

LET'S stay well this winter

East Bury including Moorside, Redvales and Bury Town Centre

Find a warm welcome this winter with activities in a safe, inviting, and friendly environment

Springs Drop-in Café The Activity Centre, 25 Dorset Drive, Bury, BL9 9DN
Community drop-in cafe every Monday during term time from 10am- 1pm.
Open to all. There are free tea, coffee, and snacks and advice and information

The Attic Project 3 Russell Street, Bury, BL9 5AX. Tel - 0161 258 6145
Free hot drinks, refreshments and books with activities available throughout the week. Please contact to check on Thurs.
Every Tues morning 10am- 12pm (employment support)
Every Weds and Thurs 11am- 1pm (peer support group)
Every Tues and Thurs all day (drop-in)

Trust House (within Metro Christian Centre) Parkhills Road, Bury, BL9 9AU
Tel: 07411964653
Community café with free breakfast and lunch. Warm, dry environment and everyone welcome. Open Mondays, Tuesdays, Thursdays, and Fridays 10am – 2pm.

Bury Carers Hub Bury Masonic Hall, 25 Parson's Lane, Bury, BL9 0LY
Informal and friendly weekly coffee morning for carers and their loved ones, free refreshments. Open Weds, 10.30am-noon

The Big Fandango 34 Bolton St, Bury, BL9 0LL
Everybody welcome at knitting Wednesdays from 11am-5pm. £3 with unlimited tea, coffee, and a safe warm space. Open Weds 11am-5pm

ADAB Bury Mosses Centre, Edward Street, Bury, BL9 0RZ
Warm and safe space available for residents from an ethnic minority origin with activities and drop-ins.

- Mon- 10am Sewing Club and 1.30pm Red Rose over 65 club offering light exercises, speakers, board games and music
- Weds - 12pm Lunch Club with emotional wellbeing support and 7pm classic movies club
- Thurs- 1.30pm ladies keep fit and 6.30pm Pakistani and Indian Music Karaoke Club
- Fri - 8.30-11.30am - Armed Forces Veterans Breakfast Club

The Met Market Street, Bury, BL9 0BW
Free workshop sessions including fortnightly 'Meet Me at The Met' session for over 50s free art activity and teas and coffees Mons 11am- 1pm.
<https://themet.org.uk/event/meet-me-at-the-met/>

One Step Vibe personal training Studio
Unit 7, Albert Works, Brook Street, Bury, BL9 6AH
Supportive group sessions in a warm and cosy environment, along with brews, toast and biscuits. Donation of £2 but is not at all mandatory.

- Mon & Thurs - 10.30pm- 12.30pm (Men's Groups)
- Weds - 6pm-8pm (Mixed Art Therapy Group)
- Mon & Thurs - 1pm-3.30pm (Women's Groups)

FGRS Community Hub Bury Football Club, Gigg Lane, Bury, BL9 9HR
Activities for Bury residents as well as food and clothes bank.

- Mon 10am-12pm children messy play or art and craft sessions
- Mon, Weds, and Fri 9:30am- 3pm chill & chat
- Every Weds 2- 4pm knit and natter
- Thurs 9:30-11:30 parent and child play group
- Every other Fri Breakfast club

Bury Library, Manchester Road, Bury, BL9 0DG
Access to library and computer suite and activities. See <https://www.bury.gov.uk>

Tuesday	10am to 4.30pm
Wednesday	10am to 4.30pm
Thursday	12.30pm to 7pm
Friday	10am to 4.30pm
Saturday	9.30am to 1pm

Castle Leisure Centre
Bolton Street, Bury, Lancashire, BL9 0EZ
<https://www.bury.gov.uk/index.aspx?articleid=11408>
Access to pool and gym facilities (with membership). Vending machines available.
Opening days and times see website for more details

St Peter's Church St Peter's Road, Bury, BL9 9QZ
A Warm Space open to the public with tea, coffee and biscuits. Tuesdays 1.30pm and 5pm

Chesham Community Centre 95 Chesham Fold Rd, Bury BL9 6JZ
Warm soup and a roll or drink and cake. Mondays at 9:30-1pm

Topping Fold Community Centre 36 Topping Fold Rd, Bury BL9 7NG
Warm drink, soup or cake. Monday 10-2pm, Tuesday 9:30-2pm, Thursday 9:30-2pm, Friday 9:30-2pm

Ingeus Imperial House, Hornby Street, Bury, BL9 5BN
Drop in for tea, toast, jam, cuppa soups and biscuits. Monday and Friday -10am- 5pm

Bury Baptist Church 114 Manchester Rd, Bury BL9 0TH
Free coffee shop every Wednesday 10:30 am - 1:30 pm
07922 076258

Bury Art Museum & Sculpture Centre Moss St, Bury BL9 0DR
Gallery open to everyone with Tina's Tea Room to buy a hot coffee and a cake. <https://buryartmuseum.co.uk/>

- Tina's Tea room Tue-Fri- 10am- 3.30pm
- Gallery- Tue- Fri 10am- 5pm and Sat 10am- 4:30pm

