

FREE

# HEATONS POST

INFORMING, INSPIRING AND CONNECTING THE HEATONS & REDDISH

RECYCLABLE  
WRAPPING PAPER  
INSIDE!



**NEW HOUSING  
DEVELOPMENTS**  
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**Supportability**  
Making life better for  
people with disabilities

**CHARITY SILENT  
AUCTION STARTS**  
SEE PAGE 16



**THE NEW  
WAY TO  
MEET SANTA**  
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## LIGHTING UP HEATON CHAPEL

by Karishma Chandaria



It's been a tough year for everyone, so to bring the true spirit of Christmas to Heaton Chapel, Love Heaton Chapel organised a crowdfunder to raise funds for a Christmas tree and lights on the corner of School Lane and Abney Road, just opposite Littlewoods Butchers, Heaton Hops and Brent Hairdressers.

Local residents raised £1,215, Stockport Council's Heaton and Reddish Area Committee gave £1,000, and The 4 Heaton Traders Association donated £260. In total, £2,460 was raised.

The breakdown of costs for the tree and lights were:

- 18ft tree: £607.29 (supply, installation and removal)
- Electricity socket: £375.11 (supply and installation)
- Lights: £1,609.88 (remove old Christmas lights, purchase new ones and installation)
- Total cost: £2,217.17

The money left over will be used in the community, funding greenspace projects across Heaton Chapel, including flower bed maintenance and bulb planting.

The tree and lights have had a really positive reception from the community.

To quote one of our residents: "I walked past this evening and saw that, despite what is going on, Christmas cheer has been planted in Heaton Chapel."

"This made me smile and think let's keep focused on what we can do as opposed to what we can't, or are restricted in doing. Great job Love Heaton Chapel xx."

For more information about Love Heaton Chapel, see:  
[www.facebook.com/groups/loveheatonchapel](https://www.facebook.com/groups/loveheatonchapel)



**SUCCESS FOR SPIDERMAN**  
SEE PAGE 6



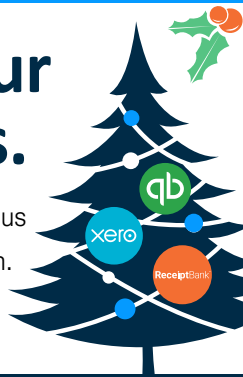
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# COMMUNITY NEWS

## KEEPING US TOGETHER

by Carolyn Hughes



### Arc moves its programmes online and via postal delivery.

Health and wellbeing arts organisation Arc in Stockport has successfully moved much of its activities and art exhibitions online this year, due to the Coronavirus pandemic. Art lovers can visit its exhibitions virtually, or take part in online training or arts and crafts sessions, including its very popular Saturday Art Club.

With everyone acknowledging the impact of the pandemic on mental health, Arc was determined to keep connecting with and supporting its vulnerable participants. The organisation has also moved its arts programmes and initiatives for young people, older people and people experiencing mental health issues to online spaces and, before lockdown 2, at Arc Centre for those without digital access.

Arc currently has a new virtual exhibition created by the participants on the Creative Challenge programme. You can view the exhibition on the Arc website, as well as the Artsteps app on the Apple or Google Play store.

The organisation also moved its exhibition of storytelling called 'A Museum of Journeys in a Chest of Drawers' from a real-life exhibition into the virtual world during lockdown 1.

After lockdown 1 in March, the Arc team launched their #KeepingUsTogether programme, which enables anyone, including people with mental health difficulties, to continue to engage with arts activities. To date, nearly 300 people have signed up for this programme. They have continued to run arts projects via Zoom sessions and by dropping activity packs off at the houses of those who do not have

access to the internet.

Jacqui Wood, artistic director at Arc, said: "As for everyone, this year has been unusual and stressful! We're really proud of our team for changing how we work so quickly and effectively.

"We don't really know what 2021 holds in store for us just yet, but our team will continue to provide arts activities which improve wellbeing in as many ways as we can and learn from the innovative new methods we've developed this year."

A new Culture Buddies programme has been rolled out to help older isolated people to buddy up with a volunteer and create a shared piece of artwork. This project is part of the GM Culture Champions Programme, an age-friendly cultural engagement programme for people aged 50 and over, spanning six districts across Greater Manchester, and is supported by Sector 3. Those who are isolated at home and are interested in having a creative mail art buddy can contact Arc for more information.

Arc moved to Hat Works in the centre of Stockport in November 2019 after 20 years in the heart of Reddish. As well as running arts programmes for people with mental health issues, they also run regular public courses, training and one-off workshops such as drawing socials and a mostly virtual pottery evening class with materials and tools provided starting again in late January.

Visit the Arc website for more information on public programmes, arts for mental health and virtual art exhibitions at: [www.arc-centre.org](http://www.arc-centre.org)

Read more about the Keeping Us Together programme at: [www.keepingus.together.org.uk/](http://www.keepingus.together.org.uk/)

## A HALLOWEEN SPECIAL



Over the Halloween weekend, the haunted houses of The 4 Heaton's went spookier than ever with window and garden displays with a Halloween or Movie theme, all in aid of a fantastic cause - to raise money for the beloved Savoy Cinema in Heaton Moor.

Organiser of the 4 Heaton's Zoo, Amy Vose, embarked on this new project with the goal of raising £1,000 to support the local cinema, which is more dependent than ever on the support of the local community due to the current situation. The Coronavirus pandemic has resulted in the cinema being closed for over six months and is now faced with reopening at a greatly reduced capacity due to social distancing measures.

Amy and her team created a bespoke website to promote the event and, through social media, they managed to secure the involvement of homes spread across 163 postcodes within SK4. In total, after three days of spooky wanderings around the Heaton's, the community donated £9,265.

There were two design competitions run by the Savoy Cinema - the winners were Naomi Hyde, for Best Pumpkin and, of course, The Moor Bears - a firm favourite destination for all!

Tony Munda from the Savoy said: "We were astonished by the quality and number of the entries - it made judging very difficult! We would like to thank everyone in the Heaton's for supporting the Halloween trail, the funds raised are a real lifeline for the Savoy."



• Winning Pumpkin by Naomi Hyde



• The Moor Bears

Next up for Amy and her team is the Light Up The 4 Heaton's event on the weekend of 18 December in support of Signpost Stockport for Carers. For all the event information visit: [www.facebook.com/events/4042799755735243](https://www.facebook.com/events/4042799755735243)

*The Heaton's Post team would like to thank Amy and her team for all their hard work and we look forward to the next event.*

A SAVOY MEMBERSHIP MAKES THE PERFECT CHRISTMAS GIFT!

<p><b>SINGLE MEMBERSHIP</b> £30 A YEAR ONE MEMBERSHIP CARD £1.50 OFF ENTRY PER CARD TWO FREE TICKETS</p>	<p><b>JOINT MEMBERSHIP</b> £50 A YEAR TWO MEMBERSHIP CARDS £1.50 OFF ENTRY PER CARD FOUR FREE TICKETS</p>	<p><b>FAMILY MEMBERSHIP</b> £60 A YEAR FOUR MEMBERSHIP CARDS £1.50 OFF ENTRY PER CARD FIVE FREE TICKETS</p>
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[www.savoycinemaheatonmoor.com](http://www.savoycinemaheatonmoor.com)



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a lot like Christmas?

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Call free, day or night on 116 123  
Email [jo@samaritans.org](mailto:jo@samaritans.org)

A registered charity



**Heatons Neighbourhood  
Outreach**

Community Action and Support

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

## STUCK INSIDE AND NEED HELP?

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

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

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

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

**Call 0161 443 1903**

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

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

**NEVER ALONE**

NSPCC 0800 800 5000 (24hrs)

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

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

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

Samaritans 116 123 (24hrs free)

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

Victim Support 0800 168 9111 (24hrs)

ChildLine 0800 1111 (24hrs)

Respect - Men's Advice Line 0800 801 0327 (Mon-Fri 9-5 or 8pm)

National Centre for Domestic Violence 0207 186 8270

## LETTER FROM THE EDITORS

As the end of the year approaches, we look back on this strangest of years with mixed feelings.

For Heatons Post, which launched with the first issue in February 2020, it has been a year that has proved just how much of a need there is for a regular, printed community newspaper that is accessible to all.

The newspaper quickly grew from 12-pages to the regular 20-pages we have been printing over the past several months, simply due to the sheer volume of local news and information from across the Heatons and Reddish that we want to ensure reaches local residents.

Thanks to the generous support of funding bodies and local businesses, we have also been able to increase the distribution of Heatons Post to 10,000 copies, which we hope to further increase as 2021 progresses.

Our team of volunteers enable Heatons Post to reach more and more households each month, and we welcome new volunteers who would like to help deliver the paper to their own or local streets.

This issue is a bumper 24 pages to end the year on - it even includes a centre page pull-out of wrapping paper for your Christmas gifts that is fully recyclable.

Looking ahead to 2021, we welcome and truly appreciate your news contributions and support which enables Heatons Post to continue to grow and develop.

Above all, we would like to wish all our readers, contributors and volunteers a safe and very Merry Christmas and we look forward to continuing to bring you local news throughout 2021.

### The Heatons Post Team

Have you bought your 2021 calendar yet? Heatons Post has produced a 2021 calendar with images contributed by local photographers and from past issues of Heatons Post. The calendar costs just £7 (excluding any postage) with all profits being ploughed back into Heatons Post to help your community newspaper stay in print over the next 12 months.

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

# MP'S UPDATE

by Navendu Mishra, MP for Stockport

Last month we entered the second national lockdown, which has impacted all those who live and work in the Heatons. I have continued to call on the Government to provide financial backing to all businesses and workers to ensure that our regional economy is supported throughout this crisis.

I would like to thank all volunteers who are continuing to run groups for those that need it most during this period in my constituency, as well as our incredible frontline workers, including our NHS, cleaning, retail, and council staff.

Stockport County Football Club has been a shining example of our community. As well as providing donations to Stockport NHS Foundation Trust from sales of their new kit, the club recently launched a 'Food for Christmas' campaign to provide food to children over the Christmas break. I wrote to Chairman Mark Stott to thank him and his staff for their incredible effort.

With many train stations still without step-free access, I challenged the Transport Minister in Parliament about the Government's plans to rectify this situation. Thank you to all those who support Friends of Heaton Chapel Station as well as Friends of Davenport Station for continuing to raise awareness around this issue.



• Navendu Mishra, MP for Stockport

Last month we marked this year's Remembrance Day which took on a special significance this year, 80 years on from the Battle of Britain and 75 years since the end of the Second World War. I joined Mayor Fitzpatrick to pay tribute to all those who suffered or lost their lives in war.

As always, as we near the end of the latest lockdown, please continue to observe all social distancing and face covering guidelines to ensure we bring the 'R' rate down to safe levels as quickly as possible.

## MEET THE TEAM



**Amanda Fourie**  
Heatons Post Team



**Mel Page**  
Heatons Post Team

## LIST OF CONTRIBUTORS

**Design:** Gemma Lamb (gemmarachael.com)

**Printer:** Reach Printing (reachprintingservices.co.uk)

**Co Founder:** Suze Howell

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

**Family Historian:** Mary Griffiths

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

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

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

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



PLEASE RECYCLE ME



# THE IMPORTANCE OF COMMUNITY

by Andrew Gwynne, MP for Denton and Reddish

This year we've all been doing things differently. First there was lockdown Easter, then lockdown Summer, then lockdown Bonfire Night and lockdown Remembrance Day. All of these occasions where we gather with family and friends or we travel to see different places and people have been very different this year.

For those of us who are lucky enough to have networks of friends and family, we have got a taste of the isolation and loneliness felt by those who aren't. As unpleasant as this has been, I hope that we can learn from this and be more empathetic and show more compassion for those who are marginalised in our local community.

Of all the lockdown events, perhaps the most significant is coming up later this month; Christmas. For many people, this is the time of the year where they see family and old friends, celebrating and catching up on the year just gone. We don't know yet how "normal" this Christmas will be, but it seems very likely that there will still be some restrictions over Christmas and New Year.

With a very different kind of Christmas on its way, I think the importance of community will be highlighted once again – as it has been throughout the pandemic. I've written here before about how the crisis has shown how



• Andrew Gwynne, MP, Denton & Reddish

much we all rely on each other, and some of the fantastic things that volunteer and community groups have done through this period. I don't think Christmas will be any different – I am confident that a very difficult festive period will be made more bearable by our communities coming together for each other.

"Coming together" will be more or less difficult depending on what restrictions we're under but I have a lot of faith in the creativity and ingenuity of those in the community who are dedicated to helping each other. I'd encourage you all to think of how we can work together as a community to bring festive cheer even in the most difficult of circumstances.

So it's likely to be a strange one, but let me finish by wishing you all the very best for the season – Merry Christmas!

## A GREETING FROM A REDDISH SOUTH COUNCILLOR

by Yvonne Guariento

It has been an awful year so far and our lives and priorities will have changed forever.

As a Council, we have done our utmost to support those whose lives have been turned upside down by the Covid crisis. Some have lost family members or been ill themselves. Others have lost their livelihoods or seen a sharp drop in income.

Please contact the Covid help-line for advice, and support with food, rent, shopping or emotional issues on: 0161 217 6046

Government funding to support small businesses and freelancers, has been paid out as soon as it arrived.

One Stockport is the local mutual help organisation formed to help residents to support one another.

I have just seen the pictures of the lovely Christmas tree on School Lane. Well done to all who made it possible.

For your information, School Lane is the boundary of two Council wards, Heaton North on the North side and Reddish South on the other.



Your three Reddish South councillors are:

Jude Wells (L)  
cllr.jude.wells@stockport.gov.uk  
0161 285 9511

Yvonne Guariento (M)  
cllr.yvonne.guariento@stockport.gov.uk  
07704 446 043

Janet Mobbs (R)  
cllr.janet.mobbs@stockport.gov.uk  
0161 476 0963 or 07752 990 468

Keep safe and contact someone if you have a problem. Don't suffer in silence.

## OUTREACH XMAS APPEAL

by Fiona Carroll

The Heaton's Neighbourhood Outreach Group has provided so much support throughout the Covid pandemic in our local area. They have stirred up true community spirit encouraging us to reach out to the vulnerable in our neighbourhood and provide support where we can.

With Christmas approaching, the thinking caps went on again and the Heaton's Christmas Appeal was launched.

Having provided care packages to all local residential and nursing homes earlier in the year, we decided to deliver Christmas packages to care home residents to remind them that we are still thinking of them in these times of limited contact.

We all know of vulnerable and disadvantaged families within the Heaton's and so we wanted to provide them with support by way of Christmas gift provision from our local community - not just for children but for the adults too. This includes those adults and young people who play the role of primary carer for a relative or friend.

The call went out for new gifts, toys for all ages, drawing and colouring sets, gift sets for grown-ups, tins of

chocolates or biscuits, wrapping paper and trimmings, and the response has been nothing shy of spectacular!

Also on board with the project are Love Heaton Chapel, Heaton Norris Pavilion, Stockport Samaritans, McVities, The 4 Heaton's Team Ministry, local care homes, Stockport Care for Carers and SMBC.

Through this overwhelming support we will be able to ease some of the pressure on local families and carers with the stresses that Christmas can bring. We would like to thank the many volunteers co-ordinating collection, the drivers, Church support and everyone for their amazing donations. Christmas in the Heaton's is a wonderful thing and we thank you for your incredible support.

Please go to the Heaton's Neighbourhood Outreach group on Facebook group for updates on the impact of our appeal.



## PYJAMA APPEAL

by Paul Muldoon

Over the last few years, both Eddie and Paul of EP Muldoon Building Ltd have looked to support local charities over the Christmas period in order to give something back to the local community that supports them throughout the year.

This year, a Facebook post on a local community page struck a chord.

Cheryl, the founder of The Emma Cosgrove Foundation, is asking her local community to donate Pyjamas for local children and young people who will be spending time in a hospital or hospice setting over the Christmas period. The Pyjamas are wrapped and given out on Christmas Day to places such as Stockport Foundation Trust's Treehouse ward, The Christie, St Francis House and Swanbourne.

Cheryl set up the Charity in memory of her daughter, Emma, who sadly lost her life to childhood cancer. Emma is a huge influence on all the work the foundation has been doing, being the driving force and motivation behind it.

EP Muldoon have decided to collect Pyjamas for the charity and spread the word via social media in order to raise the profile of such a brilliant cause. By doing this, lots of people have asked to get involved - from different suppliers, new and old customers, and the staff.



• Emma and Cheryl

Paul Muldoon said: "We have really enjoyed working with the Emma Cosgrove charity this year. It's been humbling to see our local community and construction community rally round, help with donations and really help raise awareness for this charity."

"It's so simple to get involved too. The charity is asking for Pyjamas in ages 0-21 to be donated and our team here are happy to collect and wrap these donations in order to get as many donations as possible."

If you would like to get involved, we will be collecting 14 - 17 December and you can contact us by email at: [epmuldoon@btconnect.com](mailto:epmuldoon@btconnect.com)

Further information for the Emma Cosgrove Foundation can be found at: [www.emmacosgrovefoundation.org/](http://www.emmacosgrovefoundation.org/)



# REVERSE ADVENT

by Lindsey Farrelly

Each year Stockport foodbank, which operates seven foodbanks in the town including Reddish and Heaton Norris, operates a Reverse Advent Scheme. The scheme is based on giving at Advent rather than just taking your chocolate out of your calendar!

It's very simple to get involved. There is no need to register, just start collecting in your home, with your friends and family (socially distanced of course!) and then drop your bag or parcel at Hazel Grove foodbank warehouse during December, or at St Martin's Church in Heaton Norris on 19 December – the dates and detail are shown below. It's as simple as shop and drop!

The foodbank welcomes donations of a variety of long-life food items including milk, juice, tinned puddings, tinned meats, tinned vegetables, tinned potatoes, biscuits, snacks and toiletries including soap, shampoo, toothbrushes and toothpaste. Please, no Christmas puddings or Christmas fayre containing alcohol. At present, they have an excess of pasta, baked beans, soup and pasta sauce so they don't need any donations of these items, thank you.



Your donations can be dropped off during December at Hazel Grove Baptist Church, SK7 4EX at the following times:

- Mondays 12.00 noon – 2.30pm
- Wednesdays 10.30am – 2.00pm
- Thursdays 10.00am – 12.00 noon
- Fridays 11.30am – 2.00pm

Or you can drop your donations to: St Martin's Church, Norris Bank SK4 2JE on Saturday, 19 December 9.00 - 12.00 noon.

# GIFT OF CONFIDENCE

by Victoria Cronquist, Smart Works

Stockport-based charity Smart Works has been giving women the 'gift of confidence' since 2015.

Smart Works supports unemployed women across Greater Manchester into employment, giving them the clothes and the confidence to succeed. Last year, Smart Works supported 420 women – with a fabulous 85% getting a job within just one month.

Smart Works services include 'Career Coaching' sessions and 'First Dressing' appointments. Every woman is styled in a high quality interview outfit (for her to keep), followed by a 1-2-1 interview coaching session. They return for a 'Second Dressing' on getting the job to complete her working wardrobe.

As a volunteer-led charity, women are styled by our skilful dressing volunteers and coached by our professional employment volunteers. The Heaton's really is a compassionate community, as several Volunteers and Trustee Board members are Heaton's residents.

Smart Works Dresser, Charis, said: "It's so uplifting watching women embrace a new look that enhances their personality, allowing them to believe in themselves once again".



Employment Coach, Lynne, added: "Seeing the amazing difference the Smart Works service makes to helping women achieve their career goals is so rewarding."

All our clothes are sourced directly from retail and from individual donations. We rely solely on clothing and financial donations. Unfortunately, we have not been able to schedule our usual fundraising events this year.

If you are currently an unemployed woman looking to get back in to work, we can support you.

If you are interested in how you, too, can 'give the gift of confidence', see: [www.smartworks.org.uk/manchester-smart-work](http://www.smartworks.org.uk/manchester-smart-work)

[www.uk.virginmoneygiving.com/fund/SWGMgiftofconfidence](http://www.uk.virginmoneygiving.com/fund/SWGMgiftofconfidence)

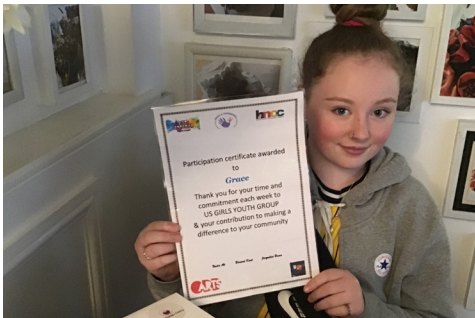
Be part of another woman's future.

# BOTTLED UP

by Mabel Regis



• Eloise



• Grace



• Hana



• Mia



• Mia



• Nada



• Roselyn



• Amani

Heaton Norris Community Centre was very fortunate to receive funding from Stockport Life Leisure R Time funding for Odd Arts Theatre based company to deliver a 12-week workshop on mental health issues for young people, using drama and creative thinking to encourage young girls to participate.

The project started in February 2020 but, due to COVID-19, it took a little longer than expected - eight months to be exact. But we never gave up, and neither did the young girls. The project was about educating young girls on issues of poor mental health

and good mental health, encouraged young girls to seek assistance and support, signposted them to other services and helped them establish ways to protect their mental health.

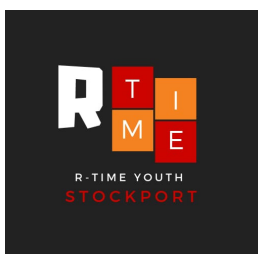
14 young girls took part in the project and, at the end of that time, they were treated to a very well deserved evening out at a dessert place, to eat lots of sweet treats.

Hana, aged 14-years old, said: "I really enjoyed the drama project. It was fun and I learnt so much about how to manage my feelings and how

to support other people who may be feeling the same. Us Girls Youth Group makes me feel safe and happy and I want to do more in my community to help other people."

The drama performance will be released on Youtube and we will share the details via the Heaton Norris facebook page.

If you have a child who would like to attend the weekly group then please get in touch with Nadia on: 07857 928 833 or email: [makeadifferenceegm@gmail.com](mailto:makeadifferenceegm@gmail.com)





# STOCKPORT TOGETHER

by Nadia Ali

## STOCKPORT FOOD & CHRISTMAS SUPPORT

In response to the Marcus Rashford campaign to end child hunger, a few individuals decided to take their opinions on this issue to social media and received an overwhelming response from friends, families, neighbours and associates, which led to a local campaign to support families in Stockport by providing hot meals and food packs where possible.

The support that has been received from local businesses, local agencies and local residents is extremely overwhelming. In just seven days over the October half term holiday, a minimum of 876 hot meals were served and a minimum of 537 food packs were delivered.

This could not have been done without the support we received, and

continue to receive, from all sectors of our communities. We would also like to thank Stockport Council and Stockport Homes for their support in using the Heaton Norris Community Centre to make this possible.

As a subsidiary of this initiative, the Heaton Norris Community Centre has opened its doors every Friday to provide a hot cooked meal to take away or eat-in (when restrictions are lifted) - you only pay what you can afford, or you can pay into our Pay-It-Back scheme.

We are looking for cooks to help us - if you can cook or bake and would like to get involved then please contact Wendy Hunt, Coordinator, to find out more on: [wendy@sktogether.org](mailto:wendy@sktogether.org) or call: 07931 551 660.

Let's work together to make sure covid doesn't ruin Christmas 2020 for Stockport.

Donations needed to make this happen are:

Packs of playing cards	Selection boxes	Chocolate	Cakes
Family board games	Sensory items	Baby toys	Toys [No Soft!]
Art and crafts packs	Hot chocolate	Dominos	
Boxes of biscuits	Electronics	Gift sets	

All donations can be dropped off at  
Adswood Youth Centre  
Neston Grove  
Sk3 8ph  
Fridays 3pm-7pm or Monday's 10am-2pm  
Heaton Norris community centre drop offs  
Friday 10-2pm and every Monday 10-12pm



# SUCCESS FOR SPIDERMAN



Following on from fundraising success during the first lockdown, Stockport Spiderman, Jason Baird, has now reopened his Martial Arts academy and has taken on a number of new fundraising challenges.

Jason challenged himself to run a total of 170 miles in ten days during November - running 17 miles per day over ten consecutive days.

Jason explains, "The reason I chose 170 miles was because I originally planned to run from Buckingham Palace in London, back to Stockport."

With the various restrictions still in place due to Covid-19, it wasn't possible for Jason to arrange the run from London. Instead, Jason ran 17 miles each day from his home in Romiley, taking different routes, and running an average of four hours per day.

Through the challenge, Jason has raised funds for one of his academy members, 11-year old Ruby Tanswell, who has beaten childhood Cancer for the second time and would like nothing more than to visit Mickey Mouse in Florida.

Jason began the run on 5 November, completing the 170 miles and crossing the finish line at his Martial Arts School at Broadstone Mill in Reddish.

Alongside the run, Jason also set himself the challenge of completing 100 push-ups per day throughout November to raise funds to help towards Cancer awareness.

Jason is asking the general public to help him raise funds for his chosen causes by donating via the links that can be found on the Stockport Spiderman Facebook Group page.

And it doesn't end there. For 2021, Jason is looking to organise a Stockport Spiderman and Friends Charity Run with participants dressing up as Superheros or Disney characters.

Jason says: "I'm hoping to turn this into a yearly event, that's my aim, and I'm in talks with some event organisers and the Council to hopefully put this in place."

"The whole of Stockport can then fundraise for charity while at the same time creating one, big, fun event."

# SPREADING MAGIC

by Linda Duffy

We encourage our children to believe in the magic of Santa. If we write him a letter, he will work his magic and hopefully come Christmas morning he will have left something under the tree.

This year, more than ever, parents will be desperately hoping for some Santa magic.

Providing even the basics has become a struggle for many families. This year there are more than ever, as so many families have found themselves in a situation they never imagined.

With Christmas around the corner, we at the Heaton's Co-ops have been running a Christmas Food Appeal.

The residents of the Heaton's have been amazing and shown such generosity. We need you to continue to donate, so we can help as many families as possible. Besides food, we are collecting Christmas treats such as selection boxes, chocolates, Christmas cake, Christmas crackers etc.

You can drop donations at the following Co-ops:  
• 206 Heaton Moor Road  
• 76-78 Heaton Moor Road  
• 63 Didsbury Road

For more information, please email Linda at: [community.blox19@gmail.com](mailto:community.blox19@gmail.com)

Remember we need your help to spread some Santa magic, thank you.



• Angela



• Paul and Richard



• Moe



• Christine, Bridget and Carly



• Linda Duffy, Project Organiser



# TREE TROUBLE

by Jez Myers

Nothing is certain except death, taxes, and the locals complaining about the tree in Houldsworth Square, Benjamin Franklin once said. He didn't say the last part, but the statement would have resonated with many in Reddish.

Within mere hours of this year's Christmas tree being erected in the square, the complaints flooded in. "Too small, too sparse" people clamoured. Fingers were pointed at the Council and at Councillors as if they personally selected the tree themselves and had drawn the short straw.

Questions were asked as to why the money allocated for the temporary road calming measures from TfGM's Safe Streets Save Lives fund could not have been used towards the cost of the tree. Those questions are not ungrounded albeit from very distinctly different pots. The temporary road humps seem to do little in an area not renowned for its traffic incidents, and the hastily deleted removal of parking spaces outside the shops would have been a disaster for traders.

I do have some sympathy for the naysayers too. In this year of all years, at a time where the community

has little to cheer about, a huge bushy tree – adorned with a thousand lights that twinkle like a beacon of hope – would bring a smile to many people's faces.

Next year, rather than complain, let's do something to help. Let's fund a tree that's bigger, brighter, and better. Crowdfunding, grant funding, business supported – who cares? Let's just make it a real showstopper!



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



# LOCAL CHOIR 'SING IT OUT' THROUGH LOCKDOWN

by Helen Turner

A local pop choir based in Heaton Moor have been doing all they can during these challenging times to keep everyone's spirits lifted, through the joy of singing remotely.

PopVox Stockport forms just one of the several Northwest branches of PopVox Choir and, together with their choir directors and members, they have rehearsed, recorded and produced an original song and video - 'Sing It Out.'

The song 'Sing It Out' was written by PopVox's Director, Emma Nowell, and its message is full of positivity, strength and hope; something that shines through in all they do.

During normal times, PopVox choirs would be involved in various live performances and events, celebrating holidays, festivities and supporting charities. Although this has not been possible to do face to face this year, they are delighted to have been asked to support the NSPCC & Childline with their online Christmas event, Merry Little Christmas, which is being headed up by Leona Lewis and Ben Hanlin. PopVox Choir's song 'Sing It Out' has been chosen to be released as a charity Christmas single specifically supporting Childline, with



all proceeds from the single release going to the charity.

Helen Turner, PopVox Stockport Choir Leader, said: "I am incredibly proud of all the members involved and we are so excited to be able to continue to spread the joy of music and song whilst supporting such a worthwhile cause."

Emma Nowell, Popvox Director, said: "'Sing It Out' is about hope, friendship and helping each other during these difficult times. We are delighted to have created something so positive to share whilst raising funds for Childline and the NSPCC."

Available for pre order now via itunes: [www.itunes.com/popvoxchoir](http://www.itunes.com/popvoxchoir)  
Tickets for Merry Little Christmas available via: [bit.ly/31aklZI](http://bit.ly/31aklZI)

For more information about Popvox email [info@popvoxchoir.co.uk](mailto:info@popvoxchoir.co.uk) ([www.popvoxchoir.co.uk](http://www.popvoxchoir.co.uk))



• Theresa Lyons and Rosie Blayds



• Claire Gowan



• Jayne Fallows



• Rosie Blayds



• Fiona Coleman Kelly



• Tracey Halstead

## COMMUNITY GROUPS



Monthly Meeting:  
1st Saturday of the month

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



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

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



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

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



Supporting Local Businesses

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



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

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



Rotary Club of  
Stockport Lamplighter

Weekly Meeting each Wednesday

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



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



Meetings via Zoom  
Monday 1pm & Thursday 7pm

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



Supporting Maternal Wellbeing

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



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



Friends of  
Reddish South Station

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



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



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



# A TALE OF TWO PLANNING APPLICATIONS

by Cllr Dean Fitzpatrick, Mayor of Stockport

Few things cause local upheaval like large scale housing developments. Two significant but quite different planning applications were considered by the Heaton & Reddish Area Committee on 30 September 2020.

The first was for 34 houses on the site of the former Focus School, on Didsbury Road – or the old St. John Vianney’s as some of us more mature Heatonians fondly remember it.

When the Focus School closed in July 2019 and moved to Winsford, the Mereside Education Trust who owned the site said: “existing buildings are reaching obsolescence and do not meet modern educational requirements”. It was a private school and took children from across the North West.

Over the subsequent months, Mereside ran a drop-in session for residents to view and comment on their plans, including land they had purchased between Masfield Drive and Tennyson Close, off Briars Mount. This led to a planning application being submitted to the Council in March 2020, and as part of the application process, the Council wrote to the owners/occupiers of 42 surrounding properties - two letters of objection were received - largely on the grounds of additional traffic, air pollution, loss of views across Cheshire and the perceived loss of school places.

The application included plans for improved public open space with wetland habitat and an informal play area. It was recommended that the usual Section 106 contribution would improve local play areas and Sport England’s requirement for payment would be directed to the Council’s Formal Sport Priority List. As a departure from the Development Plan, the Area Committee members were only asked for comments and recommendation, and a report would go to the next Planning and Highways Committee to decide. After debate, Heaton South Councillors recommended the first application for approval.

The second, and more controversial application was for demolition of the Cranford Golf site and development of 106 dwellings - 101 of which would be “affordable housing” for affordable rent, social rent and shared ownership.

The Cranford site has been subject to extensive planning history over the years. As far back as 1985, proposals were put forward for 14 flats – although that was refused, and the decision upheld on appeal – this did establish the principle of housing on the site. In 2013, a new application was submitted for nine dwellings, when the applicant applied to reduce the amount of affordable housing required from 50% to 33%. In 2017, after another public consultation and more uncertainty, permission was granted for 75 two storey houses.

This time, being a much larger development, in June 2020 the Council wrote to 221 surrounding properties - 72 objections and just one letter of support were received back. Concerns were raised about the lockdown stopping people viewing the plans, over development, traffic, air pollution, loss of a public facility, drainage, and health issues.

The report presented to Councillors looked in detail at the issues raised, including the specific traffic concerns, the advice of the Council’s Highways department and other statutory consultees. Because the site already had permission from 2017, the report concluded that, “it comes down to the difference between the consented 75 unit scheme and the proposed 106 units and there is no demonstrable or rather severe harm caused by additional development.”

Interestingly, a figure of 0.4 children per household is used to predict the number of children aged 4 to 16 who will need a school place. Spread across the 11 school years it was estimated that, in this case, around an additional 45 children, or about 4 per year, will likely need a school place in the Heaton.

During the debate Councillors expressed concerns about the lack of affordable housing in the Heaton and the difficulty especially younger people have getting their own home, and ultimately recommended



the application for approval. Both applications were granted by the Planning and Highways Regulation Committee on 15 October 2020.

The Heaton is an incredibly popular place to live, I’m sure we would all agree with that – unfortunately, what this also means is that almost every piece of available land has been snapped up by developers, and occasionally this goes against the wishes of the local community.

We remain welcoming of people here in Stockport. If and when these new homes are built, we will welcome the new residents with open arms. It is my hope that as many people as possible who already live in the Heaton and who are struggling to get on the property ladder can benefit from both of these developments, and they, like the rest of us, get the chance to enjoy living in such a wonderful community.

## COMMUNITY VOTES FOR SIGNPOST

by Julia Hewer

Signpost Stockport for Carers was delighted to learn that they had been awarded £600 from the Vernon Building Society’s Community Fund.

An independent registered charity, Signpost offers a wide range of practical and emotional support to anyone caring, unpaid, for a friend, relative or partner living in Stockport, and is based in the Heaton Centre, next to Heaton Moor library.

Julia Hewer, Director of the organisation, said: “We passionately believe that being a carer should not be a barrier to leading a fulfilling life, and do all that we can to care for the carer.

“We were overwhelmed with the hundreds of votes that Signpost received from members of the public – we know many of the votes came from our carers, neighbours and supporters here in the Heaton and we are super grateful.

“Being a carer for a loved one can be exhausting, isolating and financially difficult – and a few hours out can make all the difference, so we’re planning on putting the money that

**SignPost**  
STOCKPORT FOR CARERS



• Alex and Errol

we have received from the Vernon Community Fund towards our Take A Break service. This gives carers an opportunity to have some time to themselves, whether this is to go for a walk, to have lunch with friends or have a swim, things that many of us take for granted.”

One in six of us has a caring role - find out more about how Signpost supports Stockport carers or make a donation to Take A Break by visiting the website: [www.signpostforcarers.org.uk](http://www.signpostforcarers.org.uk) or by contacting the carer support team on: 0161 442 0442.

## CARING FOR CARERS

by Elizabeth McConnell



• Staff at Peel Moat Care Home in Heaton Moor.

During this Covid-19 pandemic, Stockport & District Soroptimists wanted to recognise the tremendous effort and contribution care home staff are making to support those in their care.

Members donated a range of toiletries and other items, made up into gift bags for the personal use of staff in a number of local care homes, just to say a huge Thank You!

Some 81 bags, containing a mixture of items including hand cream, wet

wipes, soap, shampoo, deodorant, tissues and pens, were delivered to two care homes and a specialist dementia unit.

Soroptimist International is an International Women’s Organisation, recognised by the UN, one of whose aims is to make a real and lasting difference to lives of women and girls, locally, nationally and internationally. For more information, see Soroptimist International of Stockport & District: [www.sigbi.org/sistockport](http://www.sigbi.org/sistockport)



# 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...

### Can you imagine how Christmas will be if lockdown restrictions continue?

(discussed before the recent PM announcements)

#### Daughter

It depends on what the restrictions will be. We may be back down to tier 3 which wouldn't make much difference really.

#### Mum

If we can only celebrate with a small number of people that will mean something at least. A chance to eat festive food and share presents in person.

#### Daughter

I can't see that happening, not with anyone you don't live with.

#### Mum

From a point of view of enforcement?

#### Daughter

Yes, it will be too hard to enforce. Christmas is the main event of the year for the majority of families in this country. Also, I can imagine the problems it will cause amongst families having to choose who gets to spend their time with who. I don't imagine we will be allowed to mix beyond our households.

#### Mum

If people are allowed to include a couple of extra people to share it with then that could bring its own difficulties. Christmas can be complicated enough in normal circumstances for some families, in deciding how to share their time out and trying to please everyone.

#### Daughter

I think if the rule is 30, then that is



the only way people will feel like it is a proper Christmas. Both big families and friend groups can be together that way.

#### Mum

Perhaps we should let Christmas day slide by unmarked then? We could delay our celebrations until January or February or whenever we are allowed to get back together with the whole family and friends.

#### Daughter

Well, families who celebrate Eid and Divali have had to miss out on their festivities. This pandemic has affected everyone, no matter the occasion.

#### Mum

Shall we still get a tree and put our decorations up then, if it is only going to be our immediate family together on Christmas day?

#### Daughter

Yeah, there are no rules against that. We have to make the best of it. We should mark the day and do our best to keep our spirits up.

#### Mum

And presents?

#### Daughter

Of course! Definitely presents, you're not getting away with that!

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

## 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)



## A WINDOW OF JOY

by Kay Ruby

Heath Cottage, on Parsonage Road, has been transformed into a rather marvellous advent calendar for this December.

The Rotary Club Lamplighters of Stockport, who annually provide the most loved Santa and his sleigh, have been grounded this year due to COVID-19 and are not collecting at local supermarkets either.

As you can imagine, their fundraising targets are very much depleted. Funds raised are usually distributed to local charities, such as ABC Family Group for Special Needs Teenagers, Loaves and Fishes Homeless Project, as well as national charities.

This is where the family Ruby kick-in. They are creating an advent calendar on the side of their house on Parsonage Road with each window being sponsored by a company, a sports team or a group of friends who want to give back to the Rotary, hoping to raise as much money for the Lamplighters as possible.

The event will also be on the map of the 'Light Up the 4 Heaton's' trail, named as The Rotary Advent Calendar, so pop by and take a peak whenever you are passing.

If you and your family have loved seeing Santa on your street in past



years and would like to help, you can also donate directly on the Rotary webpage. Find the donation link on The Rotary Stockport Lamplighters website, enter the amount you would like to donate and please note 'advent' in the comments section. If you can, please also add gift aid.

Any donations will be hugely appreciated and the Rotarians will make sure your contribution is distributed in the New Year. Don't forget they are also organising Zoom chats with Santa - see their Facebook or website for more details.

Merry Christmas everyone and stay safe. To donate, see: [www.lamplighters.org.uk](http://www.lamplighters.org.uk)

## REMEMBERING 2020

Stockport Museums and Archives want to record the history of 2020 and are working together to collect items to document your year so far.

So much has happened in the Stockport community, and with your help, we want everyone's experiences to be represented. This can be anything from health, social, and political issues to work, volunteering, leisure and play time.

We want to add some of your objects, images and stories to our collections, and if the response is strong enough, put together an online exhibition.

Councillor Kate Butler, Cabinet Member for Citizen Focus at Stockport Council, said: "We have all been on our own journey over the last few months and capturing people's experiences of this unique moment in history is so important. Everyone has their own personal story to tell so please do get in touch and help us create something really special for Stockport."

Help us record 2020 - a year which will be remembered for so many reasons.

If you have anything you would be willing to contribute to the collection please email [SK2020@stockport.gov.uk](mailto:SK2020@stockport.gov.uk)

## 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)





# WILDLIFE GARDENING WONDERS

by Sheila Standard, litter picker and wildlife gardener

Wildlife gardening consists of clearing and weeding invasive dominating species, to encourage other species to thrive. It is also about landscaping, and making paths so people don't trample the wild flowers.

It is all about increasing biodiversity, and developing habitats, and educating people to live in harmony with nature.

Last winter the Friends of Highfield Country Park and Local Nature Reserve cleared some of the huge bramble patch, creating pathways and clearings. We made "dead hedges" with the waste - dead hedges make great habitats and also effective barriers.

By carving out spaces and paths we are keeping the bramble as a windbreak, cover and habitat, and creating more edge.

Wildflower species are thriving on the cleared ground, some which have appeared naturally, others from wildflower seed mixes.

Although the spring was too dry for spectacular success, we have cornflowers, poppies, and daisies to delight as well as clovers, vetches and trefoil, and many more wildflower species.

We made paths for free from logs and chippings, donated by our local tree Surgeon, Leo Woodfelder. This has given us an unexpected abundance in fungi, as it turns out the woodchip and leaf mix is ideal for encouraging wood fungus, essential for a healthy soil and woodland.

Autumn is the season for planting bulbs and we are planting nearly 3000 altogether, so we are very busy.

## Special areas

**Garden** - We want to encourage people to make bee-friendly gardens, so we made a raise bed garden, with herbs vegetables and flowers. These artistic wood piles provide homes for wildlife, and Bee Hotels in logs.

**Wooded Bank** - The bank alongside Cringle Road was originally made to hide the landfill, many years ago, and planted with black poplar. The wooded bank is very beautiful, especially in the spring.

We have wood-chipped the paths to protect the roots and garden here just as we do on the rest of the Sanctuary. We want to put up lots of bat and bird boxes this winter.

**Forget-me-not Wood** - We created a special place on the woodland edge which we have dedicated to everyone who has died in the strange times we live in, especially those who have died on their own.

We have recently planted wood anemones, lily-of-the-valley as well as forget-me-not, winter aconite, and soon we will be planting wild garlic and bluebells. This is intended to be a place to sit and think, but it is also used by children to play 'Harry Potter' as it is a little magic. We did not have much money so we made benches from scaffolding planks and logs.

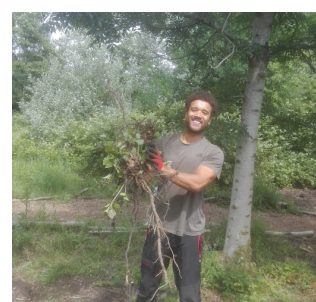
**Wildflower Hay field** - There is a flat grassed area along Mala's Highway, which we are developing as a wildflower hay field. This autumn we are sowing a wildflower called 'Yellow Rattle'. This is an amazing aid to encouraging other wildflowers, as Yellow Rattle is semi parasitic to grass, so stops the grass outcompeting with wildflowers.

**Swallow, Wagtail and Robin Ponds** The three months of dry spell during lockdown was a disaster for the wildlife as all the damp and wet patches dried up. Old maps of this area show ponds, but modern drainage has eradicated them. So our ponds are replacing a badly needed habitat. The last pond to be finished is Robin Pond, which will also feature a sand bank, to encourage miner bees. The bank where the ponds are sited is an ideal location for less common bulbs such as wild daffodil, snowflake, snakes head fritillary, and lesser celandine.

**Fedge and Hedge** - There is a housing development due to start next Easter in the fields next to the Bee Sanctuary, so part of the reason for making the Sanctuary was to protect the park.

We are turning the old Fence into a fedge, by weaving the bushes into it, and planting new hedge plants in the gaps. We also want to have a go at making a traditional hedge around "Bonnie's Promise Meadow" to protect it from intrusion. This might encourage the Skylarks to return, as they are ground nesting birds that were once a common sight on Highfields.

*Sheila is part of the Friends of Highfield Country Park and Local Nature Reserve and is a member of the recently formed Action Group to prepare a bid to get a management plan in place. The Friends of Highfield has recently reformed to be an umbrella group for different projects on the park.*



## Limited Edition Christmas Gift Boxes

from Heatons Post supporting local businesses & artists

**The Heatons Post Christmas Box costs just £20 and includes:**

- 2021 Heatons Post Calendar
- Limited Edition Heatons Post tea towel in collaboration with young artist Emer Wynne
- Handmade Xmas decoration from Jewellsy
- Wax Melts from Scents & Solace
- 4-pack of Xmas cards from Flamingo Paperie
- I Knead Pizza Discount Card
- December issue of Heatons Post

Total value of all items: £30

**Order your Heatons Post Christmas Box at:**

[www.shop4heatons.com/store/heatons-post/](http://www.shop4heatons.com/store/heatons-post/)

(Postage, where applicable, not included)











**BON NATALI, FILICI ANNU NOVU**  
from Nicky and Alessio at A Tavola!



**Thanks so much for all your support  
this year! Here's to a positive 2021!**  
From Amanda, Mel and Suze, your  
Heatons Post team!

**Thanks for your support throughout 2020!**  
From Ben and the team at Ben Sedman  
Photography!



**All the best for 2021**  
from Mel at Jewellsy!



**WISHING EVERYONE A MERRY  
CHRISTMAS** from Blaggs Hardware!



**Happy holidays**  
from Reddish News



**Best wishes for 2021 from the**  
Fountain May team!



**Huge Love**  
from Rotary Lamplighters x



**Merry Christmas from everyone at**  
Grounded In The North



**Here's to producing beautiful films in**  
2021! The SK Film Awards team!



**Thanks for your support this year.**  
Best wishes for 2021.  
From Emma at Heatons Cakes



**Merry Christmas from TaxAssist**  
Accountants



**Wishing you a Zoomingly**  
Merry Christmas,  
from the Heatons Men In Sheds

**A safe Christmas to all**  
from The Hughes School of Motoring!





**HAPPY CHRISTMAS  
from LOVE HEATON NORRIS**



**Merry Christmas  
from the Heart Of The Heatons team!**



**Merry Christmas  
from the Heatons Mess WI!**



**Merry Christmas from your local  
businesses & 4HTA**



**Thrive and grow in 2021'  
from the Heaton Mersey Collective**



**Merry Christmas from your new, shop  
local, online shop - Shop4Heatons!**



**Christmas greetings  
from The Heatons WI**



**All Good Wishes to all  
from the Heaton Mess WI**



**Wishing you a Sustainable Christmas  
from SLH**



**Have A Very Merry Christmas  
from the team at I Knead Pizza**

**Friends Of Reddish South Station  
thanks you all - Enjoy!**

**Festive wishes from the Team at  
Heaton Norris Community Centre**



**Come and join us at the  
Heatons Markets!**



**Thanks so much for all your support  
this year! Here's to a positive 2021!  
From Amanda, Mel and Suze, your  
Heatons Post team!**







# YOUR ENVIRONMENT

## A-Z OF A GREEN CHRISTMAS

by Sustainable Living in the Heatons



### A is for Advent

Try something different this year and do a Reverse Advent. Read all about it on page 5.



### B is for Batteries

In the UK, we use over 189 million batteries each year. So, buy mains-run appliances or use rechargeable batteries, and treat your household to a battery charger. Old batteries can be recycled at most shops that sell batteries, including Coop and Tesco.



### C is for Cards

One billion Christmas cards are dumped each year in the UK. Use recycled cards, make your own from last year's cards, pick up the phone or send a paperless surprise with Friends of the Earth e-cards: <https://bit.ly/2Vgu1Pm>



### D is for Decorations

Use last year's decorations, decorate your tree with Fair Trade products or make your own.



### E is for Eco-Bag

Use a Kick the Plastic Tote Bag available from 4 Heatons Traders.  
[www.shop4heatons.com/store/4-heatons-traders-association/](http://www.shop4heatons.com/store/4-heatons-traders-association/)



### F is for Food

Buy local or buy less. Support small suppliers and the local community while minimizing your carbon footprint. Use [Lovefoodhatewaste.com](http://Lovefoodhatewaste.com) for loads of "use up" recipe ideas.



### G is for Gifts

Each Christmas, 20% of presents are never opened. Encourage your loved ones to be honest, keep the receipts and let the gifts be returned. Or cut down on volume with a Family Secret Santa.



### H is for Heating

Be cosy this Christmas - check that your heating appliances are serviced and working efficiently, and turn down your thermostat one degree. Pop into Blaggs on Heaton Moor Road and pick up a draught excluder kit. Contact local experts, such as Warm in Winter, to find out what else you can do to make your home warmer [www.warminwinter.co.uk/](http://www.warminwinter.co.uk/)



### I is for Ivy

Use holly and ivy from the garden - ideally fallen branches, but take only what you need.



### J is for Jolly Jam Jars

There is nothing tastier than homemade jam - delicious to eat and a fab gift. There are loads of jam recipes on the web!



### K is for Keeping your Curtains Closed

This keeps heat in, saving energy and money.



### L is for Lights

Christmas tree lights left on for 10 hours a day over the 12 days of Christmas produce enough CO2 to inflate 12 balloons, so turn them off when they are not needed.



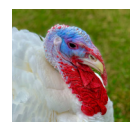
### M is for Million

Over the Christmas period we use an extra 750 million bottles and glass containers, and 500 million drinks cans. Avoid contributing to this, by using our fab refill store: The Good Life on Didsbury Road.



### N is for Natural

Consider decorating the tree with homemade edible treats rather than plastic baubles.



### O is for Organic Turkey

Millions of turkeys are eaten every Christmas. Try to make sure yours has been reared in humane conditions. Organic turkeys taste better too.



### P is for Presents

Try to buy local or buy less. Presents bought locally means you will be supporting small suppliers and the local community, while minimizing your carbon footprint.



### Q is for Quick Search

Have a quick search on [www.shop4heatons.com](http://www.shop4heatons.com) for more ideas and festive solutions from local suppliers.



### R is for Recycle

According to [Recyclenow.com](http://Recyclenow.com), households will throw out an additional three million tonnes - that's five sacks of rubbish per family - over the festive period. Much of this will be waste that could have been recycled. Recyclenow has loads of great ideas of what you can recycle and where.



### S is for Stockings

Buy ones that you can use year after year or for a more personal touch, make your own.



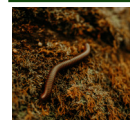
### T is for Travel

Aim for a few car-free days this Christmas. Walk or cycle to see local friends and family.



### U is for Using the Right-Sized Pan

Use the right-sized pan for the vegetables you cook and make sure you have the lid on.



### V is for Vegetables

Compost all your food peelings or get a wormery to help break down the vegetable food waste into rich soil nutrition.



### W is for Wrapping

It is estimated in the UK that we use over 100 million rolls of wrapping paper over the festive season. Now is the time to turn to the centre pages of this very paper to find this year's wrapping paper solution!! It is even recyclable afterwards!



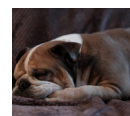
### X is for Xmas

Have a great one!



### Y is for You

It is your world, your planet, your choice.



### Z is for Zzzzzzz

Have a post-Christmas doze, content that your Christmas carbon footprint is minimal.



# GREEN HOMES GRANT - WORTH IT?

by Mel Godfrey, Sustainable Living in the Heatons

The Green Homes Grant is available now. Homeowners and landlords can apply for up to £5,000 of vouchers to upgrade the energy efficiency of their homes.

The eligible "primary insulation measures" are about adding insulation, such as under-floor and loft spaces. There are also "secondary measures" for windows, low carbon heating and more. Details can be found on the Simple Energy Advice website.

The scheme has just been extended into 2022. Is it worth investigating?

The scheme is not straightforward. Quotes must be from scheme contractors approved to take part (Trustmark accredited). The coordination of different elements (the primary and secondary measures) will be for you to sort out. You might have contractual issues, for example, coordinating the specifying and installation of double/triple glazed windows with insulation measures.

Our advice is to ensure you are up to date with your maintenance repairs as you add energy efficiency measures. Make a plan for your house that the



grant contributes to, because the grant does not go far. Understand insulation must be installed with airtightness measures for it to work.

Getting insulation and airtightness right is not straightforward if you want to get value out of it (whilst reducing bills and your carbon footprint). Check out videos on our website for advice at: [www.slheatons.org/greenhomes](http://www.slheatons.org/greenhomes).

Local help can be obtained from: [www.warminwinter.co.uk](http://www.warminwinter.co.uk) and [www.phi-architects.com](http://www.phi-architects.com)

Remember it takes time to get quotes, apply to the scheme and get the work done. Our local Trustmark installers are getting booked up for months ahead, so get started soon.

# GET ACTIVE IN REDDISH

by Walk Ride Stockport

Over the last two years, Stockport has been buzzing with Walk Ride groups talking to their neighbours about how to make their areas better places to walk, ride and scoot.

Working with the council, the groups in Romiley, the Cheadles and the Heatons have helped bring millions of pounds of investment to create active neighbourhoods that will make their communities safer, reduce inactivity, lessen air pollution and ensure a more sustainable future.

People in Reddish have been asking how they can make this happen in their area.

On 23 November, we held an online meeting, 'Walk Ride Reddish – let's get active!', to explain how Reddish residents could form their own group.

There was strong support from councillors and MP Andrew Gwynne, who said: "Hopefully this group will go from strength to strength. There are so many benefits to getting people active, I think this is a really exciting opportunity."



If you are interested, you do not need any experience or lots of free time, just a desire to make your area better for walking and cycling. Established groups in Stockport will help you get set up and offer advice on first steps. And with the support of your councillors and MP, you're off to a great start. Let's get active!

If you'd like to get involved, email: [reddish@walkridegm.org.uk](mailto:reddish@walkridegm.org.uk) or to view the meeting video, visit: [www.twitter.com/walkridereddish](https://www.twitter.com/walkridereddish) or [www.fb.com/walkridereddish](https://www.fb.com/walkridereddish)

**HEATONS' GINGERBREAD HOUSE TRAIL!**

**6th - 24th DECEMBER**

Gingerbread Houses will be popping up in shops throughout the Heatons and we need your help to find them!

Download a trail sheet online from [www.fourheatons.co.uk](http://www.fourheatons.co.uk) to find out which shops are taking part and get hunting!

@4HTA 4heatons /4HeatonsTradersAssociation [www.fourheatons.co.uk](http://www.fourheatons.co.uk)

**HEATONS POST SILENT AUCTION**

The Heatons Post

Christmas Silent Auction in support of your not-for-profit newspaper and local charity, Supportability

**Auction Date: 28 November - 13 December**

View & Bid on Auction Items now at:  
[www.jumblebee.co.uk/heatonspostcharitysilentauction](http://www.jumblebee.co.uk/heatonspostcharitysilentauction)

The Heatons Post is running a charity silent auction to raise funds for Supportability and to keep the newspaper in print.

Supportability is a local charity based in the Heatons dedicated to making lives better for people with disabilities. For more information about the charity please visit: [www.supportability.org.uk](http://www.supportability.org.uk)

The Heatons Post team would like to thank all these amazing local businesses for donating some incredible products and services: Apple Of My Eye, Seed Urban Farm, Urban Dirt Custom Art, Ben Sedman Photography, Jewellsy, 4HTA, Heart Of The Heatons, Kitsch Republic,

**Supportability**  
Making life better for people with disabilities

Chiselled Features by Paul, Lightopia, The Cheshire Bakehouse, Grounded In The North, Thirst Class Ale, B'spoke Coffee, Kauri Fine Foods, Achieve23 PT, Waterside Leisure Club, Social Circle, A Tavola, Bernie's, Sustainable Living In The Heatons, Warmer Homes, Bud Garden Centre, Green Man Garden, MINT Catering and a generous private donor.

Happy bidding!  
[www.jumblebee.co.uk/heatonspostcharitysilentauction](http://www.jumblebee.co.uk/heatonspostcharitysilentauction)



# CULTURE

## THE REACTIONS BRING IT BACK

by Andrew Ericsson

Heatons based band The Reactions are celebrating their 21st anniversary this month by releasing a new CD entitled 'Bring It Back Again'. The band features Heatons Post contributor Andy Rayner on bass, Martin Soar on drums and Peter Scott on guitar. Andy and Martin met at Didsbury Road Primary School back in the 60s and played their first proper gig together at the age of 15.



the band worked on the three-part harmonies that have become their trademark sound. Fortunately, this worked out well as the band have continued to prove popular in the area's pubs and clubs and have also played for many weddings, anniversaries, and birthday parties.

The new album features 13 of the most popular songs from their live set. All covers, the CD kicks off in fine style with a great arrangement of Nick Lowe's Cruel To Be Kind. Their early influences are seen on songs by The Beatles and The Everly Brothers, with the Mamas and Papas' California Dreaming a real highlight. No way are they stuck in the 60s though, as the set also features songs by The Police, Elvis Costello, Take That and Bryan Adams as well as the title track, a Stray Cats number. Nicely produced by the band along with sound engineer Arny Sage, the real gem is the closer – a six minute plus medley of songs by 60s favourites the Hollies. All sparkling harmonies and chiming guitars, they seamlessly meld together some of the Manchester band's finest tracks finishing with a rousing version of I'm Alive. As the band say in their sleeve notes – "Live music, going to the pub..... normal life – Bring It Back Again!"

For more information on The Reactions and their new CD, visit: [www.thereactions.co.uk](http://www.thereactions.co.uk)

The Reactions formed when Andy, then in a duo with guitarist Brian Lewis, coaxed Martin out of premature musical retirement with the promise of heaving his drum kit around the pubs of Stockport, late nights and very little money – how could he resist? The trio were soon joined by rhythm guitarist Peter who had played with Andy in the Manchester based Rock 'n Roll All Stars.

The band worked steadily until 2016, when Brian had to retire due to health problems. Undaunted, the other band members decided to continue as a trio which meant rehearsing a brand-new set. Now without a lead guitarist,

# POETRY & MUSIC

## PICTURE DREAMING

by Jean Taun

I'm looking at a picture and it's where I want to be

I'm sitting on a terrace and am looking out to sea

I'm hoping for the dolphins as I'm by the pretty bay

Knowing that most evenings they usually come to play

I'm waiting for the sunset so I order some red wine

And as I watch the sun go down I'm feeling rather fine

I then request a menu and start to choose my meal

It all looks very tasty as Greek food has such appeal

I really am relaxing and I have a smile upon my face

I seem to have forgotten that I'm at home not in that place

## THE VILLAGE POINTS TO FELIX'S FACEBOOK FRIDAYS

by Andy Rayner

It was meeting his future partner Emma on a Greek Island that led to multi-instrumentalist Felix Hagan ending up in Stockport. Now the freelance composer and producer works from his studio at Village Point, above the Moor Club on Heaton Moor Road, which is owned by Emma's family.

Felix, 33, grew up in London in a home full of music – his mother being a trained opera singer, his father a useful drummer and his brother a talented guitarist. Frequent visits to weekend matinees at West End Shows led to a passion for musical theatre and eventually to Liverpool University, where he studied Music and Music Technology.

Last year, a dream came true when his own musical Operation Mincemeat won the prestigious Stage Debut Award for best composer/lyricist – meanwhile the soundtrack to his new musical HouseFire has just been released on Spotify. Back in the studio, Felix keeps busy writing music for other theatre productions, advertising campaigns and TV Shows, including the latest series of Spitting Image.

In normal times, Felix enjoys nothing more than getting out on the road with his band, Felix Hagan and the Family, a 7-piece outfit who have already recorded a full length album and numerous EPs all full of Felix's eclectic and imaginative song writing. For the moment though, he revels in producing



his weekly Facebook shows every Friday evening at 7pm. Each week there is a different theme, with Felix taking his audience on a musical journey featuring well known songs from a particular genre. So far, the list has included A Night at the Theatre, 90s Pop, Queen, Abba, the Beatles, Motown, Disney, Classic Rock etc., the list goes on and on! Some of these shows have supported charities including Action on Addiction & CALM, raising over £13,000 so far.

Talking to Felix, one cannot help but get carried along by his enthusiasm and energy – keeping so many projects on the go is a testament to his positive mindset and work ethic. The secret of his success, though, seems to stem from his natural musicality and the ability to produce music quickly and efficiently to a consistently high level. He even offers a service called 'Any Song You Like' where he will write you a song or produce a personalised version of your own particular favourite ...!

Catch Felix's Friday shows by searching for Hagan Music on Facebook or check out: [www.haganmusic.com](http://www.haganmusic.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)



## 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

'Y'know that line from Alanis Morissette...the one about meeting the man of your dreams and his beautiful wife...? That was just playing...and it just happened...'

Lady admiring friend's new haircut: 'Wow! Really funky! Love it!' 'Thanks...I don't really \*do normal...\*' 'No...I tried normal once...lasted about five minutes...'

'She were cute last night...' 'Her with the black hair?' 'Noooo...' 'Her with the red dress?' 'Nooo...' 'Her with the lips?' '?' 'You know...' '?' 'Well you started it...!'

'...who were on yer chest the other day...it were a crocodile weren't it...?' 'Lacoste' 'That's right...I knew it sounded like an assault...'

'...so I did that test and it said I was only 2 out of 10 so probably quite depressed really...so I joined a dance thingy...' 'A class?' 'Nooo...just a place to dance... y'know...and I can shift...I really like to shift...' 'Oh yes Vera, I remember, you can really shift...' \*nods sagely

'There was summat good on the radio the other day but at one point the guy calls for his mate to take him for a pint...it didn't half date it...' \*sighs

'Y' know I think I've grown a lot more patient and tolerant after last time...' <silence> 'Do you?'

'...oh sorry, I was miles away then...' 'That's ok, think of it as free travel'

'Hey, I saw you at the start of the last lockdown...did your mate double his wine order this time...?!' 'Tripled...and he's still not confident...'



# LOCAL SCHOOL UPDATE

## MONEY FOR KIDSCAN

by Alana Marshall



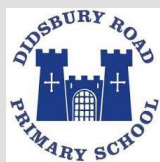
The Heaton's Preschool and Day Nursery and The Heaton's at St. Paul's raised £2,170 for Kidscan with their recent raffle and fundraising activities, which the children took part in during the month of October.

They wish to thank everyone who bought tickets and helped to raise such a fantastic amount. They also wish to especially thank the local businesses who donated prizes for such a good cause.

Some of these generous businesses include: Jennifer Paige Hair and

Beauty, Flower Land, Sparkleigh Cleans, Higginson dance and fitness, AZ carpet cleaning services, Kutz International, Indulge in Beauty with Hannah, Marshall Wilde Motors, Make up Mobile to You, Aroua Aesthetics, Baby Boo, Jo Jingles, Blue Door Flowers, Bay Tree, Amy Leigh MUA, The Moor, Cosy Campers Sleepovers, The Littlest Card Shop, Hero Fitness, Baby Choices, Gemma Rowe (The Gel Bottle), McAuley Studios, Craig's Barbers, and Honey Sweet Treats.

For more information about Kidscan visit: [www.kidscan.org.uk](http://www.kidscan.org.uk)



Children from Didsbury Road Primary School wrote to the Heaton's Post to explain how they feel about school and the pandemic.

*Emilia, Age 9, Year 5*

The best thing about returning back to school is seeing my friends because I have not seen them for a very long time and all I want to do is play with them. That is what I've enjoyed most about going back to school.

I've also enjoyed learning about the Anglo-Saxons and why they came and where they came from. We also wrote a letter to Beowulf (an Anglo-Saxon hero). We had to write it in isolation because someone in our year got covid 19 so we had to isolate.

We did maths, English, Science, history, reading and all the things you do at school. I feel sad that we had to isolate but happy that we go back tomorrow. I also feel a bit scared to go back to school because you don't know if we'll have to isolate again.

*Kyra, Age 9, Year 5*

I have missed school so much throughout lockdown, my friends, my teachers and the fun through learning. You finally get to work properly and get the fun playing and exercise you need. It's so good to finally see everyone again and see the smiles on their faces. I find school a great way to get out and about, make friends and learn something new. It made me smile and I am sure it will make you smile too.

I mostly love playtime at school when you get to play with your friends, the equipment and make up something new. It's great to let all the energy out that you didn't feel like letting out at home.

I missed eating lunch with my friends, chatting to them and playing with them. Everyday it feels so nice to see my friends and it's a reason to get up in the morning.

## REMEMBER THE FALLEN

by Enfys Bosworth



Stockport Grammar School marked this year's Remembrance with virtual services shared across the Pre- Reception, Junior and Senior School.

The Senior School service was led by Headmaster Dr Paul Owen, with Upper Sixth Form pupils present for their final service in school.

Readings were given by Upper Sixth Form pupils Rebeah-Nuur Mohammed, Henry Davies and Holly Buckley.

The Last Post was played by Patrick Owen, while the wreath was laid by Head Boy, Cam Wylie, and Head Girl, Grace Shropshire, during the two-minute silence.

Due to coronavirus restrictions, the Act of Remembrance was recorded and shared virtually with pupils across the school in their classrooms, as well as with alumni (Old Stopfordians) who would normally be present for the service.

Old Stopfordians were asked to share their school-time memories

with the school and a selection of their recollections was read by Upper Sixth Form pupils Cam Wylie (Head Boy), Grace Shropshire (Head Girl), Panashe Munaiwa (Deputy Head Boy) and Lydia Johnson (Deputy Head Girl).

A musical performance of Mozart's Eine kleine Nachtmusik (1st movement – Allegro) was played by the school's String Quartet, and Fifth Year pupil, Ella Moran, sang Handel's Lascia ch'io pianga alongside Director of Music, Mr Dow, on piano.

In the Junior School, Head Boy Finn R and Head Girl Charlotte U created a short video about Remembrance Day that was shown to the pupils who then went outside for the Act of Remembrance.

When they were outside, the pupils – many of whom were wearing their personally designed poppies – lined up in year group bubbles and listened to Senior School musician Emily Edwards play The Last Post. The pupils impeccably observed the two-minute silence.

## ACADEMIC ACHIEVEMENTS AT REDDISH VALE

by Sian Williams

Here at Reddish Vale, we are conducting events in a slightly different way this year, as most of our events are now taking place online.

On Thursday, 19 November, we hosted our annual Awards Evening event for our ex-Year 11 students in which they receive their GCSE certificates and special commendation for achievement in their subjects.

As well as subject awards, our students are nominated to receive awards in line with our key values of Respect, Aspiration, Determination and Independence, and special commendation awards are also given to those who have shown excellent Academic Achievement and Excellent Progress throughout their time at Reddish Vale.



To enable our students to still have the opportunity to participate in this exciting event, our wonderful Marketing and IT team produced a video to send to our ex-Year 11 pupils and parents to enjoy at home.

Despite the event taking place virtually, it was lovely to see our students interacting and receiving messages of good luck from their Year team. We would like to wish our ex-Year 11 students all the best in their futures and congratulate them on their hard work and dedication whilst at Reddish Vale.



# ZOOM WITH SANTA

by Rotary Stockport Lamplighter

Poor old Rotary Lamplighter Santa has been in a real quandary this year as he wants to keep the people of Stockport safe but also wants to give them some festive cheer.

So sadly, he's decided that his sleigh will have to stay at home during December for the first time in over thirty years.

Along with his mischievous elves, he will really miss seeing all your lovely smiling faces and receiving your beautifully written letters and drawings.

At the moment, he is currently shielding in the North Pole but is still extremely busy making lots of fabulous toys for all you boys and girls.

But don't worry, he'll still visit you on Christmas Eve when he slips down your chimney in full PPE carrying sacks laden with presents.

Some of his elves have been very busy painting Christmas mugs and plates, others have been making gorgeous fluffy hedgehogs, and one cheeky little elf has enjoyed making gel candles for mum and dad to light on Christmas Day. What fun the elves have had as Rudolph and all his

reindeer friends happily munched on carrots outside in the snow.

Whilst Santa's been shielding, he's been very busy, along with his friends from Rotary Stockport Lamplighter, learning how to Zoom, so that he can meet some of you lovely children and talk to you about how you're looking forward to Christmas.

You will have to ask mum or dad to arrange for you to talk to Santa online in the comfort and safety of your own home. What fun that will be!

It's so easy. All you have to do is book a time slot for a Zoom video call on the Lamplighters website.

Donations for a Santa call are more than welcome to help Lamplighters continue the yearly work they do helping others.

This year, they will be sending pamper packs to all mums in the Stockport Against Abuse Refuge, providing food for the local Food Banks, as well as helping the homeless and less fortunate people in the Borough.

If some of you adults are unable to visit Lamplighter Santa but would like to donate, you can do so by mobile



messaging. Simply text:  
ROTARY3 to 70490 to donate £3.00  
ROTARY5 to 70490 to donate £5.00  
etc up to a total of £30.00

To book a Zoom video call with santa, see: [www.lamplighters.org.uk](http://www.lamplighters.org.uk)

In addition to the donation, the usual network text message charge will apply. Thank you so much.

And here's a message from the Lamplighter Elf and safety man... stay safe everybody and have a wonderful Christmas!



## ADVERTORIAL

# TIPS FOR ONLINE LEARNING

by Carrie Burke, Owner of Carrie Burke Tutor Work

All of us have been affected during the past months by Covid, and our children have been one of the most impacted groups. Shifts from face-to-face to online education in March was unexpected, and the ramifications were vast. One of the most agonising aspects we observed were vivacious, outgoing children becoming listless and introverted. They needed the social and human interaction that schools gave to them, and we were aware that our service was there not only to serve our children's academic progress, but to ensure we supported them emotionally too.

Online education is here to stay for the foreseeable future. It's so tricky to juggle work and home life at the best of times, but with unforeseen home schooling thrown into the mix it really can be the anxiety icing on the Covid cake! So here's some hints and tips to get you through online learning:

- Invest in a whiteboard and pen-children love using them for writing and calculating! Also consider investing in a graphics tablet and pen (purchase on Amazon) and use it with bitpaper.io. This allows your



child to write on a virtual whiteboard, and the students love the technological interaction.

- A timer is your friend! Split learning into bitesize, timebound chunks to ensure your child is kept on task. It also adds a competitive aspect to learning - who doesn't enjoy beating the clock?
- Remember to praise and reward your children's efforts - stickers, charts and choosing time are all great incentives to encourage your child to complete their learning and work independently.

If you'd like to get in touch with Carrie please phone: 07758 783 321 or email: [info@carrieburke.com](mailto:info@carrieburke.com) [www.carrieburke.com](http://www.carrieburke.com)

**Carrie Burke**  
tutor work

## We are looking for Tutors!

Join us...

### Are you:

- ✓ A qualified teacher?
- ✓ Passionate about progressing children's learning?
- ✓ Experienced in teaching primary-aged children?

If you answered YES then we have the perfect opportunity for you!

Carrie Burke Tutor Work is a fast growing tutoring business looking to expand its team of online tutors for the 2020/2021 academic year and beyond. Providing high quality learning intervention, our tutors are well-supported in all aspects of planning, delivery and assessment.

Our staff are solution-orientated and focus on positive outcomes to help children achieve their full potential.

Relationships are really important to us, and we work closely with pupils and parents alike.

If this sounds right up your street, then send us your CV. Retired teachers also welcome to apply!

### Must have:

- ✓ Primary school QTS
- ✓ Enhanced DBS
- ✓ At least 5 years teaching experience
- ✓ Confident to tutor online (training given)

### We offer:

- ✓ Competitive rates
- ✓ Flexible hours
- ✓ Training

### Contact info:

☎ 07758 783 321

🌐 [www.carrieburke.com](http://www.carrieburke.com)

✉ [info@carrieburke.com](mailto:info@carrieburke.com)



# LOCAL BUSINESS NEWS

## MILL AT THE HEART OF THE COMMUNITY

**ADVERTORIAL**
*by Claire Vincent*

Once the largest cotton mill in the world, Broadstone Mill is a very familiar large, red brick building with an impressive copper dome that stands tall on the southern sweep of Broadstone Road and is easily recognisable on the Heatons and Reddish skyline today.

Broadstone Mill Shopping Outlet, which has been described as a 'hidden gem,' is a retail space which is spread over two floors within the mill. The discounted shopping outlet has been owned and run by the same family for nearly 25 years. They have been passionately renovating and regenerating the mill, and investing in it during this time to give something back to the local community, including providing jobs for 25+ local families. Ultimately giving the gift of this building being a hive of activity to the people that visit, work and socialise there.

The destination of choice for so many local people for a bit of "retail therapy". A place where locals (and indeed people from further afield too) regularly meet up with friends for a bit of shopping and lunch. The mill really

is part of the community at the heart of the community! The customers are a loyal bunch, some who come every week and who have been coming for years, and some that are new to the experience and have just discovered "the mill".

As well as the free parking, one of the highlights is the friendly and relaxed atmosphere in the store (and in Covid times especially the space that there is to browse safely), with friendly staff and that personal service that you just don't get in a lot of larger stores these days or through online shopping. Opening seven days a week and boasting a coffee shop on the ground floor serving hot and cold foods and drink, to eat in or take away, and a tearoom on the upper floor which serves a delicious and very reasonably priced afternoon tea which can now be ordered to take out too.

In recent times there have been some big and well known names added to the retail offering and you can find The Works, Wynsors World of Shoes (bringing in top sports and shoe brands), and Regatta Outdoors now



sitting alongside the likes of Yankee Candle, Rieker & Hotter Shoes, Roman & Klass Ladieswear brands, and Home brands such as Rectella, Portmeirion and Kitchen Craft. Enhancing their strapline, Something for Everyone, which is so true.

Having partnered with Worker Bee Markets again for 2021 means there will be an outdoor artisan market on the last Saturday of the month, from March to November, for everyone to enjoy.

Weathering this stormy and unpredictable year hasn't been easy for independent small and medium-

sized businesses, and it's more important than ever to support them, to use them and keep them at the heart of our communities.

For the latest information about offers, news and events visit:  
broadstonemillshoppingoutlet.co.uk

Like and follow on social media:

Facebook: @BroadstoneMillShop  
Instagram: @broadstonemillshop  
Twitter: @BroadstoneShop


**ADVERTORIAL**

## IN LIMBO

*by Tony Munday*

Limbo (the noun not the verb), that's where we are right now – we are ready to open but are waiting for the tiers to be announced and discover whether we have squeezed into the positively libertarian tier two or are firmly in the dystopian tier three - where cinemas have been lumped together with Fukushima and Chernobyl.

We have our fingers crossed and by the time you are reading this we hope it is in the foyer of the Savoy, mince pie and sherry in hand waiting to see a Christmas Classic, the new Wonder Woman blockbuster or whatever else takes your fancy – we certainly have (hopefully) a packed and diverse programme of films and events for you to enjoy!

We waited to reopen after lockdown 1.0 until mid-September and you came back in very pleasing numbers and everyone was happy with our Covid preparations. As we were forced to close for Lockdown 2.0, Halloween was upon us and you came together as a community to raise funds to keep us going – you decorated your houses in the most fantastic ways and raised £10,000 which is a vital lifeline for us – we were completely blown away and can only say thank you, thank you, thank you – we will work hard to make sure the Savoy stays on the Moor for years to come. If you want your loved ones to enjoy the wonder of our cinema then check out our gift voucher options below.

We would like to wish everyone a Happy Christmas and a very normal 2021!



## TOP OF THE CHARTS



Stockport based DJ, Kevin Thompson, rose to the number one spot on the UK Mixcloud Pop Charts on Tuesday, 10 November 2020, with his weekly 70s Chart Show Podcast.

Kevin, a freelance DJ for over 10 years in Reddish and a former community radio presenter, put his experience and skills gained from performing at parties and functions into producing and presenting his weekly podcast again in July this year, sharing his show with groups and friends on facebook after the Government announced the closure of party celebrations due to the current health crisis.

The show quickly became popular, bringing some cheer and smiles to listeners, and growing each week on the Mixcloud Charts - a British online streaming service that allows for the listening and distribution of radio shows, DJ mixes and podcasts. The show gradually moved up the charts each week to reach the number one spot on Tuesday, 10 November on the UK Pop Mixcloud charts.

Kevin hopes to be able to take the show onto the commercial network, bringing back some good memories and smiles to people during these difficult times.



# SPOTLIGHT ON STARTUPS

by Kevin Bradford

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

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

Setting up a new brand in these uncertain times could be considered risky business.

But Heaton Chapel based entrepreneur Emily Bray used her experience of being furloughed in April to create Poppets and Pirates – a small reseller of children's clothing.

The mother-of-two set up stores on Facebook and Instagram, and the orders took off from there.

"I really missed being at work and at the laptop, and it just started from there really," said Emily.

"I just decided to go for it and ordered some stock. I had often thought of starting a small business but never got anything off the ground.

"I wanted to be able to offer bright, quality, on trend clothing for a reasonable price and the local areas don't seem to have any focus on children's clothing."

The range on Poppets and Pirates certainly brings colour and joy in the form of fashion, featuring rainbow

patterns, flowers and bold prints, for both boys and girls.

Emily runs the side-hustle from home, fitting the work around looking after her two and five-year-old children, and household chores.

"Some weeks can be easier than others," said Emily.

"I'm really happy sourcing clothing and hopefully offering some clothing that is a bit different from the run of the mill, but still suitable for everyday wear.

"I enjoy looking for new stocks, but it has been a bit of a challenge too.

"I plan to work on a website soon, which would hopefully make viewing the stocks and the availability a lot easier for my customers."

The business offers free delivery to SK4, SK5 and M19, and Emily says she really loves doing the deliveries while having a chat with customers.

"Had I not been furloughed I probably wouldn't have started the business in the first place," she added.

"It may not be the best time to start for financial reasons, but it just seemed right at the time.

"Everyone has been really supportive and I'm really looking forward to meeting more local Mums and Dads on my deliveries."



A quick Q&A:

**What are your favourite aspects of the area?**

I love the community aspect of the area - like the recent Reddish and Heatons Halloween Trails, and the small, independent businesses that work on their own and in collaboration with others.

Covid showed us what a fab community spirit we have by opening up numerous outreach groups and making sure everyone had help where and if needed, and this is still continuing some seven months on.

**What support have you found for your business in the area?**

The area offers lots of support to businesses with initiatives such as Shop4Heatons, 4 Heatons Traders Association and The Heatons App.

There has been lots of emphasis on helping promote businesses that have

been affected by lockdown, through circulating information regarding which businesses were still offering take away, delivery or click and collect etc.

**How do you hope to see the area recover post Covid?**

We are super lucky to have our open, green spaces, for which a lot of people I'm sure have been thankful for, especially at this time - I know we have, with the children.

I can only see this community spirit continuing as we go through 'Lockdown 2' and into 2021, where hopefully we can all enjoy some outdoor community events properly and safely. I think everyone is desperate for that to happen - street parties at the ready.

*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)*

## THE HEATONS COFFEE MORNING

Friday, 30 October saw one of the World's Biggest Coffee Mornings take place across the world in support of MacMillan Cancer Research and, not to be outdone, our wonderful local businesses collaborated to create a Mega Coffee Morning meetup across the Heatons!

So far, over £500 has been raised, with donations still coming in, which organiser, Suzie Kenton-Tilley, commented, "is absolutely fantastic given the speed at which it was pulled together."

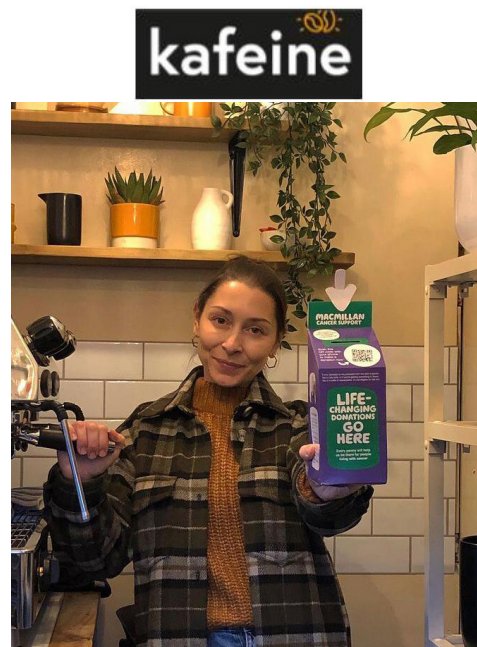
These are the wonderful businesses that took part: B'spoke Coffee, Bernie's, Kafeine, The Good Life, The Moor, Feed, Blue Door Flowers, Juno, Roost and Blue Corn.

Suzie explained, "It was really lovely to see so many local businesses pull together for a brilliant cause. Bernie's and Kafeine went one step further and set up together for the day. And the Good Life was dishing out donuts as a way to encourage people to donate.

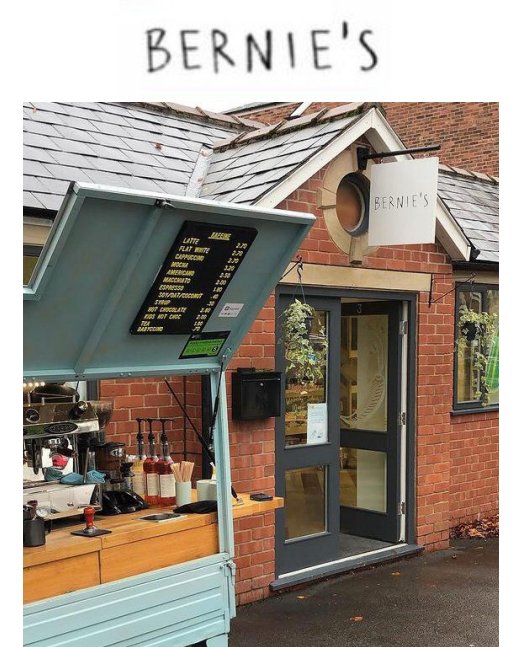


"It's been such a tough year for independent cafes, restaurants and shops, so the fact that so many jumped to help was really touching and shows what special traders we have in the Heatons!"

To donate, please visit: [thyg.uk/BUU004745405](http://thyg.uk/BUU004745405)



• Nicola from Kafeine





# CLASSIFIEDS

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

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[info@atavolastreetfood.co.uk](mailto:info@atavolastreetfood.co.uk)  
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Brunch, Lunch, Coffee  
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### Roost

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

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Chiropractic Clinic

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### VIP

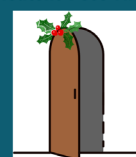
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Wheelie Bin Cleaning

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[cdphughes@gmail.com](mailto:cdphughes@gmail.com)  
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Coming this December...

Heaton's Post Virtual Advent Calendar



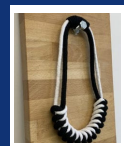
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# WELLBEING

## FIVE MILLION STEPS

by Phil Foster

I know, it sounds crazy, but we are living in crazy times. Washing hands, wearing masks and making space, all these are important but so are you! You need to look after yourself too.

So I came up with a not so little challenge for my walking group who are desperate to get out but unable to meet as a group - a group challenge that we could do as individuals. Could we walk five million steps in November?

Just to put that into context, that is 4,000 kilometres or 2,500 miles!

We all know the health benefits of walking, but the benefits are both physical and mental - taking a 20 minute walk will boost your immune system, improve your fitness and reduce stress. In fact, walking is great to lower blood pressure, lose weight, improve circulation and help you to sleep better.



At the time of writing (mid November), we have surpassed our target and managed 5.5 million steps from 36 members who joined the challenge. I am now pushing to reach 10 million steps - 5000 miles of healthy walking during lockdown.

If you want to boost your health, meet new friends and start 2021 on a new path, join us on our journey - free to join, free to walk.

For more information, email: [heatonreddishwalkers@gmail.com](mailto:heatonreddishwalkers@gmail.com) or see @Heatonwalkers on Twitter, and Heaton and Reddish Walkers on Facebook.

## HEATONS POST SUPPORTERS



If you want to support the Heatons Post then please email [news@heatonspost.co.uk](mailto:news@heatonspost.co.uk)

### SUDOKU

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

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

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

1			2			3		4
5						6		

#### ACROSS

- 2 South African political party (1,1,1)  
5 Video receivers (3)  
6 Dangerous colour (3)  
7 Loft (5)  
10 Thin fluffy scarf (3)  
11 Spike of corn (3)

#### DOWN

- 1 Source of ready money (1,1,1)  
2 Collaboratively (2,1,4)  
3 Naval vessel (7)  
4 Military assistant (1-1-1)  
8 Imperial weights (3) 9 Not against (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**

Make an effort to prioritise your health this month, your responsibilities are important, but your wellbeing is more so.



Jul 23 - Aug 22  
**Leo**

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



Feb 19 - Mar 20  
**Pisces**

Sometimes the idea of something is scarier than the actual situation. Don't let fear hold you back.



Aug 23 - Sep 22  
**Virgo**

Make time for the people in your life, friendship is a guaranteed mood booster.



Mar 21 - Apr 19  
**Aries**

Don't be afraid to step back and take some time to grow.



Sep 23 - Oct 22  
**Libra**

Take time this month to rediscover the things you love.



Apr 20 - May 20  
**Taurus**

Problems may arise this month, try and stay clearheaded and solutions will be found soon enough.



Oct 23 - Nov 21  
**Scorpio**

Speak out for what you know is wrong. You have a strong moral compass, don't ignore it out of fear.



May 21 - Jun 20  
**Gemini**

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



Nov 22 - Dec 21  
**Sagittarius**

Be brave this month Sagittarius. When adversity arises, trust your strength, and the universe shall reward you.



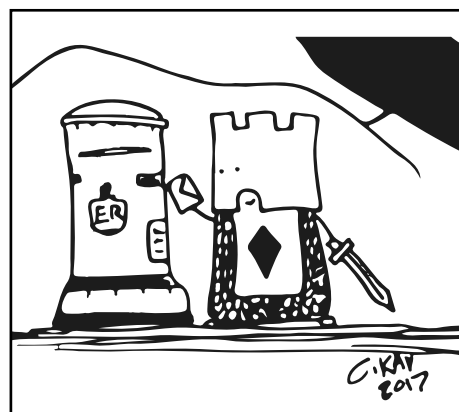
Jun 21 - Jul 22  
**Cancer**

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



Dec 22 - Jan 19  
**Capricorn**

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



"Chain Mail"

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

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# SPORTS AND FITNESS

## WALKING, CYCLING AND WILDLIFE ON THE FALLOWFIELD LOOP

by Frances McCann, *The Friends of the Fallowfield Loop*

The Fallowfield Loop was previously part of the old Manchester Central Station Railway, built in the 1890s.

In 1995, a group of cycling enthusiasts conducted a study into the line's potential for a cycle route, and an active Friends of the Fallowfield Loop group started campaigning to this end.

Now, 20 years on, the route is recognised as the longest urban off road cycle route in the country. But that is not all; the route was also designed as a linear park and wildlife corridor, linking parks and other open spaces, such as Reddish Vale and Highfield Country Park.

It provides an accessible cycle route and is also used for, amongst other things, group cycle rides of all abilities, families enjoying safe off road walking, dog walkers, wildlife walks and sports training.

The Friends of the Fallowfield Loop were awarded a Sustrans 'Paths for All' National Award for 2019. The

group wants to maintain the reputation of the Loop as being an accessible off-road path for all users.

Over the past six months, there has been a great increase in the number of people on the Loop, as has been the case with many other off road urban paths, such as canal tow paths.

With this increased density of users, the group is aware that this does, at times, create stress and tension amongst users. As a way of addressing this and supporting the development of a culture of 'Sharing our Path with Care,' the committee have initiated some work with a community artist and local primary schools to develop some signage and artwork along the route that will encourage users to maintain a respectful awareness of the people they encounter as they travel along the Loop.

The Sustrans Wildlife Champions project has had monthly walks along the Loop, suspended in March 2020. However this does not prevent more

informal engagement with observing and recording the flora and fauna of the natural world.

Robin Grayson has recently linked up the Hedgehog Preservation Society's Hedgehog Street Campaign with the Fallowfield Loop. One part of this campaign is the logging of hedgehog sightings on The Big Hedgehog Map by members of the public.

The hedgehog is now officially recognised as in danger of extinction and there are lots of ways we can take action to ensure that this does not happen. Robin has identified all hedgehog sightings close to the Fallowfield Loop and we are now encouraging people, via our membership, to take part in this important live national hedgehog audit.

So whether you know of the Fallowfield Loop or not, please check out the links below and see what you can do to ensure the survival of this amazing creature that is an important member



of our wonderful and diverse British wildlife.

For more information on the Fallowfield Loop, see: [www.fallowfieldloop.org/](http://www.fallowfieldloop.org/)  
For more information on hedgehogs, see: [www.britishhedgehogs.org.uk/](http://www.britishhedgehogs.org.uk/) and [www.bighedgehogmap.org/](http://www.bighedgehogmap.org/)  
For a 15 minute spin along the Loop visit: <https://www.youtube.com/watch?v=31iMuDZY4vA&feature=youtu.be>



## A BOOST TO LOCAL WALKING AND CYCLING

Walking and cycling schemes have been given the green light, thanks to £15.9m funding package.

Work is underway to improve walking and cycling infrastructure across The Heaton.

The Heaton Cycle Links will create a series of quiet routes for pedestrians and cyclists between the Manchester Cycleway (Fallowfield Loop) and the Trans-Pennine Trail at Heaton Mersey.

The project has been paid for by the Mayor of Greater Manchester's Mayoral Challenge Fund and follows consultations carried out in October.

Development has also started at Harwood Road and will continue with



path improvements at Meadows Road, close to the McVitie's factory.

In the New Year, a new pedestrian and cycle crossing will be installed on Didsbury Road in Heaton Mersey and path improvements will start at Nelstrop Road in Heaton Chapel.

## RUNNER COVERS 100KM

by Richard Wilson

Heaton Norris resident, Louise Polly, has been busy jogging our streets as part of a challenge to run 100 kilometres in October, raising more than £800 for charity.

Louise, who took up running as a hobby during the first national lockdown in March, took on the tough running challenge to raise money for Breast Cancer Now. The charity, which is the largest breast cancer charity in the UK, provides world-class research and life-changing care for people affected by breast cancer.

Local running group, Heaton Runners which meets at The Hope Inn on the A6, gave Louise the chance to clock up the kilometres with fellow joggers on its organised 5km and 10km week-night group runs.

Louise, commented: "I'm so pleased to have raised much more than I anticipated for an amazing charity. I took up running to get active and keep mentally healthy, during what has been a tough year for us all. I encourage any local people wanting a fun way to get fit and meet great people to join Heaton Runners – I couldn't have completed my charity challenge without the group!"

Heaton Runners was started by three friends in summer 2019 and now has over 500 members taking part in



• Louise Polly

beginner, progression and graduate running groups. The group and its members also contribute to local community initiatives, such as re:dish food poverty charity in Reddish. Anyone wanting to join Heaton Runners can contact: [heatonrunners@gmail.com](mailto:heatonrunners@gmail.com).

Please note that Heaton Runners is suspended during national lockdown.

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- NOT VALID IN CONJUNCTION WITH ANY OTHER OFFER
- CASH VALUE 0.0001P
- ONLY ONE VOUCHER PER GROUP
- EXPIRY DATE: 30/12/2020



- Do you have an hour to spare each month?
- Would you like to help community news reach those most in need of receiving local news & information?

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