

Our Sale West Matters

Issue 13: Autumn 2021

Our Sale West - at your service!

All are welcome to the
**Our Sale West
Family Fun Day
on Saturday
18th September!**

See Page 3 for full details!



OSW Project Development Manager

Hi, I'm **Clare** and, based on your ideas which have been discussed and approved by the Our Sale West Board, I'm working on lots of exciting projects for Our Sale West over the next few years. Read about the latest ones inside!



OSW Assistant Project Manager

Hi, I'm **Pip** and, as well as looking after the OSW finances, I am putting the final touches to our **Family Fun Day on September 18th**. Hope to see you there!
I also organise trips out, so please contact with me with ideas and see page 3 for news of our trip to Blackpool in October!

Engagement Officer

Hi, I'm **Sam** and I'm responsible for pulling together all the funding and planning for our brand-new Community Centre. Turn to page 7 to read all about the progress so far and to learn about how **you** can be part of the plans for the future!



Sale Community Support Hub Coordinator

Hi, I'm **Gaynor** and my job is to continue the marvellous work done by the OSW Covid Response Hub since early 2020. Read all about what help and support we offer on Page 2.



OSW Community Information Hub Coordinator

Hi, I'm **Lynne** and I run the Our Sale West Community Information Hub in the Community Centre. We can help and support you in so many ways - read all about them on Page 6.



In this issue, read all about ...

Trips out Advice, help and support Courses
Funding grants Special events Future plans





Health and Wellbeing



Food, glorious food!



Gaynor says,
"There are several regular local schemes in place to provide food and save waste. All the details are on this page.

And if you fancy volunteering, we'd love to hear from you - many hands make light work!"

Mondays: The Bread and Butter Thing



What is it? This local service aims to reduce both food bills and food waste. If you sign up, you will be able to ensure a weekly supply of fresh, frozen and cupboard goods, all bagged up ready for you to collect.

Contents vary weekly.

What does it cost? Anyone can sign up for £4 (individual); £7.50 (family) or £15 (large family) per week.

Where is it? Sale West Community Centre

When is it? Mondays at 1.30 p.m.

Once registered, you simply text 'YES' by 10.00 a.m. on a Sunday and collect your food the next day at 1.30 p.m.

First order is free of charge and there is no long term commitment.

How do I sign up? To register, **text** (please don't call) your full name, postcode and 'Sale West' to **07984 356407**.



Tuesdays: Food Bank

You will need a voucher to access this service and certain conditions apply. Free supplies include food and beverages. Items such as toiletries and cleaning products are often available but depend upon donations. The food bank is open

at **Sale West Youth Centre**
on **Tuesdays from 11.00 a.m. - 1.00 p.m.**

To enquire if you are eligible,
phone **0300 330 9073**



Weekdays: Good Food Bag

Many of you will have enjoyed The Good Food Bag scheme over the summer but it doesn't have to stop there. You can

pre-order via text on 07780 843821 and pick up at the Sunshine Café on weekdays. Collect a bag on your way home from the school run and that's your tea sorted!

The meal kits contain everything you need to make a meal for a family of four and an easy-to-follow recipe - all for just £7. That's **£1.75 per portion!**

Get in touch to order a meal kit today!



Fridays: Food Share

Food Share is open to anyone and is completely free of charge - just bring a bag! The scheme is designed to prevent waste by offering food which is at its 'sell by' date and would otherwise go to landfill. Food comes from local supermarkets like M&S, Tesco, Co-op and Aldi and is of very good quality. First come, first served!

Come to Sale West Youth Centre on Fridays at 10.30 a.m.



"Hi, I'm Louise and I volunteer every Friday at Food Share. I also help to deliver food parcels to vulnerable local residents.

I love getting to meet people and to know I make a difference to their lives." Volunteering could make a positive difference to *your* life, too!

Food Facts and Figures!

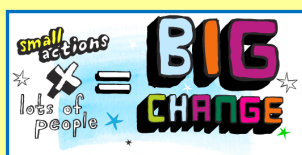


We are thrilled to report that, since Christmas 2020, **we have provided around 15,000 free**

meals for local children during school holidays. We have also helped local families and vulnerable residents through the various food schemes. These have come in the form of actual cooked meals, meal kits and food vouchers.

Regular pickups to local supermarkets such as Tesco, Co-op, Aldi and M&S have resulted in the provision of the equivalent of **50,000 meals** during that period, **saving around 20,000Kg of food going to landfill**, not to mention a **CO₂ saving of around 56,000Kg!**

Not only is this providing a great service to local people, but we are doing our bit to reduce the impact of global warming. As they say, every little helps!





Health and Wellbeing



Here's a date you won't want to miss! Come to our family fun event on **Saturday 18th September** for fun, food and frolics!

OUR SALE WEST ARE HOSTING THIS EVENT TO THANK OUR AMAZING COMMUNITY!

Our Sale West
BIG LOCAL

Refreshment Stalls:-
Pizza
Hot Dogs
Ice Cream

FAMILY FUN DAY

SATURDAY 18TH SEPTEMBER
12-5PM

FREE:- FAIRGROUND RIDE, GAMES STALLS, DJ ALEX, BOUNCY CASTLE, FACE PAINTING, ARTS & CRAFTS!

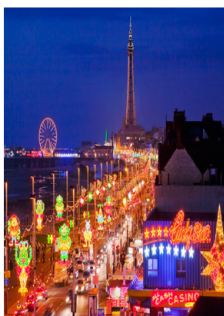
LOCATION:-
OUTSIDE SALE WEST COMMUNITY CENTRE,
NEWBURY AVE, SALE, M33 4QW

CHILDREN MUST BE ACCOMPANIED BY AN ADULT.

THANKS TO FUNDING FROM
proudly supported by
irwell valley foundation
NOVA GROUP
DOUBLE GLAZING SYSTEMS

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Coach Trip to Blackpool and the illuminations



Our Sale West are hosting a Subsidised Coach Trip to Blackpool! **Saturday 16th October.**

Only £5.00 per seat, due to successful joint funding (would normally be £11.50) (under 3s go free if sat on an adult's knee).

Pick up: 10.30am outside Sale West Community Centre.
You will be dropped in Blackpool to explore at your leisure.
Depart at 6.30pm and drive through the illuminations before heading home.

Tickets allocated on a first come first served basis and confirmed once payment has been received.

TO BOOK YOUR TICKET, CALL PIP ON 07920 497961 OR CALL INTO THE OFFICE IN THE YOUTH CENTRE, NEWBURY AVENUE, SALE, M33 4QW (Mon-Thurs 09.30-2pm, Fri 09.30-12pm)

ALL YOUNG PEOPLE (under 16) MUST BE ACCOMPANIED BY ADULT
STRICTLY NO ALCOHOL ALLOWED ON THE COACH



Saturday 16th October - Blackpool, here we come!



Phone Pip on 07920 497961 for details



Health and Wellbeing



Sale West Boxing Club is Back in Business!



Training days and times are as follows:
Tuesdays and Thursdays: 19.00-20.30
Sundays: 10.30-12.00
Age 10 upwards

Contact Sol at s.jeng@ntlworld.com for further details.

Calm Connections Weekly Drop In Sessions

Calm Connections are running weekly drop in sessions for parents and caregivers living in Sale West.

Join us for a brew on **Monday 27th September, 9.30-11am, in the Sale West youth centre.** The first two weeks will be about self-care and wellbeing.

For more information meet us at the Our Sale West Family Fun Day on Saturday, 18th September 12.00 - 5.00 p.m. at the Sale West community centre or contact Emma:

Email: info@calmconnections.org Tel: **07919 848558**

ARE YOU UNEMPLOYED AND CARING FOR CHILDREN IN GREATER MANCHESTER?

**28th of September 2021
Tues 9.30-2.30pm**

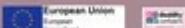
Do you need to work flexibly to support your children?
Do you have business idea you want to get off the ground?
Would you like support and guidance to help get you started and set you on the right track?

Our **FREE** 10 week Finding The Balance course will help you boost your **SKILLS, KNOWLEDGE, CONFIDENCE and RESILIENCE!**

For dates and details contact
Emma 07919 848558
info@calmconnections.org



Funded by



Love talking sport?

We welcome you to our friendly Sporting Memories Group at

Sale West Community Centre

In the Youth Centre meeting room, Newbury Avenue, Sale, M33 4QW

Last Thursday of the month from 10.30 'till 12.00

Come along, listen and share your sporting memories, past and present, with other older sports fans.

Free to attend - Bacon Butty & Tea / Coffee Inc.
Sessions will restart on 29th July 2021

For more information please either call Kay on 07917 750 924 or email kfloyd@lancashirecricket.co.uk



www.sportingmemoriesnetwork.com



Northern Spirit Muaythai

This highly successful and popular martial arts club has been firmly established at the Sale West Youth Centre for 30 years.

Classes are held on Monday nights as follows:

6 - 10 yrs: 6.00 - 7.00 p.m.

11 - 16 yrs: 7.00 - 8.00 p.m.

Adults: 8.00 p.m.

Ladies Only and Tiny Thai classes are also available.

Call Lisa on 07810 544650 for details.



Youth



HITz Programme Hits the Heights!



Using Rugby to change lives across the North West

Sharks Community Trust directly impacted 10,000 lives in 2019

Sale Sharks ran an extremely impressive and successful educational programme over the 2020/21 academic year. Of the 12 young people who enrolled, 81% completed the course and, of these, 91% achieved a Level 2 employability qualification.

In total, 89% of the students have now progressed into education, training or employment - a fantastic result! Massive congratulations to them all and to the Sale Sharks tutors for all their support and dedication.

Our Sale West are very proud to be associated with this initiative, which will start up again in September 2021.

For details, contact Des Howlett at des.howlett@salesharks

Sale West Junior Football



Our Sale West are proud to sponsor Sale West Junior Football, who now run mixed as well as girls only clubs.

All training takes place at St Margaret Ward Primary School on Cherry Lane, Sale M33 4GY .

Times are as follows:

Saturdays: 9.15 - 10.15 a.m. Boys/girls (Primary age)

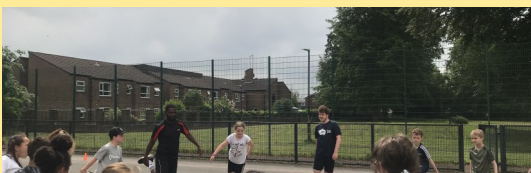
Saturdays: 1.00 - 2.00 p.m. Girls only

Thursdays: 6.00 - 7.00 p.m. Boys/girls

More information from Colin Lowe on 07793 387636



'Gamechangers' Summer Activities



Sale Sharks ran a highly successful programme for young people on the Sale West estate over the summer. There was an excellent take-up of places and everyone had a great time!



Using Rugby to change lives across the North West

Sharks Community Trust directly impacted 10,000 lives in 2019



Your Time. Your Friday,
Your Youth Zone
FRIDAYS 6pm-8pm

WE'RE BACK!



Free

Age 10+

Outdoor and COVID safe, just come along!!

Sports, Arts, Drama, Chill, Chat, Snacks and more.....

6pm - 8pm Fridays, by the entrance to
Sale West Community Centre, M33 4QJ

Enquiries: jon@sportworksltd.co.uk 07539 851326

FREE COMMUNITY SPORT SESSIONS!



PROVIDING FREE ACCESS TO
MULTI SPORT SESSIONS AT THE
BELOW LOCATIONS!

MONDAYS & FRIDAYS - PARTINGTON OAK ROAD PLAY AREA (AGES 7-16, 18:00-20:00)

MONDAYS & THURSDAYS - BROOMWOOD COMMUNITY CENTRE (AGES 7-16, 18:00-20:00)

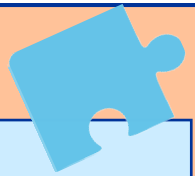
TUESDAYS & WEDNESDAYS - SALE WEST COMMUNITY CENTRE (AGES 7-11, 18:00-19:00)
(AGES 11+, 19:00-20:00)

PRE-BOOKING NOT REQUIRED

FOR MORE INFORMATION, PLEASE CONTACT MATT.AGNEW@FOUNDATION92.CO.UK



Employment and Training



What's on Offer at the Our Sale West Community Information Hub?

Our Community Information Hub provides support, advice and information on a wide range of subjects - see details below. Come on down to the Community Centre on Mondays, Tuesdays or Wednesdays to find out more.



Lynne, our Co-ordinator, looks forward to meeting you! She says,
"From welfare and benefits issues to job search and careers advice, we can find someone to help sort things out for you. Pop in to find out about training and apprenticeships, job vacancies and updating your CV.
We are **open 9.30 a.m.—2.00 p.m. on Mondays, Tuesdays and Wednesdays**. You can also come in on those days to arrange an appointment with Citizens Advice on a Thursday.
"If debt is a problem, we can put you in touch with organisations such as Christians Against Poverty or the Credit Union, so please don't struggle alone - we're here to help and support you in a strictly confidential and sensitive way."

Please note: You can use the computers free of charge on Mondays, Tuesdays and Wednesdays from 9.30 a.m.- 2.00 p.m. for job search, interview preparation and updating your CV.

Help for Younger Residents

- ◆ The Job Centre have now set up a Youth Hub (one of 3 in Trafford) at Sale West Community Centre. Young people (18 to 24 years of age) can arrange through the Job Centre to see a DWP outreach worker on Mondays and Tuesdays for one-to-one coaching for job skills and interviews.
- ◆ Rachel Kemp, Outreach Skills Information Officer, will also be available on the 2nd Monday of every month to give advice to young people regarding careers and courses.



Do come and ask what's available for you - this could be the start of a whole new chapter in your life!

A LIFE SKILLS AND ENRICHMENT PROGRAMME.

- ✓ Improve your maths and English
- ✓ Gain qualifications
- ✓ Get more work ready
- ✓ Learn how to cook and eat healthily
- ✓ Improve your communication skills

COURSES AVAILABLE
Level 2 Extended Certificate
Employability

VENUE ADDRESS
Our Sale West Community Centre
Newbury Avenue, Sale, M33 4QJ

START DATE - SEPTEMBER 2021

FIND OUT MORE.
wearescl.co.uk/sale-sharks
salesharks.com/community

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

Our Sale West Building a stronger community together

Sale Credit Union

Sale Credit Union has successfully been helping residents with their finances for 25 years. Come to us for help and advice about:

- ◆ Loans
- ◆ Savings
- ◆ Budgeting

and general money management

Our opening hours are:
Mondays 9.30 - 11.30 a.m.
Thursdays 7.00 - 8.30 p.m.

For more information, visit us at the Sale West Community Centre, Newbury Avenue, Sale M33 4QW.
Tel: 0161 973 3535
E: salecreditunion@hotmail.com

Coming soon!

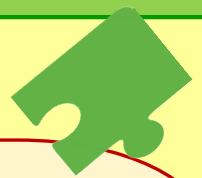
Trafford Working Wardrobe

'Clients will work with a personal stylist to choose clothing, shoes and accessories for their interview at no cost to them, as well as receiving advice from our team of employment specialists who will help with interview preparation.'

This new service will launch on September 10th. Ask at the Community Information Hub for more details or visit www.gmworkingwardrobe.co.uk



Environment and Community Spaces



Sam, our Engagement Officer, says,

“Hi everyone! We have some great news about the **new community centre** project. Despite some hold ups during the covid pandemic, we continue to make steady progress and are now assembling a team of technical consultants to help submit an application for planning permission.

The new centre, which will be located at the junction of Firway & Manor Avenue, will be 100% owned and managed by members of the brand new **Firs Community Benefit Society** (see below). We will soon be in a position to open up registration to residents to apply for a share in the Society for as little as £10.

Lots of work has been going on to develop the plans and we will be able to show everyone the ideas so far at the forthcoming family fun day on 18th September. Looking forward to seeing you there!”

Invest in the Future!

If you have £10 to spare, why not invest it by buying a share in the **Firs Community Benefit Society** which is being set up to finance the brand new Community Centre?



This will give you a say in how things are set up and run in the future and you will also gain special member benefits when the centre is open.

For more information about becoming involved in this exciting project, see our Facebook page -Firs Community Benefit Society - or **contact Sam Cooper, Our Sale West Engagement Officer, on 07887 429540**



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!



You could join our gardening group on the first Thursday of each month or help with litter picking around the estate. Why not help to make the Sale West an even better place to live?

Park Plans

We hope you’ve noticed and enjoyed the revamped Infant play area and picnic benches in Sale West Woods near the Community Centre?

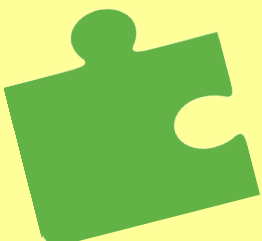
Well, now look out for the Junior play area which is coming soon, thanks to a massive funding grant secured by Our Sale West from Veolia!

Work will start soon and yes - the zip wire is coming back!



“Hi - I’m Roger and I’m a regular volunteer around the estate. I help with Food Share and with gardening in the Phoenix Gardens and the allotments.

It’s a pleasure to help the community and to meet interesting people. I find that it keeps me active and really helps with mental wellbeing. Life’s not easy sometimes and it’s good to feel you can really make a positive difference to people’s lives.”



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



Clare, our Project Development Manager, says,

"Our Sale West are always keen to welcome new Board members so, if you'd like to know what would be involved, please come in to the office to have a chat with us.

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

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



Even if you could only spare a few hours a year, you could make a real difference to Sale West and its residents.

For more information, ring Clare or Pip on 07920 497961



Our Sale West Plans for the Future ...

As you know, Our Sale West Big Local was awarded £1m in 2015 to be spent over 10 years to make a lasting and positive difference to our community. Using your ideas, we are now planning for our final years up to 2025 and here are some of the projects we have in mind, listed under each of our aims:

- ◆ **Health and Wellbeing:** Continue with trips and events/leisure courses/opportunities to meet up such as 'Sporting Memories', 'Strictly Lunch'/food provision and waste reduction/links with outside agencies
- ◆ **Environment and Community Spaces:** Continue with plans for the new Community Centre/develop the park and growing spaces/create a 'Friends Of' group to help look after the estate/create a tree trail.
- ◆ **Youth:** Continue to offer Friday night Youth Club provision/provide holiday food and activities/work with local schools/stage events to engage young people.
- ◆ **Employment and Training:** Continue to provide job advice, help and support/offer Community Grants for local entrepreneurs/work with local providers, e.g. Job Centre, Citizens Advice/offer training courses through local providers.

We are already planning our legacy once the Our Sale West Big Local ceases to exist in 2025. Over the next couple of years, we will set up a new Charitable Incorporated Organisation (CIO), so that the good work of Our Sale West can continue well into the future.

Exciting Development for Sale West!

The **new Community Centre** will form the centrepiece for our future existence and will be a fine focal point for all the activities we are planning to offer. Look out for all the exciting developments on our Facebook pages, our newsletters and by talking to us in person at our office and/or at the various events we run throughout the year. See page 7 of this newsletter to see how you can become involved and have your say in its planning, development and management.



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

