

## Members' Newsletter February 2024

Photo:  
Members at  
the January  
Follow Up  
Meeting



Welcome to  
the  
February  
Newsletter.

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Three Easy recipes

## Co-op Follow Up Meeting

It's a chilly grey January morning but I'm optimistic about the Co-op's follow up meeting. I suppose the winter break gave me time to switch off and the year ahead poses a new beginning.

I walk to Dickinson Road, the market isn't busy yet, and get to the scary junction at Plymouth Grove where I notice the colourful gigs and summer festivals posters on the boards around the empty piece of land, I wish for warmer days and cross the road to enter the 422 Hub.

Some people have arrived and are busy setting up the room, I'm glad to see them. I join in and sooner than later we have a good number of members ready and eager to make a start. I sit at the back next to the youngest member in the room, a baby girl full of life. She looks at me with interest and I think to myself: she'll grow up and could be still a member in the many years to come, a nice fleeting moment of hopefulness warms my heart.

The room gets quiet, the meeting starts...



Photo: Deep discussion among the working groups

On Saturday 20<sup>th</sup> January New Longsight's follow up crisis meeting took place with approximately 30 members attending in person and online. It was such a positive and productive session!

Among the discussion, was the option of turning a vacant ground floor flat into the coop's office, some pros and cons were debated like accessibility and costs. We looked at a presentation prepared by our Committee about the structure of our coop, explaining their role briefly

and all the different groups that people can join; we watched a short video of a housing coop based in Leicester that helped us get a much better understanding on why housing coops are so amazing and why we must feel proud about belonging to one.

After a short break, we organised in 4 different working groups: Governance, Training & Development, Finance, and Engagement & Communication. Each group discussed ideas on how to improve those areas and fed back 3 key points at the end.

It was great to see everyone taking part in the conversations and the results were fantastic!

We now have a Finance group that will work closely with Farzana, the Committee and the Planning Group, to help make important financial decisions that will shape our future. The existing Newsletter Group and Social Group will merge into the brand-new Engagement & Communications Group to work more co-ordinately. And a Training & Development group was formed to improve Co-op booklets and make introductory sessions to prospective members clearer and more dynamic.

This is a very concise account of the meeting and more information will be circulated soon.

Want to contribute to one of the new groups, an existing group or the management committee? Not sure what it takes? Contact Farzana: 07422 692 610 / [office@nlhcoop.org](mailto:office@nlhcoop.org).

We need more members to participate and joining is not as daunting as you may think!

The committee and all the new and existing groups are formed by people from a variety of backgrounds, with different skills and levels of understanding. No one is an expert, and the tasks are shared amongst the members. Joining a group is part of our responsibilities and a great way to learn new things and understand how the coop works, improve our coop, and to get to know members.

Having such an enthusiastic meeting cheered us up. It was a great way to start the new year and showed that there is a bright future for our coop if we work together.

Long live New Longsight Housing Co-operative!

Roxana

# Love Where You Live

## The Old Station

Some years ago, I was on a train back from somewhere. There was work going on between Piccadilly and Stockport so the train actually stopped at Longsight. There was a bus waiting on New Bank St to take people on to Piccadilly, but all I had to do was cross the road and I was home!

This is a photo of Longsight Station. The footpath on the bottom right of this picture no longer exists. It is now the road to Asda Supermarket. The ramp on the left is still there, but now it's overgrown with trees and bushes. It leads up to Longsight Station, which closed in 1958. The bus is the old 53 which ran every few minutes from Cheetham Hill to Trafford Park.



The station opened in 1843 and replaced Rushford Station which had opened in 1840, near the junction of Slade Lane and Stockport Rd.

The Longsight entrance to Belle Vue Zoo and Amusement Park was very close, and people arrived by train in their thousands. A special long platform was built, the longest in the country at 1500 feet (457 metres). You can still see parts of it if you go through on the train.



Photo: Excursion Platform, Longsight

After the station closed it became Longsight Depot where cleaning and maintenance are done. Railway workers arrived to work at the steps on the far side of the bridge. Nowadays they arrive by car past Ahmed's Cash and Carry. It's one of the largest train depots in the country and can hold 179 carriages at any one time.

In the 1990's a huge shed was built to house the new Eurostar. You can see it from New Bank St. People thought they would be able to travel from Manchester to Paris by train through the Channel Tunnel. Then the idea of bringing Eurostar to Manchester was scrapped and the shed was left empty for 10 years.

Before HS2 was scrapped, (the High Speed Rail), it was planned to build a tunnel under Levenshulme and Longsight to come up here where the unwanted Eurostar shed is. It will be interesting to see what future plans there are for this site.

**Most people now don't know that there used to be a thriving train station in Longsight.**

**What do you remember or know about in Longsight that others may not know? Do share!**

**Send your stories to [lindamarsh.nlhc@gmail.com](mailto:lindamarsh.nlhc@gmail.com) or by post to the office, marked For Newsletter.**

# Longsight Goes to Sale

## Roxana Allison's Hope. Despair. Miracles. at Waterside Gallery

NLHC member Roxana Allison will be having a show at Waterside Arts in Sale, Trafford of her project titled 'Hope. Despair. Miracles.' with some of our past and current co-op members appearing in it. The preview is on Thursday 25 January from 6pm to 8 pm, free and everyone welcome.

### About the project

'**Hope.Despair. Miracles.**', a new project by Mexican-British social documentary photographer Roxana Allison, introduces the exceptional community change-makers devoted to genuinely improving people's lives in Longsight: a working-class area in Southeast Manchester rich in ethnic diversity, yet long-associated – sometimes unfairly – with its complex social issues.

The portraits, landscapes and written word invite us to recognise the agents of change making a real difference in multicultural working-class neighbourhoods across the UK – reminding us to never judge a book, or a place, by its front cover.

In a post-Brexit UK and post-Covid world that is enduring a cost-of-living crisis, 'Hope. Despair. Miracles.' aims to inspire by showing that people-led change is achievable through the power of togetherness. To remain hopeful, the project invites us to focus on the small wins. These wins, in the face of great odds, can seem like miracles.

Roxana Allison is one of 100 winning artists on this year's [The British Journal of Photography Portrait of Britain Vol. 6 \(2023\)](#).



Read Allison's recent interview with The Double Negative [here](http://www.thedoublenegative.co.uk/2024/01/the-big-interview-portrait-of-britain-winner-roxana-allison).(www.thedoublenegative.co.uk/2024/01/the-big-interview-portrait-of-britain-winner-roxana-allison)

**Roxana Allison: Hope. Despair. Miracles.**

**Waterside Arts – The Lauriston Gallery**

<https://watersidearts.org/whats-on/3408-hope-despair-miracles-by-roxana-allison/>

**Exhibition open from 27 January to 13 April 2024 / FREE**

**1 Waterside Plaza, Sale, Trafford, M33 7ZF / Tram stop – Sale**

## **Where to get Advice and Help with Saving Energy, Bills, Benefits and More**

### **Manchester's cost of living advice line**

The Council's free telephone cost of living advice line offers support with benefits and help with your rent, advice about debt and paying bills, food support and help to get online (support to access the internet, laptops, phones and data).

**Call Manchester's  
FREE Cost of Living  
Advice Line**

**0800 023 2692**

The advice line is open Monday to Friday 9am to 4.30pm.

Call 0800 023 2992 or text 07860 022 876

or visit [manchester.gov.uk/coladvice](http://manchester.gov.uk/coladvice)

### **Citizens Advice Manchester**

They offer a free, confidential service to help you:

- Check if you are able to get financial support
- Manage energy debt
- Save money on energy bills
- Make sure your energy supply is safe
- Get new or better home heating

Phone: 0808 164 4406

Lines open Monday to Friday 9am to 5pm



## Take Charge

Take Charge, a free impartial advice service that's available to all households in the region.

- Energy support - Free and impartial advice to help you save money on your energy bills.
- Money advice - Help to claim what is yours when it comes to benefits, plus practical money and debt advice.
- Funding for your home - Find grants and funding to help with energy saving home improvements, and see if you can get extra support.



Call: 0808 169 9924 or visit website: <https://takecharge.today.co.uk>

What's App link on webpage.

## Information

### Skill Up Digital Workshops

If you don't want to apply for a course but would like some advice on accessing services online, how to use a particular device or search for information quickly, why not attend a Skill Up Workshop? These casual, no commitment drop-in sessions are perfect for answering your questions and getting support.

Skill Up Workshop timetable:

Longsight Library and Adult Learning Centre: Mondays from 9.30am-11.45am

Fallowfield Library: Thursdays from 1.00pm-3.00pm



Greenheys Adult Learning Centre: Tuesdays from 9.30am-11.45am

Gorton Hub: Tuesdays from 12.30pm-2.45pm

Withington Adult Learning Centre: Wednesdays 12.30pm-2.45pm

## Support for People Over 50

Inspired Taskforce in Levenshulme are providing support for people aged 50 and over in Manchester. The project, funded by Manchester City Council, will provide social activities, zoom sessions, telephone calls and access to energy and financial advice.

For more information contact Kate or Paul on [kate.williams@inspiredtaskforce.co.uk](mailto:kate.williams@inspiredtaskforce.co.uk) or call 0161 676 8450.

They are also looking for volunteers - please contact us on the details above to find out more.



## Build A Business – Free Workshops

Manchester Libraries offer free workshops to help people learn about building their own business.

The free Build a Business workshops are designed for aspiring entrepreneurs across Greater Manchester. Get tailored support and expert advice to help you launch or grow your business. Spaces are limited. Book now.



You can find out more and book places at:

[https://buildabusinessgm.org/babevents/?utm\\_content=&utm\\_medium=email&utm\\_name=&utm\\_source=govdelivery&utm\\_term=](https://buildabusinessgm.org/babevents/?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=)

## Voting in Local Elections

The next local elections in Greater Manchester are on 2 May this year. There will be some local council elections plus the election for the Greater Manchester Mayor.

There have been changes in the rules for voting. You may want to check these. You now need to provide photo ID or a Voter Authentication Certificate when you vote,

You can check if you are registered to vote, or register, by going to the webpage:

[www.manchester.gov.uk/info/500328/voting/6470/register\\_to\\_vote](http://www.manchester.gov.uk/info/500328/voting/6470/register_to_vote)

Or email: [esu@manchester.gov.uk](mailto:esu@manchester.gov.uk) Phone: 0161 234 1212

If you need a Voter Authentication Certificate, go to:  
<https://www.gov.uk/apply-for-photo-id->

or contact Manchester's Digital Inclusion Team by:

email: [digitalinclusion@manchester.gov.uk](mailto:digitalinclusion@manchester.gov.uk)

or text 07860 064 1228

and they will contact you to assist.



## Things To Do

### Nursing Stories

Explore Manchester's nursing history at the Nursing Stories Exhibition. Hosted by Manchester Archives+ at the Central Library, celebrate the incredible stories of nurses and caregivers who have shaped our healthcare legacy. On until 29 February.



Photo: Louise Da-Cocodia, anti-racism campaigner and first black senior nursing officer in Manchester

## Uke Can Do It!

Join a drop-in Three Chord Ukulele Club for lunchtime strums and fun. Whether you're a beginner or a strumming star, go for an hour of laid-back lessons and singalongs.

No uke? No problem! they've got you covered with ukuleles ready to play. For more information you can email [catherine.rooney@manchester.gov.uk](mailto:catherine.rooney@manchester.gov.uk)



## Halle relaxed concerts for people with dementia and their carers

Join the 26-piece Halle relaxed ensemble for a series of interactive dementia friendly concerts. These events are particularly suited to those living with dementia, or similar health conditions, and their carers.

Concerts take place at either 12.00pm or 2.30pm and last about an hour on: Tuesday 6 February 2024 and Wednesday 5 June 2024

Tickets are £3. For more information, please contact Holly Randhawa on Email: [holly.randhawa@halle.co.uk](mailto:holly.randhawa@halle.co.uk)  
Phone: 0161 907 9000



# Poem by Trudy Howson

In recognition of LGBT History Month, here is a poem by Trudy Howson, written for the launch of Hate Crime Awareness Week in 2019. You can see Trudy's performance of this poem at: [www.lgbtpoetlaureate.org.uk/poetry.html#nhcaw2019](http://www.lgbtpoetlaureate.org.uk/poetry.html#nhcaw2019)

In this week across our nation,  
We stand united in our call.  
"There is no place for hatred."  
Because hatred hurts us all.

Whatever your ability or religion.  
Sexuality, colour of skin.  
This battle against hate crime,  
Is one we have to win.

Let's educate the ignorant.  
Dispel prejudice and fear.  
Promote that Love is a human  
right,  
Be open and be clear.

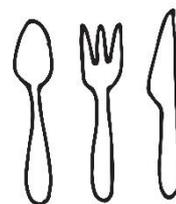
We can make a difference,  
By what we do and say,  
Against the intolerance and  
injustice,  
Some people suffer every day.

It's okay to be different,  
Let's honour who we are.  
Make our world a safer place,  
For all of us, near and far.



# Recipes

These are taken from the Luton Food Bank cook book. They are quick and easy – and can help hide vegetables from fussy children if you chop the veg finely!



## Laura's Quick Baked Bean Stew

Ingredients: 1 tin of baked beans, 1 carrot, 1 onion, oil to fry.

Method: Chop onions finely and fry. Grate the carrot and add to the onion, fry a little more. Add the beans, plus a tiny bit of water if needed. Heat gently. Serve on toast or with mash.

## Bel's Ham and Rice Salad

Ingredients: 1 packet or 200g (8oz) rice, 1 tin of ham, 1 lettuce, 4 tomatoes, 1/2 a cucumber.

Method: Cook rice as instructed on the packet, or by your usual method, While the rice is cooling, chop the ham, wash all salad veg and slice them. Mix the ham and veg with the rice.

## Helen's Sausage and Bean Couscous



Ingredients: Half a small tin of mixed beans, one sausage per person (e.g. cooked or tinned frankfurters), 60g (2and 1/3 oz) cous cous per person, 3 big carrots, 1 big tin chopped tomatoes, 1 onion, half a courgette, 1-2 cloves of garlic, salt and pepper, herbs and cumin or 1 stock cube, 25-50g (1-2oz) apricots (chopped) or sultanas as preferred.

Method: Fry the onions, chop the veg small and fry for 10 minutes, slice the sausages and add to the pan along with the beans and tomatoes. Simmer for 20 mins stirring regularly.

Put 60g (just over 2oz) of easy cook couscous per person in a bowl and prepare it according to instructions. Stir occasionally to fluff up grains. You can add the chopped apricots or sultanas now. Serve the sausage and bean mixture over the couscous.

# Contacts



**For repairs, questions about rent, and complaints contact Shared Habitat**

Say you are a tenant of New Longsight Housing Co-op.

Monday to Friday 9:00am – 5:00pm

Phone: 0161 791 2000 –

WhatsApp: 0161 791 2000

Email: [enquiry@sharedhabitat.co.uk](mailto:enquiry@sharedhabitat.co.uk)

**SharedHabitat**

**For emergency repairs out of hours. Only when there is risk to life or limb**

Phone 0161 791 2000 & leave a message;

WhatsApp 0161 791 2000 or

Email [enquiry@sharedhabitat.co.uk](mailto:enquiry@sharedhabitat.co.uk)

**For anything that is not to do with repairs, rent or complaints, contact the office**

Office hours: Wednesday to Friday

Phone, text or WhatsApp: 07422 692 610

Email [office@nlhcoop.org](mailto:office@nlhcoop.org)



**Complaints** email: [complaints@nlhcoop.org](mailto:complaints@nlhcoop.org)

**Committee** Email [office@nlhcoop.org](mailto:office@nlhcoop.org) and mark your message “For Committee” or ring the office and let the worker know your message is for the committee.

**Facebook** <https://www.facebook.com/groups/nlhcmemberforum>

## Next Newsletter

If you have something for the April newsletter, please send it to [lindamarsh.nlhc@gmail.com](mailto:lindamarsh.nlhc@gmail.com) or ring the office about it by 4pm on Thursday 14 March.