

# No. 93

Supporting health and wellbeing in North Manchester

**No. 93 Wellbeing Centre has been at the heart of Harpurhey for many years and is an important place for the whole community.**

**Greater Manchester Mental Health NHS Foundation Trust (GMMH) has invested into the centre, so that it lasts for generations to come.**

- We have a café serving nutritious, budget-friendly food, weekdays 10am - 3pm.
- We have many different groups and activities to support mental health and wellbeing.
- If you are interested in running a wellbeing course or event, please talk to us about booking a room or space.
- GMMH's Talking Therapies service is also based in the building with prearranged appointments.

## **Contact us:**

✉ [harpurhey@gmmh.nhs.uk](mailto:harpurhey@gmmh.nhs.uk)

☎ 0161 271 0908 & leave a message or ask at reception.

**No.93 Wellbeing Centre, 93 Church Lane, Harpurhey M9 5BG**



| Monday  | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday   | Sunday   |
|---|---|---|--|--|--|--|
| <p><b>Pool Club</b><br/><i>(beginners welcome)</i></p> <p>10:30-1pm</p> <p>Drop-in<br/>Cafe</p>   | <p><b>Digital Drop-in</b><br/>Support with online forms</p> <p>10:00 -12pm</p> <p>Art room</p>                                  | <p><b>Pool Club</b><br/><i>(beginners welcome)</i></p> <p>10:30-1pm</p> <p>Drop-in<br/>Cafe</p>   | <p><b>Exercise class Kathy</b></p> <p>10:00-11am<br/>Courtyard</p> <p>Contact Kathy:<br/>07504 831 651</p>                       | <p><b>Mindful Mum's Peer Support Group</b></p> <p>9:30-11am</p> <p><b>Drop-in</b><br/>Relaxation room</p>                                | <p><b>Crisis Café</b><br/>3pm-1am<br/>0777 801 2838 or<br/>0161 271 0339</p> | <p><b>Crisis Café</b><br/>3pm-1am<br/>0777 801 2838 or<br/>0161 271 0339</p> |
| <p><b>Bike Library</b><br/>Hire a bike scheme</p> <p>Drop-in</p> <p><b>Marina</b><br/>cycling.moston@gmail.com or<br/>0784 592 5000</p> | <p><b>Glowefit Women's exercise class</b></p> <p>Drop-in<br/>10:00 -11:30<br/>Gym</p> <p>07438188223<br/>glodanit@gmail.com</p> | <p><b>Smithy's Bereavement Group</b></p> <p>11am - 1pm<br/><b>Relaxation Room</b><br/>alternate Weds<br/>Contact \ Wendy:<br/>0748 254 3189</p> | <p><b>Health Walks</b></p> <p><b>Drop in</b></p> <p>11am &amp; 1pm<br/>Drop-in</p> <p>harpuhey@gmmh.nhs.uk<br/>0161 271 0908</p> | <p><b>SMASH Arts programme</b></p> <p>10:30 -12.30pm</p> <p><b>Art room Danielle</b><br/>07949 546 135<br/>danielle@sickfestival.com</p> |  |  |
| <p><b>Exercise class</b><br/>11:30-12.30<br/>Art room</p> <p>Drop-in<br/>Kathy<br/>07504 831651</p>                                     | <p><b>Music Appreciation group:</b></p> <p>Tunes &amp; a chat in our Café</p> <p>Drop-in<br/>3:00 - 4pm</p>                     | <p><b>Bikes: Easy Rides for Beginners</b></p> <p>Meet at No.93<br/>9.45-2pm</p> <p><b>Marina</b><br/><b>07845925000</b></p>                     | <p><b>Self Help Depression/ Anxiety group</b></p> <p>1- 3pm<br/>Drop-in</p>  | <p><b>Hearing Voices Peer Support group</b><br/>1:30 -3:30pm<br/>Drop-in</p> <p><b>Relaxation room</b><br/>Carol<br/>07904601257</p>     |  |  |
| <p><b>Art class</b><br/>(Drop-in)</p> <p>1:00-3:00pm<br/>Art room</p> <p>All abilities welcome</p>                                      | <p><b>Ceramics Class</b></p> <p>1:30 -3:30pm</p> <p>Art Room</p> <p>12 weekly course, book in advance</p>                       | <p><b>Bingo</b><br/>In the café</p> <p>From 1;30pm</p> <p>Drop-in</p>   | <p><b>Men's Coffee &amp; Chat</b></p> <p>1-3pm<br/>Drop- in</p> <p>Relaxation room<br/>Contact Dennis<br/>077546 90409</p>       |  |  |  |
| <p><b>Crisis Café</b> week-days:<br/>8pm– 1am</p> <p>0777 801 2838<br/>&amp; 0161 271 0339</p>  | <p><b>Crisis Café</b> week-days:<br/>8pm– 1am</p> <p>0777 801 2838<br/>&amp; 0161 271 0339</p>                                  | <p><b>Crisis Café</b> week-days:<br/>8pm– 1am</p> <p>0777 801 2838<br/>&amp; 0161 271 0339</p>  | <p><b>Crisis Café</b> weekdays:<br/>8pm– 1am</p> <p>0777 801 2838<br/>&amp; 0161 271 0339</p>                                    | <p><b>Crisis Café</b> weekdays:<br/>8pm– 1am</p> <p>0777 801 2838<br/>&amp; 0161 271 0339</p>  |  |  |



**The Alcohol Peer Support Group meets in the café on an informal basis: 📞 Mike 0746 7317046**

**To book a place in a class:** Contact the lead for the class, contact details under each class heading,