

Cost of Living and Health Event

Wednesday 18th March

11.30 to 4.30pm

Church of the Apostles

Come along, grab a lovely warm meal and talk to local health and well-being services. Free health checks, gain advice about how to stay warm and manage your money.
(Ridgeway Street, Miles Platting, M40 7FY)

LiveWell Mini Festival at Gaskell Street Park

Saturday 21st March

12pm to 3pm.

A fun-filled afternoon with activities for all ages and free food provided.
(Gaskell Street, Newton Heath M40 1AQ)

Newton Heath Cricket Club Community Spring Clean Up

Sunday 22nd March

11am – 1.30pm

Come along and help with the litter pick to tidy up the area. Free children's sports activities, free food and make your own bike powered smoothie.
(NHCC Mabel Street, M40 1GB)



Funded by Coop Live and the Live Well Festival



MANCHESTER
CITY COUNCIL

Sure Start
Children's Centres

MILES PLATTING & NEWTON HEATH

Health and Well-being Week

Monday 16th –
Sunday 22nd March

Men's social activities

Try Curling

Craft sessions

New fitness classes

Cost of Living Event

Community fun days

Walking Groups

Pampering...and
more!

All free!

For a list of whats on:
QR code here





For Parents & Carers



Walking Mum's Clubs

Fresh air, being in nature, walking, talking, learning and hysterical laughing (we blame sleep deprivation!) are all great for you (and your baby).

Miles Platting - Meets every Thursday at 10am, outside the Miles Platting & Ancoats Children's Centre (Holland Street, M40 7DA)

Newton Heath - A new group, meeting every Thursday at 11:15am, outside the Newton Heath Children's Centre, Great Newton Street M40 1GX

For more info contact Becca via email: walkingmumsclub@gmail.com

Fitness sessions at Talbot House - For parent carers of children with learning disabilities

Sound Bath Session - Wednesday 18 March - 11am

For parent carers of children with learning disabilities (below 18 years old). Relax, unwind, and experience deep calm through a gentle sound bath designed to reduce stress and support emotional wellbeing.

Light Keep Fit Class - Thursday 19 March - 11am

For older parent carers (60+ years old). A friendly, low-impact movement session focused on boosting wellbeing through gentle exercise. Perfect for staying active, supported, and connected.

Talbot House Support Centre (1 High Peak Street, Newton Heath, Manchester M40 3AT). Call 0161 203 4095 or email admin@talbot-house.org.uk

For Women

Celebrating Women!

Textile medal making, badge-making & more

Monday 16th March 12:30pm - 2:30pm

Yes Manchester (Briscoe Lane, Newton Heath, M40 2TP)

This is for women who are registered with the Yes Centre. Call into the Yes building or contact 0161 260 1600



Safety Planning workshop

Thursday 19th March 10-12 noon

Miles Platting Sure Start Childrens Centre (Holland St, M40 7DA)

Learn how to be safer out and about and in the home. Learn about useful support services and apps for yourself and to support other women you know. For more info and to book please email

Reach@manchesterwomensaid.org or call 0161 660 7999



Pampering Session

Tuesday 17th March - 12.30pm - 3.30pm.
Newton Heath Library (Old Church Street, M40 2JB)

A pamper session by student's from Manchester College offering Manicures, hand and arm massages, make up tutorials/advice.



For Men

BRICK-BASED BRAINS - a group for men to build & socialise

Sessions to bring men together in a relaxed, friendly space to enjoy building challenges - connect with other people, enjoy a shared sense of purpose, stimulate the brain and have fun. Come along and give it a try!



Newton Heath Library

Weds 18th March, 1:30am - 2:30pm

Friday 20th March, 10:30am - 11:30am

Church of the Apostles, Ridgway St, Manchester M40 7FY

Weds March 18th, 11am - 12pm

Friday March 20th, 1pm - 2pm

For more information contact Kitty on 07739370690 or email Creativeconfidence@gmail.com

MENTELL - helping men to talk

Mentell is a UK charity that provides groups for males aged 18+ to talk in a safe and confidential space, free from advice and judgement. Come along between 11.30 and 2.30pm and have an informal chat with Dave.

Monday the 16th March - Newton Heath library

Wednesday the 18th March - Church of the Apostles Cost of Living Event

Older Residents

Try Curling and Boccia!

Monday 16th March 11.30am - 1pm

The Stirling Centre, runs on 3rd Monday of the month.
(Scotland Hall Road, Newton Heath, M40 2RE).



Have a go at Curling - as seen on the Winter Olympics and Boccia, a Paralympic sport that can be played by anyone. For ages 50+ living with a health condition.

For more info or to book contact Mark on 07749 368 339 or email m.woodcock@beingwell.org.uk