

Timetable of Activities and Courses at The Angel Centre



If you would like to attend any of the courses and activities listed please contact us –

Te: 0161 710 1075 Email: hello@socialadventures.org.uk

These services are held at - The Angel Centre, 1 St Philips Place, Salford M3 6FA and are open to **ALL Salford Residents**

All sessions are **FREE** unless otherwise stated

- Tuesday – Art, Collage and Crafts - Free
10.30am-12.00pm
- Tuesday Drawing Class – No tutor leads this group, this class is ideal for people who can already paint or draw but prefer to work in a group.
12.30-2.00pm
- Wednesday – Friendship Circle, catch up with a brew and a chat
1.00pm-2.30pm – Free
- Wednesday -Zumba Gold – Free
11.15am – 12.00pm
- Thursday - Job Club, help with CVs, online courses, interview techniques - Free
10.00am-12.00pm
- Thursday – Souper Thursdays – Come along for a chat and a homemade soup lunch. Open to 55s and over. Starts 4th November
12.45pm – 2.15pm
- Thursday – Painting, Drawing, Crafts - Free
1.00pm-2.30pm
- Thursday – Zumba
5.45-6.30pm £2.00
- Thursday – Yoga
7.00-8.00pm £2.00
- Friday - Crafts -suitable for people with a learning disability - Free
10.00am-11.30am
- Basic Childcare employability course - Call for more information.

This is a 4 week course (1 session per week).

- Barista training, and Level 2 Food Hygiene training, 1 day. Call for more information.
- Forest School Assistant Training – learn how to assist in running outdoor activity for children. Call for more information

Saturday Exercise Sessions

- Karate for kids – Free to Salford residents
11.30am-12.30pm
- Junior Dragons – Free to Salford residents
12.30-1.30pm
- Adults Karate – Free to Salford residents
1.30pm-2.45pm
- Yoga for All - £2.50 – just come down
3.00-4.30pm

Other Services available at The Angel Centre:

- Free Counselling available via telephone or video call
- Free E-Cigarette and 121 support to help people quit smoking
Call: 0161 710 1075 or email hello@socialadventures.org.uk to access these services

Food Club

We have a weekly food club where we provide a weekly shop for £2.50 per week membership - Call: 0161 710 1075 or email hello@socialadventures.org.uk

Café and Social Supermarket

Open 8am to 6pm – pop in for a brew, breakfast or lunch and have a look round our store which stocks ethical and sustainable products.

Timetable of Activities at Garden Needs

These services are held at – Garden Needs, 1 Radford Street, Salford M7 4NT and are open to **ALL Salford Residents**



All sessions are **FREE** unless otherwise stated

If you would like to get involved you can call The Angel Centre reception for more information. 0161 710 1075

- Mondays
Sow The City – 6 wks Gardening sessions, 10th Jan, 24th Jan, 7th Feb, 21st Feb, 7th March, 21st March. - How to grow chilli plants
12.30-2.30pm

- Tuesdays – Mental Health and Horticulture – gardening, growing, tidying, harvesting and socialising 10am-3pm. Free
- Thursdays – Mental Health and Horticulture – gardening, growing, tidying, harvesting and socialising 10.00am-3.00pm. Free
- 121 Nature walks – Call to book 0161 710 1075
- Tuesday 15th Feb – Creating Plant Labels for spring – Free
One off workshop - 10.30am-2.30pm. Call to book.

Garden Needs Employability - To be eligible to attend the courses below you will need to be unemployed, or in receipt of benefit and 19+

- ASDAN accredited course –
Land Based/Horticulture/Conservation
- Forest School Training – L2 training