

List of services and activities available in Oldham for Children and Adults

| SERVICE | AGE RANGE | EMAIL/ CONTACT | DAYS/ TIMES | COST IF KNOWN |
|--|-------------------------------|--|--|--------------------------------|
| <u>Ability Thai Boxing</u> Mahdlo Youth Zone, Egerton Street, Oldham OL1 3SE | From 13 to 25 years old | 0161 770 4864 or 0161 770 3676 | A weekly fitness session | £2.50 |
| <u>Ability Wheelz Cycling Centre</u> Alexandra Park, Kings Road, Greater Manchester OL8 2BH | From 5 to 11 years old | Kevin Lanham 07703468294 kevin@pointoldham.co.uk | Tuesday 10am - 3pm, Wednesday 10am -3pm, Friday 10am-3pm, Sunday 11am-3pm, Wednesday Evening Sessions available 3pm - 7pm throughout the summer. | |
| <u>Adventure Based Learning</u> 1 Tanner's Mill, Greenfield, Oldham OL3 7NH | From 7 to 70 years old | Mark Hilton 0145 787 1617 info@adventurebasedlearning.org.uk | | Varies (sometimes free). |

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| <p><u>AJ Academy</u> 839 Moston Lane, Moston, Manchester, M40 5RT</p> <p>AJ's Academy is an exceptionally different, independent service for adults with learning difficulties/disabilities. We are a professionally trained and competent service providing individuals with an excellent array of activities and opportunities. Our service is stimulating, challenging and exciting, but most of all fun!</p> | | <p>Kimberley Heaton, Manager, 01612226011 manager@ajsacademy.co.uk http://www.ajsacademy.co.uk</p> | <p>Open Monday to Friday 8:30am - 6:00pm, Saturday 10:30am - 3:30pm</p> | |
| <p><u>Alexandra Junior Parkrun</u> Alexandra Park, Kings Road, Oldham OL8 2BH</p> | <p>From 4 to 14 years old</p> | | <p>Every Sunday at 9.00am</p> | |
| <p><u>Ambitions</u> All Nations Church OL1 3SE.</p> | | <p>Contact Jonathon Griffiths Barnes 07977075998 Jonathon.ambitions@hotmail.co.uk www.ambitionsoldham.co.uk</p> | <p>Monday Social Club 11am-3pm</p> | <p>Cost £15 incl 2 course lunch and activities.</p> |
| <p><u>Ambitions Disco</u> Three Crowns Pub, 1-3 Manchester Street OL1 1LE</p> <p>Wide range of individuals attend with varying needs, individuals with complex needs would require support to maintain their safety and wellbeing.</p> | <p>From 18 to 70 years old</p> | <p>Jonathan Griffiths-Barnes jonathan.ambitions@hotmail.co.uk</p> | <p>Thursday's 6-10pm, Sunday's 12 noon-4pm</p> | <p>Small cost per week - contact Ambitions for details</p> |

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| <u>Autism Friendly Cinema Screenings</u> | | Cineworld Odeon Showcase Vue | All times, dates, contact details, films and cinema locations can be checked on the <u>dimensions website</u> | Discounted Cinema Card for Carer to go FREE. |
| <u>Autism Friendly Monthly Activities at Manchester Museum</u> The Manchester Museum The University of Manchester, Oxford Road, Manchester M13 9PL | 5 - 16 years | Victoria Grant 0161 306 1779 <u>victoria.grant@manchester.ac.uk</u> | | FREE activity Parent/carer must stay, siblings are also welcome |
| <u>Autism Youth Club</u> New Bridge School, Roman Road, Hollinwood Lancs OL8 3PH | Children and young people under 26 | 0161 770 8614 (Monday and Thursday only) <u>kevin.lanham@oldham.gov.uk</u> | Open Monday's and Thursday's 6pm to 8.15pm Open all year apart from Bank Holiday and Christmas period | |
| <u>Barrier Breakers</u> Youth Council Offices Room 222, The Civic Centre, West Street, Oldham OL1 1UL | From 11 to 21 years old | Dayna Brannick 0161 770 4288 0161 770 3116 <u>dayna.brannick@oldham.gov.uk</u> | Monday evenings 6pm to 8pm | |
| <u>Blue Badge Department</u> The Link Centre, 140 Union Street, Oldham OL1 1DZ | over 18 | Jane Hanna 0161 770 4242 | | |

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| <p><u>Caremark Oldham - Social Activities</u> Unit 7a - Ground Floor, County End Business Centre, Jackson Street, Springhead, Oldham OL4 4TZ</p> | Any age | Carol Liaster 0161 627 0891 oldham@caremark.co.uk | | |
| <p><u>Cerebral Palsy Football (Chaddy Park Juniors)</u> Oldham Academy North, Broadway, Royton, Oldham, OL2 5BF</p> | From 3 to 16 years old | Jason@Chaddypark.co.uk | Sunday's 10am to 12pm (every two weeks) | |
| <p><u>Choice Support & Transport</u> Viking House 449 Middleton Road, OL9 9LB</p> | over 18 | Contact Keith – 07944 810 883 or 0161 628 0477 choice.support.transport@googlemail.com | | |
| <p><u>DIY Lego</u> The Link Centre, 140 Union Street, Oldham, OL1 1DZ</p> | From 5 to 12 years old | Debbie 0161 770 4786 link.centre@oldham.gov.uk | | |
| <p><u>Extreme Air Oldham</u> Unit 1 B, Alexandra Retail Park, Park Road, Oldham, OL8 1DB</p> | Any age | 0161 622 3733 bookings@extremear.co.uk | Evening, Afternoon, Morning | |
| <p><u>Funky Fitness and Fun</u> Boarshurst Bandclub Greenbridge Lane, Greenfield, OL3 7EW</p> <p>Supports individuals with LD, Autism and some physical disabilities. Support provided includes fitness sessions, healthy eating, and personal safety awareness and craft activities.</p> | over 18 | Carita Smith 07706 709 492 treborbd@hotmail.co.uk | 9.30am - 3.30pm every Tuesday and Friday | Cost around £45 per day |

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| <p><u>Gateway</u> Social club based at Rock St Resource centre Social group individuals with LD, autism and other needs.</p> | | | Weds eve 7pm-9pm | Nominal cost per week |
| <p><u>Heathbank (Scope)</u> Day provision for individuals with complex physical and learning disabilities, autism and other complex needs</p> | | | | £45 per day including freshly prepared lunch |
| <p><u>Heyside FC - Ability Counts and Disability Football Mash Up Sessions</u> Crompton House School Rochdale Road, Shaw, Oldham, OL2 7HS</p> | 10 upwards | Mark Senior 0776 495 328 marksenior3864@hotmail.com | | |
| <p><u>Holiday Homes Trust</u> Gilwell Park, Chingford, London, E4 7QW</p> | Any age | 020 8433 7290 or 020 8433 7291 scout.holiday.homes@scouts.org.uk | | |
| <p><u>Hydrotherapy Outreach Service</u> Bridge College Openshaw Campus, Whitworth Street, Manchester, M11 2GR</p> | Any age | Karien Van Elk admin@bridgecollege.ac.uk | 45 minutes slots are available: 3.30pm, 4.15pm and 5.00pm | |
| <p><u>JIGSAW Youth Club</u> The Honeywell Centre Hadfield Street, Oldham, Hathershaw, OL8 3BP</p> | From 5 to 11 years old | Martin Vose 0161 785 5176 martin.vose@oldhamathletic.co.uk | Monday, 6-8pm | |
| <p><u>Link Centre Social Groups in conjunction with Oldham Disability Art Forum</u> The Link Centre, 140 Union Street, Oldham</p> | over 16 | Myra Wyers 0161 626 5303 or 0161 770 4786 link.centre@oldham.gov.uk | | |

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| <p><u>Mahdlo Youth Zone</u> Mahdlo Youth Zone Egerton Street, Oldham OL1 3SE</p> | <p>From 8 to 19 years old, or 25 with a disability</p> | <p>Amy Taylor 0161 624 0111 amy.taylor@mahdloyz.org</p> | <p>Open 7 days a week. A range of sessions are available through the week</p> | |
| <p><u>New Bridge Horizons</u> New Bridge Horizons 1 Medtia Square, Phoenix Street, Oldham, OL1 1AN</p> <p>Post 19 provision provide by New Bridge Group, available for individuals with a wide range of needs from 19-25. Individuals have opportunity to access community and activities within the base. Timetable available on request.</p> | <p>From 19 to 25 years old</p> | <p>John Holland 0161 883 2403 info@newbridgehorizons.co.uk</p> | <p>Open Monday to Friday from 8am to 6pm The service is open 50 weeks a year</p> | <p>Starts at £52.50 per day for 6 hrs, additional cost for 1-1, feeding and personal care support</p> |
| <p><u>Oldham Active</u> Various locations</p> | <p>Any age</p> | <p>0161 207 7000 info@ocll.co.uk</p> | | |
| <p><u>Oldham Phab Club</u> The Link Centre, 140 Union Street, Oldham Oldham Phab Club</p> | <p>Any age</p> | <p>please contact Link for details</p> | | <p>There is a small Charge</p> |
| <p><u>OPAL</u> based at Millennium Centre. Support for individuals with LD and other needs. Very flexible services “My day, My way”. Opportunities to access crafts, IT, cooking, films, access to community and other activities. Additional groups also run some evenings and advocacy is available if needed.</p> | | <p>Contact Cath Rafferty 0161 633 5544</p> | | <p>Cost £55 per day. 27.50 per half day or £9.00 per hour</p> |

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| <p><u>Pathways to Opportunities</u> 3 Bentley St Chadderton. Behind Chadderton Town Hall.</p> <p>Support individuals with LD, Autism, complex physical needs, and offer support in community as well as from base. Individuals have opportunity to access activities in the base eg computers, music sessions, crafts, cooking. Also accessing local community swimming, leisure activities and shopping.</p> | | <p>0161 652 6466 contact Lila or Vicki. info@pathways-to-opportunities.co.uk</p> | <p>Service open 7 days a week</p> | <p>Cost from £50 per day dependent on level of need, 1-1 support 15.00 ph</p> |
| <p><u>Pure Innovations</u> Boathouse Café</p> <p>Individuals with an LD or autism. Individuals have an opportunity to explore all aspects of working in a café including snack and drink preparation, stock rotation and ordering, customer services, cleaning and health and safety tasks. Support provided as required to meet needs. Individuals also have the opportunity to access other provisions within Pure Innovations Group.</p> | | <p>0161 628 8224 Joe Williams 07703 887 466</p> | | <p>Cost £44 per day 1-1 13.50 ph</p> |
| <p><u>Pure Innovations (Middleton)</u></p> <p>Wide range of activities and opportunities in local area including luncheon clubs, community shops, social activities etc.</p> | | <p>Contact Diane Barnes 0161 643 8146</p> | | <p>Cost £44.00 per day</p> |

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| <p><u>Selecta Day Service for Vulnerable Adults</u> The Canon George Community Hall Chapel Road, Hollinwood, Oldham OL8 4QQ</p> | | <p>Selecta is staffed by highly skilled and experienced staff with language skills in Pushto/Urdu and Punjabi. Mrs Shagufta Khan 07866791238 selecta@gmx.co.uk</p> | <p>Tuesday to Friday 9am to 3pm Female only on Wednesday, Thursday and Friday Mixed male and female group on Tuesdays.</p> | <p>Cost £45 per day or £10 per hour</p> |
| <p><u>Shaw Centre in Harpurhey Manchester</u> Day provision, access to local community and various activities. Cost of activities and lunch paid via personal finances.</p> | | <p>Nicola Whitehead nico-la.whitehead@theshawcentre.org.uk</p> | | <p>Cost of £29 per day plus activities and lunch at nominal cost, visits welcome and trial day available on request.</p> |
| <p><u>The Terence O'Grady Club (For Adults with a Learning Disability)</u> St Anne's ARLFC Higginshaw Road Oldham OL1 3JY Social club for adults with a Learning Disability</p> | over 16 | <p>Phill Webber 0161 620 7986 or 07972501837 http://www.terenceoegradyclub.co.uk Leader Carole Kindon - 07780778810 Evening/Weekend Leader Carol Stacey - 07989423597 Evening/Weekend</p> | <p>Tuesday evenings from 19.00 to 21.00</p> | <p>Nominal cost per week</p> |
| <p><u>Transport For Sick Children</u> Suite 338 SBIC Broadstone Mill Broadstone Road Reddish SK5 7DL</p> | Children under 18 | <p>Anna Burns 0161 443 4122 to@transportforsickchildren.org</p> | <p>Evening, Afternoon, Morning</p> | |
| <p><u>V.I. Bees</u></p> | Any age | <p>Ruth Walmsley 07780 466 410</p> | | |
| <p><u>Vestacare Oakdene Day Centre</u> 1067 Rochdale Road, Blackley, Manchester M9 8AJ</p> | 18 to 45 years | <p>Dianne Newell 0161 220 5840 http://www.vestacare.co.uk</p> | | |

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| <p><u>Visual Impaired Youth Group</u> The Link Centre, 140 Union Street, Oldham</p> | From 11 to 18 years old | Keryn Green 0161 770 3110 keryn.green@oldham.gov.uk | | |
| <p><u>Waves – Slaithwaite</u> Day provision with wide range of activities including work experience, basic skills, independence skills and a variety of social activities.</p> | | Contact Rachel Essen 01484 769 734 Rachel.wavesgroup@gmail.com | | |
| <p><u>Wellbeing Service–</u> various work based projects across area Grassroots Failsworth – Allotments. Chadderton Park Garden Centre – woodwork, gardening, crafts etc. Support provided to a individuals with LD, autism and physical care needs Work based activity to work on employment skills and team work, Individuals have opportunity to work alongside others on practical skills.</p> | | | | £43.05 per day, £25.00 half day |
| <p><u>Wheelchair Football</u> New Bridge School Roman Road Hollinwood OL8 3PH</p> | From 7 to 18 years old | 0161 883 2401 info@newbridgeschool.net | | |
| <p><u>Youth Council Champions</u> Oldham Youth Council Offices Room 222, Civic Centre, West Street, Oldham OL1 1UL</p> | 11 - 21 years | Chris Lewis chris.lewis@oldham.gov.uk | Thursday evenings from 6pm to 8pm | |