

COMMUNITY BULLETIN - AUTUMN 1



The Bolton Guild of Help

Office Opening Hours:

Monday-Wednesday 9am-3pm
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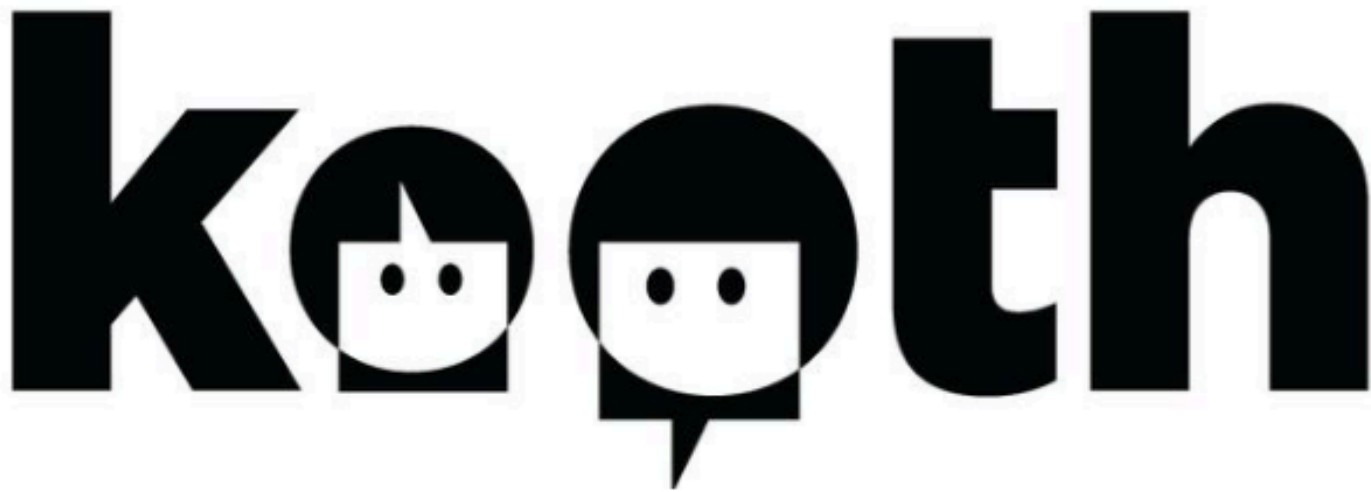
Helping people for over 115 years

The Guild is here to help people living in Bolton suffering financial and emotional distress. As the custodian of a number of legacies we provide one to one support to assess each client's needs. In doing so we aim to help each client with not only their initial problem but in identifying any underlying problems.

Each case is assessed individually with the level of income not necessarily an indication of the crisis that they are experiencing. Talk and we will listen!

We can help with, for example:

- The provision of white goods (washing machines, cookers and fridge/freezers)
- Furniture
- Carpet for one essential room
- Emergency fuel top-ups
- Funding to help provide / repair mobility aids
- Assistance with electrical and building repairs
- Access to Debt and Benefits Support
- Access to a mental health support team
- Referrals to SSAFA The Armed Forces Charity and the Royal British Legion



A Guide to Kooth for Families

Are you worried about a young person's mental wellbeing? Free, safe and anonymous mental health support for young people. No costs, no barriers, no waiting lists and no thresholds.

WHAT CAN KOOTH HELP WITH?



Some of the things we can help with include:

- Anxiety
- Stress
- Loneliness
- Confidence
- Relationship issues
- Friendships
- Body image concerns
- Low mood
- Social media
- Exam pressures
- Eating difficulties
- Moving schools
- Suicidal thoughts
- Anger

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