

Summary of Awards

Bolton's Fund Round 8 Health and Wellbeing

March 2021

24 awards made

Total Value £248,941

Fund Priorities

1. Improve access to health and wellbeing support and information to those communities disproportionately affected by Covid, including minority ethnic groups, people with disabilities including sensory impairments and carers.
2. Improve connectivity between individuals and the support available to them in their local communities (including early years support).
3. Improve access to health and wellbeing support for women and families including pregnant women and young families around smoking reduction and substance misuse.
4. Increase opportunities for individuals to engage in physical activity.
5. Improve access to peer support and mutual aid.
6. Improve the mental health and wellbeing of adults affected by domestic violence.
7. Maintain and improve independence.

1	39th Bolton Mountain Scouts/Bolton Atlas	To focus on mental wellbeing post Covid -19 restrictions	£2,960
2	Blackrod Cricket Club	Members social space	£5,000
3	Blackrod Sports and Community Centre	To increase opportunities for individuals to engage in physical activity and maintaining and improving independence.	£5,000
4	BME Women's Network	To improve access to health and wellbeing support and information to those communities disproportionately affected by Covid.	£4,900
5	Bolton Smart Enterprise CIC	To deliver sessions focusing on improving individuals Health and Wellbeing documenting participants learning creating portfolios	£1,500
6	Bsurf	To run twice weekly outdoor fitness training with a football theme for recovery addicts in the Bolton community	£1,500
7	Choices Youth Support Group	To provide training and development opportunities for young parent volunteers in local communities enhance their life chances.	£4,850
8	Evolve Community Group	To provide swimming sessions for children of the BAME community	£2,066
9	Good Companions	To learn skills on our allotments and gives family carers a rest.	£5,000
10	Horwich Harvest Project	Gardening activities and to replace the polytunnel covering, doors and raised beds.	£2,785
11	Horwich Ride Social	To train and train 4 volunteer cycle ride leaders to provide guided cycle rides for women including Sofa to Saddle courses.	£2,620
12	Sam's Warriors	To develop their services by providing access to counselling for people experiencing and recovering from mental health issues.	£5,000
13	Talk Changes	To provide a Counselling & Psychotherapy service	£5,000
14	Transforming Lives Group	To continue to run their very popular fishing project.	£1,200
15	Bolton Deaf Society	To continue to provide an integrated accessible information and advocacy service for people in Bolton who are Deaf and hard of hearing.	£25,000
16	Bolton Dementia Support	To deliver a programme of personalised, interactive, therapeutic activities for people living with dementia, and their carers delivered in their own homes.	£20,000
17	Breaking Barriers	A mental health practitioner to provide 'listening and time to talk' sessions for disabled children and their families to ease the profound stress caused by lockdown and schooling.	£22,000

18	Family Action	To deliver a new six-week Ways to Wellbeing course, providing one-to-one wellbeing coaching sessions, and shared-interest activity groups, for 96 adults in Bolton with long-term diagnosed mental health conditions.	£27,000
19	Fortalice	Road to Recovery, a new community based service to support over 200 women who have experienced domestic violence/abuse.	£12,000
20	Headspace Bolton	To continue the working with people with lived experience of mental illness started during lockdown, through the medium of film.	£20,000
21	Henshaws Society for Blind People	For the continuation of existing and much needed services for those affected by sight loss in Bolton.	£21,000
22	Paws for Kids	To develop the pilot the Evergreen Project set up in response to a surge in domestic abuse referrals for people aged 55 to 90.	£27,000
23	Senior Solutions	A contribution to funding the post of Volunteer Coordinator for the Befriending Service.	£20,000
24	The CPR Group	To reduce the amount of fatalities in babies and young children caused by choking and cardiac events through the provisions of little lifesavers packs to 50 primary schools in Bolton.	£6,000