

Services for the over 50s in Wythenshawe were highlighted at the third annual Ageing Well event, held at the Forum. Along with information and advice stalls on the concourse, Age Friendly Wythenshawe organised a full programme of activities, entertainment and even a mini jobs fair dedicated to training and employment opportunities for the more mature worker.

Event visitors were also able to take a tour of the new creative space on the first floor of the library where they were treated to something unexpected from Factory International, who invited visitors to share their thoughts on ageism.

This free event provided a thorough round-up of local services covering finances, legal advice, health, and wellbeing. A chilled atmosphere was the order of the day with sound therapy, singing, and hand and arm massages on offer. A traditional sweet shop was kept busy with customers clamouring for all the old favourites.

And a new highlight this year was the food demonstration area where boring sandwiches were banished in favour of alternative sandwiches and wraps using inexpensive but nutritious ingredients – with free tasters throughout.



The Age Friendly Wythenshawe stall was busy with enquiries for its free mobile app



Trafford Woodcraft Club

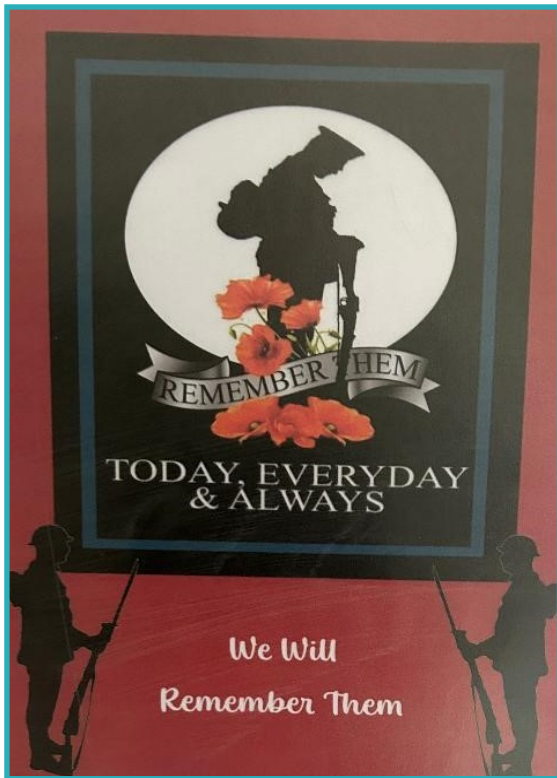


The Saving the Sandwich demonstration gave visitors lots of ideas for low cost, nutritious alternative sandwiches and wraps.





WE WILL REMEMBER THEM



THIS YEAR'S REMEMBRANCE SUNDAY SERVICE WILL BE HELD AT THE WAR MEMORIAL ON PALATINE ROAD, STARTING AT 10.30AM. ALL WELCOME.

Poem by Russel Price

Four years of conflict have finally ended.
Aboard train heading back to some channel port.
Gave me time to think of the horror and bloodshed I'd witnessed.
All I crave is a soft warm bed.
And waking up to family life once again.
Sadly there are so many vacant seats.
Friends and colleagues who didn't make the return journey.
Then a ship back to blighty.

Yes we survived and although thankful for the heroes reception.
But no to me alas they were the ones who were left behind.

Bunting down are coastal towns high street.

Where pals ventured forward.

Answering Kitchener's war cry.

To serve King and country.

It has to be said.

We couldn't have imagined the love and euphoria

Showered on all of us returning.

Although in numbers not even half who left our shores.

Come nightfall time to reflect with church service of remembrance.

As the sound of those bells.

Drift into the evening horizon.

Patiently awaiting a new dawn.

WE'VE DONE IT

Thank you to all who took part in the 12-hour darts marathon. The final fundraising total will be announced in November. Thank you for all your support.

You can still donate to help us get a defibrillator for the community in Woodhouse park, based at the Dandelion Community Hub.

It will be located outside and accessible for anyone who needs to use a defibrillator.



Participants in the darts marathon

MRS BEETON'S COOKERY

ROCK CAKES

Rub $\frac{1}{4}$ lb of butter, $\frac{1}{2}$ lb of flour, $\frac{3}{4}$ tsp baking powder and $\frac{1}{4}$ lb of moist sugar well together (the flour should be dried and sifted).

Mix in 1 egg well beaten, $\frac{1}{2}$ tsp essence of lemon and $\frac{1}{4}$ gill of milk.

Drop the cake-mixture onto a baking tin as roughly as possible. Bake for about 15 mins in a quick oven. Add currants or peel to taste.



AGE IS JUST A NUMBER

Forum Leisure is inviting the over 60s to become more physically and mentally active through Everyone Active's Age is Just a Number campaign – now in its fourth year.

The campaign, which runs until 17 November, celebrates the senior demographic by showcasing their fitness stories and proving what can be achieved by staying active into later life.

Everyone Active manages Forum Leisure in partnership with Wythenshawe Forum Trust, and is encouraging the older generation to visit the centre and enjoy the range of activities on offer.

These include a variety of walking-based sports, such as tennis and football, which offer a slower-paced activity – ideal for older participants.

Those over 60 are also able to use the swimming pool free of charge.

Phil Bowers, Everyone Active's contract manager, said: "We're proud to offer our members a friendly and welcoming environment. Maintaining physical activity and keeping socially active is vitally important for older people in the local community.

"This campaign aims to inspire people to try a new activity or engage in simple exercises each week at home, helping people of all abilities to enjoy exercise."

Everyone Active offers activities for all ages, as well as specialised classes designed to appeal to older people.

Inspirational stories from older members across the country can be viewed at:
everyoneactive.com/promotion/ageisjustanumber.

**DON'T FORGET TO VISIT
SANTA'S GROTTO AT
WYTHENSHAW HALL
THIS CHRISTMAS**



WYTHENSHAW HALL Open Days 2024

Open 11-4pm

July 21st
August Closed
September 29th
October 27th
November 24th

£3
Entrance
(cash only)

**Christmas
with
Santa's Grotto**
(Separate charge)

Under
10's
Free

Saturday December 14th
Sunday December 15th

**See our Social Media for
information on monthly themes**
Facebook: Friends of Wythenshawe Hall
Twitter (X): @WythenshaweHall
WythenshaweHall.org



Extended opening hours with Open+

WHAT'S ON in the Forum Library!



Open+ self-service hours	Staffed hours
Monday: 8am–9am	9am–8pm
Tuesday: 8am–9am	9am–8pm
Wednesday: 8am–9am - 5-8pm	9am–5pm
Thursday: 8am–1pm	1pm–8pm
Friday: 8am–5pm (unstaffed)	
Saturday:	9am–5pm

Looking for the latest bestseller? Need help job seeking? We've got Storytimes and holiday fun. We've got free wi-fi and PC's. We've got health advice and business info. We are bonkers about Wythenshawe's heritage, and we've got free ancestry to trace your family tree. And if we've not got what you want – ask – we'll get it!



The possibilities are endless
manchester.gov.uk/libraries



HELP AND ADVICE

*Drop-In

AA

Every Monday 1pm & Thursday 13:30pm.

Sharston Councillors *

Last Monday of the Month: 6-7pm.

Age Friendly hour *

Every Tuesday 10-11am.

Legal Aid Advice *

Every Tuesday 10-12pm.

IT help. *

Every Wednesday 10am-12pm.

CAB: *

Every Wednesday 1pm-4:30pm.

National Careers Service:

Contact Shahida on:
07955 441 063

Shelter: *

4th Wednesday of the month.
1pm-3pm.

RECREATIONAL GROUPS

Peer support for Parent/Carers of children with SEND

Monday's 10-12pm.

Chess Club

Tuesday 1pm.

Sewing Group

Monday 1-3pm.

Poetry Group

Monday 11th & 25th. 2-4pm.

Wythenshawe History Group

Monday 6-8pm.

Wythenshawe University of the 3rd Age (U3A)

Third Tuesday of every month:
10am-12 noon.

Paint Pot Art Group

Tuesday 12-4pm.

Library Reading Group

The last Tuesday of the month
1.00-3.00pm.

Higgy's Grief Support Group

1st Wednesday of the month: 1-3pm.

Guitar Shed

Play or learn guitar! Every Wednesday 12pm. IT Suite.

Bizzy Digits Knitting Group

Knitting group. Wednesday 1-4pm.

Forum Ancestry Group

Thursday: 9.30am-12.30pm (must be an Open+ customer to gain access to the library).

Papercraft Club

Thursday 1.30-3.30pm.

CHILDREN'S ACTIVITIES

Tiny Tots & Toddler Time

Tuesday (term time) 11am.

Lego Club & Colouring Club

Alternate Saturdays: 2-4pm
Saturday 2nd: Lego Club
Saturday 9th: Colouring Club
Saturday 16th: Lego Club
Saturday 23rd: Colouring Club
Saturday 30th: Lego Club

Afro Tots

Every third Saturday, 2-4.30pm.

Contact the library:

E: forumlibrary@manchester.gov.uk
Please follow our Facebook page:
Wythenshawe Forum Library

Forum Library, Forum Centre,
Simonsway, Wythenshawe M22 5RX
0161 227 3770



Newsletter contact: fredleatherbarrow@yahoo.co.uk