

BEST CHOICES

April and May 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALLOTMENT 10:00am - 12:00pm Shepherd's Cross Street Open February to November	BASIC COMPUTERS 10:00am - 12:00pm Bolton Central Library Includes Phones, Tablets, Android and IOS for Beginners WALKING 10:00am – 12:00pm Starts from Best Choices	GYM INDUCTIONS 10:15am – 11:15am Jason Kenny Centre	EMPLOYMENT WORKSHOP 11:00am - 12:00pm Best Choices ANXIETY MANAGEMENT One-to-one appointments Best Choices	GYM 10:00am - 12:00pm Jason Kenny Centre ANXIETY MANAGEMENT One-to-one appointments Best Choices
COOKERY 12:00pm - 4:00pm Friends Meeting House BASIC ENGLISH 1:00pm – 2:00pm Best Choices A group for those whose first language is not English	ANXIETY MANAGEMENT One-to-one appointments Best Choices	ANXIETY MANAGEMENT One-to-one appointments Best Choices FOOTBALL 1:00pm - 3:00pm CREATIVE SKILLS 1:00pm – 2:45pm Friends Meeting House	ANXIETY MANAGEMENT One-to-one appointments Best Choices	ANXIETY MANAGEMENT One-to-one appointments Best Choices ART 1:15pm – 3:15pm Victoria Hall

ONE TO ONE SUPPORT

Community Activities • Leisure • Education • Travel • Paid Work • Voluntary Work • Training • CVs • Interview Techniques

01204 337523

www.bolton.gov.uk/bestchoices

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

<p>ALLOTMENT (FEBRUARY TO NOVEMBER)</p> <p>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.</p>	<p>COOKERY</p> <p>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.</p>	<p>GYM</p> <p>A safe and supportive environment to implement your own individual fitness programme and develop your confidence, supporting independent access to your local gym.</p>
<p>ANXIETY MANAGEMENT</p> <p>A supportive environment where you can learn and practise basic coping strategies for managing anxiety.</p>	<p>CREATIVE SKILLS FOR LEARNING</p> <p>This craft group offers members the chance to experience a broad range of crafts and group work skills, suitable for both men and women. Supported group visits are an integral part of this program and give members the chance to identify community venues and groups where their skills and interest in crafts can continue.</p>	<p>BASIC ENGLISH</p> <p>To provide an opportunity for speakers of other languages, with no or little experience in English speaking, listening and writing skills, to gain confidence in using these skills in everyday situations.</p>
<p>ART</p> <p>This group offers a relaxed and supportive environment where members can share ideas and inspiration while they work. Members can experience a broad range of art techniques and ideas and will have the opportunity to take part in local trips to groups and venues where they can continue to enjoy art in the community.</p>	<p>EMPLOYMENT WORKSHOP</p> <p>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.</p>	<p>WALKING GROUP</p> <p>Come and enjoy the great outdoors in this friendly group. A different local walk every week with opportunities to learn about the history of the landmarks we pass. Each walk is 2 ½ to 3 miles with a stop at a café.</p>
<p>BASIC COMPUTERS</p> <p>One-to-one support for people with little or no experience in computers, smartphones or tablets (iOS/ Android) to gain confidence in using them by developing skills e.g. accessing the internet, sending emails, writing letters.</p>	<p>FOOTBALL</p> <p>This group is run in partnership with BAND. An opportunity for men and women to enjoy football in a safe environment, playing tournaments or less competitively.</p>	<p>WHO CAN ACCESS BEST CHOICES?</p> <ul style="list-style-type: none"> • Living in Bolton • 16 or over • Working with a Community Mental Health Team (CMHT) or Early Intervention Team (EIT) • Receiving care under Care Programme Approach (CPA) • Referred by a Mental Health Professional