



MANCHESTER
CITY COUNCIL

ANCOATS, BESWICK, CLAYTON AND OPENSHAW WEEK OF CULTURE

The Ancoats, Beswick, Clayton and Openshaw Week of Culture returns 3–11 August and brings with it a full programme of fun and exciting events and activities.

There's something for everyone, including a Live Out Loud music festival, open days at Clayton Hall, and the Friends of Medlock Valley Walk, as well as Yin Yoga, statue unveiling, live performances and park fun days! See you there!

Saturday 3 August

9.45–10.30am

National Squash Centre*
(two squash courts)

The courts will be offered on a first come, first served basis. They cannot be booked in advance. All courts and equipment are offered free of charge. This will apply to other days.

www.better.org.uk or via reception.
Spaces are limited. 16+

11.30am–2.30pm

Clayton Hall Museum Open Fun Day

Come join us for an afternoon of activities.

Sunday 4 August

9.45–10.30am

National Squash Centre*
(two squash courts)

Live Out Loud music festival
The Live Out Loud team will be running a pop-up music festival showcasing amazing young musical talent. The Live Out Loud team are all students from Connell College in Beswick.

Monday 5 August

12 noon–12.45pm

National Squash Centre*
(two squash courts)

6–9pm

Soul Sounds and Somatics

A workshop combining somatic movement with the liberating effects of natural voice group singing.

6–9pm

Qigong and gong

Mixing the deeply healing effects of gong with the ancient practice of qigong.

Tuesday 6 August

10–11am

Free swimming for all*

Free Gym 10am–12 noon.

Sessions will need to be booked in advance via our website www.better.org.uk or via reception. Spaces are limited. 16+

1–3pm

BMX sessions for kids 8+

Places are limited and must be booked.

2–3pm

Storytelling charm

Help the elves by joining in throughout! Suitable for ages 4+.

Wednesday 7 August

1–3pm

National Play Day at Clayton Sure Start. Suitable for ages 0–8

12 noon–12.45pm

National Squash Centre*
(two squash courts)

12.30–1.30pm

The Big Lunch

Please state any allergies or special dietary requirements when booking.

12 noon–3pm
4CT's Play Day Fun Day

Family play day with activities

2–4pm
Play Day LEGO
Play Day LEGO, games and crafts for all ages. We also have Duplo for little ones
At Beswick Library

6pm
Getting to know Ancoats – statue unveiling with live performances

A statue trail across Ancoats featuring residents, past and present.

6–8.30pm
Qigong and gong

Mixing the deeply healing effects of gong with the ancient practice of qigong.

Thursday 8 August

10–12 noon
Eden Gardens Orchard Open
Day Learning-to-grow session, plans and vegetables.

10.30–12 noon
Manchester Settlements Family Fun

12 noon–3pm
One Manchester Funday at Bradford Park

Bouncy castle, games, crafts and much more!

12 noon–12.45pm
National Squash Centre*
(two squash courts)

The Manchester Regional Arena will be offering free squash courts for Culture Week. The courts will be offered on a first come, first served basis. They cannot be booked in advance. All courts and equipment are offered free of charge.

10.30am–12.30pm Media Cubs Pop TV Studio and newsroom – video creation, podcasting, stopmotion etc

Video creation, podcasting and stopmotion for primary school-aged children.

Friday 9 August

12 noon–12.45pm
National Squash Centre*
(two squash courts)

The Manchester Regional Arena will be offering free squash courts for Culture Week. The courts will be offered on a first come, first served basis. They cannot be booked in advance. All courts and equipment are offered free of charge.

5.50–7.30pm
Friends of Medlock Valley Walk

Meet on Aden Close, M12 6WD, at 6pm. Walk will take one hour.

Saturday 10 August

9.45–10.30am
National Squash Centre*
(two squash courts)

10.05–11.10am
Free swimming for all
Free Gym 10am–12 noon. Sessions
will need to be booked in advance
via our website www.better.org.uk
or via reception. Spaces are limited.
16+

7pm–1am Sunday Born Free Week
of Culture edition

Sober rave with a twist!

Sunday 11 August

6–9pm
National Squash Centre*
(two squash courts)

10.05–11.10am
Yin and Tonic Sound Bath

Yin yoga followed by a delightful
sound-healing session and rounded
off with soothing turmeric lattes.

*these free events require booking beforehand. Please find contact details below.

National Squash Centre
0161 503 6340

The Beacon Centre
kay@beaconcentremcr.co.uk

The Resonance Centre
info@theresonancecentre.co.uk

Friends of Medlock Valley Walk
friendsofmedlockway@gmail.com

National Cycle Centre
schemeactivation@manchester.gov.uk

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