

# BEST CHOICES

GROUPS AND ACTIVITIES

1 April 2024 – 30 September 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>ALLOTMENT</b> 10:00AM – 11:30AM Shepherds Cross Street</p>	<p><b>GYM INDUCTIONS</b> 10:15AM – 11:15AM Bolton One</p>	<p><b>SONG AND SIGN</b> 11:30AM – 1:30PM Victoria Hall</p>	<p><b>GYM</b> 10:00AM - 12:00PM Bolton One</p>
<p><b>ARTS AND CRAFTS</b> 1:30PM – 3:30PM Friends Meeting House</p>	<p><b>COOKERY</b> Restarts in October Friends Meeting House</p>	<p><b>WALKING</b> 1:30PM – 3:30PM Starts from Best Choices</p> <p><b>COMPUTERS, PHONES AND TABLETS</b> One-to-one sessions at a time agreed with you Bolton Library/Best Choices</p> <p><b>FOOTBALL</b> 1:00PM – 3:00PM In Partnership with BAND Burnden Park</p>	<p><b>EMPLOYMENT WORKSHOP</b> At a time agreed with you Alternative days also available Best Choices Office</p>	

ONE TO ONE SUPPORT	REFERRAL CRITERIA
<ul style="list-style-type: none"> <li>• Community Activities</li> <li>• Leisure</li> <li>• Education and Training</li> <li>• Voluntary and Paid Work</li> <li>• CVs and Interview Techniques</li> </ul>	<ul style="list-style-type: none"> <li>• Living in Bolton</li> <li>• 16 or over</li> <li>• Working with a Community Mental Health Team (CMHT) or Early Intervention Team (EIT)</li> <li>• Receiving care under Care Programme Approach (CPA)</li> <li>• Referred by a Mental Health Professional</li> </ul>

Referrals and enquiries **01204 337523 / [bestchoices@bolton.gov.uk](mailto:bestchoices@bolton.gov.uk)**  
 Further information, leaflets and group timetables **[www.bolton.gov.uk/bestchoices](http://www.bolton.gov.uk/bestchoices)**  
 Address **Office 3, Bolton Market, Ashburner Street, Bolton BL1 1TQ**

**ALLOTMENT (APRIL TO THE END OF SEPTEMBER)**

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

**ART AND CRAFT**

Experience a broad range of techniques in a relaxed and supportive environment where members can share ideas and inspiration whilst they work.

**COMPUTERS, PHONES AND TABLETS**

Support for people with little or no experience in computers, smartphones or tablets (iOS/ Android). Gain confidence by developing skills e.g., accessing the internet, sending emails, writing letters.

**COOKERY (OCTOBER TO THE END OF MARCH)**

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. Sessions run for 4 weeks.

**EMPLOYMENT WORKSHOP**

This group is for anyone who is thinking about starting voluntary or paid work. In a relaxed environment we explore CV preparation and interview techniques and provide basic benefits information. Sessions run for 4 weeks.

**FOOTBALL**

This group is run in partnership with BAND. An opportunity to enjoy football in a safe environment, playing tournaments or less competitively.

**GYM**

A safe, supportive environment to implement your own individual fitness programme and develop your confidence, supporting independent access to your local gym.

**SONG AND SIGN**

Learn British Sign Language through songs and activities. Sessions run in 6-week blocks.

**WALKING GROUP**

Come and enjoy the great outdoors in this friendly group. A different local walk every week. Each walk is 2 ½ to 3 miles with a stop at a café.