

# 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](mailto: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
<b>Pool Club</b> 10:30—1pm Cafe  Drop in	<b>Gateway Debt &amp; Advice</b> By appointment, see reception 9am—12.00 121 room	<b>Pool Club</b> 10:30– 1pm Cafe Drop-in	<b>Exercise class</b> 10am - 11am courtyard Kathy 07504 831 651	<b>Alcohol peer Support Group</b> 10 -12.30 Relaxation Room Mike 07467317046	<b>Crisis Café</b> 3pm – 1am 0161 271 0339	<b>Crisis Café</b> 3pm – 1am 0161 271 0339
<b>Exercise class</b> 11.30-12.30 Courtyard— Kathy 07504 831 651	<b>Community Grocer Scheme</b> 10:00am - 2pm Art Room 07910 879 985 or info @hmhc.co.uk	<b>Alcohol peer-Support Group</b> 10 -12.30 Relaxation Room Mike 07467317046	<b>Trussell Trust Food Bank</b> 10am - 12pm Referral only info@ Manchestercentral.foodbank.org.uk gym	<b>Hearing Voices group</b> 1.30 - 3.30pm Relaxation room  0161 271 0908		
<b>Cancer Support Group</b> 12 - 2pm  info@ cansurvive.org.uk or 07496 089310	<b>Gardening group</b> 11am—1pm Courtyard  Drop-in	<b>Yoga</b> 9.45am— 10.45am Art room  Book with Reception 0161 271 0908	<b>North Manchester Community Partnership</b> <i>Benefits &amp; Housing advice</i> 9.30-12.30 Minaj <b>(appt only)</b> Relaxation room	<b>Crisis Café</b> 8pm– 1am GMMH 24/7 helpline; 0800 953 0285		
<b>Crisis Café</b> 8pm– 1am GMMH 24/7 helpline; 0800 953 0285	<b>Music Appreciation group</b> Relaxation Room Drop-in 2.30— 3.45pm	<b>Smithy's Bereavement Group</b> 11am - 1pm Art room & Gym alternate Wednesdays Wendy 0748 254 3189	<b>Art Class, nature themed</b> 10am—12 noon Starts 14 July for 6 weeks Book with reception			
<b>Bike Library</b> Hire a bike 10am—2pm Contact reception for more info 0161 271 0908	<b>African Caribbean Alliance Women's drop-in</b> <b>10am-1pm</b> Restarting in September	<b>Crisis Café</b> 8pm– 1am GMMH 24/7 helpline; 0800 953 0285	<b>Health Walks</b> 11am & 1pm Drop-in Khadija 07721237373 or Khadija.khan@gmmh.nhs.uk			
	<b>Crisis Café</b> 8pm– 1am GMMH 24/7 helpline; 0800 953 0285		<b>Self Help Depression &amp; Anxiety group</b> 1 - 3pm Art room csgroups@selfhelpservices.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 room space for a group email harpurhey@gmmh.nhs.uk