

# Let's live well

LET'S  
do it!

## Pan Bury

Who	Where	When	What	Cost	Contact
One Step Bury CIC	<ul style="list-style-type: none"> <li>- Radcliffe</li> <li>- TBD</li> <li>- VIBE Gym Bury</li> </ul>		<ul style="list-style-type: none"> <li>- Gym sessions followed by meditation and an informal chat with tea/coffee</li> </ul>	£2 per session	Judith Whitehead 07772748068 <a href="mailto:onestepbury@gmail.com">onestepbury@gmail.com</a>
BSV Fitness	<ul style="list-style-type: none"> <li>- The Bay Horse – Unsworth</li> <li>- Church Lane Community Centre – Prestwich</li> <li>- St. Michaels Community Centre - Whitefield</li> </ul>		<ul style="list-style-type: none"> <li>- Over 50s exercise classes and Over 60s chair-based exercise and introduction to exercise and rehabilitation classes.</li> </ul>	£4 per session	Bev Santana-Vega 07547862749 <a href="mailto:bsvfitness@outlook.com">bsvfitness@outlook.com</a>
Radcliffe Rotary	<ul style="list-style-type: none"> <li>- Chosen schools/classes across the borough</li> <li>- Radcliffe</li> </ul>	TBD	<ul style="list-style-type: none"> <li>- To provide counselling in 4 of the 6 areas of Bury in the most deprived areas.</li> <li>- To maintain Rotary Way Radcliffe as a walking route.</li> </ul>	Free	Gillian Stainthorpe 0161 723 4257 <a href="mailto:gstainthorpe@icloud.com">gstainthorpe@icloud.com</a> <a href="http://Rotary Radcliffe - welcome. (rotary-ribi.org)">Rotary Radcliffe - welcome. (rotary-ribi.org)</a>
Bury 2gether	<ul style="list-style-type: none"> <li>- Borough wide</li> </ul>		<ul style="list-style-type: none"> <li>- A new 'Lending Library' - accessible and useful resources to promote positive mental health, diet, and fitness.</li> <li>- Support workshops/training for Early Years (0-5) SEND parents and carers delivered across Bury.</li> </ul>	Free	Emma Scott <a href="mailto:bury2gether@gmail.com">bury2gether@gmail.com</a> <a href="http://www.bury2gether.co.uk">www.bury2gether.co.uk</a>
Bury Cabaret Lunch Club	<ul style="list-style-type: none"> <li>- Borough wide</li> </ul>	Multiple dates each month, text number to	<ul style="list-style-type: none"> <li>- Multiple arranged lunches across Bury with entertainment. To be held at local</li> </ul>	Price varies per venue (approx. £10)	Sarah Dennis 07788673466 <a href="mailto:buryclc@gmail.com">buryclc@gmail.com</a>

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		be added to message list	pubs across the borough.		
Early Break	-		- Utilising walk and talk approaches, using and appreciating the green spaces in Bury, equip young people with important life skills and better manage their mental health.	Free	Gareth Snook 0161 723 3880 <a href="mailto:info@earlybreak.co.uk">info@earlybreak.co.uk</a> <a href="#">Home - Early Break - Early Break</a>
Bury Veterans Hub	- Radcliffe Borough FC - Church Lane Community Centre Prestwich	- Weds 10am-12pm - Every other Tues 1pm-3pm	- A new network of drop-in sessions across Bury for Veterans and their Families. - Sessions at The Community Garden with the opportunity for two veterans to be trained in bee keeping. - Using the garden to encourage volunteers to plant more trees, plants, and vegetables.	- £2 for breakfast - Small fee at CLCC for sandwiches - Donations	Shirley Simmons 07983933755 <a href="mailto:shirleysimmons102@btinternet.com">shirleysimmons102@btinternet.com</a> <a href="#">Bury Armed Forces &amp; Veterans Breakfast Club   Facebook</a>
Black Dog Mountain Biking Club	- Philips Park Whitefield	- Trail open	- A brand-new mountain biking club in Bury, including supervised off-road rides in local green spaces and further afield. Sessions for beginners, intermediate, advanced riders, including jumps and berms, MTB taster sessions and full courses.	- Free	Carolyn Broadbent 0161 796 6221 <a href="mailto:blackdog@ncagb.co.uk">blackdog@ncagb.co.uk</a> <a href="#">Blackdog Outdoors</a>