

HEATONS POST

INFORMING, INSPIRING AND CONNECTING THE HEATONS & REDDISH



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PRIESTNALL POWER

NEW HEAD STRIVES FOR SCHOOL SUCCESS

Priestnall School is currently undergoing numerous changes following a school inspection in October 2019, where the school was rated as 'Requires Improvement' after previously being ranked as 'Outstanding'.

"This was an accurate judgement about the school...Ofsted (the inspectors) have come in and confirmed what we knew," said Headteacher Craig Burns, who joined the school in September 2019.

He continued, "This was upsetting for staff who put in their time and effort as there are lots of outstanding things going on here! But, there are areas that need sharpening up and improving, so that students have everything they need to thrive and be successful. People are very anxious about the school and where it is at. We're at the stage now where we need to move on at pace, so things become better for our young people."

In our exclusive interview with Mr Burns, he outlined to the Heatons Post the plan to turn around the once highly-rated school.

Top of his agenda is pupil wellbeing. In February of this year, the school opened a Wellbeing Centre, converting an underused dance-school space and appointing two new staff to oversee its day-to-day running.



"The external pressures on students are huge, it wasn't like this when we were at school," commented Mr Burns. "The Wellbeing Centre is a place for students who may have anxiety, or struggle to come into school, or might find aspects of social time a challenge. There will be someone to talk to, someone to check in that they're ok. There are bean bags, quiet corners, and bespoke programmes in place for students who may need it. There are also ongoing discussions about a visiting therapy dog!"

The leadership team at the school has also undergone a restructure, with three new assistant heads recruited to lead on the key areas of the inspection recommendations: Personal Development, Disadvantaged Pupils, and the Intervention and Support required for students when they first come into the school.

Mr Burns pointed out that a key area requiring improvement is the support for disadvantaged students or students with Special Educational Needs to help them learn and progress. In particular, Mr Burns is instigating a review of behaviour support, looking at bespoke interventions and support for students instead of just being sent out of the classroom environment. Mr Burns said "we should be helping students to make the right behaviour choices."

After listening to the feedback from parents, the school is also improving the quality of homework students are set and the quality of feedback they receive from teachers, to heighten the overall learning experience. Pupils will also benefit from more external speakers sharing their experiences from different walks of life.

Staff development is also a big topic on the agenda, with the creation of a new professional learning centre to develop teaching practice. The school will host national leadership and teaching programmes, bringing educational best practice and research to Priestnall.

In what may appear to some as a minor issue, Mr Burns is also tackling an ongoing bugbear for students: the lunchtime queue. With nearly 1,300 students having lunch at the same time, the school canteen is incredibly busy, and students can spend the majority

of their break queuing. The school is now entering into a consultation around splitting the timing of lunch, without impacting the start or end times of the school day.

Later in the year, the school will also look at how it can better communicate what's happening at the school to parents, celebrating all the school successes, and how the school can better listen to the student voice.

As a father of three, with each child at a different stage of nursery, primary and secondary education, Mr Burns is well-placed to make the changes needed. "I see things from the parents perspective," he commented, "I can see what needs to be in place".

This is Mr Burns' second headship after successfully turning around a school in Chester that required significant improvements. But, it's not all down to the headteacher, as Mr Burns was keen to point out: "We are very fortunate to have great support from parents and hard working, enthusiastic staff."

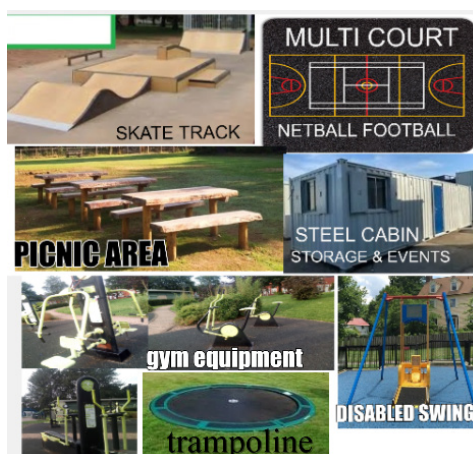
The school inspectors will return within the next two years to review the school again.

EMPOWERING RESIDENTS

A new residents' association, covering the Craig Road estate and surrounding streets, are hoping to improve the lives of local residents and bring the community together.

The group is looking at how the Craig Road Playing Fields could be even more beneficial to local users. So far, the group has been exploring ideas such as outdoor gym equipment, a picnic area, a trampoline, a multi-court, a skate track, a disability swing, and steel campaigns for storage and events.

If you are interested in finding out more, you can join the 'Craig Road Residents Association' group on facebook.



BECOME A CULTURE CHAMPION

Stockport MBC and partners have launched the Culture Champions Programme after the great success of Culture Champions in Manchester.

The Stockport Culture Champions Programme wants to enable organisations and community groups to develop cultural activities for, and with, older people in Stockport, and to increase their reach to older people.

Culture Champions are volunteers over the age of 50 years old who want to help develop and promote cultural activities of interest to older people. As a Culture Champion, you

will have access to free cultural activities, free training, hear about current cultural activities, and be part of a network of Culture Champions across Greater Manchester.

If you are interested in becoming a Stockport Culture Champion, or would like to hear more about the Culture Champions Programme and its offers, please contact:

lucy.webster@stockport.gov.uk.

For all our Culture Champion events, go to our events page and search for Stockport Culture Champions Programme:

www.stockport.gov.uk/events/

COMMUNITY NEWS

GOING FOR GOLD

Author: Alison North

Following on from the success of last years' gold and silver medals at the Dance World Cup In Portugal, local dancers are swapping Stockport for Rome after being selected to represent England in the Dance World Cup for the third year running.

The talented youngsters from Cheshire Theatre School in Reddish will compete against dance schools from across the globe, in the hope of being crowned world champions once again.

The dancers, aged 5 to 17, have already shown how good they are by beating off stiff competition to be named part of the squad. Only the top dance schools in the country are chosen to represent Team England.

Cheshire Theatre School owner, Vickie Goodwin, says: "It is a huge honour for us to be chosen to represent our country at the Dance World Cup again. The calibre of the dance schools that entered is very high, so to be selected is amazing. I'm proud of all the hard work my dancers have put in, which has paid off."

Vickie goes on to say: "This will be a fantastic opportunity for all the students, and we can't wait to travel to Rome in June to compete in the competition, but the hard work starts now with rehearsals and fundraising."

Over the coming months, as well as rehearsing, the dance school needs to raise funds to help send the dancers chosen to compete for Team England to Rome.



PHOTO: Dancers from Cheshire Theatre School

A 'Just Giving' page has been set up to help raise funds for transport, Team England kit, entry fees, accommodation and equipment. All donations, no matter how big or small, will make a difference. If you would like to help these local dancers, please visit the just giving page - and help them put Stockport on the map!

This is also a great opportunity for businesses to sponsor the Cheshire Theatre School dancers to compete on the world-wide arena. If you are a business and would like to support the team, with your name promoted to over 6,000 participants from 50 countries, please contact Vickie Goodwin on: 07894 577 439.

CREATIVE CARERS

Author: Jayne Fallows

On a wet, winter afternoon, five nervous writers from Signpost's Creative Writing group squished into a tiny studio at All FM radio to read their work live on the Kaleidoscope show, hosted by Popie and Joe on Thursdays 2pm – 3pm.

Annette Pickering, a recent winner of the Heart of the Heaton's competition, read her poem about the true meaning of Christmas. Maggie Waker's poem was also about Christmas, in which she reminisced about the food she ate and presents received.

Rob Tuson made everyone laugh with his amusing take on the tale of The Three Little Pigs, who all came to a sticky end, and Jo Bennett had everyone worried about a boy called Bigsy who, in her story, was pushed into a river, but were relieved to learn he survived after a frantic rescue.

The group were intrigued by Arthur Spedding's, Doppelganger, a chilling story about a man replaced in his own home by a lookalike. Arthur's second story was about his memories of having a mangle in the back garden when he was a child.



From the left: Andrew North from Signpost, Maggie Waker, Joe Sambrook from Allfm, Jo Bennett, Annette Pickering, Rob Tyson, Alison Pope (Popie) - All FM, Arthur Spedding, Jayne Fallows - Signpost volunteer.

The Kaleidoscope show has a weekly feature aimed at carers, and so Andrew North, from Signpost in Heaton Moor, explained what Signpost has to offer carers and ex-carers such as days out, pamper sessions, financial advice and much, much more.

Jayne Fallows, a volunteer who runs the creative writing group, said: "The sessions are free, relaxed and informal, and give carers a couple of valuable hours for themselves. Each week stands alone and carers can drop in just once or come regularly."

If you are a carer or ex-carer, and would like information about Signpost or the creative writing group, please contact Signpost on 0161 442 0442.

HEATONS MESS WI 1ST YEAR SUCCESS!

Author: Lynne Scopes

Heaton Mess WI is a young Women's Institute. Formed just 2 years ago, the group meet on a monthly basis at Stockport Labour Club.

Every WI has charity status, however, the first year after formation is a settling in year when the WI Federation does not expect groups to carry out any charity fundraising. Despite this, Heaton Mess WI, with its 75 members, wanted to do something.

Although not actually raising money, Heaton's Mess WI chose to support The Wellspring and, each month at our meetings, we collected items of clothing and food & drink from our members. We also joined in The Wellspring's rucksack appeal, acquiring five rucksacks and filling them with socks, gloves, underwear, sleeping bags, flasks etc.

In December 2018, Heaton Mess WI chose the local charity Stockport Without Abuse as our charity to support in 2019.

As women, we really bonded with this charity and, every month, we asked the charity what practical items and food we could donate. It gave us all a good chance to clear out kitchen items from our cupboards, as well as adding the odd thing to our shopping baskets.

Fundraising activities in 2019 included craft fairs, where we sold handmade items such as Easter Chicks at group meetings, as well as organising dancing shows, preloved clothes & furniture sales, and even taking part in sponsored runs. The whole group supported



Left to right: Mary Manock (member), Annette Slevin (member), Claire Alcroft (member), Julia Bowden (representative SWA), Lucy Eatough (representative SWA), Charlotte Lowe (member)

these activities through donations, making cakes, or just by being there. It was a great first year of charity fundraising.

At the end of the year, Heaton Mess WI invited representatives from Stockport Without Abuse to one of our meetings to present them with a cheque for a whopping £3662.76! At the meeting, Stockport Without Abuse gave us some insight into their work and how much our support means to them, not only through raising money, but by donating goods each month that enable families to try and start again, and to have as normal a life as possible.

If anyone is interested in finding out more about Heaton Mess WI, please email: heatonmessmembership@gmail.com

RELIGHT MY CHOIR

Author: Phil Reynolds



'Relight My Choir' @ The Heaton launched with special guest Sue Devaney (Coronation Street, Casualty, Dinnerladies etc) and choir leader Phil Reynolds on Tuesday, 14 January 2020.

The group was formed in response to demand from several local residents (including some of Phil's students) to create a new community-based 'pop' choir for adults. The launch night involved performances from Sue & Phil with a few showstoppers, plus Phil teaching some warm-ups and 3-part harmony to around 40 singers. Scott and his team at the Heaton not only provided the venue, but also some interval snacks!

The aim of the group is to work towards local community performances, as well as linking

up with the three other Manchester choirs that form 'Heart Voices' for bigger events and workshops. Phil also spends some time working on proper vocal technique (including breathing, posture and tone), and has trained both with Rock Choir and Vocal Process - world renowned experts in the voice.

Phil is a graduate of London's prestigious Royal Academy of Music, and Rochdale-born Sue is well known for her TV and stage roles over almost four decades.

The choir runs on Tuesday evenings (term-time), 7.30-9pm at The Heaton on Didsbury Road, costing £6 per person.

www.facebook.com/relightmychoirmanchester/

MEET YOUR NEW MP

AN INTERVIEW WITH NAVENDU MISHRA, MP FOR STOCKPORT



A General Election wrapped up 2019, with Navendu Mishra winning the Labour seat for Stockport, after Anne Coffey had represented the area for 27 years. In this interview, Navendu explains his priorities and how you can get in touch with him.

Tell us a bit about yourself...

I was born in India, but I have lived in the United Kingdom for the majority of my life. I went to University in Hull and then later on in Keele. I have lived in our borough for almost a decade now, first in Hazel Grove and now in our constituency in Brinnington.

Tell us about your career before becoming an MP...

Before becoming an MP I worked for the John Lewis Partnership for about six years and then for Unison North West (trade union) mainly representing care workers.

Why did you decide to stand as an MP?

Since being old enough, I have been an active member of the Labour Party and my trade union. It is vital that, in their workplaces

and in their communities, people have approachable and effective representatives who will listen to them and work with them. I previously stood as a parliamentary candidate in Hazel Grove. I have seen many good people struggle, many communities in need of investment and many hard-working employees suffering workplace stresses, and I wanted to play my part in giving them a voice and improving their lives.

What do you do as an MP?

There is no such thing as a typical day-in-the-life of an MP. My days vary from sitting in the house listening to debates and voting, to sitting on cross party parliamentary groups on specific issues, to hosting constituents visiting parliament or meeting constituents lobbying on particular issues, to responding to letters, emails and phone calls. I usually return to Stockport on Wednesday evening and I am currently trying to meet as many community groups and organisations across the constituency as I can. I want to have good working relationships with as many of them as possible in order to understand their concerns and promote and support the great work that they do.

What are the key issues you will be prioritising?

I am very passionate about public transport, housing and climate change. Our bus and train services are appalling and can be a barrier to people being able to fully participate in work and leisure activities, not to mention forcing people to have to use their cars. I would like to see much improved services through Stockport and Heaton Chapel and much better access for people with mobility problems.

Secure and affordable decent quality housing is the foundation for happy, healthy and productive lives. Far too many people are sleeping on the streets, using shelters or sofa-surfing or living in poor quality housing

on short term lets. I am really pleased that Stockport council through Viaduct Housing Partnership is building affordable homes for rent or sale throughout Stockport. I am keen to support this and do what I can to secure whatever funding is needed to develop this programme.

All of this is academic unless we have a planet on which we can live! It is essential that we take measures now to cut our carbon emissions and invest in cleaner, greener industries. The air we are breathing is killing us and plastic is choking our planet. I want to work with Stockport MBC and Greater Manchester Combined Authority, local communities and businesses to support their measures to improve air quality and reduce plastic use.

This is an interesting time for the Labour party. Where would you like to see the party going next?

Obviously, the election result nationally was disappointing for Labour. We in Labour have to hold an objective debate about what went wrong and what we need to improve. That includes listening to and hearing what voters have to say. Many of our policies were popular, for example investment in the NHS, public ownership of utilities and the green industrial revolution. I hope that whoever becomes the next party leader will continue to develop the transformative manifesto that will build a fairer society based on economic and climate justice.

In the future, it is essential that the Labour party connects with and actively listens to voters. We must be rooted in our communities if we are to fully understand their needs and concerns and we must give them the confidence that we will be their voice.

How do you represent the folks living in the Heatons and Reddish in Parliament?

I want to meet with and build strong relationships with people living in the Heatons and Reddish (Editor's note: much of Reddish is in Andrew Gwynne's constituency) in order to be able to properly represent them. I also work closely with local councillors and the leader of Stockport council, so that I can raise their concerns, campaign for Stockport and promote our town wherever possible. I am also happy to meet constituents at Westminster, as individuals or as part of an organised group. I can also raise concerns via parliamentary questions and formal letters to ministers.

For what reasons should we folks of the Heatons and Reddish get in touch? And, how do we get in touch?

I want people to feel free to get in touch on anything that concerns them. I may signpost them on to their local councillors or will shortly have some caseworkers who can take things up that go beyond the remit of a ward councillor. I am also keen to get out and meet people, so will welcome invites to their meetings and activities.

I am in the process of setting up an office in the constituency and employing staff to help with casework and other local matters. I will provide you with address and contact details as soon as that process is completed.

I do already have a parliamentary email address so people can contact me at: navendu.msihra.mp@parliament.uk.

I also intend to be a visible and approachable MP and will be holding regular surgeries in the Heatons. (Reddish comes into Denton and Reddish constituency represented by MP Andrew Gwynne).

LETTER FROM THE EDITORS

Last month, we published an open letter from Figen Murray, the mother of Martyn Hett who died in the Manchester Arena terror attack. We are pleased to see that the Home Office has said it will now consult on "Martyn's Law" to require venues to prepare for any terror risks. This is a positive step for Figen's campaign that will help to keep us safe when we are out and about enjoying ourselves. Congratulations Figen, we are behind you on this one.

Today's front page is something we thought the community needed to hear about: what next for Priestnall School following the recent Ofsted inspection. Headteacher Craig Burns is quickly making changes and Priestnall has a bright future ahead.

When asked what the community could do for the school, Mr Burns openly said he welcomes community feedback on where the school is doing well and where it isn't. Here at the Heatons Post, we wonder what opportunities we, as a community, can provide for young people. So, to play our small part, we welcome any budding young journalists who want to write for the paper, just get in touch on news@heatonspost.co.uk.

We have boundless amounts of thanks to still give to many people for their time and contributions to this paper. In particular, you wouldn't be reading this right now if it wasn't for the army of volunteers who have distributed copies throughout the Heatons and Reddish. From community groups to the social connector teams, to the Goodgym who deliver copies whilst running, to our youngest volunteer, Max Hamlin, who is helping out as part of his Duke of Edinburgh Award.

A special thanks also to Heatons & Reddish Councillors who this month granted us a one-off payment in support as part of the Area Ward Committee community funding pot – funding open to all, so do consider applying for any community projects you are involved with.

The amount of community news that enters our email inbox is impressive. Who knew that so much happens right on our doorstep! And, that's the point of the Heatons Post: to bring to you the news of what's happening in the area, and to provide a voice for the people who live here. If you want your voice heard, you know where we are.



Heatons Post has launched!

Thanks to all those who attended the launch of Heatons Post on 6 February at Heaton Hops. It was fantastic not only to see so many supporters and contributors, but to hear the enthusiasm for your new community newspaper.

MEET THE TEAM



Suze Howell
Heatons Post Team



Amanda Fourie
Heatons Post Team



Mel Page
Heatons Post Team

LIST OF CONTRIBUTORS

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Printer: Reach Printing (reachprintingservices.co.uk)

Thank you

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

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

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



RO(-HO-HO-)TARY FUNDRAISING HITS A HIGH!

Author: Carol Cross

Stockport Lamplighter Rotary would like to say a huge thank you to the people of the Heatons and Stockport for their extremely generous donations to Charity via Santa and his elves during their annual Santa Sleigh run throughout December.

As well as static sites at Morrison’s and Tesco, lots of excited children were thrilled to see Santa on his sleigh driving round the streets of the Heatons. They opened front doors in their pyjamas, met him on street corners, and waved from bedroom windows.

As well as it being a tremendous amount of hard work, the people on the float have a great deal of fun and just love receiving the brilliant letters and drawings that children have written for Santa.

These folk are not all Rotarians - people from our local community get involved and enjoy every minute of walking round the streets, often in fancy dress, meeting hordes of excited children and their parents, whilst accepting messages for Santa and his elves.

All money raised goes to charity and is distributed throughout the year. Some of last years’ funds were donated to Loaves and Fishes, a charity which feeds the homeless in Stockport as well as providing them with duvets and warm clothing.

Another beneficiary was The Alex Hulme Foundation which conducts research into children’s cancer. Local Scouts and Guides were helped, as well as the elderly and lonely. The list is endless and changes each year, but Rotary Lamplighters are always happy to help a just cause if the funds are available.

2019’s total was a staggering £11,000!

Lamplighters have already started planning next year’s event as the float has to be maintained, routes planned, insurance sorted and permission gained.

If you would like to learn more about Rotary or the Christmas Float, please contact the organisers via the Lamplighters website.

IT’S RAINING MEN IN SHEDS

Author: John Lepine

At least, it was raining on the Heatons’ Men in Sheds (HMIS) on Tuesday 14 January when they were caught in a bit of inclement weather whilst installing the second Heaton Chapel & Heaton Moor “running in board” on the station’s south platform. This large sign shows the name of the station and mirrors the sign on the northbound platform which was unveiled about a year ago.



Dampened on the Tuesday, HMIS returned on Wednesday morning to the now sun-drenched platform to finish the sign off with a few dabs of paint and a careful clean. Most people think the new sign looks great, see what you think next time you visit Heaton Chapel and Heaton Moor station.

However, HMIS have received a couple of comments suggesting the sign is a waste of space as the station has always been called Heaton Chapel, not Heaton Chapel & Heaton Moor – not true!

A quick check of the history section on the website of the friends of the station, who commissioned the sign, states: ‘Following a 1955 modernisation plan, the station name ‘Heaton Chapel and Heaton Moor’ was shortened to just ‘Heaton Chapel’.’

Back in January, HMIS also returned to Heaton Norris Park where they have been collaborating with the Friends of Heaton Norris Park to tackle the planters and bins that had been vandalised outside the community centre.

If you would like to find out more about HMIS, they meet twice a week: Mondays at 1pm until 4pm at St Paul’s Church, in the Hall behind the church; and Wednesdays at 7pm to 9pm in the workshop in the cellar, beneath the church. The group also meets to offer computer help, 7pm to 9pm, on the 1st and 3rd Thursday of each month at The Moor Club.

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

GET INVOLVED VOLUNTEER JOB POSTINGS

Broadstone Hall Primary School Job: DIY Hours: As much as you want When: 1 - 5 June Contact: Nichola Keith nichola.keith@broadstonehall.stockport.sch.uk
Walthew House Job: Sighted guide at Blind Bowling Tournament Hours: 10:00 - 13:00 When: Wed 18 March Contact: Shannon on funding@walthewhouse.org.uk or 0161 480 2612
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: 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 office@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.ok/register

COMMUNITY GROUP MEETINGS			
GROUP	WHEN	WHERE	CONTACT
4HTA	Tuesday 18:00 - 19:30, Quarterly	Various	admin@fourheatons.co.uk
Asian Heritage Centre Meetup	Tuesday & Thursday 10:00 - 14:00, Weekly	The Cellars, The Heatons Centre, Thornfield Road, Heaton Moor, SK4 3LD	Zubeda Hafezi 07800618851 AHC@stockport.gov.uk
Coffee and Conversation	Monday 13:30 - 15:30, Weekly	St. John’s Church, St. John’s Road, Heaton Mersey, SK4 3BR	jean.sykes@coffeeandconversation.co.uk
Councillor Doorstep Surgeries: Heatons North	Tuesday & Saturday 10:00 & 10:30 - 12:00 Weekly		
Councillor Doorstep Surgeries: Heatons South	Sunday, 11:00		
Councillor Surgeries	1st Saturday 11:00 - 12:00, Monthly	Heatons Library Thornfield Rd, Heaton Moor, SK4 3LD	
Heaton Mersey Collective Gardening Workday	2nd Sunday 10:30, Monthly	Village Garden plot, Scout Hut, Didsbury Road, Heaton Mersey	heatonmerseycollective@gmail.com
Heatons Mess WI	3rd Tuesday 19:00 Monthly	Stockport Labour club, 2 Lloyd Street, Heaton Norris, SK4 1QP	heatonmessmembership@gmail.com
Heatons WI	3rd Thursday 19:45 - 21:45, Monthly	The Heatons Sports Club Green Lane, Heaton Moor, SK4 2NF	info@theheatonswi.com
Hubs in The Four Heatons	1st Tuesday 10:00 - 12:00, Monthly	Heaton Moor Medical Centre, 32 Heaton Moor Rd, Heaton Moor, SK4 4NX	
Hubs in The Four Heatons	2nd Tuesday 10:00 - 12:00, Monthly	Heaton Norris Pavilion, Heaton Norris Park, SK4 1HZ	
Hubs in The Four Heatons	4th Tuesday 10:00 - 12:00, Monthly	Feed, 393 Manchester Rd, Heaton Moor, SK4 5BY	
LOVE Heaton Chapel	2nd Tuesday 19:00, Monthly	Feed, 393 Manchester Rd, Heaton Moor, SK4 5BY	loveheatonchapel@gmail.com
Men In Sheds	Monday & Wednesday 13:00 (Mon) & 19:00 (Wed), weekly	St. Paul’s Church Hall, Highfield, St Paul’s Rd, Heaton Moor, SK4 4RY	www.heatons-mis.co.uk
Music In Sheds	Wednesday 19:00, Weekly	St. Paul’s Church Hall, Highfield, St Paul’s Rd, Heaton Moor, SK4 4RY	www.heatons-mis.co.uk
Sustainable Living In The Heatons	1st Saturday 10:30 - 12:30, Monthly	The Heatons Centre, Thornfield Rd, Heaton Moor, SK4 3LD	info@sheatons.org

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

SATURDAY 25TH APRIL
11.00AM – 3.00PM
Artisan Market on St John’s Road, off Didsbury Road
Including a variety of stalls selling locally produced food, plants, gifts & crafts
Refreshments and charity stalls in St John’s church

SATURDAY 20TH JUNE
11.00AM – 3.00PM
Artisan Market on St John’s Road
St John’s Church Summer Fair, Refreshments and charity stalls in St John’s Church

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

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

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

REDDISH NEEDS A BANK

Author: Andrew Gwynne MP, Denton & Reddish

It seems a shame for my first article for the fantastic new Heaton's Post to focus on something negative, but I'm sure many of you will already have read about the decision to close the Lloyds branch in Reddish, leaving the town without a bank.

This is obviously really disappointing news and I'm doing what I can to try to make Lloyds reverse this damaging decision, but unfortunately it's a symptom of a much wider problem. Across the country, banks are closing branches and often they're closing them in the areas that need them most, for example areas with high deprivation or isolated rural areas. As an MP, I spend a lot of time in London and I can tell you that they're not closing them down there.

My constituency of Denton and Reddish will be down to just two bank branches once Lloyds is closed. Cities of London and Westminster – the constituency including parliament – has 116.



It is often those who are older or poorer who rely more on in-branch services. They may not have access to the internet or may not trust internet banking – both of these are completely understandable and I wish that our banking sector would take account of this. Instead we all too often find banks putting profits before people.

It's not just ordinary customers who are let down by short-sighted branch closures – our thriving small businesses also often rely on being able to go into a branch to use banking services. These businesses are such an important part of our communities and I'd like to see more recognition of this from banks.

Luckily, there is still a NatWest in Heaton Chapel, but this alone is not enough for our communities – Reddish needs a bank!

LOCAL LOWDOWN

This month, Cllr David Sedgwick reports back for Heaton's Post on updates from the local authority. Cllr David Sedgwick is one of the councillors for Heaton's North on Stockport Council and has served as a local Councillor since 2012.

Crime Panel Meeting

The Heaton's North councillors have set up a crime panel meeting in response to concerns from residents over crime in the area. The meeting will provide an opportunity for residents to meet local police and raise concerns about crime, and for the police to advise of best practice in securing cars, homes, other property, and also how to effectively report crime. The meeting will take place on Wednesday 11 March at Heaton Chapel Community Centre from 7-9pm.

We're bringing Metrolink to Stockport

I'm delighted to hear that Stockport will be connected to the Metrolink network at long last! A business case has been sent to Transport for Greater Manchester (TfGM) seeking approval to extend the Metrolink network to Stockport.

The line would be an extension of the East Didsbury line and would serve the Heaton's before looping round to Stockport. Metrolink isn't just about linking up services to Manchester Piccadilly but is part of the strategy to join up orbital communities across Greater Manchester.

The project is projected to start in 2024.

We're Delivering More Electric Charging Points

The council and TfGM appointed a new operator of the GMEV Network last December. In the coming months we have plans to replace all the aging infrastructure with more reliable units. In addition we are installing 25+ Rapid Chargers throughout GM.

Stockport will benefit from two Rapid chargers at:

1. Massie Street Car Park
2. New bridge Lane Car Park

We also have further funding for an additional 300 extra chargers across Greater Manchester, and I have today made 4 suggestions, in addition to the Library and

the Moor Top Coop. I also suggested that School Lane is considered, and the car park at Didsbury Road.

In addition, the new operator will also be looking at installing 1,500 chargers over the term of the contract.

Cycling and Walking plans approved

I'm really pleased to let everyone know that following the January meeting of the Heaton's and Reddish Area Committee, the Mayoral Challenge Fund (MCF) proposals were agreed and will now go to Cabinet for approval.

The £2.2m project will see significant investment in our roads and pavements to encourage fewer car journeys and boost public health. All Councillors voted in favour of the proposals funded by our Mayor, Andy Burnham.

However, this isn't the end of the project. We still desperately want to hear your views on the final details of the proposals which can be viewed on the Council website. We have specific concerns which need to be addressed over the coming months:

- Leegate Road and several issues around ownership, heritage, access and trees
- Access issues across the Golf Club
- Keeping cycle and walkways lit 24/7
- Managing traffic flows and restricting speed bumps which can put cyclists off

**For more information, see:
www.stockport.gov.uk/about-stockport-walk-cycle**

HEATONIANS JUST HELP

Author: Clare Hinton

The Heaton's community helped raise over £37k for St Ann's Hospice and other local charities.

JustHelping, a national charity which partners with hospices to organise Christmas tree collections on a national scale, would like to take this opportunity to say a huge thank you to all the amazing volunteers at Heaton's Scouts and the Stockport Lamplighters Rotary Club, who once again supported the charity. They delivered thousands upon thousands of leaflets to local

AGE FRIENDLY AREA

RECOGNITION FOR THE HEATONS AND REDDISH

Author: Lynn Brandwood

Reddish and the Heaton's have recently been recognised as age-friendly neighbourhoods by Andy Burnham, Mayor of Greater Manchester.

The age-friendly challenge was launched in 2018 to help make Greater Manchester a great place to grow older. Reddish achieved age-friendly status as it was able to show that voluntary groups, community organisations, and local businesses were working well together to support and connect older people.

The Reddish application showed an understanding of community need, with activities often being run by older people themselves. The older persons dance class at St Agnes church began as a result of people enquiring into a class following the start of a children's class. St Agnes also recognised that many of their congregation have mobility issues and, therefore, the church opens up its space to put on monthly social events, such as a film and bingo nights.

The charity Re-dish helps to co-ordinate neighbourhood activities, as well as offering their own services aimed at older people, for example an in-home befriending service called Common Ground, and a Dementia Friendly Café.

Many local businesses are also committed to the age-friendly agenda including Knit2Tog, Lyengar Yoga, Tai Chi, and a walking football group run by Reddish North End FC. These businesses, together with the Life Leisure Activity Ageing Programme, help older adults in Reddish into physical activities, and enable them to live and age well into later life.



Photo: Lynn Brandwood collecting the award

The Mayor's Age Friendly challenge has so far been awarded to 53 neighbourhoods. Reddish and the Heaton's both received their awards at a recent event held at the Museum of Science of Industry. This celebration event brought together residents from across Greater Manchester in order to share ideas and learn from one another. Some great connections were made at the event and so we can expect to see more in the future.

Reddish is now a pilot area for Stockport Council's Ageing in Place programme.

Mayor's annual fundraising ball in April.

Before that though, Derailer will headline the ever-popular Foodie Friday in Stockport on 28 February.

The boys have been regulars at the monthly event, held in Stockport market, for a couple of years, after impressing organisers John and Rosemary Barrett, who are huge champions of young bands and gave Derailer their first break at the now sadly defunct Seven Miles Out – although their record label of the same name lives on.

There are also local festival appearances booked in for Reddish and Romiley, and the excellent Down by the Riverside weekend a little further afield in Lancashire.

Derailer's debut single, High Tide, is available to download, while the release of follow-up The Time is Now, is imminent.

In amongst, the boys are keeping focused on those GCSEs and as Clint Boon told them "get through your exams and then you can really start having fun".

You can keep up to date with Derailer's latest gigs @derailerofficial on Instagram, @derailer_band on Twitter and @derailerofficial on Facebook.

ON THE RIGHT TRACK

Author: Peter Scrivener

From winning Stockport Schools battle of the bands, to playing live on the radio and headline shows in Manchester, 2019 was a sensational year for young Heaton's band Derailer.

The quartet of 15-year-olds – Arthur Scrivener, William Galloway, Sam McKnight and Luca McLindon-Morris - are now looking forward to a 2020 that will see them release their second single and make festival appearances around the North West, all while preparing to sit their GCSEs this summer at Priestnall.

Manchester music legend Clint Boon urged listeners to "get some Derailer in your life and make it better" when he invited them to play live on his radio show last November - and new Stockport Mayor Laura Booth did just that.

She was so impressed after seeing their energetic performance of synth-driven bluesy rock 'n' roll at Stockport's brilliant live music venue, the Spinning Top, over Christmas, that she immediately asked them to play the

homes to promote the Christmas tree collection, which raises vital funds to support hospice care when people donate online when they register their real Christmas tree for collection.

The campaign was a huge success and has raised over £37,000 which will be donated to St Ann's Hospice, as well as other local charities as nominated by the volunteers who gave up their time and donated services to assist with the collection. During the weekend of the 10 – 12 January, more than 100 volunteers collected over 3,300 real Christmas trees throughout Stockport, parts of Trafford and South Manchester postcodes. The event was also supported by many local businesses providing volunteers and vehicles.

All the trees collected in the Heaton's area and nearby postcodes were taken to Burnage Rugby club where they were recycled with the chippings being used by the club. Local tree surgeons also donated their services to help with this enormous operation in South Manchester.

Trees in other locations were chipped and reused in local parks, including Etherow Park and Torkington Park, as well as at Bowdon Rugby Club, and the chippings from other Stockport postcodes were taken to a farm in Poynton where they will be later used as mulch on plants. The Christmas tree collection is popular amongst residents as it not only gives them the opportunity to donate to local causes, but is also environmentally friendly too.

LIFESTYLE & GARDENING

ON THE FLIP SIDE...

In our new regular feature, a local mum and her teenage daughter discuss the issues hitting the headlines from each of their differing perspectives. This month, they discuss the announcement from Philip Schofield that he is gay and how he has struggled to be open about it for decades. Some people are shocked, some not surprised, some are wondering how this affects his wife and family, and his popularity. Over to our local mum and daughter for their thoughts...

Mum
Well, it was a very different time back when Philip Schofield first became a TV Presenter.

Daughter
That's the thing - perhaps whilst he knew back then that he was gay he felt he would be so closely scrutinised that it was not a viable option for him to be openly gay especially in his chosen career.

Mum
I think back then, we thought only men with particularly effeminate characteristics were gay.

Daughter
Wasn't it also more difficult then, for people who were in the public eye? Because the TV broadcasters would have been revealing an agenda by having openly gay presenters whilst there were laws preventing certain freedoms for gay people.

Mum
I see what you mean, however, in the 80's there were homosexual presenters, talk show hosts and comedians on TV. They were pretty flamboyant characters though, and they certainly wouldn't have talked about their partners on TV. Of course, because gay



marriage was not legal at that time and gay people were not protected by equal rights unlike today.

Daughter
I think now, when we hear that someone is gay, it is less shocking to our generation and perhaps, we can understand that someone may have kept their sexuality hidden because of the institutionalised homophobia that was more prevalent in previous years. Nowadays, TV ratings are less likely to be diminished because of the TV star's sexual orientation.

Mum
Should we even need to know people's sexuality on TV or in society? I think it is more important that we value the person, and what they have to offer. I think it is less about who they love and more about if we love to be entertained by them. Perhaps it is really none of our business.

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 at: news@heatonspost.co.uk

START CHIT, CHIT, CHITTING...

Author: Paul Lewis
Now is the time to buy your new potatoes if you wish to grow them this year and, the truth is, they are so simple to grow and taste fantastic!

Seed potatoes have just appeared in the garden centres and are now also available on-line. They are relatively cheap, and you should buy them whilst they are still fresh and whilst there is a good choice of varieties available.

I plant first earlies at the end of March and second earlies usually a couple of weeks later (mid-April). It is important to chit your seed potatoes first - I usually put mine in egg boxes inside the porch. Chitting generally produces a bigger crop of spuds so don't forget.

Chit the potatoes rose end up (this is the end with the most eyes). Leave them until the shoots are an inch or so long and keep them in a light, frost-free place.

I find that many of the packs you buy have



too many seed potatoes in them but don't worry if you have too many - give them to friends or neighbours and, once chitted, you can compost your egg boxes.

If you are planting them in a large bag or container, line the bottom with 6 inches (15cms) of compost and put the seed potatoes just below the surface. I use either garden compost or organic peat free compost.

As the shoots grow, just keep topping up with compost until your container/ bag is full. That is all there is to it - and they taste wonderful.

Have fun and enjoy!



THE MEANING OF LIFE

Author: Sheila Senior
Do you ever wonder what life is about? Are you trying to understand the world and your place in it? Would you like to achieve your full potential and explore life to the fullest? Are you prepared for a challenge?

If the answer to one or all of these questions is 'yes', then a practical philosophy course might be just the thing you are looking for. One of the best places to start is with the great teachers from the East and West, and to hear what they have been saying for thousands of years and how this applies in your own life. These courses will give you the tools to begin the great work of self-understanding and are open to people of all ages, requiring no previous knowledge or experience, just an enquiring, open mind.

The School of Philosophy has been offering courses in the North West for over 50 years, and here in Heaton Norris since 2005.

We are offering a free introductory talk entitled "Leading a Happier Life" on Saturday morning, 21 March from 10am to 12 noon, with tea and coffee on arrival.

These practical, non-academic courses are held at Belmont House, Heaton Norris. Built in 1911 as the Baker Street Mission, Belmont House is a beautifully converted building on the corner of Belmont Street and Baker Street and, for the last 15 years, has been a study centre where regular courses in Practical Philosophy & Meditation, as well as Art Exhibitions, are held. The rooms are also available for hire.

For full details about future courses, how to enrol, or room hire go to; www.practicalphilosophy.co.uk or www.belmonthouse.org

The building is open Monday, Wednesday & Thursday from 9.30 am to 12pm, and Monday - Thursday evenings during term-time from 7pm to 9.30pm.

BORN TO RIDE

Author: Mike Hilton
Now that the weather is improving, what better way to enjoy it than by getting out on a bike ride!

Riding a bike has many benefits including improving fitness levels, lowering your carbon footprint, and reducing stress levels. Regular cycling is one of the best ways to reduce your risk of health problems associated with a sedentary lifestyle. Here at Sustainable Living in the Heaton, we have been planning some great local bike rides utilising the quieter roads and off-road paths.

Our rides are open to all and the SLH team particularly welcome those who want to get back on their bikes after the winter break, or those who are new to cycling, as well as families with children. They will be led by experienced cycle leaders who will make sure that no-one is left behind.

There are two bike rides planned for April - the first on Sunday 5 April at 10:30am, starting in Heaton Mersey (Heaton Pub) and going to the Heaton Moor Producers Market on Shaw Road. The route will be a combination of off road paths and very quiet roads, taking in Heaton Mersey Common along the way. Bring a bag for all those lovely gifts from the market!

The second ride in April will be on Saturday 25 April at 10:30am, starting from Heaton Chapel (George and Dragon Pub) to the



Heaton Mersey Artisan Market on St John's Road. Again, the route will be using a combination of off-road paths and very quiet roads. Don't forget that bag for the market.

Booking for the bike rides is essential - please contact: cycling@slheatons.org.

All participants must bring a roadworthy bike, and all under 18's must be accompanied by an adult. If you are looking for someone to teach kids to ride a bike, please contact: www.ncagb.co.uk/our-bike-courses/learn-to-ride/

Bike rides are planned throughout the year, including a visit to Reddish Vale, a trip to Abney Hall, and even a trip to Knutsford to watch a penny farthing race! For more information on all of the bike rides planned throughout the year, please visit: www.slheatons.org



YOUR ENVIRONMENT

ADVERTORIAL

CHEAPER GREEN LIFE

Author: Mel Godfrey

REDUCE YOUR ENERGY BILLS AND BE GREEN

There are a growing number of energy companies offering "renewable only" energy packages for both electricity and gas. They are a good place to start if you are concerned about your bills and would like to reduce your carbon impact. There is however plenty more you can do, particularly if you plan it in with other expenditure that you are already intending to make over the coming months and years.

Most improvement projects offer an opportunity to increase the airtightness and insulation levels in your home. For example, when you replace kitchen units you should take the chance to seal the room from the sub-floor beneath and stop the infiltration of cold air taking place along the walls. Your home is really a living, breathing system and it will have many tiny gaps giving air seepage that are not obvious, but which in

total reduce the effectiveness of your heating and increase your bills.

Most of us also have technology and innovations that have been added piecemeal to our homes – smart boilers, double glazing, mechanical air extraction etc. Controlling this equipment is important. Controls, if not well understood, will not achieve their optimum device performance.

Using a professional knowledge of housing and property, and aided by technology, Mel Godfrey can make your home toasty for less. Mel is an independent surveyor and analyst of older homes who can help you get more from your home.

Visit www.warminwinter.co.uk or call 0781 005 3743

STOCKPORT GRAMMAR KICKS THE PLASTIC

Author: Enfy Bosworth

HEATONS BUSINESSES DELIVER ECO-TALK TO STOCKPORT GRAMMAR

Stockport Grammar School recently welcomed the Four Heaton's Traders Associations, Heaton's Women's Institute and Sustainable Living in the Heaton's who delivered an enjoyable and informative talk entitled 'Kick the Plastic'.

The talk is the latest in Stockport Grammar's regular 'Spotlight On...' series hosted in the Senior School library. The talks provide pupils with the chance to gain expert insight into a variety of stimulating topics from academic, historical and current affairs.

Pupils were inspired by the speakers who offered tips and advice on how to reduce the

LOVING HEATON CHAPEL

Author: Love Heaton Chapel

Love Heaton Chapel was formed in early 2018 by a group of friends who regularly met at local Heaton Chapel pub, Heaton Hops, and wanted to bring the local community together. Now, just over two years in, Love Heaton Chapel has been instrumental in making the area a greener, cleaner and friendlier place to live, all with support from the local community and businesses.

Some of our achievements over the last two years include leading a campaign to regenerate the recycling area on School Lane and turn it into a community green space, carrying out over six community clean ups and litter picks, and helping to maintain five different community green spaces.



Love Heaton Chapel has also brought the local community together and helped to tackle social isolation. We have hosted two community picnics, two community socials as part of the Heart of the Heaton's Festival, and, recently, a hugely popular quiz night at Feed General Store.

Love Heaton Chapel meet on the 2nd Tuesday of the month bi-monthly - our next meeting is our AGM on 10th of March at 7pm at Feed General Store.

Upcoming events in Heaton Chapel include:

- 1 March – Love Heaton Chapel Litter Pick – meet 11am outside Feed General Store
- 21 April – Love Heaton Chapel Games Night: 7-9pm, Feed General Store
- 9 June – Love Heaton Chapel Quiz: 7:30-9:30pm, Feed General Store

Love Heaton Chapel encourage people in the local area to get involved with their community group, get to know one another, and support the neighbourhood.

We would love anyone who would like to get involved to get in touch. By coming together, we can create a more well-connected, stronger Heaton Chapel community.

Get in touch with us at: loveheatonchapel@gmail.com

or join the Love Heaton Chapel Facebook group.



amount of plastic we use and the audience, which included members of the school's Eco-Committee, enjoyed sharing their own ideas with the visitors.



PLASTIC FREE HEATONS

EVER WONDERED WHAT TO DO WITH ALL THOSE PESKY PLASTICS?
HERE'S YOUR GUIDE TO RECYCLING IN THE HEATONS...

Oral care products

Including used toothpaste tubes and all toothbrushes

- Tithe Barn Primary School SK4 3NG
- The Good Life SK4 3BS
- Didsbury Road Primary School SK4 3HB

Crisp packets

No popcorn packets please

- Nook SK4 4HY
- Tithe Barn Primary School SK4 3NG
- The Good Life SK4 3BS

Writing instruments

Including pens, pencils, felt tips, highlighters, markers, tippex, fountain pens

- Tithe Barn Primary School SK4 3NG
- The Good Life SK4 3BS
- Didsbury Road Primary School SK4 3HB

Beauty treatments

Including compacts, palettes, mascara, lipstick, lip gloss, and lip balm, beauty tubes and pots, all Weleda products

- The Good Life SK4 3BS
- Didsbury Road Primary School SK4 3HB

Finish Dishwasher packaging and cleaning product refill pouches

- The Good Life SK4 3BS
- Didsbury Road Primary School SK4 3HB

PVC advertising banners

- Plastic Shed, see www.plasticshed.org, turning plastic waste into new useful things!

Plastic bottle lids

- LUSH Fresh Handmade Cosmetics, Market Street, M1 1PT or Arndale Centre, M4 3QA or The Trafford Centre, M17 8DF

Plastic bottles

- Brown recycling bins, see www.recycleforgreatermanchester.com

Plastic carrier bags

- Local supermarkets
Margarine, yoghurt, cream, ice cream, plastic fruit cartons/ trays, confectionary tubs

- Black refuge bins, see www.recycleforgreatermanchester.com
- Palm Recycling at Sainsbury's Recycling Bank, Cheadle SK8 3BB

Contact lens and packaging

- Boots The Opticians (on the A6) SK4 2QN



TIME FOR CHANGE IS NOW!

VOLUNTEERS REQUIRED FOR CLIMATE ACTION

Author: Mel Godfrey

A group of volunteers, led by the Sustainable Living in the Heaton's, has begun putting together a public programme of events and a festival for summer 2020 with the theme: Heaton's Climate Action Festival, Everything You Wanted to Know About Acting on Climate Change but Were Afraid to Ask.

We have identified a strong desire for better local knowledge and information across a wide range of climate change topics. These include: travel, wildlife, food, energy, fashion, cars, home insulation and understanding the science. We also want to make events and activities fun too. If you would like to help us and have an interest in any of these topic areas - or others - then please get in touch by contacting us on: climateactionfest@sheatons.org

Climate change and biodiversity depletion is already taking place around us, so this is your chance to make a difference alongside fellow like-minded local residents: new habits have to begin at the local level as much as the global.

LOCAL SCHOOLS UPDATE

DIY SOS!

Author: Lauren Eva

Broadstone Hall Primary School is calling out for help!

Broadstone Hall Primary would like to redesign their Early Years outdoor provision area but, sadly, due to lack of funding, it is proving difficult. Lauren Eva, who is heading up the project, tells us: “Children’s social, emotional and mental health are our absolute priority, and we want to improve the wellbeing of our 3, 4, and 5 year olds by providing them with an outdoor space filled with endless opportunities to learn through play.”

As it stands, the outdoor area has not been touched for many years and it is in desperate need of some love. Lauren says: “We are kindly asking for donations from both our school PTA fund and the kind and generous members of the wider school community.”

Ideally, the school would like to create their own mini ‘nature garden’ filled with herbs, plants and wild grass, create a new vegetable patch, build a new sand pit, and a ‘construction pit’ filled with gravel. They would also like to create a water wall and a music wall.



Lauren goes on to say: “All of these additions will not only fuel children’s curiosity about the outside world, but they will also develop fine and gross motor skills, develop their language skills, and allow them to build strong relationships with other children.”

Broadstone Hall are looking for any keen gardeners or builders who could help plan their outdoor area, as well as anybody strong enough to pick up a shovel and help them dig!

Any donations from businesses willing to help would be greatly appreciated... they would love anything from gravel and soil, to plants and pallets!

Please get in touch with Nichola Keith, on nichola.keith@broadstonehall.stockport.sch.uk if you are able to help in any way, big or small.

RECOMMENDED BOOKS FOR MARCH

Fiction

The Poppy War
by R.F. Kuang

The first in a fantasy series inspired by modern Chinese history, The Poppy War follows the journey of the peasant Rin who is unexpectedly accepted into the most prestigious military school in Nikan. During training, Rin discovers she is not who she thought she was and that she possesses a lethal magical ability - the art of shamanism. An epic tale of determination, survival, and war.

Non-Fiction

First They Killed My Father: A Daughter of Cambodia Remember
by Loung Ung

First They Killed My Father is the memoir of Loung Ung who was just 5-years old when the Khmer Rouge stormed into Phnom Penh, Cambodia, in April 1975. Under Pol Pot’s brutal regime, an estimated 2 million people are believed to have been systematically killed.

Loung tells her family’s story of fleeing the city, being separated from her siblings, trained as a child soldier, and, ultimately, her survival.

Young Adult Fiction

Mortal Engines
by Philip Reeve

Set far in the future, a post-apocalyptic world sees motorized cities fighting one another to survive. London is one of the larger & stronger cities, attacking everything in its path. Hester Shaw is the only one who can stop London and teams up with young apprentice, Tom Natsworthy, for a heart-stopping adventure.

Recommended by Anya, Age 13

Children’s Fiction

A Pocketful of Stars
by Aisha Bushby

Safiya’s parents are divorced. They rarely see each other, but when Safia’s mother becomes ill, it means regular trips to the hospital. All it takes is a whiff of her mother’s perfume and Safiya is whisked off into a gripping adventure. This is a touching story of childhood,, the importance of friendship, and just a pinch of magic. It’s all about being unique and being yourself. I would give this book five stars out of five, after all this is a pocketful of stars.

Recommended by Leila, Age 9

The Penguin Lessons
by Tom Michell

Have you ever heard of a real penguin being a school mascot? This true story is about an English schoolteacher working in Argentina that befriends a penguin who becomes the school rugby team’s mascot and the swimming coach!

This wonderful book has happy, exciting and very funny parts but you must be prepared for some tragic moments.

I enjoyed how well Tom and Juan Salvador bonded and it shows relationships between animals and humans are very powerful even if the animal isn’t domestic.

I recommend this book to ages 10+ but you should keep a dictionary with you for some of the more complex language.

Recommended by Angus, Age 10

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 issue.

SPREADING JOY

Author: Sian Williams

Staff and students at Reddish Vale High School were overwhelmed with generosity this Christmas after receiving significant donations from a number of partners within and around the local community.

Our school was very grateful to receive an extremely generous donation of £5,000 from a very kind local business owner, who wanted to spread some Christmas cheer and help our families during the Christmas period.

The donation was used to give back to our students and their families. Our dedicated staff worked hard to pull together Christmas hampers stocked with a wide variety of Christmas luxury items including biscuits, chocolates, Christmas jumpers, gift vouchers and games. We also gave a number of pupils gift vouchers to enable them to treat themselves, or to buy gifts for loved ones. The hampers were distributed to families by staff to spread the Christmas joy and make



a lot of our students and their families very happy.

We were also very grateful to receive £3,320 worth of gifts, provided by Hits Radio Manchester and Cash for Kids’ Mission Christmas appeal. Many of our pupils were given the opportunity to visit ‘Santa’s grotto’ and choose a gift.

We are very grateful for the donations that we received, which allowed us to undertake such a momentous act of kindness, and spread the joy at Christmas.

ECO WARRIORS BATTLE PLASTICS

Author:Tithe Barn Primary School

Local Primary School, Tithe Barn, are taking a stand against plastic waste and raising funds to help protect the environment.

Martin Stamper tells us: “It all started when Fred, one of the Year 4 children, watched an episode of David Attenborough’s Blue Planet on TV which highlighted the terrifying levels of plastic pollution in the world’s oceans, and the threat posed to marine wildlife.”

As a result of this, Fred got together with his friend Dougie and prepared an assembly for the whole school on plastic pollution to highlight his concern. Martin says: “This effectively was a challenge to the school to think of ways to make a difference.”

In the year which has just passed, the school has appointed thirty pupils to be dedicated Eco-warriors and also become a collection point for a unique plastic recycling scheme called Terracycle. The scheme takes plastic waste which would not usually be collected and is recycled by Terracycle to produce useful and long lasting items such as park benches and fence panels. Through sponsorship from some of the manufacturing companies, Terracycle are then able to pay the collection point a small fee for the items they collect.

Tithe Barn Primary is currently collecting crisp packets, writing implements, pringle tubes, oral care products and beauty care packaging. They have been very lucky to have been supported not only by their own school community, but also local businesses such as The Good Life in Heaton Mersey, and other local schools who have collected items on their behalf.



PHOTO: Eco-warriors from Tithe Barn Primary School

In their first year, the school has collected in excess of two hundred kilos of plastic for which they have been credited with just short of £400 to be used in ways which will benefit the environment. Martin tells us: “some of the money we have been paid for the waste plastic has been used to fund the purchase of an acre of endangered tropical rainforest, in conjunction with the World Land Trust.”

The school Eco-warriors have also recently been on a fact finding mission to the main Greater Manchester waste recycling centre. They have been busily passing on their findings to the wider school community with a view to making them all better recyclers.

For further information please see the Eco-warriors page of the school website and follow on Twitter @TitheBarnPrimary



CULTURE

TRAVEL: VISIT VIVACIOUS VALENCIA

Author: Becky Field



The port of Valencia is Spain's third largest city and boasts stunning beaches, open green spaces and spectacular architecture. From the grand La Lonja de la Seda, which is a UNESCO World Heritage Site, to the impressive green space of Turia Park, Valencia has something for everyone and is less than three hours away by plane from Manchester.

Valencianos are proudly outspoken about their city, and rightly so. It has a rich and varied culture and even has its own language - Valencian. Wandering around the streets you will stumble on striking street art created by up and coming street artists. Don't just expect to find aerosol tagging though - these artists take their work seriously and the art is created with a variety of mixed media.

Mixing the new with the old, Valencia is also famous for its amazing architecture. The centre of historic Valencia is known as Ciutat Vella and is steeped in history.

Santos Juanes Church was built in 1240 and La Lonja de la Seda, or the Silk Market, took 66 years to build and is the perfect example of the wealth created during the fifteenth century. Keep an eye out for the Gothic gargoyles; it is said they are allegorical or

satirical figures, but some people think they are erotic images which could be true as this is one of the only non-religious examples of Gothic architecture in Europe.

The city's main attraction, Las Fallas de Valencia begins on 1st March, culminating in an exuberant spectacle from 15th – 19th March. Deriving from an old carpenter's tradition, the festival celebrates the arrival of spring.

Throughout the winter, carpenters would prop up lanterns with pieces of wood and then burn them when spring arrived. As the tradition developed, people would add old belongings and rags to the bonfires and try and make it look like they were burning figures.

These days each neighbourhood in Valencia raises money to create a 'ninot'. These are giant effigies, usually satirical versions of Spanish celebrities and politicians, that are placed in key areas of the city. They really are a sight to behold.

A morning parade featuring a brass band and firecrackers and processions and events occur all day including pageants, paella competitions, and bullfights. It is a noisy affair and it just gets louder every day.

Evenings are filled with firework displays, each one getting grander, leading to the main 'La Nit de Foc' on 18th March. This alone draws crowds of up to 800,000 people.

On the final night, the 'ninots' are burnt. There is a children's version at 10pm and the grandest bonfire is in Plaza Ayuntamiento at 1am. Here, 'ninots' are stuffed with pyrotechnics, the street lights are turned off and firemen stand in place - just in case!

The festival provides noise, entertainment, lights, costumes and plenty of fun. It attracts people from all over the world, and Valencianos claim that it is the most popular festival in Spain.

However, no matter what time of year you visit Valencia, you are sure to have an amazing time. There are museums to explore, markets to browse and a night-life that suits every taste. Also, with very little rainfall and warm weather throughout the year, Valencia is the perfect destination to explore. RyanAir flies direct from Manchester to Valencia making it easy enough to pop over for a long, sunny weekend.

POETRY & MUSIC

KIN

Author: John Delaney-Willis

*Your tiny hand fits mine and
mine in his like a Russian doll.*

*Amid the ridges and valleys of my fingerprints,
you can glimpse bog land and farms, factories
and pubs.*

*Rooted in the bed of each nail you will
find housework and children, childbirth and sorrow.*

*Within the folds of skin that cushion his knuckles
you can see friendships and lovers, lies and
betrayals.*

*Between each figure crease lay echoes of
faith and ritual, belief and release.*

*The lifelines traced across your palm
converge a lifetime away.*

*And with such tiny hands,
connections are made.*

**Winner of the Heart Of The Heatons
2019 Poetry Competition (Over 50s)**

A MOST WANTED HOMECOMING...

Author: Andy Rayner

One of the area's top local bands is ending a near three-year exodus from their home territory when they play a gig at West Heaton Tennis Club on 6 March.

Stevie Williams & The Most Wanted Band had a monthly residency at the Nursery Inn on Green Lane for ten years before a change of management put paid to live music at the venue. Heaton Moor resident Stevie and his band built up a strong following at the time, the all-professional line-up putting them a cut above your average pub outfit. Stevie is the bass player, singer and main songwriter, whilst drummer Dave Hassell is Manchester's top session player and drum tutor. Virtuoso harmonica player Clive Mellor is a unique presence, and completing the line-up are two distinctly different talented guitarists in Markie Creswell and Billy Buckley. A job at Forsyth's music shop in Manchester opened Stevie's eyes to the myriad of instrumental sounds and styles that he draws his

inspiration from. He is also in demand as a sound engineer and spent a number of years teaching music therapy to children with various disabilities at the Heatons School, St. James Road.

Stevie finds it hard to fit his music into any genre: "Most of my writing is done on acoustic guitar, so I am basically a singer/songwriter" he said. "However the songs develop as the guys in the band each add their own ideas and styles, and we end up with a finished article which can still change direction, even during a live performance." The band's homecoming will be welcomed by their many supporters and they will doubtless make many new friends with their talent and plethora of musical influences that seamlessly blend blues, country and folk music.

Stevie Williams & The Most Wanted Band play West Heaton Bowling, Tennis & Squash Club on Friday, 6 March at 8.15pm.

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

RANDOM OVERHEARD IN THE HEATONS



The Heatons Post brings you our roving raconteur, the flaneur of the Heatons 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

Such was the unfolding saga, this thread achieved the weight of its own hashtag: #Doorgate ...

There's a problem with the cafe bar door, combination of stormy winds and heavy customer footfall.

Head chef leaps into heroic action with drill and screwdriver in a manner worthy of an Ian Fleming novel:

"No worries ladies! Soon have this fixed!"

One smoker comments that she, no, hell!, all of us, may as well light up where we're all sat inside such is the current force of air circulating – along with the odd spot of tumbleweed.

One elderly chap kindly and gently adjusts the door each and every time to a firm closed position whilst head chef consults with elegant barman before finally folding his paper and leaving, shutting the still troublesome door carefully and gently behind him.

Elegant barman saunters over with a beautiful new roll of sellotape (other fixatives are available folks) unsullied by human hand and adjusts the door catch with the flourish of a few strips.

Further arriving customers render this Heath Robinson style solution useless.

Our hero springs into action once more.

"There! Fixed ladies!" *beams

The ensuing wild, though premature, applause ceases abruptly at the departure of local pub landlord who, in a fit of jealous pique and astonishment at the incredible meal just recently enjoyed by his family, the like of which he could only dream of gracing his own tables over the road, exits in such a manner as to render the door useless. Again.

The next customer across the threshold also happens to be a builder. Takes one glance at the situation and announces his verdict:

"It's <expletive>"

Casual enquiry from nearby table:

"Is there a technical term for that bit at the top that keeps breaking?"

"Yes. It's a door closer"

Finally, the 'door closer' collapses and falls in a way in which most of us can wholly relate.

Staff member posted on door duty, fielding queries from new arrivals, and the whole saga is related from table to table in the manner of a thrilling cup tie.

Update: Fixed

Current status: Back to the usual madness 'Yeah....back to normal eh....cheers...'

LOCAL BUSINESS NEWS

PUTTING THE HEATONS ON THE MAP

Author: 4HTA Steering Group

The 4 Heaton's Traders Association (4HTA) have launched the first ever Heaton's Map, focused on what local businesses have to offer. The map covers the five main shopping parades in Heaton Mersey, Heaton Moor, Moor Top, Heaton Chapel and Heaton Norris.

The map is the culmination of over 12-months work by the 4HTA team during which businesses were invited to purchase a slot on the map, which is designed to increase footfall in & around the Heaton's.

"We have some amazing businesses, but with the Heaton's spread over such a large area it can be a challenge for residents and visitors to find what they need" explains Rajeev Arora, Chair of the 4HTA. "It can be a confusing place if you don't know the area well, so we wanted a map to showcase our amazing local businesses, and make it easier to find what you're looking for."



The Heaton's have a thriving local business community, with a significantly lower number of empty shops than other areas in the borough. Recent years have seen a rise in new businesses opening up, despite the unpredictable economic climate. "Keeping the local pound in the local area helps keep our high streets viable" said Raj. From coffee shops to pet services, computer repair to solicitors, the Heaton's offer almost any product or service you could ask for. The map provides a handy directory on the reverse to make it easier to locate the shop you need, as well as businesses based within the Heaton's that do not operate from a shop.

The map will be available from local shops, libraries and the station, as well as from venues in surrounding areas like Cheadle, Reddish and Stockport Town Centre. An online version is planned for later in the year.

www.fourheatons.co.uk/project/heatons-map/

LOCAL COMMUNITY AWARDS

Author: Cllr Jude Wells

Two local businesses have won awards for their services to local residents.

Each year, Andrew Gwynne MP for Denton and Reddish (covers parts of the neighbourhoods of Heaton Chapel and Heaton Norris), runs Local Business Awards across the constituency. The award gives local residents the chance to nominate and celebrate their favourite local businesses ahead of Small Business Saturday on December 1st.

Over the two months the awards ran for, over 3,000 nominations were received, putting forward over 180 independently ran businesses from across Denton & Reddish for contention in the award. In Reddish South Ward, we had two very popular winners. Evidence of how much people value their local businesses.

Heaton Hops has become an institution on School Lane, everyone talks about the Hops family, and beer drinkers rave about the choice of beers available.

They host community events during the year and have made a major contribution to the night time economy in the area.

Christy's Car Hospital on Greg St, is run by local man Chris and his team of body work experts. People commented on the quality of their repairs, their customer service, and the overall friendly welcome they receive.

We are really lucky to have so many fantastic local businesses on our high streets across the Heaton's and Reddish. The awards give people the opportunity to celebrate their neighbourhoods and the great local businesses we have right on our doorstep.



PHOTO: Chris receiving his award at Christy's Car Hospital



PHOTO: Damian O'Shea receiving his award at Heaton Hops

A NEW WAY TO LEARN

Author: Rosalind Milligan

The beginning of February saw the annual, week-long celebration of Apprenticeships across England and was a time to celebrate success.

Employers promoted the success of their apprentices and the programmes they run, whilst highlighting the huge benefits to other employers (often their competitors) who are thinking of taking on an apprentice. At the same time, apprentices across the country helped to attract the next generation of apprentices by sharing their own stories and experiences.

This year saw the 13th National Apprenticeship Week which brought together apprenticeship supporters from across the country, with MPs, ambassadors, apprentices, training providers and top employers involved in recognising and promoting the value and importance of apprenticeships.

An apprenticeship provides the opportunity to learn whilst you earn and is a real alternative, in many instances, to going away to University. Apprenticeships also provide the chance to learn new skills at a later stage of life. Apprentices gain skills and qualifications that employers are seeking and are able to put these skills into practice immediately, working alongside both a coach and a workplace mentor - there is always someone on hand to help.

Typically, Apprenticeships tend to be considered entry level roles for 16 – 18 year olds who are leaving school, but there are more & more 'Golden' Apprentices looking for a second or sometimes even a third career – Firemen/Women, Policemen/women, armed forces etc.

Currently, there are over 700 different Apprenticeship standards across a whole variety of sectors including Agriculture, Environmental and Animal Care, Business and Administration, Care Services, Catering and Hospitality, Construction, Creative and Design, Digital, Education and Childcare, Engineering and Manufacturing, Hair and Beauty, Health and Science, Legal, Finance and Accounting, Protective services, Sales, Marketing and Procurement, Transport and Logistics.

All Apprenticeship opportunities are advertised on the National Apprenticeship Services website (NAS). However, some employers offer Apprenticeships to new colleagues once they begin employment, providing a way to ensure colleagues are fully skilled and competent - it is always worth getting in touch and asking the question if you are looking to work for a particular organisation or sector. Find out more about Apprenticeships at:

www.gov.uk/apply-apprenticeship

GIVING SOMETHING BACK

Local business owner, Matthew Lee, has recently become a sponsor at Stockport County FC for the current season.

Matthew tells us: "I previously worked at Stockport County for 20 years, heading up their successful lottery" - the Stockport County Lottery is a weekly draw that generates funds for the continued development of the club.

Explaining why he chose to become a sponsor, Matthew says: "The main reason is because the club gave me a chance after I left school, and it's my way of giving something back."

As a season ticket holder, Matthew rarely misses a home match but, unfortunately, work commitments mean he doesn't often have the opportunity to attend when County are playing away.

Matthew is discovering more and more Stockport County supporters from the Heaton's & Reddish on a weekly basis and, as a special reward to these fans, he offers a 20% discount in his shop - The Seashell Fish & Chip Shop - to anyone who shows a home or away match ticket, or a season ticket, from the 2019/20 season.



Official opening of the Broadstone Arcade on Sunday 2 February. 9 small independent businesses. 77a - 81 Broadstone Rd, Reddish, SK5 7AS.

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
Heaton Moor Producer’s Market	Sun 1 March 10:30 - 14:30	Shaw Road, Heaton Moor, SK4 4AG	Booking not required Enquiries: heatonmoormarkets@gmail.com	FREE
Love Heaton Chapel Litter Pick	Sun 1 March - 11:00	Feed General Store, 393 Manchester Road, Heaton Moor, SK4 5BY	Booking not required.	FREE
Heatons Comedy Evening	Sun 1 March - 19:15 - 22:00	Heatons Sports Club, Green Lane, Heaton Norris, SK4 2NF	Tickets: www.heatonscomedy.co.uk	£10
Ladies Event Evening	Thurs 5 March - 19:30 - 23:00	Heatons Sports Club, Green Lane, Heaton Norris, SK4 2NF	Tickets are available from the Main Bar at the Club	£5
Feed Vinyl Night	Fri 6 March - 18:00	Feed General Store, 393 Manchester Road, Heaton Moor, SK4 5BY	Booking not required	FREE
Loose Change Live Music Event	Fri 6 March - 19:45 - 23:30	Heatons Sports Club, Green Lane, Heaton Norris, SK4 2NF	Ticket money to Cancer Research. Pay on the door	£10
Stevie Williams & The Most Wanted Band	Fri 6 March - 19:30	West Heaton Bowling, Tennis & Squash Club, Princes Road, Heaton Moor, SK4 3NH	Pay on the door	£5
Who Let the Dads Out?	Sat 7 March - 10:00 - 12:00	Heaton Mersey Methodist Church, 49 Cavendish Rd, Heaton Mersey, SK4 3DP	Just turn up! Enquiries: Tracy Brennan, 07598572904, tracy@hmmc.org.uk	£3
Heaton Mersey Coder Dojo	Sat 7 March - 14:30 - 17:30	HMCT - Mersey House, Battersea Road, Heaton Mersey, SK4 3EQ	Tickets: https://bit.ly/2PmJhYj Enquiries: heaton_mersey.uk@coderdojo.com	FREE
Jamming with Krishno Chura	Sat 7 March - 15:30 - 18:30	St. John’s Church, St. John’s Road, Heaton Mersey, SK4 3BR	Booking not required. Enquiries: Masih Alam, krishnochura.uk@gmail.com 07878279127, 0161 2833206	FREE for musicians / £5 to watch
Heaton Mersey Collective Gardening Workday	Sun 8 March - 10:30	Village Garden plot, next to the scout hut, Didsbury Road, Heaton Mersey, SK4 3BS	Booking not required. Enquiries: heatonmerseycollective@gmail.com	FREE
Heatons Crime Panel	Wed 11 March - 19:00 - 21:00	Heaton Chapel Community Centre, Broadstone Hall Road South, Heaton Chapel, SK4 5JD	Booking not required.	FREE
Adult Phonics Workshop	Thurs 12 March - 19:30	The Heatons Centre, Thornfield Rd, Heaton Moor, SK4 3LD	Tickets: https://bit.ly/37XLa3X Enquiries: Shona by email: hello@headstartphonics.com	£10
International Womens Week Celebrations	Fri 13 March - 16:30 - 19:30	Heaton Norris Wreck Pavillion, Love Lane, Heaton Norris, SK4 1JA	Booking not required, Enquiries: heaton.norris@btconnect.com	FREE
Craft Room Clear Out Reddish	Sat 14 March - 10:30 - 13:30	Christ Church, Lillian Grove, Reddish, SK5 6EQ	Booking not required.	FREE
Didsbury Road Wildlife Area community event	Sat 14 March - 13:30	Meet at the bench on Didsbury Road, Brompton Road, Heaton Mersey, SK4 3HZ	Booking not required. Enquiries: info@slheatons.org	FREE
The Last Drop Live	Sat 14 March - 19:30	Heaton Moor Golf Club, Mauldeth Road, Heaton Mersey, SK4 3NX	Tickets available from the Bar at Heaton Moor Golf Club in advance. Limited availability. Enquiries: 0161 432 2134, info@heatonmoorgolfclub.co.uk	£12.50
Kitsch Republic - Samples, Seconds & Overstocks Event	Sun 15 March - 10:00 - 16:00	Workshop 4, Safestore Reddish, Reddish Road, SK5 7BW	Booking not required. Enquiries: angela@kitschrepublic.co.uk , Tel: 07957 444 195	FREE
Walthew House Cup - Blind Bowling Tournament	Wed 18 March - 10:00	Parrswood Entertainment Centre, Wilmslow Rd, East Didsbury, M20 5PG	Contact Shannon 0161 480 2612 / funding@walthewhouse.org.uk	£50/£30 - free to people with sight or hearing loss
“Leading a Happier Life” An introduction to Practical Philosophy	Sat 21 March - 10:00 - 12:00	Belmont House, Belmont Street, Heaton Norris, SK4 1TG	Booking not required. Enquiries: 0800 8030799 or email practphil.nw@gmail.com	FREE
Punk 10 - Music Festival	Sat 21 March - 11:00 - 23:30	The Spinning Top,20 Wellington Road South, Heaton Norris, SK4 1AA		
Belmont Arts Spring Exhibition Opening Night	Fri 20 March - 18:00 - 21:00	Belmont House, Belmont Street, Heaton Norris, SK4 1TG	Booking not required. Enquiries: 0800 8030799 or email practphil.nw@gmail.com	FREE
Belmont Arts Spring Exhibition	Fri 20 - Thurs 26 March	Belmont House, Belmont Street, Heaton Norris, SK4 1TG	Booking not required. Check www.practicalphilosophy.co.uk for opening times, Enquiries: 0800 8030799 or email practphil.nw@gmail.com	FREE
Music On The Moor Recital	Sat 21 March - 15:00	St Paul’s Church, Highfield, St Paul’s Rd, Heaton Moor, SK4 4RY		FREE
Reddish Spring Clean-up (part of the Keep Britain Tidy Spring Clean-up campaign)	Sat 28 March - 10:30	Rupert Street car park, Reddish, SK5 6DY	Register: https://bit.ly/2HX4i7L Enquiries: gary.lawson@stockportgreenparty.org.uk	FREE
Fearless Families - Mindfulness Workshop	Sat 28 March - 14:00	St Paul’s Church Hall, Highfield, St Paul’s Rd, SK4 4RY	Book: claire@greenshootsyoga.co.uk	£30
Dementia Disco	Sat 28 March - 17:00 - 19:00	Heaton Mersey Conservative Club, 444 Didsbury Road, Heaton Mersey, SK4 3BS		FREE
The Reactions	Sat 28 March - 21:00	The Crown Inn, 98 Heaton Moor Road, SK4 4NZ	Booking not required. Enquiries: Andy Rayner - andy@thereactions.co.uk , 077 716 06 071	FREE
Who Let the Dads Out?	Sat 4 April - 10:00 - 12:00	Heaton Mersey Methodist Church, 49 Cavendish Rd, Heaton Mersey, SK4 3DP	Just turn up! Enquiries: Tracy Brennan, 07598572904, tracy@hmmc.org.uk	£3
Heaton Moor Producer’s Market	Sun 5 April 10:30 - 14:30	Shaw Road, Heaton Moor, SK4 4AG	Booking not required Enquiries: heatonmoormarkets@gmail.com	FREE
SLH Bike Ride	Sun 5 April - 10:30	Heaton Pub (start) / Shaw Road (end), 474 Didsbury Road, Heaton Mersey, SK4 3BS	Booking essential: cycling@slheatons.org	FREE
4HTA Easter Trail	Mon 6 - Sun 12 April	Around the Heatons	Booking not required, Enquiries: admin@fourheatons.co.uk	FREE
Heaton Mersey Collective Gardening Workday	Sun 12 April - 10:30	Village Garden plot, next to the scout hut, Didsbury Road, Heaton Mersey	Booking not required. Enquiries: heatonmerseycollective@gmail.com	FREE

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OUT & ABOUT

LOCATION	DETAILS	DATE	TIME
Dunham Massey	Special Guided Walk - Park Buildings	07 March	11am - 1pm
Quarry Bank Mill	Baby & Toddler: Storytelling And Play	07 March	09:30am,10:15am, 11am
Manchester - Various Locations	Manchester Irish Festival	07 - 17 March	
Tatton Park	Runthrough Charity 10K Run	08 March	
Air Raid Shelters	Explorer Tours - Going Underground	11 March	7pm - 8:30pm
Heaton Park	Monthly Walk in the Park	15 March	1pm - 2pm
Lyme Park	Mother’s Day Afternoon Tea	21 & 22 March	11:30am & 2:30pm
	Pride & Prejudice: A Promenade Performance	31 March	11am - 4pm
Great Northern	Art of the Brick	until 20 April	from 10am

SPORTS AND FITNESS

ADVERTORIAL

A SHORT HISTORY OF TAI CHI

Author: Ivan Moss

Chen Style Tai Chi was the first recognised style of Tai Chi. It was developed around the 1670s by Chen Wangtin (9th generation), a retired army general. He developed a martial art that utilised his experience in battle, his understanding of Traditional Chinese/ Daoist Medicine, Qigong breathing techniques and philosophical principles, including those of yin and yang.

According to yin and yang principles, everything in the universe is a balance between two opposing forces. The word Tai Chi was first used in the 'Book of Changes' more than 3000 years ago and can be translated as 'grand ultimate', or 'ultimate, ultimate', in reference to the vastness of the universe/cosmos and the principles of yin and yang that are manifested within. The practice of Tai Chi is also known as Tai Chi Chuan (Fist), meaning Kung Fu based on Tai Chi philosophy.

Chen Style Tai Chi was kept secret by the people of Chen Village for nearly 300 years. Only members of the village were taught Chen Style Tai Chi until Grandmaster Chen Changxing (14th generation) taught a household servant called Yang Luchan. Yang Luchan travelled around China and became famous for his fighting skills using this martial art. The popularity of Tai Chi started to spread and Yang Luchan created his own style called Yang Style Tai Chi.

Many other Tai Chi styles now exist, the other styles that are most common are Sun, Wu and Wu/Hao. As it's popularity spread, people with various health issues started to practice Tai Chi and, amazingly, experienced dramatic improvements to their health and wellbeing. Today, Tai Chi is mainly practiced for health as a comprehensive mind and body health care system. It is still practiced in a martial capacity (Tai Chi Chuan), but schools that teach with this focus are less common.



Chen Zhenglei - 11th Generation Head of Chen Style Tai Chi

At the Heaton Moor Tai Chi Centre, we practice Chen Style Tai Chi for Health under the lineage of Grandmaster Chen Zhenglei (19th generation) and the exceptional guidance of Master Aamir Rafi (www.taichi.school). We practice movements taken directly from the Lao Jia, or 'old frame', which was created as a standardized form of the original movements created by Chen Wangting in the 1670s.

At the centre, we practice with a focus on improving balance, breathing, coordination, posture, mobility and relaxation. Why not get down to a session at the Heaton Moor Tai Chi Centre and experience why Tai Chi has not only survived, but grown stronger throughout the centuries.

Come along to improve your health and wellbeing, to have some fun and relax / de-stress - whatever your reason for attending, we hope to see you in class.

All the classes at the Heaton Moor Tai Chi Centre are welcome to newcomers and beginners of all ages and fitness levels. For more details and a list of up to date classes, visit:

www.heatonmoortaiichicentre.com,
email info@heatonmoortaiichicentre.com,
or phone Ivan on 07870630979.

CLASSES:

Friday: 12.00-13.00
Sunday: 14.00-15.00 (St. Paul's Church)
Tuesday: 13.00-14.00
Wednesday: 18.30-19.20
Thursday: 18.30-19.20
All other classes in St. Paul's Church Hall.

REDDISH SPORTS HEROES

Author: Sian Williams

As we come to the end of another successful term at Reddish Vale High School, we can take pride in the significant achievements that our wonderful pupils and staff have gained during 2019/2020.

One area we are particularly proud of is our Physical Education Department that continues to go from strength to strength, by offering a wide variety of excellent extra-curricular activities, including Boxing and Handball. Their hard work and dedication has not gone unnoticed, as Reddish Vale High School has been listed in the Top 100 state Sporting Schools for 2019.

The award, as stated by School Sport Magazine which publishes the winners annually, "reflects competitive achievement in a range of sports throughout the year and honours those schools that take competition especially seriously."

Through reaching the top 100 of the state school list, Reddish Vale High School are officially in the top 3% in the country. We are extremely proud of this wonderful achievement and the fantastic efforts that our pupils and staff show on a daily basis. Our wide range of sporting activities available to students enables them to develop key skills such as leadership and teamwork, as well as benefiting students through maintaining good health and promoting lifelong physical engagement

Our Physical Education Department is widely successful through their competitive achievements in activities such as football, netball and handball. In January, our Under 14s girls team won the Stockport Schools Basketball tournament, and, at the beginning of February, our Under 13's and 15's handball teams have displayed great attitude as they competed in the Stockport Handball tournament.

All of our sports teams continue to work hard, demonstrating passion and commitment, whilst



developing their skills and participating in various tournaments and matches, with a positive attitude and outstanding results. They are excellent representatives of the school.

WHO "POST THE MOST"?

Author: Lisa Hamilton



Goodgym is a group of runners who combine regular exercise with helping their local community. At the beginning of March, Goodgym helped Heaton's Post with door-to-door deliveries...

Seven runners ran 6.0km to help their local community in Stockport. The task location was over in Heaton Mersey - we had a nice relaxing run over, then took it nice and easy delivering the newspapers, in total we ran 6km.

The evening was a nice chilled one, until there were only 15 papers per person left, then it got competitive... Each runner had 15 papers, and they had to post them as fast they could - the winner was Rob, posting all papers in 4mins 39 second!

Find out more about Goodgym:
www.goodgym.org/areas/stockport

Heaton's Post would like to thank Goodgym for all their help with delivering door-to-door in Heaton Mersey.

SUDOKU

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

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				9	
10				11		

ACROSS
1 Self-esteem (3)
3 Cancer indicator (1,1,1)
6 Israeli financial centre (3,4)
7 Casual tops (1-6)
10 Lubricate (3)
11 Bar choice (1,1,1)
DOWN
2 Command to a horse (3)
4 Respectful title in India (3)
5 Monty Python's Michael --- (5)
8 Snow runner (3)
9 Apex (3)

Puzzle source: www.crosswordsite.com

YO-YO GAME

By Heaton Moor Rugby Club

Rugby Union - ADM Lancashire Premier League , 08 February 2020

Heaton Moor played away in Merseyside on Saturday, 08 February, when they travelled to Aigburth to play Liverpool Collegiate, who they narrowly beat back in October at Green Lane. This match was also a close-run affair, played in quite windy conditions, with the lead changing on six occasions, before the home side ran out winners.

Collegiate opened their account not long after the start with a penalty goal and, by the interval, the home side were 10-7 in the lead.

Moor took the initiative and scored their second try within minutes of the commencement of the second half. As in the first half, this lead did not last too long however, when the home side again went ahead with an unconverted try, following a penalty lineout and some slick passing along their back line.

The game finally ended when yet another drive by Moor was held up as they desperately tried to redeem the situation, allowing Collegiate to claim a 27-21 victory. This was an extremely close game played by two well-matched sides and credit is due to both teams for producing entertaining rugby in, at times, trying conditions.

Final Score:
Liverpool Collegiate 27 - Heaton Moor 21

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