

FREE

HEATONS POST

INFORMING, INSPIRING AND CONNECTING THE HEATONS & REDDISH



FOODIE FRIDAY FOR NHS

SEE PAGE 4



SPREADING SMILES WITH SPIDERMAN

SEE PAGE 7



FOR THE LOVE OF SCRUBS

SEE PAGE 12

THE MOOR BEARS

The beloved Moor Bears have become quite a sensation in the Heaton, and their daily antics have kept passersby entertained since lockdown began.

Read all about how their adventures started and what the future holds for these delightful furry Heatonians... *cont'd on page 2.*



BATTLE OF THE BOROUGH

THE STOCKPORT SHOW
BATTLE OF THE BOROUGH

THE FINAL
HAZEL GROVE VS THE HEATONS

LIVE EVERY DAY 4:30PM-6PM

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THE STOCKPORT SHOW
BATTLE OF THE BOROUGH

3RD PLACE PLAYOFF
EDGELEY VS REDDISH

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THE STOCKPORT SHOW
BATTLE OF THE BOROUGH

THE FINAL
HAZEL GROVE VS THE HEATONS

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What do you do when sporting events are temporarily suspended and you are unable to follow and support the progress of your favourite team in national tournaments? For Stockport resident, David Allum, the answer was the Battle of the Borough!

David says, "I set this competition up to distract people from the crazy world we currently live in and to have a bit of fun. More importantly, I wanted to give communities and areas a chance to come together, at a time when they can't, and showcase their amazing localities and shout about how wonderful Stockport is!"

Creating 16 teams out of Stockport's boroughs, David randomly selected areas to go head-to-head, creating polls over social media for Stockport residents to vote for

the area they wanted to progress into the next round, and ultimately be crowned the champions.

The tournament certainly brought out residents' competitive side. David lives in Stockport town centre which, he says, "had a right-poor showing", but others, such as Romiley, put on an incredible display, only to get knocked out in the first round by The Heaton.

Offerton, Marple and Brinnington also had brilliant support but couldn't make it to the final four. David tells us, "All four of the final areas showed incredible community spirit and pride and did an amazing job of coming together and supporting the area they live in."

Some of David's highlights of the tournament include the Hazel Grove vs Offerton first round contest and, of course, the final, which was so back and forth. "At one point, 7,500 votes had been cast and the scores were still level."

Before the tournament began, David had his eye on Brinnington or The Heaton as potential overall winners, as David says, "Both areas have amazing community spirit and a big sense of identity. I thought that was what was going to be needed to bring home the title."

For The Heaton and Reddish, it was a tense tournament. Both areas made it through their first round and quarter final matches, only to face each other in the semi-finals! It was a tough match, but The Heaton gained the

greater number of votes, and eventually went on to be crowned champions, after beating Hazel Grove in the final. Reddish won their play-off match to be placed third. A fantastic tournament and great effort by all involved.

David created a JustGiving page to raise funds for Stockport Foodbank during the tournament, so far raising over £2,500. Donations can continue to be made at: [justgiving.com/fundraising/battle-of-stockport](https://www.justgiving.com/fundraising/battle-of-stockport).



YOUR AD HERE

Email news@heatonspost.co.uk

COMMUNITY NEWS

NO STOPPING DEMENTIA DISCO



by Chris Warburton

Like many other people, I started 2020 determined to do a bit more for charity. I sent out a tweet to that effect and was inundated with replies.

One of the first responses was from 'The Dementia Disco', a brilliant Heaton's event run by brother and sister, Nick Shaw and Kate Darby, and friend, Philippa Bostock.

Researchers have said how important music is for unlocking memories, making it an obvious resource for dementia support groups.

Nick and Kate's dad loves music, with Springsteen, Clapton and Fleetwood Mac top of his list, but when he was diagnosed with Alzheimer's, the family found that most groups weren't really catering to his tastes, opting more for Doris Day and Vera Lynn. So, in July last year, the three of them took matters into their own hands and the Dementia Disco was born.



PHOTO: Organisers Nick Shaw, Philippa Bostock, Kate Darby

Nick invited me along and when I turned up at the Heaton Mersey Conservative Club on Didsbury Road, I didn't really know what to expect. What I found was dozens of happy faces dancing, chatting and queuing for hotpot, a regular fixture I quickly learnt.

I talked to people from all over Stockport, including support groups from Bramhall and Edgeley, who had come to enjoy the warm, positive atmosphere in the room.

Nick, Kate and Philippa have done a brilliant thing with the Dementia Disco and have since taken it on the road to the Blackpool ballroom. I've been trying to support them with some exposure on local TV and radio. Meanwhile, they're not letting the coronavirus defeat them as they are attempting virtual events instead. When the time is right though, I have little doubt they'll be bringing a much loved and much needed social event back to the Heaton's.

CORONAVIRUS HELPLINE LAUNCHED FOR VULNERABLE PEOPLE

Stockport Council has introduced a dedicated coronavirus helpline for vulnerable people. The helpline will provide advice and information on how you can access support. You can call the helpline if you do not have a network of family and friends you can call upon for support, particularly if:

- you are over the age of 70 and you are self isolating
- you have received a letter from the NHS advising you are high risk and should stay at home
- you are medically vulnerable according to the government criteria and should stay at home

Call handlers for the council will be able to provide advice about how you can access practical support, including local support for those that are isolated and feel alone.

The leader of Stockport Council, Councillor Elise Wilson, said: "I understand this is a

worrying and difficult time for everyone as we all adapt our day to day lives in the face of the coronavirus pandemic. We're working very hard to continue to provide essential services and to ensure our most vulnerable people are supported."

Councillor Wilson added: "To ensure our most vulnerable people have access to this service, please only call the hotline if you do not have friends or family who can support you."

The council also has a dedicated webpage which is regularly updated with all the key government advice, local service information and what to do if you think you have coronavirus. This is available at: www.stockport.gov.uk/showcase/coronavirus

Support can be accessed by calling 0161 217 6046, Monday to Friday, from 9am to 5pm, and on Saturdays from 10am to 4pm.

EASTER SUNSHINE

by Lynne Scopes

Amongst all the doom and gloom, Heaton Mess WI members once again pulled it off to put a ray of sunshine out there into the community.

This year our chosen charity to support and raise funds for is Stockport Young Carers and, before Easter, we asked members to donate an egg or Easter treat for these young people. We were amazed at the number of Easter Eggs donated.

Thank you to all our members - Heaton Mess WI is simply the best.



If you would like more information about joining Heaton Mess WI, please email: heatonmessmembership@gmail.com

THE MOOR BEARS

cont'd from front page...

Where did the bears come from?

Ted and Ed were purchased from Costco approximately 6-7 years prior to the lockdown. Ed is the chocolate brown bear while Ted is referred to as Malibu blonde.

The story for all the visiting children has been that we adopted Ted and Ed after discovering them running amuck in the marmalade section of Costco, and they have secretly been living in our household ever since.

What inspired you to start the bears and where do you get your ideas for their daily activity?

Ted and Ed's daily activities were simply in response to the COVID-19 pandemic which the UK and the wider world found itself facing. As a result of seeing other bears in the Heaton's inspired by the popular children's book We're Going on a Bear Hunt, we decided that Ted and Ed could perhaps conduct a different activity each day to provide a little entertainment for those passing by as part of their daily exercise.

Most of the ideas come about during the installation or dismantling of a daily activity, followed by an excitable discussion over what we have available and what needs to be made to see the idea through. Credit for the Ballet scene has to fully go to one of the bear's little friends who asked if Ted and Ed like ballet, which was met with a resounding

'of course they like ballet', followed by the realisation that Amazon do not list tutus by bear size...

How have the public responded to the bears?

Fantastically. We had expected the bears to be appreciated by passing locals and maybe a few regulars, but for them to become the halfway point or destination for so many across the Heaton's, and in turn to be shared with their friends and families around the world, has been wonderful.

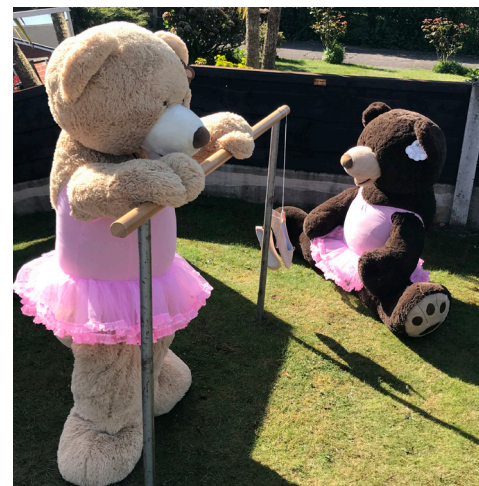
Which activity has been your favourite?

Our favourite changes with each day's activity. Most spoken of activities from members of the public have been taking the tyre off a car - "you actually took your tyre off, that's commitment" - and "where on earth did you get two bathtubs from?"

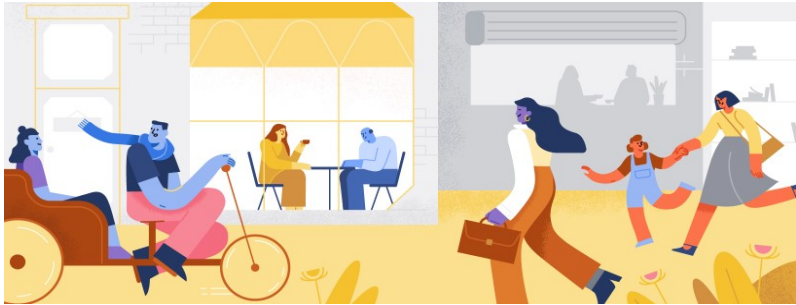
Will we continue to see the bears once current restrictions begin to relax?

We can't say never again as we don't know what the future holds, but while the restrictions remain, Ted and Ed will endeavour to provide a daily activity for all those local, and for all those who await their shared pictures online.

Check out all the Moor Bears antics on Instagram @themoorbears



Heatons Covid-19 virus - self-isolation neighbourhood outreach



- * Do you live in one of the four Heatons?
- * Are you self-isolating at home?
- * Do you need help with picking up shopping, a prescription or do you need someone to walk your dog?

If you are in the most vulnerable group you should ring

Stockport Council on: 0161-217-6046

If you are not in this group and don't have a relative, friend or neighbour who can help then a Facebook group has been set up with over 2500 members and 1000 volunteers who we can link you up with.

You can email us on: heatonscovid19@gmail.com

If you are not on the Internet then ring Stockport Council and they will let us know.



CALL FOR SUPPORT

by Navendu Mishra, MP for Stockport

This has been an incredibly challenging period for everyone, and the coronavirus crisis continues to disrupt all aspects of our daily lives.

I've been working hard to ensure that my constituents receive the support they need, from those who are furloughed or now out of work, to those who are in the most vulnerable categories.

Frontline workers have been the real heroes in this crisis and I've written to the Health Secretary to ask him to increase both PPE provision and the testing of all key workers.

This must also be extended to carers and I've contacted every care home across Stockport to offer my support to ensure they also receive adequate protection.

With the ongoing lockdown, individuals and small businesses are being hit particularly hard, and I recently co-signed a letter to the Chancellor calling for emergency Universal Basic Income, which would provide greater protection to the self-employed and those who are in precarious employment, while also supporting calls for action by banks on overdraft and credit charges for at least three months, to ease the burden for everyone.



PHOTO: Navendu Mishra, MP for Stockport

Food banks are now under severe strain and I would kindly ask that, if you're able to, when you next visit your supermarket, you donate any items that you can to support the very neediest in our community.

We don't know how much longer this will continue for, but I would urge you to continue to follow the Government's advice to stay home and limit time outside to essential journeys and exercise.

In the meantime, I will be doing all I can to maintain the pressure on the Government to support our community in this deeply troubling time.

CORONAVIRUS

STAY HOME TO HELP US SAVE LIVES

ANYONE CAN GET IT,
ANYONE CAN SPREAD IT.



STAY HOME PROTECT THE NHS SAVE LIVES



LETTER FROM THE EDITORS

It has been fantastic to see the community and local businesses doing what they can to help those in need of support during the current lock-down restrictions and putting smiles on faces. This issue of Heatons Post celebrates these efforts – from businesses, local residents, and schools producing PPE for the NHS, to those entertaining the community with singing, teddy bears and Spiderman!

It is sharing community stories such as these that has been the main inspiration behind the Heatons Post. A 'hyperlocal' community newspaper provides a platform for all parts of the community to share news and information, helping to inform and connect local residents - especially those who are socially isolated.

As a not-for-profit community newspaper, Heatons Post relies on funding grants, donations, and business support to remain in print. It is our hope to continue to benefit the local community by ensuring as many people as possible have the opportunity to receive local news. The paper costs just over £700 per month to design and print - the editorial team and contributors all give their time voluntarily - and, at present, our funds only stretch as far as June.

We will shortly be introducing a subscription service that will guarantee postal delivery of Heatons Post each month, as well as additional subscriber benefits; but, if every person who read a copy of the Heatons Post donated just £1, this would ensure your community newspaper could remain in print for another three months.

We hope you enjoy the May issue of Heatons Post. We would like to thank those members of the community and the local businesses who have been helping with distribution during these difficult times. Stay safe and stay home.

The Heatons Post Team.

MEET THE TEAM



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Heatons Post Team



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Thank you

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

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

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

FOCUSING ON THE POSITIVES

by Andrew Gwynne, MP for Denton & Reddish

We are in a time of national crisis and life has become more difficult for all of us in one way or another. As much as it's essential that we keep in mind everything that we need to do to protect ourselves and others, I think it's also important that we focus on some of the positives that have emerged from this crisis. I'm delighted, for example, that staff in the NHS and the care sector are getting the recognition they have long deserved for all the amazing work that they do.

Whilst Covid 19 is keeping us apart physically, in other ways it has actually brought us together. As a community, we are finding new ways to help and support each other through this difficult time. The number of people who have volunteered, in lots of different ways, is good evidence of this.

In fact, this crisis has really highlighted how much we all rely on each other; the importance of community. After the lockdown, we all look forward to spending time with friends, families, colleagues and others, but hopefully many will also look at how they can help out their wider community. Volunteering is a fun way to spend your spare time but has the added advantage of making a really positive impact on the lives of others – often those in most need.

There are some fantastic voluntary organisations in Reddish and the Heaton part of my constituency, including Friends of Manchester Road Park, Love Heaton Chapel,



PHOTO: Andrew Gwynne, MP for Denton & Reddish

Love Heaton Norris, Friends of Reddish South Station and Reddish. These are all brilliant examples of the community working together and I am very proud to support their work.

I'd encourage you all to consider what voluntary work you might be interested in doing after the lockdown, so that we can carry this spirit of community and volunteering beyond the end of this crisis.



SAMARITANS APPEAL

by Stockport Samaritans

Stockport Samaritans is appealing for donations from local residents to help ensure its volunteers can continue to support people struggling to cope during this crucial time.

Following the Government's confirmation that Samaritans volunteers are critical to supporting vulnerable people, Stockport Samaritans is making every effort to ensure that they are able to provide emotional support to anyone in crisis.

Volunteers that are able to carry out shifts at Stockport branch are following strict guidelines on hygiene standards and social distancing.

Branch Director at Stockport Samaritans, Tracey Murray, said: "For over 40 years, our branch has provided a listening ear to anyone who needs support, which has been made possible through the public's kind donations". Stockport Samaritans fundraise all year round to run the branch and provide outreach support in the local community and in

schools. However, Covid-19 has meant that many events they usually attend to fundraise, including Stockport County Football Club and Stockport Pride, have either been postponed or cancelled. Over 60% of the £22,000 needed each year to run the branch comes from these external events.

No donation is ever too small - to make a donation please visit Virgin Money Giving: <https://bit.ly/2wNu2BH> or, to find out other ways you can support Stockport Samaritans please visit: www.samaritans.org/branches/stockport

Anyone can contact Samaritans FREE anytime, from any phone, on 116 123, even a mobile without credit. This number won't show up on your phone bill. Or, you can email: jo@samaritans.org or visit: www.samaritans.org

FOODIE FRIDAY FOR NHS



PHOTO: ArtiSam



PHOTO: Coffee Bean Dream



PHOTO: NHS workers at Stepping Hill



PHOTO: John and Joe Barratt, Foodie Friday organisers



PHOTO: I Knead Pizza

As with other public gatherings and events, Stockport's monthly Foodie Friday was unable to go ahead in March and April, due to the coronavirus outbreak.

Knowing this would have a huge impact on their traders, and seeing the issues NHS staff were having trying to buy groceries, organisers John and Joe Barratt began to look at ways Foodie Friday could help. When they received a call from one of their traders, Sarah Underwood of Coffee Bean Dream, they decided to help provide meals for the NHS using their Foodie Friday traders.

"The idea originated from a conversation with a customer who asked to buy-forward coffees for NHS staff," Sarah explained. "This quickly took off and, before I knew it, customers had bought a lot of coffees! I also promised to match what my customers donated."

Sarah, who lives in Reddish but is based at Marple train station, was able to get the

donated coffees to Stepping Hill staff thanks to a couple of friends who work at the hospital and kindly took them in.

Sarah's idea, and the public response in wanting to support the NHS, prompted the Foodie Friday organisers to contact other traders to see if they were able to get involved. The aim was for members of the public to make a £6 donation that would then provide a meal for NHS staff as part of a special 'Stepping Hill Foodie Friday'.

Reddish-based I Knead Pizza told us, "We've been trading at Foodie Friday for a few years now and have become regulars. We loved the fact we can help the NHS during this time - it's the little things that make a big difference."

Fellow traders, ArtiSam from Heaton Chapel, said, "When John and Joe first mentioned their idea to us, we obviously fell in love with it and were incredibly eager to get involved."

The response from the public has been phenomenal, helping the Foodie Friday team to reach their original donation target of £6,000, which was significantly helped by a generous £1,000 donation from Stockport band, The Blossoms. At the time of writing, the campaign has raised in excess of £10,000.

Talking about the event, which took place on Good Friday, the I Knead Pizza team said, "The hospital staff were honestly so happy - big smiles and appreciation for all the public donations. We can only imagine the stress they're under, so for them to have a mental breather and enjoy some freshly cooked food in the sunshine was a great sight to see."

This was echoed by ArtiSam, who told us, "The hospital staff we met were all so grateful and we heard nothing but thanks. An enormous thanks is owed to all donors that have made this project possible." Somtam Street and Gingers Comfort Emporium were

also able to join the Good Friday event, with each trader serving 120 meals each.

Organiser John Barratt said, "The response from the staff was amazing and their gratitude was quite humbling considering what they are dealing with everyday. Although in the scheme of things this is a small gesture, I think the staff really appreciated the fact that the public care about them."

The Foodie Friday team would like to thank the public for their generous donations and Conrad Murray, Manager of The Blossoms, who helped gain support for the Stepping Hill event.

Stepping Hill Foodie Friday for NHS staff will take place every Friday during the current situation until funds run out. To support the campaign and provide a meal for our hardworking NHS staff, please donate to 'Help Foodie Friday feed Stockport NHS' on GoFundMe: bit.ly/2URfNDE

THE BBC NEXT DOOR

by Chris Warburton

I have broadcast live from some unusual locations during my career including riots, terror attacks and natural disasters, but presenting the Breakfast programme during our darkest post-war crisis, live from our living room in Heaton Moor, is an altogether different experience.

It's the shortest commute I shall ever have, but technology these days is a remarkable thing. With a small gizmo plugged into our home broadband, a headset mic and a laptop, we're off.

I'm still reliant on fantastic production and technical teams to manage things from MediaCity, in Salford Quays. It's their dedication that allows the broadcast team to work from home.

It has been surreal at times. Interviewing cabinet ministers whilst sitting next to my daughters' Easter creations takes a bit of getting used to, but we are proud to have a close connection to our listeners on BBC Radio 5 Live and it has been strangely comforting to be living a similar experience to many of them.

It's the many conversations I've had with key workers on the front line that have completely blown me away though. The A&E doctors and nurses, paramedics and care workers who are putting their own lives at risk in order to keep us safe, and the delivery drivers, cleaners, railway and supermarket workers who we simply cannot do without. It has been a privilege to acknowledge and to celebrate them all.



I've also been humbled by listeners who have thanked us for simply being good company during all this. We are there to provide information and to hold leaders to account but it's heartening to know that we are playing a small role in bringing people together and providing comfort at such a difficult time for the nation.

VIRTUAL MEN IN SHEDS

by John Lepine

Lockdown has meant no more meetings in the shed for the time being. However, as one of the main aims of Heaton's Men In Sheds (HMIS) is to tackle social isolation in older men within the community, a plan was hatched involving virtual meetings using Zoom software.

HMIS is now meeting virtually twice a week via the internet. Members are chatting with each other, making sure each member is ok, and generally keeping spirits up. There have been a couple of quizzes and an online picture show to keep participants amused.



At least one of the shed members was a bit confused by some of the terms mentioned above. He said, "When I was growing up, Corona was fizzy pop and Zoom was a rocket shaped ice lolly on a stick!" Times have changed, but now it's more important than ever that everyone looks out for each other and makes the extra effort to stay connected.

If you would like to find out more about HMIS, or fancy participating in one of the virtual meetings held for about an hour on Mondays at 1pm and Thursdays at 7pm, contact HMIS via their website: www.heatons-mis.co.uk

If you're not familiar with virtual meetings or are a bit unsure how to work the technology, don't worry, The Shed can help!

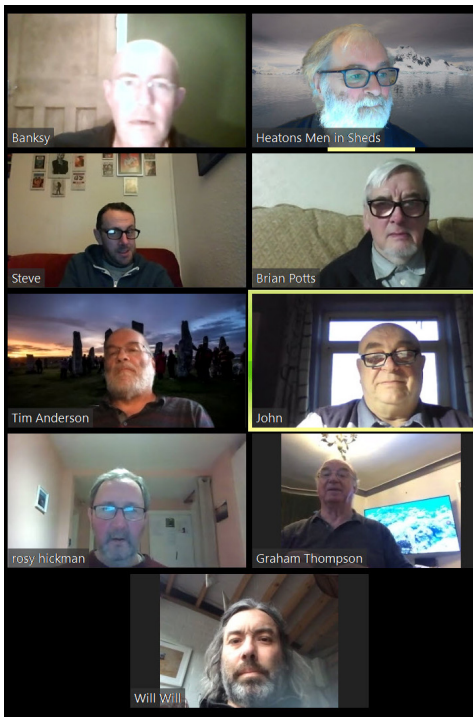


PHOTO: Virtual quiz night

VIRTUAL SING-A-LONG

Colette Todd has been a professional singer for over twenty years and isn't going to let Lockdown stop her! One of her current specialities are her Nostalgic Sing-a-Long shows which usually take place at community groups and care homes.

Unable to visit her clients under the current circumstances, Colette is now providing the much needed morale boosting 30 minute sets online, through her Facebook page - Colette Todd Singer. Anyone can tune in and join her live and view all the previous online concerts.

Collette started on Mother's Day with a request concert and has since performed every Sunday and Wednesday. Sunday mornings see her perform a mixture of songs from her usual sets, and mid-week shows are themed, having already explored the Golden Age of Musical Film, Disney, and the 1920's.

Colette's previous experience has seen her perform in concert halls, theatres and arenas with all sorts of musical groups. She spent six years touring globally with Irish dance shows Riverdance and Lord of the Dance, in their heyday, often singing to audiences in excess of 5000 people.

Collette said, "Singing alone in my front room is, in some ways, more daunting, but knowing people are tuning in each week and enjoying themselves makes it all worth it."



To join Colette just log in to Facebook, search and Like 'Colette Todd Singer', and keep an eye out for weekly events.



LET THE MARKET COME TO YOU

by Heather Thorpe

5 March 2020 should have been the Heaton Moor Producers Monthly Market which, of course, we had to cancel and, instead, we moved it online. I am sure I am not alone in saying there have been some steep learning curves during lockdown, and this was one of mine.

Filled with boundless optimism, which thankfully was not unfounded, 5 March became 'Showcase Sunday' where each trader had a spot in the limelight to be able to show, explain or demonstrate what they were currently able to offer on the two market Facebook pages: Heaton Moor Producers Market page and the Heaton Mersey Artisan Market page.

It was a fast moving few hours with lots of activity which resulted in many orders being placed, favourite foods planned for delivery, and presents sourced and delighted upon. All the posts are still there and the traders are all still available.

It was great - the road I live on had a WhatsApp group pulling together orders and helping each other out - fantastic! The traders were able to do a Heaton's and Reddish delivery day, grouping their orders together, keeping journeys to a minimum, leaving bags of gorgeousness dotted about on porches and doorsteps everywhere.

By the time Heaton's Post goes to print, we will have done another virtual market on 25 April, which should have been on the sun dappled cobbles of St John's Church in Heaton Mersey, just off Didsbury Road.

Our next Heaton Moor Producers Market will be on 3 May, so we will "see" you there! Find us on Facebook by searching 'Heaton Moor Producers Market'.

If you are not on Facebook, but are missing the market, please contact me on heatonmoormarkets@gmail.com and I can let you have any contacts you need. I've been busy doing a lot of signposting these last few weeks and I've loved this very different role, matching everyone up has been so rewarding.

Many, many thanks for supporting the market but especially at the moment. Our traders are small businesses and artisan producers, and these are challenging times not just for the food producers, but also the artists and crafters - it's a brave new world out there.

Find the market on:
Facebook: Heaton Moor Producers Market
Facebook: Heaton Mersey Artisan Market
Instagram: @heatomoormarket
Twitter: @H MoorMarket

DO YOUR THING FOR NHS

by Liz Taylor

March 2020 will go down in history as the month that changed the nature of choirs in our country. Gone were the weekly meetups where our singing community gathered with one shared passion - to sing together. This was a deeply saddening moment for choirs up and down the country.

However, what wasn't gone were the voices and the spirit of these people! What wasn't gone was the technology that links us and would be fundamental in what was to come. Phones and tablets, which ironically pull us away from the world, were to be the one source that brought us back together.

The Do Your Thing (DYT) Choir Connective was created by Managing Director Liz Taylor. Liz knew that while the choir could not sing together in the one room, they could sing - isolated but together - and create something special.



For this reason, Liz wanted to create a video of the DYT choir community of all ages singing "Proud" to thank our community heroes and to raise money for the NHS.

Over 60 members took up the challenge of singing solo for the first time into their mobile

phones. Most found this daunting, but they knew that their vulnerability was nothing compared to those on the front line, and this was their way of saying thank you.

As of mid-April, the video has had 10,000 views and the campaign has raised a

staggering £3,060 in just over 12 days! To donate please go to: www.justgiving.com/fundraising/doyourthingchoir-connective

To view the video visit: www.youtu.be/tFCDSBIS4Og

THE DYT EFFECT

Heatons Post asked six year-old Conrad Milligan about singing with Do Your Thing Choir.

What do you enjoy about being in the Do Your Thing Choir?
The best thing about being in the choir is it makes me happy! The chance to sing songs with friends like Joseph, Joe, Lizzie, Stratos

and James is amazing. We have a great time learning new songs and movements (dance routines) because Liz makes it fun. I feel like I've done exercise and I'm tired after, but I'm happy too.

Did you enjoy being part of the video and how many children took part?
Yes I did, and even though I had to do my part on my own, I wasn't nervous. I think there were about 10 children on the video, but it was open to everyone.

What songs did you sing and which is your favourite song?
We've learnt a few songs - maybe five:

Walking In The Air at Christmas, A Million Dreams from The Greatest Showman, Consider Yourself from Oliver, and Proud for the video. But my favourite is Bad Guys from Bugsy Malone because I am... :)

Can you tell us why the video was made?
There's something terrible around the world called the coronavirus and that's why I can't go to school with my friends and hug my family. But the people at the NHS are working really hard to make it go away and they need money for masks and gloves and food and stuff. So, we made the video to raise money for these heroes. We might get famous for singing it, but really it just makes me "Proud"!



PHOTO: Conrad Milligan, DYT:KC

GOING ON A BEAR HUNT

by Sally Stelfox

If you go down to the Heatons today, you're sure of a great surprise...

The week before the country went into lockdown, there was a post on the Heatons COVID-19 Facebook page from a parent asking if residents would put a teddy in their window, so that children could go on a bear hunt when they were out and about for their daily exercise.

Inspired by this idea, and also by the wonderful, imaginative displays of the big teddies in Heaton Moor - who even found stardom on breakfast television! - The Heatons WI decided to get in on the act: it was time to wake up the yarn storming teddies from hibernation and to put them on display.

The Heatons WI has gained quite a name for its yarn storming events in Heaton Moor Park and throughout the Heatons over the past

few years, and last year the teddies even featured in the park display.

The teddies normally live at the home of one of our members and, because they are abiding by the guidelines about not making any unnecessary trips away from home, they decided to stay in one place.

In addition, and to show solidarity and love, WI members have been busy dusting off their childhood teddies and raiding their children's and grandchildren's toy boxes. They have placed teddies in their windows and gardens for local children to spot, often along with secret messages or small puzzles for the children to work out.

When this strange and troubling time is over, The Heatons WI plan to once again decorate the local area to celebrate the end of a period that has tested us all.

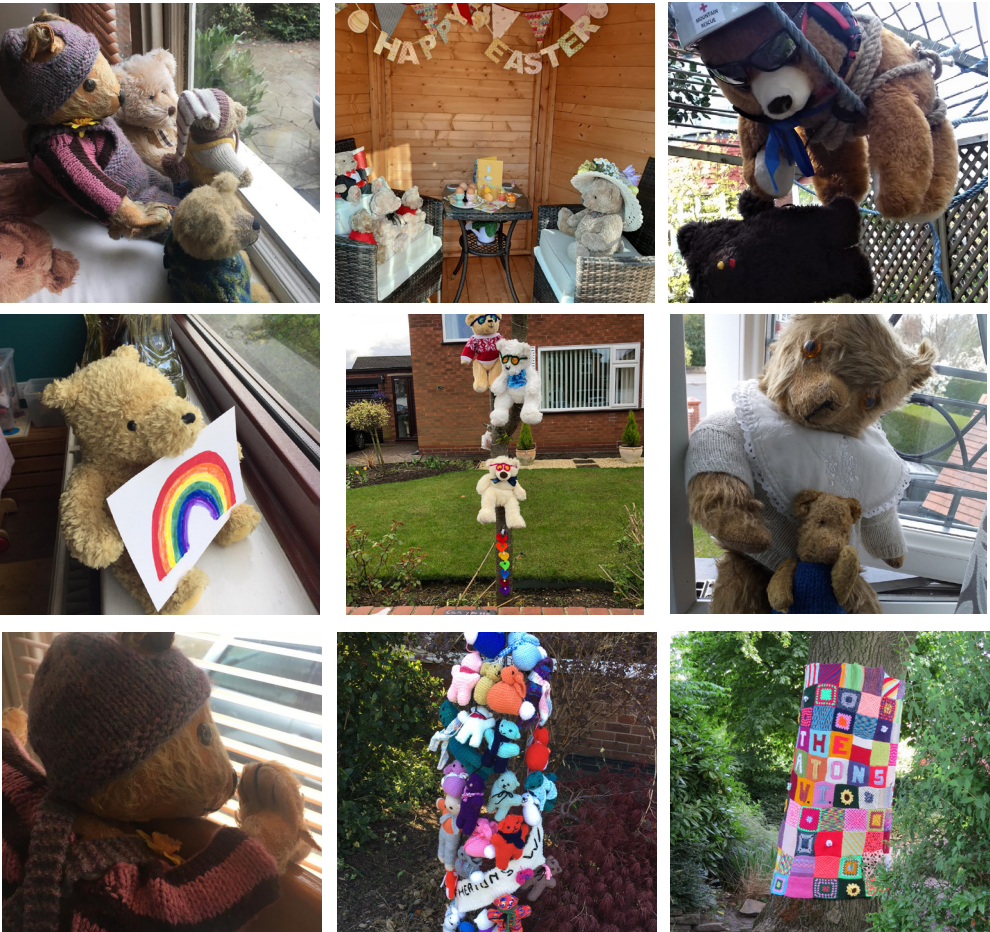




PHOTO: Maggie Jones



MAKING A DIFFERENCE IN HEATON NORRIS

by Nadia Ali, Youth & Community Worker, Heaton Norris Pavilion Community Centre

Heaton Norris Community Centre has temporarily closed its doors due to coronavirus Government guidelines, but we are still offering online support and resources to families in Heaton Norris and Lancashire Hill via our Facebook pages.

We are working with Make a Difference community group and Love Heaton Norris to keep families informed, with regular updates and links to local services, as well as running weekly competitions to keep children and young people motivated. We have distributed 150 stationery, craft, and activity packs - some which were donated by Pursuing Individual Excellence (PIE) and funded by Stockport Local Fund - and over 100 loaves of bread to families in need in the area, and we have also created an online learning and fun resource hub to support home learning.

Should you need to speak to someone about any concerns you may have during these uncertain times, telephone support is available by calling or texting: 07857 928 833

If you are from Heaton Norris or Lancashire Hill and know of someone in need of support, please share our contact details and we will get in touch to offer the best support available.

Bernard, Allen and David, our management committee members, would like to thank everyone in the local community for all their support and well wishes, and want to assure you that your community centre will open its doors again in the near future and will be there to welcome you all back soon. Stay safe.

SUPPORTABILITY LOCK-DOWN CHALLENGE

by Supportability

Like many charities, Supportability has been hit hard by the coronavirus. Planned fundraising activities and events have been cancelled, and services have been greatly impacted, affecting around 300 of our Service Users.

To help combat this and continue to raise valuable funds, we are introducing the 'Supportability Lock-down Challenge', where you can complete a virtual challenge of your choosing from your home. Some of you may have been training for a marathon that has been cancelled or postponed, or you may just need a fun way to keep fit at home.

Here are some ideas of what you could do:

- Complete a 5K, 10K, half marathon or marathon in your garden
- Climb the height of Mount Snowdon by going up and down your stairs
- Cycle from Lands' End to John O'Groats indoors (on a home trainer or exercise bike)
- Complete a 'Tough Mudder' style obstacle course in your garden

Join the Supportability Lock-down Challenge!



It doesn't even need to be something sporty.

You could:

- Host an online quiz night
- Host an online Zumba-thon
- Have a sponsored silence

All we ask is that you make a minimum donation of £10 to enter, as well as helping to fundraise for Supportability. If you'd like more information or would like to sign up, please contact: becky.shorrock@supportability.org.uk.



SPREADING SMILES WITH SPIDERMAN

When Andrew, one of the coaches from Jason Baird's Black Belt Academy, dressed up as Spiderman for an online class during the current lockdown, the response inspired Academy owner Jason Baird to create the Stockport Spider-men.

"The kids went nuts over it," Jason tells us, "the day after, he (Andrew) went out on his estate to get a bottle of milk dressed as Spiderman, the whole community went crazy, so I decided we needed to do this for Stockport."

Sourcing a Spiderman suit of his own, Jason began dressing up for his daily jog, whilst social distancing. Jason says, "From there, it went absolutely crazy! We've got kids putting pictures in windows, dressing up as Spiderman and superheroes."

The main aim was to bring smiles to people's faces and to reinforce the 'stay at home' message. For Jason, Spiderman is a favourite, as the superhero practices martial arts and doesn't help people for the glory, something Jason was keen to follow. "Just being a masked crusader was pretty appealing, plus the fact that people are wearing masks and gloves during coronavirus, I thought it was rather fitting because we're wearing our gloves and masks at the same time."

As well as bringing smiles to the faces of children in Stockport, the response to Spiderman has been phenomenal. Running

past one school, Jason tells us, "The whole primary school was sat in the school field, waiting with signs. As soon as I turned up, everyone was screaming and shouting, and the teachers were filming. It's helping the kids to remain upbeat."

The Stockport Spider-men have now been joined by other characters, including Elsa from Frozen. While no set route is planned in advance, the area they will be visiting is stated the day before on the Stockport Spiderman Facebook Group.

When asked whether we'll still be seeing Spiderman once lockdown is lifted and current restrictions are eased, Jason tells us, "I'm pretty sure the Stockport Spider-men will be seen again. I would love to do a lot of things within Stockport."

Jason is planning other big ideas that he hopes will keep spreading joy, even after all this is over. He says, "You'll probably see Stockport Spiderman around and if there are any businesses that want to use Spiderman for advertising, with the funding going to the NHS, I'd definitely be up for talking about that."

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



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...

Life in Lockdown

Mum

What have you missed most whilst being under lockdown?

Daughter

Simple things, like being able to get the bus to college; it was a nice way to start the day, having that quiet time to myself in a morning to collect my thoughts, and having my own routine and knowing who I was going to see every day in class. What about you?

Mum

Similarly, for me too. I miss having a structure in the working day, and not actually going out to work. I am conscious everyone else is at home too, when I am working at home now.

Daughter

Also, I miss having that structure in my learning. I know that being at home is not the best environment for learning for me, so it doesn't feel like I am studying properly these days. It isn't the same learning online, I feel too removed from the subject and the class. I miss participating in the group, I like to learn through discussions.

Mum

I miss hugs! I miss not being able to see my friends in person and not being able to give my parents a hug. I also miss not seeing people I work with in person, I like the face-to-face and social element of work and friendships. Life is simpler though, not



travelling and seeing people, but I wouldn't like it to be this way forever.

Daughter

For me, it's also having that time with my friends to get a burger and chat, I miss our little rituals that we can no longer follow. Plus, it is hard because it's not just the things that I know my friends and I can't do now, there is also the uncertainty about things we had planned in the next couple of months that we may not be able to do, like birthday parties and concerts.

Mum

I get that, it is a shame not to be able to look forward to fun things like holidays too because we don't know if they will happen. Also, it seems futile to make new plans, because we don't know when this will end. It has made me think differently though about the things that I do want to do when this is over. I think at least this period of lockdown has helped me think about what really matters and what I should make time for.

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



LOVE WHERE YOU LIVE

by Sheila Bayliss, Sustainable Living in the Heatons

Home isn't just the roof over our heads: it's where we put down roots; it's the land we live on, and the community we share it with.

The Heatons is home to fellow humans and wildlife too, but it's easy to take that for granted in the rush of modern life. I started to wonder if there's an antidote to that disconnection, and one answer I found was to "love where you live".

In her book "This Is Where You Belong", Melody Warnick explores the concept of place attachment - a connected relationship between people and a place. The book inspired me to make more of an effort to connect with my neighbourhood - to spend my time and money locally, and to care more about my immediate environment. As a result, I feel an increased sense of rootedness and contentment. The more I pay attention, the more I appreciate this particular corner of the world that we inhabit.

Here in the Heatons, we're fortunate to have a group of people who care so deeply about where we live that they created the community group known as Sustainable Living in the Heatons (SLH). My 10-year-old son and I both felt that becoming involved in the group would be a good way to be part of a local response to the challenges we all face. Finding a way to live sustainably, as a community, has never felt so important. To quote a recent edition of the SLH newsletter: "new habits have to begin at the local level as much as the global".

We're a diverse bunch of people in the Heatons, and we all have something different to offer. Although we may not know what the future holds, I'm excited by what might be possible if we all learn to love where we live.

Sign up to receive the SLH newsletter by contacting: www.slheatons.org/contact-us/

OPEN GARDENS FROM YOUR SOFA

by Carol Cross

In such strange times, we are all adapting, and this year the Heatons' Open Gardens is adapting too! Rotary Stockport Lamplighter and Sustainable Living in the Heatons (SLH) have come together to create the Open Gardens experience from your sofa - join the conversation and enjoy the blossoming content from the comfort of your home!

The event will take place on Sunday, 17 May, 2pm - 4pm via the video platform Zoom.

The Lamplighters will produce a slideshow of the gardens accompanied by music, along with videos of some of the gardens with the possibility of a question and answer session with the actual gardeners and other knowledgeable contributors.

SLH will add a sustainability dimension by creating a piece on 'The Edible Garden' and 'Gardening for Wildlife', along with a question and answer session.

Supported by

Virtual

Heatons Open Gardens

Organised by

View online from Sunday, 17 May at www.lamplighters.org.uk and on Facebook

If you would like to take part in this interactive event, please contact SLH via: www.slheatons.org

The photos will be available on www.heatonsopengardens.net and www.slheatons.org

Family Histories

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

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

Email: heatonspostfamilyhistory@gmail.com



YOUR ENVIRONMENT

A NEW HOME

by John Lepine



PHOTO: One of the bird boxes made by children at our event in February with blue tits nesting already!

How quickly all our lives have changed - last month, Heaton's Men in Sheds (HMIS) were working with local children, making nesting boxes for birds and roosting boxes for bats. We have since heard from a couple of our bird box builders to say that birds have moved in! One participant told us, "I wanted to let

you know that we put up the bird box that our son made at the start of 'lockdown' and, this week, a family of blue tits have made it their home. It has been a source of such joy for the children and we have loved watching the birds come and go from the garden." Great to hear!



A CLEAR PATH AHEAD

by Ian Anderson

As part of my new exercise routine, I've been walking down by the River Mersey along the Transpennine Trail.

The other week, I found one large limb of an old tree had completely blocked the footpath - this was where Burnage Rugby Club pitches are alongside the footpath. Cyclists were having to lift their bikes over and mums with prams were needing help too. Something had to be done - and quick!

So, knowing our local Councillor, Colin Foster, through our following of Manchester City, I made a quick call. I sent him pictures and described exactly where the problem was. He said he would call on the council's arboreal team.

Low and behold, the next morning the huge branch has gone and the footpath is completely usable again for the many walkers, cyclists, dog walkers and pram pushers!



So, thank you Stockport Council, and, of course, Colin, for such swift action. Proving that the saying 'it's not what you know, but who you know', is often so true...



SUSTAINABLE LIVING IN LOCKDOWN

by Diana Scotcher, Sustainable Living in the Heaton's

In spring 2020, we are living in different times to usual and, like every individual and family, local organisation and business, the Sustainable Living in the Heaton's (SLH) team are adjusting the way we do things.

We've had to think about how we meet, communicate, and engage with the Heaton's on environmental issues and climate change. The SLH team has been meeting via the online video-call platform Zoom, which is a whole new experience!

In normal times, SLH would be leading our first local bike rides of the year, for anyone interested in joining in with these accessible, fun-filled events. The bike rides are cancelled for the moment, but we've been delighted to see so many people taking their daily exercise on bikes, exploring the wealth of off-road tracks we have on our doorstep. You can find lots of information about cycling in the Heaton's, including safe local routes and longer options at: www.slheatons.org/topics/cycling.

We are hoping that everyone continues to cycle long after lock-down, using bikes rather than cars to get to local places - less pollution is better for us all!

So many people have been walking locally and enjoying where we live. We've been noticing the wide range of wildlife: bees, butterflies, bats, and birds, as well as hedgehogs and badgers. Check out: www.slheatons.org/topics/wild-heatons - some great new additions including information on bats and hedgehogs!

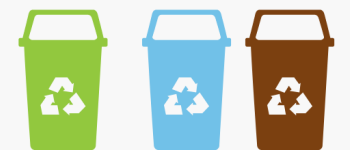
The SLH team are missing our usual outdoor activities and taking part in events in the Heaton's, but are finding ingenious ways to look after our orchards, raised beds and community areas using our daily exercise. Look out for ideas and tips about things we can all do throughout the lockdown by following us on Facebook, Instagram, and Twitter. See www.slheatons.org for details, and sign up for our newsletter.



PHOTO: Lockdown Cake Consumption has affected creatures great and small.

PHOTO SOURCE: Kerry Kitchen

Bin Collection Changes



Collection suspended with immediate effect

From 6 April: Put out together on day for collecting the brown bins



Food in black bin

Put out on normal collection day with food waste

LOCAL SCHOOLS UPDATE

PPE SUPERHERO

Heatons resident, Matt Brown, has been making visors that act as a protective face shield, for GP practices, care homes and hospital wards.

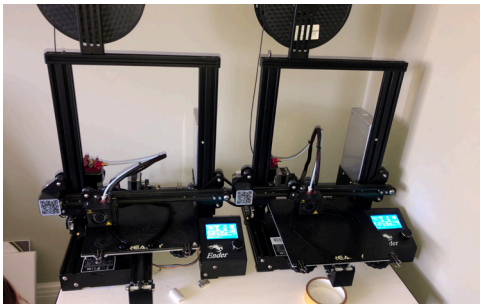
Making the visors from home, using two 3D printers and a laminating machine, Matt, who is Head of Design and Technology at a school in Oldham, said, "As a Design and Technology teacher who is currently self-isolating, I wanted to put my skills to good use."

Matt has been able to source the materials and files needed by using school supplies and ordering additional materials online. He has already made and distributed 100 visors and intends to make as many as are needed. "I can make around 30 per day," Matt tells us, "If I was in school using the resources there, I would be able to make more, but I am currently being asked to social distance myself as I suffer from chronic asthma."

Matt has been distributing visors to those in need whilst adhering to social distancing, and is using social media to obtain contact information for those in need of PPE.



PHOTO: Matt Brown



PRIESTNALL'S PPE MISSION

by Mairsile Griffin

Priestnall School has been playing its part in supporting the heroic work of the NHS. Design Technology teacher, Mairsile Griffin has teamed up with other members of staff to provide local NHS staff with PPE as they look after Covid-19 patients in hospitals in Stockport, Manchester and Trafford.

Griffin realised that she and her fellow staff members could support the excellent initiative of the Facebook group 'For the Love of Scrubs'. This initiative currently has 42,000 members split into local groups, each supporting the hospitals in their area. Priestnall volunteers within the school use resources funded by themselves and donated from the local and school community to create the PPE. Through the generosity of Sue Horan and the catering staff, they have also donated muffins, cookies and juice to the hardworking staff at Stepping Hill.

So far, Priestnall has provided Manchester Children's Hospital, Stepping Hill Hospital and Trafford General Hospital with 35 sets of scrubs, 42 scrub bags and 40 headbands. Priestnall have also provided PPE to local GP surgeries and pharmacies. Additionally, teachers Adam Thurstan and Dylan Carter, also from the Design Technology Department, have made over 100 visors, with their 3D printer and laser cutter, to help



protect our amazing health workers in their fight against the coronavirus.

"It is the best way we can thank the great NHS staff for their diligence in caring for us in our time of need," explains Griffin, a sentiment echoed by everyone at Priestnall.

RECOMMENDED BOOKS FOR MAY

Fiction

The Bee Keeper of Aleppo
by Christy Leffler

Nuri is a beekeeper and his wife an artist, both of whom live a simple life in the Syrian city of Aleppo. When war destroys all they hold dear, they must confront both loss and danger, and journey to find each other in a story of love, compassion and resilience.

Non-Fiction

Hell's Angels
by Hunter S. Thompson

From the author of Fear and Loathing in Las Vegas, Thompson journeyed with "the last outlaws of the American frontier", writing his expose of the Hell's Angels which has been described as both brilliant and hair-raising.

Young Adult Fiction

Heartless
by Marissa Meyer

The untold story of the girl who became the Queen of Hearts. Catherine only wanted to bake and

open her own shop with her best friend, but the unmarried King of Hearts favours Catherine who risks offending him and angering her parents by trying to define her own destiny.

Recommended by Anya, Age 13

Children's Fiction

Sky Chasers
by Emma Carroll

Magpie is an orphan, who rescues a boy carried away by a hot air balloon, and finds herself dangling in the sky. It is then that she realises that she wants to be the person to fly in a balloon over the King and Queen of France.

Have a book you would like to recommend? Send details along with a brief synopsis to: news@heatonspost.co.uk

Thank you for all the book recommendations we have received. If you don't see your recommendation here, look out for it in a future edition of Heatons Post!

SONG-WRITING COMPETITION

by Stockport Music Service

Could you be the next Billie Eilish? Think you can write like Stormzy? Would you like to win a day's session in a recording studio?

We are delighted to announce Stockport Music Service's brand-new song-writing competition! We are looking for songs between two and four minutes in length, in any genre of popular music.

Entries will be judged on the song, not the production, so if you've recorded it on your phone, so long as we can hear it, it will be eligible.

The competition is open to all students aged 11-16, who live or study in Stockport. The closing date is 22 May 2020.

For more details and an application form, please email: samantha.yates@stockport.gov.uk



Stockport Music Service presents;

SONGWRITING COMPETITION 2020

OPEN TO STOCKPORT STUDENTS AGED 11-16

ALL STYLES OF MUSIC WELCOME

CLOSING DATE 22 MAY 2020
EMAIL: SAMANTHA.YATES@STOCKPORT.GOV.UK FOR AN APPLICATION FORM

CULTURE

STOCKPORT ON SCREEN

Following on from our film feature last month, we asked Heaton-based screenwriter Danny Brocklehurst about filming locations in the Heaton and Stockport.

There have been a number of TV series filmed within the Heaton and Reddish over recent years - what is it that makes the area a desirable filming location?

I think the area is attractive which is helpful, but like any area it has to suit the show you are making. There has been a lot of television filmed in Didsbury over the years and I think there is a feeling it has been overused, so now the Heaton is feeling the benefit of that. Also, when you have an area that is architecturally varied, and also green and leafy, it helps to sell a certain kind of area and looks great on screen.

Can you tell us what made you choose Stockport as the location for The Stranger?

In truth, I didn't choose it, our location manager did. The only credit I can take is for the use of Stockport train station, which I insisted upon because I wrote with that in mind. The Location Manager, working with the Director, felt that Stockport offered a really brilliant range of locations, especially around the Old Town and the Marketplace. It's visually good looking but also slightly mysterious with its alleyways and narrow streets. We wanted



to use an area that combined an old world charm with something modern, and certain areas of Stockport capture that perfectly.

Do you think Stockport and local areas like the Heaton, may be used more often as filming locations? And, if so, what would this potentially mean for the area?

Yes, and it's amazing how many people said it looked great on screen. This whole area is fantastic for filming in, the people are very accommodating, it's easy to get around and

there are loads of places for the unit base to locate. I definitely think it will be used more, which can only be good for the local economy. People don't realise how much money a film crew brings into an area, it's a real boost to local businesses.

Do you have any plans to create a future TV series set in the area?

Not yet, but it will certainly be suggested because The Stranger was so effective.

POETRY & MUSIC

LEON'S LIFE IN LOCKDOWN

by Leon, aged 9, Stockport

If you're homeschooled at break time you can watch TV, but I am still going to school unfortunately

You can't see your friends, you're all alone, sat with your family, stuck at home.

When I'm not at school, I miss my friends, they are really cool and I hope to see them when the situation ends.

I miss my family, that don't live with me, I miss playing with my football friends, doing lots of tricks and bends.

Mummy and daddy's work is key, so we have to carry on as normal, don't we?

The NHS are heroes like my mum and police like my dad, and all the other workers, I'm so glad.

You can go in your garden and skip and hop, but only one person is allowed to shop.

Boris Johnson makes the rules, our prime minister, listen to him to avoid anything sinister.

When the virus goes away, we'll remember to be clean

and when life goes back to normal, we'll never again be mean.

Source: Pendle & Paper Writing Holidays

SAVORY DUCK – FLYING AGAIN!

by Andy Rayner

Back in the early 70's, the burgeoning local music scene was in full flow in Stockport with venues such as The Spectrum, Bamboo Club and Stockport College Students' Union regularly showcasing talented and original young bands.

At the forefront of it all was Savory Duck, a progressive rock band with a style not as complex as Yes or Genesis, yet more melodic and accessible. A high level of musicianship and two keyboard players gave the band their distinctive sound, although constant line-up changes sometimes stalled their progress. The band had a total of twelve members throughout their six year existence, with five of them coming from the Heaton and Reddish area. With a healthy local following, and a weekly residency at The Mersey Tavern (now the Chestergate Hotel), the band honed their act to the extent that the Record Mirror called them "the best unsigned band in the land".

Eventually, a settled line-up impressed 10cc's management company Kennedy Street Enterprises who signed the band and persuaded Phonogram Records to finance some demos at the famous Strawberry Studios. Impressed with the results, Phonogram booked a further session and the band waited expectantly for the forthcoming recording contract. Instead, punk rock chose that very moment to explode upon the scene and the band were dropped as Johnny Rotten & Co. became the flavour of the moment. With their feathers distinctly



ruffled, Savory Duck played a final gig with the Gordon Giltrap Band at Stockport Town Hall in November 1976 and called it a day.

Fast forward to the present day, and specialist label Finders Keepers Records made contact as they wanted to release a double album of 70's bands from the Manchester area. The Strawberry demos were dusted down, re-mastered and submitted to the label. This led to the band's song "Dragonflight" being the choice of BBC 6 Music's Stuart Maconie to play on his Freak Zone programme as he reviewed the new compilation album - dreadfully titled ManChestHair! The renewed interest in the band inspired former members Arny Sage, Pete Wilsher and Andy Povall to re-record some of the band's other titles and develop a website to keep the memory and the music alive. Launched on the web last month, the band now has two mini albums available as downloads.

For the music and story of the band, visit www.savoryduck.com

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

RANDOM OVERHEARD IN THE HEATONS



Our roving raconteur, the flaneur of the Heaton 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

Have you got a cigarette?

'Yes thanks. I've also got a light. And look, I'm smoking it for you too...'

'Bit harsh'

'Saving you mate, just doing my bit and saving you...'

'...yeah the ex wife saw a chiropractor once....got her walking in no time...'

<silence>

'Kind of ironic really...'

'We've got no screw top wine...it's all corks...but she says, no problem, all we have to do is push it in...'

'So here you are...'

'Yep....here I am...'

'She was late...'

'How late is too late?'

'Depends'

'On what?'

*discussion ensues

'Yeah, but one beer might be ok for waiting....'

'What about wine?'

'With a book or the paper maybe...'

'Large?'

'The book?'

'No, the wine idiot'

'Oh no, that's way too long'

'You're still dating...?! How?!! Semaphore?!!!'

'I remember in the restaurant when the clocks went forward, there'd always be a clutch of people an hour late for bookings and shifts...'

'Oh yeah...? Did this same *clutch turn up an hour early at the other end of the year...?'

<silence>

'Dad said he was feeling a bit hot and feverish yesterday'

'!!!!'

'It's OK.....it was about 18 degrees out and he was sat inside in a jumper with the central heating going full blast...'

'Where's Lisa today?'

'She's self absorbing.....isolating!!!!....I mean self isolating...!'

Dad to small screaming child:

'Now Walter, I think you're having a meltdown...'

'IT'S LOCKDOWN DADDY!!!!!! LOCKDOWN!!!'

*gales of laughter drift across the gardens...

LOCAL BUSINESS NEWS

ADAPTING TO THE ‘NEW NORM’

The past month has been a challenging time for all, but particularly for those running a small business. As an area, The Heaton is quite unique in the number of independent businesses that are based both within our shopping areas and online. With current restrictions in place, many of these local businesses have, unfortunately, had to temporarily close their doors, while others have been finding ways to adapt to meet the current demand. Heaton Post asked members of the Four Heaton Traders Association how they have been adapting and how they are managing their business in this ‘new norm’.

For those businesses that were already home-based, or who have had to set up their office at home, the current restrictions have brought a new set of challenges to their daily operations. Rachel Shapey is the creator of the award-winning I Can Compose - an online music education platform for students and teachers. While Rachel is used to working from home, having to now manage her business alongside keeping two young children occupied has brought about some changes.

The main project for Rachel has been to sort out her office, particularly her many pieces of sheet music, but, as Rachel says, “I did have my little helpers on hand to assist with decluttering and cleaning shelves - we learnt about turn-taking with who held the cloth and polish!”

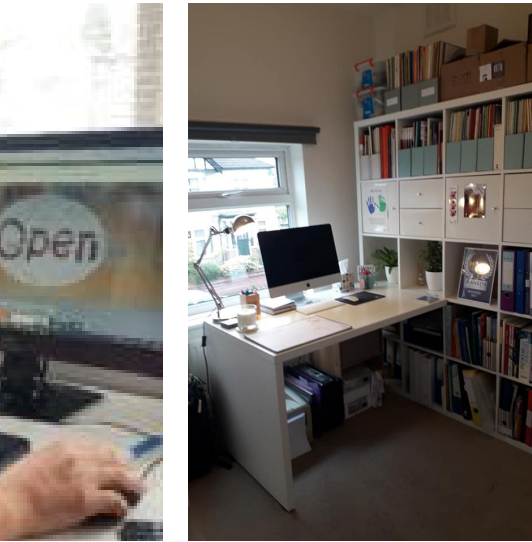
Rachel has accepted that she won’t manage as much creative work over the next few



months but she is currently working on an A-level composition resource, whenever she gets the chance.

Website and print company Nettl have literally picked up their office and moved it to home. With many small businesses being even more reliant on having an online presence, Rajeev Arora has been busy updating customer websites with Covid-19 notices, as well as building several new websites. Rajeev tells us, “I’ve also been helping a lot of our clients get to grips with the world of video-calling”, something businesses have quickly had to adapt to in order to stay connected and maintain communication.

For many businesses, continuing to be able to operate has meant having to get somewhat



creative. The Hughes School of Motoring is a great example of this, with ‘virtual’ driving lessons being offered by Hilary Hughes to ensure minimum disruption to her students.

A ‘virtual’ service is also something that Heaton Home Styling has been able to develop, with video walkthroughs of a property and advice on the necessary repairs, decoration, decluttering and styling needed in order to get a property in the prime state for selling.

For The Spice Yard, who would ordinarily be found at artisan markets across Greater Manchester and Cheshire, the cancellation of public events has led to Nina Saparia adapting her business to now offer freshly prepared meals. Nina has introduced a ‘Friday Take-



Away,’ with vegetarian Indian meals available for delivery within the Heaton each Friday.

And for those businesses that are temporarily closed? Well, they are keeping busy and doing what they can to ensure their customers don’t miss out. Look out for videos from Pokusevski’s where you will see Zoran demonstrating how to make some of their favourite cakes and dishes, as well as step-by-step pasta recipes being posted over social media by Leoni’s.

Heaton Post would like to wish all the very best to our local businesses and look forward to the time when normal business can resume.



GET YOUR ANIMAL ON!

by Rajeev Arora

The team at Nettl HQ have repurposed their fabric printing machines to create Fantastical Face Masks – providing protection and fun all in one go. We’re calling them Animasks! The masks come in a variety of animal styles, including Zebra, Flamingo and Lion, with 100% of proceeds donated to the NHS. Find out more at: www.animasks.co.uk

FROM ICING TO SEWING

Emma Caine of Heaton Cakes has been keeping busy making scrub bags and adaptors to make mask-wearing more comfortable for local volunteers and front-line workers.

“I am in a very high risk group so have been at home since 15 March” Emma tells us, “As a result, I have had to suspend my business as I am unable to source ingredients, and it’s not an essential service. My neighbour - a St John’s Ambulance worker - has started volunteering and her mum asked if anyone was making mask adaptors or washing bags.”



Emma managed to dig out pieces of fabric that she had been given years ago and finally taught herself how to properly use her sewing machine to make the bags and adaptors for neighbours and fellow businesses who are in need of supplies.

Emma says, “I have given them to my neighbours - one who is volunteering and another who is a nurse in a cardiac catheter lab. Some have also been made for fellow 4 Heaton Traders Association members, Acacia Home Care and George Ball & Son, that need to wear PPE at the moment.”

“It has really helped my mental health to feel I can do something useful and also fill my time.”

FOR THE LOVE OF SCRUBS

by Margaret Gul

The team at Hol-Med clinic may not currently be able to carry out our usual service of Osteopathy, but we are still serving the community as best we can during this challenging time.

When I heard that Macclesfield hospital needed 1,100 sets of scrubs, I just had to get involved. I work as part of the “For the Love of Scrubs” movement and, to date, we have delivered 200 sets. As I write this article, the hospital has rung to say that they do not

have enough scrubs for their staff tonight, so everyone’s machines are whirring at full pelt! We are giving our time for free but need donations to buy the materials necessary to make them.

If you feel as strongly as I do about supporting our doctors and nurses, then please help by giving a donation. Current donations have reached over £1,500 and I am blown away by how supportive everyone has been.

You can find the link to the GoFundMe page on my Facebook page: @holmedclinic. Please do Like, Follow and Share the page as I will be posting a weekly update and we need all the support we can get.



PHOTO: Margaret Gul

THIS IS YOUR NEWSPAPER!

Be involved!

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

Email us at: news@heatonspost.co.uk

Help fund us!

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

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



HEATON HOPS

CONTACT FREE DELIVERY SERVICE



heatonhops.co.uk

[@HeatonHops](https://www.instagram.com/HeatonHops)

ALTERNATIVE BUSINESS SERVICES

With the current restrictions in place, Heaton's Post has compiled a list of all those businesses offering alternative services at this time.

Please note, we are only able to include those that have confirmed with us directly that they want to be in the May issue of Heaton's Post.

Please check directly with individual businesses no longer listed as to what services they are now offering.

If you wish to be listed please email news@heatonspost.co.uk

This list was correct at the time of going to print, but do check with the individual business for any updates.

Groceries

Raja Brothers	General groceries	Home Delivery	07885 939 931 (Mr Shaz)
The Good Life	Ethically sourced, zero waste groceries	Home Delivery	thegoodlifeheatons.com

Pharmacy

Boots H. Moor Medicines & Toiletries Collection

Dining In

Artisan		Home Delivery	07830 222 871	artisan.co.uk
Black Spot Pizza		Collection	0161 975 9043	blackspotpizza.co.uk
Food Sorcery		Home Delivery	0161 706 0505	foodsorcery.co.uk
I Knead Pizza	Hand Fired Pizza	Home Delivery	0161 222 9890	ubereats.com
Kauri Fine Foods		Home Delivery	07951 468 833	kaurifinefoods.co.uk
Casa De Moor		Home Delivery	0161 432 9999	casademoor.co.uk
FORKANDLES		Home Delivery	07970 753 685	forkandles.co.uk
The Deli Reddish	Breakfast Menu	Home Delivery		ubereats.com

Beverages

Heaton Hops	Artisan Beer	Home Delivery	heatonhops@gmail.com	heatonhops.co.uk
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Gifts/Homewares

Sarah's Sensational Sweets			07792 006 214	sarahssensationalsweets.co.uk
Kitsch Republic	Creative Homeware & Gifts	Home Delivery	07957 444 195	kitschrepublic.co.uk
Berlin Bespoke	Personalised Artworks	Home Delivery	07971 059 201	@BerlinBespoke
Chiselled Features By Paul	Handmade Bespoke Personalised Gifts	Home Delivery	07912 149 451	chiselledfeatures.co.uk
Blue Door Flowers	Gifts	Home Delivery	0161 432 2600	bluedoorflowers.com
Roots Handmade	Vegan, Organic Body, Hair & Skincare	Home Delivery	07931 944 425	rootshandmade.com
Flamingo Paperie	Cards, Stationary & Craft Kits	Home Delivery	07972 352 699	heatherlovescards.co.uk
Jewellsy	Jewellery, Accessories & Gifts	Home Delivery	07818 422 722	jewellsy.co.uk
Ben Sedman Photography	Architectural Photography of NW	Home Delivery	07818 422 722	bensedmanphotography.com

Business & Home Services

Heaton's Physio	Physiotherapy	Video Consultations	0161 432 3232	info@gatleyheatonsphysio.co.uk
Nettl	Printing & Website Design	Online Services	0161 975 5203	nettlofstockport.com

What is Heaton's Post?

Heaton's Post is a free, not-for-profit, community newspaper designed to inform, inspire, and connect, and to provide a platform to share local news & information across the Heaton's & Reddish.

Facts & Figures

- Free monthly newspaper
- 6,000 copies printed
- 60 stockists across the Heaton's & Reddish
- 2,500 delivered door-to-door
- 400 copies to Community Sector Connectors to distribute to members of the community they support, and who may be in crisis
- Connections with local schools, encouraging book reviews and articles
- Supporting a wide range of community organisations & charities by publishing their news
- Monthly cost to produce - £700

Long-Term Aims

To increase production and create a sustainable, monthly newspaper that is delivered to every household within the Heaton's & Reddish, ensuring even the most socially isolated members of the community are connected to all that is happening locally.

HEATONS POST

news@heatonspost.co.uk



Heaton's Post Subscription

Community Package £2 per month

- Postal delivery each month
- Inclusion on email list
- Support your local community by enabling Heaton's Post to reach those most in need of local news, helping residents stay connected

To Subscribe:

<https://forms.gle/JvjNwLnhvsbZr9XE7>

More info:

news@heatonspost.co.uk

BUSINESS SUPPORT IN A CHALLENGING TIME

by Cllr David Mellor, Cabinet Member for Economy and Regeneration on Stockport Council

Coronavirus is the biggest challenge we have faced in many decades, and this is certainly the case for our local economy.

Yet behind the scenes, the council has been doing all it can to support our town's businesses.

One of our biggest undertakings has been issuing grants to eligible businesses. At time of writing, we have managed to distribute in excess of £32m – an amount far higher than many councils right across the country – and by the time you read this, I expect that figure will be even higher.

This has been due to the hard work of council officers, who have worked around the clock to get our systems setup and ready to get these grants out. I am very proud of the work they have done so far.

However, I am very mindful that we have businesses in the borough that are uncertain if they are eligible for, or will even receive, a business grant. The council and I have been working with other local authorities, the Greater Manchester Combined Authority, and local MPs to get further clarity on business grant eligibility.

As a council, I want us to do what we realistically can to prevent businesses falling through the net, for not only will those businesses affected suffer, but so will Stockport in the long run if they are not supported. This means getting clarity on grant eligibility and additional funding if necessary. If you think your business is eligible for a grant – or you know of a business that may be eligible – please get details over to the council via the link below.

One other piece of work I am particularly proud of is the Stockport Jobs Match website. Within three days and in partnership with Grassroots Recruitment, we built a fully functioning website providing job opportunities for those suddenly out of work due to coronavirus, as well as supporting businesses needing additional staff due to spikes in demand. In the first week alone, over 60 vacancies had been uploaded onto the website.

This is just a flavour of the immediate work we have been doing. But I am also conscious that we need to consider how our local economy can recover from coronavirus.

The council is, therefore, already working on a recovery plan and I am determined coronavirus will not undo any of our exciting regeneration plans. I am still incredibly confident in Stockport's future and I absolutely believe we will recover.

The council will obviously play a leading role in achieving this – but I think we all have a part to play in backing our town once this virus subsides. From visiting the town centre to talking about the exciting changes taking place, I hope we can all do our bit to help Stockport bounce back once the worst of this is over.

You can visit Stockport Jobs Match at: www.stockport-jobsmatch.co.uk

If you think you may be eligible for a business grant, please visit: www.stockport.gov.uk/start/small-business-grant-funding



WHY WE SHOULD ALL SHOP LOCAL

by Jez Myers

Several years ago, as the greengrocers whose name now escapes me, but is now Knit2tog, closed, people bemoaned the loss of a local greengrocer. The butchers (now Reddish Express) then followed suit, as did Tittertons (now I Knead Pizza). The only remaining business from the trifecta of butcher, baker and greengrocer is Hobson's – a fantastic bakery that you really should visit if you get the chance.

With a plethora of supermarket options available, and potentially a Lidl opening in the future, it is easy to understand why these businesses have closed.

In the current climate, many local businesses are now under enforced closure. Those that are open are primarily food outlets operating online. When regulations are relaxed we must, as a community, pull together to support these local businesses. It wasn't long ago that the high street was filled with empty shops and it would be remiss of us to allow that to happen again.

A simple 'use it or lose it' mantra needs to apply. If you have the time or money to shop locally, do so. Do you really need to order a takeaway from Denton? Travel to Didsbury for a haircut or to have a manicure? Or, go into Manchester or Stockport for that dinner out? You will find that local options are frequently better than those further afield - you just need to give them a chance.

Every penny you spend locally boosts the local economy and encourages further investment. This improves your area and the lives of your friends, family, and neighbours. This pandemic will claim the lives and livelihoods of many and it is already too late to save some businesses. What we must do is ensure that those businesses that can survive are adequately supported by the community in the future. You'll only complain when they are gone.

Jez Myers is a co-founder of Reddish News (www.facebook.com/reddishnews) and once performed in a Beastie Boys covers act.



VIRTUALLY DRIVING

by Hilary Hughes

The idea for virtual driving lessons came when I was contacted by an acquaintance from Sustainable Living in the Heatons who wished for her daughter to have a driving lesson, as her 17th birthday celebrations had been cancelled due to the current situation.

A virtual driving lesson might sound a little strange bearing in mind that, other than the theory test, much of the teaching is done in a car, with the occasional exception of a simulator. However, the great thing about a virtual driving lesson is that it can be done by almost anyone, so long as they have a mobile phone. The other advantage, of course, is that the lesson doesn't damage the environment in the way that driving a usual tuition vehicle might.

The virtual lesson took place from my living room, with the pupil sitting in the driving seat of her mum's car while parked safely on her driveway and the parking brake applied. My pupil's mum operated WhatsApp from the passenger seat.

Through previously sent diagrams, I was able to talk the pupil through the controls of the car in the usual way of a normal first lesson. All-in-all, the lesson went very well and it allowed for learning to take place over the two-way process of question and answer.

As with most lessons, I was left wondering whom in the end had learnt the most: the pupil or the teacher.

LOCAL BUSINESS LISTINGS



Eleven Accounts Services
Bookkeeping and Admin Service
Tel: 07528 694 664
Email: office@elevenaccounts.com Web: www.elevenaccounts.com

Nettl of Stockport
Design, Print & Websites
Tel: 0161 975 5203
www.nettlofstockport.com

K's Mint Ironing Services
Ironing Service
Tel: 07753 224 004
katherine.hubbarde@ntlworld.com

Interested in a Business Listing?

Email: news@heatonspost.co.uk

WELLBEING

10 LOCKDOWN TIPS

Source: NHS

Here are 10 ways you can help improve your mental health and wellbeing if you are worried or anxious about the coronavirus outbreak:

1. Stay connected with people

You could try phone calls, video calls or social media instead of meeting in person – whether it's with people you normally see often or connecting with old friends.

2. Talk about your worries

It is OK to share your concerns with others you trust – and doing so may help them too.

3. Support and help others

Is there a friend or family member nearby you could message? Are there any community groups you could join to support others locally?

4. Feel prepared

Think about who you can get help from locally – as well as people you know, lots of local and community help groups are being set up.

5. Look after your body

Our physical health has a big impact on how we feel. At times like these, it can be easy to fall into unhealthy patterns of behaviour that end up making you feel worse. Try to eat healthy, well-balanced meals, drink enough water and exercise regularly.

6. Stick to the facts

Find a credible source you can trust – such as GOV.UK or the NHS website – and fact-check information you get from news feeds, social media, or other people.

You might also want to consider limiting the time you spend watching, reading or listening to coverage of the outbreak, including on social media, and think about turning off breaking-news alerts on your phone.

7. Stay on top of difficult feelings

Try to focus on the things you can control, such as your behaviour, who you speak to, and where and how often you get information.

8. Do things you enjoy

Focusing on your favourite hobby, relaxing indoors or connecting with others can help with anxious thoughts and feelings.

9. Focus on the present

Focusing on the present, rather than worrying about the future, can help with difficult emotions and improve our wellbeing.

10. Look after your sleep

Good-quality sleep makes a big difference to how we feel mentally and physically, so it is important to get enough.



SATURDAY 20TH JUNE
11.00AM - 3.00PM

Artisan Market on St John's Road

St John's Church Summer Fair, Refreshments and charity stalls in St John's Church

SATURDAY 19TH SEPTEMBER
11.00AM - 3.00PM

Artisan Market on St John's Road

Major Fundraising Event for MacMillan Cancer Support Charity & Refreshments in St John's Church

SATURDAY 3RD OCTOBER
7.00PM

Evening of International Music and Food

This annual event is part of the Heart of the Heaton's Festival at St John's Church

SATURDAY 14TH NOVEMBER
11.00AM - 3.00PM

Artisan Market on St John's Road

St John's Church Christmas Fair, Refreshments and charity stalls in St John's Church

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

SUDOKU

Easy

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

To complete Sudoku, fill the board by entering numbers 1 to 9 such that each row, column and 3x3 box contains every number uniquely.

For many strategies, hints and tips, visit www.sudokuwiki.org for Sudoku

Puzzle source: www.syndicatedpuzzles.com

Visit www.heatonspost.co.uk for the solution

1		2		3		4	
5			6				
7		8		9			
10							

ACROSS

- 1 Marionettes (7)
5 Told you! (2,5)
7 Crime (7)
10 E.g. Times or Trafalgar (7)

DOWN

- 1 Flock leaders (7)
2 Place (3)
3 Inspect (3)
4 "Georgy Girl" group (7)
6 Tint (3)
8 Viral malady (3)
9 And not (3)

Puzzle source: www.crosswordsite.com



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



Jan 20 - Feb 18
Aquarius

Something that has been long dormant will return to your life, be wary about what it may do. Always trust your experiences.



Feb 19 - Mar 20
Pisces

Don't be afraid to show your softer side, in times of stress, it's important to be open with the ones you love.



Mar 21 - Apr 19
Aries

Remember to always be grateful, events to come in this month will make you appreciate those around you.



Apr 20 - May 20
Taurus

This month brings new starts, try and find a new hobby that brings you joy. It may bring you the clarity of thought you need.



May 21 - Jun 20
Gemini

Remember to keep friends close in this trying time, the people that you love are always excited to hear from you, don't be embarrassed to make the first leap.



Jun 21 - Jul 22
Cancer

You will make some mistakes this month, just remember to set aside your ego and apologise, and relationships will be stronger than ever.



Jul 23 - Aug 22
Leo

This month brings good fortune to Leo! Keep your eyes open for opportunities and they will surely pay off.



Aug 23 - Sep 22
Virgo

Stay true to yourself, opportunities to sway from who you are will arise this month, if people don't appreciate you for who you really are, they are not worth having around.



Sep 23 - October 22
Libra

Don't be so quick to doubt yourself, have confidence in your choices and you will flourish.



Oct 23 - November 21
Scorpio

The ease of your tomorrow is conditional on the decisions of your yesterday, stop procrastinating and do what needs to be done.



Nov 22 - Dec 21
Sagittarius

A long-forgotten opportunity will return this month, remember to learn from the past without it hindering your future.

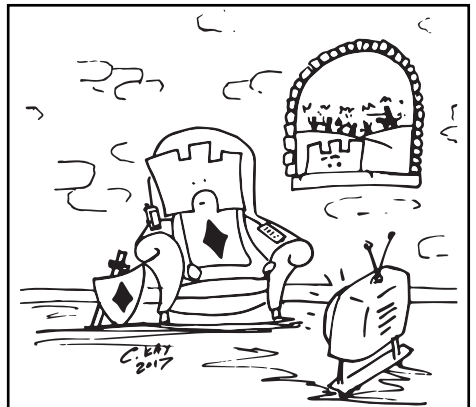


Dec 22 - Jan 19
Capricorn

Don't be afraid to commit to something, big decisions can be scary for the best of us, but you'll be thankful you took a chance.

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

for more information email
news@heatonspost.co.uk



"Have a Knight Off"

Source: www.k-boomhouse.com

SPORTS AND FITNESS

BOWLING SEASON BEGINS AT HOME

For the Nursery Bowling Club, Good Friday marks the start of the bowling season which is traditionally marked by a 'roll off' where members dust off their team shirts and gather at the Nursery Inn Bowling Green for a group photograph.

While they may not have been able to come together this year, the team still wanted to open the season, and so at 12 noon on Good Friday, members picked up their bowls to 'roll off' at home.



PARKRUN VOLUNTEER TAKE-OVER

by Yvonne Norris

It is a proud and memorable moment to look back at how the Heaton Mess Women's Institute celebrated International Women's Day this year.

Heaton Mess WI are a local branch of the Women's Institute, formed just over two years ago. They have a monthly meeting at Stockport Labour Club, with an array of speakers and an eclectic mix of sub-groups catering for everyone from crafting and book clubs, to gin tasting and great nights out.

The Running Sub-Group provides a supportive group for members at any stage of their running journey and are regular attendees at the Burnage parkrun. Parkrun is a 5K run held in parks and open spaces every Saturday morning across the globe. It's free to join in and caters for any ability.

Heaton Mess are keen to get involved in community events and the running sub-group wanted to give something back to their



community by volunteering at a parkrun, as they themselves benefit so much from the weekly events.

So, with parkrun teaming up with 'This Girl Can' to promote female participation in sport on International Women's Day, this provided the ideal opportunity for Heaton Mess to get involved.

The fabulous team at Burnage parkrun welcomed the offer of a volunteer take over with open arms and supported our amazing group of women every step of the way prior to the event and on the day.

On Saturday 30 March, Heaton Mess had over 30 of its members support and take part

in Burnage parkrun, which had an attendance of 232 people.

It was a remarkable day, with new mums bringing their babies along whilst they did the timekeeping, to members being Tail Walkers and completing their first parkrun. Heaton Mess provided an array of sumptuous cakes, mixed with a supportive atmosphere from an inspirational bunch of women - it made for a great day for all and we cannot wait to do it all again!

For further information about Heaton Mess WI, please email: heatonmessmembership@gmail.com
For further information on Burnage parkrun: www.parkrun.org.uk/burnage

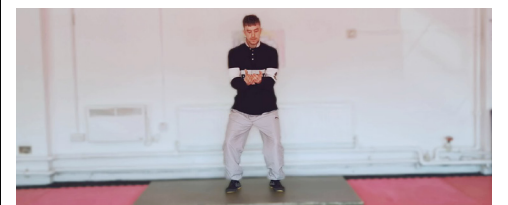


PHOTO: Tutor, Ivan Moss

TAI CHI FROM HOME

by Ivan Moss

Heaton Moor Tai Chi Centre is now running weekly, live online Tai Chi and Qigong Classes using the video-calling platform Zoom to enable people to maintain their health and wellbeing from home, as well as interact with the community, just as they would by going to a class.

The first trial run was on 31 March which went really well: we had 23 people joining in and interacting with each other.

Tai Chi and Qigong combine relaxed, flowing movements to improve and maintain health and well-being. The classes always welcome newcomers and beginners, all ages and fitness levels. I am also producing a wide variety of videos that are accessible online for people to train at home. For more information please visit: www.heatonmoortaiichicentre.com

FANTASTIC SEASON FOR HEATON MOOR UNDER-12S



by Paul Harrison

Heaton Moor Rugby Club under-12s finished second in their Lancashire Waterfall Cup group. The youngsters are runners-up behind unbeaten Leigh, having won six of their eight games.

Second place would have been good enough to qualify for the finals day, but that has been cancelled because of the coronavirus

outbreak. Coach Martin Hagger said: "It's been a fantastic season for the lads who have really made the coaching team very proud with some really gritty performances."

Martin went on to say, "The season hasn't ended the way any of us hoped, but it has been a great success overall and we look forward to continuing the great work with these boys when safe to do so."

"The team wouldn't function without the support of a great set of parents and also the support of some fantastic local sponsors - Clifford Johnston Solicitors, Walsh Solicitors, Dean Court Chambers and Dangerfield Recruitment, along with the Strength & Performance gym."

FLYING HIGH

Although the season may have been cut short, Reddish Vulcans Spitfires have had a great 2019/20, playing over 20 games in the East Manchester Junior Football League.

Coaches Dave Ryder and Matt Smith run training sessions on Friday evenings, 6pm - 7:30pm, at Burnage Rugby Club, for children in the Under 8 age category. The coaches say, "The whole team are excellent and we have great respect from the parents, which helps to motivate the kids."

The team are proud to be sponsored by Trustford for their first season playing together and, depending on current restrictions, have two tournaments planned for June and a Cup Final day to be organised later in the year.



PHOTO: James, Charlie, Dylan, Logan, Josh and George.