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‘What’s On’ Newsletter  
September/October 2017

**A snapshot of activities going on in South Manchester**

**Information compiled by the Community Inclusion Service**

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Connect

When it comes to wellbeing, other people matter. Evidence shows that good relationships with family, friends and the wider community, are important for mental wellbeing.

**Peer support social network groups:**

***Monday*** St Andrews House Drop-In, Brownley Rd, M22 0DW 9.30-12:00 £1

***Tuesday*** Battery Park, Wilbraham Rd, M21 Drop in anytime in the morning Free.

***Friday*** Social Networking morning at the ‘Parrswood’, Parrswood Rd, Didsbury Free

Cafe Q, lunch meet up, Church Road,Northenden 12.00

Drop In at St Andrews House,Brownley Rd M22 ODW 12.00 – 2.00

***Saturday*** Self Help Drop-In, 9 Self Help Services**,** Wythenshawe Forum 10:00–12:00

[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwiXi5uo1K7WAhXFiRoKHV_cBm8QjRwIBw&url=https://twitter.com/treeoflifecentr&psig=AFQjCNH2Q-sXaV3FuYk7bBz-W9v8fEb6gQ&ust=1505821480703498)***Sunday*** Hall Lane Drop-In.

**The Tree of Life Centre Wythenshawe**

**“Root To A Happier You”**

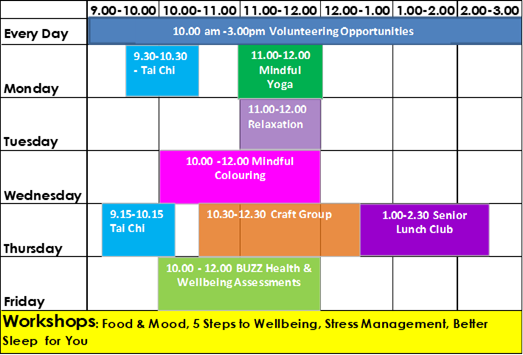
**Programme of Wellbeing Activities and Workshops**

**Next course begins 27th September**

[](https://www.google.co.uk/url?url=https://www.glassdoor.co.uk/Salary/UHSM-Salaries-E764086.htm&rct=j&frm=1&q=&esrc=s&sa=U&ved=0ahUKEwjwpISYy7rUAhWhCsAKHbnwD2gQwW4IGDAB&usg=AFQjCNHBkr-lg4TENIGNRQ_iuhx1FeinpQ)

**The Tree of Life Centre, Greenbrow Road, Wythenshawe. M23 2UE   
 Tel: 0161 489 7018**

**Please contact Jennifer Goodwin, Health & Wellbeing Co-ordinator** [**Jennifer@treeoflifecentre.org.uk**](mailto:Jennifer@treeoflifecentre.org.uk) **Tel: 0161 489 7018**



[](http://litablog.org/2017/04/universal-design-for-libraries-and-librarians-a-popular-repeat-lita-web-course/)

**Please contact Jennifer Goodwin, Health & Wellbeing Co-ordinator** [**Jennifer@treedoflifecentre.org.uk**](mailto:Jennifer@treedoflifecentre.org.uk) **Tel: 0161 489 7018**

Over 50s 

**New Activities in Ladybarn for Over 50s**   
at St Chads Hall. Starting in September.

**Wednesdays** – Light lunch £1.50 and free activities.   
**Thursdays** – Lunch Club Meal £3.00 and a free prize bingo game.

Telephone Fiona or Simon on 0161 225 1064.

St Chads Church Hall,

St Chads Road, Withington,

M20 4WH.

* **Benchill Community Centre’s Over 50s Coffee Morning.**

Come along and meet new people, play Bingo, chat and share your hobbies and interests. First and Third Monday of each month. **Monday 2nd and 16th October, Monday 6th and 20th November 2017.** Benchill Community Centre, Benchill Road, Wythenshawe, M22 8EJ.   
Phone 0161 946 9520 or email: [Michelle.Coleman@wchg.org.uk](mailto:Michelle.Coleman@wchg.org.uk)

* **Hough End Leisure Centre: 60+ Swimming**   
  Swimming for Manchester residents aged 60 and over, this is a free activity all year round during public swimming sessions. **50+ Dance Aerobic classes** every Monday and Friday at 11.30am, costs £1.50. Hough End Leisure Centre,480 Princess Rd, Manchester, M20 1HD. Phone: 0161 641 6300
* **New Pub Lunch Group** - Over 50? Would you like to meet new people? A group of over 50’s from Old Moat, Withington and surrounding areas are planning to meet once a month in a local pub. The pubs chosen will have reasonably priced meals and be close to transport routes. For more details and to book a place please contact Elma on 0161 446 1060.
* **Snooker Club** – Over 50s snooker club for men. Friday 1.30 to 4.30pm. £1.50 per session. Withington Methodist Church, 439 Wilbraham Road, Withington, M20 4AN. For more information call 07881 541343.
* **Silver Circuits** – Over 65s Class with Natalie. Free. A class of low weights and gentle aerobic exercise followed by free tea, coffee and biscuits. Every Thursday 1-1.45pm at Withington Baths and Leisure Centre, 30 Burton Road, Withington, M20 3EB. Telephone 0161 478 1181. Please wear trainers or rubber soled shoes.
* **Manchester Indian Senior Citizens Centre** – Join us for opportunities for 50+, to join in social, well-being, prevention and educational events and member-initiated groups. You will find a warm welcome at Indian Senior Citizens Centre. 16/18 Whalley Range, Manchester 16 8AB. Tel: 0161 232 7994 / 0161 232 0999 or Email: [iscc@talk21.com](mailto:iscc@talk21.com)
* **Get Going Together Fit and Friends** – Join Andrew to experience the benefits of chair based exercise: improve flexibility, reduce pain and injury prevention. Simple seated exercise but being fun and making new friends. Mondays 11am-12pm. Fridays 12.15 – 13.15pm. All Welcome! Broomwood Community Well-being Centre, Mainwood Road, Altrincham, WA15 7JU. Phone:0161 980 0720
* **Tea Dance** – Every Monday, 2pm-4pm. £1. Tea and biscuits provided. Come and Join us. Be sure of a warm welcome! St Cuthbert’s R C Church Hall, Palatine Road, M20 3LH. Phone: 0161 445 1080
* **Dementia Café at Home** - The idea of Dementia Cafes is to bring people with a diagnosis of dementia and their family carers together in the Community. The Cafes are a safe place you can come to and get support from Admiral Nurses and also support from other people in a similar situation as you. Third Tuesday of the month from 1pm-3pm. Home, 6 Barlow Moor Road, Didsbury, M20 6TR. 0161 882 1104 / 0161 219 2336.
* **Music In Mind** – Are you or a loved one living with Dementia? Manchester Camerata orchestra invites you to take part in free music sessions at Northmoor Community Association from April until August. Create music, sing and play simple instruments as a group. The friendly musicians will show you how making music can help lift your mood and build friendships. Every Wednesday until the 2nd August, 10.30-12pm. NB There will be no session on the 24th May. Northmoor Community Association, 95-97 Northmoor Road, Manchester 12 5RT. Contact Gareth on 0161 226 8696 [gbibby@manchestercamerata.com](mailto:gbibby@manchestercamerata.com)
* **Peter Quin Friendship Group** – Every Friday 12noon till 2.30pm. Activities, Refreshment, Support and Advice. Christ Church, 111 Burnage Lane, M19 2WH, opposite the Garden Village. For more information call Marion on 07767 497 625.
* **Fabulous Forgetful Friends** – Running until Saturday 30 September 2017 Various locations.12:30 -14:00. Free peer support group for people living with dementia. There will be a mix of discussion based meetings and social events. [sally@togetherdementiasupport.org](mailto:sally@togetherdementiasupport.org) 07854 335890.
* **Chair based exercise at Le Bas House** - Improve your health and meet new friends. Every Friday 1pm-2pm. Suitable for all ages and abilities. Le Bas House, 46 Ormskirk Avenue, Old Moat/Withington, M20 1HJ. Call Angie on 0161 445 8823 to book or for more information.
* **Lunch Club** – First Tuesday of the month at 1pm. Soup, sandwich and dessert. All welcome £1.50p. Didsbury Methodist Church, Sandhurst Road (off Wilsmslow Road) Didsbury, Manchester M20 5LR
* **Wythenshawe Good Neighbours** – Community lunches, trips out and other good neighbour services. Wythenshawe Good Neighbours, The Enterprise Centre, 34 Benchill Road, M22 8LF. Tel: 0161 946 3558. Contact us for more information about good neighbour services in the Wythenshawe area or go to our website[www.wythenshawegoodneighbours.com](http://www.wythenshawegoodneighbours.com)
* **National Football Museum** - Love talking about football and other sports?   
  Join our Sporting Memories group. Chat, share memories and meet other older sports fans at our friendly Sporting Memories group. Free with refreshments provided. Fortnightly Mondays 10.30 – 12pm.
* **Museum Memory Tours.** Join us for a trip down memory lane with one of our free memory tours especially for older people. Selected Wednesdays at 2pm. Please contact Louise on 0161 871 8177 louise.rutherford@nationalfootballmuseum.com or visit [www.nationalfootballmuseum.com](http://www.nationalfootballmuseum.com) National Football Museum, Cathedral Gardens, Manchester, M4 3BG.
* **Keep fit, exercise and unwind** – We are a mature, friendly, female class and meet Tuesday mornings in term time from 11.30am until 1pm at the Upper Floor of Emmanuel Church Hall. There is a fee of £4 a session, which includes a drink of tea or coffee.
* **Cheadle and Gatley U3A Lunchtime Concerts for free.**

The aim of this group is to attend concerts at venues in Manchester which will reflect different styles and periods of music performed by a variety of instruments and ensembles. Forthcoming events are usually announced at the U3A Monthly Meeting

* **Exercise classes for older people** - Over 65? The classes aim to improve balance and co-ordination, strengthen muscles and provide a fun, safe space to stay fit. We have 2 classes taking place on Fridays at Withington Methodist Church, 439 Wilmslow Road, M20 4AN. 10.30-11.30 Chair Assisted and 11.30-12.30 Chair-based . Classes are £3 but you are more than welcome to come for a trial session .For more information call us on 0161 434 9216
* **Walking football** - We are Mancunians have started a new, indoor walking football session at the Platt Lane Dome, Fallowfield, on Mondays. Starting at 11.00am, the sessions are run in partnership with Lifeline and the sessions are open to men and women over the age of 50, regardless of ability. For further details please contact: 0797 748 6236, email [admin@wearemancunians.com](mailto:admin@wearemancunians.com)or visit [https://wearemancunians.com/](http://twitter.us14.list-manage.com/track/click?u=ad4c2e15493aca80681bd6b47&id=8dbd709d66&e=b5490a4405)
* **Harvest Centre Social Support Group** – Would you like to get out of the house, make new friends and join in with some activities? Wednesdays 2pm-4pm (from the 6th Feb) Chair based exercise, Card Craft groups, A chance to sit and chat with others and Refreshments. Cost £1.50p at The Harvest Centre, Baguley Hall Methodist Church, Bowland Road, M23 1LE. For further details contact Michele Latham (Active Therapy Team) on 0161 217 4920 or [Michele.latham@uhsm.nhs.uk](mailto:Michele.latham@uhsm.nhs.uk)
* **‘Beyond Dementia’** - Volunteers who live with memory problems or dementia are needed to help put on an exhibition of their own art work and other pieces that inspire or speak to us. The exhibition will be called **‘Beyond Dementia’ July – October 2017.** 6 workshops will be held to get to know the gallery and plan the project followed by 12 art workshops, assisted by resident artists. Tuesday afternoons, 2 – 4pm at the Whitworth Art Gallery.   
  Transport can be arranged by Together Dementia Support and one of our support workers will accompany you to/from the gallery and throughout the workshops.   
  07854 335890 [sally@togetherdementiasupport.org](mailto:sally@togetherdementiasupport.org)Family carers are welcome too!
* **Computers** - Members can access computers and the Internet at the Crossacres Community Resource Centre, Peel Hall Road, Crossacres, Wythenshawe, M22 5DG. Supported or guided learning sessions are also available by appointment. Contact 0161 833 3944
* **Peer Support Groups Later Life** – This is a group of individuals who have experience of mental health difficulties and meet informally on a regular basis to offer each other support, advice and friendship. These groups provide a safe and supportive environment to support your ongoing recovery and well-being. Anyone over the age of 65 years who is receiving a service from GMMH and can make their own way is welcome to attend. Your local Group meets at:

**Holt Pavilion Café**-Didsbury Park, Gillbrook Road, M20 6WH. Meets every other Wednesday 1pm – 2.30pm.   
**Inspire Café**-747 Stockport Road, Levenshulme, M19 3AR. Meets every other Friday 1pm – 2.30pm.   
**The Wellbeing Centre**-93 Church Lane, Harpurhey, M9 5BG. Meets every other Monday 12.30pm – 1.30pm.

* **Dementia friendly swimming** – Wythenshawe Forum, Forum Square. Fridays 1-2pm. £1 per session. **Free** for people over 60 and carers.
* **Over 60s Friendship Group -** Join us once a month to meet new people for a cup oftea, a chat, activities and go on social outings. Tree of Life Centre, Greenbrow Road, Wythenshawe. Contact: 0161 489 7018
* **Activity Groups** – These facilitated groups are for people living with dementia, encourage participation and include opportunities to talk to other people, relax and socialise.  **South Activity Group** –Alternate Thursdays 2 – 4pm. Chorlton Library, Manchester Road, Chorlton, M21 9PN. Contact Julia Collins 0161 962 4769 **North Activity Group** –Alternate Tuesday 2.30-4pm. Dunston Court, Bluestone Road, Moston, M40 9JE. Contact Jane Rennie 0161 962 4769
* **Friendship Trips -** Friendship Trips runs day trips for ages 49 to 70+**.** Visits include theatres beaches, tours, historical events and exhibitions. Call Stef Cali on 07739708769
* **Would you like a Day out?** Crossacres Community Resource Centre in Wythenshawe now has places available! We provide transport, lunch, snacks and plenty of activities in a fun and caring environment! (we also cater for any care and mobility requirements) If you would like further information, please contact Michelle McKinney, Day Centre Manager on 0161 437 0717
* **Singing for the Brain** – at St Andrews Hall, Brownley Road, M22 0DW. Thursdays 10.30 – 12.30pm. A stimulating group activity for people in the early to moderate stages of dementia and their carers, which can help with general wellbeing and confidence. People with dementia and carers can meet others sharing similar experiences in a relaxed setting and can join in a variety of songs. Contact Julia Collins 0161 962 4769.
* **Mend & Make –** Crossacres Community Resource Centre. A workshop where people can socialise and connect. We provide a warm welcoming space with experienced supportive staff, plus you decide the activities including arts & crafts, joinery, horticulture and skills sharing. Friday mornings 9.30 – 12 Contact Malcolm Young for more information on 0161437 0717
* **Informal drop-in computer sessions for the over 50s –** learn at your own pace at Didsbury Library Wednesday mornings, between 10am and 12noon. You don’t need your own computer, but you can bring your own laptop or tablet. £2 voluntary contribution per session. Organised and run by Didsbury Good Neighbours 07749 504298[www.didsburygoodneighbours.org.uk](http://www.didsburygoodneighbours.org.uk)
* **Games Afternoon –** Free. Do you want to keep those grey cells working? Then come along to our games afternoon 1st Tuesday of the month 2.30-4.00pm. Didsbury with Barlow Moor Methodist Church, Sandhurst Road 07821 190322
* **The WI inspiring women** – Make new friends and get involved in all sorts of activities. There’ll be some cake going too! Monthly meetings on the first Tuesday of the month at 7.30pm. Didsbury Methodist Church, Sandhurst Road, Didsbury.
* **Royal Exchange Theatre Elders Company**

Royal Exchange Theatre St Ann’s Square, M2 7DH**.** New monthly taster sessions open to anyone over 60. 11-1pm cost £6. Contact Andy Barry on 0161 615 6792

* **Over 50s Art Session** Woodhouse Park Lifestyle Centre**.** Every Monday 1.30-3pm 50p
* **Wythenshawe University of the 3rd Age (U3A)**Third Tuesday of every month, 10am – 12, Forum Library, Wythenshawe, Meeting Rm 1
* **Sing Out over 50s Choir St Anthony’s Portway, Woodhouse Park**

Sing for pleasure on Thursdays 1.30 - 2.45pm Contact Margaret 0161 998 6252

* **A Grand Day Out** - Chorlton Library Drop in, Fridays 2–4pm

Forum Centre, Wythenshawe, every Wednesday, 10am–4pm 0161 227 3770

Young People

[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwiQ0vzm2q7WAhVGzRQKHTpcDBMQjRwIBw&url=http://www.thebohopress.co.uk/product/stack-of-books-illustration-single-hand-pulled-screen-print-2/&psig=AFQjCNE2z4HW-o30ROaV_CuVfpXJG6--6A&ust=1505823212246255)

**Manchester Literature Festival 6th – 22nd October**   
The 12th edition of the Manchester Literature Festival offers rare opportunities to encounter internationally renowned authors, experience unique performances of specially commissioned work and novel ways to entertain the children. Join us through the festival at a range of events especially for children and their families Popular children’s authors, performers and musicians bring picture books to life through reading, interactive storytelling and comedy workshops.

[www.manchesterliteraturefestival.co.uk](http://www.manchesterliteraturefestival.co.uk) [office@manchesterliteraturefestival.co.uk](mailto:office@manchesterliteraturefestival.co.uk) to order a brochure

[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjQ1uar2q7WAhUC8RQKHUQICdIQjRwIBw&url=https://www.facebook.com/110696047157/photos/pb.110696047157.-2207520000.1499026996./10155281730427158/?type%3D3&psig=AFQjCNF6xxfXV6-2dywcWGPTst5nLrt5bg&ust=1505823100227328)

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* **Comedy Club 4 Kids** – 7th October 2-4pm. Comedy Club 4 Kids has been running comedy workshops for children, in schools, theatres and at festivals. This workshop is run by professional comics Sean Mason and Kate McCabe who will teach participants how to write and perform comedy, finding the funny in their own experiences and turning it into confidently delivered stand-up and sketches. Suitable for children aged 8-11. Z-arts, 335 Stretford Road, Manchester, M15 5ZA Tickets £10.   
  Book on 0843 208 0500 or visit[www.manchesterliteraturefestival.co.uk](http://www.manchesterliteraturefestival.co.uk)
* **Kingsway Athletic FC.** - Football for children aged 3-14 years old. **Kingsway Kickers** For ages 3 to year 1: A fun, social and learning environment that allows youngsters to learn, play and grow through football. Saturdays, 9-10am. **Kingsway Athletic FC teams**: Join one of our teams: under 8s/ under 10s. Under11s Girls/ under 12s. Under 14s Girls. Training on Tuesdays and Saturdays (time vary) All abilities welcome! Call 07914084460 or [ddsm.services@gmail.com](mailto:ddsm.services@gmail.com)
* **Kids Creative, Sensory Art Studios** - Mindfulness, Creative Sensory Play & Art. A relaxing environment where children are free to create and explore. The sensory play spaces uses child led, sensory play activities to develop children’s motor skills, communication and imaginative play, while at the same time enabling children to explore what is around them using all of their senses. Kids Creative, 438a Palatine Road, Northenden, M22 4JT. Phone 0161 945 9786 or email:[www.kidscreative.org.uk](http://www.kidscreative.org.uk) [kidscreative@icloud.com](mailto:kidscreative@icloud.com)
* **RE-LAUNCH, HUB** – All young people, year 9, 10 & 11. Sports, FIFA Tournaments, competitions, music, pizza and prizes. Starting Thursday 14th September, then each Thursday, 6.30pm-9.00pm. Benchill Community Centre, Benchill Road, M22 8EJ.
* **Jimmy Egan's Boxing Academy – It’s all about discipline.**The aim of the club is to give people, particularly youngsters, the chance to make new friends, get fit, to operate with boundaries and to encourage good citizenship, manners and personal skills. Anybody wanting to attend the club, just to watch or join in training for boxing or keep fit are very welcome!Jimmy Eagans Boxing Academy, Royal Thorn Road, Sharston, M22 8AD. Please contact Steve Eagan on 07886 035030. [www.facebook.com/jimmyeagansboxingacademy](http://www.facebook.com/jimmyeagansboxingacademy)
* **Cricket Club welcomes new junior players** – Wythenshawe Cricket Club’s junior cricket organisers are keen to recruit new junior players, aged nine and upward. They are especially interested in welcoming children, boys and girls, from school years 5/6 & 7 for their developing u11/12’s squad. Based at Wythenshawe Cricket and Sports Club on Longley Lane, Northenden, M22 4JF. Coaches are all qualified and DBS checked, for further <http://www.pitchero.com/clubs/wythenshawecc/>
* **Youth Ranger Group** –The third Sunday of every month from 10am-2pm. Quarry Bank supported by the GAP Project. Aged between12-18 and live in Wythenshawe? Want to get involved and make a difference to your local green space? Want to make new friends and try something different? Do you like being outside in all weather and getting stuck in? If yes, then this is the role for you. Contact Sara on 0777 134 2265 for details or email:[sara.armstrong@nationaltrust.org.uk](mailto:sara.armstrong@nationaltrust.org.uk)
* **Wythenshawe CoderDojos –** CoderDojos are computer coding clubs for young people organised by volunteers all over the world. At each meeting young people between 7 and 15 are helped to learn how to code and create all sorts of great projects – apps, websites and whatever else they may be interested in doing. The aim is not to teach, but to support young people in learning new skills and use those skills to take on projects that they want to undertake. The Woodhouse Park Lifestyle Centre, 206 Portway, Wythenshawe, Manchester 22 1QW. [Phone](https://www.google.co.uk/search?client=firefox-b&q=woodhouse+park+lifestyle+centre+phone&sa=X&ved=0ahUKEwj36-3J2anVAhWMORoKHZ0IBPMQ6BMIjwEwEw&biw=1024&bih=646): 0161 436 0560. The last Sunday of each Month 11am-1.30pm.
* **Manchester Art Gallery – Café offer for children.**  Our new café will be partnering up with Real Junk Food Manchester to offer children’s meals on a pay as you feel basis. Real Junk Food Manchester is a not for profit community interest company. They source perfectly good food that would otherwise go to waste and cook it up into meals, with a focus on health and nutrition. The gallery has baby changing facilities and a buggy park. Manchester Art Gallery, Mosley Street, Manchester, M2 3JL. Tel 0161 235 8888
* **Crafty Owls** – Craft Club for girls age 7-10. Thursdays 6.15pm-7.45pm. The Larkhill Centre, Timperley. Visit [www.craftyowls.org](http://www.craftyowls.org) to find out more! Or contact Debbie on tel: 07811 255 598 or email: [Debbie@craftyowls.org](mailto:Debbie@craftyowls.org)
* **Lego Club** – Participants must be over 6 years of age. Under 8’s must be accompanied by an adult. Forum Library, Simonsway, Wythenshawe, M22 5RX. Saturdays 10.45 -12.45. For more information contact Jane or Carole on 0161 2273 770.
* **Pram Active** – a workout for you and baby comes too! Fun, functional and effective outdoor postnatal exercise class.[www.pramactive.co.uk](http://www.pramactive.co.uk) [pramactive@live.co.uk](mailto:pramactive@live.co.uk) 07713183522
* **The Skills Company** – Courses available for immediate start in Tiling, Plastering, Painting and Decorating and Site Carpentry. For anyone aged 16+. Last for 3-6 months. We can offer training in our state of the art multi-purpose Skill Centre. Industry experienced tutors. Advice and guidance on progression opportunities. Free courses. We offer a Free minibus service to and from the SkillCentre You don’t need any experience, you just need to be serious about having a go! To book your place call our recruitment team on 0161 876 3300 or email [GMSKillCentre@theskillsco.com](mailto:GMSKillCentre@theskillsco.com)
* **Shana Keeler’s School of Dance** – We offer support and encouragement to those who wish to follow a career in the arts as well as those just looking to find enjoyment in dance. Shana Keeler’s School of Dance is at various locations throughout Wythenshawe: Peel Hall Primary School, Wythenshawe Community Church, St. Luke's Church, St. Richards Church. Street Dance for 4-7, 8-11 and 12 plus. Ballet, Tap, Modern And Jazz for children up to 16 years. For 07590 622 191 or [www.shanakeelersschoolofdance.co.uk](http://www.shanakeelersschoolofdance.co.uk)
* **Free Travel for Jobseekers** – Transport for Greater Manchester is offering free and discounted travel to interviews and to your new work place when you get a job. Offers available: Free one day bus passes to get you to interviews. Free 28 day bus and tram travelcards and discounted travel vouchers. Free refurbished bikes and cycle training to get you on the road. Visit [www.tfgm.com/jobseekers](http://www.tfgm.com/jobseekers)to find out more.
* **Urban stage Theatre School.** South Manchester Branch: Withington Methodist Church, 439 Wilmslow Road, Manchester M20 4AN and Manchester High School for Girls, Grangethorpe Road, Manchester. M14 6HS. Urban Stage Infants: Ages 2 and a half to 4 years old. Junior Youth Theatre: Ages 5 -11 years old. Senior Youth Theatre: Ages 11-18 years old. Call Helen on 0161 211 9955 or [info@urbanstage.co.uk](mailto:info@urbanstage.co.uk). Visit our website: [www.urbanstage.co.uk](http://www.urbanstage.co.uk)
* **Manchester Marvels** – Inclusive Multisports Session open to all abilities for 8 – 19 year olds. Every Saturday1-3pm at the Woodhouse Park Lifestyle Centre, Wythenshawe, M22 1QW. For more information call 07856 268933.
* **KICKS** – Free local activities for young people including football, dancing, cheerleading, boxing, swimming and gym & fitness sessions. FREE.  **Wythenshawe Forum,** Simonsway, Wythenshawe, M22 5RX.Saturday 5pm-8pm Football, swimming, gym sessions and girls specific**.   
  Benchill Hub,** Benchill Road, Wythenshawe, M22 8EJ.Friday 7pm – 9pm. Football. **Newall Green High School,** Greenbrow Road, Wythenshawe, M23 2SXTuesday 3.30pm-5pm. Football, dance and cheerleading. **Platt Lane Complex,** Yew Tree Road, Manchester 14 7UU.Thursday 8.30pm-10pm Football and gym. Saturday 5pm-7pm Football and gym.
* **Young Company-Royal Exchange For young people aged 14 – 25.Membership starts in September and lasts until the following July, providing 12 months of in-depth training and practical opportunities to help you develop, create and grow at the heart of a producing theatre. We recruit once a year with a series of practical workshops and a written application (usually between May and July).** [p&](mailto:p&l.admin@royalexchange.co.uk)[l.admin@royalexchange.co.uk](mailto:l.admin@royalexchange.co.uk) **ensuring you include your date of birth.**
* **Manchester Youth Market** – If you live or study in the city of Manchester, are aged 16-30 and have a business idea, the Manchester Youth Market programme could be for you. We offer advice on how to develop your idea from the initial spark to a going concern. Training and support to get your business off the ground. Free or low-cost test-trading opportunities. A community of like-minded young business owners. To apply visit the website at [www.manchesteryouthmarket.co.uk](http://www.manchesteryouthmarket.co.uk). [info@manchesteryouthmarket.co.uk](mailto:info@manchesteryouthmarket.co.uk)
* **Marks & Start** – Are you a lone parent? Aged 18-24 and live in the borough of Manchester. Gingerbread are delivering their Marks and Start programme in your area! Meet other single parents, gain skills and build confidence, further your employment and training prospects, get motivated, guaranteed employment if successfully complete work placement. Fee childcare, lunch and travel expenses. For more information or a chat about the programme, call or text: Office: 0161 636 7540, Stacey: 07966 999 947. Email:[Stacey.grant@gingerbread.org.uk](mailto:Stacey.grant@gingerbread.org.uk)
* **Film Studio – Brand New Class!** Fridays, 5-6pm. **Z-arts** are going digital, learn film making techniques including animation, green screen, editing and much more and see your films screened at Z-arts in-house cinema space. Z –arts, 335 Stretford Road, Manchester, M15 5ZA. Tel: 0161 232 6089**.** [www.z-arts.org](http://www.z-arts.org)
* **WOW Zone**- A series of 20 creative workshops enabling young people to explore and express their heritage through dance, music, animation, poetry and Street Art at the Lifestyle Centre, Portway, Woodhouse Park, Wythenshawe, M22 1QW. For more information contact Andy Jordan on 0161 436 0586 or Email: [andy.jordan@wchg.org.uk](mailto:andy.jordan@wchg.org.uk)
* **KidSMART** – This Childnet website if for children, teachers, parents and carers and offers fun activities for children alongside practical internet safety advice. [www.kidsmart.org.uk](http://www.kidsmart.org.uk)

* **Edge Youth Dance** (9-12yrs) - Saturdays 11.15am – 12.15pm 4 sessions £20

Let’s jump shake, stretch, twirl and roll. Create with others and have fun! If you love to move, this dance class is the place to be! The Edge Theatre & Arts Centre,  
Manchester Road, Chorlton, M21 9JG Telephone: 0161 282 9776

* **Kids Creative**–Messy Art Club for children 5+ Messy Art Club uses freedom of expression and creativity, but focuses more on the art. Each session will introduce children to a different way of painting or making art. Sensory Art Studios, 438a Palatine Rd, Northenden, M22 4JT 0161 945 9786 [www.kidscreative.org.uk](http://www.kidscreative.org.uk)
* **Afro Tots** – Experience and learn about the culture of Africa and different countries, all at a cost of just £1 per child. Crafts, dance, music, food. Open to all children from 0-11 years. Third Saturday of the month, 2-4.45pm at the Forum Library, Forum Square, Wythenshawe, Manchester M22 5RX
* **Manchester Children’s Choir** – Love to sing? Join us each Saturday 10am-11.30am. Free. No experience needed, just come along and have some fun. Ages between six and eleven. Manchester Cathedral, Victoria Street, M3 1SX. Phone 0161 833 2220 (ext 244) or Email [music@manchestercathedral.org](mailto:music@manchestercathedral.org)
* **South Manchester Gymnastics Centre** – Wythenshawe Classes from preschool to adult. For more information please contact 0161 491 0415. Email: [www.southmanchestergymnastics.org](http://www.southmanchestergymnastics.org)
* **La Jolie Ronde** - Didsbury, Withington, Fallowfield, South Manchester  
  Fun French tuition for children aged three to eleven by La Jolie Ronde licensed tutor in M20. Contact 0161 224 9952 or Email for details! [www.lajolieronde.co.uk](http://www.lajolieronde.co.uk)
* **Rollers Club** - is the northwest's biggest mobile roller disco company and are bringing their weekly roller disco to the Forum - each Friday from 7.15 to 8.45pm. The disco is open to all ages from 5 years old and upwards with skates to hire. With staff on hand to guide beginners. Entry is £4 and £1 to hire skates. To prebook skate hire or if you have any queries contact Korby on 07904 341348. [www.rollersclub.co.uk](http://www.rollersclub.co.uk)
* **Get Connected -** Freephone 0808 808 4994 (7 days a week 1pm-11pm) [www.getconnected.org.uk](http://www.getconnected.org.uk)Free, confidential telephone and email helpline finding young people the best help whatever the problem. Provides free connections to local or national services, and can text information to callers’ mobile phones.
* **B-EAT youth helpline -** 0845 634 7650 (Monday to Friday evenings from 4.30pm to 8.30pm and Saturdays 1.00pm - 4.30pm)Email[fyp@b-eat.co.uk](mailto:fyp@b-eat.co.uk) Information, help and support for anyone affected by eating disorders.
* **CATS Drama Juniors -**7-18 year olds. Acting, singing and dancing, build your confidence, make new friends. Sundays at 3pm at St Andrews Methodist Church Hall, Brownley Road, Wythenshawe, M22 0DW. Only £1 per session. 0161 945 1054 or [Cats1922@live.co.uk](mailto:Cats1922@live.co.uk)
* **The Manchester College presents Apprenticeships** – Are you interested in working for the NHS? The Manchester college apprenticeships and University Hospital South Manchester have joined forces to create careers and support the local job market. 0161 674 3434 [apprenticeships@themanchestercollege.ac.uk](mailto:apprenticeships@themanchestercollege.ac.uk)

Be Active

Being active is great for your physical health and fitness. But evidence shows that it can also

[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjdvrjb3K7WAhXLXBQKHeScB7cQjRwIBw&url=http://www.teampersonalbest.org/events&psig=AFQjCNEcoHf5COx1gMtZw7kt_Bz8NBBI3w&ust=1505823738217962)improve your mental wellbeing.

**Personal Best Programme** 4th September-27th October

Get active and improve your health and wellbeing

Choose from the huge range of sports and fitness sessions available and collect stamps to receive your medal at the end of the Programme.   
  
The team at Wythenshawe Games wants to help any Wythenshawe resident achieve their own personal health or physical activity goal. This might be to get a bit fitter, to start a new activity/sport, or even to get back into something you used to do and had to stop for some reason.   
It’s really easy to take part in so get started!   
Visit the Website at: [www.wythenshawegames.org.uk/PB](http://www.wythenshawegames.org.uk/PB)

* **Buzz Health Walks: Chorlton Water Park:** (meet in the car park): Every Monday 1pm; 2pm for beginners **Wythenshawe Park:** Every Tuesday 1pm and 2pm (meet in the car park) Led by Health Walk Leader, Irene Mullen. Contact Irene on 0161 962 5622 or 07778 914767
* **2 Day Wythenshawe…..tomorrow the world!** A new way of working together. Improving your health, reduce your weight, On-line, one-to-one and group support. An innovative partnership of support. Real Food Wythenshawe and UHSM, Wythenshawe Hospital. Ring 0161 946 9115 for more information or to sign up**.**
* **Infinite Tai Chi and Chi kung Workshops. Sunday 8th October & 12th November.**A Holistic approach to better health and well being. Join Gloria Hanson and learn how to reduce your stress, Improve your overall Health and Improve your energy. Christ Church, West Didsbury, M20 4ZD. Prebooking required. Contact Gloria at 07870 335 348.   
  Cost £25.
* **POPPS** – An 8 week programme of health promotion and supported exercise focusing on exercise and healthy lifestyle choices. People affected by stroke can participate in chair based exercise with a qualified ‘Extend’ trainer. Carers are given the opportunity for a break or to meet other carers to participate in activities such as relaxation or alternative therapies etc. The second half of the session is aimed at the whole group and looks at issues around stroke and healthy living. Thursday mornings 10.30-1pm. Trinity Baptist Church, Wellington Street, Gorton, M18 8BE. Contact Helen Gilbertson, Information, Advice and Support Co-ordinator at the Stroke Association. Telephone 0161 742 7482. Mobile 07983 343003.
* **Get Running** – Couch to 5k in 10 weeks**!** Bored of the gym, swimming or classes? Try this new session at Wythenshawe Park aimed at improving your fitness through fun running activities. Sessions are taken by experienced Run Leaders from Manchester Harriers. Sessions are suitable for beginners and the meeting place is the Athletic Track.   
  Free Training Diary / Drawstring Bag! Any queries call Debbie on 07977203478 or [tinpet40@yahoo.co.uk](mailto:tinpet40@yahoo.co.uk) Join Run England’s FREE membership at [www.runengland.org](http://www.runengland.org) and receive your £15 Voucher at SWEATSHOP.
* **Opanka Dance Workshop: Introduction to Eastern European Dance.** Do something different! Try Balkan Dancing and Get Fit. This course welcomes beginners who want to learn some simple steps in Balkan Dancing. It is a great way of enjoying yourself, getting fit and listening to some interesting music. You don’t need to be from the Balkans to enjoy it! Tuesday 29th August 2017, 1.30pm-3.30pm. Union chapel, Wellington Road, Manchester, M14 6EQ. Contact Veronica Hartt: 0161 436 6534. Short course fee £10.
* **Table Tennis** - Have an interest in table tennis and want to be more active? Come join us and enjoy a few games in the main hall. Weekly Sessions. Tuesday 10am-11.30am. Free. Broomwood Community and Wellbeing Centre, Mainwood Road, Timperley, WA15 7JU. For more information contact 0161912 2650.
* **La Luna Yoga** - A cosy Hatha Yoga Class suitable for all levels in Didsbury. The class is small so you will receive ample teacher support as you are taken through postures, breathing practices, relaxation and mediation. Email booking is essential as places are limited. One to one classes are also available. Kids yoga, every other Thursday 4-5pm. Hatha Yoga every Tuesday 6.30-7.30pm and every Thursday 10-11am. Cost £10. The Divine Hub, 8 Ward Street, Didsbury, M20 6TJ. Email: [Julia@laluneyyoga.com](mailto:Julia@laluneyyoga.com). [www.laluneyyoiga.com](http://www.laluneyyoiga.com)
* **Wake up!** – Beginners Meditation Class. Fridays at 7pm. Come and learn about calming the mind according to ancient Buddhist techniques. All welcome. Class runs on a donation basis. Kagyu Ling Buddhist Centre, 45 Manor Drive, Chorlton, M21 7QG. Tel: 0161 850 4450. [Manchester@dechen.org](mailto:Manchester@dechen.org) [www.dechen.org/manchester](http://www.dechen.org/manchester)
* **Alexander Technique basic course** – Help yourself deal with stiffness, aches and pains and move more easily and effortlessly. The basic ten week course is open to all. Union Chapel, Wellington Road, Fallowfield, M14 6EQ. Contact Jenny Fox Eades on 07974 944 585 or email: [jennyfoxeades@gmail.com](mailto:jennyfoxeades@gmail.com)
* **Choose to Change** - with a free NHS Weight Management Programme. The Choose to Change programme is delivered by ABL Health. Bringing significant experience and skills in specialist weight management, they have developed an evidence-based, bespoke programme to meet the needs of the populations of Manchester. Ask your Doctor or Nurse for a referral. Once you have been successfully referred by your GP or health professional, the Choose to Change team will support you on every step of your journey. They will help you to change your lifestyle, lose weight and become fitter, healthier and happier. For more information visit our website [www.choose-to-change.co.uk](http://www.choose-to-change.co.uk) or call 01204 570999.
* **Miss Fits** – get fit and have fun – Every Wednesday and Thursday from 6.30pm-7.30pm. Cost £2.50. Suitable for all ages and abilities. At the Benchill Community Centre, Benchill Road, M22 8EJ. For more information call 07775985006.
* **‘Sarelles’ Morris dancing** – is run by residents. Every Tuesday and Wednesday evening, from 6pm onwards. Over 90 members and continuing to grow. Sessions available forall.Benchill Community Centre, Benchill Road, Wythenshawe, M22 8EJ. Tel: 0161 946 9520
* **Barks in the Parks** - **South Manchester Dog Walking Group**- Looking for new places to go? All walks aim to be free or a minimal cost, within an hour's reach of Manchester and on a minimum of a weekend per month. Walks will range from an hour to two hours depending on weather and location, ending with refreshments in a dog-friendly establishment whenever possible. Of course you don't have to have a dog to join but you must enjoy the company of the dogs and their owners.<https://www.meetup.com/South-Manchester-Barks-in-the-Parks/>
* **The Bike Hive** - Learn to ride with experienced instructors, enjoy social ride around the park and quiet roads, gain confidence on busy roads, get help to fix or maintain your bike. Alexandra Park, Moss Side. 9.30-11.30am 12-2pm WhalleyRangeOnWheels.weebly.com
* **Fancy trying tap dancing?** Adult tap classes are good fun and great exercise in a nice relaxed social atmosphere. Cadmans Dance Centre, Ashfield Road, Sale. Tuesdays: intermediate: 6.30-7.15pm, Improvers 7.15-8pm and Beginners 8-8.45pm.   
  Call Sarah on 07850 551 882[sarah2.giant@gmail.com](mailto:sarah2.giant@gmail.com)
* **Justride** - Cycling is the simple way to get healthier. Transport for Greater Manchester are providing free training from beginners to advanced and offer maintenance courses so you can keep your bike in tip top condition. Find out more at [www.tfgm.com/justride](http://www.tfgm.com/justride)
* **Wythenshawe Black Belt Academy** – JuJitsu, Denpo Karate, Judo, Muay Thai, Self Defence and Eskrima. Where respect and discipline become a way of life. First lesson free. At Alpha House, Rowlandsway Road, Wythenshawe, M22 5QZ. Contact 07857 877 199 or email [senseiebates@thewkja.co.uk](mailto:senseiebates@thewkja.co.uk)
* **Walking Football** – at Wythenshawe Forum, Simonsway, M22 5RX. A slower version of the beautiful game suitable for men and women over 50 and those with health problems. Every Thursday from 11am – 12am. Price £2.50. Contact Nick Roberts on 07894 422403 or email [nickroberts.lifeline@gmail.com](mailto:nickroberts.lifeline@gmail.com) for more details.
* **Stroke Community Choir**- Do you enjoy music and singing along to the radio? Then come along and join our choir – just for fun. Anyone touched by stroke is welcome – stroke survivors, carers, volunteers, professionals. Our singing workshop is a great way to unwind in a relaxed atmosphere- it's good for you too! We meet alternate Mondays at – Z Arts 335 Stretford Road Manchester M15 5ZA  6pm-7.30pm. For more information contact Joyce Booth on 07506 733927 or email[joyce.booth@stroke.org.uk](mailto:joyce.booth@stroke.org.uk)
* **Games for the Brain -** A fun indoor sporting activity group for people living with dementia and their carers in Manchester.Activities will include a group warm-up, table tennis, indoor bowls, skittles and table-top games. Fortnightly Thursdays 2 – 3.30pm at St Andrew’s Church, Brownley Road, Wythenshawe £1 per person per session (refreshments included).
* **Physical Activity Referral Service** – Exercise, Walks and gym Sessions, referral by Health Professional. Speak to your GP or Practice Nurse. Specific exercise classes for back pain, COPD, Weight management, Strength and balance and CHD. Please contact The PARS team Clayton Health Centre, 89 North Road, Manchester, M11 4EJ. 0161 230 1857.
* **An Apple a Day (Gardening Group)-FREE**, New members needed. Come along to St. Andrew’s Church every Monday 10-3 to work indoors and outside to improve the area.

Learn how to grow and harvest fruits and vegetables with lots of cups of tea throughout the day! Contact 0161436 6949 for information

* **Black Tiger Ashihara Style Karate** Fitness, self-defense, discipline. New Dawn Centre, Button lane, Northern Moor, M23 0ND, Mondays and Fridays, Tel: 07760543735 and at the Timperley Village Club, 268 Stopckport Road, Timperley, WA15 7UT, Tel: 07443439679. Email [www.blacktigerkarate.co.uk](http://www.blacktigerkarate.co.uk)
* **Cycling** Second Chance Cycling Club, Wythenshawe Park,Tuesdays and Thursdays 10am -12 for all abilities. If you don’t have a bike, you can hire one for the session. Meet at the athletics track. Please contact reception for costs on 0161 998 2117
* **Strictly Wheelchair Dancing** Woodhouse Park Lifestyle Centre, Wythenshawe. Saturdays 11.00am – 1.00pm.Ballroom, Latin American and Popular Sequence Wheelchair Dancing. For all wheelchair users and able bodied dancers.  
  Please contact Sue Skinner 07934111949 [strictlywheelchairdancing15@gmail.com](mailto:strictlywheelchairdancing15@gmail.com)

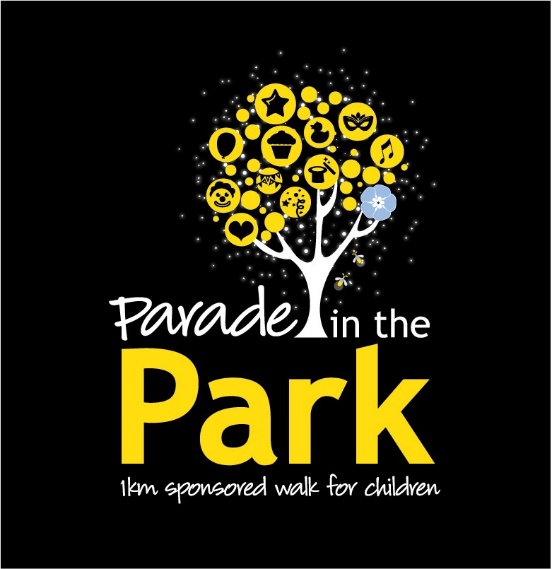
Take Notice

Take some time to enjoy the moment and the environment around you.

[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjg4avH3q7WAhWJQBoKHYz9BXUQjRwIBw&url=https://www.lonelyplanet.com/news/2017/03/09/beach-dog-cafe-manchester/&psig=AFQjCNGI-jvT61JyTRJc6mdhXRpQ_VE6fQ&ust=1505824229301588)

**Beach Themed Dog Café**   
If you would like a side order of puppy love with your lunch, a beach-themed [dog](http://www.lonelyplanet.com/news/2017/02/20/vermont-dog-mountain-chapel/) café has just opened in [Manchester](http://www.lonelyplanet.com/england/manchester).   
The cafe is open to dog and non-dog owners, with two resident dogs to pet. Central Bark offers doggie day care, home boarding and grooming. Volunteers welcome!  
6 Coldfield Drive, Sharston, Wythenshawe, M23 9GGContact Tania 07590108861 <http://www.centralbark.co.uk>

* **Union Chapel FREE events** on Tuesdays-
* 26th September Talk:Rubbish by Biffa
* 3rd October Film: ‘Phone Booth
* 10th October Discussion: Red is the Colour
* 17th October Film: The Viceroy’s House
* 24th October Doug’s Quiz
* 31st October Film: Manchester By the Sea
* **Jazz** – Every Tuesday evening 8.45pm. Upstairs at the Slug & Lettuce, 651 Wilmslow Road, Didsbury, M20 6OZ. Contact Janet Higgins 0161 434 6359 / 07789 580 968 Email: [janethigginsBB@gmail.com](mailto:janethigginsBB@gmail.com)
* **Stroke Café**, Central Manchester – The programmes are designed for anyone who has a TIA or people affected by stroke and their carers. Monday from 10am-1pm on the 25th September, 30th October,27th November, 18th December. Light lunch provided.   
  Stroke Café, Friends Meeting House - 82 Wythenshawe Road, Northenden, M23 0DJ. Tuesday 10am-12.30pm. Tea and coffee are free. 3rd October, 7th November, 5th December. For more information contact Helen Gilbertson, Information, Advice and Support Co-ordinator at the Stroke Association. Telephone 0161 742 7482. Mobile 07983 343003. Stoke helpline: 0303 303 3100 Website: stroke.org.uk
* **Real Food Demo Kitchen** – The demonstration kitchen situated in the indoor market at Wythenshawe Town Centre is open on various days. Volunteers welcome or just visit to see how easy it is to produce a healthy, cheap meal. Contact Pamela Moran on 07580869765 or email: [Pamela.moran@wchg.org](mailto:Pamela.moran@wchg.org)
* **Cycle Hubs in Greater Manchester** –Sited at major transport interchanges or busy locations. Cycle Hubs make it more convenient than ever to use your bike for part or all of a journey for work or leisure. Cycle Hubs offer constant CCTV coverage. Wipe card entry, full cover for the elements, plenty of bike stands to secure your bike, Showers, lockers and changing facilities. Joining is quick and easy with memberships being just £10 per year. Find out more at [www.tfgm.com/cycling](http://www.tfgm.com/cycling)
* **Noahs a.r.t invites you to *“Coffee, Cake and Critters”.*** Meet our therapy animals and find out more! Back at Burnage Community Centre, 347 Burnage Lane, M19 1EW on a Friday afternoon from *2pm—3.30pm.* 25th August, 8th September, 6th October, 20th October,   
  3rd November, 17th November, 1st December. Check out our website for up to date details noahs-art.co.uk Email: Sharon@noahs-art.co.uk Mobile: 07973453942
* **The Cat Café** - The Cat Café is a stress free space where cats and humans come along side each other and unwind. A group of ten cats live in the café, full time, and as a customer you can play with them, stroke them, and even have a nap with one if they choose to curl up on your lap. For a few hours in the week you can have a pet. Well you can have ten. The Cat Café, [103 High Street, Manchester M4](http://www.bing.com/local?lid=YN1029x9275710944051889091&id=YN1029x9275710944051889091&q=Cat+Cafe&name=Cat+Cafe&cp=53.4850425720215%7e-2.23583388328552&ppois=53.4850425720215_-2.23583388328552_Cat+Cafe&FORM=SNAPST) 1HQ. [Phone](https://www.google.co.uk/search?q=catcaf%C3%A9+phone&sa=X&ved=0ahUKEwjGt9PS8oPVAhULKsAKHQKLDuIQ6BMIsgEwFw&biw=1024&bih=646): 0161 222 4960.
* **Chorlton Allotment Project / The Lost Plot: Gardening group**based at Southern allotments off Nell Lane, Wintermans Rd, Chorlton, Manchester, M21. Takes place every Sunday from 1pm onwards. Free attendance. Each member may take home some produce for themselves. Phone or email before attending to check its going ahead. Contact Clare Walker on 07595 873 221 [clare.walker@afsl.org.uk](mailto:clare.walker@afsl.org.uk)or Sarah 07930 898 935.
* **Manchester Art Gallery** – Exhibition tours in BSL. A tour directed in British Sign Language led by Jennifer Little. Perfect for BSL users and learners. Last Saturday of every month 12.30pm-1pm. Free. Manchester Art Gallery, Mosley Street, Manchester, M2 3JL. 0161 235 8888 Find out more: manchesterartgallery.org/learn
* **The Hive Community Kitchen** – A space to eat, meet and make friends. We are open Wednesdays 11am-2pm. St Paul’s Church Hall, 491 Wilmslow Road, Withington, M20 4AW.
* **Manchester Sightseeing Bus Tours** – Take an entertaining and informative 18 mile tour on an iconic red open-top or double-decker bus to visit the main sights in the city centre and surrounding districts. Tours usually run on Saturdays only. Booking information: Online at [www.manchesterbustours.co.uk](http://www.manchesterbustours.co.uk) Call: 0800 288 8746.
* **Café SCI & Internet Café** – Open Monday to Friday 10am-3pm. Seasonal produce is selected to offer healthy and affordable meals. There is free computer use and internet access between 9am and 5pm. Pop in for a friendly chat or to relax in our café. Find us on Facebook @BroomwoodcafesciBroomwood Community Well-being Centre, Mainwood Road, Timperley, WA15 7JU.
* **Boho Utopia Ltd** - We’re a cafe based on community, unity, peace, love so leave any troubles at the door and come and enjoy our space! Split over 2 rooms, our Boho room is a social space, filled with board games, books and creativity, a space where you’ll never feel alone! We serve freshly made food to order and all our cakes are homemade by ourselves. We run a number of events and workshops. Boho Utopia Ltd, 485 Wilmslow Rd, Manchester M20 4AN. 0161 425 7307 or Email: [boho.utopia@gmail.com](mailto:boho.utopia@gmail.com)
* **Money tight this week? Want a decent meal?** Have lunch at Manchester Mind Café! Wednesdays 1pm-2.30pm. Pay nothing, or make a donation. Good food, made by friendly volunteers. Bring a friend. All welcome. Zion Community Resource Centre, Stretford Road, Hulme, Manchester, M15 4ZY
* **Gatley History Tours** – 1 Hour Tour. No need to Book. 10am start and 2pm Start. Meet at Gatley Car Park. Gatley, Cheadle SK8 4EA. £2 per person. For further information email[gatleyvp@gmail.com](mailto:gatleyvp@gmail.com)
* **Women’s Group every Friday, 10-12**– Are you new to the UK? Asylum-seeker or refugee? Please come and join us for fun and friendship, enjoy coffee and snacks, clothes shop and advice. Pregnant women, babies and children especially welcome. The Well Project for Refugees and Asylum Seekers, St Aidan’s Centre, Wythenshawe Road, M23 0PJ. For more information email: [refugees@ivychurch.org](mailto:refugees@ivychurch.org)
* **Motiv8 invites you to come along to the Enterprise Centre in Benchill.** Chat to our team and find out how we can help you get the support you need. We are looking for people aged over 25 who have a range of needs and we will provide tailored 1-2-1 support to suit you. Drop-in sessions every Friday from 10am-12pm at the Enterprise Centre, 34 Benchill Road, M22 8LF. Contact us on 0161 946 3556 [info@manchesterbbo.co.uk](mailto:info@manchesterbbo.co.uk)
* **Broomwood Community Wellbeing Centre – Seed Studios** is a community wellbeing hub run by and for the benefit of local residents with support from blueSCI. Its aim is to support local individuals and families to achieve their goals and improve their health and wellbeing through the 5 Ways to Wellbeing; **Connect**, **Be Active**, **Take Notice**, **Learn**, and **Give.**Seed Studios is a successful community group that has been led by volunteers. Trafford based musicians provide free community workshops. We are currently offering the following services: Tuesdays 11-12 – Guitar for beginners Thursdays and Fridays –1-2-1 sessions to learn how to use the equipment, performance coaching, writing and recording songs. Broomwood Community Wellbeing Centre, Mainwood Road, WA15 7J 0161 980 0720
* **Digs for Dogs** – A great alternative to Kennels. We provide a happy holiday home for your dog with a loving family whilst you’re away. Our families are fully insured and licensed for peace of mind. Visit digsfordogs.uk.com or contact Susan on 07522 866100
* **Wythenshawe Park Bee Club** –The aim of the club is to promote safe, effective and fun bee-keeping in the local area. We run regular activities and lessons and are always happy to welcome new members. Pure local honey on sale. Join us at Wythenshawe Park Horticultural Centre. Every Saturday 9.30-1pm. [www.wpbc.uk](http://www.wpbc.uk)
* **The Chorlton Makers Market** – 3rdSaturday of the month on the grounds of Oswald Road Primary School. Visitors will find the very finest local food, drink, art, design, vintage and modern craft carefully selected from Manchester artisans and local businesses. Meet the producers, browse the stalls, sample and enjoy the music and performance.
* **Wythenshawe Parks Watch Association** – We are regular users of the park who care about looking after our green spaces. We meet at 4pm on the 3rd Tuesday of every month, currently in the horticulture centre at Wythenshawe Park. If you can’t make it to our regular meetings but would like to be involved, email us at[WythenshawePWA@gmail.com](mailto:WythenshawePWA@gmail.com)
* **Wildlife Forum.** Are you interested in wildlife, nature and the environment? Would you like to meet up with like-minded people? Join the Alexandra Park Wildlife Forum where we hold activities from nature surveys and bio blitzes to bird watching. Join our mailing list for updates [whalleyrange4wildlife@yahoo.com](mailto:whalleyrange4wildlife@yahoo.com) Please contact Julie on 07587194629
* **Traditional Sunday Roast** – Bideford Community Centre M23 0QN. Last Sunday of every Month (excluding December). You are welcome to share a delicious, freshly cooked Sunday Lunch and friendly company. £3 per head. Book with Kirsty on 07871357018.
* **Manchester Mystery History Tour** – Join us on a 90 minute time travelling tour of Castlefield where you will be immersed in rich history as we reveal how Britain gave birth to one of its most industrious cities. Starting 25th March. [www.manchestermysteryhistorytour.co.uk](http://www.manchestermysteryhistorytour.co.uk)
* **Walking tours** - Pick up a free map from the Visitor Information Centre and discover Manchester’s rich history for yourself on foot on a self-guided trail. These are themed around museums and galleries, music, arts and theatres. Places need to be booked in advance. Visitors can also hire a personal tour with a Blue Badge guide and take advantage of their expert local knowledge[www.visitmanchester.com](http://www.visitmanchester.com)

[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjssufG4K7WAhUGvRQKHW8OB-IQjRwIBw&url=https://www.sah.org.uk/get-involved/fundraising/events/&psig=AFQjCNGWhoceI6AYjUiOaeCceeJhuPG3uw&ust=1505824765697216)

**Parade in the Park-23rd September**

Children of all ages are invited to put their best foot forward and take part in the 1km sponsored walk, with music and entertainment.

The walk starts at 11am.

* £7 per child,
* £5 per child for groups with three or more children.
* Adults go free.

Every penny raised will help St Ann’s Hospice. To join the fun, register your place, by either calling 0161 498 3631 or emailing [events@sah.org.uk](mailto:events@sah.org.uk)

[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjxk7uw4q7WAhVFvxQKHcH1BYYQjRwIBw&url=https://earthandsolarsystem.wordpress.com/2011/10/27/manchester-science-festival-2011-well-be-there-28th-october/&psig=AFQjCNFlNHWxbXVwdKYeq0jMGDRI5mf6-Q&ust=1505825256722219)[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwi_hf2c4a7WAhXFWxQKHZqoCmoQjRwIBw&url=https://www.pinterest.com/explore/deer/&psig=AFQjCNHP7aDzbJ4Oa7GMfUtNyhEpd__tFA&ust=1505824944830578) [](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwi6hLuS4q7WAhWmCsAKHVcxCYQQjRwIBw&url=https://thcamra.org.uk/beer-festivals/30-mosi-real-ale-festival/233-mosi-festival-full-details&psig=AFQjCNGEXAcNDtYINlWIhotuzDsMbjWIJw&ust=1505825200214338)

**Didsbury Beer Festival   
26th-28th October.**Raise your glasses to the 10th annual Didsbury Beer Festival. Take your pick of more than 100 beers, ciders and perries, plus great food and music. This year’s proceeds will support Didsbury Community Wood and Greater Manchester Youth Network. St Catherine’s Social club, School Lane, Didsbury, Manchester, M20 6HS.

[info@didsburybeerfestival.org.uk](mailto:info@didsburybeerfestival.org.uk)

**Manchester Science Festival** -**19th-29th October.**

Manchester Science Festival is a creative, playful and surprising celebration of science. It is the largest science festival in England. 2017 is the 11th year of Manchester Science Festival and we’re celebrating with 11 days of bold, creative and thought-provoking science events across Greater Manchester.

[www.manchestersciencefestival.com/](http://www.manchestersciencefestival.com/)

**Autumn Deer Walk   
Wednesday 25th October**   
Triggered by shortening daylight hours and cooler weather, the rut marks the time of year when male deer compete. Join the Rangers for guided walks of the autumn parkland and witness the drama

Minimum age: 8 years old. Price £10 per person. This event must be pre-booked.Tatton Park, Knutsford, Cheshire, WA16 6QN.

01625 374428. [tattonparkautumndeerwalk20173.eventbrite.co.uk](https://tattonparkautumndeerwalk20173.eventbrite.co.uk)

[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwi6hLuS4q7WAhWmCsAKHVcxCYQQjRwIBw&url=https://thcamra.org.uk/beer-festivals/30-mosi-real-ale-festival/233-mosi-festival-full-details&psig=AFQjCNGEXAcNDtYINlWIhotuzDsMbjWIJw&ust=1505825200214338)





**Mosley Street, Manchester M2 3JL** <http://manchesterartgallery.org/learn/adults/tours-and-workshops/>

**Art of wellbeing tour**, Last Saturday of every month, 12.30 -1pm. Free, no need to book. Learn more about how to improve your wellbeing and the secrets behind the art on display! Each artwork illustrates on the 5 Ways to Wellbeing. **Take Notice-** First Tuesday of every month, 12.15 – 12.45pm and 1 – 1.30pm Free, no booking required. Also the third Thursday of every month, 5.15 – 5.45pm and 6 – 6.30pm Explore artworks and learn about mindfulness in this early evening session..Please contact: Louise Thompson - 0161 235 8844 [l.thompson1@manchester.gov.uk](mailto:l.thompson1@manchester.gov.uk)  
 **Philosophy Café**- Second Tuesday of every month, 10.15am – 12 Just turn up and meet Sue/Peter in the cafe bar. Philosophy Cafe also takes place on the fourth Thursday of every month, 6 - 8pm. Please contact: Ruth Edson - 0161 235 8877 [r.edson@manchester.gov.uk](mailto:r.edson@manchester.gov.uk) **Mindful Marks** - Second Tuesday of every month, 12 - 2 pm De-stress and draw with artist Naomi Kendrick in these multi-sensory and experimental workshops using mindfulness-based techniques. Free, drop in.Please contact: Louise Thompson - 0161 235 8844 [l.thompson1@manchester.gov.uk](mailto:l.thompson1@manchester.gov.uk)

**Art Bites**-Every Wednesday12.30pm–1pm. Art Bites is about chatting with other people about art. Each week the session focuses on two contrasting artworks on display. Free, no booking required.

Please contact: Meg Parnell - 0161 235 8855 [m.parnell@manchester.gov.uk](mailto:m.parnell@manchester.gov.uk)

**English Corner**- Second Wednesday of every month 1 – 2.30Free English conversation classes English corner is for people learning to speak English. You will look at artworks and talk about them together. English corner also takes place every third Thursday of each month 6.30 - 8pm.

Please contact: Ruth Edson - 0161 235 8877 [r.edson@manchester.gov.uk](mailto:r.edson@manchester.gov.uk)

**Highlights Tours**-Join one of our brilliant volunteer guides for a tour of the gallery. Find out more about art on display, the building and the history of the gallery. Every guide designs their own tour, so each tour is slightly different depending on the personality and interests of the guide.FreeTours take place every Thursday 2 – 4pm.

**Making Conversation**–Third Thursday of every month, 1-4Connect with others in this artist-led workshop where you will use all your senses to explore and make art. Every session is audio described and all materials and refreshments are provided. Free, to book a place please call 0161 235 8855. Contact Meg Parnell for more information [m.parnell@manchester.gov.uk](mailto:m.parnell@manchester.gov.uk)  
  
  
  
  
  
[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwiNt_a5467WAhWCPxQKHWR1D9EQjRwIBw&url=https://www.youtube.com/watch?v%3DtAofhYdtVa4&psig=AFQjCNEwqvNX6MYC1kqWaVlsP9-EAfIbmw&ust=1505825536982384)

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**Joseph And The Amazing Technicolor Dreamcoat. 17-21st October 2017.**  
X-Factor winner Joe McElderry dons the coveted coat! Having enjoyed sensational reviews, Bill Kenwright’s “Amazing”, “Superb”, “Wonderful” & “Brilliant” production of Tim Rice & Andrew Lloyd Webber’s sparkling family musical continues to enjoy huge success across the country with standing ovations at every performance.   
**Palace Theatre,** 97 Oxford Street, Manchester, M1 6FT. Telephone Booking: 0844 871 3019  
General enquiries - 0871 977 3801

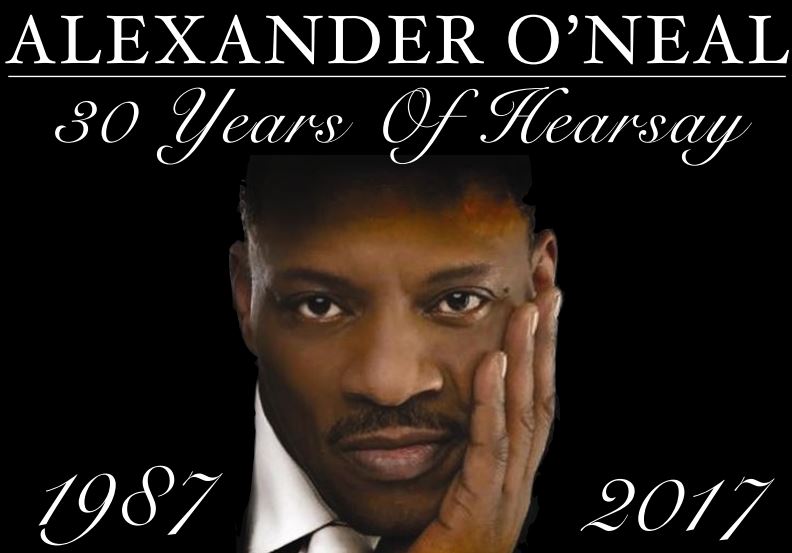
[**SINGALONGA BEAUTY AND THE BEAST**](https://www.quaytickets.com/Online/default.asp?doWork::WScontent::loadArticle=Load&BOparam::WScontent::loadArticle::article_id=B3B95AF2-0CD8-432E-8937-1AC2A0B35A0A&SessionSecurity::referrer=ManchesterTheatres)  
**Sunday 24th September**   
Singalonga Productions invite you to “Be our Guest” at Sing-a-Long-a Beauty and the Beast. Join us as we celebrate the brand new adaptation of Disney’s iconic fairy tale with on-screen lyrics so everyone can join in!

The Lowry, Pier 8, Salford Quays, M50 3AZ.

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Booking number - 0844 815 4873General enquiries - 0844 815 4873

[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwis4rLG5a7WAhVGORQKHabSBysQjRwIBw&url=http://www.singalonga.net/&psig=AFQjCNE_cV6XGoCC8e3li63x3HWYpC0W0Q&ust=1505826111538816)

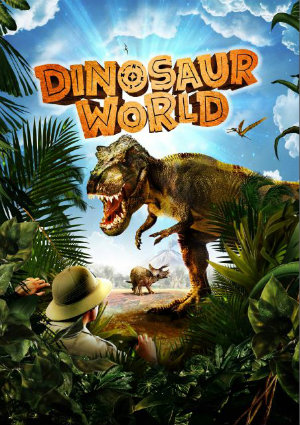
[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjsxfjL5q7WAhXJvxQKHXpPB-8QjRwIBw&url=https://twitter.com/love_northenden&psig=AFQjCNExHc_TM4UH7bLe5q1U3ukqdnXSUw&ust=1505826390046527)[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwj4g63-5a7WAhWLuhQKHal6BloQjRwIBw&url=http://www.yorkbarbican.co.uk/whats-on/alexander-o-neal/&psig=AFQjCNFfgOPDG_HKOlMyYwjK0Sa2g54b4Q&ust=1505826224119381)

[**ALEXANDER O'NEAL**](https://www.quaytickets.com/Online/default.asp?doWork::WScontent::loadArticle=Load&BOparam::WScontent::loadArticle::article_id=54FB97FE-0D94-473E-BA3A-5B50E2D271B2&SessionSecurity::referrer=ManchesterTheatres) **Sunday 21st October**One of RnB’s most iconic names Alexander O’Neal invites you to join him together with his nine piece all-star band in celebration of his 1987 masterpiece HEARSAY, widely regarded as one of the greatest RnB albums of all time.  
The Plaza, Mersey Square, Stockport,  
SK1 1SP.Booking number - 0844 815 487

**Bedside Manners** 22nd-28th October  
A classic Derek Benfield farce. Two couples are looking for an intimate weekend away .. but not with their own partners ..add a hotel manager who is just covering for the weekend ..what could go wrong.   
Northenden Players Theatre Club, Northenden Methodist Church Hall, Victoria Rd. Northenden, Manchester. M22 4JP.   
Phone 0161 445 6868.   
<http://www.northendenplayers.co.uk>

Learn Something New

Learning with others, meeting new people, expanding social networks and sharing mutual goals and interests can raise confidence and distract us from some mental health stressors.



**Dinosaur World  
Monday 29th – Wednesday 31st May.**

Grab your compass and join our intrepid explorer across unchartered territories to discover a pre-historic world of astonishing (and remarkably life-like) dinosaurs. Meet a host of impressive creatures, including every child's favourite flesh-eating giant, the Tyrannosaurus Rex, a Triceratops, Giraffatitan and Segnosaurus, to name a few! The Lowry Pier 8, The Quays, Salford, M50 3AZ. Box Office 0843 208 6000

[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjGrqaN6K7WAhVDkRQKHT4XAvYQjRwIBw&url=https://www.pinterest.com/hilari_mateo/graphical-facilitation-speech-bubbles/&psig=AFQjCNHF98WKYQZf6iPFud7CsLFEp7kWuA&ust=1505826782644787)

**Lipreading Class**

Lipreading classes are designed

for people with a hearing loss who may be finding it

difficult to follow conversations.

The class is free to people with a hearing loss and their family

and friends. Otherwise the cost is £216 per year. The class is friendly

and informal and it is not like going back to school.

Manchester Centre for Deaf Studies, Mauldeth House, Mauldeth Road West, Chorlton-cum-Hardy, Manchester 21 7RL. Telephone 0161 832 0444 (voice or text relay) Email: [enquiries@manchesterdeafstudies.org](mailto:enquiries@manchesterdeafstudies.org)

* **Didsbury Photography Courses** - Beginners Courses at Didsbury Parsonage. Saturday 7th October, Saturday 21st October. Learn how to get off AUTO in our small group courses with expert, friendly tutors. Great for novices and people who want to master the controls on their camera. £85 per person with refreshments on arrival. Courses run from 9.15am-4pm. Call Nigel for more information on 01706 452840. [www.NorthWestPhotographyCourses.com](http://www.NorthWestPhotographyCourses.com)

* **Expert Patients Programme** - A free NHS course to help you manage your long-term condition and feel more in control of your health. It will complement your treatment and care as well as support you to adopt a healthier lifestyle. The course is also open to carers and volunteering opportunities are available.   
  Wythenshawe Forum Health, Simonsway, M22 5RX.   
  Every Friday from Friday 3rdNovember to 8thDecember. 12:00-14:30

Withington Community Hospital, Nell Lane, Withington, M20 2LR.   
Every Thursday from the 19th October to 30th November 13:00 to 15:30.   
Ring the referral team on 0161 371 2105 or ask your health care provider to complete a referral form and send it to the Expert Patients Programme Team, Higher Openshaw Primary Care Centre, Ashton Old Road, Manchester, M11 1JG. Fax: 0161 371 2101  
Email: [smu-tr.epp@nhs.net](mailto:smu-tr.epp@nhs.net)[www.uhsm.nhs.uk](http://www.uhsm.nhs.uk)

* **One to One dyslexia support** – Did you truant from school? Did you leave school without any qualifications? Did you struggle to learn your multiplication tables? Do you find it hard to organise your thoughts? Do you sometimes confuse words such as house and hose? Do you sometimes find it hard to pronounce words such as Elephant? If you have answered yes to 4 or more of these questions, come and have a chat with a member of our team. [Phone](https://www.google.co.uk/search?client=firefox-b&q=woodhouse+park+lifestyle+centre+phone&sa=X&ved=0ahUKEwj36-3J2anVAhWMORoKHZ0IBPMQ6BMIjwEwEw&biw=1024&bih=646): 0161 436 0560 to book an appointment. The Woodhouse Park Lifestyle Centre, 206 Portway, Wythenshawe, Manchester 22 1QW. [www.dyslexia-help.org](http://www.dyslexia-help.org) **Sale Brass Training Band** - Ever wanted to learn to play a brass instrument? Want to develop your skills or get back to playing? Want to play music with like minded people? Why not come along to Sale Brass Training Band. Mondays 6.30pm - 7.30pm. Sale Sports Club, Clarendon Crescent, Sale, M33 2DE. Just £2 per session with instruments available for loan. New and returning players aged 8 – 80+ welcome. Contact Ged on 07859 001301 for more information.
* **Want to learn about Computers?** – If you have no computer skills, this is the right course for you. You will learn to use computers and the internet for everyday situations. You must be able to speak, read and write English fairly confidently. You will be able to work at your own pace, with support from our helpful tutors. All beginner courses are free. Classes Tuesday and Thursday 9.30-12.00. Forum Learning, Forum Square, Wythenshawe, M22 5RX.
* **Broomwood Players** - Try Radio Comedy Acting at the Seed Studio. 2pm Fridays at the Broomwood Community Wellbeing Centre, Mainwood Road, WA15 7J . Contact David, Raul or Laurence. Tel: 0161 980 0720  
  **Computing for beginners.** FREE. These free computer sessions are designed to help beginners understand things such as: How Windows works, Searching the internet, using and sending emails and computer security and lots more. Sessions are held every Tuesday morning 10-12.00. To find out more contact 0161 448 5232 or Call in at the Westcroft Community Centre, 24-26 Westcroft Road, Burnage, M20 6EF.
* **IT Courses** - The Benchill Community Centre has a fully furnished, purpose built IT suite, with over 15 state of the art computers and fully qualified, friendly tutors. We have various sessions running throughout the week, with a number of courses available. The cost varies with these classes, but they are open to everyone on a rolling programme. Complete Beginners class, Over 50’s Beginners class, Beginners ECDL and advanced ECDL.
* **Photography Group** – Photo-social - Come along to our relaxing informal photo-social group, aimed at beginners and professionals to have some fun taking photos. Whether you’ve never taken a photo before or taken thousands, everyone is welcome. We have a weekly challenge that will be set by a student, as this is a great way of getting everyone involved. We will also have a look at photo manipulation software or ways in which we could use a computer to fix any mistakes. Every Thursday, 10am-12pm. CAFESCI. Broomwood Community Wellbeing Centre, Mainwood Road, WA15 7J . Tel: 0161 980 0720
* **“Root To A Happier You” at The Tree of Life Centre -** Wellbeing Activities and Workshops. Monday to Friday. **Activities:** Mindful Colouring, Tai Chi, Relaxation Gardening, Mindful Yoga, Craft Group. **Workshops:** Food & Mood, 5 Steps to Wellbeing, Stress Management. Better Sleep for You. **Volunteering:** 1:1 Wellbeing Assessments, Community Café.Contact: [jennifer@treeoflifecentre.org.uk](mailto:jennifer@treeoflifecentre.org.uk)

Tel: 0161 489 7018 or pop in to see us at The Tree of Life Centre, Greenbrow Road,

M23 2UE

* **Safe and Well Home Visits** – Greater Manchester Fire and Rescue Service is committed to keeping people safe from fire in the home, but we also help and advice on health and home security. A safe and Well Visit includes: fitting smoke alarms if needed. Identifying risks and offering advice about fire safety and home security. Brief advice about Health and Well-being. Providing risk reduction equipment. Directing people to other services and activities. Visit our website for more details: manchesterfire.gov.uk Call us for home safety advice and to see if you need a Safe and Well visit. Freephone 0800 555 815 or send an email to: [contact@manchesterfire.gov.uk](mailto:contact@manchesterfire.gov.uk)
* **Family Ramp**– 8 week programme which seeks to address the issues faced by family members of those in the throes of addiction including Co-dependency, Cycle of Change, assertiveness, chaotic thinking, guilt and shame, enabling, attitudes, motivation.   
  Tuesday 5.30-7.30pm Bradnor Point, Bradnor Road, Sharston, M22 4TF   
  Wednesday 1-3pm Pheonix Mill, 20 Piercy Street, Manchester 4 7HY   
  Thursday 5.30-7pm 43a Carnarvon Street, Manchester, M3 1EZ  
  Contact Tracey on 0773 324 4068 or email:[traceywheeldon.emergingfutures@gmail.com](mailto:traceywheeldon.emergingfutures@gmail.com)
* **Smallwords** – Community Creative Writing. Come along to try your hand at some creative writing with Sophie. Whether you want to work on your first novel or write bedtime stories for your children, all abilities are welcome. Tuesdays 10.30-12.30 (term time only).   
  Broomwood Community Well-being Centre, Mainwood Road, Timperley, WA15 7JU.
* **Learn how to use computers or get an ECDL Diploma-**Free drop-in sessions every Friday from 10am-12.30pm. St Michael’s Community Hall, Orton Road, Northern Moor, M23 0PX. Call 07916 138 761 or 07758 814 972
* **WomenMATTA Manchester and Trafford Taking Action.** We provide intense, holistic support to women on community orders, at point of arrest, and ‘through the gate’ for women being released from prison in Manchester and Trafford. We are part of the national charity Women in prison. Activities include Knitting, Cooking, Sewing and Bingo sessions. Group sessions include Goal setting, local exercise and Health Classes, Sexual Health group and Housing Rights. Monday 12-3pm at St Wilfred’s Enterprise Centre, Royce Road, Hulme, M15 5BJ Tel: 0161 232 1778
* **Camera Workshop Group** – Practical skills for all abilities. Thursday 7.30pm. Didsbury Methodist Church, Sandhurst Road ,Manchester, M20 5LR £2.50. Facebook: groups/cameraworkshop
* **Wellbeing Workshops** – Our workshops run weekly (2 hour sessions) over a 6 week period and are facilitated by two fully trained Self Help staff. Each workshop uses evidence based techniques and resources to help create your own personalised ‘Self-Help Manual’ to help you feel better! How to refer, visit our website: [www.selfhelpservices.org.uk](http://www.selfhelpservices.org.uk) or [stockportpws@selfhel-pservices.org.uk](mailto:stockportpws@selfhel-pservices.org.uk) or call us on 0161 480 2020
* **Manchester Talking Therapies - “self help” groups: Wythenshawe Anxiety Group and Altrincham Anxiety Group** These drop-in groups offer a sympathetic and non-judgmental space where you can meet others who also struggle with anxiety. Our groups care about your experiences and really understand, simply drop-in to a group on the day. However, if you would like someone to greet you upon arrival at the venue, you can give us a call or send us an email and we’ll make sure someone is available to meet you. We also do telephone sessions, for those unable to leave/uncomfortable leaving their homes.    
  Age: 18+ **Wythenshawe Forum Library** - Opening times: Saturdays 10-12. Free**.**  0161 226 3871 **St George’s Parish Centre,** Church Walk, Altrincham, WA14 4DB

Opening times: Mondays 1.30-3.30**.** Free. 0161 226 3871

* **Science is for Parents too!** – Not a fan of science when you went to school? Want to help with science homework? Every Wednesday 1pm-3pm, Room F12, Forum Learning, Wythenshawe. Feel free to drop in and join us, everyone welcome! For more information email [c.fleig@manchester.gov.uk](mailto:c.fleig@manchester.gov.uk) or call/text 07828327490
* **Library Reading Group for Adults** – Last Tuesday of the month from 1.30-3.30 We offer friendly and confidential support. Macmillan Room, Forum Library, 0161 227 3727.
* **English Classes** – Refugee Support. Every Tuesday 12 – 2pm. All are welcome,The Well Project for Refugees and Asylum Seekers, St Aidan’s Centre, Wythenshawe Road, M23 0PJ. For more information email: [refugees@ivychurch.org](mailto:refugees@ivychurch.org)
* **Manchester Adult Education Learner Services** – We provide high-quality, impartial information, advice and guidance to help you think about the abilities you already have and what jobs could be right for you.   
  **Forum Learning,** Forum Square, Wythenshawe, M22 5RX. Tel: 0161 935 4080  
  **Withington Adult Learning Centre,** 24a Burton Road, Withington, M20 3ED. Tel: 0161 234 5687   
  **Greenheys Adult Learning Centre**, Upper Lloyd Street, Moss Side, M14 4HZ. Tel 0161 254 7314
* **Dyslexia Foundation** – Anyone wishing to find out more about adult dyslexia or book an appointment to see a dyslexia consultant, can do so by ringing 0800 077 8763. The service is free and completely confidential. Appointments will be at the Woodhouse Park Lifestyle Centre, Portway, Wythenshawe, M22
* **Chorlton Reading Group** – We meet once a month in the meeting room behind Chorlton library. Meetings start at 7.30pm. [ChorltonReadingGroup@gmail.com](mailto:ChorltonReadingGroup@gmail.com) or phone 0161 881 1813.
* **Drawing & Watercolour Painting** – The class is suitable for beginners to increase drawing, observation and painting skills exploring still-life and natural objects. Free taster session is provided. For more information contact Joseph on 07525354429 or 0161 672 0171. Classes held at Union Chapel, Wellington Road, Fallowfield, M14 6EQ.
* **Art Fusion** – Art Group Chorlton. Tuesday evenings 7pm – 9pm.At St Clements Church, Edge Lane, Chorlton, M21 9JF. Contact [pat.grainger4@btinternet.com](mailto:pat.grainger4@btinternet.com)[www.artfusion.lorg.uk](http://www.artfusion.lorg.uk)
* **Photography 101** – a basic digital photography course for beginners and improvers. Starting for the basics this course will supercharge your photography. Thursdays 1 – 3pm at the Union Chapel, Wellington Road, Fallowfield, M14 6EQ. Telephone 0161 225 4226 or Email: [oanda13@gmail.com](mailto:oanda13@gmail.com)
* **Free ESOL Classes in Wythenshawe** – Improve your English, get involved in your child’s education. Enrol at the Lifestyle Centre, Woodhouse Park, M22 1QW. Every Monday at 4.30-6.30pm and every Thursday at 4-6pm.
* **Library Reading group for Adults** Forum Library, Macmillan Room, Wythenshawe. The last Tuesday of the month from 1.30 – 3.30pm
* **Adult Courses** at [www.TheManchesterCollege.ac.uk](http://www.TheManchesterCollege.ac.uk) 0161 203 2100**Chorlton Park Learning Centre**0161 254 7421 **Forum Learning** 0161 935 4080**Withington Adult Learning Centre** 0161 254 8687
* **Work Club Plus** Get support with creating your CV, Universal Job Match, updating ‘activity history’ using job IDs, writing a great cover letter, attaching and uploading documents to support job applications, answering interview questions, filling in a job application form accurately and registering with recruitment websites.   
  Find out about other courses and volunteering opportunities which could also help you. Drop in to a work club:

Tuesdays Forum Library, Forum Grove, Wythenshawe 0161 227 3770

Fridays Forum Learning, Forum Square, Wythenshawe 0161 935 4080

[Creative Crafts](http://www.wherecanwego.com/event/911531-creative-crafts/events.aspx)

**Great Northern Contemporary Craft Fair** – **12th -15th October 2017**.  
 The Great Northern is one of the leading selling events for contemporary craft in the UK. The GNCCF provides an opportunity to buy and commission cutting edge collectible craft direct from over 150 inspirational UK artists and designer makers. Join us in our 10th year. Upper Campfield Market, Manchester [www.greatnorthernevents.co.uk](http://www.greatnorthernevents.co.uk)



* **Creative Workshops & Training at Arc Centre & Gallery.**   
  Spark your creativity, discover a new skill or reconnect with the pleasure of making. Get inspired by our creative programme of workshops.   
  **Drawing Socials** - Thursday, October 5th, November 9th and December 7th. 6.30pm-8.30pm £7.50. Discover a range of drawing techniques and how much fun drawing can be! Games and exercises will help you to experience a relaxed and experimental approach to drawing. All abilities welcome!   
  **Photography Walk** – Saturday September 30th, 11am-2pm, £10 Enjoy a walk to Reddish Vale led by artist Tamzin Forster to find letters that spell a word of your choice. This activity will inspire you to see your surroundings in a different way! Photo sharing back at Arc.  
  Arc Centre & Gallery, Greg Street, Reddish, Stockport, Sk5 7BR. Phone 0161 480 7731 or email: [info@arc-centre.org](mailto:info@arc-centre.org)
* **PatchWork** - PatchWork is a Mobile Artistic Mental Health and Wellbeing Service running FREE art sessions with local communities in South Manchester and Trafford. The art sessions are relaxed and informal with an emphasis not on artistic perfection, but on using art as a therapeutic tool. In a session you can enjoy a wide range of artistic activities from painting and sketching to clay work and photography.   
  If you wish to bring along your own artwork in progress you can. PatchWork sessions take place in various locations. Upon referral to the service you will be notified of the most convenient location for you. To take part in PatchWork sessions you must be referred by your counselling service, GP, hospital, student services or other third party professional body linked with PatchWork. To find out more about PatchWork please visit Web: [www.patchwork-wellbeing.tumbir.com](http://www.patchwork-wellbeing.tumbir.com) Email: [patchwork.enquiry@gmail.com](mailto:patchwork.enquiry@gmail.com) Phone 07765408858.
* **Social Knitters and Crochet Group** – Wednesdays 7pm – 9pm. Ladybarn Social Club, 13 Green Street, Ladybarn, Manchester, M14 6TL. Everyone welcome! Bring along your latest project or learn the basics. Email: [thesocialknits@gmail.com](mailto:thesocialknits@gmail.com) .
* **Embroiderers’ Guild** - Union Chapel, Wellington Road, Fallowfield, M14 6EQ. 1st Saturday Monthly (except August) 10am. Occasional workshops, prices may vary. Contact Sue Johnson on 0161 431 9778 or Email: [www.megastitchers.co.uk](http://www.megastitchers.co.uk)
* **Manchester Art Gallery** - Make Space. A creative, playful space for all adults to get making alongside artists. Each session a guest artist will introduce an element of their own practice for you to explore. First Thursday of every month 6pm-8pm. Free, drop in. Manchester Art Gallery, Mosley Street, Manchester, M2 3JL. 0161 235 8888 Find out more: manchesterartgallery.org/learn
* **Jewellery making –** Thursdays 10-12. Join Alison who teaches new skills each week. £5 per session to covers materials but you keep what you make. Call 0161 980 0720. Broomwood Community Well-being Centre, Mainwood Road, Timperley, Wa15 7JU.
* **Animation with Patrick** – Learn the basics of Claymation, hand drawn and stop frame animation. The group combines hands on creativity and the use of digital equipment. Basic computer skills is helpful and an interest in creativity is essential. Tuesdays 10-12. For more information call 0161 980 0720. Broomwood Community Well-being Centre
* **Crafternoon**- **raising money for Mind**. Crafternoon means getting together with friends, family or colleagues to hold an afternoon of crafting as a fun way to help us be there for everyone with a mental health problem. You can hold a Crafternoon at any time of the year and while the hours away with a crafty project. Get your pack at mind.org.uk/crafternoon
* **Maggie’s Pretty Little Things** – Selling craft supplies and handmade gifts. Craft Workshops on Tuesdays and Thursdays 11-1. Card making, decoupage, paper cutting and crochet to name just a few! Crossacres Emporium, 1 Peel Hall Road, M22 5DG. Further details on 07921 570553.
* **Jewellery making** - Tuesday 10am at Withington library, 410 Wilmslow Road, Withington, M20 3BN. Telephone. 0161 227 3720.
* **The Burkhart Well-Being Centre** - Every Wednesday. We will be open for drop in session such as knit, sew & mend, mindfulness and art. 2:00-4.30pm. £2 for Knit, Sew & Mend Session. Materials provided. The Café will be open for you to enjoy food and a nice cuppa! 07855116443 [Burkhart.wellbeingcentre@creativesupport.org.uk](mailto:Burkhart.wellbeingcentre@creativesupport.org.uk)401 Wilmslow Road, Withington, M20 4DN
* **Wythenshawe Chatty Crafters** – We teach people how to do crafts such as knitting, crocheting, sewing, card making, book folding and other crafts All over 16 years are welcome. We ask for people to donate £1 a week. We meet at the Forum library on Saturdays 2– 430pm.
* **Crafty sew ‘n’ sews** - Complete beginner? Don’t know one end of a sewing machine from the other? Experienced sewer / stitcher who would like to try something new? We meet at the Co-op Hall on Hardy Lane in Chorlton every Monday except the 2nd Monday of the month and Bank Holidays. If you’re interested contact Ida Bradshaw on 0161 861 7158.
* **CrossacresStitchers Group** Thursday 10am -12pm.A group who meet to use sewing machines to make, repair and up cycle materials new and old. There is a waiting list. Crossacres Community Resource Centre, Peel Hall Road Contact 0161 833 3944
* **Apple Seed Art Club** - Tuesdays 10 -2pm and Fridays 10 – 12pm. £1 per session. No art experience is required. Come along, all are welcome! At the Bideford Community Centre, Baguley, M23 0QN.
* **Forum library sewing group** – Interested in learning basic sewing , understanding patterns, quilting etc? Then come along to the Forum Library, Forum Square, M22 5RX. Mondays 1 – 4pm in the Library Makerspace area. Sewing machines provided free of charge, but please bring along your own materials. All skills, all abilities. For more information contact Sheila on 07714710545
* **Crafts on the Corner -** Fallowfield Methodist Community Church Hart Road, M14 7BU. Mondays 1.30 – 3.30. Whether it’s painting, knitting, card-making, sewing, quilting or any other craft, bring it along and enjoy it in company with a cuppa! All Welcome.
* **Paint Pot Art Workshop** Forum library, Meeting Room 1. Self-taught Art group. Tuesdays 12-4pm
* **Knitting, Crochet, and Sewing group** New Dawn Community Centre, Button Lane, NorthernMoor. Fridays 1-3pm. All welcome. Tel: 0161 437 5824
* **Art Group** - Crossacres Community Resource Centre. Mondays 12–3pm. Tel: 0161 437 0717The group predominantly uses water colours and oils and classes are self-directed.
* **Craft Groups Forum Library**. Mondays 3-5pm, (Meeting Room 1), Saturdays 2-4pm (IT Suite)
* **Painting and Drawing** Club Buckthorn House, 2-4 Buckthorn Close, Chorlton, M21 7UG Beginners welcome and all equipment is provided. Contact Diane Roeged.roege@southwayhousing.co.uk
* **Life Drawing Lessons**-STUDIO BEE, Stevenson Place, Northern Quarter, Manchester, M1 1BE Tuesdays 7-9pm - £8.00 per session or £7.00 for students or low income.
* **Simply LovinKnit** Westcroft Community Centre, 24-26 Westcroft Road, Burnage M20 6EFWednesday 1.00 - 3.00pm. Drop in workshop run by Shelia Lindley, open to anyone.
* **Art Class New Dawn** Community Centre, Button Lane, Northern Moor. Fridays 12pm

All welcome. Tel 0161 437 5824

* **Art Club** Benchill Community Centre, Fridays 1.30 -3.30pm. Art and Craft techniques.

Tel: 0161 945 0879 [www.benchillcommunitycentre.co.uk](http://www.benchillcommunitycentre.co.uk)Free to all!

Give

Volunteering in your local community can give you a sense of purpose. Local organisations are looking for your support either a few hours or a few days per week.



**Time for Tea**   
Get the kettle on and get involved!

Support us by holding a Time for Tea event – you can do this at anytime and anywhere. Simply brew up for St Ann’s and you will be making a difference to the lives of thousands of local people we care for every year.

Download our information pack to find plenty of inspiration on how you can host your own successful Time for Tea event and you’ll also find plenty of yummy recipes, bunting, guess the sprinkles game, and much more! [www.sah.org.uk/tea](http://www.sah.org.uk/tea)

If you’d prefer to receive your pack in the post, please let us know by calling 0161 498 3631 or emailing us on [partnerships@sah.org.uk](mailto:partnerships@sah.org.uk).

[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwiBicL96a7WAhVEOBQKHTvhDpUQjRwIBw&url=https://www.pinterest.com/pin/157696424429291270/&psig=AFQjCNGNprF96Y9vt1PTGhEQjkY2VSoivw&ust=1505827296461626)

* **The generation project, Wythenshawe Good Neighbours.** – Over a million minutes a day are unspent by mobile phone users in the UK. Over a million elderly people regularly go an entire month without speaking to anyone. Why not become a telephone befriender in Wythenshawe? It’s as easy as 1-2-3. 1. Make a brew, 2.Find a comfy chair and 3.Phone an elderly person for a few minutes and make their day. Full training and support is offered to all volunteers at times and venues to suit individuals. For more information and to book on contact Marie Greenhaigh. Email: [thegpprojects@live.co.uk](mailto:thegpprojects@live.co.uk) mobile: 07875286866
* **Humphrey's Lantern Walk -** Join us on **Sunday 15th October** for our brand new family Lantern Walk in the beautiful autumnal surroundings of Heaton Park. Humphrey Bear will wave participants off on the sponsored 2km walk, taking in Heaton Hall, The Temple and the gardens. Those taking part will also help us to light up the tunnel at Heaton Park and raise money in support of patients at Royal Manchester Children’s Hospital.  All children taking part will receive a goody bag, including a paper lantern with twinkling light. Registration costs £5 per participating child and £2 per person for all other members of the party, including children. 4pm at Heaton Park, Manchester, M25 2SW. Find out more and book now at rmchcharity.org.uk/lantern Telephone: 0161 276 4522.
* **Royal Oak Community Centre needs your help!** – The Royal Oak Community Centre will celebrate its 80th anniversary on the 21st October 2017 and is inviting readers to share memories and memorabilia. There will be fun activities for the whole family, music, dancers, martial arts displays, a play, all involving local schools and residents. If you have any memories, photographs or paraphernalia that could be used to help showcase events that have taken place over the years at the Royal Oak Community Centre, please contact Gina Hall, Volunteer Manager, Royal Oak Community Centre, Brookcot Road, Royal Oak, Wythenshawe, M23 1DU. Email: [royaloakcommunitycentre@ymail.com](mailto:royaloakcommunitycentre@ymail.com)
* **Manchester Volunteer Advice Project** – Meet new people, Learn new skills. MVAP is a partnership between Manchester Mind, Cheetham Hill Advice Centre, Greater Manchester Immigration Aid Unit, Young People’s Support Foundation and Manchester Refugee Support Network. The project provides excellent quality volunteering opportunities in advice activities across all our organisations. You will get a free 9 week training course, volunteer placement in one of our partner advice organisations, on-going training and support and travel expenses. Contact Dawn Kaveney, our Volunteer Development Worker on 07921 464 609 or email: [dawn.kaveney@manchestermind.org](mailto:dawn.kaveney@manchestermind.org)
* **Volunteers wanted for Park Clean up Campaign** - Wythenshawe Park is organising a number of “Keep our Park Clean” events in the next few months. These events will be happening on the first Monday and third Monday of each month and also on alternate Saturdays. If the first Monday is a bank holiday, it will be on the first Tuesday. For these events willing participants are invited to gather near Cottage 4 in the Horticultural Centre in the Park at 11am where they will be briefed on the safety issues and then guided to the areas to be covered on that day. Further details on the dates can be found on the Events schedule for the Park at [www.wythenshawepark.org.uk/events-list/](http://www.wythenshawepark.org.uk/events-list/)
* **The Edible Interchange** – Volunteers are needed every Tuesday from 2pm to help to maintain the Real Food beds around the transport interchange, next to the Forum. The beds need low level weeding, watering and / or feeding as required. Rubbish removal/collection and general plant maintenance including some replacement planting. All equipment is provided. Meet at the information booth at the interchange at 1.30pm or look for Kay wearing a hi-vis jacket tending the beds. Contact Kay on 07580 869 747 or email: [kay.bamford@wchg.org.uk](mailto:kay.bamford@wchg.org.uk)
* **Hospice needs shop volunteers** – St Ann’s Hospice is asking local people to consider donating just a few hours of their time each week to help shop staff raise vital funds to support local patients. There is such a wide range of roles for people to support us with, we’re hoping there’s something that will appeal to everyone. We need help with window displays, merchandising to serving customers, organising books and DVDs and collecting and delivering furniture. Anyone interested in supporting the hospice by volunteering in the shop should contact Kathy Collins, Volunteer Manager at St Ann’s on 0161 498 3653 or email [volunteer@sah.org.uk](mailto:volunteer@sah.org.uk)
* **Inspire Change Manchester – Shelter.**Inspiring Change Manchester has been designed and developed by people who have experience of accessing support and services around drug and alcohol use, mental health and well-being, accommodation and homelessness and offending. We’re looking for dedicated, passionate and motivated people who have a desire to make a difference and empower people to change. We’re looking for people to join our Core group which helps us to influence and change the way that services are delivered in Manchester. Your experiences will make a difference and we can support you though our exciting volunteer opportunity, giving you the chance to learn new skills and have access to a wide range of opportunities. For more information contact Mark on 0344 515 1683 or you can email [mark\_jepson@shelter.org.uk](mailto:mark_jepson@shelter.org.uk)
* **Didsbury Fundraising Group Needs You! -** Our Fundraising Groups are the face of the British Heart Foundation (BHF) in their communities. From collections to coffee mornings, bingo to balls, our Fundraising Groups play a vital part in the fight for every heartbeat. We rely on them to save lives and fund our pioneering research. Will you join the fight for every heartbeat? For further information contact Katherine Stybelski on: [stybelskik@bhf.org.uk](mailto:stybelskik@bhf.org.uk) or 07818 580 278
* **Wythenshawe Good Neighbours – The Generation Project.**  
  Volunteer Companions. Are you looking for meaningful volunteering opportunities that fit in with your personal commitments? Do you want to be trained and supported by qualified staff? Can you spare an hour once a week? More if you want to?  
  Project Manager Marie Greenhalgh on 07875 286 866 and Project Assistant, Samantha Days on 07816 960 025. The Enterprise Centre, 34 Benchill Road, M22 8LF. 0161 946 355

* **4 Steps Voices Project** – Do you live in the Ladybarn or Fallowfield areas? (M14).   
  Are you unemployed or have you been unemployed in the last 2-3 years? Our aim is to gather the views and real stories of local people so that we can show the true impact of unemployment. There will be lots of fun ways of taking part including film, art, focus groups and one to one interviews. If you would like to find out more about the Voice Project, contact Fiona Ashmore at 4 steps. Tel: 0161 442 7544 or send a text to 07703 210 058 or email: [fionaashmore@4steps.org.uk](mailto:fionaashmore@4steps.org.uk)
* **Didsbury Park Volunteers** –We are recruiting new volunteers! We are confident everybody should be able to help in some way, so please come along. You will be made very welcome and we are sure you will enjoy it! Joining us is easy. Simply turn up at the park any Monday morning from 9.30am onwards when we will be delighted to see you! Alternatively if you prefer you can contact us first using any of the following: Telephone 0161 438 0677. Website: friendsofdidsburypark.com
* **Emerging futures** - Have you considered becoming a coach and making a difference to your community. Emerging futures are recruiting volunteer coaches to work across Manchester and East Cheshire. Our coach training is fully accredited by Laser (formerly OCN) and all expenses will be reimbursed. **Recovery coaches** – Do you have personal experience of recovery from substance use?   
  **Family Coaches** – Have you been affected by a friend or family member’s substance use? **Community Coaches** - Are you passionate about your community and want to make a difference?

David Ryan: [david@emergingfutures.org.uk](mailto:david@emergingfutures.org.uk)  
Rebecca Cunliffe: [rebecca.cunliffe@emergingfutures.org.uk](mailto:rebecca.cunliffe@emergingfutures.org.uk)Tel: 0161 819 5776

* **We are Mancunians Activities and Volunteering Opportunity** - Active Mancunians are looking for volunteers to help them deliver their community based activities. If you have any spare time, an interest in your community and any skills you can use, we would like to hear from you! 0797 7486236 [admin@wearemancunians.com](mailto:admin@wearemancunians.com)visit [https://wearemancunians.com/](http://twitter.us14.list-manage.com/track/click?u=ad4c2e15493aca80681bd6b47&id=8dbd709d66&e=b5490a4405)
* **Walkabout programme** – Have you ever looked around your neighbourhood and thought there are things that need improvement? Well here is your chance! We are launching a new walkabout programme arranged by residents of your area to look for issues that need attention such as grass cutting, litter, dog fouling and fly tipping. If you are interested in Contact Pedro on 0161 946 6315 for more information or email: www.wchg.org.uk
* **Volunteer in a Shelter shop** – When you support your local Shelter shop, you don’t just give your time or money, you help to make sure no one faces bad housing or homelessness alone. So if you have some time on our hands and want to make a difference in your community, get in touch with on 0161 434 4580 and ask for Marie.
* **Community Clear-up -** Get your fee clean-up kit and help to make your local area a place to be proud of. We’ve got loads of ideas about how you can support your community, so get in touch for your free kit and to find out what’s going on near you. Please contact the Community Engagement Team 0161 274 6422 or emailmanchester.gov.uk/clear up
* **Living Streets** is the national charity that works to make walking the natural choice for everyone. Get involved! Join a led walk, become a walk champion, help improve your streets for walking, help keep pavements snow-free, receive a Community Award. Please contact your local Living Streets office[www.livingstreets.org.uk/contactus](http://www.livingstreets.org.uk/contactus)  
  **Together Dementia Support** – We are now recruiting volunteers for the following roles \* Friendship& Activity Group Volunteer \* Transport Volunteer \* Communications Volunteer. If you might be able to help on a regular basis, we’d love you to get in touch. Contact Sally on 07854 335 890 or Email: [sally@togetherdementiasupport.org](mailto:sally@togetherdementiasupport.org)
* **Peer to Peer** –**We need volunteers!** You could help us if you have lived with or had experience of mental health issues and recovery. You have learned how to cope and want to use this knowledge and experience to help others. You have a non-judgmental and supportive attitude. You can commit to a regular time which is flexible to your needs. Full training, support and supervision For more information, please contact[peertopeer@selfhelpservices.org.uk](mailto:peertopeer@selfhelpservices.org.uk) 0161 226 3871
* **Volunteer companions**. We have a place for you that will meet your work, study or family commitments. We are looking for people to train to become a companion to an elderly person. The Generation Project – Wythenshawe Good Neighbours at the Enterprise Centre, 34 Benchill Road, M22 8LF. Tel 0161 946 3558. 07875 286 866
* **Volunteers needed – Do you have good IT skills?** We have opportunities for volunteers to join our team of staff helping out at the Work Club and IT classes at Ladybarn Community Centre, Royle Street, Fallowfield, M14 6RN. Fiona Ashmore 0161 225 2093 [Fiona.ashmore@ladybarncentre.org.uk](mailto:Fiona.ashmore@ladybarncentre.org.uk)
* **The Tree of Life -** Greenbrow Road, Wythenshawe – stock & shop vacancies
* **Crossacres Resource Centre** cafe, shop, gardening, Tel: 0161 437 0717
* **Foodbank, Vinelife** – We will be opening the foodbank at the Anchor Coffee House, 508 Moss Lane East on Thursday afternoons from 2pm-3.30pm on September 19th. Once a month commitment. Meet the foodbank users, give out the food and help run the foodbank. You can help to sort the stock and make up food parcels at the Anchor on other days in the week or help us collect food at special events throughout the year at local supermarkets. If you’d like to join the team or get involved or you have people you’d like to refer to us for food then email neil@vinelife.co.uk or call us on 0161 2488 772.
* **St Ann’s Hospice**-Volunteers…we need you! We’re always looking for help across our 14 shops and in particular are looking for volunteers in our Northenden, Ladybarn, Sale, Altrincham and Stockport shops. Could you give a few hours of your time? Call in to one of our shops and speak to the manager or apply online at www.sah.org.uk/shops/volunteer
* **Royal Voluntary Service -** vacancies in Wythenshawe, befriending, assisting and helping in cafes at Wythenshawe Hospital 0161 871 2011
* **Longford Park Pets Corner** Local ‘Friends’ group who now take care of the animals – 2 goats, rabbits, ducks, cockatiels, chickens and roosters etc. 0161 865 7169 or [longford.petscorner@yahoo.co.uk](mailto:longford.petscorner@yahoo.co.uk)or call 0161 830 4770 for an appointment.
* **Volunteer Crafters Needed! RSVP MANCHESTER** Do you love craft? Then why not start up a craft group in your community with the support of RSVP Manchester. RSVP will help you to get your group up and running, publicise your project, put you in touch with other local crafters and provide all of the materials that you need. Training is provided for all volunteers and your out of pocket expenses will be paid. For more information or to sign up contact Rebecca: [RParsons@csv.org.uk](mailto:RParsons@csv.org.uk) or 0161 234 4402 / 07914 350 620.
* **Volunteer Centre Manchester** provides information, support and training to Manchester residents who want to volunteer. [www.manchestercommunitycentral.org](http://www.manchestercommunitycentral.org)Tel: 0161 830 4770 or email [info@volunteercentremanchester.co.uk](mailto:info@volunteercentremanchester.co.uk)

Useful Numbers

* **Moodswings** 0161 832 3736 helpline from 10am to 4pm Mon to Fri [www.moodswings.org.uk](http://www.moodswings.org.uk)
* **Crisis Point** 0161 225 9500 <http://www.turning-point.co.uk/crisis-point.aspx>
* **Manchester MIND** 0161 226 9907 or email[info@manchestermind.org](mailto:info@manchestermind.org)[www.manchestermind.org](http://www.manchestermind.org)
* **CASS ANY AGE** Women's Self Injury Helpline 0808 800 8088 [www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)
* **No Secrets** supporting those affected by self-injury[www.no-secrets.org.uk](file:///\\central-file1\departments$\Studio%20One\Counselling%20and%20help%20lines\www.no-secrets.org.uk)
* **HeadMeds** - [www.headmeds.org.uk](http://www.youngminds.org.uk/admin/sections/530/FUNDED%20PHD%20ALERT)

Straight talk on mental health medication. Look up your medication to find out about side effects and things you might not feel comfortable asking your GP about, and listen to other people's experiences.

* **Hearing Voices Group** –A talking and socialising group for anyone who hears voices, sees things or has unusual experiences. Support given for friends and families also.   
  Didsbury Hearing voices Group, Fortnightly Monday 10.30-12.30 at Home Café, Emmanuel Church, 6 Barlow Moor Road, Didsbury, M20 6TR.  
  Harpurhey Hearing Voices Group, Fridays 1.30-3pm. Harpurhey Day Centre, 93 Church Lane, Harpurhey, Manchester, M9 5BG. Contact Kate Crawford on 07590837359 or the Day Centre on 0161 205 0188.
* **Get your voice heard.** Advocacy information and advice so you understand your rights and help you speak out at your reviews or other meetings.

Free phone 0808 800 5792. Email: help@coramvoice.org.uk[www.coramvoice.org.uk](http://www.coramvoice.org.uk)

* **The Silver Line** is the only free confidential **helpline** providing information, friendship and advice to older people, open 24 hours a day, every day of the year. Calls are free on 0800 4 70 80 90 [www.thesilverline.org.uk](http://www.thesilverline.org.uk)
* **Withington Social Anxiety Practice Group.** This is a user –led group and aims to provide people with social anxiety a supportive environment to practice a wide range of anxiety provoking situations, from reading aloud to acting in front of the group. All activities are optional. The group runs on the second Wednesday of every month from 6pm until 7.30pmm at Withington Library. I hope you pluck up the courage to come along. You won’t regret it! If you would like more information please email:[withingtonsocialanxiety@gmail.com](mailto:withingtonsocialanxiety@gmail.com)
* **Alcoholics Anonymous** –meet in the Forum Library, every Monday at 1pm, Meeting Room 1
* **Narcotics Anonymous** Membership is open to anyone with a drug problem seeking help. Every Tuesday, 6 – 7.45pm, Meeting Room 1, Forum Library, Forum Square, Wythenshawe, Manchester M22 5RX.
* **Manchester Drug and Alcohol Team** – Drop in without an appointment, Friday 1-2.30pm. Alderman Downward House, Wythenshawe Civic Centre, next to Poundland.
* **ADVICE – FORUM LIBRARY:  
  Council Tax and Benefits Surgery** The Revenues and Benefits Unit provides an appointment only surgery. Third Wednesday of the month, Meeting Room 2 call 0161 234 3695 **Handing in Benefit documents** Are you claiming Housing Benefit, Council Tax Benefit or Education Benefits? We can make it easier for you!
* **MacMillan Information and Support Service** We offer friendly, informal and confidential support. Call into the Forum Library or phone 0161 227 3727
* **People First Advice Service-**Advice service for clients needing support with filling out forms, reading through letters, housing advice and more.

Drop in every Thursday 10 – 1pm, Meeting Room 2Forum Library, Forum Square, Wythenshawe, Manchester M22 5RX.

If you prefer to book an appointment call 0161 235 6900

* **Mike Kane MP Surgery:** Constituents to contact Mikefor appointments. Phone: 0161 499 7900 or email: [Mike.Kane.MP@Parliament.UK](mailto:Mike.Kane.MP@Parliament.UK)
* **Local Link is your 24-hour-a-day connection** to workplaces in the Wythenshawe area, including Manchester Enterprise Zone. Local Link operates every day except Christmas Day, Boxing Day and New Year’s Day. Book your connection in advance and Local Link will pick you up from the Local Link stop on Rowlandsway at Wythenshawe bus station, Stand L at Manchester Airport bus station or from Brooklands Metrolink stop. We’ll also pick you up at your workplace for your return journey. You need to register to use the service. You need to book at least one hour before you want to travel and you can book all your journeys at the same time, up to a week ahead. 08456 055505
* **Ring and Ride** - Ring and Ride provides a door-to-door accessible minibus service for people of all ages who find it difficult to use ordinary public transport, providing the opportunity to book trips in Greater Manchester including travel into neighbouring districts of up to six miles. The service will continue to run 8am to 10.45pm, seven days a week and trips can be booked through one call centre phone number between 8am to 4pm, Monday to Friday, up to seven days in advance. Information about Ring and Ride services is available at www.tfgm.com/ringandride or by calling 0845 688 4933.
* **Metrolink Tram Service**–Greater Manchester’s Tramsystem offers easy travel around the city centre and further afield. Trams run on the Metrolink network from approximately 6am to 11.30pm Mondays to Thursdays with last trams running later on Fridays and Saturdays. On Sundays, trams start later and finish earlier in a time range of approximately 7am to 10.30pm. Details of specific first and last tram times from each stop are displayed on the stop platform. Bike stands and lockers are available at most stops. For full details see ‘Stop Information’ at [www.metrolink.co.uk](http://www.metrolink.co.uk)
* **The Metroshuttle** – This fee bus service links the main transport hubs and leisure destinations. Tickets are not needed, just hop on and off as often as you like. For more information visit: tfgm.com/metroshuttle

The above information will be discussed at the What’s On Community Meeting, held on the third Thursday of every month at St Andrews Church Brownley Road.

GMMH is not able to endorse any of the above activities.   
We hope you will let us know how you get on.

Next meeting

Thursday 19th October 2017  
 12- 1pm

For more information on how to contribute to this newsletter please email charlotte.brown@gmmh.nhs.uk

The “What’s On” Community Meeting is a joint initiative between the Community Inclusion Service and Creative Wellbeing South