

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

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 |
|---|---|--|---|---|---|---|
| Pool Club <i>(beginners welcome)</i> 10:30-1pm Drop-in Cafe | Digital Drop-in class + Benefit & Housing advice 10:00-12pm Art room & Gym | Pool Club <i>(beginners welcome)</i> 10:30-1pm Drop-in Cafe | Exercise class Kathy 10am-11am Art room contact Kathy: 07504 831 651 | Mindful Mum's Peer Support Group 9.30-11am Art room 0161 271 0908 | Crisis Café 3pm-1am 0777 801 2838 or 0161 271 0339 | Crisis Café 3pm-1am 0777 801 2838 or 0161 271 0339 |
| Bike Library Hire a bike scheme 10am—2pm contact Marina 07845 925 000 or cycling.moston@gmail.com | Gateway Debt & Advice 9-12 121 room in-fo@gateway M40.org | Alcohol Peer Support Group 10 -12.30 Cafe contact Mike 07467317046 | Trussell Trust Food Bank 10am - 12noon Gym Referral only info@Manchestercentral.foodbank.org.uk or 07928 412339 | Alcohol peer Support Group 10 -12.30 Café contact Mike 07467317046 | | |
| Money Matters Course 10-11.30pm Art room Txt 07908016269 Starts 16 Jan | African Caribbean Alliance Women's Drop-in Relaxation room 10am-1pm | Easy Rides for Beginners Meet at No.93 9:45-11:30am Marina 07845925000 or cycling.moston@gmail.com | Health Walks 11am & 1pm Drop-in harpurhey@gmmh.nhs.uk & 07721237373 | Hearing Voices group 1.30 - 3.30pm Relaxation room Contact No 93 0161 271 0908 | | |
| Cancer Support Group 12 - 2pm info@cansurvive.org.uk or 07496 089310 | Music Appreciation group: Tunes & a chat in our Cafe Drop-in 3 - 4pm | Smithy's Bereavement Group 11am - 1pm Relaxation Room alternate Weds Wendy 0748 254 3189 | Self Help Depression/ Anxiety group 1 - 3pm pws.manchester@selfhelpservices.org.uk 0161 226 3871 | Crisis Café weekdays: 8pm– 1am Weekends: 3pm—1am 0777 801 2838 & 0161 271 0339 | | |
| Exercise class 11:30-12.30 Courtyard— Kathy 07504 831 651 | Gardening group 11am—1pm Courtyard Drop-in | | | | | |



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