

GENERAL INFORMATION

Should anyone like a Printed copy of this newsletter please ask at the Jubilee reception.



An alternative electronic version of this newsletter in PDF format, as well as previous releases, is available on the AgeUK Bury website. Find it on the 'Get Involved' - 'Newsletters' webpage tabs.



Visit us on Facebook at <https://www.facebook.com/AgeUKBury/>

Don't forget to hit that Follow!



AGE UK BURY FACEBOOK PAGE

Join our page



Visit the weblink below to catch the latest news and information as it happens at Age UK Bury on our new facebook page.

[facebook.com/ageukbury](https://www.facebook.com/ageukbury)

Also, please note that our old page is dormant and no longer used so please always visit the page above for all the latest goings on.

JUBILEE CAFE OPEN ON SATURDAYS

Saturday from 10.00 till 16.00 pm



After the winter break we are pleased to announce the Jubilee Café is opening once again on Saturday's for all to enjoy.

We've also added more dishes to our Saturday menu!

Stop by for a brew and a bite to eat and take in the lovely surroundings of Clarence Park or enjoy a leisurely walk around the Lido.

A great way to start your weekend.

POP-UP SHOP IN MAY

Bargains Galore



We're excited to welcome you to our Pop-Up Shop at the Jubilee Centre on Saturday, 2 May, from 11.00 am to 15.00 pm.

Come along and explore a great range of pre-loved clothes, books, and other treasures, you never know what you might find.

Be sure to take part in our tombola for a chance to win some lovely prizes!

The café will be open from 10.00 am, so feel free to arrive early and enjoy a drink or a bite to eat.

CAFE VOUCHERS

Gift Vouchers Available



Are you considering a gift for someone and don't know what to get? Gift Vouchers are available for purchase from Jubilee Reception in a variety of denominations. £5, £10, £15, and £20.

A great way to give a family member, friend, or loved one a tasty treat!

TAI CHI QIGONG CLASSES

Extra Class Friday Mornings



Our extra morning Tai Chi Qigong session, led by our wonderful Tai Chi instructor Stewart, is back due to popular demand.

The extra class is on Friday mornings from 9.15 am to 10.15 am.

Classes are just £5.50 per session.

Stewart's classes are unique in that they can be done sitting or standing and are appropriate for anyone with different levels of fitness and mobility.

He hopes that the outcome will improve your overall well-being and provide you presence and peace of mind.

TAI CHI QIGONG EVENING CLASSES

Extra Extra Class now on Tuesday Evenings



By overwhelming demand we are now pleased to announce that we will have evening classes at the Jubilee Centre.

Our day classes have been so busy that people have requested for an evening class to do the Tai Chi and unwind.

The special Tuesday sessions start at 19.00 till 20.30 pm, please arrive earlier. Classes are just £8.50 per session starting 28th April.

If possible, please advise Jubilee reception that you will be attending.

CUPPA & CHAT

Thursday Morning Meet-up at Bury Blind Society

Are you free and would like to do something sociable and fun on a Thursday afternoon?



Come and join Age UK Bury in conjunction with Bury Blind Society at a fun cluster group get-together on Tenterden Street, Bury. BL9 0EG.

Join us for a cuppa and chat, take on the challenge of Gary's quiz or join us in a chaotic game of bingo. Each session costs just £2 per person.

For more details please call Jane on 07541 741891.

THE 100 NUMBERS CLUB

APRIL WINNERS

Congratulations 1st Prize Winner

Num 8, Anonymous, £63.75

2nd - Num 10, David Wilkinson, £38.25

3rd - Num 31, David Abell, £12.75

Numbers drawn by Christine. *Thank you!*

Try your luck and join in on the monthly fun for just £5 per month.

Simply visit our website or stop by Jubilee reception and grab a registration pack. Complete the simple form, return it to us and get ready for the upcoming draw. Wishing you luck!



We have 51
members taking part



SMART SPEAKER GIFTS

Avoira marks its 50th Birthday by teaming up with Age UK Bury

Avoira, a Bury tech company, donated fifty Amazon Alexa smart speakers to Age UK Bury and the Bury Blind Society to commemorate its golden anniversary. The devices are to help the charities in attempting to alleviate digital isolation and loneliness, as well as to benefit the borough's elderly and visually impaired. By providing voice-activated access to things like music, audiobooks, weather updates, reminders, and simple communication with friends and family, the voice technology provides a quick and easy alternative for those who have trouble using computers or mobile phones for staying connected and independent and encourage inclusivity.

Bury North MP James Frith joined Avoira's Managing Director, Andrew Roberts at the Jubilee Centre to formally present the devices to Ania Stark-Ketcher, Chief Executive Officer of Age UK Bury and Jill Logan, Chief Executive Officer of Bury Blind Society who support local people with visual impairments.

Everyone who received one of the tech devices expressed their upmost gratitude for it, and it was extremely well received.

Andrew commented "As we celebrate 50 years in business, it was important for us to give back that reflects who we are as an organisation,"

Thank you to Andrew and all the team at Avoira.

avoira



BURY COUNCIL VISIT

CEO Lynne Ridsdale visits Age UK Bury

We recently welcomed Lynne Ridsdale, Chief Executive Officer of Bury Council, to the Jubilee Centre.

During her visit, she learned more about the work we do and the impact we have on the community by spending time with Ania Stark-Ketcher, our Chief Officer and our dedicated service managers.

It was a great opportunity to showcase our services, exchange stories, and draw attention to challenges and achievements we encounter on a daily basis. The chance to further develop our partnership with local leadership and the candid and enlightening discussions were also much appreciated.

These type of visits are important to our ability to develop, work together, and to make sure the needs of the people we support are being met and have an overall impact benefiting our community.



JUNE BOOK SIGNING EVENT

Janet Brady back at the Jubilee Centre

Local author Janet Brady will be at the Jubilee Centre on Saturday, 27th June from 11.00 till 14.00 pm to chat about her latest publication 'Woolly's Song' Please stop by to discover the story of Woolly and his adventures.

There will also be some fun crafts for all to join in with.

The books are £10 each of which a donation of £1 is going to Age UK Bury.



THANK YOU TESCO

Tesco Smashing Fundraising Goals



A few weeks ago we received a generous donation of items from Tesco Bury and their charity champion Wendy Howarth.

Thanks to the generosity of Wendy and Tesco we have been able to sell many of the donated items and raised an amazing £1500 so far.

The funds will go directly to improving and expanding our services for people aged 50+ in Bury, helping us provide more support, and resources to those who need it most.

Wendys’s target was £1k but so far at end of April it is a fabulous £2,825 with the final deadline now moved to end of May, which now also includes books sales at the Tesco store. We are hopeful for a fabulous amount raised.

We are incredibly grateful for their support and cannot thank them enough.

MAY BOOK SIGNING EVENT

Local author Dr. Sarkar at the Jubilee Centre

A Simple Guide to Staying Healthy & Living Longer by Bury resident Dr. Sarkar is a concise, practical manual for anyone seeking to prevent disease, improve metabolic health, and enjoy a longer, healthier life. It details essential lifestyle principles into actionable guidance that can transform wellbeing at any age.

Dr. Sarkar will be on hand to sign and chat about his book on Saturday, 23rd May from 11.00 pm till 14.00 pm.

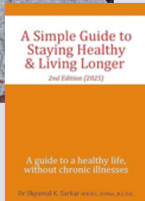
At 12.30 pm Dr. Sarkar will do a short presentation about his book.

The book presents a practical, evidence-based roadmap for preventing chronic illness through simple lifestyle changes.

Dr. Shyamal K. Sarkar explains that many modern diseases often caused by diets high in carbohydrates and sugar. By addressing this root cause, individuals can dramatically improve their long-term health and quality of life.

The book outlines how this dietary shift can reduce inflammation, improve energy levels, support mental clarity, and protect against degenerative conditions such as Dementia and Parkinsonism.

Price per book is £10.00 of which Dr. Sarkar will donate a percentage of the profit to Age UK Bury.



Please get in touch with the Jubilee Centre reception on 0161 763 9030 to discuss using the facilities if you have something you would like to showcase, spotlight, and publicise that is appropriate, suitable and beneficial for those aged over 50.

VOLUNTEER SPOTLIGHT

Mavis is 90 years young !



We are so pleased here at Age UK Bury to celebrate the upcoming 90th birthday of Mavis Moran, one of our longest standing volunteers at the charity. Originally from Leeds, Mavis migrated across the Pennines in pursuit of a much sought after singing teacher. In fact, music, and particularly choral singing, was to become the great love of her life. She sang widely, including for some years as a member of the BBC Northern Singers. In this capacity, she sang under some of the great conductors of the twentieth century, including Carlo Maria Giulini and Sir John Barbirolli.

Marriage to her late husband Michael and a career in primary education brought much happiness, along with much travel, particularly to her beloved Cape Town. Mavis's connection to the charity began over 35 years ago following retirement, when she combined her love of singing with voluntary work in nursing homes. It was through this work that opportunity arose to commit herself to regular service in our Ramsbottom shop, in which capacity she has worked ever since. Mavis's benign presence has made her a much loved member among staff and volunteers at the shop, and we congratulate her on achieving this impressive milestone. Thank you and Happy Birthday Mavis!

DEMENTIA SYMPOSIUM

Fusiliers Museum, Wednesday 6 May, 10 am - 13.30 pm



Bury VCFA is holding a Dementia Symposium where everyone can discuss their experiences of dementia.

Its open to clinicians, researchers, care professionals, people living with dementia, caregivers and policymakers and is an opportunity to gather and to share knowledge, experiences, discuss advances, and collaborate on care, research, policy, and support related to dementia.

It is being held at the Fusiliers Museum, Moss Street, Bury, BL9 0D, on Wednesday 6 May, from 10.00 am till 13.30 pm.

The meeting is free. Please contact David Barnes on 0161 518 5550 or email david.barnes@buryvcfa.org.uk.

VOLUNTEER SPOTLIGHT

Paul is 70 !



Paul Smith, one of our fantastic handyman volunteers, celebrated his 70th Birthday in April.

For many years he worked as a surveyor for Manchester City Council and his main claim to fame is that he was responsible for erecting the fifty foot inflatable Santa to the outside of Manchester Town Hall.

Now sporting a white beard which he uses to great affect where he regularly plays Father Christmas. Paul is highly valued volunteer, always delivering an excellent service. Happy Birthday Paul!

DIGITAL SKILLS WORKSHOP

Every Monday, 10.00 am to 12.00 noon.



Are you interested in improving your tech skills? Need help with doing anything online on the internet or your mobile phone?



Learn more about technology by attending one of the Monday drop-in sessions from 10.00 am to 12.00 noon.



In association with Bury Council we are providing free information, advice, and guidance on a variety of topics related to using the internet and navigating the digital world and the use of technology.

'Digital Buddies', are available at the Jubilee to assist with online navigation, completing forms, or making the most of your computer, tablet, or smartphone.

Make a note of your issues or whatever you would like to achieve and bring your device with you to the free workshop sessions.

UNWANTED STATIONARY

We are short on supplies



We are in urgent need of stationery supplies. If you have unused stationary, stored away, unlikely to be used, then we would love to have it!

A3 & A4 Printing Paper, Pens, Pencils, Staples, Sellotape, Rubber bands, Jiffy bags, A4 Laminating Pouches, Post-it notes, will all be really helpful.

Anything will be gratefully appreciated and used. Thank you.

EVENT - UPDATE

Affetside Choir

Lead by the Jubilee's own Emma, the fabulous Affetside Choir's performance was fantastic, showcasing their impressive vocal range and blend of harmonies.



The choir delivered an exceptional recital. The energy they radiated was infectious, and you could see the joy and dedication in their faces as they sang.

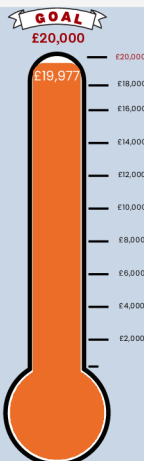
The audience thoroughly enjoying every moment and note.

The choir will be back for another showcase very soon.

FUNDRAISING UPDATE

Refurbishment for the Jubilee Centre

Tesco Fundraising Goal - £2825. Many many Thanks !



If you would like to support and help people in Bury then please kindly give you donation to Age UK Bury directly.

Simply contact the Jubilee Centre reception and ask for our bank details for direct payments, or we also accept cheques and cash.

Donations will get a shout-out and be highlighted in our Monthly newsletter.

SERVICES SPOTLIGHT

HOME FROM HOSPITAL SERVICE

Bury Community Workshop

Age UK Bury's Home from Hospital team was invited to attend the Bury Community Workshop, which showcased the range of health and welfare services available to Bury residents who are admitted to North Manchester General Hospital (NMGH).

NMGH provides care for approximately 25% of Bury residents and is the second largest provider of hospital beds for the Bury district. The primary aim of the workshop was to raise awareness among hospital discharge teams about the community resources available to support patients, as well as to explain how these services can be accessed effectively to facilitate timely discharges.

The event was well attended, with around 60 participants from various health and social care teams. The Home from Hospital stand focused on highlighting the support we offer to patients whose discharges are delayed due to social or environmental challenges. In addition to providing information, the team also ran a raffle, which helped attract attention and encourage engagement with attendees. £60 was also raised for Age UK Bury.

For Iris and Julie, the Home from Hospital team, the afternoon proved to be very successful. It provided a valuable opportunity to raise awareness of our services and to highlight our strong track record in reducing hospital readmissions. We were particularly pleased to engage a senior member of the Occupational Therapy (OT) team, who expressed how impressed they were with the lengths we go to in order to support safe and successful discharges.

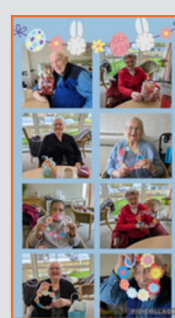
As a direct result of this engagement, Age UK Bury has been invited back to deliver a presentation to members of the NMGH emergency team. We are very much looking forward to developing this relationship further and supporting NMGH in the same way we currently work in close partnership with Fairfield General Hospital.



FRIENDS TOGETHER SERVICE

Easter Activities

The Friends Together team has been busy with craft skills this year with all clients taking part in making flower wreaths and easter cards.



CO-OP SUPPORT

Dementia Week



If you have a sweet tooth and partial to the occasional sugary treat then please stop by the Jubilee Centre for a 'Pick & Mix' Tasting Table hosted by the Co-op on Tuesday, 19th May, from 11.00 am till 15.00 pm.

Stop by and try a selection of Co-op sweet treats, cookies and Fairtrade chocolate.

Share feedback and memories, and reminisce of favourite treats.

Also take the opportunity to find out about certain Co-op memberships and choosing Age UK Bury as a Co-op local cause for your support.

CHARITY SHOP ITEMS

Donations needed



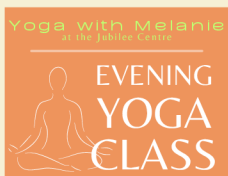
Our charity shops, which play a vital role in our community, have been so busy that certain items are low on stock or have completed sold out, so we are reaching out for item donations.

If you have any unused or unwanted items, such as; *Bric-a-brac, jewellery, glassware, toys, bags, pictures and picture frames, shoes, sandals, mens clothing*, we would greatly appreciate your donations.

Please donate direct to the shops in Bury or Ramsbottom or alternatively hand them in at Jubilee reception. Thank you for your support!

MONDAY EVENING YOGA CLASSES

Evening classes at the Jubilee with Melanie



Yoga combines physical postures, breathing techniques, and meditation in a very relaxed way. Its benefits include improved flexibility, strength, and balance, as well as enhanced mental health and emotional stability, helping reduce stress, anxiety and improving sleep quality.

The Jubilee Centre has evening classes every two weeks for those in need of a little relaxation to help mind and body.

The sessions are very gentle and suitable for all.

Evening classes every fortnight on Mondays from 18.00 pm to 19.30 pm usually the 1st and 3rd evening every month. Classes £8.50 per session.

Please contact Jubilee Centre reception on 0161 763 9030 for details of the next evening session and to reserve your place.

If you have an upcoming function or special occasion and would like to have it at the Jubilee Centre then call 0161 763 9030 and ask for Ania or Leisa to discuss hiring the room and amenities or email events@ageukbury.org.uk with your enquiry.

VACANCIES AND OPPORTUNITIES

Full time & Volunteering



JOB VACANCY

Service Officer - Home from Hospital



We have an exciting role for someone to support older people who have left hospital, providing them with the practical and emotional help they need to recover and settle back into their home.

You will be supporting Bury residents aged 50+ helping them to re-adjust to living independently back at home, thereby reducing the need for re-admission to hospital, and reduce their time in hospital.

Please call Jubilee on 0161 763 9030 or email admin@ageukbury.org.uk for more information or visit our website at:

<https://www.ageuk.org.uk/bury/get-involved/work-for-us/> where you can also download an application form.

JOB VACANCY

Minibus Driver Needed



We are looking for someone to drive our Minibus and help elderly people have a day out. Our scheme runs four days a week from Monday through to Thursday. Clients are picked up from their homes and taken to and picked up from each local social group event. Morning pick up and drop off from 9.00 am to 10.30 am. Afternoon collections from 15.30 pm to clients homes.

Group events are held in the following locations: Monday - Bury; Tuesday - Whitefield; Wednesday - Prestwich; Thursday - Radcliffe.

It may be necessary for you to assist them board the minibus, which has a tail lift. You will need a PS1 Licence and DBS check will be carried out by Age UK Bury. A salary of £12.71 per hour, for approx. four hours a day.

If you are, or know someone who may be interested in this great opportunity and be part of a local charity to enable the elderly to have a day out, then please call Jubilee on 0161 763 9030 or email admin@ageukbury.org.uk. Visit our website at: <https://www.ageuk.org.uk/bury/get-involved/work-for-us/> where you can also download an application form.

VOLUNTEER DIGITAL SKILLS

Digital Sales



We are looking for a volunteer to help with the charity's eBay and Vinted online accounts.

If you can spare a few hours per week to pop into each of our charity shops, select items that would be appealing to buyers, photograph them and then advertise on the online stores that would be a great help.

Travel expenses will be reimbursed.

Some experience of online selling would be handy to get up and running.

Please get in touch by calling Jubilee on 0161 763 9030 or emailing jubilee@ageukbury.org.uk for further details and a volunteers pack.

VACANCIES AND OPPORTUNITIES CONT.

Full time & Volunteering



VOLUNTEER DRIVER

Befriending Service - TUESDAY Afternoons



Every Tuesday from 13.00 to 15.00 pm, our cluster meet-up group at Dumers Lane gets together. There are a number of people who would really like to join the group, but we currently don't have enough volunteer drivers to pick them up and drive them home. Please get in touch with Jane if you would love to help out one afternoon a week and become a volunteer driver.

Expenses will be paid at 45p a mile.

To find out more please phone Jane on 07541 741891 or email jane@ageukbury.org.uk for further information.

VOLUNTEER EVENT FUNDRAISER

Jubilee Fundraising Committee



Would you be interested in joining our committee and assisting with the planning of our annual fundraising events?

We are seeking proactive committee volunteers to assist with brainstorming ideas for events. You will have a major role in helping the team in organising as well as assisting with each event on the day.

If you would like to get involved then please call Jubilee on 0161 763 9030 or email admin@ageukbury.org.uk expressing your interest.

VOLUNTEER DRIVER

Befriending Service - Thursday's



The Befriending Service is looking for a volunteer driver for a couple of hours on a Thursday afternoon to pick up clients and take them to a befriending cluster held at the Bury Blind Society, Tenterden Street, Bury.

Expenses will be paid at 45p a mile.

To find out more please phone Jane on 07541 741891 or email jane@ageukbury.org.uk for further information.

Volunteers are vital to help support people aged 50+ in Bury. If you would like to help at Age UK Bury we would love to hear from you. Please get in touch by calling the Jubilee Centre on 0161 763 9030 with your enquiry and to see what opportunities are available.

VISIT OUR WEBSITE FOR THE LATEST DETAILS

UPCOMING EVENTS

List of events, entertainment and fun social gatherings.



MAY 2026



Dolly Parton Tribute

Friday, 15 May 2026, 19.00 - 23.00 pm

Come and enjoy all the classic hits from this global Country & Western singer.

Tickets just £15 per person.

Bar available.

Raffle prizes - £1 per ticket.

Tickets are available from Jubilee Centre reception.

MAY 2026

Cabaret Act - Tony Squirrel

Saturday, 23 May 2026

Doors and Café open at 11.00 am.

Bingo and raffle between 12.30 pm - 13.15 pm

followed by the Cabaret act.

Tickets just £2 per person.

(this includes two free raffle tickets for entry to the raffle draw)

Tickets are available from Jubilee Centre reception and on the day.

NEW MONTHLY FEATURE
SATURDAY AFTERNOON CABARET AT THE JUBILEE



JUNE 2026

Special Folk Dance Event - Cèilidh with The Barber Band

Friday 5th June - 19.30 pm till 22.30 pm

Cèilidh is a traditional event of dancing, music, and storytelling and we are pleased to announce it's happening at the Jubilee Centre.

Folk group The Barber (Callie) Band will be playing the tunes Patrick Rose calling.

Tickets £10 per person (Pre-booked)

Bar available on the evening.

Purchase your ticket from Jubilee Centre reception or

email buryfolkdanceclub@gmail.com



DATES FOR YOUR DIARY

Upcoming Events...

Saturday afternoon, 23 May - Dr.Sarkar book signing

Saturday afternoon, 27 June - Karen Harvey Cabaret

Saturday afternoon, 27 June - Janet Brady book signing

Friday evening, 17 July - Tina Turner Tribute

Saturday afternoon, 25 July - Wes Brierley Cabaret



FINALLY... A BIT OF FUN

Spring Gardening

There once was a gardener so fine

planted flowers in a very precise line

All watered with care

a little here, a little there

But weeds came through and ruined the design.



Brain Teaser

What's the missing number ?



March's teaser answer: 17
Missing number: 17