



SELF-CARE FOR ALL

WEDNESDAY 22ND MARCH 2017 10AM - 5PM

The Elizabethan Suite, Bury Town Hall, Knowsley Street Bury BL9 OSW

At the event will be stall holders from across the borough. Come along and see what's on offer in your local community There's something for everyone!

Are you aged between 0 and 100... this event is for you...

Seminars throughout the day including;

Mindfulness: 10.15-11.15

Support to move into employment: 11.30-12.30

Monitoring your own emotional health and well-being: 1.15-2.15

Being the Parent of an anxious child: 2.30-3.30

NOT TO BE MISSED!

- ✓ Pennine Care Bealey Community Hospital
- ✓ Pennine Care Continence & Stoma Service
- ✓ Pennine Care Health Visiting Service
- ✓ Pennine Care Out of hours District Nursing
- ✓ Pennine Care Podiatry and Foot Care
- ✓ Pennine Care Audiology/Ear Care Service
- ✓ Pennine Care Community Eye Service
- ✓ Pennine Care Community Rehabilitation
- ✓ Pennine Care Children's Community Nursing Team
- ✓ Pennine Care Woundcare and Lymphoedema Service
- ✓ Integrated Diabetes Service (Pennine Acute and Pennine Care)
- ✓ Pennine Care Nutrition and Dietetics Service
- ✓ Pennine Care Cambeck Close
- ✓ Pennine Care Health & Wellbeing College
- ✓ Pennine Care Learning Disabilities Child and Adult, Occupational Therapy, Speech and Language, Psychology & Nursing
- ✓ Action for Children Short Breaks Services
- ✓ ADAB
- ✓ Age UK Elderly Care Services
- ✓ Birtenshaw
- ✓ Bury Council Youth Service and STARS Group
- ✓ Bury FC Community Trust
- ✓ Bury2getherUK
- ✓ CCG Pharmacy Services
- ✓ Alzheimer's Society
- ✓ Early Break Drug and Alcohol Service
- ✓ First Point Family Support Services
- ✓ Greater Manchester Police Child Sexual Exploitation
- ✓ Healthy Young Minds
- ✓ Wheels for All
- ✓ Persona
- ✓ Information Advice and Support Services (IASS)
- ✓ Public Health Nutritionist and Oral Health
- ✓ Pure Innovations Independent Travel Training
- ✓ Supporting Communities Improving Lives (SCIL)
- ✓ Special Educational Needs Team
- ✓ Educational Psychologists
- ✓ Additional Needs Team
- ✓ Portage
- ✓ Streetwise
- ✓ Together Trust Independent Support Service
- ✓ Together Trust Short Breaks Service
- ✓ Waste Enforcement Officer
- ✓ Working Well, Staying Well Employment
- ✓ Adult Services - Help Yourself to Well-being
- ✓ Adult Services - Quality of Life Wheel
- ✓ Adult Services - The Directory
- ✓ Bury Adult Learning
- ✓ Bury Council Health Trainers
- ✓ Job Centre Plus/Remploy
- ✓ Elmsbank Specialist Arts College
- ✓ Carers Trust for All Short Breaks Services
- ✓ Bury Diabetic Support Group
- ✓ Transport for Greater Manchester
- ✓ Sexual Health (Brook)
- And many more ...!

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