

Step Up for

Ancoats

Beswick

Clayton

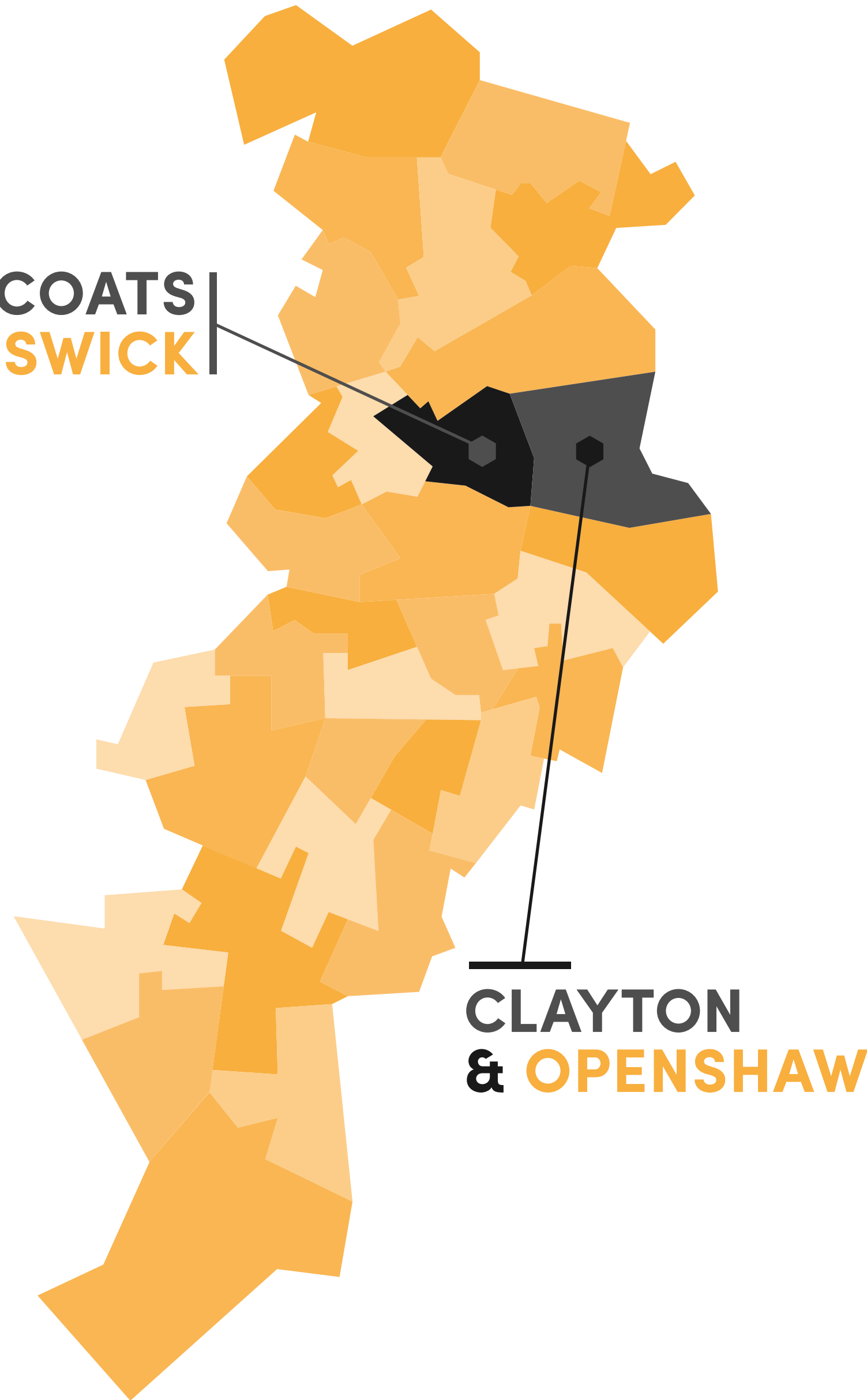
Openshaw



STEP UP

stepupmcr.org

**ANCOATS
& BESWICK**



**CLAYTON
& OPENSHAW**

• About Step Up MCR •

We're on a mission to unleash the unlimited human potential that exists in our communities!

Step Up MCR is the place-based giving scheme for Manchester, working for Ancoats & Beswick and Clayton & Openshaw.

We look to enable community-led ideas to flourish by connecting people, growing the community and supporting giving- whether of time, funding, resources, skills, space or expertise.

We recently registered as a charity and have started building our tribe of local people who want to give something back to their community, including residents, businesses, community groups and partners.

Get in touch if you'd like to join us!

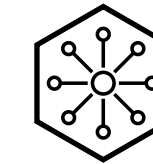
Do you have a BIG DREAM for your community?

Step Up MCR is here to invest in **YOU** and your **PEOPLE POWERED** ideas!

If you're based in Ancoats & Beswick or Clayton & Openshaw and have the passion to make a change, Step Up MCR can support you to grow the seeds of your ideas.

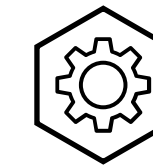
We can provide the promotion, connections, opportunities and fundraising support to make your dreams come to life. What are you waiting for?

We invest in ideas that support the community and broadly promote one of the five ways to wellbeing:



Connect

Activity which helps people build connections in the local community.



Be active

Projects which get people active at a local level.



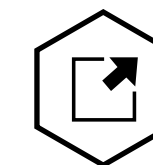
Take notice

Activity which is rooted in the community and the here and now.



Keep learning

Projects which support learning & help people to try something new.



Give

Projects which support people to give their time and energy to establish something new for the wider community.

To find out what we can offer to get the wheels turning on your idea or project, head to stepupmcr.org/community-offer

Need some inspiration?

Here are just a few of the other brilliant projects we're working with.

• Max Trax •



Max Trax aims to create a brand new cycle track in Delamere Park, Openshaw. The project is led by resident, Kerrie Rimmer-Chambers, alongside Friends of Delamere Park and the local community.

Max Trax is a huge labour of love in memory of Kerrie's little boy, Max (aged four), who loved riding his bike and anything that went fast!

With an incredible vision to bring people together and promote community health and wellbeing, this project will celebrate Openshaw by providing a fun pump track for young people and families to explore the outdoors.

The project is gearing up for its big build with an ambitious fundraising target of £200,000.

Step Up for Max Trax

Community power is needed to make this project happen!

We've teamed up with Two Wheel Claim, a Specialist Accident Lawyers for two wheel road users, specialising in assisting clients who have been injured whilst riding their motorbike, bicycle or scooter.

Two Wheel Claim has gifted two Giant Suede electric bikes to our brand new Max Trax Crowdfunder. If you'd like to be in with a chance of winning an e-bike, donate to the Max Trax Crowdfunder. Launching on Max's anniversary, 24th May 2021.

Two Wheel Claim, a subdivision of McHale & Co. Solicitors, is a fantastic sponsor of Max Trax. The team is made up of two wheel riders who are passionate about raising awareness of vulnerable road users and promoting safety.

Cyclists, motorcyclists and scooter riders who are vulnerable road users, and often accident victims, don't always realise they can claim. If you've had an accident and are looking for support, contact Two Wheel Claim:

✉ accident@twowheelclaim.co.uk

☎ 0161 348 7586

Maybe you'd like to host your own Max Trax fundraiser? Get in touch!

To take part and to donate, head to:

www.crowdfunder.co.uk/programmes/step-up-mcr

Check out updates and share your progress with us!

f Follow us on Facebook
@MaxTraxOpenshaw @StepUpMCR

• The Village •



Beswick resident and radio DJ, Miss Wire, has a bold and transformative idea for her neighbourhood. The Village will be a creative media space and café that celebrates music, food, and people. It will promote community connections and be the pride of Beswick!

With the support of Step Up MCR partner, Buzzin' Sounds recording studio, The Village will soon be looking to set up as its own organisation.

Buzzin' Sounds is headed up by Aaron Fletcher, a sound engineer and music producer with more than 10 years' experience in the music industry. If you're a local business with the skills and knowledge to support an emerging community project, we'd love to hear from you!

Step Up for The Village

The Village is looking for dynamic and enthusiastic people to drive it forward.

Maybe you have the skills to support Miss Wire to form a community group? Or perhaps you'd like to learn some new skills as a radio volunteer?

Get in touch to find out how!

✉ hello@stepupmcr.org



Heaven on Earth



Heaven on Earth is an Openshaw based social enterprise offering a wide range of health and wellbeing activities for the whole family such as yoga, holistic therapies, ayurvedic cooking, gardening, specialised workshops and creative performance events.

Heaven on Earth will soon be holding happiness boosting activities that cater to all, including:

Free Online 6 weeks Ayurvedic Cooking Courses- Starting Tuesday 11th May, every Tuesday 12 – 1pm.

Ayurvedic Cooking will empower you to transform your life by cooking healthy vegetarian meals on a budget. The course includes mindfulness techniques and simple yoga practices to help boost energy, improve physical, mental and emotional wellbeing and alleviate anxiety, stress, depression, and social isolation.

Community Wellbeing sessions- Re-commencing from Wednesday 21st April and running every Wednesday & Saturday 10am – 11am. There will also be a Wednesday evening session at 7pm.

The sessions offer an open, safe space to talk freely and release any deeply held or day to day tensions. This therapeutic practice offers participants the opportunity to alleviate mental and emotional stresses by sharing emotions, talking, dancing, and through the mind-body connection of yoga. This class will teach effective techniques to overcome the challenges of daily life. The class is also open to children.

Chakra Kitchen- Reopening for takeaway every

Wednesday & Saturday between 11:30am-2pm, the Chakra kitchen offers healthy, soul-feeding vegan food.

Community Wellbeing is a mental health support group using the principles of yoga and ayurveda to restore balance to the body, mind and soul. Sessions are open to children to ease any tensions from lockdown.



Step Up for Heaven on Earth

To support Heaven on Earth and enjoy the peace and harmony at a home away from home, contact Sharon Calvert on:

✉ sharon@heavenonearth.space

☎ 07719747535

📍 St. Vincent's School House, Greenside St, Openshaw, Manchester, M11 2EX

The Beacon Centre



The Beacon Centre is a disused council owned building in the heart of Clayton, formerly known as the Barrington Community Centre.

A group of local people have established a new charity and are looking to re-open the centre as a community-led resource.

The Beacon Centre will be a hive of community activity that supports the health and wellbeing of people in Beswick, Clayton and Openshaw. There is no limit to the number of activities the centre can offer, including:

- **Community Grocer**
- **Job Club & Employment Service**
- **Ageing Well & Luncheon Club for the elderly**
- **Drugs and alcohol support**
- **Slimming teams and diabetic support**
- **Cooking classes for families**
- **Fitness sessions for adults and children**

With a 10 year lease approved and funding to refurbish the building, there is one final piece of the jigsaw needed.

The Beacon Centre is fundraising £20,000 for its Centre Manager.

Step Up for The Beacon Centre

Step Up MCR has set-up a fundraiser for The Beacon Centre where we match every £1 donated up to £10,000 from our Community Projects Fund, supported by One Manchester and Manchester Local Care Organisation.

The Beacon Centre is so close to its fundraising target and needs your support to get there.

To donate to this incredible project, head to donorbox.org/the-beacon-centre

• The Wellbeing Bistro •



The Wellbeing Bistro is an Openshaw based community health and wellbeing café. It provides a safe space for drop-in mental health support while serving up wholesome, freshly cooked food.

Amita Savani, the founder and chef at The Wellbeing Bistro, is a qualified counsellor with over 20 years' experience in support roles. Amita believes that everyone deserves to be supported to improve their mental health and aims to offer her services to those who need it—whether you're experiencing a low mood or something more serious. She can also provide advice and guidance on a range of related issues like housing, employment, alcohol and drug use.

Amita says that the "Wellbeing Bistro aims to bring people together and offer a non-judgemental listening ear to anyone needing a chat. It's intended to give the community a relaxed environment to tackle their loneliness and seek guidance from others".

The Wellbeing Bistro will deliver monthly evening classes and workshops, including cooking, confidence building, arts and crafts, and much more.

Step Up for The Wellbeing Bistro

Support this brilliant local business by popping in for a delicious meal, sign up to a class, or have a chat!

 **The Wellbeing Bistro, 28 Coronation St, Openshaw, Manchester M11 2JN**

What's going on in your community?




The Roundhouse Pantry is a new food membership project supporting families in Openshaw with a full weekly shop for a fraction of the cost!

Food parcels will include fresh fruit and veg, bread, milk, cereal, canned food, meats. Food parcels can be changed to suit dietary requirements on request. Other necessary items may be available such as toiletries, nappies, or household supplies.

Parcels with five days of food are priced at:

- £5 for single person
- £10 for a family of 3
- £15 for a family of up to 6
- £20 for a family of 6+

 **0161 9741300**

 **1328-1330, Ashton Old Road, Manchester, M11 1JG**

The Roundhouse Pantry at Manchester Settlement is now OPEN!

Thank you to FC United, Manchester City Council, and Ancoats General Store for the support in setting up the Pantry.

**ANCOATS
GENERAL STORE**



**MANCHESTER
CITY COUNCIL**

The Grange Community Resource Centre Covid Vaccination Hub

The Grange Community Resource Centre has been transformed into a Covid vaccination point, where NHS staff and volunteers in Beswick have been working hard to support the local community back onto its feet.

If you haven't already had your vaccination, the chances are you will be receiving your invitation quite soon.

Most people in one of the first priority groups will probably have already had their first dose, including those who are over 50 and frontline health and care workers. That means that the rest of the adult population can expect to have theirs by the end of July.

We caught up with local resident, Molly, to see how she found the experience.

Have you had your vaccination yet, Molly?

Yes, I've had mine. I went over to The Grange Community Centre, which was handy as I only live round the corner. It was a Sunday afternoon when I visited, a very different way of rounding off the roast dinner!

What was the experience like for you?

Everything was really straight forward.

I knew where the building was as it's so local to me, and I know for many people who live round here they'll know where The Grange is. It's just near Grey Mare Lane and there are lots of community groups that use it as a base. There were signs outside the building so I knew where to go, and marshals in bright yellow coats who made sure I was in the right place. I walked round to the centre from my house, but there was plenty of parking for people driving or getting dropped off.

At the building, I was shown into the reception where I was asked to confirm my name and address, and then I was guided straight through for my jab. There wasn't even any waiting, which was great, although there were plenty of chairs to sit on if people did need to hold on before going through. The vaccination took place in a large hall, a bit like a primary school hall if you can picture that, with dividers making up private areas where the vaccinations happen. It was fascinating to see how it was all set out when you hear so much about these centres in the news.

The vaccination was just like any other jab I've had before and it was over with really quickly. There were just a few

questions from the vaccinator to make sure I was happy to have it and that it would be safe for me, then I rolled up my sleeve and it was done.

I sat in the waiting area afterwards for 15 minutes, just to make sure I was OK and then I was off home to have my Sunday treat, a homemade cream tea.

Did you have any worries about how you would feel afterwards?

Well, to be honest I'm a bit of a wimp when it comes to injections. I never felt anything though, and the person I saw was very reassuring. My arm was a bit sore for a few days and a bit of a headache, which the vaccinator said might happen, but that went after a few hours, and I've been fine since. It definitely wasn't anything to worry about.

I know some people will be hesitant about getting the vaccine, what would you say to them?

I would recommend it to everybody, especially those who are 50+ and those who are vulnerable and have health conditions. So much of our life has been put on hold in the past year that it's just fantastic that we can see some light at the end of the tunnel. By getting vaccinated we can all play our part in protecting ourselves and each other.

We'd like to say a huge thank you to Molly and to our wonderful NHS staff and volunteers for all that they're doing to keep our community safe!



MCR Active



Calling all Manchester Residents! Do you want to get involved in setting up activities in your community?

MCR Active is offering a great opportunity for young people and families to develop activities locally in outdoor spaces, a park, church hall or other community venues to support others to get active, feel good and meet new people.

MCR Active will help you to design your activities and work out the things that need to be in place to support activity in your community.

Activities must be open to anyone and MCR Active can assist with a budget that will allow you to purchase equipment, cover facility costs (utilising free outdoor space would be preferred) and if required, food, volunteer expenses and any other possible costs including training that you may require.

MCR Active will also support with any questions or concerns that you may have including COVID-19 guidance.

If you would like to find out more or have a discussion, please contact:

✉ s.morrissey@mcractive.com

☎ 07599 462 233

Foundation 92

Team sports have returned which means Foundation 92 are back to work delivering free community sports sessions in Beswick!

EAST MANCHESTER

F92

FREE COMMUNITY SPORT

AGES 7-16

GORTON

TUESDAY - DELAMERE PARK
THURSDAY - KING GEORGE V PARK
FRIDAY - SUNNYBROW PARK

BESWICK

WEDNESDAY - BRADFORD PARK
FRIDAY - BRADFORD PARK

PRE-BOOKING IS NOT REQUIRED, ALL SESSIONS 15:30-17:30



FOR MORE INFORMATION, EMAIL MATT.AGNEW@FOUNDATION92.CO.UK



Official Charity Partner of
Salford City FC

Proudly sponsored by 1ST CENTRAL

Clayton Sure Start Children's Centre

Sure Start Children's Centres

Sure Start in Clayton is looking to transform their outside space into a brand new growing project for the whole community!

Get in touch with Joanne Farrell if you'd like to get involved.

✉ joanne.farrell@manchester.gov.uk

☎ 0161 219 6177

Community Soups are coming!



Are you looking for the funding or support to develop a great idea or project in your community?

Step Up MCR is partnering with One Manchester to grow its Community Soup offer in Beswick, Clayton and Openshaw.

We're boosting the Community Soups by £4,000 in each area, which will support an additional two community projects with £2,000!

Step Up MCR will also add to the development support available at One Manchester, to unleash the potential of the people and places that matter to you. This means that even if you're not awarded a grant, you could still get the step up you need to make a difference.

What We Can Offer:

- **Connections** - we can connect you to local businesses and partners to get your idea or project off the ground.
- **Access to Opportunities** - such as mentoring, coaching and training.
- **Fundraising Support** - like linking you to corporate sponsors or building crowdfunding campaigns.
- **Promotion to our audiences** - through One Manchester and Step Up MCR's partner networks, social media channels, and community newspaper.

When Can You Apply?

Beswick - Open 29th March, close 12th April
(£8,000 available)

Clayton - Open 10th May, close 24th May
(£10,000 available)

Openshaw - Open 12th July, close 26th July
(£10,000 available)

Art in the community!

• TAKE UP SPACE! •



Step Up MCR is all about working together to make a change, which is why we're encouraging YOU to TAKE UP SPACE in your community!

The TAKE UP SPACE section of our newspaper will be an ongoing feature dedicated to you.

Whether you have green fingers, an artistic flair, a passion for poetry, or a knack for knick-knacks- you can be the maker of local change.

We want to showcase splashes of fun, colour, and curiosity that you bring to your street, alleyway, local park, or anywhere else that sparks inspiration!

Send us examples of how you TAKE UP SPACE in the community and you could be featured in the next edition of the newspaper!

Toni Anglin is celebrating the diverse and wonderful women of Openshaw with an International Women's Day mural!



Toni Anglin from Calligraphy Ink joined up with friends and neighbours in Openshaw to create an International Women's Day mural. The mural was designed by Vicky McAffer to reflect the amazing women in the local community. The mural will be displayed on the Roundhouse building in Openshaw, with a special thanks to Manchester Settlement for their support in displaying the creativity and diversity of the community.

Suzanne Pearson is starting up Musings on the Marina, an exhibition of short stories and poems based on hope and new perspectives arising from the pandemic. Send us your poems for the community exhibition taking place this summer!

Would you like a Step Up to #TAKEUPSPACE?

We're sending out art packs to help you create your own inspirational bunting! Get in touch and we'll send out a guided pack with everything you need.

✉ hello@stepupmcr.org



Let us know on Instagram, Twitter or Facebook-
#StepUpForMCR #TAKEUPSPACE!

Clayton is getting creative!



With the help of the local community, One Manchester has been getting creative in Clayton!

Residents were recently set the challenge of inspiring a professional artist who is about to embark on transforming an electric box in Clayton into a bright, colourful, welcoming sign.

The local community in Clayton didn't disappoint, with some incredible designs to inspire artist Kieran From Third Eye Designs. The designs were shared on social media and the community voted! The two top entries have now won art kits to help keep them creative!

Thank to everyone who has taken part! If you have an idea for a great community project that could brighten up your area please get in touch!

 jenny.winstone@onemanchester.co.uk



Step Up MCR and ThickSkin Present Walk This Play: Ancoats

Join us on Sunday 30th May from 1pm at Cutting Room Square in Ancoats

Step Up MCR and One Manchester have teamed up with ThickSkin, a local theatre company and digital artist collective, to create an original walking tour of Ancoats & Beswick.

This audio tour is created with, for, and by the communities of Ancoats & Beswick and Clayton & Openshaw.

It will bring together generations of memories, landmarks, and stories- providing a lasting record of the people that have lived, loved and left their legacy on their neighbourhood.



Walk This Play is a new series of location-based audio plays by ThickSkin, designed for listeners as they walk. The plays are immersive and immediate, transporting you inside the story. Each play is unique to its location and invites you to experience a familiar route from a new perspective. Through narration and original music blended with the sights and sounds around you, Walk This Play takes you on a journey of imagination and discovery.

Walk This Play: Ancoats will launch on Sunday 30 May with a live social event in Cutting Room Square. As well as the 30 minute local walking tour, there will be a pop-up photo exhibition gallery, live performances, music and presence from ThickSkin and Step Up. Step Up is inviting everyone in the local community to drop by, meet our team and enjoy the entertainment.

Step Up MCR will also be there to hear your BIG IDEAS to bring your community together. If you have an idea for a new community project, we'd love to have a chat about how to make it happen!

You can find out more about ThickSkin and Walk This Play: Ancoats at thickskintheatre.co.uk/walkthisplay



 @ThickSkinTweets
 @ThickSkinTheatre
 @ThickSkinTheatre

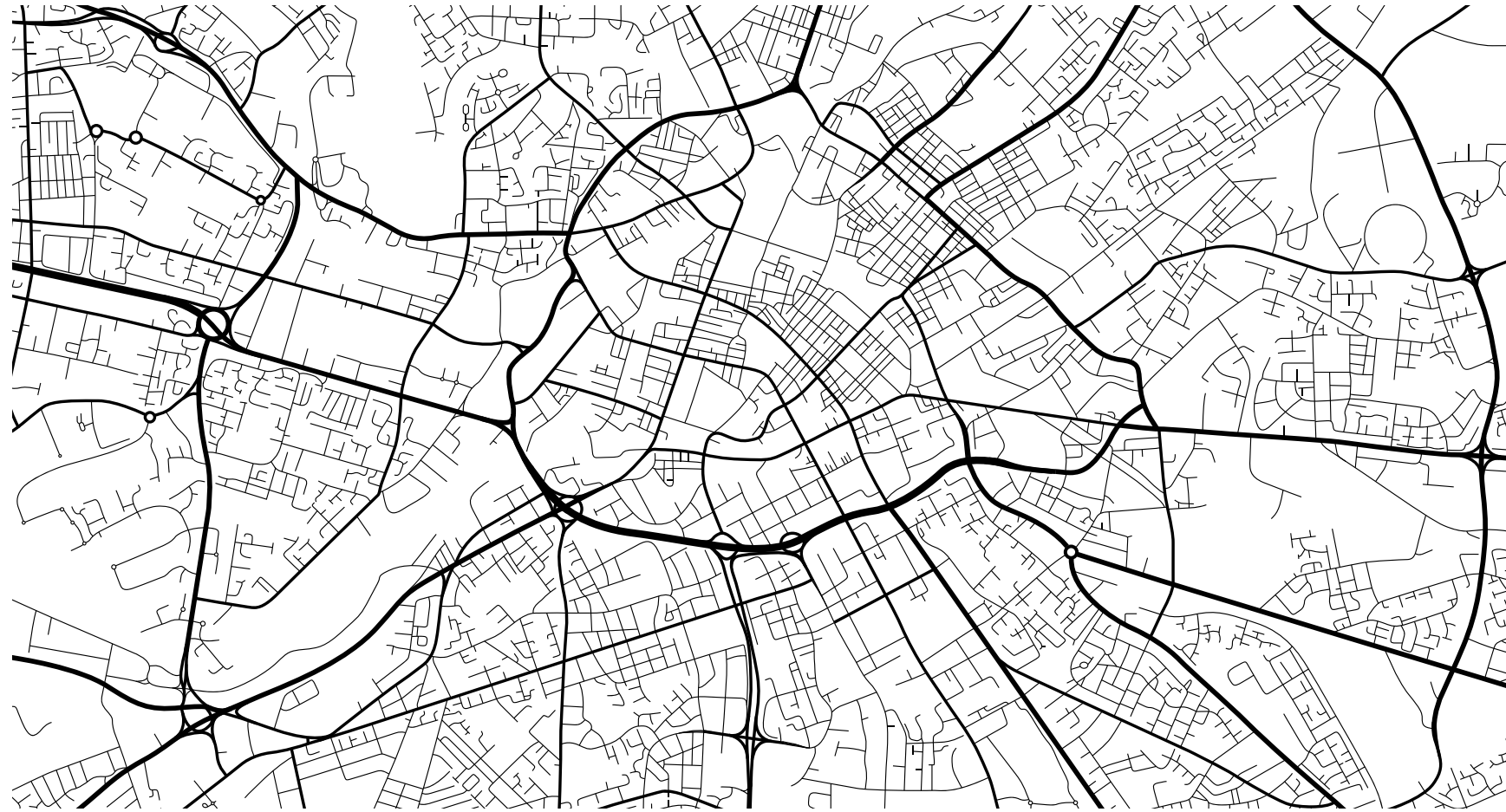
 Cutting Room Square, Ancoats, Manchester, M4 5BF

#WalkThisPlayAncoats



ThickSkin

Calling Local Businesses!



How Can Your Business Step Up for MCR?

There are lots of ways your business can make a meaningful contribution to the local community - from volunteering time, lending skills, and donating or loaning goods and services.

If your business has the skills, resources, knowledge or space to give to community-led projects, simply complete our online form and we'll match you to the perfect project.

Just head to www.stepupmcr.org/business

Corporate Funding Partner

We have a limited offer for a corporate funding partner. If you'd like to support Step Up MCR's core work, we'd love to have a chat.

In Return for supporting us, we can offer:

- A co-ordinated and efficient way of giving locally
- Partnerships and networking opportunities
- Brand promotion through our newspaper, website and social channels
- Monitoring the impact of business investments in the community
- Training if you'd like to get involved as a local mentor

We're moving our newspaper to community venues!

We'd love to distribute copies of our newspaper at your venue. If you're a local shop, hairdressers, café, restaurant, or any other community venue, get in touch.

✉ hello@stepupmcr.org

☎ 07879 531649



Brand new for National Walking Month, we're launching #Steps4StepUp!

#Steps4StepUp is a fundraising challenge taking place across the whole month of May to support Step Up MCR.

Walking is good for our minds, our bodies and our neighbourhoods and has been a lifeline during the past year, helping people stay active and connected.

By walking the roadmap out of the pandemic, rather than driving it, we can emerge healthier and happier.

Walk Your Way!

Set your own personal targets and goals! You can do it solo or get together with friends, family, or colleagues to make it a team challenge.

Some ideas include:

- Going car-free for a month
- Organising a walk of your local area with family, friends or neighbours
- Committing 10,000 steps each day

Looking for more of a challenge? Maybe you could:

- Walk 50 miles in a weekend
- Take on the Three Peaks or another big countryside ramble

To take part and to donate, head to:

www.crowdfunder.co.uk/programmes/step-up-mcr

Check out updates and share your progress with us!

📘 Follow us on Facebook
[@StepUpMCR](https://www.facebook.com/StepUpMCR)


Join the Step Up MCR tribe and help your community thrive!

There are infinite ways we can all use our energy, skills and resources to benefit the community.

If you have a big idea or something to give back, we can offer the step up to get you there.

Get in touch if you'd like to support a local project or start up your own!

 hello@stepupmcr.org

 07879 531649

Other Ways to Give

Our community fundraising campaigns need your support, but you can also help us from home!

Raise FREE donations for Step Up MCR every time you shop online through Easyfundraising.



easyfundraising
feel good shopping

Raise **FREE** funds
for us every time you
shop online


[Find out more](#)

Currys PCWorld ebay Booking.com JOHN LEWIS JUST EAT
U switch sky M&S Groupon ASOS

Stay Updated!

If you'd like to continue receiving the Step Up MCR newspaper to your door with community news and events, let us know.

 hello@stepupmcr.org

 07879 531649

Keep in touch with us on social media to find out what Step Up MCR is doing in the community:

 @StepUpMCR

 @stepup_mcr

 @stepup_mcr



stepupmcr.org



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ARTS COUNCIL ENGLAND

