



# NEWSLETTER NO: 44

## 2025 EDITION

Barlow Moor Community Association  
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MANCHESTER  
CITY COUNCIL



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Website



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## BMCA WHAT'S ON GUIDE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 9:30-11am Lunch 12pm *	Breakfast 9:30-11am Lunch 12pm *	Breakfast 9:30-11am Lunch 12pm *	Breakfast 9:30-11am Lunch 12pm *	Breakfast Brunch 10am-1pm
Digital Support Session Drop In 10am – 12pm	English Conversation Café Drop In 10am – 12pm	Chair Based Exercise 10am – 11am *	Walk & Talk Meet at BMCA 10am – 11am	Music for Mindfulness 10am – 11am
Keep Fit 9:30-10:30am <i>Last session 16 June</i>	Craft Making 10am-12pm	Cake & Conversation 11am-12pm	Craft Group 10am-12pm	Tai Chi * 12:30-1:30pm
Diabetes You & Me 1pm-3pm <i>Last session 30 June</i>	Men's Den 1pm-3pm	Let's Cook * 1pm-3pm	Social Afternoons 1pm-3pm (see overleaf)	
	Chair Based Yoga* 3pm-4pm Yoga * 4.30-5.30pm	Job Club – Drop In 1-4pm	Digital Support Session – Drop In 1-3pm	<b>*Must be pre-booked</b>
We offer financial and benefit support through an appointment-based system only – 0161 446 4805				

## YOUTH & PLAY SESSIONS

	<u>SESSION</u>	<u>AGE GROUP</u>	<u>TIMES</u>	<u>INFORMATION</u>
<u>MONDAY</u>	Junior Club	5-8 years	4-6pm	Term Time only
	Senior Youth	13+ years	6:30-8:30pm	Term Time only
<u>TUESDAY</u>	Junior Generation	9-12 years	4-6pm	Term Time only
	Senior Youth	13+ years	6:30-8:30pm	Term Time only
<u>THURSDAY</u>	Junior Club	5-8 years	4-6pm	Term Time only
	Junior Youth	11-14 years	6-8pm	Term Time only

For further information on Youth & Play sessions please contact –  
[daniella@barlowmoorca.co.uk](mailto:daniella@barlowmoorca.co.uk)

### BMCA Nursery

We have places available at our Ofsted  
'GOOD' rated nursery  
Term Time only provision 8.30am-11.30am  
For children aged 2 & 3 years  
Free 15 hours per week for eligible children

Please contact Jenny on  
01614464805  
[jenny@barlowmoorca.co.uk](mailto:jenny@barlowmoorca.co.uk)

## JUNE SCHEDULE

### SOCIAL AFTERNOONS

Thursdays 1pm until 3pm (booking not required)

Thursday 5 <sup>th</sup> June	BINGO
Thursday 12 <sup>th</sup> June	PLAY YOUR CARDS RIGHT
Thursday 19 <sup>th</sup> June	BINGO
Thursday 26 <sup>th</sup> June	KURLING

### EVENTS

Wednesday 4 <sup>th</sup> June 12pm until 3pm	HEALTH AFTERNOON TEA (must book)
Tuesday 17 <sup>th</sup> June 12pm until 3pm	COMMUNITY LUNCH with Groundwork
Monday 16 <sup>th</sup> and 23 <sup>rd</sup> June 10am – 12pm	BASIC BIKE MAINTENANCE
Wednesday 25 <sup>th</sup> June 12pm until 3pm	JOBS and RECURITMENT FAIR
Thursday 26 <sup>th</sup> June 10am until 12pm	CHORLTON MEADOW CRAFT & INFO session

### CREATIVE WRITING

Thursday 12<sup>th</sup> June 9:30-11:30 am (must book)

### JEFF SMITH'S MP CLINIC

Friday 27<sup>th</sup> June 10:30am until 11:30am  
(pre-book via Jeff Smith's office – 0161 445 0678)

### CHORLTON PARK COUNCILLOR SURGERY

Every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday each month  
Tuesday 10<sup>th</sup> June & Tuesday 24<sup>th</sup> June  
5:30pm - 6:30pm

## DATES FOR JULY

### **Social Afternoons**

Thursdays 1pm until 3pm (booking not required)

- Thursday 3<sup>rd</sup> July - BINGO
- Thursday 10<sup>th</sup> July - PLAY YOUR CARDS RIGHT
- Thursday 17<sup>th</sup> July - BINGO
- Thursday 24<sup>th</sup> July - FILM AFTERNOON
- Thursday 31<sup>st</sup> July - KURLING

**BASIC BIKE MAINTENANCE** 30<sup>th</sup> June and 1<sup>st</sup> July 10am until 12pm

**CREATIVE WRITING SESSION** 10<sup>th</sup> July – 9:30am until 11:30am (must book)

**SUMMER HOLIDAYS** Monday 21<sup>st</sup> July to w/c 1<sup>st</sup> September 2025  
(*please check as some school term dates may differ*)

SUMMER BANK HOLIDAY – Monday 25<sup>th</sup> August (Centre closed)

**JEFF SMITH'S MP CLINIC** Friday 25<sup>th</sup> July 10:30am until 11:30am  
(pre-book via Jeff Smith's office – 0161 445 0678)

**CHORLTON PARK COUNCILLOR SURGERY** Every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday each month  
Tuesday 8<sup>th</sup> July & Tuesday 22<sup>nd</sup> July  
5:30pm - 6:30pm

**More details to follow for all the above events**

# BMCA NEWS

## Spring Fair Success!

On 14th May, we held our **Spring Fair** here at BMCA and what a fantastic day it was! The event was buzzing with activity, from our raffle with amazing prizes (including a luxury Fenjal box set worth around £100) to a lively tombola, bric-a-brac, clothes, toys, gifts and refreshments.

It was wonderful to see so many people attend; everyone had a great time grabbing bargains and taking part in the fun!

A **huge thank you** goes out to our incredible volunteers, who worked hard sorting donations, setting up and helping on the day. Your support truly made the event a success.

Thanks to everyone who came along and contributed, we raised a brilliant **£401** amazing!

## Looking Ahead –

We are looking forward to another similar event (date to be confirmed) and we'd love your input! If you have any ideas to make the next fair even bigger and better? Let us know!

We're also collecting donations; unwanted gifts, new or nearly new clothing and other suitable items are all very welcome.

Thank you in advance for your support!



## CREATIVE WRITING

BMCA have successfully delivered several **Creative Writing Session** run by Becky our former Library Volunteer. These sessions have been well attended, and the feedback has been really positive. If you would like to join in on our next session(s) please phone (0161 446 4805) or pop in and book a place.

**Future dates Thursday 12<sup>th</sup> June and Thursday 10<sup>th</sup> July**  
**From 9:30am until 11:30am**

## VOLUNTEERING – Helping Others

At BMCA, we are always looking to grow our amazing team of volunteers. We simply would not be able to run all our activities and services without the dedication and support of our fantastic volunteers.

If volunteering is something you have been thinking about, BMCA could be the perfect place to get involved. We are currently looking for volunteers to help in the kitchen, library, and at our events and sessions. Full induction and training will be provided.

Volunteering is a great way to give something back, develop existing skills and learn new ones. If you are looking to enter (or return to) the workplace, it also offers valuable hands-on experience and something extra for your CV.

As a volunteer, you'll be part of a friendly team, connected to the local community and you'll have fun along the way!

Please contact Janette to discuss further or feel free to call into the Centre to have a look around. Contact Janette on **0161 446 4805** or email her direct on [janette@barlowmoorca.co.uk](mailto:janette@barlowmoorca.co.uk)

## VOLUNTEERS WEEK 2025

Volunteer week is 2<sup>nd</sup> June, BMCA would like to Thank all our amazing volunteers for the help and support over the past 12 months.





## STAFF TRAINING in VISUAL IMPAIRMENT AWARENESS

Some of BMCA staff have recently completed a Visual Impairment Awareness training session. This valuable training will arm our team with the knowledge to help any service users and to build a more inclusive world for people with sight loss. Congratulations!



## Keeping Merseybank Tidy

At BMCA, we are committed to taking care of our local environment and that includes keeping the Merseybank Estate clean and green.

In March and April, our amazing volunteers and staff were out again with litter pickers in hand, working hard to clear the area. Thanks to their dedication, we successfully collected bags and bags of rubbish, making a visible difference to the estate.

A huge thank you to everyone who joined us your efforts help create a cleaner, safer, and more welcoming space for all.



Together, we're proud to make Merseybank shine!

## Chorlton Arts Festival – Celebrating Creatives

Chorlton Arts Festival is now under way!

Each year, we showcase artwork created by the talented members of our community, displayed in many local organisations including BMCA. It's always a colourful, creative and inspiring event that highlights the amazing talent we have right here in our neighbourhood.

BMCA is proud to be part of it.

We invite everyone to take a moment to enjoy the spectacular displays, you'll be amazed by what our artists have created!

### Library Activities

**Manchester Libraries** put on children's activities during most school holidays.

Keep an eye on our window displays and social media for further details 😊 everyone is welcome and it's **FREE!**

### Exercise based classes:

Here at the Centre we run several exercise classes for all abilities.

If you are looking to improve your physical and mental health, why not come along and have a go. Really good news is they are **FREE!**

Tuesday	-	<b>Chair Based Yoga</b> - 3pm until 4pm
Tuesday		<b>Yoga</b> - 4:30pm until 5:30pm
Wednesday	-	<b>Chair Based Exercise</b> - 10am until 11am
Thursday	-	<b>Walk &amp; Talk</b> (meet at the Centre at 10am, back around 11am)
Friday	-	<b>Tai Chi</b> 12:30pm until 1:30pm

*All the above classes need to be pre-booked*



If you need any help or support when BMCA is shut, please contact one of the below services

- Manchester City Council Cost of living 0800 023 2691 or visit [www.manchester.gov.uk/info](http://www.manchester.gov.uk/info)
- NHS Mental Health Crisis Team available 24/7 call 111
- Samaritans helpline available 24/7 call 116 123 or visit [www.samaritans.org](http://www.samaritans.org)
- Childline – Free phone 0800 1111
- Mind – call 0300 123 3393 or visit [www.mind.org.uk](http://www.mind.org.uk)
- Young Minds - available 24/7 TEXT YM free to 85285 or visit [www.youngminds.org.uk](http://www.youngminds.org.uk)
- Calm (Helpline for Men) – 0800 58 58 58 or visit [www.thecalmzone.net](http://www.thecalmzone.net)
- Shout – available 24/7 TEXT SHOUT to 85258 or visit [www.giveusashout.org](http://www.giveusashout.org)
- Kooth (Young People) – or visit [www.kooth.com](http://www.kooth.com)