

WHAT'S ON

Events Calendar

August 26

MaxTrax MaxTastic Summer Timetable

MaxTrax • Various times •

Mondays 4pm–8pm– Mini Max: Balance Bike sessions & fun crafts.

Tuesdays 3pm–6pm–Bike Maintenance Drop in.

Weds– 10am–12pm Ride & Rhymes
Preschool age

Fri 3pm–5pm SEN Sessions

Delamere Park Openshaw M11 1JY, UK

Email: info@maxtrax.org.uk



Work Club in Beswick, Openshaw & Clayton

Various locations • Tues, Weds & Thurs

Get help to search and apply for jobs, write a CV, or look for training or volunteering.

Tues: 2–4pm at Manchester Settlement– Openshaw

Weds: 2:30pm–4:30pm at The Beacon Centre– Clayton

Thurs: 2:30pm–4:30pm at 4CT– Beswick

Tel: Manchester Settlement 0161 974 1300



Free Circuits With Rehab Fitness

4pm – 5pm • FREE • Every Mon & Wed

Rehab Fitness runs weekly circuits for recovery, every Mon & Weds at 4pm at Phoenix Mill in Ancoats. Powerful gym sessions to support healing and connection. Send a WhatsApp to enquire.

Phoenix Mills, 20 Piercy St, Ancoats, M4 7HY

Tel: Kate 07309 743215

22
Aug

Celebrate 180 years Of Philips Park

Sat 22nd Aug • FREE •

Celebrate 180 years of Philips Park and enjoy all manner of activities from climbing, a poetry trail, inflatables, face painting. You can even channel your inner Robin Hood with an Archery taster session at 9am

Philips Park, off Bank Bridge Rd, M11 4TN

Family Fun Day in Lingfield Play Area

Mon 3rd Aug • FREE • Clayton

exciting day packed with fun, laughter, games, activities and the chance to connect with other local families
Whether you have babies, toddlers, or older children, there's something for everyone to enjoy!

Lingfield RD, Clayton, M11 4NT

3
Aug

Drumming & Ukulele tasters at Beswick Library

13th Aug & 20th Aug • FREE • Beswick

Thurs 13th Aug – 2–3pm Ukulele Session –
– Join Jim Wallace for a fun and relaxed beginner ukulele session for children.

Thurs 20th Aug–2–3 African Drumming
Feel the Beat with Drumroots. Get ready to move, groove, and feel the rhythm!

Booking required

60 Grey Mare Lane M11 3DS

Tel: Beswick Library 0161 245 7241

Embodied Yin Yoga at The Resonance Centre

5:30pm–6:30pm • £7 • Every Tues

Breathe, stretch, rest and relax in a warm, welcoming environment at The Resonance Centre, Clayton's wellbeing hub.

The Resonance Centre, M11 4SG

email: info@theresonancecentre.co.uk



Friends of Medlock Woodland & Sculpture Trail

2pm–4pm • FREE • Sat 1st Aug

Join Friends of Medlock Valley on their sculpture and history trail in Beswick. Unlock the hidden history and beauty of this natural oasis in the city.

Medlock Valley Trail, Beswick

Email: friendsofmedlockway@gmail.com

1
Aug

Project Support Drop-in With Step Up MCR

Every Weds • Drop-in Support

Got a community project idea and need support? Step Up MCR helps people in Ancoats & Beswick or Clayton & Openshaw with funding, connections, development advice, and more!

Get in touch to arrange a chat

Email: hello@stepupmcr.org



Step Up MCR

www.stepupmcr.org