

# Let's Live Well 2021/22

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End of project report  
September 2022

Bury Council  

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Edited by: Fay Robson



# North

## Active Friends

*"Active Friends has been going for a while now and has gone from strength to strength. What started as a few*



*ladies meeting up for a little stroll has resulted in paddle boarding, mountain climbing, open*

*water swimming, rock climbing and now weekends away - all in the beautiful outdoors.*

*For me though it is not only about the activities it is about the 'company'. You never really know what goes on in people's lives, we are all good at putting on brave faces, saying we are ok when really, we are not.*

*The wonderful group helps you to forget even if just for a while, gives you purpose and gives you the boost you sometimes need. A friendly face, a warming chat, that coffee and cake is sometimes all it can take.*

*I have been a bit hit and miss lately with personal things going on in my life, but I know the group are there and will not have any hesitation of attending an event in the future. It does not matter if you go every week or once a year you are made to feel so welcome.*



*The funding given to this group has been a huge asset to us, doing new*

*things like Nordic walking, using their walking leader skills to venture further and take on different challenges*

*I can honestly say this group is very special and the people who oversee it are too." [Member 1 Case studies](#)*

## Boomerang

*"We have delivered a variety of different sessions targeted at isolated new parents, families that are disadvantaged and socially excluded from society and children with SEN. These sessions have gone extremely well, the Bump, Baby, Brew sessions for new parents have been very popular with lots of positive feedback from parents. The demand for these sessions were high so we decided to add extra sessions*

*going from once a month to every week. We found the funding process easy to navigate and would love to do more sessions in the future if more funding became available." [Emma Full report](#)*



## Fightback 4 Justice – Social Welfare Support Groups

*"Fightback used the Health Improvement fund to hold welfare benefit workshops so that people who are struggling in Bury East and North could get access to free help. We have loved every minute of this project, we have managed to work with some amazing organisations and hope to be able to do similar in the future, the help and support you have given me personally has been amazing and I am truly grateful for all your time and efforts in guiding me through my first*



*bid and project. It has given us a real sense of why we set Fightback up and has been a fantastic opportunity to work within our community and give that support where it is needed.*

*Should we do this again I will do more research, there were things I had not considered like having no internet access, I could have really done with this when out and about as it would have made life a whole lot easier.”*

*Amanda* [Case studies](#)

## **Incredible Edible Brandlesholme**

*“Through the Health Improvement Fund our aim was to provide workshops and volunteering opportunities for: -*



- gardening,
- walking,
- mindfulness,
- meditation,
- storytelling,

*It has been very successful, and we have engaged with over 200 people through this time and the demographics range from 92 years young to toddlers.*

*We are totally inclusive with prams, wheelchairs and scooters having access to the garden.*

*Partially sighted, stroke, long term covid, depression and burnout are just some of the attendees we engage with weekly.*

*We now have a successful replicable blueprint to take out to other communities who will benefit from our experience and commitment, and we hope to secure future funding to enable us to do this.*

*What would we do differently? Have even more fun with more people doing what we are doing, which is spreading the word about self-sustainability in your own local community & bringing back that community feel and connection again.” Rachel* [Link to report](#)



## **Making Space – Healthy Neighbours**

*“Health Improvement Fund has enabled us to put on monthly outdoor activities, monthly cookery classes, and mindfulness and resilience sessions for our service users.*



*Everybody is enjoying the project so far, I would like to get more people involved, I keep talking to others about the project and I am confident that they will soon engage. We would like to continue this project as the service users get so much from the sessions, and it gives people the opportunity to get together and socialise. I saw such a decline during the pandemic in the service user’s mental health, so to see people smiling and giving them something to look forward too is a lovely positive.” Donna* [Case studies](#)



## Peel Brow School – Baby and Toddler groups

*“The sessions have been a great success. Feedback from participants has been good. They liked the opportunities that were available the children and the opportunity for adults to learn more about their child’s development. Parents in the toddler group particularly appreciated the school readiness support that was put in place.*

*For the school, the groups have supported families to join our school. Those families with three-year-olds have now joined our school with their children in nursery. This is helping to strengthen the school’s reputation within the community.*

*We aim to run the groups next year but will include a wider range of activities such as baking/cooking as parent feedback indicated that they would like further opportunity/support to develop healthy eating habits and basic cutlery skills.*

*The funding process was smooth for us, and we made the most of the funding made available to us by investing it in resources which will last and allow us to run groups in the future.”*  
*Debbie [Full report](#)*



## Rammy Men – Community Cooking

*“Our project has cooked meals for 311 people over 40 sessions (twice a week), with 29 different people directly involved in the cooking. Most of the participants had none or very little cooking experience and most had difficulty following a recipe. Some people also had difficulty using equipment like a tin opener. Men, of all ages, were absolute beginners, largely existing on ready meals and pre-packaged food. We have worked hard to expand their knowledge and confidence.*

*Our baking sessions took the best part of an afternoon to clean and tidy up afterwards, and we found that, although our kitchen is reasonably sized, it was impossible to have more than 3-4 inexperienced cooks working at a time. For that reason, we invited the slightly more experienced to do the cooking, with a less experienced person on-hand to carry plates, grate cheese, or less demanding roles. They see others doing the more advanced things, from which they learn, while feeling the sense of achievement from doing their own part of the cooking.*

*We found that food has become a huge draw for our sessions, with numbers steadily increasing week-on-week, both for the main cookery/food sessions and for the other activities we run, once people have been to see us and what we are about. It has helped create a wonderfully informal and inviting*





atmosphere of which we are all very proud.” Rob

## Space for Nature

“The majority of those taking part in activities at space for nature are those



experiencing social isolation because of physical or mental ill health or recovery from addiction and trauma.

Whilst the nature of their conditions

meant regular attendance wasn't possible many reported feeling more relaxed, comfortable in my presence, free to share their difficulties and appreciative of the outdoor space. Which improved their mood and mental wellbeing.

They enjoyed being able to choose whether to be involved in the more physical activities such as tending the land, creating the flower beds and pathways and most preferred the chance to sit, chat and do activities such as gathering nettle fibres, writing poetry, having a picnic and storytelling, and sharing poetry.

Some came to help with the maintenance of the space and felt it gave them confidence and a sense of purpose that helped two people go on to volunteer elsewhere on a regular basis.



I found the fund application process a bit daunting but have had the chance to try out different

approaches to what people enjoy.”  
Alexa [Full feedback](#)

## Summerseat Village Community – Bee Involved in the Community

“Bee Involved in the Community helps people to understand the importance of nurturing bees on our planet, reduce fear of bees and to deliver a mindful experience for all ages, improving wellbeing and mental health. The Health Improvement funding has enabled the project to reach more



children in schools, in disadvantaged areas, and to support those with SEND and mental health challenges. Thanks to the funding we have been able to buy a mobile viewing hive which means we can safely take bees into

schools and community groups. We have also bought safety suits for all ages, shapes, and sizes so that our project is more inclusive. We have had excellent feedback from the schools “Our children loved the sessions, many had never experienced bees so close-up or tasted honey.” “It’s a great way of bringing people together who may have social anxiety, because the focus is on the bees and learning all about them.” “Many had expressed a fear of bees before the session but by the end they were literally buzzing!”

Emma [Project PowerPoint](#)



## The Enterprise Centre

*"The Let's do it project has been a great success, so much so that the Directors and Trustees decided to match the fund with non-restricted reserves to the value of nearly 100%.*



*During the programme, the social impact value has been massive. 3 of our attendees opened up and told us about suicidal thoughts and 2 of those cases attempted action. Since coming to our sessions they say, " I have new friends and a great place to go " J "I love coming to cafe also on Sunday for a chat" S.*



*We have helped nearly 200 individuals through workshops, events or the friendship cafe which has become more popular demonstrating the win win of the work.*

*The Toddler trails was a particular favourite with mums saying it was their only day out of the house."* Alison

[Case studies](#)

# East

## Age UK Bury – Living Life to the full & Men's only exercise

*“**Living Life to the Full** has helped the participants grow in confidence and expand their social & wellbeing activities. Our aim is to enable older people to live the life they want to, and this course has helped us towards that aim. We will be holding a second Living Life to the full course later in the year, thanks to the funding from the Health Improvement fund. Once the funding has finished, we will look for new ways to help older people live and enjoy their life.”*

*“Having a **men's only exercise class** had been requested as it was something missing from our*

*program. The men who have joined the class, all above 60 years old, have said they really enjoy it. They say it keeps them feeling young, they enjoy the company, and it is a bit of a challenge for them. The funding meant the cost could be subsidised and this means that we can continue to offer the classes after the funding has ended.” Michelle [Full report](#)*



## Bury Asian Women's Centre

*“The aim of the group with the Health Improvement funding is to learn new activities, exploring Greater Manchester areas, awareness of public transport and entertainment.*

*It has enabled local residents to build their confidence, how to use public*

*transport: bus, tram, train, learn to read and follow a map etc. This has enabled them to go out with their children and families without any assistance and have a fun.*

*This project has empowered women to help themselves.*



*We initially aimed to use the funding to start a pilot project to work with 25 people, the group has grown from 25 to 112, we will expand the areas to explore links and locations using public transport.*

*This is a very popular group, and we would continue to run the project and seeking further funding, this has helped with the members mental health and wellbeing, confidence, and improved health and mood.” Ayesha [Case studies](#)*

## Bury Christian Fellowship

### Drop in:

*“We believe we have met all our aims which has benefitted the people who came. For example, because of coming to the drop in:*

- *Joanne has someone to talk to. She feels better because she feels “less depressed”.*
- *Angela and Emma found out about the community jubilee party and got involved in helping at the event.*
- *People were kept informed about family and youth events and engaged with them.*
- *We have improved good relationships with the people who*



come and have had the opportunity to get to know them better, so we are better placed to help them.

- We have given advice on a regular basis to people about spending habits, parenting, further education, job hunting and school etc. Advice is given in an informal way and them just being able to talk about things to someone who will listen in a non-judgmental way, helps them to process and think about their situation.
- We have signposted 4 families to the Food Club, Bury where they can get £30 worth of shopping for £6. All 4 families have become members.
- One family received a food parcel when they were facing difficulties.” Sarah [Full report with case studies](#)

### Stay and play

“We have only been running for 3 weeks; however we still believe we are beginning to meet all of these aims which will benefit the people who come. For example, because of coming to Stay and Play:

- Families in the community have a friendly place to take their preschool children. It benefits the children because they can learn and develop their social skills in a safe and fun environment. They learn to role play, imagine, share, and take turns. The craft table is an opportunity for the children to practise cutting, colouring, sticking etc.
- Stay and Play benefits the parents/carers because they can engage with other adults and find out about other things that are going on.

- Parents and carers are encouraged to play with their child and join in with their child in doing the craft and the song time at the end. It benefits their relationship as they have fun with their child in a fun, safe, accepting, and relaxed environment.
- We chat with the parents and listen to them about their lives. They have the opportunity to talk about anything and feel relaxed and accepted.
- Children and adults help to tidy up at the end. They benefit from a sense of ownership and belonging.
- We have improved good relationships with the people who come and have had the opportunity to get to know them better, so we are better placed to help them.

• George can interact with other children and adults which encourages him to communicate and speak.

- We have

been able to share information about other family and youth events all free of charge that will benefit children, young people, and their families.” Sarah [Full report with case studies](#)





## Eagles Wing – Group for Asylum seekers and refugees



*"The Health Improvement Fund has meant that we at Eagle's Wing can continue to provide friendship and support, sewing and conversational English to our members who range in age from early 20s to early 70s and are asylum seekers, refugees and immigrants from many different countries including Eritrea, Ethiopia, Iraq, Iran, Syria, Congo, Sudan, Italy, Turkey, Pakistan, Palestine, Thailand, Dombas, Ukraine, Albania, Angola, Gambia. The attendees are mainly women, some of whom come along with their babies and toddlers. Encouragingly, over the last few weeks several men members have returned along with new members attending and we now have several men who feel confident enough to come regularly as volunteers which is a wonderful development.*

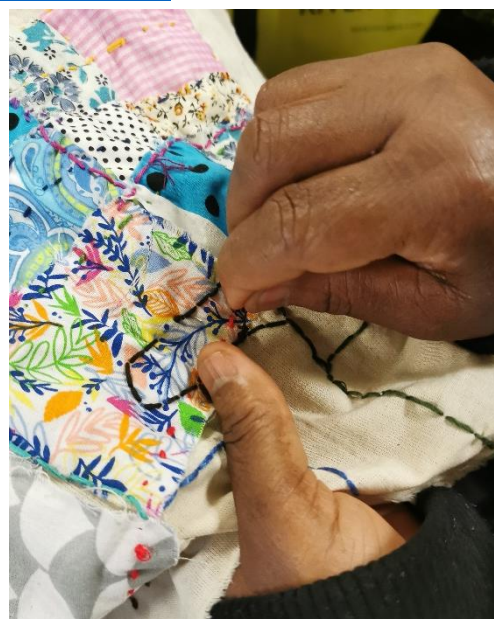
*The friends support each other with their English and as we talk about our lives, we learn about each other too. The class provides a welcoming and non-judgemental space. Making connections, having fun and practising*

*English all help in improving mood, self-esteem, and confidence. The funding has meant that in our sewing sessions we have been able to work on themes such as "Home", "Our Names" and "Hands", the latter one resulting in our Wonderful Women Cape.*

*We are very grateful for the Let's Live Well funding which allows us to continue with the groups. The funding process was straightforward and excellent support has been given where needed.*

*The benefits of these groups are many and varied. The obvious ones are that we offer support and friendship. We help people with their difficulties and problems. We are there to share happy and difficult news.*

*The more subtle outcomes are that people feel they have a place to come, to be themselves, to be with people who understand, to be with others in similar situations. And being part of our group allows each of us to grow, to play our part, to bring our own unique talents, to be able to rely on each other, all of which improves mood, self-esteem, and confidence." Coreen*  
Case studies



## Bury Defence Academy

*"We have thoroughly enjoyed running the health improvement project and our service users have benefitted from regular circuit training, the evidence above shows outcomes in terms of*



*weight loss / health improvement and the group sessions also create opportunities to socialise for those who otherwise would not meet.*

*If we did it again, we would*

*probably setup a female only circuit training session as there has been low turn-out amongst females for this class. Some local females have advised us that they would be interested in attending a female only circuit training class and would prefer to avoid group sessions with males.*

*We will be continuing the circuit training class on Wednesday evenings. We have a small number of opportunities for one-to-one personal training still available and we expect these to be exhausted within the next 3 months.*

*We are particularly grateful for now having a body mass / BMI machine that will benefit our service users for the long term. It has been warmly received by our service users and is being frequently used to measure weight, BMI, body fat and overall health score. It has helped incentivise our drive to get fit and stay fit.*

*The funding process was relatively straight forward, and we are grateful for the support and advice given by*

*Kathryn Taylor, who has visited us twice. We hope another opportunity such as this funding comes up again in future and we intend to re-apply to run other health and wellbeing activities."*

*Ifty [Full report](#)*

## East Ward Growing Together – Grow well, eat well, live well

*"The project has worked well, having Persona customers was fabulous and the participants really enjoyed themselves. The support guys said how great it was for their customers as they were able to do an activity and being outside doing something different*



*was very beneficial for them. The two ladies who come every week really enjoy themselves and they have developed a friendship and have started going out together doing other activities. My project will be sustainable as I intend to continue throughout the year. We are looking at introducing some woodworking for making small bedding boxes and maintaining the raised beds. My intention is to raise more awareness of the project and encourage the local*

*schools to visit, the problem there is a lack of staff so I will have to work on it. The funding process was fine, I was comfortable applying but always anxious if I have fulfilled the brief. I will look*





for more funding as the project diversifies but gardening will be the main activity.” [Susan Case studies](#)

## East Ward Primary School – Outdoor Fun

“East Ward Primary School serves one of the most deprived communities within Bury. Although our outdoor space is very limited, our dedicated staff have spent time creating an Eco-Garden and Woodland Walk which supports pupil’s social and emotional development. The Woodland Walk project will see at least 18 of our most vulnerable families, specifically those effected by isolation or loneliness and those suffering emotionally due to covid, job loss or financial worries, health concerns, etc., invited to weekly sessions that follow the holistic ‘Forest School’ style approach that will be planned and delivered by our Level 2 Forest School Trained Teaching Assistant, the main driver behind our outdoor development, and one of our experienced pastoral workers.



All parents that were invited to the sessions attended along with their child. In addition to this, three pupils with Educational Health Care Plans attended alongside staff from school. All involved provided positive feedback on the sessions and continue to attend each week. The

parents involved themselves in the activities each week which included: twig weaving, toasting marsh-mellows, painting and planting seeds.” [Laura Full report](#)

## Fair Futures – Young asylum seekers and refugees project

“All members of the group, except for two recent members, arrived in the UK as separated children and so were in the care of the Local Authority or recent Care Leavers. The funding was to support young people aged 15 – 19 years. The sessions provide a mixture of English support, emotional wellbeing sessions and time to eat, chat and have fun with friends. It is based on a psychosocial model. The sessions are held at the New Kershaw Centre, and they have table tennis, table football and pool. Some of the sessions consist of free time and some have organised elements. The group has been an excellent project and the participant numbers demonstrate there is need. One of the main challenges was identifying participants and encouraging them to attend. With new funding we hope to offer more services so that other identified possible participants can attend at least one session. We hope to increase awareness of the group with authority teams so that those leaving care can be identified more easily.” [Melanie Full report](#)

## Friends of Clarence Park

“The Health Improvement fund has been broken down into two projects - a new modern signpost displaying local walks and a cookbook which will showcase local community groups/provide cheap and easy recipes for residents.

The sign displaying local walks was surprisingly difficult to put together, however it has had the bonus effect of providing work to local students at Bury college and improving young people's engagement/ownership of the park. I intend, should this sign prove to be popular, arrange to have further



printed should the funds be available. These can be displayed in other prominent areas in the park.

The cookbook was an ambitious project from the beginning, and I anticipated it

being easier to get other community groups to engage. However, I did find that although people were often enthusiastic, they were very slow to provide me with the information I required! On the other hand, though it really did improve my own connections with local groups, and I hope fostered some long-lasting relationships and networks. The book in its finished form has 19 recipes, and it has been interesting to see how different people interpreted the brief "easy, cheap and healthy" but I am confident that at least two of the three points have been met in each case!" **Hannah**  
Report



## Friends of Hazel Wood High – Meeting friends and keeping fit

### Street Dance with Natalie

"We have two projects with funding from the Health Improvement fund. The first being Street Dance with Natalie. A project for pupils 16-16+ with a focus on well-being, mindfulness and exercise at Hazel Wood High School, a member of the Oaks MAT.

"We had a slow start as classes were not advertised in advance therefore, I stayed longer to promote the sessions by going onto the playground with staff permission of course. The early feedback from the students said it was too early, so we changed the time. This made a significant difference to numbers with a final number of 11 students attending. The feedback from the students was great, they said believe it or not it was instrumental in getting them up for school and set them up for the day. They wished it could be twice a week."



You will agree that there are some positive comments moving forward with this project, but some important themes outlined in the summary to explore further when we recommence in September. We still have funding left but may place a retention bid soon should monies be available.

Thank you for this opportunity we believe it is making such a difference



to young people in East Bury.” Janet  
Case studies

### Dance and Sparkle

“A music and movement project aimed at children 0-4 years and their parents. Based at Little Oaks Hub part of Eastward Community and Vision Multi Academy Trust.

The project was aimed at the 0-4 age range, as for many of these children and families socialisation with others had stalled significantly because of the Pandemic. It was hoped that this project would help to restore confidence and provide the young children with opportunities to form relationships whilst enjoying exercise, which would ultimately result in enjoyment and learning new things to support them on their Early Years Learning Journey.

The sessions were well attended from the start, although a continuing



hindering factor is the size of the space for the activity.

Ultimately, the project covered so much more than beneficial exercise as it also developed spatial awareness,

speech, and vocabulary.

The parents felt relaxed in familiar surroundings and welcomed opportunities to meet to make new friends whilst observing their little ones thriving, enjoying life, and developing new skills.

“The Little Oaks project was great from start to finish. It was such a joy to see the improvements from the first week to the last week. The Parents said they

were amazed at how far the children had progressed and how their confidence had grown” Janet Case studies

### Goshen Wood- Improvements to Goshen Wood

“The original aims of this project were to:

- Encourage people in our neighbourhood to use the wood to reconnect with nature and improve wellbeing
- Improve and sustain walking routes in the area to encourage physical activity
- To encourage our younger children to explore the woods



and learn about the plants and the animals that live there

- Encourage people in our neighbourhood to volunteer to improve the wood and surrounding area and improve community cohesion
- Increasing access and facilities to encourage young people to take ownership of the area
- To preserve the historical garden for future generations
- To encourage more wildlife to the area to increase biodiversity and to support the wildlife that already lives there.
- To improve our surroundings to promote pride in the area in which we live.

*I think the project has more than achieved its aims. It is slow to progress but*

*bearing in mind that the woods have been neglected for over a decade, I*

*am proud of the volunteer work so far to reinstate this beautiful area."*

**Victoria** [Full feedback and case study](#)



## Healthwatch Bury

*"The project we initiated alongside Eagles Wing has provided an invaluable service to some of the most vulnerable members of our community.*

*We continue to see between 2 and 6 people each session (average 4) but may deal with 3 separate requests for everyone at times, ranging from completing Infant Development forms, explaining letters from School Health Teams, registration forms for Nurseries, NHS appointments, booking Interpreters, booking Patient Transport etc. Most of the requests are concerning health or social care issues and we have a full spreadsheet of requests, actions, and resolutions available which provides a detailed record of the work undertaken (this can be anonymized and provided on request).*

*As we have built up trust within the local community, the requests have become more complex and we are approached now with a wide range of requests for assistance, some of which are outside our remit and expertise. We try to help with signposting or if urgent, have acted ourselves to try to resolve an issue.*

*Our case studies on this report, detail a couple of recent requests for assistance and the actions we took.*

*We have been able to refer some issues directly to Red Cross and Fightback4Justice who also attend Eagles Wing on a weekly basis and having the expertise from these organizations has been a valuable resource and one that is appreciated by HWB and Eagles Wing.*

*We have also partnered with The Black Health Agency who attend once a month to carry out HIV testing and give advice around sexual health providing added value to the programme."* **Shirley** [Full report](#)



## Ramsbottom Angling Association – Angling Therapy and Wellbeing

*"Ramsbottom Angling came through the Covid Pandemic understanding that the Junior coaching sessions were beneficial to our local community and the programme we ran was proving beneficial to the health and wellbeing of youngsters. We also realised that there were a lot of older members of our community who had similarly suffered, and we felt that Angling Therapy had potential to help, following a discussion paper there was enthusiasm for the proposal. Funded by Ramsbottom Anglers we proposed to meet Thursday morning every two*



weeks and offer, free fishing with equipment supplied, tea/coffee, the expertise of club coaches and members and a social get together in the club's base on the Clarence Park Lido. The Health Improvement fund allowed us to purchase equipment to make the sessions more inclusive and open to anybody. Where participants have not fished previously it has been rewarding to see their skill level and enthusiasm develop. Some of the individuals within the group have now become full club members this year and fish with friends in their leisure time. The group of participants tend to have developed a lot of mutual support, sharing their knowledge and



skill if needed and taking some responsibility for each other's development. This group will continue to operate for the foreseeable future, if we need funding, we will make applications to appropriate funding organisations. The

club continues to develop, its membership is now more than 260 and 108 members are currently in the 60 years+ veterans' category some of which may well show an interest in the Thursday morning group." [Allan Case studies](#)

## Tackle it Together

"The sessions have provided a well needed physical and psychological support for the participants. We chose to continue to charge a small fee which has meant we are able to continue the sessions at a reduced rate for a further 6 months. Many of the group are much more active and have a social network now to feel part of as well as

providing further opportunities outside of the sessions.



The sessions will carry on indefinitely, however we will look to seek further funding to reduce the financial impact on participants, as part of Bury's new anti-poverty strategy." [Adam Case studies](#)

## The Met – Movers and Shakers

"Movers and Shakers has proved to be a good addition to the program of regular workshops we have at The Met. We had been looking for a way to expand our work to include Early Years delivery and this provided the idea way to make a start on this area of work. We have had a good balance of regular attendees plus occasional drop ins during the first 10 week run of workshops and feedback has been excellent with parents/ carers sharing that they have felt like the sessions provide 'a relaxing afternoon break from normal childcare', a chance to meet with other parents and 'a new way of getting active that doesn't feel too pressured and hard'. We took a short break from the sessions to review at the start of June and this has slowed down our attendance figures, so we are having to do some extra pushing around promotion to get the numbers



*back up to where we want them to be. We are also looking to partner up with some other local organisations during the summer to help diversify the demographics of families who are attending the workshops. We will be continuing to run the workshops throughout the year, and we would hope that, if we continue to be successful, we will be able to retain the sessions as part of our regular program once the funding has ended.”*

**Steph** [Case study](#)



# Prestwich



## Spoons – Baby massage and sensory play



*"All groups have been a huge success with the exception on online baby massage. We found that parents preferred remote sessions and wanted to be face*

*to face. This meant we had to increase the capacity of classes by finding a larger space and offering additional sessions. The sessions have had a massive benefit to many families who may have not felt able to attend universal groups. It has been fantastic to watch families create their own support networks through peer support."*

*Kirsten – No case studies provided due to age.*



## Creative Living Centre – Bike and Brew

*"Feedback has highlighted the benefits of being out in nature, seeing the wonderful parks that we have in Bury. Meeting new people and building friendships that have carried on after the sessions have finished. I have members say that their bike confidence has increased, and they are now able to go up some hills in Heaton Park that they were not able to do before the group started. I have had members who have not had any bike confidence and I had to adapt the sessions, so they had 1-1 support from a Bike Leader. This has helped them*

*grow in confidence to then be able to re-join the main group.*

*This project has also given the bike leaders the opportunity to get qualified as Bike Leaders & First Aid trained. They find taking members out rewarding and it has given them a sense of giving back to their community. Along with keep fit themselves and increasing their confidence in planning/organising/facilitating/interacting and building rapport with new people."* [Debs - Case Study](#)



## Gateway Action – Supporting young people

*"The difference our project is making is enabling each young person to feel valued, take more control of their decisions, create solutions for their daily life, make practical changes, and set realistic, achievable goals. It also offers a place where teenagers feel safe, secure, can express themselves freely and confidently, to learn from each other, and seek one-to-one support from the mentors"* [Avraham – Full report with case studies](#)





## The Friendship Circle – Walking Group and Healthy Eating

*“Members enjoy the regular routine of the walking group, meeting up together as a group of friends at the same location at the same time. It is also an outlet for members who are not in employment and reduces isolation and loneliness.*

*During the walk members stop for a coffee break which enhances the social experience for them. They enjoy walking through the woodland and around the lake, taking in the views of*

*the waterfall and the golf course. They also get to see plenty of farm animals!*

*Healthy Eating: Members are building up a repertoire of easy to prepare, healthy dishes that they are incorporating into their cooking routine.*

*Accompanied by Healthy Eating Sessions, we are discovering that our members are starting to develop their cookery skills as well as their knowledge of healthy eating, encouraging them to make healthier choices and lead healthier lifestyles”.*

[Beverley Full Report and case study](#)



## The FED – Walk & Talk / Bagel and Banter

*The feedback has been amazing:*

*“It’s the only time I get out”*

*“I have met new people who I now call friends”*

*“I have met people who I now call friends”*

*“The group is so well ran”*

*“The staff were so helpful and arranged for me to meet a social worker for support”* [Shelley Full report](#)

## Lev Shomea – Outdoor Therapy

*“We have had a fantastic response from the Orthodox community, with over 200 signups to our Walk and Talk club, and literally thousands of minutes of walks being texted to us every week for free entry into our weekly prize draw. This has been for exciting prizes such as a Wrist Pedometer, High Street voucher and local cafes. Dozens of people have told us what a motivation it has been to join a club of like-minded walkers and make a habit of walking regularly and have the mental and physical benefits to show from it! We have even had a local nurse Linda, who works with long term health conditions such as diabetes referring her patients to sign up, as she heard from so many of her patients how it benefited them. Our walk and talk outdoor therapy has also been a major success, with feedback from clients what a different experience it was from regular therapy and opened up their minds to exploring nature as part of their recovery. We still have upcoming delivery of hundreds of motivational Bury Council Walk and Talk wristbands to be*

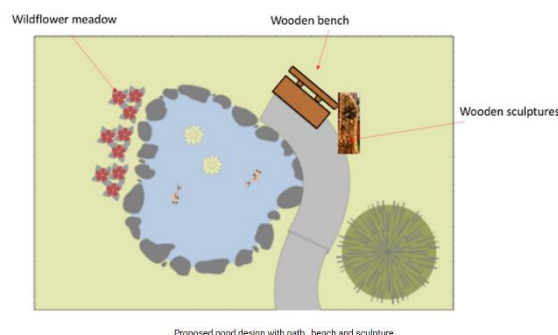
*distributed for free in local Kosher food shops.”* [Sam Case Study](#)

## St. Marys Flower Park – Accessible to all

*“I am really pleased with how the project is taking place, the pond is ticking along nicely, we have had further help from Paul Robinson in the council who has helped with putting down the*

*liners with a convoy of other helpers. So far it has been a*

*massive success. I am now waiting to see if there are any more growing spaces. I can see the pond having a great impact on the people in Bury, improving their wellbeing by providing a place of tranquillity*



*We have also re-located and installed new notice boards to be at the entrance of St Mary’s Flower Park and one in the Clough and have massively helped to engage people to find out more about the rich history of Prestwich*

*and St Mary’s Flower Park.”* [Amanda & Mike](#)

## Spark Life Community – This Happy, Healthy Family

*“All four courses have all been very successful, with members utilising techniques and learning in their everyday life. Those who completed the courses reported that they found the breathing and mindfulness exercises useful and were*



*incorporating them into their daily lives. One lady said that these techniques were helping to reduce her anxiety and she had shared them with her teenage daughter who was also finding them beneficial.*

*Further feedback was also that the courses were very useful and gave them confidence to approach other carers i.e., nursery regarding using division of responsibility in feeding their children.*

*As all courses have been a trial run, we have also received a lot of*



*feedback on how to improve and build courses in the future.”*

*Maggie [Full](#)*

[report with link to case studies](#)

## Prestwich Together – Community Picnic

*“Key successes of the project have been detailed in this report and we feel overall very positive that we have achieved our objectives and encouraged prevention of isolation, enjoying our green spaces and importantly the promotion and*

*celebration of diversity in our local community of Prestwich. Our 2022 theme was*  
*togetherness.*



*We had a successful year with our ‘Prestwich melting pot’ activities and map encouraging those attending to talk about their place of birth, home place and cultural identities. There is more feedback from this activity in this further down.*



*Overall, we have some great comments and feedback from the people who joined.”*

*Samantha [Full](#)  
[report](#)*

## Prestwich Rooted – Nature Wellbeing Sessions

*“Overall, we feel very positive that we have achieved our objectives and encouraged well-being in Nature. We have had many requests to continue the project in the future which the founders are considering. I feel by emphasising mental health, creating connections, and celebrating our green spaces we*



*have had a great impact on the diverse range of individuals who attended each of our sessions.”* *Samantha [Full](#)  
[report](#)*





## Social Prescribing Drop-in @ Church Lane Community Centre

*"Since its eventual kick-off (after a couple of failed Covid attempts) the drop-in has gone from strength to strength. As a joint force between the HIF and the Beacon Service (VCFA) the group can attract up to 30 members. We have a lot of regulars but also consistently welcome new people. Starting as a place to signpost individuals to activities it is now a fully established hub for the community. Individuals now rely on the group for social connection, routine and even to learn or try something new!"*

*The group has had guests and tasters from The Prestwich Circle, Creative Living Centre, talks on how to manage our energy/money in the current climate, regular sessions ran by the Lancs Wildlife Trust, chair-based Pilates, and strength taster sessions. All with the original aim of improving mental health and wellbeing. This has always been the groups ethos and will long continue as the group has received further funding past the HIF."*  
Fay



### Some feedback from members:

*"I like coming to the Tuesday group because I can meet different people as well as some regulars who are now like friends for me. I have not lived here for long, so it is a way of feeling part of my local community. From coming here, I have learnt a lot about other groups and activities in the area."*

*"The weeks when the group has speakers giving talks on different subjects are very interesting. It is a great opportunity to have a conversation with people who you would not usually meet about different aspects of life."*





## Lancs Wildlife Trust/Incredible Edible/Friends of Philips Park

*"This project enabled 3 established community groups to come together in a collaborative project to benefit not*



*only our local community via the individuals participating, but also on a whole population wellbeing*

*scale, by improving a local green asset, accessed by wildlife and people alike. Thanks to the funding we were able to provide a range of nature-based activities over the 12 weeks, which ranged from guided walks, seed planting, growing on plants, planting out the plants into the formal gardens, creating wildlife friendly boundaries (dead hedging), path clearance and repair; to making and cooking pizza in an outdoor open fire pizza oven! All the sessions incorporated the 5 ways to wellbeing, resulting in participants*



*leaving sessions feeling satisfied and mood lifted. One of the biggest challenges was the still evident presence of Covid. Unfortunately, outside of our group sessions, over half of the participants*

*contracted Covid. Due to the lasting effects, many of the participants who had contracted Covid did not feel physically well enough to return to the sessions. Out of the participants who completed the 12 weeks, a group of 4 have decided to continue volunteering*

*with Friends of Philips Park and Incredible Edible Prestwich and District at Philips Park. The new volunteers will continue volunteering at their new regular time on Monday afternoons, simply continuing what had already been established by the 12-week programme. For many, this is the first local nature-based group they have been involved with. With the new group of four now active, through links with the green social prescribing project, we hope for more people to join and the group to continue to thrive. This was the dream outcome, and we are delighted this project has been the catalyst to bring these people together to tackle loneliness, give people purpose and ultimately improve wellbeing through a connection to nature."* [Jenni Case study](#)



## Church Lane Community Centre – Operation Integration

*"Our Health Improvement Funding has now come to an end. Over the last twelve months the funding has enabled us to continue our community service with our project Operation*



*Integration in full swing. Our Tuesday coffee and craft class has continued, with an*

*increase in numbers of attendees, longer hours and extra events including our fabulous Easter Eggstravaganza, bring and share meals, sewing projects, etc which has*





enabled more people to leave their house and join others getting exercise and participating in various activities. Our

Saturday Club has also thrived taking on more attendees once again enabling isolated people to get out of their houses and join in with the entertainment, singing along, dancing, playing games and more. All these meevents will carry on into the future with more events and new ideas in the pipeline.

So many people have enjoyed taking part in these events which has helped with their mental health and mobility. People have learned new skills, found new hobbies and friendships which has motivated them to join in other activities that have been promoted within the Community Centre. Surprisingly a large number of people have also enjoyed getting involved by volunteering at events, making teas and coffees, washing up, baking for events and generally getting involved which was a bonus that we hope will continue. The Project has been a success in many ways and will continue with many new ideas coming into play throughout the winter months, helping to keep people more active both in body and mind.

With many thanks from the volunteer team at Church Lane Community Centre" Margaret

## Churchyard Action Group

"I believe the CAG has exceeded its aims as it has provided anyone who attends, the opportunity and equipment to get involved with

voluntary services at no cost, championing the local burial ground as an interesting and relaxing location to come and visit for any of our 35,000 local residents. Members of the group benefit from improved wellbeing, with varying levels of outdoor exercise and activities, as well as social interactions, not only within the group but with visitors and other local groups.



Members of the group find themselves feeling like their part of the community by giving something back to the churchyard. We find ourselves doing all sorts of tasks such as, putting up bat boxes, clearing ivy and grave maintenance. We always keep active as there is always plenty to do.

We do this maintenance to provide regular Churchyard tours on the weekend. One of our members Alan primarily carries these out. Providing the opportunity for complete strangers to bond over a love of history." Jon

## Case study



# Whitefield

## Run Together Whitefield – C25K



*“Since its beginning the group has been going from strength to strength – we can get up to 50 runners each week, with runners running anything between 3 and 10K, every group has a run leader which have been funded by the HIF. It is also amazing to see those that have completed their C25K course who have gone on to run half marathons, full marathons and even ultra-marathons, but we never forget our core values and try to cater for all abilities - we pride ourselves on our mental health first aiders and are there for our runners - they have formed some great friendships through the group - and we can't do this without funding from the likes of yourselves” Alex & Sue [Case Studies](#)*

## Love Springwater Park – Building Animal Homes



*“The sessions were beneficial in its aims to introduce the park and to local people who had not previously known where the park was. The nature walks also made people aware of how many animals live in the park and the places where they live. We allowed*

*people to become more mindful towards nature while making birdboxes. However, attendance has been erratic which I suppose is understandable given that the sessions were all held at the weekends. However, given the amount of work and effort we put into preparing this event it was disheartening.” Caroline [Case Studies](#)*

## Whitefield Painting Club

*“We are really pleased with the way*



*the painting group is going. It has become a routine activity for members with getting regular members each week. The club is a place to stretch the mind, practice mindfulness and concentrate on an*

*activity that is not part of the usual day-to-day. The group provides social contact...a reason to get out of the house. At the end of the session everyone has something to show for it – to be proud of. On average the individual sessions are attended by 10 people, however we can get numbers of up to 20 per session. We are currently working on attracting new members.” Patricia [Member Feedback](#)*



## Unsworth Juniors FC – Growing Through Youth

*[Under 6's Academy](#) – “Having the funding in place to organise a formal reception academy has really helped us as a community organisation with a previously difficult area. We have*



always had requests for young children to train but not had the coaching depth or equipment to hand to support this.



Now we have a formalised entry into Football method that will be ongoing from this year onwards and this initiatives funding has enabled this to be set up and sustainable. Our plans are that the new teams that are formed for Under 7 players will be drawn from our reception academy and the coaching of these teams post academy will transition to parent volunteers. This funding assists us with the required documentation and training for safeguarding and good coaching provision. It also helps us ensure that the newly formed U7 teams can start their footballing journey with a "starter pack" of equipment that they can then build on as the growing team needs to.



You can see from the attached pictures/videos how the children this project has targeted and enabled enjoy their training sessions what a positive impact on local children it has. From personal experience of my child and others once joined these children more than often stay involved in the club through to 17 enjoying training both physical and mentoring our players to be well rounded members of our local community."

Referee Sponsored Programme – "I am extremely proud that we filled our allocation of spaces on this programme that is run through GMFA within days. It has been fantastic to see these young adults step up and take on some further responsibility beyond playing for their teams. This is enabling others to play football and through their actions will support ongoing our ability to ensure local children can experience exercise and team building through football. The importance of Respect, decision making, authority and empathetic understanding are all aspects that this activity develops in our attendees and as you can see in the attached feedback from the parents of these children this activity has ripple effects that have been beneficial to their children. It is not just about fitness now but accountability and understanding of rules and consequence. Something we like to try to embed in ALL our players at UJFC"



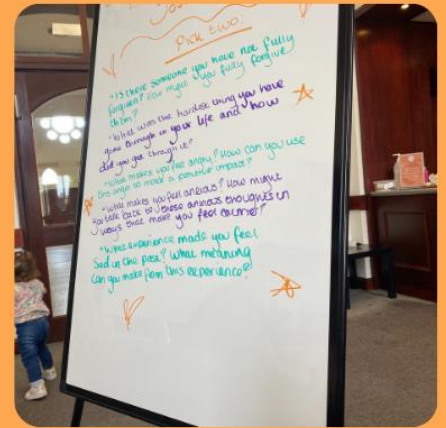
[Darrell Case Studies](#)

## Trust House Whitefield – Wellbeing Sessions

"We have seen an improvement in attendees' general mental health, with more motivation to participate as well as more willingness to engage with statutory services. The mix of focus on mental and physical health has gone well, as has the mix of classroom based learning and practical tasks. There also seems to be more cohesion between participants. This is a project that both the team and the visitors are eager to continue with."

**Katy**





Let's live well

LET'S do it!



# Wellbeing Sessions



## Whitefield Methodist Church – Oasis Soft Play

*“The feedback from the families was very positive indeed and they asked to be booked in for the following weeks. In addition, they commented that they had never been to a toddler group offering so many interesting activities for their children. They told us they loved the welcoming atmosphere and absolutely loved the ‘soft play’ for their little children. (It is often the case at*



*commercial soft play venues that the under 5s get mowed down by the excited older ones chasing each other and for the little ones becomes a stressful time keeping out of their way). Parents and carers appreciate that they can genuinely relax and engage with their children playing and learning in a safe environment specifically suited to the under 5's. Relaxed and calm parents and carers transmits to the children.”* [Sally Full report](#)

## Whitefield Community Primary – Every Body Active

*“The February half term session with the Sports Company we already work with, was a roaring success. It was very well attended, and the children enjoyed lots of physical activity. Parents warmly received the activities and have asked are we hosting similar in following holidays which has been excellent.*

*Other elements, we have struggled to get started with as some challenges faced by school involving for example*

*the Forest School Lead being released, due to the ongoing challenges of post covid absences. Although the balance bikes, scooters and physical development equipment has been greatly received by the Early Years children.*

*Our project continues as some elements of it we were not able to complete e.g., the forest school sessions - due to the member of staff who leads forest school has left. We have some 'stay and play' sessions planned for September to roll over any outstanding elements of the work which have not yet happened.”* [Katy – No case studies provided due to age](#)

## The Unsworth Centre – Get Active @ The Unsworth Centre

*“With the funding we aimed to run three separate activities. A monthly chair-based exercise session for ages 60+ and a creative play session for pre-school age children. We also funded a weekly Rhyme Time session also for the under 5's. Both the creative play and Rhyme Time sessions proved to be very popular attracting up to 40 people including carers/parents. Unfortunately, the chair-based exercise class did not receive the numbers we initially wanted which we believe was to a lack of proper advertising. Unfortunately, due to the centre closing we are unable to continue with the sessions momentarily but will be looking at funding the sessions elsewhere.”* [Alan – No case studies due to lack of access to contacts](#)



## Small Things Creative Projects CIC - Springwater Children's Art Park

*"The Springwater Secrets Project has been a great opportunity to encourage increased use of Springwater Park by families with children. This has been*



*done through the delivery of monthly nature inspired creative workshops in the park, nature inspired activity leaflets which have been distributed to local*

*families each month, and an email list which has sent out nature inspired activities to families to try at home in their garden or in a local park. The park workshops have been well attended by a wide range of families, many of whom have subsequently attended other events in the park. The leaflets have been distributed to 100 homes each month and the email list contains over 60 families. The project has allowed us to explore new creative ways for families to engage in our spaces and has given us lots of inspiration and ideas how to develop our family and young people's offer over the coming months. This currently includes a monthly outdoor work sessions for home educated children, a regular session for young people in partnership with Greater Manchester Youth Network, and the development of a partnership with a local school so that their children can learn in our park. It has also shown what a great space our community area is for*



*workshops and activities so this is something that we will continue to develop over the coming months."* [Liz Case Study](#)

## Eden Garden Allotments – Refurbishment of the communal cabin

*"The vast majority of the £500 grant has been spent on the urgent repairs of the roof of the communal cabin.*

*The remainder of the grant was used to draught proof the windows, purchasing putty for the interior and exterior windows.*



*On Sunday 24<sup>th</sup> July, we were finally able to hold an open day for the allotments – a day we have waited three years for. The event attracted around 350 people, a great number of whom were able to use the facilities of the cabin.*

*The cabin is used daily by plot holders and members of the local community. It is also used to host meetings of the local resident's association and by many schoolchildren on their visits.*

*It is great to see so many different people being able to connect and reconnect just from the repairs of our cabin. Having a permanent fixture there like the cabin is vital to our group as it means individuals will want to stay there for longer, increasing their activity levels and the amount of time they take to themselves. Improving overall wellbeing. It also acts as a meeting point for members to sit and connect over a coffee".* [Bill Case Studies](#)



## Hollins Conservation Group – Stepping into Health

*“The group has enjoyed each other’s company while working together, keeping fit while improving the steps and*

*paths. The local people still use the path while the men are working, and they personally thank the group for their hard work and*

*dedication to enable their continued use of the Nature Reserve.”* [Louise Case Study](#)



## African and Caribbean Women – Cultural Cooking

*“The Cultural Cooking Club is going on well and we have members who attend on a regular basis. The sessions are held twice in a month and members have been learning how to prepare healthy traditional meals from Africa and the Caribbeans. Members have benefitted from this project by learning to prepare healthy recipes that are rich in vegetables and fibre. Members have also said that the project has given them the opportunity to meet people and make new friends. In addition, it gives them more opportunity to get out of the house.”* [Jumoke Case studies](#)

# West

## Radcliffe Litter Pickers – Safe Haven Gardens



*“To date the project has gone well and there is a noticeable change in the old graveyard. The council helped initially by clearing the dead trees and this opened the space. We have*

*had a couple of setbacks with appointing a gardener and builder. At our last work meeting we got a lot done, we decided to focus on certain areas, it is a very large project so can be daunting, this seemed to help people.*



*To see people in the community sitting at the benches and reading and to hear local workers use it on their lunch breaks has been greatly rewarding. This shows that what we have achieved so far is working and is very satisfying”. Gill [Case Studies](#)*

## Radcliffe & Stand URC Dementia – Re-Kindle

*“The group feedback from the July meeting was very positive from both the attendees and our volunteers. Obviously, there are several start-up teething problems, but we are*

*addressing these positively and speedily.*

*Initially Covid was a major set-back. Then we found that major support organisations such as the local branches of Alzheimer’s UK and Dementia UK were struggling themselves through lack of volunteers etc and were unable to offer the training and assistance we were hoping for.*

*Nonetheless, In July we welcomed our first attendees - 3 Memory Loss sufferers and their carers. We were so overjoyed we may have overwhelmed them!*

*However, the feedback from the attendees said:*

*“They could feel the Community spirit in the room and the warmth and interest towards guests”*

*We now think it is going to take some time to build up the numbers, but we believe ‘word of mouth’ is one of the best advertising mechanisms, so we are still very positive and looking forward to our continuing journey.”*

**Anne** [Full Report](#)



## Social Adventures – Radcliffe and Prestwich Strive



Woodland Wellbeing Walks – Adults  
The walk leaders have had good engagement from the participants with many attending regularly and building up the habit of walking and in being more observant and mindful to get more out of their walks.

Socially, attendees have made new friends and have said they will continue to meet up for walks after the project has finished. All regular participants have said it has encouraged them to walk more and to use our outdoor spaces more.

Learning point - as these were free events quite a lot of people booked on but did not attend. We increased ticket numbers to accommodate for a natural drop out but in future we would look at charging a small fee or deposit to help reduce the dropout rate.

Family Mental Health and Networking Drop-in Sessions -These were slow to book initially, and we ended up amalgamating sessions and running them for longer. We gained some regular participants who said they gained confidence from attending and started to make new friends.

We have decided to self-fund a regular stay and play session free of charge

on the back of this where we will cover all the topics from everyday parent queries through to early years mental health.

Toddler Yoga -These sessions were fun to watch, especially to see the progression from wobbly to confident yoga poses. This was also something that parents and toddlers could do together and observing you could see it provided a real focused and calming time for everyone involved.

We are looking at running some open sessions for this going forward.

Family Forest School Sessions - These were popular sessions and booked up fast. We gained some regular families who came to several of the events and enjoyed working together on bug hunts and den building. Parents said it gave them ideas for activities that they can do together as a family outdoors for no cost. We did have a dropout rate, however, upped our tickets accordingly." **Kate** Case studies

## Little Britain Anglers – Water Street Gardens Phase 2

*“We began the project Barge Garden Phase 2 to complement the Barge Garden on the opposite side of Water Street that was completed last year, whilst also working on the canal to try and clear it of debris/ litter and weed. The area on the main road when cleared will be grassed over and wildflower seeds applied, the fencing now that the bushes have been cut back will be painted all these things with the help of the volunteers in Radcliffe, I believe that just an hour of helping to improve the area we live/work in benefits our inner wellbeing as well as the community. I am very proud of the work already achieved and I am looking forward to the area become a safe, clean space for all the community.”* **Tracy Case Studies**



## Radcliffe New Life Church – EMBRACE Project

*“The ESOL group has been meeting now for over a year. At first for just an hour a week and since January for 3 hours. Some members have been consistently attending and have improved in confidence not just in their English but as people. One member of the group has been living in Radcliffe for 8 years and did not know a word of English before coming. She now*



*attends both the ESOL group and Fit and Fed with 4 of her 5 children. Another is hoping to start a course to become a barber and a couple more now are confident enough to do further studying. The course has helped to improve wellbeing and loneliness.*

*The art group has helped people with dementia, mental health issues, (anxiety and depression) and alcohol dependency to focus on something creative for the time they are attending. They have commented that the atmosphere is peaceful and restoring, helping them to feel more hopeful, calm, and upbeat. Their attendance is spasmodic mainly because of the up and down nature of their mental health.*

*Fit and Fed has been very well attended and parents and children have enjoyed the sessions doing activities together. There have been a variety of physical activities both indoor and out. It has been good to see the family members enjoying each other's company and helping to improve their mental and physical health. Many started off having done zero activity for a while, especially over the period of the lockdown”* **Sue & John. Case studies**



## Ainsworth Social Club

*“Ainsworth Social Club was in receipt of a grant from the Live Well Service in Bury.*

*The cash input has been much appreciated and has helped us to continue, without worry, following the*



*pandemic. Members returning once we re-opened has been slow, but we feel we are slowly getting back to pre-pandemic numbers.*

*However, an even greater benefit to*



*the club has been the help and support from the staff of the voluntary sector in Bury.*

*They have made helpful*

*suggestions; they have provided staff to come along and give talks and presentations and they are always just an email away if we have needed advice or help. The liaison between all the voluntary organisations in Bury is to be commended.*



*Also, following the talks and presentations, some of our members have received both practical help and personal support from various organisations.*

*With particular thanks to Fay Robson, Tony Foster, and everyone else who has supported us (too many to mention - but equally appreciated)."*

*Andrea [Case studies](#)*

## **Radcliffe Sonics – Women's Over 40s Walking Football**

*"The football group was a new group set up from the fund and since its beginning I could not be prouder of its growth.*

*It is amazing to see all the ladies come down regularly whatever the weather. I think the lack of pressure with it being a walking group has really boosted confidence as*



*individuals who started with the team walking have now increased their fitness, I find them running for the ball – even though they are not allowed!*

*The team have bonded that well we have had the chance to take our team away to various tournaments such as one in Blackpool.*

*The girls that attend have now become a close-knit group realising that starting with their love for football they also have a lot more in common and now meet up externally outside the group.*

*As the group started to grow the success of the England women's football really boosted everyone's confidence and made us realise what a fabulous game it is for bringing people together, boosting morale and improving activity levels."*

*Lulu [Case study](#)*



## Forever Friends

*"I am very happy with how well the group is doing, it has increased in membership since starting back up after COVID."*



*With the money received we have managed to take our members on many trips, things that would not have been possible for the*

*group or the members without the funding.*

*We have been able to experience the outdoors on a canal trip, visit cathedrals, have a trip to the garden centre and a couple of afternoon teas! With the age of our members, it is great that we can do these activities every so often to keep them active, give them something to look forward to and make sure they are keeping social – our group is now like one big friendship group.*

*We have also been able to invite artists, take part in clay pottery making, invite musicians, and a chair-based exercise lady regularly to our groups. Keeping the members mentally and physically active.*

*For myself, running the group it has given me a sense of purpose, which I lost during COVID. For the members, it meant everything to be able to open again, meet new people for a chat and enjoy a cup of tea!"* **Margaret** Case Study



## Corrie Gardeners

*"Working with 'The Friendly Bench', The bench has been installed right in the heart of Coronations Gardens, where it will bring people of all ages and backgrounds together, including children and older members of the community, all of whom live within walking distance of it. With the funding from the HIF we have also been able to make a path towards the area that is accessible for all."*

*Not only has it been made a nice place to sit, but we also aim for The Friendly Bench to*

*be an active social hub where people across the community will meet, take part in activities together, share skills and make friends, it will be a truly vibrant community hub.*

*We are really pleased with how it has turned out and are looking forward to seeing it used by the community."* **Tina & Lyndsey** (The Friendly Bench)

Corrie Gardeners Community Group @CorrieGardeners · Jul 31  
Our new accessible path installed this week to our @Friendly\_Bench thanks to our health improvement grant #Letsdoit #Letslivewell @BuryCouncil @SixTownHousing @BuryVCFA





# Pan Bury

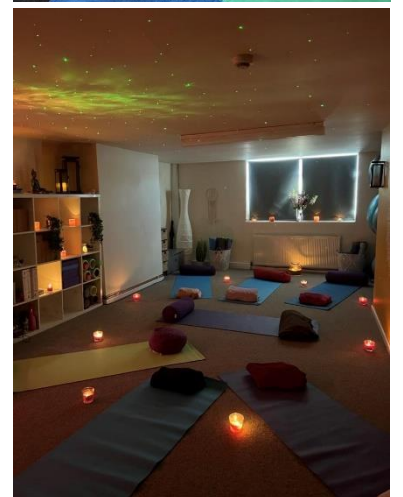
## One Step CIC – Wellbeing Workshops & One Step Gym

*“Everyone who has attended One Step has joined with the overall goal of improving their mental and physical health. As you can see through the case studies, One Step has also given them an opportunity to meet new people, form friendships and communicate with others who are struggling with the same difficulties. Providing them with a safe space and understanding which has a massive impact on mental health, while getting weekly exercise and movement. This has given beneficiaries a weekly routine and motivation.*

*Those who have attended our groups have built up their confidence and gone onto join other groups, both with One Step and elsewhere. Connections have been made and signposting is something that happens nearly every session, expanding the awareness of local opportunities and services available. Beneficiaries that are new to Bury have been able to get to know others and local places available to them as well as benefit from the classes and what we offer. This in turn has brought communities together and improved the mental health and well-being of those attending, One Step at a time.*

*At the end of each session, a brew and a chat always goes down well as everyone has a chance to feel heard, respected and related to. This has been important as for some it is the only place, they have had that. Everyone supports and encourages each other, and the connections that have been made between the*

*beneficiaries is a lovely thing to see and what we aimed for, and this is something that gets stronger as the weeks go on. We think the groups have gone very well both at Vibe Personal Training Studio and B.A.W.C, with the Mayor of Bury attending our Wednesday groups weekly. We feel very lucky to have had the opportunity to help so many people, especially those who may not have otherwise been able to benefit from such a service as One Step. We understand that not everyone can make it each week, and when those who have missed a few sessions do come back they always say how much they have missed it and really needed it. If people can't come for a while for whatever reason, it may be, they are always welcome back with open arms. We keep in contact with everyone via our WhatsApp groups,*



where we offer support, signposting, and motivational messages / media / links - so those who cannot make it each week don't feel disconnected. We have one for the Women's groups and one for the Men's. We also offer 1-1 sessions when and if needed."

Judith [Full feedback and case studies](#)

## Rotary Club – Radcliffe – Alternative Therapies

"In January '22 we were notified that we had been awarded sufficient funding to work in six schools across the authority. The two Radcliffe schools would be our starting point, and both were contacted to inform that funding was granted. In February I made appointments to see the head teachers to explain further what was intended, the sorts of therapies we would undertake and to see what facilities the schools would use.

Problems then started. The policies in existence for working 'off site' needed to be re written. Until March there were extremely taxing regulations in existence from the therapist's regulatory body, which quite frankly were impossible to resolve with the pupils we would be working with. COVID sicknesses took place, travel issues happened and then before we knew it, it was the easter break.

I have managed to get in touch now with the Head at Radcliffe Hall and eaten humble pie, but I am delighted to report they are open to working with us in September. There will be a substantive head now and the acting head will be returning to her substantive role as Deputy. At Radcliffe Primary the substantive head will be back from maternity and as she was the person I originally spoke with; I am sure we will have support there too. I still believe in this project and am sure it will be successful. I am planning

to meet the therapists over the summer so that everyone can be able to be ready to go in September. Thank you, Fay, for giving us a second chance. We will deliver!" Gillian [Full report](#)

## Bury Cabaret Lunch Club



"We have managed to get 7 venues going in the Bury area. Some are more successful than others. This depends a lot on the enthusiasm of the Landlord / Landlady. We have managed to spend the Marketing budget wisely and will hopefully

soon start to see the benefit of that in terms of new members. We want to get members involved more moving forward.

The lunch club has always prided itself in getting people together, socialising and bonding over the songs of the past. It is great to see so many people enjoying themselves and coming back week on week." Sarah



## Black Dog Mountain Biking Club

"So far, we have accredited 5 MIAS MTB Ride Leaders at Level 1. This enables them to lead groups on the MTB trail here at Philips Park.

We have booked race entries for some of the riders, they will be competing at



two national events. To see them come this far with their confidence and skills is amazing.

The main group have spent some considerable time helping to maintain the trails, under the supervision and direction of Dirt Factory and Farmer Johns Bike Park. This has enabled them to work on the trails at a basic level. By also maintaining the trails we have incorporated learning to respect the area and respect the park.

The group were involved in the promotion and delivery of the open day at Philips Park when the trail was re-opened.

There are currently 6 'steady' members who attend on a regular basis, with a further 8 made up of our newly formed junior section.

These are supervised by parents, who we have also accredited as ride leaders. The junior riders are also looking to enter races and are now riding regularly at the park." [Julie Case Study](#)



## Early Break – Closing the gap

"Ahead of the group starting in February we set off with the intention of going on long walks with the group across Bury's greenspace. This has taken place but been difficult as the group have generally struggled to walk long distances. We have tailored the walking activities to suit the groups

needs and walk shorter distances. As the weather took a turn for the worse, we moved indoors and have been playing badminton on a weekly basis

followed by group activity at the Early Break office.

Feedback from the young people is that badminton has really helped them as it

allows them to active, but they do not find it too strenuous. We play doubles so the young people have found this as an opportunity to work in a small team and in competitive spirit.

We have a good core of young people but had some recent referrals that will begin to join us in the next few weeks. Anxiety has been a big theme so far and we are working creatively to ensure young people feel welcome and supported. So far, we have managed to signpost everyone to something else, largely another service within Early Break but the walk and talk element of the group really supports this. We have had to manage dynamics and clashes of personalities, but this was to be expected! [Gareth Case Study](#) – No images due to nature of group

## Bee Inclusive

"The Let's Live Well sessions have been really successful and popular with Bury's SEND families. This generous grant has enabled Bee Inclusive to provide activities to many



families with children aged 0 - 16 years who have a variety of special educational needs and disabilities. Sessions have taken place both at the SEND hub in Radcliffe, and at a variety of other accessible venues across Bury in order to reach as many families as possible. Activities were carefully selected to support the needs of children with SEND and their families. Outside providers including



Sensory Bears, Skylight Circus Arts and KidsRock were selected as they are all

experienced in providing SEND sessions and adapting activities to meet different abilities. Parents have commented on how experienced, knowledgeable, and engaging session providers and volunteers were during the activities.

Parents have reported feeling at the events that they are in a safe, supportive environment where other parents are accepting of their child's behaviour and needs.

Many parents have also enjoyed the opportunity to get out and meet new people - socialising with other parent/carers. Many parent/carers have said they often feel lonely, single parents, those with multiple children with SEND, parent/carers with disabilities themselves and parent's caring for children with complex needs.



Following on from this project, Bee Inclusive will be looking for future funding opportunities to continue providing social opportunities for children with SEND in Bury. During the summer holidays, the number of families applying for spaces on activities was far greater than the number of places available. This project has highlighted just how important it is for SEND families to have inclusive and accessible activities that the whole family can access, especially during school holiday periods." [Michelle Full report with case studies](#)

## Bury Hospice

"The hospice has been developing the outreach service since 2019 – and the additional funding has facilitated more patients to be supported in their home. It has also facilitated work around awareness of the services, with the objective to grow the service from 5 days a week, to weekend availability in line with the Hospice's 5-year strategic plan.

The increase in outreach hours, from this funding, was hugely beneficial. The funding process was straightforward and although we were disappointed to only be awarded a proportion of our application, we were very grateful to receive the funding for 1 part time staff member. We would be very keen to apply for future funding, as we plan to grow the team to reach our 7-day goal, to enable us to support to more patients and their carers." [Jane Full report with case studies](#)



## Bury Involvement Group – BIG

*“We set out to provide support to those in our community who are living with significant mental distress, who were in or had recently experienced a mental health crisis. Hopefully, this report highlights that we have had a ‘BIG’ impact on that group with our new project. The group support we have provided has enabled us to support 69 individuals who would otherwise not have been supported, enabled us to form a seamless pathway for people to step-up and down between our Bury Peer Led Crisis Service and our community group offer.*

*Given the challenges the volunteer team have highlighted over the project we are also focusing on the recruitment of new volunteers and the establishment of new volunteer roles within BIG, and we are aiming to return to our pre-covid levels of volunteers by the end of 2023.*

*The process for applying was simple, the questions asked at the application stage were not too onerous in terms of the information required. The support from our grant manager, Kathryn Taylor, was great.”* [Maggie Full report with case studies](#)

## Bury People First

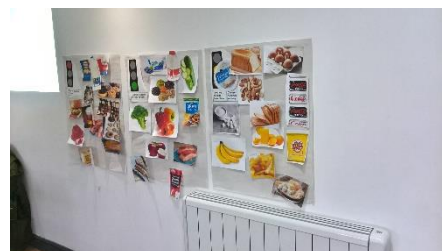
*“Feedback from the session is that participants have felt that they have learnt new skills or gain further skills*



*have said that they sessions have*

*on eating healthy, living a healthy lifestyle and being able to make their own choices. Participants*

*been extremely helpful in having control over their life, with what they eat, being able to cook healthy food and how they can keep active without it costing anything. The course has come at such an important time as living costs have increased a lot and people are worried about how they will manage. The course has given people the confidence and increased peoples self-esteem. Some people have formed friendships in which they are now meeting out of the workshops and going for walks together to improve their fitness and mental health. This is something that would not have happened without the workshops.*



*We have worked hard to ensure that all our workshops have been relevant and what the learning-disabled community wanted. We spent time at the beginning of the project co-producing the workshops to ensure we met the needs of the learning-disabled community. We have been very flexible in our approach and ready to adapt to any issues that have risen during the project so we could ensure we continue to meet the needs of the participants. We hope to find further funding to continue the project but also develop the project further.”* [Hamaira Case studies](#)

## Bury Tandem Club – Meet the Need Campaign

*“Cycling for blind or partially sighted. The Health Improvement fund has really helped the club to reach more people, make us more sustainable and the sessions have gone well with plenty of pilots on offer for the stokers to get our training. The project did meet our aim as the new saddles are great for the men and women, all the stuff we got is a massive help to us all. We are managing to get more miles in when cycling because of the equipment we got. Our ride to Skipton was a massive success, giving pilots and stokers more confidence and good publicity for the group.*

*We found the funding process great. The support was fantastic and having Kathy whenever we needed her was a great help.*

*We intend to continue the project as this is the main aim of Bury Tandem Club to keep physically and mentally healthy, and as we are a non-profit charity, we must seek funding on a regular basis to keep the club running.” Laura*





## Jigsaw

*“The project, in particular the walks, have helped Jigsaw members gain confidence to go out more as the familiarity of the Jigsaw staff and volunteers delivering the walks have offered comfort and reassurance. With the walks we have found that more central Bury parks have been more popular than those in Prestwich*



for example. If we were to do it again perhaps, we could consult with the Jigsaw members to see where there preferred location would be. As participants have been paying a nominal fee to attend the walks, this has helped to build funds to support the future sustainability – walks will finish in September for the winter period as planned but will commence again in April 2023 when the weather improves.” **Ellen Case Study**

# The Big Fandango – Building a Suicide Safe Community

*"I feel our suicide prevention training has been an innovative project that we are continuing to improve. It has helped build strong relationships across the community and everyone*



who has done the training has been incredibly positive about it. We have had several participants who have later

fed back that they have used the training in their role and found it gave

*them confidence to be able to support someone effectively.*

*I cannot fault the funding process; we have had tremendous support from the Living Well team and have been given the flexibility to tweak things when they did not work as we had envisaged.*

*We intend to continue the project; this was always the plan as this work needs to be ongoing.” Rebecca*

## The Sunnywood Project

*"It was pleasing to read the many emails received from families describing their adventure within Chesham Woods. Most messages and conversations described their enjoyment of exploring an unfamiliar area and the sense of achievement so. Parents stated that the program provided their children with the opportunity to take the lead on the*



*The length of the activity and distanced walked varied: some parents stated that activity took them 20 minutes to complete whereas others stated it took almost two hours – this was due to the freedom given in directional choices which led to some families walking in large loops around the woods.”*

Sammy &  
Marc Full  
report and  
testimonials



## Total Communication Services

*"Total Communication were given some funding from Lets Live Well to run a project. We think multisensory stories are helpful for people with*



*complex support needs. Sometimes those people are not included in activities, and we want*

*to include and interact with them. We used the money to run sensory story sessions for children and adults in lots of different places around Bury. We trained staff in how to use sensory stories and write their own. We also delivered some training to district nurses about different types of communication.*

*In February 2022, Speech & Language Therapy students who were on placement with Total Communication Services CIC started to make some materials which would help us train adults with learning disabilities to become storytellers. They consulted self-advocates from Bury People First on the words and pictures to make sure they were easy to understand and made sense to them.*

*From the 7<sup>th</sup> of June, Alison Matthews (Speech and Language Therapist) began training the self-advocates from Bury People First. We*



*practised every Tuesday for seven weeks and wrote some guidance on storytelling which might help other self-advocates become storytellers too.*

*From mid-July (the summer holidays), we have run sensory story sessions for lots of different services around Bury. We have also run staff training sessions so that staff can continue telling multisensory stories once our project has finished.*

*So far there has been seven services involved in our project. Approximately 75 people have attended our sensory story sessions. These participants have been a mixture of ages and ethnicities. Some children have been as young as 2 and some have been over 50. We will have also trained 40 members of staff*

*(approximately) across Bury in how to deliver MSST sessions. Three self-advocates from Bury People*

*First are trained and can continue to deliver sessions once the project is complete." Alison [Full report](#)*





# Branded Collateral





