

## Buzz

This map has been part-funded by buzz Manchester Health & Wellbeing Service.

Communities are at the heart of everything buzz does, working to help individuals and families live fuller, healthier, happier and longer lives. Buzz are part of Greater Manchester Mental Health NHS Foundation Trust. Find out more about them at <https://buzzmanchester.co.uk> 0161 271 0505.

## Be Well

More than just working with people to improve their physical or mental health: we help people look at everything affecting their wellbeing – from employment and housing to family and money issues. 0161 470 7120

## Care Navigators

We accept referrals for all patients aged over 18 years who live at a Manchester postcode and/or their GP is in Manchester. We complete a holistic assessment of each patient’s needs and then refer on to local services. 0300 303 9650

## About the groups based at JNR8 (‘generate’) Youth & Community Centre

**Whalley Range Community Forum (WRCF)** runs daytime activities for adults: ESOL to learn English, mental and physical wellbeing and social activities, music groups, health courses and support groups.

**Time to Change** an adult’s mental health self-help group, challenging the stigma around mental ill health.

**Whalley Range Opportunities Association/WHIZ** provides positive youth activities in the evenings, including Thai boxing, healthy eating projects and the Duke of Edinburgh’s award scheme.

**WRYOA** also run regular playschemes during school holidays.

**Age-friendly Whalley Range** hold monthly steering group meetings at JNR8 to discuss issues that affect older people, to share news and information and to plan activities.

**The Whalley Range Climate Action Group** and **Chorlton & Whalley Range Dementia Action Group** meet monthly at JNR8.

**Community on Solid Ground** Saturday youth club at JNR8 by arrangement with the church.

**CSG** are based in Manley Park and are in the process of fundraising to redevelop their premises into a community sports hall and gym.

**The annual Celebrate Festival held its 25th anniversary in 2022**, again bringing community groups, schools, businesses, service providers, local musicians, performers and artists together to showcase their work. Celebrate demonstrates the diversity of Whalley Range: people of all ages, from all cultures and faiths get involved.

## British Muslim Heritage Centre

The vision is to be a ‘centre of excellence for learning and development’, fostering good relations between different faith groups and diverse communities without a faith. BMHC also tackles health inequalities e.g. women’s health, diabetes, mental health and long-term conditions - and provides safe accommodation for vulnerable individuals.

## Whalley Range Climate Action Group (WRCAG)

Think Globally, Act Locally! For a thriving, climate-safe Whalley Range. Local people and organisations working in groups to make changes in our area; campaigning for the Government and the council to take the action needed to address the climate emergency.

## Whalley Rangers

Working together to make living here even better – through community clean-ups, urban gardening and promoting a cleaner and greener Whalley Range.

## WalkRide Whalley Range

A group of local residents who want to make it easier and safer to get around Whalley Range without a car. Do you have ideas for your street or area?

## Important Numbers

**NHS** 111  
**Greater Manchester Police** 101 (call 999 in an emergency)  
**Samaritans** 116 123  
**Manchester Community response** 0800 123 6123  
**CALM** 0800 58 58 58  
**42nd Street** 0161 228 7321  
**Mental health crisis line** 0800 051 3253 (Freephone)  
**CAHN Caribbean and African Health Network** 07853556591  
**Social Services** 0161 234 5001  
**Homelessness** 0161 234 5001  
**Hate Crime** 0800 083 0007 (JNR8 is a hate crime reporting centre)  
**Manchester MIND** 0161 769 5732  
**Barakah Food Aid** 07506 527523  
**Manchester South Central Foodbank** 0161 226 3413

## Community

- JNR8 Youth & Community Centre**  
0161 881 3744
- Whalley Range Community Forum**  
0161 881 3744  
[whalleyrange.org](http://whalleyrange.org)
- Whalley Range Youth Opportunities Association Whiz Project**  
0161 881 3744  
[wryoa.org](http://wryoa.org)
- Celebrate**  
0161 881 3744
- Community on Solid Ground**  
CSG are based in Manley Park and their premises include a community sports hall and gym.  
0161 881 4631  
[yosg.org.uk](http://yosg.org.uk)
- Whalley Range Climate Action Group**  
07792 690 278  
Facebook: Whalley Range Climate Action Group
- Whalley Range Mutual Aid c/o JNR8**  
[www.facebook.com/groups/WhalleyRangeMutualSupport](https://www.facebook.com/groups/WhalleyRangeMutualSupport)
- Friends of Alexandra Park**  
07375 782 337  
<https://www.facebook.com/AlexParkMCR>
- Friends of Tibetan kitchen**  
07799 896 642  
[tibetankitchen.co.uk](http://tibetankitchen.co.uk)
- 2nd/249th Manchester Scouts**  
07762 208 818  
[2nd249thmansouthscouts.org.uk](http://2nd249thmansouthscouts.org.uk)
- 2nd Alexandra Park Rainbows, Brownies and Guides**  
07814 861 285  
[www.girlguiding.org.uk](http://www.girlguiding.org.uk)
- 2/77th Manchester (2nd Whalley Range) Scouts Group**  
[contact@2ndwhalleyrangescouts.org.uk](mailto:contact@2ndwhalleyrangescouts.org.uk)
- Whalley Rangers**  
[www.facebook.com/groups/thewhalleyrangers](https://www.facebook.com/groups/thewhalleyrangers)
- Pride on the Range**  
Facebook: Pride on the Range
- Golden Centre of Opportunities**  
0161 226 6181  
<https://www.golden-centre.co.uk>
- Friends of Manley Park**  
Facebook: Friends of Manley Park
- Range Road Community Park and Residents Group**  
0161 227 9979
- Jam Street Café**  
061 881 1013
- Tibetan kitchen**  
0161 881 1966
- Mediterranean Café**  
0788 233 2474
- Nip and Tipple pub**  
0161 860 7330
- Hillary Step pub**  
0161 860 7330
- The Carlton Club**  
0161 881 3042  
[www.carltonclub.org.uk](http://www.carltonclub.org.uk)
- Pavilion Cafe in Alexandra Park**  
For details call 0161 868 0861
- St Margaret’s Centre & Playing Fields**  
07807 200 868
- British Muslim Heritage Centre**  
0161 234 4343

## Health Social Care and Mental Wellbeing

- Alexandra Range Whitswood Practice**  
0161 226 3620  
<https://whitswood.nhs.uk/>
- Alexandra Practice**  
0161 860 4400  
[www.thealexandrapractice.co.uk](http://www.thealexandrapractice.co.uk)
- Ashville Surgery**  
0161 881 4293  
[www.ashvillesurgerymanchester.co.uk](http://www.ashvillesurgerymanchester.co.uk)
- Range Medical Centre**  
0161 870 8099  
[www.therangemedicalcentre.co.uk](http://www.therangemedicalcentre.co.uk)
- Range Pharmacy**  
0161 226 3723
- Elliotts Pharmacy**  
0161 881 9800  
[www.elliottspharmacy.co.uk](http://www.elliottspharmacy.co.uk)
- Everest Pharmacy**  
0161 227 8106  
[www.everestpharmacy.co.uk](http://www.everestpharmacy.co.uk)
- Manley Pharmacy**  
0161 881 1985  
[www.kapoorpharmacyservices.com](http://www.kapoorpharmacyservices.com)
- Whalley Range Dental Practice**  
0161 226 9647
- Ashleigh Veterinary Centre**  
0161 881 6868  
[www.ashleigh-veterinary-centre.com](http://www.ashleigh-veterinary-centre.com)
- Time To Change Whalley Range self-help wellbeing group**  
0161 881 3744  
[www.whalleyrange.org/whalley-range-mental-health-group](http://www.whalleyrange.org/whalley-range-mental-health-group)
- African and Caribbean Mental Health Services**  
0161 226 9562  
<https://www.acmh-services.co.uk>

## Religious Buildings

- Whalley Range Methodist Church**  
0161 862 9740  
<https://www.facebook.com/WhalleyRangeMethodistChurch>
- English Martyrs RC Church and Parish Centre**
- Gita Bhavan Hindu Temple**  
0794 907 1379  
[www.gitabhavan.org.uk](http://www.gitabhavan.org.uk)
- Hare Krishna Centre**  
0161 226 4416  
[www.iskonmanchester.com](http://www.iskonmanchester.com)
- Manchester Chinese Christian Church**  
0161 459 4978  
[www.manchestercucc.org.uk](http://www.manchestercucc.org.uk)
- Manley Park Methodist Church**  
0161 861 9283  
<https://manchestermethodists.org.uk/churches/manley-park-methodist-church/>
- Minhaj-ul-Qur`an International**  
0161 226 7172  
[www.minhaj.org](http://www.minhaj.org)
- New Testament Church of God**  
0161 226 6999  
[www.ntcg.org.uk](http://www.ntcg.org.uk)
- St Edmunds Church**  
0161 226 2191  
[www.stedsandstjames.org.uk](http://www.stedsandstjames.org.uk)
- St Margaret’s Church of England**  
07712 261793  
<https://www.achurchnearyou.com/church/15852>
- Sri Guru Gobind Singh Gurdwara**  
0161 226 7233  
[www.manchestergurdwara.co.uk](http://www.manchestergurdwara.co.uk)
- Madrassa-mosque Zakaria**  
0774 310 3231
- St Werburgh’s Church**  
<https://stwchorlton.org>

## Sport and Active Lifestyle

- Alexandra Park**  
0161 234 4343
- Whalley Range Cricket and Lawn Tennis club**  
0161 881 1414  
<https://www.whalleyrangetennis.com>
- WalkRide Whalley Range at Carlton Club**  
<https://www.facebook.com/walkridewhalleyrange/>
- The Bike Hive in Alexandra Park**  
<https://www.facebook.com/bikehivemcr/>
- Whalley Range Sports Centre**  
0161 274 9544
- South West Manchester Cricket Club**  
0161 881 1921
- Manley Park**  
0161 234 4343

## Older Peoples Services

- Indian Senior citizens Centre**  
0161 232 0999  
<https://iscc-manchester.co.uk>
- Tangmere Court**  
0161 881 7377
- Age Friendly Whalley Range and Chorlton**  
0161 881 3744  
[agefriendlywhalleyrange@gmail.com](mailto:agefriendlywhalleyrange@gmail.com)
- Trafalgar Court**  
0161 226 8259
- Chorlton Good Neighbours**  
0161 881 2925  
<https://chorltongoodneighbours.org>
- Hibiscus Court**  
0161 227 9391
- Elmswood Park Extra Care**  
0161 232 5661  
<https://www.msvhousing.co.uk>
- Russell Road LGBT Extra Care**  
Coming Soon

## Early Years/Schools/ Education

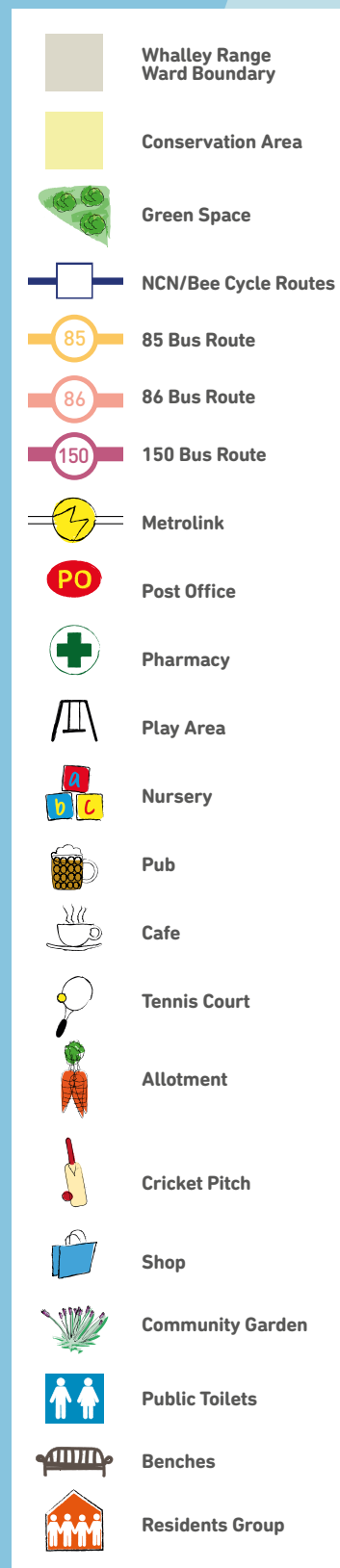
- KD Grammar School**  
0161 860 7676  
[www.kdgb.miet.uk](http://www.kdgb.miet.uk)
- Manley Park Primary School Infants**  
0161 881 4338
- Manley Park Primary school Juniors**  
0161 881 3808
- Our Lady’s RC Primary**  
0161 226 2767  
[www.ourlady-s-pri.manchester.sch](http://www.ourlady-s-pri.manchester.sch)
- St Margarets Primary School**  
0161 226 2271  
[www.stmargaretsmanchester.co.uk](http://www.stmargaretsmanchester.co.uk)
- St Bedes College**  
0161 226 3323  
<https://www.sbcm.co.uk/>
- William Hulme Grammar School**  
0161 226 2054  
<https://www.whgs-academy.org/contact>
- Whalley Range Sure Start Children’s Centre**  
0161 245 7007
- Manchester Montessori House**  
07380 141092  
<https://manchestermontessorihouse.co.uk>
- Alexandra Park Children’s Learning Community**  
0161 226 8080  
<https://whydemocraticeducation.com>

More information can be found in the online brochure coming soon to <https://whalleyrange.org>



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Our parks are vital for health in so many ways...green spaces are calming and rejuvenating to the mind, allowing space for exercise, sports, volunteering, interactions and events and allowing access to clean air. Sunlight exposure improves our vitamin D levels (vital for strong bones muscles and good immunity). Trees are valuable stores of carbon and help to reduce climate change. In built up areas our parks are vital for wildlife. Community groups are busy planting more trees and protecting existing trees because of their beneficial impact on the climate.

Age-friendly Whalley Range worked with local older people and MCC to plan and install 12 age-friendly benches in Whalley Range – with more to come soon. The benches make it easier for people with mobility issues to get around and form a route to age-friendly Alexandra Park.