

# Health Week

## November 11th - 15th 2024

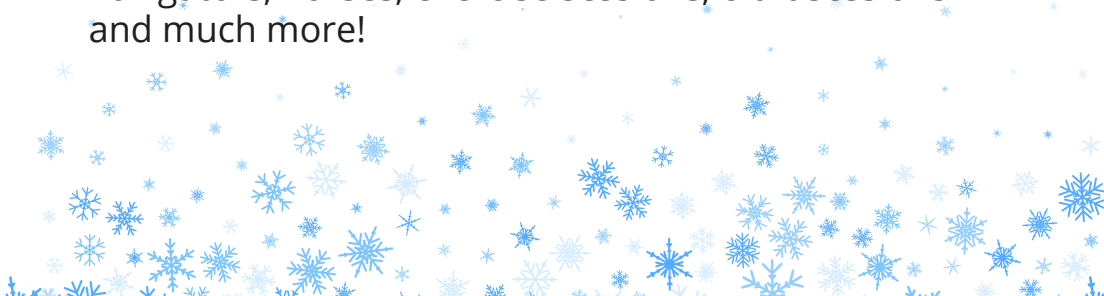
at Barlow Moor Community Association  
(BMCA), 23 Merseybank Avenue, M21 7NT



You are invited welcome to a week of fantastic free health events, hosted by NHS organisations, charities and not-for-profits, aiming to get you **ready for winter**.

It's all free mostly drop-in, so no appointment needed.

There will be health checks, physiotherapists, care navigators, nurses, exercise sessions, craft sessions and much more!



## A Warm Welcome

**Monday 11th November, 10.30am to 12.30pm**

- What's on what's free what's for me – coffee and signposting drop in.
- **Physiotherapy** drop in for aches, pains and sprains
- Living with chronic pain? Come and speak to an **advanced clinical practitioner**
- Health checks
- Information and a friendly chat with a **care navigator**.



## Diabetes Direct!

**Monday 11th November, 1pm to 3pm**

Monika the **diabetes nurse** from Didsbury Medical Centre will be answering questions queries and giving advice about diabetes.

Open to people with type 1, type 2, pre-diabetics or carers and families of people living with diabetes.



## Scandi-Stars Art Workshop

**Tuesday 12th November, 9:30am to 11:30am**

FREE Christmas decoration workshop with creative artist Lotte Karlson – all welcome curious beginners or budding artists.



## Winter Warmer

**Tuesday 12th November, 12pm to 3pm**

- Health checks and screening information
- Talk to Katie the **care navigator** or Citizens Advice
- Call 0161 446 4805 to book a winter warmer meal/bag.



## Winterproof Your Health



### **Wednesday 13th November, 9am to 12:30pm**

- GP consultations and advice with local GP, Liam
- Drop-in flu, COVID and MMR vaccination clinic - protect yourself and your family.



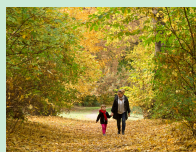
## Let's cook!



### **Wednesday 13th November, 1pm to 3pm**

Fun interactive cooking session discussion, plus healthy eating information and advice.

## Walk Together & Talk Together



### **Thursday 14th November, 10am to 11am**

Meet at BMCA and join a gentle, mindful stroll through autumn colours in Chorlton Water Park.

## Men's Health Focus



### **Thursday 14th November, 1pm to 3pm**

- Physiotherapy consultations, tips and advice for aches, pains and sprains.
- Be Well men's drop-in for advice and info.



## Music Workshop



### **Friday 15th November, 10am to 12pm**

Bang your drum, soothe your soul. All welcome.

## Tai chi



### **Friday 15th November, 12:30pm to 1:45pm**

Support your mobility and health. Free. Open to all.

# Support and Advice

## Diabetes groups at BMCA, Mondays 1pm to 3pm

- Clinical session first Monday of the month
- Peer support group every Monday

## Digital drop-in at BMCA

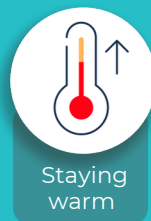
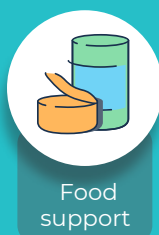
- Mondays 10am to 12pm
- Thursdays 1pm to 3pm

## Law Centre

Free advice about money worries, benefits, employment and housing.

- Text the law centre for a face to face appointment: 0790 736 8415
- [neighbourhoodadvice@gmlaw.co.uk](mailto:neighbourhoodadvice@gmlaw.co.uk)

## Want help with...



Call Manchester's free Cost of Living Advice Line

# 0800 023 2692

Lines open: Monday to Friday, 9am to 4.30pm

text 07860 022 876

[manchester.gov.uk/coladvice](http://manchester.gov.uk/coladvice)