

Get Up Keep Going CIC provides health and wellbeing services in the form of classes, retreats, workshops and learning spaces. They provide a welcoming and supportive environment where anybody can learn about the connection between mind, body and breath, regardless of their ability. This supports people in addressing their mental health and wellbeing in a more positive manner. They became a CIC in 2023 and in October 2024 they applied for Full Membership at Bolton CVS.



As part of the membership application process, Director Sharon met with Bolton CVS Development Officer, Karen, to share the good work that Get Up Keep Going CIC have been doing, and to discuss support that Bolton CVS could offer.

Karen was able to offer Get Up Keep Going CIC several member benefits immediately, such as access to the Open4Community Funding Portal and free places on

upcoming training courses.

As a result of these benefits, the group are now able to search for their own grant funding whenever needed and find out about new opportunities sooner. This will help them to be more sustainable.

The group also were given the opportunity to enroll two of their staff members to attend a free Level 3 Emergency First Aid at Work session in March. This enabled them to upskill their team and improve the safety of their activities. This members-only offer is made possible thanks to Bright Direction Training.

Get Up Keep Going CIC were approved as members in February 2025 and Bolton CVS are pleased to have them as part of our membership. The group are keen to work with Bolton CVS to connect into Bolton's VCSE sector. They plan to seek out opportunities to collaborate with other groups to widen their impact and strengthen their offer.



“Joining Bolton CVS has provided us with valuable access to resources that support our mission. One key benefit is the Open4Community funding portal, a tool that allows us to explore a wide range of funding opportunities. This access will enable us to secure additional funding to expand our services, develop new programs, and reach more individuals in

need.

Another immediate advantage of our membership has been the opportunity for two of our volunteers to receive free accredited first aid training. This not only enhances the safety and well-being of those we support but also strengthens the skill set of our team. Investing in volunteer development is a core part of our mission, and this training ensures that we are better equipped to offer high-quality support in all our sessions.

Becoming a member of Bolton CVS aligns with our long-term vision of expanding our reach and deepening our impact. By tapping into new funding streams, accessing essential training, and being part of a network of like-minded organisations, we are positioning ourselves for sustainable growth. The connections we make through this membership will enable us to collaborate with other community-driven initiatives, share best practices, and strengthen our ability to support those who need us most.

Our journey is far from over, but this milestone marks a turning point. With new resources, training opportunities, and access to vital funding, Get Up Keep Going CIC is poised for even greater success. We are excited for what lies ahead and grateful for the support and opportunities that being a part of Bolton CVS brings.”

- Sharon Bailey (Director) Get Up Keep Going CIC.