

Summary of Awards

Bolton's Fund Round 14

Health and Emotional Wellbeing (Medium)

September 2021

15 Awards

£200,000

Fund Priorities

- Reducing loneliness and isolation.
- Improved access to supportive spaces and activities for people who may be more at risk of mental health problems.
- Improved access to supportive spaces and activities for families.
- Improved access to physical activities for mental wellbeing.
- Reducing financial insecurity and debt problems by supporting people to access early money advice/housing support and services.
- Improving people's access to outdoor activities and green spaces.

Organisation	Summary	Award
Age Uk	Someone to Talk to - A pilot project to develop a service which breaks down the barriers experienced by older people to access talking therapies.	£ 10,892.00
Asian Elders	Healthy Mind & Body to develop existing activities to improve mental health and wellbeing for isolated older people and those living alone.	£ 12,028.00
Blackrod Sports and Community Centre	Getting Started in Blackrod a new project designed to encourage men and children from different generations to overcome barriers to health and wellbeing and access to sports locally	£ 14,832.00
Bolon Carers Support	Bolton Carers Support Reaching Out - to employ an outreach worker to connect with communities Bolton Carers Support has previously faced barriers in engaging with. Predominantly black, Asian, minority ethnic and refugee communities who have suffered disproportionately during the coronavirus pandemic.	£ 15,000.00

Bolton Hindu Age inspiration	Resuming activities to pre-pandemic to recommence their health and wellbeing programme for older people who are socially isolated.	£ 14,500.00
Breaking Barriers North West	Placements @ Baking Barriers Café and Charity Shop - to provide Young adults with Special Educational needs meaningful training to support transition into paid employment	£ 15,000.00
Changing Life Directions	FIT4LIFE to support the health and well-being of vulnerable women in Bolton through the provision of gym exercise sessions, mental and emotional support.	£ 15,000.00
Farnworth Baptist Church	Wellbeing at The Well - funding for a wellbeing worker who will support the work of the foodbank, money advice and benefits advice, befriending and other services.	£ 15,000.00
Flowhesion	BAMER HEALTH HUB - health and wellbeing sessions for BAMER male and female adults aged 50-80 from the Indian, Pakistani ethnic backgrounds from the Haliwell, Crompton and Great Lever.	£ 12,028.00
Fort Alice	Helping Hands - to support approximately 30 women who have experienced domestic violence/abuse and also struggle with poor mental health and/or substance misuse.	£ 14,742.00
Haliwell Befriending Service	Reflections - To provide a wellbeing course for staff, volunteers and service users that have and are still struggling through this pandemic.	£ 7,529.00
Precious Gems	To continue the work of six drop in groups supporting women with or at risk of mental health problems.	£ 12,028.00
Reflections Counselling Service	To provide free one to one counselling for adults in Bolton suffering from issues including anxiety and depression, work-related stress, alcohol and drug misuse, bereavement and loss.	£ 14,600.00
Stand Up Sisters	To provide weekly arts based workshops and Bollyrobics sessions for women with lived experience of mental health issues, substance misuse and sexual/domestic violence.	£ 11,821.00
Third Space	Complex Needs Coaching. To continue the work of the Build Well project delivering and skills training for men with complex needs.	£ 15,000.00