

**“I AM HELPING TO
TRANSFORM PARTINGTON,
ONE PARK AT A TIME!”**

Adele from Partington set up Friends of Oak Road Park



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“I wanted to help reclaim our community and get everyone working together, to make a difference to Partington and change people’s perception of the place we all call home. So I set up a Friends Group for Oak Road Park in Partington with my neighbours. We are encouraging local people to get involved with the work we are doing on the park which will give our children pride in where they live. Oak Road Park is only the start of it. We have passion and believe that we can make a difference and get everyone working together for future generations!”

Adele, Partington

You can make a big difference to the lives of your friends, neighbours and yourself, by being more active, joining a local group, volunteering, setting up a social enterprise or simply by being more neighbourly.

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**“I’M WOWING THE
OLDER PEOPLE OF
ALTRINCHAM AND SALE”**

**Alan from Home Instead Senior Care makes the
‘What’s on Where’ guide for Sale and Altrincham**



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“I created the What’s on Where (WOW) guides to help signpost older people to a wide range of socially stimulating activities that are typically run by local community organisations and their volunteers. Local residents, who can be at risk of loneliness and isolation, can now brighten up their social calendar, meet a few new friends and make the most of what the local community offers.”

Alan, Home Instead Senior Care

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**“HE WAS REALLY
PLEASED WHEN I
TOOK A MEAL ROUND”**

Emma from Urmston helps her neighbours



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“As my neighbours got older I’ve helped them out a little bit more. When she went into hospital, I took a meal round and he was really pleased. You realise you don’t need permission to do a nice thing or offer to help. It’s nothing special, just what neighbours do. I spoke to some of the other people on our street, and now we all help out, with meals and shopping. In fact, now we all help each other out.”

Emma, Urmston

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**“I’M HELPING
LOCAL MUMS ENJOY
THEIR JOURNEY”**

**Jessica from Stretford set up Soothe: Baby Blues
to support new mums in Trafford**



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“As a mum of 3 myself I know how tough it can be in the early months of having a new baby. I wanted to support other mums to enjoy their journey into motherhood. So I set up Sooth: Baby Blues, supported by local retired midwives, Remi and Daphne. We help the emotional wellbeing of new mums in Trafford by providing a space to bond, to nurture and be nurtured, to share, explore and adjust, to learn and to grow.”

Jessica, Stretford

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**“WE ARE PUTTING ON
FUN ACTIVITIES FOR
FAMILIES IN OUR TOWN”**

Anna and Zoe from Sale organised the Sale Footprint Trail



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“As local mums, we wanted to build on Sale’s arts offer for families and children. For the Sale Footprint Trail, we painted a thousand animal footprints through the town centre, with local businesses sponsoring the trail. There is something immensely positive and motivating about working within your own community, where you really see the direct benefits of the time and effort you are putting in. We are both very inspired and thoroughly supported by the people we meet every day. What began as a conversation at the school gates has evolved our roles as full time mums to running Two by Two, a thriving organisation in less than a year.”

Anna and Zoe, Sale

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