Age-Friendly Chorlton and Whalley Range



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

Autumn / Winter 2026

Last Updated: 19th November 2026

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 If you see something that is out of date, or you know of a group that isn't included, please contact Neighbourhood Community Development Officer Laura.Cassidy@manchester.gov.uk or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

Last Updated: 19th November 2026

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 Civic Society

Community Room

Chorlton Library

Manchester Road

M21 9PN

secretary@chorltoncivicsociety.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.

January, March, May, July, Sept, Nov

Whalley Range Women's Group

JNR8 Youth & Community Centre

(Back of Manley Park Church)

82 Cromwell Avenue

Whalley Range

M16 0BG

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!

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

St Margaret's Forever Fields Gardening Club

St Margaret's Centre

Brantingham Road

M21 0TT

www.facebook.com/pg/stmargaretscentre

Expect gardening, exercise, brews, biscuits and good chat. Wear sturdy footwear and clothing for outdoor work, tools provided. You can just drop in.

Mondays 10am – 4pm

Thursdays 12pm – 4pm

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

M21 9PN

Tel: 0161 227 3700

Email: chorltonlibrary@manchester.gov.uk

Drop in for Tea, Coffee, and Friendly conversation.

Free. All Over 50s welcome.

Every Tuesday 10 – 11am

Drama Group

Chorlton Good Neighbours

Wilbraham St Ninians

Egerton Road South, Chorlton

M21 0XJ

Email: coordinatorcgn@gmail.com

Tel: 0161 881 2925

Drama Group with Peter Gibson. 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

£3 per session

Chorlton History Group

Chorlton Good Neighbours

Wilbraham St Ninians

Egerton Road South, Chorlton

M21 0XJ

Email: coordinatorcgn@gmail.com

Tel: 0161 881 2925

Monthly talks around local history. Varied topics.

2nd Tuesday 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

Tuesdays at 11am – 1pm

Free

Thursday Coffee Morning

Chorlton Good Neighbours

Wilbraham St Ninians

Egerton Road South, Chorlton

M21 0XJ

Tel: 0161 881 2925

Email: coordinatorcgn@gmail.com

Join the Chorlton Good Neighbours busy Coffee Morning and enjoy speakers, singers, occasional bingo and raffles.

Thursdays 9:45am – 11:15am

£1

Art and Craft

Chorlton Good Neighbours

Wilbraham St Ninians

Egerton Road South, Chorlton

M21 0XJ

Tel: 0161 881 2925

Email: coordinatorcgn@gmail.com

Come and get creative at our craft table run by volunteer Leah or join the Art table with artist Amanda using mixed media.

Thursday 1 – 2:30pm

£3 for Art group

£2 for craft group

Thursday Melodics

Chorlton Good Neighbours

Wilbraham St Ninians

Egerton Road South, Chorlton

M21 0XJ

Tel: 0161 881 2925

Email: coordinatorcgn@gmail.com

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

Thursday 11.45am – 1pm

Snooker and Darts Social

Southwest Manchester Cricket Club

Chandos Rd

Manchester M21 0SG

Phone: 0161 881 2925

Email: coordinatorcgn@gmail.com

An afternoon of snooker, darts and bowling.

Phone Chorlton Good Neighbours, for more information.

Tuesdays 2 – 3pm

Friday Gardening Club

Chorlton Good Neighbours

Wilbraham St Ninians

Egerton Road South

Chorlton

M21 0XJ

Tel: 0161 881 2925

Email: coordinatorcgn@gmail.com

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

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 friends and make new ones at JNR8's Friday Community Hub. Free tea and coffee, toast, soup and bread. Wi-Fi and charging points. 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

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

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

The Stories of our Lives

The Community Room, Chorlton Library

Manchester Road

M21 9PN

Tel: Jolene on 07939566148

Email: jolene.joyethic@gmail.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.

First and Third Saturday of the 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

The Happy Tuesdays is a weekly 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. Or 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)

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 – 11:45am

Chorlton Chatty Café

The Tea Hive

53 Manchester Road

Chorlton

M21 9PW

Chatty Café is a nice relaxed atmosphere to chat, meet people and break up the day. Just turn up, grab yourself a cuppa (they'll be water on the table if you don't fancy a cuppa) and join in the chat.

Wednesdays 11am to 1pm

Men's Brew Crew

St Margaret's Centre and Playing Fields

Brantingham Road

M21 0TT

Email: stmargaretscentre1@gmail.com

Join the new Men's group at St Margaret's Centre on Brantingham Road. A relaxed space for local men to chat, connect, and unwind. The group is free (donations welcome), and your ideas for shaping the sessions are encouraged.

Tuesdays 12:30pm to 2pm

Chorlton Central Church Warm Hub

Chorlton Central Church

Barlow Moor Road

M21 8BF

Come together with the local community for a hot meal and company.

Wednesdays 3:30 – 5pm

FREE

Practical Conversational Spanish

JNR8 Community Centre

82 Cromwell Avenue

Whaley Range

M16 0BG

Tel: 0161 881 3744

The aim is not perfect Spanish, the aim is to communicate with more confidence. For people with some Spanish (A2/B1ish).

Thursdays 11:30am -1pm (Term time only)

FREE

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

JNR8 is a foodbank referral centre for emergency food from Manchester South Central Foodbanks at Whalley Range Methodist Church, St Bride's Church and the Ascension Church in Hulme

Call 881 3744 to request a referral for a foodbank voucher…

St Clements Lunch Club

St Clements Church

Edge Lane

Chorlton

M21

Tel: Revd Jenny King on 0161 861 0898

Aimed at older people, open to anyone.

Second Wednesday of the month 12 noon

Sunday Tea in Chorlton

Chorlton Good Neighbours

Wilbraham St Ninians

Egerton Road South

Chorlton

M21 0XJ

Tel: 0161 881 2925

Email: coordinatorcgn@gmail.com

Monthly Sunday tea with snacks, bingo raffle and entertainment. **Please contact Chorlton Good Neighbours to book a place well in advance.**

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

Barlow Moor Community Association

Barlow Moor Community Association23 Merseybank Avenue M21 7NT

Email: 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 12.30pm

Exercise Classes and Physical Activity

Tai Chi & Chi Kung (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 and chi kung are health care practices that combine physical movement, controlled breathing and deep focus for anyone seeking health and balance. Suitable for all ages and requires no special equipment.

Thursdays 1.30 – 2.00pm

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.

Every Monday 1.30pm – 2.30pm

£5

Gentle Exercise Class

Chorlton Good Neighbours

Wilbraham St Ninians

Egerton Road South, Chorlton

M21 0XJ

Tel: 0161 881 2925

Email: coordinatorcgn@gmail.com

In person but people can join in on Zoom if pre-arranged. Suitable for older adults, to improve flexibility, balance, strength and mobility, helping to reduce falls.

Wednesdays 1:30 – 2:30pm

Seated Exercise

Chorlton Good Neighbours

Wilbraham St Ninians

Egerton Road South

Chorlton

M21 0XJ

Tel: 0161 881 2925

Email: coordinatorcgn@gmail.com

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

£5

Gentle Exercise to Music

St Margaret's Centre

Brantingham Road

M21 0TT

Email: stmargaretscentre1@gmail.com

Fun and gentle exercise class to music for all levels.

Friendly and fun!

Cost: £2 minimum donation

Tuesdays 6pm to 6:45pm

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

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

Fiona's Fitness Friends is an over 55s Dance Fitness Class. Fiona Gray is a former Dance Teacher and highly qualified Dance Fitness Instructor including Postural Stability, GP Referral, Chair-based Exercise and Exercise to Music. Bring a friend or come alone you will receive a warm welcome from everyone!

Thursdays 10:15am – 11am

£6 for both sessions (Thursday and Friday)

Fiona's Fitness Friends

Alexandra Park

180 Russell Street

M16 7JL

Email: fionagray68@gmail.com

Tel: 07443927073

Fiona's Fitness Friends is an over 55s Dance Fitness Class. Fiona Gray is a former Dance Teacher and highly qualified Dance Fitness Instructor including Postural Stability, GP Referral, Chair-based Exercise and Exercise to Music. Bring a friend or come alone you will receive a warm welcome from everyone!

Fridays 11am

£6 for both sessions (Thursday and Friday)

Walk and Talk

Barlow Moor Community Association

23 Merseybank Avenue

M21 7NT

Email: rachel@barlowmoorca.co.uk

Phone: 0161 446 4805

Walk and Talk is an excellent way to be social whilst also remaining active. This group takes place every Thursday morning, meets at BMCA and heads around Chorlton Waterpark together for an hour of beautiful sites of nature and conversations. This is a great opportunity to meet new people and make friends.

Every Thursday 10am – 11am

FREE

O.M.G (Older Men's Gym)

Manley Park Sports and Community Centre

York Avenue

Whalley Range

M16 0AS

Email: btleach+gym@gmail.com

Phone: 07960 888 879

Free supervised gym sessions for men over 60. Get fit, meet new people and try something new.

Every Thursday 1 – 2pm plus stay for a chat after.

FREE

Over 50s Women Gym

Manley Park Sports and Community Centre

York Avenue

Whalley Range

M16 0AS

Email: admin@yosg.org.uk

Phone: Caryl on 0161 222 4044

Free gym sessions for women over 50 from Whalley Range and the surrounding areas. Meet new people while exercising in a safe environment with a trainer on hand to support you if needed. Women only session.

Every Wednesday 1 – 2pm plus stay for a chat after.

FREE

Ladies Cycling Sessions

St Margaret's Centre and Playing Fields

Brantingham Road

M21 0TT

Email: stmargaretscentre1@gmail.com

Free cycling lessons for new riders, those who want to build confidence, those who want to practice with little people on board, with a qualified leader from Bike Hive. Refreshments available. Women only session.

Every Monday 11am to 1pm.

FREE

Gentle Steps Women's Movement Collective

Meet outside Bembe Café,

Alexandra Park,

Demesne Road

M16 7JL

Call or text: 07444 991 395

A gentle, friendly walk in the park, followed by an optional café catch-up. Come along, make connections and move at your own pace. New members always welcome.

Every Saturday 11am – 11:45am with social afterwards in Bembe Café

Last Updated: 19th November 2026

Computer and IT Support

Grand Day Out

Chorlton Library

Manchester Road

M21 9PN

Phone: 0161 227 3700

All over 50s welcome. Bring along your own device and get help and support to use it. Expand your skills or get help with the basics. Games available and occasional trips out.

Every Friday 2 - 4pm

Free

Digital Drop In

Chorlton Good Neighbours

Wilbraham St Ninians

Egerton Road South, Chorlton

M21 0XJ

Tel: 0161 881 2925

Email: coordinatorcgn@gmail.com

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

Every Thursday 1pm – 3pm

Local Support Services

Together Dementia Support

Kath Locke Centre, 123 Moss Lane East

M15 5DD

E-mail: sally@togetherdementiasupport.org

Tel. 07854 335890

www.togetherdementiasupport.org/

Together Dementia Support provide support for those living with Dementia, as well as their carers. Their services include Friendship & Activity groups, social outings, short-term carer respite and free carer training for family care partners.

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

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 5 - 7pm

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: coordinatorcgn@gmail.com

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

£2 per session

Boost Resilience Courses

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

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

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

Leg Up 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 Up Club is a great opportunity for people to socialise, share experiences, access local information and get medical support. Meet new people, enjoy a brew and a bite to eat, Arts and Crafts, board games and other activities. Relax and keep warm, ask us about transport. The social club is open to anyone with: *Leg & Foot Ulcers; *Cellulitis; *Hypertension; *Diabetes; *Varicose Veins; *Sickle Cell; *Leg numbness; *Leg pain; *Lymphedema; *Lupus; *Arthritis; *Loneliness

Wednesdays 11:45am to 1:30pm

Withington Heart Help Support Group

Withington Methodist Church

Wilmslow Road

Withington

M20 4AN

Email: hearthelp4u2@gmail.com

Tel: 0161 536 3188

A self-help group supporting people living with heart related problems, and their families and carers. Activities include structured exercise classes run by qualified professionals, as well as social opportunities.

Tuesdays, Weds and Thursdays 10am to 12 noon

www.borchardtmc.nhs.uk/2024/07/17/withington-heart-health-support-group/

Cost of Living Support: Practical Help and Life Skills

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

Practical advice around housing, welfare benefits, digital inclusion and
cost-of-living support.
Using NHS app for long term health conditions,

Takes place during Leg Up Club sessions
Wednesdays 12-1:30pm
By appointment: 0161 881 3744

Early Extra Help and Support

Barlow Moor Community Association

23 Merseybank Avenue

M21 7NT

Emails: rachel@barlowmoorca.co.uk

Tel: 0161 446 4805

What's App: 07760 117235

If you are facing challenges and don't know where to start, contact Early Extra Help and Support at BMCA.

Advice and form filling support. Debt support, benefits checks, benefit applications, food / fuel support. Housing support, Universal Credit journals, job searching and CV writing, bus pass, driving license and passport applications.

Call the centre to book an appointment.

Local Events

Chorlton Repair Café

Chorlton Repair Cafe is a free to use, drop in community event, run by volunteers and open to all. Visitors can attend the Repair Cafe every month to learn from expert volunteers the skills to fix broken clothes, furniture, electronics, bikes, and technology. Just turn up on the day with your broken item. The last repair will be booked in at 11:40am. *Always check before you travel, as we usually have a break in December and some other events may be rearranged depending on our volunteers' availability.

Second Saturday of most months 10am – 12 noon

St Margaret's Centre, Brantingham Road, M21 0TT

www.facebook.com/ChorltonRepairCafe

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.