

Neuro Services in Bolton and for the Bolton area

Transport for Gtr Mcr (Apply for a free or reduced cost pass)

0161 244 1050

Plan your journey <https://my.tfgm.com/#/planner/>

Journey planning 0161 244 1000

Bolton NHS Foundation Trust Neurological Long Term Conditions Team

Offers a 'one stop shop' for those living with neuro providing information, support, treatment, therapies and services.

Based at the Brightmet Centre but working throughout Bolton and the Bolton area.

01204 462766



Bolton **NHS**
NHS Foundation Trust

Mhist - Mental Health Support Team

01204 527200

Bolton MacMillan Cancer Info & Support Service

01204 390624

1Point

1point (north west) ltd is an established collaboration of talking therapy agencies based in Greater Manchester. Their initial assessment model has been developed to provide access with practitioners from various professional backgrounds to provide a range of interventions to meet the needs of clients in a holistic, multi-disciplinary approach.

01204 917744

BAND

BAND is a voluntary sector organisation operating mostly within the Borough of Bolton. We are proud to have been working alongside people with lived experience of a mental health condition for over 25 years.

We believe that everyone has the right and capability to lead an inclusive and meaningful life and our services are designed to support people to take steps towards achieving this. The work we do is divided up into: Recovery; Volunteering; and Communities, Engagement & Representation.

01204 380643

BHA for Equality

BHA is a health and social care charity which exists to challenge and address health and social care inequalities and support individuals, families and communities to improve their health and well-being.

We offer a range of services delivered at local, regional and national level in the areas of HIV and sexual health, Cancer, TB, mental health, community health education and engaging and involving communities in health and social care decision making.

0845 450 4247

Bolton CAB
03444 889 622

Bolton Carers Support

Operates a helpline Monday, Tuesday, Thursday 10am to 4pm
Wednesday 2pm to 4pm and Friday
10am to 1pm
01204 363056

Adapted Taxis (need to pre-book)

PIP & Chris - 07973 780 618
Cobra Taxi - 01204 577 777
Metro Taxi - 01204 520 000
Westhoughton - 07810 823 542
Abba - 07958 788 816

Audio Book Service/Home Library

Printed or recorded books
Adam or Anita - 01204 33 23 45
Anita - 07795044368

Adult Learning Disabilities Services

01204 333410

LGF

The Lesbian & Gay Foundation is a nationally-significant charity, which serves over 40,000 lesbian, gay and bisexual people a year. Their vision is of a fair and equal society where all lesbian, gay and bisexual people can achieve their full potential, and their mission is: 'Ending Homophobia, Empowering People'.

0845 3 303030

ICRIT Healthcare Bolton

Provide an evidence-based and compassionately caring service to those in our care.
01204 325013

Bolton Eating Disorder Service

01204 462785

ASC Healthcare Autism Treatment Centre

ASC Healthcare are an independent provider of services for people with a learning disability and/or autism spectrum conditions (asc) having a Senior Management Team made up of a range of highly skilled and experienced and qualified Clinicians and Practitioners cater exclusively for adults with an asc and are destined to become the leading independent provider of hospital in-patient therapy, treatment and support services across the UK.

01204 524552

Bolton CVS

Bolton CVS is a charitable company which exists to support voluntary and community organisations and positively promote voluntary action in Bolton.

Our vision is of a sufficiently resourced and sustainable voluntary and community sector which successfully meets the diverse and changing needs of the people of Bolton.

01204 546010

Urban Outreach Bolton

Urban Outreach is a Christian Charity providing a person-centred approach to support the most disadvantaged, vulnerable and complex adults and young people in Bolton.

Established in 1990 our aim is to be the most dependable and inspirational provider of support and care in the town.

01204 385848

Bolton Stroke Recovery Service

01204 895940

Barnardos

01204 385662

Manchester Mind

0161 769 5732

Age UK

01204 382411

Bury/Bolton ME/CFS Support Group

01204 575 613

The Brain Charity

0800 008 6417

AFC Masters (Football club for people with disabilities)

(01204) 337176

Alzheimer's Society

01204 386696

BASH Bolton Asphasia Self Help Group

0161 950 3216

BASIC (Salford patients)

Established provider of neuro rehab including cognitive therapies for brain and spine injured patients. Those living outside of Salford may have to pay for services or seek funding through their local authority or NHS commissioner.

0161 707 6441

Bolton Dementia (Bury Office)

075959 68360

Bolton & District MS Society

01204 853 285

Bolton Adult Autism Support

01204 337537

Hyperactivity and Neuro Developmental Family Unity Link

(H.A.N.D.F.U.L.)

01204 794 979

Brain Tumour Support Group

01454 414355

Crossroads

Crossroads is a not for profit organisation dedicated to supporting, serving and strengthening carers and those with care needs.

01204 365025

Halliwell Befriending Service

S.A.F.E. Project - Safe activities for the Elderly, enhancing our referred Over 50's

- Escorted shopping
- Sit-in service for carers
- Make new friends
- Keeping in touch with your community
- Social Events

01204 840808

Horwich Breakaway Club

Meet weekly on Thursday evening 7.30 - 9.15pm. Social Club for people with Learning Difficulties.

01204 692997

Horwich Visiting Service

Volunteers spend one hour a week befriending the elderly, lonely or isolated people of Horwich in their own homes.

Volunteers visit an older person once a week in their own homes, to listen to them and chat with them and become a friend.

01204 669408

Making Space

For every person with care and support needs to have access to personalised, outcome focused services that are delivered with dignity, respect and compassion and support them to enjoy an everyday life.

01204 848871

MND Association

Provide a range of support services for patients, families and carers including access to specialist nurses via referral.

08088026262

Parkinson's UK

Provide a range of support services for patients, families and carers including access to specialist nurses via referral.

0808 800 0303

Seva Dal

Non-profit group, raise awareness of health conditions for the over 50's in the Hindu Community. Encourage local people to meet regularly and discuss on topical issues. Seek advice, especially lone male/female/widows or those who's English is a second language.

01204 392404

The Backup Trust

Back Up exists to transform the lives of everyone affected by spinal cord injury. That means delivering a range of services to build confidence and independence back into people's lives, and offering a support network when it is needed most.

0208 875 1805

Encephalitis Society

01653 692583

Wheels for All Sessions

Wheels for All Initiative is a nationally recognised programme for children and adults with disabilities and additional needs engaging them in cycling. Using specially adapted cycles the activities are physically and mentally stimulating.

01204 33 2323

Gtr Mcr Neuro Alliance

Helps people find appropriate neuro support and services including families and carers. Provides programmes for vocational rehabilitation and re-ablement.

Works with schools, organisations and groups educating young people about neuro and

supporting them to make healthy lifestyle choices.

Holds meetings, activities and events, where people can talk to professionals, clinicians and each other.

Helps with appeals, complaints and application forms including benefits.

Is pro-active in the Greater Manchester community as part of professional bodies and groups campaigning for fair treatment and change.

contact@gmna.co.uk

CFS/ME Yoga Group

Lisa - 07708 036 636

Parkinson's Yoga Group

Details from the Community Neuro Rehab Team or Parkinson's Nurse

Disabled Living

Equipment of all types for a wide range of needs and disabilities

0161 607 8200

Friends of Moss Bank Park

Working in the Walled Garden and the Rockery restoring areas that many people remember from their youth

01204 696943

Jigsaw Stroke Group

Support for those living with Stroke

Lynn Bridge - 01204 387704

Men in Sheds (support for men through woodwork and socialising)

Lancashire Wildlife Trust, Bury Road - Thursday 10.00-13.00

The site is open every Thursday 09.30-16.00

Monday to Friday 10.00-13.00

Willow Hey Community Project - offering help and support to people who want to grow their own food, weekly community gardening and practical skills session open every Thursday 9.30-4pm

Doe Hey Grove, Farnworth, BL4 7HS Monday - Friday 10 - 1pm

NHS Choices and One You

Wide range of information, support and advice to becoming healthier

<https://www.nhs.uk/pages/home.aspx>

<https://www.nhs.uk/oneyou>

Remap Charity

Supporting disabled people to live more independent lives by designing and making equipment tailored to individual needs

John Moutrie - 01204 669 336

Roy Gibbins - 01204 596 898

Speakeasy

Support for people living with Aphasia including their carers

01706 825 802

We know this is a long list and we deliberately haven't included details of colleges, education and training or lots of information about gyms and individual groups activities and social clubs. There are so many and keeping them up to date is difficult. This list is a basic guide to get you started on your journey to being proactive and taking some control over your life.

If we can help you with anything on this list or if you have a question or concern please get in touch with us directly at contact@gmna.co.uk

Brought to you by the Gtr Mcr Neuro Alliance www.gmna.co.uk in association with Neurological Long Term Conditions Team Bolton NHS FT and Bolton CCG



Bolton 
NHS Foundation Trust