Who are we?

BAND is a independent community group, promoting user involvement at all levels.
We aim to provide help, support and advice to people experiencing life problems.
These problems may include stress, depression, anxiety and other mental health needs.

Drop ins can offer a friendly atmosphere, advice on practical and personal problems, opportunities to learn new skills and the chance to meet others who may be experiencing feeling similar to yourself. Hot drinks are available all day along with lunch.

Most of all we can help you build your confidence and help you to feel happier about yourself.

BAND's mission statement:

To support the people within the Borough of Bolton who live with mental health problems to reach their full potential as defined by themselves, through:

- The promotion of choice and independence
- The provision of support for the individual
- The facilitation of education, recreational, social and enterprise opportunities
- Contributing to the development of services across the mental health economy

The Bolton Hub
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Bolton
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Registered in Cardiff as a Company Limited by Guarantee No 3284504
Registered Charity No 1060822

Introducing the Drop ins

Building A New Direction
A safe place to explore and grow

Active Minds	**Bethel United Reformed Church** Leigh Road Westhoughton BL5 2LW	Every other Tuesday 10.00am - 3.00pm *Buses 540, 559 & 715	Contact Lynne on **01942 797662** (On a drop in day)
Blazers	**The YMCA** 125 Deansgate Bolton BL1 1HA	Wednesdays 7.00pm - 10.00pm *All buses going to Moor Lane	Contact Lynne on **07817 593213** (On a drop in day)
Friday Contact	**Saint Augustine's Church** (Basement Access) Thicketford Road BL2 2EF	Fridays 9.00am - 3.30pm *Buses 507	Contact Lynne on **07817 593213** (On a drop in day)
Horwich	**Brazley Community Hall** Cedar Avenue Horwich BL6 6HT	Mondays 10.00 - 1.00pm *Buses 505 & 575	Contact Lynne on **07817 593213** (On a drop in day)
New Bury	**Saint Georges Church Hall** Plodder Lane Farnworth BL4 0DF	Tuesdays 10.00am - 3.00pm *Buses 501, 36, 512, 513 & 68	Contact Charlie on **07989 963509** (on a drop in day)
Sathi *(Men's Group)*	**Emmanuel Church Hall** Vicarage Street Deane BL3 5LE	Mondays 10.00am - 3.00pm *Buses 715, 582, 592, 559& 512	Contact Andy on **01204 520837** (On a drop in day)
Sahara *(Women's Group)*	**Emmanuel Church Hall** Vicarage Street Deane BL3 5LE	Thursdays 10.00am - 3.00pm *Buses 715, 582, 592, 559& 512	Contact Monica on **01204 520837** (On a drop in day)
Weekenders	**BCOM Centre** Vicarage Street Deane BL3 5LE	Saturdays & Sundays 10.00am - 1.00pm *Buses 715, 582, 592, 559& 512	Contact Lynne on **07817 593213** (On a drop in day)