Please telephone or email

Christine Makinson (christine.makinson@mhist.co.uk) The one of the

For information regarding any self help group.

Elaine Jones (elaine.jones@mhist.co.uk) The O1204 527200 For information regarding our advocacy service.

Jo Kay (jo.kay@mhist.co.uk) To 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) 201204 527200

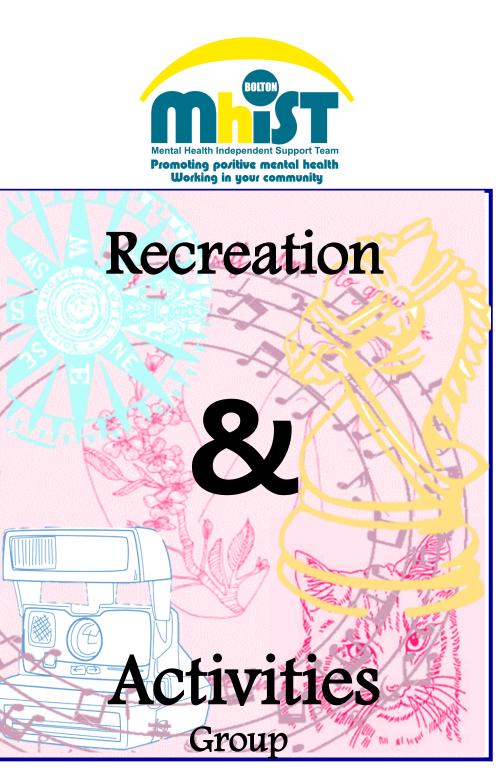
For information on how to make monetary donations.

1point (North West) Ltd 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
O1204 527200 info@mhist.co.uk mist.bolton

uww.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

