



Artwork by Len Grant www.lengrant.co.uk

Withington and Old Moat neighbourhood update

Issue 6
July 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.

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**

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- Early years and youth provision
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- 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

Friends of Mauldeth Road Station

We are a friendly local group who meet regularly to maintain and improve the environment around Mauldeth Road Station. We have already established a triangle of shrubs and flowers outside the ticket office. Our next project is to develop the area on the corner of Mauldeth Rd near the bridge. If you'd like to join us, or for more information, email: friendsofmauldethroadstation@outlook.com

Friends of Mauldeth Road Station cleanup / gardening session: **10am on 8 July**. Meet at the station car park. For further information contact Pat at friendsofmauldethroadstation@outlook.com

Withington Public Hall Institute

A community hub in a historic venue. Quiz Nights, Live Music & More.

2 Burton Road, Withington, M20 3ED
View their Instagram for what's on, or pop in Thurs - Sat 4-11pm
www.instagram.com/withpublichall

South Manchester Credit Union

South Manchester Credit Union are an inclusive not-for-profit organisation offering secure savings accounts and flexible, affordable loans. Anybody who lives or works in South & Central Manchester can join!

Members are at the heart of everything they do – their 745 5-star Google reviews back this up in our members' own words.

"We make finance simple and enjoyable, replacing financial stress with confidence and wellbeing."

"You can apply to borrow from £150 for any challenges life throws your way, up to £15,000 for those bigger goals. Empowering your financial future is our main priority"

They treat you like a human, not a credit score. Saving couldn't be easier. Tuck some money away when you can to build a nest egg for a rainy day. Be rewarded for saving, focus on your dream goals and save for Christmas – there's something for everyone!

Join today on the mobile messaging app – ask them anything and manage your account in one place. Visit them on Fog Lane, Burnage or give them a call on **0161 448 0200**. Looking to borrow right away? Apply through their online loan application form and they'll get back to you within 1 working hour. Find more information on their website: www.smcreditunion.co.uk

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

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!

Littlefest

Saturday 27 July 1pm-4pm at Old Moat Park. Join Old Moat Community Minded & Old Moat Youth Outreach project for FREE family friendly activities.

UNICEF 'Rights Of The Child' Fun Day Event

Ladybarn Park, Burnage Lane. M20 4XA – Wednesday 7 August at 10-11:30am
Join the Sure Start Team along with partners for lots of fun free activities for all the family to portray we are all unique, celebrating the diversity of our communities and raising the profile with children and families on UNICEF 'Rights of the Child'. Activities based on Play, Fun and Friendships.

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

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

View online editions of Post Community Newspapers here
www.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

11am on the last Saturday of every month.

Next one 27th April 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](https://www.instagram.com/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.

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**

Chair Based Yoga

Free Chair Based Yoga Lessons for people aged 50+
Third Friday of the month. 2pm at Withington Library

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

Ladybarn Community Hub

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

Mondays

1pm – 2pm Tai Chi.
All abilities welcome. £4 per session

2pm - 3.30pm Board games and chess club. Everyone welcome - £2 donation per session to support centre and tea and toast.

Tuesdays

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

11:00am - 12:30pm Accessible walking and wheeling group. Join us for a walk around Kingswood Park followed by sandwiches and tea at the Hub, free activity, £1 for lunch.

3pm - 4pm SoundUp Music sessions. Singing for all, including people with dementia and learning difficulties. £3 donation (call to book).

Wednesdays

Wellbeing Wednesdays:
12pm – 1pm. Mindfulness session £3
1pm – 1:30pm Light lunch of sandwiches or soup. £2
1:30pm – 3pm Wellbeing activities - knitting, painting, hand massage and more. £3
Come for one activity or stay the whole day.

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

Thursdays

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

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. Come along and garden with others in the community.

What's on

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 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.

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**

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 6th July, 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 COVID19 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

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.

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

Be Well Service Drop In

Meet Andy from the Be Well Service at one of his new face to face Men's Health drop ins! Be Well are here to help you find a way to live and feel well whatever twists and turns life brings. They can even help you get on top of work, family and money worries. When you come to Be Well, you'll be assessed by one of their trained coaches. They'll talk to you about the help you need and the goals you want to achieve, and set you up with the most appropriate person in the team to get you to where you want to be.

Dates: (all 9am till 12pm) at Withington Library

Friday 26 July, Friday 30 August, Friday 27 September, Friday 25 October, Friday 29 November, Friday 20 December

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

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.

Period Poverty Project - Bodey Medical Centre

This scheme was developed by Gift Wellness, a social enterprise dedicated to combating period poverty worldwide. In 2023 they collaborated with Qualitas, a partner of NHS England to tackle period poverty in Primary Care. Gp Surgeries are often hubs of the Community, a safe space, a place

people trust. GP Surgeries all over the country have begun setting up Period Angel stations - sites for the local community to access free period products.

The long term plan is to eliminate period poverty in this country by having at least 1 Period Angel Station in every Town and City in the UK.

The Period Angel Station in Bodey Medical Centre (Ladybarn Court, 28 Ladybarn Ln, Manchester M14 6WP) is located in between the male and female toilets and is available to not only our patients but the whole community. Bodey are a registered station on the official Period Angel app.

The stock of the station will rely on donations, so if you are reading this and would like to donate. Please drop off any period products for the attention of Rachael O'brien at Bodey Medical Centre reception.

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 or you can call their helpline on **0300 330 7010**

New Parent Compassion Focussed Therapy

Are you or your partner pregnant? Are you a parent or main caregiver to a child under 24 months?

Becoming or being a parent can be challenging. If you're struggling and are self-critical, then our Compassion Focused Therapy Groups (online or face-to-face) might be for you. We offer priority access to these groups, and priority 1:1 Cognitive Behavioural Therapy and Counselling, for Depression and Anxiety Disorders. Priority Couples Counselling is also available.

1:1 sessions can be offered online, via telephone, video or face-to-face. You can self-refer for the groups or 1:1 therapy here:
NHS Manchester Talking Therapies - The Big Life group or by ringing **0161 226 3871**.

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

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

More Life

Manchester Junior Physical Activity Referral Service (PARS), supporting children and young people across Manchester.

If you're aged 5-17yrs and are keen to move more and be active, Junior PARS might be for you.

This service is commissioned by Population Health (Manchester City Council) and supports children and young people ages 5-17 years old, who are above a healthy weight and not engaging in physical activity to the recommended level. Junior PARS offer a free 10-week program to help CYP become more active, reduce sedentary behaviours, and increase wellbeing. Our Children's Healthy Lifestyle Practitioners will connect CYP and their family to fun activities in their local area. All activities are sourced to be budget-friendly and accommodate your family's needs.

Head to their website for more info - www.more-life.co.uk/places-we-work/greater-manchester/manchester-pars/

You can be referred via a health professional, or you can self-refer using the below link: <https://secure.refer-all.net/referrals/manchester/refer>

Weaning with Porter Nutrition

Check out these free resources on the Weaning Centre website which may be helpful.

www.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
Tel: **0778 756 0002**

Mums Matter

Mums Matter online peer support group is open to all Manchester Mums who would like to make connections with other Mums.

This is a weekly space that combines mindfulness techniques with peer support in a low pressure environment. This space has been curated for Mums who aren't sure they want to commit to our 8 week course, but would like to benefit from social connections and new self-care tools to support their wellbeing. Mums who have completed our Mums Matter course are also invited to attend.

A reminder of who can benefit from our Mums Matter offer: all Manchester Mums with at least one child under 2 years old. To express your interest in joining visit our website: <https://data.manchestermind.org/mums-matter/self-referral>

Mums Matter Online Course is an 8 week course, designed to support new Mums, with a child under 2, who are experiencing a variety of mental health challenges such as worrying thoughts, anxiety and postnatal depression.

Running from Wednesday 17 July 2024 Via Zoom. Sessions last 2 hours. You will collect a range of wellbeing tools to use in your daily life and prompts to nurture yourself to keep well.

To reserve your space please contact Charli Headley **07592 376720**
mumsmatter@manchestermind.org

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.

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!

www.tinytalk.co.uk/emmaadshead

City Kicks

City Kicks is a new programme for children and young adults aged 8 – 18 years. The sessions aim to encourage participants to socialise and take part in football activities in order to positively impact their physical and mental health. All abilities welcome. Free to attend.

Where: Ladybarn Park, M20 4NL.
When: Tuesdays 5pm-7pm.
For more info on the programme visit www.mancity.com/citc

Volunteering

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

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.

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

Withington Library & The Bread and Butter Thing

Withington Library is working with The Bread and Butter Thing to bring a mobile affordable food pantry to our community.

Join our volunteer team to help unload the van and pack food into bags. We need 3 hours of your time on Mondays from 12-3pm as often as you can spare it.

Get in touch with Withington Library by email at withingtonlibrary@manchester.gov.uk if you are interested.

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

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
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 to book your place: hannah@manchestercarersforum.org.uk

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

Your health

Greater Manchester South Diabetic Eye Screening Programme

The Greater Manchester South Diabetic Eye Screening Programme is provided by In Health Intelligence, commissioned by Greater Manchester Health and Social Care Partnership as part of the National Diabetic Eye Screening Programme.

Diabetes is the leading cause of preventable sight loss in adults, so don't lose sight of your screening appointment.

FREE annual diabetic eye screening is available for people with diabetes aged

12 years and older.

If you have diabetes, you will receive an invitation to attend for screening. This invitation is not the same as your regular sight test at your Opticians which you should still attend. The examination includes eye drops to dilate your pupils and then digital photographs will be taken of the back of your eyes (the retina). These photographs are then reviewed by accredited specialists.

For more information, take a look at the website www.gmsouthdesp.co.uk
If you have NOT received an appointment letter, please contact the Booking Office (8am – 8pm) on 0161 464 3000 or enquiries. gmsouthdesp@nhs.net

Physical Activity Referral Service in Manchester

Did you spot the article in the Northern Quota about Manchester Active PARS? If not, you can check it out here - <https://thenorthernquota.org/the-manchester-active-referral-service-making-an-impact/>

Manchester Active PARS are here to help if your mental or physical health is stopping you from being active.

You can access this service by seeking a physical activity referral through a professional who knows about you and your health.

PARS work with qualified community providers and instructors to deliver sessions in local leisure or community centres. They offer a range of different activities, so will always try and find something to suit you! Some Manchester Active PARS sessions are free of charge, and others carry a small cost.

For more information on the Physical Activity Referral Service, please contact the PARS Team on: 0161 974 7839 or physicalactivityteam@mcractive.com

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 hearthelp4u2@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

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!

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

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 4707120** from Monday to Friday 9am - 5pm or email bewell@thebiglifegroup.com

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.

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:
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

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 **empty blister packs**, Manchester City Councils Age Friendly and Climate Change Teams have set up recycle points for blister packets at 3 locations:
Withington Baths / Withington Library
Withington Methodist Church

Health Watch Manchester

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

www.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.
www.manchesterwomentogether.org.uk
Instagram: @mwomentogether
Twitter/X: @MWomenTogether
Facebook: @ManchesterWomenTogether
LinkedIn: Manchester Women Together
Nextdoor: Manchester Women Together

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?

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

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.