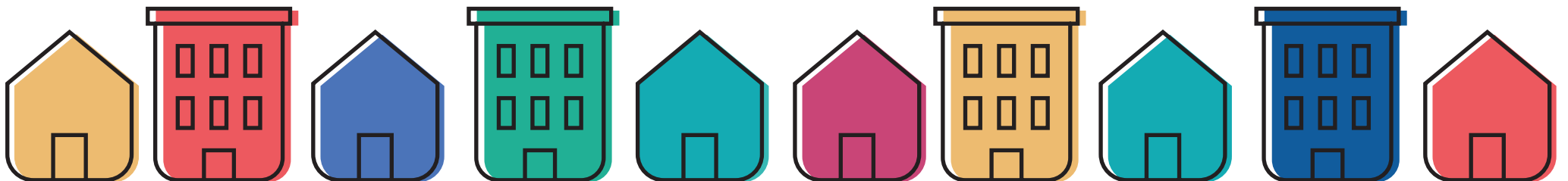




Bolton Purpose Map

**A guide to getting settled, connected
and help in your community**

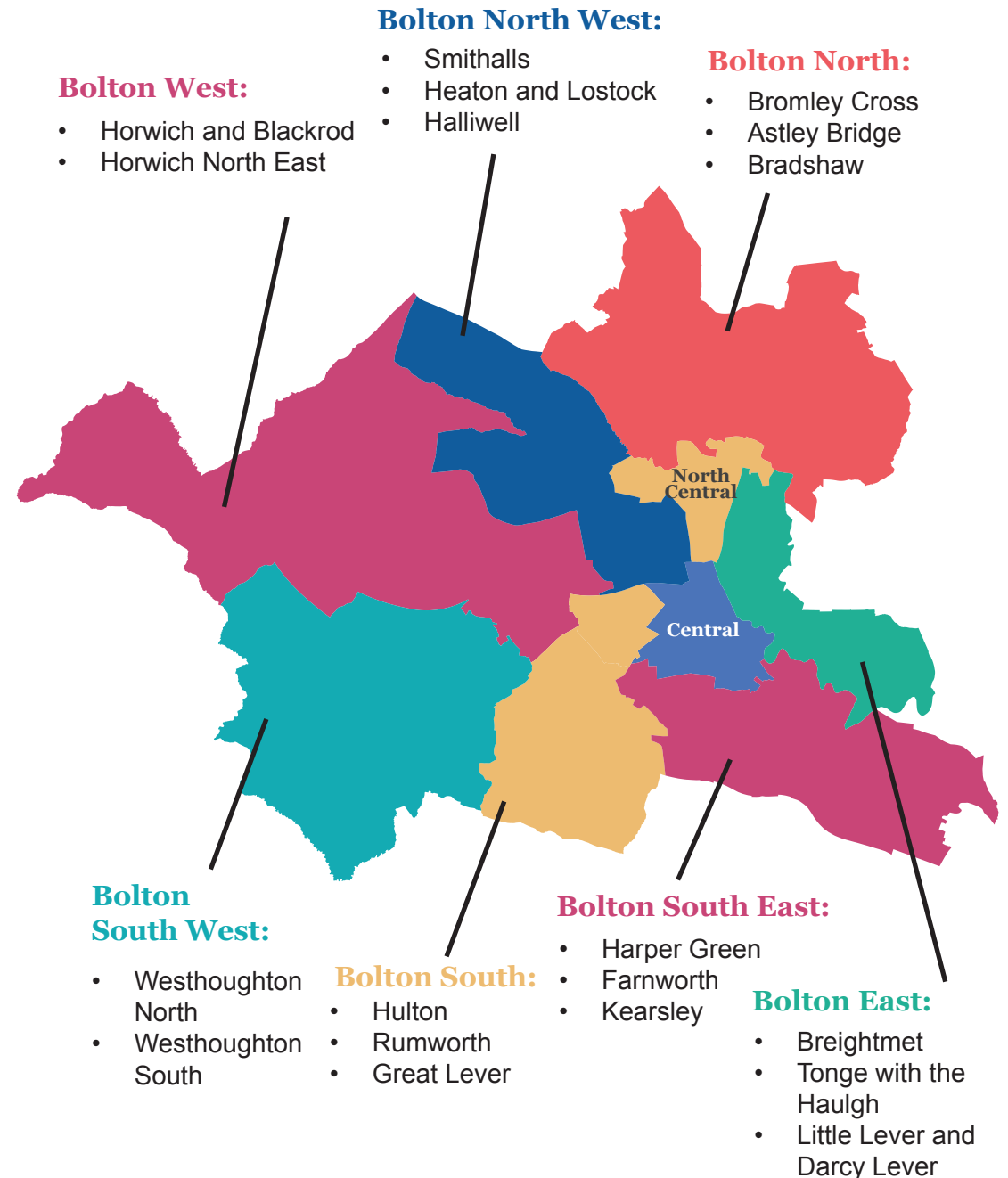


Bolton Purpose Map

This purpose map has been developed for and with people who have experienced homelessness, addiction, mental health issues amongst many other challenges and therefore is grounded in the real and practical support people need as they are given a home and want to integrate into their community. We know that people will receive a warm welcome when going to any of these groups and activities across Bolton included in this map.

There are two parts to the purpose map

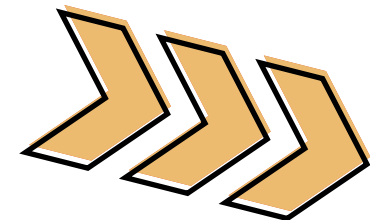
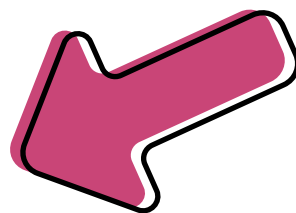
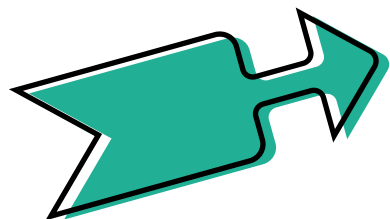
1. **The five ways to wellbeing** which shows you the support available linked to the five ways to wellbeing
2. **Practical Support** which looks at housing, food, finances, health and crisis and addiction support



Here's is a little more about the types of people and challenges these maps can help people with

The maps are designed to support people with a range of challenges they may be facing through categorising them into the five ways to wellbeing and practical support. Here though is a little more detail about the types of things the organisation, activities and spaces in these maps can help with:

- Money, budgeting and debt
- Anger management
- Self confidence and Self esteem
- Substance misuse
- Mental health, stress, anxiety
- Loneliness
- Crisis support
- Advocacy
- Welfare advice
- Housing
- Food including Breakfast and lunch

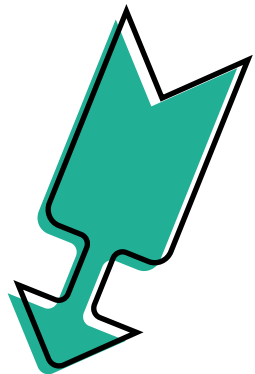


They also help people who have experienced

- Domestic Abuse
- Social isolation
- Drug and or alcohol misuse
- Sexual abuse
- Criminal justice system
- Homeliness
- Debt
- Food poverty
- Gambling addiction

The majority of the offers we have included are physical space and groups, there are also some virtual offers that take place online or via apps too. We hope that there is something in these maps that can help you to connect with your community and do something that is meaningful.

Purpose Map Categories



Creative

- Craft
- Music
- Writing
- Theatre and Drama
- Woodwork



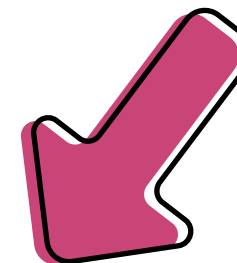
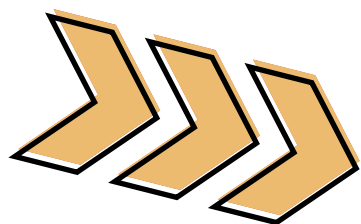
Outdoors

- Gardening
- Environment and Conservation
- Cycling
- Walking
- Parks
- Green spaces
- Running
- Woodland
- Allotment



Training and Development

- Digital skills and Computers
- Personal development
- Library
- Learning
- Employment skills



Wellbeing

- Meditation
- Relaxation
- Massage
- Yoga



Sports and activities

- Table tennis
- Swimming
- Exercise classes
- Bike repairs



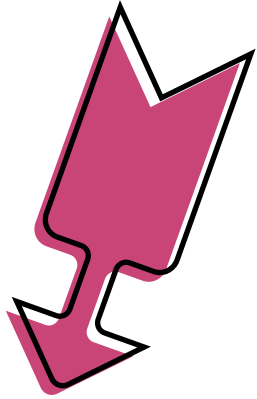
Food

- Food parcels
- Brew and Biscuit



Support and advice

- Peer support
- Self help
- Support and advice line
- Support and advice group



Supports people with

- Money, budgeting and debt
- Anger management
- Self confidence and Self esteem
- Substance misuse
- Mental health, stress, anxiety
- Loneliness
- Crisis support
- Advocacy
- Welfare advice
- Housing
- Food including Breakfast and lunch



Helping people who have experienced or are experiencing

- Domestic Abuse
- Social isolation
- Drug and or alcohol misuse
- Sexual abuse
- Criminal justice system
- Homelessness
- Debt
- Food poverty
- Gambling addiction



How it is delivered

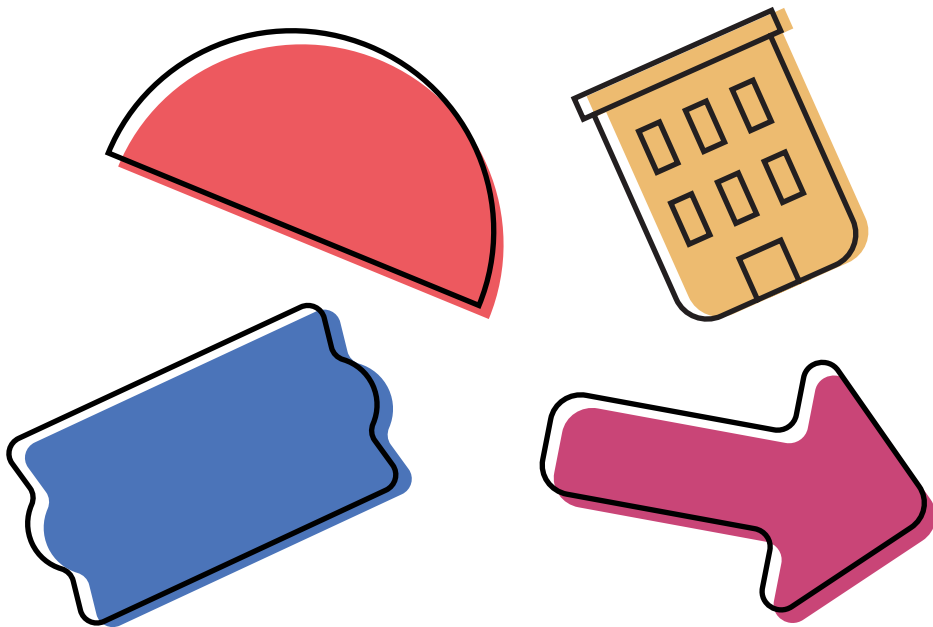
- Online
- Face to face
- Apps

Practical tips on using the guide

We know that this Purpose Map despite being fully of amazing information do contain a lot of information and therefore we wanted to give you some practical tips to help to use them in a way that works for you.

Ways to use this Purpose Map

- Access it on your phone or tablet (an online searchable version will be available later in 2024)
- Print the guide in full to refer to
- Print of a section you are interested in exploring
- Screen shot sections so they are easily accessible on your phone or tablet



Questions that might help you work through the Purpose Maps:

- What are you interested in?
- Is there a new hobby you would like to take up?
- Is there something you have always wanted to try?
- Do you have some spare time you would like to do something with?
- Is there a skill you would like to share with others?
- Are there skills you want to learn?
- Is there experience you want to gain for the future through volunteering?
- Do you want to do something new to improve your mental health?
- Do you want to meet new people in your community?
- Do you need some support with everyday living?

First steps:

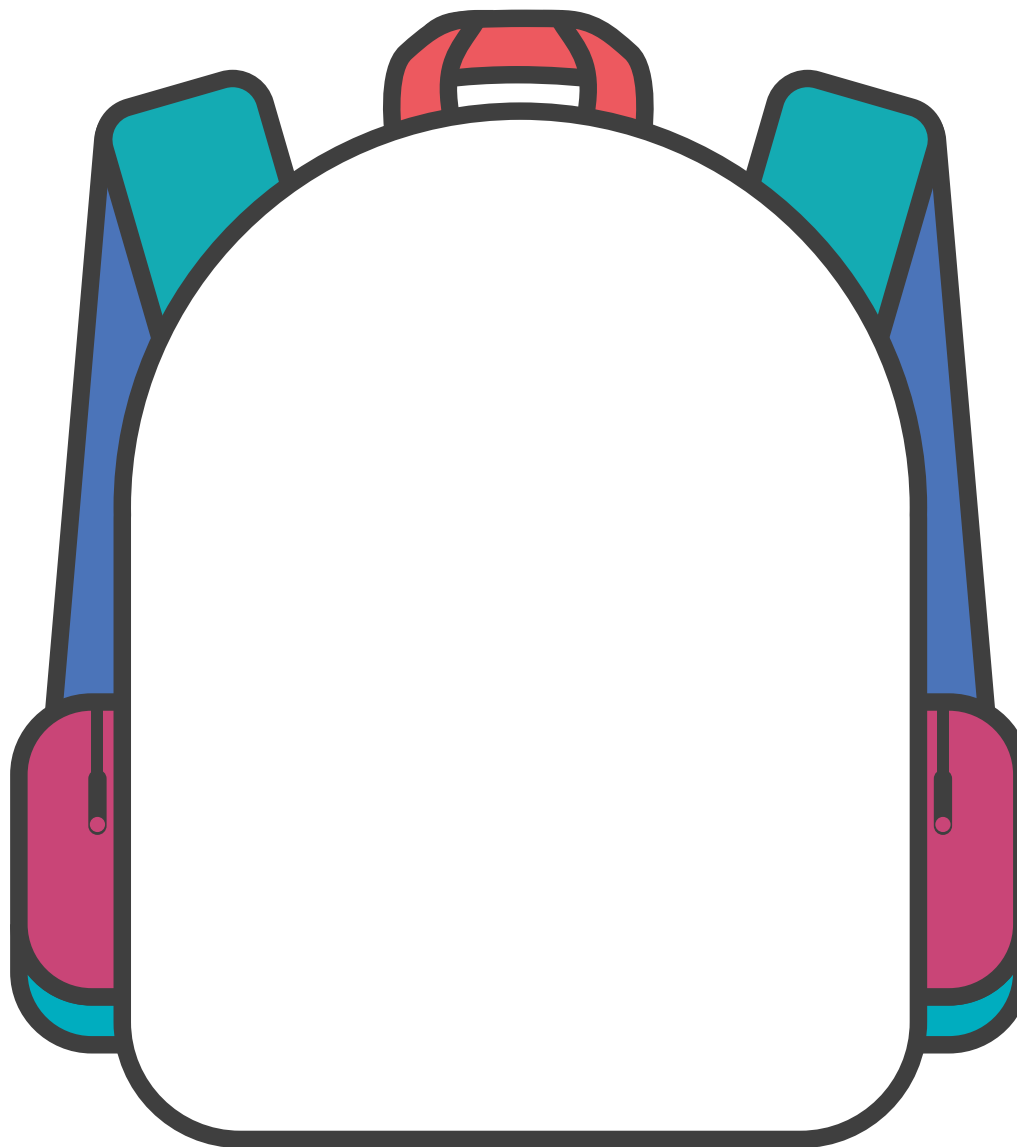
Find a question on the previous page that you are interested in exploring and go to the relevant section of the maps.

For example:

- If you are interested in learning a new skill, look at the 'keep learning' section
- If you are interested in volunteering, look at the 'giving' section
- If you are interested in support with everyday living, go to the 'practical support' section

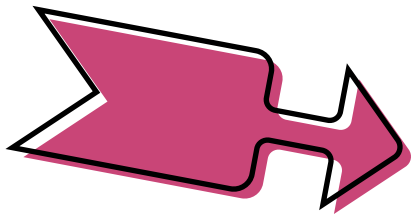
Put the things below into the pack back you would like to try from the purpose maps and then over time you can pick different things to focus on.

Remember these purpose maps are meant to be used with your Housing First Workers or independently.



What I want to explore

The calendar allows you to note down the things you want to try (this can be printed to go on the fridge or cupboard).



Monday

What time is the group?

How will I get there?

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

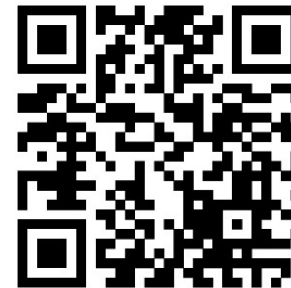
Helping you get around Greater Manchester with Purpose

Here are some great links to help you plan your journey around Greater Manchester whilst getting out and about exploring the Purpose Maps.

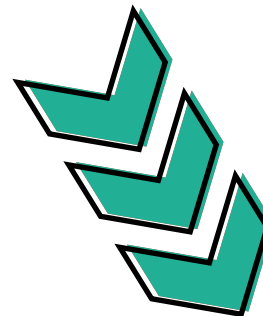
The Bee Network Website

Here you can:

- Get information on live departures across GMs transport network
- Plan your journey with their easy-to-use journey planner (it allows you to enter your address and the address of the place you want to travel to and select different types of transport you would like to use)
- See travel alerts
- Get information of ticket prices and passes
- See tram and bus schedules
- Find out more about different ways to travel around Greater Manchester
- Find information on the different fare zones and the fares that apply to each
- Information on free and discounted travel



Here is a quick
QR code to the
Bee Network
Journey Planner



Google Maps

This is available on all digital platforms either via your browser or the Google Maps App. It allows you to put in your journey details and shows you different options for driving, walking, public transport and taxis.

Five Ways to Wellbeing

Connect...

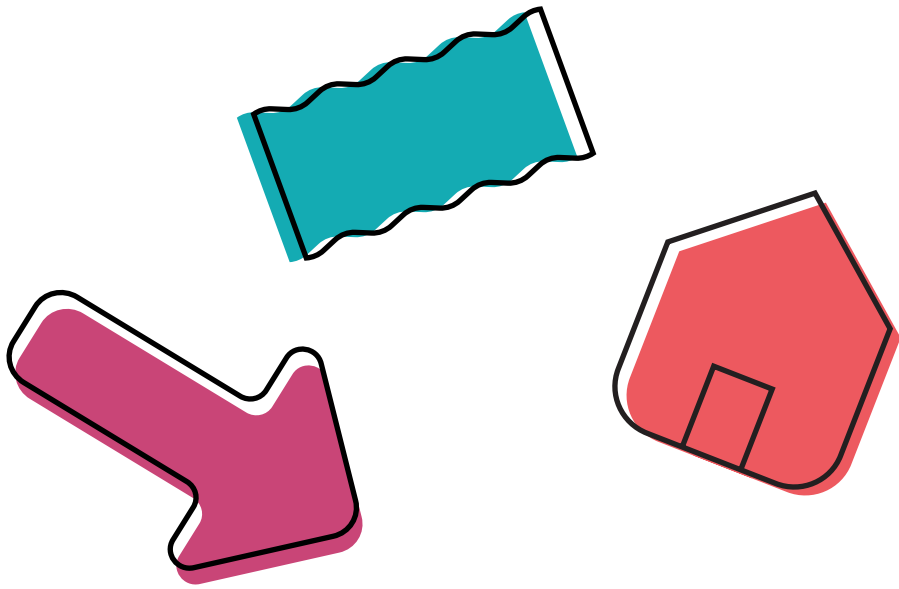
Keep Learning...

Give...

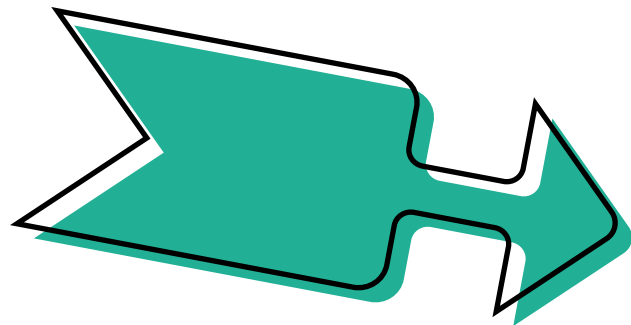
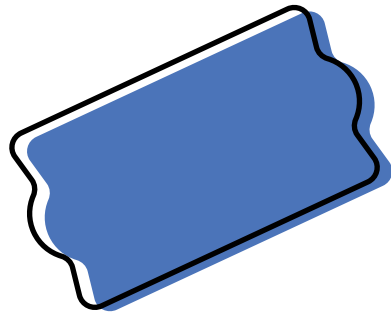
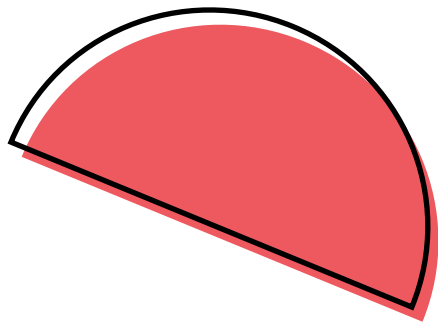
Be Active...

Take Notice...

Connect...



With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.



Samaritans ◆

Free support and advice 24 hours a day
T: 116 123 (Free Call 24 hr)
E: jo@samaritans.org

Bolton Contemporary CIC ■

A socially engaged art group
26 Limefield Road, Bolton, BL1 6LE
T: 07917817342
E: boltoncontemporary@gmail.com

Bolton Community and Voluntary Services (CVS) ● ◆

The Bolton Hub, Bold Street Bolton BL1 1LS
General Enquiries: 01204 546010
Volunteering Enquiries: 01204 546060
Hub Enquiries: 01204 546002
E: info@boltoncvcs.org.uk

Bolton NEWT ● ● ○

Habitat management, conservation and enhancement of the local green spaces at sites around Brightmet and Darcy Lever. We provide the tools, the training and even a brew. If you would like to learn to manage wetlands, woodlands, hedge laying, tree planting, managing wildflower meadows
Garstang Avenue, Brightmet, BL2 6JW
T: 07541 980480
E: BoltonNEWT@gmail.com

Bolton Rainbow Community ◆

Weekly social group for all LGBT and Straight Alliance members
Bolton CVS, 9 Bold Street, Bolton, BL1 1LS
T: 07506 623164
E: boltonrainbowcommunity@gmail.com

Headspace Bolton ■ ◆

Stand up comedy – script/sketch writing – spoken word – music – film making Mental Health & well-being support
27 Bradshawgate, Bolton BL1 1EL
T: 07880 735242
E: headspacebolton@hotmail.co.uk

Withins Action Group (WAG) ■ ● ◆ ▲

Voluntary group of residents, social activities including arts, crafts, drama, games, community meetings, educational and cultural trips, environmental improvement projects and community snack and chat drop in with a free food pantry.
Elderdale Community Centre, Yewdale gardens, BL2 5JF
T: 07462 426101
E: withinsactiongroup@gmail.com

Step Together ● ◆

We help people including ex-offenders who are excluded from society to participate in volunteering and build a more positive future for themselves. Mentoring, skills, self-esteem, confidence
Manchester & Bolton
T: 07739823752
E: karen.eplett@step-together.org.uk

The Well ■ ● ○ ◆ ▲

Home of Farnworth Baptist Church. We also run many ministries including welfare advice with a specialism in disability, befriending & debt, coffee shop, foodbank, a work club, community learning courses, counselling, BASIC (Bolton Advice, Support, Information and Care), mental health & wellbeing craft group, adult education and many other community based projects.

Trafford Street, BL4 7PQ

T: 01204 861671

E: alexmalone@farnworthbaptist.org.uk

Willow Hey Community Project ■ ● ○ ◆ ▲

All inclusive space – life skills, woodwork, crafting, food growing, social activities, well being

Doe Hey Grove Bolton, BL4 7HS

T: 07392 254 780

E: willowheyproject@gmail.com

Create Bolton ■

Arts & Crafts

Claremont House, St George's Road, Bolton, BL1 2BY

T: 07964814297

E: createbolton@gmail.com

MhIST (Mental Health Independent Support Team) ■ ○ ◆

Advocacy, support groups and Talking Therapy. Groups - Craft and social, Mindfulness, Bereavement, Autism, Anxiety, Depression and Wellbeing, Art for Wellbeing, Self-esteem

Hanover House, Hanover Street, Bolton, BL1 4TG

T: 01204 527200

E: christine.makinson@mhist.co.uk

Moodswings ◆ ▲

Mental health support, Community Cafe
36 New Mount Street, Manchester, M4 4DE

T: 0161 832 3736

E: info@moodswings.org.uk

Inspire: Serving Your Community (Inspire SYC) ■ ● ○ ✕ ◆

Health, wellbeing, support groups, activities, aid, training workshops, sports, arts, mentoring and community

development/cohesion projects, food and essential items

28 Green Lane, Bolton, BL3 2EF

E: inspire.syc@gmail.com

Neighbourhood investment in community enterprise Bolton ■ ● ○ ◆ ▲

Welfare rights, Arts & Crafts, Drop in and have a brew and chat sessions, Mend and make do repairs, DIY for beginners or the more Adventurers, Luncheon and Social Club, food clothes and furniture to families and individuals struggling to survive

Bolton NICE Advice and Community Resource Centre, Quest Centre, Brownlow Way, Bolton, BL1 2UB

T: 07900 535 403

E: boltonnice@outlook.com

Reflections Counselling Service ○ ◆

Reflections is a free counselling service for Bolton Residents offering free face to face, telephone, Zoom, WhatsApp and 'walk and talk' counselling sessions to adults in Bolton.

Lancashire Wildlife Trust, 499-511 Bury R, Bolton, BL2 6DH

T: 07539 974 949

E: jan.bakewell@live.com

St Georges Day Centre (Bolton) Ltd ○ ◆

Mental health support & recovery through a range of structured social and therapeutic activities.

C/O St Andrews & St George URC, St Georges Rd, Bolton, BL1 2BX

T: 01204 397889

E: stgeorgesdaycentre@btconnect.com

Farnworth Performing Arts Company ■

theatre, music, choir plays,

T: 07759 977 534

E: fpasingers@icloud.com

Great Lever Connected ■ ● ● ○ ◆

Community involvement, Women's Group, Memory Cafe, Arts and Crafts Group, Eco Haven Allotment, Job Club and Digital Inclusion
98 Calvert Road, Great Lever, Bolton, BL3 3BT

T: 01204 654377

E: greatleverconnected98@gmail.com

Think Cre8tive Group CIC ■ ○ ◆

A social enterprise that delivers music as a health intervention. We run projects that use creativity for the significant benefits in reducing stress and depression, improving breathing and relaxation, and improving overall quality of life.

575 Tonge Moor Road, BL2 3BN

T: 01204 595 680

E: info@thinkcre8tivegroup.com

Working Well Early Help ○ ◆

FREE support to help you stay in or return to work, if you're currently off work sick, furloughed and struggling with your health – we may be able to help.

T: 0300 456 8107

E: workingwellearlyhelp@maximusuk.co.uk

Fortalice Limited ● ◆

Fortalice provides front line services including a refuge, training and group work for women, families, children and young people who are, or have been, affected by domestic abuse.

43 Bradford Street, BL2 1HT

T: 01204 365677

E: info@fortalice.co.uk

Bolton Unity Project ◆

The Bolton Unity Project (made up of Bolton Christian Community Cohesion, Bolton Wanderers in the Community, Bolton Council of Mosques, Bolton Solidarity Community Association, Bolton Interfaith Council and Bolton Hindu Forum) organises events and initiatives which bring people together from different backgrounds in the Bolton community.

Bolton Christian Community Cohesion Office,
The Hub, Bold St, BL1 1LS

T: 07500 928573

E: tcc@bolton.gmim.org.uk

Centre for Women and Children Development ●○◆

Empowering women & children, community initiatives, e.g volunteering, groups, forums, etc. confidence building and other informal training.

15 Lupin Avenue, BL4 0EP

T: 07878 774057

E: cwcdbolton@gmail.com

Endeavour - Paws for Kids ◆

Domestic Abuse Advice and Guidance, Support. Independent Domestic Abuse Advocacy (IDVA)- service for high risk victims including Sexual Violence and BME specialist advocacy. Pet fostering for pets belonging to victims needing temporary accommodation.

26 Chorley New Road, BL1 4AP

T: 01204 394842

E: safehaven@pawsforkids.org.uk

Fusion Centre ●◆▲

community hub run by volunteers working to bring the community together. A community cafe & beautiful garden...

Fusion Centre, Bolton, BL2 2JA

T: 01204 380814

High Hopes for Halliwell ▲

Project supported by local groups in Halliwell seeking to make a real difference for the lives of residents in Halliwell and Crompton wards.

St Paul's Community Centre, Halliwell Road, Bolton, BL1 8BP T: 07779 089167

E: community@hopes4halliwell.co.uk

Johson Fold UCAN centre ●○◆

provides a variety of activities, services and information such as housing enquiries, internet access, training and information relating to health, employment, community safety, environment and local activities.

31-33 Johnson Fold Avenue, BL1 5SF

T: 01204 329704

E: jfnm@boltonathome.org.uk

Khulisa Milestones ●◆

Milestones is a solution-focused through-the-gate mentoring programme for people due to be released from custody

The Hub, Bold Street Bolton BL1 1LS

T: 01204 546142

E: lroberts@khulisa.co.uk

New Beginning Centre ●◆

Promote COMMUNITY COHESION and SOCIAL INCLUSION for the public benefit by preventing people from becoming socially excluded, providing learning/training opportunities,

Hebron Hall, Mayor Street, BL3 5DU

T: 01204 776481

E: newbeginningcentre@yahoo.co.uk

The Bridge Church and Conference Centre ◆▲

Job Clubs, debt counselling, Community Cafe & church services etc.

Bradford Street, Bolton, BL2 1JX

T: 01204 361704

E: info@bridgebolton.com

The Flowhession Foundation

Delivers projects in communities that build community cohesion, integration and promotes British Values. We also offer quality training, research and expert cohesion related consultancy.

All Souls Bolton, Astley Street, BL1 8EY

T: 07878 668147

E: projects@flowhessionfoundation.org.uk

Tonge Moor UCAN Centre

UCAN - Urban Care and Neighbourhood Centre help, information and guidance on issues such as employment, training, health and community safety. FREE IT facilities, volunteering opportunities, freephone facility and links to community groups and local activities. The Old Tonge Moor Library, Tonge Moor Road, BL2 2LE

T: 01204 329563

E: christine.fitton@boltonathome.org.uk

Urban Outreach (Bolton)

Food & Cold Weather Provision, person-centred approach to supporting the most disadvantaged, vulnerable and complex adults, Offender Support, Complex Needs & Homelessness, Children & Families

Salop Street, BL2 1DZ

T: 01204 385848

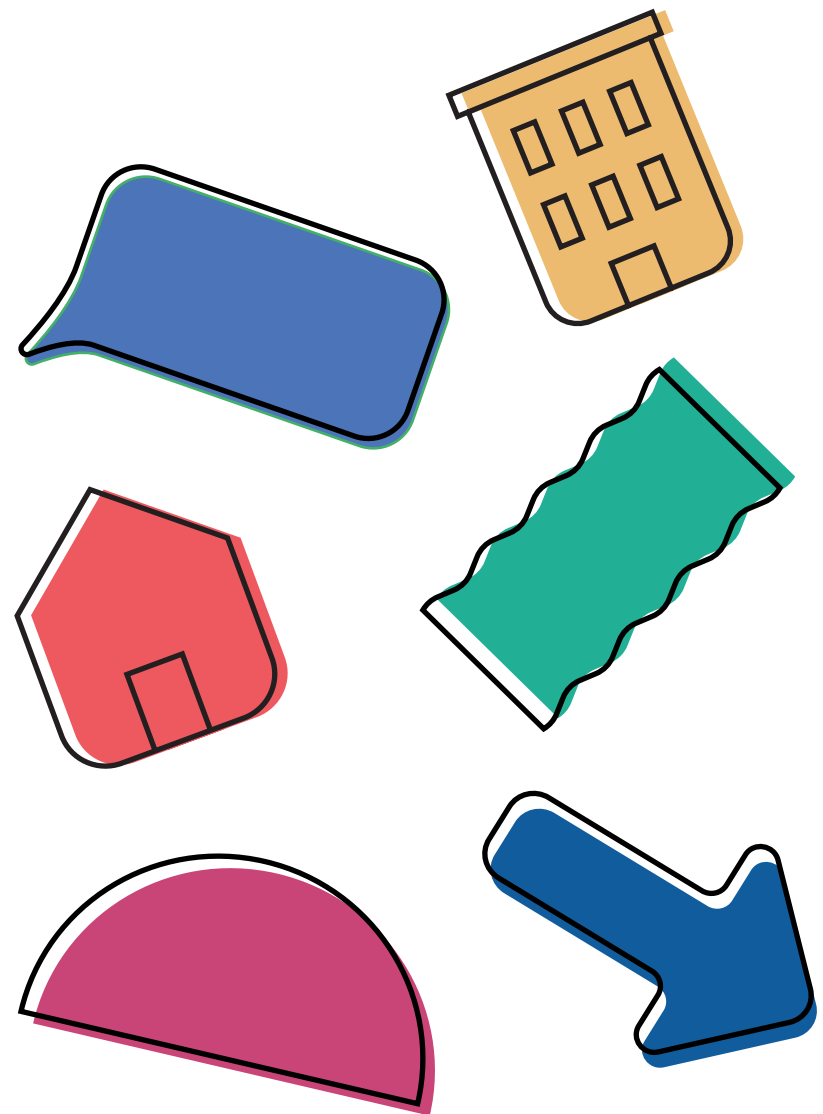
E: info@urbanoutreach.co.uk

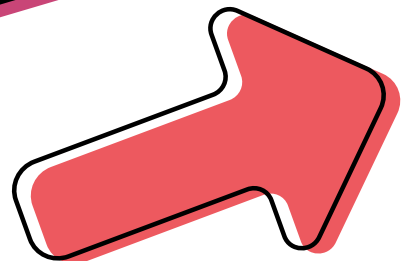
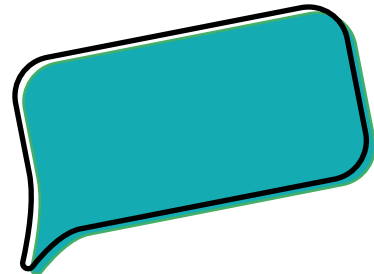
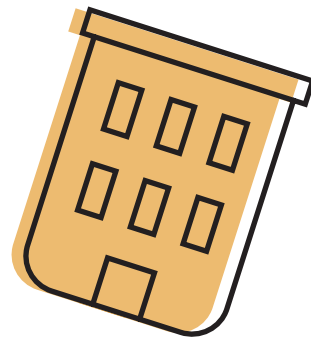
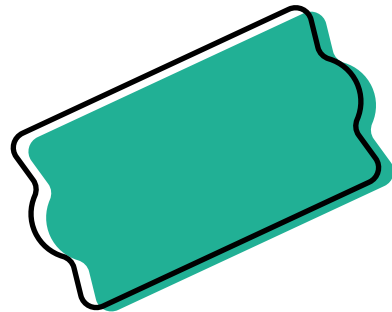
Bolton Community Champion

Volunteer to connect with the Council for your Com4munity

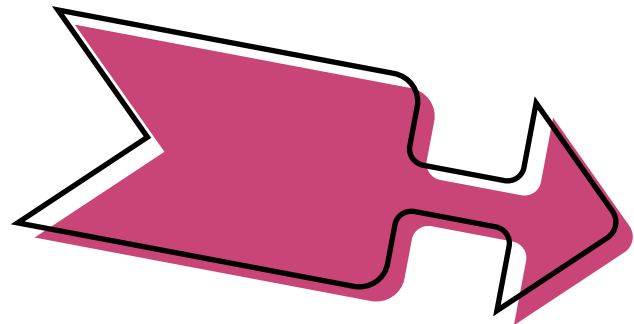
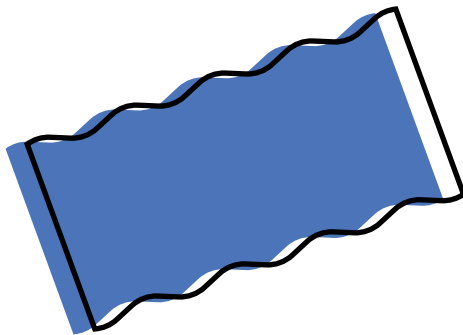
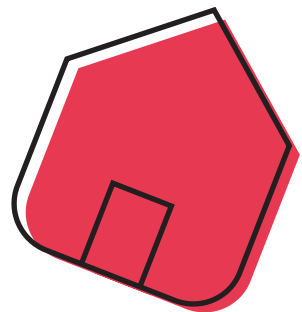
CICA Champions

Become a Champion for Communities in Charge of Alcohol





Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.



Step Together

We help people including ex-offenders who are excluded from society to participate in volunteering and build a more positive future for themselves. Mentoring, skills, self-esteem, confidence Manchester & Bolton

T: 07739823752

E: karen.eplett@step-together.org.uk

NHS Volunteering

Volunteering opportunities within the NHS

Bolton Community and Voluntary Services (CVS)

The Bolton Hub, Bold Street Bolton BL1 1LS

Volunteering Enquiries:

T: 01204 546060

E: info@boltoncvs.org.uk

Tonge Moor UCAN Centre

UCAN - Urban Care and Neighbourhood Centre help, information and guidance on issues such as employment, training, health and community safety. FREE IT facilities, volunteering opportunities, freephone facility and links to community groups and local activities. The Old Tonge Moor Library, Tonge Moor Road, BL2 2LE

T: 01204 329563

E: christine.fitton@boltonathome.org.uk

Time2 Communities CIC

FREE community learning, training workshops, volunteering opportunities, accredited courses in counselling and Information, Advice and Guidance.

Silverwell Lane, BL1 1QN

T:01204 867000

E: enquiries@time2cic.org

NHS GM Mental Health

Volunteering opportunities for people with lived experience of mental health services

Opportunities include:

- Arts and a craft
- Gardening
- Music
- Substance Misuse Peer Mentor
- Peer mentors for individuals leaving prison
- Recovery Academy Learning Experience

Bolton Community Champion

Volunteer to connect with the Council for your Com4munity

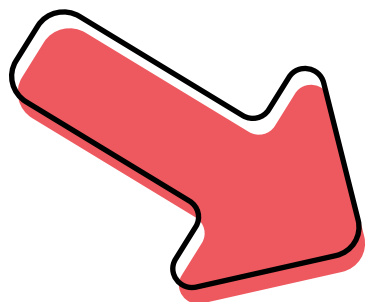
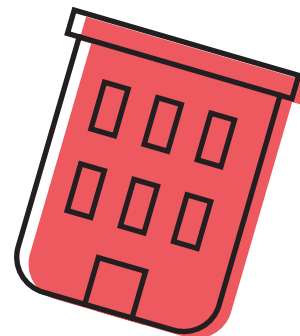
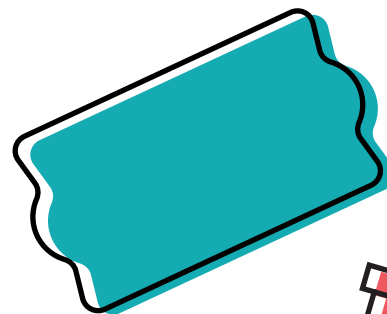
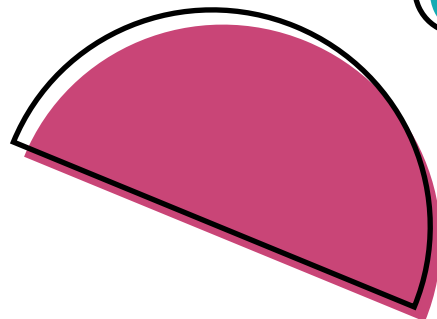
CICA Champions

Become a Champion for Communities in Charge of Alcohol

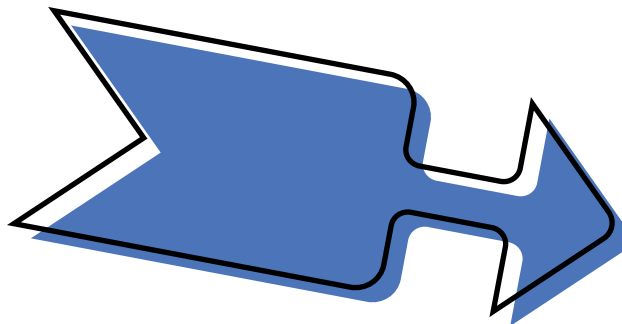
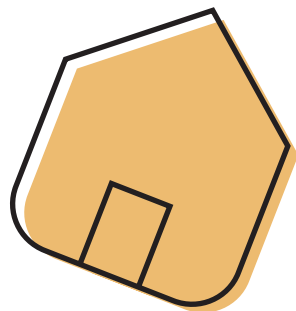
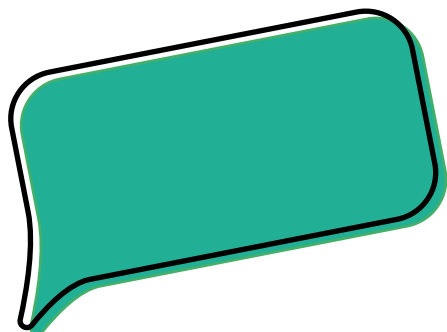
Volunteering Opportunities via Lets Keep Bolton Moving

Find volunteering opportunities across Bolton to keep moving

Keep Learning...



Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.



Motiv8 ◆ ○ ◆

Support Manchester residents aged 25+ who are not in employment or training. Support with – training, employment, health, wellbeing, self-confidence, self-esteem, finance and employability skills.

T: 0161 331 2048

E: info@manchesterbbo.co.uk

New Beginning Centre ◆

Promote COMMUNITY COHESION and SOCIAL INCLUSION for the

public benefit by preventing people from becoming socially excluded, providing learning/training opportunities,

Hebron Hall, Mayor Street, BL3 5DU

T: 01204 776481

E: newbeginningcentre@yahoo.co.uk

Brownlow Fold Community Learning Centre ◆

Education, training or employment.

Eskrick Street, BL1 3EF

T: 01204 482900

E: shirley.pinches@boltoncc.ac.uk

Tonge Moor UCAN Centre ◆ ○ ◆

UCAN - Urban Care and Neighbourhood Centre help, information and guidance on issues such as employment, training, health and community safety. FREE IT facilities, volunteering opportunities, freephone facility and links to community groups and local activities. The Old Tonge Moor Library, Tonge Moor Road, BL2 2LE

T: 01204 329563

E: christine.fitton@boltonathome.org.uk

Time2 Communities CIC ◆ ◆

FREE community learning, training workshops, volunteering opportunities, accredited courses in counselling and Information, Advice and Guidance.

Silverwell Lane, BL1 1QN

T: 01204 867000

E: enquiries@time2cic.org

Centre for Women and Children Development ◆ ○ ◆

Empowering women & children, community initiatives, e.g volunteering, groups, forums, etc. confidence building and other informal training.

15 Lupin Avenue, BL4 0EP

T: 07878 774057

E: cwcdbolton@gmail.com

Johson Fold UCAN centre ◆ ○ ◆

provides a variety of activities, services and information such as housing enquiries, internet access, training and information relating to health, employment, community safety, environment and local activities.

31-33 Johnson Fold Avenue, BL1 5SF

T: 01204 329704

E: jfnm@boltonathome.org.uk

Farnworth Baptist Church (including Farnworth and Kearsley Foodbank) ◆ ◆ ○ ◆

community coffee shop, ESOL classes, Workclub, mental health and wellbeing craft group, Foodbank, adult education, benefits and welfare advice with a specialism in disability, befriending and debt. The Well, Trafford Street, Farnworth, Bolton, BL4 7PQ

T: 01204 861671

E: church@farnworthbaptist.org.uk

S. S. Simon & Jude's Amateur Dramatic Society ■

Theatre Group

Newport Road, Great Lever, Bolton, BL3 2DT

T: 01204 520232

E: stella.crank@btinternet.com

Sam's Warriors ◆○×◆

Helping people rediscover themselves through healthy lives and minds, through exercise and alternative therapies. Running, meditation, yoga, support group

4 Hartley Street, Horwich, BL6 5NG

T: 07553 811590

E: samormrod11@gmail.com

Bank Street Writers ■

Creative Writing Group

T: 01204 669858

E: bswscribe@gmail.com

The Recovery Academy ◆○

Provides a range of free educational courses and resources for people with mental health and substance misuse problems & their carers and families

Greater Manchester Mental Health NHS Foundation Trust Bury
New Road, Prestwich, Manchester, M25 3BL

T: 0161 773 9121

Bolton Contemporary CIC ■

A socially engaged art group

26 Limefield Road, Bolton, BL1 6LE

T: 07917817342

E: boltoncontemporary@gmail.com

Creative Crafters ■

Arts & Crafts, social activities

The Thicketford Centre, Thicketford Road, Tonge Moor, Bolton, BL2 2LW

T: 01204 495660

E: aileenb@aol.com

Creative Mind ■◆

Arts events, exhibitions, creative writing, workshops and training sessions

Bolton Arts Studios, Rugby House, Hampson St, Horwich, BL6 7JH

T: 01204 418791

E: h.prescott@yahoo.co.uk

Banana Enterprise Network ●◆◆

pre-business start-up training and one to one support to unemployed

Various Activities - walks, archery, axe throwing, Farnworth

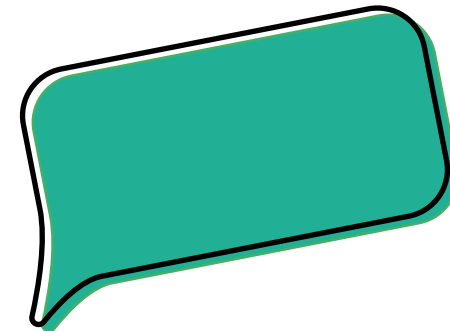
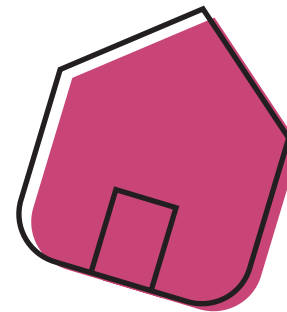
T: 07775 066 130

E: info@bananaenterprise.co.uk

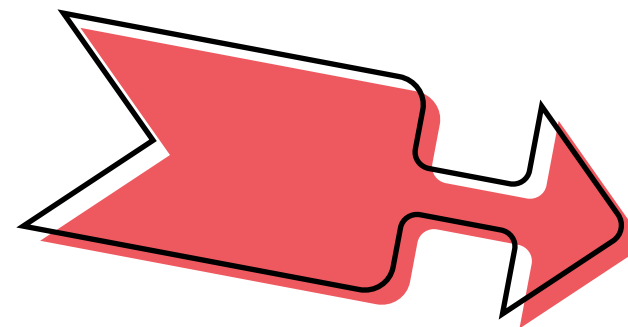
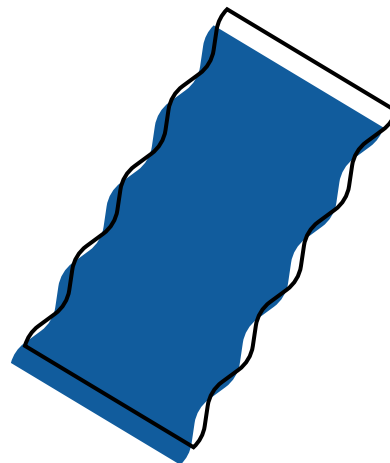
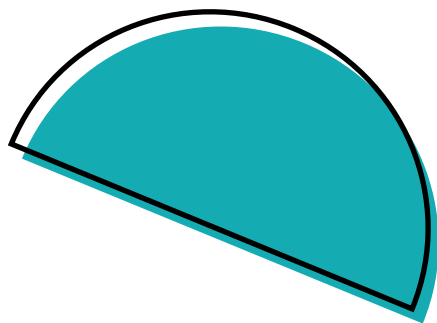
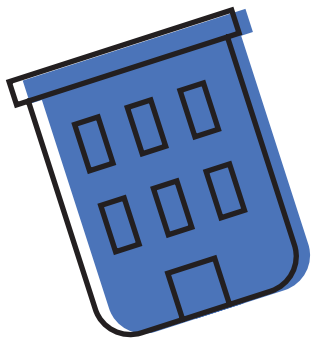
Volunteering Opportunities via Lets Keep Bolton Moving ●◆◆

Find volunteering opportunities across Bolton to keep moving

**Take
Notice...**



Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.



Insight Timer

A free app available on app stores with meditations and talks for anxiety, depression, anger, grief and more.

Samaritans App

Free self help available online & via app to support mental health & well being

Mindfulness Meditation Group

Mental Health Independent Support Team

Headspace

Use free guided meditations on their website and youtube channel, or downloading the free app on your phone

Y: <https://www.youtube.com/user/GetSomeHeadspace/videos>

The Free Mindfulness Project

The Free Mindfulness Project brings together 100's of free mindfulness videos, audios and other resources all in one place

How to meditate in a moment

A short video to help you learn to take notice in any situation

A 6-Minute Breathing Meditation To Cultivate Mindfulness

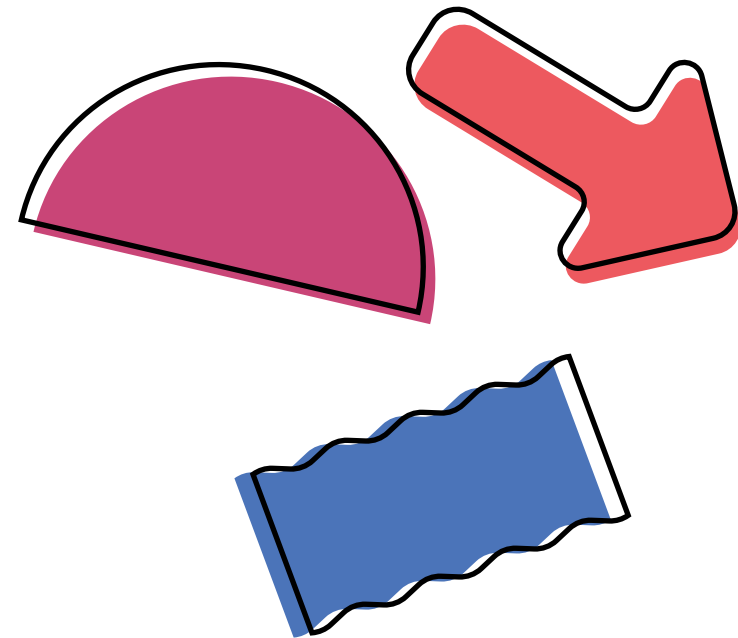
A great way to relax and take notice of your surrounding and how you are feeling

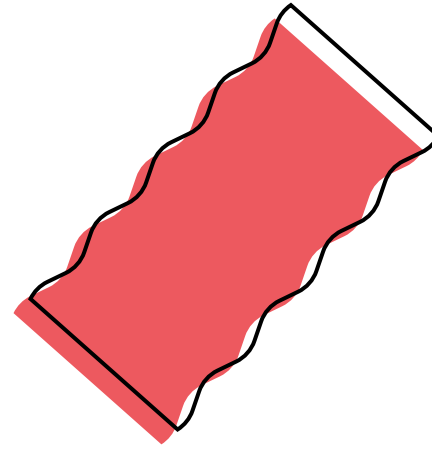
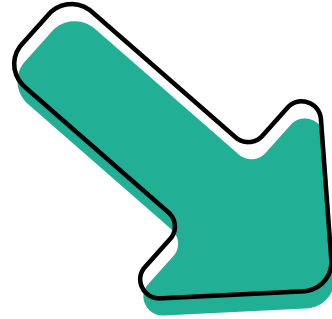
Wellbeing App Finder

Orcha helps you to find tested and proven apps for your wellbeing

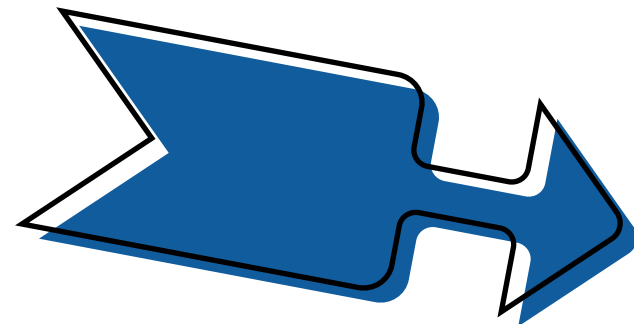
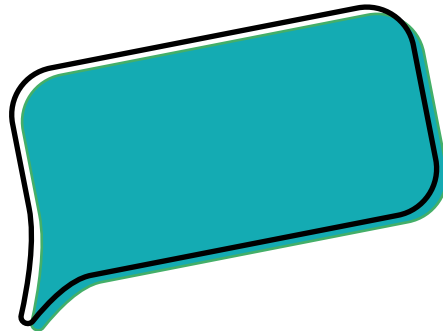
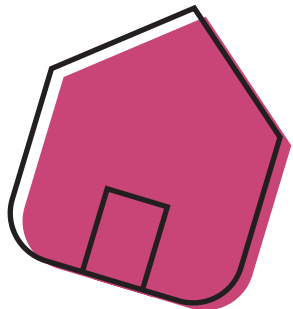
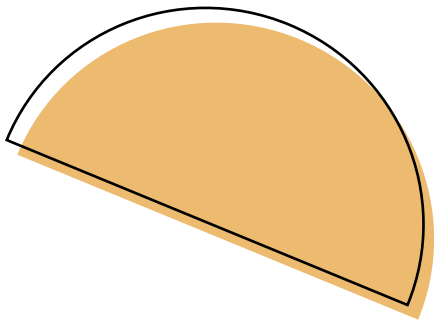
Parks and Open Spaces

Find parks and open spaces across Bury you can go to and be in nature and relax





Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.



Best Choices ■ ● ◆ ○ ◆

Recovery-focused service providing mental health and learning disability service. Allotment, Anxiety management, Arts and crafts, Computing and technology, Cookery, Drama and music, Employment workshop, Health, sport & fitness, Relaxation techniques

T: 01204 337523.

Willow Hey Community Project ■ ● ○

An inclusive space - life skills, woodwork, crafting, food growing, social activities, well being

Doe Hey Grove, Bolton, BL4 7HS

T: 07392 254 780

E: willowheyproject@gmail.com

Wave Adventure ●

Kayaking, climbing, bouldering, hiking, biking

498 Bury Rd, Bolton, BL2 6DS

T: 07583 833 460

E: waveadventure@outlook.com

Bolton Wanderers in the Community ● ○

Various Community Activities

University of Bolton Stadium, Burnden Way, Lostock Bolton BL6 6JW

T: 01204 673790

E: enquiries@bwct.org.uk

Brazley Community Gardens ◆

Brazley Community Centre, Horwich, Bolton

T: 01204 668250

E: greenroy1111@yahoo.com

Volunteering Opportunities via Lets Keep Bolton Moving ◆

Find volunteering opportunities across Bolton to keep moving

Sam's Warriors ● ● ○ ◆

Helping people rediscover themselves through healthy lives and minds, through exercise and alternative therapies. Running, meditation, yoga, support group

4 Hartley Street, Horwich, BL6 5NG

T: 07553 811590

E: samormrod11@gmail.com

Banana Enterprise Network ● ●

Various Activities - walks, archery, axe throwing, also pre-business start-up training and one to one support to unemployed people aged 18 or older

E: info@bananaenterprise.co.uk

Bolton NEWT ■ ◆ ▲

Habitat management, conservation and enhancement of the local green spaces at sites around Brightmet and Darcy Lever. We provide the tools, the training and even a brew. If you would like to learn to manage wetlands, woodlands, hedge laying, tree planting, managing wildflower meadows.

Garstang Avenue, Brightmet, BL2 6JW

T: 07541 980480

E: BoltonNEWT@gmail.com

Friends of Seven Acres ● ● ○

Seven Acres Country Park and Local Nature Reserve. We run regular guided walks, for all age groups, mainly focussed on the wildlife and the local history. We also organise clean up events and have a volunteer group

499-511 Bury Road, BL2 6DH

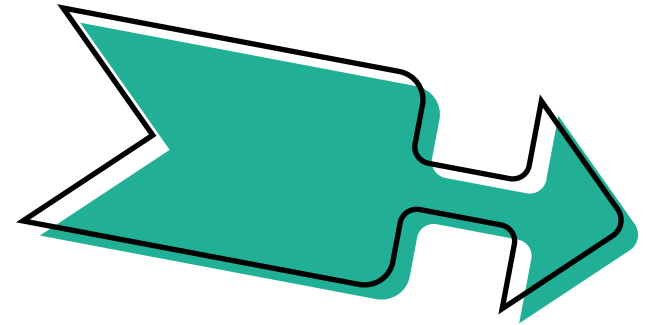
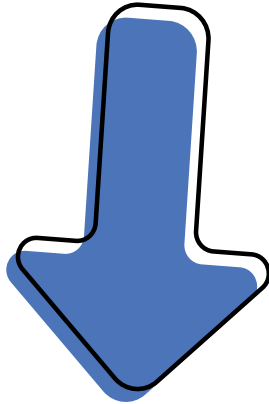
T: 01204 663754

E: info@7acres.org.uk

Let's Keep Bolton Moving ◆

Find local groups and activities to move more near you

Practical Support



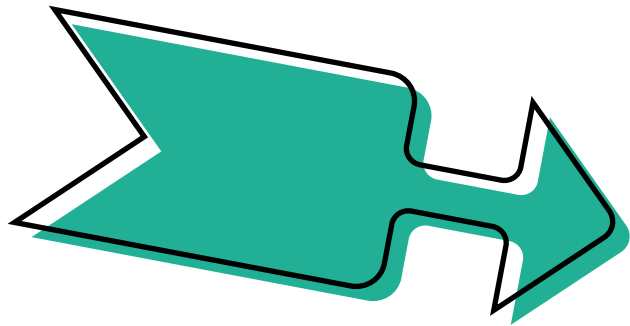
Warm and Welcoming Spaces

Across Greater Manchester there are free warm spaces that you can go to and keep warm. These range from libraries to churches and from community centres to community cafes. The Warm and Welcoming Spaces website allows you to search for the ones nearest to your post code. It tells you when they are open. Many of them are located alongside other activities that you can access too.

Warm Welcome Spaces



Addiction and Crisis Support



NHS Addiction Services ◆

Various services for people with addiction issues

Achieve Recovery Services ◆

Recovery services

Bolton

T: 01204 483090

Narcotics Anonymous ◆

Mutual aid/peer support group for people experiencing drug addiction

T: 0300 999 1212 (helpline 10am -midnight)

Alcoholics Anonymous ◆

Mutual aid/peer support group for people experiencing alcohol addiction

Helpline call FREE 0800 9177 650

E: help@aamail.org

Gamblers Anonymous ◆

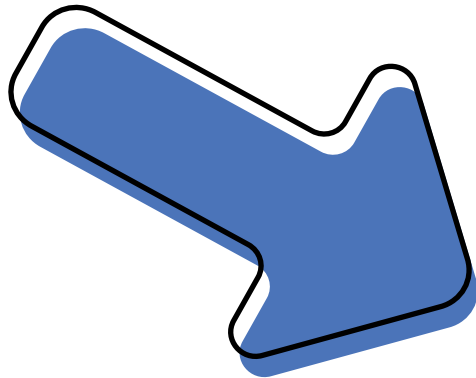
Mutual aid/peer support group for people experiencing drug/gambling addiction

Helpline

T: 0330 094 0322

E: info@gamblersanonymous.org.uk

Housing, Money and Food



Shelter ◆

Emergency helpline for anyone experiencing or at risk of homelessness

T: 0808 800 4444

Urban Outreach (Bolton) ◆▲

Food & Cold Weather Provision, person-centred approach to supporting the most disadvantaged, vulnerable and complex adults, Offender Support, Complex Needs & Homelessness, Children & Families

Salop Street, BL2 1DZ

T: 01204 385848

E: info@urbanoutreach.co.uk

The Mill Community Grocery ◆▲

Community Grocery in Bolton to help local residents with their weekly food shop. We're run on a membership basis designed for anyone who is struggling to afford the everyday basics by offering a full selection of groceries for just £3.

Kings Church

The Mill, Bury New Road

Bolton, BL2 6QE

T: 01204 226511

E: bolton@communitygrocery.org.uk

Anxiety UK ○◆

Online support sessions - stress, anxiety, positive thinking

Withins Action Group (WAG) ■◆○▲

Voluntary group of residents, social activities including arts, crafts, drama, games, community meetings, educational and cultural trips, environmental improvement projects and community snack and chat drop in with a free food pantry.

Elderdale Community Centre, Yewdale gardens, BL2 5JF

T: 07462 426101

E: withinsactiongroup@gmail.com

Bolton Community Transport And Furniture Service ◆

New and preloved furniture
Unit A1 Lecturer's Close, Lecturers Close, Bolton, BL3 6DG
T: 01204 393777
E: admin@bctfs.co.uk

Bolton's Money Skills Service ◆

Debt & Money advice, budgeting support
Ground Floor, Bolton Town Hall, Victoria Square,
Bolton BL1 1RU
T: 01204 331968
E: moneyskills@bolton.gov.uk

Farnworth and Kearsley Foodbank ◆

The Well, Trafford Street, Farnworth, Bolton, BL4 7PQ
T: 01204 861671
E: church@farnworthbaptist.org.uk

Horwich and Blackrod Food Bank ◆

The Lock-up, Horwich, Bolton
T: 07824 528 502
E: peter.wright1966@live.co.uk

Neighbourhood investment in community enterprise Bolton ■ ◆ ◆ ◆ ▲

Welfare rights, Arts & Crafts, Drop in and have a brew and chat sessions, Mend and make do repairs, DIY for beginners or the more Adventurers, Luncheon and Social Club, food clothes and furniture to families and individuals struggling to survive
Bolton NICE Advice and Community Resource Centre, Quest Centre, Brownlow Way, Bolton, BL1 2UB
T: 07900 535 403
E: boltonnice@outlook.com

Inspire: Serving Your Community (Inspire SYC) ■ ◆ ○ ✕ ◆

Health, wellbeing, support groups, activities, aid, training workshops, sports, arts, mentoring and community development/cohesion projects, food and essential items
28 Green Lane, Bolton, BL3 2EF
E: inspire.syc@gmail.com

Step Change Debt Charity ◆

Charity offering free debt advice & support
T: 0800 138 1111

St Georges Day Centre (Bolton) Ltd ◆

Mental health support & recovery through a range of structured social and therapeutic activities.
St Andrews & St George URC, St Georges Rd, Bolton, BL1 2BX
T: 01204 397889
E: stgeorgesdaycentre@btconnect.com

Healthwatch Bolton ◆

Health and social care services information cross Bolton 6
T: 01204 394603
E: info@healthwatchbolton.co.uk

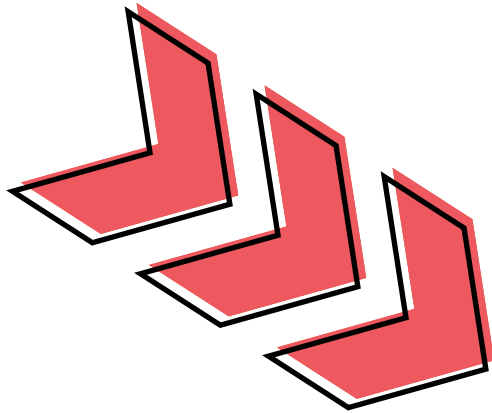
Bolton OCD Support ◆

Support for people experiencing OCD 6
Bolton CVS, The Hub, 9 Bold Street, Bolton, BL1 1LS
T: 07747 381347
E: boltonocd@gmail.com

BAND ◆

Mental Health & Wellbeing support, FareShare food club. 6 7
Unit 9C, Market Place, Knowsley Street, Boltno, BL1 2AL
T: 01204 380643
E: band@family-action.org.uk

Physical and Mental Health



Think Cre8tive Group CIC ◆▲

A social enterprise that delivers music as a health intervention. We run projects that use creativity for the significant benefits in reducing stress and depression, improving breathing and relaxation, and improving overall quality of life.

575 Tonge Moor Road, BL2 3BN

T: 01204 595680

E: info@thinkcre8tivegroup.com

Survivors Manchester (for Men) ◆

Support for male survivors of rape
Unit 9, Brewery Yard, Deva City Office Park, Trinity Way, Salford,
M3 7BB

T: 0161 236 2182

E: info@survivorsmanchester.org.uk

MhIST (Mental Health Independent Support Team) ■○◆

Advocacy, support groups and Talking Therapy. Groups - Craft and social, Mindfulness, Bereavement, Autism, Anxiety, Depression and Wellbeing, Art for Wellbeing, Self-esteem
Hanover House, Hanover Street, Bolton, BL1 4TG

T: 01204 527200

E: christine.makinson@mhist.co.uk

Beacon Bolton Counselling Service ○◆

Beacon Bolton Counselling Service provides therapeutic counselling to anyone age 16+, issues ranging from stress, anxiety, depression, bereavement, anger, relationships, abuse, suicidal ideation and more.

The Hub, Bold Street, Bolton, BL1 1LS

T: 01204 546100

E: enquire@beaconcounselling.org

Moodswings ◆▲

Mental health support, Community Cafe
36 New Mount Street, Manchester, M4 4DE

T: 0161 832 3736

E: info@moodswings.org.uk

Let's keep building our understanding together

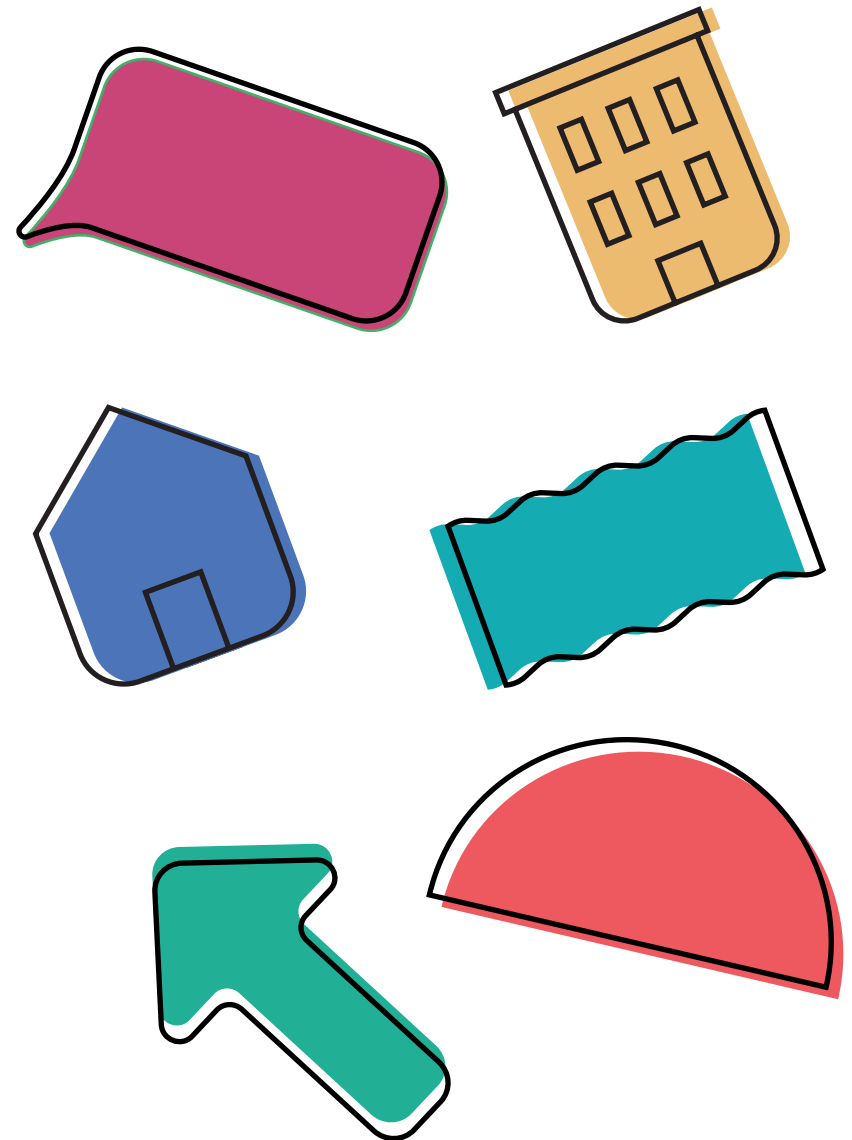
These purpose maps were always meant to be the first view of the different support that is out there and we need your help to add anything that we have missed as well as new things that we will all discover along the way. Use the Google form below to send us anything you want adding to this map.

Google form to add something new
<https://forms.gle/jJpo7pdQDjCfFDf87>

if you come across something that is in this map that you think we need to look at or you have not had the welcome you expected then we please contact us via
hello@collaborateoutloud.org

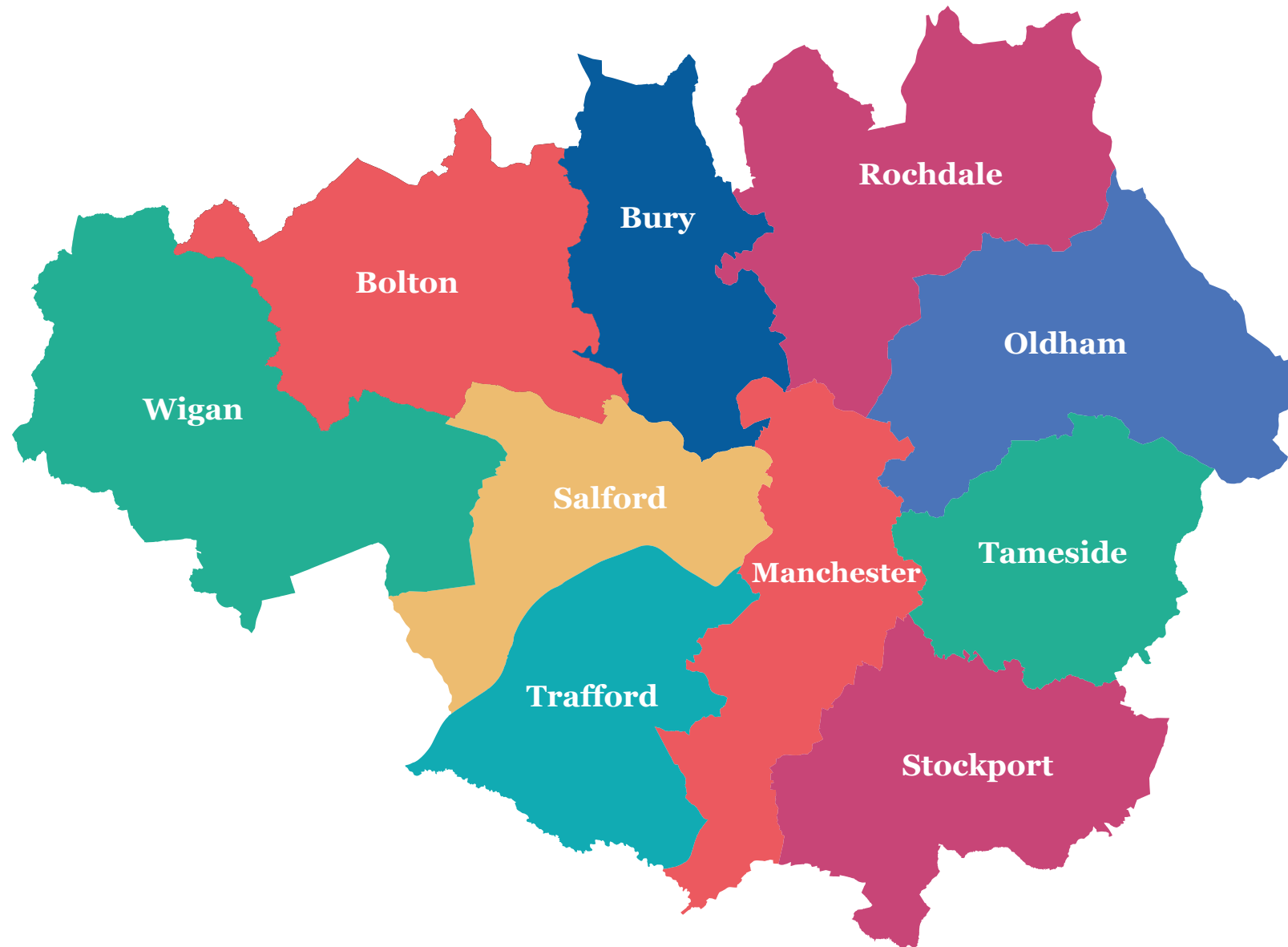
We hope you find the map useful, and we look forward to continuing develop and build them with the Housing First Community

The Collaborate Out Loud Team



GM Wide Purpose Maps

Click [here](#) to access the Purpose Maps for each borough of Greater Manchester.





If you want further information about this work or talk to us about our work then please get in touch



Hello@Collaborateoutloud.org



X @collaboutloud



Instagram @collaboutloud

