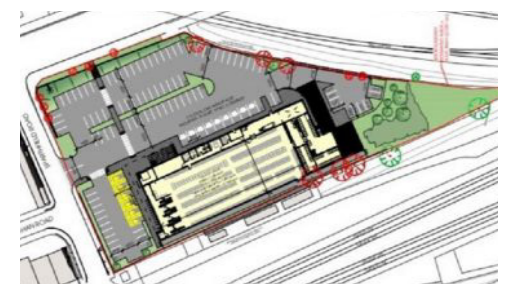
German discount chain, Lidl, is pushing forward with plans to build a supermarket on the A6 at the site of the former Renault/Dacia car dealership.

Lidl intends to clear the two-acre site and build a single-storey 20,000 sq ft store, supported by 100 car parking spaces.

Lidl recently beat its budget rival Aldi to be named the cheapest supermarket of 2020, according to a Which? study, and is famed for its savvy yet discerning-shoppers, sometimes dubbed the "Lidl Class" by UK media.

Any residents of the Heaton or Reddish wanting to shop at Lidl currently need to travel to Hemphaw Lane in Stockport, which is the closest existing store to our area.

As a nearby resident, I received a flyer through the door from Lidl detailing their plans for this supermarket, and I personally have no major objections. The store likely offers locals a different range and price-point to the existing nearby Asda and smaller 'express' stores, whilst Heaton Chapel's Aldi is



out of typical walking distance for a food shop.

However, I am increasingly mindful of the traffic flow around Heaton Norris, and whilst the A6 benefits from bus lanes and speed cameras, I would be keen for Lidl to limit car parking spaces to encourage walk-in and cyclist shoppers from nearby. Additionally, in these tough times, the supermarket will offer new jobs which I hope are offered to local residents of the Heaton, Reddish and Stockport.

As of January 2021, no construction timeline for the supermarket had been released.



# CONNECTING IN A DISCONNECTED TIME

by Nicolette McDermott-Ketchum and Nick Shaw

In New Mexico, USA, a vibrant community of people living with dementia is thriving, despite the COVID pandemic. Nicolette McDermott-Ketchum is a volunteer facilitator of the Hummingbird Memory Café in Farmington, New Mexico, a social connection for people with dementia and their carers to gather and make connections with others by utilizing the arts while leaving the stigma of dementia "at the door."

Nick Shaw helps to run the Dementia Disco, a group in Stockport which uses music to inspire memory, conversation and friendship. In September 2020, Nicolette contacted Nick, and the two groups have connected, forging friendships, comparing experiences and sharing advice on living well from both sides of the Atlantic. This article represents a conversation about finding ways to live well under the current restrictions we all face, particularly for people living with dementia.

**Nick: How has COVID affected the engagement of your group with the Hummingbird Café?**

**Nicolette:** Our cafe met in person in February and March 2020 then moved to a virtual format in April when COVID-19 restrictions were implemented. We continue to

utilize the arts as the main form of engagement at the cafe. We also offer a pre-cafe tech review to technically prepare for the café with presenters and address any questions about Zoom functions.

**Nicolette: What role do the arts and creativity play in the social interaction of the participants attending the disco?**

**Nick:** We were inspired by your café to try more activities in our sessions. We had a drawing lesson in December and are going to be joined by the brilliant poet Conrad Burdekin in January. I really love what you have done writing poems together at the Hummingbird Café.

*[There is an example of one of the Hummingbird Café poems, "Gratitude Attitude" on page 11].*

**Nick: We have learnt so much from connecting with you and attending the café. Why do you think it is important to network outside your community with others who are supporting living well with dementia?**

**Nicolette:** As our population ages, the number of people with dementia and their care partners will increase just due to the sheer numbers of the aging population. How will we positively address aging in general and more

specifically, how will we support our cognitive changes and our carers? As we have witnessed over the last year, it is vital that we think beyond the status quo to solve problems when situations change. We need to find ways to ensure that the humanity of all our citizens is supported in our communities. Incorporating social opportunities such as memory cafes and the Dementia Disco, and networking with like-minded individuals throughout the world, allows for an extension of quality of life for both the person living with dementia and their carers.

Find out more and see how you can get involved at:  
Dementia Disco  
dementiadisco@gmail.com  
www.facebook.com/dementiadisco

Hummingbird (Memory) Café  
hummingbirdmemorycafe@gmail.com  
www.facebook.com/hummingbirdmemorycafe



• Nicolette McDermott-Ketchum, Hummingbird (Memory) Cafe, New Mexico



• Nick Shaw, Dementia Disco



## STILL MAKING A DIFFERENCE

by Mabel Regis

We may be in another lockdown, but this time as a community we are more prepared and still have so much that you, your family and neighbours can access.

We cannot wait to have you all back in the community sometime soon and just wanted to let you know that you are not alone - we are here for you in whichever way we can to help everyone get through these strange times.

Here are the services we are currently offering:

### **Mondays 5pm-6:30pm**

**ESOL Group** - open for all and to any age and background to learn about citizenship and improve language skills - via Zoom.

**Us Girls Youth Group** – for girls aged 11-17 years old – a weekly online zoom with sessions over the next 12 weeks. We will be working on materials, discussions, debates & activities on International Women's Week, Hate Crime & how the lockdown is affecting women and girls.

**Art Attack Youth Group** – will be providing children and young people with art and craft activity packs.

### **Other Activities**

**Food Provisions** - working in partnership with Stockport Together. If either you or someone you know needs support with food parcels, food vouchers or hot cooked meals, then please contact the Stockport Together Facebook page.

Lancashire Hill and Heaton Norris Detached Youth Work will continue. Our experienced youth workers, Krish and Adrian, will be out on the streets from 6pm-8pm talking to young people.

Please keep an eye on the Heaton Norris Facebook pages for regular updates.

If you are interested in any of the above, then please do not hesitate to get in touch with Nadia on: 07857 928 833 or email: makeadifferencecgm@gmail.com



### **Us Girls Group**

Heaton Norris - Us Girls Youth Group started to work with Odd Art Theatre Company in February 2020 to start a 12-week project on mental health. We never thought that a pandemic would hit us in a way that is unimaginable. The effect that this had on the young people in our community is still unbearable to witness.

In the midst of it all, 12 young girls came together every week for nine months to make sure that the project was completed as it was just as important to them to participate and be part of a very important message that they wanted to share in their community to other young people.

The message is clear: **Don't keep your feelings bottled up. There is someone to talk to always, and you are not alone in the way that you feel.**

Youth groups like Us Girls Youth Group have been a life-line for young girls in the Heaton during the pandemic and we cannot wait to open our doors again and welcome new girls into our group very soon. If you know any young girls aged 11-17 yrs old that want to join the group then please get in touch.



For this first anniversary of Heaton's Post, we wish to celebrate all that makes the Heaton's the place it is and the contribution the following organisations make to the local community. Next month, we'll be celebrating Reddish and the fantastic organisations and events that bring the community together.



One thing that has always stood out about the Heaton's is the sheer number of small, independent businesses based within the area. For the 4 Heaton's Traders Association (4HTA), it is this that makes the Heaton's distinct as an area, with our small businesses forming an integral part of the local community.

Since 2009, the 4HTA has worked to support local businesses and the community through:

- Annual Summer and Christmas Festivals
- Annual Easter and Christmas Trails around local shops
- #KickThePlastic campaign to reduce single-use plastics
- Contribution of funds to Community Groups for their own projects
- Raising funds for locally-based charities
- Development of Shop4Heaton's - a shop local, online shop

Find out more about our activities, events and projects for the Heaton's at: [www.fourheatons.co.uk](http://www.fourheatons.co.uk)



The Heaton's are particularly important to Mel Page and Suze Howell, co-founders of the Heart Of The Heaton's Festival, as this is where they call home. Desperately trying to find information about all the local clubs and activities happening locally, but unable to uncover all the hidden treasures without significant work, Mel and Suze decided it was high time for a festival for the area, to celebrate everything that is great about the talent in the Heaton's.

In 2018 Heart Of The Heaton's was born - an annual arts, music, culture and wellbeing festival held every October, dedicated to promoting local talent in all its forms, and held within some of the finest venues and undiscovered locations within SK4. Look out for the 2021 programme when it launches this summer, and keep your diary free in October!

[www.heartoftheheatons.com](http://www.heartoftheheatons.com) - [heartoftheheatons@gmail.com](mailto:heartoftheheatons@gmail.com)  
 f @heartoftheheatons

After the launch of the Heart Of The Heaton's Poetry, Flash Fiction and Photography competitions in 2019, it was decided by Mel Page and Suze Howell, in collaboration with Saz Media and The Goodness Collective, that Stockport needed a Film Awards to celebrate the local amateur film-making talent in the area.



With beautiful locations, backdrops, architecture and charm, the Heaton's was the perfect location to hold the inaugural Awards event, which took place in 2019 and was held at The Savoy. The SK Film Awards HQ is Heaton Chapel, and whilst the annual Awards are open to anyone living, studying or working across Stockport, Mel and Suze are proud that one of the big winners in 2019 was a local Heaton's based resident. The Awards will next be taking place in October 2021, with submissions open in the summer.

[www.skfilmawards.co.uk](http://www.skfilmawards.co.uk) - [skfilmawards@gmail.com](mailto:skfilmawards@gmail.com)  
 f @skfilmawards



The market began a decade ago from very small beginnings and is a tribute to the Heaton's. Local businesses encouraged it, local people from the area immediately began frequenting it and, slowly but surely, it began to build. Local traders settled and thrived under its umbrella, the Council got behind it and word spread, and it has grown and grown.

For local traders, the market has been, and still is, an ideal place to showcase their products, and for some has been the springboard to getting premises and becoming permanent local fixtures - Heaton's Hops and I Knead Pizza to name but two.

It's amazing what crafts people we have within the Heaton's, plus butchers and bakers, but sadly no candlestick makers (yet!).

Heaton Moor Market operates on the first Sunday of each month, February to December (due to the current lockdown, the market hopes to resume in March).



Sustainable Living in the Heaton's love the vibrancy of the area and that there are so many people keen to get involved in community groups like ours and make a real difference in the local area. We love that no matter what event we have held - from planting a community orchard, community herb beds, wildlife areas, family bike rides, swap shops, energy events and most recently our Climate Action Festival - the people of the Heaton's get engaged, get active and join in. We can't wait to be able to get out and see you all face to face again.

## MOOR, THE MAGAZINE FOR THE HEATONS

For the past ten years, MOOR, the free, bi-monthly lifestyle magazine for the Heaton's, has provided a platform for the promotion of the wide range of local businesses based within the area.

## HEATONS ARTS TRAIL

The Heaton's Arts Trail is an annual event that sees artists based within the Heaton's open their studios to the public. This community event showcases the work of local artists from visual arts and craft to music, theatre and spoken word.

## HEATONS OPEN GARDENS

Organised by Rotary Club of Stockport Lamplighter, the annual Heaton's Open Gardens sees local residents open their gardens for one weekend each May, showcasing their gardens and often providing refreshments to those enjoying the trail.

### COMMUNITY GROUPS

Sustainable Living in the Heaton's

Monthly Meeting:  
1st Saturday of the month

[info@slheatons.org](mailto:info@slheatons.org)  
[www.slheatons.org](http://www.slheatons.org)



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

[loveheatonchapel@gmail.com](mailto:loveheatonchapel@gmail.com)  
[www.facebook.com/groups/loveheatonchapel](https://www.facebook.com/groups/loveheatonchapel)



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

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



Supporting Local Businesses

[admin@fourheatons.co.uk](mailto:admin@fourheatons.co.uk)  
[www.fourheatons.co.uk](http://www.fourheatons.co.uk)



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

[FofHCS@gmail.com](mailto:FofHCS@gmail.com)  
[www.friendsofheatonchapelstation.co.uk](http://www.friendsofheatonchapelstation.co.uk)



Weekly Meeting each Wednesday

[lamplightersrotary@gmail.com](mailto:lamplightersrotary@gmail.com)  
[www.lamplighters.org.uk](http://www.lamplighters.org.uk)



[hello@heatonmoorpark.co.uk](mailto:hello@heatonmoorpark.co.uk)  
[www.heatonmoorpark.co.uk](http://www.heatonmoorpark.co.uk)



Meetings via Zoom  
Monday 1pm & Thursday 7pm

[heatonsmis@outlook.com](mailto:heatonsmis@outlook.com)  
[www.heatons-mis.co.uk](http://www.heatons-mis.co.uk)



Supporting Maternal Wellbeing

Free Sessions:  
Each Thursday, 9.30-11.30  
Heaton Norris Pavilion  
[coffeechillandspill@gmail.com](mailto:coffeechillandspill@gmail.com)  
[www.coffeechillspill.com](http://www.coffeechillspill.com)



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

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



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



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



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



Since the first lockdown through to the various Tier restrictions of 2020, our local community has rallied to support organisations that saw their vital volunteering and fundraising activities hit by the coronavirus pandemic. Here are just some of the fantastic efforts by local residents in support of both local and national charities.



In December, Heaton's Post organised a Silent Auction to raise funds for the newspaper (part of Drawing Board Productions Community Interest Company), local charity Supportability, and local community group Sustainable Living in the Heaton's. Thanks to the generosity of local businesses who donated a wide range of auction items, the auction raised a total of £600.



Throughout 2020, Amy Vose organised a series of 4 Heaton's Trails with the help of web designer, Arlene Brown, and graphic artists, Lisa Anne. The community fully embraced the trails and helped to raise £7,610 for Chester Zoo, £9,405 for The Savoy, and £3,030 for local charity Signpost for Carers.



Heather Thorpe helped to organise an outdoor street Flamingo Paperie/Macmillan Coffee Morning raising £265. Heather, together with her neighbour, Nicki Gordan, both normally host a Macmillan coffee morning each year and so decided to collaborate and think outside the box (and the house) to raise money for the charity. The whole road got involved, making and buying cakes, and bringing their own mugs for coffee.

[www.macmillan.org.uk](http://www.macmillan.org.uk)

**MACMILLAN**  
CANCER SUPPORT



Samaritans was recognised early in the 2020 pandemic as a critical service. As demand for services has increased, volunteers at the Stockport and District Branch have worked tirelessly, not only covering shifts around the clock to provide vital telephone and email service, but also providing a confidential wellbeing support line for health and social care staff, who may have been feeling worried or overwhelmed and needed to talk it through.



More than ever we want people to know they are not alone. Using technology and social media has helped us to continue to reach out to those who may benefit from their support. They converted their popular quiz to an online version, organised signs on buses and petrol pumps, digital billboards across the area and at the railway station, and even turned the Town Hall Green to share awareness on World Suicide Prevention Day.

[www.samaritans.org/branches/stockport/](http://www.samaritans.org/branches/stockport/)



Jayne Whittaker walked 89 miles in the month of November 2020 in memory of her Dad, Abe Gosling, who died in October at the age of 89, raising £1,030 for Children in Need. The walk was part of the 'Act your Age' campaign run by Children in Need this year which attracted Jayne to complete the challenge as her dad always loved to do a physical challenge connected to his age - he did 88 tram stops in a day in his wheelchair for his 88th birthday! The fact that Children in Need is such a fantastic charity was such a bonus.

[www.justgiving.com/fundraising/89milesforabe](http://www.justgiving.com/fundraising/89milesforabe)



**FREEDOM  
FROM  
TORTURE**

Joanne Thompson completed the virtual London Marathon on 4 October 2020, raising £4,000 for Freedom from Torture. Joanne ran solo but lots of friends met her enroute and her friend, Frank, who happens to be a running coach, accompanied her for the final 10 miles.

[www.freedomfromtorture.org](http://www.freedomfromtorture.org)



Back in November, the coaches at Burnage Rugby Academy took part in Movember as a team and raised £2,240 in aid of this amazing charity.

[www.uk.movember.com](http://www.uk.movember.com)



**PARKINSON'S**<sup>UK</sup>

Owner of B'Spoke Coffee, Nick Harris, supported a number of causes last year including donations of £100 to Wellspring and £80 to Macmillan, and a 180 mile bike ride that raised £1,100 for Parkinson's UK. Nick has also been running a suspended coffee scheme for Key Workers.

### Additional 2020 Fundraising Round-Up

- Do Your Thing raised £610 for the charity MIND through a video with their Children's Choir singing "Tomorrow".
- Heaton's resident, Carolyn Hughes, raised more than £450 by running 72 miles in September for the Red Cross Miles for Refugees campaign.
- The Heaton's Preschool and Day Nursery and The Heaton's at St. Paul's raised £2,170 for Kidscan through a raffle and other fundraising activities.
- Heaton's resident, Louise Polly, ran 100 kilometres in October, raising over £800 for Breast Cancer Now.
- Heaton's residents, Mark & Kay Ruby, helped to raise over £2,000 for Rotary Stockport Lamplighters through the giant advent calendar on the side of their house. A further £500 was raised for the charity through public donations during a Brass Band Carol Concert on the green at the end of Parsonage Road.
- Resident Liam Smith raised £3,000 for Alzheimer's Society by cycling 250 miles within a month.
- From the first lockdown, Stockport Spidermen have been raising funds for various causes, with just under £60,000 raised for the NHS through donations and online auctions.
- The Foodie Friday campaign at Stepping Hill raised thousands to fund meals for NHS frontline staff.
- The Battle of the Boroughs run by Stockport resident, David Allum, saw the Heaton's and Reddish both finish in the top three and raised over £2,500 for Stockport Foodbank.

In 2020, Kelly-Ann Degnen volunteered at Astley Moss to help restore Peatlands that have been stripped by over cutting and agricultural drainage, helping to support the work of the Lancashire Wildlife Trust.



## £1M FUND SET ASIDE FOR VIADUCT

Stockport Labour have been leading the calls to restore Stockport's historic Viaduct to its former glory. After Labour's latest petition, Network Rail have set aside a £1 million fund towards the upkeep of Stockport Viaduct.

The money will cover essential water maintenance, brick repair and de-vegetation work. It is hoped the money will be enough to complete the work, although the council is still awaiting further details on when and how the money will be spent.

The restoration of the Viaduct is a key part in showcasing our town as a vibrant place fit for the 21st Century.

The Viaduct also plays an essential role in the future of Stockport Railway Station and its recently unveiled Station Masterplan: a 12-year vision to transform the station and make it fit for the future.

Cllr David Meller, Cabinet Member for Economy and Regeneration, said: "I am delighted that Network Rail have put this money aside for the Viaduct. We don't know if the total amount will cover all the work that needs doing but even so, it is great news."

"Stockport Viaduct is the icon of our town and known right across the country: it is our heritage."

"Yet the Viaduct also plays a key role



in our town's future and if we are going to attract people into our town centre to live, work and enjoy themselves after this pandemic, the Viaduct needs to be in top condition.

"I want to place on record my thanks to Andrew Gwynne for being behind our campaign from the very start and also to the Rail Minister for answering his questions."

Andrew Gwynne, Labour MP for Denton and Reddish, commented: "Stockport Viaduct is iconic for the town. It is also a critical piece of national infrastructure linking Greater Manchester with the West Coast Mainline."

"Stockport Labour is right to demand Network Rail keeps the structure in a good condition and I am pleased that our joint lobbying of Ministers has secured £1m funding for some vital work to the viaduct."

People can still sign the petition calling on Network Rail to clean up Stockport Viaduct by visiting [cutt.ly/skviaduct](http://cutt.ly/skviaduct).

## WAVE OF CHANGE

by Simone Callaghan



PIE: Pursuing Individual Excellence and The Goodness Collective are two female-led Stockport social enterprises who have teamed up to provide out of work women in Stockport with an opportunity to develop skills, break down barriers and prepare for their next steps.

Following on from the launch of their 'Wave of Change' programme in February 2020, the programme went online during the first lockdown. They have since run an entirely remote second programme. At the end of 2020, they secured a third round of European Social Funding to deliver Wave of Change to another set of Stockport women starting in February 2021.

The programme aims to support women by helping them find the time and space to really consider what they want to do with their lives. It has been designed to cater for different levels and needs, and can be personalised and adapted to fit around any schedule. After all, women have a huge range of different requirements and there's no 'one size fits all' programme that will work for everyone.

Simone Callaghan from The Goodness Collective says, "Both of our organisations do a lot of work locally to create real and lasting change. We are extremely proud of the journeys that we have seen some of the women take during the first two programmes, and are thrilled to be able to offer this opportunity to twenty more Stockport women."

The Wave of Change project is completely free to take part in, and includes opportunities to develop digital skills, challenge limiting beliefs, take part in creative workshops, and attend expert led career workshops. All participants will get a mentor and be invited to join an online community of like minded women through Facebook groups and weekly Zoom sessions.

Flexibility, a menu of choices, and one to one individual learning planning will ensure the programme suits all women regardless of age, learning and skill level or personal circumstance.

For further information and to register your interest, visit: [www.waveof.co.uk](http://www.waveof.co.uk).

## DISCOVER YOUR LOCAL COMMUNITY

by Friends of Heaton Norris Park



The Heaton Norris Heritage Society supports the LOVE Heaton Norris group and other local Four Heaton groups

In this current climate with strict rules on exercising closer to home, now is a good time to discover what you have on your doorstep and gain an understanding of the work carried out by local volunteers to preserve our local heritage.

One of the members of the Love Heaton Norris Group is also the Chairman of the Heaton Norris Heritage Society (HHS) and, over the years, the society members have been working very hard to preserve our local heritage, producing and funding the following:

- The Heaton Norris Heritage Trail leaflet and similar leaflets for all the Four Heaton.
- Funding for eight new blue plaques for the Four Heaton with 'Heaton Norris Heritage Society', all kindly funded by National Grid.
- Composed the wording for the blue plaques, with local historians and Stockport Council experts checking the historical content.
- Obtained permissions from the building owners, English Heritage and Stockport Council for the Heaton Norris Heritage Society to erect all the blue plaques.

- Continue to preserve the Four Heaton's Heritage buildings and sites by undertaking signage projects, conservation, heritage and other activities.
- Designed and negotiated over six years with Stockport Council for the two 'Welcome to Heaton Norris' street signs being made (more are planned), funded and installed by SMBC.

The Chairman organised a very well attended walk along the Heaton Norris Heritage Trail in 2019 and it is hoped that future walks can be organised when possible.

HHS Heritage Trail leaflets can be obtained from Heaton Chapel Station, local libraries and Community Centres, and also from the Stockport Heritage Centre when it reopens (separate organisation to HHS and based at St Mary's Church in the Market Place run by the Stockport Heritage Trust).

The aims of the Heaton Norris Heritage Society are to promote, improve and develop the heritage and conservation of the Four Heaton for the benefit of the community, encouraging involvement, investment and ownership.

## AL MURRAY, THE PUB LANDLORD, IN REDDISH?

by Jez Myers

Whilst he's not going to be behind the bar at Frankie's Ale House on Broadstone Road any time soon – though I'm sure a cameo on opening night wouldn't go amiss – it turns out that Al Murray, famous for his pub landlord persona, has become a director of a business on Whitehill Industrial Estate.

For, outside of his comedic routines, Al is a keen drummer. Such is his love of percussion that he started a drum company. As you do. That company just happens to have its base in Reddish. And it turns out that those drums are really, really great.

The British Drum Company, formed in 2015, has quickly risen to the top of the drumming world. With an eye for detail, a friend of mine who knows far more about these things than I do, spoke to me at length about the quality, hand crafted shells before explaining that what really sets them apart is the use of custom designed Palladium Hardware.

As I attempt to straddle the precarious line away from an advertorial and, let's be honest here, if you know drums then you'll know how great



the British Drum Company is already, it serves as an interesting reminder about Reddish.

In the 15+ years I've lived in the area, for all the people I've spoken to or met, the businesses I've chatted with, the shops I've been into, there's still so much for me to learn. And that's Reddish. Scratch below the surface and there's so much going on. Get out there and explore, you never know what you might find.

I can't mention Al Murray without politely asking you to register as a stem cell donor on [www.dkms.org.uk/](http://www.dkms.org.uk/) to help fight blood cancer, a matter that has affected both of our lives.



Jez Myers is co-founder of Reddish News ([www.facebook.com/Reddishnews](http://www.facebook.com/Reddishnews))



# LIFESTYLE & GARDENING

## ON THE FLIP SIDE...

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

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

### Are we learning how to live with lockdown?

#### Daughter

I think so. Knowing that there is a vaccine out there now makes a difference. We didn't have that last time and there was so much more uncertainty.

#### Mum

During the last lockdown, aside from missing seeing loved ones, it was the uncertainty that I found the most difficult. I found myself asking 'what if' and imagining some of the worst-case scenarios. Unfortunately, they have played out to be reality with the huge death rates and months of separation.

#### Daughter

Back then, in March, I think people were actually quite optimistic it would be over by the summer. We didn't know enough about the virus then though. Personally, I really thought it would be over by September and now here we are almost a year on and still life is not back to normal.

#### Mum

I think I have learned to live a slower pace of life and take one day at a time. I think having less has helped me to learn to value what matters most.



#### Daughter

I'd rather sit through a lockdown again now, follow the rules and get it over with, than find ourselves with increasing restrictions down the line. I think I have learnt to get on with it and not think too far ahead, whereas before I wanted to make plans for my future.

#### Mum

I can't help wishing for a virus-free summer, though. To be able to see people again and arrange holidays and days out. I hope that what is in place now is enough and with the vaccine programme too, getting back to normal can hopefully be a realistic prospect in the next six months.

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

## EMBARRASSING DAD: EPISODE TWO HOME IS WHERE THE SCHOOL IS



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

These are challenging times for everyone, I understand that. But, is there any more difficult situation than that of the woke, middle-class, school teacher at the start of another glorious day of homeschooling? The Eldest Child and I face-off over the kitchen table, bracing ourselves for what lies ahead. I don't want to exaggerate but, let's be clear, what lies ahead is his future. His future. In my hands. Pressure? I eat it for breakfast.

First, some background: I was a secondary school English teacher for eight years. Which means that my experience educating a six-year-old child is the same as every other non-Year-1-teacher parent - none. However, that does not stop my ego and wholly inappropriate experience combining to create that most dangerous thing for a parent: expectations.

Of course, I should know better. I've been a dad for over six years. Expectations haunt parents: leaping out while your child kicks over the Mouse Trap board during family game

time; laughing maniacally as you pick your sobbing youngster out of the first puddle on your fun family walk. In terms of crushed expectations and dashed dreams, Hollywood waiters have nothing on the average parent.

So, I should have known that my colour-coded timetable wouldn't even make it to: 9.25am - independent reading, followed by discussion of key character and plot developments. I should have known that my dreams of the Eldest Child and I laughing together as we conjugated Spanish verbs were, well, laughable. After a negotiation that would put the Brexit trade talks to shame, he writes five sentences about minibeasts, and we call it a day; I call in the Bitesize cavalry and collapse on the sofa. It's 10.45am.

Hopefully, I was alone in this madness. Hopefully, other parents weren't daft enough to create expectations in the first place. As the Eldest Child sits there, slowly and sadly shaking his head as I hold up another phonics flashcard, I think, for the thousandth time, what heroes primary school teachers are. And, if I'm honest, what a hero I am for just getting through this. If you've been homeschooling too, I salute you!

## NATURE HEALS

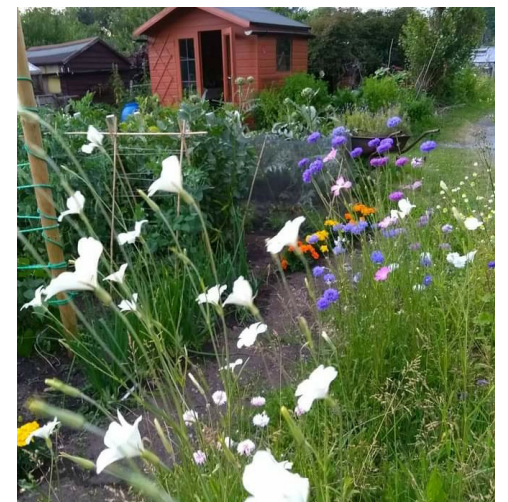
by Gary and Stuart Anderson-Macdonald, Whitehill Street Allotments

As Spring approaches, we are all hoping for better times. This time of the year fills me with joy because it will herald the start of another growing season on our allotment. The snowdrops are in bloom and these pearly white flowers signal hope for the coming year.

Since the start of these difficult times, we have had our sanctuary throughout and it has been a real blessing.

It has allowed us a tranquil space to go to and was a haven last Spring during the glorious weather. Whether working the plot, or simply relaxing there with a barbeque, it has helped us to calm our minds and ease our anxieties.

One exciting project we completed during this time has been the creation of a wildlife pond on our plot. This may not have come about had our daily lives been as hectic as usual. We look forward to the life this brings this year to our little habitat, and hopefully lots of frogs!



Having an allotment allows us to take time to notice the changing events of each season. It rewards us with food, happiness, pride and most importantly, a boost to our mental and physical health.

We will never be without our own piece of land. It is our home from home, our pride and joy and a reminder that nature heals.

## 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)



## 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)





# YOUR ENVIRONMENT

## AN EVENING WITH GREENPEACE: PRESERVING WILDLIFE AROUND THE WORLD AND LOCALLY

by Sustainable Living in the Heatons

Sustainable Living in the Heatons usually have an AGM at The Nursery Inn, with time for a trip to the bar half way through. As with many events this year we've had to change our plans!

**Join us Tuesday 23 February 2021  
7.30 - 9pm for this zoom event.**

Find out what SLH have been doing in this very unusual year and what are our plans are for 2021.

We are delighted to be joined by inspirational Greenpeace Speaker Matt Connor who will talk about the work of Greenpeace and its campaigns, particularly around preserving ecosystems internationally, here in the UK, as well as closer to home.

We've all heard about Greenpeace ([www.greenpeace.org.uk](http://www.greenpeace.org.uk)), about their work to defend the natural world and to make a stand for a green and peaceful future. Here is your chance to find out more, and to ask Matt about the challenges we currently face, how Greenpeace are helping to protect our natural world for future generations, and the difference that the pandemic has made.

**GREENPEACE**

Contact [info@slheatons.org](mailto:info@slheatons.org) for the link to this free event.

This is the second of a series of monthly live SLH zoom events. On 18 March there will be the third in this series: a panel discussion around the preparations taking place for COP 26 and the role that communities in Greater Manchester can take in influencing positive change. Put the date in your diary now!



## VOICES OF THE FLOOP

by Shaw Labrianidis-Kenny

Sixth year MArch Students from the Atelier 'Urban Spatial Experimentation' (USE) at Manchester School of Architecture are conducting a wide range of research and design projects around the Fallowfield Loop (FLOOP) area.

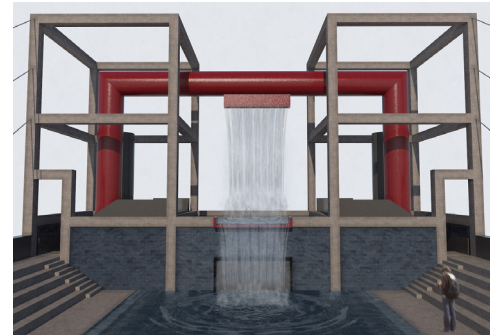
They are exploring the topic of 'resistance' - developing projects that follow a narrative that is born out of the site's history and potential.

Shaw Labrianidis-Kenny's project 'Re-imagining The Aqueduct' is linking and improving many of the public spaces found along the Fallowfield Loop as well as protecting them and surrounding communities from unwanted developments.

He is adapting the Thirlmere Aqueduct to bring water into public spaces, the water acting as a shoelace to tie together various development suggestions from local residents.

The project is to become a design statement about the potential of the site if developers' perceptions and treatment of the area changed.

His current areas of focus are an open-air water theatre at The Quadrants, a bird observation tower in Highfield Park, and a water channel between the FLOOP and Alexandra Park to link the two green spaces.



• Music Theatre

Tobi Sobowale's project 'Voices of the FLOOP' looks at how to enhance and enable the voices of the community and area through poetry, sound, and other artistic expressions.

This alternative method to design seeks to explore the built environment beyond what is seen, looking at characteristics such as the emotion and the atmosphere of a place.

Focusing on the area between Stockport Road and the Secret Lake, Tobi's intentions for this project are to create a play that is inspired by everyday users of the Fallowfield Loop. He wants to create a sound intervention using poetry, that would allow users to see urban spaces through others' perspectives, in the hope it will cause them to evaluate how they view their surroundings.

# TRAVEL ROME

by T. Dietrich and S. Harrison

Rome, a pretty popular place to hang out since the 8th century BC! If it's good enough for the Romans, then it's good enough for us to visit. And visit we did, in the spring months before it got too hot and flooded with tourists. Well, we got it right with the weather but Rome is so popular it gets visitors all year around.

There are so many attractions that we will cover Rome in two articles as we don't want you to miss out!

So, where do we start... The Vatican - an independent state since 1929 and the smallest sovereign state in the world. It may be small but it is jam packed with sights that can keep even the non religious amongst us entertained for a day or two. Obviously the home to the Pope but also home to St. Peter's Basilica, the Sistine Chapel and the Vatican museums. The who's who of painters is never ending - Raphael, Bramante, Maderno,

Bernini to mention a few, and that's before we get to Michelangelo and his famous fresco on the ceiling of the Sistine Chapel. We did a paid tour of the Vatican museums, an insider's tip to beating the long queues to see the "ceiling". The tour itself is so interesting and worth the money, and culminates in a visit to the Sistine Chapel. If you are lucky enough, you can nab a seat along the side and spend time marveling at one of the artistic wonders of the world. If you don't, you have to stand and look up and hope your neck doesn't ache too much as you will be there a while. There are no photos allowed inside.

On your casual exit you bypass St Peter's Basilica, built in the Renaissance style, with its truly wonderful interior where we were lucky enough to listen to a fabulous choir sing and meet some people from all around the world who had come to visit. On the steps you look out over St

Peter's Square which is full of people on Sundays for the papal address, and it's worth noting that it is possible to get an audience with the Pope on Wednesdays if you book far enough in advance.

So, that's part one of our Rome article, we shall retire to eat a bowl of Spaghetti aglio e olio and return next month with Part two!

*While travel outside the UK continues to be restricted, we look forward to the time when we can experience new places once again. Our travel writers, Teresa and Steve, provide some future travel inspiration with a guide to Rome.*





# CULTURE

## HEATONS POST BOOK CLUB

For this month of the book club, the Heatons Post team have selected *Mad, Bad, Dangerous to Know* by Colm Tóibín. We hope you enjoy this month's selection.

Please head over to the Heatons Post Book Club Facebook page to discuss and give your thoughts and opinions. Happy reading!

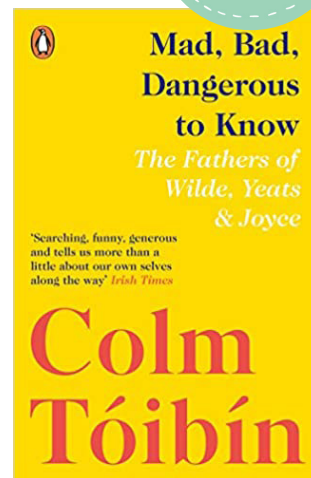
### **Mad, Bad, Dangerous to Know** by Colm Tóibín

#### Synopsis:

In *Mad, Bad, Dangerous to Know* Colm Tóibín takes three of Ireland's greatest writers - Oscar Wilde, W.B. Yeats and James Joyce - and examines their earliest influences: their fathers.

With his inimitable wit and sensitivity, Tóibín introduces us to Wilde Senior, the philandering doctor whose libel case prefigured that of his son; the elder Yeats, an impoverished artist who never finished a painting; and to John Stanislaus Joyce, the hard-drinking, storytelling father of James, who couldn't feed his own family. This is an illuminating study of how each of these men cast a long shadow not only over the lives of their famous sons, but over the works for which they are celebrated and cherished.

Publisher: Penguin Books Ltd  
ISBN: 9780241354421



To comment or give your thoughts on this month's chosen book, head on over to: [www.facebook.com/groups/heatonspostbookclub](http://www.facebook.com/groups/heatonspostbookclub)



## RANDOM OVERHEARD IN THE HEATONS

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

Sarcasm frequent, drops of kindness rare and small.

You have been warned folks.

Here goes....

### #RandomOverheard

'So here we are again eh...'  
'Yep...thank god I've got my wine supplier on speed dial...'

'My brain's gone into overdrive...'  
'God I'm just glad if mine goes into 'drive'...'

'Daddy, why can't you get mouse flavoured cat food...?'

\*Proudly 'Had a Valentine's card...'  
'Wow...really?! Bit early though...'  
\*Smug face 'Who cares... it's got pride of place on the mantelpiece... and it's gonna stay up for as long as possible...'  
'Any idea who from?'  
'Oh yeah...it's my local wine supplier...'

'If anyone had said last year that the highlight of my social life would be standing around on a cold pavement...'  
'And stuck talking to me!'  
'Well.... Actually... I've been trying to catch your eye for ages...but...y'know... and now it's really lovely!'  
<silence>  
\*beams

'I had a good clear out the other day'  
'Oh yeah? Find anything good?'  
'Yeah... some really pretty, sexy underwear...'  
'Covered in dust...?'  
'Well I can't remember the last time I wore it...'  
\*sighs  
'Those were the days eh...'

'Remember all those drunken idiots in the pub late on Saturday nights... jeez you had to fight your way through sometimes...'  
<silence>  
'Yeah, but y'know... I even miss that these days...'

'He didn't even send a card!'  
'Well...to be fair...he probably knew you'd just shred it...'  
'Yeah...well.....I would've at least had the satisfaction!'  
<silence>  
'Right...'

'He actually suggested a date night to liven things up a bit....I told him I had the ideal guy in mind, I'll introduce him and hope he likes him....'  
\*cackles

# POETRY & MUSIC

"The" net gathers us together from around the world.  
A net to catch you if you fall.  
Connecting and communicating with others.  
Reaching out so you don't flounder alone.

Watch the birds on the feeder.  
Smell the fresh mountain air.  
Relish the changing seasons.

Some time to rest can sometimes be the best.  
The best is yet to come.

Be the reason someone smiles today.  
Reciprocate the small kindnesses.

We don't miss our water until the well runs dry.  
Remember not to take others for granted.

Attitudes are contagious.  
Will ours be worth catching?

by Hummingbird Memory Cafe

The Hummingbird Memory Café is based in New Mexico, USA to support those living with dementia.

Read all about their work and their new collaboration with the Heatons-based Dementia Disco on page 5.



## (CYBER)SPACE – THE VINYL FRONTIER!

by Andy Rayner

As many people are aware, the big growth in recorded music sales over the last couple of years has been in vinyl! Yes, those old 45s, 12" singles and LPs that have been gathering dust in your attic are now bang back in fashion, with a growing number of major artists choosing to release their work on this classic media.

Alain Lolliot is one of these vinyl fanatics. Despite growing up in the age when the CD was king, he is one of the many enthusiasts of all ages who think there is nothing quite like handling those evocative black discs, marvelling at the artwork on the gatefold sleeves, enjoying the warm analogue sound and getting up at 'half time' to make a cup of tea before settling down to listen to Side two...

Alain, who was born and brought up in the sun-drenched wine growing region of Stellenbosch in South Africa, set out to broaden his horizons and during the course of his travels met a girl, fell in love, and ended up in... Heaton Norris! Hearing about a monthly vinyl night at Feed, the general store/kitchen/café in Heaton Chapel, Alain became a regular visitor and before long had been invited to host a half-hour slot behind the decks and treat the clientele to some gems from his own record collection.

As lockdown began and the vinyl nights ceased, Alain's record collection continued to grow as he waited patiently along with the rest of the world for the crisis to pass. After three months or so though, his wife Jess suggested that he could perhaps ease his frustration by investigating the possibility of launching an internet radio station. The idea hit home and within weeks the necessary licences



• Alain Lolliot

had been obtained, the technical issues sorted out, and Vinyl Night Radio was born. With some help from Morgan and Breige, who had launched the Feed sessions, broadcasting began in mid-July.

It wasn't long before DJs Neilski, Vim-Tonic and Glenn had also come on board allowing the station to serve up a heady and eclectic mix of music each weekday evening. Samples of the various DJs' setlists, which cater for most musical tastes, can be seen on the station's website. Alain intends to continue with the station once life returns to normal, as well as resuming the monthly Feed nights, which he hopes will be streamed live as well.

Listen to Alain and the other DJs every Monday - Friday at [www.vinylnightradio.co.uk](http://www.vinylnightradio.co.uk)  
Shows are broadcast live between 8 - 9pm (7 - 9pm Tuesdays), and repeated on Sunday afternoons from 2pm.



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)



# LOCAL BUSINESS NEWS



• Seashell Chip Shop, Derby Range, Heaton Moor

## DO WE HAVE A WINNER?

by Mary James

The National Federation of Fish Friers want to find the longest continuously trading Fish and Chip shop in the country, and possibly in the world, and one shop in the Heaton is among the final contenders for this title. The shop is already thought to be the oldest in the North West still serving up our national dish of fish and chips.

The Seashell Fish and Chip shop has been in business on Derby Range for at least 120 years and possibly a little longer. This area was originally farmland where Benjamin Whitelegg farmed in the 1840/50s. Shaw Lane, now Shaw Road, led down to Shaw Farm but, with the coming of the railway and opening of the Heaton Chapel Station in the early 1850s, Manchester business men could now live in the cleaner air outside the city and hence Victorian houses began to be built along tree lined streets in Heaton Moor.

March 1875 saw leasehold agreements drawn up for Derby Range and the houses were built in time for a child known to have lived in one house here to have it recorded on their baptismal record in 1879.

Thomas Thompstone, a dairyman who previously worked at Mauldeth Hall, is found on the 1881 census at number 21 (now number 14) Derby Range, but he vacated the house and Joseph William Wray moved in with his family. Joseph William, known as William, had two jobs – one as a chimney sweeper and the other as a fish frier! So this is when fish and chips were first sold from the property on Derby Range.

William ran the fish and chip shop until 1903 when he moved on and Samuel Farmer moved in who was described as a 'Fried Fish Dealer'. There was a fish dealer around the corner on Heaton Moor Road, next to the pub, and no doubt this would be where William and Samuel obtained their fish. Samuel Farmer died in 1905 and his place was taken at the fish and chip shop by a John Lindsay, but he did not stay for very long as in 1911 George Henry Marhall and his family took over the business. George was from Hampshire and had previously worked on the railways, bringing him to the north west of the country where he married.

Later occupants and fish friers include Ivy Brassington and her family, who ran a shop as well as the fish and chips business from 14 Derby Range prior to WWII. Since then, there have been numerous owners including Jim and Sheila in the 1970s and for a short time Derek and Adele. Many local people may recall Rob Whittaker and his wife Jayne who had the Seashell for about 30 years until the present owner, Matthew Lee, took over four years ago.

Will we have the oldest continuously trading fish and chip shop in the country? We wait to hear but, whatever the decision, I know that the Seashell sells delicious fish and chips!

If you have any information or memories about the Seashell or Derby Range, please share them with me at: [heatonspostfamilyhistory@gmail.com](mailto:heatonspostfamilyhistory@gmail.com)

## PIE WINS AWARD



On 18 December, Heaton Chapel resident Beth Nunn was awarded the 'Women in Education' title at the 2020 She Inspires Awards.

Former English teacher Beth left teaching in 2017 to found PIE: Pursuing Individual Excellence. This Stockport based social enterprise aims to help young people become Future Ready, and since forming has worked with over 500 young people in Stockport both within school and community settings.



The She Inspires Awards 'celebrate the huge wealth of outstanding contributions women have made to Bolton and the wider North West region. It's a night of celebration and achievements of women from all walks of life in our diverse and thriving community, showcasing extraordinary examples of courage, triumph, kindness, compassion, transformation, skill and success.'

The event has been running for six years, and prides itself on its recognition of women who 'have gone above and beyond in the course of their work, service and passions'. So as a social enterprise, mainly run and delivered by women, we couldn't be prouder!

On winning the award, Beth said, "I couldn't be more thrilled to be recognised for the work that PIE does within the education sector. 2020 has been a tough year for everyone, and I am so proud of the work we have continued to do throughout the pandemic both with schools, and the community."

"Education has never been more important, and ensuring young people have been supported both in formal and informal settings has been something we have been honoured to be a part of."

For more information about PIE please visit: [www.pieuk.org](http://www.pieuk.org)



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### Seashell Fish & Chips

14 Derby Range, Heaton Moor

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If you have any historical photos of the  
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Heatons Post are looking for volunteers to join their  
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If you would like to help by delivering to homes within your local area  
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To find out more, contact: [news@heatonspost.co.uk](mailto:news@heatonspost.co.uk)



Sustainable Living in the Heatons are looking for a volunteer to  
join their small social media team to help develop and maintain  
their Facebook page.

No expertise required - this could be a skill you would like to develop  
or an activity to go on a CV.

To find out more, contact: [info@slheatons.org](mailto:info@slheatons.org)

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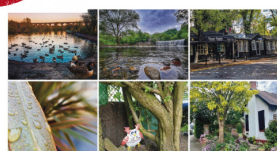
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# LOCAL SCHOOL UPDATE

## A HELPING HAND TO ST THOMAS' PTA

by Joanne Hayes



The Parent Teacher Association of St Thomas' CE Primary School are delighted to have been chosen to benefit from the Co-op Local Community Fund this year.

We are raising funds to create an Outdoor Reflection Area in our school playground to provide a calm and peaceful space for the children of St Thomas'.

The reflection area will be a place for the children to make new friends when they're feeling lonely, somewhere to talk through their worries, or simply a place to have some time to themselves to reflect, away from the hustle and bustle of the school playground.

Rhian Greaves, Chair of St Thomas' PTA, said: "With most fundraising activities either disrupted or completely unavailable, being chosen

as a Co-op local cause is a huge boost to the PTA. The reflection area we hope to fund will provide a much needed sanctuary for the children, supporting their emotional health and wellbeing.

"The Co-op stores are a key part of our amazing Heaton's community and we hope that our school families, friends and neighbours will choose St Thomas' as their cause this year."

When Co-op members buy selected Co-op products and services, 1p for every £1 spent is donated to local causes like ours.

If you shop at the Co-op, please help us to raise funds for our school by selecting St Thomas' PTA as your Co-op local cause: [membership.coop.co.uk/causes/51148](https://membership.coop.co.uk/causes/51148)

## LOCKDOWN REMOTE LEARNING AT TITHE BARN

by Florence B. Year 6

As the new lockdown has been announced, schools have taken on home learning again. There are positives and negatives of this change. Online learning has enabled the opportunity to choose when to do work, and when to have breaks. I believe this increases the responsibility of children.

What has most certainly helped is online calls and use of Google Classrooms. Some schools may have done this before January, but a lot of teachers have recently started it. It is a great way of getting students to interact with other children and teachers. Also, it can help the children be taught by a teacher successfully whilst both remaining safely at home.

Lockdown has made it difficult for children to be sociable with other children. At my school, my friends and

I call often, so we can play games and catch up. I enjoy this, yet I still miss them and playing with them in the playground. As I am in year 6, I am old enough to go on walks by myself, so I sometimes go on one walk locally, with a friend.

Another negative of lockdown, to me it feels like the same thing every day. We don't have those little things to look forward to, that come easily when everything's possible. For example, it has recently been snowing! Usually, I would be happy and play in it for an hour and that's it. Now we're in lockdown it is like a miracle when you wake up to see a blanket of snow covering your garden!

Home learning is not anything like as good as being at school, but it is definitely worth it if you think about how you're saving lives!

## CHILDREN'S MENTAL HEALTH WEEK 2021

by The Wellbeing Team, Priestnall School



THE VIRTUAL  
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A HEALTHY MINDSET, SPREADING POSITIVITY & ENCOURAGING SELF-CARE.

FROG:



Wellbeing Information for students, staff, parents/carers

TWITTER: @ROOMWELLBEING

INSTAGRAM: @PRIESTNALL\_WELLBEING

Children's Mental Health Week 2021 takes place 1-7 February 2021. Priestnall school, along with many other UK schools, youth organisations and individuals are working to promote awareness and help raise funds for charities who support children's mental health.

The theme this year is Express Yourself and we, the Wellbeing Team at Priestnall, think it's an especially good one!

We don't have to be performers and fine artists to express ourselves, it's about finding ways to communicate with or without words how we feel. It can be the way we dress, the music we enjoy, the music we make! There are so many ways we can be creative, dance, photography, writing, art and doing all those activities that make us feel good.

Whatever age you are and whatever your creative outlet, find ways to express yourselves creatively for Children's Mental Health Week 2021 – share with us your thoughts, your feelings and your ideas. Please help raise awareness about Children's Mental Health Week and share with us how you are supporting children's mental health, pledging to support and expressing yourselves. You can

tag us on Twitter @Roomwellbeing and Instagram @priestnall\_wellbeing #ChildrensMentalHealthWeek.

There will be resources from Place2Be on our Wellbeing Pages accessed through the school learning platform Frog – which parents and carers can access should they wish – but anyone can access these resources via the Place2Be website. There are some really interesting discussion points for dinner-table chat, inspiring things to watch, listen to and read!

If you wish to donate to a children's mental health organisation, Place2Be have provided excellent resources during the pandemic and school lockdowns, spreading awareness, offering support and providing counselling services for primary-aged children.

We hope this finds everyone safe and well, from the Wellbeing Team at Priestnall School.

To donate, see: [donate.place2be.org.uk](https://donate.place2be.org.uk)



## SPELLING BEE CHAMPION!

by Priestnall School

Matthew in Year 8 came first in the national final of the French Spelling Bee.

We have had national finalists before but winning the whole competition is a first for Priestnall.

Check out the figures - the national final included the final 71 (we had two!) out of all the entrants which was over 30,000! Wow!

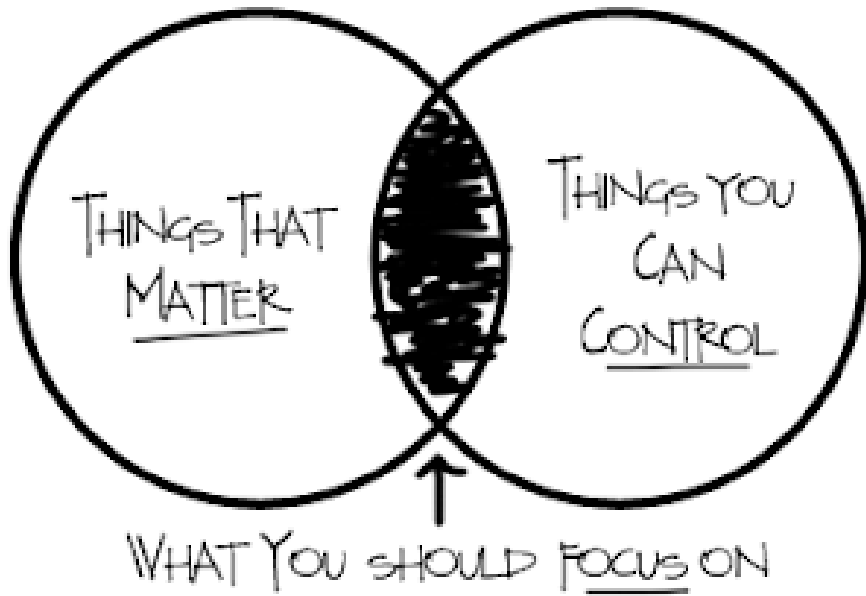
Matthew has excelled himself.



# WELLBEING

## 5 WAYS TO FOCUS

by Julia Wolfendale, On The Up Consulting Ltd



Are you feeling overwhelmed and struggling to focus?

As the cold Winter wears on and lockdown continues it is no wonder people are finding things difficult. As a coach, I know that how we feel has a big impact on how much energy we have for the good things in life. Quite often, when we feel overwhelmed by the doom and gloom, we forget to focus on what we can do.

Five Ways to Focus® is a self-led coaching programme online where you go at your pace and discover how to get things on the up!

The 13 modules are made up of five key questions on key topics including; self-care, creating positive perspective, and making changes. The course includes videos and handy worksheets that will help you plan positive actions to get out of a rut, gain clarity and purpose, and be your best self more of the time.

We are offering Heatons Post readers a special discount. To get lifetime access to the course for only £19 go to [www.udemy.com/course/five-ways-to-focus-a-self-led-coaching-programme](http://www.udemy.com/course/five-ways-to-focus-a-self-led-coaching-programme) and enter the coupon code JANOFFER25.99 before the 12 February 2021.

### SUDOKU

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

**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!

	1			2				
3							4	
5								
6								

#### ACROSS

- 3 Duties (7)  
5 Regard with contempt (7)  
6 Cayenne producer (7)

#### DOWN

- 1 Hispanic (6)  
2 Craziest (7)  
4 Religions (6)

Puzzle source: [www.crosswordsite.com](http://www.crosswordsite.com)

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



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



Jan 20 - Feb 18  
Aquarius

It's time to start anew for Aquarius, when life brings opportunity for change, put yourself out there.



Jul 23 - Aug 22  
Leo

Beware of others showing their true colours this month Leo, a previously trusted peer will reveal a darker side to you, be wary with this knowledge.



Feb 19 - Mar 20  
Pisces

Your enthusiasm will be unmatched this month Pisces. Be sure to capitalise on this surge of motivation by being creative and productive.



Aug 23 - Sep 22  
Virgo

Try to keep your head clear this month Virgo, when things around you get hectic, your resilience will be put to the test.



Mar 21 - Apr 19  
Aries

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



Sep 23 - Oct 22  
Libra

This month brings luck to Libra, a financial or material gain is ahead. Make sure to treat yourself and those around you with this.



Apr 20 - May 20  
Taurus

Try to avoid extremes this month and play it safe Taurus. An impulsive decision is likely to bring regret.



Oct 23 - Nov 21  
Scorpio

Things will seem slow this month, take it as a sign to slow down and smell the roses.



May 21 - Jun 20  
Gemini

Try to regulate your emotions this month Gemini. You will be faced with both great joy and sadness. Budget your feelings accordingly, being wary of each one's opposite emotion.



Nov 22 - Dec 21  
Sagittarius

Never do things that feel wrong just to please someone else, and vice versa never censor yourself. As long as it doesn't hurt anyone, you are entitled to your opinion.



Jun 21 - Jul 22  
Cancer

Make the most of the time you get to spend alone this month, perhaps try and hone a skill. It will pay off greatly.



Dec 22 - Jan 19  
Capricorn

Work on your wellbeing this month Capricorn, the temptation to get lazy will be ever present, do all you can to resist.



"Knight Skiing"

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

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# SPORTS AND FITNESS

## KEEPING THE PASSION ALIVE

by Kevin Bradford



There was the crack of leather on willow. Windsor Park looked resplendent when the sun shone. And there was passion aplenty when the players took to the field.

But those age-old features of Denton West Cricket Club aside - last year saw a season like no other.

The restrictions imposed because of the Covid-19 crisis meant players, officials and supporters had to adapt their game for the safety and wellbeing of everyone.

"It was difficult at times, but everyone associated with the club rallied together and did a brilliant job to get games on safely," said George Hill, who captained the first team during the disrupted season.

"It was great we were still able to welcome some supporters into the ground and remain an active part of the community, which is really important to us."

The club was formed from the amalgamation of Reddish Cricket Club and Gorton Cricket Club in 1934, with many of the current crop of players coming from the Reddish and Heaton Moor area.

And despite the current uncertainty, preparations are well underway for what the club hopes will be a more positive summer ahead.

Along with the full return of fans and players, the club also plans to relaunch the sponsorship boards around the ground.

"We've had really great support over the years and we are looking forward to bringing some new people into the club," said George.

"Having the fencing back around the pitch is a great way for us to support businesses and services in the area.

"It's also fantastic exposure for companies, who can get their brand in front of hundreds of spectators from both home and away clubs, every game."

Anyone interested in sponsoring a board and having their messaging professionally designed should email: [garethsenior68@gmail.com](mailto:garethsenior68@gmail.com).

## AIRPORT FUNDING FOR LACROSSE CLUB



Heaton Mersey Lacrosse Club is just one of 18 organisations across Greater Manchester and Cheshire to have recently benefitted from the Manchester Airport Community Trust Fund.

Heaton Mersey Lacrosse, based at The Heaton Sports Club on Green Lane in Heaton Moor, received £2,400 in funding, which it will use to purchase new goals.

Each year, £100,000 is contributed to the fund by Manchester Airport Groups which is then used to support community projects within a 10-mile radius of the airport, with a maximum grant of £3,000 being awarded.

For details on how to apply and the necessary requirements, see: [www.manchesterairport.co.uk/community/working-in-our-community/community-trust-fund](http://www.manchesterairport.co.uk/community/working-in-our-community/community-trust-fund)

## THE DAILY MILE

In March 2018, Andy Burnham joined Elaine Wyllie, founder of The Daily Mile, and made the commitment for Greater Manchester (GM) to become the world's first Daily Mile City-Region. Today we are celebrating taking a step closer to achieving that ambition as we reach the milestone of 500 primary schools signed up to The Daily Mile across Greater Manchester.

The Daily Mile, supported by INEOS, is a transformative initiative where children run, jog wheel or walk for fifteen minutes every day, in which time, most people will average a mile or more.

Currently, Greater Manchester has some of the lowest levels of physical activity within the entire United Kingdom. As it stands, 60.4% of children and young people are not meeting the Chief Medical Officer guidelines for physical activity, with 37.7% being classified as overweight or obese by the time they reach year

six, according to the National Child Measurement Programme data, 2019/2020.

In 2018, Greater Manchester marked its commitment to becoming the first Daily Mile City Region, aiming for all nurseries, schools, universities, and workplaces to adopt The Daily Mile.

Andy Burnham, Mayor of Greater Manchester, says: "I'm delighted that 500 primary schools in Greater Manchester are now taking part in The Daily Mile. I want all young people to have the best start in life, and that's why initiatives like The Daily Mile are so important to help ensure that all of Greater Manchester's children have the opportunity to be physically active. I want to encourage all schools who aren't yet signed up to get involved so that their students can benefit from the physical and mental health benefits that moving more can bring. Here in Greater Manchester we remain committed to becoming the world's



• Mayor Andy Burnham Elaine Wyllie, founder of The Daily Mile

first Daily Mile City-Region, and I look forward to seeing the number of schools and other education settings taking part continue to grow."

With the majority of children now being home-schooled due to the reintroduction of a national lockdown,

The Daily Mile have updated and re-launched their #DailyMileAtHome resources to support families to keep moving safely. The challenges help families to get outside and moving together each day to help look after their physical and mental health during these difficult times.