

Supporting your wellbeing through social prescribing in Prestwich and Whitefield



“Not being able to get out very much I’ve found this pack really useful in giving me something to do and feeling like a part of the community. I look forward to receiving the pack each quarter and am really pleased I’ve been asked to contribute something too” D – Prestwich



Within our local community there is a wide range of community groups, activities, events and services all of which can help improve our health and wellbeing, making us feel more connected to our neighbourhood and where we live. We know that it’s not always easy to get involved with these for many different reasons whether it’s working, caring for family members, or being unable to leave your home. We’re working with residents, community groups and organisations to create a series of activities which give you the chance to get involved from your own home.



You can do as many of the activities as you want to and activities can be adapted to suit your needs whether that’s reading to grandchildren or setting up a knitting group in the care home you live in.



Your social prescriber can help make the changes you need to improve your own health and wellbeing.



To get in touch for more information or to receive the pack every quarter

- Email: julie.bentley8@nhs.net or rebecca.martin67@nhs.net
- Call Julie on 07713 750 458 or Rebecca on 07572 396531
- Follow our Facebook page <https://www.facebook.com/PrestwichWhitefieldPCN/>
- Come along to our weekly social drop ins and find out more about our social prescribing activities and other services, groups, events and organisations who can support you:



Every Tuesday 1pm – 3pm at Church Lane Community Centre, Church Lane, Prestwich M25 1AJ



Every Wednesday 12:30pm – 3pm at St Andrews CE Church, Ribble Drive, Whitefield, M45 8LA



What are you reading?

Thanks to Gemma at Lowther Road Free Little Library for our monthly book reviews!

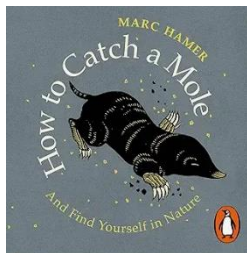


Title: Clap When You Land

Author: Elizabeth Acevedo

Genre: Young adult

Clap When You Land is a poignant novel, crafted in beautiful, often sparse verse. The story revolves around two teenage girls, Camino and Yahaira, who live worlds apart. One in New York and one in the Dominican Republic. Their lives and families could not be more different. Camino lives with her aunt, a local healer in a small village. Her father works in America for three quarters of the year, earning money to keep her in a good school and a nice barrio house. Yahaira is a chess whizz, living a very comfortable life in New York, her father leaves New York every summer to visit his home on the Island. The girls' worlds collide when a plane goes down between New York and Dominican Republic killing the father they didn't know they shared. As they come to terms with their loss and navigate their grief, they discover each other's existence, unravelling family secrets and finding solace in their shared heritage.



Title: How to Catch a Mole

Author: Marc Hamer

Genre: Memoir, Nature Writing

How to Catch a Mole is a beautiful and captivating memoir by Marc Hamer, gentle where it could be brutal it details his unconventional life from homeless teenager walking the canals, to his experiences as a mole catcher, his final settling down, and his deep connection to the natural world. Through his reflections on life, he offers insights into the art of mole catching, the wonders of nature, and the profound lessons learned from living close to the earth. The writing itself isn't necessarily emotional but I dare anyone to come away from this one without a lump in their throat or a tear in their eye. A short read, but one which will stay with you.

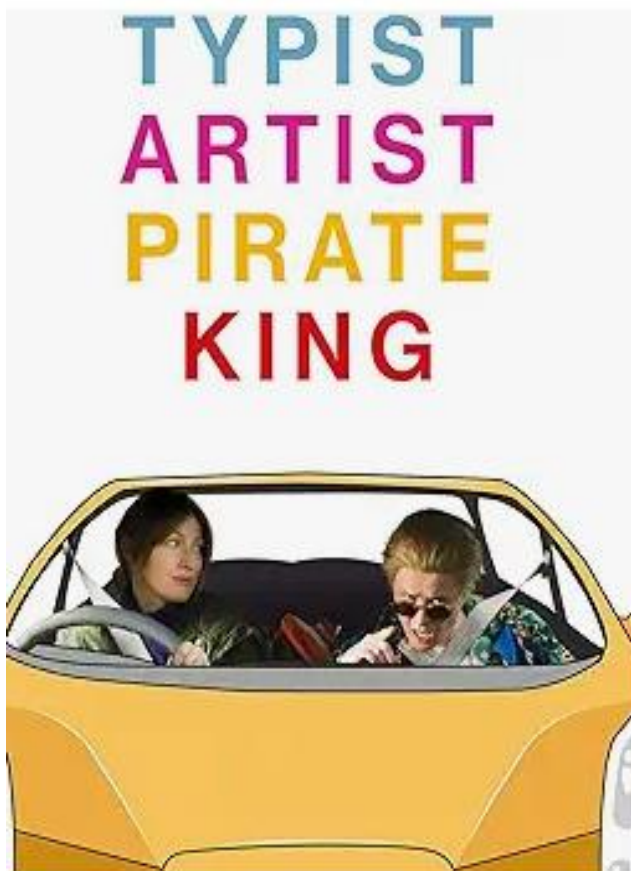
You can borrow these from the local library or access them free at Borrowbox <https://www.borrowbox.com/>

Prestwich Community Cinema

Prestwich Community Cinema will be meeting to watch *Typist, Artist, Pirate King* on Sunday 10th March at 7:30pm (doors open at 6:30pm) at The Carlton Club, 279 Bury Old Road Prestwich, Manchester, M25 1JA for their film nights.

You can buy your ticket for £5 plus booking fee on the night or book online at <https://prestwichcommunitycinema.co.uk/whatson/>

If you can't go along have a look for the DVD or see if it's available to watch online.



Filmmaker Carol Morley has created this imaginative response to the work of the neglected English artist Audrey Amiss, played here by Monica Dolan.

Sunderland-born Amiss trained as a painter at the Royal Academy in the 1950s, had a breakdown and was in and out of institutions for the rest of her life, finally taking a secretarial job but restlessly creating unsold and unseen art.

The film centres on a fictionalised road trip Amiss takes with her psychiatric nurse, played by Kelly Macdonald, in which they travel north and reconnect with key individuals and moments from Amiss's past.

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What do you know about Prestwich?

Craig, a local historian has put together a quiz about Prestwich which we had fun doing at Sedgley Conversations who meet from 10:30am – 12:30pm every Monday at St Gabriel's Church Hall, Bishops Road, Prestwich

Answers at the end of the pack

1. Name the 5 villages that make up the township of Prestwich.
2. Name the cloughs of Prestwich.
3. Prestwich, the word itself is usually translated as meaning what?
4. We know that Prestwich town hall was based in a stone based detached house on Scholes Lane but this was not the first town hall so
 - Where was the first brick built town hall?
 - What was the name of its sporting commercial use until recently?
 - What is the name of the building next door?
5. The coat of arms of Prestwich includes:
 - Two birds heads – can you name the bird?
 - The arms is supported by two animals, can you name them? – one of them is mythical, the other real.
 - The motto on the coat of arms is 'Recte Fac Noli Timere' what does this mean?
6. As well as the Rainsough Roman presence which has excited interest recently and the possible Roman road thought to pass through this area, there is one other Roman site nearby with a conjectured defensive purpose. What is the site?
7. Where is the highest point in Prestwich?
8. What did the following shops sell?
 - Sedgwicks
 - Dorothy Bunting
 - The White Shop

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Thanks to Chloe, our green social prescriber for this activity connecting you to nature. For more information about 'green' activities you can get involved with please contact cdesmond@lancswt.org.uk

How to do wildlife yoga

wildlife
watch



You will need

- Some indoor or outdoor space
- A yoga mat (ideally)

What to do

You can make your yoga session a bit more 'wild' by trying out some of our wildlife poses!

Make sure to warm up and stretch properly when starting yoga, and always be careful to give yourself plenty of space.

Butterfly



Fox



Pine marten



Frog



Snail



Starfish



Heron



Adder



Illustration: Corinne Welch © Copyright Royal Society of Wildlife Trusts 2020

www.wildlifewatch.org.uk

Let's Walk!

Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier.

Sometimes overlooked as a form of exercise, walking briskly can help you build stamina, burn excess calories and make your heart healthier.

You do not have to walk for hours. A brisk 10-minute daily walk has lots of health benefits and counts towards your 150 minutes of weekly exercise, as recommended in the physical activity guidelines for adults aged 19 to 64.

There are some great walks in and around Prestwich and Whitefield which you can do alone or with family or you can join us on our social walks, or walking in your own home and garden.

Prestwich Walks!

Join us on our GP surgery linked local walks where we walk, talk, make connections and are part of our local communities helping improve our physical and mental health

Whittaker Lane Walks
Meet us outside Whittaker Lane Medical Centre on the 2nd and 4th Thursday of every month at 2pm for a social stroll to a local cafe, enjoy a brew and chat before returning to Whittaker Lane.







Welcoming Walks
Meet us 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 This Way!
Meet us outside The Birches Medical Centre, Polefield Road, Prestwich at 2pm on the first Thursday of every month for a social local nature walk





Sedgley History Walk
Meet at 10:30am on the first Monday of the month outside St Gabriels Church Hall, for a local history walk with a local historian.



For more information or if you would like to volunteer to support or help develop a new walk contact julie.bentley@nhs.net or 07713 750 458






Whitefield Wellbeing Walks

Get outdoors to enjoy nature, meet new people and do some gentle exercise!



Walk for Wellbeing

- Meet outside Unsworth Medical Centre, 59 Parr Ln, Unsworth, Bury BL9 8JR.
- **Second Wednesday of the month**
- Meet at 10:30am
- Walk through Sunnysbank Park and surrounding areas.



Wander in the Parks

- Meet us outside Uplands Medical Practice, Whitefield Health Centre, M45 8GF
- **Fourth Wednesday of the month**
- Meet at 10:30am
- Gentle stroll around Whitefield Park and Hamilton Park.

Please note: walkers are advised to wear appropriate comfortable footwear and weather appropriate clothing. Well behaved dogs on leads welcome!

For more information or to book please email rebecca.martin67@nhs.net or cdesmond@lancswt.org.uk or ring Rebecca on 07572 396531





Whilst you're walking why don't you play the alphabet game and identify things beginning with each letter of the alphabet?

Art Therapy

Colouring can be great for making you feel more relaxed and improving your fine motor skills. Why don't you give the Spring pictures below a try?

We're also working on putting an art therapy book together with a local resident. If you would like a copy please get in touch.

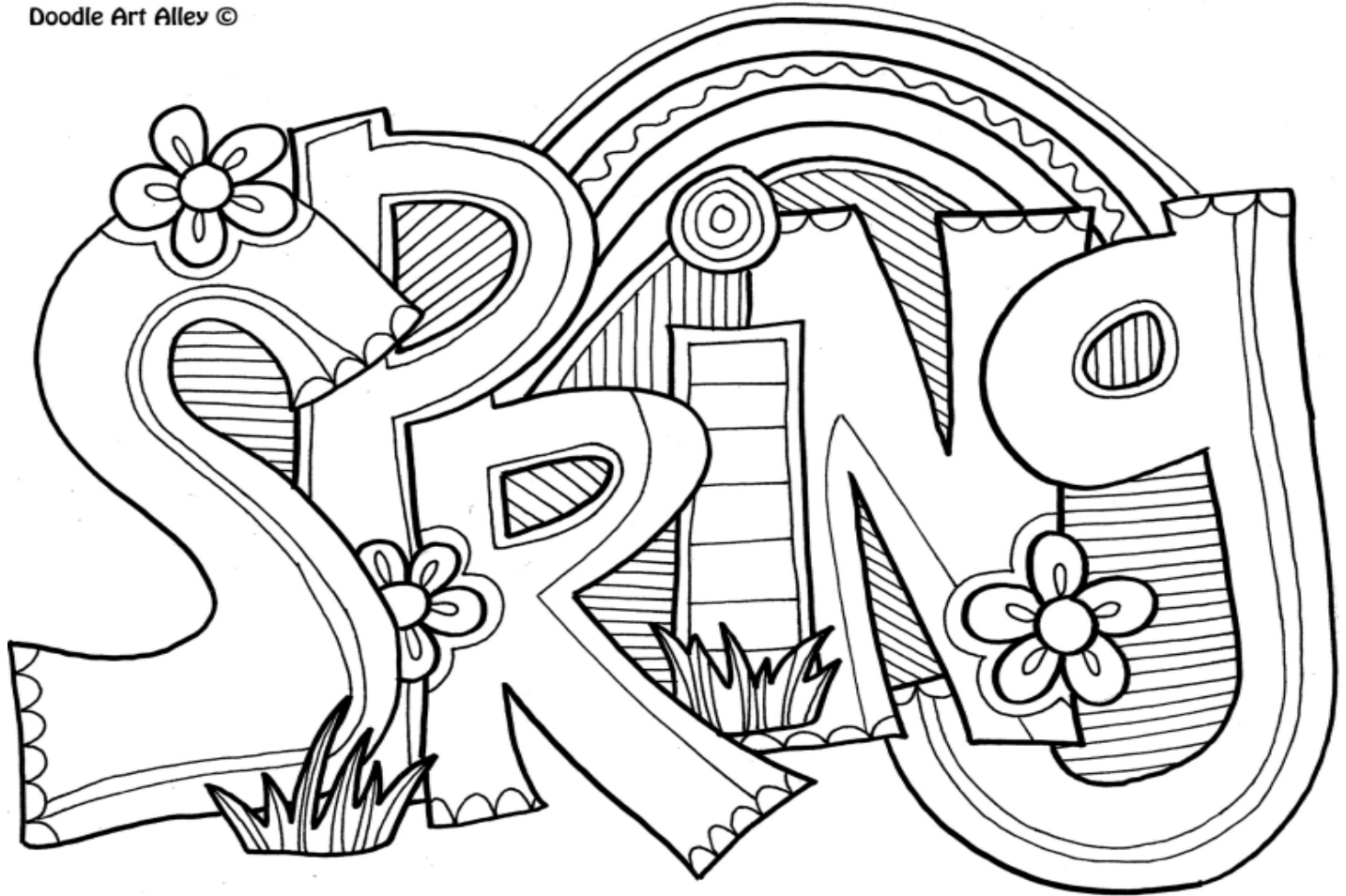


Wellbeing at home

Spring 2024

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Doodle Art Alley ©



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Action for Happiness brings people together and provides practical resources. They help each other learn evidence-based skills for happier living, feel a sense of belonging and commit to personal action to create more happiness, for ourselves and others. Every month they produce and share a calendar with daily activities to help keep us all happy. How many of these can you do?

Have a look on their website for future months

<https://actionforhappiness.org/>

Mindful March 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 Set an intention to live with awareness and kindness	2 Notice three things you find beautiful in the outside world	3 Start today by appreciating your body and that you're alive
	4 Notice how you speak to yourself and choose to use kind words	5 Bring to mind people you care about and send love to them	6 If you find yourself rushing, make an effort to slow down	7 Take three calm breaths at regular intervals during your day	8 Eat mindfully. Appreciate the taste, texture and smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face
	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that you do	15 Stop. Breathe. Notice. Repeat regularly	16 Get really absorbed with an interesting or creative activity	17 Look around and spot three things you find unusual or pleasant
	18 Have a 'no plans' day and notice how that feels	19 Cultivate a feeling of loving-kindness towards others today	20 Focus on what makes you and others happy today <small>dayofhappiness.net</small>	21 Listen to a piece of music without doing anything else	22 Notice something that is going well, even if today feels difficult	23 Tune into your feelings, without judging or trying to change them	24 Appreciate your hands and all the things they enable you to do
	25 Focus your attention on the good things you take for granted	26 Choose to spend less time looking at screens today	27 Appreciate nature around you, wherever you are	28 Notice when you're tired and take a break as soon as possible	29 Choose a different route today and see what you notice	30 Mentally scan your body and notice what it is feeling	31 Discover the joy in the simple things of life

ACTION FOR HAPPINESS **Happier · Kinder · Together**






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Prestwich Quiz Answers

1. Prestwich, Sedgley Park, Heaton Park, Rainsough, Simister

2. Prestwich Clough, Rainsough Clough, Mere Clough, Carr Clough, Singleton Brook(Bradley Brook)

3. Priests Retreat (Saxon)

4.
 - Rileys
 - Snooker
 - Prestwich Liberal Club

5.
 - Swan
 - Wyvern and lion
 - Do right, fear not

6. Castle Hill by Singleton Brook on Bury Old Road

7. The Temple mound near the hall in Heaton Park

8.
 - Haberdashers – fabric/knitting
 - Sandwiches
 - Fish