

FREE

HEATONS POST

INFORMING, INSPIRING AND CONNECTING THE HEATONS & REDDISH



JUST FOR THE RECORD
SEE PAGE 4



HONING NEW SKILLS AT REDDISH VALE
SEE PAGE 10



HEATONS OPEN GARDENS
SEE PAGE 12



Three Acres Drive by Sarah Underwood

VE DAY CELEBRATIONS IN LOCKDOWN

On Friday, 8 May, the local community dug out their flags and bunting, baked cakes, and gathered from a safe social distance to mark 75 years since Victory in Europe Day with their neighbours.

Heatons Post has received so many lovely photographs from local residents - can you spot anyone you know?
Continued on page 7...



Thornhill Road by Angela Britland



Oswald Street by Carolyn Murphy



Photo by Phil Foster, Heaton and Reddish Walkers

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WEALTH MANAGEMENT

COMMUNITY NEWS

DID YOU KNOW ABOUT DIGIKNOW?

by Stockport Council

As digital skills have never been more important than they are right now, Stockport's 'DigiKnow' alliance, comprised of local groups and organisations, is creating new ways to help residents to get online while libraries and community groups are closed.

Learners who previously attended a session in a community venue, run by our community partner Starting Point, can now attend online sessions in place of their former face-to-face sessions. Digital Champions are supporting them to use this new method of communication, allowing this invaluable social and learning opportunity to continue.

Councillor Kate Butler, Cabinet Member for Citizen Focus and Engagement, says "The Covid-19 crisis has shown how important it is to be able to connect digitally and we are continuing to do all we can to give our residents access to the help and information they need to learn."

"We are fortunate to have our wonderful volunteer Digital Champions who are offering telephone support to help residents to get online, stay connected and make the most of all the information and services available online."

If you are already online but would like to improve your digital skills or confidence, or if you would like to help others in your



Helping Stockport get online

household to get online and improve their skills, we have created new web pages to help you access online health resources, use digital methods to stay in touch, shop online, bank online and stay safe online: stockport.gov.uk/digiknow

Telephone support is also now available for anyone who has access to a smartphone, tablet or computer, but needs help getting online for the first time or doing things online. Call the new helpline on: 07537 127 095 and leave your name, number and a brief description of the help required and a volunteer Digital Champion will get back to you.

If you would like to volunteer as a Digital Champion to help people in your community to get online, sign up for the DigiKnow Newsletter to receive details of upcoming volunteer training sessions as well as weekly handouts around digital skills at: ow.ly/bQ2y50z14mf

SANTA HELPING ALL YEAR ROUND

by Carol Cross

Ever wondered where your donations to Santa go to?

Rotary Stockport Lamplighter recently donated £1,000 from their Christmas float collections to Stockport Clinicians Together, a group of healthcare practitioners trying to make a difference in the town by providing much needed vital PPE (personal protective equipment) to those working within the community.

One of Lamplighter's founder members, Richard Hardman, a retired GP with 37 years of commitment to Heaton Norris Health Centre, quickly realised that there was a huge lack of P.P.E. to keep the front line community workers safe, and that if they were safe, there was a greater chance of them being able to keep the general public safe.

The group were in desperate need of latex gloves, visors, scrubs, FFP2 masks, and long fluid resistant gowns for use in the community. What Lamplighters didn't know was that a clinician could easily get through 60 gowns and pairs of gloves in a day!

A GoFundMe page was set up to which the public have responded generously. Richard spoke to Dr Rukshana Alim who was delighted with the amount donated, and which will be used immediately to buy the much needed equipment.



Lamplighters have also donated £500.00 from the float collections to Stockport Without Abuse, a helpline where women experiencing domestic abuse can go to for help, advice and often be given temporary accommodation. During the present lockdown, calls to abuse helplines have increased by at least 25% and much needed funds are not always easy to come by. Lamplighters have asked that the money be used to buy toiletries and essentials for the women.

It's been a busy time for the club as the Vice President, Charlotte Decourt, collected lots of tins of food which she took to the food bank in Edgeley. Although Rotary is no longer meeting at the Golf Club, the members are still having weekly meetings on the video calling platform Zoom and planning more fundraising events once lockdown has ceased. They send their best wishes to all their loyal supporters and friends and ask them to Stay In and Stay Safe.

TRAVEL TO LEARN, RETURN TO INSPIRE

by Geraldine Leydon

For the most part, during my twenty years teaching in primary schools, I felt fulfilled and always eager to be in the classroom surrounded by children and their families. Over the years however, I began to question how I was facilitating the all-round development of children. This led to me having a strong desire to explore other effective environments where young children could flourish.

Fortuitously, I heard about the Winston Churchill Memorial Trust Travelling Fellowship as my sister had successfully been awarded a grant in the Mental Health category. The Trust empowers individuals to learn from the world and the innovative ideas absorbed are brought back for the benefit of people in the UK. This informs the Fellowship adage 'Travel to learn, return to inspire'. I applied and was awarded a grant to travel in the summer of 2016.

The first part of my travels was to Germany where I saw the highly effective attachment-based programme called Babywatching. I visited settings across the country and met the founder of the programme, Dr Karl Heinz Brisch. During the Babywatching sessions, a parent and their baby visit a school group once a week and, guided by a trained group leader, the children experience and discuss the actions of the caregiver and child. They learn to empathise better, their fear-induced behavioural disorders are decreased, and everyday interactions with their friends become more social and less fearful. This impacts directly on school enjoyment and the child's subsequent ability to learn.

I then travelled to New Zealand where I saw Babywatching in a girl's senior school in Tauranga. My focus for New Zealand however, was to observe their world-renowned practice in early year's education. My visits took me throughout New Zealand, from the subtropical climate of the Northland down to the temperate oceanic climate of the Southland.

Since returning, a group of us have organised events to support and develop Babywatching. I am very aware of how schools are time and resource scarce during 'normal' times, but this has been exacerbated in this

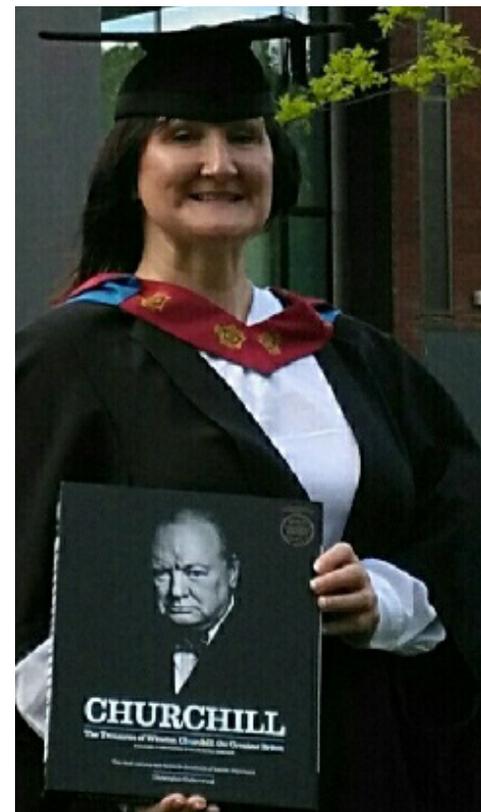


PHOTO: Geraldine Leydon at her Masters Graduation after being awarded the Travelling Fellowship

unprecedented climate. I have applied for a grant from the Winston Churchill Memorial Trust Covid 19 action fund to enable us to provide free training and ongoing support for the programme across the region.

If you would like to know more about my travels and those of other Fellows, see the Winston Churchill Memorial Trust website at: www.wcmt.org.uk - you might want to apply yourself and I would absolutely encourage you to!

If you would like to know more about the Babywatching programme, please visit: www.base-babywatching-uk.org/ or contact Heaton Post for my details and I would be more than happy to chat with you.

FOSTER CARERS VITAL ROLE

by Stockport Council Fostering Team

Stockport Council currently has the legal care responsibilities for 380 children and young people, many of whom are placed with foster carers and their families.

Foster carers provide day-to-day support, love and stability to children and young people who cannot live with their birth families. They support their education, health, and social wellbeing, and also help to maintain the children's relationship with the people who are important to them. The vitally important role of foster carers often goes unnoticed, but their contribution is almost immeasurable, transforming the lives of children and young people, enabling them to flourish and fulfil their potential.

The vital service provided by foster carers supports some of the most vulnerable children and young people in our society. Their dedication and hard work is supported



through Stockport Council in various ways including training, peer and professional support. However, there is a need for more foster carers as the current COVID-19 crisis has reduced the number of enquiries.

A major campaign was launched on 11 May to recruit more foster carers by encouraging people to come forward who can offer a stable and safe home to sibling groups, teenagers, and children with additional needs. There is further information on facebook - see Stockport Council Fostering Service.

If any Heaton Post readers are interested, please do contact the Council's Fostering team on: 0161 474 3400 or visit the website at: www.stockport.gov.uk/fostering for more information.

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Coronavirus helpline for vulnerable people

0161 217 6046

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



STOCKPORT

COVID-19
CORONAVIRUS

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: 0808 800 5000 (24hrs)
- Mind: 0300 123 3393 (Mon-Fri 9-6)
- Cruse Bereavement: 0800 808 1677 (Mon-Fri 9-5)
- Action on Elder Abuse: 0808 808 8141 (Mon-Fri 9-5)
- Samaritans: 116 123 (24hrs free)
- National Domestic Abuse Helpline: 0808 2000 247 (24hrs free)
- Victim Support: 0808 168 9111 (24hrs)
- ChildLine: 0800 1111 (24hrs)
- Respect - Men's Advice Line: 0808 801 0327 (Mon-Fri 9-5or8pm)
- National Centre for Domestic Violence: 0207 186 8270

CONTINUING TO PUSH FOR SUPPORT

by Navendu Mishra, MP for Stockport

As the coronavirus crisis continues, I hope all readers and their loved ones are managing to keep safe and healthy during the lockdown.

It remains a very challenging period for everyone across Stockport, but it has been heart-warming to see our community pulling together, with local volunteer groups helping to deliver food and PPE equipment to the elderly and most vulnerable members.

Stockport Council continues to go above and beyond in its efforts to support people through this pandemic, and I have written to the Secretary of State for Local Government to ask for a cast-iron guarantee that the Government will deliver on its promise to cover the cost of the council's response, which is currently forecast to be £41m.

Although some lockdown measures have been eased, many businesses remain closed and are increasingly struggling to keep their heads above water. As a result, I met with Greater Manchester Chamber of Commerce for an update about concerns that are being raised by local businesses and other challenges, such as accessing loans and grants, and will continue to push the Government on these issues.

With the Digital Parliament now up and running, I took part in a debate about cuts to our local fire services, calling on the Government to reverse the cuts of the past decade and address the issue of dangerous



PHOTO: Navendu Mishra, MP for Stockport

cladding and inadequate fire safety measures on high-rise buildings across Greater Manchester.

Finally, I would like to say a very big thank you to the Heatons Post team for continuing to keep the newspaper running. It really does make such a positive difference being kept informed about everything our community is doing during this difficult period.

If you have any casework enquiries, please do contact me directly:
navendu.mishra.mp@parliament.uk

CORONAVIRUS
STAY ALERT
TO STAY SAFE



HM Government



Go to gov.uk/coronavirus

STAY ALERT • CONTROL THE VIRUS • SAVE LIVES

MEET THE TEAM



Suze Howell
Heatons Post Team



Amanda Fourie
Heatons Post Team



Mel Page
Heatons Post Team

LETTER FROM THE EDITORS

As we enter another month of lockdown and social distancing, Heatons Post would like to take this opportunity to express our thanks to all those who are continuing to support our local community groups and charities during this difficult time. As you will read in this month's issue, the cancellation of local events and festivals due to Covid-19 has meant the loss of much needed fundraising opportunities - funds that are relied upon to enable charities and community groups to operate and continue to support those in need.

This thanks extends to all those who have supported Heatons Post - those individuals, businesses, and organisations that have generously donated funds to help keep your community newspaper in print, and also those who have been helping to distribute Heatons Post to their neighbours and customers throughout the Heatons and Reddish.

A subscription service has now been launched for readers who wish to receive a postal copy of Heatons Post each month while also supporting the newspaper - it has been fantastic to see the number of people who have subscribed so far. For those who subscribe to our Premium Subscription package, we hope you enjoy your first subscriber gift and would like to thank The Spice Yard for helping us with this. There's a little welcome gift from HAC Horticulture for every subscriber too!

Thanks to subscribers and donors, Heatons Post is able to continue to help local news reach local people - we hope you spot a few familiar faces in this issue! Stay safe.

The Heatons Post Team.

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

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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

THE FUTURE OF PUBLIC TRANSPORT

by Andrew Gwynne, MP for Denton & Reddish

Whilst we are all eager to return to normal, there are some elements of our lives before lockdown that require alteration. In particular, we are in desperate need of a transport revolution.

As lockdown restrictions are beginning to slowly ease, people are being encouraged to go back to work. This has exposed a number of transport issues. Public transport is difficult to manage when social distancing is required. People have therefore been encouraged to drive to work - but not everyone has a car and driving is unsustainable.

Post-lockdown, we need to cut down our car use. Fewer cars on our roads will improve the quality of our air and our lives. To facilitate this, public transport networks, cycling lines and footpaths require improvement.

I have supported the Friends of Reddish South Station for many years. Together, we have bid for the station to run passenger rail to Victoria. There is also scope for a Metrolink tram-train line between Stalybridge and Manchester Airport, as well as a Stockport-Piccadilly line via East Didsbury and the Ashton-Piccadilly line to form a new orbital loop.

Not everyone will be able to cycle or walk to work, but greater connectivity on our railways will increase their use. Greater access to cycle lines and footpaths will also encourage people to ditch their cars more often.



PHOTO: Andrew Gwynne, MP, Denton & Reddish

The Bee Network is aiming to create a fully joined-up cycling and walking network of 1,800 miles across Greater Manchester. The Heatons is one of the Bee Networks that is currently out for consultation, which is great news! Better cycling and walking links in Stockport Town Centre and through the Tame Valley are also needed.

Once COVID-19 becomes less of a threat to our health, we must begin to travel more sustainably to improve our air and life quality.

JUST FOR THE RECORD

by Andy Rayner

The Moor Club on Heaton Moor Road offers a wide variety of entertainments ranging from snooker to large screen sports and live music. One regular event that has been running for over four years is the Vinyl Night, organised by John Curley.

What started off with John and some friends setting up their own stereo systems and playing their favourite LPs has now become a regular monthly fixture on the club calendar. Recently, these specialised evenings have been drawing decent attendances with people taking turns to play the music that is special to them - on vinyl, of course!

Like everything else, this has now come to a full stop. Not wanting to let the dreaded virus win, John instead turned his hand to an online music quiz in place of the next scheduled Vinyl Night.

The quiz was such a success that it is now being repeated every other Saturday, with all other music fans from the area being invited to join in. Run as a Facebook Live event, the quiz starts at 8pm and lasts for an hour. Questions come from all eras and genres, so there is something for everyone.

To take part, just visit the Facebook page "Moor Club Vinyl Night" and click on the link to request membership. Like the Vinyl Nights themselves, there is no charge.



And remember to dust off those old LPs and bring them down to a club night when things return to normal!

The Moor Club Vinyl Night Music Quizzes will be held on 6 June and 20 June at 8pm.

QUIZ MASTERS

by Sharon Edwards

Stockport and District Samaritans help people at the lowest point of their lives. Callers contact us by phone, email or in person, and we provide confidential, non-judgmental emotional support for those who are combatting distress and despair, as well as suicidal feelings.

People need us now more than ever and we are working hard to ensure that we are there for those in crisis, and for socially isolated people who are cut off from human contact and their normal support networks.

The Government has recognised that we are a 'critical service' and we are working in partnership with the NHS to support NHS staff and volunteers at this difficult time.

We are run and led by local volunteers and, whilst this helps to keep our running costs low, we are entirely self-funded and rely on our fundraising efforts to keep our listening



service running. Over 60% of our income comes from local fundraising activities, but the pandemic has meant that all the activities we had planned for this year have been cancelled.

One of these is the Quiz Night that was meant to take place on Friday, 24 April. Not to be deterred by this, we have compiled an on-line quiz for all to enjoy and we are inviting donations to help keep our service running so we can continue to help those struggling to cope at this time of crisis.

We hope you enjoy the quiz and any donations, no matter how small, will be very much appreciated! To take part, see: bit.ly/samsonlinequiz



#BEMOREMARTYN FOODIE FRIDAY

by Rosemary Barratt

The Foodie Friday campaign at Stepping Hill Hospital has currently raised just under £16,000.

To date, the campaign has funded 2,200 free hot meals, 1,300 ice creams, and over 400 boxes of water for NHS frontline staff. These were delivered over six sessions at Stepping Hill Hospital - four lunchtimes and two night shifts with local street food traders including Heatons-based Artisan and I Knead Pizza.

100 meals have also been kindly donated by Emmerdale actor Adam Thomas and over 400 bottles of water were donated by local business Parfett's Cash and Carry.

On Friday, 22 May, the 3rd anniversary of the Manchester Arena attack, we held our #BeMoreMartyn Foodie Friday at Stepping Hill. Ever since the attack in May 2017, we have dedicated Foodie Friday to remember Stockport's Martyn Hett and all the victims of the Manchester attack. We felt it was appropriate to return to Stepping Hill Hospital on the anniversary to thank the NHS for everything they do in all times of crisis.

The campaign was boosted this month by a £500 donation from the Greater Manchester High Sheriff's Police Trust Fund, together with a £150 donation from Coffee Fix in Gatley who kindly donated part of the funds they had raised to help keep themselves in business.

Joe Barratt says, "Our campaign to help feed Stockport NHS has surpassed all of our



Photo credit to Paul Moore Photography

expectations and we'd like to thank the whole community of Stockport for their wonderful display of kindness and generosity. It's been fantastic to see people come together to help support our amazing NHS, as each and every donation has made a real impact with the staff at Stepping Hill."

Joe goes on to say, "So many local businesses are doing great work providing food for the NHS, but the fantastic thing for us is that we've been able to create the Foodie Friday atmosphere at the hospital. Seeing all the smiling faces from the doctors and nurses as they queue up to get their food and ice cream has been wonderful. It has been a great morale booster for staff and we'd love to keep this going as much as possible."

To support the Foodie Friday Stepping Hill Campaign, please see: www.gofundme.com/f/help-foodie-friday-feed-stockport-nhs

DECORATING THE COMMUNITY

by Cllr David Sedgwick,
Councillor for Heaton
North Ward

Across the Heaton and Reddish, we've seen some amazing window and garden displays by local children. In these difficult times, it is great to see so much colour bringing some hope and optimism to our communities.

To recognise this, the councillors in Heaton North organised a competition to encourage as many rainbows as possible – and we weren't let down! We had over 100 entrants, all colourful and creative in their own way! Thanks to everyone who entered, and I am delighted to see many more colourful displays continue to pop-up across the community!

In a time of deep uncertainty and concern, it is great to see the children of the Heaton and Reddish use their time to create some colour and hope!



TOP OF THE POPS



When children's vocal group, Atomic Voices, was forced to close just one month after opening due to the Covid-19 pandemic, owner Erika Clarke was inspired to compose a song to help raise funds for the NHS.

Erika tells us, "Bring pregnant, the thought of spending 12 weeks on lockdown was slightly overwhelming. I wanted to do something positive to try and help bring the younger community together online and honour the people who have been working so hard to keep us and our families safe."

After putting a request out to her new vocal group members and also via social media, Erika found herself inundated with responses, with around 40 children from around the Stockport area wanting to get involved, as well as children from Telford, Bristol, and even as far as Portugal.

"Children sang, danced, or provided artwork for the video" Erika tells us, going on to explain "Most of the singers have never met and have never even sung with each other!"

'Rainbow of Hope' has been promoted over various social media platforms with lots of help from the parents of the children involved. "We have been supported by various local radio stations and would love to get the song played on the news or This Morning so the children get to go back to school being proud that they appeared on TV!"

Erika hopes the song will give the children a positive memory to look back upon and to know they did a great job in raising money for the NHS whilst in lockdown. "We aim to keep raising as much money for the NHS as possible, and hope that people can help in any way possible to try and strengthen and support the NHS through these unprecedented times."

Donations can be made via JustGiving at: [justgiving.com/fundraising/erika-clark](https://www.justgiving.com/fundraising/erika-clark)

To watch the video for 'Rainbow of Hope' visit: youtu.be/jrIPPWYCKoc

FROM STREET LIGHTS TO SCHOOL MEALS

by Stockport Council

As we all face the challenges of coronavirus head on, it has meant for many people still able to work that they are having to do so under very different circumstances to normal.

The council, as with many other organisations during this outbreak, has been busy helping its residents and communities through this current challenging period, and council teams are no different in having had to adapt to new working practices

Many council employees have had to adapt the way they carry out their daily role, with teams and individuals carrying out jobs that they do not normally do to support and provide assistance to those that need it.

The council's museums team have helped set up an emergency shopping service for people who can't get out of the house and access other services, while highways and street lighting teams have been busy delivering food parcels to schools.

More than 1,700 calls have been made to our helpline dedicated to assisting the most vulnerable people in our community, with many of those calls being picked up by library staff.

Cllr Elise Wilson, leader of the council, said: "All of our teams are rising to the challenge.

We have great examples of teams switching from their usual work to supporting the most vulnerable residents during this challenging time."

"Our Highways and Street lighting team have been delivering meals to the schools that remain open for children of key workers, whilst library staff have taken calls from our dedicated coronavirus helpline."

"These are just a few of the many ways we're working hard to help protect people and save lives - it really is a fantastic effort from everyone. The coming weeks require us to take care of ourselves and more importantly be considerate of each other. Stockport – we're in this together."

In addition, a helpline was set up for those residents who do not have a network of family and friends they can call upon. Support can be accessed by calling: 0161 217 6046 Monday to Friday, from 9am to 5pm, and Saturdays from 10am to 4pm. At busy times, residents are automatically offered a call-back from one of our call handlers.

More details on how the council's COVID-19 response including support available for residents and local businesses during these difficult times can be found at: www.stockport.gov.uk/coronavirus

THE SINGING NEIGHBOUR

From an early age, Audrey Maddison has loved to sing. As a child, she sang at her church, in school, and also in a local choir. During lockdown, Audrey has been singing from her doorstep in Heaton Chapel, helping to bring a bit of cheer to her neighbours.

"I always sang for family and friends at family parties and gatherings" Audrey tells Heaton Post, "At the age of 50, I started singing semi-professionally, usually in working men's clubs or for summer seasons. But, over the last few years, I have done less of the clubs and more nursing homes, care homes, and party and celebration requests."

Loving the feeling of making people happy and being able to see how music lights up people's lives, Audrey began to sing during the current lockdown to help bring her local community together, from a safe social distance.

"I mainly sing Country and Western songs and some 60's classics, including a Dusty Springfield medley, and also war songs for Remembrance Day. I love to sing all songs, but 'You're My World' by Cilla Black is special because I like to sing it to my family" says Audrey.



PHOTO: Audrey Maddison

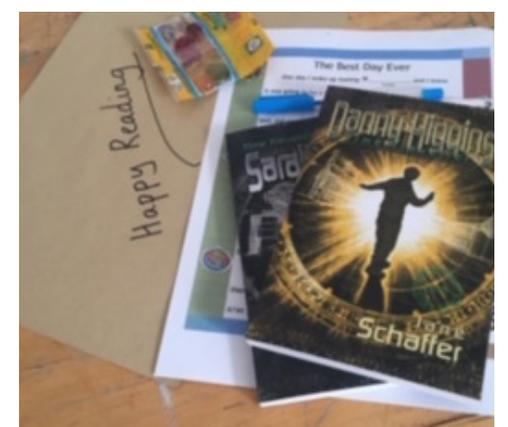
The response from Audrey's neighbours has been amazing, putting everybody in a good mood. "People from the surrounding streets could hear and were clapping and cheering from a distance" says Audrey, "A neighbour even asked me to do it again for V.E Day - I gave them a rendition of "We'll Meet Again" and other well-known Vera Lynn songs."

LOCKDOWN KINDNESS

by Jane Schaffer

The team from Seven Arches Publishing have kindly made a donation of books and creative activities for children in Stockport who are in lockdown, to encourage reading and creative learning while at home.

They donated 30 packs with two books in each pack for 5–7 year olds and 8–12 year olds, which were delivered to a Stockport centre set up for food distribution.



SONGS 4 SMILES



Heatons Post caught up with Luke Fitzmaurice of Stockport-based LFX Events to find out what has been happening in the events industry during the Covid-19 pandemic.

As an events professional, can you tell us the types of events you would usually be managing at this time?

Our usual event calendar kicks off in April with Camperest at Chester Race Course, then moving into the UK's largest independent pop-punk Festival – Slam Dunk, and onto a range of other shows including Graduation Balls and the French & British Grand Prix. Not forgetting our favourite event of the year of course... the 4HTA Summer Festival!

How has the Covid-19 pandemic impacted the events industry?

In every way you can imagine! Basically the entire industry has been shut down for the foreseeable future, with the vast majority of the industry effectively closed until summer 2021. There are a few exceptions where the industry has been instrumental in building and operating some Covid-19 projects, such as the Nightingale hospitals and testing centres, however these, although significant, are very limited in what is a broad and wide-ranging sector employing many hundreds of thousands of people.

What is Events 4 Covid-19 and how did it come about?

Events 4 Covid-19 is a network of event organisers and suppliers, large and small, in the North-West (now expanding to the North East and Yorkshire also) created to pool their resources and work together to assist with requests from the NHS, local government, charities, and any other organisations that need support right now to help with any efforts to support the community in the fight against the virus. The group includes suppliers that have access to generators, furniture, comms equipment, tents and marquees, outdoor and indoor audio equipment, outdoor and indoor lighting, vehicles, staging equipment, medical and ambulances, heating equipment, venue dressing and many other items. The group can also provide services including security, medical, AV engineers, traffic management, project management, networks of freelancers, transportation and volunteer management as well as many other services.

Can you tell us about #songs4smiles and what has been your involvement in this?

LFX were delighted to be involved in the Events 4 Covid-19 project, and when the opportunity came up to suggest additional packages of support for those struggling with the pandemic, the idea of providing music in

the gardens and car parks of care homes and similar locations emerged.

Initially, I created the database for contacting the properties, and then working with other partners of the Project, we sourced PA equipment and put together a package that meant we could deliver the concerts without any direct involvement from the homes themselves - and no cost either, so that we could make the concerts happen but ensure that the safety of the residents was maintained at all times.

What has been the response from care homes and residents?

From the homes themselves there has been caution – as you would expect, but then when we explain that the events can be delivered completely safely, they have welcomed us with (socially distanced) open arms!

When we are onsite and the artists – all of whom are professional players usually from the pub and restaurant scene - are belting out the classics, the residents' response has been fabulous to watch - engaged and energised - we've had singing, dancing, and even the occasional heckle... All in all, it's clear that what we are doing is having an impact, and thankfully that's been the feedback we've received as well!

Have there been any Songs 4 Smiles events within Stockport or are any planned?

So far LFX has delivered 3 events in Stockport, with a further 6 planned for the coming weeks. As a whole, the project has delivered well over 20 events across the North with lots more on the horizon.

How can musicians and care homes get involved?

We'd love to hear from both musicians who want to volunteer, but also homes themselves that want to find out more, both of which can be done via a form on the Events 4 Covid-19 website here: www.events4covid19.co.uk

Do you have plans for any other 'socially distant' events over the coming months?

I think it's fair to say that we are just concentrating on rescheduling 2020's events and trying to ensure that the industry survives to next summer, but with that in mind there are a few concepts out there that might work with social distancing built in, so watch this space!

HAWTHORN HAPPINESS

by Malcolm and Diana Scotcher

Lockdown has been keeping us all physically apart and yet has brought many of us closer together with our neighbours. Lots of streets in the Heatons have been coming together to clap on Thursdays and have set up WhatsApp groups for mutual support, to share information on bin collections, where to buy eggs, and more.

In Hawthorn Grove, we are lucky to have one person with a kiln. Malcolm Scotcher made and fired tiles in a variety of shapes to create a tile picture and children from the street suggested the name - Hawthorn Happiness.

On 2 and 3 May, 30 households took it in turns to come out into the street to decorate the tiles with glazes ready for kiln firing - there was a lot of laughter and some great tile designs! John Drabble photographed them

all while Charles Critchley made the frame. Our lockdown tile picture now hangs on the side of a house in our street alongside one we created for a street party back in 2009.



VE DAY

VE Day Celebrations across the Heaton and Reddish continued from the front cover.



Love Lane, Heaton Norris - 2020



Love Lane image courtesy of www.octobercreative.co.uk



Alderdale Drive/Close by Christina Hill



Oswald Street by Carolyn Murphy



Derek Sykes took a Remembrance Service in his street in South Reddish at 11am on 8 May. Joined by all his neighbours it was a very moving experience for all.

Photo by Gill Ellis.



NELSTROP SUPPORTS THE COMMUNITY

The Heaton's Heritage Society (HHS) is constituted to represent all Four Heaton's and has received a kind donation of £500 from Mr. Nelstrop of Albion Flour Millers, to be spent on the local community.

HHS have chosen a number of local community groups to receive an equal share of the donation. These are:

- LOVE Heaton Norris who will be purchasing a new noticeboard
- Love Heaton Chapel who have also decided to buy a noticeboard
- Heaton Mersey Collective will be using their money towards a new display sign - the history of the new garden site in Heaton Mersey Village
- Charnwood Trust who will likely spend the money on a sensory resource

Heaton's Heritage Society has also decided to award one fifth of this kind donation to your Heaton's Post newspaper which covers stories in all Four Heaton's.

Nelstrop's, who have been family flour millers since 1820, are based in Heaton Norris and happen to be the oldest business still operating in Stockport. As a special arrangement during lockdown, their flour is available to buy online:

wm-nelstrop.myshopify.com/

We thank the Nelstrop family for their continued support for our community.



Photos by Jessica Bradburn, Year 6, St. John's CE Primary School

BLOOMING VIRTUAL TEA PARTY

by Karen Levesconte



Marie Curie's famous Blooming Great Tea Party is going virtual this year and the end of life charity is calling on you to throw a Blooming Virtual Tea Party from home this summer.

While staying indoors is the new normal, throwing a virtual tea party is a fun way to stay connected to the ones you love during this time and a great way to support nurses working on the frontline of the crisis.

The charity and its celebrity ambassador, Mel Giedroyc, are encouraging everyone to download Zoom, Skype or Houseparty and connect with friends and family while raising some money at the same time.

Cake lover Mel Giedroyc says: "You can bake it, fake it, brew it or stew it – whatever your cup of tea, Marie Curie's Blooming Great Tea Party is going 'virtual' this year and it's a

simple way to keep in touch with your chums, while raising money for a wonderful cause".

"Marie Curie needs to raise a massive £2.5million each week to care for the tens of thousands of people who need its nursing and hospice care. This year, the amazing nurses and frontline staff need you more than ever, as the fundraising events they rely on have all been cancelled."

"Every last crumb of the money you raise will help people at the end of their lives. So please join me by raising a cuppa, and some money, in your lounge or garden for the Marie Curie Nurses on the front line".

To register as a Blooming Virtual Tea Party host visit: www.mariecurie.org.uk/teaparty or call: 0800 716 146 for your fundraising pack full of tips, recipes and fundraising ideas.



PHOTO: Green Lane building

ONE CHURCH TWO SITES

by Ross Evans

50 years ago, on 19 Oct 1969, thirty-three people came to the first service of Heaton Moor Evangelical Church, meeting in a room over a sweet shop on Heaton Moor Road, and becoming known to some as the 'Church down the Alley' – as that was the way in!

Numbers attending grew steadily and the church soon knew they had to look for alternative premises to make room for children's and other group activities. After looking at many possibilities, the members bought the site on Green Lane, and in October 1974, their new building was opened and became home to the church until 2015.

During this time, many individuals and families have come to the building through the Oasis work (Seniors) on Tuesdays, Parents and Toddlers groups on Wednesdays, the children's and youth activities, and other occasional activities.

But in April 2015, the building became very quiet on Sundays as the congregation had outgrown the building on Green Lane and Sunday services were moved to a unit in Houldsworth Mill. With it came the change of name to Emmanuel Community Church, as we are now meeting in the Heaton's and Reddish, hence 'one church, two sites'.

On Sunday 5 October 2019, we celebrated 50 years with activities which brought together many ex-members who came from different parts of the UK, together with the current attendees. While the Heaton's and the church have both changed over fifty years, our aim has not. We welcome visitors on Sunday mornings at the Mill, with service starting 10.30am. More details via:

www.emmanuelcc.co.uk or on Facebook: Emmanuel Community Church Stockport



PHOTO: Service at Houldsworth Mill

REDDISH? WHERE'S THAT?

by Jez Myers

Like an awkward middle child, often overlooked, Reddish is the Pete Best of the Heaton's. An original member but, having left, is now struggling to gain recognition. Not as wealthy as some of its neighbours to attract investment, but not deprived enough to be top of the pecking order when applying for external funding for regeneration.

It is certainly possible though that Reddish is one of Stockport's best kept secrets, and the cat is about to be let out of the bag.

Property developers certainly agree. Two of Reddish's former mills were originally converted for offices and retail, and the third became Elisabeth Gardens - a development which not only brought a new higher standard to the area but also raised the ceiling prices. Manchester City star Raheem Sterling and his partner have invested in six properties here, next to Morrisons. On the other side of the store, the building of a development of thirty-five new properties is also underway.

Reddish is an easy sell too, which makes the delay in more people finding out about the area somewhat of a surprise. It's a ten minute drive to Stockport town centre and the M60 from Houldsworth Square, twenty minutes on a good run to Manchester city centre - the 203 bus running constantly between the two - and the train from Reddish North to Manchester takes just about a quarter of an hour. As for the train from Reddish South, well, that runs



PHOTO: Reddish Vale by Christina Cain once per week to... err... Stalybridge.

There's also Reddish Vale Country Park and the adjoining family favourite Reddish Vale Farm, restaurants that are arguably better than anything for miles around (more about this in the future), two golf courses – including one designed by Alister MacKenzie, who later went on to design the course at the Augusta National Golf Club, used for the Masters – and a church that recently hosted Myleene Klass and KT Tunstall. There's a lot that happens here.

When the dust settles, and we're all allowed out again properly, if you've never been, come and visit. You might surprise yourself at what's on offer in Reddish.

Jez Myers is the co-founder of Reddish News (www.facebook.com/reddishnews) and has been pumping out pro-Reddish propaganda for nearly a decade.

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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



OUR HERITAGE

by Phil Rowbotham

Heatons Heritage Society (HHS) has been awarded a grant from National Grid who have sponsored a series of blue plaques destined for the Four Heatons.

Three blue plaques have already been manufactured and fitted which are part of a project to finally install eight plaques, all destined across the Four Heatons. The plaques designed by HHS are all manufactured to a high standard by Leander Architecture, based in Doveholes - it takes them three months to cast, and finally hand-paint them.

The Heatons Heritage Society is an independent local group of volunteers whose aims are to promote, improve and develop the heritage and conservation of the Four Heatons for the benefit of the whole community, and to encourage local involvement. Each of the Four Heatons are represented and the society supports other groups, particularly the Love Heaton Norris and Love Heaton Chapel groups.

HHS also gives local talks on heritage subjects and conducts heritage walks. The society has previously published free heritage trail leaflets as well as funded several local colour-coded signs, such as the two on the railway bridge at Heaton Chapel Station. The signs are to assist in giving each Heaton its own identity - these are guides only, not actual boundary markers.

HHS has been working with Stockport MBC for a few years now on a project to install sponsored 'Welcome to the Four Heatons' signs at various gateways to our Four Heatons. The first few should start appearing soon, hopefully when 'lockdown' is over.

Heatons Heritage Society meets occasionally in the Moor Club on Heaton Moor Road and would like to thank National Grid for their generous sponsorship and support. To donate towards the project please visit: www.gofundme.com/garden-heritage-board

MAKING A DIFFERENCE

by Nadia Ali

Good news for Heaton Norris Pavilion Community Centre and Make A Difference Community Group as a new kitchen is on the way along with lottery funding for youth groups.

The community centre and community group have been working really hard over the past few weeks to maintain engagement with its participants on a regular basis, providing basic support to individuals and families in need.

We have successfully received funding from the Asda foundation to carry out some refurbishment work in the community centre and provide much needed new kitchen equipment - this work is currently underway.

We have also received funding from the National Lottery for Art Attack youth group to help them continue to work with young people in the area by providing activity packs and online fun learning opportunities for Heaton Norris. Food vouchers can now also be provided for anyone in the area.



If you would like to find out more about what we are doing, then please access the Heaton Norris Community Centre and Make A Difference Community Group Facebook pages where we have lots of information to share with families in the area.

If you live in Heaton Norris or Lancashire Hill and know of anyone that is in need of support, please pass on our details so that we can do our best to help. Tel: 07857 928 833 or email: makeadiifferencegm@gmail.com

EASY FUNDRAISING FOR THE LAMPLIGHTERS

by Carol Cross

Over the past ten years, your local Rotary Club has donated well over £100,000 to local charities, including Stockport Food Bank, Loaves and Fishes who help the homeless in the Borough, Kinder Mountain Rescue, Stockport Against Abuse and many more. This has only been possible due to the wonderful generosity of the residents of Stockport.

Due to the present situation, a number of planned fundraising events for this year have had to be cancelled. The Heatons Open Gardens is one such event, which not only means a lack of income, but an event missed by thousands of people who look forward to this annual occasion.

However all is not lost, as a Virtual Event took place on Sunday, 17 May, with photos and videos of some of the gardens which took part on the Sustainable Living in the Heatons and Heatons Open Gardens websites.

As I'm sure you are aware, your local Rotary Club tours the streets in December with Santa and his Christmas float, which they have done for over 30 years. Sadly, this could be in doubt come December.



If you think you might like to continue to support Lamplighters, there is one simple way without it costing you anything at all. Many of you purchase products online and there are over 4,000 suppliers who will make a small donation to our charity if you register with Easy Fundraising. These donations will enable us to help those a little less fortunate than ourselves.

If you wish, you can also make a direct donation to the Lamplighter Charity account, details are on our website. See: www.lamplighter.org.uk

For photos of the gardens, see: www.slheatons.org or www.heatonsopengardens.net
Thank you for your support.



AWARDS FOR LOCAL HEROES

Andrew Gwynne, MP for Denton and Reddish, has opened nominations for Citizen's Awards to recognise the efforts of local heroes who have gone above and beyond for the people in their communities.

Coronavirus has brought with it unprecedented anguish. People from across the country have found themselves in dire situations unimaginable just a few, short months ago. In Denton and Reddish, there have been many heart-warming stories of constituents lending a hand (from a safe distance, of course) to those in need.

There have always been local heroes in Denton and Reddish, working quietly and often unnoticed on behalf of others. Coronavirus has simply raised the profile of their amazing work, the demand for which is higher than ever before.

Andrew Gwynne would like to recognise local heroes with a Denton & Reddish Citizen's Award. Constituents are being encouraged to nominate people in their local community who they believe have gone above and beyond to support those in need, both before and during the Coronavirus pandemic.

Nominations will be assessed by a judging panel, with winners announced on a monthly basis. Andrew Gwynne MP said, "I am delighted to open nominations for the Denton & Reddish Citizen's Award to recognise the efforts of our local heroes."

"I have been overwhelmed with stories about the amazing, supportive work of so many in Denton and Reddish during the Coronavirus pandemic. Regardless of whether the work of your local hero is Coronavirus related or not, I would encourage you to nominate them for a Denton & Reddish Citizen's Award, so that their efforts can be recognised and we can all express our thanks."

You can nominate your local hero on Andrew Gwynne's website: www.andrewgwynne.co.uk

All nominees need to either live or have carried out commendable work in the Denton and Reddish parliamentary constituency. If you are unsure, you can enter the postcode online to find out if they are within constituency boundaries at: members.parliament.uk/constituencies/

LOCAL SCHOOLS UPDATE

KEEPING IN TOUCH

by Daniel Wright, Headteacher, St. Anne's RC High School

As a Headteacher, you need to have a great team with great ideas around you - and to bring what is important back into focus. At a time when I'm constantly planning for the future and dealing with an ever-changing educational landscape at the same time, Assistant Headteacher Sarah Hibbert insisted that a video message for our community was vital and set about coordinating it. The video was about letting our students and their families know that we are thinking of them - and that we love them!

What happened next was utterly surprising. We track our social media posts using analytics - typically, something like a "Monday Morning Prayer" post will get a reach of 100-150, whereas something like

GCSE results updates will hit 500-600. The reach on our video has just passed 8,000 and is still climbing!

I was completely unprepared for the response. You see, turning a school around is a challenging endeavour and it is critical to get engagement from parents, but actually achieving it often comes in surprising ways. One parent rallied the troops on Facebook and we got a "Homeschoolers" response video. I'll own up, I shed a tear when it dropped in my inbox and immediately picked up the phone to the parent in question to thank them. I posted it on Microsoft Teams for our staff and they were absolutely made up - it's helped us all at this time. Thank you to our community!



PHOTO: Assistant Headteacher Sarah Hibbert

HOME-SCHOOLERS UNITE

by Nicola Anderson

After receiving a wonderful video message from St. Anne's RC High School supporting parents that are home schooling, I was so moved that I hopped straight on to the Facebook parent and carers support group to share the video. I then had the idea to do a video reply to say 'thank you' to all the teachers.

I asked the group if anyone would like to do a reply video and, within the day, I had enough people that were up-for-it. Each person chose a word to be included in a photograph to make up the thank you message - I chose the word 'Homeschoolers' for me and my son.

When pictures started to drip through I felt excited at the prospect of pulling this off. I was also loving the opportunity to be creative again now that all my work as a graphic designer has dropped off.

With the video finally complete, I emailed the Head at 9 am. Mr Daniel Wright phoned me, saying it moved him to tears and that he couldn't wait for the staff to see it - they all loved it too. The video can be viewed at: www.octobercreative.co.uk/blogger

HONING NEW SKILLS

by Sian Williams

Reddish Vale High School recognises that it has never been more important to celebrate the achievements of our pupils. The challenges our pupils face in these uncertain times are immense, and they continue to make us proud every day.

We are seeing great dedication, lots of hard work and many of our pupils developing key skills such as baking and sports.

Baking has become a popular choice for many of our students to showcase their food technology skills at home. One of our year 7 students has baked an apple pie, cookies and brownies for his family. Moreover, another student used baking as a cross-curricular technique in order to develop her modern foreign language skills, baking a Spanish tortilla using a recipe written in Spanish.

As well as baking, a number of students, including those who remain in school as children of key workers, have been completing fun activities such as a daily workout with Joe Wicks, using artistic skills to create bright, cheery posters in support of the NHS and key workers, and staff and students have been giving a helping hand on the farm.

VE Day offered students the opportunity to decorate their homes in light of the special occasion - we are extremely pleased with their displays and to see the progress of our students' artistic abilities.

Reddish Vale are extremely proud of our students and families, please have a look at our "Working from Home" Newsletter, which showcases their excellent work. This can be found on our website and by following this link: www.reddish.stockport.sch.uk/news/?pid=7&nid=15&storyid=380

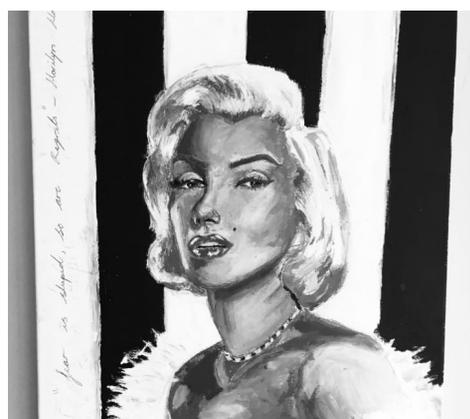


PHOTO: Art by Lily Fisher, RVHS Student

MERSEY VALE WORKING TOGETHER FOR A BRIGHTER FUTURE

by Aleck Aspinall & Jayne Mullane



Like everyone, children and staff at Mersey Vale Primary School have had to adapt to a new way of life.

Since 23 March, the school has been open to a small number of children; mainly those of essential key workers, with the vast majority of pupils staying at home. Staff have been encouraging children to do home learning using a variety of resources, whilst stressing the importance of staying healthy, happy and being kind and supportive to each other in these challenging times.

Many children have completed daily English and Mathematics lessons as well as activities from other curriculum areas, whilst also understanding the valuable learning from 'everyday' activities. Cooking, baking, creative play, budgeting/meal planning, exercise, helping with chores, listening to music or audiobooks, and writing letters all develop lifelong skills and help us to maintain our mental wellbeing.

The children in school have also been very busy. Each week they've worked with a team of adults and have experienced a wide range

of activities; from making a Subbuteo table from scratch to creating blue heart banners which recognise the hard work of the NHS. "It's been lots of fun doing all the different activities and having the school almost to myself. My favourites are baking and gardening," said Dawood from Year 3.

Every member of staff, whether in school or working from home, has been working hard to support our children and families, even delivering lunches or food boxes to homes and creating a whole staff video message. Staff have been in touch with all of Mersey Vale's families and have enjoyed finding out what they have been up to. Children have been sending pictures of the tasks they've completed or the activities that they've taken part in, including ways in which they have shown support for the NHS and celebrated VE Day.

So, the last two months have been very different! It's not the same as being together as our Mersey Vale family though and we really miss our fabulous children. We look forward to everyone gradually returning to school when it is safe to do so.

RECOMMENDED BOOKS FOR JUNE

This month's recommended reads from the Heatons Post team and members of the community.

Fiction

The Song of Achilles

by Madeline Miller

A different story about the Greek hero which sees a young prince, Patroclus, exiled by his father and sent to live with King Peleus and his son, Achilles. Despite their differences and the displeasure of Achilles mother, the sea goddess Thetis, the two boys become inseparable, with Patroclus following Achilles to war against Troy and his destiny.

Non-Fiction

I Know Why The Caged Bird Sings

by Maya Angelou

The first of seven volumes of autobiography, I Know Why The Caged Bird Sings evokes Maya Angelou's childhood with her Grandmother in the American south during the 1930s. Her story is one of discrimination and poverty, but also one of hope and achievement.

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!

Young Adult Fiction

The Hunger Games

by Suzanne Collins

With the prequel to The Hunger Games, The Ballad of Songbirds and Snakes, having just been released, now is the perfect time to read the original trilogy which sees Katniss Everdene step forward to take her sister's place after she is selected to represent her district in the annual contest. In this dystopian world, twelve boys and girls must compete in The Hunger Games, where the only rule is: kill or be killed.

Children's Fiction

The Wizards of Once

by Cressida Cowell

Xar is a wizard boy who hasn't yet come into his magic and wants to steal a witch's magic for himself. Xar has to travel to the Badlands to find a witch, but comes across the warrior girl, Wish. This story is about what happens when the worlds of two people, who have been taught to hate each other, collide.

CULTURE

THE BEAUTY SPOT NEXT DOOR

In the Heatons and Reddish, we're so lucky to have such an array of natural beauty spots on our doorstep. Just a little game to whet your appetite for more local exploration - can you name these Stopfordian locations? Answers on page 13.

Photos thanks to Phil Foster, Heaton & Reddish Walkers



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 all this time hubby and I are spending together...we've started finishing each others sentences...mostly with 'SHUT UP'

'Anyone else stockpiling wine?'
'Just you madam...'

'I think I'm going insane...'
'There are two unnecessary words in that sentence dear...'

'I'm sick of watching all the Covid news related stuff...anything else on?'
'There's that new drama 'Quiz'...?'
'Oh yes? What's it about?'
'Errr...coughing...'

'This lockdown is turning me into a right old moody ratbag...'
'That's not the lockdown dear...'

'We need more wine...'
'If we don't come out of this looking like Pavarotti with a big red nose to match, I'll be very surprised...'

'I'm wondering how to get out of watching Gardener's World with the wife...'
'Start coughing...?'

'Y'know that crashing Sunday morning chorus of all the bottles being dumped in recycling...it seems to be every morning these days...'

'Oh look...here's a copy of that new free sheet I was telling you about...it's really good...and that #RandomOverheard has a column...though it won't be much now I suppose with all the bars shut. Oh...it's here...look...and still funny too...'

POETRY & MUSIC

GOODBYE COUNTDOWN TO THE BLUES

by John Delaney-Willis

*I have traced the turn of a shell
in its perfect curve.*

*Heard the blare of geese
crossing a darkening sky.*

*Seen the setting sun roll
behind the Great Wall.*

*But I never found time to say
thank you.*

*I have followed the line of Lapwings
as they moved across a field.*

*Felt warm rain as it seeped through
summer shoes.*

*Stumbled across a bluebell carpet
in a secret place.*

*But I never took time to say
thank you.*

For showing me the world.

Shrouding me with love.

Being patient

*But in that room,
there was only time to say*

goodbye.

by Andy Rayner

This month is a significant one for blues guitarist Norman Beaker. He marks fifty years in the business by releasing a new album, *Running Down The Clock*, and celebrates his 70th birthday. For those not in the know about this local legend, Heaton Moor resident Norman is a hugely respected figure in British blues who has played alongside such luminaries as B.B. King, Buddy Guy, Jack Bruce and many others. In January 2017, he was given the ultimate accolade of being inducted into the Blues Hall Of Fame, joining such giants of the genre as Eric Clapton, Peter Green and John Mayall as one of the few British musicians to be accorded this honour.

Norman should have been marking the occasion by partaking in a 50-date tour, but of course circumstances at the moment make that impossible. Instead, blues fans are obviously taking comfort from his new offering which had risen to number two on the iTunes UK Blues chart within days of release. Recorded in Zagreb, Croatia, with bass player John Price and drummer/producer Leo Baltazar, the album seeks to encompass all the influences Norman has soaked up over his long career.

Kicking off at a cracking pace with the opener *Take Me To Your Pleasuredome*, things soon veer off in various directions and any preconceptions that this may be a collection of your run-of-the-mill 12-bar blues is soon dispelled. The 18-track recording stays true to its blues roots whilst visiting other genres such as rock, country, soul and rockabilly.

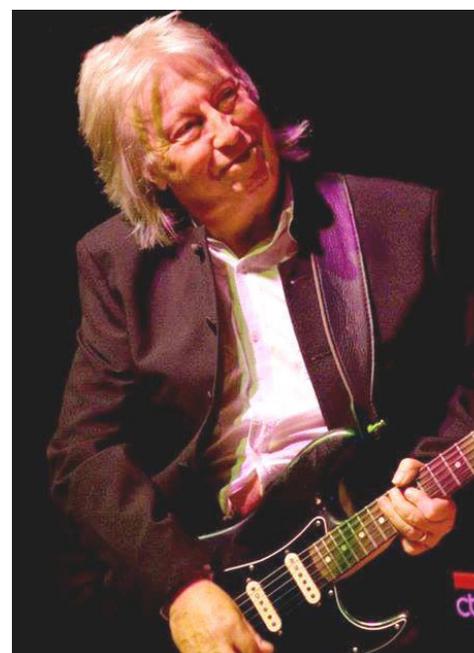
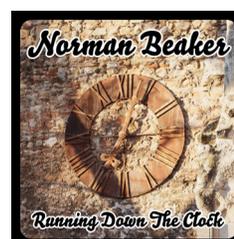


PHOTO: Norman Beaker



Stand out tracks include the mellow *What We Do For The Blues*, *What Am I Doing Here* with its gospel-tinged chorus and the Bo Diddley influenced *Feeling From The Start*. Available to download now, the CD release will be later on in the year.

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

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...

Celebrating and Commemorating

Mum

What did you think about on VE Day?

Daughter

It was nice that people found a way to celebrate in simple ways. We have been in such a mundane, repetitive cycle these last few weeks, it was a refreshing change.

Mum

It made me think a lot about personal sacrifice. We think we have given up so much in lockdown, but VE day really was a stark reminder that we owe so much to the wartime generation. If they had not made their sacrifices then, well... we wouldn't be living in a free society at all now.

Daughter

It made me think about how we need to be grateful and we still need to celebrate things.

Mum

Yes, me too. Seeing the images on the TV, I couldn't help but think about how hard it must have been; wives saying goodbye to their husbands, mothers having to send their babies and young children away, not knowing if they would see them again.



Daughter

I know. We are struggling to deal with not being able to see extended family and friends just in these few weeks, even though we can still contact them whenever we like. It must have been so much harder in those times.

Mum

Life in lockdown can't even compare to living through a war. Imagine the terror people must have experienced with night-time air raids. VE Day really made me think that I shouldn't dwell on how difficult things seem now and to just look forward to regaining our freedom, when we will be with our friends and families because it is safe to mix with people again.

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

VIRTUAL OPEN GARDENS

by Carol Cross

Due to the present Covid-19 crisis, the Heatons' Open Gardens organised by Rotary Lamplighters was unable to take place in its usual format. However, it wasn't cancelled as the gardeners had worked so hard - it moved into the modern age and became virtual.

Over twenty gardens of varying sizes and designs had signed up for the event which was due to take place on Sunday, 17 May. Some of them had been part of the event previously, but five were new and had a lot of interesting plants, designs and ideas to share.

If the usual pattern of programme sales had taken place, more than 750 would have been sold as the weather beforehand had been so good. That's over 1,500 visitors! However, not to be deterred, Rotary worked with Sustainable Living in the Heatons to produce professional videos of four of the gardens, each with a different style and focus - one even had hens wandering about.

As on all the previous openings, the sun shone and the skies twinkled with hues of blue, whilst the gardeners spoke on camera about their delight at being able to spend time in their beautiful gardens. Photos of the other gardens were made into a musical slideshow and both put onto the Open Gardens website.

On the day, Sustainable Living in the Heatons (SLH) organised a Zoom event showcasing the videos and photographs. There was also a talk on 'Gardening for Wildlife' by the Chair of SLH, Paul Lewis, from Green Man

Gardening. Over a hundred people signed up for the event but, sadly, a few had no sound due to a huge world wide problem with Zoom. However, those who did hear Paul were delighted with his magical tips for encouraging wildlife into suburban gardens and the whole team managed the problem magnificently.

Many texts and emails were received immediately after the event thanking Rotary Lamplighter for not cancelling completely, and for the magnificent videos by Ryan Cooper and the musical photo show created by Martyn Griffiths.

It would have been such a shame not to show the beauty and diversity of some of the gardens in the Heatons and the organisers hope that this virtual event helped ease some of the disappointment. Thanks must go to SLH and Julian Waddens Estate Agents who sponsored the video.

Hopefully, next year, the event will come back bigger and better, the sun will shine and the charities who missed out on donations from this year's event will receive substantial amounts. There is a donate button on Lamplighters website for those that the event would have been supporting this year: www.lamplighters.org.uk and also on www.heatonsopengardens.net

Photos and videos available at: www.lamplighters.org.uk and www.sheatons.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



Hillcrest Avenue



Mersey Road



Alderdale Avenue



Alderdale Avenue



Alderdale Avenue



Peel Moat Road



Hillcrest Avenue



Mersey Road



Peel Moat Road



Priestnall Road



Priestnall Road

YOUR ENVIRONMENT

ADVERTORIAL

BEING 'GREEN' SHOULD NOT COST THE EARTH

by David Chapman

LED light bulbs:	What we've done:	What you'll do by taking LEDs:
<p>Are 80% more efficient than traditional light bulbs</p> <p>Reduce your carbon footprint by up to a third</p> <p>Last much longer... and they're 100% RECYCLABLE</p>	<p>Installed 4 million LED bulbs in 100,000 UK homes</p> <p>Saved over 100 million kWh of electricity</p> <p>40,000,000 KGs of CO₂ saved</p> <p>That's the equivalent of planting 160,000 trees</p>	<p>Save 140 KG of CO₂ every year</p> <p>That's the weight of a giant panda</p> <p>Help us do the equivalent of planting 500,000 trees over the next 4 years</p>
<p>Green tariffs are no substitute for energy efficiency.</p> <p>LEDs significantly reduce your energy usage over the long-term.</p> <p>Together we can make a significant dent in the UK's carbon footprint.</p>		
<p>UTILITY WAREHOUSE</p>		

Utility Warehouse has recently rebranded and, at the same time, has introduced a number of new Green measures, making it now one of the Greenest companies you can use to provide essential services to your home.

Utility Warehouse started the environmental journey by providing qualifying customers free L.E.D light bulbs more than 4 years ago. An initiative which has seen over 4 million light bulbs installed in 100,000 homes across the UK, saving over 100 million kwh of electricity.

The company is now delighted to announce 100% renewable electricity at no extra cost than it's other regular tariffs. This is available to customers who take advantage of the other services the company provides which also help to reduce household costs and expenses.

Utility Warehouse will also plant a tree for each of these new customers which means 100,000 trees a year, absorbing 20,000 tonnes of CO₂.

The company, through its UW Foundation, is also working with Plastic Oceans UK to help combat plastic pollution. Funds raised will support efforts to break habits and enable

more informed attitudes and behaviours towards plastic use.

Your local Heatons Business Partner with Utility Warehouse is David Chapman. There are superb reductions on household bills, huge shopping discounts with major high street retail partners, and other fantastic benefits. The switching process is simple, with no hassle or stress for new customers - all this is completely taken care of by the company.

For more information or to get a FREE cost comparison, tel: 07940 895811, e-mail: david.chapman@uwclub.net or see: www.makeendsmeet.co.uk



PHOTO: David Chapman

UW Utility Warehouse

The Beauty Spot Next Door Answers (see page 11)

- A - Reddish Vale Viaduct, Reddish Vale Country Park
- B - Cringle Park
- C - Cringle Park
- D - Heaton Moor Golf Course
- E - Vernon Park
- F - Reddish Vale Country Park
- G - Harrison's Weir, Reddish Vale Country Park
- H - Giant's Moneybox Bridge, Reddish Vale Country Park
- I - Highfield Country Park

SLH ADAPTS TO LOCKDOWN

by Diana Scotcher, Sustainable Living in the Heatons

Our plans for the Heatons Climate Action Festival in September are having to be adapted.

Coronavirus means that large gatherings are unlikely for some time to come, so we are delighted to have received a grant from Stockport Local Fund to help put the festival on in a different way. We are adapting the event to use Zoom webinars and other on-line platforms.

Keeping up with our planting and growing activities has also been a challenge. We've pruned and tended the fruit trees in our orchard in Heaton Chapel, either alone or as cohabiting couples - the blossom still looked beautiful!

The work on our raised beds for herbs and vegetables is usually done all together as a team and is an opportunity to catch up and have a chat. This spring, we've done it on

a rota - thank goodness for WhatsApp for helping with the handovers! One person weeded and pruned, another added new compost, while others came individually and put down seeds and seedlings.

We are sharing the watering, but if you are taking a walk or a bike ride and would like to sprinkle a bottle of water on our beds outside the library or Blue Corn, we'd be delighted - this has been a very dry spring.

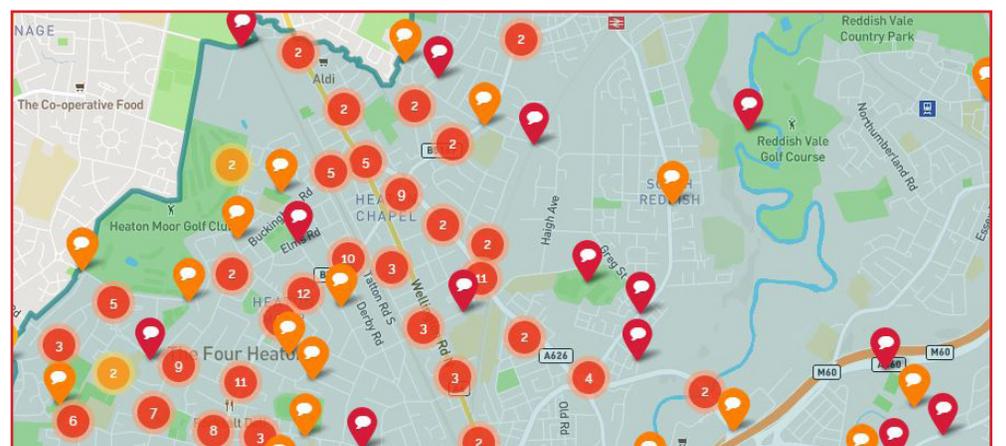
For ideas about how to make your own garden or patio a place of flowers, edible herbs or leaves, whilst also attracting bees and butterflies, please join our next Zoom event in June - The Edible Garden. See www.slheatons.org for information.

If you wish to take part in the Climate Action Festival, have useful skills or an interest to offer, please contact us at: climateactionfest@slheatons.org.



SAFE STREETS SAVE LIVES

by Rob Clark



We've all seen it: the queue for the shop, the pavement that's just too narrow to keep 2 metres apart from others, the road you can't get across without pressing a button - everyday tasks have become increasingly difficult as we try to maintain physical distancing. More people are walking and cycling round our neighbourhoods to make those essential journeys or as a way to get some exercise, and while the roads are quieter, a worrying number of cars are going dangerously fast and making us all fear for our safety.

To make these journeys safer, Stockport Council has been granted £500,000 to make quick changes. Walk Ride GM worked with the council and online consulting platform Commonplace to create Safe Streets Stockport. With just a few clicks you could tell both the council and your neighbours where there's a problem and how it could be fixed.

In less than a week we received over 5,000 contributions from every ward in Stockport (plus a few rogue comments in Chorlton and Glossop!).

There was a particularly strong showing from the Heatons, with comments including suspending parking bays to give more space for pedestrians, removing barriers and street clutter, making roads access only, and providing safe cycle routes for key workers.

None of us know how long the current crisis will last. But if we make these small changes now, we will be better able to cope with what comes next.

For more information on what has been proposed, visit: www.safestreetsstockport.commonplace.is or email: safestreets@walkridegm.org.uk

LOCAL BUSINESS NEWS

MEALS FOR IN NEED

by Lorna Lewis Latham

Local restaurants have been making and delivering meals to those most in need during the Covid-19 pandemic.

The delivery service is a partnership between the Veterans Food Co and Northern Restaurants Ltd - a 25-year partnership supporting veterans, the disadvantaged, unemployed and many more since 1995. In 2002, the partnership received an award from Nelson Mandela during the commonwealth games in recognition of their work, the only Corporate Social Responsibility (CSR) company in the UK to receive such an award.

The intention is to provide a freshly cooked, nutritional meal for 100 people in the three temporary accommodation hostels in Stockport as often as we can during these difficult times.

Cooking took place at The Moortop, La Cantina and Roost. Our chefs blended ingredients to make some fantastic homemade dishes - we are also able to continue providing food from donations.

Steve Pilling, head of Northern Restaurants, learnt his skills as a chef at the Michelin starred French in The Midland Hotel, Manchester. Along with Steve, our chefs Dave Smith and Tom Appleby helped to create the menus to deliver a restaurant experience to those Stockport residents who needed a great meal.



PHOTO: Alex Bond



PHOTO: Noel Goulding and Steve Pilling

Dishes have included Spanish meatballs with rice pilaf, cottage pie, and a delicious chickpea and vegetable curry. Steve and his team at The Moortop are feeding hundreds of people in Stockport, while Noel Goulding from the Veterans Food Co is delivering the meals to the hostels. Thanks to the guys from Roost and The Moortop, we were also able to deliver trays of food to our wonderful NHS nurse teams at Stepping Hill Hospital.

Well done to everybody involved.

For more information on The Veterans Food Co, please see: theveteransfoodco.com

SHOP LOCAL ONLINE

A local online shop is soon to be launched to help local businesses sell online and enable the community to continue to shop local and support independent businesses.

In response to the growth of online shopping, particularly during the restrictions that are currently in place, Shop4Heatons will provide a platform for small businesses in and around the Heatons to be able to sell online, and enable local residents to have access to a range of local products and services, all in one place.

Amanda Fourie, Chief Operating Officer of the 4 Heatons Traders Association (4HTA) says, "The 4HTA has been considering the idea of some form of local online shop for a while now. With the Covid-19 pandemic and the impact upon our small, independent businesses, the need for an online shop that supports local businesses and the shop local message, is more relevant than ever."

Shop4Heatons will operate in a similar way to the large, national online shops that currently exist, but without many of the hefty fees often associated with these. "The main purpose of Shop4Heatons is to enable small businesses to have access to an online shop as a point of

sale, enabling them to reach a wider customer base, and for customers to continue to have access to local businesses" Amanda tells us, "More and more people are choosing to shop online, and this is unlikely to change even when things return to 'normal'. Being able to buy from multiple local businesses - whether these ordinarily sell from a shop, market, at events, or over social media - will facilitate shopping locally and enable customers to have access to businesses and products they may not otherwise have."

"What is great about a local online shop is that it also makes it easier to send a gift to friends or family who may live elsewhere, while continuing to support a local business."

Shop4Heatons will be open to any business based in or around the Heatons. Updates can be found at www.shop4heatons.com and by following Shop4Heatons on social media. Should you be interested in becoming a seller on Shop4Heatons, please email: admin@fourheatons.co.uk



ALTERNATIVE BUSINESS SERVICES

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

Groceries & Produce

Raja Brothers	General groceries	Home Delivery	07885 939 931 (Mr Shaz)	
The Good Life	Ethically sourced, zero waste groceries	Home Delivery		thegoodlifeheatons.com
Bakerlou	Bread	Collection	07788 830 154	

Pharmacy

Boots H. Moor		Collection		
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Dining In

Black Spot Pizza	Pizza	Collection	0161 975 9043	blackspotpizza.co.uk
I Knead Pizza	Hand-stretched Neapolitan Pizza	Home Delivery	0161 222 9890	ubereats.com
Kauri Fine Foods	Freshly made meals	Home Delivery	07951 468 833	kaurifinefoods.co.uk
Casa De Moor	Mediterranean Restaurant	Home Delivery	0161 432 9999	casademoor.co.uk
The Deli Reddish	Breakfast Menu	Home Delivery		ubereats.com
The Spice Yard	Vegetable Curries & Spice Blends	Home Delivery	07834 359 272	thespiceyard.com
A Tavola	Sicilian Restaurant	Collection	07478 743 293	atavolasicilianfood.co.uk
Seashell Fish & Chips		Home Delivery		deliveroo.co.uk/
Grounded in the North	Artisan Coffee Shop, Cakes & Sandwiches	Collection	07814 686 939	Groundedinthenorth.com
Bayleaf Heaton Moor	Indian cuisine	Home Delivery	07572 502 957	Bayleafheatonmoor@hotmail.com

Beverages

Heaton Hops	Artisan Beer	Home Delivery	heatonhops@gmail.com	heatonhops.co.uk
Cork of the North	Wine	Home Delivery	07717 860 107	corkofthenorth.co.uk
B'Spoke	Coffee	Home Delivery	bspokecoffeehouse@gmail.com	bspokecoffeehouse.co.uk

Gifts/Homewares

Blue Door Flowers	Gifts	Home Delivery	0161 432 2600	bluedoorflowers.com
Kitsch Republic	Creative Homeware & Gifts	Home Delivery	07957 444 195	kitschrepublic.co.uk
Flamingo Paperie	Cards, Stationary & Craft Kits	Home Delivery	07972 352 699	heatherlovescards.co.uk
Jewellery	Jewellery, Accessories & Gifts	Home Delivery	07818 422 722	jewellery.co.uk
Ben Sedman Photography	Architectural Photography of NW	Home Delivery	07738 558 639	bensedmanphotography.com
Berlin Bespoke	Personalised Artworks	Home Delivery	07971 059 201	@BerlinBespoke
Sarah's Sensational Sweets		Home Delivery	07792 006 214	sarahssensationalsweets.co.uk
Chiselled Features By Paul	Handmade Bespoke Personalised Gifts	Home Delivery	07912 149 451	chiselledfeatures.co.uk

Business & Home Services

Nettl	Printing & Website Design	Online Services	0161 975 5203	nettlstockport.com
Heatons Physio	Physiotherapy	Video Consultations	0161 432 3232	Info@gatleyheatonsphysio.co.uk
Careers Advice South Manchester	Careers Advice Adults & Teenagers		07753 747 064	careersadvicesouthmanchester.com

To list your business and the services you are currently offering, contact: news@heatonspost.co.uk

Correct at time of going to press

LOCAL BUSINESS LISTINGS

Carrie Burke Tutor Work
Private Tutoring for Primary Children
Tel: 07758 783 321
www.carrieburke.com

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

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

Social Circle
Connecting You To New People
www.social-circle.co.uk

Interested in a Business Listing? Contact Heatons Post: news@heatonspost.co.uk

WELLBEING

LET'S TALK ABOUT HAPPINESS

by Jane Fox, BSc, MSc, HPD, DSFH, MAFSH, MNCH(Accd), Jane Fox Hypnotherapy

It is generally accepted that around 50% of our happiness is due to genetics, 10% is down to what happens to us in our lives, and 40% is down to our thoughts - the way we think about situations. If your genetic makeup turns out to be unhelpful, then you may have to take responsibility for your happiness and work a bit harder at it.

So, if our happiness levels are low, how can we take action and improve it?

- ☀ Celebrate the small victories – congratulate yourself on what you have achieved. Don't look at that 'to do' list and worry about what you haven't ticked off, concentrate instead on what you have achieved and be pleased.
- ☀ Don't let your happiness rely on something in the future – be happy now, not when you

have got a better job, lost two stone, given up smoking. Be in the present time and find the happiness there.

- ☀ If a job or challenge seems to be too big, divide it into small, achievable steps and celebrate each small victory that takes you closer to your goal.
- ☀ Be grateful – this has a tremendous impact on changing the way we think about our situation.
- ☀ Identify what does make you happy and do more of it. If something makes you unhappy, then stop doing it if you can, or find ways to cope better with it if you can't.
- ☀ And finally, be kind. Kindness costs nothing, but it makes us, and those around us, feel good.

VIRTUAL MARKET DAY

by Heather Thorpe

Join us on Sunday, 7 June from 10.30am for our next Virtual Heaton Moor Producers Market. Follow the Facebook page - Heaton Moor Producers Market - and you will be updated with Traders details as the day progresses.

On Saturday, 20 June, follow the Facebook page - Heaton Mersey Artisan Market - and from 11am, our Virtual Market will take shape there.

If you would like any information or contact details for any of your favourite Traders, just drop me a line anytime at: heatonmoormarkets@gmail.com

ONLINE CHURCH SERVICE

St. John's Church, Heaton Mersey
Every Sunday morning 9.30am - 10.10am
Worship comprising prayers, reflection & song followed by chat.
Everybody welcome.
Contact Steve Ayres
steve.ayres@projections-ltd.co.uk
for access details
to the online video portal

SUDOKU

Very Hard

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

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

	1			2			
	3						4
5					6		
				7			
8							

ACROSS

- 3 These are sometimes cuffed (6)
- 5 Noncommissioned officer (3)
- 7 Food scrap (3)
- 10 Capital of Canada (6)

DOWN

- 1 Ike's given name (6)
- 2 Consequential (3)
- 4 Bad place for a frog (6)
- 7 Pallid (3)

Puzzle source: www.crosswordsite.com

Visit www.heatonspost.co.uk for the solution



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



Jan 20 - Feb 18
Aquarius

Take a chance on yourself this month, it will surely pay off.



Jul 23 - Aug 22
Leo

This month will bring challenges, but it's nothing you haven't dealt with before. Remember your own strength.



Feb 19 - Mar 20
Pisces

Remember not to get lost in your responsibilities - your wellbeing should always be a priority.



Aug 23 - Sep 22
Virgo

Amongst unfamiliar surroundings, try not to lose yourself.



Mar 21 - Apr 19
Aries

A new start will come to Aries this month, remember the lessons you've learnt along the way.



Sep 23 - October 22
Libra

You may feel overlooked during this month. Remember, it is up to you to make your voice heard.



Apr 20 - May 20
Taurus

Make sure you consider others this month, an interaction gone south could have dangerous repercussions.



Oct 23 - November 21
Scorpio

You will find yourself very busy this month, don't be ashamed to take a minute for yourself.



May 21 - Jun 20
Gemini

Good things will come to the people closest to you, remember to not get wrapped up in envy.



Nov 22 - Dec 21
Sagittarius

Remember to approach people's issues with sensitivity, you don't know the power of your own words.



Jun 21 - Jul 22
Cancer

Someone close to you will upset you this month. Don't be too headstrong to try and resolve matters, a good friend deserves a chance at an explanation.



Dec 22 - Jan 19
Capricorn

Keep your head up. Your resilience will be tested this month, but you have the strength to pass.

PROMOTE YOUR BUSINESS IN THIS SPOT BY OFFERING A VOUCHER

for more information email news@heatonspost.co.uk



"My Grandad was a Knight... Sir Loim"
Source: www.k-boomhouse.com

SPORTS AND FITNESS

WALK OUT OF LOCKDOWN

by Phil Foster, Heaton and Reddish Walkers



PHOTO: Reddish Vale by Phil Foster, Heaton and Reddish Walkers

Have you started to exercise more but are fed up of looking at the same view? Maybe you want to get outdoors but are worried about getting lost. Do you want to meet new friends and increase your social network? Or maybe you would like to explore new places, climb new heights or just enjoy the great local parks we have around us.

Heaton and Reddish Walkers are a local, free and friendly group that help and encourage people to make good use of the great outdoor spaces we have around us. Walks range from an easy three miles around local parks, to 10 mile hikes in the Derbyshire Peaks.

All walks are free and you are welcome to join in whenever you want - you are also encouraged to create and share your own walking routes and journeys.

Walking is not only good for your physical health, but your mental health also - joining a group promotes safer walking, new friendships and of course, discovery and

adventure. There is so much to see and do right on your doorstep - Stockport is one of the greenest Boroughs with an abundance of parks, countryside and outdoor spaces.

There are also local history stories around every corner - our group encourages you to learn and share your part within it, while also increasing your personal wellbeing. You can either lead from the front or just join in at the back, enjoying your own space and escapism.

As there are still restrictions on activity, we will be following the government guidelines with respect to holding group outings. However, please feel free to share your ideas, individual walks or things you do to keep active.

Heaton & Reddish Walkers are here to help you break free from the lockdown. There are lots of inspirational walks from people just like you. Find us on Facebook.

A VERY MERSEY LOCKDOWN

by Steve Morley

It's early April, there's a global pandemic and a nationwide lockdown - social distancing, no gathering in groups, no unnecessary travel, working from home, schools are closed. Oh, and the lacrosse season is over...

Undaunted, the Heaton Mersey Lacrosse Club Juniors and Coaches were determined to show that this didn't mean the end of playing as a team, and the notion of having a bit of a virtual throw-around together began to gather speed. And why not? The sun was shining in the sky, there wasn't a cloud in sight, and all that was needed was a lacrosse stick, a loo roll and a sense of fun.

It began in a sun-dappled back garden in Heaton Norris when one of the coaches found a "mysterious" loo roll on her back lawn. She picked it up in her lacrosse stick, passed it off to a teammate on her left and away we went. Player after player, coach after coach, catching the loo roll, doing a little trick, and passing it on until, after 35 passes, it was put nicely into the top corner of a handy goal in Heaton Moor. Possibly the best team goal EVER!

For the avoidance of doubt, no loo rolls were injured during the making of this film - although the odd one was chucked into a neighbour's garden by mistake - Oops!

The video has been shared all around the world by the lacrosse tribe, friends and family, and has brought big smiles and a sense of togetherness to all.

PASS IT ON

by Dr. Jenny Scott, Heaton Mersey Ladies Lacrosse Captain last season

On 16 March, amongst anxiety inducing news announcements and the panic buying of pasta, the England Lacrosse Association cancelled all lacrosse activity across the country.

As with all team sports, this meant the loss of regular physical activity, but more importantly, the potential loss of contact with friends, team mates and a community. However, the Heaton Mersey Lacrosse family were inspired by its junior members who created a "pass it on" lockdown loo roll video.

In between scary statistics and seemingly endless bad news, the video was a beacon of light reminding us of laughter, teamwork and most importantly lacrosse! All sections of our wider family got involved, with videos and challenges from our coaches; juniors, ladies and mens teams, and shortly followed by the rugby, cricket and tennis sections.

The video we created features members of the ladies lacrosse team - different ages, different occupations, and different interests - all brought together by their love for lacrosse.

As part of the team, we have friendship without condition, roles without responsibilities and support without judgment. The power of sport brings us together as a community, even when we can't play, practice or see each other. WhatsApp groups, Zoom chats and "wall ball" will keep us going through lockdown, but we cannot wait to practice together again soon!

REPLANTING FUND BLOOMING

by Lyndsey Alexander

Whilst Heaton Moor Golf Club, situated on Mauldeth Road, was closed to golfers due to Covid 19, it welcomed visitors during this time. Many local residents availed themselves of the opportunity to exercise in the lovely weather, making the most of this urban oasis.

Grateful visitors contacted the club as they wished to donate by way of thanks. In response, the Club set up a crowdfunding page to raise money for replanting trees as a number had been destroyed by disease and storms. The original target of £500 was quickly surpassed, so this was extended to £1500 and, at time of writing, this was also achieved.

The generosity of the Heaton community at a time of crisis was astounding. This will go a long way to help the replanting programme and protecting the environment for future generations.

The Wildlife hunt and 'Spot The Duck' proved popular with the kids - Jed and Matt, the Greenkeepers, having hidden yellow plastic ducks up trees - and the course was popular with runners, walkers, cyclists and families, as the wide open fairways enabled easy social distancing. Many locals hadn't visited the course before and didn't realise what a beautiful space we have on our doorstep.

The wildlife was out in force - the heron made regular appearances on the pond, the foxes were occasionally seen sunbathing,



and lots of birds including the parakeets and woodpeckers were in evidence.

This amazing environment has already inspired some to contact the club with a view to joining with one of the amazing offers for new members. The golf academy is available if you wish to try your hand should you have not played before, providing tuition and equipment to get you going. A great sport, in a great environment, in a great community. Come on down and join in!

For more information on membership, contact: www.heatonmoorgolfclub.co.uk/join or phone: 0161 432 2134.



To view the video visit: www.facebook.com/TheHeatonsSportsClub/videos/528169361206949/

HEATONS CHARITY CHALLENGE

The Heaton's Charity Challenge is coming this summer!

With local charities missing much needed fundraising opportunities this year due to the cancellation of local events, a challenge has been set for the Heaton's community to participate in a charity distance challenge throughout July and August.

Whether out for your daily walk, jog or cycle, or at home on a treadmill, exercise bike, or cross-trainer, we are asking participants to make a note of their daily distance. Each Friday throughout the challenge, the distance for that week can be submitted and weekly totals will be combined to see how far has been covered - can we make it as far as Paris...Barcelona...or further?

Participants are asked to make a donation of £5, with all funds raised to be split equally between Stockport Lamplighter Rotary, Supportability, and The Samaritans. Donations are welcomed from non-participants who would like to support these locally-based charities.

For more details on how to participate and donate, please see: www.fourheatons.co.uk/product/heatons-charity-challenge/