



# WHAT'S ON LOCALLY

## WEST BURY WINTER EDITION

Social prescribing is a non medical, person centered, community based approach. It focuses on “what matters to me” It is a service that links individuals to community groups and services to improve their health and wellbeing

**Working with local services, groups and organisations, this social prescribing booklet has been created to share information about what's going on in your local area. This booklet supports social prescribing and will give you details of a range of community groups, what they do and how to contact them.**



**BECKY BRELSFORD & WENDY CORNS**



# YOUR SOCIAL PRESCRIBERS CONTACT DETAILS

## **NORTH BURY**

### **DEMI KINSELLA**

TOWER FAMILY HEALTHCARE - GREENMOUNT & TOTTINGTON.  
07713 750459 DEMI.KINSELLA@NHS.NET

### **SONIA JAVED**

WOODBANK SURGERY, GARDEN CITY MEDICAL CENTRE,  
RAMSBOTTOM MEDICAL PRACTICE  
07398 051044 SONIA.JAVED1@NHS.NET

## **EAST BURY**

### **LIZ LAWTON**

HUNTLEY MOUNT MEDICAL CENTRE, TOWNSIDE SURGERY,  
KNOWSLEY MEDICAL CENTRE, WALMERSLEY ROAD MEDICAL  
PRACTICE.

07938 051049 LIZ.LAWTON2@NHS.NET

### **TRACY HARRISON**

TOWER FAMILY HEALTHCARE - MINDEN SITE, PEEL GPS AND  
RIBBLESDALE MEDICAL PRACTICE.

07398 051042 TRACY.HARRISON17@NHS.NET

## **WEST BURY**

### **BECKY BRELSFORD**

SPRING LANE, REDBANK GROUP PRACTICE, MILE LANE HEALTH  
CENTRE.

07398 050754 BECKY.BRELSFORD@NHS.NET

### **WENDY CORNS**

RADCLIFFE MEDICAL PRACTICE, MONACH MEDICAL CENTRE,  
ROCK HEALTHCARE.

07398 051048 WENDY.CORNS@NHS.NET

# FOODBANKS & FOOD CLUBS

**In addition to our popular food club**

**We have all this going on each Wednesday 9:30 – 12:00**

Bridge Community Church, Milltown street, Radcliffe

**YCW**  
*Young Christian Workers*

**Caritas**  
Diocese of Salford

## Christmas Dinner

TUESDAY 24<sup>th</sup> Dec - Christmas meal delivery service only  
 WEDNESDAY 25<sup>th</sup> Dec - Delivery service or Take-away/sit-down meal  
 From 1:00pm – 3:00pm at Bury Parish Church Hall, The Rock  
 (behind the Church)

If you or someone you know would like to order a meal, please  
 contact **07855 906 074**

**LAST ORDER DATE FOR MEAL DELIVERIES – 20<sup>th</sup> DEC**

There is **NO CHARGE** for this meal

[www.caritassalford.org.uk/BeeThere](http://www.caritassalford.org.uk/BeeThere)

#BeeThere

## Trinity Foodbank

Open Fri 9 - 12 in  
 the GTR centre ( the ROC centre )

To access us you  
 must live in  
 Radcliffe or  
 Ainsworth

**Please bring along  
 your own bag &  
 proof of name &  
 address**

**MORE INFO** [WWW.TRINITYFOODBANK.CO.UK](http://WWW.TRINITYFOODBANK.CO.UK)

Trinity Foodbank has moved to :

To :  
 GTR Centre ( formerly  
 The ROC centre)  
 Westminster Ave, M26  
 3WD



# CHRISTMAS EVENTS

Radcliffe Male Voice Choir

presents



## Christmas Festival of Voices

... a concert to get you in  
the mood for Christmas!  
including such  
favourites as ...

'The Very Best Time of Year'

'Schneewaltzer  
(Snow Waltz)'

'Jingle Bell Dash'

... and many more ...



Tickets £10 each incl light refreshments  
7.15pm Saturday 7th December 2024

at

Radcliffe United Reformed Church  
Blackburn Street, Radcliffe M26 3WQ

for tickets ring: 07858 485898

website: [www.radcliffemalevoicechoir.co.uk](http://www.radcliffemalevoicechoir.co.uk)

Registered Charity No.: 1048037

Come & join us at our  
**CHRISTMAS  
CAROL CONCERT**

ST PHILIPS COMMUNITY CENTRE CHOIR WILL BE  
MAKING THEIR FIRST PUBLIC PERFORMANCE.  
THERE'LL BE MULLED WINE, MINCE PIES,  
RAFFLE, MUSIC, FREE ENTRY & A FULL BAR.  
ALL WELCOME.

16TH DECEMBER, 7 TILL 9 PM

ST PHILIPS COMMUNITY CENTRE,  
HIGHER DEAN ST, RADCLIFFE. M263TE



### Family Christmas Film Show

Come and enjoy  
**The Polar Express**



Showing at Radcliffe,  
St Mary's Parish Church  
On Saturday 14<sup>th</sup> December 24

At 4pm

Cost £3 per person includes  
refreshments

(Guests are invited to come dressed in their  
pyjamas)

For tickets please Contact :

Deborah : 0161 724 4116 or

Peter : 07985 511451 or

Vicky : 07533 894392



# DROP INS





Supporting residents to stay connected, in partnership with the Good Things Foundation

Pop in and see us for a chat at:  
Bury NeighbourHub,  
Unit 29, Minden Parade  
Mill Gate Shopping Centre  
Bury BL9 0QQ

*It's your*  
**DRAFT**  
**NEIGHBOURHUB**







## Services

We're open Monday to Friday for you to access the Hub's services and partners at a time that suits you. Some services are available for drop-in, while others require an appointment.



### Physical Health

Look after your physical health with a general MOT or get support for something more specific. Partners include:

- Bury Blind Society
- Bury Live Well Service



### Mental Health and Wellbeing

Access services to support your positive mental wellbeing. Including:

- Harm Reduction Collective (Bury Life Savers)
- Connect 5
- NHS Talking Therapies
- GMP
- Bury Public Health Team
- Achieve



### Meeting and Training Space

We have a small training space where our integrated health team deliver workshops. Our partners include:

- Calico housing
- CAB (Citizens Advice Bureau)
- Connexions
- Growth Company - Multiply
- Bury Carer's Hub
- Harm Reduction Collective



### Training Providers

We have a fantastic range of training providers based in Bury offering a wide range of courses, including accredited and certified qualifications. You can meet some of these providers at the Hub, they include:

- Bury Adult Learning
- Back2Work



### Employability Support

There are several programmes in Greater Manchester to support you with your employment needs. The Hub's partners include:

- Ingeus - Working Well: Work and Health Programme (including Pioneer support) and Employer Services Team
- Growth company - IPEZ
- B2W - Support to Succeed
- National Careers Service
- Seetec PLUS
- Bury Adult Learning



### Digital Access

We have laptops and printers available for programme participants or local residents.

- Bury Adult Learning
- Bury Digital Inclusion Project

*It's your*  
**NEIGHBOURHUB**

# DROP INS

## Whitefield Drop-in

Sir Robert Peel,  
97 Sunny Bank Road,  
Bury, BL9 8ES

Fortnightly Mondays  
11th, 25th November  
1.00pm – 2.30pm

## Weekly Coffee Morning

Bury Masonic Hall,  
25 Parsons Lane,  
Bury, BL9 0LY  
Every Wednesday  
6th, 13th, 20th, 27th  
November

10.30am – 12.00pm

**Bury** carers'  
**HUB**

## Prestwich Drop-in

Church Lane Community  
Centre, Church Lane,  
Prestwich, M25 1AJ

Fortnightly Tuesdays  
12th, 26th November  
1.00pm – 2.30pm

**n|compass**  
towards a brighter future

## Ramsbottom Drop-in \*NEW VENUE\*

Scotties Cafe and  
Tea Rooms,  
Railway Street,  
Ramsbottom  
Last Friday of every  
month 29th November  
10.00am – 11.30am

## Radcliffe Drop-in

Radcliffe & Stand United  
Reformed Church,  
Blackburn Street,  
Radcliffe, M26 3WQ

Fortnightly Tuesdays  
5th, 19th November

10.30am – 12.00pm



citizens  
advice

ADVICE SESSIONS AT BURY LIBRARY.  
FORTNIGHTLY ON THURSDAYS, 3.30PM - 6PM.  
BOOKING ESSENTIAL: 0161 253 5872.

ADVICE SESSIONS AT PRESTWICH LIBRARY.  
3RD TUESDAY OF THE MONTH, 10AM - 12PM.  
BOOKING ESSENTIAL: 0161 253 7214.



# Tenancy Sustainment Support Drop - In Sessions

Support to maintain your tenancy and access helpful services

Free, friendly, and confidential drop-in sessions for council tenants, private let tenants and homeowners facing challenges. To help with tenancy issues, budgeting, support services, and more!

**DROP - INS:**


<p><b>Bury Bridge Community Church:</b> Every Wednesday 9:30am - 12am 10 Milltown Street Radcliffe, M26 1WD</p>	<p><b>Church Lane Community Centre:</b> Last Tuesday of every month 1pm - 3pm Church Lane Prestwich, M25 1AJ</p>	<p><b>Virtual Drop In:</b> First Monday and last Monday of every month 1pm - 7pm</p>
<p><b>Prestwich Library:</b> Every Tuesday 10am-12:30pm Prestwich Library, Longfield Centre Prestwich, M25 1AY</p>	<p><b>Bolton Road Methodist Church:</b> First Thursday of every month 9.30am - 12pm Bolton Road Methodist Church, Bolton Road, Bury, BL8 2NZ</p>	<p><b>St Andrews Church:</b> First Wednesday of every month 12:30pm - 3pm Ribble Drive Whitefield, M45 8NA</p>
<p><b>Trinity Church / Community Center - Food bank:</b> Every Friday (Weekly) 9am-12pm Trinity Food bank, Westminster Avenue, Radcliffe, M26 3WD</p>	<p><b>Ingeus Hub:</b> Weekly on Wednesdays 10:30am till 1:30pm Ingeus Hub, Millgate Job Centre 27A, The Mall Bury, BL9 0QQ</p>	<p><b>Red Door:</b> Every Thursday 10:30am - 1pm Red Door St Joseph's Presbytery, Peter Street Bury, BL6 6AB</p>

**No Appointment Needed - Just Drop By!**

For more information, contact:

☎ 0161 447 8821

✉ [buryfloatingsupport@calico.org.uk](mailto:buryfloatingsupport@calico.org.uk)



## Support with Pension Credit

We are helping residents with advice on Pension Credit and helping them to apply where needed.

Pension Credit can be worth, on average, £3,900 per year.

By claiming Pension Credit, you are then entitled to additional support such as the Winter Fuel Allowance.

### Drop-In Locations:

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>From 28 October</b>					
Bury Library			10.30am - 4pm		10.30am - 4pm
Ramsbottom Library		10.30am - 4pm		1pm - 4pm	
Prestwich Library		10.30am - 4pm		1pm - 4pm	
<b>From 4 November</b>					
Outreach Community & Residential Services, Blackburn Street, Radcliffe	10.30am - 2.30pm				
<b>From 11 November</b>					
Bury Millgate, Your Space @ Our Place	10am - 3pm		10am - 3pm		
The Green Community Café, Clarence Park, Walmersley		12pm - 2pm			

Please come along to one of our local Pension Credit drop-ins where our officers can help you.

Alternatively, call our Bury Council Pension Credit advice line on 0161 253 7430.



# SOCIAL ACTIVITIES



**OASIS**  
CRAFTS, CHAT & CUPPAS

Tuesday Afternoon, 1 - 3PM  
@ St Andrews Vicarage  
Everyone Welcome to Join!



THE HORSESHOE, RINGLEY

**WINTER WARMER  
AFTERNOONS  
TUESDAY, WEDNESDAY &  
THURSDAY**  
1.30pm til 4.30pm

With the rising costs of heating etc  
why not come and keep warm here.

Soup & a sandwich £6  
With unlimited tea or coffee  
(Choose from ham, cheese or tuna)  
Starting from 15th October



**COFFEE ,CHAT &  
CRAFT**

Thursday 11.30 a.m - 2.30 p.m  
Come along learn  
a new skill - sewing ,jewellery making  
,decoupage etc & make new friends  
At  
Radcliffe Girls & Boys club  
Withins Ave  
Radcliffe  
M26 2XB  
Member of Growing Together Radcliffe

## **RUN TOGETHER RADCLIFFE**

EVERY THURSDAY AT 7PM MEETING AT RADCLIFFE MARKET

GET ME STARTED - 3-4K WALK  
KEEP ME GOING - 5-6K RUN  
CHALLENGE ME - 8-10K RUN

PLEASE BOOK VIA THEIR WEBSITE

[HTTPS://GROUPS.RUNTOGETHER.CO.UK/RUNTOGETHERRADCLIFFE](https://groups.runtogether.co.uk/runtogetherradcliffe)



# HELPLINES



**GREATER MANCHESTER  
OUT OF HOURS  
HOMELESS  
SUPPORT NUMBERS**

LOCATION	OFFICE HOURS	OUT OF HOURS
<b>BOLTON</b>	01204 335900	01204 337777
<b>BURY</b>	0161 253 5537	0161 253 6606
<b>MANCHESTER</b>	0161 234 4692	0161 234 5001 (OP 2)
<b>OLDHAM</b>	0161 770 4605	0800 988 7061
<b>ROCHDALE</b>	01706 647474	0300 303 8875
<b>SALFORD</b>	0161 793 2500	0161 794 8888
<b>STOCKPORT</b>	0161 474 4237	0161 474 2818
<b>TAMESIDE</b>	0161 331 2700	0161 331 2700
<b>TRAFFORD</b>	0161 793 3252	0161 912 2020
<b>WIGAN</b>	01942 489005	01942 828777

 Homeless Aid UK

If you feel lonely don't  
suffer in silence:

- TEXT SHOUT' TO 85258 (24/7)
- SAMARITANS 116 123 (24/7)
- MIND 0300 123 3393
- THE CALM ZONE 0800 58 58 58
- REFUGE 0808 200 0247
- YOUNG MINDS 0808 802 5544
- SUICIDE PREVENTION UK 0800 689 5652

there are many other places to  
contact with however you're feeling.  
wherever you are in the world you  
have people and places you can  
contact too.

even though you may feel lonely,  
you are not alone... ❤️❤️