

The Civic

An occasional newsletter from
Stretford Public Hall - December 2020



Hello from Stretford Public Hall and welcome to our winter issue of 'The Civic', bringing you festive news from the streets of Stretford!



Get ready to jingle this Christmas Eve

2020 has been a pretty rotten year all round but streets across Stretford are being encouraged to take part in a nationwide Christmas Eve Jingle, to spread a bit of festive cheer.

The Christmas Eve Jingle campaign encourages communities to gather on their doorsteps and ring bells at 6pm for two minutes on Christmas Eve – taking inspiration from the 'Clap for Carers' initiative.

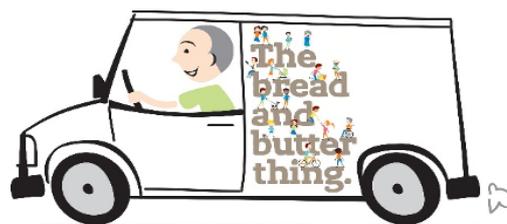
The campaign was started by a community group in Harrogate but it has now spread around the world. The group explain on their website: *'On Christmas Eve at 6pm, we are asking everyone to come outside and ring a bell for two minutes to spread Christmas spirit and to help Santa fly that sleigh. End 2020 with a bit of magic, hope and togetherness!'*

If you don't have a bell to ring, try hitting a saucepan with a metal spoon or fork, or just join in with some cheering and clapping!

The Bread and Butter Thing

The Bread and Butter Thing run a weekly food pantry, open to all Stretford residents. It costs £7.50 for a weekly collection of three bags of food, including dry food, fresh fruit and veg, and refrigerated food. Smaller options are also available for those living alone.

They operate from Gorse Hill Church in Stretford every Wednesday from 1.30pm to 2pm, and will be operating as usual over the Christmas period. To sign up to collect a weekly bag of food or to find out more information, call 07860 063256.



Support this Christmas

The Trafford Community Response helpline is operating throughout the Christmas period. If you live alone, are struggling to make ends meet, or generally in need of advice or support, please contact **0808 2787803** (8.30am to 5.30pm, Monday to Friday except on Christmas Day, Boxing Day and New Year's Day)



Brassed off!

Everybody loves a brass band at Christmas but due to you-know-what, concerts and indoor events are not on the cards this year. Undeterred, Stretford Public Hall have been determined to bring a bit of musical cheer to the streets of Stretford this festive season and are delighted to announce a special brass bonanza!

On Sunday 20th December, two brilliant brass bands – Mr Wilson’s Second Liners, and Twisted Tubes – will be walking the streets of Stretford, bringing their brassy tunes and festive cheer to the streets. The bands will be covering as many streets as they can over a two-hour period, stopping in at Victoria Park, Longford Park and Stretford Mall on the way.

Rock Against Racism Christmas Party

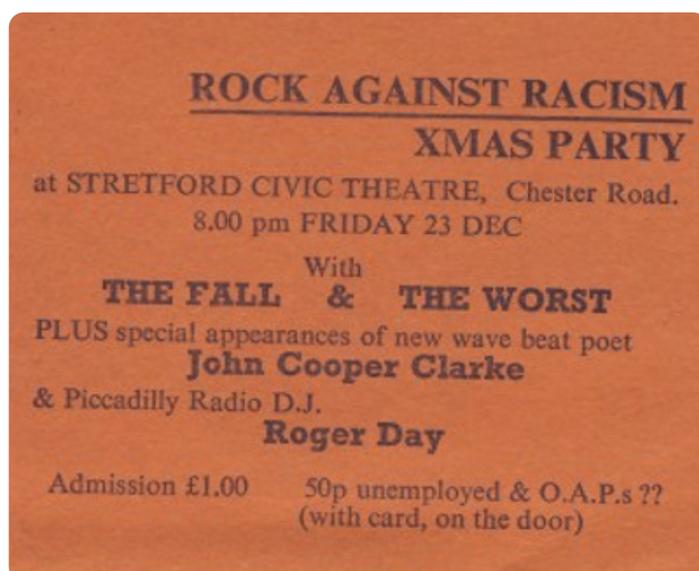
To celebrate the anniversary of the infamous Rock Against Racism Christmas Party at Stretford Civic Theatre in 1977, Friends of Stretford Public Hall will be presenting music and memories on our website from December 23rd.

Immerse yourself in memories from the night from those that were there (and we want to hear from you if you were!), with images from the event and the wider Rock Against Racism movement. Expect a dynamic mix of Punk, Funk, Soul, Rock n’ Roll, Reggae, Ska and Electro!

So pop your Christmas jumper on, raise a glass and get on your kitchen or living room dance floor and join us from your home.

The 2020 Rock Against Racism Christmas Party will be live from the 23rd December for you to enjoy in your own time across the festive season.

Visit www.stretfordpublichall.org.uk for more info.



Original ticket to the Xmas Party.

Source: Bernie Wilcox. Manchester Digital Music Archive.

Keeping Well this Winter

At this time of year, shorter days and colder weather mean it's normal to stay in more and be less active. We're more likely to become ill from flu and colds, and to feel a bit down. With everything going on, and the changes to day-to-day life, many of us may feel worried or sad. At this time, it can be hard to know what to do if you are unwell or have a concern about your health. It's good to remember that the NHS has made changes to make sure it's safe for us to be seen during the Covid-19 pandemic.

It's still important to:

- get medical help if you think you need it.
- keep any appointments or procedures you have booked – unless you're asked not to attend.
- go to hospital if you're advised to.

Contacting your GP and Visiting Hospital

If you need to contact a GP, phone your surgery and a phone appointment with a doctor or nurse may be booked for you. You'll only be asked to visit the surgery if necessary. If you have a routine appointment at a hospital, make sure you keep it unless told otherwise by a health professional.

Vaccines requested by the NHS!

The flu vaccine is free every year on the NHS for those in 'at risk' group such as those over 65, people with a long-term health condition or if you are a carer. Contact your GP surgery or your local pharmacy to get booked in for your jab. Your GP might also offer you the one-off free 'pneumo' (or pneumococcal) jab which protects against potentially serious pneumonia infections.

At the time of us producing this newsletter, it is hoped that the new vaccine for coronavirus will be starting to be rolled out before Christmas, with the first vaccinations going to those who are most at risk of the disease. If you are an at-risk patient, your GP will contact you directly to invite you for vaccination.

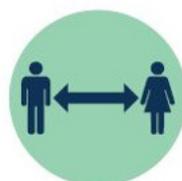
We should follow these simple steps to protect ourselves and our community:



Hands: Wash your hands with hot water and soap more often for 20 seconds each time.



Face: Cover face when in public spaces such as shops or restaurants.



Space: Keep a minimum of two metres (six feet) apart from anyone outside your household.

Pharmacies and Dentists

If you have a repeat prescription that you usually request at your GP surgery or pharmacy, you can do this over the phone. Your local pharmacist can also give advice and treatment for many minor health problems. It's a good stock up on medicine cabinet essentials like painkillers and cold and flu remedies.

If you have an urgent dental problem, please phone your usual dental practice. If you're not sure what to do, the NHS 111 phone service is available for help and advice 24 hours a day, 7 days a week. For life-threatening emergencies, call 999 for an ambulance.

Other helpful contacts

Here are a list of helpful contact numbers and websites. Christmas can be a difficult time for many of us and it may be even harder this year, due to coronavirus restrictions.

If you do not have access to the internet, ask a friend, family member, or a neighbour to print documents for you.

You can also call us at Stretford Public Hall and we can help you access the information you need. Call the Stretford Hub helpline on 0161 884 1553.

Call the Stretford Hub helpline on 0161 884 1553 (10am-4pm, Mon - Fri). We will be closed from December 24th and reopen on January 4th. Please call the main Trafford helpline on 0808 2787803 for support over Christmas.

NHS 111

If you have any concerns about your health.

Age UK 0800 169 6565

Call for local Age UK contacts. Provides help and information for people in later life.

Independent Age 0800 319 6789

Advice and support for older people including information brochures on a range of topics.

Silverline 0800 470 8090

The Silver Line is the only free confidential helpline providing information, friendship and advice to older people. It is open 24 hours a day, every day of the year.

Citizens Advice Trafford 0808 2787803

Free, independent confidential advice by telephone.

Samaritans 116 123

Whatever you are going through, someone will help you. Open 24 hours a day, 365 days a year.

Refuge 0808 2000 247

National Domestic Abuse Helpline.

Carers UK 020 7378 4999

Advice and support for carers.

Dementia & Memory Loss Advice 0161 746 3944

Advice and support for those with dementia, run by Age UK Trafford

Carers UK 020 7378 4999

Advice and support for carers.

Greater Manchester Bereavement Service 0161 983 0902

Offers support to anyone suffering a bereavement.

Greater Manchester Victim Support 0161 200 1950

For support with any crime including domestic abuse.

LGBT Foundation 0345 330 3030

A national charity delivering advice, support and information services to LGBT communities.

Age UK Trafford 0161 788 7300

Information and resources on nutrition and hydration.

You Can GM 0300 123 1044

Greater Manchester support to stop smoking.

Trafford Veterans 07947 865500

Support and advice for Veterans and their families in Trafford.

This newsletter has been produced by Friends of Stretford Public Hall, the community co-operative that runs Stretford Public Hall. The newsletter has been supported by funding from the National Lottery Community Fund.



**Stretford
Public Hall**

