



Creating Connections

Connecting through arts and culture for health, wellbeing, peace and hope.



Offering you a selection of arts and cultural activities for you to do at home, online and in-person. The last year or so has been difficult in lots of ways, not least in isolating many of us and causing health worries and stress.

There's lots of evidence to say how health and wellbeing can be improved in lots of ways through arts and cultural experiences, so please go ahead and make the most of all that your local arts organisations have to offer.

Art on A5 with Royal Oak Community Centre Arts (ROCCA)

ROCCA will be offering local people a canvas to create "Art on an A5" using any medium to reflect their experiences or impressions of the Baguley and Wythenshawe area. These works will then be displayed in our studio during Royal Oak Community Centre's official opening day celebration on June 26th

Sign up via their website:
royaloakcommunitycentre.com

Once Upon a Time with Hallé Orchestra
FREE 35 minute online concert, Once Upon a Time, is available to watch now on Youtube:
www.youtube.com/watch?v=wJCEkR989J0

Wythenshawe Community Radio FM 97.2
Tune in a wide variety of shows with plenty of music, news and special guests.

Cast the Past

Cast the Past is the home of extraordinary true stories. Be prepared to be transported away in time to relive engaging, mysterious, and quirky tales of yesteryear. All the stories you will hear are factual and researched, covering many times and places.

www.youtube.com/channel/UCrbs8QPTchMT8Pa2WQhdgyQ

Journaling with Steve Evans

A journaling workshop run by Steve Evans from Writing Well and Together One. Learn how to start a journal through a range of engaging activities.

Venue: Benchill Community Centre
Date: 27th May 7:30pm

Book NOW as places are limited due to social distancing restrictions.

Email: Emma@together-one.org
Telephone 07549 789747
Online: tickets@together_one.org

Writing with Steve

Youtube channel dedicated to developing your writing skills, with free, downloadable writing resources
www.youtube.com/channel/UCFYjs_4dOEKQ-Azfnu60VtA

Sing Yourself to Better Health with buzz

Delivered by Martin Purdy and supported by buzz, this group involves informal, fun and light-hearted singing sessions.

Singing is an excellent exercise to enhance people's health and wellbeing and the singing group will help develop long-lasting friendships and relationships.

For more information or help signing up to any of the activities, contact Emma or Phil:

Emma Farrell (Northenden and Brooklands)
Emma.farrell@gmmh.nhs.uk
0161 271 0582

Phil Tomlinson (Baguley, Sharston and Woodhouse Park)
Philip.tomlinson@gmmh.nhs.uk
0161358 8600

Activities with buzz Health and Wellbeing Service
Neighbourhood Health Workers in Wythenshawe: help support people to get involved in the community.

Age Friendly Community Walks

Men's Shed: Gardening group at the Tree of Life Centre for men to follow their interest.



MANCHESTER
CITY COUNCIL



GMCA