

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

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.

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.

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.

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 - 1 June; 17 August; 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!



THE GREATER MANCHESTER COLLECTIVE

A New Charities Partnership in the North West

Age UK Bury has joined the Age UK Greater Manchester Collective.

The collective is a bold new alliance that aims to ensure that every older person in the region may age well. It is formed by a number of local Age UK charities around Greater Manchester.

While each charity maintains its independence and local roots, by coming together as a collective, we can address some of the most pressing problems that older people face today, such as growing energy costs, loneliness, and health disparities.

The Collective works throughout Greater Manchester to provide useful support that enhances lives and makes the region more age-friendly.



We have 52 members taking part



THE 100 NUMBERS CLUB

MAY WINNERS

Congratulations 1st Prize Winner

Num 33, Christine Pickup £65.00

2nd - Num 43, Jean Ashcroft, £39

3rd - Num 70, Collette Dickson, £13

Numbers drawn by Jean. *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!



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!



SERVICES SPOTLIGHT

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 for further information.



FRIENDS TOGETHER

Friends Together Hubs

Connecting with others is essential for our well-being, especially as we age. If you find yourself spending most of your week alone, consider joining our Friends Together Hub designed for adults aged 65 and over.

These gatherings offer a wonderful opportunity to meet new friends, share stories, enjoy engaging activities and have a lovely two course lunch.

Our activities include arts and crafts, dominoes, bingo and board games, along with regular days out and parties throughout the year.

Our hubs are located in the north of Bury, Prestwich, Whitefield and Radcliffe and operate Monday to Thursday, 10.00 am till 16.00 pm.

We also offer (when available) minibuss transport.

Friends Together Activities

A busy May month at the hubs with lots of activities, breakfast club, cheese and biscuit mornings, quiz day and games day.

Winners of the activities card are Angela, Julian and John. Congratulations!

Stepping out for a day can brighten your spirits, make new memories and enjoy the company of others! For more details please call Jubilee on 0161 763 9030.



Friends Together



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.

TAI CHI QIGONG SESSIONS

Daytime & Evening Classes Now On

Daytime sessions:

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

Evening session:

- Tuesday, 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.

WALKING FOOTBALL

A New Activity Taster Session at the Jubilee Centre



Walking Football is the fast-growing, low-impact version of football that's perfect for older adults aged 50+ who want to stay active, social, and want to enjoy the sport without running, heavy physical contact or risk of injury.

Open to Men and Women it's a great way to stay fit and healthy. It can help reduce stress or anxiety, and is a great way to meet new people and build friendships. It's played on a smaller pitch, with a referee, a shorter game time and teams typically of 6-a-side.

A taster session is being held at the Jubilee Centre on Friday, 26 June, from 11.00 to 13.00 pm. Stop by and discover a new exciting activity, and it's Free!

JULY BOOK SIGNING EVENT

Janet Brady back at the Jubilee Centre in July



Local author Janet Brady will be at the Jubilee Centre on Saturday, 4 July from 11.00 till 14.00 pm to chat about her latest publication 'Woolly's Song'.

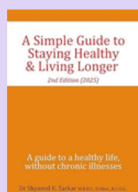
Please stop by to discover the story of Woolly and his adventures.

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.

SIGNED 'STAYING HEALTHY' BOOK

A book by local author Dr. Sarkar



After the successful book signing, further signed copies of Dr. Sarkar's book "A Simple Guide to Staying Healthy & Living Longer" are available from the Jubilee Centre reception.

The book 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 that can transform wellbeing at any age.

Each book is £10.00 of which a percentage of the profit goes to Age UK Bury.

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 STATIONERY

We are short on supplies



We are in urgent need of stationery supplies. If you have unused stationery, 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.

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.

EVENT - UPDATE

Co-Op Stall



Lots of visitors to the Jubilee Centre stopped by the Co-op stall which had a selection of sugary treats in aid of Dementia week.

Everyone was spoiled for choice from lovely biscuits to a selection of hard boiled, gummy and traditional sweets that we all know and love.

The selection of fairtrade chocolate was especially appealing with lots of taste testing going on.

Lindsey and Sheena had lots of fun reminiscing with everyone about which sweets were their favourites.

Become a Co-op member at <https://membership.coop.co.uk/causes> and select Age UK Bury as your chosen cause.

EVENT - UPDATE

Dolly Parton Tribute (Carla Palmer)



Dolly tribute act took the stage, with a whirlwind of big hair and colourful outfits and channeled Dolly's country music charm.

From the moment Dolly songs classics like "Jolene" as well "Rose Garden" and "9 to 5", the crowd was transported back in time, foot tapping, dancing or simply singing along.



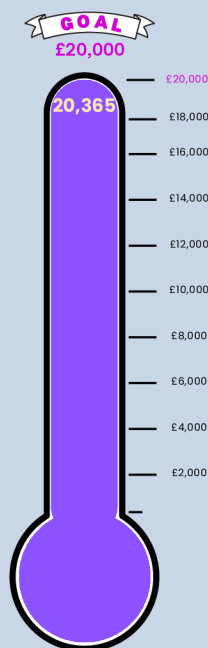
With a rich blend of vocals, Carla not only honoured the legend but also brought a pleasant twist to beloved favourites.

The audience were elevated on a 'Stairway to Heaven'. A memorable evening for everyone involved.

FUNDRAISING UPDATE

Refurbishment for the Jubilee Centre

The daughters Joanne and Roberta of Patricia Thorpe who recently passed away requested that a donation be made to Age UK Bury in lieu of flowers, and they were able to raise £387.86. Thank you.



We have reached our Goal !

It has taken many many months but we have finally done it thanks to you and your kindness. The funds will go towards improvements and making the Jubilee Centre a great place to visit for older people and anyone of any age. We are extremely grateful for the generosity and support.

If you would like to support and help people in Bury then please kindly give your donation to Age UK Bury directly. Simply contact the Jubilee Centre reception and ask for our bank details for direct payments, or we also gladly accept cheques and cash. Donations will get a shout-out and be highlighted in our Monthly newsletter.

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





VOLUNTEER BINGO & QUIZ HOST

Weekly on Wednesday Afternoons

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.



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 them on our online stores that would be a great help. Travel expenses will be reimbursed.

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



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 DRIVERS

Befriending Service - Tuesday Afternoons

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 for further information.

VISIT OUR WEBSITE FOR
THE LATEST DETAILS

UPCOMING EVENTS

List of events, entertainment and fun social gatherings.



JUNE 2026

Special Folk Dance Event - Cèilidh with The Barber Band

Friday, 5 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 Band will be playing the tunes and 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



JUNE 2026

Cabaret Act - Karen Harvey Saturday, 27 June 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**



DATES FOR YOUR DIARY

Upcoming Events...

Saturday afternoon, 4 July - Janet Brady book signing
Friday evening, 17 July - Tina Turner Tribute
Saturday afternoon, 25 July - Wes Brierley Cabaret



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.

FINALLY... A BIT OF FUN

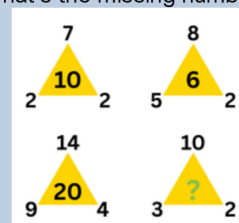
May Temps

In May, the heat reached new heights,
breaking records from morning to night
The sun blazed like fire,
made folks sweat and perspire,
almost making them ignite



Brain Teaser

What's the missing number ?



April's teaser answer:
Missing number: