

No. 93

Supporting health and wellbeing in north Manchester

No. 93 (formerly Harpurhey Wellbeing Centre) has been at the heart of Harpurhey for many years and is an important place for the whole community. Greater Manchester Mental Health NHS Foundation Trust (GMMH) has invested into the centre so that it lasts for generations to come.

- At the centre, there is a café that is open to serve nutritious food from 10am-3pm
- The art room has a variety of different creative groups
- If you are interested in running a wellbeing course or event, please talk to us about booking a room or space in the centre
- There is a one to one room for private health and wellbeing related appointments
- A relaxation room and space for exercise classes
- GMMH's Psychological Therapies service is also based in the building with prearranged appointments

Contact us

Email: harpurhey@gmmh.nhs.uk

Phone: 0161 271 0908 & leave a message or ask at reception.

93 Church Lane, Harpurhey M9 5BG



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool Club 10:30—1pm Cafe Arrol - poolpro- ject.info93 @gmail.com	Sleep DIY course 10.30-12.30 Relaxation room (start 18 Jan for 4 weeks)	Beverley's Card-making group 9.30-10.45 Art room 0161 271 0908	Age UK Exercise 10am - 11am Art room Kathy 07504 831 651	SMASH SICK! Festival 10.30 -1pm Art room ste- ve@ sickfestival.c om	Crisis Café 3pm – 1am GMMH 24/7 help- line; 0800 953 0285	Crisis Café 3pm – 1am 077780 838
Cancer Support Group 12 - 2pm info@ cansur- vive.org.uk or 07496 089310	Community Grocer Scheme 10am - 3pm Art Room 07910 879 985 or info @hmhc.co.uk	Alcohol peer Support Group 10 -12.30 Relaxation Room Mike 07467317046	Food Bank 10am - 12pm info@ Manchetercen tral.foodbank. org.uk	Alcohol peer Support Group 10 -12.30 Relaxation Room Mike 07467317046		
Exercise class 11.30—12.30 Kathy 07504 831 651 Art Room	Gardening group 11am—1pm Courtyard Drop-in	Pool Club 10:-30– 1pm Cafe Arrol - poolproject. info93 @gmail.com 0161 271 0908	North Manchester Community Partnership <i>Benefits & Housing advice</i> 9.30-12.30 Minaj Relaxation room	Manchester Mind Peer Support 2pm—4pm Art room 0161 769 5732 Shamin.malik@ manchester- mind.org		
	Gateway Debt & Ad- vice drop-in 10am-2pm 121 room		Health Walks 11am & 1pm Khadija 07721237373 or Khadi- ja.khan @gmmh.nhs.u k	Hearing Voices group 2 - 4pm Relaxation room 0161 271 0908		
	Music Appreciation group Relaxation room Drop-in 3 - 4.30pm	Smithy's Bereave- ment Group 11am - 1pm Art room & Gym (every other Wednesday) Wendy 0748 254 3189	Self Help Depression & Anxiety group 1 - 3pm Art room csgroups@ self- helpservices .org.uk 0161 226 3871			



To book a place in a class, contact the tutor for the class - details under each class heading..
To book space for a group email harpurhey@gmmh.nhs.uk ,