

Useful Contacts

Metro link enquiries – 0161 205 2000

Travel Line – 0871 200 2233

Rape Crisis Line GM – 0161 273 4591

Rape & sexual abuse support – 0808 802 9999

Early Break helpline – 0161 464 3679

BARDOC (out of hrs service) – 0161 763 4242

Fairfield Hospital – 0161 764 6081

Police – 0161 872 5050 or 101

Shelter Manchester – 03445 151 640

Emergency Housing – 0161 253 6606

NSPCC - 0808 800 5000

Self-harm support – mind.org.uk

Healthy Minds – 0161 253 5258

Samaritans – 116 123

Pennine Mental Health Care – 0800 014 9995

GM Mental Health NHS Foundation Trust – 0800 953 0285

This information was correct as of 8th December



 @buryyouthservice

 Bury Youth Service

 @YouthBury

Agency Information For the Christmas Period



**Christmas card designed
by Jamie Jacques**



Bury Job Centre everything is online.

www.gov.uk

0800 169 0190 (National Switch board)

Silver Street, Bury, BL9 0DP.



Citizens Advice Bureau open 9am-5pm everyday but closed bank holidays (25th, 28th Dec & 1st Jan 2021).

0300 330 9072 or visit the web site;

www.burycab.org.uk

155-163 The Rock, Bury, BL9 0ND.



BURY

Connexions Bury closed 23rd Dec - 4th Jan 2021.

Phone duty service available daily 1pm - 4pm.

0161 253 7733

3 Knowsley Place, Duke St, Bury, BL9 0EJ.



National Careers Service closed 25th, 28th Dec & 1st Jan (31st Dec open 8am - 4pm)

0800 100 900

Monday to Sunday 8am - 10pm



Early Break closed 25th, 28th Dec, and 1st Jan.

0161 723 3880.

Getting Help line. 0161 464 3679. Open every day over Christmas and New Year. 10am - 4pm on Bank holidays and 8am - 8pm other days (open until 6pm Xmas eve)



until women & children are safe

www.womensaid.org.uk

Domestic Violence Helpline, 24hr.

0808 2000 247.



Greater Manchester Mental Health

NHS Foundation Trust

GM Mental Health NHS Foundation Trust.

0800 953 0285. 24hr help line



www.youthservice@bury.gov.uk

The Youth Service, Youth Participation, and Young Carers will be unavailable 24th Dec until 4th Jan.



sexual health hub

Virgin Care Sexual health clinics vary, Knowsley Place, Town side Clinic or Radcliffe info on 0300 303 8565 or visit the web site;

www.sexualhealthhub.co.uk/services-near-you/bury/
closed 24th - 28th Dec & 1st - 4th Jan



Samaritans 24 Hour helpline.

0845 790 9090 or 116 123



EMERGENCY - Open throughout the Christmas period 24/7, 0161 253 6606.

0161 253 5000 - Switch board (covid helpline)

0161 253 5537 - Housing

0161 253 5353 - Bins etc.

0161 253 5678 - MASH

0161 253 6666 - CASS Team

0161 253 5200 - Early Help (not open bank hols)



Needle Exchange closed bank holidays. Open Christmas and New Year's Eve 9am - 3pm.

0161 271 0020

Bereavement helpline 0800 2600 400.

Open 10am to 4pm, Monday to Friday.



Helpline available 8am - 8pm except bank holidays; (25th, 28th Dec & 1st Jan 2021 when open 8am - 5pm).

0808 800 4444.

	TIER 1	TIER 2	TIER 3
HOUSEHOLD MIXING	The rule of six applies, indoors and outdoors	No mixing with other households indoors apart from support bubbles. Rule of six applies outdoors	No mixing with other households indoors apart from support bubbles. Rule of six applies in some outdoors
PUBS AND RESTAURANTS	Venues can open, but table service only and last orders by 10pm, close 11pm	Pubs and bars to close unless they can operate as restaurants. Alcohol can only be served with a substantial meal, last orders 10pm and close by 11pm.	Hospitality closed except sales by takeaway, click & collect, drive through and delivery
SHOPS, GYMS AND HAIRDRESSERS	All allowed to open	All allowed to open	All allowed to open
THEATRE AND CINEMA	Can open, with social contact limits	Can open, with social contact limits	Indoor venues closed
WORK	Work from home if possible to do so	Work from home if possible to do so	Work from home if possible to do so
TRAVELLING	Walk or cycle if possible and avoid travel into tier 3 areas except where necessary	Reduce the number of journeys where possible and avoid travel into tier 3 areas	Avoid travelling out of the area except where necessary and reduce the number of journeys
HOTELS	Can open	Can open	Closed, with limited exceptions such as work purposes or where people can't return home
EDUCATION	Nurseries, schools, colleges and universities can all open	Nurseries, schools, colleges and universities can all open	Nurseries, schools, colleges and universities can all open
RELIGIOUS SERVICES	Places of worship will open but must abide by the rule of six	Places of worship will open but people must stick to their own household/support bubble	Places of worship will open but people must stick to their own household/support bubble
WEDDINGS AND FUNERALS	No more than 15 guests at weddings, wedding receptions, wakes. 30 guests for funerals	No more than 15 guests at weddings, wedding receptions, wakes. 30 guests for funerals	No more than 15 guests at weddings, 30 for funerals. Wedding receptions not permitted
AMATEUR SPORT AND EXERCISE	Classes and organised adult sport can take place outdoors and indoors, but follow rule of six	Classes & organised adult sport allowed outdoors & indoors if household mixing is avoided. All children's and elite athlete sport allowed	Classes & organised sport allowed outdoors but not indoors. All sport for children and elite athletes allowed
SPECTATOR SPORT	Audience limited to 50% capacity or 4,000 outdoors / 1,000 indoors (whichever is lower)	Audience limited to 50% capacity or 2,000 outdoors / 1,000 indoors (whichever is lower)	No events can take place