

What's On Locally In Prestwich

S P R I N G 2 0 2 4



Welcome to the Spring edition of this community booklet

This information booklet has been created to support social prescribing across Prestwich and to share information about what is on locally. It will give you details of some community groups, what they do, where they are located and how to contact them and join in. It will also give more generalised information about services to support specific needs as well as some of the fun things that are going on in and around Prestwich. If your group would like to be included in future booklets, please email to let us know: julie.bentley8@nhs.net



Social Prescribing

Hi, I'm Julie – your Prestwich based social prescriber.

Our Social Prescribing service connects anyone registered with a Prestwich GP and aged over 18 to access a whole range of groups and organisations providing activities across Prestwich and surrounding areas.

My role is to use my local knowledge to make connections to activities, services, groups that match individuals and their needs and interests. Whatever it is that matters to you, whether it is socialising, physical exercise or access to creative activities and hobbies, social prescribing is essential in promoting better self-care and significantly increased health and wellbeing. I can be contacted either by telephone 07713 750 458 or email julie.bentley8@nhs.net

Save the Dates

Prestwich Clough Day

**Sunday 19th May
2024**

12pm – 5pm

**St Marys Flower
Garden**

Prestwich Makers Market dates

**Sunday 10th March
Sunday 14th April
Sunday 12th May**

**11am – 4pm
Outside the**

**Longfield Centre
A makers market
with a selection of
local stall holders**



**Our Prestwich Social Prescribing “Drop-ins” and Local Walks.
Join our Social Prescriber, Volunteers, and other lovely people to find out what is available to help you within your local community.**



**Social drop in,
Church Lane
Community
Centre, Church
Lane, Prestwich
Tuesday 1pm –
3pm**

Every week is different, a social chat, coffee & cake, sandwiches (no more than £2 bring cash please). We have taster sessions, community projects, information sharing from services and organisations and a men’s table too. Come along and join us!



**Sedgley
Conversations, St
Gabriels Community
Room, St Gabriels
Church, Bishops Road
Monday 10.30 am –
1pm**

Chat and connect with others - Pop in for a brew and meet other people and chat about things affecting us locally and get involved with local community projects



Whittaker Lane Walks

Where – Meet us outside Whittaker Lane Medical centre for a stroll to a local cafe, enjoy a brew and a chat before returning to Whittaker Lane. Walk led by Alan

When – Second and fourth Thursday at 2pm every month.



Sedgeley History Walks

Meet at 10.30am on the first Monday of the month outside St Gabriel’s Church Hall, for a local history walk with Craig a local historian



Welcoming Walks

Where – Meet outside Church Lane Community Centre, Church Lane, Prestwich at 12 noon every Tuesday for a local walk, followed by a brew at our social drop in afterwards. Walk led by Robin

When – 12 noon every Tuesday.



Walk This Way

Where – meet outside The Birches medical Centre, Polefield Rd. Prestwich – for a social local nature walk.

When – First Thursday of every month at 2pm.



Let's get Active



Pilates – Community fitness group for all ages and abilities – Phoenix centre Thursdays 10am – 12md – www.northmanchesterfitness.com

BSV Fitness – Chair based exercise class for the over 50's – Every Friday – Church Lane Community Centre. Church Lane Prestwich. Call Bev 07547862749

Prestwich Plodders – Community group of local ladies, running, jeffing, walking. Contact via Facebook just search for Prestwich Plodders.

Yoga Therapy for You: In middle age and beyond – led by specialist over 50's yoga therapist. Every Wednesday 1.30pm – 3pm Church Lane Community Centre. Contact Olivia 07746197511

Manchester Outdoor Fitness – fitness for all abilities.
www.manchesteroutdoorfitness.co.uk
Tel – Graham O'Brien 07462622509. Free taster session.

Creative Calm Studio: Yoga teachers, sound healers & holistic therapists working out of this beautifully calm space. 371 Bury New Rd M25 1AW Tel: 07497 702131

Spark Life – Fitness, Yoga, Holistics: Stella House, Infant St, Prestwich. Tel 07790 956673

Rock Fit with Jenny – Exercise to Rock music – Monday evenings at St Margarets Church hall, Wednesday evenings at Heaton park Methodist church. Contact rockfitwithjenny@gmail.com

Prestwich Front Liners Club – Line dance classes new beginners – Monday 1.30pm – 2.30pm. £5/session Church Lane community centre, Prestwich. Contact Ruth – 07779498940

Heaton Parkrun – This is a weekly 5K run. It starts on Saturday morning near the Lakeside Café at Heaton Park. <https://www.facebook.com/heatonparkrun>



For parents!**Phoenix Centre Prestwich – contact 01617733674**Email admin@phoenixcentreprestwich.org**Dance like a mother** – Monday 10.30am-12.30pm Fun energetic dance class for parent and baby on a sling.**Adventure babies** – various age groups from 0- 4years – check the web site for times according to babies age. Tuesday morning.**Bloom Baby** 10am – 1pm Wednesday – Award winning multi sensory baby class.**Parent & Child stay and play** Friday 9.30am – 11am term time. Meet other parents and carers.**Baby Ballet** – Sunday 9am – 12pm. Classes for all ages. www.babyballet.co.uk/babyballet-school/bury-bolton/**Creative Calm Studios – Contact 07497702131****MumHub** – Bury New Rd Prestwich. Mama & Baby Yoga – post natal yoga for mama including movement and massage and baby bonding. Tuesday morning.**Parent and Baby sound healing** 1st March 10.30am & 12 midday.**Baby Massage** – Every Wednesday 11am Ran by Diane**Heaton Park Stables classroom.****Mama Amazing** – Weds 28th feb – 27th March. Baby massage / Post natal pilates/ Bodyweight circuits (bring your baby) £35 / 5 weeks – book on line www.mamaamazing.co.uk**Heaton Park Methodist Church Hall****Toddlers** – Mondays & Wednesdays 9:45 – 11:30am term time £4 per session.**Mental Health & Wellbeing Support****Creative Living Centre**, Rectory lane, Prestwich - provides a range of groups, courses and 1:1 support to improve your well being. For information contact admin@creativelivingcentre.org.uk or call 0161 696 7501.

On Thursdays they run two groups:-

- **Ladies' Support group** -2pm - 3.30pm – Safe space to discuss issues that may be affecting you. Drop in
- **Men's Support Group. 2.30pm - 3.30pm.** Safe space to discuss issues that may have been affecting you. Drop In

Bury Getting Help Line – 01614643679 for a confidential chat about your mental wellbeing. Open 8am – 8pm six days a week.**Andys Man Club** – Radcliffe FC, Colshaw Close East Radcliffe, M26 3PE and Bury Sports Club, Radcliffe Road, Bury BL9 9JX – Mondays 7pm**Call the Samaritans – 116 123 if you are struggling to cope.**



Prestwich Library and Adult Learning Centre

Contact - Telephone 0161 253 7214

Your library is more than just a place where you can access books, it is so much more.



- Free computer and internet access
- Access to eBooks and online resources
- Photocopying; self service for loan and book return
- Meeting room hire
- Heritage museum

Day	Opening hours
Monday	Closed
Tuesday	10am-4.30pm
Wednesday	10am-4.30pm
Thursday	12.30pm-7pm
Friday	10am-4.30pm
Saturday	Closed
Sunday	9.30am-1pm

Regular sessions include:-

Tuesdays – Art paint and colour 2-3.30pm

Wednesdays – Digital Buddy 10am-12noon; Knitting group 10am – 12noon;
Storytime - 10.30am-11.30am. Craft group – 1pm-3pm.

Thursday – Digital Buddy – 12.30pm -2.30pm; Kids colouring book 3.30pm-5.30pm
Creative writing group – 5.30pm-6.45pm

Fridays – Poetry reading group – 10am-11.30pm. Digital Buddy 10am-12pm
Tea and Tales – 2pm-3pm



Dementia groups and Support



Dignifying Dementia – Merrie Melodies Singing Group 1pm – 3pm at The Cottage, behind Our Lady of Grace Church, Fairfax Street, Prestwich M25 1AS

The Get Together Club – Weekly get together meeting every Tuesday 11am – 1pm at The Goats Gate, 83 Radcliffe New Road, Whitefield

Dementia UK – offer a range of support for people living with dementia. Call our free Dementia helpline 08008886678 for support from our dementia specialist Admiral Nurses. 9am-9pm Monday-Friday and 9am-5pm Saturday & Sunday. For more resources www.dementiauk.org

Bury Dementia Adviser Service – provides education and support to people with Dementia, their families and carers. Contact 01614776999 or email bury@alzheimers.org.uk

Health Care Activities

Let's Talk – Learning disabilities and mental health support group run by our Learning Disability and Mental health co-ordinator – 2.30pm-3.30pm at The Red Lion Pub, Bury New Rd. First Wednesday of every month and 3rd Thursday of every month 11-1pm at The Croft St Hilda's Church Hall, Prestwich. Contact Michelle 07961440627 or email michelle.mackin2@nhs.net.

Cancer Support Group – Our Cancer Care Coordinator is developing a cancer support group, currently meeting on the 1st and 4th Thursday of the month at 10:30 – 12:30 at The Croft at St Hildas, Whittaker Lane, Prestwich. For more information contact lucy.durber1@nhs.net

Bury Carers Hub – St Hilda's Church Whittaker Lane Prestwich – Fortnightly, Thursdays 10.30-12.30 – drop in session if you are a carer and looking for some support with your caring role.

Bury Cancer Support Centre – We understand the devastating effect of cancer diagnosis. Whether you're a patient, carer or bereaved we can help and offer support. 406 Bolton Rd Bury. Tel - 01617646609 or email - enquiries@burycancersupportcentre.com

Neuro Kinetics Club – If you have been diagnosed with a neurological disorder such as Parkinsons or MS the Neuro Kinetics Club delivers exercise sessions at the Maccabi Centre. For more information <https://neurokinetic.club/> or call 07821 406 959

Bury Stroke Recovery Service – This service is for stroke survivors. Contact Niamh Andrews 01617 427485 bury@stroke.org.uk

Bury Stroke Group – meet the last Wednesday of every month 1-3pm, Bury United Reform Church, Parsons Lane Bury

Parkinsons Support Group Bury – Bolton Rd Methodist Church, Bury BL8 2PH. Monthly on the first Monday from 14:00 – 16:00. Primary contact Alison Jennings 01204 363061. Alison.jennings37@live.co.uk

Bury Breathe Easy – a local support group for all persons affected by lung disease, their family members, friends and carers. The group meets on the first Friday of each month. 2pm-4pm Sinatra Room, Elton Liberal Club, New George Street Bury. Contact 0161 723 1161 or 07776390042

Macular Support Group – Meet on the first Wednesday of every month from 2pm – 4pm at Prestwich Methodist Church, off Bury new Road, Prestwich M25 1AA

Gardening and Outdoor Activities

At Lancashire Wildlife Trust we have a Green Social Prescriber, who can help access green activities. For more information contact Chloe Desmond cdesmond@lancswt.org.uk

Incredible Edible – sites include Forest Garden – Prestwich Clough, Veg beds in St Mary's garden & Heaton Park. Email iepad.volunteers@gmail.com or go to the web site www.iepad.co.uk for more information.

Heaton Park Astronomy group – held at the Bowls pavilion in Heaton Park. www.hpag.co.uk

St Marys church yard action group – works within the historic graveyard of the church, repairing pathways, benches, walls and restoration of gravestones. Contacts www.prestwich.org.uk/cag or telephone Bill Cottam 0161 798 6489

Friends of St Marys Park work around the park to make it a fun and attractive place. Email amandajsmith@gmail.com Tel 0161 773 7910

Friendship groups and activities.

Coffee, Cake & Craft – every Tuesday 10-12 at Church Lane Community Centre - contact Margaret Smith at margaret.smith973@ntlworld.com

Cabaret Lunch Club – The Red Lion Prestwich, Bury New Rd. Third Tuesday of the month. from 12 noon

Thursdays at the Phoenix Centre – Prestwich. - Coffee morning 10-12 & Craft club 12.30-2.30 – a chance to socialise and join in with a range of crafts, warm space, free wifi, hot drinks and refreshments.

Poetry share–Time-for-Tea café–Bury New Rd, Prestwich–2pm–4pm every fortnight

Prestwich Folk and Accoustic Club – Held at the Church Inn, Church Lane – upstairs – every Friday 9pm – midnight

Prestwich Community Cinema Club – held at The Carlton Club – Bury Old Rd Prestwich, Film showings on 2nd Sunday of each month. Running September – June. Start time 19.30 Contact Prestwich.cinema@gmail.com

Prestwich Circle – social events and activities for people over 50. Enjoy going for meals, theatre trips, walks and much more. Contact <https://hmrcircle.org.uk/prestwich-circle>

Prestwich Community Choir Monday 7.30pm – 9.30pm The Heys School, Heys Road, Prestwich, £6 a week termly payment / £8.00 per session drop in - For more information email prestwichcommunitychoir@gmail.com Sing for fun, all abilities welcome.

Singing for Fun – Prestwich £15 / 3 hour workshop or what you can afford. 3rd Sunday every month at Church Lane Community Centre, Church Lane, Prestwich 10.00am – 13.00pm – Tel – 07952374593

Food Banks & Pantries locally in Prestwich

Prestwich Food Cycle

Every Saturday night from 4.45pm at Creative Living Centre – 1a Rectory Lane Prestwich.
We welcome anyone to attend as a guest and enjoy a FREE hot meal. No need to book, just turn up on the day. Everyone is welcome

Heaton Park Food Pantry

Located in the Church hall of Heaton Park Methodist Church is a food pantry providing a cheaper food shopping alternative for those in need.
We are a warm space café open twice a week. Every Tuesday 3-5pm and Thursday 9-11am.
For just £3 per carrier bag per person you will be able to take home a selection of goods to help top up your weekly shop.

The Village Greens Community Fridge – Located at Prestwich Library

The fridge is open to everyone who wants to share food that would otherwise have gone to waste. Surplus food is donated from supermarkets, local food businesses, producers, households and allotments. The fridge is open from 10am – 4pm from Tuesdays to Fridays and 10am to 1pm on Sundays.

Clean Team Prestwich

We are a group of like minded volunteers across Bury to promote a litter free town' Clean Team Prestwich tackles litter grot spots in urban and green spaces by:

- Promoting a litter free Prestwich and surrounding areas
- Taking direct action by organising litter picks and clean up events
- Coordinating with Bury Council / local councillors to facilitate improvements to Prestwich's urban areas and green spaces
- Acting as a voice for local people who want to support our aims
- Involving and educating the public and local businesses, and working closely with similar community groups
- Exploring and seeking out sources of funding to achieve these aims

To contact us to report an area that needs a community litter pick please go to:

[Group Litter Picking Schedule - Litter Pickers Bury](#)

Report fly-tipping

How to report illegally dumped rubbish and to tell us if you have witnessed someone fly-tipping.

- Follow the advice below if you need to report a fly-tipping emergency
- Phone 0161 253 5353 if the rubbish has been dumped in a place that can't easily be identified with a street name or other similar location

For more information go to: <https://www.bury.gov.uk/roads-travel-and-parking/street-care-and-cleaning/fly-tipping>

**Our local Gardening Groups need your help.
Come along and have a potter.**

**Whittaker Lane Medical Centre
Garden days
1st Thursday of the month.**

Help us to transform the garden of the medical centre. We want to create a community focused and wildlife friendly green space.

We are looking to provide hot drinks and cake for a small donation so we can buy plants and seeds

For more information please email:

Julie.bentley8@nhs.net / cdesmond@lancswt.org.uk or call Julie – 07713 750 458 or Chloe 07874888043



**St Gabriel's Garden
At St Gabriel's Medical centre
Bishops Road Prestwich**

We're looking to create a garden space for staff and patients to use, a space for calm and to help wellbeing.

We need your help and will be sending out a date to anyone interested who can help.

We'd love to hear from you

- If you want to help get involved and help develop a garden get in touch
- If you can help with resources – any old pots, seeds, tools, soil to grow.

For more information please email: Julie.bentley8@nhs.net or call Julie – 07713 750 458



Please use this page to note down any of the activities you want to get involved with.

If you need more information or support accessing them please contact

Julie 07713 750458

Email – Julie.bentley8@nhs.net

Or come to one of the drop ins (page 2)

