



Spotlight on Health and Wellbeing Investments

‘Working together to develop a strong, diverse and effective voluntary and community sector in Bolton’

Health and Wellbeing Investments

The Health and Wellbeing Investments is supported through Bolton's Transformation Fund Investment.

Aim

The Investment aims to promote, strengthen and develop what makes and keeps us healthy in Bolton. This means we focus on the amazing range of skills and resources in our community and the people who live in Bolton.



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Health and Wellbeing Investments so far...

Since the start of this programme, Bolton CVS have awarded **99 grants** amounting to **£546,037** to **72** community groups.

We can help you find

funding



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Case Study: Kearsley Health Walkers

We awarded Kearsley Health Walkers **£925** for hall hire for mindfulness and arts and craft activities after their walks.



Kath Jolly is a mother of 2, a grandmother, works part-time as a cook in a nursing home, she is a volunteer walk leader and a committee member of Kearsley Health Walkers.

Kath has a lot of stress and strains in her life as a result of her many commitments and can feel quite down at times. By joining Kearsley Health Walkers, she enjoys spending time with others, having a laugh, working together and socialising has helped her to feel less isolated at difficult times.

Kath has found the project interesting and beneficial. She is looking forward to the sessions through 2019.

Case Study: Bolton Warblers

We awarded Bolton Warblers – Brightmet Community Choir **£1,000** to run the group and a music teacher. As a result of the funding they have had 12 new members join the Choir.



Babs has a mental health condition that sometimes gets the better of her. On good days you would never know, but on bad days all she wanted to do was curl up and hide under the duvet.

When she found out about the Choir she says, *'I nearly did cartwheels across the floor. At the first session I was very nervous... The members were absolutely brilliant and made me feel like I had known them for years. Wow, what a great community choir it is!'*

Babs has improved her overall wellbeing and developed music skills.



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Case Study: Bolton Smart Enterprise

We awarded Bolton Smart Enterprise **£6,500** to deliver a Healthy Lifestyle Programme aimed at young people with disabilities living in Bolton's most deprived areas.



'I have enjoyed making lots of new friends and meeting every week at the Horizon Centre. The best thing about the project was visiting Bolton One/Jason Kennedy Centre and the walks we went on. My favourite walk was to Queens Park which I really liked being with the others in the group.' - Dylan Clarke



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Case Study: Good Companions

We awarded Good Companions **£9,960** to run the group for disabled people of all ages ranging from 18-72 in the Halliwell area.



Kate, aged 58 and Graham, aged 52, both have learning difficulties, arrived at Good Companions with their support workers. Both were shy, withdrawn and struggled to interact with others.

As time went on, you could see the change in them. They were beginning to find their own voices, make friends and get their ideas and opinions across without fear of not being heard.

They have both taken part in all group activities and both helped plan the design for part of the allotment.

Next Steps...



The themes for our last round of Health and Wellbeing Investments:

- **Finance and Budgeting Support**
- **Inclusion and Access to Services**
- **Self-care**
- **Support and Respite for Carers**

Deadline to submit applications: Thursday 19th September 2019, 5pm

Ask at Reception for further details.



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