



Artwork by Len Grant www.lengrant.co.uk

Withington, Old Moat, Ladybarn and Fallowfield neighbourhood update

Issue 15
October 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



**Manchester Local
Care Organisation**



**MANCHESTER
CITY COUNCIL**

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.manadulted.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.

MUD's Community Cafe

MUD's community cafe is open four days a week in Platt Fields Market Garden. Wednesday is our community day where we run a Stay & Play from 10am - 12pm, at £1 per child. We have board games in the cafe that people can play in the afternoon and the cafe is open to the public.

We serve a mix of drinks and snacks. The cafe is open 10am - 4pm Wednesday, Friday and Sunday. On Saturdays the cafe is open 9:30am - 4pm. On Fridays and Saturdays community lunch is served from 1pm.

Contact details:
Mudkitchen@wearemud.org
Wearemud.org

Drum Therapy

Fallowfield Drumming Group started in September and meet every second Thursday, 6pm - 7pm at the Fallowfield Library. Everyone is welcome - no previous experience needed. The sessions are free of charge and all instruments are provided. Registration is required - please sign up at: **info@drumtherapycollective** or **0788 7097 139**.

ManchesterUp CIC

We are Manchester Up, based in Fallowfield. We run affordable kickboxing and educational schemes, as well as community events from our gym. We have two projects we feel your organisation could benefit from:

Rise Membership Programme

– Anyone who benefits from your organisation and you feel could gain from learning Muay Thai? We offer a referral-based discounted membership on our website.

Thai 'n' Tuition – We are running a free hour of tuition for participants (aged 5-17) on core subjects followed by a class in Muay Thai; these classes will take place on each school holiday.

For more information contact:
connect@manchesterup.com
07808 638 678

Withington Assist

Withington Assist Advice Drop In
For people aged 65 and over. Get free help with form filling, applying for benefits, bus passes, blue badges, pension credit and more.

Tuesdays 11am - 12pm at Withington Assist, Withington Methodist Church, 439 Wilmslow Road, Withington, Manchester, M20 4AN

For more information contact:
withingtonassist@gmail.com
0161 434 9216

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 - 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

Monthly social at WPHI

Join us on the first Friday of each month for our monthly social. A relaxed end-of-week get-together, open to all.

Whether you work from our co-working space, at home or out and about - everyone's welcome. The monthly social is a relaxed after-work drink for anyone who fancies getting out of the house, putting the working day behind them, and meeting a friendly faces in the neighbourhood.

Free to come along, just turn up. A table will be reserved in the snug room on the left.

Withington Public Hall Institute, first Friday of each month, from 4pm.

What's it like to work at Withington Works?

Curious about co-working but not sure what it's really like to work from our spaces? Katie, a local student, shares why she chose Withington Works at Withington Public Hall Institute:

"I wanted to have a nice place to come and work that wasn't my university library, as it's far to get to and usually overcrowded. Withington Works is that perfect third space. I love the people, the vibes and decor of the place, and the tea!"

Come and find your own third space. Drop in for a day or get in touch to find out more.

Contact details: **0161 425 7277**
info@withingtonworks.com
<https://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**

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**.

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**

Withington Bath House Cafe

Trip to Blackpool Lights

Monday 2 November
Leaving from Withington Baths at 12pm and returning by 8pm.
Cost: £21.50 including coach travel, and fish and chip supper with bread, cold drink or a tea/ coffee. For a large meal or a pie meal, an extra £4 is required. Book via Nuala in the cafe or reception. For more information email Nuala on: **thebathhousecafe@withingtonbaths.com**

What's on

Ladybarn Community Hub

Royle Street, Withington, 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!

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.

Music Monday: 2:30pm
Start your week off with an uplifting singing group followed by tea and biscuits. £1 per session. Everyone is welcome – no experience needed.

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 – 4pm
Baby and toddler play session with ESOL support. Join us for play and meet other parents in your community. Free ESOL support for parents looking to improve conversational English. Informal, fun, and supportive environment for all parents. £1 optional 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.

Volunteers' Gardening Group: 5.30pm – 7.30pm
If you would like to join our wonderful group of helpers in our beautiful garden, please email: info@ladybarncommunityhub.co.uk or call in to the Hub to have a look around.

Wednesday

Move It or Lose It: 10am – 11am
Fun and friendly exercise class to improve balance, flexibility and independence with Engela. Women only. £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.

Short Book Club: last Wednesday of the month, 2pm – 3:30pm
Monthly book club exploring what authors can achieve in less than 160 pages. Books provided by Manchester Libraries with pickup from Ladybarn Hub. First read – Orbital by Samantha Harvey.

Thursday

Over 50s Lunch Club: 12pm – 2:30pm
Freshly cooked, two course meal. Once a month, vegetarian lunch. Halal options available. Bingo and raffle, golden balls. £5 for lunch plus £1 for bingo and £1 for any other games.

Volunteers' Gardening Group: 10am – 12pm
If you would like to join our wonderful group of helpers in our beautiful garden, which is a work in progress, please email: info@ladybarncommunityhub.co.uk or call in to the Hub to have a look around.

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.



The Withington Daytime Singers

Community Singing Group

 You don't need to be a great singer for singing to make you feel great!

 Bringing people together through the joy of group singing, have fun and meet new friends

 Our music is 60s / 70s / 80s and 90s plus some musical theatre too

 No experience / ability needed. A very welcoming and supportive group

Withington Scout Hut, Heaton Rd M20 4PE
Every Friday 11.30am – 1.00pm
First session free then £20 per month
Free spaces available
All ages welcome

Free Tea and Coffee
Lots of Laughs
Performance opportunities
Call or Email John for more info or just turn up –
07429 494 506 TheDaytimeSingers@gmail.com

PROPER SCRAN FOR THE COMMUNITY BY THE COMMUNITY



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



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 on-going training opportunities. Support is provided through regular helpline meetings.

For more information visit:
www.manchesterrapeccrisis.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:
suebchow@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? Make a real difference in your community by joining the Withington Civic Society. We need passionate residents to help raise neighbourhood issues, influence local change, and protect our area. You can take an active role by joining our committee - which meets just six times a year in the evenings - or by volunteering for hands-on activities like community clean-up days and local event stalls.

Have planning or licensing experience? We specially need you for our dedicated planning team. Shape your neighbourhood's future today.
Contact us at:
contact@withingtoncivicsociety.org.uk to get involved.

Caritas Shrewsbury Volunteer Callout

The Well Project

The Well Project, run by Caritas Shrewsbury and based in Wythenshawe, is looking for volunteers to support our weekly Women's Group and ESOL classes for people seeking asylum.

We're looking for friendly, reliable people who can help with activities, conversation, English practice and childcare. No specialist experience needed.

Weekly Football Sessions

Caritas Shrewsbury are looking for friendly, enthusiastic volunteers to help out at our weekly football sessions for refugees and people seeking asylum in Fallowfield.

You don't need to be a coach - just bring your love of football, a friendly face and a willingness to get stuck in! It's a great chance to meet new people, have a kickabout and help create a welcoming community.

Interested? Get in touch with Lucy Davies at:
lucy.davies@caritasshrewsbury.org.uk

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, positive news, printed 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:
volunteering@postnewspapers.org

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



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

The NHS Healthy Start scheme helps families on low incomes to buy healthy food and milk.

If you're more than 10 weeks pregnant or you have children under four and receive certain benefits, you could be eligible for NHS Healthy Start.

Once on the scheme, you'll receive a prepaid card, which you can use to buy fruit, vegetables, pulses, milk and infant formula.

The card will be topped up with payments every four weeks and you can use it in most places that sell healthy food and accept Mastercard® payments.

You can also get free Healthy Start vitamins.

Find out if you're eligible for NHS Healthy Start and apply online now at: www.healthystart.nhs.uk

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**.

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

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 is a stay and play for the under fives and their grown-ups. The session includes snack time, story time, song time and play time.

Withington Methodist Church, Wilmslow Road.

Mondays, 10am - 11:30am, term-time.

Open to parents/carers with under fives who live within 1.5 miles of Withington Methodist Church.

£1.50 per child.

Prior registration and booking are essential.

Email: mondaymonkeyswithington@gmail.com for the link.

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>

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 376 720**
mumsmatter@manchestermind.org

Old Moat Youth Project 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 at Old Moat Primary School every Thursday from 9am until 10:30am. A healthy snack and drink is provided for children. Children up to age five with their parents/carers. These sessions are play based learning activities which support early development in a friendly and caring environment. We aim to help children feel confident and support a gentle introduction into school life at Old Moat.

Contact details: **07739 870 925**

mdoherty@oldmoat.manchester.sch.uk

www.oldmoat.manchester.sch.uk

Old Moat Community Primary

Old Moat Community Primary have free full time Nursery places available for September 2026. If your child turns three on or before 31 August 2026, come and join us! Contact the school office to secure your place.

Contact details: **0161 445 4208**

tevans@oldmoat.manchester.sch.uk
www.oldmoat.manchester.sch.uk

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.

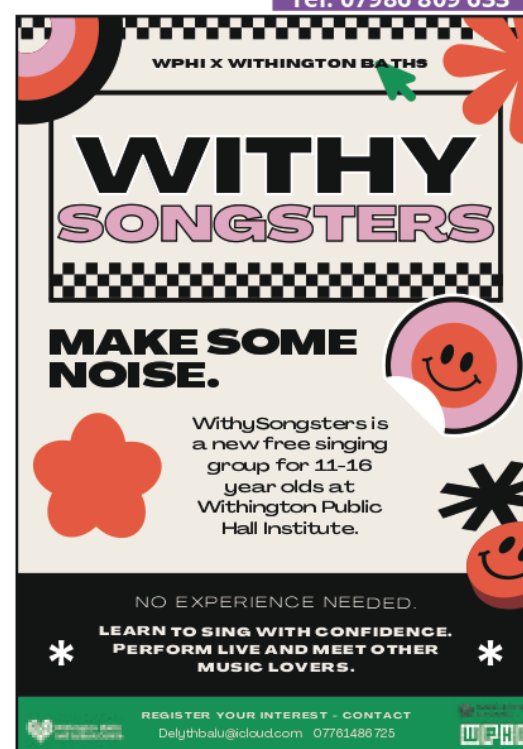
This service is commissioned by Population Health (Manchester City Council) and supports children and young people ages 5 - 17 years old, who are above a healthy weight and not engaging in physical activity to the recommended level. Junior PARS offer a free 10 week program to help CYP become more active, 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-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

Free Postnatal Nutrition Workshop

Are you pregnant? Join Aliya from Porter Nutrition for a FREE postnatal nutrition workshop to learn about the nutrition you need in the 3rd trimester and beyond.

Next workshop: 17 November 2026
Further details and to book visit: <https://porternutrition.co.uk/home/services-available/nutrition-workshops/postnatal-nutrition-workshop/>
For more info contact: porternutritionuk@gmail.com
Tel: **07986 809 633**



For more information contact:
delythbalu@icloud.com

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. If you or a family member has a cardio-vascular problem and think we may help, get in touch for further information about the Group's activities and membership offer. Withington Methodist Church Building, Wilmslow Road, M20 4AN. (Entrance off Egerton Crescent).
Tel. 0161 536 3188
Email: hearthelp4u2@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 get help from Be Well, ask your GP practice or a health, housing, advice or community service you use to refer you. If they can't do this, call: **0161 470 7120** or email: **beowell@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 30 October 2026
Friday 27 November 2026
Friday 18 December 2026

All dates are 10am - 2pm at Withington Library, 410 Wilmslow Road, M20 3BD. No booking required.
Contact details: **0161 470 7120**
www.thebiglifegroup.com/service/be-well

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.

0161 236 2182
www.wearesurvivors.org.uk

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@mcractive.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**

The Christie Institute for Cancer Education

We're starting a new fortnightly community space for anyone affected by cancer: patients, carers, loved ones, and healthcare professionals.

A space for honest conversations, peer support, wellbeing, reflection, creativity, and connection beyond the clinical setting.

Come for a conversation, to listen, to meet others, or simply to feel less alone. No pressure. No expectations. Just human connection beyond the hospital.

Contact: **leone.alexander@nhs.net** for more information.

Porter Nutrition

Want to improve your nutritional health without chaining you to the kitchen or breaking the bank? Check out the free resources and blog articles written by local Registered Nutritionist, Aliya Porter, available at:

https://porternutrition.co.uk/
This includes weaning resources, children's nutrition, pregnancy and postnatal, and older adults. Can't find what you are looking for, drop Aliya a message and she can signpost you.
porternutritionuk@gmail.com
07986 809 633

Improving Asthma Care in Withington & Old Moat

A local project is launching this Autumn supporting people with asthma in managing their condition. We are working with patients and community partners to improve medication and inhaler use, asthma self-management, smoking cessation and address wider factors such as housing, pollution and financial pressures — helping people breathe better and stay well.

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

Free Legal Advice Clinics

Do you live in Withington, Ladybarn or Old Moat? GM Law offer weekly free face-to-face advice sessions to local residents from Old Moat Childrens' Centre and Ladybarn Community Hub.

Have you checked if you're eligible for all the benefits you are due?

Do you want to know your rights around your housing or employment?

To get an appointment contact us at

neighbourhoodadvice@gmlaw.org.uk or by ringing and leaving a message on **0161 769 2245.**

- One-off free and confidential advice — 30 minute appointment:
- Income maximization and benefits checks
- Disability benefits applications, mandatory reconsiderations and appeals
- Evictions, homelessness, disrepair and re-housing
- Discrimination at work, unfair dismissal, unpaid wages, disciplinary processes at work

Withington Assist Advice Drop In for people aged 65 and over

Get free help with form filling, applying for benefits, bus passes, blue badges, pension credit and more. Tuesdays, 11am - 12pm at Withington Assist, Withington Methodist Church, 439 Wilmslow Road, Withington, Manchester, M20 4AN

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 WWII, 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

Tuesday Lunch Club

Our weekly Tuesday Lunch Club provides a freshly homecooked, two course meal and a great place for people to socialise and make new friends.

Wednesday Walking and Talking in Ladybarn Park

Meet at 10:30am for a walk around the park at your pace, followed by a cup of tea/coffee in a local cafe. Every Wednesday, rain or shine!

Wednesday Coffee Group

Come along for coffee or tea with a biscuit, a chat, and a weekly quiz/bingo/speaker, on a Wednesday 1am - 2:30pm.

Wednesday Digital Drop In

At the Digital Drop In people can get advice on how to do things online, whether it is buying train tickets, doing the weekly shop, or sending and receiving emails. Wednesdays 2pm - 3pm.

Friday Exercise Classes

A specialist NHS trained instructor delivers fun yet thorough workouts to improve mobility, strength and flexibility. The 10:30am class is chair assisted, and the 11:30am class is seated for those unable to stand for long periods.

Friday Snooker group

12pm - 3pm snooker, brews and biscuits (no talent needed).

Other less regular activities such as talks, film clubs and trips take place.

Get in touch if interested in any of the above.

Tel: 0161 434 9216

Email: withingtonassist@gmail.com

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/

Manchester Carers Forum

Local groups delivered by Manchester Carers Forum include:

Burnage Carers Peer Support Group – 1st Friday of the month, 2pm – 3.30pm. The Burnage Library, Burnage Lane, M19 1EW.

Carers Coffee Morning - 1st Thursday of the month, 11am at Withington Costa Coffee, 494 Wilmslow Road, Withington, M20 3BG

For more information contact Daniel on:

07415 436 382 or **daniel@manchestercarersforum.org.uk**
www.manchestercarersforum.org.uk