

# For Health

We have a variety of activities to promote general health & wellbeing including:

- Friendship group
- Tai chi
- Craft group
- Mindful colouring
- Gardening Club
- Scan & Cut (Textiles)
- Breathlessness (singing)
- Diabetes prevention



1-2-1 Advice

Please call for further information, appointments and times.



## Community Café

We have an on-site Café that provides a variety of healthy, appetising meals such as:

- Roast Dinner
- Lasagne
- Salads
- Curry and Rice
- Jacket Potatoes
- Salmon & Pasta

Please note that our menus change on a weekly basis  
Meals are prepared by our qualified chef for under £3.00

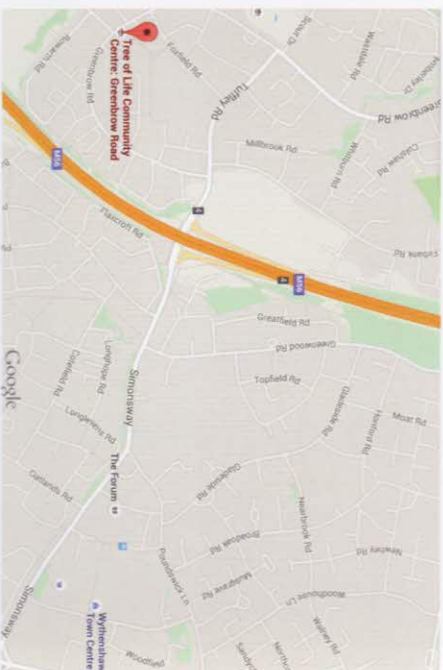
# HOW TO FIND US

## Tree of Life Centre Wythenshawe

Greenbrow Road  
Newall Green  
Wythenshawe, Manchester  
M23 2UE

Phone: 0161 489 7018

Email: [info@treeofflifecentre.org.uk](mailto:info@treeofflifecentre.org.uk)



Bus Routes: No. 11 & 101



[www.facebook.com/TreeOfLifeWythenshawe](http://www.facebook.com/TreeOfLifeWythenshawe)



[twitter.com/Treeofflifecentr](https://twitter.com/Treeofflifecentr)

For Home

For Health

For Work & Skills

**Tree of Life Centre**

*Building Sustainable and Resilient Families For Now, For The Future*

**We are here for You**

# Tree of Life Centre

For Home

For Health

For Work & Skills



We are here for  
**YOU!**



**Building Sustainable and Resilient Families For Now, For the Future**

**Monday - Friday**  
**10:00am - 3:00pm**

**Saturday**  
**10:00am - 2:00pm**

Reg No: 1099847

Comp No: 4759646

# ABOUT TREE OF LIFE

## MISSION STATEMENT

"To work in partnership with others to create a sustainable resource which improves the health and wellbeing for people in Wythenshawe"

- ◆ We are a lifeline for many people in need of food, clothing, dignity and a sense of belonging.
- ◆ We provide social action and activities that improve the health and wellbeing of individuals.
- ◆ We increase people's ability to participate in the wider community.
- ◆ We increase the quality of life for people on a low income.



# For Home

## Reuse Centre

If you have any unwanted items that are in re-useable condition, please bring them to the shop or phone to arrange a collection. You are also welcome to come along and browse through our extensive collection of:

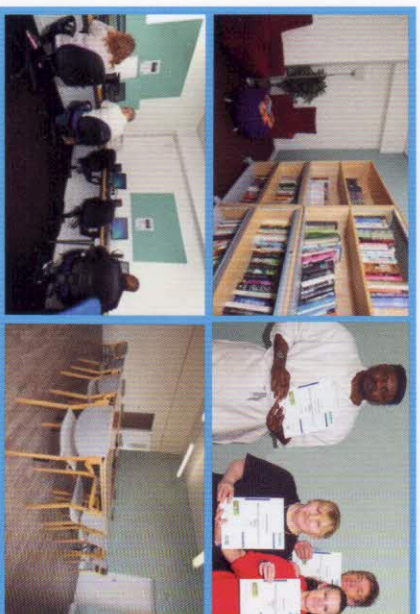
- Sofas
- Beds & Bedding
- Wardrobes
- Dining suites
- Cookers
- Fridges
- Prams
- Cots
- Toys
- Clothes/Shoes
- Books
- Household Goods
- Community Repair

All electrical appliances are safety checked by our qualified engineers.

### NO GAS APPLIANCES



# For Work & Skills



## IT Learning Centre

Our IT Suite and Job Club is available between 10:00am—3:00pm and provides a range

of activities including:

- ◆ Job application forms
- ◆ CSCS Cards
- ◆ Benefit applications
- ◆ Computer lessons (beginners to advanced)
- ◆ Personalised job searches and CV writing and much more

## BECOME A VOLUNTEER

Would you like to join our friendly team?

Volunteering opportunities include:

- Café Assistant
- Retail
- Warehouse
- Stockroom Support
- I.T. Assistant
- Foodbank
- Administration