



LOCAL STUFF

RESOURCES RESEARCHED
& COMPILED BY TAKE CARE, 2019



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Crisis Point | Manchester

An open-access mental health crisis centre that offers bespoke crisis management support, helping people with diverse support needs to resolve their current crisis and develop strategies to prevent or better manage future crises.

'It's a place where you arrive in a state and leave with your thoughts back together. The staff, the advice and the support are brilliant. I don't know what I would have done if I hadn't come to Crisis Point.'

What we do:

Crisis Point provides a range of bespoke services including accommodation for up to 10 nights and one-to-one sessions for people unable or unwilling to use the accommodation service, giving them the time and confidence they need to plan their own future. Without Crisis Point, about 70% of service users would require an acute hospital admission.

Who we can support:

Crisis Point accepts an individual's own definition of crisis, and recognises the crisis may be precipitated by changes in mental health, financial, occupational, domestic or social circumstances, or any combination of these factors.

Our services include:

Helping you develop skills to resolve your own crisis and to manage future crises.

We offer specific therapeutic interventions on-site, such as Neuro-Linguistic Programming (NLP), Hypnotherapy, Relaxation and Mindfulness techniques, as well as leisure activities and 1:1 work.

Signposting to longer-term support services.

How to refer:

You can refer yourself, or be referred via an agency. Once we have completed a referral form we will carry out an assessment to ensure we provide you with the service.

0161 238 5149

info@turning-point.co.uk

Thompson Street | Collyhurst



Manchester | MIND

Manchester Mind is an independent local mental health charity which delivers services to young people and adults. Our vision is of a city that promotes good mental health and treats people with mental health problems positively, fairly and with respect.

We are committed to improving the lives of people with mental health needs. We promote the health and wellbeing of people affected by mental distress and take a positive approach to mental health, challenging stereotypes and discrimination.

We listen to and respect people who use our services, value their experiences and place them at the centre of service delivery and development. We enable people with mental health needs to improve their health and wellbeing to reach their full potential. We work with people so they can live more successfully in their communities. Above all, we aim to create a positive future for people who use our services or volunteer.

www.manchestermind.org
0161 769 5732

The Sanctuary | Greater Manchester (Closed as of August 2019. No longer operating)*

We provide support to adults who are experiencing anxiety, panic attacks, depression, suicidal thoughts or are in crisis. The Sanctuary offers a space to talk and assistance with coping after the initial crisis.

This service is available to residents (ages 18+) living in: Manchester, Trafford, Salford, Stockport, Tameside, Glossop, Wigan and Leigh From 20:00 - 06:00 Bolton From 16:00 - 24:00 [midnight]

We offer non-clinical support in a non-stigmatising manner.

The Sanctuary offers a space to talk and assistance with coping after the initial crisis. Overnight, The Sanctuary does not have beds so is not a place to sleep over. On the night of a visit, you can stay as long as you wish between 8pm and 6am. Some people choose to leave The Sanctuary once their initial crisis has passed and they have been able to calm down; others may need to stay longer.

'Just knowing that the Sanctuary is there is important to me. I know the right help is there when I need it, where as in the past I'd struggle to cope every night.'

0300 003 7029
www.selfhelpservices.org.uk/the-sanctuary

***Please note that The Sanctuary, Manchester is no longer operating. Their phone no: 0300 003 7029 is still in operation & will be answered by a member of Crisis Point (Turning Point) who will signpost you to other services.**

42nd Street

42nd Street supports young people aged 11-25 years with their emotional wellbeing and mental health, promoting choice and creativity. We champion young person centred approaches that demonstrate local impact and have national significance.

We offer a range of individual therapeutic support and encourage and support young people to have a voice, and access opportunities to learn, develop new skills, be creative, have fun and demonstrate to themselves and others that they are able to recover, manage their mental health and wellbeing and achieve their full potential.

We deliver services at our Manchester city centre base, in community venues, arts and cultural centres, and in schools and colleges to make sure our services are accessible.

Are you 11-25?

Do you live in Greater Manchester?

Are you stressed out and need someone to talk to in confidence?

Counselling | Cognitive Behavioural Therapy (CBT) | 1:1 Support | Groups & Projects | Drop-ins | Arts-based activities

42ndstreet.org.uk

Hideaway Youth Project | Moss Side

A project aimed at young people, aged 11-25 of all cultures, religion and race, responding to the issues that are affecting them and providing innovative youth work since 1965 in the Moss Side area of Manchester.

We aim to give young people a voice so that they respond in a way they feel they are being heard.

We want the young people to have ownership of their community youth project and have activities that reflect their needs.

We provide young people with the opportunity to become volunteers so that they can work alongside us and develop their own resources.

We offer workshops on issues such as drugs, sexual health/exploitation, staying safe, plus many more.

We offer universal services, including sport, multi-media, art and cooking activities so that young people can start to build a trusting relationship with us.

0161 226 7325 | www.thehideaway.org.uk

Manchester Targeted Youth Support Services **[previously Connexions]**

Career Connect is the service provider in Manchester delivering the TYSS.

The service aims to offer support into education, employment and training for young people (aged 15-18 unless stated) who are:

Young carers (11-18) | Young people with SEND (up to 25) | Care Leavers (up to 25) & Looked After Children | Young people supervised by Youth Justice Teams | Teenage parents and pregnant teenagers | Young people who are at risk of becoming long term NEET | In Year 11 transition

For advice & referrals:

eet@careerconnect.org.uk

0800 0126 606

The Writing Squad

Provides workshops, 1-1 support and investment for young writers.

Our free two year programme is for writers aged 16-21 who live, work or study in the North of England. After that we continue to offer our writers support as they begin their careers.

We help them establish themselves as individual artists, collectives and start up companies.

We link writers and activists with the literature industry and independent sector, while encouraging them to produce and distribute work themselves.

www.writingsquad.com

Manchester Girl Geeks

A not-for-profit group which organises networking events, talks and hands-on workshops for women and girls with an interest in Science, Technology, Engineering and Mathematics (STEM).

<https://manchestergirlgeeks.com>

SafeStop Manchester | DePaul

We help young people [aged 16 to 21] in the Manchester area who find themselves homeless or at risk of homelessness. This includes those who are under 18 who are leaving care and are ready for self-independent living.

We offer round-the-clock supported housing to young people in the Manchester area. This means that any time day or night there is somebody there who the young people know and can trust.

01614 450311 | <https://uk.depaulcharity.org/safestop-manchester>

Manchester Supported Housing for Women | Richmond Fellowship

We provide specialist supported accommodation for women [aged 18 +] who are experiencing mental health problems and who are in need of accommodation. The service is a medium support service and staff are on site during office hours with a drop-in service at weekends. There is an out of hours on-call service available.

We also provide outreach support services in the Greater Manchester area for males and females living in their own home where they have been allocated an independent budget or access support via direct payments.

0161 2485354 | manchesterproject@richmondfellowship.org.uk

The Men's Room

We welcome young men under 30 who have experience of one or more of the following: Homelessness, prison or probation, sex work or sexual exploitation.

We can offer you opportunities to get involved in creative projects like putting on plays or making films and we can also offer one to one support.

Our Mission: To empower young men in Manchester through creative engagement and support them to make positive life change.

If you are a young man who would like support or are an agency who would like to refer a young man, please call

Hayley | 07582 243 701 | hayley@mroom.co.uk

Manchester CoderDojo

A youth club to code and make things. We gather one Sunday a month at the Sharp Project.
<http://www.thesharpproject.co.uk>

We've been meeting since Dec 2012. It's free.

<http://mrcoderdojo.org.uk> | [Twitter@mrcoderdojo](https://twitter.com/mrcoderdojo) | helloworld@mrcoderdojo.org.uk

The Factory Youth Zone

Provides a unique safe place for young people aged 8 – 19, up to 25 with additional needs, from across Manchester. With a wealth of sport and creative activities, The Factory currently welcomes almost 1,000 young people each week. Working closely with members to raise their aspirations, The Factory offers a number of targeted provisions to provide additional support to those who need it.

<http://www.thefactoryyz.org> | info@thefactoryyz.org

LGYM

Manchester youth group for lesbian, gay, bisexual, trans people or those questioning their gender or sexuality who are under 25 years old.

It's a big group with lots of different people in it who are all really friendly!

You can drop in to the group, or come for the whole time. We do a wide range of activities in the group including cookery, visiting our allotment and plenty of games. If there is something you want us to put on you can suggest it, or you can even run it yourself through a 'geek hour' (you get free training and support to do this). Some 'geek hours' that have been run are: computer maintenance, Judaism & Israel, Manga vs. Anime, and origami.

The group also has a range of guest speakers and visitors who come in to run sessions on topics such as personal safety, sex and relationships, art, drama, yoga and confidence building.

This group has two sessions a week: Tuesday 5:30-8pm | Saturday 3pm-7pm

[Sally Carr](mailto:Sally.Carr@theproudtrust.org) | 07900 680 725
www.theproudtrust.org

Manchester Rape Crisis

[for Women & Girls]

Manchester Rape Crisis (MRC) is a confidential support service, run by women for women and girls, who have been raped or sexually abused.

MRC has a telephone helpline service, which provides advice, information and support to women and girls surviving sexual abuse. The helpline also provides a signposting service for male survivors and offers information and advice to friends, partners and other family members supporting survivors.

Call the helpline on: 0161 273 4500
[Mon-Fri: 10:00-16:00 & Weds-Thurs:18:00-21:00]

If you cannot get through to us, please leave a message and we will get back to you as soon as we can.

MRC offers a free face-to-face counselling service for women over 17 who have experienced rape or sexual abuse & also runs group work for women who've completed counselling but wish to access further support around issues such as confidence, body image & self assertiveness. The group also provides a social network for women who may be isolated and vulnerable.

For info or advice:

www.manchesterrapecrisis.co.uk | 0161 273 4500 [Helpline]
0161 273 4591 [Office - open Mon-Fri 10:00-16:00]
mrcrasacs@btconnect.com

Survivors Manchester | Break the Silence

[for Men & Boys]

Mon | Wed | Fri: 09:00-18:00 [last appointment 17:00]
Tues: 09:00-20:00 [last appointment 19:00]
Thurs: 09:00-20:30 [last appointment 19.30]

We try to be as flexible as possible and should you wish to see someone outside of these times then speak to a member of the team.

We offer confidential support, information, practical and emotional support for boys and men affected by sexual violence, experienced in past or present, that are considering reporting to police.

support@survivorsmanchester.org.uk | 0161 236 2182 | www.survivorsmanchester.org.uk
National Male Survivor Helpline | 0808 800 5005

End the Fear [Greater Manchester Against Domestic Abuse]

Anybody who is experiencing domestic or sexual violence can find help, support and advice here. We also provide support to people who know someone who may be being abused. We want to encourage victims of domestic and sexual violence in Greater Manchester to find the courage to come forward and seek support and help. You don't have to put up with domestic abuse.

Tuesday mornings from 8am. We do not provide advice other than during the Drop In sessions which take place in the mornings. We can help to signpost or refer you to other agencies.

www.endthefear.co.uk | 0161 740 7722

1 Delaunays Road | Crumpsall Green | Manchester | M8 4QS

Greater Manchester Domestic Abuse Helpline | 0161 636 7525

Eclipse

A free and confidential drug and alcohol service for young people under 19 and families in Manchester.

We provide access to treatment for drugs and/or alcohol (including smoking cessation) and offer holistic support to children, young people and families.

The treatment team works with young people under 19 years who are using or at risk of using drugs and alcohol. The family team works with children affected by parental substance misuse and their parents to promote resilience and family unity.

We offer groupwork programmes, peer mentoring training and can deliver bespoke professional training.

Feel free to bring someone with you on your first visit.

To refer yourself or someone else to the service you can call or visit the service in person. You can also complete our referral form in advance and bring it with you when you visit the service. Please make sure the young person has given consent for you to make the referral.

www.changegrowlive.org/young-people/eclipse-manchester

41 Thomas street | Manchester | 0161 8392054

MADDchester | Manchester Region Attention Deficit Disorder Group

All are welcome – friends, relatives, partners and especially the undiagnosed (we all started out undiagnosed so know what's what).

The format is simple – there are no rules, no charges, no notes taken – you show up (we aren't bothered if you turn up at your leisure) and ask anything you want, there's usually someone with relevant experience. You don't even have to talk about ADHD – it's completely open.

And we're friendly. ADHDers tend to be friendly and non-judgemental (who are we to judge?) and everyone had to come to a first meet, so we know what that feels like, so we're very welcoming.

contact@maddchester.com | www.maddchester.com

AADD-UK Manchester Support Group

Meets every second Monday between 19:00 - 21:00

contact@maddchester.com

Z-ARTS | Hulme

We are an arts and theatre venue in Hulme, with lots of activities and shows for children and families. We are also a charity, and are supported by brilliant funders, corporate supporters and regular givers.

We believe that theatre and the arts are for everyone! They are inspiring, immersive and magical, and we want to share the joy of creativity, imagination and storytelling with children and families across Greater Manchester and beyond.

Arts and creative hub for young people, with a theatre, gallery, music studio and rehearsal spaces.

www.z-arts.org

African & Caribbean Mental Health Services

A voluntary charitable organisation that provides support of people with mental health issues who are 18+ and living in the Manchester area [predominantly including other Minority Groups & White Europeans]

Mental Health Support: IAPT | Secondary Care

Counselling: CBT | Couple | Person-centred

Drop-ins: Women's Group | Positive Vibrations Music Workshop | Sports | Men's Group | Activities

Advice Surgery: Tuesdays 10:00 - 12:00 @ The Windrush Centre

Psycho-Educational Groups: Group therapy to raise awareness of symptoms & to develop coping strategies

Carers Support: trips | short breaks | info & advice | respite | alternative treatments | practical help
1st Thursday of each month | 11:30 @ The Windrush Centre

Volunteering: counselling | befriending | hospital visiting | drop-in support
Training (including Mental Health Awareness) provided | Out-of-pocket expenses paid

admin@acmhs-blackmentalhealth.org.uk | 0161 226 9562 | acmh-services.co.uk | @acmhs manchester | Windrush Millenium Centre, 70 Alexandra Road, Moss Side, M16 7WD

Start2 [online service]

Everyone wants to stay mentally and physically well. This website shows you how you can use your natural creative skills to maintain and improve your wellbeing. Pick from dozens of creative activities designed for you by experts in the field of arts and health.

www.start2.co.uk

Contact Young Company

CYC is Contact's renowned, Manchester Theatre Award-winning young ensemble. CYC is made up of young performers, actors, dancers, musicians, stand-up comedians, poets and MCs.

Each year, the company creates brand new professional standard shows in collaboration with major national and international artists, such as Forced Entertainment, Lies Pauwels, Stacey Makishi and Slung Low. Shows are premiered in Manchester, and often then tour nationally to leading venues and festivals.

<https://contactmcr.com>

Manchester Young Lives

We run a number of youth work and educational/training programmes, particularly targeted at children and young people at risk of social exclusion.

We believe the integration of play, confidence building, and education within an informal and supportive environment provides a genuine opportunity for early intervention with children and young people who are at risk of falling outside mainstream services and becoming involved in anti-social and risky behaviours.

Adventure playgrounds | Independent School – The A6, Moss Side and Wythenshawe Education Centres provide full time education provision for 14-16 year olds not attending mainstream school | Youth Engagement Projects | A purpose built youth fitness centre in Ardwick.

MYL Central Office enquiries: 0161 437 5923

Chrysalis Family Centre Manchester

A family support drop-in centre located in Moss Side's Alexandra Park Estate, Moss Side, Manchester. Deprivation in inner city Manchester is amongst the highest in the country with four wards in which half of all children live in poverty – Moss Side, Hulme, and Ancoats and Clayton

The relationship between families and staff is established by choice and not influenced by authority or power. This helps to make users feel wanted and valued so, they open up to share their problems in a friendly and welcoming environment. Both staff and volunteers have been trained with this understanding of handling issues in a confidential manner.

Chrysalis recognises the diversity in families and in delivering the service, we all work to respect the special cultural, racial, ethnic and religious backgrounds that make them distinct.

www.chrysalisfamilycentre.wordpress.com

Chill Factor | Trafford

Keep dry inside Chill Factor, which relaunched its Snow Park earlier this year.

The new four-lane Snow Slide has been added where up to eight people can ride at one time, so the entire family can be involved. Riders can complete the course on solo donuts, or share double donuts...

The Snow Park: 4+ | Cost: £12.50 for 1 hour & £17.50 for two hours off peak.
<https://www.chillfactor.com> to book

Upside Down House | Trafford Centre

The topsy-turvy attraction arrives outside The Orient this October. It'll have a spooky Halloween makeover from October 20 and later be given a festive look as Christmas approaches.

The inverted wooden structure, which promises visitors 'a zero-gravity illusion experience in a safe and family friendly environment' is the third of its kind in the country. Described as 'a hybrid of street art and experiential entertainment', it bills itself as 'the UK's first inverted photo experience'.

The house is arranged over two storeys and fully furnished with a kitchen, bathroom, living room art and bedroom. Visitors are invited to walk on the ceiling and 'lose themselves going downstairs to go up and letting their imagination run riot as they capture the perfect photo'.

Advance online tickets £3.50 weekdays & £4.50 weekends or £5 on the door
Open 10:00 - 20:00 daily

The Manchester Partnership | Troubled Families

Assertive Outreach | 0161 219 6967

We work with families whose needs are at risk of becoming complex to provide a 6 month sequenced programme of support to assist in finding realistic solutions to problems.

The aim is to empower people to take control of their lives and to learn skills that will help them to be more independent in the future.

www.manchesterpartnership.org.uk > public services reform > troubled families
e.haygarth@manchester.gov.uk

The Owl and the Coconut

Manchester-based Mindfulness Organisation

Mindful Art is a powerful tool in helping people to Stop. Notice. Create. Helping us to live our lives to the full. Connecting to our inner wisdom and the people around us. Creating a better world for everyone. Try it today and join us on a Mindful Art adventure to change the world.

We run a variety of workshops and events including Mindful Art classes in Manchester both in and out of The Nest within Levenshulme Old Library, Manchester. We have a weekly timetable of Mindful Art workshops such as Mindful Textiles and regular 8-week Mindful Art Practice (MAPs) and 8-week Mindfulness Based Stress Reduction (MBSR) courses. As well as pop ups and one off events in and out of The Nest.

owlandcoconut@gmail.com | www.theowlandthecoconut.com

The Nest, Levenshulme Old Library, Cromwell Grove, Levenshulme, Manchester, M19 3QE

Manchester Mind Cafe

[Zion Centre Cafe]

We aim to promote positive mental wellbeing through the food we serve and the atmosphere we have created. We are passionate about shared eating and encouraging openness, to combat social isolation and loneliness, all done over plates of delicious and affordable food.

We also feel strongly about promoting environmental wellbeing. We largely use surplus food stock that would otherwise be wasted. We are conscious of using environmentally friendly and sustainable packaging and endeavour that any leftover meals are available for people to take away, providing an additional healthy meal for those who may be unable to put together such meals themselves.

Pay What You Can lunch sessions on Fridays - aimed at those experiencing food poverty.

We champion **Meat-free Mondays** and always have at least one vegetarian or vegan option on the menu. We know that evidence suggests a link between good mental health and food and so we make sure our meals are packed full of lovely fruit and vegetables, all sourced as locally as possible.

Overall, our vision is to bring people together sharing food and to improve the wellbeing of Manchester residents through good, nutritious food.

Serving breakfast, lunch and snacks all day: **Mon - Fri: 9.30 - 15:00**

We also have **volunteering opportunities:**

0161 769 5732 | volunteering@manchestermind.org

The International Hearing Voices Network

Because hearing voices is a much stigmatised experience we wanted to create a safe place where you can find out more about hearing voices and to create an interactive online community where you can let us know about your point of view or experience.

We've put together the most extensive international resource on hearing voices you can find on the web. This information includes both ways of overcoming the difficulties faced by people who hear voices, as well as the more positive aspects of the experience and its cultural and historical significance.

We understand "voices" to be real and meaningful, something that is experienced by a significant minority of people, including many who have no problems living with their voices. Our research shows that to hear voices is not the consequence of a diseased brain, but more akin to a variation in human behaviour, like being left-handed. It is not so much the voices that are the problem, but the difficulties that some people have in coping with them.

<http://www.intervoiceonline.org>

Manchester Hearing Voices Group

Fridays: 13:30 - 15:00

@ Temporary venue: Harpurhey Neighbourhood Project, Carisbrook Street, Harpurhey, Manchester, M9 5UX

The Manchester Hearing Voices Group launched on Friday 9th April 2010.

It is facilitated by Kate and Brian, two experienced facilitators with the Hearing Voices Network.

The group is free to attend and open to anyone who hears voices, see visions or have other unusual sensory experiences. It's friendly and everyone who attends goes out of their way to help people feel at ease. The group welcomes people whether or not they have a diagnosis, and members may also have other issues that they are struggling with (including unusual beliefs, self-harm and bipolar).

They are able to offer one to one support before or after the group if members prefer, so they can feel more at ease when they choose to attend the group.

Kate Crawford | Tel: 0759 083 7359 (Kate) | 0161 205 0188 (Harpurhey Day Centre)
neptune_1965@hotmail.com

Levenshulme Old Library Community Arts Centre

A new arts, community and culture centre for the communities of Levenshulme and the surrounding areas. Hosts community activities such as:

The Nest Wellness Centre, Levy Little Theatre, Levflixs, Levenshulme WI, Talk English ESOL classes

<https://levenshulmeoldlibrary.org.uk>

Myriad Foundation

Myriad Foundation is a charitable organisation working hard to improve our communities through various initiatives designed to help those in need. Together, we work for the greater good of humanity by sharing the message of Islam and through sincere and dedicated efforts to make a valuable contribution to society.

Projects include: Soup n Smiles [Mcr Cathedral Gardens]; Feed a Friend, My Care Buddy, My Tech Buddy & more.

For more info or to volunteer your time: ***info@myriadfoundation.org***

Levy Market

A festive social enterprise run by the community.

It's held every weekend between March and December in Levenshulme, South Manchester @ Levenshulme Train Station Carpark.

www.levymarket.com

Free Scrabble Sessions | The Heatons Library

Do you enjoy a good game of Scrabble?

Come along to one of our Scrabble sessions at the Heatons Library.

New players welcome.

Mondays: 10:30 - 12:00

Heatons Library, Thornfield Road, Heatons Moor, SK4 3LD

Lunchtime Meditations | The Buddhist Centre

A regular short class for anyone who wants to try meditation, or come to a led meditation session from time to time. No need to book, just turn up a few minutes before - we start on time!

We usually start by finding a comfortable meditation posture, on a chair or on cushions, followed by a led body awareness meditation to help us settle into the present moment. Then a short, led meditation either focussing on mindfulness with the breath, or on developing kindness and positivity towards ourselves and others.

We don't want to turn anyone away. If you can't afford the charges, then have a word with us - we'll try and help.

Please be in good time as we can't admit anyone who arrives 5 mins after the start time.

13:00 - 13:40 | £5 per session [£3 concessionary]

Manchester Buddhist Centre, 16-20 Turner Street, M4 1DZ United Kingdom

info@manchesterbuddhistcentre.org.uk

Mindfulness Colouring for Adults

Life is stressful so why not take some time to relax put and your focus elsewhere for a while. Come and colour in some beautiful designs that you can take away with you.

All materials provided or you may bring your own books to colour in if you have them.

Tuesdays: 13:30 - 15:30 | Age 16+ | Free | Drop in

0161 474 4453 | stockport.artgallery@stockport.gov.uk

Stockport War Memorial Art Gallery, Wellington Road South, Stockport, SK3 8AB

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

MAD Walkers | Manchester & District Ramblers

A local group of the Ramblers Association for people in 20s & 30s who live in and around the Greater Manchester area.

We've been around since 2004 and now have around 300 members, so are able to offer a variety of walks to suit you and many other like-minded people - whatever your level of fitness!

www.madwalkers.org.uk

Hulme Garden Centre | Manchester

A not for profit organisation which brings the local community together through gardening and provides vital green space for all to enjoy, relax in, learn from and be part of.

Volunteering & training sessions

Each week up to 100 volunteers engage with ages from 6 months to 83 years old, from a wide range of cultural and ethnic backgrounds, both local and not so local.

Sessions include

creating an interactive children's area | learning about the local wildlife in the gardens | building raised beds | clearing & mulching the garden & planting bulbs.

Volunteers can also gain an insight into how a garden centre works and key skills in producing and maintaining plants for sale and organic methods of plant care and pest control.

Short Inductions

Come and join our team. The first step is to come in for a short induction, no need to book. These ***Every Thursday, Saturday & Sunday, 13:30***

Health & Well Being – Fridays, 13:30-15:00

These sessions are tailored to individuals experiencing issues with well being and mental health and focus on creating a quieter and calmer environment in which to enjoy gardening.

0161 227 8198 | www.hulmegardencentre.org.uk

Lancashire Wildlife Trust

See website for Fun Eco-Friendly Activities including:

How to create a herb garden for wildlife | How to take part in a wildlife survey | How to provide water for wildlife | How to attract hedgehogs & badgers | How to build a bug mansion | How to compost your waste | How to make a seed bomb | How to make a bee hotel | How to build a bat box | How to make a Christmas Wreath for birds | How to build a mini stone wall | How to create a vertical garden

<https://www.lancswt.org.uk/wildlife/green-living>

Heaton Park Treetop Trek

Treetop Trek is a spectacular aerial adventure where you will weave through the tree canopy up to a jaw-dropping height of 15m, featuring 35 exciting obstacle challenges including balance bars, swinging logs and Indiana bridges along with a super 24 zip wires! You can swing, climb, balance and fly your way through the native woodland canopy whilst enjoying views previously reserved for squirrels and bats! The outdoors has never been so much fun!

We have two treks through the ancient woodland - the Treetop Zip Trek (2 hours) for the fearless adventurers who want the full experience and a Mini Trek (1 hour) for younger and more cautious Trekkers.

Mini Trek £18 [1 hour] | Zip Trek £32 [2 hours]
015394 47186 | www.treetoptrek.co.uk/manchester

Heaton Park Treetop Nets

Treetop Nets offers an amazing and adventurous new way for both children and adults to play high up in the tree canopy. Manchester is our biggest aerial nets adventure yet with over 2000m² of giant trampolines, walkways, slides, and tunnels all made out of netting, safely suspended between the trees up to 12m off the ground.

Our tree-mendous nets feature 175m of walkways, a treehouse, aerial ball parks, a super slide zone and bounce zone, promising bouncy fun for the entire family beneath a beautiful woodland canopy. With a double-decker climbing net and crow's nest, it's a treetop adventure not to be missed!

£20 for 5+ yrs | £13 for 3-4 yrs
015394 47186 | www.treetoptrek.co.uk/manchester

Social Paddle [Debdale Outdoor Centre]

A new evening session starting on the 2nd May 2019, aimed at people aged 55 plus who are new or returning for exercise. It is a drop-in water activity session where you can go out on the water canoeing or kayaking. All equipment provided. Buoyancy Aids MUST be worn / Wetsuits optional (Change of clothing recommended).

07599 462 233 | 0161 223 5182 | debdale@gll.org

Thursday evenings: 18:00 from May 2019

Last entry onto water is 6.45pm

1073 Hyde Road, Manchester, M18 7LJ

Active Ageing [Debdale Outdoor Centre]

Come along to our fun and friendly session at Debdale Outdoor Centre every Friday.

Socialise, have a brew and get active. There a wide range of activities available including Tai Chi, Yoga, Table Tennis, Darts, Canoeing, Sailing, Archery, Cycling, Indoor Curling / Bowling plus much more. There is always 3-4 activities on offer each week. The project is designed for over 55s and is ideal for those who are new or returning to exercise. So come down and have a brew. We provide all equipment.

Friday mornings: 10:30

07599 462 233 | debdale@gll.org

1073 Hyde Road, Manchester, M18 7LJ

Men's Shed [Debdale Park]

Woodworking | Bicycle Maintenance | Gardening | Photography

We offer a safe place to make friends, share skills and most importantly have a cup of tea! The biscuit tin will always be full.

The Barn Complex, Debdale Park, Hyde Road, Gorton

www.facebook.com/menssheddebdale

Nature Tots

A wildlife adventure for your little explorers. Enjoy nature art, storytime, bug hunts, games and crafts.

From environmental arts and crafts and story time to minibeast hunts, woodland games and much more, Nature Tots activities take place both inside and out, so you and your little ones will have a wonderful time come rain or shine. We can even provide wellies and waterproof suits if required.

10:00 -11:15 Mondays [during school term time] | £4 per child [includes refreshments]

pmcglynn@lancswt.org.uk

Boggart Hole Clough Park, Boggart Hole Clough, Charlestown Road, Blackley, M9 7DH

Incredible Edible Manchester

Our vision is to create kind, confident and connected communities through the power of food. We live in communities that are often disconnected. If communities connect together and believe in their potential, people start to do good, kind and loving things in the world around them.

From its inception, Incredible Edible sought to show how ordinary people can transform their own landscapes and turned disused plots into abundant sources of healthy food.

<https://www.incredibleedible.org.uk/find-a-group/manchester>

Northwest Regional Facilitator: ian.bocock@incredibleedible.org.uk

City of Trees | Manchester

Whether you're a green guru, an eager novice or just fancy helping out occasionally at some tree planting or orchard creation - we want to hear from you!

Whether you give 1 day, 1 hour or 1 week, by becoming a Citizen Forester, you're spreading the word about the City of Trees movement and helping us to achieve our vision of planting a tree for every person across Greater Manchester.

See website for event details: Tree planting, Wildlife clearing, Apple Pressing, Leaf art & more

<http://www.cityoftrees.org.uk>

Some Green Spaces near you...

Lyme Park

Whether you fancy heading out for a walk or taking part in many of the activities and events that take place throughout the year, you will be sure to have a wonderful time in the glorious 1400 acre deer park.

Head out in to the wider estate for walks through woodland and across moor that take in spectacular vistas; walk to Paddock Cottage for views across Manchester and the Cheshire Plain or if you are feeling adventurous, head to Bowstones where you can see seven counties!

For those looking for a gentler stroll, head in to the garden which is open everyday.

Autumn & Winter Activities

Fungi Walk | Volunteer - led Walks | An Audience with Father Christmas | Winter Walk | Night Run

Ranger-in-Training Sessions

Families can join the ranger team for Ranger-in-Training sessions, where children aged 6-12 can take part in outdoor nature activities from identifying birds to creating wild art.

£5 per session | 0344 249 1895 to book | lyme@nationaltrust.org.uk

Children will need to be accompanied by a parent or guardian who will stay with them throughout the session. Accompanying adults do not need to buy a ticket.

<https://www.nationaltrust.org.uk/lyme>

Alexandra Park | Whalley Range & Moss Side

Designed in Victorian times with meandering footpaths to combat the flat landscape and perfect for strolling arm in arm with your loved one.

Today the park retains many of its original features including the fishing lake but also has a community orchard with apple, plum and pear trees.

www.alexandraparkmanchester.org | Alexandra Park, 180 Russell St, Manchester M16 7JL

Walkden Gardens | Sale

There are many different lovingly cared-for areas for you to stroll around here including wisteria arches, a cherry walk and a Japanese garden.

There's also a 'Theatre Lawn' where performances are often held, from bands and concerts to Shakespeare's Macbeth. A beautiful and unusual green space to appreciate.

Walkden Gardens are located in Sale at the junction of Marsland Road and Derbyshire Road. The nearest postcode is M33 3EL. The entrance to the free car park is on Derbyshire Road.

<http://walkdengardens.co.uk>

Blackley Forest | North Manchester

Walk through the forest and experience incredible wildlife. Bats, hedgehogs and over 30 species of birds and 241 species of plants have made this place their home.

In winter time you could be rewarded with stunning Narnia-esque scenes as the ice clings to the trees. A breathtaking retreat away from the crowds.

Health Walks

Monthly walks on the 2nd Monday of each month.

Meet at 14:00 at the Victoria Avenue entrance to the forest.

After the walk, refreshments are available in Glenbrook Chapel Hall.

Everyone welcome. Please wear suitable shoes/boots - it can be muddy in the forest.

Situated in Higher Blackley, bordered to the east by Blackley Cemetery and Crematorium, the west by the River Irk, the north by Victoria Avenue and the South by Blackley New Road.

<http://www.blackleyforest.com>

Wythenshawe Park | South Manchester

Green space including woods, meadows, a playground, sports amenities, courtyard cafe and a farm with horse-riding

This beautiful park is located in south Manchester, at the junction of the M60 and M56, between Wythenshawe, Baguley, Brooklands, Northern Moor, and Northenden.

It consists of over 100 hectares of open parkland dating from the 13th Century, with historic and ornamental woodlands, open grassland and beautiful wildflower meadows. The park is steeped in history with the 16th Century Wythenshawe Hall at its centre, which together with the North Lodge and the Statue of Oliver Cromwell are Grade II Listed Buildings.

The park hosts a great range of year-round leisure and educational opportunities for all ages which includes a varied activities and events programme, with highlights such as the annual firework and bonfire extravaganza, fairs and circus, sports and games events.

There are many individual groups within the park providing these events, activities or facilities.

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

Forever Manchester | Start your own local community project

With a better understanding of the untapped community resources available in a neighbourhood, we then encourage the community to come together to create exciting new projects together. Building on the new connections between individuals, existing groups and organisations, and with a little support from us, amazing new projects are created and help to build an even stronger and more thriving community.

We encourage people to identify and share what fantastic resources exist within a community to support their new group, e.g. a new gardening project might be able to put a call out in the local community for any garden tools that people are willing to share or donate, or see if people are willing to come and lend a hand to get some land cleared without the need for expensive equipment.

We can also support new and existing groups with small amounts of funding up to £250 with our Cash 4 Graft awards. Details of these can be found here on our website.

<http://forevermanchester.com/fm-awards-cash-4-graft>

Quarry Bank Nature Walks

Every Monday 11:30 - 12:30

Join our Ranger team & experience Quarry Bank's seasonal sights & sounds

This walk will last approximately 30 minutes and will start from the Welcome Building.

Please note that this walk will not take place on a bank holiday.

Normal charges apply for the venue.

rebecca.abbey@nationaltrust.org.uk

Styal Rd, Styal, Wilmslow SK9 4LA

Delamere Forest | Northwich

Pick up a Gruffalo Orienteering Course map for £1.50

The trail starts outside the cafe and loops around the Gruffalo route, at the end of which is the Gruffalo statue. There are also picnic benches at the end for people to enjoy a packed lunch or snack.

Delamere Forest Park, Northwich, Cheshire, CW8 2JD

Brockholes Nature Reserve

Whether it's on our iconic floating Visitor Village or out on our 250 acre nature reserve, Brockholes is full of Nature Moments!

Located just off the M6 near Preston, Brockholes is the perfect location for a family day out.

Brockholes is full of nature moments, which are just waiting for you to discover. Explore our flagship, Lancashire Wildlife Trust, 250-acre nature reserve, and you'll see the wide variety on offer. You can take a walk along the River Ribble, explore our ancient woodland and amble around our lakes.

We have hides, paths and viewing points that have been specifically designed to allow you to get closer to nature and wildlife without disturbing it.

In addition there is also our spectacular floating Visitor Village, which plays host to a lakeside restaurant and shop!

<https://www.brockholes.org> | 01772 872000 | info@brockholes.org