



Artwork by Len Grant www.lengrant.co.uk

Withington and Old Moat neighbourhood update

Issue 4
Jan 2024

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.

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

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

In this issue:

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



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

What's on

Mindfulness Group for Stress Reduction targeting men of South Asian Heritage

A free course to gain the tools to: Reduce Stress, Reduce Depression, Manage Anxiety, Lower Blood Pressure, Reduce Overthinking.

Ladybarn Community Hub starting Thurs 4th Jan 6pm-8pm

Contact Emran to register your place Emran.s.ali1984@gmail.com.

Ladybarn Community Hub, Royle St, Ladybarn. M14 6RN

Chatty Cafe Scheme

Are you at a loose end?
Fancy a cuppa?

The 'chatter & natter table' is a wonderful way of encouraging people of all ages to talk to others. During the times and days below the table will be hosted by friendly volunteers. Do come along and sit for a chat!

When: Every Tuesday 1:30pm-3:30pm

Where: The Coffee House Cafe, 22 Copson Street, Withington. M203HB.

Stay for five minutes or longer if you enjoy chatting. Having a chat can brighten someone's day!

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

Together!

You are invited to Together! A new monthly afternoon service It's for everyone - all ages and abilities Everyone's invited, everyone's included. Come & join the celebration!

Sundays 4pm at St Paul's. 491 Wilmslow Road M20 4AW

www.stpaulswithington.org.uk
stpaulschurchwithington@gmail.com

Withington Winter Warmer Event

Carers Manchester South welcome you to their Winter Warmer Event:

Tuesday 30th January 11am-2pm

Ladybarn Community Hub, Royle St, Ladybarn. M14 6RN.

Come and find out:

- How to stay warm this winter, save energy and money and find support in the local community.
- Find out about support for unpaid family carers.
- Talk to experienced benefits and welfare advisors.
- Meet the teams from Be Well, Manchester Citizens Advice, Southway Housing, Manchester Council and Carers Manchester South.
- Take part in a drumming circle 12-1.
- Access covid vaccinations for those eligible in our walk in clinic.
- Refreshments available through the day.

Let us know if you will be joining us and would like to book a free place on the drumming circle by contacting:

Zsuzsi
suzi@manchestercarersforum.org.uk
k
07421312597

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

Post Community Newspaper

From this month onwards the Post Community Newspaper team are combining all of their 5 South Manchester publications to create Manchester South Post, a positive news publication for South Manchester with all the usual hyperlocal content from their 5 individual publications as well as Borough wide news. They're also combining all of their 6 Stockport publications to create Stockport Post.

Because they are combining all their publications into two Borough-wide publications this means they can get all their community hyperlocal news into print across the whole of South Manchester and the whole of Stockport! They have supplies going to libraries, community venues and Exclusive Stockists across the Borough, and 1000 going to homes in Didsbury and Burnage for Manchester South Post, and 8000 going to homes in Reddish, the Heaton, Cheadle and Gatley for Stockport Post.

Please email news@communitynewsgm.co.uk if you would like to send us any positive news, information on community groups or support services, or if you would like to place any advertising.

View online editions of Post Community Newspaper here
<https://communitynewsgm.co.uk/>

Walking and talking Group, Ladybarn Park

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

Cervical Cancer Prevention Week with the Ice Shack

The Ice Shack will be supporting Manchester Local Care Organisation during Cervical Cancer Prevention week by providing easy read guides on cervical screening along with free cupcakes on **Friday 26th - Sunday 28th January**. You will also be able to take a look at cervical screening tools and take home some information leaflets to help you make an informed decision about your own health.

The Ice Shack has moved out of their current venue, and will be re-opening in a new unit on Rutherford Square very soon!

The Ice Shack is a dessert shop and community focused hub, and a safe space for everyone in the village. The new shop will be an enormous four stories, with cafe space, quiet rooms and kid friendly play spaces. Plans for each floor are going to be revealed soon.

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.

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/withpublichall>

What's on - age friendly

South Manchester U3A Activities

U3a is a national charity set up for people in their "3rd age" i.e., no longer working and have time to rekindle old interests/hobbies or start new ones. The whole ethos of u3a is about "Learn, Laugh, Live". Both as a member and in our groups, we certainly do that!

We are an evolving, vibrant, energetic group of people that not only enjoy the benefits of being members of an interest group or groups but also have club wide social events during the year for all members to join in with. These include our monthly speaker meetings.

Membership Fee

£15.00 per annum payable on 1st January each year.

<https://u3asites.org.uk/south-manchester/home>

Sample of local groups U3A run:

CREATIVE WRITING - Usually the last Friday, monthly 10.30am, at Withington Library. New members welcome. Diana: 0744 354 4847

PHILOSOPHY - meets third Tuesday of the month at 1.30pm, Withington Library. Leader Sandra Grant 445 0478 alexandra.grant@hotmail.com

PLAYREADING - we meet in person on the third Tuesday afternoon of the month at Withington Library at 1.30. Numbers are limited but if you would like to register an interest in joining us, please contact the group leader: Helen 07752 630003

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.

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...

Boost Course. A new series of free workshops aimed at older adults who want to improve their wellbeing. Starting Thursday 15th Feb 10:30-12:30 for 6 weeks.

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.

Special monthly activities such as Simply Cycling, Film Club and Lunch Trips also available, contact Withington Assist to find out more:

Tel: 0161 434 9216:

Email: withingtonassist@gmail.com

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

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

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

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

Withington Library

Withington Library has a young peoples reading room and runs various activities and pop up events for children and young people in the area.

Visit your local library to find out more and sign up for a free membership.

Address
410 Wilmslow Road, Withington, M20 3BN

Telephone
0161 227 3720
Email
withingtonlibrary@manchester.gov.uk

Regular opening times

- Monday and Wednesday 9am to 8pm
- Tuesday 1pm to 8pm
- Friday and Saturday 9am to 5pm

Self service hours

Please register for self service during open hours

- Monday and Wednesday 8am to 9am
- Tuesday 8am to 1pm
- Thursday 8am to 8pm
- Friday 8am to 9am

OMYOP Youth session

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

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

Withington Methodist Church, 439 Wilmslow Road, M20 4AN

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

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

Monday Monkeys

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

Withington Methodist Church, Wilmslow Road.

Mondays 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 £1.50 per child.

Please book. Email:
mondaymonkeyswithington@gmail.com

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.

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**

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

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/>

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

HEART HELP SUPPORT GROUP Withington

We are self-help group supporting people with heart-related problems, their families and carers. Activities feature structured exercise classes run by experienced qualified tutors.

TIMETABLE OF ACTIVITIES

TUESDAY	10:00 – 11:00 Group exercise. 11:00 – 12:00 Gym and Social.
WEDNESDAY	10:00 – 12:00 Group exercise. 11:00 – 12:00 Gym and Social.
THURSDAY	10:00 – 12:00 Group exercise. 11:00 – 12:00 Gym and social.

There is an annual subscription of £25 payable in September. There is also a weekly charge of £5 for the exercise classes.

If you or a family member have a cardio or a vascular problem and think we may help, do get in touch.

Withington Methodist Church Building,
Wilmslow Road, Manchester M20 4AN.
(Entrance off Egerton Crescent).

Office Telephone 0161 536 3188.
e-mail hearhelp4u2@gmail.com

South Manchester Community Falls Team

Our friendly team provides specialist falls rehabilitation for people over the age of 60. We offer advice and activity programmes. Patients are seen in their own homes.

Referral criteria:

- Can mobilise independently (with or without walking aids)
- Have a recent history of falls or are at high risk of falls or fractures
- Can physically engage in and understand a falls prevention home programme.

To access this service contact South Manchester Single Point of Access: mft.spa-uhsm@nhs.net / 0300 303 9650

NHS Talking Therapies

Difficulty sleeping? Feeling low?
Worrying a lot? Struggling with your mood?
Struggling to cope with a physical health problem?
Lost interest in things you normally enjoy?
Finding it hard to motivate yourself?

NHS Manchester Talking Therapies

We have a team who can help you overcome life's difficulties and

problems, or manage them better.

Therapy can be provided one-to-one, in a group, over the phone, via video call or online.

With online therapy, you can gain instant access to a range of Cognitive Behavioural Therapy programmes that can help you work on anxiety, low mood and stress and develop the skills to manage how you are feeling in the 'here and now'.

We can also bring a taster presentation to your workplace or community group on stress or sleep.

All services are free and can be accessed directly or through your GP.

For more information (including videos) /contact us:

www.thebiglifegroup.com/manchestertalkingtherapies
0161 226 3871

facebook #manchestertalkingtherapies

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

Abdominal Aortic Aneurysm Screening

Are you male aged 65+ years or older? Abdominal Aortic Aneurysm Screening detects enlargement of the main blood vessel in your abdomen, which can be fatal if untreated. Call 0161 291 5716 to make an appt for a quick & painless scan. It could save your life!

Your health

Community NHS Health Checks

**Monday 26th February 2024 at 9:30am – 4pm
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.