

‘What’s On’ Central Newsletter September 2018

Compiled by the Community Inclusion Service



**What’s On Community Meeting
Friday 7th September 2 – 3pm**

Learning Studio 1 Manchester Art Gallery, Moseley St, Manchester

**Gallery tour 1.15pm – 2pm
Meet in the atrium**

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

Special Events

Festival of Manchester

A one day event showcasing all that makes our diverse and vibrant city such a great place to live, work and play. Music, food, talks and sport!

Saturday 1st September

Platt Fields Park

12noon – 10pm

Peace Concert

for International Day of Peace

A unique concert of local choirs and singing groups coming together to sing for peace.

Friday 21st September 6pm

St Mary's Social club, Elbow Street

Levenshulme M19 3PY

Donations on the door and all money raised from this will be donated to WAST (Women Asylum Seeker Together)

Followed by candlelit procession along the A6 and a 'Feast for Peace' at Inspire.
Come and share a delicious communal meal on a pay as you feel basis.

Singles Night at Inspire

A friendly evening for single people to meet, drink and talk.

First drink free with entry ticket, which can be purchased at the door.

Open to anyone over 18 who is single.

Background music, licensed bar, light refreshments available to purchase.

Friday 14th September 7pm til late.

Hate Crime Awareness Event

Raise awareness – Increase reporting – Celebrate diversity

Northmoor Community Centre

95-97 Northmoor Road

Longsight M12 5RT

11:30am – 2pm

Buzzing Manchester Bees

A colony of decorative supersized worker bee sculptures have landed in Manchester 23 July – 23 September. For more information visit Beeinthecitymcr.co.uk/art-trail. You can also pick up your free trail map in the following bee hubs.

Manchester Visitor Information Centre

Manchester Central Library

Museum science and Industry

Lowry outlet

Manchester Craft and Design centre

Corn exchange

People History Museum



Manchester Adult Education

September 2018 Enrolment Dates

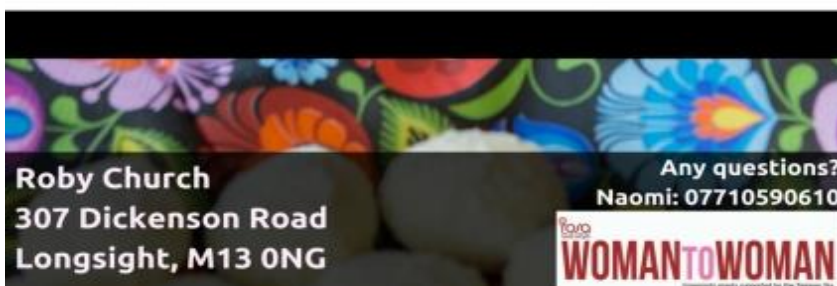
CENTRE	DATES (all courses except ESOL)	TIMES
Withington	Monday September 3rd	9:30am-4pm & 6pm-8pm
Longsight	Monday 3rd September	9:30am-4pm & 6pm-8pm
Newton House	Monday 3 rd September	9:30am – 4pm
Greenheys	Tues 4 th & Weds 5 th Sept	9:30am-4pm & 6pm-8pm (4 th only)
Forum Learning	Tues 4 th & Weds 5 th Sept	9:30am – 4pm & 6pm – 8pm (5 th only)
Abraham Moss	Weds 5 th & Thurs 6 th Sept	9:30am – 4pm & 6pm-8pm (5 th only)
The Avenue	Thursday 6 th Sept	9:30am – 4pm

CENTRE	ESOL ENROLMENT DATES	TIMES
Longsight	Monday 10 th Sept	9:30am – 4pm & 6pm-8pm
Withington	Monday 10 th Sept	9:30am – 4pm & 6pm-8pm
Abraham Moss	Tuesday 11 th Sept	9:30am-4pm & 6pm-8pm
Greenheys	Wednesday 12 th Sept	9:30am – 4pm & 6pm-8pm
Forum Learning	Wednesday 12 th Sept	9:30am – 4pm & 6pm – 8pm



Women ESOL Learners!
Practise English, Learn New Recipes,
Eat, Chat, Share and More...

STARTS 10th September 2018
 Every Monday 10am -1pm
FREE! ALL LEVELS WELCOME



**Opportunities
activities**



**Classes for Adults
For Education & Leisure**

OPEN MORNING

Meet Tutors



Discuss Options



Opportunity to Enrol

10am – 1pm Sat. 8th Sept. 2018

Union Chapel, Wellington Road, Manchester, M14 6EQ

O&A is a Charity, established in 1991 as an independent initiative run by and for the community, with particular emphasis on offering classes that are otherwise unavailable or unaffordable.

For full programme visit www.o-a.org.uk
Contact us on: email oanda13@gmail.com
or phone **0161 225 4226**



OPPORTUNITIES & ACTIVITIES | Adult education Project since 1991 | Registered Charity Number 1154258

Open Day 2018

- Meet our teachers and staff
- See which course is right for you
- Find out how to enrol



**All courses
Tuesday 11th September 2018
10am-3pm**

Sign up for updates
and reminders at
www.stjohnscentre.org



St John's Centre, St John's Road,
Old Trafford, Manchester M16 7GX
TEL 0161 872 7795
Email: info@stjohnscentre.org
Website: www.stjohnscentre.org
St John's Centre Old Trafford
twitter stjohnsOT

**St John's
CENTRE**
enriching lives in our community



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.

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. Walking Group on Fri at 10am.

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 Practise 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)

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 well being.

Drop In sessions on Tuesday (4 – 7pm) and Thursday (12.30 – 2.30pm). Hot healthy snacks/meals available for a small charge. Come along and share a cuppa and meet new people. New Knit and Natter group started on Thursdays 1.30 – 3pm.

Holistic therapies are also available by booking. Call 0161 273 1538 for more details. Art project runs at St Lukes. Contact Alison for more info 0161 273 1492. Wide range of art sessions, including women only sessions on Mondays 12 – 4pm
St Luke's Centre provides a great opportunity for people to build their social networks and develop confidence and self esteem.

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

Fancy a brew and a chat in a relaxed environment?

A new peer support group takes place at the Kath Locke Centre on a fortnightly basis. The group is open to people who have experience of living with a mental health condition, family and friends.

The group is facilitated by Garry a Peer Mentor and Lee STR worker

Please contact Lee Fletcher for more information on 0161 271 0180 or lee.fletcher@gmmh.nhs.uk

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



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.



Be Active

Being active is great for your physical health and fitness. But evidence shows that it can also improve your mental wellbeing.

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.

St Johns Centre
St Johns Rd,
Old Trafford,
M16 7GX
0161 872 7795

Boot Camp
Men & women
Thursday 11.30 – 12.30
FREE for 30 weeks (New Beginnings fund)
All new body work out, exercises to burn fat and tone you up.
Keep Fit
Women only sessions
Feel good, look good.

Aerobics and Body Tone	Pilates	Step Aerobics
Tuesday 1.30 – 2.30pm	Thursday 10.15 – 11.15am	Friday 5.30 – 6.15

All sessions £2. Creche (limited places at £2 per child)

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 at Union Chapel

On the first Saturday of the month, meet at 9.30am. If you plan to come then please call Lorna on 0161 225 3835 to find out location of walk and latest details.

ALEXANDRA PARK

HEALTH WALK TUESDAYS 9.15 – 10.15

LED BY INSTRUCTOR, WALKS ARE AIMED AT ADULTS OVER 50 YEARS OR PEOPLE NEW TO EXERCISE. MEETING POINT IS THE ENTRANCE TO THE PARK AT RUSSELL ST CAR PARK M16 7JL. DRESS APPROPRIATELY AND BRING A BOTTLE OF WATER.

No More Lazy Sunday Afternoons!

Women only coached running sessions in Alexandra Park at 3pm every Sunday.

Want to improve your fitness and enhance your health? Come along and run with other women, train to do a 5K and improve your wellbeing.

All levels and ages welcome.

Meet by depot carpark on 180 Russell St M16 7JL. Contact Anna on alexandrapark5k@openathletics.org

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 your 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 per month (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 women's 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 7-8.30pm Hough End playing fields Princess Parkway M21 7TL –new player welcome

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.

Play some music and sing a song or two!

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.

Singing at St Johns Centre, St Johns Rd, Old Trafford, M16 7GX 0161 872 7795

Wednesday 7.30 – 9.30pm Shylarks Harmony Singing

Friday 1 – 3pm Singing for the brain(Alzheimers Society)

Please contact the centre for info about costing



TAKE NOTICE

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour 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.

Philosophy Café

Enjoy art and explore life's big questions

Manchester Art Gallery

Every second Tuesday of the month

The Philosophy cafe is the perfect opportunity to experience art and discuss a philosophical question, creating a space for people to talk and think together.

Each session starts in the gallery cafe, discussing the topic in small groups. After this we explore an artwork on display, followed by a group discussion in a gallery space, amongst our world class exhibitions and collections.

Free No need to book. Just turn up and meet Sue in the cafe bar.

For more information please contact: Ruth Edson:

Tel: 0161 2358877

Email: r.edson@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

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@accg.org.uk.

www.accg.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

Mindfulness at Inspire, Levenshulme

Mondays 8 – 9pm

No need to book just drop in. £5 per session or £45 for block of 10 sessions. More info contact Phil on 07852174391



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



Manchester Based Mindful Art Organisation
Free and donation based sessions available for local residents
for example

Weekly Mindful drop-ins every Monday 7:30pm – 8:30pm

Mindful Art every Tuesday 8pm – 7pm

visit the website www.theowlandcoconut.com

or contact owlandcoconut@gmail.com



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

Free Yourself from Excess Worrying

Monday – 1-3pm Withington Fire Station

Book your free place on 0161 226 3871

or email Pws.manchester@selfhelpservices.org.uk



Learn Something New

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 on line, or studying things you are interested in.

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>

Men's Shed
Friday Workshops
10.30 – 12.30

The Bolier House, 9 Wilcock St (near Alexandra Rd) Moss Side M16 7DA.

Get involved, Meet new people and help out your local community.

Have a go at Woodwork, Metal work, gardening and furniture restoration.

For more info contact Jon Ross – Sow the City 07708622368

jon@sowthecity.org

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.

The Rough Guide to Wellbeing Workshop

Starts on 22nd May 5.45pm – 7.45pm at the Zion Centre, 339 Stretford Rd, Hulme, Manchester M15 4ZY.

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

back on track >

Want to improve your life through learning new skills! Such as: IT, Computers, Digital Photography, English & Maths, Cooking... The service is inclusive to homeless; people with mental health problems

You are welcome.

Back On Track – Swan Building, Swan Street, Tel.0161 834 1661;

www.backontrackmanchester.org.uk

New Autumn timetable out soon, please call or visit website for update

Local History Group

Discover more about Gorton/Manchester history

Popular and friendly group meets at Gorton Library on Tuesday 2 – 4pm.

0161 227 3737

Opportunities and Activities
Union Chapel
Wellington Rd,
Fallowfield
M14 6EQ
0161 225 4226

A friendly and welcoming learning venue with a wide range of opportunities, ranging from Spanish, Italian, Pilates, Portrait painting and Current Affairs.

WEA COURSES
0300 303 3464



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.

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

www.manchestercommunitycentral.org

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)

VOLUNTEERING OPPORTUNITIES

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

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 molder 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. From maintaining the community gardens, woodworking, assisting with our supported sessions to getting involved in our community cafe, we offer a huge range of volunteering experiences.

**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
Hulme Garden centre 28 Birley Street M15 5RG**

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.

Get your free Festival of Ageing wristband now

The first of its kind ever to take place in our city-region, the GM fortnight of fun launches on Monday 2 July with three simultaneous events taking place from 12noon to 4pm at Manchester City Art Gallery, Central Library and Albert Square. Festival of Ageing

Each of the three venues will be hosting a themed programme including zoned activities offering taster sessions, exhibitions, activities and information on everything on offer around GM. Highlights will include a climbing wall, 'Silver Swans' ballet taster session, middle eastern dance, interactive Desert Island Discs, arts and crafts, walking football tasters and tournament, line dancing, seated Tai chi, and musical performances throughout the day.

Following the launch, eight individual borough events will take place across Bolton, Bury, Wigan, Oldham, Salford, Tameside and Rochdale. Each of these celebrations will provide different options and opportunities to join in sessions based on sporting, social, cultural, competitive and creative themes, to name but a few. Designed for all tastes and abilities, there will genuinely be something for everyone to enjoy.

In addition, there are over 200 other fringe events going on throughout the fortnight which will take the form of coffee mornings, fitness sessions, digital workshops, wellbeing drop-ins, public lectures, knitting groups, local history discussions, social meet-ups, dances, art groups, swing music nights, games mornings, singing groups, books groups and much, much more.

All you need to do to join in all the festival fun is apply for a free wristband by registering online here: www.ambitionforageing.org.uk/get-your-free-festival-ageing-wristband-now, or by contacting Jane Bramley at 4CT on 0161 230 1438. Please note numbers are limited.

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 £3.50 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

Thursdays 12 - 3pm

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.**

Singing for Fun at Ladybarn Community Centre on Wednesdays at 1.30pm. 0161 256 2779.

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

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.

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)

Greater Manchester Law Centre
159 Princess Rd,
Manchester
M14 4RE.
0161 769 2244
Mon – Fri 10 – 3pm.

Support with ESA/PIP forms, support with appeal of decisions and will accompany you to appeal meeting. Services are subject to availability due to high demand. Will also offer support with DLA claims for children.

Employment Law Clinics on the first Friday of every month.

Housing Law clinics on the second Friday of every month.

Useful numbers:

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

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. 'Textcare' provides help at times that are relevant for you, for instance:

- A **regular** time when you may feel lonely or isolated, for example at weekends or when other services or support are not available.
- A **specific** time when you would like some extra support, for example before attending an appointment. The service provides one text per week for five weeks. If you would like to continue the support beyond this time, simply re-submit the form below. This is **NOT** a crisis service. If you need support in a crisis, please refer to their [crisis page](#)

Ring **NHS 111** by dialling **111**

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.selfinjurysupport.org.uk

No Secrets – supporting those affected by self-injury www.no-secrets.org.uk

The Sanctuary - 0300 003 7029 (phone 24hrs a day 7 days a week. Open doors 8pm-6am) 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.

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/groups 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

The Community Inclusion Service: provides a range of flexible one-to-one support, peer support, and short courses: a clear support plan via realistic goal setting around *Managing the persons mental health *Accommodation needs *Finances *Community inclusion *Relationships and support networks *Work readiness *Physical Health www.gmmh.nhs.uk Contact Tom Martin 01612192340