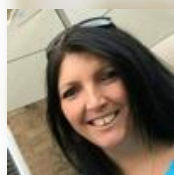


January – April 2026

What's on Locally in Prestwich



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

julie.marshall63@nhs.net
[07713750458](tel: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](tel: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 no more than £2. Every group ends with live entertainment.



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	Susan	2 nd & 4 th week of the month	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.
Mental Health and Learning Disability Coordinator	Michelle	Monthly	Offers advice and support about services and groups that meet needs whilst offering assistance to support the individual.
Neighbourhood Team/ Active Case Management	Dawn	Monthly	Offers information and advice how about the Neighbourhood team and Active Case Management can support you.
Prestwich Circle	Claire from Prestwich Circle	1 st Tuesday of the month	12:30 – 13:30 NHS APP sessions with Prestwich Circle. Places must be booked with Julie. Also offering information, advice and support.
Calico	Jac & Jill	Last Tuesday of the month	Can offer advice and support with any housing related issues that you may be experiencing, whether temporary or permanent.
Bury Carers Hub	Jayne Angela Debbie	Fortnightly	If you're an unpaid carer, come along and meet the team, and see what support they can offer you as a carer.
Dementia information table	Lindsay Dementia UK Ambassador	1 st Tuesday of the month	Dementia UK advisory leaflets and information sharing. How to have quality living with dementia support
North Manchester Fitness	Lorraine	2 nd Tuesday of the month	Talk about exercise and a 10–15 minute exercises for all abilities – all exercises can be done at home
Police Community Support Officer		Ad hoc as available	Shares information and advice about how to help keep ourselves safe including Bee in the loop, scams and more



Other Social Prescribing Activities

Supporting your wellness, not your illness



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. Also joined by a DWP Learning Disability Advisor offering support, advice and information.

Thursday Hang Out, St Margaret's Church, St Margaret's Road, Prestwich
Every Thursday 9:30 – 11:00 – Join our social prescribers for a brew and chat

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.



Social 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 group also organises social meet ups and days out



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

Prestwich Makers Market 2026

8th February 8th March
12th April 10th May

Opens 11am - 4pm 2nd Sunday / month



Happier and Healthier Prestwich

Tuesday 24th February - 3pm
Church Lane Community centre



Health and Well Being

Looking after your physical and mental well being is important during the year.

Here are a few ideas that might appeal to you.

How to Improve Your Well-being

- **Stay Active:** Regular physical activity boosts mood, self-esteem, and fitness, even short bursts count.
- **Connect with Others:** Maintain strong relationships and make time for social contact.
- **Learn New Things:** Boosts confidence, purpose, and connection.
- **Eat Nutritious Foods:** Fuel your body and mind with wholesome foods.
- **Get Quality Sleep:** Essential for both physical and mental recovery.
- **Manage Stress:** Find relaxation techniques like spending time in nature.
- **Find Purpose:** Engage in activities that interest you or find fulfilling



Gentle exercise – helps you feel good while improving your fitness.

- **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

HELP YOURSELF

YOGA

ACCESSIBLE YOGA FOR ALL
at
THE CLUB

TUESDAYS 7:00 - 8:30PM

£8 per Class
First Class Free

Discounts available for Block Bookings

creative calm
YOGA STUDIO

An Introduction to Mindfulness

A 6-Week Course to Reduce Stress, Build Resilience & Cultivate Calm

Starts Wednesday 7 January 2026

7:00 - 8:30pm

Creative Calm, Prestwich

£80 total

- ✓ Learn practical tools to manage stress & overthinking
- ✓ Build emotional resilience and balance
- ✓ Reduce anxiety and feel more present, calm, and grounded
- ✓ Develop a kinder relationship with yourself

(inspired by MBCT & MBSR - Suitable for Beginners)

With David Gardner
Trauma-Informed Mindfulness Teacher

Book your place now

Start 2026 with clarity, calm, and intention

THE CLUB, CHURCH LANE
PRESTWICH

LINE DANCING
BEGINNERS CLASS
EVERY TUESDAY

12.30PM - 2.00PM

£3.00

PRESTWICH CON CLUB

Here are a few ideas that might be interesting to you. If you want more information ask Julie or Jo – your social prescribers for Prestwich



Walk with us for a brew and chat and join our social events to help improve your health and happiness!



Where - Join us at a place that suits you!

- 2pm - Whittaker Lane Medical Centre, Beaufort Street, Prestwich
- 2pm - The Grand Lodge (Woodthorpe) entrance to Heaton Park, Sheepfoot Lane, Prestwich - Wheelchair Accessible

Or come along to The Lakeside Cafe at 2:20pm and join us for brew and chat and get involved with our other social events which include days trips and meals out

Come along or for more information contact Julie Marshall, Social Prescriber - 07713 750 458 or julie.marshall63@nhs.net or email Allan Shalks, Neighbourhood Patient Representative amshalks@uqho.co.uk



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.

We'll listen to what matters to you and support you set up social groups and help you access existing groups, services, organisations that can make a difference to you.

When and where: 2nd Wednesday of every month 1:30pm - 3:00pm at The Woodthorpe, Bury Old Road, Prestwich.

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

Wednesday 14 January 2026
Wednesday 11 February 2026
Wednesday 11 March 2026
Wednesday 8 April 2026

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



Join Julie, social prescriber and Claire from Prestwich Circle for a social lunch, chat, meet new people and getting involved in local activities.

12:30am - 2pm - 2nd and 4th Thursday of every month
At The Woodthorpe Hotel, Bury Old Road, Prestwich



Rectory lane, Prestwich - provides a range of groups, courses and 1:1 support to improve your well being. For information contact admin@creativelivingcentre.org.uk or call 0161 696 7501.



Come and join our talking tables for a chat and a laugh over a brew and biscuits!

Every Tuesday Church Lane Community Centre, Church Lane, Prestwich 1pm - 3pm

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



Just come along or more information please contact
julie.marshall63@nhs.net or 07713 750 458 or
joanne.murray29@nhs.net or 07957 631435





How to improve your wellbeing

Read more, be a little more physically active, be a little more socially active, give back a little.



Join us at our Community Cafe

Every Thursday 2pm - 4:30pm at Nazareth House, Scholes Lane, Prestwich, M25 0NU



A welcoming, friendly and safe space for people and their families and friends living with memory loss, Dementia, Alzheimer's or other neurological conditions in our local community to enjoy refreshments, entertainment and activities as well as access information, advice and support.

For more information please contact
Heather Willis - Activities Coordinator - heather.willis@nazarethcare.com
Julie Marshall - Social Prescriber - julie.marshall@nhs.net or 07713 750 458



01

Read more

Reading a few pages of a book can improve our well-being as well as brain stimulation.

02

Be a little more physically active

Even if it is a 15 minute walk, dance in your kitchen or choose a chair based exercise.

03

Be a little more socially active

Meeting a friend for coffee, popping into your local community drop-in group, or join a new local group.

04

Give back a little

Giving to others, occupies our own mind. Volunteering at your local community group. Supporting you & others.

Social Prescribers of Prestwich

YOGA NIDRA

with Emma

Sundays 6-7pm

- Stress reduction & relaxation
- Improve sleep quality
- Help with insomnia & chronic pain

A deeply nourishing yoga practice. From Sanskrit meaning "yogic sleep," a state of conscious rest.

Guiding you into a meditative state where healing, restoration, and inner freedom can naturally arise.

Accessible to all ages and abilities. Requires no physical movement.

£9 (block booking discount available)

Creative Calm Yoga Studio
Booking via
www.creative-calm.com

Little People's Prestwich

Starting 10th January!

For under 7s and their families

Heaton Park Methodist Church Halls
Corner of Heaton St & Bedford St
M25 1HX
www.facebook.com/HeatonParkMethodist
Tel: 07756 616332

A new role play village for curious, adventurous and fun loving kids!
with story, craft and song to finish

Come and play every Saturday Morning 9:15-11am
£3.50 + £1 per additional sibling
Refreshments available throughout

Second hall available with activities for older siblings

*parent/carers remain responsible for their own children throughout



PRESTWICH WRITERS GROUP

A volunteer-led writers' group, meeting at Prestwich Library. Sessions are free to attend and are suitable for all adults, from beginners to experienced writers. This is an informal group where you can share ideas and techniques, as well as make new friends. No need to book.

Contact Prestwich Library for more info on 0161 253 7214.

HappyMe Happy Women

Peer-support, friendship & much more!

Do you live with any long-term health conditions?
Do you sometimes have low mood or anxiety?
Do you want to improve your well-being?
Do you want to connect with other women, be a part of, and contribute to, our growing community?

If you say 'yes' to any of these, we are here for you

Free group, donation welcome!

Come join us!

Every Wednesday 12.30 - 2.30pm

WE HAVE MOVED

Onward
Thank you Onward Community Fund for supporting us since 2023.

Our new home from Wednesday 12th February 2023. Thank you!

Whitefield Bowling Club
22 Church Lane, Whitefield, M45 7NF

Happy Me Community
Domino 07939 229 324

Spring/Summer Course Guide 2026

To enrol or for more information about our courses, call Bury Adult Learning Centre on

buryadultlearning Our new course guide for next year is now available online... more

GOOD MORNING

Come and join us at The Croft for brunch, brew, chat and craft

Every Tuesday 9:30am - 11:30am
The Croft, St Hilda's, Whittaker Lane
Prestwich



For more info please contact our Social Prescriber
julie.marshall63@nhs.net / 07713 750 458
or email sthildaprestwich@gmail.com



Prestwich Community Choir updated their cover photo.
2d



Prestwich Community Choir

Sing for fun, friendship and feeling good!

Next Taster
Mon 23rd Feb
Booking essential

Mondays, 7:30pm-9pm
The Heys School, Prestwich

No auditions
All voices welcome
Even if you think you can't sing!

Book a taster via our website
prestwichcommunitychoir.com





Volunteering – can be fun, different, give you access to new opportunities, whilst helping others. What you do makes a difference.



Our social prescribing activities are for you!

Meet Allan one of our volunteers, who with Julie one of our social prescribers leads our **social walk and talks**. The walks are every 2nd and 4th Thursday of every month from Whittaker Lane Medical Centre and The Grand Lodge / Woodthorpe entrance to Heaton Park.

So why join our social walks? The walks help keep you active with a strong social element heading to the Lakeside Cafe for a brew and a chat.

Quickly becoming friends we enjoy a chat about anything and everything, what we've been doing, day to day life, cheering each other on through the good times and supporting each other through the tougher times. Wanting to enjoy time together socially for those who wish to we've enjoyed meals out and this year for the first time we organised a day trip to Llandudno, what we're hoping will be an annual day trip!

To join us just come along or

email amshalks@yahoo.co.uk or julie.marshall63@nhs.net We'd love you to come and be part of our social walk and talk community!

We know there are other wonderful walks within our local community which we can share details of with you including our other social prescribing walks which people can get involved with:

Every Tuesday at 12 noon meet Robin outside Church Lane Community Centre, Church Lane, Prestwich and enjoy a walk around Prestwich Clough

2nd and 4th Thursday at 2pm meet Joanne, our social prescriber from The Birches Medical Centre for a walk in Heaton Park.





Notes of the Happier & Healthier Prestwich meeting. Tuesday 7th October 2025

- 1. Attendance** – A list of attendees is held by Julie – people sign in with their emails
- 2. Notes of last meeting** - Included in the January-April 2026 What's on Locally edition
- 3. Matters arising that are not on the agenda** – nothing to discuss, as anything from the previous meeting will be added onto the agenda
- 4. Hoot Community Account – current position in bank account shared with group**
 - Tea and Coffee – Proposal to introduce a £1 donation. Sandwiches and a drink to remain at £2 – **Outcome** We will now increase drinks to £1.
 - Forward planning for payment of rent for Church Lane – M Smith gave an update. £20/hr for room hire. £2080 whole year 52 weeks leaves us with about £800.
- 5. Funding Applications (if any received)** – No funding bids received Discussion around having a community shop raising monies for the Happier Healthier shop. If we do have one then it will only run on a Tuesday so the money is kept separate.

Discussion re board games table – MS has got some games. Discussion re table tennis as MS has got a table – might need some discussion as to when it is held.

6. Projects – updates / new – Social prescribers to share information – Jo / Julie

Alison has been crafting with people and this has evolved to a craft at the croft on a Thursday as well as her doing some craft on Tuesday. Suggestions if people make things we can do a fund raising event– Alison will organise this and any money raised will go to the group. Need to look into a gambling license.

Jo – updated re how the walks work all on the same day. Thursday groups will start at different places but meet up at one place. Action_Jo to update for the Whats on

7. Upcoming events / feedback from events

- December Singing – 9th December Moon dance 12-3pm with festive - food interval
 - Xmas /NY opening – Tuesday 30th December – Twixness 11 – 3pm drop in for everyone between the festive
 - FND craft day – Helen is raising awareness about FND at this event.
 - 21st October – Graphine City band playing – 1 -3pm at our Tuesday Drop in.
- 8. Update on Fairfax rd. closure – issues to escalate** – Julie updated the group. Saying its closing on 13th October hoping it will be less than 12 months. Resulted in a lot of discussion and people contacting Julie about how will they get to drs. Rd will be open for pedestrians. People can be dropped off near the Drs.

9. AOB

Discussed about a booklet from Age Concern – Called “Life book” with all your important information. Julie is going to look at it and see if there is a cost. Bring booklet to the group.

First aid – Julie and Jo are currently being trained.

CPR – discussion about training. And AED's – for further research and bring back to the group. We will monitor the situation. People have changed pharmacists.

Discussion re having a Christmas do – decided that we would include it with the 9th December – Moondance.

Margaret shared information that the village greens will have a “social space” – at weekends he will have it as a market.

10. Date of next meeting Tuesday 24th February - 3pm – Church Lane