

# Let's live well

LET'S  
do it!

Who	Where	When	What	Cost	Contact
<b>Bee Inclusive - Social/Educational Activities for SEND children &amp; young people</b>	Various locations	Monday 4 <sup>th</sup> April 1-2pm  Monday 11 <sup>th</sup> April 10.30-11.30am  Plus, various dates throughout the year	Kids Rock.  Shake, Rattle, Roll.	Free - The activities are open to any child/family of a child/young person with SEND in Bury	For more information on the next sessions see posters attached or please contact <a href="mailto:hellobeeinclusive@gmail.com">hellobeeinclusive@gmail.com</a>
<b>Bury Hospice – Caring for carers through Outreach</b>	Patients own homes	Throughout the year	Providing respite for carers.	Free	Providing support to carers who are looking after loved ones with a life limiting illness in their own homes. <a href="mailto:info@buryhospice.org.uk">info@buryhospice.org.uk</a>
<b>Bury Tandem Club – Meet the Need/Endurance Ride</b>	Meet behind Tottington Carpets	Every Sunday morning for 9.30am set off	Tandem cycling for blind or partially sighted people.  Bury to Blackpool ride 17 <sup>th</sup> July.	£3 per stoker	<b>Also looking to recruit more volunteer pilots and stokers.</b>  More information and contact form here  <a href="http://bury-tandem-club.org">Bury Tandem Club for Blind and Partially Sighted People (bury-tandem-club.org)</a>
<b>The Big Fandango – Bury Suicide Safe Community Project</b>	The Big Fandango, Bolton St, Bury	Once a month – Wednesday 6 <sup>th</sup> April 2pm-5pm	Suicide Prevention Training: training for front facing businesses and 3 <sup>rd</sup> sector organisations.	First place free	Please contact Rebecca to book on a session <a href="mailto:info@thebigfandango.com">info@thebigfandango.com</a> 07771644604

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<b>The Sunnywood Project – Let's Adventure</b>	Kirklees Valley Local Nature Reserve, Clarence Park & Chesham Woods. And coming soon Close Park, Radcliffe	Self-led – anytime	Time Trial with three levels which vary in distance (1km to 5km) and difficulty. Record how long it takes your team to walk, jog or run.	Free	Once completed, scan the QR Code to upload your time, your time will be added to the leader board and a virtual certificate sent out. <a href="https://thesunnywoodproject.co.uk">Time Trial   Sunnywood Project (thesunnywoodproject.co.uk)</a>
	Chesham Woods	Coming in April Self-led - anytime	Dragon Quest	Free	Search for the hidden chest, retrieve the dragon egg and get a free medal.
<b>Jigsaw – Let's Do It Jigsaw!</b>	Various locations	Weekly on Fridays 8 <sup>th</sup> April – 23 <sup>rd</sup> Sept	Social walk	£4 - £6	Jigsaw is a member led organisation that aims to promote fun, freedom, and independence for disabled people in the Bury Metropolitan area.  <b>For Jigsaw &amp; Jigsaw Link members only - Join here</b> <a href="#">Jigsaw Bury   Sports &amp; Social Group   Befriending Service</a>  <a href="mailto:jigsaw@bury.gov.uk">jigsaw@bury.gov.uk</a>  0161 253 6853
		April – August	Feel Good Workshops	£10 - £12.50	
		April – Sept	Making the Most of Me Healthy Living sessions	Free	
		Weekly on Monday Evenings 6 <sup>th</sup> June – 22 <sup>nd</sup> Aug	Athletics sessions	£8	