

GROUP TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ENGLISH LITERACY FOR SPEAKERS OF OTHER LANGUAGES 10:00am - 12:00pm Best Choices Office</p> <p>COMPUTERS PLUS 10:30am - 12:30pm Best Choices Office</p>	<p>BASIC COMPUTERS 9:30am – 11:30am Bolton Library</p> <p>EMPLOYMENT WORKSHOP 11:00am – 1:00pm Best Choices Office</p>			<p>GYM 11:00am - 1:00pm Bolton One Gym</p>
<p>COOKERY 1:00pm – 3:00pm Friends Meeting House</p> <p>ALLOTMENT 1:30pm – 3:30pm Shepherd's Cross Street</p> <p>COMPUTERS PLUS 2:00pm – 3:00pm Best Choices Office</p>	<p>RELAXATION TECHNIQUES 2:00pm – 3:00pm Best Choices Office</p> <p>GYM INDUCTIONS 2:40pm Bolton One Gym</p>	<p>FOOTBALL 1:00pm – 3:00pm Burnden Park</p> <p>CREATIVE SKILLS 1:30pm - 3:00pm Friends Meeting House</p> <p>CATCHING CREATIVITY 1:30pm - 3:30pm Bolton Little Theatre</p> <p>HORIZON 2:00pm – 3:00pm Best Choices Office Every 6 Weeks</p>	<p>ANXIETY MANAGEMENT 12:00pm – 1:30pm Best Choices Office</p>	<p>ART 12:30pm – 2:30pm Victoria Hall</p>

ONE TO ONE SUPPORT

Community Activities, Leisure, Travel
Training, Education, Voluntary Work, CVs, Applications, Paid Work

Allotment

An opportunity to work on a well-established allotment, growing fruit and vegetables in a small supported group environment. To develop confidence working alongside others. A 'stepping stone' towards accessing other local gardening/allotment projects.

Anxiety Management

A small and supportive group where you can learn and practise basic coping strategies for managing anxiety.

Art

This group offers a relaxed and supportive environment where members can share ideas and inspiration while they work. Members can experience a broad range of art techniques and ideas and will have the opportunity to take part in local trips to groups and venues where they can continue to enjoy art in the community.

Basic Computers

One-to-one support to provide an opportunity for people with little or no experience in computers to gain confidence when using them by developing skills e.g. accessing the internet, sending emails, writing letters.

English Literacy

To provide an opportunity for speakers of other languages, with no or little experience in English speaking, listening and writing skills, to gain confidence in using these skills in everyday situations.

Catching Creativity

An opportunity to develop skills in differing creative ways including writing, music, storytelling and drama in a safe and supported environment.

Computers Plus

An opportunity to access computers near to where you live e.g. libraries, UCAN centres. Also helping people to use their PC, laptops, smartphone or tablet.

Cookery

For people who need to develop skills or have an interest in cooking but find groups difficult. Develop your confidence in cooking in a safe environment. A 'stepping stone' towards college.

Creative Skills for Learning

This craft group offers members the chance to experience a broad range of crafts and group work skills, suitable for both men and women. Supported group visits are an integral part of this program and will give members the chance to identify community venues and groups where their skills and interest in crafts can continue.

Employment Workshop

This group offers a supportive environment to provide you with information about work-related activities including compiling a CV, how to look for jobs, voluntary work, interview preparation and tips, and benefits information.

Football

In partnership with the Early Intervention Team and BAND. To provide an opportunity for men and women to enjoy football in a safe environment, playing in tournaments or less competitively.

Gym

In partnership with the physiotherapy department. A safe and supportive environment to implement your own individual fitness programme and develop confidence, supporting independent access to your local gym.

Horizon

This service user-led group provides a forum for service users to give feedback on our service and to work with staff on its development. The group also arranges their own social outings and invites guest speakers to give presentations on issues and organisations that are of interest to them.

Relaxation Techniques

Provides an introduction to a range of different ways to relax within a small group setting. Try techniques including Muscle Relaxation, Mindful Breathing, Tai Chi, Listening to Music, Therapeutic Drawing and find out what works for you. Runs for 8 weeks.