

Hattersley - the place to be for sport

Ken Ward Sports Centre making sport look good in Hattersley

THE NEW Ken Ward Sports Centre is nearing completion and is scheduled to open some time in May. The next phase of the centre brings great design and amazing facilities for sport in Hattersley.

The new two-story sports centre boasts a fantastic dance studio, a boxing suite, state of the art fitness suite, male and female changing facilities, sauna and steam room. There will also be a full size sports hall that can be used for a wide range of activities that will include basketball and boxing shows.

Initially there were some issues around how the new facility would be managed, residents involved with sport on the estate wanted assurances that the new facility will continue to be driven locally. Following discussions with the powers that be, it has now been agreed that residents will play a key role in ensuring the centre



Who said big isn't beautiful?

meets the needs of local people, continuing the great work that has been going on at The Gym and the Ken Ward football facility.

Watch this space for information on

when the grand opening of the Ken Ward Sports Centre will take place and make sure you are one of the first to join this new fantastic facility right here on Hattersley.

Everything the budding gymnast would want

sessions for gym tots and sessions for boys and girls of all ages. There are sessions for ladies self defence, street dancing, ballroom dancing, Aikido and Karate.

The centre is open every day although times do vary. Why not call up and have a look around the new look centre for yourself. For more information on any of the activities call Alan or Julie on 01457 762042.



HAVE YOU checked out Longdendale Recreation Centre since it reopened as Tameside Gymnastics Centre in November?

The centre has had a fabulous refurbishment and there's now a spectator's room where you can sit and wait and they have great changing and parking facilities. There's plenty going on too for budding gymnasts. There are



What's inside the Community News?

Page 2
 On the beat & Watch out for Alarm Scam

Page 3
 Representing Snow Heroes & Free Computers

Page 4
 Gone to the dogs & House of Night review

Page 5
 Last orders at the New Inn & Looking for a new home?

Page 6
 Hat trick for Sam & Coaches join busy club

Page 7
 Igloo's of the 90's & Dying Matters

Page 8
 Community Messages & Contact Community News



Ladies it's that time again, the 2010 ladies only Willow Wood Midnight Wander will take place on Friday 2 July. Wander registration forms now available. To get yours visit the website at www.willowwood.info or ring 0161 330 7788.

Letters to the Editor



Local Link an invaluable service

Dear Editor

I am a Sister at Tameside Hospital and would like to send my sincere thanks to the Local link, who managed to ensure I arrived at work each day during the recent bad weather.

Some staff found it really difficult to travel during this time; however Andy, one of the drivers picked me up each morning and ensured I arrived safely.

I feel the Local Link is vital to our community. All the drivers (Andy Phil, Chris and David) provide an excellent service and often go beyond the call of duty. I am sure many people on the estate will agree what a great team they are.

Kim Marshall
Hattersley Resident

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The views expressed on the letters page of the Community News are the views of the writer and don't necessarily reflect the views of the Community News management.

Recognising Commitment

Dear Editor

Recently Mottram & Hattersley Boxing club have suffered a loss of three dedicated volunteers. Martin Robinson, Tony Mulcahy and Paul Mossley have all helped the club out for many years. I'm writing this letter as I feel they all deserve credit for the hard work, time and dedication they have given the club and the community over the years. Volunteers do not get the recognition they deserve. So from the community and all the kids that you have taught and guided over the years, an enormous THANK YOU
Hattersley Resident
Name and address supplied

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Thank you for your best wishes

Dear Editor

Al & myself would like to thank everybody for their cards, gifts and congratulations and for making our 50th wedding anniversary so special. Special thanks to Gail, Jean, Judd and Cath, our brilliant caterers Pat and Ellen and DJ Brian. Thanks once again; you are all very special to us and we class you as our extended family.
Elsie & Al Dixon
Hattersley Residents

On the beat

In Hattersley PC Sue Moss



EVEN THOUGH Hattersley has one of the lowest levels of crime in the whole of Tameside, unfortunately it doesn't mean we are immune to problems with anti social behaviour.

Over the last couple of weeks we are receiving an increasing number of reports about scrambler/off road type bikes being ridden around the estate and action is being taken to deal with the problem.

Your bike will be seized and destroyed

Greater Manchester Police have a specialist unit that deals with these kinds of problems and we have asked that they come and work with us to deal with them here. Several young people and their parents have already been spoken to in relation to this matter but the problem continues. Anyone stopped

on a bike that doesn't have the correct paperwork will be prosecuted and their bike will also be seized.

So I am asking parents of young people who do own bikes to reiterate to them the dangers of speeding bikes on and off the roads and the fact that they are not insured. Whatever your youngster may tell you riding bikes on the Jet Centre Fields or in the Hurstclough Valley is not permitted.

We have been liaising with Peak Valley Housing and their policy is clear that anyone who causes anti social behaviour on regular basis to the annoyance of any other Peak Valley tenants, will put their own, or in this case their parents, tenancy at risk.

News on Tour

with the roos down under



Above: Sam, Gary and Taneisha introduce their new friend to all the news from Hattersley

FEBRUARY SAW another fantastic entry for our competition of where's the furthest or most unusual place you've seen the Community News being read, which was sent in by Sam MacKenzie.

It seems the wildlife in Australia took a leaf out of the book of the wildlife in Africa and are now reading all the latest news from right here in Hattersley.

In the photograph Sam, partner Gary and daughter Taneisha share a read with one of the younger kangaroos they came across while on a trip to the Gorge Wildlife Park in Cudlee Creek, when they were on holiday in Adelaide, Australia.

To see all the entries in our competition, all the fantastic photos and a Google map that plots all the places the photographs have been taken, visit our website at www.hmcm.org.uk and click on the Community News competition link.

We got it wrong - sorry

IN LAST months edition of the Community News we said the people in the group picture from St. Barnabas Church was Pam Whittaker, Rev Derek Akker and Bishop Robert Attwell, when in fact it was Derek, Pam and David Bentley.

We would like to apologise for any distress this may have caused to the people involved or any of the church family.

Get Help and Advice from Age Concern at the next meeting of the Longdendale Women's Institute

7.45pm Monday 8th March
Mottram Cricket Club
Broadbottom Road
Mottram

This is a questions and answers evening and even if you're not a member we hope you will come along as a guest to meet us.

Watch out for the Free Alarm scam

OVER THE last couple of weeks there have been reports from Tameside residents about phone calls they have received from a company giving the impression that they are working with the Government, Police or Local Authority trying to reduce crime by offering a FREE wireless home alarm. This company isn't working with any of those agencies and if you receive a call from the company just hang up.

When they receive one of these calls they are told they have been selected to receive a free monitored alarm system. The company then asks some very probing questions about the household and try to make an appointment to visit. While they claim in the phone call that the system will be fitted free of charge,

they then ask people to agree to high monthly maintenance costs, so don't be taken in.

Looking for a new alarm?

If you are thinking about getting a new alarm, get advice free of charge from the local police crime reduction advisor, who you will be able to contact through Hattersley's Crime Prevention office in the community centre on 0161 882 9285. Or you can call Trading Standards on 0161 342 3671 and ask for a copy of the 'Buy with Confidence' Approved Trader Directory.

Unless you know the company you are dealing with, don't do business over the telephone or at the door and don't ever be talked into making an appointment for a representative to call.

Debbie & Michelle represent the Snow Heroes

WE HAD a fantastic response to Community Reporter Brian Hough's article in the last edition of the Community News asking for nominations for your Snow Hero. We heard lots of wonderful stories of how people coped in the arctic conditions with the help of others.

We put the names of all the people nominated in a hat and asked Jim Fitzpatrick, the councillor for Hyde/Godley which covers part of the estate to pick out two of the names. The two people chosen at random were young resident Michelle Depass and Debbie Joy who were both delighted to receive £50 in vouchers.

Michelle who is a family worker for St Barnabas church was nominated by senior resident Hilda Elliot for making sure she was OK and running errands for

her during the bad weather. Michelle said: "A lot of people just help others without thinking about it but it's nice to be appreciated." Debbie who is a care worker was nominated by Brian, (and no, it wasn't a fix) for turning up throughout terrible weather to look after her clients. Debbie said: I can't believe it. I am a day care worker and during the bad weather I walked everywhere on the estate to look after the elderly. I have worked on the estate doing this job for 16 years and it is nice to know that I am appreciated."

We would like to thank everyone who nominated their snow hero and we would like to thank the ward councillors for Hyde/Godley and Longdendale who kindly donated £50 each from their ward funds to purchase the vouchers.



Above: L to R Councillor Oldham presents Debbie with her vouchers and Michelle receives her vouchers from Councillor Fitzpatrick

Other people nominated as Snow Heroes were:

David Whittaker, John Dootson, Day Care Worker Julie Oliver, Fred Rowland, Helen Whittaker, Jane Gaffney, Jonny Clark, Mike & Connie Wigglesworth, Mrs May Shaw, Roger Hobbs and we received a number of nominations for staff at Point 2 Point Phil, Dave, Andy and Jane. Hattersley & Mottram Community Media (HMCM) Trustee Councillor Jim Fitzpatrick said: "Thanks to everyone who did what they could to help friends, neighbours and even strangers during the heavy snow."

Top tips to manage debt and stay in your home

AS PART of their campaign to help people manage debt and stay in their homes in 2010, Tameside Citizens Advice Bureau (CAB) and Tameside Council have provided these tips to help manage finances in 2010.

- ❖ Don't panic and don't ignore bills.
- ❖ Avoid borrowing further to pay off existing debt
- ❖ Work out how much you owe and what you need to pay your priority debts, mortgage, rent, utility bills, and council tax. Pay these first every month.
- ❖ If what you have left doesn't cover what your non-priority creditors are asking for, talk to them - don't just stop payments.
- ❖ Only offer to repay debts at a rate you can maintain

If you need help, or creditors won't listen, seek specialist help from a money adviser.

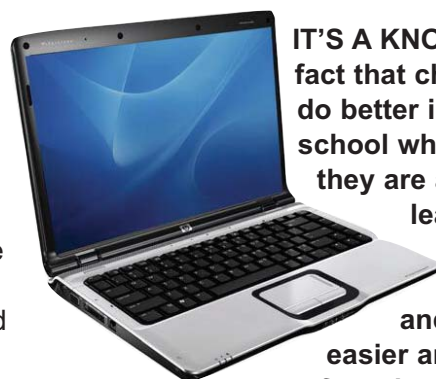
Don't pay for debt advice which you can get for free from your local CAB, National Debtline or the Consumer Credit Counselling Service.

The council has a free debt advice line with information on mortgage rescue initiatives, which you can find out more about by ringing 0800 328 0008 or visit their website at www.tameside.gov.uk/mortgagerescue

CAB in Hattersley

CAB has regular drop-in surgeries in Hattersley from 9am - 11.15am every Friday at the Community Centre and for families every Monday from 9:30am till 12noon at the Melandra SureStart Centre.

Are your children eligible for a free computer & free access to the internet?



IT'S A KNOWN fact that children do better in school when they are also learning at home, and it's easier and more fun when they

have access to a computer with Internet access. That's why the Government has introduced Home Access grants.

The grants allow low-income families to buy computers and/ or internet packages. And if you don't have a phone line, that's not a problem as Home Access is offering T Mobile and 3 Mobile 3G connectivity.

The Government is providing these grants so children can learn safely, have fun and achieve more at school through home learning. The Home Access package can provide a computer and internet access and it also includes one year's service and support, pre-set parental controls to filter inappropriate content and there is also an anti-virus package.

There are also specialist Assistive Technology packages available too, so if your child has a disability there is no reason why they can't take

advantage of this great new scheme.

To get a Home Access package you must:

- ◆ Have a child in class 3 to 9?
- ◆ You must not have already received equipment through a Home Access Grant or Computers for Pupils.

Receive at least one of the following benefits?

- ◆ Free School Meals
- ◆ Income Based Job Seekers Allowance
- ◆ Income Support
- ◆ Child Tax Credits Not Working Tax Credit and Income less than £16,040
- ◆ Guaranteed Pension

If you think you are eligible for a Home Access grant and would like to apply just call the Home Access Grant helpline on 0333 200 1004 and if you need help filling in the form just call into the Community News office in the Community Centre and we will help you.

To find out more visit the Home Access website at www.homeaccess.org.uk

**By Cherelle Thompson
Community Reporter**

Don't delay getting your photograph that was taken in Santa's Grotto. All pictures will be destroyed on 31 March

Call in to our office in the Community Centre on Monday to Thursday between 9am – 4pm to see your photograph.

If you like it you can order a 6" x 8" print for £2.50 or a 8"x10.6" print for £4.99.

There are lots of wonderful photographs, so don't delay call in today.



Volunteers gone to the dogs!

CHRISTMAS came a little late for the second time for the volunteers at Hattersley & Mottram Community Media who eventually held their Christmas do at the end of February.

I know lots of people who have been to The Dogs at Belle Vue and I have always wanted to go. So when I was invited to this year's volunteers Christmas outing I said yes straight away. Clare, HMCM's volunteer co-ordinator, organised the night out. We all got picked up by the Point 2 Point bus close to our homes and taken to Belle Vue. When we arrived Linda, from HMCM was there, and we were taken straight into the restaurant and our seats near the window where we had a great view of the races.

We were waited on all night which was really nice. We had a meal that included a starter and a main course which was lovely and the waiter took our orders for drinks and brought them to us. They even took our bets and if we won they brought us our winnings to the table. I'm pleased to say I did win, which paid for my night out, but even if I hadn't won I would have still enjoyed myself. I went to see what it was like and I would definitely go again, you didn't have to move all night. It was a really enjoyable evening.



We were joined on our late Christmas do by some of the management committee members of the Denton South Community News. HMCM work with residents there to produce their newspaper so it was nice for everyone to get a chance to meet.

On behalf of everyone who went I want to thank HMCM staff for organising a great night out, I want to thank all the staff at Belle Vue Dogs who were really nice and helpful and thanks to another of the volunteers, Ricky, who drove the Point 2 Point bus for us. I would definitely recommend the Dogs for a good night out for the whole family.



- Everyone enjoyed a great night out (above left)
- Vice Chair of HMCM Trustees Councillor Jim Fitzpatrick congratulates Clare on organising a great night out (above right)
- The ladies kept a close eye on the winning post (top right)

By Kath Carroll
Community Reporter

Self injury - what's it all about?

MARCH 1 was 'Self-Injury Awareness Day' (SIAD) It is an international event which takes place every year on 1 March to raise awareness about self injury. While we can raise awareness on any day, it's good to have a day to focus around.

Why do people self-injure?

People self-injure to deal with their emotional distress. There are various ways in which people cope when they are in distress or upset, and self-injury is one type of coping mechanism. Specific reasons behind an individual's self-injury are so varied it would be impossible to list them all. But some of the most common reasons people give are bullying, pressure at work/school, abuse, relationship problems, financial worries or a combination of smaller things which build up into something big.

Can't people just stop self-injuring?

It's not that simple, people can't stop self-injuring until they have another way to cope with their emotions. It can take a long time to find a more healthy coping mechanism because self-injury can

become a habit (or even seen as an addiction). It can be a very difficult cycle to break, and usually people will need help and time to overcome it.

Where can I find out more or get help?

RecoveryPlus.org.uk is a website I set up to help people. The main aim of the website is to provide emotional peer support for people going through difficult times, to provide resources and better education to raise awareness of mental health issues. RecoveryPlus welcomes everyone, it's FREE to sign up for an account and we have friendly volunteers always willing to lend a hand to new members. Another website that can provide support around self injury is www.firstsigns.org.uk. There is a wealth of information on the site for people who are self-injuring and their friends and family.

If you have been self-injuring or you know someone that has, encourage them to see their doctor, there is help out there. You just need to find it.

By Richard McKeag
Community Reporter

All you need to Care with Confidence

Do you look after someone? Local carers benefit from a FREE programme

LOOKING after a relative or friend can be very rewarding but there are lots of different things that you need to know as well as where to go for help and support.

Emotions can run high when you are unable to get the help and support you really need and you can feel quite isolated. Joining a 'Caring with Confidence' course could really help you be ready for those difficult times.

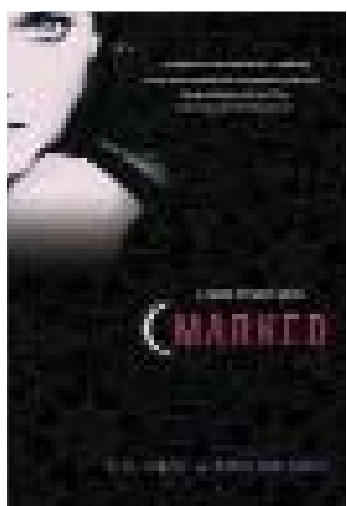
If you are an informal carer over the age of 18, you can join other local carers on a course starting soon. You can choose to attend just one or all seven of the sessions.

The sessions are designed to help you as a carer, explore your

own knowledge and skills and also to work with you to make positive changes to your role. Each session will look at a different aspect of caring. The first session 'Finding your Way' introduces the programme and gives a taste of the other sessions which are Caring & Coping & Me, Communicating, Resources, Life and Caring Day to Day. One carer who has attended the course said: "I would recommend the sessions because I want others to benefit as much from this course as I am doing."

Funding for sitting services or transport may be available if you need that support to enable you to attend. Remember all sessions are FREE and refreshments will be provided. To reserve your place or for more information call 01773 743355 ext 224 or e mail cwc@derbyshirecarers.co.uk.

Book Review - House of Night



Imagine Twilight and Harry Potter characters mixed together to make powerful vampire students known as fledglings. That's what the 'House of Night' series of books by P.C. and Kristin Cast brings you.

The series follows fledgling Zoey Redbird through her transformation from human to vampire and the problems that brings, including blood lust. As you read the books you start to

empathise with Zoey. She is a very special fledgling, but that doesn't make her life any easier. On the contrary, it's quite the opposite, faced with drinking blood from her ex-human boyfriend, keeping secrets from her vampire boyfriend and having relations with one of the school's professors, it seems nothing ever goes right for Zoey.

As you journey through the books you come to

understand how hard it can be to become a vampire in training. If you don't make the change into a full vampire the only other option left is a horrible death that involves a lot of blood.

The series cleverly covers what everyone has to face when going through teenage years. We discover friendship, relationships, bodily changes, as well as the forbidden idea of sex. All of these aspects are

portrayed within the books, but instead of telling it as a normal teen chick flick we see it from a darker side. A side which enables the author to cover the darker emotions like revenge, desire and hate.

These books are a very good read and totally unputdownable. If you were ensnared by Twilight, these should be the next books on your 'to read' list.

By Rebecca Bell
Community Reporter

Last orders called at the New Inn



Above: Picture taken in better days - now the building is all boarded up

IT WAS the end of an era when the New Inn finally closed its doors in January. There have been many great nights and days at the New Inn over the years and there was always a warm welcome when you walked in the door from landlord Tommy Murtagh.

Friends, family and locals joined Tommy for a farewell drink on Saturday 23 January and even though it was a sad occasion everyone made the most of it and had a good time. There have been many great nights in the pub brought about by Ricky Hatton's boxing success; there have been some great stars from the sporting and television world frequenting the pub. But Tommy always made sure the people of Hattersley were never forgotten. He put on some great parties and the kids were always catered for. It wasn't only about booze with Tommy it was also about giving back and bringing together the community.

New Inn regular Geoff Gorst had this to

say: "Gone are the Wednesday 'Sing-a-long's' and Friday and Saturday entertainment. No more pool nights or Tuesday and Thursday darts with Duck, Wilky and the gang. No more football on Sundays, no more banter at the bar with Geoff, Clive, Tony, Fred and Duck of course. The New Inn will be missed by everyone and everyone wishes Tommy the best for the future. It really is the end of an era."

So from all your friends, good luck for the future Tommy, you're a great bloke. To the New Inn "you were here before we came and we hope a use will be found so you will be around for a long time to come." Cheers!

**By Richard Verling
Community Reporter**

Get colourfully confident at the library

'CONFIDENCE with Colour' is a workshop for women where you can learn tips on the fashion and make up colours that suit you.

You'll be able to have a chat while enjoying a cuppa and a "mood food" snack. And if you are in the right mood afterwards then why not join a laughter workshop – that's guaranteed to improve your mood.

Both sessions are taking place at Hattersley Library

on Wednesday 10 March. 'Confidence with Colour' starts at 12.15pm, and the Laughter Workshop, which is available for both men and women, starts at 2pm. Both events, provided by Hattersley Neighbourhood Partnership and Tameside Libraries, are free but as places are limited you will have to book a place. To book yours call the library on 0161 368 8515 now.

Team moves from New Inn to Hare Hill

THE NEW Inn football team have now moved to the Harehill Tavern and would like to thank Steven Heaton, the landlord for making them welcome.

Team news

Great game against the Foresters in the Fred Davies Cup, three all after extra time our team winning 4 - 3 on penalties. Then we got a

lesson in football by Dukinfield Town in the Stalybridge & Hyde Cup, going down 8 - 3, but there was one consolation as Mark Williams did get a hat trick. A great come back against Houldsworth in the division three cup to reach the quarter final with goals from Mark Williams and Steve Heaton.

**By Geoff Gorst
Community Reporter**



Are you looking for your new home?



St. James Court

Underwood Walk,
Off Underwood Rd,
Hattersley

**1 and 2 Bedroom
Flats
Available
Immediately**



If you are interested in this or any of our properties you can contact us on

0845 605 9000

or visit our website

www.guinnessnortherncounties.co.uk

Under 12's convincing win



Four Goal Hero Ellis Stelfox

HATTERSLEY Football Club's under 12's team haven't managed to get many games in recently with all the bad weather but that didn't seem to slow them down when they met Stretford Vic's at Pinfold School on Sunday 7 February.

The team played one of their best games of the season, they were quick to the ball and didn't allow their opponents to push them around. Goals from Ellis Stelfox saw Hattersley go into the break 2 - 0 up.

The second half saw two goals by Nico Unwah and another two more from Ellis to round off a great game of football and taking the final score to 6-0. It was a great team performance by every player on the pitch, so well done boys and keep up the good work

**By Shaz Bosson
Community
Reporter**

HATTERSLEY Football Club's under 13's side travelled down to Stockport on Sunday 24 January to take on Hillgate Juniors in a league match.

The game kicked off and it wasn't long before Hattersley were down 1-0 but Hattersley's Sam Panter managed to level the score five minutes later. Quickly Hillgate got another goal to take them back in front.

Hattersley had a few chances before Sam scored again to bring it all level 2-2. Against the run of play Hillgate Juniors scored again to go into the break with a 3-2 lead.

In the second half Frazer Stelfox scored from the penalty spot to bring it to 3-3 and a goal from Leo Whyte and another from Sam saw Hattersley take a 5-3 lead. Hillgate pressed hard and scored again but the final score was Hillgate Juniors four – Hattersley FC under 13's five. It was a great game of football, well done boys.

**By Footy Madmum
Community
Reporter**

It was a hat-trick from Sam



Hat-trick Scorer Sam Panter

Hattersley Healthy Walkers

HATTERSLEY Healthy Walkers are now in their eleventh year and still walking in all kinds of weather. The group are holding their Annual General Meeting at 10am on Tuesday 30 March at Hattersley Community Centre.

Committed Healthy Walker, Bernard Mayers celebrated his 80th birthday in January. Every week Bernard travels all the way from Wythenshawe to join our walk so we must be doing something right.

Would you like to join us?

You can find the schedule of up and coming walks in the Post Office, Library, Doctors and Community Centre. As well as helping you keep fit and healthy, the walks are a great way of making new friends, so we hope you will join us.

**By Moira McCusker
Community Reporter**



Bernard on the right of photo

Are you a boxing aficionado?



There is some great boxing talent on the estate and we want to cover more boxing news in the Community News.

With the wealth of talent, not just at the Mottram & Hattersley club, but also with local boxers training at other clubs, we don't want to miss the journey to championship titles of the next Ricky Hatton.

If you know your boxing rounds from your drinking rounds and you know a left hook isn't just something one of the Pirates of the Caribbean had, then give Clare or Muriel a call at the Community News on 0161 368 5171. Don't worry about writing a report, if you are not comfortable writing there are lots of other ways of doing a report. It's not your English skills we are looking for it's your view of the fight, so please give us a call.

New coaches join busy club

DECEMBER proved to be a slightly disruptive month for Mottram & Hattersley Amateur Boxing Academy with a number of members moving on. But thankfully as always happens, as valued supporters move on others step up to take their place.

To meet the massive increase in membership at the club they recently welcomed onboard a number of new coaches. Arthur O'Conner, Chris McBain, Mathew Oates and Julian Monk have all joined the club as coaches and the ever busy Gym instructor Alison Walters has joined as the child welfare officer.

On the boxing scene
Mathew Claffey registered a win

and a loss against J Raja of Newbury and Farnworth ABC and Conner Ward lost on points to A Harrison of Blackpool and Kingscote ABC. But following his defeat he went on to beat S Saeed of Old Trafford ABC.

The club are hoping to secure the services of three ex Mottram and Hattersley boxers to help with the coaching in the near future so watch this space for some more great news. The club are looking in great shape ready for their move into the new Ken Ward sports centre in the next couple of months.

**By Mick Moran
Community Reporter**

Igloos of the nineties

IN THE last Community News there was a photograph of a lovely igloo built in January 2010. There was a heading saying "Is this the first igloo in Hattersley?"

My immediate response was no I have photographs of an igloo built by my son Gareth and his friends Christina and David. They were taken about 1994 and as you can see Fields Court, which has long since been demolished, is in the background. Don't you think they shaped the blocks well? This may start a deluge of igloo pictures, but the more the merrier, so keep them coming.

**By Jean Crossley
Community Reporter**



Peak Valley's accessible housing office



'Local disabled wheelchair user, Glenda Harffy gets easier access to Peak Valley's Housing Office'

WORK has recently been carried out to the main entrance doors to Peak Valley's offices on Hattersley Road East, following a request from resident Glenda Harffy.

Glenda wanted to see easier access to the office for disabled residents and parents with prams or pushchairs. Before the work was carried out it was difficult to get into the reception area without struggling with the heavy double doors.

Now a new automatic door opening system has been installed for both sets of doors and the doorway widths altered to provide enough room for wheelchairs, prams and pushchairs.

Glenda explained: "I am very impressed by the speed and efficiency with which my request to improve access for every resident was carried out. I would like to thank the staff at Peak Valley and their contractor, The Casey Group, for making my life and that of other users, a degree more independent by undertaking this work."

Focus on Men's Health

Problems with your weight

EXCESS fat around the abdomen (often described as a beer belly) can be a particular health risk for men. Obesity in the U.K. has more than doubled in the last 18 years, with the greatest increase amongst men.

In fact, the number of obese men has tripled in this period. Anyone is at risk of becoming obese, but your risk is increased if you have a history of obesity within your family, you eat a high fat diet and do little physical activity. Some people are genetically vulnerable, but it is our lifestyle that has the biggest influence on our becoming obese.

How can I tell if I am obese or just overweight?

There is no single healthy weight for a given height, but there is a broad weight range which reflects the lowest risk of ill health. You can contact the Health Improvement team at Hattersley Neighbourhood Partnership who will direct you to where you can find out your BODY MASS INDEX, (BMI) which would tell you if you're overweight or obese

If you are overweight your main goal should be not to gain any more weight. Aim to be active and to eat healthy, and even if you don't lose weight these life style changes will be beneficial to your health. It helps to move more. Take the

stairs and not the lift. When you are walking, walk a little faster. If you work sitting down, get up for a quick walk round whenever possible. When you go for a newspaper, walk, leave the car at home, and take up an activity that you enjoy like swimming, dancing or gardening. Exercise does not have to be a punishment it can be a pleasure. But if you do have a medical problem get advice from your doctor before changing your level of activity.

If you are looking for some support or ideas the Health Improvement team will be able to signpost you to the very successful local Weight Matters sessions and for more tips on exercise and diets go to.

www.malehealth.co.uk

Being obese can lead to serious health problems like thrombosis, diabetes, heart problems and many more. But its important that you don't feel ashamed or guilty about your weight problems as feeling guilty may be a barrier to you getting the help you need. Therefore, if you think you are obese, remember our slogan See Your Doctor, See Your Doctor Early.

**By Brian Hough
Community Reporter**

DYING MATTERS – so let's talk about it...

WILLOW Wood Hospice are taking part in a ground-breaking event to get people talking about death and dying at an Open Day, which will take place at the hospice on Friday 19 March between 11am and 2.30pm

Everyone is affected at some stage by death and dying and the Hospice has been asked to take part in the first NHS Dying Matters Awareness Week. The event will

give local people the opportunity to hear more about this subject. Highly qualified professionals and hospice staff will be on hand to provide the support and information needed to have 'those' difficult conversations with loved ones.

Matron Karen Vallantine explained: "Willow Wood is very much a place of life but we are delighted to be part of this new

initiative that will give local people hints and tips about how to start those difficult conversations along with practical advice about making decisions about healthcare and wills."

As a society we do not talk about death and dying and most people choose not to discuss their own preferences for their end of life care with their family, which makes

it difficult when the time comes. It's hoped the Willow Wood event will contribute to the changing attitudes towards death and dying and become a platform for future awareness. If you want to know more about the event contact Matron Karen Vallantine, Sister Lisa Wardlow or John Fellowes on 0161 330 1100 or email admin@willowwood.info.



COMMUNITY MESSAGES

Putting a message in the Community News is free but space is limited - Email us your message to news@hmcm.org.uk or bring it into the news room in the Community Centre It's First Come, First Served - So get your message in early

DEADLINE for articles for future editions

Edition	Deadline
Apr	12 Mar
May	16 Apr
Jun	21 May

Community News supported by



Contact the Community News

Call us on

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Visit the website


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Call in and see us at our office in the Community Centre Mon, Tues, Wed, Thur

IMPORTANT

Policy regarding photographs submitted to the Community News



It will be assumed, unless otherwise stated, that any person sending a picture for publication in the Community News is also giving absolute authority for Hattersley & Mottram Community Media to use the picture for income generation purposes through the sale of copies of the photographs or for use in other promotional materials.



Happy 13th birthday Connor & Callum Jackson
Have a fantastic birthday
Love u loads
Mum, Nana, Chris, Auntie Ema and the Gang

Happy 18th birthday To my best son, Craig Carroll

All the best
Have a brilliant day
Love Mam

12 March Lindon Battes
Happy 11th birthday son
Lots of love Mam, Dad, Dion & Ellie

Damo Healy
Happy 21st birthday

Love Mum, Dad, Sinead, Josh, Mike & Anthony





Happy 12th birthday Niall Whitehead

Love you loads
Mum, Dad, Lisa, Alan, Ryan, Pam, Joe, Kelsey & all the family

Happy 7th birthday Megan Halliwell

We love you all the world and back again
Mum, Dad, & Kenzie






Happy Birthday Mummy

Hope you have a lovely day
Love you lots
Ellie

Happy Birthday John Tector

Special Dad & Husband
Lots of love Jacqueline, Jack, Susan
Happy Birthday Grandad
Lots of love Megan & Charlotte






Vera Collins
Wishing a dear friend a Great 80th birthday

God bless
Love from Hilda, Len & family

Mikey-Rio
Happy 5th birthday

Lots of Love
Mummy






Happy Birthday Clare Panter

Have a fantastic birthday Clare
Best Wishes Muriel, Linda and all our volunteers

Happy 14th Birthday Laurell Theaker

Love Mum, Dad, Chantell, Destinee & family





Sheila Verling
24-02-39 - 27-12-06

We love you, we miss you every day, every hour
We always will
Craig, Natalie & Richard

21 February Dad

It's been a year since you passed away
There's not a day I don't think about you
Miss you so much
Love Michelle, Mikey & all the family





Birthday Memories of a special friend Michelle Agar

Love Janet

Birthday Memories Alice McKenna

You were so special
We love and miss you everyday
Josie, Claire, Byron, Chelsea, Crystal



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