



The Together Centre

2019/2020 Activities

Get out of the house and join the fun
for just £10 a year!

Everyone is welcome at
The Together Centre

Make new friends and
have fun trying new things!

While you're here, don't forget to
pick up useful information about
opportunities in the community.



Membership

Become a member of The Together Centre to access Together Centre activities and other events. Membership is just £10.00 per year with sessions starting at £1.50 each.

We offer a wide range of activities including fitness sessions for different levels of interest and ability, workshops focussing on music or drama and a weekly singing session. We also host drop-ins and talks.

Why not come along to one of our special events? Regulars include: our annual Macmillan Coffee Morning, table top sales, summer fair, Christmas fair, race nights, quiz evenings and other activities suggested by members.

Look out for posters at The Together Centre or join our mailing list. Give us a ring and find out how to get involved on **0161 366 1987** or email us at togethercentreatloxley@gmail.com

We'd also love to hear from you if you're interested in joining our great team of volunteers.



Facilities

Together Café: There's lots to do at The Together Centre so if you're here for the day, or just want to pop in for a cuppa and a bite to eat or browse our book club shelves, then come to the Together Café.

We serve hot lunches and have hot drinks, snacks and cakes available to everyone.

See published times for opening hours.

IT Suite: Our IT suite, supported by St. Anthony's centre, provides a range of basic digital and IT classes to help people become more familiar with online and digital technology. Classes are informal and run in small groups so that learners get a lot of one-to-one support from the tutor. We can also help you move on to accredited courses and qualifications.

Room Hire: We have various rooms for hire at The Together Centre, ranging from functions to meeting rooms or rehearsal space.



Fun and Exercise

Join our exercise groups with a wide range of activities.

Toni's Classes

- Chair exercise:** Gently improve everyday functional movement and enhance the strength and flexibility of all your joints and core. Classes comprise soothing movement to music with stretching.
- Boxing classes:** Based on traditional boxing with gloves on, we include the basic stance and punches with varying combinations each round/week. Every session includes a full-body workout with warm up and cool down.

Paul's Classes **ACTIVE** TAMERIDE

- Hi-Lo RETRO:** A fun-filled workout to cheesy dance tunes suitable for all ages, shapes and abilities.
- Holistic Fusion:** A blend of simple yoga, pilates and relaxation to leave you refreshed, renewed and stronger.
- Gentle Sport:** Fit and fun – exercise in disguise, playing the games that you most enjoy.
- Seated exercise:** The most fun you can have sitting down, have a laugh and get fitter.

Music and Drama Workshops

Over the course of the year we have several workshops planned, some music based and some drama based. Our facilitators are all professionals in their field and here to help you enjoy being creative.

Orpheus & The Rainbow Singalong Sessions

Orpheus & The Rainbow Singalong is a friendly session where you can enjoy music and company with very supportive and experienced group leaders Helena and Jon.

Shy? Don't worry, this is a lovely friendly group and you won't need to sing on your own, why not come along and see if it's for you? We'd love to meet you.

The Freedom Club

Welcoming anyone living with a disability, the Freedom Club meets every Friday for socialising, crafts, going on trips or even just a game or two of bingo.



Resident Clubs and Groups

Life After Stroke

The Stroke Association in Tameside host their Life After Stroke group at the Centre. There are a variety of activities including crafts, quizzes and gardening.

On the first Monday of each month, the Carers' Support Group also takes place. Here carers can make contact with each other, hear guest speakers and experience holistic therapy taster sessions.

The Stroke Association also runs a regular 8-week course for stroke survivors with aphasia to regain confidence in communication through friendly group practice. Referral to this course is through Speech Therapy, but please do enquire if you would like to self-refer.

See timetable for days & times or contact us on 0161 330 4006.



Noah's ART

Established in 2014 Noah's ART is a unique animal-assisted wellbeing service.

Sessions are available for all ages and abilities.

See timetable for times & days and check our website noahs-art.co.uk for more details, or get in touch on 07973 453942 or sharon@noahs-art.co.uk.



The Loxley Group

The Loxley Group is a fun and friendly social craft club structured for adults with physical disabilities. We do long stitch, card making and painting in a relaxed and chatty atmosphere. We also like crosswords, quizzes and games.

We're the Local Council's Day Service for Adults with Physical Disabilities. To join, speak to Social Services.

See timetable for times & days or contact 0161 342 2400.



The Shed

The Shed is a non-profit woodworking group for everyone. We have a fully equipped workshop at The Together Centre where you can learn and build your own projects.

See timetable for times & days or contact 0161 368 4974 or mike@theshedtameside.org.uk



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