

Recovery Pathways North

Wellbeing activities

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Introduction

There were loads of wellbeing activities during Mental Health Awareness week across North Manchester. Including Women's Walking football, creative & gardening sessions, health walks and a Men's Activity evening. The animal therapy, holistic treatments & pizzas were popular at No. 93 and we had a great time visiting Hollingworth Lake. Some activities will continue to run, so check with the community venues if you missed any sessions and you would like to join them. Plus, people enjoyed trying the electric trikes with Moston Cycling & the gardening group supported people to make some lovely hanging baskets!



Click here for more information [No 93 Wellbeing Centre](#)

ACA Women's Drop-in



New day & time

Fridays 11am-1pm
(free refreshments)

No. 93 Wellbeing Centre,
93 Church Lane,
Harpurhey,
M9 5BG

For more information, please email
africariballiance@gmail.com or call
07903 072 956 or 07453 424206

Art Drop-in

Re-starts Monday 5 June

1pm - 3pm, drop-in

No. 93 Wellbeing Centre, Harpurhey, M9 5BG, Art room

No experience necessary

All skill levels welcome

All materials provided

For more information Tel: 0161 271 0908 or Email:
Harpurhey@gmmh.nhs.uk



Barnabus Beacon Centre

Barnabus is a Christian Homeless Charity in Manchester bringing hope and transformation to people experiencing homelessness and rough sleeping in our City for 30 years.

Join us at the Beacon, 45 Bloom Street, M1 3LY for afternoon activities.

- Mondays 2-4pm, Help us with odd jobs & cleaning
- Wednesday from 1pm, Wednesday social, join us for a creative social session & meal
- Thursday—prayer & reflection— join us for some quiet time & reflection

Volunteers Needed

Barnabus helps with accommodation, recovery from addictions, safeguarding supporting physical & mental health needs. We enable and equip people with the life skills they need and encouragement to succeed at independent living.

We can only do this when amazing people like you offer support, volunteering, fundraising, practical donations, pro-bono support, or monthly donations. Please consider if you can help us, we would love to hear from you. Email alex@barnabusmanchester.co.uk or 0161 237 3223.

Click here for more information: [Barnabus Manchester \(barnabus-manchester.org.uk\)](http://barnabus-manchester.org.uk)

Bollyfit classes

Join us for a fun filled bollyfit exercise class (women only).

Thursdays 10am-11am (term time only)

Rainbow Centre, 11-13 Humphrey Street, Crumpsall, M8 9JS

After the class, have a cup of tea and chat with the Hopewell staff and others and find out about other wellbeing activities at Hopewell.

For more information please contact Ruqia on 07914 350 602/ 0787 404 9736 or info@hopewellmcr.org.uk.

British Taekwondo

Wednesdays 2-3pm

7th, 14th & 21st June

All sessions are FREE.

To improve confidence, social skills, health, fitness and overall wellbeing.

Beginners welcome, any ability or fitness level

Participants must be over 11 years old

Where:

North City Family & Fitness Centre

Upper Conran Street

Harpurhey

M9 4DA

To book, sign up for a MCR Active card and register your attendance at North City reception or email NorthCity@gll.org with your name, number and attendance date (s).

Big Green Week—In Our Nature

Join our Big Green Week event in Harpurhey –Tuesday 13 June, 12-3pm

We want to know your views on what is great about your neighbourhood, what is not so great and what you would change.

- Share ideas, meet new people, join in with some fun activities.
- Dr bike sessions- help with bicycle maintenance
- Tips & freebies to reduce energy costs
- Seed planting & food growing
- Spin the Wheel & games
- And much more!



No. 93 Wellbeing Centre, 93 Church Lane, Harpurhey, M9 5BG

For more information about the In Our Nature project, please contact

Basic Life Support training

Delivered by **North West Ambulance Service**

When: Tuesday 20 June 1—2.30 pm

Where: No. 93 Wellbeing Centre, Harpurhey, M9 5BG

Please contact Harpurhey@gmmh.nhs.uk to book your place or phone reception on 0161 271 0908

Crafting for Wellbeing

Crocheting and Knitting for Women

Learn to embroider traditional stitches!

When: Tuesday 30th May, 13th June, 27th June, 11th July, 25th July, 8th August &

22nd August, **10-11.30am**

Where: No. 93 Wellbeing Centre,
93 Church lane, Harpurhey, M9 5BG

Contact New Leaf Foundation for more information:

Tel: 07737 104433 or info@newleaffoundation.org.uk



Free Level 2 Food Hygiene training

- Free course
- Meet new people
- One full day 9.30am-3pm
- Opportunity to learn about food safety
- Level 2 certificate on completion of course
- Increase your chances of finding paid work and volunteering opportunities

Date & Time: Tuesday 12th June, 9.30am-3pm

Venue: No. 93 Wellbeing Centre, Harpurhey, M9 5BG

For more info contact Lacey on lacey@hmhc.org.uk or phone 07305 053 660

Family Fun Day

North City Library

Saturday 10 June 2-4pm

CELEBRATE YOUR LIBRARIES!

No need to book-join the fun!

Arts, dancing, games, crafts, play, music and feel good fun for all ages!

Activities suitable for children aged 5 –12 years. Children under 8 years must be supervised by a parent or Carer.

Eden Gardens– Philip's Park

Volunteer with us at Eden Gardens to:

- Improve sense of wellbeing and mental health
- experience the beauty of tree and vegetables in a quiet space
- connect to others – work together, share snacks and chats
- notice your surroundings - observe the annual cycle of planting, growth, flowering, harvesting and rest feel a sense of achievement – see the results of our work; make the produce into delicious meals;
- learn new skills – such as simple woodwork, pruning and care of fruit trees
- give – share skills and knowledge • be active – enjoy physical activity outdoors
- be present – soak up the peace – watching birds, insects – like bees and butterflies

You are welcome to come to Eden Gardens and use the space to do whatever improves your wellbeing such as sketching or painting; reading in the sunshine; knitting. Eden Gardens works with other charities like Sow the City and the Orchard Project . We've provided a venue for learning about how to encourage wild life in your garden, learned how to graft apple trees and how to prune fruit tree

Where: Eden Gardens, Allotment site, Philips Park, M11 4DQ

Volunteer days/time: Thursdays and Saturdays 10.00 – 13.00 hrs

Accessibility: The garden can be accessed with mobility walkers. There is a bench situated close to the entrance. The site is hard covered with loose stone

Facilities: Toilet: portaloo (non-wheelchair accessible) Seating: wooden bench seating around garden, Shelter: Shed (undercover), green house

Examples of tasks: Dependent on season - weeding, seed sowing/potting on/planting out; basic woodwork and repair, caring for fruit trees, watering, fertilising, harvesting ,clearing leaves, making compost Beds are 1 ft high and require bending/kneeling. Seated tasks are available such as potting on, planting seeds in trays

Contact name/number: Dennis Hardy 07715550757 Email hardy.dennis@gmail.com
Jane Hardy 07986611250 Email fjhardy1984@gmail.com

Watch our video about Eden Gardens - <https://www.youtube.com/watch?v=7ZATVD2NB2Y> Referral process: See separate Referral form.

Click here for more information: [Medlock Valley - Philips Park](#)

First Time for Everything– Origami

Our next free *First Time for Everything* activity for the over 55's is an introduction to Origami - the Japanese art of paper folding. Set in the beautiful grounds of Heaton Park, our teacher [Caroline Coates](#) will provide step by step instructions to making your first few origami models and you will leave with the skills and a small take-home kit to continue practicing.

Activity: Origami

When: Thursday 22nd June 2.00 – 4.00 (please arrive 1.45 for registration)

Where: Heaton Park (next to the Farm Centre) Manchester M25 2SW - please note car-parking charges apply

Refreshments will be provided, and **booking is essential**.

Please book your places with Karen Kennedy Telephone: 077954 50563 or karen.kennedy@royalvoluntaryservice.org.uk.

Men's Coffee & Chat

New Men's peer support group starting on Thursday 29th June. Friendly environment for men aged 18+.

When: Thursdays, 1-3pm

Where: No. 93 Wellbeing Centre, Harpurhey, M9 5BG, (Relaxation room)

For more information contact 0161 271 0908 or Harpurhey@gmmh.nhs.uk



Pan-Disability Taster session

12th June 5 - 6pm

Broadhurst Park, 310 Lightbrowne Road, Moston, M40 0FJ

Manchester FA and FC United are inviting men and women aged 16+ to come to take part in a PAN-Disability taster event.

To register please complete the form following the QR code or contact **emily.owens@ManchesterFA.com**

Greater Manchester Football

Photography Wellbeing Course—Arts for Good Health

Join us in getting creative through a range of interesting and enjoyable photo projects that anyone will be able to do.

No. 93 Wellbeing Centre, Harpurhey, M9 5BG

Fridays, 10am -12 noon

Start Date: 16th June

5 Week course

Contact: Referrals.RecoveryPathways@gmmh.nhs.uk or 074365 609 17



Poetry event in Newton Heath

Come and join us to celebrate the publication of:

'I cut my teeth in Newton Heath'

A poetry book written by and for the people of Newton Heath.

All welcome for a morning of poetry and free refreshments.

Saturday 3rd June, 10 am –12 noon

Newton Heath Library

Supported by Winning Hearts and Minds

Ruby's Diversity Network Food bank

Food Bank

Providing healthy and nutritious culturally appropriate food to everyone in North Manchester.

Where?

St Matthew's RC High School, Nuthurst Road, Charlestown, M40 0EW

When?

Every Last Saturday 12-2pm

FREE Cookery sessions start on Saturday 17th June at No. 93 Wellbeing Centre, 93 Church Lane, Harpurhey, M9 5BG from 3-5pm.

Please contact rubysdiversenet@outlook.com or 0740 0462 7097

Mental Health Arts Programme: Spring schedule SICK! Festival

Do you live or have a connection to Harpurhey or Moston? Are you struggling with your mental health and wellbeing?

SMASH offers you a range of different activities that suit your own experiences & interests.

9th June, 10.30-11.30/12pm TALK: Join Artist Rita Righteous in conversation about her experience of being under section as an informal inpatient, the wider mental health teams who supported her before and after her hospital stay and her recovery.

16th June, 10.30-12.30/1pm SEE & HEAR Join us for a special guided tour of Whitworth Art Gallery around the exhibit Slow Down, You're doing fine. A space to help you experience art in a more mindful way. Pull up a chair and see a variety of works from the collection. All transport provided.

23rd June 10.30-12.30 CREATE Artist Rita Righteous returns to explore how we can move towards better self care habits when we are struggling with our mental health. Each participant will identify their self care goals and map where they are and want to be.

You can sign up to SMASH activities at any time and choose whichever of the different activities suit you.

To find out more and arrange a chat about what you would like to get out of SMASH, send an email to **Danielle@sickfestival.com** or call us on **07949 546 135**.

Click here for more information SICK! MENTAL HEALTH ARTS PROGRAMME

Volunteering Fair for Volunteers' Week

Friday 2 June 2023, 11:00 – 15:00

Thinking about volunteering and want to know more?

Join Volunteer Centre Manchester and a host of Volunteer-Involving Organisations this Volunteers' Week for a Volunteering Fair:

explore a wide range of volunteering opportunities
access guidance and information about volunteering
get involved!

If you would like to attend to find out about volunteering, head down to Central Library on the day!

Registration isn't necessary, but you can [sign up on Eventbrite](#) to let us know you're coming!

Yoga sessions

Hopewell Yoga Session

@ Guidance Hub

389 Waterloo Rd, M8 9AB

Wednesday (Term-Time Only)

10.15-11.15

Yoga focuses on strength, flexibility & breathing and is great for our physical and mental wellbeing.

Women Only

All abilities Welcome

Delivered by a qualified Instructor

For more information contact Ruqia or Mags on

0161 720 9974/07716170329 or email info@hopewellmcr.org.uk