

Miles Platting spotlight



Spring 2026 - Issue 74

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This document is available in other languages,
larger text, braille and on audio cd



LOVELL

MANCHESTER
CITY COUNCIL



Welcome

If you are new to the area – welcome! This is your quarterly Spring Newsletter.

I'm your Neighbourhood Engagement Officer, Steven. Please see introduction below! I'll be working with residents on local projects and events. If you have any questions or ideas for a project – we would be happy to hear from you.

Contact Us...

If you'd like to get in touch about anything related to Spotlight, contact Steven by email at: steven.delahunt@jigsawhomes.org.uk

Let's Get Social

Why not like our Facebook page for regular updates of community news:



We post all of our upcoming projects and events here so keep your eye out!

Introducing Our New Neighbourhood Engagement Officer!

Hi I'm Steven, I've worked for Jigsaw for 10 years in the Prevention Alliance service Stockport in a variety of roles, including Key Worker, Community Connector and Deputy Team



Manager. I'm passionate about people and communities, and I love bringing individuals together, creating opportunities and helping to reduce social isolation. For me, the best part of the job is seeing confidence grow, friendships form and communities thrive.

One of my proudest moments was coaching SPARC FC a football group for men with

enduring mental health issues to the People's FA Cup final at St Georges Park, a competition that brings people together from all walks of life in small-sided football and celebrates inclusion and participation.

Outside of work, life is busy and fun! Most of my time is spent chauffeuring my children to football matches and training sessions. When I'm not on the sidelines, I enjoy playing football myself, throwing a few darts on the Manchester log end board, trail running with my dog Hugo, attending gigs, and generally proving that I'm still happily stuck in the 90s.

I'll look forward to joining the Miles Platting community in early March and hope to meet many of you at a project or community event soon!

Grocer Re-Launch

The Community Grocers closed for a couple of weeks in January/early Feb so that a deep clean could take place. We also added new furniture, a lot of new stock and installed artwork by Fiona Smith (Community Arts) and Debbie Cunliffe (Source Unknown).

Fiona worked with Key stage 2 children at KS2 children at Park View primary school to create the artwork and then worked alongside Debbie to bring the children's ideas to life. The banners and bunting have transformed the space, making the room bright and welcoming!

22 people attended the re-launch on the 12th Feb and received a free shop. Please come along and see it for yourself! Have a chat with a Jigsaw member of staff during your visit for more information about shopping at the Grocers or becoming a volunteer! Or email NeighbourhoodEngagement@jigsawhomes.org.uk for more information.



THINKING OF VOLUNTEERING? WANT TO FIND OUT MORE?

Miles Platting Community Grocer

Queensbury Court, Wardle Street, Miles Platting M40 7DD.



We are looking for volunteers to work alongside Jigsaw staff and existing volunteers to help at the Miles Platting Community Grocers on a Thursday.

As a volunteer you can:

- Improve your CV
- Take part in training
- Learn new transferrable skills
- Meet new people
- Assist in a project that supports the community
- Help to reduce food waste
- Gain knowledge & work experience

For more information, please contact:

Vikki.Fitzpatrick@jigsawhomes.org.uk

T: 07708 835 624

www.milesplatting.co.uk



Miles Platting Community Grocer

Queensbury Court, Wardle Street, Miles Platting, M40 7DD.



OPEN WEEKLY, EVERY THURSDAY!

From 12:00pm-2:00pm.

FREE TEA, COFFEE and TOAST included!

Cost of the shopping is £4.00

For more information, please contact:

Vikki.Fitzpatrick@jigsawhomes.org.uk

T: 07708 835 624

www.milesplatting.co.uk



*Please note: Items purchased at this community grocers are done so on a personal choice basis. The shopper picks the items that they want, no food bags are pre-filled.

Health and Well-being Week 16th – 22nd March 2026

Get ready for a week of fun, movement, and feelgood activities to celebrate health, wellbeing, and community spirit! Come and try a new activity or attend one of the community events to make new connections and get moving. Look out for local press for the full list of activities.

EXERCISE WITH OTHERS

St Georges Youth and Community Centre provides fun, welcoming exercise classes in a safe, non-judgemental environment.



Not only good for improving your physical health, the sessions are also fun and can be a great way to make new friends - participants often meet socially outside of class, travel together, and support one another beyond the sessions themselves.

Why not try one of their classes as part of health week?

If you are interested in joining or would like to find out more, please contact Cath on: **0161 834 9368** or email: **info@stgeorgescollyhurst.co.uk**

WALK WITH OTHERS

Walking Mum's Club is looking for mums to come together to walk, build new friendships, support each other and share stories and learning.

Meets outside Miles Platting Sure Start Centre at 10am every Thursday (next to the school, Holland St, M40 7DA).

Contact Becca via email:
walkingmumsclub@gmail.com

"I love that Thursday mornings have become a part of my week to enjoy the outdoors and it's been a really great way of meeting some incredible mums too!"



Sure Start Centres support children, and their families, up to the age of 5. The centre provides a full range of services from play sessions and baby yoga to antenatal and postnatal drop-in sessions, parenting courses and sensory rooms. All the services and classes provided

Tuesday Wellness Walkers sessions are adapted to meet the needs and paces of all. This is a lovely interactive group where members like to share their experiences and stories of living in Manchester. The group walk together for approximately an hour or more, followed by a lunch at St Georges Youth and Community Centre.

Meet at St George's Youth and Community Centre every Tuesday morning (Bothwell Road, Collyhurst, M40 7NY),

If you are interested in joining or would like to find out more, please contact Cath on: **0161 834 9368** or email: **info@stgeorgescollyhurst.co.uk**

CREATE WITH OTHERS

BRICK-BASED BRAINS - a new group for men to build, connect and belong.

As part of health week, we are trialling a session to bring men together in a relaxed, friendly space to enjoy building challenges - a great opportunity to connect with other people in the neighbourhood, enjoy a shared sense of purpose, stimulate the brain and have fun.

The session will be held as part of the Health and Cost of Living event on Weds March 18th at the Church of the Apostles (Ridgway Street, M40 7FY), 11.30 to 4pm.

Come along and get involved! For more information contact Kitty on **07739370690** or email: **Creativeconfidence@gmail.com**



Please join us to celebrate Health and Wellbeing week at Victoria Mill Community Centre, Lower Vickers Street, Miles Platting, M40 7LJ

Tuesday 17th March

12 - 12.45pm - Yoga
1pm-2pm - Sound Bath

Wednesday 18th March

10am- 10.45 - Yoga
11am-12pm - Meditation and Breath session

Session are FREE

Contact Steven at Jigsaw to book your place now! **07827360498**

Baby Bees Mum & Baby group

Our mum and baby group is a relaxed group for mums and babies aged 0-10 months. Come along to meet other local mums, share tips and tricks, socialise or just get out for a change of scenery. It's ok if your baby is being fussy, feeding or napping, please still come along and join us.

Our group is free to attend and refreshments are provided. Every Monday (except bank holidays) 10.30am – 12pm at Miles Platting Community Library.

If you have any queries, please contact Steven on **07827360498** or **NeighbourhoodEngagement@jigsawhomes.org.uk**



Tiny Tots & Toddler Time

Date: Every Thursday
(excl. school holidays)

Time: 1.15pm

Location: Miles Platting Community Library, located in Victoria Mill Park

Address: Lower Vickers Street,
Miles Platting, M40 7LJ



Community Garden

There are a number of community gardens to get involved with in Miles Platting, just reach out to see how you could be involved.

Whether you want to dig in, learn, or simply enjoy the fresh air, you're always welcome at Chippenham Community Garden - **Contact Sal on 07805901752**

Contact Steven on 07827360498
or by emailing

**NeighbourhoodEngagement@
jigsawhomes.org.uk**

to get involved with Holland Street
Community Garden.

Find out more about Ridgeway
Community Garden at Church of the
Apostles.

Community Library

The library's opening hours are:

Tuesday 10am – 5pm

Thursday 1pm – 7pm

Saturday 10am – 1pm

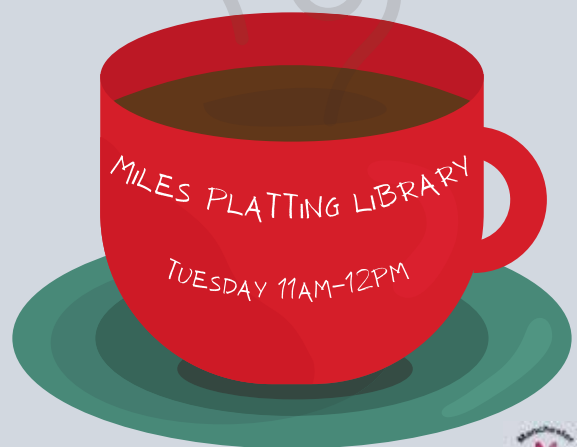
The library are offering a warm space and a cuppa during opening hours.

You can also go to the library during their opening hours to ask for parking permit advice.



Fancy a Brew?

JOIN US FOR A DRINK AND A CHAT AT OUR
WEEKLY DROP-IN FOR OLDER PEOPLE



 MANCHESTER
CITY COUNCIL



Newton Heath and Miles Platting Cost of Living and Health Event



- **FREE** delicious hot food
- **FREE** health checks
- Fun activities
- Talk to services, access support

March

18

Gain advice about how to stay warm and lower your energy bills, manage your money, talk to Housing Officers and other local services.

Lots of organisations are involved, including: Manchester Carers, Black Heath Agency, Manchester City Council, Be Well, Jigsaw Homes, YES Manchester, Brick Based Brains, MENTELL and Books to go.



**Church of the Apostles, Ridgeway Street,
Miles Platting, M40 7FY**



**Wednesday 18th March, 2026
Drop in between 11.30am and 4.30pm**

Health & Wellbeing

Wellbeing and Tenancy Support

Jigsaw Support provides Wellbeing and Tenancy support for Jigsaw tenants, to help our customers live a fulfilled life. This support is tailored to individual needs and can include building resilience, confidence and providing support to reduce and manage anxiety and stress.

We also provide support to help people understand their tenancy, set up of bills, utilities and payment plans, budget advice and to put you in touch with other agencies and wider community groups for further advice and support.

Here is what our customers said:

"Your support to overcome barriers has changed my life. I would like to say a very big thank you for all the support and helping me see there are positives in my life and that I can do things out of my comfort zone. I would recommend this service if anyone asked me because it is a life changer all for the good."

"My support worker went above and beyond to reassure me and support me."

"My support worker was outstanding. Kind, easy to talk to, understanding. She went above and beyond her job title and I will be forever truly grateful for her support. She listened to me when I was at my lowest point and gave excellent advice. The support I got is the best I've had from everyone since my trauma, and I will never ever forget the Angel you sent me."

To find out more or to access the service, please speak to your housing officer.



Bike Loan Library

Date: Last Saturday of every month

Time: 10am - 1pm

Location: Miles Platting Community Library, located in Victoria Mill Park

Address: Lower Vickers Street, Miles Platting, M40 7LJ



Winstanley Day Nursery

Nurturing Wellbeing for New Mums and Expectant Parents at WMB Winstanley



1. PRIORITISING YOUR WELLBEING AS A NEW OR EXPECTANT MUM

Ever wonder how to care for yourself while caring for a newborn?

Becoming a parent whether you're expecting your baby or navigating the early months of motherhood is a beautiful journey, but it can also feel overwhelming at times. At WMB Winstanley Day Nursery, we believe that caring for children starts with caring for parents too. Your wellbeing matters, and taking time for yourself is not a luxury, it's essential.

This season, we want to shine a gentle light on ways new mums and pregnant women can nurture their physical health, emotional wellbeing, and connection with their babies.

Pregnancy and early motherhood bring huge changes to your body and mind. Hormonal shifts, interrupted sleep, and adjusting to a new routine can leave you feeling tired or emotionally stretched. Simple, mindful activities can make a powerful difference.

Gentle movement, breathing exercises, and moments of calm can help:

- Reduce stress and anxiety
- Improve posture, flexibility, and strength
- Support better sleep and energy levels
- Encourage emotional bonding with your baby

The Benefits of Yoga for Mums and Babies

Yoga is a wonderful way to support wellbeing during pregnancy and beyond. Prenatal and postnatal yoga focuses on gentle stretches, breathing, and relaxation, helping mums reconnect with their bodies in a safe and supportive way.

Yoga with babies also creates a beautiful, shared experience. Babies enjoy the closeness, soothing movements, and sensory stimulation, while parents benefit from:

- Strengthening the parent–baby bond
- Building confidence in handling and responding to their baby
- Connecting with other parents in a relaxed, welcoming space

At WMB Winstanley, we have already enjoyed hosting yoga sessions with babies and parents/carers, and the feedback has been incredibly positive. These sessions offer a calm, joyful environment where everyone feels supported and included.

Simple Wellbeing Activities to Try at Home

Alongside yoga sessions, there are small practices you can enjoy at home:

- Gentle stretches or breathing exercises while your baby rests nearby
- Singing or soft music during quiet bonding time

- Short walks outdoors to boost mood and energy
- Taking moments of mindfulness — even a few minutes can help

Remember, self-care doesn't need to be perfect or time-consuming. Even small steps count.

2. SNEAK PEEK: YOGA AT WMB WINSTANLEY DAY NURSERY

As part of our Stay and Play sessions, we've been running yoga classes with parents and babies, and they've been a wonderful success!

These sessions give parents a chance to stretch, breathe, and relax while their little ones enjoy gentle movement and sensory engagement.

It's a beautiful way to connect, unwind, and share quality time together in a supportive, friendly environment.



3. WHAT'S NEW AT WMB WINSTANLEY: YOGA SESSIONS

We're excited to introduce new yoga sessions for parents/carers and babies,

running twice a month on Fridays at WMB Winstanley from 11am to 12 noon.

These sessions are designed to be gentle, inclusive, and suitable for all experience levels whether you're completely new to yoga or returning after pregnancy.

- Friendly, supportive environment
- Baby-led and parent-focused
- A chance to relax, move, and connect

****Spaces are limited, so we recommend booking a free slot in advance.****

If you'd like to join us or find out more, please contact our team, we'd love to welcome you and your little one.

At WMB Winstanley Day Nursery, we're proud to support not just children, but the whole family. You're never alone on this journey, and together we can create moments of calm, connection, and wellbeing for you and your baby.

4. SHARE THE LOVE – OUR REFERRAL REWARD PROGRAMME

See the link to access our Referral Program with a 100% Winning Guarantee! - <https://wmbchildcare.co.uk/refer-a-parent/>

We believe great things are even better when shared!

Families who refer a new child to WMB Winstanley will receive a special referral bonus, and the referred child will enjoy two free sessions as a warm welcome to our nursery family. It's our way of saying thank you for spreading the word and helping us grow our caring, supportive community.

FROM ALL OF US AT WMB WINSTANLEY DAY NURSERY — THANK YOU FOR BEING PART OF OUR WONDERFUL FAMILY.



REFER A PARENT

Everyone Wins!

Share the **GIFT OF CHILDCARE**
enjoy rewards together.

YOU GET: £10
THEY GET
2 FREE SESSIONS

REFER TODAY!

It's simple – ask the parent to scan the **QR code**, fill out their and their child's details, add your name as the referrer, and submit the form. Both of you benefit!

TERMS & CONDITIONS

Referral reward is issued once the new parent completes registration.
Free sessions must be used within the first month of enrolment.
No limits – refer as many parents as you wish!



-  **1 Tell a Parent**
Hand this leaflet to another parent
-  **2 They Enroll**
They register their child with WMB Childcare
-  **3 You Earn**
You get £10 Credit,
They get 2 Free Sessions

www.wmbchildcare.co.uk

St Anne's RC Primary School



"Growing and learning together through faith, love and care."

- ✓ A welcoming Catholic school at the heart of our Ancoats community
- ✓ Now accepting new admissions with immediate start!
- ✓ Places now available in selected year groups
- ✓ Free full-time Nursery places available for September 2026

At St Anne's RC Primary School, we are proud to be a loving, faith-filled school where every child is cherished, nurtured, and inspired to shine. Our mission goes beyond education — we are a family rooted in faith, love, and community, caring deeply for every pupil and every family, both inside and outside our school gates.

Join our dedicated family of learners where children develop not only academically, but spiritually and morally — guided by Gospel values and a deep sense of belonging.

Our committed staff, supportive parish links, and inclusive learning environment make St Anne's a special place where all are truly welcome. Together, we are shaping bright futures, full of kindness, confidence, and faith.

Call us today: **0161 273 2417**

Email: **admin@st-annes-pri.manchester.sch.uk**

Visit us to see the difference a truly caring Catholic school can make.

St Anne's RC Primary School, Ancoats, M4 7EQ

St Anne's RC Primary School – A community built on faith, love, and opportunity.

Swap to Stop



Manchester is taking part in a scheme to help adult smokers stop smoking by giving out free vaping starter kit and liquids to people who want to quit. It's called Swap to Stop. Many people smoke tobacco products such as cigarettes, shisha or other forms of tobacco. We know it can help some people relax and that it can be hard to quit, but over half of smokers will die from their addiction. Did you know that there are other products that can still help you relax, provide the nicotine you're craving and help you quit tobacco? It is the tobacco, not the nicotine which kills. If a vape isn't for you, we have other free medicines for you to try. We want to help you. The government wants to support smokers to stop - for their sake, the good of the people smokers live with and our NHS. Swap to Stop is part of Be Smoke Free Manchester. Swap to Stop is for people aged 18+ but Be Smoke Free can support anyone aged 12+.

To take up this offer or more information, contact: **Email: SwapToStopBSF@cgl.org.uk**

Website: changegrowlive.org/be-smoke-free Telephone: 0161 399 2946

Recycle your vapes: E-cigarettes and vaping device waste should be taken to the recycling centre, where the batteries can be disposed of in the battery container.

recycleforgreatermanchester.com

Jigsaw Rewards – Where Your Voice Has Value!

WHAT IS JIGSAW REWARDS?

Jigsaw Rewards is our tenant engagement programme designed to give you a voice in shaping the services provided by Jigsaw Homes. By joining, you'll have the chance to share your views, influence real decisions and help Jigsaw Homes Group improve its services – all while being rewarded for your time.

HOW DOES IT WORK?

Take part in surveys and online activities to earn points. These points can be exchanged for high street vouchers or credited to your rent account.

HOW CAN I SIGN-UP?

Registration is quick and easy – it takes less than 60 seconds! All you need is your surname and pay reference.

Sign up here - <https://rewards.jigsawhomes.org.uk/>

WHO CAN SIGN-UP!

Are you a Jigsaw Homes tenant? If yes, then you are eligible to sign up to Jigsaw Rewards and start completing activities and start earning points!

WHERE CAN I SPEND POINTS?

You can convert your points to rewards, in the form of high street voucher, supermarket vouchers, online retailers, rent credits and even nights out!

Below is a list of vouchers:

- Amazon
- Supermarket Vouchers (Aldi, Asda, Morrisons, Sainsburys & Tesco)
- High Street Vouchers (Love2Shop)

HOW MUCH CAN I EARN?

The more you use your account and the more activities you complete the more points you will earn. Mr G from Lancashire has amassed over £300 worth of vouchers since registering.

Starting October 2025, we are rolling out our Quarterly Giveaways! Every three months one lucky member will win £100 and at the end of the financial year one member will win £500! Completing a survey or activity will enter you into the draw for each giveaway, therefore the more you use the service the more chance you have to win!

WHO CAN I SPEAK TO ABOUT JIGSAW REWARDS?

If you have any questions or query you want to ask about Jigsaw Rewards you can contact us:

Email: jigsawrewards@jigsawhomes.org.uk

Telephone: 0300 111 1133



Jigsaw Foundation Project

Social Super Market - This group has been successful in applying for funding through the Jigsaw Foundation and in 2025/26 were awarded a grant of £5,000 to enable the group to continue to support the community.

The Social Super Market is a pilot project to help local Miles Platting residents reduce the cost of their weekly food shop and help prevent food waste.

It costs £5 to sign up (which includes the price of your first shop), then it is just £4 each time you shop. You can come twice a week- as long as it is not on consecutive days.

You can pay by cash or card- or set up a regular pre-payment via PayPal. You can even 'Pay it Forward' if you feel able to and help cover the cost of someone else's shop.

Your £4 allows you to choose from a large variety of items including groceries, fresh fruit, and vegetables, plus all the usual store

cupboard favourites- just like going to the supermarket! One shop is usually worth between £30-£50.

Other than being a local resident (no more than 20 minutes' walk away), there no other criteria for joining the Social Super Market.

The Social Super Market is based at Parish Church of the Apostles, Ridgway Street, M40 7FY.

If you would like to become a member and do your first shop, just pop in during the opening times to fill in a membership form.

Wednesday: 12pm-7pm

Friday: 12pm-4pm

Saturday: 12pm-2pm

**JOIN JIGSAW
REWARDS TODAY**



Money Advice

Energy support

For people struggling to pay energy bills or top up prepayment meters, they may be able to get help through grants or benefits. More information can be found on the Citizens Advice website here - <https://www.citizensadvice.org.uk/consumer/energy/energy-supply/get-help-paying-your-bills/grants-and-benefits-to-help-you-pay-your-energy-bills/#h-check-if-you-can-get-a-fuel-voucher>

The Fuel Bank Foundation provides advice for people who are struggling to top up their prepayment meters. This includes advice on energy-saving measures, budget cooking and where to get help.

<https://www.fuelbankfoundation.org/>

Jigsaw Homes also offer free energy advice if you are struggling to warm your homes. Contact NeighbourhoodEngagement@jigsawhomes.org.uk for more information.

Is your house too much to manage?

We have lots of smaller properties that are easier to live in and could suit you better – and the bills will cost less.

If you'd like to be kept up to date with what becomes available, scan the QR code or visit homes.manchestermove.co.uk/rightsizing



If you've ever wondered about moving home as you get older, we can help you find the right fit.

We help social housing tenants across Manchester to find homes that feel right for them. Our service is called 'rightsizing'.

**It's free
and there's no
commitment**

Cash incentive

If you live alone or with a partner and have spare rooms in your family home, we can offer a cash incentive of £2,500 after you have moved to spend on whatever you like.

It's free, and there's no commitment – just the chance to get expert advice on what's available.

Making the move that feels right for you

There are lots of reasons people think about moving: being closer to family or friends, reducing household bills, having a place that's easier to clean, or finding somewhere that's all on one level so things are easier as they get older.

To find out more, get in touch with us by visiting homes.manchestermove.co.uk/rightsizing or call **0333 900 9032**.





**MAKING
MANCHESTER
FAIRER**



manchester.gov.uk/helpinghands

Need help with your finances?

You may qualify for help through Discretionary Housing and council tax payments.

In a financial crisis, you can apply for fuel and cash grants.

manchester.gov.uk/financialsupport

Run out of data?

Use the free Wi-Fi in your local library.

To find out more, text **07860 064128** or visit letsgetdigitalmanchester.com

Have you used the benefits checker?

Make sure you're getting everything you're entitled to.

Find out more: gov.uk/check-benefitsfinancial-support

Mental health support

You're not alone if you need support.

People aged 11–25 years:
www.kooth.com

If you need immediate support, contact:

Shout 24/7 Text: 85258

Samaritans Tel: 116 123

Email: jo@samaritans.org

In an emergency, call 999.

Measles cases are increasing in the UK.

Two doses of the MMR jab give lifelong protection against measles.

Unsure if your MMR jabs are up to date?

Contact your GP for a catch-up appointment.

Citizens Advice are here to help.

We offer free confidential, impartial and independent advice on many subjects.

0808 278 7800

citizensadvicemanchester.org.uk

Food for thought!

Local food banks and community grocers can help you put food on your table.

manchester.gov.uk/helpinghands

Free travel around Manchester.

Free city centre bus service:
tfgm.com/public-transport/bus/free-bus

Discounted and free travel:
tfgm.com/tickets-and-passes

Call Manchester's free Cost-of-Living Advice Line

0800 023 2692

Lines are open Monday to Friday
9am–4.30pm

Text us on **07860 022876**

manchester.gov.uk/coladvice



Advice Line for Cost of Living Crisis Support

To support Manchester residents through the cost-of-living crisis, Manchester City Council have an advice line that offers:

1. Support with benefits and help with your rent (this is an existing offer made available through the contact centre)
2. Advice about debt and paying bills (this will be done in conjunction with Citizen Advice Manchester)
3. Food support (residents will receive a call back to understand their needs and connected into a local food offer)
4. Support getting online (residents will be linked in with the Council's digital inclusion team)

Open 9am to 4.30pm, Monday to Friday.

Phone free 0800 023 2692.

The person you speak to will have access to language line for residents whose first language is not English. Sign Video will also be available.

You can Fill in the Request Cost of Living Advice form to get online support.

Look on manchester.gov.uk/helpinghands for advice on the cost of living crisis.

Cost of Living Local Help

If you are struggling to pay your water bill you can contact **United Utilities** so they are aware and can offer support.

If you are claiming Universal Credit, Pension Credit, or some other benefits you may be able to access social tariffs for cheaper broadband and phone packages. Find out more on the **Ofgem** website.

Greater Manchester Poverty Action (GMPA) provides a map of foodbanks, furniture repairs and advice centres in Manchester.

Streetsupport provides further details of support available across Greater Manchester for people in poverty and experiencing homelessness.

You can apply to the **local welfare assistance scheme in Manchester**, which may provide help with furniture or energy payments.

Mustard Tree and **Wesley Community Furniture** offer help with affordable furniture.

These links were recommended by Manchester Mind, for anyone who wants support.

Citizens Advice

Citizens Advice Manchester offers free, confidential, impartial and independent advice and information on a wide range of subjects. Find out more on the Citizens Advice website.

Free SIM cards with internet access

Any Manchester resident (over the age of 18) who is on a low income and struggling to pay for internet access can now get a free SIM loaded with free data.

SIMs come with free internet access for up to 6 months!

All you have to do is pop into your local library and ask for help.



Lets Get Digital

As the cost of living crisis continues, the MCC Digital Inclusion team want to share the support they can offer to residents who are struggling.

From cheap laptops and PCs to free WiFi and smartphones, they can get the kit and data that residents need to get online and for those who need to boost their digital skills, there are many locations across the city offering free classes and drop ins.

They also offer free telephone support to people who have internet access at home, but don't have the skills or confidence to use it effectively. To access this free support,

Text: 07860 064128 or
Email: digitalinclusion@manchester.gov.uk

Digital exclusion is far more likely to affect those on low incomes, can cost households up to £560 per year from the missed savings of shopping and paying bills online, and will negatively affect earnings. People with higher digital skills earn 3-10% more than those with low skills, make greater savings online and can access public services more easily. They believe that digital inclusion is an essential part of the response to the cost-of-living crisis. Please get in touch or see our website to find out more:

www.letsgetdigitalmanchester.com

Manchester MIND

Their **Food For All Team** offer support for those experiencing food poverty and mental health problems. You can also access support from an Advice Worker at these sessions.

Max Your Money

The Growth Company launched this initiative to support GM residents with the cost of living crisis. **Max Your Money** allows residents to easily understand what services they offer which can help them maximise their income whether it is finding employment, securing an additional job, gaining new skills to secure a better job or accessing support to develop their business.

They are working with a partner network which includes Citizen's Advice, Trussell Trust & GM Poverty Action who will promote their offer to their customers, many of whom are accessing advice services for the first time.

United Utilities

United Utilities is offering online debt support service to everyone in the North West amid ongoing cost of living crisis. You can visit their **Hardship Hub** to find out more about the support available for you.



Jigsaw Support Can Help You Find Employment

Jigsaw Support's Employability & Support Team works with residents (not just Jigsaw tenants) who need help to move closer to finding work. Through several projects, we've supported 957 individuals over the past year, with many progressing into training courses, job searching, and employment.

In Miles Platting, we are currently delivering Foundations Manchester, a short-term pilot project providing personalised employability support in partnership with the Yes Centre. So far, we have supported 47 residents who are out of work to help them move forward with their lives.

What does Foundations Manchester do?

Our offer is flexible and shaped around individual need. Support includes:

- Group and 1:1 coaching to build confidence, motivation, and job readiness.
- Training and employability sessions, including CV creation, job search support, help with job applications, and skills development.
- Access to sector-specific courses, such as CSCS courses delivered through our specialist partners Skills Construction People.
- Physiotherapy for those with physical health needs looking to progress into suitable employment in the future.
- Wellbeing support through specialist partners Pathways to help address stress, anxiety, or low confidence.

Foundations Manchester can offer personalised employability and wellbeing support to residents in Miles Platting. After

this date, a review of outcomes and future funding will determine the next phase of delivery.

Edith*

Edith referred herself after recognising she needed support to overcome several barriers that were preventing her from moving forward. She created a personalised action plan with her Employability Navigators including goals around her health needs, confidence levels, and desire to work.

With support, Edith has so far registered with a GP to address her health needs, created a CV, and explored suitable job options matched to her skills and interests. Her English is improving through an ESOL course, and her confidence is growing through support from YES Manchester. Edith is now feeling more positive about her future as she continues to progress towards paid employment.

*Name changed for confidentiality.

Jigsaw tenants can access person-centred support from our Employability Keyworkers at any time. Referrals can be made using this employability online referral form, or by contacting us via Motiv8@jigsawhomes.org or call 0161 331 2048.





Department for Work & Pensions



Need support to get back on track?

Motiv8 can help

Motiv8 provides one-to-one support to help people in Miles Platting overcome barriers to employment.

We can help if you

- Are aged over 18
- Are not in education, training or employment
- Have multiple support need

A life saver!
 "Motiv8 has been literally life saving.
 Having you in my corner has made everything a lot less daunting, so thank you for doing an amazing job and actually caring."

Your support needs might include:

- Mental health issues including self-harming and/or suicidal thoughts
- Physical health issues or disabilities
- Substance misuse or addictions (including gambling)
- Homelessness or housing issues
- Debt or financial hardship
- Domestic abuse
- Current or historic criminal offences
- Social isolation or loneliness
- Or other barriers preventing you from moving forward



0161 331 2048



support.jigsawhomes.org.uk/motiv8-gm



motiv8@jigsawhomes.org.uk

Referrals into Motiv8 can be made to Jigsaw or through your Jobcentre Plus Advisor



Motiv8 is funded by Jigsaw Support and Department for Work and Pensions

Volunteer Centre Manchester

Looking to Volunteer? Pop into our Drop-In!

Our new Volunteering Drop-In is open and ready to welcome you! Whether you're new to volunteering or just exploring your options, come along for tea, biscuits and a chat with the friendly team from the Volunteer Centre.

We'll take time to get to know you and what you're looking for, then help match you with volunteering opportunities that suit your interests and goals. We can even sign you up there and then!

Need a bit of extra support to get started? No problem—we're here to help, and you're welcome to return over multiple weeks for ongoing support with applications until you've found the perfect role.

When and where?

Every 2nd and 4th Tuesday of the month

10am – 3pm

Manchester Central Library, St Peter's Square,
M2 5PD

No need to book—just drop in!

Contact us

0161 830 4770

info@volunteercentremanchester.co.uk

www.volunteercentremanchester.co.uk

Instagram: @VolunteerCentreMCR

Facebook: /VolunteerCentreManchester



Looking for a new opportunity?



Yes Manchester is a local charity, providing free one-to-one support for anyone that's looking for work or training.

What we do?

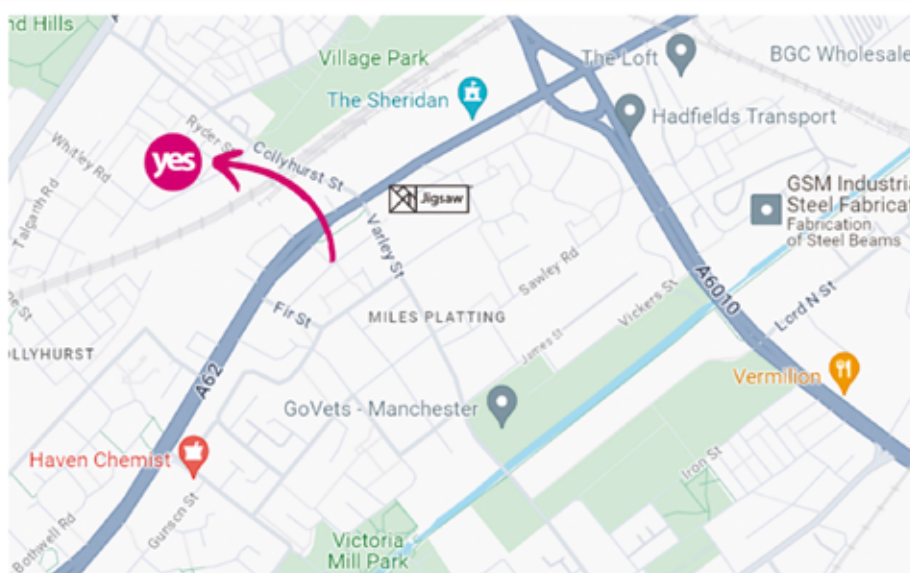
- One-to-one appointments
- Information, advice, and guidance
- Interview skills & job application support
- Computer access & digital skills
- Volunteering opportunities
- Citizens Advice drop in sessions (every Tuesday from 10.30am to 1.00pm)

Scan here for website



Where to find us?

Yes Collyhurst: 35-39 Southchurch Parade, Collyhurst, M40 7GE
Open 9.30am to 4.00pm, every Monday & Tuesday.



How to book an appointment?

Contact our team today by phone or email:



0161 260 1600



yesinfo@yesmanchester.co.uk

Recycling

Keeping Your Community Clean

Bulky Rubbish

You can have 3 items per year removed FREE by Manchester City Council. You can book a pick-up online at **Manchester.gov.uk** or by ringing **0161 2345 004** (if you wait through the recorded message it does go through to the department).

You can take bulky rubbish to the **tip in Newton Heath**. The address is **Reliance Street Recycling Centre, Reliance Street, Newton Heath, M40 3EZ**.

Garden Waste

You can use a **green** waste bin to get rid of garden waste and food waste. If you do not have a green bin you can request a **free** bin using the website or telephone number above. You can also request a small green bin and biodegradable bags for kitchen food waste.

Overflowing Bins

You can reduce the amount of rubbish by recycling efficiently. If you crush cans and plastic bottles they take up less room. If you find you are filling the recycling bins you can have extra or bigger blue, brown and green bins. You can use the website or phone to request these bins. These bins are free but you have to pay for new grey bins.

If you place the wrong items in the bins they may not get collected. Ensure you do not put plastic bags, plastic food trays, plastic cling film or toys in any of the recycling bins. These should all go in the **grey** bin.

Paper and cardboard only in the blue bin.

Cans, plastic bottles and glass bottles and jars in the brown bin.

If you are a household of 6 or more people you can ask for a family size grey bin.



Pat's Gardening Corner

For many people, this is the most exciting time of the gardening year. Out go the darker and colder days of winter and in come light, warmth and most importantly – the promise.

But what is 'the promise'? It's that feeling and excitement about the season ahead. Whether you're growing plants on your windowsill or planting shrubs in a border you know there are leaves, flowers and joy still to come. The promise is that eternally optimistic part of the brain that makes you believe your lawn will be the best yet; the roses will look the healthiest ever; the wildflowers will attract the most amount of wildlife; your houseplants will have the glossiest and shiniest of leaves.

Whatever your take on gardening – and no matter the size of your plot – it's the promise of what will grow and thrive that keeps us all gardening. It's what makes gardeners happy ...the hope that this year our garden will look its best yet, makes us the happiest and gives us a chance to try something new

There are times when it's hard to get the energy and motivation to get outside, even when the sun is shining.

A dose of fresh air can really do wonders. It can help us feel calm, refreshed and relaxed. Even on a rainy spring day, putting on wellies and a raincoat and walking in puddles can remind us of the joy in the simplest of activities.

It is a good idea to make a habit of getting outside a few times a week. This doesn't need to be a huge event each time. You could try:

- A short walk in your local area
- A visit to a nearby park or green space
- Doing some spring gardening tasks
- Simply standing in the garden for a few minutes, if you have one, and appreciating

your surroundings. You could bring a cup of tea out with you!

- Filling the bird feeders, then pausing for a little longer outside to listen to spring sounds
- Be kind to yourself as you make time for nature. Know that however long you spend outside, from a few minutes to several hours, can have wellbeing benefits.

A couple of jobs for this month

1. Jet wash pathways and garden furniture ready for the summer months
2. Plant primulas, polyanthus, pansies, pots of dwarf irises and miniature daffs – they are all hardy enough to be outdoors now. But be sure to keep them moist and shelter them from drying winds.
3. Clear corners and gulleys of any remaining fallen leaves and garden debris that has built up over the winter months
4. If you have not thought about cutting your lawn, best do so now. Put the mower on a high cut for the first few cuts, gradually lowering the height as the grass grows more vigorously. Think about a spring feed if it is looking peaky.
5. If you get on top of weeds now, while the beds are still empty, you will be ahead for the rest of the year!
6. Wash out any bird feeders, let them dry thoroughly and re-fill with tasty bird food. Spring is a busy time in the garden for birds.

A Couple Of Questions From The Mail Bag

Q. A couple of my garden pots were cracked by the hard frost during the cold months so I will have to replace them before summer arrives, how can I avoid this happening next winter?

A. When you buy your new pots first check they are frost proof, a lot of them aren't. I would still wrap some bubble wrap or garden fleece around them and tie with string for the colder months.

Q. When is the best time to buy summer bedding plants?

A. I think May is a good month to start as the temperatures are generally on the rise with little chance of a frost.

Bird feeders not only help keep our little friends happy when there is little else about, but if you keep it up over the year, they can be great little gardeners too, eating the bugs and keeping the infestations at bay! (Check out our free bird feeders in my spring garden giveaways)



Check Out Our Spring Freebies

Be the first to bag your free Spring garden giveaways

- Bug hotels
- Bird feeders
- Selection of flower seeds
- Boxes of summer scatter and grow (wild flower seed selection)
- Rolls of garden twine (great for securing your plants and climbers)

Email Patrice.campbell@jigsawhomes.org.uk or ring Jigsaw Homes 0161 203 2600 option 3 for your free giveaway- be quick stocks are limited



.....PAUSE FOR THOUGHT

Pause for thought – consider your garden as ‘an extra room’ - it deserves as much consideration as the inside of your home. Please care for your garden and keep it tidy - IT'S YOUR RESPONSIBILITY!

This information is available in the following formats on www.milesplattling.co.uk:

Large Print, Audio and Language Translation

Arabic	هذه الوثيقة متاحة باللغة العربية عند الطلب.	Kurdish	ئهم بەلگهیه به پیی داواکاری به زمانی کوردی ش دەس دهکەویت
Bengali	অনুরোধ করলে এই ডকুমেন্টটি বাংলা তে ও উপলব্ধ	Polish	Dokument ten jest na życzenie udostępniany w języku polskim.
Farsi	این مدرک در صورت درخواست به فارسی موجود است.	Urdu	درخواست پر یہ دستاویز اردو میں بھی مل سکتی ہے۔

Baker House Office

Open Monday to Friday, 9am to 5pm (6pm on Wednesday)

T 0800 234 6826

Emergency Repairs

T 0800 234 6826

Allpay

For direct debit, debit/credit card payments & ordering new rent cards

T 0800 234 6826

Housing Benefit queries:

e: benefit.enquiries@manchester.gov.uk

T 0161 234 5003

Council Tax queries:

e: ctax.enquiries@manchester.gov.uk

T 0161 234 5002

Miles Platting Outreach Library Open:

Tuesday 10am - 5pm

Thursday 1pm - 7pm

Saturday 10am - 1pm

T 0161 227 3787

Environment on call:

e: contact@manchester.gov.uk

T 0161 234 5004

Find out your utility supplier:

Gas: T 0870 608 1524 Electric: T 0870 751 0093