My City Salford is the new way to stay connected with your community and make a difference in your neighbourhood.

A brand new ‘digital community hub’ is launching very soon in Salford, inviting residents, businesses and organisations from across the city to sign up and benefit from everything Salford has to offer.

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By connecting residents directly with businesses, organisations and services in the area – and having all the information you need in one single place – My City Salford is a space built by the community – for the community.

And getting involved has never been easier. My City Salford is coming soon. Watch this space for more information on how to be a part of it.

Powered by:
My City Salford
coming soon!

The future looks good for libraries
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

Christmas and New Year

For full details please see www.salford.gov.uk

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

There will be no bin collection on Tuesday 26 December. This collection will take place on Saturday 23 December instead. All other collections over the Christmas and New Year period remain unchanged.

For opening times of community centres, libraries and leisure centres please see www.salfordcommunityleisure.co.uk

Salix Homes

To contact Salix Homes 24 hours a day throughout the festive period please call 0800 218 2000, or email enquiries@salixhomes.org You can report an issue or pay your rent through the website www.salixhomes.org

City West

To report an emergency repair or urgent housing issue please call 0300 123 5522

For non-urgent issues please see www.citywesthousingtrust.org.uk

NHS

For advice when your GP is closed please see your local pharmacist, call NHS 111 or see www.nhs.uk

Please only use accident and emergency for genuine emergencies.

Care Workers pay rise

Be prepared

Birth centre progress

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Any leaflets or flyers inserted in or distributed with this magazine do not appear with the partners (listed below) endorsement or agreement and we discourage our distributors from putting material inside your copy of LIFE IN Salford.

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:

[Logos of partners listed on the page]
No one left behind

The Poverty Truth Commission has played an invaluable role in providing a voice for local people who have experienced poverty, offering challenges to established ways of thinking. Tackling poverty remains at the heart of my priorities and I want to thank the commissioners for providing their time, commitment and honest views to this important work.

As a responsible council we are now redesigning how we collect council debt to make sure that those who can pay are able to do so quickly and easily and those who struggle to pay can have more face-to-face support to work out realistic payment plans. We will only be using enforcement agencies as a last resort and won’t use them at all for those who are already receiving council tax reductions.

We are adopting a new good practice protocol and will continue to be committed to the principles of fairness and transparency.

We have also made progress in supporting Salford Credit Union by investing £170,000 to offer a real alternative to loan sharks and payday lenders. It brings affordable credit and savings to those who need it most, recruiting over 700 new members in the last year.

We understand the pressures on our most vulnerable residents and have injected £300,000 into the Salford Discretionary Support Scheme which supports low income households in crisis and have provided £75,000 to strengthen the city’s food crisis support services.

At the same time we are easing the financial burdens on bereaved families by abolishing burial and cremation fees for children under 16.

We have been listening to our young care leavers who face many difficulties in their transition from the care system to adulthood. In order to ease the financial pressure we are exempting care leavers from paying council tax until they are over 21 years old.

Affordable housing and homelessness are key challenges so we have launched a new homelessness commission, bringing together key agencies with people who have experienced homelessness or are at risk.

The council recognises the need to provide affordable housing for rent and is in the process of setting up a new company, Dérive Ltd, as the first step towards building that much needed housing. We have also taken the decision to provide free birth certificates for homeless people.

We will also provide cold weather support for homeless people beyond the severe weather provision requirements.
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See more on page 28.
Libraries – the future’s looking good

Seven new ‘libraries’, brand new computers and extra opening hours have been given the go ahead by Salford City Council.

It’s part of a £590,000 investment in library services over the next four years to create libraries for the 21st century. Every library in the city will benefit from the long-term plan. None of our existing libraries will close.

Library services will be expanded to seven new Salford Community Leisure sites including the Helly Hansen Watersports Centre at Salford Quays, Irlam and Cadishead, Worsley and Broughton Leisure Centres and The Valley, Beesley Green and Wardley Community Centres.

Working with partner organisations will provide additional access to library services to expand opening hours to over 1,000 per week.

More self service points will be installed to make issuing and returning books quicker and easier and freeing up staff time to support people who need more help or advice.

Every computer will be replaced with brand new technology with more support to learn digital skills – and you will be able to print from your own devices and charge them.

Salford will not use volunteers to replace staff. We want to see more volunteers enhancing what’s on offer in the libraries, by using the buildings and space as welcoming places to meet and enjoy a wide range of activities.

Here’s a taster of what’s coming during the next four years

New activities for under fives at Boothstown
Support and activities for people living with dementia and their carers
More local history resources
Advanced digital learning help at all libraries

Did you know?

Salford was the first UK city to launch an unconditionally free, public library in 1850. We’re now the only city in the UK expanding libraries!
You can search the library’s online catalogue, reserve a book and collect it at the library nearest to you.
Your library card gives you access to library services across Greater Manchester
www.salfordcommunityleisure.co.uk/libraries
Life in Salford 19, November 2017

Salford in short

Don’t forget!
If your child is due to start nursery or primary school in September 2018, your application needs to be in by Monday 15 January!

Contacting Salford City Council
If you need to report a missed bin, pothole or other issue you can do that 24/7 by using our forms
www.salford.gov.uk/reportit

Get involved
If you want to get involved with your local community check out the regular community committees and network events.
It’s also a chance to meet your ward councillor, local police and council officers and housing providers. Community committees also have their own budgets to spend on local priorities.
Find out more at: www.salford.gov.uk/getinvolved

Benefits advice
If you want to apply for housing benefit and/or council tax reduction it’s quicker, easier and better to claim online at
www.salford.gov.uk/benefits
When your claim has been processed you will receive a benefit decision notice. Please keep the reference number shown on this notice safe. You will need it to report any changes in your circumstances.
If you’re applying for Universal Credit you need to apply for council tax reduction separately; it is not included in Universal Credit. Please apply as soon as possible – even before you get a decision – as claims for council tax reduction cannot be backdated.
There’s free internet access and staff to help you at any Salford Gateway or library.

Recycling a sculpture trail
Green minded residents have helped create a brand new Fairytale Trail.
By pushing up recycling rates in the Swinton area they helped raise funds for ten new sculptures at Clifton Country Park.
It’s the latest success for Salford’s Recycle and Reward scheme where residents vote each month for their favourite local good cause. If recycling rates increase in the area, the favourite receives funding for their project.
The scheme runs across Salford and is funded with government money.
See more at www.salford.gov.uk/recycleandreward

Caring advice 24/7
Salford’s health and social care organisations have joined with national charity Carers UK to launch a new website called Digital Resource for Carers.
It will help Salford’s 23,000 carers understand their rights, the support available to them and how to look after themselves while caring for someone. It is funded by Salford City Council, NHS Salford Clinical Commissioning Group and Salford Royal.
The website also includes an app to help carers who share the role to message each other and manage tasks, medication and calendars.

See carersdigital.org and create a new account by using the code DGTL3329.
A World War One Salford hero’s bravery is now set in stone outside Broughton Hub, Rigby Street, near where he was born.

Sergeant Joseph Lister VC won the Victoria Cross in October 2017 while serving with the Lancashire Fusiliers. He single-handedly captured a gun emplacement and guard post and forced 100 enemy soldiers to surrender to him. Tributes at the time said his bravery changed the course of the battle.

Parr Fold plaque

In Walkden, the Friends of Parr Fold Park have restored the Memorial Garden with a new plaque, information signs and planting.

The garden was officially opened in June 1950 dedicated to all the residents of the Worsley Urban Area who lost their lives in the First and Second World Wars.

Thanks to the Friends and other community groups it has now been rededicated to include those who lost their lives in more recent conflicts.

Salford Register Office has joined the Tell us Once scheme.

When you register a death you’ll get a unique reference number to use by phone or online to let the Tell us Once Service know the person has died.

Tell us Once will notify benefits, blue badges, the electoral roll, libraries, passports, pensions, disable and carers’ services, Job Centre Plus, driving licences and more.
Making Salford 10% better

A campaign to make Salford 10% better has been launched.

Salford’s Social Value Alliance, which is made up of local public, private and voluntary sector organisations, wants to use social value to make positive changes.

Social value means using public spending to maximise value for people, the environment, the local economy and the city – everything from working with suppliers to provide apprenticeships for young people to encouraging recycling, green transport and volunteering. By 2021 the campaign aims to achieve over 4,600 more volunteers, see more young and vulnerable people in employment, education and training, thousands more people using green transport instead of cars, over 1,000 fewer Salford households living in fuel poverty and more recycling.

The campaign comes alongside Salford City Council’s first report into the ‘social impact’ of its spending. Spending ‘local’ has put £111 million directly into Salford’s economy, created over 2,000 jobs and hundreds of apprenticeships.

Salford is the first council in the country to produce such a report and plans to improve 10% by introducing food waste recycling to schools and working with partners to promote better gas and electricity deals for local people.

See details at www.salfordsocialvalue.org.uk

Free parking for festive cheer

Salford City Council is spreading some festive cheer to businesses and shoppers by offering free parking in the run up to Christmas.

Christmas shoppers can now use the following pay and display car parks for free on Saturday December 9, Saturday December 16 and Saturday December 23 only:

- Partington Street, Monton
- Irwell Place, Eccles
- John William Street, Eccles
- Barton Lane, Eccles
- Eccles Precinct
- Hankinson Way, Salford
- St Mary’s Road, Eccles
- Church Street, Swinton

Signs will be posted in advance of these days to inform users that the car parks are free. Please support your local shops.

CAFÉ CAMPANILE

GRAB A BURGER FOR £1.00

When you buy any beverage at Café Campanile

BUILD A BURGER. YOUR WAY.

Add chips for £1.95
Add extra topping from 50p

Campanile
Hotel Campanile, 55 Ordsall Lane, Salford, M5 4RS Tel 0161 833 1845

Worth every penny

Pay for care workers in Salford has been increased to £8.30 an hour, well above the National Minimum Wage.

Salford City Council and NHS Salford Clinical Commissioning Group contracts five agencies to provide social care in the city. Three hundred workers at those agencies will now earn more than £17,200 per year – putting their hourly rate well above the National Living Wage.

City Mayor Paul Dennett said it would cost £725,000 over the next two years but care workers were “worth every single penny.”

“Care workers do one of the most important jobs in society and it is only right that they should receive decent pay,” he said.

“This will boost individual pay packets and give people extra money to spend in our local economy. It will also help with recruiting and retaining good staff.”

The money comes from a three year government grant to help adult social care cope with unprecedented demand and recruitment and retention of staff after widespread reports of a ‘crisis’ in social care last year.

Dr Tom Tasker, chair of NHS Salford CCG, said: “This helps make sure some of the most vulnerable people in our city get the high quality and continuous care they deserve.”

Looplines win ‘Oscar’

They’re clean, green, traffic free – and now officially the best in the country.

Salford’s network of walking and cycle routes along canal paths and former railway lines won in the category Excellence in Cycling and Walking at the prestigious National Transport Awards.

The awards are known as the Oscars of the transport industry and Salford beat off stiff competition from around the country.

In one year, users jumped from just under 12,500 to over 191,500 on parts of the network thanks to improvements and more than 230,000 people were recorded using the Roe Green loopline.

Check out The Salford Trail www.visitsalford.info/thesalfordtrail created by The Manchester and Salford Ramblers and www.est1761.org for Bridgewater Canal routes.

Freedom of city for Harold

Salford City Council has conferred its highest honour on Harold Riley, granting him the Freedom of the City.

Salford’s most famous living artist has chronicled the changing character of the city for over 60 years. The honour reflects pride in Harold’s legacy and is part of the city’s ambition to encourage and foster new artists along with digital and creative talent for the future.

Salford City Council is committed to ensuring art and culture continues to be at the heart of the growth of the city and has a partnership with the University of Salford, The Lowry and Arts Council England to develop a new cultural master plan for the city.

This is because Salford recognises the importance of arts, culture and heritage in people’s lives and how well-being and identity can be enriched through the arts. Harold Riley’s legacy is a reminder of this.
Ambitious plans to safeguard the future of Islington Mill, create 6000 sq ft of extra studio, residency and exhibition space and improve access for disabled users continue thanks to a grant from Salford City Council.

The Grade II listed former textile mill already houses 50 small, creative businesses with more than 100 artists working from the building in Salford’s arts and cultural quarter off Chapel Street.

The £330,517 capital funding will support a £928,000 grant from Arts Council England and fundraising by Islington Mill Arts Club to repair the building and bring the fifth and sixth floors into use.

**City Mayor Paul Dennett** said:

> Over the past four years Islington Mill has supported 4,500 artists and staged more than 400 public events for over 44,000 people, adding to Salford’s economy by drawing in visitors spending money, supporting jobs and putting us on the map as a creative hub. These events include the much acclaimed and renowned Sounds from the Other City, Salford’s leading independent music festival which this year attracted an audience of over 3,300.

Meanwhile an organisation which devised a new cultural strategy for Brooklyn, New York, has been appointed to do the same in Salford.

The Salford Cultural Partnership (SCP), which comprises Arts Council England, The Lowry, Salford City Council and The University of Salford, appointed AEA Consulting after a bidding process for agencies.

Salford is already internationally recognised as a creative and cultural hub - particularly in digital industries - and the new strategy will help expand businesses and jobs, link to investment and promote culture as part of everyday life in the city.
RHS Bridgewater

**volunteers on site**

Development of Salford’s RHS Garden Bridgewater is now underway thanks to local people.

Volunteers have begun clearing overgrown bushes and ivy from the Grade II listed gardener’s cottage and other historic buildings on site.

Seven local people, some of whom have a strong connection to the site, have trained as tour guides and have started showing visitors around.

The RHS and the University of Salford are planning a Bridgewater Memories Project – capturing local people’s stories about the Worsley New Hall site for use in the future garden.

To get involved in volunteering or sharing memories, please email bridgewaterfeedback@rhs.org.uk

Breathing new life into the moss

One of the biggest regeneration projects in Salford’s history has launched.

The Carbon Landscape project will restore nature to huge areas across Salford, Warrington and Wigan formerly used for coal-mining, peat extraction and iron and steel production.

Twenty-two projects will link up to restore more than 130 hectares of habitat, train over 1,000 volunteers, involve 4,500 members of the public and offer free education to 40 schools.

Plans include the Carbon Trail, linking wild space between urban areas, the Mossland Gateway to improve pedestrian and cyclist access to Chat Moss, activities for all ages and better interpretation of the landscape and wildlife.

The Wildlife Trust for Lancashire, Manchester and North Merseyside (WLT), is leading the Carbon Landscape project; Salford City Council is a key partner.

The WLT has already restored Cadishead Moss to lush, green wetland and is working on Little Woolden Moss next door to encourage the growth of plants to support wildlife and birds. The two sites are part of the wider Carbon Landscape project.

To find out more please see: www.lancswt.org.uk/mosslands

Veterans’ care village

gets go ahead

Plans for a £12.5 million veterans care village at Broughton House, Salford have been approved.

Construction work will start in 2018 and will be complete by 2020. The new village will include:

- A care home for 64 residents with dementia and nursing care
- Thirty four independent living apartments
- A support hub with advice centre, gym, treatment rooms, café, hair salon and meeting rooms
- A memorial park with a cenotaph and remembrance walls
- Landscaped gardens with an all-weather bowling green and a bandstand.
Reunited!

Neighbours of more than 30 years have been reunited after moving into the first brand new houses on the street they have called home for decades.

The first residents of Shakespeare Road, Swinton have been handed the keys to their plush new homes. Their old houses were demolished due to historic structural issues.

The development is Salix Homes’ first new-build project, working alongside contractor Galliford Try Partnerships. Residents were involved in the development process from start to finish. The original tenants affected by the demolition proposals were temporarily re-housed close by and given priority for moving back into the new properties.

A total of 160 two, three and four-bedroom homes are being built on the estate, replacing 146 properties that are being demolished.

Of the new properties, 120 will be social housing, while the remainder will be affordable homes for sale or shared ownership.

Lee Sugden, chief executive at Salix Homes, said: “This is the first new-build development for Salix Homes so this is a very proud moment for us. At a time when social and affordable housing is in such short supply, we’re delighted that this development will bring new homes to people on the housing waiting list and provide them with a fantastic place to live.”

Planning proposals have now been approved by Salford City Council for phases three and four of the project and the whole development is expected to be completed by summer 2019.

Resident Christine McMullan, 59, is thrilled to be reunited with her old neighbours. She said:

- I’ve lived on this street for 36 years in the same house. I’m so grateful to be moving back into a new house at a place I’ve known as home for such a long time.
- I’ll still be living by my best friend Gail whom I’ve known for 35 years. We’re a very close-knit community here, we all look out for each other, and it’s very important to us that the neighbours can stay together.

Gail Howell has lived in the area for 50 years after first moving into Shakespeare Road aged six. She said:

- It was a lovely place to grow up and I have a lot of happy memories of living here. When my dad died, I took the house over. We’re so glad to be given the chance by Salix Homes to move back – this street will always be home for me.

*Life in Salford 19, November 2017*
Save time - do it online!

Did you know you can book appointments to see a GP and request repeat prescriptions from the comfort of your own home using your computer, tablet or smartphone?

All GP practices in Salford now offer patients an online system in addition to phoning or visiting your practice – the choice is yours!

Sarah Williams, Assistant Practice Manager at Newbury Green Medical Practice, said:

Because our patients can book their appointments or cancel them at any time, even when we’re closed, it’s much easier for them and has improved access.

To register for GP online services, visit your GP practice website or drop in and ask the reception staff. You will be given your registration user ID and password. Once registered you can order your prescriptions online and book or cancel your appointments.

To find out more visit the NHS Choices website at www.nhs.uk/GPonlineservices

Birth Centre appeal continues

Refurbishments are fully underway at Ingleside House, the beautiful historic building in Oakwood Park, which will house Salford’s new midwife-led birth centre service from early next year.

The transformation of the building from empty shell to modern oasis of calm has been funded by Salford City Council. The centre will also provide a home for other ante and post natal complementary services.

Over £120,000 has been raised in community funding towards the costs of the refurbishment. Thank you to everyone who has donated towards the appeal.

Salford NHS Clinical Commissioning Group has appointed Bolton NHS Foundation Trust to run the new service and they have been busy appointing new midwifery staff and maternity support workers (MSWs) to the community midwifery team.

The new team is out and about promoting the new unit to health workers and prospective new mums. Ingleside will provide a local, high quality choice for mums who have low risk pregnancies and want a midwife-led birth.

To donate please see www.salford.gov.uk/salfordbabies

A new Facebook page (search for @InglesideSalford) has been launched for everyone who would like news about the new service. Please like and share and send any suggestions of how to promote the new service to Ingleside@boltonft.nhs.uk
What’s on
There’s so much going on in Salford. See www.visitsalford.info for more details and sign up for regular event emails.

Festive fun

Chimney Pot Park carol service
by Langworthy Community Church, Monday 4 December 2017, 4pm to 5pm, Chimney Pot Park, Langworthy Road, free
Local school choirs. Hot drinks. For more information phone 07920 745398
www.salford.gov.uk/langworthypark

City of Salford carol service
Wednesday 13 December, 7.30pm to 9pm, Salford Cathedral, Chapel Street, free but by ticket only
Greater Manchester Police band, Salford schoolchildren and the BBC Philharmonic.
Email carolservice@salford.gov.uk or book online at www.salford.gov.uk/carolservice

Friends of Lightoaks Park Christmas Cracker
Saturday 16 December, 1pm to 4pm, Lightoaks Park, Claremont Road, Claremont, Salford M6 8NP, free
Brass band, Santa’s grotto, refreshments and festive raffle.
Donations welcome for Salford Central food bank.
www.facebook.com/lightoakspark

Monton Unitarian Church
Monton Green
Sunday 10 December 10.45am carol service with Eccles Borough Band in main church
Friday 15 December 7.30pm Blue Christmas service in church hall
An hour of quiet reflection to acknowledge people we miss at this time of year.
Sunday 24 December Christmas Eve services, 10.45am normal Sunday service and 9pm candlelit service in main church.

The Extraordinary Tale of Holly Christmas
Wednesday 20 to Sunday 24 December and Wednesday 27 to Sunday 31 December, 11am and 2pm, The Lowry, The Quays, Salford M50 3AZ, tickets £9, concessions £6.
A little girl who has never had the Christmas she dreams of.

A Piece of Peace at Christmas
Sunday 24 December, from 11am, Bridgewater Baptist Church, Cawdor Street, Eccles, M30 0QF
Christ in CHRISTmas with song, art, poetry and reflection. All ages welcome. BSL signed. Call or text 07789 447760 for more information.
www.bridgewaterbaptist.org.uk

Monton Magical Christmas
Saturday 2 December
12 noon to 5pm Monton Green, M30 9LN, free
Meet Santa, reindeers and help switch on Monton’s lights amongst music, stalls, fairground rides, refreshments and carols.
www.montonvillage.org.uk

De La Salle Winter Wonderland
Sunday 3 December, 9.50am to 8pm, De La Salle Sports and Social Club, Lancaster Road, Salford, M6 8AQ, £5.90 to £37.76 for ice skating and Santa tickets
Ice rink, Christmas market, fairground rides Santa’s grotto and bar. Search www.eventbrite.com

Christmas Market
Thursday 23 November to Sunday 26 November, Lowry Outlet, Salford Quays
Inspired by Elf the Musical. Christmas food, drink, art, design, vintage and modern craft.
www.lowryoutlet.co.uk

Dress warmly for outdoor events!

Sponsored by Campanile

Follow us on social media @visitsalford
Talks, music and exhibitions

**humansbeingdigital**
Now to Sunday 25 February 2018, The Lowry, Salford Quays
International artwork at the point between human and digital.
www.thelowry.com/exhibitions/humansbeingdigital

**Human Rights Day**
Saturday 9 December, Eccles Cross, Church Street, 4pm to 5pm, free
Remembering those whose rights and freedom are threatened.
For more information contact paula.garstang@salford.gov.uk

**Salford Community Leisure Textiles Workshop: Box of Delights**
Wednesday 29 November or Wednesday 24 January, 10am to 4pm, Ordsall Hall, 322 Ordsall Lane, Salford, M5 3AN, £47.78
Use dissolvable fabric and free machine embroidery to make a box
www.salfordcommunityleisure.co.uk/culture/thingstodo

**Salford Libraries Live**
All at Eccles Library, Eccles Gateway, Barton Lane, M30 0TV
See www.salfordcommunityleisure.co.uk/live for full details

**Puppet Making**
Saturday 9 December, 10am to 12 noon, £3 per child

**The Amazing Thing - Lempen Puppet Theatre**
Wednesday 20 December, 6pm, £3.50
suitable for ages five plus

**A Christmas Killing - Interactive Murder Mystery**
Wednesday 13 December, 7pm to 9.30pm (doors open at 6.30pm), £7

**The Dead of Winter - writing crime mystery workshop**
Thursday 25 January 2018, 7pm to 9pm, £7
suitable for ages 16+

### Markets

**Eccles Farmers and Craft Market**
Saturday 9 and 16 December, 9.30am to 2pm, Eccles Shopping Centre Mall, Eccles M30 OEB
Food and handmade crafts. For more information phone 0161 707 3058.
www.themakersmarket.co.uk/markets/eccles

**Lowry Magical Makers Market**
Saturday 16 December to Sunday 17 December, 10am to 4pm, The Lowry Plaza, Pier 8, Salford Quays, Salford M50 3AZ
The finest festive local food, drink, art, design, vintage and modern crafts
www.themakersmarket.co.uk

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The finest festive local food, drink, art, design, vintage and modern crafts
www.themakersmarket.co.uk

**Fun outside**

**Get Twiggy with it!**
Celebrate trees!
Sunday 26 November, 1pm to 3.30pm, Duke’s Drive, Monton, free
Can you tell the age of a tree or measure its height from the ground? Join the Bridgewater Canal team and City of Trees to try leaf art, make a natural wreath decoration and learn about trees. All ages welcome, just turn up.
www.est1761.org/events/get-twiggy-it

**Lightwaves**
Friday 8 to Sunday 17 December, Salford Quays, free
The UK’s biggest digital light festival is back
www.thequays.org.uk

**Puppet Making**
Saturday 9 December, 10am to 12 noon, £3 per child

**A Christmas Killing - Interactive Murder Mystery**
Wednesday 13 December, 7pm to 9.30pm (doors open at 6.30pm), £7

All details correct at the time of publication but may be subject to change.
Emergencies happen but you can be prepared to keep yourself, your family and your home safe.

Know what to do

In the rare event of a weapons or terrorist incident – run, hide and tell. Don’t risk your safety by stopping to take photos or film footage.

RUN
Run to a place of safety. This is a far better option than to surrender or negotiate. If there’s nowhere to go, then...

HIDE
It’s better to hide than to confront. Remember to turn your phone to silent and turn off vibrate. Barricade yourself in if you can. Then finally and only when it is safe to do so...

TELL
Tell the police by calling 999

Get the facts

In an emergency all kinds of rumours spring up and wrong information flies around. It causes panic and can hamper the emergency services dealing with the situation.

Please be very careful and only share information from official sources – such as the police, fire or ambulance service, Transport for Greater Manchester, the NHS or Salford City Council.

Flood ready

Are you prepared for flooding?

If you live in a flood risk area sign up for flood alerts. You can call Floodline 24/7 on 0345 988 1188 or sign up at www.salford.gov.uk/floodinformation

What to do before flooding

There’s plenty of advice online but the key thing is to plan ahead. If the water is coming, every second counts.

Think about the property you’d want to protect and where you could store items to keep them away from flood water. Photograph valuable possessions; if they do get damaged it will help with insurance claims.

Plan what you would need to take if you had to leave home suddenly. Have a list of important numbers and your insurance policy ready to go and a waterproof bag ready to take important personal documents.

Keep away from flood water

Flood water is dangerous. Remember just six inches (15 cm) of fast flowing water can knock you over; two feet (60cm) is enough to float a car. Don’t walk or drive through floodwater.

Floodwater may be contaminated with sewage. If you are exposed to it wash your hands and clothes thoroughly.

In case of emergencies Salford City Council will open a major incident line. Follow @SalfordCouncil on Twitter or visit our website www.salford.gov.uk in the case of emergencies.
Get ready for winter

Cold weather doesn’t have to mean being miserable, cold and ill.

**Stay well...**

*If your GP has offered you a free flu vaccination, please take it up now!*

It’s free for anyone over 65, anyone living with a long-term health condition, people in care or nursing homes, carers and pregnant women. Most Salford pharmacies can give the jab or see your GP.

Children aged two to three can be vaccinated by their GP; children aged four to eight will be offered it in school. Children get a nasal spray.

**Stay safe....**

*Please look out for neighbours who may need some help during bad weather.*

Check they’re warm and well or if they need any shopping to help keep them safe.

Salford City Council already has care plans in place and once again will team up with the police, fire service, Helping Hands minor repair service and Age UK Salford to help vulnerable residents in bad weather.

Visit [www.salford.gov.uk/keepwarm](http://www.salford.gov.uk/keepwarm) for more details.

**Stay warm...**

*From money off your electricity bill to a new boiler or draught proofing there are lots of ways to stay warm and safe this winter.*

The Warm Salford Campaign has details of grants and services to help you replace or improve your heating and basic home insulation. You can also refer family members to the scheme if you think they would benefit.

Check it out at [www.salford.gov.uk/warmssalford](http://www.salford.gov.uk/warmssalford) or call Salford City Council on 0161 793 2264 or the Helping Hands minor repairs service on 0161 793 9419.

**Don’t forget** – gas appliances should be checked every year by a Gas Safe registered engineer. Find a Gas Safe engineer by calling 0800 408 5500.

**Tips for staying warm:**

Wear warm clothing even indoors. Several thin layers work better than thick layers and a hat will stop a lot of heat loss. Put your feet up for extra warmth too.

Draw your curtains at dusk and close your doors to stop draughts and keep heat in.

Keep warm by eating regular hot meals including carbohydrates such as oats, potatoes, pasta, rice or bread.
University holds psychotherapy sessions for people who self-harm

A UNIQUE series of group psychotherapy sessions helping people who regularly harm themselves are to be held at the University of Salford.

The sessions have been organised by lecturers from the University’s Cognitive Behavioural Psychotherapy programme who say there is a national lack of services available for people who deliberately harm themselves as a way of coping with trauma or other psychological issues.

Anyone who lives, works or studies in Salford will be eligible to take part in the first of two 12-week group sessions starting in November.

The sessions, funded by £15,000 from the NHS Salford Clinical Commissioning Group (CCG), will be led by experienced psychotherapy tutors from the University with support from newly qualified student psychotherapists.

People can be referred to the service from accident and emergency services, mental health charities and colleges, but anyone who feels they need to take part can apply directly.

Dr Gillian Rayner, a Senior Lecturer in Mental Health Nursing who has spent 20 years working and researching with people who self-harm, explained: “We’ll be encouraging people to be kinder to themselves, to develop self-soothing strategies which they can turn to when they feel the need to harm themselves, and to help them understand their own cycles of self-harm.

“We also look at how self-harm may have an interpersonal effect, what they can do about this and how they can develop alternatives to self-harm.”

People can self-harm as a coping mechanism and may continue to do it, but our sessions help them find ways of managing their desire to harm themselves, reducing how often they do it or making it less damaging.

The sessions will be held in the purpose built counselling and psychotherapy suite at the University’s Mary Seacole Building, developed to train students to become professional counsellors and psychotherapists.

Dr Tom Tasker, chair of NHS Salford CCG, said: “As a GP, I have a number of patients who self-harm and it can be a difficult condition to treat.

“Any additional support that can be offered is warmly welcomed, and I’m really pleased that the CCG has been able to fund this project. I will look forward with great interest to learning how these sessions have hopefully benefitted this group of people in Salford.”

Anyone who wants to take part in the sessions should contact Lisa Bluff on l.bluff@salford.ac.uk or Gosia Bowling on g.bowling@salford.ac.uk
Hairdressers could help to cut suicide in Salford

Pub landlords, hairdressers and barbers could become the new front line to support people feeling suicidal in Salford.

The Salford Suicide Prevention Partnership has launched a new strategy and action plan to reduce the number of suicides in the city.

Part of the work involves raising awareness among people and groups who come into contact with those who could be vulnerable and making sure they know what to say and do if they fear someone is having suicidal thoughts.

These include people in the community such as hairdressers and barbers, pub landlords, veterans’ support services, sports therapists, carers organisations, schools and criminal justice services. The strategy also includes plans to help those affected by suicide through information, services, resources and training.

The Salford Suicide Prevention Partnership is made up of public sector organisations, including the NHS, Salford City Council, Greater Manchester Police, HM Prison Forest Bank, Greater Manchester Fire and Rescue Service, local voluntary, community and social enterprises and Healthwatch Salford.

See details at: www.salfordccg.nhs.uk/preventsuicide

If you need help

Samaritans
24 hr
Telephone: 116 123 (free) or email jo@samaritans.org

The Sanctuary
8am-6pm
Telephone: 0300 003 7029
For adults in crisis, experiencing anxiety, panic attacks, depression and suicidal thoughts.

Mind in Salford
9am-6pm weekdays
Telephone: 0300 123 3393 or email: info@mind.org.uk
Information on mental health problems, where to get help, medication, alternative treatments and advocacy.

Papyrus HOPELineUK
10am to 10pm weekdays, 2pm to 10pm weekends, 2pm to 5pm weekdays for young people or concerns about young people
Telephone: 0800 068 4141
Text: 07786 209 697
Email pat@papyrus-uk.org

Or talk to
• a member of your family, a friend or someone you trust, such as a teacher
• your GP, a mental healthcare professional or another healthcare professional
• a minister, priest or faith leader

A new £4.6 million health centre in the heart of Little Hulton has been given the go-ahead.

NHS Salford Clinical Commissioning Group (CCG) has approved plans for the facility to be built on Longshaw Drive, on land adjacent to the current Little Hulton health centre.

It will bring together podiatry, speech and language therapy and diabetes clinics along with stop smoking and mental health services.

Four GP practices – Salford Health Matters, Dearden Avenue Medical Practice, Manchester Road East Medical Practice and Cherry Medical Practice – will use the state-of-the-art centre, which will serve around 13,000 people.

Dr Tom Tasker, chair of NHS Salford CCG, said:

Throughout the development of these plans, the CCG and the GP practices have been speaking to the local community about what they want from health and wellbeing services in the area and we’ve listened to those views.

This new health centre will give people living in Little Hulton access to high quality, integrated services in modern and purpose-built surroundings, as well as bringing more hospital services into the community.

Work will begin in July 2018 and the centre is expected to open to patients in June 2019.
Welcome to our community pages

Events, activities and news from you and your local community.

Volunteer or join in

Salford CVS needs community outreach volunteers who know their community to signpost residents to community activities and talk to them about their wellbeing to reduce isolation and improve their quality of life. Full training is provided. Contact Michael or Jessica at Salford CVS, The Old Town Hall, Eccles, call 0161 787 7795 or email together@salfordcvs.co.uk

Eccles Foodbank, needs volunteers to sort food and serve people. It’s a new Trussell Trust project, working with local churches, organisations and people to help people and families. Please contact Godwin Mwiya on 0754 275 1896.

Could you help a newly released prisoner to stop them re-offending? Full training provided. Please contact risley.mentoring@seftoncvs.org.uk or call 01925 733125 or 07562340036 for details.

Join in! Incredible Edible’s Working in Wood group runs every Thursday from 10am to 12 noon at their Education Centre, Tindall Street, Peel Green for over 18s. The group has already created a garden bench, wheelbarrow planter and work bench. For more information email info@incredibleducation.co.uk

Young people aged 12 to 17 can take part in flying, gliding, adventure training, build skills for life and work on BTEC qualifications through the 319 (City of Salford) Air Cadets Squadron. The squadron meets every Monday and Wednesday night from 7pm to 9.30pm at Kielder Square, Eccles New Road, M5 4UL. Call 0161 745 9921 (Mon to Wed 7pm to 9.30pm only) or see them on Facebook: www.facebook.com/319Squadron

Clean up success!

Salford’s Community Payback scheme team has cleared four more neglected alleyways in Weaste to pay society back for crimes they have committed.

Three years ago Salford City Council became the first council in Greater Manchester to set up an official partnership with Cheshire and Greater Manchester CRC which runs the community payback scheme to fund extra hours of work in the city.
Manchester Community Walking Football Club runs weekly sessions at Salford Sports Village, Irlam Leisure Centre and Swinton and Pendlebury Leisure Centre. £3 per session. It’s for men and women aged over 50 of all skill, health and fitness levels and the club plays for fun and in tournaments. For full details please see www.mancom.btck.co.uk or call Matt on 07788 727 214.

New Tai Chi classes start in the new year at the Oasis Academy, King William Street, Salford. Check the website for details. meiquantaichi.com/uk/classes/manchester-salford-quays

Try something new

Blue Peter goes for gold

Blue Peter has celebrated being 60 years old with a Gold Badge walk. The path at MediaCityUK Salford, links the Blue Peter Garden and the CBBC studios and celebrates 44 people who have received gold Blue Peter badges. They include JK Rowling, Usain Bolt, David Attenborough Mary Berry and the Queen. Also honoured are former Blue Peter presenters Valerie Singleton, Peter Purves and John Noakes, editor Biddy Baxter and Percy Thrower, the first Blue Peter gardener.

Six of the best

Five parks and a cemetery in Salford are now officially among the best in Britain. Boothsbank Park, Blackleach and Clifton Country Parks, Victoria and Winton Parks and Peel Green cemetery have Green Flag status which recognises parks with high standards, excellent maintenance and superb visitor facilities.

Lovely memories

Sports fans living with dementia are invited to a new, free group.

Sporting Memories, for fans to chat and share their favourite sporting moments, runs every Friday from 1 pm to 2.30 pm at St Andrews Church, Chadwick Road, Eccles. Groups also run every Friday 10.30 am to 12 noon at Langworthy Cornerstone, Liverpool Street, every Tuesday 1 pm to 2.30 pm at the AJ Bell Stadium, M30 7EY and the first Monday of every month from 2 pm to 4 pm at Swinton Gateway, 100 Chorley Road.

For more information please email admin@sportingmemoriesnetwork.com

Need some help?

If you’re suffering from mild to moderate anxiety and depression or having sleep problems, free online help is available. Cognitive Behavioural Therapy (CBT) helps manage problems by changing the way you think and behave. Mental health charity Self Help accepts self-referrals and has a waiting list of one to two weeks for appointments. Contact them on 0161 226 3871 or visit www.selfhelpservices.org.uk

Salford City Council refurbished Boothsbank park with a new children’s play park and pavilion last year using £159,000 from developers building local homes. (Section 106 money.) The pavilion is now managed by Boothstown Bowling Club supported by the Friends of Boothsbank Park who have planted spring flowers and keep the park looking great.

Developers building new homes in Boothstown have also funded a facelift for the village hall.

Salford City Council used Section 106 contributions of £59,584 from the Vicars Hall Lane development to repair and redecorate the hall which is run by the local community.
TIPS:
• All exercises (except exercise 4) can be performed seated if required.
• Stop if you feel unwell at any point.
• Don’t perform any exercises you don’t feel confident with.

SIX Simple EXERCISES
Try these exercises a few times a week to build up your strength, balance and mobility.

1 WARM UP
Seated march for 30 seconds.

2 TOE & HEEL TAPS
6 - 8 times on each leg.

3 SIDE STEP
10 - 15 times on each leg.

4 SIT TO STAND
5 - 10 times.

5 LEG SWING
3 - 6 times on each leg; slow and controlled.

6 HEEL RAISE
5 - 10 times.

Salford teens win Crimestoppers award
A Project Gulf theatre challenge which saw 150 school children Stand up for Salford has won the Crimestoppers Chief Constable’s Award.

The award recognises outstanding support of Crimestoppers which guarantees anonymous reporting of crime.

Pupils and Rhema Theatre explored the impact of gangs on young people and created their own dramas. Harrop Fold’s winning play was turned into a gritty film by media students from UTC at Salford Quays for the Crimestoppers website.

Salford’s Project Gulf unites 20 different local agencies, including the police and council to tackle organised crime and show young people positive alternatives.

The original Harrop Fold drama: http://ow.ly/SFBY30ghyde
Fearless the film http://ow.ly/Kna530ghyiA

Just the ticket
Salford teenagers can get around more easily thanks to Transport for Greater Manchester’s get me there’ scheme.

Anyone aged between 16 and 18 who lives or studies in Greater Manchester can get 50% off a day’s unlimited travel on any bus in Greater Manchester.

Download the get me there app or order a smart card from www.getmethere.com to verify your age and then use either to buy tickets and travelcards for bus, Metrolink and combined travel.

Route to success
Vantage buses have become a runaway success.

When the East Lancs Road bus route opened in April 2016 transport bosses predicted the 20 buses would be carrying 1.5 million passengers after three years.

Within the first 12 months just over two million passengers had used the bus and five extra buses were added to meet the growing demand. This summer an average of 50,000 people used it every week rising to 57,000 in the last week of September and numbers are expected to increase in the run up to Christmas.

Falls can change lives but you can reduce your risk. Salford City Council, Salford CCG and City West Housing have launched a campaign to help people – and exercises are part of it. See www.salford.gov.uk/stopfalls
Go 2 Physio

You can access NHS physiotherapy without going to your GP first with go2physio. Physiotherapists are physical activity specialists working with you to enable you to manage your condition.

Physiotherapists are expertly skilled to assess, diagnose and manage patients with musculoskeletal conditions much in the same was as doctors.

Musculoskeletal conditions such as muscle or joint problems like back pain, knee pain or sprains are best managed by physiotherapists.

Physiotherapists can transform people’s lives by:

• Reducing pain
• Improving quality of life
• Keeping people out of hospital
• Reducing disability
• Reversing the deterioration of conditions

Physiotherapists will ensure that you will receive the most up to date and effective evidence based treatments for your problem. Some physiotherapists are also qualified to administer injections or prescribe drugs without seeing your GP or pharmacist.

To self-refer via go2physio you must meet these criteria:

• You must be a Salford resident OR be registered with a Salford GP
• You must be 16 or over

If you do not meet these criteria your referral will be rejected. Please see your GP.

To refer yourself to physiotherapy, visit www.srft.nhs.uk/go2physio

For information about pain relief, please visit www.nhs.uk/Livewell/Pain/Pages/Whichpainkiller

Salford Royal’s Stars

Childrens’ nurses, learning disability health professionals, physiotherapists and housekeepers were amongst the Salford Royal staff celebrated at the annual Staff Awards.

Seventeen awards were handed out to a range of staff in different roles across the organisation.

The Patient’s Star Award, which invited nominations and votes from the public, was won by stroke rehabilitation colleagues Maria O’Dowd and Jonathon Beard, after they demonstrated great compassion whilst supporting a patient on the road to recovery following his stroke.

Other winners were:

Administrative/Secretarial Worker of the Year: Julie Bateson
Allied Health Professional/Technical/Scientific /Social Worker of the Year: Susan Mullineaux
Doctor of the Year: Dr Emma Vardy
Individual Volunteer of the Year: Tony Parry
Jill Simpson Award for Clinical Excellence: Neuropsychology Learner of the Year: Laura Pickles
Lin Hurst Award for Mentorship: Laura Patterson
Nurse of the Year: Stuart Forshaw-Hulme

Quality Improvement and Productivity: Sharon Black
Support Worker of the Year: Pat Appleby
Team Contribution to Outstanding Care: Occupational Health Physiotherapy
Improving Cleanliness: Ian Jackson
Improving Patient Safety: Lindsay Hellewell
Improving Personal Care: Angela Gardiner
Group Chief Executive’s Achievement Award: Community Integrated Learning Disability Team
Group Chairman’s Award for Unsung Hero: Phil Bell
Getting Around Safely

Walking or cycling, we all need to get around safely – particularly in winter as the dark nights draw in.

Urban Vision has a number of projects designed to keep Salford residents of all ages safe as they make their way around the city.

Be Safe, Be Seen

Young or old, we all need to be visible when moving around the city.

With shorter days, low sun and reduced visibility due to weather conditions, it’s common that pedestrians and cyclists can see drivers, but drivers sometimes cannot see them. That’s when accidents can happen.

Urban Vision’s road safety team is working hard in local schools to get the Be Safe, Be Seen message across to children to keep them safe on the roads.

Sadly, in 2016, six children were seriously injured on our roads and 17 suffered slight injuries.

Road safety team leader Sarah Sparrow said:

- We ask the children if they visit friends, family, or go to after school clubs in the late afternoon or early evening. This helps the children to realise that the dark nights directly affect them and their daily lives.
- We choose a handful of the children’s coats, some of which are really dark and some which are brighter or have reflective strips.
- The lights go off and the children stand in the darkest corner of the classroom. We use a torch to represent car headlights and the children can clearly see who can and can’t be seen. We can then show them how to brighten up dark clothing, backs and backpacks with reflective snap bands, brighter coloured scarves, hats or gloves.

It’s very simple to Be Safe and Be Seen: It’s all about being bright – and it applies to everyone.

If you can, wear something bright – clothing that includes white stripes or white shoes.

You can buy reflective caps or bands or stickers to add to coats, or backpacks.

If you’re buying a new coat, look for one with reflective trims or material. Remember that fluorescent colours don’t show up in the dark.

If you can’t wear it, carry a bright bag, book or umbrella. Make sure the reflective material is facing the oncoming traffic so drivers can see it and you.
En route to solving problems

Personal safety while getting around the city can often be a worry for older residents and can even cause some people to lose confidence and stop going out.

But many of the smaller problems can be solved, with a little team work.

Urban Vision is working with three older people’s groups from John Atkinson Court sheltered housing in Weaste, Rialto Gardens in Higher Broughton and Pendlebury to talk about the issues they come up against in everyday travel.

Weaste residents were concerned about cars parking at the corner of the street. It restricted their view and made them very worried about crossing the road – and simple things like that can be enough to put older people off from going down to the shops or popping out to see family and friends, said Alex Bulmer.

We've solved that by putting double yellow lines on the road. It makes it safer for everyone to cross and has made a huge difference to older people's confidence. Elsewhere, we put in a new drop crossing for mobility scooter users and did a clean up of waste and flytipping in one area which older people said they found intimidating to walk past.

The residents we've spoken are really appreciative of our work to solve these problems.

Can you help?

Can you help older residents feel more confident about getting around?

Please avoid parking on pavements. It can mean people, particularly those with wheelchairs, mobility scooters or buggies having to go onto the road to get round, putting them in danger.

Please don’t drop litter or let waste pile up around bins. That benefits everyone!
Happy anniversary to Salford Primary Care Together!

Salford Primary Care Together recently celebrated its first anniversary.

The organisation, which is a Community Interest Company, was established in October 2016 by Salford’s GPs to help local people live healthier, happier and fulfilling lives.

Since then the organisation has launched a number of new services or initiatives to improve patients’ access to healthcare. These include the Salford Wide Extended Access Pilot and the Ordsall and Claremont Primary Care Diagnostic Unit, which gives patients quicker access to ECGs, heart monitoring and other health checks. The organisation recently partnered with Salford Royal to create a better solution for patients who come to accident and emergency with a primary care need.

Chief Executive Dr Neil Turton said: “We are delighted that residents in Salford are starting to benefit from GPs working more closely together and are experiencing improved access to services in their local area.”

You can find out more at www.sptogether.co.uk

Evening and weekend GP appointments for Eccles and Irlam

Medical Director and Eccles GP Dr Mhairi Yates said:

“We are delighted to bring weekend and evening appointments to Eccles and Irlam. The service launched in Swinton in August and is attracting really great feedback from patients.”

The Salford Wide Extended Access Pilot (SWEAP) is now live in the two areas and means that patients registered at GP practices in Eccles and Irlam can book appointments later in the evening Monday to Friday and Saturday and Sunday mornings. The appointments are booked via the patient’s own practice and take place at Eccles Gateway.

The pilot, led by Salford Primary Care Together, is already running in Swinton. The aim is that by spring 2018 all patients in Salford will be able to benefit from evening and weekend appointments in the area they live, most likely at their local Gateway Centre.

Which patients is this for?

Patients registered at the following Eccles and Irlam practices can access SWEAP appointments:

- St Andrew’s Medical Centre
- Salford Health Matters (The Ganvir Practice)
- Dr Singh and Partners
- Monton Medical Centre
- Springfield Medical Centre
- Mosslands Medical Practice
- Chapel Medical Centre
- Dr White and Partners
- Irlam Clinic
- Irlam Group Practice

This is in addition to the four Swinton practices:

- The Lakes Medical Practice
- Silverdale Medical Practice
- The Sides Medical Centre
- The Poplars Medical Centre
Simple technology helping older people after falls

Simple technology that helps gently lift older people after a fall is reducing paramedic call outs and hospital stays for older people living in City West’s extra care accommodation.

Mangar cushions are specially designed to support people into a safe lifting position after a fall so that they can then be gently lifted by trained staff. City West introduced the cushions into a number of its sheltered and extra care accommodation to reduce the number of times that they need to call paramedics. Statistics show that Salford has the second highest rate of hospital admissions caused by falls in the country, with 11,667 falls each year, substantially higher than the national average and the highest in Greater Manchester. One in three adults over the age of 65 living in Salford will fall each year. The NHS spends £15 million annually on fall-related injuries with a further £2 billion on hip fractures.

After struggling with falls, cuts, bruises and numerous stays in hospital in her previous home, Mrs Smith* moved into Bourke Gardens extra care scheme in Walkden in January 2017. She lives with Parkinson’s disease and is prone to falls as a result. Since moving in to her new home, Mrs Smith now has the support of trained staff who use the Mangar cushion to gently lift her from the floor into a safe position. The use of this technology has prevented a number of ambulance call outs and subsequent hospital stays for Mrs Smith. Prior to moving to the extra care scheme, she would be routinely admitted to hospital after a fall, often for several weeks.

Mrs Smith said: “I feel that moving into Bourke Gardens and the extra care scheme has meant I can live my life again without fear of falling when walking around my home. The support of the staff has helped me feel more independent and confident about life. The Mangar cushion has meant that when I do have a fall, I can be safely helped up, and don’t need to go to hospital. I used to be admitted to hospital a lot which was stressful, so moving here has taken a weight off my mind and my family.”

Over the last 12 months the Mangar cushion has been used 66 times, delivering an estimated saving of over £16,800 on paramedic visits.

*Not her real name
Improve your lives with digital

Salford City Council is set to help thousands of Salford residents improve their lives by providing digital training in the community and the launch of a brand new community website. It’s all part of the council’s Digital Everyone plan to make sure everyone gets the most out of digital technology.

Digital You

From job hunting, money saving and claiming benefits to reporting concerns, ordering prescriptions, researching bus timetables and keeping in touch with people, going online brings so many benefits.

But many people have never been online or don’t feel confident using computers.

So that’s why Salford City Council and Good Things Foundation, the UK’s leading digital and social inclusion organisation are working together to get 8,000 people online in the next two years.

Together they will reach out to people in the community - trusted faces in local places - helping them to become confident, capable and safe internet users. Plus they will build up a network of community centres to act as digital hubs where people can get support.

Good Things Foundation is looking for volunteer digital champions, residents who don’t need to be experts but have enthusiasm for the internet and technology. Getting involved will help the champions to develop new skills that’ll look great on their CV, meet new people and build confidence in their abilities.

Good Things Foundation is a charity which helps vulnerable and excluded people - everyone from older people who live alone and who have never used a computer to people who have no secure roof over their heads - to get online safely.

To get involved please contact Good Things Foundation on 0114 349 1666, email hello@goodthingsfoundation.org or visit www.goodthingsfoundation.org/join-salford-network

Coming soon!

Whether it’s local news, events, activities or services, you’ll find all this and more on the new community website – the first of its kind in the country.

There’s also a forums section to swap tips or get in touch with people with shared interests and a ‘sell, share, give’ section to pick up a bargain or sell unwanted items.

Local businesses can post discounts and offers to attract new customers.

There will be something for everyone on MyCity Salford which will be live soon.
The BBC Philharmonic’s Chief Guest Conductor, Grammy-nominated John Storgårds, kicks off February with an inspired and fascinating programme full of the brilliance of 20th century American classical music.

Joshua Ellicott joins the orchestra for the UK premiere of Lilacs from composer George Walker – the first African-American to win the Pulitzer Prize for Music for this very piece.

Classical meets jazz in Schuller’s tribute to the painter Paul Klee and echoes through Gershwin’s glorious Rhapsody in Blue, before the evening closes with the buoyant Sixth Symphony from Antheil – the self-proclaimed ‘bad boy of music’.

For this unmissable evening of American adventure, Salford residents can enjoy an exclusive ticket offer of £2 stalls tickets for Saturday 10 February. Numbers are limited so do book early.

Book online at www.bridgewater-hall.co.uk or phone The Bridgewater Hall on 0161 907 9000 and quote ‘SALFORD10’ when booking.

Visit www.bbc.co.uk/philharmonic to explore the rest of the orchestra’s 2017-18 season. As always, these concerts will be broadcast on BBC Radio 3 but this is music that demands to be seen, heard and felt in person.

For more news, find the BBC Philharmonic on Facebook, Twitter and Instagram.
Pendleton Sixth Form College, Salford College of Further Education and Eccles Sixth Form College launch their Centres of Excellence for A-level courses and vocational pathways.

**Pendleton**, a Centre of Academic Excellence, specialising in A-levels and vocational courses, recently launched their Centres of Excellence in Science and Performing Arts. The college has recently celebrated the success of one of their former students, Tom Glynn-Carney who took a starring role in this summer’s blockbuster film Dunkirk, as well as their successes in science at the national BTEC Awards.

**Salford College of Further Education**, which spans across three centres, FutureSkills @ MediaCityUK, Walkden and City Skills has launched its construction and engineering and hospitality and catering provisions. Both departments offer extensive work experience opportunities and have links with organisations and employers across their respective sectors.

**Eccles Sixth Form College** is renowned for its incredible animal facilities which were launched earlier this year. The college is now celebrating its outstanding sport provisions, including its football academy in association with the Manchester United Foundation.

To discover the pathway right for you, head to an open event on Saturday 25 November or see www.salfordcc.ac.uk
**Westwood and Alder Park Family Christmas Party**
Saturday 9th December, 2pm – 4pm
Westwood Park Community Centre, Grasmere Crescent, Winton, M30 8DQ
- Christmas crafts
- Party games • Buffet
Tickets are £1.50 per person and can be purchased from Westwood and Alder Park TARA.
Call 07534 320825

**Brookhouse Social Group Christmas Lunch**
Wednesday 13th December, From 2pm
Brookhouse Community Centre, Buckthorn Lane, Eccles, M30 7QH
- FREE EVENT
A three course Christmas lunch will be served with entertainment. Please note places are limited and booking is essential.
Contact Stephanie.williams@citywest.org.uk – 07860 916797

**Brookhouse Christmas Kids’ Party**
Saturday 16th December, 1pm – 3pm
Brookhouse Community Centre, Buckthorn Lane, Eccles, M30 7QH
- Christmas crafts and refreshments
- Party games • Entertainment
Tickets are £1.50 per person (includes refreshments) and must be purchased prior to the event from Brookhouse Community Association
Call Fiona 07505 356689

**Over 60s January Knees Up**
Monday 8th January, 5pm – 8pm
- FREE EVENT
Magdalene Centre, Catherine Street, Winton, M30 8JD
- Meal • Dancing • Entertainment
Booking is essential, please contact Westwood and Alder Park TARA on 07534 320825

**Brought to you by** City West Housing Trust, Brookhouse Community Association and Westwood & Alder Park Community Association.

/socialmediaweb www.citywesthousingtrust.org.uk
Why have a stairlift?

**Why not?** Why struggle with your stairs and feel limited in your own home, when a stairlift can give you back your freedom?

Our range of stairlifts is designed to be easy to use, and all incorporate the very best in design, engineering, and safety features.

*Ableworld* don’t employ salesmen; your stairlift will be measured and quoted for by an experienced, in-house engineer, who will oversee everything from an initial FREE visit, through to final installation, leaving your house clean, tidy and more accessible than ever before.

Like many of our other customers, you’ll wonder why you hadn’t chosen a *Ableworld* stairlift sooner.

- Straight lifts often fitted next day*
- Stairlifts fit to the stairs, not the wall - no building work needed
- Battery operated from simple wall socket connection - low running costs
- Affordable, installed quickly and built to last

**Key stairlift features to look for**

- Easy to use controls, for weak or arthritic hands and wrists
- Digital readout display, to show the status of the stairlift and to identify faults
- Safety sensors to detect obstructions and bring the lift safely to a halt
- A locking swivel seat, to ensure easy and safe sitting and rising movements

*Ableworld* are proud to offer

- 3 years’ parts and 1 years’ labour warranty on new lifts.
- A 24 hour, 7 day a week helpline, where you can speak direct to an engineer regarding any faults or problems.
- DBS checked staff, for safety and peace of mind for our clients.
- A range of rental stairlifts for short term requirements*

*Next day fitting and rental lifts are subject to availability.

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**Further details on all of our stores can be found on:**

[www.ableworld.co.uk](http://www.ableworld.co.uk)