

August – November 2025

Creating a Social
Prescribing
Community

What's on Locally in Prestwich



Hi I'm Julie Marshall your
Prestwich based Social
Prescriber.

julie.marshall63@nhs.net
07713750458

Meet your Social
Prescribers for
GP Surgeries
across Prestwich

Hi I'm Joanne Murray
your Prestwich based
Social Prescriber.

joanne.murray29@nhs.net
07957631435



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 promoting better self-care and significantly increased health and wellbeing.

Our Prestwich Social Prescribing “Drop-in” is where you can join our Social Prescribers, volunteers and other lovely people to find out what is available to help you within your local community.

Our drop in at Church Lane provides a safe space, with no judgement where personalised formal and informal support can be individualised for whatever you want from the experience.



Church Lane Social Drop-in

**Church Lane Community centre
Church Lane
Prestwich
Every Tuesday 1pm – 3pm**

What happens at our Tuesday drop in?

Every week is different, we have visitors from local carers organisations, support services, our local community support officer calls in to advise us on how to keep safe. and there are sandwiches, hot drinks, cake and biscuits always available for a small donation of £2. Every group ends with live entertainment and a sing along



Church Lane Social Drop In.

In addition to accessing your social prescribers and making connections with other like-minded people we also have a range of volunteers, groups, services and organisations available who can all help support you and make life easier. We also have guest speakers and visitors from local community groups to share what they do.

Partners	Key People	Which Tuesday in the month	Brief description of support
Lancashire Wildlife Trust – Green Social Prescribing	<i>Susan</i>	<i>2nd & 4th week of the month</i>	<i>Offering information and support of the green social prescribing groups in Prestwich and wider across Lancashire. Includes activities you can get involved in including growing your own at home.</i>
Frailty & Care Home Coordinator	<i>Meg</i>	<i>1st, 3rd & 5th week of the month</i>	<i>Offering advice about frailty and care homes including what is available locally to support you</i>
Mental health & learning disability coordinator	<i>Michelle</i>	<i>Monthly</i>	<i>Offers advice and support about services and groups that meet needs whilst offering assistance to support the individual.</i>
Neighbourhood Team/ Active Case Management	<i>Dawn</i>	<i>Monthly</i>	<i>Offers information and advice how about the Neighbourhood team and Active Case Management can support you.</i>
HMR Circle Prestwich/ Healthwatch	<i>Julie and Claire from HMR Circle</i>	<i>1st and 3rd Tuesday of the month</i>	<i>12:30 – 13:30 NHS APP sessions with Prestwich Circle. Places must be booked with Julie. Also offering information, advice and support.</i>
Calico	<i>Jac and Gill</i>	<i>Last Tuesday of the month</i>	<i>Can offer advice and support with any housing related issues that you may be experiencing, whether temporary or permanent.</i>
Bury Carers Hub	<i>Jayne, Angela, Debbie</i>	<i>Fortnightly</i>	<i>If you're an unpaid carer, come along and meet the team, and see what support they can offer you as a carer.</i>
Dementia information table	<i>Lindsay Dementia UK Ambassador</i>	<i>1st Tuesday of the month</i>	<i>Dementia UK advisory leaflets and information sharing. How to have quality living with dementia support</i>
North Manchester Fitness	<i>Lorraine</i>	<i>2nd Tuesday of the month</i>	<i>Talk about exercise and a 10–15 minute exercises for all abilities – all exercises can be done at home</i>
Scope	<i>Alec</i>	<i>2nd Tuesday of the month</i>	<i>Free energy and water advice to help you manage your energy and water needs. Priority to disabled people but will support anyone who turns up.</i>
Police Community Support Officer		<i>Ad hoc as available</i>	<i>Shares information and advice about how to help keep ourselves safe including Bee in the loop, scams and more</i>



Other Social Prescribing Activities

Supporting your wellness, not your illness

Creating a Social
Prescribing
Community



**The Croft – St Hilda's Church – Whittaker Lane,
Prestwich**
Every Tuesday 9:30am – 11:30am Brew and Chat with your
Social Prescribers

3rd Thursday month 10:30 – 12:30 Social Lunch with Julie,
Social Prescriber and Michelle Learning Disability and
Mental Health Coordinator. We are also joined by a DWP
Learning Disability Advisor offering support, advice and
information.

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



Church Lane Walks

*Where – Meet Robin 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.*



Whittaker Lane and Sedgley Walks

**Where – Meet Allan outside Whittaker Lane Medical centre or Julie
outside The Grand Lodge (Woodthorpe entrance) at Heaton Park for a
stroll to a local cafe, enjoy a brew and a chat before returning to
Whittaker Lane or The Grand Lodge (Woodthorpe entrance).**

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



The Birches Walks

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

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



Save the dates



Apple Day at The Barn, Philips Park
5th October 12 noon – 4pm



Prestwich Makers Market
10th August. 14th September
12th October
Opens 11am 2nd Sunday / month



26th – 28th Sept.
Prestwich Arts Festival
PRESTWICH
ARTS FESTIVAL

2nd & 3rd August
Heaton Park Food & Drink festival.
A feast in the park.



Other Social Prescribing Linked Activities

Social prescribing connects people with their local neighbourhood and community



Heaton Park Social

10:30am - 12:30pm 3rd Wednesday of every month at The Classroom (near The Stables Cafe), Heaton Park, Prestwich

For more info please contact us
gsp@lancswt.org.uk or
julie.marshall63@nhs.net

- 20th August - Nature Walk and then chat about future activities
- 17th September - Bee theme - making bees wax wraps - like reusable clingfilm to preserve food. Possibly a trip to the hives (apiary) on site.
- 15th October - creating nature prints
- 19th November - Candle holder making (out of natural materials)
- 17th Dec - To be decided with the group

Talking Broken Biscuits!
Come and join our men's social get togethers

Every Tuesday Church Lane Community Centre, Church Lane, Prestwich 1pm - 3pm (this forms a part of the social prescribing drop in)

1st Thursday of the month 10:30am - 12:30pm - Brew and chat, Scout Den, Derby Street (off Church Lane), Prestwich, M25 1NY

3rd Thursday of the month 10:30am - 12:30pm - Social Lunch at The Croft, St Hilda's Church, Whittaker Lane, Prestwich

SOMETIMES JUST A BREW, SOME BISCUITS AND A CHAT CAN MAKE A CLOUDY DAY THAT LITTLE BIT BRIGHTER

Just come along or more information please contact
julie.marshall63@nhs.net or 07713 750 458

Let's Talk!

NEURODIVERSITY

Come and join Michelle - Learning Disability coordinator, Julie - Social Prescriber and our specialist volunteer at our drop in for neurodiverse people and their parents and carers

On the 2nd Wednesday of every month 1:30pm - 4:00pm at The Woodthorpe, Bury New Road, Prestwich.

FREE parking or catch the 135 or 94 bus and get off at The Woodthorpe bus stop.

Dates for your diaries 2025

Wednesday 13th August - 1:30pm - 3:00pm
Wednesday 10th September - 1:30pm - 3:00pm
Wednesday 8th October - 1:30pm - 3:00pm
Wednesday 12th November 1:30pm - 3:00pm
Wednesday 10th December 1:30pm - 3:00pm

For more information please contact
Michelle Mackin - michelle.mackin2@nhs.net
or call 07961 440 627
Julie Marshall - julie.marshall63@nhs.net
or call 07713 750 458

Craft at The Croft!

Join us for coffee and craft every Tuesday 10:15am - 11:15am at The Croft, St Hilda's Church, Whittaker Lane, Prestwich

Bring your own crafts, share your craft, learn new crafts, meet like minded people in a safe and supported setting.

For more information contact Prestwich social prescribers
Julie Marshall on 07713 750 458 or Joanne Murray on 07957 631 435

Community Cafe

For people living with Dementia/Alzheimers and their carers
Every Thursday 2pm - 4:30pm starting 31 July 2025 at
Nazareth House, Scholes Lane, Prestwich, M25 0NU

A welcoming and warm atmosphere for people living in our local community to enjoy refreshments, entertainment and activities in a safe, friendly environment.

Working in partnership, our activities coordinator and support worker, community social prescribers and care home coordinator can provide personalised support and advice to help you.

For more information please contact
Heather Willis - Activities Coordinator - heather.willis@nazarethcare.com
Meg McMahon - Care Home Coordinator - megan.mcmahon3@nhs.net
Julie Marshall - Social Prescriber - julie.marshall63@nhs.net or 07713 750 458

St Gabriel's Garden
at St Gabriel's Medical Centre,
Bishops Road, Prestwich

Community Garden Action Day
Third Wednesday of the month
1pm - 3pm

Grow your own lunch!
Come and join our social prescribing team, volunteers and staff to help create a wellbeing space at St Gabriels. Over the next few months we'll be developing the garden space and we would love you to get involved!

Feel free to come along or more information please contact Julie Marshall, Prestwich Social Prescriber at
julie.marshall63@nhs.net or call 07713 750 458

PARKS TENNIS
We Do Walking Tennis!

Where? St Mary's Park
When? Thursdays 11am-12pm

Walking Tennis is a safe, fun, and inclusive way of getting active on a tennis court. Less speed but just as much fun! Ideal for anybody looking to build their confidence, improve their general health and well being with light exercise. Great for socialising and meeting new people

Drop us an email to find out more! Or join the Whatsapp group using the QR code:

wedotennis.co.uk/bury-parks

FOLLOW US
'Tennis in Bury Parks'

Official equipment partner
DUNLOP

CONTACT US
01952 984894
wedotennis.co.uk
enquiries@wedotennis.co.uk

Social Prescribing Supporting Access to bereavement support across the borough



Greater Manchester Bereavement Service

We find support for anyone in Greater Manchester that has been bereaved or affected by a death, no matter how long ago. No one needs to feel alone as they deal with their grief.

Call us on 0161 983 0902 for help in finding the right support for you. Monday – Friday 9am – 5pm

Email – gmicb-sal.gm.bs@nhs.net

For more information www.greater-manchester-bereavement-service.org.uk

Bereavement support at Bury Hospice

Walk and Talk groups – Tuesday 10:30am

Bereavement Drop-in café. – 3rd Tuesday of the month 2;30 – 4pm

Sunflower group – support for children 5-11yrs

Bereavement and Family Support

We help children, young people and families through one of the most painful times in life through bereavement and grief care, information and support groups.

Tel: 0161 762 5706

Email bhosp.bereavementsupport@nhs.net



www.thelossfoundation.org

A national online support with groups, and resources. Access – Support groups; Grief support workshops. Walk and Talk events



Creative Living Centre Prestwich

Bereavement group
3:30pm – 5pm fortnightly
Member drop in – cost £3

Contact the reception to access the group as a member. Telephone– 0161 696 7501
Email – reception@creativelivingcentre.org.uk



Prestwich Death Café



Church Lane Community Centre – Prestwich
Last Thursday every month 6pm – 7.30pm

For more information Contact - Jo 07746582832

Cruise Bereavement Support

Grief can be overwhelming – you don't have to deal with it alone. We provide expert bereavement and grief support.

Call our help line 08088081677

Or www.cruise.org.uk

Caring and Wellbeing support

There is something for everyone whatever support is needed in whatever format you choose.



TOGETHER EVERY STEP OF THE WAY

The Neuro Kinetics Club is dedicated to assisting individuals with neurological conditions by offering a safe and culturally sensitive space for exercise, while also providing respite and support for carers.



PARKINSON'S DEMENTIA STROKE MULTIPLE SCLEROSIS

HOW DOES EXERCISE HELP PEOPLE WITH NEUROLOGICAL DISORDERS?



MOBILITY

- Increases flexibility and range of motion
- Enhances posture
- Helps to move efficiently and confidently



BALANCE

- Reduces risks of falls
- Improves stability
- Retrains the brain to manage balance



STRENGTH

- Counteracts muscle atrophy
- Aids functional ability in everyday activities
- Strengthens muscles



COORDINATION

- Enhances motor control
- Boosts speed of reaction
- Improves ability to complete complex movements

CLASSES AT MANCHESTER MACCABI

Mondays: 12 to 1 pm
Wednesdays: 12 to 1 pm
£5 per class

TO FIND OUT MORE CONTACT ANDREW ON 07917 778370
www.neurokineticsclub.org.uk




Run by **Parkinson's UK**


Parkinson's Bury Support Group

Offers friendship and support locally to people with Parkinson's, their families and carers.

Where – Bolton rd Methodist Church, Bury.

When – Monthly on the first Monday 14:00-16:00


Contact – Alison – 01204363061 or email - alijohn.aj27@gmail.com



Befriending support

Jigsaw Link – provides a 1-1 befriending service and social programme for the 50+ people of Bury who are disabled or have an age related condition.

Contact **01612536853** – email jigsaw@bury.gov.uk



Friends Together – groups run across Bury bringing older people together. They are aimed at over 65. For more information contact Carla 0161 763 9030



Helping people & those caring for people with Dementia

VENUES

THE GOATS GATE	THE WOODTHORPE
TUESDAYS	WEDNESDAYS
11AM-1PM	10.30AM-1PM




We provide free refreshments, entertainment each week such as singers & musicians, bingo, raffles & more. The Alzheimer's Society attend both our groups once a month to provide help & support. We'd love for you to join us & everyone is welcome, not just those affected by Dementia.

Contact Sonia on 07716188993 for any further information



National help and advice lines



- The national Careline – 0800 069 9784
- Age UK advice line – 0800 678 1602
- The Silver Line helpline 0800 470 8090 – over 50's support if you're feeling lonely
- Gingerbread 0808 802 00925 – practical support and advice for single parents
- SCOPE 0808 800 3333 – Practical information and support for disabled people
- Student Minds 0808 808 4994 – mental health charity that supports students.
- Victim Support – 0808 168 9111
- Combat stress helpline – 0800 138 1619 –
- Moodswings helpline – 0161832 3736
- LGBT Foundation helpline – 0345 330 3030
- Runaway helpline – 116000
- National Suicide prevention helpline -0800 587 0800



Prestwich Community Choir – Monday 7.30-9.30pm Heys School, Heys Rd, Prestwich.
£6/week term time contact prestwichcommunitychoir@gmail.com Sing for fun for all.

Singing for Fun – Prestwich £15/3hr workshop – or what you can afford. 3rd Sunday every month at Church Lane Community Centre. 10am – 13:00pm Tel 07952374593

St Mary's choir – Thursdays 19:30 – St Mary's church, Prestwich. Contact 07833087221 or email gary.hulme2@btinternet.com

Bury Fire choir – All inclusive choir, no rehearsal needed. Rehearsals on a Wednesday evening Contact burycommunitychoir@gmail.com

Age UK Community choir - Meet on a Wednesday 10:30-11:30am – Jubilee Centre Bury

Music Half-Hour – 2.30pm – 3. pm Every Tuesday – Church Lane Community Centre



Movement for Health and Wellbeing – Exercise classes
In Prestwich – a combination of seated and standing exercises
Suitable for all.



- **Pilates** with Lorraine from North Manchester Fitness. Classes held Thursdays – Prestwich Conservative club contact Lorraine 07855 505958 or contact Julie or Joanne.
- **Chair based exercise classes** - BSV Fitness - for over 50's at Church Lane Community Centre Prestwich, every Friday – contact Bev – 07547862749
- **Chair Yoga classes** – both standing and seated exercises – held at Creative Calm -Prestwich. Contact Linda Wright 07538784308
- **Sparklife** – Women's movement and wellbeing studio – Stella House, Infant street, Prestwich email – info@sparklifeuk.com
 - Monday Walk or wheel – Heaton Park 1pm
 - Tuesday Pilates, seated, standing or mat based - £4
 - Wednesday – Strength – seated or standing, all abilities with bodyweight, bands, or weights.
- **Tai Chi & Qigong classes** – held at Our Lady of Grace Church Prestwich. For more information email – info@heatonmoortaichicentre.com or contact Ivan – 07870 630979
- **Prestwich Frontliners** –Absolute beginners line dancing, held at Church Lane Community Centre, Prestwich. Monday 13:15 – 14:15. Contact Ruth 07779 498940





Notes of Happier & Healthier Prestwich meeting. Tuesday 3rd June 2025



Our 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. A list of attendees is held on record by Julie – Social Prescriber.

1. **Notes of last meeting** - Included in the August – November 2025 - What's on Locally. They are also circulated by email with hard copy available at the social drop in meetings.
2. **Matters arising that are not on the agenda**
 - Julie is going to try to get Councillor Eamon O'Brien to come to the meeting. Current Longfield carparking reduced capacity of 46 spaces would like to be addressed.
 - Julie to ask pharmacy to come back and discuss current issues regarding accessing and ordering repeat prescriptions. People are worried who don't have the NHS APP how will they get their prescriptions.
3. **Hoot Community Account – current position update** - The amount of funds in the account and a copy of the bank statement was shared with the group.
 - Funding updates / applications – We have match funded walking tennis £80 and that gives them an extra 10 weeks.
 - Tea and Coffee – currently free at the Drop In (Tuesday Church Lane session) should they still be free? – Following discussion plan to keep it free and review it at every meeting. Rent of rooms to be brought to next meeting by Margaret.
4. **How to apply for funds – draft template to be agreed** – Template discussed as how and what the happier and healthier can fund. Ideally we will know what the project is all about, its appropriateness for funding and how these will be sustained. Any project funding will initially be up to £100. New projects must be worked up with the social prescribers. Independent applications with no social prescribing sign off will not be put forward to the group. Copy of the form circulated to those attending the meetings.
 - Discussion by group and was accepted as a format.
 - Process – form will be brought to the meeting for a decision.
5. **Projects – updates / new – Social prescribers to share information**
 - Julie updated re - **NHS APP training** – discussed how that will be supported. Walking tennis is up and running
 - **Benefits support** – Alison has been volunteering to support benefits transition to universal credit. This support mainly at the social lunch on Thursday – St Hildas. For more information contact Julie / Jo
 - **St Gabriels gardening** up and running
 - **Grow your own lunch** with Susan Lancashire wildlife
6. **Upcoming events / feedback from events**
 - Coach trip – Sunday 4 May – excellent day out. Allan is looking at where to go next for next years event.
 - Prestwich Clough day – Sunday 18 May 2025 – well attended and we raised money by selling sandwiches and cakes and jigsaw stall. Raised more than £200 pounds
 - Nothing coming up but we will start looking at booking Harrys band for Christmas.
7. **AOB**
 - Table tennis table – free just needs discussing where it will be stored.
 - Lancashire wildlife – Susan – get compost from Suez (recycling place)
8. **Date of next meeting**
 - **7th October 2025**