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Ageing Well

(Age UK Manchester)



Contact: Diane Aronwich

Address: Openshaw Day Centre
Catherine Street
Openshaw, M11 1WF

(0161) 205 3851

07950 427292

e: diane.aronwich@ageukmanchester.org.uk



Age UK Openshaw

What we do

Organise group activities for older people in North and East Manchester. This includes a weekly (gentle) health walk, craft group, seated exercise, monthly linedance (easy dances), luncheon club three times per week (Monday, Wednesday and Friday).

Where and when we meet

Various venues and times; ring us

Any costs involved?

Some activities are free, other vary between £1/£3

What you should do next if you think you might be interested in joining us

Ring, email or message on Facebook: Diane as above





Ancoats Dispensary Trust



Contact: Linda Whillans-Carver

Address: 103A VICTORIA SQUARE
ANCOATS
MANCHESTER M4 5EA

(0161) 237 1103

[www: ancoatsdispensarytrust.co.uk](http://www.ancoatsdispensarytrust.co.uk)

What we do

We are committed to the saving and restoration of the Grade II Listed Building known as Ardwick & Ancoats Dispensary. Our plans for the restored building are to provide a community hub in the centre of Ancoats.

Where and when we meet

We meet each Monday evening at Cassidy Close Community Room, attached to the Manchester Central Fire Station, just off Thompson Street, Manchester.

Any costs involved?

Membership is free for the first year.

What you should do next if you think you might be interested in joining us

Telephone Linda or visit our website for further news and images





Avenue Library Craft Circle



Contact: Jill Neil or Alison Gill

Address: Victoria Room,
Avenue Library & Learning Centre,
Victoria Avenue East
Blackley, Manchester M9 6HW

(0161) 219 2393

e: avenuelibrary@manchester.gov.uk

07940 588 814



Knitandcraftmanchesterlibraries

What we do

Everything arty & crafty - Knitting, crochet, sewing, embroidery, paper crafts, beading, jewellery-making, painting & printing. We are a craft circle so we are mostly self-taught and learn from each other.

Where and when we meet

Mondays 10-12.30 in the Victoria Room, 1st floor, Avenue Library (fully accessible for the mobility restricted)

Any costs involved?

Free session – small contribution for materials

What you should do next if you think you might be interested in joining us

Come along on a Monday morning and join one of our sessions, or ring the numbers above for more information.





The British Banking History Society



Contact: Geoff Sutcliffe
Chairman & Publicity Officer

Address: 22, Delamere Road
Gatley
Cheadle, Cheshire
(0161) 282 8063

e: gff.stclff@ntlworld.com

www.banking-history.co.uk

What we do

The British Banking History Society was founded in 1980 by a group of enthusiasts with a common aim - the collection of cheques and Banking Ephemera and the history of banks and banking. Over recent years we have visited the archives or museums of several UK banks.

We have a B.B.H.S. Journal that is published 4 times a year and we have regular Postal Auctions for our members to sell surplus items

Where and when we meet

Our local Group meet in Cheadle, Stockport.

Any costs involved?

Membership costs £20 per year and includes 4 journals, plus the Postal Auctions, as well as invites to Archive visits.

What you should do next if you think you might be interested in joining us

Contact the above person either by phone or visit our website at www.banking-history.co.uk





College of the Third Age



Contact: Mrs Evelyn Schneider

Address: Abraham Moss Centre
Crescent Road
Manchester M8 5UF

(0161) 234 3743

e: collegeofthethirdage@yahoo.co.uk

What we do

We are a charity offering a variety of educational and leisure classes for the over 50s.

Where and when we meet

We are based at the Abraham Moss Centre, Crescent Road, Manchester M8 5UF and operate Monday to Friday

Any costs involved?

We have an annual membership of £10, then a charge of £2.50 for each 2 hour session you attend. Sessions are not required to be paid in advance.

What you should do next if you think you might be interested in joining us

For further information please phone us on (0161)234 3743 or email us to the address above. We will be delighted to send you a more detailed list of all our activities.





Commonword



Contact: Martin De Mello

Address: Friends Meeting House
6 Mount Street
Manchester M2 5NS
(0161) 832 3777

e: enquiries@cultureword.org.uk

www.cultureword.org.uk



[commonword.cultureword.crocus](https://www.facebook.com/commonword.cultureword.crocus)

What we do

Creative writing : workshops, events, competitions

Where and when we meet

Monday Night Group - Monday 7-9PM @ Commonword
(Open meeting, read and get feedback on your work)

Identity - Wednesday 7-9PM @ Commonword (For black
and Asian writers, open workshop, read and get feedback on
your work)

Any costs involved?

Workshops are free

What you should do next if you think you might be interested in joining us

Come along to one of the workshops or check out our
events on Facebook or our website.





Creative Sewing & Pattern Cutting Group



Contact: Mina

Address: Co-op Building
Hardy Lane
Chorlton
(0161) 438 2994

What we do

We are a versatile group that undertakes all sorts of sewing activities, including clothes, soft furnishings and some creative textile crafts.

Where and when we meet

Mondays 12.30- 2.30 at the Co-op Community rooms (above the Co-op) Hardy Lane, Chorlton.

Any costs involved?

Fees as set by the group. Please call for details





Crumpsall Craft Circle



Contact: Jill Neil, Rose Mason, Alison Gill

Address: Abraham Moss Centre,
Crescent Rd, Crumpsall,
Manchester M8 5UF

(0161) 227 3780

07940 588 814

e: a.gill@manchester.gov.uk



[Knitandcraftmanchesterlibraries](#)

What we do

Friendly and fun weekly craft circle – All welcome from beginners to experienced crafters. We enjoy all lovely crafts from gorgeous knitting and crochet, to stitching, beading, jewellery-making, paper crafts, drawing and painting. We are volunteer-run and share our crafting skills with each other. We have occasional workshops with visiting artists, plus we take part in local community events in the Cheetham and Crumpsall area. If you have any special skills, come along and show us your work – we love to see new members.

Where and when we meet

Wednesdays 10-12.30pm

Abraham Moss Library & Leisure Centre

Any costs involved?

Free session – small contribution for materials

What you should do next if you think you might be interested in joining us

Come along and join a session or call us for more information





Debdale Eco Centre



Contact: Helen Dodd

Address: Waterside Gardens
Debdale Park
1075 Hyde Rd, Gorton
Manchester, M18 7LJ

(0161) 220 9199

07954 364896

e: helen@debdale-ecocentre.org.uk

www.debdale-ecocentre.org.uk

What we do

Growing Together Project – Debdale Eco Centre is working in partnership with 3 Anchor Housing schemes and residents to run fun, horticultural activities. We are delivering a range of indoor & outdoor growing & food related activities. Each Anchor home will have raised beds built within the gardens, to facilitate the outdoor growing, which will continue to be accessible to local participants.

Where and when we meet

Trafalgar Court 201 Withington Rd, Whalley Range
Monday mornings 10.30 am – 12.30 pm

Anchor Court Anchor Housing Scheme 132, Bury Old Road,
Cheetham; Tuesday mornings 10.30 am – 12.30pm

Arden Court - Anchor Housing Scheme, 1 Oakhouse Dr.
Chorton, Dates to be arranged

Any costs involved?

No

What you should do next if you think you might be interested in joining us

Just give us a ring





The Gilbert & Sullivan Society, Manchester



Contact: Jean Dufty, Secretary

e: jean.mkdufty@btopenworld.com

www.manchestergands.org.uk

(0161) 973 9965

What we do

As an appreciation Society, we don't perform G&S but our friendly group of members enjoys a variety of events, including talks, concerts and study evenings. We are interested in learning more about the operas and the author and composer as well as enjoying the works and meeting like-minded people.

Where and when we meet

Monthly from October to May in Cross Street Chapel, Cross Street, Manchester M2 1NL. A very pleasant venue.

Any costs involved?

Member's subscription is £17 per annum

What you should do next if you think you might be interested in joining us

Come to a meeting. Ring Jean first if possible.





Grandparent Support



Contact: Geraldine

Address: C/O Whitemoss Youth
& Community Centre
Southdown Crescent,
off Charlestown Road
Blackley
Manchester M9 7DQ
07833 384 789

e: grandparentsupport@hotmail.com

www.grandparentsupport.org



GrandparentSupport



@grandparentsupp

What we do

Supporting Grandparent carers, & Alienated Grandparents and grandchildren online and in the community.

Radio Show: Every Friday morning 10am-12noon Nana's Natter on North Manchester 106.6 FM Listen again service:
www.podcasts.canstream.co.uk/manchesterfm/
Gransnet: local.gransnet.com/manchester

Where and when we meet

We have a monthly support group for alienated grandparents, and we also have Fortnightly afternoon tea & activities for Grandparents & their grandchildren.
We are also running weekly sessions to learn social media for all grandparents (includes childcare).

Any costs involved?

A small donation towards costs of room hire & refreshments will be welcome.

What you should do next if you think you might be interested in joining us
contact Geraldine via email/phone





Greater Manchester Transport



Contact: Chris Lonergan, Volunteer Liaison Officer

Address: Museum of Transport
Boyle Street, Cheetham
Manchester, M8 8UW

General
e: email@gmts.co.uk

Museum (0161) 205 2122
Wed, Sat, Sun only

Volunteering
e: chrislonergan74@btinternet.com

volunteering (0161) 335 0067
07764988741

www.gmts.co.uk

What we do

The Society manages the Museum of Transport which is owned by Transport for Greater Manchester. Activities range from looking after vehicle exhibits to conserving and documenting archive materials, administrative duties, running the Museum catering and shop facilities, and helping visitors understand the heritage represented by the Museum.

Where and when we meet

Every day the Museum is open to the public and Wednesday evenings

Any costs involved?

None, other than a membership subscription.

What you should do next if you think you might be interested in joining us

Obtain a membership pack or contact Chris Lonergan



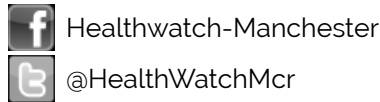
Healthwatch Manchester

Contact: Neil Walbran

e: info@healthwatchmanchester.co.uk

Address: Swan Buildings
20 Swan Street
MANCHESTER M4 5JW
(0161) 830 2070

www.healthwatchmanchester.co.uk



What we do

Healthwatch is the independent consumer champion for health and social care created to gather and represent the views of the public. Healthwatch makes sure that the views of the public are taken into account.

Where and when we meet

The members of Healthwatch Manchester meet every two months.

Any costs involved?

There are no costs involved and travel expenses on public transport can be reimbursed.

What you should do next if you think you might be interested in joining us

Contact our office and request a membership application form.

Other comments

As a member your views and experience will help shape the direction and priorities of the organisation through direct contact with the Healthwatch Manchester board.



Heathfield Hall



Contact: Malcolm Warburton

Address: Heathfield Street
Newton Heath
Manchester M40 1LF
(0161) 205 6410

What we do

We are an age friendly community centre, hosts to 13 different groups.

Coffee mornings, Active Lifestyle, C3A, Breathe Easy, Newton Heath History Group, Yoga, Line Dancing, Holistic (de-stressing and relaxation), ZEST (exercise group), Weight Watchers, Radio Group, Sound Heart, Front Row (cinema)

Where and when we meet

There is an activity on virtually every day of the week.

Any costs involved?

Most groups usually charge a nominal fee to cover tea and coffee.

What you should do next if you think you might be interested in joining us

Give us a ring and we'll be able to give you the time and day for most of our activities. And then come along to the centre and have a look round – no appointment necessary.



Incredible Edible Levenshulme



Contact: Abbie Kempson

Address: Levenshulme
07803 366572

e: incredibleediblelevy@gmail.com



Incredible Edible Levenshulme

What we do

We turn unloved places into productive food growing spaces for a cleaner, greener Levenshulme

Where and when we meet

We have regular meetings, often at Inspire Café and events and planting opportunities

Any costs involved?

No

What you should do next if you think you might be interested in joining us

Contact us on the above email / phone n°





Irwell Valley Mining Project



Contact: Paul Kelly

www.ivmp.org.uk

07887 903 616

What we do

Heritage and educational projects on coalmining history,
local and national.

Where and when we meet

Miners Community Arts Centre, Moston

Mondays 10 – 5

Any costs involved?

No





Levenshulme Community Allotment Project (LCAP)



Contact: Abbie Kempson

Address: Plot 12,
Tonbridge Rd Allotments
Levenshulme

07803 366572

e: Tonbridge.allotments@gmail.com

What we do

We are a community allotment, open to all to grow fruit, veg, herbs and flowers. We share the produce and have recently developed an inside and outside kitchen, including a pizza oven.

Where and when we meet

Members usually meet on the plot at the weekends but get their own key so can come along at any time. We put on events for all (ie Levenshulme open gardens and Food and Drink festival)

Any costs involved?

£2 to join LCAP

What you should do next if you think you might be interested in joining us

Contact us on the above email / phone n°





Link East Good Neighbours



Contact: Jane Bramley

Address: The Grange
Community Resource Centre
M11 3TQ

(0161) 230 1420

07968 231 374

e: linkeast.4ct@btconnect.com



LinkEastGoodNeighbours

What we do

- 1-to-1 and telephone befriending for older and vulnerable people
- Activity groups for over 50s; Film Club; Wii Games; Board Games; Craft Sessions; Baking Sessions, refreshments
- Day trips out, local mini-trips

Where and when we meet

- Link East Friends Miles Platting – Fortnightly, Tuesday
- Link East Friends Openshaw
- Link East Friends Gorton – Weekly Mondays
- The Wells Luncheon Club, Tuesdays
- Ballroom Dancing, The Grange Community Resource Centre

Any costs involved?

There is a small charge and a contribution towards trips out or special events

What you should do next if you think you might be interested in joining us

Contact us on the email or phone number above for more details.





Link Good Neighbours



Contact: Matthew

Address: Trinity House

Community Resource Centre

Grove Close, Off Platt Lane

Rusholme M14 5AA

(0161) 225 1064

e: matthew@trinityhousecrc.org.uk

www.trinityhousecrc.org.uk

What we do

- 1-to-1 befriending visits
- Volunteer opportunities
- Computer classes 2pm-4pm Fridays (term time only)
- Day Trips
- Health Walks 1pm Thursdays
- Activity sessions 1.30pm Wednesdays
- Coffee Morning 11am Fridays

Where and when we meet

All activities except 1 to 1 befriending take place at Trinity House Community Resource Centre, Grove Close, Off Platt Lane, Rusholme M14 5AA

Any costs involved?

Small charge for some activities and for day trips

What you should do next if you think you might be interested in joining us

Contact us on the phone number or email above, or call in





Link 2 Project



Contact: Brian Owen or Jane Bramley

Address: Trinity House

Community Resource Centre
Grove Close, Off Platt Lane
Rusholme M14 5AA

(0161) 225 1064

e: brian@trinityhousecrc.org.uk

e jane@trinityhousecrc.org.uk

www.trinityhousecrc.org.uk

What we do

- 1-to-1 befriending visits
- Fellas That Brunch' – brunch club for older men - includes tea/coffee, brunch, computer access and support, activity sessions
- Volunteer opportunities

Where and when we meet

Fellas That Brunch – Thursdays, 10am -1pm at Will Griffiths Court, 3 Elwick Close, Manchester M16 7LA

Any costs involved?

Brunch Club £2 per session

What you should do next if you think you might be interested in joining us

Contact us on the phone number or emails above, or call in to Will Griffiths Court during one of our Brunch Club sessions





Manchester & District Beekeeper's Association



Contact: Joy Jackson (Secretary)

Address: The Dower House
in Heaton Park

07872 512 266

e Joyjackson@mdbka.com

www.MDBKA.com

What we do

Provide courses and follow-up experience in the art of beekeeping.

MDBKA is a member of the British Beekeepers Association.

Where and when we meet

The Dower House in Heaton Park (St. Margaret's Entrance is nearest)

Two-day courses four times a year.

Dower House is open on Sunday afternoons for honey sales and is run by volunteer beekeepers who will be pleased to chat.

Occasional social meetings for members.

Any costs involved?

Beekeeping course fee

Cost of setting up a hive

What you should do next if you think you might be interested in joining us

Contact David Crowe (Membership secretary)

david.crowe@mdbka.com





Manchester Astronomical Society

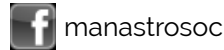


Address: Godlee Observatory
Floor G, Sackville Building
University of Manchester.
M1 3BU

e: enquiry@manastro.org

www.manastro.org

(0161) 306 4977



What we do

Weekly meetings to enjoy the beauty of the night sky, and share our views on the events of the past week. Presentation of members latest images, along with astronomical updates from around the world.

Where and when we meet

Every Thursday at the Godlee Observatory (see above address)

Any costs involved?

Full membership from 1st October for 12 months £20.00.

What you should do next if you think you might be interested in joining us

Come and visit us on our meeting night and see what we do - weather permitting get a view of the night sky using our large telescopes housed in the dome

Other comments

We arrange free public lectures given by leading scientists from around the globe, as well as attending sites of astronomical interest around the country.





The Manchester Chess Federation



Contact: Bert Thomas

(0161) 969 0177

e bert.jbholdings@ntlworld.com

What we do

At some point in your life you may have played chess, perhaps at school, or you may want to learn the game. No matter what level you have reached our clubs will welcome you.

Where and when we meet

We have chess clubs across Greater Manchester (in Altrincham, Ashton-under-Lyne, Bolton, Bury, Chorlton, Denton, Eccles, Heywood, Marple, Oldham, Rochdale, Sale, Stockport, Urmston and Worsley.

These each meet on different nights of the week 7.30 – 10.00 pm and members play each other. Those who want to take it more seriously will be invited to play for one of the club teams against other clubs.

Any costs involved?

Most clubs charge an annual subscription (the average is about £30).

What you should do next if you think you might be interested in joining us

Telephone or email the contact above and they will give you details of your nearest club.





Manchester Disc Golf



Contact: Steve Senior
Address: Longford Park
07751 464 256

e: info@manchesterdiscgolf.co.uk

www.manchesterdiscgolf.co.uk



[manchesterdiscgolf](https://www.facebook.com/manchesterdiscgolf)

What we do

Disc Golf is a similar game to "regular" golf except that it's played with a Frisbee disc and rather than getting the ball in a hole the aim is to through the disc into a basket. Unlike regular golf the only equipment you need to play is a small Frisbee.

Where and when we meet

Longford Park Disc Golf Course. Currently only on pre-arranged open days. See the website for details.

Any costs involved?

None. It's free!

What you should do next if you think you might be interested in joining us

Check out our website for details of our next open day, join our facebook group (www.facebook.com/manchesterdiscgolf), or send us an email info@manchesterdiscgolf.co.uk



Manchester Girl Geeks



Contact: Linda Macaulay

e: manchestergirlgeeks@gmail.com

Address: Manchester Girl Geeks

www.manchester.girlgeekdinners.com

c/o Madlab

36 Edge St.,

Manchester

M4 1HN



McrGirlGeeks



@mcrgirlgeeks

What we do

Manchester Girl Geeks is 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)

Where and when we meet

The workshops are held monthly on Sunday afternoons in locations around the city, and include both hands-on activities such as an introduction to web development and "Build your own PC" sessions, as well as talks on exciting science topics.

Any costs involved?

All workshops are run by volunteers and are low cost or free to attend. We encourage people to get involved by helping to organise events or giving presentations in regular "Show and Tell" sessions.

What you should do next if you think you might be interested in joining us

Check out upcoming events:

<http://manchester.girlgeekdinners.com/events/upcoming-events/>

Other Comments

While our events are targeted at women and girls, men are welcome to attend, especially if they are coming along with a girl geek – the events are organised and run by women, and the majority of attendees are female.





Manchester Military History Society



Contact: Colin Foster / Ian Sanders

Address: East Manchester History
and Gaming Centre
Knivton Street, Godley
Hyde, SK14 2PU
03304 004 121

e info@mcrmilhist.org.uk

www.mcrmilhist.org.uk

 mcrmilhist

 @mcrmilhist

What we do

We are an informal group united by a common interest in military history. Each month we have a speaker on a military related subject followed by a discussion around that subject or related topics.

Where and when we meet

We meet at the East Manchester History and Gaming Centre, Knivton Street, Godley, Hyde, SK14 2PU on the 2nd Tuesday of each month apart from August.

Any costs involved?

There is a small admission charge of £4 per lecture to cover venue rental costs or you can save money by taking out an annual membership.

What you should do next if you think you might be interested in joining us

Give us a call on 0330 400 4121 or join our mailing list contact via the website at <http://www.mcrmilhist.org.uk/>





Manchester Morris Men



Contact: John Alexander
01925 753 641

e: manchestermorrismen@gmail.com
www.manchestermorrismen.org.uk

What we do

Traditional Morris dancing, in both the Cotswold and the North-West (i.e. Lancashire and Cheshire) styles.

Where and when we meet

St Matthews Church Hall, Chapel Lane, Stretford M32 9AJ
Thursdays, in September to April inclusive, 7.45pm - 9.30pm
(from May to July we dance out on Thursday evenings)

Any costs involved?

None, for your first few visits.
£25 per annum membership fee.

What you should do next if you think you might be interested in joining us

Just turn up at St Matthews Church Hall, but please ring first

Other Comments

Musicians (men or women) are also welcome, as we dance to live music.





Manchester Rambling Club



Contact: Jane Reeves, Secretary
07716 498 561

e: secretary@manchester-rambling.co.uk
www.manchester-rambling.co.uk

What we do

We are a small, long-established ramblers club. The general pattern is of weekly walks - usually on Saturdays.

We occasionally organise weekend meetings, and an annual 'epic'. Walks are graded as easy, moderate or strenuous - an 'easy' being up to ten miles. A typical turnout may be eight to ten people, with up to a dozen occasionally. Non-members and friends of members are always welcome to come walking with us.

Where and when we meet

Most Saturdays throughout the year, various meeting points.

Any costs involved?

Nominal annual fee of £1.00

What you should do next if you think you might be interested in joining us

Visit the above website for forthcoming walks. If you are interested in becoming a member, contact the secretary to receive details of walks by e-mail.





Manchester and Lancashire Family History Society



Contact: John Evans, General Secretary

e: office@mlfhs.org.uk

Address: Manchester Central Library

www.mcrmilhist.org.uk

St Peter's Square

Manchester

(0161) 234 1060



Manchester-and-Lancashire-
Family-History-Society



@mlfhs

What we do

We are a registered Charity which promotes and encourages the public study of British family history and we promote the preservation, security and accessibility of relevant archival material.

Where and when we meet

We meet at Manchester Central Library where we also hold regular seminars to assist those new to family history

Any costs involved?

Membership costs just £15.00 per year

What you should do next if you think you might be interested in joining us

Contact us by phone or e-mail, call in to Manchester Central Library or join online at www.mlfhs.org.uk





Middleton Archaeological Society



Contact: Cliff Ivers (Treasurer)

e: treasurer.mas@live.co.uk

Address: Ye Old Boars Head
Long Street
Middleton

www.middletonas.com

07740 351 814



Middleton-Archaeological-Society



@midarchs

What we do

MAS promote community archaeology by arranging digs, talks, investigations and workshops. We provide informal training to newcomers interested in taking up archaeology as a hobby or career. Current projects include the Church House at St Leonard's, Tonge Hall Meadow and Hopwood Corn Mill.

Where and when we meet

Talks are held at 7.30 PM on the last Thursday of the month in the Sessions Room of Ye Old Boars Head Inn. Other events are advertised on the web site.

Any costs involved?

Events are £3.00 for non-members. Membership is £15 per year (£5 for concessionaries)

What you should do next if you think you might be interested in joining us

Membership forms are on the web site or just come along to one of the talks and say hello. Pre-registration is required for all other events.





Miners Community Arts and Music Centre



Contact: Louis Beckett

Address: Newton Heath
Community Centre
Teddington Road
Moston, M40 0DJ

(0161) 682 6253

e: minerscomartsandmusic@hotmail.co.uk

www.theminers.org.uk



[arts.music.community](https://www.facebook.com/arts.music.community)



[@Minersartnmusic](https://twitter.com/Minersartnmusic)

What we do

Art and Music Centre, Moston Small Cinema, Exhibitions,
Live Music, Room rentals, Café, Independent film screenings

Where and when we meet

Monday – Sunday 9am – 5pm

Any costs involved?

Cinema Hire, Room Hire

What you should do next if you think you might be interested in joining us

Just get in touch



NEPHRA Good Neighbours

Contact: Bren Fawcett

Address: Nephra HQ
27 Parkfield Road North
New Moston, M40 3TB

(0161) 637 6788

07889 258 685

e: info@nephra.org.uk

www.nephra.info



nephra-good-neighbours



@nephragoodneighbours

What we do

We are a group of volunteers providing services and activities for our community, including allotments, lunch club, e-reader book club, film club, ipad and laptop training, singing group, mums and tots, daytrips and escorted holidays.

Where and when we meet

At Nephra HQ. Activities take place nearly everyday of the week.

Any costs involved?

£2 - £2.50 per session; lunch club slightly more

What you should do next if you think you might be interested in joining us

Telephone for more information

Other Comments

NEPHRA volunteers are a gift to the community



North Manchester Camera Club



Contact: Brian Lomas

Address: The Methodist Church
Ilkley Street
Moston, off Moston Lane
M40 9PD

e: mail@northmanchestercameraclub.co.uk

(0161) 682 3486

www.northmanchestercameraclub.co.uk

What we do

We are a local friendly photography group who enjoy discussions about photography, as well as organising lectures, demonstrations, competitions and outings.

Where and when we meet

We meet every Friday in the Church Hall, from 8 pm - 10 pm

Any costs involved?

Single £25.00

Retired, student or unemployed £20.00

Plus £2.50 payable at each meeting you attend

What you should do next if you think you might be interested in joining us

Come along on a Friday. You'll be most welcome!





Philosophy Cafe



Contact: Sue Nzilani

Address: We meet at:
Manchester Art Gallery
Moseley St.
Manchester.

(0161) 833 3944

What we do

A Philosophy Café which is open to all without distinction of social levels, origins or personal culture. It is a space which allows you to express your ideas on a diverse range of subjects in a safe and friendly environment.

Where and when we meet

Every second Tuesday 10.30am in the Manchester Art Gallery cafe.

Any costs involved?

The sessions are free but you might want to buy tea/coffee and cake

What you should do next if you think you might be interested in joining us

There is no need to book, just turn up





Royal Exchange Theatre



Contact: Andy Barry
(Adults' Programme Leader)

e: andy.barry@royalexchange.co.uk

Address: St Ann's Square
Manchester
M2 7DH

www.royalexchange.co.uk

 [royalexchangetheatre](https://www.facebook.com/royalexchangetheatre)

(0161) 615 6792

 [@rxtheatre](https://twitter.com/rxtheatre)

What we do

The Theatre has a broad programme of activities for adults including discussions, play reading and writing workshops. Drop in or stay on for after show discussions or pre-show talks. Contact us for details of our World Wide Workshop – global theatre made by adults from displaced or migrant communities or to be part of our Company of Elders – a practical drama project exploring performance skills for ages 60+.

Where and when we meet

Session times vary but often take place on Wednesday daytimes (for full details see our season brochure or visit our website).

Any costs involved?

Session costs vary but a typical two hour session costs £6.

What you should do next if you think you might be interested in joining us

Visit our website, look at our season brochure or contact our Adults' Programme leader Andy Barry for further information





South Manchester Numismatic Society



Contact: Geoff Thomason - Secretary

Address: The Nursery Inn
258 Green Lane
Heaton Norris
Stockport SK4 2NA
07818 422 696

e: callmegeoff@btinternet.com



@SMNumismatics

What we do

A society for those interested in coins, medals and banknotes at all levels. Activities range from informal meetings to talks by experts. We are affiliated to the British Association of Numismatic Societies

Where and when we meet

The Nursery Inn, 258 Green Lane, Heaton Norris, Stockport SK4 2NA. 1st and 3rd Monday of the month, September-June.

Any costs involved?

Annual fee £20

What you should do next if you think you might be interested in joining us

Contact the Secretary or come along to one of our friendly meetings





Stitched Up



Contact: Bryony Moore

Address: Stitched Up
517 Wilbraham Road
Manchester M21 0UF

(0161) 881 7141

e: hello@stitchedup.coop

 [stitchedupuk](https://www.facebook.com/stitchedupuk)

 [@stitchedupuk](https://twitter.com/stitchedupuk)

What we do

Stitched Up Co-operative Ltd is an ethically-minded non-profit co-operative, who run clothes making and mending workshops, clothes swaps and socials from our HQ in Chorlton.

We offer a weekly drop-in social event called Crafternoon. Crafternoon is open to crafters and makers of all ages and abilities

Where and when we meet

Crafternoon happens every Sunday from 12-4pm at Stitched Up HQ in Chorlton. We are also looking at offering a mid-week Crafternoon.

Any costs involved?

Crafternoon currently costs £3 to attend - this includes a hot drink.

What you should do next if you think you might be interested in joining us

Pop in to the shop to meet us, or call or email us for more details.





Tameside Wargamers



Contact: Colin Foster

Address: East Manchester Historical Games Centre
The Old Scout Building
Knivton Street, off High Street,
Godley, Hyde, Cheshire, SK14 4EH

e: colinf@emhg.co.uk

www.emhg.co.uk

www.mailedfist.co.uk

07887 562563



Mailed-Fist-Wargames-Group

What we do

East Manchester Historical Games Society & Mailed
Fist Wargames Group - Tabletop Miniature wargaming
(Simulating military history using scale models to represent
armies (a bit like chess or draughts))

Where and when we meet

East Manchester Historical Games Centre, The old Scout
building, Knivton Street, off High Street, Godley, Hyde,
Cheshire, SK14 4EH

Wednesdays (7:30pm – 10:30pm), 1st, 2nd, 4th & 5th Sundays
(11am – 5pm)

Any costs involved?

Wednesdays £3, Sundays £5

What you should do next if you think you might be interested in joining us

Give Colin a call, contact us via email or the websites, or just
pop along & say "hi"!





Tonbridge Road Allotment Society



Contact: Adele Rattenbury (Secretary)

Address: Tonbridge Rd Allotments
Tonbridge Rd
Levenshulme

07753 549 192

e: tonbridge.allotments@gmail.com



Tonbridge Road Allotments

What we do

We are a popular allotment site in Levenshulme with approximately 100 plots

Where and when we meet

We have committee meetings every 6 weeks, a monthly work party on site and events on our community plot (LCAP)

Any costs involved?

Cost of a plot varies but no more than £40 per year. Only half plots are let at the moment owing to the long waiting list.

What you should do next if you think you might be interested in joining us

Come along to the allotment shop between 11 and 12 on a Sunday





University of the Third Age (U3A)



Contact: Jenny Carley NW region
or National Office, Third Age Trust

Address: National Office
19 East St
Bromley BR1 1QE
(020) 8466 6139

www.U3Asites.org.uk/north-west

www.u3a.org.uk

What we do

We meet people, learn new skills, and have fun whilst learning. Members take part in many different activity groups, ranging from learning based traditional subjects, studying local history and environment, creative pursuits, games and physical exercise. There are no tutors, we teach each other.

There are 20+ U3As in the Greater Manchester area including: Bolton, Bramhall, Bury, Cheadle Hulme, Cheadle & Gatley, Davyhulme, Hale & district, Heaton & Reddish, High Lane, Marple & District, Marple Bridge & Mellor, Northenden, Oldham & District, Romiley & District, Sale, Salford, South Manchester, Stockport, Tameside (Hyde), The Moor (Heaton Moor) - Most U3As have their own website with details of where and when they meet.

Any costs involved?

Costs vary between U3As. Typically £10 -£20 per year membership

What you should do next if you think you might be interested in joining us

Go to the NW Region or National website and search for your nearest U3A. Try a few different ones. They are all unique.





Volunteer Centre Manchester



Contact: Mark Pritchard
(Volunteer Centre Manager)

Address: 3rd Floor, Swan Buildings
20 Swan Street
Manchester M4 5JW

e: info@volunteercentremanchester.co.uk

(0161) 830 4770



VCMOOfficial



@VolunteeringMcr

What we do

Volunteer Centre Manchester is a brokerage arrangement that provides information, support and training to Manchester residents who want to volunteer.

Whether you are looking to lend a hand on a one off basis or for a longer period of time, Volunteer Centre Manchester can bring you the most current selection of opportunities across Greater Manchester and assist with your application.





Withington and District Garden Society



Contact: Leonie

Address: 66 Kingslea Road
Withington
Manchester, M20 9UA
(junction of Parkville Road
by Fog Lane).

(0161) 445 2559

e: wdsoc@gmail.com

What we do

Encourage a greater appreciation and interest in gardens and disseminate information of interest and help to the members. Aid members by the bulk purchase of gardening supplies for sale to members

Where and when we meet

"The Hut" as mentioned above.

Sundays 11am – 1 pm

Tuesdays 11am – 12.30pm

(We are closed December and January)

Any costs involved?

£8 subscription annually

What you should do next if you think you might be interested in joining us

Phone, email or better still call in for a chat





Zest

Healthy Living Network



Contact: Laura Gormley or Caron Martin

Address: Abraham Moss Centre
Crescent Road
Crumpsall, M8 5UF.

(0161) 234 3715



ZestManchester



@ZestManchester

What we do

We work closely with local people, communities and organisations to improve health and wellbeing. Sessions include physical activity, social groups, learning, gaining new skills and nutrition.

Our Food Co-ordinator provides courses in basic cooking skills and nutrition.

We also deliver 7 week 'BOOST' courses throughout the year, building resilience, self esteem and other life skills.

We offer the opportunity to improve someone's lifestyle, whether its getting physically fitter, starting a new hobby or just meeting new friends.

Where and when we meet

There a number of activities across North & East Manchester
Please refer to our brochure which will provide details of activities in each area

Any costs involved?

All of our activities are either free or low cost

What you should do next if you think you might be interested in joining us

Contact our office on 0161 234 3715 – we can send you a brochure by post or email

