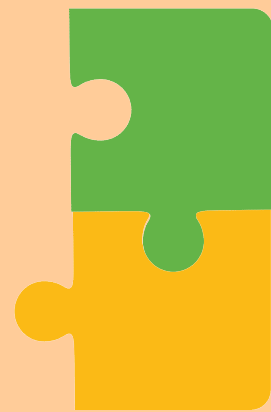


Our Sale West Matters



Issue 8: Autumn/Winter 2019



To all Sale West residents and families

*Wishing you a very Merry Christmas
and a prosperous New Year!*

Seasons greetings from Our Sale West



In this issue, read all about ...



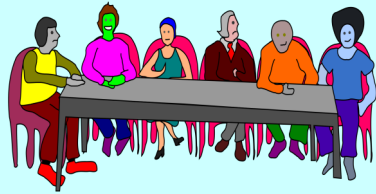
**Trips out Classes old and new Advice and support
Funding grants Special events Future plans
Opportunities to volunteer**





How 'Our Sale West' 'Works

In 2015, the Sale West estate was one of 150 areas around England to be awarded **£1,000,000** of National Lottery funding to be used over ten years to make a lasting and positive difference to the community. This national funding programme is known as 'Big Local'.

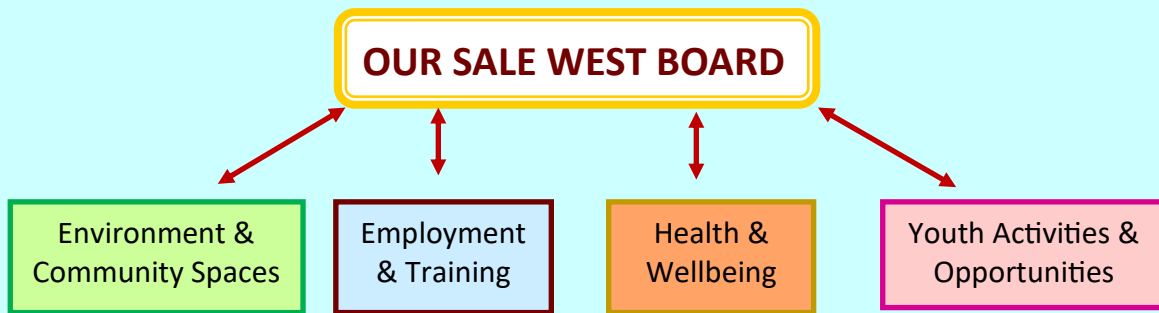


A partnership Board (committee) was formed in 2015 to begin an ongoing consultation with residents as to how the money should be spent. They chose the name '**Our Sale West**' for the area and called themselves the '**Our Sale West Board**'.

At least 51% of the Board members must be residents of the estate.

The £1m is held for us by Irwell Valley Homes, our local Housing Association. They have no influence on how the money is spent, but offer HR and Finance support in return for a 5% fee.

The Board meets once every month and has four sub-groups, known as 'teams'. There are currently 11 Board members, including a Chair and two Vice-Chairs. All are unpaid volunteers.



To help deliver all the various projects and events, the Our Sale West Board employs a Project Development Manager; an Assistant Project Development Manager; an Engagement Officer and a Community Information Hub Co-ordinator. We also commission outside organisations like SportWorks, Communities United Project and Trafford College to run sessions and courses for us.

We work with an organisation called UnLtd to fund, support and advise people who want to set up businesses which will benefit local people. We also offer grants for small, local projects.

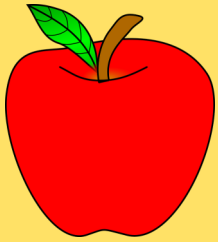
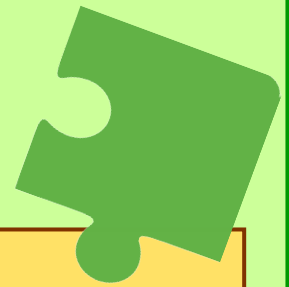
We have set up a Community Information Hub to offer help and advice on jobs, training, volunteering, finance and domestic issues. It is open Monday to Thursday every week. Trafford College run courses there on Fridays several times throughout the year.



Members of the Board and staff members receive regular training and support from Local Trust, which was set up to organise and run the Big Local scheme on behalf of the National Lottery.

If you have any questions about Our Sale West, please don't hesitate to get in touch with us. We love to hear from you! See our contact details on page 10.

Environment and Community Spaces



Apple Day is Here to Stay!

Everyone had lots of fun at the Apple Day event on October 20th. It has now become something of an Our Sale West tradition, with apple bobbing and all sorts of apple-related crafts, stories and delicious food! See you all again next year!



Preparing for Spring!

A huge thank you to everyone who turned out to help with the Community bulb planting session organised jointly by Our Sale West and Communities United Project on December 1st. Your efforts will be very much appreciated next Spring in Sale West Woods!



Do you love the great outdoors?

If you are interested in volunteering to become a member of the proposed 'Friends of Sale West Park' group, please contact Clare in the Our Sale West office. We have great plans to improve the park area for everyone and you could help to shape them!

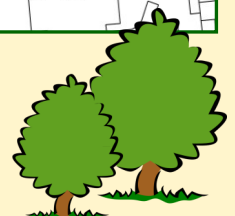


Play in the Park

Many of you will have noticed that work has begun on the relocation of the under-fives play area to a more open, accessible part of the park next to the Community Centre, thanks to a successful Pocket Parks funding bid by Our Sale West.

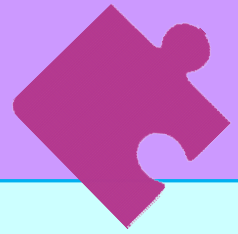
This improvement is only phase one; in 2020, look out for further developments, including a new scooter track, amphitheatre and boulder bee carvings!

There are lots of other plans in the pipeline with something for everyone, including a tree trail, dog walking area and a revamped junior play area, complete with the much-loved zip wire!





Youth



Super Troupers!



Northern Gems Morris Dancers

Training at Sale West Community centre, Newbury Avenue, Sale, M33 4QW

Every Thursday
Age 3-5 5pm 5:30pm
Age 5-8 5-30pm till 6:15pm
Age 8+ 6:15pm till 7pm
First week free then £1.50 to £3.00 subs to be Paid afterwards.

Boys and Girls welcome and we look forward to meeting you all.

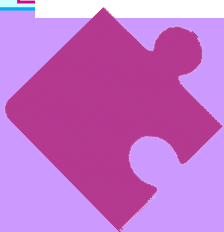


Need any more information you can Facebook and call or text Chelsey on 07736937789



The Northern Gems troupe was established in 2018 by Chelsey Phelan thanks to a successful Our Sale West community grant application and by the end of the first year it has tripled in size! They have been competing at local competitions throughout the year from March-October and recently attended their first annual Championships, held in Wales. There they picked up a host of awards: Leaders of the Year, Mascots of the year, Troupe of The year, Tiny Runner up on the day, Dinkie Champions and Senior Champions !

Chelsey says, "I am very proud of all my dancers and the commitment and dedication they have all shown this year. They've pushed themselves each week at practice and competitions and the results showed that!" She added, "Morris dancing is a great way to meet new friends, have fun and learn a new skill. It's also a real confidence booster!" See the above poster for details of classes and times.



Brownies

Did you know that the 3rd Ashton-on-Mersey South Brownie pack meets at Sale West Community Centre every Monday from 6 - 7.15pm? If your daughter would like to join, or if you are interested in volunteering, please contact Sue Raby on: 3rdashtononmerseysouthbrownies@gmail.com

Baby Club every Wednesday 1—2.30 p.m. at Sale West Youth Centre. Only £1 per family! No booking required for this drop-in stay and play session for you and your baby aged 0—12 months. Come along and make lots of new friends!



Friday Night is Youth Club Night!

Our Sale West LOCAL

Your Time, Your Friday, Your Youth Zone is back

TIME FOR YOUTH

Sport works LOCAL STUDIOS

£2 Yr 5+

Sports, Arts, Drama, Chill, Chat and More.....
6pm - 8pm Fridays, Sale West Community Centre, M33 4QJ
Just drop in or contact jon@sportworksltd.co.uk/07539 851326
www.sportworksltd.co.uk/mcrandcheshire

If you are Year 5 or older, come on down to see all the great activities on offer!

See you in the Youth Centre, 6.00—8.00 p.m. Don't forget to spread the word amongst your friends, too!



Youth



Northern Spirit Muay Thai Team Packs a Punch!



Sale West residents can be justifiably proud of the local Muay Thai boxing club who had a great day out recently, competing at the Barnsley Supershow. Nine junior fighters, aged between 6 - 14 years old, clocked up six wins between them, cheered on by around thirty supporters from the Northern Spirit families.

There were fantastic performances on the big stage and a great atmosphere to spur them on.



Thanks to their great success, the Tiny Thai's course (3-5 years old) is now full. Next year's courses will begin on 6th January 2020 with advance bookings only and limited spaces, so be quick if you want to secure a place! Find out more from their Facebook page: Northern Spirit Muaythai or Tel: 07810 544650

Wildcat Girl Power



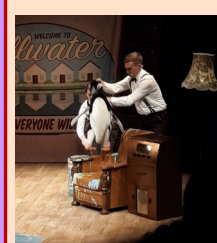
Sale Wildcats girls only football team is going from strength to strength! They are now playing competitive matches and you can follow their progress and find out all about them by visiting their Facebook page:

Sale West Wildcats J.F.C.

They meet for training every Saturday from 1.00 - 2.00 p.m. at St Margaret Ward Primary School. Subs are only £3 per session.

Penguin Parade

59 of our younger residents had a wonderful evening at Sale Waterside on November 27th, courtesy of Our Sale West who arranged a



coach trip to the very popular 'Mr Popper's Penguins' show.



Milk and cookies were also provided and a memorable evening was had by all!

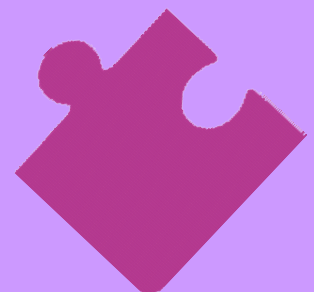
Youth Forum

We were delighted to welcome 16 young people to the first ever Sale West Youth Forum on November 21st. Set up by Our Sale West, working with other partners such as Ashton-on-Mersey High School, Communities United Project, Trafford Council and Irwell Valley Homes, we are planning to meet up with young residents every three months to exchange information and ideas.

We also want to enable them to engage with projects of interest to them, such as organising a fun day next summer; improving play/sporting facilities and establishing a safe, warm and dry place for them to chill out and meet their friends.



The next meeting will be held on Thursday, February 20th. If you are between 12 and 18 years old and would like to know more, please contact the Our Sale West office via Facebook or in person.



Employment and Training



Are you looking for help and support in setting up a business locally?
Then here are two ways in which you can get advice and support:

COMMUNITY GRANTS



The Community Grant provides up to £2,000 to ideas and projects which will benefit the Sale West estate and its residents. Available to individuals, groups and organisations, we are looking for applications who want to make a difference to our community.

Application and guidance notes are available from www.oursalewest.co.uk or Sale West Community Centre

New Dates will be announced soon!



Feel free to come along to our office Mon-Thurs between 9.30am and 2.30pm for any advice, based in Sale West Youth Centre

Return Applications to: Our Sale West Project Development Manager
Sale West Youth Centre,
Newbury Avenue, Sale M33 4QW,
email: enquiries@oursalewest.co.uk,
Tel: 07920497961



Building a stronger community together



TO FIND OUT MORE CONTACT
victorshaw@unltd.org.uk and enquiries@oursalewest.co.uk

OUR SALE WEST BIG LOCAL
Address: Sale West Youth Centre
Newbury Avenue, Sale West M33 4QW
Our Sale West, working in partnership with UnLtd

Our Sale West BIG LOCAL
We are unstoppable. We are UnLtd

AN INTRODUCTION TO DIGITAL SKILLS



Where: Sale West Community Centre

When: Fridays, 17 January-14 February, 10-12noon (5 weeks).

Enrolment: Friday 10 January at 10am at Sale West Community Centre.

What will be covered?

This course is aimed at people who already have a basic knowledge of computers. It will give you an introduction to social media, show you how to develop your own media profile, explore safety and security, identify opportunities and give you an introduction to blogging.

Cost: £70. No charge on proof of eligible benefit or have proof of earnings under £16,000 per annum. Payment must be made at enrolment or proof of benefit shown.

For further information about courses in your community, please call us on 0161 886 7443 or email community@tfc.ac.uk



What's on Offer at the Community Information Hub?

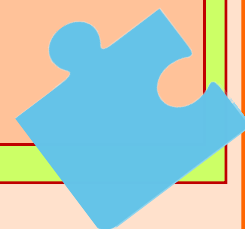
Our Community Information Hub now provides support, advice and information on a wide range of subjects - see the table below. Come on down to the Community Centre to find out more - Lynne, our Co-ordinator, looks forward to meeting you!

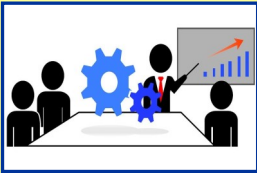
PLEASE NOTE! You may also use the computers in the Community Hub free of charge from 9.30 a.m. - 2.00 p.m. Monday to Thursday, with help and support on hand.



Monday	<ul style="list-style-type: none"> Job Club 	Lots of information about jobs, apprenticeships and other opportunities. Help with CV's, job applications, etc.
Tuesday	<ul style="list-style-type: none"> Our Sale West UnLtd 	Come and find out what's on offer from Our Sale West; events, trips & opportunities to share your ideas and comments. Victor Shaw from UnLtd (by appointment) with support and funding if you have an idea for a business venture and need advice on how to get started.
Wednesday	Communities United Project	Come and find out how you can volunteer locally or chat to Paul and Lesley if you need volunteers for a project. 10.00 a.m. - 1.00 p.m.
Thursday	Citizens Advice Bureau	Drop in advice session 10.00 a.m. - 1.00 p.m. No appointment needed.
Friday	Trafford College	A wide range of courses on offer, many free to those on benefits. Enquire at the Hub to see what's available.

FOODBANK VOUCHERS ARE AVAILABLE FROM THE COMMUNITY HUB





Learn About Our New Business Enterprises

Thanks to the funding and support offered by Our Sale West and UnLtd, the following people have now set up new businesses in the local area. Here are their details ...

Fair Future Tutors

Owner: Tyrone McIvor

Tyrone is a local resident, parent and qualified teacher. "Fair Future Tutors is a community social enterprise. We provide a lifeline of free and subsidised tutoring to families of Year 5 children who would otherwise have been unable to afford the increasing prices of private tutoring. We believe in equality in education and access for all. Everyone should have the same chance to access Grammar school regardless of socio-economic background."



Contact details:

E: t.mcivor@clearstepsplus.co.uk

Selflovefirst CIC-Mindful Reinvention

Owner: Thom Drinkwater

Thom has lived on the Sale West estate for 28 years and is passionate about mental health issues.

"We provide a system of tools to aid people who suffer with their emotional wellbeing. Our service reaches out to people of all ages and gender and can help anyone who suffers with stress, anxiety, depression, addiction, loneliness and physical pain. We believe that change comes from self-love, self-acceptance and letting go. We follow a system of practices that nurture self-compassion and mindful awareness, with Mindfulness-based Stress Relief at its core."



Contact details:

W: www.selflovefirst.co.uk **FB:** selflovefirst
E: info@selflovefirst.co.uk **M:** 07950 489493

Sale Soft Play

Owner: Wendy Flynn

Wendy is an experienced Early Years Practitioner with excellent knowledge of child development, both professionally and as a parent and grandparent.

"We provide Soft Play equipment for hire for parties, events, playgroups, nurseries and schools. We are very popular with groups of Mums for play dates in the comfortable environment of their own homes."

Contact details:

E: salesoftplay@gmail.com

Instagram: @salesoftplay **FB:** Sale Soft Play



A soft play hire company run by Early Years professionals.

A range of soft play packages for hire to suit every budget.

- Ideal for 0-5 year olds.
- For groups from 8 to 30 children.
- Fully insured and safety checked.
- Cleaned with antibacterial agents after use.
- Free delivery in Sale, M33.

Parties, functions, playgroups, after school clubs and so much more!

Packages from as little as £65

Visit our facebook page for all packages and latest offers!

[@salesoftplay](https://www.facebook.com/salesoftplay)

salesoftplay@gmail.com

My Tunes

Owner: Will Lewis

Will is a professional musician who has toured the UK and Europe and is eager to start working in the community.

"I will be providing beginner to intermediate drumming tuition and beginner guitar tuition. I will also be running music workshops with young people."



Contact details:

M: 07785 620431

E: williamlewis11@outlook.com

WM Mobile Valeting

Owner: Wayne Cavanagh

Wayne is a local family man born and raised on the Sale West estate. He is a self-employed detailer, passionate about cars and always learning and keeping up with the detailing world.

"I am a self-employed detailer and valet with 10 years plus experience in the car trade. I am looking to pass my skills on to local men and women, young or old, to get them into full-time employment. Contact me if you are serious about learning a skill that can be taken anywhere."



Contact details:

M: 07907 905318

FB: W M Mobile Valeting

Globe Community Fest

Owner: Sol Diaz

Sol is originally from Argentina but has made her home in Trafford. She is passionate about culture, diversity, languages, traditions and equality.

"I run a project called Globe Community Fest, a unique festival celebrating culture and diversity, community integration and social value. We deliver individual and group wellbeing sessions at Coppice Library and Wellbeing Centre every Wednesday 10am to 12pm.

This group is for women only and is free of charge."



Contact details:

E: multiculturalwomensgroup@gmail.com



Health and Wellbeing



Sea, Sand and Bright Lights!



Our final Our Sale West trip of the year was to Blackpool. Bracing sea breezes, fish and chips, sticks of rock and Blackpool Carnival of Lights made for a grand day out for all!

All our trips in 2019 have been a great success and we look forward to an even better programme next year! Pip and Clare would love to hear your suggestions, so pop into the Our Sale West office and talk to them about your favourite destinations. Full details of trips for 2020 will be available early next year.



'Daddy and Me' Sessions

Communities United Project, with support from a dedicated number of volunteers, run a dad and kids group.



- When:** 10.00 a.m. - noon on Saturday mornings (monthly)
- Where:** Sale West Community Centre, Newbury Ave, Sale M33 4QW
- Cost:** £1 donation for refreshments

"It's a great way to meet other Dads over a brew and a bacon butty!"

Love talking sport?

Lancashire CCC Foundation and Sporting Memories Network invite you to our friendly group for older sports fans at

Sale West Community Centre

In the Coffee Lounge, Newbury Avenue, Sale, M33 4QW

Last Thursday of the month from 10.30 'till 12pm

Come along and listen / debate current sporting topics as well as share sporting memories / reminisce with other older sports fans.

£1 To Attend - Bacon Butty / Tea / Coffee Inc.

For more information please call Kay on 0161 868 6859 or email Kfloyd@lccc.co.uk



www.sportingmemoriesnetwork.com



Wellbeing Weekdays Winners!

We are delighted to report that Wellbeing Weekdays were runners-up in the Community Initiative of the Year category of this year's Trafford Sports Awards. This award was thoroughly well deserved as the classes run by Charlotte, Sharon and Gaynor are greatly enjoyed and much appreciated by the Sale West community. Many congratulations, ladies!

The classes are all about wellbeing and having fun, making friends and learning a new skill. As Sharon says, "Come along and have a try - we are on your doorstep!"



WELLBEING WEEKDAYS

ALL AT SALE WEST COMMUNITY CENTRE, NEWBURY AVENUE, SALE

EXERCISE CLASSES FOR EVERYONE!!

ONLY £2 PER CLASS

CHOOSE FROM ANY OF THE FOLLOWING FUN CLASSES.....

WEDNESDAYS	11.30am	KEEP FIT	
	1.45pm	YOGA	
	3.30pm	BALLROOM DANCING	
THURSDAYS	12.30pm	PILATES	
	2.00pm	FIT STEPS	

NO CLASSES DURING SCHOOL HOLIDAYS
CHOOSE ANY OR ALL OF THE CLASSES
DO AS MUCH OR AS LITTLE AS YOU LIKE
EACH CLASS LASTS ONE HOUR

For more information:
Call Sharon for dance on 07747 423748
Call Charlotte for keep fit/yoga on 07983 556688
Call Gaynor for Yoga on 07732 321156
www.wellbeingweekdays.co.uk
or find us on Facebook
<https://www.facebook.com/WellbeingWeekdays/>

Health and Wellbeing



Vouchers can be obtained from Coppice Library or Sale West Community Hub (Sale West Community Centre)

Trafford South Foodbanks.....
 Mondays 12noon to 2pm at St Francis Church, Budworth Road, Sale Moor
 Tuesdays 11am to 1pm at Sale West Community Centre, Newbury Avenue, Sale
 Wednesdays 10.30am to 12.30pm at St Albans Church Hall, Lindsell Road, Altrincham
 Thursdays 10.30am to 12.30pm at The Fuse ROC Centre, Warburton Lane, Parrington
 Fridays 10.00am-12.00noon at Timperley Methodist Church, Stockport Road, Timperley.

Food for Free

If you ever find it difficult to make ends meet, here are two ways you can find help. Firstly, the Sale West Foodbank is open every Tuesday in the Youth Centre from 11.00 a.m. - 1.00 p.m. Vouchers can be obtained from the Our Sale West Community Hub or from Coppice Library and Wellbeing Centre.

Secondly, food collected from local supermarkets which would otherwise go to waste is collected and offered to local residents every Friday from 9.30 a.m. and Saturday from 10.30 a.m. in the Community Centre. It's free and open to all - just bring a bag!



Food-share will be in the Community Centre from 9:30am Fri/SatIt's free and open to all...please bring a bag!



Bike Hire Scheme

If you need a bike for getting to work or job interviews or simply fancy getting a bit of exercise, you can now hire a bike for a month through our bike hire scheme. Simply ask for details from the Our Sale West Office, fill in a hire form and off you go! T & C's apply.



CHRISTMAS PARTY & TEA DANCE

Thursday December 12th 1pm - 3pm

Sale West Youth Centre main hall, Newbury Avenue

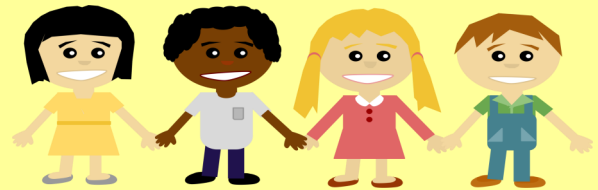


There'll be tea, coffee, mince pies and biscuits as well as demonstrations of our classes:

Yoga, Ballroom Dance, Fitsteps, Gentle Aerobics and Pilates

Come and have fun and make new friends!

This is a FREE event but donations to Wellbeing Weekdays always welcome!



After School 'Family, Food & Fun'

- ◆ 3.15 - 4.45 p.m. on Wednesdays
- ◆ Lego and challenges for kids and adults
- ◆ Relaxed setting
- ◆ Warm meal for all the family
- ◆ Parents/carers encouraged to stay and socialise

£2 per child - includes food (served at 4.30 p.m.)

Free for Firs Primary pupils!

Walking bus from Firs Primary to the Sale West Community Centre



After School Lego Club

Wednesdays at Sale West Community Centre
 Newbury Avenue M33 4QW
 Email: salewest@c-u-p
 Telephone 07931 584126



Do you have time to spare? Ideas to share? Then we'd love to hear from you ...



Our Sale West are on the look out for new board members and volunteers.

To find out about what we do and how you can help, come and have a brew with us in the Our Sale West office, Sale West Youth Centre, Newbury Ave, Sale, M33 4QW

For further enquiries please call Pip on 07920497961

If you'd like to know what would be involved in being a member of the Our Sale West Board, please consider coming in to talk to us.

Perhaps you would prefer to help on one of our teams? Each team is linked to one of the four Our Sale West aims:

- ◇ Youth
- ◇ Health and Wellbeing
- ◇ Employment and Training;
- ◇ Environment/Community Spaces

Even if you could only spare a few hours a year, you could make a real difference to Sale West and its residents. Why not "Be the change you want to see in the world"?

Without any obligation, come to a Board meeting or talk to one of the Board members or volunteers to find out more. Come and help us spend our £1m of National Lottery funding to make Sale West an even better place to live!

All Hands on Deck!

Irwell Valley are looking for volunteers for the Sunshine Community Café to provide cover for the permanent staff, especially during the school holidays.



If you are interested, please contact Maria Garnett for more details at: maria.garnett@irwellvalley.co.uk



Don't forget ...

If you want to volunteer, or are looking for volunteers, Paul and Lesley from **Communities United Project** can help you. They are building up a range of exciting volunteering opportunities and you can learn all about them by visiting the Community Information Hub, 9.30 a.m. - 2.00 p.m. Monday to Thursday, no appointment necessary.



You are invited to:
**Our Sale West's
Community Christmas Lunch**
Monday 16th December 2019
from 12 to 3pm

Enjoy a 3 course lunch with friends and neighbours

There will be Christmas Dinner, a raffle, bingo and a Christmas choir. Don't feel alone at this time of year, join us for good food and entertainment.

Booking forms can be obtained from the OSW office in the Youth Centre. Or you can phone the office on 0161 973 3778 or Pip on 07920 497961

PLEASE NOTE A MAXIMUM OF 4 PLACES PER BOOKING

Our Sale West Building a stronger community together

Munch Club Magic!

Yet again this summer we have to thank our **young volunteers** for helping to make summer activities so enjoyable for the younger members of the Sale West community. For five weeks, having undergone leadership training by Communities United Project, they planned and delivered a great choice of activities for younger children in the area.



These included nature walks, horse-riding, visits to Kids in Space and Dunham Park - not to mention healthy lunches and snacks every day, provided by staff and **volunteers** at the Sunshine Café!



As one happy youngster said,
" Munch Club is the best!"



Our Sale West Grand Christmas Draw
On the 16th December, we will be drawing 5 addresses from the "Our Sale West" area to win a £50 hamper

NO TICKET REQUIRED
GOOD LUCK EVERYONE



Here's how to contact us:

In person/Postal address: Our Sale West Office, Sale West Youth Centre, Newbury Avenue, Sale M33 4QW

Email: enquiries@oursalewest.co.uk

Telephone: 07920 497961

Facebook: Our Sale West





“Going, going, gone...?”



We are often asked what has happened to the £1m Lottery funding awarded to the Sale West estate in 2015. Residents want to know:

“Has any of it been spent yet?” “Is there any money left?”

“What difference will we see around the estate?”

The answer is that since 2015, the money has been used to provide events, resources, support and facilities which *you*, the residents, have requested. Here are the major ones, listed under our four themes of **Environment and Community Spaces**; **Health and Wellbeing**; **Youth Activities**; **Employment and Training**. Over £600,000 is left and it must be used by 2025. We look for match funding whenever we can to make the money go as far as possible.

Environment/Community Spaces

Apple Day Events

The new Phoenix Garden (formerly site of Bechers Pub)

Major development of Sale West park (in progress)

Projects with local schools (Flower Maze and Activity Trail - also in progress)

Working group established for brand-new Community Centre

Health and Wellbeing

Community picnics

Trips out, e.g. Bury Market, Southport, Blackpool

Christmas Lunches

Munch Club (holiday sessions for children)

Weekly Food Share sessions

Strictly Lunch (weekly lunches for older residents)

Baby Club

Support for Boxing and Muay Thai clubs

Sponsorship for local football teams (male & female)

Citizens' Advice sessions

Bike Pod established

Support for Northern Gems dance troupe

Health Walks

Support for Wellbeing Weekdays classes

'Sporting Memories' sessions



Youth

Friday Youth Club re-instated

T-shirt design sessions (Just Add)

Summer holiday fun sessions, including lunch

Support for Lego Club (run by Communities United Project)

School Council Conference

Continuing project work with local schools

Proposed Youth Forum for young residents

Employment and Training

Provision of Trafford College courses in IT, Gardening, First Aid, Food Hygiene

Community Grants programme

Jobs Fair (with Trafford Council)

Working with UnLtd to support local budding entrepreneurs

Careers Fair with Ashton-on-Mersey High School (to become an annual event)

Job Club advice and support

Mental Health First Aid course

Pupil Tuition Scheme



General

Annual General meetings

Newsletters

Our Sale West Facebook page/website

Establishment of Community Information Hub

Appointment of Our Sale West project support workers

Our Sale West Celebration event in collaboration with UnLtd

Support for Communities United Project volunteering event

Noticeboards and signs

What's to come over the next few months?

Look out for:

Relocation of the Infant play area; Schools Climate Change Conference; new Tree Trail around the estate; new computer courses; Careers Fair; Youth Forum

Please keep giving us your comments and ideas - the money is for *your* benefit, so we are always keen to hear from you!



**Sale West Youth and
Community Centre
Winter Time-Table 2019**

Newbury Avenue

Sale

M33 4QW

Telephone: 0161 973 8612

Rooms available for hire.

Please contact Trafford

Lettings:

Telephone: 0161 912 1072

Email:

trafford-

lettings@amey.co.uk

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Hall	Mosaic Club 10am-12pm Choir 4.15-5.30pm Brownies 6-7.15pm	Play group 8.15am- 3.15pm Woodwork group 6.30-9.30pm	Play group 8.15am- 3.15pm PHAB Club 6.00-9.30pm	Play group 8.15am- 3.15pm Citizens Advice Bureau drop in 10am-1pm	Foodshare 9.30am Onwards Bollywood Dance 5-7pm		St. Mary Magdalene Church 10am-1pm
Community Information Hub	Job club 9.30 am-2pm	Our Sale West 10am-3pm	Communities United 10am-1pm		Courses Trafford College		
Sunshine Café	Café open 8.30am-2pm	Café open 8.30am-2pm Strictly Lunch club 12-2pm	Café open 8.30am-2pm	Café open 8.30am-2pm Strictly Lunch club 12-2pm Mindfulness 6.30pm- 8.30pm	Café open 8.30am-2pm	Foodshare 10.30 onwards	
Youth Centre	Northern Spirit Muay Thai 5pm-9.30pm	Boxing 6-9pm Foodbank 11am-1pm	Keep fit 11.30am- 12.30pm Baby Club 1pm-2-30pm Yoga- 1.45-2.45pm Ballroom Dancing 3.30-4.30pm Northern Spirit Muay Thai 6pm-9.30pm	Pilates 12.30-1.30pm Fit Steps 2-3pm Northern Gems Morris Dancers 5pm-7pm Boxing 6pm-9pm The Cave Youth Club 6pm-9pm	Mosque 12-3pm Northern Spirit Muay Thai 6pm-8.30pm	Karate 10am-12pm	Boxing 10.00am- 12pm Church 10am-2pm
Other Rooms	Credit Union- 9.30-11.30am			Credit Union- 7-8.30pm			

