

THE

HOBBY JOURNAL

*Your personal guide to social
activities in Manchester.*



INTRODUCTION TO THE HOBBY JOURNAL

Did you know that commissioners of health services in Manchester have been working with voluntary and community groups on projects for older people in the city?

The aim is to help people in their 50s and over to stay involved in hobbies and social groups so they don't feel isolated, which can have a big impact on physical and mental health.

The groups offer a wide range of recreational ideas and are also a way of making friends and easing loneliness.

Manchester's three Clinical Commissioning Groups have given grants to 29 projects across Manchester to provide all the social outlets listed in this booklet. Each listing contains a summary of the project and contact details.

For more information, please contact the projects directly or log on to the Manchester Community Central website:

www.manchestercommunitycentral.org/ccg-search



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2015

APRIL

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2015/16

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AFRICAN- CARIBBEAN

Care Group

*We provide services for older African-
Caribbean adults in Manchester.*



Our project will provide seated massages, hand and arm massages, Indian head massages, reflexology and manicures. Sessions are on Monday, Wednesday and Friday each week, from 10am–3.30pm. One of our support workers is also available every Monday and Wednesday.

GET IN TOUCH

Name: *Dorothy Evans*
 Telephone: *0161 226 6334*
 Email: *admin@accg.org.uk*
 Address: *Claremont Resource Centre,
 Rolls Crescent, Hulme, M15 5FS*

AFRICAN- FRANCOPHONE WOMEN

Support Group

*We offer support to stay-at-home
women aged over 50.*



On the first Thursday and third Sunday of every month we run activities that include a lunch club, basic English classes, music and stories, healthy cooking classes and visits to places of interest.

GET IN TOUCH

Name: Justine Mutombo / Mama Bilonda
Telephones: 07943 590 317 / 07411 817 146
Email: afwsg2010@yahoo.co.uk
Address: 12-14 Midland Street, Ardwick, M12 6LB

BIRCH COMMUNITY ASSOCIATION

*in partnership with
Healthy Me Healthy Communities*

We provide activities to improve leisure, recreation and education opportunities in the Rusholme area.



Rusholme Social-Café project provides a range of activities and a social café. Services run on Wednesdays at 12.30–3.30pm and on Sundays 1.30–4.30pm.

GET IN TOUCH

Name: *Rich Browning*
 Telephone: *07913 540 680*
 Email: *richbrowning@healthymehealthycommunities.co.uk*
 Address: *Birch Community Centre, Brighton Grove,
 Rusholme, M14 5JT*

CHORLTON GOOD NEIGHBOURS

*We support and care for
local older people.*



*We are running a series of courses for older
people to build self-esteem and confidence.
Each course runs for 12 weeks.*

GET IN TOUCH

Name: Helen Hibberd

Telephone: 0161 881 2925

Email: helen@chortlontogoodneighbours.org

Address: Wilbraham St Ninian's Church,
Egerton Road South, Chorlton, M21 0XJ

COMMUNITY MINDED LTD

We are based in Old Moat and are dedicated to helping children and adults through education, play and leisure.



We are running weekly sessions on Wednesdays from 3–4pm and additional activities are arranged throughout the month. We have set up a wildlife recording group to track all types of birds and animals in the local area. We also run nature walks and will be creating a special garden to attract butterflies and other insects.

GET IN TOUCH

Name: *Paula O'Reilly*

Telephone: *0161 446 2131*

Email: *p.oreilly@manchester.gov.uk*

Addresses: *Old Moat Learning Hub, Old Moat Children's Centre,
Old Moat Lane, M20 1DE
Old Moat Community Hub, Old Moat Primary School,
Old Moat Lane, M20 3FN*

COVERDALE AND NEWBANK

Community Association

*Our Cup of Sugar Project offers a combination
of befriending and social opportunities.*



*We run activities that are on a one-to-one
basis or in a group setting.*

GET IN TOUCH

Name: Tony Wright
Telephone: 07943 424 981
Email: tonywrightmst@yahoo.co.uk
Address: Community Hut, Richmond Park Centre,
 Cochrane Avenue, Ardwick, M12 4DU

CYRIL FLINT VOLUNTEERS AND GREAT PLACES

Partnership Project

*Cyril Flint Volunteers and Great Places offer
an established befriending service.*



*Our service will match befrienders to people who are feeling isolated
in the local area. People are then helped to join local activities,
including going to libraries and lunch clubs.*

GET IN TOUCH

Name: Alison McKenna
Telephone: 0161 942 9465
Email: alison.mckenna@cyrilflint.org
Address: Bank House Road, Higher Blackley, M9 8LT

DEBDALE ECO CENTRE

The Growing Together project works in partnership with Anchor Housing to bring tenants together with local residents through fun gardening activities.



Our activities are designed to increase confidence — leading to active, healthy and positive lifestyles. Each Anchor home will have raised beds built within the gardens for planting and gardening hobbies.

GET IN TOUCH

Name: Helen Dodd

Telephones: 0161 220 9199 / 07954 362 896

Email: helen@debdale-ecocentre.org.uk

Addresses: For Whalley Range, Chorlton and Cheetham addresses see page 42.

DIDSBURY GOOD NEIGHBOURS

We are a friendly neighbourhood group.



We hold weekly guitar/music sessions on Tuesdays from 1–3pm, and visual art/craft sessions on Wednesdays from 10am–12 noon and 1–3pm. All activities take place at the Holt Pavilion, which has disabled access and facilities.

These sessions are either run through tutors or volunteers and people of all musical levels are welcome.

GET IN TOUCH

Name: Sue Thurston or Chris Marsden
Telephone: 07749 504 298
Email: info@didsburygoodneighbours.org.uk
Address: Holt Pavilion, Didsbury Park,
 Gillbrook Road, M20 6WH

EX-CELL SOLUTIONS LIMITED

*We help homeless ex-prisoners to find
accommodation and work.*



*We are running a community support café at the Mustard Tree one
day a week from 10am–3pm. This offers health and welfare services,
as well as help with employment and self-employment,
retirement planning and social activities.*

GET IN TOUCH

Name: Dave Nicholson
Telephone: 07508 983 870
Email: davenicholson-1@pophost.123-reg.co.uk
Address: The Mustard Tree, 110 Oldham Road, M4 6AG

HENSHAWS SOCIETY FOR BLIND PEOPLE

We are working in partnership with Manchester City Council's Sensory Team on a project to help visually impaired older people in Manchester.



The Henshaws Friendships Matter in Manchester project gives advice and guidance over the phone or in person. It also holds social meet-ups in three Manchester locations and runs exercise and falls prevention sessions in three areas.

GET IN TOUCH

Name: Julie Butterworth

Telephone: 0161 872 1234

Email: manchester@henshaws.org.uk

Addresses: For Blackley, City Centre and Wythenshawe addresses see page 42.

IRISH COMMUNITY CARE

*Our organisation was established by and for
the Irish community in Manchester.*



We offer advice and information for the Irish community, including Irish Travellers. We also offer bereavement counselling, befriending schemes, an over-50s social group, and a Memory Lane group.

*Contact Irish Community Care for information on
the latest activities taking place.*

GET IN TOUCH

Name: Anne Bohan-Taghian

Telephone: 0161 205 9105

Email: headoffice@irishcommunitycare.com

Addresses: 289 Cheetham Hill Road, M8 0SN
893 Stockport Road, M19 3PG

LADYBARN COMMUNITY

Association

We try to provide local people with as many opportunities as possible.



Our project provides a range of creative and technology-based hobbies for older people, including an arts and crafts club, lunch club, film club and cooking-made-easy group.

GET IN TOUCH

Name: Mrs Krysia Griffiths
 Telephone: 0161 256 2779
 Email: krysia.griffiths@ladybarncentre.org.uk
 Address: Ladybarn Community Centre, Royle Street,
 Fallowfield, M14 6RN

LEVENSHULME GOOD NEIGHBOURS

*We bring older people together with volunteers,
local community groups and businesses in the area.*



*Our project is all about training community groups how to
support older people. We also want to develop friendship
networks to stop people feeling lonely.*

GET IN TOUCH

Name: Sam McCormick
Telephone: 0161 850 1066
Email: levenshulmegn@gmail.com
Address: The Inspire Centre, 747 Stockport Road, M19 3AR

MANCHESTER BME HEALTH AND SOCIAL CARE

Partnership

We run activities that include befriending services, supporting people to keep health and social care appointments, and helping them to use community facilities.



We run projects in partnership with –
 LMCP Care Link: 0161 226 4632, Wai Yin: 0161 833 0377,
 Indian Senior Citizens Centre: 0161 232 7994,
 African-Caribbean Care Group: 0161 226 6334, and the
 Bangladeshi Women's Organisation: 0161 257 3867.

GET IN TOUCH

Name: George Devlin
Telephone: 0161 226 4632
Email: lmcpcarelink@btconnect.com
Addresses: For City Centre, Hulme, Longsight, Moss Side
and Whalley Range addresses see page 42

MY COMMUNITY UK

The Keep Smiling Over-50s Ladies Drop-in for Burnage and surrounding areas is aimed at black and ethnic minority women who want to make friends and learn about new health-related activities.



*The drop-in runs every Tuesday from 10.30am–1pm.
A variety of health and exercise topics are covered,
and there is a local monthly outing.*

GET IN TOUCH

Name: *Tazeem Shah*

Telephone: *0161 713 1892*

Email: *contact@mc-uk.org*

Address: *680 Burnage Lane, M19 1NA*

Over-50s *Burnage Community Centre,*

drop-in: *Burnage Lane, M19 1EW*

MRSN REFUGEE OLDER PEOPLE'S *Project*

We provide free and confidential advice on welfare benefits, tax credits, housing and debt issues, access to education and training, and asylum support.



A lunch club and advice and information sessions take place every Monday, from 12 noon–2pm for women, and from 2–4pm for men.

GET IN TOUCH

Name: Belay Kahsay
 Telephone: 0161 868 0777
 Email: belay@mrsn.org.uk
 Address: 141–143 Princess Road, M14 4RE

NEPHRA GOOD NEIGHBOURS

Champions Project

NEPHRA aim to improve the quality of life of residents and create community spirit.



This project was launched with the help of a quarterly magazine. The magazine, which is filled with content of interest to an older audience, will be delivered by hand by project volunteers — giving a chance to have introductions with neighbours in more than 1,000 homes. The magazine will also be available in doctors' surgeries, local libraries and leisure outlets.

GET IN TOUCH

Name: Claire Balshaw

Telephone: 07542 233 600

Email: claire@nephra.org.uk

Address: 27 Parkfield Road North, New Moston, M40 3RN

NEPHRA GOOD NEIGHBOURS

Digital Project

*NEPHRA Good Neighbours are holding
training sessions on how to use iPads.*



*These sessions will be held on Wednesday
afternoons from 12 noon–2pm.*

GET IN TOUCH

Name: Claire Balshaw
Telephone: 07542 233 600
Email: claire@nephra.org.uk
Address: 27 Parkfield Road North, New Moston,
 M40 3RN

NORTH MANCHESTER BLACK HEALTH

Forum

*We give support to people who
may be feeling vulnerable.*



The Sweet Memories Dementia Café Drop-in runs on Mondays and Wednesdays from 10.30am–12.30pm, and is aimed at people living with dementia or affected by it – in particular within the black and minority ethnic community. People can exchange experiences and information in a relaxed environment. From 12.45–2pm a halal South Asian lunch can be bought for £3.50.

GET IN TOUCH

Name: *Margaret Power*

Telephone: *0161 720 9974*

Email: *nmbhf2010@hotmail.co.uk*

Address: *Woodville Sure Start Centre, Shirley Road,
Cheetham, M8 0NE*

SMALL THINGS

Creative Projects

We use literature, music, creative writing and art to bring people together in a shared activity.



This library-based project uses stories, books and imagination as a starting point for people with dementia to join in with fun and meaningful group activities. Please email or call to confirm dates and times. There is a wide and varied programme of activity for older people, which changes all the time.

GET IN TOUCH

Name: *Liz Postlethwaite*
 Telephone: *07941 218 435*
 Email: *info@smallthings.org.uk*
 Address: *Beswick Library, 60 Grey Mare Lane,
 Beswick, M11 3DS*

ST VINCENT'S HOUSING

Association



St Vincent's Housing is a Manchester-based registered social landlord that provides services to promote companionship among older people.

GET IN TOUCH

Name: Gail Holes

Telephone: 0161 688 6952

Email: gail.holes@svha.co.uk

Address: Dunston Court, Bluestone Road,
Moston, M40 9JE

STROKE *Association*

*We help people who have had
a stroke, and their carers.*



We are holding group sessions across Manchester to give details of services that can offer help and support. These sessions also include invited speakers. For full details of when and where activities are taking place, please contact the group.

GET IN TOUCH

Name: Helen Gilbertson

Telephones: 0161 742 7482 / 07983 343 003

Email: helen.gilbertson@stroke.org.uk

Addresses: For north, central and south Manchester
addresses see page 42

THE GENERATION *Project*

The Generation Project delivers services in Wythenshawe so that older people have a range of social and friendship opportunities.



This project includes monthly afternoon teas at The Courtyard Café in Wythenshawe Park, bimonthly crafts and afternoon teas at Moorside Robert Owen Gardens in Northenden, and weekly coffee mornings at the Firbank Pub in Wythenshawe.

GET IN TOUCH

Name: Marie Greenhalgh
Telephone: 07875 286 866
Email: thegpprojects@live.co.uk
Addresses: For Wythenshawe addresses see page 43

THE JABEZ Group

The Jabez Group is a community project established in 2007 to provide services around being a good neighbour.



The Jabez Group is holding a lunch club every Monday and Wednesday from 12.30–2pm. The Jabez Group also runs the Bags of Love Food Bank every Thursday from 11.30am–1.30pm.

GET IN TOUCH

Name: Shirley Williams / Cynthia Bourne
Telephones: 0161 248 8405 / 07955 517 524
Email: bournec001@hotmail.co.uk
Address: The School Hall, Church of God 7th Day,
 Longsight, M13 0GL

THE LGBT *Foundation*

We are offering befriending services to older people.



This service is for those who may feel lonely and have low self-esteem. Telephone befriending is also available.

The Older and Bolder Group meets on the second and fourth Thursdays of the month, from 7.30–9pm, and is aimed at men who identify as gay, bisexual or unsure of their sexuality. Bloomers meets on the first and third Tuesdays of the month, from 1–3pm and is for women who identify as lesbian, bisexual or unsure of their sexuality.

GET IN TOUCH

Name: Sophie Beer
Telephone: 0845 330 3030
Email: sophie.beer@lgbt.foundation
Address: 5 Richmond Street, M1 3HF

TRINITY HOUSE COMMUNITY RESOURCE CENTRE

We are offering befriending, social activities and volunteering opportunities in Hulme, Moss Side and Whalley Range.



There is a brunch club for older men in Moss Side on Thursdays from 11am–1pm. Arts and crafts and computer classes also run throughout the week in all three areas.

GET IN TOUCH

Name: Matthew Youngson
Telephone: 0161 225 1064
Email: matthew@trinityhousecrc.org.uk
Areas: For Rusholme and Moss Side addresses
see page 43

WAI YIN Society

*We work to support and empower the Chinese community.
This includes a range of employment, education and
community services that are open to all.*



*The group holds a community café on Mondays from 10am–3pm,
which offers healthy Chinese lunches. A range of activities are available,
including exercise classes, t'ai chi, a gardening group, a fishing group
and a healthy cooking group. A minibus is able to collect up to ten
people who wish to go to the community café.*

GET IN TOUCH

Name: Stella Chu

Telephone: 0161 272 7482

Email: stella_chu@waiyin.org.uk

Address: Sheung Lok Wellbeing Centre, Justin Close,
Ardwick, M13 9UB

WARM HUT UK

We are a refugee community organisation that provides advice, companionship and support for Manchester's refugees from African non-English speaking backgrounds.



We hold conversation and computer clubs, as well as tea parties that are held in the homes of older people from French-speaking backgrounds. We also run weekly IT and English conversation clubs, providing basic computer skills and the chance to practise and improve English skills.

GET IN TOUCH

Name: Pipeeh Miyalu

Telephone: 0161 637 0040

Email: pipeeh@warmhut.org

Addresses: For Rusholme and Moss Side addresses see page 43

AGE-FRIENDLY MANCHESTER LOCALITY

Networks

Age-Friendly Networks share a common goal of developing age-friendly communities and neighbourhoods.



The basic idea behind each Age-Friendly Network (AFN) is partners working together in a defined geographical area to improve services for and, importantly, with older people. Each Network has developed, or is in the process of developing, its own age-friendly action plan, including priority actions that cover:

Promoting services and sharing information with older people

—

Listening to and consulting older people

—

Strengthening the Network to ensure effective joint working

—

Delivery of local projects

AGE-FRIENDLY NETWORK CONTACTS

Name: *Tracey Annette (Harpurhey and Moston AFM Network)*

Telephone: *0161 234 4299*

Email: *t.annette@manchester.gov.uk*

Name: *Tracey Annette (Higher Blackley and Charlestown AFM Network)*

Telephone: *0161 234 4299*

Email: *t.annette@manchester.gov.uk*

Name: *Tracey Annette (Cheetham and Crumpsall AFM Network)*

Telephone: *0161 234 4299*

Email: *t.annette@manchester.gov.uk*

Name: *Isobel Richards (Miles Platting and Newton Heath AFM Network
(inc. Miles Platting, Ancoats, Collyhurst and Newton Heath))*

Telephone: *0161 203 2900*

Email: *isobel.richards@adactushousing.co.uk*

Name: *Tracey Annette (Beswick, Clayton and Openshaw AFM Network)*

Telephone: *0161 234 4299*

Email: *t.annette@manchester.gov.uk*

Name: *Devon Poyser (Chorlton and Chorlton Park AFM Network)*

Telephone: *0161 448 4200*

Email: *d.poyser@southwayhousing.co.uk*

Name: *Devon Poyser (Didsbury and Burnage AFM Network)*

Telephone: *0161 448 4200*

Email: *d.poyser@southwayhousing.co.uk*

Name: *Devon Poyser (Withington and Old Moat AFM Network)*

Telephone: *0161 448 4200*

Email: *d.poyser@southwayhousing.co.uk*

Name: *Chris Ricard (Age-Friendly Whalley Range)*

Telephone: *0161 881 3744*

Email: *agefriendlywhalleyrange@gmail.com*

Name: *Patrick Hanfling (Wythenshawe AFM Network)*

Telephone: *0161 234 4188*

Email: *p.hanfling@manchester.gov.uk*

Name: *Paul McGarry (Ardwick, Hulme, Longsight, Moss Side,
Rusholme and Levenshulme)*

Telephone: *0161 234 3503*

Email: *p.mcgarry@manchester.gov.uk*

CONTACTS

Name:

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FURTHER ADDRESSES

- Debdale Eco Centre* *Trafalgar Court, 201 Withington Road, Whalley Range, M16 8JW*
Arden Court, 1 Oakhouse Drive, Chorlton, M21 8EW
Anchor Court, 132 Bury Old Road, Cheetham, M8 5DR
- Henshaws Society for Blind People* *For details of projects in Clayton, Crumpsall, Didsbury, Fallowfield, Levenshulme, Moston and Wythenshawe please see contact details on page 18.*
Atherton House, 88-92 Talbot Road, M16 0GS
- Manchester BME Health and Social Care Partnership* *Wai Yin, 66-68 Swan Street, M4 5JU*
LMCP Care Link, 95 Princess Road, M14 4TH
Indian Senior Citizens Centre, 16-18 Whalley Road, M16 8AB
African-Caribbean Care Group, Claremont Resource Centre, M15 5FS
Bangladeshi Women's Organisation, 360 Dickenson Road, M13 0NG
- Stroke Association* *Barlow Moor Community Centre, 23 Merseybank Avenue, Chorlton, M21 7NT*
Factory Youth Zone, 931 Rochdale Road, Harpurhey, M9 8AE
Tree of Life Centre, Greenbrow Road, Newall Green, M23 2UE

*The
Generation
Project* *Baguley, Brooklands, Northenden, Sharston and Woodhouse Park
c/o Parkway Green Housing Trust, 137 Bowland Road, M23 1LE*

*Trinity House
Community
Resource
Centre* *Trinity House Community Resource Centre, Grove Close,
off Platt Lane, Rusholme, M14 5AA
Will Griffiths Court, Elwick Close, Moss Side, M16 7LN*

*Warm Hut
UK* *4 Harlow Drive, M18 7WS*

AGE-FRIENDLY MANCHESTER CHALLENGE

Manchester City Council strives to make our city a better place to grow older and to improve the lives of older people, and has now launched the Age-Friendly Manchester Challenge.

The Challenge is for people, groups and organisations to pledge to do things – big or small – that make the city more age-friendly and better for older people.

Pledges made so far include:

The Alzheimer's Society pledged to host one-hour dementia-awareness sessions.

—

A group pledged to make a park better for older people in Levenshulme.

—

Wates Construction pledged to install benches in south Manchester.

*If you want to talk about your ideas, contact Patrick Hanfling on 0161 234 4188 or email: p.hanfling@manchester.gov.uk
Or complete the form overleaf.*



What do you pledge to do?

.....

.....

.....

.....

When will you do it?

.....

Where in Manchester will you do it?

.....

How will it make Manchester more age-friendly?

.....

.....

Name:

.....

.....

Organisation name:

.....

House number or name:

.....

Street:

.....

.....

Area:

.....

Postcode:

.....

Telephone:

.....

Email:

.....

*Send to: Freepost RTKG-KZJR-RRAC
Public Health Manchester Age-Friendly Manchester Team
Manchester City Council, PO Box 532, Town Hall, M60 2LA
(You do not need a stamp)*



