

AUGUST 2026

Upcoming Extra Activities for over 50s

**MONDAY
3RD
AUGUST**

Sip (Tea) and Scribble (FREE WORKSHOP)

Participants can expect a relaxed and fun approach to short-form poetry writing, with two guided writing prompts based around a theme! Led by local writer Lucy Edmiston. No experience necessary, just come along and enjoy being creative (🕒 **2:45pm-4:00pm**). **Book your space now!**

📍 **INSPIRE CENTRE, 747 STOCKPORT RD, LEVENSHULME, M19 3AR**

**MONDAY
10TH
AUGUST**

BELVOIR COMMUNITY FUN DAY (FREE EVENT!)

🕒 **11am – 2pm** | 📍 **BELVOIR AVENUE (NEXT TO THE LEVENSHULME BAKERY)**

A community celebration hosted by **Taskforce, Noor Masjid Mosque, and Manchester City Council** for a community event tackling fly-tipping while celebrating our local green spaces. There'll be information stalls with advice on keeping neighbourhoods clean, reducing waste. There'll also be **free food and refreshments, games for kids, a badge-making table, iron-on emblems with a local artist, graffiti art, bike repairs, and much more**, so bring the whole family and come along to get involved.

**SUNDAY
16TH
AUGUST**

Sunday Lunch

Share good conversation & enjoy a delicious 3-course meal. (vegetarian options available). It is a great chance to meet people from the community and make friends. **Prebooking in advance with Tatiana is required.** Price is £10.00 (this covers expenses: kitchen & cafe hire, etc) 🕒 **1:00pm-3:00pm**

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**MONDAY
17TH
AUGUST**

Film Club

The perfect place to relax, watch great films, have fun! Choc-ice, popcorn & drinks provided. Film will be chosen by you on the day.

Price: £5.00. Fee helps us to pay for room hire, refreshments, annual license. **Meeting at 2:00pm at the Greenbank Room.**

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**THURSDAY
20TH
AUGUST**

Morecambe Seaside Day Trip

Join us for a relaxing day out ! We'll enjoy a stroll along the beautiful, flat and accessible promenade, take photos at the famous Eric Morecambe statue, and spend some time browsing Morecambe's Festival Market, over 100 stalls and shops with something for everyone, plus cafés if you fancy a cuppa and a bite to eat. A lovely day of fresh sea air, good company, & a bit of bargain hunting. **Meeting at 9:30 am at Inspire Centre, and we are back in Manchester at 5:30pm-6:00pm.**
Price £25.00 (fee is to cover the coach). PREBOOK WITH TATIANA!

**MONDAY
24TH
AUGUST**

Glass Jar Lanterns Workshop

Join us for a relaxing afternoon as we transform simple glass jars into beautiful lace-trimmed lanterns, decorated with dried flowers and twine bows. **No experience needed ! FREE WORKSHOP.** All materials provided, and you'll take home your own handmade lantern to brighten up your space. **Meeting at 2.45pm** at the Inspire Centre.

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Important Notice:

MINDFUL SESSIONS ARE FREE IN AUGUST!

Did you know? The NHS recommends mindful sessions to help reduce stress and anxiety. It has been shown to support better mental wellbeing , especially as we get **older**. Each session begins with a gentle guided meditation to settle your mind & body, followed by fully seated mindful movement; releasing every joint and easing into gentle stretches, all adapted to your own pace and fitness level. We close with a calming relaxation meditation. **No experience or booking needed. Every 1st & 3rd Tuesday of the month (2:15pm) at our hired venue Inspire Centre.**

Monday 31st August is BANK HOLIDAY. THERE IS NO HAPPY MONDAYS SESSION.

For more information, please contact us on:

Mobile: 07724 713 563

Email: tatiana.guzman@inspiredtaskforce.co.uk

Website: <https://www.inspiredtaskforce.co.uk/>



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