

## Timetable of Activities, Events, and Courses at The Angel Centre

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

Call: 0161 710 1075 Email: [hello@socialadventures.org.uk](mailto: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 over the age of 18.**

All sessions are **FREE** unless otherwise stated.

- Monday – Mindfulness Journalling  
A safe space to declutter our busy minds through therapeutic conversation, journalling, and mindfulness practice.  
11.00am-12.00pm
- Tuesday – Community Litter Pick  
A great activity for light exercise and general wellbeing. Equipment provided.  
9.30am-10.15am
- Tuesday – Art, Collage and Crafts  
Get creative and unleash your artistic talents.  
10.30am-12.00pm
- Tuesday – International Language Exchange  
Practise relaxed conversational English in our cafe and exchange language.  
1.00pm-2.00pm
- Tuesday – Tuesday Scribblers (private group)  
Art social group for carers.  
1.00pm-2.30pm
- Tuesday – Burlesque Dance for women  
Pull out all the stops at this flamboyant dance class to help build fitness and confidence.  
5.45pm-6.45pm - Starting 26th March 2024
- Tuesday – Soundbath Meditation  
Relax, unwind and let your worries melt away. Bring a blanket and/or pillow for extra comfort.  
7pm-7.45pm - Starting 26th March 2024
- Wednesday – Job Club  
Help with CVs, online courses, interview techniques.  
10.00am-12.00pm – Held at Eccles Library.
- Wednesday – Zumba Gold  
Move it and shake it! Exercise the fun way.  
11.15am-12.00pm
- Wednesday – Friendship Circle  
Catch up with a brew and a chat. Bring your knitting or crochet projects if you have them.  
1.00pm-2.30pm

- Wednesday – Food Cycle  
Free 3-course community meal. Everyone is welcome. Suitable for vegetarians.  
6.30pm-8.00pm
- Thursday – Clubbercise  
An upbeat dance workout to improve general fitness, stamina, and wellbeing.  
5.45pm-6.45pm
- Thursday – Yoga  
Suitable for all levels of ability.  
7.00pm-8.00pm £2.00
- Friday – Crafty Friday  
Art group suitable for people with a learning disability.  
10.00am-11.30am

### **Saturday Sessions**

- Bonsai Karate – ages 5yrs -11yrs  
11.30am-12.30pm
- Junior Dragons – ages 12yrs-15yrs  
12.30-1.30pm
- Adults Karate – ages 16+  
1.30pm-2.45pm
- Community Choir  
Not experience necessary. All abilities welcome.  
1.30pm-3.00pm
- Sculpture and Craft  
Try your hand at a variety of creative techniques including sculpture and material work.  
1.00pm-3.00pm
- Yoga – Adults 18+  
Suitable for all levels of ability  
3.00pm-4.00pm £2.00

### **Events - Booking Required**

Healthy Cookery Workshop - A hands-on healthy cooking session, suitable for all abilities. Learn new skills or take inspiration on how to get the best flavours from healthy foods.

- Mondays, 12.30pm-2.30pm. Ask staff for dates.

Spanish Cooking - An in depth look at Spanish cooking, including techniques, cultural history, and exploring tastes and textures.

- Tuesdays, 5.30pm-7.30pm. Ask staff for dates.

## **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
- Free Nutritionist Support with 121 support for healthy eating and weight loss, meal planning and recipe ideas.

Call 0161 710 1075 or email [hello@socialadventures.org.uk](mailto:hello@socialadventures.org.uk) to access these services.

## **Welcome Hub Café**

Monday to Thursday open 10am-2pm – pop in for a brew, lunch or have a look around.

### **Welcome Hub Lunches**

A daily meal on Monday-Thursday for people 65+, unemployed or low income, in receipt of benefits, or experiencing financial hardship.

Served daily at 12pm.

### **Community Fridge**

Community Fridges are where anyone can access free, quality food that would otherwise go to waste. Get involved by donating food (check our list of what can and can't be accepted) or volunteer to help oversee the fridge, with free level 2 Food Hygiene training.

### **Food Club**

Our food club is a £4.00 per week membership. Collect food every Wednesday between 1pm-3pm. One shop per household. Available for people 65+, unemployed or low income, in receipt of benefits, or experiencing financial hardship.

### **Volunteering**

Opportunities to gain experience, skills and training through supporting the community, including Food Hygiene level 2.

Monday-Friday 9am-3pm

### **Share Shop & Community Clothes Rail**

Help fight waste going to landfill and donate clothes and household items of good quality to our Community Share Shop. Accepting donations. All items are free to a good home.

## 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

- Tuesdays – Mental Health and Horticulture – gardening, growing, tidying, harvesting and socialising - 10am-3pm.
- Wednesdays – Mental Health and Horticulture – gardening, growing, tidying, harvesting and socialising - 10.00am-3.00pm.
- Thursday – RHS Bridgewater Gardening. Call for times and transport pick up points  
Participants must be volunteering at our Garden Needs Centre.
- Sowing Success – Intro into what plants need, seed sowing, cuttings, potting on, maintenance and harvesting. How to design a therapeutic bed.  
Tuesday 12.30pm-2.30pm - Fortnightly  
10am-12pm & 12.30pm-2.30pm - Monthly

Call 0161 710 1075 or email [hello@socialadventures.org.uk](mailto:hello@socialadventures.org.uk) to book.

- Forest School Training – L2 training - Call for more information

### We would love to hear from you

We welcome your feedback! Let us know what you think about our services, and if you would like to make any suggestions, please contact us. Call us on 0161 710 1075 or email [hello@socialadventures.org.uk](mailto:hello@socialadventures.org.uk).

Social adVentures website: [www.socialadventures.org.uk](http://www.socialadventures.org.uk)

Angel Centre Facebook: [www.facebook.com/angel.centre.salford](http://www.facebook.com/angel.centre.salford)

Instagram: @socadventures



Inspiring people to lead healthier and happier lives through the following projects and social businesses:

