

Bury East #Let'sLiveWell activities

Who	Where	When	What	Cost	Contact
ADAB – Wellness 4 Women	The Mosses Centre	Thursday 1-2pm	Women's-only exercise	Free	01617612079 admin@adab.org.uk
BAME Project – Bury Get Active	Bury Defence Academy	Tuesday 5.15-6.30	Women's-only exercise	£2	07368380082 thebameprojectbyuf@gmail.com
Eagles Wing – Come as Strangers, Stay as Friends	Bury United Reform Church	Tuesday 10-12 Thursday 10-12	Art and Sewing Group and Support. Parents support group	Free Free	07917302061 sue.k.arnall@gmail.com
Tackle it Together – Men's Wellbeing Project	Castle Leisure Centre	Monday and Thursday 5.15-6pm	Age 40+ Men's football and chat	£2.50	Please email before attending a.greenhalgh@bury.gov.uk
East Ward Growing Together – Grow Well, Eat Well, Live Well	Walnut Allotments	Starting in March. Every Monday 10-12	Growing / Gardening club	Free	07522129530 walnutallotments@gmail.com
Incredible Edible Brandlesholme -	Outside Lamppost Café Burrs	Tuesday 1.30pm	Easy walking group	Free	0161 761 0046 jean823foster@btinternet.com
Health Watch Bury – Health Access Assistance	Bury United Reform Church	Thursday 10-12.00	Health and advice drop-in	Free	01612536300 info@healthwatchbury.co.uk For anyone struggling due to language barriers, online access or understanding of how to contact local services.
Supporting Sisters – Walking and Talking	Supporting Sisters Walmersley Road	Fortnightly Sunday morning	Women's-only Walk and Talk	Free	Contact for details /date/ time / meeting place 07743495465 ssistersbury@gmail.com