

We ♥ Burnage



Useful information on health, wellbeing and what's on for people in Burnage.



Can you give a little time?

Most of the brilliant community centres in Burnage can only deliver what they do because of volunteers!



If you'd like to find out more about volunteering pop in to any of the centres in the booklet and ask about volunteering in Burnage.

Alternatively, try Manchester's Volunteer Inspire Programme MCRVIP. It connects volunteers with exciting opportunities in Manchester. Visit **mcrvip.com** to find out more.

Meet Tanya, a local volunteer

Tanya has lived in Burnage all her life but only came to a family play day event with her son after a friend told her about it. This was August 2016 and the start of something.

At the event, Tanya found out about Quids In food club which could help her out with the cost of raising her family and making ends meet. Wanting to help, she started to get involved as a volunteer. Tanya also helped people coming to the club and Westcroft using the skills and knowledge she gained being part of the team and taking up training volunteers can get.

In 2020 at her first ever Job interview she smashed it and got the job as a Quid's In Assistant at Westcroft. This meant Tanya could give more hours to supporting the centre and help grow lots of activities and services.

By 2023 Tanya's confidence and experience meant she was in a position to think about what she really wanted, and she finally had the courage and self belief to go for her dream job in nursing.



"Volunteering at Westcroft helped me believe in myself, with my new-found confidence I am now in my dream job."

Welcome

خوش آمدید

歡迎

Ласкаво просимо

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Soo dhowow

Hoş geldiniz

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Welkom

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Karibuni

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Welcome to We Love Burnage, created by Burnage Anti-Poverty Group. Its aim is to make it easier for us to find each other.

We showcase some amazing organisations in Burnage, and all that they offer.

For more information, or if you notice anything missing or have comments, contact:



Fiona.Vincer@mft.nhs.uk

westcroftcommunitycentre@gmail.com

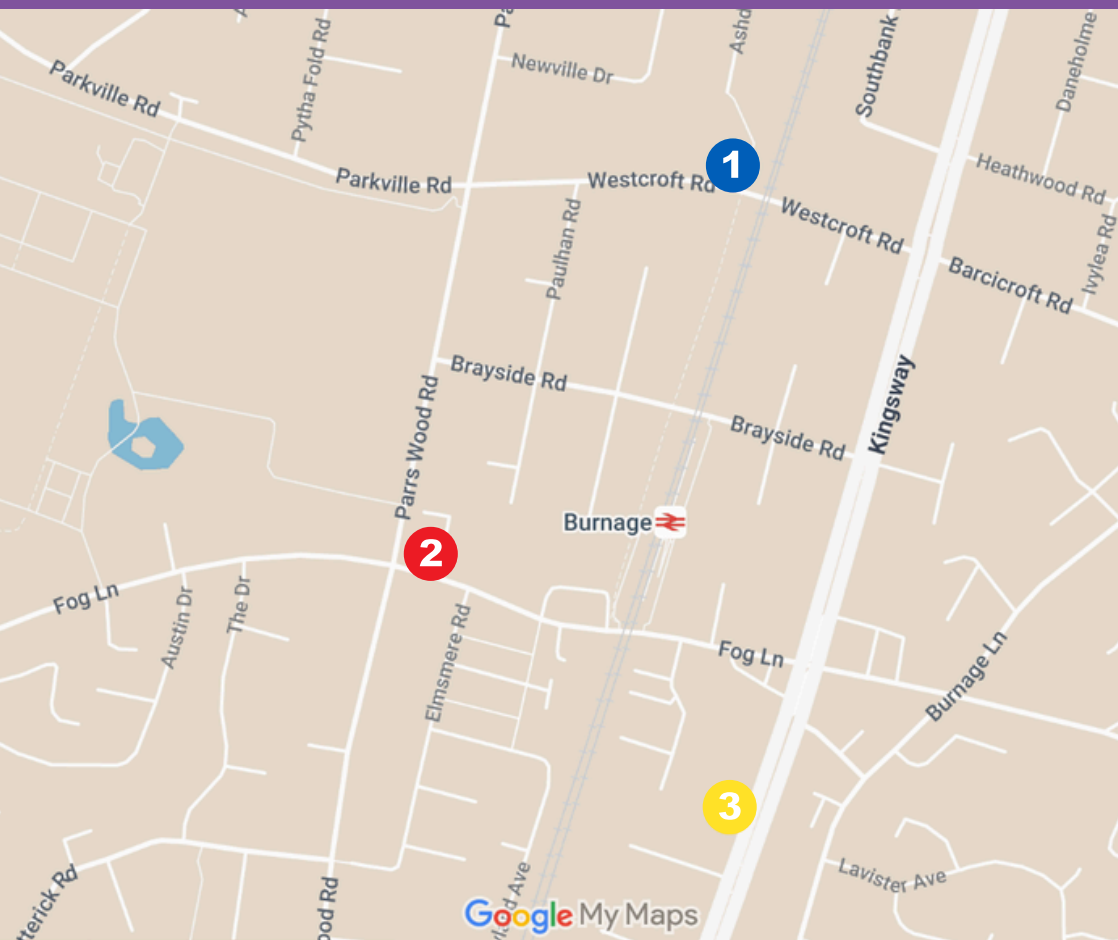
Interested in joining Burnage Anti-Poverty Group?

All are welcome to join our work to support Burnage communities

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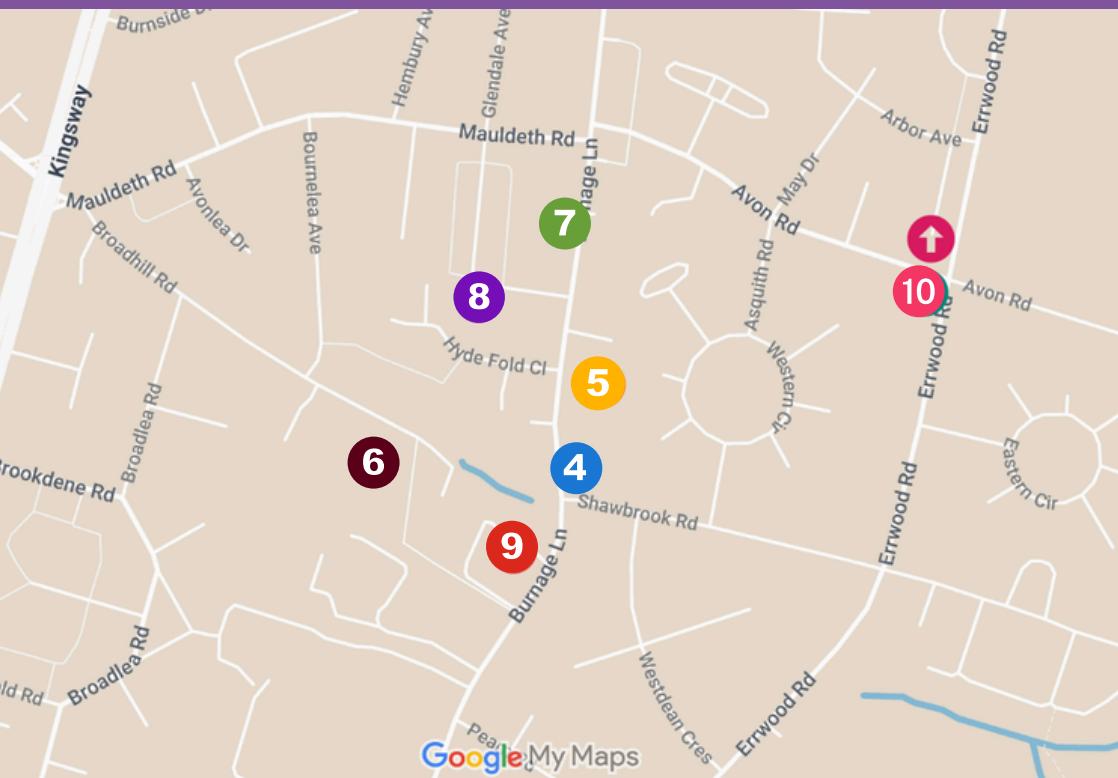
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Burnage Sure Start Services

We offer information, support and services that focus on child health and development, as well as family support.

We have a range of activities and services on offer, such as:

- Baby massage
- Baby and toddler stay, play and learn sessions
- Midwifery antenatal and postnatal clinics
- Health visitor clinics – healthy child drop-in and child health and development checks
- Weaning information and healthy eating advice
- Courses - including parenting courses, as well as adult education workshops and short courses
- Stop Smoking service
- Outreach workers offer a wide range of support for families and supporting parents who are new to the area
- Referrals to other agencies for additional support.



Burnage Sure Start, Broadhill Road, M19 1AG



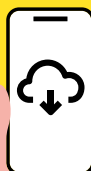
0161 219 2932



For children under 5 years old and their families.



SCAN ME !



Scan the QR code to visit our page on the Help and Support Manchester website, where you can download our latest what's on guide.

Westcroft Community Centre

Community Centre Services

We provide support and activities and welcome volunteers! Timetables change regularly, keep an eye on our social media or website or pop by for updates.



Regular FREE activities include:

- **Weekly Eat, Meet and Greet** - Monday, 10am-1pm cook and chat.
- **Employment support** - contact us to book an appointment.
- **Women's Chillout** - sessions cover a wide range of subjects and activities directed by the group.
- **Storytime** - early years storytelling, play and crafts, Tuesday 2:30pm
- **Diabetes** - clinic/info, every first and third Tuesday, 11am-12:30pm.
- **Tiny Talk** - baby signing Fridays 1.30-2.30
- **Discussion group** - arts and culture, Wednesday 2pm-4pm.
- **School holiday family programmes** - activities and services ranging from play sessions to breakfast clubs.
- **Regular one off family events.**



Westcroft Community Centre, 24-26 Westcroft Road, Burnage, M20 6EF



Core opening hours: Monday to Friday, 9am to 4pm. Activities and events also take place during the evenings and weekends.



0161 448 8232



westcroftcommunitycentre@gmail.com



[westcroftcommunitycentre](https://www.facebook.com/westcroftcommunitycentre)



westcroftcommunitycentre.org



Quids In Food Club



At Quids In, our members can access a variety of fresh, chilled, and hard-to-find food items worth around £20 each week.

We ask people pay a contribution to help us cover costs, including payments to the food charity Fareshare, which provides us with the bulk of our supplies. Contributions:

- Southway Tenants: Just £5 annually, plus £4 per week.
- Non-Southway Tenants: £10 annually, plus £6 per week.

Anyone living within our eligible postcodes is welcome to apply-Just let us know which club you'd like to attend when you apply. There might be a waiting list, but we'll get you in as soon as possible.

If you're interested in joining or learning more, simply email us with your name, address, and phone number (mobile preferred). If you don't have email access, give our Customer Hub a call.



Quids in run sessions at two locations in Burnage:

- Wednesdays from **11:15am to 1:20pm**
Burnage Sure Start, Broadhill Road, M19 1AG
- Wednesdays from **10am to 1:30pm** or **5pm to 6:30pm** for families who cannot get to the daytime clubs because of work or college.
Westcroft Community Centre, 24-26 Westcroft Rd, M20 6EF



0161 448 4200



quidsin@southwayhousing.co.uk

Quids In is funded and delivered by Southway Housing.



Burnage Foodbank



We are a Trussell foodbank. Referrals are required to access this foodbank. We support individuals who are in food poverty due to a crisis. People who need food support can contact a referrer that may be working with them or ring Help Through Hardship (CA and Trussell) on 0808 208 2138

Who can refer?

your local housing association, school, mental health team, Sure Start centre, Manchester Citizens Advice or Manchester Cost of Living Helpline.

FOODBANK CENTRES:

Please bring your voucher code to claim your food parcel at one of the sessions below.

- **Tuesdays**, 12:30pm to 2:30pm at Parish Hall St. Nicholas Church, Kingsway, M19 1PL
- **Fridays**, 3pm to 5pm at Parish Rooms, St. Bernard's Church, Burnage Lane, M19 1DR



07796 448 205 (office hours)



info@burnage.foodbank.org.uk

Manchester's free Cost of Living Advice Line: 0800 023 2692

Lines are open Monday to Friday, 9am to 4.30pm

Text: 07860 022 876

manchester.gov.uk/coladvice



Benefits
or rent



Advice about
debt or bills



Food
support



Staying
warm

Legal Advice Clinic

Greater Manchester Law Centre run a South Manchester Legal Advice Clinic. It provides **FREE** face-to-face legal advice, advocacy and representation on housing, employment, debt, benefits and family law.



- **Income maximization** - benefits checks
- **Welfare benefits** - disability benefits, applications, mandatory reconsiderations and appeals
- **Housing law** - evictions, homelessness, disrepair, re-housing
- **Employment law** - discrimination at work, unfair dismissal, unpaid wages, grievance and/or disciplinary process at work



Tel: 0161 769 2244



neighbourhoodadvice@gmlaw.org.uk



Text: 0790 736 8415 (please note this is not an advice line)



667-669 Stockport Rd, Levenshulme, M12 4QE



www.gmkaw.org.uk



Eligibility: people living in Chorlton Park, Didsbury or Burnage.



Since April 2022, we've helped South Manchester residents recover over £200,000 in unclaimed benefits.



South Manchester Credit Union

We offer local people access to secure savings accounts and responsible credit. We aim to improve our members' financial wellbeing and also build longstanding trusted relationships. We see people as more than just a credit score.



About our loans

We offer affordable loans from £150 - £15,000, designed to support your financial well-being, overcome hurdles, reach goals and more. We are responsible lenders and will work with you to make sure the repayments suit you

About our savings range

Whether you are saving for a dream goal or kickstarting a savings habit, we have got you covered. Through saving with us, you are creating a positive social impact and opening doors for other local people too

About our members

We are a member-owned non-profit Union. To become a member, all you have to do is live or work in South and Central Manchester.



187 Fog Lane, M20 6FJ



0161 448 0200



www.smcreditunion.co.uk



hello@smcreditunion.co.uk



Opening hours in the office: Monday, Tuesday, Thursday, Friday from 10am to 3pm. Closed Wednesday.

Opening hours online and on the phone: Monday to Friday from 9am to 4pm.

**South
Manchester
CreditUnion**



Kingsway Athletic

A community football club for children aged 5+ including:

- ⚽ Free Saturday morning girls' football sessions
- ⚽ Girls' and boys' team football
- ⚽ School holiday football camps (free for children eligible for free school meals)
- ⚽ Disability football sessions, starting May 2025, for ages 5 to 8



Based at 4 locations around the A34 (Kingsway), as well as Cringle Fields, Crossley Road, Levenshulme, M19 2QP



0791 408 4460



www.kingswayathleticfc.co.uk



kingswayathleticfc@gmail.com



N-Gage

N-Gage is a Burnage-based charity that gives young people at risk of educational or social exclusion opportunities and skills to achieve their full potential. We provide 2 sessions:

- Junior Youth Work Session for children aged 7 to 11
- Youth Work Sessions for Young People aged 11 to 16



345 Burnage Lane, Burnage, M19 1EW



07738 106963



www.n-gage.org.uk

Holiday Make Lunch Club



South Manchester Make Lunch Club is a fun, free, child-centred activity. We support families with food during the school holidays.

- Indoor and outdoor games
- Arts and crafts
- Cooking and baking
- Picnics in the local Park
- A wide choice of games and orienteering

Eligibility

Make Lunch is designed for children in primary school who are in receipt of free school meals, or other benefits, or in need of support, friendship or access to a hot meal in the school holidays.

We are inclusive to the whole family and flexible with ages of children (please ask if you have children outside primary school age).



Cornerstone Parrs Wood Road Corner of Fog Lane, M20 6EE



0794 770 1530



makelunchsm@gmail.com



Thursday and Fridays, 10:30am to 1pm

ONLY during the school holidays.



Burnage Community Centre



Burnage Community Centre

We are proud to be home to some wonderful community organisations, such as Burnage Buddies, Burnage Good Neighbours and Project CHA. Activities include art class, yoga and karate.



Burnage Community Centre,
Burnage Lane, M19 1EW



0161 431 7220



Burnage Buddies

An age-friendly social group for women aged 50+.

Activities include:

- exercise
- arts and crafts
- health workshops
- pampering
- outings



Seema Sheikh - 0781 779 4895
Rifat Karim - 0777 996 2905
Nusreen Shafiq - 0793 901 6336



Tuesdays from 10am to 12noon



Burnage Community Centre,
Burnage Lane, M19 1EW



Activities for Women



Project CHA - Women's Health Group

Meets at Burnage Community Centre offering friendship health and wellbeing activities, information and links to other opportunities.

Eligibility: Black and South Asian women aged 18+ living in Burnage, Chorlton Park and Didsbury.



Burnage Community Centre, Burnage Lane



Contact Shaz on 0797 478 8762



We meet Fridays from 10am to 12noon

Sofra Mcr

We are a social enterprise and café. We offer women from various backgrounds the opportunity to gain skills, confidence and employment through working in a café and engaging with the community, serving delicious food.



Sofra cafe, Dahlia House, Burnage Lane M19 1FL



Facebook: Sofra Mcr



Tuesday to Saturday - check Facebook page for times



Burnage Good Neighbours

We provide opportunities for people to make new friends and feel part of their local community. We offer a very warm welcome and the kettle will be waiting to make you a cuppa.

We offer help and support for people aged over 55. We host a number of groups and provide services such as:



- Lunch club,
- Art and crafts
- Health and fitness.
- Weekly telephone catch-ups
- Newsletters
- Referrals to services
- Organised trips
- Community events.



Providing volunteer opportunities for people of all ages.



Burnage Community Centre,
347 Burnage Lane, M19 1EW



0161 431 7220



sam@burnagegoodneighbours.org.uk / 0739 595 8649
krysia@burnagegoodneighbours.org.uk / 0754 550 7491



Facebook: Burnage Good Neighbours



www.burnagegoodneighbours.org.uk



Other Burnage Groups

St Nick's



- **Craft and coffee afternoon**, third Wednesday of each month, from 1pm to 3pm. Open to all.
- **Community Choir**: Greater Manchester Voices, Thursdays from 7pm to 9pm
- Other activities include Rainbows, Brownies and Guides, trampoline fitness, Zumba and University of the Thirds Age (U3A) groups for older people.



Church of Saint Nicholas, 408 Kingsway, Burnage M19 1PL



wardens@st-nicholas-church.org.uk



www.st-nicholas-church.org.uk - visit for information about our events and to watch our Sunday services live at 10.30am.

St Margaret's



St Margaret's offers a warm, welcoming space where friendships can be forged. Pop in for a brew and chat.

Activities include:

- Activities for over 55's such as crafts, dominoes and occasional trips on Tuesdays at 10am.
- Church Youth club Thursdays at 7pm
- Regular activities for families and children
- Alcoholic Anonymous - Tuesday nights at 7pm, Thursday at 1pm



St Margarets Church, 250 Burnage Lane, M19 1FL



0161 432 1844



Tuesdays from 10am. Lunch is at 12.30pm and costs £3.

Burnage Library



Burnage Library is also an activity and information hub. We offer a full Library service – access to computers and printing, free wi-fi, reserve any book from Manchester Libraries to pick up.

We run FREE community activities for all ages:

- Talk English
- Local history club
- Reading group
- Monthly writing group
- Knit and sew group
- Singing Rhyme and Storytime
- Computer drop-in
- ESOL conversation club
- Women's gardening group
- Board games night (11+)

Monthly groups include

- Art club (18+)
- Legal advice clinic
- Carers' group
- Lego club and a children's art club
- Monthly writing group
- Councillor's surgery (book via 0161 234 3235)



349 Burnage Lane, Manchester M19 1EW



Open hours:

- Monday 10am – 5pm
- Tuesday 10am – 1pm
- Wednesday 10am – 7pm
- Saturday 10am – 1pm



0161 227 3774



Burnage Library



info@burnageactivityhub.org.uk



www.burnageactivityhub.org.uk





Burnage Carers' Peer Support Group



The first Friday of every month, 2pm to 3:30pm



The Burnage Library, Burnage Library, M19 1EW



Daniel (Facilitator) 0741 543 6382



daniel@manchestercarersforum.org.uk

Contact Point

Support for unpaid carers in the Manchester City Council area who require advice and support.



0161 543 8000 - lines are open from 10am to 4pm, Monday to Friday, except bank holidays.



www.carersmanchester.org.uk

Carers Manchester South

Carers Manchester South (CMS) works to identify unpaid carers and improve services in their community. CMS run regular free events for carers including bowling and visits to RHS Bridgewater. The team also does lots of outreach work to identify new carers and raise awareness among professionals about how to best signpost carers.

If you are a carer wanting to hear more about us, or a professional wanting us to support any events you run, please contact us.



cmsouth@manchestercarersforum.org.uk



Useful contact numbers



- **Mental Health CRISIS helpline:** 0800 953 0285 (24 hours per week 7 days per week)
- **Manchester Mind** mental health charity 0161 769 5732
- Call **NHS 111** if you urgently need medical help or advice but it's not a life-threatening situation or if you're not sure which NHS service you need.
- Free **cost-of-living advice line** for Manchester residents: 0800 023 2692. This line is open Monday to Friday 9am to 4.30pm.

MEET BURNAGE ANTI-POVERTY GROUP

We welcome new members!



We are a network of Burnage-based people and community organisations, committed to working together to minimise the impacts of poverty on our communities.

We work to improve access to food, advice and, wellbeing. We aim to improve equity in the community. We build on our strengths and find local solutions.

The Burnage Anti Poverty network produced this booklet. We hope you find it useful. If you have comments, feedback or ideas to support Burnage community please get in touch.



Fiona.Vincer@mft.nhs.uk
westcroftcommunitycentre@gmail.com