

# Mental Health Week

## 10 - 16 October 2021

JOIN IN WITH OUR ACTIVITIES. DO ONE THING!

### Sunday 10th October

10AM ROUNDERS  
BROADHURST FIELDS, MOSTON  
MORRISO HEALTH

### Monday 11th October

12-3 ACTIVITIES FOR PEOPLE AFFECTED  
BY CANCER: REFLEXOLOGY, BACK AND  
NECK MASSAGE, GOODIE BAGS,  
AFTERNOON TEA CAN-SURVIVE UK  
AT NO. 93 HARPURHEY, M9 5BG

MORE INFO: ALICE MUNBY, NO. 93  
WELLBEING CENTRE, HARPURHEY M9 5BG  
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### Tuesday 12th October

11-1 GARDENING ACTIVITIES,  
AFRICAN & CARIBBEAN BUFFET & MUSIC TO  
CELEBRATE BLACK HISTORY MONTH  
WITH HEALTHY ME HEALTHY COMMUNITIES &  
SOW THE CITY AT NO. 93 HARPURHEY, M9 5BG

12-3 CHARITY STALLS & AWARENESS RAISING  
AT NO. 93 HARPURHEY, M9 5BG

10-12 *BEING A CARER* FREE WORKSHOP  
FC UNITED FOOTBALL CLUB, COMMUNITY ROOM  
BROADHURST PARK, MOSTON M40 0FJ  
[WWW.CARERSMANCHESTER.ORG.UK/EVENTS/](http://WWW.CARERSMANCHESTER.ORG.UK/EVENTS/)

12 NOON EXERCISE CLASS, GARDENING &  
REFRESHMENTS MIRFIELD COMMUNITY GARDENS  
HIGHER BLACKLEY, M9 6NN

4PM EXERCISE CLASS, ST DUNSTAN'S RC PRIMARY  
SCHOOL, BAGUP ST, MOSTON, M40 9HF

HARPURHEY  
HIGHER BLACKLEY  
COLLYHURST  
CHARLESTOWN  
AND MOSTON

### Wednesday 13th October

10-2 EXERCISE CLASS, MAKE A HANGING  
BASKET, CRAFTS, WELLBEING SESSIONS,  
FOOD, GOODIE BAGS  
THE CHATTERBOX PROJECT  
70A BOOTH HALL RD, CHARLESTOWN, M9 7BL

10AM NATURE WALK & PHOTOGRAPHY  
SPRING BULBS, TOMATO & BASIL SOUP PACKS  
NEPHRA RESIDENT'S ASSOCIATION  
27 PARKFIELD NTH, NEW MOSTON, M40 3TB

1-3 DRAMA THERAPY WORKSHOP  
SICK FESTIVAL AT NO. 93 HARPURHEY

7-8PM FREE EXERCISE CLASS MORRISO  
HEALTH AT THE CHATTERBOX PROJECT

## Thursday 14th October

10AM SOCIAL WALK  
MEET AT NEPHRA, 27 PARKFIELD NTH,  
NEW MOSTON, M40 3TB

11AM HEALTH WALK  
1PM HEALTH WALK  
MEET AT NO. 93, HARPURHEY, M9 5BG

6-7PM FREE EXERCISE CLASS  
MORRISO HEALTH  
LILY LANE PRIMARY SCHOOL  
KENYON LANE, MOSTON M40 9JP

## Friday 15th October

10-1 VISIT GRAYSON PERRY  
EXHIBITION AT MANCHESTER ART  
GALLERY, SICK FESTIVAL AND NO.93

11-2 BULBS FOR PLANTING,  
ALLOTMENT GARDENING  
LALLEY CENTRE, ST MALACHY'S  
SCHOOL BASEMENT, EGGINGTON  
STREET, COLLYHURST M40 7RG

10AM WILDLIFE WELLBEING SESSION  
WITH LANCASHIRE WILDLIFE TRUST  
MEET AT NEPHRA

10-11 EXERCISE CLASS, ST GEORGE'S  
YOUTH & COMMUNITY ASSOCIATION,  
BOTHWELL RD, COLLYHURST, M40 7NY

11.30-12.30 OLDER ADULTS SEATED  
EXERCISE / DANCERISE  
WHITE MOSS YOUTH & COMMUNITY  
CENTRE, BLACKLEY, M9 7DQ

## Saturday 16th October

10.30-11.30 FAMILY CIRCUIT TRAINING  
WHITE MOSS YOUTH & COMMUNITY  
CENTRE, BLACKLEY M9 7DQ



Winning  
Hearts and  
Minds

