

# Let's live well

LET'S  
do it!

## Pan Bury

Who	Where	When	What	Cost	Contact
One Step Bury CIC	<ul style="list-style-type: none"> <li>- Radcliffe</li> <li>- TBD</li> <li>- VIBE Gym Bury</li> </ul>		<ul style="list-style-type: none"> <li>- Gym sessions followed by meditation and an informal chat with tea/coffee</li> </ul>	£2 per session	Judith Whitehead 07772748068 <a href="mailto:onestepbury@gmail.com">onestepbury@gmail.com</a>
BSV Fitness	<ul style="list-style-type: none"> <li>- The Bay Horse – Unsworth</li> <li>- Church Lane Community Centre – Prestwich</li> <li>- St. Michaels Community Centre - Whitefield</li> </ul>	Thursday – 10.30am – 11.15am Friday – 10.30am – 11.15am Monday – 11am - 12pm	<ul style="list-style-type: none"> <li>- Over 50s exercise classes and Over 60s chair-based exercise and introduction to exercise and rehabilitation classes.</li> </ul>	£4 per session	Bev Santana-Vega 07547862749 <a href="mailto:bsvfitness@outlook.com">bsvfitness@outlook.com</a>
Radcliffe Rotary	<ul style="list-style-type: none"> <li>- Chosen schools/classes across the borough</li> <li>- Radcliffe</li> </ul>	TBD	<ul style="list-style-type: none"> <li>- To provide counselling in 4 of the 6 areas of Bury in the most deprived areas.</li> <li>- To maintain Rotary Way Radcliffe as a walking route.</li> </ul>	Free	Gillian Stainthorpe 0161 723 4257 <a href="mailto:gstainthorpe@icloud.com">gstainthorpe@icloud.com</a> <a href="http://Rotary Radcliffe - welcome. (rotary-ribi.org)">Rotary Radcliffe - welcome. (rotary-ribi.org)</a>
Bury 2gether	<ul style="list-style-type: none"> <li>- Borough wide</li> </ul>		<ul style="list-style-type: none"> <li>- A new 'Lending Library' - accessible and useful resources to promote positive mental health, diet, and fitness.</li> <li>- Support workshops/training for Early Years (0-5) SEND parents and carers delivered across Bury.</li> </ul>	Free	Emma Scott <a href="mailto:bury2gether@gmail.com">bury2gether@gmail.com</a> <a href="http://www.bury2gether.co.uk">www.bury2gether.co.uk</a>
Bury Cabaret Lunch Club	<ul style="list-style-type: none"> <li>- Borough wide</li> </ul>	Multiple dates each month, text number to	<ul style="list-style-type: none"> <li>- Multiple arranged lunches across Bury with entertainment. To be held at local</li> </ul>	Price varies per venue (approx. £10)	Sarah Dennis 07788673466 <a href="mailto:buryclc@gmail.com">buryclc@gmail.com</a>

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		be added to message list	pubs across the borough.		
Early Break	<ul style="list-style-type: none"> <li>- Radcliffe Leisure</li> <li>- Early break/radcliffe boys &amp; girls to finish</li> </ul>	Thursdays from 4pm	<ul style="list-style-type: none"> <li>- Utilising walk and talk approaches, using and appreciating the green spaces in Bury, equip young people with important life skills and better manage their mental health.</li> </ul>	Free	Gareth Snook 0161 723 3880 <a href="mailto:info@earlybreak.co.uk">info@earlybreak.co.uk</a> <a href="#">Home - Early Break - Early Break</a>
Bury Veterans Hub	<ul style="list-style-type: none"> <li>- Radcliffe Borough FC</li> <li>- Church Lane Community Centre Prestwich</li> </ul>	<ul style="list-style-type: none"> <li>- Weds 10am-12pm</li> <li>- Every other Tues 1pm-3pm</li> </ul>	<ul style="list-style-type: none"> <li>- A new network of drop-in sessions across Bury for Veterans and their Families.</li> <li>- Sessions at The Community Garden with the opportunity for two veterans to be trained in bee keeping.</li> <li>- Using the garden to encourage volunteers to plant more trees, plants, and vegetables.</li> </ul>	<ul style="list-style-type: none"> <li>- £2 for breakfast</li> <li>- Small fee at CLCC for sandwiches</li> <li>- Donations</li> </ul>	Shirley Simmons 07983933755 <a href="mailto:shirleysimmons102@btinternet.com">shirleysimmons102@btinternet.com</a> <a href="#">Bury Armed Forces &amp; Veterans Breakfast Club   Facebook</a>
Black Dog Mountain Biking Club	<ul style="list-style-type: none"> <li>- Philips Park Whitefield</li> </ul>	<ul style="list-style-type: none"> <li>- Trail open</li> </ul>	<ul style="list-style-type: none"> <li>- A brand-new mountain biking club in Bury, including supervised off-road rides in local green spaces and further afield. Sessions for beginners, intermediate, advanced riders, including jumps and berms, MTB taster sessions and full courses.</li> </ul>	Free	Carolyn Broadbent 0161 796 6221 <a href="mailto:blackdog@ncagb.co.uk">blackdog@ncagb.co.uk</a> <a href="#">Blackdog Outdoors</a>