



engAGE offers you:

- Befriending - via telephone or face to face
- Social groups and trips
- Drop-In Art sessions
- S Asian women's groups
- Activity groups for people with memory problems/dementia
- Support and training for family carers
- Volunteering roles - for enjoyment or to learn new skills



Get in touch today!

If you would like to know more about our work in your area, contact Zainab

 **Zainab**
 **07799 355037**
 **zainab@mbwo.org.uk**

Funded by Manchester City Council OPeNS & in partnership with Buzz Manchester

buzz Manchester Health & Wellbeing Service

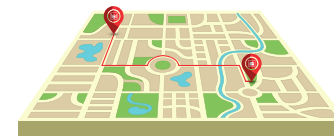



Enabling older people to get involved and stay active




engAGE is a new partnership working in the Ardwick and Longsight neighbourhoods.

We want to enable more people to take part in social activities, meeting new friends, and feeling healthier and happier.



The partner organisations have venues in the neighbourhood and are also running some activities over Zoom.

Contact Us

 07799 355037

 Zainab@mbwo.org.uk

The 4 Partners of engAGE



ananna
অনন্যা

Ananna (Manchester Bangladeshi Women's Organisation)

We support women and girls through our drop in services, advice sessions, health and well-being activities and arts and crafts. We have experience working with women who are survivors of domestic abuse and are diagnosed or struggling with mental health. We have 8 weekly groups including a coffee morning, and a carers group.



☎ 0161 257 3867 / 2122

✉ info@mbwo.org.uk

🌐 www.mbwo.org.uk

🐦 @AnannaMCR

📘 @AnannaMBWO



MANCHESTER CARES

Manchester Cares

Manchester Cares brings older (65+) and younger neighbours (18+) together for interactive group activities and one-to-one friendships, also offering tech support.

Get in touch!

Contact Amy Saunders:

☎ 0161 207 0800

📱 07395794905

✉ amy.saunders@manchestercares.org.uk

🌐 www.manchestercares.org.uk

🐦 @ManchesterCares

📘 @MCRCare



TLC Art/Activities/Cafe
Welcoming Spaces for Positive Mental Health & Wellbeing

TLC St Luke's Drop In

The project is a mental health charity which has been based in Ardwick for over 30 years. We aim to build confidence and well-being through a range of sessional activities in a safe warm welcoming space.

Contact Diane for more info. Everyone is Welcome!

☎ 07593147369

✉ tlcstlukesvolunteering@gmail.com



**Together
Dementia
Support**

Together Dementia Support

TDS provides specialist support and activities for people affected by Dementia. We run lively Friendship & Activity groups to enable people living with Dementia to stay active and connected. We also run training courses and social activities for family carers to understand Dementia better and to meet other carers.

☎ 0161 226 7186,

✉ admin@togetherdementiasupport.org,

🌐 www.togetherdementiasupport.org

📘 @Togetherdementiasupport