Directory of activities for people in recovery
October 2019

SUPPORTED BY THE ACHIEVE ASSET FUND

ACHIEVE is investing around £150,000 per year in community-based projects designed specifically for people in recovery from drug and alcohol dependency.

You’re invited to get involved >>>
START Inspiring Minds - 'This is Me'

Visual Art courses- learn art skills such as painting and drawing to create artworks in response to a chosen theme.

**Salford:** The Orchard: Course start dates: 9th Oct, 8th Jan, 1st April. Every Wednesday 1.30-3.30pm

**Bolton:** St Andrew’s Court: ; Course start dates: 11th Oct, 3rd Jan, 27th Mar. Every Friday 2.30-4.30

**Trafford:** Chester Road. Course start dates: 11th Oct, 3rd Jan, 27th Mar. Every Friday 11.15-1.15pm

To get involved call Rachel on 0161 351 6000 or email rachel@startinspiringminds.org.uk
BSURF Bolton Service Users Recovery Forum

37 Knowsley Street, Bolton BL1 2AS
www.facebook.com/groups/bolton.bsurf

Full range of activities for those in recovery, including:

- Drop-ins on a Monday, Wednesday and Friday mornings.
- Wednesday brunch club - where it’s all you can eat for £1.
- College courses levels 1/2 in Wellbeing & Substance Misuse etc.
- Monthly Dry Night with live music, quiz nights & karaoke all in a safe environment
- Pool & table tennis facilities available during drop ins.
- Mutual aid groups: women’s group (Tuesday) and a men’s group (Thursday)
- Saturday – Morning breakfast club – all you can eat £1. Chillax 6pm – 9pm, place for people to come and socialise (every month they have a themed session e.g. Curry night, Quiz)
- Music group for any one who wants to learn an instrument, sing or just listen.
- Minibus with offer of day trips and trips to other recovery events

Stand Up Sisters
Women Only Art-based activities

Stand up sisters are providing workshops to look at Human Rights and create artwork using Craftivism (Craft and Activism). The workshops will focus on creative writing and crafts.

A professional photographer will then photograph the work which will be displayed through a high quality exhibition in Bolton Market Place and 2x billboards across Bolton.

For details of dates and venue please email Maddie on standupsistersbolton@gmail.com or phone on 07957 586048.

Breakdown Bolton
Art-based activities

Offer weekly sessions on Wednesdays for any one suffering with their Mental Health or substance misuse. It is 1pm – 3pm every Wednesday in the Neo Artist Gallery in Bolton Market Place.

People who wish to attend can just drop in or phone Maddie on 07957 586048 and she will arrange to meet you. Or email Maddie or Jennifer at breakdownbolton@outlook.com to find out more.
Third Space Bolton
Weekly Peer Support Group for Men

The Third Space Café, 133 Deansgate, Bolton BL1 1HA
Tuesday lunchtime sessions 1.30pm-3pm every week (46 weeks per year).

A weekly peer support group for men with complex needs that provide a safe space for friendship, support, a structured wellbeing programme and something to eat. The ‘Fit 4 Life course – Overcoming the Obstacles to our Wellbeing’

All sessions (including the one to one mentoring) are led by a qualified coach. Through the initial engagement with the Fit 4 Life course, participants are supported to access other specialist advice service such as BDAS, CAP debt counselling and the Hoot Credit Union. Participants are encouraged to access volunteering opportunities and work experience with general employability support such as CV writing and job applications. In this way the peer support group becomes a gateway and an enabler for other connections, which promote wellbeing. Participants also attend physical exercise sessions such as Fat2Fit (run by Third Space at Burnden Park).

To find out more contact Jordan on 07769 253037.

Bolton Wanderers Community Trust
Inside Out - Peer Mentoring Project

Mentors will access Third Space Café in Bolton to meet their mentees however this is flexible depending on the individual. Mentors will have an element of freedom in terms of where they meet with the mentees.

Peer mentoring happens on a once-a-week basis. Again, this will be flexible and will be based on the availability of mentees. With the support of Bolton Wanderers Community Trust staff, mentors will work through a 1-to-1 programme over a 10 week period with a person currently in recovery.

Through this, we aim to tackle a number of issues while building a positive relationship with their mentors. By making these sessions as informal as possible, we hope that any potential mentees may be more open with the issues they are facing which will allow our mentors to provide the appropriate support and advice they need.

For further information or to make referrals please contact Stephen Thomas at: stomas@bwct.org.uk or phone 07769 253037
B BUZZ Community Media

Media film making workshops

The project will introduce people to basic film making skills, camera work and editing. A short film will be produced by attendees at the end of the 12 month period.

Workshops will take place on Thursdays, 2pm – 4pm at one of the three venue:

- BSURF – 37 Knowsley Street, Bolton, BL1 2AS
- B Buzz Community Centre - Unit 12 Kenyon, Business Park, Bolton, BL3 6HL
- St Andrews Court, BL1 1LF

To find out more contact Jak on 07861 584533 or email: britasianbuzz@gmail.com

Bolton FM Media Academy

Live Life through Radio

Bolton FM Media Academy, Office 6, Ashburner Street, Bolton, BL1 13Q

Series of workshops where people will produce personal podcasts and a one-hour health and wellbeing broadcast live on-air. As part of the final workshop there will be an opportunity for attendees to invite their children or a family member to join them.

Sessions start when the individual is ready, the earliest they can start from is the 16th September and each individual has 6 sessions maximum. If they prefer they can do sessions in groups of 3, this is the maximum size.

To get involved or find out further information either email admin@boltonfm.com or call 01204 375 408.
Salford City Singers
Wellbeing Choir
The Orchard 2 Langley Road South, Salford M6 6GU

Well-being choir who sing to improve mental health and wellbeing. Meets Every Thursday afternoon from 2:15pm - 4:15pm (term time).

To find out more or to get involved just turn up. Anyone and everyone is welcome.

Broughton Boxing Academy
Boxing and fitness classes
Spotters Lifestyle Centre, Camp Street, Salford, M7 1ZT

Boxing and fitness classes – fitness circuits incorporating some boxing techniques followed by gym time. Every Tuesday and Thursday at 2pm.

For further information contact Nick Burke via the website: www.salfordlifestylecentre.co.uk

Poison Apple Theatre
Monthly Open Mic Night
Salford Lifestyle Centre, Camp Street, Salford, M7 1ZT
www.poisonappletheatre.tumblr.com

Last Tuesday of every month, 6pm - 8pm

Mainly a music and spoken word event, however comedy is welcome, anything that is classed as entertainment! Acts have a maximum slot of 5 minutes and people can have up to 3 slots per night depending on how busy the night is. Join us!

Anyone is welcome to attend, but due to the nature of the space and the event it is aimed at people in recovery, people with low confidence or anxiety and people who are new to performing.

Free to take part. Just turn up and book a slot on the night. To find out more contact: poisonappletheatre@yahoo.co.uk or phone 07493 522546.

Final dates for 2019
• 29th October
• 26th November
• 17th December
Driving Ambition is a great opportunity for its attendees to learn more about driving theory with an aim to ultimately gaining a full driving license.

First Step Trust’s (FST) Driving Ambition programme is designed with the aim of giving it’s participants a chance to break the cycle that they are in, improve motivation, confidence and self esteem by helping them to work towards gaining their full driving license.

The course is designed to break down the Highway Code into manageable, easy to learn sections, promote learning through group interaction and exercises and boost it’s participant’s general confidence as well as support them towards gaining their driving license.

Attendees on the course will all receive -
- Support and education to help them pass their driving theory test
- A paid for provisional license plus support to apply for this.
- A paid for theory test at the end of the course

The opportunity to engage in either a garage workshop of finance/administration/customer service practical work placement. Please note the practical work placements are also open to those individuals who already posses a driving license or do not wish to take part in the course.

The course runs over 10 weeks with sessions taking place on Thursdays from 11am - 1pm and take place at First Step Trust’s SMaRT Garage Services project, based at Unit 2 Oakwood Trading Estate, Mode Wheel Road, Salford, M5 5DQ.

Referrals should be made through Achieve recovery co-ordinators or contact Craig Haworth on 0161 743 0300 or email: craig.haworth@firststeptrust.org.uk for further information and next course start date.

Are you an Achieve Service User?

Have you got a project idea for assisting people in recovery?

Are you interested in getting support to develop your project idea? If Yes, Achieve can help!

Contact Salford CVS on 0161 787 7795 or email : grants@recoverybst.co.uk
Since 2008, The Reader has been running Shared Reading groups across the UK. Shared Reading is a simple idea: people come together each week to share stories and connect with others. Every group is run by a trained facilitator, so there’s no pressure for anyone to do anything other than turn up and listen, if that’s all they feel like doing that day.

Our group members consistently report a growth in confidence, a greater feeling of relaxation and improvements to wellbeing from attending. The key for us is to make sure anyone coming along feels comfortable and able to contribute only if they wish to and at their own pace. We do this by creating spaces which are relaxed and informal while offering opportunities for everyone in the room to connect with their own thoughts and understand one another better through shared stories.

“Without the Shared Reading group, I don’t feel that my recovery would have been possible... I needed something, somewhere I felt comfortable to escape to, to start meeting people, away from home and other distractions and this fell into my lap just when I needed it.”

Stephen, Shared Reading group member

To find out more about Shared Reading, or The Reader’s range of volunteering opportunities, in Salford or Trafford contact Kate Weston on: sallybaker@thereader.org.uk or 07484 005102
Target Community Café
Gorse Hill Methodist Church, Wesley Street, Stretford, M32 0GL

A programme of activities and entertainment in and around the community café. Entertainment will include a Teddy Bears picnic events and a children’s corner, acoustic music and jazz afternoons, themed events (Easter, Halloween, Bonfire and Christmas), face painting, hand and neck massages and magicians.

The venue provides a social environment for local people, family and friends to meet and share information over a light meal and a cup of tea. It is a great place for people to relax, provides a safe environment for people to come and have a brew and a chat.

Activities take place every second Saturday. It is open on 14th September, then every two weeks. Opening times – 10am – 3pm lunch is served at 12 noon.

Just turn up or speak to Pamela if you want to find out more information on 07501 441072.

The Conservation Volunteers
Natural Recovery through Green Gym

Connect with nature, improve the local environment via habitat management, wildflower planting and tree planting whilst appreciating, learning and enjoying the wonderful wildlife in Sale Water Park. Work at your own pace with a qualified leader who will provide you with full instruction and support, before sitting down for a chat and a cup of tea.

The autumn programme has sessions taking place every Tuesday 10am – 1pm. Tuesday 17th September until Tuesday 3rd December at Sale Water Park, Rifle Road, Sale.

For further information or to chat informally about the sessions please contact: Ally Taylor at The Conservation Volunteers on 07764 655 693 or email a.taylor@tcv.org.uk