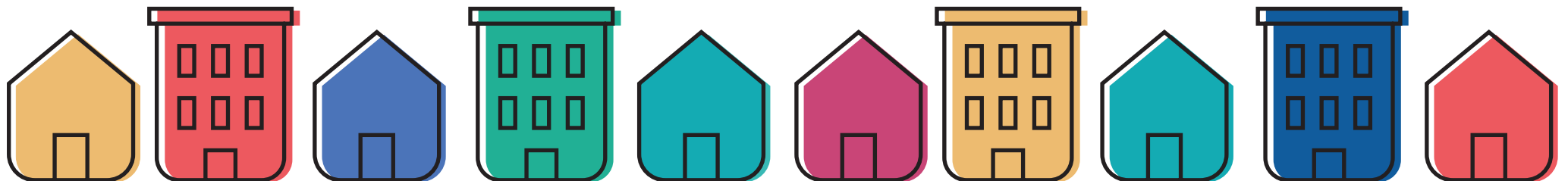




Bury Purpose Map

**A guide to getting settled, connected
and help in your community**



Bury Purpose Map

This purpose map has been developed for and with people who have experienced homelessness, addiction, mental health issues amongst many other challenges and therefore is grounded in the real and practical support people need as they are given a home and want to integrate into their community. We know that people will receive a warm welcome when going to any of these groups and activities across Bolton included in this map.

There are two parts to the purpose map

1. **The five ways to wellbeing** which shows you the support available linked to the five ways to wellbeing
2. **Practical Support** which looks at housing, food, finances, health and crisis and addiction support

Bury North:

- Brandlesholme
- Elton
- Holcombe
- Ramsbottom
- Tottington
- Greenmount

Bury East:

- East Ward
- Redvales
- Central Bury
- Fairfield
- Chesham Fold
- Pimhole
- Walmersley

Bury West:

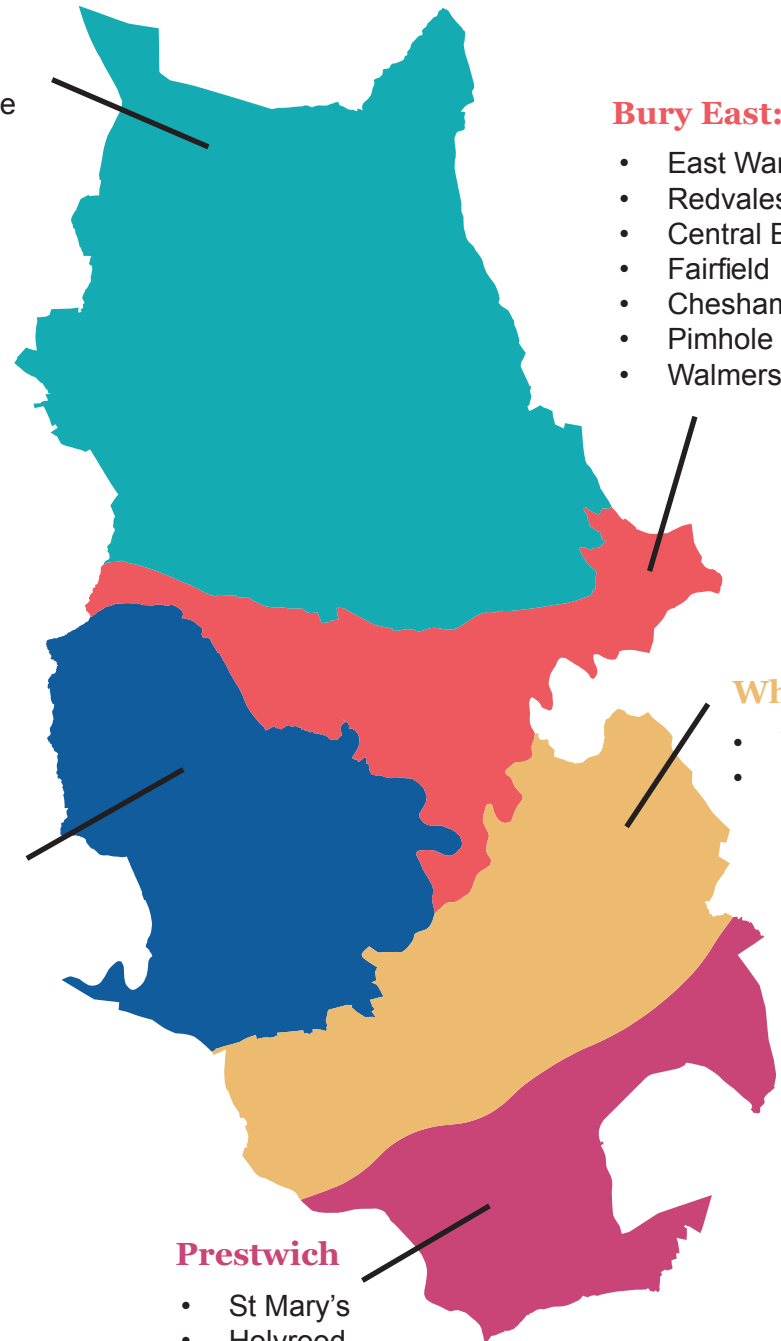
- Ainsworth
- Radcliffe
- Mile Lane

Whitefield

- Whitefield
- Unsworth

Prestwich

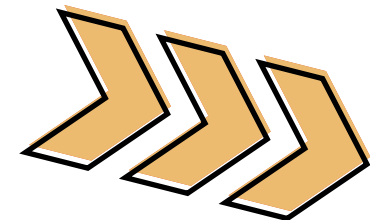
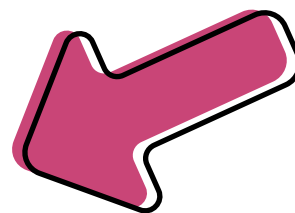
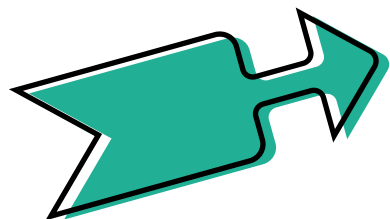
- St Mary's
- Holyrood
- Sedgeley



Here's is a little more about the types of people and challenges these maps can help people with

The maps are designed to support people with a range of challenges they may be facing through categorising them into the five ways to wellbeing and practical support. Here though is a little more detail about the types of things the organisation, activities and spaces in these maps can help with:

- Money, budgeting and debt
- Anger management
- Self confidence and Self esteem
- Substance misuse
- Mental health, stress, anxiety
- Loneliness
- Crisis support
- Advocacy
- Welfare advice
- Housing
- Food including Breakfast and lunch

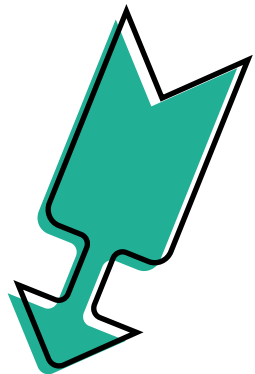


They also help people who have experienced

- Domestic Abuse
- Social isolation
- Drug and or alcohol misuse
- Sexual abuse
- Criminal justice system
- Homeliness
- Debt
- Food poverty
- Gambling addiction

The majority of the offers we have included are physical space and groups, there are also some virtual offers that take place online or via apps too. We hope that there is something in these maps that can help you to connect with your community and do something that is meaningful.

Purpose Map Categories



Creative

- Craft
- Music
- Writing
- Theatre and Drama
- Woodwork



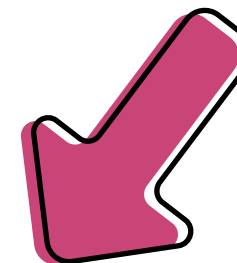
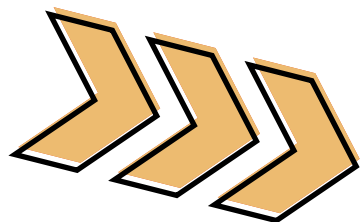
Outdoors

- Gardening
- Environment and Conservation
- Cycling
- Walking
- Parks
- Green spaces
- Running
- Woodland
- Allotment



Training and Development

- Digital skills and Computers
- Personal development
- Library
- Learning
- Employment skills



Wellbeing

- Meditation
- Relaxation
- Massage
- Yoga



Sports and activities

- Table tennis
- Swimming
- Exercise classes
- Bike repairs



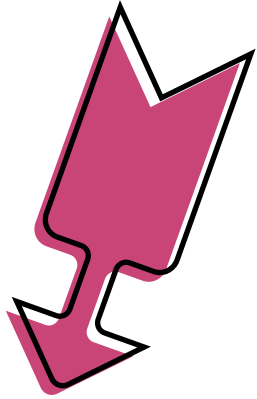
Food

- Food parcels
- Brew and Biscuit



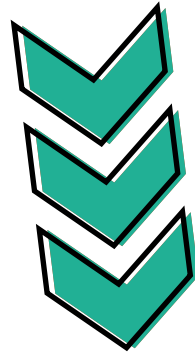
Support and advice

- Peer support
- Self help
- Support and advice line
- Support and advice group



Supports people with

- Money, budgeting and debt
- Anger management
- Self confidence and Self esteem
- Substance misuse
- Mental health, stress, anxiety
- Loneliness
- Crisis support
- Advocacy
- Welfare advice
- Housing
- Food including Breakfast and lunch



Helping people who have experienced or are experiencing

- Domestic Abuse
- Social isolation
- Drug and or alcohol misuse
- Sexual abuse
- Criminal justice system
- Homelessness
- Debt
- Food poverty
- Gambling addiction



How it is delivered

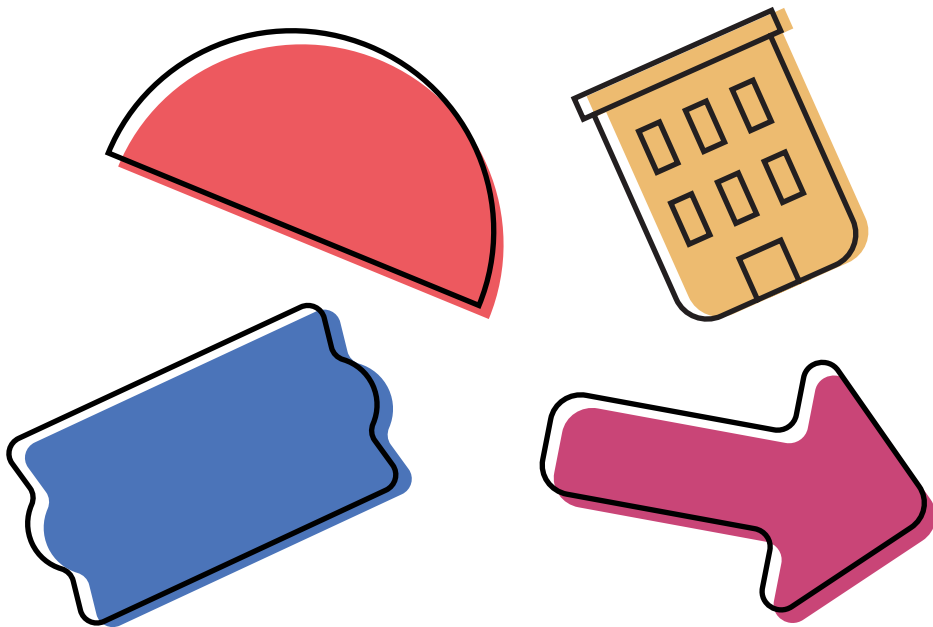
- Online
- Face to face
- Apps

Practical tips on using the guide

We know that this Purpose Map despite being fully of amazing information do contain a lot of information and therefore we wanted to give you some practical tips to help to use them in a way that works for you.

Ways to use this Purpose Map

- Access it on your phone or tablet (an online searchable version will be available later in 2024)
- Print the guide in full to refer to
- Print of a section you are interested in exploring
- Screen shot sections so they are easily accessible on your phone or tablet



Questions that might help you work through the Purpose Maps:

- What are you interested in?
- Is there a new hobby you would like to take up?
- Is there something you have always wanted to try?
- Do you have some spare time you would like to do something with?
- Is there a skill you would like to share with others?
- Are there skills you want to learn?
- Is there experience you want to gain for the future through volunteering?
- Do you want to do something new to improve your mental health?
- Do you want to meet new people in your community?
- Do you need some support with everyday living?

First steps:

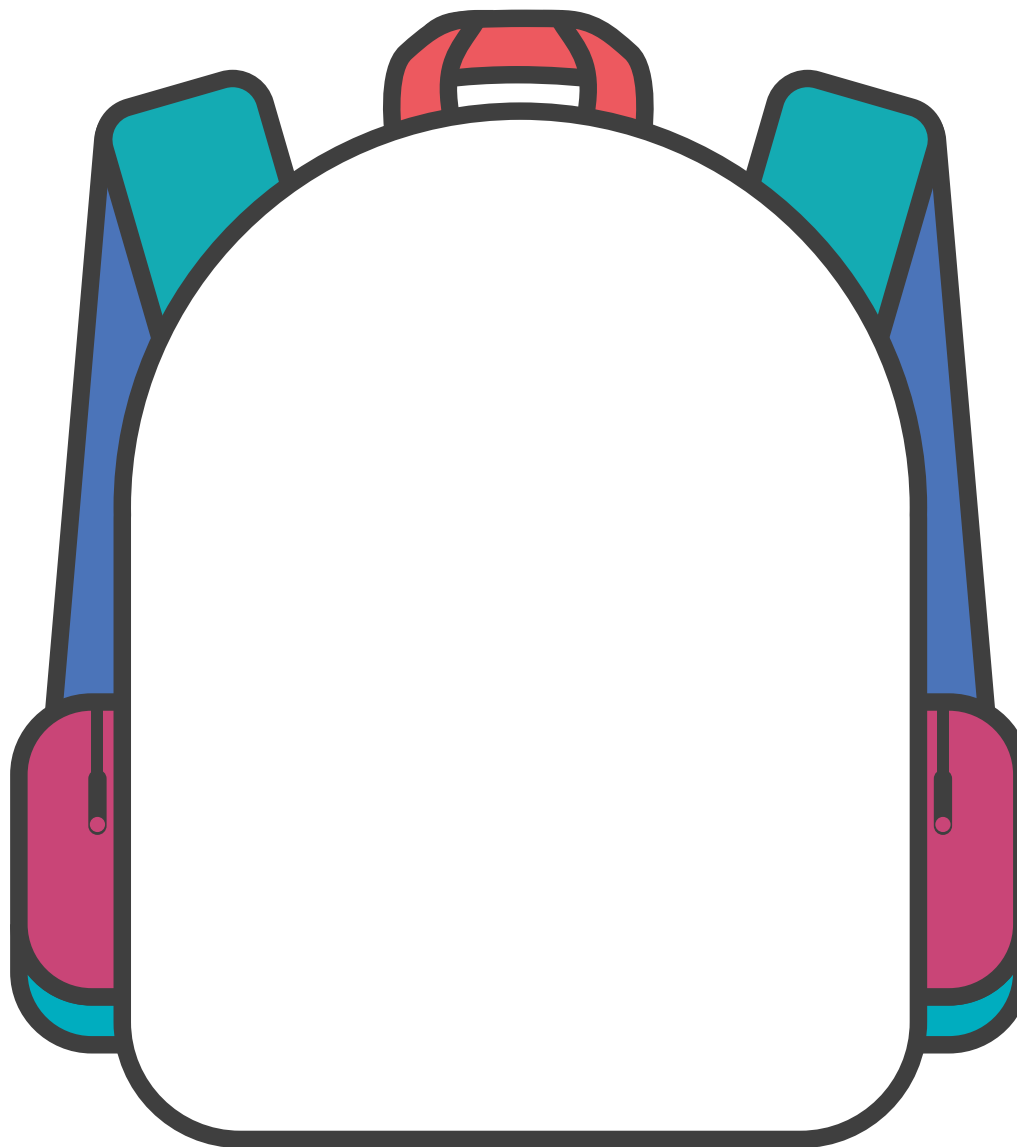
Find a question on the previous page that you are interested in exploring and go to the relevant section of the maps.

For example:

- If you are interested in learning a new skill, look at the 'keep learning' section
- If you are interested in volunteering, look at the 'giving' section
- If you are interested in support with everyday living, go to the 'practical support' section

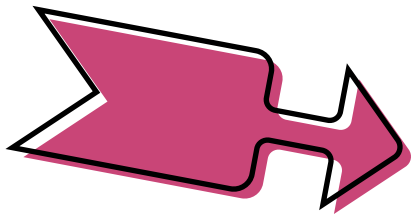
Put the things below into the pack back you would like to try from the purpose maps and then over time you can pick different things to focus on.

Remember these purpose maps are meant to be used with your Housing First Workers or independently.



What I want to explore

The calendar allows you to note down the things you want to try (this can be printed to go on the fridge or cupboard).



Monday

What time is the group?

How will I get there?

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

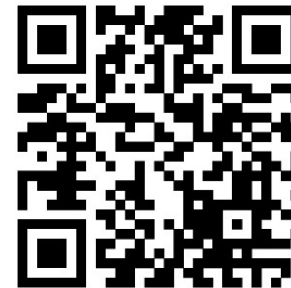
Helping you get around Greater Manchester with Purpose

Here are some great links to help you plan your journey around Greater Manchester whilst getting out and about exploring the Purpose Maps.

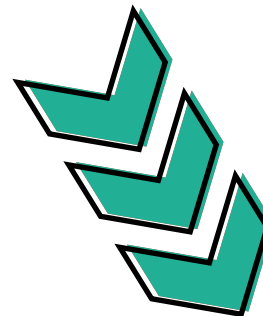
The Bee Network Website

Here you can:

- Get information on live departures across GMs transport network
- Plan your journey with their easy-to-use journey planner (it allows you to enter your address and the address of the place you want to travel to and select different types of transport you would like to use)
- See travel alerts
- Get information of ticket prices and passes
- See tram and bus schedules
- Find out more about different ways to travel around Greater Manchester
- Find information on the different fare zones and the fares that apply to each
- Information on free and discounted travel



Here is a quick
QR code to the
Bee Network
Journey Planner



Google Maps

This is available on all digital platforms either via your browser or the Google Maps App. It allows you to put in your journey details and shows you different options for driving, walking, public transport and taxis.

Five Ways to Wellbeing

Connect...

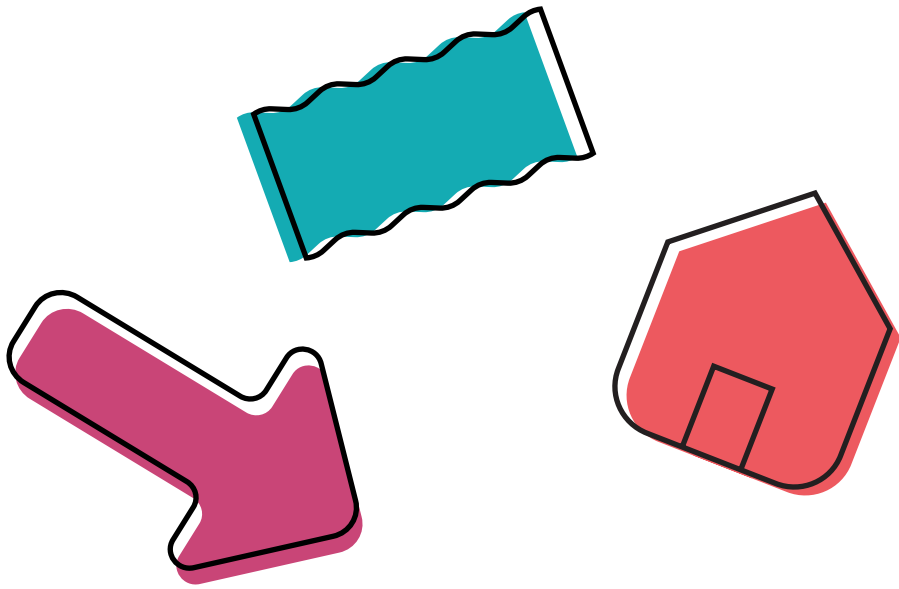
Keep Learning...

Give...

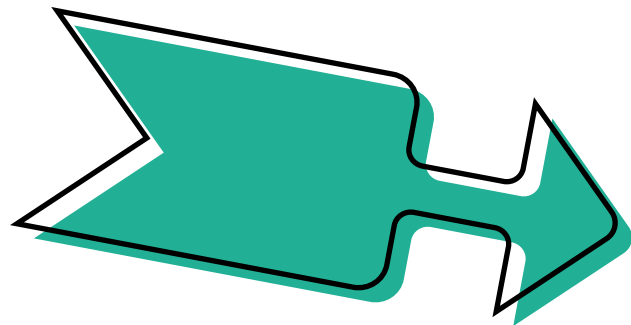
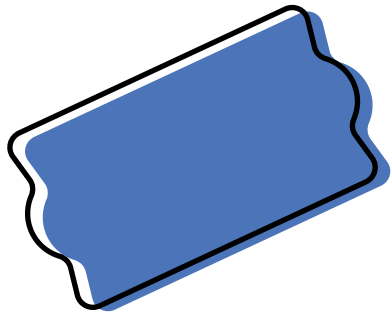
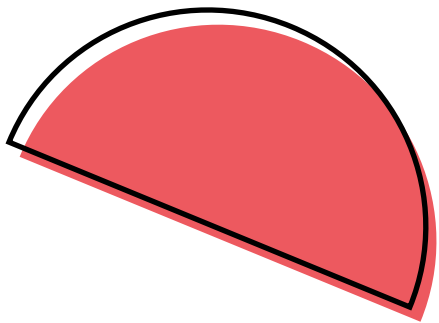
Be Active...

Take Notice...

Connect...



With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.



Samaritans ◆

Free Call 24 hr 116 123)
Free phone: 116 123
E-mail: jo@samaritans.org

The Getting Help Line ◆

Offer non-clinical, non-urgent support for anyone experiencing difficulties with their mental wellbeing. The service is available Monday to Saturday 8am – 8pm.
T: 0161 464 3679

Six Town Housing Tenants and Residents Association◆

Associations for each housing estate in Bury
Call: 0161 686 8000
Email: enquiries@sixtownhousing.org

Beacon Service Social Prescribing ○ ✕ ◆

Support people to find groups & activities and support to attend.
T: 0161 518 5550
E: beaconservice@buryvcfa.org.uk

MaD Theatre Company ■ ✕ ◆

Various Theatre Projects supporting mental health, substance misuse, gambling & social isolation
T: 07788 163 151
E: rob@madtheatrecompany.co.uk

LGBTQI - Bury Pride ◆

Annual Bury Pride and other LGBTQ+ events
E: accounts@burypride.co.uk

Directions For Men ◆

Men's Talking Group
Tuesdays 6:00pm
Creative Living Centre, 1A Rectory Lane, Prestwich, Manchester, M25 1BP.
T: 07917 652 721
E: chris.judge@directionsformen.org.uk

BIG - Bury Involvement Group (BIG in Mental Health) ◆

Peer Support groups f
Unit 54, Bury Business Centre, Kay Street, Bury, BL9 6BU
T: 0161 222 4005 or 07758 737 616
E: mentalhealth@buryinvolvementgroup.org

Andy's Man Club ◆

Peer to peer support open to any man aged 18 or over
Mondays 7pm
Bury Sports Club, Radcliffe Rd, Bury BL9 9JX
E: info@andysmanclub.co.uk

Rammy Men (for men & women) ■ ● ◆ ○ ✕ ◆

Activities and connection to support mental health & wellbeing
Art, crafts, mindfulness, meditation, games, socials, reiki, music, angling, Social gatherings, film nights, gaming (old & new school) walking,

Women of Worth ■ ○ ◆

Support with DVA, training, education, workshops, craft sessions, developing emotional resilience.
T: 07999 533963
E: dawn.giamas@gmail.com

Happy Me Happy Mum ■ ○ ◆

Activities to bring mums together to support each other and thrive

The Sunnywood Project ■ ○ ◆

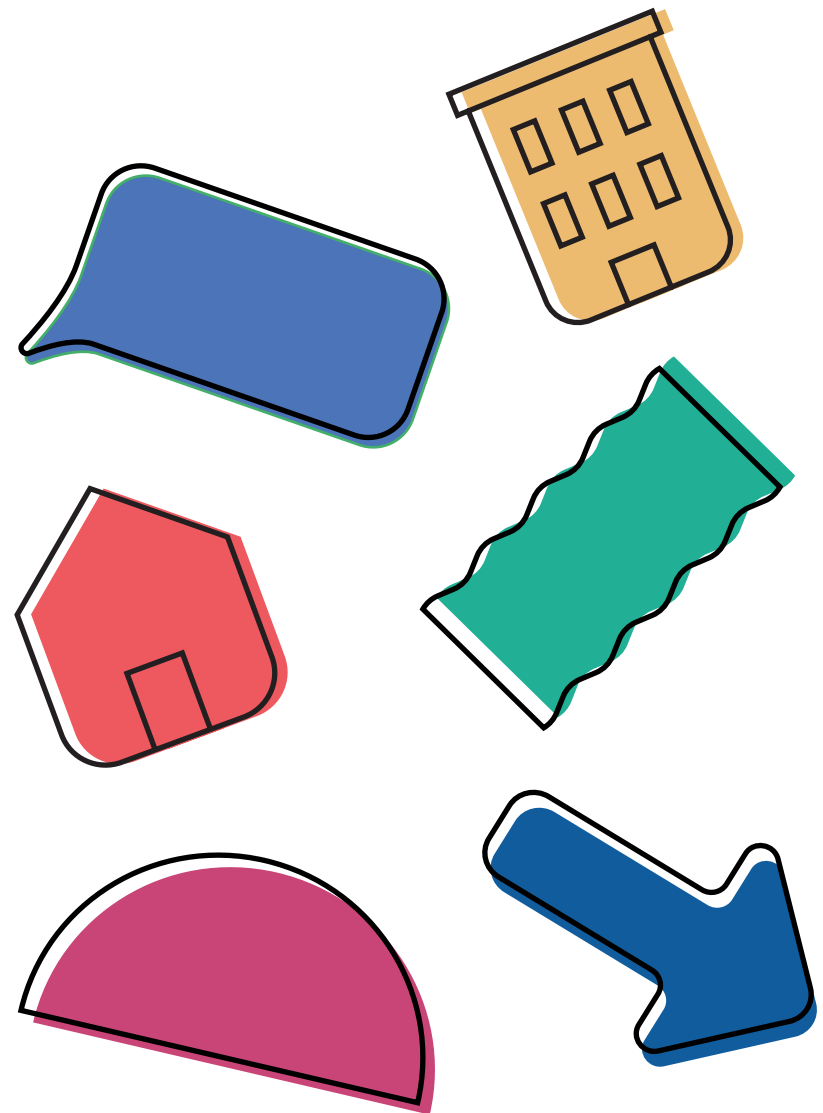
A range of free and paid for activities that get you outdoors, moving and taking notice of the surroundings around you
info@thesunnywoodproject.co.uk
07515060722

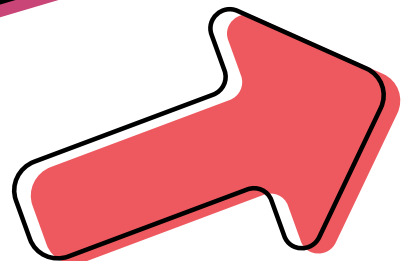
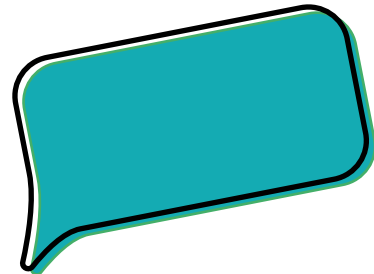
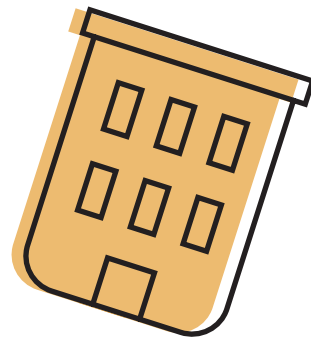
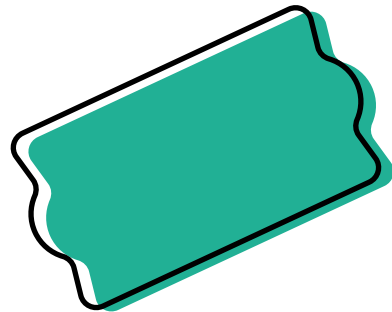
Prestwich Rooted ■ ○ ◆

A series of spaces each year that allow people to come together in nature to experience a range of wellbeing activities

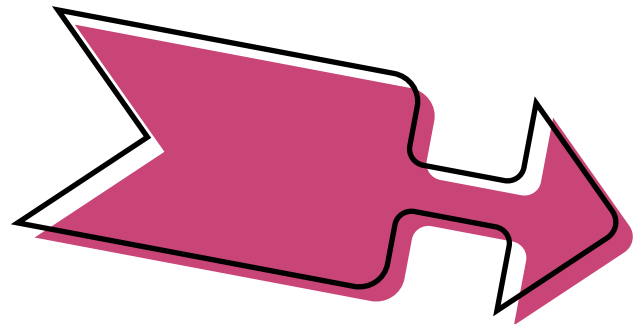
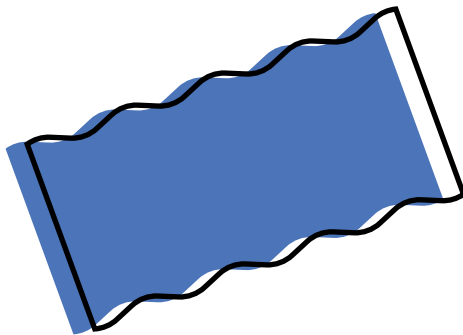
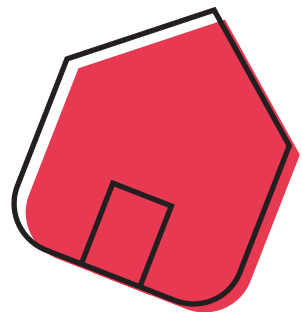
Prestwich Together ■ ○ ◆

An annual community picnic held each year for the diverse communities of Prestwich





Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.



Bury VCFA ◆ ◆

Support setting up non profit groups, volunteering opportunities, training, social prescribing, find out what's going on in Bury

T: 0161 518 5550

T: 07935 755 990

E: admin@buryvcfa.org.uk

Radcliffe Litter Pickers ●

Litter picking, Gardening & Community projects

E: litterpickersradcliffe@gmail.com

The Sunnywood Project ●

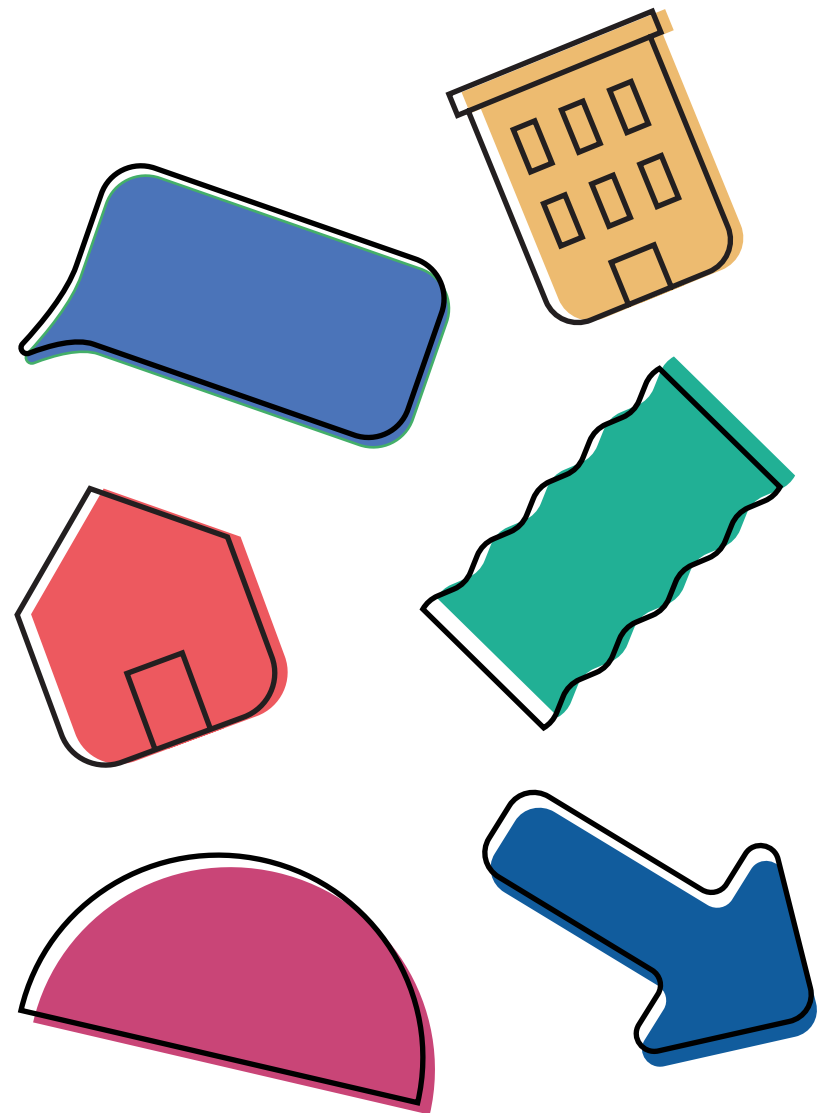
A range of free and paid for activities that get you outdoors, moving and taking notice of the surroundings around you. I:

info@thesunnywoodproject.co.uk

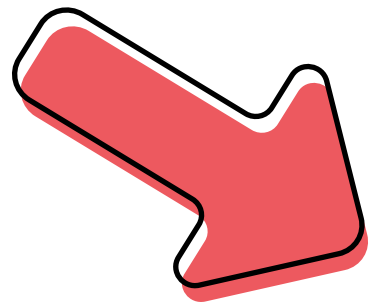
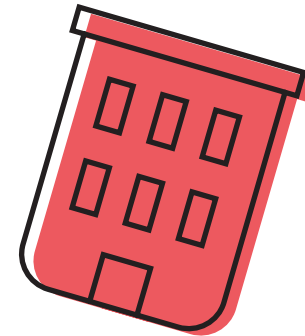
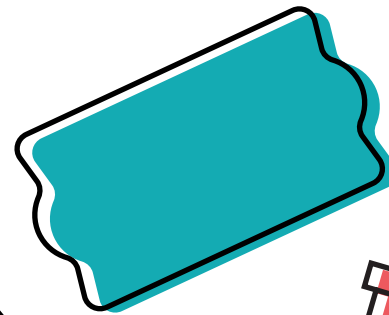
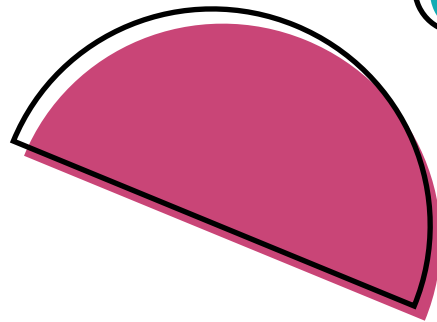
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Prestwich Together ●

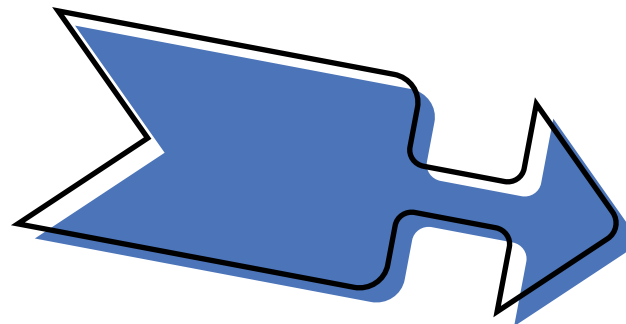
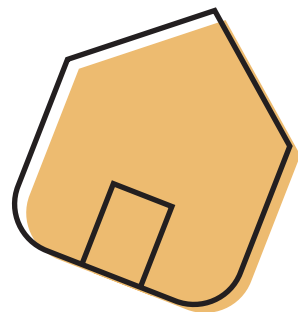
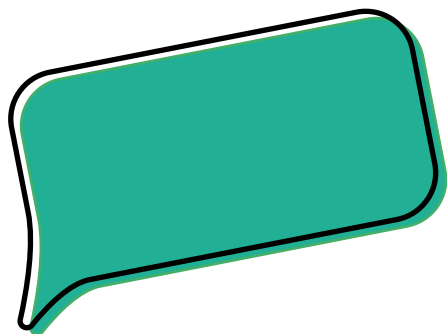
An annual community picnic held each year for the diverse communities of Prestwich



Keep Learning...



Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.



Bury Digital Skills Support

Drop ins

Different venues across the borough

E: digitalsupport@bury.gov.uk

Bury Adult Learning Centre

Learning has a number of courses and some are free to assist with health and wellbeing.

FB [@buryadultlearning](https://www.facebook.com/buryadultlearning)

The Recovery Academy

Provides a range of free educational courses and resources for people with mental health and substance misuse problems & their carers and families

Greater Manchester Mental Health NHS Foundation Trust Bury
New Road, Prestwich,
Manchester, M25 3BL

T: 0161 773 9121

The Enterprise Centre Limited

Equine Therapy - Well Being - Activities - Art Therapy sessions -
Courses - Confidence & self esteem

Square lodge, off Brandlesholme Rd BL8 4LS

E: hello@theenterprisecentre.co.uk

T: 07748 945570

www.facebook.com/theenterprisecentre

Happy Me Happy Mum

Activities to bring mums together to support each other and thrive

The Sunnywood Project

A range of free and paid for activities that get you outdoors, moving and taking notice of the surroundings around you

info@thesunnywoodproject.co.uk

07515060722

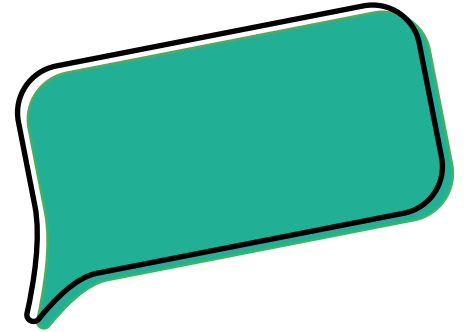
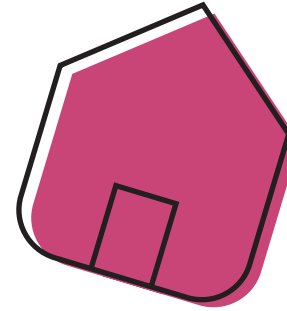
Prestwich Rooted

A series of spaces each year that allow people to come together in nature to experience a range of wellbeing activities

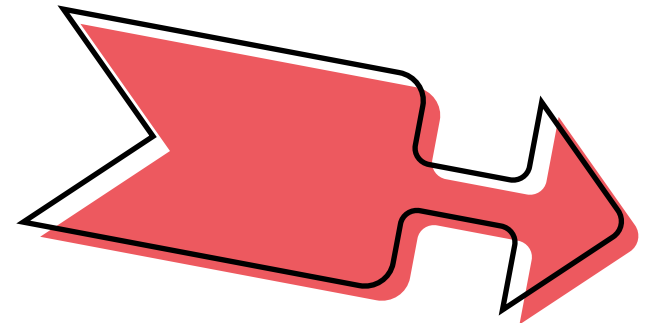
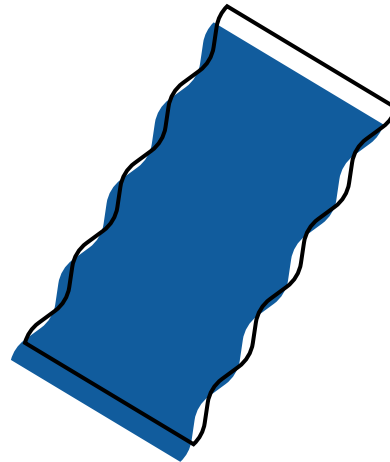
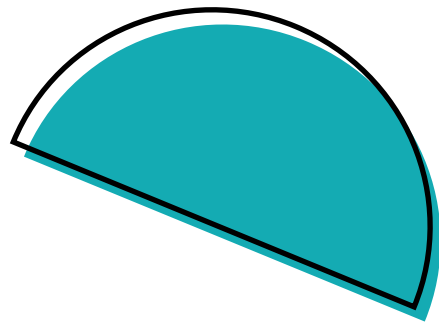
Prestwich Together

An annual community picnic held each year for the diverse communities of Prestwich

Take Notice...



Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.



Insight Timer ○

meditations and talks for anxiety, depression, anger, grief etc

Samaritans App ○ ◆

self-help - track mood

The Enterprise Centre Limited ■ ● ◆ ○ ✕ ◆

Outdoors, Equine Therapy, Conservation, Health & Wellbeing Coaching, Enterprise skills, Activities, Art Therapy sessions, Courses
Square lodge, off Brandlesholme Rd BL8 4LS

E: hello@theenterprisecentre.co.uk

T: 07748 945570

FB - @theenterprisecentre

The Sunnywood Project ■ ○ ◆

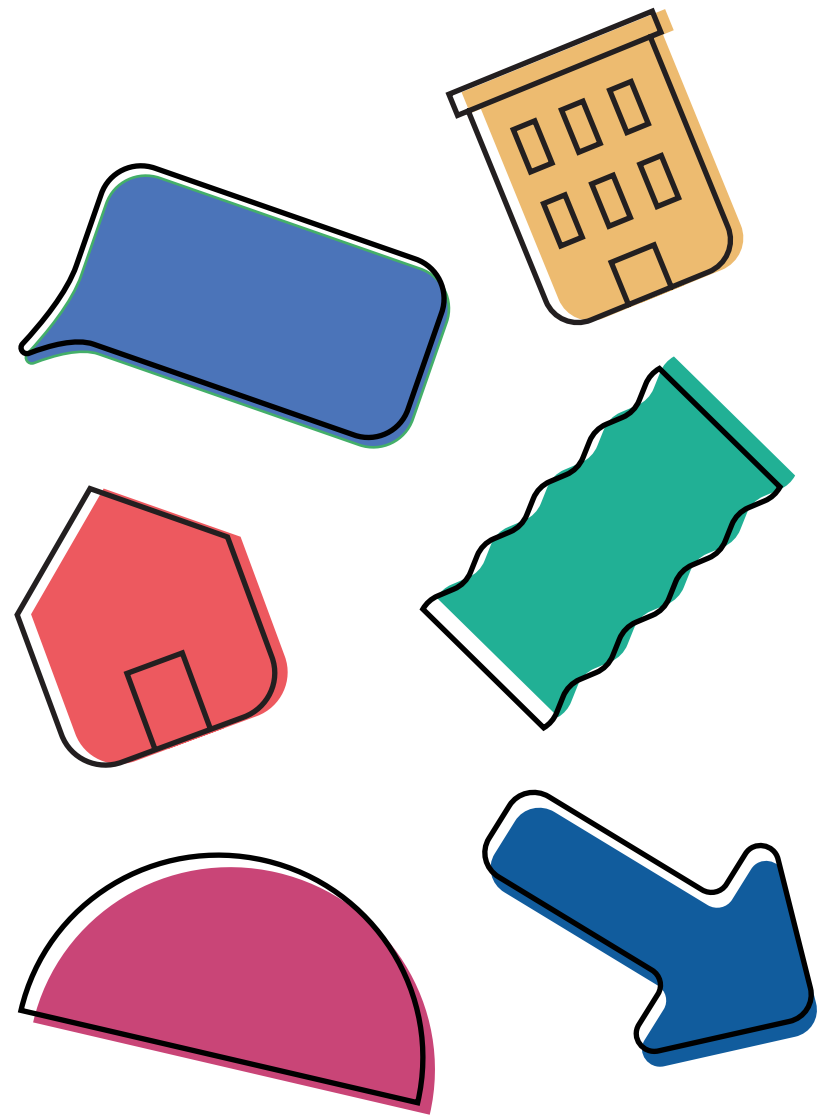
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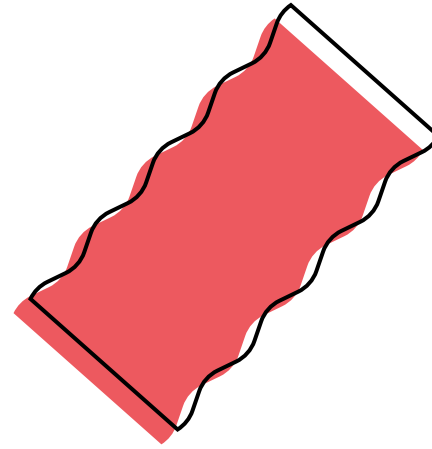
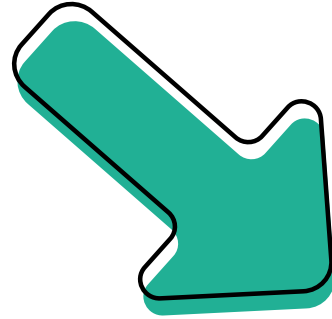
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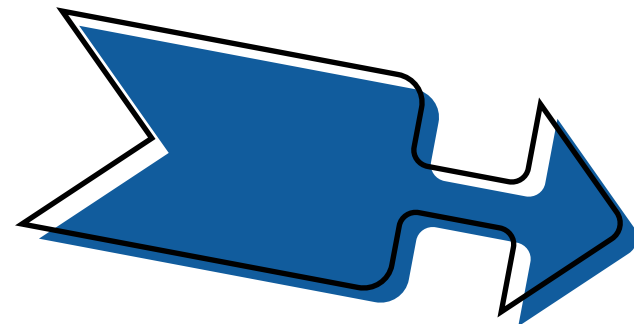
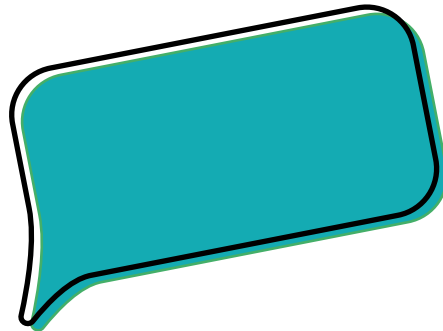
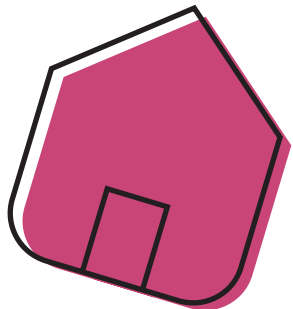
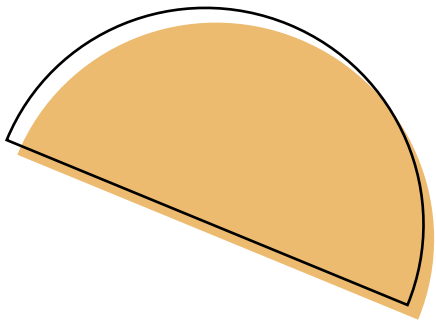
Prestwich Rooted ■ ○ ◆

A series of spaces each year that allow people to come together in nature to experience a range of wellbeing activities





Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.



One Step Bury

Mental health, general wellbeing, physical health
Holistic approach to mental health & wellbeing. Exercise, meditation & support groups

One Step @ Vibe personal training Studio
Unit 7, Albert Works, Brook Street, Bury, BL9 6AH
T: 07745 356796
E: onestepbury@gmail.com

East Ward Growing Together

Community Allotment & gardening
10a Walnut Avenue, Bury, Lancashire BL9 7QR
E: eastwardgrowingtogether@gmail.com
T: 07522129530

Heaton Park

St Margaret's Rd,
Prestwich M25 2GT

Bury Leisure Active Lifestyle Discount Card

A discount card that allows you access to pools and leisure centres across Bury

Parks and Open Spaces Bury

There are lots of great spaces that you can use for free across Bury

One Step Bury CIC

A range of movement activities with a focus on mental health and wellbeing

MOTIV8

Support Manchester residents aged 25+ who are not in employment or training. Support with - training, employment, health, wellbeing, self-confidence, self-esteem, finance and employability skills.

T: 0161 331 2048
E: info@manchesterbbo.co.uk
www.motiv8mcr.org/

Incredible Edibles

Community Gardening & Allotments "Our vision is to create kind, confident and connected communities through the power of food"
Various locations in Bury

E: ian@incredibleeducation.co.uk

Incredible Edible Prestwich and District - IEPAD

FB - @IEPrestwich
E: iepad.volunteers@gmail.com

Ramsbottom

FB @IncredibleEdibleRamsbottom

Radcliffe

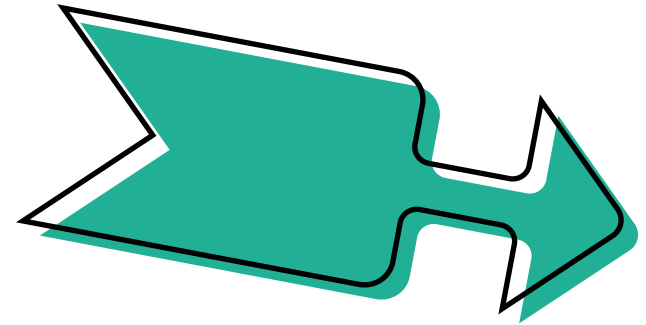
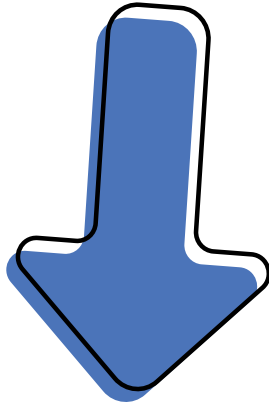
FB @incredibleedibleradcliffe

Little Britain Anglers

Fishing, courses, volunteering opportunities, gardening, local tiny ups, courses

T: 07765361694
E: tracyowen30@gmail.com

Practical Support



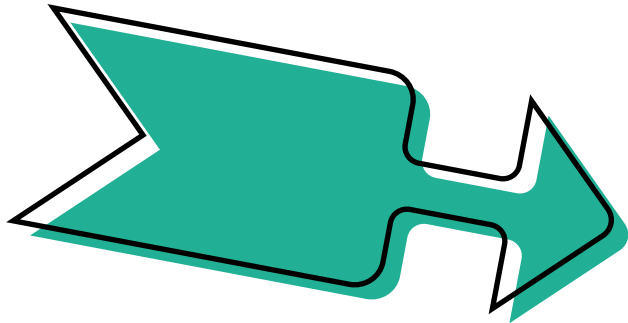
Warm and Welcoming Spaces

Across Greater Manchester there are free warm spaces that you can go to and keep warm. These range from libraries to churches and from community centres to community cafes. The Warm and Welcoming Spaces website allows you to search for the ones nearest to your post code. It tells you when they are open. Many of them are located alongside other activities that you can access too.

Warm Welcome Spaces



Addiction and Crisis Support



Bury Peer Led Crisis Service ◆ **Mental Health Crisis Support**

Crisis service for over 18's in crisis (suicidal ideation or self-harm)
Face-to-face Monday, Thursday and Friday evening service with
minimal waiting times.

E: bplcs@buryinvolvementgroup.org

Healthwatch Bury

They can help you access local health and care services
Call: 0161 253 6300

Email: info@healthwatchbury.co.uk

NHS Addiction Services ◆

Various services for people with addiction issues

Achieve Recovery Services ◆

Recovery services

Bolton

T: 01204 483090

Narcotics Anonymous ◆

Mutual aid/peer support group for people experiencing
drug addiction

T: 0300 999 1212 (helpline 10am -midnight)

Alcoholics Anonymous ◆

Mutual aid/peer support group for people experiencing
alcohol addiction

Helpline call FREE 0800 9177 650

E: help@aamail.org

Gamblers Anonymous ◆

Mutual aid/peer support group for people experiencing
drug/gambling addiction

Helpline

T: 0330 094 0322

E: info@gamblersanonymous.org.uk

Outreach Community & Residential Services ◆ **Host various community events and groups**

35-37 Blackburn St, Radcliffe, Manchester M26 1NR

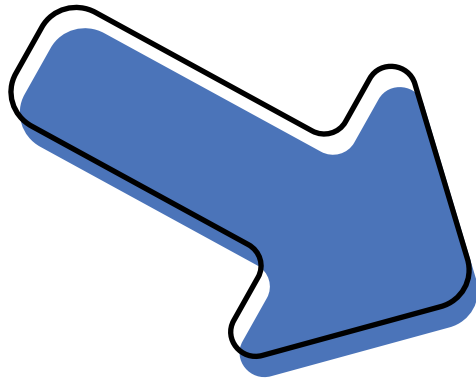
www.outreach.co.uk

www.facebook.com/OutreachManchester/

E: info@outreach.co.uk

T: 0161 740 3456

Housing, Money and Food



Shelter emergency helpline ◆

8am -8pm Monday to Friday and 9am – 5pm on weekends and bank holidays

T: 0808 800 4444

Six Town Housing ◆

has a number of Tenants and Residents Associations and details are on our website here

www.sixtownhousing.org/tenant-zone/getting-involved/tenant-and-resident-associations/#chapter3

It's Time4Change ◆▲

Homeless & Hardship support

Free breakfast club every Tues and Wed 10.00am-12.00pm

It is for anyone whose lives have been affected by homelessness and/or substance misuse

Manna House, Irwell street, Manchester, Lancs, BL9 0HE

T: 07788 814933

E: mpriestley64@hotmail.co.uk

Bury Christian Fellowship "Manna House" ◆▲

Support, advice & hot meals. Drop in cafe/centre for homeless/vulnerable/socially isolated

Irwell Street, Bury, Lancashire, BL9 0HE

T: 0161 764 8131

E: office@bury.org.uk

Caritas, Red Door Project ◆ ▲

Advice, Support & Wellbeing

Housing, Food, Benefits Drop in food bank & general housing & benefit support for homeless and vulnerable. Support with basic food items, benefits advice, housing and tenancy issues. Can provide a drink or basic warm meal, washing facilities and often have clothes etc

St Joseph's presbytery, 7 Peter Street Bury BL9 6AB

T: 0161 272 0771

FB - @BuryRedDoor

Bury Homeless Project ◆ ▲

Support for homeless, ex homeless & people in hardship Food, Clothing, benefit advice & Housing Support

T: 07522504772

E: info@buryhomelessproject.org.uk

The Attic Project

Advice, support, wellbeing, activities ● ● ◆

Support with Debt & Welfare Issues, Confidence Building, Employment Skills CV, Job Search, Interview techniques, Feeling good about yourself Social Activities, Guitar Lessons, Volunteering Opportunities

3 Russell Street, Bury, BL9 5AX

T: 0161 258 6145

E: info@atticprojectbury.com

FB - @TheAtticProjectBuryUK

Trinity Baptist Church Radcliffe ■ ◆ ▲

Foodbank, Benefit Advice Drop in cafe Friday mornings
10-12 Arts, crafts & wellbeing sessions

T: 07963605283

FB - @Trinityfbank

Bridge Community Church ◆ ▲

Drop in breakfast club Wednesdays 9.30-11.30

10 Milltown St, Radcliffe, UK

FB @RadcliffeBridgeCommunityChurch

Trust House ● ○ ◆ ▲

Community Cafe, Food Pantry, Clothing, Advice & Guidance, Hollistic Support, Wellbeing Sessions, Volunteering

Trust House (within Metro Christian Centre)

Parkhills Road, Bury, BL9 9AU

T: 07411964653

E: trusthousewhitefield@gmail.com

FB: @trusthousewhitefield.org

Bury Foodbanks Directory ▲

List of all food banks across the borough

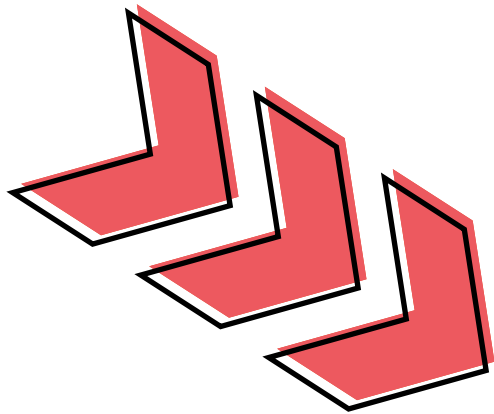
Step Change Debt Charity ◆

Charity offering free debt advice and support

www.stepchange.org

T: 08001381111

Physical and Mental Health

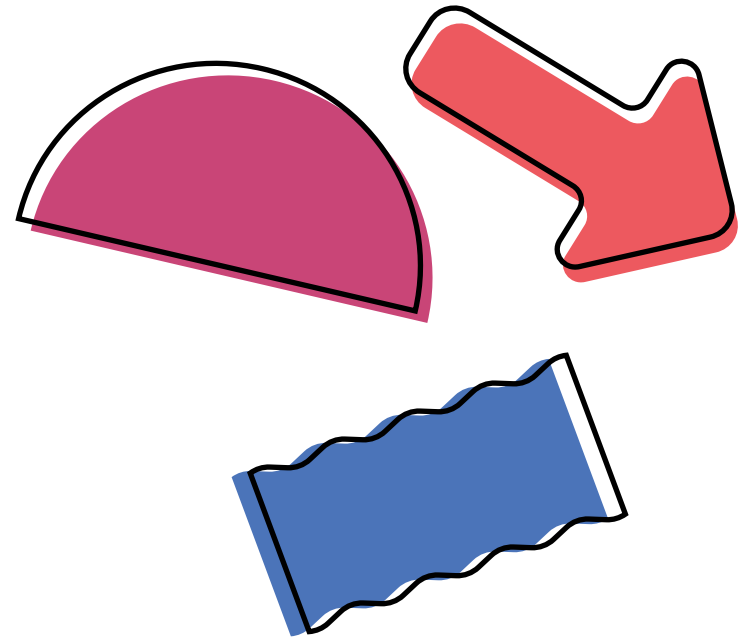


Healthwatch Bury ◆◆▲

They can help you access local health and care services
Bridge House, Yeargate Industrial Estate, Heap Bridge Bury BL9
7HT

T: 0161 253 6300

E: info@healthwatchbury.co.uk



Let's keep building our understanding together

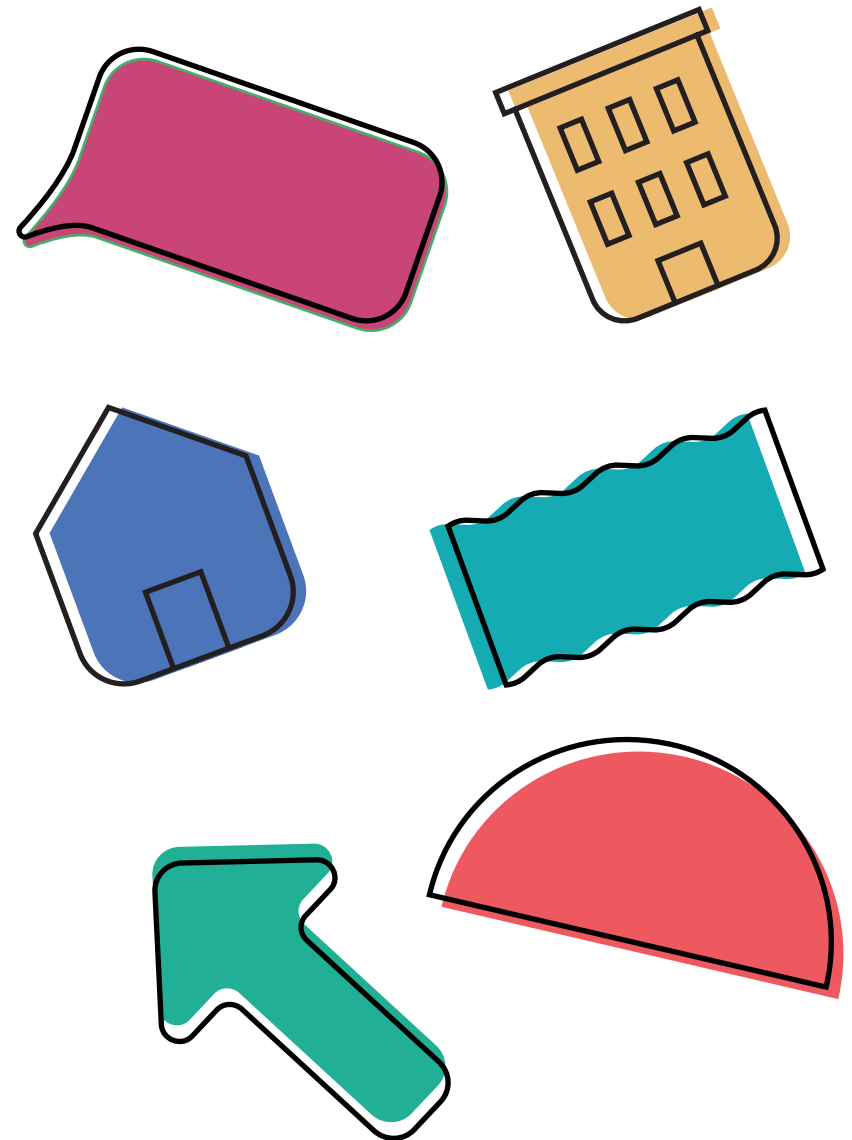
These purpose maps were always meant to be the first view of the different support that is out there and we need your help to add anything that we have missed as well as new things that we will all discover along the way. Use the Google form below to send us anything you want adding to this map.

Google form to add something new
<https://forms.gle/jJpo7pdQDjCfFDf87>

if you come across something that is in this map that you think we need to look at or you have not had the welcome you expected then we please contact us via
hello@collaborateoutloud.org

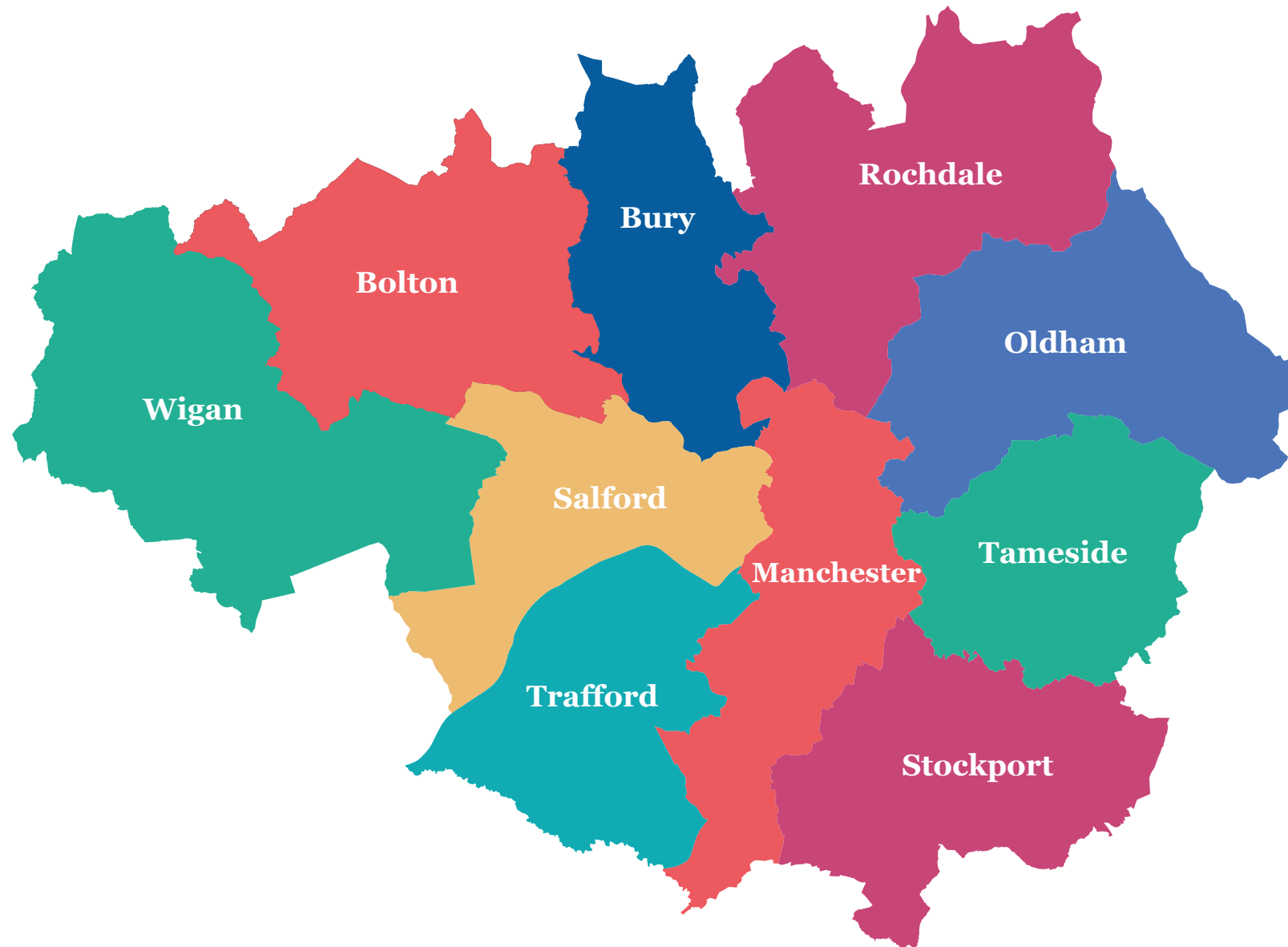
We hope you find the map useful, and we look forward to continuing develop and build them with the Housing First Community

The Collaborate Out Loud Team



GM Wide Purpose Maps

Click [here](#) to access the Purpose Maps for each borough of Greater Manchester.





If you want further information about this work or talk to us about our work then please get in touch



Hello@Collaborateoutloud.org



X @collaboutloud



Instagram @collaboutloud

