



Artwork by Len Grant www.lengrant.co.uk

Withington and Old Moat neighbourhood update

Issue 8
January 2025

FREE

News and useful information on health, wellbeing and what's on for people in Withington and Old Moat.

Neighbourhood Partnership

Thank you to everyone who continues to attend our Withington and Old Moat Neighbourhood Partnership Meetings.

For anybody who hasn't attended a neighbourhood partnership meeting before, these meetings take place four times a year and are a space where local people and workers across all sectors can come together to share thoughts and discuss priorities around health and wellbeing for the neighbourhood.

Neighbourhood partnership meetings are also a space to connect with others and build more awareness of what is available in the neighbourhood. We welcome all partners to this meeting including active residents who want to find out more about the work that is taking place in the area and offer their knowledge of the local community and their lived experience to help improve health and wellbeing for residents.

The Next Withington and Old Moat Neighbourhood Partnership meeting will take place on Monday 20 January, 10:30am - 12:30pm at Ladybarn Community Hub. If you would like to come, contact Yasmin Holgeth, Health Development Coordinator for Old Moat and Withington, Manchester Local Care Organisation:

**Email - Yasmin.Holgeth@mft.nhs.uk
Call - 0757 0527 497**

In this issue:

- What's on
- Age friendly activities and information
- Early years and youth provision
- Support for carers
- Volunteering
- Cost of living help
- Health information



If you want this newsletter in large print, please contact us
Yasmin.Holgeth@mft.nhs.uk or 0757 0527 497

What's on

Friends of Mauldeth Road Station

We are a friendly local group who meet regularly to maintain and improve the environment around Mauldeth Road Station. We have already established a triangle of shrubs and flowers outside the ticket office. Our next project is to develop the area on the corner of Mauldeth Road near the bridge. If you'd like to join us, or for more information, email:

friendsofmauldethroadstation@outlook.com

Withington Public Hall Institute

A community hub in a historic venue. Quiz Nights, Live Music and More. 2 Burton Road, Withington, M20 3ED View their Instagram for what's on, or pop in Thurs - Sat, 4pm - 11pm

www.instagram.com/withpublichall

Digital Skills for Adults

Have you heard that there are Free Digital Skills courses with Manchester Adult Education Service? Including: Digital Skills Courses for Beginners, Microsoft for Work, Digital Essentials (entry 3/level1), Skill Up. Contact Withington Adult Education Centre, 24a Burton Road, Withington, M20 3ED.

0161 234 5687

www.manadulted.ac.uk

Walking and Talking Group, Ladybarn Park

Group walking can be good for your health and social life. Come along for a walk and chat. Suitable for anyone. Every Wednesday, 10:30am - 11:30am. No need to book. Free.

Meeting Point: Parrswood Road near Briarfield Road.

St Paul's - Withington Welcomes

A social group with free tea, coffee and conversations. Everyone is welcome! Farsi speaking community support the event.

Every Tuesday, 10am to 12pm.
St Paul's, 491 Wilmslow Road,
Withington, M20 4AW

Yoga 4 Health

Free 10 Week Course 'Yoga 4 Health' funded through Sport England. Suitable for those with pre-diabetes, cardio vascular risk, anxiety, stress. Withington Library, 410 Wilmslow Road, Withington, M20 3BN

Starting Tuesday 14 January 6pm - 7:15pm

People can self book by emailing:
contactyogaforhealth@gmail.com
or call: **07782 413 146**

Walking and Wheeling Group

Low impact exercise as you walk in a group around Kingswood Park. Followed by a light lunch at Ladybarn Hub.

Tuesdays 11am

Meeting point Ladybarn Community Hub, Royle Street, Ladybarn, M14 6RN

For more info contact:

Tel: **0161 224 3733**

ladybarncommunityhub.co.uk

Ladybarn Community Clean-up

Resident-led group undertake frequent clean-ups, etc. to improve the public realm. Join us 11am - 12pm on the last Saturday of the Month.

Meet at Ladybarn Hub. All welcome, equipment provided.

For more info contact Sue Bell:

suechowow@gmail.com

This is both fun and worthwhile.

Be Well Service Men's Health Drop In & Advice Sessions

If you are looking for advice, call in to see Andy at our monthly drop-in sessions on the following dates from 10am - 2pm:

Friday 31 January 2025

Friday 28 February 2025

Friday 28 March 2025

Friday 25 April 2025

Friday 30 May 2025

Withington Library, 410 Wilmslow Road, Manchester, M20 3BN

Mandem Meetup

Mandem Meetup is a grassroots charity promoting, correcting and improving the conversation around men's mental health and wellbeing. Join one of our Talking Circles on the 2nd and 4th Monday of each month, 7pm at Withington Baths.

Mandem Meetup provide activities for men to come together and build brotherhoods. Join them for a free dry January 'sober rave' at Withington Public Hall Institute on Saturday 25 January, 7pm - 11pm.

More details to come, check out mandemmeetup on Instagram to keep informed.

Withington Walks at Withington Baths

As part of the Withington Baths community programme, Withington Baths run monthly walks on Sundays. The walks are informal and relaxed and aim to reduce social isolation and improve physical fitness. They have also expanded the activity to include an optional meal which people pay for themselves. These walks received funding as part of the Your Community Your Fund to cover transport costs to take the walking group further afield. Walk leader Nuala (who also runs the Bathhouse Café at the Baths) said: "As walk leader it's been such a pleasure to watch members of the walking group progress not only with health issues but also making personal connections with each other, it's a pleasure to watch people really enjoy eating together."

For more information or to join the next walk people can email Nuala on:

thebathhousecafe@withingtonbaths.com

Your Community Your Fund was funded jointly by ARIS, NHS Local Care Partnership, Manchester City Council, and Southway Housing.

Table MCR

Table Manchester creates safe spaces for connection and community with socials and events ranging from brunch to workout sessions. For people aged 18 to 30.

For more information, check out

[instagram/tablemcr](https://www.instagram.com/tablemcr) or

www.meetup.com/tablemcr

Ladybarn Hub Hate Crime Reporting Centre

Ladybarn Hub is now a Hate Crime Reporting Centre. This means if you experience or witness a hate crime, you can report it without having to go to the Police. This includes hate based on someone's race, religion, sexuality, transgender identity, disability or subculture.

You can do this by completing an online form or going to a hate crime reporting centre like Ladybarn Hub. Ladybarn Hub staff have been training to support the victims of hate crimes and will help you complete a reporting form in a safe and private space.

It's important to report all hate incidents, whether they're crimes or not, so that we can prevent future hate. You can report hate crimes anonymously if you would prefer. For more information or to report hate crime visit Ladybarn Community Hub or go to:

report-it.org.uk

Ladybarn Community Hub

Royle Street, Ladybarn, M14 6RN
Tel: **0161 224 3733**

ladybarncommunityhub.co.uk

Mon-Thurs all welcome to sit in the warmth and have a hot cuppa, particularly welcome people to come on Wednesdays to have a free cup a soup and slice of toast. Feel free to read the books in our foyer whilst you're here.

Mondays

1pm - 2pm Tai Chi. All abilities welcome. £5 per session. 1st Session FREE.

11am - 5pm Study Mondays. Free WIFI and study space for students and home workers. Unlimited hot drinks for £1 donation.

Tuesdays

10:30am - 12pm LGBTQ+ coffee morning. Popular and friendly group for LGBTQ+ people. £2 donation per session.

11am - 12:30pm Easy Walking Club. Join us for a walk around Kingswood Park followed by free tea and toast at the Hub. Meet in the foyer at 11am. In association with Friends of Kingswood Park.

5:30pm - 7:30pm Board games and brews. Friendly board game group playing a variety of games. Everyone welcome - £2 donation per session to support the hub.

Wednesdays

12pm - 2pm Wellbeing Wednesdays. Wellbeing arts and crafts activities.

All welcome £3 donation free tea and biscuits. Bring along your lunch if you like!

10am - 2pm Warm Wednesdays

Thursdays

12pm - 2:30pm Over 50s lunch club. Freshly cooked, two course meal. Once a month vegetarian lunch. Veggie and halal options available. Bingo and raffle, golden balls.

£5 for lunch plus £1 for bingo and £1 for any other games.

Can-Survive UK

Providing culturally sensitive support and information primarily, however not exclusively for community members from African and Caribbean backgrounds diagnosed or caring for someone with cancer. We support everyone. Our services include support groups, wellbeing and therapeutic activities, home visits, advocacy, and cancer awareness.

Cancer Support Groups

Kath Locke Centre, 123 Moss Lane East, Hulme, M15 5DD

WOW (Women only Wednesdays) - fortnightly, 1pm to 3pm

MOT (Men only Thursdays) - fortnightly, 1pm to 3pm

Coffee Connect Chat - fortnightly, 1pm to 3pm

Contact

Office: **0161 232 1286**

Family Support: **07950 314676**

Support Groups: **07949 949782**

info@can-survive.org.uk

www.can-survive.org.uk

What's on - age friendly

Over 50's SVP Tea Dance

Expect uplifting music to get you moving or just come along to have a chat. £2 entry. Every Monday 2pm - 4pm. Refreshments provided. St Cuthbert Church, 3 Palatine Road, Withington, M20 3LH.

Withington Baths

Withington Baths, 30 Burton Road, M20 3EB
0161 478 1181

Silver circuits

Mondays from 1pm to 1:45pm, Tuesdays 3:15pm to 4pm, Wednesdays 1:15pm to 2pm and Thursdays 1pm to 1:45pm.

Tai chi

Mondays 2:15pm to 3pm and Thursdays 2:30pm to 3:15pm.

Table tennis

10am to midday Tuesdays, Wednesdays and Thursdays.

Withington Age Friendly Group

Join us for coffee, tea, scrabble and a chat for over 50s. Fridays, 2pm - 4pm. Withington Library, 410 Wilmslow Road, M20 3BN. Tel: **0161 227 3720**

Old Moat People's History project

Former or present Old Moat Residents with stories, memories or photos to share? Interested in finding out about local history? Old Moat Histories is a social/local history project aiming to collect and collate memories, photos and stories from current and former residents of the Old Moat estate. They collect the stories about the people who lived in the area from the early 1920s, through WW2, the 50s, the 60s the 70s and the 80s right up until the COVID-19 pandemic and today. The project is looking for people who would like to share their own stories or to get involved in helping other people share theirs. To get involved, email: OLDMOATSTORIES@gmail.com

Chair Based Yoga

Free Chair Based Yoga Lessons for people aged 50+. Third Friday of the month, 2pm at Withington Library.

The Big Life Group NHS Health Checks

Free NHS Health Checks - 10am - 3pm on Monday 27 January at Withington Library, 410 Wilmslow Road, Withington M20 3BD

NHS Health Check Eligibility Criteria:

- Aged 40 - 74
- Do not already have heart disease, diabetes, or kidney disease and not taking medication for high blood pressure or high cholesterol
- Registered with a Manchester GP practice
- Have not had an NHS health check in last five years

The health check consists of a blood pressure check, a small blood test to check cholesterol levels and diabetes risk, plus height and weight measurements. The health check takes around 30 minutes to complete and you will receive a copy of your results during your appointment. To book a Community NHS Health Check appointment please call: **0770 287 2861**

Withington Assist Neighbourhood Care

Providing support services and activities for older people, designed to help them continue to live independent, active and fulfilling lives. Contact Withington Assist to find out more: Tel: **0161 434 9216** Email: withingtonassist@gmail.com Assist Neighbourhood Care, Withington Methodist Church, 439 Wilmslow Road, M20 4AN.

Mondays

Every 2nd Monday of the Month 1pm - 3pm - Positive Living workshops for over 65s. Led by life coach and trainer Debra McCallion, explore ways to feel more positive, cope with bereavement, loneliness, too much spare time, health issues etc. A friendly group setting, no charge, free tea, coffee and biscuits. Come give it a go!

Tuesdays

11am - 12pm Over 65? Living in the Withington area? Struggling with finances, forms, bills, bus passes, pension credit etc? Don't struggle alone! Come along to Assist in the back of the Withington Methodist Church for our new Advice Drop in service with the lovely Jamila or call: 0161 434 9216 and we can book you in.

12pm-1:30pm Lunch Club. Freshly cooked, two-course meal. £5 donation. Volunteer lifts available when possible. Veggie and halal options available.

Wednesdays

- Walk and Talk 10:30am -12pm. Meet for a walk around Ladybarn Park at your own pace, followed by coffee in a local café. Parrs Wood Road/School Grove entrance.
- Barbara's Cafe! Coffee Group. 1pm - 2:30pm. In downstairs room at WMC, coffee, chat and quizzes. All welcome. £1 donation.
- Digital Drop-in 2pm - 3pm. Come sit with our friendly volunteers in WMC foyer to work through your phone/tablet/ laptop woes, book appointments, get advice etc. £1 donation.

Friday

- Friday Exercises 10:30am - 11:30am chair assisted and 11:30am - 12:30pm seated. Strength, balance and mobility with music. £3.
- Needles and Yarn 11am -12pm. Knitting and Crochet in a group setting.
- Snooker Group. 1pm - 3pm. Older men's snooker group at WMC. All abilities welcome, full-size table with refreshments. £1.50.

The Withington Daytime Singers

Over 50s choir. Every Friday 11:30am - 1pm. £5 per session. Free lyric book for all singers, free tea and coffee. Withington Scout Hut, M20 4PE
Tel: **0742 9494 506**

Support for carers

TREATS

A support group for people living with dementia and/or carers. The group is run by staff and volunteers from Manchester University NHS Foundation Trust

Complementary Therapies including massage, aromatherapy and reflexology, also games, chats and music time.

Fridays, 2pm - 4pm.

N.B There is no group on the first Friday of the month.

Church Hall, St. Paul's Church, 491 Wilmslow Road, Withington, M20 4AW

If you are interested please contact Michele Latham (Active Therapy Team):
0161 217 4920

STAR Stroke Group for Patients and their Carers

S Support
T Therapeutic (Holistic)
A Activities
R Relaxation

A group for anyone who lives in South Manchester who has had a stroke, and anyone who is a carer to someone who has had a stroke and lives in South Manchester.

Come and take part in complementary therapies to improve wellbeing. The group is run by staff and volunteers from Manchester University NHS Foundation Trust and is affiliated to the Stroke Association.

Every Friday 9.30am - 12pm
Church Hall, St Paul's Church, 419 Wilmslow Road, Withington, Manchester, M20 4AW
If you are interested please contact Michele Latham (Active Therapy Team): **0161 217 4920**

Carers Manchester South

Do you help a partner, family member, friend or neighbour?

The Carers Manchester South partnership is a group of organisations that are here to help you support your loved ones.

The role of Carers Manchester South is to raise awareness of what caring for a loved one means and to appreciate the impact that caring for someone can have on their life and physical and emotional health.

Every month we offer carers, and the people they support trips and leisure activities so they can share more quality time together, take a break from their caring role and have fun.

For the latest information telephone Carers Manchester South **0161 543 8000** or visit www.carersmanchester.org.uk/events

Volunteer

Ladybarn Community Hub

Ladybarn Community Hub,
Royle Street, Ladybarn, M14 6RN
Tel: 0161 224 3733
ladybarncommunityhub.co.uk

Are you interested in becoming a volunteer for Lady Barn Hubs Older Peoples Groups on a Wednesday and/or Thursday?

If so please contact us or visit:
www.ladybarnhub.co.uk/volunteer
for more information.

Greater Manchester Rape Crisis

Helpline Volunteers. Interested in volunteering?

If you are a woman and you are 21 or over please contact us for more information.

In return for a regular commitment of one shift per month, GMRC offers formal training covering basic counselling skills and specific information relevant to the work of the helpline, as well as access to on-going training opportunities. Support is provided through regular helpline meetings.

For more information visit:

www.manchesterrapecrisis.co.uk/volunteers
or phone: 0161 2734591

Withington Baths

30 Burton Road, M20 3EB
Tel: 0161 478 1181
withingtonbaths.com

Withington Baths is on the look out for new volunteers to support a range of roles, from volunteer gardening to volunteer guided heritage tours.

If you would like to lend a hand to support Manchester's last Heritage Pool, please contact:

emma.horridge@withingtonworks.com

Withington Civic Society

Do you live in Withington, Ladybarn or Old Moat? Are you interested in making your local neighbourhood a great and vibrant place for people to live? Would you like to help raise issues/concerns with what is happening in the local neighbourhood and be part of influencing change?

Join Withington Civic Society, run by local people for the benefit of local people. There are plenty of volunteer roles for you to get involved with, such as Chair, Secretary or Archivist.

The committee meets six times a year.

You can also volunteer with activities such as clean up days and help out with stalls at community events.

For more details contact:

contact@withingtoncivicsociety.org.uk or phone:
0161 445 3760.

Also visit their website:

www.sites.google.com/view/withington-civic-society/home
for more details.

Withington Library & The Bread and Butter Thing

Withington Library is working with The Bread and Butter Thing to bring a mobile affordable food pantry to our community.

Join our volunteer team to help unload the van and pack food into bags. We need three hours of your time on Mondays from 12pm - 3pm as often as you can spare it.

Get in touch with Withington Library by email at:
withingtonlibrary@manchester.gov.uk if you are interested.

Driving Volunteers Needed

Do you drive? Have a spare hour a week? Live near Withington? We need You!

Withington Assist charity supports older people living locally. We're looking for volunteers to give lifts to our weekly groups for those at risk of social isolation and loneliness. Volunteering does not affect car insurance and petrol expenses covered.

Call: 0161 434 9216 or email:
amelia@withingtonassist.org.uk

Cost of living

Cost of living advice line

If you are struggling with the increases in food and energy bills and are struggling financially, help is available.

This free telephone line offers support with:

- Benefits and help with your rent
- Advice about debt and paying bills
- Food support – help to find community food provision near you
- Help to get online - support to access the internet, laptops, phones and data.
- Find out where your nearest Warm Hub is

Cost of living advice line:
0800 023 2692.

The line is open Monday to Friday 9am - 4:30pm.

Translations and Sign Video services are available upon request.

Energy Advice & More

Citizens Advice Manchester have partnered with Cadent Gas to help with your energy concerns and more.

All advice is free, confidential, independent and impartial, and can help with:

- Increasing your household income
- Managing energy debts
- Saving money on your bills
- Making your home safe and efficient
- Accessing the Priority Services Register

The team are here to help. Contact their energy advisers:

Call: 0808 164 4406

WhatsApp: 07360 546 111

Available Monday - Friday, 9am - 5pm

Reaching Out to the Community

If you're worried about someone sleeping rough in South Manchester, please contact Reach Out To The Community - reachouttothecommunity.co.uk Reaching Out to the Community work with every local rough sleeper for as long as they need to get them back to a life off the streets.

Clothing Donations

Working with the Manchester Homelessness Partnership, Love Withington Baths are collecting sports clothing to donate to people experiencing homelessness. We accept all sizes including trainers and football boots.

Participating in sports has several positive impacts on people experiencing homelessness. To name a few, it helps connect people and build a community, helps people feel empowered, proven to be mentally, emotionally and physically beneficial, builds routine and helps reduce stigma. However access to sportswear is a barrier, therefore if you can help, please donate at our donation point at Withington Baths reception, thank you!

For more information visit:

www.withingtonbaths.com

Email:

emma.horridge@withingtonworks.com

Be Safe This Winter!

Top safety tips for you and your family and view the winter safety poster for more information.

Hot water bottles:

- Check the expiry date on the neck of the bottle, and replace every two years.
- Allow boiled water to cool first.
- Fill slowly, holding upright.
- Fill 2/3 full.
- Squeeze the air out.
- Tighten the cap.
- Use a cover.

Toy safety:

- Check you're buying from a trusted retailer.
- Look out for the UKCA, CE or lion mark so you know toys have passed safety tests.
- Check for loose parts including button batteries.

View the winter safety poster here:

www.shorturl.at/ROwxe

Email: ceri.hewitt@mft.nhs.uk

Early years and youth provisions

Stay and Play

**St Paul's, Withington Wednesdays
10am - 12pm**

A friendly informal stay and play session for babies, small children and their grown ups. No need to book, just turn up.

NHS Healthy Start Scheme

Get help to buy food and milk. You can get £4.25 every week to help you buy: cow's milk, fresh, frozen or tinned fruit and vegetables, infant formula milk, fresh /dried and tinned pulses, you can also get free Healthy Start vitamins.

Eligibility:

- Under 18s - anyone who is under 18 and pregnant can apply
- Over 18s - you must be at least 10 weeks pregnant or have at least one child under 4

See eligibility criteria and how to apply visit: healthystart.nhs.uk/how-to-apply or you can call their helpline on: **0300 330 7010**

New Parent Compassion Focussed Therapy

Are you or your partner pregnant?
Are you a parent or main caregiver to a child under 24 months?

Becoming or being a parent can be challenging. If you're struggling and are self-critical, then our Compassion Focused Therapy Groups (online or face-to-face) might be for you. We offer priority access to these groups, and priority 1:1 Cognitive Behavioural Therapy and Counselling, for Depression and Anxiety Disorders. Priority Couples Counselling is also available.

1:1 sessions can be offered online, via telephone, video or face-to-face. You can self-refer for the groups or 1:1 therapy through NHS Manchester Talking Therapies - The Big Life group or by calling: **0161 226 3871**.

Maternity Action

Pregnant or new parent? Are you worried about work or money?

Contact Maternity Action for completely FREE and confidential legal advice on work and benefits for pregnant women and new parents in Greater Manchester and East Cheshire.

Call FREE **0808 801 0488** 10am - 1pm Monday - Friday or leave a message for a call back.

maternityaction.org.uk/manchester-maternity-rights

Monday Monkeys

Monday Monkeys Group offers a range of play equipment and activities for toddlers.

Withington Methodist Church, Wilmslow Road.

Mondays 10am - 11.30am term-time.

Open to parents/carers with under 5s who live within 1.5 miles of Withington Methodist Church.

Minimum donation of £1.50 per child.

Please book. Email:

mondaymonkeyswithington@gmail.com

Old Moat Sure Start Children's Centre

Sure Start is the government programme to deliver the best start in life for every child.

Sure Start Children's Centres are places where children under five years old and their families can access a wide range of support services and information including early education, childcare, health and family support.

Old Moat Sure Start Centre is based on Old Moat Lane, Withington, M20 1DE.

To find out what's currently available at this centre, visit the website or give them a call.

Stay and Play

(Term time only) at Old Moat Primary School, Old Moat Lane, Withington M20 3FN.

Every Thursday from 9:15am -10:45am. No need to book just come along with your babies and small children to join in stimulating activities, snack time and song and rhyme time.

OMYOP Youth session

Youth club for 10 - 19 year olds.
Every **Thursday, 6pm - 9pm.**

Table tennis, music, cooking, urban art, arts and crafts, chill out, discussions, conversations and more...

Withington Methodist Church, 439 Wilmslow Road, M20 4AN

The entrance to the building is through the back of the building via carpark off Egerton Crescent.

For more information contact Email:

elise.unityarts@gmail.com

Tel: **0778 756 0002**

Mums Matter

Mums Matter online peer support group is open to all Manchester Mums who would like to make connections with other Mums.

This is a weekly space that combines mindfulness techniques with peer support in a low pressure environment. This space has been curated for Mums who aren't sure they want to commit to our 8 week course, but would like to benefit from social connections and new self-care tools to support their wellbeing. Mums who have completed our Mums Matter course are also invited to attend.

A reminder of who can benefit from our Mums Matter offer: all Manchester Mums with at least one child under 2 years old. To express your interest in joining visit our website: <https://data.manchestermind.org/mums-matter/self-referral>

Mums Matter Online Course is an 8 week course, designed to support new Mums, with a child under 2, who are experiencing a variety of mental health challenges such as worrying thoughts, anxiety and postnatal depression. Running via Zoom. Sessions last 2 hours. You will collect a range of wellbeing tools to use in your daily life and prompts to nurture yourself to keep well.

To reserve your space please contact Charli Headley **07592 376720**
mumsmatter@manchestermind.org

Baby Signing Classes

TinyTalk Baby Sign teaches babies up to the age of 2 to communicate using BSL sign language as well as spoken words. Classes are half an hour long, with half an hour of singing, signing and sensory activities. And then half an hour where the babies can play with all the toys I provide, and the adults can have a hot drink and a biscuit or two!

We're at St Chad's Community Hall in Ladybarn, M20 4NH on Thursdays 10:45am - 11:45am. Cost £8.50 per family, with no extra charges for siblings or other family members to come too!
www.tinytalk.co.uk/emmaadshead

More Life

Manchester Junior Physical Activity Referral Service (PARS), supporting children and young people across Manchester.

If you're aged 5 - 17yrs and are keen to move more and be active, Junior PARS might be for you.

This service is commissioned by Population Health (Manchester City Council) and supports children and young people ages 5 - 17 years old, who are above a healthy weight and not engaging in physical activity to the recommended level. Junior PARS offer a free 10 week program to help CYP become more active, reduce sedentary behaviours, and increase wellbeing. Our Children's Healthy Lifestyle Practitioners will connect CYP and their family to fun activities in their local area. All activities are sourced to be budget-friendly and accommodate your family's needs. Head to their website for more info:

www.more-life.co.uk/places-we-work/greater-manchester/manchester-pars/
You can be referred via a health professional, or you can self-refer using the below link:
www.secure.refer-all.net/referrals/manchester/refer

Weaning with Porter Nutrition

Check out these free resources on the Weaning Centre website which may be helpful.

www.weaningcentre.co.uk/resources
Including a positive mealtimes factsheet, children's activity sheets and a healthy eating in pregnancy factsheet.

Your health

Maggie's In Manchester

Maggie's provides free expert care and support to everyone with cancer and all those who love them. We are here for you whenever you need support, and your family and friends are also welcome.

You can see our psychologists in a group or privately, while our benefits advisors can help with money worries.

Courses such as Managing Stress and Relaxation take place weekly. We also have Muslim Cancer Support Groups for Brothers and Sisters, as well as cancer-specific support groups.

Find us on Kinnaird Road, M20 4QL.

Contact us by phone: **0161 641 4848**, email: manchester@maggies.org

or visit: maggies.org/Manchester

Pride In Practice Survey

LGBT foundation is seeking responses to the Pride in Practice primary care patient survey. The object of this survey is to collect data on LGBTQ+ patient experiences in primary care, be that at GP practices, dental practices, pharmacies, or optometry services.

This survey will be open on an ongoing basis, with data being collated for a report once a year. The responses to the survey will be used to support the LGBT Foundation in improving awareness of the experiences LGBTQ+ patients have when using primary care services.

Have your say: www.form.jotform.com/242603515677358

Your health

Heart Help Support Group Withington

A self-help group supporting people with heart-related problems. Activities feature structured exercise classes run by experienced qualified tutors. There is an annual subscription of £25. There is also a weekly charge of £5 for the exercise classes. If you or a family member have a cardio or a vascular problem and think we may help, get in touch. Withington Methodist Church Building, Wilmslow Road, Manchester, M20 4AN. (Entrance off Egerton Crescent). **0161 536 3188** / hearhelp4u2@gmail.com

Emerging Futures

Offer support to people who are going through addiction recovery, from support with housing, behavioural change and coaching to help people make long-term sustained behaviour change leading to a positive future. They also offer support from families and friends of those going through addiction. For more information visit: www.emergingfutures.org.uk/projects/manchester

Be Well

Be Well is a social prescribing service for people living in Manchester. That means we support you to make healthy lifestyle changes without ignoring things that often get in the way.

So come to us if you are looking for help with:

- Getting more support locally
- Reaching your life goals
- Motivation, low mood and feeling positive about life
- Feeling less isolated
- Reaching a healthier weight or lifestyle.

To make living and feeling well part of everyday life, call Be Well on: **0161 4707120** from Monday - Friday, 9am - 5pm or email: bewell@thebiglifegroup.com

Expert Patient Programme

Do you live or care for someone living with LONG-TERM HEALTH CONDITIONS, DIABETES or PRE-DIABETES or are you recovering from COVID-19? The frustrations and limitations of living with health conditions can make your overall health much worse. The programmes help you manage your health conditions and feel more in control of your life with more confidence and motivation. To find out more about the programmes in your area, please contact us: Tel: **0161 549 6624** Email: mft.epp@nhs.net www.manchesterlco.org/services/citywide-adult-community-services

Greater Manchester South Diabetic Eye Screening Programme

The Greater Manchester South Diabetic Eye Screening Programme is provided by In Health Intelligence, commissioned by Greater Manchester Health and Social Care Partnership as part of the National Diabetic Eye Screening Programme. Diabetes is the leading cause of preventable sight loss in adults, so don't lose sight of your screening appointment. FREE annual diabetic eye screening is available for people with diabetes aged 12 years and older.

If you have diabetes, you will receive an invitation to attend for screening. This invitation is not the same as your regular sight test at your Opticians which you should still attend. The examination includes eye drops to dilate your pupils and then digital photographs will be taken of the back of your eyes (the retina). These photographs are then reviewed by accredited specialists. For more information, take a look at the website: www.gmsouthdesp.co.uk If you have NOT received an appointment letter, please contact the Booking Office (8am - 8pm) on: **0161 464 3000** or enquiries.gmsouthdesp@nhs.net

Greater Manchester Rape Crisis

In times of panic, stress of crisis, we offer a listening ear, information and support for women and girls who have experienced sexual violence. We also signpost male survivors and offer information and support to friends, partners and other family members.

Contact us on: **0161 273 4500** or email: help@manchesterrapecrisis.co.uk

We Are Survivors

Supporting Male Survivors of Sexual Abuse and Rape. No Male Survivors Left Behind. Whether you're at the beginning of your healing journey, or already getting support, We Are Survivors can help. Community activities, drop ins, group support, therapy sessions, support in prisons, or helping you through the criminal justice system - we're there for you. @ThisIsSurvivors, **0161 236 2182**

NHS Enhanced Access Scheme

Need a pre-booked routine appointment like cervical screening, childhood vaccinations or blood tests? GP surgeries now have more appointments in the evenings and on Saturdays as part of an enhanced access scheme. Speak to the reception team at your GP to see if they would be suitable for you. *Note* You may be asked to travel to a different GP surgery to access an enhanced access appointment.

Bowel Screening Saves Lives

Bowel cancer screening aims to prevent and detect cancer at an early stage when treatment is more likely to work. Bowel screening involves taking a simple test at home every two years. The test looks for hidden blood in your poo, as this could mean a higher chance of bowel cancer. The aim of the test is to find bowel cancer at an early stage in people with no symptoms. Everyone aged 56 - 74 years who is registered with a GP and lives in England is automatically sent an NHS bowel cancer screening kit every two years. The programme is expanding to make it available to everyone aged 50 - 59 years. This is happening gradually over four years and started in April 2021. Make sure your GP practice has your correct address, so your kit is posted to the right place. If you're 75 or over, you can ask for a kit every two years by phoning the free bowel cancer screening helpline. If you think you are eligible for screening but haven't received a kit also phone the free bowel cancer screening helpline to request one on: **0800 707 60 60** or email: bowelscreening@nhs.net.

NHS Talking Therapies

Difficulty sleeping? Feeling low? Worrying a lot? Struggling with your mood? Struggling to cope with a physical health problem?

Lost interest in things you normally enjoy? Finding it hard to motivate yourself?

We have a team who can help you overcome life's difficulties and problems, or manage them better. Therapy can be provided one-to-one, in a group, over the phone, via video call or online. With online therapy, you can gain instant access to a range of Cognitive Behavioural Therapy programmes that can help you work on anxiety, low mood and stress and develop the skills to manage how you are feeling in the 'here and now'. We can also bring a taster presentation to your workplace or community group on stress or sleep. All services are free and can be accessed directly or through your GP. For more information (including videos) contact us: www.thebiglifegroup.com/manchestertalkingtherapies **0161 226 3871** facebook #manchestertalkingtherapies

Annual Health Checks for people with Learning Disabilities

Everyone over the age of 14 with a Learning Disability can have an annual health check at their GP. The health check is a useful way to help you keep well. Get in touch with your GP if you haven't had your annual health check.

Change Grow Live - Drug and Alcohol Service

For adults and young people. Do you want to make a fresh start? Are drugs/ alcohol affecting your life or the life of somebody you know? Contact us for free and confidential information:

0161 823 6306

manchester@cgl.org.uk

Eclipse offer a tailored service for young people and families:

0161 839 2054

eclipsemanchester@cgl.org.uk

Be Smoke Free Manchester

A nurse-led tobacco addiction service run by Change Grow Live in partnership with Manchester Health Care Commissioning Service and Manchester City Council. Our mission is to help people across Manchester live healthier, smoke-free lives.

What We Offer:

- Free Nicotine Replacement Therapy (NRT) and medications (including vapes), delivered directly to service users' homes.
- One-on-one support from a dedicated Tobacco Addiction Specialist Nurse.
- Fortnightly behavioural support over the phone and in person for up to 12 weeks.
- Face-to-face clinics for on-site assessments and support.

Tuesday Stop Smoking Clinics
Where: Withington Methodist Church

When: Every Tuesday, 10am - 2pm

Drop in to receive free, personalised support and start your journey to a smoke-free life!

0161 823 4157

community.bsffmanchester@cgl.org.uk

Physical Activity Referral Service in Manchester

Manchester Active PARS are here to help you if your mental or physical health is stopping you from being active.

You can access this service by seeking a physical activity referral through a professional who knows about you and your health.

PARS work with qualified community providers and instructors to deliver sessions in local leisure or community centres.

They offer a range of different activities, so will always try and find something to suit you!

Some Manchester Active PARS sessions are free of charge, and others carry a small cost.

For more information on the Physical Activity Referral Service, please contact the PARS Team on: **0161 974 7839** or physicalactivityteam@mcractive.com