

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 Guitar Group

Escape the everyday routine



Do you want to learn a new skill or practice a new one?
Are you interested in music ?
Do you want to practice relaxation?
Do you enjoy the peace that music brings you?
Do you want to play music as part of a group?



Relaxation & Harmony

The Guitar group a great way to play music , learn a new skill and to make new friends. The group is very welcoming and has a variety of abilities and ages. The group is calm and relaxing and makes excellent use of the therapeutic benefit that music can have.

Friendship

Mind, Body and Spirit

Each session is held in the main branch of MhIST and is very popular. Learn to not only make music but to also self regulate your mood, ease anxiety and increase focus and drive.

Rhythm

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.

Come and try something new and make friends.

