

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)

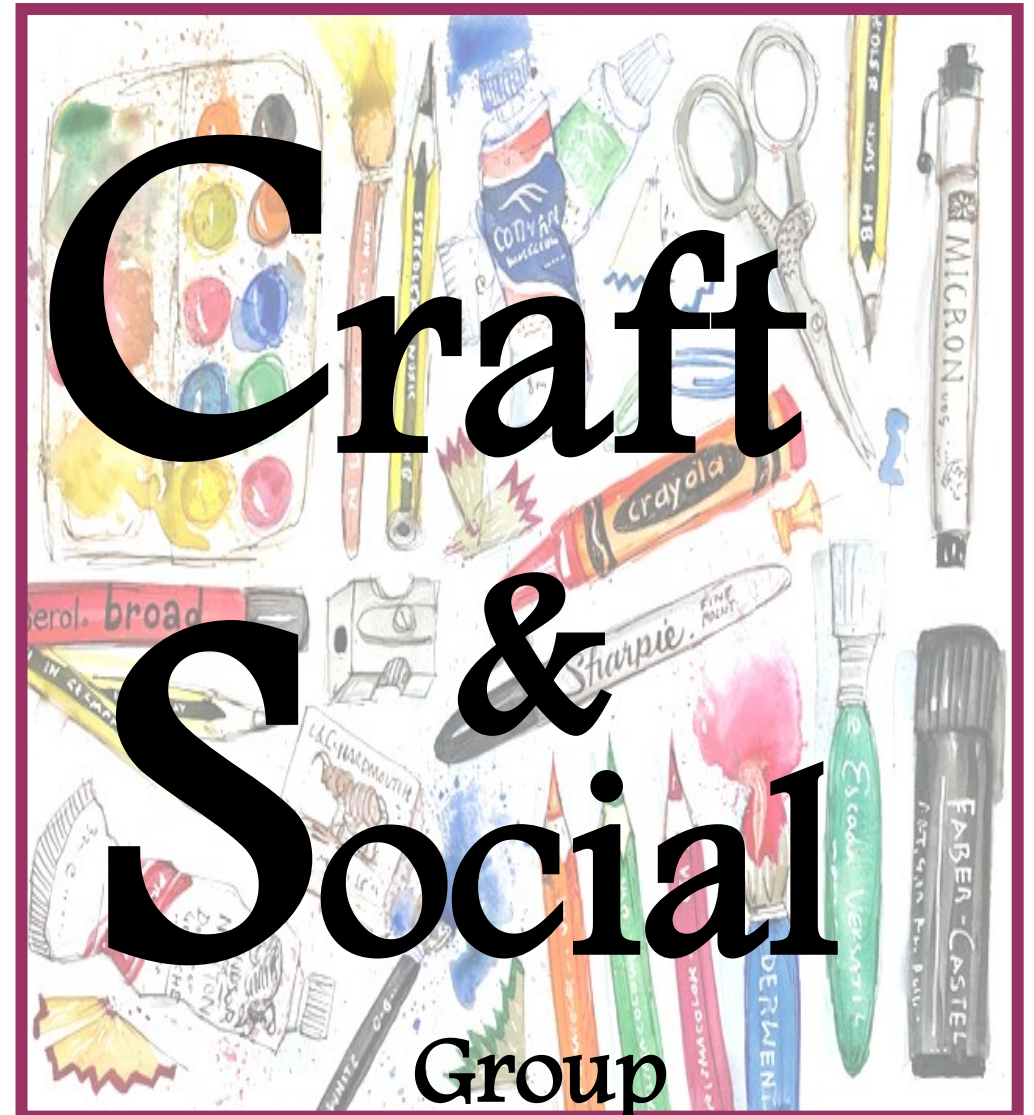
☎ 01204 527200

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



MhIST (Mental Health Independent Support Team)

Hanover House, Hanover Street, Bolton BL1 4TG

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

www.mhist.co.uk

Why not come along to the Craft & Social Group

All abilities welcome.

The craft and social group runs every Monday from our main office and is a popular group which appeals to all abilities. It is both an art and craft group and a weekly social group, encouraging communication and socialization with other members.

The craft group provides a fun way to meet new people and make friends.

If this sounds like the group for you then please get in touch with us.

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

Each session is aimed to be fun, calming and relaxing. All ages, genders and abilities are made to feel welcome.

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

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



Drawing

Cross Stitch

Colouring



Card Making

Decoupage

Painting

