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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday Saturday** |
| **Manchester Mind Advice Drop In** (For people with mental health & Manchester residents only) 11:00am – 2:00pmFree | **Smart Recovery Life Line (C.R.I)**10:00am – 12:00pmFree | **ASHA Drop - in (Asylum Support Housing Advice)**9:00am – 5:00pmFree | **ASHA Drop - in (Asylum Support Housing Advice)**9:00am – 5:00pmFree | **Asthtanga Yoga**12:00pm – 1:30pmPrice: £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 – 12pmFree(**First come, first served**) | **Citizens Advice Bereau**Tel: 0161 204 1759(Ring to make appointment)Free | **Narcotics Anonymous**Meditation: 1:00pm – 1:30pmMeeting: 1:45pm –2:45pmFree | **RAMP (Reduction** **and Abstinence** **Motivation Prog)**(By referral)1.00 – 3.00pmFree |  |
| **Massage therapies: Neck, back & shoulders/reikei/full body**11am – 4pm£5 unwaged£10 waged | **e-therapy**3:00pm – 8:00pmFree | **Massage: Reflexology/Neck, back & shoulder/Reiki**: 10:00am – 1:30 pm£5 unwaged/£10 waged | **Soca Aerobics****Afternoon Workout**12.00 – 1.00pmWaged: £5.00Student: £4.50Benefits: £3.00 | **Qigong**4:00pm – 5:30pm£3 per session |  |
| **S.H.A.R.E****(Self Harm group)**6:00pm – 8:00pmFree | **Bingo**2:00pm – 4:00pmPrice: £3.00 per session**Welfare Reform sign posting**3pm – 5pmFree | **Crafty chatters**1:30pm – 3:30pmDonations |  |  |
| **Toddle Time**1:00pm – 2:30pmFree | **Fathers Against Violence**6:00pm – 8:00pmFree | **Anxiety group drop in**1:00pm – 3:00pmFree**Depression group drop in**3:00pm – 5:00pmFree | **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 – 7.30pmPrice: £5.00 waged £3.50 unwagedFirst session free |  | **Asthtanga Yoga**5:30pm – 7:00pmPrice: £5 |  |  |
|  |  |  | **e-therapy** 3:00pm – 8pmFree |  |  |
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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Sugar Group (diabetic support group)**1:00pm – 3:00pmPrice: £2.00 | **Welfare Reform sign posting**10am – 12pmFree**Flex It @ 50** 12:00pm – 1:00pmPrice: £3 | **Pilates**10.00 – 11.00£4.00Danielle 07511 354 745 | **Zumba Gold****(for active older people)**10:00am – 11.00amPrice: £3 | **NUDGE Acupuncture**9.00am – 2.00pm(appointments only)Prices varyPenny Kay07932 678 790 |
| **Narcotics Anonymous**12:30pm – 2:00pmFree | **Soca Aerobics (Women’s only)**6:30pm – 7:45pmWaged: £5.00/Unwaged: £3.50Members: £4.50Esther ClarkeTel: 0161 232 4757  | **Peoples First art group**1:00pm – 3:00pmFreeTel: 0161 235 6900 | **NUDGE Acupuncture**12.00pm – 6.00pm(appointments only)Prices varyPenny Kay07932 678 790 |  |
| **Reflexology/Indian Head Massage**1:00pm – 4:00pm(appointments only)Price: £10 per session | **Homeopathy**One to oneTimes varyPrice: £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 – 5:00pmIntermediate 5:00pm – 6:00pmPrice: £3 donationRae Storyraestorywork@yahoo.co.uk | **Homeopathy drop in clinic**6:00pm – 8:00pmPrice: £10 per person |  | **Allergies Group**6pm – 7:45pmFirst Thursday of the monthFree |  |
| **Social Phobia**7:00pm – 9:00pmFree |  | **Lyengar Yoga**6:30pm – 7:45pmPrice: £4RitaTel: 07791 842624 |  |
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BLCtr 0050 (V1) KLC WOG 11th Sept 2012 Date to be reviewed: June 2014

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