|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday Saturday** | |
| **Manchester Mind Advice Drop In** (For people with mental health & Manchester residents only) 11:00am – 2:00pm  Free | **Smart Recovery Life Line (C.R.I)**  10:00am – 12:00pm  Free | **ASHA Drop - in (Asylum Support Housing Advice)**  9:00am – 5:00pm  Free | **ASHA Drop - in (Asylum Support Housing Advice)**  9:00am – 5:00pm  Free | **Asthtanga Yoga**  12:00pm – 1:30pm  Price: £5.00 | **Flex it @ 50**  10.15 – 11.15  £3.00 |
| **RAMP (Reduction and Abstinence Motivation Programme)**  12.00pm – 4:00pm  (by referral)  Free | **Welfare Reform Drop In**  10am – 12pm  Free  (**First come, first served**) | **Citizens Advice Bereau**  Tel: 0161 204 1759  (Ring to make appointment)  Free | **Narcotics Anonymous**  Meditation: 1:00pm – 1:30pm  Meeting: 1:45pm –2:45pm  Free | **RAMP (Reduction**  **and Abstinence**  **Motivation Prog)**  (By referral)  1.00 – 3.00pm  Free |  |
| **Massage therapies: Neck, back & shoulders/reikei/full body**  11am – 4pm  £5 unwaged  £10 waged | **e-therapy**  3:00pm – 8:00pm  Free | **Massage: Reflexology/Neck, back & shoulder/Reiki**: 10:00am –  1:30 pm  £5 unwaged/£10 waged | **Soca Aerobics**  **Afternoon Workout**  12.00 – 1.00pm  Waged: £5.00  Student: £4.50  Benefits: £3.00 | **Qigong**  4:00pm – 5:30pm  £3 per session |  |
| **S.H.A.R.E**  **(Self Harm group)**  6:00pm – 8:00pm  Free | **Bingo**  2:00pm – 4:00pm  Price: £3.00 per session  **Welfare Reform sign posting**  3pm – 5pm  Free | **Crafty chatters**  1:30pm – 3:30pm  Donations |  |  |
| **Toddle Time**  1:00pm – 2:30pm  Free | **Fathers Against Violence**  6:00pm – 8:00pm  Free | **Anxiety group drop in**  1:00pm – 3:00pm  Free  **Depression group drop in**  3:00pm – 5:00pm  Free | **Manchester Mind Mental Health Advice Drop In**  (For people with mental health & Manchester residents only)  Free 1pm - 4pm **First come, first served** |  |  |
|  | **Asthtanga Yoga**  6.30pm – 7.30pm  Price: £5.00 waged  £3.50 unwaged  First session free |  | **Asthtanga Yoga**  5:30pm – 7:00pm  Price: £5 |  |  |
|  |  |  | **e-therapy**  3:00pm – 8pm  Free |  |  |
|  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Sugar Group (diabetic support group)**  1:00pm – 3:00pm  Price: £2.00 | **Welfare Reform sign posting**  10am – 12pm  Free  **Flex It @ 50**  12:00pm – 1:00pm  Price: £3 | **Pilates**  10.00 – 11.00  £4.00  Danielle 07511 354 745 | **Zumba Gold**  **(for active older people)**  10:00am – 11.00am  Price: £3 | **NUDGE Acupuncture**  9.00am – 2.00pm  (appointments only)  Prices vary  Penny Kay  07932 678 790 |
| **Narcotics Anonymous**  12:30pm – 2:00pm  Free | **Soca Aerobics (Women’s only)**  6:30pm – 7:45pm  Waged: £5.00/Unwaged: £3.50  Members: £4.50  Esther Clarke  Tel: 0161 232 4757 | **Peoples First art group**  1:00pm – 3:00pm  Free  Tel: 0161 235 6900 | **NUDGE Acupuncture**  12.00pm – 6.00pm  (appointments only)  Prices vary  Penny Kay  07932 678 790 |  |
| **Reflexology/Indian Head Massage**  1:00pm – 4:00pm  (appointments only)  Price: £10 per session | **Homeopathy**  One to one  Times vary  Price: £10 per session |  | **Body massage/Indian Head Massage**  11:30am – 6:00pm  (appointments only)  Price: £10 per session |
| **Manchester community Qigong group**  Beginners: 4:00pm – 5:00pm  Intermediate 5:00pm – 6:00pm  Price: £3 donation  Rae Story  [raestorywork@yahoo.co.uk](mailto:raestorywork@yahoo.co.uk) | **Homeopathy drop in clinic**  6:00pm – 8:00pm  Price: £10 per person |  | **Allergies Group**  6pm – 7:45pm  First Thursday of the month  Free |  |
| **Social Phobia**  7:00pm – 9:00pm  Free |  | **Lyengar Yoga**  6:30pm – 7:45pm  Price: £4  Rita  Tel: 07791 842624 |  |
|

BLCtr 0050 (V1) KLC WOG 11th Sept 2012 Date to be reviewed: June 2014

BLCtr 0050 (V1) KLC WOG 11th Sept 2012 Date to be reviewed: June 2014