

FREE

HEATONS POST

INFORMING, INSPIRING AND CONNECTING THE HEATONS & REDDISH



**ANOTHER
GIGANTIC
LEAP
FORWARD**
SEE PAGE 7



**SUPPORTING
HEATONS
MUMMIES**
SEE PAGE 8



**CLEANER
AIR, SAFER
STREETS**
SEE PAGE 11

CELEBRATING WORLD BOOK DAY

Local schools in the area shared their wonderfully inventive ways of celebrating World Book Day this March. Read more about what they got up to on page 18.



• Students at St John's Primary School



• Mr. Matthew Copping, Headmaster
Stockport Grammar Junior School



• Ramona, St. Thomas



• Derrell, Year Four, Mersey Vale

ABSEILING FOR BEACON

Team Heatons Post have been invited by the Mayor of Stockport, Dean Fitzpatrick, to abseil down the Stopford Building in Stockport Town Centre on Saturday, 17 April in aid of The Mayor's charity, Beacon Counselling.

Beacon deliver counselling in Stockport and the surrounding regions, working to build resilience in communities by supporting adults, young people and children experiencing mental and emotional distress.

Amanda and Mel would be extremely



grateful for the support of readers who can make a donation to the charity via their Just Giving page:
<https://bit.ly/2PsgkNr>



HAVE YOUR SAY
READ ALL ABOUT IT ON PAGE 4

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COMMUNITY NEWS

LOCAL GROUP SUPPORT FAMILIES

by Stockport Allergy Mamas

We are really grateful to The Heatons Post for asking us to write this article and introduce you all to our group - Stockport Allergy Mamas.

Stockport Allergy Mamas is a group that was born out of two mums coming together to share the ups and downs of a life with a child, or as in Kate's case, multiple children who have allergies. We both felt quite alone in our journeys and found it tough navigating through weaning, allergy ladders and seeing little ones suffer with symptoms.

We really want to help support other parents going through this, and although we are primarily focused upon mums, we would like to build a dads group in the future as we know allergies affect the whole family.

We have members who are pregnant and have allergies in the family, through to members with older children of 10, so no age restriction applies, we know it's emotional seeing children of any age suffer!

We hold zoom sessions and have a



Whatsapp group where we support each other and although not medically trained, we support each other through the emotional side of the hospital tests, appointments and treatments that our children endure. We share our successes and tips about how to make life with a child who has allergies as 'normal' as possible.

We are working with Stockport Healthwatch to improve the journey to diagnosis for children with allergies and have been supported by Stockport TPA (The Prevention Alliance) and Stockport Local for funding to help us continue our work with as many people as possible.

You can find us on facebook at Stockport Allergy Mamas or email stockportallergymamas@gmail.com for further information.

BRITISH ARMED FORCES SUPPORTING VACCINATION PROGRAMME

by NHS Communications & Engagement Team



• The North West Vaccination Quick Reaction Force ready to vaccinate Stockport residents. From (L) to (R): Sergeant Andrea Snape, Band Corporal Peter Hume, Band Lance Corporal James Evans, Surgeon Lieutenant Commander James Watson. Part of the team but not pictured: Sergeant Lynsey McLeish and Musician Finlay McCall.

Members of The Royal Navy, Royal Marine Band, Royal Air Force and Army from across the country arrived back in Stockport for two weeks at the end of March to support the COVID-19 vaccination programme being delivered by NHS Stockport Clinical Commissioning Group (CCG). They make up The North West Vaccination Quick Reaction Force. This is a mix of doctors, nurses, allied health professionals and vaccinators, all trained and fully briefed on the logistics of giving vaccinations in people's own homes.

They worked in partnership with the

NHS by visiting people in care homes and housebound patients who needed vaccinating. This was a return trip to the County for the British Armed Forces as they have already supported the local vaccination programme.

Dr Cath Briggs, CCG Chair, said: "The armed forces were a boost to our vaccination programme in its early stages and we were delighted to welcome them back for a second visit. It's a great example of partnership working between the NHS and The British Armed Forces to help our most vulnerable residents get the vaccinations they need."

CHEADLE*POST LAUNCHING IN JULY

The Heatons Post team are thrilled to announce that Cheadle Post will be launching in July!

Heatons Post has been so welcomed and supported by the local community since its launch in February 2020, with the response highlighting the need for hyper-local community news.

It is due to the success of Heatons Post as a printed platform to share community news and information that we are looking to expand this form of newspaper into other areas. We are excited that Cheadle Post, covering Cheadle Village, Cheadle Hulme and Gatley, will be our first additional publication in the 'Post' family.

The format for Cheadle Post will follow that of Heatons Post, with news stories and information being contributed by

community groups, schools, sports clubs, charities, and businesses based within Cheadle & Gatley, helping to keep these communities informed and connected.

As a not-for-profit newspaper, we are asking for community support to help get Cheadle Post up and running with donations through GoFundMe.

If you would like to help other communities benefit from a community newspaper, we would be very grateful for your support. All donations are welcome - just £1 from every reader would enable us to set up Cheadle Post and cover the costs of the first few issues.

Donations can be made at: <https://gofund.me/3a2a54e1>

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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
HEATONS POST

COVID-19
CORONAVIRUS

Heatons Neighbourhood Outreach

Community Action and Support

heatonscovid19@gmail.com

STUCK INSIDE AND NEED HELP?

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

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

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

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

Call 0161 443 1903

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

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

NEVER ALONE

NSPCC 0800 800 5000 (24hrs)

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

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

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

Samaritans 116 123 (24hrs free)

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

Victim Support 0800 168 9111 (24hrs)

ChildLine 0800 1111 (24hrs)

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

National Centre for Domestic Violence 0207 186 8270

MP'S UPDATE

by Navendu Mishra, MP for Stockport

Last month's Budget should have been an opportunity to invest in key services, such as urgently needed upgrades at Stepping Hill Hospital and additional funding for cancer services right across Greater Manchester.

The 1% pay rise for NHS workers was shameful and insulting to our health workers who've put themselves in harm's way to keep our community safe during the Covid crisis.

There also needed to be far more for the tens of thousands of people across Stockport who've been excluded from financial help during the pandemic, such as the self-employed.

Recently we celebrated International Women's Day, and it was wonderful to see Heaton Norris Community Centre create an International Women's Week activity workbook to mark the occasion. I was delighted to receive a copy and would like to say a special thanks to Nadia Ali and the youth group at the centre for all their hard work.

I was pleased to lead a debate in Parliament to mark World Water Day, and draw attention to the two billion people living without safe access to water, as well as the 800 children who die each day from preventable diseases linked to poor sanitation.



• Navendu Mishra, MP for Stockport

Finally, it's been humbling to see our NHS doing such an amazing job rolling out the vaccination programme to ensure that all those who want it, including the most vulnerable in our community, are able to receive it. I've once again pushed in Parliament for a fair pay settlement for NHS workers, as well as police, firefighters and council staff.

As always, if you need to contact me and my team, you can find me at navendu.mishra.mp@parliament.uk.

LETTER FROM THE EDITORS

This month, we have an issue of announcements! The first being that we are now printing and distributing 11,000 copies of Heatons Post across the Heatons and Reddish each month.

To think that just over a year ago when Heatons Post launched, we were printing 3,000 copies and have been able to steadily increase on this volume, despite the challenges posed by the Covid pandemic.

The increase is, in part, due to businesses who have supported, and continue to support, not-for-profit community news, and who see the benefit a hyperlocal, printed newspaper brings to a community as a whole. But it is also due to our dedicated volunteers who enable Heatons Post to reach over 7,000 homes each month, and to local venues who have continued to be stockists.

Our aim remains to continue to increase our print run and work towards all households receiving Heatons Post through their door each month.

The second announcement is featured on the front page and is our participation in the Mayor's charity abseil on Saturday, 17 April - needless to say, the invitation to walk down the Stopford Building was something we did not see coming, but are more than happy to accept and support the Mayor's charity, Beacon Counselling.

And finally, the exciting announcement concerning the development of community news which you will find on the opposite page - this is a major achievement for us and the start of, what we hope, will be the continued growth and development of not-for-profit, community news as we work to support more communities across the borough.

Take care and stay safe.

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

MEET THE TEAM



Amanda Fourie
Heatons Post Team



Mel Page
Heatons Post Team

LIST OF CONTRIBUTORS

Design: Gemma Lamb (gemmarachael.com)

Printer: Reach Printing (reachprinting.com)

Co Founders: Amanda Fourie, Mel Page, Suze Howell

Our Regular Writers: Andy Rayner, Kevin Bradford, Jez Myers, Richard Wilson
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

CONNECTING REDDISH SOUTH

by Andrew Gwynne, MP for Denton and Reddish

Reddish South has the unfortunate honour of being one of the quietest train stations in the UK. This shouldn't really be a surprise when the station has just one return journey each week – what is known as a parliamentary service. For many years, I've been supporting the Friends of Reddish South Station in their campaign to properly reopen the station with a regular passenger service from Stockport to Manchester Victoria via both Reddish South and Denton.

It has been a long campaign, but I'm hopeful that we can make some real progress now through the Department for Transport's Restoring Your Railway Fund, which is intended to support proposals to reinstate axed local services. Our bid was not successful in the first two waves of funding, but has been submitted for the third round. I have submitted the application with support from three other MPs (Navendu Mishra, Angela Rayner and William Wragg) and the bid has been drawn up by Transport for Greater Manchester and Stockport Council, with additional support from Stockport Mayoral Development Corporation and Tameside Council.

The scheme that we've put forward would not only see the reopening of a passenger line from Stockport through Reddish South and Denton to Ashton Moss and then on to Manchester



• Andrew Gwynne, MP, Denton & Reddish

Victoria, but also a link from Rose Hill (Marple) to Stockport via Reddish South.

The line could also be used for light rail as part of an eastern-orbital loop, which would link Reddish South with Stockport, Didsbury, Manchester, the Etihad Campus and Ashton Moss. This idea was also submitted as part of the application to the fund.

This is a really strong application, which would really improve transport connectivity for Reddish and the Heatons, and I hope that the Department for Transport recognises the huge positive impact of the scheme and signs off the funding.

FOOD BANK WORK BY REDDISH MORRISONS



Andrew Gwynne, MP for Denton and Reddish, has thanked staff at Morrisons in Reddish for selling pick-up bags of items for local food banks.

These pick-up bags are made up of essential items, which are displayed for customers to buy along with their shopping. These can then be added to a donation trolley on exit.

In the run-up to Mother's Day, staff prepared bags with chocolates, bubble baths, face masks and other items, to give mothers using the food bank a treat.

The work has been led by Reddish Morrisons' Community Champion, Michelle Stokes, who received a Citizen's Award from Gwynne in

September 2020 in recognition of her work for the community during the pandemic.

Andrew Gwynne said: "Sadly, the pandemic means that more families than ever are facing financial hardship and using food banks.

"This is a great initiative from Reddish Morrisons to make it easier to donate to our local food banks and I'd like to thank Michelle Stokes and the rest of the team for their hard work in organising this.

"If you shop at Morrisons in Reddish, and you are able to, I'd really encourage you to buy and donate a pick-up bag to help out our local food banks."

A NEW HUB

A new cultural hub will soon open its doors in Stockport Town Centre.

One Stockport Hub will be located in Mersey Square in a unit formerly occupied by Argos and will provide a temporary solution for a covid safe location for library services that would normally be offered at Central Library.

- Visitors will have access to:
- a dedicated family library with adult and children's literature.
 - a digital zone with computers and tables for use free of charge, as well as free Wi-Fi and space where visitors can use their own devices.
 - Council's heritage material and Stockport archives.
 - a Stockport shop selling items currently offered in our museums' shops.
 - local history displays from our museum collection.

Sitting in a highly accessible location in the heart of the town centre, which will appeal to both shoppers and visitors, the hub will initially offer a limited service. In line with current government guidance, visitors will need to pre-order books for collection and will also have to book a slot to use

a computer for essential use, such as job applications and benefit claims.

Subject to the current government restrictions being eased on 12 April, this will be the earliest date that book browsing and drop-in use of computers will be reintroduced, as well as access to the shop.

To ensure the safety of both visitors and staff, the Hub will be operating under strict covid secure guidelines. Numbers will be limited, and you may have to queue before entering the premises. Visitors will be asked to sanitise their hands on entry and observe the one-way system that is in operation.

The Hub is the first stage in the council's ambition for a much larger town centre cultural and community centre, which has already seen the council awarded £14m from the Government's Future High Street Fund to help realise this game changing vision for the town.

To order a book or to pre-book a computer, visit:
www.stockport.gov.uk/topic/libraries

WHAT DO OUR YOUNG PEOPLE NEED?

The young people of the Heatons and Reddish need somewhere to go to hang out; to help them to stay out of trouble and keep them from hanging around the streets. So where can they go?

A skate park encourages exercise, develops skills and provides a neutral, practical and purpose-built environment for our young people to socialise and get fresh air, channelling their energy and focus into healthy lifestyle choices.

The Heatons Post Team are running a survey about skate parks and we'd love to hear your thoughts.

We're asking you to answer just a couple of questions:

- Would you support the development of a skate park in the Heatons or Reddish?
- If yes, where would you suggest it is located?
- If not, what would you suggest is needed instead?

Please complete your answers by going to this link:
forms.gle/tKiwReQbHimBxnJ99

If you would like more information about the project then please email:
news@heatonspost.co.uk

Thank you for your time.



READ EASY

by Barbara Myers

Local charity Read Easy Stockport is encouraging adults who struggle to read to come forward and ask for help. Within the next few weeks our Reading Coaches will have completed their training and will be ready to offer their support.

We are asking people who know of friends and family members who cannot read to pass on the Read Easy Stockport phone number and encourage them to make a call that could transform their lives.

There are 11,000 thousand adults in Stockport who either cannot read at all or can barely read. For them, everyday tasks such as booking a doctor's appointment, reading road signs or doing the food shopping can be incredibly challenging. Life during lockdown has also been particularly hard for those with low literacy skills. Parents who cannot read have found it impossible to home-school their children, whilst many others have been unable to keep on top of the Government's ever-changing health guidance. Many are missing out on the important bonding time that comes with sharing a bedtime story.

Read Easy Stockport offers free and confidential one-to-one coaching from trained volunteers. In normal circumstances, reading pairs meet twice a week at approved local venues to work for just half an hour at a time



through a structured, phonics-based reading programme, which takes up to two or more years to complete.

Read Easy Stockport's Team Leader Marie Joyce says those who struggle to read should not feel embarrassed about coming forward and asking for help: "There are lots of different reasons why people don't learn to read in childhood. For some it may have been a lack of support from their own family or school, for others it may have been undiagnosed dyslexia. But people should not feel ashamed or embarrassed about it. We are friendly, welcoming, and here to help, whatever your age."

For more information, please contact Marie Joyce on 07957 516443 or email stockportleader@readeasy.org.uk. For more information on the work of Read Easy, go to the website www.readeasy.org.uk.

ADVERTORIAL

BENEFITS OF SUBMITTING YOUR TAX RETURN EARLY

by Andy Slade, TaxAssist Stockport

Spring is here, which also means the end of one tax year and the start of a new one. Your tax return can be filed any time after 6 April so discover why now is the perfect time to file...



File today, pay in January

If your tax bill is below £1,000 and/or you pay much of your tax through PAYE, you still only need to make one payment in January.

Tax payments linked to recent income levels

Many people and businesses are expected to make additional payments on account for next year's tax bill. There are two payments on account, one in January and one in July. The amounts are estimated by HMRC based on the previous year's tax bill.

If your profits have dropped due to coronavirus, HMRC may still be expecting a July payment on account based on your 'normal' numbers. So filing a tax return before July could lead to your July payment on account being reduced.

Get your Tax Credits earlier

If you receive tax credits or benefits, your claim needs to be renewed annually by 31 July, which involves letting the Tax Credit Office know what your income is.

It is better to submit the actual figures as soon as possible, rather than using estimates, to avoid being over or underpaid while the Tax Credit Office waits for your actual figures.

If you need help with your tax return, please contact TaxAssist Stockport and we'll be happy to help.

Sign up for our FREE email newsletter at the link below to keep up to date with the latest tax news and advice: www.taxassist.co.uk/stockport/register/newsletter

✉ stockport@taxassist.co.uk

☎ 0161 989 6800

📱 @TaxStockport



COUNTING DOWN THE DAYS

by Nadia Ali, Youth and Community Work Consultant

Heaton Norris Community Centre cannot wait for Monday, 19 April 2021 when we can welcome you back in the community centre and open all our existing and new groups again for you to participate.

We are currently looking for a local company or an experienced/skilled individual(s) that would like to join our team of volunteers at Heaton Norris Community Centre. We urgently need someone to help us build and develop a website/digital platforms to enable local people to find out more about the work we do and how they can get involved. We would also like someone to manage our social media. If you are interested then please contact us on: heatonhncc@gmail.com

We are pleased to have received funds from Stockport Council's Holiday Activity programme. If your child receives free school meals, you will be able to register onto our Easter programme - there will be fun, educational activities and an Easter Egg Hunt, as well as food, arts, and a craft pack for all participants.



Please call: 07857 928 833 to register your details or email: heatonshncc@gmail.com

To find out more about our re-opening, please look on our facebook page Heaton Norris Pavilion or call: 07857 928 833 for more details.

Every Monday
1PM-2PM and 7PM-7:45PM

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Only 20 places available.
Pre-Registration required.
Adults only
Contact details for registration
Nadia Ali on: 07857 928833 or
email: makeadiifferencegm@gmail.com

Heaton Norris Community Centre Love Lane, SK4 1JA

PHOTO OF THE MONTH



We are starting our monthly Photo of the Month with this lovely shot of Reddish Vale by Christina Cain.

printed in Heatons Post?

A photograph will be chosen each month from those submitted by email to: news@heatonspost.co.uk

Would you like to see your photograph

REDDISH GETS A MONTHLY ARTISAN MARKET

by Clare Simpson



• MP for Denton and Reddish, Andrew Gwynne with Market Curator Clare Simpson at Reddish Worker Bee Market



• August 2020

After a year of stopping and starting for all of us, Worker Bee Markets returns to Reddish on Saturday, 24 April 2021 for the first monthly artisan market in the Car Park at Broadstone Mill. Expect safe, outdoor events, with social distancing in place, a one way system, hand-sanitising and a request to wear a face mask if you can.

Worker Bee Markets' organiser Clare Simpson prides herself on choosing the best local, talented makers who create unique, quality products. Reddish and the Heatons provide a good few of the 40+ traders.

Ruth from Banshee Trading, based in Reddish, works with her husband to create iron homeware and gardenware. Paul from Chiselled Features by Paul in Heaton Moor is a stone mason by trade and creates house plaques and homeware on slate and stone. Vic's

Keepsakes flower arrangements, Smith and Co's wooden clocks, and brand new business The Crochet Boutique's animal toys are just a few of the local traders.

There will be handmade sourdough pizza from Crescent Catering and freshly brewed coffees from Extreme Coffee. There are also plans to launch the Worker Bee Artisan Awards, to celebrate the talent at these events, kindly supported by Snapes Estate Agent.

Visit the markets at Broadstone Mill, Broadstone Road SK5 7DL, on the final Saturday of every month (April - October) 11am-3pm, with a special festive market on Saturday, 20 November. Pop into Broadstone Mill Shopping Outlet too while you're there.

SUPPORTING LOCAL PEOPLE WITH DISABILITIES

by Supportability



Supportability is a local independent not for profit charity and since 1953, we have been supporting children, young people and adults with a wide range of complex physical and /or learning disabilities as well as autistic spectrum conditions. Our aim is simply to enable those with a disability to live a fulfilled and independent life.

Our paid staff and volunteers are passionate about providing quality support services that enable those with disabilities to develop friendship groups and their interests. We believe that everyday life experiences, that many of us can take for granted, should also be afforded to those we support.

We provide support seven days a week, whether that be in the home, community, our specialist day

centre or residential care home. Our support also offers many carers the opportunity for a break from their caring responsibilities.

Based in the Heatons, our day centre offers a range of fulfilling activities for disabled people to enjoy, from cookery to IT skills, all in a safe environment. There are many ways to get involved and following what's been a difficult year for us in terms of our ability to fundraise, we need your help more than ever. So, whether you can volunteer your time to help at an event, fundraise for us or even work with us as a charity partner for your business, we'd love to hear from you at enquiries@supportability.org.uk.

We look forward to telling you more about our valuable work in future issues.

PUT DOWN THE PHONE

by David Deanie

Research shows we touch our phones over two thousand times each day spending a third of our awake time on them. We often find that we are together, but not together. Phones and technology are great, we can see people across the world and have instant access to more information than ever before.

When is too much of a good thing not great for us?

Call of Duty has been played collectively by gamers for 25 billion hours (Nearly three million years - that is longer than humans have been on this planet!) Candy crush has been played by three billion people. The statistics are terrifying, the impact on families can be seen in stories about addictions and huge unexpected in-app purchases on parents' accounts.

What is the best-selling, most played game of all time? Believe it or not, it is chess.

Board games are essential for play, learning, interacting, understanding how to win and lose well and develop into sociable individuals that won't flip over a board when they are losing at Monopoly playing the in-laws at Christmas. David and Alice from the



local business Around The Box have updated the traditional compendium of games. They have created and curated games that are portable, easy to learn, quick to play, fast to tidy away and fun for all ages. The Box starts conversations, fills empty spaces, creates bridges between people and creates a space where people can connect.

Why not turn off your device, find the nearest human, play a boardgame and see what happens.

Challenge a friend with their Puzzle on page 19. Find more about them here www.aroundthebox.co.uk

STOCKPORT TAKES A GIGANTIC LEAP FORWARD

by Helen White, Totally Stockport

Remember the Stockport Frogs? How could anyone forget Strawberry Frog proudly guarding the NatWest Banking Hall on Great Underbank. Or Midas providing a golden glow at the Peel Centre. Or Prince Regent, resplendent in his crown, guarding his 'palace' at Regent House.

In 2019, Stockport's Giant Leap Frog Art Trail attracted thousands and thousands of new visitors, residents and families of all ages to the town centre. It was fantastic to see so many excited children (and big children) seeking out all 19 giant frogs on the trail, later to be joined by three visiting frogs!

In 2019, Stockport's Business Improvement District's frog trail was also a great opportunity for visitors to discover a newly invigorated town centre, buoyed by Stockport's £1bn programme of investment and regeneration. As Stockport continues to take gigantic steps to create a town centre for everyone to enjoy, the frogs are coming back - only bigger, better and even more of them!

This summer's Gigantic Leap Frog Art Trail 2021 will see 21 brand new, gigantic frogs hopping into the town centre! And not only that, their frog buddies will be hopping to locations across the whole borough.

Stockport BID manager Paul Taylor is delighted the frogs will once again be hopping back into Stockport town centre: "To say it's been a difficult 12 months for everyone is the understatement of the decade! Having worked so hard over the past four years to promote all the great changes taking place here and encourage more people to visit the town centre more often, it's been heartbreaking to see so many businesses forced to close during lockdown and the centre all but deserted.

"But it's time to plan for the reopening of the town centre and what better way



than with another brilliant trail that's even bigger and better than before! Stockport's 2021 Gigantic Leap Frog trail will once again bring visitors, families of all ages, friends and organisations following the trail while discovering the many new businesses who have set up here, despite the best efforts of Covid!

"And, just like last time, businesses can get involved and sponsor a frog. This year all proceeds of the auction will be donated to St Ann's Hospice."

Cllr David Meller, Cabinet Member for Economy and Regeneration at Stockport Council, said: "I'm delighted that the frogs will be leaping back into Stockport! They certainly got everyone talking when they were last here, with people visiting from across Greater Manchester.

"The fact that they will be seen throughout the borough for even more people to enjoy is even better and will, we hope, get people hopping around the borough to sample everything we have to offer."

Lasting from the beginning of July until the end of September, Totally Stockport are not revealing all the details just yet. But you can keep up to date with their journey at www.stockportfrogs.co.uk - we may even give you a sneaky peek into the famous frog factory!

Any businesses interested in sponsoring a frog, please contact info@totallystockport.co.uk



MEET HEATON NORRIS'S NEW RESIDENT

by Friends Of Heaton Norris Park



A thank you to all those that responded to the Facebook Page to name the Heaton Norris Park Frog.

Noris was the most popular name.

COMMUNITY GROUPS



Monthly Meeting:
1st Saturday of the month

info@slheatons.org
www.slheatons.org



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

loveheatonchapel@gmail.com
www.facebook.com/groups/loveheatonchapel



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

info@loveheatonnorris.co.uk
www.loveheatonnorris.co.uk



Supporting Local Businesses

admin@fourheatons.co.uk
www.fourheatons.co.uk



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

FofHCS@gmail.com
www.friendsofheatonchapelstation.co.uk



Weekly Meeting each Wednesday

lamplightersrotary@gmail.com
www.lamplighters.org.uk



hello@heatonmoorpark.co.uk
www.heatonmoorpark.co.uk



Meetings via Zoom
Monday 1pm & Thursday 7pm

heatonsmis@outlook.com
www.heatons-mis.co.uk



Supporting Maternal Wellbeing

Free Sessions:
Each Thursday, 9.30-11.30
Heaton Norris Pavillion
coffeechillandspill@gmail.com
www.coffeechillspill.com



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



forss1@ntlworld.com
www.friendsofreddishsouthstation.co.uk



info@theheatonswi.com
www.theheatonswi.com



heatonmessmembership@gmail.com

! WARNING: BANK ACCOUNT FRAUD

Bank account fraud has occurred if transactions you haven't made show up on your bank statement.

Bank account fraud could happen as a result of identity theft, when cards or bank account information has been stolen.

PROTECT YOURSELF AGAINST IDENTITY FRAUD

- Don't throw out anything with your name, address or financial details without shredding it first.
- If you receive an unsolicited email or phone call from what appears to be your bank or building society asking for your security details, never reveal your full password, login details or account numbers. Most banks will not approach their customers in this manner.
- If you are concerned about the source of a call, ask the caller to give you a main switchboard number for you to be routed back to them. Alternatively, hang up and call your bank back on the legitimate phone number printed on your bank statements.
- Check your statements carefully and report anything suspicious to the financial institution concerned.
- If you're expecting a bank or credit card statement and it doesn't arrive, tell your bank or credit card company.
- Don't leave things like bills lying around for others to look at.
- If you move house, always get Royal Mail to redirect your post.
- Get regular copies of your credit report from a credit reference agency.
- Notify your bank immediately if you see any unusual activity on your account.

If you have been affected by this report it to Action Fraud by calling **0300 123 2040** or visiting **www.actionfraud.police.uk**

ActionFraud
Report Fraud & Internet Crime
actionfraud.police.uk

You can access many of our services online at **gmp.police.uk**. For emergencies only call **999**, or **101** if it's less urgent.



SUPPORTING HEATONS MUMMIES

by Colette Woods



My name is Colette and my friend Hannah and I live in the Heatons. We are both first time mums of babies ages five and six months old.

We recently discovered a desperate need for a new mum/baby group in the area. I began a WhatsApp group called "Heatons Mummies" which started with about six ladies. I posted about us on a local Heatons Facebook page on Sunday, 8 March and received 40 requests all in one day! We were so overwhelmed and humbled with the response but it just goes to show how much it's needed.

Myself and Hannah took our inspiration from Vicky at St Chad's Baby Group, another mums support group in Romiley. We couldn't write



this article without saying a massive thank you to Vicky for all the support she has given us over lockdown and introducing us to the initial members of Heatons Mummies.

So following on from our experience at Romiley, we wanted to start a new mums group closer to home, for "lockdown first time mummies", as we've all craved support from fellow mums. We are hoping to get some support from local community centres, and so far we have a Facebook group and a WhatsApp group. We hope to meet many new mums face to face very soon (all COVID safe and precautions taken).

To join the Facebook Group, search for "Heaton Mummies".

JOIN THE HEATON NORRIS LITTER PICKERS

by Agnes Pimblett, Friends of Heaton Norris Park



The importance of our environment has never before been so apparent, particularly during the covid Pandemic, but sadly instead of a cleaner environment we have witnessed a massive increase in litter, with face masks joining take away packaging, coffee cups, cigarette packets, sweet wrappers and the usual pile of bottles and cans, plus the extra waste from the influx of new dogs in our parks and on our streets.

Over the last few months there has been an increase in the number of voluntary litter pickers who regularly pick up litter in Heaton Norris and Grafton Street Park. The efforts of these people have made a massive improvement to the park in their attempts to keep it clean and tidy for everyone.

This litter, however, is not just confined to the Park but also in the surrounding area and, unfortunately, because of the covid restrictions, there has not been an organized litter pick which

has caused a massive buildup of litter in the streets.

It would be nice to have a group of dedicated people that could donate an hour or two of their precious time, perhaps once a fortnight, to tackle specific hot spots in Heaton Norris. It would also be nice to have Street Champions or Heroes that could look after their own surrounding area and call on the wider group if needed.

The Community Centre in Heaton Norris Park is organising a litter pick event on the 28 May as part of the Great British Litter Pick. They are providing an outdoor café, gloves and litter pickers - look out for details and check out the Love Heaton Norris Facebook Page.

In the meantime, if you would like to join the Heaton Norris Litter Picking Group once the covid Restrictions have been lifted, or would like to become a Street Champion/Hero, please contact me on: agnespimblett54@gmail.com.

WHAT IS COMMUNITY?

by Jez Myers

My road isn't anything fancy. It never has been, never will be. The houses were built for the mill workers that relocated from down south. But there has always been a sense of community on the road, a sense that existed well before lockdown and COVID times. And it goes beyond that of simply saying 'hi'.

A few months ago my neighbour put their house up for sale. Nothing unusual there. When the offers came in, the usual pattern emerged. The first-time buyers couldn't compete with the cash investors. What I found to be surprising is that the couple went back to one of the first-time

buyers and said the property was theirs if they met the asking price – despite the cash investors offering more. When I enquired about their decision, they made it clear that it was 'out of respect for how welcome they had been made to feel, how they wanted it to be someone's home, and to give someone a chance'. Another neighbour's house is up for sale at the moment, and the owner has indicated a similar preference.

In a world where money talks, it's nice to see soon-to-be-former residents taking a slightly more moralistic approach and want to see someone enjoy the home as much as they did.

Community can take many forms, both on a macro and micro level, and can mean different things to different people. However, community always comes back to a sense of belonging. This is just one example of why I feel lucky to be living where I do – and this is before I talk about how I often see my neighbour lifting my wheelie bin over the front wall and back into place for me, and why I can't wait to welcome my new neighbour to the road.



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



GOODGYM – A LIFELINE IN LOCKDOWN

by Sian Dobson-Hughes

With Greater Manchester plunged into heightened restrictions for a large proportion of the year, the community of runners at GoodGym Stockport have taken this opportunity to get creative with their community missions and training sessions to stay physically active and promote positive mental well-being. Whether it's plogging (litter picking while jogging) in parks, partaking in random acts of kindness across the community, or running out to local food banks laden with supplies, the GoodGym runners have been pounding the streets, parks and paths of Stockport, on their daily exercise, for the benefit of their local community. Not all heroes wear capes, some wear running shoes!

GoodGym operates in 58 areas across England and Wales and arose out of a frustration with normal gyms being a waste of energy and human potential. The aim is to harness this waste energy and encourage people to channel it into social good in a social, fun and sustainable way.

"Essentially, GoodGym is a community of runners who get fit by doing good in their local community", explains Sian Dobson-Hughes, the Area Activator for GoodGym Stockport. "The lockdown has hit not-for-profit organisations and charities really hard and we have been lucky to be able to remain active within the community and continue our volunteering to aid the Covid-19 relief effort and support the most vulnerable during this time."

Digging and clearing communal gardens, painting fences at local refuges or planting at community farms, it seems that there is no task too broad for a GoodGym runner's portfolio - if there's manual labour and it works up a sweat then it's highly likely they will get stuck in!

Whether you're a gentle jogger or a seasoned runner, GoodGym Stockport



is always on the lookout for new recruits and the Area Activator, Sian, would love for you to get in touch at: sian@goodgym.org.

ELECTIONS: 6 MAY 2021 - ACCESS TO THE ELECTORAL PROCESS

On Thursday, 6 May 2021, combined polls are being held across Greater Manchester.

Local Elections and the Greater Manchester Combined Authority Mayoral Election are being held in all of the ten Greater Manchester districts.

Poll cards will be issued to all registered electors at the start of April 2021.

Health and Safety

The evolving coronavirus pandemic has presented particular challenges in preparing for and delivering these polls.

General public health principles underpin all aspects of activity – for example, maintaining social distancing, cleaning hands regularly and wearing a face covering, where required.

Registering to vote

If you are not already registered to vote, you must ensure you are registered to vote to be able to participate in these elections. You can do this quickly and easily online at: www.gov.uk/register-to-vote or by completing a form which is available from your local Elections Office.

Applications should be made as soon as possible but the last date for registering to be able to vote on 6 May is Monday, 19 April 2021.

Ways of voting

Voters have a choice on how to cast their vote at these elections - in person, by post or by appointing someone to vote on your behalf (a proxy vote).

In a polling station

Your Returning Officer will ensure arrangements are in place to help you stay safe at the polling station. You can expect to see many of the

measures you've become used to over recent months in banks, shops and other indoor spaces - such as hand sanitiser, social distancing floor markings, one way systems, additional staff, face masks, single use pencils, improved signage and enhanced cleaning regimes.

Due to the Covid-19 pandemic, some venues are not available to be used as polling stations. Details of the location of your polling station will be printed on your poll card.

Postal Voting

Anyone wanting to vote by post can apply now. Forms are available via www.electoralcommission.org.uk/i-am-a/voter/voting-person-post-or-proxy/voting-post or from your local Elections Office. This will ensure your application is processed early, and your postal vote will be sent to you once the candidates for the elections are confirmed.

The last date for receipt of Postal Vote Applications is 5:00 pm on Tuesday, 20 April 2021.

Proxy vote

You may appoint someone else to vote on your behalf – a proxy. Your proxy can either vote by post or at a polling station (voting by post would require an additional application).

Your proxy must be registered to vote and they must be eligible to vote in the election they are voting in on your behalf.

Forms to apply for a proxy vote are available via: www.electoralcommission.org.uk/i-am-a/voter/voting-person-post-or-proxy/voting-post or from your local Elections Office.

The last date for receipt of Proxy Vote Applications is 5:00 pm on Tuesday, 27 April 2021.

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...

What do you think about Meghan Markel talking about her mental health struggles?

Daughter

I think the press have treated her really cruelly. I think in some ways people might feel more concerned now about speaking out about their own struggles.

Mum

I think the very fact that she spoke out was a good thing, she was very brave. But it was such a personal thing, I think the way it's been so sensationalised by The Oprah Winfrey Show didn't help her really.

Daughter

I suppose it's her choice. She feels like she can speak out and feels this is the most appropriate way. So it's not really appropriate for anyone to oppose that. You know, it's what she felt most comfortable with rather than what we think is the most appropriate.

Mum

I can see that she wanted to tell her side and she did that, but in saying how she wasn't listened to I think may make people more wary themselves about speaking up. I think because she is an actress people have not believed her.

Daughter

You do hear that people reach out and don't get help, or aren't taken seriously enough. The response from the press I think has a negative effect and it has probably made people less likely to be honest about their feelings.



Mum

It seems the 'shaming of the Royal Family' is being viewed as the bigger issue, by the press rather than acknowledging that there was a person really suffering who didn't get help when she asked for it.

Daughter

And when people hear their family and friends agreeing with the sentiment of what the press are saying about Meghan, they may not talk about this with their families and come forward themselves and reach out for help now.

Mum

Often family and friends don't know how to deal with mental health issues, but in some ways, I think this has got people admitting they have felt emotionally unwell too at times. It is not that unusual and we should all talk about mental health more. And the Samaritan's are just a phone call away if someone is suffering. It takes a lot of courage to make that call but they have saved many lives through those conversations.

This will sadly be the last On The Flip Side column for a while, however we would like to thank our Mother and Daughter team for all their amazing hard work and dedication to support the Heatons Post.

EMBARRASSING DAD: THE RICE IS RIGHT



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

No man is an island, so they say. And, over 200,000 years of human evolution, our capacity to cooperate and work together has been, arguably, our defining characteristic. On a personal level, there was a time when, if I was alone for more than 20 minutes, I would break out in a sweat and start talking to myself. I like other people, and I like being with other people. Which is what makes my need for "Alone Time" since having children all the more surprising to me.

It actually started by accident (he says...). Non-Embarrassing Mum (NEM) had started the bathtime wars, and I found myself on my hands and knees under the kitchen table, picking up individual grains of rice with my fingers. I don't know if you've ever tried it, but rice gets slippery when it's been sucked by the Youngest Child for twenty minutes. It's hard to pick up. It was taking a long time. A long time I was spending not supervising bathtime. I was loving it. Right up to the point when NEM walked in and

burst my "Alone Time" bubble with a razor-sharp eyebrow.

I've now found a whole range of picking up rice alternatives: in just the last couple of weeks, I have spent whole glorious minutes "just finishing" painting the shed, re-stacking the dishwasher and writing a self-indulgent article for the local paper, all on my own. "Alone Time". An additional bonus, if you have chosen the rice-picking activity well, is the incredulous, moral righteousness you can use when challenged about this behaviour: "Err, I'm cleaning our house, so our children don't catch dysentery!"

The only problem is when NEM and I both need our "Alone Time" at the same time, especially if she gets to the coveted Lego-tidying first. Maximum respect to her though - I would never have thought of colour-coding it.

So, don't be embarrassed by your "Alone Time" tactics. Feel grateful that you get any at all. Just don't be surprised if you bump into someone under the kitchen table - you're not the only one who thought of it: the rice is right!

ALLOTMENT JOURNEY

by Gary Anderson-Macdonald

This year marks our third season on the plot and during this time we have learnt so much. All gardeners know that sometimes things don't go to plan (last year all our sprouts failed), but when they do, the sense of achievement and pride is amazing.

When we inherited our plot we had an amazing shed and we were full of enthusiasm. The site was overgrown and needed a lot of work. This did not phase us. We knew it needed a lot of work and we were willing to take on the challenge.

It can be hard taking on a new plot, especially if you are on your own. We were advised by our neighbour, Sam, to ready growing beds in stages so as not to feel overwhelmed.

This is great advice for newbies. We also recommend building compost beds straight away, which we didn't - you will use them immediately.

What we managed to achieve in season one alone exceeded our expectations. We dug most of the plot by hand, removing all sorts of rubbish, weeds and old carpet.



Our plot is on a slope, so we created a terrace and managed to build a retaining wall out of old concrete slabs from elsewhere on the plot.

We urge people to recycle in this way. We even had enough slabs to create a seating area outside the shed. Also, ask fellow allotmenters if they have spare things and trade. People are so generous. Phil even donated us a greenhouse!

Transforming the land to grow your own is an immense pleasure. But remember to relax and enjoy your plot too.

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



YOUR ENVIRONMENT

HOME ENERGY RE-THINK

Lockdown, combined with this winter's cold weather, have led to a home energy re-think in houses across the UK according to survey data revealed by Stockport-based Project Solar UK.

The Houldsworth Mill based firm found that nearly 40% of those surveyed said lockdowns made them want to make changes to their homes. And it is being indoors in three lockdowns (March and November 2020, and January 2021), more than the cold weather, that influenced their home improvement decisions, with only 29% saying winter weather encouraged them to want to improve energy efficiency at home.

The survey coincides with the launch of a free downloadable home improvement guide packed with money saving and energy efficiency tips and advice from the renewable energy company on Houldsworth Street.

To help understand the costs and benefits of energy efficiency through solar power, and to highlight other cost effective home improvements, the team at the Stockport based company has created the free 21 page guide, brimming with tips and advice, available for digital download from www.projectsolaruk.com.



Simon Peat, Managing Director of leading solar panel company, Project Solar UK, says: "After a year at home looking at the same four walls, our survey showed that people are really considering upgrades - particularly around keeping warm and not wasting money on energy."

"Fitting solar panels is a proven way to increase your energy efficiency rating, decrease bills and carbon footprint, by simple changes to the way your household consumes energy. We've created our packed guide to give readers the opportunity to find out more about solar and to pick up hints and advice on all manner of home improvements to make our surroundings in lockdown more energy efficient and comfortable."

BPA'S SELFISH PARKER CAMPAIGN

IT'S NOT OK
TO PARK WHERE
IT'S NOT OK
TO PARK

#selfishparking



// RESPECT OTHERS
// THINK BEFORE YOU PARK
// DON'T BE SELFISH

The British Parking Association's (BPA) Selfish Parker campaign encourages people to respect others and think before they park. Parking restrictions exist for a reason and 'It's not OK to park, where it's not OK to park'.

The BPA has some top tips for those planning to visit tourist hot spots:

- Plan your visit – search the location for parking facilities and if possible, book parking in advance.
- Find alternatives – to the most popular parking locations by

parking further away from your final destination, this could save you time too.

- Park responsibly - only park where it is permitted, respect the people living in the community you are visiting and be kind
- Don't obstruct – pavements, private driveways, or impede access for emergency vehicles.
- Don't litter - take it home with you or find a rubbish bin.
- Don't be idle – turn your engine off when in stationary traffic or when you are parked.

CLEANER AIR AND SAFER STREETS

by Gary Lawson

I first came to Reddish in 1986 to be one of the clergy at St. Elisabeth's Church. I went on to work in Wythenshawe and Bolton, before coming back to retire here. It is a great place to live and for someone like me, who enjoys walking, there is the added attraction of Reddish Vale and the open countryside to which it provides access. Having the Vale on our doorstep brings huge benefits to the physical and mental health of the many of us who regularly spend time there.

One of the best things to have happened recently is that Walk Ride Reddish has been formed. Walk Ride groups have been operating in some other areas of Stockport for a while. They work to create active neighbourhoods where residential streets are easier and safer for pedestrians and cyclists and some limits and conditions are placed on cars and other motorised vehicles.

Speeding traffic and cars parked outside schools with their engines running are two of the things that

people raise with me most often. I am supporting Walk Ride Reddish to make our community safer and to make the air that we and our children breathe cleaner.

I own a car myself and accept that cars will continue to be part of our lives. The next one that I buy though will be powered by a battery rather than petrol. And if somewhere is too far to walk, I try to take the bus or the train.

Perhaps I should say I used to try to take the bus or the train, because during the pandemic I have often chosen to go by car because it is safer. I hope that soon changes. Some people of course do not have a car and have had no option but to continue using public transport.

Another reason why I chose to retire to Reddish was the good public transport links which enabled me to travel into Manchester easily, especially for concerts. Unfortunately, during my seven years here, public transport has changed for the worse.

Quite a few people have told me they have been inconvenienced by changes to the buses, especially on the number 7 and number 329 routes. Trains from Heaton Chapel, my nearest station, used to be frequent and evenly spaced out, but then the number of trains was reduced and they were bunched up, especially during the morning commuting period.

What I would really like is for a full timetable to be restored at Reddish South Station, instead of the current one train a week. That really would make Reddish a better connected, more popular, more prosperous and environmentally friendly place to live!

Contact Gary on:
gary.lawson@stockportgreenparty.org.uk or 0161 442 7970



NEW HOME IN NEW MILLS FOR A TAVOLA

After five years as a Reddish favourite, A Tavola has now left its home on Broadstone Road and will be opening new premises in New Mills.

Due to open at the end of May, the new A Tavola will occupy larger premises with the scope for dining both inside and outside. Alessio and Nicky will also have the opportunity to explore the hosting of events & functions, something that was not possible at the much smaller site in Reddish.

Heatons Post would like to wish A Tavola all the best in its new location and, being just a short train ride away, we are sure many of their local fans will happily make the journey to the Peak District, enjoying a day out and a meal of their favourite Sicilian dishes.

REIMAGINING THE AQUEDUCT

by Shaw Labrianidis-Kenny, Master's student, Manchester School of Architecture.

After introducing the University design studio 'Urban Spatial Experimentation' (USE) and my hypothetical research project 'Reimagining The Aqueduct' in February's issue, the design has now progressed to a stage where several interventions along the Fallowfield Loop are developing.

The wider theoretical scheme proposes extensions to the Thirlmere Aqueduct Pipeline that runs along the Fallowfield Loop into many neighbouring green spaces such as parks and allotments.

I then suggest placing a landmark water tower on the site with a specific function to curate an experience in the public realm.

Through the course project, I am seeking to unlock the potential of one particular site in Highfield Country Park - an area that has now been fenced off due to a proposal for 57 houses.

As it is a university project, unfortunately, the concept will never be realised – but the narrative I have created offers an alternative perspective on how the space could be utilised.

The decision in 2019 to approve the residential development disappointed

locals who opposed the plans. The developers successfully argued it was not a recreational area. My design proposal is a reaction to this. It places a water tower on the site, then surrounds it with a 'Hillfort' – a fort enclosed by a series of defensive hills.

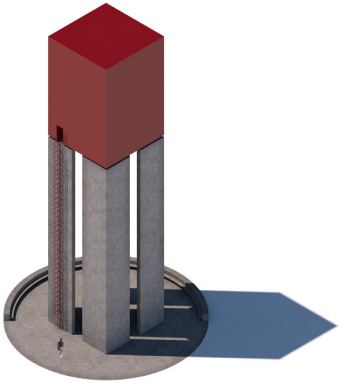
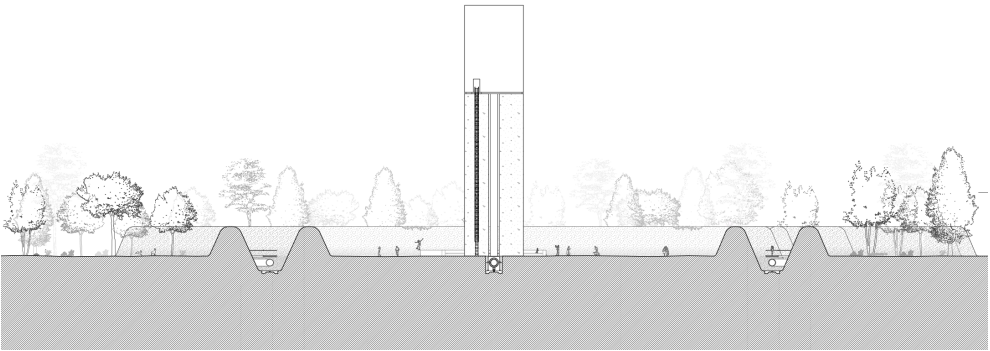
The connotations of the Hillfort landform communicate the protection of the site from the new development, whilst providing a unique public space for users of the park.

The Thirlmere Aqueduct Pipeline is revealed in the valley of the Hillfort to encourage users to walk around it, reinforcing the site boundary.

The water tower would be visible from the Fallowfield Loop to guide users towards it. Its appearance is heavily influenced by the form and construction of concrete fortifications.

I am also developing two other water towers that will become an interactive theatre at The Quadrants and a Lido in Platt Fields Park.

If any readers would like to know more about this project or give feedback on the ideas as part of the coursework, please do contact me via 15003187@stu.mmu.ac.uk.



YEAR TWO FOR THE BEE SANCTUARY ON HIGHFIELD

by Sheila Standard



Spring is in the air, and the wild flower seeds are being spring sown in our brand new wild flower meadow, created from clearing more of the huge bramble patch. It will be a meadow made specifically to attract ground nesting birds, including Meadow Pipit, and Skylark, maybe even Curlews, all of which used to nest on Highfield until early in the 2000s.

The meadow is surrounded by dead hedge, protecting some 400 newly planted hedge whips. It will be inaccessible to humans and dogs to give some privacy to wild life.

Meanwhile the early flowering Cherry, and the Lambs Tails of the Hazel are feeding our awakening Queen Bees, who are busy finding suitable nesting places to start a new wave of life.

Early spring and you can find wild flowers, Winter Aconite, Snowdrop, Lesser Celandine, Grape Hyacinth. In our garden area Crocus, Daffodils, and miniature Iris.

Having wild flowers in bloom throughout the seasons is at the heart of what makes a sanctuary for bees and for all pollinators. Other important elements include diverse, sheltered habitats, and access to water.

Read more on our website: www.beesanctuarymovement.org and coming shortly, our Park Fence Exhibition: "Lost and Found".

The exhibition and the Bee Sanctuary can be found at M19 2WT.





Welcome to our Bee Sanctuary Park Fence Exhibition

Part 1

Lost and Found How we are bringing back habitats that were lost.

Part 2

Missing and Return How some species that are missing could soon return.

Part 3

Your questions answered on what a Bee Sanctuary is, and how we manage it throughout the year.

Part 4

Volunteers in all seasons, and how you can help.

Part 5

What has been spotted on the Bee Sanctuary and Highfield Nature Reserve, plus helpful guides.

<https://beesanctuarymovement.org>



Karen McCartney ©

SPRING ON THE FALLOWFIELD LOOP

by Frances McCann and David Beetham



At last, the days are becoming warmer and with more daylight and we can enjoy the sounds, sights and scents that come with this.

This year spring has a special attraction, not only for the new life emerging outdoors, but also because it heralds our slow emergence from lock-down. And nothing signals this better than the sight of blossom on our trees and hedgerows.

Here is what you can look out for as you travel along the Fallowfield Loop, whether you are walking or cycling.

March saw the white blackthorn blossoming along the verges and then in May, the hawthorn. In between comes the wild flowering trees: willow catkins, cherry, plum, then finally apple.

If you want the best concentrated displays, they are to be found in the three community orchards planted in 2012.

First come the plums and damsons in early April, then the pears and cherries, and finally the apples in early to mid May.

"Where can I find the orchards?" you may ask. One is near the side of the track in Fallowfield, immediately past the Wellington Road Bridge as you come off Sherwood Street, on the right over the little metal bridge spanning the brook.

Another, the largest, occupies one of the Levenshulme quadrants on the south side.

The third and newest is at Debdale, on the right between the exit from the Loop to Debdale Water Park and Yellow Brick Road (the filled in Stockport Canal), and the Alston Road exit.

Why not visit them all the next time you are on the Loop? There is nothing more pleasurable than seeing the spring blossom and then watching the fruit grow and ripen over the course of summer.

To help you find these orchards, access points and other fascinating features of the Loop, the Friends of the Fallowfield Loop have created a bespoke Google Map of the Loop.

The map has layered sets of 'Points of Interest' detailed along the route. These include 'Wildlife and Natural Features', 'Historical Interest' and 'Railway History'. For every pin point there is a description and at least one photo.

Since we created the map there have been over 123,000 visitors.

You can find the Points of Interest map by visiting: fallowfieldloop.org/maps/



Railway History along the Loop - Reddish Sidings

Reddish Electric Traction Depot. During the 1950s and 60s, an important railway depot was sited to the north of the Wingate Reservoirs and Station Road in the triangle of land which is now a modern housing estate. The 1954 Ordnance Survey map shows it was quite extensive stretching as far as the railway bridge and Gorton Cemetery. It had been intended as a major maintenance and repair depot for the electrified Manchester to Sheffield line but this never materialized, being gradually run down and closed in 1983.

SUNFLOWERS EVERYWHERE!

by Sustainable Living In The Heaton

Sustainable Living in the Heaton (SLH) want to say a huge thank you to everyone who has taken part in the sunflower growing competition.

Over 350 households, five schools, one nursery and two churches are all bringing colour to the Heaton and seeking to grow the tallest, the largest or the most blooms!

All the seed packs are being delivered in the first week of April and it is great that soon we will receive photos of the seeds starting to germinate. Please do keep an eye on our website and check out the gallery to see how the sunflowers are doing!

Our website is full of information on how to take care of your sunflower seeds so, if you are taking part or just want to grow your own, grab some top tips at: www.slheatons.org



THIS IS YOUR NEWSPAPER!

Be involved!

Got a story? Want to write for us? Want to list an event? Need to connect with volunteers?

Email us at: news@heatonspost.co.uk

Help fund us!

We're a not-for-profit community newspaper that relies on donations to stay in print.

To donate, scan the QR code or visit: www.heatonspost.co.uk



WHAT'S ON

Saturday 24 April

11am - 3pm

REDDISH WORKER BEE MARKET

Broadstone Mill Car Park, Broadstone Road, SK5 7DL

THEN THE FINAL SATURDAY OF THE MONTH

. QUALITY . LOCAL . FRIENDLY . SAFE .

workerbeemarkets.wordpress.com

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

National Events & Awareness Days

April 2021

11 April World Parkinson's Day	23 April St George's Day National Asparagus Day	28 April International Worker's Memorial Day
4 - 18 April Discover National Parks Fortnight	5 - 11 April Community Garden Week	
20 - 25 April MS Awareness Week	22 April - 4 May The Big Pedal 2021	
27 April - 2 May National Gardening Week 2021		

TRAVEL BARCELONA

by T. Dietrich and S. Harrison

“Barcelona, it was the first time that we met...”
“Barcelona, how can I forget...”
Freddie Mercury and Montserrat Caballé.

That’s one thing about Barcelona, it gets under your skin, and in a good way. A vibrantly cultural hub in the most important industrial city in Spain and the capital of the autonomous community of Catalonia. Barcelona was revitalized after the 1992 Olympic games which saw transformations marking Barcelona as one of the world’s most popular tourist destinations.

With its average annual temperature of 21 degrees, it’s the perfect warm destination to shop, chill on the beach, take in some culture as well as watch one of Europe’s leading football teams in action.

La Rambla, the tourist centre point of Barcelona, is a tree lined boulevard with hotels, cafes and restaurants on both sides. It’s the natural starting point for any trip before setting out on foot to explore the Barri Gotic (Gothic Quarter). Here the buildings date from Roman times to Art Nouveau and many of them are world heritage sites.

The most prominent architect whose work is seen throughout Barcelona is Antoni Gaudi, his most famous work is the still unfinished Sagrada Familia

that has been under construction since 1882 and I have it on good authority, will be finished in the next 10 years!

Other Gaudi attractions include Park Guell, the Palau Guell and Casa Mila amongst others.

After a day pounding the streets admiring the architecture and stopping for a spot of tapas washed down with a cool Estrella, there are plenty of museums to explore. The National Museum of Art houses a wonderful display of Romanesque art, and the Museum of Contemporary Art focuses on post 1945 Catalan and Spanish art. My favourite, though, is the Fundacio Joan Miro Picasso museum found a bus ride away on the mountain of Montjuic. The easiest way to arrive here is on the hop on hop off bus which takes you to all the major sites in Barcelona and is really good value for money.

The evening in Barcelona can either be spent in a cafe or bar along La Rambla or by the sea front, but our favourite way to watch the sun go down is at one of the many roof top terraces. Our go to is the La Isabela at Hotel 1898 on La Rambla or the bar at Hotel Arts at the ocean front.

Barcelona will not just be one weekend away, you will want to visit over and over again, and you can be sure to never bore of it. Enjoy!

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 Barcelona.



• La Sagrada Familia



• Waterfront & Montjuic



• Photo by Vitor Monteiro, Unsplash

CULTURE

HEATONS POST BOOK CLUB

For April, the Heatons Post team have selected *Four Winds* by Kristin Hannah.

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

The Four Winds by Kristin Hannah

She will discover the best of herself in the worst of times . . .

Texas, 1934. Elsa Martinelli had finally found the life she'd yearned for. A family, a home and a livelihood on a farm on the Great Plains. But when drought threatens all she and her community hold dear, Elsa's world is shattered to the winds.

Fearful of the future, when Elsa wakes to find her husband has fled, she is forced to make the most agonizing decision of her life. Fight for the land she loves or take her beloved children, Loreda and Ant, west to California in search of a better life. Will it be the land of milk and honey? Or will their experience challenge every ounce of strength they possess?

From the overriding love of a mother for her child, the value of female friendship and the ability to love again – against all odds, Elsa's incredible journey is a story of survival, hope and what we do for the ones we love.

Publisher: Macmillan
ISBN: 978-1529054569



To comment or give your thoughts on this month's chosen book, head on over to: 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

'...oh well, when life gives you lemons...'
'Make lemonade...?'
'Drink gin!'

'So you're getting your DIY sorted then...?'
'Yeah, finished the lounge at long blinkin' last... she was dead set against magnolia, so I just told her it was that clotted cream nonsense at three times the price and I could finally crack on and get it done...'

'Soooo you're not thinking of getting together then... sharing a house or summat...'
'Right now I wouldn't even share a bag of crisps, let alone anything else...'

'I gave up swearing for New Year...'
'You did?'
'Yeah well... I've come to the conclusion that I'm giving up that idiotic f&*(%\$!! resolution for Lent...'

'Gosh what a lovely coat!!!'
'Thanks... it's a great vacuum cleaner...'
'?'
'It was either a new Hoover or this... and I can tell you something for nothing, a new Hoover didn't get a blinkin' look in...'
*cackles

'...so you're holding up ok then...?'
'Oh just fine thanks. I have a regular screaming session in the back garden'
*laughs nervously
'Seriously?'
*Deadpan: 'Seriously'

'Our neighbour moved out yesterday... been there five years... remember my husband met her first and said she was called Sue... turns out she's actually called Liz... FIVE BLINKIN' YEARS I've been calling her Sue... jeez...'

POETRY & MUSIC

MY BREAK ALONE

by Jean Taun

Today I went out in my car
I drove on roads unknown
I didn't intend to go far
Just down into the town
I wandered down the ancient streets
Through alleyways and squares
I bought myself so many treats
My arms were full of packages
Seafront I had fish and chips
Sat watching all the crowds
I worried it would go on my hips
So vowed to walk around
I tried so hard to find my way
So bought myself a map
I roamed about for most of the day
Discovering so many places
Back at my car I had a thought
To follow the coastal road
So using the map I'd bought
I started to explore
I drove along without a care
My window fully down
Breathing in the country air
The radio on loud
I stopped my car at a lovely bay
And sat upon the sea wall
I knew that I could easily stay
Because I felt such freedom
For most of my days I've lived in town
I find I've had enough
The rat race is getting me down
I want a different life
The town is full of smog and litter
The traffic is horrendous
I found I am becoming bitter
For I just want to escape
I see myself moving away
To somewhere by the sea
Where I can walk my dog each day
Living life at a different pace
I can't say what my future holds
All I know is I'm not happy
I'll have to see how it unfolds
Taking each day as it comes

MIXCLOUD MARK'S SOCIALLY DISTANCED SOUL!

by Andy Rayner

With time on his hands during lockdown, former DJ Mark Torkington has been taking to the decks again producing a series of one hour 'Socially Distancing Soul' shows that are available to listen to at any time for free on the streaming website, Mixcloud.

Before settling down to a career of shift-work on the railways, night-owl Mark was manning the turntables at Manchester's Fat City Nights, where for a time he was also the manager of the company's record shop on Oldham Street. This in turn led to DJ appearances in London, Nottingham and even Moscow(!) before a lack of reliable revenue led to a steady job in National Rail's busy control rooms.

Growing up too late to enjoy the Northern Soul boom, he nevertheless developed a taste for the music and began by cutting his teeth alongside the likes of legendary Wigan Casino DJ Richard Searling, amongst others. Now, with time on his hands and armed with a huge collection of rare original 45s, he began his lockdown hobby with the thought of putting three or four soul shows together. The project has now snowballed into 18 shows (and counting!) which also include such genres as Motown, Salsa, Brazilian and Bollywood. A high spot has been an appearance on New York based internet radio station kpiss.fm where he recently hosted a two-hour show called Manchester to Mumbai.

Mark, from Heaton Chapel, has no immediate plans to return to live DJing but is looking forward to the time when he can once more get



out (and get down!) at what he calls Manchester's "Dads' hip-hop scene"!

To enjoy some of Mark's Mixcloud shows, head to www.mixcloud.com/MarkTorkington/ Also, check out www.instagram.com/markt45/ to view his impressive record collection.

IN OTHER MUSIC NEWS, Stockport based singer/songwriter Kierno has released his debut solo album, *Quiet Versions of Loud Music*. The North Manchester FM radio presenter and former frontman of Manchester band Lazy Charlotte describes the album as 'Alternative Indie'. It's available on all major streaming platforms, or you can order a CD copy by visiting his website kierno.uk

Also just released is a four-track EP *Taking Steps* by Stockport band Modern Day Saints. Downloads from streaming platforms support the Wellspring charity. Visit moderndaysaints.co.uk for details.

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



LOCAL BUSINESS NEWS

SPOTLIGHT ON STARTUPS

by Kevin Bradford

One of the beauties of The Heatons and Reddish is the thriving sense of community, driven in part by the small businesses and entrepreneurial owners who have set up in the area.

In this Spotlight on Startups section, every month we'll look at some of the brands who call the area home, and welcome locals as friends.

This month we feature ABODE.

A year of lockdowns has given many people a new appreciation of their home.

But truly valuing each room and recognising the sanctuary of each space may have been sacrificed in place of practicality.

That's where Heaton Moor based business Abode is hoping to help – by supporting clients in finding, staging and styling properties.

Founder Sharlene said she started her side-hustle because of a passion for property, and her vision for making the most out of every home.

"Before Covid, we were commuting and we spent most of our day outside of home," she said.

"We would just come back and use it as a place to chill or spend time with the kids.

"But I think now people have realised how important it is. A home is the central place where you get to be who you are, and behind every front door is a different story.

"That's what I find really interesting, no two homes are exactly the same."

Abode has three main services. The 'Finding' element helps people track down their dream home. The 'Staging' service assists owners in showcasing their property. And 'Styling' delivers an effective way of giving a home a refresh.

"My target audience for Finding is empty nesters," said Sharlene.

"They've been out of the property market for a long time. They have a style they have stuck to, they're quite comfortable where they're at, and aren't always on social media.

"I think it's those guys who might need help navigating the market if they're looking to downsize, but also in how to make their house presentable to the modern-day property buyer."

In terms of the styling part of the business, Sharlene says it's about personalising the experience.

"I want to take what people have already got, include a bit about their personality and what they want to do with the space, and give it a bit of a refresh," she added.

"It's about making sure that either the sentimental items or the pieces of furniture they love can remain without doing a full interior design job.

"Making sure everyone has a nice place to live - that's the goal."

And a key part of Abode's core values focuses around giving back to the community. For every client they work with, they support the homeless charity Centrepont.

"I wanted to put some good back into

the world," said Sharlene.

"I think there's nothing more powerful than the power of 'local'. And especially now, we've turned to the local community.

"My aim is to have more community spirit, like there was when our grandparents were young – they knew who their neighbours were."

As a special offer, the team at Abode are offering FREE first-time consultations. Visit the website to find out more - www.abodefss.co.uk.

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

Sharlene's Five Top Tips for styling your own home:

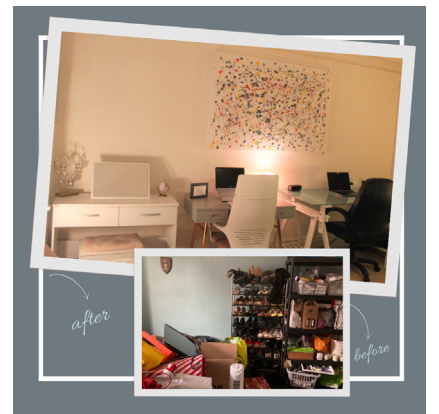
Texture – if you've got plain white walls, adding texture through cushions, throws, or a rug helps ensure things don't look quite so clinical.

Personalise – Put a bit of yourself in your home - go with a colour that you love. If you love bright yellow, don't be afraid to be you.

Welcoming – Make your home feel like a place you, your family, and your friends want to spend time.

Declutter – They say a tidy house is a tidy mind. Decluttering is shown to ease stress levels

Optimize rooms – consider plants, colours, and senses in each room to make sure the usage is elevated.



ADVERTORIAL

ABUKA EXPANSION

by Shell Halliwell, Colour in Media

Abuka are pleased to announce the opening of their new Safety and Security Division with the appointment of a new Divisional Business Manager, James Reid.

Abuka are now offering a wide range of accredited training for the Security and Safety sector, including Door Supervision, CCTV Operator, Physical Intervention and Security Officer Level 2, all accredited by Highfield Qualifications Centre.

Pictured with James is Director, Ashley Nelson, who said: "The expansion of our services will see a brand new division of the business

flourish. Having already established our health, social care and nursing training division in Wales and England, this is the next exciting development as part of our growth strategy."

James said: "With the roadway to lockdown lifting now in place, many people will need to look at reskilling and entering different employment sectors – Abuka are the perfect choice for re-qualifying, whether entering in health care, security or safety-based roles."

You can discover more about Abuka's wide training course offering at: www.abuka.co.uk



☎ 0161 641 1297

✉ training@abuka.co.uk

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• Ash Nelson and James Reid

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

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HEATONS POST

Heatons Post are looking for volunteers to join their door-to-door delivery team to help increase distribution to more homes across the Heatons and Reddish.

If you would like to help by delivering to homes within your local area each month, please get in touch.

To find out more, contact: news@heatonspost.co.uk

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LOCAL SCHOOL UPDATE

WORLD BOOK DAY

ST THOMAS', HEATON CHAPEL

Children from St Thomas' Celebrating World Book Day, reading in unusual places and the art projects that the children undertook.



MERSEY VALE, HEATON MERSEY

As World Book Day was a little bit different this year, Mersey Vale decided to postpone the dressing up as a book character aspect until the summer term and incorporate it into the planned reading theme week.

Instead on World Book Day we got involved in a competition called 'Show your shares - bringing books to life'. Children had to bring a book to life in an imaginative way and post a photo of it on their ClassDojo portfolio. Most children did this at home as part of their remote learning and with support from their fantastic parents.




STOCKPORT GRAMMAR SCHOOL

by Enfys Bosworth

To celebrate World Book Day, Stockport Grammar Junior School Headmaster Mr Matthew Copping dressed as a scarecrow to read 'The Scarecrows Wedding' by Julia Donaldson.

After reading Rachel Bright's 'The Lion Inside' our Year Two pupils were inspired to create some puppets and produce a variety of creative writing pieces. SGS Year Three pupil Luca H headed outside on the day to read his favourite book.

Meanwhile, in the Senior School, the SGS Library held a virtual World Book Day Quiz.



ST JOHN'S, HEATON MERSEY

Celebrating World Book Day at St. John's.



TITHE BARN, HEATON MERSEY

by Martin Stamper, Tithe Barn Primary School

The promotion of reading for pleasure and instilling a lifelong love of books is of utmost importance to all at Tithe Barn Primary. As this year's World Book Day was occurring whilst we were still in lock-down and most of the students were studying online from their homes; Katherine Muncaster the headteacher, was determined that this important event in the school calendar should not be missed.

The students were amazed and delighted to welcome two of the country's best known children's authors into their online classrooms. For the younger children, it was Nick Sharratt. Nick is the bestselling author/illustrator of over three hundred children's books. His titles include favourites such as 'Shark in the Park' and 'Eat Your Peas'. The older students, from Year Three upwards, were all visited by Ben Davis, whose best selling titles include 'The Private Blog of Joe Crawley' and 'My Embarrassing Dad's Gone Viral'.

Nick Sharratt spent a whole lesson with each class from Reception to Year Two, during which he not only read excerpts from his books, but taught the children how to draw his amazing characters and invent their own. He then answered all of the children's questions, revealing, amongst other things, that he had decided on his career path whilst he was in Year Two at Primary School.

Ben Davis spent a whole lesson online with each of the classes from Years Three to Six. As well as giving readings from some of his humorous books, he gave the students insights into how he came up with his stories and developed his characters. He answered all of their many questions, and also gave them some unique insights into the struggles an author can experience whilst trying to get their book published.



WELLBEING

LIVING WELL WITH DEMENTIA

by Diane Prees,
Founder of Ambiance Care, dementia homecare and advisory specialists



A dementia diagnosis can be a life-changing moment, and while it's normal to feel worried and a little lost, it's also possible, now more than ever, to live well with dementia.

Increasingly in the media we hear of famous people being diagnosed with dementia - Barbara Windsor, Tony Bennett, Robin Williams, to name but a few. It's a condition that's in the spotlight - every four minutes, someone receives a dementia diagnosis, but as awareness grows, so too does the possibility of living a fulfilled life.

Often, small changes can make a big difference. There is life after diagnosis. Here's how you can continue to live well with dementia.

Seek out support

There's so much support available now in different forms. Websites like Dementia Tip Share is a hub of advice created by people with dementia, for people with dementia, while dementia day care centres are great places for

fun and friendship in the community.


Be practical

Removing clutter and switching to well-fitting shoes and slippers can prevent trips and slips in the home. Technology can help with safety and security around the house too - installing door sensors, video doorbells and other types of assistive technology offers a level of reassurance for people living with dementia and their carers.

Live well


Eating healthily and taking regular exercise is as important as ever, but so is maintaining social interaction and normal routines. Spending time with family and friends, enjoying celebrations and getting out and about in the community can help people with dementia maintain their independence for longer.

For more information about living well with dementia, visit the NHS Dementia Guide at www.nhs.uk/conditions/dementia/activities/




Heatons Post brings you Horoscopes

by Nemone - just for fun!




Jan 20 - Feb 18
Aquarius

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




Jul 23 - Aug 22
Leo

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




Feb 19 - Mar 20
Pisces

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




Aug 23 - Sep 22
Virgo

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




Mar 21 - Apr 19
Aries

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




Sep 23 - Oct 22
Libra

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




Apr 20 - May 20
Taurus

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




Oct 23 - Nov 21
Scorpio

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




May 21 - Jun 20
Gemini

Keep on top of things you find challenging, and don't doubt your intelligence or resolve for finding it tricky.




Nov 22 - Dec 21
Sagittarius

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



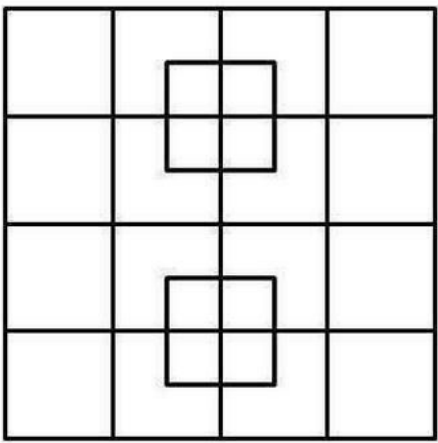
Jun 21 - Jul 22
Cancer

You will have a great opportunity for growth and learning towards the end of this month, make sure to give it the best of your efforts.



Dec 22 - Jan 19
Capricorn

Remember to prioritise your happiness this

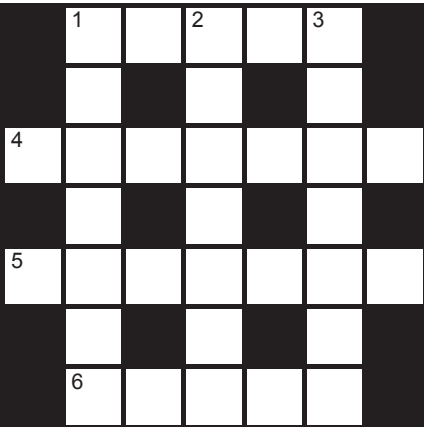


Guess how many squares - just count them, how hard can it be?

Your first answer is unlikely to be correct!
There are more than you first think...
Work together to come up with the solution!

(Clue: start with the smallest and work your way up)

Puzzle from Around The Box.
Answer in the May issue.



ACROSS

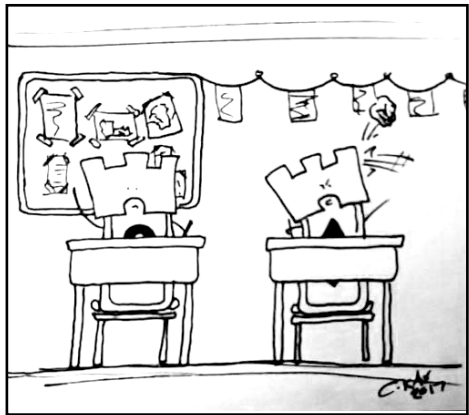
- 1 Confronted (5)
- 4 Exported from the Islets of Langerhans (7)
- 5 Governmental inner circle (7)
- 6 Dame --- MacArthur, yachtswoman (5)

DOWN

- 1 Trumpet flourish (7)
- 2 Vital (7)
- 3 Instruction not to stop (5,2)

Puzzle source: www.crosswordsite.com

Visit www.heatonspost.co.uk for the solution



"Knight School"
Source: www.k-boomhouse.com

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SPORTS AND FITNESS

SPRING INTO 2021

by Andy Graham

My name is Andy Graham and I'm the instigator of the Spring into 2021 fundraising campaign for The Heatons Sports Club.

The key aspect of the campaign so far has been my challenge to run the calendar days of the month of March in kilometres - so starting on the 1 March with 1km, 2 March with 2km, right through to the 31 March with 31km.

The total distance to be covered was a daunting 496km in the month, with the majority loaded towards the end of the month.

I came up with the idea whilst out running. I'd been competing with a friend based in Portugal for distance covered in January and February 2021, and came up short in both months, so I wanted to target something significant to push the boundaries a little. I did ask him to join me in the challenge but he took what now appears to be the wisest decision and declined!

Last year, I completed runs of 10k a day during August and so I thought it would be a challenging but hopefully achievable target...

Given the size of the challenge I thought it made sense to attempt it for a worthwhile cause and The Heatons Sports Club became my chosen charity. It, like many other community clubs, has suffered a substantial loss of revenue over the past year. In addition, it has been a focal place in the lives of my growing children. Both Toby and Liberty have played cricket and tennis at the club, whilst Toby has played rugby there since he was six (he's now 15!) and also had a small foray into Lacrosse.

The club retains an important part within our home and the wider community and its ongoing existence needs to be secure. I've truly been overwhelmed by the generosity and number of donations received and also the significant contribution of £1,500 from Sport England.

The challenge has gone well but it's not been without incident - crashing to the floor on a particularly wet day along the River Goyt in Woodbank Park and suffering blisters when running out in an old pair of trainers.

Several of my runs were made easier by the addition of running companions

who have helped to eat up the miles whilst chatting away. My trusted companion was Hungarian Vizsla Otis who completed a lot of the runs with me - his enthusiasm and energy never failed to lift my sometimes dwindling spirits!

The support of family, friends, businesses and the community as a whole has pushed me on and made me determined to see the challenge through...

If you would like to show your support for Andy then please donate here: www.crowdfunder.co.uk/spring-into-2021-fundraiser

"At Heatons Sports Club, we are incredibly lucky to have such a strong support network of volunteers, and the majority of these come from committed Parents whose children get to make use of our fantastic facilities. Not only is this a fantastic cause, as the Sports Club is at the centre of the community and has been closed for the majority of the lockdown period, but also a very difficult challenge where donations and support will provide a boost to Andy to keep going!

We thank you in advance for any donation, and for your continued support to the club." Jack Humpage,



ONLINE TENNIS

by Andrew Perry



When children in Stockport moved online for schooling, and sport ground to a halt, local Tennis Coach Andy Perry, who works at West Heaton Tennis Club in Heaton Moor, decided action was needed. So he teamed up with the School Games Organiser for Stockport, Jude Riddings, and started delivering 30 minute online videos which children could play along to whether they were in school or at home.

These fun, engaging online tennis sessions were designed for all primary age children and worked in a small space, with everyday equipment. Children could use a frying pan if they had no racket, or a pair of socks instead of a ball, and each week Andy uploaded new content to keep the children active during this difficult time. He also created a Tennis Bingo challenge where children completed 16 tennis related challenges to win a medal and the chance to win a brand

new Tennis Racket!

Andy, who has worked at West Heaton for several years now said, "It became apparent that children were missing out on sport and staying active during the most recent lockdown. We know how sport can have a positive effect on a person's well being, and being able to stay fit and well.

"Bringing tennis into the home, regardless of space or equipment, was a fun way to introduce children to a new sport. But more than anything, it gave the children something different to have a go at and set them fun challenges to do."

The online tennis videos can be viewed by going to: <https://bit.ly/31qQvjP>

For more information about Tennis Coaching for all ages at West Heaton, Andy can be contacted on: 07525 795445.