

VISIT OUR WEBSITE FOR  
THE LATEST DETAILS

## EVENTS



List of events, entertainment and fun social gatherings.

### JULY 2026

#### Tina Turner Tribute

Friday, 17 July 2026, 19.00 - 23.00 pm



Join us for a special musical evening dedicated to the incredible legacy of Tina Turner and the songs that defined a generation. Come enjoy the music, the memories, and the joy of honouring an icon whose impact still resonates today - an unforgettable night of rhythm, soul, and pure Tina magic.

Tickets just £15 per person.

Bar available.

Raffle prizes - £1 per ticket.

Tickets available from Jubilee Centre reception.



### JULY 2026

#### Cabaret Act - Wes Brierley

Saturday, 25 July 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.



### AUGUST 2026

#### Table Top Sale

Saturday, 8 August 2026



Open from 10.30 am till 14.00 pm.

New and pre-loved items. From clothing and crafts to household goods and bric-a-brac, cakes, and a raffle, there is something for everyone.

Come along, browse the stalls, and grab yourself a bargain.

Cafe will also be open, for drinks, snacks and ice cream.

### DATES FOR YOUR DIARY



#### Upcoming Events...

Saturday afternoon, 22 August - Jamie Jay Cabaret

Saturday, 12 September - Age UK Bury's 30<sup>th</sup> Anniversary Celebrations

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](mailto:events@ageukbury.org.uk) with your enquiry.

### 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.

### COUNSELLING SESSIONS

#### A Special New Service

We have recently recruited a new volunteer named Eleanor Tyson. Eleanor is in her final year of person-centred counselling training.

As a volunteer she is offering counselling in a safe non-judgemental space for clients to share whatever is on your mind. You choose what you would like to talk about. Exploring your thoughts and feelings together, at a pace that suits you. Eleanor is there to listen, offer compassion and help deepen an understanding of yourself and the difficulties you may be going through. Mental well being is important and having the opportunity to talk and feel understood by someone can improve one's mental health. Strengthening feelings of connection and lessening the feelings of isolation.

Eleanor can offer home visits or counselling sessions in a mutual suitable setting. A counselling session normally lasts for 50 minutes to an hour. Weekly sessions work well.

If you are interested in using this special service contact the Jubilee Centre on 0161 763 9030 or email [Jubilee@ageukbury.org.uk](mailto:Jubilee@ageukbury.org.uk) for further information.



### 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!

### YOUR VOICE, YOUR COMMUNITY, YOUR FUTURE

#### Ageing Positively & Powerfully Network

##### 2026 Meeting Dates

Join our network and help shape the services, activities, and opportunities in our community.

All meetings are on a Monday evening at 18.30 pm till 20.00 pm on the following dates: Monday - 17 August and 19 October, 2026.

Share ideas, meet new people, support wellbeing and active living, connect with communities and people, and help to make a difference.

We hope to see you there!



### THANK YOU - KEIRA

#### Keira Scholes - Apprentice

We bid farewell to Keira after 18 months training at Age UK Bury.

Everyone at Age UK Bury expresses their gratitude to Keira for her commitment, contribution, and the enthusiasm that she brought to the team.

Here is a lovely parting message from Keira:

*"I started working for Age UK Bury in September 2024 to complete a Customer Service Apprenticeship. During my time, I have gained so much confidence, and I am incredibly grateful for everything I have learnt. I successfully completed my apprenticeship in March 2026, achieving a Distinction.*

*Age UK Bury has provided me with valuable knowledge and experience, and I am now ready to apply these skills within other organisations, where I can continue to develop and grow professionally.*

*I would like to thank Age UK Bury and all the wonderful people I have met along the way, whose support and encouragement have made it possible for me to progress and move forward in life."*

We truly hope the next chapter brings you new opportunities, new challenges, new friendships, and continued success. You've grown tremendously during your time with us. You'll be missed, but we're excited for what's ahead for you. Best of luck and good fortune!



We have 54 members taking part

### THE 100 NUMBERS CLUB

#### JUNE WINNERS

**Congratulations 1st Prize Winner**

**Num 10, David Wilkinson, £67.50**

2nd - Num 17, Nicola Tomlinson, £40.50

3rd - Num 11, Sheila Barnes, £13.50

Numbers drawn by Claire. *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!



### MUSIC IN MIND - MUSIC SESSIONS

Free sessions, Tuesday afternoons at 14.45 pm till 15.45 pm



The Music in Mind programme supports people living with dementia and their carers as part of the UK's first Centre of Excellence for Music and Dementia. Connect and communicate through the power of music. Real music with real instruments is a wonderful way to engage with others. Join our weekly music-making sessions for people with dementia and their carers. They are light-hearted and uplifting.

Do you know someone with dementia that would enjoy creating and expressing themselves through music? Please bring them along to a music session.

It will be a great experience for them and it's Free!

Refreshments are served before the session at 14.15 pm.

Sessions start at 14.45 pm.

### CHARITY SHOP ITEMS

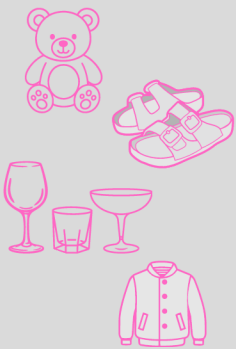
Donations needed

Our charity shops, which play a vital role in our community, have been so busy that certain items are low on stock or have completely 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!

We also offer a collection service. Please call Jubilee reception on 0161763 9030 to discuss suitability and make arrangements. (please make sure that items are bagged and ready for collection before hand).



### WE ARE LOOKING FOR MUSIC CHAMPIONS

Tuesday afternoons, from 14.30 to 16.00 pm

Do you enjoy music?

Do you want to assist those suffering from dementia?

Would you like to collaborate creating music to bring joy to the lives of those suffering from dementia?

Volunteer to be a music champion!

It doesn't require any musical skills, and it will be a rewarding experience!

Please call Jubilee Centre on 0161 763 9030 or email

admin@ageukbury.org.uk expressing your interest and for more information.



### JULY BOOK SIGNING EVENT

#### Local author Dr. Sarkar back at the Jubilee Centre in July



A Simple Guide to  
Staying Healthy  
& Living Longer  
2nd Edition (2025)

A guide to a healthy life,  
without chronic illnesses

Dr Shyamal K. Sarkar MBBS, DPM, FRCGS

*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 Tuesday, 21st July from 10.30 am 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.

### TAI CHI QIGONG SESSIONS

#### Daytime & Evening Classes Now On

Daytime sessions:

- Thursday's, 10.45 - 11.45 am @ £5.50
- Friday's, 09.15 - 10.15 am @ £5.50
- Friday's, 10.30 - 11.30 am @ £5.50

Evening session:

- Tuesday's, 19.00 - 20.30 pm @ £8.50

Friendly, welcoming class for all levels. Join us for:

- 18 Move Tai Chi Qigong Shibashi Set (Daytimes only)
- 13 Movement Tai Chi Hand Form (Evenings only)
- Tai Chi Walking & Stepping (Evenings only)
- Optional co-operative partner drills (Evenings only)
- Gentle Self Massage
- Chair based Qi Gong Meditation
- Breathwork

No need to book just simply drop-in.

Our Tai Chi classes are special in that everyone can do the same flowing movements while sitting or standing, making them appropriate for all fitness and mobility levels. Stop by and experience the benefits of Tai Chi.



### JULY BOOK SIGNING

#### Janet Brady is back at the Jubilee Centre in July



Local author Janet Brady will be at the Jubilee Centre on Saturday, 4th July 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.

### EVENT - UPDATE

#### Folk Dancing Ceilidh Evening



With traditional Ceilidh music filling the air by The Barber Band everyone enjoyed the simple pleasure of moving to the upbeat rhythms of the folk music with group circle and line formation dances, guided by caller Patrick Rose who ensured everyone knew the steps.



The smiles and energetic movements highlighting how much everyone enjoyed themselves. The evening also raised £500 for the Jubilee Centre. We appreciate everyone's generosity and the band's contribution of their free time. A huge *Thank You* to everyone for your support!

### EVENT - UPDATE

#### Afternoon Tea at the Jubilee Centre



There was light-hearted conversation, a warm, happy atmosphere and a lot of laughter in the Jubilee Centre conservatory to enjoy a delightful Afternoon Tea. Little tasty treats of finger sandwiches, buttery scones, and sweet pastries, along with our special China cups and saucers added that extra special touch.



Many people complimented on how much fun they had and how good value it was. It was wonderful to see everyone enjoying the delicate delicious delights. We thank everyone who attended, glad you all enjoyed yourselves and made it such a pleasant afternoon. Hearing that you're eagerly anticipating the next one means a lot to us.

### JUBILEE CAFE OPEN ON SATURDAYS

#### Saturday from 10.00 till 16.00 pm



We are pleased to announce back by popular demand 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 or grab a cooling and refreshing ice cream, and take in the lovely surroundings of Clarence Park or enjoy a leisurely walk around the Lido. A great way to start your weekend.

### VACANCIES AND OPPORTUNITIES

Full time & Volunteering



#### JOB VACANCY

##### Assistant Service Manager

An exciting new role to support the effective operational delivery and continuous improvement of Age UK Bury's integrated community services for people aged 50+ including Home from Hospital, Befriending, Friends Together (group support), Handyperson and Information and Advice.

Please call Jubilee on 0161 763 9030 or email [admin@ageukbury.org.uk](mailto:admin@ageukbury.org.uk) or visit our website at: <https://www.ageuk.org.uk/bury/get-involved/work-for-us/> for more details and to download an application form.



#### JOB VACANCY

##### Home from Hospital Service Officer x 3 (Part-time)

Three part-time positions (21 hours per week) are available to assist elderly patients who have been discharged from the hospital providing them with the practical and emotional help they need to recover and settle back in 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](mailto:admin@ageukbury.org.uk) or visit our website at: <https://www.ageuk.org.uk/bury/get-involved/work-for-us/> where you can 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](mailto: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 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](mailto:admin@ageukbury.org.uk) expressing your interest.

### VOLUNTEER DRIVERS

#### Befriending Service - Tuesday Afternoons



Volunteer

Our cluster meet-up group meets at Dumers Lane every Tuesday from 13:00 to 15:00 pm. 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 like to help out one afternoon a week.

#### Befriending Service - Thursday Afternoons

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 55p a mile.

To find out more please phone Jane on 07541 741891 or email [jane@ageukbury.org.uk](mailto:jane@ageukbury.org.uk) for further information.

### VOLUNTEER BINGO & QUIZ HOST

#### Weekly on Wednesday Afternoons



Volunteer

We are looking for a cheerful and enthusiastic volunteer to host a fun-filled Bingo and Quiz afternoon for members of our community at the Jubilee Centre on Wednesday afternoons, between 13.30 pm to 16.00 pm.

You will oversee entertaining bingo and quiz activities that have a warm and enjoyable environment with a healthy dose of friendly competitiveness.

It's also a chance to meet, get to know, and form friendships with new people. For more information and a volunteer pack, please give Jubilee Centre a call on 0161 763 9030 if you are willing and able to commit one afternoon per week.

### FINALLY... A BIT OF FUN

#### Sunny Weather

A sunbather fell fast asleep  
And got burned in a bright crimson heap  
Now he's lobster-red bright  
A regrettable sight  
Every slight movement makes him weep

#### Brain Teaser

Solve this ?

$$5 + 3 = 28$$

$$9 + 1 = 810$$

$$8 + 6 = 214$$

$$5 + 4 = 19$$

$$\text{Then } 7 + 5 = ?$$