

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

Recreation & Activities Group



Take part in activities and recreation which currently is largely based on playing board games and having a chat. The group would love to expand and welcome new members and try new activities. All abilities welcome.

**Mental
Stimulation**

Social interaction and confidence building through having fun and building relationships.

FUN

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.



Inspirational

Friendship

