

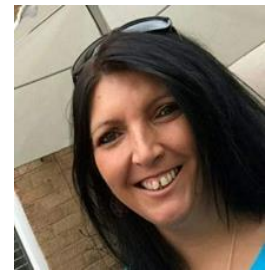
Beacon Service Newsletter

Prestwich February 2021

The Beacon Service is a Social Prescribing Service working to support local residents in the borough of Bury. We support adults who are registered with a Bury GP and who are aged 18 and over. We provide a totally person centred approach recognising that everyone is unique and has their own individual needs and make sure the support you receive is completely personal to you.

Prestwich Beacon Service Link Worker

My name is Julie and I am the Link Worker who covers the Prestwich area. I'm really passionate about social prescribing, developing and improving our local communities for local residents. It's really important for me to listen to what really matters to you, so I'll spend some time getting to know you before linking you with relevant activities, groups, services and organisations which meet your needs and will help improve your health and wellbeing. I'll also support community groups and services and the development of new community activities.



If you or anyone you know is feeling low, anxious, depressed, isolated or lonely or you want more information about our service please contact me on 0161 518 5550 or email buccg.beaconservice@nhs.net

What's been happening?

- It's been fantastic to hear from so many people who have had their vaccines booked in and received their vaccines. There is so much positivity about how people can see that things will get back to normal sooner rather than later and fantastic feedback about the organisation and running of the vaccinations.
- Supporting community groups accessing funding to enable them to start running again once the restrictions are lifted and offering support and reassurance to groups. Greater Manchester have secured funding for green social prescribing to improve the region's mental health and applications are currently open. Locally the resilience fund has opened in Bury which groups can apply to. For more information about funding please email me julie.bentley@buryvcfa.org.uk
- I have just issued the latest edition of the Beacon Box, our monthly activity pack giving a taste of what activities are available locally. This has been really well received and already we have people telling us which activities they are going to get involved with. "I really like the art activities and look forward to those. This month though we are going to make a bird box and put it on the garden. It will be lovely to see what birds nest in it." If you would be interested in receiving a copy please get in touch.

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Registered Charity No. 1182039

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- Following a concern from a lady about online and telephone scams I have worked with ex Bury police inspector Russ Magnall who has put together a video for people offering much needed reassurance and advice which can be emailed to people and is also on our Facebook and Twitter sites.
- Looking forward to starting a small walking group with Prestwich Plodders to enable people to join in before joining in with Prestwich Plodders walking activities. The sessions will enable people to build up their confidence in joining in a new activity.

Community corner

A local resident has been looking for jigsaws to do, having completed his own and swapped jigsaws with his friends and family. I made a request for jigsaws to be donated and I now have jigsaws for him to do and a jigsaw swap will also be starting at Church Lane Community Centre once they are able to re-open.

“That’s brilliant, hopefully it will be able to happen sooner rather than later. Thank you so much for the jigsaws, they will keep me going. Thanks for all your help.”

Feel Good Factor

Walk and Talk – I have been working with Debs from both Creative Living Centre and Inspire Me Inspire You on a walking challenge which everyone can get involved in. In January we challenged ourselves to walk every day and raised over £700 for the Creative Living Centre. We are encouraging others to join us, set their own walking challenge, donate if possible to the chosen charity or choose your own. A great way to incorporate the 5 ways to wellbeing in our daily lives. Join us for Feet First February raising money for Bury Cancer Support Centre.



"I never thought I would manage this, and I feel amazing knowing I have done something good for myself and also helped raise money for a fantastic cause." – Local resident, Prestwich.

If you want to access our service and see how we can help you, please get in touch on 0161 518 5550 or email buccg.beaconservice@nhs.net

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