

# What's On

Northmoor Community Association



Advancing Skills  
and Learning



Delivering Poverty



Promoting Health  
and Wellbeing



Quality of Life

Northmoor Community Centre

May - June 2019



## Do you care for a friend, relative or neighbour?

Learn what to do in emergency situations, explore self-care and well-being, carers rights, financial support and services available for carers.

### Being a carer workshop


Thursday 27 June 10am-2:30pm

Northmoor Community Association  
95-97 Northmoor Road, Longsight, M12 5RT

Travel expenses and replacement care costs can be provided

Places are FREE but must be booked in advance.  
To book, please contact:

 0161 834 6069

 [learning@manchestercarersnetwork.org.uk](mailto:learning@manchestercarersnetwork.org.uk)

 [www.manchestercarersnetwork.org.uk](http://www.manchestercarersnetwork.org.uk)

**mc<sup>n</sup>**  
Manchester Carers Network

**NHS**

Manchester Carers Network is managed by gaddum. Registered charity no: 507162

#### Northmoor Community Centre

95-97 Northmoor Rd  
Longsight M12 5RT

**0161 248 6823**

#### Northmoor Laundrette

103 Northmoor Rd  
Longsight  
M12 5RT  
0161 248 4170

#### **CONTACT US**

**Website:** [www.northmoorcommunity.co.uk](http://www.northmoorcommunity.co.uk)

**Email:** [info@northmoorcommunity.org](mailto:info@northmoorcommunity.org)

**Facebook:** Northmoor Community Association

**Twitter:** @Nmoor\_Community

**Office Hours: Mon-Thurs 9am—5pm, Friday 9am to 1pm**

# SERVICES and LEARN

## The NEXT STEP project Drop in: MONDAY, TUESDAY

**COMPUTER ROOM** Computer & internet use. Printing at small cost.

**BENEFITS SUPPORT** - Help with Universal Credit, Working Tax Credits, Child Tax Credits, Child Benefit and more

**JOB SEARCH** - Support to use the FREE My Worksearch website to create a CV, job search, interview, presentations, webinars and more

**BUSINESS ADVICE** - Do you have or are starting a business and want some advice? Drop in and get advice from Wayne on these TUESDAYS: 7th May 10:30am-12pm, 4th June 10:00-12:00

**CALL 0161 248 6823 OR COME IN TO BOOK ONTO THESE SERVICES:**

**CV WRITING SUPPORT** - every THURSDAY, appointments available to book at 09:30, 10:30 and 11:30

**SPECIALIST WELFARE ADVICE** - For issues with Housing, Debt, Immigration, Consumer Rights. Dates: 26th April, 10th and 24th May, 7th and 21st June, 5th and 19th July.



## MACMILLAN SOLUTIONS

This project offers **practical support** to people with **cancer**, including: befriending, shopping, transport, cleaning and gardening. If you are interested in receiving this service contact Jacqui on: 07801572055 or email:

[macmillansolutions@audaciouschurch.com](mailto:macmillansolutions@audaciouschurch.com)

To find out about **volunteering** contact Paula on 07710249207

Or email: [macmillannorthmoor@audaciouschurch.com](mailto:macmillannorthmoor@audaciouschurch.com)



## SELF HELP

'Talking Therapy' sessions are available for people living with **mental health problems** such as anxiety, depression, phobias and panic attacks. Sessions are available on **MONDAYS** and **FRIDAYS**. You can refer yourself to this service by calling 0161 226 3871 or visiting [www.selfhelpservices.org.uk](http://www.selfhelpservices.org.uk) or come into Northmoor Community Centre for a referral form



## CREDIT UNION

**THURSDAY** 2-3pm to the South Manchester Credit Union

collection point. Sign up for Savings and Low-interest loans (£3 joining cost)



# ING for ADULTS (16+)

**ALL FREE**

**AY, THURSDAY, FRIDAY - 09:30-12:30**

Guidance available  
Northmoor Laundrette:  
WEDNESDAY 10-2,  
FRIDAY 4-8, SUNDAY 10-2

## BEGINNERS COMPUTER COURSE



With our support, learn how to use a computer right from the beginning and at your own pace. Once you have grasped the basics you can move on to more skills and IT Entry Level 3.

## CERTIFIED ONLINE COURSES

- get a certificate when you complete a course. You must have a good understanding of English to do these courses.

### Employability Skills courses:

- Interview skills
- Presentation skills
- Communication skills
- Customer Service skills

### Health & Safety courses:

- Health & Safety in Workplace Level 1
- Health & Safety in Workplace Level 2
- Paediatric First Aid
- Workplace First Aid
- Fire Warden
- Challenging Behaviour

### Job Specific Skills courses:

- COSHH (for Domestic jobs)
- Restaurant Hospitality
- Retail Customer Service
- Food Hygiene Level 1
- Food Hygiene Level 2
- Food Allergen Awareness
- Starting a Business
- Bookkeeping for Small Businesses
- Introduction to Housing Management
- GDPR (Data Protection)

## ENGLISH CLASSES



**THURSDAY 10am-12pm - WOMEN ONLY**

Beginners English, all levels welcome - register and start on your first visit

*Creative Connections*



**Like being creative?**  
**Like meeting new people?**  
**Tuesdays 10am-12pm**  
**£1 per session**

- \* Come and explore your creativity
- \* Ages 16+ \* Refreshments available
- \* Have a chat in a welcoming environment
- \* No teachers, just friendly volunteers

**Northmoor  
Community  
Diner**



**Price:**

Donation only



**When** Wednesday 12-2pm  
(takeaways available from 1pm)

**On offer:** A different meat dish,  
vegetarian dish & cake every week!

## Children & Young People

- **STAY AND PLAY**  
**Age 0-5**  
+ parent/guardian

**FRIDAY**  
10.00 -11:30  
**term time only**

50p per child .  
Play, sing, arts & crafts,  
stories, healthy snacks

**Sure Start**

- **YOUTH CAN DO**  
Homework club  
**Age 8-16**

**MON-THUR**  
3.30-6:15pm  
**term time only**

- Homework, workshops, learning,
- A safe, friendly space for all
- Helpful staff and volunteers
- Computers, internet, printing,  
learning resources, arts and crafts

<b>MONDAY</b>	Boys & Girls
<b>TUESDAY</b>	Boys & Girls
<b>WEDNESDAY</b>	Girls only
<b>THURSDAY</b>	Boys & Girls

**THURSDAY 4-6pm MATHS** support  
Qualified Maths teacher to help with  
GCSE, SATS, Topics, Homework

- **YOUTH CLUB**  
**Age 13+**

**WEDNESDAY**  
6-8pm  
**term time only**

Arts, music, trips out, drama,  
cooking, nature projects  
**FREE**



### Meeting Rooms for Hire

£20/hour per room

50% concession for voluntary and  
community sector.

*Please contact the office to discuss your  
requirements—0161 248 6823*

