



For better  
mental health



Would you like some extra support?

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Would you like to get out and about on evenings and weekends?

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Would you like to make new friends?

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Would you like to be more active?

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Are you struggling on evenings and weekends?

# THE INREACH PROJECT

Can offer extra one to one support from a trained volunteer

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We can help you get out and about at the weekend

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We can provide support to help you set up your own groups and activities.

Mind in Manchester is running the Inreach Project in partnership with day services operated by Manchester Mental Health and Social Care Trust. If you are interested in the support we can offer or would like to volunteer - please contact **Susan** on **0161 272 8204** or **07599821541** or email [inreach@mindinmanchester.org.uk](mailto:inreach@mindinmanchester.org.uk) .