

# No. 93

Supporting health and wellbeing in North Manchester

**No. 93 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 in- to the centre, so that it lasts for generations to come.**

- We have a café serving nutritious, budget friendly food, weekdays 10am - 3pm.
- We have many different groups and activities to support mental health and wellbeing.
- If you are interested in running a wellbeing course or event, please talk to us about booking a room or space.
- 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.

**Address:** 93 Church Lane, Harpurhey M9 5BG



| Monday   | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday  | Sunday  |
|--|--|---|---|---|---|---|
| <p><b>Pool Club</b><br/><i>(beginners welcome)</i><br/>10:30-1pm</p> <p>Drop-in</p> <p>Cafe</p>  | <p><b>Digital Drop-in class + Benefit &amp; Housing advice</b><br/>10:00-12pm<br/>Art room &amp; Gym</p> | <p><b>Pool Club</b><br/><i>(beginners welcome)</i><br/>10:30-1pm</p> <p>Drop-in</p> <p>Cafe</p>   | <p><b>Exercise class Kathy</b><br/>10am-11am<br/>Art room</p> <p>contact Kathy:<br/>07504 831 651</p>   | <p><b>Mindful Mum's Peer Support Group</b><br/>9.30-11am</p> <p>Art room<br/>0161 271 0908</p>                                | <p><b>Crisis Café</b><br/>3pm-1am</p> <p>0777 801 2838 or<br/>0161 271 0339</p> | <p><b>Crisis Café</b><br/>3pm-1am</p> <p>0777 801 2838 or<br/>0161 271 0339</p> |
| <p><b>Bike Library</b><br/>Hire a bike scheme<br/>10am—2pm</p> <p>contact<br/>Marina 07845 925 000 or<br/>cycling.moston@gmail.com</p> | <p><b>Gateway Debt &amp; Advice</b><br/>9-12<br/>121 room</p> <p>in-fo@gatewayM40.org</p>                | <p><b>Alcohol Peer Support Group</b><br/>10 -12.30</p> <p>Cafe</p> <p>contact Mike<br/>07467317046</p>                                  | <p><b>Trussell Trust Food Bank</b><br/>10am - 12noon<br/>Gym</p> <p><b>Referral only</b><br/>info@Manchestercentral.foodbank.org.uk or 07928 412339</p> | <p><b>Alcohol peer Support Group</b><br/>10 -12.30</p> <p>Café<br/>contact Mike<br/>07467317046</p>                           |   |   |
| <p><b>Money Matters Course</b><br/>10-11.30pm<br/>Art room</p> <p>Txt<br/>07908016269</p> <p>Starts 16 Jan</p>                         | <p><b>African Caribbean Alliance Women's Drop-in</b><br/>Relaxation room<br/>10am-1pm</p>                | <p><b>Easy Rides for Beginners</b><br/>Meet at No.93<br/>9:45-11:30am</p> <p>Marina<br/>07845925000 or<br/>cycling.moston@gmail.com</p> | <p><b>Health Walks</b><br/>11am &amp; 1pm<br/>Drop-in</p> <p>harpurhey@gmmh.nhs.uk &amp; 07721237373</p>  | <p><b>Hearing Voices group</b><br/>1.30 - 3.30pm<br/>Relaxation room</p> <p>Contact No 93<br/>0161 271 0908</p>               |   |   |
| <p><b>Cancer Support Group</b><br/>12 - 2pm</p> <p>info@cansurvive.org.uk or 07496 089310</p>  | <p><b>Music Appreciation group: Tunes &amp; a chat in our Cafe</b><br/>Drop-in<br/>3 - 4pm</p>           | <p><b>Smithy's Bereavement Group</b><br/>11am - 1pm</p> <p>Relaxation Room<br/>alternate Weds<br/>Wendy<br/>0748 254 3189</p>           | <p><b>Self Help Depression/ Anxiety group</b><br/>1 - 3pm<br/>pws.manchester@selfhelpservices.org.uk<br/>0161 226 3871</p>                              | <p><b>Crisis Café weekdays:</b><br/>8pm– 1am</p> <p><b>Weekends:</b><br/>3pm—1am</p> <p>0777 801 2838 &amp; 0161 271 0339</p> |   |   |
| <p><b>Exercise class</b><br/>11:30-12.30<br/>Courtyard—</p> <p>Kathy<br/>07504 831 651</p>   | <p><b>Gardening group</b><br/>11am—1pm<br/>Courtyard</p> <p>Drop-in</p>                                  |   |   |   |   |   |



**To book a place in a class:** Contact the lead for the class, contact details under each class heading,

“drop-in” = booking unnecessary.

**To book room space for a group:** email harpurhey@gmmh.nhs.uk