

What's on Locally in 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 organisation's 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 promoting better self-care and significantly increased health and wellbeing. We can be contacted either by telephone or email. julie.marshall63@nhs.net 07713750458 or joanne.murray29@nhs.net 07957631435

Our Prestwich Social Prescribing "Drop-ins"

Join our Social Prescribers, Volunteers and other lovely people to find out what is 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 lunch (no more than £3) Come along and join us! Different activities each week. Community taster sessions and guest speakers from services and organisations



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



Social – Brunch-Lunch / Drop in

Chat and connect with others - Pop in for brunch /lunch and brew and meet other people.

The Croft – St Hildas Church,
Whittaker Lane Prestwich.
(entrance at the side of the church)

Every Tuesday 9am – 11:30pm

3rd Thursday of the month 10:30 – 12:30



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.marshall63@nhs.net or 07713750458 or joanne.murray29@nhs.net or 07957631435



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.

When – 12 noon every Tuesday.



Walk This Way

Will start again Thursday 13th February

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

When – 2nd and 4th Thursday at 2pm



Whittaker Lane Walks

Will start again Thursday 13th February

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.

When – 2nd and 4th Thursday of the month at 2pm

Save the Dates

Caritas
Diocese of Salford

Christmas Dinner

TUESDAY 24th Dec - Christmas meal delivery service only
 WEDNESDAY 25th Dec - Delivery service or Take-away/sit-down meal
 From 1:00pm - 3:00pm at Bury Parish Church Hall, The Rock
 (Behind the Church)

If you or someone you know would like to order a meal, please contact 07800 000 870

LAST ORDER DATE FOR MEAL DELIVERIES - 20th DEC

There is NO CHARGE for this meal

www.caritasofsalford.org.uk/see/there

Makers Market

Prestwich outside the Longfield centre 11am – 4pm

- Sunday 8th December 2024
- Sunday 12th January 2025
- Sunday 9th February 2025

PRESTWICH MAKERS MARKET
OUTSIDE LONGFIELD CENTRE, B25 1BA

Friendly Friday – December 27th

We'd love you to come and join our social prescribers and volunteers.

Tea / Coffee, cakes, biscuits and good company

10.30am – 2.30pm Church Lane Community Centre,
Church Lane, Prestwich



Health and Well Being Support

Let's Talk
Community Drop-In

A support group for parents, carers and friends supporting people with autism.

Starting on Wednesday 6th November from 1pm to 2:30pm then every other Wednesday, Next Door at Macca's. Refreshments available.

For more information, contact
Michelle - Michelle.mackin2@nhs.net / 07961 440 627




MACCA'S NEXT DOOR Longfield Centre, Prestwich, M25 1AY

If you're grieving, it can be helpful to talk about your memories of the person who has died.



Greater Manchester Bereavement Service
0161 983 0902
Monday to Friday 9am to 5pm

Are you under 30 or caring for someone under 30?

Come and meet our health & well-being team who can offer a range of support around what matters to you and your family.

Listening Ear
Community Drop-In

Starting on Wednesday 9th October from 10.30am to 12:30pm then every other Wednesday, Next Door at Macca's. Refreshments available.

For more information, contact
Michelle - Michelle.mackin2@nhs.net / 07961 440 627
or Julie - Julie.bentley@nhs.net / 07713 750 458




MACCA'S NEXT DOOR Longfield Centre, Prestwich, M25 1AY

Bury Hospice bereavement support
Drop in Café – 3rd Tuesday of the month, Tesco Superstore – Woodfield Retail Park.

For more information contact bereavement support team – 0161 762 5706 or email bhosp.bereavementsupport@nhs.net

3rd Thursday every month

DEATH CAFE

Thursday 19th December 6 - 7:30pm



Church Lane Community Centre 88 Church Lane, Prestwich, M25 1AJ

'Where you can share your experiences, thoughts and feelings about death and dying in a friendly, confidential and openminded space whilst drinking tea and eating lots of cake.'

FREE tea, coffee and cake provided.

Email prestwichdeathcafe@gmail.com to book your FREE place.

Prestwich Death Cafe

7th

END OF LIFE BINGO

have an advance directive	made a will	written down powers of attorney
planned your funeral	talked to loved ones about your wishes	arranged a power of attorney for healthcare and property
notified your doctor of your wishes regarding care	left instructions for digital and social media access	written down insurance information

Creative Living Centre
1A Rectory Lane, Prestwich, M25 1BP Tel: 0161 696 7501

To access any of the groups and support then you need to make an enquiry, either on the phone or completing the online form at www.creativelivingcentre.org.uk

Individual Sessions

Monday-Thursday we offer Support Coordinator appointments at **£3 per session**,
A **£5 day pass** or **£10 weekly pass** can be purchased from reception which cover activities and support coordinator appts (Does not include food purchases for therapies .
Counselling is available Tuesdays and Thursdays **£10 an hour**
Holistic Therapies (massage) on Wednesdays **£10 an hour**,
Art Therapy on Wednesdays **£10 an hour**,

Please note: the price is per activity/therapy and these sessions are by **appointment only**.

Please ask to speak to a Support Coordinator if you would like go on the Counselling, Art, Music or Holistic Therapies waiting lists.

Sessions and groups ran at the centre include:-

- Music Therapy
- Arts for all
- Singing Group
- Gardening group
- Boxercise
- Café warm hub
- Creative journalling
- Sensory sessions
- Creative crafts
- Bereavement group
- Walking group
- Chronic pain and fatigue support group
- Meditation
- Chair based exercises
- Ladies support group
- Mens support group
- Next steps – Drug and alcohol support group.

Virtual Village Hall

<https://virtualvillagehall.royalvoluntaryservice.org.uk/?fbclid=IwAR350wRUPmBguX9QuNee-NLtljdDapb0gnfYoOIOyVfBAVvbKi2c5-7zspk>

Search for us on www.Facebook.com search Virtual Village Hall

Welcome to the Virtual Village Hall, brought to you by Royal Voluntary Service and supported by players of People's Postcode Lottery.

The Virtual Village Hall is an online activity hub and community, designed to help people stay physically and mentally active, connected and having fun. Sessions are led by expert tutors and some well-known faces, and require very little space or equipment. You'll find over 1400 sessions available to take part in, like creative arts and crafts, music and singing, cooking and baking, dance and exercise, and technology skills. Join in with live sessions or catch up on demand later at a time that suits you.

We really hope that you will enjoy using the Virtual Village Hall. To ensure your health and safety and also to make sure that you understand the legal basis on which the Virtual Village Hall is being brought to you, please read over the following **important information** and **frequently asked questions** before you take part in any of the online activities or join the Virtual Village Hall **Facebook page**.



We know that December can be difficult for many people for many reasons. So with our brilliant community volunteers and supporters we've organised a special event to help you keep connected to others during this time.

Come and have some company, chats & laughter between Christmas and new year.

We'd love you to come and join us

Friendly Friday!

Tea/coffee, cakes, biscuits, and good company

Friday 27 December 2024

10:30am - 2:30pm

Church Lane Community Centre, Church Lane, Prestwich M25 1AJ



**Just come along or for more info or to let us know you're coming please contact
Julie.bentley8@nhs.net or 07713 750 458
Rebecca.martin67@nhs.net or 07572 396 531**



*Good company
Cakes, and a
Fun time to meet
people and enjoy
yourself*

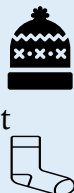
Staying warm this winter!

Here are some cost effective tips on how to keep you and your home warm this winter.

Keep your body warm

Layer up your warmest indoor clothing - wearing lots of layers rather than one thick piece will help trap your body heat.

Using a hot water bottle
Wearing thick socks and slippers will keep your feet warm.



Food and Drink

Drink lots of hot drinks throughout the day

Eat warming foods like soup and stews

Alcohol – prevents your blood vessels constricting and you'll begin to lose body heat.



Move around

Avoid sitting still for long periods of time – move around and keep as active as possible.

Movement helps boost your circulation and keep you warm.



How to keep your feet warm.

Wear thick socks and slippers when indoors – helps trap the heat and keep your feet toasty

If outside – wear warm socks and shoes that are completely waterproof.



How to keep your hands warm

Wear gloves made of insulating materials like wool or leather

Use winter warmer packs like hand warmers – work well when tucked into gloves or clothing.



Staying warm at night



Bedding – extra blankets and high tog duvets

Toasty pyjamas – fleece or flannel pajamas keep you warm by trapping heat – don't forget bed socks

Hot water bottle – long lasting and provide a source of heat.

Find a warm space.

Look out for “warm hubs” where you can go and spend time and get a warm drink.

These can be church halls, pubs, cafes, shops.

Check with Bury Council who will have a list.

Get help with your energy bills

Check if you're eligible for Pension Credit, disability allowance income support as all these may trigger help with paying your energy bills.

Cold weather payments – check if you are eligible to receive support.

Stay healthy

Respiratory viruses are more widespread in winter.



Get your winter vaccinations – flu and coronavirus levels are high this winter.

Winter Quiz

1. **Where was the first Winter Olympics held?**

Canada; Austria; France

2. **Who wrote the play “A winters tale”?**

Ernest Hemingway; William shakespeare;
Oscar Wilde

3. **How many sides does a snowflake have?**

6. 8. 9

4. **The word winter comes from which language family?**

Hellenic Germanic Celtic

5. Where is the Mona Lisa?

6. What are elephants Tusks made of?

7. Who is the main character in the musical Wicked?

8. Who sings the song “Bad Romance”?

9. How many legs do insects generally have?

10. How many months of the year have 31 days?

Name the group



General Trivia

Q11. What is a baby kangaroo called?

Calf; Pup; Joey; Kit

Q12 What country is known as “the land of the rising sun”?

China; South Korea; Japan; Thailand

Q13 What is a group of cats called?

A clowder; A cuddle; A chaos; A gaggle;

Q14 What animal is infamous for laughing?

Elephant; Hyena; Giraffe; Shark



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 22nd October 2024 – the items of discussion were:

Bank account – the statements were shared with those present. The current balance and deposits / ring fenced monies was shared.

Project updates –

Calendars -The calendars that have been produced with photographs of Manchester. All money raised will be utilised on projects going forward and will be deposited into the Hoot account.

Winter Warmer £100 – Will be used to fund free drinks from November to March at the Church Lane Drop in.

Up coming events were shared and discussed

- December Songs - Tuesday December 3rd 12 noon – 15:00 Church Lane
- Friendly Friday – December 27th 10:30- 14:30 Church Lane

Date of Next meeting **Tuesday 28th January 2025 3pm – 4pm**

We are always looking for new members so if you would like to join us come along to the next meeting or email Julie – julie.marshall63@nhs.net

Answers to the Quiz

Q1 France. Q2 William Shakespeare Q3. 6 Q4 Germanic

Q5 The Louvre Museum Paris. Q6 Ivory. Q7 Elphaba. Q8 Lady Gaga. Q9 Six. Q10 Seven

The Groups – The Beatles. Jackson 5. Abba Rolling Stones

Q11 Joey. Q12. Japan. Q13 A Clowder. Q14. Hyena