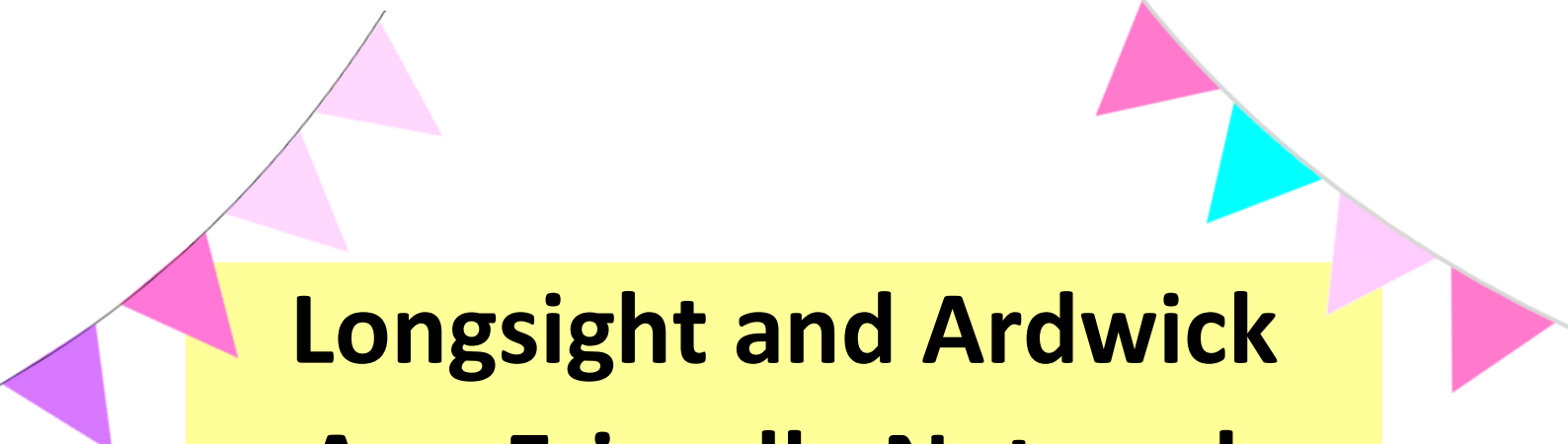




Longsight and Ardwick Age-Friendly Network



**Activities for 50+ in
Ardwick and Longsight**



**Spring into Summer
Edition 2018**

This Directory has been produced in response to a survey conducted with residents in Longsight and Ardwick. The Directory also aims to reflect the wide range of work and activities carried out locally.

The Directory is part of the information work delivered by the Longsight and Ardwick Age Friendly Network, which is part of Manchester City Council's Age Friendly Programme.

Ardwick and Longsight Age Friendly Network is establishing community noticeboards which will contain information for local older residents. These noticeboards can be found at:

- Northmoor Community Centre, Longsight
- Longsight Library
- Belle Vue Leisure Centre, Longsight
- Coverdale and Newbank Community Association, Longsight/Ardwick
- St Lukes Neighbourhood Centre, Ardwick
- Brunswick Church, Ardwick
- Ida Kinsey Village Centre, Ardwick

The Directory is divided into the following sections:

Social Groups or clubs	Food/Cafes/Luncheon Clubs	Exercise classes and Physical Activity
Computer classes and IT support	Other local Support	Upcoming events

The aim of the Directory is to be as up-to-date and as inclusive as possible with information within the voluntary & community sector. If you see something that is out of date, or you know of a group that isn't included, please contact buzz Health and Wellbeing Service rose.boyd@gmmh.nhs.uk or 07971331539 as we will try to update the Directory regularly.

Please be mindful that during Ramadan some groups will not be meeting. Ramadan dates this year are 15th May – 14th June 2018.

Websites containing useful information about projects and activities locally:

www.manchestercommunitycentral.org

www.buzzmanchester.co.uk/refer

www.northmoorcommunity.co.uk

www.lev-inspire.org.uk/whats-on/

www.talk-english.co.uk/manchester

www.mcractive.com/activity

For an online version of this brochure please visit:

www.ardwickandlongsightaf.wordpress.com

Social Groups or clubs

Senior Citizens Group

Pakistani Community Centre
481 Stockport Road
Longsight
M12 4NN

Phone: 0161 637 0710

Group for older Asian men to meet and socialise.

In conjunction with Greater Manchester Pakistani Association.

Mondays to Fridays (daily every weekdays)

3.00pm – 6.00pm

Women's Footprints

Brunswick Church
Brunswick Street
Ardwick
M13 9SX

Phone: 0161 273 6608

Weekly meet for socialising, tea and coffee, activities and sometimes trips out.

Every Monday 10.00am – 12.00pm

Free (donations welcome for tea and coffee)

Contact Mo Blue on number supplied if you want more information.

Women's Coffee Morning

Anana Bangladeshi Women's Organisation
360 Dickenson Road
Longsight
M13 0NG
Phone: 0161 257 3867
Email: info@mbwo.org.uk

Coffee morning ran by volunteers for women, offering warm and friendly support in a culturally appropriate safe space.

Every Monday 10.30am – 11.30pm

Free

Call the number supplied if you want more information.

Women's Craft Session

Pakistani Community Centre

481 Stockport Road

Longsight

M12 4NN

Phone: 0161 637 0710

Safe space for women to come together and learn crafts such as crochet, sewing and jewellery making.

Every Monday 10.30am – 1.30pm

Call the number supplied if you want more information.

Learn to Sew Women's Session

Himmat

Midway Business Centre

703 Stockport road

Longsight

M12 4QN

Phone: 0161 224 7250

Sewing class, social activity and training/employment focus, in a culturally appropriate space.

Every Monday 10.00am – 12.00pm

Call the number supplied if you want more information.

Shanaz Women's Group

Venue varies between:-

Longsight Library, 519 Stockport road,

Longsight, M12 4NE, phone: 0161 227 3706

or

Levenshulme Inspire Centre, 747 Stockport Road, Levenshulme, M19 3AR, phone 0161 850 5717

Group for women 50+ in Manchester. Lucheons, craft activities, trips out and more.

Every Monday 1.00pm – 3.00pm

Weekly meet up is free (£2 for trips out).

Contact Kalsoom Khalid for more information 07506658575.

Young at Hearts over 50s group

Brunswick Church

Brunswick Street

Ardwick

M13 9SX

Phone: 0161 273 6608

Weekly meet for socialising, tea and coffee, and activities such as craft, organised trips out.

Every Monday 1.00pm – 3.00pm

Free (donations welcome for tea and coffee)

Call Mo Blue on the number supplied if you want more information.

Friendship Group

Northmoor Community Centre

95-97 Northmoor Road

Longsight

M12 5RT

Phone: 0161 248 6823

Email: info@northmoorcommunity.org

Everyone is welcome to join us for tea and toast, bingo, a fortnightly raffle (50p), occasional speakers and trips out. Join and get a voucher to eat free at the Northmoor Community Diner every week.

Every Tuesday 10.00am – 11.00am

£1

No need to book, just turn up.

Call the number supplied if you want more information.

Women's Drop-in session

Himmat

Midway Business Centre

703 Stockport road

Longsight

M12 4QN

Phone: 0161 224 7250

Group work and drop-in support for women with mental health or support needs, in a culturally appropriate space.

Every Tuesday 10.00am – 12.30pm

Call the number supplied if you want more information.

Evergreens Social Group

St Agnes church hall

Slade Lane

Longsight

M13 0GN

Phone: 07851 121 800

Social group for over 50s. bingo, games, tea and coffee and chat.

Every Tuesday 1.30pm – 3.30pm

£1.50

Call Sam Eccleston the number supplied if you want more information.

Friendship Group

Jabez Community Centre

Slade Lane

Longsight

M13 0GL

Phone: 07817 264 048

Email: wemattercic@gmail.com

Join for a chat, a hot drink and light refreshments. Learn new skills, relax and make friends, arts and crafts, day trips and more.

Every Tuesday 10.00am – 1.00pm

Free

Call or email Naheed on the details supplied if you want more information.

Art Group

St Luke's Neighbourhood Centre

Guidepost Road

Manchester

M13 9HP

Phone: 0161 273 1538

The Art Project provides opportunities to participate in the Arts alongside professional artists. Booking required.

Every Tuesday 1.30pm – 6.30pm

Free

Contact Alison on the number supplied to book or if you want more information.

Coffee Session

Wonderfully Made Woman

Transform Community Resource Centre

1st Floor Richmond House

11 Richmond Grove

Ardwick, M13 0LN

Phone: 0161 672 2105 / 07846 620 160

Email: info@wonderfullymadewoman.org

Website: www.wonderfullymadewoman.org

The session provides networking support to women aged 21+ from black and Asian background through a culturally appropriate environment. The coffee session is followed by a self-confidence building session and a dance session.

Every Wednesday 10.00am - 12.00pm

Free

Call the number supplied if you want more information.

Women's Drop-in Session

Pankhurst Centre

60-62 Nelson Street

Manchester

M13 9WP

Phone: 0161 273 5673 (Women's Aid)

Safe space for women to come together and socialise, meet new friends and have fun. Lunch included.

Every Wednesday 12.00pm – 2.00pm

Free (including lunch).

Call the number supplied if you want more information.

Mandarin Lessons

Sheung Lok Centre

Justin Close

Ardwick

M13 9UB

Phone: 0161 272 7482

Mandarin lessons open to everyone.

Every Wednesday 11.00am - 12.00pm

Donation-based

Call the number supplied if you want more information.

Fun and Games

Elizabeth Yarwood Court
Kincardine Road
Brunswick (Ardwick)
M13 9SY

Phone: 0300 555 0128

Join for fun and games at Elizabeth Yarwood court sheltered scheme. All welcome.

Stay for a two course lunch afterwards for only £2.00

Every Thursday, 11.00am – 1.00pm

Free (£2 for optional lunch from 1pm)

Call Donna Shaw or Sharon Thomas on the number supplied if you want more information.

Art Group

Birch Court sheltered scheme
102 Birch Lane
Longsight
M13 0WN

Phone: 0161 2246813

Come and learn some art, or bring along a project and draw or paint with like-minded souls.

Some art provisions provided (pencils, paper).

Every Thursday 10.00am – 12.00pm

Free

Call the scheme manager on the number supplied if you want more information.

SHAPLA Group

Big Life Nurseries Longsight
Longsight Children's Centre
1a Farrer Road
Longsight
M13 0QX

Phone: 0161 248 1526

Empowering women in the local community, through art, well-being, information, advice and signposting. Within a culturally appropriate environment.

Every Thursday 10.00am – 12.00pm

Free

Call the children's centre on the number supplied if you want more information.

Expressive Arts Workshops

Yaran Art and Heritage

The Roby

307 Dickenson Road

Longsight

M13 0NG

Phone: 07413 396 573

Email: info@yarannorthwest.com

Yaran North West Art session. Services often delivered in languages other than English.

Every Thursday 11.00am – 1.00pm

Free

Call the number supplied if you want more information.

Knit and Knatter

St Luke's Neighbourhood Centre

Guidepost Road

Manchester

M13 9HP

Phone: 0161 273 1538

Bring your own knitting, crochet or craft project or learn how to knit and crochet with the volunteers. All welcome, no need to book.

Every Thursday 12.30pm – 3.00pm

Free

Call St Luke's on the number supplied if you want more information.

Social Group

Ida Kinsey Village Centre

17 Guidepost Road

Ardwick

M13 9HP

Friendly people, bingo and raffles plus tea and coffee and chat.

Every Friday 11.00am – 12.00pm

Free (small charge for bingo and raffle)

Just drop-in

Sewing Group

Ida Kinsey Village Centre
17 Guidepost Road
Ardwick
M13 9HP

Phone: 07783 867 078

Sewing machine tutorials, stitch setting tips, inserting zips, making buttonholes, knitting.

Every Friday 1.00pm – 3.00pm

£1 per week (£3 joining fee).

Contact Tina on the number supplied for more information.

Ladies only Coffee Morning

The Studio, Belle Vue Leisure Centre
Kirkmanshulme Lane
Manchester
M12 4TF

Phone: 0161 231 0754

Coffee morning for women, come and meet new friends and have a chat. All ladies welcome.

Every Friday 9.00am – 11.00am

50p

Call the leisure centre on the number supplied if you want more information.

Manchester Chinese Church

Brunswick Church
Brunswick Street
Ardwick
M13 9SX

Phone: 0161 273 6608

Manchester Mandarin speaking Chinese church service.

Every Sunday 1.30pm – 5.30pm

Call the church on the number supplied if you would like more information.

Radio Sheung Lok (Radio Show)

All FM 96.9FM radio

Phone: 0161 248 6767

Listen online: www.allfm.org/

Sheung Lok: 0161 272 7482

A community weekly radio show, aiming to connect to community members through the air. Welcoming of groups to come on air and speak about projects.

Every Friday 1.00pm – 2.00pm

Call the number supplied to requests songs during show hours, or call Sheung Lok if you want more information on going on the show.

Food/Cafes/Luncheon Clubs

Food Bank

Jubilee Church Manchester
384 Hyde Road, (off Redgate lane)
Ardwick
M12 4SA

Phone: 0161 231 8146 or 0779 009 9229
www.jubileechurchmanchester.org

Free food parcels for those in need.

Every Monday, Wednesday and Friday

10.00am – 6.00pm

No fee.

Contact the church on the email address supplied if you want more information.

Shared Community Meal

SPIN (Supporting People In Need)
Coverdale Baptist Church
Coverdale Crescent
Ardwick
M12 4FG
Phone: 07549 801504

Free meal with Supporting People in Need.
Come anytime from 5.00pm. All welcome.

Every Monday 7.30pm onwards

Free

Call the number supplied if you want more information.

Lunch Club

Jabez Community Centre
Slade Lane
Longsight
M13 0GL

Email: shirlsr@hotmail.co.uk

2-course, Caribbean and English lunch club.
Eat in or take-away (1 course for take away).

Every Monday and Wednesday 12.30pm – 2.30pm

£3.50

No need to book.

Contact Shirley or Cynthia on the email address supplied.

Food Bank

Ardwick and Longsight Food Bank
Transformation Community Resource Centre
11 Richmond Grove
Longsight
M13 0LN
Phone: 0161 273 3977

Website:
www.ardwickandlongsightfoodbank.org

Free food parcels for those in need. Signposting to other support if needed.

Every Monday 1.00pm – 3.00pm (except bank holidays)

Every Thursday 2.00pm – 4.00pm

No fee. Proof of need and proof of address required.

Contact the church on the number supplied if you want more information.

Healthy Lunch (women only)

Anana Bangladeshi Women's Organisation
360 Dickenson Road
Longsight
M13 0NG
Phone: 0161 257 3867
Email: info@mbwo.org.uk

For ladies with health problems, carers or those that are isolated. Sharing a healthy lunch in a culturally appropriate safe space.

Every Tuesday 12.30pm – 2.30pm

Free

Call the number supplied if you want more information.

Luncheon Club

Sheung Lok Centre
Justin Close
Ardwick
M13 9UB

Phone: 0161 272 7482

Chinese lunch available, either sit in or takeaway. Please call by 11.30am to notify the staff you would like a meal.

Every Tuesday, Wednesday and Thursday 12.30pm

£4 members (£5 non-members)

Call the number supplied if you want more information.

Community Diner

Northmoor Community Centre
95-97 Northmoor Road
Longsight
M12 5RT

Phone: 0161 248 6823

Email: info@northmoorcommunity.org

Low-cost lunch, halal and vegetarian options available. Menu changes every week. Takeaway available from 1pm.

Every Wednesday 12.00pm – 2.00pm

Donation-based (pay as you feel)

No need to book, just turn up.

Call the number supplied if you want more information.

Food Bank

New Longsight Housing Cooperative
Studio 7 Longsight Business Park
Longsight
M13 0PD

Phone: 0161 256 4226

Email: nlhc@btconnect.com

Food parcels available to anyone. Ring beforehand to let them know you are coming.

Every Wednesday

11.00am – 12.00pm

No fee

Contact the housing coop on the number supplied if you want more information.

Community Meal (with Foodcycle)

The Roby
307 Dickenson Road
Manchester
M13 0NG

Website: www.foodcycle.org.uk

Everyone is welcome to join us for good company and a delicious free 3-course meal.

Made from food that would have gone to waste.

Every Wednesday 7.30pm

Free

Just turn up, no need to book

Community Café (with Mind)

Brunswick Church
Brunswick Street
Ardwick
M13 9SX

Phone: 0161 273 6608

A partnership between The Wellbeing Project, The Church and Manchester Mind brings a free/donation-based lunch to the Brunswick community.

Every Thursday 12.00pm – 2.00pm

Donation-based (pay as you feel)

No need to book, just turn up.

Call the church on the number supplied if you want more information.

Community Grocer (Coverdale and Newbank)

Cornbrook House
217 Stockport Road
Longsight
M12 4DY

Phone: 07913 540680

Email: info@coverdaleandnewbank.com

Community food-sharing membership project. With £2.50 you can buy around £1 worth of food and household items. (Membership is for those living 15 minutes' walk away).

Every Thursday 11.00am – 2.30pm

£2.50

Call the number supplied if you want more information or to ask about becoming a member.

Food Bank

Jabez Community Centre
Slade Lane
Longsight
M13 0GL

Email: shirlsr@hotmail.co.uk

Food parcels for singles and parcels for families both available.

Every Thursday 11.00am – 1.30pm

No fee

Contact Shirley or Cynthia on the email address supplied.

Lunch at EYC

Elizabeth Yarwood Court
Kincardine Road
Brunswick (Ardwick)
M13 9SY

Phone: 0300 555 0128

Low-cost lunch at Elizabeth Yarwood court sheltered scheme. All welcome.

Every Thursday from 1.00pm

£2

Call Donna Shaw or Sharon Thomas on the number supplied if you want more information.

Pop Up Café

St Luke's Neighbourhood Centre
Guidepost Road
Manchester
M13 9HP

Phone: 0161 273 1538

Email: tlcstlukesvolunteering@gmail.com

Monthly world-themed café serving vegetarian or meat option meal.

First Thursday of the month 12.30pm

£3.50 – £4

Call or email the details supplied if you want more information.

Fish and Chip Fridays (monthly)

Daisy Bank Court
82 Daisy Bank Road
Victoria Park
Ardwick
M14 5GF

Phone: 0161 2246813

Last Friday of the month fish and chip Fridays with other residents at Daisy Bank Court sheltered scheme. Option is fish and chips with either peas or curry. Call Sabrina the day before (or latest by 10am on the day) to get your order in.

Last Friday of the month 1.00pm

£4.10 (pensioner portions)

Call Sabrina Khan on the number supplied to order, or if you want more information.

Community Sunday Lunch

SPIN (Supporting People In Need)

Coverdale Baptist Church

Coverdale Crescent

Ardwick

M12 4FG

Phone: 07549 801504

Free meal with Supporting People in Need.
Come anytime from 11.00am. All welcome.

Every Sunday 1pm onwards

Free

**Call the number supplied if you want more
information.**

Exercise Classes and Physical Activity

Healthy Living Exercise session

Anana Bangladeshi Women's Organisation
360 Dickenson Road
Longsight
M13 0NG

Phone: 0161 257 3867

Email: info@mbwo.org.uk

Exercise class for women 50+ or those ladies with mobility/mental health conditions, to promote wellbeing and reduce isolation.

Every Monday 9.30am – 10.30am

Free

Call the number supplied if you want more information.

Chair Exercises at EYC

Elizabeth Yarwood Court
Kincardine Road
Brunswick (Ardwick)
M13 9SY

Phone: 0300 555 0128

Come along and try out some chair-based exercises alongside residents at Elizabeth Yarwood Court sheltered scheme.

Every Monday 11.00am – 12.00pm

Free

Call Donna Shaw or Sharon Thomas on the number supplied if you want more information.

Ladies only Fitness Class

Belle Vue Leisure Centre
Kirkmanshulme Lane
Manchester
M12 4TF

Phone: 0161 231 0754

A range of fitness classes available for ladies only.

Every Monday 12.00pm – 1.00pm

£2.10

Call the leisure centre on the number supplied if you want more information.

Ladies only Swimming

Arcadia Library & Leisure Centre
Yew Tree Ave
Levenshulme
M19 3PH

Phone: 0161 641 9911

Website: www.better.org.uk/

Ladies only swimming sessions. Lessons also available.

Monday 8.00pm – 10.00pm

Tuesday 9.15am – 10.15am, and 11.30am -12.30pm

Wednesday 12.00pm – 1.00pm

Thursday 12.45pm – 1.45pm

Saturday 9.15am – 10.15am

£1 with Better Active Aqua Card (register in centre).

Call the leisure centre on the number supplied if you want more information.

Ladies only Gym

Belle Vue Leisure Centre
Kirkmanshulme Lane
Manchester
M12 4TF

Phone: 0161 231 0754

Use of the gym facilities at the centre for ladies only. 16 years plus.

Monday to Friday mornings 7.00am – 10.00am

Saturday and Sunday 9.00am – 6.00pm

£2.10 (or £12 monthly)

Call the leisure centre on the number supplied if you want more information.

Badminton

Belle Vue Leisure Centre
Kirkmanshulme Lane
Manchester
M12 4TF

Phone: 0161 231 0754

Badminton courts for hire for up to 4 people.

Monday to Friday 5pm – 10pm

Saturday and Sunday 9.00am – 6.00pm

£6.60 (per court per hour)

Call the leisure centre on the number supplied if you want more information.

Table Tennis

Belle Vue Leisure Centre

Kirkmanshulme Lane

Manchester

M12 4TF

Phone: 0161 231 0754

Table tennis available.

Monday to Friday 5pm – 10pm

Saturday and Sunday 9.00am – 6.00pm

£3.10 (per table per hour)

Call the leisure centre on the number supplied if you want more information.

Fitness Class for over 50s

Gorton Community Centre

Highmead Street

Manchester

M18 8PE

Phone: 07599462233

A fun Exercise class for older people who want to keep fit and socialise with other local people. Refreshment provided.

Every Monday 10.00am

£1.50

Call the number supplied if you want more information.

Ladies only Gentle Exercise

St Luke's Neighbourhood Centre

Guidepost Road

Manchester

M13 9HP

Phone: 0161 273 1538

Gentle exercise session for ladies lead by a female instructor. Go at your own pace.

Every Monday 11.00am – 12.30pm

£1

Call St Luke's on the number supplied if you want more information.

Ladies only Gentle Exercise

Brunswick Church

Brunswick Street

Ardwick

M13 9SX

Phone: 0161 273 6608

Gentle exercise session for ladies, includes chair-based.

Every Tuesday 9.15am – 10.15am

£1

Call the church on the number supplied if you want more information.

Healthy Yoga session

Anana Bangladeshi Women's Organisation

360 Dickenson Road

Longsight

M13 0NG

Phone: 0161 257 3867

Email: info@mbwo.org.uk

Yoga for ladies with mobility/mental health conditions.

Every Tuesday 12.00pm – 1.00pm

Free

Call the number supplied if you want more information.

Walking Football

St Luke's Neighbourhood Centre

Guidepost Road

Manchester

M13 9HP

Phone: 0161 273 1538

Walking football on at St Luke's on the following dates: 5th June, 19th June and fortnightly from then onwards.

Fortnightly on a Tuesday 3.30pm – 4.30pm

Free

Call St Luke's on the number supplied if you want more information.

Zumba (ladies only)

Ardwick Sports hall
Stockport Road
Ardwick
M12 4DY

Phone: 0161 234 5454

An exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness class. This class is suitable for ladies only and is delivered by female instructors.

Every Tuesday 7.00pm – 8.00pm

£1

Call the number supplied if you want more information.

Zumba

Active Lifestyles Centre
Denmark Road
Manchester
M15 6FG

Phone: 0161 234 5454

An exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness class.

Every Tuesday 7.00pm – 8.00pm

£1

Call the number supplied if you want more information.

Circuits

Brunswick Church
Brunswick Street
Ardwick
M13 9SX

Phone: 0161 234 5454

An all-over body workout designed to improve mobility, strength, stamina and all-round fitness. This class is suitable for all levels.

Every Tuesday 6.00pm – 6.45pm

£1

Call the number supplied if you want more information.

Over 40s Basketball (MBA40)

Belle Vue Leisure Centre
Kirkmanshulme Lane
Manchester
M12 4TF

Phone: 07793049862

Website: www.mba40.co.uk

Offering friendly and non-competitive sessions designed for the older body. A mixture of injury preventative stretches, fun coaching and short games.

Every Tuesday 7.00pm – 8.00pm beginners

8.00pm – 9.00pm advanced

£5 (or £40 for a 10 session pass)

Booking advisable

Call the number supplied or visit the website to book, or if you want more information.

Tai Chi Class

Sheung Lok Centre
Justin Close
Ardwick
M13 9UB

Phone: 0161 272 7482

Tai Chi class at Sheung Lok, just drop-in. Pay as you feel.

Every Tuesday and Thursday 11.00am - 12.00pm

Donation-based

Call the number supplied if you want more information.

Pilates

Belle Vue Leisure Centre
Kirkmanshulme Lane
Manchester
M12 4TF

Phone: 0161 231 0754

A system of exercises using special apparatus, designed to improve physical strength, flexibility, and posture, and enhance mental awareness.

Every Thursday 7.45pm

£3.30

Call the number supplied if you want more information.

Ladies only Gym

Belle Vue Leisure Centre

Kirkmanshulme Lane

Manchester

M12 4TF

Phone: 0161 231 0754

Use of the gym facilities at the centre for ladies only. 16 years plus.

Saturday and Sunday 9.00am – 6.00pm

£2.10 (or £12 monthly)

Call the leisure centre on the number supplied if you want more information.

Wheelchair Basketball (Manchester Mavericks)

Belle Vue Leisure Centre

Kirkmanshulme Lane

Manchester

M12 4TF

Phone: 07966483707

Mavericks give every member an opportunity to enjoy wheelchair basketball by developing to their full potential, as a player, coach, official or club volunteer. Everyone welcome.

Every Sunday 2.00pm

First 3 sessions FREE

Call the number supplied if you want more information.

Computer Classes and IT Support

Job and CV Support

Longsight Library Learning Centre (upstairs)
519 Stockport Road
Longsight
M12 4NE

Phone: 0161 227 3706

Support with job searching and CV writing. Session is ran by Adult Education –no need to book just drop in.

Every Monday 9.00am – 12.00pm

Free

Call the library on the number supplied if you need help accessing the library.

Internet Café

Brunswick Church
Brunswick Street
Ardwick
M13 9SX

Phone: 0161 273 6608

Internet café, plus help and advice drop-in.

Every Monday, Tuesday, Wednesday and Thursday 10.00am – 2.30pm

Free

Call the church on number supplied if you would like more information.

Citizen's Advice Digital Assist

Longsight Library Learning Centre
519 Stockport Road
Longsight
M12 4NE

Phone: 0161 227 3706

Assistant-led session helping clients to find information online and use digital services like vehicle tax renewal, finding a rented property and claiming benefits. Drop-in service, no need to book.

Every Tuesday and Thursday 11.30am – 1.30pm

Free

Call the library on the number supplied if you need help accessing the library.

Basic ICT Support

Longsight Library Learning Centre
519 Stockport Road
Longsight
M12 4NE

Phone: 0161 227 3706

Support with using IT and computer. Run by First Asian Support Trust.

Every Tuesday 9.00am – 4.30pm

Free (drop-in service, no need to book).

Call the library on the number supplied if you need help accessing the library.

Digital Drop-in

Ida Kinsey Village Centre
17 Guidepost Road
Ardwick
M13 9HP

Phone: 0161 274 1180

Support with all things computer related. Session is ran by Adult Education –no need to book just drop in.

Every Tuesday 12.30pm – 3.00pm

Free

Call Grove Village housing if you need help accessing the centre.

CV and Job Search

Longsight Library Learning Centre
519 Stockport Road
Longsight
M12 4NE

Phone: 0161 227 3706

Support for job searching and CV writing. Run by First Asian Support Trust. Drop-in service, no need to book.

Every Wednesday 9.00am – 4.30pm

Free

Call the library on the number supplied if you need help accessing the library.

Computer Classes

Brunswick Church
Brunswick Street
Ardwick
M13 9SX

Phone: 0161 273 6608

Basic computer classes, help and support. All welcome.

Every Thursday 10.00am – 12.00pm

Free

Call the church on number supplied if you would like more information.

Digital Drop-in

Longsight Library Learning Centre
519 Stockport Road
Longsight
M12 4NE

Phone: 0161 227 3706

Support with all things computer related. Session is ran by Adult Education –no need to book just drop in.

Every Friday 9.30pm – 12.00pm

Free

Call the library on the number supplied if you need help accessing the library.

Computer Room

Northmoor Community Centre
95-97 Northmoor Road
Longsight
M12 5RT

Phone: 0161 248 6823

Email: info@northmoorcommunity.org

Part of the Next Steps project. Free computer and internet use. Small charge for printing.

Every Monday, Tuesday, Thursday, Friday 9.30pm – 12.30pm

Free

Call the number supplied if you would like more information.

Beginner Computer Course

Northmoor Community Centre

95-97 Northmoor Road

Longsight

M12 5RT

Phone: 0161 248 6823

Email: info@northmoorcommunity.org

Part of the Next Steps project. Includes how to use a computer/device to managing money and accessing public services.

**Every Monday, Tuesday, Thursday, Friday
9.30pm – 12.30pm**

Free

Call the number supplied if you would like more information.

Service also available at Northmoor Laundrette, 97 Northmoor road on the following days: Wednesday 10.00am – 2.00pm, Friday 4.00pm – 8.00pm, Sunday 10.00am – 2.00pm

Free Online Courses

Northmoor Community Centre

95-97 Northmoor Road

Longsight

M12 5RT

Phone: 0161 248 6823

Email: info@northmoorcommunity.org

Part of the Next Steps project. Courses include job specific skills, employability skills and health and safety qualifications.

(Level 3 ESOL is required to access courses).

**Every Monday, Tuesday, Thursday, Friday
9.30pm – 12.30pm**

Free

Call the number supplied if you would like more information on courses available.

Local Support Services

HMRC Support

Northmoor Community Centre
95-97 Northmoor Road
Longsight
M12 5RT

Phone: 0161 248 6823

Email: info@northmoorcommunity.org

Free one-to-one advice on: universal credit, working tax credits, child benefit and more.

**Every Monday, Tuesday, Thursday, Friday
9.30pm – 12.30pm**

Free

Call the number supplied if you would like more information.

Service also available at Northmoor Laundrette, 97 Northmoor Road on the following days:
Wednesday 10.00am – 2.00pm, Friday 4.00pm – 8.00pm, Sunday 10.00am – 2.00pm

Talk English Cafe

FAST at Pakistani Community Centre
481 Stockport Road
Longsight
M12 4NN

Phone: 0161 637 0710

Practice English skills in an informal setting, all welcome.

Every Monday 10.00am – 12.30pm

Free

Call the number supplied if you would like more information.

Low-Cost Massage

St Luke's Neighbourhood Centre
Guidepost Road
Ardwick
M13 9HP

Phone: 07980 538 382

Donation-based massage with Adele Fowles. Aimed at those experiencing mental health difficulties. Booking required.

Every Tuesday 10.30am – 4.30pm

Donation based

Call Adele on the number supplied to book or if you would like more information.

Beginners ESOL

Brunswick Church

Brunswick Street

Ardwick

M13 9SX

Phone: 0161 273 6608

Beginner English class, all welcome.

Every Tuesday 10.00am – 12.00pm

Free

Call the church on number supplied if you would like more information.

South Manchester Credit Union

Brunswick Church

Brunswick Street

Ardwick

M13 9SX

Phone: 0161 273 6608

South Manchester Credit Union collection point.
Savings and low-interest loans.

Every Tuesday 10.00am – 12.00pm

Free

Call the church on number supplied if you would like more information.

Immigration Advice

Northmoor Community Centre

95-97 Northmoor Road

Longsight

M12 5RT

Phone: 0161 248 6823

Email: info@northmoorcommunity.org

Free one-to-one advice on: visas, asylum, refugee, citizenship and more. Support in English, Polish, Urdu, Punjabi, Farsi, Persian, Kurdish, Arabic. Appointment system (15 minutes each).

Every fortnight on Tuesdays 10.00am – 12.00pm

Free

Call the number supplied if you would like more information and to book an appointment.

Mental-Health Drop-in

St Luke's Neighbourhood Centre
Guidepost Road
Ardwick
M13 9HP

Phone: 0161 273 1538

www.tlcstlukes.co.uk/

The drop-ins involve a variety of activities in a warm and friendly atmosphere - sports, games, TV, company, talks, and trips out. Advice and advocacy available on a Thursday.

Every Tuesday 4.00pm – 7.00pm

Every Thursday 12.30pm – 3.00pm (hot meal provided)

Call St Luke's on the number supplied if you would like more information.

Stay and Play sessions (take the grandkids?)

Brunswick Church
Brunswick Street
Ardwick
M13 9SX

Phone: 0161 273 6608

For families with children. Fun activities for the family.

Every Wednesday 10.00am – 12.00pm

Free

Call Mo on the number supplied if you would like more information.

Longsight Wellbeing Sessions

Yaran Art and Heritage
The Roby
307 Dickenson Road
Longsight
M13 0NG

Phone: 07413 396 573

Email: info@yarannorthwest.com

Yaran North West wellbeing sessions, that include: understanding depression, stress and anxiety. Improving self-confidence, self-esteem and relationships. Effective communication and assertiveness. Volunteering and employment opportunities. Services often delivered in languages other than English.

Every Thursday 11.00am – 1.00pm

Free

Call the number supplied if you want more information.

South Manchester Credit Union

Northmoor Community Centre
95-97 Northmoor Road
Longsight
M12 5RT

Phone: 0161 248 6823

Email: info@northmoorcommunity.org

South Manchester Credit Union collection point.
Savings and low-interest loans.

Every Thursday 2.00pm – 3.00pm

Free

Call the number supplied if you would like more information.

English Class for Women

Northmoor Community Centre
95-97 Northmoor Road
Longsight
M12 5RT

Phone: 0161 248 6823

Email: info@northmoorcommunity.org

Beginner English class, all welcome.

Every Friday 10.00am – 12.00pm

Free

Call the number supplied if you would like more information.

Welfare Advice

Northmoor Community Centre
95-97 Northmoor Road
Longsight
M12 5RT

Phone: 0161 248 6823

Email: info@northmoorcommunity.org

Free one-to-one advice on: legal issues, family issues, benefits, debt and more. Appointment system.

Dates vary but usually on alternate Fridays 9.30am – 12.30pm

Free

Call the number supplied if you would like more information on available dates and to book an appointment.

Life Skills Workshops

Yaran Art and Heritage

The Roby

307 Dickenson Road

Longsight

M13 0NG

Phone: 07413 396 573

Email: info@yarannorthwest.com

Yaran North West life skills session. Services often delivered in languages other than English.

Every Friday 11.00am – 1.00pm

Free

Call the number supplied if you want more information.

Stay and Play sessions (take the grandkids?)

St Agnes church hall

Slade Lane

Longsight

M13 0GN

Phone: 07817 264 048

For families with children under 10. Fun activities for the family. Games, arts and crafts, homework help and more. Booking essential.

Every Saturday 10.00am – 12.00pm

Free

Call Naheed on the number supplied to book or if you would like more information.

Counselling

Counselling sessions are available at a number of organisations, including:

TLC St Luke's 0161 273 1538

Wonderfully Made Woman 0161 672 2105 / 07846 620 160

Yaran at The Roby, Longsight 0161 275 7610

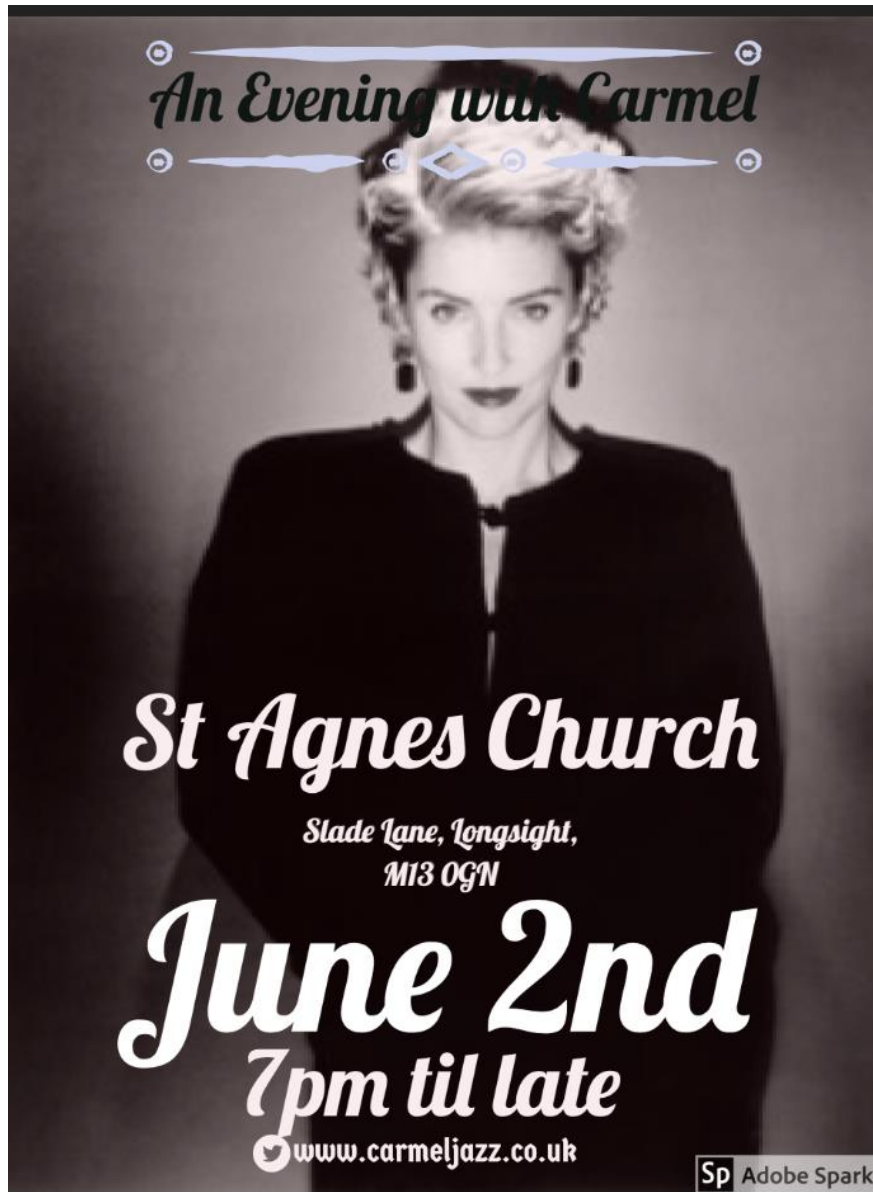
LGBT Foundation 0345 3 30 30 30

Manchester Rape Crisis 0161 273 4591 (Helpline: 0161 273 4500)

Self Help Services, Zion Centre 0161 226 3871

Please call the organisation to discuss what is available and for booking procedures. Criteria may apply.

Upcoming Events



BME Network Community Iftari

Jabez Community Centre

School Hall

Slade Lane

Longsight

M13 0GL

Email: office@manchesterbmenetwork.co.uk

The Manchester BME Network are pleased to invite you again to their annual community meal during Ramadan. All are welcome.

Thursday 7th June 7.30pm – 11.00pm

Free

Spaces are limited, to book your place email: office@manchesterbmenetwork.co.uk

GP Manchester Basketball

Belle Vue Leisure Centre
Kirkmanshulme Lane
Longsight
M12 4TF

Phone: 0161 231 0754

Website: www.gbmasters.org/

A Competition held every year for Basketball players over 35 years of age. Free to come and watch.

Saturday 9th June and Sunday 10th June

Free

Call the number supplied or see the website for more information.

British Speedway Final

Belle Vue Leisure Centre
Kirkmanshulme Lane
Manchester
M12 4TF

Phone: 0161 231 0754

Website: www.bellevueaces.co/

The British Speedway Promoters Association brings you the British Speedway Final event.

Monday 11th June 7.30pm – 10.00pm

Concessionary price for over 65 years of £18

Call the number supplied or see the website for more information.

Community BBQ

Elizabeth Yarwood Court
Kincardine Road
Brunswick
M13 9SY

Phone: 0300 555 0128

For local residents and their friends. Come along and celebrate the summer with Hope is The Key CIC and Elizabeth Yarwood Court.

Saturday 16th June midday onwards

Free (bring something to thrown on the grill)

Call Donna Shaw or Alishia on the number supplied if you want more information.

Community Festival

Manchester Museum
University Place and Bridgeford Street
M13 9PL

Website:
<http://www.socialresponsibility.manchester.ac.uk/events/>

The day will be filled with fascinating activities, live experiments, interactive demonstrations, musical and dramatic performances and much, much more!

Saturday 16th June 11.00am – 4.00pm

Free

See the website for more information.

Manchester Day

Manchester Day Parade takes place in the city centre at 1pm.

Performances and food from 12pm – 6pm at:

Cathedral Gardens
St Anne's Square
Albert Square

Website: www.manchesterday.co.uk

A free family day out. This year's theme is 'The Word on the Street'.

Sunday 17th June 12.00pm onwards (parade starts at 1pm).

Free

For the exact procession and more information see the website.

The Big Book Bash

Stanley Grove Primary Academy
Stanley Grove
Longsight
M12 4NL

Phone: 0161 224 9495

In collaboration with the Manchester Book Festival and other local schools. Activities and fun available for all the family. Refreshments available. No need to book.

Saturday 23rd June 12.00pm onwards

Free

Call the school on the number supplied for more information.

NHS70 and Windrush70 Health Walk and Festival

Alexandra Park (Princess Road)
Whalley Range
Manchester
M16 7JL

Health Walk and Celebrating the Value of Migration to the NHS. GM NHS70 and Windrush70 event is celebration of how migration has benefitted the NHS over the last 70 years.

Phone: 0757 557 9377 (Charles) or 0774 973 3326 (Gilly)

Email: nhs70windrush70@cahn.org.uk

Saturday 23rd June 12.00pm – 5.00pm

Free

Call the school on the number supplied for more information.

'Why Am I?' With Manchester Art Gallery's Age Friendly Collective

Manchester Art Gallery
Mosley Street
Manchester
M2 3JL

The evening will reflect on perceptions of age, self and identity through poetry, creative activities, song and conversations through the exhibition Speech Acts. Hear poetry written and performed by the Age Friendly Collective inspired by reflections of ageing. Have a 3 minute portrait drawn of yourself to take home.

Thursday 5 July 2018 5.30pm–8.00pm

Free

For more information contact Ruth Edson on the details supplied.

Community Fun Day 2018

Swinton Grove Park
Swinton Grove
Ardwick
M13 0EU

Phone: 07770 585 590

Email: info@fosgp.org.uk

Website: <http://www.fosgp.org.uk/>

A Fun Day in the park for the whole community with live music, entertainers, sport, stalls, crafts, food and much more. Organised by the Friends of Swinton Grove Park.

Saturday 14th July 12.00pm – 4.00pm

Free

If you live near the park and would like to join the group, or offer your help for the Fun Day please make contact on the number or email address supplied.

Age Friendly Festival of Aging

At various locations across Greater Manchester. Launch event on 2nd July and finale on 15th July both taking place in Manchester city centre.

Phone: 0161 230 1438

Email: festival.aging@gmail.com

Website:
www.ambitionforageing.org.uk/festival

A celebratory event for the positive view of aging. The event will involve a range of activities, fun, music, dancing, information and opportunities to get involved.

2nd – 15th July 2018

Free

For more information contact the event organisers on the details supplied or see the website.

Wider support

General Information

<https://hsm.manchester.gov.uk/kb5/manchester/directory/home.page>

Health and Wellbeing

<https://hsm.manchester.gov.uk/kb5/manchester/directory/directory.page?directorychannel=4>

SERVICES: Drugs, Alcohol and Smoking, Mental Health, Support Groups, Eating Well, Pregnancy and Childbirth, Sexual Health, General Health, Long Term Conditions, Sports and Exercise, Veterans and Armed Forces Toolkit

Work and Money

<https://hsm.manchester.gov.uk/kb5/manchester/directory/directory.page?directorychannel=5>

SERVICES: Employment Advice and Rights, Money and Debt, Volunteering, Working

Abuse and Neglect

<https://hsm.manchester.gov.uk/kb5/manchester/directory/directory.page?directorychannel=2>

SERVICES: Bullying, LGBT, Children and Young People, Older People, Disability Abuse, Support for Men, Domestic Abuse, Support for Women, Hate Crime

Adult Care and Support

<https://hsm.manchester.gov.uk/kb5/manchester/directory/directory.page?directorychannel=3>

SERVICES: Covers carers, Disability and Sensory Impairment, Homes and Housing, Social Life & Community Support, Getting Older, Health and Wellbeing, Options for Care and Support