

Organisation	Project Name	Description	Area	Amount Awarded
Intergenerational Music Making	Singing from the Heart	Singing from the Heart is a tried, tested and award-winning intergenerational music programme that supports people living with heart disease, alongside their families and carers. Grounded in music therapy practice, the project uses singing, breathwork, movement and creative expression to improve emotional wellbeing, social connection and cardiovascular outcomes. Evidence shows group singing can improve heart rate variability, reduce blood pressure and support pulmonary function. Working with Manchester Metropolitan University students, the programme also integrates nutrition, gentle movement and lifestyle awareness to take a holistic approach to heart health. Sessions create safe, supportive spaces for connection and shared experience, while carers receive training to embed music and healthy habits into care practice across Bury.	Both	£3,500.00
Creative Living Centre	Stronger Hearts, Stronger Wellbeing	“Stronger Hearts, Stronger Wellbeing” is a 6-week behaviour-change intervention that will be ran twice (reaching approximately 30 residents in Bury West). The intervention will aim to reduce the risk of developing heart disease and related cardiovascular conditions, as well as support those who may be living with heart disease. The intervention is designed using evidence-based behaviour-change techniques to help participants build healthier routines through increased physical activity, reduced salt intake, and improved wellbeing.	West	£2,376.00

		<p>Sessions are interactive, person-centred and co-produced with local people. If funded, a further co-production session will be held with Bury West residents to ensure the programme continues to reflect community needs. Funding will make it possible to deliver in easily accessible community locations and give participants all the tools they need to track and maintain lifestyle change.</p> <p>This project will strengthen heart health and overall wellbeing for those most at risk, while building the evidence base needed to scale the intervention across Bury.</p>		
First Kick Foundation	Bury Heart Heroes: Culturally Active Communities	<p>This project targets the high rates of cardiovascular disease in Bury East by delivering culturally tailored health interventions for the local over 50's Muslim community. Leveraging our formal partnership with the Muslim Sports Foundation, we will provide gender-segregated physical activity sessions and heart-health workshops focused on dietary risk factors. By utilising trusted community spaces and expert sports coaching, we will remove barriers to engagement for residents at high risk of heart disease. Our approach directly addresses the borough's health inequalities, empowering participants to adopt sustainable lifestyle changes that reduce hospital admissions and support the LET'S Live Well mission for longer, healthier lives</p>	East	£3,500.00
Jigsaw (Bury)	Jigsaw Link Heart Smart Project	<p>Our Jigsaw Link Heart Smart Project will target individuals over 50 years old through supporting opportunities for people to engage in healthy eating and supporting increased physical activity, through 6 Heart Smart sessions taking place once a month over a six month period. Sessions will feature;</p>	West	£2,550.00

		<ul style="list-style-type: none"> <li>• Enjoying a heart-healthy nutritious lunch.</li> <li>• Chair-based exercise.</li> <li>• Heart Art – members will be involved in creative learning experience around heart health.</li> <li>• Information and interactive learning sessions provided by a nurse / nutritionist on heart health for members and carers. This will measure health information i.e. BMI, blood pressure.</li> </ul>		
Caritas Red Door	Healthy Hearts at Red Door	<p>Healthy Hearts at Red Door will embed heart health into our Red Door drop-in service targeting people living in poverty who have a high risk of developing heart problems.</p> <p>We will:</p> <ul style="list-style-type: none"> <li>•Introduce a new nutritionally balanced “Healthy Hearts” menu ensuring attendees can access their 5-a-day</li> <li>•Regular physical activity taster sessions including guided walks, bowling, rounders and bodyweight exercise.</li> <li>•Regular health promotion and smoking awareness sessions.</li> <li>•Support people to access GP services and NHS health checks.</li> </ul> <p>The project will enable 300+ people to build knowledge and confidence, empowering people to take greater control of their heart health and overall wellbeing.</p>	East	£2,607.67
Bury FC Community Sports Trust	Stronger Shakers: Healthy Hearts – Strength, Balance & Nutrition for 50+	Stronger Shakers: Healthy Hearts is a 15-session cardiovascular prevention programme for 20 adults aged 50+ living in Bury East and Bury West. The project combines structured strength and balance exercise, chair-	Both	£3,400.00

		<p>based physical activity and practical heart-healthy nutrition workshops to address key modifiable risk factors including inactivity, poor diet and social isolation. Participants will improve cardiovascular fitness, increase weekly activity levels and gain confidence managing their heart health. Delivered at Bury FC's accessible community facilities, the programme provides inclusive, preventative support designed to reduce long-term health inequalities and promote sustainable behaviour change.</p>		
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