

What's On At Gorton Central

<p>Monday</p>	<p>10am -11am: Tai Chi Drop in (£2.50) 10am - 12pm: Welfare advice Support with welfare, benefits, debt, housing, cost of living. Advice in Urdu, Hindi, Punjabi available. Contact to book (Free) 1 - 3pm: Age Friendly drop-in. Over 50's sessions with refreshments, activities, and information. (Free)</p>
<p>Tuesday</p>	<p>2-4:30pm: Citizens Advice Bureau Video call drop-in (assistance provided). No appointment needed. (Free)</p>
<p>Wednesday</p>	<p>10am - 11am: Chair Exercise Classes Chair based exercises for all abilities. Drop in, just turn up (£2.50) 11am - 12pm: Walking group. Meet at the centre and have a walk locally with a friendly group, just turn up. (Free)</p>
<p>Thursday</p>	<p>2- 4pm: Benefits advice & basic form filling. Drop in (Free) 2 - 6pm Gorton Community Grocer: £3 for a low-cost weekly shop. 6 month membership, for Gorton residents. Contact to be added to the membership waiting list. 7 - 8pm: Zumba No need to book, just turn up (£2.50)</p>
<p>Friday</p>	<p>10am - 12pm Across Ummah Food Club. £2.50 for a shop, no area restrictions, no appointment needed. 9am - 4pm: Fikawelie Caribbean and African Mental Health CiC Support for the Black African, Caribbean, and South Asian community with management of mental health, alongside physical health checks. Contact to book (Free)</p>

<p>February</p>	<p>Health and Wellbeing Fair: Thursday 15th February 12 - 4pm. Chat to different health and wellbeing organisations and find out about activities and services you can access. (Free)</p> <p>Job Club: Friday 16th February 10am - 12pm. Get support job searches, finding training and volunteering, CV support, and signposting to relevant services. No need to book, just turn up. (Free)</p> <p>Be Well Health Checks: Tuesday 20th February 10am - 3pm. Health checks for over 40s, Contact to book on. (Free)</p> <p>Home from HOME Women's Creativity Group: Thursday 22nd February 10am - 12pm. Creative activities group for all women. No need to book, just turn up. (Free)</p> <p>Energy Advice drop-in with Citizens Advice Bureau: Thursday 29th February 2 - 4pm: Access information and advice about your energy bills. No need to book, just turn up (Free)</p>
<p>March</p>	<p>Home from HOME Women's Creativity Group: Thursday 7th and Thursday 21st March 10am - 12pm. Creative activities group for all women. No need to book, just turn up. (Free)</p> <p>International Womens Day event: Friday 1st and 8th March 1-7pm. A range of activities, talks and information. No need to book, just turn up. (Free)</p> <p>Job Club: Friday 1st and 8th March 10am - 12pm. Get support with job searches, finding training and volunteering, CV support, and signposting to relevant services. No need to book, just turn up. (Free).</p> <p>Be Well Health Checks: Tuesday 12th March 10am - 3pm. Health checks for over 40s, Contact to book on. (Free)</p>

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For more info or to subscribe to our e-mail newsletter contact:

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