

All activities at Crossacres Resource Centre are brought to you by Age UK Manchester and the Ageing Well Service has been with us for over 10 years. It is aimed at groups and individuals aged 50 and over who can arrange transport or travel to and from the centre with no requirement for care and support whilst visiting us.

There is a membership fee of just £8 per month, which covers any group or session that you attend – unless detailed otherwise. This cost includes materials, equipment and of course, refreshments!

All activities are considered to be 'skill sharing' opportunities rather than taught sessions (unless specified), therefore it is beneficial to have existing skills in any of the groups you wish to attend.

We also have other facilities available at Crossacres;

- Two Soups Café - open Monday & Friday 10-2pm with a range of sandwiches, toasties, soup and delicious cakes.
- Book and jigsaw exchange – bring you old books and jigsaws and exchange them in our two libraries.
- Bike library – open Tuesdays and Thursdays. 10 – 2pm
Come in and borrow a pushbike for free.
- Age friendly corner – Information about services and events for older people.
- Digital Inclusion – Drop into any of our groups for help with using tablets / mobile phones etc.

Activities

- **Craft Group** – Mondays & Fridays 1-3 pm
Come along and share your skills and maybe learn new ones! You can bring your own existing projects or make things to sell and raise money for Age UK Manchester.
- **Card Making Group** – Mondays & Fridays 1 – 3pm
We can provide the materials for You to make cards of all sorts. Come along and make new friends at the same time.
- **Crossacres Stitchers Group** – Thursday 10-12pm
A group who meet to use sewing machines to make, repair and upcycle materials new and old!
- **Men in Sheds** – Wednesday 10-12pm
Come along and get involved in this group that shares practical skills including joinery, woodwork and sustainable projects.
- **Art Group** – Mondays & Fridays 12 – 3pm
The art group meet to share skills and showcase their work. They predominantly use watercolours and acrylic paints.
- **Crossacres Cultivators** – Tuesday & Thursday 10-12pm
Our cultivators gardening group meet to share tips, grow fruit, veg and flowers and generally transform the gardens at Crossacres into an oasis!
- **Silver Click** – appointments by arrangement
We have volunteers available to give computer lessons on an individual basis – please contact the centre for more details or to arrange an appointment.

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Ageing Well Service

For more information ring Zoe Jones on:

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