

# BOLTON

# LOCAL STUFF

## **mhIST [Mental Health Independent Support Team]**

A friendly, safe and confidential service to support and voice the interests of mental health service and their carers - a positive environment where **you** can achieve what you need to do. Free to use, but you do need an appointment if you want to use our advocacy or counselling services.

### **Services**

include: *counselling | mindfulness meditation | drama therapy | craft & social group*

If you are interested in the following groups, you can ask to be added to the waiting list:

***12-week Yoga course | 26-week Self Esteem course | 6-week Assertiveness course | Mindful Meditation | Work Skills***

If you would like to attend any of the following groups, just get in touch:

***Craft & Social | Gentle Exercise | Aspergers | Upcycling | Depression, Anxiety & Wellbeing | Depression Recovery | Recreation Activities | Guitar***

### **Self Help Groups**

include: *bipolar | self harm | OCD | depression*

Services enable people to cope with anxiety and emotional distress; helping people to put strategies and plans in place so that they are able to deal with problems more effectively in future perhaps by learning relaxation or by having a practiced way of dealing with upset...

Join 1 or even several of our **Self Help Groups**

to gain: support from people who have similar experiences; the reassurance that you are not alone; information; self esteem; a different perspective; a chance to meet new people.

***You won't be judged or told what to do!***

### **Advocacy**

The MhIST advocacy team are here to help you with problems which you need sorting out but you need hand with. All you need to do is ask (or get someone to do it for you) and we will try to help.

***01204 527 200 | <https://www.mhist.co.uk>  
christine.makinson@mhist.co.uk  
chris.rozitis@mhist.co.uk***



## Age Well in Brightmet

A community group running activities for older people (over 55s), based at St. James' Church Parish Centre, Brightmet.

Our aim is to improve the quality of life for older people living in Brightmet, reduce isolation and loneliness, support older people to find ways of continuing to use their wealth of skills and experience gained over their lifetime, and to promote a positive narrative about age and ageing. We run two activities which are open to anyone over 55 and people who have caring responsibilities for an older person.

### Age Well Wednesdays [14:00 - 16:00]

Weekly session for socialising and organised activities with refreshments. Activities during the afternoon include:

**quizzes | arts & crafts | knit & natter | jigsaws | games | occasional bingo**

We have occasional visiting speakers talking about age/wellbeing related topics such as preventing falls, making wills and power of attorney and becoming a Dementia Friend. We knitted poppies for a Remembrance Day display and Christmas Angels to give out to people in the local community. At the moment we are knitting Forget-me-not brooches to give out for Dementia Awareness in May.

### Afternoon Tea [14:00 - 16:00]

On the 3rd Monday each month - this is an opportunity for people to come to meet new people or chat with friends over sandwiches, cakes and a drink.

**jan.bakewell@live.com | 07530 119 496 | <https://www.facebook.com/agewellinbrightmet>  
St. James' Parish Centre, Roscow Ave, Brightmet, Bolton, BL2 6HU**

## Be Strong Project

A rehabilitation programme set within the heart of the local community. It provides activities to ex offenders, drug/alcohol clients and prolific priority offenders.

### Activities

**Free** Personal Development workshops (attendance is compulsory) | **free** gym memberships | Thai Boxing | Swimming | Bike Riding & much more.

Be Strong is not for the faint hearted and requires lots of hard work in order to reach the goals which are; become drug free, free from re-offending and become valuable members of society. You can't change your past but you can change your future and we will help you every step of the way.

**Unit 1, Millfield Road, Brightmet, Bolton, BL2 6QY | 07860535957  
darren@be-strong.org.uk | <http://www.be-strong.org.uk>**

# Bolton Adult Autism Support

A family social and support group for parents/carers of children (18 plus) who have, or think they may have, an Autism Spectrum Condition (such as Asperger's Syndrome or High-Functioning Autism) and who have or may have Obsessive Compulsive Disorder (OCD) and/or Attention Deficit Hyperactive Disorder (ADHD).

Our aim is to support the families of these adults/young adults and the wider community by providing an effective and reliable information service through drop in sessions and workshops that promote social understanding and emotional and physical well-being. To listen to and respect the adults/young adults views and opinions and actively involve them in any decisions that may affect them. To work to the best of our abilities with the adults/young adults, and their families regardless of race, ethnic origin, religion or cultural beliefs.

***enquiries@boltonadultautismsupport.org.uk | 07772547158 | 01204 337537 |  
www.boltonadultautismsupport.org.uk | https://www.facebook.com/BAASGroup  
Thicketford Centre, Thicketford Road, Tonge Moor, Bolton, BL2 1DW***

## Bolton Macmillan information and Support Service

We offer support and information to has cancer, their relatives, friends and carers. We also support people worried about cancer.

We're able to provide:

***Written information on all aspects of cancer and living with cancer | benefits, financial advice & access to the Macmillan Benefit Adviser | help with applying for Macmillan Grants | patient support group info & relevant signposting.***

We're delighted to announce we now have all three Macmillan Cancer Information & Support Centres open across Bolton: ***Royal Bolton Hospital | Bolton One | Giles House at Bolton Hospice***. If you or anyone you know is affected by cancer, you can visit us at:

***Royal Bolton Hospital:*** Mon - Fri | 09:30 - 16:30 | 01204 390625

***Bolton One:*** Mon - Fri | 09:30 - 16:30 | 01204 462442

***Giles House:*** Tues & Thurs | 10:00 - 16:00 | 01204 663059

The opening times at Giles House may vary so please call ahead before making a special journey.

### Telephone Helpline

***01204 663059***

Mon - Fri | 09:00 - 16:00

***http://www.boltonmacmillansupport.org.uk | boltoncancerinfo@nhs.net  
@boltonmacinfo | 01204 390625***

## **Bolton Newstalk**

We provide a free, weekly digest of local news in the Bolton area, recorded with the co-operation of the local newspaper: **The Bolton News**.

Delivered **free of charge** to the visually impaired, and disabled of Bolton and District.

We can also provide an Audio Conversion Service, with printed CDs if required, at very reasonable rates.

The organisation Bolton NewsTalk records news on cassettes for blind and disabled people and sends free to registered listeners in their homes. Approximately 300 cassettes are sent out per week. Volunteers are required for recording and editing.

If you're interested in our work and would like to support us, or are interested in our Audio Conversion Service, please feel free to contact us:

**07547 914 637 | [newstalk@icloud.com](mailto:newstalk@icloud.com)**

**Sensory Centre at Thicketford, 336 Ainsworth Lane, Bolton, BL2 2QL**

## **Brightmet Warblers Community Choir**

We are a local community choir in Brightmet, open to new members who like to sing in an informal and fun way. No experience necessary and no audition required!

Our current theme is Musicals [past & present]...

### **We meet**

**Every Monday at 19:00 at the Wildlife Trust on Bury Road, Brightmet, Bolton.**

You can find out about us on Facebook, just look for Brightmet Community Choir.

To get involved contact Sandra:

**[sspencer@lancswt.org.uk](mailto:sspencer@lancswt.org.uk) | 01204 663754**

**The Wildlife Trust, Bury Road, Bolton, BL2 6DH**

## **Mother & Toddler Group | Carita Salford Diocese**

Mother and toddler group & training courses for young mums:

Weds: 09:00 - 14:30 & Thurs: 09:00 - 15:00

**01204 385245 | [j.dudgeon@caritassalford.org.uk](mailto:j.dudgeon@caritassalford.org.uk) | <http://www.caritassalford.org.uk>**

**94 Radcliffe Road, Haulgh, Bolton, BL2 1NY**

# 1 Point Bolton

## Counselling

1point's belief is that there is no single therapy or approach that will meet everyone's needs at all times. Although we know there are key difficult issues which regularly motivate people to seek support, we also appreciate that every client is unique and that their individual needs should be recognised.

Our assessors are trained therapists with a wide range of personal and professional experience. It is vitally important to us that you are involved in making decisions about what support you require. We will listen to your concerns and will not tell you what to do. We aim to provide you with different options, but the final choice is always yours.

A talking therapy is not always the most appropriate course of action. An assessment appointment may point you towards a different approach to help with your current issues. If this is the case our helpdesk team may be able to signpost you to agencies offering practical support.

## Silverwellbeing Therapy Services

Silverwellbeing is our confidential and independently managed package of service options. These additional therapeutic services are aimed at people and organisations who are looking to self-refer themselves directly to support rather than discussing their issues with a GP or health care worker first.

Current funding allows us to offer some services free of charge to you, but we welcome any **donations** to help us continue this valuable support. If there is a set cost to a service you will be informed in advance. Our free single **assessment appointment** will help you choose the best way forward for you.

## Silverwellbeing Helpdesk

A friendly people focused scheme run by volunteers with the aim of providing useful information, advice & guidance to our new and existing clients. Members of the team complement the work of our therapy and administration staff. They do this by having access to a wide range of information to share with clients and visitors who would benefit from additional practical support to help with any current difficulties.

The service was developed as a result of receiving feedback from people who were accessing psychological support whilst dealing with practical problems that potentially impacted on their therapeutic progress.

## Personal & Profesional Learning Programmes

Join us for one of our fun and informative personal learning programmes delivered at Silverwell House or at a site of your choice. These free or low cost programmes are usually subsidised by external funding, meaning availability of places is often announced at short notice. See **events** page or contact us for more info

**<https://www.1pointbolton.org.uk> | 01204 917744 {main} | 01204 917745 [for Silverwellbeing Services] | 01204 917732 [Silverwellbeing Helpdesk]**

# Bolton Carers Support

An independent charity supporting carers over the age of 18 who live in Bolton or who care for someone living in Bolton.

## We offer

**info | a confidential listening ear | opportunities to meet other carers for mutual support | training | short breaks | signposting to relevant services that can help you in your caring role.**  
Services are free, with the exception of our short breaks (for which we make a small charge).

## Our services

Confidential 24/7 Carers Helpline providing info & emotional support | Info & Advice appointments at our offices | Benefits Advice appointments | Short breaks (meals out, day trips) for carers only + additional breaks for carers & cared-for | Regular programme of carers courses, workshops & learning days | Carers Emergency Card Scheme | Free newsletter & info factsheets | Info points held at locations around the borough | Talks, presentations & training for health, social care & voluntary sector staff | Time For You Project | free training sessions, workshops, learning days & short courses. Workshops and training sessions [2 – 3 hours; learning days 4 – 5 hours & courses: 2 hours a week for 3 – 6 weeks.]

## Courses & Workshops on Caring related topics

basic first aid | planning for the future | diabetes | dementia | energy saving

## Courses & Workshops for leisure, relaxation or personal development

living life to the full | relaxation/holistic therapies | humorous talks eg. "Insight into the Career of a Probation Officer", "Have Guitar Will Travel", "Meet a Viking"

**Thicketford Centre, Thicketford Road, Tonge, Bolton, BL2 1DW**

**01204 368040 | [georgette@boltoncarersupport.co.uk](mailto:georgette@boltoncarersupport.co.uk) | <http://www.boltoncarersupport.co.uk>**

# Samberjacks

A community based dance and fitness group working with individuals and groups to increase people's health and wellbeing regardless of age, ability or background. The purpose is to bring people together in a fun and non-competitive environment where they can learn, exercise, attend regular events and showcase their learning.

A new and exciting partner-free Dance Fitness Workout. Sessions combine a selection of easy to follow aerobic routines which use a variety of dance styles and steps including Cha Cha Cha | Samba | Jive | Salsa | Cheerleading | Street/Hip Hop | Rock n Roll | & many more!

No pressure to get all the steps in these classes - just have fun and get moving to the beat!  
We guarantee once you've been, you'll be hooked! Come & join us now and GET FIT DANCING!

**07597 311 395 | [info@samberjacks.com](mailto:info@samberjacks.com) | <http://samberjacks.com>**

**93 Withins Lane, Breightmet, Bolton, BL2 5DY**

# Light up your Life YOGA | Bolton

## What happens in a Dru Yoga Class

Each class starts with some gentle movements which warm up the muscles and make it more comfortable to stretch them. There is then a sequence of soft flowing movements that will release tension stored in the muscles and joints. Following the sequence there will be some yoga poses or another sequence that will work to further release tension or to strengthen the body or perhaps improve balance. Finally, each class ends with a deep relaxation that helps body and mind absorb the benefits of the yoga, giving you a sense of deep well-being.

All classes are suitable for beginners. All classes are drop in, which means you are welcome to come along whenever you can make it...

## What to bring to a class

Wear comfortable clothing that is easy to move in. Yoga mats are provided, but if you have a mat please bring it. A blanket can be good for the relaxation at the end of class, so you can stay warm. It can be beneficial to bring a bottle of water because you might feel thirsty during the class.

## Friday sessions: places available

12:30 - 13:30 | £5 including tea/coffee available afterwards

## Gentle Yoga for aches and pains

This small class is particularly suitable for people who want gentle, relaxing movement. It will suit people who do not want to stand for a whole yoga session, or who would prefer to sit throughout. Takes place on the last Friday of the month with tutor, Olivia Rigby

Mon, Tues & Weds classes are currently full but you can contact join the waiting list...

**Wednesday** sessions are sponsored by GetActive and cost **£2.50** per session.

**07761002389 | [info@lightupyourlifeyoga.co.uk](mailto:info@lightupyourlifeyoga.co.uk) | [www.lightupyourlifeyoga.co.uk](http://www.lightupyourlifeyoga.co.uk)**

**Worsley Road North Methodist Church, Argyle Avenue, Worsley, M28 3GD**

# Reformer Pilates | Thrive Gym

Pilates is suitable for everybody - from complete beginners to those recovering from physical injury, new mums, athletes and those just wanting to stay fit and healthy. From our two studios based in Thrive Gym, Bolton, we offer both reformer and mat classes. In fact we are the only pilates studio in the Bolton & Bury area that offers reformer classes.

**Group Classes: £14 per session**

**<https://www.thrivepilates.uk>**

# Self Love & Healing Meditation | Worsley

Guided Meditation to support:

*Enhancing your self love & acceptance | Activating your self healing abilities | Expanding your clarity | Healing your heart | Calming your mind | Improving your sleep*

Next Guided Meditations are:

***Saturday November 9th & Saturday 14th December***

## **What we'll do**

Guided Meditation to help focus your mind and enhance your ability to be in the moment. We'll focus on developing our Self Love & Healing with guided meditations to take you on journey's to explore your inner self to release blockages and allow more self love. We'll explore the chakras & colours to activate your self healing abilities.

## **Cost**

£6 (payable via Paypal)

## **What to bring**

A blanket should you wish

Please message Louise via meetup to confirm your attendance

***<https://www.meetup.com/Self-Love-Healing-Meditation-Saturdays>***

# **Bolton Sports Federation**

A voluntary group covering:

Ladies Hockey | Rounders | Mens over-35s Football | Tennis: Mens, Mixed & Junior League.

The league organise matches and manage their own affairs. The BSF Executive committee oversees the various leagues.

**01204 411673 | [secretary@boltonsportsfed.co.uk](mailto:secretary@boltonsportsfed.co.uk) | <http://www.boltonsportsfed.co.uk>  
6 Holcombe Road, Little Lever, Bolton, BL3 1EJ**



## **Daytrippers Bolton**

A Parent & Carer led registered charity that provides mutual support & companionship, via days out & other activities, for families that have children with disabilities

Family days out are supposed to be fun, but sometimes when you have a child with a disability it can be hard work, resulting in the family 'not bothering' or going out individually. That is not what being a family is about. Family days out are going to the zoo, to the park or maybe just to the beach, they are about relaxing, meeting people enjoying each others company.

Having a child with disabilities can be isolating as they may be unable to do the things mainstream children do, or driving makes it difficult to get about. You may find that staying at home is a better option than struggling to get out.

Everyone at Daytrippers knows what that's like especially if you have other children. We want your family to look back at the school holidays and say 'that was fun', not look forward to them with dread. We use wheelchair accessible coaches, making our trips inclusive to all.

When we get to where we are going, some families go off together, others stay with the main group if they feel they need the extra support, this is fine all families are different. Whatever the need of your child or family why don't you come out with us, we are a friendly bunch who are parents of a child with physical and or learning disabilities.

We are all DBS checked and we understand how daunting it can be going out.

**01204 576542 | 07742693157 | [daytrippers.bolton@hotmail.co.uk](mailto:daytrippers.bolton@hotmail.co.uk)**

**<http://www.daytrippersbolton.org.uk>**

**31 Duxbury Avenue, Little Lever, Bolton, BL3 1PY**

## **Reflections Counselling Service**

A free, confidential counselling service which offers you the opportunity to explore any difficulties you may be experiencing in your life.

We have two qualified counsellors and work to the BACP Ethical Framework offering one to one, weekly counselling sessions to anyone over 18 yrs old who lives in Bolton.

**07539119496 | 07539 974949 | [jan.bakewell@live.com](mailto:jan.bakewell@live.com) | @ReflectionsFreeCounsellingService**

# Heartlift Ltd

A registered charity based in Broughton, working across the borough with young people and their families.

We provide tailor made packages of support for young people whom are referred to us via different professional agencies and have with a variety of social, emotional and behavioural difficulties. We also provide holiday activities and weekend provision for young people with disabilities; working with young people in the NEET category and providing confidence building programmes.

We're a faith based, but not faith biased, charity and we believe in the simple core values of life: kindness, respect, and caring for one another. Our passion is helping those in society that have greater needs and need additional support.

Confidence building is embedded into all projects that we deliver and everything we do. At Heartlift, we want to walk a mile in people's shoes, raise their aspirations and give them confidence to achieve their goals.

## What We Do

We use a variety of bespoke, tailor made packages to suit the needs of the community and the young people with whom we work

## Disability

Working with families who have children with disabilities by offering much needed support with 1-2-1 and group sessions, all in a safe, fun environment providing much needed respite to the family.

## Community based projects

We work within the heart of the community, we are able to identify the needs of the local people, which allows us to address the needs of the people. This includes specific, targeted projects such as our breakfast club, after school clubs and nurture groups...

**28-30 Greenroyd Ave, Broughton, Bolton, BL2 5DD**

**01204 383131 | 07725522026 | [louise@heartlift.co.uk](mailto:louise@heartlift.co.uk) | <http://www.heartlift.co.uk>**

## SAVI | Social Activities for the Visually Impaired

A group for blind and partially sighted who meet **each Saturday** at the **Thicketford Centre**.

We provide a home-cooked 2 course meal & unlimited refreshments at a cost of **£5.00**.

Our aim is social interaction & activities:

**quizzes | bingo | dominoes | trips out**

**13 Aston Gardens, Farnworth, Bolton, BL4 7TB**

**01204 337896 | [savibolton@gmail.com](mailto:savibolton@gmail.com) | [@savibolton](https://www.instagram.com/savibolton)**

## Stand Up Sisters

Founded and led by women with lived experience of Domestic Violence, Mental illness, Substance misuse, and/or of being a Young Carer - caring for a parent with a mental illness.

It was set up to work with women with the above experiences, to challenge gender inequalities in our community and empower women.

A collective of female creative practitioners offering workshops in:

**stand-up comedy | creative writing | fine art | craftivism/textiles | visual arts | event management**

Although we are a new organisation, these are tried and tested techniques and we have a wealth of experience within our team, having worked as community artists, Occupational Therapists, Peer support workers and Researchers in Psychosis at PRU (Psychosis Research Unit, Manchester).

The Stand Up Sisters is a collaboration between members of Breakdown Bolton, Headspace and Mel, a Ph D researcher. We are passionate about empowering women to lead fulfilling lives. We can offer creative workshops in a variety of disciplines, and are currently working on podcasts.

**07435564920 | [standupsistersbolton@gmail.com](mailto:standupsistersbolton@gmail.com) | <https://www.facebook.com/standupsisters>  
10 Danesbury Road, Bolton, BL2 3AU**

## The Videobox

A social enterprise, founded in 2009, based in Brightmet but delivering sessions and projects across Bolton. Our participants are all ages from newborns to those in their late 80s.

The Videobox is a not for profit Arts organisation specialising in video production with a community focus. We use digital arts, mainly film, as a tool for engagement, training, consultation and empowerment. We use arts, film and social activities to engage, inspire and support local people.

### We deliver

**free social eating sessions in Brightmet** for isolated older people | **free community cinema** in community buildings & care homes | a women's group | parent & child art workshops | youth projects | **creative participatory projects** with people of all ages and backgrounds, including: **film making, creative writing, photography & mixed media.**

**The Videotex, 62 Church Road, Kearsley, Bolton, BL4 8AW  
07766 798 070 | [tracy@thevideobox.tv](mailto:tracy@thevideobox.tv) | <http://www.thevideobox.tv>**

## **JIGSAW | Bolton Stroke Group**

A self-help group, to help stroke survivors and their carers adjust to life after a stroke.

Have you suffered from a Stroke? Maybe JIGSAW can help.

Lost your confidence and self-esteem? Maybe JIGSAW can help you get it back.

Do you feel isolated and don't get out and about much?

JIGSAW can aid socialisation with meetings, trips, meals out with a light-hearted feel to its events.

JIGSAW can offer support and advice to stroke survivors and their carers.

Members have personal experience of stroke, plus lots of information to help.

### **Meetings**

2nd & 4th Tuesday of the month

***Gwyneth Johnson: 07592 904021 | linda.jigsaw19@outlook.com***

***<http://www.jigsaw-bsg.org.uk> | Mytham Road, Little Lever, Bolton, BL3 1JE***

# Green Time: Nature Therapy for ADHD Children & Adults

'Children with ADHD who play regularly in green play settings have milder symptoms than children who play in built outdoor and indoor settings. This is true for all income groups and for both boys and girls. Interestingly, for hyperactive children, the apparent advantage of green spaces is true only for relatively open green settings.

Conclusions: These and previous findings collectively suggest that it is time for randomised clinical trials testing the impacts of regular exposure to greenspace as a treatment for ADHD.'

*From 2011 study 'Could Exposure to Everyday Green Spaces Help Treat ADHD? Evidence from Children's Play Settings'*

[\[http://onlinelibrary.wiley.com/doi/10.1111/j.1758-0854.2011.01052.x/full\]](http://onlinelibrary.wiley.com/doi/10.1111/j.1758-0854.2011.01052.x/full)

## Connecting with Nature Offers New Approach to Mental Health

A report published in February 2016 shows that taking part in nature-based activities helps people who are suffering from mental ill-health and can contribute to a reduction in levels of anxiety, stress and depression.

The report, 'A review of nature-based interventions for mental health care' [also called Ecotherapy or Nature Therapy ] suggests making greater use of green care to help people suffering from mental ill-health. The new review was commissioned by Natural England from the University of Essex and Mind, the UK's leading mental health charity.

## Ecotherapy

The name given to a wide range of treatment programmes which aim to improve your mental and physical wellbeing through doing outdoor activities in nature. Connecting with nature in this way can have lots of positive health benefits.

[www.mind.org](http://www.mind.org)

# Bolton Conservation Volunteers | BCV

A self-funding not-for-profit organisation based in Bolton - led by Rick Parker, who has worked in conservation for many years.

## Our work

Common tern have bred for the first time at Rumworth Lodge and Bleackleach Reservoir

We pioneered the use of new and innovative methods for planting reedbeds - now home to reed warbler and reed bunting

We have created over 250 new ponds and devised a now widely used technique for counting newt populations

We hold an annual hedge laying competition in memory of Dr John Leather a Bolton GP who championed hedge laying in Bolton and inspired many people to take up this traditional countryside skill.

## Why volunteer for wildlife

Groups such as BCV provide the much need skills and manpower to allow conservation groups, schools and other organisations to achieve their goals of preserving the country's biodiversity with the limited resources they have.

Our natural habitats and wild species are under increasing pressure from land use, pollution and our changing climate. The ecological connections between species locally, nationally and globally are complex and what affects a small part of our world also affects the world at large. By protecting our local environment we also protect our global future.

Volunteering is fun, enjoyable, and interesting. You will learn new skills and ancient skills, you will get to visit places on your own doorstep that you didn't know existed. It is also a good way of keeping fit and making friends with people who share a common interest.

## BCV Rambles | Walking Group

In addition to our practical conservation work there is also **a walking group**, which meets every 2 months for walks around some of the Northwest's beauty spots.

***rick.parker2011@hotmail.co.uk | <http://www.boltonconservation.org.uk>***  
***30 Booth Road, Little Lever, Bolton, BL3 1TR***

# The HIVE | Moss Bank Park Bolton

One of our most interactive and inspiring projects based at the fantastic Moss Bank Park, Bolton...

A series of unique garden and outdoor spaces can be explored off our accessible footpaths, including...

***a terrace backyard | sensory garden | wildlife-friendly garden | community food growing space | 'slow the flow' garden (2017 Best Show Garden) | mud kitchen | willow domes | fairy garden | log train | series of wildlife sculptures | dinosaur garden & other natural play features***

As well as stimulating ideas for your home and community the surrounding hedges, orchard, meadows, mature woodland and shrub beds have been designed to create a space that is perfect for relaxation and reflection either individually or as a family.

## What do we do at the HIVE?

From growing our own to encouraging hands-on interaction with the natural world, the HIVE is a real hub for wildlife and families alike.

## Food growing

Our team of gardening volunteers are the driving force behind keeping our gardens in tip-top condition and with the addition of polytunnels, the gardens are a great place for visitors of all ages to get inspired to grow, cook and eat fresh, healthy, local food.

The HIVE is designed with wildlife in mind and alongside our growing beds are pollinator-friendly plants. The network of show gardens and polytunnels are linked by fruit trees, meadows, and nettle and thistle beds, all of which are visited by bees from our resident HIVE. No nasty chemicals are added to our gardens.

## Café at Moss Bank Park

Food grown on-site is utilised in the Café at Moss Bank Park, harvested and shared amongst our volunteers and used for school tasting workshops. Any surplus is offered to the public for donation at our regular events.

## Volunteering

Would you like to be part of this special community?

Regular practical volunteering programmes are hosted at the HIVE to help maintain the show gardens and wider outdoor spaces: ***every Tues & Fri afternoons***

If you are interested in joining our team of volunteer growers get in touch...

Other volunteering opportunities: ***Seven Acres Squad on Fridays & Wednesday Wildlife Action Team***

***<https://www.lancswt.org.uk/hive-moss-bank-park> | [info@lancswt.org.uk](mailto:info@lancswt.org.uk)***

## Nature Tots @ The Hive | Moss Bank Park

Engaging children with the muddy, magical natural world, Nature Tots is our fun-filled and educational play programme dedicated to helping pre-schoolers get in touch with wildlife and the great outdoors. Each session is exciting and interactive, with all activities linked to the seven stages of development. Our sessions are designed to boost each child's communication and problem solving skills, physical development and creativity through good old-fashioned fun!

From environmental arts and crafts and story time to mini-beast hunts, woodland games and much more, Nature Tots activities take place both inside and out, so you and your little ones will have a wonderful time come rain or shine. We can even provide wellies and waterproof suits if required.

### Get close to nature

From bugs and slugs, birds and bees to flowers, trees and other flora and fauna, explore the natural world all around you and encourage a lifelong love of wildlife and nature.

### Learn through play

Nature Tots is all about breaking free from the classroom and learning essential life skills through fun, interactive play sessions that don't feel like learning at all.

### Get creative

Let your Tot's imagination run wild as they make wooden name discs, leaf collages, bird feeders and finger paintings during imaginative sessions themed around teddy bear's picnic, fairies, bees and more.

### Encourage independence

Tots are encouraged to lead their own learning with gentle encouragement and prompting from accompanying adults. Watch their faces light up with the sense of achievement that comes from learning to use tools and completing a task all by themselves.

**Tues: 10:00 - 11:15 & Fri 09:30 - 10:45 11:30 - 12:45 | £4.50 per child |**  
**[ahughes@lancswt.org.uk](mailto:ahughes@lancswt.org.uk)**

## Bolton Ramblers

We have a varied programme of walks. Coach Rambles are organised for the first Saturday of each month. Shorter **Local Footpath Walks** using the wealth of footpaths in the Bolton area are organised on the **2nd Sunday of each month**. These shorter walks are almost always accessible by public transport and provide a great way to get into walking as well as exploring the countryside in and around Bolton. Longer local walks of between **9 - 12 miles on the 3rd weekend**. Also weekly short walks of **4 - 5 miles every Thursday**, starting from Horwich Leisure Centre.

**<http://www.boltonramblers.org.uk>**



# Bolton Walk this Way | Walking for Health

Led by trained Volunteer Walk Leaders. The walks range in length from 30 minutes - 90 minutes. They are short, accessible walks over easy terrain.

## Level 1 Health Walks

**30 - 60 minutes** | gentle pace, good footpaths, fairly flat, no steps or stiles

**Tues 10:00:** Meet inside Lancashire Wildlife Centre, Bury Road, Broughton, BL2 6DH

**Tues 10:30:** Meet outside Rock Hall Visitors Centre, Moses Gate Country Park, Hall Lane, Farnworth, BL4 7QN - pushchair & wheelchair friendly

## Level 2 Health Walks

**Max 1.5 hours:** medium pace, varied but accessible terrain, some gentle hills, occasional steps & / or stiles...

**Mon 14:00:** Meet outside Ladybridge Surgery, Broadgate, Ladybridge, BL3 4PZ

**Tues 10:00:** Meet outside Hulton Lane Community Centre, Hulton Lane, BL3 4JJ

**Tues 10:30:** Meet outside Rock Hall Visitors Centre

**Tues 13:30:** Meet outside Morrisons off Lee Gate, Harwood, BL2 3HN  
(option of a longer walk depending on the group)

**Weds 10:00:** Meet outside Kearsley Mount Methodist Church, Manchester Road, BL4 8QL

**Thurs 10:30:** Meet outside Rock Hall Visitors Centre

**Sun 10:30:** Meet outside Leverhulme Park Community Leisure Centre, Long Lane, Broughton, BL2 6EB

## Longer Progressive Walks

These walks are a progression from the Walking for Health shorter walks. Suitable for those who are used to walking or who would like to walk that little bit further.

## Level 3 Progressive Walks

**Approx 1.5 - 2.5 hours:** brisk pace, uneven terrain, some challenging hills, steps & / or stiles

**Tues 10:00:** Meet outside Rock Hall Visitors Centre

**Tues 13:30:** Meet inside the entrance to Morrisons off Lee Gate, Harwood, BL2 3HN  
(option of a shorter walk depending on the group)

**Weds 13:30:** Meet on the main car park, Moss Bank Park, off Moss Bank Way, Smithills

<https://www.walkingforhealth.org.uk> for walk details  
[dwalmsley@uk2.net](mailto:dwalmsley@uk2.net)

## Brighter Brightmet

The group brings local people together to participate in projects impacting the local environment, share skills and resources, build relationships and improve community life. They are currently tidying up St James Church Yard that is visible from Empire Road.

*St James' Church Parish Centre, Roscow Avenue, Bolton, BL2 6HU*  
*07906 183 939 | [brighterbrightmet@mail.com](mailto:brighterbrightmet@mail.com) | [m.me/brighterbrightmet](https://m.me/brighterbrightmet)*

## Seven Acres Swifts Wildlife Watch Club & Friends of 7Acres

The group promotes community activities in and around Seven Acres Country Park in Brightmet and Tonge. Wildlife and heritage-themed events and activities are organised, which are open to all. The group meets monthly (see website) and holds activities throughout the year.

### Friends of 7Acres Upcoming Events

Fungus Walk

Sun 20th October | 10:00 - 12:00

Illustrated Talk on 7 Acres

Thurs 21st November: 19:30 - 21:00

Great Big Litter Pick

Sun 8th December | 10:00 - 12:00

Finish with a free pasty & peas...Veggies catered for too!

HELP - anyone and everyone

Monthly Meetings:

19:00 on the 3rd Mon of each month @ The ERC building on Bury Road,

You are welcome to join us at the meeting **but** are advised to contact us in advance to ensure that the meeting will take place on the date that you wish to attend.

Environmental Resource Centre

*499 - 511 Bury Road, Brightmet, Bolton, BL2 6DH*  
*01204 663754 | [info@7acres.org.uk](mailto:info@7acres.org.uk) | <http://www.7acres.org.uk>*

# ***Some Green Spaces near you...***

## **Seven Acres Country Park | Bolton**

Tranquil wildlife reserve with walking & cycling paths, simple seating & open views.

Seven Acres Local Nature Reserve is situated in the Bradshaw Brook Valley in the residential district of Brightmet in the east of Bolton. Designated in 2004, the reserve provides a popular location to experience the countryside and wildlife with open views towards Winter Hill and the moors to the north of Bolton.

***125 Thicketford Road, Bolton BL2 2LU | 01204 529352***

## **Leverhulme Park | Bolton**

The largest area of public parkland in Bolton offers a mix of open grassland, play areas and woodland.

This park has a huge range of facilities including a football pitch, a running track, dog walking areas and nature trailing plus an orienteering course and cycle trail.

Maps can be bought from the Community Centre Reception. Coffee shop available in council-owned Leverhulme Fitness Gym.

***Leverhulme Park, Long Lane, Bolton, BL3 2EB***

## **Queens Park | Bolton**

If you are looking for a traditional town park, look no further. You can enjoy the parks pretty ornamental garden areas, or sit back and take in the dramatic views across the Borough. If all that is not enough the youngsters can enjoy the play park, sand pit and mazes, and you can also access the River Croal from Queen's Park. Whatever you choose to do, be sure to take your camera!

Facilities include:

***Bowling green | Football pitch | Nature trail | Playground | New Cafe***

***Chorley New Road, Bolton, Greater Manchester, BL1 4RU, England | 01204 333333***

