

## 'What's On' Central Newsletter

Compiled by the Community Inclusion Service  
March 2022

**What's On Community Meeting: - cancelled until further notice**



**Happening soon**

International Women's Day

Levenshulme Old Library invites you to...

# IWD@LOL

Tuesday 8th March  
7pm-9pm  
**SPOKEN WORD**

Saturday 12th March  
4pm-6pm  
**ART WORKSHOPS**

Saturday 12th March  
8pm-midnight  
**CLUB NIGHT**

a range of events to suit all tastes and budgets!

Levenshulme Old Library  
Cromwell Grove  
M19 3QE

The Gherkin  
Slade Lane  
M19 2BY

International Women's Day at LOL!

Not one, not two, but THREE events celebrating women!

1. a Spoken Word event with local female performers £5
2. a family-friendly arts workshop with banner-making, poetry and zine-making FREE
3. a clubnight in collaboration with our faves The Gherkin £6

all profits will be split between LOL CIO and The Pankhurst Trust

**For more information and links to buying tickets visit**

**<https://www.facebook.com/levyoldlibrary/>**

**Walk for Women :** The Walk for Women will be back again this International Women's Day 2022, with a walk on Sunday 6 March 2022. We'll be meeting Outside Castlefield Urban Heritage Park on Liverpool Road at 12.30pm and walking together to Cathedral Gardens. This walk is an opportunity to come together with family and friends, colleagues and strangers to share our passion for equality and creating opportunities for Manchester women. We encourage you to bring along fun, safe and noisy instruments to bang and clang, or make the most of your voice and join us with our chants. Whether you're a lone ranger or part of a group, we'd love to see you walking with us. [https://www.manchester.gov.uk/info/200041/equality\\_and\\_diversity/6616/international\\_womens\\_day\\_2022](https://www.manchester.gov.uk/info/200041/equality_and_diversity/6616/international_womens_day_2022)



**New You group :** Have you ever set goals but never seem to achieve them? Drop in session for anyone who is looking to get unstuck in life. Join a supportive group to make practical step-by-step changes, learn new skills and connect with others.

**When:** Thursdays 12-2pm starting March 3<sup>rd</sup> – refreshments provided

Where Brunswick Church Ardwick M13 9SX .  
Sign up with name and contact details to [Mo@brunswickchurch.org.uk](mailto:Mo@brunswickchurch.org.uk) 0161 2736608



**5/3/2022** skiddle

**#YouAreNotAlone 2022**  
Manchester x **Mind Manchester**

DEJA VEGA / THE CLAUSE / LOOSE ARTICLES / RATS / GATHERING OF STRANGERS / THE C395 / RYAN JARVIS / THE HOWLERS / JAMES HOLT / HATES TALKING / DIRTY LACES / COBAIN JONES / THE ZANGWILLS / SUPERA MORZA / GLAMBOY / KAIDEN NOLAN / AFTERNOON PEOPLE / COLD WATER SWIMMERS / THE JADE ASSEMBLY / SPIN KLASS / DR DR / PEACOCK METHOD / CHRIS WISE & THE HIDDEN REVOLUTION / DOLLIE DEMI / HAIG / THE SHED PROJECT / SPLINT / UNO MAS / THE JUICE / JESS KEMP / HI FRISCO / MANIFESTO / MCRAE / 25TH HOUR / M&O / FLEX / HEY BULLDOG / THE PAGANS S.O.H / FREEDA / LEON THE PIG FARMER / OCEANS ON MARS / CAROUSEL CLOUDS / THE HEAVY NORTH / THE RECREATION / MANILLA TIMES / LITTLE STRANGE / THE HACIENDAS / MERCY KELLY / ANGEL HILL / GENERATION / LUCY GAFFNEY / WAX-TREE-CAST / MEGAN WYN / DAISY VALENTINE / SINCLAIR / DOUBLE GOOD COMPANY / WOMAN YOU STOLE / PART TIME SIGNALS / HORLA / HUDSUN / CORVUS & THE MORNING STAR / THIS SUMMIT FEVER / THE AUTISTIX / LUCA / DOCK CITY / GARY JOHN TAYLOR / LAS VEGAS, MAN / KILLER PASCAL / THE NOTION / FOXGLOVE / REID ANDERSON / LIAM MCCLAIR / GALLIA / JAMES HARTLEY / SPRINGFIELD ELEMENTARY / WE'RE ALL ALIENS / HARRIET ROSE / ARMS & HEARTS / JACE CAMPBELL

**+ DJS ANNOUNCED SOON!**

OFF THE SQ. | ROSCOE HORNET | 33

You are not alone festival returns in 2022, in aid of mental health charity Manchester mind. For tickets visit -<https://www.skiddle.com/festivals/you-are-not-alone/>

## Jewellery Making Course



Learn how to make your own jewellery with Patricia!  
Join this FREE 3 week course, all materials provided.

Fridays, 10:30am – Midday

1<sup>st</sup> 3 week course: 4<sup>th</sup>, 11<sup>th</sup> & 18<sup>th</sup> February

2<sup>nd</sup> 3 week course: 4<sup>th</sup>, 11<sup>th</sup> & 18<sup>th</sup> March

At Northmoor Community Association, 95-97 Northmoor Road,  
Longsight, Manchester, M12 5RT.

Limited spaces. Open to people aged 18+, all genders welcome.

To sign up call 0161 248 6823, text 07458 300 781 or email  
fiona@northmoorcommunity.org.uk

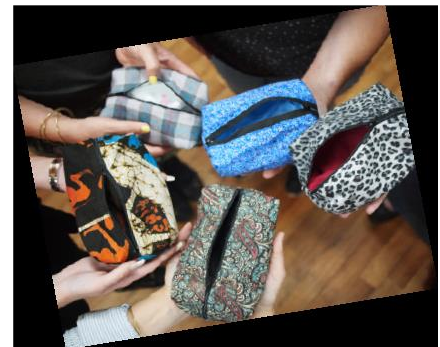
By signing up, you are agreeing to attend all 3 sessions where possible.  
This course will be delivered in line with Government COVID-19  
guidelines.

**BeeWell Crafternoons** :Free 10 week creative sewing course.For adults local to Gorton M18,  
who are facing mental health challenges. Gain & share skills,  
Meet new people ,Upcycle, Craft,Sew, Raise £ for charity

Starting 3rd March 2022, 1-3:30pm every week at Gorton  
Monastery (M12) For info, contact Stitched Up,

hello@stitchedup.coop: tel 07391785078

*Stitched Up*



**Manchester  
Wellbeing Fund**



in the next few months The GM Wellbeing Team Greater  
Manchester Health and Social Care Partnership have so  
many brilliant FREE online courses around [#Nutrition](#),  
[#MentalHealth](#) and [#PhysicalActivity](#) such as:

[#MSK](#) Physical Activity  
Nutrition for [#Menopause](#)  
Desk Posture

[#LGBTQ](#) Inequalities awareness

CLICK TO BOOK <https://eventbrite.co.uk/o/gm-working-together-29776269995>

# Celebrating Syria

2022

A festival of arts and culture  
مهرجان احتفالية سوريا

Manchester  
11 - 26 March

HOME CONTACT



Supported using public funding by  
ARTS COUNCIL  
ENGLAND

Celebrating Syria Festival will take place from 11-26 March 2022 and will be a hybrid of events held online and in person. It will feature, among other activities, an art exhibition, a theatre performance, live music, films, panel discussions and interactive art workshops, and will end with a family fun day. There will be something for everyone. The theme of this year's festival is 'Distance', or Masafat مسافات in Arabic, a title that is 'inspired'. For more information about shows and events please visit <https://www.celebratingsyria.org/>



# THE TIME IS NOW!



**A series of weekly workshops to boost your confidence and help you decide on what you really want to do.**

Whether that's discovering a new career, starting your own business, gaining a new qualification, or anything in between, now is the time for you to discover your goal and make a change.

**Next course starts 9th March 2022**



The sessions will be held at both Barlow Moor Community Association and on Zoom, so you have a choice to be there in-person or online. There will also be guest presenters to cover specific topics and give you practical techniques to work on.

**Interested?** Book by emailing [EmploymentSupportReferrals@southwayhousing.co.uk](mailto:EmploymentSupportReferrals@southwayhousing.co.uk) or call 0161 448 4200. There are limited places available. Please let us know if you need support using Zoom for the first time.

Barlow Moor Community Association, Merseybank Avenue, Chorlton, M21 7NT

# Creative Writing



If you're 50-70 and looking for work or training opportunities then join the online course to create your own unique piece to be broadcast on Sonder Radio

Weekly online sessions starting 3rd March 2022  
10:30am - 3:30pm every Thursday for 12 weeks

No experience needed in order to join and equipment required can be supplied.

Contact us via email: [hello@sonderradio.com](mailto:hello@sonderradio.com)  
or call us on: 0161 820 2190/07933 773118

## Sonder



Power to the women.  
We gonna smoke the boys

Who run the world? GIRLS.

Who said girls can't break?



**DANCE BATTLES**  
BBOYS VS BGIRLS

**ALL MALE SQUAD**  
POPPING & HIPHOP

**VS**  
**ALL FEMALE SQUAD**  
POPPING & HIPHOP

**THEATRE NIGHT** NEW  
CYPHER JAM  
EXHIBITION BATTLE

**WORKSHOPS IN ALL**  
**FOUR ELEMENTS**



**HOSTS**  
SWIFTY   
MC NIGE

DJ FLEG   
DJ KHANFU   
DJ PUUU   
DJ DIGGA CRAZY

# GROOVANOMETRY

## FESTIVAL

4th, 5th & 6th March **2022**



**THEATRE NIGHT/ OPENING PARTY**- Theatre shows 7pm- 9pm/ Opening party 9pm- 12am  
Friday @ 53Two- Arch 19 Watson St Manchester M3 4LP

**WORKSHOPS**- 11:00-2pm , **CYPHER JAM (QUALIFICATIONS)**- 3PM - 8PM  
Saturday @ Niamos - Warwick street, Hulme, M15 5EU

**MAIN EVENT (HIGHLIGHT EXHIBITIONS)** 1pm- 6pm  
Sunday- Breadshed (The Flour & Flagon)

Tickets on sale at [www.groovanometry.com](http://www.groovanometry.com)



Wellbeing is defined by the Oxford English Dictionary as “the state of being comfortable, healthy, or happy.” However, it is important to realise that wellbeing is a much broader concept than moment-to-moment happiness. While it does include happiness, it also includes other things, such as how satisfied people are with their life as a whole, their sense of purpose, and how in control they

feel. There are five ways to wellbeing, Connect, Be active, keep learning, give and take notice, here are some ideas of things you can do in the community or online linked to the different ways of wellbeing



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

**Digital inclusion Manchester** helping in becoming more confident with your smartphone, tablet, laptop or computer. Do you know someone who has internet access at home but doesn't have the skills or confidence to use it as effectively as they would like? Whether you have a smartphone, tablet, laptop or computer, free telephone support is available. Support is given on a wide range of things from turning on your device, setting up an email address, making video calls, downloading apps, booking your on-line supermarket shopping, finding health information and booking GP appointments etc. Calls can be made in 16 languages. Text 07860064128. Leave your name and area of Manchester where you live or Email: [digitalinclusion@manchester.gov.uk](mailto:digitalinclusion@manchester.gov.uk) with the person's details including their name and area of Manchester where they live.

**OT creative  
SPACE**

The photography walk : every month on the last Friday of the month. Meeting at OT creative SPACE at 10.30am and we will do a quick brew in the studio after the walk too.

Other regular events are: Tuesdays 10.30am-12.30 Creative Connections- Currently doing embroidery until Easter. All welcome, no experience needed. Wednesdays 1-3pm- Brew on the Bench- come and have a brew on our bench out the front of the studio, have a chat with a volunteer and have a look at the art in the window. Thursdays 10am-12 Creative Conversations - A group to practice English Conversation whilst doing something creative. 27 Ayres Rd, Manchester M16 9WA Call, Text or WhatsApp us on 07823504223



Due to popular demand the Positive Steps Book Club is returning for 2022. It will be every other Wednesday from 12:30 to 1:30pm started in Feb -Contact Mo for more details and to reserve your book. phone 0161 273 6608. Where: Brunswick Parish Church. 42 Brunswick St, Manchester M13 9TQ

Led by the interests of its members, Rainbow Flourish Online is a free monthly social group run by Pride in Ageing at LGBT Foundation for LGBT people over 50. This group is a place to learn new skills and develop personal growth in areas that interest you.

Come along and join in with our monthly activities while meeting other LGBT people in your local community.

This group will take place on the second Tuesday of every month. Booking is essential. Please book your free place for this event via event brite <https://www.eventbrite.co.uk/e/rainbow-flourish-online-a-free-group-for-lgbt-people-over-50-tickets-164131829721?aff=ebsoporgprofile> and we will be in touch with full arrangements and venue details in the week before the event. Any resources needed for a group session will be posted out to you free of charge before each event. Ticket sales will close 5 days before each online event to ensure enough time for resources to be posted out. With different groups throughout Greater Manchester . These groups are run by Pride in Ageing at LGBT Foundation and are supported by Ambition For Ageing and the Older People's Fund. For more information visit <https://lgbt.foundation>.



A daytime event that offers peer support for those who are or have experienced addictive behaviour. <https://lgbt.foundation/events/lgbt-recovery-support-group/11928>

## From ISOLATION to INCLUSION



For many people in difficult situations, loneliness can be a reality of life. Through our RE-ENGAGE programme, we help everybody to feel like part of the community. The ways we do this include:

- **WELL-BEING SUPPORT** - clients are given access to opportunities which promote the value of physical, emotional and mental well-being, e.g. trips, parties and other social days plus open access Health and Well-

being.events where local and relevant well-being services promote their services to our clientele.

- **LEISURE ACTIVITIES** - We offer pool, table-tennis, board games and quizzes at each of our sessions as a means of addressing the boredom needs of a more diverse group of potential clients.
- **COMMUNITY SUPPORT TEAM** - with interventions as described above (in RE-BUILD).
- **GROUP ACTIVITIES** - short-term programs, such as craft workshops, gardening and a choir.
- **Our Cafe**

The Oasis Centre is open Monday, Tuesday, Wednesday and Thursdays 10 am to 2 pm at 929 Hyde Road, Gorton, M18 7FB.



**GOING THROUGH  
A STORM  
OR JUST BEEN  
THROUGH ONE?**

**ANDYSMANCLUB**  
are talking  
groups for men to  
**HELP YOU** through  
those storms.

**ANDYSMANCLUB  
MANCHESTER**

**MANCHESTER**  
86 Princess Street,  
Manchester, M1 6NG

**EVERY MONDAY 7PM  
EXC. BANK HOLS**

**FIND OUT  
MORE** [info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk)  
[www.andysmanclub.co.uk](http://www.andysmanclub.co.uk) **#ITSOKAYTOTALK**

ANDYSMANCLUB is a registered charity in England and Wales (1179647) and a Company Limited by Guarantee, registered in England and Wales (11118153)



**BRUNSWICK  
'BEESTRO'**

Brunswick Church  
**Positive Steps**  
with you every step of the way

Tuesday, Wednesday, Thursday lunchtime  
at Brunswick Church from 10:30am to 2pm

Serving drinks and light refreshments, plus on Tuesdays from 1-2pm, a hot meal for £1.

More info contact Mo: 0161 273 6608 42 Brunswick St, Manchester M13 9TQ .



## Thursdays are Mustafia Sharif Community Well Being days.

10.00 – 12.30 every Thursday: From 10 – 11:30am tea, cakes and conversation. 11:30am – 12:30pm Come along and learn how to grow your own Fruit and veg, learn about seasonal plants and flowers, help to improve the environment, natural crafts inc. willow weaving and wreath making, flower arranging and arts and crafts

Come along, make new friends and have fun! Address: Ibrahim Maine Centre  
27 29 Maine Rd, Rusholme, Manchester M14 4FS For more information, contact  
mustafiasharif@hotmail.co.uk



**Shared reading group** -we read short stories, poems and novel extracts together. Everyone is welcome to read aloud in turns, but it is fine if you prefer to simply listen. There will be time to discuss our thoughts and feelings about what we have read afterwards. Refreshments will be

provided. The group takes place weekly on Mondays 9.30-10.30am. Birch Community Centre, Brighton Grove, Rusholme, M14 5JT

**If you are interested please call/text/buzz neighbourhood health worker Patricia – [patricia.williams@gmmh.nhs.uk](mailto:patricia.williams@gmmh.nhs.uk) / 07818 523 098 / 0161 271 0590.**



**Yellow bird support group**-Yellow bird is a charitable organization set up to provide advice, support and enjoyable activities to counteract social isolation amongst the older people of Moss side : Gentle exercise, arts and crafts , benefits and housing advice, occasional trips. Thursday 11.30-3pm @ Church of prophesy, 300 Moss Lane east m14 4SS

Thursday @ Coffee cranks café in **[Alexandra Park, Demesne Road, Manchester M16 8PJ](#)** - or to find other local tables call **07455966597**

**Hope café** Are you hungry? Join us for a free breakfast and a chat , 12-2pm on Wednesdays @ New Hope Church Tatton Street Hulme M15 4EQ – Less than 10 min walk from Cornbrook metrolink station



## Manchester City Carer Awareness campaign.

If you look after someone in Manchester, Carers Manchester is here to help you access the support and advice you need.

Carers Manchester is a group of organisations, working together to improve services for Manchester's unpaid carers.

The Contact Point acts as a first point of contact for all unpaid carers in the Manchester City Council area, who require advice and support. This service is delivered through a partnership of Gaddum, LMCP Care Link, Manchester Carers Forum and Wai Yin Society. Carers are able to contact this service via the website, on our Contact Point helpline (Monday – Friday 10am – 4pm except bank holidays, and 10am – 6pm on Wednesdays) email and Facebook messenger.



Telephone: 0161 543 8000 Web site: [www.carersmanchester.org.uk](http://www.carersmanchester.org.uk)  
email: [contactpoint@carersmanchester.org.uk](mailto:contactpoint@carersmanchester.org.uk) #WeCareSoYouCan

**The Reader in Withington Library, from 12 January–20 July 2022, free entry** The Reader are running a new hour-long Shared Reading Group for adults in Withington Library, fortnightly on a Wednesday evening, from 6.30pm. These groups are a wonderful opportunity to listen to great stories and poems being read aloud, and then to have a chat about them. There's no pressure to talk – you can just come along and listen if you prefer. Shared Reading is a great chance to meet others in the community, and to hear some amazing literature. And it's free! 410 Wilmslow rd Withington M20 3BN tel: 01612273720



**Connecting the Dots:** Connecting the Dots is a network to link refugees and people seeking asylum to online creative opportunities, mental health services, local events and activities in Greater Manchester. On the Afrocats website you'll find additional information and activities along with leaflets in French, Urdu and Farsi that can be downloaded to share with your networks. [afrocats.org.uk/connecting-the-dots](http://afrocats.org.uk/connecting-the-dots) If you have activities that can be opened up to the people we work with, please get in touch. [info@afrocats.org.uk](mailto:info@afrocats.org.uk)



# **WE ARE BACK!**

## Activity Timetable

### **Monday -**

**10:00 - 12:00 - Gardening group.**  
**11:00 - 12:00 - Circuit training over 50s**  
**12:00 - 13:00 - Over 50's exercise**  
**13:00 - 15:00 - Writing class**

### **Tuesday -**

**11:00 - 13:00 - Art Group**  
**17:00 - 19:00 - Karate Classes**

### **Wednesday -**

**12:00 - 15:00 - Seanchai cafe**  
**9:00 - 15:00 - community Grocer**

### **Thursday -**

**10:30 - 12:30pm - Women's creativity/  
confidence building session.**

### **Saturday -**

**11:00 - 12:00 - Karate class**

Aquarius centre 21 Eden Close, Hulme, Manchester M15 6AX: Contact  
Us [Aquarius@onemanchester.co.uk](mailto:Aquarius@onemanchester.co.uk)



...for carers/families of those affected  
by mental illness

**Do you look after someone  
with a severe mental illness?**  
*...or know someone that does?*

**... for carers/families of those affected by mental illness**  
**0161 945 5044**

### **Home visits**

To provide support, help and information

### **Support groups**

To meet others, join in workshops and social activities

### **Volunteering**

Opportunities to get involved

**Education and training**-Free courses in mental health and related topics

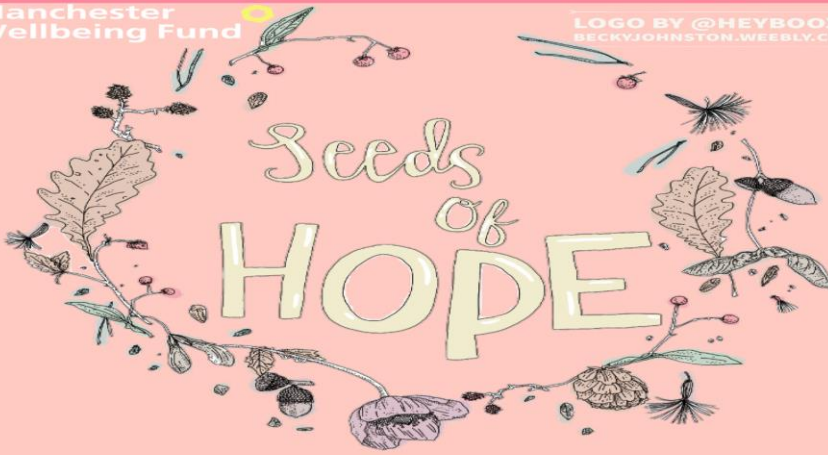
Supported by:

[www.connectsupport.org](http://www.connectsupport.org)

Email: [info@connectsupport.org](mailto:info@connectsupport.org)

Manchester Wellbeing Fund

LOGO BY @HEYBOOXY  
BECKYJOHNSTON.WEEBLY.COM



EATING DISORDER RECOVERY  
PEER SUPPORT GROUP  
FOR WOMEN 18 + IN  
GREATER MANCHESTER

ONLINE SESSIONS  
TWICE MONTHLY

All eating disorders welcome.  
We ask that all attendees  
are committed to and  
established in recovery.

For a registration form, or if  
you have any questions, please  
email Helen and Eleanor  
[seedsofhopemanchester@gmail.com](mailto:seedsofhopemanchester@gmail.com)

INTERESTED IN  
VOLUNTEERING?  
GET IN TOUCH!



work to reduce isolation and loneliness for people over 50 and adults with long term health conditions and disabilities. We aim to do this by building networks of support to improve peoples quality of life and sense of wellbeing.

**Currently we have the following groups running: Monday 11-2pm**– social group for socially isolated people, **Wednesday 1-3pm** – art group (self-taught) cost 50p- some materials provided, **Thursdays 2.30-3.30** – seated/standing exercise group (cost £1) , **Trinity house, Grove close (off Platt lane) Rusholme M14 5AA tel: 0161 2251064**

# Reach us if you need someone to talk to, we all do!

This is a UK-wide project which aims to provide over-the-phone befriending service to individuals who need social support.

You will be matched with our trained volunteers who are like-minded and share same interests as you. Additionally, we offer befriending service in Albanian, Arabic, Greek, Kurdish, Romanian, Russian, Turkish, and many more languages.

Our volunteers will contact you and have a pleasant conversation with you over the phone, all from the comfort of your home.

Please do not hesitate to reach us if you need someone to talk to, we all do!



[talkingbubble@dialoguesociety.org](mailto:talkingbubble@dialoguesociety.org) | **Tel:** 07923342453 | [dialoguesociety.org](http://dialoguesociety.org)



## New online peer support group for people with anxiety and depression

In light of the current situation, we have changed the way we deliver services at the moment. As we're not currently able to run our drop-in groups, we've created a new [Peer Support Facebook group](#). The group is open to everyone, over the age of 18, across Manchester. Like our face-to-face drop-in groups, it aims to offer a sympathetic and non-judgmental space online where you can meet others who also struggle with anxiety and depression. Anyone who joins the group will be able to share ideas on how to cope with anxiety and depression, and access help and information. Facilitators from Self Help will moderate the group on a regular basis, with information shared week-by-week on when they will be available to respond to messages.

To join the group, please visit: [www.facebook.com/groups/selfhelppeersupport](https://www.facebook.com/groups/selfhelppeersupport). If you have any questions about the group, please contact: **George Barrow** [george.barrow@thebiglifegroup.com](mailto:george.barrow@thebiglifegroup.com) or **Nicola Mungroo** [nicola.mungroo@thebiglifegroup.com](mailto:nicola.mungroo@thebiglifegroup.com)



# MIENOPAUSE BUDDIES

Women's Mutual Support Group  
Thursdays 6-8 pm  
Westcroft Community Centre  
24-26 Westcroft Road Burnage M20 6EF  
No need to book just turn up,  
Entrance via the side door

FOR MORE INFO EMAIL  
COMMUNITY.BLOX19@GMAIL.COM

OR CALL/TEXT/EMAIL BERNIE  
YOUR BUZZ NEIGHBOURHOOD HEALTH  
WORKER  
07971 331 537  
BERNADETTE.MURPHY@GMMH.NHS.UK



As the country begins to return back to 'normal' we are slowly returning to our schedule of Support Groups at the **Kath Locke Centre, HULME** and **No. 93 Wellbeing Centre, HARPURHEY**.

All group meetings and activities are delivered within Government COVID19 infection prevention and control guidelines (socially distanced and PPE equipment provided and worn) For more information about our groups, services or projects, or you may want some advice or just need someone to talk to, please contact us, Monday to Friday 9am to 5pm: Alternative, refer to our What We Offer page. Tel: **0161 455 0211 (Kath Locke Centre) / 0161 271 0908 (No 93 Wellbeing Centre)** Mobile: **07496 089310 & 07949 949782 (KLC) / 07908 429297 (No. 93)**

Email: [info@can-survive.org.uk](mailto:info@can-survive.org.uk)



## WALKING MUM'S CLUB

A COMMUNITY OF MUMS WHO SHARE, CARE, SUPPORT AND LISTEN  
WHILST WALKING WITH BABES IN TOW.

### MONDAYS

10AM - DIDSBURY

11AM - WYTHENSHAW

### TUESDAYS

10AM - LEVENSHULME

11AM - GORTON

### WEDNESDAYS

10AM - CHORLTON

11AM - CHORLTON (MUMS TO BE)

### THURSDAYS

10AM - WHALLEY RANGE

11AM - FALLOWFIELD

ALL WALKS ARE FREE BUT YOU WILL NEED TO BOOK YOUR PLACE AS NUMBERS ARE LIMITED TO SIX MUMS PER WALK. FIND US ON FACEBOOK AND INSTAGRAM: @WALKINGMUMSCLUB AND USE THE EVENTBRITE LINK TO BOOK -

[HTTPS://WWW.EVENTBRITE.CO.UK/O/WNG-MUMS-CLUB-CIC-31578399209](https://www.eventbrite.co.uk/o/wng-mums-club-cic-31578399209)



**TALK  
ABOUT IT,  
MATE**

## FREE WEEKLY MEN'S PEER SUPPORT GROUP

Join us:

**THURSDAYS**

**7:00pm to 8:30pm**

**Levenshulme Old Library,  
M19 3QE**

  
talkaboutitmate.co.uk





Home of justice, provide all refugees, asylum seekers, women and migrants in Manchester access to our justice services and support they need to enable them to lead a full, happy and healthy life, as part of their local community . Homeofjusticenetwork.org. To book an appointment contact 07751168888 or email [homeof.justicenetwork@mail.com](mailto:homeof.justicenetwork@mail.com)

**Silvercloud** - Free online therapy for the population of Manchester :All Greater Manchester residents can now access online therapy to help with stress, anxiety, low mood and depression. Silver Cloud offers a number of online programmes to help ease stress levels, improve sleep or build resilience. Each programme uses proven methods, including cognitive behavioral therapy, and all information entered is anonymous, confidential and secure. The provision of Silver Cloud is part of a Greater Manchester wide programme of new digital services and online support. This new package of support aims to help people to stay well, reducing the need for them to attend GP practices or hospitals. This new provision is open to all. To find out more and sign up to use Silver Cloud, go to <https://GM.silvercloudhealth.com/signup>

For more information on other digital services available

<https://www.greatermanchester-ca.gov.uk/news/new-mental-health-services-for-people-affected-by-social-restrictions/> <https://GM.silvercloudhealth.com/signup>



**Europaia** is an organisation that supports, trains and represents European nationals here in Greater Manchester: 'Through our practical community projects, events, training sessions, advice clinics and legal surgeries, we give European citizens the knowledge, skills and confidence they need to integrate into their local communities, take on new and fulfilling challenges, and most importantly, to feel at home here in Greater Manchester. We offer a range of services to suit all needs, and our friendly and professional team is on-hand to help, whether

you're looking for an answer to a specific question, or just want someone to talk to.' website <https://europia.org.uk/> or contact via [0333 305 8570](tel:03333058570) or email [support@europia.org.uk](mailto:support@europia.org.uk)





## 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.

There's still time to sign up for our free +Skills sessions starting in March! If you're not working/studying and fancy learning music, sewing, gardening and other brilliant new skills - join us! @ Email [volunteering@lev-inspire.org.uk](mailto:volunteering@lev-inspire.org.uk) or 📞 call 0161 676 8540 to find out more.



skills

## about us

+skills is a volunteer programme running until the end of April at Inspire Centre in Levenshulme. Come and learn a variety of skillsets in a warm and friendly setting.

## the program

We will be running six subjects for the Spring and each will consist of five 3-hour sessions. Choose from:

**Cooking** or **Creative Writing**  
or **Arts & Crafts**  
and then

**Music** or **Sewing** or **Gardening**

## get involved

Sound like something for you? As long as you meet the following criteria we'd be delighted for you to get involved:

- not in full time education
- not in any form of employment
- not on furlough

We're a lovely bunch and we can't wait to meet you. For further info, check out our website and social media pages. We are enrolling now so don't delay in getting in touch and prepare to be inspired to learn and share.

## find us

Inspire Centre,  
747 Stockport Rd,  
Levenshulme,  
Manchester,  
M19 3AR

**0161 676 8530**

[volunteering@lev-inspire.org.uk](mailto:volunteering@lev-inspire.org.uk)

[lev-inspire.org.uk](http://lev-inspire.org.uk)

@levinspire



There's still time to sign up for our free +Skills sessions starting in March! If you're not working/studying and fancy learning music, sewing, gardening and other brilliant new skills - join us! @ Email [volunteering@lev-inspire.org.uk](mailto:volunteering@lev-inspire.org.uk) or 📞 call 0161 676 8540 to find out more.



Volunteering at Manchester Mind can be a really rewarding and worthwhile experience and it can bring many benefits too – whether that's learning new skills or rediscovering old skills and passing on

skills, building confidence, meeting new people, being valued. When we volunteer in any way we build our own positive mental health.

We are currently looking for volunteers to support the delivery of the Mums Matter Course and also to help facilitate the Mums Matter Peer Support Groups. Ideally you will be a Mum yourself and have lived experience of mental health challenges or a good understanding of mental health challenges, such as postnatal depression, anxiety and worrying thoughts. For more information visit

<https://www.manchestermind.org/volunteer-opportunities-mums-matter/>

or

please call us Carrie on **07592376720**



-We are currently looking for enthusiastic volunteers who may have an interest in craft and design and are familiar with our historic Victorian building, a former fish market. If you have personal experience of working in the building before the conversion to a Craft Centre your knowledge would make you an ideal volunteer.

We are looking for people to join our existing bank of committed volunteers. Our opportunities for volunteers are varied and include assisting staff at events which may include:

- craft workshops
- plant swaps
- data input
- exhibition launch events
  - welcoming visitors

We are especially keen to recruit volunteers who will welcome visitors to our Centre and talk about our history. The Centre is focusing on Community Consultation through 2022 and are keen for our volunteers to be involved. For more information go to <https://www.craftanddesign.com/support-us/>



### TAKE NOTICE

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



**COME AND JOIN US  
EVERY WEDNESDAY  
FROM 11.30AM - 2.30PM  
AT THE BETHSHAN  
INTERNATIONAL  
CHURCH 29 CROWCROFT  
ROAD M12 4DF JUST OFF  
THE A6**

**BUS ROUTES:  
150, 192, 197**

**CARERS & CAREES  
FOR ARE  
WELCOME TO  
ATTEND  
TOGETHER**

### WE PROVIDE:

**REFRESHMENTS  
A LIGHT LUNCH  
LIVE MUSIC  
FRIENDSHIP  
ADVICE  
INFORMATION  
& MUCH MORE**

**MARION: 07767497625**

**EMAIL:**

**PQFG.DEMENTIA@GMAIL.COM**

**@PQFG.DEMENTIA**



## **BMCA at The Den**

**Every Thursday and Friday**

**9.30am — 1.30pm**





**COMMUNITY MEALS**

Aiming to make food poverty, loneliness and food waste a thing of the past for every community

The graphic features two circular images: on the left, two women in aprons holding a tray of cookies; on the right, two men in red 'FOOD CYCLE' shirts carrying crates. Between the images are icons of a banana, three tomatoes, and a pea pod.

Reminder! FoodCycle's new Community Meals service is back at Inspire Wednesdays from 7pm, serving up FREE tasty meals made from surplus ingredients. Come along to 747 Stockport Rd M19 3AR for good food and good company - all are welcome, no sign up or subscription needed!

### Manchester Open Exhibition 2022

Fri 21 Jan 2022 – Sun 27 Mar 2022

The exhibition will be open to the public from Mon 24 Jan – Sun 27 Mar 2022 with an opening weekend, Fri 21 – Sun 23 Jan, dedicated to artists.

HOME's Gallery walls will be filled with work from 400+

Greater Manchester residents, selected by a panel consisting of art experts and community representatives. With an amazing **2,271** artwork entries, the judging panel was impressed by the range, quality, differing artistic styles, and inspirational work being created across Greater Manchester. That's why we launched the Manchester Open Exhibition in 2019 – our first major open-entry art show celebrating the creative talent of Greater Manchester residents. **Home 2 Tony Wilson Place Manchester m15 4fn**



**Acting on Impulse** putting marginalised **people centre stage.**

All welcome to our free ,acting workshops. We'll create stories and characters

together and make a film. Watch our films on our YouTube channel.

**Contact: Sue 07880 758361**

**[actinonimpulsemail@gmail.com](mailto:actinonimpulsemail@gmail.com)**



**Spring 2022 @ Trinity Sports Centre**

Cambridge St, Hulme, M15 6HP

**Refreshments 2.45pm**

**Workshops 3 - 5pm**

Sunday 6th and 20th March

Sun 3rd,10th (tbc),24th April

Sunday 1st May (tbc)

**Tuesday Philosophy Cafe at the gallery** : first Tues of the month :Manchester Art Gallery. ***Is it fair or just to privately own significant pieces of art?*** **How to book** Booking is essential to keep the session covid safe. Please do not just turn up. The gallery will be closed to the public and you will enter via the side Princess street entrance. There will be 15 places. I will send an email one week before the session and places can be booked via email. First come first served but if you miss out, I will put you down for a place for the following month. We are not offering places on Eventbrite or through the gallery website at this point. Manchester art gallery -**Mosley Street, Manchester M2 3JL** Tel: 0161 235 8888 for more information email : [ruth.edson@manchester.gov.uk](mailto:ruth.edson@manchester.gov.uk)



### **Be Active**

Being active is great for your physical health and fitness. But evidence shows that it can also improve your mental wellbeing. Especially as during lockdown we can access the community to exercise

If you are aged 60 or over, you can enjoy free swimming in Manchester every day, all year round during general swim sessions. You can swim at any pool operated by the Council including Abraham Moss, North City, Manchester Aquatics Centre, East Manchester, Arcadia, Moss Side, Hough End and Wythenshawe Forum. To register, visit your local pool that offers 'free swimming' and ask a member of staff to help you. When you register you will need to bring with you: proof of age (bus pass, driving license, passport, birth certificate): and proof of where you live (utility bill, such as your council tax bill, gas bill etc).



**[www.manchester.gov.uk/info/200087/sport\\_activities\\_and\\_fitness/5256/swimm](http://www.manchester.gov.uk/info/200087/sport_activities_and_fitness/5256/swimm)**

St Johns community centre -4-30  
StJohn's Rd, Trafford M16 7GX

Pilates (women only)	Monday 9.15-10am, £4	Beatriz 07842528964
Table Tennis	Monday 5-6pm, £3	Contact the Centre 0161 872 7795
Shin'sTaekwondo	Monday and Thursday 6.30-8pm	Contact the Centre 0161 872 7795
Ignite Yoga (mixed)	Monday and Thursday 8.30-9.30pm, £5	Marie 07540912958
Yoga (women only)	Thursday 9.15-10am, £4	Beatriz 07842528964
First Steps to Fitness	Thursday 2.30-4pm, Free (includes tea and cake)	Contact the Centre 0161 872 7795
Core&Conditioning- Female only	Friday 12-12.45pm, £3.50	Polly@bebolder.uk
Yoga (mixed)	Sunday 10-11am, £5	Contact the Centre 0161 872 7795

**Women's Programme: Dance Out** :Dance Out is a fun, beginner friendly, FREE dance class for all LGBT women and non-binary people who wish to access a woman-centred space. With a variety of dance styles taking place over the course of these twice monthly hour long sessions, this will be an amazing opportunity to try your hand (and feet!) at some dancing. Whether you're

at home on the dancefloor or only ever dance on your own in the kitchen, this is the class is for you. The point of Dance Out is to get moving, meet some new people, and most importantly, have fun! Classes take place twice a month at Studio 25, an accessible dance studio in Manchester City Centre. No need to commit to a number of classes – just sign up, come along, and try it out! Generously funded by This Girl Can and Sport England. For more information go to <https://lgbt.foundation/events/womens-programme-dance-out/11937>



**Lady barn volunteer Led walking and talking group** suitable for age 65+ but people of all ages welcome. A chance to meet new people and keep fit and well  
Started Wednesday 19<sup>th</sup> Jan, no need to book . continuing weekly Wednesdays 10.30am meeting point Park gate On Parrswood rd (next to Briarfield rd) 1hr walk  
For more information contact ladybarn community Hub- 0161 224 3733



**Join other dog walkers**, for a chat and a walk around the lake Alexandra park every Tuesday 11am meet outside Coffee cranks café Manchester, England M16 7JL

**Transport for Greater Manchester – Free cycle training:** Transport for Greater Manchester have restarted their FREE cycle training in Manchester:

Learn to Ride: Saturdays 10am-12 noon (fortnightly). Alexander Park. M16 7JL

This course is for you if you're new to cycling or haven't ridden for many years. You might not even have a bike. Run by a qualified instructor, the course will give you the confidence to take the first step into cycling, at your own pace, starting from getting on your bike. You'll be in a small group with other beginners in a quiet outdoor area and there's no pressure; come to as many sessions as it takes. You'll learn to get on and off your bike, how to start and stop, steer and change speed and how to check your bike before you ride. Bikes can be provided if needed.



Road Rider Ready: Saturdays 1pm-3pm (fortnightly). Alexander Park. M16 7JL This is for you if you can ride off the road but want to learn the skills needed to ride alongside traffic and with other road users. Sessions are open to those over the age of 12 when accompanied by an adult or 16 when unaccompanied. Run by a qualified instructor, you'll be in a small group with people of similar ability. You'll start in a traffic-free area, before putting your new skills into practice on quiet roads. You'll learn how to make short road journeys safely and gain the confidence to ride in traffic. Bikes can be provided if needed

For further information or to book a place visit [Cycling skills and bike maintenance courses | TfGM Active Travel](#) or <https://cycletraining.tfgm.com/publicbooking>



**Football therapy** -Wednesday evening at 6pm at Longford Park in Stretford m32 8qb, get together for a casual kickabout and match. Meet- the Quadrant entrance there our two buildings 1 at the front and a community hall separated by a little car park just off the quadrant roundabout. This is the start of a few football pitches a huge grassy area this is where we set up at the

moment. [manchesterfootballtherapy@gmail.com](mailto:manchesterfootballtherapy@gmail.com) for more info



a Ramblers' walking group for Greater Manchester and its surrounding areas. If

you like the sound of one of our walks and think you'd like to come along, we will be delighted to see you. Come & Try for future walks visit [Manchester Weekend Walkers - Manchester 40+ Rambling Group \(mwwalkers.org.uk\)](http://mwwalkers.org.uk). You are welcome to join us for upto three walks to see if the group is for you before joining the Ramblers'. If you have any questions then please feel free to contact us on [walks@mwwalkers.org.uk](mailto:walks@mwwalkers.org.uk) Hope to see you on a walk soon!



### 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.***



Come and talk to students from Manchester Metropolitan University about your Health and Diet. Brunswick Church, Wednesday from 2 March: 11am - 1pm .Where: Brunswick Parish Church. 42 Brunswick St, Manchester M13 9TQ Every Wednesday from 2 March: 11am — 1pm





# life-changing project abroad !

## Ever thought about taking part in a worthwhile project abroad, while developing professional & personal skills?

UK-based organisation, Everything is Possible, is offering volunteering/training projects to help you **develop skills** in project such as:

### Football & sport coaching / Social welfare / Animal care

These are 3 months projects taking place in countries such as **Croatia, Aruba, Malta, Greece, Sweden** or **Spain**.

**These projects are free.** They are funded by the European Solidarity Corps or Erasmus+ programmes of the European Union. There are no costs to you (flights, food and accommodation are paid for you).

**Who is it for?** We are looking for young people aged 18-30, living in the UK, confident and ready to try new things. These projects may be an alternative opportunity for those who have not achieved what they hoped for in their A-levels or may not now be going to university due to COVID-19 disruptions. For some projects in Aruba, you may need a driving licence.

**About Everything is Possible:** We are a non-profit organisation based in York. Over the past 22 years we have helped thousands of young people, to experience international mobility opportunities.

**Join one of our next info sessions on the 7th March, 7pm (online).**

## Find out more

EVERYTHING IS  
POSSIBLE 



Register to our next info session: [www.everythingispossible.eu](http://www.everythingispossible.eu)

## Knitting and Crocheting Club (16 +)



At Westcroft Community Centre



Starts: Wednesday 2<sup>nd</sup> February  
2-4pm



Come along bring your own knitting and crocheting projects  
Beginner's welcome come and learn a new skill with help on hand to show you how!



A cuppa and cake provided ☺



For more information contact Linda:  
[L.Duffy@Southwayhousing.co.uk](mailto:L.Duffy@Southwayhousing.co.uk)

## Improve your IT skills : Make IT Click course

Learn : Outlook/gmail word documents spreadsheets , presentations etc

Tuesdays/Wednesdays 11.45-12.45 for more information contact Golden centre of opportunities - [0161 425 078080](tel:0161425078080) Demesne Rd, Manchester, M16 8PJ

### Adult education and Sure start

Family Learning ESOL, Talk English and Teaching assistant courses will be running in conjunction with Gorton and Levenshulme Sure starts. Please contact Janet.dexter@manchester.gov.uk for more details or look on the MAES website: <https://manadulted.org.uk>

### Cook with Barlowmoor rd community centre Wednesdays 1-3PM

23 Merseybank Avenue, Chorlton, Manchester, M21 7NT . Contact details. 0161 446 4805



### Lets cook together with Westcroft Community centre- for anyone with

children aged under 16 Get free weekly produce to cook a wholesome family meal, accompanied by recipe cards. For more information contact 0161 4488232 or [westcroftcommunitycentre@gmail.com](mailto:westcroftcommunitycentre@gmail.com) Westcroft community centre- 24-26 Westcroft rd Burnage M19 2GU



**Learn to cook cheap new healthy recipes** using <https://cookingonabootstrap.com/> all with costing per as little as 15p per portion

Jack Monroe is also Twitter @BootstrapCook (and also @BootstrapVegan and @MxJackMonroe)



**The job gym offers** lots of free online courses. Training with **The Job Gym** GM is funded by the government and it won't affect your benefits. Recruiting and training NOW for big name employers. Help me get a **job** Funded programmes for **job** seekers. Sector focused training to support you get a great new **job** with a good employer: Logistics training including warehousing, PPT or FLT license and Facilities Management; Courier & LGV drivers [www.thejobgym.co.uk](http://www.thejobgym.co.uk)



back on track >

# You're invited!

## Weekly Welcome Sessions

Every Tuesday @ 2-3:30pm

Back on Track, 4th Floor Swan Buildings, 20 Swan Street,  
Manchester, M4 5JW

Please phone 0161 834 1661 to book onto a session.



Find out about new courses & opportunities

Book in to enrol

Chat with staff

Explore your interests

Stay for a brew!

Back on Track is a Manchester charity that enables disadvantaged adults to make lasting, positive changes in their lives. We work with people who are going through recovery or rehabilitation, having been through problems with homelessness, mental health, drugs and alcohol or offending. Our learning centre in central Manchester offers a range of support and activities including training courses, one to one guidance and work experience. For more information about courses visit [Our courses - Back on Track \(backontrackmanchester.org.uk\)-](http://Our courses - Back on Track (backontrackmanchester.org.uk)-)

**BOILER HOUSE**

### BOILER HOUSE

The Boiler House is a community workshop and creative space located in

Manchester's Moss Side.

For more information, please contact [info@boilerhouse.org](mailto:info@boilerhouse.org) or call 0161 465 6954.



### **Womens shed -EVERY THURSDAY 12.30PM–2.30PM**

Our Women's Shed brings women together to learn and share new skills. Empowerment and confidence building are the main aims of the group.

Join our experienced trainer to learn practical skills, tool use and tool safety. Sessions focus on woodworking and furniture restoration, but feel free to bring your own interests and ideas to the group.

### **Mens shed -EVERY FRIDAY 10.30AM–12.30PM**

A Men's Shed is a place for men to enjoy making and mending.



They're about social connections and friendship building, sharing skills and knowledge, and of course a lot of laughter. Activities in Sheds vary greatly, but you can usually find woodworking, metalworking, repairing, restoring, electronics, model buildings or even car building in a typical Shed. It really depends on the people that attend the sessions.

### **Boiler house repair café -Last Saturday of the month 10am-12.30**

Need our expert help repairing something or would like to volunteer?  
0161 4656945 [boilerhouse.org](http://boilerhouse.org) Boiler house 9 Wilcock street m16 7DA-

**Motiv8 can help...**Are you aged over 25, living in Greater Manchester and not in employment or training? If so, we can help you get back on track and move you nearer to training, job searching and employment opportunities. We will support you with a personal action plan that is unique to your own needs. Your issues can range from debt and financial hardship, homelessness, domestic abuse, physical health, mental wellbeing and alcohol and drug dependency - and many more besides. **By helping to improve your health and wellbeing, self-confidence, self-esteem, finance and employability skills we will improve your chances of accessing training or finding a job. Participation in Motiv8 is voluntary. Working alongside your dedicated Keyworker, Motiv8 also works with a wide-range of partners and agencies who can provide specific support to help you overcome your barriers and challenges. For more information visit <https://www.motiv8mcr.org/> or ring on 0161 331 2048**

**Greater Manchester Mental Health Recovery Academy** The Recovery Academy is back in the classroom and we can't wait to see you!

We've got all our usual courses to support you and the people you care for to maintain good mental health during these difficult times, as well as all the electronic resources we built during the pandemic.



We have created a new Learner Management System that houses the following:

- all our usual face to face courses, categorised for easy access
- self help materials
- self help videos
- e-learning packages
- radio podcasts.

To register go to [Recovery Academy at GMMH. Free courses provided to promote health and wellbeing. | Greater Manchester Mental Health NHS FT](#) (click to open hyperlink)

**Learn new skills online :** level 1 Introduction to Construction

This will be an ongoing course. You need to be Entry Level 3 or above in English and Maths. A basic online assessment will be done prior to signing up with them. You will have to attend classroom delivery for manual handling assessment and CSCS test, when open again.



When this is completed, you will gain a CSCS card within 5 working days. If you are interested email

[ssemanchester@gcemployment.uk](mailto:ssemanchester@gcemployment.uk), please include your: **Full Name, Contact number, Email address, Date of birth and Employment Status**

**Do you need help getting work ready?** Mancap are launching an online programme for adults with learning disabilities in Greater Manchester. Offering a 10 week programme of group workshops and 121 session. To enable you to build on your skills and help you reach your potential. For more information contact 07960779734 or email Ealoanore Banton (caseworker) [Eleanore.banton@mencap.org.uk](mailto:Eleanore.banton@mencap.org.uk)

**Skills Support for Employment:** The Growth Company now has courses available online. It also has access to current job vacancies in Greater Manchester, in sectors such as warehouse and logistics, retail, care and cleaning. Below are some of the digital courses currently available:

- Level 1 + 2 Retail
- Level 2 Spectator safety
- Entry level 2 Personal & Social Development
- Level 2 SIA
- Warehouse Qualification Courses

E1, E2 & E3 – Maths & English

If you have any questions or want to register, please contact

:[Jayne.livingstone@gcemployment.uk](mailto:Jayne.livingstone@gcemployment.uk) or telephone 07595 465315.

## Foodbanks, food clubs and other provisions

Most foodbanks operate on a referral system, either with a red voucher or an e referral. You can be referred by a health/social care worker, DWP, GP or another health professional involved with you or your family. You may also need to bring proof of address. Some foodbanks may also be able to deliver. Due to COVID-19 there is also Community response number - 0800 234 6123 to support with food and other essentials .

Some foodbanks may be closed to drop ins, so please check before attending . Contact details have been included as they might be able to offer information about how to get a referral. Addresses have also been left on in case they're open for drop in or for donations

**Due to an increase in people using the foodbanks it is more important than ever, they continue to receive donations, so if you would like to donate or volunteer please contact your local foodbank.**



### **M** **MORRISONS**

Some Morrisons stores are giving free Sanitary products to those that are in need ask for a package for 'Sandy' or a 'period product pack'. If you are in need or struggling for sanitary products, go to our **Customer Service Kiosk** at Morrisons stores and ask for a package SANDY has left for you.



We are currently running 'Grab and go' food projects where members can pay £2 for food bags of £12 in value of food, along with extras of toiletries, cleaning products, and fresh ready meals. We are running this in Hulme, Gorton and Harpurhey. Currently this is on a referral basis via agency only, but are working toward re-launch the open access service as soon as we can in the safest possible way. For more information please email [Sally@hmhc.co.uk](mailto:Sally@hmhc.co.uk) or visit [www.healthymehealthycommunities.co.uk](http://www.healthymehealthycommunities.co.uk)

**Healthy Me Healthy Communities** have been supporting local residents in Gorton and Abbey Hey with a weekly Grab and Go food bag service over the past few months. Bags contain approximately £12 worth of food, household, toiletries and baby items can also be

purchased. Freshly prepared ready meals are also available. There is currently a waiting list but referrals can be sent to [amie@hmhc.co.uk](mailto:amie@hmhc.co.uk).



There is no need to suffer in silence. Support is now available for BAME families who are shielding, lost their jobs due to Covid-19, homeless and have no access to public funds.

All thanks to Forever Manchester, Beautiful Mind Charity is now providing Covid-19 BAME Essential African Community Aid for families who reside in these neighbourhoods: M12, M13, M14, M15, M18 and M19. All you need to do is to call this number 0796 039 1983 whether you want to refer someone as a professional or self-referral. And a volunteers will deliver yam, indomine noodles, plantain, beans, quick oat, cooking oil, tea, sugar, Weetabix, evaporated milk, and plum tomato at your doorstep. **Target Group:** Targeted at but not exclusive to BME, Disadvantaged and marginalised communities. Everybody welcome.

**Perry's Pantry** is a non-profit food bank, helping anyone facing financial hardship get emergency food parcels delivered to them on a weekly basis in the South Manchester area.

Perry's Pantry is organized by the Dear Neighbour Manchester group. We will be opening for referrals in Didsbury, Withington, Burnage, Levenshulme and Chorlton

We will also be expanding to other areas of South Manchester from mid 2021 : temporarily based in Levenshulme at

the gherkin, 312 slade lane, m19 2by

open mon/tue/wed/fri 10am - 5pm referral needed Call us: 0161 375 1630/07385722680 or click [SELF REFER | perryspantryfoodbank](#)



**Foodbank on wheels**, by referral only

Delivery days Tues, wed, thurs delivery times 12-6pm  
Deliver to all Manchester, Bury and Salford . Referrals open 9am Mon and close 5pm Wednesday/when deliveries are full.

Email [info@humansmcr.org](mailto:info@humansmcr.org) to ask for a referral form

You can also donate to the charity and for more information go to <https://humansmcr.org>

**Compassion Foodbank** will be changing the way they operate. From November they are asking those that can afford to register and pay £3.50 (via card) per food parcel. They will still offer free food parcel to those who are homeless, referred via an agency, in crisis or have no income.



For more information contact 07773119855 or email [admincompasionfoodbank.com](mailto:admincompasionfoodbank.com)

The Church of God of Prophecy,300 Moss Lane East,  
Moss Side,M14 4SS  
Tuesdays & Fridays 11-12



**Trussell Trust seeded Foodbanks :Central Manchester Foodbank for more information visit the website [How to get help | Manchester Central Foodbank](#)**

Manchester Universities Catholic Student chaplaincy (next to Holy Name Church)

M13 9PG

Fri 10am – 12pm referral only– also delivering

07928412339

<https://manchestercentral.foodbank.org.uk/get-help/whats-in-a-food-parcel/> E-referral system updates:

**Manchester South Central Foodbank**

[info@manchestersouthcentral.foodbank.org.uk](mailto:info@manchestersouthcentral.foodbank.org.uk)

Unit 3,The Wesley Centre (corner of Old York St/Royce Rd)  
Hulme,M15 5BP 07842093922/0161 226 3413  
deliveries



**Cornerstone Day Centre**104B Denmark Rd, Manchester, M15 6JS



0161 232 8888.Mon, Weds, Thurs and Fri 10.30 – 4pm. Tues 10.30 – 2pm :Please contact the centre by phone before you visit to request a food parcel, a health worker or other agency involved with you may need to call or do a referral over the phone.



Based in Chorlton, helps to fight food poverty in the local area. Contact 0161 8629415 or visit the website <https://reachouttothecommunity.co.uk/>

**FEED A FRIEND:**The Feed-A-Friend team are extremely pleased to announce that we have recently opened up a Food Bank in Levenshulme. Our Food Bank is open on Wednesdays 7-9pm and on Saturdays at 12-2pm to provide service users with necessary food provisions. As well as our own food bank we also make regular food



drops to various other organisations around Manchester. These include other food banks, homeless shelters and referral centres who heavily rely on food donations like ours. To find out more visit [info@myriadfoundation.org](mailto:info@myriadfoundation.org)

The newsletter is also available via

Twitter - [https://twitter.com/GMMH\\_NHS/status/1116960966594445312](https://twitter.com/GMMH_NHS/status/1116960966594445312)

Facebook - [www.facebook.com/GMMentalHealth](http://www.facebook.com/GMMentalHealth)

Intranet - <https://newintranet/services/community-mental-health/community-inclusion-service/Pages/whats-on-newsletter.aspx>

External internet - <https://www.gmmh.nhs.uk/community-inclusion-service>

### Useful numbers/websites:

#### **If you already have contact with mental health services:**

- Contact your local Community Mental Health Team (CMHT)
- Contact your crisis team
- Contact GMMH helpline

**GMMH 24/7 Helpline a freephone number 0800 953 0285 (For those under Greater Manchester Mental Health teams). For those struggling with their mental health**



**TURNING POINT**  
Inspired by possibility

## The Recovery Lounge

The Recovery Lounge is a safe space in Manchester city centre for those experiencing a mental health crisis. It is staffed by a mixture of recovery workers and peer support workers who can provide individually tailored emotional support, strengths based problem solving and signposting for local services.

The lounge is open 7 nights a week, from 7pm - 1am on weekdays and from 3pm - 1am on weekends.

If you would like to come to The Recovery Lounge please call us on 0161 238 5249 between 12 noon and 1am and we will arrange your visit.

Turning Point - Registered Charity 234887  
Standon House, 21 Mansell Street London E1 8AA  
Created in RightMarket - 28/9/2021 - 09:54:04

**NHS**  
Greater Manchester  
Mental Health  
NHS Foundation Trust

. How To Find

Us: We are located in the city, centre on the borders of the Northern Quarter, Ancoats and Collyhurst. Our nearest tram stops are Victoria and Shudehill and there are local bus stops on Thompson Street and Rochdale Road. Alternatively we are a 10 minute walk from both Piccadilly Gardens and Piccadilly Train Station. We can also help provide taxis for those who do not have the funds to arrange transport.

### **GMMH Crisis Café at No.93**

The GMMH Crisis Cafe is a new out of hours friendly and supportive space open to anyone experiencing a mental health crisis.

Our aim is to offer a practitioner led community facing alternative to A&E for those experiencing emotional or psychological distress. Using a recovery approach, we offer support and advice from qualified Mental Health Practitioners and support staff in a relaxed and comfortable environment. Service users will be assessed and signposted to the relevant ongoing support where appropriate, working in partnership and linking in with our local voluntary sector and social enterprise services. The GMMH Crisis Café welcomes referrals from all our community and urgent care services and are working with other partner agencies, service-users and their families to increase access to this innovative service this winter.

**The GMMH Crisis Café principles and aims are as follows:**

**Support people in a safe place to reduce any immediate crisis**

**Safety plan drawing on strengths and resilience**

**Signpost service users to the right level of support to avoid waits in the Emergency Departments.**

**Timely access to service out of hours**

**Where to find us :No.93 Harpurhey Wellbeing Centre, 93 Church Lane, Manchester M9 5BG**

**Opening hours**

**Monday to Friday, 8pm to 1am**

**Saturday and Sunday, 3pm to 1am**

**Contact For more information please contact Sarah.hamilton@gmmh.nhs.uk**

**Improving Lives**



The banner features the Manchester City Council logo in the top right corner. The main text reads "Help is available if you need it." Below this, there are five icons representing different types of support: a shopping basket for food, a medicine bottle for medicines, a person for company, a hand holding a bill for fuel bills, and a speech bubble for online help. Each icon is accompanied by a small text label: "Food.", "Medicines.", "Company.", "Fuel bills.", and "Online help.". At the bottom of the banner, a large black button with white text says "CALL 0800 234 6123".

**Manchester council corona virus support helpline** – for vulnerable people who need help getting food, fuel top ups , medication deliveries or support with combating loneliness.

**Manchester Wellbeing Fund Manchester Wellbeing Fund**, part of Greater Manchester Mental Health NHS Foundation Trust (GMMH) , is a **fund** for community groups and GMMH service users who are passionate about mental **wellbeing** in their communities. For more information visit <https://www.gmmh.nhs.uk/manchester-wellbeing-fund>

**Whether you're feeling suicidal, worried someone else is, or have lost someone to suicide , you're not alone.** Shining a Light on Suicide aims to prevent suicide and take the subject out of

the dark by encouraging everyone to talk it openly. The website <https://shiningalightonsuicide.org.uk> shares tips on how to keep safe if you're feeling suicidal, where to get help and how to make a safety plan to use during difficult times, plus info on a wide range of local and national services that provide support for people who are feeling suicidal, and those who are bereaved or affected by suicide.

#### **Forever Manchester Community Fund :**

Forever Manchester has launched a Community Support Fund for grassroots community groups that are responding to the impact of Covid-19 by helping those most affected. Awards of up to £1,000 are available.

Community Support Fund will accept applications from constituted community groups based in any of the ten boroughs of

Greater Manchester. Groups can apply for up to £1,000. Forever Manchester aim to assess and make decisions within two weeks of receipt of application. For more information

[www.forevermanchester.com](http://www.forevermanchester.com)



THE COMMUNITY FOUNDATION The  
FOR GREATER MANCHESTER

**CAHN**  
Caribbean & African Network  
Greater Manchester CC

# COVID-19 Support Helpline

for the Caribbean & African Community

Information & Advice | Food | Single Mothers Peer Support

📞 📱 🗨️ 📧 07710 022382

Open 0600-midnight | Email: [COVID-19@cahn.org.uk](mailto:COVID-19@cahn.org.uk)

📘 cahn 🐦 @cahn\_gm 📷 @cahngm

Socially isolating means that people who are suffering from domestic abuse are more at risk. The advice we should be stating to victims on every contact is; **If you are in immediate danger, please call 999 and ask for the police.** If you are not in immediate danger, you can contact the following number [Freephone 24 hour National Domestic Abuse Helpline](https://www.refuge.org.uk/24-hour-national-domestic-abuse-helpline): 0808 2000 247 (run by Refuge)



# Counselling Service

Are you in a stressful situation?  
Are you finding things difficult to resolve?

By talking to a Counsellor you can look at problem areas in your life and find ways of dealing with them in a **SAFE** and **CONFIDENTIAL** setting.

**DON'T SUFFER IN SILENCE!**



**IT'S GOOD TO TALK!**



## PROFESSIONAL COUNSELLOR AVAILABLE

Contact Dawn on **0161 226-9562** for further information

African and Caribbean Mental Health Services  
Windrush Millennium Centre, 70 Alexandra Road, Moss Side, M16 7WD

**Email:** [admin@acmhs-blackmentalhealth.org.uk](mailto:admin@acmhs-blackmentalhealth.org.uk)

**Website:** [www.acmh-services.co.uk](http://www.acmh-services.co.uk) **Facebook:** [@acmhs manchester](https://www.facebook.com/acmhsmanchester)

Other numbers to contact:

**Manchester Women's Aid:** Phone 0161 660 7999 or email [referrals@manchesterwomensaid.org](mailto:referrals@manchesterwomensaid.org)

**Greater Manchester Domestic Abuse helpline:**

Phone 0161 736 7525 or email [helpline@independentchoices.org.uk](mailto:helpline@independentchoices.org.uk)

**Saheli Asian Women's Project** (advice, information and support services to Asian women and their children fleeing domestic abuse and/or forced marriages. Based in Manchester) Phone 0161 945 4187

**CAHN have launched a new domestic abuse helpline :**CAHN is offering free and confidential culturally and religiously appropriate counselling sessions with qualified professionals from the Caribbean and African community. In addition, they are working with a range of partners to deliver practical support.

CAHN Domestic and sexual violence support is a service for women and men who have experienced some sort of domestic abuse. There has been an increase of domestic violence during the COVID-19 pandemic, hence the pressing need to address the issue and raise awareness. CAHN is offering free and confidential culturally and religiously appropriate counselling sessions with qualified professionals from the Caribbean and African community. Call the confidential helpline 0771 002 2382. or visit <https://www.cahn.org.uk/domesticandsexualviolence/>

**Reports of domestic violence towards LGBT+ people have increased since the start of Covid-19 restrictions.** Everyone has the right to live free from violence. This includes whether it is from partners, family members or other people you live with. You have the right to be free from:

Physical abuse, Emotional abuse, Psychological abuse, Financial abuse, Sexual abuse

Cultural/identity abuse (including abuse for being LGBT)

Even though many services are changing and focusing on Covid-19, help and support is still available. Your right to be safe remains as valid today as it has always been. If you are experiencing or living in fear of domestic violence contact the organisations below: [Galop helpline](#) - 0800 999 5428 LGBT Foundation helpline - 0345 3 30 30 30



**Manchester bereavement service** Call us on 0161 983 0902 for help in finding the right support for you. Monday to Friday, 9am to 5pm (except bank holidays) Wednesday, 9am to 8pm Or, you can email [salcc.gm.bs@nhs.net](mailto:salcc.gm.bs@nhs.net)

Support is available from national [Women's Aid's online chat service](#), (can be found via google internet search) open from 10am-12pm Monday-Friday.

**Bright Sky app by Hestia** <https://www.hestia.org/brightsky>

Bright Sky is a free to download mobile app, launched by Hestia in partnership with the Vodafone Foundation, providing support and information to anyone who may be in an abusive relationship or those concerned about someone they know. The app is also designed to be used by specialist and non-specialist practitioners and other employers, and for anyone looking for information about issues around domestic abuse such as online safety, stalking and harassment and sexual consent.

**Surviving Economic Abuse** :The Surviving Economic Abuse Charity has developed and is sharing information on what support is available to safeguard economic well-being. They are working with partners to develop understanding over time and will use this to regularly update the information they are sharing.

If you, or someone you know, are experiencing abuse, please visit the resources page: [www.survivingeconomicabuse/resources](http://www.survivingeconomicabuse.org/resources). This includes a section specific to the COVID-19 Outbreak.

**Respect** :The Respect Phonenumber is a confidential national helpline, email and webchat service for perpetrators of domestic violence looking for help to stop. They help male and female perpetrators, in heterosexual or same-sex relationships. Partners or ex-partners of perpetrators, as well as concerned friends and family and Frontline Workers are welcome to get in touch for information, advice and support. Telephone 0808 802 4040. Visit <http://respect.uk.net/>

**Talk Listen Change (TLC)** :TLC are the local provider of behaviour change provision for Manchester. If you are worried about your behaviour and are seeking support, phone 0161 872 1100 (option 3) or visit [www.talklistenchange.org.uk/domestic-abuse-services](http://www.talklistenchange.org.uk/domestic-abuse-services) TLC can also be found on Twitter at @TLC\_Charity



**Shout is the UK's first 24/7 text service**, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help  
Text :85258

**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](http://www.samaritans.org)

**Citizens Advice Manchester service advice line on 03444 111 222**

**Universal Credit Advice Project :Manchester Mind** :Do you have mental health needs? Do you want to make a claim for Universal Credit?Are youhave difficulties managing your claim?Manchester Mind can help contact the team by telephone 0751 121 9062 / 0792 146 4609 / 0161 769 5732 or email: [advice@manchestermind.org](mailto:advice@manchestermind.org) to make an appointment

**SANEline** - 0300 304 7000 (6 -11pm every day) [www.sane.org.uk](http://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.

**CALM** 0800 58 58 58 – Campaign against living miserably specifically for men . Open from 5pm to Midnight everyday

**Moodswings** - 0161 832 3736  
helpline from 10am to 4pm Monday to Friday [www.moodswings.org.uk](http://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](mailto:info@manchestermind.org)  
[www.manchestermind.org](http://www.manchestermind.org)

**CASS ANY AGE** Women's Self Injury Helpline 0808 800 8088 [www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)

**No Secrets** – supporting those affected by self-injury [www.no-secrets.org.uk](http://www.no-secrets.org.uk)

**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.

**Sands still birth &neonatal death helpline 07756 466841.** Manchester group of the national Sands charity <https://www.uk-sands.org>. Also hold monthly meetings which are open to all , no matter when bereavement occurred. [www.manchester-sands.org.uk](http://www.manchester-sands.org.uk).

**PAPYRUS HOPELINE UK** 0800 068 4141 A specialist telephone service staffed by trained professionals. Providing a safe space to talk through anything happening in your life that could be impacting on your or anyone else's ability to stay safe. For children and young people under the age of 35 who are experiencing thoughts of suicide. For anyone concerned that a young person could be thinking about suicide..

**Drinkline : Free helpline:** 0300 123 1110 (weekdays 9am–8pm, weekends 11am–4pm) Drinkline runs a free, confidential helpline for people who are concerned about their drinking, or someone else's.

**Narcotics anonymous helpline** 0300 999 1212 for those battling drug addiction

**Support Line Telephone Helpline:** 01708 765200

email [info@supportline.org.uk](mailto:info@supportline.org.uk)

Provides emotional support and keeps details of local agencies providing help and support for all issues relating to drugs.

**Weighed down by debt?** Free debt counselling in your community from an award winning charity  
Call free on **0800 328 0006** – CAP debt help (Christians against poverty, you do not have to be Christian to access). A charity we offer a completely free service to help you lift the burden of debt.

**LGBT Number 5 Richmond Street Manchester M1 3HF**

Helpline and email advice You can email the helpline anytime at [helpline@lgbt.foundation](mailto: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

**Self Help Services** 0161 226 3871 [www.selfhelpservices.org.uk](http://www.selfhelpservices.org.uk)  
[communityservices@selfhelpservices.org.uk](mailto:communityservices@selfhelpservices.org.uk) (lists workshops/groups and drop-ins)

**Mental Health in Manchester** (resource website) [www.mhim.org.uk](http://www.mhim.org.uk)

If you would like any information included in the newsletter please contact  
CISnewsletter@gmmh.nhs.uk .

The newsletter is also available via

Twitter - [https://twitter.com/GMMH\\_NHS/status/1116960966594445312](https://twitter.com/GMMH_NHS/status/1116960966594445312) Facebook -  
[www.facebook.com/GMMentalHealth](http://www.facebook.com/GMMentalHealth)

Intranet - <https://newintranet/services/community-mental-health/community-inclusion-service/Pages/whats-on-newsletter.aspx> External internet - <https://www.gmmh.nhs.uk/community-inclusion-service>

Please be aware we cannot always include all information received.

The Community Inclusion Service workers are now based in the local Community Mental Health Teams and along with producing the monthly newsletter continue to provide a range of flexible one-to-one support, peer support, and short courses: a clear support plan via realistic goal setting around \*Managing mental health \*Developing confidence/independence \*Community inclusion \*Relationships and support networks \*Work readiness \*Physical wellbeing

**This list is not exhaustive but provides a snapshot of activities in your local area. Please copy and paste any of the links that don't work into google. We are unable to provide information on the quality of individual services. Please try and contact the organisers before attending as during covid events are subject to changes at short notice.**

**Kind Regards. The Community Inclusion Service**