

## SOCIAL PRESCRIBING ACTIVITIES 2026

DAY	WHEN	EVENT	TIME	LOCATION	SOCIAL PRESCRIBER
MONDAY	1 <sup>st</sup> Monday of the month	<b>Heaton Park Social</b> Join Susan, green social prescriber, and the Jewish Community Foundation Trust, for a social chat and walk in Heaton Park.	10:30am - 12:30pm	The Stables Café, Heaton Park, Prestwich M25 2SW	Susan Whittle (green social prescriber)
TUESDAY	Every week	<b>St Hilda's Crafts and Coffee Morning</b> Join Julie and volunteers from St Hilda's for a brew, brunch, chat and crafts.	9:30am - 11:30am	The Croft, St Hilda's Church, Whittaker Lane, Prestwich M25 1EX	Julie Marshall
TUESDAY	Every week	<b>Church Lane Walks</b> Meet Julie and volunteer, Robin, outside Church Lane Community Centre for a walk in and around Prestwich Clough. Enjoy a cuppa and chat afterwards at the Church Lane drop-in.	12 noon	Church Lane Community Centre, Church Lane, Prestwich M25 1AJ	Julie Marshall
TUESDAY	Every week	<b>Church Lane Social Drop-in</b> Join Julie and volunteers for lunch and a chat. Enjoy games, craft tables, a men's 'Broken Biscuits' table, and find out what's on locally.	1:00pm - 3:00pm	Church Lane Community Centre, Church Lane, Prestwich M25 1AJ	Julie Marshall
TUESDAY	1 <sup>st</sup> Tuesday of the month	<b>Tuesday Memory Club</b> A monthly event featuring dementia friendly activities including singing, reminiscing and crafts. Demi and Sonia will be available to discuss any worries and support you may need.	1:30pm - 3:00pm	Christ Church, Ramsbottom, Great Eaves Road BL0 0PX	Demi Kinsella Sonia Javed
TUESDAY	1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday of the month	<b>Unsworth Community Garden</b> Meet outside Unsworth Medical Centre if you are interested in helping us develop the GP practice's gardens into an urban haven for the community.	1:00pm-2:30pm	Unsworth Medical Centre, Parr Lane, Bury BL9 8JR	Rebecca Martin

<b>TUESDAY</b>	<b>2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month</b>	<b>Social Drop-in</b> Join Liz and Tracy for a chat and find out what's available in the community. Free Live Well exercise class and health checks are available on the 2nd Tuesday of the month	<b>10:00am – 12:00noon</b>	<b>Trust House, within Metro Christian Centre, Parkhills Road BL9 9AU</b>	<b>Liz Lawton Tracy Harrison</b>
<b>TUESDAY</b>	<b>2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month</b>	<b>The Lines Walk and Talk</b> Join Demi for a walk along The Lines and a brew and a chat in a local café. Get to know others, while increasing your activity and improving your mental health.	<b>10:45am</b>	<b>Meeting at Tower Family Healthcare, Tottington Site, 16 Market Street, BL8 4AD</b>	<b>Demi Kinsella</b>
<b>WEDNESDAY</b>	<b>Every week</b>	<b>Social prescribing Drop-in</b> Join Wendy and Becky for a chat and find out what's available in your local community.	<b>9:30am-11:30am</b>	<b>Bridge Community Church, 10 Milltown St, Radcliffe M26 1WD</b>	<b>Wendy Corns Becky Brelsford</b>
<b>WEDNESDAY</b>	<b>Every week</b>	<b>Social Prescribing Drop-in</b> Join Paul and Rebecca for coffee and cake, community group taster sessions, advice and support, plus services and organisation talks.	<b>12:30pm-3:00pm</b>	<b>St. Andrew's Church, Ribble Drive, Whitefield M45 8LA</b>	<b>Paul Makinson Rebecca Martin</b>
<b>WEDNESDAY</b>	<b>2<sup>nd</sup> Wednesday of the month</b>	<b>Unsworth Nature Walk</b> Meet outside Unsworth Medical Centre for a gentle nature walk to explore the area before returning to Unsworth Medical Centre.	<b>10:30am</b>	<b>Unsworth Medical Centre, Parr Lane, Bury BL9 8JR</b>	<b>Rebecca Martin</b>
<b>WEDNESDAY</b>	<b>2<sup>nd</sup> Wednesday of the month</b>	<b>Let's Talk Neurodiversity</b> Join Julie, plus Michelle Mackin, Learning Disabilities/Severe Mental Illness care co-ordinator, to talk about experiences of living and/or caring for an autistic person.	<b>1:30pm – 3:00pm</b>	<b>The Woodthorpe, Bury Old Road, Prestwich M25 0EG</b>	<b>Julie Marshall</b>

<b>WEDNESDAY</b>	<b>3<sup>rd</sup> Wednesday of the month</b>	<b>Heaton Park Social</b> Join Susan, green social prescriber, and the Jewish Community Foundation Trust for a social chat and walk in Heaton Park.	<b>10:30am - 12:30pm</b>	<b>The Stables Café, Heaton Park, Prestwich M25 2SW</b>	<b>Susan Whittle (green social prescriber)</b>
<b>WEDNESDAY</b>	<b>3<sup>rd</sup> Wednesday of the month</b>	<b>St Gabriel's Garden Group</b> Join Susan, green social prescriber, to help develop a garden wellbeing space.	<b>1:00pm – 3:00pm</b>	<b>St Gabriel's Medical Centre, Bishops Road, Prestwich M25 0HT</b>	<b>Susan Whittle (green social prescriber)</b>
<b>THURSDAY</b>	<b>Every week</b>	<b>Thursday Hang Out</b> Join Jo for one-to-one support and find out what support and services are available locally.	<b>9:30am- 11:00am</b>	<b>St Margaret's Church, St Margaret's Road, Prestwich M25 2QB</b>	<b>Jo Murray</b>
<b>THURSDAY</b>	<b>Every week</b>	<b>Christ Church Ramsbottom Drop-in</b> Join Sonia to talk about what matters to you and what is available within your community. Demi is available on the 3 <sup>rd</sup> Thursday of the month.	<b>10:00am – 12:00noon</b>	<b>Christ Church Great Eaves Road, Ramsbottom, BL0 0PX</b>	<b>Sonia Javed Demi Kinsella</b>
<b>THURSDAY</b>	<b>1<sup>st</sup> Thursday of the month</b>	<b>Cosy Corner</b> Demi will be available to talk about what matters to you and what is available within your community. The Bury Live Well Service will be offering free health checks.	<b>09:30am – 11:00am</b>	<b>Tottington Methodist Church, 48 Market Street, Tottington BL8 3LJ</b>	<b>Demi Kinsella</b>
<b>THURSDAY</b>	<b>1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month</b>	<b>Social Drop-in</b> Join Liz and Tracy for a chat and find out what's available in the local community. Citizens Advice join the drop-in every 3 <sup>rd</sup> Thursday of the month.	<b>10:30am – 1:00pm</b>	<b>Salvation Army, 18 Brookshaw Street, Bury BL9 6EB</b>	<b>Liz Lawton Tracy Harrison</b>
<b>THURSDAY</b>	<b>2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month</b>	<b>Bolton Road Methodist Church Drop-in</b> Join Demi to talk about what matters to you and what is available in your community. The Bury Live Well Service offers free health checks and healthy eating advice on the last Thursday of the month.	<b>09:30am – 11:00am</b>	<b>Bolton Road Methodist Church Bolton Road, BL8 2NZ</b>	<b>Demi Kinsella</b>

<b>THURSDAY</b>	<b>2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month</b>	<b>Social Lunch</b> Join Julie plus Claire (from community organisation, Prestwich Circle) Enjoy lunch, meet new people and find out about local activities.	<b>12:30pm – 2:00pm</b>	<b>The Woodthorpe, Bury Old Road, Prestwich M25 0EG</b>	<b>Julie Marshall</b>
<b>THURSDAY</b>	<b>2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month</b>	<b>Social Walks (two locations)</b> Join Julie and volunteer, Allan, outside Whittaker Lane Medical Centre or The Grand Lodge/Woodthorpe entrance to Heaton Park, for a social stroll to the Lakeside Cafe in Heaton Park.	<b>2:00pm – 4:00pm</b>	<b>Outside Whittaker Lane Medical Centre, Prestwich M25 1EX or The Grand Lodge/Woodthorpe entrance to Heaton Park M25 2SW</b>	<b>Julie Marshall</b>
<b>THURSDAY</b>	<b>2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month</b>	<b>Community Walk</b> Join Jo outside The Birches Medical Centre for a walk in Heaton Park plus a pitstop hot drink and cake at The Hidden Gem Coffee Shop (Prestwich)	<b>2:00pm – 4:00pm</b>	<b>The Birches Medical Centre, Polefield Road M25 2GN</b>	<b>Jo Murray</b>
<b>THURSDAY</b>	<b>3<sup>rd</sup> Thursday of the month</b>	<b>Social Lunch</b> Join Julie, plus Michelle Mackin, Learning Disabilities/Severe Mental Illness care co-ordinator, for lunch and a chat at The Croft. Access community support around mental health, learning disabilities and anything that is affecting you. Join the Kitchen Garden group and/or men's 'Broken Biscuits' group for a cuppa and chat.	<b>10:30am - 12:30pm</b>	<b>The Croft, St Hilda's Church, Whittaker Lane, Prestwich M25 1EX</b>	<b>Julie Marshall</b>
<b>THURSDAY</b>	<b>3<sup>rd</sup> Thursday of the month</b>	<b>Cuppa and Chat</b> Join Demi to talk about what matters to you and what is available within your community.	<b>2:00pm – 4:00pm</b>	<b>Greenmount Old School, Brandlesholme Road BL8 4DS</b>	<b>Demi Kinsella</b>
<b>FRIDAY</b>	<b>Every week</b>	<b>Social Prescribing Chit Chat</b> Join Paul and Rebecca for our weekly chit chat social group to connect, socialise, and support.	<b>1:00pm- 2:30pm</b>	<b>The Blue Bell, 840 Manchester Road, Bury BL9 8DW</b>	<b>Paul Makinson Rebecca Martin</b>

<b>FRIDAY</b>	<b>1<sup>st</sup> Friday of the month</b>	<b>Friday Flyby</b> Join Jo for support with overwhelming thoughts and emotions, life and wellbeing structure, CV and employment, confidence building and empowerment.	<b>11:30am – 1:00pm</b>	<b>Wallop, 403 Bury New Road, Prestwich M25 1AA</b>	<b>Jo Murray</b>
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**Social prescribers connect people to activities, groups and services within their community to help address practical, social, and emotional needs that impact health and wellbeing.**

**Our social prescribing team works across GP practices to support individuals with issues such as loneliness and isolation, housing, finance, bereavement, mental health, and lifestyle challenges to enable people to take greater control of their own health.**

**Patients can refer themselves to our social prescribers without the need for a GP appointment. Please scan the QR code to access the self-referral form, alternatively you can be referred to the team via your GP practice.**

**To contact the social prescribing team directly, email [gmicb-bu.socialprescribing@nhs.net](mailto:gmicb-bu.socialprescribing@nhs.net)**

**For more information please see [www.burygpfederation.nhs.uk](http://www.burygpfederation.nhs.uk)**

