



# What, who, where and when in Bury



A booklet to help you  
find what is happening  
in your area to stay well



All information correct as of January 2020 – Please call ahead  
where telephone numbers have been provided

# Age UK Bury – Jubilee Centre

## Age UK Bury

Offers 30 activities per week and a café by the Clarence Park Lido. For people aged 50 and over.

**Monday to Friday 9.30am – 4pm**

The Jubilee Centre, Mosley Avenue,  
Bury BL9 6NJ

**0161 763 9030**

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## Information and advice

You can get free face to face advice from our Information and Advice team. To arrange an appointment, please phone **0161 258 6739**. Our speciality is helping people complete their Attendance Allowance forms. This allowance is a benefit that many over-65s can claim, if you need help with your personal care because of an illness or disability and unlike many benefits, it is not means-tested.



## Friends Together

Offers social groups in Bury, Prestwich, Radcliffe and Whitefield. Minibus service available. For isolated older people 65 and over.

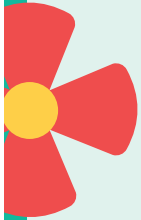
**Monday to Thursday 10am – 4pm**

The Jubilee Centre, Mosley Avenue,  
Bury BL9 6NJ

**0161 763 9030**



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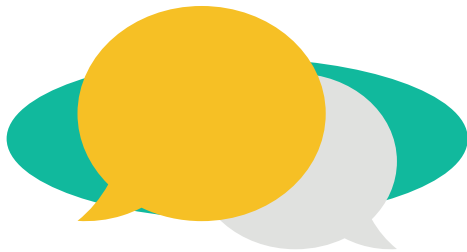


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# Community Activity Clubs

Meeting up with others and getting out and about can have a real positive impact on your health and wellbeing. Below we have listed clubs where you can meet new friends and find a new hobby!



## Age Friendly – Moorside

Bury drop in sessions to discover what's going on locally.

**2nd Wednesday of every month  
10am - 12pm**

Ramsbottom Anglers Training Room,  
The Lido, Walmersley Road, Bury

**SeedfieldTRA@outlook.com**

## Coffee and Conversation

**2nd Tuesday of every month  
10:30am - 12pm**

Ainsworth Church and Community  
Hall, 106 Bury Old road,  
Ainsworth, BL2 5PQ

**01204 388 762**

## Bingo & Quiz Group at Clarks Hill Residential Living

Have fun and meet new people.

**2nd Tuesday of every month  
2pm - 3pm**

Off Rectory Lane, Prestwich  
M25 5BE

**0161 253 6034**

## Churchyard Action Group at St Marys

Looking after the local churchyard.

**Tuesdays 9:30 - 11.00 am**

The Rectory Church Lane,  
Manchester M25 1AN

**Bill Cottam – 0161 798 6489**



## Coffee & Craft at Church Lane Community Centre

Enjoy a morning of craft with coffee, tea and great company

**Tuesdays 10am - 12.30pm**

Church Lane, Prestwich,  
Manchester

**Margaret Smith – 07594 438 840**

## Coffee Morning at Clarks Hill Residential Living

**Wednesdays 10am - 12pm**

Off Rectory Lane, Prestwich  
M25 5BE

**0161 253 6034**

## Creative Writing Group

**Tuesdays 12pm - 2pm**

Radcliffe Library  
Stand Lane, Radcliffe M26 1JA

**0161 253 7160**



## Comminc8te

Afternoon social for deaf and hearing aid users, to meet new people.

**Every Wednesday 12pm - 3pm**

8 Tenterden St BL9 0EG

**0161 763 4882**

## Growing Together

Action group for community groups, individuals and businesses

**1st Wednesday of every month  
10.30pm - 12pm**

Radcliffe Borough Football Club,  
Stainton Park, Colshaw Close  
Radcliffe M26 3PE

**Tina Harrison**

**growing.together.rad@gmail.com**

## Saturday Plus Club

Join the group and enjoy a different film each month.

**3rd Saturday of the month  
1pm- 3pm**

The Roc Centre Westminster  
Avenue, Manchester M26 3WD

**Les – 07500 279 533**

## Fix It Friday

Bring broken items and learn how to fix them or just have a chat whilst they are fixed. Donation towards tea / coffee requested.

**3rd Friday of every month  
9.30am - 11.30am**

Trinity Baptist Church  
16 Westminster Ave, Radcliffe  
M26 3WD

## Flower Park at St Marys

Helping restore the Flower Park.

**Wednesdays and Saturdays**  
**10.30am – 12pm**

Bury New Road, Prestwich M25 9LU

**Amanda – 0161 773 7910**

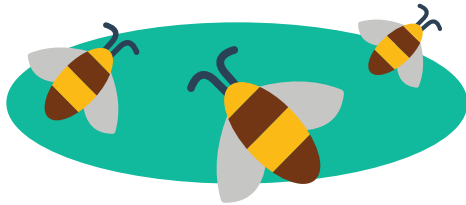
## Forever Friends

Social Group for everyone  
to meet new people.

**Wednesdays 1pm - 3pm**

Radcliffe Football Club, Stainton  
Park, Colshaw Close, Radcliffe  
M26 3PE

**Margaret – 07376 065 034**



## Grumpy Old Bees

Helping clean up the local area and  
support the Cricket Club.

**Every day 9.30am**

Radcliffe Cricket Club, Homer  
Street, Radcliffe M26 3RF

**0161 723 2604**

## Listening Ear Café

Come and enjoy a homemade  
lunch and a chat at the café.

**Every Tuesday at lunch time**

Radcliffe United Reformed Church  
Blackburn Street, Radcliffe M26 3WQ

## Purple Room Café

The Purple Café is for the members  
of the Jewish community and offers  
a weekly opportunity to meet new  
people and relax in the afternoon. This  
friendly community cafe is held in The  
Purple Room at Heathlands Village in  
Prestwich every Wednesday.

**To find out more, call**  
**0161 772 4800**

## Prestwich Community Cinema

Movie Group.

**Call for times and movies showing**  
**Monthly Wednesday mornings**

Longfield Suite, Prestwich

**0161 253 7227**



## Talk to me Café at Clarks Hill Community Centre

Friendly and welcoming for everyone  
to attend a chat, monthly themes and  
also signposting to other services.

**2nd Thursday of the month**  
**2pm - 4pm**

Off Rectory Lane, Prestwich M25 5BE

**Kate – 07719 394931**



## Trinity Baptist Church Open Door Drop Ins

Get together for brew and biscuits.

**Fridays 9am – 11.30am**

16 Westminster Ave, Radcliffe  
M26 3WD

## Ainsworth Social Group

Social Group for the over 50's to keep body and mind active. All welcome. Minimum donation £1

**1st and 3rd Tuesday of every month 7.30pm – 9.00pm**

106 Bury Old Road, Ainsworth

## Incredible Edible (IEPAD)

Incredible Edible plant fruit and vegetables in public spaces across Prestwich, Whitefield and Radcliffe. including parks, pubs, tram stations and even a fire station. There's something to suit every taste.

**Mark – 07748 873 2007**

[www.iepad.co.uk](http://www.iepad.co.uk)

## Chat and Craft

Learn to knit, crochet and stitch or just come for a chat

**Tuesdays 1.00pm – 3.00pm**

Mosses Centre, Cecil St. Bury

**0161 761 2079**

## Bury Jazz Society

**Every Tuesday 7.00pm – 9.30pm**

Mosses Centre, Cecil St. Bury

**01706 638 828**

## Seniors Social

Join us for crafting, games and other activities.

**Every Thursday 11.00am – 1.00pm**

Phoenix Community Centre,  
16 St Mary's Park, Prestwich

**Contact the Phoenix  
Centre for more info.**

**0161 773 3674**

## The Woodies

A place to meet new friends and enjoy making wood products.

**Mondays and Wednesdays  
10.00am until 2.00pm**

Little Britain Anglers – adjacent  
to 31a Hampson Street,  
Radcliffe, M26 4TN

The Flat, Woodhill Street,  
Bury BL8 1AT

**For more information about the  
group or to order any of the  
products we make please call  
Colin on 07985 092347 on  
Monday – Thursday between  
10am and 1pm**



# Help at Home

Home care and help at home services can provide you with a little bit of extra help around your home. Many services offer help with shopping, meal preparing, helping you get up in the morning and anything else you may need to stay independent, healthy and happy in your own home.

For a full list of home care services in your area visit the CQC website:

[www.cqc.org.uk](http://www.cqc.org.uk)

## Carelink

Carelink provide home safety and personal security systems that enable people to live independently within their own homes.

Provides reassurance that help is at hand in the event of an emergency.

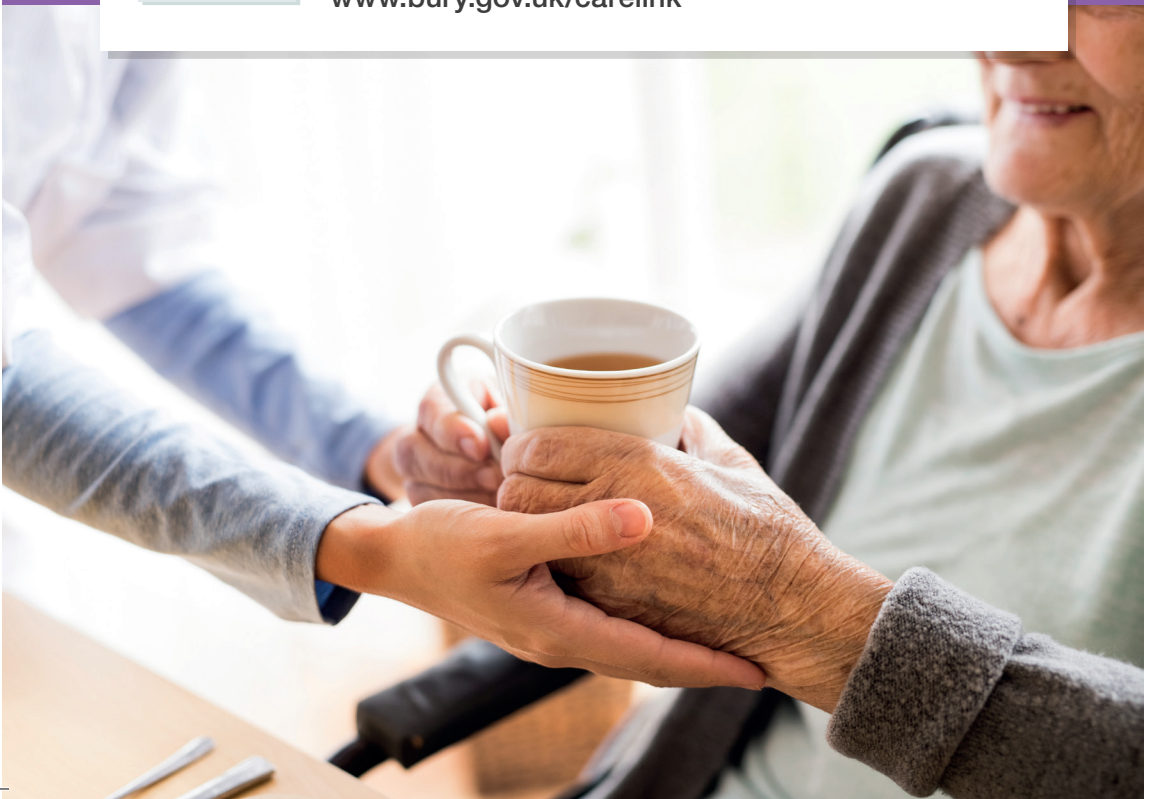


Taylor House, Brandlesholme Road, Bury BL8 1HS

0161 253 6220

[carelink@bury.gov.uk](mailto:carelink@bury.gov.uk)

[www.bury.gov.uk/carelink](http://www.bury.gov.uk/carelink)





# Food Banks

You may find yourself needing extra help with purchasing food. Please be aware that some of these foodbanks require a professional's referral.



## Farnworth and Kearsley Foodbank

Helping local people in crisis.

**01204 861671**

**info@farnworthkearsley.**

**foodbank.org.uk**

**www.farnworthkearsley.**

**foodbank.org.uk**

## Foodbank at ROC Centre

Food Bank open to those in need on Friday mornings

**10.30am - 12pm**

The ROC Centre, Westminster Avenue, Manchester M26 3WD

**0161 280 1453**

## Porch Box

Food bank in Radcliffe which provides non-perishable food items and toiletries.

For any individuals or families classed as in crisis. Will need a referral from a health or social care professional.

**0161 761 5908**

## Foodshare

Foodshare is an international not-for-profit, volunteer-powered charity where growers (schools, allotments and kitchen gardeners) partner with and donate food to local charities.

**www.foodshare.org.uk**




For more food banks in your area visit the webpage  
**[www.greatertogethermanchester.org/find-support/food-banks/](http://www.greatertogethermanchester.org/find-support/food-banks/)**

# Self Referral Support



If you need extra help with mental health support or any other health issues you can self refer to one of the services below.



## Adult Care Connect and Direct

The Connect and Direct is the first point of contact for customers who need advice, signposting and an initial assessment or response from Adult Social Care Services.

### To find out more:

call **0161 253 5151**,  
emergency number  
**0161 253 6606**

Email: [adultcareservices@bury.gov.uk](mailto:adultcareservices@bury.gov.uk)

Web: [www.bury.gov.uk/adults](http://www.bury.gov.uk/adults)

## Lifestyle Service (Bury Council)

A free personalised service supporting people to improve health by introducing small changes such as: healthy eating, weight management, weight loss programme, sleep quality improvement, alcohol dependency support and stop smoking.

**0161 253 7575**

visit: [www.bury.gov.uk/index.aspx?articleid=10393](http://www.bury.gov.uk/index.aspx?articleid=10393)

## Older People's Staying Well Team (Bury Council)

The Staying Well team helps to ensure you are receiving great all round care and support, so that you can enjoy good health and maintain your independence. For ages 50 years and above.

**0161 253 5151**

[stayingwellteam@bury.gov.uk](mailto:stayingwellteam@bury.gov.uk)

## Prestwich Creative Living Centre

This centre offers lunch clubs and many other activities to boost your body and mind.

Creative Living Centre

1A Rectory Lane, Prestwich M25 1BP

**0161 696 7501**

## Bury Falls Prevention Service

This service provides falls prevention advice. Requires a referral from a GP or another health professional.

**0161 724 2145**

# Social Eating

For details on any Social Eating Projects in Bury contact the project lead Michelle Delaney on 07894 441239 or email at [michelle.delaney@groundwork.org.uk](mailto:michelle.delaney@groundwork.org.uk) or [m.delaney@supportivestem.co.uk](mailto:m.delaney@supportivestem.co.uk)

## Social Eating group, Ramsbottom

First Wednesday of every month from 1.30pm until 3pm. Everybody is welcome.

Ramsbottom Centre, Bolton Road North, Ramsbottom BL0 9PJ.

**Michelle Delaney – 07894 441239**  
[m.delaney@supportivestem.co.uk](mailto:m.delaney@supportivestem.co.uk)

## Social Eating group, Radcliffe

The Listening Ear Community Café, United Reform Church, Blackburn Street, Radcliffe M26 3WQ

**Every Tuesday from 10am - 3pm**  
**Caroline Platt – 07710 383212**  
[caroline.platt31@gmail.com](mailto:caroline.platt31@gmail.com)

## Social Eating East Ward

Third Tuesday of every month from 2pm-3pm, everybody is welcome.

Coffee and Cream Café, Willow Street, Bury BL9 7PS

**Susan Ruddock – 07522 129530**  
[susanruddock@yahoo.co.uk](mailto:susanruddock@yahoo.co.uk)

## Social Eating group, Moorside – Community Cooking – The Attic Project

Monthly community cooking sessions on a Wednesday – Please contact the Attic for information on the next session and to book your place.

The Green Community Café, Clarence Park, Off Walmersley Road, Bury BL9 5DH

**Dawn Turnbull – 07787 357197**  
[atticproject86@gmail.com](mailto:atticproject86@gmail.com)



# Charities

Why not connect with one of the local charities?  
Get in touch with any questions or to find out  
what support you can access.

## Bury Cancer Support Centre

Drop into the centre anytime for practical, emotional and social support from our team of experienced professional staff and volunteers.

406 Bolton Road, Bury, BL8 2DA

**0161 764 6609**

**enquiries@burycancersupport  
centre.com**

**www.burycancersupport  
centre.com**

## The Fed – Time for You

Offers a wide range of support for members of the Jewish community, including befriending people who are isolated and lonely, escorting people to medical appointments and treatment, taking people shopping or doing their shopping or errands, escorting people on the shopping bus.

Heathlands Drive, Prestwich,  
Manchester, M25 9SB

**Juliette Pearce – 0161 772 4800**





## Bury Red Door

Bury Red Door exists to give dignity and hope to people in crisis. Specifically supports homeless and vulnerable individuals within the borough of Bury.

- A friendly community room to socialise in, share a cup of tea, and warm bowl of soup
- Housing and Benefits advice, and general support and information
- A Computer Room with Job Advice and help getting on line – Thursdays 12 noon – 3pm
- Help with rehousing
- Laundry and shower facilities
- An emergency food store
- A clothes store
- A Yard Project for growing fresh fruit and vegetables
- A women's group
- Monthly art sessions
- Signposting to other services



***Tuesdays from 10am to 4pm and on Thursdays from 11am to 4pm.***

St Joseph's Church Presbytery, Peter Street, Bury BL9 6AB

**0161 272 0771**



# Mental Health

Sometimes life and unexpected things can make us feel a little low in mood. These services listed below can help you pick yourself back up again.

## Access and Crisis Team

Provide a comprehensive assessment for people on an urgent/priority basis and can provide follow up interventions. All referrals to mental health services including primary care mental health services and older peoples mental health services.

Fairfield General Hospital,  
Rochdale Old Road, Bury BL9 7TD

**0161 716 1080**

## ADAB (Asian Development Association of Bury)

ADAB engages and supports people from minority ethnic communities, focusing on initiatives to help them to promote and improving health and wellbeing, including their mental health.

For more information  
call 0161 764 6749

**Tan Ahmed or Safina Rashid –  
0161 764 6749  
[www.adab.org.uk/mental-health](http://www.adab.org.uk/mental-health)**

## Dementia friendly groups

**To find out more go to:  
[www.greenmountvillage.org.uk](http://www.greenmountvillage.org.uk)**

## Attic Project

The attic project is a charitable foundation helping those in need and with the help of volunteers, staff and partners they strive to improve the lives of everyone who needs help within the community.

***Mondays 10am – 12 noon  
(women only)***

***Thursdays 9am – 12 noon  
(mixed gender)***

**0161 654 9282**

## Bury Involvement Group

Drop in sessions at Castle Leisure Centre and Bury United Reformed Church for adults with mental health problems, anxiety and depression.

Unit 54, Bury Business Centre,  
Kay Street, Bury BL9 6BU

**Jordan Fahy – 07758 737616  
[mentalhealth@bury  
involvementgroup.org](mailto:mentalhealth@buryinvolvementgroup.org)**



## Call In Time

Call in Time is a free telephone befriending service for matching volunteers with older people. While we're waiting to find a suitable match, we carry out regular, short Good Day Calls with them, to bridge the time gap.

**0800 434 6105**

## Citizens Advice Bureau (CAB)

Provides free, confidential, impartial advice for the big issues in people's lives.

St John's House, 155-163  
The Rock, Bury

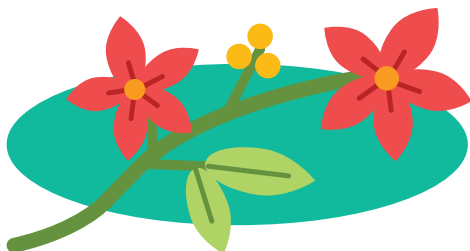
**0300 330 9072**

## Carers Service – Carers MH Support Group

Carers support group, meets the last Tuesday of the month at Humphrey House, a structured session and around 15 people attend. 3,500 carers on the database.

Bury Carers Centre

**Kim Gibson – 0161 253 7240**



## Community D Caff

A place to meet for people living with dementia, their carers, family and friends.

**2nd Friday and 4th Tuesday of every month**  
**1.15pm - 3.15pm**

Greenmount Cricket Club  
Brandlesholme Road, Bury BL8 4DX

**d-caff@greenmountvillage.org.uk**

## Cruse Bereavement Care

Provides a nationwide service of bereavement counselling, advice, information and social contact. For anyone bereaved by death, irrespective of age, race, religion, gender or sexual preference.

**0808 808 1677**

**[www.cruse.org.uk](http://www.cruse.org.uk)**



## Federation of Jewish Services

The Drop In – supports members of the Jewish community who experience mental health problems.

**Tuesday and Thursday evenings and Sunday brunch**

Heathlands Village

**0161 772 4800**

**www.thefed.org.uk**

**info@thefed.org.uk**



## Greater Manchester Neshomo

Befriending long-term mentally ill Jewish people. Many are amongst the most vulnerable and high risk people in the community. Team of trained befrienders provide a support system that is simply unavailable elsewhere. You can volunteer as a befriender and receive training and support to undertake the role.

**07587 792 272**

**chair@neshomo.co.uk**



## Healthy Minds

Service for people over 16 years, registered with a Bury GP. Offering support for those experiencing symptoms such as difficulty sleeping, low mood, stress, worry or anxiety, feelings of hopelessness or panic attacks. Self-referral, GP, Health Professional and social care professional referrals.

Humphrey House, Angouleme Way, Bury, BL9 0EQ

**0161 253 5258**

## Health & Wellbeing College

Provide dedicated support to people suffering with mild to moderate mental health. Main campus is in Tameside, Bury campus is based at the CLC. Offer a range of courses.

**0161 716 2666**

**<https://hwcollege.penninecare.nhs.uk/>**



## RammyMen

A social charity for men of all ages.

Visit the webpage  
[www.rammymen.org/](http://www.rammymen.org/)  
to find out more



## Samaritans

This is a charity dedicated to reducing feelings of isolation and disconnection that can lead to suicide.

To get in touch call: 116 123  
[www.samaritans.org](http://www.samaritans.org)

## Silverline

The only national, free and confidential helpline for older people open every single day and night.

**24 hours a day, 7 days a week**

**0800 470 80 90**

**[www.thesilverline.org.uk](http://www.thesilverline.org.uk)**



# Lunch Clubs

Eating with others can help you eat better if your appetite is low.  
It also gives you a place to chat and make new friends whilst having a delicious meal!

If you want to get together with others in Bury to share food and company, please contact

**Michelle 07894 441239**

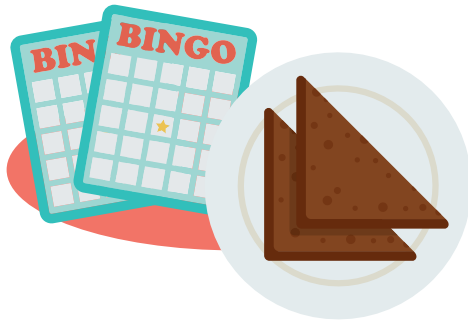
**Email: [m.delaney@supportivestem.co.uk](mailto:m.delaney@supportivestem.co.uk)**

## Sunday Lunch Club

The Green Cafe, £6 per ticket

***Last Sunday of every month  
12 noon – 2.30pm***

**Michelle – 0161 761 2079 to book**



## Jigsaw Link

Jigsaw Link provides a one to one befriending service for people over the age of 50 who are disabled, or have an age related condition, and live in the Borough of Bury. We also offer a weekly luncheon club and social outings throughout the year

**For more information,  
call 0161 253 6853**

## Military Veterans Breakfast

The best breakfast in bury for Veterans and their families.

***Wednesdays and Fridays  
9.30am – 11.30am***

The Mosses Centre,  
Cecil St, Bury, BL9 0SB

**0161 761 2079  
[www.mossescentre.co.uk](http://www.mossescentre.co.uk)**

# Meals at Home

If you find it easier to get your meals made and delivered by someone else get in touch with one of the following services!



## I Care

Provides a delivery of hot and frozen meals to the elderly or vulnerable in their own home. Regular visits to customers by meals service delivery staff can also offer a means of keeping in touch and alert in emergencies. For anyone in Bury or surrounding areas.

**Visit the website for more information.**

**[www.icaregroup.co.uk/services/community-meals](http://www.icaregroup.co.uk/services/community-meals)**

## Oakhouse Foods

Ready meals and groceries delivered to your home.

Visit the website, request a brochure or order online.

**0161 761 1664**

**[www.oakhousefoods.co.uk](http://www.oakhousefoods.co.uk)**

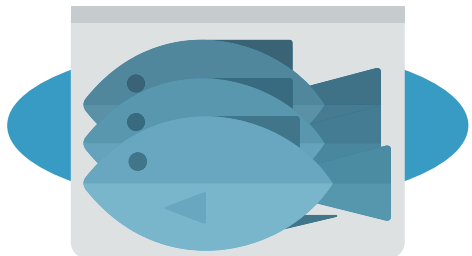
## Wiltshire Farm Foods

Over 300 delicious frozen meals and desserts, prepared by award-winning chefs and delivered nationwide by our friendly local team.

Visit the website, request a brochure or order online.

**0800 077 3100**

**[www.wiltshirefarmfoods.com](http://www.wiltshirefarmfoods.com)**









# Physical Activity

It is important to stay active as we get older. Below is a list of different classes you can attend. If your mobility is low, choose chair based exercises or strength and balance classes.



## 50+ Active Sessions

Exercise class for the over 50s.

**Castle Leisure Centre:**  
**Mondays 10am and 1pm**  
**Wednesdays 10am**  
**Fridays 10am**

Castle Leisure Centre,  
Bolton Street, Bury BL9 0EZ

**0161 253 7000**

**Ramsbottom Civic Centre:**  
**Mondays and Wednesdays 11am**

Ramsbottom Civic Hall,  
Holcombe Brook, Market Place,  
Ramsbottom BL0 9AJ

**0161 253 5513**

## BEATS Move

Easy does it circuit. For over 50s.

**Mondays 1pm**  
**Fridays 12.45pm**

Castle Leisure Centre,  
Bolton Street, Bury BL9 0EZ

**0161 253 7000**

## Cardiac Rehab Class

Easy does it circuit to build cardiovascular fitness.

Any age welcome.

**Mondays 2pm – 3pm**

Radcliffe Leisure Centre,  
Spring Lane, Radcliffe M26 2SZ

**0161 253 7000**

## Chair Based Exercises

Chair based exercise class to music for over 50s.

**Castle Leisure Centre:**  
**Wednesdays 10am – 10.45am**

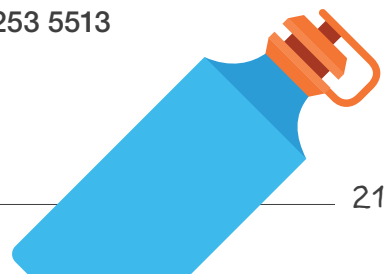
Castle Leisure Centre,  
Bolton Street, Bury BL9 0EZ

**0161 253 7000**

**Ramsbottom Civic Centre:**  
**Mondays 10.30am – 11.15am**

Ramsbottom Civic Hall,  
Holcombe Brook, Market Place,  
Ramsbottom BL0 9AJ

**0161 253 5513**



## Chair Based Exercises

Chair based movement to music.

***Mondays 11am – 12pm***

Trinity Baptist Church  
16 Westminster Ave, Radcliffe,  
Manchester M26 3WD

## Chill Spin – Indoor Cycle

Introduction to indoor cycling in a relaxed setting. Any age welcome.

***Fridays 2.15pm – 2.45pm***

Radcliffe Leisure Centre,  
Spring Lane, Radcliffe M26 2SZ

**0161 253 7000**

## Keep Fit Sessions at The ROC Centre

Exercise group.

***Mondays 6.30pm – 7.30pm***

Westminster Avenue, Radcliffe,  
Manchester

**Les – 0161 280 1453**

**0161 393 4511**

## Health Walks

Walk with Me was created through Bury Sport & Physical Activity Service to provide a variety of led walking opportunities throughout the Townships of Bury.

**[www.walkingforhealth.org.uk/  
walkfinder/bury-walk-me](http://www.walkingforhealth.org.uk/walkfinder/bury-walk-me)**

## OTAGO Class

Chair based exercise class with emphasis on leg strengthening and balance exercises for over 50s.

***Castle Leisure Centre:***

***Tuesdays 12.15pm – 1pm***

***Thursdays 1.30pm – 2.15pm***

**0161 253 7000**

***Longfield Suite:***

***Wednesdays 10am – 10.45am***

**0161 253 7227**

***Radcliffe Leisure Centre:***

***Wednesdays 12noon – 12.45pm***

**0161 253 7000**

## Pilates Group

Exercise group.

***Thursdays 11am – 12pm***

The Pheonix Centre, St Marys Park,  
St Marys Road, Prestwich M25 1GG

**Lorraine Platt – 07855 505958**

## Strength & Balance Class

Chair based exercise class with emphasis on leg strengthening and balance exercises for over 50s.

***Castle Leisure Centre:***

***Fridays 11.30am – 12.15pm***

**0161 253 7000**

***Longfield Suite:***

***Fridays 11am – 11.45am***

**0161 253 7227**

***Radcliffe Leisure Centre:***

***Wednesdays 1.15pm – 2pm***

**0161 253 7000**



## Tai Chi

Exercise group.

**Wednesdays at 7.30pm**

Polish Social Centre, Back East Street, Bury BL9 0RU

**0161 764 5939**

**[www.functionrooms.inbury.co.uk/calendar](http://www.functionrooms.inbury.co.uk/calendar)**

## Tea Dance at Longfield Suite

Dance group.

**Dance Class 1pm – 1.30pm**  
**Social Dance 1.30pm – 4pm**

Longfield Suite, Prestwich, Manchester

**0161 253 7227**

## Tennis Coaching

Booking required. Exercise group.

**Thursdays 7pm – 8pm**  
**Saturdays 12.30pm – 4.30pm**  
**Sundays 11.30am – 4pm**

**[www.burytennis.co.uk](http://www.burytennis.co.uk)**

## Walking Football

£3.50 per session or FREE with BEATS membership for over 50s.

**Tuesdays 11.15am – 12pm**

Castle Leisure Centre, Bolton Street, Bury BL9 0EZ

**Lee Buggie 0161 253 5122**  
**[www.manchesterwalkingfootball.uk/the-teams/bury-relics](http://www.manchesterwalkingfootball.uk/the-teams/bury-relics)**

## Ladies Walking Football

£3.50 per session

**Tuesdays 12.15pm – 1.00pm**

Castle Leisure Centre, Bolton Street, Bury BL9 0EZ

## Wheels for All – Bury

Wheels For All is a nationally recognised cycling initiative which believes that health and fitness, and particularly cycling, should be for everyone.

The Lido, Clarence Park, Walmersey Road, Bury

**[www.wheelsforallbury.wixsite.com/buryw4a](http://www.wheelsforallbury.wixsite.com/buryw4a)**

## Yoga (Chair Based)

Yoga exercise class. Mats available and free parking. For over 50s.

**Wednesdays 11am**

Longfield Suite, Prestwich, Manchester

**Mandy 07851 826437**

## Little Lotus

Mature Movers

**Tuesdays 10am**

Longfield Suite, Prestwich, Manchester

**[littlelotusretreats@gmail.com](mailto:littlelotusretreats@gmail.com)**

For even more activities that are taking place in your area and for more information visit: [www.theburydirectory.co.uk](http://www.theburydirectory.co.uk)

 **Greater  
Manchester  
Nutrition &  
Hydration**

**PaperWeight**  
helping fight malnutrition

For more details visit:  
[www.ageuksalford.org.uk](http://www.ageuksalford.org.uk)

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