

Let's live well

LET'S
do it

Who	Where	When	What	Cost	Contact
Brandlesholme Methodist Church	Brandlesholme Community Centre	Wednesdays 9.30-12.00	Coffee Morning	Free	<p>0161 797 7366</p> <p>Michelle Brocklehurst deaconmichelleb@googlemail.com</p> <p>All groups are welcome to attend the above coffee morning to share your sessions or to have a drop-in – just get in touch with Michelle on the above details first.</p>
Christ Church Ramsbottom	Great Eaves Road BLO OPX	Thursdays 10-12am	Coffee Morning with information and taster sessions to come soon	Free	01706 821803
Active Friends – Walking with Friends	Various locations	Weekends	Walking group	Free	Contact for details activefriendsfb@gmail.com or find on Facebook https://www.facebook.com/groups/3155666564462063/
Fightback 4 Justice – Social Welfare Workshops	Unit 6, 200b Bury Road, Tottington, BL8 3DX	Coming soon in north and east Bury	Welfare Benefit Advice Workshop	Free	Please contact if you want to attend (to manage numbers) info@fightback4justice.co.uk using the header of Bury Advice Workshop. 01204882160
Incredible Edible Brandlesholme	In the garden, Purbeck Park	Weds and Thurs 1.30pm	Gardening and Mindfulness Sessions	Free	rachel@live4energy.co.uk 07495020972 https://www.live4energy.co.uk/incredible-edible-our-community-garden/
Incredible Edible Brandlesholme	Burrs Country Park	Tuesday 1.30	Gentle walk	Free	0161 761 0046 jean823foster@btinternet.com https://www.live4energy.co.uk/incredible-edible-our-community-garden/
Space for Nature	Whalley Road Allotments	Coming soon	Creative wellbeing Sessions	Free	In the meantime, volunteers needed to help on working parties. Contact Lex at spacefornature@outlook.com

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The Enterprise Centre – Naturally Enterprising	Kirklees Community Café	Tuesdays 10-12.15	18+ Together Tuesday with Arts and Nature	Free Booking essential	mia.theenterprisecentre@gmail.com Or message on Facebook
The Enterprise Centre – Naturally Enterprising	The Enterprise Centre Lodge Room	Wednesday 9.45-12.30	16+ women Wellbeing Wednesday– New You 22	Free Booking essential	mia.theenterprisecentre@gmail.com Or message on Facebook
The Enterprise Centre – Naturally Enterprising	Stable and Ed Unit	Various dates available	14+ Ranch Rangers	Free Booking essential	mia.theenterprisecentre@gmail.com Or message on Facebook
The Enterprise Centre – Naturally Enterprising	Stable and Ed Unit	Various dates available	16-25 Equine Therapy and getting to know horses	Free Booking essential	mia.theenterprisecentre@gmail.com Or message on Facebook
Peel Brow Primary School – Stay and Play	Fir St, Ramsbottom, BLO 0BJ	Wednesdays 1-2.30pm (babies only) Thursdays from 9.30-11am (0-4years).	Parents with babies and toddlers play group	Free – registration required	If you'd like to join in, simply email: stayandplay@peelbrow.co.uk and request a registration form. Due to safeguarding in school, we do ask that everyone who attends stays for the duration of the sessions.
Brandlesholme Community Centre – Let's Do it Bury North	375b Brandlesholme Rd, BL8 1HS	Thursday 11.30 - 12.15pm 12.15 - 1.00pm	Pilates Boxercise	Minimum donation of £2	tasha@brandlesholme.net 0161 797 7366
Rammy Men – Community cooking	6 Stubbins Vale Road, Ramsbottom, BLO 0NT	Monday and Wednesday 1pm	Lunch Drop-in	£3 (subsidised in certain circumstances)	See website for lots of other sessions https://rammymen.org
Holly Mount Orchard - Respite for Bury Young Carers		School holidays	Outdoor activities	Free	Referral from Bury Young Carers team info@wildsouls.net