

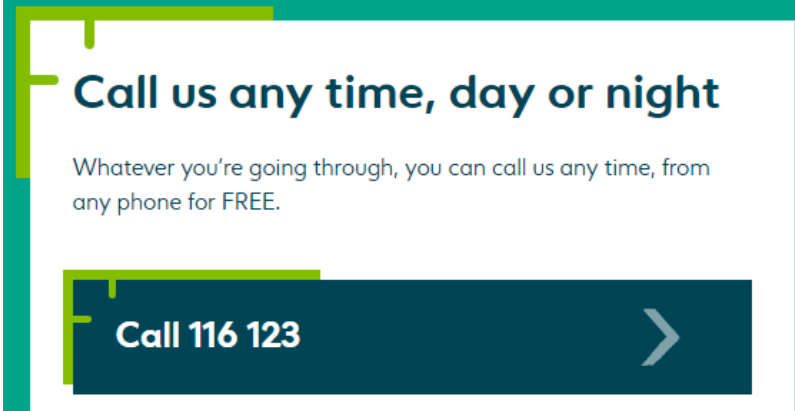


Service	
<p>Bury Getting Help Line</p> 	<p>Provides a confidential helpline for all residents in Bury who are experiencing difficulties with their mental wellbeing. The helpline is open to residents of all ages.</p> <p>The service is available Monday to Saturday 8am – 8pm.</p> <p>0161 464 3679</p> <p>www.earlybreak.co.uk/</p>
<p>Pennine Care Crisis Line (NHS)</p> 	<p>Our 24/7 mental health helpline is here to support anybody in our areas (all ages):</p> <p>0800 014 9995</p> <p>www.penninecare.nhs.uk/help</p>
<p>Samaritans (24/7)</p> 	<p>If you need to talk to someone urgently about how you are feeling.</p> <p>Call 116 123 (Freephone)</p> <p>www.samaritans.org</p>

Greater Manchester Bereavement Service



Greater Manchester Bereavement Service for anyone affected by a death and needing support

0161 983 0902

www.greater-manchester-bereavement-service.org.uk

Helplines and Other Support

Shout 24/7 Support

Free text messaging service for all ages

Trained volunteers can provide advice in a private, confidential and trusted way, if you're experiencing mental health challenges.

This includes anxiety, depression, suicidal thoughts, abuse or assault, self-harm, bullying and relationship issues.

Text GMBury to 85258

Calm Helpline

If you're a man who is down or have hit a wall for any reason, you can ring the Campaign Against Living Miserably (CALM) helpline to talk or find support.

0800 58 58 58 (Freephone)

Free Online Wellbeing Programmes

Silver Cloud – For those 16 and over

Online programmes to help ease your levels of stress, sleep better or to build resilience. You can choose to use any of the programme. They are self-help, confidential and secure. Instant access to self-help support

<https://gm.silvercloudhealth.com/signup/>

Living Life to the Full

Online courses for anyone affected by low mood, anxiety or depression, materials have been designed to improve feelings and beat stress.

	<p>Available online and totally free of charge if you live in Greater Manchester. Instant access to self-help support:</p> <p>hub.gmhsc.org.uk/mental-health/living-life-to-the-full</p>
Greater Manchester Crisis Lines	
<p>Bury</p> <p>If you feel you need mental health support: please call the Bury number – they're available to anyone of any age</p>	0800 014 9995
Other Local Support	
<p>Rammy Men</p> <p>If you'd like our help with an initial contact, find that you're not getting the support you need, or perhaps just want a chat about your situation then please get in touch.</p> <p>Services will be available over Christmas</p>	<p>Our helpline number is 03303 552 468</p> <p>Visit the website for more services</p> <p>www.rammymen.org/</p>
Foodbanks	
<p>Attic Project</p> <p>Address: 3 Russell St, Bury BL9 5AX</p> <p>Phone: 0161 258 6145</p> <p>Website: www.atticprojectbury.com/</p>	<p>The Attic is Closed from Wednesday 22nd December and re-opens Tuesday 4th Jan 2022</p>
<p>Trinity Foodbank, Radcliffe</p> <p>Address: Trinity Baptist Church, Westminster Ave, Radcliffe, M26 3WD</p> <p>Phone: Week days 10am - 4pm 07963605283</p>	<p>Thurs Dec 30th Dec 9 - 12</p> <p>We will be doing any deliveries to those who are referred who cannot attend on Thurs 30th.Dec</p> <p>We will cover only identified extreme emergencies at other times in Bury West.</p>
<p>Chesham Fold TRA</p> <p>Address: 95 Chesham Fold Rd, Bury BL9 6JZ</p> <p>Phone: 0161 253 6465</p>	<p>Closes on the 16th Dec -4th Jan but the food/baby bank will still be running throughout the Christmas period</p> <p>Subject to stock levels</p> <p>We'll be available Monday-Friday but obviously cover emergency referrals except over Christmas.</p>
<p>Ramsbottom Pantry</p> <p>Address: Ramsbottom Pantry, Christ Church, Great Eaves Road, Ramsbottom, Bury, BL0 0PX.</p>	<p>We close on Thursday 23rd Dec and open back up 4th Jan.</p>

Website: www.ramsbottompantry.com	We will make sure our families have sufficient supplies to cover the week we close
Organic Soul Phone: Wajid Iqbal – 07948833994 Email Info.organicsoul@gmail.com	We will be delivering up to Christmas Eve. Closed 25/26/27 Open 28/29/30/ Closed 31/01/02/03
Trust House Whitefield Address: Trust House (within Victoria Community Centre), Charles Street, Whitefield, M45 6AL Phone: 07411964653 Website: www.trusthousewhitefield.org	Back to normal Thursday 6 th Jan-but will take referrals on the Tuesday for emergencies.
Bury Active Women’s Centre Address: 90 S Cross St, Bury BL9 0RS Phone: 0161 280 2270 Website: www.bawc.org.uk	Happy to take referrals over the holiday period if required.
CARITAS Address: The Rectory Tithebarn St., Bury, Lancashire, BL9 0JR Phone: 07855 306074	Christmas day meal 25 th December 1pm-3pm at Bury Parish Church hall (behind the Parish Church, The Rock, Bury) Takeaway or sit in. To book or order phone 07855 306074
Red Door (St Joseph’s Presbetry) Address: St Joseph's Church Presbytery Peter Street, Bury, BL9 6AB Phone: 0161 272 0771	Thursday, 23rd - normal drop-in. Open on the Christmas Monday Bank holiday and the New Year Bank holiday.
Manna House Address: Manna House, Irwell Street, Bury, Lancashire, BL9 0HE Phone: 0161 222 0506,	Fri 24 th - Mon 27th Dec, CLOSED Tuesday 28th Dec 10:00 to 12:00 – Egg & Beans (It’s Time 4 Change) Wednesday 29th Dec 10:00 to 12:00 – Egg & Beans (It’s Time 4 Change) Thursday 30th Dec 11:30 to 13:00 – 2 Course Lunch (Bury Christian Fellowship)

	<p>Friday 31st Dec 11:30 to 13:00 – 2 Course Lunch (Bury Christian Fellowship)</p> <p>Saturday 1st Jan 2022 4:00 to 5:00 hot meal (Bury Christian Fellowship)</p> <p>Sunday 2nd Jan and Monday 3rd Jan CLOSED</p>
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Bury Council Christmas Services

Bury Town Hall and most non-critical services will be closed from 5pm on Thursday 23 December 2021 and will reopen at 8.45am on Tuesday 4 January 2022. Some services will be operating with different opening times and these are set out below.

Throughout the Christmas and New Year period you can continue to report issues and make payments online but please be aware that these may not be processed until Tuesday 4 January 2022

Customer Contact Team

Closed from 5pm on Thursday 23 December 2021.

Open 10am to 4pm on Wednesday 29, Thursday 30 and Friday 31 December for essential or urgent calls only

For essential coronavirus vaccination or self-isolation support:

Dial 0161 253 5515

For emergency food parcels and crisis payments Bury Support Fund

Dial 0161 253 7030

For enquiries regarding household waste - see Bin collection arrangements - Christmas 2021 For urgent matters relating to roads and pavements and other environment-related issues:

Dial 0161 253 5353

For Patient Advice and Liaison Services (PALS)

Dial 0161 253 5959

Open for business as usual from 8.45am on Tuesday 4 January 2022.

Adult Social Care and Support

The Adult Care Connect and Direct phone line 0161 253 5151 will be open as set out below. If a person is in need of urgent help outside of these hours' phone 0161 253 6606.

- Friday 24 December (closed)
- Monday 27 December (closed)
- Tuesday 28 December (closed)
- Wednesday 29 December (open 10am to 5pm)
- Thursday 30 December (open 9am to 5pm)
- Friday 31 December (open 9am to 3pm)
- Monday 3 January (closed)
- Tuesday 4 January (business as usual)

Please note: Throughout the Christmas and New Year period emails sent to Adult Care Connect and Direct will not be monitored.

Children's Social Care and Support

The Multi-Agency Service Hub will operate as follows over the festive period.

- 24, 25, 26, 27, 28 December phone the Emergency Duty Team on 0161 253 6606.
- 29, 30 and 31 December phone 0161 253 5678 between 8.45am and 5pm (out-of-hours contact the Emergency Duty Team on 0161 253 6606).
- 1, 2 and 3 January 2022 phone the Emergency Duty Team on 0161 253 6606.

Tuesday 4 January (return to business as usual).

Council Housing Repairs and Homeless Emergencies

Six Town Housing will be closed from Friday 24 December 2021 until Tuesday 4 January 2022. To contact us in an emergency please use the following numbers.

Emergency repairs - phone 0161 686 8000.

Rent payment line - phone 0161 686 8000.

Homeless emergency - phone our Emergency Response and Resilience Team on 0161 253 6606.

Visit Six Town Housing website: www.sixtownhousing.org

Bury Citizens Advice Bureau

27th, 28th Dec – Services close

29th – 31st Dec – Drop in services are closed, advice line open 10am – 4pm

1st – 3rd Jan – Services close

Freephone advice line: 0808 278 7804

Visit: www.cab.org.uk

Please Note: The Beacon Social Prescribing Service will be closed from 25th December and will re-open on Tuesday 4th January 2021, however messages can be left on: 07935 755 990 and we will return your call when we re-open