

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