

GENERAL INFORMATION

Should anyone like a Printed copy of this newsletter please ask at the Jubilee reception.



In response to feedback from our readers, this months newsletter and future publications will now have a **larger text font**. We hope you find it even more enjoyable and informative to read.

An alternative electronic version of this newsletter in PDF format, as well as previous releases, is available on the AgeUK Bury website. Find it on the 'Get Involved' - 'Newsletters' web tabs.



Visit us on Facebook at <https://www.facebook.com/AgeUKBury/>

Don't forget to hit that Follow!



VE DAY 80

A Celebration



On 8 May 2025, we mark the historic 80th anniversary of VE Day, with the peoples, families and communities of our great nation coming together to unite and celebrate 80 years of peace since the end of World War II in Europe that so many millions paid the ultimate sacrificed to achieve it.

VE Day 80 is not only a tribute to those who fought for the freedom we all enjoy today, but also a powerful reminder of the resilience and unity that have defined our country ever since.

“Together, we honour the past and celebrate a future built on unity, hope, love and peace”

The day will be marked with celebrations in the Jubilee Café.



JUBILEE CAFE VE DAY

A Tribute - May 8th

The Jubilee Café will serve unique meals and play popular music, such as jazz, swing, and big band sounds, which were appropriate at the time, as part of the nationwide VE Day celebrations.



Please stop by and celebrate with us!

NEW STARTERS COFFEE MORNING

Introduction to the Jubilee Centre and Social Activities - every Thursday

Would you, or do you know someone that has considered stopping by the Jubilee Centre but felt slightly daunted by the task?



Coming to the centre for the first time can seem scary. To make it easier, two of our valued Trustees, Christine and Duncan, are hosting "New Starters Coffee Morning" every second Thursday between 10.30 am and 11.30 am. Starting 10th April.

The Jubilee Centre is a unique centre, enjoyed by many, situated opposite the beautiful Clarence Park Lido, in Bury.

It will be an opportunity to find out more about the centre, its activities, becoming a volunteer and talk about the services Age UK Bury provide. The coffee morning is informal, friendly, informative and fun.

Your first coffee (or tea) is on us!

DIGITAL SKILLS WORKSHOP

Technology & Café Drop-in every Monday, 10.00 am - 12.00 noon

Are you interested in improving your tech skills?

Need help with anything online?

In association with Bury Council we are providing free information, advice, and guidance on a variety of topics related to using the internet and navigating the digital world.

'Digital Buddies', will be available at the Jubilee to assist with online navigation, completing forms, and making the most of your computer, tablet, or smartphone.

Learn more about technology by attending one of the Monday drop-in sessions from 10.00 am to 12.00 noon.



SCAM AWARENESS PROGRAMME

Avoiding Scams - April 8th



On **Tuesday, April 8 from 11:00 am to 12:00 am**, an Age UK Manchester scam specialist will be at the Jubilee to conduct a special workshop that will educate attendees about the latest scams and how to recognise and avoid them.

The talk covers: How to spot a scam; How to keep yourself safe from scams; How to report a scam; Signposting to support services for scam victims.

The workshop lasts about an hour.

NEURO IN NATURE SESSIONS

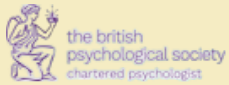
Neurological Mindfulness



Neuro In Nature is a non-profit organisation, led by two Clinical Psychologists, They offer accessible nature connection, mindfulness and grounding exercises for people living with a long term neurological conditions such as Parkinson's disease, MS, Stroke or Brain injury. The sessions in Bury are part funded by NHS Greater Manchester.

Every second Monday at 10.30 am till 12.30 pm in the Jubilee Centre

DATES: 14 April, 28 April, 12 May



Tickets are available online via *Eventbrite* or people can book as many sessions as they wish at Jubilee reception at just £3 a session.

Refreshments will be available.

SCAM UPDATE WARNING

Doorstep Cold Calling

Reports have come in of someone posing as a Carelink24 representative trying to gain access to people's homes pretending to be assessing and providing an emergency personal alarm system.



Unless you have made a pre-arranged appointment please do not let anyone into your home.



THE 100 NUMBERS CLUB

FEBRUARY WINNERS

Congratulations 1st Prize Winner

Num 23, Betty Steed - £71.25

2nd - Num 48, Patricia Jones - £42.75

3rd - Num 5, Anonymous - £14.25

Try your luck and join in on the monthly fun.

Simply visit our website, complete the form, and get ready for the upcoming drawing. Wishing you luck!



We have 57 members taking part

STAFF SPOTLIGHT

Shirley Has Retired

Shirley has decided to hang up her apron and set her sights on to pastures new as she has decided to retire after 14 years working in the café at the Jubilee Centre.

We wish her well in her retirement and we thank her for all her hard work during her time at the charity.

Good luck Shirley! and a huge Thank You from everyone at Age UK Bury.



ACTIVITIES SPOTLIGHT

Line Dancing with Julie Hawkins (Jules Line Dance)

Our new Line Dancing teacher has been a big hit with our dancing regulars. Enjoying a new style of teaching and more variety which has resulted in positive feedback.

Mixing it up with new moves and tunes Julie has added a new layer of enjoyment for everyone and the feedback to her new style of classes has been incredibly positive with more and more people joining in each week.

Line Dancing sessions are held on **Friday Afternoons**.

Our current timetable is:-

- 11.45 am to 12.45 pm: Absolute beginners/Beginners
- 12.45 pm to 14.00 pm: Improvers/Intermediates
- 14.00 pm to 15.45 pm: All Request Social



Line Dancing

To attend and enjoy each line dance session is only £5 per session.

Line dancing is a fun and engaging aerobic activity that offers a wide range of benefits for both physical and mental well-being. Here are some of the key advantages of incorporating line dancing into your fitness routine:-

Cardiovascular Health; Balance and Coordination; Bone Strength and Muscle Tone; Stress Reduction and Mental Well-being; Social Connection and Community; Cognitive Enhancement and Memory Improvement; A Fun and Enjoyable Activity.

Stop by a Friday afternoon and enjoy a whole new experience.

Visit the Activities page on our website for more information.

THANK YOU 'K-I-T' TEAM

An Afternoon for the 'Keeping-in-Touch' Volunteers

Steph, K-i-T Officer, organised a special get together at the Jubilee Centre for all the K-i-T volunteers.

Fifteen volunteers from the team attended and personally thanked for their help and support and to highlight how much of a difference they were making to people's lives.

As most of the volunteers work from home, it provided an opportunity for everyone to meet and hear about the accomplishments from the previous year.

The volunteers who came, gave us wonderful comments, stating that they found it really interesting and informative.

Everyone had a great time meeting one another and enjoyed the afternoon and the refreshments.

Everyone is looking forward to the next one!



VOLUNTEER SPOTLIGHT

Huge Congratulations to Daniel Bird

We're incredibly proud to share that Daniel Bird, a dedicated volunteer at the Jubilee Centre Café, has been shortlisted as a Finalist for Volunteer of the Year in the Spirit of Salford Community Awards 2025!

The Volunteer of the Year Award celebrates an individual whose volunteering has had a tremendous impact.

Daniel is a volunteer Lifestyle Coach with Beyond Empower, an organisation which supports disabled people to be more active. Since August 2023, Daniel has been working with people across Salford, including those with low mobility and autism, helping them access the gym and swimming pool. Despite limited prior experience, Daniel's positive approach and focus have allowed him to make a real difference to disabled people.

On top of this amazing achievement, Daniel recently took 1st place as the overall winner of the Central Lancashire Grand Prix Series 2024!

Well done, Daniel! Your hard work and dedication inspires us all.



Interested in being a Volunteer?

We have several areas where your help would really be appreciated. See full details on Page 8 of this Newsletter.

JUBILEE LUNCH CLUB

Every **TUESDAY** at 12.00 pm

Stop by and enjoy a special meal and get to know new people or catch up with old friends.



Our Café manager's exciting new menu will leave your taste buds tingling and wanting more.

Consisting of a special two course menu - a main, a sweet and a hot drink. Special price of £9.75

All welcome! Reserve your place at the Café or at Jubilee reception by calling 0161 763 9030

MUSIC IN MIND - MUSIC CHAMPION

Would you like to help people with dementia?

Do you like music?
Would you like to bring joy to the lives of people with dementia by making music together?

Volunteer to be a music champion!

This will be a rewarding experience and no musical knowledge required!

Please call Jubilee on 0161 763 9030 or email admin@ageukbury.org.uk expressing your interest and for more information.



CHARITY SHOP ITEMS - NOW ONLINE

www.vinted.co.uk/member/249292027



Are you interested in items we have in our shops but unable to get to them?

We now have an online Vinted store to compliment our shops with specially selected items. Please have a browse and grab yourself a bargain.

Go to the Vinted website and just search for **Ageukramsbottom** or search for Member Number: 249292027

UNUSED CURRENCY

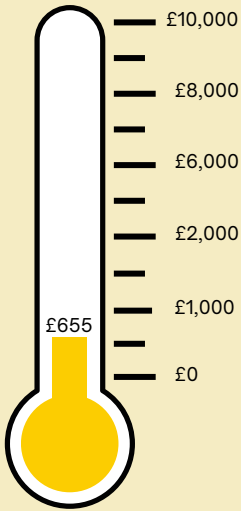
Foreign or British currency

Any cupboards or drawers with currency you can't spend or change? Please, help us raise funds by donating your old foreign or British currency, even if not in circulation anymore, notes and coins gratefully accepted.

Drop off points – **The Jubilee Centre** or our charity shops in **Bury & Ramsbottom**. Shop address details can be found on our website.



GOAL
£20,000



FUNDRAISING UPDATE

REFURBISHMENT FOR THE JUBILEE CENTRE

DJ PAULSKI EVENTS LTD - £120

A generous donation from DJP was received toward the building fund. A huge thank you Paul!

Donations of brand-new, unwanted items that might work as tombola or raffle prizes would be greatly appreciated.

Donations



VACANCIES AND OPPORTUNITIES

Full time & Volunteering



TRUSTEES - SPECIAL NEW MEMBERS

We are looking for Trustees with a specific skill sets to join the charity

Do you, or do you know someone, with spare time, drive and commitment willing to help guide the charity?

Possess the abilities, know-how, and skills necessary to lead, support, and help expand the charity?

Would like to play a key part in the management and administration of the organisation?



LEGAL EXPERT AND ADVISOR

Legal skills and knowledge?

Willingness and commitment? Spare time? Please get in contact.

ACCOUNTS AND FINANCE

Accountancy and financial skills? Good with numbers and spreadsheets?

Meticulous and thorough. Please get in contact.

For an informal chat and more information please call Jubilee on 0161 763 9030 and ask to speak to Ania or email your CV to ania@ageukbury.org.uk along with and a short cover note outlining your experience.

VOLUNTEERS NEEDED

JUBILEE CAFE

Do you have any spare time and would like to do something rewarding and socially active for an amazing charity?



We are looking for volunteers to help in the Jubilee Café who are eager to leave a positive mark on the hospitality industry and evolve alongside a dedicated team.

Excited to be in a creative and busy environment.

Able to engage warmly with café customers and passionate about customer service.

Be part of this local charity, helping it grow and making a difference to the visitors to the Centre and people living in Bury.

We would love to hear from you. Please call Jubilee on **0161 763 9030** or email admin@ageukbury.org.uk for further information and for a volunteer pack.

VOLUNTEERS NEEDED

BURY AND RAMSBOTTOM SHOPS

Do you have any spare time and would like to do something rewarding and socially active?

Enjoying meeting and helping people?

Would you like to help out in one of our charity shops in Bury or Ramsbottom?

We would love to hear from you. Please call Jubilee on **0161 763 9030** or email admin@ageukbury.org.uk for further information and for a volunteer pack.



VOLUNTEERS NEEDED

KEEPING-IN-TOUCH SERVICE



Do you have spare time to support someone via a friendly phone call?

There is a high demand for our phone service. We are committed to staying in touch with those who are confined to their homes, manage independently, or simply want a kind voice on the other end of the phone.

If you would like to volunteer and make a difference please contact **Steph** on **07725 735811** or email steph@ageukbury.org.uk for information.

UPCOMING EVENTS

List of events, entertainment and fun social gatherings.



APRIL 2025

Jubilee Café Saturday Opening - April 5th

We are happy to announce that starting the first week of April, the Jubilee Café will be open on Saturdays.

On April 5th, we are hosting a unique afternoon of entertainment, including Hits Bingo and a Quiz to commemorate the extra opening day.

Starting from 10.30 am till 16.00 pm.

Stop by for a drink, snack and a fun time.

Hits Bingo & Quiz - Tickets £5 per person to play along

Pay on the day at the door. *Hits Bingo commencing at 12.30pm*



MAY 2025

ABBARELLA - Abba Tribute Show - May 23rd

Enjoy all the ABBA classics. Come along for a dance and sing-a-long.

Tickets £20 per person.

Raffle prizes on the night. Bar available.

To book call or visit **Jubilee Reception** on **0161 763 9030** or email jubilee@ageukbury.org.uk



DATES FOR YOUR DIARY...

VE DAY - May 8th

Royal Ascot Afternoon Tea - June 21st

Family Fun Day - July 12th

The Jersey Boys - July 18th

The Bootleg 60's - September 26th

Texas Tornados - November 28th

VISIT OUR WEBSITE FOR THE LATEST AND UPCOMING EVENTS DETAILS

If you have an upcoming function or special occasion and would like to have it at the Jubilee Centre then call 0161 763 9030 and ask for Ania/Leisa to discuss hiring the room and amenities or email events@ageukbury.org.uk with your enquiry

FINALLY... A BIT OF FUN

Limerick of the Month

In springtime, the daffodils bloom,
With sunshine dispelling all gloom.
They dance in the breeze,
With laughter and ease,
Their bright colours lighting any room.

