



Bury Clinical Commissioning Group



ADAB, 7 South Cross Street,
Bury, BL9 0RS

☎ 0161 764 6749 ✉ admin@adab.org.uk 🌐 www.adab.org.uk

ADAB

We offer the following courses, services and activities:

Advice & Information

- Form Filling • Signposting • Referrals

Learning

- ESOL/English • IT • Citizenship (life in the UK) • Driving Theory • Arts & Crafts

Preparing for Employment

- Help with CV • Job searches • Help with online applications
- One-to-one guidance • Employment Advice & Support
- Apprenticeships • Volunteering

Health & Wellbeing

- Mental health • Dementia • Living with and beyond Cancer • Diabetes
- Health & Wellbeing Sessions • Women's Support Groups
- Talking Therapies with Healthy Minds

Communities

- Promoting Community cohesion • Multicultural events
- Preventing Extremism/working with schools & colleges

Support

- Domestic Abuse • Hate Crime • Supporting Asylum Seekers & Refugees
- Social/Chai & Chat Mornings • Business Support for BAME Employers

We are a local charity established since 1997 and based in Bury East. Our services are open to all communities particularly Black, Asian Minority Ethnic (BAME) communities which includes asylum seekers, refugees, Eastern European and migrant communities. Anyone and everyone is welcome!

Hate crime comes in many forms – it can be verbal or physical and be committed due to prejudice and discrimination towards someone because of their race, colour, religion, sexuality, gender, age and disability amongst other things. Hate crime can cause a lot of hurt and damage.

ADAB is a Hate Crime Reporting Centre, one of many in Bury, which means that if you are a victim of a hate crime you can go to ADAB and report the crime. No incident is too small. You don't have to go to the Police to report it and you don't have to give your name.

5 Ways to Wellbeing Sometimes life can be confusing and stressful and you might feel anxious and worried about things. Following the 5 ways to wellbeing can make you feel stronger, happier and better able to cope with things.

Connect

Talk to someone new or with family and friends, join a new club

Keep Learning

Sign up for a short course; learn a new skill, read a book

Take notice

Be in the moment & enjoy, see and feel what's around you, listen to the rain falling

Be Active

Do something you enjoy; go for a walk, a bike ride or swimming

Give to others

Volunteer your time; smile, join a group, give back

Domestic Abuse can take many forms such as physical violence, emotional & psychological abuse, controlling behaviour, financial abuse, forced marriage, & honour based violence. It can happen to anyone regardless of gender, age, ethnicity and class. Speak to someone. Help is available.

Some Useful Numbers

- **ADAB** – 0161 764 6749
- **Bury Asian Women Centre** – 0161 280 2270
- **Bury Voluntary Community Faith Alliance (VCFA)** – 0161 447 3035
- **Bury Multi-agency Cancer Service** – 0161 764 6609
- **Bury Lifestyle Service (Health Trainers)** – 0161 253 7554
- **Bury Police** – 101 or 0161 872 5050
- **Bury Job Centre Plus** – 0345 604 3719
- **Bury Council Tax** – 0161 253 5656
- **Bury Housing Benefit** – 0161 253 5000
- **Creative Living Centre** – 0161 696 7501
- **Greater Manchester Domestic Abuse Helpline** – 0161 636 7525
- **Healthy Minds** – 0161 253 5258
- **Jinnah Day Care Centre** – 0161 763 3637
- **Universal Credit** – 0800 328 5644
- **Victim Support** – 0161 200 1950 or 0161 253 7622