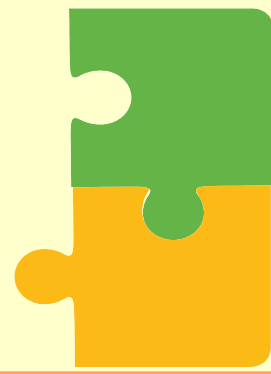
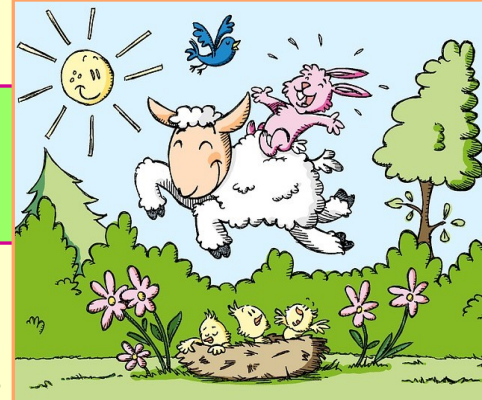


# Our Sale West Matters



Issue 14: Spring 2022

## Spring into Action!



### New Year, New Deal

Is it possible to improve your diet while saving money and the planet at the same time? It sure is! See Page 2 to find out how!



If you are keen to keep fit, find out what's on offer locally on Page 3



### It's the Talk of the Town!

Lots of exciting progress to report on our proposed **new Community Centre!**



Find out how you can become a member of the new **Community Benefit Society** and have a say in how the new building will be designed and run.

See Page 5 for full details.

### A Friend in Need

If you are worried or struggling with debt, stress, bills or health issues, **please** don't suffer in silence - there are so many ways we can help and support you.



Just pick up the phone and call **0300 330 9073 (choose option 4)**

All calls are completely confidential and we will do our very best to help you. See Page 2 for full details of services on offer to you.

### Time to Spare?

If you would like to help your community, there are now many opportunities to volunteer in the Sale West area.

See Page 7 for inspiration!



Take a look inside this newsletter to find out about

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



Building a stronger community together



# Health and Wellbeing



If you ever find it difficult to make ends meet and struggle to feed yourself and your family, help is always available! See this page for help with food and debt problems.



## Sale Credit Union



Sale Credit Union has been helping residents with their finances for 25 years.

Come to us for help and advice about

- ◆ Loans
- ◆ Savings
- ◆ Budgeting
- ◆ General money management

**Our opening hours are:**

**Monday 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](mailto:salecreditunion@hotmail.com)



**Sale West Food Share**  
**10.30 a.m. on Fridays**  
**Sale West Youth Centre**  
**Just bring a bag!**



Food collected from local supermarkets which would otherwise go to waste is collected and offered free to local residents every Friday morning at 10.30 outside the Youth Centre on Newbury Avenue, Sale M33 4QW. Just bring a bag and you will be doing yourself and the planet a favour!

**The bread and butter thing.**  
*Making life affordable.*

## The Bread and Butter Thing ( TBBT )

**What is it?** It's a local service to reduce food bills and food waste.

**What do you get?** A weekly supply of fresh, frozen and cupboard goods, all bagged up ready for you to collect. Contents vary weekly.

**How much does it cost?** £4 (individual); £7.50 (family); £15 (large family) per week. First order is free! No commitment.



**Where does the food come from?** It's all surplus food from supermarkets, factories and farmers but it's always quality, fresh produce.

**When and where does it happen?** Every Monday at 1.30 p.m. outside Sale West Community Centre, Newbury Avenue, Sale M33 4QW

### How do I sign up?

1. Text **07984 356407** with your full name, postcode and the hub you will be collecting from - Sale West
2. Select the size of order you want - Family/Individual/ Large Family (see above).
3. You will receive a text every Saturday to ask if you want an order. Reply YES by 10.00 a.m. on Sunday to ensure your order will be ready for you to pick up on Monday at 1.30 p.m.
4. Collect and pay for your goods by card or cash from Sale West Community Centre.
5. If you qualify for them, Healthy Start Vouchers are also accepted as payment.



## Money worries?

We are here to help. Come along and speak to an adviser for free.

citizens  
advice



We can help you deal with debt, get expert guidance about managing your money, benefits, Universal Credit and tax credit.

**Free advice sessions**  
every **Thursday**

drop in sessions from 10 a.m. - 12 p.m.  
at Sale West Community Centre, Newbury  
Avenue, Sale M33 4QW

T: 0300 561 1111



**80+ residents (and growing) have already signed up!**  
**Join them and reduce your weekly shopping bill by over £20!**  
**Remember - 1st order is free!**



# Health and Wellbeing

We are delighted to announce that planning is already underway for the 2022 programme of Our Sale West coach trips. This year, our destinations will include Southport, Blackpool and Windermere. Look out for details of our next trip and book your places quickly to avoid disappointment! Simply contact Pip (07920 497961) in the Our Sale West office in the Youth Centre for full details.



Whether it's new places to see or finding ways to improve your health and fitness, Sale West has lots to offer you! See this page for inspiration!

## The Mile Shy Club



Beginner Walking Groups  
across Trafford - Everyone is welcome!

This group meets every **Tuesday** at **Coppice Avenue Library and Wellbeing Centre**, Coppice Avenue, Sale M33 4ND at **1.00 p.m.**  
**Cost: £2 per session**

Want to give exercise a try but don't know where to start?  
Did lockdown stop you going out and meeting people?  
Set back by long covid or have a long term health condition?  
Then this might be for you!

Sessions will be delivered by Jane Dennison, Level 3 Personal Trainer, Exercise Referral Specialist and Mental Health Trainer.

Call 07430 461240 or visit [www.mileshyclub.com](http://www.mileshyclub.com) for more information.

#MileShyClub



## 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](mailto:Kfloyd@lccc.co.uk)



[www.sportingmemoriesnetwork.com](http://www.sportingmemoriesnetwork.com)

## Chair Yoga

A safe and effective way for those with reduced mobility to experience the benefits of yoga. These include reducing chronic pain and anxiety, whilst increasing flexibility and mobility. Also builds strength and balance.



**When:** Fridays 11.00 - 11.45 a.m.  
Term time only  
**Where:** Sale West Youth Centre, Newbury Avenue, Sale M33 4QW  
**Cost:** £3 per class

Call Gaynor 07732 321156 for further details  
Or just turn up - new classes start on April 22nd!

## Northern Spirit Muay Thai



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, Wednesday and Friday** nights for age 6 - adults:

Mondays 6.00 - 10.00 p.m.  
Wednesdays 5.00 - 10.00 p.m.  
Fridays 6 - 8.30 p.m.

Ladies Only and Tiny Thai classes also available

Call Lisa on 07810 544650 for details.

## Sale West Boxing Club



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](mailto:s.jeng@ntlworld.com) for further information

# Health and Wellbeing

Here are some useful tips to help cut your household bills. Remember - every little change soon adds up!

Turning your heating down 1°C could **save you £80** a year!  
Switching off standby at the socket could **save you £55** a year!  
Replacing halogen lightbulbs with LED ones could **save £45** a year!

For lots more tips to save energy and water, see [www.which.co.uk](http://www.which.co.uk), [www.moneysupermarket.com](http://www.moneysupermarket.com) and [www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk)



Always wash a full load of clothes as this will save water, energy, detergent - and money!

Choose to wash at 30°C whenever you can - modern detergents clean your clothes just as well at lower temperatures.

Remember to clean the filter and drain on your washing machine regularly to keep your machine efficient.



For tips on how to avoid food and plastic waste see [www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com) and [www.wrap.org.uk](http://www.wrap.org.uk)



# Training & Employment

Are you looking for help and support in setting up a business locally? Find out if you would qualify for an Our Sale West grant.

## 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](http://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](mailto:enquiries@oursalewest.co.uk),  
Tel: 07920497961



Building a stronger community together



## Working Wardrobe

This is a new service in Greater Manchester. It will be available **by appointment** at the Sale West Youth Centre on **Thursdays from 10.00 a.m. - 3.00 p.m.**



Getting Greater Manchester Interview Ready.

Working Wardrobe is a charity initiative that provides people in unemployment with a personal styling service that gives them the outfit, and confidence, they need to get the job that they deserve.

Since April 2021, we've achieved a lot! Including...

- We've saved over £40,000 worth of clothing from the backs of wardrobes and landfill
- We've created clothing supply lines and mutual exchanges with two Manchester based charities
- The project has been supported by over 20 businesses across Greater Manchester, even stretching to Sheffield & Nottingham!
- The project has set up and secured long lasting links with various charities, community organisations, housing associations, employment services, retail stores & beyond

Trafford Working Wardrobe is now accepting referrals!  
Our location timetable is printed overleaf.  
Please contact Natasha, Project Officer, for more information.  
e: [natasha.bernard@groundwork.org.uk](mailto:natasha.bernard@groundwork.org.uk)  
t: 07850310730



## What's on Offer at the Community Information Hub?

Our Community Information Hub provides support, advice and information on a wide range of subjects, including job and training opportunities, welfare and benefits issues. Come on down to the Community Centre to find out more by speaking to Lynne, our Co-ordinator.

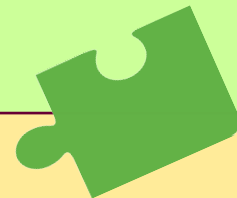
**Opening Hours are 9.30 a.m. - 2.00 p.m. on Mondays, Tuesdays and Wednesdays.**

We can put you in touch with organisations such as Christians Against Poverty or the Credit Union, so please don't struggle as we are here to help and support you in a strictly confidential and sensitive way.



**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 Wednesday, with help and support on hand.**

# Environment and Community Spaces



## Exciting Developments with our New Community Centre!



Great progress is being made in securing the necessary funding for our brand new community centre and sports venue - see the artist's drawing on the left.

This smart, eco-friendly building will be located at the junction of Manor Avenue and Firsway close to the Firsway Health Centre. The existing football pitches will not be lost but improved and extra facilities will be added to the site.

Long-standing local clubs such as Sale West Amateur Boxing Club and Northern Spirit Muay Thai will enjoy enhanced facilities, as will many other clubs and societies, old and new. We will also provide a café, low-cost gym, nursery and space for training, work and education.

The new centre will serve a wider area than just the Sale West estate and is on a bus route between Sale and Altrincham, making it easy to access.

The main difference between the old and new community centres is that this new one will be owned and managed by the community as a **Community Benefit Society**. This means that residents of our area will own it and can play their part in deciding how the building is designed and managed.

## Community Strength in Numbers!

For only **£10**, you can now buy a share in the **Community Benefit Society** which is being set up to finance our brand new Community Centre (see details above).

The investment you make

- ♦ entitles you to be a part-owner in a building which is truly community-owned and operated
- ♦ allows you to have a say in the design and management of the building
- ♦ means that once the new centre opens, you will be eligible for discounts in the café, gym or when booking classes or events

To join the Community Benefit Society, please complete the form on [www.surveymonkey.co.uk/r/FirsCBS](http://www.surveymonkey.co.uk/r/FirsCBS)

It may just be the best £10 you ever spend!



## Park and Ride!

We are delighted to report that work is now underway with improvements to the Junior play area in the Sale West Woods behind the Community Centre.

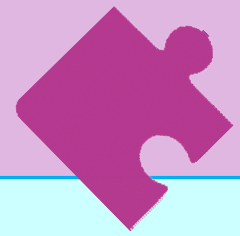
Thanks to funding secured by Our Sale West Big Local, our young residents can once again enjoy a variety of adventurous equipment including, of course, the return of the zip wire!







# Youth



## Sale West Junior Football Club



Looking to add new girls to our exciting team of young footballers. School year 5. No footballing experience necessary but needs to have an interest in football.

Sale West JFC are going from strength to strength! The club is open to everyone of any ability aged 5 - 11 years. Just turn up!

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



For further details contact Colin Lowe on **07943 259489**  
See Facebook Page Sale West J.F.C.



Building a stronger community together



## Schools Climate Crisis Conference

We are delighted to announce that seven local schools have agreed to take part in the **Our Sale West Schools Climate Crisis Conference** to be held on **Thursday, 30th June at the Youth Centre.**

The day will begin with a banner parade from each school, followed by presentations from the pupils, workshops and discussions on a range of environmental topics.

Our aim is that the day will give everyone the chance to learn much more about this very important subject and that we will end up with an exciting and achievable action plan for the future!



Sale West Youth and Community Centre, Newbury Avenue, M33 4QW.

We've teamed up with our neighbour, The Sunshine Community Café, to make the Easter holidays easier. We are providing

**FREE KIDS MEALS!!!**

Thanks to successful external funding.



Just turn up to the Sunshine Community Café  
Between 11.30am and 1.30pm .  
Wednesday 13<sup>th</sup>-Thursday 21<sup>st</sup> April  
(Excluding Good Friday-Easter Monday)

(Please note, free meals are for children only. Adults may purchase meals from the menu for as little as £2.50.  
Children must be accompanied by an adult).



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



**Youth**



**Health and Wellbeing**

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 Clare:- 07852580028 or Pip:-07920497961



**Environment and Community Spaces**



**Employment and Training**



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!

### Calling all Greenfingers!

Our Sale West Big Local and Irwell Valley Homes are getting together to offer residents the opportunity to volunteer to look after various green spaces around the estate. These include the area outside the Sunshine Café, the Phoenix Gardens, the Community Allotments and other parcels of land already identified by residents.

Our Sale West are currently in discussion with Trafford College regarding running a basic Gardening course, so if you want to improve your gardening skills, please look out for further details on our Facebook page or contact the Our Sale West office to enquire.



Watch out for details of our **'Good to Grow' event on Saturday 23rd April** when you can find out about all our proposed activities, enjoy refreshments and take advantage of a seed and plant swap!



### Litter Patrol

We know that many residents are concerned about the amount of litter and fly tipping around the area.



We also know that some have already begun to do something about it and would be interested in forming a litter patrol.

If you would like to volunteer to help with a litter pick every now and then, please contact Clare or Pip at the Our Sale West office to register your interest. We plan to organise a meeting soon to set this up.



Information will also be available at our **'Good to Grow' event on April 23rd.**

### Volunteers Needed!

The **Bread and Butter Thing** food scheme (see page 2) are short of volunteers to help with packing bags on a Monday.



The scheme has proved to be really popular and customer numbers are growing, so if you are free and could help occasionally on a **Monday between 11.30 - 1.30**, we would love to hear from you!

Please contact Pip at the Our Sale West office for further details.

### 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](mailto:enquiries@oursalewest.co.uk)

Telephone: 07920 497961

Facebook: Our Sale West





# Sale West Youth and Community Centre Time-Table 2022

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
<b>Main Hall</b>	Plates 11am-12pm Brownies 6-7.15pm	Play group 8.15am—3.15pm Woodcraft group 6.30—9.30pm	Play group 8.15am—3.15pm PHAB Club 6.00—9.30pm	Play group 8.15am—3.15pm	plates 10.30-11.30am		Grace City Church 9am-1.30pm St. Mary Magdalene Church 3.30-5.30pm
<b>Community Information Hub</b>	Our Sale West Employment and Training Advice 9.30am-2pm	Our Sale West Employment and Training Advice 9.30am-2pm	Our Sale West Employment and Training Advice 9.30am-2pm	Citizens Advice drop in 10am-12pm	English for Speakers of other languages (ESOL) 9am-3pm		
<b>Sunshine Café</b>	Café open 8.30am—2pm	Café open 8.30am—2pm	Café open 8.30am—2pm	Café open 8.30am—2pm	Café open 8.30am—2pm		
<b>Youth Centre</b>	The Bread and Butter Thing 1.30pm-2pm Northern Spirit Muay Thai 6pm-10pm	Boxing 7pm-9.30pm Foodbank 11am—1pm	Keep Fit 10.30-11.30am Northern Spirit Muay Thai 5-10pm Foundation 92 Multi-sports Session 6-8pm	The Working Wardrobe 10am-3pm Boxing 7pm-9.30pm	Foodshare 10.30-11am Mosque 12-3pm Northern Spirit Muay Thai 6-8.30pm		Boxing 10.00am-12pm
<b>Other Rooms</b>	Credit Union—9.30-11.30am DWP Youth Hub—Community Centre Meeting Room 9am-5pm	DWP Youth Hub—Community Centre Meeting Room 9am-5pm		Credit Union—7.8.30pm			

