

FREE

HEATONS POST

INFORMING, INSPIRING AND CONNECTING THE HEATONS & REDDISH



MILLIONS TO TRANSFORM WALKING & CYCLING IN THE HEATONS SEE PAGE 2

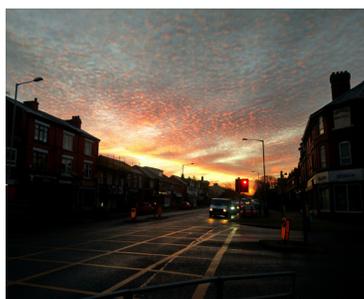


HEATON MERSEY LACROSSE PLAYERS SELECTED FOR ENGLAND UNDER 17s SEE PAGE 12



HEATONS RESIDENT WRITES FIRST BOOK TO HELP BEREAVED CHILDREN SEE PAGE 5

READ ALL ABOUT IT!



HEATONS POST



Photo Credits: James Emmerson, Christina Cain, Phil Page, Emmanuel Casey, Daniel Rosenbaum

A NEW MONTHLY COMMUNITY NEWSPAPER LANDS IN THE HEATONS AND REDDISH

The Heatons Post is a free publication dedicated to informing, connecting and inspiring the residents of the Heatons and Reddish.

The paper is a collaboration between Amanda Fourie, the current Chief Operating Officer at the 4 Heatons Traders Association, together with the founders of the annual Heart of the Heatons festival, Mel Page and Suze Howell.

Amanda said: "There is so much great stuff happening in the Heatons and Reddish, but there's no way of spreading the stories that matter to people in our community. With the demise of local journalism, news of what's happening falls through the cracks."

Mel and Suze agree, "When working on Heart of the Heatons, it was obvious that there was no single

place for local people to share the community goings-on and find out about the stories that matter here on our doorstep. So, when Amanda asked us if we'd like to be involved, we said yes, without hesitation."

Community groups, sports clubs, schools and local businesses have been positive about the venture and already there have been numerous articles submitted.

Mel said: "The response has been overwhelming, and without the advice and support from many wonderful folk, we wouldn't have gotten this far."

The paper has received funding from locals who have generously donated money through crowdfunding – search for 'Go Fund Me Heatons Post'. Further funding will continue to be sought through local funding pots and will help towards the running of the paper, particularly print and distribution costs.

Local residents are urged to get involved by letting the team know of any news that should be covered, or by volunteering time to write, edit or help with distribution.

Amanda adds, "Heatons Post is your paper. It's a great opportunity for budding journalists or young people wanting work experience to learn new skills and give something back."

The first few issues will be distributed throughout the Heatons and Reddish in community spaces, shops, eateries and other local businesses, with the hope of future door-to-door distribution dependent on funding. An online copy can be found on the Heatons Post website: www.heatonspost.co.uk

ENJOY READING THE HEATONS POST! PLEASE LEAVE FOR SOMEONE ELSE TO READ OR PASS IT ON TO YOUR NEIGHBOUR

COMMUNITY NEWS

THE POWER OF MUSIC



Author: Nick Shaw

Everyone has a favourite song. A tune which transports you back to a special moment; which can make you cry whenever you hear it; a melody that makes you smile wherever you are, just thinking about a special time when you heard it. Research has shown that music has an incredibly powerful impact on the brain, and a particularly strong impact on memory. For that reason, more and more people are using music as a method for allowing people living with dementia to access their memories. Which is why we set up the Dementia Disco.

When my dad was diagnosed with Alzheimer's, my sister, Kate Darby, and I looked around for a dementia group which would cater for music lovers like my dad, who's in his 60s and into Bruce Springsteen, Fleetwood Mac and Eric Clapton. The groups we went to were wonderful, but the music was usually war songs - not really my dad's thing. When we couldn't find anything designed for people who loved popular music, we decided, along with a friend of ours, Philippa Bostock, to set up our own event: the Dementia Disco was born.

We held the first disco in July 2019 and were overwhelmed by the number of people who came, and the warm positive atmosphere in the room. We now run discos from 5-7pm on the fourth Saturday of every month at the Heaton Mersey Conservative Club on Didsbury Road and have maintained the same format for each one: it's free; the Club provides a wonderful hot-pot, tea and coffee for free; the bar is open; and the people who attend choose the music (it's always an eclectic mix!). It is wonderful to see people chatting about the music and getting up on the dance floor to shake their thing!

Please join us!

OH NO IT DOESN'T! OH YES IT DOES!

'CINDERELLA' PANTO COMES TO REDDISH



Fresh from their summer show, local festival Reddfest and the Christmas light switch-on, KITES theatre group are back this February half-term with their brand new panto, Cinderella.

Audiences should expect the usual slapstick, emotional solos, fabulous dancing – especially from the junior chorus – amazing costumes, make-up, lighting and staging. Watch out for an end of show song that will have you out of your seat joining in.

Alongside the nineteen cast members, volunteers also take on the roles of costume-makers, stage manager and crew, make-up, sound and backstage on-the-night help.

This year's panto is Bekki Chetwyn's debut as writer and director. It's also a first for Erin, who will play the all-important Cinders, gaining confidence through the support of the proud KITES family to take on this starring role.

Sasha Kenyon, who organises the marketing for KITES said, "It's our junior chorus that make it; without their hard work and commitment we'd be nothing. They learn all the dances in a matter of months and can put our adult cast to shame!"

The drama group has been going since the late 1980s and welcomes local people from all different backgrounds – with their current youngest member being 4 through to 72 years young. The group is volunteer run, self-funded, and is free to join in.

Children have a chance to take part in a theatrical

production, to learn singing and dance-routines and can take part without the cost of a subscription to a drama school. Adult members enjoy the "challenge" of a stage production and whilst the group strive for great production, they have fun along the way.

KITES are always on the look-out for new members, particularly in September when they start rehearsals for their next pantomime. Sasha said, "Even if you think your talent is well-hidden, we are sure we can help you to find it!"

Where: Cinderella is on at Compass Point, Stockport Sunday School, 90 Nangreave Road, SK2 6DU

Type: Family Friendly

Dates: Wednesday 19 February to Saturday 22 February

Time: 7:30pm

Tickets: Buy online
www.ticketsource.co.uk/kitesgroup

Price: Adults £6.50, Children £4, £4 for all on the Wednesday

Refreshments, including home-made cakes, will be on sale at the interval.

Find out more about KITES:

Facebook- Kites Theatre Group
Email - admin@kitesgroup.com
Website - <http://kitesgroup.com/>
Phone number – 0161 282 7876

K.I.T.E.S.

SHED LOADS OF SUPPORT



Author: John Lepine

After retiring at the end of May last year and looking forward to slowing down a bit, John Lepine became concerned that he may become a little isolated. While having his lovely family around him, John was aware that he had few friends in the area where he lives.

Following a suggestion to investigate Men in Sheds, John looked the group up and went along to find out a bit more. John says, "I have learnt a lot, met some great people, and feel I've put a little bit back into the local community."

Recent projects undertaken by Heaton's Men in Sheds (HMIS) include: refurbishing the bench in the grounds of St Paul's Church, collaborating with Friends of Heaton Norris Park to rebuild and paint their planters and bins and helping the children of Tithe Barn School to realise their design for an insect hotel for Heaton Chapel Station.

HMIS are currently repairing the platform at Mersey Vale dipping pond and constructing a second sign for Heaton Chapel Station. As part of the Heart of The Heaton's event in October, the group ran a special free event to help people avoid becoming victims of internet fraud.

In addition to these fantastic projects, John goes on to say, "We are also very proud of our chairman Anthony (Will) Williams who was recently awarded Shed Volunteer of the Year at the UK Men's Sheds Association annual event."

If you would like to find out more about HMIS, they meet twice a week: Mondays at 1pm at St Paul Church Hall, Heaton Moor in the Hall behind the church, and Wednesdays at 7pm, in the workshop in the cellar, beneath the church.

The group also meet to offer computer help at 7pm on the 1st and 3rd Thursday of each month at The Moor Club.

Contact HMIS via their website:
www.heatons-mis.co.uk



MILLIONS TO TRANSFORM WALKING AND CYCLING IN THE HEATONS

Author: Rob Clark



A local community group has helped secure £3.2 million to make the Heaton's a better place to lead healthy, active lives.

In early 2019, local residents, inspired by work taking place in neighbouring Levenshulme, formed Walk Ride Heaton's (part of Walk Ride GM) with the goal of 'making the Heaton's a better place to walk and cycle'. Following a number of public meetings and stalls at events, they worked with Stockport Council to create a bid for a scheme encompassing the four Heaton's – and in November, the scheme was approved.

The Heaton's Active Neighbourhood is part of the Bee Network, a ten-year, £1.5 billion scheme that will connect every neighbourhood and community in Greater Manchester, creating a 1,800 mile walking and cycling network.

An active neighbourhood prioritises 'active travel' – movement on foot, bike, trike or scooter. New, safe, high-quality routes will be provided to help you get around, whether you're going to school, work, the shops, visiting friends or just enjoying your local neighbourhood. Rat running will be discouraged by filtering roads, and pavements and crossing points will be improved so that major roads are no longer a barrier.

Most importantly, the community will be creating this scheme. Residents and traders know their area best and will be playing a key role in ensuring that the active neighbourhood achieves its goals.

It's still early days for the scheme. There's a lot of work to do and ideas to try out. Expect more information in the next few months. In the meantime, you can contact Walk Ride Heaton's on Twitter or Facebook, or email heatons@walkridegm.org.uk

Photo: Some of the team got to meet Chris Boardman, Greater Manchester's Walking and Cycling Commissioner. Chris is leading on the Bee Network and makes the message behind active neighbourhoods clear: 'This isn't about people riding bikes, it's about creating healthier, better places to live, more economically robust areas [...] and giving people a real and attractive alternative to driving'.

MARTYN'S LAW

A LETTER FROM MARTYN HETT'S MUM, FIGEN MURRAY



Dear Friends

They say that time is a good healer. 2.5 years have passed, yet I still struggle looking at his photo on the windowsill when I draw the curtains. I still can't look and smile back at him. Maybe it is the guilt that I feel as a mother as I slept through the moment he died. I was woken up ten minutes later by one of his sisters. Maybe it is simply that my heart is too heavy with the pain of missing him so terribly. Knowing I will never see him again is just too big a burden to carry right now.

Losing Martyn changed everything, and we all had to accept our new normal. I instantly knew that my job as a self-employed counsellor and life coach had come to an end. As Martyn's murderer was so young, I felt I needed to talk to young people about the dangers of radicalisation and I have up to now spoken to around 6,500 children.

And then there is Martyn's Law. This came about when my husband and I went to a small concert in Manchester. I took my tiniest handbag with me to make the bag search easier. When we arrived, there was no security check. I was stunned and two weeks later decided to set up a petition to bring in Martyn's Law. I wanted the government to enforce venues to do mandatory bag checks and introduce metal detectors. After months of research, phone calls (even a Skype call to a lecturer in large scale security at Harvard University), meetings with Counter Terrorism police and talking with venue operators I realised that security was a complex issue that one size did not fit all. Venues were concerned about cost implications, the public being

unnerved, queues forming outside if security checks take too long inside. However, there are solutions to all these concerns.

Halfway through my journey I received a phone call out of the blue from Brendan Cox. Brendan had lost his wife Jo to a terror attack. He said he believes it is a great idea and he wants to help me. He introduced me to Nick Aldworth, who at the time worked as Metropolitan Police Services Counter Terrorism Protective Security Lead for London.

Nick eventually put together the document called Martyn's Law as he had the professional and legal knowledge to do so.

Martyn's Law is a proposed piece of legislation that aims to increase and legally standardise security and counter-terror policies at public venues. It has five components:

- 1) Venues ensure that a proportion of their staff undergo freely available counter-terrorism training
- 2) Venues conduct vulnerability assessments
- 3) Venues mitigate the risks created by vulnerabilities
- 4) Venues have a counter-terrorism action plan
- 5) Local authorities would need to plan for the threat of terrorism (e.g. council could

organise a change in traffic light timings for a short period to ensure a football stadium or concert hall empties quicker by allowing traffic to move faster)

There is legislation that determines how hot food needs to be in restaurants and cafes, or how many toilets are required at public venues, we have fire evacuation plans and health and safety at work acts, yet there is nothing to protect us from terrorist attacks. Times have changed. Terrorism is a reality we all have to take into account and I for one feel very strongly that venues have a responsibility to keep their customers safe.

Manchester City Council are now voluntarily adopting Martyn's Law and it looks like No 10 have realised its importance. The government has come forward last week to pledge 100% support for Martyn's Law and I will be meeting with government officials very soon to discuss next steps. On 1st January I went to Martyn's tree. Opposite our house is a park and I had a Gingko Biloba tree planted in his memory. I walked over to the tree that morning at 8 am and promised him I will do my best to make it happen this year. I did not expect things to progress so fast but am obviously delighted.

The Heatons Post congratulate Martyn's family on what they have achieved and wish them all the best for the future.

LETTER FROM THE EDITORS

Globally there are many issues that can seem so far out of our control: climate change, the UK leaving the EU, global health emergencies - the list is long. But locally, here at a 'grassroots' level, there are people making an impact.

The phrase, 'think globally, act locally' came to mind as we sat and met with various contributors to this issue. There is so much happening in the Heatons and Reddish that we should be proud of; not just the plethora of wonderful local businesses providing us with services, food, drink and entertainment, but the ideas, the passion, and the goodwill of groups and individuals who genuinely help to make this area, and the world beyond it, a great place to live, work and play.

In our first editors' meeting, we posed the question: what makes a good story in the Heatons and Reddish? What do you really want to hear about? We don't have all the answers, but in this first issue, we've given it a good go. Numerous community groups and local individuals have contributed; we started off thinking the paper would be 8 pages, but we soon filled 12.

We hope this issue is full of the things that you want and need to know about in the Heatons and Reddish. And if not, tell us what should be in your paper: email us on news@heatonspost.co.uk or find us on social media @heatonspost.

There's nothing like a new decade to kick-start a new venture; it's success will be measured by your feedback. So, enjoy.

The Heatons Post team

MEET THE TEAM



Suze Howell
Heatons Post Team



Amanda Fourie
Heatons Post Team



Mel Page
Heatons Post Team

LIST OF CONTRIBUTORS

Design: Gemma Rachael (gemmarachael.com)

Printer: Reach Printing (reachprintingservices.co.uk)

Thank you

To all our funders who have donated through crowdfunder 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



Enjoy reading the Heatons Post!

Please leave for someone else to read or pass it on to your neighbour.



STOCKPORT FOODBANK SEES BUMPER RESPONSE

Author: Lindsey Farrelly

Staff and volunteers at Stockport foodbank have been completely overwhelmed by people's generosity this Christmas. The foodbank operates from six locations across the town, including St Martin's Church on Didsbury Road. Last year it gave out food packages to feed over 14,000 Stockport residents.

For the last four years it has organised a Reverse Advent campaign, encouraging people to think of others during December by giving an item each day instead of taking a chocolate out of an Advent calendar! This year was by far the most successful campaign with many individuals, families, schools, churches, businesses and other organisations supporting the campaign.

Nigel Tedford, the manager of Stockport foodbank, commented "We have been overjoyed with the amount of donations we have received, both produce and financial donations. Each and everyone of them is greatly appreciated, from young children using their spends to buy produce to Stagecoach Buses delivering a whole bus load of produce that had been collected from their Stockport employees."

In fact, the campaign has been so successful that the warehouse is completely full and the foodbank is now busily processing all of the produce. Nigel explains "We now have the mammoth task of sorting and dating all of the produce. If anyone would like to lend a hand with this please get in touch at stockport@stockportfoodbank.org.uk

THE LISTENING WALK SAMARITANS WORKER TO WALK TO ALL BRANCHES



Author: Chrissie Gibson

David Matthews is walking to all 201 Samaritans branches in the UK and the Republic of Ireland, amounting to a total of 6000 miles. David's aim is to raise awareness about Samaritans, raise money and encourage more people to volunteer.

David came to see us at the Stockport Branch in the Heaton's Centre at the beginning of November - he stayed to do a shift on the phone and afterwards, The Bay Leaf treated him to dinner!

David's story has been featured on BBC North West and BBC Radio 2 and some of our volunteers walked with David as far as Disley to hand him over to the Buxton Branch. To follow David's progress go to: www.thelisteningwalk.co.uk.

For information about Samaritans, including how to volunteer, go to: www.samaritans.org



GET INVOLVED

VOLUNTEER JOB POSTINGS

| |
|---|
| Friends of Heaton Moor Park Job: Various Hours: As much as you want When: Anytime! Contact: www.heatonmoorpark.co.uk |
| Marie Curie Job: Hand out daffodil pins for the Great Daffodil Appeal Hours: 2 When: February & March Contact: www.mariecurie.org.uk/collect or call Julie Peters on 0161 255 2809 |
| Wycliffe Congregational Church Job: Gardening and litter pickup Hours: As much as you want When: Anytime! Contact: wycliffechurch@outlook.com |
| Heaton Moor United Church Job: Furniture set up Hours: As much as you want When: Monday mornings & Friday afternoons Contact: Sharon.Heginbotham@heatonmoorunitedchurch.org.uk |
| Stockport foodbank Job: Sorting donations Hours: As much as you want When: Anytime! Contact: stockport@stockportfoodbank.org.uk |
| Samaritans Job: Various Hours: As much as you want When: Anytime! Contact: www.samaritans.org |
| Parkrun Job: Various Hours: Varied When: Sat from 8am Contact: www.parkrun.org.uk/register |

COMMUNITY GROUPS

| | | |
|---|---------------------------------------|---|
| Sustainable Living In The Heaton's info@slheatons.org | 10:30 1st Saturday monthly | Moor Top Pub, 172 Heaton Moor Rd, Heaton Moor, SK4 4DU |
| LOVE Heaton Chapel karishma.chandaria@gmail.com | 19:00 2nd Tuesday monthly | Feed, 393 Manchester Rd, Heaton Moor, SK4 5BY |
| Hubs In The Four Heaton's | 10:00 - 12:00 1st Tuesday monthly | Heaton Moor Medical Centre, 32 Heaton Moor Rd, Heaton Moor, SK4 4NX |
| Hubs In The Four Heaton's | 10:00 - 12:00 2nd Tuesday monthly | Heaton Norris Pavilion, Heaton Norris Park, SK4 1HZ |
| Hubs In The Four Heaton's | 10:00 - 12:00 3rd Tuesday monthly | St. John's Church, 8 St John's Rd, Heaton Mersey, SK4 3BR |
| Hubs In The Four Heaton's | 10:00 - 12:00 4th Tuesday monthly | Feed, 393 Manchester Rd, Heaton Moor, SK4 5BY |
| Councillor Surgeries | 11:00 - 12:00 1st Saturday monthly | Heaton's Library, Thornfield Rd, Heaton Moor, SK4 3LD |
| Councillor Doorstep Surgeries: Heaton's North | 10:30 - 12:00 Saturday | |
| Councillor Doorstep Surgeries: Heaton's North | 10:00 - 12:00 Tuesday | |
| Councillor Doorstep Surgeries: Heaton's South | 11:00 Sunday | |
| Men In Sheds www.heatons-mis.co.uk | 13:00 Monday | St. Paul's Church Hall, Highfield, St Paul's Rd, Heaton Moor, SK4 4RY |
| Men In Sheds www.heatons-mis.co.uk | 19:00 Wednesday | St. Paul's Church Hall, Highfield, St Paul's Rd, Heaton Moor, SK4 4RY |
| Heaton's WI info@theheatonswi.com | 19:45 - 21:45 3rd Thursday | The Heaton's Sports Club, Green Lane, Heaton Moor, SK4 2NF |
| Heaton's Mess WI heatonmessmembership@gmail.com | 19:00 3rd Tuesday | Stockport Labour club, 2 Lloyd Street, Heaton Norris, SK4 1QP |
| Heaton Mersey Collective Gardening Workday heatonmerseycollective@gmail.com | 10:30 2nd Sunday | Village Garden plot, next to the scout hut Didsbury Road, Heaton Mersey |
| Asian Heritage Centre Meetup Zubeda Hafezi ~ 07800 618851 ~ AHC@stockport.gov.uk | 10:00 - 14:00 Tuesday | The Cellars, The Heaton's Centre Thornfield Road, Heaton Moor, SK4 3LD |
| Asian Heritage Centre Meetup Zubeda Hafezi ~ 07800 618851 ~ AHC@stockport.gov.uk | 10:00 - 14:00 Thursday | The Cellars, The Heaton's Centre Thornfield Road, Heaton Moor, SK4 3LD |
| Friends of Heaton Moor Park Gardening Meetup heatonmoorpark@gmail.com | 11:00 - 15:00 2nd Saturday | Heaton Moor Park, Peel Moat Road, Heaton Moor, SK4 4PH |

WAVE OF CHANGE

Author: Simone Callaghan



PIE: Pursuing Individual Excellence and The Goodness Collective are 2 Stockport social enterprises who have teamed up to provide out of work women in Stockport with an opportunity to explore their potential and decide on their next steps. They have secured European Social Funding to create a personalised programme of support to give women the time and space to really consider what they want to do with their lives in the future.

Beth Nunn from PIE: Pursuing Individual Excellence is herself based in the Heaton's and wanted to support an opportunity for women locally through her programme of social action campaigning and digital skills support. Simone from the Goodness Collective adds "Both of our organisations do a lot

of work locally to create real and lasting change, whether its with disengaged learners in the school setting, making connections between local community groups and businesses, or supporting on community projects we are embedded in within Stockport. We wanted to do something that would support the women of Stockport to make the most of the local opportunities available to them. With a mix of confidence building, skill development and access to employability opportunities, we have the expertise, knowledge and contacts between our organisations to make a real difference to the lives of women locally."

The Wave of Change project starts with some creative taster activities in the coming weeks, so participants can see if a fuller programme is suitable for them. After all, women have a huge range of different requirements and there's no 'one size fits all' programme that will work for everyone. Flexibility, a menu of choices and one to one individual learning planning will ensure the programme suits all women regardless of age, learning and skill level or personal circumstance. For further information and an opportunity to get involved visit www.waveof.co.uk

COMMUNITY NEWS

HEATONS WI RAISES FUNDS FOR ARC

Author: Sally, Heatons WI Secretary



PHOTO: Presentation of the final cheque to Jacqui Wood of Arc by The Heatons WI President, Sue Johnson (right), accompanied by WI members, Trish and Liz.

Early last year, members of The Heatons WI chose Arc (Arts for Recovery in the Community) as their charity for 2019.

Arc is a creative arts organisation based in the centre of Stockport specialising in workshops, arts for well-being, and community development. They offer high quality experiences, skills and opportunities which provide individual and communal well-being, reaching the most vulnerable within communities, and recognising the value of

creativity to self-worth, resilience and confidence.

Fundraising activities took place throughout the year, including the very memorable yarn storming installation, and a cake sale at Heaton Moor Park in May to coincide with the Heatons Open Gardens event. A quiz was organised for International Women's Day, we hosted regular coffee mornings, trading tables, raffles, and special events to consider an introduction to mindfulness and an introduction to decluttering.

We were able to donate a total of £1,060 to Arc, with the final instalment being handed over at The Heatons WI Christmas party in December.

During 2019, Arc's management learned that it was required to vacate its premises in Reddish. Our fundraising helped to fund extra equipment and facilities at its new venue in the Hat Works, Wellington Road South.

You can find out more about Arc at: www.arc-centre.org/ and you can follow the Heatons WI on both Twitter and Facebook.

INTRODUCING THE SUPPORTABILITY ACCUMULATOR

Author: Tricia McCartney

Local charity, Supportability are inviting businesses to take part in their 'Accumulator Challenge' whereby contestants are challenged to grow £100 into as much money as possible over three months. This gives businesses a chance to have fun competing with others to raise the most, all for a good cause.

Here's how it works - Supportability gives each business £100 and they have from 01 March to 29 May 2020 to turn this into as much money as possible. As long as it's legal, businesses can raise the money in any way they wish. Supportability will be running a leader-board throughout the campaign and hold a celebration event where the winning team will be crowned.

The challenge could really benefit businesses as:

- it is a great way to bring colleagues together in a fun and engaging way
- it can help develop leadership and business skills, just think The Apprentice contestants' brands will gain exposure in the local media & business community and will be associated with helping to make lives better for people with disabilities
- there is no cost to the businesses

For further information or to sign up contact:

Becky Shorrocks on: 0161 432 1248 or becky.shorrocks@supportability.org.uk

About Supportability

Since 1953, Supportability are proud to say that they have been supporting children, young people and adults with a wide range of physical and learning disabilities. Their aim is to enable those to live as fulfilled and independent lives as possible. Supportability aim to make day-to-day tasks and experiences possible and accessible, and deliver an enhanced quality of life. Supportability provide support in the home, in the community, in their specialist day centre and in their residential care home.



WELLBEING LOCAL RESIDENT WRITES FIRST BOOK TO HELP BEREAVED CHILDREN

Author: Alyson Marsh



After teaching as a secondary school art teacher for the past 22 years, Alyson Marsh has just recently written and illustrated her first book - A Better Place. A resident of the Heatons, Alyson says her experience as a teacher and mother helped her to create the perfect gift for a young person who is suffering with bereavement.

Alyson began work on the book 13 years ago when she lost her father while pregnant with her first child. A Better Place takes the reader on a journey through the eyes of a little girl called Thora who has just lost her daddy. Thora is left feeling confused and lost in the beginning of the book but starts to believe that her daddy has actually gone somewhere special, to "A Better Place", where he can fulfil his dreams and do the things he didn't get to do while he was alive.

A parent of a child under 18 dies every 22 minutes in the UK; around 23,600 a year. This equates to around 111 children being bereaved of a parent every day.

Alyson states that "as a culture we don't tend to talk about death, especially with children. I believe that my book will encourage this necessary discourse to take place and hopefully provide the person left behind with some hope."



A Better Place was recently launched on the crowdfunding site Kickstarter to try to raise funds to be able to publish the book. In just 50 days, the target goal was met and over £9,000 was raised.

Alyson's aim is to get the book into every school in the UK and says "although we have a long way to go, I am very proud of our achievements so far and in a relatively short period of time."

ADVERTORIAL

HAPPY NEW YEAR FROM THE HEATON MOOR TAI CHI CENTRE

Author: Ivan Moss

This time of year can be great for making positive changes. Perhaps Tai Chi could be a positive addition to your life in the new year, something that helps you to find balance and calm in our often fast paced and hectic lives.

Practicing Tai Chi can enable us to reconnect with our body and mind, helping us to take control and make positive changes to all aspects of our lives, including how we move, rest, breathe, think and the decisions we make. There are many more health benefits to practicing Tai Chi, which is why it has maintained its incredible popularity for thousands of years in China, and its popularity continues to grow around the rest of the world. Some of these benefits include improved balance, breathing, strength, coordination, mobility, fall prevention, heart health, relief from joint pain, mindfulness, relaxation, and stress reduction.

Tai Chi is practiced in a safe, controlled and mindful way that minimises the risk of injury, and enables individuals to be in total control of the intensity of how they take part. As an example, participants



may begin their practice using a chair for support and gradually end up needing no support at all. They may even start to sink deeper, and step wider, into their postures, all at their own pace.

The Heaton Moor Tai Chi Centre (HMTCC) was established in April 2017 with the intention of providing an open, welcoming environment in which anyone in the community can experience the benefits of Tai Chi as a movement-based therapy to improve and maintain their health and overall well-being. Now in its 3rd successful year, the HMTCC has hugely expanded the classes provided and its head instructor has recently been awarded 2019 Manchester Tai Chi Instructor of the Year by the Manchester Prestige Awards.

Why not start the year by getting down to a local class and giving it a go? All classes at the Heaton Moor Tai Chi Centre welcome newcomers, beginners, all ages and fitness levels.

For more details and a list of up to date classes:

visit: www.heatonmoortai-chi-centre.com
email: info@heatonmoortai-chi-centre.com
or phone Ivan on: 07870 630 979

LIFESTYLE & GARDENING

ADVERTORIAL

OPEN OUTDOOR DESIGN

Is your garden looking tired and letting the side down? Then let Open Outdoor Design build your dream garden for you!

A properly designed garden around your outdoor wants and needs can have a profound impact on you and your family's lifestyle. Your garden really is an integral part of your abode, and should be an asset as well as a pleasure.

Perhaps you'd like a calm retreat to sit and relax with a glass of wine and a good book? Maybe you need an area to play for the children, or somewhere to entertain family & friends? Or if space and budget allows, then why not have all of those things!

In today's busy world, it's important to get outdoors more and your newly designed garden is just the place.

With over 30 years' experience as a fully qualified project manager delivering change into corporate and private clients, you can be assured of a warm and friendly professional service. I'm Heaton-based and an active member of the 4 Heaton Traders Association.

Get in touch, and let us help you realise your Open Outdoor space potential!

Call Mike on 07950 389 760

Email: openoutdoordesign@outlook.com

www.facebook.co.uk/openoutdoordesign

www.instagram.com/open_outdoor_design



ADVERTORIAL

GARDENING FOR WILDLIFE WITH STOCKPORT TREE SERVICES LTD

Ever-increasingly, we forget the neighbours who live amongst us and what they do to make our gardens richer, but what can we do for them?

Pruning your hedges and trees at this time of year can do wonders for our insects, birds and land animals. It will ensure new growth, providing all-important habitats. It also helps to encourage flowering and fruit, perfect food and perfect for pollinating. However, do take care when you clear those messy leaves - please leave some in the undergrowth of hedges and bushes. Fallen leaves will provide food and warmth for your plants, but will also be a haven for small creatures.

In addition to looking at the undergrowth, we also need to look above - mature trees are increasingly becoming a priority for animals such as birds, squirrels and bats. Although care must be taken not to disturb habitats, we must look to maintain the homes where they are occupied. Taking care of the health of the tree ensures a longer lifespan, while also being able to fit in with our urban surroundings and restricted space.

Care must be taken when reaching heights or attempting to tackle that hazardous tree, therefore, when in doubt, please seek advice or assistance from a professional. We have a responsibility to our family, neighbours and wildlife to ensure a safe environment. At Stockport Tree Services, we take great pride in our environment and wildlife policies. Finally, when selecting a tradesman, please look for the following to ensure you are safe:

- Check the legitimacy of the company
- Check company reviews
- Be wary of discounts for work being carried out immediately or for OAPs
- Requesting money upfront for service work
- Cold calling

Stockport Tree Services Ltd

Phone: 07990 761 164

Email: chris@stockporttreeservices.co.uk

Website: www.stockporttreeservices.co.uk



DID YOU KNOW?

Stalks, outer leaves and leafy tops of vegetables are packed with nutrition and flavour, and should not just be relegated to your compost bin. You pay for most veg by weight, so it makes sense to eat as much of it as possible.

Broccoli stems: cut off any fibrous ends or tough outers and cook like the florets. They can even be eaten raw.

Cauliflower outer leaves & sprout tops: cook as you would cabbage leaves

Celery & celeriac leaves: treat the same way as parsley

Information provided by Unicorn Grocery, www.unicorn-grocery.coop



COLLECTIVELY HELPING HEATON MERSEY TO BLOSSOM

Author: Heaton Mersey Collective

If you regularly traverse Heaton Mersey along Didsbury Road, you will have noticed how the Village Garden (opposite McColls) has been looking better and better during 2019. And we're not stopping there! During 2020, we will also be working to transform the greenspace areas edging Didsbury Road, all the way from the Village Garden to the junction of Didsbury Road with Station Road.

If you want to help out with weeding etc, you will be very welcome to any work sessions organised by the Heaton Mersey Collective (the raised beds are perfect for volunteers with back problems). The sessions are normally on the second Sunday of the month – the next two are 09 February and 08 March. We hope there will be an additional monthly work session on a weekday morning, starting in the Spring.

MAKING THE HEATONS SUSTAINABLE

Author: Sustainable Living in the Heaton

It's exciting to be writing our first article for our new community newspaper! Welcome, Heaton Post, and we thank you for starting up this new initiative.

We're Sustainable Living in the Heaton, or SLH, a group of local volunteers who got together in 2009. Our concern is with environmental issues, and we organise lots of different activities and projects. We want to help people locally to think about the things we can all do to live sustainably to make the Heaton a better place now, and for the future.

In 2020 we have some exciting things happening. Here is our starter:

For the kids in years 4, 5, and 6, (ages 8-11 with accompanying parent/guardian) we have a day during half term organised with Heaton's Men in Sheds www.heatons-mis.co.uk/. The children will build bat and bird boxes to take home, or for us to put up locally in parks and open spaces. There will also be a talk by a local bat expert.

There will be two sessions on 20 February starting at 10.30am and 12.30pm, both lasting about 3 hours, at a cost of £5.00 per child. Booking is essential.

If that sounds fun and interesting, contact batandbirdboxes@sheatons.org for a booking form and more information. We anticipate that places will

be taken up fast, so book soon!

Some bat boxes have already made, so if you have a good place for a box, please contact us.

Everyone is welcome at our AGM on 27 February, at 7pm at the Nursery Inn, where there will be a talk about sustainable food production by The Kindling Trust.



We are in the early stages of planning for the Heaton Climate Action Festival in September and would welcome any time or talents that people might want to offer.

See our website for more details about other events at www.sheatons.org



LOCAL BUSINESS NEWS

FOUR HEATONS TRADERS

Perhaps best known for the annual Summer & Christmas community festivals, the local traders association for the Heaton has recently celebrated its 10-year anniversary.

With a current membership of just over 140 Heaton-based businesses, the 4 Heaton Traders Association (4HTA) continues to work towards its aim to make the Heaton a 'better place to live, work, and prosper.'

Rajeev Arora, the current Chair of the 4HTA, says "the 4HTA has come a long way since its beginnings in 2009 and I am honoured to have been one of the founding members. Business crime, footfall into our business areas, community projects and parking issues have all been, and continue to be, firmly on the agenda for the 4HTA, along with new additions which include the environment and supporting our community groups."

Recent projects undertaken by the 4HTA have included the #KickThePlastic campaign to tackle plastic waste, the seasonal Heaton Trails, and the soon-to-be published Heaton Map.

"The Summer Festival, the Christmas festival, the business support, and all the projects undertaken by the 4HTA are the result of the hard work and determination of a passionate SK4 team. Every one of our members has played a vital role - simply by being a member of the 4HTA, they have supported us, and given us a stronger voice to act on behalf of the local business community as a whole."

Recent news updates:

- Welcomed 3 new members in Jan & Feb - Depart Creative, Eleven Accounts Services, and Kafeine
- Met with the new MP for Stockport, Navendu Mishra
- First Heaton Trail for 2020: Easter Trail, 06 - 12 April 2020

For more information on the 4HTA, or to become a member, see: www.fourheatons.co.uk



ADVERTORIAL

WEBSITE GRANTS FOR STOCKPORT

Author: Rajeev Arora



One of the enduring appeals of the businesses in the Heaton is the number of independent businesses that have set up and are thriving. Running a business in 2020 is no simple matter. Small business owners are facing massive competition from out-of-town shopping centres and the exponential growth of online shopping.

Nationally, up to 2 million small businesses miss out on their share of the cyber weekend sales, worth £1.5bn due to not having an online store or even an online presence. According to the Department of Business, Innovation and Skills, 55% of customers say they find it hard to support local businesses when they can't find them online.

Nettl of Stockport, based in Heaton Moor are looking to help up to ten new and existing businesses get started on their ecommerce journey with a free 1 hour consultation and a £500 grant towards the cost of a bespoke Nettl:ecommerce website.

Having an online store is not mutually exclusive to

having a retail shop front. In fact, clicks-and-mortar can complement bricks-and-mortar surprisingly well. For example, the technology is now available to have an instore EPOS till (electronic point of sale) that processes orders from a website as well as from walk-in customers. Or maybe customers would find a click-and-collect service useful, where they order online and pick the goods up on their way home. The Shop Local mantra is strong, but balancing it with convenience is the key to making it an easy experience for shoppers. And that's what an online shop can do: local shopping with the convenience of online.

Running an online store does require some commitment. The website first needs to be built, but once it's live it needs regular maintenance & updates. The internet is a fast moving place, with browsers and devices being changed all the time. An ecommerce store takes payments from a customer's card or bank, and so security is a key consideration. For these reasons, you need a web partner who will be at your side, ensuring

the site is kept secure and optimised, as well as helping you launch seasonal promotions. If you have a blog or news section on the site, you'll possibly want help in making sure any content you post will look great on all screen sizes. You need to be comfortable with your web partner and have the confidence that they will be there for you when you need them.

**£500
WEBSITE
GRANT**
for businesses in Stockport

A key challenge for website owners is attracting the right customer to the site. It's not just a case of build-it-and-they-will-come. Search Engine Optimisation is the art of getting search engines like Google to direct people to your website as a result of relevant searches. SEO is an ongoing activity.

At Nettl of Stockport, we offer the best of two worlds. We're a local business, based in the heart of the Heaton. Our studio offers customers space to discuss their projects face-to-face. But we are also backed by the Nettl.com group, who provide the hosting and technical support needed to ensure we can meet our customers' needs, including a highly skilled team of SEO consultants. In conjunction with all the printing facilities we have (we're also a Printing.com store), Nettl of Stockport can meet all your business marketing needs.

To be eligible for the grant, businesses must be based in the postcode areas of SK1, SK3, SK4, SK5 or M19. Applications for the grant can be made online at www.nettloffstockport.com/grant. We only have 10 grants available, which will be awarded on a first-come-first serve basis.



We are delighted to announce the official opening of the Broadstone Arcade on Sunday, 02 February, 11 am until 3pm. Broadstone Arcade is an arcade of 9 small independent businesses and, for the majority, this is their first premises which has created an exciting and buzzing environment! Find the Broadstone Arcade at: 77a - 81 Broadstone Rd, SK5 7AS.



Joining Flower Basket and B'Spoke Coffee on the corner of Heaton Moor Road and Tatton Road South are three new units, in keeping with the existing late 19th Century buildings. Opening in late Spring, the units will house a sandwich deli, cards and gift shop and a barbers.



The Beehive Café on Manchester Road is a wonderful addition to Heaton Chapel and opened on 20 January 2020. Opening times vary. Closed on Sundays.

LOCAL SCHOOLS UPDATE

ADVERTORIAL

PREPARING FOR SATS?

Author: Carrie Burke

At this time of year, primary schools throughout the Heatons and Reddish are busy preparing their Year 6 pupils for upcoming SATs (Standard Assessment Tests). But what are SATs actually assessing, what are the results used for, and how can you support a child in the run up to the tests in May?

SATs focus on Maths (one arithmetic and two problem solving papers) and English (reading, a spelling test, and one punctuation and grammar test). Test results are standardised, with 100 being the national average, so a score of 100 or above is a pass. In KS2, 80 is the lowest and 120 is the highest score your child could get.

The results of Year 6 SATs are used to measure children's attainment, and they assess children against age related expectations.

Although they are used for primary schools in judging their effectiveness, they are also often recognised and used by secondary schools. Some use grades to set pupils by ability on arrival to the high school, and some also use them to form target grades and as a variable (one amongst many) to predict GCSE grades.

After Christmas, Year 6 is heavily focused on SATs preparation up until May, including plugging any gaps in knowledge and test technique. Some

children get really stressed during the build-up to the tests - if this happens, make sure you tell your child's teacher.

Apart from helping with homework (if they let you!), it is really important that your child reads, reads and reads some more - and variety is the key! This will obviously help with English, but it can also help your child understand the world around them, which is particularly important for those tricky reasoning and problem solving questions in maths.

Play games involving numbers or strategy for maths - Monopoly, Sudoku, chess, draughts and cards are all great. Any language games are also a good idea - Articulate, Scrabble Junior, word-searches and crosswords all make learning fun!

Carrie Burke is a Heatons-based tutor offering additional SATs support that focuses on the knowledge, skills, confidence and emotional resilience needed for children to succeed in Upper Key Stage 2.

Carrie Burke Tutor Work

Email: info@carrieburke.com

Website: <https://www.carrieburke.com>



BOOK RECOMMENDATIONS

Fiction

The Nightingale

by Kristin Hannah

A story of love, strength and survival during World War II. The Nightingale tells the often overlooked story of the 'women's war', highlighting the experiences and bravery of two sisters living in occupied France.

An ideal read for anyone who enjoys historical fiction or who has an interest in women's stories during this period of history.

Non-Fiction

Papillon

by Henri Charriere

While there have been some questions over whether the story of Henri Charriere was actually based on his own experiences or those of his fellow convicts, the story of Papillon remains an important memoir that highlights the brutality of penal colonies.

Sent to the penal colony of French Guiana for a murder he did not commit, Henri (known as Papillon) spent 13 years as a prisoner, made 9 dangerous escapes, and survived extended periods of time in solitary confinement. A fascinating story of survival and determination.

Young Adult Fiction

Sorcery of Thorns

by Margaret Rogerson

A magical fantasy with talking grimoires and sacred libraries, Sorcery of Thorns reveals an act of sabotage that sets an ancient plan into motion. Elizabeth Scrivener, an Apprentice Librarian, teams

up with the Sorcerer, Nathaniel Thorn, in an attempt to combat the evil threat, and challenging all that she thought she knew.

I would recommend Sorcery of Thorns to anyone who enjoys books that involve adventure and magic.

Recommended by Anya, Year 8

Children's Fiction

The Tale of Emily Windsnap

by Liz Kessler

Emily Windsnap is an amazing book for ambitious readers who want to go on an adventure through dazzling waters and sunny walks on the Brightport Pier. I would give it five stars because it's so descriptive I thought I was watching it on television.

Emily thinks she is just a normal girl but little does she know she is way more than ordinary. Why is her mum so afraid of water and does their strange neighbour Mr. Beeston have anything to do with it? I would recommend it for ages 7+.

Recommended by Lillian

Zepha the Monster Squid

by Adam Blade

This is a book about Tom who battles lots of beasts. In this book he battles a monster squid called Zepha. He has to go down a whirlpool to find Zepha. If he kills Zepha he will receive a magical golden helmet. I thought it was really good.

Recommended by Luca

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!

TITHE BARN SCHOOL



Authors: Suzie & Grace, Yr 6

On Wednesday, 17 December, the Year 6 children from Tithe Barn Primary School were lucky enough to have the privilege of playing as a brass band at the Newlands Care Home in Heaton Moor.

Tithe Barn Primary is quite unique as both Year 5 and Year 6 are taught to play a brass instrument by Mr Graham South, a specialist music teacher, and have the opportunity to play together as a whole class band first thing in the morning, four times a week.

The residents and staff thoroughly enjoyed a jolly concert of Christmas favorites played on a range of instruments which included a tuba, cornets, trumpets and trombones. The children thoroughly enjoyed meeting the residents and having the opportunity to showcase their skills and entertain. The staff invited the children to come back during the spring to play again.



FIRST PRIZE FOR PRIESTNALL'S DRAGONS DEN TEAM

Author: Mrs Helen Drury

A group of six pupils from Priestnall School are celebrating for the second year in a row after securing the first prize in Manchester Airport's annual Dragons' Den competition for aspiring entrepreneurs.

The group's selection of Manchester worker bee tote bags, Christmas cards and badges impressed a panel of Dragons including representatives from the Airport, Singapore Airlines, Enterprise Rent a Car, John Lewis and Macdonald Hotels.

They raised £7,037 for their chosen charity, the Royal Manchester Children's Hospital, this year and have raised over £20,000 in the last 5 years with their innovative products.

Priestnall enter this annual competition with a new group of students each year who decide on their products, source / make their products, and then sell as many as they can. The students begin the process in September and work tirelessly with staff from the school until the final in early December.

Look out for their new products in 2020. If you would be interested in the tote bags or badges, contact the school, as there are some still available.

CULTURE

TRAVEL

VISIT BERLIN IN 2020

Authors: S. Harrison & T. Dietrich



We asked former Heaton residents Teresa & Steve to offer some travel inspiration for our readers - this month's location is their new home, Berlin.

Berlin, 30 years on from the fall of the Berlin Wall, is a fantastic ever evolving and diverse city to visit with a unique modern history covering the Weimar, WW2 and Cold War eras. We liked it so much we relocated here after 15 years living in the Heaton. From the iconic 'giant disco ball' Radio Tower in Alexanderplatz to the Imperial majesty of the Brandenburg Gate, Berlin has something for everyone and it is incredibly accessible from Manchester with daily flights on both Easyjet and RyanAir.

Whether exploring by foot, bike, scooter, tram, U or S-bahn or even a Trabant, it is a cheap and easy city to navigate. The organised walking and bike tours are an informative and fun introduction to the individual and vibrant neighborhoods that make up Berlin.

The city has no one defined centre but the districts of Mitte, Neukoln, Prenzlauer Berg, Kreuzberg and Friedrichshain all have great bars, restaurants and shops. There is an amazing variety of food available with Turkish and Vietnamese options being particularly good. Sunday brunch is an unmissable local institution with international, vegan/veggie and German options available throughout the city for every budget and taste.

For those visiting in the summer months, Berlin moves outside with the beer gardens, roof-top bars, outdoor swimming pools, lakes and clubs adding another entertainment dimension to the city. Even the local corner shops (Spatis) set up chairs on the pavement to enjoy a refreshing drink from the shops' well-stocked fridges. From the Tiergarten to Treptower Park the city has plenty of green spaces to enjoy a walk and there is always a shady spot to stop for a bratwurst and pilsner.

Highlights of any visit must include; **The Reichstag**, the rebuilt German Parliament is an architectural triumph with great views over the city from the top of the Norman Foster Dome - book your tickets in advance to avoid disappointment and secure a specific time to visit. **The Berlin Wall Memorial**, located on Bernauer Strasse - this section of preserved Wall, Watchtower, open air museum and visitor centre is a brilliant spot to learn about the Berlin wall and how it once divided the City. **The Topography of Terror** and **The Jewish Memorial & Holocaust Museum** provide a comprehensive and chilling account of the Third Reich's history. The Stasi Museum in the former headquarters of the East German Secret police is a fascinating insight into State surveillance and control.

This is just a brief introduction to Germany's capital and whether you are a history buff, a foodie, clubber, travelling solo or with your family, Berlin is for you.

POETRY & MUSIC

HEATON MOOR PARK

Author: John F Keane

Winner of the Over 25s Heart Of The Heaton's 2019 Poetry Competition

They begin.

*Victorian trio armed with Empire vision
Well-tempered sinews and robust morality
Brief cider rests and jests no longer said
Set brawn to work in eager regiment.
No outcast here, a place for everyone*

The army way.

*Long hours of willing toil in growing earth
From April's sudden kiss to autumn's gentle fall.
No stain of doubt in God to spoil each honest task;
Just bone-deep joy in manhood's rugged might,
Strong in the knotty knowledge*

This will be.

*The trees stand broad and tall, their roots drink deep.
The paths, the lawns, the benches and the gates
The glowing, fragrant blooms and all their pleasancess
Stand where that trio laid them, long asleep.
However went their lives, they bless us still*

For so it was.

JAMMING WITH KRISHNO CHURA

Author: Masih Alam

Krishno Chura is a Manchester based Bengali performing arts group that has been very active in the Heaton and Cheadle area over the past several years. They are very resourceful in Bengali literature and organise regular literature seminars. Their music involves instruments that are endemic to Bangladesh, India and the greater South Asian region, and additionally includes Western instruments such as piano, keyboard, guitar, drum and other forms of percussion. The music genres stretch from classical to modern to folk.

After a few successful years of performances in traditional and fusion style music and poetry (in Bengali genres) Krishno Chura is now expanding cultural activities and interests to inter-cultural and experimental boundaries. The group will be organising music sessions in the form of "Jamming" for improvised, creative and experimental music, inviting musicians from non-Bengali backgrounds. Poetry and dance will also be a part of these sessions. The first of these sessions will be on 7 March 2020 at 3.30pm at St. John's Church on St. John's Road in Heaton Mersey. So, pick up your guitar and join in.

The aim is to simply come together and enjoy doing music, to create the opportunity to share skills and knowledge in different musical genres and in the use of instruments that span across different cultures and languages in the UK. While the members have foundations in the classical and conventional form of Bengali music and in the use of instruments such as tabla, harmonium and Indo-Bengali percussions, they are extremely keen on experimental and fusion music and like to enhance and enrich through music and cultures of non-Bengali realms. This new music platform is based on the notion that music is universal and it exists in different forms for the same expression of our moods and emotions.

For more information:

Masih Alam: 07878279127

krishnochura.uk@gmail.com

www.facebook.com/krishno.chura.5205622

or www.krishnochuramusic.wixsite.com/bangla

RANDOM OVERHEARD IN THE HEATONS



The Heaton's Post brings you our roving raconteur, the flaneur of the Heaton's and beyond, known for gracing our (mostly) licensed places and spaces....described as The Patron of Debauchery, a lighthearted literatus, the wandering adventures of a solo Twitterer usually from a table near you. Sarcasm frequent, drops of kindness rare and small.

You have been warned folks.
Here goes....

#RandomOverheard

'It's a bit quiet in here tonight...'
'No mate....we're just back to normal....think of it as a load of tourists keeping your seat warm....'

Barman: 'May I say you're looking fabulous.... particularly after last night...'
winks
'Oh god....was I dancing?????!!'
'Table 32 will never be quite the same again.....'

'Love that Slave To The Rhythm track'
snorts
'Oh yeah? The only rhythm you've been a slave to recently is the popping of corks...'

'You won't remember....you were p****d...then you puked in my car...'
'You should have got the door open!!'
'I did. You missed the pavement by a mile...'

'Not seen you for ages! Good year?'
'Yep....shed 20 stone....'
'Oh! But you still look the same...'

<puzzled>
<silence>
penny drops

'Oh.....right....'

'Would you like another drink?'
'You need to ask?'
'Well you might be doing that dry January thing...'
snorts
points to umbrella
'I've done my drying out mate...'

'Good Christmas?'
'God yeah....stunning! Good wine, great music, fantastic food and presents! Just amazing!'
'Oh....but I thought you just stayed at home on your own...?'
'I did! And it was brilliant!'
sighs

'Good god! I got served in two seconds flat!'
'Yeah....back to normal eh....cheers...'

YOUR ENVIRONMENT

ADVERTORIAL

STRUGGLING TO KEEP YOUR HOME WARM THIS WINTER?

Author: Mel Godfrey

Most homes in Stockport were not designed to retain warmth. Our older homes were in fact built to allow air to pass through them!

Heaton Moor resident, Mel Godfrey's interest in airtightness and insulation started in his own home. This was all about making his family home warmer and more comfortable. It prompted him to research the gas and electricity markets, heating controls and technology to reduce his energy bills. Mel learned that you can really make a big difference to pre-1980's homes with even a modest outlay of money and effort.

Mel has since been using his considerable professional knowledge of housing and property to explain to families how they interact with the technology and innovations that have been added piecemeal to their homes over time. Most homes now have smart boilers, double glazing, mechanical air extraction etc. Usually though, there are draughts we cannot eliminate, and expensive heat continues to seep away!

• **Using a thermal imaging camera Mel can show you how to make your home toasty**

• **Mel is an independent surveyor and analyst**

Mel can also give advice on locally based energy specialists who are experts in whole house renovation and renewable technological solutions. These include solar panels, solar water heating, heat pumps, battery technology, LED Lighting and specialist boilers all of which can reduce energy costs, improve efficiency and help future generations by reducing CO2 emissions.

You can contact Mel via:

mel@warminwinter.co.uk

visit: www.warminwinter.co.uk

or call: 0781 005 3743 to book a survey.

HEATONS & REDDISH UPDATE FROM GMP

Author: Val North

The team are working hard to reduce and prevent crime and keep residents safe. We are also engaging with the community using high visibility patrolling, events, and by improving our visibility in and around schools. PCSO's across Stockport are working closely with the Targeted Youth Justice Service, delivering knife crime inputs in schools which have received excellent feedback.

The continuing trend for burglaries is that of 'lock snapping' - upgrading your lock cylinders could be the difference in keeping offenders out. Please look into purchasing some anti snap lock cylinders. If you are unsure whether your locks are anti snap, look for the 3 star Kitemark logo on your locks. If they have this, it indicates that the lock has been tested against snapping. If you can't see the logo, it could mean that your locks are vulnerable to being snapped by offenders.

Vehicle crime also remains a theme. Please take all reasonable steps to remove items of value from your vehicle. If your vehicle has keyless entry or start, purchasing a faraday pouch/bag to put your

key in can block attempts to boost the signal, which offenders will attempt to do in order to steal your vehicle.

Online

We post regular updates about what has been happening in The Heatons & Reddish on social media - follow us on Facebook: GMP Heatons and Reddish, or on Twitter: @GMPReddish. You can also report crimes, incidents and anti-social behaviour via the GMP website, through the 'Report' tab. We are acutely aware that not all our residents have access to the internet and are on the look-out for new ideas as to how we reach this group. If you have any suggestions please do let us know.

Events

Police beat surgeries are held on a regular basis at The Heatons Library - please keep an eye on our social media for the next dates. We recently held a bike security marking event at Reddish Police Station which was well attended by the local community. Another event will be held soon - again keep your eyes on social media for times and dates.

KICKING PLASTICS IN THE HEATONS

Author: Amanda Fourie



Issues surrounding plastic waste have been at the forefront of environmental concerns in recent years.

Reducing, and even eliminating, single-use plastics in the Heatons is the goal behind the Heatons-wide Kick the Plastic campaign. Initially focusing on local businesses, the 4 Heatons Traders Association (4HTA) asked business owners to look at their use of plastics and encouraged the replacement of these with sustainable, plastic-free alternatives.

This didn't just apply to food & drink based-businesses - retail and office-based businesses have been supporting the campaign by removing plastic packaging from products, offering product refills, and encouraging team members to bring reusable drink bottles to work.

In 2018, the 4HTA teamed up with Sustainable Living in the Heatons (SLH) and the Heatons WI to spread the Kick the Plastic message more widely throughout the Heatons community. This has included bi-annual discussion events aimed at sharing information and ideas on how best to tackle plastic waste in the area where we live.

Guest speakers at the Kick the Plastic events held at Heatons Sports Club have included representatives



from Plastic Free Greater Manchester, SeaStraw, Recycle for Greater Manchester, and Asda in Heaton Norris.

Professor Jamie Woodward, Head of Geography at the University of Manchester, attended the very first Kick the Plastic event to discuss his research into microplastics in the river systems around Greater Manchester - the River Mersey being found to be the 'most polluted' with microplastics in the UK.

More recently, the Kick the Plastic team have been invited to visit schools and groups local to the area to talk about the campaign and are currently putting plans in place for the next event to be held in April.

For more information, upcoming events and to get involved, see:

<https://www.fourheatons.co.uk/project/kicktheplastic/>

HEART OF THE HEATONS

MUSIC, ARTS & CULTURE FESTIVAL

FRIDAY 2nd - MONDAY 12th OCTOBER 2020

WWW.HEARTOFTHEHEATONS.COM

THIS IS YOUR NEWSPAPER!

Be involved!

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

Email us at: news@heatonspost.co.uk

Help fund us!

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

To donate, follow the link to our crowdfunding site from:
www.heatonspost.co.uk

WHAT'S ON?

| EVENT | TIME & DATE | LOCATION | BOOKING / CONTACT | PRICE |
|--|------------------------------------|--|--|--|
| Family Day At The Park | 10:00 - 13:00 Sat 1 Feb | Heaton Mersey Park, Heaton Mersey, SK4 3DS | No booking required | FREE |
| Pistol Whipped at The Spinning Top | 21:30 Sat 1 Feb | The Spinning Top, 20 Wellington Road South, SK4 1AA | No booking required | |
| Ged Scott Live | 22:30 - 23:30 Sat 1 Feb | Reddish Working Mens Club, 129 Greg St, Reddish, SK57LN | No booking required | FREE |
| Heaton Moor Producer's Market | 10:30 - 14:30 Sun 2 Feb | Shaw Road, Heaton Moor, SK4 4AG | No booking required. Info from heatonmoormarkets@gmail.com | FREE |
| Broadstone Arcade Opening | 11:00 - 15:00 Sun 2 Feb | Broadstone Arcade, 77a - 81 Broadstone Rd, Reddish, SK5 7AS | No booking required | FREE |
| Heatons Comedy Evening | Doors 7:15pm Show 7:45pm Sun 2 Feb | Heatons Sports Club, Green Lane, Heaton Norris, SK4 2NF | www.heatonscomedy.co.uk | £10 |
| Wave Of Change Workshop: Plastic Into Purses. Getting Creative To Explore Change | 10:00 - 13:00 Thurs 6 Feb | Saz Media Studios, Vernon Walk, Merseyway, SK1 1PW | www.eventbrite.com/e/plastic-into-purses-getting-creative-to-explore-change-tickets-85477454367 | FREE |
| The Heatons Post: Meet The Team | 15:00 - 17:00 Thurs 6 Feb | Feed, 393 Manchester Rd, Heaton Chapel, SK4 5BY | No booking required Info from news@heatonspost.co.uk | FREE |
| The Heatons Post Launch Event | 17:00 - 20:00 Thurs 6 Feb | Heatons Hops, 7 School Lane, Heaton Chapel, SK4 5DE | No booking required Info from news@heatonspost.co.uk | FREE |
| Ladies Fashion Show & Pop Up Shop | 19:30 Thurs 6 Feb | Village Point, 35 Heaton Moor Rd, Heaton Moor, SK4 4PB | joannewilcox79@yahoo.co.uk | BOOKING |
| The Houghton Weavers at West Heaton | 20:15 Fri 7 Feb | West Heaton Bowling, Tennis & Squash Club, Prince's Road, Heaton Moor, SK4 3NQ | Tickets available from the club bar or online: www.wegotickets.com/event/489087 | £13.50 |
| Wedding Fayre | 11:00 - 15:00 Sun 9 Feb | Houldsworth Golf Club, Houldsworth Street, Reddish, SK5 6BN | No booking required | FREE |
| Wave Of Change Workshop: Using Social Media For Personal Success | 10:00 - 13:00 Wed 12 Feb | Saz Media Studios, Vernon Walk, Merseyway, SK1 1PW | www.eventbrite.com/e/using-social-media-for-personal-success-tickets-85479089257 | FREE |
| It's A Love Thing, Pop Up Dining Experience | 19:00 Fri 14 Feb | Village Point, 35 Heaton Moor Rd, Heaton Moor, SK4 4PB | www.getdottedevents.co.uk | £75 |
| Cinderella Pantomime | 19:30 Wed 19 - Sat 22 Feb | Compass Point, Stockport Sunday School, 90 Nangreave Road, SK2 6DQ | www.ticketsource.co.uk/kitesgroup - various ticket prices dependent on age | Adults £6.50, Children £4, £4 for all on the Wednesday |
| Build A Bat Box | 10:30 - 13:30 Thurs 20 Feb | St. Paul's Church Hall, Highfield, St Paul's Rd, SK4 4RY | Booking essential by email: batandbirdboxes@sheatons.org | £5 |
| Build A Bat Box | 12:00 - 15:00 Thurs 20 Feb | St. Paul's Church Hall, Highfield, St Paul's Rd, SK4 4RY | Booking essential by email: batandbirdboxes@sheatons.org | £5 |
| Dementia Disco | 17:00 - 19:00 Sat 22 Feb | Heaton Mersey Conservative Club, 444 Didsbury Rd, Heaton Mersey, SK4 3BS | No booking required | FREE |
| Sustainable Living In The Heatons AGM | 19:00 Thurs 27 Feb | Nursery Inn, 258 Green Lane, Heaton Norris, SK4 2NA | No booking required | FREE |
| Heaton Moor Producer's Market | 10:30 - 14:30 Sun 1 March | Shaw Road, Heaton Moor, SK4 4AG | No booking required Info from heatonmoormarkets@gmail.com | FREE |
| Jamming with Krishno Chura | 15:30 - 18:30 Sat 7 March | St. John's Church, St. John's Road, Heaton Mersey, SK4 3BR | No booking required. Info from Masih Alam, krishnochura.uk@gmail.com , 07878279127, 0161 2833206 - Musicians for free. Audience £5 | FREE for musicians / £5 to watch |

For regular group meetings and events please visit www.heatonspost.co.uk

OUT & ABOUT

| LOCATION | DETAILS | DATE | TIME |
|-------------------|---|-----------------------|---------------|
| Tatton Park | Scarecrow Festival | 08 - 23 February 2020 | 10:00 - 15:00 |
| Dunham Massey | Percy the Park Keeper: The Secret Path | Every Day | 10:30 - 15:30 |
| Lyme Park | Forest School - Home Education Sessions | 07 & 28 February 2020 | 10:00 - 14:00 |
| Quarry Bank | Natural History Adventures | 17-21 February 2020 | 10:30-17:00 |
| Air Raid Shelters | Explorer Tunnel Tours - going underground | 12 February 2020 | 19:00 |
| Air Raid Shelters | Children's Explorer Tours | 19 February 2020 | 18:45 |
| Bramhall Park | Discovery Tour | 19 February 2020 | 13:30-14:45 |
| Great Northern | Art of the Brick | until 20 April 2020 | from 10:00 |



SPORTS AND FITNESS

HEATON MERSEY LACROSSE PLAYERS SELECTED FOR ENGLAND UNDER 17s

Author: Richard Smith



PHOTO: From left to right Joachim Ruby, Henry Smith, Harry Knill, Jacob Andrew, Finn Morton. (Jack Ferdinand not pictured)

Six boys currently playing for Heaton Mersey Lacrosse Club, have been selected to represent England under 17's Lacrosse Team which will tour Canada in the summer of 2020 playing both Tournament and elite Canadian Lacrosse Academy sides during a 7 day visit.

Heaton Mersey Lacrosse Club Junior Head Coach, Richard Smith, comments: "This is a great achievement for the Club to have such a large number of lads selected to represent their country at under 17 age group and reflects all the dedication the boys have put into their sport over many years. They are all exceptionally talented and have been great to coach over a number of years, and have set an excellent example to the younger players at the club as to what can be achieved with focus and dedication to training."

Five of the six boys, Joachim Ruby, Henry Smith, Jacob Andrew, Finn Morton and Harry Knill, are still playing Junior Lacrosse for the successful Heaton Mersey under 16's, with Jack Ferdinand having moved up from this team to senior lacrosse this season.

RUGBY UNION HEATON MOOR DEFEAT TO FLEETWOOD

Author: David Todd
ADM Lancashire Premier

On Saturday, 04 January 2020, Moor's opponents at Green Lane were Fleetwood, a side they had not faced for some five seasons but had hopes of continuing the record of not having lost to them in the previous five home fixtures.

In the event, this was not to be as Moor not only lost the game but ended up conceding the most points so far this season. As has happened on a number of occasions in their current campaign, it was the second half of the match that was their undoing, when mistakes and their defence let them down.

Moor's performance for much of the first half certainly suggested that they would be in contention all the way through the match, as their forwards dominated the set pieces, especially the scrums, and their young back line, with an average age of 20, always looked threatening in attack.

The second half was nearly all Fleetwood as their powerful back row and hard-running backs continually caused problems for the Moor defence, which became flakier as each attack was met, with the home side seemingly running out of steam as the match progressed.

Final score Heaton Moor: 22 - Fleetwood: 58

HEATON MOOR GOLF HITS THE MARK WITH NATIONAL GOLF ACCREDITATION FOR SAFEGUARDING



Author: Heaton Moor Golf Club

Heaton Moor Golf Club in Heaton Mersey, Stockport, has achieved the SafeGolf club accreditation from England Golf, demonstrating the club's commitment to safeguarding children and young people, as well as adults at risk in the sport of golf.

Over the last two years, the club has grown it's Junior Section to 63 members by going into local primary schools with funding from the Golf Foundation and employing a PGA golf coach, Dave Cullen, to deliver Tri Golf sessions. The Club then offered equipment and coaching opportunities for those who were interested in playing golf.

Anne-Marie Gilbert, HMGC's Marketing Director who led the club's push to SafeGolf, said: "Heaton Moor is a great club, it's very friendly, welcoming and forward-thinking. This award helps us to spread that message and to tell people that children are safe and secure here, and that we understand about beginner golfers."

The award was presented to Heaton Moor by Ben Johnson, England Golf's Midlands West XXXX Club Support Officer. "I'm delighted that Heaton Moor has achieved SafeGolf and that its efforts to grow the game can be nationally recognised."

SafeGolf is a partnership of UK golf bodies committed to promoting a safe and positive environment for all those participating, working and volunteering in the sport of golf.

The SafeGolf partnership consists of members from the golfing bodies across Great Britain & Ireland and has been established to help golf respond to

the issue of child protection in sport. Its mission is to safeguard the welfare of children and young people, as well as adults at risk, in the sport of golf. The club also has a successful Academy for Beginners which consists of a combination of group/individual lessons and membership. This enables people to learn together, make friendships along the way, and produces better golfers.

Michael Roberts, Chairman at the club, said "Heaton Moor recognises that young people are important for the future of the club and want to introduce as many as possible to the great sport of golf. You can find out more about Heaton Moor Golf Club at www.heatonmoorgolfclub.co.uk"

SafeGolf is firstly, a website – www.safegolf.org – through which anyone with a concern about the welfare of a player, or the behaviour or practice of a coach, volunteer, organiser, parent or a player, can contact the lead safeguarding officer at their national governing body.

Secondly, it is the safeguarding standard England Golf will promote to all their affiliated clubs to ensure all clubs provide a safe and positive experience for children and young people whilst playing golf. The PGA are also using the standards to apply to all their PGA professional Coaches.

Find an accredited coach – www.safegolf.org

Coming Soon – a full list of clubs and facilities that uphold the standards of SafeGolf will be housed here – www.safegolf.org

BURNAGE PARKRUN – HAVING FUN AND GETTING FIT IN THE NEW YEAR!

Author: Burnage Parkrun



Even if you are not one of the six and a half million people worldwide who has registered to take part in parkrun, you have probably heard of it. Every Saturday at 9am, hundreds of thousands of people get together at green spaces across the world to take part in a free 5k.

We are very lucky to have a parkrun in the Heaton Mersey. Burnage parkrun (so called because the meeting point is in Burnage Rugby Club, which is actually in Heaton Mersey) is run along the river Mersey, in the Varley Park. Since it started on 21 July 2012, Burnage parkrun has welcomed 6,021 participants and 660 volunteers!

As we enter a new decade, Burnage parkrun saw bumper numbers for its first parkrun of 2020. With 150 people taking part, there was a real buzz among the participants to get fit and improve their health. Co-Event Director, Lindsey Farrelly, comments "We have had a lot of fun over the festive period with our festive fancy dress run in December where a participant, dressed as a Christmas present, took the top prize of cinema tickets donated by The Savoy. We're looking forward to 2020 and seeing more participants and volunteers than ever. People are registering to become parkrun participants at a rapid speed. We are continuing to grow our links with the community too - Heaton Moor Medical Centre have been a big supporter and their staff regularly volunteer at the event, and we also work with Priestnall School by welcoming students as volunteers as part of their Duke of Edinburgh Bronze Award."

If you'd like to give parkrun a try, whether it's to run, walk or volunteer, just go to www.parkrun.org.uk/register and sign up for free. With over 600 events in the UK and more than half a dozen in South Manchester alone, you will be spoilt for choice!

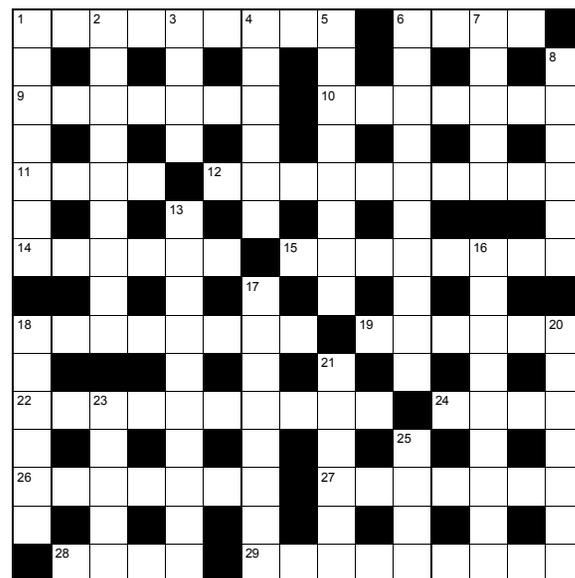
SUDOKU

Easy

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

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

Puzzle source: www.syndicatedpuzzles.com



Set by Alberich

Puzzle source: www.alberichcrosswords.com

ACROSS

- 1 City of ancestral suffering (9)
- 6 Evasive about son being comfortable (4)
- 9 Sue assumes two fellows in charge to be enough (7)
- 10 Disrupted most of literary film preview (7)
- 11 Blades appearing when people have a row (4)
- 12 Note lack of talk about one displaying toughness (10)
- 14 B in test characteristic of a certain group (6)
- 15 Calming drug is vet's idea possibly (8)
- 18 Reliable-sounding Scottish city (8)
- 19 They work with a tool (6)
- 22 Applaud – yes, one goes wild, see (4,4,2)
- 24 Encourage some of our generation (4)
- 26 A complex plot's beginning to engross Peter perhaps (7)
- 27 Loose rocks by church make an unpleasant

DOWN

- 1 Stick it to the end, leaving after the others (4,3)
- 2 Tent fire destroyed one Egyptian queen (9)
- 3 A family related by blood (4)
- 4 Two letters read aloud in tent (6)
- 5 Crooked Eritrean lawyer may ask for one (8)
- 6 Generous cleaner's given one board (10)
- 7 Ring lost in bar or beauty parlour (5)
- 8 Country producing oil we hear (6)
- 13 Middle name put first in place for telephone operators (4,6)
- 16 I close home – that's serious (2,7)
- 17 E.g. insert mobile numbers (8)
- 18 For example, American backed Charles (4,2)
- 20 Chap is to walk with female (7)
- 21 Relative keeps us in money (6)
- 23 Decorate for a party with sailors (5)
- 25 Exam offers alternative to a student (4)