

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 into 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 Talking Therapies service is also based in the building with prearranged appointments.

Contact us:

✉ harpurhey@gmmh.nhs.uk

☎ 0161 271 0908 & leave a message or ask at reception.

**No.93 Wellbeing Centre, 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 Support with online forms 10:00 -12pm Art room	Pool Club <i>(beginners welcome)</i> 10:30-1pm Drop-in Cafe	Exercise class Kathy 10:00-11am Courtyard Contact Kathy: 07504 831 651	Mindful Mum's Peer Support Group 9:30-11am Drop-in Relaxation room	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 Drop-in Marina cycling.moston@gmail.com or 0784 592 5000	Glowefit Women's exercise class Drop-in 10:00 -11:30 Gym 07438188223 glodanit@gmail.com	Smithy's Bereavement Group 11am - 1pm Relaxation Room alternate Weds Contact \ Wendy: 0748 254 3189	Health Walks Drop in 11am & 1pm Drop-in harpuhey@gmmh.nhs.uk 0161 271 0908	SMASH Arts programme 10:30 -12.30pm Art room Danielle 07949 546 135 danielle@sickfestival.com		
Exercise class 11:30-12.30 Art room Drop-in Kathy 07504 831651	Music Appreciation group: Tunes & a chat in our Café Drop-in 3:00 - 4pm	Bikes: Easy Rides for Beginners Meet at No.93 9.45-2pm Marina 07845925000	Self Help Depression/ Anxiety group 1- 3pm Drop-in	Hearing Voices Peer Support group 1:30 -3:30pm Drop-in Relaxation room Carol 07904601257		
Art class (Drop-in) 1:00-3:00pm Art room All abilities welcome	Ceramics Class 1:30 -3:30pm Art Room 12 weekly course, book in advance		Men's Coffee & Chat 1-3pm Drop- in Relaxation room Contact Dennis 077546 90409			
Crisis Café week-days: 8pm- 1am 0777 801 2838 & 0161 271 0339	Crisis Café week-days: 8pm- 1am 0777 801 2838 & 0161 271 0339	Crisis Café weekdays: 8pm- 1am 0777 801 2838 & 0161 271 0339	Crisis Café weekdays: 8pm- 1am 0777 801 2838 & 0161 271 0339	Crisis Café weekdays: 8pm- 1am 0777 801 2838 & 0161 271 0339		

The Alcohol Peer Support Group meets in the café on an informal basis: ☎ Mike 0746 7317046

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