

## Welcome to the latest edition of our Beacon Box (Issue 9)

### A monthly activity pack for you to enjoy in your own homes

***“I really look forward to receiving the monthly Beacon Box as its engaging, different, something unusual and a lovely white envelope dropping through her door which is so rare these days! There is something in this for the whole family to enjoy and keeps us all entertained”***

The Beacon Service at Bury VCFA provide a social prescribing service offering a totally person centred approach to anyone aged over 18 and registered with a Bury GP. We recognise that everyone is unique and has their own individual needs and make sure the support you receive is completely personal to you helping to improve your health and wellbeing.

There are lots of community groups, activities and events available locally and we know that many of you are looking forward to getting involved with things in your communities, but we also know it can be difficult to access and join in for many different reasons.

That’s where we can help you. It’s very important to us to listen to your concerns and support you to access relevant activities, groups, services and organisations which meet your needs and help improve your health and wellbeing.

Our Beacon Box gives you a taster of some of the local activities and will also have information about what is going on throughout the borough of Bury. The activities are designed to be done from peoples own homes to support people who cannot attend groups and sessions locally for whatever reason.

Each pack is available on request by individuals or through referrals to Beacon Service.

For more information and support accessing community services suitable for your needs please ring 0161 518 5550 or email [beaconservice@buryvcfa.org.uk](mailto:beaconservice@buryvcfa.org.uk)

At Bury VCFA we are busy doing wordsearches – can you find all the hidden words about cheese?

## Cheese

M	U	N	S	T	E	R	E	T	N	E	E	C	S
E	R	E	L	L	Y	R	E	T	S	M	H	S	B
P	E	H	C	S	E	L	R	E	O	E	E	S	L
A	E	Z	S	C	L	I	E	Z	D	E	G	I	U
R	R	A	A	O	C	H	Z	D	A	E	A	W	E
M	H	R	C	O	C	E	A	M	A	D	T	S	C
E	E	S	T	M	R	R	E	E	E	S	T	U	H
S	T	T	A	E	G	R	G	D	S	T	O	B	E
A	A	E	L	Z	I	E	O	A	D	S	C	H	E
N	R	L	S	C	E	N	L	M	E	D	L	I	S
C	A	E	A	A	S	E	O	E	L	E	S	O	E
R	S	N	E	S	L	A	C	M	A	D	U	O	G
R	H	E	D	S	U	H	A	V	A	R	T	I	G
I	W	E	N	S	L	E	Y	D	A	L	E	V	I

CREAM CHEESE  
 RICOTTA  
 GOUDA  
 CHEDDAR  
 WENSLEYDALE  
 AMERICAN  
 COTTAGE  
 BLUE CHEESE  
 EDAM  
 HAVARTI  
 MUNSTER  
 PARMESAN  
 MOZZERELLA  
 SWISS

Play this puzzle online at : <https://thewordsearch.com/puzzle/10269/>

# Whittaker Lane Walks!

**Do you live in Prestwich or the local area?**

**Join us on our monthly social walks!**

*"I had a lovely time, I met some really nice people and am looking forward to going to some other local groups"*



We'll be meeting at 10am and will be back around 12 noon after a walk into Prestwich Village and a cup of tea/coffee in a local cafe.

Meet us outside Whittaker Lane Medical Centre, 2 Beaufort Street, Prestwich M25 1EX

Wednesday 17 November 2021

Tuesday 14 December 2021

Please email [amshalks@yahoo.co.uk](mailto:amshalks@yahoo.co.uk) to book your place

**Please note: Walkers are advised to wear appropriate, comfortable footwear and a waterproof coat.**





# How to make your own bird feeder

wildlife  
watch



## What you need:

- dry ingredients
  - bird seed
  - dried fruit
  - cooked rice
  - breadcrumbs
  - grated cheese
  - chopped nuts

- hard cooking fat (lard or suet)

- a pine cone, coconut shell or yoghurt pot



Use an old yoghurt pot for this, and always recycle after it's been used

- string



- 1 Mix all the dry ingredients together in a bowl



- 2 Add the fat and give it a good mix around

- 3 Choose your feeder



plaster all over a pine cone



put it round the inside of a coconut shell



press into a yoghurt pot

You can hang this upside down like a bell or turn it out like a cake

- 4 Hang your feeders with string (you may need to make holes and tie the string in before adding the mix)



Hang your feeder where you can watch birds without disturbing them



Illustration: Corinne Weisk © Copyright: Royal Society of Wildlife Trusts 2015

## Looking for something to read?

**Thanks to Gemma at Lowther Road Free Little Library for the monthly book reviews! If you are live locally and are looking for books or have any to donate go along to Gemma's Free Little Library on Lowther Road, Prestwich.**

### **Talk of the town - Ardal O'Hanlan**

Quick fire, searingly funny, and with perfect attention to detail this is an absolute page turner. Set in 1980s Ireland, Scully is the damaged anti-hero you want to root for, but he doesn't make it easy! A twist I absolutely never saw coming!

### **Castle of Tangled magic - Sophie Anderson.**

Sophie's books are aimed at 10+ I'd say but don't let that put you off. They're steeped in Russian mythology, which she learned at her Russian grandmother's knee, and they are truly magical. This is the 3rd of her books so far and follows a young girl who must venture into the land of magic hidden in her family home, to partake in an epic journey to save both her land, and the creatures trapped in the land of tangled magic. Self-discovery, the importance of friendship, kindness, and remembering to look at things from a different point of view.

### **Pumpkin Soup - Helen Cooper**

Pumpkin soup, the best you ever tasted... Quite besides being the perfect Autumn read, this is the most charming story of a cat, duck, and squirrel living in a cabin making pumpkin soup (every day!) They have their roles and their routine arranged perfectly, but one day the duck decides he'd quite like to try something new... Stirring the soup himself! Richly illustrated this is bound to get giggles as well as a message of kindness and acceptance. Follow it up with A Pipkin of Pepper for a real treat!

**You can borrow these from the local library or access them free at Borrowbox <https://www.borrowbox.com/>**

## How to make Winter Planters and Baskets

### What you will need:

- Plants – you can choose any you like and can buy plants or use cuttings from the garden - Crocus, daffodil, snowdrops, Ivy, Primula - primulas and polyanthus, small-flowered cyclamen, Winter pansies, viola, Winter-flowering heathers, holly, conifers or any other Winter greenery
- Hanging basket or plant pot whatever you want to fill just make sure there is drainage
- Compost/soil



### What to do:

1. Put the compost in and fill the bottom of the hanging basket or halfway in the planter.
2. Add the plants tallest in the middle, trailing plants like ivy around the edge or on the sides. Flowering plants around the centre. Make sure you tease out the roots so it grows well.
3. Add more compost to fill the planter making sure the roots are covered.
4. Water well and allow to drain before placing in position. Watering first allows you to see if the compost sinks down. You can then add more if needed before putting your planter in place.



These will look pretty in the garden throughout Winter or would make a lovely gift for someone.

## Prestwich Community Cinema

Prestwich Community Cinema are back and will be meeting on Sunday 14th November 2021 at 7:30pm (doors open at 6:30pm) at The Carlton Club to watch Limbo.

You can buy your ticket for £5 on the night or book online at <https://prestwichcommunitycinema.co.uk/whatson/>

If you can't go along have a watch at home.

### Limbo

Director: Ben Sharrock

Cast: Amir El-Masry, Sidse Babbett Knudsen, Vikash Bhai, Lewis Gribben

Approx. runtime: 104min

BBFC Rating: 12



Limbo is a wry and poignant observation of the refugee experience, set on a fictional remote Scottish island where a group of new arrivals await the results of their asylum claims. It centres on Omar (Amir El-Masry), a young Syrian musician who is burdened by his grandfather's oud, the king of Arabic music instruments, which he has carried all the way from his homeland.

## Wellbeing Walks

Walking and wellbeing helps connect us with the NHS 5 ways to wellbeing helping to improve both our mental and physical health. It helps us to connect, it is a way of being active, it creates beautiful opportunities for us to take notice of what is around us, it can inspire lifelong learning and it links us in to the fabric of our communities.



## What's not to like?

We have come up with 5 ideas of things for you to look for whilst you are out walking.

1. Find 5 different shades of green
2. Find 5 houses with the number 9 in them
3. Find 5 different types of gates
4. Find 5 different birds
5. Find 5 local businesses

You can find them all on one walk, different things on each different walk or challenge yourself to find different ones over a month and see how many you can find in total.

## Beacon Service Calendar of Events and Activities

The Beacon Service at Bury VCFA provide a social prescribing service offering a totally person centred approach to anyone aged over 18 and registered with a Bury GP. We recognise that everyone is unique and has their own individual needs and make sure the support you receive is completely personal to you helping to improve your health and wellbeing.

Our calendar of events and activities gives you a small insight into some of the amazing range of events, activities and groups available within the borough of Bury.

If you would like support accessing these groups or information about other groups locally that you would be interested in please contact us on 0161 518 5550 or email [beaconservice@buryvcfa.org.uk](mailto:beaconservice@buryvcfa.org.uk)

If you would like information about your group, organisation or service included or to receive the calendar by email please contact [beaconservice@buryvcfa.org.uk](mailto:beaconservice@buryvcfa.org.uk)

Meet your link worker			
Prestwich Social drop in - Join us for a brew and chat and find out more about what is going on locally	Church Lane Community Centre, Church Lane, Prestwich	Every Tuesday 1pm – 3pm starting 16 <sup>th</sup> November 2021	Donations for tea/coffee/ biscuits
Radcliffe Social drop in - Join us for a brew and chat and find out more about what is going on locally	Outreach, 35-37 Blackburn St, Radcliffe, Manchester	Every Wednesday 1pm – 3pm starting 1 <sup>st</sup> December 2021	Donations for tea/coffee/ biscuits
Nature and Outdoor activities –meet your link worker and Jeni from Lancashire Wildlife Trust. Find out more about green social prescribing and what activities, groups you can get involved with	Behind The Barn, Philips Park,	MOST Fridays at 10:15am	BOOKING IS ESSENTIAL. Contact a link worker on 0161 518 5550 for more information.
Whittaker Lane Walks	Outside Whittaker Lane Medical Centre, Whittaker Lane, Prestwich		To book email <a href="mailto:amshalks@yahoo.co.uk">amshalks@yahoo.co.uk</a> or speak to your link worker

<b>Groups and Activities</b>			
Volunteering opportunities	We have a huge range of volunteering opportunities available	Throughout the whole borough	<a href="http://www.buryvcfa.org.uk/volunteering">www.buryvcfa.org.uk/volunteering</a>
St Marys Flower Park – helping restore the flower park	St Marys Flower Park, Prestwich	Every Wednesday and Saturday 10:30 – 12 noon	Contact Amanda on 0161 773 7910
St Marys Churchyard Action Group – looking after and improving the local churchyard	St Marys Churchyard, St Marys Church, Church Lane, Prestwich	Every Tuesday 9:30am and every 2 <sup>nd</sup> Saturday of the month 9:30am	Contact Bill Cottam on 0161 798 6489
Coffee and Craft	Church Lane Community Centre, Church Lane, Prestwich	Every Tuesday 10am – 12 noon	Please advise the centre if you are attending
Drop in Café	Trinity Baptist Church, Radcliffe	Every Friday 9am – 12 noon	Go along for tea, toast and to meet new people
Oasis @ Whitefield Methodist Church Activities for babies and toddlers	Whitefield Methodist Church, Elms Street, Whitefield M45 8GQ	Baby Days, for non-movers & movers: Tuesdays 9.30-11.30; Rainbow Days, for pre-school toddlers: Wednesdays 9.30-11.30 See & Know Mondays: coming soon	To book go to: <a href="https://www.facebook.com/watch/OasisSoftPlayWhitefield/">https://www.facebook.com/watch/OasisSoftPlayWhitefield/</a> Queries: contact Joyce Herdson 07305088438
Incredible Edible Prestwich & District - Help to grow fruit, herbs and vegetables at one of our many projects. It's free and there's no experience needed	Various locations in Prestwich, Whitefield and Radcliffe	See events page on <a href="http://www.iepad.co.uk">www.iepad.co.uk</a>	Contact <a href="mailto:iepad.volunteers@gmail.com">iepad.volunteers@gmail.com</a>
Pilates Group	The Phoenix Centre, St Mary's Park, St Mary's Road,	2 sessions – Thursday mornings	Contact Lorraine Platt at North Manchester Fitness on 07855 505 958

	Prestwich M25 1GG	Early Bird Pilates 9:45am – 10:45 am Pilates - 11am – 12 noon	
Creative Living Centre	Creative Living Centre 1A Rectory Ln Prestwich M25 1BP	Offer a range of therapeutic, creative and social activities, including music therapy, counselling, yoga, mindfulness, art/crafts and a singing group	Please ring 0161 696 7501 to make a new member appointment (membership is free)
History Detected - Metal detecting group		Various	For more information, phone: Gary 0161 7731059 or 07562 366411
Astronomy Group	Meet at the Bowling Club in Heaton Park	Every Thursday 7pm – 9pm during the Winter months	Message the group on Facebook – Heaton Park Astronomy Group
Prestwich Plodders	Various walks for all abilities		<a href="https://www.facebook.com/groups/393375504353110">https://www.facebook.com/groups/393375504353110</a>
The Crown Veterans Breakfast Club - £4.00 – for veterans and their families	The Mosses Centre, Cecil St, Bury BL9 0SB	Every Friday 9:30am – 11:30am	<a href="https://www.facebook.com/groups/494546227771123">https://www.facebook.com/groups/494546227771123</a>
The BAME project	Newtons, Bury	Offer a range of activities for local ladies to get involved in	<a href="https://www.facebook.com/TheBAMEproject">https://www.facebook.com/TheBAMEproject</a>
Veterans Hub Café Breakfast	Radcliffe Borough Football Club, Colshaw Close, Radcliffe	Every Wednesday 10am – 12noon	<a href="https://www.facebook.com/groups/247732292554417">https://www.facebook.com/groups/247732292554417</a>
Rammy Men – weekly activities			For more information have a look at the website <a href="http://www.rammymen.org.uk">www.rammymen.org.uk</a>

			<a href="#">k</a> or follow them on Facebook
MEN'S wellbeing group - One Step Bury	Vibe Personal Training Studios Albert Works, Brook St, Bury BL9 6AH		£2 suggested donation but no worries if you can't afford it. To book a slot Text: 07745 356796 email: onestepbury@gmail.com
The Big Fandango	34 Bolton Street, Bury	The Big Fandango is a community arts centre for anyone to get involved in arts and crafts based activities. We also offer a safe space for peer support groups. Our aim is to promote mental wellbeing through doing fun stuff!	For updates see <a href="#">The Big Fandango   Facebook</a>
The Sunnywood Project		The Sunnywood Project offer a range of outdoor activities for people of all ages	<a href="https://www.thesunnywoodproject.co.uk/">https://www.thesunnywoodproject.co.uk/</a>  <a href="https://www.facebook.com/thesunnywoodproject">https://www.facebook.com/thesunnywoodproject</a>
Supporting Sisters	Supporting sisters, is an organisation that provides women and men a platform to become socially active, building on community cohesion, diversity, health and wellbeing.	Activities are held weekly include coffee mornings, gardening, walking.	<a href="https://www.facebook.com/SupportingSist1">https://www.facebook.com/SupportingSist1</a>

Drum 4 Fun For adults of all abilities	St Bernadette's Social Centre 5 Selby Ave, Whitefield, Manchester M45 8UT	Friday: 10:00-11:00 17:00-18:00	Cath Fleming 077905 38844
Zumba	Hollins Community Centre, Whitefield and Sunnybank Community Centre, Whitefield	Contact for more details and to book	Call Dianne: 07941 382 740 Zumbainternational.com <a href="https://www.facebook.com/zumbainternational">https://www.facebook.com/zumbainternational</a>
Trust House Whitefield	Trust House Whitefield is a community centre, open to all, offering free support, advice and guidance to those in need.	Range of activities for everyone	<a href="https://www.facebook.com/trusthousewhitefield.org">https://www.facebook.com/trusthousewhitefield.org</a>
BSV Fitness	Chair based and later life exercise sessions	Contact Bev 07547 862749 for more information about sessions which are held in Whitefield, Prestwich and Radcliffe	<a href="https://www.facebook.com/BSVFitness">https://www.facebook.com/BSVFitness</a>
Back to Netball	Join in a game of netball, all abilities welcome	Every Thursday 10am- 11am starting Thurs 4 November 2021 Coronation Road Ball Park, Radcliffe	Contact Tina on 07963 605 283
Radcliffe Litter Pickers	Friendly group of volunteers who get together and litter pick the areas where we live, public areas, the countryside and the canal.	Join the Facebook group for details of their events	<a href="https://www.facebook.com/groups/2839975599560782/">https://www.facebook.com/groups/2839975599560782/</a>

Little Britain Anglers	Little Britain Angler's has been set up by a group of Anglers with a common aim to improve and protect the River Irwell and its surrounding environment and waterways and canals.		<a href="https://www.littlebritainanglers.club/">https://www.littlebritainanglers.club/</a>
The Tottington Centre, Market Street, Tottington, Bury BL8 3LL		Currently open for room hire, borrowing books and computer use and the tea room is open from 2 August	<a href="https://www.tottingtoncentre.co.uk/">https://www.tottingtoncentre.co.uk/</a>
Bury Croquet Club		For details see the website	<a href="http://www.burycroquet.com">http://www.burycroquet.com</a>
Learn to Dance with Dance For Fun	St John with St Marks Hall, Parkinson St, Bury. BL9 6NY.	Every Tuesday at 7pm. Only £7.50 per person.	<a href="https://www.facebook.com/danceforfunuk">https://www.facebook.com/danceforfunuk</a>
Line Dancing	Church Lane Community Centre	Range of classes available for everyone	Contact Ruth 077794 98948
Line Dancing	Besses O'th Barn United Reform Church, Whitefield	Range of classes available for everyone	Contact Ruth 077794 98948
Tai Chi	Our Lady of Grace Church Hall, Fairfax Road, Prestwich	Monday 10:30 – 11:30 £6	Contact Ivan on 07870630979
Prestwich Circle	Social activities, events and outings for over 50's	Membership is £20 for individual and £35 for a couple	For more info visit <a href="https://hmrcircle.org.uk/">https://hmrcircle.org.uk/</a>
Love Football	Football for anyone 18+, any abilities to support mens mental health	Sessions at Parrenthorn High School and Elton High School	For more info visit <a href="https://love-football.org/">https://love-football.org/</a>

Weekly Winter Warmer	Walnut Allotments, Walnut Avenue, Bury	Soup and a roll or cheese toastie and tea and coffee	Every Friday 11am – 2pm Starting Friday 5 November
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