

MONDAY

Approx. 25 kids activity packs to be given to Avenue Library and Learning Centre in Higher Blackley to hand out.

All Day

Pay it Forward / Random Acts of kindness – paying for coffees / food at various locations throughout the week

Lakeside Community CIC will be giving out: colouring books with pencils, crossword books and pens, air drying clay

&

A mystery book table will be set up outside the cafe for anyone to pick up a book from. They are all gift wrapped which is the mystery. Take it, read it and pass it on.

King William IV Angling Society are running fishing coaching (& around the back of the cafe Tackling Minds should have some hooks in the water, so do walk round for a hello and chat about how fishing can improve mental health)

MINDFULNESS NATURE COLOURING PACKS - FREE OF CHARGE. Limited amount available. Collection from NEPHRA, 27 Parkfield Road North, New Moston, M40 3TB

9am

Well-Being Hour Lisa Cary /Charlestown Primary school meet at 9am at the gates for a well being walk – Monday, Weds & Thursday

TUESDAY

King William IV Angling Society are running fishing coaching

12-3pm Dame Head Park with Northwards activities

Morrisso Health at Dame Head Park will be doing Totally shred, this is for 1:45pm beginners (download GymSync for access)

11am-1pm Emily Sow the City with Gardening group at No93

WALKING PHOTOGRAPHY SESSIONS: short walk from NEPHRA, 27 Parkfield Road North, New Moston, M40 3TB - over to the Moston Brook. You can use any device you like: camera, phone or ipad (you must bring your own device as no devices are provided). 6 spaces per session.

Booking is essential. FREE OF CHARGE 9.30am, 11.30am and 1.30pm

10-11am Creative starter packs—Avenue library

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Events thoughtout the week

Pay it Forward / Random Acts of kindness – paying for coffees / food at various locations

Creativity starter bags & kids activity packs at Avenue Library and Learning Centre in Higher Blackley and venus around Charlestown

Mindfullness and mixed physical activity sessions

Mental Health Week In the Neighbourhood nature 10th - 16th May and onwards

just a small list of some events

(BUT MAINLY TO SAY WE'RE HERE FOR EACH OTHER, AND HAVE A SUPER LOVELY DAY)

WEDNESDAY

10 am Chatterbox: Hanging Baskets Session (1hour)
Outdoor activities – crafts & bird boxes (1 hour)

10 - 11 am Herb boxes & planting (1 hour)
Seedbombs to be handed out at Chatterbox
Card Making with Making with Beverley (booking required
10 - 11 am @no93)
Printing Session at Chatterbox 10-11, 12-1pm

11pm Walks in the Clough with North Manchester Fitness

12pm Covid Safee Circuit Training at Boggart Hole Clough Morrisso Health (download GymSync for access), Northwoods Events, (& Groundwork session TBC)

11am-1pm Afternoon Tea at NEPHRA, 27 Parkfield Road North, New Moston, M40 3TB. 6 spaces per session. Booking is essential.

Well-Being Hour (Lisa Cary / Leonie Painter) – aimed at Parents / Carers 9am

THURSDAY

2pm Well-Being walk (Lisa Cary / Leonie Painter) Boggart Hole Clough

Herb Boxes at the Lalley Centre with Stacy Partridge 11-2pm

Mindfulness workshops with a connection to nature over at the NEPHRA allotment on Northfield Road, New Moston. 6 spaces per session Booking is essential. FREE OF CHARGE

9.00am-10.30am, 11.00am-12.30pm and 1.00pm-2.30pm.

or just have a nice wander


Tuesday at Chatterbox – Dancercise 6 week course starts Tuesday 1 til 2pm (contact Morrisso Health for booking)
Monday & Weds- 6.30am Circuit Training FC United x 10- places on each session funded by WHM – to be booked on the gymsync app
Monday, Wednesday & Friday - 6.00pm Hiltstep X 10 spaces at each session funded by WHM at Lilly Lane School to be booked on the gymsync app

Pay it forward will be at No93 Cafe
Tuesday, Wednesday and Thursday.

FRIDAY

Pay it Forward / Random Acts of kindness – paying for coffees / food at various locations throughout the week

1pm Don't put Baby in the Corner demo at Chatterbox .

NATURE ON YOUR DOORSTEP WILDLIFE TALK with the Wildlife Trust. FREE tea and cake at NEPHRA, 27 Parkfield Road North, New Moston, M40 3TB. 6 spaces per session. Booking is essential.

10.30am, 1.00am and 1.30pm.

SATURDAY

Bootcamp at Plant Hill Park
Bootcamp 30mins /Sprints 30mins at Boggart Hole Clough 7.00am

Self Defence with Ste Donnelly (6 week course for 15-20 people – pad work based and self defence techniques (kicks, knees and elbows)) 1st session Saturday 15th May. Course fully funded so attendees will not be charged. Booking essential

SUNDAY

Relax Rewild Nature Therapy 2 hour introductory session at BHC

Slots : 08:00, 11:00, 15:00

Info, updates, & accessibility:
lauren.evans@gmmh.nhs.uk

0161 271 0565

Chatterbox bookings: 07874039388