# Welcome to Swinton & Pendlebury Neighbourhood Newsletter
# Thursday 11th December 2025






**If you have any events or information that you would like share to in the newsletter, please send details to:**

**SPNMTeam@salford.gov.uk**

**Follow us on Facebook:**

**www.facebook.com/SwintonCommunity**

# St Thomas Food Bank

St Thomas Church
Delamere Ave,
Clifton Green.



Entrance Donation £2.00

Please bring your own Bags 

# Saturday 13th December 2025

# 12.00pm-2.00pm


Health Improvement Connect
ForHousing
Salford Community Leisure
VALLEY COMMUNITY ORCHARD CONSULTATION
We want to hear what you have to say about the orchard space next to the community centre
MONDAY 15TH DECEMBER
YOUTH CLUB
5PM - 6:30PM
8-16 YEARS
FREE HOT DOGS, MINCE PIES & HOT CHOCOLATE
FESTIVE CRAFTS
GAMES AND MUSIC
SELECTION BOX FOR EVERY YOUNG PERSON
FREE ENTRY TO WIN A £50 CHOCOLATE HAMPER



December 2025

Age Friendly Activities Calendar in

# Swinton Pendlebury & Clifton

Age Friendly Salford is delivering a range of activities and workshops for over 50s in Salford
Below are our activities, we'd love for you to come along and get involved

## Digital Drop-In

If you're aged 50 or above, were delivering a Digital Workshop to support and teach you any tech needs! Come along, and our team will do their best to assist you.

**Thursday 4th December**
1pm - 2:30 pm
Swinton Library, 100 Chorley Road, Salford, M27 4AE.

## Brew & Chat

Drop in for a warm drink and a friendly chat with others.

**Thursday 11th December**
11:00 am - 12:30 pm
Swinton Library, 100 Chorley Road, M27 6BP.

## Walk and Talk

Join us for a gentle walk and friendly conversation in local parks.

**Thursday 4th December**
11:00 am - 12:30 pm
Clifton Country Park, Clifton House Road, Swinton, M27 6NG.

**Festive walk**
**Wednesday 24th December**
10:30 am - 12pm
Victoria Park, Swinton Hall Road, M27 4AU.

## Find Out More

Call 0161 743 3625
Visit www.Agefriendlysalford.org.uk

## Contact us about our activities

Tonicha 07983 884 160
Email: AFS@InspiringCommunitiestogether.co.uk

Age Friendly Salford is a programme of work contracted by Salford City Council.
Inspiring Communities Together are the lead partner working in partnership with Age UK Salford and Salford CVS


JOIN US FOR A
Christmas
DINNER
17th & 18th DECEMBER 2025
AT 11-1 PM
DOORS OPEN AT 10:30AM
The Hive Wellbeing Hub, Victoria Park
Swinton, M27 4FA
3 Course Meal, Bingo,
Quiz and a free glass
of Bucks Fizz




When?

**Monday 22nd December 10am - 12pm**

Scan to book

Where?

**St Thomas Church,**
**1A Delamere Avenue Clifton, M27 8GL**

Who's it for?

**Children aged 5 - 11 years old**

*All children under 8yrs must be accompanied by an adult*

**Come along and enjoy festive fun with plenty to do including arts and crafts, games and more! Food will be provided. Limited places available.**

**Priority will be given to children eligible for benefit related free school meals**

**Please book using QR code or use https://eequ.org/experience/3191**

Salford Winter holiday fun | Salford City Council | Salford Community Leisure | ForHousing


BREAKFAST
WITH
SANTA
Visit from Santa with breakfast
and a Christmas treat included
Booking
Required
£5
Per Person
Monday Dec 22nd
The Hive Wellbeing Hub
Victoria Park Swinton M27 4FA
01614264140 | melissa.wakes@csin.co.uk
FREE VIDEO CREATED ON
POSTERMYWALL.COM

# WINTER ACTIVITIES

Age friendly Salford

## FESTIVE BREW & CHAT DROP IN

Come and join us for a festive brew and chat.
Free refreshments : tea, coffee, hot chocolate with mini marshmallows, mince pies, apples pies, gingerbread biscuits etc.

Many festive games, bingo, wordsearches
Festive Quiz at 2pm

Date: Monday 22nd December 2025
Time: 12pm-3pm

Location: Lombardy Court, 1 Broadwalk, M6 5FX
On road Parking: Whitebeam Close, Salford M6 5HL Or 2 Belvedere Road/car park M6 5FU

*Please see map and directions on the back of the flyer.

## FESTIVE WALK AND TALK

Come and join us for a festive walk and talk, with festive activities such as a quiz and carol singing.

Date: Wednesday 24th December 2025
Time: 10:30am- 12pm

Location:
Victoria Park, Swinton Hall Road, M27 4UR

Meeting in the free car park

**Find Out More**

Call 0161 743 3625
Visit www.Agefriendlysalford.org.uk
Email: AFS@InspiringCommunitiestogether.co.uk

**Contact us on the day**

Tonicha: 07983 884 160

# DIRECTIONS AND PARKING




**GREEN = ON ROAD PARKING**

**PURPLE = PAID PARKING**

**Address:**

Lombardy Court, 1 Broadwalk, M6 5FX
On road parking: Whitebeam Close, M6 5HL or 2 Belvedere Road M6 5FU

**Parking:**

At the bottom of Whitebeam Close, there is a building with 2 doors, the door on the right that has a sign for Lombardy.
A few options for parking: On road parking on Whitebeam Close and Belvedere Road, or there's a car park on Belvedere Road where you press the intercom to be let in. There is a Ring Go paying car park (see map) 5 min walk to Lombardy Court.

*Please call number on leaflet for any access issues.

**Buses:**

**50, 95, 67, 67A, 79, 100**

Get off the bus on Hankinson way.

Walk from the pedestrian crossing straight down the Broadwalk and walk straight past Pendleton Gateway that will be on your left hand side.
Continue straight past the church on your right hand side, you will see a black gate on your left.
(You can push the intercom button and will be let in or someone should be there to greet you)
*Please call number on leaflet for any access issues.

**Find Out More**

**Call 0161 743 3625**
**Visit www.Agefriendlysalford.org.uk**
**Email: AFS@InspiringCommunitiestogether.co.uk**

**Contact us on the day**

**Tonicha: 07983 884 160**




When?

**Tuesday 23rd December 1pm - 3pm**

Scan to book

Where?

**The Valley Community Centre,**
**7-9 Dorning Road, Swinton, M27 5UX**

Who's it for?

**Children aged 5 - 11 years old**

*All children under 8yrs must be accompanied by an adult*

**Come along and enjoy festive fun with plenty to do including arts and crafts, games and more! Food will be provided. Limited places available.**

**Priority will be given to children eligible for benefit related free school meals**

**Please book using QR code or use https://eequ.org/experience/3190**

Salford Winter holiday fun | Salford City Council | Salford Community Leisure | ForHousing

WOOD ST MISSION

Christmas Appeal

# Christmas gift Ideas

**Donate new, unwrapped toys for children aged 0-14 years.**

Spread the word...

**#WoodStreetXmas**



Registered Charity No 1078337

## 0-2 years

Rattles, soft books, teething toys, musical and light up toys, pram toys, play mats, stacking toys, shape sorters, building bricks, push along toys, wooden block set, toy phone, shakers, ball pit and soft balls.

## 3-5 years

Role play sets, Play-Doh, kinetic sand, vehicles, musical instruments, racing track, action figures, dinosaur or animal tubs, dolls, prams, Duplo, Lego, garages, craft kits, scooters, paints.

## 6-8 years

Activity books, annuals, transforming toys, superhero toys, action figures, dolls, Lego, craft kits, science kits, construction sets, remote control cars, board games.

## 9-11 years

Lego, footballs, remote control cars, board games, colouring and painting sets, nail art, glitter tattoos, craft kits, magic tricks, robots, gadgets.

## 12-14 years

Lego, footballs, watches, jewellery, rucksacks, toiletries or makeup gift sets, remote control vehicles, science experiments, gadgets, craft sets, headphones, sports gifts, hot chocolate mug set, stationery sets.

## For all

Slippers/slipper socks, hat glove and scarf sets, board games, pyjamas, sensory toys and books

## Children & Family Treats

Selection boxes, tins of chocolates and biscuits.

## Extras

Wrapping paper – flat sheets and rolls, gift tags, sellotape.

**Or why not make a financial donation or create a fundraising page to raise funds – this helps us to purchase toys and gifts that are in short supply.**

**You can also buy via our Give Today shop.**

**Thank you so much for your support!**


**www.woodstreetmission.org.uk/christmas**

**0161 834 3140**

**info@woodstreetmission.org.uk**

**26 Wood Street, Manchester, M3 3EF**




**Please register as a Street Champion/ Litter Hero via this link:**
Apply to be a Litter Hero

## Keeping Clifton Clean
## Community Litter Picks

**Come help us litter pick around Clifton. All equipment is free. All involved participate at their own risk**

**To ensure you have insurance cover for the picks please register as a Street Champion/Litter Hero via this link** Apply to be a Litter Hero

| Date | Location | Time | Meeting |
|---|---|---|---|
| Sunday 16 November | Bolton Rd (A666)/Bridge Street | 10.00am | Junction of Bolton Road (A666) and Hall Street |
| Saturday 6 December | Station Road and Surrounding Streets | 11.00am | Meet outside Windmill Hotel Bolton Road and Station Road |
| Sunday 11 January | Clifton Green and Surrounding Streets | 10.00am | Car Park in front of Clifton Shops |
| Sunday 15 February | Agecroft Rd and Residential Streets | 11.00am | Meet Junction of Park Lane West and Agecroft Rd - A6044 |
| Saturday 14 March | Rake Lane and Castleway and Residential Streets | 10.00am | Meet Junction of Castleway and Rake Lane |
| Saturday 25 April | Mossfield Rd and surrounding Streets | 10.00am | Meet in front of Mossfield Primary School |



# Swinton and Pendlebury Activity Timetable

Health Improvement Service, October-December 2025

Our activities are open to all. Please contact us to advise on how we might best meet your needs

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **Learn to play Mahjong**<br>Fun Chinese board game<br><br>Swinton Gateway, 100 Chorley Road, Swinton M27 6BP<br><br>10am-12pm<br>Weekly<br>**Booking recommended** | **Keeping Well**<br>Wellbeing course<br><br>Salvation Army Church, Station Road, Swinton M27 6BT<br><br>10:45am – 12.15m<br>Starting 21 October for 6 weeks<br>**Booking essential** | **Learn to play Mahjong**<br>Fun Chinese board game<br><br>The Agnes Hopkins Centre, 63 Clarendon Road, Swinton M27 4BQ<br><br>10-12pm<br>Weekly<br>**Booking recommended** | **Veterans group**<br>Access to welfare, debt and health advice. Onsite gardening, therapy and arts and crafts.<br><br>The Agnes Hopkins Centre,<br>63 Clarendon Road, Swinton M27 4BQ<br><br>9am-3pm<br>Weekly<br>**Booking recommended** | **Weigh Ahead course**<br>6 week rolling Weigh Ahead programme – adult weight support<br><br>Swinton Gateway, 100 Chorley Road, Swinton M27 6BP<br><br>10.30am-11.30am<br>Weekly<br>**Booking essential** |
| **Stop smoking support**<br>Telephone one to one stop smoking support<br><br>Various times and days available<br><br>**Ring 0800 952 1000 option 2 for more information** | **Weigh Ahead**<br>6 week rolling Weigh Ahead programme – adult weight support<br><br>Swinton Gateway, 100 Chorley Road, Swinton M27 6BP<br><br>6pm-7pm<br>Weekly starting 15 July<br>**Booking essential** | **HAPPI course**<br>Family Healthy Lifestyle sessions<br><br>10 free telephone appointments to support families to lead a healthier lifestyle.<br><br>Various times and days available.<br>Eligibility criteria applies.<br>**Booking essential** | **Weigh Ahead course**<br>6 week rolling Weigh Ahead programme – adult weight support<br><br>Swinton Gateway, 100 Chorley Road, Swinton M27 6BP<br><br>1pm-2pm<br>Weekly<br>**Booking essential** | |
| **Social Prescribing**<br>Find out about local | **Social Prescribing**<br>Find out about local | **Social Prescribing**<br>Find out about local | **Social Prescribing**<br>Find out about local | |

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| community services<br><br>Poplars Medical Centre, 202 Partington Lane, Swinton M27 0NA<br><br>Patients only<br>**Ring your surgery to book an appointment** | community services<br><br>Silverdale Medical Practice, 659 Bolton Road, Swinton M27 8HP<br><br>Patients only<br>**Ring your surgery to book an appointment** | community services<br><br>Lakes Medical Centre, 21 Chorley Road, Swinton M27 4AF<br><br>Patients only<br>**Ring your surgery to book an appointment** | community services<br><br>Sides Medical Centre, Moorside Road, Swinton M27 0EW<br><br>Patients only<br>**Ring you surgery to book an appointment** | |
| **Booking information:**<br>**Book via telephone**: 0800 952 1000<br>**Book via email**: health.improvement@salford.gov.uk<br>**Book online at**: https://www.salford.gov.uk/health-and-social-care/health-services/health-improvement-connect/<br>**Follow us on Facebook**: https://www.facebook.com/SalfordHealthImprovement | | | | |

# Swinton and Pendlebury Activity Timetable

Health Improvement Service, January – March 2026

Our activities are open to all. Please contact us to advise on how we might best meet your needs

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **Learn to play Mahjong**<br>Fun Chinese board game<br><br>Swinton Gateway, 100 Chorley Road, Swinton M27 6BP<br><br>10am-12pm<br>Weekly<br>**Booking recommended** | **Keeping Well**<br>Wellbeing course<br><br>Salvation Army Church, Station Road, Swinton M27 6BT<br><br>10:45am – 12.15m<br>Starting 27 January for 6 weeks<br>**Booking essential** | **Learn to play Mahjong**<br>Fun Chinese board game<br><br>The Agnes Hopkins Centre, 63 Clarendon Road, Swinton M27 4BQ<br><br>10-12pm<br>Weekly<br>**Booking recommended** | **Veterans group**<br>Access to welfare, debt and health advice. Onsite gardening, therapy and arts and crafts.<br><br>The Agnes Hopkins Centre,<br>63 Clarendon Road, Swinton M27 4BQ<br><br>9am-3pm<br>Weekly<br>**Booking recommended** | **Weigh Ahead course**<br>6 week rolling Weigh Ahead programme – adult weight support<br><br>Swinton Gateway, 100 Chorley Road, Swinton M27 6BP<br><br>10.30am-11.30am<br>Weekly<br>**Booking essential** |
| **Stop smoking support**<br>Telephone one to one stop smoking support<br><br>Various times and days available<br><br>**Ring 0800 952 1000 option 2 for more information** | **Weigh Ahead**<br>6 week rolling Weigh Ahead programme – adult weight support<br><br>Swinton Gateway, 100 Chorley Road, Swinton M27 6BP<br><br>6pm-7pm<br>Weekly starting 15 July<br>**Booking essential** | **HAPPI course**<br>Family Healthy Lifestyle sessions<br><br>10 free telephone appointments to support families to lead a healthier lifestyle.<br><br>Various times and days available.<br>Eligibility criteria applies.<br>**Booking essential** | **Weigh Ahead course**<br>6 week rolling Weigh Ahead programme – adult weight support<br><br>Swinton Gateway, 100 Chorley Road, Swinton M27 6BP<br><br>1pm-2pm<br>Weekly<br>**Booking essential** | |
| **Social Prescribing**<br>Find out about local | **Social Prescribing**<br>Find out about local | **Social Prescribing**<br>Find out about local | **Social Prescribing**<br>Find out about local | |

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| community services<br><br>Poplars Medical Centre, 202 Partington Lane, Swinton M27 0NA<br><br>Patients only<br>**Ring your surgery to book an appointment** | community services<br><br>Silverdale Medical Practice, 659 Bolton Road, Swinton M27 8HP<br><br>Patients only<br>**Ring your surgery to book an appointment** | community services<br><br>Lakes Medical Centre, 21 Chorley Road, Swinton M27 4AF<br><br>Patients only<br>**Ring your surgery to book an appointment** | community services<br><br>Sides Medical Centre, Moorside Road, Swinton M27 0EW<br><br>Patients only<br>**Ring you surgery to book an appointment** | |
| **Booking information:**<br>**Book via telephone**: 0800 952 1000<br>**Book via email**: health.improvement@salford.gov.uk<br>**Book online at**: https://www.salford.gov.uk/health-and-social-care/health-services/health-improvement-connect/<br>**Follow us on Facebook**:<br>https://www.facebook.com/SalfordHealthImprovement | | | | |

# Friendly Friday @Critchley Hub

Salford & Trafford ageUK
Let's change how we age

**Come along, meet others and access information to help you stay connected and live well.**
**No booking required.**



Every Friday 09:00am -10:30am
@ Critchley Community Hub & Café, 75 Chorley Rd, Swinton, M27 4AF

Scan for referral form



For more info contact Francesca on
0161 788 7300 / 07510 769366 or email

francescarestelli@ageuksalfordandtrafford.org.uk

Registered Charity number: 1211366




# Keeping Well
## Free 6 week wellbeing course

- Making lifestyle changes
- Achievable goal setting
- Confidence. self-esteem and assertiveness
- Managing stress
- Further support and community activities

**Starting Tuesday 27 January 2026 for 6 weeks**
**10.45am-12.15pm**

**Salvation Army Church, Station Road, Swinton M27 6BT**

To book your place,
call the Health Improvement Team
on **0800 952 1000** (option 2), or email
health.improvement@salford.gov.uk



# Weigh Ahead

## Free 6 Week Weight Support Course

**Ongoing every Tuesday 6pm-7pm**
**or every Thursday 1pm-2pm**
**or every Friday 10.30am-11.30am**
**Swinton Gateway, 100 Chorley Road, Swinton M27 6BP**



- WEEKLY WEIGH IN
- WHAT IS A HEALTHY DIET?
- PORTION CONTROL
- FAT, SALT & SUGAR
- FOOD LABEL READING
- MOTIVATION

To book your place,
call the Health Improvement Team
on **0800 952 1000** (option 2), or email
health.improvement@salford.gov.uk

# HIVE 2 HOME

🚀 Exciting New Project Launch – Hive to Home! 🍽️💛

We're thrilled to introduce Hive to Home, a brand-new initiative from The Hive Wellbeing Hub, bringing affordable, homemade, hot meals delivered directly to those who need them most! 🏡✨

💛 Who is this for?
✔️ Elderly residents who may struggle to cook nutritious meals
✔️ Individuals facing financial hardship due to rising living costs
✔️ Anyone who is struggling to get out of their home and would benefit from delicious, home cooked food delivered with care

If you, or someone you know, would love to receive delicious homemade meals delivered to their door, get in touch! 📩

📧 Email:
sonia.whittle@csin.co.uk

Let's come together to support our community.
Please spread the word! 🤝💛











Part of the CSIN Group

The Hive Wellbeing Hub

0161 425 4140

The Hive Wellbeing Hub
Victoria Park, Swinton

## Let's make Salford an even greater place to grow up in!

This means making Salford a great place for children and young people to grow up and feel safe, cared for, heard and have quality opportunities to learn, work and play.




SCAN

Link to: One Question Survey

Results of this survey will be used by Salford City Council, to capture the views of children and young people to help inform and influence the planning of Child Friendly Salford.








# happi

SALFORD'S HEALTHY FAMILIES PROGRAMME



- **Salford's Healthy Families Programme**, designed to work with parents/carers of children aged 4-11
- Weekly telephone appointments and online videos
- Guidance about healthy recipes, mellow mealtimes, getting physically active, mindful eating & more.
- Free recipe booklet, resources and meal planner

**Scan and enrol today!**

To register your interest, call the Health Improvement Team on **0800 952 1000** (option 2), or email health.improvement@salford.gov.uk

Family Hub

# FREE

# Baby Social

**For non-mobile babies aged from birth to twelve months.**

**Everything you need to know about babies, your parenthood journey and lots more!**

Infant & Breastfeeding Advice and support

Dads/male carers & partners welcome

**Everyone is welcome, SEND inclusive.**
**No need to book, just turn up!**

- **Mondays 1pm-2pm Little Hulton Family Hub, M28 0BD**
- **Tuesdays 1pm-2pm Irlam & Cadishead Family Hub, in the Academy, M44 5ZR**
- **Tuesdays 1.30pm-2.30pm Langworthy Cornerstones Family Hub, in the Community Centre, M6 5QQ**
- **Thursdays 10am-11am Winton Family Hub, in the Nursery M30 8AB**
- **Thursdays 10-11am Broughton Family Hub in the Gateway, M7 4BQ**
  **NB time changed from Thursday 6th November 2025 from morning to afternoon 1-2pm**
- **Thursdays 1pm-2pm Swinton Family Hub, in the Gateway, M27 6FA**
- **Fridays 1pm-2pm NB time changed from Friday 24th Oct 25 from morning to afternoon Swinton Family Hub, in the Gateway, M27 6FA**







Saving lives, Improving lives

Accredited as Baby Friendly Gold unicef UNITED KINGDOM

NHS Salford Care Organisation Northern Care Alliance NHS Foundation Trust

Salford City Council

# TIME TOGETHER WITH YOUR BABY



FOR BABIES FROM NEW BORN TO 1 YR OLD (PRE-WALKERS)

**Time together with your baby is a 5 week group for Salford families which explores your baby's development through themed activities and parent/carer discussions**

- Build a positive nurturing relationship with your baby
- Understand and promote your baby's development
- Take part in fun activities to create a take home gift to continue the play at home

**Next group commences: Thursday 6th November**

**12:30– 2:30**

**Swinton Gateway.**

**SECURE YOUR PLACE BY BOOKING VIA THE QR CODE OR E-MAILING RELATIONSHIPS@SALFORD.GOV.UK**

Family Hub

# The bread and butter thing.

## Your local hub:



**ST PETERS CHURCH**

Every Thursday at 2:30pm

St Peters Church, Chorley Road, Swinton, M27 0WA

- Get around £35 worth of food for £8.50.
- Includes fresh fruit and veg, fridge favourites and cupboard staples.
- Open every Thursday at 2:30pm.
- You need to become a member to use the hub but it's free to sign-up and book a slot - just follow these steps.
- There is no commitment and it's free to join.

## It's really easy to sign-up:

1. 
   Text 07507 237 311 with your full name, postcode and the name of the hub you will be collecting from:
   "ST PETERS CHURCH"
2. 
   
   Select the size of order you want to receive: Family £8.50, individual £5 or Large Family £17. There is a Vegetarian option available too.
3. 
   You'll get a text every Tuesday to see if you want an order. Just reply "YES" by 10am the next day. Your order will be delivered to the hub on Thursday at 2:30pm.
4. 
   Collect and pay for your goods from the ST PETERS CHURCH hub. (Don't forget - someone can collect on your behalf if you can't make it and Healthy Start Vouchers are also accepted.)

# Where does our food come from?




Our weekly bags are made up of surplus food from supermarkets, food manufacturers and farmers. We never know what we're going to get from day to day, which means each week your bag of food will be different.

But it is always quality, fresh produce. You will probably need to top up from the shops as well, but our food will go a long way to helping you feed your family affordably.

Surplus food happens for lots of reasons – sometimes there is a fault with the packaging or there may just be too much of it for the supermarkets to handle.

Some of our food is beyond its BEST BEFORE date BUT that doesn't mean that you can't eat it. With proper storage - for instance in its original packaging and sealed with a clip or in an airtight container - lots of foodstuffs can be eaten long after their best before date, including: Crisps can still be edible for a good month after their best before deadline date, including:

- Crisps can still be edible for a good month after their best before deadline.
- Biscuits and cereals can last for another six months.
- Baked beans and other tinned goods can last in your store cupboard for a whole year, as can sweets and bottled pasta sauce.
- And don't throw away that packet of dried pasta that you've found at the back of a cupboard. If stored correctly, it should still be safe to eat around three years after its best before date has expired.

We will never provide food that is after its USE BY date because this is about food safety, not food quality. You can eat food on its USE BY date or, if you have a freezer, pop it in. Just make sure you make a note of how long it will be freezer safe and how long it takes to defrost.

You can find out more about our food and our work on our website:

**www.breadandbutterthing.org**

or at

**@teamtbbt**




# Free holistic, mind, body and spirit walk

## led by reflexologist Lyndsey

**WHEN:** Thursday's 11am- 12pm (term time only), optional coffee afterwards in The Hive Wellbeing Hub

**MEETING POINT:** Outside the Hive in Victoria Park.
Park postcode is M27 4UR, Parking postcode M27 4UA

**COST:** Free

**SIGN UP HERE:**
**www.mileshyclub.com/referralformwalking**

www.salford.gov.uk/children-and-families/youth-zone/

# Deans Youth Centre Activity Timetable 2025/26

## Monday

£ Young Women's Group
6.30pm - 8.30pm
for young women in Yr 7 & above
arts, cooking, issues, fitness

Starts 14th October

## Tuesday

£ SPY Outdoors
4.00pm - 5.45pm
for young people in Yr 7 & Above
dimbing, fishing, cooking, arts

£ Year 6 Group
6.30pm - 8.30pm
for all young people in year 6
arts, sports, games, cooking

## Wednesday

!gbtq+ group
5.30pm-8.00pm
for young people in yr7 & above

Duke of Edinburgh Awards Group
6.00pm - 8.00pm
every 1st & 3rd Wednesday of the month
for yr 9 & above

## Thursday

£ Lads Only Group
3.45pm - 5.45pm
for all young men in yr7 & above
cooking, issues, fitness, arts

Youcan Group
6.30pm -8.30pm
for young people with disabilities aged 12 - 18
cooking, issues, games, arts
£1 per session

## Friday

£ Friday Night Youthy
6.30pm -8.30pm
for young people in yr 7 & above
cooking, issues, games, arts, sports & more

scan the QR code to complete our online registration form

Deans North Youth Work Team
Donna - 07591 350080
Kath - 07591 352004
Matt - 07976 073303
Rach - 07548 952387

!gbtq+ group
Chris/Alex
0161 799 6674

Duke of Edinburgh Awards
dave.eccleston @ salford.gov.uk

Youcan Disability Group
Jill
07871 555217

SPY_M27
salfordyouthservice

DeansYouthCentre

every session with a £ symbol costs just £1

we also run holiday sessions, trips out, projects & one off events. check out our social media pages for more info

WHERE TO FIND US!
Deans Road, Swinton, Salford, M27 0AP (on Moorside High School Campus)

Salford City Council

# Squirrels

We are seeking bright eyed and bushy tailed new recruits to join us!

Welcome to the newest branch of the Scouts family tree. Where 4-6 year olds can now join in too!

This is an age when minds are fizzing, when energy and curiosity levels are sky high, when little lives are full of wow and wonder.

We run our sessions 5:45pm - 6:45pm @ Clifton Scouts HQ, Manchester Rd, Clifton, Manchester M27 6TA

If you'd like to register your interest then please get in touch with Ffion via facebook or email Stuart using the address below



scouts@1stclifton.org.uk

07768167699

scouts.org.uk

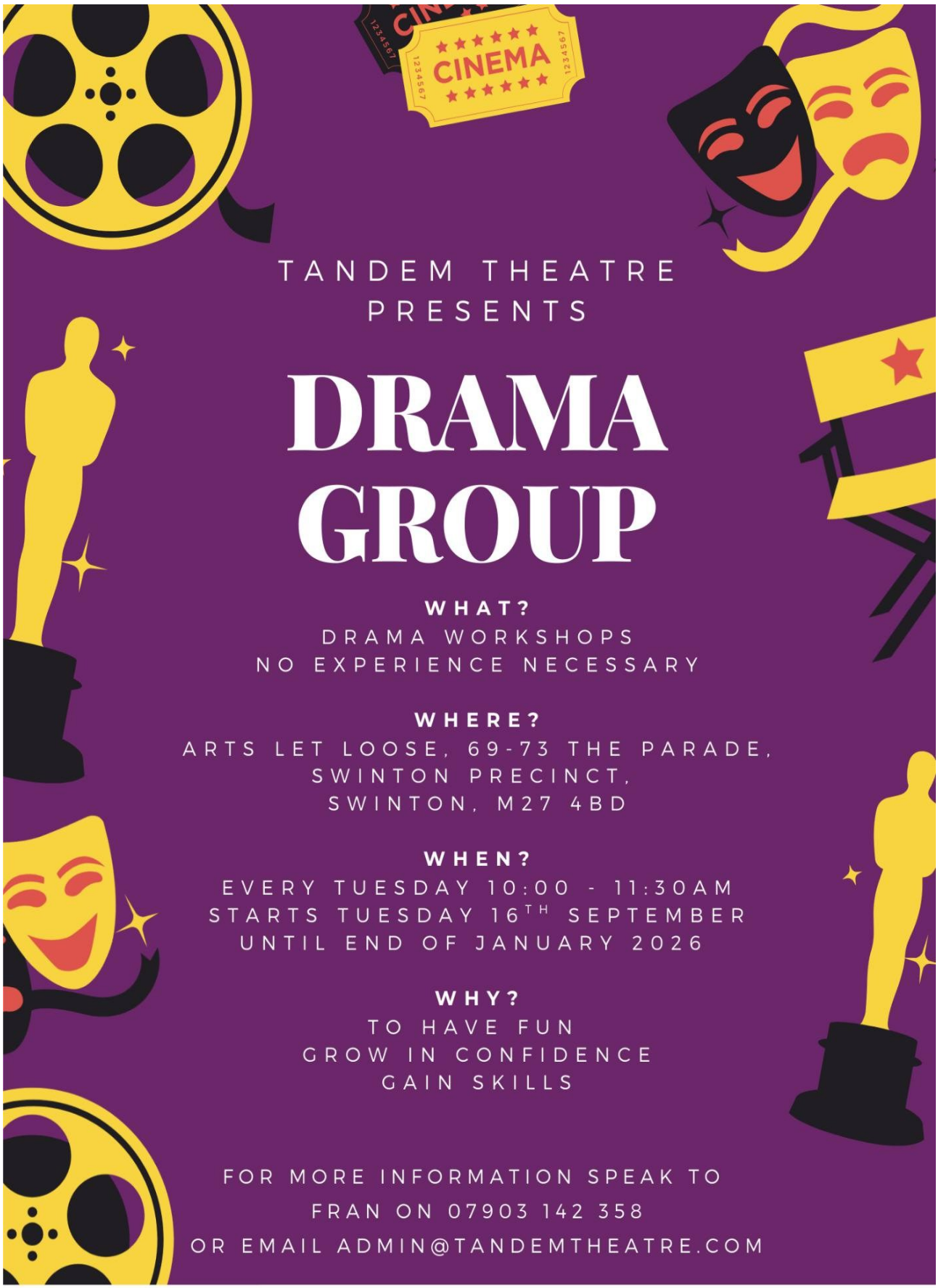
#SkillsForLife

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Scouts
1st Clifton (St.Annes)


YOGA
BREATH
MEDITATION
Yoga Class
A beginner's friendly class
Saturdays 9.30am
Join me for a beginner friendly
Yoga class in Swinton:
Agnes Hopkins Community Centre
Saturday's at 9.30am
Starting 25th October
First month classes £5 (£10 per
class from 22nd November)
Please bring a Yoga mat
liamariayoga@gmail.com


Need Legal Advice
Free Solicitors Surgery at The Agnes Hopkins Community Centre
Legal and Financial Advice available every 1st Wednesday of the month
Booking is essential please ring 0161 523 2997, availability between 9.30-12.00pm and ask for Chris or Olivia.
Clarendon Road Swinton M27 4BQ




TANDEM THEATRE

WEA Adult Learning Within Reach

GMCA GREATER MANCHESTER COMBINED AUTHORITY

Funded by UK Government

# HOME ED SOCIAL

A Weekly Meet-Up for Home Educated Children & Their Families.

📍 Where? Our welcoming Community Space in Swinton
Arts Let Loose CIC 69-73 The Parade, Swinton Precinct.

Every Week!
Thursday



- 12:00PM – 1:25 PM: Younger children.
- 1:35PM – 3:00 PM: Older children and young people.

👧👫 What's Happening?
A fun, relaxed and friendly space just for home-educated children, young people and their famlies.
Thare are toys, games, arts & crafts, music & play.
Child-led activities – we welcome your ideas!
A supportive environment for parents too.
FREE refreshments available for all.



💷 Cost:
£3.50 – First child
£1.50 – Second child
50p – Each additional sibling

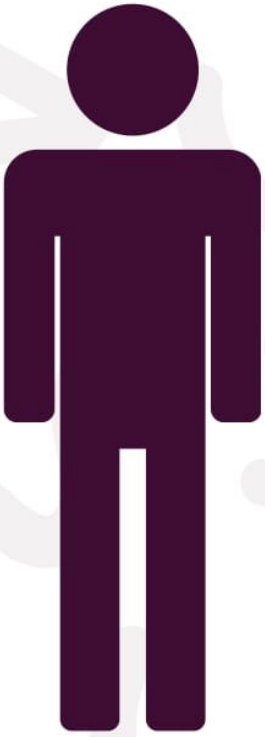
💬 Come join our growing community of home educators!

*Ths is a closed session for Home Educated Families Only.

Salford North
Primary Care Alliance.

# PSA testing now available in Swinton

A PSA test is a blood test used to screen for prostate cancer by measuring the level of a protein in the blood.



**Prostate cancer is the most common cancer in men!**

**More than 50,000 men are diagnosed with prostate cancer every year**

Men aged 50-70 who are registered with these practices are now eligible to book their PSA test:

Poplars Medical Centre
The Sides Medical Centre
Silverdale Medical Practice
The Lakes Medical Centre

## BOOK NOW

SCAN ME



# Weigh Ahead

## Free 6 Week Weight Support Course

**Ongoing every Tuesday 6pm-7pm**
**or every Thursday 1pm-2pm**
**or every Friday 10.30am-11.30am**
**Swinton Gateway, 100 Chorley Road, Swinton M27 6BP**



- WEEKLY WEIGH IN
- WHAT IS A HEALTHY DIET?
- PORTION CONTROL
- FAT, SALT & SUGAR
- FOOD LABEL READING
- MOTIVATION

To book your place,
call the Health Improvement Team
on **0800 952 1000** (option 2), or email
health.improvement@salford.gov.uk

# SWINTON FAMILY HUB ACTIVITES

Family Hub

## MONDAY

HI HOPES FAMILY SUPPORT GROUP FOR DEAF CHILDREN (INVITE ONLY)
1.30PM - 2.45PM

## TUESDAY

FIRST STEPS PLAY & SUPPORT GROUP
LAST TUESDAY OF THE MONTH
10AM-11AM

STRENGTHENING FAMILIES
(INVITE ONLY)
1PM-2PM
MORE INFO CALL 0161 686 7229.

## WEDNESDAY

CHAT, PLAY, READ
10AM
(PLEASE ARRIVE AT 10AM-LIMITED PLACES)

PAIRS STAY & PLAY
(INVITE ONLY)
12.30-2PM

HEALTHY CHILD CLINICS
(INVITE ONLY)
9AM-11.30AM

## THURSDAY

STAY & PLAY
10AM-11.30AM

BABY MASSAGE
(INVITE ONLY)
10AM-11AM

BABY SOCIAL
1PM-2PM

SEND TRIPLE P GROUP
12.30-2.30PM
MORE INFO CALL 0161 686 7229.

## FRIDAY

BABY SOCIAL
10AM-11AM

BABIES FIRST FOODS
THIRD FRIDAY OF THE MONTH
11-12PM

BABY FEEDING PEER SUPPORT DROP-IN
10.30AM-12PM

YOUNG PARENTS GROUP
1PM-2.30PM

LUSOCONNECT
BABY & TODDLERS SING & DANCE GROUP
1PM-2PM

## SATURDAY

LETS TALK SEND
10AM-1PM
FIRST SATURDAY OF EVERY MONTH
FOR MORE INFO CONTACT:- INFO@SALFORDPCF.COM

SCAN THE QR CODE TO VISIT OUR 'MY BEST LIFE' WEBSITE AND FIND OUT ABOUT MORE SERVICES INCLUDING PARTNER GROUPS & YOUTH SERVICE

CONTACT FAMILY HUBS

FREE BABY MASSAGE
PLEASE TELEPHONE THE 0-19 HEALTH VISITING SERVICE ON
0161 206 7525 TO REGISTER YOUR INTEREST.

ALL OF OUR FAMILY HUB ACTIVITIES AND A RANGE OF RESOURCES FOR FAMILIES CAN BE FOUND ON OUR NEW WEBSITE
MY BEST LIFE:SALFORD | MY BEST LIFE
FACEBOOK:- SALFORD FAMILY PARTNERSHIP - FAMILY HUBS | SALFORD | FACEBOOK
FREE PARENTING COURSES:- BEING A PARENT:SALFORD CITY COUNCIL
TEL:- 0161 686 7229

Salford City Council

ACTIVE communities

Salford Community Leisure

ForHousing

# THE VALLEY YOUTH CLUB



Activities include multisports, arts, gaming, project work and much more

A safe and engaging space to play, learn and grow

**FREE TO ATTEND**

**WHERE?**

**VALLEY COMMUNITY CENTRE, M27 5UX**

## EVERY MONDAY

**(EXCLUDING BANK HOLIDAYS)**

## 5.00-6.30PM

## AGES 5-11

## BOOK NOW!




For More Information please contact:
**activecommunities@scll.co.uk**

# Clifton Arts and Crafts 50+ Group

**We are a small friendly group who are looking for a few new members**

**We meet every Wednesday morning at**

**Clifton Community Centre on Wynne Avenue**

**10am - 12pm**

**We contribute £3 a session towards costs**



**We enjoy making a variety of craft items, painting and drawing. Materials are provided**

**If you are over 50, enjoy good company, making things and art, why not come along and see if you would like to join us?**

**Please ring Connie on 07711 282351 to arrange a visit**



# WARDLEY ARTS CLUB

## MEETS HERE!

### EVERY TUESDAY

### BETWEEN 12.30 PM AND 2.30 PM

**We are a small friendly group of amateur artists who enjoy drawing and painting at all levels of experience. Our meetings are quite informal where members can choose their own subject or work with others on a particular theme. It's up to you.**

**There is a weekly fee of £5.00 which goes toward the venue and into the group funds which helps to pay for tutors, events etc.**

**You will need to bring your own materials such as: paint, brushes, pens, ink etc. We provide practice watercolour paper should you decide to become a member.**

**So come along and spend a couple of hours in our company where you will be made very welcome.**

**Call and make enquiries any Tuesday between 12.30pm and 2.30 pm at:**

**Wardley Community Centre**

**Ash Drive**

**Wardley**

**Or contact the Secretary on 0161 793 9273 for more details.**


Bee in the Loop
11:11
Wednesday, April 11
BEEINTHELOOP
today
Contact your local officers and get involved in shaping local priorities
BEEINTHELOOP
today
Be amongst the first to know about incidents and emergencies
BEEINTHELOOP
today
Receive targeted crime prevention advice
WWW.BEEINTHELOOP.CO.UK
SIGN UP TO RECEIVE FREE TEXT OR EMAIL ALERTS
GREATER MANCHESTER POLICE

# HOW TO CONTACT THE POLICE

**There are various ways to contact the police for different things and this can be anonymously or you can give your details – the choice is yours.**

| | |
|---|---|
| **999** | **for immediate emergencies** |
| **Online** | **for Non-emergency** |
| **Live Chat** | **for Non-emergency** |
| **101** | **for Non-emergency** |
| **Crimestoppers** | **crimestoppers-uk.org or Telephone 0800 555 111** |

**https://www.gmp.police.uk/contact/af/contact-us-beta/contact-us/**

**This link gives information on all the above contacts and includes contact information for hearing or speech impairments.**

**There is also 'Bee in the Loop' which is a direct messaging system for communities. Receive free email alerts from local officers about issues in your area. To sign up please go to https://www.beeintheloop.co.uk**

