

# Age-Friendly Chorlton and Whalley Range



## Activities for 50+ in Chorlton, Chorlton Park & Whalley Range

Spring / Summer  
2024

Last Updated: 21st May 2024

This Directory aims to reflect the wide range of work and activities carried out locally.

The Directory features Age-friendly information and work delivered in Whalley Range, Chorlton and Chorlton Park to support Manchester City Council's Age Friendly Programme.

The Directory is divided into the following sections:

Social Groups or clubs	Food/Cafes/Luncheon Clubs	Exercise classes and Physical Activity
Computer classes and IT support	Other local Support	Upcoming events

The aim of the Directory is to be as up-to-date and as inclusive as possible with information within the voluntary & community sector. If you see something that is out of date, or you know of a group that isn't included, please contact Neighbourhood Community Development Officer [Laura.Cassidy@manchester.gov.uk](mailto:Laura.Cassidy@manchester.gov.uk) or [agefriendlywhalleyrange@gmail.com](mailto:agefriendlywhalleyrange@gmail.com) as we will try to update the Directory regularly.

Websites containing useful information about projects and activities locally:

[www.whalleyrange.org](http://www.whalleyrange.org)

[www.manchestercommunitycentral.org](http://www.manchestercommunitycentral.org)

[www.talk-english.co.uk/manchester](http://www.talk-english.co.uk/manchester)

[www.mcractive.com/activity](http://www.mcractive.com/activity)

## Social Groups or Clubs

### Chit, Chat, Chai Women's Café

St Margaret's Social Centre  
Brantingham Road  
M21 0TT  
Email: [chitchatchaim16@gmail.com](mailto:chitchatchaim16@gmail.com)

A friendly, women-only space to connect and make friends, especially for women who are learning English or would like to help others who are learning English. We have a variety of activities available - arts and crafts, table tennis and fun board games.

**Refreshments and snacks available (pay as much as you feel)**

**Mondays 11am – 12:30pm (term time only)**

### Chorlton Civic Society

Chorlton Central Church  
Barlow Moor Road  
Chorlton  
M21 8BF  
[chair@chorltonvoice.org](mailto:chair@chorltonvoice.org)

Chorlton Civic Society's mission is to preserve, develop and improve the amenities, environment, and other features of the area. Their monthly meetings cover a wide range of topics.

**2<sup>nd</sup> Tuesday of every other month 7:30pm.**

### Whalley Range Women's Group

Manley Park Community Centre  
Manley Park  
York Avenue  
M16 0AS  
Email: [salmarasul@icloud.com](mailto:salmarasul@icloud.com) or  
[Laura.Cassidy@manchester.gov.uk](mailto:Laura.Cassidy@manchester.gov.uk)

Meet other local women for friendship, support, and some fun trying new things. Come along, have a drink and a chat, and tell us about your interests. Maybe you have a skill you'd like to share, or you've always wanted to try something new? Let us know so we can help make it happen!

**Tuesdays 1 – 2:30pm (term time only)**

### St Margaret's Forever Fields Gardening Club

St Margaret's Centre  
Brantingham Road  
M21 0TT  
[www.facebook.com/pg/stmargaretscentre](https://www.facebook.com/pg/stmargaretscentre)

Expect gardening, exercise, brews, biscuits and good chat. Wear sturdy footwear and clothing for outdoor work, tools provided. You can just drop in.

**Mondays 10am – 4pm**

**Thursdays 12pm – 4pm**

## Creative Conversations (Term times only)

JNR8 Youth & Community Centre  
(Back of Manley Park Church)  
82 Cromwell Avenue  
Whalley Range  
M16 0BG  
Call Chris on 0161 881 3744  
agefriendlywhalleyrange@gmail.com

A supportive, wellbeing social & crafting group for adults.

Would you like to get out more and meet new people? Join our relaxed and informal group to chat, to learn/participate in a craft activity. Refreshments provided.

**Mondays 1 – 2:30pm (Term time only)**

**Free, Donations appreciated.**

## Cromwell Community Cuppa (Term times only)

JNR8 Community Centre  
(Back of Manley Park Methodist Church)  
82 Cromwell Avenue  
M16 0BG  
Call Chris on 0161 881 3744  
agefriendlywhalleyrange@gmail.com

A weekly social drop-in aimed at over-50s.

A relaxed and friendly group to socialise over a cuppa and plan days out, to reconnect with your neighbours - and make new friends.

Drop-in, no need to book.

Refreshments are provided.

**Wednesdays 2pm – 3pm**

## Chorlton Library Coffee Morning (Now at The Edge Theatre)

The Edge Theatre  
Manchester Road  
M21 9JG  
Tel: 0161 227 3700  
Email: chorltonlibrary@manchester.gov.uk

Drop in for Tea, Coffee, and Friendly conversation.

Free. All Over 50s welcome.

**Every Tuesday 10 – 11am**

## Spinning Yarns

Upstairs at The Beagle,  
456 – 458 Barlow Moor Road  
Chorlton  
M21 0BQ

For knitters and crocheters of all level and experience. Bring your projects and have a chat while you work on them. Please bring your own needles, hooks, and wool

**Last Tuesday of the month from 7:30pm**

## CGN Drama Group

Wilbraham St Ninians  
Egerton Road South, Chorlton  
M21 0XJ  
Email: [helen@chorltongoodneighbours.org](mailto:helen@chorltongoodneighbours.org)  
Tel: 0161 881 2925

Drama Group with Peter Gibson. For anyone wanting to have a laugh, learn new skills and be with a great group of people willing to have a go.

**Wednesdays 10am – 12pm**  
**Run in 10-week blocks – please contact Helen for details of next one. £3 per session**

## Chorlton History Group

Wilbraham St Ninians  
Egerton Road South, Chorlton  
M21 0XJ  
Email: [helen@chorltongoodneighbours.org](mailto:helen@chorltongoodneighbours.org)  
Tel: 0161 881 2925

Monthly talks around local history. Varied topics.

**2<sup>nd</sup> Tuesday of the month 1.30pm – 2:45pm**

## Carlton Club Community Garden

Carlton Club, Rowan Lodge  
113 Carlton Road, Whalley Range  
M16 8BE  
Tel: Jan on 07930 260 128

We meet to do a spot of gardening, have a cuppa and a biscuit, a chat and plan the season ahead. We are developing an outdoor kitchen area.

**Saturdays at 1.30pm**

**Tuesdays at 11am – 1pm**

**Free**

## Scott Avenue Allotment Community Plot

Scott Avenue Allotment  
Scott Avenue  
Chorlton  
M21 9QW  
Email: [supaorganism@gmail.com](mailto:supaorganism@gmail.com)

Follow the signpost at the end of Scott Ave! Wear boots/wellies, dress for the weather, bring gardening gloves! Regular commitment or drop in welcome!

**Weds 6 – 7pm (except during winter)**

**Saturdays 11am – 1pm**

**Sundays 2 – 4pm**

**Free**

## Chorlton Good Neighbours Thursday Coffee Morning

Chorlton Good Neighbours

Wilbraham St Ninians

Egerton Road South, Chorlton

M21 0XJ

Tel: 0161 881 2925

Email: [helen@chorltongoodneighbours.org](mailto:helen@chorltongoodneighbours.org)

Join the Chorlton Good Neighbours busy Coffee Morning and enjoy speakers, singers, occasional bingo and raffles.

**Thursdays 9:45am – 11:15am**

**£1**

## Art and Craft

Chorlton Good Neighbours

Wilbraham St Ninians

Egerton Road South, Chorlton

M21 0XJ

Tel: 0161 881 2925

Email: [helen@chorltongoodneighbours.org](mailto:helen@chorltongoodneighbours.org)

Come and get creative at our craft table run by volunteer Leah or join the Art table with artist Amanda using mixed media.

**Thursday 1 – 2:30pm**

**£3 for Art group**

**£2 for craft group**

## Thursday Melodics

Chorlton Good Neighbours

Wilbraham St Ninians

Egerton Road South, Chorlton

M21 0XJ

Tel: 0161 881 2925

Email: [helen@chorltongoodneighbours.org](mailto:helen@chorltongoodneighbours.org)

Members coming together to enjoy singing and occasional performances at coffee mornings.

**Thursday 11.45am – 1pm**

## Snooker, Darts and Bowling

Southwest Manchester Cricket Club

Chandos Rd

Manchester M21 0SG

Phone: Helen 0161 881 2925

An afternoon of snooker, darts and bowling.

Phone Helen, at Chorlton Good Neighbours, for more information.

**Tuesday 2 – 3pm**

## Friday Gardening Club

Chorlton Good Neighbours

Wilbraham St Ninians

Egerton Road South

Chorlton

M21 0XJ

Tel: 0161 881 2925

Email: [helen@chorltongoodneighbours.org](mailto:helen@chorltongoodneighbours.org)

Facilitated by gardener Geraldine Wall, this small group meet each week to socialise with a coffee, tell jokes, share news, and do a bit of potting in the greenhouse and planting of flowers, fruit and vegetables in the garden area. Meet in all weathers.

**Friday 10am – 1pm**

## Friends of Chorlton Park Gardening Group

Chorlton Park

M21 7SA

Email: [friendschorltonpark@gmail.com](mailto:friendschorltonpark@gmail.com)

Gardening, orchard care, and conservation every Saturday morning in most weathers. Wear suitable clothing. All tools and gloves provided. Tasks for all abilities included seated activities - seed planting and care of raised planters. No experience is necessary. Access to toilets for volunteers. Free cuppa after the session.

**Saturdays 9.30 – 11:30am**

## Royal Oak Social Club

The Royal Oak

440 Barlow Moor Road

Chorlton

M21 0BQ

Call Mary on 0161 860 7438 / 07751 696 055

[Mary@ForTheLoveOfChorlton.org](mailto:Mary@ForTheLoveOfChorlton.org)

Meet new people and chat with your neighbours at The Royal Oak Social Club. Eat together, play games and quizzes and hear about other activities and events in your local area. All welcome.

**Lunch Meal Deal Available. Free Tea and Coffee**

**Tuesdays 12 – 3pm**

## Chorlton Chatty Café (Benito Lounge)

Benito Lounge

595 / 597 Wilbraham Road

Chorlton M21 9AE

Email: [Laura.Cassidy@manchester.gov.uk](mailto:Laura.Cassidy@manchester.gov.uk)

Tel: 07976 885 898

A weekly chatty table which will take place every Thursday 1 – 3pm. A place to come for a bit of company and chat and meet new people. Everyone who sits at the table is open for a chat.

Food and drink for sale at the bar. No pressure to buy any. Free water is available.

**Thursdays 1 – 3pm**

## Chorlton Chatty Café (Tea Hive)

Tea Hive  
53 Manchester Road  
Chorlton  
M21 9PW

A weekly chatty table which will take place every Wednesday 1 – 3pm. A place to come for a bit of company and chat and meet new people. Everyone who sits at the table is open for a chat. Food and drink for sale at the bar. No pressure to buy any. Free water is available.

**Wednesdays 1 – 3pm**

## JNR8 Friday Community Hub

JNR8 Youth and Community Centre,  
82 Cromwell Avenue, Whalley Range  
M16 0BG  
Email:  
communityforumwhalleyrange@gmail.com  
Tel: 0161 881 3744

Come and meet friends and make new ones at JNR8's Friday Community Hub. Free tea and coffee, toast, soup and bread. Wi-Fi and charging points. Board games, information sessions and more.

**Fridays 10am – 1pm**

## St Margaret's Community Café

St Margaret's Centre  
Brantingham Road  
M21 0TT  
Email: stmargaretscentre1@gmail.com

Come and get social at St Margaret's Centre. Food share table, games, and a friendly chat. Donations and bakes welcome.

**Thursdays 1 – 3pm**

## Public Living Room

Benito Lounge  
595 / 597 Wilbraham Road  
Chorlton  
M21 9AE

Come together, meet new people, and have a chat at The Public Living Room at Benito Lounge. No purpose, no agenda other than having fun and a chat.

Food and drink for sale at the bar.

**Tuesdays 10:30 – 11.30am**



## Social Afternoons at BMCA

Barlow Moor Community Association  
23 Merseybank Avenue  
M21 7NT  
Email: [rachel@barlowmoorca.co.uk](mailto:rachel@barlowmoorca.co.uk)

Meet other people and take part in different activities each week such as board games, bingo and film afternoons.

**Thursdays 1 – 3pm**

**Free**

## Crafting Group

Barlow Moor Community Association  
23 Merseybank Avenue  
M21 7NT  
Email: [rachel@barlowmoorca.co.uk](mailto:rachel@barlowmoorca.co.uk)  
Tel: 0161 446 4805

Meet others and craft together.

**Thursdays 10am – 12 noon**

## The Stories of our Lives

St Margaret's Centre  
Brantingham Road,  
M21 0TT  
Tel: Jolene on 07939566148  
Email: [jolene.joyethic@gmail.com](mailto:jolene.joyethic@gmail.com)  
<https://storiesofourlivesnow.org/>

A welcoming and friendly community building story swapping group in Chorlton, Manchester. This group is for anyone over 18 who would like to connect with other people whilst reflecting on themes that spark uplifting memories of the past as well as offer opportunities for thought provoking conversations.

**One Saturday a month 11am till 12.30pm  
(please call for details as varies)**

## Knit for Peace

Communal Lounge, Ivy Court  
Beech Road  
Chorlton  
M21 9FL  
Email: [Laura.Cassidy@manchester.gov.uk](mailto:Laura.Cassidy@manchester.gov.uk)

Join others and knit items for local community projects, or work on your own projects. Open to all. Needles and wool can be provided.

**Wednesdays 2 – 3:30pm**

## Elders Artbox

The White House  
Chorlton Park, Nell Lane  
M21 7SJ  
Email: [info@unity-manchester.org.uk](mailto:info@unity-manchester.org.uk)

Weekly art sessions for over 50s. Different art skills each week.

**Weds 1 – 3pm**

**Free**

## JNR8 Music Group

JNR8 Community Centre  
82 Cromwell Avenue  
Whalley Range  
M16 0BG  
Call: 0161 881 3744

The Happy Tuesdays is a weekly group for people aged 50+ who want to play a musical instrument and have lots of fun in the process. The group has guitars, ukuleles, and lots of percussion. Or bring your own instrument!

**Tuesdays 12 noon – 2pm**

**Free (Donations always appreciated)**

## St Margaret's Art Group

St Margaret's Centre  
Brantingham Road  
M21 0TT

All levels welcome. You can do your own thing or join in with suggested activity. It's very laid back, materials and paper are provided, with a good choice for you to experiment with.

**Tuesdays 10am – 12 noon**

**Free (Donations towards materials welcome)**

## Music for Mindfulness

Barlow Moor Community Association  
23 Merseybank Avenue M21 7NT  
Email: [rachel@barlowmoorca.co.uk](mailto:rachel@barlowmoorca.co.uk)  
Tel: 0161 446 4805

Play or listen to music, discuss musical interests, learn new skills, and meet new people. BMCA can provide instruments, or you can bring your own.

**Fridays 10am – 12noon**

## Food/Cafes/Luncheon Clubs

### Food Bank

Whalley Range Methodist Church  
51 Withington Road,  
Whalley Range  
M16 7 EX

Free emergency food parcels for those in need and signposting to other support services. Needs a referral.

Call the Food Bank on 0161 226 3413 or JNR8 on 0161 881 3744 for more information.

**Monday 1-3pm**

### Food Bank Referral

JNR8 Youth & Community Centre  
(Back of Manley Park Methodist Church)  
82 Cromwell Avenue  
M16 0BG  
Call Chris on 0161 881 3744  
communityforumwhalleyrange@gmail.com

#### **Foodbank vouchers and referral**

JNR8 is a foodbank referral centre for emergency food from Manchester South Central Foodbanks at Whalley Range Methodist Church, St Bride's Church and the Ascension Church in Hulme

Call 881 3744 to request a referral for a foodbank voucher...

### St Clements Lunch Club

St Clements Church  
Edge Lane  
Chorlton  
M21  
Tel: Revd Jenny King on 0161 861 0898

Aimed at older people, open to anyone.

**Second Wednesday of the month 12 noon**

### Whalley Range FOOD Club

Whalley Range Children's Centre  
Burford Road  
Whalley Range  
M16 8HE  
Phone: 0161 245 7007 / 0161 277 6970  
Email: Michael.cowieson@family-action.org.uk

A local food club reducing costs for families and waste for the environment. There will be a range of food items available each week. Annual membership is £1, weekly cost is £3.50. You must live or work within 15 minutes walking distance of the centre.

**Fridays 1 – 3pm**

## Sunday Tea in Chorlton

Chorlton Good Neighbours

Wilbraham St Ninians

Egerton Road South

Chorlton

M21 0XJ

Tel: 0161 881 2925

Email: [helen@chorltongoodneighbours.org](mailto:helen@chorltongoodneighbours.org)

Monthly Sunday tea with snacks, bingo raffle and entertainment.

**Sunday, once per month, 2 – 4pm**

## Food Bank

Christ Church

Darley Avenue

M20 2ZD

Tel: 07938191038

[info@chorltondidsbury.foodbank.org.uk](mailto:info@chorltondidsbury.foodbank.org.uk)

Free food parcels for those in need. Signposting to other support if needed. Covering all Chorlton & Didsbury - Referrals required (call helpline on 0808 208 2138).

**Tuesdays - Delivery Only 2-3.30pm**

**Wednesdays - Drop in at Christ Church M20 2ZD - 11-12.30pm**

**Fridays - Delivery Only 1-2.30pm**

## The Den Café, Merseybank

The Den Café

40 Merseybank Avenue

M21 7NN

Tel: 07851 454 612

Community Café for anyone who needs support. Offering three meals a day, Monday to Wednesday.

**Breakfasts for children pre-school: 7am – 10am**

**Lunches 12pm – 2pm**

**Snacks 2:30pm – 4:30pm**

## Barlow Moor Community Association

Barlow Moor Community Association

23 Merseybank Avenue

M21 7NT

Emails: [rachel@barlowmoorca.co.uk](mailto:rachel@barlowmoorca.co.uk)

Tel: 0161 446 4805

What's App: 07760 117235

BMCA provide a wide range of services including food parcels and lunches. Please contact Rachel for more details.

## Quids In Food Shop – Merseybank

The Pop-Up Shop  
Merseybank Parade  
42 Merseybank Avenue  
M21 7NN

Quids In offers members a variety of food worth £10-15 for just a £3 weekly membership fee – a sum that helps to pay food charity Fareshare and other club costs. It is open to households in the postcode area of the individual clubs - not just Southway tenants - that claim at least some Housing Benefit or Universal Credit.

**Fridays 12 noon to 3pm**

## Quids In Food Shop – Chorlton Park

Brookfield House (White Building in Chorlton Park, Nell Lane Entrance)  
Chorlton  
M21 7UD

Quids In' offers members a variety of food worth £10-15 for just a £3 weekly membership fee – a sum that helps to pay food charity Fareshare and other club costs. It is open to households in the postcode area of the individual clubs - not just Southway tenants - that claim at least some Housing Benefit or Universal Credit.

**Thursdays 10:30am to 1pm**

# Exercise Classes and Physical Activity

## Tai Chi Chen Style (Term Times Only)

JNR8 Community Centre  
(Back of Manley Park Methodist Church)  
82 Cromwell Avenue  
M16 0BG  
Call Chris on 0161 881 3744  
communityforumwhalleyrange@gmail.com

Tai Chi is a system of graceful movements based on the principle of weight shift, body alignment and balance.

Suitable for all ages and requires no special equipment.

**Thursdays 1.45 – 2.45pm**

## Gentle Dance Exercise Class

Chorlton Good Neighbours  
Wilbraham St Ninians  
Egerton Road South  
Chorlton  
M21 0XJ

Mixture of dance moves seated and standing, suitable for older adults, utilising music and stretch bands/ hand weights to improve flexibility, balance, strength, and mobility, helping to reduce falls.

**Every Monday 1.30pm – 2.30pm**

**£4**

## Gentle Exercise Class

Chorlton Good Neighbours  
Wilbraham St Ninians  
Egerton Road South, Chorlton  
M21 0XJ  
Tel: 0161 881 2925  
Email: helen@chorltongoodneighbours.org

Online exercise class through Zoom. Suitable for older adults, to improve flexibility, balance, strength and mobility, helping to reduce falls.

**Tuesdays and Thursdays 10:45am – 11:15am**

## Seated Exercise

Chorlton Good Neighbours  
Wilbraham St Ninians  
Egerton Road South  
Chorlton  
M21 0XJ  
Tel: 0161 881 2925  
Email: helen@chorltongoodneighbours.org

Suitable for older adults, all with music and using stretch bands/ hand weights to improve flexibility, balance, strength, and mobility, helping to reduce falls. Tea /coffee afterwards.

For older people with less mobility, mainly seated. Some transport provision available

**Wednesdays 1:30 – 2:30pm**

**Fridays 10am – 11am**

**£4**

## Women's Keep Fit

JNR8 Youth and Community Centre

(Back of Manley Park Church)

82 Cromwell Avenue

Whalley Range

M16 0BG

Call Chris on 0161 881 3744

communityforumwhalleyrange@gmail.com

Mixed ability stretching, low impact aerobics to work the cardiovascular system, work on 3 or 4 muscle groups in each section, finishing with abdominals and a relaxation.

Friendly and fun!

Cost: £3 donation

**Term time Wednesdays 10-11am**

## The Bike Hive Bike Repairs and Rides

The Bike Hive

Alexandra Park

Russell Street

M16 7JL

Email: bikehivemcr@gmail.com

Fun and friendly exercise class with exercises adapted for all abilities. Stay afterwards for a drink and a chat.

**Every Monday 9.30am – 2pm Bike Repairs and Park Ride**

**Every Friday 9.30am – 2pm Cycle Training and Tool Club**

## Dance Fit with Diane

St Margaret's Centre

Brantingham Road

M21 0TT

Get moving and have fun at these dance fit sessions.

**Wednesdays and Fridays 6:15pm**

**£2**

## Chorlton Health Champions Walk

Chorlton Health Centre

1 Nicolas Road,

Chorlton M21 9NJ

Email: dawn.harris15@nhs.net

Join Practice Champions from Chorlton Health Centre on a gentle social walk leaving from Chorlton Health Centre, usually around Longford Park and back. All are welcome.

**Every Thursday 1pm. Meet outside the Health Centre.**

## Gentle Exercise Class

Whalley Range Methodist Church  
51 Withington Road  
Whalley Range  
M16 7EX  
Tel: 0161 881 9421

Gentle Exercise Class to improve strength, balance, and mobility.

**Thursdays 10:45am – 11:45am**

**Cost £10 per calendar month**

## Ashville Health Champions Walk

Meet outside The Pavillion (Café)  
Alexandra Park  
Demesne Road  
M16 8PJ  
[www.facebook.com/groups/1166085224055755/](http://www.facebook.com/groups/1166085224055755/)

Join Practice Champions from Ashville Health Centre on a gentle social walk leaving from The Pavillion at Alexandra Park. All are welcome.

**Thursdays 11am**

**FREE**

## Chair Based Exercise

JNR8 Youth and Community Centre  
(Back of Manley Park Church)  
82 Cromwell Avenue  
Whalley Range  
M16 0BG  
Call Chris on 0161 881 3744  
[communityforumwhalleyrange@gmail.com](mailto:communityforumwhalleyrange@gmail.com)

Suitable for people with mobility issues and older adults to improve flexibility, balance, strength, and mobility, helping to reduce falls.

**Tuesdays 2:15 – 3pm**

**Free**

## Chair Based Exercise

Barlow Moor Community Association  
23 Merseybank Avenue  
M21 7NT  
Email: [rachel@barlowmoorca.co.uk](mailto:rachel@barlowmoorca.co.uk)

Suitable for older adults to improve flexibility, balance, strength, and mobility, helping to reduce falls.

**Wednesdays 10am – 11am**

**Free**



## Fiona's Fitness Friends

Carlton Club  
Rowan Lodge, 113 Carlton Road  
Whalley Range  
M16 8BE  
Email: [fionagray68@gmail.com](mailto:fionagray68@gmail.com)  
Tel: 07443927073

Fiona's Fitness Friends is an over 55s Dance Fitness Class. Fiona Gray is a former Dance Teacher and highly qualified Dance Fitness Instructor including Postural Stability, GP Referral, Chair-based Exercise and Exercise to Music. Bring a friend or come alone you will receive a warm welcome from everyone!

**Thursdays 10:15am – 11am**

**£6 for both sessions (Thursday and Friday)**

## Fiona's Fitness Friends

Alexandra Park  
180 Russell Street  
M16 7JL  
Email: [fionagray68@gmail.com](mailto:fionagray68@gmail.com)  
Tel: 07443927073

Fiona's Fitness Friends is an over 55s Dance Fitness Class. Fiona Gray is a former Dance Teacher and highly qualified Dance Fitness Instructor including Postural Stability, GP Referral, Chair-based Exercise and Exercise to Music. Bring a friend or come alone you will receive a warm welcome from everyone!

**Fridays 11am**

**£6 for both sessions (Thursday and Friday)**

## Wednesday Wanders

Meet at Reception  
Elmswood Park  
Bowes Street  
M14 4BT

Every other Wednesday residents of Elmswood Park and any local residents are invited to come together for a gentle walk over to Alexandra Park to enjoy a stroll and some light refreshments (weather dependant).

**Every Other Wednesday 1:15pm**

**Starts 15<sup>th</sup> May – then 29<sup>th</sup> May, 12<sup>th</sup> and 26<sup>th</sup> June, 10<sup>th</sup> and 24<sup>th</sup> July, 7<sup>th</sup> and 21<sup>st</sup> August.**

**FREE**

## Walk and Talk

Barlow Moor Community Association  
23 Merseybank Avenue  
M21 7NT  
Email: [rachel@barlowmoorca.co.uk](mailto:rachel@barlowmoorca.co.uk)  
Phone: 0161 446 4805

Walk and Talk is an excellent way to be social whilst also remaining active. This group takes place every Thursday morning, meets at BMCA and heads around Chorlton Waterpark together for an hour of beautiful sites of nature and conversations. This is a great opportunity to meet new people and make friends.

**Every Thursday 10am – 11am**

**FREE**

## O.M.G (Older Men's Gym)

Manley Park Sports and Community Centre  
York Avenue  
Whalley Range  
M16 0AS  
Email: [btleach+gym@gmail.com](mailto:btleach+gym@gmail.com)  
Phone: 07960 888 879

Free supervised gym sessions for men over 60. Get fit, meet new people and try something new.

**Every Wednesdays 11am – 12noon plus stay for a chat after.**

**FREE**

## Over 50s Women Gym

Manley Park Sports and Community Centre  
York Avenue  
Whalley Range  
M16 0AS  
Email: [admin@yosg.org.uk](mailto:admin@yosg.org.uk)  
Phone: Caryl on 0161 222 4044

Free gym sessions for women over 50 from Whalley Range and the surrounding areas. Meet new people while exercising in a safe environment with a trainer on hand to support you if needed. Women only session.

**Every Wednesday 1 – 2pm plus stay for a chat after.**

**FREE**

# Computer and IT Support

## JNR8 Computer Classes

JNR8 Youth and Community Centre  
(Back of Manley Park Church)  
82 Cromwell Avenue  
Whalley Range  
M16 0BG  
Call Chris on 0161 881 3744

The group will start back in June 2024 with some changes. We are hoping to include life skills such as literacy and numeracy and budgeting - alongside the computer-based work. Watch this space for details!

**Free**

## Grand Day Out (was at Chorlton Library)

The Edge Theatre, Manchester Road  
Chorlton; M21 9JG  
Phone: 0161 227 3700  
Email: [Chorltonlibrary@manchester.gov.uk](mailto:Chorltonlibrary@manchester.gov.uk)

All over 50s welcome. Bring along your own device and get help and support to use it. Expand your skills or get help with the basics. Games available and occasional trips out.

**Every Friday 2 - 4pm**

**Free**

## CGN Digital Drop In

Chorlton Good Neighbours  
Wilbraham St Ninians  
Egerton Road South, Chorlton  
M21 0XJ  
Tel: 0161 881 2925  
Email: [helen@chorltongoodneighbours.org](mailto:helen@chorltongoodneighbours.org)

Technical support sessions for anyone who wants to find out how to get the best out of their smart phones, iPad, tablets, or laptops.

**Every Thursday 10 am – 11:30am**

## BMCA Digital Support Session

Barlow Moor Community Association  
23 Merseybank Avenue  
M21 7NT  
Emails: [rachel@barlowmoorca.co.uk](mailto:rachel@barlowmoorca.co.uk)  
Tel: 0161 446 4805  
What's App: 07760 117235

Offering support with using different devices, happy for you to bring in your own device.

**Every Monday 10am – 12 noon**

# Local Support Services

## Together Dementia Support

Kath Locke Centre, 123 Moss Lane East  
M15 5DD  
E-mail: [sally@togetherdementiasupport.org](mailto:sally@togetherdementiasupport.org)  
  
Tel. 07854 335890

Together Dementia Support provide support for those living with Dementia, as well as their carers. Their services include Friendship & Activity groups, social outings, short-term carer respite and free carer training for family care partners.

[www.togetherdementiasupport.org/](http://www.togetherdementiasupport.org/)

## Face2Face Counselling

St Clements Church  
St Clements Road  
Chorlton  
M21 9AE  
Tel: 0161 881 1535  
Email: [info@facetofacecounselling.org.uk](mailto:info@facetofacecounselling.org.uk)

An independent organisation run by volunteers. 1 to 1 personal counselling for adults and a weekly 2-hour therapy group. Adult service exclusively for people on a low income.

**Open 7 days a week 9am – 8pm**

## Time to Change

JNR8 Youth and Community Centre  
82 Cromwell Avenue  
Whalley Range  
M16 0BG  
Tel: 07788855544 Carol

Come along to our free, volunteer led, self-help group offering music, art, pool and table tennis, tai chi, cooking and shared meal, bike maintenance and good company.

Please call Carol in advance on 07788855544 so we can welcome you.

**Fridays 5 - 7pm**

## Counselling

Counselling sessions are available at a number of organisations, including:

TLC St Luke's 0161 273 1538

Age UK 0800 027 57 87 [counselling@ageukmanchester.org.uk](mailto:counselling@ageukmanchester.org.uk)

Yaran at The Roby, Longsight 07413396573

LGBT Foundation 0345 3 30 30 30

Manchester Rape Crisis 0161 273 4591 (Helpline: 0161 273 4500)

Self Help Services, Zion Centre 0161 226 3871

Please call the organisation to discuss what is available and for booking procedures. Criteria may apply.

## Positive Living Group

Chorlton Good Neighbours

Wilbraham St Ninians

Egerton Road South

Chorlton

M21 0XJ

Tel: 0161 881 2925

Email: [helen@chorltongoodneighbours.org](mailto:helen@chorltongoodneighbours.org)

Come along to our free group, running once a month, and facilitated by an experienced life coach. Topics dealing with ageing, theories of happiness and wellbeing, and how to listen more deeply and maintain an optimistic outlook.

**Monday, once per month, 10am – 12 noon**  
**Usually 1<sup>st</sup> Monday of the month**

## Boost Resilience Courses

JNR8 Youth and Community Centre  
(Back of Manley Park Church)

82 Cromwell Avenue

Whalley Range

M16 0BG

Call Chris or Kate on 0161 881 3744

Free five-week course (1 hour a week) looking at building confidence and boosting resilience.

Please contact Chris or Kate to be put on the list for the next course.

## Diabetes, You and Me

Barlow Moor Community Association

23 Merseybank Avenue

M21 7NT

Email: [rachel@barlowmoorca.co.uk](mailto:rachel@barlowmoorca.co.uk)

Tel: 0161 446 4805

What's App: 07760 117235

A group for people with diabetes to help you find out more about living with the condition; learn and share tips to feel your best; speak to health professionals and meet together in an informal, relaxed environment.

**Mondays 1 – 3pm**

## Leg Club

JNR8 Youth and Community Centre  
(Back of Manley Park Church)  
82 Cromwell Avenue  
Whalley Range  
M16 0BG  
Call Dawn on 07305 943 204

The Leg Club is a great opportunity for people to socialise, share experiences, access local information and get medical support. Meet new people, enjoy a brew and a bite to eat, Arts and Crafts, board games and other activities. Relax and keep warm, ask us about transport. The social club is open to anyone with: \*Leg & Foot Ulcers; \*Cellulitis; \*Hypertension; \*Diabetes; \*Varicose Veins; \*Sickle Cell; \*Leg numbness; \*Leg pain; \*Lymphedema; \*Lupus; \*Arthritis; \*Loneliness

**Wednesdays 11:45am to 1:30pm**

# Local Events

## Merseyfest

A Family Fun Day suitable for all including music, face painting, inflatables, food and more.

**Wednesday 29<sup>th</sup> May 11am – 3pm**

Parkway Playing Fields, M21 7PS

## Simply Cycling Fun

A celebration of all things cycling. Try a variety of cycles, including accessible trikes, free bike repair, bike security marking and a pedal party.

**Thursday 30<sup>th</sup> May 1 – 4pm** Alexandra Park, Russell Street, M16 7JL

## Celebrate Festival

The Celebrate Festival in Manley Park brings people together to Celebrate what is great about Whalley Range. Live music performances, workshops, craft activities, sports and more.

**Saturday 8<sup>th</sup> June 12noon – 6pm** Manley Park, Whalley Range M16 0AN

[www.facebook.com/CelebrateFestivalWhalleyRange](https://www.facebook.com/CelebrateFestivalWhalleyRange)

## CAHN Windrush Celebration

Join CAHN in this year's Windrush Event to experience the diverse nature of our history through songs, food, clothes, art, performances, poems and interviews. For further information, please contact [events@cahn.org.uk](mailto:events@cahn.org.uk)

**Saturday 22<sup>nd</sup> June 12 – 6pm**

Alexandra Park, Russell Street, M16 7JL

## Chorlton Repair Café

Chorlton Repair Cafe is a free to use, drop in community event, run by volunteers and open to all. Visitors can attend the Repair Cafe every month to learn from expert volunteers the skills to fix broken clothes, furniture, electronics, bikes, and technology. Just turn up on the day with your broken item. The last repair will be booked in at 11:40am. \*Always check before you travel, as we usually have a break in December and some other events may be rearranged depending on our volunteers' availability.

**Third Saturday of most months 10am – 12 noon 18<sup>th</sup> May, 15<sup>th</sup> June, 20<sup>th</sup> July, 17<sup>th</sup> August, 21<sup>st</sup> September 2024**

St Margaret's Centre, Brantingham Road, M21 0TT

[www.facebook.com/ChorltonRepairCafe](https://www.facebook.com/ChorltonRepairCafe)

LAST UPDATED: 21ST MAY 2024

# Wider support

## General Information

<https://hsm.manchester.gov.uk/kb5/manchester/directory/home.page>

## Health and Wellbeing

<https://hsm.manchester.gov.uk/kb5/manchester/directory/directory.page?directorychannel=4>

**SERVICES:** Drugs, Alcohol and Smoking, Mental Health, Support Groups, Eating Well, Pregnancy and Childbirth, Sexual Health, General Health, Long Term Conditions, Sports and Exercise, Veterans and Armed Forces Toolkit

## Work and Money

<https://hsm.manchester.gov.uk/kb5/manchester/directory/directory.page?directorychannel=5>

**SERVICES:** Employment Advice and Rights, Money and Debt, Volunteering, Working

## Abuse and Neglect

<https://hsm.manchester.gov.uk/kb5/manchester/directory/directory.page?directorychannel=2>

**SERVICES:** Bullying, LGBT, Children and Young People, Older People, Disability Abuse, Support for Men, Domestic Abuse, Support for Women, Hate Crime

## Adult Care and Support

<https://hsm.manchester.gov.uk/kb5/manchester/directory/directory.page?directorychannel=3>

**SERVICES:** Covers carers, Disability and Sensory Impairment, Homes and Housing, Social Life & Community Support, Getting Older, Health and Wellbeing, Options for Care and Support



## Be Well

Be Well is a one-to-one service that can help you find a way to live and feel well whatever twists and turns life brings. We can even help you get on top of work, housing, family and money worries.

Just ask your GP to put you in touch with us.

Be Well is here for people in Central and South Manchester. We're free to all, near to home and personal to you,

Telephone: 0161 470 7120

## Books to Go

Tel: 0161 227 3800

Email: [bookstogo@manchester.gov.uk](mailto:bookstogo@manchester.gov.uk)

Books to Go provides a home delivery service for Manchester residents. If you have limited mobility, a visual impairment or any difficulty leaving your home, you are invited to apply to

You can borrow up to 15 items every four weeks and choose from books in both ordinary and large print, talking books and DVDs.

**FREE**

## Carers Manchester

For support, training, and advice for all carers in Manchester.

Website: [www.carersmanchester.org.uk/](http://www.carersmanchester.org.uk/)

## LGBT Foundation

LGBT Foundation

5 Richmond Street

Manchester M1 3HF

0345 330 30 30

[www.lgbt.foundation](http://www.lgbt.foundation)

LGBT Foundation exists to support the needs of the diverse range of people who identify as lesbian, gay, bisexual and trans.

Services: include befriending, one-to-one support, email and helpline support, community events & workshops, social & support groups (including groups for over 50's), gay & bi men's spaces, and lesbian & bi women's spaces.