

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

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, fortnightly – Relaxation Infusion
11.00am - 12.00pm
11th Aug, 8th Sept, 22nd Sept, 6th Oct, 20th Oct, 3rd Nov, 17th Nov.
- Monday – Sculpture, Craft, and Origami
Try a variety of crafting techniques, meet new people, and let out your creativity!
1.00pm-3.00pm
- Tuesday – Painting and Drawing
Get creative and unleash your artistic talents.
10.30am-12.00pm
- 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
- Tuesday – Soundbath Meditation
Relax and let your worries melt away. Bring a blanket and/or pillow for extra comfort.
7.00pm-7.45pm
- 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 – Kung Fu (private group)
Organised and facilitated by Salford Hong Kongers social group.
5.30pm-7.30pm, £20.00 monthly
- Wednesday – Food Cycle
Free 3-course community meal. Everyone is welcome. Suitable for vegetarians.
6.30pm-8.00pm
- Thursday - Chinese Opera
Organised and facilitated by Salford Hong Kongers social group.
11am-2pm

- Thursday – Yoga
Suitable for all levels of ability.
7.00pm-8.00pm £2.00
- Friday – Crafty Friday
Art group suitable for people with learning differences.
10.00am-11.30am
- Friday – Tai Chi
Suitable for all levels of ability.
4.30pm-5.30pm

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
- Tea & Toast
11.30am-1.30pm
- Community Choir
No experience necessary. All abilities welcome.
1.30pm-3.00pm
- Yoga – Adults 18+
Suitable for all levels of ability
3.00pm-4.00pm £2.00

Events & Courses - Booking Required

- Bake & Bond 4-week course
Starting Monday 1st September 4.30pm-6.30pm
- Healthy Cookery 8-week course
Starting Tuesday 2nd September 6.00pm - 8.00pm
- Salford Museum Trip
Thursday 18th September 11.00am - 2.00pm
- Autumn Litter Pick Event
Monday 22nd September 1.00pm - 2.00pm
- Stress to Success 6-week course
Starting Tuesday 23rd September 1.00pm - 2.00pm

- **Cacao Ceremony**
A mindful look at the magic of cacao and it's physical and mental benefits
Monday 29th September 3.30pm - 4.30pm

Other Services available at The Angel Centre:

- Free Counselling available via telephone or video call.
- Stop Smoking Support, including free vape and 121 support.
- Free Nutritionist Support with 121 support for healthy eating and weight loss, meal planning and recipe ideas.
- Free Training & Employment Support through Elevate Salford project.

Call 0161 710 1075 or email hello@socialadventures.org.uk to access these services

Welcome Hub Café

Open 10am to 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. Only 50p per meal.

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 Thursday between 10am-12pm. 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-Thursday 9am-3pm

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.
- Woodland Wellbeing – Exploring the 5 senses on a mindfulness walk in nature
Monthly sessions, 10.00am-12.00pm
Fridays 18th July, 29th August, 19th September, 17th October, 14th November, 12th December, 9th January
- Saturdays – Mental Health and Horticulture - gardening, growing, tidying, harvesting and socialising - 10.00am-3.00pm.
Also various natural crafts

Call 0161 710 1075 or email 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.

Websites: www.socialadventures.org.uk www.theangelcentre.org.uk www.gardenneeds.org.uk

Angel Centre Facebook: www.facebook.com/angel.centre.salford

Instagram: @socadventures



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

