



Artwork by Len Grant www.lengrant.co.uk

Withington and Old Moat neighbourhood update

Issue 11
October 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.

To join the neighbourhood partnership mailing list and receive invitations to future meetings contact Yasmin Holgeth, Health Development Coordinator for Old Moat and Withington, Manchester Local Care Organisation for more information:

Email - Yasmin.Holgeth@mft.nhs.uk

Call - 07570 527 497

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- 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.
Tel: 0161 234 5687
www.manadulthood.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 - 12pm.
St Paul's, 491 Wilmslow Road, Withington, M20 4AW.

Easy Walking Club

Meet at Ladybarn Community Hub at 11am on Tuesdays. Join us for a walk at your own pace around Kingswood Park with Park volunteers, followed by free tea and toast at the hub. In association with Friends of Kingswood Park.

Meet at Ladybarn Community Hub, Royle Street, Fallowfield, M14 6RN. For more information please call into the hub, email us at:
info@ladybarncommunityhub.co.uk
or call: **07349 376 932**
- or just drop in on the day!

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

If you are looking for advice, call in to see Andy at one of these monthly drop-in sessions at 10am - 2pm on the last Friday of each month at Withington Library, 410 Wilmslow Road, Manchester, M20 3BN. Health coaching, work support and more...

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 more about what we do!

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

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** or **www.meetup.com/tablemcr**

Withington Works

Withington Works, the co-working nestled above Withington Baths is growing, as Withington's not-for-profit pub and venue, Withington Public Hall Institute (WPHI), prepares to open its doors during the daytime as a new co-working space.

Withington Works at WPHI will offer a welcoming environment to work, network, and connect. Local professionals, freelancers, and remote workers will have access to a flexible, affordable, productive and community-focused space, open weekdays from 9am - 5pm.

To find out more, get in touch with Withington Works at:
info@withingtonworks.com

Halloween Trail

Ladybarn Park on Wednesday 29 October 11am - 1pm for little ones. Follow the spooky trail, collect the clues and solve the puzzle!

Pumpkin Carving. Refreshments Available.

Meet at the portacabins near Ladybarn Station.

Withington Baths Spooky Halloween Disco

Get ready for a fang-tastic night of fright and fun.

Join Withington Baths for a Spooky Halloween Disco in the studio at the Leisure Centre — a frightfully fun afternoon for all ages!

Friday 31 October, 3pm – 5pm

- Spooky beats by DJ Withy Baths
- A mind-blowing magic show by a world-famous magician 'Magic Phillip'
- Pumpkin patch and painting
- Ghoulish games and ghostly vibes!

Costumes are highly encouraged – come dressed to distress!
£10 a ticket.

Buy your ticket from the reception at Withington Baths or email:
thebathhousecafe@withingtonbaths.com

Knit and Natter

Do you enjoy knitting?

Why not join us for our FREE Knit and Natter group?

Needles and Yarns: 10:30am - 12pm on Fridays at Withington Methodist Church. Refreshments provided.

Lipreading and Managing Your Hearing Loss Class

These classes are designed for people with hearing loss who may be finding it difficult to follow conversation.

- Lipreading practice in a friendly atmosphere
- Useful information on organisations and equipment
- A chance to share problems and solutions with other people experiencing hearing loss

Taking place at Withington Library on Wednesdays.

You can join at set times of the year, depending on numbers in the class. For more information and to book your place contact:
enquiries@manchesterdeafstudies.org
www.manchesterdeafstudies.org

Open Tuesdays

Activities, interesting discussions, and films.

A selected film every other week, and discussion after.

Tea and biscuits.

Tuesdays at 7:30pm. FREE

Held in the Small Hall at Union Chapel, top end of Wellington Road, Fallowfield, M14 6ER.

www.unionchapelbaptist.org.uk/open-tuesday
meganbennett@hotmail.co.uk
Tel: 0161 759 8285

Workshop: Making Connections While Working Remotely

Thursday 16 October, 6 – 8:30pm, WPHI.

Withington Works are hosting a free workshop on building meaningful professional relationships while working remotely. Led by independent trainer, facilitator and coach Kim Taylor, this is an opportunity to learn more about building trust and connection in a virtual working environment.

Book your place : **www.bit.ly/48vBq3T**
For more information contact:
info@withingtonworks.com

What's on

Ladybarn Community Hub

Royle Street Withington Manchester M14 6RN.

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. Hate Crimes are crimes that target you because of your disability, race, ethnicity, religious beliefs or gender identity and sexual orientation. Hate crimes and incidents should not be tolerated. If someone is abusive or makes threats or uses violence towards you because of who you are or who they perceive you to be, report it. 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**

Study Mondays, 11am - 5pm in Ladybarn Hub - A space for students and homeworkers. Free Wi-Fi and unlimited tea and coffee for a £1 donation. Tuck shop available or bring your own snacks.

Tai Chi, Mondays, 1pm - 2pm - All abilities welcome and you can sit for some of the session. Friendly and mindful breathing and stretching £5 per session First one is free!

Ladybarn community clean-up - Resident-led group undertaking frequent clean-ups to improve the public realm. Join us at 11am - 12pm on the last Saturday of the Month. Next one Saturday 25 October. Meet at Ladybarn Hub, all welcome, equipment provided. For further information, contact Sue Bell: **suebchowo@gmail.com**

Over 50's Lunch Club, 12pm - 2:30pm Join us for a two-course lunch cooked at the hub. Lovely friendly, welcoming group with raffles and bingo. Lunch £5, games £1 each.

LGBTQ+ Coffee Morning, Tuesdays, 10:30am - 12pm - Everyone from the LGBTQ+ community welcome to join our lovely friendly group. Refreshments provided. £2 donation

Wellbeing Wednesday, 11am - 1pm Unlock your creativity with wellbeing arts and crafts activities. No experience needed. All welcome - £3 donation including tea and biscuits.

Crafternoon, Mondays, 2pm - 3pm - if you enjoy knitting, crochet, embroidery, or any craft project, come along to our friendly group for a cuppa and chat and start your week off in a positive way. We can provide needles and wool to start you off! £1 donation.

For further enquiries Tel: 07349 376932 or email: **info@ladybarncommunityhub.co.uk** We are open Monday - Friday, 9am - 4pm.

Early years and youth provisions

Old Moat Sure Start Children's Centre

Sep - Dec 2025

Old Moat Lane, Withington, M20 1DE

0161 234 4711

MONDAY	Baby Stay & Play 1pm - 2pm  Session suitable for non-walking babies A safe space for babies and parents to explore, play and learn. Encouraging the development of early communication.	Health and Development Reviews Discuss your child's milestones, such as weaning, speech & language, toilet training etc. By appointment only	Midwife Antenatal Clinic 9am - 3.15pm Appointments by invitation only 	Free Childcare Information and Advice For 2- and 3-year-olds, 15 or 30 hours per week. Are you eligible? Speak to an Outreach Worker for more info
TUESDAY	Breast Feeding Support 10am - 12pm For babies under 4 weeks old. Speak to your midwife or call 0161 291 2996 to book an appointment	Sensory Room Mon - Fri 9am - 4pm Call centre to book. Limited to Manchester residents. 	Baby Massage 1pm - 2pm Suitable for babies 4 weeks+, non-mobile babies. Ring to find out where it is running in the neighbourhood 	Health and Development Reviews Discuss your child's milestones, such as weaning, speech & language, toilet training etc. By appointment only
WEDNESDAY	Healthy Child Drop - in 9.30am - 11.30am A drop-in session for advice from the health team and get your child weighed. You will be allocated a 10-minute slot. For a longer consultation please contact your health team. Last entry 11.15am	Toddler Stay and Play 1pm - 2.30pm Session suitable for confident walkers Make friends, play & learn, fun activities including arts, craft, outdoor play, story, songs, and rhymes supporting your child's development. 	C.A.B Sessions Speak to an Outreach Worker or Health Visitor for more information or to book an appointment	Midwife Antenatal Booking in Clinic 9am - 3.15pm Appointments by invitation only 
THURSDAY	Old Moat Childcare  Community-Minded Ltd. 'Inspiring our Community to Flourish and Grow' Tel: 0161 434 1555	Childminder Drop-in 9.15am - 11.15am A session for childminders and the children they are caring for to come and play and interact with others.	Call in for your free toothbrush and toothpaste Brush teeth twice a day - No need to rinse after brushing - Skip the sugar - Brush before bedtime - Say goodbye to the bottle - Visit the dentist 	
FRIDAY	Quid's-In Food Club An affordable food project helping to feed families on lower incomes in M20 only, to reduce food waste. To Join email quidsin@southwayousing.co.uk (Name, address, phone number, whether you are in receipt of universal credit)	R.E.A.L / Getting Ready for School Is your child starting school Nursery in September 2026? Come and join our fun sessions which will focus on: Growing independence; Building relationships and communicating; Physical development and Healthy Routines to prepare your child to be ready for school Ask an Outreach Worker for more info	Visit your local library Withington Library, 410 Wilmslow Rd, M20 3BD Tel: 0161 227 3720 	

MANCHESTER CITY COUNCIL

Sure Start Children's Centres

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**

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**.

Brighter Beginnings

Brighter Beginnings are free online workshops for families with disabled children aged 5 and under. Sessions coming up include Early years Childcare and Finances, and Supporting Your Child's Sleep. Book your place on Eventbrite: **www.bit.ly/4mAOI2z**

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**
Tel: 0161 445 4208
www.oldmoat.manchester.sch.uk

OMYOP Youth session

Youth Sessions every Thursday:
6pm - 7:30pm: Junior Youth - ages 9-12
7:30pm - 9pm: Senior Youth - ages 13-19
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 private car park next to the post office on Egerton Crescent.

For more information contact:
elise.unityarts@gmail.com
Tel: 0778 756 0002

Old Moat Youth Outreach Project (OMYOP)

New Youth Group for Girls and Young Women.
Ages: 12-16
Arts and Crafts, Social Action, Make New Friends, Get Involved, Have Fun!
Tuesdays, 4pm - 6pm at The Ice Shack, 414 Wilmslow Road, Withington, M20.
Contact: **jane.unityarts@gmail.com**

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

Are you pregnant?
Join Aliya Porter, a local Registered Nutritionist for a FREE session to learn about the nutrition you need postnatally to support recovery, health and breastfeeding.
Live on Zoom on 25 November.
Best attended when you are in your 3rd trimester - further details can be found at:
www.shorturl.at/xfAYW

For more information contact:
porternutritionuk@gmail.com
Tel: 07986 809 633

More Life

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

If you're aged 5 - 17 years old 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

Withington Baths Youth Boxing

Free Youth Boxing Sessions at Withington Baths

Monday, 4pm - 4:45pm: Seniors Sessions (teenagers)

Tuesday, 4:15pm - 5:15pm: Juniors (pre teens)

For all genders.

No booking required, just go to Withington Baths and ask for Phil. For more information call: **0161 478 1181**

Unlocking strengths

Autizma is delivering a free one-off training session, 'Unlocking Strengths - Autism & Neurodiversity Training for Families', offered on three different dates and supported by funding from Manchester Adult Social Care.

There are two dates left, 10am - 2pm each time via Zoom on Tuesday 22 October and Wednesday 19 November. If you can't attend live, register anyway as sessions will be recorded and sent to you. Places limited.

Book your place on their website: **www.autizma.co.uk/book-training**

What's on - age friendly

Withington Baths

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

Silver circuits

Mondays, 1pm - 1:45pm
Tuesdays, 3:15pm - 4pm
Wednesdays, 1:15pm - 2pm
Thursdays, 1pm - 1:45pm.

Tai chi

Mondays, 2:15pm - 3pm
Thursdays, 2:30pm - 3:15pm.

Table tennis

Tuesdays, Wednesdays and
Thursdays, 10am - 12pm.

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

Providing support services and activities for older people, designed to help them continue to live independent, active and fulfilling lives.

This charity is a community and voluntary organisation. Their aim is to reduce isolation by providing activities and services.

If you are over 65 years of age and would like to know more about what is available 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.

Also, if you would like to volunteer, please contact us.

Weekly Activity Timetable

Mondays - Digital Drop In, 11am - 12pm
Come sit with our friendly volunteer to work through your phone/tablet/laptop woes, book appointments, get advice etc.
£1 donation.

Tuesdays - Lunch Club, 12pm - 1:30pm
Freshly cooked, two-course meal with bingo/French club.
A £5 donation with volunteer lifts available when possible.
Veggie and halal options available.

Tuesdays - Advice Drop In, 11am - 12pm
Struggling with benefits, bills, forms, bus passes, pension credit etc? Don't do so alone - come and see Jamila or call to book an appointment.

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, call for more information.

Wednesdays - Coffee Group, 1pm - 2:30pm
Barbara's cafe in the downstairs room at WMC - coffee, chat, crochet club, occasional speakers, monthly bingo and quizzes.
£1 donation. All welcome.

Wednesdays - 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.

Fridays - Exercises, 10:30am - 12:30pm
- 10:30am - 11:30am chair assisted
- 11:30am - 12:30pm seated.
Strength, balance and mobility with music and motivation from instructor Ruby. £3 donation.

Fridays - Snooker Group, 1pm - 3pm
Older men's snooker group at WMC. All abilities welcome, full-size table with refreshments, come break a few frames with friends. £1.50 donation.

Fridays - Needles n Yarns, 10am - 12pm
Drop by with your knitting/crochet or just yourself for the return of Needles and Yarns! In the foyer of the Methodist Church with lovely volunteers.

Other less regular activities such as talks, film clubs and trips take place from Withington Assist - get in touch if you are interested.

Support for carers

Carers Manchester

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

Can-Survive UK

Can-Survive UK provides culturally sensitive support primarily, however not exclusively, for African and Caribbean people diagnosed with or caring for a loved one with cancer.

info@can-survive.org.uk

Tel: 07496089310

www.can-survive.org.uk

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).

Tel: 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

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
mft.epp@nhs.net
www.manchesterlco.org/services/citywide-adult-community-services

Porter Nutrition

Are you stuck in a rut with your meals? Want some new ideas? Local Registered Nutritionist Aliya Porter has teamed up with the World Cancer Research Fund to create 10 new recipes including breakfasts, packable lunches, snacks and desserts. All the recipes are suitable for vegetarians and some are vegan too. Find the recipes at:
www.porternutrition.co.uk/2025/09/09/10-recipes-to-help-you-eat-better

For more information contact:
porternutritionuk@gmail.com
07986 809 633

Be Well Service

Be Well is here to help you find a way to live and feel well whatever twists and turns life brings.

We're a free social prescribing service for people who live in Manchester or are registered with a Manchester GP. That means we look at your whole wellbeing, not just your health, so we can help you make meaningful, lasting changes in your life.

Whether you're juggling work and family pressures, dealing with money worries, or simply finding it hard to stay motivated, we're here to support you.

To speak to someone about how Be Well can help, or to discuss a referral, speak to your GP or contact us at:
Call: 0161 470 7120
(Monday to Friday, 9am – 5pm)
Email: **bewell@thebiglifegroup.com**

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**
Tel: 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**

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:

Tel: 0161 823 6306
manchester@cgl.org.uk

Eclipse offer a tailored service for young people and families:
Tel: 0161 839 2054
eclipsemanchester@cgl.org.uk



Adult safeguarding means...

We all have a right to be safe from abuse and neglect.



If you have a safeguarding concern about yourself or someone else, contact Manchester City Council.
Call: **0161 234 5001**
Email: **mcsreply@manchester.gov.uk**

Scan the QR code to find out more about adult safeguarding in Manchester.
www.manchester.gov.uk/report-abuse-neglect



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
Tel: 0161 434 2150
www.headforward.org

Abdominal Aortic Aneurysm (AAA) Screening

Early detection saves lives!

Calling all men aged 64+ in Greater Manchester and East Cheshire!

To book an AAA screening appointment, please contact our office on: **0161 291 5716**
www.facebook.com/AAAscreeningprogramme

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.

Maggie's

Maggie's provides free expert care and support to everyone with cancer and all the people 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.

You can find us on Kinnaird Road, M20 4QL. You can also call us on: **0161 641 4848**
Email: manchester@maggies.org
or visit: **maggies.org/Manchester**

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.

Hardship Helpline

The Trussell Trust's Help through Hardship helpline is a free phone service delivered in partnership with Citizens Advice. They can help you access the support you need, whether that's benefits, grants or energy efficiency. Call the free, confidential helpline on: 0808 208 2138 to speak to a friendly adviser. Open Monday to Friday, 9am-5pm, except public holidays.

Reach Out to the Community

If you're worried about someone sleeping rough in South Manchester, please contact Reach Out to the Community:
www.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.

Warm Space at Ladybarn Community Hub

During the colder weather we offer a warm, welcoming space for anyone to drop in for tea, coffee or cup-a-soup in our foyer. You can use our Wifi and read or borrow a book from our small library whilst you warm up. Free to everyone and all welcome!

Monday – Thursday, 10am – 4pm
At Ladybarn Community Hub, Royle Street, Fallowfield, M14 6RN

Manchester Active Free School Holidays Activities and Meals

School holidays are coming! Did you know there are thousands of FREE places for children's activities over the school holidays? PLUS each booked session will include a FREE meal.

It's as easy as 1, 2, 3 to get involved.

1. Register for FREE benefits-related school meals
2. Create a family 'MCRactive Go' account
3. Find and book your sessions on the Activity Finder.

To find out whether your child is eligible to take part, or to book activities, visit:
www.mcractive.com/haf

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

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?

Withington Civic Society members on the committee are volunteers. We would like more people to join us and take an active role.

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.withingtoncivicsociety.org.uk 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 Manchester Post!

Manchester Post is a monthly, not-for-profit, printed positive-news newspaper filled with news from the community and delivered to residents across Manchester by a team of dedicated volunteers.

We are looking for additional volunteers to deliver to their neighbours and streets around where they live.

Volunteers deliver anywhere from 10 to 600 papers! Every little helps the news to reach more people.

If you would like to volunteer please email:
news@communitynewsgm.co.uk

- Do you have an hour to spare each month?
- Would you like to help community news reach more homes across your local area?

If you would like to be part of our team of volunteers delivering Post Community Newspapers across Manchester, we would love to hear from you!
news@communitynewsgm.co.uk



POST
COMMUNITY NEWSPAPERS