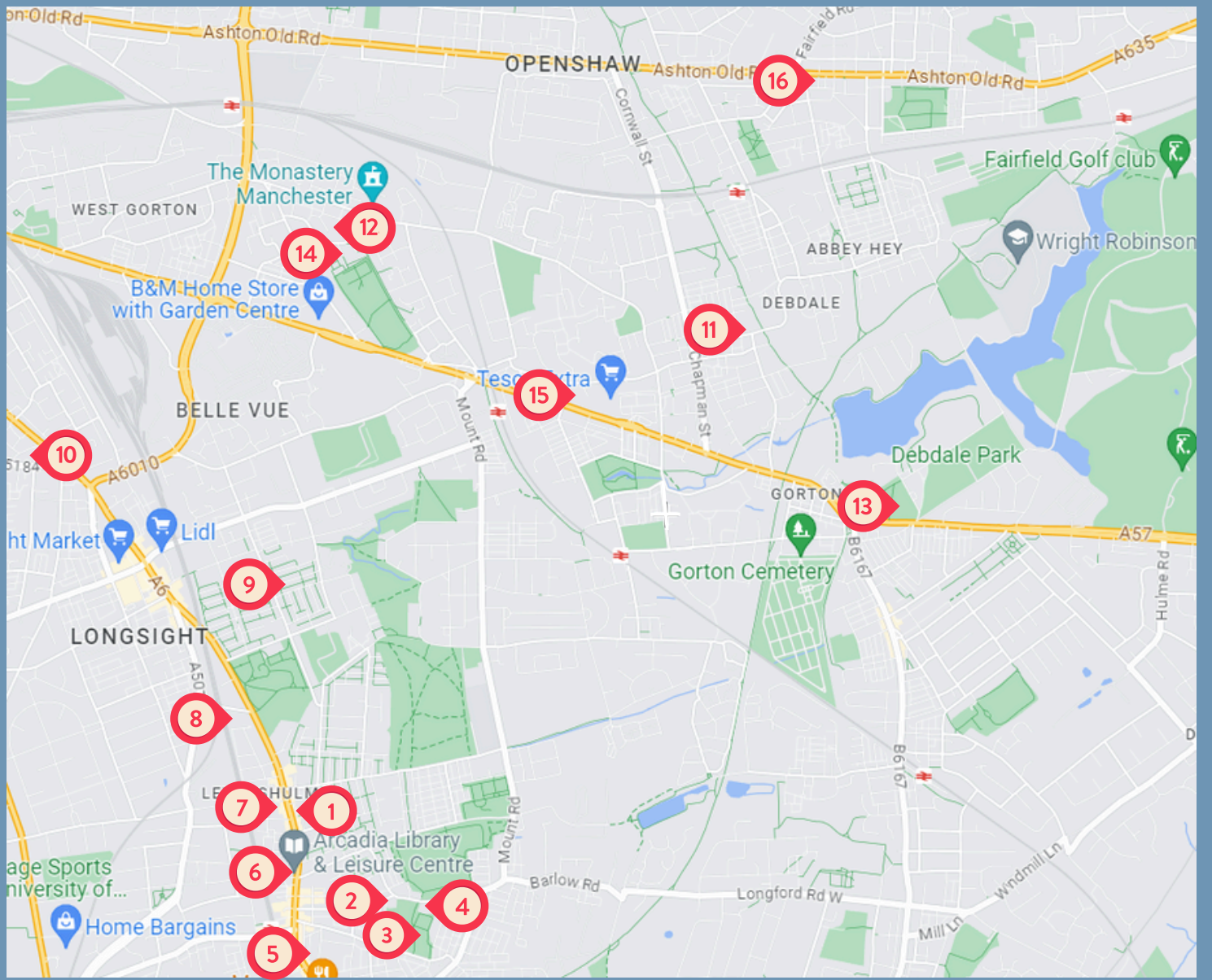


Key

- 1** Bus: 150, 171, 191, 192, 197
Inspired Taskforce
Levenshulme Inspire
Lev Good Neighbours
747 Stockport Road,
M19 3AR.
- 2** Bus: 172
All FM &
Levy Old Library
Cromwell Grove,
M19 3QE
- 3** Bus: 172
Blue Bell Green
Chapel Street Park
Chapel Street, M19
3GH
- 4** Bus: 172
The Blue Bell Inn
170 Barlow Road
M19 3HF
- 5** Bus: 191, 192
Irish Community
Care
895 Stockport Road,
M19 3PG
- 6** Bus: 150, 171,
191, 192, 197
Arcadia Library &
Leisure Centre
Yew Tree Avenue,
M19 3PH
- 7** Bus: 150, 171,
191, 192, 197
Levenshulme
Methodist Church
824 Stockport Rd
M19 3AW
- 8** Bus: 150,
191, 192, 197
Peter Quinn
Dementia Group
Authentic Church
Crowcroft Rd,
M12 4QD
- 9** Bus: 150
Northmoor
Community Centre
95 Northmoor Road,
M12 5RT
- 10** Bus: 191,
192, 197
422 Community Hub
422 Stockport Road,
M12 4EX
- 11** Bus: 171,
172
Gorton Central
Community Centre
Highmead Street
M18 8PE
- 12** Bus: 53,
205
Gorton
Monastery
Endcott Close,
M18 8BR
- 13** Bus: 7, 201,
202, 205
Debdale Bowling
and Social Club
1075 Hyde Road,
M18 7LH
- 14** Bus: 53,
205
Emmanuel
Church
Blackwin St,
M12 5LD
- 15** Gorton Hub
27 Garrett Way
M18 8HE
Bus: 7, 7A, 7B, 53,
150, 171, 172, 201,
202, 203, 205
- 16** Bus: 7, 219,
220, 221
Manchester
Settlement
1328 Ashton Old Rd
M11 1JG



Good Neighbours Project Ardwick & Longsight



From September 2024 a new Good Neighbours service will be operating in Ardwick & Longsight.

This will provide a network of culturally appropriate wellbeing and social activities for older people and, in due course, phone and face to face befriending for housebound older people.

We are looking for local residents to form a Steering Group to help the project develop and grow.

Please contact:

GoodneighboursAL@inspiredtaskforce.co.uk
~ OR ~ 0161 676 8450

- To make a referral
- To join the steering group
- To become a volunteer



Local GP's

Levenshulme

Ashcroft surgery 803 Stockport Road, M19 3BS

Call: 0161 224 1329

Westpoint medical centre 169 Slade Lane, M19 2AF

Call: 0161 248 5100

Levenshulme medical centre Dunstable Street, M19 3BX

Call: 0161 225 4033

Gorton

Gorton medical centre Gorton Hub, Garrett Way

Call: 0161 223 1113

W.Gorton medical 2 Clowes Street, M12 5JE

Call: 0161 223 5226

Mount road surgery 110 Mount Road, M18 7BQ

Call: 0161 231 4997

Longsight

Longsight medical 528 Stockport Road, M13 ORR

Call: 0161 225 9274

Parkside medical 187 Northmoor Road, M12 5RU

Call: 0161 257 3338

New Bank centre 339 Stockport Road M12 4JE

Call: 0161 277 5600

Helpful Numbers

Independent age

Advice & support for
older people

Call: 0800 319 6789

Samaritans

Need someone to talk to?
We listen.

Call: 116 123

Age UK Manchester

Support for people in older life

Call: 0800 169 6565

Royal voluntary service

Support for older people

Call: 0330 555 0315

Citizens advice

General support & advice

Call: 0808 278 7800

Cost of living advice

Support & Advice for Older People

Call: 0800 023 2692

Guide to:

Activities and Services For Over 55's

Levenshulme, Longsight & Gorton



Produced by the
Inspired Taskforce CIO
Charity Number: 1206639



	Who?	What?	Where?	Time	Cost	Contact
MONDAY	Inspired Taskforce CIO	Discussion Group	4	11:00am - 12:30pm	FREE	Paul: 0161 676 8450
	Healthy Me, Healthy Communities	Tai Chi	Contact for info	10:00am - 11:00am	£2.50	Contact: 0161 222 3633
	Arcadia Leisure Centre	Over 60's Swim Session	6	11:30am - 12:30pm	FREE for over 60's Contact Venue	Contact: 0161 641 9911
	Gorton Central Community Centre	Age Friendly Drop in 50+	11	1:00pm - 3:00pm	FREE	Helen: 07826 871 516
	Inspired Taskforce CIO	Happy Mondays - Creative Day	1	2:30pm - 4:30pm	FREE	Paul: 0161 676 8450
	Bluebell Green	Gardening Club	3	5:30pm - 7:30pm	FREE	Contact: 07772 346 819
TUESDAY	Inspired Taskforce CIO	Gentle Chair-Based Dance Exercise Class	1	10:00am - 12:00pm	£3.00	Paul: 0161 676 8450
	Irish Community Care	Social Group	5	12:00pm - 2:30pm	Contact Venue	Francis: 0161 205 9105
	Levenshulme Inspire	Inspire the Choir	1	1:00pm - 2:00pm	FREE	Charlotte: 0161 676 8540
	Gorton Central Community Centre	Citizens Advice Bureau	11	2:00pm - 4:30pm	FREE	Contact: 0161 222 3633
	Inspired Taskforce CIO	Gentle Chair-based Yoga	1	2:15pm - 3:15pm	£3.00	Paul: 0161 676 8450
WEDNESDAY	Manchester Settlement	Community Drop-In	16	9:30am - 1:00pm	FREE (Lunch Provided)	Contact: 0161 974 1300
	Emmanuel Church	Knit & Natter	14	9:30am - 2:30pm	£2 Full day £1 Half day	Brenda: 07874 651 486
	Healthy Me, Healthy Communities	Chair Exercise Class	Contact for info	10:00am - 11:00am	£2.50	Contact: 0161 222 3633
	Arcadia Leisure Centre	Over 60's Swim Session	6	10:30am - 11:30am	FREE for over 60's Contact Venue	Contact: 0161 641 9911
	Levenshulme Methodist Church	Coffee Morning	7	10.30am - 12:00pm	FREE (Donations Welcome)	Contact: 0161 226 2702
	Debdale Bowling & Social	Debdale Diggers	13	11:00am	FREE	Olwyn: 07741 209016
	Peter Quinn Dementia Group	Social Group	8	11:30am - 2:45pm	Contact Venue	Marion: 07767 497625
	Inspired Taskforce CIO	Reading Club (1st Weds of month)	6	1:00pm - 2:30pm	FREE	Paul: 0161 676 8450
	Expert Patients Programme (NHS)	Self-management for people with long term health conditions	1	11.30am - 2:00pm	FREE	Contact: 0161 549 6624
THURSDAY	Inspired Taskforce CIO	Gentle Chair Based Dance Exercise Class	1	10:00am - 12:00pm	Exercise £3.00	Paul: 0161 676 8450
	Gorton Monastery	Music Café for Dementia	12	10:00am - 12:00pm	FREE (Inc Refreshments)	Info@machestercamerata.com
	Debdale Bowling & Social	Debdale Walking Club	13	10:15am	FREE	Olwyn: 07741 209016
	Irish Community Care	Social Club	5	12:00pm - 2:30pm	Contact Venue	Francis: 0161 205 9105
	All fm	Radio Show Training	2	1:30pm - 3:30pm	FREE	Contact: 0161 248 6888
	Gorton Central Hub	Gorton Community Grocer	11	2:00pm - 6:00pm	Waiting List Contact First!	Contact: 0161 222 3633
	Gorton Central Hub	Zumba Classes	Contact for info	7:00pm - 8:00pm	£2.50	Contact: 0161 222 3633
	Levenshulme Inspire	FoodCycle - Community Meal	1	7:00pm - 8:30pm	FREE	Contact: 0161 850 5717
FRIDAY	Healthy Me, Healthy Communities	Across Ummah Food Pantry	11	10:00am - 12:00pm	£2.50	Contact: 0161 222 3633
	Inspired Taskforce CIO	Men's Social & Tech Club	1	10.30am - 12.30pm	FREE (Donations Welcome)	Paul: 0161 676 8450
	Inspired Taskforce CIO	Computer Buddies	1	1pm - 3pm	£3.00	Paul: 0161 676 8450
SAT	Bluebell Green	Gardening Club	3	9:30am - 2:00pm	FREE	Contact: 07772 346 819
SUN	Inspired Taskforce CIO Levenshulme Good Neighbours	Sunday Luncheon Club	10	12:00pm- 3:00pm (3rd Sun of Month)	£8 for a 3-course meal	Paul: 0161 676 8450