

Social Prescribing

Venue	Activities	Time & Day
<p>Trinity House Community Resource Centre Grove Close, off Platt Lane Rusholme Manchester M14 5AA</p> <p>0161 225 1064</p>	<p>Zumba®: An exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness class.</p> <p>Boxacircuit: A high-energy class incorporating stationed exercises of fitness-based boxing and kick boxing techniques designed to give you a maximum cardio, strength and stamina workout.</p> <p>Body Maintenance:</p> <p>For more information contact 0161 232 3100 or visit</p> <p>Organisation name: HerArt CIC</p> <p>Organization summary: HerArt is a new CIC. Our vision is for all marginalized adults living in deprived communities to aim higher and go further in their lives. We are set up to use art and crafts as a tool to improve wellbeing, self-esteem, provide purpose and meaning, develop creativity and enhance quality of life. We are an AQA center which provides accredited arts and crafts courses through the Unit Award Scheme.</p> <p>Project summary: Entry Level AQA-accredited arts and craft courses for 24 people with serious and enduring mental health problems. Course includes practical workshops and visits to local art galleries and local MAES courses.</p>	<p>Mondays 6:00pm – 6:45pm – £1 per session (Over 16s only)</p> <p>Wednesdays 6.00pm-6.45pm – £1 per session (Over 16s only)</p> <p>Wednesdays 6.45pm – 7.30pm – £1 per session (Over 16s only)</p>

Social Prescribing

	<p>Additional support with a trained Emotional support worker and 1-1 chats to identify progression routes and on-going opportunities. Access to other course up to 3 months after</p> <p>Contact name: Michelle Ayavoro / Dwight Clarke Contact number: 0794 481 1744 / 0771 316 1605 Contact email: info@herart.co.uk / dwightlclarke@gmail.com</p>	
<p>Moss Side Leisure Centre Moss Lane East, Manchester M15 5NN</p>	<p>Free Swimming is available for under 17s during any 'Swim for All' session at Better leisure centers across Manchester during school holidays.</p> <p>If you're aged 60+, you can swim for free all year round in 'Swim for All' sessions.</p>	Free
<p>Manchester Aquatics Centre 2 Booth Street East M13 9SS</p> <p>Moss Side Leisure Centre Moss Lane East M15 5NN</p>	<p>DEMENTIA FRIENDLY SWIMMING</p> <p>Better are supporting the Amateur Swimming Association with a pilot programme for Dementia Friendly Swimming.</p> <p>This project has been developed to enhance the swimming experience of those living with dementia, along with their carers, by improving facilities and removing potential barriers to swimming.</p> <p>Together with the Alzheimer's Society, our staff have undertaken dementia awareness training to improve the service we provide and to ensure participants are able to attend the sessions comfortably, with all the necessary support they need.</p>	<p>Tuesday 11.00am-12.00pm</p> <p>Moss Side is closed for refurbishment until October 2018</p>
<p>The Whitworth, The University of Manchester, Oxford Road, Manchester M15 6ER</p>	<p>Handmade</p> <p>Come and try your hand at a range of traditional arts and craft skills from; woodblock carving, sculpture, printing, painting and more. Each season we will focus on a different technique with an artist who will introduce and guide you through the processes. Enjoy a cup of tea and a chat as you try these taster sessions, we welcome all skills levels.</p>	<p>Fridays, 2pm - 4pm. Free</p>

Social Prescribing

<p>The Whitworth, The University of Manchester, Oxford Road, Manchester M15 6ER</p>	<p>*NEW* Great Escape: Walking for Wellbeing</p> <p>Escape the everyday and explore the art outdoors. Walking for Wellbeing is an excellent way to get active, explore what's on your doorstep and make new friends.</p> <p>We meet at the Parkside entrance of the gallery.</p>	<p>Tuesdays, 12-1pm, Free.</p>
<p>The Whitworth, The University of Manchester, Oxford Road, Manchester M15 6ER</p>	<p>Great Escape: Yoga</p> <p>No emails, texts, updates or alerts –yoga that takes full advantage of the Whitworth's peaceful setting. No need to book.</p> <p>When the weather is fine, this session will take place in The Art Garden.</p> <p>Please note: Participants must enter the gallery via our Oxford Road entrance and bring their own yoga mat.</p>	<p>Thursdays, 8.30am – 9.45am. £5</p>
<p>The Whitworth, The University of Manchester, Oxford Road, Manchester M15 6ER</p>	<p>Great Escape: Tai-Chi for Wellbeing</p> <p>A traditional Chinese internal art for mind and body. Located in the peaceful setting of our Art Garden, Jian Taiji offer 2 qualified instructors at each class, both with knowledge and experience in Chen Tai Chi gained since 1996.</p> <p>No need to book.</p> <p>Please note: Participants must enter the gallery via our Oxford Road entrance. Sessions will take place indoors during bad weather.</p> <p>Comfortable, flat footwear is advised.</p>	<p>Wednesdays, 8.30am – 9.30am. £5</p>

Social Prescribing

<p>Birch Community Centre Brighton Grove, Manchester M14 5JT 0161 224 4624</p>	<p>Rusholme Social Café Please call for further details</p> <p>Taekwondo Please call for further details</p> <p>Noisy Women Group Please call for further details</p>	<p>Wednesday 12.30-3.30</p> <p>Monday & Wednesday 7.15-8.45</p> <p>Thursday 7.30-9.30</p>
<p>Hulme Garden Centre 28 Old Birley Street, Manchester, Greater Manchester, England M15 5RF, United Kingdom 0161 227 8198</p>	<p>Activities Please see calendar below</p> <p>https://calendar.google.com/calendar/embed?src=3vuvbuf09dad28l5ni2u6vdbag%40group.calendar.google.com&ctz=Europe/London</p>	
<p>Zion Community Centre 339 Stretford Road, Manchester, M15 4ZY 0161 226 5412</p>	<p>Activities</p> <p>Urban gym Time to Get Fit with the Urban Gym</p> <p>Come and try the Zion Centre’s Urban Gym! Designed for low impact exercise, our equipment is specialized in developing your balance, raising your cardio and increasing you flexibility.</p> <p>The Gym is Free to use! But you will need to fill in a Gym Joiners Form and return it to reception.</p> <p>Equipment:</p> <ul style="list-style-type: none"> Air Skier: Improves Cardio and Balance 	<p>Monday – Friday 9.00am – 5.30pm (7.30pm on Tuesday and Thursdays) and from 10.00am – 2.00pm on Saturdays.</p> <p>Free</p>

Social Prescribing

	<ul style="list-style-type: none"> • Air Walker: Improves Cardio and Flexibility • Bike: Improves Cardio and Flexibility • Elliptical Cross Trainer: Improves Cardio and Flexibility • Rider: Improves Strength and Cardio • Seated Leg Press: Improves Strength and Flexibility • Thai Chi Spinners: Improves Flexibility and Balance <p>Manchester Qigong (women's Class)</p> <p>Please call for further details</p>	Friday 4-6 pm
<p>Will Griffiths Court Will Griffiths Court, 3 Elwick Close, M16 7LA 0161 226 5045</p>	<p>Hot wax art class</p> <p>Tai Chi for Health and wellbeing</p>	<p>Monday 10-12.00</p> <p>Monday 12-1.00</p>
<p>The great outdoor gym Company</p>	<p>FREE Gyms Please visit http://www.tgogc.com/</p>	
<p>Sow the City</p>	<p>Please see http://sowthecity.org/services%20overview.htm for further information</p> <p>Sow The City operates a referral scheme to a network of over 60 community gardens and therapeutic horticulture projects across Greater Manchester. We accept self-referrals, referrals from health professionals, supported accommodation providers and other mental health support workers. We discuss interests, need and practicalities so we can recommend a gardening project suited to each individual. We will always contact the person making the referral first to discuss in more detail before contacting the person that has been referred. In using our referral scheme, you must agree to the terms laid out in our Privacy Policy.</p>	

Social Prescribing

<p>Sow the city The Boiler House , 9 Wilcock Street, Moss Side M16 7DA</p>	<p>Free ladies beginners DIY course</p> <p>To book a place contact emily@sowthecity.org or call 07704549395.</p>	<p>1-3 Friday 14th September for 8 weeks</p>
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