



## January 2026 Schedule of Activities

One-Off Activities. Registration Needed.	
Please contact our Community Engagement Worker, Janet 07919 211288 or email us <a href="mailto:nextsteps@gmmh.nhs.uk">nextsteps@gmmh.nhs.uk</a>	
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 <sup>st</sup> 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	<b>Noncontact Boxing + Exercise</b> , 11am – 12pm Elite Boxing Gym, Wordsworth St., Bolton BL1 2 <sup>ND</sup>
Every Wednesdays	<b>Wellbeing Walk</b> (Pets allowed), 11am – 1pm Meet 10:45 am at MhiST entrance, 116 Bark Street, Bolton BL1 2AX
Every Thursdays	<b>Drama for Recovery by MaD Theatre Company</b> , 11am – 1pm Victoria Hall Community Hub, Knowsley St., Bolton BL1 2AS
	<b>Social Group</b> , 1:30 pm – 3:30 pm Victoria Hall Community Hub, Knowsley St., Bolton BL1 2AS
Every Fridays	<b>Gardening with Bolton Lads and Girls Club</b> , 11am -12pm Meet 10:50 am at MhiST entrance, 116 Bark Street, Bolton BL1 2AX
	<b>Noncontact Rugby Session by Westhoughton Lions Rugby League</b> , 6pm – 7pm, at Westhoughton Community Leisure Centre, Bolton Rd., BL5 3BZ