



# What's on Locally in

## Prestwich

April – July 2025



Hi I'm Julie Marshall your Prestwich based Social Prescriber.  
[julie.marshall63@nhs.uk](mailto:julie.marshall63@nhs.uk)  
et 07713750458

Meet your Social Prescribers for GP Surgeries across Prestwich

Hi I'm Joanne Murray your Prestwich based Social Prescriber.  
[joanne.murray29@nhs.uk](mailto:joanne.murray29@nhs.uk)  
et 07957631435



**Hi, we're Julie and Joanne – your Prestwich based social prescribers.**

Our Social Prescribing service connects anyone registered with a GP and aged over 18 to access a whole range of groups and organisation's providing activities across the Bury area.

Our role is to use our local knowledge to make connections to activities that match individuals and their needs and interests. Whether it is socialising, physical exercise or access to creative activities and hobbies, social prescribing is essential promoting better self-care and significantly increased health and wellbeing.

***Our Prestwich Social Prescribing "Drop-in" is where you can join our Social Prescribers, volunteers and other lovely people to find out what is available to help you within your local community.***

**Our drop in at Church Lane provides a safe space, with no judgement where personalised formal and informal support can be individualised for whatever you want from the experience.**



### Church Lane Social Drop-in

Church Lane Community centre  
Church Lane  
Prestwich  
Every Tuesday 1pm – 3pm

#### What happens on a Tuesday?

Every week is different, we have visitors from local carers organisations, support services, our local community police officer calls in to advise us on how to keep safe. Oh and there are sandwiches, hot drinks, cake and biscuits always available for a small donation of £2. Every group ends with live entertainment and a sing along





**The Croft – St Hilda’s Church –  
Whittaker Lane, Prestwich**

**Brew and Chat  
Every Tuesday 9am – 11:30am  
Social Lunch  
3<sup>rd</sup> Thursday month 10:30 – 12:30 Lunch**

## Walks for All - A series of walks linked to GP surgeries in Prestwich.

For more information or if you would like to volunteer to support or help develop a new walk contact [julie.marshall63@nhs.net](mailto:julie.marshall63@nhs.net) or 07713 750 458 or [joanne.murray29@nhs.net](mailto:joanne.murray29@nhs.net) or 07957 631 435



### Welcoming Walks

*Where – Meet Robin outside Church Lane Community Centre, Church Lane, Prestwich at 12 noon every Tuesday for a local walk, followed by a brew at our social drop in afterwards.*



### Whittaker Lane Walks

*Where - Meet outside Whittaker Lane Medical centre for a stroll to a local cafe, enjoy a brew and a chat before returning to Whittaker Lane.*

*When – 2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month at 2pm*



### Walk This Way

*Where – Meet outside The Birches Medical Centre, Polefield Road, Prestwich for a social local nature walk.*

*When – 2<sup>nd</sup> and 4<sup>th</sup> Thursday at 2pm*



## Save the dates



**Prestwich Carnival**

**21<sup>st</sup> & 22<sup>nd</sup> June**

**St Marys Park**



**Prestwich Makers Market dates**

**Sunday 13<sup>th</sup> April.**

**Sunday 11<sup>th</sup> May**

**Sunday 8<sup>th</sup> June.**

**Sunday 13<sup>th</sup> July**



# Other Social Prescribing Activities

Social prescribing connects people with their local neighbourhood and community



## The Greenwood Social Project

Meet at Philips Park – The Barn Thursday  
11am – 12:30

A friendly group of men who meet for a chat whilst working on wood related projects.

For more information contact Julie



## Lets Talk

A community drop-in with Michelle & Julie for people who are neurodiverse and their parents/ carers

1pm – 2.30pm

The Goods Inn , Whitaker Lane, Prestwich  
2<sup>nd</sup> Wednesday of the month

Social Prescribing helps you access your Social Prescribers, healthcare professionals and teams of volunteers sharing their experiences and skills. This helps you:

- **Be More Social** – friendship, trust, fun, local groups, and activities
- **Get Active** – Through nature, exercise, sports, dance and walking
- **Stay healthy** – Volunteering, good nutrition, and managing health outcomes
  - **Live independently** – Home support, mobility, life changes
- **Boost mental wellbeing** – Community programmes and personal goals
- **Financial support** – Advice about benefits, managing money, housing and

## St Gabriel's Garden

at St Gabriel's Medical Centre,  
Bishops Road, Prestwich

Community Garden  
Action Day  
Third Wednesday of the  
month  
1pm - 3pm



Grow your own lunch!  
Come and join our social prescribing team, volunteers and staff to help create a wellbeing space at St Gabriels. Over the next few months we'll be developing the garden space and we would love you to get involved!



Feel free to come along or more information please contact Julie Marshall, Prestwich Social Prescriber at [julie.marshall63@nhs.net](mailto:julie.marshall63@nhs.net) or call 07713 750 458

## Talking Broken Biscuits!

Come and join our men's talking table at Church Lane Community Centre, Church Lane, Prestwich 1pm - 3pm every Tuesday and the first and 3rd Thursday mornings on the month - venues decided each month



For more information and details of the Thursday meet ups please contact [julie.marshall63@nhs.net](mailto:julie.marshall63@nhs.net)





# Social Prescribing Activities

## Working with our Partner groups

Creating a Social Prescribing Community

### NORTH MANCHESTER FITNESS

**Pilates / gentle exercise – all ages – with Lorraine Platt**

Prestwich Conservative Club,  
Church Lane, Prestwich

Thursdays 9:45 – 10:45  
11am – 12pm. 12:30 – 13:30

£2 per session

Tel: 07855 505958

### BSV Fitness Balance | Strength | Vitality

**Over 50's chair based exercise**

**Chair based yoga:**

11:45am Wednesday

**Chair based exercise:**

10:30am Friday

Church Lane Community Centre

Call Bev to book 07547862748

**PARKS TENNIS**  
We Do Walking Tennis!  
4 week course starting 6th March

Bury GP Federation  
Bury Council

Walking Tennis is safe, fun and inclusive way of getting active. Book on via our website, or drop us an email enquiries@wedotennis.co.uk  
Wedotennis.co.uk/bury-parks



### Prestwich Community Choir

Our Music Sounds Better With YOU!

**Mondays 7:30 – 9pm (term time)**

The Theatre, Heys School, Prestwich  
£6 session if paying per half term or £8 per drop in session

No auditions, no music reading, just fun

For more information email  
prestwichcommunitychoir@gmail.com

**Maggie's Music Makers**

Come along and enjoy singing with us  
Wednesdays 5:30–6:30pm in church

No audition, no need to be able to read music

We rehearse on a Wednesday at St Margarets Church Prestwich.

For more information email  
stmargaretssprestwich@gmail.com

**Singing for Fun! Prestwich**  
Fun singing group with Anita Ward from the Natural Voice Network on the 3rd Sunday of every month



**Next sessions:**  
10.00am - 1.00pm  
Jan 19th, Feb 16th,  
Mar 16th 2025

£15 for 3 hour workshop (or pay what you can afford)  
First session 1/2 price!

**Church Lane Community Centre,**  
38 Church Lane,  
Prestwich, M25 1AJ  
For any further details please contact Carmel at  
cmb.brown@btinternet.com  
**07952 374593**

**FREE** Starting 6th Feb  
**M:POWER**  
(PERI) MENOPAUSE PEER SUPPORT GROUP  
Come find a supportive and inclusive community of those who want to understand more about this stage of life.

EVERY OTHER THURSDAY 7PM - 8.30PM  
info@sparklifeuk.com  
SPARK LIFE  
STELLA HOUSE, INFANT ST, PRESTWICH, M25 1SS  
Funded by the ParkLife Community Fund

For more information email

info@sparklifeuk.com

**TOGETHER EVERY STEP OF THE WAY**  
The Neuro Kinetics Club is dedicated to assisting individuals with neurological conditions by offering a safe and culturally sensitive space for exercise, while also providing respite and support for caregivers.

**PARKINSON'S DEMENTIA STROKE MULTIPLE SCLEROSIS**

**HOW DOES EXERCISE HELP PEOPLE WITH NEUROLOGICAL DISORDERS?**

- MOBILITY**
  - Increases flexibility and range of motion
  - Enhances posture
  - Helps to move efficiently and confidently
- STRENGTH**
  - Counteracts muscle atrophy
  - Aids functional ability in everyday activities
  - Strengthens muscles
- BALANCE**
  - Reduces risks of falls
  - Improves stability
  - Retrains the brain to manage balance
- COORDINATION**
  - Enhances motor control
  - Boosts speed of reaction
  - Improves ability to complete complex movements

**CLASSES AT MANCHESTER MACCABI**  
Mondays: 12 to 1pm  
Wednesdays: 12 to 1pm  
£5 per class

TO FIND OUT MORE CONTACT ANDREW ON 07917 778370  
www.neurokineticsclub.org.uk

**Volunteer to host an NCT Walk & Talk**  
You could get involved by volunteering with an existing walk or by setting up a new walk in your local area.

Get involved in 3 easy steps...

- 1 Register as a volunteer
- 2 We will support you to get started with a walk
- 3 Host your walk

Give back to your local community  
Enable new and expectant parents to connect  
Flexible, family friendly volunteering  
Learn new skills

Email: volunteering@nct.org.uk  
Visit: www.nct.org.uk



### Dementia groups and Support



**Dignifying Dementia** – Merrie Melodies Singing Group 1pm – 3pm at The Welcome Inn, Bury Old Rd Prestwich – We play games, do crafts and reminisce.

**The Get Together Club** – Weekly get together meeting every Tuesday 11am – 1pm at The Goats Gate, 83 Radcliffe New Road, Whitefield

**Dementia UK** – offer a range of support for people living with dementia. Call our free Dementia helpline 08008886678 for support from our dementia specialist Admiral Nurses. 9am-9pm Monday-Friday and 9am-5pm Saturday & Sunday. For more resources [www.dementiauk.org](http://www.dementiauk.org)

**Bury Dementia Adviser Service** – provides education and support to people with Dementia, their families and carers. Contact 01614776999 or email [bury@alzheimers.org.uk](mailto:bury@alzheimers.org.uk)

**Singing for the Brain** – groups run by Alzheimers Society for people living with Dementia, carers and families. Last **Thursday** of each month **11:30am – 1pm Fuseliers Museum, Moss Street, Bury** contact **Maggie Murdoch 07703 715449**



### Mental Health Support services

**Early Break's** work is rooted in person-centred theory. We are a support service for children and young people who used drugs and/or alcohol. Referral forms can be found on [www.earlybreak.co.uk](http://www.earlybreak.co.uk)

**Andys Man Club** – Bury Sports Club, Radcliffe Road, Bury BL9 9JX – Mondays 7pm for more information email - [info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk)

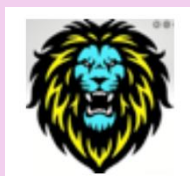
**Creative Living Centre** 1A Rectory Lane, Prestwich, M25 1BP Tel: 0161 696 7501 To access any of the sessions and support go to:- [www.creativelivingcentre.org.uk](http://www.creativelivingcentre.org.uk)

**BIG – Bury involvement group** mental health services, offers support groups – Stronger together; recovery; calm in crisis; Drop-in based at 11 broad Street, Bury. Contact 0161 222 4005 [www.buryinvolvementgroup.org.uk](http://www.buryinvolvementgroup.org.uk)

**Bury Hospice bereavement support - Drop in Café** – 3<sup>rd</sup> Tuesday of the month, Tesco Superstore – Woodfield Retail Park.

For more information contact bereavement support team – 0161 762 5706 or email [bhosp.bereavementsupport@nhs.net](mailto:bhosp.bereavementsupport@nhs.net)

**Call the Samaritans – 116 123 if you are struggling to cope.**



Think better, feel better, get active

**Poetry Share** – Time for Tea café – Bury New Road 2-4pm every fortnight on a Thursday

**HMR Circle – Prestwich** – organizes social events and practical support for the over 50's in and around Prestwich. Contact [claire@hmrcircle.org.uk](mailto:claire@hmrcircle.org.uk)

**Prestwich Folk and Accoustic club** – Held at the Church Inn, Church Lane – upstairs – every Friday 9pm – midnight

**Prestwich Community Cinema Club** – held at the Carlton Club – Bury Old Rd Prestwich. Film showings on the second Sunday of each month. Running September – June. Start time 19:30 – Contact [Prestwich.cinema@gmail.com](mailto:Prestwich.cinema@gmail.com)

**Prestwich Frontliners** – Church Lane Community Centre. Various levels and abilities. All enquiries contact Ruth 07779 498940

**Heaton Parkrun** - Heaton parkrun is a weekly 5k run. It starts at 9am on Saturday morning near the Lakeside café at Heaton Park. <https://www.facebook.com/heatonparkrun>

**Prestwich Plodders** – Community group of local ladies, running, jeffing, walking. Contact via Facebook just search for Prestwich Plodders.

**Coffee, Cake & Craft** – every Tuesday 10-12 at Church Lane Community Centre - contact Margaret Smith

**Line Dancing** – Church Lane Community Centre Prestwich. Monday 1.30pm – 2.30pm Contact Ruth 0779 498940



**PRESTWICH**  
**SOCIAL PRESCRIBING**



## NHS App, what is it, how do you use it to and what can you do with it?



**Do more with the NHS App!**

- Order repeat prescriptions
- View NHS 111 online
- Find NHS services
- Check your GP health record
- Book appointments
- Get directions and messages
- And much more...

The NHS app lets you book appointments, order repeat prescriptions, access your healthcare record and access a range of healthcare services.

### How do I access the app?

We know the app is only useful if you know how to use it so we will be offering FREE sessions about how to use the app on the 3rd Thursday of every month at The Croft, St Hilda's Church, Whittaker Lane from 10:30am - 11:30am



**DOWNLOAD THE NHS APP**

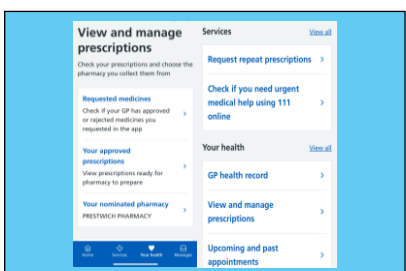
Available on the App Store and Google Play

If you wish you can join us for a social lunch afterwards (cost approx £3)

### What do I need to bring?

- Smartphone or tablet
- Photo ID as this is needed to access some NHS app services

Places are limited so to book your place so please email [julie.marshall63@nhs.net](mailto:julie.marshall63@nhs.net) or ask your surgery to email your details so you can be booked in



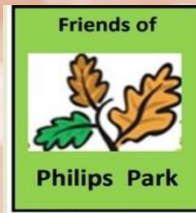
If you need help in accessing your NHS APP, setting up prescriptions, nominating a pharmacy then contact Julie Marshall your social prescriber.

[Julie.marshall63@nhs.net](mailto:Julie.marshall63@nhs.net)  
Tel 07713750458



# Green Social Prescribing

Supporting people to engage in nature based activities



## Nature based groups and activities in Prestwich and Whitefield

**Lancashire Wildlife Trust (LWT) Practical conservation volunteering at Philips Park.** We have a regular volunteering group, meeting every Tuesday at Philips Park 10am – 3pm. Activities cover a wide range of conservation tasks, woodland management and invasive species control. For more information contact – [gsp@lancswt.org.uk](mailto:gsp@lancswt.org.uk)

**Friends of Philips Park** – new volunteers always welcome. We meet at The barn 1pm every Monday. Brew and a chat included. For more information email – [friendsofphilipsparkbury@gmail.com](mailto:friendsofphilipsparkbury@gmail.com)

**Friends of Springwater Park** – a lovely green space in Whitefield Meet every Wednesday 10.30am – 12pm and the third Sunday of each month at 11am. For more information email [lovespringwaterpark@gmail.com](mailto:lovespringwaterpark@gmail.com)

**Incredible edible Prestwich and District** – Sites across Prestwich, Whitefield and Sedgely Park growing food, forest gardens, allotment support. **Philips Park** is our largest site and includes a forest garden. To get involved email [iepad.volunteers@gmail.com](mailto:iepad.volunteers@gmail.com)

For more support why not come down to Church Lane drop-in Tuesday 1-3pm and meet your green social prescriber.

## How to do wildlife yoga



### You will need

- Some indoor or outdoor space
- A yoga mat (ideally)

### What to do

You can make your yoga session a bit more 'wild' by trying out some of our wildlife poses!

Make sure to warm up and stretch properly when starting yoga, and always be careful to give yourself plenty of space.





### **Happier & Healthier Prestwich**



Our Community Group called Happier and Healthier Prestwich met at Church Lane Community Centre on a **Tuesday 28<sup>th</sup> January 2025**

It is led by volunteers and attendees of the Social Drop Ins held in Prestwich as part of our Social Prescribing community.

#### **Notes of Key discussion points;**

1. **Hoot bank account** – copies of bank statements were shared. It was agreed that the drinks at the Tuesday Church Lane Drop in would be free with £2 for sandwich selections.
2. **Project Updates – current and new –**
  - Calendar project – raised over £400 – big thank you to Start and James.
  - December Songs – another successful event – Thanks to Harry and Graphene City Band – raised £100 towards costs. Big thank you to Harry and the band who have confirmed they will do it again next December.
  - Green social prescriber – Susan will be with us on the 2<sup>nd</sup> and 4<sup>th</sup> weeks of the month at both drop in's and will be launching a 'Grow your own lunch' project – at some point we are going to make pizzas.
  - St Gabriels Garden - £100 funding is now with green social prescriber and plans are being made with the surgery to spend and restart the garden – will also be part of 'Grow your own lunch' project
  - Accessible Prestwich – looking to find out where and what is accessible to people living in Prestwich – aiming to start Mar/Apr 2025 – collaborative with Michelle – mental health and learning disability coordinator. Looking at what is accessible and what's not, and who it is accessible for.
3. **Upcoming events** – the following were discussed with the group
  - NHS retired staff – collaborative session with Unison around what is available locally and what support is available from Unison. Drew will be working with Julie to do this.
  - Coach trip – Sunday 4 May - Llandudno Victorian weekend £18pp - sold out
  - Prestwich Clough day – Sunday 18 May 2025 – looking for volunteers to support on the day – run a cake stall and a café. Plant stall.
  - Broken Biscuits – Men's group away from the Tuesday group. Also a Whats App group.
4. **AOB** – Village greens are planning to expand and move into Prestwich Social site next to Costa.

Date of Next meeting **Tuesday 3 June at 3:15pm at Church Lane Community Centre, Church Lane, Prestwich.**