

# BLACKLEY COMMUNITY HUB

Here for you.

**HUB IS CLOSED ON  
THE 8<sup>TH</sup> AND 15<sup>TH</sup>  
OF APRIL**

## WELLBEING WEDNESDAYS

**9AM**

### Breakfast Drop In

Have a brew, breakfast and find out what's taking place at the hub.

**10AM**

### Wellmindz

A wellness and mindfulness drop-in group. Come and rest your head, have a brew and a chat with others in a similar situation.

**22ND APRIL 11.15AM** Drum Therapy Collective - Drum Circle Session

**1<sup>ST</sup>, 29<sup>TH</sup> APRIL 11AM** Hand, Neck and Should Massage

**12PM**

### Morrisso Health

Do you want to be more active? Not sure where to start? Come and join us in a gentle circuit session. Complimentary Morrisso Health Fit kit provided for participants.

*Details/queries contact Kathy: [07504831651](tel:07504831651)*

**1PM**

### Tai Chi

Join us for a gentle and relaxing Tai Chi session to help improve balance, reduce stress and boost overall well-being. Perfect for beginners and all fitness levels.

*Details/queries contact Vera: [07384897320](tel:07384897320)*

**3:30PM**

### Family Yoga

We will be hosting family yoga throughout the summer holidays.

*Details/queries contact Katie: [07999444405](tel:07999444405)*

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## THURSDAY TIMETABLE

11AM – 12PM	Morning Service
12PM – 2PM	Free Hot Meal & Drop-in
2PM	The Bread & Butter Thing* <i>Booking required - Text 07860 063304 with your full name, postcode, and 'Blackley'</i>
2PM – 3PM	Wellmindz Women's Group

## APRIL DROP IN 12-2PM - WHAT'S ON

- 02 Apr | JOHN WALMSLEY FROM CASEY - offering support with CV writing & job hunting..
- 09 Apr | HUB CLOSED FOR THE DAY.
- 16 Apr | HUMANS MCR - referral for free food parcel delivered to your door available.
- 23 Apr | COOKING WORKSHOP - Michelle will be delivering a healthy budget cooking workshop.  
REV PAM - Introduction to Christianity.
- 30 Apr | COUNCILOR JULIE CONNOLLY - Listening to the needs of local residents.  
CARERS MANCHESTER NORTH - Discussing support available for carers.  
BE WELL - healthy living advice.  
NORTHWARDS HOUSING - Housing officer visiting to support & consult on housing issues.

**DO NOT MISS - Cooking Workshop on the 23rd of April.**



MCR  
active



THE  
BLACKLEY  
COMMUNITY HUB



FAMILY YOGA SESSIONS

# LITTLE YOGIS

FREE  
DROP IN

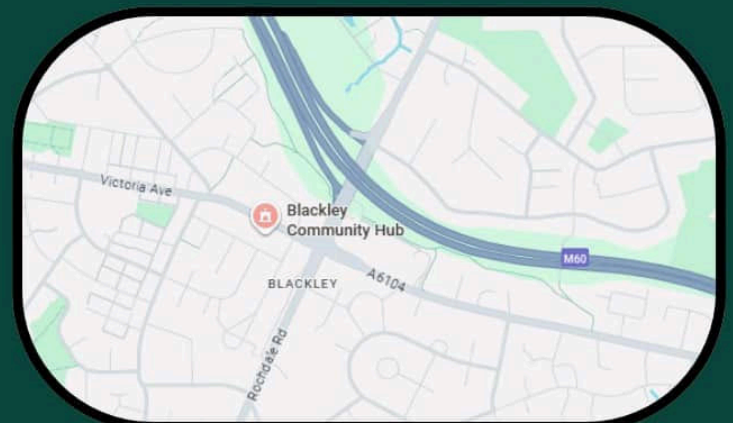
- Wear comfortable clothes (e.g., leggings).
- Family fun that's great for your health & wellbeing!



WEDNESDAYS

3.30PM- 4.30PM

Blackley Community Hub  
St Paul c of e Church  
Victoria Ave, M9 6RA





# 🎵 You're Invited to Join FREE Drum Circle Sessions! 🎵

Come be part of a welcoming, creative, and supportive community

## What to Expect:

- Therapeutic Drum Circles - Led by a registered music therapist
- Explore rhythm-making, dancing, singing and improvisation
- Experience calming breathing and relaxation exercises
- Social Connections
- Enjoy refreshments and time to connect after each session



## Time:

Session: 11:15 – 12:15

## Venue:

St Paul's Church Blackley,  
Victoria Avenue,  
Manchester, M9 6RA



## Session Dates

All Wednesdays  
25th of February  
11th of March  
25th of March  
[REDACTED] April  
22th of April  
6th of May  
20th of May  
3rd of June  
BREAK  
1st of July  
15th of July

Email: [info@drumtherapycollective.com](mailto:info@drumtherapycollective.com)

Phone: 07887097139

# SOUP SOCIALS AND



**Opening times: Tuesday, 11:30am-1:30pm**  
**Location: St Andrews Church**  
**Hall, Longhurst Road,**



**Whether you're looking for**  
**company, comfort food, or just a warm space —**  
**everyone is welcome!**



# HEALTHY BUDGET COOKING WORKSHOP

THURSDAY 23<sup>RD</sup> APRIL  
12-2PM

JOIN US FOR A WORKSHOP TO LEARN  
TASTY RECIPES ON A BUDGET

Blackley Community Hub  
St Paul C of E Church  
Victoria Ave  
M9 6RA

[blackleycommunityhub.co.uk](http://blackleycommunityhub.co.uk)

TEXT KATIE  
07999444405  
TO BOOK ON

BLACKLEY  
COMMUNITY HUB

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