



WHAT'S ON LOCALLY



Winter 2024

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.



Our Social Prescribers contact details

Demi Kinsella
Tower Family Healthcare -
Greenmount & Tottington
Sites.

07713 750459

demi.kinsella@nhs.net

Becky Brelsford
Tower Family Healthcare -
Spring Lane site
Redbank Group Practice,
Mile Lane Health Centre.

07398 050754

becky.brelsford@nhs.net

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

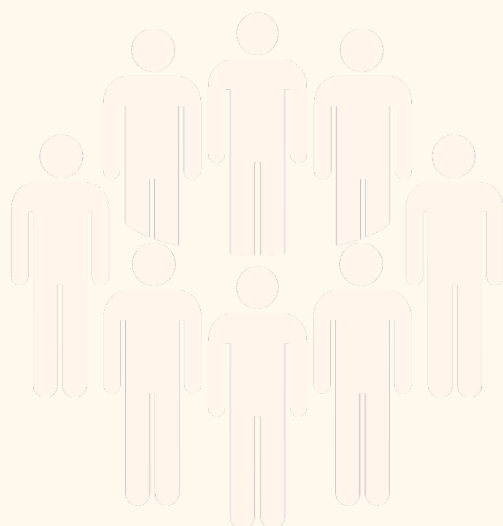
Sonia Javed
Woodbank Surgery
Garden City Medical Centre
Ramsbottom Medical Practice
07398 051044

sonia.javed1@nhs.net

Wendy Corns
Radcliffe Medical Practice,
Monach Medical Centre,
Rock Healthcare.

07398 051048

wendy.corns@nhs.net





COMMUNITY DROP IN

Come and join us for a fun and friendly community drop in. You can grab a hot drink, have a friendly chat and even make some new friends.

We can help with:

- Friendship
- Community
- Mental Health Support
- Hot Drinks and Snacks
- Community Library

Every **TUESDAY**
11AM TO 1PM

3 Russell Street,
Bury,
BL9 5AX
Reg.Charity No. 1158300

Community Library – Coffee & Cake



Social time is so important for us all and sometimes there is nothing better than seeing a friendly face and simply having a nice brew and chat. We are thrilled to launch our new Community Library, please just drop by to one of our weekly drop-in sessions Tuesdays 11am till 1pm. Help yourself to a book of your choice and enjoy a nice, brew, biscuit, and chat. In case you don't like books, you are still very welcome too, so please get in touch.

Attic Project
Telephone 0161 258 6145
Based at Bury National Spiritualism Church
3 Russell Street, Bury,
BL9 5AX

ONE STEP BURY

Drop In Every Tuesday 1-3

Enjoy a Brew
While you
Chill and Chat
Play Games or
Art and Crafts

Everyone Welcome

For any more info call
Judith 07745356796
or email
onestepbury@gmail.com

Made with PosterMyWall.com

VERY slow walking football

Every Thursday starting 5th September @ 11:15am

SCAN HERE
TO BOOK OR
VIA KIOSK



Bury Leisure is promoting healthy exercise and friendship with very slow walking football (no running or tackling), just passing, moving and shooting.

Castle Leisure Centre,
Bolton St, Bury, BL9 0EZ

Cost: £4.50



Have a Disability ? Enjoy playing Sports & Games
Come and meet new friends,
We have a good array of games for you to try.



Come and join us
every Thursday at Castle Leisure Center
12.45pm - 2.15pm
Cost £2.00



New age kurling



Table tennis



dominoes



Soft archery



basketball



Axe throwing



chess



Table football



boccia



Connect 4



skittles



shuffleboard



snooker/pool



darts



To
East Ward Growing Together
Gardening Club
Every Monday from 10am till 12 noon

Open to everyone - no charge
Come and see what we're up to, have a cuppa, plant a few seeds or just sit and enjoy the scenery.

All enquiries - contact Susan on 07522 129530



DO YOU
ENJOY
CRAFTING



WOULD YOU LIKE TO
LEARN A NEW CRAFT?



WE CAN OFFER LOTS OF DIFFERENT
CRAFTS INCLUDING
KNITTING/EMBROIDERY/WOODWORK
/PAPERCRAFT TO NAME A FEW



POP IN FOR A CHAT AND
TELL US WHAT YOU WOULD
LIKE TO DO OR SHARE YOUR
EXPERTISE



EVERY MONDAY FROM 1PM TIL 3PM

STARTING 15TH MAY 2023

At East Ward Growing Together at Walnut
Allotments, Walnut Avenue, Bury BL9 7QR

CONTACT Susan on 07522129530



GET TOGETHER @ THE GREEN

A SOCIAL DROP IN AND OUTDOOR
ACTIVITIES FOR INDIVIDUALS WITH A
LEARNING DISABILITY, AUTISM AND
MENTAL HEALTH NEEDS.

Every Monday 10.30-2pm. The Green Community Cafe
Starting from Monday 5th of August
Clarence park
Walmersley Road
Bury
BL9 5DH

For more information contact Learning disability care coordinator
Diane Graham on 07377297188 or email diane.graham7@nhs.net

or

Joanne Parkinson on 07538887334 or Email
joanne.parkinson13@nhs.net



GUPP SHUP CHIT CHAT GROUP

Every
Wednesday

11:30 am - 2pm



Arts and
Crafts



Anti-stress
Colouring



Wellness
workshops



Relaxation
Techniques



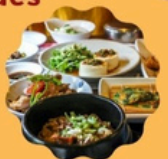
Creative
Cooking



Self-care
Henna Workshop



Peer Support



Home made Hot
Lunch available
only £3

WOMEN
ONLY

ADAB
CONNECTING COMMUNITIES

Mosses Centre
Edward Street
Bury
BL9 0RZ



WWW.ADAB.ORG.UK
ADMIN@ADAB.ORG.UK OR 0161 761 2079

**One Step
Bury**

**SATURDAY 14TH
DECEMBER 1-4**

Christmas Decoration

Making Party

**ENJOY HOT CHOCOLATE,
MINCE PIES AND OTHER
CHRISTMAS TREATS
WHILE MAKING
BEAUTIFUL CHRISTMAS
DECORATIONS**

To Book contact Judith on 07745356796
or email onestepbury@gmail.com

**Donation
Recommendation £8**

**Lunchtime Walk & Talk
Thurs 5th December**

This time of year isn't easy for everyone so why not join us for a walk & talk to Burrs Country Park & find out what support is out there across Bury.

Meet at The Big Fandango, 34 Bolton St, BL9 0LL at 12pm

Please wear suitable footwear and bring water

For more information contact:
info@thebigfandango.com

Bury
COUNCIL



YCW
Young Christian Workers



Christmas Dinner

TUESDAY 24th Dec - Christmas meal delivery service only

WEDNESDAY 25th 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 306 074**

LAST ORDER DATE FOR MEAL DELIVERIES - 20th DEC

There is NO CHARGE for this meal

www.caritassalford.org.uk/BeeThere



Tam's Tots Musical Bops

Every Monday
2.15 - 3pm
St. Peter's Church, Bury

Tam's Tots

Free Reindeer Antlers

Reindeer Run

The perfect Christmas activity!

Sign up and get involved

www.buryhospice.org.uk
Registered Charity Number: 1136843

Messy Play Fun for Children
6 months to 4 years

To Book
Contact Lindsey
07966305473

Wednesday

Seedfield Methodist

10am- 11am

£6
Per session

FGRS Little Peelers

Playtime and music fun

Every Monday
10:00am till 12:00pm
£1:50 a session
drinks and snacks provided

FGRS Community Hub, Bury Football Club, Gigg Lane, Bury

Next Steps

SOCIAL GROUP

JOIN US FOR GOOD COMPANY, GAMES, QUIZZES,
WARM BREWS AND A FRIENDLY CHAT!
COMMENCING 14TH OCTOBER!



**MONDAYS
FORTNIGHTLY
3PM - 4.30PM**

HOSTED AT ACHIEVE BURY.
HUMPHREY HOUSE, 4 ANGOULEME WAY,
BURY BL9 0EQ

/NextStepsBury /Nextsteps@gmmh.nhs.uk

Next Steps

WELLBEING WALK

TO BURRS COUNTRY PARK

Every Monday

12.30-2PM

Meet at Achieve Bury reception, ready
to set off at 12.30PM

JOIN US!

To confirm your attendance

call: 07435 761758

email: nextsteps@gmmh.nhs.uk

THE LIVING ROOM

**EVERY FRIDAY
10AM - 3PM**

GREEN COMMUNITY CAFE
CLARENCE PARK
BURY BL9 5DH



FREE
HOT FOOD
& DRINKS

AUDACIOUS
CHURCH



WANT TO FEEL BETTER AND IMPROVE YOUR HEALTH?

SWAP TO STOP



Aged 18 or over?

Attend Bury Live Well Service for support to quit
smoking and a FREE vape starter kit.

- Self-refer via the Live Well website or call 0161 253 6668
- Risk of cancer reduced
- More energy
- Improved lung function
- Improved taste & smell
- Better Mental Health



Scan me!

Almost two-thirds of people who
use a vape along with support
successfully quit smoking

Bury Live Well

Bury
Council

WarmHub®

**GREATER
MANCHESTER**
DOING DIGITAL DIFFERENTLY

 **Good Things
Foundation**

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

B BURY
WORKS

Bury
Council

ingeus

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 PLUSS
- 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

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



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



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
From 28 October					
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					
Outreach Community & Residential Services, Blackburn Street, Radcliffe	10.30am - 2.30pm				
From 11 November					
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.





Food Pantries and Banks



Bury Baptist Church

Opening Time(s) 3rd Wednesday of the month 10am - 1 pm
bury_baptist1@yahoo.com
<http://www.burybaptist.org>
114 Manchester Rd, Bury, BL9 0TH

FGRS Community Hub

Pantry is for Redvales ward residents. They will not turn anyone away without support and advice or signposting to their nearest food bank.

£3 for 12 items of food

Monday, Wednesday and Friday 9:30am - 3pm.

The pantry is only available Monday 12:30pm - 2:30pm and Wednesday 10:00am - 2:30pm.

Baby items such as nappies and formula at a price of £5.

Uniform shop for schools in the Bury area for a small charge (open to all Bury residents).

They offer a warm safe space with hots drinks, toast etc also throughout those days.

help@fgrscommunityhub.co.uk

<https://www.fgrscommunityhub.co.uk/>

Facebook: FGRS Community Hub

Bury Football Club, Gigg Lane, BL9 9HU

Chesham Fold TRA and Community Centre

Food Pantry £5 registration fee and £3.50 for 12 items which you can choose yourself:
6 cupboard items 3 toiletries 1 milk 1 cereal and an extra, there is also a cupboard full of freebies.

Food Pantry 9am -1pm Wednesday

cheshamfoldcommunitycentre@gmail.com

cheshamfold.tra@sixtownhousing.org

95-97 Chesham Fold Road Bury BL9 6JZ

Bury Asian Women Centre: Halal Fusion Food Bank

Daily 10am till 2.30pm face to face then 10am - 2.30pm virtual or telephone

0161 280 2270

www.bawc.org.uk/

You also can use the WhatsApp service on the website and 'contact us' form.

90 South Cross Street Bury BL9 0RS

The Salvation Army Food Club Bury

People need to register at their first visit and pay £5 for the annual membership. Then it is £3 per visit for which they will get £10 to £15 worth of goods

Every Tuesday 11am. - 2pm

bury@salvationarmy.org.uk

07732513602

Website/Facebook www.salvationarmy.org.uk/bury

18 Brookshaw Street, Bury, BL9 6EB

Organic Soul

Monday to Wednesday 10am to 2pm

Thursday & Friday 11am to 3pm

07948 833994

info.organicsoul@gmail.com

<https://www.facebook.com/organicsoul.uk>



The Attic Project

Please contact in advance to arrange a food parcel:

0161 258 6145 Telephone Message Service

info@atticprojectbury.com

Facebook: /theatticprojectburyuk

<https://atticproject.com/>

3 Russell St, Bury BL9 5AT

Open Tuesday, Wednesday and Thursday from 10am until 2pm for food parcel collection and donations.

Emergency deliveries done in exceptional circumstances.

They also provide a range of valuable wrap around support when needed and have a number of peer support groups.

Topping Fold Community Centre

Referral or drop in

Ask's for a small donation

Thursday 9:30 – 2.30pm

07860 652337

toppingfoldtra@gmail.com

36 -44 topping fold road Bury BL9 7NG

Trust House Bury

Food pantry Tuesdays and Thursdays 10am- 12pm

Standard pantry £3 and family £5

Families can now use their Healthy Start Vouchers at the pantry.

Community cafe running for breakfast and lunch on Mondays, Tuesdays, Thursdays and Fridays.

info@trusthousebury.org

<https://www.facebook.com/trusthousebury.org>

Metro Christian centre Parkhills Road Bury BL9 9AU

