

THRIVE MANCHESTER

NEWS

June 2022

WALKS

Weekly Walks

Wednesdays at 11am
Meet outside Boxx 2 Boxx (M22 4FY)

Thursdays at 1:30pm
Meet outside Benchill Community Centre (M22 8EJ)

Fridays at 11am
Meet outside Woodhouse Park Lifestyle Centre (M22 1QW)



Thrive Mcr
Become a volunteer Walk Leader!

Help others enjoy the benefits of being around nature and walking in a group.

We need more walk leaders to help run and lead our weekly walks in Wythenshawe.

For more information contact:
chantel@thrivemanchester.org.uk
07859 832533

Thrive Mcr
Thrive Manchester is a registered charity in England and Wales number 1183084

PUBLIC LIVING ROOM

We have recently set up a new space for for adults looking after children with special educational needs and/or disabilities to come and join like minded people in a relaxed environment to chat have a brew and support each other. Children are also welcome to come along.

Brew, Toast & Chat

A chance for adults looking after children with special educational needs and/or disabilities to support each other.

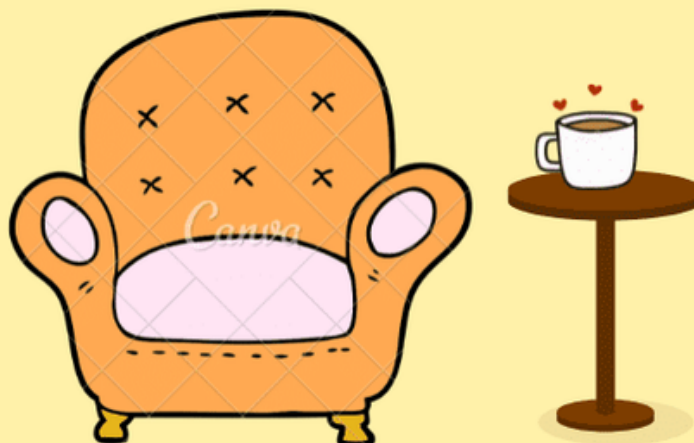


Thursdays 1-2 pm

Benchill Community Centre, M22 8EJ

(Everybody welcome to stay on to the Public Living Room afterwards)

For more info call/text Colette on 07853 841290
or email colette@thrivemanchester.org.uk



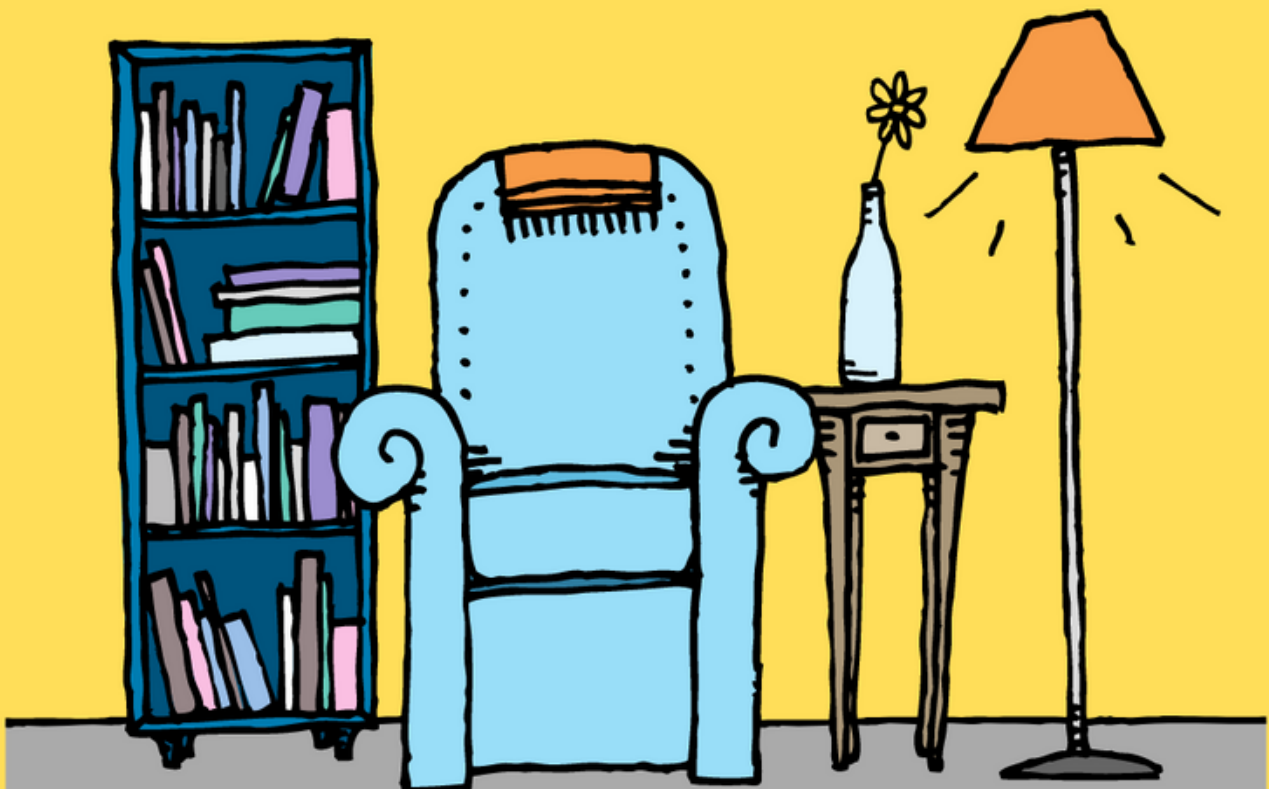
EVERYBODY IS WELCOME TO OUR PUBLIC LIVING ROOM, EVERY THURSDAY AFTERNOON. A PUBLIC LIVING ROOM IS A NO AGENDA SPACE, WHERE PEOPLE CAN GO TO JUST BE THEMSELVES ALONGSIDE OTHERS. IT'S A WELCOMING PLACE THAT OFFERS NO SERVICES, JUST THE COMPANY OF FELLOW HUMANS! EVERYBODY IS WELCOME!

PUBLIC LIVING ROOM

A home from home where you can just be yourself

**Benchill Community Centre, M22 8EJ
Every Thursday, 2-4pm. Free!**

**Call/text Colette on 07853 841290 or email
colette@thrivemanchester.org.yk for more info.**



TESCO FUNDRAISING

ENDING THIS MONTH!!!!

We're now in the final month of the Tesco fundraising scheme, so if you're shopping in either Baguley, Northenden or Northern moor Tesco stores don't forget to ask for some tokens to put in the container.... every little helps!!!



You can now help Thrive Manchester raise money on give as you live. check it out here <https://www.giveasyoulive.com/charity/thrive-manchester>

UPCOMING EVENTS

We will be running another 'Understanding Trauma, Building Resilience' course in the autumn at Manchester Art Gallery. There are only 10 spaces. If you are working with anyone who would find this eight-week course useful, or you would like more info, please contact Dave Nuttall at dave@thrivemanchester.org.uk or call him on 07921 291093

ACE'S TRAINING

Free ACEs and Trauma Training at Benchill Community Centre 17th June 9.30-12.30. If you or anyone you know would like to attend, please email Dave Nuttall at dave@thrivemanchester.org.uk or call him on 07921 291093



THRIVE MANCHESTER BOOK CLUB

COMING SOON!!!

This will be happening somewhere in south Manchester details to be confirmed If you're interested email colette@thrivemanchester.org.uk

The first book will be sexy but psycho by Dr Jessica Taylor

