

# Let's live well

LET'S  
do it!

## Prestwich

Who	Where	When	What	Cost	Contact
Spoons			Specialised trauma support for 5 local families, monthly play therapy sessions for the parents of neonatal babies, baby massage	Free	Kirsten Mitchell 0300 365 0362 <a href="mailto:care@spoons.org.uk">care@spoons.org.uk</a>
St Mary's Churchyard Action Group	St Marys Church	- Maintenance – every Tuesday 9am onwards	Providing historical walks and tours in the grounds, walking groups and self-guided tours	Free	Bill Cottam 0161 798 6489 <a href="mailto:jonbleasdale@gmail.com">jonbleasdale@gmail.com</a>
Creative Living Centre	1A Rectory Lane, Prestwich	- Thursdays 11am – 12.30pm	Guided bike rides to promote positive mental health and wellbeing, experience the green spaces, gain confidence on a bike, and make social connections.	Free	Heather Heathfield 0161 696 7501 <a href="mailto:admin@creativelivingcentre.org.uk">admin@creativelivingcentre.org.uk</a> <a href="#">CREATIVE LIVING CENTRE - Mental Health Charity   Actively working on mental wellbeing</a>
Incredible Edible / Friends of Philips Park	Philips Park, Whitefield	Starting 4 <sup>th</sup> April	12-week nature and wellbeing introduction to Philips Park, 'taster sessions' of green wellbeing activities. Connect with others, enjoy a brew, and enjoy social contact.	Free	Jenni Lea <a href="mailto:jlea@lancswt.org.uk">jlea@lancswt.org.uk</a>
Gateway Action (Salford)	The Shrubberies Hall, Crescent Ave, Prestwich		Improving self-awareness and mental health', 'Drug and alcohol/lifestyle choices courses are going to be offered to the Orthodox Jewish Community		Avraham Yeshaya Goldman <a href="mailto:gatewaysalford@gmail.com">gatewaysalford@gmail.com</a>
The FED	Heathlands Village, Heathlands Drive, Prestwich	- Walk and Talk – Tuesdays 11am @ Heaton Park, Whittaker Lane	- A weekly 'Walk and Talk Group' - A weekly 'Bagel and Banter'. To improve individuals' health and wellbeing, encourage individuals to become more	Free	Lucy Edwards 0161 772 4800 <a href="mailto:info@thefed.org.uk">info@thefed.org.uk</a>

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		- Bagel and Banter 1-3pm – The Purple Room	active and form new friendships		
Lev Shomea		-	- Take part in a community wide initiative to team up with a buddy and go walking in the outdoors and be rewarded by being entered into a prize draw. - Hybrid therapy sessions taking place both indoors and outdoors.		Samual Prys <a href="mailto:levshomeatherapy@gmail.com">levshomeatherapy@gmail.com</a>
Prestwich Plodders	- St. Mary's Car Park - Heaton Park St Margaret's entrance in summer	Wednesdays 6.20pm	Women only - Two new Couch to 5K programmes - one aimed exclusively, and women aged 16-24, another aimed at individuals with long term health conditions.	Free	Jill Kyle <a href="mailto:prestwich.plodders@hotmail.com">prestwich.plodders@hotmail.com</a>
Church Lane Community Centre	Church Lane Community Centre, Church Lane	- Tuesdays 10.30am-12pm - One Saturday a month	- A weekly crafting, coffee morning - A monthly organised lunch for up to 40 people in the local area - providing a hot meal, entertainment, and companionship.	Free	Margaret Smith 0161 773 6083
The Friendship Circle	17 Bury New Road	- Once a month - Heaton Park - Once a month - Online	- A monthly walking group to explore the benefits of physical activity on wellbeing and mental health whilst exploring the parks and green spaces of Bury.	Free	Sarah Schwarz 0161 792 1792 <a href="mailto:sarah@friendship-circle.org.uk">sarah@friendship-circle.org.uk</a>

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			- Online tutor-led Monthly Healthy Eating Cookery Class. Providing easy to prepare, healthy dishes that can easily be incorporated into day-to-day life.		
St. Marys Flower Park	St. Marys Flower Park	Wednesday and Saturday 10.30am – 12pm	- Creation of a wildflower meadow pond to attract biodiversity and wildlife in the area.	Free	Amanda Smith 0161 773 7910 amandajsmith150@gmail.com
Spark Community	215 Bury Old Road	-	1. This Mum Can - strength & cardio 2. This healthy, happy woman - nutrition, myth busting and body image 3. This mindful woman - mindfulness 3. This healthy, happy kid - raising intuitive eaters & body confident kids	- Memberships - Fees per courses	Helen Crossley / Maggie Elliott 07732159945 / 07790956673 <a href="mailto:info@sparklifeuk.com">info@sparklifeuk.com</a>
Prestwich Together	- St. Marys Park - Phoenix Centre if bad weather	June	A 'Community Picnic' to create a family-friendly, safe, and welcoming space where Prestwich residents from different backgrounds, religions and nationalities can gather and meet.	Free / bring own refreshments	Samantha Priestly 07540567172 <a href="#">Prestwich Together - Home   Facebook</a>
Prestwich Rooted	-	-	A weekly nature wellbeing meet-up locally throughout out the summer. An introduction to chakra breathing, with different focuses each week with the addition of some physical activity.		Samantha Priestly 07540567172 <a href="#">Prestwich Together - Home   Facebook</a>