# LET'S stay well this winter

### East Bury including Moorside, Redvales and Bury Town Centre

## Find a warm welcome this winter with activities in a safe, inviting, and friendly environment

Springs Drop-in Café The Activity Centre, 25 Dorset Drive, Bury, BL9 9DN Community drop-in cafe every Monday during term time from 10am- 1pm. Open to all. There are free tea, coffee, and snacks and advice and information

**The Attic Project** 3 Russell Street, Bury, BL9 5AX. Tel - 0161 258 6145 Free hot drinks, refreshments and books with activities available throughout the week. Please contact to check on Thurs. Every Tues morning 10am- 12pm (employment support) Every Weds and Thurs 11am- 1pm (peer support group) Every Tues and Thurs all day (drop-in)

**Trust House (**within Metro Christian Centre) Parkhills Road, Bury, BL9 9AU Tel: 07411964653

Community café with free breakfast and lunch. Warm, dry environment and everyone welcome. Open Mondays, Tuesdays, Thursdays, and Fridays 10am – 2pm.

**Bury Carers Hub** Bury Masonic Hall, 25 Parson's Lane, Bury, BL9 0LY Informal and friendly weekly coffee morning for carers and their loved ones, free refreshments. Open Weds, 10.30am-noon

#### The Big Fandango 34 Bolton St, Bury, BL9 0LL

Everybody welcome at knitting Wednesdays from 11am-5pm. £3 with unlimited tea, coffee, and a safe warm space. Open Weds 11am-5pm

#### ADAB Bury Mosses Centre, Edward Street, Bury, BL9 0RZ

Warm and safe space available for residents from an ethnic minority origin with activities and drop-ins.

- Mon- 10am Sewing Club and 1.30pm Red Rose over 65 club offering light exercises, speakers, board games and music
- Weds 12pm Lunch Club with emotional wellbeing support and 7pm classic movies club
- Thurs- 1.30pm ladies keep fit and 6.30pm Pakistani and Indian Music Karaoke Club
- Fri 8.30-11.30am Armed Forces Veterans Breakfast Club

#### The Met Market Street, Bury, BL9 0BW

Free workshop sessions including fortnightly 'Meet Me at The Met' session for over 50s free art activity and teas and coffees Mons 11am- 1pm. https://themet.org.uk/event/meet-me-at-the-met/

#### One Step Vibe personal training Studio

Unit 7, Albert Works, Brook Street, Bury, BL9 6AH

#### Bury Library, Manchester Road, Bury, BL9 0DG

Access to library and computer suite and activities. See https://www.bury.gov.uk

Tuesday 10am to 4.30pm

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Wednesday	10am to 4.30pm
Thursday	12.30pm to 7pm
Friday	10am to 4.30pm
Saturday	9.30am to 1pm

#### **Castle Leisure Centre**

Bolton Street, Bury, Lancashire, BL9 0EZ https://www.bury.gov.uk/index.aspx?articleid=11408 Access to pool and gym facilities (with membership). Vending machines available.

Opening days and times see website for more details

#### St Peter's Church St Peter's Road, Bury, BL9 9QZ

A Warm Space open to the public with tea, coffee and biscuits. Tuesdays 1.30pm and 5pm

Chesham Community Centre 95 Chesham Fold Rd, Bury BL9 6JZ

- Mon, Tue, Wed 9:30am- 1pm: Hot brew and lunch
- Wed 9:30am- 1pm: Food pantry, £5 registration fee then £3.50 for 12 items per visit
- Tue 9:30am- 1pm: Toddler group (0-5 years, term time) drinks and snacks included. Contact: 07487545120 Email: cheshamfoldcommunitycentre@gmail.com

**Topping Fold Community Centre** 36 Topping Fold Rd, Bury BL9 7NG Warm drink, soup or cake. Monday 10-2pm, Tuesday 9:30-2pm, Thursday 9:30-2pm, Friday 9:30-2pm

I**ngeus** Imperial House, Hornby Street, Bury, BL9 5BN Drop in for tea, toast, jam, cuppa soups and biscuits. Monday and Friday -10am- 5pm

**Bury Baptist Church** 114 Manchester Rd, Bury BL9 0TH Free coffee shop every Wednesday 10:30 am - 1:30 pm 07922 076258

#### Bury Art Museum & Sculpture Centre Moss St, Bury BL9 0DR

Gallery open to everyone with Tina's Tea Room to buy a hot coffee and a cake. https://buryartmuseum.co.uk/

Tina's Tea room Tue-Fri- 10am- 3.30pm

Supportive group sessions in a warm and cosy environment, along with brews, toast and biscuits. Donation of £2 but is not at all mandatory.

- Mon & Thurs 10.30pm 12.30pm (Men's Groups)
- Weds 6pm-8pm (Mixed Art Therapy Group)
- Mon & Thurs 1pm-3.30pm (Women's Groups)

**FGRS Community Hub** Bury Football Club, Gigg Lane, Bury, BL9 9HR Activities for Bury residents as well as food and clothes bank.

- Mon 10am-12pm children messy play or art and craft sessions
- Mon, Weds, and Fri 9:30am- 3pm chill & chat
- Every Weds 2- 4pm knit and natter
- Thurs 9:30-11:30 parent and child play group
- Every other Fri Breakfast club

#### theburydirectory.co.uk/warm-spaces-bury

Gallery- Tue- Fri 10am- 5pm and Sat 10am- 4:30pm



