

Please telephone or email

Christine Makinson (christine.makinson@mhist.co.uk)

☎ 01204 537885

For information regarding any self help group.

Elaine Jones (elaine.jones@mhist.co.uk) ☎ 01204 527200

For information regarding our advocacy service.

Jo Kay (jo.kay@mhist.co.uk) ☎ 01204 533092

For information on how to donate items for our shops.

Melvin Bradley (melvin.bradley@mhist.co.uk)

☎ 01204 527200

For information regarding volunteering opportunities.

Peter Pendlebury (peter.pendlebury@mhist.co.uk)

☎ 01204 527200

For information on how to make monetary donations.


1point (North West) Ltd ☎ 01204 917744

To access our Talking Therapies service

For anything else email [info@mhist.co.uk](mailto:info@mhist.co.uk)

MhIST (Mental Health Independent Support Team)

Hanover House, Hanover Street, Bolton BL1 4TG

☎ 01204 527200 ✉ [info@mhist.co.uk](mailto:info@mhist.co.uk)  [mhist.bolton](https://www.facebook.com/mhist.bolton)

 [www.mhist.co.uk](http://www.mhist.co.uk)



Interested in exploring your creative side!

Upcycling can appeal to any age, gender, and ability.

Upcycling is an excellent way to combine all artistic and craft skills whilst learning new skills

The group runs every Tuesday 10:30am to 2:00pm at our Moor Lane Store

# Why not come along to the Upcycling Group



The group itself is friendly, sociable, supportive and very inclusive. All are made to feel very welcome



Turning everyday found objects into beautiful pieces of art or furniture. This can then be sold through our charity shop or even on the internet raising money for the charity. You can even do personal items for you or someone special.



From painting, textiles, printing, woodwork, metal work to clay work and everything in between the possibilities are endless to explore your creativity.



If you want to be a part of this fantastic and dynamic group then then please get in touch with us.

The contact details are shown on the reverse of the leaflet.

**EVERYBODY'S WELCOME**

