



A joint venture to support the local VCSE in the ten boroughs of Greater Manchester



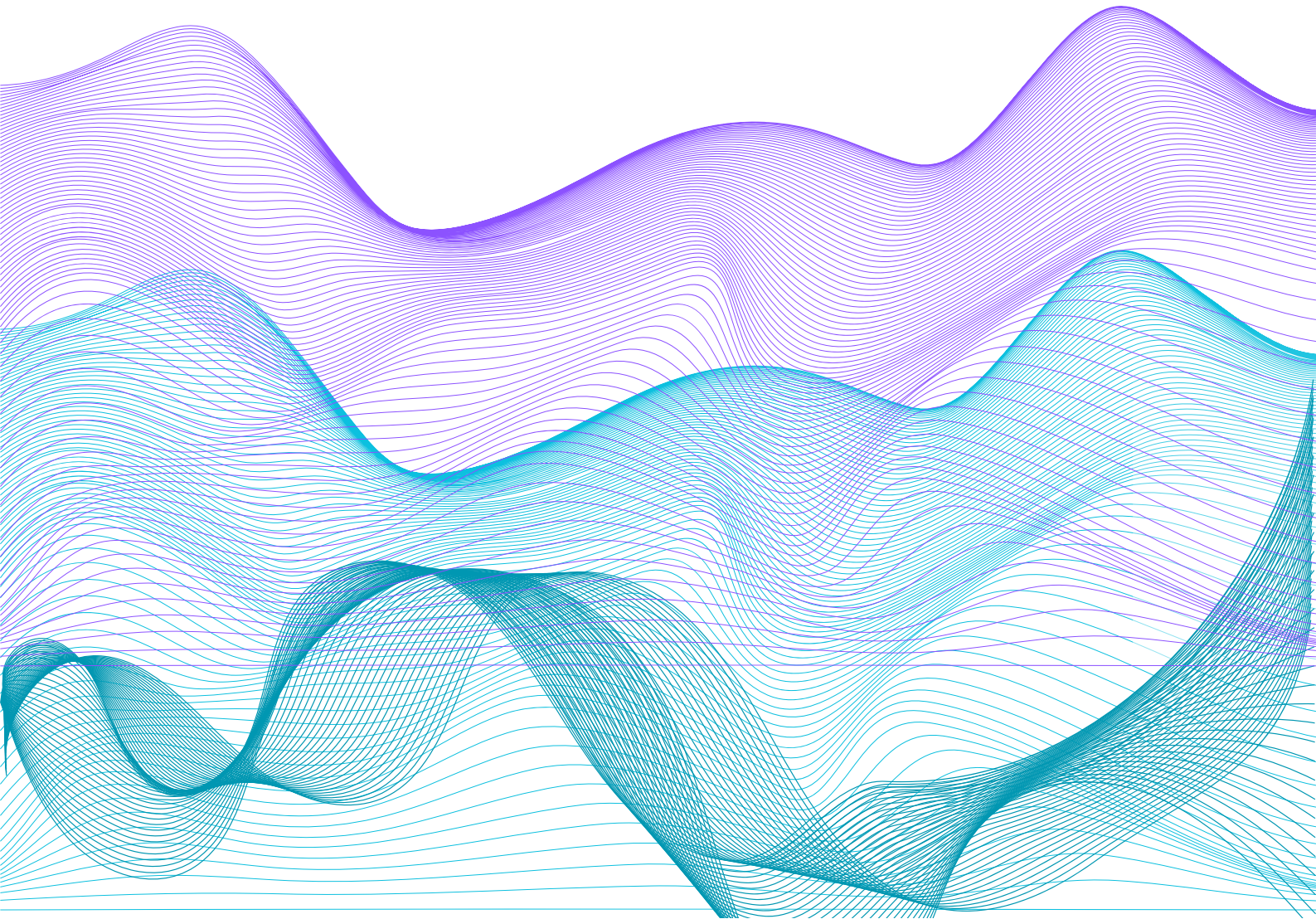
**NHS**  
Greater Manchester  
Mental Health  
NHS Foundation Trust



# Achieve Asset Fund

**Bolton Salford Trafford  
Activities Directory**

**2023-24**





# Overview

To help support the recovery community, Achieve workers, and their clients, Salford CVS have created this directory with information on 2023-24 funded organisations, the activities they are providing, and contact details of key contacts.

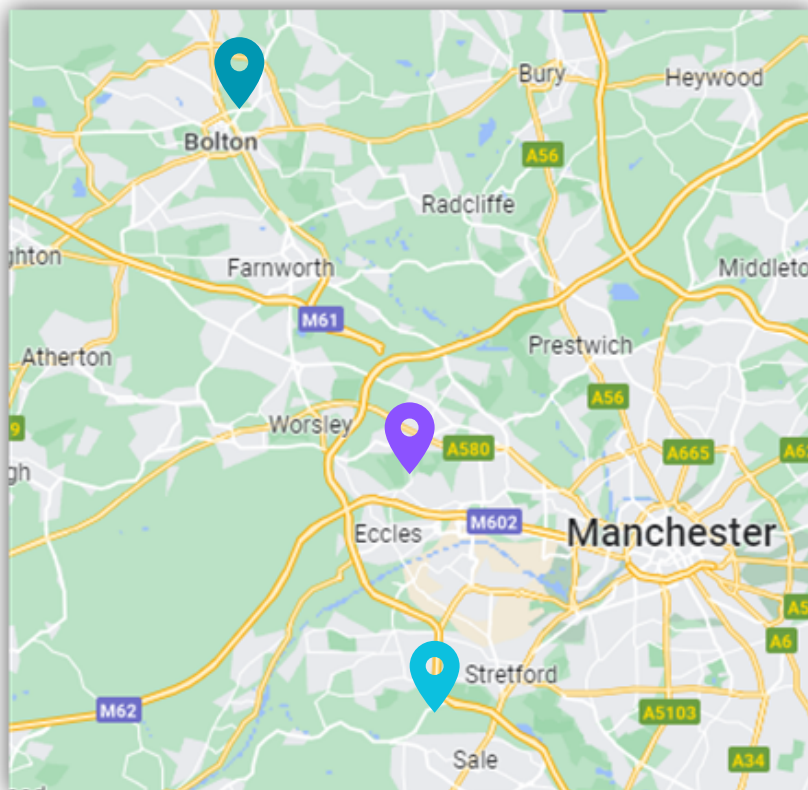
Please be aware that activities can change over the delivery period and therefore some information in the directory may not be up to date. Some projects may also be full, or not accepting referrals.

If you have any questions or queries, please contact groups directly. If you have any concerns, or any information is incorrect, please contact Niamh Meehan at Salford CVS on [grants@salfordcvs.co.uk](mailto:grants@salfordcvs.co.uk).

## 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 empowered, recovered living.

Beneficiaries of these groups may be existing Achieve service users, people from the wider recovery community, as well as the family and friends around those in recovery.



### **Bolton—page 3**

Bolton BSURF  
Flowhession Foundation  
Breakdown Bolton  
Third Space Bolton  
Mhist  
BSCA  
Transforming Lives Bolton

### **Salford—page 4**

Sow the City  
Fallen Angels Dance Theatre  
Broughton Boxing Academy

### **Trafford—page 4**

Inch Arts  
Gorse Hill Studios  
Itsherstory



## Bolton projects

**Bolton BSURF** – Clients can take part in a music project and attend a safe space which will support integration into the community.

Email: [bsurfrecovery@gmail.com](mailto:bsurfrecovery@gmail.com)

**Flowhesion Foundation** – Various bi-lingual services including 1-1 mentoring, support groups, and counselling services for those aged 18-60.

Email/Telephone: [admin@flowhesionfoundation.org.uk](mailto:admin@flowhesionfoundation.org.uk)/ 01204 275 106

**Third Space Bolton** - A weekly peer support group for men with complex needs that provides a safe space. The Build Bolton Well programme provides a practical work skills programme including property refurbishment and gardening.

Email/Telephone: [thirdspacebolton@gmail.com](mailto:thirdspacebolton@gmail.com)/ 07701089420

**Transforming Lives Group** - Physical activity and outward bound challenges which inspire, motivate, and increase confidence and self esteem across 6/7 days per week.

Email/Telephone: [andyfarny1@gmail.com](mailto:andyfarny1@gmail.com)/ 07413526088

**Mhist** – Weekend sessions to keep people busy, combat social isolation, and enable them to feel included and empowered with their recovery journey.

Contact: <https://mhist.co.uk/contact-us/>

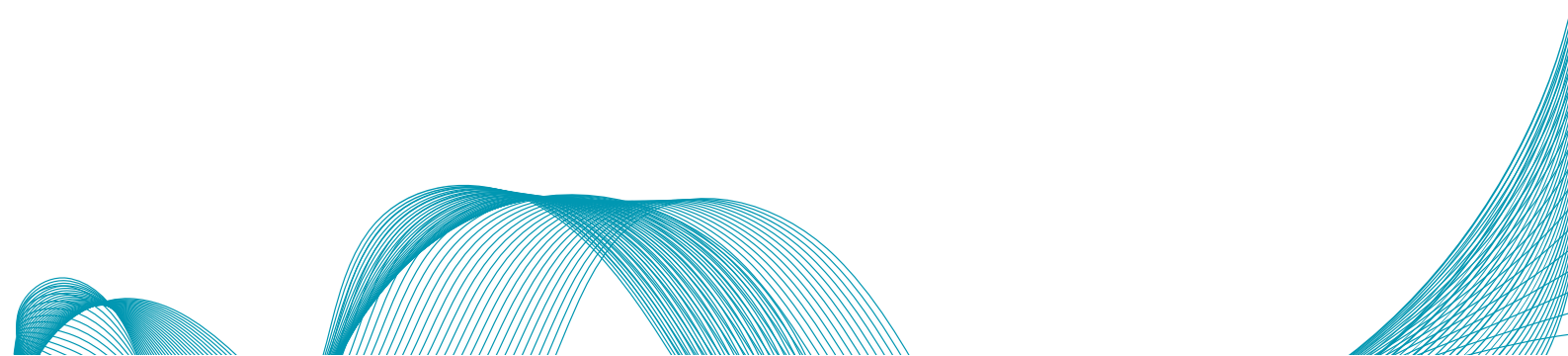
**BSCA** - Working with individuals that are from Black African communities. These individuals have histories of substance misuse centred around Khat, a stimulant prevalent in East African communities.

Email/Telephone: [bolsomcom@hotmail.com](mailto:bolsomcom@hotmail.com)/ 01204 334 004

**Breakdown Bolton** - This project is for people with addiction and mental health issues with the aim of empowerment through art. Participants will access new art forms, attend cultural outings, and build confidence by creating artwork for a professional exhibition in a safe and supportive environment.

Email: [bbgetinvolved@outlook.com](mailto:bbgetinvolved@outlook.com)

***These projects and activities are for those in recovery across Bolton. If you would like more information, or would like to refer your client, please contact each organisation directly.***



## Salford projects

**Broughton Boxing Academy** - Ready, Steady, Recovery uses sports and fitness to help improve the physical and mental wellbeing of members of the recovery community whilst also providing training and volunteer opportunities and developing pathways into employment.

Contact: <https://salfordboxingclub.com/contact.php>

**Fallen Angels Dance Theatre** – Recovery in Motion 2023 will move forward previous Achieve activities with weekly movement workshops, moving towards peer-led activity.

Email/Telephone: [claire@fallenangelsdt.org](mailto:claire@fallenangelsdt.org) / 07801478548

**Sow the City** - This project will provide people in recovery at the THOMAS residences with Social and Therapeutic Horticulture sessions for improved mental and physical health, through green wellbeing activities and access to free, healthy food. NOT OPEN FOR REFERRALS.

Email/Telephone: [info@sowthecity.org](mailto:info@sowthecity.org) / 0161 465 6954

## Trafford projects

**Inch Arts** - Human Voices Group encourages social inclusion giving a voice to those silenced by prejudice. It engages people and breaks down barriers between them. A professional photographer sets tasks and the group walk around town photographing the topic for that week.

Email/Telephone: [info@inch-arts.co.uk](mailto:info@inch-arts.co.uk) / 07873263271

**Gorse Hill Studios** – *For young adults ONLY*. Clients will use music, dance, spoken word, and song to express groups discussion around recovery topics and develop and end of project showcase performance.

Email/Telephone: [hello@gorsehillstudios.co.uk](mailto:hello@gorsehillstudios.co.uk) / 0161 866 8356

**Itsherstory** - Partnering with charities and business, the Achieveher Excel programme for women offers coaching, and peer group support designed to increase self-esteem and increase employability.

(Note that this programme is open to those across Bolton, Salford, and Trafford)

Email: [contact@itsherstory.uk.com](mailto:contact@itsherstory.uk.com)

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