

Welcome to the Health & Care Together Directory.

Health & Care Together aims to work with any health and social care related self help and community and voluntary organisations to encourage and support them to be better involved in the planning and development of health and social care related services. The project provides a key channel of communication between the statutory health and social care providers and self help and community and voluntary organisations.

The project works with a whole range of service users and service providers:

- Health and social care related community and voluntary groups and statutory organisations
- Organisations that represent the views of service users
- Umbrella organisations for health and social care matters
- Bolton NHS, Bolton Council, Royal Bolton Hospital Foundation Trust, Greater Manchester Mental Health Trust, Greater Manchester Ambulance Service Trust

Our services include:

- Production of regular information bulletins around health and social care related issues, events and information
- Health, Care & Wellbeing Forum: an informal forum group that enables a range of service providers, service users and careers to share information and provide support to those involved in health and social care. It is widely used by statutory organisations as a route for consultation and information sharing
- An information point for members of the public looking for health and social care related support groups

Using the project

Whilst every effort has been made to include all the self help support groups in Bolton, it is inevitable that some will not be known to us. Every effort is made to keep the Directory up to date, but it is possible that the project has acquired additional information after publication. **Please contact Health & Care Together on 01204 546050 with any enquiries/information.**

Contacting a Group

It is advisable to contact any group you are interested in before attending a meeting, both to confirm the time and venue for the meeting and to ensure you have chosen an appropriate group. Please bear in mind that whilst many groups are free, some do charge membership fees either on a yearly or per meeting basis.

Some groups can provide or arrange transport for which there may be a small charge.
Please enquire before attending.

All support groups are independent organisation. Health & Care Together takes no responsibility for the way groups are run.

If your group isn't in the directory you are losing out on valuable publicity and members! If you would like to be included, need to amend an existing entry or would like to find out more about Health & Care Together, please contact on 01204 546050 or e-mail on Farzana@boltoncvs.org.uk

Please note: Health & Care Together shares information with a number of other public agencies. If you do not wish your details to be passed on you must inform the project. We will ensure your contact details are solely used for our office purposes.

Contact Details:

**Health & Care Together
The Bolton Hub
Bold Street
Bolton
BL1 1LS**

Telephone: 01204 546050

Fax: 01204 546041

**Email: thaira@boltoncvs.org.uk
farzana@boltoncvs.org.uk**

Age Concern – Befriending Service

Provides support and friendship to older people in their own homes, especially those living alone or who are housebound.

Contact: Gareth Evans
72-74 Ashburner Street
Bolton
BL1 1TN

Telephone: 01204 382411
Fax: 01204 365541
E-mail: postmaster@ageconcernbolton.org.uk
Website: www.ageconcernbolton.org.uk

Aid for Children with Tracheostomies

Offers help, support and practical advice to parents/carers of children who have a tracheostomy. Also work in partnership with multi-disciplinary professionals. Please contact the group for further details.

Contact: Mr T Foster
82 Masefield Road
Little Lever
Bolton, BL3 1NG

Telephone: 01204 578522
E-mail: Terry.june@ntlworld.com or support@actfortrachykids.com
Website: www.actfortrachykids.com

Alcohol Support Group

The group provides help to those who are experiencing problems around their drinking. The group meets every Thursday from 6.00pm – 8.00pm. There is disabled access to the building. Please contact group for further information.

Contact: Jenny Ford/Nigel Wood
Zion Centre
339 Stretford Road
Hulme
Manchester, M15 42Y

Telephone: 0161 226 5412
E-mail: admin@selfhelpservices.org.uk
Website: www.selfhelpservices.org.uk

Alcoholics Anonymous (AA)

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with one another, so that they may solve their common problems and help others to recover from alcoholism.

Contact: The group meets at various times and venues in Bolton. Contact the number below between 11.00am – 11.00pm; plus there is a 24 hour answer phone service available.

Telephone: 0161 236 6569

Anxiety UK

Formerly known as National Phobic Society. Offers a range of support services including one to one therapies, counselling, clinical hypnotherapy, complementary therapies, helpline and support groups.

Contact: Zion CRC
339 Stretford Road
Hulme
Manchester, M15 4ZY

Telephone: 08444 775 774

E-mail: info@anxietyuk.org.uk

Website: www.anxiety.org.uk

Asian Parents Support Group

To support and provide various activities for parents/carers of disabled children. Monthly meetings are held. Contact the group for further details.

Contact: Anisa Bhatti

28 Oldstead Grove
Bolton
BL3 4XW

Telephone: 01204 658299 or 01204 529604

Asian Women's Wellbeing Group

Supporting women with a range of health and social care issues. The group meets on Thursdays; 10.00am – 12.00pm at Farnworth Town Hall.

Contact: Rabia Ahmed

144 Lower Rowson Street
Farnworth
Bolton, BL4 7RT

Telephone: 01204 573764 or 01204 332486

Autistic Society (Greater Manchester)

Information and support for people/families affected by Autism and Asperger syndrome. Contact the group for further details.

Contact: Chief Executive

1114 Chester Road
Stretford
Manchester, M32 0HL

Telephone: 0161 866 8483

Fax: 0161 8668485

E-mail: information@asgma.org.uk

Website: www.asgma.org.uk

BackCare

A charity for healthier backs; helps to educate people on how to avoid preventable back pain and supporting those living with back pain. BackCare does this through education, information, publications, telephone helpline and local branches.

Contact: Sue Stockton
38 Woodburn Drive
Smithills
Bolton, BL1 6NH

Telephone: 01204 847590

E-mail: suestockton@hotmail.com

Website: www.backcare.org.uk

BAC PAC (Bolton Area Council for Parents and Carers)

A voluntary group of parents and carers of disabled children. Gives an opportunity to have your say on helping to improve your local services. Everyone is welcome and encouraged to share views and experiences

Contact: PO Box 2220
Bolton, BL6 9GG

Telephone: 07944 237982

E-mail: info@bacpacbolton.org.uk

Website: www.bacpacbolton.org.uk

Barnardos – Bolton Service

To provide group work and individual support to young carers and their families. Contact group for further information.

Contact: 92 Chorley New Road
Bolton, BL1 4DH

Telephone: 01204 848209

Fax: 01204 495056

E-mail: Bolton.service@barnardos.org.uk

BAND

A user led group providing help, support and advice to anyone undergoing life problems, including stress, loneliness, depression, anxiety and other mental health needs.

Contact: Rita Liddell
The Bolton Hub
Bold Street
Bolton, BL1 1LS

Telephone: 01204 546070

Fax: 01204 546071

E-mail: admin@band.org.uk

Website: www.band.org.uk

BAND – Drop Ins

Active Minds – meet at Bethel United Reform Church, Leigh Road, every other Tuesday; 10.00am – 3.00pm. Contact Lynne on 07817593213.

Blazers Drop-In Centre – meet at Bolton YMCA every Wednesday; 7.00pm – 10.00pm. Contact Lynne on 07817593213.

Friday Contact – meet at St Augustine’s Church, Thicketford Road, on Fridays; 9.00am – 3.30pm. Contact Lynne on 07817593213.

Horwich Drop-In – meet at Brazley Community Hall on Mondays; 10.00am – 1.00pm. Contact Lynne on 07817593213.

New Bury Drop-In – meet at St Georges Church Hall, Farnworth on Tuesdays; 10.00am – 3.00pm. Contact Charlie on 07989963509.

Sathi (Asian Men’s Group) – meet at Emmanuel Church Hall, Vicarge Street on Mondays; 10.00am – 12.00pm. Contact Andy on 01204 520837.

Sahara (Asian Women’s Group) – meet at Emmanuel Church Hall, Vicarage Street on Thursdays; 10.00am – 3.00pm. Contact Julie on 01204 520837.

Weekenders – meet at BCOM on Saturday and Sunday; 10.00am – 1.00pm. Contact Lynne on 07817593213.

Beacon Bolton Counselling

We are a confidential counselling service, staffed by trained volunteers. Anyone above the age of 16 is eligible, irrespective of race, religion and beliefs. Daily counselling sessions are available. Contact the number below to arrange an appointment.

Contact: **Daytime:**
 The Bolton Hub
 Bold Street, Bolton, BL1 1LS
 Evening:
 1 Silverwell Street
 Bolton, BL1 1QN

Telephone: 01204 546100 (24 hours answer service)

Mobile: 07951 457176

E-mail: enquire@beaconcounselling.org

Website: www.beaconcounselling.org

Body Positive North West

Offers support and services to all people affected by or living with HIV.

Contact: Salman Anwar
39 Russell Road
Whalley Range
Manchester, M16 8DH

Telephone: 0161 882 2200

Fax: 0161 882 2202

E-mail: info@bpnw.org.uk

Website: www.bpnw.org.uk

Bolton Aphasia Self Help Group (BASH)

BASH is a group which offers support and social contact for people who have speech or communication difficulties following a stroke or brain injury. They meet on the first Monday morning of each month from 10.00am until 12.00pm.

Contact: Pamela Halden
St Andrews Church
Crescent Avenue
Over Hulton
Bolton, BL5 1EN

Telephone: 0161 950 3216

E-mail: pamhalden@yahoo.co.uk

Bolton Autism Action Group

Helps families in Bolton affected by Autism and Asperger's Syndrome, by personal and group support and advice. The group hosts social events and campaigns for better/improved facilities. The group meet monthly on a Monday at St Bedes Church Hall at 8.00pm. Contact the group for more details.

Contact: David Scowcroft
7 Embleton Close
Broughton
Bolton, BL2 5BQ

Telephone: 01204 371768

E-mail: davidscow@aol.com

Website: www.boltoncommunity.co.uk/baag

Bolton Breast Buddies

Peer support to breast feeding mums and their families. Contact group for details.

Contact: See website

Website: www.breastbuddies.org

Bolton Carers Support

Bolton Carers Support is an independent registered charity, which provides information and support and signposts carers to local services that may be able to help.

They provide a Carers Telephone Helpline and Drop-in service during office hours, a free newsletter 4 times a year, Carers Factsheets and other publications. They also provide regular Carers outings and events throughout the year.

Contact: Michelle Clarke
Thicketford Centre
Thicketford Road
Tonge Moor
Bolton, BL2 2LW

Telephone: 01204 363056 (Mon, Tues, Weds and Thurs 9.30am to 4.30pm)

E-mail: boltoncarers@btconnect.com

Website: www.boltoncarersupport.co.uk

Bolton Crossroads – Caring for Carers

Provides quality practical support for carers so that the carer can take a break and have time to be themselves. Trained carer support workers provide personal and social care and regular respite breaks are provided. The service is free to carers.

Contact: Heather Sharp
1st Floor
Thicketford Centre
Thicketford Road
Bolton, BL2 2LW

Telephone: 01204 365025

Fax: 01204 522366

E-mail: boltoncrossroads@btconnect.com

Website: www.crossroads.org.uk/bolton

Bolton Deaf Society

Provides social, recreational and religious services, advocacy, advice, information and communication support for deaf or hard of hearing people. Contact the group for more details.

Contact: Joyce Knowles
Centre for Deaf People
Bark Street
Bolton, BL1 2AX

Telephone: 01204 521219 (Voice)
01204 525858 (Text)

Bolton & District Multiple Sclerosis Society

To make people aware of MS and help those with MS and their carers. Help with respite, holidays and information. Please contact the group for further details.

Contact: Hilda Hope
10 Harbour Lane
Edgworth
Bolton, BL7 0PA

E-mail: Wombat639@btinternet.com
Hilda.hope@mypostoffice.co.uk

Bolton Prostate Cancer

To support cancer patients, families and carers and provide information. For more information contact the group.

Contact: Ian Jackson
7 new Court Drive
Egerton
Bolton, BL7 9XA

Telephone: 0161 474 8222 Helpline: 0845 456 0678

E-mail: info@prostatecancersupport.org

Website: www.prostatecancersupport.org

Bolton Respiratory Support Group

Self help and support group for all patients with chronic lung disease and their carers. The group meet monthly with support from a thoracic nurse at each meeting with guest speakers. The group organises social events, trips and also produce a monthly newsletter.

Contact: Keith Orton
12 Willand Close
Bolton
BL2 6TQ

Telephone: 01204 373010

E-mail: Keith.orton@uwclub.net

Bolton Speaking Club

Self help club to develop effective communication and speech making. The group meets fortnightly on Mondays at 7.00pm at Friends Meeting House. Contact group for more details.

Contact:

Telephone: Helen – 01204 494442
Val – 01204 532575
Betty – 01942 811502

Bolton Victim Support & Witness Service

Offers advice, support and information to people who are victims of crime. Contact the number below to arrange an appointment.

Contact: District Manager
Keith Salt House
31 Chorley Old Road
Bolton, BL1 3AD

Telephone: 01204 399736

Fax: 01204 382909

E-mail: Support@victimsupport-bolton.co.uk

Bolton Women's Aid (Fortalice)

To provide emergency accommodation and a range of support services for women, with or without children, who have experienced domestic violence. Meeting by appointment only.

Contact: Arlene Cochrane
43 Bradford Street
Bolton
BL2 1HT

Telephone: 01204 365677

Fax: 01204 525648

E-mail: Arlene.cochrane@fortalice.co.uk

Website: www.fortalice.org.uk

British Thyroid Foundation

The British Thyroid Foundation provides information, advice, support and research into all thyroid disorders for the general public and the medical professions. The local group meetings are open to everyone and are held on the second Saturday in March, June and November from 10.00am until 12.00pm. The meetings provide an opportunity to hear medical speakers, to look at all the information on display and to meet up with others with a thyroid condition.

Contact: Carole Ingham
108 Bolton Road
Edgworth
Bolton, BL7 0AE

Telephone: 01204 853557

Website: www.btf-thyroid.org

Bully Free Zone

Bully Free Zone provide a telephone helpline and family support service offering individualised support for children, young people and families affected by bullying. They also facilitate a volunteering project for young people aged 16 - 25, and run a range of creative activities to support young people and to raise awareness of bullying, including a weekly after-school club, video projects, workshops and training.

Contact: Nicola Schofield
Heritage House
50 Chorley New Road
Bolton, BL1 4AP

Telephone: 01204 454958
Fax: 01204 457467
E-mail: office@bullyfreezone.co.uk
Website: www.bullyfreezone.co.uk

Bury/Bolton ME/CFS Support Group

Provides support, information and holds meetings for carers and sufferers of ME/CFS. The group holds meetings 3rd Thursday of the month, 9 times a year, 7.30pm – 9.15pm.

Contact: Pam Turner
Longsight Methodist Church Hall
Harwood
Bolton, BL2 3HS

Telephone: 01204 793846
E-mail: dave@mesupportgroup.co.uk
Website: www.mesupportgroup.co.uk

Bury Tandem Club for Visually Impaired

Enables visually impaired people to engage in tandem riding (Sundays) between 20 & 75 miles. Vigorous exercise, companionship and a meal. Assessment and training provided. Sighted front riders are in demand. Contact group for more details.

Contact: Mr D Pritchard
50 Grange Road
BURY
BL8 2PF

Telephone: 0161 764 1239

Website: www.bury-tandem-club.org.uk

Bypass (Bolton Young People's Advice and Support Service)

Provides a range of personal and social learning programmes for young people aged 16-21 years. Offer support and information around issues that affect young people. Appointment made by referral, self or other.

Contact: Trinity House
4-6 Brightmet Street
Bolton
BL2 1BR

Telephone: 01204 362002

Fax: 01204 388982

Cardiac Support Group (Bolton)

Offers friendship and support to people who are experiencing some form of coronary (heart) illness and their family and carers.

Contact: David Houghton
Friends Meeting House
Silverwell Street
Bolton

Telephone: 07967040595

E-mail: Houghton214@ntlworld.com

Website: www.boltoncardiacsupportgroup.org

Children's Opportunity Group

A pre-school provider for children with special education needs. An early year's curriculum is followed with input from health and education. The group run general playgroup sessions.

Contact: Annette Dodd

Lowndes St Nursery
Lowndes Road
Bolton, BL1 4QB

Telephone: 01204 841654

Fax: 01204 491085

E-mail: Info@boltoncog.co.uk

Coeliac UK

Coeliac UK is a national charity, providing support and advice to those living with celiac disease and dermatitis herpetiformis. Contact group for details.

Contact:

Telephone: 0845 305 2060 – Monday to Friday; 10.00am – 4.00pm

E-mail: info@coeliac.org.uk

Website: www.coeliac.org.uk

Compassionate Friends

Support group for bereaved parents and their family. Informal meetings are held where parents can talk to others about the death of their loved one. Also provide useful literature. The group meet at Bolton Parish Church Hall on the 2nd Thursday of the month; 7.30pm – 9.30pm

Contact: Wendy & Denis Pye

34 Temple Road
Halliwell
Bolton, BL1 3LT

Telephone: 01204 842869
Website: www.tcf.org.uk

Daytrippers

Provides days out and other activities for children with disabilities, special needs and their families/carers.

Contact: Lesley Brennan
31 Duxbury Avenue
Little Lever
Bolton, BL3 1PY

Telephone: 01204 576542
E-mail: Daytrippers.bolton@ntlworld.com

Deaf Asian Women's Support Group

Holds social events, offers support and informal advice to its deaf members. Contact group for details.

Contact: The Sensory Centre
Brinks Place
Chorley Street
Bolton, BL1 4AL

Telephone: 01204 337900
Fax: 01204 337901
E-mail: Barbara.nixon@bolton.gov.uk

Dementia Support Group

To support people with various dementias and their carers. Provide support and activities.

Contact: Kath Tyldesley
Thicketford House
Thicketford Road
Bolton, BL2 2LW

Telephone: 01204 386696
Website: www.allcommunity.co.uk/dementiasupportgroup

Diabetes UK

To provide support to Diabetic patients and keep them up to date with treatments available.

Contact: Vic Wilde
53 Bolton Raod
Farnworth
Bolton, BL9 7JN

Telephone: 01204 847087

E-mail: vandbwilde@aol.com

DOSTI Women's Group

Providing social activities for women of all cultures in the Great Lever area. Contact group for details.

Contact: Rehana Makkan
35 Brandon Street
Bolton
BL3 6LN

Telephone: 07984259144

E-mail: rmakkan@hotmail.com

Emmaus Bolton

Provision of work and accommodation to previously homeless people.

Contact: Bob Jeffery
Derby Barracks
Fletcher Street
Bolton, BL3 6NF

Telephone: 01204 398056

Fax: 01204 398056

E-mail: Emmaus@bl36nf.wanadoo.co.uk

Gamblers Anonymous

To help compulsive gamblers and their families fight this illness. Give advice and support.

Contact: Call number below

Telephone: 0161 976 5000

Greater Manchester Asbestos Victims

To give advice to sufferers of asbestos diseases about benefits and compensation and to give support to their families. The group meet at Windrush Millennium Centre, please contact group for details.

Contact: Windrush Millennium Centre
Unit 2.5
70 Alexandra Road
Moss Side
Manchester, M16 7WD

Telephone: 0161 636 7555

E-mail: Asbestos.gmavsg@virgin.net

Website: www.asbestos-victims-support.org

Greater Manchester Neurological Alliance (GMNA)

To improve the quality of life for people with a neurological condition and give them a clearer voice in the services they need. To provide a resource for people who have no local support group. The group meets every 3 months, please contact group for details.

Contact: Marie Oxtoby
Innovation Forum
Frederick Road
Salford
M6 6FP

Telephone: 0161 743 3701

Fax: 0161 743 3530

E-mail: info@gmneuro.org.uk

Website: www.gmneuro.org.uk

Good Companions

We are a disabled group who give our families a rest from caring while we go out into the community to learn life skills, confidence building and be as independent as we can. We are a self-help group who has volunteers to help us.

Contact: Margaret Taggart
31 Keighley Street
Bolton
BL1 6EB

Telephone: 07814505975
E-mail: Goodcompanions2001@yahoo.com

Groups Together

We run social events for people with disabilities 2 or 3 times a week. Every Saturday for a social meeting, and Disco once a month with special themed evenings. Contact group for details.

Contact: Pam Price

Telephone: 01204 459122
E-mail: Dereksydney@ntlworld.com

Halliwell Befriending Service

Provides volunteer visitors to lonely, isolated, housebound people over the age of 60 years and a voluntary sit in service for carers (2 hours per month). Provides a visiting service for elderly people suffering from mental frailty.

Contact: Irene Murray
Halliwell Road Free Church
Halliwell
Bolton, BL1 8DE

Telephone: 01204 840808
E-mail: halliwellbefriending@gmail.com

Harbour Project

Offers advice and support to parents and friends of drug users. The group meet first and third Monday in the month at St Luke's Church.

Contact: Pat Boydell

Telephone: 01204 62274

E-mail: harbourproject@btinternet.com

Harmony Youth Project

To provide performing arts/sports based activities to young disadvantaged people within the Bolton area.

Contact: Charlie Barrett
c/o 27 Callis Road
Bolton
BL3 5QA

Telephone: 07989476994

E-mail: Admin_harmony@hotmail.com

Headway for Bolton

Self help group to share experiences of head injury. Contact group for details.

Contact: Jennifer Lyons
27 Wigan Road
Bolton
BL3 5PX

Telephone: 01204 535407

Hearing Voices Network

Run a women's group and mixed group for people who hear voices or experience other unusual sensations, to socialise and support each other in a non-judgemental environment. Contact group for details.

Contact: Ann Lee Centre

Telephone: 0845 122 8641 or 0161 235 5221

Website: www.hearing-voices.org

Horwich Breakaway Club

Provides social evenings for people with learning disabilities e.g. table games, indoor games, outings. The group meets every Thursday at Horwich Resource Centre; 7.30pm – 9.15pm. Contact group for details.

Contact: Christine Taylor
20 Hughes Avenue
Horwich
Bolton, BL6 7RA

Telephone: 01204 692997

E-mail: Taylorchristine5@sky.com

Horwich Visiting Service

Offers friendship to anyone who is elderly, isolated or housebound and who live in Horwich.

Contact: Pauline Chadwick
Horwich Clinic
Jones Street
Horwich
Bolton, BL6 7AJ

Telephone: 01204 669408

Fax: 01204 668145

E-mail: Pauline@horwichvisitingservice.org.uk

Ileostomy and Internal Pouch

Provides support to those with Ileostomy/Internal Pouch and to those about to undergo the procedure. We make hospital and home visits so we can give practical advice. Contact group for details.

Contact: Jane Rose
1 Falkirk Drive
Breightmet
Bolton, BL2 6NW

Telephone: 01204 535407

Irritable Bowel Self Help Group

To provide help, support and advice to people suffering with IBS. It is a informal group with occasional professional speakers. Contact group for details.

Contact: Cath Brennan/Gill Hendy
Endoscopy Unit
Royal Bolton Hospital
Bolton, BL4 0JR

Telephone: 01204 390648

Fax: 01204 390101

JABS

Provides information on vaccine and help on vaccine damage.

Contact: Ann Coote
Hollins House
Plodder Lane
Farnworth
Bolton, BL4 0LE

Telephone: 01204 796433 or 01942 713565

E-mail: Jackie@jabs.org.uk
Website: www.jabs.org.uk

JIGSAW

To offer support and encouragement for all local Bolton stroke survivors and their carers. Arrange outings/meals to assist with self esteem, confidence and semi-independence. The group meet every second and fourth Tuesday of every month from 1.00pm – 3.00pm at Christ Church Hall, Mytham Road, Little Lever, Bolton, BL3 1JE.

Contact: Lynn Bridge
10 Saunton Avenue
Harwood
Bolton BL2 4HL

Telephone: 01204 387704
E-mail: Bridge455@btinternet.com

Kidney Patients Association

Provide help and support for renal patients and families to support pre-dialysis patients. Meet every 6 weeks at 7.00pm at Salford Royal Hospital, previously known as Hope Hospital. Contact group for details.

Contact: Kathleen Barlow

Telephone: 01204 381266 or 07774003256

Macular Disease Society

Self help for visually impaired. The group meets second Friday every month at 1.45pm. Contact group for details

Contact: Miss Dorothy Bradshaw
23 Kingsbury Avenue
Bolton
BL1 5NR

Telephone: 01204 845859

E-mail: info@maculardisease.org
Website: www.maculardisease.org

Making Space

Making Space exists to support and enable everyone affected by mental illness, dementia and learning disabilities to make life choices and take a full and active part in their community. Included within Making Space service provision are: independent hospitals, registered care homes, supported housing, educations and day services, employment services, carer support services and carer breaks.

Contact: Joanne Whalley
17 Avenue Street
Bolton
BL1 3DA

Telephone: 01204 848871
E-mail: Joanne.whalley@makingspace.co.uk
Website: www.makingspace.co.uk

MHIST

The Mental Health Independent Support Team aims to provide a friendly and confidential service which supports and voices the interests of mental health service users and carers.

Contact: Deajon House
30 Chorley New Road
Bolton
BL1 4AP

Telephone: 01204 527200
Fax: 01204 528311
E-mail: mhist@btconnect.com
Website: www.mhist.co.uk

Motor Neurone Disease Association

Offers support to people with Motor Neurone Disease, including carers, family and friends. Provides support through meetings, association visitors, loan of equipment, information and newsletters.

Contact: Barbara Tew
Mary's Vale
Bradshaw Road

Bolton, BL2 4JL

Telephone: 01204 852491

E-mail: btew@marysvale.plus.com

Website: www.mndmanchester.co.uk

Multiple Sclerosis Society

Offers welfare and support for sufferers of MS and promotes research into the disorder. Also we give information regarding MS.

Contact: Hilda Hope
10 Harbour Lane
Edgworth
Bolton, BL7 0PA

E-mail: Hilda.hope@mypostoffice.co.uk

Myasthenia Gravis Association

The North Manchester branch offer help and support to sufferers and family, friends and carers and raise funds for research.

Contact: Chairman: Karl Parr
Treasurer: Christine Morris
Secretary: Jean Sumner
Regional Organiser: Steve Annabel

E-mail: Steve.annable@mga-charity.org

Website: www.mga-charity.org/web/guest/branches/#manchesternorthbranch.htm

National Association of Widows

Helping widows and widowers, offering unconditional and non-judgemental support. Contact group for details.

Contact: Mrs E Coward
84 Crosby Road
Bolton
BL1 4EJ

Telephone: 01204 846376

National Meningitis Trust

Provides support to group members and fundraises. Contact group for details.

Contact: Christine Hughes

Telephone: 0845 124 4764

E-mail: christineh@meningitis-trust.org

Website: www.meningitis-trust.org

National Osteoporosis Society (Bolton)

To spread information about Osteoporosis and help sufferers. The group meet 3 times a year, any information and support leaflets can be sent, free of charge. Contact the group for further details.

Contact: Edna Liptrot
60 Winslow Road
Bolton
BL3 4SP

Telephone: 01942 815945

National Women's Register

Nationwide women's group offering friendship, lively conversation, new interests, workshops and conferences. Contact group for details.

Contact: Sam Bushell
Unit 23
Vulcan House
Vulcan Road North
Norwich, NR6 6AQ

Telephone: 0845 4500287

Fax: 01603 407003

E-mail: office@nwr.org

Website: www.nwr.org.uk

Neurofibromatosis Association

To offer support and advice to families with a diagnosis of Neurofibromatosis, including information, liaison with other agencies raising awareness and supporting research.

Contact: Rosemary Abbott
The Neurofibromatosis Centre
Dept of Genetics Medicine
St Mary's Hospital, Oxford Road
Manchester, M13 9WL

E-mail: Rosemary.abbott@cmft.nhs.uk

North of England Bone Marrow & Thalassaemia Association

Supports patients and family affected by the condition. Contact group for details.

Contact: Manchester Royal Infirmary
Oxford Road
Manchester
M13 9WL

Telephone: 0161 273 7200

Website: <http://www.cmft.nhs.uk/nebeta>

Paget's Disease (National Association)

Provides information, advice and support to sufferers and their families and funds research into the course and treatment of the disease.

Contact: Mrs M McCallum
323 Manchester Road
Walkden
Manchester, M28 3HH

Telephone: 0161 799 4646
E-mail: director@paget.org.uk
Website: www.paget.org.uk

Parkinson's Disease Society

Offers information, help and support to people with Parkinson's and related conditions and to their carers. Contact group for details.

Contact: Kathryn Walker

Telephone: 0161 764 8809
E-mail: Kathrynwalker22@googlemail.com

Relate

Provides a counselling service for people in relationship difficulties. Also provide sexual therapy for people aged 10 to 25 years old and family counselling.

Contact: Joyce Siddall
32 Bradford Street
Bolton, BL2 1JJ

Telephone: 0845 165 1830
E-mail: office@relate-gmn.co.uk
Website: www.relate-gmn.co.uk

SAHELI - Friends

To bring women of all cultures together for education, crafts and social events. The group meet weekly on a Wednesday from 1.00pm – 3.00pm at Emmanuel Church Centre. Contact the group for more details.

Contact: Nafisa Saeed
42 Morris Green Lane
Bolton

Telephone: 07877181404
E-mail: nafisauk@hotmail.com

SAVS at Beacon

Offers one to one counselling for women and men aged 16 or over who were sexually abused as children or teenagers. Limited counselling is also available to non-abusing family members, partners or close friends.

Contact: Geoff Hargreaves
The Bolton Hub
Bold Street
Bolton, BL1 1LS

Telephone: 01204 546100
E-mail: enquire@beaconcounselling.org

Shakti Asian Parents and Carers Group

Support group for carers of adults with learning disability, providing social, emotional, practical peer support and regular breaks from caring.

Contact: Mrs Essa
353 Blackburn Road
Bolton

Telephone: 01204 522303
E-mail: Shah_ansarf@yahoo.co.uk

Simeon Centre Counselling Service

Offers the opportunity to talk through feelings in a confidential, peaceful and sensitive environment. Counselling sessions are free and available to anyone above the age of 16. Appointments can be made by contacting the centre.

Contact: The Simeon Centre Counselling Service

The Victoria Hall
Knowsley Street
Bolton, BL1 2AS

Telephone: 01204 387363

E-mail: counselling@simeoncentre.org.uk

Special Needs Under Fives Support

Provides support to pre-school children with additional needs within local pre-school settings. Volunteers work on a one to one basis.

Contact: Lynn Stokes or Nicky Hodgeson
Room G28
Castle Hill Centre
Castleton Street
Bolton, BL2 2JW

Telephone: 01204 338211

Fax: 01204 338359

E-mail: lynn@specialneedsu5.fsnet.co.uk

St Catherine's Parents & Toddler Group

Provides a safe environment for children from 0 – 5 years and their carers, for play activities and mutual support. Contact the group for details.

Contact: Sheila Eaves
St Catherine's Church
Highfield Road
Bolton, BL4 0NW

Telephone: 01204 700410

The Greater Manchester and Cheshire Cancer Network

A partnership of all organisations in the area that are concerned with cancer care. Contact group for details.

Contact: 1st Floor
40 Princess Street

Manchester
M1 6DE

Telephone: 0161 920 9705 Mon – Fri
Fax: 0161 920 9693
Website: www.gmccn.nhs.uk

The Stroke Association

Providing information, advice and support to stroke survivors, family and carers and offering long-term advice and support.

Contact:	Pamela Bann/Kathryn George Information, Advice and Support Service Great Lever Health Centre Rupert Street Bolton, BL3 6RN	Judith Lloyd Long-Term Support Service
Telephone:	01204 895940	01204 895941

Urostomy Association – Greater Manchester

Supports patients, who undergo the urostomy operation, by visits and advice at home or in hospital. Holds meetings and publishes an informative magazine. Contact group for details.

Contact: Mr H Lee
21 Woodlands Drive
Stockport
Manchester, SK2 5AJ

Telephone: 0161 483 5325
E-mail: Harry_lee@sky.com
Website: www.urostomyassociation.org.uk/manchester.html

Vision Aid UK

Support for visually impaired children and their families. The centre is open Monday to Friday; 9.00am – 5.00pm, visits only by appointment. Drop in session on Thursdays from 10.00am – 3.00pm. Contact group for more details.

Contact:	Mrs L Green 106 Junction Road Deane Bolton, BL3 4NE	Stephen Green PO Box 2211 BL6 9FW
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Telephone: 01204 64265
E-mail: enquiries@visionaid.org.uk
Website www.visionaid.org.uk

01942 790865

Westhoughton Visiting Service

Befriending older people, including a sitting-in service for older people with special needs i.e. dementia. Also offer support for carers and two luncheon clubs.

Contact: Jean Jones
Community Learning Centre
Central Drive
Westhoughton
Bolton, BL5 3DS

Telephone: 01942 799374
E-mail: Westhoughtonvisiting-service2@yahoo.co.uk

General Information

If you can't find the information you are looking for in the Directory some of these organisations may be able to help you.

After Adoption: 0161 839 4932

Arthritis Care Helpline: 0808 800 4050

Asian Elders Resource Centre: 01204 651123

Bolton at Home: 01204 338000

Bolton Citizens Advice Bureau: 0844 826 9707

Bolton Community and Voluntary Service (CVS): 01204 546010

Bolton Community Transport & Furniture Services: 01204 393777

Bolton & District Over 50's Federation: 01204 528142

Bolton Newstalk: 07759 977534

Bolton Public Libraries: 01204 333173

Bolton Shared Care: 01204 337109

Bolton Volunteer Centre: 01204 546060

CareLine: 0845 434 5440

Child Death Helpline: 0800 282 986

Childline: 0800 1111

Contact a Family: 0808 808 3555

Cruse Bereavement Care: 0844 477 9400
Eating Disorders Association: 0845 634 1414
Family Line: 0808 800 5678
Foundation for the Study of Infant Deaths: 0808 802 6868
Gaddum Centre, Bolton: 01204 392018
Help the Aged Senior Line: 0808 800 6565
Homestart: 01204 362786
Lone Parent Helpline: 0808 802 0925
MindInfo Line: 0300 123 3393
National Aids Helpline: 0800 012 322
National Carers Line: 0808 808 7777
National Childbirth Trust: 0300 330 0770
National Friend Lesbian Gay Bisexual Helpline: 01204 370008
NHS Direct: 0845 4647
No Panic Helpline: 0808 808 0545
NSPCC National Child Protection Helpline: 0808 800 5000
Obsessive Action: 0845 390 6232
PALS (Patients Advice and Liaison Service): 01204 462701
Patient & Public Involvement Forum: 01204 394603
Rape Crisis: 0808 802 9999
Saneline: 0845 767 8000
Shopmobility: 01204 392946