



Artwork by Len Grant [www.lengrant.co.uk](http://www.lengrant.co.uk)

# Withington and Old Moat neighbourhood update

**Issue 5**  
**April 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 improve health and wellbeing for residents.

**The next Neighbourhood Partnership Meeting will take place on Tuesday 14th May 10:30 – 12:30 at Ladybarn Community Hub, Royle St, Manchester M14 6RN**

Contact Yasmin Holgeth, Health Development Coordinator for Old Moat and Withington, Manchester Local Care Organisation if you plan to attend:

- Email - [Yasmin.Holgeth@mft.nhs.uk](mailto: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](mailto:Yasmin.Holgeth@mft.nhs.uk) or 0757 0527 497

# What's on

## Your Community Your Fund

This is a new fund delivered by the Withington & Old Moat 'Teams Around the Neighbourhood' (TAN) group and welcomes bids up to £500 for any residents, community groups, community interest companies, community-serving organisations based in Fallowfield, Withington and Old Moat who want to access the funds to provide something of wider benefit to their community.

The funding process is really easy and involves a simple application to express your interest (deadline Friday 19th April) which will then be followed by an opportunity to share the ideas with the community on the 18th May. The community will vote for who we fund, as this is Your Community Your Fund.

Apply Here:  
<https://www.surveymonkey.com/r/Z8TLVDC>

Or Contact Miriam Amies for more information  
Tel: 07866989466  
[Miriam.Amies@manchester.gov.uk](mailto:Miriam.Amies@manchester.gov.uk)

## Friends of Mauldeth Road Station

Friends of Mauldeth Road Station clean-up / gardening sessions :  
**10 a.m. on Monday 8 April. Future dates: 13 May, 10 June and 8 July.**  
Meet at the station car park at 10 a.m. For further information contact Pat at  
[friendsofmauldethroadstation@outlook.com](mailto:friendsofmauldethroadstation@outlook.com)

## Our Manchester 2025-2035

Your voice can help create a new ten-year vision for Manchester - one that takes the city from 2025 to 2035.

The council wants people to tell them about the things, people and places that matter to you and to the areas where you live, learn or work.

Your input is crucial to help shape tomorrow together, so please take ten minutes of your time to fill in this online survey:  
[www.manchester.gov.uk/ourmanchester](http://www.manchester.gov.uk/ourmanchester)

## Withington Village Action Day

Withington Village Action Day  
Saturday May 11th. 11am to 2pm - outside Withington Library.

Join Withington Civic Society for a day of action to help clean up and improve Withington Village.

There will be litter picking, gardening, weeding, cleaning bins and bollards, and also an opportunity to find out more from other community groups on what they are doing in our community in Withington.

There will be activities for children, and lots of opportunities to volunteer and get involved.

For more information, contact Cllr Gavin White -  
[cll.gavin.white@manchester.gov.uk](mailto:cll.gavin.white@manchester.gov.uk)

## Bollyfit Taster Session

Bollyfit Active are coming to Old Moat Sure Start Centre on Monday 22nd April 1:30pm-3:00pm. Come and get involved in a free Bollyfit Exercise Taster Session!

Contact Shamime by call/whats ap to book your place: 07867854778

## Walking and Wheeling Group

Low impact exercise as you walk is a group around Kingswood Park. Followed by a light lunch at Ladybarn Hub.

### Tuesdays 11am

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

For more info contact:  
Tel: 0161 224 3733  
[ladybarncommunityhub.co.uk](http://ladybarncommunityhub.co.uk)

## 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!

## Alleyway Clean Up

You may have noticed that alleyways on Whitby Road and Filey Road have had some much needed TLC. Manchester City Councils South Neighbourhood Team have been working closely with the probation service, enlisting people on the 'community payback programme' to help clean up these spaces which had become overgrown and had started to attract fly tippers. Residents have commented on how they feel safer knowing that the alleyways are much more visible to walk down. Thank you to all those involved!

# 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](https://www.meetup.com/tablemcr)

## Post Community Newspaper

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

## 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**

## Ladybarn Litter Pickers

11.00am on the last Saturday of every month.  
Next one 30th March meet at Ladybarn Hub, Royle Street, M14 6RN.  
All welcome, equipment provided.  
For further information contact Sue-suebchowo@gmail.com or follow on Instagram loveladybarn

## 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/withpublichall>

## 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](http://www.stpaulswithington.org.uk)  
[stpaulschurchwithington@gmail.com](mailto:stpaulschurchwithington@gmail.com)

## Ladybarn Community Hub

**Ladybarn Community Hub, Royle St, Ladybarn. M14 6RN**  
Tel: **0161 224 3733**  
[ladybarncommunityhub.co.uk](http://ladybarncommunityhub.co.uk)

### Mondays

1pm – 2pm Tai Chi. All abilities welcome. £5 per session. Starting 13th May  
2pm to 3.30pm Board games and chess club. Everyone welcome - £2 donation per session to support centre and tea and toast. Starting 8th April

### Tuesdays

10.30am to 12pm LGBTQ+ Tea & Toast in the foyer. Popular and friendly group for LGBT people. Trips out planned in future. £2 donation per session.

### Wednesdays

Wellbeing Wednesdays. Starting 29th May  
12pm – 1pm Mindfulness session £3  
1pm – 1:30pm Light lunch of sandwiches or soup. £2  
1:30pm – 3pm Wellbeing activities, like knitting, painting, hand massage and more. Timetable of activities to be announced. £3  
Come for one activity or stay for the whole day.

5:45pm - 6:45pm  
Ladybarn Voices Choir. Back by popular demand. Contemporary and classic pop music choir. £3 Starting 5th June

### Thursdays

10am – 12pm Volunteer-led gardening session. Come along and garden with others in the community. Starting 18th April  
12pm - 2.30pm Over-50s lunch club. Freshly cooked, two course meal. Once a month vegetarian lunch. Veggie and halal options available. Bingo and raffle, golden balls. £5 for lunch plus £1 for bingo and £1 for any other games.

### Saturdays

10am – 12pm Volunteer-led gardening session. Come along and garden with others in the community. Starting 20th April

# What's on – age friendly

## Chair Based Yoga

Free Chair Based Yoga Lessons for people aged 50+

Third Friday of the month.

2PM at Withington Library

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## 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.

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## Sound Up

Weekly music workshops for all.  
What ever your ability, whether your are a musical prodigy or total novice, everyone is welcome.

Great for people living with dementia and their carers.

Tuesdays 3pm-4pm  
Ladybarn Community Hub, Royle St, Ladybarn. M14 6RN  
Tel: 0161 224 3733  
ladybarncommunityhub.co.uk

£3 Donation  
(tea and coffee available)

## 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.

### Special monthly activities coming up:

- 1) A Theatre Performance from Interactive Theatre company, Playback, on Monday 20th May to celebrate the launch of our Oral Histories Booklet. Actors, musicians, refreshments!
- 2) Fog Lane Park Walk as part of GM festival of walking on 9th May. A guided, mindful and accessible walk followed by a stop in their lovely café for a cup of tea-transport available to the park with walkers and wheelchairs welcome.
- 3) A day trip to Southport, Thursday 13th June! Sea views, lovely town, ice creams all round.

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](mailto:bookstogo@manchester.gov.uk)

## Old Moat People's History project

Former or present Old Moat Residents with stories, memories or photos to share?

Interested in finding out about local history?

**Come and join Old Moat Histories for a local history event on:**

**Saturday 4th May 11am-2pm (drop in anytime)  
Withington Library, Wilmslow Road.**

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

They collect the stories about the people who lived in the area from the early 1920s, through 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](mailto:OLDMOATSTORIES@gmail.com)

## 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

## Stay & Play

**St Paul's, Withington**  
**Wednesdays 10:00 - 12:00**

A friendly informal stay & play session for babies, small children and their grown ups.

No need to book, just turn up.

## 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](https://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](https://maternityaction.org.uk/manchester-maternity-rights)

## Parent Support Group

**Wednesdays 9:15 - 11:00**  
(termtime) at Old Moat Sure Start Centre.

Come in for a brew and a chat with other parents from around the area.

## 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](mailto:mondaymonkeyswithington@gmail.com)

## Weaning with Porter Nutrition

Check out these free resources on the Weaning Centre website which may be helpful  
<https://weaningcentre.co.uk/resources/>

Including a positive mealtimes factsheet, children's activity sheets and a healthy eating in pregnancy factsheet.

## 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](mailto:elise.unityarts@gmail.com)  
Tel: 0778 756 0002

## Baby Signing Classes

TinyTalk Baby Signing is now in M20! TinyTalk Baby Sign teaches babies up to the age of 2 to communicate using BSL sign language as well as spoken words.

Classes are half an hour long, with half an hour of singing, signing and sensory activities. And then half an hour where the babies can play with all the toys I provide, and the adults can have a hot drink and a biscuit or two!

We're at St Chad's Community Hall in Ladybarn, M20 4NH on

**Thursdays**  
**10:20-11:20 or 11:30-12:30.**

Sessions cost £8.50 per family, with no extra charges for siblings or other family members to come too!

<https://www.tinytalk.co.uk/emmadadshead>

# 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**

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## 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**

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## Carers Manchester

New carers support group in Withington

Fridays 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](mailto: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](http://carersmanchester.org.uk)**

# Volunteer

## Ladybarn Community Hub

**Ladybarn Community Hub, Royle St, Ladybarn. M14 6RN**  
Tel: **0161 224 3733**  
**[ladybarncommunityhub.co.uk](http://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](http://www.ladybarnhub.co.uk/volunteer)** for more information.

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## Withington Baths

**Withington Baths, 30 Burton Road, M20 3EB**  
Tel: **0161 478 1181**  
**[withingtonbaths.com](http://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](mailto:emma.horridge@withingtonworks.com)** or visit in person.

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## 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](mailto:amelia@withingtonassist.org.uk)

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## 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](mailto:hannah@ladybarncommunityhub.co.uk)**  
**0161 224 3733**

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# 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.

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## 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

## 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](http://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](mailto: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](mailto: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](http://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](mailto: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 29th April 10am-1pm 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

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## 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.

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## 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 [beowell@thebiglifegroup.com](mailto:beowell@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](mailto: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>

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## 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](mailto:manchester@cgl.org.uk)

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

[eclipsemanchester@cgl.org.uk](mailto:eclipsemanchester@cgl.org.uk)

## Measles

Drive for 5 key messages:

- 1) Measles cases have increased throughout the country. Measles is one of the most infectious viruses that exists - it spreads really quickly and easily and people can become very ill and even die from it. (It can be dangerous in particular for adults, babies and it can also harm babies in the womb).
- 2) Two doses of a vaccine (injection) called MMR can protect against Measles and also Mumps and Rubella. This is all FREE through the NHS.
- 3) It's REALLY important that people know they can choose to have a vaccine that does NOT contain any pork or animal products. They can simply ask their GP.
- 4) There is no link between autism and the vaccine. Previous claims made 20 years ago have been discredited and disproven.
- 5) If people don't know if they/ their child has been vaccinated they can ask their GP to check to their records. It won't harm people to have an additional MMR vaccine if they are unsure if had it before - and we'd encourage this.

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## Recycle your Medicine Blister Packs

Did you know that the blister packs which you get your tablets in cannot be recycled in a regular plastic recycling bin?

To help you recycle these, Manchester City Councils Age Friendly and Climate Change Teams have set up recycle points for blister packets at 3 locations in Withington:

Withington Baths  
Withington Library  
Withington Methodist Church (withington assist)

Note: these recycle points are for empty medicine packaging only.

## Diabetes Management Course

**Coming to Ladybarn in May 2024, booking essential.**

### What is the DIABETES Expert Patient Programme?

We are a free NHS service for patients living with DIABETES and/or carers.

The team is made up of NHS staff and volunteers who either live with DIABETES or care for someone who does.

This means our tutors understand the impact living with DIABETES has on a day-to-day basis.

### What do we do?

The course helps you manage your DIABETES and feel more in control of your condition and life.

It will complement your treatment and care as well as support you to adopt a healthier lifestyle.

We deliver a course at local venues across Manchester or virtual courses on-line.

The course runs for two and a half hours once a week for six weeks.

### Who do we help?

We support people who are aged 18 or over who live in Manchester and have DIABETES TYPE 1 OR 2, Pre-Diabetes and/or their carers.

### How do I book a place or refer?

**You can telephone or email us to register or find out more about us at:**

**Tel: 0161 549 6624**

**Email: [mft.epp@nhs.net](mailto:mft.epp@nhs.net)**

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## Health Watch Manchester

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

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

Instagram: @manchestermenspeakup

Twitter/X: @MancMenSpeakUp

Facebook: @mancmenspeakup

Manchester Women Together is an online health and social care forum. A place where women come together to have open conversations about health.

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

Instagram: @mwomentogether

Twitter/X: @MWomenTogether

Facebook: @ ManchesterWomenTogether

LinkedIn: Manchester Women Together

Nextdoor: Manchester Women Together