

OTHER USEFUL CONTACTS (cont.)

BOLTON GUILD OF HELP: Helping people in Bolton in financial distress with emergency items such as white goods, fuel and furniture. Scott House, Silverwell St, Bolton, BL1 1PP 01204 5324858, www.boltonguildofhelp.org.uk
info@boltonguildofhelp.org.uk

BOLTON LADS & GIRLS CLUB: 18 Spa Road, Bolton BL1 4AG 01204 540100
info@blgc.co.uk , <https://boltonladsandgirlsclub.co.uk>

HORWICH COMMUNITY CENTRE: Beaumont Road, Horwich, Bolton, BL6 7BG 01204 668157

WOODLANDS TRUST, Smithills Estate, Bolton. 03303333300 enquiries@woodlandtrust.org.uk www.woodlandtrust.org.uk

LANCASHIRE WILDLIFE TRUST The Barn, Berkeley Drive, Bamber Bridge, Preston PR56BY. 01772 324129 info@lancsswt.org.uk , www.lancsswt.org.uk

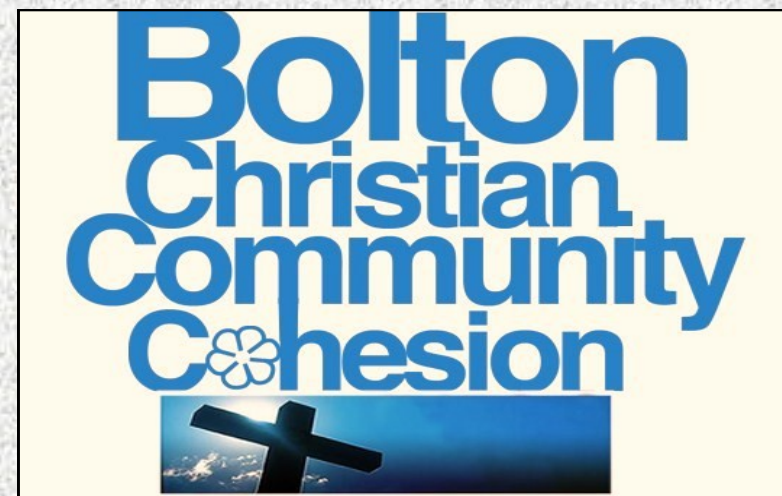
UCAN CENTRES Go to www.boltonathome.org.uk/ucan Money and debt advice, counselling services, housing support, free IT, training and social support

ALSO, FOR MORE CONTACTS & INFO IN THE BOLTON AREA:

See Bolton Council's Directory: www.mylifeinbolton.org.uk ,
Bolton CVS's 'FIND A GROUP': www.boltoncvcs.org.uk/directory

And the Let's Keep Bolton Moving website:

www.letskeepboltonmoving.co.uk



Signposting Info - August 2026

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GENERAL ADVICE

CITIZENS ADVICE: 1 Victoria Plaza, Oxford St, Bolton BL1 1RD

Phone advice: 0808 278 7804, Mon-Fri, 10am to 4pm. (Thurs till 3pm)

Drop-in advice sessions: Thursdays, 10am to 3.00pm. www.cabb.org.uk
+ Horwich Community Centre, 1st Friday of every month, 9am to 12 noon

SAMARITANS: 24 HOUR HELP BY PHONE, FOR THOSE IN DISTRESS OR DESPAIR:
01204 116123 (Freephone number). 0330 094 5717.

Daytime drop in and chat: 16 Bark St East, Bolton BL1 2BQ: Mon 7.30pm to 9pm;
Tues 9am to 3.30pm & 7.30 to 9pm; Wed 12 noon to 9pm; Thurs 12-30pm to
9pm; Fri 7.30pm to 9pm; Sat 12 noon to 9pm; Sun 7pm to 9pm

POLICE: Emergency: 999, Less urgent: 101, Crimestoppers: 0800 555111

Anti-terrorist hotline: 0800 789321, Action fraud: 0300 1232040

British Transport Police: 0800 40 50 40

Preventing Radicalisation: 0161 856 6345; Safeguarding: 0161 770 8870.

BOLTON TOWN CENTRE CCTV SERVICE: 01204 336900

CONTACTING YOUR LOCAL COUNCILLOR: www.bolton.gov.uk/councillors

JEREMIAH ADVICE AND GUIDANCE: Welfare and benefits advice with a special-
ism in disability benefits. Call 01204 951001 or visit our drop in at The Well,
Trafford Street, Farnworth, BL4 7PQ on Tuesday between 10am and 12noon

AGE UK BOLTON: The Square, 53-55 Victoria Square, Bolton, BL1 1RZ 382411

HOUSING ADVICE/ISSUES AND HOMELESS ISSUES

HOMELESS WELFARE: 01204 335900 - for singles

01204 335830 - for families needing help finding a home.

BOLTON HOUSING OPTIONS: 01204 335900 housing.options@bolton.gov.uk

BOND BOARD: Help with accessing private rented accommodation where a de-
posit is required. Accessed by calling 01204 546130.

URBAN OUTREACH: Environ House, Salop Street, Bolton. BL2 1DZ. Tel: 01204
385848. We work as part of Bolton Homeless Alliance by providing a temporary
emergency night shelter through the winter months. Further information is
available on the website: www.urbanoutreach.co.uk/

EMMAUS BOLTON: Provide a home and meaningful work in recycling to people
who have been homeless. Derby Barracks, Fletcher Street, Bolton BL3 6NF.

01204 398056 info@emmausbolton.org.uk www.emmaus.org.uk/bolton/

STREETSSUPPORT.NET: An online resource aimed at making it easier for people
who are homeless to get the help they need. www.treetsupport.net/bolton/

INDEPENDENT LIVING SERVICES: Adelaide St., Bolton, BL3 3NY, 01204 337020

WELFARE RIGHTS: 01204 333820 Mon to Fri—9.00 am to 5.30pm. Free service
by Bolton Council, who can provide information and support on welfare benefits,
housing benefits, appeals and tribunals. welfare.rights@bolton.gov.uk

FAITH-BASED CONTACTS (continued)

ST PETER'S PARISH CENTRE: 347 Church Road, Bolton BL1 5RR Phone: 01204
599900 office@stpetersparish.info <https://www.stpetersparish.info>

ST PAUL'S COMMUNITY CENTRE (HIGH HOPES FOR HALLIWELLBEING): Halli-
well Road, Bolton BL1 8BP 07521 633 716 [Community-](mailto:Community@hopes4halliwell.co.uk)
[ty@hopes4halliwell.co.uk](mailto:Community@hopes4halliwell.co.uk) , www.hopes4halliwell.co.uk

TRIANGLE CHURCH COMMUNITY CAFÉ: New Church Road, Bolton BL1 5QP
01204 845917 Email: info@thetrianglechurch.org, www.thetrianglechurch.org

UNIVERSITY OF BOLTON CHAPLAINCY: Deane Road, Bolton BL3 5AB Email:
chaplain@bolton.ac.uk www.bolton.ac.uk/chaplaincy/ **07563197019.**

HOTHOUSE: Supporting people in Christian Mission initiatives, **07563197019**
hothousecommunity@outlook.com,

CAFÉ CREATE: Claremont House, Bark Street, Bolton BL1 2AX
Phone: 07981 550374 or 07964 814297 createbolton@gmail.com
www.createbolton.org.uk

THIRD SPACE: 130A Highfield Road, Farnworth, BL4 0AJ Phone: 07453 067536
thirdspacebolton@gmail.com www.thirdspacebolton.com

BOLTON QUAKERS AT THE FRIENDS' MEETING HOUSE: 50 Silverwell St, Bolton
BL1 1PP 528616 <https://bolton.quakermeeting.org/>

OTHER USEFUL CONTACTS

BOLTON COMMUNITY and VOLUNTARY SERVICES (CVS): The Bolton Hub, Bold
Street, Bolton BL1 1LS 01204 546010 info@boltoncvcs.org.uk
www.boltoncvcs.org.uk

BOLTON COMMUNITY CHAMPIONS: Public Health Department, Town Hall,
Victoria Square, Bolton, BL1 1SR communitychampions@bolton.gov.uk
www.bolton.gov.uk/communitychampions/

BOLTON WANDERERS in the COMMUNITY Bolton Wanderers Football Club,
University of Bolton Stadium, Lostock, Bolton BL6 6JW Phone 01204 673790
www.bwitc.org.uk, enquiries@bwitc.org.uk

BOLTON SOLIDARITY COMMUNITY ASSOCIATION: 2-16 Mayor St, Bolton BL3 5HT
bolsomcom@hotmail.com www.boltonbsca.com

BOLTON'S LGBT FOUNDATION 0345 4303030 info@lgtb.foundation

LGBT YOUTH GROUP (Planet Rainbow) Bolton Museum, Aquarium and Ar-
chive, Le Mans Crescent Bolton BL1 1SE 07834168128
Sam.Cresswell@theproudtrust.org, www.theproudtrust.org

BOLTON CENTRAL LIBRARY AND DISTRICT LIBRARIAN, Le Mans Crescent, Bol-
ton BL1 1SE 01204 333173 libraries@bolton.gov.uk ,
www.bolton.gov.uk/directory-record/2/central-library

OTHER HEALTH RELATED AGENCIES (Continued)

ANSWER CANCER c/o Salford CVS, The Old Town Hall, 5 Irwell Place, Eccles, Salford, M30 0FN info@answercancergm.org.uk, www.answercancergm.org.uk

HOME FROM HOSPITAL SERVICE free service is based at the Royal Bolton Hospital, provides up to six weeks support following a recent discharge from hospital or A & E for those aged 65 or older who live alone, or a main carer. 01204 390390 Ext: 143520) HFH@ageukbolton.org.uk

OTHER FAITH-BASED CONTACTS

BOLTON CHRISTIAN COMMUNITY COHESION: The Bolton Hub, Bold Street, Bolton BL1 1LS 01204 546140 or 07500 928573 : admin@bolton.gmim.org.uk www.gmim.org.uk

BOLTON INTERFAITH COUNCIL: The Bolton Hub, Bold Street, Bolton BL1 1LS contact@boltoninterfaithbolton.org.uk www.boltoninterfaithcouncil.org.uk

BOLTON HINDU FORUM: Market Place, Bolton BL1 2AP 01204 238018 pm@boltonhinduforum.org.uk www.boltonhinduforum.org.uk

BOLTON COUNCIL of MOSQUES (BCOM): 1 Vicarage Street, Bolton BL3 5LE 01204 363680 admin@thebcom.org www.thebcom.org

BOLTON HOSPITAL CHAPLAINCY: Neville.markham@boltonnft.nhs.uk, Catherine.binns@boltonnft.nhs.uk, 01204 390770, www.boltonnft.nhs.uk/patients-visitor-information/chaplaincy

BOLTON METHODIST MISSION, Victoria Hall, 37-39 Knowsley Street, Bolton 01204 522569 : www.victoriaahllbolton.co.uk

BOLTON PARISH CHURCH Silverwell Street, Bolton BL1 1PS 01204 522226 www.boltonparishchurch.co.uk

BRIDGE CHURCH LIFE CENTRE AND COMMUNITY CAFÉ 109 Bradford Street, Bolton BL2 1JX 01204 361704 <https://bridgebolton.com>

BOLTON TOWN CENTRE, MIDDLEBROOK ANGELS and HORWICH ANGELS

WORKPLACE CHAPLAINCIES: The Bolton Hub, Bold Street, Bolton BL1 1LS Phone: 07500 928573 tcc@bolton.gmim.org.uk www.gmim.org.uk

GMIM (Greater Manchester Industrial Mission): c/o St. Antony's Centre, Eleventh Street, Trafford Park, Manchester M17 1JF, 0161 848 9173 Email: Administrator – secretary to GMIM Council – Kevin Flanagan (kflanagan@stantonyscentre.org.uk www.gmim.org.uk)

THE WELL CAFÉ – Open Monday to Friday 10am – 2pm. Homemade food to eat in or takeaway, The Well, Trafford Street, Farnworth, BL4 7PQ

CHILDREN AND YOUNG PEOPLE'S SERVICES

SOCIAL SERVICES:

01204 333333 (Bolton Council's switchboard) Mon-Fri 8.45am to 5pm. Out of hours social worker can be contacted on 01204 337777

YOUNG PEOPLE SHELTER.

If a 16-17 year old, who has completed Y11, needs a bed for the night they can be referred to a young peoples' hostel through 'The leaving care team' on 01204 337376 on Mon to Fri 9am to 5pm at BASE, Marsden Rd, Bolton BL1 2PF. Email: b.a.s.e.@btconnect.com Further advice can be found at Bolton Young Persons Housing Scheme, 62 Pentland Terrace, Bolton BL1 3RA. Phone: 01204 520183 and 01204 381373, (who also provide temporary supported accommodation for 16 to 25 year olds). (If it is out of hours or the person is under 16, then contact the police.)

NSPCC HELPLINE: 0808 8005000, Central Bolton Partnership: 336128

LGBT+ AND YOUTH GROUP: Weekly drop-in at YMCA, Deansgate, Bolton

BOLTON LADS & GIRLS CLUB: Phone no: 01204 540100 Email: info@blgc.co.uk Website: <https://boltonladsandgirlsclub.co.uk/>

BOLTON YMCA DROP-IN YOUTH CLUB: Temporarily closed.

BOLTON CHILDREN'S OPPORTUNITY GROUP Phone: 01204 491085

Email: info@boltoncog.co.uk Website: <https://www.boltoncog.com/>

ROCKIT BOLTON Inclusive community for young people to create, record and perform music. 07985 654558 rockitbolton@gmail.com, www.rockitbolton.co.uk

LEVERHULME YOUNG PEOPLE'S CENTRE 01204 334410.

Website: www.bolton.gov.uk/directory-record/221/leverhulme-young-peoples-centre

RHYTHM TIME (music for children) 0121 711 4224 (to find a local class).

Website: www.rhythmtime.net

SPECIAL NEEDS UNDER 5'S SUPPORT 01204 338211 Email: niki@specialneedssu5.co.uk <http://www.specialneedsunderfivesupport.com>

BOLTON TOY LIBRARY 01204 395079 enquiries@boltontoylibrary.org, www.boltontoylibrary.org/

CHILDREN'S ACTIVITIES (BOLTON COUNCIL), 01204 332323 Positive.activities@bolton.gov.uk www.bolton.gov.uk

DROP-IN FOR PARENTS WHO HAVE CHILDREN WITH DISABILITIES, Friends' Meeting House, www.bolton.gov.uk/special-educational-needs-disabilities/disabled-children-young-people

GINGERBREAD GROUP FOR SINGLE PARENT FAMILIES, 0808 802 0925

peersupport@gingerbread.org.uk, www.gingerbread.org.uk

BABY BASICS, supports new mothers struggling to meet the financial and practical burden of a new baby. Referral by health worker only babybasics@bridgebolton.com,

HAFWAY (YOUTH ORGANISATION), St Paul's Parish Centre, Halliwell Road, BL1 8BP 01204 427420 moira@hafway.org, www.hafway.org

DROP-IN CENTRES (Someone to talk to, and receive a hot meal)

SALVATION ARMY: Bolton Citadel open on Wed from 10am to 12 noon.

102 St George's Rd, Bolton, BL1 2BZ. 01204 365455

bolton.citadel@salvationarmy.org.uk

URBAN OUTREACH: Environ House, Salop St, BL2 1DZ. 01204 385848

Email: info@urbanoutreach.co.uk Website: <https://www.urbanoutreach.co.uk/>

· **STREET LIFE:** Drop in Tuesday 1.00 pm To 3.30pm Homelessness and benefits help but no food)

HOMELESS AID UK: Free Food Vouchers to the homeless (at the Homeless Aid Street Kitchen in Bolton Market (Michelle Hill). For referral vouchers please contact Homeless Aid UK on 07973214603 or 07771524542 or 08001244641.

info@HomelessAid.co.uk www.HomelessAid.co.uk

WARM WELCOME CAMPAIGN: www.warmwelcome.uk

FOODBANKS

LOCAL WELFARE PROVISION: For emergency food parcels plus support with heat and electricity. Phone 01204 332772. Bolton Council's website www.bolton.gov.uk

URBAN OUTREACH / FOOD HUB (BOLTON'S FOODBANK): Phone no: 01204 337221 storehouse@urbanoutreach.co.uk

FARNWORTH AND KEARSLEY FOODBANK.

The Well, Farnworth Baptist Church, Trafford Street Farnworth BL4 7PQ (Tues-Fri 12 to 2pm), St Georges Church, Plodder Lane, Farnworth, BL4 0AJ (Mon 12 noon to 2pm) 01204 861671 info@farnworthkearsley.foodbank.org.uk

BOLTON COMMUNITY GROCERY (Run by The Message Trust): King's Church Bolton, The Mill, Bury New Road, Bolton BL2 6QE. 01204 226511

bolton@communitygrocery.org.uk www.communitygrocery.org.uk/bolton/

IMMIGRATION ADVICE

RED CROSS (Providing advice, support and English classes for refugees and asylum seekers). Email: GMRS@redcross.org.uk

THE DESTITUTION PROJECT

Drop-in for refugees and asylum seekers on Wed 10am to 3pm at Victoria Hall, 37-39 Knowsley St, Bolton, BL1 2AS. Providing English lessons, a case worker and signposting. Hot meal provided at 12.00pm by Bolton Mutual Aid 87221. Last entry 1.30pm. dropindp@gmail.com www.boltondp.org

ESOL CLASSES - The Well, Farnworth Baptist Church, Trafford Street Farnworth BL4 7PQ Monday 9:30 – 11, Wednesday 9:30 – 11 Call 01204861671 to book a place

BOLTON MACMILLAN CANCER INFO & SUPPORT: Centres at Giles House, Bolton One and Bolton Hospital. Helpline: 01204 663059. 9.30-4.30 Monday to Friday. boltoncancerinfo@nhs.net www.boltonmacmillansupport.org.uk

DEMENTIA FRIENDS: Phone: 01942 793266, www.dementiafriends.org.uk

BOLTON GP FEDERATION: The Bolton Hub, Bold Street, Bolton BL1 1LS 01204 546124. hq@boltongpfed.co.uk www.boltongpfed.co.uk

PUBLIC HEALTH TEAM – BOLTON COUNCIL – www.bolton.gov.uk/health-care/health-wellbeing

BAAS-BOLTON ADULT ASPERGER SUPPORT: Thicketford House Community Centre, Bolton BL2 2LW. 01204 337537 or 07772 547158

www.boltonadultaautismsupport.org.uk

EPILEPSY ACTION HELPLINE: 0808 800 5050 helpline@epilepsy.org.uk, www.epilepsy.org.uk

RNIB: Helpline: 0303 123 9999 www.rnib.org.uk

MASSS: Bolton's Multi-Agency Screening & Safeguarding Service. Bolton Safeguarding Children Board, Westhoughton Town Hall, Market Street, Westhoughton BL5 3AW 01204 337861

multiagencytraining@bolton.gov.uk , www.boltonsafeguardingchildren.org.uk

BOLTON APHASIA SELF-HELP GROUP (BASH): Sean Crosby St Andrews House, Crescent Avenue, Over Hulton Bolton Lancs. BL5 1EN Phone: 07957 559628

BOLTON CARDIAC SUPPORT GROUP: Egerton United Reform Church, Blackburn Road, Bolton BL7 9TB www.boltoncardiacsupportgroup.com

BOLTON CARERS' SUPPORT : 57 Thicketford Road, Bolton BL2 2LW, 363056 www.boltoncarers.org.uk

BOLTON DEAF SOCIETY : Bark Street, Bolton BL1 2AX 01204 521219 admin@boltondeafsociety.co.uk <https://boltondeafsociety.co.uk>

BOLTON DEMENTIA SUPPORT : Carers' Resource Centre, Thicketford Road, Bolton BL2 2LW 07704 594585, infoboltondsg@gmail.com , www.boltondementiasupport.org.uk

BOLTON PARENT CARERS: The Bolton Hub, Bold Street, Bolton BL1 1LS 07715 201798 info@boltonparents.org.uk , www.boltonparents.org.uk

BOLTON & DISTRICT MS SOCIETY: BL7 1AA (this service does not take place at a fixed address) 01204 853285 helpline@mssociety.org.uk , www.mssociety.org.uk

HENSHAW'S (SIGHT LOSS SUPPORT): 336 Ainsworth Lane, Bolton BL2 2QL 0300 222 5555 info@henshaws.org.uk , www.henshaws.org.uk

HEALTHWATCH BOLTON : c/o Guild of Help, Scott House, 27 Silverwell Street, Bolton BL1 1PP 01204 394603 info@healthwatchbolton.co.uk , www.healthwatchbolton.co.uk

ADDICTION SUPPORT and ADVICE (Cont.)

ALCOHOLICS ANONYMOUS (AA) Freephone: 0800 9177650 Just turn up: Sun:Victoria Hall BL1 2AS 7.30-9.00pm; Red Lane URC, Newby Rd, Brightmet BL25EG 7.00pm; Fri:St Joseph's RC Church, 71 Horace St., Bolton, BL1 3PU 7.30pm.Recovery: Wed at YMCA 125 Deansgate, Bolton, BL1 1HA 12.15pm; Tues/Thurs:Victoria Hall 7.30-9.00pm. www.alcoholics-anonymous.org.uk

360: Alcohol and Substance misuse service. Support and specialist advice and treatment for Bolton's young people up to 19 years of age. Anyone can refer. 9a Churchgate, Bolton BL11HU. 462444 www.talktofrank.com

ALWCH.360info@nhs.net

NEXT STEPS: A network for people in recovery from drug and alcohol problems, www.facebook.com/nextstepsbolton/

CHAPTER ONE: A comprehensive website covering all gambling problems and where to find help, www.chapter-one.org

STAUROS: Support for those struggling with addictions and their families (+ support for ex-offenders and prison inmates). www.stauros.com

SUICIDE SUPPORT/ DOMESTIC ABUSE/ HATE CRIME

SUICIDE SUPPORT: Prevention: www.nhs.uk/conditions/suicide/, or www.papyrus-uk.org ; National Suicide Prevention Alliance - www.nspa.org.uk/directories After suicide: www.supportaftersuicide.org.uk Samaritans: Text **SHOUT** to 85258.

DOMESTIC ABUSE: Fort Alice (a women's refuge). Call 01204 365677 at any time. Referrals are daytime on the door and a victim can self-refer at 43 Bradford St, Bolton, BL2 1HT or through housing advice on 335900. Fort Alice also provide: Young People's Support Service, One to one advice sessions (by self-referral), IRIS scheme for domestic abuse (referral through GP).

ENDEAVOUR: Domestic Abuse and Violence Support Service, 340 Chorley Old Rd, Bolton BL1 4JU, 01204 394842 www.endeavourproject.org.uk

MALE DOMESTIC ABUSE SUPPORT GROUP: www.mankind.org.uk , Helpline: 01823 334244 (10-4pm, 7-9pm weekend) Call 999 if in danger.

REPORTING HATE CRIME: Call the police on 101 or see list of Hate Crime reporting centres in Bolton (or report online) by visiting www.bolton.gov.uk/community-safety-anti-social-behaviour/hate-crime or www.report-it.org.uk

OTHER HEALTH RELATED AGENCIES

JIGSAW (Joint Initiative Group for Stroke Awareness & Wellbeing): Christ Church, Mytham Rd, Little Lever, BL3 1JE 07592904021 www.jigsaw-bsg.org.uk

BOLTON WEST STROKE GROUP: Horwich Res Centre, Beaumont Rd, Horwich, BL6 7BG 01294 793266 iansimmonds@googlemail.com www.stroke.org.uk

IMMIGRATION ADVICE (Continued)

BRASS (Befriending Refugees and Asylum Seekers):

Immigration advice, numeracy and English classes, advisors, health checks and social work placements. Park Lodge, Green Lane, Great Lever, Bolton BL3 2HX – weekdays 9.30am to 4-30pm (3.30pm on Fri). 01204 238340 or 01204 397152. admin@brass-bolton.org.uk www.brassbolton.org Conversation Café: Fri 10.30 to 1.30pm at Bolton GP Marsden House, Marsden Rd, Bolton, BL1 2AY

HUMAN TRAFFICKING.

MODERN SLAVERY HOTLINEFor Modern Slavery/ trafficking advice: 0800 0121 700 hello@unseenuk.org www.modernslaveryhelpline.org

SALVATION ARMY (Trafficking advice) 24 hour confidential referral helpline. 0800 808 3733 www.salvationarmy.org.uk/modern-slavery

SAFE (Standards Against Female Exploitation) Free resource pack for schools/ churches 0161 214 0940 info@forevermanchester.com www.forevermanchester.com/standards-against-female-exploitation

DEBT MANAGEMENT

BOLTON COUNCIL'S COST OF LIVING WEBSITE - <https://www.bolton.gov.uk/costofliving> - Bolton MART (Money Advice Referral Tool)

BOLTON MONEY SKILLS SERVICE Offering money guidance and debt advice. 01204 332916). www.boltonsmoneyskills.org.uk E: moneyadvice@bolton.gov.uk

CHRISTIANS AGAINST POVERTY (CAP) St. Peter's Parish Centre, 347, Church Rd, Bolton, BL1 5RR. Phone: 01204 599903 or 07934 716509 office@stpetersparish.info www.capuk.org Bridge Church, Bolton, 109 Bradford Street, Bolton, BL2 1JX (including Job Club) 01204 361704, info@bridgebolton.com

SALVATION ARMY BOLTON SOUTH DEBT ADVICE SERVICE Bolton South Salvation Army. 282075 boltonsouthdas@salvationarmy.org.uk www.thedebtadvice.co.uk/

HOOT: Bolton Credit Union- profit for purpose: local cooperative style financial service. Offering local people and members access to savings accounts and affordable loans. Supports people with no fixed address, little to no financial history and not dependant on credit ratings, allowing people to start saving from £1 a month. It also has a cash office for withdrawals and deposits located at: The Square, 53-55 Victoria Square, Bolton, BL1 1RZ. Accounts also available for local community groups. www.wisewithmoney.org.uk / 01204 365024. enquiries@wisewithmoney.org.uk **BOLTON UNEMPLOYED ADVICE CENTRE** 148 Deansgate, Bolton BL1 1BB, 01204 396560 support@boltonadvicecentre.co.uk www.boltonadvicecentre.co.uk/

JOB SUPPORT

THE WORKSHOP 27-29 Victoria Square, Bolton, BL1 1RJ, 01204 338981 GetBoltonWorking@bolton.gov.uk

CAP JOB CLUB Farnworth Baptist Church, Trafford Street, Farnworth BL4 7PQ 01204 861671 church@farnworthbaptist.org.uk

UCAN CENTRES Go to www.boltonathome.org.uk/ucan

WORKPLACE TRAINING and REDUNDANCY SUPPORT St Antony's Centre, Eleventh Street, Trafford Park, Manchester M17 1JF. 0161 8489173 secretary@stantonyscentre.org.uk www.stantonyscentre.org.uk

CARE FOR THE ELDERLY

AGE UK BOLTON The Square, 53-55 Victoria Square, Bolton, BL1 1RZ 382411 www.ageuk.org.uk Ageing Well Centre, Cross St., Farnworth BL4 7AG 701525

BEFRIENDING SERVICES Age UK + Halliwell Befriending Service, St Paul's Church, Halliwell Rd, Bolton, BL1 8BP. 840808. halliwellbefriending@gmail.com www.halliwellbefriendingservice.co.uk

BOLTON CARERS' SUPPORT Thicketford Centre, Thicketford Rd, Tonge Moor, Bolton, BL2 2LW, 01204 363056 - Carers helpline open 24/7.

www.boltoncarers.org.uk info@boltoncarers.org.uk

CARELINE: Bolton at Home's Community Alarm Service: 0800 1013333

www.boltonathome.org.uk careline@boltonathome.org.uk

BOLTON U3A (UNIVERSITY OF THIRD AGE) www.u3asites.org.uk/bolton u3abolton@hotmail.co.uk

ENJOY LEARNING 01204 845635, www.enjoy-learning.org.uk

ASIAN ELDERS' RESOURCE CENTRE 61 Northfield Street Bolton BL3 5JH Phone: 01204 651123 www.aercbolton.co.uk

HOME INSTEAD 112-116 Chorley New Rd, Bolton BL1 4DH, 01204 565065 www.homeinstead.co.uk/bolton/

MENTAL HEALTH SUPPORT

BOLTON MENTAL HEALTH www.boltonmentalhealth.org.uk for info about a wide range of mental health agencies in the Bolton area.

MhIST (Mental Health Independent Support Team) mental health support. Hanover House, Hanover St., Bolton, BL1 4TG 527200 www.mhist.co.uk

MOVE FORWARD BOLTON www.moveforwardbolton.org.uk

ST GEORGE'S DAY CENTRE, St George's Road, Bolton BL1 2BX Daily care and activities for those with mental health issues. Tues to Thurs 9am to 3.30pm (Fri till 2pm). referred by mental health professional or a doctor. 397889.

KOOTH AND QWELL Free, safe & anonymous digital mental health support for young people & adults - www.kooth.com (ages 10-25), www.qwell.io (ages 26+)

MENTAL HEALTH SUPPORT (Cont.)

BAND—FAMILY ACTION Bolton based community mental health project, YMCA Building, 125 Deansgate, Bolton, BL1 1HA, 01204 380643

band@family-action.org.uk www.family-action.org.uk

BOLTON LISTENING LOUNGE, Silverwell House, 1 Silverwell Lane, Bolton BL1 1QN. For those experiencing low mental distress who want to talk to someone quickly. Call 01204 917739 or email listeningloungehelp@1pointbolton.org.uk

RENEW WELL - A safe place where its ok not to be ok Thursday afternoon 2:30-4:30 The Well, Trafford Street, Farnworth, Bolton, BL4 7PQ

SAFE HAVEN BOLTON 50 Lee Lane, Horwich, Bolton, BL6 7AE 01204 916042 hello@safehavenbolton.co.uk Facebook: Safe Haven Bolton

COUNSELLING SERVICES

For services below refer to Greater Manchester Mental Health NHS Foundation Trust (GMMH) - The NHS's Single Point of Access (SPOA) at Lever Chambers Centre for Health, 27 Ashburner Street, Bolton. 01204 483101. Self-referral: www.iaptportal.co.uk/bolt.html

1 POINT, 1 Silverwell Lane, Bolton BL1 1QN 01204 917745

office@1pointbolton.org.uk www.1pointbolton.org.uk

SIMEON CENTRE COUNSELLING SERVICE Victoria Hall, Knowsley Street, Bolton BL1 2AS, 01204 387363, www.simeoncentrecounselling.org.uk

BEACON COUNSELLING SERVICE The Hub, Bold Street, Bolton BL1 1LS, 546100 enquire@beaconcounselling.org, www.beacon-counselling.org.uk

REFLECTIONS COUNSELLING SERVICE Lancashire Wildlife Trust 499/511 Bury Road Bolton BL2 6DH 07539974949, jan.bakewell@live.com

ALSO (not under SPOA): BRIDGE COUNSELLING (01204 361704)

RELATE 32 Bradford Street, Bolton. www.relate.org.uk 0300 3305793 enquiries@relatecm.org.uk

ST GEORGE'S MULTI-THERAPY CENTRE, St George's Road, Bolton BL1 2DD. 01204 361463 mark.lomax@hotmail.co.uk, www.multi-therapy.co.uk

ADDICTION SUPPORT and ADVICE

GAMBLERS ANONYMOUS BOLTON: Victoria Hall, 37 Knowsley Street, Bolton, BL1 2AS Friday 19:30 - 21:30. nw.info@gamblersanonymous.org.uk 07974 668 999. gamblersanonymous.org.uk

CHAPTER ONE: www.chapter-one.org gambling harm info and support

ACHIEVE RECOVERY SERVICES (for drug and alcohol recovery in Bolton)

01204 483090, Beacon House, 69-73 Manchester Rd, Bolton, BL2 1ES: Mon to Fri www.gmmh.nhs.uk and achieve.referrals@gmmh.nhs.uk

STOP SMOKING SUPPORT: www.letskeepboltonmoving.co.uk/smoking