

Age-Friendly Chorlton and Whalley Range



Activities for 50+ in Chorlton, Chorlton Park & Whalley Range

Spring / Summer
2023

This Directory aims to reflect the wide range of work and activities carried out locally.

The Directory features Age-friendly information and work delivered in Whalley Range, Chorlton and Chorlton Park to support Manchester City Council's Age Friendly Programme.

The Directory is divided into the following sections:

Social Groups or clubs	Food/Cafes/Luncheon Clubs	Exercise classes and Physical Activity
Computer classes and IT support	Other local Support	Upcoming events

The aim of the Directory is to be as up-to-date and as inclusive as possible with information within the voluntary & community sector. If you see something that is out of date, or you know of a group that isn't included, please contact Neighbourhood Community Development Officer Laura.Cassidy@manchester.gov.uk or agefriendlywhalleyrange@gmail.com as we will try to update the Directory regularly.

Websites containing useful information about projects and activities locally:

www.whalleyrange.org

www.manchestercommunitycentral.org

www.talk-english.co.uk/manchester

www.mcractive.com/activity

Social Groups or Clubs

Chit, Chat, Chai Women's Café

St Margaret's Social Centre

Brantingham Road

M21 0TT

Email: chitchatchaim16@gmail.com

A friendly, women-only space to connect and make friends, especially for women who are learning English or would like to help others who are learning English. We have a variety of activities available - arts and crafts, table tennis and fun board games.

Refreshments and snacks available (pay as much as you feel)

Mondays 11am – 12:30pm (term time only)

Chorlton Voice (aka Chorlton Civic Society)

Chorlton Library

Manchester Road

Chorlton

M21 9PN

chair@chorltonvoice.org

Chorlton Civic Society's mission is to preserve, develop and improve the amenities, environment, and other features of the area. Their monthly meetings cover a wide range of topics.

2nd Tuesday of every other month 7:30pm.

Whalley Range Women's Group

St Margaret's Centre

Brantingham Road

M21 0TT

Email: salmarasul@icloud.com or
Laura.Cassidy@manchester.gov.uk

Meet other local women for friendship, support, and some fun trying new things. Come along, have a drink and a chat, and tell us about your interests. Maybe you have a skill you'd like to share, or you've always wanted to try something new? Let us know so we can help make it happen!

Wednesdays 1 – 2:30pm (term time only)

St Margaret's Forever Garden

St Margaret's Centre

Brantingham Road

M21 0TT

www.facebook.com/pg/stmargaretscentre

Community Garden for residents for growing food. Seasonal training available.

Creative Conversations (Term times only)

JNR8 Youth & Community Centre
(Back of Manley Park Church)
82 Cromwell Avenue
Whalley Range
M16 0BG
Call Chris on 0161 881 3744
agefriendlywhalleyrange@gmail.com

A supportive, wellbeing social & crafting group for people over 50.

Would you like to get out more and meet new people? Join our relaxed and informal group to chat, to learn/participate in a craft activity and share lunch.

Day tbc

Free (RESTARTING SOON)

Cromwell Community Cuppa (Term times only)

JNR8 Community Centre
(Back of Manley Park Methodist Church)
82 Cromwell Avenue
M16 0BG
Call Chris on 0161 881 3744
agefriendlywhalleyrange@gmail.com

A weekly social drop-in aimed at over-50s.

A relaxed and friendly group to socialise over a cuppa and plan days out, to reconnect with your neighbours - and make new friends.

Drop-in, no need to book.

Refreshments are provided.

Wednesdays 2pm – 3pm

Chorlton Library Coffee Morning

Chorlton Library
Manchester Road
Chorlton
M21 9PN
Tel: 0161 227 3700
Email: chorltonlibrary@manchester.gov.uk

Drop in to Chorlton Library for Tea, Coffee, and Friendly conversation.

Free. All Over 50s welcome.

Every Tuesday 10 – 11am

Spinning Yarns

Upstairs at The Beagle,
456 – 458 Barlow Moor Road
Chorlton
M21 0BQ

For knitters and crocheters of all level and experience. Bring your projects and have a chat while you work on them. Please bring your own needles, hooks, and wool

Last Tuesday of the month from 7:30pm

CGN Drama Group

Wilbraham St Ninians

Egerton Road South, Chorlton

M21 0XJ

Email: helen@chorltongoodneighbours.org

Tel: 0161 881 2925

Drama Group with Nakib Narat. For anyone wanting to have a laugh, learn new skills and be with a great group of people willing to have a go.

Wednesdays 10am – 12pm

Run in 10-week blocks – please contact Helen for details of next one.

Chorlton History Group

Wilbraham St Ninians

Egerton Road South, Chorlton

M21 0XJ

Email: helen@chorltongoodneighbours.org

Tel: 0161 881 2925

Monthly talks around local history. Varied topics.

1st Thursday of the month 1.30pm – 2:45pm

Carlton Club Community Garden

Carlton Club, Rowan Lodge

113 Carlton Road, Whalley Range

M16 8BE

Tel: Jan on 07930 260 128

We meet to do a spot of gardening, have a cuppa and a biscuit, a chat and plan the season ahead. We are developing an outdoor kitchen area.

Saturdays at 1.30pm

Thursdays at 11am – 1pm

Free

Menopause Social Gathering

Carlton Club, Rowan Lodge

113 Carlton Road, Whalley Range

M16 8BE

Email: leadpipelou@hotmail.com

Come along to meet like-minded people who are on their peri menopause / menopause / post menopause journey, have a chat, ask questions, learn lots. All are welcome. It's a friendly, relaxed, informal group.

1st Tuesday of each month (6:30 - 7:30 pm)
although sometimes the date will change.

Scott Avenue Allotment Community Plot

Scott Avenue Allotment

Scott Avenue

Chorlton

M21 9QW

Email: supaorganism@gmail.com

Follow the signpost at the end of Scott Ave!
Wear boots/wellies, dress for the weather,
bring gardening gloves! Regular commitment
or drop in welcome!

Weds 6 – 7pm (except during winter)

Saturdays 11am – 1pm

Sundays 2 – 4pm

Free

Coffee and Art

Chorlton Good Neighbours

Wilbraham St Ninians

Egerton Road South, Chorlton

M21 0XJ

Tel: 0161 881 2925

Email: helen@chorltongoodneighbours.org

Art class with tutor Amanda Farrar. The group
start with mindfulness doodling to music,
moving on to creating various works around
different themes and using all sorts of media.

Thursday 1 – 2:30pm

Thursday Melodics

Chorlton Good Neighbours

Wilbraham St Ninians

Egerton Road South, Chorlton

M21 0XJ

Tel: 0161 881 2925

Email: helen@chorltongoodneighbours.org

Members coming together to enjoy
singing and occasional performances at
coffee mornings.

Thursday 11.45am – 1pm

Snooker, Darts and Bowling

Southwest Manchester Cricket Club

Chandos Rd

Manchester M21 0SG

Phone: Helen 0161 881 2925

An afternoon of snooker, darts and bowling.

Phone Helen, at Chorlton Good Neighbours,
for more information.

Tuesday 2 – 3pm

Ashville Arts and Crafts Afternoons

Room1

Ashville Surgery

171 Upper Chorlton Road

Whalley Range

M16 9RT

www.facebook.com/groups/11660852240557

Come along to Ashville on a Friday afternoon for some arts and crafts fun. Get creative and practice self-care with a cuppa and a chat. Everyone is welcome,

Fridays 2 – 4pm

Free

Friday Gardening Club

Chorlton Good Neighbours

Wilbraham St Ninians

Egerton Road South

Chorlton

M21 0XJ

Tel: 0161 881 2925

Email: helen@chorltongoodneighbours.org

Facilitated by gardener Geraldine Wall, this small group meet each week to socialise with a coffee, tell jokes, share news, and do a bit of potting in the greenhouse and planting of flowers, fruit and vegetables in the garden area. Meet in all weathers.

Friday 10am – 1pm

Friends of Chorlton Park Gardening Group

Chorlton Park

M21 7SA

Email: friendschorltonpark@gmail.com

Gardening, orchard care, and conservation every Saturday morning in most weathers. Wear suitable clothing. All tools and gloves provided. Tasks for all abilities included seated activities - seed planting and care of raised planters. No experience is necessary. Access to toilets for volunteers. Free cuppa after the session.

Saturdays 9.30 – 11:30am

Royal Oak Social Club

The Royal Oak

440 Barlow Moor Road

Chorlton

M21 0BQ

Call Mary on 0161 860 7438 / 07751 696 055

Mary@ForTheLoveOfChorlton.org

Meet new people and chat with your neighbours at The Royal Oak Social Club. Eat together, play games and quizzes and hear about other activities and events in your local area. All welcome.

Lunch Meal Deal Available. Free Tea and Coffee

Tuesdays 12 – 3pm

Chorlton Chatty Café

Benito Lounge

595 / 597 Wilbraham Road

Chorlton M21 9AE

Email: Laura.Cassidy@manchester.gov.uk

Tel: 07976 885 898

A weekly chatty table which will take place every Thursday 1 – 3pm. A place to come for a bit of company and chat and meet new people. Everyone who sits at the table is open for a chat.

Food and drink for sale at the bar. No pressure to buy any. Free water is available.

Thursdays 1 – 3pm

JNR8 Friday Community Hub

JNR8 Youth and Community Centre,

82 Cromwell Avenue, Whalley Range

M16 0BG

Email: communityforumwhalleyrange@gmail.com

Tel: 0161 881 3744

Come and meet your neighbours and make new friends at JNR8's Friday Community Social. Free tea, coffee and toast, signposting for support, Wi-Fi and charging points. Table tennis, foosball, board games, information sessions and more

Fridays 10am – 1pm

St Margaret's Community Café

St Margaret's Centre

Brantingham Road

M21 0TT

Email: stmargaretscentre1@gmail.com

Come and get social at St Margaret's Centre. Food share table, games, and a friendly chat. Donations and bakes welcome.

Thursdays 1 – 3pm

Public Living Room

Benito Lounge

595 / 597 Wilbraham Road

Chorlton M21 9AE

Come together, meet new people, and have a chat at The Public Living Room at Benito Lounge. No purpose, no agenda other than having fun and a chat.

Food and drink for sale at the bar.

Tuesdays 10:30 – 11.30am

Crafting Group

Barlow Moor Community Association

23 Merseybank Avenue

M21 7NT

Email: rachel@barlowmoorca.co.uk

Tel: 0161 446 4805

Meet others and craft together.

Thursdays 10am – 12 noon

Social Afternoons at BMCA

Barlow Moor Community Association
23 Merseybank Avenue
M21 7NT
Email: rachel@barlowmoorca.co.uk

Meet other people and take part in different activities each week such as board games, bingo and film afternoons.

Thursdays 1 – 3pm

Free

Music for Mindfulness

Barlow Moor Community Association
23 Merseybank Avenue
M21 7NT
Email: rachel@barlowmoorca.co.uk
Tel: 0161 446 4805

Play or listen to music, discuss musical interests, learn new skills, and meet new people. BMCA can provide instruments, or you can bring your own.

Fridays 10am – 12noon

St Barnabas Warm Welcome Coffee Morning

St Barnabas Church
On the corner of Hurstville Road / Hardy Lane
M21 8DH

Coffee Morning and warm space for the local community.

Fridays 10:45am – 11:45am

Knit for Peace

Communal Lounge, Ivy Court
Beech Road
Chorlton
M21 9FL
Email: Laura.Cassidy@manchester.gov.uk

Join others and knit items for local community projects, or work on your own projects. Open to all. Needles and wool can be provided.

Wednesdays 2 – 3:30pm

The Stories of our Lives

St Margaret's Centre
Brantingham Road,
M21 0TT
Tel: Jolene on 07939566148
Email: jolenesheehan@live.com
<https://storiesofourlivesnow.org/>

A welcoming and friendly community building story swapping group in Chorlton, Manchester. This group is for anyone over 18 who would like to connect with other people whilst reflecting on themes that spark uplifting memories of the past as well as offer opportunities for thought provoking conversations.

**One Saturday a month 11am till 12.30pm
(please call for details as varies)**

Elders Artbox

The White House
Chorlton Park, Nell Lane
M21 7SJ
Email: info@unity-manchester.org.uk

Weekly art sessions for over 50s. Different art skills each week.

Weds 1 – 3pm

Free

JNR8 Music Group

JNR8 Community Centre
82 Cromwell Avenue
Whalley Range
M16 0BG
Call: 0161 881 3744

An age friendly group for people aged 50+ who want to play a musical instrument and have lots of fun in the process. The group has guitars, ukuleles, and lots of percussion. You are welcome to also bring your own instrument.

Tuesdays 12 noon – 2pm

Free (Donations always appreciated)

St Margaret's Art Group

St Margaret's Centre
Brantingham Road
M21 0TT

All levels welcome. You can do your own thing or join in with suggested activity. It's very laid back, materials and paper are provided, with a good choice for you to experiment with.

Tuesdays 10am – 12 noon

Free (Donations towards materials welcome)

Chorlton Daytime Singers – Over 50's Community Choir

St Margaret's Centre
Brantingham Road
M21 0TT
Call: John on 07429 494 506
Email: Blaylocklive@gmail.com

Bringing people together through the joy of group singing, have fun and meet new friends. No experience needed, no sight reading and no audition. Free tea and coffee and free lyric book. Call or email for more information or just turn up.

Fridays 9:30am – 11am Starts 16th June

£5 per session

Food/Cafes/Luncheon Clubs

Food Bank

Whalley Range Methodist Church
51 Withington Road,
Whalley Range
M16 7 EX

Free emergency food parcels for those in need and signposting to other support services. Needs a referral.

Call the Food Bank on 0161 226 3413 or JNR8 on 0161 881 3744 for more information.

Monday 1-3pm

Food Bank Referral

JNR8 Youth & Community Centre
(Back of Manley Park Methodist Church)
82 Cromwell Avenue
M16 0BG
Call Chris on 0161 881 3744
communityforumwhalleyrange@gmail.com

Foodbank vouchers and referral

People in crisis can contact or visit JNR8 to receive a referral and food bank voucher to exchange for 3 days emergency food at Whalley Range Methodist Church on Mondays

Call Chris or Kate to discuss a referral on

0161 881 3744

St Clements Lunch Club

St Clements Church
Edge Lane
Chorlton
M21

Aimed at older people, open to anyone.

Second Wednesday of the month 12 noon

Whalley Range FOOD Club

Whalley Range Children's Centre
Burford Road
Whalley Range
M16 8HE
Phone: 0161 245 7007 / 0161 277 6970
Email: Michael.cowieson@family-action.org.uk

A local food club reducing costs for families and waste for the environment. There will be a range of food items available each week. Annual membership is £1, weekly cost is £3.50. You must live or work within 15 minutes walking distance of the centre.

Fridays 1 – 3pm

Sunday Tea in Chorlton

Chorlton Good Neighbours

Wilbraham St Ninians

Egerton Road South

Chorlton

M21 0XJ

Tel: 0161 881 2925

Email: helen@chorltongoodneighbours.org

Monthly Sunday tea with snacks, bingo raffle and entertainment.

Sunday, once per month, 2 – 4pm

Food Bank

Christ Church

Darley Avenue

M20 2ZD

Tel: 07938191038

info@chorltondidsbury.foodbank.org.uk

Free food parcels for those in need.

Signposting to other support if needed.

Covering all Chorlton & Didsbury - Referrals required (call helpline on 0808 208 2138)

Tuesdays - Delivery Only 2-3.30pm

Wednesdays - Drop in at Christ Church M20 2ZD - 11-12.30pm

Fridays - Delivery Only 1-2.30pm

The Den Café, Merseybank

The Den Café

40 Merseybank Avenue

M21 7NN

Tel: 07851 454 612

Community Café for anyone who needs support. Offering three meals a day, Monday to Wednesday.

Breakfasts for children pre-school: 7am – 10am

Lunches 12pm – 2pm

Snacks 2:30pm – 4:30pm

Barlow Moor Community Association

Barlow Moor Community Association

23 Merseybank Avenue

M21 7NT

Emails: rachel@barlowmoorca.co.uk

Tel: 0161 446 4805

What's App: 07760 117235

BMCA provide a wide range of services including food parcels and lunches. Please contact Rachel for more details.

Quids In Food Shop – Merseybank

The Pop-Up Shop
Merseybank Parade
42 Merseybank Avenue
M21 7NN

Quids In offers members a variety of food worth £10-15 for just a £3 weekly membership fee – a sum that helps to pay food charity Fareshare and other club costs. It is open to households in the postcode area of the individual clubs - not just Southway tenants - that claim at least some Housing Benefit or Universal Credit.

Fridays 12 noon to 3pm

Quids In Food Shop – Chorlton Park

Brookfield House (White Building in Chorlton Park, Nell Lane Entrance)
Chorlton
M21 7UD

Quids In' offers members a variety of food worth £10-15 for just a £3 weekly membership fee – a sum that helps to pay food charity Fareshare and other club costs. It is open to households in the postcode area of the individual clubs - not just Southway tenants - that claim at least some Housing Benefit or Universal Credit.

Thursdays 10:30am to 1pm

Exercise Classes and Physical Activity

Tai Chi Chen Style (Term Times Only)

JNR8 Community Centre
(Back of Manley Park Methodist Church)
82 Cromwell Avenue
M16 0BG
Call Chris on 0161 881 3744
communityforumwhalleyrange@gmail.com

Tai Chi is a system of graceful movements based on the principle of weight shift, body alignment and balance.

Suitable for all ages and requires no special equipment

Thursdays 1.30 – 2.30pm

£1.00 donation

Gentle Dance Exercise Class

Chorlton Good Neighbours
Wilbraham St Ninians
Egerton Road South
Chorlton
M21 0XJ

Mixture of dance moves seated and standing, suitable for older adults, utilising music and stretch bands/ hand weights to improve flexibility, balance, strength, and mobility, helping to reduce falls. Tea /coffee afterwards.

Every Monday 1.30pm – 2.30pm

£3

Gentle Exercise Class

Chorlton Good Neighbours
Wilbraham St Ninians
Egerton Road South, Chorlton
M21 0XJ
Tel: 0161 881 2925
Email: helen@chorltongoodneighbours.org

Online exercise class through Zoom. Suitable for older adults, to improve flexibility, balance, strength and mobility, helping to reduce falls.

Tuesdays and Thursdays 11am – 12 noon

Seated Exercise

Chorlton Good Neighbours
Wilbraham St Ninians
Egerton Road South
Chorlton
M21 0XJ
Tel: 0161 881 2925

Suitable for older adults, all with music and using stretch bands/ hand weights to improve flexibility, balance, strength, and mobility, helping to reduce falls. Tea /coffee afterwards.

For older people with less mobility, mainly seated. Some transport provision available

Fridays 10am – 11am

£3

Women's Keep Fit

JNR8 Youth and Community Centre

(Back of Manley Park Church)

82 Cromwell Avenue

Whalley Range

M16 0BG

Call Chris on 0161 881 3744

communityforumwhalleyrange@gmail.com

Mixed ability stretching, low impact aerobics to work the cardiovascular system, work on 3 or 4 muscle groups in each section, finishing with abdominals and a relaxation.

Friendly and fun!

Cost: £3 donation

Term time Wednesdays 10-11am

The Bike Hive Bike Repairs and Rides

The Bike Hive

Alexandra Park

Russell Street

M16 7JL

Email: bikehivemcr@gmail.com

Fun and friendly exercise class with exercises adapted for all abilities. Stay afterwards for a drink and a chat.

Every Monday 9.30am – 2pm Bike Repairs and Park Ride

Every Friday 9.30am – 2pm Cycle Training and Tool Club

Dance Fit with Diane

St Margaret's Centre

Brantingham Road

M21 0TT

Get moving and have fun at these dance fit sessions.

Wednesdays and Fridays 6:15pm

£2

Chorlton Health Champions Walk

Chorlton Health Centre

1 Nicolas Road,

Chorlton M21 9NJ

Email: dawn.harris15@nhs.net

Join Practice Champions from Chorlton Health Centre on a gentle social walk leaving from Chorlton Health Centre, usually around Longford Park and back. All are welcome.

Every Thursday 1pm. Meet outside the Health Centre.

Gentle Exercise Class

Whalley Range Methodist Church
51 Withington Road
Whalley Range
M16 7EX
Tel: 0161 881 9421

Gentle Exercise Class to improve strength, balance, and mobility.

Thursdays 10:45am – 11:45am

Cost £10 per calendar month

Ashville Health Champions Walk

Meet outside The Pavillion (Café)
Alexandra Park
Demesne Road
M16 8PJ
www.facebook.com/groups/1166085224055755/

Join Practice Champions from Ashville Health Centre on a gentle social walk leaving from The Pavillion at Alexandra Park. All are welcome.

Thursdays 11am

FREE

Chair Based Exercise

JNR8 Youth and Community Centre
(Back of Manley Park Church)
82 Cromwell Avenue
Whalley Range
M16 0BG
Call Chris on 0161 881 3744
communityforumwhalleyrange@gmail.com

Suitable for people with mobility issues and older adults to improve flexibility, balance, strength, and mobility, helping to reduce falls.

Tuesdays 2:15 – 3pm

Free

Chair Based Exercise

Barlow Moor Community Association
23 Merseybank Avenue
M21 7NT
Email: rachel@barlowmoorca.co.uk

Suitable for older adults to improve flexibility, balance, strength, and mobility, helping to reduce falls.

Wednesdays 10am – 11am

Free

Fiona's Fitness Friends

Carlton Club

Rowan Lodge, 113 Carlton Road

Whalley Range

M16 8BE

Email: fionagray68@gmail.com

Tel: 07443927073

Fun, friendly, dance fitness session for women.

Thursdays 10:15am – 11am

£6

Fiona's Fitness Friends

Alexandra Park

180 Russell Street

M16 7JL

Email: fionagray68@gmail.com

Tel: 07443927073

Fun, dance fitness session for women.

Fridays 11am

£6

Computer and IT Support

Coffee and IT: computers for beginners. Term time only

JNR8 Youth and Community Centre

(Back of Manley Park Church)

82 Cromwell Avenue

Whalley Range

M16 0BG

Call Chris on 0161 881 3744

Back Soon!

Free

Grand Day Out

Chorlton Library, Manchester Road

Chorlton; M21 9PN

Phone: 0161 227 3700

Email: Chorltonlibrary@manchester.gov.uk

All over 50s welcome. Get help using a computer on a Friday afternoon. Expand your skills or get help with the basics. Games available and occasional trips out.

Every Friday 2 - 4pm

Free

CGN Digital Drop In

Chorlton Good Neighbours

Wilbraham St Ninians

Egerton Road South, Chorlton

M21 0XJ

Tel: 0161 881 2925

Email: helen@chorltingoodneighbours.org

Technical support sessions for anyone who wants to find out how to get the best out of their smart phones, iPad, tablets, or laptops.

Every Thursday 10 am – 11:30am

BMCA Digital Support Session

Barlow Moor Community Association

23 Merseybank Avenue

M21 7NT

Emails: rachel@barlowmoorca.co.uk

Tel: 0161 446 4805

What's App: 07760 117235

Offering support with using different devices, happy for you to bring in your own device.

Every Monday 10am – 12 noon

Local Support Services

Together Dementia Support Walk and Talk

The Pavilion Café

Alexandra Park

Russell Street

M16 7JL

E-mail: sally@togetherdementiasupport.org

Tel. 07854 335890

The group have a leisurely stroll around the lake, feeding the ducks & observing wildlife. Anyone who wants to walk for longer can do so with our volunteers. Afterwards, we enjoy refreshments in the cafe. Both people with dementia and their relatives are very welcome to join us. We'll be there, whatever the weather!

Face2Face Counselling

St Clements Church

St Clements Road

Chorlton

M21 9AE

Tel: 0161 881 1535

Email: info@facetofacecounselling.org.uk

An independent organisation run by volunteers. 1 to 1 personal counselling for adults and a weekly 2-hour therapy group. Adult service exclusively for people on a low income.

Open 7 days a week 9am – 8pm

Manchester Cares

Venue across the city

If you would like to find out more call Naomi on 0161 207 0800

Are you over 65? Join our community network of young professionals and older neighbours hanging out and helping one another in our rapidly changing city. We exist to reduce loneliness amongst older and younger neighbours alike, and to bridge the gaps across social and generational divides. We put on free group activities across the city, and match younger and older neighbours for one-to-one friendships to meet up once a week to enjoy a cup of tea and a natter.

Time to Change

JNR8 Youth and Community Centre

82 Cromwell Avenue

Whalley Range

M16 0BG

Tel: 07788855544 Carol

Come along to our free, volunteer led, self-help group offering music, art, pool and table tennis, tai chi, cooking and shared meal, bike maintenance and good company.

Please call Carol in advance on 07788855544 so we can welcome you

Fridays 6 – 8pm

Counselling

Counselling sessions are available at a number of organisations, including:

TLC St Luke's 0161 273 1538

Age UK 0800 027 57 87 counselling@ageukmanchester.org.uk

Yaran at The Roby, Longsight 07413396573

LGBT Foundation 0345 3 30 30 30

Manchester Rape Crisis 0161 273 4591 (Helpline: 0161 273 4500)

Self Help Services, Zion Centre 0161 226 3871

Please call the organisation to discuss what is available and for booking procedures. Criteria may apply.

Positive Living Group

Chorlton Good Neighbours

Wilbraham St Ninians

Egerton Road South

Chorlton

M21 0XJ

Tel: 0161 881 2925

Email: helen@chorltongoodneighbours.org

Come along to our free group, running once a month, and facilitated by an experienced life coach. Topics dealing with ageing, theories of happiness and wellbeing, and how to listen more deeply and maintain an optimistic outlook.

Monday, once per month, 10am – 12 noon
Usually 1st Monday of the month

Boost Resilience Courses

JNR8 Youth and Community Centre

(Back of Manley Park Church)

82 Cromwell Avenue

Whalley Range

M16 0BG

Call Chris or Kate on 0161 881 3744

Free five-week course (1 hour a week) looking at building confidence and boosting resilience.

Please contact Chris or Kate to be put on the list for the next course.

Diabetes, You and Me

Barlow Moor Community Association

23 Merseybank Avenue

M21 7NT

Email: rachel@barlowmoorca.co.uk

Tel: 0161 446 4805

What's App: 07760 117235

A group for people with diabetes to help you find out more about living with the condition; learn and share tips to feel your best; speak to health professionals and meet together in an informal, relaxed environment.

Mondays 1 – 3pm

Leg Club

JNR8 Youth and Community Centre
(Back of Manley Park Church)
82 Cromwell Avenue
Whalley Range
M16 0BG
Call Dawn on 07305 943 204

The Leg Club is a great opportunity for people with lower leg ulcers to socialise, share experiences, access local information and get medical support. You can self-refer to the group or ask for a referral from a health professional. Please call Dawn Harris for more information.

**Launch Date: Weds 30th August 2023
11:30am to 1:30pm, then weekly.**

Wider support

General Information

<https://hsm.manchester.gov.uk/kb5/manchester/directory/home.page>

Health and Wellbeing

<https://hsm.manchester.gov.uk/kb5/manchester/directory/directory.page?directorychannel=4>

SERVICES: Drugs, Alcohol and Smoking, Mental Health, Support Groups, Eating Well, Pregnancy and Childbirth, Sexual Health, General Health, Long Term Conditions, Sports and Exercise, Veterans and Armed Forces Toolkit

Work and Money

<https://hsm.manchester.gov.uk/kb5/manchester/directory/directory.page?directorychannel=5>

SERVICES: Employment Advice and Rights, Money and Debt, Volunteering, Working

Abuse and Neglect

<https://hsm.manchester.gov.uk/kb5/manchester/directory/directory.page?directorychannel=2>

SERVICES: Bullying, LGBT, Children and Young People, Older People, Disability Abuse, Support for Men, Domestic Abuse, Support for Women, Hate Crime

Adult Care and Support

<https://hsm.manchester.gov.uk/kb5/manchester/directory/directory.page?directorychannel=3>

SERVICES: Covers carers, Disability and Sensory Impairment, Homes and Housing, Social Life & Community Support, Getting Older, Health and Wellbeing, Options for Care and Support

Be Well

Be Well is a one-to-one service that can help you find a way to live and feel well whatever twists and turns life brings. We can even help you get on top of work, housing, family and money worries.

Just ask your GP to put you in touch with us.

Be Well is here for people in Central and South Manchester. We're free to all, near to home and personal to you,

Telephone: 0161 470 7120

Books to Go

Tel: 0161 227 3800

Email: bookstogo@manchester.gov.uk

Books to Go provides a home delivery service for Manchester residents. If you have limited mobility, a visual impairment or any difficulty leaving your home, you are invited to apply to

You can borrow up to 15 items every four weeks and choose from books in both ordinary and large print, talking books and DVDs.

FREE

Carers Manchester

For support, training, and advice for all carers in Manchester.

Website: www.carersmanchester.org.uk/

LGBT Foundation

LGBT Foundation

5 Richmond Street

Manchester M1 3HF

0345 330 30 30

www.lgbt.foundation

LGBT Foundation exists to support the needs of the diverse range of people who identify as lesbian, gay, bisexual and trans.

Services: include befriending, one-to-one support, email and helpline support, community events & workshops, social & support groups (including groups for over 50's), gay & bi men's spaces, and lesbian & bi women's spaces.