

TRAFFORD

Limelight

An amazing and innovative community hub based at the heart of Old Trafford.

Full of services and amenities designed in partnership with the community, the hub makes a real difference to the lives of local people and beyond. It brings together fantastic facilities, high-quality accommodation and vital community services, all under one inclusive roof.

Limelight offers a range of facilities including:

GP and other health related clinics | 81 Extra Care apartments | Multi-use event, meeting and working spaces | Children's nursery | Hairdressers | Pharmacy | Opticians | Library | Café

Drawing Social

Join Drawing Social any **Wednesday between 10:00 & 12:00** Limelight café to get your creativity flowing. Meet lovely people and get a warm welcome.

Psychotherapy Manchester

Offering free art therapy sessions in Limelight for adults who have experienced anxiety or depression. Just come along to the **Cornbrook Room between 10:15am & 11:45 on Mondays** throughout July.

Everything you need to express yourself creatively is provided and you will receive a warm welcome.

0161 968 0101 | 03000112112

info@limelightoldtrafford.co.uk | www.limelightoldtrafford.co.uk

St Brides Way, Old Trafford, M16 9NW

<https://www.facebook.com/LimelightOldTrafford>

<https://twitter.com/LimelightOT>



Trafford Rape Crisis

Free support for women, by women

We are a feminist organisation, committed to supporting women in relation to incidents of rape, sexual abuse or unwanted sex, no matter when or where it happened.

We will listen, and we will believe you.

Confidential

We take your privacy seriously. Our helpline and email services are completely confidential.

Free

We believe support should be available for everyone. Our helpline, email and counselling services are free for users.

Non-judgemental

We support all women without bias, prejudice, or judgement: no matter what your story or background.

Helpline

0800 783 4608

Tues & Thurs: 18:00 - 21:00

Sun: 15:00 - 18:00

If you would prefer to speak to a BME woman:

0800 434 6484

Thurs: 18:00 - 21:00

Fri: 10:00 - 13:00

Sun: 15:00 - 18:00

Email Support

You can send us an email at any time of the day or night and as often as helps you. We reply as soon as we can, usually within two to three days.

dorothytrc@hotmail.co.uk

If you'd prefer to email a BME woman: dorothy.bme@hotmail.co.uk

Counselling

We provide free one to one counselling with specially trauma-trained therapists, for women and girls who have experienced sexual violence or abuse at any stage of their lives.

If you are living, working or registered with a GP in Trafford you can email us:

counselling@traffordrapecrisis.com and we will get back to you within 14 working days.

Please make sure in your email, you tell us how you'd prefer to be contacted. Please also include a contact number, when you are available to take the call and if it's safe to leave you a voice mail.

Alternatively, you can securely fill in this an online referral form or download & email.

<https://traffordrapecrisis.com>

Adventures Await

A social enterprise for young people up to the age of 25 living in North West England. We provide advice and assistance and organise programmes of physical, educational and other activities as a means of providing recreational and leisure time activity in the interests of social welfare for people living in the area of benefit who have need by reason of their youth, age, infirmity or disability, poverty or social and economic circumstance.

We're committed to providing adventurous activities to young people in need. Whether it be disability, poverty, social isolation or something else, we aim to help improve physical and mental health, and social interaction, through climbing, abseiling, bushcraft and more.

Weekly Para-Climbing Club

Kids Club

Every **Sunday 15:00 -16:30** at **Rock Over Climbing Centre**

Our amazing kids club is suitable for all disabilities, and is fully inclusive! We'll mix in bouldering, rope climbing and fun games each week, all with our amazing instructors, ensuring that all our participants can progress at their own pace.

Young Adult Club

Every **Saturday 10:30** at **Rock Over Climbing Centre**

Our Adult Club meets for a climb every Saturday. If you'd like an instructor, let us know via Facebook.

Young Adults (age 16+): £6 per session

Children (age 5-15): £7.50 per session

Climbing is a fantastically all-inclusive sport, which can cater for all ages and abilities. Here at Adventures Await we believe in giving everyone a chance and supporting them to achieve their dreams.

Adventures Await, with ongoing support from Rock Over Climbing, has introduced young and older people who have difficulty with hearing, visually impairment, limbless, ASD, wheel chair users and many more to climbing, with some of these young children now partaking in our kids clubs on weekend mornings.

tom@adventuresawait.co.uk

https://www.facebook.com/groups/672918406410596/?source_id=711960508921580

Trafford Carers Centre

Trafford Carers Centre recently launched working in partnership with Self Help services to support all carers in Trafford.

Caring for someone, over time can have negative health and wellbeing effects, due to the many pressures of caring for someone over time. Caring for many also involves providing emotional support as well as a mix of home support, moving and handling and advocating on behalf of the person you care for.

As often the case, many carers will put the needs of the person they care for first, before considering their own needs to stay healthy and well. Caring can be stressful and isolating.

Complete the online self assessment if you would like support with:

finances | accommodation | health & wellbeing | employment & education | your relationship with cared for | wider responsibilities

Carers Helpline: 0161 848 2400 | <http://www.traffordcarerscentre.org.uk>

African & Caribbean Mental Health Service

The African and Caribbean Mental Health Services (ACMHS) provides a range of culturally appropriate services to support people from the African and African Caribbean communities with mental health needs.

Based locally in the Moss Side area, ACMHS provides support to people living in the Manchester and Trafford areas to help individuals make informed decisions about their care and to encourage and assist local and statutory agencies to develop culturally appropriate and sensitive services.

We provide:

Primary & secondary mental health care | Assessment & management of care | Person-centred counselling | Counselling for depression | CBT therapies | Befriending &/or Peer Support | Drop-ins | Advocacy for service users & families | Info & advice | Carers' group | Women's group | Learning Disabilities Outreach | Training | Student Placements (social work, occupational therapists, community and you workers, nurses, social change, medical, person-centred counsellors) | Research

Windrush Millennium Centre, Alexandra Road, Mcr | 0161 226 9562

<https://www.acmh-services.co.uk> | admin@acmhs-blackmentalhealth.org.uk

Urmston Depression Group [16+]

This drop-in group offers a sympathetic and non-judgmental space where you can meet others who also struggle with depression. Our groups care about your experiences and really understand. They offer help, information and a place for people to share ideas on how to cope with depression.

No need to self-refer or book, simply drop-in to a group on the day.

However, if you would like someone to greet you upon arrival at the venue, you can give us a call or send us an email and we'll make sure someone is available to meet you.

Fridays: 12:15 - 14:15 | Free | 0161 226 3871

St Clements Church Parish Hall, Manor Avenue, Urmston, M41 9HH

admin@selfhelpservices.org.uk | www.selfhelpservices.org.uk

Mindfulness Workshop | Chorlton

Feeling stressed?

Mindfulness can help you become more aware of your emotions in the moment and help you to manage your feelings more positively. It has been shown to be very effective in reducing anxiety, depression and stress.

Mondays: 18:00 - 20:00 | Free | 0161 226 3871

Chorlton Methodist Church, Manchester Road, Chorlton, M21 9JG

Pilates | Stretford Talbot Centre

Pilates in the Dance Studio.

Postural alignment, strengthen and lengthen your muscles with this classic class...

Book a class via Trafford Leisure: ***www.traffordleisure.co.uk | Saturdays: 09:30***

Stretford Talbot Centre, Great Stone Road, Manchester, M32 0XA | 0161 826 1001

Old Trafford Wellbeing Centre

A community wellbeing hub run by and for the benefit of local residents with support from Bluesci.

Its aim is to support local individuals and families to achieve their goals and improve their health and wellbeing through the 5 Ways to Wellbeing: Connect, Be Active, Take Notice, Learn, and Give.

Bluesci is a not for profit community interest company which supports people who may be experiencing emotional or psychological distress. Drop in to have a look around the centre or call reception to arrange an appointment so we can show you round.

You can attend activities without booking:

Blues Cafe | Welfare Rights Workshop | Drama Workshop | Woodwork with Tree Things | Music Workshop | Art | Art & Minds | Women Only Yoga | Drumming Workshop | Creative Writing | Painting & Drawing | Hearing Voices Group | Ukulele Workshop

Activities you need to book in advance:

Complementary Therapy | Computerised CBT | Acupuncture | Massage | Reflexology | Counselling

0161 980 0720 | 54-56 Seymour Grove, Old Trafford, M16 0LN | jen@bluesci.org.uk

Free Talking Therapy

Free Talking Therapies Appointments available daily, including a range of supported community based activities.

For a relaxed informal appointment:

***0161 912 2177 | appointments@bluesci.org.uk
or ask your GP to refer you...***

G-Force Community Cafe

Our G-Force Community Cafe on Broomwood in Timperley offers you a warm welcome. Our reputation is built on serving delicious hot and cold food made freshly to order & a full range of hot or cold drinks.

We are more than just a cafe though; its a place to meet and make friends, get help with job hunting, use our computers, get food vouchers if your struggling as well as tap into all the services G-Force has to offer. G-Force is here to help you...

Open: 07:45 - 15:00 | gforceemail@btconnect.com

Trafford Domestic Abuse Service

A registered charity offering support to individuals and families who are affected by domestic abuse. We support both female and male victims of domestic abuse who live or work in the Trafford area. We also support Children and Young people who are/have witnessed Domestic Abuse.

Domestic Abuse can happen to anyone - it has no regard for your sex, your age, the amount of money you have, where you live, what ethnicity you are, whether you are gay, straight or transgender, or if you are religious or not.

Once abuse has started it is likely to happen again. Abuse is rarely an isolated, one-off incident. Usually, it is part of a pattern of controlling behaviour that becomes worse with time.

Services Include:

Refuge Accommodation | Tier 2 Move On Accommodation | Floating Support | Supporting Change Service (outreach, short term support service) | Children & Young People's Support

Training Programmes include:

True Colours [6-week DA awareness course] | Back to Me [5-week personal development programme] Speak Out Speak Now [6 week healthy relationship course for young adults 13-17] |

R'Space [7- week programme for 5-13yr olds who are living in or have witnessed domestic abuse in the household] | Speak Out Speak Now Workshop [13-17yr] | R'Space Workshop [3-12yr] | Training for Professionals | Counselling for Adults & Children | Women's Group

***0161 872 7368 | 0845 450 0789 (Refuge) | 01618727386 - open Mon - Fri: 10:00 - 16:00
info@tdas.org.uk | <http://www.tdas.org.uk>***

Oakland House, 76 Talbot Road, Old Trafford, Manchester, Postcode, M16 0PQ

LGBT support

Rainbow Reflections: Wednesdays 16:30 - 18:30

Waterside Plaza, Sale Waterside, Manchester, M33 7ZF

Talkshop: 0161 912 2453 | Proud Trust: 07900 680 725

LGBT Carers Support Group: Fridays: 18:00 - 19:00

19b School Road, Sale, Manchester, M33 7XX | 0161 848 2400

World Peace Cafe & Kadampa Meditation Centre | Chorlton

Take some time out in your busy day to let go of stress and mental busyness and develop a positive perspective. These sessions (in a peaceful and quiet space), give you the time to enjoy a guided meditation and develop a beneficial view to carry away.

Weekly Drop-in Meditation Classes in Chorlton - No booking required
@ 76 High Lane, M21 9XF

Mondays: 20:00 - 21:00 | £5 with Kadampa Teacher, Vanessa

Tuesdays: 19:30 - 21:00 | £6 with Resident Teacher, Gen Kelsang Lhachog

Thursdays: 19:30 - 21:00 | £6 with Kadampa Teacher, Jeff

Fridays: 11:00 - 12:00 | £5 with Kadampa Teacher, Sean

World Peace Cafe

Delicious vegetarian food in generous portions – packed with taste and nutrition. Home-made soups, Lemon, spinach & coconut dahl, a range of Sandwiches, Cakes and other tasty treats. All meals 5.50 or less. Also coffees, a range of teas, hot chocolate, chai lattes, and cold drinks.

A charming, cheerful little café with a peaceful, ambient atmosphere, run on kindness by a group of dedicated volunteers. Everyone is welcome to pop in and enjoy the cafe, you don't need to be Buddhist to enjoy the peace of this beautiful space.

Thursdays & Fridays: 11:00 - 16:00

Sundays: 11:30 - 15:00

Stretford Shedders | Men in Sheds

We are still in the process of developing our Shed. Please get in touch if you'd like to get involved!

Shelly Quinton-Hulme: 07718 287131 | parkfriends@hotmail.com

Victoria Road, Stretford, Manchester M32 0AD, 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'

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

Trafford Ramblers

Saturday Strollers

Join the Saturday Strollers for a short, easy walk in the Trafford area. The strolls start at 11am on alternate Saturdays throughout the year.

Join Lesley and the Strollers for walk a walk through Rostherne & Tatton Park Saturday 23rd March 2019 at 11:00. April walks coming soon!
Start: Nature Reserve car park - WA16 6RU. Parking is also available roadside.

www.facebook.com/RamblersTraffordGroup
<http://www.ramblers-trafford.co.uk>

Trafford Walk for Health

Our wellbeing walks range from 45 - 90 mins and are suitable both for those wishing to start walking, or those wanting to improve their fitness, meet new people and discover open spaces in their local area. All walks are led by a trained Walk Leader, who will discuss any individual needs at the start of the walk, and plan support as necessary.

Walking is a great way of getting the recommended 30 mins moderate exercise a day, 5 days a week – without needing any special skills or having to buy expensive kit. The walks shown here are FREE and do not require booking. Just turn up on the day and enjoy yourself. All you need is a comfortable pair of shoes and clothing suitable for the weather!

See website: **<https://www.walkingforhealth.org.uk>** for walk details
dwalmsley@uk2.net

Longford Park Community Allotments

The allotment is open to drop in and look round, or to join in the work on

Sundays 10:00 - 12:00 | Mondays 14:00 - 16:00 | Wednesdays 10:00 - 12:00
Thursdays 18:00 - 19:30 (summer time only)

Ryland's Kitchen Garden, Longford Park. Stretford, Manchester, M32 8PX

Trafford Walkers

Trafford Walkers are based in Manchester. We are a small and friendly walking club, established for over 25 years, whose members are mainly from the local area. Some of the most varied and beautiful countryside in the whole of the UK is on our doorstep, and the Club exists to give people of mixed abilities the chance to enjoy it whilst walking in good company.

New Members

We are always happy to receive new members; whether you are

- already an experienced walker
- a walker in the past who wishes to start again
- a novice walker, keen to start

we feel we have something to offer all of you.

We're a friendly group who organise regular curry nights etc.

During the summer months a number of coach trips and walking based holidays are arranged. Over the last five years groups of Members have enjoyed walking holidays abroad in Malta, Austria, Switzerland, Majorca and Bulgaria.

Walks alternate between Saturday & Sunday each week and are categorised by difficulty level.

Fee: £12 for the year | [**chairman@traffordwalkers.org.uk**](mailto:chairman@traffordwalkers.org.uk)

[**awalks@traffordwalkers.org.uk**](mailto:awalks@traffordwalkers.org.uk) [**Sue Davies**] | for energetic, experienced walkers [8-12 miles]

[**bwalks@traffordwalkers.org.uk**](mailto:bwalks@traffordwalkers.org.uk) [**Hazel Gaffney**] | for moderate walks [7-9 miles]

We also run C walks [4-6 miles] in reasonable weather with only a small amount of climbing.

[**https://www.traffordwalkers.org.uk**](https://www.traffordwalkers.org.uk)

Friends of Victoria Park Stretford

The Friends of Victoria Park, Stretford are a diverse group of local residents who love our park and meet regularly to plan improvements and community events in the park.

We work with the council to ensure the park and our community's best interests are fought for & carried out.

We stage fun events that bring the community together in the park. We fundraise for these events and ensure they are run safely.

We raise money to carry out improvements within the park by filling out and submitting funding applications

We ensure the notice boards and interpretation boards are relevant and up to date.

We work with local community groups and schools to carry out fun park based projects.

We order bird feeding products and keep this area maintained.

We meet monthly to discuss our plans and share what we achieved that month.

We listen to what the community wants for the park and try and make it happen.

We create leaflets, posters, press releases, and have a website to promote the park and its events which we update regularly.

You can give as much or as little time to the group as you want – all help is appreciated.

We are always looking for new members of all ages and backgrounds to join us in making a difference.

<https://fovps.org.uk>

Some Green Spaces near you...

Longford Park

Trafford's largest municipal park is located in Stretford and borders Chorlton cum Hardy on its Eastern side. Friends of Longford Park are a group of local people who work with Trafford Council to improve and promote the park as a vibrant local facility for all age groups.

The park has:

a community garden | basketball courts | cafe | pets' corner | bowling greens | disc golf course | firwood community centre | Junior & Senior play access | climbing boulder | orienteering | tennis courts | wildlife garden

95 Edge Ln, Stretford, Manchester, M32 8PX | 0161 912 2000

Walking in Trafford - City of Trees

Free downloadable resources highlight self-guided walks around a number of green spaces across the borough from Sale Water Park to Sinderland Brook.

The walking guides have been produced in partnership with City of Trees, Transport for Greater Manchester and Trafford Strategic Sport & Physical Activity Partnership, with the aim of encouraging local residents to get active and explore the green space on their doorstep.

Trafford is home to 30 municipal parks, and a diverse range of historic open spaces and visitor attractions. The borough has a rich history and heritage of parks and green space, and was at the forefront of the Victorian parks movement, which established the pattern of public green space we know today.

The guides outline over 35 miles of recreational routes taking in local gems such as Sale Water Park, Walkden Gardens, Carrington Moss, Dainewell Park, Worthington Park, Turn Moss and more.

Download free guides from:

<http://www.cityoftrees.org.uk/walking-trafford>

Trafford Ecology Park

Tucked away in the industrial heart of Trafford Park, just a few miles away from Manchester City Centre, is the beautiful Trafford Ecology Park; a designated Site of Biological Importance, Local Nature Reserve and a true wildlife oasis.

It is a beautiful and peaceful location which is open most weekdays for the general public to enjoy. It's proximity to hundreds of businesses in Trafford Park and Salford Quays makes it the perfect place for a lunch time walk or work break.

However, Trafford Ecology Park is more than just a green oasis. Managed by Groundwork, an organisation helping make Greater Manchester more sustainable, there are a range of services available at the park for businesses to become involved with.

Corporate Volunteering

A simple and effective way for businesses to contribute to the community – to find out how your business can get involved, visit our Corporate Business page.

Training

Groundwork's Sustainable Business Consultants host a range of Environmental, Quality and Safety training courses from Trafford Ecology Park, all of which can be found on the Training page.

Forest School

Trafford Ecology Park is a safe outdoor space where outdoor learning and Forest School can be enjoyed by children of all ages. Groundwork employs several Level 3 Forest School practitioners who can help deliver training directly or support a wider programme.

Open to the general public

Mon to Fri: 09:00 -16:00 (excluding Bank Holidays and the Christmas and New Year break).

However, it is recommended that you contact the office before visiting on **0161 220 1000** or by email on **msstt@groundwork.org.uk** if you are making a special visit as there may be exceptions where these opening times cannot be supported.

<https://traffordecologypark.com>

Urmston Meadows | Woodland Heritage Walk

Urmston Meadows is a peaceful oasis of grassland and copses; a great getaway from the hustle and bustle of the city! Ditches and ponds run across the site, providing valuable habitat for dragonflies such as common and southern hawkers. Aquatic plants such as brooklime provide cover for tadpoles and clusters of meadowsweet can be seen flowering throughout summer.

The fields within Urmston Meadows are managed for horses. Urmston and District Riding Club hold a number of equestrian events such as show jumping each summer.

An easy stroll can be taken around the surfaced paths of Urmston Meadows. Those wanting to venture further can travel onto Barrowfield Farm and Old Ees Brook, exploring the beauty of the flood meadow in spring and enjoy panoramic views of the River Mersey.

There is on street car parking available on Riverside Drive (M41 9FN) and the 253, 276 and 278 bus routes drop off nearby.