



Artwork by Len Grant www.lengrant.co.uk

Withington and Old Moat neighbourhood update

Issue 9
April 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 28 April 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 Thursday - Saturday, 4pm - 11pm www.instagram.com/withypublichall

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

Withington Pride

Save the Date for Withington Pride 2025 - Saturday 20 September 2025 www.instagram.com/withingtonpride

More details to come!

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: suebchowo@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 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 free Talking Circles on the 2nd and 4th Monday of each month, 7pm at Withington Baths. Or follow us on Instagram 'mandemmeetup' to find out about our upcoming Men's Health Event on Saturday 14 June in Old Moat.

Easter Trail Event by Friends of Ladybarn Park

Saturday 19 April, 11:00am - 12:30pm at Ladybarn Park.

Bring your child to join this fun easter trail with easter eggs and raffle tickets for everyone who finishes. Free refreshments will also be available.

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. For more information or to join the next walk people can email Nuala on: thebathhousecafe@withingtonbaths.com

Drum Therapy Collective CIC

Rhythm of Wellbeing is a community project designed to bring people together through the therapeutic power of drumming. The drum circle sessions are open to all, whether you're new to drumming or an experienced rhythm-maker, and FREE of charge!

Join us at Ladybarn Community Hub, Royle Street, M14 6RN on the following Thursdays between 6:30-7:30pm: 3 April, 17 April, 15 May, 29 May, 12 June, 26 June.

Contact:

info@drumtherapycollective.com
07887 097 139

www.drumtherapycollective.com

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

Can-Survive UK

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.

For more information contact: 0161 232 1286 info@can-survive.org.uk www.can-survive.org.uk

Nightingale & Sage

Looking to move more and connect with nature?

Join these peaceful free strolls around green and quiet spaces. Take time for yourself and recharge as we explore tranquil spaces.

Withington Wellbeing Walk
- Thursday 1 May 6pm and Wednesday 7 May 10:30am
Meet: Withington Library M20 3BD 4 miles

A Meander Around Withington and Old Moat - Friday 2 May 10:30am
Meet: Withington tram stop M20 1JZ 3-4 miles

A Leisurely Stroll around Ladybarn and Fallowfield
- Tuesday 6 May 1pm
Meet: Mauldeth Road train station M14 6SE 4 miles

Guide/assistance dogs welcome. No booking - just turn up.
Contact: nightingaleandsage@btinternet.com

Easter Family Fun Day

An Easter Family Fun Day will be taking place at Burnage Sure Start Centre on Thursday 10 April, 10:30am - 12:00pm with
- Easter crafts and activities for children
- Free food and refreshments
- MMR vaccination and advice available - a health team will be on hand to answer questions and they will also be able to offer MMR vaccinations
- Community partners offering support and information including cost of living support
- A visit from the Easter Bunny!
No need to book, just turn up.

Free RHS Bridgewater Visit For Carers

Carers Manchester South are inviting unpaid carers to join them for a free visit to RHS Bridgewater Garden on Tuesday 15 April, 1pm - 3:30pm. Contact Paula to book a space [07763565160](tel:07763565160).

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.

Withington Assist - support services and activities for older people

Weekly groups include a Tuesday Lunch Club, Tuesday Advice Drop In (for benefits, forms, bills, bus passes etc), Wednesday Walk n Talk in the park, Wednesday afternoon Coffee group, Wednesday Digital Drop In for help with phones/tablets/laptops, Friday morning Exercise classes, a Knitting and Crochet group, Friday afternoon mens' Snooker. We also have a monthly Mental Health Wellbeing group, Film Club and a Tea and Talks groups with speaker and go on regular Day Trips. Wherever possible we also arrange volunteer lifts and arrange for volunteer befrienders where people are unable to make it out to see us. We also welcome volunteers if you want to join us!

To find out more call by the office in the back of the Withington Methodist Church (entrance just past the post office on Egerton Crescent), give us a call on: 0161 434 9216 or email withingtonassist@gmail.com We look forward to meeting you!

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**

Manchester Carers Forum

Contact Point

The Contact Point acts as a first point of contact for support for unpaid carers in the Manchester City Council area who require advice and support.

Call 0161 543 8000 10am - 4pm, Monday - Friday (except bank holidays).

Carers Manchester South

Carers Manchester South (CMS) works to identify unpaid carers and improve services in the community. CMS run regular free events for carers including bowling and RHS Bridgewater. The team also does lots of outreach work to identify new carers and raise awareness among professionals about how to best signpost carers.

If you are a carer wanting to hear more about CMS or a professional wanting us to support any events you run please contact: cmsouth@manchestercarersforum.org.uk

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

Ladybarn Community Hub

Spring is almost here! Ladybarn Community Hub are looking for volunteers to maintain, explore and care for our beautiful garden.

The gardening group will run weekly 5pm - 7pm on a Tuesday evening and 10am - 12noon on a Thursday.

If you would like to volunteer at one or both sessions, we would love to have the local community involved!

For more information, please contact:
emily@ladybarncommunityhub.co.uk
0161 224 3733
www.ladybarncommunityhub.co.uk

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 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

The Christie Hospital

What Matters to You?

If you or a loved one have been touched by Cancer, why not help us help others. Please join us and together we can shape cancer care for the future.
Contact: the-christie.ppi@nhs.net

Volunteer to deliver the Manchester Post!

Manchester Post is a monthly, not for profit printed news publication filled with positive news from the community. We are looking for volunteers to deliver to neighbours and neighbouring streets around where they live.

You can deliver anywhere from 10 copies to 600 copies! Every little helps the news to reach more people!

If you would like to volunteer please email:
news@communitynewsgm.co.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](https://www.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.

Old Moat Primary School Stay and Play

Stay and play in our Outstanding school for children 0-5 years (pre school) on a Thursday morning, 9:15am-10:45am, term time only - it is fun and free. We follow the Nursery curriculum in the session and have snack, story and song time at the end.

Contact: jwalsh@oldmoat.manchester.sch.uk
0161 445 4208
www.oldmoat.manchester.sch.uk

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 is open to all Manchester Mums with at least one child under two years old.

You can self refer into this service by visiting: www.data.manchestermind.org/mums-matter/self-referral Mums Matter offer an eight week online course, designed to support new Mums, with a child under two, who are experiencing a variety of mental health challenges such as worrying thoughts, anxiety and postnatal depression. Sessions last two 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

Porter Nutrition

Calling all women in their 3rd trimester of pregnancy.

Join Registered Nutritionist for a free workshop to help you think through the food aspects of preparing to have your baby. Nutrition recovery, breastfeeding and more will be covered, as well as practical tips to make eating easier. This session is delivered live over Zoom. Workshops every two months.

Details and booking at: <https://bit.ly/41W1C42>

Contact: porternutritionuk@gmail.com
07986 809 633

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

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: bellwell@thebiglifegroup.com

Expert Patient Programme

Do you live or care for someone living with a long term health condition? The frustrations and limitations of living with health conditions can make your overall health much worse. The EPP helps you manage your health conditions and feel more in control of your life with more confidence and motivation.

To find out more please contact us: Tel: 0161 549 6624
Email: mft.epp@nhs.net
www.manchesterlco.org/services/citywide-adult-community-services

Be Smoke Free

Be Smoke Free is a nurse-led service helping Manchester residents quit smoking through free Nicotine Replacement Therapy, medications (including vapes), and ongoing behavioural support. Our 12-week program is tailored to each individual, with face-to-face clinics and phone support provided by specialist nurses.

Pop-Up Clinic: Levenshulme Inspire Centre
Every Tuesday
10am - 2pm

Drop in for free advice, support, and medication to start your smoke-free journey today!

Contact: community.bsfmanchester@cgl.org.uk
0161 823 4157
www.changegrowlive.org/be-smoke-free/home

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. Everyone aged 56 - 74 years will be sent an NHS bowel cancer screening kit by post every two years. The programme is expanding to make it available to everyone aged 50 - 59 years. Make sure your GP practice has your correct address, so your kit is posted to the right place. If you think you are eligible for screening but haven't received a kit 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 in a range of settings, and 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

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!

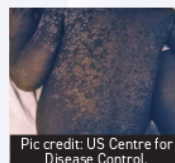
Some Manchester Active PARS sessions are free of charge, and others carry a small cost.

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

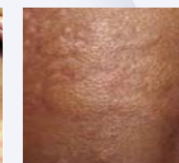
IMPORTANT MESSAGE FOR MANCHESTER RESIDENTS

From Manchester's Public Health Team

MEASLES IS SPREADING IN THE UK



Picture credit: US Centre for Disease Control.



- Measles spreads fast, easily and can make some people extremely ill, including brain damage
- It causes high fever, a cough and a spotty rash on the skin, as well as feeling unwell
- You and your family can have a FREE vaccine to prevent the virus
- If you or your doctor do not know if you have had the vaccine we encourage you to have one anyway.

YOU CAN ASK YOUR GP FOR A VACCINE THAT DOES NOT CONTAIN ANY PORK OR ANIMAL PRODUCTS

Your health

Head Forward Centre

We are an independent charity based in Manchester promoting social integration for people who have suffered a traumatic brain injury. We provide a safe, social environment where attendees can make friends, discuss issues of personal concern and join in purposeful activities.

As a registered charity we rely on donations of both time and money to assist us in delivering our services. For more information on how to refer, becoming a volunteer or donating please visit our website.

Contact:
hello@headforward.org
0161 434 2150
www.headforward.org

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.

NHS App

Have you got the NHS App?

Did you know that on the free NHS App you can manage prescriptions, view issued medication with a barcode for easy collection at pharmacies, access test results, and in some cases see documents, consultations, or even book appointments (where available). You can also change your nominated pharmacy.

These features can save both you and your GP surgeries a lot of time by reducing unnecessary calls and improving access to care from home. To find out more about the NHS App visit: www.nhs.uk/nhs-app/ or Contact your GP Surgery.

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



Remember to send us your screening kit back...



No ifs or butts about it...

Bowel Cancer Screening Saves Lives.



SCAN ME

For More Information on Bowel Cancer Screening.



Manchester Local Care Organisation



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.

Give It Don't Bin It

The Give It Don't Bin It campaign supports Manchester students to donate unwanted items to charity, as they move out of their accommodation for the summer vacation.

Students can donate good-quality items at one of the pop-up donation points throughout May and June, with donations going to the British Heart Foundation, Fallowfield & Withington Foodbank, and the Bideford Centre in Wythenshawe.

Please help to promote the campaign to students in the neighbourhood: www.giveitdontbin.it.co.uk.

The campaign is organised by the Student Strategy Partnership (SSP), with Manchester City Council and the Universities working together to support students as they move house.

Contact:

manchesterstudenthomes@manchester.ac.uk

0161 275 7680

www.giveitdontbin.it.co.uk/,

www.instagram.com/manchesterstudenthomes

Want help with...



Benefits
or rent



Advice about
debt or bills



Food
support



Staying
warm

Call Manchester's free cost of Living advice line

0800 023 2692 or text **07860 022 876**

**MAKING
MANCHESTER
FAIRER**

**Helping
Hands**

 **MANCHESTER
CITY COUNCIL**

