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.

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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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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 café 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

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
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

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, Brandleholme Road, Bury BL8 1HS
0161 253 6220
carelink@bury.gov.uk
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 professionals 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/
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
Web: 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

**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

**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 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

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

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

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

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 or m.delaney@supportivestem.co.uk
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@burycancersupportcentre.com
www.burycancersupportcentre.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

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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

**Dementia friendly groups**
To find out more go to:
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@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
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/
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

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
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

**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
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

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

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
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

**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

**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

**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

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

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

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

Yoga (Chair Based)
Yoga exercise class. Matts 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
For even more activities that are taking place in your area and for more information visit: www.theburydirectory.co.uk