

Be **INSPIRE**d throughout the week

Monday	Happy Mondays at Inspire Start the week well with fun activities and good company. Occasional trips out. Meet in the Café beforehand for a brew.	2 – 4pm
Tuesday	Chair Based Exercise at Inspire Gentle exercise and dance movements all tailored to your own pace and ability. Just turn up.	12 – 1pm £2
Tuesday	Exercise & Eat at Northmoor Methodist Church Northmoor Rd, Longsight, M12 5RT. 1 hr gentle exercise followed by a 2 course meal.	11am – 2pm £5 Please book on 0161 850 4044
Wednesday	Welfare Rights Advice at Inspire Free, impartial, confidential, independent advice on all your issues. Advice given in English, Urdu, Punjabi, Hindi and Mirpuri languages.	9:30am – 12pm Please book on 07593 444128
Thursday	Computer Buddy at Inspire Drop-in session to learn how to get the best from your computer and digital technology. Volunteer helpers available.	11am – 2pm
Friday	Luncheon Club at Moseley Court 263 Moseley Road, Levenshulme, M19 2LJ. Freshly cooked 2 course meal.	12:30 – 2pm £3 Please book on 0161 850 4044

The **Inspired People's Project (IPP)** aims to engage local 50+ people in activities that improve health and well-being, provide opportunities to make new friends and improve skills and confidence in the use of computers. For further information ring Kate or Jean on 0161 850 4044.



Caught short and need the toilet?

Levenshulme Inspired Task Force has worked with businesses on Levenshulme's high street to create a list of places where you will be welcome to use their facilities. Please see inside for full details.

The National Key Scheme (NKS) offers disabled people independent access to locked public toilets around the country. For more information about the scheme, eligibility or to purchase a key, visit the Disability Rights UK website: www.disabilityrightsuk.org



Levenshulme Inspired Task Force is a group of older people working towards making the local area more age-friendly. We meet fortnightly on Mondays, 11am at Inspire. Contact Kate: 0161 850 4044

Inspired People's Project
Inspire Centre, 747 Stockport Road, Levenshulme, M19 3AR
Tel: 0161 850 4044 inspired.people@lev-inspire.org.uk

Levenshulme Good Neighbours
Tel: 0161 850 1066 levenshulmegn@gmail.com

<p>Levenshulme Inspire <i>Full disabled access.</i> 747 Stockport Rd, M19 3AR Tel: 0161 850 5717 Opening Times: Mon to Fri 9am – 9pm (Wed closes 7pm), Sat 10am – 6pm, Sun closed</p>	<p>11 locations on Levenshulme's high street where you will be welcome to use their facilities. Just pop in and ask.</p> 
<p>Arcadia Library and Leisure Centre <i>Full disabled access.</i> Yew Tree Avenue, M19 3PH Tel: 0161 641 9911 Opening Times: Mon to Thu 6.30am – 10pm, Fri 10am – 4pm, Sat & Sun 9am – 5pm</p>	
<p>Fred's Ale House <i>Full disabled access.</i> 843 Stockport Rd, M19 3PN Tel: 0161 221 0297 Opening Times: Mon, Thu, Fri & Sat 12noon – 12 midnight, Tue, Wed & Sun 12noon – 11pm</p>	
<p>The Union Inn <i>Full disabled access.</i> 845 Stockport Rd, M19 3PW Tel: 0161 224 1271 Opening Times: Mon to Thur & Sun 11am – 11pm, Fri & Sat 11am – 12pm</p>	<p>Peter Anthony (PAD 4 U) Estate Agents <i>Small step in.</i> 834 Stockport Rd, M19 3AW Tel: 0161 257 2441 Opening Times: Mon to Fri 9am – 5pm, Sat 9am – 12pm</p>
<p>TROVE Café <i>Steps into café and up into toilet.</i> 1032 Stockport Rd, M19 3WX Tel: 0161 224 8588 Opening Times: Mon to Fri 9am – 5pm, Sat & Sun 10am – 10pm</p>	<p>Paddy Power Bookmakers <i>Full disabled access. Adults only.</i> 958-960 Stockport Rd, M19 3NN Tel: 0800 056 5275 Opening Times: Mon to Sun 8.30am – 10pm</p>
<p>Manchester Car Audio (MCA) <i>Steps at both entrances. Restricted accessibility.</i> 850 Stockport Rd, M19 3AH Tel : 0161 225 2222 Opening Times: Mon to Sat 9am – 5pm, Sun closed</p>	<p>William Hill Bookmakers <i>Full disabled access. Adults only.</i> 988/990 Stockport Rd, M19 3WN Tel: 0870 518 1715 Opening Times: Mon to Sat 8.30am – 10pm, Sun 9am – 10pm</p>
<p>Thairish Cafe <i>Restricted disabled access.</i> 910 Stockport Rd, M19 3AD Tel: 0161 249 3521 Opening Times: Mon to Sat 8am – 6pm & Sun 9am – 6pm</p>	<p>Bridgettes Flowers <i>Step to enter shop. Ramp available.</i> 1026 Stockport Road, M19 3WX Tel: 0161 225 1592 Opening Times: Mon to Sat 8.30am – 5.30pm, Sun closed</p>