

## NEWS

### Drug and Alcohol Advice at Limelight

Are you experiencing a problem with drugs or alcohol? Or are you worried about a friend or a family member?

Achieve Drug and Alcohol Service can provide the support you need to answer your questions, get reliable information or just have a chat. Achieve Drug and Alcohol Service are part of The Big Life Company and they are the drug and alcohol service that covers Bolton, Salford and Trafford.

Achieve will be offering a Drug and Alcohol Advice Drop-in from the Limelight café every Tuesday between 1pm and 4pm. No appointment is required, just come along and you will see Christine with an information stall in the Limelight café area.

### Are you looking for a new challenge?

Catering Academy are looking for a new Service Assistant to join their fantastic team, working in the bustling Limelight Café. It's a 30 hour per week contract with two days a week off. You'd be required to work weekends and until 4.30pm. Please send an up to date CV to Karen Hodson at [K.Hodson@servest.co.uk](mailto:K.Hodson@servest.co.uk)

### Hello Jay...

The Limelight Team are very pleased to welcome Jay Sodhi to the Limelight family as our new Bookings and Events Coordinator. Jay has lots of experience in the hospitality sector and he is also a local boy, being Old Trafford born and raised. Please give a big warm welcome to Jay as you see him around the building.



For you and your community

## NEWSLETTER

May 2019

**SPRINGTIME MEET-UPS IN OLD TRAFFORD**

This Spring, Limelight want to make it even easier for Old Trafford to get together. As the evenings grow lighter, we all have the opportunity to **meet, chat and share good times**. You might be:

- a community group making great plans
- a group of friends who want a natter
- neighbours who want a space to get to know each other

Limelight can offer you a **welcoming space to meet up** no matter what you are doing.

We are offering our café to your group **free of charge between 5pm and 8pm Mon to Fri** - we will even keep you refreshed with free teas and coffees!

We can accommodate small or large groups. So - no matter what you are doing - Limelight is a great space to get together. Groups of all kinds are welcome as long as you **respect Limelight's commitment to social inclusion, equality, love, diversity and respect**.

To take advantage of our wonderful offer, you must arrange to use the café in advance - email: [info@limelightoldtrafford.co.uk](mailto:info@limelightoldtrafford.co.uk) call 03000 112 112 or ask at Limelight's reception.

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

[info@limelightoldtrafford.co.uk](mailto:info@limelightoldtrafford.co.uk)

03000 112 112

 @LimelightOT

 LimelightOldTrafford

## EVENTS and ACTIVITIES

### Dynamic Heights Book Launch

Friday 3<sup>rd</sup> May

5.30pm – 7.30pm

Start the month by celebrating the launch of the book 'How to be a confident woman in 7 easy steps' by Mumba Kafula. Mumba will share her motivations in writing this inspirational book and award winning poet Pauline Omoboye will share some of her wonderful work. You can celebrate the book launch in style with free bubbly and Caribbean canapes.

### Camerata in the Community

From April to June

Manchester Camerata are redefining what an orchestra can do. Their purpose is to create inspiring experiences through music that connects with everyone, every time and promote social change in our community.

Camerata in the Community will be running weekly creative workshops for young people on the autistic spectrum. Workshops will take place at Limelight from April until June. The project aims to give young people the opportunity to express themselves, build confidence and communication skills, and develop new friendships.

For more information contact Manchester Camerata on **0161 226 8696**.

### Bereavement Support at Limelight

Thursdays from 9<sup>th</sup> May

5.30pm – 7pm

Have you lost a loved one? Do you feel like there is no one to talk too? Are you struggling to get back in to the swing of life? Limelight is hosting a peer- to-peer bereavement support group. Come along and meet other people you can talk to.

### Suitcase Stories

Wednesday 29th May

2.30pm

Join Old Trafford Library for a performance of the fantastic 'Suitcase Stories'. In this family friendly production, a well-travelled lady captivates her audience with stories she has gathered on her journeys around the world, from Yorkshire, through Poland and on to India.

Using only the contents of her suitcase she creates landscapes of mountains and jungles, costumes for shepherds and kings and finds unique ways to bring characters to life. The children become a part of the story by helping our teller to create waves of water, make the sound of an army, hide away their dancing fairies and organise a troop of monkeys.

The performance was created to inspire children's love of stories and enhance their knowledge of different cultures from around the world.

Tickets: <http://traffordlibraries.eventbrite.com>

### Zumba with Chantelle

From 13<sup>th</sup> May

6.30pm – 7.30pm

Keep moving and shaking with Chantelle's brand new Zumba class! Zumba is an aerobic fitness programme featuring movements inspired by various styles of Latin American dance. It is certainly a fun way to keep fit and a great way to meet new people, be healthy and smile. We are excited to welcome Chantelle to Limelight when the weekly classes start from Monday 13th May. All levels and abilities are welcome. £5.00 per person or come with a friend and get 50% off. [zumbawithchantelle@hotmail.com](mailto:zumbawithchantelle@hotmail.com) 07824113700

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**This is a small selection of the events taking place in Limelight.  
Ask at reception for Limelight's 'What's On' for more information.**

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