

LINK Good Neighbours

For over 50s and adults with health problems or disabilities
LINK, Trinity House, Grove Close off Platt Lane, Manchester M14 5AA
Phone: 0161-225-1064 / email: matthew@trinityhousecrc.org.uk

LINK Social Activities at Trinity House



LINK Arts Activity 1-30pm on Wednesdays at Trinity House except for the last Wednesday of the month when we are at Platt Hall Costume Gallery



LINK Health Walks 1-30pm on Thursdays meet at Trinity House for our **weekly strolls** in the Park lasting 45/50 minutes. About 2-30pm we'll return to Trinity House for a brew and a chat.



LINK Luncheon Club on Fridays at Trinity House meet at **10-30am** for a **social activity followed by lunch at 12-00 noon. Cost £2**



LINK Computer Classes for over 50s 2pm to 4pm on Fridays at Trinity House (term time only)



LINK Day Trips: We organise about 7 trips each year to places of interest.



For more information
Phone Matthew at
Trinity House 0161 225 1064
or Email
matthew@trinityhousecrc.org.uk