



Artwork by Len Grant www.lengrant.co.uk

Withington, Old Moat, Ladybarn and Fallowfield neighbourhood update

Issue 13
April 2026

FREE

News and useful information on health, wellbeing and what's on for people in Withington, Old Moat, Ladybarn and Fallowfield. This paper is for everyone living in this community, including our student residents.

Neighbourhood Partnership

Thank you to everyone who continues to attend our Withington and Old Moat Neighbourhood Partnership Meetings.

For anybody who hasn't attended a neighbourhood partnership meeting before, these meetings take place four times a year and are a space where local people and workers across all sectors can come together to share thoughts and discuss priorities around health and wellbeing for the neighbourhood.

To join the neighbourhood partnership mailing list and receive invitations to future meetings contact Yasmin Holgeth, Health Development Coordinator for Old Moat and Withington, Manchester Local Care Organisation for more information:

Email - Yasmin.Holgeth@mft.nhs.uk

Call - 07570 527 497

In this issue:

- What's on
- Age friendly activities and information
- Early years and youth provision Support for carers
- Volunteering
- Cost of living help
- Health information

Brought to you by Manchester Local Care Organisation's Old Moat & Withington Integrated Neighbourhood Team, Manchester City Council's South Neighbourhood Team and community partners

What's on

Friends of Mauldeth Road Station

We are a friendly local group who meet regularly to maintain and improve the environment around Mauldeth Road station.

We have established a triangle of shrubs and flowers outside the ticket office and have started to develop a "pocket park" on the corner of Mauldeth Road near the bridge which now features artwork by local artist Caroline Coates.

To find out more about our plans for further improvements to the station environment and how you can get involved, contact Pat at: friendsofmauldethroadstation@outlook.com

Digital Skills for Adults

Have you heard that there are Free Digital Skills courses with Manchester Adult Education Service? Including: Digital Skills Courses for Beginners, Microsoft for Work, Digital Essentials (entry 3/level1), Skill Up. Contact Withington Adult Education Centre, 24a Burton Road, Withington, M20 3ED. **Tel: 0161 234 5687**

www.manadulsted.ac.uk

Walking and Talking Group, Ladybarn Park

Group walking can be good for your health and social life. Come along for a walk and chat. Suitable for anyone. Every Wednesday, 10:30am - 11:30am. No need to book. Free.

Meeting Point:

Parrswood Road near Briarfield Road.

St Paul's – Withington Welcomes

A social group with free tea, coffee and conversations. Everyone is welcome! Farsi speaking community support the event.

Every Tuesday, 10am - 12pm.
St Paul's, 491 Wilmslow Road,
Withington, M20 4AW.

Withington Walls

Have you spotted the new Withington Walls mural in collaboration with Mandem Meetup? Situated on the Ridsdale Avenue side of Go Local Extra in Old Moat, this mural has turned a brick wall into a message of hope and solidarity for men living in the area. Go check it out and let us know what you think by emailing: yasmin.holgeth@mft.nhs.uk

Manchester Urban Diggers

Friday Outdoor Yoga and Community Lunch

Outdoor functional yoga class in Platt Fields Market Garden 9am-9:45am every Friday morning. Practice facing the rising sun in a beautiful grassy space surrounded by vegetables, flowers and friendly yogis.

Every body is welcome and various options will be offered for different abilities. We practice on the grass on dry days and under a covered marquee on rainy ones. We have mats available, though you're welcome to bring your own.

Location - Platt Fields Market Garden, Platt Fields Park, Fallowfield, Manchester M14 6LT.

Pay-as-you-can on the day, £3-£10 recommended based on your circumstances. Please arrive 10 minutes before class so you have time to set your mat up and get settled. www.eventbrite.co.uk/e/yoga-in-the-garden-tickets-715862753767?

Also on Fridays at 1pm, Manchester Urban Diggers serve a £6 hearty vegan one pot. Just turn up!

Join the diggers!

We welcome new members each week to Platt Fields Market Garden, our site in Fallowfield. We call our regular gardening sessions Gardening Club as they are relaxed and social days. These run Fridays and Saturdays 10am - 4pm.

Activities at each session centre around growing food, planting trees, plants and flowers and general horticulture tasks, and are open to all ages and abilities. Contact: volunteer@wearemud.org www.wearemud.org/getinvolved

Food and Drink Festival

This family friendly festival celebrates great beer, cider and wine, award winning food from the best chefs and establishments Manchester has to offer, alongside live DJ sets and family activities for all ages, all held outdoors at the wonderful Platt Fields Market Garden. www.wearemud.org/events/beers-in-the-garden-2026

May Day Celebrations

Join our FREE May Day celebrations for all ages, bringing together community, music, dance, and traditions rooted in nature and folklore. We're asking, what is the meaning of 'folk' in our community?

Our May Day event is a way to get together, support each other and enjoy nature in the city. So lets welcome in the longer days and warmer sun together as we embrace Spring with a packed programme of workshops, maypole dancing, art, food, drink, markets and much more at our Forever Fields community garden in Chorlton. <https://events.humanitix.com/may-day-at-forever-fields?>

Sing For Your Health

Fallowfield Library and Community Resource Centre
We host a sing for your health group every Tuesday at The Place 10:30am to 12:30pm. Sessions are free and open to all adults. We are a friendly group who enjoy singing in an environment where everyone can contribute regardless of their skill level. We sing for the joy of singing and in doing so you improve your breathing and share a nice cup of tea. Not sure? come and give it a try what do you have to lose!
Contact details: **0161 227 3744**
admin@theplacefallowfield.co.uk

Withington Works

Upgrades at Withington Works @ WPHI

We are continuing to make improvements to co-working at Withington Public Hall Institute.

We've increased capacity throughout the building with a furniture refresh - making things more comfortable for longer working sessions.

It's all part of continuing to shape a workspace that feels easy and welcoming for our growing community of freelancers, remote workers and small teams.

As always, you'll find reliable Wi-Fi, plenty of plug sockets, generous table space and unlimited hot drinks - without the pressure of a café or the cost of a traditional office.

Half-day passes £5, full days £10.

Contact details:
info@withingtonworks.com
withingtonworks.com

Withington Walks at Withington Baths

As part of the Withington Baths community programme, Withington Baths run monthly walks on Sundays. The walks are informal and relaxed and aim to reduce social isolation and improve physical fitness. For more information or to join the next walk people can email Nuala on: thebathhousecafe@withingtonbaths.com

Table MCR

Table Manchester creates safe spaces for connection and community with socials and events ranging from brunch to workout sessions. For people aged 18 to 30.

For more information, check out [instagram/tablemcr](https://www.instagram.com/tablemcr) or www.meetup.com/tablemcr

Knit and Natter

Do you enjoy knitting?

Why not join us for our FREE Knit and Natter group?

Needles and Yarns: 10:30am - 12pm on Fridays at Withington Methodist Church. Refreshments provided.

Open Tuesdays

Activities, interesting discussions, and films.

A selected film every other week, and discussion after.

Tea and biscuits.

Tuesdays at 7:30pm. FREE

Held in the Small Hall at Union Chapel, top end of Wellington Road, Fallowfield, M14 6ER.

www.unionchapelbaptist.org.uk/open-tuesday
meganbennett@hotmail.co.uk
Tel: 0161 759 8285

Friends of Kingswood Park

(off Ladybarn Lane)

A group which meets on Tuesdays at 9:30am at the container to garden, chat, drink tea and coffee. Come and join us. For further information call Christine on: **07984 570 031**.

Easy Walking Club

Meet at Ladybarn Community Hub at 11am on Tuesdays. Join us for a walk at your own pace around Kingswood Park with Park volunteers, followed by free tea and toast at the hub. In association with Friends of Kingswood Park.

Meet at Ladybarn Community Hub, Royle Street, Fallowfield, M14 6RN. For more information please call into the hub, email us at: info@ladybarncommunityhub.co.uk or call: **07349 376 932** - or just drop in on the day!

Mandem Meetup

Mandem Meetup is a grassroots charity promoting, correcting and improving the conversation around men's mental health and wellbeing. Join one of their free Talking Circles, open to men living in and around Withington. No booking required, just show up for yourself. When: 2nd and 4th Monday of each month, 7pm
Where: Withington Baths
Find out more: Instagram: @mandemmeetup

What's on

Ladybarn Community Hub

Royle Street Withington, Manchester, M14 6RN

Tel: 0161 224 3733 or email:

info@ladybarncommunityhub.co.uk

ACTIVITIES

Monday

Study Mondays 10am - 5pm

Study space for students and home workers. Free Wi-Fi and unlimited tea and coffee for £1 donation. Bring your own snacks or lunch!

Over 50s Music Group 2:30pm - 4pm

Start your week off with an uplifting singing group followed by tea and cake. This is a free event funded by Greggs. Everyone is welcome - no experience needed.

Tai Chi 1pm - 2pm

All abilities welcome and you can sit for some or all of the session. Friendly and mindful breathing and stretching. £5 per session. First session free!

Crafternoon 2pm - 3pm

Knitting, crochet, embroidery; whatever takes your fancy. Hot drinks and biscuits provided. £1 donation.

Tuesday

LGBTQ+ Coffee Morning 10:30am - 12pm

Popular and friendly group for LGBTQ+ people. Hot drinks and biscuits provided. £2 donation.

Play-d-Barn 2pm - 3pm

Friendly meet up group for babies/toddlers and their adults. Bring your own toys. Drinks and biscuits provided. £1 donation.

The Veg Box People collection site 2pm - 4pm

Visit: www.vegboxpeople.org.uk to subscribe to your own locally grown organic fruit and vegetable boxes delivered straight to the Hub.

Gardening Group

Volunteer-led wildlife friendly gardening and vegetable growing. Free! Tuesdays 5:30pm - 7:30pm and Thursdays 10am - 12pm

Wednesday

Move It or Lose It 10am - 11am

Fun and friendly exercise class to improve balance, flexibility and independence with Engela. £3 per session. First session free!

Wellbeing Wednesdays 11am - 1pm

Unlock your creativity with wellbeing arts and crafts activities with Mary. All welcome - £3 donation including tea and biscuits. Bring along your own lunch if you like!

Film Club 2pm - 4pm

Join others to watch an interesting film. £3.50 donation including hot drinks, popcorn and other refreshments.

Book Lovers Club 2pm - 4pm

(only on the last Wednesday of every month) Bring along whatever you're reading for some social reading followed by a bookish discussion. £2 donation including hot drinks and refreshments.

Thursday

Gardening Group

Volunteer-led wildlife friendly gardening and vegetable growing. Free! Tuesdays 5:30pm - 7:30pm and Thursdays 10am - 12pm

Over 50s Lunch Club 12pm - 2:30pm

Freshly cooked, two course meal. Once a month vegetarian lunch. Veggie and halal options available. Bingo and raffle, golden balls. £5 for lunch plus £1 for bingo and £1 for any other games.

Friday

Konnect Club 6pm - 8pm

Youth Club for young adults with disabilities run by 4CT. Please call: 0161 230 1420 for more details.

Saturday

Fizz Club 10am - 12pm

Youth Club for young people with disabilities run by 4CT. Please call: 0161 230 1420 for more details.

Short Breaks Club 1pm - 4pm

Run by 4CT. Please call: 0161 230 1420 for more details.

SPRING FAMILY FUN SESSIONS

From arts & crafts to planting, baking, singing and outdoor play, there's something for everyone this spring!

- Baking**
FALLOWFIELD SURE START, M14 7EB
Mon 13th April 1pm - 2.30pm
- Indoor & Outdoor Play**
OLD MOAT SURE START, M20 IDE
Wed 8th & 15th April 1pm - 2.30pm
- Planting & Growing**
BURNAGE SURE START, M19 1HE
Thur 9th & 16th April 9.30am - 11am
- Arts & Crafts**
WHALLEY RANGE SURE START, M16 8HE
Thur 9th & 16th April 1.15pm - 2.45pm
- Fun Games**
CHILDREN UP TO AGE 11 WELCOME

Sure Start Children's Centres MANCHESTER CITY COUNCIL

OLD MOAT EASTER / SPRING H.A.F. PLAYScheme

April 7th 8th 9th & 10th 2026
11.00am - 3.00pm

FREE benefits related holiday activity for children aged 8 to 11 years

Book through [MCRActive Activity Finder](#)
Phone 07784 599904 if you need information

Funded by the Holiday Activity Fund

Withington Methodist Church Hall
439 Wilmslow Rd M20 4AN

Lunch provided

Games
Circus skills
Fun Activities & Challenges
Arts, Crafts

Old Moat Youth Outreach Project
20M21 partnership
MCRActive
our child friendly MANCHESTER

PROPER SCRAN FOR THE COMMUNITY BY THE COMMUNITY

WITHINGTON Community KITCHEN

PAY-AS-YOU-FEEL

COMMUNITY MEAL FOR FAMILIES

1ST & 3RD SUNDAY EACH MONTH

12:30-2:30 PM

AT ST PAUL'S PARISH HALL
491 WILMSLOW RD, WITHINGTON, M20 4AW

GET IN TOUCH AND FIND OUT MORE:
EMAIL: WITHINGTONCOMMUNITYKITCHEN@GMAIL.COM
TELEPHONE OR WHATSAPP - 07719 735533

Halal

Volunteer

Ladybarn Community Hub

Ladybarn Community Hub,
Royle Street, Ladybarn, M14 6RN
Tel: 0161 224 3733
ladybarncommunityhub.co.uk

Are you interested in becoming a volunteer? Ladybarn Hub offers a range of volunteer roles for the different activities they run?

If so please contact us or visit:
www.ladybarnhub.co.uk/volunteer

Greater Manchester Rape Crisis

Helpline Volunteers. Interested in volunteering?

If you are a woman and you are 21 or over please contact us for more information.

In return for a regular commitment of one shift per month, GMRC offers formal training covering basic counselling skills and specific information relevant to the work of the helpline, as well as access to ongoing training opportunities. Support is provided through regular helpline meetings.

For more information visit:
www.manchesterrapecrisis.co.uk/volunteers
or phone: 0161 2734591

Ladybarn Litterpickers

Can you spare an hour to keep your community clean? Join our small and friendly group, Ladybarn Litterpickers, at 11am on the last Saturday of every month in Ladybarn Hub, Royle Street, M14 6RN. Equipment provided and a brew and a chat afterwards at 12pm in the Hub. Everyone welcome! Contact details: suebchowo@gmail.com

Fog Lane Park - Call for Photos and History

This year is the centenary of Fog Lane Park. If you have any photos and information about the park from 1929 to 1960 please email it to Mary Griffiths James at: marygriffithsjames@gmail.com

Withington Civic Society

Do you live in Withington, Ladybarn or Old Moat?

Are you interested in making your local neighbourhood a great and vibrant place for people to live?

Would you like to help raise issues/concerns with what is happening in the local neighbourhood and be part of influencing change?

Withington Civic Society members on the committee are volunteers. We would like more people to join us and take an active role.

Join Withington Civic Society, run by local people for the benefit of local people. There are plenty of volunteer roles for you to get involved with, such as Secretary or Archivist.

The committee meets six times a year. You can also volunteer with activities such as clean up days and help out with stalls at community events.

For more details contact:
contact@withingtoncivicsociety.org.uk
or phone: 0161 445 3760.
Also visit their website:
www.withingtoncivicsociety.org.uk for more details.

Driving Volunteers Needed

Do you drive? Have a spare hour a week? Live near Withington? We need You!

Withington Assist charity supports older people living locally. We're looking for volunteers to give lifts to our weekly groups for those at risk of social isolation and loneliness. Volunteering does not affect car insurance and petrol expenses covered.

Call: 0161 434 9216 or email:
amelia@withingtonassist.org.uk

The Christie Hospital

What Matters to You?

If you or a loved one have been touched by Cancer, why not help us help others. Please join us and together we can shape cancer care for the future.

Contact: the-christie.ppi@nhs.net

Volunteer to deliver Manchester Post!

Manchester Post is a monthly, not-for-profit, printed positive-news newspaper filled with news from the community and delivered to residents across Manchester by a team of dedicated volunteers.

We are looking for additional volunteers to deliver to their neighbours and streets around where they live.

Volunteers deliver anywhere from 10 to 600 papers! Every little helps the news to reach more people.

If you would like to volunteer please email:
manchesterpost@communitynewsgm.co.uk

Early years and youth provisions

Merosworld Youth Hub

Merosworld Youth Hub welcomes young people each week in a safe, supportive environment where they can connect, build friendships, and have fun.

The hub runs every Tuesday from 5:30pm - 7:30pm and Wednesday from 4pm - 5:30pm.

We offer a wide range of engaging activities designed to inspire creativity, teamwork, and confidence. Food and snacks are provided for everyone who attends, ensuring a warm and welcoming experience. The hub continues to grow in success, with around 50 young people attending weekly, creating a vibrant, positive space for all. Join us and be part of a friendly, inclusive, and exciting community.

Contact details: 07963 394 576
Kelly@merosworld.org.uk

Surestart Children's Centres

Sure Start Children's Centres offer activities and services for parents and children under five years.

These centres are all over Manchester and have lots of different things going on, such as:

- Bumps To Babies sessions for when you are over 24 weeks pregnant. They get you ready for your baby's arrival.
- Baby sensory sessions
- Baby massage
- Stay, play and learn sessions
- Speech and language screening

The friendly staff at Children's Centres can offer family support and give you advice on:

- English as a second language classes
- Jobs and money
- Housing
- Debt advice

Visit your nearest Sure Start Children's Centre for information and support.

Old Moat Sure Start Centre, Old Moat Lane, Withington, M20 1DE. Tel: 0161 234 4711.

Fallowfield Sure Start Centre, Waverton Road, Fallowfield, M14 7EB. Tel: 0161 219 6799.

Or check out our facebook page:
www.facebook.com/BurnageOldMoatSureStart

Our Neighbourhood What's on Guides

SureStart

Old Moat



Fallowfield



Early years and youth provisions

Stay and Play

**St Paul's, Withington Wednesdays
10am - 12pm**

A friendly informal stay and play session for babies, small children and their grown ups. No need to book, just turn up.

NHS Healthy Start Scheme

Get help to buy food and milk. You can get £4.25 every week to help you buy: cow's milk, fresh, frozen or tinned fruit and vegetables, infant formula milk, fresh /dried and tinned pulses, you can also get free Healthy Start vitamins.

Eligibility:

- Under 18s - anyone who is under 18 and pregnant can apply
- Over 18s - you must be at least 10 weeks pregnant or have at least one child under 4

See eligibility criteria and how to apply visit: healthystart.nhs.uk/how-to-apply or you can call their helpline on: **0300 330 7010**

Parent Compassion Focussed Therapy

Are you or your partner pregnant? Are you a parent or main caregiver to a child under 24 months?

Becoming or being a parent can be challenging. If you're struggling and are self-critical, then our Compassion Focused Therapy Groups (online or face-to-face) might be for you. We offer priority access to these groups, and priority 1:1 Cognitive Behavioural Therapy and Counselling, for Depression and Anxiety Disorders. Priority Couples Counselling is also available.

1:1 sessions can be offered online, via telephone, video or face-to-face. You can self-refer for the groups or 1:1 therapy through NHS Manchester Talking Therapies - The Big Life group or by calling: **0161 226 3871**.

Maternity Action

Pregnant or new parent? Are you worried about work or money?

Contact Maternity Action for completely FREE and confidential legal advice on work and benefits for pregnant women and new parents in Greater Manchester and East Cheshire.

Call FREE **0808 801 0488**, 10am - 1pm, Monday - Friday or leave a message for a call back.

www.maternityaction.org.uk/manchester-maternity-rights

Monday Monkeys

Monday Monkeys Group offers a range of play equipment and activities for toddlers.

Withington Methodist Church, Wilmslow Road.

Mondays, 10am - 11:30am, term-time
Open to parents/carers with under 5s who live within 1.5 miles of Withington Methodist Church.

Minimum donation of £1.50 per child. Please book. Email: mondaymonkeyswithington@gmail.com

Manchester Local Offer

Manchester Local Offer helps children and young people with SEND up to the age of 25 and their parents/carers in the Manchester City Council area understand what services and support they can expect locally.

As well as website information, regular drop ins and a newsletter, they work with families to help improve services and what's on offer.

For more information visit <http://bit.ly/4jszvkk>

Porter Nutrition

Are you pregnant? Join Aliya Porter, a local Re Nutritionist for a FREE session to learn about the nutrition you need postnatally to support recovery, health and breastfeeding.

Next events: 19 May 2026 and 21 July 2026 Best attended when you are in your 3rd trimester - further details can be found at: www.shorturl.at/xfAYW

For more information contact: porternutritionuk@gmail.com
Tel: **07986 809 633**

OMYOP Youth Group For All

Thursdays, 6pm - 7:30pm: Junior Youth - ages 9-12
Thursdays, 7:30pm - 9pm: Senior Youth - ages 13-19
Table tennis, music, cooking, urban art, arts and crafts, chill out, discussions, conversations and more Withington Methodist Church, 439 Wilmslow Road, M20 4AN.

The entrance to the building is through the private car park next to the post office on Egerton Crescent.

For more information contact: elise.unityarts@gmail.com
Tel: **0778 756 0002**

Old Moat Youth Group For Girls and Young Women

Tuesdays, 4pm - 6pm at The Ice Shack, 414 Wilmslow Road, Withington, M20
Ages: 12-16
Arts and Crafts, Social Action, Make New Friends, Get Involved, Have Fun!
Contact: jane.unityarts@gmail.com

Old Moat Primary School

Old Moat Lane, Withington, Manchester, M20 3FN

Free Stay and Play Sessions

Every Thursday 9am - 10:30am.
Play-based learning activities supporting early development.
Friendly, caring environment for parents and carers.
Songs, rhymes and creative exploration.
Healthy snack time included.
Helping children feel confident in a pre-school setting.
A gentle introduction to school life at Old Moat.
Contact: **07739 870 925**
moherty@oldmoat.manchester.sch.uk
www.oldmoat.manchester.sch.uk/

Withington Baths Youth Boxing

Free Youth Boxing Sessions at Withington Baths
Monday, 4pm - 4:45pm: Seniors Sessions (teenagers)
Wednesday, 4:15pm - 5:15pm: Juniors (pre teens)
For all genders. No booking required, just go to Withington Baths and ask for Phil.
For more information call: **0161 478 1181**

Mums Matter

Mums Matter is open to all Manchester Mums with at least one child under two years old.

You can self refer into this service by visiting: www.data.manchestermind.org/mums-matter/self-referral

Mums Matter offer an eight week online course, designed to support new Mums, with a child under two, who are experiencing a variety of mental health challenges such as worrying thoughts, anxiety and postnatal depression. Sessions last two hours.

You will collect a range of wellbeing tools to use in your daily life and prompts to nurture yourself to keep well.

To reserve your space please contact Charli Headley: **07592 376720**
mumsmatter@manchestermind.org

More Life Manchester Junior Physical Activity Referral Service (PARS)

Supporting children and young people across Manchester.

If you're aged 5 - 17 years old and are keen to move more and be active, Junior PARS might be for you.

This service is commissioned by Population Health (Manchester City Council) and supports children and young people ages 5 - 17 years old, who are above a healthy weight and not engaging in physical activity to the recommended level. Junior PARS offer a free 10 week program to help CYP become more active, reduce sedentary behaviours, and increase wellbeing. Our Children's Healthy Lifestyle Practitioners will connect CYP and their family to fun activities in their local area. All activities are sourced to be budget-friendly and accommodate your family's needs. Head to their website for more info: www.more-life.co.uk/places-we-work/greater-manchester/junior-pars

You can be referred via a health professional, or you can self-refer using the below link: www.secure.refer-all.net/referrals/manchester/refer

Your health

Heart Help Support Group Withington

A self-help group supporting people with heart-related problems.

Activities feature structured exercise classes run by experienced qualified tutors. There is an annual subscription of £25. There is also a weekly charge of £5 for the exercise classes. If you or a family member have a cardio or a vascular problem and think we may help, get in touch. Withington Methodist Church Building, Wilmslow Road, Manchester, M20 4AN. (Entrance off Egerton Crescent).

Tel: 0161 536 3188

hearhelp4u2@gmail.com

Emerging Futures

Offer support to people who are going through addiction recovery, from support with housing, behavioural change and coaching to help people make long-term sustained behaviour change leading to a positive future. They also offer support from families and friends of those going through addiction. For more information visit:

www.emergingfutures.org.uk/projects/manchester

Expert Patient Programme

Do you live or care for someone living with a long term health condition? The frustrations and limitations of living with health conditions can make your overall health much worse. The EPP helps you manage your health conditions and feel more in control of your life with more confidence and motivation.

To find out more please contact us:

Tel: 0161 549 6624

mft.epp@nhs.net

www.manchesterlco.org/services/citywide-adult-community-services

NHS Enhanced Access Scheme

Need a pre-booked routine appointment like cervical screening, childhood vaccinations or blood tests? GP surgeries now have more appointments in the evenings and on Saturdays as part of an enhanced access scheme. Speak to the reception team at your GP to see if they would be suitable for you. *Note* You may be asked to travel to a different GP surgery to access an enhanced access appointment.

Be Well Service

Be Well is here to help you find a way to live and feel well whatever twists and turns life brings.

We're a free social prescribing service for people who live in Manchester or are registered with a Manchester GP. That means we look at your whole wellbeing, not just your health, so we can help you make meaningful, lasting changes in your life.

Whether you're juggling work and family pressures, dealing with money worries, or simply finding it hard to stay motivated, we're here to support you.

To speak to someone about how Be Well can help, or to discuss a referral, speak to your GP or contact us at:

Call: 0161 470 7120

(Monday to Friday, 9am - 5pm)

Email: bewell@thebiglifegroup.com

Men's Health Drop in & Advice Sessions

Be Well is here for men too. If you are looking for advice, why not call in to see us at our monthly drop-in sessions:

Friday 24 April 2026

Friday 29 May 2026

Friday 26 June 2026

Friday 31 July 2026

Friday 28 August 2026

Friday 25 September 2026

Friday 30 October 2026

Friday 27 November 2026

Friday 18 December 2026

All dates are 10am - 2pm at Withington Library, 410 Wilmslow Road, Manchester M20 3BD.

No booking required.

Contact details: 0161 470 7120

www.thebiglifegroup.com/service/bewell/

Greater Manchester Rape Crisis

In times of panic, stress of crisis, we offer a listening ear, information and support for women and girls who have experienced sexual violence. We also signpost male survivors and offer information and support to friends, partners and other family members. Contact us on: 0161 273 4500 or email: help@manchesterrapecrisis.co.uk

We Are Survivors

Supporting Male Survivors of Sexual Abuse and Rape. No Male Survivors Left Behind. Whether you're at the beginning of your healing journey, or already getting support, We Are Survivors can help. Community activities, drop ins, group support, therapy sessions, support in prisons, or helping you through the criminal justice system - we're there for you.

@ThisisSurvivors, 0161 236 2182

Bowel Screening Saves Lives

Bowel cancer screening aims to prevent and detect cancer at an early stage when treatment is more likely to work. Everyone aged 56 - 74 years will be sent an NHS bowel cancer screening kit by post every two years. The programme is expanding to make it available to everyone aged 50 - 59 years. Make sure your GP practice has your correct address, so your kit is posted to the right place. If you think you are eligible for screening but haven't received a kit phone the free bowel cancer screening helpline to request one on:

0800 707 60 60

or email: bowelscreening@nhs.net

NHS Talking Therapies

Difficulty sleeping?

Feeling low?

Worrying a lot?

Struggling with your mood?

Struggling to cope with a physical health problem?

Lost interest in things you normally enjoy?

Finding it hard to motivate yourself?

We have a team who can help you overcome life's difficulties and problems, or manage them better. Therapy can be provided in a range of settings, and all services are free and can be accessed directly or through your GP.

For more information (including videos) contact us: www.thebiglifegroup.com/manchestertalkingtherapies
Tel: 0161 226 3871

Lipreading and Managing Your Hearing Loss Class

These classes are designed for people with hearing loss who may be finding it difficult to follow conversation.

- Lipreading practice in a friendly atmosphere
- Useful information on organisations and equipment
- A chance to share problems and solutions with other people experiencing hearing loss

Taking place at Withington Library on Wednesdays.

You can join at set times of the year, depending on numbers in the class. For more information and to book your place contact: enquiries@manchesterdeafstudies.org
www.manchesterdeafstudies.org

Physical Activity Referral Service in Manchester

Manchester Active PARS are here to help you if your mental or physical health is stopping you from being active.

You can access this service by seeking a physical activity referral through a professional who knows about you and your health.

PARS work with qualified community providers and instructors to deliver sessions in local leisure or community centres.

They offer a range of different activities, so will always try and find something to suit you!

Some Manchester Active PARS sessions are free of charge, and others carry a small cost.

For more information on the Physical Activity Referral Service, please contact the PARS Team on: 0161 974 7839 or physicalactivityteam@mcactive.com

Change Grow Live - Drug and Alcohol Service

For adults and young people. Do you want to make a fresh start? Are drugs/alcohol affecting your life or the life of somebody you know? Contact us for free and confidential information:

Tel: 0161 823 6306

manchester@cgl.org.uk

Eclipse offer a tailored service for young people and families:

Tel: 0161 839 2054

eclipsemanchester@cgl.org.uk

CAN Survive UK Cancer Support

At Can-Survive UK, we recognise that everyone is unique. That's why we provide support that is person centred and culturally sensitive.

We offer a wide range of support and wellbeing services through our support groups in Manchester, Trafford and Salford. Our groups provide a welcoming, safe and confidential space where you can share and exchange experiences, and participate in a variety of FREE wellbeing and therapeutic activities. We offer helpful information and guidance on finances, treatment and other services. We can also advocate on your behalf to help you navigate your personal cancer experience.

You don't have to face cancer alone - we are here to support you.

Contact: info@can-survive.org.uk

Tel: 0161 455 0211 / 07950 314 676

www.can-survive.org.uk

Your health

Head Forward Centre

We are an independent charity based in Manchester promoting social integration for people who have suffered a traumatic brain injury. We provide a safe, social environment where attendees can make friends, discuss issues of personal concern and join in purposeful activities.

As a registered charity we rely on donations of both time and money to assist us in delivering our services. For more information on how to refer, becoming a volunteer or donating please visit our website.

Contact:
hello@headforward.org
Tel: 0161 434 2150
www.headforward.org

Abdominal Aortic Aneurysm (AAA) Screening

Early detection saves lives!

Calling all men aged 64+ in Greater Manchester and East Cheshire!

To book an AAA screening appointment, please contact our office on: **0161 291 5716**
www.facebook.com/AAAscreeningprogramme

Annual Health Checks for people with Learning Disabilities

Everyone over the age of 14 with a Learning Disability can have an annual health check at their GP. The health check is a useful way to help you keep well. Get in touch with your GP if you haven't had your annual health check.

Maggie's

Maggie's provides free expert care and support to everyone with cancer and all the people who love them. We are here for you whenever you need support, and your family and friends are also welcome.

You can see our psychologists in a group or privately, while our benefits advisors can help with money worries.

Courses such as Managing Stress and Relaxation take place weekly. We also have Muslim Cancer Support Groups for Brothers' and Sisters', as well as cancer-specific support groups.

You can find us on Kinnaird Road, M20 4QL.
You can also call us on: **0161 641 4848**
Email: manchester@maggies.org
or visit: maggies.org/Manchester

Expert Patient Programme

Expert Patient Programme (EPP)

Do you live with or care for someone living with a long term health condition?

Did you know that research has shown that people living with long-term health conditions spend only three hours a year on average with a healthcare professional. For the other 8,757 hours of the year, they look after themselves. EPP helps you manage your health conditions and feel more in control of your life with more confidence and motivation in between healthcare appointments.

The next programme is planned at Ladybarn Community Hub starting Tuesday 21 April 2026. Please contact us to register before it gets fully booked.

Contact details: **0161 549 6624**
mft.epp@nhs.net
www.manchesterlco.org/services/citywide-adult-community-services/expert-patient-programme/

Cost of living

Cost of Living Advice Line

If you are struggling with the increases in food and energy bills and are struggling financially, help is available.

This free telephone line offers support with:

- Benefits and help with your rent
- Advice about debt and paying bills
- Food support – help to find community food provision near you
- Help to get online - support to access the internet, laptops, phones and data.
- Find out where your nearest Warm Hub is

Cost of living advice line:
0800 023 2692.

The line is open Monday to Friday, 9am - 4:30pm.

Translations and Sign Video services are available upon request.

Hardship Helpline

The Trussell Trust's Help through Hardship helpline is a free phone service delivered in partnership with Citizens Advice. They can help you access the support you need, whether that's benefits, grants or energy efficiency. Call the free, confidential helpline on: 0808 208 2138 to speak to a friendly adviser. Open Monday to Friday, 9am-5pm, except public holidays.

Reach Out to the Community

If you're worried about someone sleeping rough in South Manchester, please contact Reach Out to the Community:

www.reachouttothecommunity.co.uk

Reaching Out to the Community work with every local rough sleeper for as long as they need to get them back to a life off the streets.

Energy Advice & More

Citizens Advice Manchester have partnered with Cadent Gas to help with your energy concerns and more.

All advice is free, confidential, independent and impartial, and can help with:

- Increasing your household income
- Managing energy debts
- Saving money on your bills
- Making your home safe and efficient
- Accessing the Priority Services Register

The team are here to help. Contact their energy advisers:

Call: **0808 164 4406**

WhatsApp: **07360 546 111**

Available Monday - Friday, 9am - 5pm

Saving with South Manchester Credit Union

Are you interested in saving with South Manchester Credit union?

Did you know you can join any Thursday 10am - 12pm at Fallowfield Library. Save just £1 a week for 12 weeks and Fallowfield Library will add £5 to your balance, meaning you could have £40 by Christmas with the opportunity to take out low cost loans, call in and see us for more details.

Contact details: **0161 227 3744**

bookings@theplacefallowfield.co.uk

www.facebook.com/ThePlaceFallowfield/

'Pay It Forward' at The Ice Shack

The Ice Shack has a 'Pay it Forward' scheme where customers kindly donate the cost of a hot drink/ sweet treat/light meal and other people can come into the cafe, select which item they want from the 'Pay it Forward' board and benefit from other peoples generosity for free. If you're having a tough week and your money just isn't stretching as far as it needs to, pop in and grab something without having to worry about the cost.

Likewise if you are feeling generous and able, The Ice Shack welcomes more donations into the scheme!

The Ice Shack, 414 Wilmslow Road, Manchester, United Kingdom, M20 3BW.

What's on - age friendly

Old Moat People's History project

Former or present Old Moat Residents with stories, memories or photos to share? Interested in finding out about local history? Old Moat Histories is a social/local history project aiming to collect and collate memories, photos and stories from current and former residents of the Old Moat estate. They collect the stories about the people who lived in the area from the early 1920s, through WW2, the 50s, the 60s the 70s and the 80s right up until the COVID-19 pandemic and today. The project is looking for people who would like to share their own stories or to get involved in helping other people share theirs. To get involved, email:

OLDMOATSTORIES@gmail.com

Withington Baths

30 Burton Road, M20 3EB

Tel: 0161 478 1181

Silver circuits

Mondays, 1pm - 1:45pm
Tuesdays, 3:15pm - 4pm
Wednesdays, 1:15pm - 2pm
Thursdays, 1pm - 1:45pm.

Tai chi

Mondays, 2:15pm - 3pm
Thursdays, 2:30pm - 3:15pm.

Table tennis

Tuesdays, Wednesdays and Thursdays, 10am - 12pm.

Chair Based Yoga

Free Chair Based Yoga Lessons for people aged 50+.

Third Friday of the month, 2pm at Withington Library.

For more information call: 0161 227 3720

Withington Assist

Providing support services and activities for older people, designed to help them continue to live independent, active and fulfilling lives.

This charity is a community and voluntary organisation. Their aim is to reduce isolation by providing activities and services.

If you are over 65 years of age and would like to know more about what is available contact Withington Assist to find out more:

Tel: 0161 434 9216

Email: withingtonassist@gmail.com

Assist Neighbourhood Care, Withington Methodist Church, 439 Wilmslow Road, M20 4AN.

Also, if you would like to volunteer, please contact us.

Weekly Activity Timetable

Mondays - Digital Drop In, 11am - 12pm
Come sit with our friendly volunteer to work through your phone/tablet/laptop woes, book appointments, get advice etc.
£1 donation.

Tuesdays - Lunch Club, 12pm - 1:30pm
Freshly cooked, two-course meal with bingo/
French club.

A £5 donation with volunteer lifts available when possible.

Veggie and halal options available.

Tuesdays - Advice Drop In, 11am - 12pm
Struggling with benefits, bills, forms, bus passes, pension credit etc? Don't do so alone - come and see Jamila or call to book an appointment.

Wednesdays - Walk and Talk, 10:30am - 12pm
Meet for a walk around Ladybarn Park at your own pace, followed by coffee in a local café. Parrs Wood Road/School Grove entrance, call for more information.

Wednesdays - Coffee Group, 1pm - 2:30pm
Barbara's cafe in the downstairs room at WMC - coffee, chat, crochet club, occasional speakers, monthly bingo and quizzes.
£1 donation. All welcome.

Wednesdays - Digital Drop In, 2pm - 3pm
Come sit with our friendly volunteers in WMC foyer to work through your phone/tablet/laptop woes, book appointments, get advice etc. £1 donation.

Fridays - Exercises, 10:30am - 12:30pm
- 10:30am - 11:30am chair assisted
- 11:30am - 12:30pm seated.
Strength, balance and mobility with music and motivation from instructor Ruby. £3 donation.

Fridays - Snooker Group, 1pm - 3pm
Older men's snooker group at WMC. All abilities welcome, full-size table with refreshments, come break a few frames with friends. £1.50 donation.

Fridays - Needles n Yarns, 10am - 12pm
Drop by with your knitting/crochet or just yourself for the return of Needles and Yarns! In the foyer of the Methodist Church with lovely volunteers.

Other less regular activities such as talks, film clubs and trips take place from Withington Assist - get in touch if you are interested.

Support for carers

Carers Manchester

Contact Point

The Contact Point acts as a first point of contact for support for unpaid carers in the Manchester City Council area who require advice and support. Call 0161 543 8000 10am - 4pm, Monday - Friday (except bank holidays).

Carers Manchester South

Carers Manchester South (CMS) works to identify unpaid carers and improve services in the community. CMS run regular free events for carers including bowling and RHS Bridgewater. The team also does lots of outreach work to identify new carers and raise awareness among professionals about how to best signpost carers.

If you are a carer wanting to hear more about CMS or a professional wanting us to support any events you run please contact:

cmsouth@manchestercarersforum.org.uk

Free Short Hotel Breaks For Unpaid Carers

Carers Manchester Central (CMC) is delighted to offer carers a free overnight hotel stay, including breakfast, across the UK. If you are a Manchester resident, this offer is completely free. For those outside of Manchester, there is a £33 admin charge.

You can bring along a companion, as long as it is not the person you are caring for.

How to Book:

1. Contact CMC at: 0161 226 6334 or email: cmc@accg.org.uk to complete a referral form.

They will provide you with a weblink to view short break options around the UK.

2. Choose your preferred option and make a booking request.

3. The hotel will contact you directly to confirm your booking.

4. Rest, relax, and enjoy your stay!

For more information contact: cmc@accg.org.uk

Tel: 0161 226 6334

www.carersmanchester.org.uk/carers-breaks/