



# Wellbeing Circle Bury

**Free support & activity drop in sessions for older people.**

Rochdale and District Mind are teaming up with Age UK Bury, to provide activity sessions for older people, carers and their family members. We provide emotional and wellbeing support.

Each week the group will choose from activities such as dancing, musical instruments, singing and just having fun! Refreshments will be available for a small donation.

**Every Wednesday**

**1pm until 2:30pm**

**Venue:**

Age UK Bury  
245 Dumers Lane  
Radcliffe  
M26 2GN



**For more information about these sessions please contact our Dementia team - Qulzam: 07896146445 Eva:07789220405 Rosanora: 07842310636**



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# Who are we?

We are Rochdale and District Mind. We're here to fight for mental health in the Rochdale Borough.

We provide advice, information and support to those living within Rochdale, Middleton and Heywood, who feel they need support with their mental health and emotional wellbeing.



# What do we offer?

We offer mental health advice, information, and a range of support services.

We also have strong links with various local and national organisations, who are able to help you with a wide range of issues.

Welcome Sessions

Drop-In Support

Wellbeing 1-1s

Support Groups

Self-Help Courses

Counselling

Wellbeing Activities

Allotment Project

Dementia Support

# How do you access our services?



Please visit [www.rochdalemind.org.uk](http://www.rochdalemind.org.uk) or scan the QR code & complete our referral form. One of our Wellbeing Coordinators will be in touch within two weeks to invite you to attend a Welcome Session.

Alternatively, you can contact our Information Line on 01706 752 338 or [info@rochdalemind.org.uk](mailto:info@rochdalemind.org.uk) who can post a referral form out to you.

**The Mind Wellbeing Centre**  
**3-11 Drake Street**  
**Rochdale**  
**OL16 1RE**



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Charity Number 519916

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