

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

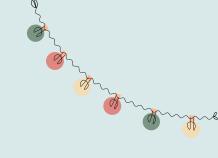
WENDY CORNS

RADCLIFFE MEDICAL PRACTICE, MONACH MEDICAL CENTRE, ROCK HEALTHCARE.

07398 051048 WENDY.CORNS@NHS.NET



FOOD CLUBS







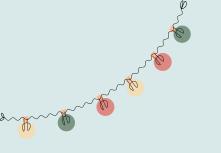




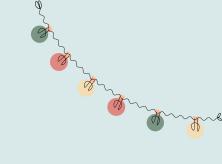
your own bag & proof of name & address

MORE INFO WWW.TRINITYFOODBANK.CO.





7HRISTMAS **EVENTS**







Radcliffe United Reformed Church Blackburn Street, Radcliffe M26 3W for tickets ring: 07858 485898

website: www.radcliffemalevoicechoir.co.uk Registered Charity No.: 1048037









DROP INS





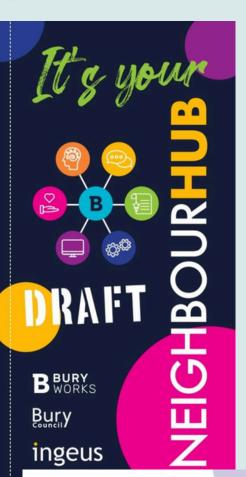
GREATER MANCHESTER DOING DIGITAL DIFFERENTLY



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 OQQ





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 PILISS
- Bury Adult Learning

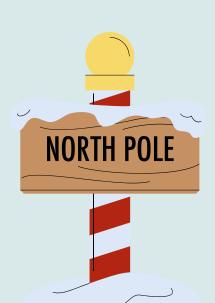


Digital Access

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

- · Bury Adult Learning
- Bury Digital Inclusion Project







BROP 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 OLY **Every Wednesday** 6th,13th,20th,27th November

10.30am - 12.00pm

Bury

Prestwich Drop-in

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

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



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



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.







WWW.BURY.GOV.UK/LIBRARIES



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!

Bury Bridge Community Church
Every Wednesday 9:30am - 12am
10 Milltown Street
Radcliffe, M26 1WD

Church Lane Community Centre: Last Tuesday of every month 1pm - 3pm Church Lane Prestwich, M25 1AJ

Virtual Drop In: First Monday and last Monday of every month 1pm -7pm

Prestwich Library:

Every Tuesday 10am-12:30pm Prestwich Library, Longfield Centre Prestwich, M25 1AY

Trinity Church / Community

Center - Food bank: Every Friday (Weekly) 9am-12pm Trinity Food bank, Westminster Avenue, Radcliffe, M26 3WD

Bolton Road Methodist Church:

First Thursday of every month 9.30am – 12pm Bolton Road Methodist Church, Bolton Road, Bury, BL8 2NZ

Ingeus Hub:

Weekly on Wednesdays 10:30am till 1:30pm Ingeus Hub, Millgate Job Centre 27A, The Mall Bury, BL9 0QQ

St Andrews Church:

First Wednesday of every month 12:30pm - 3pm Ribble Drive Whitefield, M45 8NA

Red Door:

Every Thursday 10:30am - 1pm Red Door St Joseph's Presbytery, Peter Street Bury, BL6 6AB

No Appointment Needed - Just Drop By!

For more information, contact:



🕲) 0161 447 8821



buryfloatingsupport@calico.org.uk





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
From 28 October					10.000.00100
Bury Library			10.30am - 4pm		10.30am - 4pm
Ramsbottom Library		10.30am - 4pm		1pm - 4pm	
Prestwich Library		10.30am - 4pm		1pm - 4pm	
From 4 November			10		(A)
Outreach Community & Residential Services, Blackburn Street, Radcliffe	10.30am - 2.30pm				
From 11 November					**
Bury Miligate, 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.

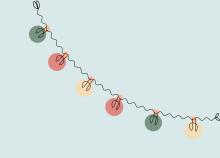
Alternatively, call our Bury Council Pension Credit advice line on 0161 253 7430.

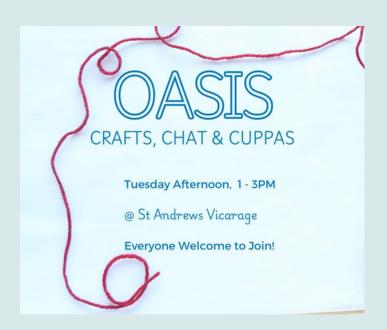






SOCIAL ACTIVITIES









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



HELPLINES



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.

