



At a Glance - What's On at NEPHRA HQ Over the Summer



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Call us on 0161 673 6788
(Opening Hours 9am – 3pm)



Send us a message directly via the
contact page on our website:
nephragoodneighbours.org.uk



Email us:
office.nephra@gmail.com

WEEK 1	
TUESDAY 26TH JULY 12.30PM	INTERGENERATIONAL LUNCHEON CLUB Menu - Sausage, Mash, Peas & Gravy, Ice Cream Sundae £6 per adult (inc. free tea/coffee). £3 Children under 12 BOOKING ESSENTIAL
THURSDAY 28TH JULY 10.30AM	FAMILY WALK (WITH UPROJECTS) FREE SESSION Guided walk, meeting at NEPHRA HQ. The walk takes place around the New Moston area and lasts for no more than one hour.
FRIDAY 29TH JULY 10AM – 12PM	FAMILY CAKE SHOP Drop-in for a brew and a natter. Homemade cake £1.50 per slice, Instant Coffee / Tea 50p, Speciality Coffee / Hot Chocolate £1.00.
FRIDAY 29TH JULY 12.30PM	FILM AFTERNOON: SPACE JAM FREE SESSION Refreshments can be purchased from NEPHRA at a low cost

Please See Overleaf for further details

WEEK 2	
TUESDAY 2ND AUGUST	INTERGENERATIONAL LUNCHEON CLUB Menu - Cheese & Onion Pie, Chips & Beans, Chocolate Fudge Cake £6 per adult (inc. free tea/coffee). £3 Children under 12 BOOKING ESSENTIAL
TUESDAY 2ND AUGUST	LLANDUDNO DAY TRIP Pick up @9.00am Leaving Llandudno @4.00pm £7.50 per person Places can be booked by calling into NEPHRA, by email: office.nephra@gmail.com, Telephone: 0161 637 6788 Or messaging our Facebook Page PLACES MUST BE BOOKED BY MONDAY 25TH JULY 2022
THURSDAY 4TH AUGUST 10.30AM	FAMILY WALK (WITH UPROJECTS) FREE SESSION Guided walk, meeting at NEPHRA HQ. The walk takes place around the New Moston area and lasts for no more than one hour.
FRIDAY 5TH AUGUST 10AM – 12PM	FAMILY CAKE SHOP Drop-in for a brew and a natter. Homemade cake £1.50 per slice, Instant Coffee / Tea 50p, Speciality Coffee / Hot Chocolate £1.00.
FRIDAY 5TH AUGUST 12.30PM	FILM AFTERNOON: SING 2 FREE SESSION Refreshments can be purchased from NEPHRA at a low cost
WEEK 3	
TUESDAY 9TH AUGUST 12.30PM	INTERGENERATIONAL LUNCHEON CLUB Menu - Lasagne, Salad & Garlic bread, Jam Sponge & Custard £6 per adult (inc. free tea/coffee). £3 Children under 12 BOOKING ESSENTIAL
THURSDAY 11TH AUGUST 10.30AM	FAMILY WALK (WITH UPROJECTS) FREE SESSION Guided walk, meeting at NEPHRA HQ. The walk takes place around the New Moston area and lasts for no more than one hour.
FRIDAY 12TH AUGUST 10AM – 12PM	FAMILY CAKE SHOP Drop-in for a brew and a natter. Homemade cake £1.50 per slice, Instant Coffee / Tea 50p, Speciality Coffee / Hot Chocolate £1.00.
FRIDAY 12TH AUGUST 12.30PM	FILM AFTERNOON: BOSS BABY 2 FREE SESSION Refreshments can be purchased from NEPHRA at a low cost

Week 4	
TUESDAY 16TH AUGUST 12.30PM	INTERGENERATIONAL LUNCHEON CLUB Menu - Fish, Chips & Peas Fruit, Jelly & Ice Cream £6 per adult (inc. free tea/coffee). £3 Children under 12 BOOKING ESSENTIAL
THURSDAY 18TH AUGUST 10.30AM	FAMILY WALK (WITH UPROJECTS) FREE SESSION Guided walk, meeting at NEPHRA HQ. The walk takes place around the New Moston area and lasts for no more than one hour.
FRIDAY 19TH AUGUST 10AM – 12PM	FAMILY CAKE SHOP Drop-in for a brew and a natter. Homemade cake £1.50 per slice, Instant Coffee / Tea 50p, Speciality Coffee / Hot Chocolate £1.00.
FRIDAY 19TH AUGUST 12.30PM	FILM AFTERNOON: SONIC 2 FREE SESSION Refreshments can be purchased from NEPHRA at a low cost
Week 5	
TUESDAY 23RD AUGUST 12.30PM	INTERGENERATIONAL LUNCHEON CLUB Menu - Cottage Pie, Chocolate Brownie & Ice Cream £6 per adult (inc. free tea/coffee). £3 Children under 12 BOOKING ESSENTIAL
WEDNESDAY 24TH AUGUST 10.00AM	CAKE DECORATING SESSION Each child will be provided with their own box of 4 cakes to decorate £5 per child BOOKING ESSENTIAL
WEDNESDAY 24TH AUGUST 7.30PM	BAT WALK Join us for a nocturnal nature walk as we go on a bat walk (supported by the Moston Brook Project). Bring appropriate clothing (warm/waterproof) and a torch. (Meet at NEPHRA) FREE SESSION
THURSDAY 25TH AUGUST 10.30AM	FAMILY WALK (WITH UPROJECTS) FREE SESSION Guided walk, meeting at NEPHRA HQ. The walk takes place around the New Moston area and lasts for no more than one hour.
FRIDAY 26TH AUGUST 10AM – 12PM	FAMILY CAKE SHOP Drop-in for a brew and a natter. Homemade cake £1.50 per slice, Instant Coffee / Tea 50p, Speciality Coffee / Hot Chocolate £1.00.
FRIDAY 26TH AUGUST 12.30PM	FILM AFTERNOON: THE BAD GUYS FREE SESSION Refreshments can be purchased from NEPHRA at a low cost

Week 6	
THURSDAY 1ST SEPTEMBER 10.30AM	FAMILY WALK (WITH UPROJECTS) FREE SESSION Guided walk, meeting at NEPHRA HQ. The walk takes place around the New Moston area and lasts for no more than one hour.
FRIDAY 2ND SEPTEMBER TIME	END OF SUMMER FAMILY PARTY Professional Entertainment, Party Games - with prizes., Ice cream sundae station, Unlimited juice and brews £5 per child BOOKING ESSENTIAL

* All Sessions can be booked by calling into NEPHRA and speaking to a member of staff, by email: office.nephra@gmail.com, Telephone: 0161 637 6788, or by messaging our Facebook Page*

Please note that all children's sessions must be attended with a parent or guardian who must remain with the child at all times.

Due to allergies we request that you do not bring your own food and drink on to the premises. All our snacks will have a detailed allergy matrix completed in line with our food safety policy

If you require further Information about any of the above events, Please contact Claire Walsh, Email: claire.nephra@gmail.com, TEL: 0161 673 6788