



**BURY
VOLUNTARY,
COMMUNITY
& FAITH
ALLIANCE**

Community Directory

This Directory has been developed to support you to connect with key local services providing health advice and information, psychological support and activities which support health and wellbeing.

Bury also has a wealth of smaller voluntary and community groups, clubs and societies which offer a range of activities from walking and gardening, sports and exercise, creative and cultural activities as well as social groups where you can meet new people.

For more information on the full range of activities available in Bury, visit:

[The Bury Directory - Health, Wellbeing and Ageing Well](#)

[The Bury Directory - Leisure and Recreation](#)

[Support during the cost of living crisis](#)

Beacon Social Prescribing Service

The Beacon Social Prescribing Service helps improve an individual's wellbeing by connecting them to support and activities within the local community.

Connections to activities include social events, mental health support and physical activities following a personalised plan developed to meet individual needs.

To access the Beacon Service, you need to be 18+ and registered with a Bury GP. You can be referred by your GP, health professionals or you can self-refer.

Contact

Tel: 0161 518 5550 or email: beaconservice@buryvcfa.org.uk

Achieve Recovery Services Bury

Offers substance misuse treatment and recovery supporting people affected by alcohol or drug misuse into appropriate treatment.

Achieve work collaboratively with a wide range of local health and social care providers to help with issues such as employment, education, housing, finances and relationships which can prevent or slow down recovery.

Opening hours: Monday - Friday: 9am to 5pm

Contact

Tel: 0161 271 0020

email: achieve.referrals@gmmh.nhs.uk. GPs and other health professionals can also refer individuals via these contact details.

www.gmmh.nhs.uk/achieve/

ADAB

ADAB are a Bury charity supporting people from minority ethnic communities including refugees and asylum seekers. ADAB provides a range of services including:

Health and Wellbeing support groups– e.g. mental health support, fitness, self-care, sports, leisure and social groups and women’s support groups. ADAB also support with understanding rights, benefits, healthcare and other public services.

Opening hours: Weekdays 9am – 5pm

Contact

Mosses Centre, Edward Street, Bury, BL9 0RZ

Tel: 0161 761 2079

or email via website contact form: www.adab.org.uk/contact/

Age UK Bury

Provides free information and advice to older people in Bury. Trained advisors can help with: Social care, free benefits checks, pension advice, staying warm at home, home adaptations and legal issues such as wills and Power of Attorney.

Age UK Bury also offers a range of activities including: Handyperson Service, walking groups, community choir, yoga, footcare and social activities. Click [here](#) for full list of services.

Opening times: Monday to Friday 9.30 am to 4.00 pm

Contact

The Jubilee Centre and Café, Mosley Avenue, Bury, BL9 6NJ

Tel: 0161 763 9030

Email: admin@ageukbury.org.uk

www.ageukbury.org.uk

BIG in Mental Health

Bury Involvement Group (BIG) is a local charity for people aged 18 and over, who are experiencing mental health conditions. No referral is needed. The service offers:

- Peer support
- Venues across Bury
- Anxiety and depression group
- Drop in
- Social – with arts and crafts

Contact

Tel: 0161 222 4005 / 07758737616

Email: mentalhealth@buryinvolvementgroup.org

www.buryinvolvementgroup.org

Bury Carers Hub

The Hub provides a single point of access for adult Carers who are caring for a Bury resident as well as former adult Carers whose caring role ended in the last 2 years. Provides specialist support for Carers to improve their health and wellbeing and enable them to continue in their role for as long as they choose. Offer face to face support and a digital online offer. Also offer advocacy services to carers in Bury.

Contact

Tel: 03450 138 208

Email: admin@n-compass.org.uk

Bury Heartcare Support Group

Organise weekly exercise sessions designed especially for patients with heart problems. Fairfield General Hospital, Rochdale Old Road, Bury, BL9 7TD

Call Jeff on 07515 659271 to find out more.

Bury Live Well Service – Bury Council

Provides personalised support to help people to make positive changes to their lifestyle and promote healthy and active living.

Bury Live Well Service can help you manage long term conditions, build more activity into your daily life; stop smoking; eat better; and generally improve health and wellbeing.

Offer a choice of face-to-face or telephone appointments.

You can access the service by:

- Making a self-referral
- Making a supported referral (when you get help from someone else to make your referral, eg a friend or family member)
- Ask your GP or health practitioner to make a referral on your behalf

Contact

Tel: 0161 253 7575

Referral form via website www.bury.gov.uk/livewell

Bury Older Peoples Staying Well Team – Bury Council

A short intervention service of 6-8 weeks, flexible depending on individual needs.
Can help with many aspects of daily life including:

- Nutrition and hydration
- Mobility issues
- Benefits/ finances/ attendance allowance
- Housing
- Welfare issues
- Equipment needs

Criteria:

- Over 50 years of age and:
- Are registered with a Bury GP
- Live within the borough of Bury
- Not in receipt of adult care support

Contact

Phone - 0161 253 5151

Email – Contact form via website <https://www.bury.gov.uk/stayingwell>

Bury Society for Blind and Partially Sighted People

Local charity offering support, information and equipment to visually impaired people in the Metropolitan Borough of Bury. Provides a range of specialist services including:

- Assessment of needs relating to sight loss
- Risk assessment for home environment
- Provision of relevant equipment
- Rehabilitation service
- Specialist training relating to regaining lost skills and learning new skills
- Daily living training
- Communication

Social activities including weekly drop-in, music and movement activities and walks,

Opening hours: Weekdays 10am – 4pm

Contact

Wolstenholme House, 4 Tenterden Street, Bury BL9 0EG

Tel: 0161 763 7014

Email: enquiries@buryblindsociety.org

Citizen's Advice Bureau Bury and Bolton

Provides free, independent and confidential advice on a range of issues including money, housing, welfare and benefits, immigration, legal and community care.
Free advice line open Monday – Friday 10am – 4pm.

Contact

Tel: 0808 278 7804

Creative Living Centre

Creative Living Centre offer person-centred and holistic emotional wellbeing and mental health support. Creative living centre considers your emotional, occupational, physical, social, and intellectual needs and help you develop the skills and confidence you need to effectively manage your own mental wellbeing.

They offer a safe and friendly space where you can access a range of therapies, one to one support, peer mentoring, education, recreational and social activities.

Opening times: Weekdays 10am - 4pm.

Criteria

Bury resident

Contact

1A Rectory Lane, Prestwich, M25 1BP

Tel: 0161 696 7501

Email: admin@creativelivingcentre.org.uk

www.creativelivingcentre.org.uk/

Healthwatch Bury

Healthwatch Bury is the independent champion for people who use health and social care services in Bury ensuring local services put people at the heart of care.

The sole purpose is to understand the needs, experiences and concerns of people who use health and social care services and to speak out on their behalf ensuring that people's worries and concerns about services are addressed.

Healthwatch Bury provide a range of advice and information on understanding your rights and looking after your health.

Opening hours: weekdays 9.30am – 4.00pm

Contact

Bridge House, Yeargate Industrial Estate, Heap Bridge, Bury BL9 7HT

Tel: 0161 253 6300

email: info@healthwatchbury.co.uk

HMR Circle

HMR Circle offer social activities and events based on what people want and can help access learning new things and enjoying hobbies and interests with others in the community.

Criteria:

- Aged 50+
- Bury resident
- Low cost yearly membership

Contact

Phone - 0800 112 3440 / 01706 751 165

Via contact form on the website: www.hmrcircle.org.uk

Incredible Edible

A national network of community groups dedicated to show how ordinary people can transform their own landscapes and disused plots into abundant sources of healthy food. Open to anyone wanting to connect with others through gardening and growing food for the community to enjoy. Groups provide a healthy environment for recreation and exercise in gardens and surrounding environment.

Contact

Incredible Edible Brandlesholme:

Tel: 0161 761 0046

email: jean823foster@btinternet.com

Incredible Edible Prestwich and District

email: iepad.volunteers@gmail.com

Incredible Edible Radcliffe

Outwood Country Park, off Belmont Rd, Radcliffe, United Kingdom, M26 1AQ

[Incredible Edible Ramsbottom](#)

Lancashire Wildlife Trust (LWT)

LWT help people to connect with nature to help improve both their physical and mental health. Activities include:

- Health walks
- Outdoor community groups
- Gardening groups
- Nature photography

Contact

Tel: 07720 208 427

Email: jlea@lancswt.org.uk

www.lancswt.org.uk/

Margaret Haes Riding Centre

An independent charity which helps those with a disability enjoy the experience of riding ponies over the West Pennine Moors in the Holcombe area of Bury. The Centre supports people with mental health issues, physical disabilities, complex conditions, visual and hearing impairments. All lessons are inclusive and support complete beginners and more confident riders. Indoor and outdoor riding arenas.

Contact

Moor Road, Holcombe, Bury, BL8 4NX
Tel: 01706 821337
email: info@mhrc.co.uk

MIND – Rochdale and District

Rochdale and District Mind is a mental health charity promoting wellbeing covering the areas of Heywood, Middleton, Bury and N.E Lancashire.

Support and empower people to understand their condition and the choices available to them through one to one sessions, counselling, support groups and wellbeing courses.

Contact

01706 752 338
Email: info@rochdalemind.org.uk

The Big Fandango

The Big Fandango is an Arts and Crafts centre supporting mental wellbeing. Open to anyone in the community who wishes to take part in arts and crafts activities or to learn a new skill. Drop-in sessions in all manner of crafts from watercolour painting, needle-felting, clay, decoupage, sewing, quilting, upcycling, woodworking and knitting.

Contact

34 Bolton St, Bury, BL9 0LL
email: info@thebigfandango.com

The Fed

The Fed is a social care charity for the Greater Manchester Jewish Community. The Fed offers a range of services including social activities, advice, support and information including help if you are experiencing a social care problem.

Contact

Heathlands Drive, Prestwich, Manchester M25 9SB
Tel: 0161 772 4800
or email via website contact form: www.thefed.org.uk/contact/

National services

British Heart Foundation

National charity offering information and support, links to heart health support groups, fact sheets, easy to understand videos about heart conditions and a helpline.

Contact

Tel: 0300 330 3311

www.bhf.org.uk/

Heart UK

HEART UK is a cholesterol charity, providing support, information and influencing services for families and health professionals. Provide information on a range of lifestyle changes to keep cholesterol levels and maintain a healthy heart.

Contact

Tel: 01628 777046

email: ask@heartuk.org.uk

Drinkaware

Alcohol support services - If you are concerned that you or someone you care about has a drinking problem there is help available. Find out the many ways that you can access support, advice or treatment.

Contact

[Alcohol advice and support lines](#)

MIND helpline

Confidential Infoline providing over the phone guidance and support on a range of issues including, mental health problems, treatment options and advocacy services.

Contact

Infoline: 0300 123 3393

Email: info@mind.org.uk

Last updated: February 2023