



WHAT'S ON IN YOUR NEIGHBOURHOOD

BURY NORTH

WINTER 24/25 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.



Bury GP
Federation



Bury
PCN



HORIZON
Primary Care Network

A bit about your Bury North Social Prescribers

Demi Kinsella

Demi covers Tower Family Healthcare – Greenmount & Tottington sites.

Demi worked within NHS mental health services for 5 years, before joining primary care in 2022. She has been in her social prescribing role since June 2023.

Demi has a wide knowledge of various services, organisations and charities within the Bury area to help individuals with a vast range of needs. She has most recently run an NHS App uptake project, which gained very good feedback and increased the confidence of those attending with using the app.

Demi believes that social prescribing can really improve a person's quality of life and help them feel empowered.

To contact Demi, please email demi.kinsella@nhs.net or call 07713 750459.

Sonia Javed

Sonia covers Ramsbottom Health Centre, Garden City Medical Centre and Woodbank Medical Practice.

Sonia has previously worked in Adult Care Services, as a Primary school teacher and most recently she was employed by BPRCVS in Rossendale as a Social Prescriber. She has worked as a social prescriber since 2021.

With a diverse professional background, Sonia brings a wealth of experience to her role which she uses to support people who are referred to her. She understands the importance of compassion, empathy and of providing tailored support for individuals in need.

She aims to support individuals by using resources in the community, by empowering people to improve their wellbeing through personalised and holistic approaches.

By supporting people in this way, Sonia is committed to making a positive impact in peoples lives at a time when they need it the most.

To contact Sonia, please email sonia.javed1@nhs.net or call 07398051044.

Bury North Social Prescribing Activities

Our Walk & Talks

Your Social Prescribers have set up two walks within your local area. They are short, mobility-friendly walks. Get out, get moving & get chatting to others!

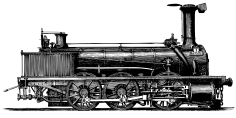


The Lines Walk & Talk



The 2nd and 4th Tuesday of the month from 10.30am. Meeting at Tower Family Healthcare - Tottington Site, Market Street, BL8 4AD.

We will enjoy a gentle stroll on the lines and a brew and a chat in a local cafe on our return.



Railway Ramblers



The 2nd and 4th Thursday of the month from 1pm. Meeting at Nuttall Park car park (near the cafe), Nuttall Hall Road, Ramsbottom, BL0 9LZ.

We will enjoy a gentle stroll around Nuttall Park and a brew and chat in a local cafe afterwards.

Please wear appropriate clothing & footwear.

We have recognised the need for us to be based in each ward within Bury North at least once per month, to reach as many residents as possible.

See below where we are each week.

Bolton Road Methodist Church, Bolton Road, BL8 2NZ.

The 2nd & 4th Thursday of the month 09.30 - 12pm.

Christ Church, Great Eaves Road, Ramsbottom, BL0 0PX.

Every Thursday 10am - 12pm.

Tottington Methodist Church, 48 Market Street, Tottington, BL8 3LJ.

The first Thursday of every month 09.30 - 11am.

Greenmount Cuppa & Chat, Greenmount Old School, Brandlesholme Road, Greenmount, BL8 4DS.

The 3rd Thursday of every month 1 - 3pm.

Brandlesholme Community Centre, 375b, Brandlesholme Road, BL8 1HS.

The last Wednesday of every month 10am - 12pm.

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.
Starting from Monday 5th
of August***

***The Green Community Cafe
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**

Feedback about our service

“Social activities we go to have been a god send to my husband who has Alzheimer’s, mixed dementia, and Parkinson’s. We have made friends, enjoy other social activities made available to us by the groups we attend. Gives us a reason to go out every day. The group help support each other’s particularly carers who feel isolated.”

“The social prescriber supported me at a time I felt vulnerable and in a non-judgmental way. They helped me to make sense of my experiences and gave practical support completing forms for further support.”

“The social prescriber has helped with so many problems I was facing due to a decline in my health. My anxiety levels were very high, and I was not coping. I was not working and felt cut off at home with no one to talk to. The role of the social prescriber for me was a lifestyle changer, support and someone to talk things through advice community groups support came through this service to other services transferred for mobility issues and aids needed at home. It’s so helpful to know you can excess help without having to trouble your GP as this service offers so much support, and you are kept update with all what is going on in the community, I attend one the groups and I am thrilled with how much it has helped with my anxiety. Meeting up with other people making new friends and feeling valued. My mental health has improved, and I attend wellbeing advice at the gym and help with my diet and nutrition weight. I feel that without all this support, my health would have declined and would have put more pressure on the NHS.”

“My osteoarthritis has gradually got worse to the point that I’m unable to work. This has been a very difficult time and impacted on my mental health. I found myself very isolated, lonely and nothing worth living for. My social prescriber came through my GP surgery. It’s been a brand-new start for me. The social prescriber referred me to another service to help with aids and has given me all the community groups and advised me on what’s happening in our community that you can experience and get involved in. The social prescriber came with me to a group for my first visit and introduced me to everyone. My confidence had suffered due to isolation and my mental health couldn’t have been any worse before I started attending arts and crafts groups on Mondays and Wednesdays. Just being around people and having a purpose again and something to look forward to has really made me feel so much happier in myself, which has made my mental health improve and has built my confidence up to levels I wouldn’t have thought possible 6 months ago. I have regular contact with the social prescriber and just having support makes such a difference. It is nice to have someone who cares and is so willing to help you access groups and help with other little problems too. I think this service is a lifeline to anyone feeling vulnerable, isolated and depressed. I personally can’t show enough appreciation as I have made new friends and continue to feel mentally better all the time. Fabulous service.”

Cost of living tips & tricks

Shut your curtains in the evenings to reduce heat loss through windows. Tuck them behind radiators, rather than letting them hang in front, so the radiators can better heat the room.

Switch things off rather than leaving them on standby. If you tend to leave things on standby because of mobility problems, consider getting a socket that lets you switch things off via a remote control.

When making a cuppa, just boil the water you need rather than a full kettle. This could save you more than you'd expect.

Allowing your food to cool to room temperature before putting it in the fridge or freezer saves energy – it can also help prevent food poisoning

Use a water meter to pay for the exact amount you use instead of a fixed amount. As a general rule, if the number of bedrooms in your home is higher than the number of people living there, switching to a water meter is cheaper than paying a fixed amount. Ask your water company for more information. Use the water meter calculator on the CCW website to find out whether you could save.

Turn off radiators in rooms you don't use and keep the doors to these rooms shut.

Defrosting frozen food in the fridge overnight typically reduces its cooking time by half.

If you have an off-peak energy tariff, you might be able to save money by running your washing machine and other appliances during off-peak periods. Check with your provider to find out when these periods are.

Turn off the tap when you're brushing your teeth or shaving. Leaving the tap running for just 1 minute can waste up to 6 litres of water.

Changing from traditional light bulbs to LED (light emitting diode) bulbs could save you money, depending on the type of bulb you replace. Look for the energy efficiency rating on the packaging

If you'd like to receive the full Age UK "Save Energy, Pay Less" guide email info@ageukbury.org.uk or call them on 0161 763 9030.

Are you pregnant, or have a child under 4?

With the NHS Healthy Start scheme, you could be entitled to over £1000 to spend on fruit, veg, milk and formula milk!

Scan the QR code to see if you're eligible and to apply:



QR code will send you to www.healthystart.nhs.uk/how-to-apply/





Get your free Healthy Start vitamins here.

Use your NHS Healthy Start prepaid card to collect:

- Healthy Start vitamins for women
- Vitamin drops for babies and young children suitable from birth to 4 years old


SCAN ME

Bury North and West Children's Centre Hub
Woodbank Primary School, Brandlesholme Road,
Brandlesholme, BL8 1AX. Tel: 0161 253 7727

Available to collect on
Monday, Tuesday, Wednesday and Thursday
9am – 4.30pm
www.healthystart.nhs.uk
  @NHSHealthyStart



People qualifying for guaranteed pension credit also get:

- Cost of living payment
- Help with housing costs
 - Council tax reduction
 - Cold weather payments
- Free NHS dental treatment, including check-ups
- Vouchers towards the cost of glasses or contact lenses
 - Warm home discount
- Free TV licence if over 75



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.

Warm Spaces

We know as the colder months are drawing in, it can be a challenging time for some people.

Some local community groups and organisations have offered their service to become a warm space for the winter.

Rammy Men (Ramsbottom)

Address: 6 Stubbins Vale Rd, Ramsbottom, Bury, BLO ONT

Email: info@rammymen.org

Web: <https://rammymen.org/Home.php>

Offer:

- Open to all. Everything is just drop-in, £2 in the tin. A bit more if there's food and for TaiChi which is £6.
- We have lots of other stuff, including peer support groups, programming, tech design, music and more that people can find out more about on our website: rammymen.org

Opening days and times:

- Mondays 11-1pm Games and Bacon Butty; 1pm Film Afternoon; 4pm Meditation
- Tuesdays 4pm Taichi; 5:30pm Ukulele; 7:30pm Talks with Pizza, Pie and Peas
- Wednesdays 11-1pm Quiz and Lunch; 2pm Scale Modelling / Reiki / Genealogy;
- Thursday 4pm DnD / Retro Computing / Gaming; 7pm Games Night
- Friday 2:30pm Tai Chi; 6pm Social Night 'Dryday Night Out'

Ramsbottom Community Church (Ramsbottom)- Chatterbox

Address: Ramsbottom Community Church,
Carr Street, Ramsbottom, Bury, BLO 9AE

Website: www.ramsbottomcommunity.church

Offer: A warm welcome to all. Hot drinks and refreshments available. The building is fully accessible and has a 'Space to Change' bathroom with large changing trolley and tracking hoist.

Opening days and times: Wednesday 1-3pm.
Runs all year round.

Bury Carers Hub Pop Up

Address: 10 Railway St, Ramsbottom,
Bury BLO 9AL

Offer: Drop-in café

Opening days and times: Last Friday of every month, 10am- 11:30am at Scotties Café and Tearooms, Railway St, Ramsbottom.

Ramsbottom Library & Adult Learning Centre

Carr Street, Ramsbottom, Lancashire, BLO 9AE

Offer: A warm welcoming space to everyone. They offer a service to all ages with free access to books, computers, Wi-Fi and online resources such as Ancestry. They also offer a range of electronic books and audio books and digital magazines that can be accessed free of charge. All of their Libraries have regular activity sessions for adults and children. For more information, please contact your local library.

If you are a voluntary, community or social enterprise organisation interested in becoming a warm space and need support with how to set up, help with your policies or any training to help you deliver your service, please contact Bury VCFA via admin@buryvcfa.org.uk

The NHS App

Owned and run by the NHS, the NHS App enables people to access digital health and care services.

It's available to anyone 13 years and over, who is registered with an NHS GP practice in England or the Isle of Man.

It's a safe and simple way to access a range of NHS services on your smartphone or tablet - anytime, anywhere

All NHS App services can also be accessed online, through the NHS website.



The NHS App can be downloaded free from the Apple App Store or Google Play Store.

The NHS App helps you to -

Get Well

- Find NHS services near you
 - Use NHS 111 online
 - Book GP appointments
- Manage your secondary care appointments
- Contact your GP surgery using an online form

Manage Your Health

- View your health record
- View test results
- View your NHS number
- Register for a GP online
- Make an organ donation decision
 - Link accounts to help manage the health care of someone you care for

Stay Well

- View your prescription details
- Order repeat prescriptions and nominate a pharmacy
- Receive secure messages from your GP and healthcare providers
- Search Health A-Z

Protect the NHS

- It saves money by improving access to NHS services, lowering administrative and SMS messaging costs
- It makes it easier for patients to digitally access services, helping patients receive the best care and supporting healthcare professionals to deliver it

During the Summer we ran some NHS App sessions around the benefits of using the app and also helping people to set it up and use it. There will be further sessions in 2025. If you'd like to be kept up to date about these sessions, please email nwch.socialprescribing@nhs.net

The features available to you depend on what has been enabled by your GP Practice.



Neuro Moves Rossendale

Specialist dance classes for people living with neurological conditions and their friends & family.

Mondays 2pm-3.15pm
Followed by refreshments

The Horse and Bamboo, 679 Bacup Rd, Waterfoot, Rossendale BB4 7HB

Neuro-Moves Zoom Classes on Thursdays at 12.15.

Class costs: £3.50

Everyone welcome. Classes are suitable for all abilities.

For more information about all Neuro-Moves classes contact Helen at

lpmdanceforhealth@gmail.com

www.lpmdance.com

Testimonials

“The dance classes make a significant difference to physical symptoms (of Parkinson’s)They also boost my confidence.”

“The class is carefully crafted and Helen makes movements which I would find hard on my own much easier.”

“I find the class has been helpful. It makes me feel better. It’s also nice to meet new people and chat over a brew at the end.”



“There are phrases the medical field are using; quality of life and well-being. Dance is the only exercise I’ve found that supports both aspects as an older man living with Parkinson’s. “



PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.



MotherZen CIC runs two community days per week which are funded by The National Lottery Community Fund. It provides a safe & welcoming environment for parents to come to connect, socialise & get peer support in a judgement free zone. What makes MotherZen slightly different from other offerings in the area is the parent-centric approach to "family", they honour the parent by putting their wellness first. They know that in order for parents to raise healthy & well developed children, they must be nurtured themselves.

They've had some wonderful facilitators join them and run mindful art workshops, Halloween crafts, group trauma therapy runs each Wednesday morning & they even have some reflexology going on! Each facilitator is used to working with parents & theres no need to find childcare. Little ones aged 0-5 can join for a play session, Tori and a small team of volunteers & their lovely café worker are all DBS checked & on hand to help out with little ones if parent needs a moment for themselves.

Mother Zen is based at 2 Market Place, Ramsbottom, BLO 9HT.

Funded Community Days:

Tuesday 09.30 - 3.30.

Wednesday 09.30 - 3.30.

They are also open Thursday - Sunday, offering play & cafe, as well as yoga, women's circle and play and much more!

Contact them on 07949 246560 or email hello@wearemotherzen.com

Feedback

"I have loved the community days as the content has been brilliant. To be able to access these services free of charge whilst on mag leave is wonderful as most of us mamas are on a budget while off work. I always enjoy getting to meet other mamas and participating in activities that are nourishing for me. It's such an incredible community."

"Such a valuable sanctuary for mums and welcoming safe space to connect and relax"

"We had the best time at the community day. The space is so incredibly welcoming. There are lovely toys for the children to play with and everything has been so well thought out. Such as hot drinks in cups with lids for safety and to keep your drink hot! The art session that was on this week was fab. Such a warm and friendly vibe and absolutely what Ramsbottom was missing. We will be back. Thank you for providing such a fabulous thing!"

Health & Wellbeing College

The Health & Wellbeing College offer courses from anxiety management, sleep hygiene, emotional management and much more!
Based at Humphrey House, Angouleme Way,
BL9 0EQ.

HEALTH AND
WELLBEING
COLLEGE

NHS
Pennine Care
NHS Foundation Trust



Open Day

at Humphrey House

on Wednesday 8th January 2025

12:30pm – 3pm

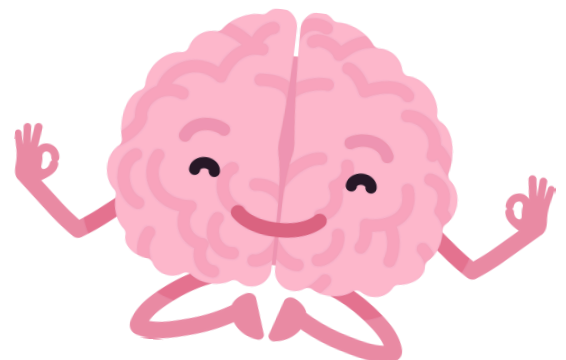
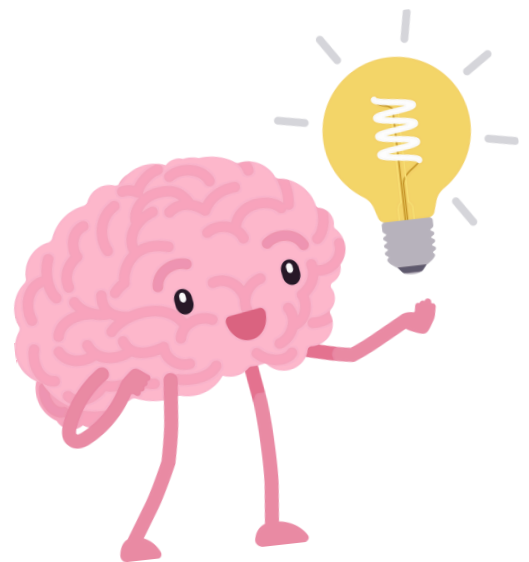
(short presentation going ahead at 1pm explaining the college, introducing facilitators and answering questions)

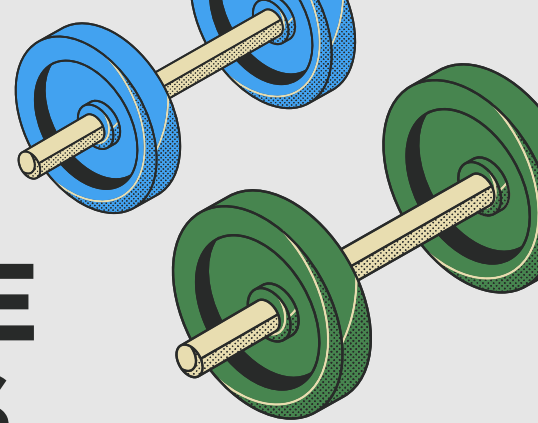
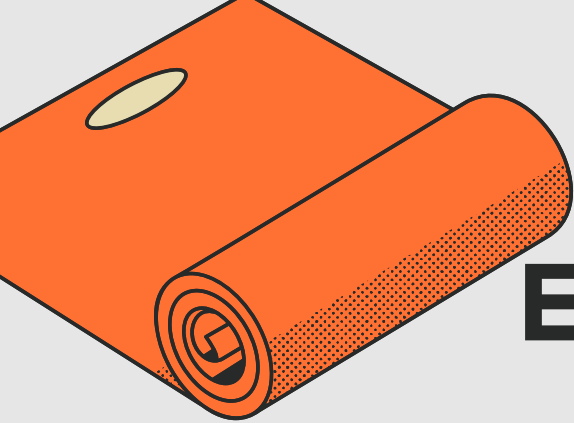
Members of staff, potential future

- Meet the course facilitators.
- Information about the college and how the sessions run.
- Enrolment support.
- Any questions you have can be answered.



Tea/Coffee and Cake
available





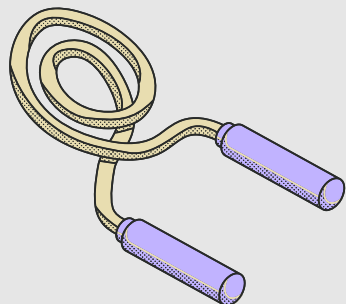
EXERCISE GROUPS

Slow moving & chair yoga

Greenmount Old School, BL8 4DS

Wednesdays 9am.

Louise - 07738 273775

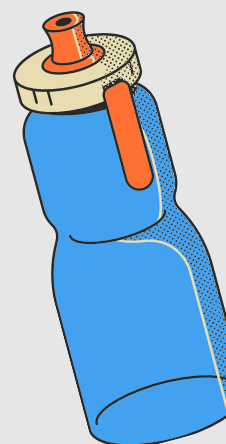


Chair based exercise

Hawkshaw Methodist Church Hall, BL8 4JR

Tuesdays 11.15 - 12pm.

Email- communitybuds@gmail.com



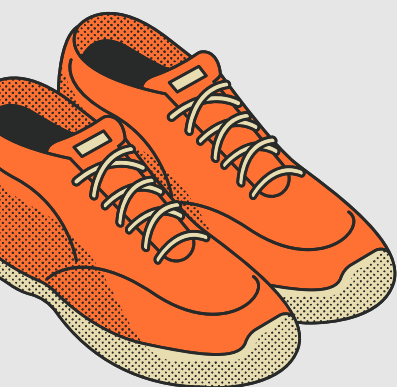
Chair based exercise

Ramsbottom - Dundee URC, BL0 9HL

10 - 10.45am.

£4

No need to book, just turn up



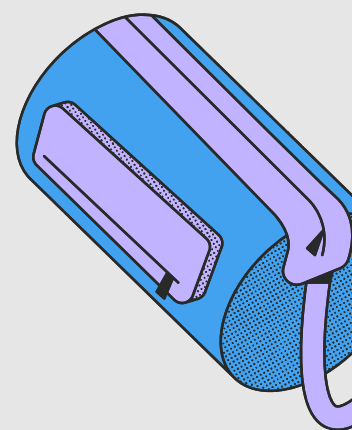
Tai Chi

Cosalea, Walshaw, BL8 1PY

Tuesdays 2 - 3pm & 4 - 5pm.

Grace - 07821 776555,

Scott - 07973 542966

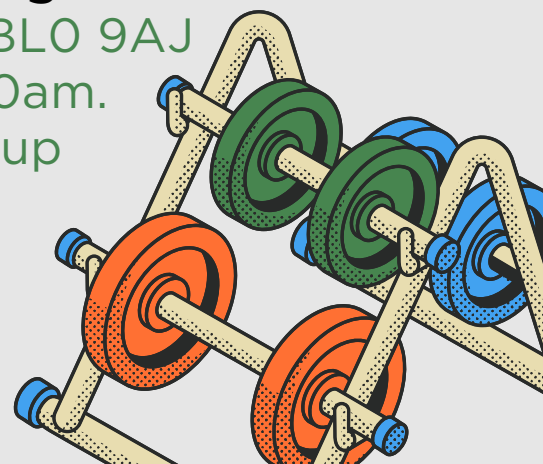
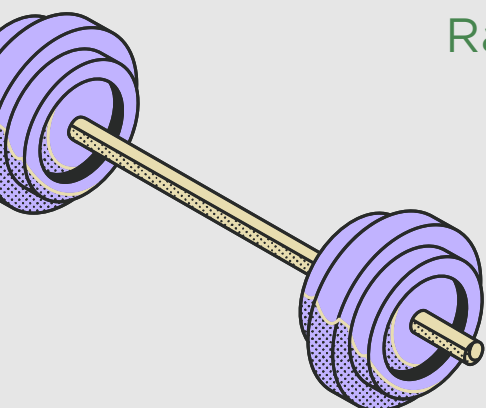


Rooted in yoga - Gentle yoga flow

Ramsbottom Civic Hall, BL0 9AJ

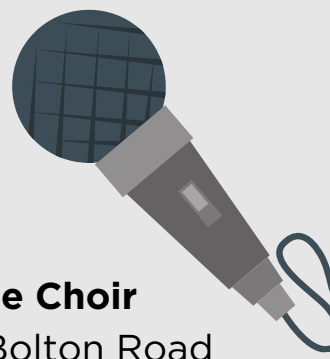
Tuesdays 09.30 - 10.30am.

Book online or turn up





MUSIC GROUPS



Sing Space Musical Theatre Choir

A West End vocal coach-led Musical Theatre choir.

Starting for 12 weeks from the 15th January - 2nd April 7.30 - 9pm.

St Johns Church, St Annes Meadow, Tottington, BL8 3QX.

Visit their website www.singspacechoir.com for further information and costs. Free taster sessions are also available during week 1 or 2.

Affetside Choir

Meeting at Bolton Road Methodist Church, BL8 2NZ.

Every Monday (term time only) 7.30 - 9.30pm.

£35 per term.

For further details contact Sue Woodward on 0161 764 1328.

The Buffer Stops Open Mic Night

Every Wednesday from 6.30pm.

The Buffer Stops, Rawtenstall, BB4 6AG



Uke Group North String & Strum Sessions

No instrument required, beginners encouraged, intermediate and advanced players also welcome!

Learn ukulele, play and sing your favorite songs.

Greenmount Old School, Brandlesholme Road, BL8 4DS.

Mondays 10.15 - 11.15am. £6pp.

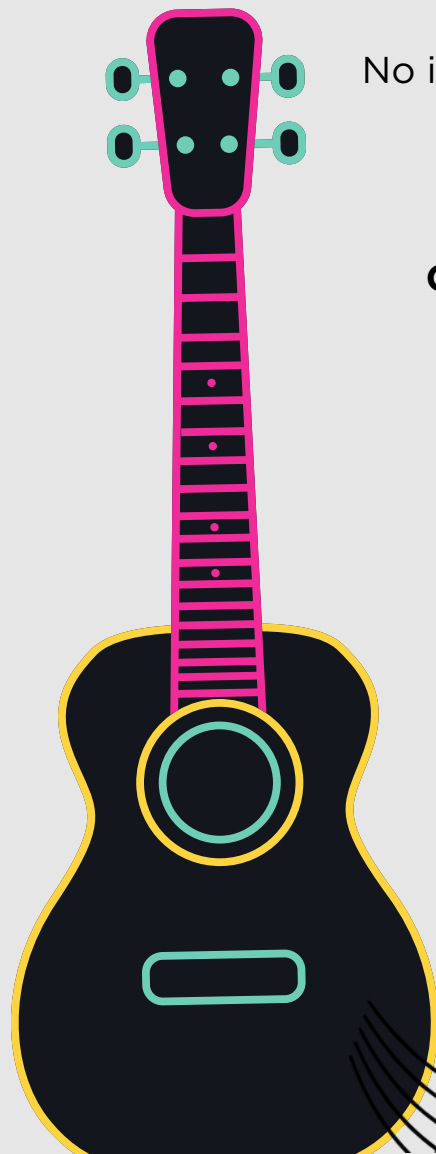
Ramsbottom Library, Carr Street, BLO 9AE.

Tuesdays 10.30am - 12pm. £8pp.

Rammymen - The Den, Stubbins Vale Road, BLO ONT.

Tuesdays 5.30 - 7pm. £6pp.

For further info contact ukegroupnorth@gmail.com



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



PLEASE JOIN US FOR

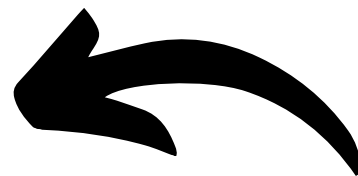
Christmas Dinner

ON DECEMBER 25TH

12-3PM

LA LATTE LOUNGE

Christmas Vegetable soup
Turkey & Stuffing sandwiches
Mince pies

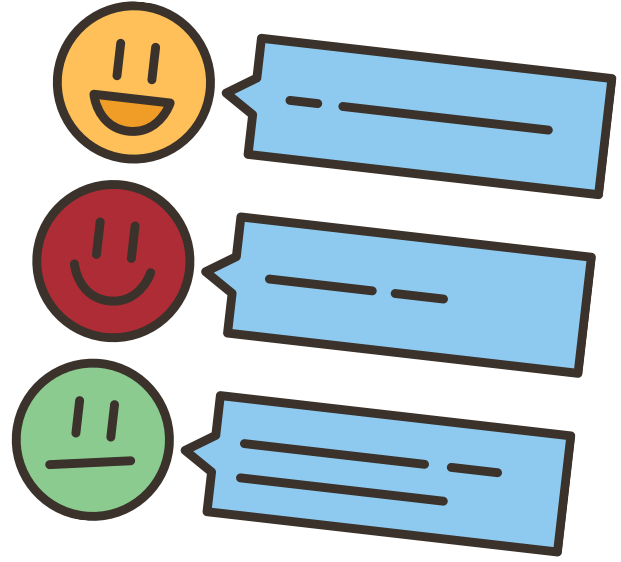


La Latte Lounge
1C, 1D Bank Street,
Rawtenstall, BB4
6QS



We are always looking for feedback on our Social Prescribing service of what we've done well and what we can improve on.

Please scan the QR code below with your camera to get the feedback form.



If you would like to self refer to our social prescribing service, please scan the QR code, or contact us directly -

**Demi (Tower Family Healthcare - Tottington & Greenmount sites)
07713 750459.**

**Sonia (Garden City, Ramsbottom Medical Practice & Woodbank Surgery)
07398 051044 or email us at nwch.socialprescribing@nhs.net**

I matter

