

# Directory of Social Prescribing Activities & Providers

## A

### Art lessons

#### Anna Silver

Art for well-being, 1 to 1 and Groups  
07790 024 333

#### Brushworks

07815495103 – mainly classes for boys and girls  
Year 2 to GCSE but willing to offer classes for adults – subject to demand.

#### Chava Erlanger

Neshomo Social Prescribing Provider  
Telephone: 07929 946 169  
1:1 sessions and groups

#### Chani Erlich

Relaxed art sessions for women in a small group setting  
Call or text 07808 056 804

#### Therapeutic Art Group

Sundays 8-10pm  
Ladies of all ages  
£5 per person  
Contact Nomi Poultorak 07837 753 394

#### Oasis Art Studio

Tuition for GCSE art but can offer classes for adults (Ladies) subject to demand  
call or text Soro Leah - 07834 281 101

#### Modern art classes for men

Group for 3-4 adults  
Contact Avigdor Frankenhuis - 07943 519 458

## **Art galleries**

### **Manchester Art Gallery**

Mosley St, Manchester M2 3JL

### **Whitworth Art Gallery**

Oxford Rd, Manchester M15 6ER

### **The Lowry**

Pier, 8 The Quays, Salford, Manchester M50 3AZ

## **Astronomy**

### **Heaton Park Astronomy Group**

Thursday evening meetings (every Thursday at 7pm during the winter months)

Email: [hpag@hpag.co.uk](mailto:hpag@hpag.co.uk)

# **B**

## **Board games**

### **Buzzin' Meeples**

219 Bury Old Road, Prestwich M25 1JF

Telephone: 0161 5118308

Experience Board Games, Play, Rent and Buy

RPG, Dungeons and Dragons & loads more

### **Nicky Alliance Day Centre**

See [Social Groups – Nicky Alliance Lunch Group](#)

The Sun Lounge next to the Dining Room has been turned into a Games Room.

Rummikub, Kalooki, Draughts, Table Tennis and other games are available.

# C

## Chess

### [ChessChevra.com](http://ChessChevra.com)

Offering chess lessons, classes, and tournaments to all ages and levels (men only).

### [Manchester Jewish Chess Club](#)

For Men and boys

Manchester Jewish Cultural Centre

Ground Floor, Jubilee School, Bury Old Rd, Salford M7 4QY

Telephone: Shmuel Schwartz – 07480 787 674

## Clay modelling

### [Rochelle](#)

Call/text: 07988 649 736

Small group sessions for ladies

## Cookery classes

### [In the Kitchen with Debra](#)

Debra Kay - cookery classes

Telephone: 07989246798

### [Niru Catering](#)

Reuven Banay - In addition to catering, he can offer cookery classes for men

Telephone: 07525 717 314

## Computer Aided Design and 3D Printing

### [3D Create](#)

3D design and print training services - 1:1 sessions or groups for men

Please contact Mr Katz for further details and pricing

0161 773 1207 - [3DCreate@shinethroughcharity.org](mailto:3DCreate@shinethroughcharity.org)

## **Courses**

### **Bury Adult Learning Centre**

18 Haymarket St, Bury BL9 0AQ  
Telephone: 0161 253 6830  
Email Sue Scott - S.Scott@bury.gov.uk

### **Design Alive**

Email: info@designalive.com  
Telephone: 07587 091 088  
"Walk in a novice....Walk out a designer."

### **First Aid Courses**

Group sessions for men and women (separately)  
To book email [admin@teachmefirstaid.co.uk](mailto:admin@teachmefirstaid.co.uk) or call Nussi Burns - 07547427066

### **Jewel**

Runs training courses  
Telephone: 0161 798 2123

### **Tefirah Trust**

Short courses for religious women – subject to demand  
Usually 10 taster sessions for around £110  
Telephone: 07443983404

## **Cycling**

### **Simply Cycling**

Bicycles available for every ability and disability  
Wythenshawe Park Athletics Track, Wythenshawe Road (Sat Nav. M23 OPH)  
To book call Helen 07871 621 778

## **Creative writing**

### **Scriptly Speaking**

Mrs Debbie Guttentag  
Telephone: 07715 582 479

### **Prestwich Library**

Creative Writing Group  
Longfield Centre, Prestwich, Manchester M25 1AY  
Telephone: 0161 253 7214  
Thursdays 5:30pm to 6:45pm

# D

## Dance

Classes for girls and ladies  
Einav Harari - 07767 125 297  
[hararieinav@gmail.com](mailto:hararieinav@gmail.com)

## Drawing class

### Prestwich Library

Longfield Centre, Prestwich, Manchester, M25 1AY  
Telephone: 0161 253 7214  
Wednesday 1-3 pm

# E

## Exercise classes

### David Jacobs

Men only classes - All levels  
Telephone: 07779 132 157

### Shelley's Keep Fit

For ladies  
On-line Zoom classes and exercise from the comfort of your own home  
Email: [essenshell.fitness@gmail.com](mailto:essenshell.fitness@gmail.com) or WhatsApp 07789 226 265 for more information  
Monthly block prices and pay as you go options available

### Sigalle Lachs

For ladies  
Personalized exercise programmes  
Telephone: 07795 236 023  
Email: [sigallekhan@gmail.com](mailto:sigallekhan@gmail.com)

## **Fit N Fun**

For Ladies / Girls

Gitty Corn

Telephone: 07592 429 828

[fitnfunuk@gmail.com](mailto:fitnfunuk@gmail.com)

# **F**

## **Flower Arranging**

### **Flower Arranging Workshops**

Sharon Levinson

07894 204844

## **Football**

### **Manchester Tennis and Football Centre**

<https://www.better.org.uk/leisure-centre/manchester/tennis-and-football-centre>

Etihad Campus, 9 Sportcity Way, Manchester M11 3DU

Telephone: 0161 2203840

Email: [mtfc@gll.org](mailto:mtfc@gll.org)

## **Fruit Carving**

### **Fruit N Art**

Call/Text: 07824 858323

WhatsApp 07754 833767

Email [Fruitnart@gmail.com](mailto:Fruitnart@gmail.com)

### **Miriam's Creations**

Miriam Sternlicht - 07812454672

# G

## Games

### Kosher Fun Outlet

Air Hockey, Pool, Table tennis, Treadmill

£3 per hour per person

Call/text to book a slot

Telephone: 07486 098 272

## Gardening

### Social Adventures

hello@socialadventures.org.uk

### Royal Horticultural Society Gardens

Bridgewater Community Wellbeing Garden

Ozichi Brewster, RHS Therapeutic Gardener, is leading a programme to support the local community's wellbeing via gardening

Worsley, Salford, M28 2LJ

Monday – Sunday 10am – 4pm (last entry 3pm)

Telephone: 0161 503 6100

Email: [bridgewater@rhs.org.uk](mailto:bridgewater@rhs.org.uk)

# H

## Hair Dressing

### Tutoring

Sharon Levinson

Telephone: 07894 204844

## Horse-riding

### Dickey Steps Riding School

Rakewood, Littleborough, Lancashire OL15 0AS

Telephone: 07970 546 262

[Stephanie.mills@zen.co.uk](mailto:Stephanie.mills@zen.co.uk)

# I

# J

## **Jewellery making**

**Udi Thaler**

1:1 and groups

Telephone: 07421 826 283

# K

## **Karate**

**Manchester Maccabi Community & Sports Club**

For students aged 7 to 70+

Female instructors for girls' class

Sundays 6-7pm

Sensei: Martyn Sherman

Sensei: Georgia Murphy

Telephone: 07969721375

Maccabi office: 0161 492 0040

karate.maccabi@gmail.com

## **Krav Maga (Self Defence)**

**Andrew Saipe**

Neshomo Social Prescribing Provider

Telephone: 07917778370

andrew.saipe@gmail.com

**Maccabi**

Group sessions, 1:1 sessions, women's sessions

Contact [andrew.saipe@gmail.com](mailto:andrew.saipe@gmail.com) for more information 07917778370 or Maccabi office 0161 492 0040



## **Knitting**

### **Broughton Library Knit and Natter**

3rd Tuesday of the month  
Beginners and experienced knitters 10:30-12:30  
Telephone: 0161 686 5405

### **Stenecourt Knit and Natter**

Mondays 10am at Brackmans or a member's home  
Contact the Shul office for more information: 0161 792 8399

## **L**

## **Libraries**

### **Abraham Moss**

Crescent Road, Crumpsall, M8 5UF  
Telephone: 0161 227 3777

### **Broughton Library**

Broughton Community Hub, 50 Rigby Street, Salford, M7 4BQ  
Telephone: 0161 686 5405

### **Central Library**

St. Peters Square, City Centre, M2 5PD ·  
Telephone: 0161 234 1983

### **Jacob Shine Library**

Machon Levi Yitzchak Minyan  
Manchester Jewish Community Centre, Bury Old Rd, Prestwich, Manchester MY 4QY  
Telephone: 0161 795 4026

### **Prestwich Library**

Longfield Centre, Prestwich, Manchester M25 1AY  
Telephone: 0161 253 7214

# M

## Make up lessons

### Beauty Focus

Leah Bookman – make-up artist and provider of make-up lessons.  
Telephone: 07729 833 818

## Martial arts

See Karate

## Museums

### Manchester Museum

University of Manchester, Oxford Rd, Manchester M13 9PL  
Telephone: 0161 275 2648

### People's History Museum

Left Bank, Spinningfields, Manchester M3 3ER  
Telephone: 0161 838 9190

### Greater Manchester Police Museum

57a Newton Street, Manchester, M1 1ET  
Email: police.museum@gmp.police.uk  
Telephone: 0161 856 3284

### Science and Industry Museum

Liverpool Road, Manchester M3 4FP  
Email info@sciencemuseumgroup.ac.uk  
Telephone: Call 033 0058 0058

### Jewish Museum

190 Cheetham Hill Road, Manchester M8 8LW  
Email: tickets@manchesterjewishmuseum.com  
Telephone: 0161 834 9879

### National Football Museum

Urbis Building, Cathedral Gardens, Manchester, M4 3BG  
Telephone: 0161 605 8200  
Email: info@nationalfootballmuseum.com

### Museum of Transport

Boyle Street, Cheetham,  
Manchester M8 8UW  
Telephone: 0161-205 2122

## **Music classes**

### **Music lessons for ladies**

Suri Rosenberg  
Guitar, keyboard, violin, flute, clarinet  
Call or text: 07341 194 462

### **Music lessons for ladies**

Toby Hammond  
Learn to play piano by ear  
Call or text: 07964 300 198  
Requires natural musical ability

### **Music lessons for ladies – Learn to play the Guitar**

For more information please call or text Mrs Schreiber  
07780 070 413  
Hebrew and English speaking

### **Music lessons for ladies**

“Unlocking the Keys to Music”  
Keyboard lessons with Rochel Breuer  
07801 398 654

### **Music lessons for men**

Moishe Winegarten  
Call or text: 07305 785 641

### **Music lessons for men**

Mamesh Music - Shneor Zalman Negin  
chassidicmusic@gmail.com  
info@MameshMusic.com  
Music lessons - Guitar, Keyboard, Piano, Drums (Over Zoom)  
Chabad Nigunim Curriculum  
WhatsApp 347 770 0142

# N

## Nature & Wellbeing

### Bury Nature & Wellbeing Group

Nature & Wellbeing Sessions, Philips Park, Whitefield, M45 7QJ,

Fridays 11am-1pm (18+) FREE

Activities Include: Bushcraft, nature walks, growing, cooking, woodwork and conservation tasks.

Telephone: 07738102274

Email: natureandwellbeing@lancswt.org.uk

# O

# P

## Painting (See Art classes, Art galleries)

## Personal trainer for men

### Daniel Tam

Neshomo Social Prescribing Provider

Telephone: 07581 165 470

### Andrew Saipe

Neshomo Social Prescribing Provider

Telephone: 07917778370

andrew.saipe@gmail.com

## Personal trainer for women

### Rochelle Steinberg

Neshomo Social Prescribing Provider

Telephone: 07718 762 327

## **Pilates**

### **Sorele Levine**

Telephone: 07928078763

1:1 sessions and groups

### **The Fed**

Pilates for Ladies

The Fed, Heathlands Village

Monday 7-8pm

£4

Telephone: 0161 772 4800

### **Pilates with Basya**

Prestwich location

Call/text 07743 839 124

## **Pottery**

### **Chava Erlanger**

Neshomo Social Prescribing Provider

Telephone: 07929 946 169

1:1 sessions and groups

## **Pottery Café**

### **Fired Paint A Pot**

Various places in Bury

Telephone: 07497376206

### **The Pottery**

334 Great Clowes Street

Salford, M7 Manchester

Devorah Neumann

Telephone: 07471352811

Email: [info@devorahneumann.com](mailto:info@devorahneumann.com)

Booking via <https://the-pottery.resos.com/booking>

# Q

# R

## **Relaxation**

### **The Haven**

Updated stylish local hotel style spa room  
for Women and Girls 18+ - No more than 2 ladies at a time  
Spend a few hours relaxing during the day  
Overnight stay also possible  
Please call 07792 032 391 for bookings

## **S**

## **Singing**

### **Ruben Daffner**

Singing lessons for men  
Telephone: 07986 180 780

### **Lisa Roth (Jacobs)**

Singing lessons for women  
Telephone: 07887507711

## **Social Groups / Support Groups**

### **Ladies N'Shei**

Ladies aged 50+ - Discussion groups / tea and light refreshments  
Telephone: Mrs Ruth Hommel 07969960779

### **Stenecourt Monday Club**

Social group aimed at retirees - Outings / discussion groups.  
Please call the shul office for more information: 0161 792 8399

### **Nicky Alliance Lunch Club**

The Nicky "Lunch Club" - £15 for 3 course Kosher lunch with option to stay on to use Games Room afterwards.

Book on 0161 740 0111 before 11am on the day you wish to attend.

## **Squash**

### **Fairways Lodge**

Fairways Lodge, George Street, Prestwich, Manchester M25 9WS

Telephone: 0161 798 8905

email [sales@fairwaysmanchester.com](mailto:sales@fairwaysmanchester.com)

### **Cheetham Hill Sports Club**

Catherine Road, Manchester M8 4HF

Telephone: 0161 740 1728

Email: [squash@cheethamhillsportsclub.com](mailto:squash@cheethamhillsportsclub.com)

## **Swimming**

### **Abraham Moss**

Crescent Road, Crumpsall, Manchester M8 5UF

0161 720 7622

email: [info@cheethamhillsportsclub.com](mailto:info@cheethamhillsportsclub.com)

*Male only swimming* – Monday 1:15 -2:15pm and 2:15-3:15 pm, Thursday 8.45-9.30pm and 9.30-10.15pm

*Female only swimming* – Tuesday 1:15 -2:15pm and 2:15-3:15 pm, 8.15-9.00 (junior) and 9.00-9.45

### **Broughton Leisure Centre**

Great Cheetham Street West, Salford M7 2DN

Telephone: 0161 778 0101

email: [broughtonleisurecentre@scll.co.uk](mailto:broughtonleisurecentre@scll.co.uk)

*Male only swimming* - Monday – 1:15 to 3:15pm, Thursday – 8:45 to 10:00pm

*Female only swimming* - Tuesday – 1:15 to 3:15pm, Tuesday – 8:15 to 10pm

### **Manchester Jewish Community Centre**

Bury Old Rd, Prestwich, Manchester MY 4QY

Telephone: 0161 795 4026

Hotline 07915 948 738 - Please call the hotline before you go to the pool

*Male only swimming* – Monday, Wednesday, Friday 8:00 – 9:00am

*Female only swimming* – Monday 10:45-11:45 am, Tuesday 11:15-12:15pm and 9:00-10:00pm, Wednesday 9:30-10:30pm, Thurs 10:00-11:00am

# T

## Tennis

### Manchester Tennis and Football Centre

<https://www.better.org.uk/leisure-centre/manchester/tennis-and-football-centre>

Etihad Campus, 9 Sportcity Way, Manchester M11 3DU

Telephone: 0161 2203840

Email: mtfc@gll.org

# U

# V

# W

## Walking

### Tova Schprecher

Ladies

Telephone: 07757 695 599

### Aron Schprecher

Men

Telephone: 07423603518

Easy, moderate and advanced walks

### Walk and Talk

The Fed

Tuesdays and Thursdays from 11am at Heaton Park

Telephone: 0161 772 4800

### Walks for All



A series of walks linked to GP surgeries in Prestwich.

For more information or if you would like to volunteer to support or help develop a new walk contact

Julie.bentley8@nhs.net or 07713750458 or joanne.murray29@nhs.net or 07957631435

## **Wellbeing**

### **Activities and Group Healing**

Small groups

including Canvas Painting, Zumba, Sound bath, Meditation and more

Ladies only

Telephone: Nechumele 0161 708 0246

## **Woodwork**

### **Woodwork classes for men**

Groups of 3-4 adults

Avigdor Frankenhuis - 07943 519 458

# X

# Y

## **Yoga**

### **Sigal Altman**

Telephone: 07913 058 044

# Z

### **Zumba with Rachel Cohen**

Group session for ladies on Sunday evenings

Telephone: 07845 758 272