

COMMUNITY NEWS FROM NORTH EAST LIVERPOOL

ALT VALLEY VOICE

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Autism in Motion move into new premises

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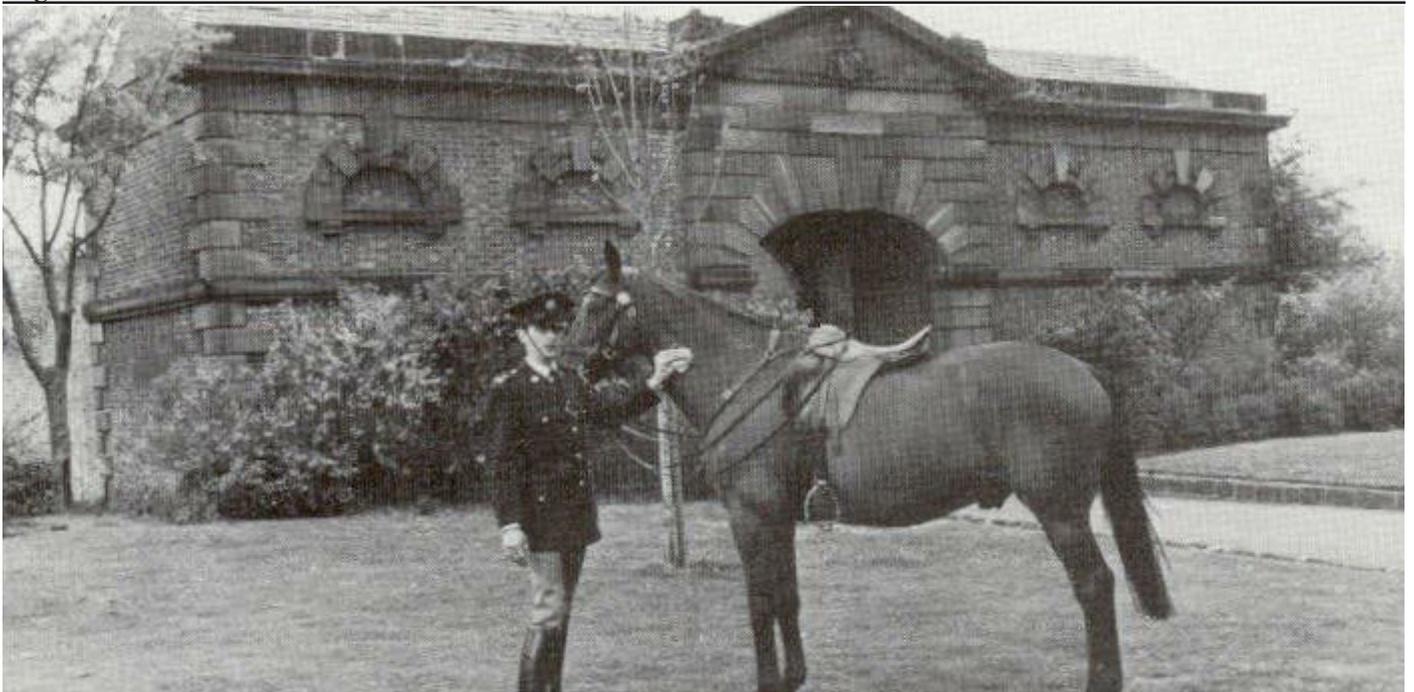
Croxteth Park becoming a national venue destination

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New era for North East Liverpool as regeneration plans begin

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Work begins on historic Norris Green structure

Norris Green Park has undergone something of a transformation over the past few years.

The involvement of local groups such as Friends of Norris Green Park and Ellergreen Tenants and Residents Association, council funding, the installation of a children's play area, and even an appearance on national television have all contributed to the park reaching its full potential, and restoring it to its former glory.

In July, work began on the Grade II listed stable block that was formerly a part of Norris Green mansion, including the removal of vegetation that had grown out of the façade, restoring some of the fallen brickwork and masonry, and protecting the structure from further deterioration from the elements.

The work has been long-awaited, with the building being declared unsafe in 2018, due to damage inflicted from water ingress and foliage growth. Early in 2019, however, funding was allocated by Liverpool City Council, through lobbying by Friends of Norris Green

Park and Norris Green councillors.

While originally the stable block for the Heywood family, who lived in Norris Green mansion in the mid-eighteenth century, the building has also been used as the park's maintenance depot, and a stables for the Liverpool City Corporation park mounted police section. The structure was destroyed by a fire in the 1980s, and since then, it has remained unused, and grown more unsafe.

Friends of Norris Green Park have also recently won funding to develop the area behind the stable façade, through Pocket Parks Plus Grant Funding, via Ministry of Housing Communities and Local Government.

This funding will allow the group to facilitate a range of new projects, including an open air space for health and wellbeing activities, raised beds to grow food and plants for the park, a small classroom for community events, space for a display of an archive of local historical images, and a new base for Friends of Norris Green Park, as well as reinstating a water and electricity supply to the park, amongst many other things.

The park hosted a 'Know Your Numbers' Health and Wellbeing event on 11th September, focused on getting healthy, support and advice, and the opportunity to try some new activities.

Exciting times are ahead for such a valuable community asset!



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Something for everyone at Dovecot Park fun day

On Friday 2nd August, Dovecot Park hosted a family fun day, organised by Merseyside Domestic Violence Service.

The day was packed full of activities, with bouncy castles, donkey rides, glitter face painting from Sarah at Global Make Up Academy, football coaching from NexGen, cakes, dancing from MD Productions, and Reiki,

as well as tables from many local organisations who were on hand to showcase their services. Everything at the event was either free or very low cost, to keep it as cheap as possible for attending families.

While the day was principally organised by Merseyside Domestic Violence Service, they also had support from: Alt Valley Community Trust; Gill Crane, an Allevi8 Sports therapist; Jane Richards, Women's Health Ambassador; Sophie Hughes from Sophie's Celebrations, a children's party and entertainment provider; and Caroline Corby, a Reiki and healing crystals specialist.

There was also a raffle with plenty of great prizes, donated by local businesses, such as Paul Crowley Solicitors, Gorjess Salon, Alexandra Duncan Hair and Beauty, AK's Hair and Beauty, Flavio's Italian Restaurant, Bowring Park Golf Course, and Global Make Up Academy.

Feedback on the day was overwhelmingly positive, with families saying they had a wonderful time!



Croxteth Park: A National Destination

Croxteth Park has seen a busy few weeks over the summer, with people travelling from all over the country for events hosted in the estate.

The CBBC Summer Social came to Croxteth for its second year on 3rd and 4th August. The popular event was met with controversy last year, as the tickets were priced far out of the financial reach of many local residents, and promotional codes intended for community groups were leaked to the wider public.

This year, the event, for which people travelled from all over the country, was met with further backlash, as traffic queued for hours to enter the venue via the entrance on Croxteth Hall Lane. Event organisers and Liverpool City Council released a joint

statement apologising for the lengthy waits, citing that torrential rain the week meant that one of the car parks was unable to be used.

Despite this, once inside, families had a great day, enjoying the live shows and activities on offer at the event – and making the most of the dry weather!

The action didn't stop there, however. The following day, Monday 5th August, rising star Lewis Capaldi, who released a hugely successful

debut album earlier this year, played a huge open-air concert in Croxteth Park, accompanied by a live orchestra for BBC Radio 1.

12,000 people attended the sold out show, at which Capaldi performed songs from his album, as well as a rendition of 'Yesterday' by the Beatles.

Hopefully, this is the beginning of a new, bright future, which sees Croxteth put on the map for nationwide events.





Autism in Motion move into new, permanent home

There's always plenty of news from Autism in Motion, but their recent developments are undoubtedly the biggest and best yet.

At the end of July, Hannah and Jo, who run AIM, received the keys to St George's Community Hub, a building which had been empty for the last three years.

This was a brilliant opportunity for the group; it would give them space to put on their wide range of activities for their parents and children, and more scope to host what they wanted, when they wanted.

First, though, the building had to be

made fit for purpose. As it had lain empty for so long, mould and damp had crept in – not to mention the infestation of spiders that plagued the building and tested the group's



phobias to the absolute limit!

However, through hard work, determination, and invaluable help from parents and Cobalt Housing, the building was done up bit by bit, and Autism in Motion had weeks of

incredible activities for their kids and parents.

Hannah said: 'Cobalt were amazing, providing tools and workers for three whole weeks, and bought us supplies, too. The local councillors have been very supportive, supplying skips and finding funding for us. Following the CBBC festival in Croxteth Park, we asked the BBC if we could have the black mesh that they used on the fencing for our outside space, to stop things blowing through the railings – they said we could have it for nothing! Signature Living also made some kind donations, and invited a big group of us to afternoon tea in the Shankly Hotel, where we got a tour around the building, too.'

Their summer has included usual activities, plus some new additions now that there is a lot more space!

The kids have enjoyed stay and play, Sola Arts, a magician, plus a session from Capoeira for All CIC, which went down a storm.

The organisation does some incredible work within the community, and this does not go unnoticed. Constable Caroline Dick, part of the Liverpool Community Police team, ran a half marathon to raise money for AIM on 8th September, along with other officers from the Walton Lane Police Station, after they visited the centre with their police van during the summer.

This is the beginning of a brand new, exciting chapter for Autism in Motion, and we can't wait to see what the future holds for them.



Fruitful harvest for local green fingered group

Over the last few months, a group of local childminders have been growing vegetables in the gardens of Fazakerley Community Federation.

Dawn, Julie, and Zoe, who run childminding services in Aintree, Norris Green, and Old Roan respectively, have been bringing the children they look after to the Federation for the past few months, where they have grown potatoes, carrots, pumpkins, courgettes and



onions, to name just a few!

The children are very involved in the entire process: planting the seeds, digging up the vegetables, and taking them home to make meals with. The objective behind the exercise is namely to educate the children on where food comes from, and encourage them to take an interest in sustainability.

Alt Valley Voice headed down to Fazakerley Community Federation to chat to the group, where they were making a bug box for insects to live in. They had been down to Formby woods the week before to collect pine cones and sticks to put in the box, which was handmade by a family member.

Dawn told AVV: 'We want to make sure that the kids are involved in the

environment, and that they know where their food comes from.

'We make sure that they're involved in things like meal preparation, so that they know that food isn't just placed in front of them.'

The vegetable growing has been very successful so far, with the children taking a very active interest in watering the gardens and digging up the produce. Everyone even had a go at hammering the nails into the bug house!

This is a great initiative by local people, and it's so easy to do, too! We were given a sample to take home and can confirm that it was the best potato we've ever tasted – keep up the good work and we'll undoubtedly be back for more!



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4 Ward Regeneration: T

There are some big plans in store for North East Liverpool.

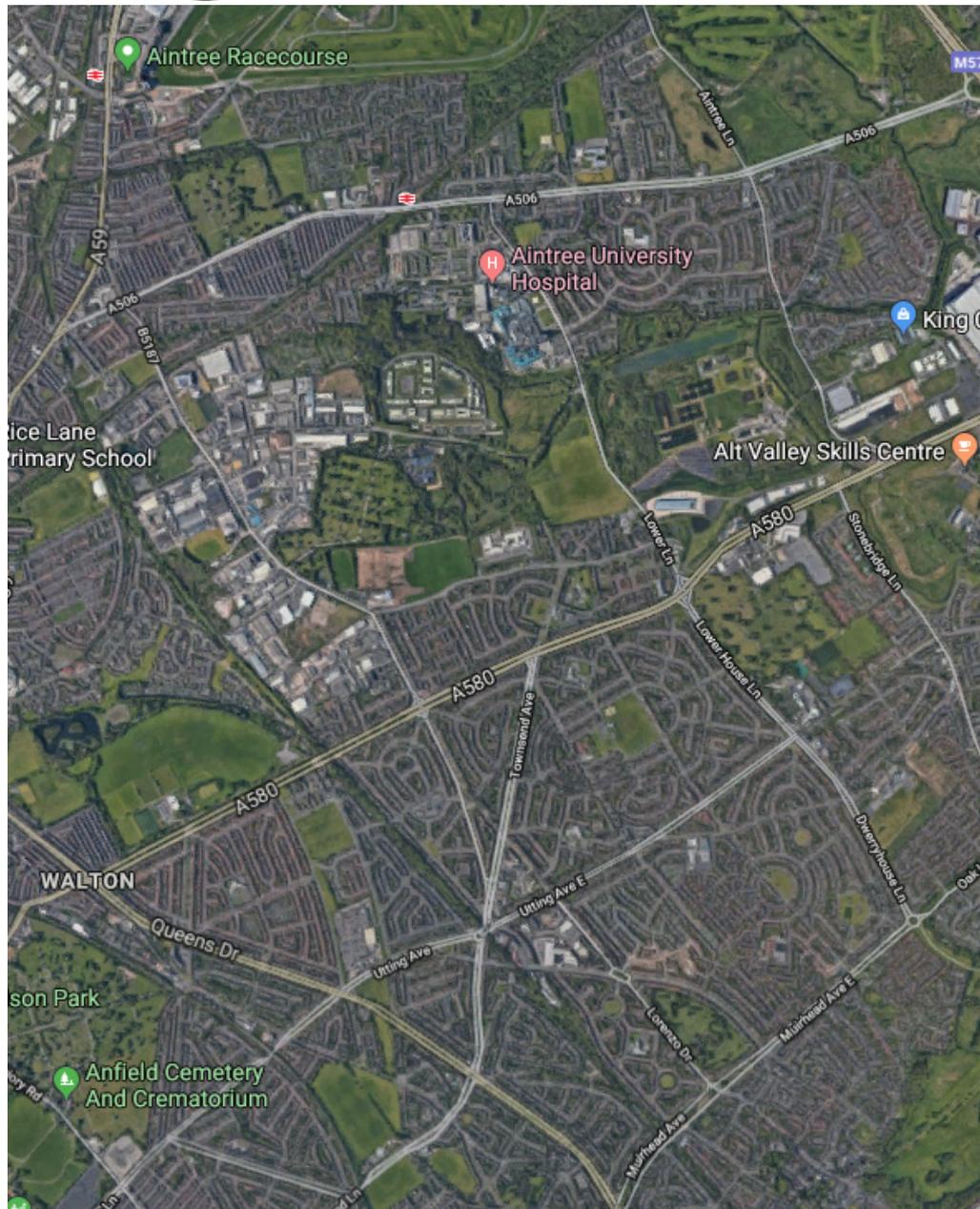
Last year, plans were approved for the Inclusive Growth Plan put together by Liverpool City Council. This means that money generated from other parts of the city are ploughed into the more disadvantaged places, allowing the city to develop and grow.

As part of this, the council have been working on a Four Ward Regeneration project, which would bring together Croxteth, Norris Green, Fazakerley and Clubmoor to develop a framework that would address social, environmental, health and education needs of the area. The project is being led by Barry and Joann Kushner, councillors for Norris Green and Croxteth respectively, with support from council officers.

The plan will implement improvements for residents, based on clearly identified need, demand, and opportunities that have been highlighted through consultation with the community.

Prevalent matters have been raised, covering a wide range of issues that have been raised by residents in the past. For example, the area has no night time economy for people to socialise, and has a distinct lack of clothes shops, despite there being over 60,000 people living within the four wards. This is something that

the council hope to rectify through the development of Broadway and Stonedale Business Park, which would



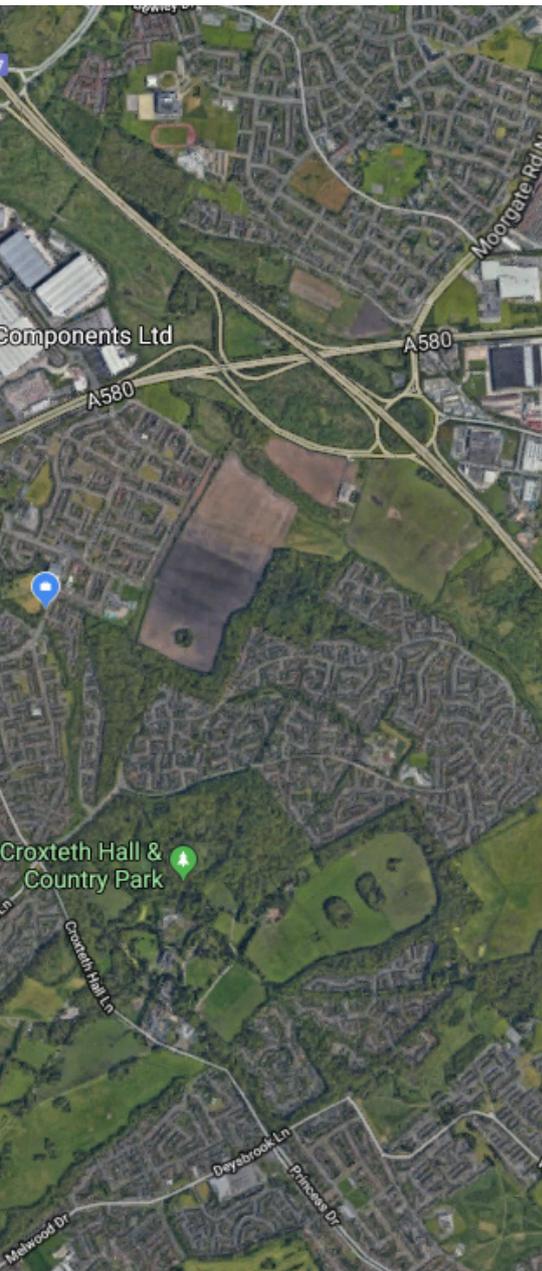
provide sociable night time spaces, and the improvement of community

shopping parades such as Mossway and the Strand, meaning that residents have high-quality, local shops.

The development of Croxteth Park as a major city visitor attraction is a key point of the regeneration plan. As well as being a local night time destination, plans are in place to make Croxteth Park a national venue, which has already begun. In August, Lewis Capaldi held a one-off open air gig in the park, and CBBC returned for its Summer Social for the second year. Both events saw people from all over the country coming to Croxteth – something which will hopefully carry on into the future.



The Start of a New Future



Additionally, there is a gap in education provision for young people in the area: there is only one Sixth Form now that Fazakerley High School no longer offers Sixth Form provision, and there is a need for more schools to be built to cope with the number of young people. Under the regeneration plan, education provision would be coordinated, linking into employment and progression into further learning with local schools, maximising the opportunities for young people in the area.

The need for employment will be tackled as the area is developed. Development will target local



residents, meaning that employment opportunities linked to the regeneration will open up.

However, councillors are hoping that employment opportunities will also lie within the merging digital industry, not just construction. As the creative districts in the Baltic Triangle and Ten Streets gain more traction, Liverpool is set to make its mark on the digital world, with career opportunities opening up alongside it.

The regeneration plan also seeks to improve the local environment, including housing. At present, the four wards have many 3 and 4 bedroom family properties, but far fewer properties suitable for the elderly, those with learning difficulties, or single people. Through development, the council hopes to have new, mixed tenure housing, including council housing, rent-to-buy, and shared ownership properties, suitable for all needs. Poor quality housing, particularly private rented, will be replaced and refurbished where appropriate.

Alongside the housing improvements, a community model of home care that complements the housing developments will be curated, which will improve the service and maintain people for longer in their

own homes.

The physical environment will also be improved by the planting of trees down the East Lincs, which will absorb CO2 emissions, creating a cleaner space for people to live in, and a better environment for the children to go to school in.

Barry Kushner told *Alt Valley Voice*: 'This is a plan that will co-ordinate the development of houses, shops, bike lanes, public transport, schools and health for the next generation. We will see new bike lanes linking Croxteth Park to the loop line, trees planted along the East Lincs, as well as the transformation of Broadway into a modern shopping centre with somewhere to go at night.'

'This is our chance to get residents into good work, offer young people courses that they are interested in in schools and improve health. And we need ideas and support from people in the community to get this right.'

Investment in North East Liverpool is clearly needed, and the advent of this plan created by the council could be a turning point for the four wards. The council want to hear from you on how you think your area can be improved – so get in touch!

COMING SOON
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Lottery funding for invaluable service

In the last edition, Alt Valley Voice reported on the charity masquerade ball held in the Shankly Hotel, in aid of Paul's Place, a counselling service for those bereaved by suicide.

On Tuesday 3rd September, it was announced at Beacon Counselling Trust that Paul's Place has been awarded three years of funding of almost £338,000 from the National Lottery Community Fund.

Agnes Williams, co-ordinator at Paul's Place, said: 'Paul's Place is unique. As well as offering free one-to-one counselling to any Merseyside resident bereaved by suicide, our weekly drop in group provides help and support to those

who are receiving or have completed counselling with us.

'It's somewhere you will always find a friendly face, a listening ear and there's always a brew on the go. It's a safe haven where we laugh and cry together, without fear being judged. It's somewhere we share stories, thoughts, memories and plans. It's also a place where friendships are forged.

'Our therapists, admin team, service users, trustees, families and friends are fantastic; they are the best you could wish for. They are 100% supportive of the work that we do and are aware that they play such a big part in what we have achieved so far.'

This is wonderful news for Paul's Place; it means the service can continue to provide much-needed support without worry for the next three years, and really make a difference to the people of Merseyside.

Congratulations!



Celebrations for Alt Valley learner

On 22nd July, one of Alt Valley's learners attended the Adult Learning Celebration of Achievement Event at Granby Street Adult Learning Centre.

As reported in the last edition of Alt Valley Voice, Jo Simnor received an invitation from Adult Learning Services to attend the event, after being nominated for her outstanding achievement in the hairdressing course she had enrolled on earlier in the year.

Jo initially undertook hairdressing classes so that she could do her children's hair – as they are autistic, they find going to the hairdresser's a very stressful experience. Once on the course, Jo enjoyed it so much that she progressed onto her Level

2 NVQ qualification, and is even thinking about progressing onto her Level 3.

The sun was shining and spirits were high, especially as Jo won an achievement award at the event,

which she attended with a good friend and Sharon Ross from Alt Valley.

Congratulations Jo – we can't wait to see what you do next!



Blast from the Past: Norris Green Mansion



NORRIS GREEN MANSION: In light of the stables being refurbished, we thought it was fitting to include a picture of the old Norris Green Mansion. It's hard to believe this used to stand in Norris Green park!

Mindfulness with Dr Dave Wood

Life coach and trainer, and founder of Metaneo CIC and Realign Coaching.

“

You're broken down and tired, of living life on a merry-go-round.

The opening lyrics to Rise Up by Andra Day from the album Cheers to the Fall. A beautiful song which reflects something of the challenge all of us face in life.

In this emotionally charged tune, Day speaks of that feeling we get when we are tired of battling the struggles of life; And you can't find the fighter. We can begin to feel overwhelmed, exhausted by a lack of

hope. It's a common human feeling, that we cannot carry on fighting against the things which hold us back or put us down. It's a feeling which can lead us to despair and depression. As the lyrics emphasise:

When the silence isn't quiet and it feels like it's getting hard to breathe. And I know you feel like dying ...

But this is not a song of despair. It's a song of empathy, encouraging in times of overwhelming difficulty. It's a song which declares:

I'll rise up ... I promise we'll take the world to its feet and move mountains.

So how? The hint is the we in the lyrics above. When we are not strong enough to carry on we need others around us who are strong enough to walk with us and see the potential.

We need people who can see the light at the end of the tunnel and believe it's not a train. Those who can see and believe for us that whilst we might be in our own metaphorical night, we will rise like the day.

The people around us who will stick with us because; *I see it in you so we gonna walk it out.*

This dependency on other people is not a sign of weakness or a lack of independence.

It's simply a recognition that there are times when; All we need is hope and for that we have each other. Indeed, it could be argued that true independence leads us to a state where we recognise our interdependence.

We are both self-sufficient and in need of relationship with others if we are to truly thrive.

One final important aspect of the song is its ordinariness. The song isn't describing unique or obscure circumstances; *I'll rise up and I'll do it a thousand times again.*

It's describing the challenges of everyday life and the reality of a life improved by relational resilience. A life in which, with the support of others we can;

... rise unafraid. High like the waves, in spite of the ache.

WHAT'S ON... WHAT'S ON... WHAT'S ON...

- **Norris Green After School Club** Norris Green Youth Centre, Mon-Thurs 3pm-6pm. £1 donation requested per child, ages 5+.
- **Community Halloween Party** Ellergreen Sports Centre, 31st Oct, 4.30pm-6.30pm. £1 per person. Booking required, call 0151 226 2672.
- **Sparrowhall After School Club** Russell Community Rooms, Mon-Thurs 3pm-6pm. £1 donation requested per child, ages 5+.
- **Lunch Club** St Christopher's, 10th & 24th Oct, 11am-1pm. 2 course meal, £1 donation requested per person, age 55+.
- **Norris Green Playscheme** Norris Green Youth Centre, Mon 28th Oct-Thurs 31st Oct. £1 donation requested per child, ages 5+. More info call 0151 226 2672.
- **Sparrowhall Playscheme** Russell Community Rooms, Mon 28th Oct-Thurs 31st Oct. £1 donation requested per child, ages 5+. More info call 0151 226 2672.
- **Lunch Club** Russell Community Rooms, 19th Sept, 12-2pm. 2 course meal, £1 donation requested per person, age 55+.
- **Coffee Mornings** Russell Community Rooms, Tuesdays, 11am-1pm. 2 course meal, £1 donation requested per person, age 55+.
- **Stroll in the Park** Lorenzo Drive entrance to Norris Green Park, Mondays, 10.20am.
- **Triple C Shrewsbury Trip** 20th September, £15 per person, includes bingo and raffle. Contact Alison on 0151 226 2992 to sign up.
- **Memory Lane Cafe** St Christophers, Tuesdays, 11.30am-1pm. Touch of nostalgia while you have a cuppa and a natter!
- **Christmas Dinner at Ryecroft Hall** Friday 22nd November, deposit £10 per person. Contact Alison on 0151 226 2992 to sign up.
- **Careers Fair** De La Salle, Morning of Tuesday 15th October.
- **Mental Health Awareness Event** 9th October, Croxteth Sports Centre, 11am- 2pm. Health MOTs, massages and freebies.

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ALT VALLEY SPORT

Popular gymnastics club moves to Croxteth

Aerial Gymnastics Academy began three and a half years ago, in Holly Lodge School.

Over this time, the popularity of the club has grown and gone from strength to strength; it is often oversubscribed as so many people want to take part.

In this short space of time, Aerial Gymnastics Academy have gone from providing recreational gymnastics classes, to taking 22 gymnasts to the biggest festival in the world in Austria last July.

The club has recently relocated to Croxteth Sports Centre, where classes will take place five times a week.

Teresa, who runs the club, told Alt Valley Voice: 'As the club has grown, we wanted a premises that was more flexible and community-led. Croxteth was the first centre we visited in our relocation search, and Daryl, the staff,



and the building itself were perfect for Aerial.'

During the summer, the club ran some trial sessions, but are now fully underway with their autumn programme of classes.

Teresa said: 'Now that we are settled in Croxteth, we want to try out new classes, and are looking for funding to provide parent and toddler weekday

classes for free for the community, and to try to put free gymnastics camps on for local children.

'We are very excited to be part of the Croxteth community, and look forward to our future here.'

Classes run five times a week from Croxteth Sports Centre. For more information, please call the centre on 0151 548 3421.

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