



• **BigLife**  
**Centres**  
**Impact report**  
**April 2012 - March 2013**

# introduction

**BigLifeCentres** manages 5 health and community centres across Greater Manchester. Our centres deliver, facilitate and host services which improve the quality of life for local people by focussing on a self-help model which supports people and communities to develop solutions to local problems for themselves.



**The Zion Centre (Hulme)**

**The Kath Locke Centre (Moss Side)**

**The Energise Centre (Salford)**

**The Willow Tree Centre (Salford)**

**The Cheetwood Centre (Cheetwood)**

Our **BigLifeCentres** were visited **110,128** times between April 2012 and March 2013. **57** new services or groups were set up and facilitated by **BigLifeCentres** including groups to tackle health inequalities, social isolation and self-help support groups. **85%** of surveyed visitors said that there had been an improvement in their quality of life since they began to use **BigLifeCentres**. We held **37** different events and open days. We held **18** Voice meetings in which local people, centre staff and volunteers worked together to discuss local issues and help the centres set targets.

# volunteers

Volunteers play a big part of our work in BigLifeCentres. Providing volunteering opportunities is an important way that we ensure that local people are involved in our centres, and they are also a way of people regaining control of their lives, regaining their self-confidence and self-esteem and moving on into employment.

110 volunteers were supported, of which 20 went on into paid employment and 25 went into further education.

*“I had started at Salford University and didn’t know anyone - I felt isolated and became very anxious. I found it difficult to work on my degree, there was a lot of pressure and I’m not a mainstream learner.*

*When I first went to the Energise Centre, I was sitting in the waiting area and started to have a panic attack, someone who works there had to come and get me out of the toilet! I started attending the SelfHelpServices anxiety group but then I began to use all the other services like CBT and healthy eating. The staff there really helped me to relax and gain confidence.*

*When I felt ready to start volunteering, staff suggested I went to the Zion Centre in Hulme to lead the art group. The art groups are great. It’s different to uni, it’s relaxed and anyone can come along and do what they like best.*

*When I first started coming to BigLifeCentres I was isolated, shy and self conscious but they’ve given me a place to feel better about myself.”* Natalie - Zion Centre

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Manchester Mind Group 11:30-12:30	Manchester Mind Group 11:30-12:30	Manchester Mind Group 11:30-12:30	Manchester Mind Group 11:30-12:30	Manchester Mind Group 11:30-12:30	Manchester Mind Group 11:30-12:30
Manchester Mind Group 1:30-2:30	Manchester Mind Group 1:30-2:30	Manchester Mind Group 1:30-2:30	Manchester Mind Group 1:30-2:30	Manchester Mind Group 1:30-2:30	Manchester Mind Group 1:30-2:30
Manchester Mind Group 3:30-4:30	Manchester Mind Group 3:30-4:30	Manchester Mind Group 3:30-4:30	Manchester Mind Group 3:30-4:30	Manchester Mind Group 3:30-4:30	Manchester Mind Group 3:30-4:30
Manchester Mind Group 5:30-6:30	Manchester Mind Group 5:30-6:30	Manchester Mind Group 5:30-6:30	Manchester Mind Group 5:30-6:30	Manchester Mind Group 5:30-6:30	Manchester Mind Group 5:30-6:30
Manchester Mind Group 7:30-8:30	Manchester Mind Group 7:30-8:30	Manchester Mind Group 7:30-8:30	Manchester Mind Group 7:30-8:30	Manchester Mind Group 7:30-8:30	Manchester Mind Group 7:30-8:30
Manchester Mind Group 9:30-10:30	Manchester Mind Group 9:30-10:30	Manchester Mind Group 9:30-10:30	Manchester Mind Group 9:30-10:30	Manchester Mind Group 9:30-10:30	Manchester Mind Group 9:30-10:30
Manchester Mind Group 11:30-12:30	Manchester Mind Group 11:30-12:30	Manchester Mind Group 11:30-12:30	Manchester Mind Group 11:30-12:30	Manchester Mind Group 11:30-12:30	Manchester Mind Group 11:30-12:30
Manchester Mind Group 1:30-2:30	Manchester Mind Group 1:30-2:30	Manchester Mind Group 1:30-2:30	Manchester Mind Group 1:30-2:30	Manchester Mind Group 1:30-2:30	Manchester Mind Group 1:30-2:30
Manchester Mind Group 3:30-4:30	Manchester Mind Group 3:30-4:30	Manchester Mind Group 3:30-4:30	Manchester Mind Group 3:30-4:30	Manchester Mind Group 3:30-4:30	Manchester Mind Group 3:30-4:30
Manchester Mind Group 5:30-6:30	Manchester Mind Group 5:30-6:30	Manchester Mind Group 5:30-6:30	Manchester Mind Group 5:30-6:30	Manchester Mind Group 5:30-6:30	Manchester Mind Group 5:30-6:30
Manchester Mind Group 7:30-8:30	Manchester Mind Group 7:30-8:30	Manchester Mind Group 7:30-8:30	Manchester Mind Group 7:30-8:30	Manchester Mind Group 7:30-8:30	Manchester Mind Group 7:30-8:30
Manchester Mind Group 9:30-10:30	Manchester Mind Group 9:30-10:30	Manchester Mind Group 9:30-10:30	Manchester Mind Group 9:30-10:30	Manchester Mind Group 9:30-10:30	Manchester Mind Group 9:30-10:30



# zion centre

The Zion Centre has been providing support and services to the people of Hulme and the surrounding area since 1991. It houses a number of services including: Manchester Mind, SelfHelpServices, Anxiety UK, Specialist Midwives, Crime Reduction Initiatives, Good Mood Food, Pertemps People Development, Children's Society, Art Groups, ADS, Dyslexia Foundation, Needle Exchange, Share Self Harm group, Toddle Time, Yoga, Asylum Seeker Housing Advice service, Bingo group, Narcotics Anonymous, Father's Against Violence, Zion Gym, Qi Gong sessions and Health & Well Being groups.

Between April 2012 and March 2013,  
the Zion Centre was visited **28,067** times

**58%** of visitors were female.

**43%** of visitors were from black and minority ethnic communities.

**38%** of visitors had mental health issues.

*“We ran a health day providing screening and healthy lifestyle advice for local people which was organised in partnership with the Department of Nursing and the Centre for Public Health at MMU.*

*Eight student nurses advised visitors on issues such as a healthy diet and safe alcohol limits, and they also checked blood pressures. The day was enjoyed by all and students all said they valued the opportunity to give advice and education about developing and maintaining healthy lifestyles. We now have plans to run these events twice a year with nursing students and expand the initiative to include speech and physiotherapy.”* Simon Kweeday - BigLifeCentres

**17** groups started this year including the Rainbow Pathways Art Group, Positive Lifestyles, Fathers Against Violence, weekly bingo and various health and wellbeing services.

The Zion Centre hosted and organised **20** public events reaching over **1,900** local people. These included the Hulme is Where the Heart is Festival, Money Matters events offering advice on welfare reform and budgeting, free health checks and wellbeing promotions.

# kath locke centre

**The Kath Locke Centre combines the best in conventional NHS healthcare alongside self help groups and voluntary sector organisations to offer a complete approach to health and well-being.**

It houses a number of services including: Community Mental Health Team, Physiotherapist, Chiropodist, Speech & Language team, Dieticians, Counselling, Manchester Women's Aid, Yoga, Exercise & Fitness Classes, Qi Gong, Wellbeing Services, BigLife**Families** Early Intervention Team, PCT Interpreters, Rethink Mental Health Group, Depot Clinic and other mental health services, Learning Disability groups, Social Phobics group, Father's Against Violence, Crime Reduction Initiative, Manchester Disabled People's Access Group, The Sugar Group, Narcotics Anonymous and Art Groups.

The centre was visited **22,840** times between April 2012 and March 2013.

**63%** of visitors were male.

**33%** of visitors were from black and minority ethnic communities.

**17%** of visitors had mental health issues.

The Kath Locke Centre held **8** events throughout the year including free health checks in association with Manchester Metropolitan University, health promotions, and a memorial service for Kath Locke – the late community activist.



***“The Kath Locke has been home to The Sugar Group for 14 years now. The group was set up by members of the local community and it’s for people from the Afro-Caribbean community and their friends who are living with diabetes. They have weekly exercise classes, talks by health experts and cook and taste sessions to create healthy meals. 619 visits have been made to The Sugar Group this year and it’s a well known part of the local community. The people who use the group don’t just come because it’s about their health, they come because it’s an important weekly social event. Many of the members are older ladies who live on their own and the group is an opportunity to get out into the community and make new friends.”***

Sandra Stapleton - Kath Locke Centre



# cheetwood centre

The Cheetwood Centre is a community and sports Centre offering a variety of services, activities and learning opportunities for adults and young people.

Between April 2012 and March 2013, the Cheetwood Centre was visited **6,253** times.

**60%** of visitors were under 18 years old and **12%** were over 65.

**35%** of visitors were from black and minority ethnic communities.

**16** regular (weekly or monthly) groups ran from the centre including the Afro-Caribbean elders club, a roller disco, a film club, a job club where local people received support to find work, an arts and crafts group and plenty of sports and fitness clubs. Staff and volunteers from the Cheetwood Centre organised **10** events including open days, health promotions, a Christmas party and days out.



***“The Cheetwood Centre means a lot because it keeps me off the streets and stops me causing trouble and I enjoy it here.”***

– Sophie, aged 12

***“It means a lot to me I know the staff are always there, I never get bored here and they are really nice to everyone.”***

– Derry, aged 12

***“It means the world! Couldn’t live without it!”***

– Jack T, aged 15

***“In February 2013 The Cheetwood Centre opened a new community shop. The shop is run entirely by volunteers and it’s stocked with essential cupboard basics such as tins, cereals, bread and eggs. The goods are delivered to us by Fareshare, a charity which receives donations from major supermarkets and sells them onto community organisations to distribute.***

***Before the opening of the shop, we had been making up food parcels using donations and giving them to residents who were housebound or in need in other ways. But then we started hearing local people say they couldn’t afford to shop at supermarkets anymore. They were worried about the new bedroom tax and scared of eviction. Now they know they can come here and at least buy a tin of soup for tea, so they aren’t going without any food.”*** Angela – Cheetwood Volunteer



# energise & willow tree centres

**The Energise and Willow Tree Centres** provide an integrated range of health and wellbeing services that support and motivate local people to live their lives to the full. The two centres house a number of services, including: GP practices, Stop Smoking Service, Salford Council Adult Learning classes, Arts on Prescription, Mental Health services, Listening People Counselling Service, Weight Management, GM Police Surgery, Women of the World group, IT Suite, OCD Support group, Hair Loss Support group, Spectrum group, Knit and Natter, e-Therapy sessions, Well-being Services, Being Well Salford and various Clinical Services such as Bowel Cancer Screening, and Headache and Continence Clinics.

Between April 2012 and March 2013, the Energise and Willow Tree Centres were visited **52,968** times.

**61%** of visitors were female.

**12%** of visitors were from black and minority ethnic communities.

**50%** of visitors said they had a mental health need.

The centres hosted **13** different events and campaigns across the year, where staff and volunteers engaged **738** visitors in conversations to raise awareness of things such as oral hygiene, cancer awareness, alcohol awareness, mental health, safety in the home and volunteering.

**21** new groups and services were delivered from the centres including a confidence building group, health walks, a family cooking class that offered bags of fresh vegetables to help people improve their diets, a police surgery, a men's group and a fruit bag scheme.

*“In May 2012, The Energise Centre, in partnership with our neighbours at St Sebastian’s Centre, set up a fruit bag scheme to help families get their five a day. Volunteers put together bags of fruit which we’d brought in from a local supplier. The bags were then sold for £2 each to local people.*

*The fruit bags have been a great success as locally there are not a great many places to buy fresh fruit and vegetables in the local area. It’s been very popular, particularly with families, and in the future we’re also hoping to start providing veg bags.*

*Since starting the scheme, 47% of visitors to the Energise centre have started to buy weekly fresh fruit thanks to the fruit bag scheme.”*





**BigLife**  
**Centres**

[www.biglifecentres.co.uk](http://www.biglifecentres.co.uk)

**The**  
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business changing lives

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