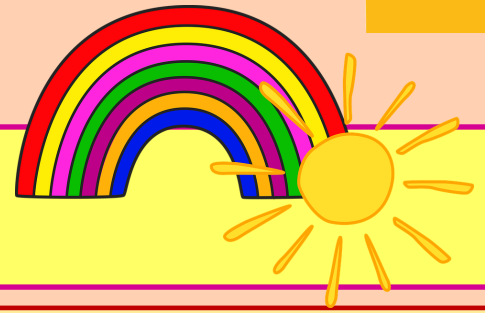


Our Sale West Matters



Issue 10: Summer 2020



Our Sale West Coronavirus Update

Sale West heads Back to the Future!



Although nobody yet knows what the future holds regarding the Covid-19 virus, rest assured that we are committed to doing our best to provide help and advice for local residents for as long as necessary. If you live on your own or have to self-isolate and don't know where to turn, we are ready and willing to support you.

The Covid Response Hub contact details remain as follows:

Phone 0300 330 9073 (8.30 a.m. - 5.30 p.m.)

Email: www.casort.org/email-advice

Please also contact us if you are concerned about anyone in your community as, for various reasons, some people find it difficult and/or can't manage to communicate online.

Helpful Facts and Figures!

Our Sale West workers and volunteers have been busy since lockdown began, making sure that residents are safe and fully supported. Working with partner agencies we have:

- ◆ Distributed 100's of activity packs locally to children and the elderly
- ◆ Organised prescription pick-ups and food shopping
- ◆ Delivered 100's of food parcels
- ◆ Organised dog walking for 'shielding' residents
- ◆ Arranged for wellbeing calls to isolated residents
- ◆ Organised activities and food provision for the holidays
- ◆ Co-ordinated all the local volunteer support
- ◆ Manned the Community Response helpline Mon - Friday



Thanks so much to everyone for their help!

What's On for Families this Summer?

Current rules mean that our summer activities, including Munch Club, can't go ahead in their usual format. However, **Our Sale West** have ensured that 90 local children have already received activity packs and food vouchers for two take-away meals a week from the Sunshine Café. **Sale Sharks** will be running bookable slots for children aged 7—11 years old on Tuesdays and Thursdays from 10.00 - 13.00hrs. **SportWorks/Gorse Hill Studios** will be offering Youth Club activities on Fridays, 6.00—8.00 p.m. depending on demand. **Communities United** have provided £15 of Tesco groceries-only vouchers every week of the holidays to selected families from three local schools and are posting weekly cooking and physical activity challenges.

See the Our Sale West Facebook Page or contact Our Sale West for full details of all of these.



The Phoenix Garden - A Symbol of Hope



Happily, the lockdown period has not prevented progress on one of the Our Sale West major outdoor projects. Many of you will have noticed the work going on in the Phoenix Garden (formerly the site of Bechers Pub) over the past few weeks. We have commissioned Cherisse Appleby, a local community artist, to design and paint this beautiful phoenix on two sides of the walls within the garden. She has already begun work, helped by volunteers including her daughter, Naomi McFarlane.

Please come and see for yourself and let us know what ideas you have for the two remaining sides. The garden has been designed as a calm and peaceful place for residents to enjoy. Would you like words of inspiration, a historical timeline or something else which would show the pride we have about the estate and the people who live here? We would love to hear from you, so please speak to Cherisse or contact Our Sale West using the details at the foot of this page.



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



Face Mask Facts - Including a 'no sew' mask

How to use a face mask properly



Make sure the mask covers your mouth and nose



Ensure it fits snugly on your face - no gaps



Wash your mask after each use



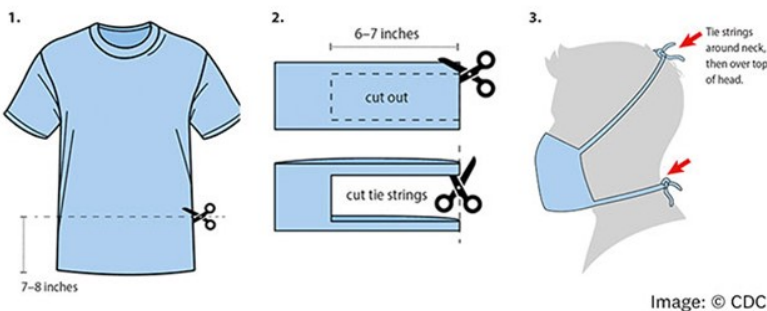
Wash your hands before and after touching your mask



DON'T have it sitting under your chin or pull it around while wearing



DON'T keep touching your mask once it's fitted



'Staycation' Destination?

Many of you will have already seen (and hopefully used) the new picnic tables and Infant Play area recently installed by Our Sale West. Both are part of our ongoing environmental projects, all of which are based on residents' wishes. Look out for more improvements in the coming months, including a revamped Junior play area with zip wire!



The Bread and Butter Thing

There is now a new local service available to all, called 'The Bread and Butter Thing'. Set up to reduce both food waste and food bills, anyone can sign up. Per week, it costs £4 (individual), £7.50 (family) or £15 (large family). To register, simply text your full name, postcode and name of your nearest hub (Sale West) to **07984 356407**.



Once registered, you simply text 'YES' by 10.00 a.m. on a Sunday and collect your food from the Sale West Community Centre at 1.30 p.m. on Monday. A typical £7.50 order is three bags: one for the fridge, one of fruit and veg and one of cupboard goods. The contents will depend upon what is available at the time.

Your first order is free of charge and there is no long term commitment. Around 45 local families have joined since June and the number is growing, so why not give it a go?

Want to help others?

Volunteers are always needed and most welcome! Find out what you can do to help in our community by contacting Clare at Our Sale West:

Email: clare.standish@oursalewest.co.uk

Mobile: 07920291873

Exciting New Community Centre Plans!



Plans are now really coming together for the proposed state-of-the-art community and sports venue to be sited at the junction of Firsway and Manor Avenue. The new centre will house all the facilities currently based at Sale West Youth and Community Centre, plus even more improved amenities, including a fitness trail, café and revamped sports pitches.

A Community Benefit Society (CBS) is being formed to lead this exciting project and anyone can join as a member by paying a £10 joining fee. The CBS will be responsible for funding, the design and delivery of the project and also for managing the building once built.

Watch the video on YouTube to learn more:

<https://youtu.be/-7lU9BTqnM>

For further information contact Sam Cooper

Mobile: 07887 429540

Email: info@firscommunitycentre.co.uk

Anxious about the return to school or college?

Calm Connections are providing ways to better manage anxiety and low mood through a range of online activities during August.



Parents, if you are worried about your child returning to school in Trafford, join us every Thursday in August, at 10am for coffee and a chat with guest speakers.

Email admin@calmconnections.org for more details and to book



You've got this! We've got you!

[calmconnections.org](https://www.calmconnections.org) • www.calmconnections.org

