



# TLC - St Lukes



community | healthy living | arts | mental health

## Drop In Cafe plus:

- volunteering opportunities
- talks and discussions
- art project studio
- cooking
- exercise
- counselling
- massage therapy
- welfare advice and guidance
- media arts (computers)
- IT training
- games
- trips
- information

**Mondays Tuesdays Thursdays**

**We welcome people  
from all backgrounds  
call for more details**

We are a small local charity in Longsight / Ardwick based at St Lukes Church aiming to improve the mental health and wellbeing of local people

You can get involved by joining our activities or by volunteering in our centre

Please call in any Tuesday or Thursday or ring us on 0161 273 1538

[www.tlcstlukes.co.uk](http://www.tlcstlukes.co.uk)  
@TLCSt Lukes

**Centre Office 0161 273 1538**

St Lukes, Guide Post Road, Longsight M13 9HP (192 bus)  
Art Project 0161 273 1492 Room Hire 0161 224 2596  
registered charity no.1141796



LOTTERY FUNDED