

Best Choices is a recovery-focused service.

Delivering a range of supportive one-to-one and group activities

Supporting you to access community, leisure, voluntary or employment opportunities



Promoting well-being, self-esteem, confidence, choice and independence



Working with you to explore, identify and achieve your personal goals



Our service is built around group and one-to-one support based on your individual needs and interests

Groups

Develop your personal and practical skills and interests including:

- Allotment
- Anxiety Management
- Arts and Crafts
- Computing and Technology
- Cookery
- Drama and Music
- Health, Sport and Fitness
- Basic English literacy for speakers of other languages
- Relaxation Techniques

For a copy of our current group timetable please contact us.

One to one support

We can support you to access opportunities in your community. This is based around your personal interests and goals but, if you aren't sure where to start, we have knowledge of a range of organisations and projects, many of which provide an opportunity to build on the work you may have already done within our groups.

Paid and voluntary employment

We can work with you to:

- Identify employment, voluntary work and work experience opportunities that interest you
- Identify your employment-related training needs
- Complete job searches, CVs and application forms
- Practice interview techniques
- Support you in the workplace in the initial stages of a new role
- Support you in the workplace, including liaison with your employer, if your current employment is at risk of breaking down
- Provide advice about additional support you may be entitled to via national programmes including Permitted Work (earn without affecting sickness-related benefit entitlement) and Access to Work (financial support to meet employment needs e.g. travel costs, specialist equipment)

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Who are we?

The Best Choices service is a partnership between Bolton Council and Greater Manchester Mental Health NHS Foundation Trust (GMMH).

Who will I work with?

Everyone who comes to our service will work with a named keyworker from our team of experienced and approachable staff. Your keyworker will be your main point of contact with the service and will support you to identify and achieve your goals.

How can I access this service?

If you are over 16 and live in Bolton, you can ask your mental health Care Coordinator to refer you to our service.

Contact us...

Best Choices
Office 3, Bolton Market
Ashburner Street
Bolton BL1 1TQ

Our office is on the first floor of Bolton Market. Please use entrance and staircase number 5. A lift is available.

To find out more about our services:
01204 337523
bestchoices@bolton.gov.uk
www.bolton.gov.uk/bestchoices

Best Choices

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Supporting people in their recovery journey through therapeutic activities, support to access community opportunities, careers advice, and support to obtain paid or unpaid employment.



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well-being
independence choice
confidence
well-being self-esteem
independence
choice self-esteem
well-being choice confidence
independence well-being