

Local Offer – Central

Welcome to Manchester Local Offer / Local Offer SEND Information Hub.

Manchester Local offer web site :The Local Offer Team

Email: localoffer@manchester.gov.uk / 0161 234 1946

www.manchester.gov.uk/sendlocaloffer - searchable directory

Twitter: @MCRLocalOffer

Central Manchester activities available for children with additional needs with support in place to attend.

Athletics Club for People with Learning Disabilities

Fridays: 5.30pm to 7.30pm

Manchester Regional Indoor Arena, Rowsley Street, Manchester, M11 3FF

Contact - 0161 503 6340

Autastic Dance Session

Autastic runs an accessible dance session on the first Sunday of every month at Gorton Community Centre - £2 optional donation. To book and for further information, contact Hayley Peters at theautasticcharity@gmail.com

Disability Football Sessions at Sport City

Tuesdays: 6pm to 8pm

Gate 11, Alan Turing Way, Bradford, Manchester, M11 3FF

0161 438 7835

Disability Football Sessions in Hulme

Manchester City Football Club runs a free disability football session on a Monday evening 6pm to 8pm at the Active Lifestyle Centre in Hulme, which runs during term time.

6pm to 7pm for ages 8-13 years.

7pm to 8pm ages 13 - 16 and 16+

Venue - Denmark Road, Manchester, M15 6FG Contact - 0161 438 7713

Autism & Learning Difficulty Friendly Screenings

Contact - 0300 303 9062

CEA Cinema Cards

For Carers of Disabled Young People & Adults

Network House, Factory Road, Sandycroft Deeside, CH5 2QS

Contact - 01244 526 016

Parthian Climbing Manchester

Climbing Wall<https://parthianclimbing.com> › Bennett Street Gorton

Mon – Friday: 10:00 – 22:00 & Saturday and Sunday: 10:00 – 18:00

Parthian Climbing Manchester, St. Benedict's Church, Bennett St, Manchester M12 5ND

Email us: manchester@parthianclimbing.com or Call us: 0161 230 7006

Situated within an old church in the heart of Manchester, this centre is something special and every bit as amazing as you think it is! We offer Intro Courses.

Balance Bike - Riding Sessions

These sessions are for riders aged 2-5 years old.

Our sessions are run by two members of the National Cycling Centre team, at least one of which is a British Cycling Level 2 BMX specific qualified coach. They will deliver a coached session focussing on fun for your little one. The sessions can be adapted to each individual child's needs making it easier or harder as required.

At the start of each session, the coach will ask if anyone is new and if necessary, advise that the parent/guardian stays on the flat area with their child until their confidence has grown. All parents/guardians are encouraged to help their child if they need it and we find that the best results come when parents/guardians are fully engaged in the process with their child.

Balance Bike session details:

- **Days & Times** : Every Sunday Morning From 10am
- **That is included:** Coaching, access to the world class track, bike and safety equipment if needed.
- **What a session involves:** Riding, skills sessions and small races.
- **What to do:** Book in advance to avoid disappointment by calling reception 0161 223 2244 (option3) - cyclingcentre@gll.org

Venue - National Cycling Centre, Stuart Street, Manchester, M11 4DQ

Saturday 9.00am - 10.00am These sessions are for riders aged 2-5 years old.

Platt fields, Platt Lane, Manchester, M14 5LL

Mancycles Bike Project

Free Cycling and bike maintenance programme for young people with SEMH needs.

Roger Newall - Telephone 07970922132 - E-mail info@manccycles.co.uk

Champions Sports Club

Club for young people with disabilities - 07786144414

13 plus years – Fridays 6pm – 8pm

Venue - Denmark centre M15 6FG

Dominoes Disability netball

Venue - Wright Robinson College M18 8RL - 10 to 25 years

Contact Liz Collins – Telephone 07855 754083 or E-mail ideas@dominoes-netball.co.uk

Manchester Eagles Learning Disability

Venue - National Basketball Performance Centre, Belle Vue Leisure Centre, Kirkmanshulme Lane.

Contact – Telephone 07786144414 or E-mail jacob@dosportuk.co.uk

HideOut Youth Zone Gorton - Sunday Disability Sessions

check out the “ what’s on” Guide – Contact 0161 511 3777

Fitness, sports, art, fashion, film and media, dance and drama, kitchen cooking, climbing wall, employability, health and beauty, martial arts.

Inclusive Fun and Floats Session

Venue - Moss Side Leisure Centre, Moss Lane East, Manchester, M15 5NN

Every Sunday 9am-11am. You do not need to be a member, or book online. You can just show up on the day. Children go free.

Venture Arts Young People's Art Club

Saturday mornings from 10am until 12.30pm and Wednesday evenings from 3.30pm until 6pm

Venue - 43 Old Birlev Street, Hulme, Manchester, M15 5RF - 0161 232 1223

Arcadia Library & Leisure Centre

Manchester - Better <https://www.better.org.uk> › Leisure Centres › Manchester Swim all sessions

The centre's Swim School teaches over 700 adults and children swimming lessons each and every week.

Level Water

Level Water is offering free swimming lessons for disabled children. We fund lessons for children: * at specified pools across Manchester.

Aged 4 to 11 years **with** a physical, hearing or visual disability

Without a behavioural, social or learning difficulty. Who cannot swim ten metres.

Email - contact@levelwater.org

Allsorts at Z-arts

Saturdays during term time - 11am-1pm

Venue - Stretford Road, Hulme, Manchester, M15 5ZA

Contact - 0161 226 1912

Manchester Billy and Andy's Music Club

Billy and Andy are both highly accomplished musicians who have been working with various special needs groups in the Manchester area for over five years. They have now opened their own Music School which runs weeklong holiday workshops, after school clubs, bespoke workshops for youth groups and schools and other music related services. Billy and Andy's musical philosophy is that anyone can create great sounding music regardless of ability. They encourage the use of accessible technology and real instruments adapted to suit people with limited mobility. If this sounds of interest to you or someone you know then please don't hesitate to get in touch!

Billy & Andy's Music School operates all year round at various locations around Manchester so if you are interested in what they do then please get in touch to find out what workshop is happening next.

Andy Haines - Telephone 07429 826 053 / 07540 699 212

E-mail - info@billyandandy.co.uk - Website www.billyandandy.co.uk

Address: 339 Stretford Rd, Hulme, Manchester M15 4ZY

Hours: Closes 6PM - Phone: 0161 226 5412

SHINE YOUTH GROUP

A group for young disabled people aged 14+

Wednesday's 6.30pm - 8.30pm

Venue - Jain Centre, 667-669 Stockport Road, M12 4QE

Cost: £5 per person

We are a social group with a difference: Offering additional needs young people the chance to make new friends, learn new things and build independence. The SHINE group runs every Wednesday with lots on offer including arts and crafts, inclusive sport activities and fun ways to enhance life skills such as budgeting and meal planning! Food on offer every session.

Interested in finding out more Contact - Sena to register for future sessions.

Email: sena@learn-ahimsa.com - **Call / Texts:** 07856 534960 / 0161 226 1912

Jumps Space

(Activity Days Out - Disabled Children and their Families)

Monday 10.00-8pm, Tuesday 10-7pm, Wednesday 10-8pm Thursday 9-8pm to Friday 9.30am to 6pm; Saturday 10am to 2pm

Address - Hardman Street, Chestergate, Stockport, SK3 0BJ – **Call** - 0161 637 2800

Flip out Flip Out Manchester Trampoline & Adventure Park

Manchester - In Asda Eastlands Supercentre - 0161 850 5058

Address: Corbett Street, Manchester, M11 4TA

Opens 10 AM Sunday Autism friendly sessions. Sunday sessions - availability - not fully booked. At Present parents can just turn up and can access a session for their child/children. Siblings can also attend.

Staff will support the family - understanding the online booking process.

<https://hsm.manchester.gov.uk> › directory › service

Manchester Giants Disability Basketball.

FREE weekly sessions for young people aged 10 to 25 years. All welcome.
Wright Robinson College

Address - Off Falmer Close, Abbey Hey Lane, M18 8RL

Contact - 0845 257 8845 - E-mail dean.cavanagh@ntlworld.com

<https://www.manchestergiants.com>

Spectrum Gaming

Is an online community for autistic young people which has three main intended outcomes: <https://www.spectrumgaming.net/>

1) Building Friendships - A lot of autistic young people are lonely, isolated and struggle with friendships. We wanted to create a community where autistic young people feel comfortable and can make strong friendships in a safe way. Our main provision is our online community, that anyone from across the UK can access. We also run meet ups for young people who live in the Greater Manchester area.

2) Increasing Self-Acceptance - Because of how much people misunderstand autism and the way it is diagnosed, unfortunately many autistic people hate their diagnosis or feel ashamed of being autistic. We want to make sure as many autistic people as possible are able to accept their differences and live the happiest lives they can

3) Advocacy - We don't just want to be a community that enables autistic young people to develop meaningful friendships and develop a more positive perspective of autism. We want to create a movement that will have a positive influence on society through advocacy, and enable strategical change to ensure the needs of autistic young people are met across the UK. We have created a platform where young people can share their voices through content, talks and more. See how it works here

Here is a list of what we have on offer for young people aged 8-13. If your child is from the UK interested in taking part in any of these offers, please complete the following form, then we will be in touch as soon as we can: Check out the website.

Minecraft Server

We run a Minecraft Server for autistic young people under the age of 18. We have a survival world and a creative world, in addition to regular events for young people to get involved with. Some young people also run their own factions that are open for people to join.

info@spectrumgaming.net

Powerchair Football

Our Powerchair Football team works in partnership with Sale United FC and the Powerchair Football - Manchester United Foundation <https://www.mufoundation.org> › Disability-and-Inclusion

We run weekly sessions at Moss Side Millennium Powerhouse every Thursday.

Odd Arts uses theatre Workshops

To challenge inequalities & increase opportunities for people facing the greatest level of discrimination & disadvantage. We work in three ways: Therapeutic theatre workshops to reduce risk; Interactive theatre tours to empower & educate; Creative & community led social action projects to overcome inequalities. You can self-refer to some of our ongoing community projects and sessions. We deliver FREE workshops at our base in Moss Side Powerhouse. We welcome and support young carers, and participants with additional needs.

Contact - Odd Arts <https://oddarts.co.uk> › contact - E-Mail: info@oddarts.co.uk. Mobile: 07763 903 564

Address - Moss Side Millennium Powerhouse, 140 Raby Street, Moss Side, M14 4SL.

The Aspirations project provides practical support for individuals with Asperger Syndrome and High Functioning Autism.

The project aims to help people with Asperger Syndrome to develop a 'tool kit' of life skills, particularly the social and communication skills that are needed to successfully function in today's society. The project is open to people from the age of 10 years and upwards. Aspirations deliver a number of group based activities but they also provide the life skills project of 1 to 1 community based outreach support. This involves a support worker from Aspirations working with a young person, taking them out and about doing things that they want to do or visiting places of interest in the local community.

Based - 1114, Chester Road, Stretford, M32 0HL

Autistic Society Greater Manchester Area

Contact - Telephone 0161 866 8483 - E-mail admin@asgma.org.uk

Moss Side Fire Station

Boxing Club <https://mosssidefirebox.co.uk> (please contact first to check if your child can manage the sessions)

We are a boxing club run by local fire fighters and GMCFRS volunteers who give their own personal time and skills to help the community of the Moss Side

Address - Denhill Road, Hulme, Manchester, M15 5NR

Opens 6PM – **Contact** - Phone: 0161 608 5215

Regular Happenings – NIAMOS

<https://www.niamos.co.uk> › our-happenings

There are a great variety of regular activities happening for people of all ages at NIAMOS every week. Activities including café, jam nights, workshops.

Aquarius centre Hulme - what's on page - Places to go. Performances from the unbelievably beautiful through the fabulously fun to the stimulating and provoking.

Workshops, classes and rehearsal spaces provide opportunities for our community to develop the incredible talent blossoming all around us.

East Music Centre

Help & Support Manchester <https://hsm.manchester.gov.uk> › directory › service

1 Mar 2022 — We are a new music centre looking forward to welcoming players aged 9-18 years old from the local area to join our activities. Membership to our music centres is FREE! There will be street band, steel band, ukulele group, bands, a newly formed Vocal Collective and a music production session. The Street band is open to anyone who plays or wants to learn brass, woodwind or drumming. The MuFu Band is for anyone who plays guitar/bass / keyboard/drum kit.

Membership to our music centres is FREE! Come along and play, everyone is welcome!

Contact - Lindsay Thomas Head of One Education Music

Telephone - 0161 276 0104

music@oneeducation.co.uk <https://www.oneeducation.co.uk/.../music>

The East Manchester Academy, 60 Grey Mare Lane, Beswick, Manchester, M11 3DS

Manchester Art Gallery Open doors

A series of creative sessions especially for autistic children and their families.

Since 2014 Manchester Art Gallery has been holding monthly autism friendly sessions on a Saturday morning aimed at children with autism and their families. Features include:

Artist led workshops and activities.

Staff trained in Autism Awareness. A quiet room available for moments that might be a bit difficult.

Next sessions are on: Saturday 25 June Saturday 23 July Tuesday 9 August Tuesday 23 August Saturday 17 September.

Manchester Museum

Tuesday: 10am – 5pm, Wednesday: 10am – 9pm, Thursday: 10am – 5pm, Friday: 10am – 5pm, Saturday: 8am – 5pm, Sunday: 10am – 5pm

Last admission is 30 minutes before the museum is due to close.

We are closed to the public on Mondays (including Bank Holidays)

Access in the museum - There is a ramped entrance from the pavement outside the museum to the front door. There are lifts to all floors and level access to all public spaces, including galleries, the shop, café, toilets and other facilities. [You can find a map of the museum here](#). We have wheelchairs and a walking frame with wheels available for visitors to use. Please speak to a member of our Visitor Team at the reception desk if you would like to use one during your visit. If you require assistance getting to our entrance on Oxford Road from our accessible parking or nearest car park, please call us on 0161 275 2648. To help you plan your visit and understand how far it is between the car parks and the museum, [we've created this video](#).

Places to sit - We have plenty of places to sit and rest seating throughout the whole museum, including in the Main Hall next to the coffee bar. There is seating in most of the galleries. Portable folding stools are available to use too – ask a member of our Visitor Team if you need one.

Quiet room - The quiet room is on floor 1 next to the Egypt and Sudan gallery. It is a quieter space for anyone who needs time away from the galleries for rest, reflection or other reasons. It includes seating and mindful activities such as puzzles and books. Ear defenders are available in the room and at our reception desk.

Lockers and buggies - Personal belongings can be left securely in lockers, which are next to the Main Hall, and there is space to leave your buggy.

D/deaf and hard of hearing - British Sign Language (BSL) interpretation and captioning are offered where possible. We have a hearing loop fitted at our reception desk.

Blind and visual impairments - Public interpretation, signage and digital content complies with [RNIB standard](#). We have large print text available to collect at the reception desk for our galleries, please speak to a member of the Visitor Team on arrival for more information. Guide and assistance animals – including assistance dogs in training – are welcome at the museum. We ask that they are identified by wearing a jacket, a harness, or a brightly coloured collar and lead during your visit. Water bowls for dogs are available in the café and bowls can be filled using the water fountain in the Welcome area – just ask and our Visitor Team will be happy to help.

Therapy dog - You might see our therapy dog, Murray, in the museum. Murray is trained to give emotional support to those who need it. We also have a therapy room on our Top Floor. To enquire about a visit from Murray, please contact Karen Brackenridge: karen.brackenridge@manchester.ac.uk

Manchester Central Library, Longsight, Power House

All have activities for all during the holidays. Check out their web sites.

Powerhouse - Moss Side

There is a youth club at Moss Side Powerhouse for young people with additional needs aged 10 to 25. This Is Us is on Tuesdays 5.30-7.30pm. It's a safe space to develop social and emotional skills whilst having fun and includes sports, music, art, cooking and LEGO. Parent carers are asked to stay for an hour in the first session, completing a form which helps to set outcomes for their young person. Please let Andrea Nelson, the Youth Club Lead, know at least 48 hours in advance if you are coming for the first time - admin@senseservices.org.

Manchester Science and industry Accessibility

Science and Industry Museum <https://www.scienceandindustrymuseum.org.uk> › visit Call 033 0058 0058 (line open 9.00–17.00 daily) Check out WHATS ON.

Email info@sciencemuseumgroup.ac.uk

The Science and Industry Museum is committed to being open and accessible for everyone. On this page you can find out about accessible facilities and -

QUIET TIMES - The quietest time to visit the museum is on a weekday afternoon during term time. Please note, schools do visit during weekdays in term time, though these visits are typically earlier in the day. Please speak to our Contact Centre if you would like further support when planning your visit. Call 033 0058 0058 or email info@sciencemuseumgroup.ac.uk.

Queues may form at the entrance to the museum during busy periods. If this presents a barrier, please approach a member of staff who will be able to grant you priority entry.

Ear defenders are available to borrow from the New Warehouse information desk.

QUIET ROOM - There is a Quiet Room within the Textiles Gallery on Level 0 of the New Warehouse. This space is for anyone who needs some quiet time. It can be for prayer, meditation or taking a break from the sights and sounds of a busy museum. Please wait for the space to be vacant before entering.

HIDDEN DISABILITIES SUNFLOWER SCHEME - We welcome and support visitors who choose to wear a Sunflower item as part of the Hidden Disabilities Sunflower scheme. Please note that we do not provide Sunflower items. Find out more about the scheme on the Hidden Disabilities website.

Access BMX

Is a disability inclusive session for both physical & learning disabilities and SEND, which uses BMX, mountain bikes & some adapted bikes such as hand bikes and trikes.

CONTACT - You can contact us in the following ways:

By Post - National Cycling Centre, Stuart Street, Manchester, M11 4DQ

By Telephone 0161 223 2244 (option 3) or By Email cyclingcentre@gll.org

The session is laid back and fun and uses the sprint straight for a warmup (flat area) before going on to the 3rd/4th straight of the BMX track should the riders wish to do so. The adapted bikes can also be used on this part of the BMX track. The session takes place on Tuesday evening from 6pm – 7pm, Friday evening from 5-6pm and includes bike, full face helmet, pads and gloves, all of which must be worn. The session is run by 2 qualified BMX coaches

We welcome everyone aged 7+

Debdale Outdoor Centre | Sailing & Watersports in Manchester

Work well supporting children with additional needs.

<https://www.better.org.uk/>

Want To Try Something New? We have a range of facilities and activities to support you. Ages 6-18yrs Paddle boarding, windsurfing, and sailing.

Address - 1073 Hyde Rd, Gorton, Manchester M18 7LJ. **Contact** - 0161 223 5182

The Donkey Sanctuary

<https://www.thedonkeysanctuary.org.uk> › visit-us › ma...

The Donkey Sanctuary Manchester. Open to the public every Saturday and the first Sunday of each month. Planning your visit. Donkeys galloping in field.

Address: Green Fold, Abbey Hey, Manchester M18 8RJ **Phone** - 0161 301 4051

Opens 10AM Sat (online bookings only)

Noah's A.R.T

Facebook <https://en-gb.facebook.com/noahsartmanchester>

Animal assisted therapy is for anyone who likes animals, nature. Located in: Loxley House

Address - 287 Birch Ln, Dukinfield SK16 5AU **Phone** - 0161 368 6544

One City' Saturday Down Syndrome, Dwarf Sports & Visual Impaired Football

Ages - 6 to adult

Cost – FREE. Suitable for the following girls & boys disability groups - Partially Sighted, Down Syndrome & Dwarfism. Not suitable for wheelchair users.

Parking - CFA West Car Park off Alan Turing Way

Contact - paul.kelly2@cityfootball.com – 07881343844

Etihad Campus City Football Academy M11 4TQ

Skateboarding & Music-making

(Autumn 22): The free music-making and skateboarding sessions are back at Projekts skatepark near Piccadilly Station. It's a chance for young people to enjoy an hour of skateboard coaching, followed by an hour of music-making with Billy and Andy who offer accessible music workshops.

The sessions started on Friday 16th September and run throughout the autumn every Friday 4.30-6.30pm. Families are welcome to hang out in the cafe during the sessions or watch the skateboarders from the viewing balcony.

To book places, contact info@billyandandy.co.uk, 07429 826053. Part of the SEND Community Offer.

Physical Activity Referral Service

Greater Manchester Physical Activity Referral Service (PARS) offer a free 10-week programme for children and young people aged 5-17, connecting them with inclusive sports and activities in their local neighbourhood. They can also provide your family with simple tips and advice on how to eat healthy and improve your lifestyle. They welcome children and young people with SEND who are identified as being above a healthy weight. Speak to a health professional at your GP practice, check out the website, or contact PARS for more information - juniorpars@more-life.co.uk or 0161 511 0300.

Northmoor Community Centre

Address: 95-97 Northmoor Rd, Longsight, Manchester M12 5RT

Opens 10AM - Phone: 0161 248 6823

Will help families complete DLA forms - via appointment only.

OUR SERVICES and PROJECTS:

- * Youth Can Do homework club – Michael's Marvellous Maths
- * Northmoor Hub Cafe
- * Northmoor Community Diner – Wed and Fri
- * Next Step project – Benefits, Housing, CVs, Jobs,
- * Online Courses
- * Macmillan Solutions
- * Self Help – Talking Therapy
- * Stay and Play – ages 0-5

OTHER SERVICES and PROJECTS:

- * Youth Club – ages 8-16
- * Urdu Advice
- * Friendship Chai and Chat ladies group
- * ESOL Classes
- * Hate Crime – Third Party Reporting Centre

Disability Football Sessions from Manchester United Foundation

Friday evening 5 -16 year – 18.30 – 19.30 16+ - 20.00 – 21.00

Chatsworth Road, Salford, M30 9FJ

0161 868 8600

One City' Saturday Down Syndrome, Dwarf Sports & Visual Impaired Football

Saturday's term time, 8 to 9pm

City Football Academy, M11 4TQ

07881343844

One City' Imagine Your Goals

Ages; 16 to Adult

Session is Mental Health Football for Female & Males

Contact; paul.kelly2@cityfootball.com - 07881343844 **Contact Name FREE**

Where to go - The Manchester Tennis & Football Centre, Etihad Campus, M11 3FF

Challenge yourself for free Cricket sessions

All disabilities welcome | Ages 12-25

Contact Name - Amlyn Layton Disability Development Officer (Lancashire Cricket Foundation) - 07799 6398 alayton@lancashirecricket.co.uk

Address - Denmark Road Sports Centre, Manchester, M15 6FG.

Free (or £2 to include multisports with Champion's Sports Club from 6-7pm in addition)
Every Friday 7-8pm

South Manchester Down's Syndrome Support Group <https://www.dsmanchester.org.uk>

The South Manchester Down's Syndrome Support Group is a registered charity which supports children and adults who have Down's Syndrome and their families. Chatterbox Club.

One Saturday morning each month, we run a Chatterbox club. A family event with opportunities for families to socialise whilst children can access a wide range of activities including speech and language sessions, sing and sign classes, drama group, yoga and craft workshops.

Lancasterian School, West Didsbury, Manchester, M20 2XA

Email: contact@dsmanchester.org.uk for more details.

We organise regular social events throughout the year including Christmas parties, bowling, soft play and many more. We support families by providing opportunities to meet, talk, swap stories, share information, make friends and develop support networks, thus promoting social coherence and resilience. We provide advice, activities, social events, information, resources and training for children and young people with Down's syndrome, their parents, carers and siblings, and the professionals who work with them.

Whizz Kidz Ambassador Club

Whizz Kidz provides a monthly youth club for young wheelchair users aged 8-25 years of age. Our clubs provide support towards independence, increasing confidence and socialising with others. We aim to provide varied activities each time; listening to what they young people want. We often do; cooking, wheelchair basketball, trips, arts and crafts, sport activities, seasonal activities such as; Christmas party. Our ambassador clubs are taught by our trained members of staff and health care assistants are available to support with personal care needs.

Who to contact - Hayley Briggs

Contact Position - Regional Services Coordinator

Telephone - 07787828473

E-mail - h.briggs@whizz-kidz.org.uk

Website - www.whizz-kidz.org.uk/

Where to go - Lancasterian School, Elizabeth Slinger Road, Manchester, M20 2XA

Whitworth Art Gallery - Families

All our family activities are free. Come and discover, create, and learn together.

Our family programme aims to create a welcoming space for family members of all ages to come together and connect with each other. Try an intrepid Welly Walk in Whitworth Park, one of our popular play activities, or some collection-inspired crafting. All of our family activities are free and are designed to help you to enjoy a fun, stress-free visit – scroll down to find out what is on offer.

We understand that the little things can make a big difference to a day out with babies, toddlers or pre-schoolers. We have tried our best to think of everything to make your visit that bit more brilliant – from buggy parks to free nappies and wipes.

Who to contact - The Whitworth Art Gallery

Telephone - 0161 275 7450

E-mail - whitworth@manchester.ac.uk

Website - [Whitworth Art Gallery Families Webpage](#)

Address - The Whitworth Art Gallery, Oxford Road, Manchester, M15 6ER

Support for Parents

Manchester local offer website.

Find details of local Childcare Providers in Manchester, including registered childminders who offer care in their own home, private day nurseries, adult and toddler groups, playgroups and out of school provision.

[Welcome to Manchester Local Offer | Help & Support Manchester](#)

Physical Activity Referral Service (PARS) | Help & Support

We are a Greater Manchester Physical Activity Referral Service (PARS) and work with children and young people aged 5 -17 across Manchester who are identified as above a healthy weight. Our service and 10-week programme encourage and motivates children and young people into becoming more physically active and to reduce sedentary behaviours, where we offer support in sign-posting clients on to activity providers that they have an interest in taking part in.

Contact – Telephone - 0161 511 0300

E-mail - juniorpars@more-life.co.uk

Manchester Thrive Hub Offer

The strategic vision is to establish a Manchester THRIVE Hub as a point of entry, a front door, to Manchester's Emotional Wellbeing and Mental Health offer. This will involve having a Manchester THRIVE Hub Team based in three locality THRIVE centres across Manchester, i.e. Central, North and South locality. District based hub in each of the Localities; Central, North and South Manchester.

Website - [M-Thrive | Home](#)

Cerebra - Working with you and your amazing child

Web**Cerebra** is a charity that provides research-driven, evidence-based services, advice and support to children with brain conditions in the UK.

Website - [Cerebra - Working with you and your amazing child](#)

M13 Youth Project

M13 Youth Project is a community-based project, working with young people often labelled 'hard-to-reach', in the inner-urban areas of Ardwick and Longsight in Manchester.

Portland Crescent, Longsight. 0161 225 0201

Established in 1995, we specialise in detached youth work and work from an inclusive Christian value-base, using the principles and practices of informal education and community development.

Carers Manchester Pathway

Carers Manchester is a partnership of statutory and voluntary organisations, working together to improve services for Manchester's unwaged carers.

This partnership has developed a new pathway for carers in the city to receive advice, guidance and support.

Who to contact – Telephone - 0161 543 8000

E-mail - contactpoint@carersmanchester.org.uk

Autizma

Are an independent asset lead community interest organisation providing Training and Specialist Support services to Families and Professionals. We provide Training, Consultancy and Family Support Services specialising in Autism, ADHD and Neurodiversity. All staff, management and volunteers hold extensive experience, knowledge and skills in the areas of autism and associated conditions.

Who to contact - Tina Davies

Telephone - 07956 002933 / 07950 940030

E-mail - info@autizma.co.uk

Website - Autizma

Friendship Group

Are you a neurodiverse or autistic person aged 16-25?

We need your help!

Find out more or sign up

Website - https://www.qualtrics.manchester.ac.uk/.../SV_cVgRxcpoZK5T4Ro

Free School Uniform- Wood Street Mission

The service is for children aged 4-16, who are living in the Manchester and Salford City areas, and who are living in poverty, where families are struggling to provide the basics on a regular basis.

Our uniform packs include;

- · 3 polo shirts or 4 shirts/blouses
- · 1 pair of trousers or a skirt
- · 1 sweatshirt (if required)

We will provide uniform on a “first come first served basis” until our funding is exhausted.

We cannot help with ordinary clothing, where schools have relaxed their uniform rules.

Due to the pandemic, we will not be offering a face-to-face ordering service at this stage.

Please be very careful about ordering, and please advise and assist families with communication difficulties, as returns will not be possible due to Covid 19 handling issues.

Families need an up-to-date referral.

Only workers can refer, but families or workers can check if referrals are up-to-date.

Each child also needs a separate Order Form.

Attached is Guidance on how to access SmartStart, a Referral Form, an Order form and a Parent Feedback Form (with a prize draw for £30 worth of stationery).

Have a read, and ring 0161 834 3140, if you need further help.

Return forms to Info@woodstreetmission.org.uk

Manchester Deaf Centre Youth Service

Manchester Deaf Crew is a place where children from 6 and ranging up to 20 can come and hang out, meet new friends and have fun. Some are profoundly deaf, some are hard of hearing, and some are the hearing friends and relatives of the D/deaf.

Whatever their needs and preferences in regards to communication at MDC we are whole accepting and inclusive of all young people, no matter what their needs and choices, and this is an ethic that the young people echo, which creates a wonderfully embracing and nurturing environment for them to develop in.

[Check the website](#) to see which clubs are running this week and for one off events.

Contact - Mark Woodall (Senior Manager) **Telephone** - 0161 273 3415

E-mail - mark.woodall@manchesterdeafcentre.com

Website - [Manchester Deaf Centre Children and Young People](#)

Where to go - Manchester Deaf Centre, Crawford House, Oxford Road, Manchester, M13 9GH

Children's centres contact details.

Ardwick Sure Start Children's Centre

Monday to Friday: 8.45am - 4.30 pm RoadArdwickManchesterM13 9UJ

Reception [tel: 0161 871 2619](tel:01618712619) - Outreach [tel: 0161 871 2620](tel:01618712620)

Fallowfield Sure Start Children's Centre

Waverton Road Fallowfield Manchester M14 7EB

[tel: 0161 219 6799](tel:01612196799)

Gorton Sure Start (Sacred Heart Site)

Monday - Friday 9am - 4.00pm except bank holidays

Glencastle Road Gorton Manchester M18 7NE

[tel: 0161 245 7180](tel:01612457180)

Gorton Sure Start Centre (Mount Road Site)

Monday to Friday 8.45 - 4.30pm

18 Mount Road Manchester M18 7BG

Reception [tel: 0161 470 9285](tel:01614709285) - Outreach [tel: 0161 470 9283](tel:01614709283)

Gorton Sure Start Children's Centre (St James Site)

Monday to Friday: 9.00a.m.- 4.00pm

Stelling Street Gorton Manchester M18 8LW

[tel: 0161 245 7001](tel:01612457001)

Levenshulme Sure Start Children's Centre

Broom Avenue Levenshulme Manchester M19 2UH

[tel: 0161 219 2958](tel:01612192958)

Longsight Sure Start Children's Centre

Mondays to Thursdays from 8.45am - 4.00 pm / Fridays from 8.45am - 1 pm

1a Farrer Road Longsight Manchester M13 0QX

[tel: 0161 248 1500](tel:01612481500)

Martenscroft Children's Centre

Monday to Friday

33 Epping Street Hulme Manchester M15 6PA

[tel: 0161 226 1266](tel:01612261266)

Moss Side Sure Start Children's Centre

Monday to Friday

30 Selworthy Road Manchester M16 7UH

[tel: 0161 226 1266](tel:01612261266)

[tel: 0161 245 7007](tel:01612457007)

[Rusholme Sure Start Children's Centre](#)

Monday - Friday

Great Western Street Manchester M14 4HA

[tel: 0161 510 0000](tel:01615100000)

[Whalley Range Sure Start Children's Centre](#)

Burford Road Whalley Range Manchester M16 8HE

[tel: 0161 245 7007](tel:01612457007)