



Side by Side

# Disabled Women's Peer Group

Come and join us - a group for disabled women in Manchester.

The group meets every Tuesday,  
1:30pm to 3pm on the 2nd floor  
of the Abraham Moss Centre in  
Crumpsall M8 5UF

Regular, accessible peer support groups - welcoming and friendly in a safe space. Grow your self-confidence and get to know your rights.



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Feel valued, accepted and listened to.  
Feel included and belong to a group with  
women who have things in common with you.

**“It’s been a very good afternoon. Feel like  
the group is giving me more confidence.”**

If you like the sound of Side by Side women's peer group please  
contact us to find out more and let us know about your access  
requirements

Call Elaine or June on: 0161 234 3950, or text: 0793 994 3383.  
Email: [womensidebyside@breakthrough-uk.co.uk](mailto:womensidebyside@breakthrough-uk.co.uk)  
[www.breakthrough-uk.co.uk](http://www.breakthrough-uk.co.uk)



Women Side by Side uses peer support to improve  
the mental health of women facing disadvantage.  
The project is supported by Mind and Agenda,  
the alliance for women and girls at risk.



Breakthrough UK is a registered charity, number 1078009.