

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

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

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

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 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

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

Coach G

Exercise Class / Personal Training (for men)
1:1 sessions or groups
Please contact 07501 703 757 coachg@coachg.fit

Shelley's Keep Fit

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

Chani S (Uplift Magazine) – Exercise Class

For ladies
At Prestwich and Salford venues
Monday and Thursday mornings
£4.50 contribution per class
Telephone: 07958 633 655
All classes are open to time changes so always confirm on the day

Sigalle Lachs

For ladies

Personalized exercise programmes

Telephone: 07795 236 023

Email: sigallekhan@gmail.com

Fit N Fun

For Ladies / Girls

Gitty Corn

Telephone: 07592 429 828

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

Fruit Carving

Fruit N Art

Call/Text: 07824 858323

WhatsApp 07754 833767

Email 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

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

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 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

Mobile Beauty

Esther Olsberg – make-up artist and provider of make-up lessons.
Telephone: 07974 010 074

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

Urbs 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 - Shneur 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

70 Leicester Road, Salford, M7

Devorah Neumann

Telephone: 07471352811

Email: 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

Cheetham Hill Sports Club

Catherine Road, Manchester M8 4HF

Telephone: 0161 740 1728

Email: squash@cheethamhillsportsclub.com

Swimming

Abraham Moss

Crescent Road, Crumpsall, Manchester M8 5UF

0161 720 7622

email: 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

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 M7 4QY

New Swimming Hotline Number May 2024 - **Please call the hotline before you go to the pool** 0161 850 5838 option 1 to swimming times - separate times for men / women

<https://www.ccswim.co.uk/>

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