

# What's On

Northmoor Community Association



Advancing Skills  
and Learning



Delivering Poverty



Promoting Health  
and Wellbeing



Quality of Life

**Northmoor Community Centre**  
**July - August 2019**



## Up-Cycling and Floristry



£1 per  
session



**Every Tuesday 10am-12pm**  
**3rd September -**  
**8th October 2019**

The tutors from Akasha will be delivering a variety of creative skills such as floristry, upcycling, repurposing wood boards, painting and creative writing - this is open to anyone who wants to join.



### **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**

**FREE**

# SERVICES for ADULTS (16+)



## The NEXT STEP project

OPEN ALL YEAR -  
only closed on  
Bank Holidays

Drop in: **MONDAY, TUESDAY, THURSDAY, FRIDAY**  
**09:30-12:30**

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

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

**JOB SEARCH** - Support to look and apply for jobs

**CV WRITING SUPPORT** - every **THURSDAY**, Call or visit to book an appointment. 09:30, 10:30 and 11:30



### **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 achieve the IT Entry Level 3 qualification



**FREE**

## 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)



**FREE**

## 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)



# SERVICES for ADULTS (16+)

**FREE**

**FREE INDUSTRY RECOGNISED ONLINE COURSES** - When you complete one of the courses you get a certificate and you can put it on your CV; you can do as many as you want. Having at least Entry Level 3 English skills is essential so that you can understand the content.

## **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)

**FREE**

## **ENGLISH CLASSES**



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

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



**Like being creative?  
Like meeting new people?**

**Come along every Tuesday 10am-12pm**

**£1 per session**

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

**Northmoor  
Community  
Diner**



**Price:**

Donation only



**Closed in August**

**Open again in Sept**

**On offer:** different meat & vegetarian dishes

**When**

Wednesday 12-2pm

# Children & Young People **FREE**

○ **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

Every **WEDNESDAY** and **THURSDAY**  
4-6pm **MICHAEL'S MATHS** teacher  
support GCSE, SATS, Homework

○ **YOUTH CLUB**  
**Age 8-16**

**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*

