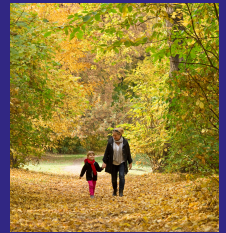


Health Week

November 11th - 15th 2024

at Barlow Moor Community Association
(BMCA), 23 Merseybank Avenue, M21 7NT



You are invited to a week of fantastic free health events, hosted by NHS organisations, charities and not-for-profits, aiming to get you **ready for winter**.

It's all free mostly drop-in, so no appointment needed.

There will be health checks, physiotherapists, care navigators, nurses, exercise sessions, craft sessions and much more!



A Warm Welcome

Monday 11th November, 10.30am to 12.30pm

- What's on what's free what's for me – coffee and signposting drop in.
- **Physiotherapy** drop in for aches, pains and sprains
- Living with chronic pain? Come and speak to an **advanced clinical practitioner**
- Health checks
- Information and a friendly chat with a **care navigator**.



Diabetes Direct!

Monday 11th November, 1pm to 3pm

Monika the **diabetes nurse** from Didsbury Medical Centre will be answering questions queries and giving advice about diabetes.

Open to people with type 1, type 2, pre-diabetics or carers and families of people living with diabetes.



Scandi-Stars Art Workshop

Tuesday 12th November, 9:30am to 11:30am

FREE Christmas decoration workshop with creative artist Lotte Karlson – all welcome curious beginners or budding artists.



Winter Warmer

Tuesday 12th November, 12pm to 3pm

- Health checks and screening information
- Talk to Katie the **care navigator** or Citizens Advice
- Call 0161 446 4805 to book a winter warmer meal/bag.



Winterproof Your Health



Wednesday 13th November, 9am to 12:30pm

- GP consultations and advice with local GP, Liam
- Drop-in flu, COVID and MMR vaccination clinic - protect yourself and your family.

Let's cook!



Wednesday 13th November, 1pm to 3pm

Fun interactive cooking session discussion, plus healthy eating information and advice.

Walk Together & Talk Together



Thursday 14th November, 10am to 11am

Meet at BMCA and join a gentle, mindful stroll through autumn colours in Chorlton Water Park.

Men's Health Focus



Thursday 14th November, 1pm to 3pm

- Physiotherapy consultations, tips and advice for aches, pains and sprains.
- Be Well men's drop-in for advice and info.

Music Workshop



Friday 15th November, 10am to 12pm

Bang your drum, soothe your soul. All welcome.

Tai chi



Friday 15th November, 12:30pm to 1:45pm

Support your mobility and health. Free. Open to all.

Support and Advice

Diabetes groups at BMCA, Mondays 1pm to 3pm

- Clinical session first Monday of the month
- Peer support group every Monday

Digital drop-in at BMCA

- Mondays 10am to 12pm
- Thursdays 1pm to 3pm

Law Centre

Free advice about money worries, benefits, employment and housing.

- Text the law centre for a face to face appointment: 0790 736 8415
- neighbourhoodadvice@gmlaw.co.uk

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

Lines open: Monday to Friday, 9am to 4.30pm

text 07860 022 876

manchester.gov.uk/coladvice