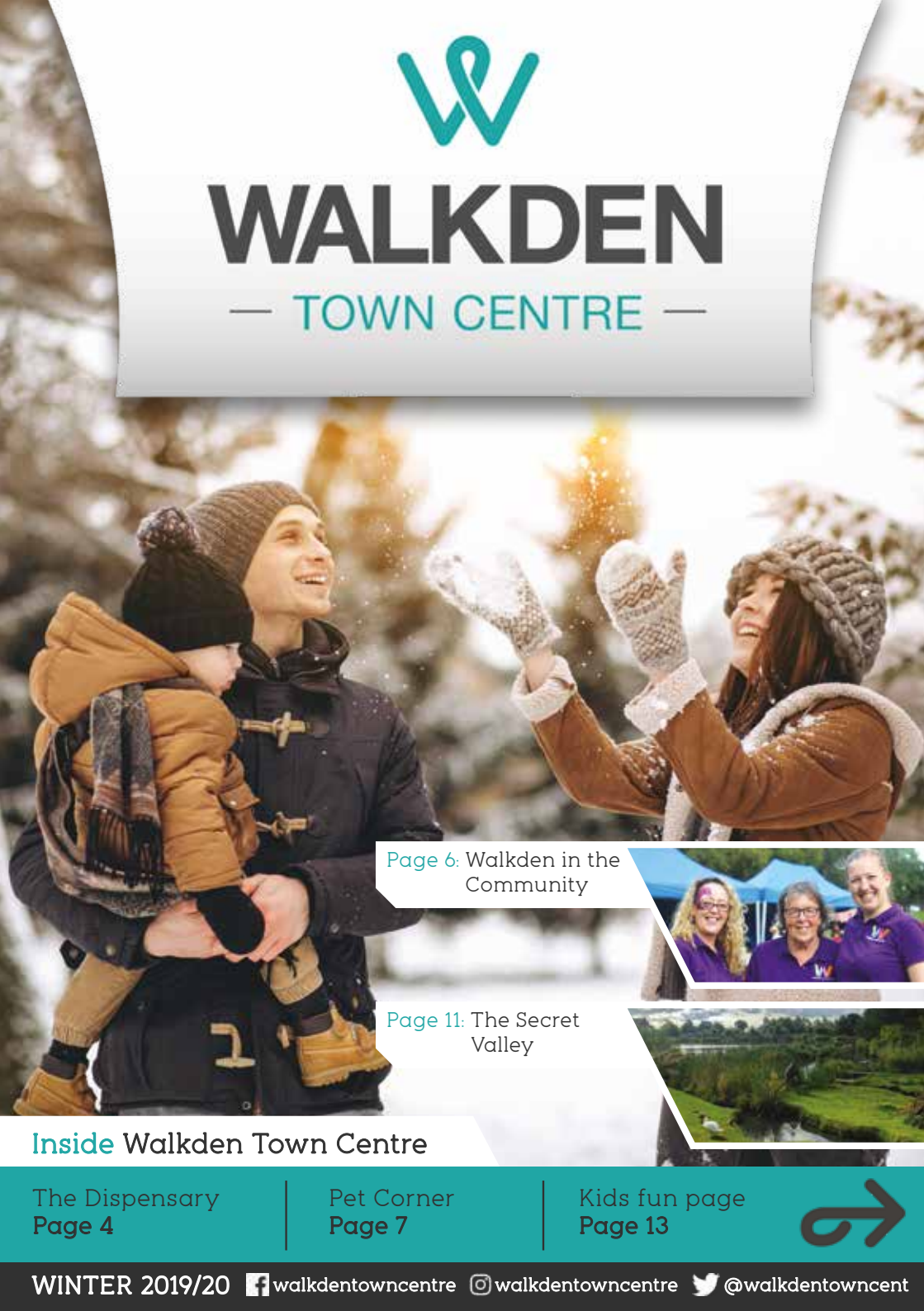




WALKDEN

— TOWN CENTRE —



Page 6: Walkden in the Community



Page 11: The Secret Valley



Inside Walkden Town Centre

The Dispensary
Page 4

Pet Corner
Page 7

Kids fun page
Page 13



Welcome

Welcome to this edition of Walkden Town Centre magazine, we hope you like it and as always, we welcome your feedback. There are a lot of interesting features about the Centre's stores and the people who work here, serving you each day. Check out page 7 for an interesting insight on how to look after your Pets this winter. We have a look at health and flu with Boots, while there's an informative piece about staying fit over the winter months

No magazine is complete without a fun recipe for you to try, or a guide to what's on for you to enjoy.

We have fun children's page, there's a great article about Elaine from Tesco who works in your local community on page 3, along with a catch-up on from Walkden Community about their events this year.

If you would like more information about an article in this edition or would like to suggest something for the next edition, we would love to hear from you...

Please email us on: Walkden@fabem.co.uk

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 WalkdenTownCentre
 @WalkdenTownCent
 WalkdenTownCentre

TABlites - One stop vape shop

TABlites was first established in November 2011 and since then have strived to source and provide the very best vaping gear to suit any budget.

TABlites started as a simple kiosk in a shopping centre and has become a nationwide hub for electronic cigarettes and E-Liquid, we now have stores across the nation, as well as a thriving website.

The biggest sellers maybe the starter kits, but the flavours of the month are Blueberry and Strawberry. The range of liquids is huge and perhaps the oddest being Jam on Toast! However for those with a sweet tooth they also have



Lemon Glazed Donuts and Hazelnut Cookie, but if that is not your thing, how about Watermelon Chill? For more information you can find us next to the Tesco escalator.

 **TABlites**
Electronic Cigarettes

Walkden's own community champion



Hello I'm Elaine Fox the community champion at Walkden Tesco. I have worked in my role for over 10 years and hope I am well known in this area. I enjoy being hands on in all that I

get involved with, be it litter picking or manning a stall for a group to serving tea and cake. My role is to work with the local community and I'm here to help and support anyone within our area.

Our community consists of Schools, Clubs, Groups, local Charities, Hospitals, and Residential Homes, I'm more than happy to provide my time at one of your events or even provide a raffle donation.

Working together and building up a strong community networking is a big part of my job, helping us all to collaborate and bring people together.

I am proud to say I have been supporting a very special group Dancing with Dementia for over three years. Working with carers and people living with Dementia or Lonely and maybe Isolated.

Over the course of my time, I have met some wonderful people who do amazing work and I see my role as connecting like minded groups and people who need to know what is going on in our vibrant local area for the Young and Old.

Recently I worked with the Walkden Town Centre management and helped them to put on a film show for people with Dementia and those in the

community who could benefit from the positive experience these events bring, I'm really looking forward to the next one.

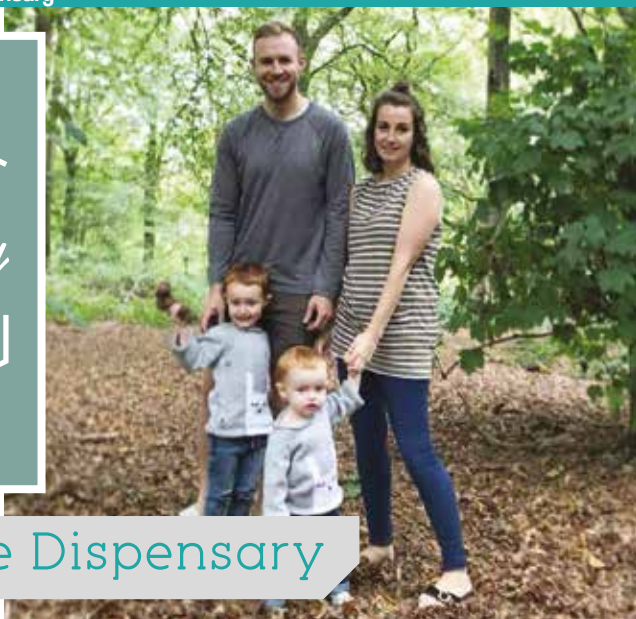
Tesco are proud to support our local community here in Walkden and I'm happy to hear from anyone with ideas to improve our community or a project that will bring benefit to others. Please contact me at walkden.community@tesco.com or drop a letter into Customer Services at the store.



• VEGAN •

The Dispensary

• ZERO WASTE •



Go green at The Dispensary

The Dispensary is Salford's first zero waste store. Fay Watts, who is currently working as a primary school teacher is opening the shop with her family in Walkden Town Centre this November. Fay decided to open the shop as she was fed up of having to travel to the more gentrified towns like Chorlton and Didsbury to access eco friendly and vegan refillable products.

"I was so worried about the environment, I've been a vegan for years and then one day I decided that I should do something about it, and that's where the idea for the refillable cleaning and cosmetic store came from." Fay



Fay hopes the store will become a regular for the local people of Walkden and offer a destination location for those further out in Salford. The store specialises in amber glass bottles which can be filled with a variety of eco friendly cleaning products such as washing up liquid and laundry liquid. They also stock a wide range of vegan and cruelty free shampoos, conditioners, body wash and hand washes. The idea behind the store is that everything within it is carefully thought about to ensure we make as little impact on the earth and climate as possible. Reducing single use plastic is at the heart of their mission, encouraging people to use refillable containers or reusables such as reusable makeup wipes or shampoo bars, which can be sold using no plastic packaging whatsoever.

"I really want the store to be a place where people can come to dip their toe into the alternative world of zero waste. For me, zero waste is a journey, I try my best to reduce my waste as much as



I can but I have a 2 year old and a 4 year old and sometimes they want a bag of crisps. So all we can do is try our best and make small changes which will eventually make a big impact."

Fay will be keeping her job as a teacher as she enjoys working with children and educating them about the climate crisis and the wider picture of the world around them. The Dispensary will hopefully act as a community hub for all things sustainable and eco friendly.

Please contact Fay at info@thedispenarysalford.com if you would like to discuss working on a sustainable project at the shop.

Health Check with...



Many patients come to see us for advice on a variety of different minor ailments, and we are always happy to help. As pharmacists, we have been through 4 years of studying and 1 year training, our Pharmacy team have also received healthcare training therefore we would encourage anyone with healthcare concerns to speak to us as we can usually help and we will always advise you of when you may need to see your doctor.



At this time of year, the most common enquiries we receive from our patients are related to coughs, colds and flu symptoms. There is a large variety of medication available to buy from pharmacies which are targeted to help these; I would always recommend you speak to a member of staff to get some advice on which product may be best suited to you and your symptoms.

What is the difference between a cold and flu?

Cold and flu can share some of the same symptoms such as a cough and sore throat; however they are caused by different viruses. Muscle aches, chills, sweats, fever and fatigue are more severe and more likely to occur with flu.

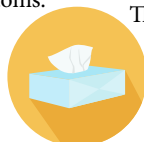
Colds tend to also have more nasal issues than you would experience with flu. Colds usually develop over a few days with them normally disappearing just as quickly however some colds can last for

: a couple of weeks.

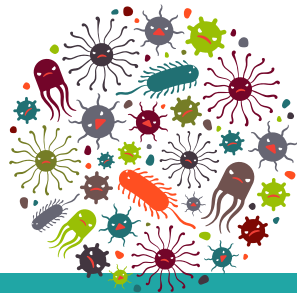


Flu usually develops a lot quicker than a cold and symptoms are usually a lot more severe and can cause complications to people in at risk groups (Symptoms of flu tend to improve within a week however you can still feel tired for much longer than this).

What is a flu vaccination and how does it work?



The flu vaccination helps protect you against flu. The vaccination stimulates your immune system to make antibodies which recognise and fight off the flu virus. If you are exposed to the flu virus after you have had the vaccine your immune system should recognise viruses and start to produce antibodies to fight these off. It can take 10-14 days for your immunity to develop after your flu injection and it is important to have this annually to help protect against the predicted strains for a particular flu season.



Each year the World Health Organisation (WHO) assesses the strains of flu that are most likely to be circulating over the following winter, from which they make recommendations on the strains of flu which should be produced for the vaccine.

The flu vaccination can protect against three or four types of flu virus (usually two A types and one or two B types).

The flu vaccination is deactivated and therefore it cannot cause actual flu. Please speak to us if you have any concerns about the flu vaccination.



Walkden Community

As we come towards the end of 2019, it has been a busy year yet again for us here at Walkden Community. July saw us hold our 6th Annual Summer Festival in Parr Fold Park, which after a drizzly start, turned out to be a beautiful Sunny fun filled day.

The event averaged at around 1,500 people throughout the day and saw a wide range of activities, craft stalls, catering and some amazing live dance and music on the bandstand.

Earlier this year, due to some surplus funding, we were able to buy 5 steel framed picnic benches which have been fitted in Parr Fold park and we hope that the local community will get many years of enjoyment out of them. Special thanks to The Friends of Parr Fold Park and Salford City Council for working in Partnership with us on this project.

A new project for us this year, was being able to get large



Poppies to display on some of the lamp posts in Walkden, to commemorate Remembrance Sunday. We have been trying to achieve this for 3 years and finally this year, with the help of one of our local Councillors, The Royal British Legion and our amazing Volunteer Kath, we finally made it happen. The poppies were sponsored by members of the Community and local businesses, with 100% of the donations going to the Royal British Legion. This is a project that we can hopefully build on for years to come.



As this goes to print, we will be busily working in Partnership with Walkden Town centre, to bring our 5th Annual Christmas event to the Town centre. This is one of our favourite events, as not only does it mark the end of a busy year for us, but it's a great way to bring the local community in to the town centre and it allows the local businesses inside, to get involved too.

As always we extend our thanks to our absolutely priceless volunteers, the partners who we work with in order to pull off these large scale events, local businesses who help with donations, advertising events etc and of course to our amazing community, who no matter what, always support us and keep us doing what we love to do.





Winter pet care

Your pets need that extra care when it comes to the winter months, here are some tips to help you...

Walking dogs in winter

Stay safe when walking your dog in the dark, wear reflective clothing and think about a reflective collar or light for your dogs collar. If you have an elderly or sickly dog, you can buy a special coat or jumper to keep them warm.



Keep your dogs away from ponds and lakes that are iced over. Thin ice may break under a dog's weight. And, if it's snowing outside, watch out for your dogs' paws becoming impacted with snow, which can cause discomfort. Be aware that antifreeze and rock salt can be poisonous to pets. After walking your dog in areas that may have been gritted with rock salt ensure you wash their paws thoroughly.

Keeping cats warm

In the coldest months it's important that your cat has access to a warm environment, such as your home or another inside area with appropriate heating. Check your feline friends bedding is away from cold draughts, and stays warm and dry. Be aware that antifreeze and rock salt can be poisonous to pets. Learn more about antifreeze poisoning in cats.



Rabbits and guinea pigs

Outdoor pets, such as rabbits and guinea pigs, need extra bedding, such as dust-free hay in winter months. Make sure their home is protected from adverse weather by using blankets or covers which can be purchased to help insulate hutches in the winter months, but care must be taken to ensure there is adequate ventilation.

To help them from wet weather the indoor area of their enclosure should have a sloped roof to allow water to drain away and be raised off the ground by at least four inches, and be placed in a sheltered position, facing away from wind and rain.

If the temperature drops to below 15 you may want to consider moving their enclosure into an outhouse shed or unused garage. If you decide to bring your rabbits or guinea pigs indoors they'll need plenty of time and room to exercise in a safe and secure environment.





WALKDEN

TOWN CENTRE

January

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- 1 Jan • New Year's Day
- 2 Jan • 2nd January (Scotland)
- 1 Mar • St. David's Day (Wales)
- 17 Mar • St Patrick's Day (Northern Ireland)
- 10 Apr • Good Friday
- 12 Apr • Easter Sunday

- 13 Apr • Easter Monday (ENG, NIR, WAL)
- 13 Apr • Easter Monday (Scotland)
- 23 Apr • St. George's Day
- 8 May • Early May Bank Holiday / VE Day
- 25 May • Spring Bank Holiday
- 13 Jun • Queen's Birthday



: WALKDENTOWNCENTRE



: @WALKD

2020 CALENDAR

March

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30	31					

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July

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27	28	29	30	31		

August

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24	25	26	27	28	29	30
31						

November

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December

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21	22	23	24	25	26	27
28	29	30	31			

- 12 Jul** • Battle of the Boyne (Northern Ireland)
13 Jul • 'Battle of the Boyne' observed (Northern Ireland)
3 Aug • Summer Bank Holiday (Scotland)
31 Aug • Summer Bank Holiday (ENG, NIR, WAL)
31 Oct • Halloween

- 5 Nov** • Guy Fawkes Day
8 Nov • Remembrance Sunday
30 Nov • St Andrew's Day (Scotland)
25 Dec • Christmas Day
26 Dec • Boxing Day
28 Dec • Bank Holiday



YOUR FITNESS

Ways to stay fit this Winter...

With winter leaves in the air, people tend to avoid going outdoors and often avoid the gym. But don't let that cold weather stop you staying fit this winter.

Here are a few simple fitness strategies to get you through those winter months:



Be sure to warm up indoors before an outdoor workout to get blood flowing to your muscles. Cold and stiff muscles are more prone to injury. Consider gentle jumping jacks, a jog on the treadmill or get the bike out.

Try a new workout or find a fun class to join, meeting new people to socialize with. Something new and different tends to create more enjoyment and hold your interest longer than the same old workout you've been doing for months on end.

Buy some new training gear or ask for it at Christmas. New clothes and/or trainers can often be a great incentive to exercise because you'll want to put your new gear to use. Plus, you can't wear the same tank tops and shorts you wore during your summer workouts, so make sure to layer up.

Look for those gym specials during the winter months. When



gyms see a decline in visitors, they often offer incentives to get more people through the door, grab a bargain.

Avoid wearing baggy and comfy clothes all winter long, though every now and again. They won't tell the truth if you're eating too many desserts or too many sweets and hot chocolates with marshmallows. Remember that you won't be able to wear those over-size sweaters and sweats forever.

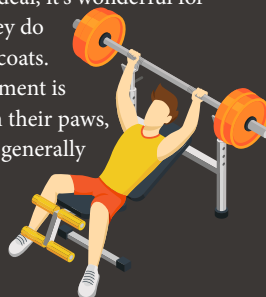
Best to keep a food journal as you partake in all of the traditional seasonal foods and desserts. Seeing the calories add up on paper may be just the motivation you need to de-ice the car and get to the gym.

Another thing to think about is programming your thermostat to start heating up the house a few degrees before you wake. It's too tempting to stay in bed all warm and toasty when the house is cold and chilly.

Downloading an app for indoor workouts or maybe check on YouTube for a variety of choices. There are so many free workouts online, and trying something new in the comfort of your own home might be a great way to discover a new fitness passion?

Finally, if you have a dog, make a commitment to walk or run with them during the winter months. While the cold weather might not be your ideal, it's wonderful for them, they do have fur coats.

The pavement is cooler on their paws, and they generally love the sound of walkies!



The Secret Valley on your doorstep

Another amazing find right here in Walkden, one you may be very surprised to discover is The Secret Valley. A two-acre patch of land is now an oasis thanks to the labours of Sally Berry, who has spent seven years transforming it.

Hardly anyone is aware that the secret garden exists at the back of her home in Walkden, Salford. Sally was 71 when her son bought the land in 2010, since then she has worked tirelessly to convert the rundown grass covered mounds. Over the years Sally has almost single-handedly transformed the former coal board dumping ground into an urban paradise known as The Secret Valley, taking the form of something you would expect to see at a country manor.

The valley even has nesting swans and kingfishers, migrating geese and ducks float on the from the calm lake and floating islands within the sprawling gardens as a home-made waterfall trickles down a rockery. Artists have visited this amazing valley to paint its relaxing landscape.

There are statues, an apple orchard, even a rose garden, along with a vast array of wildflowers and plants alongside streams and secret pathways over three distinct plateaus leading to the lake – all this just a stone's throw from Sally's back door.



The valley has another purpose, having raised over £10,000 for cancer charities by inviting people to tour the site. For full details and when the garden is open to the public, visit <http://www.theseecretvalley.com>

Santa's Grotto

at WALKDEN TOWN CENTRE

Join us again for a festive visit with Santa from 12 noon to 4pm every Saturday and Sunday from the 30th November to the 22nd December. We are even open on the 23rd and 24th too for those last minute requests.

Find us in our cosy cabin on Victoria Square next to Pembroke Hall Market. Check our facebook for more details of the events.



WALKDEN FOOD AND CRAFTS MARKET

EVERY 3RD SATURDAY
OF THE MONTH FROM 2020
8th Feb Valentines - 21st March
18th April - 16th May
20th June - 18th July
15th August - 19th September
17th October - 21st November

INDOOR MARKET + OVER 30 STALLS

10am to 4pm | Free parking

For more information
contact us at:
more@fabem.co.uk

Walkden Town Centre
Bolton Rd,
M28 3ZH


WALKDEN
— TOWN CENTRE —





KIDS' CORNER



Yule never get them all

ADVENT
CANDY
CARDS
CHRISTMAS
COMET
DASHER
ELF
FRANKINCENSE
GINGERBREAD
GROTTO
ICICLE
MINCEPIE
MISTLETOE
PRESENT
RUDOLPH
SANTA
SKATING
SNOW
TREE
TURKEY
WINTER
WREATH
YULETIDE

Winter Wordsearch

L X F A U Z G S T D A S H E R S J P
E M V R D I K I C R C I Y I V A T R
U I C S A V W W N H E Q C X D N N E
X N C O C N E S C G R E G I Y T C S
S C C A M W K N W R E I E R C A U E
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G S N O W E S Y U E J X S V Z H D C
Y M Y U L E T I D E L M Q E H L W Z



What's the difference?

Winter Warmers

WHAT TYPE OF DIET DID THE SNOWMAN GO ON?

THE MELTDOWN DIET

WHY DID THE BOY KEEP HIS TRUMPET OUT IN THE SNOW?

BECAUSE HE LIKED COOL MUSIC

WHAT DID THE SNOWMAN HAVE FOR BREAKFAST?

FROSTED SNOWFLAKES

WHAT OFTEN FALLS IN THE WINTER BUT NEVER GETS HURT?

SNOW!

WHAT DO YOU HAVE IN DECEMBER THAT YOU CAN'T HAVE IN ANY OTHER MONTH?

THE LETTER D

WHAT DO YOU GET WHEN YOU CROSS A SNOWMAN WITH A VAMPIRE?

FROSTBITE

HOW DOES A PENGUIN BUILD A HOUSE?

IGLOOS IT TOGETHER



There are 8 to find...



Walkden Town Centre

30th November – Walkden in a Winter Wonderland Light Switch on

30th November Santa's Grotto, every Saturday & Sunday 12 to 4pm and on the **23rd/24th December**

14th December – The Christmas market and family event

Walkden Library

Storytime 9.30am to 10.30am every Tuesday in November and December 2019

MAPAS Arts Centre

2nd December 2019 - Christmas Concert 6.30pm

10th December - Carols and Choirs 6.30pm

Christmas at Ordsall Hall

8th December - BBC Philharmonic 6–7.30pm

14th & 21st December - 'Frosted by Magic' 2.30pm, 4.30pm and 6.30pm

22nd December - Walking Tour of Ordsall Hall 2–3.00pm

23rd December - Festive Day of Museum Opening 10am–4.00pm

Salford Museum & Art Gallery

4th November to Sunday 22nd December - Christmas on Lark Hill Place

Throughout December - Christmas Trail

8th December - Muppet Christmas Carol 5.30–7.00pm

15th December - Monton Voices 1.30 – 3.00pm

Monday 2nd to Friday 20th December - Festive Afternoon Tea

The Lowry Theatre

11am-12.30pm every Saturday - Playhouse @ The Lowry Theatre

6th December to 12th January - The Gruffalo's Child

Worsley Leisure Centre

Mickey Mouse and Friends Family Swim Sessions - Sundays from 1.30 - 2.30pm

MediaCityUK

15th November – 22nd December - Ice Rink 11am - 9pm

Walkden in the garden

So it's winter in the garden, good time to start planning for the year ahead, what worked and repeat it, what failed last year and get ready for the great spring rush that comes leaping after February.

Hedges? Holly like MME Briot comes in different forms and as an evergreen it can grow to a reasonable size within a few years. Whether you're looking to create a privacy enclosure, windbreak, or wildlife deterrent, another one to consider is the Japanese privet (*Ligustrum japonicum*). Though the sheer colour and easy to grow pest free of the Bougainville make these woody climbers with there most beautiful display of blooms during their flowering season hard to pass up on.

This is a good time of year when apple and pear trees are dormant to do a bit of pruning and thinning out. Cut back the new growth to one or two buds. Thin out branches that are twisted, growing and rubbing other branches. Doing these jobs will a good flow of air through the tree and increase light. To finish off give the tree a winter wash this will kill insect eggs and give you a good start to the spring.

Strong winds are expected as always at this time of year so archways, fence posts and panels need to be secure this includes young trees too. Young trees should be staked or if against a fence then make sure they are secured for the rest of winter. Also check climbing plants are fastened back. Borders need some



kind of mulch, but before you do that Clear Flower borders of debris. Remove all debris from flower borders and remember to cut perennials back down to ground level, use leaf mould, compost or well rotted manure is the best mulch to use. Whatever you choose to use you need to be putting a layer at least two inches thick. Simply spread it all around your plants, bushes and trees. By doing this you are putting nutrients back into the soil which plants feed on and you also increase the temperature of the soil which helps protect plant roots over winter.

Let's think of the birds too, over winter bird feeders not only help keep our little friends happy when there is little else about, but if you keep it up over the year, they can be great little gardeners too, eating the bugs and keeping the infestations at bay. It's quite easy to make one in twenty minutes with lard and any bird feed from the £ shops. Melt some lard in a pan, then mix in the feed, get some old yoghurt pots and tie a piece of string through the bottom, then but the mixture into the pots feeding the string through the mix like a wick in a candle, let them set in the fridge overnight, remove the yoghurt pot and tie a knot at both ends and its ready for the garden.

Store Directory

LOWER GROUND FLOOR

Timms & Parker Pharmacy
Start in Salford
Sue Ryder Care
Santander
Walkden Vape
Lloyds TSB Bank
Halifax
Coral
St Ann's Hospice
Winders Carpets
Post Office
Heel & Key
Switched On
HD Nails
Kadva News
Jasmine Walne Design
Greggs
Albermarle Bond Pawnbrokers
Webbers Leisure
Specscart

GROUND FLOOR

Chrisella's Cuts
Blades Barbers
Bright Nails
Savers
Yates & Suddell Opticians
Costa Coffee
J D Sports
Gamesbox
Pop Up Cinema (open for events only)
Mencap

BUSINESS HUB

Walkden Tax Shop
Joyo Audio
Yellow
Accessories for the Home

FIRST FLOOR

Club 3000 Bingo
Lowry's Cafe
Clouds
Card Factory
Boots
Poundland
B&M
Tesco



PARADE STALLS

Saniya's Brow Bar
Top Gifts
Photobooth
TABlites

THE MARKET HALL

A&B Pet Products
Forever Young
Schone Brow bar & Schone Beauty salon
Sallywags
Walkden Hair Port
Kimberleys Krafts
ME2U Furniture

OUTSIDE

Purple Lounge
Quality Save
Marks and Spencer
Total Fitness
Poundstretcher
Poundland
Domino's
Pets at Home
Aldi
Papa John's
Fast Tan
Barnardo's
Betfred
Tesco Petrol Filling Station
McDonalds
KFC
Subway

Address:

Walkden Town Centre, Bolton Road,
Walkden M28 3ZH

Centre Management Office: 0161 703 7992

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- Kids Classes
- Personal Training
- Heat Treatment Area
- Strength Training
- Swimming Lessons
- Full Size Pools
- Studio Equipment
- Ladies Only Gym
- Cafe

totalfitness

Elephant Retail Park, Walkden, Manchester, M28 3EE



THE
YELLOW
Salon

Cut & Colour

£45

with this voucher

ACCESSORIES
FOR THE HOME

Ah

10% OFF ONLINE!

when you sign up to our newsletter from our website



INDIAN CUISINE BAR & GRILL

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