



A joint venture to support the local VCSE in the ten boroughs of Greater Manchester



NHS
Greater Manchester
Mental Health
NHS Foundation Trust

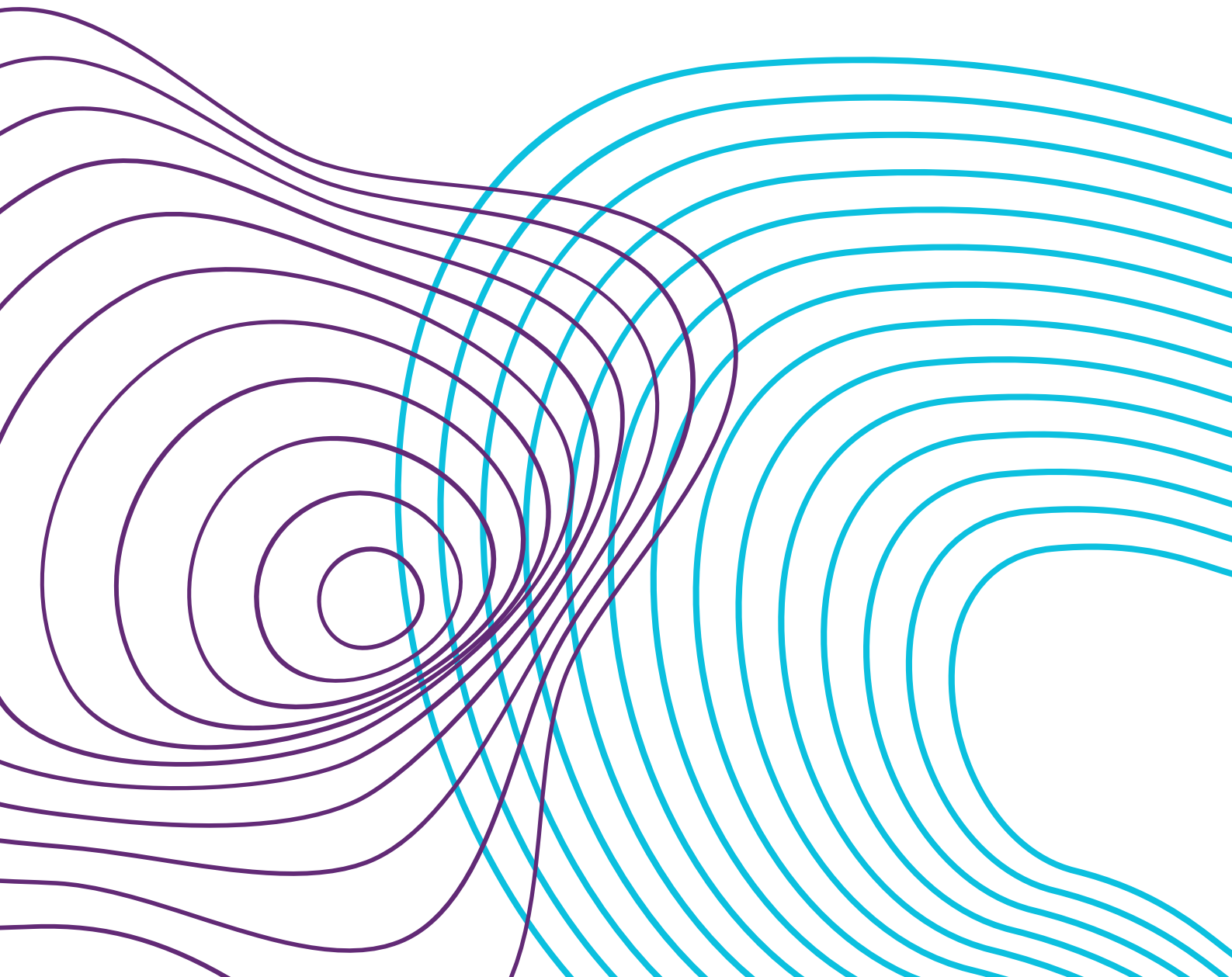


Achieve Asset Fund

Salford & Trafford

Activities Directory

January 2023-December 2024





Overview

To help support the recovery community, Achieve workers, and their clients, Salford CVS have created this directory with information on 2023-24 funded organisations, the activities they are providing, and contact details of key contacts.

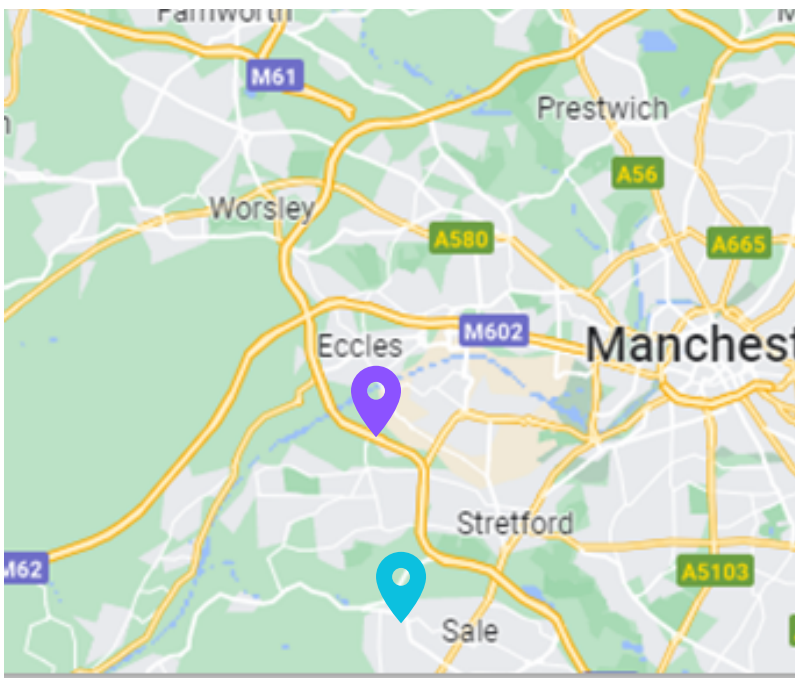
Please be aware that activities can change over the delivery period and therefore some information in the directory may not be up to date. Some projects may also be full, or not accepting referrals.

If you have any questions or queries, please contact groups directly. If you have any concerns, or any information is incorrect, please contact Niamh Meehan at Salford CVS on grants@salfordcvs.co.uk.

About the Achieve Asset Fund

The Achieve Asset Fund supports organisations helping people living in Salford or Trafford who have received treatment for, and are recovering from, drug and/or alcohol addiction. All funded organisations engage and support people in their recovery journey and help provide a bridge towards empowered, recovered living.

Beneficiaries of these groups may be existing Achieve service users, people from the wider recovery community, as well as the family and friends around those in recovery.



Salford

Foundation 92
Sow the City

Trafford

The Counselling and Family Centre
Gorse Hill Studios
The Mile Shy Club
Target Community Cafe
Old Trafford Boxing

Salford Projects

Foundation 92 - Providing holistic support to adults in Salford who are recovering from addiction or being supported by drug/alcohol abstinence services. Using the engagement strength of football and the Foundation 92 brand we will deliver a co-produced, non-stigmatised programme for men and women which combines regular sport and physical activity with social activities and peer support.

Contact: Siobhan.mcgarrel@foundation92.co.uk

Sow the City - This project will provide people in recovery at the THOMAS residences with Social and Therapeutic Horticulture sessions for improved mental and physical health, through green wellbeing activities and access to free, healthy food. NOT OPEN FOR REFERRALS.

Email/Telephone: info@sowthecity.org/ 0161 465 6954

Trafford Projects

The Counselling and Family Centre - Therapeutic and peer support groups for people in recovery and their family members alongside existing counselling support.

Email: Rachel.petrie@thecfc.org.uk

Gorse Hill Studios – *For young adults ONLY.* Clients will use music, dance, spoken word, and song to express groups discussion around recovery topics and develop and end of project showcase performance.

Email/Telephone: hello@gorsehillstudios.co.uk/ 0161 866 8356

The Mile Shy Club - Couch to 5k sessions across 6 Trafford based beginner running clubs and beginner walking sessions across 4 Trafford based walking clubs. Weekly 'MileShy Meet Up' face to face support sessions offering a variety of activities on a Wednesday or Friday evening at a central location as well as dedicated WhatsApp support groups.

Email: hello@mileschyclub.com

Target Community Cafe - A supportive, safe space for those in recovery to visit and support each other to develop personally and socially, whilst adjusting to life without alcohol or drugs.

Email: targetcommunitycafe@yahoo.com

Old Trafford Boxing Club - Using the sport of Boxing to engage with individuals through physical activity to raise self-esteem within a non-judgemental community environment looking to make positive changes related to drug and alcohol use thereby helping to reduce the harmful impacts of drug & alcohol use.

Email: Kevinmw99@gmail.com

These projects and activities are for those in recovery across Salford and Trafford. If you would like more information, or would like to refer your client, please contact each organisation directly. Some may not be open for referral.