

## **Welcome to the latest edition of our Beacon Box (Issue 7) A monthly activity pack for you to enjoy in your own homes**

**The Beacon Service at Bury VCFA provide a social prescribing service offering a totally person centred approach to anyone aged over 18 and registered with a Bury GP. We recognise that everyone is unique and has their own individual needs and make sure the support you receive is completely personal to you helping to improve your health and wellbeing.**

**There are lots of community groups, activities and events available locally and we know that many of you are looking forward to getting involved with things in your communities, but we also know it can be difficult to access and join in for many different reasons.**

**That's where we can help you. It's very important to us to listen to your concerns and support you to access relevant activities, groups, services and organisations which meet your needs and help improve your health and wellbeing.**

**Our Beacon Box will continue to give you a taster of some of the local activities and will also have information about what is going on throughout the borough of Bury. The activities are designed to be done from peoples own homes to support people who cannot attend groups and sessions locally for whatever reason.**

**Each pack is available on request by individuals or through referrals to Beacon Service.**

**For more information and support accessing community services suitable for your needs please ring 0161 518 5550 or email [beaconservice@buryvcfa.org.uk](mailto:beaconservice@buryvcfa.org.uk)**

**This month's Bury VCFA quiz is Two by Two  
Answers will follow in the next issue.**

**TWO BY TWO**

1. The tallest building in the world with 2 towers is in Kuala Lumpur. What is it called.
2. Who was the male actor in the 1980s comedy "The Two of Us" alongside Janet Dibley?
3. Paris has two main airports. Charles de Gaulle (CDG) is one, what is the other?
4. The American bomb that was dropped on Hiroshima was called Little Boy. What name was given to the bomb dropped on Nakasaki?
5. Who wrote The Two Towers?
6. Venus & Serena Williams are tennis playing sisters, but what is the surname of Czech twins Karolina & Krystina? (Karolina has previously been ranked no1 in the world)
7. The 2 Ronnies were a popular British comedy partnership, but which comedians created "The 2 Rons"?
8. The River Dee is a small river in Cumbria, but shares its name with a much bigger river in England & Wales. Which English City does this river flow through?
9. Sparks was a pop group of the 70s, with hits such as "This Town Ain't Big Enough for the Both of Us". Brothers Ron (keyboard) & Russell (vocal) had what surname?
10. Phil & Gary Neville once played for Manchester United, but what is the name of their sister who coached the England netball team?

## Answers from last months VCFA Quiz

Question: Which city hosted the summer Olympics in 2004?

Answer: Athens

Question: The Olympic torch is lit at which ancient site in Greece?

Answer: Olympia

Question: Which is the only city to have held the summer Olympic Games on three occasions?

Answer: London – 1908, 1948 and 2012

Question: Which Olympic sport is played with stones and brooms?

Answer: Curling

Question: Linford Christie was the oldest person to win have won gold in the 100m at the Olympic Games. At which Games did he achieve this?

Answer: Barcelona (1992)

Question: Which Olympic Games were rescheduled to four years after the year for which they were awarded?

Answer: 1948 In 1939 the Games were awarded to London for 1944 but these Games were not held because of the war and were rescheduled afterwards to 1948.

Question: Which track athlete won the gold medal in both the 200 and 400 metres in gold shoes at the 1996 Olympics?

Answer: Michael Johnson

## Looking for something to read?

**Thanks to Gemma at Lowther Road Free Little Library for the monthly book reviews!**

### **Behind closed doors - Miriam Halahmy – Young Adult**

This story follows Tasha and Josie, to the outside world they're completely normal 15yr old girls, but behind closed doors they're dealing with a whole world of problems. They are pushed into friend and allyship as their lives converge in a way neither would expect as their circumstances drive them perilously close to homelessness. A snapshot of how easy it is for things to get turned upside down, what happens when parents don't put their children first, and resilience of spirit. Interestingly we see glimpses of almost every characters home life, so we can see how every single house/family is different, and the troubles each is dealing with. Because the eyes we're seeing it through is a teenage girl, very much concerned with her own issues the reader is left to wonder, and put pieces together, and imagine what that characters larger life looks like. A rather nice way of demonstrating that we're all mostly concerned with our own problems. It perfectly encapsulates the drama and intensity of the teenage girl sphere, whilst remaining innocent in many ways. It felt like something an avid Jacqueline Wilson fan might advance to. \*Trigger warning for abuse but no abuse actually happens\*

### **Vurt - Jeff Noon – Adult**

Manchester cult classic, imagining an alternative future Manchester which is home to not just humans, but also a plethora of human hybrid creatures, each more disturbing than the last (the gradient scale of dog human hybrids haunts me). Vurt is a feather, a drug, a dream state which is both legal and illegal depending on the feather you use. It drives the narrative of the story which is essentially Scribble trying to find his lost sister, but is in fact so much more. Filled with messy, complex characters, familiar landmarks, bizarre hybrid combinations, and invented language, you're immediately immersed in a world which feels grimy, dirty, and inescapable - you easily see why everyone spends so much time in Vurt. Sci-Fi dystopia done really well.

### **The Otter Who Wanted to Know - Jill Tomlinson – Child**

Pat is a sea otter who never stops asking questions, she is curious about everything in her world and through her, and her otter friends and family, we find out so much about sea otters! If you're a fan of The Owl who was Afraid of the Dark you'll love this. Gentle and easy to read alone for confident readers, but one that's sure to capture everyone's heart if read aloud.

**You can borrow these from the local library or access them free at Borrowbox**

<https://www.borrowbox.com/>

## Fill my Cup!

Thanks to The Creative Living Centre



Let's fill our cups, we all have lots of things to be thankful for, things that make us feel happier and better about ourselves but we often forget about these things.

Find a cup or a jar and if you want to decorate it.

Every day take some time for yourself and do something you enjoy like go for a walk, read a book, look out of the window, soak in a bath, listen to some music.

Then each day write down up to three things you are grateful for on separate pieces of paper and fold them and put them in your cup.

At the end of the month or whenever you are feeling fed up unfold the paper and have a read and remember what makes you feel better.

## Prestwich Community Cinema

Prestwich Community Cinema are back and will be meeting on Sunday 12<sup>th</sup> September at 7:30pm at Carlton Club to watch Minari. You can buy your ticket for £5 on the night or book online at <https://prestwichcommunitycinema.co.uk/whatson/>

If you can't go along have a watch at home.

### Minari

A tender and sweeping story about what roots us, Minari follows a Korean-American family that moves to a tiny Arkansas farm in search of their own American Dream. The family home changes completely with the arrival of their sly, foul-mouthed, but incredibly loving grandmother. Amidst the instability and challenges of this new life in the rugged Ozarks, Minari shows the undeniable resilience of family and what really makes a home.



**Calling all military veterans, blue light services and family members! Bury Veterans Hub Café are now meeting for breakfast 10am – 12noon every Wednesday at Radcliffe Borough Football Club, Colshaw Cl E, Radcliffe M26 3PE**

**To celebrate the opening of Bury Veterans Hub Café in Radcliffe we have a recipe.**

## **Full English Breakfast**

### **Ingredients**

2 sausages  
2-3 rashers of bacon  
2 flat mushrooms or chopped mushrooms  
1-2 ripe tomatoes or tinned plum tomatoes  
1 thick slice of black pudding  
1 large egg  
1 slice of bread  
Optional – 1 tin beans



### **Method**

1. Heat the frying over a low heat, on top of 2 rings/flames if it fits, and brush sparingly with light olive oil.
2. Cook the sausages first. Add the sausages to the hot grill plate/the coolest part if there is one and allow to cook slowly for about 15-20 minutes, turning occasionally, until golden. After the first 10 minutes, increase the heat to medium before beginning to cook the other ingredients. If you are struggling for space, completely cook the sausages and keep hot on a plate in the oven.
3. Snip a few small cuts into the fatty edge of the bacon. Place the bacon straight on to the grill plate and fry for 2-4 minutes each side or until your preferred crispiness is reached. Like the sausages, the cooked bacon can be kept hot on a plate in the oven.
4. For the mushrooms, clean the mushroom, trim the stalk level with the mushroom top. Season with salt and pepper and drizzle over a little olive oil. Place stalk-side up in the pan and cook for 1-2 minutes before turning and cooking for a further 3-4 minutes. Avoid moving the mushrooms too much while cooking, as this releases the natural juices, making them soggy.
5. For the tomatoes, cut the tomatoes across the centre/or in half lengthways if using plum tomatoes, and with a small, sharp knife remove the green 'eye'. Season with salt and pepper and drizzle with a little olive oil. Place cut-side down on the grill plate and cook without for 2.

# myplace Nature's Colour Pallet



Harvest time is nearly upon us. Even just a glance out of the window at the moment, is rewarded by a rainbow of colours, with many plants being in full bloom. With so many different flowers, this time of year offers a feast for pollinators. Alongside the stunning plants and frolicking wildlife, summer brings warmer weather and longer days, perfect to spend time outside connecting with nature! Why not have a go at taking notice of your natural surroundings by making your own foraged watercolour paints and use them to paint a picture inspired by nature?!

## What you will need to make your paints

- to be wearing old clothes that you don't mind getting stained
- Water colour paper to paint onto (you could use any paper, but standard paper may rip.)
- paint brushes (you could have a go at making your own natural paint brushes using grasses tied to a stick?)
- water
- lots of bowls
- Pestle and mortar (or a strong bowl and smooth pebble to crush materials)
- a sieve
- Lots of colourful natural materials to experiment making paints with



**Have fun experimenting with different plants and materials, however when foraging always remember...**

- Avoid using poisonous or rare plants. If in doubt what a plant is, use a field guide so you can identify which are safe to use.
- Only take what you plan to use, remember you won't need much to make paints!
- It is illegal to uproot any plant not on your own land so no digging up plants!
- If picking flowers, berries or taking other materials from nature, as a general rule, think pick one for you, but leave at least 2 for nature
- don't eat what you pick, we are foraging for our paints not our stomachs this time!

### Natural Materials you could try...

- Green - Grass, Nettles, spinach
- Black - charcoal
- Pink/Purple - bilberries, blackberries, beetroot, some flower petals
- Red - strawberries, paprika, rust chips
- Grey - clay, charcoal mixed with chalk
- Brown - earth
- Yellow - turmeric



### How to make your paints...

Depending on the hardness and wetness of your natural material, depends how you create your paint.

For example, if you were making paint out of charcoal or chalk, first you would need to use a pestle and mortar to grind the raw material down to a powder, you could then mix with small amount of water to your desired consistency.

If using wet materials such as berries, leaves, flowers or vegetables, you may need to grind them with pestle and mortar first, then pass through a sieve or cloth, collecting the liquid in a separate container, this liquid will be your paint (although you may want to add a touch more water).

The best way to enjoy using natural paints is simply to have a go, if you want thicker paints, or paints that transfers to other surfaces, you may want to look into 'making natural paints with binders'.

For more detailed instructions on how to make paints from natural materials, why not check out: <https://recyclenation.com/2015/04/how-to-make-dyes-paints-from-plants/>

Protecting Wildlife for the Future

Be part of it



Lancashire Wildlife Trust  
@lancswildlife

## Beacon Service Calendar of Events and Activities

The Beacon Service at Bury VCFA provide a social prescribing service offering a totally person centred approach to anyone aged over 18 and registered with a Bury GP. We recognise that everyone is unique and has their own individual needs and make sure the support you receive is completely personal to you helping to improve your health and wellbeing.

Our calendar of events and activities gives you a small insight into some of the amazing range of events, activities and groups available within the borough of Bury.

If you would like support accessing these groups or information about other groups locally that you would be interested in please contact us on 0161 518 5550 or email [beaconservice@buryvcfa.org.uk](mailto:beaconservice@buryvcfa.org.uk)

If you would like information about your group, organisation or service included or to receive the calendar by email please contact [beaconservice@buryvcfa.org.uk](mailto:beaconservice@buryvcfa.org.uk)

Events			
Chorus Choirs TASTER SESSION	Manchester Maccabi Community and Sports Club	Thursday 9 September 2021 7:30pm	
Lets Celebrate with Age UK	The Jubilee Centre, Clarence Park, Bury	Saturday 11 September 11am – 4pm	
Prestwich Arts Festival – fantastic creative community festival for with something for everyone to enjoy.	Different locations in Prestwich	Different events between the 18 <sup>th</sup> – 26 <sup>th</sup> September 2021	<a href="http://www.prestwichartsfestival.co.uk">www.prestwichartsfestival.co.uk</a>
Growing Together Community Event	Radcliffe Market 10am – 2pm	Saturday 2 October 10am – 2pm	Go and meet local community groups in Radcliffe and find out what's going on locally
Apple Day – Incredible Edible Prestwich and District	Phillips Park	Sunday 17 October	<a href="https://iepad.co.uk/">https://iepad.co.uk/</a>

<b>Groups and Activities</b>			
Volunteering opportunities	We have a huge range of volunteering opportunities available	Throughout the whole borough	<a href="http://www.buryvcfa.org.uk/volunteering">www.buryvcfa.org.uk/volunteering</a>
St Marys Flower Park – helping restore the flower park	St Marys Flower Park, Prestwich	Every Wednesday and Saturday 10:30 – 12 noon	Contact Amanda on 0161 773 7910
St Marys Churchyard Action Group – looking after and improving the local churchyard	St Marys Churchyard, St Marys Church, Church Lane, Prestwich	Every Tuesday 9:30am and every 2 <sup>nd</sup> Saturday of the month 9:30am	Contact Bill Cottam on 0161 798 6489
Whittaker Lane Walks	Meet at Whittaker Lane Medical Centre	Tuesday September at 2pm	To book email <a href="mailto:amshalks@yahoo.co.uk">amshalks@yahoo.co.uk</a>
Coffee and Craft	Church Lane Community Centre, Church Lane, Prestwich	Every Tuesday 10am – 12 noon	Please advise the centre if you are attending
Oasis @ Whitefield Methodist Church Activities for babies and toddlers	Whitefield Methodist Church, Elms Street, Whitefield M45 8GQ	Baby Days, for non-movers & movers: Tuesdays 9.30-11.30; Rainbow Days, for pre-school toddlers: Wednesdays 9.30-11.30 See & Know Mondays: coming soon	To book go to: <a href="https://www.facebook.com/watch/OasisSoftPlayWhitefield/">https://www.facebook.com/watch/OasisSoftPlayWhitefield/</a> Queries: contact Joyce Herdson 07305088438
Incredible Edible Prestwich & District - Help to grow fruit, herbs and vegetables at one of our many projects. It's free and there's no	Various locations in Prestwich, Whitefield and Radcliffe	See events page on <a href="http://www.iepad.co.uk">www.iepad.co.uk</a>	Contact <a href="mailto:iepad.volunteers@gmail.com">iepad.volunteers@gmail.com</a>

experience needed			
Pilates Group	The Phoenix Centre, St Mary's Park, St Mary's Road, Prestwich M25 1GG	2 sessions – Thursday mornings Early Bird Pilates 9:45am – 10:45 am Pilates - 11am – 12 noon	Contact Lorraine Platt at North Manchester Fitness on 07855 505 958
Creative Living Centre - ,	Creative Living Centre 1A Rectory Ln Prestwich M25 1BP	Offer a range of therapeutic, creative and social activities, including music therapy, counselling, yoga, mindfulness, art/crafts and a singing group	Please ring 0161 696 7501 to make a new member appointment (membership is free)
History Detected - Metal detecting group		Various	For more information, phone: Gary 0161 7731059 or 07562 366411
Astronomy Group	Meet at the Bowling Club in Heaton Park	Every Thursday 7pm – 9pm during the Winter months	Message the group on Facebook – Heaton Park Astronomy Group
Prestwich Plodders	St Margaret's Road Entrance - gate 15, Heaton Park, M25 2GT. Free parking (after 5pm), we gather at the front of the car park opposite the bowling green building come rain or shine	6:30pm Wed evenings	<a href="https://www.facebook.com/groups/393375504353110">https://www.facebook.com/groups/393375504353110</a>
The Crown Veterans Breakfast Club - £4.00 – for	The Mosses Centre, Cecil St, Bury BL9 0SB	Every Friday 9:30am – 11:30am	<a href="https://www.facebook.com/groups/494546227771123">https://www.facebook.com/groups/494546227771123</a>

veterans and their families			
The BAME project	Newtons, Bury	Offer a range of activities for local ladies to get involved in	<a href="https://www.facebook.com/TheBAMEproject">https://www.facebook.com/TheBAMEproject</a>
Veterans Hub Café Breakfast	Radcliffe Borough Football Club, Colshaw Close, Radcliffe	Every Wednesday 10am – 12noon	<a href="https://www.facebook.com/groups/247732292554417">https://www.facebook.com/groups/247732292554417</a>
Rammy Men – weekly activities			For more information have a look at the website <a href="http://www.rammymen.org.uk">www.rammymen.org.uk</a> or follow them on Facebook
MEN'S wellbeing group - One Step Bury	Vibe Personal Training Studios Albert Works, Brook St, Bury BL9 6AH		£2 suggested donation but no worries if you can't afford it. To book a slot Text: 07745 356796 email: <a href="mailto:onestepbury@gmail.com">onestepbury@gmail.com</a>
The Big Fandango	34 Bolton Street, Bury	The Big Fandango is a community arts centre for anyone to get involved in arts and crafts based activities. We also offer a safe space for peer support groups. Our aim is to promote mental wellbeing through doing fun stuff!	For updates see <a href="#">The Big Fandango   Facebook</a>
The Sunnywood Project		The Sunnywood Project offer a range of outdoor activities for people of all ages	<a href="https://www.thesunnywoodproject.co.uk/">https://www.thesunnywoodproject.co.uk/</a>  <a href="https://www.facebook.com/thesunnywoodproject">https://www.facebook.com/thesunnywoodproject</a>

Supporting Sisters	Supporting sisters, is an organisation that provides women and men a platform to become socially active, building on community cohesion, diversity, health and wellbeing.	Activities are held weekly include coffee mornings, gardening, walking.	<a href="https://www.facebook.com/SupportingSist1">https://www.facebook.com/SupportingSist1</a>
Drum 4 Fun For adults of all abilities	St Bernadette's Social Centre 5 Selby Ave, Whitefield, Manchester M45 8UT	Friday: 10:00-11:00 17:00-18:00	Cath Fleming 077905 38844
Zumba	Hollins Community Centre, Whitefield and Sunnybank Community Centre, Whitefield	Contact for more details and to book	Call Dianne: 07941 382 740 <a href="http://Zumbainternational.com">Zumbainternational.com</a> <a href="https://www.facebook.com/zumbainternational">https://www.facebook.com/zumbainternational</a>
Trust House Whitefield	Trust House Whitefield is a community centre, open to all, offering free support, advice and guidance to those in need.	Range of activities for everyone	<a href="https://www.facebook.com/trusthousewhitefield.org">https://www.facebook.com/trusthousewhitefield.org</a>
BSV Fitness	Chair based and later life exercise sessions	Contact Bev for more information about sessions which are held in Whitefield, Prestwich and Radcliffe	<a href="https://www.facebook.com/BSVFitness">https://www.facebook.com/BSVFitness</a> 07547 862749
Radcliffe Litter Pickers	Friendly group of volunteers who get together and litter pick the areas where we live, public areas, the countryside and the canal.	Join the Facebook group for details of their events	<a href="https://www.facebook.com/groups/2839975599560782/">https://www.facebook.com/groups/2839975599560782/</a>

Little Britain Anglers	Little Britain Angler's has been set up by a group of Anglers with a common aim to improve and protect the River Irwell and its surrounding environment and waterways and canals.		<a href="https://www.littlebritainanglers.club/">https://www.littlebritainanglers.club/</a>
The Tottington Centre, Market Street, Tottington, Bury BL8 3LL		Currently open for room hire, borrowing books and computer use and the tea room is open from 2 August	<a href="https://www.tottingtoncentre.co.uk/">https://www.tottingtoncentre.co.uk/</a>
Bury Croquet Club		For details see the website	<a href="http://www.burycroquet.com">http://www.burycroquet.com</a>
Learn to Dance with Dance For Fun	St John with St Marks Hall, Parkinson St, Bury. BL9 6NY.	Every Tuesday at 7pm. Only £7.50 per person.	<a href="https://www.facebook.com/danceforfunuk">https://www.facebook.com/danceforfunuk</a>
Line Dancing	Church Lane Community Centre, Church Lane, Prestwich	MON 10.30 - 11.30, 11.30 - 12.30	Contact Ruth 07594438840
Tai Chi	Our Lady of Grace Church Hall, Fairfax Road, Prestwich	Monday 10:30 – 11:30 £6	Contact Ivan on 07870630979
Prestwich Circle	Social activities, events and outings for over 50's	Membership is £20 for individual and £35 for a couple	For more info visit <a href="https://hmrcircle.org.uk/">https://hmrcircle.org.uk/</a>
Love Football	Football for anyone 18+, any abilities to support mens mental health	Sessions at Parrenthorn High School and Elton High School	For more info visit <a href="https://love-football.org/">https://love-football.org/</a>