‘What’s On’ Central Newsletter July 2019

Compiled by the Community Inclusion Service

What’s On Community Meeting
Friday 5th July
Learning Studio 1 Manchester Art Gallery, Moseley St, Manchester M2 3JL

Come along and find out what’s going on in and around your community meeting. Meet people, have a coffee and a chat.

WHAT’S ON IN THIS MONTH

See The Full Picture
Art Exhibition
3rd July
11am – 6pm
Niamos Centre, Hulme, Manchester, M15 5EU
Manchester International Festival:

Join us on Thursday 4 July for our big free opening event. Bring a bell and ring out for peace!

Yoko Ono invites the people of Manchester to gather together in Cathedral Gardens and send a message of peace to the world. Join thousands of diverse voices and a people’s orchestra of bells from home and abroad as the city rings and sings out for peace – and welcomes the world to Manchester.


Manchester international festival runs from 4th -21st July for full programme visit -https://mif.co.uk/

Building a Healthy Future

FREE wellbeing course for people with long-term physical conditions

- Are you living with a long-term condition such as arthritis, chronic pain, Crohn’s, diabetes, fibromyalgia or heart disease?
- Would you like to learn new skills to help you manage life’s challenges?
- Would you like to learn different ways to manage stress and improve your mood?

Tuesdays 2-4.30 Starting 16th July – last session August 27th (6th August break)

Where: Zion centre : 339 Stretford Road Hulme M15 4ZY  Contact: Bahf@Manchestermind.org or Ruth 07527127786

For more info: http://Longtermconditons@manchestermind.org

“I’ve got new confidence, a more positive attitude and a better understanding of myself.”

- Learn how to handle stress
- Experience different relaxation techniques
- Improve your mood
- Boost your confidence
- Discuss and share your experiences with others
- Take action!

Course takes place over six sessions.
5 week Creative Writing & Ceramics course ‘**FIGURATIVE LANGUAGE**’
Starting Thursday 25th July 10.30am-12.30pm
Cornbrook Enterprise Centre, Quenby

- Express what wellbeing means to you through prose
- Use your prose to embellish a simple clay figure
- Exhibit your work at a local public venue
- Use creativity to enhance your wellbeing

**All materials provided and no experience necessary**
Please email Referrals.RecoveryPathways@gmmh.nhs.uk or call 0743 656 0917 for more information or to be referred

**St Crispin’s Church Community Celebration Day** that will be held on Saturday 13th July 12-2pm and has been funded by a grant from Manchester City Council. There will be lots of activities available for ranging from bouncy castle and face painting for children to nail manicure and polish for adults. St Crispins Church Hart Road Fallowfield M14 7L For more information contact Fr Patrick Davies on 07967385357

**Connect**
When it comes to wellbeing, other people matter. Evidence shows that good relationships with family, friends and the wider community, are important for mental wellbeing.

Fancy a brew and a chat in a relaxed environment?
A new peer support group takes place at the Kath Locke Centre on a weekly basis. The group is open to people who have experience of living with a mental health condition, family and friends. Tuesdays 1-3pm
The group is facilitated by Garry a Peer Mentor.
Please contact for more information contact Garry Lythgoe 07383990487

HOME is Manchester's arts and entertainment venue with theatres, cinemas and art galleries all under one roof. HOME’s £1 Inspire community group ticket scheme is available to groups who might not have experienced theatre before or who might not normally be able to afford to visit HOME to see work. It is available to groups within the Greater Manchester region. Tickets are available across a range of events for groups of between 4 and 25 people in size. Free backstage tours of the building can also be arranged upon prior request and tram and bus tickets available for travel to and from HOME for Inspire. Groups can enquire by contacting 0161 212 3453,
or emailing: communities@homemcr.org, it’s recommended that bookings are made a few weeks in advance to ensure ticket availability.

**Inspire Levenshulme Community Centre**
747 Stockport Road, Levenshulme, M19 3AR; Mon to Sat. 9am to 5pm. Office 0161 850 5717; Cafe 0161 850 4747. for community activity, Cafe with Fresh-made food, Training facilities, work clubs, physical activity sessions.

**Happy Mondays Group** for over 50s (2-4pm) Film Club, Pamper sessions and trips out. Older People’s Lunch deal Mon – Fr 12 – 3pm 2 course meal for £3 (register at Inspire)

Peer support group @ **Inspire Levenshulme Café – Thursday at 1-3pm**

**Northmoor Community Association**
95 – 97 Northmoor Rd, Longsight, M12 5RT. Office 0161 248 6823
Friendly and welcoming community centre with lots of opportunities.

IT courses (Food Hygiene, City and Guilds, First Aid, Health & Safety)/ Help setting up emails/ developing IT skills Mon, Tues, Thurs & Fri 9.30 -12.30pm.

Friendship Group Tuesday 10 -11am. £1 contribution. Come along and meet new people, tea and toast available. Occasional speakers and trips out and about.

Talk English Sessions Wed, Thurs, Fri 9.30 – 11.30 Practice speaking and writing English in an informal setting.
Community Café every Wednesday 12 – 2pm. Fresh cooked meat dish, vegetarian dish and cakes. No set price just pay what you can afford.

Free Immigration Advice every fortnight Tuesday 10-12pm. Call 0161 248 6823 or call in to book your 15 minute appointment.

Different volunteering roles available, such as homework club volunteer, Café/Baker, credit union volunteer.

**St Lukes Church and Neighbourhood Centre**
Guidepost Rd Longsight
Manchester M13 9HP
(Corner of Devonshire St South and Stockport Rd)
0161 273 1538

People can access a range of support, advice and activity. St Lukes provides a friendly and informal meeting place for people to share a cup of tea, a meal or join in an activity. They offer a holistic range of services which promote mental and physical wellbeing.

Mondays
Women’s warm up exercise class 11am – 12pm. Women’s Art group 12 - 4pm

Drop In sessions on Tuesday 4 – 7pm.
Art group 1.30 – 6.30pm
Walking Football 3.30pm

Thursday 12.30 – 2.30pm. Free food from 12.30 – 2pm.
Knit and Natter 12.30 – 3pm
Literacy Class 11.30am (one to one sessions – please call before attending session 0161 2731538)

*6 week Creative writing course 4 – 5pm on Tuesdays with Nigel

*Art project runs at St Lukes. Contact Alison for more info 0161 273 1492.

St Luke’s Centre provides a great opportunity for people to build their social networks and develop confidence and self esteem. St Lukes also has a number of volunteering opportunities available please speak to Diane on 0161 273 1538
Creative Support is a charitable organisation promoting the independence, wellbeing and inclusion of people with care and support needs. The centre within Swan Buildings on Swan St Manchester runs a wide range of sessions and activities and has a welcoming café serving healthy affordable food. To use the services you do need to join as a member and there is a charge for sessions. Activities include group/1:1 cookery sessions, music, drama, IT, art, photography, co-production, creative writing and lots more. Please contact 07966286217 or email breakthrough@creativesupport.org.uk for further details on services and session.

Local food projects - Community grocer. Pay £2.50 for around £12 worth of food/essentials. Membership available to local residents (not students) for more information email info@healthymehlthycommunities.co.uk mobile 07913 540680 or find us on
facebook https://www.facebook.com/HMHCmcr/

Anson Community Grocer (Rusholme & Longsight): Anson Community House, 38 Meldon Road, Rusholme, M13 0TR. Open Tuesdays and Thursday 9:30am-12pm

Coverdale & Newbank Community Grocer (Ardwick & Longsight): Cornbrook House, 217 Stockport Road, Longsight, M12 4DY. Open Thursdays 11am - 1pm

Miles Platting Community Grocer: Queensbury Court, Wardle Street, Miles Platting, M40 7DD. Open Thursday 9:30am-12pm

Gorton Community Grocer (Gorton & Abbey-Hey): 543 Abbey Hey Ln, Gorton, M18 8PF. Open: Fridays 9:30am-12pm

Fallowfield Community Grocer: The Place at Platt Lane, Platt Lane, Manchester M14 7FZ. Open: Fridays 9:30am-12pm

Hulme Community Grocers: Aquarius Community Centre, 21 Eden Close, Hulme, Manchester, M15 6AX. Open: Tuesdays 12pm-3pm

The Pankhurst Centre Women’s Drop In Thursday 11 – 2pm

All women welcome to attend social group to meet new friends and have fun. Lunch is included
The Pankhurst Centre
60 – 62 Nelson St
Manchester
M13 9WP
Wellbeing and Recovery Drop In

Social phobia group –Tuesday 7-9pm FREE Kath Locke centre 123 Moss Lane East M15 5DD

CFC counselling 10am -1pm Tuesdays, book an appointment 0161 9417754 Kath Locke centre 123 Moss Lane East M15 5DD

Gorton Community Centre
Highmead St, Gorton, 0161 223 1516
All welcome to attend the activities at the centre. Try something new, have fun and make friends.
Monday Keep Fit Class 10 – 11am £1.50
Tuesday Line Dancing or Tai Chi 10 – 11am £1, Craft Stitch 12 – 3pm (fee paid to tutor)
Wednesday Art Class 10 – 12 Free, Yoga 7- 8.30 (fee paid to tutor)
Thursday Art/Cross Stitch 10 – 12 (fee paid to tutor), Zumba 7 – 8pm £1.50
Friday Armchair exercise 12.30 – 1.30 Free

Women only coffee morning
Friday 9 – 10am
Bell Vue Leisure Centre
50p
Come along and meet other women with similar interests, have a chat and find out about what is going on at the leisure centre.

Out in the City:
The project continues to support members of the lesbian, gay, bisexual and transgender community through our innovative ‘Out In The City’ initiative, which is a friendly social/support group for people over 50.
Out in the City, the social group for lesbian, gay, bisexual and transgender people who are over aged 50 meets at The Church of England, Diocese of Manchester located at Church House, 90 Deansgate, Manchester, M3 2GH every Wednesday between 1pm and 3pm.
Every Thursday there are different activities such as day trips, visits to galleries, museums, cinemas, pubs, tea rooms as well as walks in the city and in green spaces.
The group members have worked in partnership with others such as Whitworth Art Gallery, Library Theatre, Islington Mill, Manchester Art Gallery, Start Manchester as well as artists, photographers and poets.Tel: 0161 302 4130 Email: outinthecity@ageukmanchester.org.uk

Number 5 Richmond Street Manchester M1 3HF

Groups
Horizon (formally Carousel)
2nd and 4th Tuesday of the month 7:30pm – 9pm
A relaxed social group for lesbian and bisexual women and for those who are questioning their sexual orientation.

Bloomers
1st and 3rd Tuesday of the month 1pm – 3pm
A friendly informal group for women who identify as older (generally over 40)

Older and Bolder
2nd and 4th Thursday of the month 7.30pm-9pm
Aimed at older men who identify gay, bisexual or questioning

If you are nervous or unsure about coming to any of the groups or have any questions, we can always organize for someone to meet you beforehand to reassure you. Please ring 03453303030 or email sophie.beerobrien@lgbt.foundation

Zion Centre
339 Stretford Rd
Manchester
M15 4ZY
0161 226 5412

Coffee morning and Food Voucher Service
Monday and Friday 10 – 12pm FREE

Bridging Experience
We are a friendly and diverse group of people who share our experiences of mental health and emotional difficulties in a safe space. Our group is flexible and does not require a weekly commitment. To find out more how to join please contact us: peersupport@manchestermind.org or phone: 07821017548. Peer Support Group Tuesday 5.30 – 7pm. Friday lunch 1PM 3 course meal. Meet new people and enjoy some tasty food. No charge please give a donation if you can.

Oasis Community Centre
69 Haworth Rd,
Gorton
M18 7EN
Contact Victoria Armstrong 07565511132
Open Monday – Thursday.
A friendly welcoming atmosphere. The centre has a café which serves free breakfast and lunch. The centre provides an opportunity to meet people and engage with meaningful activities.

There is an IT and work club, craft and gardening sessions. The centre also runs a Re engage and Re build support service aimed at helping people get back on their feet after a crisis and integrate into their community. Contact the centre for more details.

LMCP Support for South Asian Residents in Manchester. Feeling stressed, anxious or depressed? We can provide information on help available, help access talking therapies if eligible and refer you to appropriate services. For more info contact Salma Patel on 0161 226 4632\email LMCPCARELINK@btconnect.com.
Longsight Friendship Group
Every Tuesday 9 – 12pm
Jabez Community Centre,
Slade Lane,
Longsight M13 0GL

Why not drop in and join us for a chat. A hot drink and light refreshments. Learn new skills, relax, make friends, arts and crafts, day trips and more!

For more information contact Naheed 07817264048 or email us at wemattercic@gmail.com.

AFRICAN AND CARIBBEAN MENTAL HEALTH SERVICES
Windrush Millenium Centre
70 Alexandra Road
Moss Side M16 7WD

Women’s Group Sista-2-Sista
The group is aimed at ALL women to create a safe environment in which women can share life experiences and empower each other without fear of being criticized or labelled.
Every Tuesday 1-3pm

Positive Vibes
Music for Wellbeing
We're a project helping people improve their wellbeing through music. It’s free, so come along and take part in singing, songwriting, recording or good old-fashioned karaoke.
Group sessions available: Tuesdays 1pm, Thursdays 10:30am and Fridays 1pm.
Songwriting session available on Wednesdays 2pm.

Life Skills Drop-In
Give yourself the chance to come out and make new friends and learn about different things to assist your recovery and a healthy lifestyle. Learn about healthy eating, budgeting, exercise, help to stop smoking, mental health legislation.
Every Thursday 1:30pm – 5pm

Men’s Group Meeting
This group is for men and carers who have experienced mental health issues/problems. It is an opportunity to reduce isolation, build confidence, learn and share experiences.
Every Thursday 11:20am -1pm
The Star Stroke Group
Fridays 9.30 – 12.30
St Pauls Church Hall
491 Wilmslow Rd,
WithingtonM20 4AW
The Star Stroke group is a friendly, welcoming social support group open to stroke survivors and/or carers. The group offers activities such as card making, gentle exercise, manicures and complimentary therapies. Come along and share a cup of tea, make new friends and have fun. Contact Michele Latham for more information on 0161 217 4920 or Michele.latha@uhsm.nhs.uk

Didsbury Hearing Voices Group
Fortnightly, Mondays 10.30 - 12.30pm
Home Café, Emmanuel Church, 6 Barlow Moor Road, Didsbury, M20 6TR
The opening of Didsbury Hearing Voices Group which is aiming to offer a safe haven where people who hear, see or sense things that other people don’t can feel accepted, valued and understood.
Do you hear voices, see visions or have other unusual perceptions?
Do you support a family member or friend who is struggling to deal with these experiences?
Then this is the space for people with personal experience of voices and visions, as well as those who support them.

Stretford Hearing Voices Group
Thursdays, 2pm
St Francis Church, Edge Lane, Stretford, Greater Manchester, M32 8HT
Contact: Carol Dugdale | Tel: 0790 460 1257
Carol Dugdale, a stalwart of HVN and someone who has been involved since the early days of the movement, is launched a new group in Greater Manchester on 15th November 2012
If anyone would like more information on this group, please contact Carol on the details above.

Shylarks Harmony Singing Group
Shylarks Harmony Singing
Wednesdays during term time, from 7.30-9.30pm in the main hall @ St John’s Centre
St John’s Road Old Trafford M16 7GX
Pay £2.50-£7.50 according to your means.
We are an open group and anyone can join in. New members are welcome at any time – just turn up. No experience is necessary and you don’t need to be able to read music.
We sing a variety of songs, including some from the standard acapella repertoire, original songs and arrangements, jazz, soul, folk, pop, songs from around the world… whatever takes our fancy.
For more information, please email shylarksstjohns@outlook.com
Term time classes and activities at JNR8
Whalley Range Community Forum: www.whalleyrange.org

Mondays
10 -12:30 Talk English (Pre-entry – Entry 1)
   (New term enrolment 24th September 2018)
   Male/Female Residents with low-level English
1:30-2:30 Tai Chi
   Local residents, all ages + abilities: £1 donation

Tuesdays
10-11am Women's ESOL (female teachers)
   Women with low-level English skills
11-12pm Hatha Yoga for Women only (female instructor)
   Local residents, all ages + abilities: £3

Wednesdays
Keep Fit for Women only 10-11am (female instructor)
Conversation & Crafts 11:30 – 1:30pm
   Over 50's crafts and wellbeing (Call 881 3744 for details)
Age-friendly Afternoon Tea 2-3pm
   Local older residents, chat, planning trips...and cake 😊
Foodbank vouchers distribution 12-1pm
   (Vouchers for St Edmunds Foodbank open Weds 1-3pm)

Thursdays
Learn your ABC...Access to Basic Computing- 10-1pm
Basic Computer classes: email, word processing, internet safety and lots more

Fridays
Time to Change 6-8pm
Whalley Range Mental Wellbeing volunteer-led self-help group
   Pool, music, art, bike repairs and cook and eat a meal together
   (Call Carol on 07788955544 for more details)
   www.whalleyrange.org/whalley-range-mental-health-group/
WRCF Advice/signposting for local residents Call 0161 881 3744
Hate Crime 3rd Party Reporting – we can support you to report hate crime/incidents online
   Call into JNR8 or phone Chris on 881 3744
   FREE CITY COUNCIL HATE CRIME REPORTING 08000 830007
   www.whalleyrange.org/third-party-hate-crime-reporting-centre/

JNR8 Youth & Community Centre, 82 Cromwell Avenue, Whalley Range, M16 0BG
Web: www.whalleyrange.org | Tel: 881 3744| E: communityforumwhalleyrange@gmail.com
**MONDAYS**

**Rhyme Time**
10.30am – 11:15am  Limelight Library  Free  Under 5s
A chance to meet other children, learn new rhymes and develop listening skills.

**St Brides Knitting Group**
1pm – 3pm  Limelight Cafe  Free  Everybody Welcome
St Brides Church knitting group welcomes all abilities of knitter for a chat and a knit.

**G Camp Kickboxing**
6pm – 8pm  Limelight's hire space  £4/£5  Everybody Welcome
A Thai Kickboxing group run by Michael Embrack.

**TUESDAYS**

**Achieve Advice Drop-ins - The Big Life Group**
12 – 3pm  Limelight’s Café Space  Free  Everybody Welcome
Confidential help and advice to people affected by drugs and alcohol.

**Shins Academy Taekwondo**
6pm – 8pm  Limelight’s hire space  Juniors £4  Everybody welcome
Taekwondo classes run by Grand Master Shin – learn the skills of unarmed combat.

**WEDNESDAYS**

**Limelight’s Drawing Social**
10am – 12noon  Limelight café  £1  Everybody welcome
Friendly drop-in art classes. Equipment is provided and sessions are facilitated by Limelight’s Artists.

**Rhyme Time**
10.30am – 11:15am  Limelight Library  Free  Under 5s
A chance to meet other children, learn new rhymes and develop listening skills.

**LMCP**
9:00 am – 1pm  Limelight’s hire space  Free
South Asian Over 50s Drop-In – Men’s and Women’s groups available

**Art Twilight**
6.30pm – 8.30pm  Limelight’s hire space  £7 per session  Everybody welcome
Develop your artistic talent in these adult art classes with experienced artist Darren.

**G Camp Kickboxing**
7pm – 8pm  Limelight’s hire space  £4 / £5  Everybody welcome
A Thai Kickboxing group run by Michael Embrack.

**THURSDAYS**

**Chit Chat Luncheon Club**
12noon – 1pm  Limelight café  £5  Over 60s
Please join us for friendly conversation and a three course meal.

Music In Mind
11am–1pm  Residents Lounge  Free  People living with dementia and their families
These fun and friendly music therapy sessions are for people living with Dementia and their carers. If you or someone you know would like to attend, please talk to Limelight’s reception.

Yoga
6:30pm – 7:30pm  Limelight’s hire space  £5/session or £25 for 6  Everybody Welcome
Come along to Hatha Yoga with Amrit. Mats are provided and beginners are welcome.

FRIDAYS

Limelight Library’s Crafty Knitters
10:30–12:00  Limelight café  FREE  Everybody Welcome
Crafty Knitters are a fun, friendly knitting group.

Games for the Brain with Together Dementia Support
11:00–13:00  Limelight’s hire space  £1  People living with dementia and their families
Come and try a wide range of fun activities, from table tennis to dominoes.

Tenancy Support
10:00–12:00  Meeting room two  FREE  Everybody Welcome
Drop-in advice for people who are homeless or at risk of becoming homeless.

Pulling Together Asian Women’s Group
18:00–20:00  Limelight’s hire space  FREE  Everyone welcome
A wide range of arts and cultural activities to promote social inclusion and cultural diversity.

SATURDAYS

Old Trafford Community Church
09:00–11:00  Limelight’s hire space  FREE  Everybody Welcome
Old Trafford Community Church run by Alan and Jackie Freeman.

Trafford Tuition Class
10:30–12:30  Limelight’s hire space  8–11 £7.50 / 12+ £10  Ages 8–11
Tuition classes for primary and secondary school children.

Dari Class
11.00–13:00  Limelight’s hire space  Free
Language class for children age 5-15 teaching Dari and Farsi.

SUNDAYS

Fellowship Church
10:00–13:00  Limelight’s hire space  FREE  Everybody Welcome
New and Living Fellowship Church is run by Dr Olutunde Ovadiii.

New and Living Fellowship Harvest Field United Pentecostal Church
2pm – 4pm  Limelight’s hire space  FREE  Everybody Welcome
Ladies Only Self-Defence
2pm – 2.45pm Limelight’s hire space
In this women-only class, 4th Dan Master Victoria will teach you Tang Soo Do self-defence. To book a space call: 07738679355

Old Trafford Wellbeing centre:
54-56 Seymour Grove, Old Trafford M16 0LN 1061 8773719

BME ART THERAPY GROUP. Two weekly BME art therapy groups for adults who have experience or experiencing anxiety and/or depression. Led by a qualified HCPC registered Art therapist, and will provide emotional and psychological support in a safe and supportive environment.

Starts in May limited places only: Women’s groups Monday 10.30-12
Men’s Thursday 1-2.30pm

Activities you can attend without booking – just come along

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<th>DAY</th>
<th>TIME</th>
<th>ACTIVITY</th>
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<td>9.00am- 3.00pm</td>
<td>Blues Cafe</td>
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<tr>
<td>Monday</td>
<td>10.00am- 12.00pm</td>
<td>Welfare Rights run by Pakistani Resource Centre Free confidential and independent advice on welfare benefits housing consumer affairs council tax and debt. For more information call Tahir on 0161 445 0633</td>
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<td>Monday</td>
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<td>Drama Workshop – With Theatre of the Senses</td>
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<td>Woodwork – With Tree things</td>
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<td>Monday</td>
<td>12.30pm- 3.00pm</td>
<td>Music workshop – With Seed Studios Sound Explorers for Beginners and experienced musicians.</td>
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<td>1.00pm- 3.00pm</td>
<td>Art – Felt Making <em>Never Felt Better</em> Felting Workshop with Andy</td>
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<td>Blues Cafe</td>
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<td>Arts &amp; Minds – Painting and drawing group</td>
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<td>Tuesday</td>
<td>12.15pm- 1.15pm</td>
<td>Women’s only yoga – Great starting point for those new to yoga</td>
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<td>Tuesday</td>
<td>11.00am- 12.00pm</td>
<td>Yoga – All levels of experience welcome</td>
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<td>Arts &amp; Minds – Morning art group with Diane</td>
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<td>Tuesday</td>
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<td>Drumming Workshop – Seed Studios</td>
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<td>Tuesday</td>
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<td><strong>Creative Writing</strong> – Seymour Poets</td>
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<td>Wednesday</td>
<td>10.00am- 12.00pm</td>
<td><strong>The Wednesday Workshops</strong> – come and try something different each week. For more information contact. <a href="mailto:naomi@seedstudios.org">naomi@seedstudios.org</a> tel 07710590610</td>
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<td>Wednesday</td>
<td>11.00am- 3.00pm</td>
<td>Achieve drop-in – Are you friend or family member experiencing difficulties with drugs or alcohol? If you have a question or worry come along .and speak to Colette –07964 364457</td>
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<td>Wednesday</td>
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<td><strong>Craft Activity</strong> – Arts and Minds (</td>
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<td>Blues Café</td>
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<td>Thursday</td>
<td>10.30pm- 12.30pm</td>
<td><strong>Black and Minority Ethnic Mental Health Women’s Group</strong> run by The Pakistani Resource Centre 0161 445 0633</td>
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<td><strong>Bike Maintenance</strong> – Chainlink drop-in</td>
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<td><strong>Painting and Drawing group</strong></td>
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<td><strong>Hearing Voices Group</strong></td>
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<td><strong>Woodwork</strong> with Tree Things</td>
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<td>Thursday</td>
<td>1.00pm- 3.00pm</td>
<td><strong>Ukulele Workshop</strong> with Geoff</td>
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Activities you have to book in advance

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<td>Monday</td>
<td><strong>Complementary Therapy</strong> Lorenzo offers remedial massage and sports massage. 07946 259 242.</td>
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<td><strong>Computerised CBT</strong> Self Help Services please ask at reception for a referral form call 07508410772</td>
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<td><strong>Massage / Acupuncture</strong> (female therapist Samina) ask at reception.</td>
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<td><strong>Massage</strong> (female therapist Leila) ask at reception.</td>
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<td>Thursday</td>
<td><strong>Reflexology</strong> (female therapist Claire) ask at reception.</td>
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<td>Thursday</td>
<td><strong>Counselling</strong> Ask for an appointment at reception.</td>
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<td>Thursday</td>
<td><strong>Complementary Therapy</strong> Lorenzo offers remedial massage and sports massage.</td>
</tr>
<tr>
<td>Friday</td>
<td><strong>Complementary Therapy</strong> (female therapist Becci) ask at reception.</td>
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</tbody>
</table>
Be Active
Being active is great for your physical health and fitness. But evidence shows that it can also improve your mental wellbeing.

Come and join us at these weekly Biodanza sessions of guided dance and movement facilitated by Blanca and Maria. A great way to de-stress, leave the day behind, enjoy ourselves and get moving! Biodanza is, a well-established system of personal development, based on music and movement. The sessions tend to leave you feeling rejuvenated and reconnected with an increased sense of well-being. Suitable for anyone, of any age and any ability. There are no steps to learn and no experience is necessary. Everyone is welcome! Come along and have a go! It’s fun and uplifting.

**When:** Every Wednesday 7.00 – 9:00pm  
**Where:** At the Z-arts (Brayshaw Room, 1st Floor) 335 Stretford Road  
**Hulme Manchester M15 5ZA**  
**Prices:** Total beginners card: £24 for four consecutive sessions.  
Usual price: £32 for four consecutive sessions.  
Drop in session: £12. *(PS: there is also a Saturday monthly session 3-8pm, in Chorlton)*

**For further information:** Please contact:  
maria_biodanza@hotmail.co.uk 07972854627  
blanca_biodanza@yahoo.com 07722882851  
**Website:** www.biodanzaforwellbeing.co.uk

Globe Community Fitness & Activities Centre aims to promote the development of individuals in achieving their full physical, intellectual, social and spiritual potentials as individuals, as responsible citizens and as members of their local, national and international communities. We also aim to operate throughout the Greater Manchester area. Provided an activity list of weight room session and boxing.

**Weights room**  
Monday to Thursday 6.30 am- 8.00 am  
11.00 am-2.00 pm  
4.00 pm - 5.30 pm  
£1.50 per session  
Address: 79 Cornbrook st Old Trafford M16 7QB

**African & Caribean mental health services -sports drop in**  
@ Moss Side Leisure centre Hulme High Street M15 5NN  
Wednesday 2-4pm  
Activities include, 5 a side, badminton, swimming and gym  
(small subsidized fee to take part)

For further details contact ACMHS on 0161 226 9562
You First
0161 455 0211
Do you want a healthier future?
You First offers friendly, knowledgeable, face to face support to change your life.

Do you want to get more active, lose weight and feel better about life?
Support is free, contact number for more info. GP’s and other agencies can make referrals by faxing 0161 455 0213.
Active Lifestyles Centre

Denmark Rd, M15 6FG 0161 227 9490

All sessions are £1 if you live in Manchester. Have fun and get fit!

Monday: Circuit Class 12.15 – 1pm
Easy Rhythm session 1 – 1.30pm

Wednesday: Ladies Zumba  9.30 – 10.30
Female only circuit class 10.45 – 11.30am
Circuit class 12 – 1pm

Thursday: Circuit class 12.30 – 1.30pm

Friday: Zumba 5 – 6pm
Female only Zumba session 6.15 – 7pm

Swimming at Manchester Aquatic Centre
Interested in swimming? This session will help you get your confidence back in the water and improve your swimming ability. Every Friday 10:30 – 11:15; Cost: £1; Venue: 2 Booth Street East, Ardwick, M13 9SS. Contact: 0161 234 5454. Also available at other location and in the afternoon.

www.manchester.gov.uk/activelifestyles

Swimming pools & Gym at Arcadia Levenshulme
Two swimming pools, a 60-station gym, sauna and steam room, dedicated community studio and library.
Yew Tree Avenue, Levenshulme, Manchester, Lancashire M19 3PH
Phone: 0161 224 0938

AQUA FIT SESSIONS, DEVELOP CONFIDENCE SWIMMING SESSIONS, LEARN TO SWIM SESSIONS ALL £1 PLEASE CONTACT CENTRE FOR MORE DETAILS

Hough End Leisure Centre
0161 641 6300
Active Aqua sessions Wednesday and Friday 12 – 1pm £1 per session
Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

Old Trafford Amateur Boxing & Fitness Club
Mondays 7.00-9.00pm in the main hall – @ St Johns (address below)
Juniors  Cost £3
Seniors  Cost £4
Come prepared for sporting activity.
For more information contact Ronnie on 0774 597 5300

Exercise Classes @ St Johns
Women Only Exercise Classes
Come along, tone up, look good, feel good. No need to book.
Limited creche places are available for daytime sessions at £2 per child.

AEROBICS AND TONE – £2 PER SESSION
Tutor: Beatriz Lazarus
Tuesday 1.30-2.30pm

PILATES – £2 PER SESSION
Tutor: Beatriz Lazarus
Thursday 10.15-11.15am

STEP AEROBICS – £2.50 PER SESSION
Tutor: Beatriz Lazarus
Friday 5.30-6.15pm

Walking groups supported by NHS Health Walks

Monday:
Manchester Velodrome Indoor Walk 2pm

Tuesday:
Gorton Park 11am (meet at Manchester City Chapel, Crossley St)
Debdale Park (meet at the kitchen) volunteer led – 10.30am-11:45am

Wednesday:
Clayton Vale (short and longer walk options) – 10.00am
Heaton Park (30 mins short/slower walk) - 12pm (smithy lodge entrance, outside golf cafe)
Moston Marchers (Broadhurst Sure Start) volunteer led 12pm
Manchester Velodrome Indoor Walk (meet on 1st Floor) - 1.30pm-2.30pm

**Thursday:**
Manchester City Stadium Nordic Walking – 09.30am (meet at sport city gym cafe) £1 for pole hire.
(Not part of Walking for Health)

**Friday:**
Manchester Velodrome Indoor Walk (meet on 1st Floor) -11am.

Walking for wellbeing: Join us every Tuesday lunchtime from 12-1pm for a walk in the park. Meet at the entrance of the Whitworth art gallery. Oxford Road Manchester M15 6ER

**URBAN GYM**

**Time to Get Fit with the Urban Gym**
Come and try the Zion Centre’s Urban Gym! Designed for low impact exercise, our equipment is specialised in developing your balance, raising your cardio and increasing you flexibility. **We are open from Monday – Friday 9.00am – 5.30pm (7.30pm on Tuesday and Thursdays) and from 10.00am – 2.00pm on Saturdays. The gym is free to use! But you will need to fill in a Gym Joiners Form and return it to reception.**

**Equipment:**

- Air Skier: Improves Cardio and Balance
- Air Walker: Improves Cardio and Flexibility
- Bike: Improves Cardio and Flexibility
- Elliptical Cross Trainer: Improves Cardio and Flexibility
- Rider: Improves Strength and Cardio
- Seated Leg Press: Improves Strength and Flexibility
- Thai Chi Spinners: Improves Flexibility and Balance

For more info call Zion Centre 0161 226 5412

Bell Vue Leisure Centre
Kirkmanshulme Lane,
M12 4TF
0161 231 0754

Contact Centre for more information and times. Activities include table tennis, basketball, exercise classes and the gym. Gym membership from £12.50 per month (£15.50 including classes). Gym has a smaller women only gym with a wide range of cardio and resistance machines. Mon – Fri 7.00 – 22.00 Sat – Sun 9.00 – 18.00

**Gentle Exercise at Union Chapel,** Wellington Rd, Fallowfield, M14 6EQ Monday 11.15am – 12pm £3 per session Lou 07818466761 Maintain physical health by combining gentle aerobic exercise with joint limbering movements. Suitable for people who haven’t exercised for a while/older people.
Walking Basketball at Amaechi basketball centre. Sundays 7pm-8.30pm £3 Suitable for all irrespective of gender, age ,size, ability and or impairment . –Whalley Range High school for girls Wilbraham Road, Whalley Range M16 8GW

Manchester Stingers WFC. A womens football club welcomes all women regardless of age ability, race and sexuality. Whatever your ability or experience. The club provides a safe welcoming environment for women to get fit and increase their enjoyment in sport. Our coaching takes into account individual different levels of experience and ability so the team can improve as a whole. Training takes place 7-8.30pmHough End playing fields Princess Parkway M21 7TL –new players welcome.

Yoga for self care 4pm-5.30pm at FREE call Becky 07557959623– Kath Lock 123 Moss Lane East M15 5DD

Fitness& friends 50+and beginners age group 10am-10.45am £3.50- Kath Lock 123 Moss Lane East M15 5DD

Time to put on your dancing shoes!

Dancing can be a great way of keeping in shape, having fun and meeting people.

Dance session at Westcroft Centre, 24 – 26 Westcroft Rd, Burnage, M20 6EF. Contact Hazel Roy 0161 434 5021. Mondays 10 – 11am, first class is free then a £3 charge per session.

Varied dance class at Union Chapel, Wellington Rd Fallowfield. All styles of dance, rag time, classical and rock and roll to name a few! Wednesday 10.30 – 12.30, first session is free. Contact Hazel Roy 0161 434 5021.

Drumroots
West African Djembe Drumming
Every Tuesday at Union Chapel. Visit www.drumroots.org.uk or call Jamie on 0161 408/07939 749 099.

Beginners warm up 6.30 – 7.30pm £5/£4 (conc) and main workshop 7.30 – 9.30pm £6/£5 (conc). Both sessions £7/£6(conc) +£1 drum hire(or bring your own).
Fun and energizing session. All levels welcome.

Persian Dance
Roby Centre
307 Dickenson Rd
Longsight
M13 0NG
Wednesdays 10am – 12pm

Snooker Group
Wednesday, 1.30-4pm -venue as below.
Facilitator: Gary Unsworth (07881 706 680) & Tony Hagley (07739 430 024)

American Pool Group
Friday, 1.30-4pm
Facilitator: Beth McNulty (07568 533 975 and also bethymc26@yahoo.co.uk).
Everyone is welcome at both groups.
There is a small charge for the session.

Friendly atmosphere, affordable bar sells good food.

Steven Charles Snooker Centre
5-11 Cheetham Hill Road, Manchester M4 4FY
Phone: 0161 819 1624

Cycling

Sign up to ride: https://www.letsride.co.uk/rides/lets-ride-pop-up-alexandra-park-manchester-2

Our pop-up events are ideal for the whole family to enjoy cycling together – Alexandra Park provides a safe and friendly space for cyclists of all abilities to ride at a pace they want, as many times as they want.

**Time** 10:30am to 12:30pm  **Location** Entrance on Demense Road, information gazebo will be dates., 28 Jul 2019, 18 Aug 2019 29 Sep 2019, 20 Oct 2019

there's plenty going on for everyone to enjoy. Here's just a taster of what's on offer.

- Traffic-free route so you can pedal in peace
- FREE bike hire (adult bikes and balance bikes)
- Go-Ride coach in attendance
- Skilled bike mechanic from The Bike Hive Manchester to fix any little niggles with your bikes
- Bike seats, trailers and tag alongs from Bambino Biking for all your family cycling needs. The chance to try out a range of equipment on the day, they can help you choose the right bike seat to suit you and your child, so you can get our cycling together.
- Pop-up bike shop with great quality, reasonably priced refurbished bikes from The Bike Hive Manchester
- Local ride leaders who will provide information about Guided Rides and women-only Breeze rides in your area
- Lady Pedal Manchester will be there to chat all things Women’s Cycling in Manchester. As part of their new community project ‘Bike like a girl’ that aims to break down the barriers to women cycling, they will have some fun activities and the opportunity to share your thoughts and feelings about getting out on your bike.

Yoga sessions at Arcadia Leisure Centre
Yew Tree Ave (entrance on Stockport Rd)
M19 3PH
0161 641 9911

Try out an energizing yoga session. Sessions are £4 and need to be booked in advance.

Womens only aerobics class
Sundays 10.30 – 11.15am
Get fit the fun way
£4 per session
Arcadia Leisure Centre
TAKE NOTICE
Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savior the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

free Manchester walking Tour

Guided tour of Manchester that takes place daily from 11am
Starting from Sackville gardens, meeting near the Alan Turing statue
Sackville Street M1 3WA
Tour last around 3 hours with a café break
(donation may apply)

Manchester Art Gallery

Art of wellbeing tour, Last Saturday of every month, 12.30 -1pm. Free, no need to book. Learn more about how to improve your wellbeing and the secrets behind the art on display! Each artwork illustrates on the 5 Ways to Wellbeing.

Take Notice- First Tuesday of every month, 12.15 – 12.45pm and 1 – 1.30pm Free, no booking required. Also the third Thursday of every month, 5.15 – 5.45pm and 6 – 6.30pm Explore artworks and learn about mindfulness in this early evening session..Please contact: Louise Thompson - 0161 235 8844 l.thompson1@manchester.gov.uk

Philosophy Café- Second Tuesday of every month, 10.15am – 12 Just turn up and meet Sue/Peter in the cafe bar. Philosophy Cafe also takes place on the fourth Thursday of every month, 6 - 8pm. Please contact: Ruth Edson - 0161 235 8877 r.edson@manchester.gov.uk

Mindful Marks - Second Tuesday of every month, 12 - 2 pm De-stress and draw with artist Naomi Kendrick in these multi-sensory and experimental workshops using mindfulness-based techniques. Free, drop in. Please contact: Louise Thompson - 0161 235 8844 l.thompson1@manchester.gov.uk

Mosley Street, Manchester M2 3JL http://manchesterartgallery.org/learn/adults/tours-and-workshops

Art Bites-Every Wednesday12.30pm–1pm. Art Bites is about chatting with other people about art. Each week the session focuses on two contrasting artworks on display. Free, no booking required. Please contact: Meg Parnell - 0161 235 8855 m.parnell@manchester.gov.uk
English Corner- Second Wednesday of every month 1 – 2.30 Free English conversation classes. English corner is for people learning to speak English. You will look at artworks and talk about them together. English corner also takes place every third Thursday of each month 6.30 - 8pm. Please contact: Ruth Edson - 0161 235 8877  r.edson@manchester.gov.uk

Highlights Tours- Join one of our brilliant volunteer guides for a tour of the gallery. Find out more about art on display, the building and the history of the gallery. Every guide designs their own tour, so each tour is slightly different depending on the personality and interests of the guide. Free Tours take place every Thursday 2 – 4pm.

Making Conversation–Third Thursday of every month, 1-4 Connect with others in this artist-led workshop where you will use all your senses to explore and make art. Every session is audio described and all materials e please call 0161 235 8855. Contact Meg Parnell for more information m.parnell@manchester.gov.uk

Holistics Therapies Zion Centre, 339 Stretford Rd M15 4ZY 0161 226 5412
Massage therapies available with male and female therapist. £10 waged and £5 unwaged. Mon 10 – 4pm. Homeopathy (appointments only) £10 per session. Please call for an appointment. Energy healing Thursday 1 – 2.30pm. Small donation. Swedish/Stone massage on Thursday 10 – 1pm. £10 waged, £5 unwaged. Call to book an appointment.
Manchester Community Qigong group (women only). Friday 4 – 5pm, 5 – 6pm. £3 donation, contact Rae Story to join raestorywork@yahoo.co.uk.

Creative Workshops and Training at Arc Centre & Gallery
Arts for Recovery in the Community run adult workshops, Saturday Art Clubs and Family friendly workshops. Based in Reddish they run outreach 10 week adult sessions followed by a course at the Gallery. Sessions are free Unit 33M Vauxhall Industrial Estate, Greg St, Stockport SK5 7BR 0161 480 7731

African Caribbean Care Group
Claremont Resource Centre, Hulme, M15 5FS.
Tuesdays and Wednesdays 10 – 4.30pm.

Holistic therapies available ; Facials, Full Body Massage, Reflexology, Indian Head Massage and many more.
For more information about service and costs call 0161 226 6334 or email admin@accc.org.uk, www.accc.org.uk

Meditation
Weekly Programme at Kagyu Ling Buddhist Centre, 45 Manor Drive, Chorlton cum Hardy M21 7QG.
0161 850 4450
Mondays 10 – 11am, Tuesdays 8 – 9pm, Wednesdays 10.30 – 11.30am & 8 – 9pm
Everyone is welcome to attend – no experience necessary. Suggested contribution £3 towards running costs of the centre
Health & Well Being - Fridays 1.30 - 3pm
These sessions are tailored to individuals experiencing issues with wellbeing and mental health and focus on creating a quieter and calmer environment in which to enjoy gardening.

The Owl and the Coconut
The Nest Mindful Arts Centre
Levenshulme Old Library
Cromwell Grove M19 3QE
Visit the website www.theowlandcoconut.com
or contact owlandcoconut@gmail.com

MINDFUL MONDAYS 20:15 – 21:15 :Come along to our weekly mindful drop-ins. These sessions will allow you to explore mindful practices, giving you the time and the space to begin your week with self-care, calm and awareness. Sessions will include breathing practices, meditation and poetry, focussing on self kindness, self awareness and connection with nature.

MINDFUL ART THURSDAYS 7PM – 8PM :If you would like to experience the connection between mindfulness and art then join us for our Mindful Art drop-ins. These sessions will blend mindful practices with art making, to help you take the time out of your busy day to just stop, notice and create. No previous art or mindfulness experience is needed, just come and have a play!

MINDFUL TEXTILES MONDAYS 19:00 – 18:00 : textile based craft activities to give you the chance to unwind and create some fun pieces to take home! Activities will vary each session and will include embroidery, simple knitting, pom pom making, phone cases, patchwork quilt making and much more! Supplies will be provided but feel free to bring along your own fabrics, wool, threads, or any other materials that you would like to work with!

Creative Writing for Mindfulness:First Monday of every month 10.30 – 12.30
Withington Library, 410 Wilmslow Rd, M20 3BD For more information contact the group facilitator Fran Pridham on 07738716834.
All Welcome.

Self Help Services are a large charity that is delivering NHS based interventions
Free courses for Manchester residents

8 week course in Mindfulness
Monday 6-8pm Chorlton Methodist Church
Tuesday 6-8pm Manchester Deaf Centre
Flexing mental muscles and learning something new raises confidence and distracts from some mental health stressors. Learning with others, meeting new people, expanding social networks and sharing mutual goals and interests. Independent learning. Enrolling on a course online, or studying things you are interested in.

ACHIEVE YOUR GOALS
Join in, build confidence, gain employability skills and meet new people. Our new courses use the theme of football to make learning fun and relevant. We offer two types of courses which are free for Manchester residents*: 15 hours or 50 hours (includes a museum work placement) Modules include customer care, financial literacy and maths, museums for health and well-being, time management and ESOL or literacy development. For more information, please contact the learning team on 0161 871 8182, email learning@nationalfootballmuseum.com, or visit nationalfootballmuseum.com* Terms and conditions apply.

Lip-reading and managing your hearing loss class:
Designed for people with hearing loss who may find it difficult to follow conversations. Sometimes friends and families of people with a hearing loss come along to learn how to communicate better with their friend or relative. The emphasis of the class is on fully including people with a hearing loss so that they can fully understand what is going on: Wednesday mornings 10am-12noon- Withington library 410 Wilmslow Rd M20 3BN: For more information about lip-reading classes contact: ENQUIRIES@MANCHESTERDEAFSTUDIES.ORG minute walk from Manchester Victoria train station and Metrolink.
TIMETABLE OF OUR ARTS AND LEISURE BASED COURSES FOR ALL AGES courses which run over 12 weeks and include French, Spanish languages, Arabic for beginners, Art- watercolours, drawing and painting, Dance, world cinema, Tai chi, local history and more. Course cost £78 reduced £36 (people on receipt of benefits/full time students) with some classes having just a £3 cost per class.

Union chapel  2b Wellington Road Fallowfield, Manchester, M14 6EQ visit [http://o-a.org.uk/](http://o-a.org.uk/) or telephone 0161 225 4426 for more information

Mustard Tree Music Workshop:
Create Music Wednesdays 2pm to 4pm in the recording studio
Sings, write, jam, perform or shake with a tambourine. Record with Martim in the recording studio. Music background not needed just drop in and join in
Mustard Tree 110 Oldham Road M46AG

Free music session with Seed studios: 54-56 Seymour Grove, Old Trafford M16 0LN
Offering 1-1 session with a musician for anyone interested, all abilities welcome! For more info contact wellbeingreferrals@seedstudios.org

Manchester Adult Education
Internet & Digital Skills; English & Maths; Work clubs & Employability (Create a CV, Job search); Being a Volunteer & Applying for jobs; Health & Social Care; Childcare...
Different locations: Longsight Library & Adult Learning Centre, @ 519 Stockport Rd, M12 4NE, 0161 227 3706. Greenheys Adult Learning Centre, @ Great Western St, Moss Side, M14 4HZ, 0161 254 7314. [http://www.manchester.gov.uk/adulted](http://www.manchester.gov.uk/adulted)

**Talk English Sessions**

Fallowfield library
Platt Lane
Manchester
M14 7FB
0161 227 3744

Come along on Thursdays 10 – 12 to practice speaking English and meet new people.

**Talk English sessions at Arcadia library**

Tuesdays 9.30 – 11am
For beginners (pre entry – Entry level 1), Everyday English, taught by volunteers.
0161 641 9911
ESOL courses with WEA.
Courses are available in different levels and will be run at various venues. To find out more information call The Manchester Office on 0161 696 5474 or visit www.wea.org.uk

Peer to peer service will be running the workshop for 10 weeks. Over the course the team will be providing a comprehensive overview of steps for a successful recovery. The workshops will promote shared learning and aim to help the participants make successful journey from stuck, to recovering to thriving.
For further information and to book a place contact 0161 226 3871 or email peertopeer@selfhelpservices.org.uk

Inspire Grow Club
Tuesdays 1.30 – 3.30pm
Inspire,
747 Stockport Rd, Levenshulme, M19 3AR
0161 850 5717
Learn new gardening skills

Want to improve your life through learning new skills! Such as: IT, Computers, Digital Photography, English & Maths, Cooking.
Back On Track – Swan Building, Swan Street, Tel.0161 834 1661;
www.backontrackmanchester.org.uk

Summer 1 timetable out now, with new courses such as Learn to speak another language and many more on 23rd April, please call or visit website for update

ALL FM on 96.9FM. The radio station promotes Manchester’s contemporary music, arts and culture in addition to providing local health, information and training programmes. The studios are based at Levenshulme Old Library bringing cultural expression and diverse multicultural radio to listeners 7 days a week. Radio training is available if anyone is interested in presenting their own radio show providing 15 years’ experience in training presenters and producers.

For more information contact Ed on: ed@allfm.org
IT DROP INS

Do you need to use a computer, support to develop existing skills and learn new skills such as email, internet shopping, CV writing? Learn how to use computers and digital devices in your everyday life and get advice on ICT courses.

LONGSIGHT LIBRARY THURSDAYS 12.30 – 3PM
(0161 227 3706)
GREENHEYS ADULT EDUCATION CENTRE WEDNESDAYS 12.30 – 3PM
(0161 254 7314)
ST JOHNS CENTRE TUESDAYS 12 – 1.30PM
(0161 872 7795)

Fallowfield Library Knitting Group
Platt Lane
0161 227 3744.
Thursdays 2.30 – 4.30
Whether you’re practised or a beginner, come along and join in. Wool, needles and tea/coffee supplied.

Recovery Academy : The Trust's Recovery Academy provides a range of free educational courses and resources for people with mental health and substance misuse problems, their families and carers as well as health care professionals. All of our courses focus on supporting people with their recovery and promote good health and wellbeing. The courses are useful if you are looking to increase your knowledge and understanding of mental health, improve your mental wellbeing, or simply want to meet new people while learning something new. Who runs the courses? The courses are co-written and co-delivered by professionals and people with mental health or substance misuse problems in order to recognise with equal importance both professional expertise and lived experience and promote our philosophy of shared learning.

Who can attend?
The Recovery Academy offers courses to:

- Anyone who is experiencing mental health or substance misuse problems
- Their supporters (family, friends and loved ones)
- Trust staff, volunteers and students on placement
- Health Care Professionals

All our courses are free, but you need to register and sign our Student Charter before attending.

Further information
If you are interested in attending a course and would like more information, advice or support, please get in touch by emailing recoveryacademy@gmmh.nhs.uk or calling us on 0161 358 1771
Give

Small acts of kindness towards other people, or larger ones – such as volunteering in your local community – can give you a sense of purpose and make you feel happier and more satisfied about life. For example, a 2004 study in 373 older adults found that some aspects of wellbeing were higher in those who did volunteering projects, compared with those who did not.

Volunteers help run coffee mornings, exercise classes and afternoon teas. On Good Neighbours group days out there are volunteers who accompany and provide support to those who need it. When our members need odd jobs such as putting up a shelf or help with filling in a form, there will be a volunteer who can help. Chorlton Good Neighbours Wilbraham St Ninians Church Egerton Road South
Chorlton-cum-Hardy Manchester M21 0XJ for more information tel : 0161 881 2925

Volunteering

Volunteering your time can be incredibly rewarding and creates connections with the people around you. Giving your time in a Community Garden Centre can improve your wellbeing. Manchester Volunteer Centre MACC can help you with online registration, Induction and other support; Tel. 0161 830 4770, MACC 3rd Floor, Swan Buildings, 20 Swan Street, Manchester M4 5JW - 10:00 – 5:00 pm

The volunteer website has a wide range of opportunities, work with in charity shops, helping elderly people, mental health, children’s groups, animals, library’s and much more.
Are you interested in volunteering for Greater Manchester Mental Health Foundation Trust? The direct involvement of volunteers in delivering our services can foster better engagement with our service users and carers, empower individuals and communities, and contribute to more responsive services. Volunteering can promote good physical and mental health for volunteers themselves and our service users and carers. Volunteering is also a valuable means to support career development for those needing to gain experience in order to pursue their career. Follow the link below to view current vacancies. [https://www.gmmh.nhs.uk/volunteering](https://www.gmmh.nhs.uk/volunteering)

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Got time for a cup of tea and a chat?

Manchester Cares is a brand new community network of young professionals and older neighbours hanging out and helping one another in our rapidly changing city. Visit local cultural gems or social spots, dance, or have a brew with an elderly neighbour. Tel: 0161 2070800 Manchestercares.org.uk/get-involved.

Volunteer for the Zion Community Resource Centre and learn a wide range of skills and have the opportunity to meet new friends.

- Reception/Administration
- Centre Hosting
- Community development
- Develop new groups
- Help with Events
- Arts and Crafts
- Gardening
- Domestic and Maintenance and much more

For more details please contact Anna Akhtar anna.akhtar@biglifecentres.com or call Zion on 0161 226 5412

**HOME START : Support and friendship for families** Are looking for new volunteers to be involved in our parent infant mental health project. Are you a parent or have parenting experience? Have you experienced post-natal illness in your past and would like to support others through this?

Full training and support is provided and all volunteers are subject to satisfactory references and DBS check: For more info contact Clare Blomley 0161 7214493 info@homestartmcr.org.uk : Website https://www.home-start.org.uk/

Volunteer at Northmoor Community Centre.

Give something back to the community, wide range of volunteer roles available such as café assistant, IT helper and homework club assistant. The centre has volunteer sessions every fortnight on Thursday afternoons 2 – 3.30pm. Contact the office for more info 0161 248 6823
Volunteer at St Lukes Drop In Social and Creative Activities.

Get experience and build your CV
Wide range of roles within a friendly and supportive setting. Please contact Diane on Tuesdays or Thursdays on 0161 273 1538 for more information

Will Griffiths Court
Retirement Housing Scheme,
Moss Side

There are a variety of ways to get involved from Monday to Friday including: Art class, Brunch Club, Exercise & Wellbeing, Entertainment and IT class. Contact Katie.roberts@onemanchester.co.uk for more information or call 0161 227 1313.

FareShare Greater Manchester
FareShare takes surplus food and redistributes it around Greater Manchester to help feed those who need it.
Join our team of volunteers, many exciting ways you can be involved and offer support.
Call 0161 223 8200 option 6/ www.emergemanchester.co.uk for more information or email volunteering@emergemanchester.co.uk

Volunteers needed for Manchester Voluntary Service.
Could you spare a couple of hours each week to help older people? Full training offered for roles such as group work activities, admin support, fundraising, visiting people who live alone and driving.
Contact 0161 871 2011 or email manchesterhub@royalvoluntaryservice.org.uk
Volunteer Inductions at Inspire: once a month, please ask at reception for a form.

Roles available: Chefs, cooks and café assistants. Event organizers to help with one off events.
Working with older people. Inspire ambassadors to promote Inspire.
747 Stockport Rd, Levenshulme, M19 3AR.
0161 850 5717

Hulme Community Garden Centre is a unique community led inner-city horticultural project. Our mission is to bring the local community together through gardening. Up to 100 volunteers contribute to HCGC each week across all age groups and from a wide range of cultural and ethnic backgrounds, both local and from further afield. From participating, volunteers can gain an insight into how a garden centre works and develop skills in a wide range of areas. We aim to provide an environment where people can learn, develop and share skills and information about horticulture, and wider environmental and sustainability issues. If you’re interested in getting involved, you’ll need to come in for a short induction first. These take place every Thursday at 1.30pm or self-guided on Sundays at 11:30am. 28 Old Birley Street Manchester M15 5RG
HOME is Manchester’s centre for international contemporary art, theatre and film.

Our fab team of volunteers get involved across our programmes and activities here at HOME. Using their enthusiasm, knowledge and love of HOME, our volunteers help make our venue an exciting and welcoming space to visit and explore. Many of our volunteers joined us at the very beginning when HOME opened in 2015 and have helped to shape our volunteer scheme. As HOME develops, so does our Volunteer Programme and we’re working to create new roles and activities for volunteers to develop experiences and skills. Want to get involved? Volunteering is open to anyone over the age of 18 who live or study in Greater Manchester. You don’t need any specific experience or skills, just an enthusiasm to get involved and get stuck in! If you would like to have a chat to someone about volunteering, you can contact Ella, Volunteer Manager, by emailing volunteers@homemcr.org or by calling 0161 212 3456.

Manchester Refugee Support Network’s SHARED ROUTES PROJECT

For refugees/asylum seekers/people of migrant background Free training courses in community work to become a community peer navigator.Provide – free childcare, travel expenses, lunch (incl Halal), participation certificate, support into volunteer placements For more information contact Randa 07988975667 randa@mrsn.org.uk

What’s on for the over 50’s
All the activities already included can be accessed by people of all ages. The following activities are aimed at people over the age of 50.

A Dementia Café runs every first and third Monday of the month between 11am-1pm at Royal Exchange Theatre, St Anns Square Manchester M22 7DH. Professional support and advice from organisations such as Alzheimer’s Society, Admiral Nurses, Manchester Carers Forum and GMMH are available in addition to activities and a chat. No appointment is necessary just turn up.

For more information contact: gary.stanley@gmmh.nhs.uk

Golden Voices Choir
Thursdays 10.30 – 12.30
Band on the Wall, Swan St
Julie Jones 07906201262

The choir is looking for new members, first session is free, there after £4 per session.

Exercise and Eat
Tuesdays 11 – 2pm at Inspire, Levenshulme
Gentle chair exercise session (£2) to build strength and balance, followed by a 2 course meal (£3). Ring in advance if you need transport to attend 0161 850 4044

Computer Buddy Drop In
Computer drop-in session, get some help to improve your computer skills. Ring Kate on 0161 850 4044 for more information.

Computer Club at Westcroft Community Centre Tuesday 12.30pm. 0161 448 8232

Just for Men computer session. Do you need help with computers, i pad or phone. Want to meet people, have fun or join in with a game of scrabble. Friday 2 – 4pm Chorlton Library

Line Dancing at Burnage Community Centre. Wednesday 1.30pm. 0161 431 7220

Sewing Group at Westcroft Community Centre. Fridays 10am. 0161 448 8232

Simply Loving Knit – Knitting Group at Westcroft Community Centre. Wednesday 1pm. 0161 448 8232.

Painting Group at St Werbergh’s Church Hall, Chorlton on Tuesday at 10am. 0161 8811642.

Mindfulness – Beginners course at Union Chapel on Wednesdays at 1pm.

Walking Football at Whalley Range Power league Wilbraham Rd on Tuesdays at 11am. 0161 881 8442.

Zumba/Pilates at Withington Methodist Church on Wednesday at 6.30pm. 07762047938.

Zumba Gold at Hough End Leisure Centre on Fridays at 11.30am. 0161 641 6300.

Coffee morning at Chorlton Central Church on Tuesdays at 10.30am. 0161 881 0958.

Coffee morning and Art Class at Wilbraham St Ninians on Thursdays at 10am. 0161 881 2925.

Coffee Fellowship at Withington Methodist Church on Tuesdays at 10.30am. 0161 445 3539

Coffee and chat meeting at Withington Library every Wednesday 1 – 3pm 0161 227 3720
Manchester Wellbeing Fund

Greater Manchester Mental Health NHS Foundation Trust has been allocated a budget of £1.5m for the Manchester Wellbeing Funds over a three year period. This fund is open to any community groups or individuals who are promoting good mental health or challenging stigma within their community.
Grants of between £250 and £3,000 are available for projects which are based within the Manchester City Council local authority area. Grants up to £500 are not required to complete a full application. Anyone who has an idea for setting up a project can apply in the first instance by leaving an online expression of interest or send a video. If the locality group feels the project can go further they are invited to apply by completing a full application. At this stage help is provided to complete the form. Locality groups are based in North (Victoria Mill), South (Studio One) and Central (Fallowfield Library) of the city where monthly meetings are held. These groups consist of service users, carers community representation and Buzz & GMMH staff. Anyone can request to be a member or the locality groups and non-staff members can claim expenses. Previous project groups that have received funding range from activities such as Gardening, Yoga, Choirs, Sewing/Craft and Counselling Groups.

For more information about the Manchester Wellbeing Fund contact:
Grainne, Manchester Wellbeing Fund Coordinator Grainne.McClean@gmmh.nhs.uk
Or visit: www.gmmh.nhs.uk/manchester-wellbeing-fund.

Macc offers practical support for organisations who are interested in building relationships in Health & Social Care and looking for volunteers. In addition Macc provides support for residents of Manchester looking for the opportunity of becoming a volunteer. A Drop In Surgery is run every 3rd Friday in the month at the Drop in and Volunteer Centre, Manchester Town Hall Extension between 11am – 1pm.

For more information about Macc Organisation contact:
Danielle Conway danielle@macc.org.uk or visit www.manchestercommunitycentral.org

Citizens Advice are now available via digital hubs in the local community. For support and advice with online forms or help to access other advice services.

No appointment is needed.
Gorton Library, Garratt Way M18 8HE 0161 227 3737
Tuesdays 10 – 1pm.

Fallowfield, The Place, Platt Lane M14 7FB Thursdays 10 – 1pm.

Longsight Library, 519 Stockport Rd, M12 4NE. 0161 227 3706. Tuesdays and Thursdays 10 – 1pm.
Trinity House, Grove Close, Rusholme, M14 5AA.
Thursdays 10 – 1pm

Other ways to contact Citizens Advice 03444111222.
Mon – Fri 9.30am – 5pm, Weds 10- 5.30pm.
Welfare Rights/Benefit Advice Sessions.

Zion Centre 0161 226 5412.
Welfare Reform Drop In
Tuesdays 10 – 12pm (first come first seen basis so arrive promptly, is best to call around 9am to check session is on)
Have you cut or lost contact with a family member?

Join one of our 6 session support groups to meet others in a similar position and talk about the impact of estrangements. Sign up: http://standalone.org.uk/meeting-people/

Greater Manchester Law Centre provides limited access to legal advice and representation covering the following areas of law:

- Welfare benefits
- Employment
- Prison
- Mental health
- Community care
- Disability

How to access our services?

- We accept self-referrals or referrals from organisations.
- To make an appointment:
  Phone: 0161 769 2244
  Email: reception@gmlaw.org.uk
- We are open from Monday to Friday, 10am-3pm.

Useful numbers/websites:

**Ring & Ride** - Tel. 0161 200 6011 Ring & Ride is designed to make short, local journeys, helping you to: do your shopping; travel to work, school or further education college; attend health appointments, including visits to hospitals and medical centres; take part in social and leisure activities; and visit places of worship. You are eligible to register if you have a concessionary bus pass.

**Samaritans** - Calling Samaritans is now free of charge from a landline or mobile. Their new number is: 116 123 (24 hours every day) www.samaritans.org

**Citizens Advice Manchester** service advice line on 03444 111 222

**SANEline** - 0300 304 7000 (6 -11pm every day) www.sane.org.uk
A specialist mental health helpline that is now a local-rate, 0300 number. Calling the helpline costs no more than calls to geographic (01 and 02) numbers from a landline, and is included in inclusive and free minutes on mobiles.

**SANE** also offers ‘Textcare’ - a way of providing emotional support and connection for anyone affected by mental illness, including families, friends and careers. Having a mental health condition, or caring for someone who does, may leave you feeling distressed, lonely or isolated. Contact from SANE via text can provide an important source of support.
Moodswings - 0161 832 3736
helpline from 10am to 4pm Monday to Friday www.moodswings.org.uk

Crisis Point - 0161 238 5149  http://www.turning-point.co.uk/crisis-point.aspx

Manchester mind - 0161 759 5732 or email at info@manchestermind.org
www.manchestermind.org

CASS ANY AGE Women's Self Injury Helpline 0808 800 8088  www.selfinjuriesupport.org.uk


The Sanctuary - 0300 003 7029 (phone 24hrs a day 7 days a week. Open doors 6pm -1am, new opening hours)
www.selfhelpservices.org.uk/sanctuary

Manchester Rape Crisis - 0161 273 4500. Monday – Friday 10 – 4pm. Wednesday and Thursday 6 – 9pm. Confidential support service run by women and girls who have been raped or sexually abused. Provides signposting for male survivors of sexual abuse.

Survivors Manchester – 0161 236 2182/0808 800 5005. Mon, Weds, Fri 9 – 6pm, Tues 9 – 8pm, 9 – 8.30. Confidential support service for male survivors of sexual abuse. Telephone support, face to face support, police support.

Sands still birth & neonatal death helpline 07756 466841. Manchester group of the nationat Sands charity  https://www.uk-sands.org. Also hold monthly meetings which are open to all , no matter when bereavement occurred.  www.manchester-sands.org.uk.

PAPYRUS HOPELINE UK 0800 068 4141  A specialist telephone service staffed by trained professionals . Providing a safe space to talk through anything happening in your life that could be impacting on your or anyone else’s ability to stay safe. For children and young people under the age of 35 who are experiencing thoughts of suicide. For anyone concerned that a young person could be thinking about suicide. Our advisers are all trained to help you focus on staying safe from suicide. Their training enables them to provide advice and support that may help you to move forward and stay alive. If you are concerned that a young person is feeling suicidal, advisors can support you to start a conversation about suicide and explore options of how best to support them.

Drinkline : Free helpline: 0300 123 1110 (weekdays 9am–8pm, weekends 11am–4pm)
Drinkline runs a free, confidential helpline for people who are concerned about their drinking, or someone else's.

Narcotics anonymous helpline 0300 999 1212 for those battling drug addiction

Support Line Telephone Helpline: 01708 765200
email info@supportline.org.uk
Provides emotional support and keeps details of local agencies providing help and support for all issues relating to drugs.

Weighed down by debt? Free debt counselling in your community from an award winning charity Call free on 0800 328 0006 – CAP debt help (Christians against poverty, you do not have to be Christian to access) whatever the situation you are facing, there is hope. A charity we offer a completely free service to help you lift the burden of debt.
LGBT Number 5 Richmond Street Manchester M1 3HF
Helpline and email advice
You can email the helpline anytime at helpline@lgbt.foundation and we will reply to you within 10 working days.
If you feel you need immediate support then please try calling our helpline on 0345 3 30 30 30

If you already have contact with mental health services:
- Contact your local Community Mental Health Team (CMHT)
- Contact your crisis team if you have one.

Self Help Services 0161 226 3871 www.selfhelpservices.org.uk communityservices@selfhelpservices.org.uk (lists workshops/group and drop-ins)

Mental Health in Manchester (resource website) www.mhim.org.uk

Central ‘What’s On’ Community Meetings
First Friday of every month
2-3pm
Manchester Art Gallery

This list is not exhaustive but provides a snapshot of activities in your local area. We are unable to provide information on the quality of individual services. Kind Regards.

If you would like any information included, or have noticed an activity/group that no longer take place, please contact cisnewsletter@gmmh.nhs.uk. Please be aware we cannot always include all information received.

The newsletter is also available via
Twitter - https://twitter.com/GMMH_NHS/status/111696096594445312
Facebook - www.facebook.com/GMMentalHealth

Intranet - https://newintranet/services/community-mental-health/community-inclusion-service/Pages/whats-on-newsletter.aspx
External internet - https://www.gmmh.nhs.uk/community-inclusion-service

The Community Inclusion Service workers are now based in the local Community Mental Health Teams and along with producing the monthly newsletter continue to provide a range of flexible one-to-one support, peer support, and short courses: a clear support plan via realistic goal setting around *Managing mental health *Developing confidence/independence *Community inclusion *Relationships and support networks *Work readiness *Physical wellbeing. For more information contact Central East CMHT 0161 271 0631/Central West CMHT 0161 271 0180