



January 2026 Schedule of Activities

One-Off Activities. Registration Needed.

Please contact our Community Engagement Worker, Janet 07919 211288
or email us nextsteps@gmmh.nhs.uk

Date	Activity and Location
Tuesday, January 20th 10:30 am – 12:00 pm Moses Gate Country Park, Bolton, BL4 7QS	Photography Workshop by Lancashire Wildlife Trust *Bring a fully charge mobile phone (include its charger if possible) *Bring a fully charged power bank
Wednesday, January 21 st 11am – 1pm Queens Park Café, Bolton	Birds Feeder Making by Lancashire Wildlife Trust *Coffees provided

Weekly Activities. No registration Needed.

Date	Activity and Location
Every Tuesdays	Noncontact Boxing + Exercise , 11am – 12pm Elite Boxing Gym, Wordsworth St., Bolton BL1 2 ND
Every Wednesdays	Wellbeing Walk (Pets allowed), 11am – 1pm Meet 10:45 am at MhiST entrance, 116 Bark Street, Bolton BL1 2AX
Every Thursdays	Drama for Recovery by MaD Theatre Company , 11am – 1pm Victoria Hall Community Hub, Knowsley St., Bolton BL1 2AS
	Social Group , 1:30 pm – 3:30 pm Victoria Hall Community Hub, Knowsley St., Bolton BL1 2AS
Every Fridays	Gardening with Bolton Lads and Girls Club , 11am -12pm Meet 10:50 am at MhiST entrance, 116 Bark Street, Bolton BL1 2AX
	Noncontact Rugby Session by Westhoughton Lions Rugby League , 6pm – 7pm, at Westhoughton Community Leisure Centre, Bolton Rd., BL5 3BZ