



# A Look Inside...

Incorporating the annual report of the Wythenshawe Forum Trust

## Each year at the Forum Centre seems to get busier and the last one has been no exception.

In December 2018 we embarked on a new partnership with leisure provider Sports & Leisure Management. Under the Everyone Active brand, they will operate our events and leisure provision over the next decade – nurturing our high standards, improving the range of activities and developing our facilities to cope with future demand.

Forum Library has been refurbished and is now an Open Plus library – enabling it to provide 20 hours more access each week. Book stocks have been renewed across all fiction sections. There is also additional meeting space for businesses and community groups to access, alongside all the benefits of being part of Manchester Libraries.

The Forum Opportunities partnership combines the critical employment and skills services of Job Centre Plus and Manchester Adult Education. This has in turn forged new collaborations with local employers. Along with the work and skills team of Manchester City Council, all parties have worked together with the Wythenshawe Forum Trust to organise careers events and jobs fairs for those seeking further education, training and employment.

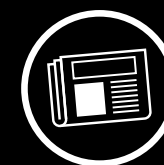
Programmes supported by the Trust ensure that the Forum Centre meets the needs of a diverse community – catering for different age groups, lifestyles and interests, or those with more complex needs. Our leisure and cultural provision contributes towards Manchester City Council targets for improved health and wellbeing.

The centre is a true community hub. We were particularly pleased that the Wythenshawe Forum Trust was highlighted as a Best Practice Representative in the 2018 Parliamentary Review.

Finally, can I say thank you to our partners and staff on site, and to our customers who we all work hard to satisfy. We look forward to being of continued service to our community.

**Cllr Glynn Evans**  
Chairman, Wythenshawe Forum Trust

**FORUM**





# An active community

We have invested in initiatives that help our community to become more active and to improve health and wellbeing. We introduced walking football for people who need a gentle introduction to a regular exercise routine. Such was the demand that a second session has been added. Walking netball was introduced in January 2019 and is also proving popular for those looking to improve their fitness. Both sports provide great social opportunities – supporting physical health and mental wellbeing too.

The integrated health and leisure services at the Forum form a wellbeing hub for Wythenshawe. Referrals can be made by health professionals – enabling patients to take advantage of physical activity programmes to aid recovery following illness or treatment, and to improve longer-term health.

Wythenshawe Forum Trust forms partnerships to facilitate delivery of initiatives that will make a difference. This includes supporting a local inactivity pilot through MCRactive working alongside the Manchester Local Care Organisation, and with support services such as Be Well.

New for 2019 is the Prehab4Cancer and Recovery programme in partnership with GM Cancer and GM Active, a collective of twelve leisure and community organisations from across Greater Manchester, whose aim is to get more people physically active. Free weekly sessions with our prehab specialist prepare people physically and mentally for their cancer treatment. It also supports recovery from treatment and life-long changes for overall improved health and wellbeing.

**Our fitness instructors are being trained to support new initiatives effectively and we have appointed a level 4 exercise and fitness coach as dedicated support for the specialist cancer and GP referral programmes.**

The annual Wythenshawe Games is a successful partnership which gives visitors the opportunity to try a diverse range of free sports and to access health and wellbeing advice – designed to encourage a healthier lifestyle. The 2019 Games saw more than 20,000 people participating in sport.

Wythenshawe Forum Trust also manages Summersonic – a free sports and activity programme for young people age 6 to 19 that operates during school holidays. A variety of coached sessions run at venues around Wythenshawe.

**Like the Wythenshawe Games, Summersonic provides taster sessions that introduce residents to a range of sports to encourage the uptake of regular activity with one of the local clubs. In 2018, a total of 1,661 sessions were attended.**

Summersonic also provides opportunities for young people to attend coaching courses leading to volunteering opportunities in which Summersonic partners work closely to mentor the young coaches. Young people learn further leadership skills and put their qualification into action through sports coaching – a step onto a career ladder if they choose.

FREE  
TO JOIN  
AND USE

 **MCRactive**

Register for a **MCRactive card** for cheaper prices when you pay and play at participating sport and leisure facilities across Manchester.

Online registration at [www.mcactive.com](http://www.mcactive.com)



Fitness instructor



Summersonic





We are rated  
**VERY GOOD**  
by Quest  
The operational quality mark  
for the leisure sector

# First class leisure facilities

Since December 2018, leisure provision has been operated by Sports & Leisure Management under their Everyone Active brand.



This has brought additional investment into the gym and performance areas, more workout sessions and new equipment including 25 new bikes for Group Cycle classes, a decline bench in the performance gym and a new free weights area in the main gym. We also have more fitness instructors, sports coaches and personal trainers.

Members benefit from additional training support, which along with a free online profile, will make a real difference to achieving personal fitness goals.

Gym • Swim • Health Suite • Dance & Spin Studio • Performance Gym • Workout Classes • Sports Hall



## Young people

Our younger customers have every opportunity to enjoy physical activity... we introduced free swimming for U17s during school holidays and it is now available at weekends too as part of the city-wide MCRactive scheme.

In addition to the free Summersonic activities during school holidays, the Saturday Night Project, offered in conjunction with City in the Community, attracts more than 150 young people each Saturday evening. Attendees choose free activities from swimming lessons, football, dance, basketball, music and gym sessions.

## Something for everyone

Not everything is defined by age and the two roller-skating sessions held each Friday evening attract about 100 skaters of all abilities and all ages.

Our sports facilities are also used by external clubs such as Silver Blades inline skating team, who train at the centre weekly.



More than 1,200  
on swimming lessons  
each week, from pre-school  
to Gold swim award



Over 14,000  
gym leisure members



Home of  
Wythenshawe Amateur  
Swimming Club



Circa 420,000  
leisure visits annually

New bikes for Group Cycle classes





Writing Well group

# Health and wellbeing

In addition to GP, community health and pharmacy services on site – the Forum delivers a range of services and activities designed to improve health and wellbeing. Henshaws runs weekly sessions for those living with sight loss.



Forum Library



Lego Club



Wythenshawe History Group

## More from your library

At Forum Library there is a host of help and advice such as Citizens Advice Bureau drop-in service, support with job hunting and family law matters and an anxiety group. Joining a club or group is known to help wellbeing and the library offers regular groups in art, crafts, chess, local and family history, discussion and reading.

A popular addition during the past year was Writing Well – free ten-week courses designed to help people to learn the craft of writing stories, poetry and journaling, while developing the skills to cope with negative feelings and to regain wellbeing.

If you are interested in local history or family history, there are regular groups to join, plus hobby groups such as crafts, chess and Paint Pots art group, an informal group where members help each other to master new techniques or even paint for the first time.

The Wythenshawe History Group collaborates with other groups, including Now Forever Heritage, to organise guided walks of Northenden and Wythenshawe. The group have been working with City of Trees to open Wythenshawe's woodland to the community and recently explored Ash Wood, Peel Hall including a visit to the medieval bridge at Peel Hall Park.

The University of the Third age is a group for retired people who enjoy learning. The group meets each month at Forum Library and welcomes a variety of speakers. There are also sub-groups such as the U3A Bridge Club.

A library discussion group for over 55s has been set up recently as a further part of the Forum's Age Friendly provision. Forum Library is one of the busiest libraries in the city, and one of the Manchester Libraries Creative Spaces. It has hosted live performances during the past year including music, dance and theatre.

More recently it has been refurbished and is now an Open Plus library, meaning it is accessible for 20 additional hours each week even when the library is unstaffed.

It is an attractive hub to read, learn, relax, socialise and be creative. Recent substantial investment has also enabled new PCs, customer self-service terminals, and self-service printing.

Volunteers have helped to facilitate and organise several craft groups which have been popular with the community.

Working in partnership with Job Centre Plus – part of Forum Opportunities - student volunteers from Pioneer House High School, who have learning difficulties, assist for a few hours each week with general library duties.

This has enhanced their social skills and wellbeing. They take immense pride in their roles and enjoy working in the library.



## Older adults

**We are proud of the weekly Grand Day Out programme which was piloted at the Forum prior to being rolled out elsewhere in Manchester.**

These sessions for over 55s welcome over 100 people each week, who get involved with activities if they want to, or can simply enjoy the opportunity to relax and socialise.

Reading the newspapers and enjoying the company of others is as much part of the Grand Day Out routine as is joining in with crafts, singing, gentle exercises or even a tea dance.

We couldn't do this without the support of the Real Neighbours community volunteers, who provide a warm welcome and ensure that everyone enjoys their visit.



**Grand Day Out**  
COME AS A STRANGER, LEAVE AS A FRIEND





Comic Fest



Christmas panto



International Women's Day

# Entertainment

Forum Hall hosts an average of twelve events each month – more than 3,600 visitors enjoy a variety of musical, drama and sporting performances in our events spaces. The 2018 pantomime, Aladdin, attracted school children from across Manchester and more than 2,000 members of the public.

Other popular events included Fairy Tales and Superheroes, Sounds of the Jersey Boys with the 4Ds, Re-Take That, Wannabe the Spice Girls Show, David Holt Spiritualist and Call me Psychic with Sally Morgan.

Some of our events are now annual fixtures such as the UCEN BA Make-up Artistry Show and the the International Women's Day Celebration. In addition, we held Wythenshawe's first ever Comic Convention with over 600 visitors.

Sporting events are a regular feature in the local calendar and include professional, amateur and white-collar boxing, plus American Wrestling. We have hosted a championship darts tournament and are proud to be hosting the World Paralympic Championship and Paralympic qualifier in February 2020.

## A year at a glance:

- dance competitions
- community events
- wedding
- comic conventions

- cultural programmes
- school events
- church programmes
- concerts

- conferences
- dance shows
- boxing tournaments
- Christmas pantomime

Our events hall is popular for private functions and large wedding receptions which make use of our on-site banqueting service, the large dance floor and self-contained bar and cloakroom facilities.





# New opportunities for employment and training

The Forum is unique in terms of its integrated services, designed to support Wythenshawe residents with advice, information and training to increase employability.



Since the launch of the new Forum Opportunities service in spring 2018, support for the local community has broadened to include additional training opportunities that help people seeking employment or career progression.

Wythenshawe Forum Trust has facilitated a pioneering partnership between Job Centre Plus and Manchester Adult Education to provide an effective employment and skills solution.

Each partner has increased the support available such as

- **Women into Work job clubs**
- **Citizen's Advice Bureau drop-ins**
- **Work clubs for young people**
- **Employment and disability employment advisers**
- **Help for troubled families**
- **Jobs and careers fairs**

**Manchester  
Adult  
Education**

**jobcentreplus**

## Boost your Skills course

This 2-week intensive course was introduced during 2019 to focus on boosting confidence and improving skills in the workplace. It is supported by careers advice, help with job applications and the opportunity to meet employers – involving all aspects of the Forum Opportunities partnership.

*"This course gave me a lot more self-esteem to tackle all the difficulties that come my way in terms of work or just everyday life. I learned how to approach job applications. I have become more confident at interviews and I have learnt new techniques to help me."*

Ereson

## Dyslexia support

Job Centre Plus delivered a bespoke programme for customers struggling to find employment. Support sessions were hosted by Forum Library and Wythenshawe Community Housing Group provided one-to-one meetings with candidates looking for internships or apprenticeships.

The service provided further support to individuals through collaboration with the training provider, employer, work coach, disability employment adviser and the Early Help team.

## Lifelong Learning

Manchester Adult Education provides opportunities to acquire new skills and qualifications in relaxed surroundings within the Forum Centre hub. Learning is informal, stimulating and enjoyable. Courses range from foundation level to those leading to entry for higher education, and are part-time to fit in with busy lives.

## John's Story

When I arrived at Manchester Adult Education (MAE) I was absolutely petrified but straight away, the staff made me feel welcome and did not judge me because my reading and writing were not very good. I have a degenerative muscular condition which means I can't do physical work anymore.

The job centre referred me because I needed to improve my maths and English to improve my chances of getting a job. Since joining MAE, I have improved my maths and English, gained qualifications and improved my confidence immensely. The support I have received has been more than I could ever wish for with dyslexia. I have received career advice and I was encouraged to do voluntary work. I joined the Talk English Project as a volunteer and have started looking for jobs in support roles.

John's tutor said: "John has also been a great help to the English team. He has worked voluntarily supporting teaching in entry level classes for more than 3 years. More recently he has organised an extra class for learners enrolled on entry level literacy courses at Forum Opportunities, where they can receive support to achieve success in English.

"Learners say that they find his journey inspiring and his insight helpful. John has also worked with speakers of other languages as part of the Talk English project and has just completed a Level 3 Award in Education and Training."



John Stoddart with tutors from MAE at the end of year awards ceremony





# First steps at the Forum

Forum Nursery provides childcare for children from 3 months to 5 years of age. As a Little Pioneers nursery and pre-school, working parents receive support through funded places and additional benefits through the nursery being part of The Midcounties Co-operative.



## What a year....

- **Achieved Millie's Mark** which means **100% first aid trained colleagues, and first aid training for families**
- **Silver award in EcoSchools**, developing a sustainable approach to play and teaching children about taking care of the environment
- **Several team members achieved ten years' service awards**
- **Platinum score for independent customer surveys twice**
- **Platinum colleague engagement score**
- **Recognised success in phonics programme by local schools, preparing children well for reading and writing**
- **4 children with SEND provided with 1:1 support**
- **267 hours volunteered in the local community**
- **19 higher education students completed work placements**
- **Enrichment activities such as swimming lessons and intergenerational projects**

The **co-operative** childcare

We served **3,000** apples and pears, **1,100** bananas  
and **14,976** slices of wholemeal bread... and washed **46,800** plates!

Our youngest customers used **67,700** nappies!



Forum Nursery

Saturday Night Project



Craft Fairs



Comic Fest



## Regular clubs and activities

From family-friendly Disney inspired swim sessions to Lego Club and the chance to dress up as a comic book character or superhero at our comic convention – there are plenty of free activities for young people and their families to enjoy.

Younger children can enjoy regular story time and Afro Tots groups in the library and from age 8, their very own Chatterbooks book club! Forum library also hosts many special events for children including the annual Summer Reading Challenge.

For the older ones there is a monthly Lego Club, junior Code Club and the popular Saturday Night Project in partnership with City in the Community. Free activities include basketball, football, gym, swimming and dance.

The Forum is an inclusive space and we have a regular LGBTQ group for young people that meets fortnightly, for socialising, advice and support.

## Community events

Our spacious concourse is well-used for exhibitions, consultations and information events. In the past year we have hosted a Placemaking exhibition, Manchester Airport Community Relations team, craft fairs, pop-up shops, and events focused on Age Friendly provision, health and wellbeing.





# Financial Summary 2017/18

## Income & Expenditure

	2018	2017
Turnover	2,766,282	2,675,532
Operating costs	2,823,832	2,741,000
	<b>-57,550</b>	<b>-65,468</b>
Other operating income	64,473	72,177
Operating (loss) / profit	6,923	6,709
Interest receivable & similar income	0	34
	6,923	6,743
Interest payable & similar charges	655	404
Surplus on ordinary activities before taxation	6,268	6,339
Tax on surplus on ordinary activities	6,268	6,339
Deficit for the financial year	0	0

## Balance Sheet

Fixed Assets		
Tangible assets	3,906,679	4,325,216
Current assets		
Stocks	0	0
Debtors	446,778	233,699
Cash at bank and in hand	203,041	366,055
	649,819	599,754
Creditors: amounts falling due within one year	1,151,675	1,139,444
Net current (liabilities) / assets	<b>-501,856</b>	<b>-539,690</b>
Total assets less current liabilities	3,404,823	3,785,526
Creditors: Deferred Capital Grant	<b>-3,398,832</b>	<b>-3,776,482</b>
Pension (liability) / assets	<b>-5,991</b>	<b>-9,044</b>
Net Liabilities	0	0
Reserves	0	0



Broadcaster Eamonn O'Neal DL with Roz Johnson of WFM Radio at an Age Friendly event



Jobs Fair



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