

Let's live well

LET'S
do it

Who	Where	When	What	Cost	Contact
ADAB – Wellness 4 Women – Red Rose social group	The Mosses Centre	Thursday 1- 2pm	Women's- only exercise	Free	01617612079 admin@adab.org.uk
		Monday 2- 3.30pm	Over 60's (or under 😊)	£2	
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 Term time only	Art and Sewing Group and Support.	Free	07917302061 sue.k.arnall@gmail.com
		Thursday 10-12 Term time only	Parents support group	Free	
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	Mondays 10-12	Growing / Gardening club	Free	A really friendly group, in a peaceful space, all welcome. 07522129530 eastwardgrowingtogether@gmail.com
Incredible Edible Brandlesholme -	Outside Lamppost Café Burrs	Tuesday 1.30pm	Easy walking group	Free	0161 761 0046 jean823foster@btinternet.com https://www.live4energy.co.uk/incredible-edible-our-community-garden/
Age UK Bury – New Activities at the Jubilee Centre	The Jubilee Centre, Clarence Park	Thursday and Friday 9.30- 10.30am	Men's only exercise session.	Introductory cost £2.50	01617639030 admin@ageukbury.org.uk

Let's live well

LET'S
do it

Age UK Bury – New Activities at the Jubilee Centre	The Jubilee Centre, Clarence Park	Starting 21 st April 10.00 – 12.00 Weds weekly 2pm- 2.45pm	Live Life to the Full 6- week course Live stream exercise session on YouTube	£2.50 per week No cost	To book contact Diane or Leisa on 0161 763 9030 Email admin@ageukbury.org.uk Join live or if not convenient whenever you chose. Age UK Bury - YouTube
Health Watch Bury – Health Access Assistance	Bury United Reform Church	Thursday 10-12.00 Term time only	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 (will resume after Ramadan)	Women's- only Walk and Talk	Free	Contact for details /date/ time / meeting place 07743495465 ssistersbury@gmail.com
Bury Defence Academy – Covid 19 Health Improvement Project	Lord Street, Bury, BL9 0RE	Wednesdays 7-8pm	Anybody aged 11+ Circuit Training	£3	Improve your fitness, stamina and/or lose weight with an intense 1-hour workout with a qualified fitness instructor. BMI test included. No need to book. 07787 852892 or info@buryacademy.co.uk

Let's live well

LET'S
do it

The Met – Let's Get Moving	Market St Bury BL9 OBW	Wednesdays 1.30-2.30pm	Dance & Movement Workshop - Early years children aged 0-4 and their parents	Free - Sessions are open to all, though we particularly welcome families living in the Bury East area.	Book here https://themet.org.uk/event/movers-and-shakers/ For more information education@themet.org.uk 0161 761 2216
The Crown Veterans Breakfast Club – Extending our reach	The Mosses Centre, Cecil St, BL9 OSB	Fridays 9.30 – 11.30 am	Breakfast and Social Club	£4.00 for a full English, toast, tea, or coffee (refill)	For Armed Forces, Regular and Reserve, Veterans, Blue Light Services and family members. thecrownveteransbreakfastclub@outlook.com 0161 761 2079
Home-Start Rochdale and Bury – Fun, Laugh and Learn!	Woodbank Children's Centre	Wednesdays 9.30-11.30	Support for parents with children under 5.	Free	For families living in Bury East and Central. Places are limited please contact Home-Start Gill Marsden 07874808994 gill@hsrb.org.uk
Ramsbottom Angling Association - Health, wellbeing & therapy	The Lido classroom, Clarence Park Walmersley Road	Thursday 10 – 12.00	Fishing; learning to fish; social.	Voluntary contribution	Allan Dye 07956493828 Ramsbottom Angling Association (ramsbottomanglers.co.uk)
Fair Futures CIC - Young Asylum Seeker & Refugee Project	Bury East	Weekly	Therapeutic sessions, ESOL, creative art therapy, play therapy and cooking.	Free	Referral only from social services, schools, and colleges. fairfutures@outlook.com

Let's live well

LET'S
do it

Friends of Hazel Wood High - Meeting Friends & Keeping Fit	Hazel Wood High School, Hazel Avenue, BL9 7QT	Fridays 8am	Dance sessions for Hazel Wood year 11 students	Free	Just year 11 students at the moment but to reach out to past pupils soon.
Bury Christian Fellowship - Chesham Fold Family Support	Chesham Fold Community Centre, 95/97, Chesham Fold Road, BL9 6JZ	Fridays 9-11am Term-time only	Drop in for a chat and a cuppa	Free	Just pop in anytime between 9am and 11am for a brew and a chat.