

## 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' web tabs.



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

Don't forget to hit that Follow!



### Item Donations

*Donations of brand-new, unwanted items that might work as tombola or raffle prizes would be greatly appreciated. Please hand them in at Jubilee Reception.*

## JUBILEE CAFE NEWS

We are happy to announce the Jubilee Café is open on Saturdays.

Come along and have a brew and a bite to eat and enjoy a leisurely walk around the Lido or just take in the lovely surroundings of Clarence Park.

**Open from 10.00 am till 16.00 pm**



## THANK YOU - TRUSTEE

### Joan Rees - Chair



We bid farewell to Joan after 14 years as a Trustee of Age UK Bury.

Joan, first started as a volunteer for *Age Concern Bury*, as it was known then. This led to becoming a Trustee, followed by Deputy Chair then on finally to Chair of Age UK Bury.

We want to express our heartfelt gratitude for her unwavering commitment and invaluable contributions to the board.

Joan's commitment and dedication have significantly shaped the charity, and her insights will be deeply missed. Thank you, Joan, for your work and wisdom.

We wish you all the best in your future endeavours!

## AGE UK BURY AT BURY PRIDE

### Celebrating Diversity and Unity in Bury

Age UK Bury will be taking part in this year's Bury Pride festival. We will be highlighting the services we offer and our dedicated work within the Bury community. There will be tote bags, pens, and leaflets available.

Please come down and join us at our stall on Saturday 7<sup>th</sup> June from 12.00 pm.

It will be a fun packed afternoon in Bury town centre!



## VE DAY CELEBRATIONS

### Jubilee Centre Tribute

The Jubilee Centre came alive on May 8<sup>th</sup> 2025 as many local people from Bury celebrated VE Day marking the 80th anniversary of the end of World War II in Europe.

The Jubilee hosted a mini 'indoor street party', filled with food and music traditional at the time, with people coming together in a spirit of unity, all while paying tribute to the brave souls who sacrificed their lives during the conflict.

Special guest local MP James Firth and Council member Sandra Walmsley joined in with the celebrations, whilst the Jubilee Community Choir also performed a selection of traditional war time songs.

Chesham Primary Choir also performed songs which everyone really enjoyed. Thank you to the kids at Chesham school for being part of this special day.

It was a lovely day and not just about celebration; it was about remembering those who gave everything for our future.



*'Together, we honour the past and celebrate a future built on unity, hope, love and peace'*

## SUE IS RETIRING

### Tai Chi Tutor - Sue Johnson

After almost 25 years as a tutor at the Jubilee Centre, Sue is retiring, leaving Bury and moving to pastures new.

Sue is leaving with our sincere gratitude for the many years of wonderful instruction she has provided.

Sue will be missed by all at the Jubilee, especially her tai chi students.

Finding someone to fill such (well-worn) shoes will be challenging.

Sue, we hope you have a joyful and fun-filled retirement!



## CONNECT COMMS GOLF DAY

### Golf Day in aid of Age UK Bury & Bury Hospice

The Connect Comms Charity Golf Day is returning at Harwood Golf Club this June to support two of Bury's best known charities.

**Friday, 27<sup>th</sup> June 2025 at Harwood Golf Club from 9.00 am**

A great day out for everyone, make sure to get down and show your support and cheer on the teams.

If you would like to sponsor a golf hole please contact Oscar at Connect Comms on 0161 764 5242.

## HOME FROM HOSPITAL SERVICE

Home from Hospital is a free 6 week service for the local community within Bury. It is run by Age UK Bury and based at Fairfield General Hospital, Bury.

We support:

- Those over the age of 50 who live alone
- Are the main carer at home
- Live with another person who is unable to support with daily cares
- Those who have recently been discharged from hospital or A&E
- Those who live in Bury

What we can help with:

- Information and advice
- Guidance with applying for financial entitlements
- Introduction to social activities in the Bury area
- Help and support from other community & voluntary sector organisations in Bury
- Practical help from our Handy Person Team
- Providing welfare checks in the initial post discharge phase
- Support with grocery shopping during the early stages of discharge
- Support with escorting to hospital appointments (subject to individual's mobility)
- Liaising with other professionals if required



Referrals can be requested by phone or email via Hospital ward or A&E, a self-referral, or from family or friend.

Email: [homefromhospital@ageukbury.org.uk](mailto:homefromhospital@ageukbury.org.uk)

Service Manager: Contact Iris on 07935 114 013 or email [iris@ageukbury.org.uk](mailto:iris@ageukbury.org.uk)

**We would like to welcome on board, new team member, Kate Bird.**

## CAFE VOUCHERS

**Gift Vouchers Now Available !**

We are pleased to introduce our cafe's new Gift Vouchers. This is a wonderful way to give a family member, friend, or loved one a treat. The Gift Vouchers are available for purchase from Jubilee Reception in a variety of denominations. £5, £10, £15, £20.



## THE 100 NUMBERS CLUB

### APRIL WINNERS

**Congratulations 1st Prize Winner**

**Num 55, Christine Darrock £73.75**

**2nd - Num 67, Wendy Keir £44.25**

**3rd - Num 28, Yvonne Leech £14.75**

Try your luck and join in on the monthly fun.

Simply visit our website, complete the form,

and get ready for the upcoming draw. Wishing you luck!



We have 59 members taking part



## MUSIC IN MIND PROGRAMME

### Third Term Under Way

With the previous two terms being a big success and enjoyed by everyone, we have moved forward into a third term of MiM.

The participants and their carers who have been attending our free afternoon sessions have been abuzz using handheld instruments and making music.

Do you know someone with dementia that would enjoy and benefit from taking part in the music session? Please bring them along.

**Tuesday afternoons, arrival by 14.30 pm, session starts at 14.45 pm**

Refreshments are served before the session.



## WE ARE LOOKING FOR MUSIC CHAMPIONS

### Would you like to help people with dementia?



Do you like music?

Would you like to bring joy to the lives of people with dementia by making music together?

### Volunteer to be a music champion!

This will be a rewarding experience and no musical knowledge required!

Please call Jubilee on 0161 763 9030 or email [admin@ageukbury.org.uk](mailto:admin@ageukbury.org.uk) expressing your interest and for more information.

## EVENT - UPDATE

### ABBARELLA Evening

Local tribute band Abbarella took to the stage with selection a catchy tunes and 80's outfits, they had everyone saying, "Mamma Mia, here we go again!"

The band channelled the Swedish supergroup and had the crowd grooving and reminiscing about their own disco days and no doubt crazy outfits and hairstyles.

A few 'Dancing Queens' took to the dance floor and showed off their moves.

A thoroughly entertaining evening enjoyed by all  
'Thank You For The Music...' ABBARELLA.

We raised an amazing £1994 to go to the refurbishment fund of the Jubilee. A huge Thank You! to everyone for your support.





### ACTIVITIES SPOTLIGHT

#### Line Dancing with Julie Hawkins (Jules Line Dance)

Our new Line Dancing teacher has been a big hit with our dancing regulars. Mixing it up with new moves and tunes Julie has added a new layer of enjoyment for everyone and the feedback to her new style of classes has been incredibly positive with more and more people joining in each week.

Line Dancing sessions are held on **Friday Afternoons**.

Our current timetable is:-

- **11.45 am to 12.45 pm: Absolute beginners/Beginners**
- **12.45 pm to 14.00 pm: Improvers/Intermediates**
- **14.00 pm to 15.45 pm: All Request Social**

To attend and enjoy each line dance session is only £5 per session. Stop by a Friday afternoon and enjoy a whole new experience.



Line Dancing

### ACTIVITIES SPOTLIGHT

#### Sequence Dancing

Sequence dancing, incorporates dances of many different styles, is a type of dance where a predetermined pattern of movements is followed.

It is based on traditional Latin and Ballroom dancing, where everyone does the same defined routines simultaneously, making it a fun and engaging exercise where everyone moves in time.

We have Beginners dance sessions **every Thursday at 12.15 pm to 13.15 pm**.

Class fee £5.50. Come along and join in the synchronized fun.

It is a great way to make new friends and to enjoy a healthy life!



Sequence Dancing

### ACTIVITIES SPOTLIGHT

#### Yoga - Monday Mornings or Evenings

Yoga is an ancient Indian practice that connects mind, body, and spirit through physical postures, breathing techniques, and meditation. It's a discipline that aims to bring harmony between the inner self and the external world, promoting both physical and mental well-being.

Yoga is a safe and effective way to increase physical activity – especially strength, flexibility and balance. Evidence suggests that people may benefit from doing yoga on a regular basis especially those with high blood pressure, heart disease, aches and pains – including lower back pain – depression and stress.

Our yoga classes take place:

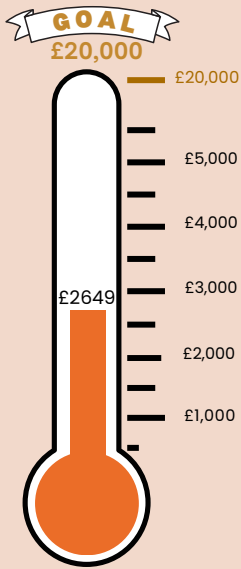
- **Monday morning - every week: 11.00 am to 12.30 am - Cost £6.00**
- **Monday evenings - 1st and 3rd week of the month bimonthly - 18.00 pm to 19.30 pm - Cost: £8.50**

**The next evenings sessions are on: 2<sup>nd</sup>, 16<sup>th</sup>, 30<sup>th</sup> June.**

(Please bring your own yoga mat).



Yoga



## FUNDRAISING UPDATE

### REFURBISHMENT FOR THE JUBILEE CENTRE

**ABBARELLA Event - £1994** (includes ANONYMOUS DONATION - £300)

A fab event at the Jubilee highlighted by a generous anonymous donation received during the Abbarella evening.

The person left a staggering £300 in a donation bucket. 😲  
Truly amazing and overwhelming. THANK YOU so much !

## VACANCIES AND OPPORTUNITIES

Full time & Volunteering



## TRUSTEES - SEEKING NEW MEMBERS

**We are looking for Trustees with specific skill sets to join the charity**

Do you, or do you know someone, with spare time, drive and commitment willing to help guide the charity?

Possess the abilities, know-how, and skills necessary to lead, support, and help expand the charity?

Would like to play a key part in the management and administration of the organisation?



### LEGAL EXPERT AND ADVISOR

Legal skills and knowledge?

Willingness and commitment? Spare time? Please get in contact.

### ACCOUNTS AND FINANCE

Accountancy and financial skills? Good with numbers and spreadsheets?

Meticulous and thorough. Please get in contact.

For an informal chat and more information please call Jubilee on **0161 763 9030** and ask to speak to Ania or email your CV to **ania@ageukbury.org.uk** along with and a short cover note outlining your experience.

## VOLUNTEERS NEEDED

### JUBILEE CAFE

Do you have any spare time and would like to do something rewarding and socially active for an amazing charity?

We are looking for volunteers to help in the Jubilee Café, any odd day or few hours you have free, Monday through to Saturday, who are eager to leave a positive mark on the hospitality industry and evolve alongside a dedicated team.

Excited to be in a creative and busy environment.

Able to engage warmly with café customers and passionate about customer service.

Be part of this local charity, helping it grow and making a difference to the visitors to the Centre and people living in Bury.

We would love to hear from you. Please call Jubilee on **0161 763 9030** or email [admin@ageukbury.org.uk](mailto:admin@ageukbury.org.uk) for further information and for a volunteer pack.



## VOLUNTEERS NEEDED

### BURY AND RAMSBOTTOM SHOPS

Do you have any spare time and would like to do something rewarding and socially active?

Enjoying meeting and helping people?

Would you like to help out in one of our charity shops in Bury or Ramsbottom?

Any weekday or weekend you are free, even a few hours will be a great help.

We would love to hear from you. Please call Jubilee on **0161 763 9030** or email [admin@ageukbury.org.uk](mailto:admin@ageukbury.org.uk) for further information and for a volunteer pack.



## VOLUNTEERS NEEDED

### KEEPING-IN-TOUCH SERVICE

Do you have spare time to support someone via a friendly phone call?

There is a high demand for our phone service. We are committed to staying in touch with those who are confined to their homes, manage independently, or simply want a kind voice on the other end of the phone.

If you would like to volunteer and make a difference please contact **Steph** on **07725 735811** or email [steph@ageukbury.org.uk](mailto:steph@ageukbury.org.uk) for information.



### UPCOMING EVENTS

List of events, entertainment and fun social gatherings.



### JUNE 2025



#### Royal Ascot Afternoon Tea - Saturday, June 21st Afternoon Tea served at 14.00 pm

Enjoy a sophisticated afternoon at the Jubilee with Afternoon Tea and a little bit of horse racing from Royal Ascot.

The afternoon includes a special selection of finger sandwiches, scones, cakes, and pastries with unlimited tea or coffee. A racecard, sweepstakes, and best dressed competition.

Prizes awarded throughout the day.

Raffle Prizes. Bar available.

Tickets £20 per person. (Purchased in advance)

To book visit **Jubilee Reception** or call **0161 763 9030**

### JUNE 2025

#### Special Folk Dance Event - Cèilidh with The Barber Band Friday 13<sup>th</sup> June - 19.30 pm till 22.30 pm

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

Folk group The Barber Band will be playing the tunes and Nikki Hamspon will be your caller.

Bar available on the evening.

Tickets £10 per person (Pre-booked)

Purchase your ticket from **Jubilee Reception** or call **0161 763 9030**.



#### DATES FOR YOUR DIARY...

Family Fun Day - July 12th

The Jersey Boys - July 18th

The Bootleg 60's - September 26th

Texas Tornados - November 28th

VISIT OUR  
WEBSITE FOR THE  
LATEST AND  
UPCOMING EVENTS  
DETAILS

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/Leisa to discuss hiring the room and amenities or email [events@ageukbury.org.uk](mailto:events@ageukbury.org.uk) with your enquiry

### FINALLY... A BIT OF FUN

#### Limerick of the Month - Springtime

Now May's bright sun has been quite absurd,  
Turning gardens so dry —it's unheard!  
We got through the heat,  
With a cold bevvv as a treat,  
For springtime's been so amazing —oh my word!

