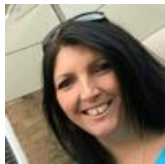




AUTUMN 2024 WHAT'S ON LOCALLY



Welcome to the Autumn edition of: Our Social Prescribing Community Booklet for Prestwich



Hi, we're Julie and Joanne – your Prestwich based social prescribers.

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

Our role is to use our local knowledge to make connections to activities that match individuals and their needs and interests. Whether it is socialising, physical exercise or access to creative activities and hobbies, social prescribing is essential to promoting better self-care and significantly increased health and wellbeing. We can be contacted either by telephone or email.

julie.bentley8@nhs.net 07713 750 458 or joanne.murray29@nhs.net 07957 631 435

Our Prestwich Social Prescribing “Drop-in’s”

Join our Social Prescribers, volunteers and other lovely people to find out what's available to help you within your local community.

Social Drop-In Café

Every week is different, a social chat, a brew, or share in our community brunch (no more than £3) Come along and join us! Different activities each week.

Church Lane Community Centre
Church Lane, Prestwich
Tuesday 1pm – 3pm



The Phoenix Centre

Brew chat and a catch up. Thursday 10am – 12 noon term time only. 2nd and 4th Thursday.



Heaton Park Methodist Church Hall–Top of Heaton Street, Prestwich. Food Pantry and Café
1st Tuesday of the month 3pm – 5pm
3rd Thursday of the month 9am – 11am



Social lunch

Come along and have lunch a brew and a chat. (No more than £3)

The Croft St Hilda's Church, Whittaker Lane, Prestwich
(entrance at the side of the church)
3rd Thursday of the month 10.30 – 12.30





PRESTWICH OUR SOCIAL PRESCRIBING COMMUNITY. AUTUMN 2024

Walks for All - A series of walks linked to GP surgeries in Prestwich.

For more information or if you would like to volunteer to support or help develop a new walk contact Julie.bentlev8@nhs.net or 07713750458 or ioanne.murray29@nhs.net or 07957 631 435



Whittaker Lane Walks

Where - Meet 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 of the month at 2pm



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.



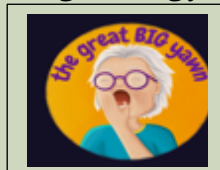
Walk This Way

Where – Meet outside The Birches Medical Centre, Polefield Road, Prestwich for a social local nature walk. Walk led by Jenny

When – 1st and 3rd Thursday of every month at 1pm.

Save The Dates

The Great Big Yawn
Supporting mental health through yawning.
For more information visit www.thegreatbigyawn.org



Prestwich Arts Festival 2023 20th – 22nd September

- Nature writing workshop – Pearl Bury New Rd – Sunday 22nd
- Family Art workshop – Phoenix centre Saturday 21st
- Live music evening – Friday 20th Carlton club.

And lots lots more

Makers Market Prestwich precinct

- Sunday 13th October
- Sunday 10th November
- Sunday 8th December



Apple Day 2023

Oct 13th 12 – 4pm

Phillips Park Prestwich

There will be all things Apple including stalls, apple chutney, apple café, apple game & freshly made apple juice.



Friendly Friday – December 27th

We'd love you to come and join our social prescribers and volunteers. Tea / Coffee, cakes, biscuits and good company
10.30 – 2.30pm Church Lane Community Centre



LGBTQI

There's lots of different activities in Bury LGBTQI forum. For more information take a look on their Facebook page or contact social prescribers.



FrieNDS Group

Our FND (Functional Neurological Disorder) group meets at Church Lane Community Hall – as part of the Drop In meetings.

The **FrieNDS** group meet on the first Tuesday every month at 2:30pm – come along and join our friendly group.

For more information contact Julie Bentley – Your social prescriber.

#letsTalkFND. #FND2024

Who's Who at your Surgery!

These are the people working alongside healthcare professionals and our Social Prescribers – Julie and Joanne, to ensure you receive the care as quickly as possible. Here are some of the people you may meet.



LD/SMI Coordinator – Michelle coordinates and holistically supports patients with specific mental health and learning disabilities. She works closely with our other social prescribers. For more information please email michelle.mackin2@nhs.net



First Contact Physiotherapists (FCPs) – they're your direct pathway to expert care for muscle and joint issues, right in your local GP practice. They provide personalised assessment, diagnosis and management plans tailored just for you, without the need to see a GP first. You can arrange a consultation with your FCP by contacting your GP practice by telephone or askmygp (if this is used by your practice).



Bury Live Well Service is here to help everyone feel healthier and happier. We offer personalised support to promote healthy and active living, empowering everyone to 'Start well, Live well, Age well.' Our support covers help you adopt healthier lifestyles, manage long-term conditions, and enhance overall wellbeing. Whether you want to become more active, improve your diet, quit smoking, maintain mobility, prevent falls, reduce alcohol intake, or access menopause or breastfeeding support. Contact us by email at livewell@bury.gov.uk, call 0161 253 7575



The Older Peoples Staying Well Team is an intervention/prevention service supporting people over the age of 50 that will help you to improve your health and wellbeing by completing a home visit and having an holistic conversation about what is going well and what isn't going quite so well

To arrange a home visit for a chat with one of the coordinators, please contact us by phone on 0161 253 6484 or email us at stayingwellteam@bury.gov.uk



As Social Prescribers, we are proud to work in partnership with local businesses and community groups

- **Pilates – Community fitness group – Phoenix Centre Thursdays 10am-12md**
www.northmanchesterfitness.com
- **Sedgely Conversations – Every Monday 10:30 – 1:00** – Social chat and discussions at St Gabriels Church Hall, Bishops Road, Prestwich. Contact Rev'd Steve Williams 0161 773 8839/ 07757 411 377 for more info
- **BSV Fitness – Chair based exercise class for over 50's** Friday Church Lane Community Centre. Call Bev 07547862749
- **Manchester Outdoor Fitness** – fitness for all abilities.
www.manchesteroutdoorfitness.co.uk Tel- Graham O'Brien 07462622509
- **Preswich Plodders** – community group of local ladies Running, Jeffing, Walking. Contact via Facebook, Instagram @prestwichplodders.
- **SparkLife – Fitness, Yoga, Holistics: Stella House, Infant St. Prestwich** Tel 07790 956673
- **Line Dancing – Church Lane Community Centre Prestwich.** Monday 1.30pm – 2.30pm Contact Ruth 0779 498940
- **Singing for Fun Prestwich** – Fun singing group with Anita Ward. Held at Church Lane Community centre Prestwich – 3rd Sunday of every month. 10am – 1pm contact 07952374593 or email cmb.brown@btinternet.com
- **Prestwich Community Choir** – Singing for fun – no auditions. Held at The Heys School Prestwich; 7.30pm – 9.30pm
- **Tai Chi** – held at Our Lady of Grace Hall Prestwich. Monday 10.30-11.30am or Thursday 10.30 – 11.30am. For more information contact 07870 630 979
- **Craft and Chat** – held at Church Lane Community centre on Tuesdays 10am – 12md.
- **Check out The Phoenix Centre** – Prestwich www.phoenixcentreprestwich.org
Mondays – Dance like a mother – parent and baby get active class 10am – 12md
Wednesday – Bloom baby class – sensory classes for babies and early years 10.45-13.30
Reform Ringcraft Dog training 6.30pm – 8.30pm
Thursday – Pilates with Lorraine of North Manchester fitness. 9.45-13.30
- Wellness Ladies 10am – 12 noon
- Phoenix craft club 12.30 – 2.30pm
Fridays – Phoenix Youth Club – for 10-16yr olds 5.30pm-7.30pm
Saturdays – North Manchester gymnastics club. 9am – 10am
Sundays - Baby Ballet. – 9-12.30pm from 6 months to 6 years





**Have you been to Prestwich Library and Adult Learning recently?
Located in the Longfield Suite Prestwich Tel 0161 253 7214**



Opening Times

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

The library offers:

Books Talking Books Free computer internet and WIFI access Access to eBooks, eAudiobooks, eMagazines, Photocopying, Self-service for renewal, return and borrowing of books. Meeting room and function rooms for hire, heritage museum.

Regular sessions include

Tuesdays	Art painting and colour 2pm – 3.30pm
Wednesday	Digital Buddy 10am to 12 noon (by appointment only) Knitting group 10am – 12 noon Story time 10;30am-1.30am Crafts group 1pm – 3pm
Thursdays	Digital Buddy 12.30pm – 2.30pm (by appointment only) Kids colouring club 3.30pm-5.30pm Creative writing group 5.30pm – 6.45pm
Fridays	Poetry reading group 10.am-11.30am Digital Buddy 10am to 12 noon (by appointment only) Tea and Tales 2pm – 3pm



If you are over 50 and want to meet friends and socialise but don't want to be on your own why not try Prestwich Circle

They have a calendar of events which includes going out for meals, visiting theatres, walks, coach trips and much much more.

For more information why not contact them on - 01706 751 165 or have a look at their website www.hmrcircle.org.uk





As Social Prescribers we work closely with Incredible Edible Prestwich and district. Their website has so many activities you can get involved in www.iepad.co.uk

They have sites at parks and sites in many places around the Prestwich area. They range from forest gardens in Prestwich Clough and Philips Park to an allotment in Sedgley Park

Projects include

Philips Park gardens and the forest garden -Every Saturday mornings - 10am – 1pm includes fruit garden and nursery

St Marys Park vegetable beds – fortnightly on a Sunday.

Sedgeley Park Community Allotment sessions – Friday sessions 10am-11am



Mental Health and Well Being Support

Creative Living Centre – Prestwich – Offers a person centred and holistic approach. You can self refer and for a small fee can access individual and group support as well as various activities.

Activities include;

Singing group; breakfast group; Arts for all; Drama for Fun; Boxercising; journaling; Walking group; Chronic pain and fatigue group; Mens and Ladies support group and much much more.



Dementia Support.

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

Prestwich Death Café

Held at Church Lane Community Centre Prestwich – last Thursday of every month 6pm – 7.30pm

Where you can share your experiences, thoughts and feelings about death and dying, in a friendly, confidential and open minded space. Plenty of tea, coffee and cake. For more information contact Jo 07746582832

Priority help is available by your gas electricity and water suppliers.
Extra support when you need it most – help available to you during a power, water or gas cut. There is extra care and extra help.



Sign up today

www.enwl.co.uk/extracare

or call 0800 008 3015

Your eligible if

State pension age

Disabled or have a long term condition

Have a hearing or sight condition

A mental health condition

Are pregnant or have young children

Have extra communication needs

Need medical equipment that requires a power supply

Have poor or no sense of smell

Struggle to answer the door in an emergency.

POWER CUT?

Call 105

Here's what to do

Look – are street lights on, neighbours lights on.

Yes – Check your appliances and reset your trip switches.

Check- want to know whats happening call us **free on 105**

Extra Care Register

Free to join and includes

Extra weather warnings

Notice of planned power cuts

Regular updates

A nominated friend or family member scheme

Hot meals or additional services during longer power cuts.

If we ever visit your home we will say the password and you'll know its us.

Priority services can help you with

Advanced warning of planned works that might impact on water supply.

Alternative water supplies

Waste water flooding clean up

Support with your water meter.

Priority services scheme

Nomination scheme – someone who can speak on your behalf

Help for people on dialysis

Knock and wait scheme if you have mobility needs

Sight difficulties – we can talk through your bill

Register for Priority Services by telephoning 0345 072 6093



Priority Service register for Gas

All gas suppliers offers a free UK wide service which will provide extra advice and support. Usually if you have registered with utility supplier then the register is updated and the various gas suppliers will be notified.



Happier & Healthier Prestwich



We recently set up a Community Group called Happier and Healthier Prestwich. It meets at Church Lane Community Centre on a Tuesday 2.30pm – 3.30pm around 4 times a year. It is led by volunteers and attendees of the Social Drop Ins held in Prestwich as part of our Social Prescribing community.

Our group met on July 23rd 2024 – the items of discussion were:

Bank account – the statements were shared with those present. An item of money is ring fenced for a garden project. A process was discussed and agreed how to make quick decisions around projects that require money to be ring fenced. The majority of spending decisions will be made at the regular meetings.

Julie introduced Jo the **new social prescriber** working alongside Julie across the network of Prestwich GP's

The Social Prescribing team are starting a **news letter** to inform GP practices the past months achievements. This will raise awareness of the service and encourage more referrals. It will be placed on notice boards in GP surgeries across Prestwich.

Future meetings will discuss

- Impact of Prestwich Regen work – loss of library / cash machine etc – Could someone come down to talk to the group and explain what is happening during the building stage.
- Future funding for projects / groups
- Questions for GPs – Plan to have a box at the Tuesday Drop in for questions that people would like to ask GP's / or surgeries. Julie will feedback to the group.
- Digital inclusion – some one will come from Bury Council to the group to act as a help for people.
- Get someone from the bank to come to the group to talk to the group
- Someone to come and talk about our health – dietitian etc to come and speak

Date of next meeting. - **October 22nd Tuesday 3:00pm – 4:00pm**

Please contact Julie if you would like to be involved julie.bentley8@nhs.net