

**BURY EAST NEIGHBOURHOOD – ‘WHAT’S ON’ (JULY-AUGUST 2022)**

The information provided is only a guide, please contact groups to confirm details

KEY: Baby /Toddler group Children Young people Adults Over 50’s Dementia Friends

 Cost Health / wellbeing Food / drink Support Creative session Gardening







B/TG















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|  | **AM** | **PM**  |
| **Monday** | Garden organizer - Manage your vegetable garden – Apps on Google Play**East Ward Growing Together** Growing/gardening club. A really friendly group, in a peaceful space, all welcome. FREE to attend. **When?** 10:00am-12.00pm**Where?** c/oWalnut Avenue AllotmentsSusan- 07522129530eastwardgrowingtogether@gmail.com | **Bury guided walks** **Chesham Woods and Parkland Walk**- **When?** Mondays at 1pm. **Where?** Meeting in Hoyles Park Car Park, off Rochdale road. Bury BL9 6HY |
| 1,622 people attended 141 support groups - ALS Texas**Eagles Wing**A mutual support group of friends made up of local people, asylum seekers and refugees living in the Bury area. Come and join them, make friends and learn new skills. **Sessions Open until 21st JULY:****When? 10 - 12pm-** Eagles Wing Social group **10 – 2pm-** RED CROSS for ADVICE AND SUPPORT **Where?** THE UNITED REFORMED CHURCH, PARSONS LANE, BURY BL9 0LYSue.k.arnall@gmail.com 07917302061 | **The Big Fandango** **Jubilee Quilt Project**They are creating a textile project in collaboration with The Creative Living Centre and Rammy Men. Each Monday afternoon at The Big Fandango on Bolton St. You are invited to take part and make a square to commemorate positive things of historic interest that have happened in Bury over the Queen’s reign. You can bring along photo’s, memorabilia etc. And we will help you make a textile piece. This is a **FREE workshop** and funded by Bury Council. **When?** Mondays 1pm – 5pm**Where?** 34 Bolton St, Bury BL9 0LLTo get involved Please contact Rebecca Jackson- info@thebigfandango.com  |
| **The BAME Project**The group’s Aim is to integrate the diverse community of Bury, focusing on health and wellbeing both mentally and physically.**When? 10am-12pm-** Chai, chat and chilli (LADIES ONLY)**Where?** The BAME Project (Space 3) Newtons of Bury. 151 The Rock. Bury BL9 0NDEmail: thebameprojectbuf@gmail.com Mobile: 073 68380082 | 1,622 people attended 141 support groups - ALS Texas**ADAB-** **Red Rose Club** is a free weekly social group open to all people aged 60’s (or under). They offer bingo, afternoon film shows, arts and crafts, wellbeing, singing, plus more.**When?** 2pm- 3.30pm and open to Over 60’s **Art and Craft Ideas - Home | FacebookWhere?** The Mosses Centre Cecil St, Bury BL9 0SB)Icon  Description automatically generated**Cost-** £201617612079 / admin@adab.org.uk  |
| **Trust House**Trust House Whitefield is a community centre, open to all, offering free support, advice, and guidance to those in need. Trust House provides a community café, food pantry (2 days a week), advice and guidance, and well-being sessions.**When:** Monday / Tuesday / Thursday / Friday - From 10AM till 2PM**Where:** Metro Christian Centre, Parkhills Road, Bury, BL9 9AU<https://www.trusthousewhitefield.org/>Contact Katie on trusthousewhitefield@gmail.com | **Bury Youth Services****Hazelwood after school drop in** 3-5pm at New Kershaw Centre, Deal Street. Bury BL9 7PZ (contact Andrea via email: A.Hulton@bury.gov.uk)**SEND football** 5:15- 6pm at Castle Leisure centre. (Contact Cat via email: Cath.Reynolds@bury.gov.uk)**Open Youth Club** 6:30-8:30pm at New Kershaw Centre, Deal Street. Bury BL9 7PZ.For any and all queries please contact the youth service via email: youthservice@bury.gov.uk |
| **Meet Me at The Met**Meet Me at The Met is a social arts group for the over 50s. **When?** The group meet **every other Monday 11am-1pm** and take part in a huge range of different arts activities from poetry to ceramics and from singing and song writing to Bollywood dance. **Cost?** It is a FREE group and a great opportunity to meet new people, be part of our lovely building and try something new. **Where?** The Met, Market Street. Bury BL9 0BWThe link to book on is here <https://themet.org.uk/event/meet-me-at-the-met/>. | 1,622 people attended 141 support groups - ALS Texas**Tackle it Together – Men’s Wellbeing Project**Age 40+ Men’s football and chatVenue: Castle Leisure CentreIcon  Description automatically generated5.15pm -6pmCost- £2.50Icon  Description automatically generatedPlease email before attending a.greenhalgh@bury.gov.uk |
|  | Icon  Description automatically generated**ADAB – Wellness 4 Women-** at (The Mosses Centre Cecil St, Bury BL9 0SB). **Therapeutic Arts & Crafts.**When: Various times FREEAll welcome. For more information call 01617612079 or email admin@adab.org.uk  | **BIG in Mental Health**BIG, also known as Bury Involvement Group, is a local charity for people aged 18 and over, who are experiencing mental health conditions. No referral is required, you can just turn up at our groups. BIG is run by volunteers with lived experience of mental health conditions- [www.buryinvolvementgroup.org](http://www.buryinvolvementgroup.org) ‘Stronger Together Group’ -the group is a safe space for people to come together to share their experiences and listen and learn from others in a non-judgemental environment. Just turn up!**When?** Mondays 6:30pm – 8:30pm **Where?** Escape Room in Castle Leisure Centre, Bolton Street, Bury, BL9 0EZ (Please note this group does not take place on bank holidays) (All BIG groups are for people age 18 and over who have mental health conditions.)**Cost?** £1 contribution to attend |
|  | **AM** | **PM**  |
| **Tuesday** | **Bury Christian Fellowship - Chesham Fold Family Support**‘Let’s Stay and Play’ Parent and Toddler Group. Toys, crafts, chat and snacks. FREE to attend. All children must be accompanied by an adult.**When? Tuesdays 9- 11am Term time only**Just pop in anytime between 9am and 11am Starting 28th June**Where?** Chesham Fold Community Centre, 95/97, Chesham Fold Road, BL9 6JZ Contact Sarah for information on 07971254393 | **East Ward Growing Together**Coffee and Cake, every 3rd Tuesday of the month. **When?** 12.30pm- 2.30pm**Where?** c/oWalnut Avenue AllotmentsSusan- 07522129530eastwardgrowingtogether@gmail.com |
| **Attic Project** The “Attic Project” is a charitable foundation located in the heart of Bury, dedicated to helping those in need.**When?** Tuesdays 10am – 12pm they run the ‘Work club’ Please contact The Attic Project for any further information or to book onto any of the sessions T: 0161 258 6154E: info@atticprojectbury.comFB: @theatticprojectburyukWebsite:<https://attic-project.com/> | **BIG in Mental Health**BIG, also known as Bury Involvement Group, is a local charity for people aged 18 and over, who are experiencing mental health conditions. No referral is required, you can just turn up at our groups. BIG is run by volunteers with lived experience of mental health conditions- [www.buryinvolvementgroup.org](http://www.buryinvolvementgroup.org) ‘Recovery Group’ -is a discussion group covering various mental health topics and related subject. Just turn up! **When?** Tuesdays 6:30pm – 8:30pm **Where?** Bury United Reformed Church Parsons Lane, Bury, BL9 0LY All BIG groups are for people age 18 and over who have mental health conditions. **Cost?** £1 contribution to attend |
| **Attic Project** The “Attic Project” is a charitable foundation located in the heart of Bury, dedicated to helping those in need. **When?** Tuesday or Thursday morning – Foodbank or drop in 9:30am – 12pmPlease contact The Attic Project for any further information or to book onto any of the sessions T: 0161 258 6154E: info@atticprojectbury.com FB: @theatticprojectburyuk Website:<https://attic-project.com/>  | **Incredible Edible Brandlesholme**Easy walking group. FREE to attend**When?** Tuesday 1.30pm**Where?** Outside Lamppost Café Burrs0161 761 0046 or jean823foster@btinternet.com [https://www.live4energy.co.uk/incred ible-edible-our-community-garden/](https://www.live4energy.co.uk/incred%20ible-edible-our-community-garden/) |
| 1,622 people attended 141 support groups - ALS Texas**Eagles Wing**A mutual support group of friends made up of local people, asylum seekers and refugees living in the Bury area.**Sessions Open until 21st JULY:****When? 10 – 12pm**- Support for friends and members  **10 – 12pm**  ART AND SEWING GROUP**Where?** THE UNITED REFORMED CHURCH, PARSONS LANE, BURY BL9 0LYCome and join them, make friends and learn new skills. Sue.k.arnall@gmail.com 07917302061  | **Drama Workshops at The Met**We have three regular mainstream youth theatres at The Met, one Juniors group for 5-10s and two seniors groups for 11+. These are chargeable groups but we do offer a range of supported places on request. All info is here <https://themet.org.uk/event/bury-youth-theatre/>**When?** Juniors meet Tuesday 5pm -6.30pm **Where?** The Met, Market Street Bury. BL9 0BW. |
| **Trust House**Trust House Whitefield is a community centre, open to all, offering free support, advice, and guidance to those in need. Trust House provides a community café, food pantry (2 days a week), advice and guidance, and well-being sessions.**When:** Monday / Tuesday / Thursday / Friday - From 10AM till 2PM**Where:** Metro Christian Centre, Parkhills Road, Bury, BL9 9AU<https://www.trusthousewhitefield.org/>Contact Katie on trusthousewhitefield@gmail.com | **The BAME Project**The group’s Aim is to integrate the diverse community of Bury, focusing on health and wellbeing both mentally and physically.**5:15pm-6:30pm-** Let’s get active (LADIES ONLY)The BAME Project (Space 3) Newtons of Bury. 151 The Rock. Bury BL9 0NDEmail: thebameprojectbuf@gmail.com Mobile: 073 68380082 |
| **ADAB**Free English classes from Pre-Entry to Level 1 for speakers of other languages wanting to learn to speak, listen, read and write English. **When? 10:30-12:00pm-** Conversation café from to practice English and enjoy a cuppa.**Where?** The Mosses Centre Cecil St, Bury BL9 0SBCall Qurat 0161 761 2079 for information or to book a class | Icon  Description automatically generated**BAME Project –** Bury Get Active Women’s only exercise Held at Bury Defence Academy.**Icon  Description automatically generatedWhen?** 5.15pm -6.30pm**Where?** Lord St, Bury BL9 0RE**Cost-** £207368380082 or thebameprojectbyuf@gmail.com  |
| **Bury guided walks** **Bury Hospice Walk and Talk**- Tuesdays at 10:30am. Meeting outside Bury Hospice. Rochdale Old Road BL9 7RG | **The Big Fandango****LGBTQI plus social evening. Over 18’s only 6-8pm****When?** 2nd Tuesday of each month**Where?** 34 Bolton St, Bury BL9 0LLTo get involved please contact Rebecca Jackson- info@thebigfandango.com |
|  **The Big Fandango** **General arts and crafts day** – have a go at papercraft, decoupage, fimo clay modelling, missed media. See their Facebook page for details of the workshop of the day – most sessions are approx. **When?** Tuesday’s 11 am – 5pm**Where?** 34 Bolton St, Bury BL9 0LL**Cost?** £15 inc. Materials, drinks & tuitionTo get involved Please contact Rebecca Jackson- info@thebigfandango.com  | **Bury Youth Service** **Send Youth Club** 6pm-8pm at New Kershaw Centre, Deal Street. Bury BL9 7PZ (contact Andrea via email: A.Hulton@bury.gov.uk)**Youth Cabinet** 7-8pm online. (contact us via youthparticipation@bury.gov.uk for information)For any and all queries please contact the youth service via email: youthservice@bury.gov.uk**LGBTQ+ Youth Club** (contact Kerryon **k.freemanpatridge@bury.gov.uk** **)** |

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|  | **AM** | **PM**  |
| **Wednesday**  | **Home-Start Rochdale and Bury – Fun, Laugh and Learn!** FREE Support for parents with children under 5.**When?** 9.30am-11.30am**Where?** - Woodbank Children’s Centre For families living in Bury East and Central. **1,622 people attended 141 support groups - ALS Texas**Places are limited please contact Home-Start Gill Marsden 07874808994 gill@hsrb.org.uk  | **BRAC**  BRAC Stand for Bolton Bury and Rochdale African Community. Their aim is to encourage migrants to engage and participate fully in British society. ‘Advisory drop-in service’-they provide a drop-in session where they signpost members of the community experiencing language barriers to various services in Bury and Bolton. **When?** Every Wednesday between 12- 2 PM,**Where?** Metro Christian Centre, Parkhills Road, Bury, BL9 9AUbracnewcommunity@outlook.com 07809185094 / 07405895685  |
| **Attic Project** The “Attic Project” is a charitable foundation located in the heart of Bury, dedicated to helping those in need.‘Social Anxiety Peer Support Group’ on Wednesdays.**When?** 11am-1pmPlease contact The Attic Project for any further information or to book onto any of the sessions T: 0161 258 6154E: info@atticprojectbury.comFB: @theatticprojectburyukWebsite:<https://attic-project.com/> | **The Big Fandango-** **Needlefelting workshops.** Learn to make amazing cute creatures. **When?** Every Weds From 1-5pm  **Where?** 34 Bolton St, Bury BL9 0LL**Cost?** All materials, tuition and drinks £15To get involved Please contact Rebecca Jackson- info@thebigfandango.com |
| **The Big Fandango – Fibre Crafts****All day knitting** – come and bring your knitting or crochet and join our knit and natter. Beginners welcome and we’ll show you how. **When?** Pop along Wednesdys anytime between 11 am – 5pm **Where?** 34 Bolton St, Bury BL9 0LL**Cost?** £3 inc a free drink.To get involved Please contact Rebecca Jackson- info@thebigfandango.com  | **The Met –** *Let’s Get Moving, Movers and Shakers*Dance & Movement Workshop - Early years children aged 0- 4 and their parents. **FREE Sessions** that are open to all, though they particularly welcome families living in the East Bury area**Where?** Market Street, Bury. BL9 0BW**When?** Wednesdays 1.30-2.30pmBook here: <https://themet.org.uk/event/movers-and-shakers/> For more information education@themet.org.uk or 0161 761 2216 |
|  | **Bury guided walks -** BEATS (Short) Community Walks**When?** Wednesday at 1pm. **Where?** Meeting outside Castle Leisure Centre. Bolton Street. Bury BL9 0EZ. (booking only- Book between 10am-12pm each Wednesday on 07832943946) |
|  | **The Met** ***Movers and Shakers*** is a parent and child movement workshop for children aged 0-5 and their grown-ups. The workshop draws on yoga and dance to get parents and children moving and being both creative and active with each other. **When?** Every Wednesday from 1.30-2.30 in The Met. **Where?** The Met, Market Street, Bury. BL9 0BW.**Cost?** The workshop is **FREE to attend** The booking link for the next set isn’t live yet but it’s free so people are welcome to just turn up at  |
|  | Icon  Description automatically generated**Age UK Bury – New Activities at the Jubilee Centre** Live stream exercise session on YouTube- FREE class. **When?** 2pm- 2.45pm**Where?** Join live or if not convenient whenever you chose. <https://www.youtube.com/channel/UCiZKDtGvU9PvgaR_yPTW7_g/videos>  |
|  | **Drama Workshops at The Met**They have three regular mainstream youth theatres at The Met, one Juniors group for 5-10s and two seniors groups for 11+. **When?** Seniors meet Wednesday 5pm-6.15pm and 6.15pm-7.45pm.  **Where?** The Met, Market Street. Bury BL9 0BWThese are chargeable groups but they do offer a range of supported places on request. All info is here <https://themet.org.uk/event/bury-youth-theatre/> |
|  | **Bury Youth Service** **Rolling with it** (wheeled sports focus group) 5:30pm- 6pm**Young people drop-in** 6pm-7:30pm at The Green Café, Clarence Park, Royal Avenue. Walmersley Road. Bury BL9 5DH (get in touch with Kerry): Email Kerry for both activities above on: k.freemanpartridge@bury.gov.uk For any and all queries please contact the youth service via email: youthservice@bury.gov.uk |
|  | **SEND****Bounce and play-** Quiet sessions for children with Special Educational Needs and Disabilities (reduced venue capacity, music and lights turned down low. Siblings welcome to book, parent/carers bounce for free. Café open to but drinks and snacks). Organised in Partnership with Bee Inclusive.**When?** First Wednesday of Every month 6pm-8pmAdvance booking is required via email: bookbeeinclusive@gmail.com or phone 01204971007 (jump Xtreme)**Where?** Jump Extreme, Unit 2 Trinity Retail Park. Springfield, Bradfold Street, Bolton BL2 1HY**Cost?** Price per child Option 1 £8- Trampolining only (6-7pm)Option 2- £10 Trampolining (6-7pm) then soft play (7-8pm) |
|  | **Attic Project** The “Attic Project” is a charitable foundation located in the heart of Bury, dedicated to helping those in need. **When?** ‘Community led anxiety’ group **– 1st Wednesday of the month** 7pm – 8pmPlease contact The Attic Project for any further information or to book onto any of the sessions T: 0161 258 6154E: info@atticprojectbury.com FB: @theatticprojectburyuk Website:<https://attic-project.com/> |
|  | Icon  Description automatically generated**Bury Defence Academy – Covid 19 Health Improvement Project** Icon  Description automatically generatedImprove your fitness, stamina and/or lose weight with an intense 1-hour workout with a qualified fitness instructor. BMI test included. No need to book. Open to Anybody aged 11+ Circuit Training**When?** 7pm-8pm**Where?** Lord Street, Bury, BL9 0RE**Cost**? £3 07787 852892 or info@buryacademy.co.uk/ defence@buryacademy.co.uk . |
|  | **AM** | **PM**  |
| **Thursday**  | Icon  Description automatically generated**Age UK Bury – New Activities at the Jubilee Centre**Men’s only exercise session. **When?** 9.30am- 10.30am**Icon  Description automatically generatedWhere?** The Jubilee Centre, Clarence Park**Cost?**  Introductory cost £2.5001617639030 admin@ageukbury.org.uk | Icon  Description automatically generated **ADAB** – Women only Keep Fit Classes Classes including boxercise, circuit, training, yoga, cardio Bollywood dancing etc which provide positive mental health effects.**When?**  1pm-2pm**Where?** The Mosses Centre, Cecil St, Bury BL9 0SB0161 761 2079All welcome. For more information call 01617612079 or email admin@adab.org.uk |
| **Attic Project** The “Attic Project” is a charitable foundation located in the heart of Bury, dedicated to helping those in need. **When?** Tuesday or Thursday morning – Foodbank or drop in 9:30am – 12pmPlease contact The Attic Project for any further information or to book onto any of the sessions T: 0161 258 6154E: info@atticprojectbury.com FB: @theatticprojectburyuk Website:<https://attic-project.com/>  | **The Big Fandango** **Beginners Sewing-** Week 1 you will learn to thread a sewing machine, sew in a straight line  and sew a basic tote bag!!! In weeks 2 & 3 you will learn to follow a commercial pattern and make a pair of pyjama bottoms/lounging about the house pants. All materials are provided.**When?** 2pm – 5pm **Where?** 34 Bolton St, Bury BL9 0LL**Cost?** £55 for 3 a 3-week course – Booking essentialTo get involved Please contact Rebecca Jackson- info@thebigfandango.com |
| **Trust House**Trust House Whitefield is a community centre, open to all, offering free support, advice, and guidance to those in need. Trust House provides a community café, food pantry (2 days a week), advice and guidance, and well-being sessions.**When:** Monday / Tuesday / Thursday / Friday - From 10AM till 2PM**Where:** Metro Christian Centre, Parkhills Road, Bury, BL9 9AU<https://www.trusthousewhitefield.org/>Contact Katie on trusthousewhitefield@gmail.com | **Bury Youth Service Young carers Youth Club** 4:15- 6:15pm at New Kershaw Centre, Deal Street. Bury BL9 7PZ. ( Contact Cat on Cath.Reynolds@bury.gov.uk )For any and all queries please contact the youth service via email: youthservice@bury.gov.uk |
| 1,622 people attended 141 support groups - ALS Texas**Eagles Wing** A mutual support group of friends made up of local people, asylum seekers and refugees living in the Bury area.**Sessions Open until 21st JULY:****When? 10 – 12pm** Parents Support Group  **10 – 12pm** HEALTH WATCH for ADVICE**Where?** THE UNITED REFORMED CHURCH, PARSONS LANE, BURY BL9 0LYCome and join them, make friends and learn new skills. Sue.k.arnall@gmail.com 07917302061 | 1,622 people attended 141 support groups - ALS Texas**Tackle it Together – Men’s Wellbeing Project**Age 40+ Men’s football and chat**When?** 5.15pm -6pm**Icon  Description automatically generatedWhere?** Castle Leisure Centre, 30 Bolton St, Bury BL9 0EZ**Cost-** £2.50Icon  Description automatically generatedPlease email before attending a.greenhalgh@bury.gov.uk |
| Icon  Description automatically generated**Health Watch Bury – Health Access Assistance**FREE Health and advice drop-in. For anyone struggling due to language barriers, online access or understanding of how to contact local services.**When?** 10am-12.00pm (Term time only)**Where?** Bury United Reform Church01612536300 or info@healthwatchbury.co.uk  | **The Big Fandango** **Suicide Bereavement Peer Support Group**If you are personally bereaved by suicide we run a monthly support group. We are not trained counsellors, we are all bereaved by suicide and come together to offer support and friendship. Bereavement by suicide is a very complex type of grief but connections with others on the same path can be a great comfort.**When?** 2nd Thursday of each month6pm-8pm**Where?** 34 Bolton St, Bury BL9 0LLTo get involved please contact Rebecca Jackson- info@thebigfandango.com |
| **Ramsbottom Angling Association** Health, wellbeing & therapy-Fishing; learning to fish; social.**When?** 10am – 12.00pm**Icon  Description automatically generatedWhere?** The Lido classroom, Clarence Park Walmersley Road, Royal Ave, Bury BL9 6LL.**Cost-** Voluntary contributionAllan Dye 07956493828 Ramsbottom Angling Association (ramsbottomanglers.co.uk) | **ADAB** **Wellness 4 Women-** Therapeutic Arts & Crafts. FREE to attend**When?** Various times **Where?** The Mosses Centre Cecil St, Bury BL9 0SBAll welcome. For more information call 01617612079 or email admin@adab.org.uk  |
| **Age UK Bury-** **RECLAIM YOUR LIFE -YOUR LIFE IS MORE IMPORTANT THAN YOUR ILLNESS**Your life is more important than your illness. The 6 week course is aimed at people who experience cancer, disability, chronic pain, ME, fatigue, stroke, MS, depression, sight impairment, and poor mobility.**TIME**: Thursdays from 10.00 to 12 noon **DATES:** 7th July, 14th July, 21st July, 28th July, 18th August & 25th August. **COST:** £2.50 per week **LOCATION:** The Jubilee Centre, Mosley Avenue, Bury, BL9 6NJ **CONTACT:** Diane / Leisa on 0161 763 9030 or email admin@ageukbury.org.uk | **Six Town Housing** ‘Let’s live well’ programme offers residents throughout Bury, lots of different ways to live well. One of these activities is a running group called ‘Run Together Radcliffe’**When?** every Thursday 7pm. To join the group, contact Sue on runtogetherradcliffe@gmail.com. For more info visit [https://groups.runtogether.co.uk/RunTogetherRadcliffe](https://groups.runtogether.co.uk/RunTogetherRadcliffe?fbclid=IwAR1oe2P68fVsUvnYFP2hL7vZjcSh1y3Klu8heqy57FLMCtJyDM_GOvndGEg)For full list of activities from [Bury Council](https://www.facebook.com/BuryCouncil?__cft__%5b0%5d=AZU6x6NeTlh5ruF4s_nxJma1jEHTgDyTUA3uBhktVSBA95k97FPQL4ZnWy1ZOGk8h5UL2VxcNxz6hvP6MUcl5L9dmXd4GBJ7VJdDZkMUYE74tf8qk3He9UURmVPdACYq46in9yXemD7pfDkMFmZd8EGDeMZ8HriT6m0ibWnxe-TTD1w_RlHEStl9-saBMFaXp5dRfbgUuM1o37HPL-FaNACu&__tn__=-%5dK-R) website: [https://theburydirectory.co.uk/letslivewell](https://theburydirectory.co.uk/letslivewell?fbclid=IwAR3REXqlycr6GjWKx0QRpx1VKpuR8BDdLarpYznNyX3lKDRRIHq26FZm3AQ) |
|  **Attic Project** The “Attic Project” is a charitable foundation located in the heart of Bury, dedicated to helping those in need. **When?** ‘Mental Health Peer’ support Thursdays 11am-1pm Please contact The Attic Project for any further information or to book onto any of the sessions T: 0161 258 6154E: info@atticprojectbury.com FB: @theatticprojectburyuk Website:<https://attic-project.com/> |  |
|  | **The Big Fandango** Beginners and experienced quilters welcome. This is weekly quilting sessions. Learn machine and hand quilting. Fabric and materials available at a nominal fee. This session has been part funded by the Neighbourhood Pitch fund.**When?** 11am – 2pm Quilting**Where?** 34 Bolton St, Bury BL9 0LL**Cost?** £5 per session + drinksTo get involved Please contact Rebecca Jackson- info@thebigfandango.com |  |
|  | **Age UK Bury-** Cyber Surgeries. Their aim is to help you learn new skills to make the most of your tablet, smartphone or laptop. **When?** Cyber Surgeries take place on Thursday mornings at the Jubilee Centre. You can book your free one-hour session with Leisa or Diane at the Jubilee Centre reception, or call us on 0161 763 9030 or email admin@ageukbury.org.uk Everyone can have three sessions for free.If you would like more sessions, you can purchase them at £25 per session. You will need to bring your tablet, smartphone or laptop with you. Wi-fi is available at the Jubilee Centre. |  |
|  | **AM** | **PM**  |
| **Friday** | **Friends of Hazel Wood High –** **Meeting Friends & Keeping Fit**FREE Dance sessions for Hazel Wood year 11 students. (Just year 11 students at the moment but to reach out to past pupils soon.)**When?** 8am on Fridays**Where?** Hazel Wood High School, Hazel Avenue, BL9 7QT | **The Big Fandango** **Chill out art afternoon-** Come along and draw, paint or sketch. They are at hand to show you the basics or you can just do your own thing. Materials provided. **When?** 1pm -5pm**Where?** 34 Bolton St, Bury BL9 0LL**Cost?** £3To get involved Please contact Rebecca Jackson- info@thebigfandango.com |
| **Bury Christian Fellowship - Chesham Fold Family Support**Drop in for a chat and a cuppa. FREE to attend**When?** Fridays 9-11am Term-time only**Where?** Chesham Fold Community Centre, 95/97, Chesham Fold Road, BL9 6JZContact Sarah for information on 07971254393  | **BIG in Mental Health** BIG, also known as Bury Involvement Group, is a local charity for people aged 18 and over, who are experiencing mental health conditions. No referral is required, you can just turn up at our groups. BIG is run by volunteers with lived experience of mental health conditions- [www.buryinvolvementgroup.org](http://www.buryinvolvementgroup.org) ‘Drop In Group’ -An open space for people to chat and enjoy themselves. Just turn up! **When?** Fridays 1:00pm – 3:00pm **Where?** Bury United Reformed Church Parsons Lane, Bury, BL9 0LY All BIG groups are for people age 18 and over who have mental health conditions. **Cost?** £1 contribution to attend |
| **Friends of Hazel Wood High – Dance and Sparkle**Parents and children aged 0- 4 years. All parents welcome with their children aged 0-4 years. **FREE to attend****When?** Fridays 9.15am**Where?** Little Oaks Community Hub, Hazel AvenueFor more information, please call 0161 764 6065 and ask for Joanna Hall or email jhall.eastward@visionmat.com  | **Bury Youth Service** **Children In Care Council** Every Other Friday 4- 5:30pm at New Kershaw Centre, Deal Street. Bury BL9 7PZ. (contact Heather via email: h.walton@bury.gov.uk)Radcliffe Youth Club 6:30-8:30 at ROC Centre, Westminster Avenue. Radcliffe M26 3WD (contact Lisa at l.davis@bury.gov.uk )For any and all queries please contact the youth service via email: youthservice@bury.gov.uk |
| Icon  Description automatically generated**Age UK Bury – New Activities at the Jubilee Centre**Men’s only exercise session. **When?** 9.30am- 10.30am**Icon  Description automatically generatedWhere?** The Jubilee Centre, Clarence Park**Cost?** Introductory cost £2.5001617639030 admin@ageukbury.org.uk | **The BAME Project**The group’s Aim is to integrate the diverse community of Bury, focusing on health and wellbeing both mentally and physically.**When?** 5:30pm-6:30pm- LADIES Self defence course**Where?** The BAME Project (Space 3) Newtons of Bury. 151 The Rock, Bury BL9 0NDEmail: thebameprojectbuf@gmail.com Mobile: 073 68380082 |
| Eat drink symbol Royalty Free Vector Image - VectorStock**The Crown Veterans Breakfast Club –** Breakfast and Social Club **f**or Armed Forces, Regular and Reserve, Veterans, Blue Light Services and family members**When?** 9:30am – 11.30 am**Where?** The Mosses Centre, Cecil St, BL9 0SB**Icon  Description automatically generatedCost?** £4.00 for a full English, toast, tea, or coffee (refill)thecrownveteransbreakfastclub@outlook.com 0161 761 2079 |  |
| **Coffee morning for ESOL residents** Do you fancy meeting people from around the world? Want to help them integrate? Come along and have a chat! Group for Refugees and asylum seekers. **When?** Every Friday 10-12pm**Where?** Blackburne Hall, 5 the Wylde, BuryVolunteers also wanted please. For more information, message Sarah on 07385911839 / **esol@bury.gov.uk** |  |
| **Trust House**Trust House Whitefield is a community centre, open to all, offering free support, advice, and guidance to those in need. Trust House provides a community café, food pantry (2 days a week), advice and guidance, and well-being sessions.**When:** Monday / Tuesday / Thursday / Friday - From 10AM till 2PM**Where:** Metro Christian Centre, Parkhills Road, Bury, BL9 9AU<https://www.trusthousewhitefield.org/>Contact Katie on trusthousewhitefield@gmail.com |  |
|  | **Bury guided walks** **BEATS (Longer) Community Walk**- **When?** Friday at 10:30am. **Where?** Meeting outside Castle Leisure Centre. Bolton Street. Bury BL9 0EZ |  |
|  | **AM** | **PM**  |
| **Saturday** | Eat drink symbol Royalty Free Vector Image - VectorStock**Veterans& Armed Forces Coffee Mornings** FREE to attend **When?** 10:30am -13:00pm. First Saturday of every month starting the 2nd July **Where?** The Fusiliers Museum Broad St Bury  | **The Big Fandango****Woodworking with Colin** Bring a small piece of furniture you wish to upcycle, have a go at making bird boxes or planters. Learn to use power tools safely**When?** 12-3 pm**Where?** 34 Bolton St, Bury BL9 0LL**Cost?** £15 – Booking recommendedTo get involved Please contact Rebecca Jackson- info@thebigfandango.com |
|  | **The Met** ***Aiming High*** -is their drama group for Autistic and Learning Disabled children. This meets on Saturdays across three age groups. **Where?** The Met, Market Street. Bury BL9 0BWIf families are interested in getting involved, please email education@themet.org.uk to discuss the induction process.  | **The Big Fandango**General arts and crafts – see their Facebook page for details.**When?** 12- 3pm – **Where?** 34 Bolton St, Bury BL9 0LLTo get involved please contact Rebecca Jackson- info@thebigfandango.com |
|  |  | **BRAC** Stands for Bolton Bury and Rochdale African Community. Their aim is to encourage migrants to engage and participate fully in British society.Every Saturday, there is a homework club for students whose parents are unable to assist due to being a language barrier.**When?** 2pm to 5 PM**Where?** Metro Christian Centre, Parkhills Road, Bury, BL9 9AUbracnewcommunity@outlook.com 07809185094 / 07405895685 |

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|  | **AM** | **PM**  |
| **Sunday**  | **The BAME Project****Walking group for LADIES and children-** The group’s Aim is to integrate the diverse community of Bury, focusing on health and wellbeing both mentally and physically.**When? 10am-** **Where?** The BAME Project (Space 3) Newtons of Bury. 151 The Rock. Bury BL9 0NDContact: thebameprojectbuf@gmail.com or 073 68380082 | **The BAME Project****(Seasonal) Sunday Bazaar-** The group’s Aim is to integrate the diverse community of Bury, focusing on health and wellbeing both mentally and physically. Open to everyone**When?** 1pm-4pm**Where?** The BAME Project (Space 3) Newtons of Bury. 151 The Rock. Bury BL9 0NDEmail: thebameprojectbuf@gmail.com Mobile: 073 68380082 |
| **Borough of Bury Veterans Association**If you miss being a part if the military family, then come along to the Borough Of Bury Veterans Association. They organise trips and events such as family fun days, National Arboretum, Veterans parades, Battlefield Tours, Golf days, Sea fishing etc**When?** They meet at 12pm on the First Sunday of each month (meeting dates may change due to bank holidays)**Where?** Fishpool Liberal Club, 79 Nelson Street, Bury, BL9 9HX Email: boroughofburyveterans@gmail.com [www.bobva.co.uk](http://www.bobva.co.uk)  | **Friends of Chesham Woods**They are always wanting volunteers to help look after the woods. They meet every Sunday afternoon 1-30 to 4pm. To volunteer or get involved please contact friendsofcheshamwoods@gmail.com  |
| **Supporting Sisters –**FREE Women’s only Walk and Talk group. Fortnightly Sunday morning group.Contact for details /date/ time / meeting place 07743495465 ssistersbury@gmail.com |  |

**UPCOMING COMMUNITY EVENTS/ COURSES/ TRAINING**

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|  | **AM/PM** |

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| **Volunteers Wanted**Do you want to get involved, help your community and meet new friends?Volunteer event stewards, café assistants, cleaners, gardeners, litter pickers, first aiders and other roles are available at Clarence Park throughout the year. Don’t delay, apply now. Send an email to friendsofclarencepark@gmail.com. Please state what roles you are interested in. |
| **Introduction to Birdwatching Course****What:** Introduction to Birdwatching course **When?** 23 June & 30 June, 7 July & 14 July 2022 at 1pm - 3pm**Where?** Bury Library, Manchester Road, Bury, BL9 0DG **Details:** FREE course, to book call Bury Library on 0161 253 5872 |
| **ESOL Open Day** They ran this event in October last year and it was really helpful for people with ESOL needs to be able to access services and support. **When? Tuesday 5th July between 10-2pm**.  **Where? Mosses Centre,** **Cecil St, Bury BL9 0SB** To get a course, please complete an online assessment on the website: <https://gmesol.org/esol-in-bury/>ESOL support  For any queries related to ESOL, please use the contact details below: (If you are reading this digitally, please follow the link below)  Online Query Form: ESOL in Bury | GM ESOL     Click ‘Join a course’ and complete the form.  If not, please contact: Sarah Thornton Phone: 0161 253 6806 WhatsApp: 07385 911839 Email: esol@bury.gov.uk   |
| **Open Day Event at Bury Adult Learning Centre**Come to our Open Day! If you are thinking of enrolling on an adult learning course in September & need some inspiration, come and join us at our open day event at Bury Adult Learning Centre, **on Saturday 16th July, 10.30am – 3.00pm.** For more information and to book a place on one of our free taster sessions, call Bury Adult Learning Centre on 0161 253 5772. |
| **Learn To Ride, FREE cycle training** Not been on a bike for years? Or at all? TFGM are providing FREE training sessions for 12 years+ (12-16 accompanied by adult). Sessions will take place at Clarence Park. To book go to <https://cycletraining.tfgm.com/publicbooking>. You can also just turn up on the day, but places are limited so booking is advised.

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|   | **Saturday** | **Date, course, time** |
| June | 25 | Clarence Park - LTR (10.00-12.00; 12.30-14.30) |
| July | 30 | Clarence Park - LTR (10.00-12.00; 12.30-14.30) |
| August | 27 | Clarence Park - RRR (10.00-12.00; 12.30-14.30) |
| September | 24 | Clarence Park - LTR (10.00-12.00; 12.30-14.30) |
| October | 29 | Clarence Park - LTR (10.00-12.00; 12.30-14.30) |
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| **Couch to 5k**Starting Friday 10th June. Get in touch for more details: hi@ramsbottomrunningclub.co.uk |
| **Friends of Clarence Park.** **23rd July- Party in the Park**. **10 September- Café at the Green**. Open from 11am- 3pm, all food and drinks are donation only. Pop by for homemade soup and cakes.or further details regarding attending the events, please contact friendsofclarencepark@gmail.com |
| **The Crown Veterans Breakfast Club – Extending our reach**3 Events - Remembrance Day, Christmas Lunch, Veterans Social Night, or Day Trip. For Armed Forces, Regular and Reserve, Veterans, Blue Light Services, and family members. **When?** To be confirmed**Where?** The Mosses Centre, Cecil St, BL9 0SB. thecrownveteransbreakfastclub@outlook.com or 0161 761 2079**Cost?** To be confirmed |
| **Northern Care Alliance NHS Recruitment Event in Bury** All welcome, no booking required. A variety of roles available including Allied health professionals, Health visitors, social work, school nursing etc. **When?** Friday 22nd July 10:00am- 2pm. **Where?** Chatsworth House, Roach Bank Road, Bury BL9 8RN |
| **The Big Fandango** **Upcoming Suicide Prevention Training courses:****Where There’s Light  - Over 18’s only** This course is intended for anyone who comes into contact with others as part of their day to day role. For Private, Public or 3rd sector organisations. The course will help you spot the signs, learn to open a conversation around suicide, signpost and provide guidance on safety planning. **When?** Wednesday 20th July – they still have a few places left – to book please email info@thebigfandango.com**Where?** 34 Bolton St, Bury BL9 0LL |
| **Bitesize Understanding Anxiety for parents/carers sessions (July) jointly delivered by CAMHS and the Educational Psychology Service**. This two hour workshop will cover what we mean by anxiety, how it may feel, and strategies you can use at home to support your child. The same workshop is being delivered twice, so you only need to attend one of the sessions. **When?** 6th July 10am-12 pm. **Where?** Delivered at Bury2gether, Bury SEND Hub Westminster Avenue, Radcliffe, M26 3WD. To book, email: Bury2Gether@gmail.com  |
| **Bury Adult Learning service** - Mental health and wellbeing courses specifically developed for adults to help you improve your emotional wellbeing. Courses take place at Bury Adult Learning Centre and community venues. Icon  Description automatically generated**How to enrol**? You can contact Sue Scott on 0161 253 6830 and let her know which course you are interested in and she will arrange an appointment for you. Or email s.scott@bury.gov.uk.  |
| Icon  Description automatically generated**ADAB – Wellness 4 Women-** **Beautiful Me – Be Kind to Your Mind Workshops**FREE. Booking essentials. 01617612079 (Dates and times to be confirmed). **Where?** The Mosses Centre Cecil St, Bury BL9 0SB |
| **B.A.M.E Self Defence Programme.** Ladies only. This will be a six weeks programme and classes.**When?** Starting Friday 3rd June 5:30-6:30pm **Where?** Bury Defence Academy, Lord Street. BL9 ORE. To register contact 07368380082. Complete online consent form [www.zsdefenceacademy.co.uk](http://www.zsdefenceacademy.co.uk) |
| **Managing Moments- Grief support Group for Young People-** (including 2 weeks with parents / carers)This opportunity will enable young people to meet others going through the same challenges over a 6 week programme (pre-booking essential). They help to explore grief and its many emotions when loss is experienced with trained counsellors on hand. **When?** 6:30pm- 8:30pm. **Where?** Meeting weekly at Castle Leisure Centre, Bolton street, Bury BL9 0EZ. For registration/ referral form, please contact Jane or Lesley info@upliftunite.co.uk 07813299291/ 07775678906  |
| **The Met** They run regular holiday clubs, this summer the main drama summer school will be running **9th  August, 10th August and 11th August** and the booking link for that should go live in the next few weeks. They are also going to be running some HAF stuff in satellite venues across Bury. Further details to follow shortly |

**OTHER ACTIVITIES / SERVICES**

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| **FGRS****Community hub uniform drive**-We all know how expensive uniform can be so as part of FRGS hub, they are offering new and used uniform at a donation price to help out those families that are struggling. They are currently taking donations for High school and primary school uniforms. Please Email **FGRScommunityhub@gmail.com**to arrange collection or drop off at Bury Football Club! |
| **The Sunnywood Project** The project has a new **Summer Youth Hiking Programme**, consisting of 4 days of exploration across different locations, suitable for ages 15 and up. Each day will cover a distance between 6-7 miles over mixed terrain, providing an opportunity to learn basic map reading skills and take time to ‘reconnect’ with the outside world. **The event is particularly suited to those who maybe experiencing low mood or low self-esteem** and who may not necessarily enjoy team sports but have an appreciation for nature and the outdoors. There is a suggested donation of £40 for the programme, however, those unable to make a donation or who wish to pay a different amount can do so, simply select ‘pay in person’ when booking. Find more information here: Summer Youth Hike Programme For more information you can e-mail info@thesunnywoodproject.co.uk or ring 0751 506 0722. |
| **Busy Bushcraft-** Sign your kids up to a day of Bushcraft and fun! Qualified Bushcraft Instructor Andy will be getting the kids hands on with all things Bushcraft including whittling, tool work, shelter construction, basic foraging, wild cooking, bushcraft builds, cordage making and much more. Taking place throughout August at Chesham Woods in Bury and Clifton Country Park in Salford. Contact: Andy Henrick. 07470818827. Please Check out the website for more details! [www.busybushcraft.com](http://www.busybushcraft.com) ***All sessions are £25, with 20% off multiple bookings. For ages Ages 8+*** * Held at Chesham Woods on 25th, 27th July, 1st, 3rd, 8th, 10th, 15th, 17th, 22nd, 23rd, 29th and 30th August
* Held at Clifton Country Park on 28th July, 4th August, 11th August, 18th August, 24th August, 25th August, 31st August, 1st September.
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| **Attic Project** The “Attic Project” is a charitable foundation located in the heart of Bury, dedicated to helping those in need. Debt and welfare advice including applying for housing, ***appointments only.***Please contact The Attic Project for any further information or to book onto any of the sessions T: 0161 258 6154E: info@atticprojectbury.com FB: @theatticprojectburyuk Website:<https://attic-project.com/>  |
| Icon  Description automatically generated**ADAB – Wellness 4 Women-** ADAB’S Wellness 4 Women **Emotional Wellbeing service for young women** and is tailored to the needs of BAME young women between 16-25 years. It supports with anxiety, depression,, low self esteem, loneliness etc1,622 people attended 141 support groups - ALS TexasProviding talking and holistic therapies, tackle mental health stigma, social support, mental health support etc.**Where?** The Mosses Centre Cecil St, Bury BL9 0SB Kashf or Safina 01617612079 or health@adab.org.uk  |
| **ADAB**IMPROVING THE LONG TERM SUPPORT AVAILABLE FOR PEOPLE WHO HAVE HAD A STROKE IN GREATER MANCHESTER. DID YOU HAVE A STROKE IN 2021? WOULD YOU BE HAPPY TO SPEAK TO US ABOUT YOUR EXPERIENCE – GOOD OR BAD? YOUR EXPERIENCE MATTERS.**Where?** The Mosses Centre Cecil St, Bury BL9 0SBFor more information contact Madhura.muralidharan@stroke.org.uk or phone 0773 974 6096 with your Name; Preferred Language; Phone No. & Email. |
| **ADAB**Mosses Nursery Mosses Community Nursery is an independent CIC providing a highly professional service offering a caring, stimulating, fun, learning environment to meet each child’s educational and social needs. **Where?** The Mosses Centre Cecil St, Bury BL9 0SBTo book a place please call Donna on 0161 464 0809 |
| **ADAB**ADAB provides high quality and impartial Information, Advice and Guidance service (IAG) specifically for South Asian Community within Bury. This is completely Free, confidential, and independent. They assist on various issues and help access the services that you are unable to due to language difficulties. Some of the issues they can help with include Dealing with utilities - electric, gas etc. Housing Debt and money advice Employment and training etc **When?** IAG is available Mondays to Fridays from 10am to 4pm. **Where?** The Mosses Centre Cecil St, Bury BL9 0SBPlease Call 0161 761 2079 for an appointment or email: advice@adab.org.uk  |
| **ADAB**Domestic Violence Support. Domestic Violence is a pattern of abusive behaviour which keeps one person in a position of power over the other through the use of fear, intimidation and control.WE UNDERSTAND HOW YOU FEEL WE PROVIDE A CULTURALLY SENSITIVE & CONFIDENTIAL SERVICE. CONFIDENTIALITY GUARANTEEDContact on 0161 761 2079 or email: health@adab.org.uk .**Where?** The Mosses Centre Cecil St, Bury BL9 0SB |
| **East Ward CP School - Woodland Walk**Weekly parents ‘Forest School’ sessions. By invitation only to certain parents of children who attend the school. FREE to attend**When?** Starting 14th June- **(This is ongoing until the End of Term.)****Where?** Willow Street |
| **Goshen Wood Community Group - Access to Goshen Wood for our community**A lovely space in nature. Encourage use of woodland for activity and biodiversity/wildlife. Inspiring people to enjoy the outdoors and Bury's open green spaces.FREE to attend**When?** Anytime**Where?** Off Tennyson Avenue, BL9 9RG |
| Icon  Description automatically generated**The Friends of Clarence park-** They are creating a Community Recipe Book and are asking for your assistance in their project. Please submit a recipe that is affordable, healthy and easy to be added to the book. Please send any entries to friendsofclarencepark@gmail.com  |
| **Fair Futures CIC - Young Asylum Seeker & Refugee Project**Therapeutic sessions, ESOL, creative art therapy, play therapy and cooking. It’s a FREE service with Referral only from social services, schools, and colleges. fairfutures@outlook.com  |
| 1,622 people attended 141 support groups - ALS Texas**Bury Veterans Hub Café**Support for veteran or a family member of a veteran who needs help and support. CVs support, financial assistance, mental health support, therapy projects (community garden, owl husbandry, Apiary, Library) day trips and an annual weekend camping, or just a chat brew, and banter.**Where?** Bury Veterans Hub-Café, Link House. 35 Walmersley Road. Bury, BL9 5AEContact: Buryveteranshub@outlook.com . 07983933755/ 07488395473 |
| **Bury Asian Women’s Centre - Women Supporting Women**An introduction to recreational and cultural life in Bury and Manchester. To help women from ethnic minorities to gain the confidence and skills to use public transport through weekly trips. Contact on 07982650964 for more detailsVarious locations, various dates. **FREE to attend.** |
| **Hoyle Nursery School – Hoyle Forest School**Forest School for our children, families, and the local community. **When?** Coming soon**Where?** Chesham Fold Road, Bury, BL9 6HR |
| **Mosses Community Preschool CIC - Early Years Education Support**Sensory library to enable cognitive and sensory development. FREE to attend**When?** Ongoing**Where?** Mosses centre,Cecil Street, Bury, BL9 0SBFor more information contact on 01617612079 |
| **Peachment Place Tenants & Residents Association - Wellbeing 22**A wide range of activities for residents to support mental & physical wellbeing. For the residents of Peachment Place. **Where?** Kemp Heaton Avenue, BL9 9GQ**When?** Ongoing  |
| **Topping Fold Community Centre - Topping Fold Gym**Community outdoor gym. FREE to attend**Where?** 36 Topping Fold Rd. BL9 7NG**When?** Coming soon |
| **Space for Nature** -has a huge amount of Balsam to clear and would really appreciate anyone who can offer some time to help pull up as much balsam as they can manage. Meeting at Whalley Road allotments next to Eagle and Child Pub at 6:30pm-8:30pm on 22nd June, 27th June and 29th June. |
| **The BAME Project****Monthly Social eating.** Open to everyone**When?** 6:30pm**Where?** The BAME Project (Space 3) Newtons of Bury. 151 The Rock. Bury BL9 0NDEmail: thebameprojectbuf@gmail.com Mobile: 073 68380082 |
| **SEND**School and College Transport Team Week commencing 22nd August transport services intend to send letters informing parents of their child/young person’s transport arrangements for September. Transport contact details are: Email: schoolandcollegetransport@bury.gov.uk . Tel: 0161 253 6968 Please look on the Local Offer for further information: <https://theburydirectory.co.uk/services/school-and-college-transport-team>  |



Please visit the Bury Directory for more groups / organisations in Bury using the link below if you are reading this electronically or if you have a hard copy of this timetable, please google Bury Directory or tel: 0161 253 5300 https://theburydirectory.co.uk/

If you are a group or organisation, it is beneficial to advertise your groups on The Bury Directory, if you are already on the directory please remember to check if your details are up to date regularly.