



What, who, where and when in Bury



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

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



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

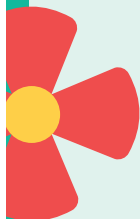
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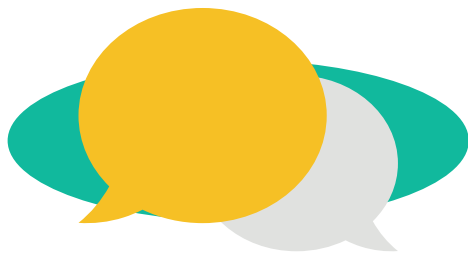
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Community Activity Clubs

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

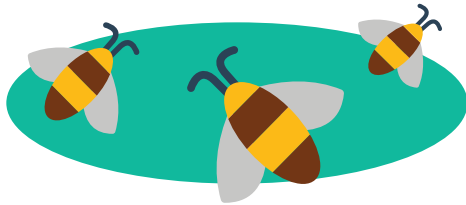
Forever Friends

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

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

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

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

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

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



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

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@bury](mailto:mentalhealth@buryinvolvementgroup.org)
involvementgroup.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

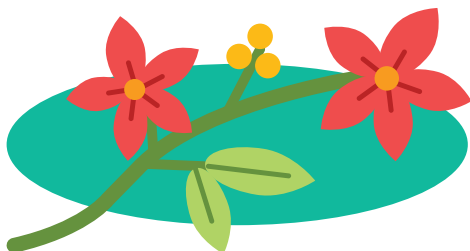
0300 330 9072

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

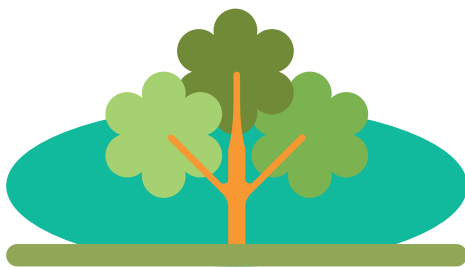


Greater Manchester Neshomo

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



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

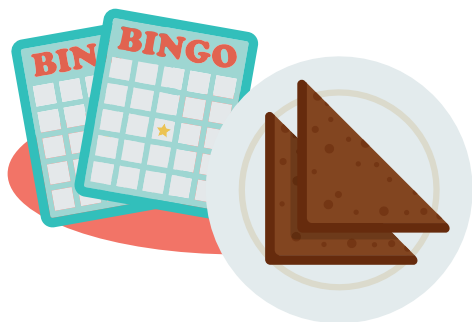
Email: m.delaney@supportivestem.co.uk

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

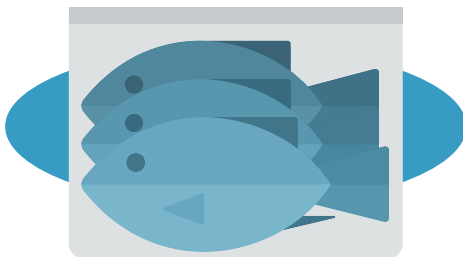
Wiltshire Farm Foods

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

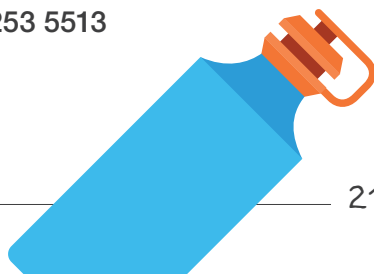
Castle Leisure Centre,
Bolton Street, Bury BL9 0EZ

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

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

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. 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

For even more activities that are taking place in your area and for more information visit: www.theburydirectory.co.uk



PaperWeight
helping fight malnutrition

For more details visit:
www.ageuksalford.org.uk

