

**The Beacon Service at Bury VCFA is a social prescribing service which supports adults over the age of 18 and registered with a Bury GP who want to improve their health and wellbeing through accessing a wide range of voluntary and community groups, services and organisations, have social needs that affect their wellbeing, need support with their mental health or who have a long-term condition.**

We have put together this information for people with Parkinson's, their families and their carers. We know that information changes quickly so please feel free to contact us for the most up to date information about support which is available.

You can contact us by phone on 0161 518 5550, or email us at [beaconservice@buryvcfa.org.uk](mailto:beaconservice@buryvcfa.org.uk)

### **Parkinson's UK**

Provide expert information, support and opportunities for people with Parkinson's, their families and their carers to live life to the full. They have lots of information on their website which is [www.parkinsons.org.uk](http://www.parkinsons.org.uk)

Parkinson's UK offer a UK helpline which is a free and confidential service providing support to anyone affected by Parkinson's. You can contact the helpline on 0808 800 0303 or for textphone users use the text relay: 18001 0808 800 0303

### **Bury Parkinson's support group**

Meets at Bolton Road Methodist Church. For further details, please contact Alison Jennings on 01204 363 061 or <https://localsupport.parkinsons.org.uk/activity/bury-group-meeting>

### **Age UK Bury**

Age UK Bury offers a free and confidential information and advice service for older people, their families and carers. The service can help anyone needing relevant local information and advice on older people's issues. Please send an email to [info@ageukbury.org.uk](mailto:info@ageukbury.org.uk) or call Louise on 07872 067662 (Monday to Thursday) or Ruth on 07547 400142 (Tuesday to Friday).

Age UK Bury Keeping in Touch befriending telephone service offers older people in Bury a regular friendly phone call from one of our volunteers. For more information, call 0161 763 9030 or email [jane@ageukbury.org.uk](mailto:jane@ageukbury.org.uk) to sign up.

The Handyperson Service helps with small DIY and repair jobs. Call Sue on 0161 796 6949 (8:30am to 4:00pm, Tues to Thurs) or email [hp@ageukbury.org.uk](mailto:hp@ageukbury.org.uk)

Age UK Bury offer a range of social activities and events at the Jubilee Centre <https://www.ageuk.org.uk/bury/our-services/jub-centre/>

## **Bury Carers' Hub run by N-Compass**

Provides support for all adult carers supporting another adult living in Bury. Providing access to information, advice and a wide range of support services. You can contact them on 0300 303 0207 or online [www.burycarershub.org.uk](http://www.burycarershub.org.uk)

## **Older Peoples Staying Well Team**

The Staying Well Team works with people over the age of 50, who are registered with a Bury GP and not already accessing Bury Council Adult Care Services. They provide advice, support and assistance to enable people to remain independent in their own homes. They can be contacted on 0161 253 5151 or by email at [stayingwellteam@bury.gov.uk](mailto:stayingwellteam@bury.gov.uk)

## **The Bury Directory**

Provides information and advice you need about Bury, from business information and healthcare services, to activities in and around the Bury area. [www.theburymdirectory.co.uk](http://www.theburymdirectory.co.uk)

There is also a dedicated page for supporting patients waiting for hospital treatment <https://theburymdirectory.co.uk/whileyouwait>

## **Bury Council Adult Care Services**

There are many varied situations in which you may need support from Adult Social Care Services such as:

- You may be getting older and find it difficult to do the everyday things around your home;
- You may have become ill or been in hospital and need some care while you recover;
- You may be living with a physical disability and require specific equipment to help you live more independently;
- You may be living with a learning disability and need support from others to help you do the things that you want to do; or
- You may be a carer for someone, but need a bit more help to do this

If you feel you would benefit from their help please contact Bury Council Adult Care Services on 0161 253 5151