

Our Sale West Matters

Issue 15: Summer 2022



Our Sale West Plans for the Past, Present and Future ...



Sale West Heritage Project

Save the date - Saturday, 17th September

Through photos and personal accounts, learn all about the history of the estate and also about all the exciting plans for the future!



Go to page **3** to find out how **you** can be involved in our exciting Heritage Project!



Schools Climate Crisis Conference



On 30th June, six local schools came together to discuss the Climate Crisis at a very successful conference organised by Our Sale West. See page **3** for all the details!

Firs Community Centre

The very first Annual General Meeting of the Firs Community Benefit Society will be held on **7th September** at the Sale West Youth Centre. Find out what this means for **you** on page **3**!



A Helping Hand

See page **2** for all the ways in which we can give you advice and support. Ring **0300 330 9073** and choose **option 4**. We can help in lots of ways - please ask!



Summer Holiday Food and Fun!

As usual, Our Sale West Big Local have risen to the challenge of providing food and activities to our younger residents over the summer holidays.



As well as commissioning sports and craft sessions, we have arranged to provide **2000** meals and **1200** snacks in total over the summer. This has been a great help to many of our families. Read all about this on page **4**!

Park and Garden Opening Ceremony



On 16th July, we held the first post-Covid Our Sale West Annual General Meeting to bring residents up to date on all our projects. On the same day, we held a grand opening for both the new Junior Playground and the Phoenix Gardens. See page **4** for photos and details!



Building a stronger community together

Take a look inside this newsletter to find out about
Advice and support **Special events**
Future plans **Opportunities to volunteer**



Call **0300 330 9073 (option 4)** if you are having difficulties with debt, stress, bills or with food provision. All calls are completely confidential. Please don't struggle alone - we are here to help!



Sale Credit Union



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

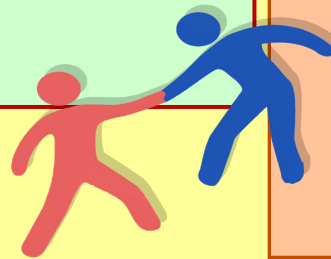
For more information, visit us at the Sale West Community Centre, Newbury Avenue, Sale M33 4QW
 Tel: 0161 973 3535
 E: salecreditunion@hotmail.com

For **emergency** situations, the

Sale West Foodbank is open every **Tuesday** at the Sale West Youth Centre from **11.00 a.m. - 1.00 p.m.**

Ring **07749 378447** to see if you qualify. If you do, electronic vouchers can be issued immediately. Please note that this is not a permanent solution, but you will be given support and advice to improve your current situation.

For details of other Food Banks in Trafford, see www.traffordsouth.foodbank.org.uk for more information.



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





Sale West Heritage Project

The Sale West Heritage Project has been set up to capture the photos, stories and memories of community life on the Sale West estate over the last 50 years.



Our Sale West has secured Heritage Lottery funding which will literally put Sale West on the map! The Sale West Heritage Project will offer a series of events and activities for all ages. Here are the details:

- ◆ An **Exhibition** of photos and stories of community life on the estate over the last 50 years, to be staged at the Sale West Youth Centre on **Saturday, 17th September from 10.00 - 14.00.**
- ◆ A walking trail and **quiz entitled 'From Pigsty to Muay Thai'** will be available **from September 9 - 17th.** Walk the trail to discover the history of the estate and answer the questions to be in with a chance to **win some top prizes.** Learn how world champions, global links and a large mansion have all played their part in its story to date.
- ◆ **Free photography sessions** for residents, with the 12 best photos selected to produce a 2023 calendar. These will be sold to raise funds to support our most vulnerable residents over Christmas.
- ◆ Opportunities for children and older residents to share their experience of living on the estate.

To make this project really fantastic, we need you to contribute! What does 'community' mean to you - is it the people, the place or a mindset? Do you have any photos of your time on the estate? What are your memories of living on the estate, good, bad or ugly? Are you proud of the estate and the community who live here? We can record your stories for you and all photos will be returned safely and quickly to you after copying.



All you have to do is to contact Jo at swhp50@gmail.com or reach her via the Our Sale West office by any of the ways listed at the bottom of page 4. Thank you so much!



New Community Centre

Firs Community Benefit Society - Annual General Meeting

The very first Annual General Meeting of the newly-formed **Community Benefit Society (CBS)** will be held on **Wednesday 7th September from 7.00 - 8.00 p.m. in the Youth Centre Coffee Lounge.** If you are already a member, would like to join or would simply like to know more, please come along to hear all about progress and plans for this exciting project. The CBS will be responsible for how the new centre is run and, for a mere £10 membership fee, you can have a say in the design and future management of this modern and eco-friendly centre, which will become the new heart of our community. Please come along and share your ideas. We look forward to seeing you!

Our Sale West 2022 Schools Climate Crisis Conference



On June 30th we welcomed pupils and staff from All Saints Primary, Ashton-on-Mersey High School, Firs Primary, St Margaret Ward Primary, Woodheys Primary and Tyntesfield Primary to the Our Sale West 2022 Schools Climate Crisis Conference.



The day began with a banner parade to the Youth Centre which was greeted by the Mayor and Mayoress of Trafford.

Following excellent presentations by all the pupil groups, we had two rounds of workshops either side of lunch. These were on a variety of topics, including air pollution, recycling, student voice, sustainable building and food waste. We even had time for a forest bathing session outdoors in the park!



We were delighted to welcome representatives from many relevant organisations, including Trafford Council, 'Sow the City', 'Living Streets', Centre for Sustainable Energy, Gorse Hill Studios, Breath Champs, AEW Architects, Recycle4GreaterManchester and the Royce Institute (University of Manchester) who brought information and ran workshops for us.

To round off the day, each school decided on a project which they will start or continue over the next school year. They will receive support from both Our Sale West and many of the organisations who attended the conference. The six projects are:

'The Retreat Garden'; 'Sustainable Food Garden'; 'Become a WOW school' (encourage more pupils to walk to school); 'Pollution Solution'; 'Save Carrington Moss'; and 'Rewilding the Landscape'.

Finally, we all made pledges as to how each one of us would do something to help the planet. These were all displayed on a 'tree' as a visual reminder, not only of a useful and enjoyable day, but as a promise for the future. We will be supporting each school over the next year, so watch this space for an update on progress!



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



Summer Food and Fun!

This summer, Our Sale West have organised 100 free meals a day, amounting to **2000** meals in total over the holidays. 60 of these were for the Holiday Activities, funded by Trafford Council. The rest were funded by Trafford Housing Trust.

We are also providing 60 morning snacks (**1200 in total**) to the holiday club which is funded by Trafford Holiday Activity Fund (a Government initiative). Special thanks to Pip on the Our Sale West team who has worked so hard to coordinate all the funding!



Thanks too, to Sharks Community Trust and all the other providers of sport and craft activities for our younger residents over the holidays - lots of fun has been had by all!



Our Sale West Annual General Meeting

We held our first AGM since Covid on July 16th. It was amazing to hear about all the progress we have made!

For example, our food programmes so far have provided the equivalent of **70,000 meals** to local residents; the Infant and Junior play areas have been revamped; new courses and classes have been introduced; our community grants have helped many local businesses and organisations and we have run subsidised coach and theatre trips.

Of course, we must also mention the exciting plans for our new community centre! Go to our website www.oursalewest.co.uk/news to read all about this and many other projects.

There is so much to be proud of! We have also managed to increase the original £1m award by bringing in **£542,000 of additional funding** and will spend every last penny on what you, the residents want. Keep those ideas coming!

See our contact details below.



Ready, Steady, Play!

The sun was shining on July 16th for the Grand Opening of the Phoenix Gardens and the two new play areas for Infants and Juniors in the Sale West park.

All of these have been major projects funded by Our Sale West which we hope will bring pleasure to residents for years to come!



Since setting up the Hub, we have helped over **500** residents!

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 Citizens' Advice, 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.



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

