

## Welcome to the latest edition of our Beacon Box

### A monthly activity pack for you to enjoy in your own homes

***“This pack gives me something to do that I can enjoy each month. My favourite part is the book reviews, I’ve read books I wouldn’t usually read and have really enjoyed them and I’ve been able to read some of the children’s books with my grandchildren” – E - Prestwich***

The Beacon Service at Bury VCFA provide a social prescribing service offering a totally person centred approach to anyone aged over 18 and registered with a Bury GP. We recognise that everyone is unique and has their own individual needs and make sure the support you receive is completely personal to you helping to improve your health and wellbeing.

There are lots of community groups, activities and events available locally and we know that many of you are looking forward to getting involved with things in your communities, but we also know it can be difficult to access and join in for many different reasons.

That’s where we can help you. It’s very important to us to listen to your concerns and support you to access relevant activities, groups, services and organisations which meet your needs and help improve your health and wellbeing.

Our Beacon Box gives you a taster of some of the local activities and will also have information about what is going on throughout the borough of Bury. The activities are designed to be done from peoples own homes to support people who cannot attend groups and sessions locally for whatever reason.

Each pack is available on request by individuals or through referrals to Beacon Service.

For more information and support accessing community services suitable for your needs please ring 0161 518 5550 or email [beaconservice@buryvcfa.org.uk](mailto:beaconservice@buryvcfa.org.uk)

## **It's Quiz Time! This month it's all about Christmas Music**

1. In which year did Slade first release 'Merry Xmas Everybody'?
2. 'Have yourself a Merry Little Christmas' is a song from which MGM musical?
3. Which city is referred to in the Christmas Carol 'Once in Royal David's City'?
4. 'Mary's Boy Child' was a Christmas Number One for Harry Belafonte in 1957. Who returned the song to Number One at Christmas 1978?
5. Who wrote and first recorded the song 'A Spaceman Came Travelling'?
6. Good King Wenceslas was the king of which country, the name of which is mentioned in the title of a Christmas number one?
7. Which novelty record kept 'Babe' by Take That off the Christmas Number One position in 1993? Title or Artist
8. In aid of Comic Relief, Kim Wilde teamed up with which comedian in 1987 to re-record Brenda Lee's 'Rockin' Around The Christmas Tree'?
9. Who wrote the song 'White Christmas'?
10. 'A New Beginning. Dreams of Santa, dreams of snow. Fingers numb, faces aglow' is a lyric from which Christmas song?

## Looking for something to read?

**Thanks to Gemma at Lowther Road Free Little Library for the monthly book reviews! If you are live locally and are looking for books or have any to donate go along to Gemma's Free Little Library on Lowther Road, Prestwich.**

### **Adult - Doggerland - Ben Smith**

Doggerland is set in an offshore windfarm at an indistinct point in the future. It manages to show how this life is both claustrophobic and vast, central to the story are the Old Man and The Boy, two men bound to this life by a contract; the Old Man his own, but the Boy being forced to fulfill the contract of his missing -presumed dead - father. This life is a grind, isolated and subject to the whims of the sea and weather. No one has ever left, what would happen if they tried?

### **YA - Holes - Louis Sachar**

When Stanley Yelnats, a gentle but unfortunate boy, is convicted of a crime he didn't commit he is packaged off to a very strange young offenders 'camp' in a dried up lake where inmates dig holes, 5ft across and 5ft deep every day. Stanley is thrown together with boys he would otherwise avoid, he is caught up in a strange treasure hunt, makes friends in unlikely places and unfolds a story which stretches back through his own history whilst weaving his story together with those around him.

### **Child - The Climbers - Ali Standish**

A beautifully illustrated tale of friendship, bravery, and finding a place to call home. Alma lives in a small secluded village, villagers are not permitted outside of the village and are happy this way...but not Alma, she itches to enter the forest, to climb trees and see what is beyond the village. One night she follows her heart and sneaks into the forest, in doing so makes a new friend and sets in motion a journey she was not expecting. What will Alma discover along the way? and where will she end up? Lyrical and tender with a real subtle message about embracing differences and self discovery.

**You can borrow these from the local library or access them free at Borrowbox <https://www.borrowbox.com/>**

## Prestwich Community Cinema

Prestwich Community Cinema will be meeting on Sunday 12th December 2021 at 7:30pm (doors open at 6:30pm) at The Carlton Club to watch Another Round.

You can buy your ticket for £5 on the night or book online at <https://prestwichcommunitycinema.co.uk/whatson/>  
If you can't go along have a watch at home.

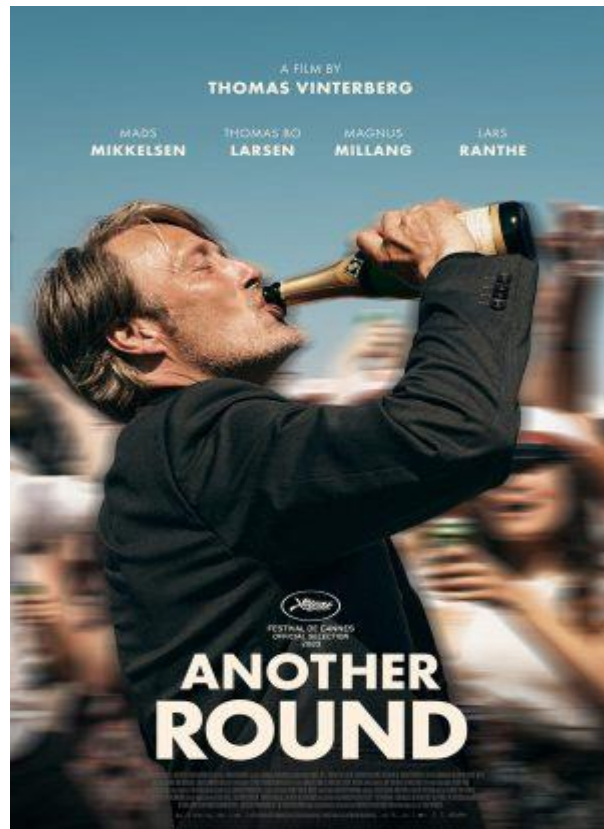
### Another Round

Director: Thomas Vinterberg

Cast: Lars Ranthe, Magnus Millang, Mads Mikkelsen, Thomas Bo Larsen

Approx runtime: 117min

Rating: 12A



Four teacher friends start a social experiment in Thomas Vinterberg's smart and ultimately moving "Another Round." Based on a belief that the human body is born with too low an alcohol level, they strive to maintain a 0.05% BAC at all times—buzzed but far from drunk.



Merry Christmas Everyone!  
Whether you celebrate  
Christmas or not here are  
some ways you can connect  
with nature this month.



Going for a frosty walk and  
feeling the crunch underfoot

Investigating animal tracks



Taking close up photos of the  
frozen world- cobwebs, leaves or  
ice patterns in a puddle

Admiring the beauty of a  
winter sunset



Recycling your Christmas  
tree



### Make a festive wreath



You will need

- Willow or dogwood wand (up to 1.5m length and no more than one inch at base).
- A selection of big berries and flowers on stems, longer strands of grass without berries, holly twigs with berries, thin spruce twigs with needles.
- Large cones on twigs or pine cones with pine twigs.
- Length of ribbon made from natural materials.

Step 1- Gently bend your willow or dogwood wand so the fibres start to loosen.



Step 2- Bend a wand into a circle shape to achieve the frame size you want.



Step 3- Use excess lengths of wand to loosely wrap around the frame shape.



Step 4- Weave 2 more wands around your frame (you can add more if you want).



Step 5- Once happy with the frame you can decorate it by threading the stems of other plants in and out of several coils to hold them in place.



Step 6- For decorations without a stem, such as pine cones, use your twine to secure them to frame.



Step 7- Finish off by tying a ribbon to the top so you can hang it up.



## Gratitude Jar

### Thanks to The Creative Living Centre

Let's fill our jar full of things we are grateful for!



Find a jar or a cup and if you want to decorate it.

Every day for a month write on a piece of paper something that you like about yourself.

We are all amazing people let's celebrate this!

At the end of the month you can look back through all your positive thoughts and whenever you are feeling fed up have a look back at all the ways you are amazing!

This can be anything you like – from the colour of your hair, your ability to write well, the way you smile and say Hello to everyone.

**We would like to wish a Happy Hannukah to everyone celebrating from all of us at Bury VCFA/Beacon Service**

**We are sharing a recipe for Cinnamon and Apple cake, which is often served during Hannukah. It is delicious!**

### **Ingredients**

Cooking spray

1 ½ cups white sugar

½ cup butter

1 teaspoon vanilla extract

6 ounces cream cheese, softened

2 eggs

1 ½ cups all-purpose flour

1 ½ teaspoons baking powder

¼ teaspoon salt

2 teaspoons ground cinnamon

¼ cup white sugar

2 large baking apples, peeled and chopped



### **How to make**

1. Preheat oven to 350 degrees F (175 degrees C). Spray an 8-inch springform pan with cooking spray.
2. Beat 1 1/2 cup of sugar with the butter, vanilla extract, and cream cheese in a bowl until soft and creamy; beat in the eggs one at a time, beating well after each addition. Whisk together the flour, baking powder, and salt in a bowl.
3. In a separate small bowl, stir together the cinnamon with 1/4 cup of sugar. Stir 2 tablespoons of the cinnamon-sugar mixture into the flour mixture; reserve the rest of the cinnamon sugar.
4. Stir the flour mixture into the butter mixture to make a smooth batter, and mix in the apples. Pour batter into the prepared pan. Sprinkle the top of the batter with the reserved cinnamon-sugar mixture.
5. Bake in the preheated oven until the cake pulls away slightly from the edges of the pan, about 1 hour and 15 minutes. Cool cake completely on a wire rack before removing the pan and slicing the cake.

## Beacon Service Calendar of Events and Activities

The Beacon Service at Bury VCFA provide a social prescribing service offering a totally person centred approach to anyone aged over 18 and registered with a Bury GP. We recognise that everyone is unique and has their own individual needs and make sure the support you receive is completely personal to you helping to improve your health and wellbeing.

Our calendar of events and activities gives you a small insight into some of the amazing range of events, activities and groups available within the borough of Bury. We also share a range of information on our Facebook page <https://www.facebook.com/Bury-VCFA-389252611831534>

We always recommend contacting the groups beforehand before turning up to check that they are running on that day and whether they have spaces available to turn up. If you would like support accessing these groups or information about other groups locally that you would be interested in please contact us on 0161 518 5550 or email [beaconservice@buryvcfa.org.uk](mailto:beaconservice@buryvcfa.org.uk).

If you would like information about your group, organisation or service included or to receive the calendar by email please contact [beaconservice@buryvcfa.org.uk](mailto:beaconservice@buryvcfa.org.uk)

Meet your link worker			
Prestwich Social drop in - Join us for a brew and chat and find out more about what is going on locally	Church Lane Community Centre, Church Lane, Prestwich	Every Tuesday 1pm – 3pm starting 16 <sup>th</sup> November 2021	Donations for tea/coffee/ biscuits
Radcliffe Social drop in - Join us for a brew and chat and find out more about what is going on locally	Outreach, 35-37 Blackburn St, Radcliffe, Manchester	Every Wednesday 1pm – 3pm starting 8th December 2021	Donations for tea/coffee/ biscuits
Nature and Outdoor activities –meet your link worker and Jeni from Lancashire Wildlife Trust. Find out more about green social prescribing and	Behind The Barn, Philips Park,	MOST Fridays at 10:15am	BOOKING IS ESSENTIAL. Contact a link worker on 0161 518 5550 for more information.



what activities, groups you can get involved with			
Whittaker Lane Walks	Outside Whittaker Lane Medical Centre, Whittaker Lane, Prestwich		To book email <a href="mailto:amshalks@yahoo.co.uk">amshalks@yahoo.co.uk</a> or speak to your link worker
<b>Groups and Activities</b>			
Volunteering opportunities	We have a huge range of volunteering opportunities available	Throughout the whole borough	<a href="http://www.buryvcfa.org.uk/volunteering">www.buryvcfa.org.uk/volunteering</a>
St Marys Flower Park – helping restore the flower park	St Marys Flower Park, Prestwich	Every Wednesday and Saturday 10:30 – 12 noon	Contact Amanda on 0161 773 7910
St Marys Churchyard Action Group – looking after and improving the local churchyard	St Marys Churchyard, St Marys Church, Church Lane, Prestwich	Every Tuesday 9:30am and every 2 <sup>nd</sup> Saturday of the month 9:30am	Contact Bill Cottam on 0161 798 6489
Coffee and Craft	Church Lane Community Centre, Church Lane, Prestwich	Every Tuesday 10am – 12 noon	Please advise the centre if you are attending
Drop in Café	Trinity Baptist Church, Radcliffe	Every Friday 9am – 12 noon	Go along for tea, toast and to meet new people
Oasis @ Whitefield Methodist Church Activities for babies and toddlers	Whitefield Methodist Church, Elms Street, Whitefield M45 8GQ	Baby Days, for non-movers & movers: Tuesdays 9.30-11.30; Rainbow Days, for pre-school toddlers: Wednesdays 9.30-11.30 See & Know Mondays: coming soon	To book go to: <a href="https://www.facebook.com/watch/OasisSoftPlayWhitefield/">https://www.facebook.com/watch/OasisSoftPlayWhitefield/</a> Queries: contact Joyce Herdson 07305088438
Incredible Edible Prestwich & District - Help to grow fruit, herbs and vegetables at one of our many	Various locations in Prestwich, Whitefield and Radcliffe	See events page on <a href="http://www.iepad.co.uk">www.iepad.co.uk</a>	Contact <a href="mailto:iepad.volunteers@gmail.com">iepad.volunteers@gmail.com</a>

projects. It's free and there's no experience needed			
Pilates Group	The Phoenix Centre, St Mary's Park, St Mary's Road, Prestwich M25 1GG	2 sessions – Thursday mornings Early Bird Pilates 9:45am – 10:45 am Pilates - 11am – 12 noon	Contact Lorraine Platt at North Manchester Fitness on 07855 505 958
Creative Living Centre	Creative Living Centre 1A Rectory Ln Prestwich M25 1BP	Offer a range of therapeutic, creative and social activities, including music therapy, counselling, yoga, mindfulness, art/crafts and a singing group	Please ring 0161 696 7501 to make a new member appointment (membership is free)
History Detected - Metal detecting group		Various	For more information, phone: Gary 0161 7731059 or 07562 366411
Astronomy Group	Meet at the Bowling Club in Heaton Park	Every Thursday 7pm – 9pm during the Winter months	Message the group on Facebook – Heaton Park Astronomy Group
Prestwich Plodders	Various walks for all abilities		<a href="https://www.facebook.com/groups/393375504353110">https://www.facebook.com/groups/393375504353110</a>
The Crown Veterans Breakfast Club - £4.00 – for veterans and their families	The Mosses Centre, Cecil St, Bury BL9 0SB	Every Friday 9:30am – 11:30am	<a href="https://www.facebook.com/groups/494546227771123">https://www.facebook.com/groups/494546227771123</a>
The BAME project	Newtons, Bury	Offer a range of activities for local ladies to get involved in	<a href="https://www.facebook.com/TheBAMEproject">https://www.facebook.com/TheBAMEproject</a>
Veterans Hub Café Breakfast	Radcliffe Borough Football Club,	Every Wednesday 10am – 12noon	<a href="https://www.facebook.com/groups/247732292554417">https://www.facebook.com/groups/247732292554417</a>

	Colshaw Close, Radcliffe		
Rammy Men – weekly activities			For more information have a look at the website <a href="http://www.rammymen.org.uk">www.rammymen.org.uk</a> or follow them on Facebook
MEN'S wellbeing group - One Step Bury	Vibe Personal Training Studios Albert Works, Brook St, Bury BL9 6AH		£2 suggested donation but no worries if you can't afford it. To book a slot Text: 07745 356796 email: onestepbury@gmail.com
The Big Fandango	34 Bolton Street, Bury	The Big Fandango is a community arts centre for anyone to get involved in arts and crafts based activities. We also offer a safe space for peer support groups. Our aim is to promote mental wellbeing through doing fun stuff!	For updates see <a href="#">The Big Fandango   Facebook</a>
The Sunnywood Project		The Sunnywood Project offer a range of outdoor activities for people of all ages	<a href="https://www.thesunnywoodproject.co.uk/">https://www.thesunnywoodproject.co.uk/</a>  <a href="https://www.facebook.com/thesunnywoodproject">https://www.facebook.com/thesunnywoodproject</a>

Supporting Sisters	Supporting sisters, is an organisation that provides women and men a platform to become socially active, building on community cohesion, diversity, health and wellbeing.	Activities are held weekly include coffee mornings, gardening, walking.	<a href="https://www.facebook.com/SupportingSist1">https://www.facebook.com/SupportingSist1</a>
Drum 4 Fun For adults of all abilities	St Bernadette's Social Centre 5 Selby Ave, Whitefield, Manchester M45 8UT	Friday: 10:00-11:00 17:00-18:00	Cath Fleming 077905 38844
Zumba	Hollins Community Centre, Whitefield and Sunnybank Community Centre, Whitefield	Contact for more details and to book	Call Dianne: 07941 382 740 <a href="http://Zumbainternational.com">Zumbainternational.com</a> <a href="https://www.facebook.com/zumbainternational">https://www.facebook.com/zumbainternational</a>
Trust House Whitefield	Trust House Whitefield is a community centre, open to all, offering free support, advice and guidance to those in need.	Range of activities for everyone	<a href="https://www.facebook.com/trusthousewhitefield.org">https://www.facebook.com/trusthousewhitefield.org</a>
BSV Fitness	Chair based and later life exercise sessions	Contact Bev 07547 862749 for more information about sessions which are held in Whitefield, Prestwich and Radcliffe	<a href="https://www.facebook.com/BSVFitness">https://www.facebook.com/BSVFitness</a>

Back to Netball	Join in a game of netball, all abilities welcome	Every Thursday 10am- 11am starting Thurs 4 November 2021 Coronation Road Ball Park, Radcliffe	Contact Tina on 07963 605 283
Radcliffe Litter Pickers	Friendly group of volunteers who get together and litter pick the areas where we live, public areas, the countryside and the canal.	Join the Facebook group for details of their events	<a href="https://www.facebook.com/groups/2839975599560782/">https://www.facebook.com/groups/2839975599560782/</a>
Little Britain Anglers	Little Britain Angler's has been set up by a group of Anglers with a common aim to improve and protect the River Irwell and its surrounding environment and waterways and canals.		<a href="https://www.littlebritainanglers.club/">https://www.littlebritainanglers.club/</a>
The Tottington Centre, Market Street, Tottington, Bury BL8 3LL		Currently open for room hire, borrowing books and computer use and the tea room is open from 2 August	<a href="https://www.tottingtoncentre.co.uk/">https://www.tottingtoncentre.co.uk/</a>
Bury Croquet Club		For details see the website	<a href="http://www.burycroquet.com">http://www.burycroquet.com</a>
Learn to Dance with Dance For Fun	St John with St Marks Hall, Parkinson St, Bury. BL9 6NY.	Every Tuesday at 7pm. Only £7.50 per person.	<a href="https://www.facebook.com/danceforfunuk">https://www.facebook.com/danceforfunuk</a>
Line Dancing	Church Lane Community Centre	Range of classes available for everyone	Contact Ruth 077794 98948

Line Dancing	Besses O'th Barn United Reform Church, Whitefield	Range of classes available for everyone	Contact Ruth 077794 98948
Tai Chi	Our Lady of Grace Church Hall, Fairfax Road, Prestwich	Monday 10:30 – 11:30 £6	Contact Ivan on 07870630979
Prestwich Circle	Social activities, events and outings for over 50's	Membership is £20 for individual and £35 for a couple	For more info visit <a href="https://hmrcircle.org.uk/">https://hmrcircle.org.uk/</a>
Love Football	Football for anyone 18+, any abilities to support mens mental health	Sessions at Parrenthorn High School and Elton High School	For more info visit <a href="https://love-football.org/">https://love-football.org/</a>
Weekly Winter Warmer	Walnut Allotments, Walnut Avenue, Bury	Soup and a roll or cheese toastie and tea and coffee	Every Friday 11am – 2pm Starting Friday 5 November