Get your skates on

Stay well this winter
P8-11

Cooking up
P16

Blooming and booming
P18-19
Phase 3 now ready to reserve from plan

2, 3 and 4 bed homes ideal for first time buyers and families.

Spacious, beautiful homes built to a high specification. Highly energy efficient and built as part of a regeneration project that is proving hugely successful. Register your interest early to invest in this wonderful area and community, and benefit from the exciting continuous improvement plans that are being implemented in Pendleton.

Recommend a friend to Pendleton One and you could BOTH receive £500!*

If you’re enjoying life in your new home just point a friend or family member in the right direction too. For every person who legally completes the purchase of a new home at Pendleton One we will give you both £500.

To find out more information on how to become the most popular person you know, visit www.pendletonone.co.uk/offers

Marketing Suite open Thursday - Monday 10am-5pm
pendletonone.co.uk 0161 925 0416

*Help to Buy prices are based on 80% of full purchase price shown. **Help to Buy purchasers are required to fund at least 80% of the purchase price by means of a conventional mortgage, savings and any deposit where required. Eligible applicants will be offered an equity loan of up to 20% of the market price, interest free for the first five years. At the start of year six a rate of 1.5% is payable on the equity loan, which rises annually by RPI inflation plus 1%. Terms and conditions apply and full details will be provided on request. This offer is subject to status and not offered with any other promotion. Only available on selected properties in England. YOUR HOME MAY BE REPOSSESSED IF YOU DO NOT KEEP UP REPAYMENTS ON YOUR MORTGAGE. Prices correct at time of going to press. Images for illustrative purposes only. Terms and conditions apply. Visit www.pendletonone.co.uk/offers for more details.
Welcome to LIFE IN Salford. In this issue we’re showcasing local information, activities, news and advice from across the whole of Salford, including a special section with news and activities from the local community.

We hope you enjoy reading LIFE IN Salford and we’d love to hear what you think about the magazine or any ideas you have for future content. Email lettersinlife@salford.gov.uk

Cover image:
The fabulous Manchester ice rink is moving to Salford – come and have some fun at the new venue in New Bailey.
www.manchestericerink.co.uk

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An electronic copy is available on www.salford.gov.uk/life

All enquiries including large print versions of this magazine - email lettersinlife@salford.gov.uk

This magazine is funded and produced by:
City West Housing Trust has been awarded funding to help people across Salford save money on their energy bills.

In partnership with The Department of Energy and Climate Change, the programme will train frontline staff and resident volunteers to give free energy advice and guidance to City West customers, and will run until March 2016.

Visit www.citywesthousingtrust.org.uk or call 0300 123 5522 for more information.

A new awareness campaign has been launched so people don’t end up in the red.

The new initiative aims to make sure people are getting paid the right amount of housing benefit, so they don’t accidentally claim too much and have to pay the money back. It also applies to those who receive help with their council tax.

People can claim too much money if they do not make the council aware of changes to their situation, for example if they get a new job, a pay rise or move in with a partner.

When people have claimed incorrectly, many are left with a hefty bill and in shock when they are told they have to pay the money back.

Changes in circumstances can be made at www.salford.gov.uk/benefits by phone on 0161 909 6504 or in person at a Gateway centre or Broughton Hub.

Pupils from MAPAS will be playing carols for 12 hours non-stop raising funds to help aspiring musicians realise their potential.

Saturday 5th December
Asda, Swinton Square

COME ALONG AND JOIN IN!

JustGiving
TO DONATE £5
text MAPA44 £5 to 70070

Life in Salford 11, November 2015
Calling all young people, Wuu2 needs you!

The Wuu2 website is looking for young people from Salford to be roving reporters, to get out and about across Salford filming local clubs and events to go live on www.wuu2.info.

Contact Suzanne on wuu2@salford.gov.uk

Enjoy Salford’s Big Day Out in September?

We’d like to know your views for next year. Would you like us to run an event like this again?

Give us your views on www.salford.gov.uk/bigdayout

Win a festive ice skating prize

To win a fabulous family ticket for Salford’s newest festive attraction just email your name and address to lettersinlife@salford.gov.uk

The winner will be selected randomly and the prize can be redeemed in December 2015. The closing date is midnight Sunday 6 December.

The ice rink is located at New Bailey, Irwell Street, Salford M3 5EN.

Find out more www.manchestericerink.co.uk

UN praise for Salford

East Salford’s readiness to deal with flooding has been praised by the United Nations.

The Adapting to Climate Change Project which includes everything from emergency planning to gardening is led by the Broughton Trust. It was recognised alongside projects in Bangladesh, Cameroon, Colombia, Italy, the Philippines, Sudan and Vanuatu which help communities deal with extreme weather, earthquakes and volcanos.

Hannah honoured

A Salford factory girl who died in 1862 has become the first person to be remembered at a new memorial.

Seventeen year old Hannah Dean was buried in an unmarked grave in Weaste Cemetery on October 26, 1862 after being hit by a train on a night out with friends.

Hannah, and thousands of other people buried without memorials in the cemetery, have been remembered by a new tribute at the Victorian burial ground carved from a single granite boulder.

Almost 300 empty homes have been brought back into use as part of a housing scheme.

Since 2012, the council has used £2.5 million of government funding to transform 289 vacant and disused properties into much-needed affordable accommodation. The money has been provided to property owners to help revive their properties. The owners spent an extra £4.2 million in refurbishment and renovation works which has boosted the local economy.

Salford now has the fifth highest reduction in empty properties out of all 353 local authorities in the country.
What’s on

There’s plenty to see and do across the city this winter
Go to: www.visitsalford.info for more great events and activities.

City of Salford Carol Service

Wednesday 9 December
7.30pm, Salford Cathedral, Chapel Street
Sing along to traditional Christmas carols with the Greater Manchester Police band and enjoy performances from Salford schoolchildren and the BBC Philharmonic.

Entrance is free, but by ticket only. Call 0161 909 6513 or email carolservice@salford.gov.uk to book.

Events in parks

On the Santa Trail
Sunday 6 December 2015
12.00 to 2.00pm
Blackleach Country Park, John Street, Walkden, Salford M28 3QG
A walk in the park following the footsteps of the reindeer to find Santa. Can you find him amongst the winter wildlife? Please dress warmly. Meet at the Visitor Centre.

Winton Park Christmas Carols
Tuesday 15 December 2015
6.30 to 8.00pm
Winton Park, Sutherland Street, Winton, Salford M30 8BR
Friends of Winton Park invite you to join them for their traditional community Christmas carol concert. Lots of singing, music, food and festivities. Please dress warmly. Contact Monica Scully on 07570 963131.

Winton Park Santa Run
Saturday 19 December 2015
11.00am to 12.00pm
Winton Park, Sutherland Street, Winton, Salford M30 8BR
This a wonderful excuse to put on that Santa outfit and jingle, jangle and jog around this award winning park. Pathways are uneven. Contact Monica Scully on 07570963131 or email friendsofwintonpark@hotmail.co.uk

Bike Ride at Clifton
Sunday 20 December 2015
10.00am to 12.00pm
Clifton Country Park, Clifton House Road, Swinton, Salford M27 6NG
A two hour ride around the local countryside, crossing the river from Clifton Country Park up to the Outwood Trail and back. Meet at the visitor centre. Suitable for adults or families with children over 12 years old.

Booking essential, please call 0161 793 4219 or email rangers@salford.gov.uk

There are lots of reasons to love Eccles at Christmas. Here is just a selection. For the full advent calendar of events, go to www.visitsalford.info/loveeccleschristmas

Christmas markets
Saturdays from 28 November to 19 December 2015
10.00am to 4.00pm
Eccles Shopping Centre
Local people offering speciality products for Christmas – presents, decorations, food, and treats and more.

Teenage market
19 December 2015
10.00am to 4.00pm
Eccles Shopping Centre
Popular market where young people make and sell their wares including cakes, gifts, jewellery, food and drink.

Indoor markets
Open daily
Eccles Market Hall
Two everyday market halls with their regular great products and offerings at amazing prices.

Pop up markets
11 to 12 December and 16 to 17 December 2015
10.00am to 4.00pm
Eccles Market Hall and Eccles Shopping Centre
University of Salford students are setting up a pop-up shop in Eccles Market Hall and Eccles Shopping Centre.

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**Events at Salford Museum & Art Gallery**
www.salfordcommunityleisure.co.uk

**A Musical Christmas Celebration**
Saturday 5 December to Sunday 6 December 2015
12.00 to 16.00pm
Price: Free entry, grotto £4.00
Join us for a weekend of Christmas celebrations as we begin the festivities including music, songs, crafts and a chance to meet Father Christmas.

**Craft Social: Bath bombs**
Wednesday 9 December 2015
5.30 to 7.30pm
Price: £5.00
The return of the bath bombs! Following on from the very successful session earlier in the year, the workshop will explore making your own toiletries for Christmas gifts.

**Events elsewhere in the city**

**Barton Theatre Company present Cinderella**
Thursday 3 December to Sunday 6 December 2015,
Salford Arts Theatre, Kemsing Walk, Salford M5 4BS
Price: £7.50 / £6.00 concessions / £26.00 family ticket
Let the magic of your Christmas Season begin with a visit to Cinderella the panto. This a show packed with comedy, fun and laughter with a real fairy tale romance.
To book tickets, go to www.salfordartstheatre.com/whats-on, visit the theatre, or call 0161 925 0111

**Christmas concert**
Friday 4 December 2015
7.30pm,
Eccles Town Hall, Church Street, Eccles
Price: £5 on the door
Join Eccles Community Choir for their Christmas concert as well as enjoying a raffle, cake stall and refreshments.

**Christmas Social**
Friday 18 December 2015
10.00am to 12.00pm
Eccles Town Hall, Church Street, Eccles
University of the Third Age present their Christmas social including a quiz, raffle and refreshments.

**Events at The Quays**

**Santa Run at MediaCityUK**
Sunday 29 November 2015
From 10.30am
Lowry Plaza
www.sportstoursinternational.co.uk
Watch hundreds of people dressed as Santa run around The Quays for this fun festive event.

**The Sound of Music**
The Lowry
14 December to 2 January
www.thelowry.com
Marking the 50th anniversary of the original film, this new stage adaptation based on Baroness Maria von Trapp’s 1949 autobiography will enchant and enthral the young and the young at heart.

**Lightwaves**
11 to 27 December
Lowry Plaza
www.thequays.org.uk
Get lost in a maze of reflections and illuminations with Lightwaves, a newly commissioned interactive installation. The digital work has been created by Danish artist Mads Christensen and features 12 beautiful mirrored columns. By day, these reflect the image of the viewer, but by night the LED lights behind the two-way glass will react to human movement to ignite a Cathedral of Mirrors.
STAY WELL THIS WINTER

NHS Salford Clinical Commissioning Group, Salford City Council, City West and Salix Homes have come together to offer a range of advice and information for everyone whatever your age.

Winter can be bad for our health and our pockets, aggravating existing health conditions and making us all more vulnerable to illness when the largest bills seem to be rolling in. However, there’s lots you can do to help yourself, your family and neighbours.

Keep well

Make sure you get your flu jab because flu can lead to bronchitis and pneumonia and can be deadly. That’s why the flu jab is free if you’re aged 65 or over, if you have a long-term health condition, are pregnant or a carer. Just speak to your GP.

Children aged two to four and in school years one or two are eligible for free vaccination too through a nasal spray.

Winter can make existing health problems worse. So if you feel like you’re coming down with something, even if it’s just a cough or a cold, don’t wait until it gets worse. Act quickly. If you can’t get to a pharmacist yourself, ask someone to go for you or call your local pharmacy.

Most common winter ailments, such as a cold, sore throat, cough, sinusitis or earache, can’t be treated with antibiotics.

Feeling unwell?

Don’t wait – get advice from your nearest pharmacist.

Salford City Council is joining with Greater Manchester Police, Greater Manchester Fire and Rescue Service, Helping Hands and Age UK as part of Operation Snow Patrol to visit older residents and offer tips on keeping warm and well.

The best thing to do is

- Rest
- Drink plenty of fluids
- Have at least one hot meal a day to keep your energy levels up
- Talk to your pharmacist for advice on getting any pain relief you need such as paracetamol or ibuprofen.

Your pharmacist can advise you on which medicines you should have in your cabinet to get you through the winter.

See www.salford.gov.uk/winterwelfare for helpful tips.
Be a good neighbour

Remember that other people, like older neighbours, friends and family members, may need a bit of extra help over the winter. There’s a lot you can do to help people who are frailer than you.

Icy pavements and roads can be very slippery and cold weather can stop people from getting out and about. Keep in touch with your friends, neighbours and family and ask if they need any practical help, or if they’re feeling under the weather.

Make sure they’re stocked up with enough food for a few days, in case they can’t go out. If they do need to go out in the cold, encourage them to wear shoes with a good grip and a scarf around the mouth to protect them from the cold air, and to reduce their risk of chest infections.

You can also offer to run a few errands and make sure they get any prescription medicines before the holidays start on 24 December or if bad weather is forecast.

City West hosting festive cheer

City West staff will be looking out for all their customers this winter – but particularly those in need of a little extra help.

Staff will be contacting elderly and vulnerable residents the week of 14 December to ensure they are ready for winter and delivering packages of essential items.

City West knows winter can make people feel lonely, so they’re holding a befriending event on 18 December at St Thomas’ Church in Clifton Green to bring people together over a festive lunch and activities.

If you’d like to go along, think you would benefit from the befriending service or want to volunteer to support it call 0161 605 7815.

Find more hints and tips to stay warm by visiting www.citywesthousing.org.uk or just speak to your Neighbourhood Officer.

When it’s not an emergency but you need medical advice when your GP surgery or pharmacist is closed, call NHS 111 or see NHS Choices at www.nhs.uk
Get the help you need

The Warm Salford campaign is highlighting the help available to make your home warmer for less.

From discounts on your electricity bill, to draught proofing, gas safety and home checks and grants to improve your heating and basic insulation, it’s there for you.

To find out more contact Helping Hands on 0161 793 9419 or see www.salford.gov.uk/warmsgildsford

To check you’re on the best tariff for your gas or electricity see www.community-switch.co.uk, text SWITCH to 60777 or call 0333 240 6024.

Over 400 Salford residents have saved nearly £34,000 between them – and one family cut their bill by a whopping £463 a year.

Keep warm, layer up

Keeping warm inside and outdoors can help prevent colds, flu and serious health problems such as heart attacks, strokes, pneumonia and depression.

- Heat your home to at least 18°C to 21°C (65° - 70°F).
- Draw your curtains as soon as it gets dark to stop heat escaping and draughts coming in and keep doors and windows closed.
- Fit draughtproofing to your letter box and key holes and thermal linings to your curtains.
- Use extractor fans to avoid condensation.
- Keep your bedroom window closed at night to decrease the risk of chest infections.
- Wear warm clothes in bed or use a hot water bottle.
- Outdoors wear a hat and several layers of light wool, cotton or fleecy clothes. They trap warm air better than one bulky layer.
- Have regular hot drinks and at least one hot meal a day.
- Be safe and get safety checks regularly on your heating and cooking appliances by a registered Gas Safe engineer.
- Make sure you get all the help you are entitled to.

Keep active when you’re indoors.
Try not to sit still for more than an hour.
Gritting the roads

Salford City Council gritters will be out keeping the roads clear to make sure you can keep moving along the main strategic routes in the city.

Schools and children’s centres may choose to close if the weather is really bad.

Be prepared - don’t get left out in the cold this winter!

For the latest information visit www.salford.gov.uk/winterweather

Salix Homes linking with AgeUK

Salix Homes is making sure elderly and vulnerable tenants know help is available this winter.

Customer support workers will visit more than 100 elderly tenants as part of the housing association’s annual ‘Keep Warm, Keep Well’ scheme.

This year the team are targeting tenants aged over 80 living in areas including Claremont, Weaste, Seedley and Beechfarm.

They will give advice on how to stay warm and healthy, what to do if they trip or fall and ensure people are claiming the benefits they’re entitled to.

Salix Homes is also backing Age UK’s Neighbourhoods Connect scheme, which offers support to the older generation to help them live independently.

If you or someone you know would benefit from a home visit call the Customer Support Team on 0161 779 8012 or email customer.support@salixhomes.org.

Cath Walton from Salix Homes with tenant Irene Jones
The first phase of major improvement work to thousands of homes across Salford has been completed.

Work began in April to revamp almost 400 properties in Ordsall and Weaste, following the transfer of more than 8,300 homes from Salford Council to Salix Homes earlier this year.

The project marked the start of an ambitious two year investment programme, which will see 2,200 homes undergo £22 million of much needed improvements including new kitchens, bathrooms, windows and doors.

South Ordsall tenant and mum-of-six Jolene Knight has had a new kitchen fitted in her home.

She said: “I absolutely love my new kitchen and it’s made a big difference for me and my family. I just love spending time in the kitchen, I practically live in there now.”

The second phase of improvement work has now begun, which will see essential improvements carried out to a further 250 homes at the Meadowgate estate in Seedley and the Gerald Road estate in Charlestown.

Mark Foster, head of investment at Salix Homes, said: “The first phase of our significant investment programme to social housing in Salford has now drawn to a close and we are incredibly proud of the fact that almost 400 families are now enjoying their new and improved homes.

“As we continue with our ambitious investment plans for our communities, we are confident that we can create modern, sustainable and fit-for-purpose homes of which we can all be proud.”

New vision for ageing block

A bold new vision for an ageing building on a key gateway into MediaCityUK has been unveiled.

Salix Homes has revealed the first artist’s impressions for a £300,000 facelift at Ailsa House on Langworthy Road.

The residential building, which houses 24 apartments, sits on a main route into MediaCityUK at Salford Quays and is in desperate need of modernisation.

Work is expected to get underway soon and externally the building will undergo a dramatic transformation, complete with new windows and doors and the old balconies will be replaced with modern, glass fronts. Internal improvements have already been completed.
Salix Homes is helping tenants get online.

The housing association has teamed up with Inspiring Communities to run Connected Customer computer courses across all its neighbourhoods in central Salford and Beechfarm in Swinton. The 10-week courses will teach essential IT skills as well as tips and training on job searches, CV writing and interview techniques.

For every resident that completes the course and wishes to purchase their own computer, Salix Homes will pay half of the cost of a recycled laptop.

The courses will start in the new year.

To sign up contact Georgina Neild on georgina.neild@salixhomes.org or call 0161 779 8989

Planning officials have given the green light to a new 103-home development on the former Salford City Reds rugby ground in Salford. The development is part of City West Housing Trust’s wider £140 million investment to build 1,500 homes by 2018.

The plans will see 23 three-bedroom houses, 55 two-bedroom houses, 21 one and two-bedroom apartments and four two-bedroom bungalows built for affordable rent on the former Salford Reds turf – which has been empty since the club moved to the AJ Bell Stadium in 2011. Work on the site will start in September, with construction set for completion in 2017.

Approval for this latest development comes as City West also begins work on regenerating the former Patricroft Conservative Club site on Edison Road in Eccles. City West is redeveloping this into a modern 36 apartment complex for affordable rent – with work expected to be completed by autumn 2016. The scheme includes 16 one-bedroom and 20 two-bedroom homes.

The winners of £50 Love2Shop vouchers were:
- **Ruby Macdonald** from Godfrey Erman Primary School with Lindley Close
- **Kyle Barlow** from Godfrey Erman Primary School with Sandon Close
- **Beryl James** from Peel Green with Dunlop Close

Building factory when it was bought by Dunlop and that is why we suggested the name Dunlop Close.” Ruby and Kyle’s choices of Lindley and Sandon Close are linked to the historical use of the site by an engine company in 1890 called ‘Browett, Lindley and Co’ who had a factory built on the development site named Sandon Works.

The three new road names have been registered with the Highways Department and City West is looking forward to inviting the competition winners to see the new road name signs for themselves when the new homes are completed next year.
Welcome to our community pages
These pages are focused on events, activities and news from you and your local community.

 Bringing a national volunteering award back to Salford

Big congratulations to Salford Healthy Communities Jewish team for scooping the top prize of 'Volunteer Team of the Year' at the Jewish Volunteering Network Awards held in London on 7 September 2015.

The team were the only volunteers to receive an award from outside London. Well done!

Would you like more information on the work Salford Healthy Communities do or volunteer to improve the health within your community? Call 0161 736 9207.

 Life in Salford 11, November 2015

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Christmas gifts handmade by children and parents

Come along to the European Christmas Market at Fiddlers Lane Community Primary School on 4 December.

Get into the festive spirit and buy special gifts handmade by the schoolchildren. Gifts will include snowflake photo frames, wooden decorations, craft boxes, coasters, ornaments and more. Beautiful cards and jewellery will be available to buy, made by the school’s Mums’ and Dads’ Club.

For details please visit www.fiddlerslanelanprimaryschool.co.uk/mums_dads_club.php

If you go down to the park today

Do you live in or near to Irlam? Have a look at Lady James’ Hall, hidden in Princes Park (near the Garden Centre).

There are lots of activities taking place inside the hall including art, keep fit, yoga, dancing and community bingo. Take a look at the noticeboard in the hall for the timings.

The venue is also available to hire at £12.50 per hour and is proving popular for birthday parties.

For more information, contact Diane Hesford on 07930 254693 or email dehesford@hotmail.com

Football?
It’s just a walk in the park

A Walking Football tournament took place on Eccles Rec in September as part of the Eccles Festival. The winners were the Hackney Harriers, a team of black cab drivers from the Eccles rank. Everyone had a great day and quite a few now want to play more walking football.

The information in these pages has been provided by members of the community. We try wherever possible to check its accuracy but please confirm details with the organisations involved.
Time out for carers

Are you a carer?
Take some time out with other carers.

A carers group meets every Wednesday between 12.00 - 3.00pm at Emmanuel Centre on Langworthy Road.

Have fun, chat, learn new things and share experiences. The group also go out on organised trips.

So make arrangements to have somebody else take care of your loved one for a few hours and join this friendly and welcoming group.

For more information, contact Joan at joandickinson2003@yahoo.co.uk.

£1 million community boost in Little Hulton

Little Hulton Big Local has just opened a Community Hub in Hulton District Centre. Big Local is funded by the Big Lottery Fund through the Local Trust who are making £1 million available to residents of Little Hulton over the next few years! The Community Hub will be used as an information exchange for jobs and local activities. A welfare benefits advisor is available to give free advice on Wednesdays. If you want to know more, search ‘Little Hulton Big Local’ on Facebook or go to www.localtrust.org.uk. They are currently seeking volunteers to staff the hub and help decide how money should be spent. Interested in helping? Text Ross on 0784 623 0355.

Christmas events in Eccles

Lots of Christmas events at St Andrew’s Church on Chadwick Road in Eccles and Christ Church on Liverpool Road in Partickroft.

St Andrew’s Festival
St Andrew’s Church, Chadwick Road, Eccles
Saturday 29 November
10.30am to 2.00pm
Bouncy castle, games and crafts, good as new children’s clothes for sale and a café. Plus a visit from Father Christmas.

Band concert
St Andrew’s Church, Chadwick Road, Eccles
Friday 4 December
Band concert from 7.30pm, with the Milnrow Band. Tickets are £5 each and can be bought in advance or on the night.

Carol service
St Andrew’s Church, Chadwick Road, Eccles
Sunday 13 December
6.30pm

Nativity
Christ Church, Liverpool Road/ Nelson Street, Partickroft
Sunday 13 December
9.45am

Carol service
Christ Church, Liverpool Road/ Nelson Street, Partickroft
Sunday 20 December
4.00pm
Your favourite carols, children’s activity and special guest speaker, Canon Noel Proctor, formerly chaplain of Strangeway Prison.

Christingle
St Andrew’s Church, Chadwick Road, Eccles
Thursday 24 December
4.00pm
Bring the family for some festive fun

A good night’s sleep
A new ‘Sleep Matters’ project has been set up to support dementia sufferers and their carers to get a better night’s sleep.

People with dementia have very erratic and disturbed sleeping patterns, and carers suffer too, with a lack of sleep. Interested in taking part in the project?

Please contact Elizabeth O’Connor on elizabeth@uni.uk.net or call 0161 736 9207.
Charmain Green, 34, has got her sights set on a career in the catering industry after taking part in a family cooking course organised by the housing association.

Salix Homes teamed up with food charity Fareshare to teach tenants and their children how to prepare healthy meals on a budget. Charmain, from Charlestown, attended the cookery sessions at St Sebastian’s Community Centre with her 11-year-old son Ethan and has now got the cooking bug.

When she signed up for the course Charmain was unemployed, but thanks to the new skills she’s learnt, she secured a 12-week voluntary work placement at the Deli Lama Café in Islington and is hoping to go on to secure a permanent job in the catering industry.

She said: “I’d always done a lot of cooking at home and it is a passion and a hobby of mine anyway, so when I saw the cookery course with Salix Homes I thought I might as well give it a go and try and make something of it.

“I really enjoyed the cooking sessions and learnt a lot about making fresh food from scratch – it’s really inspired me to work in this industry when I get my cooking qualifications.”

Charmain is now hoping to complete her Food Hygiene qualification with Salix Homes.

Sue Sutton, Executive Director of Operations at Salix Homes, added: “The aim of our cooking courses are to teach our tenants how to cook a variety of low-cost, healthy dishes for the whole family on a tight budget while providing them with the skills and opportunities that will help them to secure employment.

“Charmain is a real ambassador for the benefits of this project and we are very proud to be playing a role in her development.”
Residents in Swinton have the chance to ‘eat fresh’ by learning how to grow and cook healthy meals thanks to a partnership between City West Housing Trust, the council’s health improvement team and Manchester-based Cracking Good Food.

The Eat It Fresh project was kick-started at a community launch event which saw over 50 members of the public join two chefs from Cracking Good Food, who delivered a demonstration of how easy it is to cook healthy meals with fresh ingredients – before challenging volunteers to cook their own dishes. Local resident Anne Pinkney took part in the day’s activities. Anne said: “It’s easy to put a ready meal in the microwave, but this has proved just how simple it is to cook a healthy meal from scratch. People have really put a lot of effort into maintaining the community gardens here and this will be another great project that will benefit everyone.”

The project will now work with residents over the next six months to develop gardening skills so they can grow their own food, before learning how to whip up a storm in the kitchen.

The project takes place at the community garden in the Valley neighbourhood in Swinton – which was created to help bring local people together.
Salford is growing at an incredible pace.

The city is now one of the country’s key growth areas recording one of the fastest economies outside of London. Independent economic forecasters conclude over the next two decades Salford is forecast to experience the highest percentage economic growth in Greater Manchester, at a level outstripping the national average.

This has been given a further boost with the Royal Horticultural Society (RHS) plans to create a stunning new 63 hectare (156 acre) garden by bringing the lost historic grounds of Worsley Hall back to life.

**RHS Garden Bridgewater** will be a major new destination garden which aims to welcome and inspire one million people a year within a decade. It is planned to open in 2019.

This is a key moment for the city which will secure enormous economic and environmental benefits, including hundreds of jobs, volunteering and educational opportunities.

The RHS will build a new Learning Centre for schools to grow their horticultural knowledge; a space for communities to come together with plant experts, a Plant Centre and a personal RHS Gardening Advice Service, giving people scientific-based expert knowledge to help them garden at home.

The RHS will soon start to make strong links with the local community to support the longer term development of the gardens.

**City Mayor Ian Stewart said:**

“The RHS plan to bring Worsley New Hall back to life and create a new garden of national and historical significance is exciting news for the city and the North West. This ambitious project is testimony to the city’s continued transformation.”

Salford’s economy is forecast to nearly double in size, worth over £4 billion, over the next 20 years.
Creative industries boom

An independent report has found that the BBC move to MediaCityUK has established the area as a hub for firms with creative and digital capabilities and has boosted business fortunes in Salford Quays.

Approximately 6,500 people are employed at MediaCityUK. Around 40% of these are currently BBC employees – with forecasts suggesting there will be an additional 1,700 creative industry jobs in Salford by 2034.

The development of MediaCityUK has been found to have removed barriers to collaboration for small, independent digital agencies. It fuelled the economy for companies working alongside the BBC by drawing creative industry talent to the area.

Law firm selects One New Bailey

A leading international law firm has announced it will be relocating to One New Bailey in Salford bringing new jobs to its new base.

Freshfields Bruckhaus Deringer will be leasing 80,000 sq ft of office space at One New Bailey next to Salford Central train station, as a long term base for its global centre.

The new state-of-the-art premises will be home to the firm’s legal and business services centre. Staff will start to move in from early 2017.

This relocation represents the largest city centre inward investment letting in over a decade.

Middlewood Locks

A £700 million 24-acre development Middlewood Locks is set to be built by preferred contractor Beijing Construction and Engineering Group (BCEGI).

The development will see 2,000 new homes and 750,000 sq ft of development space for commercial uses including offices, hotel, shops, delis, restaurants, a convenience store and gym.

It is centred on unused land around three large basins of the Manchester Bolton and Bury Canal and a short walk from Manchester city centre.

New homes

The RHS announcement news (see page 18) came after six residential schemes made up of more than 2,000 new homes were given the green light.

It brings the total number of homes granted planning permission to over 17,800 as part of an estimated £3.5 billion worth of investment planned for the city over the next 10 years.
City West’s promises
Since launching its Neighbourhood Promises last year, City West has made good progress - listening to what customers said needed to improve in their neighbourhoods and putting actions in place to do this. Examples range from holding Lasting Legacy Action Weeks to spruce up neighbourhoods, working to tackle loan sharks and promoting local health check days.

City West has also recently consulted with customers and partners on the development of its Community Impact Strategy. Its key aims are that by 2020, residents:
• Will have increased quality of life
• Who are able to, will be working and/or learning
• Will feel that where they live is safe
• Will be actively contributing towards making their neighbourhood a great place to live.

City West will be working openly and in partnership so that together we can make a difference to lives and futures - through health, education and employment, enterprise, safe communities and neighbourhood.
You can find out more about what's been delivered through our Neighbourhood Promises and what our Community Impact Strategy is all about by visiting www.citywesthousingtrust.org.uk

Improving your NEIGHBOURHOOD

Communities across Salford are helping to identify priorities to improve the appearance of their neighbourhoods in partnership with City West Housing Trust.

The programme is one of the biggest ever investments in Salford’s open spaces. It includes the replacement and improvement of fences and hedges, upgrades to street lighting, the creation of drop kerbs and better car parking areas. The programme also includes improved security and green spaces for people to enjoy.

Irene Knowles in Eccles is a City West customer who has benefitted from the multi-million pound investment programme with a new driveway, railings and gating at the front of her property.

Irene said: “The new driveway is fantastic and it has definitely improved the look of my home. The whole street looks a lot better with the improvements and I think people now have a real pride in the area.”

If you’re a City West customer you can find out if any works are planned to your property at www.citywesthousingtrust.org.uk.

City West customer Irene Knowles is thrilled with improvements to her home in Eccles.
The new academic year has got off to a great start at the University of Salford as it achieved the second largest increase in student satisfaction across the UK.

The University scored 83% - up 5% from 2014 – in the recent National Student Survey (NSS) which asks final-year undergraduates to rate the quality of their degree programmes based on specified criteria such as the quality of teaching. These were positive developments in all areas of the survey, with five courses receiving 100% satisfaction overall, highlighting the high-quality educational experience that is available to students at Salford.

The encouraging feedback from the most recent graduates has already had a positive impact on the University of Salford’s position in the league tables after it recently climbed seven places in The Times Good University Guide for 2016. This achievement will help to attract more prospective students to the city as final-year college students begin to choose where they will study their degrees.

The University’s Vice Chancellor, Professor Helen Marshall said: “Our rise in the League Tables this year, following our outstanding performance as the second best NSS improver in the country, demonstrates that the University of Salford is on an upward trajectory.”

“With our unique campus positioning at MediaCityUK, and our 2014 Times Higher Education Business School of the Year award, amongst other successes, we continue to build on the foundations we have laid down in recent years.”

“I am proud of the progress we are making and we have everything in place to continue on our upward trajectory.”

Other improvements including the newly refurbished catering facilities, provided by Salfood, and the recent completion of the £55 million New Adelphi building, which is due to open in the next academic year, makes the future for Salford’s students incredibly bright.

The University has also opened its brand new on-campus student accommodation as the new academic year begins. Peel Park Quarter, an £81 million development, now houses over 1300 students in brand new, private, en-suite bedrooms on the University’s Peel Park Campus.

The new accommodation boasts the finest on-site facilities including a cinema room and a gym, as well as multiple social areas and a games room.

Marina Hristova, President of the Students’ Union at the University of Salford, said: “The new accommodation looks fantastic. “It caters for every modern student’s needs and more with its state-of-the art facilities and its on-campus location, and this will only go towards further enhancing the experience for the students who study here.”

Student satisfaction soars

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There are major changes taking place in public services. The grant provided by central government to Salford City Council has been reduced by over 40% since 2011.

Salford City Council is committed to doing things differently to make the most of the budget that is available but difficult decisions will still be needed.

The scale of the challenge
We currently are planning for savings of £20.8 million which will have to be made to set a balanced budget for the next financial year 2016/17 starting in April. This is in addition to the savings we have had to make since 2011 that have now reached a total cut in the council’s budget of £149 million.

How are we doing things differently?
To balance the books and deliver priorities, we are looking at ways to do things differently and make the most of what resources we do have. We’ll be working more efficiently and effectively and involving residents and service users in testing new digital services.

We are using digital technology to automate more tasks and do things more effectively. As part of this, we will make things simple and more responsive for our customers.

This means that we will make it easier, quicker and better for you to use online services with a new improved website, report it facilities and a redesigned customer account that matches the standards and ease of online shopping and banking.

For services that support families, we’re bringing together a range of partners to develop a shared vision for children, young people and their families and we will be testing new ways of working to target resources effectively to those who need it.

The new joint approach aims to provide high quality, well coordinated services for children and their families, making the most of what’s available in communities, reducing duplication, meeting gaps and providing solutions for people to help every child in Salford to achieve their potential.

Within neighbourhoods we are working on involving local communities to give them more opportunities to shape and deliver services. As part of this we will be having local conversations with residents about the best way to do this.

The aim is to help communities to help themselves, identify and eliminate duplication and make sure local partner organisations work closely together. Residents should easily be able to find a local service that they would benefit from no matter who is providing it.
## How the council is funded (excluding schools)

<table>
<thead>
<tr>
<th>Local Funding</th>
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</thead>
<tbody>
<tr>
<td>2/3</td>
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<table>
<thead>
<tr>
<th>Government Grants</th>
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<tr>
<td>1/3</td>
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## What the council has already saved

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<th>M</th>
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an additional £68,000 everyday

## What we have saved in total

In the past 6 years, the council had to save an additional £169 million

## The council must now save a further estimated

£38 million to balance our budget in the next 2 years

## Where we are now

### The current cost to fund services

<table>
<thead>
<tr>
<th>Service</th>
<th>Cost (£m)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Support for older people and people with disabilities</td>
<td>49.6 m</td>
</tr>
<tr>
<td>Looking after children</td>
<td>40.5 m</td>
</tr>
<tr>
<td>Developing communities, keeping them safe and preventing crime</td>
<td>3.1 m</td>
</tr>
<tr>
<td>Trading standards and environmental health</td>
<td>0.9 m</td>
</tr>
<tr>
<td>Attracting and retaining jobs</td>
<td>1.0 m</td>
</tr>
<tr>
<td>Education and skills</td>
<td>13.1 m</td>
</tr>
<tr>
<td>Housing and homelessness</td>
<td>12.9 m</td>
</tr>
<tr>
<td>Leisure, culture and libraries</td>
<td>3.7 m</td>
</tr>
<tr>
<td>Recreation and sport</td>
<td>4.4 m</td>
</tr>
<tr>
<td>Parks and open spaces</td>
<td>1.9 m</td>
</tr>
<tr>
<td>Planning and building control</td>
<td>1.8 m</td>
</tr>
<tr>
<td>Waste, recycling and street cleaning</td>
<td>24.2 m</td>
</tr>
<tr>
<td>Local tax collection</td>
<td>2.7 m</td>
</tr>
<tr>
<td>Public health and health improvement</td>
<td>0.8 m</td>
</tr>
<tr>
<td>Highways, transport and street lighting</td>
<td>21.8 m</td>
</tr>
<tr>
<td>Capital financing</td>
<td>35.1 m</td>
</tr>
<tr>
<td>Other services</td>
<td>1.7 m</td>
</tr>
</tbody>
</table>

To take part in our budget conversation visit [www.salford.gov.uk/talkbudget](http://www.salford.gov.uk/talkbudget)
Bums and Booby Cakes!

Got your attention?
Salford Healthy Communities have got tongues wagging.

Salford Healthy Communities has had over 14,239 brief advice conversations with local people since starting two and a half years ago. What’s a brief advice conversation you may ask? It’s a short, potentially lifesaving conversation about health and health concerns.

Did you know that if you are aged between 40 - 74 you are eligible for a free NHS Health Check? Well we have spread that news to thousands of people and signposted them into pharmacies, GPs and community providers to receive their check.

How did we do it?
Salford Healthy Communities is managed by Unique Improvements and commissioned by Salford City Council. It’s the new name for Salford HCC. The group now raise awareness about long-term health conditions such as diabetes, stroke, heart disease and cancer. But it is still made up of local people who are supported by staff and services. It’s this community-led approach which has been so successful.

Hook a Duck, Family Fortunes and yes Bums and Booby cakes. Team members come up with creative, fun and sometimes cheeky ways to pass important health messages and point people to the best information and local support.

Join the Team
We are looking for enthusiastic people with a little spare time. Do you want to have fun? Do you want to make a life changing difference? No special skills are required and you will be supported every step of the way.

Take that First Step by contacting Salford Healthy Communities on 0161 736 9207 or email SalfordHC@uni.uk.net

Manchester ICE RINK
Lace up your boots and enjoy the festive fun!

THURSDAY 12TH NOVEMBER 2015 Until SUNDAY 3RD JANUARY 2016
OPEN EVERY DAY Except Christmas Day
BOOK NOW
WWW.MANCHESTERICERINK.CO.UK

#ManchesterIceRink
WWW.NEW-BAILEY.COM  @NewBaileym3  NewBaileym3
BBC Philharmonic explores dementia with the University of Salford

The BBC Philharmonic has partnered with the University of Salford’s Institute for Dementia to bring a new performance of poetry and music to Salford this December.

‘Come into the Garden’ is a series of poems written by writer and director, Di Sherlock, as a response to her mother’s diagnosis of vascular dementia. They describe the confusion, the bravery, the love and the absurdly funny moments they experienced; emotions that will be familiar to those who have come into contact with this tragic disease.

The poems will be accompanied by original music written for solo cello, composed specially by a post-graduate RNCM Composition student and will be performed by a cellist from the world-renowned BBC Philharmonic.

Dementia carers and professionals from the Institute for Dementia have been invited to see performances on Wednesday 9th and Thursday 10th December at the University of Salford and the Humphrey Booth Resource Centre in Swinton. After the performances the audience will have the opportunity to ask questions and explore the issues raised.

For further information visit bbc.co.uk/philharmonic or contact philharmonic@bbc.co.uk.
You’ll have heard about the government’s plans for devolution in Greater Manchester. But what does it actually mean? Is it going to make any difference to local people?

What is devolution?
Local councils and NHS organisations in Greater Manchester, including Salford City Council and NHS Salford Clinical Commissioning Group (CCG), have agreed with the government that more decisions affecting local people will be made here, instead of at a national level. This means we will gain control of a significant amount of public money and be able to decide how it is spent on areas such as policing, housing, transport and also health and social care.

For more information on devolution see www.greatermanchester-ca.gov.uk

Devolution of health and social care
It was announced in February that Greater Manchester would be given control of its entire £6bn NHS budget – a national first. But devolution is not about changing how the NHS works. Experienced health professionals will still be involved in making decisions. Devolution will allow all councils and local NHS organisations (such as hospitals, GPs and community based care) to work more closely together to:

- Join up health and social care services in hospitals and GP practices
- Provide better care in the community
- Do more to prevent people getting ill
- Provide better care for people with mental health problems

What does it mean in Salford?
Salford has major health challenges. The life expectancy of people living in some communities is up to 12 years less than richer neighbourhoods. Devolution gives us more freedom to decide how we spend money to shape our health and social care services around the needs of local people.

In Salford, the council, CCG and community organisations are working together to write a ‘locality plan’ to explain how health and social care services will be provided over the next five years. This will in turn contribute to the wider Greater Manchester plan.

Salford’s locality plan will explain how we will give Salford residents quicker access to better services. We know that there isn’t enough money to pay for everything. This means that our plan will need to address how we spend less and work better.

What happens next?
We want to make sure that local people have a voice. We want to hear your views and we’ll be spending the next months speaking with residents to put them at the heart of Salford’s plans for health and social care.

In the meantime, you can find out more about Greater Manchester devolution in health and social care www.gmhealthandsocialcaredevo.org.uk.
Students at Salford City College’s Pendleton and Eccles Sixth Form Centres have once again excelled in this year’s A-Level exams. An outstanding 99% of A-Level students passed their exams.

One of these high achievers was 18-year-old Taryn Challender, who studied A-Levels in English Language, English Literature and Philosophy & Ethics at Salford City College’s Pendleton Sixth Form Centre. Her superb results (A*A*A) have secured her a place at the University of Cambridge, where she will study English.

Earlier this year it was announced that Salford City College is the top General Further Education (GFE) College in Greater Manchester for success rates for its provision for 16 -18 year olds. These outstanding results also place Salford City College within the top ten colleges in the country out of a total of 218 GFE colleges.

Salford City College consists of four sixth form centres-Pendleton, Eccles, Walkden and City Skills- as well as a brand new centre based at MediaCityUK, FutureSkills. The college offers a wide range of courses; from traditional A-Levels, to exciting vocational courses, and apprenticeships for those wishing to work and train in their chosen sector.

SUCCESS!

Salford City College celebrates outstanding A-Level results

Another student who was thrilled with her results was 18-year-old Siri Hampapur, who exceeded expectations by achieving A*A*B in her A-Level Drama, Media and Psychology. She said:

“I couldn’t believe it when I opened my results- I got 4 Cs in my AS Levels so it’s a massive improvement on last year!”

Upon receiving her outstanding A-Level results, former All Hallows RC High School pupil Taryn said:

“I am so happy and relieved with my results! I’ve always wanted to study at Cambridge, so it’s a dream come true for me. I loved my time at college - the teaching staff in the English department were amazing, and I’ve got so much to thank them for.”
Growing your business through local advertising

Have you ever thought about advertising your business on Salford’s highway?

IN Salford

There are many small, medium and large businesses across Salford that are benefiting daily from advertising on Salford’s roundabouts, bridges, and city boundary signs.

Your advert could reach thousands of commuters and local residents, no matter what the size of your business. There are many affordable opportunities for all.

Urban Vision on behalf of Salford City Council manages the current 73 different advertising opportunities available in key locations across the city. We work with local businesses to find the most fitting opportunity at a very reasonable cost and if required, we can even produce your advertisement artwork for a small fee.

To view the full range of highway advertising opportunities available, you can visit www.salford.gov.uk/sponsorship Alternatively you can discuss opportunities and pricing with one of our advertising specialists on 0161 779 4872 or email adsconcession@salford.gov.uk
Tony Brown, M & A Brown Signs in Worsley says:

“In almost 50 years of business we’ve been in a very lucky situation where we’ve never really had to do much advertising and go looking for work. When we were approached by Urban Vision to do some advertising it was a case of ‘Let’s give it a go for 12 months, if it doesn’t work, then it was worth a try.’ Five years later we have several large boundary boards and multiple roundabout adverts across the area! As a sign manufacturer we know the importance of being noticed and these ads have done exactly that. Definitely worth every penny to us!”

Carol Wakefield, Managing Director at Select Interior Shutters says:

“Our company, Select Interior Shutters are based in Monton and we sell made to measure bespoke Interior Plantation Shutters which are the ultimate window dressing for homes, restaurants and offices. We cover Salford, Manchester, Cheshire and surrounding areas. Since sponsoring the roundabout advertising panel at Monton Green, we have increased local awareness of our bespoke product and have gained a substantial amount of local business.”

Carol Goodwin, Go Goodwins Coach Services and MOT ATF Station says:

“We have been advertising on the Canal Circle Roundabout in Eccles for the last four months. We thought it would be a great location to advertise our Go Goodwins Coach Services and MOT ATF Station, to all passing trade on this busy roundabout. It’s a prime location, a great way to get our company name around the local area and really good value for money.”

Julian Niman, Chairman and Managing Director from Nimans says:

“As one of the area’s biggest employers, The Nycomm Group has always been an active supporter of the local community. Incorporating the brands of Nimans, Rocom and Videonations, we are the country’s number one communications supply specialist, spanning technology such as telephone systems, headsets and video conferencing. Showcasing our brand on boundary signs and roundabouts provides a very visible way of elevating our status to help with recruitment as well as raising staff morale and general awareness of our activities.”
Christmas opening hours

Salford City Council
For full information visit www.salford.gov.uk/christmasclosedown

For emergencies over Christmas and New Year call the council’s out of hours team on 0161 794 8888.

Christmas and New Year bin collection dates

<table>
<thead>
<tr>
<th>No collections will take place on:</th>
<th>Your replacement collection date is:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 25 December 2015</td>
<td>Monday 28 December 2015</td>
</tr>
<tr>
<td>Friday 1 January 2015</td>
<td>Monday 4 January 2016</td>
</tr>
</tbody>
</table>

For information on opening times of community centres, libraries and leisure centres across Salford see www.salfordcommunityleisure.co.uk

Salix Homes
Salix Homes’ offices at Diamond House, Unity House and Hankinson Way will close to the public at 2pm on Christmas Eve, Thursday 24 December and reopen at 8.30am on Monday 4 January 2016. However you can continue to contact Salix Homes 24-hours-a-day throughout the festive period. Call 0800 218 2000, email enquiries@salixhomes.org or you can report an issue, repair or pay your rent via their website www.salixhomes.org

Contacting City West couldn’t be easier!

City West offices and Service Centre will be closing at 3pm on Thursday 24th December 2015 and will reopen on Monday 4th January 2016.

City West customers should continue to call 0300 123 5522 to report an emergency repair or any other urgent housing related issue.

Any non-urgent enquiries can still be reported via our website* www.citywesthousingtrust.org.uk

*S*These will be treated as being reported on Monday 4th January 2016. For more information visit our website.
Book now for Turkey and Tinsel
November - December
7 nights, full board only
£225 per person

Special offer weeks
January/February
Only £143.00 per person, full board

Bookings now being taken for 2016

Salfordian Hotel includes
- Televisions in all bedrooms
- Wheelchair access
- Entertainment
- Door to door transport available
- Group bookings welcome
- Wet room

Reservations and enquiries: 0161 925 1233
Email: salfordian@salford.gov.uk
www.salford.gov.uk/salfordian
Reg. No. 3438263. Registered as a charity Reg. No. 1071111

Fighting Flu in Salford
You are at risk of seasonal flu if...
- You are pregnant
- You are aged over 65
- You suffer from asthma; heart disease; diabetes; multiple sclerosis or lowered immunity
- You have a history of stroke, chest conditions, kidney / liver disease.

This year children aged 2,3 and 4 are eligible for a free nasal flu vaccination. Carers may also be entitled to a free flu vaccination.

Please contact your GP for more information. Local pharmacies also provide the vaccination free for those at risk over the age of 18.

Reg. No. 3438263. Registered as a charity Reg. No. 1071111

Memories that will last a lifetime.
If you have a milestone birthday, an engagement or other special occasion to celebrate, book a party in one of our hospitality suites overlooking the pitch for memories that will last a lifetime.
All for just £1 room hire*

To book call 0161 786 1580
or email ajbellstadiumevents@azure.uk.com

* Offer applicable to events held between May 2015 and November 2015. Party for £1 is only valid if a catering option is purchased based on a minimum of 70 guests or 70% of guests attending, whichever is greater. A table menu of catering options are available including simple buffets, canapés or a la carte service.
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Help a local community good cause - all you need to do is recycle more.

Every month, you’ll be able to vote for a ‘good cause’ in your community to win a reward of their choice. If recycling in your area increases they’ll get the reward.

Find out more and vote at www.salford.gov.uk/recycleandreward

This scheme is funded entirely through government money with the aim of increasing recycling in Salford.