

SOCIAL PRESCRIBING ACTIVITIES 2026

DAY	WHEN	EVENT	TIME	LOCATION	SOCIAL PRESCRIBER
MONDAY	1 st Monday of the month	Heaton Park Social 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	St Hilda's Crafts and Coffee Morning 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	Church Lane Walks 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	Church Lane Social Drop-in Join Julie and volunteers for lunch and a chat. Enjoy games, crafts, a men's 'Broken Biscuits' table, and find out what's on. Support is available: Learning Disability and Mental Health co-ordinators, Dementia UK, Housing experts, Bury Carers Hub, Lancashire Wildlife Trust, North Manchester Fitness, Neighbourhood Teams	1:00pm - 3:00pm	Church Lane Community Centre, Church Lane, Prestwich M25 1AJ	Julie Marshall
TUESDAY	1 st Tuesday of the month	Tuesday Memory Club 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	1st and 3rd Tuesday of the month	Unsworth Community Garden 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
TUESDAY	2nd and 4th Tuesday of the month	Social Drop-in 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	10:00am – 12:00noon	Trust House, within Metro Christian Centre, Parkhills Road BL9 9AU	Liz Lawton Tracy Harrison
TUESDAY	2nd and 4th Tuesday of the month	The Lines Walk and Talk 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.	10:45am	Meeting at Tower Family Healthcare, Tottington Site, 16 Market Street, BL8 4AD	Demi Kinsella
WEDNESDAY	Every week	Social prescribing Drop-in Join Wendy and Becky for a chat and find out what's available in your local community.	9:30am- 11:30am	Bridge Community Church, 10 Milltown St, Radcliffe M26 1WD	Wendy Corns Becky Brelsford
WEDNESDAY	Every week	Social Prescribing Drop-in Join Paul and Rebecca for coffee and cake, community group taster sessions, advice and support, plus services and organisation talks.	12:30pm- 3:00pm	St. Andrew's Church, Ribble Drive, Whitefield M45 8LA	Paul Makinson Rebecca Martin
WEDNESDAY	2nd Wednesday of the month	Unsworth Nature Walk Meet outside Unsworth Medical Centre for a gentle nature walk to explore the area before returning to Unsworth Medical Centre.	10:30am	Unsworth Medical Centre, Parr Lane, Bury BL9 8JR	Rebecca Martin
WEDNESDAY	2nd Wednesday of the month	Let's Talk Neurodiversity Join Julie, plus Michelle Mackin, Learning Disabilities/Severe Mental Illness care co-	1:30pm – 3:00pm	The Woodthorpe, Bury Old Road, Prestwich M25 0EG	Julie Marshall

		ordinator, to talk about experiences of living and/or caring for an autistic person.			
WEDNESDAY	3rd Wednesday of the month	Heaton Park Social 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)
WEDNESDAY	3rd Wednesday of the month	St Gabriel's Garden Group Join Susan, green social prescriber, to help develop a garden wellbeing space.	1:00pm – 3:00pm	St Gabriel's Medical Centre, Bishops Road, Prestwich M25 0HT	Susan Whittle (green social prescriber)
THURSDAY	Every week	Thursday Hang Out Join Jo for one-to-one support and find out what support and services are available locally.	9:30am- 11:00am	St Margaret's Church, St Margaret's Road, Prestwich M25 2QB	Jo Murray
THURSDAY	Every week	Christ Church Ramsbottom Drop-in Join Sonia to talk about what matters to you and what is available within your community. Demi is available on the 3 rd Thursday of the month.	10:00am – 12:00noon	Christ Church Great Eaves Road, Ramsbottom, BL0 0PX	Sonia Javed Demi Kinsella
THURSDAY	1st Thursday of the month	Cosy Corner 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.	09:30am – 11:00am	Tottington Methodist Church, 48 Market Street, Tottington BL8 3LJ	Demi Kinsella
THURSDAY	1st and 3rd Thursday of the month	Social Drop-in 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 rd Thursday of the month.	10:30am – 1:00pm	Salvation Army, 18 Brookshaw Street, Bury BL9 6EB	Liz Lawton Tracy Harrison
THURSDAY	2nd and 4th	Bolton Road Methodist Church Drop-in	09:30am – 11:00am	Bolton Road Methodist Church	Demi Kinsella

	Thursday of the month	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.		Bolton Road, BL8 2NZ	
THURSDAY	2nd and 4th Thursday of the month	Social Lunch Join Julie plus Claire (from community organisation, Prestwich Circle) Enjoy lunch, meet new people and find out about local activities.	12:30pm – 2:00pm	The Woodthorpe, Bury Old Road, Prestwich M25 0EG	Julie Marshall
THURSDAY	2nd and 4th Thursday of the month	Social Walks (two locations) 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.	2:00pm – 4:00pm	Outside Whittaker Lane Medical Centre, Prestwich M25 1EX or The Grand Lodge/Woodthorpe entrance to Heaton Park M25 2SW	Julie Marshall
THURSDAY	2nd and 4th Thursday of the month	Community Walk 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)	2:00pm – 4:00pm	The Birches Medical Centre, Polefield Road M25 2GN	Jo Murray
THURSDAY	3rd Thursday of the month	Social Lunch 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.	10:30am - 12:30pm	The Croft, St Hilda's Church, Whittaker Lane, Prestwich M25 1EX	Julie Marshall
THURSDAY	3rd Thursday of the month	Cuppa and Chat Join Demi to talk about what matters to you and what is available within your community.	2:00pm – 4:00pm	Greenmount Old School, Brandlesholme Road BL8 4DS	Demi Kinsella

FRIDAY	Every week	Social Prescribing Chit Chat Join Paul and Rebecca for our weekly chit chat social group to connect, socialise, and support.	1:00pm-2:30pm	The Blue Bell, 840 Manchester Road, Bury BL9 8DW	Paul Makinson Rebecca Martin
FRIDAY	1st Friday of the month	Friday Flyby Join Jo for support with overwhelming thoughts and emotions, life and wellbeing structure, CV and employment, confidence building and empowerment.	11:30am – 1:00pm	Wallop, 403 Bury New Road, Prestwich M25 1AA	Jo Murray

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

For more information please see www.burygpfederation.nhs.uk

