

FREE

# HEATONS POST

INFORMING, INSPIRING AND CONNECTING THE HEATONS & REDDISH



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CLIMATE ACTION  
FESTIVAL**  
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**SK FILM  
AWARDS  
RETURNS**  
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**IT MUST  
BE LOVE**  
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## A REAL LIFE SUPERHERO



What started as a fun way to entertain the participants of an online martial arts class has become a phenomenon rippling through the Stockport community and touching the hearts of many.

The Stockport Spidermen have been busy during lockdown and, whilst their main aim was to bring smiles to people's faces and to reinforce the 'stay at home' message, they have achieved so much more.

To date, just under £60K has been raised for the NHS through donations and online auctions.

Jason Baird, owner of the martial arts academy, and coach, Andrew Baldock, have been honoured with the Prime Minister's Point of Light Award - an award

that recognises outstanding UK volunteers. They have also been nominated for the Pride of Britain by the public.

In addition, they were recognised as community heroes by Granada Reports and have received a Community Hero award from the Mayor of Stockport, which they will be collecting in person as soon as possible.

To donate, see: <https://bit.ly/3g3UhoV>

*Jason Baird's Black Belt Academy is based on the 1st floor of Broadstone Mill, Reddish, teaching from age 2+ years. Free classes are being offered for everyone once they are able to re-open - details for the Academy can be found on Facebook.*



## CITIZEN'S AWARD WINNER!



Andrew Gwynne, MP for Denton and Reddish, has presented a Citizen's Award to Nadia Ali for her work supporting the community in Heaton Norris during the Coronavirus outbreak.

Nadia rallied to ensure that all local children regularly receive activity packs, and that all families receive free bread and copies of local newspaper, the Heatons Post.

Andrew Gwynne has launched the Citizen's Awards to recognise people in the Denton and Reddish constituency who have gone above and beyond for others in their community. Gwynne presented the award to Nadia at Heaton Norris Community Centre on Monday, 20 July.

*Continued on page 2...*



**Read how this successful  
businessman's family came  
to make the Heatons their  
home - page 6**

**I KNEAD  
PIZZA**

# COMPETITION TIME!

SEE PAGE 17

@I\_KNEAD\_PIZZA

@I\_KNEAD\_PIZZA

@IKNEADPIZZA

WIN A  
£25 VOUCHER  
AND A DIY  
PIZZA KIT!



# COMMUNITY NEWS

## WE'RE BACK!

by Mabel Regis



Transforming  
Communities,  
Improving  
Lives

## We're here to help ...when you need us

### Did you know?

We can help  
with resources  
for example:



Someone to talk to



Online youth drama club



Arts and crafts



Cooking demonstrations



Access to technology

email: [heaton.norris@btconnect.com](mailto:heaton.norris@btconnect.com)

tel: Bernard 07956 027133 or Nadia 07857 928833

fb: [facebook.com/heatonnorris.pavilion](https://www.facebook.com/heatonnorris.pavilion)

The Heaton Norris Community Centre reopened on Monday, 20 July.

We are following government guidelines to keep the public safe and, while not every group based in the centre is back, here is what is currently happening at the centre each week:

### Mondays

Self-Help Group  
BAME

Black and Minority Ethnic Social Support Group

11am-12noon  
4:30-6:30pm

### Tuesdays

Allan's Community Café

(take-away service only)

Us Girls Youth Group

Detached Youth Work Sessions (New)

Thanks to the National Lottery, we will have two Youth workers joining our team. They will be out and about every Tuesday evening in Lancashire Hill and, next month, we will be telling you all about the projects that young people have requested to be involved in.

9am-12noon

4:30-6:30pm

6pm-8pm

### Wednesdays

Stockport Stand Up to Racism

Every Wednesday, Bernard and Nadia will be supporting the Stockport Stand up to Racism group, meeting in the park to take the knee in solidarity with #blacklivesmatter - this is being coordinated as individuals and not part of the community centre. This is a platform for people to come together and discuss any local, regional and national issues of the wider anti-racist issues that affect our communities.

5:45pm

### Thursdays

Art Attack Youth Club

5pm-7pm

### Fridays

Heaton Social Bites - A new Community café serving hot and cold food

Thanks to Stockport Local Fund, ASDA Foundation and Make A Difference Community Group who have helped us secure funding to develop the resources at the community centre. As well as a newly refurbished kitchen, we will be opening a new social support café every Friday offering hot and cold food, as well as signposting to relevant services, emotional and practical support that address local people's health and wellbeing needs. This resource has been introduced as a result of the feedback provided by local residents to develop the community centre provisions.

Heaton Norris Community Centre is based in the Pavillion, Heaton Norris Park, Love Lane.

## MAKE, SHARE, LEARN AND INSPIRE

by Rachel Lewis, Founder, Plastic Shed



PHOTO: Vinny, Camilla, Tom and Rachel - Members of Plastic Shed and Easy Peel

We are excited to be opening a new creative, community space providing free and accessible workshops, rolling exhibitions and retail opportunities for local makers in the Merseyway Shopping Centre.

Along with two other amazing women, I run the social enterprise Plastic Shed. We run a whole range of workshops to bring the community closer together and help turn our plastic waste into new, useful things. At the end of 2019, we met the community focussed design team Easy Peel Studio through our shared interest in reimagining how the high street could meet the changing needs of the community.

"As our shopping habits continue to change, the high street has opened up a new opportunity to offer something different" said Tom Marrett, co-founder of Easy Peel Studio.

Merseyway Workshop is set to open in the autumn with support from Stockport Council and CBRE. Alongside an evolving programme of workshops including woodwork, ceramics and up-cycling plastics, Merseyway Workshop will also provide the Stockport community with equipment and facilities to recycle plastic waste on a drop-in basis.

This will be a space that welcomes everyone and we are keen for it to evolve as we engage with different people over time. If you have ideas for a workshop or suggestions for the space then get in touch with us over at [www.merseywayworkshop.com/contact](http://www.merseywayworkshop.com/contact)

To help us get started with transforming the space, we are currently running a crowd-funding campaign and we would love your support with spreading the word and raising funds. You can donate at: [www.spacehive.com/merseywayworkshop](http://www.spacehive.com/merseywayworkshop)

## CITIZEN'S AWARD WINNER!

Continued from front page...



PHOTO: Nadia Ali

Andrew Gwynne said: "I was delighted to present a Citizen's Award to Nadia Ali, who is a tireless champion for the community in Heaton Norris."

"The Coronavirus crisis and the lockdown have been a really difficult time for so many people, so it's fantastic that Nadia has gone above and beyond to make things a little easier for people in Heaton Norris."

You can nominate your own community heroes on Gwynne's website: [www.andrewgwynne.co.uk](http://www.andrewgwynne.co.uk)

## READ EASY

by Marie Joyce

Would you like to help adults learn to read in Stockport?

Read Easy are looking for support to help them get the ball rolling on a brand new Read Easy group in Stockport. We know that a staggering 6.4% of adults in Stockport are unable to read or struggle with everyday reading, and Read Easy are passionate about changing that with their proven, confidential programme of free, one-to-one, volunteer-led adult reading coaching. They're currently looking for local people who could support the development of a new group by volunteering as Management Team members.

Becoming a Management Team volunteer for Read Easy is fun and fulfilling but requires commitment and passion. You'll be given lots of support and full training, meet a diverse range of people, and be part of a genuinely life-changing organisation. From experience, we know that learning to read really does change lives and being part of that process is special.

Read Easy is following all current guidelines with regards to Covid-19 safety and is committed to supporting our volunteers using online platforms and digital resources, where this is feasible.

To learn more about becoming a Read Easy Management Team volunteer in Stockport, please contact Marie Joyce at: [stockportpioneer@readeasy.org.uk](mailto:stockportpioneer@readeasy.org.uk)



# ANY VEHICLE CAN BE A TARGET

There are things you can do to reduce the chances of your vehicle being targeted.

## RELAY ATTACK

**What is it?**  
If you have a wireless key fob, a thief can pick up the signal from the key inside your home. Using a device, this signal can then trick your car into thinking your key is in range.

**How can it be prevented?**

- Keep your keys, including spares, in a metal box fridge or microwave.
- Use additional security such as a steering wheel lock.

## SIGNAL ATTACK

**What is it?**  
A device can be used to block the signal between your wireless key fob and your car's central locking system which stops you being able to lock your vehicle.

**How can it be prevented?**

- Make sure you hear the locks engage or see the lights flash when you lock your car.
- Use the key hidden inside your fob.

## HOOK & CANE

**What is it?**  
Offenders use a device to steal any keys that are in range of front doors or open windows.

**How can it be prevented?**

- Keep keys out of sight, preferably on a key hook that is well away from any doors or windows.
- Keep doors and windows locked.
- Don't leave keys in door locks.

## SMASH & GRAB

**What is it?**  
If thieves see any items left on display inside your vehicle, even an old coat, they may break-in hoping to find valuables.

**How can it be prevented?**

- Remove all valuables when you leave your vehicle.
- Consider leaving your glove compartment open to show there is nothing of value inside.

## CAR-JACK

**What is it?**  
Offenders usually use two vehicles to block you in. They will then approach and threaten you to give up your vehicle.

**How can it be prevented?**

- Plan your route beforehand to avoid stopping in risky locations.
- When stopping at lights or junctions, make sure you can see the rear wheels of the vehicle in front. This should give you enough room to manoeuvre if threatened.

## CATALYTIC CONVERTER THEFT

**How can it be prevented?**

- Park vehicles so as to prevent access underneath.
- Mark catalytic converters with a serial number.
- Fit an after-market security cage.
- Park your car off road, preferably in a garage but if not possible in a busy well-lit area.

## GENERAL ADVICE

- Park in a busy well-lit area. Consider a 'Park Mark' award car park.
- Don't put your home address in the Sat Nav. Use local shops as a point of reference.
- Try not to keep tools in a van overnight and get them properly marked.
- Fit tamper proof screws to prevent number plate theft.
- Consider driveway security like a security bollard or CCTV.
- Don't take your car keys to bed with you. Leave them downstairs, but out of hook and cane reach.
- Lock your vehicle every time you leave it.



GREATER MANCHESTER  
**POLICE**



## KEEP YOUR CAR SAFE

- Keep keys away from doors or windows
- Keep doors and windows locked
- Make sure keys aren't left in locks
- Get rid of old paint tins
- Keep your car in garage
- Fit good quality garage locks
- Extend house alarm to cover garage door

LESS THAN 1% OF STOLEN VEHICLES ARE TAKEN FROM GARAGES

You can access many of our services online at [gmp.police.uk](http://gmp.police.uk) **GREATER MANCHESTER POLICE**  
In an emergency call 999, or call 101 for a less urgent matter

## 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.*

**SAMARITANS** 116 123 FREE  
*This number is FREE to call*

# TALK TO US

If things are getting to you

# LOOKING TO THE FUTURE

by Navendu Mishra, MP for Stockport

Lockdown restrictions continue to be eased and the Government has now set out its plan for kickstarting the economy.

Across Stockport, businesses and workers are concerned at the many challenges that lie ahead, with the furlough period set to end on 31 October. Many were looking to the Chancellor to unveil a robust rescue package in his Summer Statement to give them the security they needed. Instead, they were presented with gimmicks to grab a few headlines and little in the way of meaningful support.

Such decisions will have a big impact on Stockport's town centre, which is vital to our sense of community. So I've been keen to add my support to the council's bid to revitalise the heart of Merseyway most affected by the closure of big stores with household names. It's only the start, but has the promise of making that area busy and vibrant again.

Much of Stockport's character comes from the historic area around Underbank and the market. I've been talking to its small retailers and support their involvement in 'Totally Stockport' to breathe life back into our town centre.



PHOTO: Navendu Mishra, MP for Stockport

In recent weeks I've spoken in Parliament about the importance of supporting our local economy, from leading a debate about Manchester Airport to highlight its importance as a gateway to the North West and as a major catalyst for the regional recovery from the Covid-19 pandemic, as well as Greater Manchester Combined Authority and Mayor Andy Burnham's efforts to safely guide local businesses as they emerge from the crisis.

**NEVER ALONE**

NSPCC 0800 800 5000 (24hrs)  
National Domestic Abuse Helpline 0800 2000 247 (24hrs free)  
Mind 0300 123 3393 (Mon-Fri 9-6)  
Victim Support 0800 168 9111 (24hrs)  
Cruse Bereavement 0800 808 1677 (Mon-Fri 9-5)  
ChildLine 0800 1111 (24hrs)  
Action on Elder Abuse 0800 808 8141 (Mon-Fri 9-5)  
Respect - Men's Advice Line 0800 801 0327 (Mon-Fri 9-5or8pm)  
Samaritans 116 123 (24hrs free)  
National Centre for Domestic Violence 0207 186 8270

## Coronavirus helpline for vulnerable people

0161 217 6046

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

STOCKPORT

COVID-19  
CORONAVIRUS

# LETTER FROM THE EDITORS

As I write this month's Letter from the Editor, gulls are squawking overhead and boat horns are blasting in the distance... not the usual sounds that can be heard in the Heatons and Reddish you may be thinking!

Being able to work remotely has meant that, now restrictions have begun to ease and some travel is possible, I have been able to relocate to Cornwall for a couple of weeks - maintaining social-distancing and wearing a mask in shops while here.

Tourism has been hit particularly hard as a result of Covid-19 and so it is fantastic to see this sector begin to get going once again, even as some restrictions remain in place. As such, this month sees the return of our regular travel section with a spotlight on UK destinations featuring favourites from The Heatons Post team and our contributors.

This August issue of Heatons post also includes a number of new features and, over the coming months, we hope to bring back many of the regular features that have been on hold since April - including our listing of local community group meetings, local activities and events.

Enjoy the summer and, as always, stay safe.

**The Heatons Post Team.**

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

# MEET THE TEAM



**Suze Howell**  
Heatons Post Team



**Amanda Fourie**  
Heatons Post Team



**Mel Page**  
Heatons Post Team

# LIST OF CONTRIBUTORS

**Design:** Gemma Rachael ([gemmarachael.com](http://gemmarachael.com))  
**Printer:** Reach Printing ([reachprintingservices.co.uk](http://reachprintingservices.co.uk))

## Thank you

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

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

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



# BUY LOCAL

by Andrew Gwynne, MP for Denton and Reddish

During this crisis, we have had to get used to a “new normal” and then another “new normal” and then another and another and another. Each time the guidance changes, so do our lives. One of the biggest changes has been to see the shops, restaurants, pubs, bars and other small businesses that we love having to close their doors.

This has obviously been a very difficult time for the owners and workers in these businesses. Although many will have received support from various government packages, there has been a lot of uncertainty about the future.

Now, happily, we are in a position where most of these businesses can reopen, albeit in a very different way to what we’re used to. As inconvenient as some of these changes may seem, they are very important from a public health perspective as they are intended to keep us all safe and stop the spread of the disease.

As the businesses open, much of the support that was previously provided will disappear and so I’d like to encourage you all to get out there and support – in a safe way, of course – all the brilliant local businesses here in the Heatons and Reddish.

And we’re really lucky to have so many fantastic independent businesses right on



PHOTO: Andrew Gwynne, MP, Denton & Reddish

our doorstep - Broadstone Arcade, A Tavola, I Knead Pizza, Littlewoods Butchers, Heaton Hops and Feed, to name but a few.

So please, if you can, get out there and show some love for our brilliant small businesses and help them through this crisis.

# REINTRODUCING BOOK BORROWING

by Anna Griffiths, Team Librarian, Stockport Libraries

From Monday, 13 July, a limited covid-secure book borrowing and IT provision will be offered at Hazel Grove, the Heatons, Marple and Reddish libraries.

These locations have been chosen so that we can test our services and learn how we can extend our offer in the best way for our customers and staff. We will be listening to customers at these four sites, and seeking their feedback over the coming weeks in order to refine and improve what is on offer with a view to extending book borrowing and free IT use to more locations, in a phased approach, in the weeks and months ahead.

We have continued to provide a digital library service throughout lockdown, with online events, e-books and magazines all available free of charge. As we learn to live with covid, we want to once again enable our customers to have access to book borrowing and IT. As we reintroduce these services, safety is our number one consideration.

Residents can expect changes and modifications to the services on offer as the council needs to deliver these services in a new, ‘covid-secure’ way – our priority is, and will always be, the safety of customers and staff.

Councillor Kate Butler, Cabinet Member for Citizen Focus and Engagement at Stockport Council, said: “It’s good that we’re able to introduce book borrowing and free IT use at four of our libraries. We’re doing this in a cautious and controlled way, to ensure we help keep our workforce and the public safe – which is our top priority.

“I want to thank everyone in advance for their patience and support as we work through these challenging times together. We will be constantly monitoring and reviewing our plans and if modifications are needed, we will make them.”

# HAVE A SILLY SUMMER

by Stockport Libraries



Stockport Libraries are inviting children in Stockport to sign up to the free and exciting Silly Squad Summer Reading Challenge.

This year it’s all online and Stockport Libraries have provided a FREE range of e-books and e-audiobooks. If your children are not members of the library, we’ve made it quick and easy to join online and start borrowing straight away. And there are many copies of these titles, so children won’t have to wait to borrow any!

The theme for the Summer Reading Challenge 2020 is ‘Silly Squad’. Children who join the challenge will meet a loveable bunch of animals who run a fantastic fun house and will unlock fun online badges, games and videos as rewards for their reading. Usually we ask children to read six books, but this year they can set their own challenge to read any number of books and are encouraged to read anything that makes them happy, get silly and have fun!

Jacqueline Wilson, Summer Reading Challenge Ambassador, says: “I feel the Summer Reading Challenge is extra important this year! How sensible to have a Silly theme. We’ve all had to deal with serious and scary issues, so it’s time for a bit

of fun. There are so many colourful and crazy children’s books to cheer us all up. Let’s get reading and get happy!”

Councillor Kate Butler, Cabinet Member for Citizen Focus and Engagement who has responsibility for Libraries, said: “We know how important it is for children to keep reading over the summer holidays so that they keep their literacy levels up. This year there’s a better reason than ever as we know that reading for pleasure helps children to feel relaxed.

“We know from previous years that thousands of children across Stockport sign up and have lots of fun taking part in the Summer Reading Challenge. This summer we hope to introduce more children to online reading, so they can take part in the challenge and make use of all the free books available from their local Stockport library throughout the summer and beyond.”

Visit our libraries Summer Reading Challenge web-page for full details on how to sign up to the challenge, join Stockport libraries online and borrow online books and magazines: [www.stockport.gov.uk/summer-reading-challenge-2020](http://www.stockport.gov.uk/summer-reading-challenge-2020)

## Information you need to know before you head back to the library:

- The libraries will look and feel quite different - these changes have been made to protect the safety of our staff and customers.
- We’ve chosen these locations so we can test our ‘covid-secure’ services and learn how we can extend the offer in the best way for all our customers and staff as we move forward.
- When we initially open, libraries may be very busy, so please be prepared for a longer wait time to enter due to the systems in place to maintain the safety of customers and staff.
- A queuing system supported by library staff will be in place outside the library - when you reach the front of a queue, you will be greeted by a member of staff.
- All returned library books will be quarantined for 72 hours, so don’t worry if they are still on your library card after you’ve returned them.
- We won’t be charging fines for the foreseeable future.
- You will not be able to browse our shelves as we want to open in a phased manner for customer and staff safety.
- We know how much you’ve missed reading, so we are offering two new services for you:
  - Borrow specific library items via “Order and Collect” – for more details visit our website
  - As there will be no browsing in our libraries, a “Staff Picks” service will be offered. You can suggest genres and authors you like and our staff will select a small selection of books for you to pick up from an open library – for more details visit our website
  - We will let you know when these items are available in your nearest open library so you can come and pick them up.
- Public computers will be available but you must book in advance – for full details visit our website.
- Printing will be available, but please bring the correct change to pay - the charge for printing is 10p per A4 sheet/15p per A3 sheet in Black and White, and 50p per A4 sheet/£1 per A3 sheet in colour.
- As part of our ‘covid-secure’ re-introduction, children under 12 will have to be accompanied by an adult. We realise how much children enjoy visiting the library by themselves but this is part of our ‘covid-secure’ plan to keep customers and staff safe.



## Steps put in place to ensure the safety of our customers and staff:

- If you are feeling unwell, please do not come to the library as you will be refused entry.
- A queuing system supported by library staff will be in place outside the library.
- When you reach the front of a queue, you will be greeted by a member of staff - on arrival at the library, please use the hand sanitizer located near the main entrance.
- You will be asked to show your library card or tell the member of staff your borrower number when you reach the front of the queue.
- Children under 12 will only be allowed into the library with an adult due to social distancing requirements.
- We are participating in the Government test and trace programme so you will be asked for your name, address and contact telephone number when you arrive at the library. This will only be stored for 21 days in line with government guidance.

For more information, see: [www.stockport.gov.uk/topic/libraries](http://www.stockport.gov.uk/topic/libraries)



# FOODIE FRIDAY CAMPAIGN REACHES £20,000

A crowd-funding campaign launched by the team behind Stockport's Foodie Friday has raised over £20,000 to provide over 3,000 free meals and 2,000 free ice creams to NHS staff at Stepping Hill hospital.

The campaign was launched back in late March following the cancellation of Foodie Friday events in Stockport Old Town due to the coronavirus, with a target of £6,000 to provide 1,000 free meals. It immediately attracted support from Stockport's chart-topping band Blossoms as well as local MP, Navendu Mishra, who are all regular visitors to the event.

The idea to launch a crowd-funder was prompted by a willingness from the Foodie Friday team to support both their community of local street food traders, who would be without an income due to the cancellation of all events, as well as hard-working health care staff working on the frontline. Within a few days, the campaign reached 50% of its goal and soon hit its target of £6,000, thanks to a donation of £1,000 from Blossoms.

The campaign has since received nearly 500 donations from individuals, local businesses and organisations including Lynx Taxis, who have donated £2,000, the Greater Manchester High Sheriffs Police Trust, who have donated £1,500, and the North West branch of the Communications Workers Union, who have donated £1,000. Councillors for Stepping Hill ward have also donated £600 to provide 100 free meals through their flexible ward funding.

The Foodie Friday team will have visited the hospital eight times, including two visits to the night staff, with their final visit on Friday, 24 July in partnership with Stockport Pride, which has also been cancelled due to the coronavirus. This final visit also celebrated the LGBTQ+ community by promoting the launch of the hospital's rainbow badge scheme to show that Stepping Hill is an open, non-judgemental and inclusive place for all people.

Joe Barratt, organiser of Foodie Friday and board member of the Government's High Street Task Force, said: "It's been remarkable to see the support from everyone for our NHS campaign. When we first launched it, I hoped we'd just about hit our original target of £6,000, so to reach £20,000 is truly



Images courtesy of Paul Moore Photography

incredible. It shows what's possible when local people come together with a common goal and is reflective of the kind of community spirit that's helping us all get through this terrible crisis."

Annala Hussain, Equality, Diversity and Inclusion Lead at Stockport NHS Foundation Trust, said: "We are delighted to be collaborating with Foodie Friday and Stockport Pride in making the final Foodie Friday even more special with a PRIDE Foodie Friday! Thank you to our community partners in not only supporting and recognising the hard work of NHS staff and keeping them fuelled, but in raising the profile and awareness of the LGBTQ+ community and Trust staff network."

Stephen Bowyer, Chairperson of Stockport Pride, said: "While the past few months have been difficult for many in the local LGBTQ+ community, we are extremely grateful for the work of all the NHS workers who have been doing an amazing job. Although we've missed attending Foodie Friday, it's been fantastic to see them raise staff morale and feed bellies at the hospital during this crisis. It shows that Stockport is capable of doing really amazing things."



# THANK YOU

by Pam Smith, Chief Executive of Stockport Council



PHOTO: Pam Smith, Chief Executive of Stockport Council

Dear Stockport residents, key workers, community groups and public servants.

On behalf of all Group Leaders and Councillors at Stockport Council, I want to thank you for everything you have done over recent weeks and months in response to the coronavirus pandemic. Whether you displayed a rainbow in your window, checked on a neighbour, volunteered your time, fundraised, donated supplies or worked as a key worker to keep the borough running, it has taken us all to come together to respond to the biggest crisis we have experienced since World War II.

These past months have truly been unprecedented for us all. The way residents, businesses, community and voluntary groups, and public services have worked together for our borough has been incredible.

I know that lockdown has been difficult too. Many of us have missed the face to face connection with close friends and family. Holidays, weddings, parties and other plans have been put on hold. For some, lockdown has brought financial difficulty or impacted our emotional wellbeing.

We are also mourning the passing of those we have lost to covid during this time and my thoughts are with all those who have been bereaved during this time.

Despite these challenges, the strength and resolve shown by so many Stockport residents in the face of the greatest public health crisis in our lifetimes, has been truly astounding. Everyone has played their part, no matter how big or small.

On behalf of all Group Leaders and Councillors at Stockport Council, I therefore thank you, Stockport, for your courage, your kindness, your hard work, and most of all your unwavering support for one another.

# HELP SAVE GREG STREET WORKING MEN'S CLUB

by Jez Myers

The community in Reddish is, once again, faced with another 'use it or lose it' situation and this one is of historical importance. There's no easy way to put this but Greg Street Working Men's Club, the oldest working men's club in England, is in financial trouble and needs your help.

A working men's club is more than a pub. It's a private members club owned and operated by its members. That means that as a member, you can actually have a say in how the club is run, if you wish. It also allows a community to grow from within and become a real positive force. You could even play for the snooker, pool, or darts teams. Or, if you prefer, you can just watch the football or enjoy one of the many musical acts (when it's allowed again).

If you want an example of this kind of community spirit in action, look no further than the volunteers who have given up their time to renovate the place. They have installed new carpets, signage and toilets during the lockdown, all to make the club appear more attractive - and it's started to yield results.

Twenty new members took advantage of the £20 membership plus £1 discount bar card that is currently being offered. They can take full advantage now, following the club's reopening on 12 July. It's a start, albeit a small one, and there's still a long way to go in order to secure both its short term and long term future.

When Samuel Greg opened the working men's club over 160 years ago, it's unlikely that he thought it would still be in operation today. With the right support it can be open for many years to come.

The campaign to refurbish and restore Reddish Swimming Baths has resurfaced. The efforts of those involved are highly commendable in the face of a near impossible task. However, just think about how much easier that task would be had it never closed in the first place. Don't allow Greg Street Working Men's Club to fall into the same trap. Once it's gone, it's likely gone for good. Losing it would be a great shame, and a loss to both its members and Reddish history.



There are a number of ways you can support Greg Street WMC:

- Visit their Facebook page and give them a like - [www.facebook.com/Gregstclub](https://www.facebook.com/Gregstclub)
- Pop down, have a look around, and become a member.
- If you can afford to, donate to their GoFundMe - <https://gf.me/u/ydj4dx>



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

Greg Street Working Men's Club is located at 129 Greg Street, Reddish, SK5 7LN.



# THIS IS YOUR NEWSPAPER!

## Be involved!

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

Email us at: [news@heatonspost.co.uk](mailto:news@heatonspost.co.uk)

## Help fund us!

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

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



**HEATONS POST**

To donate, just use  
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scan the QR code

Suggested donation: £1

# NEW WAYS TO RAISE

by Carol Cross

As well as having a great deal of fun throughout the year, members of Rotary Stockport Lamplighter spend a lot of time fundraising so that they can support many local charities and individuals.

Since the beginning of the Covid-19 crisis, Lamplighters have continued with this fundraising in a different way to usual.

Member Ian Roebuck designed a set of humorous cards depicting life during lockdown. Printed on a complimentary basis by local firm Deanprint, they were an immediate hit with the public and sold out within a month. At a cost of £5.00 for a set of four, they raised an incredible £500.00 - if you bought a set we would like to send our thanks and hope you enjoyed using them for 'real' letters.

Lamplighters then decided to create an online quiz which again has been extremely well received by the general Stockport public.

There are four rounds of twenty questions with multiple choice answers to each one, and some super pictures - there's even a question about local boy Phil Foden.



Extremely well-presented in a very professional manner, contestants can play with a team or as an individual. If contestants enjoy the experience, there is a donate button which Lamplighters hope will generate more funds to be used for charity ventures - every penny raised from all events goes to support those in need.

During lockdown, the Heatons was swarming with families discovering their local area - either walking, running or cycling. As a result, Lamplighter Tony Brown devised three local walks of varying lengths - 5km, 6km and 10km. The walks all start and end in the Heatons and can be downloaded and printed from the Lamplighters website. Once completed, the distance can be added to the Heatons Charity Challenge.

Martyn Griffiths, a Lamplighter member from Offerton, has put all these ventures onto the club's website - why not take a look, you'll be pleasantly surprised and, if you do take part in the quiz or one of the walks, we hope you'll enjoy them.

For more information, see:  
[www.lamplighters.org.uk](http://www.lamplighters.org.uk)



# OUR MULTICULTURAL COMMUNITY

In a new feature, Heatons Post talks to local residents from a range of different cultures to celebrate and highlight our multicultural community. This month, we talk to Rajeev Arora whose family moved to the Heatons from India during the 1960s.

## Can you tell us where your family is from and how they first came to settle in the UK?

My grandfather came to the UK from India back in the early 60s, following in the footsteps of his brothers who came in the 1950s. The end of World War II meant that the UK needed workers, and they turned to the Commonwealth countries for this labour force. The civil unrest following the partition of India (into India and Pakistan, perpetrated, incidentally, by the British) meant many people looked to the west to escape to a "better life". So the circumstances were ripe for a mass migration of people from India to the UK.

My Grandfather worked for some time in the McVities factory near Heaton Chapel, and was shortly joined by his family, including my Mum. Like many of the Indian immigrants to the North West, they soon started their own business in the clothing trade - businesses that still survive to this day! My Dad came in the late 60s, and also got into the textile industry. Some readers may remember my parents from Patches, the clothes shop in Heaton Moor, which was really popular throughout the 80s and 90s.

I always find it amazing how my parents' and grandparents' generation found the courage

to leave everything they know back in India to start a new life amidst a new culture in the UK. I don't think I would have the guts to do that. But they did, and they succeeded, despite the challenges of arriving with next to nothing, the at times inhospitable environment, and of course the vastly different weather!

## What made your family decide to live in the area?

I wish my Grandfather was still around so I could ask him! But I suspect that Manchester in the 50s & 60s was a highly industrial area and so in need of migrant workers. Plus there was a growing community of Indians settling in the North West, so it would have made sense to stay close to people who were having similar experiences.

## How are you able to keep your culture alive?

I would say our culture is evolving. The culture of the Indian community in the UK is an amalgamation of Indian culture and western culture. There are a couple of Hindu Temples nearby that we visit regularly. Bollywood films are shown at the Trafford Centre, and Indian food is now a staple of the British diet. We're probably losing our language as the generations progress - my parents used to speak in Punjabi all the time, but we all speak in English at home now, although I speak to my Gran in Punjabi and I am fluent in spoken Hindi; future generations won't have as much need or opportunity to speak eastern languages. We're comfortable in traditional clothes at Indian weddings. Keeping our culture alive is not really optional. By virtue of the colour of our skin,

we'll always be seen as not indigenous, so we have to know our roots to understand ourselves. The opportunities I have today are down to sacrifices and decisions my family generations have made over the last seven decades. That's an intrinsic part of my culture.

## Do you have the opportunity to visit India and family still living there?

Yes, we go every few years, and my Dad's family still lives there. India is a fast moving country now and I've seen lots of changes there over the years. Strangely, I feel at home when I'm in India, just as much as I do when I'm here. It doesn't feel foreign to me.

## Do you see the Heatons and Reddish as multicultural communities and to what extent has this changed over the years?

There's a good balance in the Heatons and Reddish. There is a good mix of cultures, and they mix very well, more so than I've seen in other areas. I think the area has always been welcoming of other cultures. I remember my Mum coming to my primary school to teach kids how to make chapatis - that was in the 1970s! The key to ensuring the communities don't become segregated is to ensure everyone makes the effort to try to understand each other.

*If you or your family settled in the Heatons from a different country, we would love to hear from you for a future 'Our Multicultural Community' feature. Please contact the Heatons Post team at: [news@heatonspost.co.uk](mailto:news@heatonspost.co.uk)*



PHOTO: Raj's Grandfather, Manohar Lal, in the 1960s



PHOTO: Raj and his mum outside of Patches



# YOUR ENVIRONMENT



## HEATONS CLIMATE ACTION FESTIVAL

12 & 13 September and 19 & 20 September - Sponsored by Sustainable Living in the Heatons

<b>Why are SLH holding the Festival?</b>	We are living in a state of climate emergency – but it really doesn't feel like it. You might be curious or anxious about this - the Festival is about sharing your questions and concerns as the Heatons community and seeing what it is possible to do as an individual, family or group.
<b>What to expect?</b>	<ul style="list-style-type: none"><li>• A free online Festival using Zoom Webinar</li><li>• Practical sessions to offer ideas, inspiration and encouragement covering waste, plastics, food, energy, home insulation, biodiversity, travel, electric cars and more...</li><li>• Panel sessions to explore what climate action could look like at the local level of the Heatons with contributions from across the generations</li></ul>
<b>What might you get from the festival?</b>	<p>More about:</p> <ul style="list-style-type: none"><li>• What inspirational changes local people are already making to their lives</li><li>• How you can make a difference – in both small and big ways</li><li>• Where to get good information and resources</li><li>• How to feel part of the community drive for change</li></ul>
<b>How to find out more about the Festival?</b>	<ul style="list-style-type: none"><li>• Check out our website: <a href="http://www.slheatons.org">www.slheatons.org</a></li><li>• Follow us on Twitter, Instagram, and Facebook</li><li>• Catch the September edition of Heatons Post where there'll be lots of details</li><li>• Get on the SLH mailing list by sending a message to: <a href="mailto:info@slheatons.org">info@slheatons.org</a></li></ul>

## OUR LOCAL GREEN SPACES

It's time to enjoy the green space right on our doorstep... here is a snapshot of the beauty within our community.





# 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...

**University Online – is it still worth it?**

**Mum**  
What do you think about the news that universities plan to only teach courses online in the new academic year and charge the full tuition fees?

**Daughter**  
I think it is really unfair. Many students will have been looking forward to the social side of the university experience and they will be really missing out on this. There has been a good deal of negative press about the value of university versus the costs to students in recent years. Young people have learnt to question whether a degree is value for money and if it will lead to employment. I think a lot of young people will really think hard now about whether an online university course is going to be beneficial to them. The social side is a huge part of the appeal of university.

**Mum**  
Yes, choosing to go to university is always a big decision, but more so than ever now that the offer is so different. For those that always planned to go to university the online experience isn't going to be anything like how they imagined their college life would be.



Perhaps fewer students will choose university now as their option and some will defer for a year or two.

**Daughter**  
That will affect employers too, they will have to change the way they recruit if less people have a degree as their proven competency.

**Mum**  
Maybe some students will opt more for apprenticeship degrees where there is more focus on the on-the-job learning.

**Daughter**  
I think that employers will be looking for new ways to discover the credentials young people have. Maybe there will be more of an emphasis on practical skills. With the economic downturn there will be less jobs for young people anyway. We will have to see what happens over the next few months.

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

## THE HEATONS MARKETS

by Heather Thorpe

The next Heaton Moor Market on Shaw Road will be on Sunday, 2 August followed by Sunday, 6 September. The hours are 10.30am - 2.30pm and we will have a queuing system in place as we did in July.

Thank you to everyone who came and supported us in July - it was great to see everyone and many thanks for helping us all keep safe and well.

**Date for your Diary:**  
Heaton Mersey Artisan Market will be on Saturday, 19 September on the cobbles in front of St John's Church, Didsbury Road. The focus is more on Arts & Crafts than at Shaw Road, but still some great lunch choices to be had! Covid-19 measures will be in place as at Shaw Road.

**HEATON MERSEY COLLECTIVE**

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

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

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

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

## REDUCING FOOD WASTE

Here's a few tips to reduce your food waste:

- Create a mini-composter in your garden using leftover food waste - add your garden cuttings once you've got round to trimming that hedge/lawn
- Use your fridge wisely - some foods keep better outside the fridge. This includes bread (keep it in a cool dark place like a bread bin or cupboard), bananas, pineapples, potatoes and onions

- Measure your portions - reduce waste by cooking only the amount you need. Measuring takes away the guesswork and makes it more likely you will get the right amount

But remember, while you don't want to throw food away that is still good to eat, don't risk it when it comes to food safety for you and your family. If something smells like it has gone off or has mould growing on it, please throw it in the bin!

**. QUALITY . LOCAL .**  
**. FRIENDLY . SAFE .**  
**ARTISAN MARKETS**

**WORKER BEE MARKETS**

. LOCAL . ARTISAN . HANDMADE .

**REDDISH**

**WORKER BEE MARKET**

**Broadstone Mill,**  
**Broadstone Road, SK5 7DL**

**Bank Holiday Saturday**  
**29 August 11am - 3pm**

**workerbeemarkets.wordpress.com**

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

**HEATONS POST**

**Family Histories**

Ever wondered about your family history and interested in discovering more about your ancestors?

Discover your family tree with  
Family Historian Mary James  
and receive your very own tree document.

Email: [heatonspostfamilyhistory@gmail.com](mailto:heatonspostfamilyhistory@gmail.com)

## GROW YOUR OWN SCRAPS

Over the next few issues we're going to let you in on a few kitchen secrets...

Here are the first of 20 vegetables and herbs you can grow indoors using parts of the produce you would usually throw away:

**Carrots**  
Place chopped off carrot tops in a container filled with a bit of water. Pretty soon, they will begin to sprout delicious greens from the top that are a nice addition to meals. Using a deeper container and more water, use toothpicks to keep carrots halfway in the water and wait for them to root. Once they root, you can plant them in your garden for a continuous supply!

**Sweet potato**  
Unlike most vegetables, sweet potatoes aren't started by seed but by slips (or shoots). Clean and cut a sweet potato in half, then place it half in/half out of a jar full of water using toothpicks. Over a few days, your sweet potato will begin to sprout slips at which point you remove them and place them in water to grow roots. You should have rooted slips within the week. Next, plant them in loose, well-drained soil and water every day during the first week, and then every other day (or as needed) the following weeks. Check out the June issue for the next set of tips!

Source: [www.gardeningsoul.com](http://www.gardeningsoul.com)



# HOW DO YOU READ YOURS?

Can you spot any familiar faces reading Heatons Post and recognise where they enjoyed their read? Browse our gallery and let us know, How Do You Read Yours?  
(note: all of the images in this gallery were taken pre-lockdown)





# CULTURE



## CALLING ALL FILMMAKERS!

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

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

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

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

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

demand will be the People's Choice award too.

Films will be judged on story, technical and creativity. The judges will take your level of experience into account. Films produced anytime since January 2019 will be considered, and it must be your own work. For full terms and conditions and details of how to enter, please visit [www.skfilmawards.co.uk](http://www.skfilmawards.co.uk)  
Entry deadline Friday 18 September 2020



## HEART OF THE HEATONS

### PHOTOGRAPHY COMPETITION

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

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

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

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

Visit [www.heartoftheheatons.com/competitions](http://www.heartoftheheatons.com/competitions) for more info and to enter



## RANDOM OVERHEARD IN THE HEATONS

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

Sarcasm frequent, drops of kindness rare and small.

You have been warned folks.

Here goes...

**#RandomOverheard**

'Gosh what a fabulous outfit!'  
'Just because we're in lockdown, doesn't mean we have to look like we are...'

'...so he started looking pointedly at his watch and saying it's a bit early for another bottle.... so I told him to stuff his watch up where the sun don't shine...and anyway, it's organic....'  
<silence>  
'Lockdown going well at your house then....'

'My mate invested in about 70 bottles of wine at the start of all this.....they lasted about three weeks....'  
'Wow.....as long as that?'

'So I'm on really important video calls with directors and CEO's and him indoors wanders around in the background in his allotment clothes offering cups of tea....! He's like Eric Morecombe at the end of the show in his old mac with a carrier bag!'

'Mates' ex asked me out...'  
'You used to like him didn't you?'  
'Yeah, but I'm not a blinkin' consolation prize!'  
'Take it that was a 'no' then...'

'You got a new rose didn't you...? Are you happy with it...?'  
'Oh yes.....it's called 'Paul's Scarlet Climber'  
<silence>  
'Didn't you go out with a guy called Paul....?'  
'Oh yes....he was marvellous.....just marvellous....' \*sighs....

'I had actually started talking to myself....'  
'Oh I wouldn't worry...you just get more intelligent answers'

'God I had the most amazing dream last night....'  
'Oh yeah.....? Gorgeous leggy blonde was it....?'  
'No mate.....sat at the bar with a freshly pulled pint....'

'He got us a mention on the radio...for our anniversary...30 years...he said here's to the next 30....all I can say is that his experience of lockdown must be vastly different to mine....we'll be lucky to last another 30 minutes, never mind years...'

# POETRY & MUSIC

## COVID LOCKDOWN

by Jean Taun

*I am living in a lockdown  
Where I have done no wrong  
It feels like a prison sentence  
But I don't know for how long?*

*The world is fighting Covid  
We are all in such a mess  
So many have lost loved ones  
I wish it could be less*

*Key workers are so brave  
NHS and all the rest  
Risking lives every day  
Although they are all stressed*

*The supermarkets are so busy  
I see it on the news  
Myself I have to stay inside  
What else is left but booze?*

*Volunteers are helping  
To deliver and provide  
PPE stocks running low  
Citizens making it with pride*

*I cannot see my family  
My friends are all at home  
It is a very lonely time  
As no longer can I roam*

*One day this will be over  
We might all end up in debt  
At least we will be still alive  
Those we lost we won't forget*

A poem from *Poems For A Pandemic*, a collection written by people working on the frontline of the Covid-19 pandemic. See page 13 for the full story.

## THE SWEET SOUND OF SOUL AND GUITARS

by Andy Rayner

A passion for music united husband and wife duo Paul and Hayley Jenkinson when they met whilst students at the London College of Music, their fledgling careers beginning after graduation in 2010 with them both landing jobs at a music school in Bournemouth, Hayley's home town.

Fast forward to 2018, and with a few years' experience under their belts they headed up to Paul's home territory of the Northwest having identified a need for a music school in Tameside. Their new venture, Soundhut Music, was soon up and running with vocal coach Hayley and guitar tutor Paul giving lessons both in schools and in their own studio.

More recently they have brought their talents to the Heatons where they were making a big impact before the inevitable curtailing of activities with the pandemic and lockdown. However, the enthusiastic couple have managed to keep active with many of their students signing up for on-line and video lessons.

Paul and Hayley are very much looking forward to the relaxing of restrictions so they can continue with their regular weekly sessions at Heaton Chapel Community Centre on Broadstone Hall Road South. As soon as they get the green light, they will be kicking off at 3pm every Thursday with one-to-one guitar and vocal lessons. This will be followed at 6pm by Paul's Stockport Guitar



PHOTO: Paul and Hayley Jenkinson

Group – a weekly improver session for adult guitarists of all ages. Hayley then takes over at 7pm as she puts her homegrown choir, Soul Sounds, through their paces until 9.30pm. As the name suggests, the choir focuses on classic and contemporary soul and R & B.

Believe it or not, under normal circumstances the energetic pair still find time to take to the road at the weekend either as a duo or with their band, The Coasters – specialising in wedding gigs that normally keep them busy throughout the spring and summer.

If you would like to find out more about Soul Sounds Choir, Stockport Guitar Group or individual lessons from Paul and Hayley, visit their website: [www.soundhutmusic.com](http://www.soundhutmusic.com)



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



# TRAVEL

## FAVOURITE UK DESTINATIONS

We asked our team of writers which UK destination was their favourite - here's a snapshot of their choices below...

### BOURNEMOUTH



by Kevin Bradford

Seven miles of golden sands. Spectacular clifftop views across calm blue seas. Blooming botanical gardens.

The idyllic description is everything you may want from a dream overseas destination, but is in fact available just a train ride away from Manchester - in beautiful Bournemouth.

Many happy family holidays were spent there as a child, and I enjoyed three years as a student on the south coast.

A perfect place to combine fun and relaxation, all while bathed in 7.7 hours of summer sunshine a day, the Dorset town is by far and away the best place in Britain for a staycation.

### CORNWALL



by Amanda Fourie

With one half of my family being from Cornwall, this is a place I have come to know very well over the years, and having visited during every season offers a totally different perspective on the region.

From quiet villages and dramatic stormy seas in the winter, to calmer blue waters and beaches bustling with holiday-makers in the summer - Cornwall has plenty to offer year-round.

Some of our favourite places to visit can be found on and around the Lizard Peninsula - Kynance Cove, Roskilly's Ice Cream Farm, and the Cornish Seal Sanctuary. Closer to our base in Falmouth, a walk along the Helford River or a coffee & cake at the Gylly Beach Cafe is a must!

### BASK IN THE ENGLISH RIVIERA

by Suze Howell

One of the silver-linings of 2020 will be the appreciation of the good old Great British seaside holiday. The English Riviera – or Torbay – has revamped itself over the past decade to become a firm favourite for visitors. With clear blue seas, spectacular views, tons of family activities, an array of eateries and a microclimate that means you should never trust the weather forecast, this is an area of the country not to scoot past in favour of Cornwall. Here are my top three places to spend a day:

#### Torquay

Surrounded by large red sandy beaches, a beautiful harbour and a thriving café-bar culture (spot the sister café of Stockport's Berretto Lounge), Torquay is an accessible and lovely spot for everyone. My top tip is to take a stroll along part of the South West Coastal Path, leaving the main hustle and bustle of the harbour, up past the 19th Century Imperial Hotel, to 'Rock Walk' - an undulating track tracing the side of the headland.

There are some fabulous views across the bay, especially when reaching Daddyhole Plain. From there, it's a short staircase down to Meadfoot beach, one of the best for swimming, stand-up paddleboarding - 'SUP' to the locals - and kayaking. This is a great spot for an early evening BBQ on the beach too – just remember to check the tide times first!

#### Brixham

The small fishing village of Brixham is a colourful feast you can easily spend a day visiting. There's fresh fish on sale everywhere - well worth stopping at one of the little harbour-side stalls to have a taste. Then, for the kids, there's a full size replica of the Golden Hind, Sir Francis Drake's famous ship, to explore, and then join the families catching crabs all around the harbour – the best bait is bacon!



Please take two minutes to complete a survey on bikes and cycling in the area at the following link: [www.surveymonkey.co.uk/r/qq3PCTP](http://www.surveymonkey.co.uk/r/qq3PCTP)



My favourite place of all is a little out of Brixham, up on the headland: Berry Head. Get lost in the beautiful ocean views this National Nature Reserve has to offer. Explore the lighthouse and Napoleonic Fort; spot dolphins, guillemots and, at dusk, horseshoe bats; and round it all off with some delicious grub at the café, which also hosts information about the area.

#### Dartmouth

Recently voted number two on a Which? survey of best seaside towns, the quaint village of Dartmouth is a delight to explore. Head there early to beat the queues on the car ferry across the River Dart, and lap up the best in ice-creameries, Devonshire pasties and artisan shopping, all whilst soaking up the atmosphere of this picturesque village. A boat trip on the river is worthwhile, as is venturing further out of Dartmouth to the beautiful beaches of Blackpool Sands and Slapton Sands.

There's plenty more to discover – check out [www.englishriviera.co.uk](http://www.englishriviera.co.uk) – and my top tip for travelling south by car is to leave after 7pm to avoid getting caught in the traffic!

### DEERSHED FESTIVAL, NORTH YORKSHIRE



by Chris Warburton

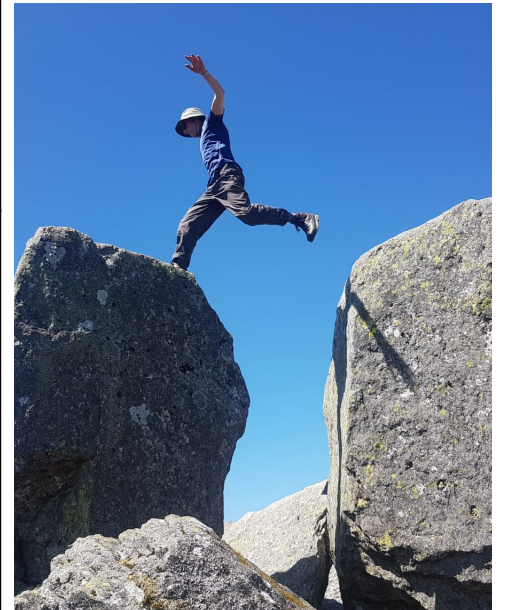
The first weekend in August is normally a really special one for the family as we set off to our favourite UK destination - Baldersby Park in North Yorkshire - for the annual Deershed Festival.

It's a chance for everyone to properly wind down, relax with friends and enjoy some good music... whilst normally bumping into half of Heaton Moor in the process.

Festivals have become such an important part of the landscape in this country and I really hope we'll see as many as possible returning in all their glory next year in order to create some new and special Summer memories.

### SNOWDONIA

by Diana Scotcher



I can never quite contain my excitement when I arrive in Snowdonia – two hours from the Heaton and some of the most stunning mountains in the UK.

My annual stay in Capel Curig with my oldest friends to scramble up high, whatever the weather, is the best. On a fine day the views are breathtaking, and make worthwhile the effort of tackling the tough bits.

A highlight is to reach the summit of Tryfan in the sunshine. One year a brave friend made the leap across the stones that are called Adam and Eve. It is said he gained the "Freedom of Tryfan"!

### SILVERDALE



by Andy Rayner

Nestled away on the shore of Morecambe Bay, the delightful village of Silverdale is the place I head for to escape the hustle and bustle of city life.

Ancient woodlands and coastal walks combine with the abundant flora and fauna to make every season enjoyable in this lovely Area of Natural Beauty. There are footpaths all over the village, and the RSPB nature reserve at Leighton Moss and the pretty seaside village of Arnside are within easy walking distance - visit the latter via the 522ft Arnside Knott for stunning views of the Lakeland Fells and Yorkshire Dales.

Within easy reach for a week away or just a day out, Silverdale is the perfect place to unwind and rediscover the joys of nature.

### DEGANWY, NORTH WALES



by Jez Myers

Nestled in between Llandudno Junction and Llandudno, this village has always been a firm favourite of mine to escape to for a little rest and relaxation. A beach with views stretching out to Conwy, Anglesey, and Puffin Island. Two golf courses, a marina, and a luxury award-winning hotel and spa.

Reachable within 90 minutes on a good day and serves as the perfect base to explore Conwy Castle, Llandudno promenade or the Great Orme, with day trips to the Snowdonia National Park or Anglesey also only a short drive away. Plus, you even get to stop off at Cheshire Oaks on the way there/back for some retail therapy.



# THE READING

## NO WRITERS BLOCK IN STOCKPORT

A new survey has yielded powerful evidence that writers have been more resilient to the impact of lockdown.

With book downloads and Kindle sales currently going through the roof, more content and talent discovery is fantastic for avid readers. And many more people have taken up reading since pandemic restrictions locked them into their homes.

The survey, by Page Turner Awards - an award for published and unpublished fiction and non-fiction from all genres judged by high-profile experts from the literary world - tallied responses from writers across 15 different countries.

The findings showed that 61% of writers have been able to write more since the lockdown began.

Paula Sheridan, co-Founder of Page Turner Awards, said, "It's wonderful to see that writers are determined to use an increase in their spare time to dedicate to their writing ambitions."

We're delighted to bring you news from five local authors from the Heatons and Reddish. Read their stories below...



### AN UNCOMMON WOMAN

by Suze Appleton

For several years, I have researched Elizabeth Raffald - an 18th century businesswoman - and have reproduced the books that Elizabeth issued.

Elizabeth Raffald, An Uncommon Woman, is a fictionalised attempt to bring her character to life, and it contains many details from newspaper articles and advertisements of the time.

It is the imagined diary of Elizabeth, who began her career as a housekeeper, and then married the head gardener at Arley Hall. They moved to Manchester to seek their fortunes in the fast industrialising

town. Elizabeth Raffald was a skilled confectioner and originated several recipes still in use today, most notably a traditional wedding cake.

The recipe, for Bride Cake as she called it, appears in her 1769 cookbook, The Experienced English Housekeeper. She also produced several trade directories, the first in Manchester, and ran various businesses.

All Suze's books are available on Amazon or can be purchased directly from the author. Contact: [info@suzeapple.co.uk](mailto:info@suzeapple.co.uk)

### HARDMEN, GANGSTERS, JOKERS AND PRANKSTERS

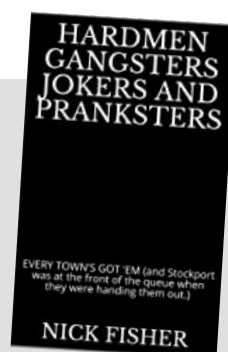
by Nick Fisher

Born and raised in Reddish, I have just released my latest book.

The idea for Hardmen Gangsters Jokers and Pranksters - Every Town's Got 'Em But Stockport Was At The Front Of The Queue When They Were Handing Them Out, actually came from my other book, Everyone's Got A Story To Tell.

I released both books jointly a couple of weeks ago, however, as I explain in the book, I first had the idea for Everyone's Got A Story To Tell over 30 years ago, when I was in Strangeways prison.

Over the years, I've seen and met some interesting people and heard some marvellous stories and so, 12 months ago, I started putting it together. I set up an author page on Amazon and asked people to send me their stories. I received dozens and dozens - it's extraordinary what some people have witnessed and gone through in life - the end result being Everyone's Got A Story To Tell.



When lockdown came, I started going through saved items on my computer and came across a few things I had thought about writing a few years ago about Stockport. I put it together with what I couldn't fit in Everyone's Got A Story To Tell - the end result was 'Hardmen and Gangsters'.

I have written several other books too, mostly adult humour books, one of which called The Best Husband and Wife Joke Book Ever was bought as a wedding gift for Prince Harry and Megan - though I never did get an invite to the wedding!

Nick Fisher's books can be found on Amazon: <https://amzn.to/3gejRY0>



### A BETTER PLACE IS HERE

In the very first issue of Heatons Post in February 2020, we featured an article by local resident, Alyson Marsh, who had written and illustrated her first book - A Better Place. Heatons Post caught up with Alyson to find out how she has been getting on.

**How has the process of getting A Better Place printed and ready for distribution gone?**

Well, we had planned to go to print during the Easter holidays and then the epidemic hit and everything changed. I wasn't sure whether or not to go ahead and get the book printed as everything was literally on hold for what seemed like forever. About a month ago, the printers got in touch to say that they would be prepared to go in to get my book up and running. I then decided that maybe it was a good time to do this after all and we went ahead.

**What does it mean to you to finally see all your hard work in print?**

It means the absolute world to me to finally have all my hard work in print. It has been a long journey and to see and hold my very own first book was a very special feeling indeed.

**What impact has Covid-19 had upon your plans for distributing and promoting the book?**

Initially, Covid-19 halted the printing of the book but using social media and emailing schools, funeral services and agencies linked to bereavement has helped me to really get things started. This epidemic has made me realise just how important my book, A Better Place, actually is.

**What has been the response to A Better Place?**

So far, the response has been very positive. I've had several really good reviews from University Tutors linked to Education in schools and one from children's author, Janey Jones, who has managed to sell over 40 million copies of her work. She actually was so blown away by my book that she made a short film about how much my book has helped her to come to terms with her own grief, which was very humbling for me, and I was understandably very grateful. I have also had a large order for 100 books from a group of schools in Stockport which was fantastic.

**Any plans for another book in the future?**

Yes - I have already started my new book but I am keeping the details under my hat for now and trying my best to get A Better Place out to as many young people as possible.

A Better Place by Alyson Marsh costs £9.99 plus postage and packaging, and can be purchased at: [abetterplacebook.co.uk](http://abetterplacebook.co.uk)



# CORNER

## FRANK PANTRIDGE



by Cecil Lowry

I moved to Heaton Norris 34 years ago, when I obtained a post at the University of Manchester. I spent my career in Sports facility management before taking up writing when I retired in 2002. My father had been a prisoner of war, working on the infamous Thai/Burma railway during WW2 and I have had four books published since then about that era.

One of my father's compatriots on the 'death' railway was a Belfast Doctor called Frank Pantridge. Returning to his native Northern Ireland after the war, Pantridge invented the portable defibrillator, a device that has saved countless lives over the past 50 years. My latest book tells Pantridge's story.

The book tells the life story of Frank Pantridge, the Northern Irishman who invented the portable defibrillator. When WW2 broke out in 1939, Pantridge, a young doctor from the Royal Victoria Hospital in Belfast, headed for the army recruiting offices to join the Royal Army Medical Corps.

Eighteen months later he was posted to Singapore in the far east where he was attached to the Gordon Highlanders as their medical officer.

Shortly after midnight on 8 December, a large Japanese force landed on the beaches of Thailand and Malaya. On 15 February, 1942 the allied forces surrendered and 137,000 Allied troops, including Frank Pantridge and my own father, were taken prisoners of war.

For the next three and a half years, Pantridge and my father were to endure

dreadful hardships at the hands of a brutal and callous enemy in Changi prisoner of war camp and on the notorious Thai/Burma railway.

The lives of both men were saved when US President Truman authorised the dropping of Atomic bombs on Hiroshima and Nagasaki.

On returning to Belfast in October 1945, Pantridge's first priority was to resume his medical career. After his experiences whilst enduring beri-beri in the prisoner of war camps, he began to specialise in diseases of the heart, resulting in him

being appointed consultant physician and cardiologist at the Royal Victoria Hospital Belfast.

Pantridge produced the world's first portable defibrillator in 1965, initially operating from a specially equipped ambulance, his prototype ran off car batteries and weighed in at around 70 kilos. His initial defibrillator gradually evolved into the small compact units so prevalent in workplaces today, and subsequently into the mini implantable devices placed into the chests of patients.

Frank Pantridge's autobiography, 'An Unquiet Mind', went out of print many years ago. This biography retells the story of a man whose invention has saved countless lives over the last half century.

Purchase a copy at:

[www.pen-and-sword.co.uk/](http://www.pen-and-sword.co.uk/)

[Frank-Pantridge-MC-Hardback/p/17757](http://Frank-Pantridge-MC-Hardback/p/17757)

Use discount code AUTH25 for a 25% discount, or email the author directly at: [ceclowry@btinternet.com](mailto:ceclowry@btinternet.com) for a signed copy at 30% discount if you can collect and pay by cheque or cash.



## POEMS FOR A PANDEMIC



by Jean Taun

'Poems for a Pandemic' is a collection of poems and other written works by key workers, their families and friends, writing about their experiences during the coronavirus pandemic.

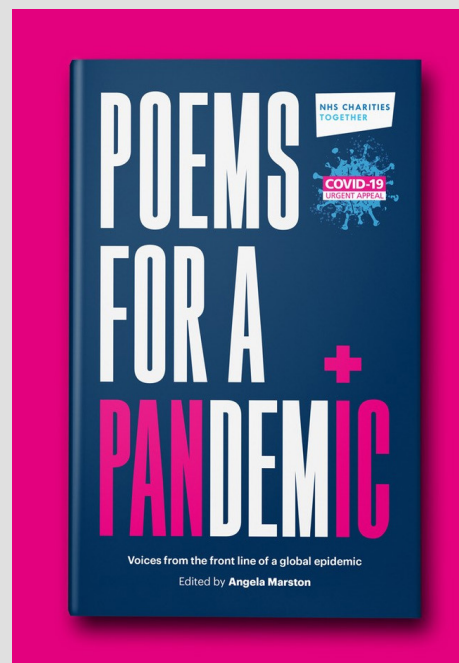
Retired NHS nurse Angela Marston has been the driving force behind the book, having started writing her own poems while suffering from the virus.

Angela said: "I started writing poems while I was ill, which was something I hadn't done for more than 30 years, and kept doing it when I was recovering."

"I started to see key workers on Facebook and Twitter posting their own poems and got the idea to collect those and publish them in a book."

Angela, who was a nurse for 40 years, said she hoped she and the book could inspire people to be creative during the pandemic. She said: "There was a group of healthcare professionals in Manchester who have got poems in this book, which surprised them when they found out."

"They've said they're hoping to set up a poetry forum for people in their hospitals and trusts to take part in, so it's nice to see some people could be inspired by this book."



"I've lived and breathed it for six weeks since the start, working 10 to 12 hours a day to collate these poems, edit them and put them in order."

"There's no limit to how much we want to raise and all funds will go to the NHS charities to help those battling this virus."

*Poems for a Pandemic* is on sale for download at: <https://amzn.to/3gejRY0>

See page 10 for the poem by Jean Taun from Reddish.

## HEART OF THE HEATONS

MUSIC, ARTS & CULTURE FESTIVAL



## POETRY & FLASH FICTION COMPETITION

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

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

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

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

Visit [www.heartoftheheatons.com/competitions](http://www.heartoftheheatons.com/competitions) for more info and to enter



# LOCAL SCHOOL UPDATE

## VANDALISM TO TITHE BARN SCHOOL

by Grace and James, Year 6

Staff and students at Tithe Barn Primary School have been extremely upset to discover that on a number of occasions over the past few weeks, intruders have entered the grounds and caused damage to decorations and resources.

During the first incident, the vandals entered the Reception Class play area and damaged a number of items of equipment and learning resources within. They returned over subsequent nights when they threw garden furniture around, broke glass bottles on the ground and caused damage to decorations and plants in the memorial garden to the school's former pupil Luca.

Damage has also been caused within the Forest School area where branches have been broken and decorations made by the children have been destroyed.

The Police have been informed and have visited the school, they have increased patrols in the area. The school has now invested in a CCTV system to monitor the gardens and grounds.

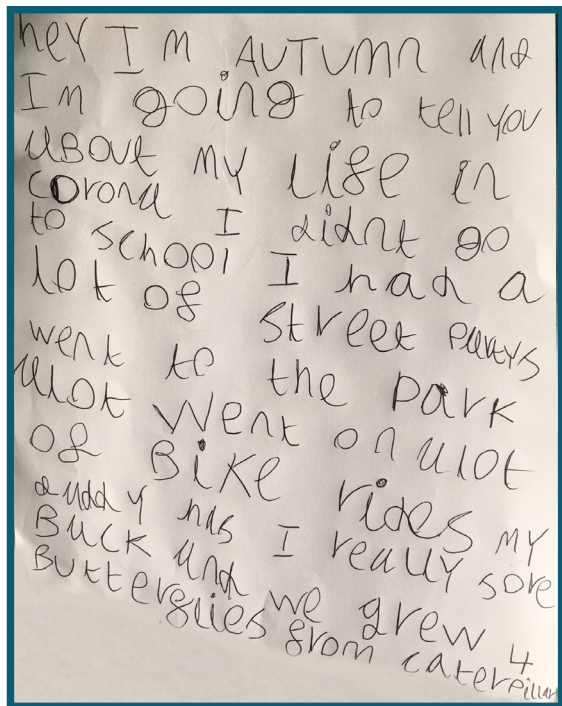


Headteacher, Katherine Muncaster, said, "This has been very upsetting to us all at Tithe Barn. Particularly in respect of the vandalism caused within Lucas' Garden. We ask that our neighbours are vigilant and report any suspicious activity to the Police."

"As a school we are struggling with a very challenging financial situation and any extra expenditure unnecessarily incurred, has an impact on the learning of our children."

## LETTER TO THE EDITOR

by Autumn, aged 6.



## DOMESTIC BLISS

by Lauren Eva

We are on the scrounge again!

At Broadstone Hall, Nursery and Reception are setting up 'Domestic Areas' in their classrooms.

We are looking for children's toy hoovers, kettles, toasters, sets of cutlery, plates, iron, ironing boards, yoga mats (to be made into beds), dustpan and brush, small sweeping brush, coffee tea and sugar jars, pet accessories ie. bowls and tins of dog food, plastic babies, real life baby clothes, bottles, bibs, pans, tea pots, real life tins of food etc.

We are trying to move away from 'plastic'

and shift towards more 'real life' items as research shows this is beneficial for the children and helps them act out their real life experiences.

Can you help us out? We have four classes to kit out so the more the merrier - everything will be cleaned and disinfected before use due to Covid-19.

If you can help, please contact Lauren Eva on [lauren.Eva@broadstonehall.stockport.sch.uk](mailto:lauren.Eva@broadstonehall.stockport.sch.uk)

Thank you in advance!



## FULL FRIDAY RETURNS TO VALE VIEW

Andrew Gwynne, MP for Denton and Reddish, has expressed his delight at the news that Vale View Primary School in Reddish will end early Friday closures from September, and congratulated parents and campaigners for their role in securing this outcome.

Funding for schools has been cut considerably over recent years - whilst the situation has improved slightly, schools in Stockport still face a budget shortfall of £8 million this year.

School cuts have caused schools around the country to consider different ways to save costs, including finishing early on Friday. This was the choice that Vale View Primary in Reddish took.

Parents at the school, led by Megan Montgomery and Amanda Baxter, started a campaign to reverse this decision and call for adequate funding for schools in England. They gathered over 113,000 signatures for a petition presented to Parliament by Andrew Gwynne MP last year.

Vale View has announced that, from September, the school will no longer close early on Fridays.

Andrew Gwynne said: "I was absolutely delighted to hear that Vale View will no

longer be closing early on Fridays. The fact that Government cuts had driven schools to take actions like this was shameful and I am glad that the school is now able to take this decision.

"This is partly testament to the fantastic campaigning of Megan Montgomery, Amanda Baxter and the parents and supporters of Vale View. I was proud to deliver their massive petition in Parliament last year and am so pleased to now be able to congratulate them on the success of their campaign.

"Unfortunately, this does not mean that the issue of school underfunding has gone away, and I will continue to press the Government to give schools the funding that they need to provide the level of education that our children deserve."

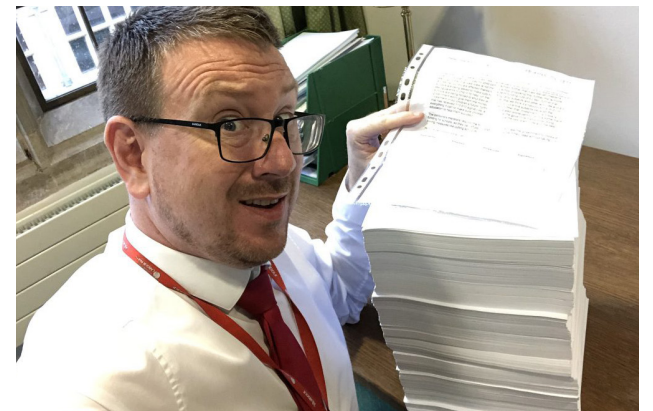


PHOTO: Andrew Gwynne MP and the petition on early Friday closure at Vale View Primary School in Reddish, June 2019



### The Stockport Uniform Project



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

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

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

We are still accepting donations of the following:

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

Must be in good condition



Email: [thestockportuniformproject@outlook.com](mailto:thestockportuniformproject@outlook.com)



# IT MUST BE LOVE

In March, as the Covid-19 pandemic took hold and lockdown was put in place, schools across the country were faced with many challenges to enable them to continue to support their students.

For the Heaton School in Heaton Moor, the decision had to be taken to only open the school for key workers who have children at the school, with staff rotations put in place to ensure the safety of students and staff should there be an outbreak.

Laura Atherton, a Teaching Assistant at the school said, "The school has been lucky enough to be able to stay open through the pandemic and everyone involved has been amazing. After consultations with the school, I chose to stay at home as I was shielding my mother who is classified as high risk by the NHS."

Explaining the impact of Covid-19 on Heaton School, Laura tells us, "Music has always been a subject that the students enjoy at Heaton school. We perform shows every year where all students take part and they get the chance to have 1-1 music therapy sessions.

"Every student takes part in a music lesson each week. Signing along to music gives every student an opportunity to take part and it's an activity that they seem to enjoy.

"Due to Covid-19, a lot of students were put in unfamiliar situations, not being able to go to school and missing out on their favourite lessons. Teacher, Colette Longden, proposed the idea to staff that we should make a video, inspired by Singing Hands UK, as it's something that all the students can join in with.

"Colette chose the Fleetwood Mac song 'Don't stop' and we then went on to make a video to 'Must be love' by Madness as well. We then put together a further five videos of songs that staff and students love.

"Colette edited and put all the videos together and put them on YouTube for all the students to watch and enjoy."

Helping Colette with the videos was Elaine Nagel, a Higher Level Teaching Assistant, who taught the Makaton signs for the videos which was essential to making it all work.

Laura tells us, "Elaine sent videos of herself signing along to the music to help every staff member, using signs that all the students would be able to recognise and join in with."

A range of staff from all departments of the school took part, from the Headteacher Jonathan Curtis to Teaching Assistants from a range of classes that were either shielding at home, or working in school.

"As a school we all work together so everyone was happy to join in and even brought their own families into the videos" says Laura.

Students and their families have been over the moon at the videos and were overwhelmed at the recognition the school has achieved.

"It was important to us as a school to bring some normality into their lives by using singing and signing in what is a strange and unfamiliar situation we are currently experiencing.

"The students enjoy seeing friendly faces and are able to watch the videos when they choose to. They can learn the signs at their own speed at home.

"The videos have been widely shared online and we have had a huge positive response from the community. Overall, everyone has enjoyed what we did and taking part has been such good fun."



# VIRTUAL WELLBEING

by Miss Hannah Marsden, Wellbeing Room Manager

Priestnall School opened The Wellbeing Room in February of this year. We worked hard to create a calm and supportive space for our students and made exciting plans for future development, and then, well, I do not need to tell you what happened next.

Wellbeing suddenly became a concern of national importance, the trauma affected our young people, their families, and our community in ways we could never have imagined, much less planned for. We knew that if we were going to reach the whole Priestnall community, we had to adapt, and quickly!

We re-focussed and familiarised ourselves with the technology we needed to create a strong virtual presence. Our Twitter page aims to promote mental health and wellbeing awareness, create links and share strategies. Our Instagram provides daily doses of positivity, shares good news and encouraging words from our Wellbeing Lead, Miss Condron. Between the two platforms, we strive to promote a healthy mindset in a safe and positive online space. Our team is passionate about mental health and we hope it shows.

The Wellbeing Room also became a virtual space on the school learning platform - Frog. Miss Condron started a monthly newsletter and I introduced a weekday blog, with guest articles from students and staff on improving mindset and wellbeing. Our information pages are continually updated with resources and links to help students understand and improve their mental health

and to help maintain a healthy mindset. There is a directory signposting national and local support, plus parent/carer pages and a SEND-specific page for students and their families finding life especially tough.

We have stayed in touch with students who we have supported with calls and emails, and my absolute favourite thing to do is to pop some surprise motivation (and a virtual cheery wave) in the post - a card, a colouring page, an affirmation to try, and a message reminding them where they can go for help because the personal touch matters.

So, four months on and I've lost count of all the training and webinars I've attended and yes, we have put in the hours, but as I said at the start, this is something that the team is absolutely passionate about and I'll take my 'proper' break in summer. Talking of summer - I mustn't forget to tell you that we've developed a Summer Wellbeing Challenge - 30 daily challenges which will appear on Twitter, Instagram as well as Frog, so anyone, young and old, Priestnall family or not, can take a look and give them a go!

I must conclude by mentioning that managing my own wellbeing throughout has always been my number one priority. I would not be much use to anyone if I neglected my own wellbeing. So, just before I go, I would ask anyone reading this to consider their own self-care as vital and not an after-thought. Take care everyone, this is a fantastic community, it really is. I'm so happy to live and work here and I feel privileged to work with such wonderful students - #ProudtoBePriestnall!




PHOTO: The Wellbeing Room, Priestnall School



THE VIRTUAL  
WELLBEING ROOM

SUPPORTING PRIESTNALL STUDENTS,  
CHAMPIONING MENTAL HEALTH AWARENESS, PROMOTING  
A HEALTHY MINDSET, SPREADING POSITIVITY & ENCOURAGING SELF-CARE.

FROG:  Wellbeing Information for students, staff, parents/carers

TWITTER: @ROOMWELLBEING

INSTAGRAM: @PRIESTNALL\_WELLBEING



# LOCAL BUSINESS NEWS

## HOME COOKED SICILIAN FARE FOR KEYWORKERS

Serving traditional, authentic home-cooked Sicilian cuisine, A Tavola in Reddish has been providing free meals for NHS and key workers thanks to the generosity of their customers.

Nicky and Alessio from A Tavola said, ‘We had seen many others feeding the NHS and we wanted to do something to show our support too. We knew the Hospitals were already receiving huge support and so we asked our customers what else we could do, thinking more about our local community and the key workers that don’t work at the hospital and so don’t benefit from the food delivered there.

“We were inundated with requests, recommendations and stories of local heroes that we wondered how we could possibly manage this alongside the re-opening of the restaurant as a takeaway. So, we put it to our followers that, if they wanted to donate, we would turn every £10 into a free meal for a nominated NHS or Key Worker from the local community. That way, they could use the Take Away service as and when they could - after a long shift or on their day off.”

To date, £530 has been donated and every penny has been turned into meals.

Nicky and Alessio tell us, “We are so proud of our followers for what they have donated. One day a customer and friend called to ask if we can take a cash donation from her son, Toby, as he wanted to donate some of his pocket money to the fund. £20 from a very kind-hearted and selfless 11-year old gifted a free meal to two key workers to say thanks for all you do.

“These acts of kindness are special and it’s not about making £10k pounds it’s about simple acts of human kindness in difficult times, that’s what we are all about.”

Since March, 35 individuals have been nominated to receive a meal voucher, along with 20 further meal vouchers having been donated to the district nurses at Kingsgate House.

Running the restaurant as a take-away three days a week has kept A Tavola going through this difficult time.

“We have decided to carry on with this module for the time being” say Nicky and Alessio, “We would love the opportunity to thank all our supporters - we are truly graced with the loveliest, kindest customers, all of whom we class as good friends too.



PHOTO: A Tavola vouchers

“Because of the support we have received, it keeps us optimistic for the future even though it’s still very uncertain. The restaurant and hospitality sector has been hit very hard, but it is very resilient and adaptable to huge change.

“We do have plans for the future, - you have to always think ahead - but we are being realistic also, and so not rushing into anything until the time is right and it is safe to do so. All we can say is, fingers crossed, we will be back open in the not too distant future, bigger and better than before.”

## SPOTLIGHT ON STARTUPS

by Kevin Bradford

One of the beauties of the Heaton 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, we’ll look at some of the brands who call the area home, and welcome locals as friends.

A city-chic cafe situated in the suburbs, Grounded in the North is an independent coffee shop in the new Broadstone Arcade.

Starting with a converted horse box for events, the brand is now establishing as a destination for the growing community emerging in the renovated mills close by.

Owner Nicola Barter says she makes as much of the food in-house as possible, and sources the rest from local, independent suppliers. But as with many young businesses across the country, the Coronavirus pandemic has proved challenging for the cafe.

Nicola says they adapted by offering cake boxes, afternoon teas and celebration cakes - and the positive response has put them in a stronger position to bounce back now lockdown restrictions are easing. And she hopes this is just the beginning of a revitalised retail market for the region, with plans to push for the Trader’s Association to be renewed, and to put on community events, similar to those in the surrounding towns.

“We see the area only getting stronger and attracting more investment in new businesses, housing and social spaces,” said Nicola.

“We’re really proud to be part of this process and look forward to trading well into the future and expanding as we go.”

A quick Q&A with Grounded in the North:

**Why did you set up your business in the area?**  
We wanted to set up in Reddish because it’s an area on the rise, with plenty of opportunities. There are a mix of established businesses and brand new enterprises working side by side and this is something we wanted to be part of.

**What are your favourite aspects of the area?**  
We love the Reddish community and everyone has been so welcoming. The people of Reddish are really striving to ensure the town thrives and the community spirit has been inspiring. We also love being across the road from the beautiful historical mills and being part of a new wave of businesses in the area.

**How important is it for your business to be part of the community?**  
We want our business to reflect the Reddish community and the people within it. We also strive to support other businesses and create strong relationships with local business owners, suppliers and producers.

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





# I KNEAD PIZZA



## COMPETITION TIME!

GET YOUR CREATIVE JUICES FLOWING AND DESIGN YOUR OWN PIZZA BOX!

ORDER A KIDS 9" PIZZA THROUGH **UBER EATS** OR THE **I KNEAD PIZZA APP** FOR DELIVERY OR COLLECTION AND YOU'LL RECEIVE YOUR KIDS PIZZA IN A PLAIN WHITE PIZZA BOX SO YOU CAN CREATE YOUR OWN DESIGN!

ENTER YOUR DESIGN INTO OUR COMPETITION TO WIN A **£25 VOUCHER** FOR A FAMILY MEAL AND A DIY PIZZA KIT TO MAKE YOUR OWN PIZZA AT HOME!

ENTER BY TAGGING I KNEAD PIZZA ON FACEBOOK, INSTAGRAM OR TWITTER OR BY EMAIL [INFO@IKNEADPIZZA.CO.UK](mailto:info@ikneadpizza.co.uk)

DEADLINE: 25 AUGUST WITH THE WINNER ANNOUNCED IN THE SEPTEMBER ISSUE OF THE HEATONS POST!

MAKE SURE YOU SHARE THE PHOTOS OF YOU ENJOYING YOUR PIZZAS AND TAG US WHEN YOU DO!

@I\_KNEAD\_PIZZA @I\_KNEAD\_PIZZA @IKNEADPIZZA

0161 222 9890 52 GORTON ROAD, REDDISH, SK5 6AH

# PUT DOWN YOUR PHONE, AND PICK UP THE BOX

by David and Alice Deanie

For the last few months, juggling homeschooling and parenting, Manchester-based David and Alice Deanie, along with their four children, have been packing boxes with games and puzzles, and helping families connect together.

David says, "The first box I ever made was for a ward at The Christie Oncology Hospital in Manchester. I saw families struggling to connect, dealing with a lot of anxiety and surrounded by illness, diagnosis and a lot of unknowns. They were in desperate need of something positive to focus on."

"The Box gave them a reason to put down their phones, it helped them forget why they were in hospital and, most importantly, it helped them remember how to laugh and have fun together."

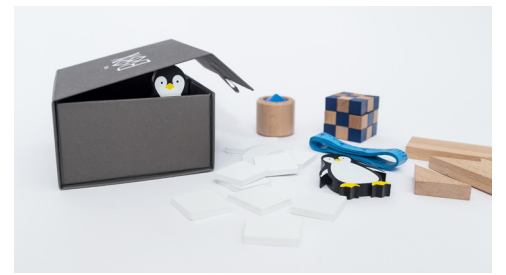
Professional Magician and Giggle Doctor, David, and retired nurse, Alice, have been dreaming about The Box for years, although they had no idea their timing would involve a global pandemic.

Packing up games and puzzles, and sharing them with families when he goes into hospital as a specialist performer, David has seen the same thing happen time and time again.

"When The Box opens up, people do too. They open up to each other, and rooms that were quiet suddenly get a lot more life and laughter in them. The Box changes the atmosphere, it's beautiful."

"I think we all want the same things as parents, whether our children are in hospital or not. We are all looking for ways to connect and spend meaningful, enjoyable time with each other."

Alice fell in love with the dream when out for a family meal. Seeing David create games that they would all enjoy rather than giving their children a phone to play on, Alice says, "We are told that we are more connected than ever before, but then why do we often



engage more with our phones than the person sat next to us? We are together, but not actually together."

Over the years, David realised that The Box wasn't just for families in hospital, it's for all of us. So, together with Alice, they made a first edition of The Box for families everywhere.

Since launching, 14 UK hospitals have been receiving boxes from generous people who have donated them under the B-FAB mission. The boxes are given to families with children undergoing medical treatment to help them have fun together.

For more information, see: [www.aroundthebox.co.uk](http://www.aroundthebox.co.uk)

## FACEMASK SELLERS

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

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

**HOW TO WEAR A NON-MEDICAL FABRIC MASK SAFELY** [who.int/epi-win](http://who.int/epi-win)

**Do's** →

- Clean your hands before touching the mask
- Inspect the mask for damage or if dirty
- Adjust the mask to your face without leaving gaps on the sides
- Cover your mouth, nose, and chin
- Avoid touching the mask
- Clean your hands before removing the mask
- Remove the mask by the straps behind the ears or head
- Pull the mask away from your face
- Store the mask in a clean plastic, resealable bag if it is not dirty or wet and you plan to re-use it
- Remove the mask by the straps when taking it out of the bag
- Wash the mask in soap or detergent, preferably with hot water, at least once a day
- Clean your hands after removing the mask

**Don'ts** →

- Do not use a mask that looks damaged
- Do not wear a loose mask
- Do not wear the mask under the nose
- Do not remove the mask where there are people within 1 metre
- Do not use a mask that is difficult to breathe through
- Do not wear a dirty or wet mask
- Do not share your mask with others

A fabric mask can protect others around you. To protect yourself and prevent the spread of COVID-19, remember to keep at least 1 metre distance from others, clean your hands frequently and thoroughly, and avoid touching your face and mask.

World Health Organization



# CLASSIFIEDS

Please contact [news@heatonspost.co.uk](mailto:news@heatonspost.co.uk) to list your business or service.

## DINING IN OR OUT

### I Knead Pizza

Gorton Rd, Reddish  
(Delivery via Uber Eats)

Hand-stretched  
Neapolitan Pizza

☎ 0161 222 9890  
[lkneadpizza@outlook.com](mailto:lkneadpizza@outlook.com)

### Seashell

#### Fish & Chips

Derby Range, Heaton Moor  
(Delivery via Deliveroo)

Fish & Chips

## GROCERIES

### Raja Brothers

Shaw Rd, Heaton Moor

General  
Groceries

☎ 07885 939 931

### The Good Life

Didsbury Rd, Heaton Mersey

Ethically Sourced  
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Groceries

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

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& Craft Kits

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

## HAIR & BEAUTY

### Beauty Bee

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Treatments

☎ 07876 032 125  
[abby.crowhurst@outlook.com](mailto:abby.crowhurst@outlook.com)  
[www.facebook.com/AbbyBeautyBee](http://www.facebook.com/AbbyBeautyBee)

## BEVERAGES

### Heaton Hops

School Lane, Heaton Chapel

Artisan Beer

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

### Cork of the North

Heaton Moor Rd, Heaton Moor

Wine Shop

☎ 07717 860 107  
[marc@corkofthenorth.co.uk](mailto:marc@corkofthenorth.co.uk)  
[www.corkofthenorth.co.uk](http://www.corkofthenorth.co.uk)

### Thirst Class Ale

Station Road Industrial Estate,  
Reddish

Artisan Beer

☎ 0161 442 0299  
[richard@thirstclassale.co.uk](mailto:richard@thirstclassale.co.uk)  
[www.thirstclassale.co.uk](http://www.thirstclassale.co.uk)

### B'Spoke

Coffee

☎ 0790 424 4460  
[bspokecoffeehouse@gmail.com](mailto:bspokecoffeehouse@gmail.com)  
[www.bspokecoffeehouse.co.uk](http://www.bspokecoffeehouse.co.uk)

### The Spice Yard

Freshly Made  
Indian Meals & Spice Blends

☎ 07834 359 272  
[hello@thespiceyard.com](mailto:hello@thespiceyard.com)  
[www.thespiceyard.com](http://www.thespiceyard.com)



### Seed Urban Farm

Eco Urban Farm & Store  
Specialising in Microgreens + Culinary Mushrooms  
Freshly delivered to Stockport

☎ 07830 222 871  
[hello@seedurbanfarm.co.uk](mailto:hello@seedurbanfarm.co.uk)  
[www.seedurbanfarm.co.uk](http://www.seedurbanfarm.co.uk)

### Jewellery

Custom Designed  
Jewellery, Accessories &  
Gifts

☎ 07818 422 722  
[orderjewellery@gmail.com](mailto:orderjewellery@gmail.com)  
[www.jewellery.co.uk](http://www.jewellery.co.uk)

### Ben Sedman

#### Photography

Framed architectural  
photography

☎ 07738 558 639  
[bensedman@hotmail.com](mailto:bensedman@hotmail.com)  
[www.bensedmanphotography.com](http://www.bensedmanphotography.com)

### Chiselled Features By Paul

Handmade Bespoke  
Personalised Gifts

☎ 07912 149 451  
[paul@chiselledfeatures.co.uk](mailto:paul@chiselledfeatures.co.uk)  
[www.chiselledfeatures.co.uk](http://www.chiselledfeatures.co.uk)

### Blue Door Flowers

Heaton Moor Rd, Heaton Moor

Flowers & Gifts

☎ 0161 432 2600  
[flower@bluedoorflowers.com](mailto:flower@bluedoorflowers.com)  
[www.bluedoorflowers.com](http://www.bluedoorflowers.com)

### Kitsch Republic

Creative Homewares &  
Gifts

☎ 07957 444 195  
[angela@kitschrepublic.co.uk](mailto:angela@kitschrepublic.co.uk)  
[www.kitschrepublic.co.uk](http://www.kitschrepublic.co.uk)

### Bakerlou

Freshly Made  
Artisan Bread

☎ 07788 830 154  
[www.bakerlou.co.uk](http://www.bakerlou.co.uk)

## SERVICES

### Carrie Burke Tutor Work

Broadstone Rd, Reddish  
Private Tutoring for  
Primary Children

☎ 07758 783 321  
[info@carrieburke.com](mailto:info@carrieburke.com)  
[www.carrieburke.com](http://www.carrieburke.com)

### Nettl

Heaton Moor Rd, Heaton Moor

Printing & Website  
Design

☎ 0161 975 5203  
[stockport@nettl.com](mailto:stockport@nettl.com)  
[www.nettlstockport.com](http://www.nettlstockport.com)

### Heatons Physio

Heaton Moor Rd, Heaton Moor

Physiotherapists

Face-to-face treatments & video  
consultations

☎ 0161 432 3232  
[info@gatleyheatonsphysio.co.uk](mailto:info@gatleyheatonsphysio.co.uk)  
[www.gatleyheatonsphysio.co.uk](http://www.gatleyheatonsphysio.co.uk)

### Integrate Hearing Ltd

Audiologist

☎ 0161 706 0067  
[info@integratehearing.co.uk](mailto:info@integratehearing.co.uk)  
[www.integratehearing.co.uk](http://www.integratehearing.co.uk)

### Davies Chiropractic Care

Heaton Moor Rd, Heaton Moor

Chiropractic Clinic

☎ 0161 768 1287  
[info@davieschiropracticcare.co.uk](mailto:info@davieschiropracticcare.co.uk)  
[www.davieschiropracticcare.co.uk](http://www.davieschiropracticcare.co.uk)

### Phil Yates Stockport Ltd

Plumbing & Oil Heating  
Engineer

☎ 07540 568 561  
[juliyates.stockport1@outlook.com](mailto:juliyates.stockport1@outlook.com)

### Kauri Fine Foods

Freshly Made  
Meals

☎ 07951 468 833  
[info@kaurifinefoods.co.uk](mailto:info@kaurifinefoods.co.uk)  
[www.kaurifinefoods.co.uk](http://www.kaurifinefoods.co.uk)

### A Tavola

Broadstone Rd, Reddish  
(Closed 17 Aug -9 Sept)

Sicilian Restaurant  
offering Takeaway

☎ 07478 743 293  
[info@atavolastreetfood.co.uk](mailto:info@atavolastreetfood.co.uk)  
[www.atavolasicilianfood.co.uk](http://www.atavolasicilianfood.co.uk)

### The Beehive Café

Manchester Rd, Heaton Chapel

Breakfast, Lunch, Hot & Cold Drinks  
Eat in or Takeaway

☎ 07383 305 333  
[Traceybancroft23@gmail.com](mailto:Traceybancroft23@gmail.com)  
<https://buff.ly/37eGrMA>

### Grounded In The North

Broadstone Rd, Reddish

Coffee & Cake

☎ 07814 686 939  
[Hello@groundedinthenorth.com](mailto:Hello@groundedinthenorth.com)  
[www.groundedinthenorth.com](http://www.groundedinthenorth.com)

### Roost

Heaton Moor Rd, Heaton Moor

Rotisserie Chicken &  
Wood Fired Pizza

☎ 0161 432 4666  
[manager@roosthm.com](mailto:manager@roosthm.com)  
[www.roosthm.com](http://www.roosthm.com)

### The Barbecue

School Lane, Heaton Chapel

Sandwich Shop offering  
Takeaway & delivery

☎ 0161 432 4057  
[priestley.amanda@yahoo.com](mailto:priestley.amanda@yahoo.com)  
[www.thebarbecue.co.uk](http://www.thebarbecue.co.uk)

### Cheshire

#### Bakehouse

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



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

## HEATONS POST SUPPORTERS





# WELLBEING

## 5 MINUTES THAT MATTER

by Annette Slevin

Before lockdown, the Heaton Mess Women's Institute were actively promoting a WI national campaign by distributing leaflets throughout the Heatons that debunk the myths about cervical screening. We added the extra touch of a calming bag of lavender, making the leaflets stand out so that they were picked up.

Cervical screening (Smear Test) checks the health of the cervix and, currently, it is the best way for abnormal cells to be picked up early and treated to prevent cancer developing.

All women aged 25 to 64 should have a Smear Test every three to five years - it only takes about five minutes.

- Women aged 25 to 49 are invited every 3 years
- Women aged 50 to 64 are invited every 5 years

If you are between these ages, you will receive a letter in the post inviting you to book an appointment with your GP. If you have missed your most recent appointment, contact your GP today to rebook. Your GP should also be able to offer you an out of hours appointment - just ask.

Public Health England estimates that if everyone eligible attends screening regularly, 83% of cervical cancer cases could be prevented. Despite this, screening is at a 20-year low, with 1 in 4 eligible women in the UK not attending for the Test.

The WI urges you to pass on the message 'DON'T FEAR THE SMEAR' to your friends, family members and colleagues. If you would like any of the leaflets to distribute to friends, family or work colleagues please contact Heaton Mess WI by email: [heatonmessmembership@gmail.com](mailto:heatonmessmembership@gmail.com)



### How do smear tests work now?

Women are still being invited for smear tests in England and it is safe to attend screenings, with GP surgeries installing safety measures such as:

- nurses and doctors wearing personal protective equipment
- patients being asked to follow social distancing measures, e.g. waiting outside until the appointment or using a particular entrance

Those who are self-isolating should not book until their isolation period is complete. Anyone who is shielding should follow the government guidance specific to where they live.

For more information on cervical screening from the NHS: [www.nhs.uk/conditions/cervical-screening](http://www.nhs.uk/conditions/cervical-screening)

## SUDOKU

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

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

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

1		2		3			4	
5				6				
	7							
8							9	
10				11				

### ACROSS

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

### DOWN

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

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

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



## Heatons Post brings you Horoscopes

by Nemone - just for fun!



Jan 20 - Feb 18  
Aquarius

Keep an open mind this month, an unconventional opportunity will arrive.



Feb 19 - Mar 20  
Pisces

Never underestimate the power of hard work.



Mar 21 - Apr 19  
Aries

Remember the importance of generosity and you'll find yourself more fulfilled for it.



Apr 20 - May 20  
Taurus

Try not to overindulge too much this month.



May 21 - Jun 20  
Gemini

Don't be scared to try something new.



Jun 21 - Jul 22  
Cancer

Keep one eye open around people who have let you down in the past



Jul 23 - Aug 22  
Leo

Keep striving to be the best you can be.



Aug 23 - Sep 22  
Virgo

Remember appearance is only skin deep, it's how you are around people that they notice first.



Sep 23 - Oct 22  
Libra

Take some time this month to discover something new.



Oct 23 - Nov 21  
Scorpio

Keep on top of what needs to be done this month.



Nov 22 - Dec 21  
Sagittarius

New challenges will arise this month, believe in your own strength and it will be worth the effort.

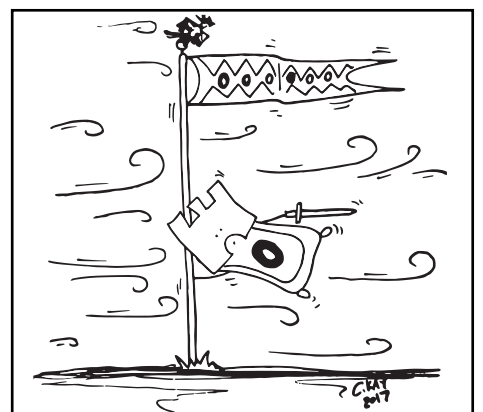


Dec 22 - Jan 19  
Capricorn

New challenges will arise this month, believe in your own strength and it will be worth the effort.

**PROMOTE  
YOUR BUSINESS  
IN THIS SPOT  
BY OFFERING  
A VOUCHER**

for more information email  
[news@heatonspost.co.uk](mailto:news@heatonspost.co.uk)



"Knightingale"

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



# SPORTS AND FITNESS

## NOT JUST FOOTBALL

by Abigail Barratt



Here at Reddish Villa, we are looking to build up a new community of girls football within Reddish.

A number of girls play within the boys teams but we wanted to make girls football more available within the area by introducing girls-only teams. A girls soccer school has been set up, which has been live now for over 12 months, and we currently have 19 girls attending from age four upwards. We have managed to build an under-8s all girls football team which we have nicknamed the Villarettes.

Our very first under-8s all girl team has been entered into the East Manchester Junior Football League. Entering the girls is a big ask and will not be an easy task for them, but we are hoping it will encourage other

all girl teams to enter. We advertised for sponsors to help supply kits, rain jackets, hoodies and training kit - the response was so overwhelming we were able to have our pick of sponsors.

Football is not the priority at Reddish Villa Football Club - we help to build friendships and build confidence, and our main aim is that every girl walks away from a session with a smile on their face.

Please feel free to bring your daughter along as we offer the first two sessions free of charge. We currently train at St. Elisabeth's Sports Field, Harrogate Road in Reddish, every Monday, 5.30pm – 6.30pm.

Contact us on Facebook or email: dale.reddishvilla@outlook.com

## SIGNS OF NORMALITY

by Alan Mansfield

West Heaton Bowling, Tennis and Squash Club has had its share of sadness during this pandemic.

We have mourned the loss of four dear, long-standing members during lockdown including two Past Presidents. Two were linked directly to this dreadful disease, but for all four, the sense of loss was aggravated by the fact friends at the Club could not offer the usual comfort and solace to the family and close friends of the deceased.

We have nevertheless done our best to offer such support as we can and funeral corteges have driven around the local area and past the Club on Prince's Road so we can give our round of applause to celebrate their lives.

The good news is that we've also had a new arrival to celebrate and we look forward to properly wetting the baby's head!

We now have signs of normality. After two months of complete closure of the Club, we were able to open up tennis and bowls towards the end of May, with restrictions. These restrictions have gradually been eased in line with Government advice but internal and external competitions remain off the agenda at the time of writing, because of the mixing of competitors.

Unfortunately, squash and table tennis cannot yet restart and of course our extensive social programme has been decimated including our popular First Fridays. But the bar will soon be open for members, again, with restrictions in



place, as they are nationwide, but it will be another step towards normality with friends able to come together.

And let's not forget Zoom! Not only has Zoom become the new "going out" but several Club meetings have been held over Zoom - well done to those who were first-timers - and we've also held quiz nights. It's clearly not the same when everyone has to actually take turns to talk and control the banter, but it gets you there!

Before I get too carried away with our return to something like normal, I think back to the early days of lockdown. When none of us knew what it would be like and how we would cope, the West Heaton Tennis Coaching Team used WhatsApp to set us a series of tennis challenges to help us keep (or lose) our sanity. Our attempts to meet them ranged from the plain potty to the "how did they do that?", but, thankfully, no one was injured in the process!

At the time of writing we can only hope that we keep moving forward to what used to be normal and there are no backward steps. Keep well and safe everyone.



### Summer Holiday Course Calendar 2020

VENUE	20th July - 24th July	27th July - 31st July	3rd August - 7th August	10th August - 14th August	17th August - 21st August	24th August - 28th August
Acacias Community Primary School Burnage, Manchester	✓	✓	✓			
Broadstone Hall Primary School Heaton Chapel, Stockport		✓	✓	✓	✓	
Fairway Primary School Offerton, Stockport		✓	✓	✓	✓	✓
St Thomas' CE Primary School Heaton Moor, Stockport		✓	✓	✓	✓	✓

Book online at <https://primaryscl.coordinate.cloud/>

## JUNIOR CHAMPION AT RVGC

by Paul Harrison

Daniel Myers has won his first senior competition at Reddish Vale Golf Club at the age of 14.

Daniel, who is the son of Reddish Vale professional Andrew Myers, won the four-round Jubilee Trophy by a shot from Ryan Swift to become the first junior ever to win a senior competition at the club.

The four-handicapper posted a net two-under total of 274, including a 68 in the third round.

"We are very proud of Daniel's achievement, and I can tell you that he is very pleased indeed," said Andrew.

"The gross 68 - net 64 - on the third round was the highlight as he went from seven shots back to one in front.



PHOTO: Dan Myers

"Thank you for all the support and positive comments that we have received from the members of the club, and I am certain this will spur Daniel on and increase his desire for success.

"Daniel would like to thank his playing partners for their company and support over the four days."

Ryan Swift won the prize for the best gross score with a 67, while there was a hole-in-one for David Flanagan.



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