

The Together Centre's 'WHAT'S ON' Guide for January 2023!



2020 - 2023 has been challenging for us all and the ongoing crisis has brought fear, hardship, and sorrow for many. Here at The Together Centre Charity, we have been working hard to deliver our support services and innovative workshops in new ways to continue to support our beneficiaries at a time when it is needed most.

The Together Centre provides meaningful support services for local Families within a thriving and full accessible Community Hub, and our ambition is to support and encourage empowering positive outcomes whilst demonstrating inclusive and equal participation. We provide the opportunity to explore new interests by taking part in a range of inclusive activities. Whether it's a local Winter walk, relaxation and meditation therapy, crafts, walking football or even a game of pool, we want everyone to find something they enjoy - We'll support you to explore and find your passion whilst developing friendships and learning new and everlasting skills - We've even helped families to realise their ambition of 'growing your own fruit and vegetables - No previous gardening experience is needed.. Just a pair of wellies!

Families now also have the opportunity to come along to our Food Pantry, enjoy a FREE meal on us, join us for our monthly fun and interactive social evenings and events. Coming together for a sing-along with friends, our monthly table-top sales or even a pie supper is always a must! So come along, it would be lovely to see you and if we can help you with anything, please just ask - We are here for you; ages 0 - 100+..

DAY	WHAT'S ON!
MONDAY	<p>9.30 – 3.30 - Together Community Library. FREE</p> <p>9.30 – 10.15 – Armchair Dancing with Friends and a Hot Cuppa! £1.50.</p> <p>10.30 – 11.30 - Kurling Class with a FREE Breakfast! £1.50.</p> <p>11.00 – 12.00 - Fuel for the Future Ecotherapy Workshop with a FREE Lunch for the Elderly and Pre-School Children. £1.50</p> <p>4.30 – 6.30 - Children's Forest Friends Activity Workshop; 5 – 11 Years. £5.00</p> <p>6.15 - 7.00 - Mini Musical Theatre Workshop; 5 – 7 Years. £5.00</p> <p>7.00 - 7.45 - Mini Ballet & Tap Workshop; 5 – 7 Years. £5.00</p>
TUESDAY	<p>9.30 – 3.30 - Together Community Library. FREE</p> <p>11.00 – 12.00 - Winter Walks with a FREE Lunch! (Doggies Welcome). £1.50</p> <p>1.00 – 2.00 – 'Me Time' Peer Support Wellbeing Programme for Mummies including a FREE Onsite Creche for their Little Ones FREE Refreshments. FREE</p> <p>6.30 – 7.30 - Fat Burn Fitness Class for all abilities. £5.00</p>
WEDNESDAY	<p>9.30 – 3.30 - Together Community Library. FREE</p>

	<p>11.00 – 11.30 - Walking Football for Adults 16+ for all abilities. £1.50</p> <p>1.00 – 2.00 - Bingo with Tea and Cake! £1.50</p> <p>6.00 – 6.45 - Legs, Bums & Tums Fitness Class for all abilities - Children welcome aged 12+, with an accompanying Adult. £5.00</p> <p>7.00 – 8.00 - Powerbeats Fitness Class - Children welcome aged 12+, with an accompanying Adult. £5.00</p>
THURSDAY	<p>9.30 – 3.30 - Together Community Library. FREE</p> <p>9.30 - 12.30 - Information, Advice and Volunteer Opportunities Drop-in; delivered by Action Together. FREE</p> <p>11.00 – 12.00 - Winter Crafts with a Hot Cuppa for Adults! £1.50</p> <p>1.30 – 2.30 - Line Dancing with a Hot Cuppa. £1.50</p> <p>6.00 – 7.00 - Strongology Fitness Class. £5.00</p>
FRIDAY	<p>9.30 – 3.30 - Together Community Library. FREE</p> <p>9.30 – 12.30 - Together Pantry Food Bank – No Criteria. £3.00</p> <p>9.30 – 12.30 - Together Pantry Food Bank Home Delivery – No Criteria. £4.50</p> <p>10.0 - 12.00 - Together IT Suite Drop-in with Printing and Photocopying Services. FREE</p> <p>10.00 – 12.00 – ‘Meals to you’ Two Course Meal Home Delivery Service. FREE</p> <p>10.00 – 2.00 - Freedom Club Adults Social Group. £7.00</p> <p>1.00 – 2.00 - Armchair Yoga and Relaxation Soundbath Meditation with a Hot Cuppa. £1.50</p> <p>7.15 – 8.15 – Pud Pudz Pets UK Sniffer Dog Bronze Level Scent Detection Class. Contact Benn on 07715559734 to book.</p> <p>Friday 6th January ONLY; 6.30 – 9.30 -The Mixing Pot ‘Snowdrops’ Acrylic Painting Workshop. Contact Alison on 07830614752 to book.</p>
SATURDAY	<p>10.0 – 12.00 - Children’s Minibeast Wellbeing Session; 5 – 11 Years. FREE</p> <p>1.00 – 3.00 - Tameside Together – Autism Employment Group. FREE</p>
SUNDAY	<p>5.45 – 6.30 - Adults Hula Hoop Fitness Class. £5.00</p> <p>Sunday 29th January ONLY; 9.30 – 12.30 – Tabletop Sale. FREE entry / £5.00 per table for Sellers!</p>

We are now also very excited for the doors to be open to our **'Together Cafe'** right in the heart of Dukinfield, welcoming you with deliciously home cooked food containing fresh ingredients from our very own Together Allotments. You can enjoy our special dish of the day or if you fancy that little something lighter - A Jacket, Deli Sandwich, or Fresh Salad! Just ask and we can accommodate to your dietary needs - Pop by for a cuppa and enjoy a FREE game of pool with our Volunteers - All Welcome.. Open from 9.30 - 1.00pm!

Providing a wide range of professionally led services to Commercial Clients throughout Tameside and Greater Manchester, and with over 20 years in the Industry, our Together Services initiative along with its highly experienced Management Team is here to offer you competitive bespoke packages to suit your requirements. Just a few of the meaningful Services we provide to our Clients; Housing Associations, Local Authorities, Schools, Surgeries, Local Emergency Services, Community Venues and Community Organisations / Green Spaces include; **Grounds Maintenance, Void Property and Site Clearances, Community Garden / Allotment Projects, Fencing, Hard/Soft Landscaping, Responsive Works, Jet Washing, Handyman Services, Painting and Decorating.**

If you or someone you know would like to find out more about any of our Workshops/Events/Services, please contact us on telephone number 0161 366 1987 or by email to Leanne.bold@thetogethercentre.org.uk - You can find us on Facebook too: @TheTogetherCentre

Are you looking for the perfect Venue to hold you Party, Celebration or Community Event? Hire our new refurbished hall and/or additional Rooms!

The Together Centre, 287 Birch Lane, Dukinfield SK16 5AU



Charity Number – 1173335