

EASY READ

BETTER DAYS START TODAY

**Supporting adults
in Bolton needing
help with alcohol
and drug use**

Welcome handbook

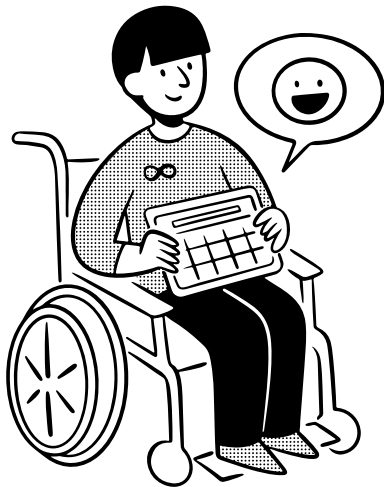
**BETTER
DAYS
BOLTON** *

Better days are ahead



Welcome

A warm welcome to Better Days Bolton.



What's your goal?

Everyone has their own goal. Your goal might be to stop, or it might be to cut down and feel more in control.



How will you reach your goal?

You may feel stuck right now. We will help you take steps toward your goals



How are you feeling?

You may be feeling anxious but we are a friendly and welcoming service.



Who we are

We offer free and friendly support if you have problems with alcohol or drugs.

We keep things private

When you talk to us, what you say is private.

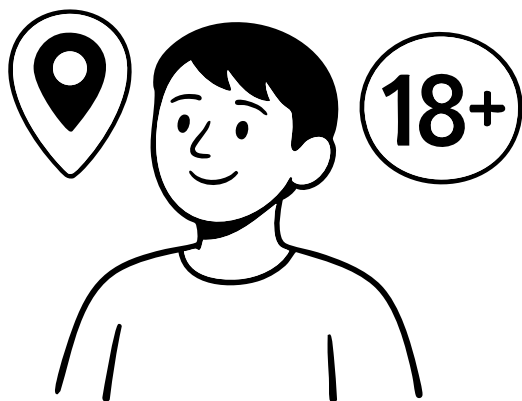


We will not share it with other people.



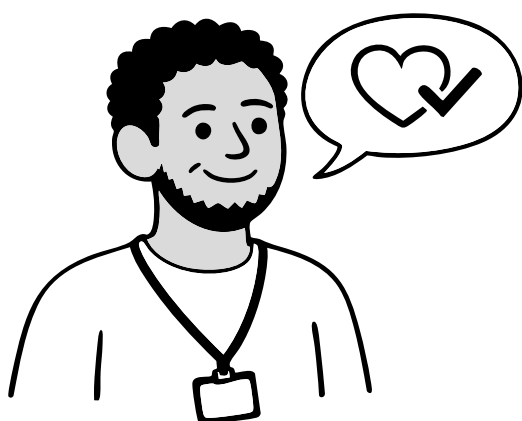
We will only share information if:

- it is needed to help care for you, or
- you ask us to share it



Who is this service for?

Anyone who lives in Bolton and is over 18 years old.



What we offer

You will have a worker who is trained to help people get better. This person will work with you to support your recovery.

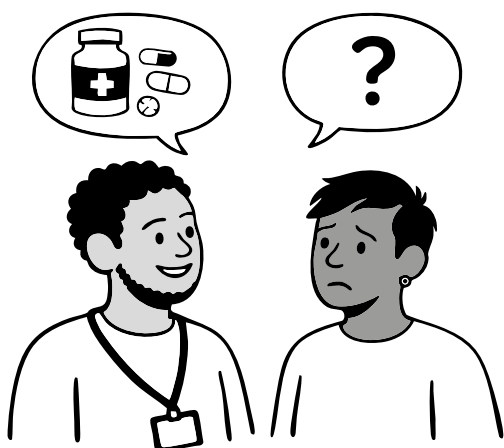


Group Support

You can join groups where people learn and support each other.



People who join groups often stay well for longer.



Medicines and Prescriptions

If you need medicine to help you, our health team will make sure you get the right support.



Detox

A detox helps your body safely come off alcohol or drugs, with support from trained staff.



Detox at home

You can have a detox at home, with support from your family, friends and our team.



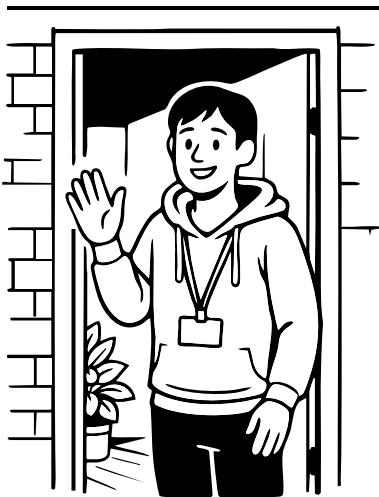
Residential Detox

If you need more help, you can have a detox in a safe place where you stay and staff support you every day.



Peer Support

You will meet friendly people like you in recovery who can guide you and help you stay on track.



Community and Buildings

Our buildings have a warm, welcoming community. Staff and people in recovery are here and ready to help.



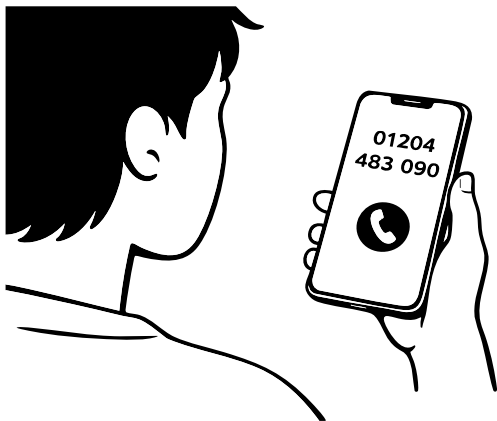
Classes and Aftercare

You can go to classes and events that help you learn new things and feel more connected to your community.



Clean injecting supplies

If you inject drugs, our team can give you clean needles and equipment. This helps protect your health.



What's a referral?

Referring yourself (self referral)

A referral is when you choose to ask for help. You can contact us yourself to get support.

Someone else referring you

Someone who cares about you like a doctor, support worker, friend or family member, can ask for help on your behalf.

How to refer

Refer by phone

Call us on 01204 483 090 to get help.

Refer online

You can refer online. Go to our website and find the 'Refer Online' link. Fill in your information so the team can get in touch with you.



Email us

Contact us by email

If you have any questions you can email us at info@betterdaysbolton.org.uk



Visit us

For your appointment, come to Le Mans Crescent. You will find the entrance on Queen Street. The postcode is: BL1 1SX



How to find out more

To learn more about us, please visit our website.

www.waythrough.org.uk
search 'Better Days Bolton'

This easy read document has been produced by the Better Days Bolton team.

If you require materials in other formats or languages please contact:

info@betterdaysbolton.org.uk

In partnership with...

**Bolton
Council**

Waythrough

**community
led initiatives**

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