

We are

Step Up MCR

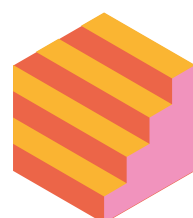
Spring/Summer 2025 Edition

stepupmcr.org



Local Projects
Powered By
Manchester Giving

Ancoats ◆ **Beswick** ◆ **Clayton** ◆ **Openshaw**



Step Up
MCR

We are Step Up MCR

.....
We're on a mission to get Manchester giving.
Step Up MCR is the charity growing happier
and healthier Manchester communities.
.....

We believe that if everyone gives what they can, no matter how big or small, we can all make positive changes where we live and work.

Step Up MCR helps you make your money, time and resources go even further by sharing them with local groups making a difference near you.

With a growing bank of over 45 local projects, there's a whole world of activity happening right on your doorstep!

Find out what you can involved with this year, or maybe even find out how to start your own initiative instead!

Here are just some of the ways you can give back with Step Up MCR

- Give time** - volunteer or join the local people who decide how our grants are awarded.
- Give talent** - share skills or pro bono services to make a difference in Manchester.
- Give thought** - to leaving a donation or lasting legacy.
- Give two minutes** - to sign up to easyfundraising.

stepupmcr.org/donate  
easyfundraising.org.uk/causes/stepupmcr

Donate Here



Join the Step Up MCR team and make a difference on your doorstep

We're looking for people who are passionate about the places they live or work to join our Board and Advisory Panel.

Be part of something special and have your say on how we support people in North Manchester communities.

Let's chat!

Get in touch at hello@stepupmcr.org

Give Local – Give Where You Live

Tailored Volunteering Days for Manchester Businesses

Is your team looking for meaningful ways to volunteer? Step Up MCR makes it easy for businesses of all sizes to give back to local communities in Manchester.

Whether you're a team of two or 200, we'll help you create Giving Back Days with a difference.

Through Step Up MCR, your business can:

- Make a real difference by supporting grassroots projects in Manchester
- Strengthen your Social Impact
- Support team wellbeing
- Break up your everyday routine
- Give back to local communities

We take care to plan your day around your team's interests, so you can focus on the fun part!

From start to finish, we'll match your team with a cause that sparks their passion, drawing from our network of over 45 brilliant local projects.

Capsule, at Clayton Park



“Our team had the pleasure of spending the day volunteering at Clayton Park, just a stone's throw from our headquarters here in Manchester's Northern Quarter. Our amazing volunteers rolled up their sleeves and got their hands dirty, clearing weeds, sprucing up garden beds, and making sure the park is looking its best for everyone to enjoy. It was a fantastic day – with great weather to match – filled with teamwork, fresh air, and a shared sense of purpose.”

– Clare from Capsule



Microsoft at The Resonance Centre



Microsoft at Max Trax CIC



Microsoft at The Resonance Centre

Neighbourhood Health Fund: Supporting Healthier Communities

.....

We're excited to share the success of our recent Neighbourhood Health Fund, which has allocated £25,000 to exciting local initiatives.

.....

Delivered in partnership with the Manchester Local Care Organisation and Manchester City Council's Public Health Team, the fund looked to support community-led approaches to health in Ancoats & Beswick and Clayton & Openshaw.

The Neighbourhood Health Fund's two rounds focused on key NHS priorities in the neighbourhood wards. These were supporting Trauma Informed Communities and MMR (Measles, Mumps, and Rubella) vaccine uptake.

Improving MMR Vaccine Uptake

£5,000 of funding supported local groups Break The Mute and 300 X Ignition to explore MMR vaccine uptake in the area. The work was targeted around new parents, families and those hesitant to be vaccinated against MMR.

Trauma Informed Communities

£20,000 has been awarded to community organisations supporting the city-wide ambition to become trauma informed and trauma aware by 2025. Successful projects will be working with residents to prevent or mitigate the consequences of trauma; helping children, families, and communities to build resilience.



Find out more about the fantastic funded initiatives

The Art Of Joy Project

The Art of Joy Project is focused on mental health, wellbeing and peer support. Providing safe, compassionate spaces for those affected by domestic abuse and emotional hardship is core to its work.

Through creative workshops, group sessions, and 1-1 sessions, The Art of Joy empowers people to heal, connect, and grow. Project Freedom, a lived experience 12 week course, will work online with women survivors of domestic abuse.



Openshaw @theartofjoyproject

300 X Ignition

300 X Ignition is a community organisation supporting children and families living with autism in North Manchester.



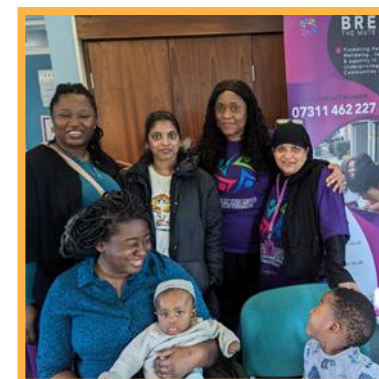
The group provides educational resources, host events and family fun days, while offering guidance to promote understanding and inclusion. The eight week MMR vaccine uptake project targeted global majority groups with trusted information, supporting informed choices within the community.

Beswick @300xignitionclub

Break The Mute

Break the Mute works with global majority residents in underrepresented communities in Manchester through various health and wellbeing initiatives.

Break The Mute are committed to providing culturally sensitive support and resources to promote a healthier, happier community. The group reached out in schools, SureStart centres, GPs and community venues to chat to residents about MMR and the importance of the vaccine.



Clayton Break The Mute Limited



The Inspirational Women

The Inspirational Women (TIW) empowers Black & Minority Ethnic women in the community through inclusive activities and educational programmes. Founded by Chizzy Ijeh, TIW has grown into a vibrant hub for personal growth and wellbeing.

Empower Her– Healing Through Strength and Support, will include sewing skills, cooking sessions, and twice weekly swimming for local women.



 **Beswick**  **@theinspirationalwomen**

Manchester Settlement

Manchester Settlement Community and Family Hub is dedicated to supporting and empowering the local community through a wide range of services and activities.



This new project will last for 12 weeks, and is aimed at creating a pilot framework for trauma informed volunteer recruitment, training and support in the field of child and family play. Head to the link below to find out more about becoming a trauma informed volunteer.

 manchestersettlement.org.uk/about-us/volunteering

 **1328-1330, Ashton Old Rd, Openshaw, Manchester M11 1JG**

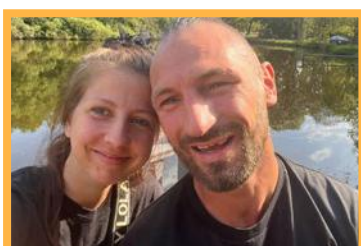
 manchestersettlement.org.uk

Rehab Fitness CIC

Rehab Fitness CIC provides comprehensive fitness, gym, and yoga programmes, mental health support, holistic therapies and group activities to support individuals in their recovery from addiction. This funding will cover existing provisions for up to 20 people, as well as a new fishing club.

 **Phoenix Mills,
20 Piercy St, Ancoats,
Manchester M4 7HY**

 **rehabfitness180**



A Second Life: Hundreds of Furniture Items Rescued From Landfill



.....

In a true display of community spirit, over 100 pieces of furniture were saved from landfill this spring, going to homes with over 20 organisations across Manchester.

.....

The 40ft lorry filled with pre-loved furniture was met by our huge group of fantastic volunteers who gave up their Saturday morning to lend a hand, from Clayton Scouts Hut, to Acorn Recovery, and lots of local neighbours.

The furniture was generously donated by GGMS, a business committed to sustainability with a 'zero waste to landfill' policy. Their support ensured that everything from desks, to chairs and storage units found new homes, reducing waste and supporting Manchester's incredible community organisations at the same time.



If your business has something to give back, get in touch with the Step Up MCR team.

 hello@stepupmcr.org



Drop an email to:

@ angela.beacon2@mft.nhs.uk

@ zakaria.valli@mft.nhs.uk

Voices from the Neighbourhood: What Happened To You?

Words by Angela Beacon, Neighbourhood Lead
– Manchester Local Care Organisation

.....

Meet Bunny. Bunny belongs to my daughter, and is a very important part of our little family. You may be able to see from her face that she is not looking quite as pristine as she did, but we wouldn't have her any other way. She has been with us through highs and lows, and bears some of the bruises from this. She has enjoyed many cuddles over the years, but despite all she has gone through she is always there as a constant friend.

.....

This got me thinking about how Bunny's story is something important for us all...

The experiences that we have in life can have a negative lasting effect on us, in particular on our health and wellbeing. This is especially so if the experiences in our childhood have been traumatic. Our bodies can tell a story of what we have gone through in our lives.

Did you know for example, if we've been under too much stress, over time this can increase our risk of developing high blood pressure and can cause damage to our arteries? This stress can lead to heart disease, stroke and other health issues later in life.

It is important for us all to understand and respect one another's experience, as this not only helps us to be connected to one another, but also supports good health. So, rather than passing judgement if someone seems to be struggling we can ask "What has happened to you?" and listen to what is shared with us, which may help us to be more understanding, and support people with whatever they are facing. This can be called becoming trauma informed.

If you would like to get involved in a neighbourhood conversation about "What has happened to you?" and becoming a trauma informed community, we'd love to hear from you.





Volunteer Matchmaking with Joel

How Local Giving is Changing Lives in Manchester

At Step Up MCR, we connect people, grow communities, and support meaningful giving. We know that anyone can make a difference in their neighbourhood; whether it's time, energy, skills, or resources.

Volunteer Matchmaking

Whether you're a team of one or 100, we'll help you design the perfect Giving Back Day(s) that fit your schedule and interests. No guesswork or planning, just meaningful connections with causes that matter. All you have to do is show up and enjoy the fun!

Our Friend Joel: A Perfect Match with Feed My City

One of our recent matches came through a collaboration with Pure Innovations. Commissioned by Manchester City Council, Pure Innovations has been supporting individuals with disabilities to develop the skills and confidence they need to access employment and engage in meaningful activities for over 30 years.

Our Future is one of Pure Innovations' key programmes, designed to help adults who are autistic and/or have learning disabilities to build life skills, increase confidence, access their community and find volunteering roles. That's how we met Joel.

Feed My City

Feed My City is an emergency food charity that offers free, nourishing vegetarian meals and food parcels, with no questions asked. They serve with compassion and dignity, offering a lifeline to those most in need in Manchester.

Simon from Feed My City has shared glowing feedback since Joel started, and we're so excited to hear how much he's enjoying his time there.

We recently caught up with Joel and Jennie to hear more about his journey and how volunteering has had a positive impact – keep reading to hear more!

Hi Jennie! How did you first get connected with Joel?

When I first started working with Joel, he was looking for the perfect volunteering role. We set about finding the perfect role and in the meantime, we invited Joel to attend our 10 week course to help him establish a good routine. Joel is visually impaired and likes to keep busy, otherwise he can become drowsy, so it was essential we found a role that would keep him active.

Joel has a fantastic sense of humour and is always joking that I can't keep up with him and I am too slow! He's great fun to work with and we have had some great laughs. I've also supported Joel in joining a blind baseball and cricket group, which he's really enjoying. It's been great to see him have fun and connect with others in a supportive environment.

I knew that in the right setting, Joel could thrive and I'm so pleased that Step Up MCR helped connect him with Feed My City, where he's now part of a busy, supportive team. He's settled in so well and it's brilliant to see him enjoying his role!



Hi Joel! What have you learned during your time at Feed My City?

I have gotten to know a few of the other volunteers now. I had travel training to learn the route and can now travel there independently. There is a special machine for chopping the vegetables, which I have learnt to use. It can chop them very quickly. I am now able to help out a lot in the kitchen. I am also helping deliver the meals to the customers. I am getting life experience, and I like helping other people.

Jennie, what are the pros to volunteering?

For someone like Joel, volunteering has been beneficial in many ways. It has helped him establish a routine, something he struggles with. He is developing important life skills like time management and learning to take responsibility for his commitments. It has helped him to feel engaged and appreciated. During his first session at Feed My City, Joel was surprised to learn that for many of the individuals they serve, the meals that they provide might be the only one they receive that day. After hearing this, Joel expressed how proud he felt to be part of something so meaningful.

At Pure Innovations, we see the value in volunteering as a way for our learners to develop skills, forge connections and feel empowered. As well as giving back to the community, it is also helping them build the confidence and skills they need to take their next step into employment.

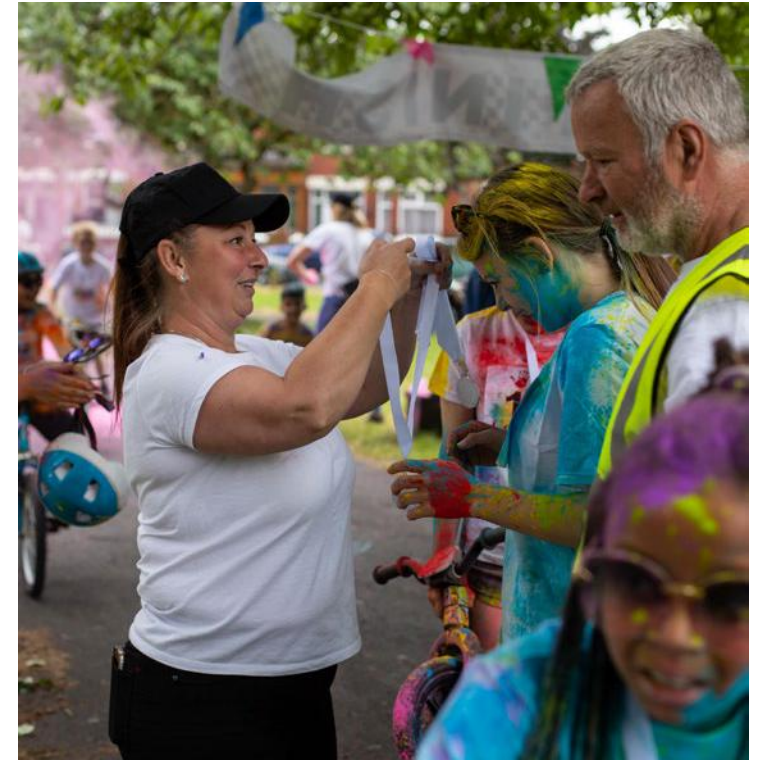
Joel, what do you like the most about volunteering at Feed My City?

The people are great to work with. It makes me feel like I am making a difference by helping these people. I was nervous when I first started, because I had never done it before, but it's exciting to start something new.

@ hello@stepupmcr.org

feedmycity.org

Grow Local – Community Projects



Development Underway for Max Trax Cycle Hub

Max Trax CIC, Step Up MCR, Manchester Active, and Manchester City Council are thrilled to announce that the development of the Max Trax Cycle Hub at Delamere Park is officially underway.

A dream come true

For those who have followed this journey, you'll know that this is a dream come true, especially for Kerrie, the heart and soul of Max Trax CIC and finalist for the Manchester Sports Awards 2024 Community Project of the Year Award.

Max Rimmer-Chambers was an incredible little boy adored by his family and friends, Max loved riding bikes, scooters, and anything on wheels around Delamere Park.

After losing her little boy at the age of four in 2017, Kerrie set out to honour Max's memory. Kerrie worked tirelessly to make the idea of a community led cycle track a reality, along with the love and support of her family, neighbours and the community.

Step Up MCR has worked with Kerrie since 2019 to catalyse Max Trax from a brilliant idea into a sustainable community organisation. A real "pinch-me" moment, this announcement sees five years of hard work pay off for Max's family and the whole Openshaw community. Thank you for your support.

Since 2022, your support for Step Up MCR's Crowdfunder campaign has been pivotal in bringing this dream to life. Thanks to our wonderful community, an INCREDIBLE £96,409 was raised through Crowdfunder donations. Combined with Kerrie's tireless fundraising efforts, and the remaining £166,000 from Manchester City Council, the full £336,000 capital has now been raised.

Get in touch:

@ hello@stepupmcr.org

f Max Trax Openshaw

A lasting tribute to Max Rimmer-Chambers

The love shared for Max in the community is undeniable, whose memory continues to inspire meaningful change. A testament to the power of community spirit, we couldn't be prouder of Kerrie and the team.

Exciting plans ahead

Designed in collaboration with the local community, the hub will feature:

- A new pump track
- Learn to ride areas with sports lighting
- Maintenance and education cabins to support training and educational activities
- A community led coffee kiosk

At times it's felt insurmountable raising so much money and building a movement from the ground up, but this true show of community power demonstrates that anything is possible with strength in numbers. Thank you to all the residents, businesses and partners who have been part of this journey.

Head over to the Max Trax Facebook page and be sure to sign up to their newsletter for bite sized updates including building and filming dates, their launch event and upcoming events.

We can't wait to see you at the track in 2025!

SPOTLIGHT ON: Hive Construction NW

After years of dedication, the team behind Max Trax are thrilled to announce a major milestone in their journey.

The Beehive Building, which had stood empty since 2019, is finally being brought back to life. What was once a former council facility is now on its way to becoming a central hub, serving the local community with a repair workshop, a learning space for children to safely ride bikes, and a welcoming kiosk.

This exciting progress would not have been possible without the incredible support of Hive Construction NW Ltd. When larger firms walked away, it was Hive who stepped up. Led by Luke Lenehan, their team generously donated their time, expertise, and resources to help bring the Beehive Building back to life.

“Without Luke’s support, none of this would have been possible, their belief in our mission and willingness to roll up their sleeves has meant the world” Says Kerrie.

The Max Trax team are now looking ahead to the next phase, building the much anticipated track. Stay tuned!



Get in touch:

 **Hive Construction NW Ltd**

Congratulations, Ceebee Gold Foundation!

On April 7th, representatives from Ceebee Gold Foundation attended a garden party at King Charles’s palace, hosted by Their Majesties King Charles and Queen Camilla. This was a highlight for the Openshaw charity, which has dedicated 11 years to empowering people in their communities, including those with disabilities, young girls through skills training, and providing cultural food banks.

Ceebee Gold Foundation is dedicated to uniting individuals from diverse backgrounds to address common experiences and enhance their quality of life.

Get in touch:

 **Ceebee Gold Foundation**



CEE-BEE GOLD FOUNDATION
Presents


AFRICA Way of Life

Every Friday, join us for
LOCAL GAMES · DANCING · MUSIC · DRUMS

PLUS SPECIAL WORKSHOPS:

- workshop on the 20th of June.
- "African Cash Crops: What they are, what trade and who benefits" (Activities for everyone).
- July 25th: African Market Day
- August 22nd: Adinkra Block Printing
- September 19th: African Fashion Show
- October 4th: The Naming of a Child by Day and Celebration of Ceebee Gold Foundation's 12th Anniversary

Funded by



@ MANCHESTER SETTLEMENT
1328-1330, Ashton Old Rd, Manchester M11 1JG
ENQUIRIES: 07438283306
0161 22 31182 / 07438283306
ceebeegoldevents@aol.com
Info@ceebeegoldfoundation.org
www.ceebeegoldfoundation.org

Come celebrate African culture and community with us!

The Resonance Centre

Based in Clayton, The Resonance Centre is your local holistic wellbeing hub, dedicated to positive, powerful change and accessible wellness. The centre, situated in the lovingly converted schoolhouse opposite Clayton Hall Metrolink, offers donation-based Yoga & EFT classes, regular events and retreat days.

Affordable classes are offered on a drop-in basis, suitable for beginners and with all equipment provided. Their monthly Lovejam Open Mic Nights, Resflix Film Screenings, and Born Free Sober Raves are designed to build unity in the community, tackling social isolation with fun and inclusive events.

Looking for space to hire for workshops or events?

Get in touch:

@ info@theresonancecentre.co.uk



Check out their current timetable here!

TIMETABLE

TUESDAY

6-8PM RELEASE RESET RESTORE WORKSHOP £4 (EFT, Journaling, Meditation & Restorative Yoga with Nikki)

THURSDAY

7PM-9:30PM BORN FREE £6 (Manchesters weekly conscious dance floor)

FRIDAY

9:30-10:30AM FRIDAY FLOW £2 (Beginners Vinyasa Yoga with Emily)
*THIS CLASS WILL START ON FRIDAY 16TH MAY NOT FRIDAY 9TH

SATURDAY

10:30AM-11:30AM LITTLE YOGIS (FREE) (Children's Yoga age 4-8 with Lisa)
12NOON-1PM TAKE A SEAT YOGA £2 (Seated Yoga Class with Lisa)

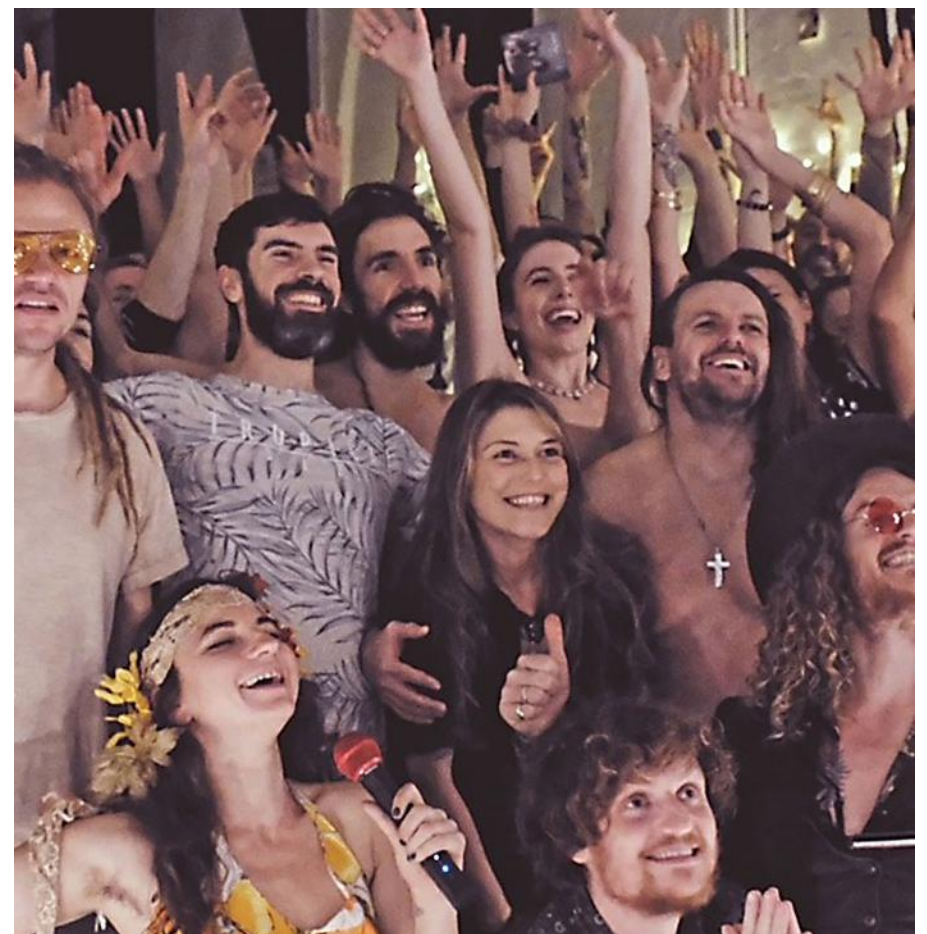
**BORN FREE MONTHLY EXTENDED SOBER RAVES

(Selected Saturdays throughout the year on a 'pay as you feel' basis)

*** LOVEJAM MANCHESTER

(One Saturday a month co created music jam and open mic night £5-£10 donation based event)

THE RESONANCE CENTRE CIC
THE OLD SCHOOLHOUSE
599 Ashton New Rd
M11 4RU



CGL Opens New Base in Clayton

CGL (Change Grow Live) is proud to announce the opening of its brand new base at The Old School House, located on Clayton Street, Clayton, Manchester M11 4HA, part of The Resonance Centre. This new site marks an exciting expansion of CGL's services into North Manchester, increasing accessibility and support for the local community.

The newly renovated site features a free and confidential needle exchange, multiple clinical and appointment rooms, and a calm, welcoming environment.

Change Grow Live Manchester is an all-age substance misuse service providing support, advice, and treatment to people of all ages including young people, children, and families. They provide a variety of treatment options, including one-on-one appointments, group sessions, clinical offer, health and wellbeing interventions, and activities.

Get in touch:

@ manchester@cgl.org.uk

The Old School House, part of the Resonance Centre, with a separate entrance at 599 Ashton New Road, M11 4RU



Easter Fun Day & Egg Drive at Neighbours Nest Hub

Community group Neighbours Nest Hub, based at the Strawberry Duck in Clayton, recently held a fantastic Easter Family Fun Day filled with community spirit and giving back. Their fun day was held at The Ambery 2/230th Manchester Scout Hut.

Families enjoyed crafts, tombola, stalls, a raffle, bake sale and even a visit from the Easter Bunny, who was kept busy handing out eggs. Thanks to generous donations, the group also delivered Easter eggs to local children, care homes, and a mother & baby unit, spreading kindness across the community. Neighbours Nest continues to support mental health and tackle social isolation through inclusive, welcoming events.



Get in touch:

f Neighbours Nest Hub



Evermore & Friends of Medlock Valley Celebrate Earth Day

To mark the 55th Anniversary of Earth Day, local groups Evermore and Friends of Medlock Valley joined forces once again for a nature filled community celebration.

Residents came together to:

- Paint a community mural
- Plant fruit trees
- Walk the Sculpture Trail
- Visit the community allotment and take home a sunflower!



The day reconnected people with the green spaces on their doorstep and inspired long-term care of the Medlock Valley.

Both groups are committed to improving local spaces through recycling projects, river clean-ups, sculpture trails, community growing, and so much more. Head to their Facebook pages to follow the journey.

Get in touch:

 Friends of Medlock Valley

 Evermore



“Dave from Friends of Medlock Valley is a pleasure to work alongside and has so much knowledge about The Valley, I always feel inspired by his work. I feel like he’s my ‘silent mentor’ – and he doesn’t even know it! He’s such a true Community Champion and inspires so many”

– Jan, Evermore



“I’m more than just a member—I’m part of a family. Kate and Sean extend their care far beyond the gym, encouraging me every step of the way. Knowing I belong here has changed my life.”

– Terry, Rehab Fitness



SPOTLIGHT ON: Rehab Fitness

Rehab Fitness is a dedicated recovery community group that unites people in their journey to recovery. By fostering a welcoming environment, their group actively combats isolation, and builds a robust sense of belonging amongst its members.

“We invite you to become part of a transformative journey, a journey where resilience, care, and community shape every day. At Rehab Fitness, our story is one of rebirth. Founded by Kate and Sean, who have overcome the darkest of times, we are dedicated to empowering vulnerable adults through movement, mindfulness, and meaningful connections.”

More than a programme, Rehab Fitness has become a home for those seeking a safe space and fresh start in life. Today, the community group proudly stands as a safe, trauma-informed haven where everyone can rediscover self-worth.

“Here, healing is celebrated through collective strength and mutual support. We understand that true recovery goes beyond physical fitness”.

Get in touch:

@ Rehabfitnesscic@gmail.com

f Kate: 07393 617289 / Sean: 07471 487206

@rehabfitness180



Looking Ahead

Rehab Fitness are continually evolving. With new initiatives and expanding partnerships, their promise remains steadfast: a community where every person can heal, grow, and celebrate life’s victories, no matter how small.

Experience a Rehab Fitness programme; from circuit training to kayaking, yoga to run clubs, the Rehab Fitness team have you covered. Come along to reclaim your strength, to discover a supportive network, or simply find a space where you belong.





Fund raiser for the re-opening
of The Beacon Centre



Interested?

Please email Christopher Moore to arrange a chat

@ chris@beaconcentremcr.co.uk

📍 The Beacon Centre, 131 Barrington Street, M11 4FB

Become a Trustee at The Beacon Centre

The Beacon Centre is a vibrant community-led hub in Clayton delivering life-enhancing services to people in Manchester. As well as providing food access and wellbeing sessions, The Beacon Centre is a space for people to come together and get the support or signposting they need.

Following a fire at the centre last year, The Beacon Centre will soon be opening the doors of its newly refurbished space. In this exciting developmental phase, The Beacon Centre is recruiting new Trustees to champion Clayton and drive the organisation forwards.

Skills

- Human Resources (HR) and Health & Safety
- Facilities Management (e.g., building operations, refurbishment oversight)
- Social Media & Publicity
- Income Generation (fundraising, business development, grant strategy)

What You'll Bring

- The opportunity to influence strategy
- A connection to Clayton and surrounding areas
- A passion for community development and social justice
- Commitment of a few hours per month to attend Board meetings (held bi-monthly)



2025 PARTNERSHIP HEALTH WALKS

**Build local relationships, make connections,
influence the design of services and share ideas.**

**Open to people who live or work in Ancoats,
Beswick, Clayton or Openshaw.**

- **Friday 18th July**, 10am to 12pm - BUG (Beswick Urban Growers), The East Manchester Academy, 60 Grey Mare Lane, Beswick, M11 3DS
- **Friday 8th August**, 10am to 12pm – National Cycling Centre, Velodrome, Stuart St, Clayton, M11 4DQ
- **Friday 19th September**, 10am to 12pm – Neighbourhood Nest Hub, Strawberry Duck, 76 Crabtree Lane, M11 4GU
- **Friday 24th October**, 10am to 12pm - Salvation Army, Lime Square, Unit 14 Ashton Old Rd, Openshaw, M11 1DA
- **Friday 21st November**, 10am to 12pm – The Beacon Centre, Barrington Street, Clayton, M11 4FB
- **Friday 12th December**, 10am to 12pm – Halle St Peters, 40 Blossom St, Ancoats, M4 6BF

Contact: Zakaria.valli@nhs.net / angela.beacon2@mft.nhs.uk



HALLÉ

FAMILYFUN HERITAGE AFTERNOON

Sat 23 Aug 2025, 1pm–3pm
Hallé St Peter's, Ancoats

An afternoon of fun for the whole family with the Hallé Archive team.
Take part in **free arts and craft activities** and become a history detective using our **heritage discovery map** to explore the hidden stories outside in Ancoats.



This event is free – there is no need to book.
Complimentary refreshments will be provided.

Activities have been designed with children of primary school age in mind but can be adapted for children who are older or younger.

Children must be supervised by parents or carers throughout.



Free Wellbeing Workshops Coming to East Manchester

.....

BMS Wellbeing CIC believes that better mental health and wellbeing should be accessible to everyone. The group received funding to deliver eight Wellbeing Workshops at four local venues.

.....

Find a session near you:

Clayton Sure Start Centre: 101 North Rd, Clayton, Manchester M11 4NE

Gorton Central: Highmead St, Abbey Hey, Manchester M18 8PE

The Grange Community Resource Centre: 4 Pilgrim Dr, Beswick, Manchester M11 3TQ

Manchester Settlement: 1328-1330 Ashton Old Rd, Openshaw, Manchester M11 1JG

The eight Wellbeing Workshops cover key areas of everyday life and mental health, including:

1. Physical Activity
2. Mindfulness
3. Nutrition and Wellbeing
4. Break the Habit (Smoking Cessation)
5. Five Ways to Wellbeing
6. Empowered Expression
7. Understanding Stress
8. Understanding Sleep



Each workshop is designed to provide practical tools and insights to help people build healthier habits, manage stress, boost confidence, and improve their quality of life. The wellbeing workshops are specifically designed for the third sector, including charities, community centres and voluntary organisations.

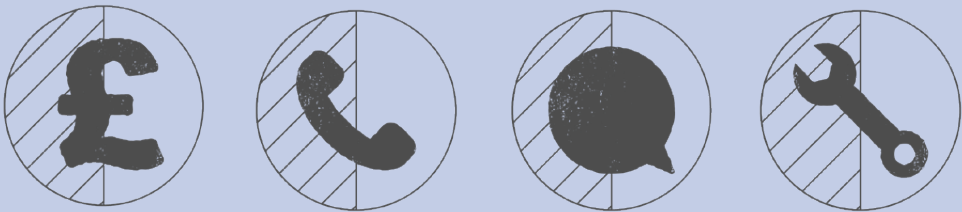
REGISTER YOUR INTEREST:

@ joelwhite@bmswellbeing.com

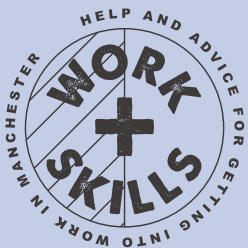
📞 07853 629 771



MANCHESTER WORK & SKILLS BULLETIN



For information about jobs in Manchester, look no further.
Scan the QR code below and sign up to be the first to know
of live vacancies across the city, and receive additional
support with your future career.



Training, Jobseeking,
Apprenticeships, Advice,
Experience, Volunteering

MANCHESTER.GOV.UK/WORK



What's On



MONDAY

- Women's Walk **12.30pm-2.30pm** - Starting at Manchester Settlement
- After School Club **3pm-6pm**
- Chillax 'N' Relax Youth Night (**12-16 years**) **6pm-7.45pm**.

TUESDAY

- Talk English ESOL classes **9.30am-12pm**
- Stay & Play **9.15am-10.45am** St Clements Children's Centre
- Warm Hub - Community Drop with free breakfast - **9.30am-11.30am**
- After School Club **3pm-6pm**
- Youth Night (7-11yrs) **6pm-7.45pm**
- Youth Night (12-16yrs) **6pm-7.45pm**

WEDNESDAY

- Well-Being Wednesday drop in, with free breakfast & lunch **9.30am-1pm**
- Well-Being Women **11am-12pm**
- Help with form filling **10am-1pm**
- After School Club **3pm-6pm**

THURSDAY

- Practice English Conversation Club **10 – 12pm**
- Stay & Play for Children with SEND **10am-11.30am** St Clements Children's Centre
- Manchester MIND Peer Support Group **10.30-12.30**
- Stay & Play **12.30pm-2pm** St Clements Children's Centre
- Food Pantry **2pm-4pm**
- Be Well Social Prescribing drop in - **2pm-3pm**
- Citizens Advice Online Video Advice **2pm-4.30pm**
- In person Advice Service **2.30pm-4.30pm** Every fortnight -ask at reception.
- After School Club **3pm-6pm**
- Directions for Men **6.30pm-7.30pm**

FRIDAY

- Friday Refresh - Monthly cosy coffee morning - Invite only
- After School Club **3pm-6pm**
- Tai Chi **10.30-11.30am**

Please note
our timetable may
change occasionally,
visit our website or
social media pages
for updates.

www.manchestersettlement.org.uk

 @manchestersettlementcommunity

 @manchestersettlementcommunity

 @McrSettlement

Manchester Settlement Community Hub, 1328-1330 Ashton Old Road, Openshaw, Manchester M11 1JG

WHAT'S ON

Events Calendar

Summer 25

Born Free Sober Rave @ The Resonance Centre

7pm – 9pm • £6 On The Door • Every Thursday

Manchester's Weekly Conscious Dancefloor. Born Free is Manchester's very own sober dance revolution. A weekly gathering where the beat takes over and the outside world melts away. For nearly four years, this vibrant community has been coming together to move freely, without judgment, rules, or expectations. Every Thursday, a space to release and simply dance.

The Resonance Centre, 599 Ashton New Rd, M11 4SG

email: info@theresonancecentre.co.uk



Gardening Club With Beswick Urban Growers

10am – 4pm • FREE • Every Weds & Thurs

Did you know Beswick has a community garden? There's plenty to get involved with, from sowing and digging, to harvesting and watering. This community project, located on the playing fields of The East Manchester Academy, is dedicated to growing organic food, and sharing that knowledge with the local community. Come and join the fun, the kettle's always on!

60 Grey Mare Lane, Beswick, M11 3DS

tel: Steve 07849140040

23
Aug

Family Fun Day @ The Hallé

1pm – 3pm • FREE • All Ages Event

An afternoon of fun for the whole family with the Hallé Archive team. Take part in free arts and craft activities and become a history detective using our heritage discovery map to explore the hidden stories outside in Ancoats. No need to book – just turn up on the day! Complimentary refreshments will be provided.

Hallé St Peter's, 40 Blossom Street, Ancoats, M4

email: janine.hague@halle.co.uk

Youth Creative Sessions @ The Horsfall

Every Tues & Thurs in August • FREE •

Summer with The Horsfall! Every Tuesday and Thursday in August, 42nd Street, the young people's mental health charity, will be opening its doors with sessions designed by and for young people. Whether you're looking to explore your creativity, share your voice, or connect with others – you'll find space there. All sessions are fully supported by their team. Bring your lunch! For more details, head to @42ndstreetmcr on Instagram, or email.

The Horsfall, 87-91 Great Ancoats St, M4 5AG

email: georgina.fox@42ndstreet.org



27
Aug

Drumming Workshop @ Manchester Settlement

10am–12pm • For Adults • FREE •

Drum Therapy Collective CIC provides rhythm-based wellbeing activities and music therapy sessions, with a specific focus on using percussion instruments and drums. Join them at Manchester Settlement in Openshaw for this fun and free interactive session!

1328-1330, Ashton Old Rd, Openshaw, M11 1JG

tel: Manchester Settlement 0161 974 1300

Football For Ages 2–5 With SupaStrikers

4.45–5.30pm • FREE • Throughout Sep & Oct

Free fun football classes for children aged 2 to 5 are running throughout September and October for families in the East Manchester area. Classes begin on Tuesday 2nd September at Clayton Scouts Hut, with a one time sign up fee of £15.95, which includes a full SupaStrikers East Manchester football kit to keep.

The Ambery 2/230th Manchester Scout Group, M11 4PS

tel: Paul 07802 615352

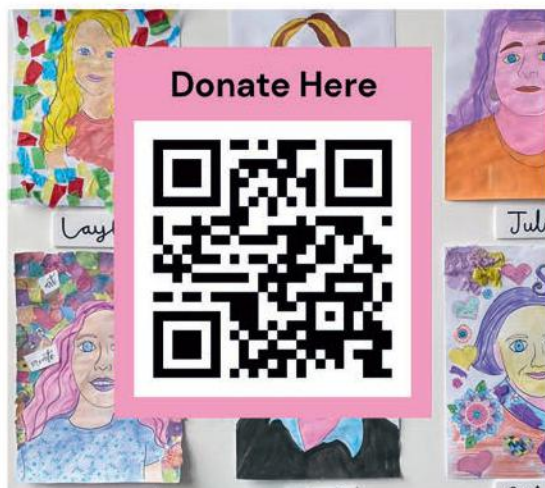
Community Breakfast @ Manchester Settlement

9.30am–11.30am • Every Tues Throughout Aug

Join Manchester Settlement for this Community Drop In with Breakfast. Their Community and Family Hub is dedicated to supporting and empowering the neighbourhood through a wide range of services. Their offer includes; Community Nursery, Youth Clubs, Adult Wellbeing Activities, Family Support, UASC Housing Support & more.

1328-1330, Ashton Old Rd, Openshaw, M11 1JG

tel: Manchester Settlement 0161 974 1300



Musical Stars With The Hallé

Baby & Toddler Sessions • £6.50 • Every Mon

Hallé Musical Stars is a fun and interactive music-making session for pre-school aged children and their grown ups in Ancoats. Join one of our experienced Hallé practitioners for a weekly music session which will include sensory play, singing, musical games and activities, and the chance to play musical instruments. Each session is 45 minutes long.

Hallé at St Michael's, 36–38 George Leigh St, M4 5DG

email: jessica.harper@halle.co.uk

Project Support Drop In With Step Up MCR

Every Tue • Drop In Support • New Idea Support

Do you have a good idea for a community project and need some support? Look no further! If you're based in Ancoats & Beswick or Clayton & Openshaw, Step Up MCR can support you with the funding, connections, development support, access to opportunities and promotion you need to get the wheels turning on your existing project or new idea.

Get In Touch To Arrange A Support Session

email: clara@stepupmcr.org



Step Up MCR

stepupmcr.org