

ACHIEVE BOLTON * SALFORD * TRAFFORD



10GM

A joint venture to support
the local VCSE sector
in Greater Manchester

NHS

**Greater Manchester
Mental Health**
NHS Foundation Trust

ACHIEVE RECOVERY ASSET FUND Community Project Activity Directory 2022

Grants funded and administered via Salford CVS



Activity Directory 2022

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Activity Directory 2022

About the Directory

To help support the wider recovery community, Achieve workers & their clients Salford CVS have created this directory which includes information on Achieve Asset funded organisations, the activities they are providing and contact details of key contacts.

This directory has been cascaded to all Achieve partner organisations and frontline keyworkers. We want this to be a valuable resource which helps both the recovery community and workers know about community activities and support they can engage with or refer into.

The directory is broken down into 3 boroughs; Bolton, Salford and Trafford however please be aware that some organisations may deliver or accept referrals from more than one borough. Organisations are grouped based on their location, each organisations referral process is explained on their individual pages.

Please be aware that activities can change over the delivery period therefore some information in the directory may not be up to date, we recommend contacting the main contact with any queries you may have.

About the Achieve Asset fund

The Achieve Asset Fund supports organisations helping people living in Bolton, Salford or Trafford who have received treatment for, and are recovering from, drug and/or alcohol addiction.

All funded organisations engage and support people in their recovery journey and help provide a bridge towards normal living. Beneficiaries of these groups may be existing Achieve

service users, people from the wider recovery community, (including those who have never received treatment) as well as people who aren't in recovery.

In addition to supporting people in recovery projects will also help to challenge the stigma associated with being in recovery.

All 2022 Funded Organisations

Bolton based activities

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Salford based activities

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Activities based in multiple boroughs

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Salford

Broughton Boxing Academy

Ready, Steady, Recovery (The Rebuild)

Contact: Nick Burke **Tel:** 07428127644

Email: nickburke@insideworkout.com

About

Broughton Boxing are delivering sports and fitness sessions for people in recovery. Fitness sessions vary but include boxing lessons, circuits, weight training; etc. People of all abilities are welcome as sessions are adaptable and flexible. People who attend the sessions will also be provided with a gym pass which can be used anytime between 9am - 8pm, Monday - Friday.

Anyone new to the programme will receive a 1-2-1 induction to help them and Broughton Boxing gain an understanding of individuals fitness and skill level as well as an interview for people to establish goals, wants and needs from the project.

Referrals are accepted from anybody but not required, anyone interested can just turn up to a session.

Location

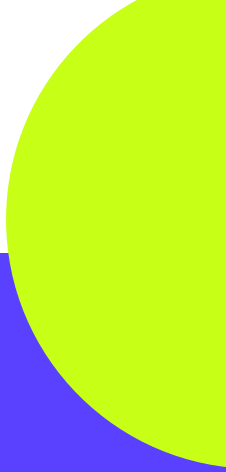
Salford Lifestyle & Gymnastics Centre, Camp Street, Salford,
M7 1ZT

When

Every Tuesday and Thursday
2pm - 4pm



Community Wellbeing



Power!

Contact: Yehudah Canter **Tel:** 07856 699 374

Email: dcantermanch@gmail.com

About

Community Wellbeing support people and their families in the Orthodox Jewish community who are in recovery. Through their Power! project they are providing individual counselling on a daily and weekly basis, depending on a persons needs. People can also get involved in other activities such as workshops, walks, bike rides & bowling; etc They are hosting small talking groups, exercise sessions and musical Kumzitz. Activities will be weekly and will often be on Wednesday and Thursday evenings but this can vary according to the activity and some activities are weather dependent. Please call Yehudah Canter for specific details or if you would like to attend/refer someone into the project.

Location

Please phone Yehudah Canter for more specific information in terms of days of activities and venues. Please be aware that venues will vary depending on the activity but will include some of the following:

Aim HaBonim, 51 Rigby Street, Salford, M7 4NX

Enfield House, Salford. M7 4GR

Broughton Hub, 50 Rigby Street, Lower Broughton, Salford M7 4BQ



Fallen Angels Dance Theatre

Recovery in Motion

Contact: Claire Morris or Maddie Smith **Tel:** 07801 478 548 / 07947301068 **Email:** claire@fallenangelsdt.org / maddie@fallenangelsdt.org

About

Free weekly 2 hour mindfulness and movement sessions for people of all abilities. Sessions include a physical warm up, mindfulness and breathing exercises, facilitated discussions and exploration of curated creative themes. The project will end with a sharing and participant celebration event to reflect and share group achievements.

No previous dance or movement class experience necessary, sessions are tailored to peoples needs therefore anyone can attend regardless of age, ability, sex; etc. Attendees can wear anything they feel comfortable moving in. To see more of what fallen angels do please visit their Youtube channel! ([Click here](#)).

Fallen Angels are also running peer mentor led day trips to local cultural venues such as The Lowry, other venues to be confirmed.

Who can attend?

Anyone from the recovery community can attend the sessions.

Location

Salford - START, Brunswick House, 62 Broad St, Salford M6 5BZ

Bolton - Venue TBC, phone Claire or Maddie for more information.

Dates & Times

Sessions start at the end of June until September.

Salford - Friday's - 11am - 1pm

Bolton - To be confirmed.

Referral process

Please either complete the referral form ([Click here](#)) off the Fallen Angel website www.fallenangelsdt.org or phone Claire or Maddie. People can either self refer or be referred by another person.

Additional information

Fallen Angels ask that people commit to at least the last 6 weeks of the course in order for them to gain the best experience from the project. There is time during the first 6 weeks for people to drop in and try the sessions before committing to the remaining sessions.



On the Out CIC

On the Out group programme

Contact: Mark Power **Tel:** 07943775526

Email: markp@ontheout.org

About

On the Out is a team of people who have experienced life on the margins of society who support others facing barriers. On the Out understands the effects of years of imprisonment and can help with practical issues such as accommodation, benefits and ID as well as general help with addiction, mental health or relationships. On the Out are running groups entirely staffed by people who have experienced addiction and recovery. Groups are focused on ex prisoners, offering a route away from criminality and addiction, amid a community of others.

As well as running group sessions On the Out are providing an introduction to their volunteering pathway.

For more information on any of the sessions or volunteering please contact Mark Power.

Group session	About	When	Where	Who
Check in group	An opportunity for participants to express what's going on for them, with peer support from the group.	Monday 12 noon - 2pm	Unit 10 , Dale House, Vickers Street, Manchester, M40 8EF	Anyone
Men's group	A safe space for males over 18 to talk free from judgement.	Wednesday 12 noon - 2pm	Unit 10 , Dale House, Vickers Street, Manchester, M40 8EF	Men only
ACT Group	Acceptance and commitment training. Challenge yourself to improve your behaviour. Learn new skills to support behaviour change Find new direction toward what's important to you. Build a life of meaning and purpose. Learn to take small steps in the right direction. Meet new people and enjoy yourself.	Friday 12 noon - 2pm	Unit 10 , Dale House, Vickers Street, Manchester, M40 8EF	Anyone



Society Inc

'PEARL' (Positive, Emotion and Recovery Life-skills.

Contact: Louis Colclough **Tel:** 07704 340 941

Email: admin@societyinc.org

About

Society Inc offer a person-centred approach to the dual diagnosis needs (i.e. drugs and / or alcohol in addition to mental health problems through the Live Well service. The service aims to support people progress on their recovery journey. It offers a restorative, responsive offer of support and individual and group-based approaches.

A mentoring service which is tailored to the needs of the individual. Relationships are steered towards achieving a particular goal or outcome determined by the client and mentor. This relationship may be time specific, with relationships ending once the desired changes have been successfully achieved.

Befriending, which focuses on informal long-term relationships helping people feel more connected. Compared to mentoring these relationships allow for softer boundaries and provides connection to clients who feel isolated from their communities / have few or poor support networks / illness or mobility issues.

Auricular acupuncture therapy is also provided to clients to help people overcome adversities with regards to addictive behaviours and mental health difficulties. Some of the recovery benefits are:

- Reduced cravings

-Support with withdrawal from addiction

- Reduced anxiety

Where

Society Inc is located in Little Hulton at 15 Little Hulton District Centre, Little Hulton, Salford Greater Manchester, M28 0BA.

Who

Anyone who is in recovery from addiction and / or struggling with their mental health. PEARL programme - only accept referrals through Live Well service.

When

Mentoring & Befriending - Once a week at a time / day convenient to the client and support worker.
SMART Recovery Groups - Mondays, 2pm - 3pm
Auricular Acupuncture - Thursdays, 12:30 - 1:30pm

How

People can either self refer into the services (except the PEARL programme) via the Society inc website, phoning the office or dropping in to the office.

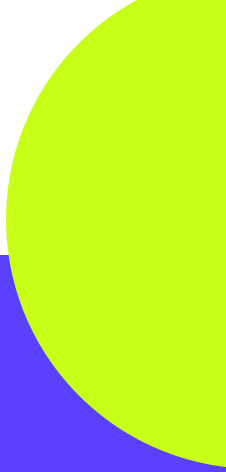
Third party referrals can also be made using the methods above.

Website - <https://www.societyinc.org/#>



Bolton

Breakdown Bolton



Achieve Art & Design

Contact: Jennifer Gilmour **Tel:** 07872342718

Email: breakdownbolton@outlook.com

About

Achieve Art and Design is a programme of mixed media art workshops. Breakdown Bolton are offering workshops in printmaking, fused glass, batik ceramics, linoprint, sculpture, painting and graphic design, photography; etc. Some workshops will run over a couple of sessions, others are one offs. People attending the workshops ran over several sessions are asked to commit to the set number of sessions.

Sessions are free to attend, supplies are provided and sessions are primarily for people in recovery or anyone struggling with their mental health.

There is a limit of 12 spaces per workshop, booking is required and can be done either through Eventbrite or emailing Breakdown Bolton directly.

Location

Breakdown Bolton, 12 St. Andrews Court, Bolton, BL1 1LD

Dates	Time	Activity
20th May 2022	12:30 - 2:30	<u>Paint pouring</u>
27th May 2022 3rd June 2022	12:30 - 2:30	<u>Resin</u>
10th June 2022	12:30 - 2:30	<u>Lino printing</u>
17th June 2022	12:30 - 2:30	<u>Encaustic</u>
24th June 2022 1st July 2022	10:30 - 12:30	<u>Drawing</u>
8th July 2022 15th July 2022	10:30 - 12:30	Sculpture
22nd July 2022 29th July 2022 5th August 2022	10:30 - 12:30	<u>Batik and Glass</u>



Transforming Lives Group

Moving on

Contact: Andrew Farnworth **Tel:** 07413526088

Email: andyfarny1@gmail.com

About

Qualified staff deliver a variety of fun, physical activities and friendship sessions for people Monday to Sunday as part of Transforming Lives Group Moving on project. All equipment is provided so participants don't need to bring anything and there are expert by experience volunteers on site in case any participants need a chat or have any underlying issues.

Participants are asked to pay a small donation of £2 if they can afford it however people on low income or who are struggling can attend for free.

Spaces are limited so attendees are allocated using a first come first serve basis, if you would like more information before a session or want to check if you are able to go along to any of the activities it is best to phone Andy using the contact number above.

Day	Activity	Day	Activity
Monday	<p>Boxing 12 noon - 1pm Elite Boxing Centre , Wordsworth St, Bolton, BL1 3ND</p> <p>Tailored boxing sessions for people of all abilities. All equipment supplied just bring water.</p>	Thursday	<p>Walking & Open age football 10am - 11am Burden Park Sports Complex, Bolton, BL3 2RS</p> <p>Tea & Coffee after football social 11am - 11:30am Walking football is more suited to anyone over 50, with an injury or new to exercise, open age is a faster game.</p>
Tuesday	<p>Fat to fit football 10am - 11am Burden Park Sports Complex, Bolton, BL3 2RS</p> <p>Tea & Coffee after football social 11am - 11:30am</p> <p>Astroturf football, boots can be provided if needed.</p>	Friday	<p>Walking football 10am - 11am Burden Park Sports Complex, Bolton, BL3 2RS</p> <p>Tea & Coffee after football social 11am - 11:30am Same as Thursdays session.</p> <p>Boxing 7pm - 8pm Elite Boxing Centre, Wordsworth St, Bolton, BL1 3ND</p> <p>Tailored boxing sessions for people of all abilities. More family focused than Monday's session due to timing.</p>
Wednesday	<p>September - March - Mountain Biking Rides start from 9:30am from Farnworth. April - August - Fishing in Farnworth</p> <p>Phone Andy for more information.</p>		

Transforming Lives Group cont.

Moving on

Contact: Andrew Farnworth **Tel:** 07413526088

Email:andyfarny1@gmail.com

Day	Activity
Sunday	<p>Activity day A day out wither walking, hiking, biking or kayaking. Activity is weather dependent.</p> <p>Transforming Lives Group arrange weekly day trips for up to 9 people, anyone interested in attending needs to phone Andy to book on as spaces are limited and book up quickly.</p> <p>Attendees need to wear wether appropriate clothes, food and hot drinks will be provided.</p>

TLG Yearly Camping Trips

Transforming Lives Group also offer yearly camp out trips , anyone is welcome to attend just phone Andy for more information in terms of booking on and finding out what to take along. The next trip is booked to Shell Island and is free.

Mentoring

This is for TLG's most vulnerable clients. Individuals will be provided with mentoring by 1 of 3 experienced TLG volunteers to help them become part of the activity ptohtamme and stabilise their behaviour, seek out volunteering and employment opportunities and keep a diary of their journey to recovery.

This is a popular service and a waiting list is currently being used. To add anyone on please phone and speak with Andy.

Meet & Eat

TLG meet 6pm - 8pm on the last Tuesday of the month at The Well, Trafford St, Farnworth, BL4 7PQ for a free Meet and eat session. Booking isn't required, just turn up.



Stand Up Sisters CIC

Women of the World Unite

Contact: Maddie Smith **Tel:** 07947301068

Email: standupsistersbolton@yahoo.com

About

The Women of the World Unite project is delivering 15 workshops, 3 on healthy relationships and communication methods and 12 spoken word and art workshops delivered by poet Maddie Smith and Genevieve L Wash. These sessions will support women to work towards an empowerment event on the 17th December in Manchester, venue to be confirmed.

There is also the opportunity for two volunteers to participate in a 12 month training offer where they will be provided with the opportunity to develop their leadership skills, run workshops, deliver marketing campaigns and paint murals.

Stand Up Sisters CIC activities are open to women living in Salford, Bolton and Trafford.

Location

Venue hasn't been confirmed, please phone Maddie if you are interested in attending for more information.

Date & Time

Every Thursday, 1pm - 3pm from September until Saturday 17th December 2022.

Stand Up sisters are currently delivering workshops 1pm - 3pm on Thursdays for anyone who wants to get involved before September.



**SEVEN
WORD
QUOTE
PLACED
ABOUT
NESTS
HERE**
STAND UP SISTERS

Who is it for?

Women from the recovery community living in Salford, Bolton & Trafford.

Additional information

All sessions are free to attend. Anyone interested in attending / referring someone into the project should text Maddie on the contact number above who will then arrange an informal induction into the project.

Stars and Stitches CIC

Drag and Mad - Relapse Prevention

Contact: Maddie Smith **Tel:** 07947301068

Email: starsandstitches2021@gmail.com

About

This is a collaborative project between 'mad' artists and 'mad people' who don't consider themselves artists. Sessions involve either learning drag artist make up or creating bright and colourful art. There will be a loud and proud celebration of the artwork at the end of the project which will be decided by the group and take place at Bolton Station, Platform 5 Gallery, Bolton, VL2 1BE.

As part of this project Stars & Stitches will be recruiting 2 new volunteers from the recovery community to help them devise a recovery awareness course, one of the volunteers will then go on to co-lead a training session once a month. **For more information phone Maddie on the number above.**

This project is open to anyone in recovery living in Bolton, Salford or Trafford.

Drag Artist Training

A 3 week evening [course](#) at Manchester college where participants will be offered the chance to learn more about make-up and hairstyling for drag. Transport is provided. Anyone interested in attending needs to book ASAP as spaces are limited (4 only).

Location - The Manchester College, Harpurhey, Rochdale Road, Manchester, M9 4AF

Dates & Times - The course will run 6pm - 8pm, days to be confirmed.

How to apply - Phone Maddie if you are interested in booking on to the course.

Mad and Proud Art workshops

20 free arts based workshops working on paper cuttings and creating your own "Mad & Proud" head dress.

After the sessions Stars & Stitches plan to run regular Friday night activities.

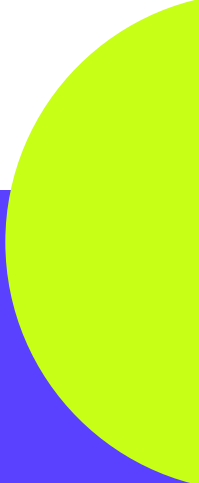
Location - Bolton Station, Platform 5 Gallery, Bolton, BL2 1BE

Dates & Times - Every Sunday, 1pm - 3pm

How to attend- Booking is required, please text Maddie if you wish to attend a session.



MhIST (Mental Health Independent Support Team)



MARS Project (MhIST Addiction Recovery Support)

Contact: Christine Makinson **Tel:** 01204 527200

Email: christine.makinson@mhist.co.uk

About

Safe, confidential and friendly Sunday activity days. Activities are all free and include crafts, a music group, mindfulness sessions, exercise classes and a peer led self-help group. The session is up to 5 hours on a Sunday, providing people with something to do, a space to meet others and to feel empowered with their recovery journey. Activities are concurrent and overlapping and people do not need to participate in all activities, just the ones they are interested in.

Outdoor activities and day trips to exhibitions, museums, libraries; etc will also be arranged. Any costs incurred on the day trips will need to be met by individuals.

If you are interested in finding out more or attending / referring someone to the session please contact Christine on the details above.

Activities

Craft Group - Undertake crafting activities and create something you can take home.

Music Group - Supported by the current guitar group but about to be expanded to include other instruments and singing this is a group for people who are interested in learning and making music.

Peer led self-help group - A space for people to share their experiences and to support one another. Sessions are facilitated by trained peer facilitators.

Mindfulness sessions - A qualified and experienced mindfulness practitioner is providing guided mindfulness sessions.

Exercises sessions - Learn new skills and take part in taster sessions in Zumba, Tai Chi, Yoga, Drama; etc. All equipment is provided.

Light refreshments are provided.

Location

Main location	Other venues sometimes used
1st Floor, Moorland House, Bolton, Bark Street, BL1 2AX	The Hub at Westhoughton, Central Dr, Westhoughton, Bolton, BL5 3DS
Please phone or email Claire to confirm venue address.	The Well, Farnworth Baptist Church, Trafford Street, Farnworth, BL4 7PQ



BSURF

Expansion in the community

Contact: Mark Yates **Tel:** 07711999158

Email: bsurfrecovery@gmail.com

About

BSURF is a Mutual Aid organisation based in Bolton ran by and for clients and former clients of the Drug and Alcohol Services.

BSURF is a community space for people in recovery offering a variety of activities and a safe space to meet people and get support 365 days a year.

Activities include outdoor leisure activities including regular trips out, awareness group sessions, dry nights, quiz nights, karaoke, live band performances, arts and craft sessions, music lessons, brunch clubs, hygiene qualification training, access to formal qualifications' (subject to availability) and mutual aid groups.

BSURF are also available to help sign post people to other services that will help them in their recovery.

Who

Anyone in recovery.

Where

37 Knowsley Street, Bolton, BL1 2AS

How

Anyone interested in attending can either drop in to the centre or phone Mark for more information.

When

BSURF is open for people to drop in every day of the year.

Mutual Aid groups - Monday afternoons, Tuesday and Thursday mornings.

Brunch club - Wednesday mornings, 10am - 1pm

Drop in's - any day of the week

Saturday night safe place, including pool and darts - 6pm - 9pm

For information on other activities please contact Mark.



Trafford

Itsherstory CIC

Achieveher Excel Programme

Contact: Oonagh McDonnell

Email: contact@itsherstory.uk.com

About

ItsHerstory are running their Achieveher programme for women who have experienced long-term unemployment due to addiction, Domestic Abuse and mental health. The course has been designed collaboratively with regional experts in psychology, coaching and mentoring.

The course will comprise of workshops, coaching, peer group support sessions to increase self-esteem and enable candidate to create strategies, reduce isolation, access employment, volunteering, training and apprenticeships.

For more information on the course, please visit ItsHerstory's website ([Click here](#)) and complete a their Get Involved form.

Location

The course will take place online with a view to holding an end of course event at a suitable venue for all participants.

When

Current sessions take place on Wednesday evenings from 6pm - 8pm. After summer sessions will start in September and run on Tuesday evenings.

To find out more about the course and register your interest please go to

<https://www.itsher.uk/achieveher>. After registering someone will be in contact to book you on to a course. .

Who

For women in the Greater Manchester area who find themselves at a cross roads, maybe away from the workplace or impacted by the pandemic and feeling lost and overwhelmed. It is for someone who is looking for a major change in life and employment that fits with them, their lives and commitments.



Portraits of Recovery

The Repair Works - An industry of creative mending

Contact: Claire Armitage

Email: claire.armitage@portraitsoffrecovery.org.uk

About

The Repair Works explores creative mending as a tool for well-being, supporting people in recovery to improve employability, education, and volunteering prospects through practical and soft skill development. The course will cover 2 strands of enquiry, delivered by artists and experts in their fields. 1) Craft workshops inspired by Kintsugi ceramic repair ([Click here for more information](#)) and 2) Creative approaches to acts of repair across clothing and domestic objects.

Where & When

Days, time and venues TBC. Sessions are likely to happen Tuesday and Wednesday, 10am - 12:30 at one of the venues:

- 1, SUEZ Recycling Hub, Trafford Park, M17 1SX
2. The Boiler Room, Manchester, M16 7DA
3. Paradise Works, Salford, M3 7LE

Course

This 13 week course covers 3 learning stages.

1. Skill acquisition and personal response - Acquire technical skills, learn about the repair methods and creatively apply ideas to personal recovery stories.
2. Assimilation and Professional awareness - Learn about potential educational and professional pathways, including higher education, community & voluntary work. Participants will work with professionals to design public facing activities and demonstrate learning and ideas. Participants will visit educational, cultural and community venues on day trips.
3. Public facing professionalising activities - supported by professionals participants will set up and run their own Repair Works activities.

Participants are expected to attend all 13 sessions.

Friends and family members of those in recovery can attend sessions as well as people in recovery.

Registrations open from June 2022. To express an interest in the course please email Claire on the details above with your name and phone number.



Other Community Activities

We hope this directory helps people in recovery and those supporting people in recovery to access community support and activities. All organisations mentioned in this directory have been funded by Salford CVS as part of the Achieve fund however there is a wide range of Voluntary, Community and Social Enterprise (VCSE) organisations across the three cities which haven't been mentioned in this directory which people in recovery could access.

To find out more about what VCSE activities are happening in your area please visit the links below. There are also lots of Facebook groups you can search. If you are looking for something in particular or struggling to find an appropriate group you can also contact your local CVS, contact details below.

Salford

Salford CVS Directory - <https://www.salfordcvs.co.uk/organisation-directory>.

My City Directory - <https://directory.salford.gov.uk/kb5/salford/directory/home.page>

Social and special interest groups - <https://www.salford.gov.uk/health-and-social-care/health-services/health-improvement-connect/social-and-special-interest-groups/>

Little Hulton & Walkden Directory **(Last updated Jan 2020)** - [Little Hulton Walkden Community Directory - Jan 2020 \(003\).pdf](#)

Salford CVS - <https://www.salfordcvs.co.uk> or 0161 787 7795

Bolton

Bolton CVS Directory - <https://www.boltoncvs.org.uk/directory>.

Westhoughton Community Network - <http://www.westhoughtoncommunitynetwork.co.uk/hub.php>

My Life in Bolton - <https://www.mylifeinbolton.org.uk/whatson.aspx>

Bolton CVS - <https://www.boltoncvs.org.uk/> or 01204 546010

Trafford

Trafford Directory - <https://www.trafforddirectory.co.uk/kb5/trafford/fsd/home.page>

Thrive Trafford - <http://www.thrivetrafford.org.uk/> or 0330 123 9766