

Let's live well

LET'S
do it!

Radcliffe

Who	Where	When	What	Cost	Contact
Social Adventures	5. Radcliffe Market		Five new projects: 1. Woodland wellbeing sessions - four two-hour sessions a month, 2. Mum/Dad's Matter - Parent peer support groups running twice a month 3. Family Forest School Sessions - Bringing families together and encouraging team work twice a month, 4. My Happy Mind Session - Giving families and parents skills to help toddlers, pre-school and primary aged children learn about self-regulation and how to manage feelings, 5. Yoga for Toddlers and Pre-schoolers - four sessions a month		Kate Simpson 0161 710 1075 hello@socialadventures.org.uk Social adVentures - Trading for Change
Ainsworth Social Club	- Ainsworth Social Club	First Tuesday of every month 7.30pm-9pm	- Various activities throughout the year.	Free	Andrea Waddington ainsworthsc@outlook.com
Radcliffe Litter Pickers	- General picks across Radcliffe - Safe havens – St. Johns Church Yard	- N/A	- A newly created 'Safe Haven Garden' for the community. Allowing people to meet in the outdoors, socialise, practice mindfulness, and meditate. The garden will also encourage biodiversity and local wildlife.	Free	Gill Smith litterpickersradcliffe@gmail.com Radcliffe Litter Pickers Facebook

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Radcliffe & Stand United Reform Church	Radcliffe & Stand United Reform Church, Blackburn Street	The 1st Wednesday of every month 1.30pm – 3.30pm	- 'Re-Kindle' - A new dementia group in Radcliffe	Free	Nigel Adkinson 0161 280 2229 <u>Radcliffe and Stand United Reformed Church Just another WordPress site (radcliffeurc.org.uk)</u>
Woodies Men in Sheds	-	N/A	- A newly installed 'Grow Your Own' area. This space will encourage people to use the outdoors, grow their own food, cook, and eat together in a community space.	Free	Colin Harrison <u>woodies.mensheds@gmail.com</u>
Corrie Gardeners	Coronation Road, Radcliffe	N/A	- An accessible path for disabled and wheelchair users will be provided to lead users to the 'Friendly Bench' and extra raised beds for fruit and veg will be built for the community to help themselves to.	Free	Tina Harrison 07963605283 <u>corrie.gardeners@gmail.com</u> <u>Corrie Gardeners - Home Facebook</u>
Forever Friends	- Radcliffe Borough FC	- Wednesdays 1pm-3pm	- Over 60s group introducing chair-based exercises into weekly group, monthly musician and trips out of the borough.	Free	Margaret Mottershead 07720458876 <u>margaret.mottershead49@gmail.com</u>
Run Together Radcliffe	- Festival Gardens	- Thursdays 7pm. - Booking required	- Run Together Radcliffe - A weekly led run. These runs will be back-to-back couch to 5K programs. - A weekly walking group.	Free	Sue Tickle <u>runtogetherradcliffe@gmail.com</u> <u>RunTogether / Run Together Radcliffe / Home</u>

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Little Britain Anglers	- Water St. Radcliffe, M26 4BE	Weekly dates	- The area is to be made more safe, secure, and accessible as it is a popular walkway to the main road. A mural will also be painted by students to represent the industrial history of Radcliffe	Free to help. Membership offered.	Eric Owen 07932304308 ericowen30@mail.com
New Life Church	- Stand Lane, Radcliffe, M26 1JR	- During school holidays - Thursdays 11.15am – 12.15pm - Tuesdays, Wednesdays, and Thursdays 10am-11am	Three new projects: 1. Fit and Fed - to promote healthy lifestyles among the most deprived, young families in Radcliffe, 2. Art & Craft sessions for all ages and abilities, 3. Speak and Settle for foreign nationals to learn basic English to help ease their integration into society	Free	Sue McCann 07766445157 nlcradcliffe@btinternet.com New Life Church Radcliffe - Home Facebook
Radcliffe Sonics	- Radcliffe Borough FC	- Sundays 11am-12pm	- Walking football for women over the age of 40. Meet new people, learn new skills, get fresh air, and get fitter at your own pace. All abilities welcome.	First session free, £3 each session after	Lulu Driver 07983355637 radcliffesonics@gmail.com