Welcome and introduction

Welcome to the Self Help Directory produced by Bolton CVS Health and Care Together team.

What Is the Directory?

A place where you can find up to date, useful information and contact details of a range of voluntary organisations and community sector groups working in Bolton.

How will it help me?

The organisations and groups included can provide you with a range of support and information to help you to improve your own health and well being or for someone you are supporting. You may be looking for support for a particular condition or you may wish to meet more people in your local community. This will tell you who to contact and when. Usually there is no need for a referral but look under ‘How to get Involved’ for more details. Good Luck!

Health & Care Together

The Health and Care Together Team work with voluntary and community sector organisations and the statutory sector to:

• Represent the sector at key strategic meetings
• Strengthen relationships between the statutory and voluntary sector.
• Provide opportunities to communicate key information to the sector about health and social care issues
• Enable groups to share experiences and views
• Support groups to shape and deliver services

To find out more, to access the directory online or be included in the directory visit: www.boltoncvs.org.uk or telephone 01204 546010

Telephone: 01204 546050   @boltonCVS   facebook.comCVSbolton
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Addiction is a strong need to take drugs, drink alcohol or carry out a particular activity such as gambling.

It can become the most important thing in your life and can lead to problems at home, work and school.

Support from others in a similar situation or with expertise in this area can help individuals to overcome problems and start the road to recovery empowering individuals to achieve their potential.

Alcohol Support Group

Description:
The group provides help to those who are experiencing problems around their drinking.

How to get involved:
The group meets every Thursday from 6.00pm – 8.00pm. There is disabled access to the building. Please contact the group for further information.

Contact:    Jenny Ford
            Nigel Wood

Address:    Zion Centre
            339 Stretford Road
            Hulme
            Manchester
            M15 4ZY

Telephone:  0161 226 5412

Email
admin@selfhelpservices.org.uk

Website
www.selfhelpservices.org.uk
Alcoholics Anonymous

Description: 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.

How to get involved: Attend meetings every Tuesday at 7.30pm at St Catherine’s Parish, Richmond Street, Horwich, BL6 5QT (rear entrance) and every Friday at 7.30pm at St Joseph’s RC Church, 71 Horace Street, Bolton, BL1 3PU

Telephone: National Helpline 0845 769 7555

E-mail help@alcoholics-anonymous.org.uk

Website www.alcoholics-anonymous.org.uk

ASAM (Abstinence Support and Maintenance)

Description: We use the SMART Recovery Plan within the group to support individuals before, during and after alcohol or drug detox. We provide a friendly, safe and positive environment for people with addiction and mental health problems.

How to get involved: Contact Mhist for further details.

Contact: Mhist

Address: Hanover House Hanover Street Bolton BL1 4TG

Telephone: 01204 527200

Email: help@mhist.co.uk

Website: www.mhist.co.uk
BIDAS (Bolton Integrated Drugs Alcohol Service)

Description:
Bolton Integrated Drug and Alcohol Services (BIDAS) aim to provide you with individualised support that meets your needs. We work in partnership with you to achieve your goals and aspirations.

How to get involved:
Self-referral, online referral, referral from other professionals.

Address: Beacon House Manchester Road Bolton BL2 1ES

Telephone: 01204 557977

Email info@boltondrinkanddrugs.org

Website www.boltondrinkanddrugs.org

Gamblers Anonymous

Description:
The group is a drop in support group for men and women who share their experience, strength and hope with people that they may solve their common problem and help others to do the same.

How to get involved:
This group runs every Friday; 7.30pm – 9.30pm at Unitarian Chapel. You can just turn up on the night.

Address: Unitarian Chapel Bank Street Bolton BL1 1TS

Website www.gamblersanonymous.org.uk
The Harbour Project

Description:
We offer advice and support to parents and friends of drug users.

How to get involved:
The group meet first and third Monday in the month. For more details e-mail or call Pat Boydell.

Contact: Pat Boydell

Address: St Luke’s Church
Chorley Old Road
Bolton
BL1 3BE

Telephone 01204 62274

E-mail: harbourproject@btinternet.com

Self Care Training Course

Take control of your own health and wellbeing

A free, fun and interactive 6 week course covering:

* confidence and self esteem
* managing stress and relaxation
* healthy lifestyle choices
* motivation and setting goals
* healthy eating
* physical activity

We will deliver this course to your group at a venue and time convenient to you.

For further details contact Yasmin Holgeth on 01204 546040 or email on yasminh@boltoncvs.org.uk
Befriending

Befriending is one way by which older people who are lonely, isolated or housebound can feel supported and get more fully involved in their local community. Having this social support can have a huge impact on individual's health and well-being.

Befriending services have been developed by voluntary organisations to provide people in this situation with opportunities for social interaction and a sense of being part of a community.

Age UK Bolton

Description:
Provides support and friendship to older people in their own homes, especially those living alone or who are house bound. Advice and information given on all aspects relating to older people.

How to get involved:
Contact the group to make an appointment.

Address: The Bolton Hub
Bold Street
Bolton
BL1 1LS

Telephone: 01204 382411

Email: postmaster@ageukbolton.org.uk

Website: www.ageukbolton.org.uk
BRASS (Befriending Refugees and Asylum Seekers)

Description:
We help and give advice for refugees and asylum seekers, offering various activities and help with immigration.

How to get involved:
Contact the group for further details.

Contact: Sylvie Nguessan
Malcolm Ngouala

Address: The Lodge
Great Lever
Bolton
BL3 2HX

Telephone: 01204 397152

Email: admin@brass-bolton.org.uk

Website: www.brass-bolton.org.uk

Halliwell Befriending Service

Description:
The group provides volunteer visitors to lonely, isolated, housebound people over the age of 60 years. A voluntary sit in service for carers and a visiting service for elderly people suffering from mental frailty.

How to get involved:
Contact the group directly for more information.

Contact: Carol Ann Fildes

Address: Halliwell Road Free Church
Halliwell
Bolton
BL1 8DE

Telephone: 01204 840808

E-mail: halliwellbefriending@googlemail.com
Horwich Visiting Service

Description:
We have been caring for people in and around Horwich for over 14 years. A visiting and befriending service for adults in our local community. It is run by local people that care about reaching out to some of the most vulnerable people in the community and bringing friendship, laughter and enjoyment into people’s lives.

How to get involved: Contact the group for an informal chat.

Contact: Pauline Chadwick
Address: Horwich Clinic
Jones Street, Horwich
Bolton
BL6 7AJ
Telephone: 01204 669408
E-mail: info@horwichvisittingservice.org.uk
Website: www.horwichvisittingservice.wordpress.com

Senior Solutions

Description:
Previously known as Westhoughton Visiting Service, the group befriends older people, including a sitting service for older people with special needs such as dementia. We also offer support for carers and two luncheon clubs.

How to get involved: Contact the Scheme Manager to get involved.

Contact: Jean Jones
Address: Community Learning Centre
Jones Street
Central Drive
Westhoughton
Bolton
BL5 3DS
Telephone: 01942 799374
E-mail: seniorsolutions50@yahoo.co.uk
Website: www.seniorsol.org.uk
What is Volunteering?
Volunteering is any activity or service that involves spending time, unpaid, doing something that benefits someone else, the local community or the environment.

Who can Volunteer?
Anyone can volunteer, regardless of age, experience, background, ethnicity, gender, religion, sexual orientation, disability or refugee status.

Are you involved with a community group that uses volunteers?
We support and promote volunteering across the borough of Bolton, through helping people who are interested in volunteering and groups and organisations that use volunteers. To advertise a volunteering opportunity via the Volunteer Centre and subsequently onto the national opportunities database www.do-it.org.uk You can complete the on-line forms.

Bolton Volunteer Co-ordinators’ Forum
The Volunteering Forum gives volunteers and organisations an opportunity to meet, network, learn from each other and to share good practice in volunteering.

You can contact the Volunteer Centre on 01204 546060 or email us on admin@boltonvolunteering.org.uk
Bereavement describes some of the feelings that can arise from losing someone you love.

Talking and sharing your feelings with someone can help. Don’t go through this alone.

For some people, relying on family and friends is the best way to cope. But if you don’t feel you can talk to them (perhaps you aren’t close, or they’re grieving too), you can contact local bereavement services.

Bolton Hospice Bereavement Service

Description:
We allow the bereaved, the space, time and opportunity to tell their story as many times as they need to without judgement, without advice and without preconceptions. We give the bereaved the opportunity to be heard.

How to get involved:
Contact the Hospice for further details.

Address: Queens Park Street
Off Chorley New Road
Bolton
BL1 4QT

Telephone: 01204 663066

Email: admin@boltonhospice.org

Website: www.boltonhospice.org.uk
Compassionate Friends

Description:
A self help support group for bereaved parents and their families, no matter what age the child (baby-adult) or cause of death. An informal group where bereaved parents can share their experience and receive support and understanding from those similarly bereaved.

How to get involved:
The group meets at Bolton Parish Church Hall on the 2nd Thursday of the month; 7.30pm - 9.30pm. You can turn up on the day.

Contact: Wendy Pye
Jackie Gavin

Address: 34 Temple Road
Halliwell, Bolton
BL1 3LT

Telephone: 01204 842869

Email: jackie.gavin@icloud.com

Website: www.tcf.org.uk

Survivors of Bereavement by Suicide (SOBBS)

Description:
We run a counselling group and our aim is to provide a safe environment in which bereaved people can share their experiences and feelings thereby supporting each other.

How to get involved:
The group meets 3rd Thursday of every month, contact the group for further information.

Contact: Maria Smith

Address: The Bolton Hub
Bold Street
Bolton
BL1 1LS

Telephone: 01204 546100

E-mail: enquire@beaconcounselling.org
Asian Elders Resource Centre

Description:
We are a day care centre for elderly Asian people. We provide health promotion, activities, bathing facilities and meals.

How to get involved:
If you are aged over 50, you can refer yourself.

Contact: Shabeen Rehman
Address: 61 Northfield Street
         Bolton
         BL3 5JH

Telephone: 01204 651123
Email: e-mail@aercbolton.co.uk
Website: www.aercbolton.co.uk

If you are from an ethnic minority you may come across issues to do with your cultural identity or experience language or cultural barriers.

You are not alone - there are services available that can provide you with information, advice and support.
**Bolton Solidarity Community Association**

Description:
We are a self-help voluntary organisation that has been set up to tackle and reduce the problems facing the new emerging communities in Bolton.

How to get involved:
Contact the group for further details.

Contact: Ibrahim Ismail
Address: 2-16 Mayor Street
         Bolton
         BL3 5HT
Telephone: 01204 399239
E-mail: bolsomcom@hotmail.com
Website: www.boltonbsca.com

**BRASS (Befriending Refugees and Asylum Seekers)**

Description:
We help and give advice for refugees and asylum seekers, offering various activities and help with immigration.

How to get involved:
Contact the group for further details.

Contact: Sylvie NGguessan
         Malcolm NGouala
Address: The Lodge
         Great Lever
         Bolton
         BL3 2HX
Telephone: 01204 397152
Email: admin@brass-bolton.org.uk
Website: www.brass-bolton.org.uk
Caribbean Elders Association

Description:
We are a community group meeting at Halliwell UCAN Centre every Monday. This is gives an opportunity for members to socialise with other people. We organise trips in the summer and a meal at Christmas for the members. Each Monday, our activities include knitting, crochet, cross stitching, embroidery and card making.

How to get involved:
The group meet every Monday; 10.00am – 12.00pm. Membership fee is £4 per year and each member pays £1 when they attend. Please call to attend.

Contact: Indira Tailor
Address: Halliwell UCAN Centre
Hatfield Road
Bolton, BL1 3BU

Email: indutailor@hotmail.com

Deaf Asian Women’s Support Group

Description:
The group allows the women to share experiences, relax, express feelings, gain self confidence, holds social events and offers support and informal advice to its deaf members.

How to get involved:
Contact group for further details.

Contact: The Sensory Centre

Address: Brinks Place
Chorley Street
Bolton
BL1 4AL

Telephone: 01204 337900/337896

E-mail: info@boltondeafsociety.co.uk
Seva Dal of Bolton

Description:
We are a community group that help raise awareness of health conditions for the over 50’s in the Hindu community. We encourage local people to meet regularly and discuss topical issues and seek advice especially for lone male/female/widows or those whose English is a second language.

How to get involved:
Contact group for further details.

Contact: Mr R D Mistry

Address: Slaterfield Community Centre
Carrington Drive
Bolton

Telephone: 01204 392404

E-mail: rmistry5@sky.com

The Bolton Hub

The Bolton Hub is located in the centre of Bolton providing modern, affordable office spaces and meeting rooms for hire.

The Hub has modern ground floor meeting rooms that can accommodate up to 60 attendees in a variety of layouts to suit your needs. It is regularly used by groups and organisations of Bolton for a wide range of meetings and training, forum or network meetings, training sessions, public launches and annual general meetings.

If you would like to learn more or book a room contact on 01204 546000 or e-mail hub@boltoncvs.org.uk
Talking about your worries and problems can be a very good way of releasing some of the stress that can build up when you are a carer.

Sometimes it is best to talk to someone who knows exactly what you are going through because it is happening to them too. Other carers can offer understanding, advice and support.

Support groups can help you find out what services are available locally and provide opportunities for you to influence service provision and ‘have your say’. Respite care is also provided by certain local groups.

Asian Parents Support Group

Description:
To support and provide various activities for parents/carers of disabled children. Monthly meetings are held.

Contact: Anisa Bhatti
Address: 28 Oldstead Grove Bolton, BL3 4XW
Telephone: 01204 658299 01204 529604

The Harbour Project

Description:
Offers advice and support to parents and friends of drug users, meeting first and third Monday in the month.

Contact: Pat Boydell
Address: St Luke’s Church Chorley Old Road Bolton, BL1 3BE
Tel: 01204 62274
E-mail: harbourproject@btinternet.com
BAC PAC (Bolton Area Council for Parents and Carers)

Description:
The group is for parents and carers of disabled children giving an opportunity to have your say on helping to improve your local services. Everyone is welcome and encouraged to share views and experiences.

How to get involved:
Please go on to our website to see how you can get involved.

Contact: n/a
Address: PO Box 2220 Bolton BL6 9GG
Telephone: 07944 237982
E-mail: info@bacpacbolton.org.uk
Website: www.bacpacbolton.org.uk

Bolton Care 4

Description:
We are a friendly group of parents and carers of adults with learning disabilities who meet on a monthly basis where the meetings are light hearted. There is more serious input from guest speakers who bring specialist information and receive regular service updates from Bolton Council.

How to get involved:
The group meet on the first Tuesday of each month (not January) at the Jubilee Centre; 7.00pm – 9.00pm. All are welcome.

Contact: Sue McNeill
Address: 6 Hillside Avenue Bolton BL7 9NG
Telephone: 01204 306971
E-mail: suemcneill@talktalk.net
Bolton Carers Support

Description:
We support people who care for family members, relatives and friends who are elderly, ill or disabled. We raise awareness about the needs of carers and identify hidden carers. We support carers through our helpline, drop-in, courses, carer’s cafes and short breaks.

How to get involved:
For more information please contact the group.

Contact: Bev Strang
Address: Thicketford Centre
Thicketford Road
Bolton
BL2 2LW
Telephone: 01204 363056
Email: boltoncarers@btconnect.com
Website: www.boltoncarersupport.org.uk

Breaking Barriers

Description:
We are a parent led organisation aiming to promote, improve and advance the emotional wellbeing of parents, carers and families of children and young people aged 0-25yrs with social and communication requirements; provide support, signpost to local services, offer training, raise awareness, promote inclusion and social acceptance and promote equality and opportunity for all sectors of the community.

How to get involved:
Contact the group for information.

Contact: Steph Sherratt
Address: 4th Floor
St. George’s House
2 St George’s Road
Bolton, BL1 2DD
Telephone: 07717434840
Email: breakbarriers3@gmail.com
Website: www.breakingbarriersnw.com
Crossroads Care Bolton

Description:
We offer a full range of services; regular breaks for carers, a support worker who will look after the person you care for whilst you have a break, specialist care for children with complex needs through to dementia and end of life care. Our services are available to carers and people with health and social care needs, for people with any disability or health condition.

How to get involved:
Contact the Registered Care Manager; Mon – Thurs 9.00am – 5.00pm and Fri 9.00am – 4.30pm

Contact: n/a
Address: Thicketford Centre
          Thicketford Road
          Bolton, BL2 2LW

Telephone: 01204 365025
Email: admin@gmcrossroads.co.uk
Website: www.gmcrossroads.co.uk

Dementia Support Group

Description:
We support people living with dementia and their carers, running weekly Memory Cafes where people who have concerns about their memory can attend, with their carer, join activities, meet others and find out information.

How to get involved:
Contact the group for further information on various Memory Cafes around the Borough.

Contact: Kath Tyldesley
Address: Thicketford Centre
          Thicketford Road
          Bolton
          BL2 2LW

Telephone: 01204 386696
Website: www.allcommunity.co.uk/dementiasupportgroup/
JIGSAW (Bolton Stroke Group)

Description:
The group is a self help support group to help stroke survivors and their carers to adjust to life after a stroke. We offer support and encouragement for all local Bolton stroke survivors and their carers, arranging outings/meals to assist with self esteem, confidence and semi-independence.

How to get involved:
The group meet on the 2nd and 4th Tuesday of the month, contact Lynn Bridge for more information.

Contact: Lynn Bridge
Address: 10 Saunton Avenue
Harwood
Bolton
BL2 4HL
Telephone: 01204 387704
E-mail: bridge455@btinternet.com
Website: www.jigsaw-bsg.org.uk

Shakti Asian Parents & Carers Group

Description:
A support group for carers of adults with learning disability, providing social, emotional and regular breaks from caring.

Contact: Mrs Essa
Telephone: 01204 522303
E-mail: shah_ansarf@yahoo.co.uk

South Asian Mental Health Carers Group

Description:
A group of carers from the black and ethnic minority's communities offer a chance to discuss and share experiences with others in similar situations. There are activities and regular day trips available.

Contact: Asif Naylia
Telephone: 01204 651123
Breaks for Carers

Grant Aims

This grant scheme is funded by Bolton Council’s Children’s and Adult Community Services Department and forms part of the Bolton Carers Strategy. Grants of up to £1000 are available for constituted carers, self help and voluntary groups who support carers, to allow adult carers of other adults to have a short break; for example a theatre trip, pampering sessions or a meal out.

Who Can Apply?

The grant is available to voluntary and community groups based and of benefit to carers in Bolton. This grant does not fund breaks for individual carers, carers aged under 18, adult carers of people aged under 18.

This grant is now running on a yearly calendar from 1st Sept - 31st August. Groups can only receive a grant from one deadline within the year.

For more information contact Bolton CVS on 01204 546010 or e-mail admin@boltoncvs.org.uk
All children and young people should grow in a supportive and stable environment.

These services support young people with the challenges they may face and provide new opportunities for personal development, social opportunities and new experiences, they encourage young people to achieve their full potential.

Action for Children

Description:
We provide supported lodgings and floating tenancy support to young people aged 16-21, including those leaving care.

How to get involved:
For further information visit the website or contact the group.

Contact: Trinty House
Address: Breightmet Street
Bolton
BL2 1BR

Telephone: 01204 362002

E-mail:
elizabeth.hutchinson@actionforchildren.org.uk
rachel.entwistle@actionforchildren.org.uk

Website:
www.actionforchildren.org.uk
AFC Masters

Description:
AFC Masters are a football club run for adults and children with a disability living in the North West. Training runs twice a week; Saturday morning at St Joseph’s High School and Monday evening at Castle Hill Youth Centre.

How to get involved:
Contact Iain by phone or e-mail. We are happy to come out to meet potential players and talk about the club.

Contact: Iain Massingham
Address: Castle Hill Centre
Castleton Street
Bolton
BL2 2JW

Telephone: 01204 337100
07538275198

E-mail: iain.massingham@bolton.gov.uk
Website: www.afcmasters.co.uk

Aid for Children with Tracheostomies

Description:
Offers help, support and practical advice to parents/carers of children who have a tracheostomy. Also, work in partnership with multi-disciplinary professionals.

How to get involved:
Please contact the group for further details.

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

Telephone: 01204 578522

E-mail:
Terry.june@ntlworld.com
support@actfortrachykids.com

Website:
www.actfortrachykids.com
Asian Parents Support Group

Description:
To support and provide various activities for parents/carers of disabled children. Monthly meetings are held.

Contact: Anisa Bhatti
Address: 28 Oldstead Grove
Bolton, BL3 4XW

Telephone: 01204 658299
01204 529604

Autistic Society (Greater Manchester)

Description:
Information and support for people/families affected by Autism and Asperger syndrome.

Address: 1114 Chester Road
Manchester, M32 0HL

Telephone: 0161 866 8483

E-mail: information@asgma.org.uk

Website: www.asgma.org.uk

BAC PAC (Bolton Area Council for Parents and Carers)

Description:
The group is for parents and carers of disabled children giving an opportunity to have your say on helping to improve your local services. Everyone is welcome and encouraged to share views and experiences.

How to get involved:
Please go on to our website to see how you can get involved.

Address: PO Box 2220
Bolton
BL6 9GG

Telephone: 07944 237982

E-mail: info@bacpacbolton.org.uk

Website: www.bacpacbolton.org.uk
Barnardos - Bolton Service

Description: We provide group work and individual support to young carers and their families.

How to get involved: Contact the group for information.

Address: 92 Chorley New Road
Bolton
BL1 4DH

Telephone: 01204 848209

Email: bolton.service@barnardos.org.uk

Website: www.barnardos.org.uk

Bolton Autism Action Group

Description: Helps families in Bolton affected by Autism and Aspergers Syndrome, by personal and group support and advice. The group hosts social events and campaigns for better/improved facilities.

How to get involved: The group meet monthly on a Monday at St Bedes Church Hall at 8.00pm. Contact the group for further details.

Contact: David Scowcroft

Address: c/o 7 Embleton Close
Breightmet
Bolton
BL2 5BQ

Telephone: 01204 371768

Email: davidscow@aol.com

Website: www.boltoncommunity.co.uk/baag
Bolton Lads & Girls Club

Description:
The Club aims to help the young people of Bolton become the happy, caring and responsible citizens of tomorrow by providing somewhere to go that’s fit for purpose, something to do that is developmental and challenging.

How to get involved:
Contact the group for information.

Address: 18 Spa Road
Bolton
BL1 4AG

Telephone: 01204 540100

Email: info@blgc.co.uk

Website: www.boltonladsandgirlsclub.co.uk

Bolton YMCA

Description:
We are a youth and community centre committed to helping the young people of Bolton. We offer a wide range of activities and accredited training designed to help people develop in body, mind and spirit, in a friendly and supportive environment.

How to get involved:
Contact the group for information.

Contact: Julian Finch

Address: 125 Deansgate
Bolton
BL1 1HA

Telephone: 01204 522855

Email: admin@boltonymca.co.uk

Website: www.boltonymca.co.uk
Breaking Barriers

Description:
We are a parent led organisation aiming to promote, improve and advance the emotional wellbeing of parents, carers and families of children and young people aged 0-25yrs with social and communication requirements; provide support, signpost to local services, offer training, raise awareness, promote inclusion and social acceptance, promote equality and opportunity for all sectors of the community.

How to get involved:
Contact the group for information.

Contact: Steph Sherratt
Address: 4th Floor
St. George’s House
2 St George’s Road
Bolton, BL1 2DD
Telephone: 07717434840
Email: breakbarriers3@gmail.com
Website: www.breakingbarriersnw.com

Bully Free Zone

Description:
The group provides a telephone helpline and family support service offering individualised support for children, young people and families affected by bullying. Also facilitate a volunteering project for young people aged 16-25 and run a range of creative activities to support young people by raising awareness of bullying including a weekly after-school club, video projects, workshops and training.

How to get involved:
Contact the group for more details.

Contact: Nicola Schofield
Address: Heritage House
50 Chorley New Road
Bolton, BL1 4AP
E-mail: office@bullyfreezone.co.uk
Website: www.bullyfreezone.co.uk
BYPASS (Bolton Young People’s Advice and Support Service)

Description:
The group provides a range of personal and social learning programmes for young people aged 16-21 years. Offers support and information around issues that affect young people.

How to get involved:
Appointments are made by referral, self or other.

Contact: Trinity House
Address: 4-6 Breightmet Street
Bolton
BL2 1BR
Telephone: 01204 362002
Email: bolton.service@barnardos.org.uk
Website: www.barnardos.org.uk

Children’s Opportunity Group

Description:
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.

How to get involved:
Contact the group for more details.

Contact: Annette Dodd
Address: Lowndes St Nursery
Lowndes Street
Bolton
BL1 4QB
Telephone: 01204 841654
Email: info@boltoncog.co.uk
Website: www.barnardos.org.uk
Daytrippers

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

How to get involved:
Contact the group for information or visit our website.

Contact: Lesley Brennan

Address: 31 Duxbury Avenue
Little Lever
Bolton
BL3 1PY

Telephone: 01204 576542

Website: www.daytrippersbolton.org.uk

Harmony Youth Project

Description:
The group aims to provide a variety of performing arts and drama, music, music production and DJing tuition to disaffected and disadvantaged young people aged 11 onwards. The group encourages a mixed and diverse group from a range of cultures and backgrounds.

How to get involved:
Contact the group for more details.

Contact: Charlie Barrett

Address: Unit G
Wordsworth Trading Estate
Wordsworth Street
Bolton
BL1 3ND

Telephone: 07989476994

E-mail: admin_harmony@hotmail.com
JABS (Justice Awareness Basic Support)

Description:
JABS is a support group for parents who believe their children have suffered severe harm or have died following childhood vaccinations.

How to get involved:
Please e-mail or visit website for further information.

Contact: Ms Jackie Fletcher

Telephone: 01942 713565

Email: Jackie@jabs.org.uk

Website: www.jabs.org.uk

SNUFS (Special Needs Under 5’s Support)

Description:
The group provides support to pre-school children with additional needs within local pre-school settings. Volunteers support 1 to 2 sessions per week.

How to get involved:
Contact the group for more details.

Contact: Lynn Stokes Nicky Hodgeson

Address: Room G28 Castle Hill Centre Castleton Street Bolton BL2 2JW

Telephone: 01204 338211

Email: lynn@specialneedsu5.co.uk

Website: www.specialneedsu5.co.uk
Breastfeeding Friendly Bolton

Breastfeeding Friendly Bolton is a status awarded to businesses who have received training delivered by Bolton CVS, in partnership with Bolton Council. We aim to improve the public breastfeeding experience for local mums by improving good practice and raising awareness of the Equality Act 2010 so that breastfeeding mums are welcomed and treated with respect.

This training aims to get local business to:

- Recognise the needs of breastfeeding mothers
- Educate on mother’s rights through the Equality Act 2010
- Explain the practical ways staff can offer support
- Highlight areas to improve practice

For a list of venues and more details on the programme: www.boltoncvs.org.uk/breast-feeding-project

St Catherine’s Parents & Toddler Group

Description:
We provide a safe environment for children from 0-5 years and their carers, for play activities and mutual support.

How to get involved:
Contact the group for information.

Contact: Sheila Eaves

Address:  St Catherine’s Church
Highfield Road
Bolton
BL4 0NW

Telephone: 01204 700410
Counselling

Counselling is a type of talking therapy that allows a person to talk about their problems and feelings in a confidential and dependable environment.

A trained counsellor will listen to you and allow you to explore different areas and issues in your life.

1 Point

Description:
Counselling charities, Third Sector organisations and other local providers across Bolton, are working together as 1point to provide streamlined access to a range of psychological health and wellbeing services.

How to get involved:
Anyone over the age of 16 and registered with a Bolton GP can access the 1point service, you do not have to be referred to us for assessment.

Address: The Old Turkish Baths
18 Great Moor Street
Bolton
BL1 1NP

Telephone: 01204 867000

Email:
office@1pointbolton.org.uk

Website:
www.1pointbolton.org.uk
Apna Project - Asian Women’s Counselling

Description:
We help to make a difference to the local community by providing support on issues that Asian women find difficult to deal with. There are a number of multi-lingual counsellors who speak a variety of languages.

How to get involved:
Self referral is required; contact the group for further information.

Contact: Farhat Shaheen

Address: 130 Gibbon Street
Bolton
BL3 5LS

Telephone: 07969312754

Email: farhat2k@hotmail.com

BCOM (Bolton Council of Mosques) Counselling

Description:
We offer a free, confidential service, offering counselling for bereavement, drug and alcohol. Related issues such as depression, anxiety, relationship difficulties, anger management and low self esteem.

How to get involved:
Contact BCOM to arrange an appointment.

Address: 1 Vicarage Street
Bolton
BL3 5LE

Telephone: 01204 363680

Email: counselling@thebcom.org
admin@thebcom.org

Website: www.bcom.org
Beacon Bolton Counselling

Description:
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.

How to get involved:
Contact the organisation to arrange an appointment.

Address: The Bolton Hub
Bold Street
Bolton, BL1 1LS
Evening:
1 Silverwell Street
Bolton, BL1 1QN

Telephone: 01204 546100
07951 457176

Email: enquire@beaconcounselling.org

Website: www.beaconcounselling.org

Reflections Counselling

Description:
A free and confidential local counselling service which offers you the opportunity to explore any difficulties you may be experiencing in your life.

How to get involved:
Need to book an appointment for one to one sessions.

Address: Lancashire Wildlife Trust
The Environmental Resource Centre
499-511 Bury Road
Bolton
BL2 6DH

Telephone: 07539974949
**Respect For All Counselling**

Description:
Counselling is offered for those affected by learning difficulties, autism diagnosis including Aspergers syndrome. The service covers all ages, home-visits take place and the service can travel to attend schools or other convenient places. Eight free counselling sessions can be offered but donations are always welcome.

How to get involved:
Contact the group or e-mail through our website for more information.

Contact: Gill Linden
Address: 29 Devonshire Road
Salford
M6 8HZ
Telephone: 07902223743
(24 hr answer machine)

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**RELATE**

Description:
We provide a counselling service for people in relationship difficulties. Also provide secular therapy for people aged 10 to 25 years old and family counselling.

How to get involved:
Contact the office to self refer or e-mail to receive further information.

Contact: Joyce Siddall
Address: 32 Bradford Street
Bolton
BL2 1JJ
Telephone: 0845 165 1830
Email: office@relate-gmn.co.uk
Website: www.relate-gmn.co.uk
SAVS at Beacon

Description:
Offering 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-abused family members, partners or close friends.

How to get involved:
The group meets fortnightly, Mondays between 7.00pm – 8.30pm.

Contact: Carol Tew
Address: Beacon Counselling Service
The Bolton Hub
Bold Street
Bolton
BL1 1LS
Telephone: 01204 546100/546098
or 07951457176
E-mail: enquire@beaconcounselling.org
Website: www.beaconcounselling.org

Simeon Centre Counselling Service

Description:
We offer an 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.

How to get involved:
Appointments can be made by contacting the centre.

Contact: Gary Jones
Address: The Simeon Centre Counselling Service
The Victoria Hall
Knowsley Street
Bolton
BL1 2AS
Telephone: 01204 387363
Email: counselling@simeoncentre.org.uk
Website: www.simeoncentre.org.uk
Survivors of Bereavement by Suicide (SOBBS)

Description:
The group runs a counselling group and our aim is to provide a safe environment in which bereaved people can share their experiences and feelings thereby supporting each other.

How to get involved:
The group meets 3rd Thursday of every month, contact the group for further information.

Contact: Maria Smith
Address: The Bolton Hub
         Bold Street
         Bolton
         BL1 1LS
Telephone: 01204 546100
E-mail: enquire@beaconcounselling.org

Tonge Moor UCAN Counselling

Description:
The centre offers various community services including counselling and giving help with a variety of problems from stress to self-confidence building.

How to get involved:
Contact the UCAN Centre to self refer.

Contact: Tonge Moor UCAN Centre
Address: Old Tonge Moor Library
         Tonge Moor Road
         Bolton
         BL2 2LE
Telephone: 01204 332871
Adult Placement

Description:
This is a befriending service providing short and long term care in a family home. Our services are for those finding it difficult to manage because of age related problems, learning or physical disabilities, mental health problems or older people with mental health problems such as dementia.

How to get involved:
Please contact the group for more information.

Contact: Karen Wolstenholme

Address: Falcon View
Cotton Street
Bolton
BL1 3JN

Telephone: 01204 337515/337516

Email: karen.wolstenholme@bolton.gov.uk
AFC Masters

Description:
AFC Masters are a football club run for adults and children with a disability living in the North West. Training runs twice a week; Saturday morning at St Joseph’s High School and Monday evening at Castle Hill Youth Centre.

How to get involved:
Contact Iain by phone or e-mail. We are happy to come out to meet potential players and talk about the club.

Contact: Iain Massingham
Address: Castle Hill Centre
Castleton Street
Bolton
BL2 2JW
Telephone: 01204 337100
07538275198
E-mail: iain.massingham@bolton.gov.uk
Website: www.afcmasters.co.uk

Bolton Care 4

Description:
We are a friendly group of parents and carers of adults with learning disabilities who meet on a monthly basis where the meetings are light hearted. There is more serious input from guest speakers who bring specialist information and recieve regular service updates from Bolton Council.

How to get involved:
The group meet on the first Tuesday of each month (not January) at the Jubilee Centre; 7.00pm – 9.00pm. All are welcome.

Contact  Sue McNeill
Address: 6 Hillside Avenue
Bolton
BL7 9NG
Telephone: 01204 306971
E-mail: suemcneill@talktalk.net
Bolton Disability Sports Association (BDSA)

Description:
We provide quality sports and physical activity opportunities, suitable for disabled people of all ages, by all means. Examples are adapted cycling, race running, disability football, boccia, new age kurling, racing wheelchairs, disability archery, disability tennis and goalball.

How to get involved:
For specific queries contact the Secretary by e-mail.

Contact: Steph Sherrat
(Secretary)

Email: secretarybdsa@hotmail.co.uk

Website: www.boltondisabilitysport.co.uk

Bolton Newstalk

Description:
Recording of news for delivery to blind, partially sighted and disabled people of Bolton and District.

How to get involved:
Contact the group by phone, leave a message and someone will arrange a meeting.

Contact: James W. Walton

Address: Sensory Centre
336 Ainsworth Lane
Bolton
BL2 2QL

Telephone: 07547914637

Email: newstalk@icloud.com

Website: www.boltonnewstalk.org.uk
Community Care Options (COMCO)

Description:
Supporting people with disabilities, working with people with complex needs, support people with their daily needs, provide activities, specialist nursing input, counselling, provide a Scooter Service and a wheelchair repair workshop which includes a training scheme for people with mental health problems.

How to get involved:
Contact the group as some services may be held at different venues.

Contact: Phil Schofield
Address: Ground Floor, Dunscar House, Deakins Business Park, Egerton, Bolton, BL7 9RP
Telephone: 01204 593268
Email: phil.schofield@comco.org.uk
Website: www.comco.org.uk

DBBC - Diversity in Barrier Breaking Communication

Description:
DBBC take disabled disaffected people of all ages, all disabilities and all abilities to undertake accredited training in radio broadcasting skills to raise self confidence.

How to get involved:
Opening times are weekdays; 9.30am - 3.30pm. Contact the group for more details and arrange a visit.

Contact: Dorothy Martland
Address: Office 5 Bolton Market Ashburner Street Bolton, BL1 1TQ
Telephone: 01204 373107
Email: dorothymartland@hotmail.com
Website: www.dbbcc.org.uk
Daytrippers

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

How to get involved:
Contact the group for information or visit our website.

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

Telephone: 01204 576542
Website: www.daytrippersbolton.org.uk

Groups Together

Description:
We run social events for people with learning and physical disabilities; 2 or 3 times a week.

How to get involved:
Meet every Saturday for a social meeting and disco once a month with special themed evenings. Contact the group for further details.

Contact: Pam Price
Telephone: 01204 459122
Email: dereksydney@ntlworld.com
SNUFS (Special Needs Under 5’s Support)

Description:
The group provides support to pre-school children with additional needs within local pre-school settings. Volunteers support 1 to 2 sessions per week.

How to get involved:
Contact the group for more details.

Contact: Lynn Stokes Nicky Hodgeson

Address: Room G28 Castle Hill Centre Castleton Street Bolton BL2 2JW

Telephone: 01204 338211

Email: lynn@specialneedsu5.co.uk

Website: www.specialneedsunderfivessupport.com

Horwich Breakaway Club

Description:
Provides social evenings for people with learning disabilities e.g. table games, indoor games, outings.

How to get involved:
The group meets every Thursday at Horwich Resource Centre; 7.30pm – 9.15pm.

Contact: Christine Taylor

Address: Horwich Resource Centre Beaumont Road Horwich Bolton

Telephone: 01204 692997

Email: taylorchristine5@sky.com
Here are a selection of groups providing opportunities to take part in a range of hobbies and interests. Taking part in such groups is a great way to learn a new skill, keep active, meet new friends and generally improve your health and wellbeing.

Bolton U3A (University of the Third Age)

Description: We are a self help, self financed group providing opportunities for retired and semi retired people to come together and make friends, develop their interests and enjoy themselves. Classes meet monthly in a wide range of subjects from Art Appreciation, History, Topical Science and Writing for Pleasure.

How to get involved: Please contact the Membership Secretary for information and an application form or e-mail for more information.

Contact: Ann Waring
Address: 9 Mallett Crescent Bolton, BL1 5TQ
Telephone: 01204 492343
Email: u3abolton@hotmail.co.uk
Website: http://u3asites.org.uk/bolton
Encompass Hill Walking Group

Description:
We offer walks of varying degrees on the West Pennine Moors, The Lake District, The Peak District and other areas within the surrounding area.

How to get involved:
You can contact by e-mailing or texting on contact number.

Contact:  Ian Burke
Address:  The Greenhouse Project
          1 Quebec Place
          Quebec Street
          Bolton
          BL3 5JW
Telephone:  07702565264
Email:  encompasswalking@yahoo.co.uk

Halliwell UCAN Food Growing Project

Description:
We are a new group growing food in the Halliwell area; have raised beds at Halliwell UCAN Centre and plan to expand into the local community. We grow vegetables, herbs and some flowers, sharing the food among the group and regulars at the UCAN Centre.

How to get involved:
Everyone is welcome, turn up on Wednesday afternoon from 1.00pm, for further information contact on 01204 335407.

Contact:  UCAN Team
Address:  Halliwell UCAN Centre
          Hatfield Road
          Bolton
          BL1 3BU
Telephone:  01204 335407
Email:  halliwell.ucan@bolton.gov.uk
Living with long term conditions brings challenges and it is important to have the confidence, support and information to take control of your condition and take steps to overcome these challenges.

Support networks allow you to share your experience with others and receive healthy lifestyle support, information and advice about your condition and its treatment.

BackCare Bolton

Description:
A charity for healthier backs; helps to educate people on how to avoid preventable back pain and supporting those living with back pain.

How to get involved:
BackCare does this through education, information, publications, telephone helpline and local branches.

Telephone:  National Helpline: 0845 130 2704

Website: www.backcare.org.uk
BASH (Bolton Aphasia Self Help Group)

Description:
BASH is a group which offers support and social contact for people who have speech or communication difficulties following a stroke or brain injury. The group arranges occasional events/bookings.

How to get involved:
For more information please contact the group. They meet on the first Monday morning of each month from 10.00am – 12.00pm except Bank Holidays.

Contact: Pamela Holden
Address: St Andrews Church Crescent Avenue Over Hulton Bolton BL5 1EN
Telephone: 0161 950 3216

Bolton & District Multiple Sclerosis Society

Description:
We offer welfare and support for sufferers of MS and promote research into the disorder. Make people aware of MS and help those with MS and their carers. Help with respite, holidays and information.

How to get involved:
Contact the Bolton & District Branch

Contact: Hilda Hope
Telephone: 01204 853285
National Helpline: 0808 800 8000

Email:
helpline@mssociety.org.uk
hilda.hope@mypostoffice.co.uk

Website:
www.mssociety.org.uk
Bolton Adult Aspergers Support

Description:
The group provide support to enhance the health and wellbeing of adults with Asperger syndrome and associated conditions and their carers/families.

How to get involved:
Contact group for more information.

Contact: Graham Heywood

Address: The Thicketford Care Centre
Thicketford Road
Bolton
BL2 2LW

Telephone: 07772547158

E-mail: g.heywood68@gmail.com

Website: www.boltonaspergersupport.co.uk

Bolton Autism Action Group

Description:
Helps families in Bolton affected by Autism and Aspergers Syndrome, by personal and group support and advice. The group hosts social events and campaigns for better/improved facilities.

How to get involved:
The group meet monthly on a Monday at St Bedes Church Hall at 8.00pm. Contact the group for further details.

Contact: David Scowcroft

Address: c/o 7 Embleton Close
Breightmet
Bolton
BL2 5BQ

Telephone: 01204 371768

E-mail: davidscow@aol.com

Website: www.boltoncommunity.co.uk/baag
Bolton Cardiac Support Group

Description:
The group offers friendship and support to people who are experiencing some form of coronary (heart) illness and their family and carers.

How to get involved:
All are welcome to attend meetings, contact the group for more details.

Contact: David Houghton
Address: Friends Meeting House
Silverwell Street
Bolton
Telephone: 01204 300661
07967040595
E-mail: houghton214@ntlworld.com
Website: www.boltoncardiacsupportgroup.org

Bolton Implantable Cardiac Deibrillator (ICD) Support Group

Description:
The group supports patients and their families after an ICD has been implanted into a patient. Aim of the group is to provide a forum for all ICD patients, carers and families to discuss their concerns and problems.

How to get involved:
Meetings are held the last Thursday in the months of March, June, September and November.

Contact: Tracey Garde
Address: Bolton Parish Church
Silverwell Street
Bolton, BL1 1PS
Telephone: 01204 300661
07967040595
E-mail: boltonicdsupportgroup@hotmail.co.uk
Website: www.boltonicdsupportgroup.wordpress.com
Bolton Neuro Voices

Description:
Information point at Breightmet Health Centre. Contact with Long Term Conditions Neuro Team, hydrotherapy course and continuation programme at Bolton One. Members are local neuro groups and individuals without a local group.

How to get involved:
No need for referral, contact Marie for further information.

Contact: Marie Oxtoby
Address: Oaklands
Sweetloves Lane
Bolton
BL17ET
Telephone: 01204 594004
E-mail: oxtoby_929@btinternet.com

Bolton Prostate Cancer

Description:
We support cancer patients, families and carers and provide information.

How to get involved:
The group meets 2nd Wednesday of every month; 2.00pm – 4.00pm.

Address: St Luke’s Church
Chorley Old Road
Bolton
BL1 3BE
Telephone: 0161 474 8222
National Helpline
0845 456 0678
E-mail:
info@prostratecancersupport.org
Website:
www.prostratecancersupport.org
Bolton Respiratory Support Group

Description:
The group offers support and encouragement to anyone with a lung disease, including carers.

How to get involved:
The group meets on the 3rd Thursday of every month except January at 2.00pm, please call to attend.

Contact: Keith Orton
Address: St John’s Community Centre
Brodick Drive
Breightmet
Bolton

Telephone: 01204 373010
E-mail: keith.orton@uwclub.net
Website: www.boltonrespiratorysupport-group.co.uk

Bolton West Stroke Group

Description:
We provide information, advice and support to stroke survivors, families and carers, offering long-term advice and support.

How to get involved:
The group meets 1st & 3rd Thursday of each month; 1.00pm – 3.00pm. E-mail or call to attend group meetings.

Contact: Brenda Nixon
Address: Horwich Resource Centre
Beaumont Road
Horwich
Bolton
BL6 6BG

Telephone: 01204 693582
E-mail: mrsbrendanixon@yahoo.co.uk
Website: www.stroke.org.uk
Bury/Bolton ME/CFS and Fibromyalgia Group

Description:
The group provides support and holds meetings for carers and sufferers of ME/CFS. We have a monthly newsletter and Facebook group. We also have benefits and work advice, weekly free yoga and monthly hydrotherapy.

How to get involved:
The group holds meetings 3rd Thursday of the month (except April, August and December) at The Environmental Resource Centre at 7.30pm. All are welcome.

Contact: Caroline Higson
Address: Longsight Methodist Church Hall
Harwood
Bolton, BL2 3HS

Telephone: 01204 525955
E-mail: caroline@mesupportgroup.co.uk
Website: www.mesupportgroup.co.uk

Dementia Support Group

Description:
We support people living with dementia and their carers, running weekly Memory Cafes where people who have concerns about their memory can attend with their carer, join activities, meet others and find information.

How to get involved:
Contact the group for further information on various Memory Cafes around the Borough.

Contact Kath Tyldesley
Address: Thicketford Centre
Thicketford Road
Bolton
BL2 2LW

Telephone 01204 386696
Website: www.allcommunity.co.uk/dementia/supportgroup/
Greater Manchester Asbestos Victims Support Group (GMAVSG)

Description:
The group gives advice to sufferers of asbestos diseases about benefits and compensation and to give support to their families.

How to get involved:
The group meet at Windrush Millennium Centre, please contact group for details.

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

Telephone: 0161 636 7555
E-mail: asbestos.gmavsg@gmail.com
Website: www.asbestos-victims-support.org

Greater Manchester Neurological Alliance (GMNA)

Description:
GMNA is an umbrella group for 23 neurological charities aiming to represent and communicate between commissioners, providers and users. We improve the quality of life for people with a neurological condition and give them a clearer voice in the services they need.

How to get involved:
Contact the group for further details.

Contact: Innovation Forum
Address: Frederick Road
Salford, Manchester
M6 6FP

Telephone: 0161 743 3701
E-mail: info@gmneuro.org.uk
Website: www.gmneuro.org.uk
JIGSAW

Description:
The group is a self help support group to help stroke survivors and their carers to adjust to life after a stroke. We offer support and encouragement for all local Bolton stroke survivors and their carers, arranging outings/meals to assist with self esteem, confidence and semi-independence.

How to get involved:
The group meet on the 2nd and 4th Tuesday of the month, contact Lynn Bridge for more information.

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

Telephone: 01204 387704
E-mail: bridge455@btinternet.com
Website: www.jigsaw-bsg.org.uk

Kidney Patients Association

Description:
Provide help and support for renal patients and families to support pre-dialysis patients.

How to get involved:
The group meets every 6 weeks at 7.00pm at Salford Royal Hospital, previously known as Hope Hospital. Contact the group for further details.

Contact: Kathleen Barlow
Telephone: 01204 381266
          07774003256
Motor Neurone Disease Association

Description:
The group offers support to people with Motor Neurone Disease, including carers, family and friends. Provides support through meetings, association visitors, loan of equipment, information and newsletter.

How to get involved:
Contact the group for further details.

Contact: Barbara Tew
Address: Mary’s Vale
Bradshaw Road
Bolton
BL2 4JL

Telephone: 01204 852491
E-mail: btew@marysvale.plus.com
Website: www.mndmanchester.co.uk

National Osteoporosis Society (Bolton)

Description:
We spread the information about osteoporosis and help sufferers. The group meet up 3 times a year, any information and support leaflets can be sent, free of charge.

How to get involved:
Contact the group for further details.

Contact: Edna Liptrot
Address: 60 Winslow Road
Bolton
BL3 4SP

Telephone: 01942 815945
Obessive Compulsive Disorder (OCD)

Description:
OCD causes a person to have distressing and unwanted thoughts. The group is very relaxed and informal, members have the opportunity to talk openly with each other, discuss relevant topics and exchange coping strategies.

How to get involved:
The group meets every other Monday from 6:30pm until 8:30pm at Mhist. No appointment is needed.

Contact: Mhist

Address: Hanover House
Hanover Street
Bolton
BL1 4TG

Telephone: 01204 527200

E-mail: info@mhist.co.uk

Website: www.mhist.co.uk

North of England Bone Marrow & Thalassaemia Association

Description:
Supporting the patients and families affected by the condition.

How to get involved:
Contact the group for further details.

Address: Manchester Royal Infirmary
352 Oxford Road
Manchester
M13 9NL

Telephone: 0161 273 7200

Website: http://www.cmft.nhs.uk/nebata
Paget’s Disease
(National Association)

Description:
The charity focuses solely on Paget’s disease of bone, providing information, advice and support to sufferers and their families. We help fund research into the cause and treatment of the disease.

How to get involved:
Contact the group for more details.

Contact:  Sue Clegg
Address:  323 Manchester Road
Walkden, Worsley
Manchester
M28 3HH

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

Parkinsons Disease Society

Description:
The group offers information, help and support to people with Parkinson’s and related conditions and to their carers.

How to get involved:
There two group meetings; King Church Centre, Unit 1 Millfield Road, Bolton, BL2 6QY – first Tuesday of each month; 1.00pm – 3.00pm. Jubilee Centre, Darley Street, Bolton, BL1 3DX – fourth Tuesday of each month; 7.00pm – 9.00pm.

Contact:  Michael Longlands
Address:  3 Holden Avenue
Bolton
Telephone:  01204 308191
E-mail:  rita.mike36@gmail.com
Mental Health

Every year, one in four of us will experience a mental health problem. You do not need to face this problem alone.

Mental Health Support Services offering support, advice and helping you to take steps to lead a meaningful life and be empowered to improve your quality of life.

Anxiety UK

Description:
Drop in support group for people living with any anxiety related disorder.

How to get involved:
This group runs every Wednesday; 1.00pm – 3.00pm. Contact group for various support groups and helpline.

Contact: The Zion Centre

Address: 339 Stretford Road
Hulme
Manchester
M15 4ZY

Telephone: 0161 226 3871

Email: admin@selfhelpservices.org.uk

Website: www.anxiety.org.uk
ASAM (Abstinence Support and Maintenance)

Description:
We use the SMART Recovery Plan within the group to support individuals before, during and after alcohol or drug detox. We provide a friendly, safe and positive environment for people with addiction and mental health problems.

How to get involved:
Contact Mhist for further details.

Contact: Mhist
Address: Hanover House
Hanover Street
Bolton
BL1 4TG
Telephone: 01204 527200
Email: help@mhist.co.uk
Website: www.mhist.co.uk

BAND (Building a New Direction)

Description:
BAND operates mostly within the Borough of Bolton. We are proud to have been working alongside people with lived experience of a mental health condition for over 25 years. We believe that everyone has the right and capability to lead an inclusive and meaningful life and our services are designed to support people to take steps towards achieving this.

How to get involved:
If you have mental health problems you can refer yourself to BAND.

Contact: Rita Liddell
Address: Bolton YMCA
125 Deansgate
Bolton, BL1 1HA
Telephone: 01204 380643
Email: admin@band.org.uk
Website: www.band.org.uk
BAND Drop In: Active Minds

Description:
You will find friendly people and a listening ear.

How to get involved:
The drop-in meets at Bethel United Reform Church, Leigh Road, every other Tuesday; 10.00am – 2.00pm.

Telephone: 01942 797662

BAND Drop In: Blazers Drop In Centre

Description:
A user lead drop-in and everyone gets a say in what activities we do and what trips we take.

How to get involved:
The group meet at Bolton YMCA every Wednesday; 7.00pm – 10.00pm

Telephone: 01204 380643

BAND Drop In: Horwich Drop In

Description:
No referrals are needed to attend so anyone who experiences life and/or mental health problems is welcome.

How to get involved:
Brazley Community Hall on Mondays 10.00am – 1.00pm.

Telephone: 01204 380643

BAND Drop In: Mens & Ladies Group

Description:
A friendly, supportive atmosphere where we make friends with others.

How to get involved:
Men’s group meet every Mon; 9.00am – 1.00pm. Ladies group meet every Tues; 9.30am – 2.30pm.

Telephone: 01204 380643
BEST (Bolton Employment Support Team)

Description:
The group supports people with severe and enduring mental health problems in their recovery process by opening up the world of work through preparation and placement experience.

How to get involved: Contact the group for more details.

Contact: Winnie Duffy
Address: Office 3
          Bolton Market
          Ashburner Street
          Bolton
          BL1 1TQ
Telephone: 01204 337523
Email: winnie.duffy@bolton.gov.uk
Website: www.bestofbolton.org.uk

Bipolar Support Group

Description:
The group allows people diagnosed with Bipolar Disorder to share knowledge and concerns especially about treatment and medications.

How to get involved: The group meets twice a month on the 1st Thursday of each month; 6.30pm – 8.30pm and 3rd Thursday of each month; 4.30pm – 6.30pm. You do not need a referral, you need to call to attend.

Contact: Mhist
Address: Hanover House
          Hanover Street
          Bolton
          BL1 4TG
Telephone: 01204 527200
Email: info@mhist.co.uk
Website: www.mhist.co.uk
**Bolton Steps**

Description:
We offer help and support to people who have suffered from a wide variety of mental health problems. Offering a range of services and running different projects throughout the year. With an onsite cafe, I.T services, I.T training, catering services and catering training.

How to get involved:
Anyone with mental health issues may access our services providing they live within Bolton and aged between 18 and 65.

Address:  Victoria Hall
Knowsley Street
Bolton
BL1 2AS

Telephone:  01204 397976

E-mail:  info@boltonsteps.org.uk

Website:  www.boltonsteps.org.uk

**Creative Support**

Description:
The group supports people with mental health, learning disabilities, autism, complex needs and carers support.

How to get involved:
Contact the group for further details.

Address:  75 Manchester Road
Bolton
BL2 1ES

Telephone:  01204 366347

E-mail:  trident@creativesupport.org.uk

Website:  www.creativesupport.org.uk
**Hearing Voices Group**

Description:
The group is a weekly group for people who hear voices. Our aim is to support each other with the experience of hearing voices and respect each other’s views.

How to get involved:
The group meet every Thursday; 10.30am – 12.30pm.

Contact: Mhist
Address: Hanover House
Hanover Street
Bolton
BL1 4TG

Telephone: 01204 527200
Email: info@mhist.co.uk
Website: www.mhist.co.uk

**Making Space**

Description:
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.

How to get involved:
Contact the group for details.

Contact: Joanne Whalley
Address: 17 Avenue Street
Bolton, BL1 3DA

Telephone: 01204 848871
E-mail: joanne.whalley@makingspace.co.uk
Website: www.makingspace.co.uk
MHIST (Mental Health Independent Support Team)

Description: MHIST aims to provide a friendly and confidential service which supports and voices the interests of mental health service users and carers.

How to get involved: For more information visit Mhist website or contact the group

Contact: Melvin Bradley
Address: Hanover House 
       Hanover Street 
       Bolton 
       BL1 4TG 

Telephone: 01204 527200 
E-mail: info@mhist.co.uk
Website: www.mhist.co.uk

Obessive Compulsive Disorder (OCD) Group

Description: OCD causes a person to have distressing and unwanted thoughts. The group is very relaxed and informal, members have the opportunity to talk openly with each other, discuss relevant topics and exchange coping strategies.

How to get involved: The group meets every other Monday from 6:30pm until 8:30pm at Mhist. No appointment is needed.

Contact: Mhist
Address: Hanover House 
       Hanover Street 
       Bolton 
       BL1 4TG 

Telephone: 01204 527200 
E-mail: info@mhist.co.uk
Website: www.mhist.co.uk
Saheli Group

Description:
The group bring women of all cultures together for education, crafts and social events. The group meet on a weekly basis.

How to get involved:
The group meet every Thursday; 10.30am – 12.30pm.

Contact:  Nafeesa Saeed

Address:  42 Morris Green Lane
Bolton

Telephone:  07877181404

Email:  nafisauk@hotmail.com

South Asian Mental Health Carers Group

Description:
A group of carers from the black and ethnic minority communities offer a chance to discuss and share experiences with others in similar situations. There are activities and regular day trips available.

How to get involved:
Contact the group for details.

Contact:  Asif Nayila

Address:  61 Northfield Street
Bolton
BL3 5JH

Telephone:  01204 651123
**St George’s Day Centre**

Description: The group provides friendship, support and stability in a therapeutic and caring environment for people suffering from mental health problems.

How to get involved: A general counselling service is available to adults on Monday between 9.00am – 4.00pm, referral is required.

Contact: Paula Walsh  
Address: St Andrew and St George United Reform Church  
St Georges Road  
Bolton  
BL1 2BS  
Telephone: 01204 397889  
E-mail: stgeorgesdc@btinternet.com

**The Sanctuary**

Description: The Sanctuary is an ‘overnight, every night’ crisis service providing immediate support to people living with issues such as anxiety, low mood and depression. We aim to provide 1 to 1 support, a safe and secure venue, access to a calm room and also plan further support.

How to get involved: The Sanctuary is open 8.00pm - 6.00am, 7 nights per week. We accept self and professional referrals, please call us first.

Contact: Nina Taylor  
Address: Self Help Services  
Telephone: 0161 226 3871  
E-mail: nina.taylor@selfhelpservices.org.uk  
Website: www.selfhelpservices.org.uk/shs_service/the-sanctuary
Health, Care & Wellbeing Forum

The Health, Care & Wellbeing Forum meets bi-monthly and brings together carers, service users, staff, volunteers and service providers. The forum provides an opportunity to be informed of strategic direction and future plans, share knowledge and information and develop strong partnerships with statutory and voluntary sector partners.

The meetings are held from 11.30 am - 2.00 pm at The Bolton Hub, Bold Street, Bolton, BL1 1LS:

- Tuesday 9th June 2015
- Tuesday 11th August 2015
- Tuesday 13th October 2015
- Tuesday 8th December 2015

For further details, please contact Farzana Patel on 01204 546050 or farzana@boltoncvs.org.uk

Bolton Voluntary and Community Sector Forum

We welcome all representatives from Voluntary and Community Groups to join with us at the forum. The forum aims to bring together people from a wide representation of voluntary and community groups to discuss issues and enable a collective voice.

The meetings are held from 12.30pm - 2.30pm at The Bolton Hub, Bold Street, Bolton, BL1 1LS:

- Wednesday 13th May 2015
- Wednesday 15th July 2015
- Wednesday 16th September 2015
- Wednesday 18th November 2015

For further details, please contact Jackie Gildert on 01204 546020 or jackie@boltoncvs.org.uk
Age UK Bolton

Description:
Provides support and friendship to older people in their own homes, especially those living alone or who are house bound. Advice and information given on all aspects relating to older people.

How to get involved:
Contact the group to make an appointment.

Address: The Bolton Hub
Bold Street
Bolton
BL1 1LS

Telephone: 01204 382411

Email: postmaster@ageukbolton.org.uk

Website: www.ageukbolton.org.uk

Every person regardless of their age needs to feel valued and respected; that they have a place in their community.

As you get older, health and confidence can deteriorate and it can be harder to get out and enjoy life.

These services encourage people to make the most of later life offering companionship, support and advice.
Asian Elders Resource Centre

Description:
We are a day care centre for elderly Asian people. We provide health promotion, activities, bathing facilities and meals.

How to get involved:
If you are aged over 50, you can refer yourself.

Contact:  Shabeen Rehman
Address:  61 Northfield Street
          Bolton
          BL3 5JH
Telephone:  01204 651123
Email:  e-mail@aercbolton.co.uk
Website:  www.aercbolton.co.uk

Bolton U3A (University of the Third Age)

Description:
We are a self help, self financed group providing opportunities for retired and semi retired people to come together and make friends, develop their interests and enjoy themselves. Classes meet monthly in a wide range of subjects from Art Appreciation, History, Topical Science and Writing for Pleasure.

How to get involved:
Please contact the Membership Secretary for information and an application form or e-mail for more information.

Contact:  Ann Waring
Address:  9 Mallett Crescent
          Bolton, BL1 5TQ
Telephone:  01204 492343
Email:  u3abolton@hotmail.co.uk
Website:  http://u3asites.org.uk/bolton
Caribbean Elders Association

Description:
We are a community group meeting at Halliwell UCAN Centre every Monday. This is gives an opportunity for members to socialise with other people. We organise trips in the summer and a meal at Christmas for the members. Each Monday, our activities include knitting, crochet, cross stitches, embroidery and card making.

How to get involved:
The group meet every Monday; 10.00am – 12.00pm. Membership fee is £4 per year and each member pays £1 when they attend.

Contact: Indira Tailor
Address: Halliwell UCAN Centre
Hatfield Road
Bolton, BL1 3BU
Telephone: n/a
Email: indutailor@hotmail.com

Seva Dal of Bolton

Description:
We are a community group that help raise awareness of health conditions for the over 50’s in the Hindu community. We encourage local people to meet regularly and discuss topical issues, seek advice especially for lone male/female/widows or those whose English is a second language.

How to get involved:
Contact group for further details.

Contact: Mr R D Mistry
Address: Slaterfield Community Centre
Carrington Drive
Bolton
Telephone: 01204 392404
E-mail: rmistry5@sky.com
South Asian Mental Health Carers Group

Description:
A group of carers from the black and ethnic minority communities offer a chance to discuss and share experiences with others in similar situations. There are activities and regular day trips available.

How to get involved:
Contact Asian Elders Resource Centre for more information.

Contact: Asif Nayila

Address: 61 Northfield Street
Bolton
BL3 5JH

Telephone: 01204 651123

Stronger Together Training Programme

We offer a range of specialist training courses designed to develop the skills and knowledge of the diverse Voluntary and Community Sector in Bolton. All our courses are tailored in line with what you tell us you need and are designed to be accessible to all levels of staff and volunteers.

All our training is delivered by suitably qualified trainers who offer a wealth of experience and up to date knowledge.

We believe our training provides excellent value for money and aim to keep our training courses as affordable as we can without losing quality.

For more information on what courses are available visit Bolton CVS website on: www.boltoncvs.org.uk/training
Bolton Deaf Society

Description:
Provides social, recreational and religious services, advocacy, advice, information and communication support for deaf or hard of hearing people.

How to get involved:
Contact the group for more details.

Contact: Centre for Deaf People

Address: Bark Street Bolton BL1 2AX

Telephone: 01204 521219 (voice) 01204 525858 (text)

Sensory Impairment groups support individuals who have a visual or hearing impairment, providing social opportunities, advocacy, information and advice, physical activity opportunities and supporting communication.
Bolton Newstalk

Description:
Recording of news for delivery to blind, partially sighted and disabled people of Bolton and District.

How to get involved:
Contact the group by phone, leave a message and someone will arrange a meeting.

Contact: James W. Walton
Address: Sensory Centre
336 Ainsworth Lane
Bolton
BL2 2QL
Telephone: 07547914637
Email: newstalk@icloud.com
Website: www.boltonnewstalk.org.uk

Bolton Society for Blind People (BSBP)

Description:
The group provides social activities, befriending service, counselling and skill building; giving advice and guidance service. We offer a ‘Living with Sight Loss’ course to encourage independent living with sight loss.

How to get involved:
The group meets Monday to Friday; 9.00am – 5.00pm and on Saturday; 12.00pm – 7.00pm.

Contact: Justine Watson
Address: The Sensory Centre
336 Ainsworth Lane
Bolton
BL2 2QL
Telephone: 01204 337896
Email: justine.watson@bsbp.org.uk
Website: www.bsbp.org.uk
Bury Tandem Club for Visually Impaired

Description:
The group enables visually impaired people to engage in tandem riding on Sundays, between 20 & 75 miles. Involves vigorous exercise, companionship and a meal. Assessment and training provided. Sighted front riders are in demand.

How to get involved:
Contact group for more details.

Contact: Mr D Pritchard
Address: 50 Grange Road
Bury
BL8 2PF
Telephone: 0161 764 1239

Website: www.bury-tandem-club.org

Deaf Asian Women’s Support Group

Description:
The group holds social events, offers support and informal advice to its deaf members.

How to get involved:
Contact group for further details.

Contact: The Sensory Centre
Address: Brinks Place
Chorley Street
Bolton
BL1 4AL
Telephone: 01204 337900
01204 337896
Macular Disease Society

Description:
Self help group for visually impaired individuals.

How to get involved:
The group meets second Friday every month; 1.30pm – 3.30pm.

Contact: Bolton Support Group

Address: The Sensory Centre
Chorley Street
Bolton
BL1 4AL

Email: info@maculardisease.org

Website: www.maculardisease.org

Cancer Awareness Hands On

Having a ‘hands on’ approach to cancer awareness helps us educate about the importance of self checks and being aware of changes in our bodies, early diagnosis saves lives. We can talk about bowel, breast, testicular, lung, skin, cervical, kidney, bladder or prostate cancer, depending on the dynamics of the group. The workshops are interactive involving a variety of resources which include quizzes, interactive fun games such as Jenga, what’s in the box, communicating risk and more.

For more information please contact Farzana on: 01204 546040 or email: farzana@boltoncvs.org.uk
Deaf Asian Women’s Support Group

Description:
The group holds social events and offers support and informal advice to its deaf members.

How to get involved:
Contact group for further details.

Contact: The Sensory Centre

Address: Brinks Place
Chorley Street
Bolton
BL1 4AL

Telephone: 01204 337900
01204 337896

Supporting women affected by issues in their personal lives by listening, helping to improve self esteem and building confidence in a safe, confidential and non-judgemental environment.
EASE Women Group

Description: The EASE group is concerned with women who are affected by Female Genital Mutilation (FGM) and was established to help unleash their creativity and deal with their everyday issues using creative ways and art.

How to get involved: The group meet every Saturday at Christine Partington House. Everyone is welcome.

Contact: Amal El Sheikh

Address: 1 Wellfield Road Bolton BL3 5LY

E-mail: amal.elsheikh@hotmail.co.uk

Fortalice (Bolton Women’s Aid)

Description: To provide emergency accommodation and a range of support services for women with or without children; who have experienced domestic violence.

How to get involved: Meeting is by appointment only.

Address: 43 Bradford Street Bolton BL2 1HT

Telephone: Support Centre 01204 365677 24 Hours Service 01204 701846

Email: info@fortalice.co.uk

Website: www.fortalice.org.uk
The Self Help Directory is supported by

![Bolton Council Logo](image1)

![Bolton CVS Logo](image2)

**Bolton CVS**
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BL1 1LS
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