



COMMUNITY RESOURCE TOOLKIT

PARK VIEW MEDICAL CENTRE

This guide brings together local and national resources to support **mental wellbeing, healthy lifestyles, physical activity and community connection**.

Your GP or another member of the practice team may have shared these resources with you because they may be helpful. You can also explore the guide yourself to find support that is relevant to you.

We hope this makes it easier to find useful support, discover local activities and groups, and look after your health and wellbeing.

The Toolkit includes resources covering:



Mental Health &
Wellbeing



Mental Health
Young People



Bereavement



Sleep



Active
Lifestyle



Community
Groups



Exercises



Healthy
Eating

Updated: August 2026

MENTAL HEALTH - ADULTS



- **Talking Therapies Self-referral**
- **Mental health self help guides | NHS Cumbria**
- **GMMH Wellbeing Hub:**
 - No. 93 Wellbeing Centre
GMMH Crisis Café team are based here.
 - **Arts for Good Health programme**
 - **Memory skills groups**
- **Other Manchester Crisis drop-in services**
- **Moodswings | Help & Support Manchester**
- **Mental Health Crisis Help (All ages)**
- **Zion Centre Anxiety and Depression Support Group**
Face to face on Wednesdays 2-4pm
- **Andy's Man Club |** Mental health charity, peer support for men

MENTAL HEALTH – CHILDREN & YOUNG PEOPLE

- **MThrive** | Emotional Wellbeing & Mental Health Support for Young People
- **42nd Street** | Support and advice for young people's emotional health and wellbeing
- **Childline** | Call 0800 1111



BEREAVEMENT

- **Smithy's Bereavement Group** 07482 543189
- **Cruse Bereavement Care** 0808 808 1677
- **Greater Manchester Bereavement Service** 0161 983 0902
- **Care Concern** 07598 685745
Email: care.concern@hotmail.co.uk
- **Bereavement | Northern Care Alliance**
Important information for bereaved family and friends



SLEEP



- [GMMH | Sleep self-help & worksheets](#)
- [Sleepful | Effective Treatment for Insomnia \(CBT\) App](#)
- [Recovery Academy | Self-help resources](#)
- [Sleep Hygiene | NHS Every Mind Matters](#)
- [Children | The Sleep Charity](#)

ACTIVE LIFESTYLE



- **Healthy Lifestyles | Manchester City Council**
- **MCRactive**
 - **MCRactive 12 week intervention programme GP referral**
 - **MCRactive Home Activities**
- **NEIGHBOURHOOD MOVES | Cheetham Hill & Crumpsall**
 - Women-only exercise and yoga classes (Hopewell)
 - Low-cost group fitness classes (T4C Fitness)
 - Women's walking group (Flowhesion)
 - Bollyfit Active (Women)
- **Parkrun**
 - **Parkrun Heaton Park**
 - **Parkrun Philips Park**
 - **Junior Parkrun**
- **RunTogether | Heaton Park**
- **Walking & Rambling Walking Groups in Manchester**

COMMUNITY GROUPS



- **St Matthew with St Mary, Crumpsall** | Coffee morning
- **Rainbow Community Centre**
Youth & Family Club, Zumba, Sip & Chat, Strength & Balance, Circuit Training
- **Guidance Hub | Cheetham Hill**
Walking, yoga, exercise classes, football, boxing , table tennis, pool.
- **Back on Track | Manchester**
Self-referral. Training, education, work experience opportunities and personalised guidance for adults facing barriers to education and employment.
- **The Fed (Federation of Jewish Services)**
Social support, Loneliness services, Carer support
- **British Muslim Heritage Centre**
Women's groups, Community events, Health education programmes
- **Carers Manchester** | support for Manchester's unpaid carers.

EXERCISES



- **Self-referral to physiotherapy | North Manchester**
- **NHS Strength exercises**
- **Muscle, bone and joint |** Advice on common muscle and bone problems, including exercises for different areas of the body, with videos.
- **Arthritis UK |** Joint-specific exercise guidance, which may be useful even if you don't have arthritis
- **Simple Exercises in the Home**

HEALTHY EATING



- **Eat Well |** Information and guidance about eating a healthy, balanced diet.
- **The Eat Well Guide | NHS**
- **British Dietetic Association | Food Facts**
- **Eat Well on a Budget | British Heart Foundation**