










# OLD MOAT

## KEY

-  OLD MOAT TRAIL
-  TRAIL CHECKPOINTS
-  NEARBY POINTS OF INTEREST
-  DISTANCE MARKER
-  REST STOP & INFO POINT
-  TREE SOCKS
-  FAIRY DOORS
-  ORCHARD
-  FOOTPRINTS

SEE OVERLEAF FOR MORE KEY INFORMATION



TOTAL DISTANCE:  
4.12KM  
(2.45 MI)





## WITHINGTON VILLAGE

The route will take you along the edge of Withington District Centre, known locally as 'Withington Village'. The village has a rich heritage and many interesting buildings, some listed. You will find a range of amenities and smaller independent traders alongside large supermarket chains.

Much of Withington Village (Copson Street in particular) is Age-Friendly thanks to a Southway initiative 'Take a Seat'. Local businesses have committed to provide somewhere for weary shoppers to sit and take a comfortable break, access a toilet where possible and have a drink of water. Any shop displaying the 'flower' logo has signed up.

### Find out more...

See which shops are Age Friendly on the map [www.southwayhousing.com/take-a-seat](http://www.southwayhousing.com/take-a-seat)

Find out about when Andy Burnham launched the Take a Seat campaign across Greater Manchester [www.southwayhousing.co.uk/take-a-seat-launch](http://www.southwayhousing.co.uk/take-a-seat-launch)



## NEARBY

### WITHINGTON LIBRARY

Housed in a classical building in the village centre, Withington Library is a friendly, informal and up to date facility stocking a range of current CDs and DVDs as well as books. You will find regular toddlers' and children's events, student-focussed study spaces, and University of the Third Age courses and sessions for adults.

### Find out more...

On their website: [www.manchester.gov.uk/directory\\_record/87778/withington\\_library](http://www.manchester.gov.uk/directory_record/87778/withington_library)

### WITHINGTON FIRE STATION & COMMUNITY GARDEN

Withington Fire Station was constructed in 1931 to make south Manchester a safer place, by preventing injury from fire. Out back is a Community garden with ten raised beds and an orchard. The space is a place for local people to come together outdoors and access a support network for growing foods. The Station also has a free-to-use bicycle repair stand for fixing punctures and minor repairs.

### Find out more...

[www.southwayhousing.co.uk/news-events/news-updates/withington-community-garden-is-open](http://www.southwayhousing.co.uk/news-events/news-updates/withington-community-garden-is-open)

## MOTHER NATURE ART INSTALLATION & THE GREEN ROOM

In 2015 sculptors Philip Bews and Diane Gorvin were commissioned to create this two-metre high oak carving of Mother Nature. The lower region of the installation was then carved and completed by students of Old Moat Primary School, resulting in this organic monument.



For the mural behind, Southway's Youth Forum were tasked to revive the graffiti-covered garages by painting over a design that represented 'urban nature'. The finished piece was a celebration of nature found in Manchester through the seasons. Running in front of the wall is a community garden, used for educational purposes, called The Green Room. The pieces look fantastic together and have really lifted the local area!

## WITHINGTON BATHS AND LEISURE CENTRE & SENSORY GARDEN

Withington Baths is Manchester's last working Edwardian pool. When threatened with closure in 2013 the Baths were saved by local people who protested, petitioned and donated their way to a U-turn; and are now run by and for the community.

Facilities include two studios, a pool, a gym and café. Outside the Baths the Sensory Garden is a soothing space for relaxing outside with other people. Community groups, businesses and schools collaborated on its design. The garden hosts community events to decrease isolation such the 'Great Get Together' and is also a hub where you can learn to grow your own foods and plants.

### Find out more...

Read about the Sensory Garden and how it was designed: [www.southwayhousing.co.uk/withington-sensory-garden](http://www.southwayhousing.co.uk/withington-sensory-garden)

Find out about Withington Baths' facilities and events: [www.lovetowithingtonbaths.com](http://www.lovetowithingtonbaths.com)



## PARBOLD GREEN SPACE

At the green space where Parbold and Westcott Avenues cross you will find seven different types of fruit growing – free to pick. These are:

Mulberry 'King James 1st' / Apple 'Katy' / Pear 'Conference' / Gage 'Oulins Golden Gage' / Plum 'Marjorie's Seedling' / Cherry 'Lapins' / Hawthorn 'Pauls Scarlett'

 Look out for fruit trees!



## FARRINGTON GREEN SPACE

The flowers planted at this greenspace were chosen because they are bee-friendly. Bees are vital to the survival of ecosystems as they pollinate fruit, flowers, vegetable and crops. This feeds other animals in the food chain and creates the diverse environment we enjoy. This trail would be very bare without bees!

The worker bee is also a symbol of Manchester, representing the city's hard-working past during the Industrial Revolution – and many argue it still does today as Manchester continues to be a world-leading city across many industries.

Look out for these flowers:

There are Tulips, Alliums and Crocus – can you spot all three?

Find out more...

Interested in bees and bee-related activities? Visit the Manchester & District Beekeepers Association (MDBKA) website [www.mdbka.com](http://www.mdbka.com)



## MINEHEAD CENTRE REDEVELOPMENT

This site formerly held the Minehead Centre, a vital resource relied upon by older and disabled people in Old Moat for its services and support. In 2015 a fire devastated the building.

The future plan for the space is to build much needed new housing – a mixture of shared ownership and affordable rented homes – as well as provide a Community Café and Treatment Room. Though to be confirmed, the decision will be made early 2018 with a proposed completion date for the project for mid 2019.

Find out more...

Old Moat Age Friendly pilot and activities for older people in Old Moat: [www.southwayhousing.co.uk/age-friendly](http://www.southwayhousing.co.uk/age-friendly)

Southway's current and future Development plans: [www.southwayhousing.co.uk/what-we-are-building](http://www.southwayhousing.co.uk/what-we-are-building)

## NEARBY

### ST CHRISTOPHER'S CHURCH

St Christopher's provides regular activities for people over 50. These take place 2-4 times per month and aim to help people meet others in the community and reduce loneliness and isolation.

Find out more...

For events at St Christopher's: [www.southwayhousing.co.uk/events](http://www.southwayhousing.co.uk/events)

## DONCASTER AVENUE GREEN SPACE & CERAMICS

At Doncaster greenspace you will find a resting place overlooking a green planting area.

Lining the curved walls which enclose the benches is a ceramic tapestry of tiles all made in local community workshops. The theme of the designs was the local area and its people and passions. These were then fired by local artist Pascal Nichols, and assembled by volunteers.

## NEARBY

### OLD MOAT CHILDREN'S SURE START CENTRE

At the Children's Centre, under 5s and their families can access a wide range of support services and information including early education, childcare, health and family support. The Learning Hub empowers and inspires local residents and raises aspirations, by helping people to acquire basic numeracy and literacy skills as well as life and pre-employment skills, and addressing barriers to accessing more formal learning routes.

Find out more...

Learning Hub website: [www.community-minded.co.uk/Learning\\_Hub](http://www.community-minded.co.uk/Learning_Hub)



## SPRINGHEAD TELECOMMUNICATION BOX ART

Manchester-based Community Artist Vanessa Scott worked with pupils from Old Moat Primary School to come up with designs to the theme of local wildlife and heritage, which they then painted onto this telecommunication box. Look out for another painted box at Point M.



## ALFORD GREEN SPACE

Here you will find a meeting area between several roads where there are fairy doors, tree socks and another fruit tree orchard to enjoy. The tree socks at this location were all made by volunteers and visitors at Westcroft Community Centre.

The fruit that can be harvested here is: Mulberry 'Wellington' / Apple 'Charles Ross' / Pear 'Beth' / Pear 'William' / Plum 'Czar' / Cherry 'Morello' / Medlar 'Flanders Giant' / Damson 'Farleigh'

Find out more...

Westcroft Community Centre is a friendly local hub offering a variety of courses, opportunities for volunteering and help getting into work. Find out more about these at [www.southwayhousing.co.uk](http://www.southwayhousing.co.uk)

   Look out for fairy doors & lights, tree socks and a fruit tree trail!



## WESTBROOK CLOSE AGE FRIENDLY PROJECT

Westbrook Close is a recent development which was purpose designed and built as part of a project to address isolation amongst older people.

A team of Age Friendly Champions were recruited and consulted on the needs of older people – and their findings resulted in Age Friendly initiatives being carried out across Old Moat.

This work, now being adopted across Greater Manchester, gained some high level interest. In 2016 HRH Princess Anne visited Old Moat to study the Age Friendly work being carried out!

Find out more...

Read about Princess Anne's Visit: [www.southwayhousing.co.uk/a-royal-visit](http://www.southwayhousing.co.uk/a-royal-visit)

If you are interested in the work of the Age Friendly Champions: [www.southwayhousing.co.uk/age-friendly](http://www.southwayhousing.co.uk/age-friendly)



## OLD MOAT PARK

Old Moat Park is a multi-purpose park with a children's play area for under 12s, a multi use sports area (MUGA), a 5 a side pitch and teen shelter facilities.

The park also has dog walking areas and family picnic areas, making it ideal for family recreation. Events are held in the park throughout the year. Friends of Old Moat Park, who manage the park, also organise and run events, fundraisers and activities throughout the year to generate interest and awareness towards the local park, including litter picking and themed children's activities.

Find out more...




Follow Friends of Old Moat Park's activities via Twitter using the handle @OldMoatPark.



## DENNISON GREEN SPACE

Another stopping point to collect fruit and look for fairy doors and tree socks. The trees found here grow:

Apple 'Egremont Russet' / Gage 'Denniston's Suberb' / Cherry 'Stardust'

   Look out for fairy doors, tree socks and a fruit tree trail!



## OLD MOAT LANE GREEN SPACE & CERAMICS & GIANT TABLE

This is a beautiful wooded greenspace with resting places from which you can look out for fairy doors and further tree socks.

At this site can also be found a giant table and chair set for more family fun. Plus look out for another painted telecommunication box artwork.

## NEARBY

### BORCHARDT MEDICAL PRACTICE

Borchardt serves the Old Moat area. One of the initiatives developed between Southway and Borchardt, amongst other south Manchester practices, is 'LinkAges' a Social Prescribing Service allowing GPs and other agencies to connect people over 50 with non-medical community-based support. This improves community cohesion and engagement by creating a joined up service across local service providers.

   Look out for fairy doors & tree socks



# EN ROUTE LOOK OUT FOR

## FAIRY DOORS

Fairy doors, in ancient mythology, were considered gateways to the world of fairies – though only those who believe will be able to find them. Keep your eyes peeled for a total of ten fairy doors.



## FOOTPRINTS

Can you identify who else has been walking this trail?

Answers on our website



## TREE SOCKS

The local community collaborated to knit lots of woollen sheaths with which to decorate trees in Old Moat. These enhance the natural beauty of the trees and create living artworks. If you were one of the hundreds who helped create them, can you spot yours?



## FRUIT TREE TRAILS

Orchards have been planted all over the estates for the whole community to benefit from. Why not harvest the fruits to eat now or save them to cook delicious recipes with at home? We've listed lots of ways to use these fruits on our website at: [www.southwayhousing.co.uk/trail/recipes](http://www.southwayhousing.co.uk/trail/recipes)



## RESTING PLACES & INFORMATION BOARDS

You will find benches and notice boards at pleasant resting points along the route. We update these regularly with information on local events, activities and opportunities. For more events you can also check: [www.southwayhousing.co.uk/events](http://www.southwayhousing.co.uk/events)



# OLD MOAT

## HISTORY, LEISURE, ART & ENVIRONMENT TRAIL AND HEALTH WALK

## ABOUT THIS TRAIL

By Karen Mitchell

Chief Executive of Southway Housing Trust

We are incredibly proud of the way Old Moat has changed over our 10 years, and so we've designed this trail around the estate so that it can be enjoyed by the whole community, for a variety of different purposes.

- Want to improve your health by walking? Use the 500m markers to walk a little further each week and map your progress
- Looking for somewhere to take children out locally in the school holidays? Take them to the green spaces to look for fairy doors or spot the mystery footprints

- Simply looking to spend a day outdoors enjoying local nature, art and history? Let this map be your guide!

We want to continue to build on the trail over coming years. A huge part of this will be our Minehead redevelopment in 2019 – but we are thinking of projects both big and small. If you have any ideas as an individual or organisation, we would love to hear them – please send any suggestions to us via our website.

We hope you enjoy your walk!

*Karen Mitchell*

## USING THE TRAIL

Follow the map overleaf to walk between locations A to M and find out more about them from the text on this side. Our starting point is only a suggestion – you can join the trail at any point!

To locate specific features such as benches or distance markers, refer to the Map Key on the other side.

En route, look out for these signs guiding the way



Though we've put what we can on this map, lots more information can be found online.

Go to [www.southwayhousing.co.uk/trail](http://www.southwayhousing.co.uk/trail), or hold up a digital device (e.g. a phone or tablet) when you see one of these QR symbols – this will take you straight to the relevant information online!



*Celebrating 10 Years Of Community Investments By Southway Housing Trust*

Find me online at [www.southwayhousing.co.uk/trail](http://www.southwayhousing.co.uk/trail)