

# Beacon Service Newsletter

## Prestwich March 2021

The Beacon Service is part of Bury VCFA and is a Social Prescribing Service working to support local residents in the borough of Bury. We support people aged 18+ who are registered with a Bury GP. 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 helping to improve your health and wellbeing.

### 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 also support community groups and services and the development of new community activities which help improve community spirit and provide local support.

If you or anyone you know is feeling low, anxious, depressed, isolated or lonely or you want more information about our service please ask your GP to refer you or contact me on 0161 518 5550 or email [buccg.beaconservice@nhs.net](mailto:buccg.beaconservice@nhs.net) or contact me directly at [julie.bentley8@nhs.net](mailto:julie.bentley8@nhs.net)

### What's been happening this month?

- Our next edition of the Beacon Box is almost ready to be issued so please look out for it and share. I am delighted that Lancashire Wildlife Trust have joined our regular contributors Lowther Road Free Library, Prestwich Community Cinema, Bury VCFA, Creative Living Centre. If you are looking for activities, you can join in from your own home, please contact us for your copy.
- We are continuing with our Walk and Talk Challenge. This month we have been fundraising for Bury Cancer Support Centre and in March we will be 'marching into March' and fundraising for the Bury Veterans Hub Café.
- At the Prestwich Connected group led by myself and Neil at Bury VCFA and Simon from the community hub we are talking to community groups about a range of themes. The next meeting is 10<sup>th</sup> March, we will be talking about Mental Health and what community groups concerns are around this and how we can support them.
- I've been working closely with a number of dementia support groups who can offer support to people with dementia, their families and carers, all within Covid-19 restrictions.

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Tel: 0161 518 5550 | Email: [buccg.beaconservice@nhs.net](mailto:buccg.beaconservice@nhs.net) | [www.buryvcfa.org.uk](http://www.buryvcfa.org.uk)  
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- Accessing online and remote groups can be really difficult but I can support you with this, “First I liked their page and with your support in adding comments I could respond to and then you responding to my comments I have now joined their private group on Facebook and have started to attend their group sessions and am beginning to feel much more positive and less apprehensive about the future.” – Prestwich resident, 26

### Community corner

Can you help us knit hearts and squares?

We are supporting our District Nurses to make pairs of knitted hearts for the memory boxes they give to patients and families. Each memory box contains 2 hearts of the same colour but can be any colour you choose.



We are also working with local care homes to make lap blankets for residents for when they are sitting outside. These are made up of squares so any help knitting squares or the blanket would be brilliant.



We are also looking for donations of wool for our fantastic knitters if you can help please get in touch.

Please email [julie.bentley8@buryvcfa.org.uk](mailto:julie.bentley8@buryvcfa.org.uk) for a pattern or for more information.

### Feel Good Factor

“I didn’t think social prescribing would be for me but it turned out it really was. I didn’t want to engage with any groups or activities instead I wanted support tailored to my needs which however much I asked for I was always referred to formal, more clinical support which wasn’t what I wanted or needed. I felt listened to and when the group contacted me I connected with them straightaway and am able to access their support as and when I want to depending on my needs at the time. I’m looking forward to meeting them in the future. Thank you so much for your help” – Prestwich resident, 67

**If you wish to access our service and find out more about how we can help you, please get in touch on 0161 518 5550 or email [buccg.beaconservice@nhs.net](mailto:buccg.beaconservice@nhs.net)**

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