



Artwork by Len Grant www.lengrant.co.uk

Withington and Old Moat neighbourhood update

Issue 3
Oct 2023

FREE

News and useful information on health, wellbeing and what's on for people in Withington and Old Moat.

Neighbourhood Partnership

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

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

Neighbourhood partnership meetings are also a space to connect with others and build more awareness of what is available in the neighbourhood. We welcome all partners to this meeting including active residents who want to find out more about the work that is taking place in the area and offer their knowledge of the local community and their lived experience to help address health and wellbeing priorities.

The next Neighbourhood Partnership Meeting will take place on Monday 29th January 1pm-3pm at Ladybarn Community Hub, Royle St, Manchester M14 6RN.

This meeting will focus on celebrating what the neighbourhood partnership has achieved over 2023 and focus on planning our key neighbourhood priorities for 2024. Contact Yasmin Holgeth, Health Development Coordinator for Old Moat and Withington, Manchester Local Care Organisation for more information:

- Email - Yasmin.Holgeth@mft.nhs.uk
- Call - **0757 0527 497**

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



If you want this newsletter in large print, please contact us
Yasmin.Holgeth@mft.nhs.uk or **0757 0527 497**

What's on

MEN - STEP INTO YOUR TRUE NATURE - WITHINGTON AND BEYOND

Step Into Your True Nature is a FREE walking and coaching programme designed to help you to slow down to the speed of life, unleash your infinite potential and support you to create the life you want. The purpose of the programme is to make the next year your most exciting yet, by tapping into your true nature and doing things you thought impossible until now.

This session is aimed at men living in Withington and Greater Manchester. STEP INTO YOUR TRUE NATURE takes you BEYOND WORDS, THE LIMITATIONS OF YOUR MIND AND ENABLES YOU TO BRING CRAZY GOOD IDEAS INTO THE WORLD.

Friday 1st December 9:30am-4pm at Withington Library.

For more information and to book your place visit <https://www.eventbrite.co.uk/e/men-step-into-your-true-nature-withington-and-beyond-tickets-732621198727?aff=oddtcreator>

or Contact Gary on 07841592798

St Paul's – Withington Welcomes

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

Every Tuesday, 10am to 12noon.
St Paul's, 491 Wilmslow Rd,
Withington, M20 4AW

Old Moat People's History project

Former or present Old Moat Residents with stories, memories or photos to share? We want to hear from you!

Old Moat Histories is a social/local history project aiming to collect and collate memories, photos and stories from current and former residents of the Old Moat estate.

We would like to find the stories about the people who lived in the area from the early 1920s, through WW2, the 50s, the 60s the 70s and the 80s right up until the COVID-19 pandemic and today.

The project is looking for people who would like to share their own stories or to get involved in helping other people share theirs.

To get involved, email OLDMOATSTORIES@gmail.com

Bollyfit has started in Ladybarn

Bollyfit Active Women Only Fitness Sessions.

Mondays 9:30am -10:30am.
An energetic weekly dance fitness class with Maryam. £3 donation per session, first session free.

(term time only)

Ladybarn Community Hub

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

Older Mens Group. Mondays 12:00-13:30 . Board games, cards, diy projects, men's health information. Tea & Toast £2 donation.

LGBTQ+ Tea & Toast Group. Tuesdays 10:30 - 12 midday. monthly speakers. £2 donation per session.

Ladybarn Voices Choir
Wednesday Evenings 5:45pm-6:45pm. No singing experience required. £4 per session.

Thursday Lunch Club
12:00-2pm . Freshly cooked, two course meal. Veggie and halal options available. Bingo and raffle, £5 for lunch plus £1 for bingo and £1 for any other game.

Evening talks on a range of subjects
Thursdays 6pm-7pm weekly till December.
Talks covering topics such as Healthy eating and nutrition, Poetry through the ages, Peace and War 3 September 1939, the Irish in Manchester, Urban Bee Keeping, the Seventies in Manchester. Tea and cake provided. £3 a session

High tea with tea dance. Friday 27 October 4pm. Savoury treats and special cakes by Natalya £5 Please contact Cal at Ladybarn Hub to put your name down.

Trip to the Stockport Plaza Matinee – Christmas Memories. Tuesday 21 November. A spirit lifting, heartwarming afternoon of all-time favourite Christmas songs and carols. Contact Cal for price and sign up before 31 October.

Special Christmas Lunch with games, singers and lots of fun. Thursday 21 December 12 pm – 3pm. Invite your friends. Cost £10 for the meal, games and entertainment. Sign up by 1 December with Cal.

What's on

Table MCR

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

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

Walking and talking Group, Ladybarn Park

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

Withington Public Hall Institute

A community hub in a historic venue.

Quiz Nights.
Live Music.
More.

Withington Public Hall Institute,
2 Burton Road, Withington,
Manchester, United Kingdom,
M20 3ED

View their Instagram for what's on, or pop in Thurs-Sat 4-11pm

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

Bowel Screening Survey for people aged 54+

Manchester Local Care Organisation has partnered up with Withington Baths to provide a free Swim & Sauna or Table Tennis session for anybody aged 54+ who participates in this survey.

This survey is for people who live in Manchester or are registered with a Manchester GP. The survey asks questions about NHS bowel cancer screening and will take about five minutes to complete. Your feedback will help your local NHS to understand how people feel about bowel screening and help us make changes to how we promote screening. Your feedback is anonymous.

Collect your survey from Withington Baths. Once completed you can claim one free swim & sauna or table tennis session from Withington Baths by telling the reception team on entry.

Withington Baths, 30 Burton Rd,
Withington, Manchester M20 3EB

Get Ready to Volunteer

'Get Ready to Volunteer' is a free course for anybody who is considering volunteering and wants to learn new skills and find their ideal volunteer opportunity in the local community.

In this course learners will:

- Meet organisations looking for volunteers in Burnage, Old Moat, Fallowfield, Whalley Range and Chorlton
- Decide which is the best volunteering role for you
- Make sure you have all the information you need to volunteer

This is a rolling programme, to find out more or to book yourself onto the next course contact:

Shanon Parker

Tel: 07904947854

Email:

shanon.parker@mnachester.gov.uk

What's on - age friendly

Old Moaties Peer Support Group

Free over 50's coffee mornings and events.
Coffee mornings 10:30am to 12:pm, 2nd and 4th
Thursdays of the month at St Christopher's
Church, Moorgate Ave, M201HE.

Booking essential, call **0751 2293 190** or email
elmaecrolla@gmail.com

Over 50's SVP Tea Dance

Expect uplifting music to get you moving or just
come along to have a chat. £2 entry.
Every Monday 2pm to 4pm.
Refreshments provided.

St Cuthbert Church, 3 Palatine Rd, Withington,
M20 3LH.

Manchester Cares

Manchester Cares is a community network of younger
and older people sharing time together for friendship,
company, and conversation. If you'd like to share time,
laughter, friendship and new experiences with a
different generation,

Call us on **0161 207 0800** or email
hello@manchestercares.org.uk

Withington Age Friendly Group

Join us for coffee, tea, scrabble and a chat for
over 50s.
Fridays, 2pm to 4pm.

Withington Library, 410 Wilmslow Road, M20 3BN
T: 0161 227 3720

Withington Assist Neighbourhood Care

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

Activities include...

Lunch Club. Tuesdays, 12pm-1.30pm. Freshly cooked,
two-course meal. £5 donation. Volunteer lifts available
when possible. Veggie and halal options available.

Wednesdays Walk and Talk 10:30-12:00. Meet for a
walk around Ladybarn Park at your own pace, followed
by coffee in a local café. Parrs Wood road/school grove
entrance

Barbara's cafe! Coffee Group. Wednesdays, 1pm to
2.30pm. In downstairs room at WMC, coffee, chat and
quizzes. All welcome. £1 donation.

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

Exercises Fridays, 10.30am to 11.30am chair assisted
and 11.30am to 12.30pm seated. Strength, balance and
mobility with music. £3.

Snooker Group. Fridays 1pm to 3pm.
Older men's snooker group at WMC. All abilities
welcome, full-size table with refreshments. £1.50.

Tea and Talks: Mon 4th Dec 12.30 -2. Our regular
speaker, Tim Cockitt, on "Christmas Traditions" will the
usual fare but include mince pies and milled apple juice!

Positive Living: Mon 11th Dec 1-3pm "The Joys and
Challenges of Christmas". £2 donation.

Film Club: Mon 18th Dec 12.30-3pm. "The Electrical Life
of Louis Wain" an eccentric Victorian artist. £3.50
donation includes cuppa soup and bread before with
ice cream and popcorn in the interval.

Tel: 0161 434 9216:

Email: withingtonassist@gmail.com

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

What's on – age friendly

The Withington Daytime Singers

Over 50s choir. Every Friday 11.30am to 1pm. £5 per session.

Free lyric book for all singers, free tea and coffee. Withington Scout Hut, M20 4PE

Tel: 0742 9494 506

Free Home Delivery Book Service

Books to Go provides a home delivery service for Manchester residents who have difficulty leaving their home or have issues with access.

Manchester Libraries have books in ordinary and large-print size, talking books, music CD's and films on DVD. The service is completely free.

Call Manchester Libraries on 0161 227 3800 or email the Books to Go team at bookstogo@manchester.gov.uk

Withington Baths

Withington Baths, 30 Burton Road, M20 3EB
0161 478 1181

- Silver Circuits, Tuesday at 3:15pm and Thursday at 1:15pm
- Over 50's Thai Chi, Monday at 2:15pm
- Table Tennis, Tuesday at 10:00am, Wednesday at 10am and Thursday at 10am.
- Over 50's massage workshop, Thursday 2:15pm to 3pm. Helpful for age-related conditions like arthritis and high blood pressure. In some classes, the participants will form pairs with each other.

Early years and youth provisions

Withington Junior Boxing Club

Withington Baths, 30 Burton Road, M20 3EB
Tel: **0161 478 1181**
withingtonbaths.com

Every Monday, 4pm to 5pm for 8 to 16 year olds. FREE. Please book.

Expert coaching: fitness, strength, confidence, resilience.

NHS Healthy Start Scheme

Get help to buy food and milk.

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

Eligibility:

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

See eligibility criteria and how to apply visit

healthystart.nhs.uk/how-to-apply or you can call their helpline on **0300 330 7010**.

Maternity Action

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

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

Call FREE 0808 801 0488 10am - 1pm Mon-Fri Or leave a message for a call back.

maternityaction.org.uk/manchester-maternity-rights

Monday Monkeys

Withington Methodist Church, Wilmslow Road

10am to 11.30am term-time.

Open to parents/carers with under 5s who live within 1.5 miles of Withington Methodist Church.

Minimum donation of £1 per child.

Please book. Email: mondaymonkeyswithington@gmail.com

OMYOP Youth session

Youth club for 10-19 year olds. Every Thursday, 6pm to 9pm.

Table tennis, music, cooking, rrbart, art, arts and crafts, chill out, discussions, conversations and more....

Withington Methodist Church, 439 Wilmslow Road, M20 4AN

The entrance to the building is through the back of the building via carpark off Egerton Crescent.

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

Family Fun Winter Warmer Event

At: Old Moat Children's Centre, Old Moat Lane. M20 1DE

On: Tuesday 24th October 2023

Time: 10am - 12noon

Find Out what activities are happening in your local children's centres.

Speak to outreach workers, health practitioners and neighbourhood partners.

Collect FREE winter warmer goodies.

Are you eligible for Healthy Start Vouchers? We can help you!

Find out if you are eligible for Free childcare for your 2, 3-or 4-year-old.

Find out information about children's flu vaccine. If your child is aged 2 or 3 they are entitled to a free influenza vaccination A doctor will be at this event to answer your questions on childhood immunisations and can administer the nasal or injectable flu vaccine. (Only if registered with GP in Old Moat or Fallowfield)

Refreshments and FREE Supermarket vouchers!

For more information call Old Moat Children's Centre 0161 234 4711

Support for carers

TREATS

A support group for people living with dementia and/or carers. The group is run by staff and volunteers from Manchester University NHS Foundation Trust

Complementary Therapies including massage, aromatherapy and reflexology, also games, chats and music time.

Fridays 2pm to 4pm. N.B There is no group on the first Friday of the month.

Church Hall, St. Paul's Church, 491 Wilmslow Road, Withington, M20 4AW

If you are interested please contact Michele Latham (Active Therapy Team): **0161 217 4920**

Carers of Adults with Substance Misuse Issues

This free group is where carers of adults with substance misuse can meet with other carers to share your experiences, find useful information to help you and the person you care for.

Carers Manchester South believe you should have the opportunity to meet in a safe place to talk openly without being judged about the person you care for.

This group meets on the fourth Thursday of every month from 3.30pm to 5pm.

Venue: Withington Methodist Church 439 Wilmslow Rd, Withington, Manchester M20 4AN.

Transport is available if you find it difficult to get to the venue.

If you are interested, or you have any questions then please contact Steve
Email: Stephen@manchestercarersforum.org.uk
Tel: **0749 4097 568**.

STAR Stroke Group for Patients and their Carers

S Support
T Therapeutic (Holistic)
A Activities
R Relaxation

A group for anyone who lives in South Manchester who has had a stroke, and anyone who is a carer to someone who has had a stroke and lives in South Manchester.

Come and take part in complementary therapies to improve wellbeing. The group is run by staff and volunteers from Manchester University NHS Foundation Trust and is affiliated to the Stroke Association.

Every Friday 9.30am to 12.00 noon

Church Hall, St Paul's Church, 419 Wilmslow Road, Withington, Manchester, M20 4AW

If you are interested please contact Michele Latham (Active Therapy Team): **0161 217 4920**

Carers Manchester

New carers support group in Withington

Starts Friday 13 October, 10.30am - 12pm
Withington Methodist Church, M20 4AN

Meet other carers, have a chat over a cup of coffee and receive support. The group runs monthly on second Friday of each month at the same time.

Contact Hannah on 07970 174 774 or email hannah@manchestercarersforum.org.uk to book your place.

This group is organised by Carers Manchester who are a partnership of statutory services and voluntary organisations. The partnership includes 18 organisations who support unwaged carers in the city. These organisations make up the Carers Manchester network.

For more information about what support is available for carers in Manchester, visit carersmanchester.org.uk

Volunteer

Ladybarn Community Hub

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

Are you interested in becoming a volunteer for Lady Barn Hubs Older Peoples Groups on a Wednesday and/or Thursday?

If so please contact us or visit **www.ladybarnhub.co.uk/volunteer** for more information.

Withington Baths

Withington Baths, 30 Burton Road, M20 3EB
Tel: **0161 478 1181**
withingtonbaths.com

Withington Baths is on the look out for new volunteers to support a range of roles, from volunteer gardening to volunteer guided heritage tours.

If you would like to lend a hand to support Manchester's last Heritage Pool, please contact **emma.horridge@withingtonworks.com** or visit in person.

Manchester Cares

Manchester Cares is a community network of younger and older people sharing time together for friendship, company, and conversation.

If you are a younger person looking to find out how you could spend time with your older neighbours then call Manchester Cares on **0161 207 0800**, or email **hello@manchestercares.org.uk**

Driving Volunteers Needed

Do you drive?
Have a spare hour a week?
Live near Withington?
We need You! Withington Assist charity supports older people living locally. We're looking for volunteers to give lifts to our weekly groups for those at risk of social isolation and loneliness. Volunteering does not affect car insurance and petrol expenses covered. Call 0161 434 9216 or email amelia@withingtonassist.org.uk

Neighbourhood Ambassadors Wanted

We need local people to support other local people to be connected and engaged with everything that's happening in the Withington, Old Moat and Ladybarn neighbourhood.

Do you want to:

- Play an active role in the neighbourhood?
- Connect with other people in the place where you live, study, volunteer or work?
- Participate in community events?
- Learn new skills?
- Have the flexibility to fit volunteering around your existing life?

If this sounds like something you would like to do, contact Hannah to get involved:
hannah@ladybarncommunityhub.co.uk
0161 224 3733

Change Grow Live

- Gain new skills and experience
- No qualifications needed
- Full training provided
- Flexible around your time.

To view all available roles and to apply, Visit **www.changegrowlive.org/volunteering** For more information, or for an informal chat about any role, please email **joshua.nicol@cgl.org.uk**

Cost of living

Cost of living advice line

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

This free telephone line offers support with:

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

Cost of living advice line 0800 023 2692.

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

Translations and Sign Video services are available upon request.

Energy Advice & More

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

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

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

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

Call: 0808 164 4406

WhatsApp: 07360 546 111

Available Monday - Friday, 9am-5pm

Warm Hubs

This winter, Manchester Libraries will be free, warm, safe, comfortable and welcoming places where people can stay as long as they like and access free hot drinks, internet and information and advice.

Find out more about their campaign to turn poverty and isolation into warmth and local connection this winter by visiting <https://www.warmwelcome.uk/>

Your health

Men's Health Event

A Men's Health Event is taking place on **Friday 20th October 11am-1pm at Withington Library, 410 Wilmslow Road, Withington, M20 3BN.**

This event is targeted at African and Caribbean Men - friends and family also welcome!

Try some free tasty Caribbean food whilst finding out ways to improve your health and wellbeing.

- Free Health Checks
- Stalls from Answer Cancer, Be Well, Can Survive, Caribbean and African Health Network, Manchester Local Care Organisation, Mandem Meet Up
- Speakers
- Videos

This event has been developed in partnership between Manchester Local Care Organisation, Caribbean and African Health Network, Manchester Library and Shooting Creatives.

Flu Vaccinations

Don't let Flu ruin your winter. Getting vaccinated is the best way to get peace of mind. Stop the spread. And keep yourself and those around you healthy this winter. Flu vaccination is safe and effective. It's offered every year through the NHS to help protect people at risk of getting seriously ill from flu.

Who is eligible: Children aged 2 and 3 years on 31 August 2023. Eligible school aged children (Reception to Year 11). Those aged 6 months to under 65 years in clinical risk groups. Pregnant women. All those aged 65 years and over. Those in long-stay residential care homes. Carers, those in receipt of carer's allowance or main carer of an older or disabled person. Household contacts of immunocompromised individuals. Frontline health and social care staff

If you have been invited for a flu vaccination by your GP Practice then you can contact them to book yourself in.

Pharmacies offering flu vaccination (by booking) in Withington: Wilmslow Pharmacy, Wilmslow Rd. Withington Pharmacy, Copson Street. Cohens Chemist, Briarfield Road.

Covid-19 Vaccinations

COVID-19 vaccination boosters are effective and the safest way to protect yourself from COVID-19.

Who is eligible: Residents in care homes for older adults. Adults aged 65 years and over. People aged 6 months to 64 years at increased risk. Frontline health and social care workers. People aged 12 to 64 years who live with someone with a weakened immune system. People aged 16 to 64 years who are carers and staff working in care homes.

Covid-19 vaccination pop up clinics for adults will be taking place on:

Tuesday 24th October, 10am – 12noon. No appointment needed at Old Moat Children's Centre, Old Moat Lane. M20 1DE

Friday 10th November, 10am to 3pm. No appointment needed at Ladybarn Co-op Store. 105-109 Mauldeth Road, Ladybarn, M14 6SR

Check out this website for future Covid-19 Vaccination pop up clinics in Manchester:
<https://gmintegratedcare.org.uk/covid-vaccine-walk-in-clinics/>

Expert Patients Programme – Living Well with a Long-Term Health Condition

Do you live or care for someone living with a long-term health condition or are you recovering from COVID-19? The frustrations and limitations of living with long-term conditions can make your overall health much worse. This programme helps you manage your long-term health conditions and feel more in control of your life. To find out more about the programme at St. Paul's Church Hall please contact us:
Tel: 0161 549 6624
E: mft.epp@nhs.net

Reaching Out to the Community

If you're worried about someone sleeping rough in South Manchester, please contact Reach Out To The Community - reachouttothecommunity.co.uk

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

Your health

Community NHS Health Checks

Monday 20th November 10am – 3pm at Withington Library.

The health check consists of a blood pressure check, a small blood test to check cholesterol levels and diabetes risk, plus height and weight measurements. The health check takes around 30 minutes to complete, and you will receive a copy of your results during your appointment.

NHS Health Check Eligibility Criteria

- Aged 40 – 74
- Do not already have heart disease, diabetes, or kidney disease and not taking medication for high blood pressure or high cholesterol
- Registered with a Manchester GP practice
- Have not had an NHS health check in last 5 years

To make an appointment for one of these health checks please contact the community NHS health check team on 07702872861

Annual Health Checks for people with Learning Disabilities:

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

Be Well

Be Well is a social prescribing service for people living in Manchester. That means we support you to make healthy lifestyle changes without ignoring things that often get in the way.

So come to us if you are looking for help with:

- Getting more support locally
- Reaching your life goals
- Motivation, low mood and feeling positive about life
- Feeling less isolated
- Reaching a healthier weight or lifestyle.

To make living and feeling well part of everyday life, call Be Well on **0161 470 7120** from Monday to Friday 9am - 5pm or email bewell@thebiglifegroup.com

Bowel Screening Saves Lives

Bowel cancer screening aims to prevent and detect cancer at an early stage when treatment is more likely to work. Bowel screening involves taking a simple test at home every 2 years. The test looks for hidden blood in your poo, as this could mean a higher chance of bowel cancer. The aim of the test is to find bowel cancer at an early stage in people with no symptoms.

Everyone aged 56 to 74 years who is registered with a GP and lives in England is automatically sent an NHS bowel cancer screening kit every 2 years. The programme is expanding to make it available to everyone aged 50 to 59 years. This is happening gradually over 4 years and started in April 2021.

Make sure your GP practice has your correct address, so your kit is posted to the right place.

If you're 75 or over, you can ask for a kit every 2 years by phoning the free bowel cancer screening helpline. If you think you are eligible for screening but haven't received a kit also phone the free bowel cancer screening helpline to request one on **0800 707 60 60** or email bowelscreening@nhs.net

If you are aged 54+ and would like to help your local NHS to understand how people feel about bowel screening, and help us make changes to how we promote screening please share your views in this survey: <https://www.surveymonkey.co.uk/r/LWH2X8M>

Change Grow Live – Drug and Alcohol Service

For adults and young people.

Do you want to make a fresh start?

Are drugs/alcohol affecting your life or the life of somebody you know?

Contact us for free and confidential information: 0161 823 6306

manchester@cgl.org.uk

Eclipse offer a tailored service for young people and families: 0161 839 2054

eclipsemanchester@cgl.org.uk

Health Watch Manchester

Manchester Men Speak Up is an online forum where men can talk openly about health and care.

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

This forum provides safe, supportive and practical ways to improve your health and wellbeing.