

The Recovery Service Aims to:

- ◆ Facilitate the identification of your personal aspirations and goals
- ◆ Consider with you the steps you need to take to reach your goal
- ◆ Empower and assist you to reach your goals, and offer support with maintaining your recovery

Recovery Story: Matt

Recovery to me means striking a balance between taking the appropriate medication, meeting like minded people, having a healthy diet and taking regular exercise. I believe there are many steps to be taken to positive mental health and only the individual can instigate this change in mood within their core being.

I believe in free speech to tackle the stigma that envelopes society and in challenging one's own apathy by joining groups in order to bring about social change in the wider community. There will be challenges ahead but with the right guidance and moral support, individuals can flourish and prosper.

Matt has travelled his own journey into recovery and is now a valued volunteer with BAND

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



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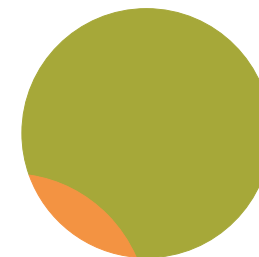
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Registered Charity No 1060822



Recovery Based Services

Drop Ins
Shared Interest
One to One Support



Building A New Direction
A safe place to explore and grow

One to One Recovery

In times of life difficulty, one to one support is available from an experienced worker or volunteer to help with all manner of daily activities.

Examples of the kind of work already being done in this area are.

- ◆ Introduction to a hobby you want to take part in.
- ◆ Reconnecting with family and friends.
- ◆ Help with planning a budget.
- ◆ Shopping trips.
- ◆ Someone to chat with from our befriending service.

You can self refer to this service and on meeting with a recovery worker you identify the type of things you would like support with.

Drop In Provision

We provide a drop in service seven days a week where like minded people can meet and chat over a cup of tea or coffee and purchase a light meal or snack.

Activities are scheduled throughout the day and are facilitated with the support of experienced staff and volunteers.

We aim to go out on trips and days out during the course of the year and also organise annual mini breaks for members.



Shared Interest Groups

A number of groups currently exist where people meet up regularly to pursue a hobby or interest.

The groups are supported by staff and volunteers to access a varied number of leisure and community activities

You may join in with any or all of the groups available. If enough people are interested in a new activity, staffing will be sought to support this.

Examples of some of the groups developed so far are women only swim groups, gardening projects, college courses, ten pin bowling and weekly gym sessions.