



**NEWSLETTER NO: 47**

**CHRISTMAS & NEW  
YEAR 2025 EDITION**



Barlow Moor Community Association  
23 Merseybank Avenue  
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Manchester  
M21 7NT



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WEBSITE: [www.bmcaltld.co.UK](http://www.bmcaltld.co.UK)



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
	Craft Making 10am-12pm	Cake & Conversation 11am-12pm	Craft Group 10am-12pm	Tai Chi * 12:30-1:30pm
	Men's Den 1pm-3pm	Let's Cook * 1pm-3pm	Social Afternoons 1pm-3pm (see overleaf)	
	Yoga* 3:30pm-4:30pm <i>Starts again January</i>	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**

**Youth Groups will close on Thursday 18<sup>th</sup>  
December 2025 and re-opens on  
Monday 5<sup>th</sup> December 2026**



## DECEMBER SCHEDULE



### **SANTA'S FIRST STOP** – Friday 5<sup>th</sup> December 4pm until 6pm

Santa's Dash will begin at 4pm, setting off from the BMCA car park and making its way down Merseybank Avenue, onto Winterburn Avenue and back to the centre. Keep an eye out for Santa dashing by and don't forget to grab a gift as he passes!

From 4:30–6pm back at BMCA, join us for an afternoon filled with games, arts & crafts and our Christmas Fair. There'll be toys, gifts, a Christmas tombola and a festive raffle on sale!

BMCA and Santa can't wait to welcome you for an evening of fun, laughter, and festive cheer!

### **COMMUNITY CHRISTMAS DINNER**

Come along and enjoy our annual Community Christmas Dinner! Join in with a festive sing-along, enjoy great food, and share even better company.

Thursday 18<sup>th</sup> December 12pm until 3pm

(must pre-book, bookings open from 1<sup>st</sup> December at reception)



## **BMCA CHRISTMAS OPENING TIMES**

Wedn 24th December (Christmas Eve)	-	Open from 9am-2pm
Thurs 25 <sup>th</sup> December (Christmas Day)	-	CLOSED (apart from Christmas Day dinner)
Friday 26 <sup>th</sup> December (Boxing Day)	-	CLOSED
Monday 29 <sup>th</sup> December	-	CLOSED
Tuesday 30 <sup>th</sup> December	-	CLOSED
Wedn 31 <sup>st</sup> December (New Year's Eve)	-	CLOSED
Thurs 1 <sup>st</sup> January (New Year's Day)	-	CLOSED
Friday 2 <sup>nd</sup> January 2026	-	CLOSED
Monday 5 <sup>th</sup> January 2026	-	OPEN AS USUAL 9am-4pm



## **CHRISTMAS CRAFT SESSIONS**

Thursday 4 <sup>th</sup> December	-	CHRISTMAS WREATH MAKING
Thursday 11 <sup>th</sup> December	-	CHRISTMAS LIGHT UP BOTTLES
Thursday 18 <sup>th</sup> December	-	CHRISTMAS TABLE DECORATIONS

## **CHRISTMAS SOCIAL AFTERNOONS**

Thursday 4 <sup>th</sup> December	-	GAMES AFTERNOON
Thursday 11 <sup>th</sup> December	-	CHRISTMAS BIG BINGO

<b>Creative Writing with Becky</b>	-	Thursday 11 <sup>th</sup> December 9:30 – 11:30am
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## **Southway Tenants Drop In Surgery**

on Tuesday 16<sup>th</sup> December from 10am until 12pm here at BMCA with  
Cath Dell for further information email: [c.dell@southwayhousing.co.uk](mailto:c.dell@southwayhousing.co.uk)





Welcome  
2026

## DATES FOR JANUARY 2026

**CRAFT MORNINGS** every Thursday - 10am until 12pm

**SOCIAL AFTERNOONS** every Thursday 1-3pm

Thursday 8 <sup>th</sup> January	-	New Year Bingo & Raffle
Thursday 15 <sup>th</sup> January	-	Play your cards Right
Thursday 22 <sup>nd</sup> January	-	Bingo & Raffle
Thursday 29 <sup>th</sup> January	-	Film Afternoon

**CRAFT SESSIONS** every Tuesday and Thursday morning from 10am until 12 noon

Tuesday 6 <sup>th</sup> January	-	General Craft
Thursday 8 <sup>th</sup> January	-	General Craft
Tuesday 13 <sup>th</sup> January	-	General Craft
Thursday 15 <sup>th</sup> January	-	General Craft
Tuesday 20 <sup>th</sup> January	-	General Craft
Thursday 22 <sup>nd</sup> January	-	General Craft
Tuesday 27 <sup>th</sup> January	-	General Craft
Thursday 29 <sup>th</sup> January	-	General Craft

HAPPY  
NEW YEAR



# BMCA NEWS

## Merseybank Skip Day & Community Clear-Up

Our Merseybank Skip Day and Community Clear-Up in October was a great success! The event, organised by Cath Dell from Southway, brought the community together and resulted in an impressive 3 tonnes of waste being collected in the skip located on BMCA's car park.

The skip which was large enough to fill one side of our car park was filled to capacity on the day. Heritage, who partnered with Southway on this project, were unable to fit any more in, despite their best efforts.

However, demonstrating wonderful commitment to our community, Heritage returned the following week to assist residents who had missed out. As the weather turned, they were only able to tend to four gardens, but their support was greatly appreciated.

Overall, the project was a huge success, helping residents declutter and remove larger unwanted items.

A big **'Thank You' to Southway and Heritage** for making this possible!

## Drumming Sessions

Our new drumming sessions have quickly become a hit with the community! Each week, more and more people are coming along, some to join in and have a go, others simply to sit back, relax, and enjoy the rhythms.

If you'd like to pop in, join the fun, or just listen, here are our upcoming dates

Wednesday 10<sup>th</sup> December

Thursday 22<sup>nd</sup> January

Thursday 26<sup>th</sup> February

Thursday 19<sup>th</sup> March

From 11am until 12pm, no need to book just turn up and enjoy the music!



## Creative Writing

Our Creative Writing sessions, led by the talented Becky, have been a great success! These inspiring and friendly sessions have sparked imagination, built confidence and created a wonderful space for self-expression.

**Next Session: Thursday 11<sup>th</sup> December 2025 from 9:30am until 11:30am**

Whether you're an experienced writer or just curious to give it a go, everyone is welcome!

## ELF BUSINESS

We've been very kindly donated an **ELF**, quite a large Elf! Elf is going to help raise funds in support of our **Christmas Fair on Friday 5th December**, we're running a fun competition:

**Name the ELF**  
**50p per guess**

*Locate the **RED** box on reception, fill in the slip with your chosen name and put the slip in the red box!*

Winner will be drawn at the Christmas Fair on 5th December then take the ELF home!

Pop in, have a go and be in with a chance to take home our lovely but naughty ELF!



## VOLUNTEERS URGENTLY NEEDED HERE AT BMCA

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.

We are currently looking for the following volunteering roles:

**Kitchen Assistants**

**Library Assistants**

**Health & Wellbeing Assistants**

**Events Assistants**

If volunteering is something you have been thinking about, BMCA could be the perfect place to get involved. 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 Tina to discuss further or feel free to call into the Centre to have a look around. Contact Tina on **0161 446 4805** or email her direct on [tina@barlowmoorca.co.uk](mailto:tina@barlowmoorca.co.uk)

***A BIG SHOUT OUT & THANK YOU TO ALL OUR AMAZING VOLUNTEERS PAST, PRESENT & FUTURE***



## EXERCISE BASED ACTIVITIES

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 all **FREE!**

Tuesday	-	<b>Yoga</b> - 3:30pm until 4:30pm (starts again <b>January 2026</b> )
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*

## Defib Training

A huge ‘**THANK YOU**’ to **Cath Brownhill** for again giving her time to come along to BMCA to complete/refresh Defib training for our staff, volunteers and service users.



**Reminder – there is a defib based at BMCA on the outside of the building**

## **New and exciting projects coming to BMCA:**

### **Merseybank Community Sharing Shed Officially Launches**

BMCA is celebrating a new addition to the centre, the **Merseybank Community Sharing Shed**, a 24/7 resource designed to support local people with free access to essential food items and toiletries.

Located outside the centre, the Sharing Shed is open day and night, allowing anyone to take what they need, whenever they need it, no questions asked. The aim is to: reduce food insecurity, cut waste, and encourage neighbours to support one another.

The shed operates on a “take what you need, give what you can” basis. Local people are invited to donate non-perishable food, toiletries, and household staples whenever possible. In return, anyone is welcome to pick up items that would help them get through the week. By encouraging both giving and taking, the initiative hopes to create a sustainable cycle of sharing and kindness.

We will be launching this project on Thursday 18<sup>th</sup> December 12pm – 3pm during our Community Christmas Lunch. To pre-book your place for the Christmas Lunch please call 0161 446 4805 or drop in to receive more information on Merseybanks sharing shed.

### **NEW YEAR - NEW START PROJECT**

**BMCA are launching our brand new ‘New Year – New Start’ project, starting in January 2026. We are currently working on this project and aim to bring you regular updates when each phase has been finalised.**

**Watch out on social media, window displays for exciting news!**



**If you need any help or support within the Christmas period when BMCA is closed, please contact one of the services below:**

- 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)



*from all the staff at BMCA*