

Our Sale West News

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Our Brand New Newsletter

Our Sale West News aims to celebrate good community news, update you on key projects, and highlight events coming up across Sale West and beyond in the coming weeks and months.

With so much going on, we'd love to hear from you! Please contact: kate.visser@oursalewest.co.uk to share your news.

What's inside?

- Summer holiday fun with Beyond the Physical
- Community garden spruce up with Microsoft
- Our new centre [timetable](#)
- And much more!



Live Well Comes to Sale West!

Earlier this year we celebrated the launch of Sale West Community Centre as one of the first Live Well centres in Greater Manchester

Live Well is working to bring more services back in to communities creating Live Well centres and spaces.

By putting local voices at the heart of decision-making, the programme aims to give residents a say in shaping local services while making vital health and wellbeing support easier to access closer to home.

Following public feedback, Sale West Community Centre and Coppice Library and Wellbeing Centre have been selected as the new Sale Live Well Centre Campus.

Over time, the campus will expand to offer a wider range of joined-up services, helping residents stay connected, improve their wellbeing, and get the right support when they need it.

To learn more about Live Well sign up to the GM newsletter via gmlivewell@greatermanchester-ca.gov.uk



LIVE WELL
DOING THINGS DIFFERENTLY WITH
GREATER MANCHESTER'S COMMUNITIES

New Craft Club Opens

Have you heard about The Crafty Mingle?

It's our new craft club for crafting enthusiasts as well as beginners which meets every Saturday at the centre. If you have a project on the go and want some tips, or are just starting something from scratch, you are welcome to join any of the sessions.

The Crafty Mingle meets at the Sale West Community Centre on **Saturdays from 10.00 am to 1.30pm.**

For more information contact Our Sale West



Get involved today!

Our Sale West is dedicated to improving the lives of the residents of Sale West and it is important to us that this is a two-way process. Here are some of the ways in which you can become part of any changes you want to see in our area ...

Join our Residents' Forums!

Each quarterly meeting will focus on a particular topic as listed below. Ideally, each forum will include residents of different ages, backgrounds and experience to represent the community as a whole. We would love to hear from you if you are interested in any of the following:

- Environment
- Health and Wellbeing
- Employment and Training
- Young People



If you would like further details contact us as soon as possible - we'd be delighted to hear from you! To find out more, email: enquiries@oursalewest.co.uk

We're going to Blackpool!



Coach Trip To BLACKPOOL



AT THE SUBSIDISED
PRICE OF:-
ADULTS £13
CHILDREN £10

SATURDAY
17TH
OCTOBER

Departs Sale West
Community Centre car
park at 10am. Spend the
day as you please.
Return journey 7pm.

To book please call
Pip on 07920497961

Interested in volunteering?



Volunteers are the backbone of our organisation and volunteering gives you a chance to actively help the community while providing a sense of fulfilment and purpose. There are always opportunities to help with food-related support; driving; gardening; litter-picking and leaflet distribution, to name but a few.

Contact Susan, our Volunteer Co-ordinator on Susan.Astbury@oursalewest.co.uk if you are interested. Even one hour now and again could make all the difference!

Follow us on social media

You can also keep updated on events by following us on Facebook via [OurSaleWest](#) and Instagram [@oursalewest_m33](#)



Sale Support Hub is Here to Support You

The Sale Support Hub is run from the Our Sale West office, Sale West Community Centre, Newbury Avenue, M33 4QW.

You can contact the Sale Hub about the following:

- General information and advice about any issue
- Food bank voucher
- Food bank parcel
- Other food support – The Bread and Butter Thing, Foodshare
- Emergency financial assistance
- Digital device loaning
- Budget/debt advice or referral
- Energy top-ups
- Community transport via Trafford Circle



The Support Hub is open **Mondays-Thursdays 9.30am to 3.30pm and Fridays 9.30am to 2.00pm.**

Join our e-Bulletin List

Our e-bulletins will keep you update on what's happening at the centre, changes to schedules and other announcements.



Drop in to the Sale Advice Hub

Residents can get face-to-face support on a range of issues including housing, job seeking, health and much more. All advice is free and in-person; no need to book, just drop in. Sessions include representatives from Citizen's Advice, Housing Options (HOST), Trafford Council's Budgeting Officer as well as others.

The Advice hub is open from **10.00am to 12noon on Thursdays** at the Sale West Youth Centre on Newbury Avenue.

We Want to Hear from You

Feedback on the services we provide is vital to us. It helps us to arrange support where it is needed most. We also need to hear your suggestions for any new projects you would like us to consider.

Please look out for our regular surveys on social media and at our community trips and events. Your voice really does matter!

Email your ideas to: enquiries@oursalewest.co.uk



Trafford WorkWell Helps Job Seekers Unlock Their Potential

Trafford WorkWell continues to go from strength to strength. In its first year, the service provided one-to-one support to over 60 people struggling to stay in or find work due to physical or mental health issues, with 32 successfully securing employment. WorkWell Key Officer Kirsty Cullen offers flexible, tailored guidance for up to 12 weeks—helping with career research, CV writing, interview prep, and finding courses or volunteering.

If you want support from someone who truly listens and helps move your career forward, drop in to see **Kirsty at Sale West on Monday, Tuesday, or Wednesday (9.30am–2pm)**, or call/text her directly on **07484084545**.



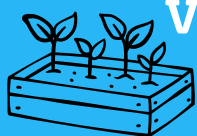
Summer Holiday Fun with Beyond the Physical

What an incredible summer at Beyond the Physical's HAF Camp, delivered in partnership with Our Sale West and hailed as "Trafford's best HAF camp ever!" by one of its happy young participants! Funded by the Government's Holiday Activities and Food programme, we expanded our capacity to offer local children a summer packed with sports, games, and creative activities.

This success was a true team effort thanks to our brilliant community partners. The Sunshine Community Café served fresh daily meals, while children enjoyed engaging workshops with The Big Comedy Shop, Manchester Literature Festival, environmental experts, and crafts with Carol. A huge thank you to everyone who made this summer unforgettable!



We run lots of projects and activities that help people in Sale live healthy, happy lives, and reach their full potential. Here are a few of things we have recently been working on ...



Volunteers from Microsoft Spruce up our Green Space

We recently welcomed Microsoft for a volunteer day at our growing space in Sale West Woods.

The seven-member team helped top-up our raised beds with compost and also weeded around our fruit bushes. The day was supported by [The Conversation Volunteers North West](#), [Greater Manchester Environment Trust](#) and [Friends of Victoria Park Stretford](#).



Support so You Can Stop Smoking



Our Sale West offers free local stop smoking support in partnership with Trafford Council. Residents can access 12 weeks of one-to-one behavioural support, free vaping kits and e-liquids, plus expert guidance from onsite advisors at the community centre.

For more information about the programme, call 07908 832740 or email: lynne.stewart@oursalewest.co.uk



Our Sale West Team



**Our
Sale
West**

Building a stronger
community
together

The Our Sale West team is committed to collaborating with you and delivering projects and programmes that help make our community a better place to live. Here is a little bit about who we are and what we do.

Clare Standish

Chief Officer of Our SaleWest

Clare leads on the delivery and development of Our Sale West's long-term strategy. This includes developing new projects, seeking out new opportunities and funding, and leading the team at Our Sale West.

Damian Lewis

Sale Support Hub Coordinator

As well as managing the daily running of the centre, Damian helps residents who are struggling with food, fuel and other essentials.

Lynne Stewart

Community Hub Coordinator

Lynne manages the Community Information Hub and can help you with job searches, access to training, benefits information and other work-related topics.

Susan Astbury

Volunteer Coordinator

Susan helps people take their first steps into volunteering by matching them with opportunities that suit their interests, skills and availability. She also manages Trafford Circle Community Transport which helps elderly and vulnerable residents by arranging transport to and from essential medical appointments.

Pip Tarmey-Holmes

Project Manager, Healthy Communities and Youth

Pip oversees delivery of projects which help to improve our community's health and wellbeing. She also works on a range of projects for young people, and manages the weekly Foodshare sessions.

Joanna Eyden

Project Manager, Environment and Training/Employment

Jo is our resident green-finger and manages our Community Garden. She leads and delivers projects working with the community to help improve the environment and community assets.

Kirsty Cullen

WorkWell Key Officer

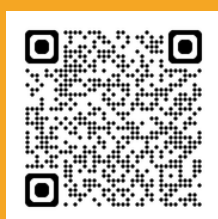
Kirsty heads up the WorkWell programme (see Skills and Employment update) at Sale West which aims to support anyone with a mental or physical health condition who wants help getting back into employment.

Clair Hughes

Changing Futures Officer

Clair works with Sale residents who experience multiple disadvantages in their lives to help them make changes for long-term improvements. The Changing Futures programme is intended to build a better understanding of how Trafford can support individuals and families experiencing multiple disadvantage.

Get Involved Today!



The Our Sale West charity aims to speak up for the needs of our community, working with and for you, so we can all reach our potential. Created by residents of Sale West to bring the community together and help make it a better place to live, we now support people all across Sale.

If you have an questions or would like to get involved with one of the many programmes and projects at the centre, please contact us on 0161 973 3778 or email: enquiries@oursalewest.co.uk

SALE WEST COMMUNITY CENTRE | TIMETABLE: SUMMER 2026

	MON	TUE	WED	THU	FRI	SAT	SUN
DAILY	- Preschool & Nursery 8.15am-3.15pm - Sunshine Cafe 8.30am-2.00pm (Fri: 8.30am-12.00pm) - Community Information Hub 9.30am-2.00pm (Mon, Tues & Wed) - Sale Community Support Hub 9.30pm-3.00pm (Fri: 9.30am-1.30pm)						For room bookings, please contact: 07895 307467 (Mon to Fri - 9.00am to 4.00pm) email: Traffordlettings@amey.co.uk
MORNING	- DWP Youth Hub 9.00am-4.00pm - Credit Union 9.30am-11.30am	- DWP Youth Hub 9.00am-4.00pm - Health in the Community 9.30am-2.30pm - Gardening Club 10.30am-12.00pm - Foodbank 11.00am-1.00pm	- Keep Fit with Charlotte 9.45am-10.45am - Jobs Club 10.00am-12.00pm	- Advice Hub 9.30am-12.00pm - Citizens Advice 9.30am-3.30pm - Stay & Play Baby & Toddler Group (term time only) 10.00am-11.30am - Brew & A Chat 11.00am-1.00pm	Foodshare 10.30am-11.30am	- The Crafty Mingle - 10am-1.30pm - Sharda School of Dance Indian Classical Dancing 10.15am-1.15pm	- Grace City Church 9.00am-1.30pm - Love Foursquare Church 10.30am-12.30pm - ABC Boxing 10.30am-12.00pm
AFTERNOON	The Bread & Butter Thing 1.30pm-2.00pm	Strictly Lunch - Booking essential. Call 07917 406816 12.00pm-1.00pm	Wool Club - Odd Bits and Bobs with Sale West Community Urban Trust 1.00pm - 3.00pm	- Strictly Lunch - Booking essential. Call 07917 406816 12.00pm-1.00pm - Accessible dance class 12.30pm-1.30pm - Three Meem free hot meal service 3.00pm-4.00pm	Mosque 12.00pm-3.00pm (Prayers)	7th Day Adventist 10.00am (Sabbath) 12.30pm-2.00pm (Service)	- Grace City Church 2.45pm-5.15pm - St Mary's Church 4.00pm-5.00pm
EVENING	- Northern Spirit Muay Thai 6.00pm-9.30pm - Brownies 6.00pm-7.30pm	- Aimz Bolly Dancing 5.00pm to 7.00pm - Sale West ABC Boxing 6.30pm-8.30pm - Woodcraft Group 6.30pm-9.30pm	- PHAB Club 6.15pm-9.45pm - Northern Spirit Muay Thai 6.00pm-9.30pm - Yoga with Neha 6.30pm-7.30pm - GKR Karate 6.15pm-8.45pm	- Sherenades Dance Troup 5.00pm-6.30pm - Youth Club 5.30pm-8.00pm - Sale West ABC Boxing 6.30pm-8.30pm	- Northern Spirit Muay Thai 6.00pm-7.30pm - Nritya Geethanjali Classical Indian Dancing 6.30pm-8.30pm	Building a stronger community together Our Sale West ONE TRAFFORD amey	