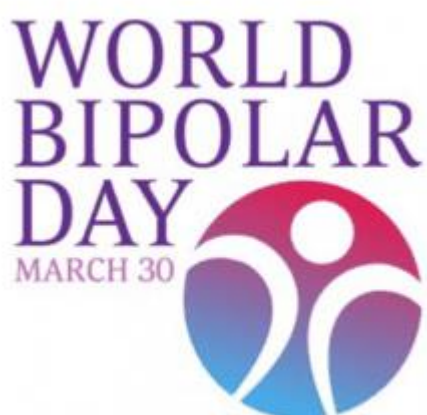


**‘What’s On’ South Newsletter
March 2022
Compiled by the
Community Inclusion Service**



The vision of World Bipolar Day (WBD) is to bring world awareness to bipolar conditions and to eliminate social stigma. Through international collaboration, the goal of WBD is to bring the world population information about bipolar conditions that will educate and improve sensitivity towards the condition.

WBD will be celebrated each year on March 30th, the birthday of Vincent Van Gogh, who was posthumously diagnosed as probably having a bipolar condition.

WBD is an initiative of International Bipolar Foundation (IBPF) in collaboration with the Asian Network of Bipolar Disorder (ANBD) and the International Society for Bipolar Disorders (ISBD).

For those living with bipolar disorder, World Bipolar Day offers an opportunity to connect with others as well as assistance in gaining access to valuable resources and relationships that can improve their lives through treatment.

'What's On' Newsletter March 2022

A snapshot of activities going on in
South Manchester

Connect

When it comes to wellbeing, other people matter. Evidence shows that good relationships with family, friends and the wider community, are important for mental wellbeing



Manchester Film Festival

12th-20th March 2022

Once again Manchester Film Festival will take place over a full week from 12th-20th March at the Odeon, Great Northern with a line-up of films from around the world.

There will be twenty seven world premieres and seventy four U.K. premieres across the festival and many of the filmmakers will be in attendance to take part in Q&A sessions after the screenings.

Visit Website: <https://www.maniff.com/>

Odeon Manchester, Great Northern, Manchester, Greater Manchester, M3 4EN

Over 50s



The specialist Age Friendly Neighbourhood Health Workers at Buzz Manchester focus on championing age friendly activities. The team link in with other local services, and support older residents to ensure they can age well within their local communities. The team ensures older residents from a wide range of backgrounds have meaningful opportunities to share their views and take a leading role in where they live, generating ideas for new projects which aim to improve health and wellbeing in later life. The Age Friendly team work closely with MCRactive and the City Council to support the delivery of the Age Friendly Manchester Strategy.

Take a look at some of the great projects the Buzz team are supporting in the coming month on their website and see how you can get involved. Visit Website:

<https://buzzmanchester.co.uk/blog/2022/buzz-manchesters-age-friendly-team>

South Manchester - Brooklands & Northenden, 14th – 20th March

Nutrition & Hydration Week Events. Come and meet your local buzz Age Friendly Neighbourhood Health Worker at events during this week. For more information please contact buzz Age Friendly Community Champion Megan Brown on Megan.Brown@gmmh.nhs.uk

Manchester City Wide - Wednesday 23rd March

Menopause Workshop at Manchester Art Gallery, part of the Uncertain Futures project around issues affecting women over 50. Come and hear more about the work buzz Manchester Health & Wellbeing Service is doing to give women a voice to share their experiences around the menopause. For more information please contact buzz Age Friendly Community Champion Megan Brown on Megan.Brown@gmmh.nhs.uk

Manchester Central – Chorlton & Whalley Range

Thursday 24th March 10am – Midday

Age Friendly Chorlton & Whalley Range Older Peoples' Health Event. Come and meet your local buzz Age Friendly Neighbourhood Health Worker at their stall promoting good health in later life.

For more information please contact buzz Neighbourhood Health Worker Yasmin Holgeth on Yasmin.Holgeth@gmmh.nhs.uk or 07425 536 823.

If you would like to get in touch with your local buzz Age Friendly Neighbourhood Health Worker then please get in touch, we'd love to hear from you!

South locality (Wythenshawe, Brooklands, Northenden, Didsbury, Burnage, Chorlton Park, Withington, Old Moat, Baguley, Sharston & Woodhouse Park) Megan Brown – buzz Age Friendly Community Champion

Email: Megan.Brown@gmmh.nhs.uk

Contact number: 07484 906 871

Age-friendly networks in your neighbourhood

Our age-friendly networks bring together local organisations and groups aimed at older people. The networks organise events and are a great way to socialise and have your say about what's happening in the city. The groups are managed by one of our partner organisations, Buzz Health & Wellbeing Service.

Senior Neighbourhood Worker: Jane McAllister, tel: 0161 248 1754, email: jane.mcallister@gmmh.nhs.uk

Baguley, Sharston, Woodhouse Park, Brooklands and Northenden

Emma Farrell. Tel: 0161 220 6094, email: emma.farrell@gmmh.nhs.uk

Fallowfield, Old Moat and Withington

Johnson Liu. Tel: 0161 248 1767, email: Johnson.liu@gmmh.nhs.uk

Didsbury (east and west), Burnage and Chorlton Park

Bernie Murphy. Tel: 0161 248 1767, email: bernadette.murphy@gmmh.nhs.uk

Swimming in Manchester

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. If you currently have a swim pass and are a Manchester resident, you do not need to re-register. 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).

Fab Forgetful Friends Monthly Group

Tuesday, 11.00am - 1.00pm

Our Fab Forgetful Friends meet monthly to socialise and reminisce. Members share lived experience and can relate to each other in a way people who do not live with dementia can understand. Members enjoy making friends, having a cuppa, laugh and chat & going out on trips.

Wythenshawe Friendship & Activity Group

Tuesday, 1.30pm - 3.30pm

Our Friendship & Activity groups are a great place for people living with Dementia to meet new people in a fun, relaxed and social setting. Our group members take part in gentle exercise, social games, musical activities and cognitive exercises to stay positive and healthy. We even sometimes try our hands at baking!

Fab Forgetful Friends Monthly Group and the **Wythenshawe Friendship & Activity Group** costs £3 per session (includes refreshments). Transport (optional) £5 per session (to and from the session)

Visit Website: <https://www.togetherdementiasupport.org/>

Contact us for more information: admin@togetherdementiasupport.org

Friends Meeting House, Northern Moor, Manchester, M23 0DJ

New 'Grey on Green' project champions older people shaping a sustainable future

Manchester Museum and Southway Housing Trust have launched a new year-long project, 'Grey on Green', that will highlight the contributions older people make to a sustainable world. The project will be led by older people who will share their wisdom for a sustainable lifestyle and discuss their experience and observations of the climate and ecological emergency. The aim is also to change the common misconception that older people care less about the environment than younger people. A number of events and activities will take place during this year-long project resulting in a Grey on Green guidebook filled with advice and tips. If you, or someone that you know, are 50 + and interested, please contact: Email j.dean@southwayhousing.co.uk (phone 07860758346) Or maria.ramosacevedo@manchester.ac.uk (phone 07818578474)

Keep Fit in South Manchester for only £2 per session

Exercise Studio, Forum Leisure, Wythenshawe M22 5RX

For more information, contact Clive on **07984716886**.

Clive is a Qualified Exercise Specialist with BACR on Pulmonary Rehab, Falls Prevention, Cancer Rehab, Lower Back Pain and Diabetes

Free Online Exercise Videos

The buzz Manchester PARS Team have produced a selection of free online exercise videos for people to follow at home: <https://www.youtube.com/channel/UCYNC62LZbHBAXeplXJtLZ6w/videos>

PARS are a Manchester-based service that help people living with long term health conditions to increase their levels of physical activity in a safe and structured environment. PARS provides health screening and also advice and access to exercise, all led by highly qualified exercise professionals.

Find out more about PARS at <https://www.gmmh.nhs.uk/physical-activity-referral-service>

Exercise Opportunities where you live

Looking after your physical (and mental) wellbeing is important, especially after lockdown. Now is a better time than ever to get moving again. On Twitter, you can follow @MCRActive for information on local facilities and @GmWalks for how to be active for free in your area. Or you can visit the MCRactive website.

Contact Katie at katie@roundedheath.co.uk or 07962027885 for more information (outdoor classes take place at Greenbank Playing Fields in Levenshulme).

Tea and Cakes at



Dementia Cafe

Tea and Cakes at Home Dementia Café

Every month there is a get-together at the Home Café in Didsbury for people with dementia and their carers. Carers who wish to attend by themselves are also very welcome, giving them an opportunity to meet with other people who are caring for someone with dementia. Tea, coffee and cakes are provided. The next dates are November 18th and December 16th. The Third Thursday of the month, 1.45pm until 3pm.

Whenever possible an Admiral Nurse and/or a Dementia Support Adviser will be in attendance for any question or advice. The venue: Emmanuel Church, 6 Barlow Moor Road, Manchester, M20 6TR. There is free onsite parking. Accessed easily by several bus routes (call for details). Nearest tram stop 'Didsbury Village'.

For more information please call: The Parish Centre on 0161 446 4151



MANCHESTER CARES

After a temporary break, Manchester Cares Phone-A-Friend programme is now back open for referrals. Manchester Cares would love to meet anyone over 65 who you work with who you think may benefit from a little extra company.

Phone A Friend is for those living in the City of Manchester who might be isolated, not able to get out as much anymore and benefit from a meeting a new friend over the phone.

The friendship matches are based on personality, interests and geography.

Manchester Cares hope that friendships will move to face to face visits as restrictions ease, so pairs can have a natter over a cup of tea in the living room.

Unfortunately, our current model means we are unable to meet the needs of people living with dementia or unmanaged mental health conditions. If you are looking to support someone living with these conditions, please call us on 0161 207 0800 and we may be able to signpost you to some of our fantastic local community partners.

You can make a referral here: <https://manchestercares.org.uk/older-neighbour-referral-form>

For more information email: amy.saunders@manchestercares.org.uk



**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





Music and dementia charity Playlist for Life brings the power of personal playlists to Manchester

Music and dementia charity Playlist for Life is inviting community groups and organisations across the UK to join their free Help Point network (over 1000 in the UK already) to share the power of personal music for people living with dementia, their families and carers. They have just launched a 12-month project to build a network of Help Points in Manchester. A Help Point is somewhere that people affected by dementia can access free information, resources and in some cases support about creating and using a personal music playlist.

The charity is also looking for volunteers to help spread the word.

Anyone interested in forming a community Help Point or volunteering is invited to find out more at <https://www.playlistforlife.org.uk/> and/or contact: Jane Hardman on jane.hardman@playlistforlife.org.uk or 07476 324 754

Music Cafe for people with dementia & their carers

Manchester Camerata's weekly Music Café at The Monastery in Gorton (M12 5WF) provides free music-making workshops for people living with dementia and carers, plus information and training on how to use music at home to help your loved ones. These free music sessions run every Wednesday. Please get there at 10:30 for an 11am start.

Why not join a network of family carers and people living with dementia to learn more about how music can help you and your loved ones?

For more information, please contact Emma Arnold on: earnold@manchestercaerata.com

Drama for older people at the Royal Exchange Theatre

The Royal Exchange Theatre are continuing to host their Elders Mondays on the 1st and 3rd Monday of every month, in a blended programme of online and in-person activity. You can take part via Zoom with creative writing and play-reading sessions WRITE and OUTLOUD, and their fun drama session PLAY will now take place in the building itself.

The next Elders Monday is on Monday 4 October and tickets are available to book online

<https://www.royalexchange.co.uk/elders-mondays>

Three workshops will be available to choose from:

ELDERS WRITE ONLINE, 11am - 1pm, £5

This session will help you start your day, indeed your week, with some stimulus to write. Each week will focus on a different area of writing for performance, for example, Character, Structure, Dialogue.

ELDERS OUT LOUD ONLINE, 11:00am - 1:00pm, £5

Similar to the regular play-reading group, the group will read a play out loud together and then discuss our responses to it. You can read a part, join the discussion or simply listen.

ELDERS PLAY IN THE THEATRE, 2:00pm - 4:00pm, £5

The regular practical drama workshop is back in-person! A drama specialist will lead a mix of fun games, creative play, improvisation and devising techniques. No experience necessary, just come and have fun.

Age Friendly Activities in Manchester's Parks

Real Foods at Wythenshawe Park (M23 0AB) offer indoor and outdoor volunteering opportunities for growing, cooking and healthy lifestyles etc. All ages are welcome. Contact Kay Bamford (Wythenshawe Real Food) Kay.Bamford@wchg.org.uk

Get started with your new device

Manchester's buzz Health and Wellbeing service have created 8 easy to follow guides to help you get started with using your new smartphone or tablet. There are versions in English, Farsi, Urdu, Arabic, Polish and Romanian. <https://buzzmanchester.co.uk/getconnected/getting-started-with-a-new-smartphone-or-tablet>

Talking Tips

As we gradually adjust back to life where we can meet others again, don't forget about the Talking Tips outlined in this short film to help keep the conversation going for those who be finding it difficult. [Talking about Keeping Well this Winter film - YouTube](#)

Sonder Radio 50+

Sonder Radio is a community radio station for the 50+ demographic in Greater Manchester. Founded in 2016, their key aims have been to promote wellbeing, reduce isolation and advocate digital inclusion. They achieve this by running various creative workshops and connecting people through the content made by the community at Sonder. They encourage people at all skill levels to take part in their workshops, as they are catered to help teach and guide every participant from the ground up. They pride themselves on not leaving anyone behind. There is always, in every person, the capacity to learn something new and at Sonder Radio they hope to provide that experience for everyone that gets involved.

They are on the lookout for people who are 50+ who would like to join a community of like minded individuals to socialise and develop their digital, and creative skills.

For more information or to join Sonder Radio email autumn@sonderradio.com or alex@sonderradio.com

Pride in Ageing seeks new members for 50+ Advisory Group.

The Pride in Ageing Programme was set up to address concerns that too many lesbian, gay, bisexual and trans people over the age of 50 are living in isolation and facing discrimination as a direct result of their sexual orientation or gender identity. Pride in Ageing is assuring that the voices of LGBT people over the age of 50 are heard when it comes to aging policy and activity in Greater Manchester. It has an advisory group of LGBT community members at the heart of the project. Pride in Ageing is looking for new members to join the Advisory Group and to work with and assist the Pride in Ageing Manager and the LGBT Foundation.

Pride in Ageing are looking particularly for people of colour and trans & non binary applicants, as they are currently underrepresented. You can apply at <https://lgbt.foundation/regular-volunteering-roles>

Woodhouse Park Lifestyle Centre 50+ Activities

Tuesday 1.30 PM – 3.30 PM, Beginners Dance. A mixture of sequence, ball room and line dancing
Thursday 10 AM – 11 AM or 11.15 AM – 12.15 PM, Line Dancing.

A great way to exercise and socialise at the same time.

Friday 1 PM – 3.30 PM (fortnightly) Senior Citizens Club

Keeping Active At Home

The Active at Home booklet has been produced to provide practical guidance to older adults on home-based activities to maintain their strength and balance. Booklets are available to download: campaignresources.phe.gov.uk

Pension Credit Top Up

Greater Manchester Citizen's Advice can help you to check if you can get a top up. You can also call them on 0800 144 8848.

Remember, you may still be entitled to a top up even if you have savings, a private pension or own your home.

Over 50? #SEEDIFFERENT WITH AN APPRENTICESHIP

Are you over 50 and looking for work or career progression? Did you know that apprenticeships are open to people of all ages? An apprenticeship can enhance your skills and boost your confidence.

To find out more visit www.apprenticeships.gov.uk

Want to stay up to date with everything to do with apprenticeships, work and skills? Follow us on twitter @MCCWORKSKILLS

Befriending Service

As lockdown measures change and ease, older people and their carers may need additional support to begin to feel comfortable and confident to visit the supermarket, attend medical appointments and generally reintroduce themselves back into public life safely. This free service is available to anyone over the age of 50 who lives in the City of Manchester. Our Befriending Service will provide older people with up to eight hours of support to help them regain their confidence. How the eight hours are to be used will be up to the individual. To enquire about the service for you or an older person you know, contact Crossacres Day Centre, Peel Hall Road, Wythenshawe, Manchester, M22 5DG. Tel: 0161 437 0717 or Email: zoe.mitchell@ageukmanchester.org.uk

Greater Manchester LGBTQ+ Online Dementia Support Group

This new support group will meet on the first Tuesday of every month 2-3:30pm, via Zoom. Find out more and join the group at <https://dementia-united.org.uk>



The Silver Line Helpline

The Silver Line is a free confidential helpline providing information, friendship and support to older people. The Silver Line is open 24 hours a day, every day of the year. Anyone aged 55 years and over can access the service and the Helpline is free to call on 0800 470 8090.

<https://www.thesilverline.org.uk>

Young People



Gligan Fitness

Are you interested in a Level 2 Fitness Instructor course?

Gligan Fitness work with Manchester Active and are offering FREE courses for 16 to 24 year olds who are not currently in college or training!

Course dates will be announced after you have signed up.

If you are interested, Contact Hannah at:

hannah@gliganfitness.co.uk or call 07577477921

Prince's Trust Team Programme

Boost your confidence, meet new friends, gain new skills and progress on to work or further study. For 16 to 25 year olds who are not in employment, education or training. You can study in Wythenshawe or across Greater Manchester, on this 12 week programme. For more information and to register for the Prince's Trust Team Programme:

<https://www.tmc.ac.uk/courses/princes-trust-team-programme/>

Unity Radio

Free Radio & Creative Media, Training & Workshops

Are you aged 18 to 30, not currently in education, employment or training and living in Greater Manchester? Ever dreamed of getting involved in radio or creative media, or just curious to see what the hype is all about? Then get involved with their 14 week accredited course.

You will get the chance to learn all about how to create your own radio show, all the skills you will need such as radio production skills, editing, digital audio production and presenting, learning how to DJ or even create your own track. Alongside this you will get the chance to use their top of the range cameras, find out what all the different settings do and how to take amazing photos and videos. And most importantly prepare you for employment in the radio and creative media industry. You will achieve a level 2 certificate in radio production and creative media by NCFE, which is a recognised industry qualification.

To apply email courses@unityradio.co.uk with name, age, address & contact number.

Traineeship Scheme

Community Revival is offering a free course for 16 to 24-year-olds. It is geared towards NEET and SEND, providing students with resources that will assist them in entering the workforce. It offers training in the following subjects:

- English
- Maths
- Digital Skills
- Customer Service
- Employability Skills

It also includes 70-hour work placement, that will end with a job interview. Students can choose the sector they work in, previous sectors include customer service, security, construction, and teaching assistance. To be eligible, students must be unemployed or receiving a low income, and must have not completed any Level 3 qualifications Email: sales.communityrevival@gmail.com

MU Foundation

Traineeships for 16 to 18 year olds. Get the skills, work experience and confidence you need to kickstart your career. Continue your learning with a work-based programme of training designed to help develop the skills and experience needed to secure apprenticeships and employment. All courses run for 6 months

Courses available:

Community Sports Coaching

Hospitality

Retail

Construction

For further information or to enrol please contact: traineeships@mufoundation.org

Free Tennis Coaching

18 Sept 2021 - 9 Sept 2023. Free Tennis coaching sessions for players aged 12 + every Saturday afternoon. Visit Website: <https://clubspark.lta.org.uk/alexandrapark5/Coaching>
Alexandra Park, 180 Russell Street, Manchester, M16 7JL

Duke of Edinburgh's Award

Open to all year 9+ Game Changing Skills for Life and Work. Our aim is to give all young people the opportunity to challenge themselves, work with others and discover new skills and experiences that help them to grow in confidence and achieve success. Join us! Call 07837 657 622 Email: dofe@nacro.org.uk nacro.org.uk/Outdoor Learning Duke of Edinburgh's Open Award Centre, Wythenshawe Park, M23 0AB.

Come along to one of the open youth sessions across Wythenshawe.
Sessions run Monday to Saturday across different youth clubs:

Benchill Youth Hub (round the back of Benchill Community Centre on Benchill Road, M22 8EJ).
Woodhouse Park Lifestyle Centre (aka The CA) on Portway, next to Painswick Park, M22 1QW.
Norbrook Youth Centre is a purpose built centre for the young people of Northern Moor and Brooklands, on Bordley Walk, M23 0AR.
Wythenshawe Forum
Kicks run by City in the Community.

All these centres have excellent facilities and offer an opportunity to get involved in activities such as DJ workshops, sports, arts and crafts and dance sessions. The centres are also the hub of sporting activity, including football, badminton and basketball. Check out their activity programmes.

We want children/young people to become actively involved in the management and running of our youth projects across Wythenshawe. You'll get the chance to decide what activities happen at the youth clubs and also have a say on local issues in Wythenshawe. If you're interested in coming to one of the youth clubs or finding out more contact YouthInvolvement@wchg.org.uk or ring 0161 946 7543.

MONDAY 1:1 Support Youth Sessions (14 - 25Yrs)
Available by Appointment

TUESDAY Ability Group: (SEND) Open Access Session (13 - 25Yrs)
6 - 8pm @ The Lifestyle Centre
Youth Forum (13 - 19Yrs)
6 - 8pm @ The Lifestyle Centre

WEDNESDAY Junior Youth Club (10 - 14Yrs)
6 - 8pm @ The Lifestyle Centre
Junior Youth Club (10 - 14Yrs)
6 - 8pm @ Norbrook Youth Club

THURSDAY Benchill Youth Club (10 - 16Yrs)
6 - 8pm @ Benchill Community Centre
Detached Youth Work Session
6 - 9pm @ Various Wythenshawe Locations

FRIDAY Senior Youth Club (14 - 18Yrs)
6 - 8pm @ The Lifestyle Centre
Senior Youth Club (14 - 18Yrs)
6 - 8pm @ Norbrook Youth Club

YOUTH INVOLVEMENT TEAM

Benchill Community Centre
Benchill Road, M22 8EJ

Norbrook Youth Club
2 Bordley Walk, M23 0QF

Woodhouse Park Lifestyle Centre
206 Portway, M22 1QW

Other specialised projects running throughout the year contact us for more information:
youthinvolvement@wchg.org.uk
0161 946 7543

Wythenshawe
Community Housing Group

young manchester

MANCHESTER CITY COUNCIL



**STEP
TOGETHER**
CONNECT - ENGAGE - EMPOWER

GET READY FOR VOLUNTEERING!

FREE ADULT SHORT COURSE IN VOLUNTEERING

Our Charity supports young people and those in early adulthood who are dealing with difficult and often complex issues. Through person-centred, one to one support, we focus on building your confidence, self-esteem and resilience to help you take positive steps into volunteering work.

Our Volunteering Project Managers will work with you, for as long as it takes, to help identify your key strengths, interests and aspirations for the future. Our volunteer course involves completing around 60 hours of guided and home learning alongside practical volunteering work experience and we will make sure that you have all you need to carry out work online or, safely, face to face. There are no time limits or restrictions and at the end of the training you will receive a Certificate of Achievement to acknowledge the work completed.

Do I qualify?

If you are aged between 16-25, currently living in Greater Manchester or Bristol, and are dealing with issues that are impacting your physical, mental, social or financial wellbeing, we are here, ready to support you. All we ask is that you are interested in taking steps to gain volunteering work.

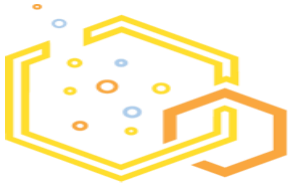
How to apply:

Many of our clients are referred to us through youth support groups, local authorities, social workers and other community support groups, but we welcome applications from people who want to self-refer. Simply visit our website step-together.org.uk and complete the appropriate Referral form or contact us for more information at admin@step-together.org.uk.



ASDAN
Registered Centre

www.step-together.org.uk
e: admin@step-together.org.uk
t: 0117 9559042



Digital People

A new course for Greater Manchester 16 to 24 year olds who want to work in tech.

You don't need experience or qualifications: just a real interest in digital, motivation and willingness to learn. Course starts every month!

For more information on the digital course or to sign up click here

<http://hivemanchester.net/digital-people/>



Citizens Advice – Manchester

<https://www.citizensadvicemanchester.org.uk/>

Switched On

Switched On is a project run by Citizens Advice Manchester offering energy advice to young people aged 16 to 25, as many young people don't receive practical advice when starting to live independently about how to manage their household costs. Switched On offer fun, interactive workshops for young people to learn the basics of energy efficiency and managing their bills, as well as 1-2-1 advice with one of the Young People's Energy Advisers for more targeted support. The team run regular online workshops or they can organise a free, bespoke workshop for your group. Follow us for updates on upcoming events as well as energy tips and tricks: >>>

Twitter/Instagram/TikTok - @SwitchedOnMCR

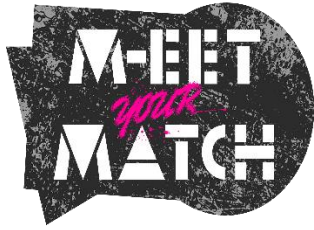
Traineeships for 16-24 year olds – ongoing start dates

Kickstart your career with a traineeship – as a stepping stone to an apprenticeship or job, smarten up your CV with the skills and experience employers are looking for!

- Gain independence and confidence
- Meet like-minded young people
- An opportunity to network with potential employers
- Gain the key skills and work experience to progress in your chosen career

An Ixion traineeship also provides you with a bursary of £40.00 per week during your placement to support costs such as travel. If you are in receipt of benefits these will not be affected. For more information on the Traineeships and to apply:

<https://www.ixionholdings.com/current-opportunities/traineeships-for-16-24-year-olds-ongoing-start-dates/>



M-EET Your Match

Currently has opportunities listed for young people 16 -24 who are not in education, employment or training. M-EET Your Match lists traineeships, study programmes, volunteering opportunities, educational courses, work placements, life and employment skills courses and Level 2 apprenticeships for young people aged 16 – 24 in Manchester.

Contact 0161 277 1000 or email: Lisa.Brown@gmcvo.org.uk

St Thomas Centre, Ardwick Green North, Manchester, M12 6FZ

Manchester Targeted Youth Support Service (previously known as Manchester

Connexions) - The service aims to offer support into education, employment and training for young people (aged 15-18 unless stated) who are: Young carers (11-18), Young people with SEND (up to 25), Care Leavers (up to 25) and looked after children. Young people supervised by Youth Justice Teams. Teenage parents and pregnant teenagers, Young people who are at risk of becoming long term NEET and In Year 11 transition.

The teams can be contacted for advice and referrals by emailing eet@careerconnect.org.uk or by telephoning 0800 0126 606.

The service is delivered by appointment from a range of venues across the city in partnership with other support services. This service is being developed to provide the right support, at the right time and in the right place for Manchester's young people who need it most.

Motiv8

Motiv8 are continuing to support vulnerable adults during Covid-19 and are still accepting referrals. They are working to support people into the job and online training opportunities that become available. Agencies and individuals can email: info@manchesterbbo.co.uk or contact the Manchester office on 0161 946 3556

Jimmy Egan's Boxing Academy – It's all about discipline.

The aim of the club is to give people, particularly youngsters, the chance to make new friends, get fit, to operate with boundaries and to encourage good citizenship, manners and personal skills. Anybody wanting to attend the club, just to watch or join in training for boxing or keep fit are very welcome! Jimmy Egan's Boxing Academy, Royal Thorn Road, Sharston, M22 8AD. Please contact Steve Egan on 07886 035030. www.facebook.com/jimmyegansboxingacademy

Swimming for under 17s - Manchester residents aged 16 and under swim for free every school holiday. For full details or to register www.better.org.uk/manchesterfreeswimming



Exciting children's library card competition launched

A competition has been launched that will see children design a new young person's library card for Manchester. Run by Read Manchester and Manchester Libraries, the [Our Year: Our Card](#) competition will ask young illustrators to create a design that will be featured on library cards. The theme, 'what does a library mean to you?', will no doubt spur on some amazing ideas and designs.

To find out how your child can take part visit <http://www.readmanchester.org.uk>.

NCA Learn2Ride and cycling activities

Learn To Ride for complete beginners and 'on road' Bikeability L2 courses for children in year 5 and above. Instruction from a qualified BikeRight instructor and is funded by Manchester City Council. Please note that Bikes and helmets are NOT included with this course. Finally, our holiday cycle camp always proves to be a hit and is a great way to keep the children entertained through the school holidays. Visit our website or contact our staff today to find out more, we look forward to seeing you and your family out on the trails soon! Contact 0161 796 6221 www.ncagb.co.ukFree

SEND Youth Club (Wythenshawe Community Housing Group)

There's always lots going on for young people at the Woodhouse Park Lifestyle Centre. With excellent facilities, the Youth Club offers activities such as DJ workshops, sports, arts and crafts and dance sessions. The SEND Youth Club is for young people aged between 13 and 25 with additional needs.

There's also sporting activity like football, badminton and basketball too. The children and young people are also encouraged to become involved in the running of the youth club.

Decide which activities you'd like to try and also have a say on local issues in Wythenshawe.

At Woodhouse Park Lifestyle Centre, Portway, Wythenshawe, Manchester, M22 1QW

If you're interested in coming along to the Youth Club or would like to find out more- please email: youthinvolvement@wchg.org.uk or ring 0161 946 7543.

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



Development of the new Wythenshawe Cycle Hub has officially begun!

The Hub, located in Wythenshawe Park, will be a free to access space based around the current athletics track area of the park and will act as a safe space for both new and seasoned riders to develop their skills and confidence in a traffic free environment.

Wythenshawe Cycle Hub will feature the creation of a traffic-free cycle facility for families, including a learn to ride area, skills zone, pump track, woodland trails, and family trail.

To hear about more exciting projects taking place across the city, Sign up to the MCRactive VOICE Newsletter:

https://www.manchester.gov.uk/info/100004/the_council_and_democracy/5309/sign_up_for_our_e-bulletins

VOICE is our bi-weekly E-Newsletter for those wanting to receive the latest updates, and stay connected to sport, health and physical activity across our city, and find inspiration to be active and healthy.

Keep moving, whatever the weather - As we will all be too familiar, winter and colder weather often leads to a decline in the number of people being physically active outside. To inspire people to keep moving during the winter months, GM Moving have created three short videos as part of their new #WhateverTheWeather campaign. Each video shows various weather conditions and where appropriate, safety elements to help demonstrate how to remain active outside safely. Each video is accompanied by on-screen messaging to encourage people to keep moving #WhateverTheWeather.

<https://www.gmmoving.co.uk/news/whatever-the-weather-keep-moving>



Wythenshawe Community Run

26 Dec 2021 to 31 Dec 2023

Come along to the Wythenshawe Community Run every Sunday at 8.45am (Race Start 9am) at the Athletics Tracks within Wythenshawe Park, join in with our free 2k and 5k runs with all abilities and ages welcome. Visit Website:

https://www.facebook.com/WCRWythenshawePark/?ref=page_internal

Wythenshawe Park, Wythenshawe Road, Wythenshawe, M23 0AB

Wythenshawe Park Run

Every Saturday at 9:00am. A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you! The event takes place at Wythenshawe Park, Wythenshawe Road, Wythenshawe, M23 0AB. It is entirely organised by volunteers - email wythenshawe@parkrun.com to help.

Park Run at Platt Fields Park

Sept 2021 to 9 Sept 2023. A free, fun, and friendly weekly 5k community event every Saturday morning. Walk, jog, run, volunteer or spectate – it's up to you! Platt Fields Park, Wilmslow Road, Fallowfield, Manchester, M14 6LA

What does it cost to join in? Nothing - it's free! but please register before you first come along. Only ever register with parkrun once and don't forget to bring a scannable copy of your barcode (request a reminder). If you forget it, you won't get a time. Visit Website:

<https://www.parkrun.org.uk/southmanchester/>

Free Online Exercise Videos

The buzz Manchester PARS Team have produced a selection of free online exercise videos for people to follow at home.

<https://www.youtube.com/channel/UCYNC62LZbHBAXeplXJtLZ6w/videos>

PARS are a Manchester-based service that help people living with long term health conditions to increase their levels of physical activity in a safe and structured environment. PARS provides health screening and also advice and access to exercise, all led by highly qualified exercise professionals. Find out more about PARS:

<https://www.gmmh.nhs.uk/physical-activity-referral-service/>

South Manchester Nordic Walkers

Nordic Walking Group, Wythenshawe Park, Tuesdays 1-2 PM. Join our friendly community group and exercise in your local park. All welcome! Currently FREE, Poles and tuition provided. For more information contact Marion at nordicfitplus@gmail.com

www.nordicfitplus.co.uk/community-group or phone 07445 829062

Wythenshawe Walk and Talk.

All speeds and abilities welcome! This is a steady social walk with other local residents. Wednesdays at 10 AM, meeting at St Aiden's Centre, Wythenshawe Road, M23 0PH. Please contact Emma on 0161 271 0582 or email: emma.farrell@gmmh.nhs.uk to register.

Greater Together Manchester

Swim and Supper. Free lane swimming followed by a hot meal and refreshments. GTM Lifeskills sessions are for people who are currently experiencing or have experienced homelessness. This session is Sundays between 5 PM and 8 PM in Withington, South Manchester. To book or ask about any of our sessions please call/text 07591 203 345 or email: lifeskills@greatertogethermanchester.org

Walking Mum's Club

A community of mums who share, care, support and listen whilst walking with babes in tow. Mondays 10 AM Didsbury, 11 AM in Wythenshawe. Wednesdays 10 AM Chorlton, 11 AM Chorlton (mums to be). All walks are free, but you will need to book your place as numbers are limited to 6 mums per walk. Find us on Facebook and Instagram: walkingmumsclub and use the Eventbrite link to book. <https://www.eventbrite.co.uk/Owng-mums-club-cic-31578399209>

Thrive Manchester –Wellbeing Walks

Thrive Manchester is a registered Charitable Incorporated Organisation. number 1183084. We support people to have good mental and physical health across Greater Manchester. Mental health wellbeing walks to support positive mental health and reduce loneliness. Available to adults 18+ but children/families are welcome.

WEDNESDAY Wellbeing Walk

Please join us for a well-being walk through Kenworthy Woods or by the River Mersey. This is a weekly gentle walk which can be adapted to suit all needs.

We meet in Northenden outside the Northern Den, M22 4FZ at 11am and have a free takeaway drink from Saludem wellbeing Coffeeshop.

We have also launched two new walks in different areas of Wythenshawe.

Tuesdays at 1pm meeting outside The Firbank Pub & Kitchen, Newall Green, M23 2YP

Fridays at 11am meeting outside Woodhouse Park Lifestyle Centre, M22 1QW.

Get in touch by email, phone or social media for more information.

Website :<http://www.thrivemanchester.org.uk> **Twitter:**<https://twitter.com/ThriveMcr>

Facebook:<https://www.facebook.com/thrivemcr/> **Email :**hello@thrivemanchester.org.uk





















Telephone: 0785 384 1290

Walking groups for disabled people

Breakthrough UK are currently running two walking groups for disabled people in Manchester. The walking groups are taking place every Tuesday at Heaton Park at 2pm, and every Wednesday at Wythenshawe Park at 2.30pm. If you or anyone you know identify as disabled and would like to get active and meet new people, email:

referrals@breakthrough-uk.co.uk

Your weekly *What's On* guide

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>5.00pm – 6.00pm  Bollywood Dancing</p>	<p>11.30am – 1.30pm  Better Things Sessions weekly activities including Zumba, Football and Gardening for adults with learning disabilities.</p>	<p>10am – 11am  Yoga Delivered by Audrey Youngman, this class will help to relax both mind and body - £3.50pp</p>	<p>10am – 12pm  Over 50's Line Dancing A great way to exercise and socialise at the same time! Run by Carol Bates from Crazy Horse Crew - £2.50pp</p>	<p>1pm – 3.30pm (fortnightly)  Senior Citizens Club</p>	<p>9am – 12pm  Shana Keeler Dance Dance lessons for different age groups, email shanakeelersschoolofdance@hotmail.co.uk for more information</p>
<p>6.30pm – 7.30pm  Family Zumba Combines Latin and International music to create a fun and effective workout system. Fun for all ages! - £4.00pp</p>	<p>1.30pm – 3.30pm  Beginners Dance A mixture of sequence, ballroom and line dancing</p>	<p>10am – 12pm  Sequence Dancing Our popular sequence dancing class, run by Gloria for many year - £2.50pp</p>	<p>3.30pm- 5.30pm  WOWZone Real Arts A creative Arts club for 13-16 year olds with various workshops including film, music and graphic design - FREE</p>	<p>6pm – 8pm  Senior Youth Club 13-19yrs</p>	<p>11am – 1pm  Wheelchair Dancing</p>
<p>4.00pm – 5.00pm  Shana Keeler Dance Dance lessons for different age groups, email shanakeelersschoolofdance@hotmail.co.uk for more information</p>	<p>3.30pm- 5pm  WOWZone Computer Class A creative computing club for 8-12 year olds. Caters to all computing abilities - FREE</p>	<p>3.30pm - 5pm  WOWZone Computer Class A creative computing club for 8-12 year olds. Caters to all computing abilities - FREE</p>	<p>6pm – 8pm  Directions for Men Come and have a chat and a cuppa, support group for men - FREE</p>		
	<p>4.00pm – 6.00pm  Shana Keeler Dance Dance lessons for different age groups, email shanakeelersschoolofdance@hotmail.co.uk for more information</p>	<p>6pm – 8pm  Junior Youth Club 10- 15 yrs</p>	<p>7.30pm – 8.30pm  Belly Dancing Open to all women regardless of age or fitness level. Friendly & inclusive atmosphere.</p>		
	<p>6pm – 8pm  Ability Youth Club SEND Ability Youth group for 13-25yrs</p>				

Please note that all sessions have restricted numbers under current government guidelines and all places must be booked in advance

We also have Pitches available to hire from as little at £10.00ph

Call 0161 436 0560 to enquire & book.



MCRactive is at Everyone Active's Wythenshawe Forum in Manchester.

Get active and step toward a healthier lifestyle.

We have a wide range of facilities for all abilities to enjoy, including a spacious gym, 25 metre swimming pool, group fitness studios, multi-sports sports hall and health suite.

Everyone Active & MCRactive working together to get Manchester residents fit and active.

Wythenshawe Forum, Forum Square, Wythenshawe, Manchester, M22 5RX.

Telephone: 0161 935 4020. <https://www.everyoneactive.com/centre/wythenshawe-forum/>

Taekwondo – Mondays 5 PM – 8 PM

Sessions for kids and adults and teens. Taekwondo is a Korean Olympic Sport and popular martial art: learn exciting kicking and striking techniques, improve fitness, and build confidence. Kids £4 per session, adults and teens £5, but the first taster session is free so drop in! Family discounts are available. For more information contact Jason on 07738497319, or visit www.jmtaekwondo.co.uk.

Broomwood Community Wellbeing Centre, Mainwood Road, Timperley WA15 7JU

Guitar for all – Tuesdays 11 AM – 1 PM

If you would like to learn to play the guitar, or jam along with friends, come along and join Phil at Seed Studios. No experience needed or own guitar required!

Sessions are free of charge.

Broomwood Community Wellbeing Centre, Mainwood Road, Timperley WA15 7JU

Contact 0161 980 0720

Dance class with Filiz – Tuesdays 11 AM – 12 PM

We invite you and your friends to join us and have fun with our free dance classes with Filiz – online and face to face! Feel free to come along to the centre or join in on Zoom with meeting ID 493 259 8960, passcode dance. Women only. For any more information get in touch with Sol at multiculturalwomensgroup@gmail.com

Broomwood Community Wellbeing Centre, Mainwood Road, Timperley WA15 7JU

Take Notice

Take some time to enjoy the moment and the environment around you.



HOME: Spring Summer 2022 Theatre Season

23 Mar to 1 July 2022

HOME's Spring Summer 2022 theatre season features a variety of brand-new co-commissions and UK premieres as well as new interpretations of cult classics and returning artists.

Visit Website: <https://homemcr.org/event/spring-summer-2022-theatre-season/>
HOME, 2 Tony Wilson Place, Manchester, Greater Manchester, M15 4FN



Manchester Libraries Crime Festival

16 - 18 March 2022

A Celebration of the best crime writers in Manchester and the North. Including two nights of panel discussions hosted by the brilliant Rob Parker. Manchester Central Library, St Peter's Square, Manchester, M2 5PD. Visit Website:

<https://manclibraries.blog/2022/01/10/manchester-libraries-crime-festival/>

Help Manchester celebrate International Women's Day

On Sunday, March 6, Manchester will mark International Women's Day with a public event for the first time since 2020 due to the global pandemic. A march from Castlefield to Manchester Cathedral will be taking place with the public invited to come along to show their support and solidarity. Those in attendance are also encouraged to bring along fun, safe and noisy instruments to bang and clang.

Visit <http://www.manchester.gov.uk/IWD> to learn more about the upcoming celebration.





International Women's Day celebration

Saturday 12 Mar 2022

An exciting day of stalls, activities, talks and protest songs celebrating International Women's Day. Includes music from LGBTQI disabled activist Mx Dennis Queen and Radical Women tours at 12.00pm & 1.00pm. Visit Website:

https://phm.org.uk/events_new/international-womens-day-celebration/sat-12-march-2022-10-00am-4-00pm/

People's History Museum, Left Bank, Spinningfields, Manchester, M3 3ER



Manchester River Cruises

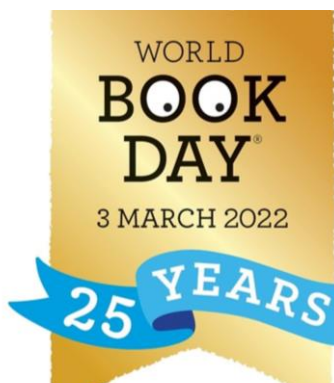
Manchester River Cruises run regular sightseeing trips from Salford Quays on board the Dutch built 'Princess Katherine'. From the 50 minute Quays Adventures trips to a 4 1/2 hour expedition to Ellesmere Port, Manchester River Cruises provide the ultimate way to enjoy the historic Manchester Ship Canal and River Irwell. Visit Website:

<https://manchesterrivercruises.com/>

Spinningfields, Salford, Greater Manchester, M3 5EJ

Message Community Church – Join us! Sundays, 11.30 AM.

Come and join us and bring your friends. Live Music, Free Coffee and Cake. Free Kids Activities, Training and Worship. In association with Ivy Church, Harper Road, Sharston, M22 4RG. Everyone Welcome.



World Book Day

Did you know that 2022 is the 25th anniversary of World Book Day? It's one of the days when we celebrate the joy of reading, and the difference reading can make! This year's theme is "you are a reader" no matter what, where or how long you read!

Children will receive their book voucher through schools and nurseries and will be able to exchange these for a free book from participating bookshops and supermarkets. For the first time, we also have four World Book Day Exchange Libraries where you can exchange your book token for a free book. We'll be giving out books to children at our Library Storytimes and supporting schools with author visits and free books too.

Learn Something New

Learning with others, meeting new people, expanding social networks and sharing mutual goals and interests can raise confidence and distract us from some mental health stressors.



Southway
Housing Trust

Barlow Moor
COMMUNITY ASSOCIATION

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 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

Reform Radio

Work Club, Thursday 10 March, 3.30pm to 5.30pm

Work Club runs on the second Thursday of every month, via Zoom, with a full session based on opportunities for the future. It includes a number of speakers who discuss various opportunities available, as well as 1-1s and pastoral sessions, are also available. Their pastoral team also runs a clinic every Wednesday to support young people in their next steps to getting their job. This includes CVs, applications, interviews, etc, and will help you whilst you're looking for a new role.

If you want to get involved, please send an email to projects@reformradio.co.uk



Are you an adult looking for work? Maybe you are a parent or carer of a young person, and you want to find out about local employers and training providers?

Friday 11 March, 10am to 3pm

Build the Future Wythenshawe

Forum, Simonsway, Wythenshawe, Manchester M22 5RX

Come along to this event to

- talk to employers
- find out who is recruiting
- find out about careers choices
- talk to friendly people who want to help you get a job
- find out how apprenticeships and traineeships can help you

No need to book, pop in any time on the day

Southway

[The Time is Now](#)

Wednesday 9 March

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

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 or call 0161 448 4200.

There are limited places available. Please let them know if you need support using Zoom for the first time



Scope

Individual Pathway of Support

This is a new service run by Scope, the disability equality charity. They provide employment advice to disabled people wherever they are on their journey into work, they could be looking for volunteering to gain that first step or be looking for a new paid opportunity. Each person who joins the service will have support from an Employment adviser for up to 13 weeks to support them to reach their employment goal which could be by;

- identifying their strengths and transferable skills
- developing confidence and job skills like time management
- reviewing their CV to meet your employment goals
- how and where to look for jobs
- mock interviews
- how to talk to your employer about their impairment and reasonable adjustments

They support everyone they work with to create an action plan to help them work towards their career goals. You will also have access to their selection of training modules and their online job board, which has exclusive vacancies from partner organisations, recruiters, and employers who are committed to employing more disabled people. Visit Website: <https://www.scope.org.uk/employment-services/individual-pathway-of-support>

The Service is free and open to people who are:

- disabled or have an impairment or condition
- living in Greater Manchester
- aged 16 and over



Juniper Training

Drop in and see them on Tuesdays 1pm to 3pm or call to book an appointment.

They support school leavers who are looking for a kick start to their career. They have a number of vocational pathways, traineeships, study programmes or apprenticeships that can improve the chances of gaining a real job, whilst earning qualifications.

See the Juniper Training website: <https://www.junipertraining.co.uk/> or phone 0161 481 3343 for more information.

Spring is Sprung at Back on Track

Our NEW spring timetable is starting!

Back on Track provides courses and guidance for adults aged 18+ who have had problems with drugs / alcohol, mental ill-health, homelessness or criminal offences. We aim to help all our service users move on to something positive, for example: volunteering, paid work, further learning or participation in local clubs and classes. Visit our website for more information about us: <http://www.backontrackmanchester.org.uk> People who are interested in enrolling can contact Back on Track directly for an enrolment appointment by ringing 0161 832 4488, or can be referred by a worker from an agency they are working with. Enrolment appointments last about 40 minutes and provide an opportunity for people to talk about their goals and to decide on which courses to do.

UNEMPLOYMENT FM

Radio broadcast and podcast training at ALLFM every month. Sign up!

This free course is aimed at people who live in Manchester and have an 'M' postcode, and who are currently unemployed. Unfortunately, this doesn't include students. In small groups they train you in all aspects of radio and podcast production. The course will end with a live show on ALL FM 96.9. The aim of the course is, in addition to developing radio skills, to improve your employability such as interview skills, professionalism, communication skills and confidence. It also helps to get people mixing (safely) again and make friends.

The course runs once a month. It entails 4 sessions over 2 weeks: 10.30am to 2.30pm: ALLFM Community Radio, Levenshulme Old Library, Cromwell Grove, Levenshulme, M19 3QE. You will need to attend all sessions which will give you opportunities to volunteer at ALL FM as presenter and/or producer after your training and receive your accreditation. If you have any queries please email ed@allfm.org or jane@allfm.org. Or ring 0161 248 6888 or Jane on 07708 564 697.

GROW: Art, Park & Wellbeing

5 Oct 2021 to 3 Oct 2023. GROW is a project that promotes the benefits of engaging in horticultural activities to improve mental wellbeing of an individual. Working within our beautifully designed Art Garden by landscape garden designer Sarah Price and within Whitworth Park, participants have the opportunity to learn a variety of horticultural techniques. The aim of this project is to help individuals to acquire new skills, rebuild confidence and to provide opportunities to engage with others socially in a safe and culturally inspiring environment. Booking Required. Visit Website:

<https://www.whitworth.manchester.ac.uk/learn/outdoors/grow/>

Whitworth Park, Oxford Road, Manchester, M13 9NL

Writing Space

Every Tuesday, 1 PM – 3 PM except Half-Term.

Looking for help with your writing or book idea? Writing Space offers friendly, supportive guidance from plotting to publishing. Contact stephen@together-one.org Call 0754978947 or just drop in! Writing Space is Free. Forum Reference Library, First Floor, Forum Library, M22 5RX.

Peace Garden Allotments & Gardening Group

Receive your own gardening pack and help us develop and maintain your own space! We have started to create a Peace Garden at the side of our Community Centre in Wythenshawe. Over the coming months our aim is to develop and finish the garden and train people to grow vegetables whilst enjoying it. We are looking for local people who enjoy gardening and allotments or who want to learn how to develop and maintain our space. We just need a few hours of your time and you can help develop a community garden to find peace, relaxation and sanctuary from inner city life. Contact Samantha for more information on 07751861938.
United Estates of Wythenshawe, Broadoak Road, Benchill, M22 9WF

Writing Space

Every Tuesday, 1 PM – 3 PM except Half-Term.

Looking for help with your writing or book idea? Writing Space offers friendly, supportive guidance from plotting to publishing. Contact stephen@together-one.org Call 0754978947 or just drop in! Writing Space is Free. Forum Reference Library, First Floor, Forum Library, M22 5RX.

Sow the City – Nature for Health Service

With an aim to “tackle and prevent mental ill health by providing Social and Therapeutic Horticulture on prescription for Manchester residents”, Sow the City’s ‘Nature for Health’ service is delivered in partnership with 7 community gardens across the city and provides nature-based activities within an all-important community context. The service is available for residents of Manchester, targeting those people most disproportionately impacted by Covid-19 with a focus on mental health and whom who are registered with a GP. The eligibility criteria are: People with emotional and mental health needs for example loneliness, worry and low mood, as well as those with diagnosed mental health conditions such as depression, anxiety and severe and enduring mental health conditions. We accept self-referrals or referrals from health professionals (GPs, community mental health teams), social care teams, supported accommodation providers and other mental health support workers. Please use Sow the City’s online referral form <https://www.sowthecity.org/referrals.htm> or email us for the referral form as a word document. To refer someone to the service, email Laura Weaver: laura@sowthecity.org

Laura will review the referral for eligibility and contact the participant directly to provide support and arrange suitable sessions to attend. In the south Manchester area, residents can be referred onto a 6-week, 2-hour block of sessions at the Manchester Mind allotments in Chorlton.

LAB Online, free online 2-week confidence building course for unemployed

Would you benefit from developing your confidence in a supportive and creative environment? This could be the course for you! Runs on Zoom over 2 weeks. Monday - Friday 10am - 1pm.

£50 voucher and certificate on completion

LAB Online benefits: Digital Inclusion: builds confidence in working and presenting online; practice using devices and sending/receiving emails. Employability skills: practice time management; working as a team; giving and receiving feedback; communication skills; goal setting; presentation skills.

Wellbeing: ease social isolation from the comfort of home; meet new people and make friends; sense of achievement and self-belief. Progression: plan for next steps after the course; progression day to chat with other organisations and agencies; invited back for 2 Progress and Refresh sessions after the course is finished to share where up to and make new goals. For more information on the confidence building course please call 07754854528

The Manchester College

Go further at their Centre of Excellence for Adult Education. Study an adult course at The Manchester College. Applications are open for adult courses at The Manchester College, the number one college for achievement in Greater Manchester.

They offer adult courses in a huge variety of subject areas that range from Entry Level up to Level 6, as well as Access to Higher Education diplomas, so there's lots of opportunities to upskill in your chosen field or retrain for a new career, regardless of what academic level you're at.

There are also lots of financial opportunities available to help you fund your course, including the Advanced Learner Loan – finances don't need to be a barrier to your success. Explore The Manchester College courses and apply now.

<https://www.tmc.ac.uk/adults>

Government - Skills Toolkit

Free courses are available through an online platform launched by the government last year. The Skills Toolkit gives you access to free, high-quality digital and numeracy courses to help build up your skills, progress in work and boost your job prospects.

<https://theskillstoolkit.campaign.gov.uk/>

Have you heard of the STAR Method for acing job interviews? Not sure what it is? Join us online to find out more!

Understanding the STAR Method Virtual Workshop

Every Wednesday, 11am - 12.30pm

What will you learn?

- What the STAR Method for job applications/interviews is
- How to build a STAR story
- How to use your STAR story on job applications and in interviews

What will you need?

- A computer/laptop, tablet or smartphone
- An internet connection
- A space where you will be uninterrupted for 90 minutes

Reserve your place by calling 0161 230 1057 or emailing onefuture@onemanchester.co.uk

Manchester Adult Educations Courses

They offer both face-to-face and online opportunities so you can learn at home or come into one of their friendly centres.

<https://manadulthood.org.uk/>

Apprenticeships are for people of any working age. You can learn new skills whilst you earn.

Apprenticeships - what do the different levels mean?

Intermediate (Level 2) Apprenticeship

An intermediate (level 2) apprenticeship is equivalent to five good GCSE passes

Advanced Level (Level 3) Apprenticeship

An advanced apprenticeship is equivalent to two A Level passes

Higher (Level 4/5) Apprenticeships

Level 4 apprenticeships are equivalent to a foundation degree

Degree (Level 6/7 Apprenticeship)

Degree Apprenticeships are equivalent to a bachelor's degree (Level 6) or a master's degree (Level 7)

Apprenticeships

Apprenticeships are for people of any working age. You can learn new skills whilst you earn. If you are an adult and want to find out more Greater Manchester Apprenticeship Hub has some information for you.

<https://theapprenticeshiphub.co.uk/to-restart-change-or-progress-your-career/>

Find a Course - National Careers Service

Find a course to help you improve your current digital skills or study for your future. Their trusted course providers include The Open University, Google, Amazon and FutureLearn. You can also search for courses from learning providers, including colleges and local authority providers which may offer work-related courses on a wide range of topics. <https://nationalcareers.service.gov.uk/find-a-course>



Reform Radio

Life Lounge. Every Tuesday 1pm - 3pm on ZOOM! Their online well-being sessions have undergone a rebranding. Come and join The Life Lounge conversation where Reform Radio's Well-Being Manager Dan leads an online, open conversation about all things life. From 'you live and you learn' to 'current topics' everything is open for discussion and everyone is welcome. Dan provides a safe and open space for all to share, but even if you want to just come and listen that is perfectly fine too! If you want to get involved, please send an email to projects@reformradio.co.uk

Withington Library Creative Writing for Mindfulness!

Creative Writing for Mindfulness will start again on Monday 13th Sept from 10am -12 at Withington Library. Writing, paired with mindfulness practice, can bring us back to ourselves and connect us to others. Suggested donation £5. Withington Library, 410 Wilmslow Road, Manchester M20 3BN
Phone: 0161 227 3720

Introduction To Acting

10 week course for adults. Wednesday evenings 7.30pm - 9.30pm. Beginners Intermediate. Our latest hugely popular 'Introduction to Acting' course: Develop your acting skills through theatre games, improvisation, devising and script work. These sessions are suitable for anyone wanting to develop or improve their skills in acting, spontaneity, creativity, imagination, communication, presentation, devising, group working and having a good laugh with a friendly group of people on a Wednesday night! The sessions will be run by The Edge's Artistic Director Janine Waters on Wednesday evenings from 7.30pm - 9.30pm. If you have any questions/queries please email: samuel@edgetheatre.co.uk or phone 0161 282 9776. The Edge, Manchester Road, Chorlton, Manchester, M21 9JG

Manchester and Lancashire Family History Helpdesk resumes.

Great news for those of you wanting help with your family tree. Manchester and Lancashire Family History Helpdesk is open again at Central Library. Monday - Friday, from 11.00-2.30.

Help to become 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 with the person's details including their name and area of Manchester where they live.

Community Grocery Cooking classes - Ever had 'Dinner envy?' Ever looked at someone else's plate and thought, "I wish I could make that!". Come and learn how to cook & feed your family with delicious food on a budget. A hands on course using Community Grocery ingredients designed to feed your family. Make the food, and then take the food home with you. All for free! Community Grocery, Harper Road, Sharston, M22 4RG. Tel: 0161 946 9494

Arts 4 Good Health courses - Did you know that being creative is good for your mental health? 'Arts for Good Health' courses are run by the Recovery Pathways service using well designed creative exercises and techniques to help you improve your mental wellbeing. No experience is necessary, but an openness to try new things and meet new people is essential. Places are limited with priority given to existing Trust service users. Please note that we can only offer one course to each person at a time. All materials are provided free of charge. To register your interest in a course, please request a referral form by emailing: Referrals.recoverypathways@gmmh.nhs.uk Please specify which course you are interested in.

The Reader in Withington Library

12 Jan to 20 July 2022. The Reader are running a new Shared Reading Group for adults in Withington Library, fortnightly on a Wednesday evening. Visit Website: https://secure.manchester.gov.uk/directory_record/270335/withington_library Withington Library, 410 Wilmslow Road, Withington, M20 3BN

Creative Crafts



Cotton On MCR: Art All-Dayer: Spring Edition

19 Mar 2022, 11:00 - 18:00

We are combining the best of Manchester's art scene into one amazing all-dayer event - featuring:

A huge affordable art fair, Art workshops (including macrame and oil painting),
An exhibition by students from Manchester Metropolitan University.

We only feature the work of creatives living and/or working in the Greater Manchester region, making sure we promote the finest, local talent this incredible city has to offer.

Visit Website: <https://cottononmcr.com/>

Hallé St Peter's, 40 Blossom Street, Manchester, M4 5AF

PAINT POTS ART GROUP

TUESDAYS: 12:00 – 16:00. Interested in art? Then come along to this self-taught group, get creative and develop your artistic skills. Everyone welcome.

Phone 0161 227 3770 for booking. Wythenshawe Forum Library, Forum Square, Wythenshawe, M22 5RX

SEWING BEE

MONDAYS: 13:00 – 15:00

Inspired by The Great British Sewing Bee on the BBC? Then join this informal session encouraging people to share sewing skills. Sewing machines provided, just bring your fabric. Suitable for adults. Free, drop in, no need to book. Wythenshawe Forum Library, Forum Square, Wythenshawe, M22 5RX



Creating Connections Connecting through arts and culture for health, wellbeing, peace and hope.



Offering you a selection of arts and cultural activities for you to do at home, online and in-person. The last year or so has been difficult in lots of ways, not least in isolating many of us and causing health worries and stress.

There's lots of evidence to say how health and wellbeing can be improved in lots of ways through arts and cultural experiences, so please go ahead and make the most of all that your local arts organisations have to offer.

Art on A5 with Royal Oak Community Centre Arts (ROCCA)

ROCCA will be offering local people a canvas to create "Art on an A5" using any medium to reflect their experiences or impressions of the Baguley and Wythenshawe area. These works will then be displayed in our studio during Royal Oak Community Centre's official opening day celebration on June 26th

Sign up via their website:
royaloakcommunitycentre.com

Once Upon a Time with Hallé Orchestra
FREE 35 minute online concert, Once Upon a Time, is available to watch now on Youtube:
www.youtube.com/watch?v=wJCEkR989J0

Wythenshawe Community Radio EM 97.2
Tune in a wide variety of shows with plenty of music, news and special guests.

Cast the Past

Cast the Past is the home of extraordinary true stories. Be prepared to be transported away in time to relive engaging, mysterious, and quirky tales of yesteryear. All the stories you will hear are factual and researched, covering many times and places.

www.youtube.com/channel/UCrbs8QPTchMT8Pa2WQhdgyQ

Journaling with Steve Evans

A journaling workshop run by Steve Evans from Writing Well and Together One. Learn how to start a journal through a range of engaging activities.

Venue: Benchill Community Centre
Date: 27th May 7:30pm

Book NOW as places are limited due to social distancing restrictions.

Email: emma@together-one.org
Telephone 07549 789747
Online: tickets@together-one.org

Writing with Steve

Youtube channel dedicated to developing your writing skills, with free, downloadable writing resources
www.youtube.com/channel/UCFYjs_4dOEKQ-Azfnu60VtA

Sing Yourself to Better Health with buzz

Delivered by Martin Purdy and supported by buzz, this group involves informal, fun and light-hearted singing sessions.

Singing is an excellent exercise to enhance people's health and wellbeing and the singing group will help develop long-lasting friendships and relationships.

For more information or help signing up to any of the activities, contact Emma or Phil:

Emma Farrell (Northenden and Brooklands)
emma.farrell@gmmh.nhs.uk
0161 271 0582

Phil Tomlinson (Baguley, Sharston and Woodhouse Park)
philip.tomlinson@gmmh.nhs.uk
0161358 8600

Activities with buzz Health and Wellbeing Service
Neighbourhood Health Workers in Wythenshawe: help support people to get involved in the community.

Age Friendly Community Walks

Men's Shed: Gardening group at the Tree of Life Centre for men to follow their interest.



MANCHESTER
CITY COUNCIL



GMCA

Give Volunteering in your local community can give you a sense of purpose. Local organisations are looking for your support either a few hours or a few days per week.



Glow 2022

19 Mar 2022, 18:30 - 21:00

Grab your glowsticks and shine a light on dementia alongside fellow Glow-getters walking after dark. Join hundreds of glow-getters and experience a walk like no other and raise money for life-changing dementia support.

Visit Website: <https://www.alzheimers.org.uk/memory-walk/glow/manchester>

MediaCityUK, The Greenhouse, 101--110 Broadway, Salford, M50 2EQ



Coats4Kids

They need donations of good quality coats and shoes of all sizes for primary school children. If you have items to donate, contact Michelle on 07940 758168 or michelle.wright@onemanchester.co.uk

Do you have what it takes to be a Read Manchester Literacy Champion?

Do you want to get involved to help improve literacy in your local community? You might be interested in starting a book swap, helping at book giveaway events or simply spreading the word about our campaign to family and friends?

You could be a parent, grandparent, business professional, teacher, student, retiree or anyone passionate about making a difference in your local area. You can support in person or online and we'll provide training to get you up and running.

Find more information on the Literary Trust website:

<https://literacytrust.org.uk/communities/manchester/manchester-literacy-champions/>

Welcome to Emmaus South Manchester

Emmaus South Manchester is an independent local homelessness charity, working to establish a new Emmaus community. Our aim is to support formerly homeless people and those suffering deprivation and social exclusion in the local area.

Emmaus communities support people by giving them a home, meaningful work in a social enterprise and an opportunity to get themselves back on their feet again. Emmaus provides an opportunity for those who experience homelessness to regain their self-esteem and to make a real contribution to their community. An Emmaus community is not a hostel but a home for as long as someone needs it, providing support and stability in which to re-build their lives.

To find out more visit:

<https://emmaus.org.uk/south-manchester/>

<https://www.facebook.com/EmmausSouthMCR/>

<https://twitter.com/EmmausSouthMCR>

<https://www.instagram.com/emmaussouthmcr/>

Mark Booth, Project Leader for Emmaus South Manchester, said: “We’re very excited to be opening our first charity store and look forward to welcoming visitors in. Our Emporium will be a place to source interesting items, but we also want it to become a community hub offering experiences beyond your traditional charity shop.

“We’re appealing for more volunteers to get involved to help run the store and café, carry out collections and deliveries, and help with our future plans. Please visit our website for more details or call in to our store to chat to a member of our team.”

Volunteer with us.

Can you lend a helping hand for our charity? Give your time, energy and skills to help Emmaus South Manchester grow. View our current volunteer roles today at <https://emmaus.org.uk/south-manchester/support-us/volunteer-roles/>

Contact us at Emmaus South Manchester, St. Andrews Church, Brownley Road, Wythenshawe, M22 0DW.

Email: info@emmaussouthmanchester.org.uk

Bee Sanctuary Movement

6 Aug 2021 to 6 Aug 2023. Want to do your bit to help the health of our parks. Bee Sanctuary Movement specialise in enhancing local green areas to increase biodiversity and create wildlife friendly spaces. For further information, please visit beesanctuarymovement.org

Join the RSPB And Help Precious Wildlife Survive Across the UK.

Become An RSPB Member From Just £5 A Month And Help Give Nature A Home.

The RSPB can help you get out into nature this autumn. Join today and you'll receive a welcome pack, a FREE gift for adult and family memberships, and FREE access to our nature reserves*. You'll also receive our fantastic Nature's Home magazine four times a year packed with stunning photography, nature-watching tips and advice on wildlife gardening. What's more, when you become a member, you'll be protecting the wildlife and wild places you love. <https://www.rspb.org.uk/rspb/join-and-help>

VOLUNTEERING FOR GREATER MANCHESTER MENTAL HEALTH FOUNDATION TRUST

The direct involvement of volunteers in delivering our services can foster better engagement with our service users and carers, empower individuals and communities, and contribute to more responsive services. Volunteering can promote good physical and mental health for volunteers themselves and our service users and carers. Volunteering is also a valuable means to support career development for those needing to gain experience in order to pursue their career. Follow the link to view current vacancies.

<https://www.gmmh.nhs.uk/volunteering>

Step Together Volunteering

For My Future Ex-Offender Course

Step Together Volunteering supports participants to build and develop the personal and practical skills needed to move forward. As well as offering progression routes into volunteering, training, and employment. Step Together Volunteering aim to help overcome the barriers ex-offenders face in finding work and this tailored course comprises 20 hours of guided learning, 1:1 mentoring and home learning, CV and interview techniques and a plan to get you into volunteering within your community.

<https://content.govdelivery.com/attachments/UKMANCHESTER>

Salvation Army - Anyone can volunteer with The Salvation Army and many people do all year round. If you would like to volunteer please contact your nearest Salvation Army centre - all contact details and locations are on the website or call 020 7 367 4500.

Age Concern – Age Concern is always looking for volunteers and some branches need people to take part. Call the Age Concern hotline on 0800 00 99 66 between 0700 and 1900, seven days a week, to find if your local branch needs help.

Volunteer with Macmillan - Feel rewarded

Using your time to give something back feels amazing. Each one of our volunteer roles helps make a real difference to the lives of people affected

by cancer. **Meet like-minded people** - Our volunteers are as diverse as our roles.

Volunteering is a great way to meet other people with similar interests within your

community. **Use your skills to help others** - Whether you want to put your existing skills to good use or learn something new, we have a range of roles and training to support you.

Flexible - Whether you can give minutes, hours, or days, our volunteer roles are designed to fit around your available time. **Keep busy and active** - From cheering at events to doing a

few odd jobs in someone's home, we have a range of activities to boost your physical and mental wellbeing. If you need more information, contact us by emailing

volunteering@macmillan.org.uk or calling 0300 1000 200. Monday to Friday, 9am-5pm.



Interested in Volunteering? - Volunteering can provide you with invaluable work experience, skills and training. For anyone who has been out of paid employment for any length of time, it is generally accepted by prospective employers as evidence of previous work history, commitment, teamwork, initiative, enthusiasm and transferable skills. See the websites below for volunteering in your area.

<https://www.manchestercommunitycentral.org/volunteer-centre-manchester>

<https://www.onemanchester.co.uk/support-opportunities/employment-help/volunteering>

<https://www.wchg.org.uk/careers/wythenshawe-futures/volunteer>

Volunteer with us - Volunteer at your local Barnardo's store and you could: make friends, learn new skills, have fun and make a big difference To find out more speak to a member of the team at your local store. To find your nearest Barnardo's store, log on to www.barnados.org.uk/shop

**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



**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.

Please call if you require help with directions: 0161 238 5249

The Recovery Lounge, Thompson Street, Manchester, M4 5FY.



Useful Numbers

NHS helpline 111 – a helpline for medical concerns

- **National Domestic Abuse Helpline:** 0808 2000 247 (run by Refuge)

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.

Moodswings 0161 832 3736 helpline from 10am to 4pm Mon to Fri
www.moodswings.org.uk

- **Crisis Point** 0161 225 9500 <http://www.turning-point.co.uk/crisis-point.aspx>

- **Manchester MIND** 0161 226 9907 or
emailinfo@manchestermind.orgwww.manchestermind.org

- **Samaritans** - Calling Samaritans is now free of charge from a landline or mobile. Their new number is: 116 123 (24 hours every day)
www.samaritans.org

- **SANEline** - 0300 304 7000 (6 -11pm every day) www.sane.org.uk
A specialist mental health helpline that is now a local-rate, 0300 number. Calling the helpline costs no more than calls to geographic (01 and 02) numbers from a landline, and is included in inclusive and free minutes on mobiles.

- **SANE** - offers 'Textcare' - a way of providing emotional support and connection for anyone affected by mental illness, including families, friends and carers. 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.

- **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. Our advisers are all trained to help you focus on staying safe from suicide. Their training enables them to provide advice and support that may help you to move forward and stay alive. If you are concerned that a young person is feeling suicidal, advisers can support you to start a conversation about suicide and explore options of how best to support them. Call 0800 068 4141, Text: 07786209697 or Email: pat@papyrus-uk.org
- **CASS ANY AGE** Women's Self Injury Helpline 0808 800 8088
www.selfinjurysupport.org.uk
- **No Secrets** supporting those affected by self-injury www.no-secrets.org.uk
- **Hearing Voices Group** –A talking and socialising group for anyone who hears voices, sees things or has unusual experiences. Support given for friends and families also.
Didsbury Hearing voices Group, Fortnightly Monday 11.30-12.30 at Home Café, Emmanuel Church, 6 Barlow Moor Road, Didsbury, M20 6TR.
Harpurhey Hearing Voices Group, Fridays 1.30-3pm. Harpurhey Day Centre, 93 Church Lane, Harpurhey, Manchester, M9 5BG. Contact Kate Crawford on 07590837359 or the Day Centre on 0161 205 0188.
- **Get your voice heard.** Advocacy information and advice so you understand your rights and help you speak out at your reviews or other meetings. Free phone 0808 800 5792. Email: help@coramvoice.org.uk
www.coramvoice.org.uk
- **The Silver Line** is the only free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year. Calls are free on 0800 4 70 80 90 www.thesilverline.org.uk

MacMillan Information and Support Service. We offer friendly, informal and confidential support. Call into the Forum Library or phone 0161 227 3727

- **B-EAT youth helpline** - 0845 634 7650 (Monday to Friday evenings from 4.30pm to 8.30pm and Saturdays 1.00pm - 4.30pm) Email fyp@b-eat.co.uk
Information, help and support for anyone affected by eating disorders.

Withington Social Anxiety Practice Group. This is a user –led group and aims to provide people with social anxiety a supportive environment to practice a wide range of anxiety provoking situations, from reading aloud to acting in front of the group. All activities are optional. The group runs on the second Wednesday of every month from 6pm until 7.30pmm at Withington Library. I hope you pluck up the courage to come along. You won't regret it! If you would like more information please email:withingtonsocialanxiety@gmail.com

- **Manchester Talking Therapies - “self help” groups: Wythenshawe Anxiety Group and Altrincham Anxiety Group** These groups offer a sympathetic and non-judgmental space where you can meet others who also struggle with anxiety. Our groups care about your experiences and really understand. **If you want to attend please call 0161 226 3871 first and refer to Self Help Services.** If you would like someone to greet you upon arrival at the venue, you can give us a call or send us an email and we'll make sure someone is available to meet you. We also provide telephone sessions, Age: 18+ **Wythenshawe Forum Library** - Opening times: Saturdays 10-12. Free. 0161 226 3871 **St George's Parish Centre**, Church Walk, Altrincham, WA14 4DB Opening times: Mondays 1.30-3.30. Free. 0161 226 3871

Andys Man Club – Suicide is the biggest killer for men under 45. We are a peer to peer support group for men. All our groups meet on Mondays 7PM. Come have a brew and a chat! To find your nearest group visit our website www.andysmanclub.co.uk

Advice & Support

Support Suicide affects us all, whatever our age. Why not encourage someone to talk before suicide seems their only option? Together we can help prevent suicide. Find out how. <https://shiningalightsonsuicide.org.uk> Why not take a free 20-minute training to learn how to save a life?

<https://www.relias.co.uk/hubfs/ZSA-FullTraining>

If you yourself are struggling to cope, you can call Samaritans on 116 123 or text Shout on 85258.

If you're bereaved by suicide, you don't need to deal with your grief alone. Greater Manchester Bereavement Service can find the right support for you.

- **Alcoholics Anonymous** –meet in the Forum Library, every Monday at 1pm, Meeting Room 1
- **Narcotics Anonymous** Membership is open to anyone with a drug problem seeking help. Every Tuesday, 6 – 7.45pm, Meeting Room 1, Forum Library, Forum Square, Wythenshawe, Manchester M22 5RX.
- **Manchester Drug and Alcohol Team** – Drop in without an appointment, Friday 1-2.30pm. Alderman Downward House, Wythenshawe Civic Centre, next to Poundland.
- **Narcotics anonymous helpline** 0300 999 1212 for those battling drug addiction
- **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.
- **ADVICE – FORUM LIBRARY:**
Council Tax and Benefits Surgery The Revenues and Benefits Unit provides an appointment only surgery. Third Wednesday of the month, Meeting Room 2 call 0161 234 3695
Handing in Benefit documents Are you claiming Housing Benefit, Council Tax Benefit or Education Benefits? We can make it easier for you!
- **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.

People First Advice Service-Advice service for clients needing support with filling out forms, reading through letters, housing advice and more. Drop in every Thursday 10 – 1pm, Meeting Room 2 Forum Library, Forum Square, Wythenshawe, Manchester M22 5RX. If you prefer to book an appointment call 0161 235 6900

- **Mike Kane MP Surgery:** Constituents to contact Mike for appointments. Phone: 0161 499 7900 or email: Mike.Kane.MP@Parliament.UK

Tell Us Once – A free government initiative to help those that have been bereaved. When someone has died, the Greater Manchester Bereavement Service can help to find support for when you probably need it. Anyone in Greater Manchester that has been bereaved or affected by a Government department death. No one needs to feel alone as they deal with their grief. When you use Tell Us Once, On this site, you can find out about support in your area and nationally, Benefits, Personal Tax, as well as advice for practical issues that losing a loved one may bring. Register and the Public Sector Pensions. You will need to contact your Register Office in advance of using the Tell Us Once service which will normally be when you register the death. The options to connect the Tell Us Once service are online, face to face and telephone. For more information about Tell Us Once please access the website: www.gov.uk/tell-us-once



- 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 salccg.gm.bs@nhs.net

If you already have contact with mental health services:

- Contact your local Community Mental Health Team (CMHT)
- Contact your crisis team
- We are also launching a helpline for service users and carers which will be supported 24/7 – the number is: **01204 483071** and went live at 5pm on Friday 20 March 2020.
- For Manchester service users who usually use 0161 271 0450, this number will automatically transfer to the new number without the caller being aware, however we would encourage all service users and carers to contact **01204 483071**

- **Local Link is your 24-hour-a-day connection** to workplaces in the Wythenshawe area, including Manchester Enterprise Zone. Local Link operates every day except Christmas Day, Boxing Day and New Year's Day. Book your connection in advance and Local Link will pick you up from the Local Link stop on Rowlandsway at Wythenshawe bus station, Stand L at Manchester Airport bus station or from Brooklands Metrolink stop. We'll also pick you up at your workplace for your return journey. You need to register to use the service. You need to book at least one hour before you want to travel and you can book all your journeys at the same time, up to a week ahead. 0161 244 1000

- **Ring and Ride** - Ring and Ride provides a door-to-door accessible minibus service for people of all ages who find it difficult to use ordinary public transport, providing the opportunity to book trips in Greater Manchester including travel into neighbouring districts of up to six miles. The service will continue to run 8am to 10.45pm, seven days a week and trips can be booked through one call centre phone number between 8am to 4pm, Monday to Friday, up to seven days in advance. Information about Ring and Ride services is available at www.tfgm.com/ringandride or by calling 0845 688 4933.

- **The Metroshuttle** – This fee bus service links the main transport hubs and leisure destinations. Tickets are not needed, just hop on and off as often as you like. For more information visit tfgm.com/metroshuttle

Metrolink Tram Service—Greater Manchester's Tramsystem offers easy travel around the city centre and further afield. Trams run on the Metrolink network from approximately 6am to 11.30pm Mondays to Thursdays with last trams running later on Fridays and Saturdays. On Sundays, trams start later and finish earlier in a time range of approximately 7am to 10.30pm. Details of specific first and last tram times from each stop are displayed on the stop platform. Bike stands and lockers are available at most stops. For full details see 'Stop Information' at www.metrolink.co.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

Facebook - 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.

We are unable to provide information on the quality of individual services.

Kind Regards. The Community Inclusion Service