

SALFORD

LOCAL STUFF

Salford | MIND

Mind in Salford is an independent, user focused charity providing quality services to make a positive difference to the wellbeing and mental health of the people of Salford.

FREE Mindfulness-based Stress Reduction Course [8 weeks]

After attending the Mindfulness 8 week courses people have experienced dramatic reductions in their stress levels, better sleeping patterns, reduced anxiety and improved mood.

Our free Mindfulness Courses are prioritised for low or no income Salford residents with current or a history of mental health issues, we then accept other Salford residents for available places on courses.

The course will help you understand what mindfulness is and introduce you to a number of different practices that can help to support your wellbeing and increase psychological and emotional resilience:

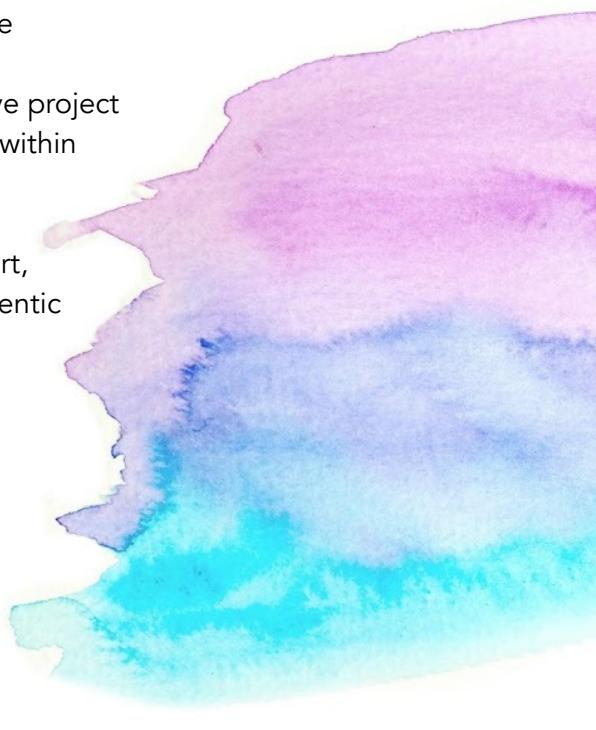
Body Scan | Mindful Breathing | Mindful Sitting Meditation | Mindful Movement | Mindful Walking | Everyday Mindfulness

Rainbow Mind | LGBTQI+

With a disparity between the number of LGBTQI+ individuals experiencing mental ill health and the rest of the population (the average is 1 in 4 people, but in the LGBTQI+ community can reach levels as high as 70%, Rainbow Mind is a new collaborative project aiming to tackle mental health issues specifically for individuals within the LGBTQI+ community across Greater Manchester & London.

We aim to offer inclusive, sensitive and non-judgemental support, providing a safe space for LGBTQI+ individuals to be their authentic selves free from judgement or discrimination.

**See website for more services & advice:
www.mindinsalford.org.uk | 0161 212 4880**



Code Club [9-11] & Code Up [Adults] | Salford

Code Club Salford

Gives children aged 9-11 their first introduction to programming, by teaching them fun and interesting projects that will develop their computing skills. The taught languages will progress through Scratch (a visual, block based programming language), HTML (used everywhere on the web) and Python (a simple to understand, general purpose programming language – it's used on the Raspberry Pi).

CodeUp Salford

Provides free and friendly adult coding tuition.

An open, friendly and supportive learning environment where any adult can attain new digital skills for zero financial cost. CodeUp events are always non-profit and free for participants. We do not pay mentors, speakers or organisers. Attendees don't need any previous knowledge about programming, all the attendees need is a laptop, some curiosity & a drive to learn something new.

3rd Monday of the month: Uni of Salford Campus

<https://madlab.org.uk/groups/codeup-salford>

MadLab Salford | 218 Chapel Street, Salford, M3 6BY

codeclub@madlab.org.uk | @CodeClubSalfordCodeUp

Unlimited Potential | Salford

A social enterprise that enriches people's lives.

Unlimited Potential provides a range of high-quality, personal services which aim to help people and communities to make a real difference to their lives and neighbourhoods. Through creative and innovative solutions, we tackle personal and social issues which enable individuals and communities to use their strengths and assets in new ways which can fulfil their full potential. We focus on the needs of our customers and respond with appropriate and relevant services which deliver real outcomes – the difference made by people to their own lives.

info@unlimitedpotential.org.uk | 0161 743 0088

www.unlimitedpotential.org.uk

Tai Chi | Salford

Our aim is to promote the many benefits of Tai Chi and make it enjoyable and accessible to all. We create a relaxed and positive environment, making the form easy to learn whilst exploring the depths of this ancient art.

This gentle form of exercise is relaxing and suitable for all ages and abilities. Our classes are tailored to suit the aspirations of participants.

Mixed Ability Class

Thursdays 19:00 - 20:00 | £2.50 per class

Suitable for all ages and abilities who wish to learn and practise the Tai Chi for Health forms & improve their skills and understanding of Tai Chi...

Classes also available in Swinton | Worsley | Walkden | Broughton

www.taichiforhealthinmanchester.co.uk

Langworthy Cornerstone, 451 Liverpool Street, Salford, M6 5QQ

Salford Council | Family Support & Family Group Conferences

All families can face a wide range of difficulties at times. Usually they are able to resolve these themselves but sometimes the problems are more complicated and extra help may be needed. Family support is available through referral by an agency such as a school or health visitor.

Family Group Conferences

In cases where the issues relate to the care of children, it may be useful to hold a Family Group Conference. This is a way of giving families (including children and young people) the chance to get together to try and make the best plan for the children.

0161 686 5260 | saf.khalil@salford.gov.uk

Family Group Conferences, 1a Garden Street, Eccles, M30 0EX

Big Manchester | Woodville Resource Centre, Cheetham Hill

We offer an innovative child-focussed service to families in North Manchester to address the impact that domestic abuse, parental mental ill health and/or substance misuse has on children aged 5 -11 in a household. We will undertake direct 1:1 work and resilience based group-work with children, focussing on feelings and understandings of family difficulties; whilst enhancing the parents'/carers' understanding of the impact these issues have had on their children.

Mon - Friday | 9:00 - 16:30

Referrals from practitioners required

bigmanchester@barnardos.org.uk

0161 795 0795

Partisan

A collective and volunteer run space for independent, community led, DIY and cultural based projects.

info@partisancollective.net | facebook.com/partisancollective

Partisan, 19 Cheetham Hill Road, Salford

Transcend Therapies | Monton Village

At Transcend we believe life is for living...

Our teachers & therapists are selected for their ability to work compassionately with people. Our premises are designed to be restful and relaxing. We have created a safe space where people can learn, grow, have fun and heal whilst feeling completely supported in all stages of their journey. We will never discriminate on the basis of gender, ethnic background, age, sexual orientation or religious beliefs. We also believe in affordability and supporting the community - see our community page for more information on how we support people on low incomes in partnership with the big lottery fund.

Check website for workshops, events & classes including: **yoga | kids yoga | pilates | mindfulness**

www.transcendtherapies.co.uk

ADHD Specialist Services | Salford

Providing a specialist service for people living with attention deficit hyperactivity disorder (ADHD) and associated complex needs

Working together with families, partners and carers to offer support, share knowledge and build confidence to help better understand and effectively manage their condition.

We offer life coaching and support individuals around self determination and work towards and achieve their life goals.

St Georges Way, Salford, M6 6SU
0333 4343142 | salfordadmin@careuk.com

Young Carers Service | Salford & Manchester

A young carer is a child or young person under 18 who provides regular and ongoing care and emotional support to a family member who is physically or mentally ill, disabled or misuses substances.

There is also a service for young carers which also provides services for 18 to 24 year old young adult carers.

0161 833 0217 | carerscentre@salford.gov.uk | www.salfordyoungcarers.org
Young Carers Manchester | 0161 234 5001

Start in Salford Arts Project

The creative activities at Start have been successful in helping people overcome emotional difficulties and reach new heights. The opportunity to be creative acts as a social outlet for members as well as being a great way to learn new skills. It empowers them to express themselves more clearly and come to a better understanding of their place in the world and what they are capable of achieving.

At START, we use creativity to help vulnerable people from all walks of life improve their skills and gain in confidence. Our members often make remarkable progress and soon learn how to become valued members of the community, contributing in ways they themselves could never have imagined.

<https://www.startinspiringminds.org.uk>

FoodCycle Free Community Meals

Everyone is welcome to join us for good company and a delicious 3-course meal.
Made from food that would have gone to waste...

Tuesdays: 18:00

Langworthy Cornerstones, 451 Liverpool Street, Salford, M6 5QQ

Lishi Taoist Tai Chi, Yoga & Breathing | Salford Taoist Centre

This ancient Chinese family health system can benefit:
your flexibility | balance | coordination | breathing | sensitivity | health | wellbeing

A friendly class, taught by Dr Wan-Ley Yeung.

Fridays: 13:30 - 14:30 | £8 non-members | £5 members

Fridays: 13:30 - 15:30 | £10 non-members | £7 members

Wan-Ley@lishi.org | Langworthy Cornerstones, 451 Liverpool Street, Salford, M6 5QQ

Digital Phoenix Drop in Group | Langworthy Cornerstones

Free computer support and mini tutoring. No need to book - just turn up on the day.

If you have a health condition that would prevent you taking part in a long computer course or are simply looking for one-off support, this is the computer course for you.

Thursdays: 13:00 - 15:00

Langworthy Cornerstones, 451 Liverpool Street, Salford, M6 5QQ

Active Seniors | Healthy Hips & Hearts

A FREE seated exercise class for seniors.

Mondays: 11:00 - 12:00

Langworthy Cornerstones, 451 Liverpool Street, Salford, M6 5QQ

Relaxation Group | Langworthy Cornerstone

Learn to relax & unwind in an informal group setting...no need to book...just turn up...

Tuesdays: 13:00 - 15:00 | 1st session free | £3 per session

Julia: 07758 932908

Langworthy Cornerstones, 451 Liverpool Street, Salford, M6 5QQ

Salford Carers | The Gaddum Centre

We offer a comprehensive range of support, tailored to individual carer's needs.

Unwaged carers are often looking after someone simply because they care, and this can be tough. Being a carer can be stressful with very little me time. I give help and support to those people helping and supporting others. If you look after someone who has mental health issues, physical disability, long term illness, learning disability, drug or alcohol issues, dementia or frailty due to old age, we are here to support you.

Our team can offer 1-to-1 information, advice and emotional support, we can signpost you to other services and support you to access a Carers Assessment.

Services include

Outreach Services in our local community | working with a host of partners in health, social care and the voluntary sector to make sure that carers are identified and supported in a timely way...

salford.carers@gaddum.org.uk | https://www.gaddumcentre.co.uk | 0161 212 5451

Dementia Cafe | Salford

Come and enjoy a cup of tea, a chat, meet new friends, share information and receive a warm welcome at one of the Dementia Cafes...

Tuesdays | 13:00 - 15:00 | St Thomas Church, Clifton Green or Roe Green Cricket Club.

Age UK Salford Dementia Support Service, St Thomas Church, Delamere Ave, Clifton Green, M27 8GL | 0161 728 2001

**Open Doors Dementia Club, Roe Green Cricket Club, Greenleach Lane, Worsley, M28 2QW
0161 358 2189**

Six Degrees Social Enterprise | Salford

Our services are confidential and free to use for people living in Salford aged 16 years and over. We use proven psychological treatments that build on people's own strengths. We promise to:

Make every effort to see you quickly at a time and location that is accessible to you | Work with you to identify the issues you are trying to deal with | Explain the kinds of treatments that are available & agree with you the ones you think will be helpful | Agree with you the level of support & frequency of appointments you require | Work out your personal plan, taking account of your commitments & personal circumstances | Deliver a speedy & professional response throughout | Work with you in your own language with the support of Interpreters & translated materials where needed | Be there when you need us.

We provide 1:1 talking therapy for people who are struggling with common mental health problems such as depression or anxiety. This can be face to face or on the telephone.

We also work closely with specialist teams to support people with chronic health problems such as diabetes and Coronary Obstructive Pulmonary Disease (COPD). Research indicates that in such cases people may benefit from psychological support.

We provide several courses and groups including:

Mindfulness | Take Control | STEPS course for the Jewish community.

<http://six-degrees.org.uk>

Broughton Hub Drop In | START

Wednesdays | 13:00 - 15:00 | Art & Craft | Board Games

Fridays | 13:00 - 15:00 | Art & Craft | Board Games

Community Room 1, Broughton Hub, 50 Rigby Street, Salford, M7 4BQ

Salford Link Project Drop-in

Mondays | 10:00 - 13:00 | Art & Craft | Board Games

Wednesdays | 10:00 - 13:00 | Art & Craft | Board Games

Chadwick Rd, Eccles, Manchester, M30 0WP

Salford Social Meet-Up

Wednesdays | 13:30 - 15:00 | £1 contribution | Peer led

Peer lead. For further information please contact: salfordmensgroup@gmail.com

Salford Men's Group, Pendleton Gateway 1 Broadwalk, Salford, M6 5FX

START Over 50

Vitality for the Third Age

Start Over Fifty is an opportunity for older members to take part in creative activities and meet new friends. It's a way of building confidence, so you'll feel more connected to your local community and less isolated.

Our programme will inspire you to take on some creative challenges, learn valuable new skills and improve your sense of self-worth – all in a friendly and supportive environment with lots of positive energy. By participating in a range of tutor-led activities, from drawing and painting to creative writing, you'll discover hidden talents, new interests and create work you can take pride in.

The two-hour weekly workshops are available in various locations across Salford, so you won't have to travel very far to attend. If you want to tap into your creative side and build new friendships along the way, why not get in touch and have a go?

0161 351 6000 | daniel@startinspiringminds.org.uk | <https://www.startinspiringminds.org.uk>

Green Time: Nature Therapy for ADHD Children & Adults

'Children with ADHD who play regularly in green play settings have milder symptoms than children who play in built outdoor and indoor settings. This is true for all income groups and for both boys and girls. Interestingly, for hyperactive children, the apparent advantage of green spaces is true only for relatively open green settings.

Conclusions: These and previous findings collectively suggest that it is time for randomised clinical trials testing the impacts of regular exposure to greenspace as a treatment for ADHD.'

From 2011 study 'Could Exposure to Everyday Green Spaces Help Treat ADHD? Evidence from Children's Play Settings'

[<http://onlinelibrary.wiley.com/doi/10.1111/j.1758-0854.2011.01052.x/full>]

Connecting with Nature Offers New Approach to Mental Health

A report published in February 2016 shows that taking part in nature-based activities helps people who are suffering from mental ill-health and can contribute to a reduction in levels of anxiety, stress and depression.

The report, 'A review of nature-based interventions for mental health care' [also called Ecotherapy or Nature Therapy] suggests making greater use of green care to help people suffering from mental ill-health. The new review was commissioned by Natural England from the University of Essex and Mind, the UK's leading mental health charity.

Ecotherapy

The name given to a wide range of treatment programmes which aim to improve your mental and physical wellbeing through doing outdoor activities in nature. Connecting with nature in this way can have lots of positive health benefits.

www.mind.org

Walking For All | Salford

Salford Community Leisure are helping and supporting people in Salford to improve their health by becoming more physically active. We currently run 8 regular health walks up to an hour in length across the city.

Health walks are free local walks designed to help people become more physically active to improve their health. They offer a safe, relaxed and sociable environment in which to walk. The Health walks are designed to help you meet your 150 minutes of moderate intensity exercise each week.

Download walks from website below:

www.walkingforhealth.org.uk/walkfinder/salford-walking-for-all

Health Heritage Walks | Salford

Be inspired to get active, improve your health and learn more about the local area in Swinton. There are a number of walks which take in the Heritage Trail.

**1st Weds of every month | departing from Critchley Community Hub, Chorley Road
Walks are free: 0161 359 3410 | Nichola.Swettenham@ageuksalford.org.uk.**

Start Growing | START in Salford

Gardening is one of the most therapeutic activities we know. There's a real sense of achievement when you can see, on maybe even taste, the fruits of your labour! Start Growing allows members to learn horticultural skills and work alongside the community in a range of gardening projects.

Throughout the year, we run a series of horticultural workshops to help members learn how to 'grow your own'. Our hands-on sessions are full of practical techniques such as how to cultivate and maintain your crops throughout the year, growing from seed, creating and implementing planting programmes, along with advice on essential garden maintenance techniques such as digging, pruning and watering.

As well as being a fun and rewarding activity, it is also a very social one. You'll get to make new friends – both with other members and among the local community – and learn how to work alongside others to achieve a sustainable environment.

If you live in Salford and would like to meet new people, as well as learn some gardening skills, why not get in touch and give it a go?

www.startinsalford.org.uk/our-projects/start-growing

Garden Needs | Community Garden Salford

Our Vision to be the pioneer in connecting people with nature and inspiring them to lead healthier and happier lives.

We run a local sustainable garden centre for the entire community providing excellent plants, training, volunteering opportunities, a rolling programme of seasonal activities, & opportunities to develop micro enterprises.

A peaceful garden centre located on the edge of Kersal Dale (Nature Reserve on River Irwell) in Salford. Time, dedication, love and hard work have been invested over the years to create a centre with a true difference in a unique and magical environment.

Volunteering: Tuesdays & Thursday's from 10:00 to 16:00 are the Garden Needs member days, where volunteers of all abilities and backgrounds are encouraged to come down to the garden centre and get involved. Everyone is welcome, get in touch to find out more.

www.gardenneeds.org.uk

Ordsall Community Allotment Society

A small community allotment site in the heart of Ordsall

Tatton Street, City of Salford, M5

www.facebook.com/ordsallcommunityallotmentsociety | <https://twitter.com/@OAllotments>

Salford Wheels for All

Based at Cleavley Athletics Track which is in the district of Winton in the south of Salford. The location is close the spur of the M602. The WFA sessions are generally based on the athletics track but there is also the option to cycle onto the Monton Greenway (a local traffic free cycle facility). All sessions are delivered by WFA staff and volunteers.

A smooth athletic track with adaptive bikes, supported by trained Wheels for All staff. Wheelchair accessible. Refreshments available.

Sessions:

Wednesdays: 10:00 - 12:00 | 13:00 - 15:00 | £3 [parent/carer free]

Fridays: 10:00 - 12:00 | 13:00 - 15:00 | £3 [parent/carer free]

Saturdays: 11:00 - 14:00 | £3 [parent/carer free]

07704 167085 | sinclairscott61@gmail.com | 01925 234 213

Cleavley Athletics Track, Blantyre Street, Salford, M30 8HY

Volunteer with Salford Rangers

Conservation volunteering provides the perfect opportunity to get out, get fit and get involved in your local environment.

Days involve practical conservation work delivered by the Salford Ranger Team. Volunteers can choose to take up opportunities at a number of sites across the city.

The programme is designed to provide opportunities for all abilities such as community clean-ups, bench building and woodland management.

A mixture of weekday and weekend tasks are available and volunteers can even choose to become qualified by attending a free training course and undertaking a series of task days.

The Salford Voluntary Rangers is open to anyone aged 16 and over who would like to get involved in improving their local environment.

To get involved: <https://contactus.salford.gov.uk/?formtype=RANGERS>
Salford City Council, Salford Civic Centre, Chorley Road Swinton, Salford M27 5AW

Some Green Spaces near you...

The Salford Trail | New long-distance walk of 50 miles

The Salford Trail is a new, long distance walk of about 50 miles/80 kilometres and entirely within the boundaries of the City of Salford. The route is varied, going through rural areas and green spaces, with a little road walking in between.

Starting from the cityscape of Salford Quays, the Trail passes beside rivers and canals, through country parks, fields, woods and moss lands. It uses footpaths, tracks and disused railway lines known as 'loop lines'. The Trail circles around to pass through Kersal, Agecroft, Walkden, Boothstown and Worsley before heading off to Chat Moss. After crossing this vast landscape, the Trail returns to Salford Quays from the historic Barton swing bridge and aqueduct.

The Trail has been divided into sections, each accessible by public transport. There is a leaflet for each section describing the route and giving the transport options.

Free Route Leaflets available to download here:

<https://www.manchesterandsalfordramblers.org.uk/salford-trail.html>

Salford Quays - A walk around Manchester Docks

A short walk exploring the regenerated Manchester Docks
Coronation Street and Countdown... Mastermind and Match of the Day... Blue Peter and The Jeremy Kyle Show... welcome to one of Britain's starriest places.

Some 35,000 people live or work at Salford Quays. This gleaming complex in Greater Manchester includes houses, museums, galleries, and most famously, television and radio studios.

Yet at the turn of the millennium this was an empty brownfield site, rescued from the remains of derelict docks built nearly 40 miles inland.

From ghost trains and banana boats to race horses and wild deer, explore the stories behind the headlines of this modern media landmark.

Download a guide here:

<https://www.discoveringbritain.org/activities/north-west-england/trails/salford-quays-trail.html>

Clifton Country Park

Situated in the Irwell Valley, Clifton Country Park [Green Flag award] is 48 hectares of beautiful countryside in the heart of the city.

Here you can explore acres of open woodland and meadows, enjoy lakeside walks, bring a picnic, go fishing or discover the hidden remnants of the city's industrial past. Bring children to play and enjoy refreshments in the visitor centre café!

It's also home to the industrial remains of the Wet Earth Colliery. Established around 1740, the colliery was one of the first deep mines to be sunk in the Irwell Valley. Along with a variety of self-guided and accessible trails, the Salford Ranger Team provides a wide range of events and activities and volunteering opportunities throughout the year.

Cafe open:

Weds - Sun | 10:30 -16:30

Facilities include:

Arboretum | Café (dog-friendly) | Car parking | Climbing boulder | Children's play area | Designated bridleway & cycle route | Fishing | Lake and river-side | Orienteering | Sculpture trail | Toilets | Trails [way-marked for distance & accessibility] | Visitor Centre

Clifton House Rd, Clifton, Salford M27 6NG | 0161 793 4219