

Let's live well

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Who	Where	When	What	Cost	Contact
ADAB – Wellness 4 Women	The Mosses Centre	Thursday 1-2pm	Women's-only exercise	Free	All welcome. For more information call 01617612079 or email admin@adab.org.uk
ADAB – Wellness 4 Women	The Mosses Centre	TBC	Beautiful Me – Be Kind to Your Mind Workshops	Free	Booking essential
ADAB – Wellness 4 Women	The Mosses Centre	Mon and Thurs Various Times	Therapeutic Arts & Crafts	Free	All welcome. For more information call 01617612079 or email admin@adab.org.uk
Red Rose social group	The Mosses Centre	Monday 2-3.30pm	Over 60's (or under 😊)	£2	A social group with entertainment contact ADAB for more information 01617612079 admin@adab.org.uk
Age UK Bury – New Activities at the Jubilee Centre	The Jubilee Centre, Clarence Park	Thursday and Friday 9.30-10.30am	Men's only exercise session.	Introductory cost £2.50	01617639030 admin@ageukbury.org.uk
Age UK Bury – New Activities at the Jubilee Centre	The Jubilee Centre, Clarence Park	From 7 th July Thursdays 10.00 – 12.00	Reclaim your life - 6-week course	£2.50 per week	For people with long term illness, disability, pain, or fatigue. Dates are 7th, 14th, 21st, 28th July, 18th & 25th August. To book contact Diane or Leisa on 0161 763 9030 Email admin@ageukbury.org.uk
Age UK Bury – New Activities at the Jubilee Centre	Online on YouTube	Weds weekly 2pm-2.45pm	Live stream exercise session on YouTube	No cost	Join live or if not convenient whenever you chose. Age UK Bury - YouTube

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BAME Project – Bury Get Active	Bury Defence Academy	Tuesday 5.15-6.30	Women's-only exercise	£2	07368380082 thebameprojectbyuf@gmail.com
Bury Asian Women's Centre - Women Supporting Women	Various locations	Various dates	An introduction to recreational and cultural life in Bury and Manchester	Free	To help women from ethnic minorities to gain the confidence and skills to use public transport through weekly trips. Contact on 07982650964 for more details
Bury Christian Fellowship - Chesham Fold Family Support	Chesham Fold Community Centre, 95/97, Chesham Fold Road, BL9 6JZ	Fridays 9-11am Term-time only	Drop in for a chat and a cuppa	Free	Just pop in anytime between 9am and 11am for a brew and a chat. Contact Sarah for information on 07971254393 Reopening 17th June
Bury Christian Fellowship - Chesham Fold Family Support	Chesham Fold Community Centre, 95/97, Chesham Fold Road, BL9 6JZ	Tuesdays 9-11am Term-time only	Parent and Toddler Group. Toys, crafts, chat and snacks	Free	Just pop in anytime between 9am and 11am Contact Sarah for information on 07971254393 Starting 28th June 2022
Bury Defence Academy – Covid 19 Health Improvement Project	Lord Street, Bury, BL9 0RE	Wednesdays 7-8pm	Anybody aged 11+ Circuit Training	£3	Improve 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. 07787 852892 or info@buryacademy.co.uk
Bury Defence Academy –	Lord Street, Bury, BL9 0RE	To be confirmed on booking	One to one sessions to get back to fitness after Covid or other health problems	Discounted rates	With instructor Shaz Buggy Booking essential Contact 07787852892 or info@buryacademy.co.uk to book

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The Crown Veterans Breakfast Club – Extending our reach	The Mosses Centre, Cecil St, BL9 0SB	Fridays 9.30 – 11.30 am	Breakfast and Social Club	£4.00 for a full English, toast, tea, or coffee (refill)	For Armed Forces, Regular and Reserve, Veterans, Blue Light Services, and family members. thecrownveteransbreakfastclub@outlook.com 0161 761 2079
The Crown Veterans Breakfast Club – Extending our reach	The Mosses Centre, Cecil St, BL9 0SB	TBC	3 Events - Remembrance Day, Christmas Lunch, Veterans Social Night, or Day Trip	TBC	For Armed Forces, Regular and Reserve, Veterans, Blue Light Services, and family members. thecrownveteransbreakfastclub@outlook.com 0161 761 2079
Eagles Wing – Come as Strangers, Stay as Friends	Bury United Reform Church	Tuesday 10-12 Term time only	Art and Sewing Group and Support.	Free	07917302061 sue.k.arnall@gmail.com
Eagles Wing – Come as Strangers, Stay as Friends	Bury United Reform Church	Thursday 10-12 Term time only	Parents support group	Free	07917302061 sue.k.arnall@gmail.com
East Ward CP School - Woodland Walk	Willow Street	Starting 14 th June	Weekly parents 'Forest School' sessions	Free	By invitation only to certain parents of children who attend the school.
East Ward Growing Together – Grow Well, Eat Well, Live Well	Walnut Allotments	Mondays 10-12	Growing / Gardening club	Free	A really friendly group, in a peaceful space, all welcome. 07522129530 eastwardgrowingtogether@gmail.com

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Fair Futures CIC - Young Asylum Seeker & Refugee Project	Bury East	Weekly	Therapeutic sessions, ESOL, creative art therapy, play therapy and cooking.	Free	Referral only from social services, schools, and colleges. fairfutures@outlook.com
Fightback 4 Justice – Social Welfare Workshops	Eagles Wing / Bury Unitarian Church	Thursdays 10-12.00 Term time only	Welfare Benefit Advice Workshop	Free	Just drop in
Friends of Clarence Park - Community Cookbook	n/a	Coming soon	Community Cookbook	Free	Any community groups wishing to be featured please email friendsofclarencepark@gmail.com for info
Friends of Clarence Park - Notice boards for local walks	TBC	Coming soon	Notice boards for local walks	Free	Two new notice boards in the park displaying some of the local walks in picture format, as well as information about distance and suggested walking ability.
Friends of Hazel Wood High - Meeting Friends & Keeping Fit	Hazel Wood High School, Hazel Avenue, BL9 7QT	Fridays 8am	Dance sessions for Hazel Wood year 11 students	Free	Just year 11 students at the moment but to reach out to past pupils soon.
Friends of Hazel Wood High – Dance and Sparkle	Little Oaks Community Hub, Hazel Avenue	Fridays 9.15am	Parents and children aged 0-4 years	Free	All parents welcome with their children aged 0-4 years For more information, please call 0161 764 6065 and ask for Joanna Hall or email jhall.eastward@visionmat.com

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Goshen Wood Community Group - Access to Goshen Wood for our community	Off Tennyson Avenue, BL9 9RG	Anytime	A lovely space in nature	Free	Encourage use of woodland for activity and biodiversity/wildlife. Community cohesion. Inspiring people to enjoy the outdoors and Bury's open green spaces.
Health Watch Bury – Health Access Assistance	Bury United Reform Church	Thursday 10-12.00 Term time only	Health and advice drop-in	Free	01612536300 info@healthwatchbury.co.uk For anyone struggling due to language barriers, online access or understanding of how to contact local services.
Home-Start Rochdale and Bury – Fun, Laugh and Learn!	Woodbank Children's Centre	Wednesdays 9.30-11.30	Support for parents with children under 5.	Free	For families living in Bury East and Central. Places are limited please contact Home-Start Gill Marsden 07874808994 gill@hsrb.org.uk
Hoyle Nursery School – Hoyle Forest School	Chesham Fold Road, Bury, BL9 6HR	Coming soon	Forest School for our children, families, and the local community.	Free	Coming soon
Incredible Edible Brandlesholme	Outside Lamppost Café Burrs	Tuesday 1.30pm	Easy walking group	Free	0161 761 0046 jean823foster@btinternet.com https://www.live4energy.co.uk/incredible-edible-our-community-garden/
Mosses Community Preschool CIC - Early Years Education Support	Cecil Street, Bury, BL9 0SB	Ongoing	Sensory library to enable cognitive and sensory development	No charge	For more information contact on 01617612079

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Peachment Place Tenants & Residents Association - Wellbeing 22	Kemp Heaton Avenue, BL9 9GQ	Ongoing	A wide range of activities for residents to support mental & physical wellbeing		For the residents of Peachment Place
Ramsbottom Angling Association - Health, wellbeing & therapy	The Lido classroom, Clarence Park Walmersley Road	Thursday 10 – 12.00	Fishing; learning to fish; social.	Voluntary contribution	Allan Dye 07956493828 Ramsbottom Angling Association (ramsbottomanglers.co.uk)
Supporting Sisters – Walking and Talking	Supporting Sisters Walmersley Road	Fortnightly Sunday morning	Women's-only Walk and Talk	Free	Contact for details /date/ time / meeting place 07743495465 ssistersbury@gmail.com
Tackle it Together – Men's Wellbeing Project	Castle Leisure Centre	Monday and Thursday 5.15-6pm	Age 40+ Men's football and chat	£2.50	Please email before attending a.greenhalgh@bury.gov.uk
The Met – Let's Get Moving, Movers and Shakers	Market St Bury BL9 0BW	Wednesdays 1.30-2.30pm	Dance & Movement Workshop - Early years children aged 0-4 and their parents	Free - Sessions are open to all, though we particularly welcome families living in the East Bury area	Book here https://themet.org.uk/event/movers-and-shakers/ For more information education@themet.org.uk 0161 761 2216
Topping Fold Community Centre - Topping Fold Gym	36 Topping Fold Rd. BL9 7NG	Coming soon	Community outdoor gym	Free	More details coming soon

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