

DECEMBER 2021



End of Year Newsletter

SUPPORTING THE HEATON NORRIS AND LANCASHIRE HILL COMMUNITY

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Welcome to Heaton Norris Community Centre

A message from Bernard and Nadia



Welcome to the HNCC 2021 newsletter. A chance for us to share the amazing work our staff, volunteers and the wider community have achieved this year.

2021 has continued to be a year of difficulty and loneliness for a lot of people due to the pandemic but we like to think our community cafes, youth projects, regular support and celebrations have helped people reconnect and feel part of something special.

From this year's edition you can expect to see details of our achievements, updates from our youth and community sessions and plans for the future with some amazing photographs of our neighbours and friends.

We'd also like to take this opportunity to thank our funders and partners, our amazing team and the volunteers who make Heaton Norris Community Centre such a safe and welcoming space for all.

Best wishes for 2022.

Bernard Kivel (Chair) & Nadia Ali (General Manager)



Our Achievements in Numbers:

6382

HOT MEALS PROVIDED

We are proud to say we provide a hot meal as part of every single group and activity we deliver. This includes our community cafe, youth groups, half-term programmes, art clubs and celebrations.

284

WEEKLY YOUTH AND COMMUNITY SESSIONS DELIVERED

We have 15 groups that run on a regular basis including 'Us Girls', parent and toddler activities, self-help groups and targeted sessions to help some of our newer members of the community to learn English and meet new people.

2096

HOURS OF TARGETED SUPPORT SESSIONS

We are proud to support the whole community. This year has seen us deliver regular abstinence support groups, a menopause group to share experiences with other women and English Language lessons to name a few.

342

PEOPLE REGISTERED IN 2021

We continue to thrive and are developing new services and groups all the time. The success of this is seen in the number of new people registered this year who are now part of the growing HNCC family.

240

YOUNG PEOPLE ATTENDED THE HOLIDAY ACTIVITIES AND FOOD PROJECT

In 2021 we engaged 240 children and their families through our Summer and October half term programmes. This included fun activities, trips out, hot meals, packed lunches and food parcels.

“

We're not very good at shouting about the amazing work that happens but it's important to recognise the achievement of our growing team of staff and volunteers"

Nadia Ali, General Manager

“

We like to see our centre as being the hub of our community and we feel privileged to have been able to keep the spirit of this going throughout the Covid-19 pandemic"

Bernard Kivel, Chair.



Thank you to Stockport Together and Friends of Heaton Norris Park for your continued support.

Covid-19 Response

In March 2020, when the world closed its doors we made a pledge to continue essential support for the residents of Heaton Norris and Lancashire Hill. With hundreds of food parcels provided, activity packs posted and door-step chats conducted we have continued this pledge into 2021 and beyond with the help and support of our local partners

In 2021 as we dipped in and out of localised lockdowns, we have provided online Zoom sessions for adults and young people, signposted parents to services to help them with home-schooling and have spent over 100 hours per week in staff time committed to Covid-19 related supported.

As an organisation committed to the health and wellbeing of our residents we have worked with Public Health to increase the number of BAME members of the community receiving the C19 Vaccine. This has included translating meetings, group discussions and reassurance.

We've also had the opportunity to re-start our face to face sessions!! This has been fantastic, with most groups re-launching. We've also been lucky enough to deliver summer activities and go on a few trips too!



Holiday Activities and Food Project

"We are proud to continue the success of the Department for Education funded Holiday Activity and Food Project. This year's program was well attended, with an average of 30 young people aged 4 - 11 years coming along to daily sessions at HNCC. Activities included dance, cricket, bowling, rounders, arts, crafts, cooking and more!"

800

Meals cooked and served

70

Families attended 2 trips to Gulliver's World and Llandudno

15

Families referred to targeted support services in Stockport

10

New volunteers engaged

2

New youth sessions started in September 2021 following a consultation with families who attended the activities

1

New adult and toddler group with parents who took part in the program leading on the coordination and set up of the group



Feedback from children and families who took part in the 2021 Summer and October 'HAF' Programme:



“The staff were amazing so kind and caring towards our children’s needs, the trip was amazing and we are so grateful for our food packs and children’s activity packs we got every week, this was truly needed during some difficult financial times for me and my family. We hope the playscheme will be back next year “

“It was so much fun and I am so happy that I got to go to playscheme every day and meet my friends – I enjoyed making bird feeders and growing my own vegetables in my garden with my nana”

“We cannot thank you enough for doing the amazing job that you and your team delivered, our children came back buzzing every single day”

“I loved the dancing it was so good, wish we can do that every day”



Growing future leaders:

inspiring young people and adults
alike to reach for the stars!

“

**"Well done to our amazing
young women for receiving
the Stockport Homes Young
Star Award!"**



Hana Ajaz, Us Girls youth group:
While Hana did not receive her award on behalf of 'Us Girls' youth group but instead for her amazing textiles achievements in school, we want Hana to know we are extremely proud of her achievements. We are proud to say that she has been a member of the girls' youth group since 2018 up to September this year. Hana is a wonderful young woman with a heart of gold who is passionate about politics and art who is always willing to help others. Hana is now volunteering at a her local Beaver Scouts as a mentor, inspiring other young people. Great work Hana!

13-year old Kaitlin has been attending 'Us Girls' Youth Group since 2018. Whilst attending the group, Kaitlin has excelled in her confidence and self-esteem and is now a group volunteer leader, supporting the younger girls who attend. Kaitlin has successfully completed her Bronze Arts Award and participated in representing Stockport young people in a regional theatre and arts program about the Suffragettes' Movement on the rights for women to vote in 1880. Kaitlin is now working towards her ASDAN Volunteering accreditation for her commitment towards helping her community. We are so proud of you Kaitlin.



Building on our success for 2022:

“

This year HNCC received the following awards for their contribution to the people of Heaton Norris and Lancashire Hill.

Stockport Health and Care Awards 2021:

Winner of the inclusion Award, Nadia Ali for outstanding contribution to Health and Care of Stockport residents throughout the covid-19 pandemic.

Citizen's Award presented by Labour, Denton and Reddish MP - Andrew Gwynne to Nadia Ali - for going above and beyond in Covid-19 for supporting people in the community.

Heaton Norris Pavillion - BAME and Esol Group nominated for STAR 21 Award.

The team at HNCC will continue to consult with the community and respond to the needs of the people who access our services.

This includes building stronger relationships with other community groups in the area including Love Heaton Norris, Friends of Heaton Norris Park, Heaton's Post and St Mary's Church to name a few.

We believe in consistency, so plan to keep to our regular timetable for 2022 with a few new exciting additions in collaboration with other organisations.

We also plan to introduce more regular sessions and training for the local community to champion mental health and wellbeing. This will include a men's group, parent's groups, street-based outreach and more so watch this space!



What to expect from HNCC in 2022:

To our Heaton Norris and Lancashire Hill residents..

The last 21 months have seen our communities come in and out of lockdown and associated restrictions leaving a lot of our neighbours feeling isolated, low or just in need of a chat. Because of this, we pledge to champion mental health and wellbeing as part of every group and support session we offer. It's important to talk and we want to make sure everyone is aware HNCC is a safe place to share your problems.

What else?

As part of our Community Champion programme we plan to recruit a minimum of 20 volunteers in 2022. We encourage residents of all ages to come forward to learn new skills, meet new people and make a difference to the people in your area.

Volunteers can expect to take part in an "Introduction to Youth and Community Work" to give you the tools to get involved along with a calendar of training throughout the year to strengthen your skills.

Training:

Along with up-skilling our staff and volunteers, we will be introducing regular training for everyone in the community, raising awareness of key issues including health, wellbeing, safeguarding children & vulnerable adults, unconscious bias and more.

We will continue to offer groups and support led by your wants and needs so please do get in touch if you have an idea that will strengthen our offer!

Thank you to our partners and funders:

We couldn't have done it without you!

Stockport MBC
National Lottery Funding
GMCA, Asda Foundation
European Social Fund
Foundations Stockport
& Sector 3



We're Recruiting Community Champions:

We are re-launching the Stockport MBC funded Community Champion programme in 2022 and hope to increase the number of volunteers supporting our sessions and grow future leaders across Heaton Norris and Lancashire Hill. This will include FREE accredited training in First Aid, Safeguarding, Food Hygiene and Mental Health First Aid.

Want to find out more???

Please email:

heatonshncc@gmail.com

Or drop into the Community Centre to register your details with Bernard or Nadia.



A huge thank you to the HNCC Team for their tireless efforts & commitment!



Bernard Kivel - Chair HNCC

Chiko Kapito - Vice Chair HNCC

Allan Roach - Secretary

David Brown - Treasurer

Nadia Ali - General Manager

Tracy Ryan - Senior Funding Officer

Vicky Bloomfield - Senior Community Programmes Coordinator

John Grundy - ESOL Lead

Wendy Hunt - Senior Community Support Worker

Ken Lee - Young People's Mental Health Lead

Sadia Akbar - Young Women's Lead

Jacqueline Brown - In House Artist

Sam Burgess - Community Support Worker

Crystal Bourke - Community Support Worker

Stacey Bolton - Community Support Worker

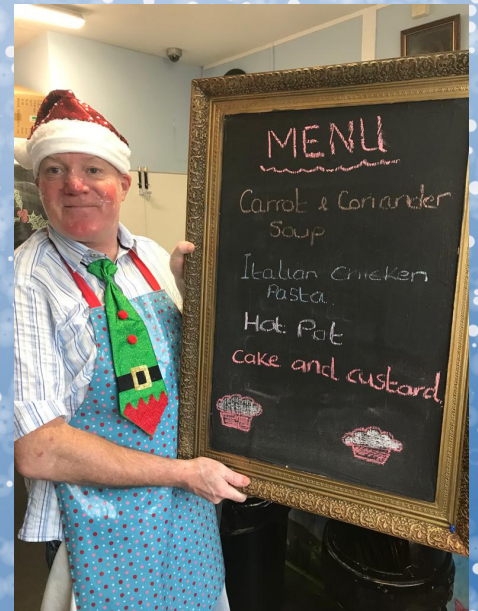
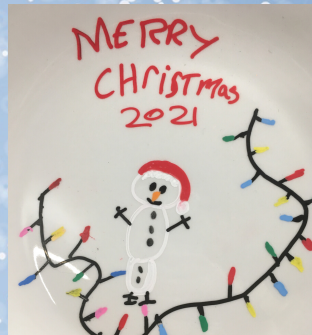
Rand Mohammed - BAME Community Support Worker

Alice Smith - School Holiday Food Coordinator

Henry Crabtree - SEND Community Support Worker

'tis the season

TO BE JOLLY



2022 Timetable for Heaton Norris Community Centre and associated groups:



Day	Time	Activity	Description
Monday	11am-12.30pm	Self Help Abstinence support group	A support group for Stockport residents
	1pm-2.30pm	Citizenship & ESOL	A place for new families that have moved into Stockport from countries like Sudan – Middle East – South Asia and Africa. To help refugees and asylum seekers to get the basic support they need to live again with dignity. To support and guide them into building productive lives in the UK
Tuesday	9am – 12.pm	Allan's Community Breakfast Café	Serving a hot cooked breakfast 9am-12pm
	4.30-6.30pm	Us Girls Youth Club	10-17yrs old (<i>Girls Only</i>) – Coming together each week and exploring creative activities including sewing, crafting, baking, debates, discussions, multi sports, trips out and attending events
Wednesday	9.30am-12.30pm	Adult and Toddler Group (£1.50 per child)	Sensory play, arts and crafts and messy play (£1.50 per child)
	4.30pm-6.30pm	Lancashire Hill Community Centre– Wednesday Kids Club	7-12yrs old – fun activities for children to learn and play (From Lancashire Hill Community Centre)
	6.30pm - 8.30pm	Shine - SEND Social Group for young people aged 14+ £5 per person (Jain Centre)	For young disabled people aged 14+ to meet with friends and take part in arts, crafts, steps to independence skills, music, sport and more. Young people from across Greater Manchester are welcome to attend this group. £5 per person.
Thursday	9am-12pm	Coffee, Chill & Spill	Here to support the wellbeing of mums who may be feeling a little lost or isolated. <u>Children welcome.</u>
	12.30pm-1.30pm	Tai Chi	An open Tai Chi class for all ages.
	5pm-7pm	Art Attack Youth Club	8-12yrs old -Creative arts sessions, including screen printing, painting, clay modelling, local trips out , cooking and much more
	10am - 1pm	Afghan Health and Wellbeing Group	Sessions run from St <u>Barnabus</u> Church, Bredbury. For Afghan evacuee families
Friday	11am-2pm	HNCC Community café	Serving hot food, help with accessing food banks and local pantry and a place to come and volunteer or just come and have a brew to meet local residents.
	2pm-3pm	Senior Social Support Group/Tea dance	Meets the 1 st Friday of every month – tea, coffee, cake served to your table , live musicians and singers , Bingo , fun, laughter and most all a place to reminisce with 1940's, 1950's 1960's songs -for the all stockport residents to unwind and relax.
	Location and times differ every month.	Menopause Group	A monthly support group for women to share real life experiences and support each other through the menopause journey

If you want to take part in any of our activities or support groups contact:

heatonshncc@gmail.com

Facebook: Heaton Norris Pavillion

Heaton Norris Community Centre, Love Lane, SK4 1JA