



# Welcome to the Be Active in Bury North Exhibition



25<sup>th</sup>/26<sup>th</sup> June 2022

**THE ART STUDIO SUMMERSEAT** - A community collaboration of Artisans in and around the Ramsbottom area displaying their art in a village studio. The Studio exhibits, promotes and sells the local art and craft on behalf of the artist. The studio is looking to be part of the community in offering workshops, exhibitions, and events.

**TOTTINGTON / BURY WEST ROTARY CLUB** - Support for various international, national, local and Rotary charities - at present we are focusing on “bleed boxes” to help victims of knife attacks.

**GREENMOUNT ART GROUP** - We are an interactive local art group, meeting every Wednesday afternoon at St Hilda’s church hall Victoria Street off Turton road. If you require more information, please do not hesitate to get in touch. (Rose Marshall)

**WALSHAW COMMUNITY CHOIR** - We are a community choir who meet during term time to rehearse and socially during the school holidays.

**THE BURY ATHENAEUM BRIDGE CLUB** - Learn and play bridge

**TOTTINGTON TOWNSWOMEN’S GUILD** - We are a group of ladies belonging to the above organization. We are celebrating our 35<sup>th</sup> birthday this year and meet the 2<sup>nd</sup> Tuesday of every month at St Hilda’s Church Hall, Tottington at 7.15. We have a speaker most months and various outings, particularly one in August. We have various groups – scrabble, gardening, knitting (mostly for charity) and have gentle walks. We are very friendly and would love some more ladies to join us.

**SUMMERSEAT PLAYERS & SQUARE STREET SINGERS AT THE THEATRE ROYAL RAMSBOTTOM** - Summerseat Players is a thriving local Theatre Company run entirely by volunteers. First established in 1968 in Summerseat, we’re now based at the Theatre Royal on Smithy Street in Ramsbottom.

We have 2 stages – our main stage which seats up to 205 people, including disabled access, and a smaller, more intimate Studio, seating up to 60. Our season of plays, which runs from September each year, aims to have something for all tastes.

We have a Choir and a Youth Group, and we welcome new volunteers to help our wonderful Theatre continue to grow and go from strength to strength.

**RAMMY MEN** - General social activities with one eye on mental health support.

We’re not just men, and we’re not just from Rammy! To find out more, visit [RammyMen.org](http://RammyMen.org)

**D-CaFF** A lovely place to meet for people living with dementia, their carers, family, and friends. Come along and join us on the second Friday of each month at Greenmount Cricket club. 1.15pm-3.15pm. All welcome. See our flyer for our programme of events.

**RAMSBOTTOM CHORAL SOCIETY AND CONCERT ORCHESTRA** - Ramsbottom Choral Society has been running for over 70 years, and the concert orchestra for almost 40 years. The choir rehearses on Friday evenings at 7.30pm at All Saints, Elton, and the orchestra on Thursday evenings on the same site. We also have a small group choir called Andantino.

Singing in particular has been demonstrated to be good for both physical and mental health and is a key activity to promote as we emerge from the pandemic. We meet to sing (or play) but also to socialise. There are no auditions and you do not need to be able to read music to join the choir. We perform around 4 times per year and perform a wide range of styles and periods of music.

**TOTTINGTON & DISTRICT HORTICULTURAL SOCIETY** - We hold two Horticultural Shows per year to encourage people to show their flowers, fruit, vegetables, crafts, wine, baking, eggs etc. Visitors love to come, and it is a sociable event for the community. Our plant sale is always popular. We have five talks about a variety of subjects from local history to gardening topics, wildlife etc.

**MARGARET HAES RIDING CENTRE** - Margaret Haes Riding Centre, situated in Holcombe village, is a charitable organisation supporting people with a disability, young and old, to enjoy the experience of horse riding and volunteering in the beautiful countryside of the West Pennine Moors.

We offer Equine Assisted Learning to tackle loneliness and bereavement in conjunction with the Beacon Service and anyone is welcome to enjoy the benefits of being around horses. We are currently looking to expand the opportunities on site to include things like forestry and boot camp to name a couple. We offer volunteering opportunities to anyone who is interested in taking part in an outdoor environment.

**RAMSBOTTOM RUNNING CLUB** - Ramsbottom Running Club welcomes walkers and runners of all abilities. The club meets on Tuesday evenings at 7pm outside Ramsbottom's East Lancs Railway Station with lead walks/runs catering for absolutely every ability. The club also hosts a weekly session on the Athletics Track in Bury - Friday evenings at 6.30pm, with a session for juniors (6-14) running at the same time! For more information visit the website: [www.ramsbottomrunningclub.co.uk](http://www.ramsbottomrunningclub.co.uk) or visit the club on social media. You can get in touch with the club directly too via: [hi@ramsbottomrunningclub.co.uk](mailto:hi@ramsbottomrunningclub.co.uk)

**YOGA FLOW WITH LOU** - A breath-based yoga practice suitable for beginners and all abilities. We start with a short meditation and flow through the sequence using the breath as our guide. Finishing the practice in shavasana followed by a lovely cup of tea.

**DANCE LIKE A MOTHER - Babywearing Dance Classes & Community** - The most welcoming, joyful & inclusive Babywearing Dance class and social group for Parents with baby's aged 8 weeks to 2 years. A chance to have fun and get active whilst dancing to awesome tunes and make friends with other Parents in your area with social time & events. Bring your own carrier or use ours, you will get babywearing support from our experienced & lovely instructors, so your little one gets lots of cuddly bonding time, feeling safe & happy. Most of all expect lots of laughter, a welcoming and non-judgmental space and leave feeling confident & full of joy.

**DLAM DANCE FIT** - A dance fitness class like no other! Combining lots of fun dance fitness routines from Salsa to Street, with some weighted (if you like) toning routines and ending with yoga inspired stretches & mindfulness relaxation. Suitable for all fitness levels & dance abilities. A fantastic way to lose weight, improve coordination, tone & flexibility, but most of all have loads of fun!

**BURY DISTRICT ANGLING SOCIETY (BDAS)** - Angling club within Bury and in particular the Kirklees Valley Waters. Offering 6 waters for a range of anglers of skill and age to enjoy their recreational sport.

**FRIENDS OF NUTTALL PARK** - We are a group of volunteers working to help maintain and improve Nuttall Park for the community. We run a Tea Room at weekends, organise events to bring the community together and have a Gardening Group who meet at 1.30pm on Tuesdays from March to November.

Donations from activities along with grant funds have enabled us to widen the perimeter path, add to the playground equipment, install picnic benches and climbing rocks, add a picnic area, refurbish the toilets, create a stumpery, a wildflower and a butterfly garden and provide a community facility for everyone. The restoration of the bandstand is another project we are committed to. Nuttall Park is admired by all and, along with Bury Council we are proud to be able to help.

**BURY GREENWOOD GROUP (BGG)** - We are a group of volunteers who meet every Thursday morning between 10am and 1pm at The Barn, Philips Park, Whitefield M45 7QJ. Our enjoyment comes by making items from wood grown and felled in the park. The display will show items made manually with hand tools or using electric machines such as lathes and bandsaws. The group is a member of the UK Men's Shed Association.

If you wish to join, please contact Alistair Waddell ([Waddell.alistair@gmail.com](mailto:Waddell.alistair@gmail.com)). Your contact details will be added to the waiting list. You will be invited on the 3<sup>rd</sup> Thursday of each month to a Social Gathering to introduce you to the group.

**INCREDIBLE EDIBLE BRANDESHOLME** - We help our local community to reconnect after Covid through gardening, volunteering and storytelling. We encourage people to enjoy the outdoors and we build relationships within the Brandlesholme Community.



**BRIF – BURY RURAL INEQUALITIES FORUM and VILLAGE LINK** - BRIF started up around 10 years ago and is a constituted society joining up the six villages - Affetside, Ainsworth, Greenmount, Holcombe, Hawkshaw and Nangreaves. Individually we were all struggling to have a voice – and were getting less than our democratic rights. Together we have triumphed to solve many rural problems.

BRIF designed a Walking Loop, the Village Link, joining us all up which is very popular with waymarks and the first to be digitally available with the website [www.village-link.com](http://www.village-link.com)



**HOLCOMBE MOOR HERITAGE GROUP** - We are an independent organisation dedicated to researching, documenting and communicating the history of Holcombe Moor. Each year we run an archaeological excavation, each winter we hold a series of public talks with invited external speakers, and we conduct ongoing research in various libraries, archives, and depositories, all of which contribute to our overall aim. All members are welcome to attend our digs which take place in the Holcombe Valley most Thursdays and one weekend a month from April until October.

We are members of Greater Manchester Archaeological Federation, Council for British Archaeology and Lancashire Local History Federation. We distribute newsletters from these organisations onto our members, in addition to our own which is produced quarterly. Additionally, we work closely with a whole range of other local and national organisations including Lancashire Archive Services, the National Trust, the Ministry of Defence and various Universities, and welcome members who would like to support our aims.

**TWIGS- TOTTINGTON WILDLIFE GROUP**- We are a junior part of Lancashire Wildlife. We meet monthly on our land by the kirklees Trail and are open to all children under 13, introducing them to wildlife by activities such as bug hunts and tree goblins.

**THE SUNNYWOOD PROJECT** - The Sunnywood Project is a non-profit arts and nature education consultancy / provider and outdoor events organiser. Combining arts and nature, we promote a love of the great outdoors through a variety of events, conservation and educational programmes stimulating a mentally and physically healthy lifestyle for those living in Bury and surrounding areas. Through each of these activities and bespoke programmes, we nurture individual confidence and resilience to equip participants with the transferable skills needed for success in life, we are committed to assisting individuals to realise their own potential. Examples of our activities include, Toddler Trekking, SPRUCE, Sunnywood Squad, Interactive Trails and Quests, Burrs Community Run, Guided Hikes/Runs, Endurance Events, Navigation and Walk Leader Training.

**BRANDLESHOLME COMMUNITY CENTRE AND FOODBANK/FAMILYBANK** - Here at Brandlesholme Community Centre we run a foodbank where people who may be struggling can access food, toiletries etc. We accept any donations, including tinned, packets & fresh food, as we have fridges and freezers for chilled and frozen items.

We have our Family Bank where parents/carers can come swap, donate or take clothes and if necessary, get baby food and toiletries. We are also a community centre with rooms for hire for parties, meetings etc. We run Fit & Fed over the summer for families and will soon be starting exercise and Keep Fit classes. Wednesday mornings we have a free Coffee morning, for people of all ages. We can also arrange for interview sessions for people who need benefit advice or help with utility bills.

**BURY NORTH TREFOIL GUILD** - We are the adult side of Girlguiding and meet every month, every second Tuesday evening at Greenmount Old School, to enjoy friendship and varied activities of our own choice.

Also, we are part of a national and worldwide organisation affording many exciting opportunities. Whenever possible we help Girlguiding within our community and beyond. New members are always welcome whether of a Guiding background or not.

**LITTLE VOICES** - Here at Little Voices we teach singing and drama to children aged 4-18 to help them develop their confidence and become the best that they can be! Our pupils receive the highest level of training in performing arts whilst being in a safe, nurturing, and fun environment. We pride ourselves on working in small group sizes to deliver outstanding, inspirational lessons while making sure each and every pupil leaves with a smile. Our lessons run in Bury every Wednesday evening at Greenmount old school from 5.15pm. For more information or to sign up for a free trial lesson please visit: <https://littlevoices.org.uk/location/bolton-bury-worsley/>

**WILD SOULS** - Wild Souls is a nature based, outdoor education provider with a key emphasis on 'child led' learning through play. We are based in Greenmount and can offer support for schools and preschools within our surrounding area including Bury and Greater Manchester. Founder Lisa McBride, who is a qualified primary school teacher, has a passion for the outdoors and is committed to providing high quality learning experiences for all children. We value uniqueness, allow children to learn at a pace that suits them, and encourage children to take ownership of their learning. Underpinning all of this, we celebrate the natural world and hopefully inspire children to develop a deep and lasting connection with nature.

We have a site at Holly Mount Orchard, where we run preschool sessions, parent and baby groups, family events and sessions for local charity groups, such as Bury Young Carers and Spectrum Gaming. We can also run sessions from schools and early years settings. Lisa also has a qualification in therapeutic skills and hopes to offer more variety in the future for children and young people that require a supportive, nurturing environment to thrive. In addition to this, Lisa is a qualified Children's yoga and mindfulness teacher and can offer sessions in your setting that explore movement, breath, creativity and relaxation.

**NATIONAL TRUST** - We run regular outdoor conservation volunteer days working on Holcombe Moor, surrounding farms and woodlands. Tasks can include almost anything but principally estate maintenance such as dry-stone walling, and footpath repair, ecological monitoring such as vegetation and breeding bird surveys, habitat improvement work such as invasive weed control, sphagnum moss and tree planting. We also get involved in visitor events and educational programmes and we need people who can help us with our social media by taking photos of our beautiful countryside.

**GREENMOUNT GOLF CLUB** – We are a friendly club, and our 9-hole course provides a good test for golfers at all levels. The clubhouse is also available for private functions.

**CUPPA AND CHAT** – This group was formed during the lockdown to support isolated and lonely people. Initially only twelve were allowed to meet but now we have up to thirty members enjoying each other's company on a Thursday afternoon from 2pm till 4pm each week. We often have speakers or entertainment, as well as a bit of armchair exercise from time to time and of course there is always tea and cake!! Come along and make new friends, all are welcome.

**THE CABARET LUNCH CLUB** – The Cabaret Lunch Club events take place in venues across Bury and beyond and features a hot meal and an hour long show by a professional singer. Whilst those attending pay for their own food and drink the entertainment is free of charge as is joining the club. Text or call 07788 673 466 to find out more or find us on Facebook [www.facebook.com/CabaretLunchClub](http://www.facebook.com/CabaretLunchClub)

**GREENMOUNT VILLAGE COMMUNITY WALKING GROUP** - This long established Walking Group, creators of The West Pennine Way and The Pilgrims' Way from Whalley to Manchester, have 10 fully qualified leaders offering 50 Countryside guided walks a year in partnership with Bury Council.

See website [www.westpennineway.org](http://www.westpennineway.org) for full details

**FRIENDS OF REDISHER WOODS** - Are a group of volunteers working in partnership with Bury Council to improve the wood for wildlife and recreation. They organise community wildflower and fungi walks and have community workdays to clear paths and Himalayan Balsam.

**TOTTINGTON AND DISTRICT CIVIC SOCIETY** - A registered charity whose members are all volunteers concerned about the environment, working to prevent its deterioration and promote its improvement.

**GREENMOUNT OLD SCHOOL AND CHURCH** - Both buildings are owned and administered by Greenmount United Reformed Church. See the display of all the activities which take place here.

**WELL-BEING TRAIL** – This is a recently installed trail created by Greenmount Village Community to encourage people to spend time outdoors. Whatever your ability there are exercises available at ten stations and a time to reflect, while enjoying the natural environment. Collect a map and join the guided walk today.

**INCREDIBLE EDIBLE AT GREENMOUNT** – This plot is run by volunteers in Greenmount. Sign up if you wish to join the team.

**TOTTINGTON AND RAMSBOTTOM LITTER PICKERS** - TLP are a friendly bunch of people of all ages who don't like to see littering in our streets, parks and beautiful local countryside. Since 2018, we have arranged many group picks targeting historical litter and specific areas, including the village centre car parks and Kirklees Valley Nature Reserve. There continue to be a core of dedicated pickers who go out each week to clean up the known grot spots and help keep our area litter free.

## **LITTER PICKING RAMSBOTTOM**

LPR was founded in 2018 after post flood debris was seen stuck in the trees in Nuttall Park. Over four years, volunteers have collected over 4000 bags of litter, some dating back 25 years, through group picks and individual efforts. In the last two years, small teams have finally been able to clean up the River Irwell in Ramsbottom.

**HOLLY MOUNT ORCHARD** - Holly Mount Orchard is a volunteer run restoration and conservation project. Restoring the largest heritage orchard in the region; conserving a unique local landscape. We work together to learn new skills, keep active and outdoors throughout the year, and above all spend time treasuring our community's orchard. We meet every first Sunday of the month (1.30-4pm) and weekly on varying weekdays. Join us! [hollymountorchard@hotmail.co.uk](mailto:hollymountorchard@hotmail.co.uk); Facebook and Twitter. [www.hollymountorchard.org.uk](http://www.hollymountorchard.org.uk)

**BEAVERS, CUBS, SCOUTS** - We are a Scout Group running sections for BEAVERS aged 5-7 CUBS age 8-10 and SCOUTS age 11-14. We have 150 children across the 3 sections approximately 50 per section who attend weekly meetings. We teach them skills for life. Following the Scout association curriculum working towards awards and badges. We run weekends and weeks away where the children learn basic life skills whilst camping and enjoy outdoor pursuit supported by our adults Leaders such as kayaking, fell walking archery to name but a few. This builds confidence and encourages physical exercise and allows our young members to gain different experiences and broaden their aspirations. We are an inclusive organisation and seek to inform our children on a broad spectrum of social issues from poverty to mental illness and follow national guidance to raise awareness.

Social Media - Twitter: @7thRamsbottom Website: [www.Greenmount.org.uk](http://www.Greenmount.org.uk)

**TEXTILE TRAIL** – Talks on the history and techniques of World Textiles from Neolithic Times to Present Day, with work produced at workshops. Every first Tuesday of each month at 2.30pm. Phone Val on 10204 884352.

**THE ROTARY CLUB OF RAMSBOTTOM** - We are proud to be among the 1.2 million Rotary Club members worldwide, working to help change the world through local, regional, national and international programmes. We help to increase literacy, provide safe drinking water and sanitation and have been the driving force in the fight to eradicate polio. Locally we support charities such as Speakeasy, Dementia Café, Kids can, Bury Hospice and Henshaws Society for Blind People.

Our club in Ramsbottom is continually involved in local and regional projects related to community support, whilst contributing to the work and goals of Rotary International. Our members come from all walks of life, anyone and everyone may join Rotary.

This year we have been very involved with support for Ukraine providing funds from various events such as a concert in St Paul's Church through to family fun days in Nuttall Park. All Rotarians give their time freely and operate to the motto of Service Before Self

**LONG DISTANCE WALKERS** - The LDWA is an association of people with the common interest of walking long distances in rural, mountainous or moorland areas. It is also a governing body for long distance walking recognised by Sport England. Since its formation in 1972 the LDWA has grown steadily from 355 members to over 9,000 at present. There are 41 local groups around Britain, including East Lancs LDWA.

**AA** – Meet in Greenmount Old School every Wednesday afternoon from 12.15 till 2pm