



Greater Manchester
**Signposting
manual**

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Bury

Weight Management

Bury Lifestyle Service

0161 253 7554

<https://www.theburydirectory.co.uk/>

Free personalised service supporting people to improve their health by offering help with making small changes in weight management and healthy eating. Service offers a weight loss programme and an expert patient programme course.

Bury Council Lifestyle Service

0161 253 7554

<https://www.bury.gov.uk/index.aspx?articleid=13719>

Free personalised support held at sport centres, community centres and GP surgeries.

Physical Activity

Walking for Health – Bury: Walk with Me

<https://www.walkingforhealth.org.uk/walkfinder/bury-walk-me>

Various led walks ranging from 30 – 90 minutes through Townships of Bury, including health specific walks.

Cycling Projects – Bury Wheels for All

<https://cycling.org.uk/locations/bury-wheels-for-all>

'pedal away' guided rides aimed at enjoying cycling regardless of age or ability as well as parkrides using your own or a borrowed bike.

Mosses Community Centre

0161 761 2079

www.mossescentre.co.uk

A large community centre offering a meeting place for 30+ clubs such as Tai Chi Line Dancing, a weekly Veterans breakfast and more.

Age Bury UK – Tai Chi (Beginners Level)

0161 763 9030

www.ageukbury.org.uk

Thursday and Friday mornings aimed at those aged 50 and over. Activity sessions combine deep breathing with relaxation with slow and gentle movements.

Castle Leisure Centre

0161 253 7000

www.bury.gov.uk/index.aspx?articleid=4560

Activities such as swimming/diving lessons, general swim, aqua aerobics, studio classes, indoor bowling and more.

Allens Green Bowling Club

0161 280 0440

Matches held on weekday evenings, some afternoons and weekends during the summer.

Bbodysmart Pilates

www.bbodysmart.co.uk/

Open to any age, fitness level or body shape.

Age UK Bury – The Jubilee Centre

0161 763 9030

www.ageukbury.org.uk

Aimed at 50 years and over, over 30 activities per week aimed at keeping fit including dancing to music, pilates, short mat bowling, Tai Chi, men only exercise, knit and natter and chair-based exercises.

Age UK Bury – Dance. Fit. Fun. (women only)

0161 763 9030

www.ageukbury.org.uk

For women aged 50 and over. Held on Tuesdays 1.45-2.45 pm. £4 per each session.

Wellbeing

Pennie NHS Healthy Minds

<https://www.penninecare.nhs.uk/healthymindsbury>

Offering support for those who have difficulty sleeping, low mood, stress, worries/anxiety, low self-worth, panic attacks. Also help with long-term health problems, chronic pain and eating difficulties.

Creative Living Centre

0161 696 7501

www.creativelivingcentre.org.uk

Provides a range of services including art activities, complementary therapies, gardening, support and social groups.

Age UK Bury Friends Together

0161 763 9030

www.ageuk.org.uk/bury/ft/

Monday, Tuesday and Wednesday groups - bringing groups of older people together. Activities include arts and crafts and board games at various locations 10am - 4pm.

Burys U3A

07709 896 755

www.buryu3a.org.uk

Self-learning and social organisation continuing educational, social and creative interests such as music, languages, line dancing, philosophy and day trips.

Purple Community Café – The FED

0161 772 4800

www.thefed.org.uk

Social meeting with activities every Wednesday 1pm to help tackle social isolation.

Smoking Cessation

NHS SmokeFree

<https://www.nhs.uk/smokefree>

Applications for free stop smoking kit.

Healthy Bury Stop Smoking

0845 223 9001

<https://www.theburydirectory.co.uk/>

Free service with venues at various community centres, GP surgeries and other NHS buildings throughout Bury East, Bury West, Prestwich, Radcliffe, Ramsbottom and Whitefield.

Alcohol Support

One Recovery Bury

0161 253 6488

www.onerecovery.org.uk/bury

1-1 and group support to help design a tailored care plan.

Manchester Integrated Drug & Alcohol Service (MIDAS)

0161 226 5526

www.changegrowlive.org/what-we-do/our-services/drug-and-alcohol-services

A dedicated team to support those with drug or alcohol related issues to create tailored plan to tackle the problem.

North Manchester

Weight Management

Be Well – North Manchester NHS

0161 271 0211 / 0212

<https://www.gmmh.nhs.uk/bewell>

Physical health support including advice on healthy eating.

Slimming World

07515 950 050

<https://www.slimmingworld.co.uk/>

Wednesdays 9.30am, 5.30 and 7.30pm.

Physical Activity

Irish Community Centre

0161 256 2717

www.irishcommunitycare.com

Over 50's social groups running weekly in 4 different city venues. Promoting health and wellbeing through exercise and dance.

Cheetham Hill Squash Club

0161 796 6783

www.cheethamhillsport.co.uk/cheetham-hill-squash-club/

Senior Club session every Monday 7.30 - 9.30pm for all abilities. £2 to play. Racquetball and squash also available.

Mixed Martial Arts

0161 205 6663

www.c4all.org.uk/

Tuesdays at 7pm.

Yoga for Women

0161 234 3727

Tuesdays 9.30 and 11am.

Inclusive family swim multi-sport activity session (Abraham Moss)

0161 720 7622

www.better.org.uk/leisure-centre/manchester/abraham-moss

3 - 4pm fun swim for entire family - all ages welcomed. £3 per person or £7.50 for whole family up to 6 people.

Abraham Moss Leisure Centre

0161 720 7622

2 swimming pools with a variety of activity and sessions.

Crumpsall Park

0161 795 2650

www.manchester.gov.uk/

Facilities include a basketball court, cycle circuits, sensory gardens, a wildflower area, a dedicated dog exercise area and a visitor centre with community rooms.

Be Well – North Manchester NHS

0161 271 0211/0212

<https://www.gmmh.nhs.uk/bewell>

Physical health support including advice on exercising.

Wellbeing

Be Well – North Manchester NHS

0161 271 0211 / 0212

<https://www.gmmh.nhs.uk/bewell>

Physical health support including how to feel happier, less stressed, tackling isolation and loneliness and promoting positive mental health.

Irish Community Centre

0161 256 2717

www.irishcommunitycare.com

Over 50's social groups running weekly in 4 different city venues. Reducing social isolation and loneliness.

Smoking Cessation

Be Well – North Manchester NHS

0161 271 0211 / 0212

<https://www.gmmh.nhs.uk/bewell>

Physical health support including a stop smoking service.

Alcohol Support

Be Well – North Manchester NHS

0161 271 0211 / 0212

<https://www.gmmh.nhs.uk/bewell>

Physical health support including helping individuals to drink less alcohol.

Oldham

Weight Management

NHS Healthy Weight Team

01706 901 820

<https://www.pat.nhs.uk/our-services/healthy-weight-team.htm>

12-week programme of healthy eating and gentle physical activity.

Oldham Community Nutrition & Dietetics

0161 770 2300

<https://www.pat.nhs.uk/oldham-community-nutrition-and-dietetics-adults.htm>

Assessment and management of patients where diet and nutrition will improve or prevent a medical condition.

Change4Life

www.nhs.uk/Change4Life/

Online resources about living a healthier lifestyle.

Oldham Council – Healthy Cooking Courses

0161 652 0095

https://www.oldham.gov.uk/info/100009/leisure_and_culture/1770/healthy_cooking_courses

Practical and fun 6-week cooking classes with information to prevent T2D (range of start dates).

Slimming World

07487 679 579

Saturdays at 8.30am.

Slimming World

07595421740

Thursdays 5 and 7pm and Fridays at 9am.

Physical Activity

Oldham Council

0161 770 3000

https://www.oldham.gov.uk/info/201022/get_oldham_active

Information on guided walks, yoga and Pilates, dance and movement, swimming, locations of green spaces, cycling and running clubs/facilities.

Oldham Active – Oldham Leisure Centre

0161 207 7000

https://oclactive.co.uk/leisure_centres/

Well-equipped gym, 25m 8-lane pool, 8 court sports hall offering badminton, football, table tennis and more, 65+ studio exercise classes per week and indoor bowl rinks.

Healthwatch Oldham

0161 622 5700

<https://www.healthwatcholdham.co.uk/>

Host events throughout the year. Upcoming events include - Active Health Outdoors Family Forum and Healthwatch Oldham Forum.

Zumba Fitness

07752058505

<https://actiontogether.org.uk/community-activities/community-activity-directory/104669>

Open to anyone wanting to get fit. Wednesdays 6.45-7.45pm £3-5.

Wellbeing

Women's CHAI Project

<http://womenschaiproject.co.uk/>

A project aimed to *Care, Help And Inspire* women to empower and improve their wellbeing.

Oldham Cares – Oldham Social Prescribing

0161 339 2345

<https://oldhamcares.com>

Local non-clinical services such as book clubs, women's support groups, coffee mornings, kitchen cooking, knit and natter, music groups and more.

NHS Bridgewater Community Healthcare – Think Well

<http://www.live-lifewell.net/services/think-well/think-well-oldham/>

A directory of services for wellbeing such as Oldham Mind, RELATE, Living Life to the Full and more.

Positive Steps

0800 288 9008

<https://www.positive-steps.org.uk/services-for-adults-and-families/health-checks>

Health Checks - free NHS check including weight, height, age, sex, ethnicity, blood pressure and cholesterol.

Smoking Cessation

NHS Oldham Community Health Stop Smoking Service

0161 621 7128

www.oldhamccg.nhs.uk/

Phone helpline.

Chadderton Pharmacy

0161 620 6911

<https://www.chaddertonpharmacy.co.uk/services/oldham-stop-smoking>

Local support service.

NHS SmokeFree

<https://www.nhs.uk/smokefree>

Applications for free stop smoking kit.

Alcohol Support

One – Recovery

0161 716 3666

<http://www.live-lifewell.net/oldhams-drug-and-alcohol-service-one-recovery/>

Providing encouragement, support and guidance to support recovery.

Drink Aware

www.nhs.uk/Change4Life/

Online resources about living a healthier lifestyle.

Rochdale

Weight Management

WISE Choices

01706 751 190

<https://www.livingwellrochdale.com//service/wise-choices/>

Free 12-weekly sessions for anyone with a BMI between 25-30 providing expertise on nutrition and weight management.

Living Well Coaches

01706 751 190

<https://www.livingwellrochdale.com/service/living-well-rochdale-coaches/>

1-1 and/or group support for up to 12 months at local community venues. GP or self-referral.

Healthy Weight Group Vouchers

01706 751 190

<https://www.livingwellrochdale.com/service/healthy-weight-group-vouchers/>

Limited supply of free vouchers for 12-weeks of Slimming World or Weight Watchers Sessions for those with BMI 30+.

Physical Activity

Walk and Talk Health Walks

01706 751 190

<https://www.livingwellrochdale.com/service/walk-and-talk-health-walks/>

Weekly free, fun and friendly short walks led by trained volunteers.

Parks & Gardens in Rochdale

<http://www.rochdale.gov.uk/>

18 different parks & gardens, 10 of which have the 'Prestigious Green Flag Award'.

Living Well Coaches

01706 751 190

<https://www.livingwellrochdale.com/service/living-well-rochdale-coaches/>

1-1 and/or group support for up to 12 months at local community venues. GP or self-referral.

Rochdale Leisure Centre

01706 924 928

<https://link4life.org/centres/rochdale-leisure-centre>

Swimming pools, gym, fitness classes and indoor activities such as table tennis and bowls.

Exercise Referral Scheme

01706 751 190

<http://www.rochdale.gov.uk/health-and-wellbeing/be-active/>

12-week programme taking part in a range of activities at leisure and community centres. GP, practice nurse or health advisor referral.

Parks & Gardens Walks' Rochdale Town Centre

01706 924 928

<http://www.rochdale.gov.uk/>

40-minute walks through Rochdale's finest parks and gardens starting and finishing at the town hall. Shorter walks also available.

Hollingworth Lake

<http://www.rochdale.gov.uk/leisure-and-culture/Pages/hollingworth-lake.aspx>

A permanent wildlife exhibition and regular programme of guided walks.

Healey Dell Nature Reserve

<http://www.rochdale.gov.uk/leisure-and-culture/parks-and-countryside/>

Beauty spot and wildlife sanctuary.

Wellbeing

Living Well Coaches

01706 751 190

<https://www.livingwellrochdale.com/service/living-well-rochdale-coaches/>

1-1 and/or group support for up to 12 months at local community venues. GP or self-referral.

Rochdale Mind

01706 752 338

<http://www.wellbeingrochdale.info/>

Offering help for depression, anxiety, stress, suicidal thoughts and generally managing mental wellbeing.

Smoking Cessation

Living Well Coaches

01706 751 190

<https://www.livingwellrochdale.com/service/living-well-rochdale-coaches/>

1-1 and/or group support for up to 12 months at local community venues. GP or self-referral.

Rochdale Borough Council Stop Smoking

01706 751 190

<http://www.rochdale.gov.uk/health-and-wellbeing/smoking-and-niche-tobacco/Pages/stop-smoking-clinics.aspx>

Free weekly clinics in Rochdale, Middleton and Heywood.

Rochdale Stop Smoking Helpline

0300 123 1044

National helpline to speak to a trained expert advisor.

Greater Manchester Local Pharmaceutical Committee

0161 228 6163

<https://psnc.org.uk/greater-manchester-lpc/>

Alcohol Support

Living Well Coaches

01706 751 190

<https://www.livingwellrochdale.com/service/living-well-rochdale-coaches/>

1-1 and/or group support for up to 12 months at local community venues. GP or self-referral.

Mind Rochdale

01706 752 340

<http://www.wellbeingrochdale.info/Pages/Subjects?KC=99>

Groups offering the opportunity to talk to others going through similar situations in a safe and supportive environment. A space to share coping strategies.

Salford

Weight Management

The Angel Centre – ICAN Salford

0161 212 4980

<https://www.theangelcentre.org.uk/ican-salford-free-1-2-1-support-make-change/>

A free 1-1 coaching/mentoring/buddy service helping with a range of issues including weight loss and healthier eating.

My City Health

<https://mycityhealth.co.uk/eating>

Website with advice and links to services such as the NHS 12-week diet plan.

Slimming World – Claremount Tennis and Social Club

07720 771 656

Thursdays 9.30 and 11.30am, 3.30, 5.30 and 7.30pm.

Slimming World – De La Salle Sports and Social Club

07818 408 080

Tuesdays 4 and 6pm.

Slimming World – Emmanuel Church Centre

07841 521 119

Wednesdays 7pm, Saturday 8.00 and 10.00am.

Slimming World – The Moorlands Sports and Social Club

07809 650 668

Monday 3, 5 and 7pm. Tuesday 7.30pm.

Slimming World – The Albion Academy

07591 232 017

Saturdays 9am.

Physical Activity

Salford City Council Allotments

<https://www.salford.gov.uk/sport-and-leisure/allotments/>

649 council-owned allotment gardens, 13-selfmanaged sites. Rent charged annually and vary according to site facilities. Application form to apply.

Claredon Leisure Centre

0161 736 1494

<https://www.salfordcommunityleisure.co.uk/sport/locations/claredon>

Shallow 25m swimming pool, fitness suite including a fitness suite for those with disabilities. Other facilities such as a sports hall and squash court.

Helley Hansen Water sport Centre

0161 877 7252

<https://www.salfordcommunityleisure.co.uk/watersports-centre/>

Outdoor activities centre.

Ordsall Leisure Centre

0161 848 0646

<https://www.salfordcommunityleisure.co.uk/sport/locations/ordsall-leisure-centre>

Gym and sports hall with activities such as badminton and group exercise classes.

Salford Sports Village

0161 604 7600

<https://www.salfordcommunityleisure.co.uk/sport/what-we-offer/other-sports>

Table tennis sessions. Free for members in off peak times. £9.60 for an adult non-member.

The Angel Centre – ICAN Salford

0161 212 4980

<https://www.theangelcentre.org.uk/ican-salford-free-1-2-1-support-make-change/>

A free 1-1 coaching/mentoring/buddy service helping with a range of issues including increasing exercise through free and/or subsidised free fitness.

My City Health

<https://mycityhealth.co.uk/disability>

Advice on where to get support for keeping fit and socialising for those with disabilities.

My City Health

<https://mycityhealth.co.uk/fitness>

Website with advice and recommendations on exercise. Videos and links to leisure facilities for a range of different activities.

Wellbeing

The Angel Centre - ICAN Salford

0161 212 4980

<https://www.theangelcentre.org.uk/ican-salford-free-1-2-1-support-make-change/>

A free mentoring service helping with a range of issues including improving mood and feeling better about yourself.

My City Health

<https://mycityhealth.co.uk/thinking>

Website with advice and information on services to contact locally.

Smoking Cessation

The Angel Centre – Salford e-cigs

0161 212 4980

<https://www.theangelcentre.org.uk/salford-centre-gives-away-free-e-cigarettes-help-people-reduce-smoking/>

A free 1-1 coaching/mentoring/buddy service helping with a range of issues including quitting smoking and giving free e-cigarette support.

My City Health

<https://mycityhealth.co.uk/smoking/boroughs/salford>

Advice and links to services such as drop in clinics and/or 1-1 clinics.

Alcohol Support

The Angel Centre – ICAN Salford

0161 212 4980

<https://www.theangelcentre.org.uk/salford-centre-gives-away-free-e-cigarettes-help-people-reduce-smoking/>

A free 1-1 coaching/mentoring/buddy service helping with a range of issues including reducing alcohol addiction.

My City Health

<https://mycityhealth.co.uk/smoking/boroughs/salford>

Advice and links to services such as drop in clinics and/or 1-1 clinics.

Stockport

Weight Management

Healthy Stockport

0161 474 3141

<https://www.healthystockport.co.uk/>

Free, confidential and local support on following a healthy diet for those living in Stockport or registered with Stockport GP with services.

NHS Stockport Weight Management

0161 426 9900

<http://www.stockportccg.nhs.uk/your-health/your-health-support/weight-management/>

Referral by GP. Choose to Change Programme to encourage lifelong eating habit changes.

Slimming World – Walthew House

07900 497 122

<https://www.slimmingworld.co.uk/group/557585>

Wednesdays 7.30, 9.30, 11.30am, 5.15 and 7.15pm.

Slimming World – Stockport Baptist Church

07971779034

<https://www.slimmingworld.co.uk/group/444201>

Mondays 5 and 7pm.

Slimming World – Quaker Meeting House

07388519274

<https://www.slimmingworld.co.uk/group/563403>

Saturdays 9.30 and 11am.

Physical Activity

Life Leisure – Exercise Referral Scheme

0161 482 0900

<https://www.lifeleisure.net/health-wellbeing/exercise-referral/>

Self-referral scheme for those with existing health conditions, currently getting less than 30-mins exercise p/w to get more and stay more physically active.

Healthy Stockport

0161 474 3141

<https://www.healthystockport.co.uk/>

Free, confidential and local support with physical activity for those living in Stockport or registered with Stockport GP.

Stockport Borough Council – Heald Green Village Hall

07772 928 309

<https://www.stockport.gov.uk/groups/over-50s-exercise-to-music>

Exercise to music for the over 50's, involving a warm up, work on the mats or chair-based exercise and finishing with stretching/relaxation.

Stockport Borough Council – Heaton Norris Community Centre

07857928833

<https://www.stockport.gov.uk/groups/women-only-free-fitness-classes>

Free fitness and dance classes - women only.

Walk Stockport

<https://www.walkingforhealth.org.uk/walkfinder/stockport-walk-stockport>

Free walks in Stockport ranging from 30 - 90 minutes in duration.

Life Leisure – SMILE (seated exercise)

0161 482 0900

<https://www.lifeleisure.net/enterprise/SportsDevEvents-smile>

Seated exercise classes focusing on balance, stability, coordination, mobility and flexibility, strength, aerobics and stretching.

Wellbeing

Stockport and District Mind

0161 480 7393

<http://www.stockportmind.org.uk/>

An independent adult mental health charity to promote wellbeing in the community.

Beacon Counselling

0161 285 1827

<http://www.beacon-counselling.org.uk/counselling-services/one-to-one/>

1-1 counselling. Some free funded programmes and some require a donation of whatever is affordable.

Stockport e-Therapy Service

0161 480 2020

Quick & confidential support through online interactive e-therapy programmes centred around Cognitive Behavioural Therapy (CBT).

Stockport Community Fire Station

0161 480 2020

<https://www.selfhelpservices.org.uk/service/overcoming-worry-workshop-at-stockport-community-fire-station/>

'Overcoming worry' workshop – free and running on 5-7pm Tuesdays. 'Stress management' workshop free and running 5-7pm weekly.

Stockport College

0161 226 3871

<https://www.selfhelpservices.org.uk/service/managing-anger-and-irritability-workshop-at-stockport-college/>

How to manage anger and irritability classes running on Wednesdays 1.30-3.30pm.

Smoking Cessation

Rehab 4 Addiction

0800 140 4690

<http://www.rehab4addiction.co.uk/>

An advisory and referral service for those suffering from alcohol and drug addiction. Patients' needs are matched in accordance with a rehabilitation centre.

Healthy Stockport

0161 474 3141

<https://www.healthystockport.co.uk/>

Free, confidential and local alcohol advice support for those living in Stockport or registered with Stockport GP.

Alcohol Support

Healthy Stockport

0161 474 3141

<https://www.healthystockport.co.uk/>

Offering free, confidential and local support for individual lives in Stockport or registered with Stockport GP. Services offered include stopping smoking advice.

Start Team

0161 474 3141

<http://www.stockportccg.nhs.uk/news/kick-the-habit-on-no-smoking-day/>

Free local support.

ABL Health

01204 570 999

<http://www.stockportccg.nhs.uk/news/kick-the-habit-on-no-smoking-day/>

Help to quit smoking long-term through 1-1 support on offer. Appointments run Monday to Friday.

Tameside and Glossop

Weight Management

NHS – The Health Trainer Service

0161 716 2000

<https://www.tamesideandglossopccg.org/your-health/living-with-a-lung-condition/eating-well>

For Tameside residents. 6-month free service, day and evening times offering sessions such as cook and eat.

ABL Health

01204 570 999

<http://www.ablhealth.co.uk/tameside-and-glossop/what-do-we-do-in-tameside-and-glossop/>

Choose to Change (Weight Management Service). Encouraging to change eating habits, overcome barriers to weight loss, sensible food choices and becoming more active.

Slimming World – Hadfield Cricket Club

07930 981 492

<https://www.slimmingworld.co.uk/group/554043>

Mondays 7pm. Tuesdays 3 and 5pm. Wednesdays 9 and 11am.

Slimming World – Central Methodist Church

07444420356

<https://www.slimmingworld.co.uk/group/560996>

Saturdays 7, 9 and 11am.

Slimming World – Glossop North End AFC

07444420356

<https://www.slimmingworld.co.uk/counties/derbyshire/glossop>

Thursdays 7.30pm.

Physical Activity

Nordic Health Walks

0207 118 0607

<https://nordicwalkingtameside.co.uk/>

1-hour walks with a qualified instructor using poles for walking to enhance upper body workout. Different walks offered such as adventure walks and well-being walks.

Tameside Pilates (Ashton)

07768 000878

<https://www.tamesidepilates.com/>

Affordable, pay-as-you go Pilates in Ashton-under-Lyne, Stalybridge, Greenfield, Dukinfield and Droylsden.

Active Hyde

0161 368 4057

<https://www.activetameside.com/centre/active-hyde/>

Range of classes such as low impact aerobics, pilates, yoga, zumba, active back care, body balance, aqua fit and more.

Active Denton

0161 336 1900

<https://www.activetameside.com/activity/classes/>

Swimming pools with ladies only swims, general swims and aqua fit. Aerobic classes and mind and body classes.

Area5Fitness

07851 140 218

<http://www.area5fitness.co.uk/>

1-1 experience with personal trainer Ryan - the PT, work with client specific needs to work toward personal targets and build confidence.

Glossop Tai Chi

07582 129 851

<http://meiquantaichi.com/uk/classes/glossop>

Learn and practise Qi Gong for the health benefits and to remove energy blockages throughout the body. Work on exercises to promote coordination and balance.

Donahey's Hyde Town Hall Dance Class

0800 160 1770

<https://www.donaheys.co.uk/venues/hyde-town-hall/>

Learn to dance every Tuesday evening. 7.15pm beginner dancing lessons. Free social dance practice for everyone enrolled in the weekly courses. £47 for the 6-course fee.

Yoga in Glossop

07951 012 358

<http://yogainglossop.com/class-timetable/>

Taught in small groups to be suitable for all ages and stages of life. A requirement is to be able to get up and down unassisted. Drop in sessions £6.50 or £45 for the 8-week course.

Glossop Swimming Pool

01457 842 262

<http://glossopsport.co.uk/sports-facilities/glossop-swimming-pool>

50+ swimming on Tuesdays, Thursdays and Fridays at 2.45pm. Women only swim on Monday 8pm & Wednesday 2pm. General swim also available.

Unique Fitness & Spa – Ladies Only

0161 355 1602

<https://www.uniquefitnessandspa.co.uk/contact/>

Only place in MCR to offer a Boogie Bounce Class. Pay-as-you go £2.50 per session
Monthly memberships available.

Wellbeing

Tameside, Oldham & Glossop Mind

0161 330 9223

<https://www.togmind.org/content/home>

Counselling services, courses, workshops, advice and drop-ins.

Minds Matter

0161 343 5748

<https://www.thebiglifegroup.com/service/mindsmatter/>

Counselling, group sessions, 1-1, drop-ins and coaching.

Monday to Friday 9 4.30pm. Self-referral or professional referral.

Making a difference Tameside

0161 343 2736

<https://makingadifferencetameside.com/>

Monday to Saturday 9.30 - 3.30pm. Health charity based in Ashton-under-Lynne aimed at helping those to improve social integration. Workshops to build self-esteem and relationship skills.

Action Together Tameside

0161 339 2345

<https://www.actiontogether.org.uk/get-help>

Provide opportunity for locals to be better connected with what's going on in local community and find support they need.

Tameside Council OPT-in Social Inclusion and Wellbeing Team

0161 342 4383

An information and resource centre to help individuals find a range of social and activity groups in community settings throughout Tameside. Any referral accepted.

Samaritans

0161 116 123

<https://www.samaritans.org/>

24-hour helpline.

NHS Choices Mental Health Helplines

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

Phone helpline and support groups.

Local Library - Reading well books on mental health & self-help

<https://www.tameside.gov.uk/libraries/booksonprescription>

Smoking Cessation

Be Well Tameside

0161 716 2000

www.bewelltameside.nhs.net

1-1 appointments, developing a personal action plan, regular contact and practical tips.

SmokeFree Tameside

0161 716 2000

<https://www.tameside.gov.uk/health/smoking>

Weekly drop-ins or 1-1s in variety of locations in the daytime, evenings and on Saturday mornings. Self-referral service.

Alcohol Support

My Recovery Tameside

0161 672 9420

<https://www.changegrowlive.org/content/my-recovery-tameside>

Reduce and respond to alcohol related harm in Tameside.

Alcohol National Enhanced Service (NES)

0161 716 3555

A service available in 10 GP surgeries in Tameside & Glossop helping individuals reduce drinking at harmful levels.

Trafford

Weight Management

Healthwatch Trafford

0300 999 0303

<https://healthwatchtrafford.co.uk/news/wellbeing-and-lifestyle-support-in-trafford/>

Free service offering support via online tools, telephone helplines, 1-1's and groups to assist with dealing with becoming a healthier weight.

Slimming World – Metro's Social Club

0771387170

Wednesdays 5.30 and 7.30pm.

Physical Activity

Trafford Leisure

<https://traffordleisure.co.uk/physical-activity-referral/>

Offering health walks, Nordic walks, cycling, swimming, walking football and more.

Also offered are a 6-week free programme for anyone experiencing chronic pain and a free 8-week falls prevention programme.

Age UK

0161 672 9642

<https://www.ageuk.org.uk/trafford/activities-and-events/exercise-classes/>

Tuesday 9.30 - 10.15am class - Healthy Hips & Hearts. Tuesday 11.45am - 12.45pm class - Postural Stability Class. Wednesday 10 - 11am class - Postural Maintenance class.

Age UK

0161 746 9754

<https://www.ageuk.org.uk/trafford/activities-and-events/line-dancing/>

Line dancing every 3rd Wednesday of the month 1 - 3pm.

Age UK

0161 746 9754

<https://www.ageuk.org.uk/trafford/activities-and-events/mens-room/>

Men's room - activities and exercise for men 1 - 3pm every 2nd and 4th Wednesday of the month.

Age UK

0161 746 9754

<https://www.ageuk.org.uk/trafford/activities-and-events/health-walk/>

Health Walk - a monthly free health walk on the 2nd Thursday of every month at 2pm, 3 - 4 miles.

Healthwatch Trafford

0300 999 0303

<https://healthwatchtrafford.co.uk/news/wellbeing-and-lifestyle-support-in-trafford/>

Free service offering support via online tools, telephone helplines, 1-1s and groups to assist with being more physically active.

Wellbeing

Age UK

0161 746 9754

<https://www.ageuk.org.uk/trafford/activities-and-events/coffee-morning/>

Weekly coffee morning, every Tuesday 10.30am.

Age UK

0161 746 9754

<https://www.ageuk.org.uk/trafford/activities-and-events/afternoon-matinee/>

The second Tuesday of every month, a vintage film shown. Cost is £4 per time with refreshments.

Working Well Early Help

0300 456 8107

<https://workingwellearlyhelp.co.uk/>

Brand new health programme offering free specialist support for people with a disability or health condition. Individuals can get help with health and wellbeing. Can self-refer or be referred from GP.

Healthwatch Trafford

0300 999 0303

<https://healthwatchtrafford.co.uk/news/wellbeing-and-lifestyle-support-in-trafford/>

Free service offering support via online tools, telephone helplines, 1-1s and groups to assist with dealing with mental and emotional health problems.

Smoking cessation

Healthwatch Trafford

0300 999 0303

<https://healthwatchtrafford.co.uk/news/wellbeing-and-lifestyle-support-in-trafford/>

Free service offering support via online tools, telephone helplines, 1-1s and groups to assist with dealing with stopping smoking.

Stop Smoking Services

<https://www.nhs.uk/Services/clinics/Services/Service/DefaultView.aspx?id=245600>

Free local support managed by Pennie Care NHS Foundation Trust.

Boots UK Ltd – The Mall Stretford

0161 865 7062

<https://mycityhealth.co.uk/smoking/boroughs/trafford>

Pharmacy with help on quitting smoking.

Boots UK Ltd – Canterbury Road

0161 748 3016

<https://mycityhealth.co.uk/smoking/boroughs/trafford>

Pharmacy with help on quitting smoking.

Alcohol Support

Healthwatch Trafford

0300 999 0303

<https://healthwatchtrafford.co.uk/news/wellbeing-and-lifestyle-support-in-trafford/>

Free service offering support via online tools, telephone helplines, 1-1's and groups to assist with dealing with managing alcohol problems.

CGL Manchester – Zion Centre

0161 226 5526

<https://www.changegrowlive.org/content/manchester-integrated-drug-and-alcohol-service-zion-centre>

Can self-refer. This service offers assessment, information, advice and treatment to meet needs of service user.

Wigan

Weight Management

Inspiring Healthy Lifestyles – Lose Weight Feel Great

01942 496 496

<http://www.inspiringhealthylifestyles.org/wigan/cwm.htm>

Free service for those with a BMI 25-39.9 and GP registered. 12 consecutive weeks of healthy eating advice. Followed by 12-month motivational support.

Lose Weight Feel Great - For Men

01942 496 496

<http://www.inspiringhealthylifestyles.org/wigan/mwm.htm>

Free 12-week weight loss kick starter providing knowledge on how to stay fit and healthy.

Healthy Routes

01942 489 012

<https://www.wigan.gov.uk/Resident/Health-Social-Care/Healthy-Routes/index.aspx>

Free, friendly, confidential, practical and motivational support tailored to individual needs.

Slimming World – Clifton Street Community Centre

07854 252 501

<https://www.slimmingworld.co.uk/counties/greater-manchester/wigan>

Mondays 4.30 and 6.30pm. Tuesdays 5 and 7pm. Thursdays 9.15am. Saturday 7.30, 9 and 11am.

Slimming World – Britannia Hotel

07508 501 870

<https://www.slimmingworld.co.uk/counties/greater-manchester/wigan>

Tuesdays 3.30, 5 and 7pm.

Slimming World – Abram Community Centre

07773872122

<https://www.slimmingworld.co.uk/counties/greater-manchester/wigan>

Saturday 9am.

Slimming World – Bickershaw Village

07868 485 490

<https://www.slimmingworld.co.uk/counties/greater-manchester/wigan>

Tuesdays 7pm, Friday 9 and 11am.

Slimming World – Bispham Methodist Church Hall

07789227871

<https://www.slimmingworld.co.uk/counties/greater-manchester/wigan>

Wednesdays 8.30 and 10.30am.

Physical Activity

Wigan Council – Every Move Matters

01942 488 481

<http://www.inspiringhealthylifestyles.org/wigan/every-move-matters.htm>

Free activity trackers to motivate keeping active along with a coach for support.

Wigan Council – Active Outdoors

01942 488 481

<http://www.inspiringhealthylifestyles.org/wigan/active-outdoors/>

An outdoor activities team offering weekly fun walking, cycling and running sessions for all fitness levels and ability.

Wigan Council – Later Life

01942 488 481

<http://www.inspiringhealthylifestyles.org/wigan/active-later-life.htm>

Group and/or home-based strength and balance programme across various venues in Wigan. GP or Practice Nurse referral.

Functional Fitness MOT

01942 488 481

<http://www.inspiringhealthylifestyles.org/wigan/mot.htm>

Free fitness testing workshops to measure strength, balance, flexibility and aerobic fitness.

Inspiring Healthy Lifestyles – Lose Weight Feel Great

01942 496 496

<http://www.inspiringhealthylifestyles.org/wigan/cwm.htm>

Free service for those with a BMI 25-39.9 and GP registered. 12 consecutive weeks of healthy eating advice and tailored physical activity. Followed by 12-month motivational support.

Healthy Lifestyle Owned Parks – Haigh Woodland Park

<http://www.haighwoodlandpark.co.uk/about/>

250-acre park with woodland, canal walks, golf and cycling route. Park-runs and Race4Life also take place here.

Healthy Lifestyle Owned Parks – Pennington Flash Country Park

<http://www.inspiringhealthylifestyles.org/wigan/parks/pennington-flash/>

A bird watching site with a 70-hectre lake also offering walking, cycling and golf.

Healthy Lifestyle Owned Parks – Mesnes Park

<http://www.inspiringhealthylifestyles.org/wigan/parks/mesnes/>

A green space with formal gardens, waterfall and a lake.

Healthy Routes

01942 489 012

<https://www.wigan.gov.uk/Resident/Health-Social-Care/Healthy-Routes/index.aspx>

Free, friendly, confidential, practical and motivational support tailored to individual needs.

Wellbeing

Healthy Routes

01942 489 012

<https://www.wigan.gov.uk/Resident/Health-Social-Care/Healthy-Routes/index.aspx>

Free, friendly, confidential, practical and motivational support tailored to individual needs.

Think Wellbeing

01942 255 675

<http://www.nwbh.nhs.uk/think-wellbeing-wigan>

Anyone registered with Wigan GP can access free NHS therapy. Two options are available; an online therapy or a 6-week course. Referral by GP.

Smoking Cessation

My City Health

<https://mycityhealth.co.uk/smoking/boroughs/wigan>

Free drop-in clinics.

QuitBUDDY

01942 489 012

<https://www.wigan.gov.uk/Resident/Health-Social-Care/Healthy-Routes/Stop-smoking.aspx>

A-28 day stop smoking programme via text messages with daily advice and support, interactive tools for motivation and information on the health benefits.

QuitONLINE

01942 489 012

<http://www.readytostopsmoking.co.uk/>

A-28 day stop smoking programme via email with daily advice and support, interactive tools for motivation and information on the health benefits.

QuitPAL – App

01942 489 012

<https://www.wigan.gov.uk/Resident/Health-Social-Care/Healthy-Routes/Stop-smoking.aspx>

A-28 day stop smoking programme through an app with daily advice and support, interactive tools for motivation and information on the health benefits.

Healthy Routes

01942 489 012

<https://www.wigan.gov.uk/Resident/Health-Social-Care/Healthy-Routes/index.aspx>

Free, friendly, confidential, practical and motivational support tailored to individual needs.

Alcohol Support

Rehab 4 Addiction

0800 140 4690

<https://www.rehab4addiction.co.uk/country-wide/drug-alcohol-rehab-wigan>

Free helpline service to do initial assessment and then match individual needs to services offered in Wigan.

Healthy Routes

01942 489 012

<https://www.wigan.gov.uk/Resident/Health-Social-Care/Healthy-Routes/index.aspx>

Free, friendly, confidential, practical and motivational support tailored to individual needs.

Drink Aware

<https://www.drinkaware.co.uk/>

A website with tools, advice and resources such as a drinking tracker and an alcohol self -assessment test.

NHS App

<https://www.nhs.uk/oneyou/for-your-body/drink-less/>

Drink Free Days app giving support and practical advice to change drinking habits.