



Social/Recovery Peer Support	YMCA	Monday 10am - 12pm	Socialise and take part in activities and games in a self-supported social meeting place.
Quiz Group	YMCA	Monday 1pm - 3pm	A weekly group to test your trivia knowledge! You do not need to be an Egghead to take part!
Out and Abouters activity group	Various locations	Tuesday Monthly for info please ring the office	Do you enjoy learning new things, visiting new places and meeting new people? We are meeting at Bolton Interchange and exploring nearby places and venues by bus or train. (this is a peer led group, not supported by staff)
Women’s Wellness Bolton	YMCA	Wednesday 10am - 12pm	Women’s workshops – arts & crafts and wellbeing. Recovery Focused
Thematic Speakers	YMCA	Wednesday 1pm - 3pm	Learn about Health or Mental Health conditions or changes to the benefits system or enjoy talks about a variety of information with Q&A opportunities. Also, once a month feedback and planning from the Out and Abouters.
FC Bolton	Burnden Park	Wednesday 1pm - 3pm	Football group for over 18’s. All abilities and fitness levels welcome.
The Greenhouse Project	1 Quebec Place, Deane BL3 5JW	Thursday 10 am – 12.30pm or 12.30pm – 3 pm	Enjoy a taste of the outdoors with us! We can teach you all aspects of gardening and growing your own food.
Living Life to the Full (LLTTF) Starting on the 11th November 2025 (limited space -16)	YMCA	Tuesday 1.00 pm – 3 pm	A six-week course - Living Life to the Full provides key life skills that can make a positive difference to how you feel.
Social/Recovery Peer Support	YMCA	Friday 10am - 12pm	Socialise and take part in activities and games in a self-supported social meeting place.
Barclays Life Skills	YMCA	Friday 1pm - 3pm	Learn more about CVs, bank statements, budgeting etc with this free course.
LGBT+ Group (Needs to be referred into)	YMCA	Saturday 11 am - 2.30 pm	An informal lesbian, gay, bisexual and transgender group (please note this is run independently from Family Action)

BAND Family Action
Bolton-based community mental health project

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