

What's On



MONDAY

- Stay and Play **10am-11.30am**- St Clements Children's Centre
- Startwell Mentors **12.30-2pm**
- After School Club **3-6pm**
- Table Tennis **6-7.15pm**

TUESDAY

- Talk English ESOL classes **9.30am & 12.30pm** - Term Time
- Baby Sensory **1.15pm-2.15pm**- St Clements Children's Centre
- Digital Skills Online Support Drop in **12.30-2.30pm**
- Online Citizens Advice Sessions drop in **2.30-4.30pm**
- Food Pantry **3-6pm**
- After-school Club **3-6pm**
- Club Thrive Youth Club (8-11yrs) **6-7.45pm**
- The Link up Youth Club (12-14yrs) & (14-18yrs) **6.30-8.15pm**

WEDNESDAY

- Well-Being Wednesday plus free lunch **9.30am-1pm** - Term time
- Be Well **10am-3pm** - By appointment
- One Money Advice **9am-3pm** - By appointment
- Well-being Women **11am-12.15pm**
- After School Club **3-6pm**

THURSDAY

- Practise English Conversation Club **10am - 12.30pm** with free lunch
- Craft Club **12.30-2pm**
- After-school Club **3-6pm**
- Inspiring Women **5.30-7pm** - Bi Weekly

FRIDAY

- Stay & Play **10-11.30am** - St Clements Children's Centre
- Stay & Play **12.30-2pm** - St Clements Children's Centre (run by parents)
- Standing Tai Chi **10.30-11.30am** -£5 per session
- Seated Tai Chi **11.45am-12.45pm** - £5 per session
- After-school Club **3-6pm**
- CeeBee Gold Gentle exercise **4-6pm**
- Family Well-Being & Craft **4-6pm**

Please note
our timetable may
change occasionally,
visit our website or
social media pages
for updates.

www.manchestersettlement.org.uk

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Manchester Settlement Community Hub, 1328-1330 Ashton Old Road, Openshaw, Manchester M11 1JG