

# Recovery Pathways North

## Wellbeing activities

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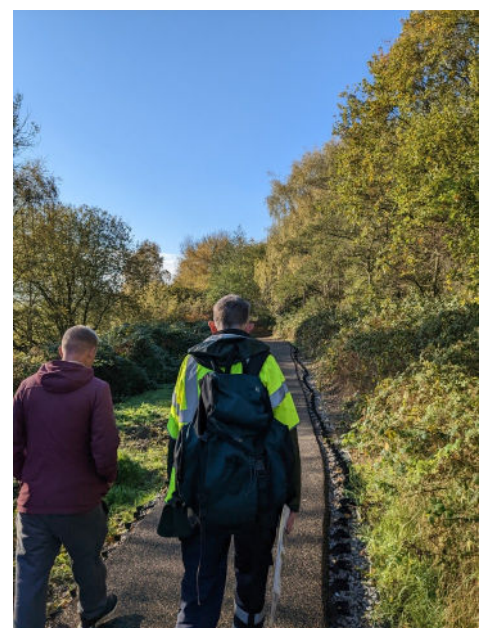
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### Introduction

Welcome to the December issue of the Recovery Pathways North newsletter. No. 93 Centre Users visited Moston Brook in Failsworth and enjoyed a guided walk by Ann from Oldham Council, along the new path built by Groundwork. It was a sunny day and lovely being in nature, not far from No.93. We've not visited [Mayfield Park](#), Manchester's first public City Centre park but that is next on the list!

If anyone still wants to donate items to the Winter Warm packs, No. 93 is still accepting donations or if you know anyone who would benefit from a pack, please get in touch.

We know that people can have mixed feelings about Christmas and it can be stressful but we hope everyone can enjoy some of the festive season.



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

## ACA Women's Drop-in



The African and Caribbean Alliance (ACA) Women's drop-in meets on **Tuesdays from 10am – 1pm** at No 93 Wellbeing Centre, Harpurhey, M9 5BG. The monthly Pop Up Spas from September-November were very popular and everyone enjoyed getting a pampering and taking some time for themselves. For more information, please contact [africariballiance@gmail.com](mailto:africariballiance@gmail.com) or 07851 316 573 / 07761 665807.

## Be Proud Awards

Be Proud awards, which recognise the unsung heroes, volunteers and community stars that help make Manchester the city it is. We have so many great groups and volunteers doing great things.

This is a chance to nominate someone, or a group of people, you feel deserves recognition for the selfless work they put into their local community. The finalists will be invited to a glitzy awards ceremony at the Midland Hotel in March 2023. Nominations run until the end of November 2022.

[Find out more about Be Proud and nominate](#)

## Breathe-Easy: Newton Heath

We meet every **second Wednesday of the month from 12-3pm**.

We are a support group to help and give information to people with Asthma, COPD and many more chest and lung problems. We invite carers or a friend to attend.

We use the Hall at **Heathfield Street, Newton Heath, Manchester, M40, 1LF**.

It is disability friendly and there is a car park. We invite health professionals who keep us up-to-date.

We provide a buffet lunch which costs £2.50 & plenty of tea & coffee.

We have a variety of days out, going for a meal, bowling & more. Please contact **Maria on 07545351066, Vera on 0751 241 3243 or Joy on 07768161559 or email [breatheasy19@outlook.com](mailto:breatheasy19@outlook.com)**

## Carers Festive Gathering

Join **Manchester Carers Centre**

**Wednesday 7th December, 10.30-1pm**

Join us for a Calligraphy card making workshop and light festive lunch!

Bridge 5 Mill  
22a Beswick Street  
M4 7HR

To book a place, call 0161 27 27 27 0 or [admin@manchestercarers.org.uk](mailto:admin@manchestercarers.org.uk)

For more information: [Manchester Carers Centre](#)

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## Charlestown Age-friendly Benches Launch, 11am—2pm

**Buzz Manchester and Manchester City Council**

Join us on a walk around Charlestown to celebrate the new benches!

11am—Welcome, Feed my City, energy & money advice: Lamb Clifford court, Charlestown Road

12:00—Soup lunch, karate demo & age-friendly advice: White Moss Community Centre

1pm—Get moving activity & hot drinks: Chatterbox Project

1.30pm— Christmas Carols, walking stick MOT, & closing: St Nicholas Church

Times are approximate, please attend any venue

For more information contact Simon: 07752 249 977

Or Farouq: 07908 074 050

For more information: [Buzz Manchester](#)

# College of the Third Age

Crumpsall Community Hall , Cleveland Road, Crumpsall, M8 4QU

<b>Tai Chi</b> Tuesday 9.45am – 10.45am	<b>Line Dancing</b> Tuesday 1.15pm – 3.15pm
<b>50+ Health &amp; Interest</b> Wednesday 10.30am – 12.30pm	<b>History &amp; Interest</b> Wednesday 1pm – 3pm
<b>Art</b> Friday 10.15am-12.15pm	<b>Creative Writing</b> Friday 10.15am – 12.15pm
<b>Craft</b> Friday 1.00pm – 3.00pm	<b>Intermediate French</b> Friday 12.45pm – 2.45pm
<b>Singing For Fun</b> Wednesday 1.15pm – 2:45pm Held in St Matthew's Church	
All activities <b>except</b> Singing for Fun are held in the Community Hall.	
C3A is a Voluntary College running activities by and for people aged 50+. Annual Membership of the C3A is £10 and there is a session donation of £2.50  For more information: email <a href="mailto:collegeofthethirdage@yahoo.co.uk">collegeofthethirdage@yahoo.co.uk</a> or call 0161 795 4891	



## **Creative Writing—Arts For Good Health**

### **Writing for Wellbeing**

**Starting Monday 9th January from 1—2.30pm**

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

- Learn new writing skills
- Enhance self expression
- Connect with others
- Build Confidence
- Learn about using creativity to support wellbeing

All materials provided, including refreshments.

Please contact referrals for more information: 07436560917 or email [referrals.recoverypathways@gmmh.nhs.uk](mailto:referrals.recoverypathways@gmmh.nhs.uk) to be referred.

[Click here for more information Recovery Pathways GMMH](#)

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## **Coffee, Cake & Chat**

### **For Ukrainian families**

Come along and join our coffee morning. Meet like minded people, socialise and enjoy a cuppa.  
An opportunity for Ukrainian families to socialise, connect and support each other.

**Every Tuesday from 22nd November, 10.30-12pm.**

Where?

Caritas House, Nobby Stiles Drive, Manchester, M4 4FA

For more information contact Saria on mobile: 07960 15 1283 or [s.farid@caritassalford.org.uk](mailto:s.farid@caritassalford.org.uk).

[Click here for more information About Us - Caritas Diocese of Salford](#)

## FC United: Big Coat Day

Thanks to FC United fans for being so generous and donating loads of coats and clothes at the end of November. No. 93 collected some bags and displayed them on a clothes rail and the clothes went very quickly! They were so popular we went back for more!

We also dropped some off at Manchester Dog's Home charity shop (who lent us a clothes rail), Age UK's charity shop (who help to display our posters). Chatterbox project, Blackley Community Hub and Harpurhey Neighbourhood Project have also benefited from the donations.

Also, lastly a big thank-you to Winning Hearts and Minds for connecting us to FC United in the first place, so we knew we could collect the coats!

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## First Time for Everything

### **DECOMESH WREATHS**

As the party season kicks off come and join us as we invite Alex Butler of Moho Crafts who will teach us how to create the most fabulous festive wreaths which can be used year after year!. Included in the workshop you get all the materials you need to create your wreath but feel free to also bring along any bits and bobs that you would like to incorporate into your Christmas creation for that truly personalised look.

On: Thursday 1<sup>st</sup> December 2.00 – 4.00pm

At: The Scout Hut, Allesley Drive, Cheetham M7 4YE – parking at side

### **BEADED XMAS DECORATIONS**

You'll design your very own beautiful hanging tree decorations using glass crystal beads and we welcome our teachers Ann Yates and Sarah Jacques, from Community Buds in Bury. Suitable for any artistic ability, you will learn how to use jewellery pliers to create decorations.

On: Tuesday 13<sup>th</sup> December 2.00 – 4.00pm

At St Anne's Community Hall, Crescent Ave, Crumpsall, Manchester M8 5UD (parking in the church carpark)

**Booking essential: Karen Kennedy** Telephone: 077954 50563 or Email: [karen.kennedy@royalvoluntaryservice.org.uk](mailto:karen.kennedy@royalvoluntaryservice.org.uk)

## Harpurhey and Moston Bike Library

We over the moon that Moston Cycling and No 93's walking group won the Community Project award at Manchester Sports Award!

Harpurhey and Moston Bike library has been really successful at encouraging people who haven't cycled before or not cycled for years to get on a bike and try it. As well as providing a bike library on Mondays from 10-2pm, Marina from Moston Cycling also provides free learn to ride sessions on Wednesdays and bike maintenance sessions. Contact: [cycling.moston@gmail.com](mailto:cycling.moston@gmail.com), mob: 0784 592 5000 or 0161 271 0908, [@harpurheymostonbikelibrary](https://www.instagram.com/harpurheymostonbikelibrary).

No 93's walking group meets at No. 93 at 11am and 1pm on Thursdays and they go for a local walk, people can drop-in. The group also go on trips to places further afield like the RHS Gardens and Heaton Park. Contact: [harpurhey@gmmh.nhs.uk](mailto:harpurhey@gmmh.nhs.uk) or 0161 271 0908 for more information.



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## Heathfield Hall Christmas Market

Saturday 3rd December, 12—3pm  
Heathfield Street, Newton Heath, M40 1LF

Join us for Christmas Crafts & Creations, Christmas wreath gifts, face painting, Wheel of fortune, raffle, wax melts, Christmas food, gifts & tombola

PLUS LOADS OF MORE FESTIVE FUN!

North Manchester Community Kindness

[Click here for information](#) [North Manchester Community Kindness](#)

## Humans Manchester (food bank)

### Nobody Hungry at Christmas – Volunteer Opportunity in Higher Blackley

21<sup>st</sup> December 9am – 4pm

1. Gifts team (Wrapping & sorting gifts)
2. Stock Team (portioning & bagging food stocks)

23<sup>rd</sup> December – The Big Day!

- 1) Packing Team: Packing Christmas Hampers
  - 2) Driving Team: Delivering Christmas Hampers
- . Times various

Poster attached separately If you want to get involved, please email: [info@humansmcr.org](mailto:info@humansmcr.org)

## Manchester Jewish Museum

### Foodie Group: Channukah party!

**Friday 16 December, 11am FREE**

Would you like to become a Museum Foodie? Our Foodie Group meet monthly to discuss, cook and eat food inspired by stories from our collection, artists and events we programme, as well as our own members' heritage and backgrounds. Our workshops are informal, chatty and a chance to meet new people as well as learn about new recipes and cooking traditions.

We invite all our regular foodies and those newbies too, to book on for our end of year celebration Foodie Group – Chanukah party edition, which will see our regular member Len co-host a Chanukah extravaganza. We can promise calories and tasty ones too, yum! Chanukah, a 8 day festival which occurs each December, sees Jewish people cook and eat delicious baked/ fried foods from Donuts to Latkes...So join us this month to make and eat some tasty traditional Chanukah treats!

Click here for more information : [Manchester Jewish Museum](#)

## Lakeside Christmas Fair

### Boggart Hole Clough, Higher Blackley

Saturday 3rd December

- Santa Paws
- Tombola & Games
- Craft and Gift stalls
- Blackley Brass Band

Starts at 10am

The Boating Lake, Boggart Hole Clough, Higher Blackley, M9 7DR



## Money Matters Course - Manchester Adult Education Service

The six week course will cover:

- Why its important to talk about money!
- Budgeting skills
- How to get good deals and save money
- Increasing your income

The best sources of help and support

All are welcome and the first session will be a getting to know you session and enrolment.

Starting on Monday 9<sup>th</sup> January from 10am - 12 noon

For more information: [Manchester Adult Education \(manadulted.org.uk\)](http://manadulted.org.uk)

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## Mindfulness course

**Do you have disability, pain, stress, or chronic illness?**

**Join a FREE Mindfulness for Wellbeing session and learn new skills for Living Well**

Free mindfulness sessions for Manchester residents with challenging health conditions, disabilities, pain or stress, as well as carers and supporters, at No 93 Wellbeing Centre in Harpurhey:

**Introductory Session - Tuesday 10th January, 2-3:30pm**

Get a taste of mindfulness, learn some new skills, and find out about the full course, in this 90 min taster session. A friendly introduction to what mindfulness is, how it can help living with a painful health condition, with a short guided practice and a chance to find out more.

**'Take Back Your Life' mindfulness course - Tuesday 7th Feb to 14th March, 2-4.30pm**

A six session course introducing a toolkit of lifelong skills for quality of life while living with challenging health and stress issues

To book a free place or to find out more, contact Breathworks at [info@breathworks.co.uk](mailto:info@breathworks.co.uk) or call 0161 834 1110.

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## Slipper Swop—Manchester Cares

**Thursday 8th December, 12 –3 pm**

St George's Community Centre, Bothwell road, Collyhurst, M40 7NY

Food and refreshments provided

Come along to get a new pair of slippers, other warm items and the opportunity to chat to other helpful organisations.

Covid vaccinations will be available on the day, no appointment necessary

Want to know more?

**Call:** 0161 207 800

**Email:** [hello@manchestercares.org.uk](mailto:hello@manchestercares.org.uk)

## Writing Well

Creative Writing course starts Thursday 12 January 1-3pm for 10 sessions

### **Develop your writing, improve your wellbeing**

Thursday 12th January, 1-3pm for 10 sessions.

Story writing

Journaling

Poetry and drama

Mindfulness and meditation

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

For more information: [www.writingwell.org](http://www.writingwell.org)

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## Wreath-making Workshop

Nephra Good Neighbours in collaboration with Friends of Moston Brook

Monday 5th December, 10am– 12 noon

In the ballroom at Nephra HQ

Free event includes mince pie and tea/coffee

To book a place call Claire 0161 637 6788 or 07368 353 293

Click here for more information : [Nephra Good Neighbours](#)

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## Wreath-making Workshop at No 93

Wednesday 13 December, 10am –12 noon.

Delivered by Sow the City

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

Free event with hot drinks & mince pies

Call 0161 271 0908 or [Harpurhey@gmmh.nhs.uk](mailto:Harpurhey@gmmh.nhs.uk) for more information.