

PROOF



buzzin.....

**M•Thrive**

# Manchester Thrive Hub

a single point of entry, a front door,  
to Manchester's Emotional Wellbeing  
and Mental Health offer

## South Manchester Hub

Woodhouse Park  
Lifestyle Centre  
Portway  
Wythenshawe  
Manchester  
M22 1QW

**Opening times:**  
8:30 – 17:30

### Pop in details:

Monday – Friday 12:00 – 13:00  
Tuesday 14:30 – 17:30  
Thursday 14:30 – 17:30

### Email address:

[mthrive.south@mft.nhs.uk](mailto:mthrive.south@mft.nhs.uk)

### Hub contact number:

0161 436 0575

[www.m-thrive.org](http://www.m-thrive.org)