



## Together, Over 5 Years

A Strategic Partnership Approach to Tackling Addiction and  
Rebuilding Lives with Compassion.

Five-Year Strategic Partnership Plan | 2025–2030



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## | WHO WE ARE

# Helping people rebuild their lives – through compassion, understanding and hope.

Recover Bolton is a charity dedicated to helping individuals and families affected by addiction – including drugs, alcohol, and behavioural struggles.

Founded in Greater Manchester, we've built a model rooted in compassion, cultural sensitivity, and practical support – with the vision to grow and deliver in partnership with local providers and communities.

We walk alongside people through their recovery journey – creating a safe, non-judgemental space to find help, rebuild lives, and reconnect with their families and communities.





## | THE KNOCK ON THE DOOR

### It all started with a knock on the door...

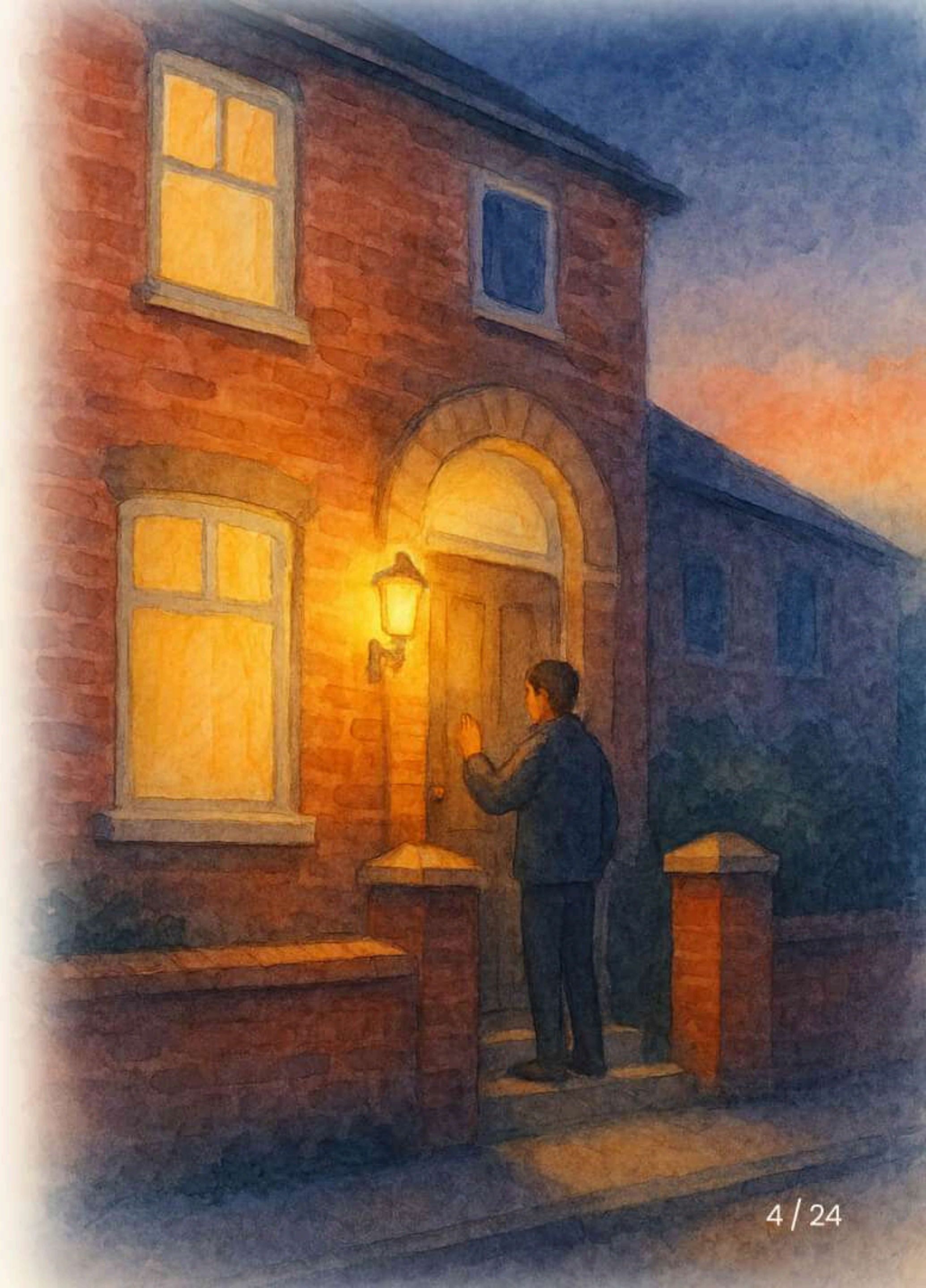
It was late one evening when I heard an urgent knock at my front door. Standing there was a very close friend — his face etched with desperation and uncertainty.

He had been battling a deepening struggle with heroin addiction, a burden that had weighed heavily on him for some time. But that night, he had reached breaking point. He didn't want to confide in his family or wider circle of friends. The fear of judgment, disappointment, and stigma had kept him silent for far too long. Yet, he knew he needed help.

More than anything, he needed someone who would truly listen. Someone who would take him seriously — not dismiss his pain or push him away.

He was looking for a safe space, a conversation free from shame, where he could openly acknowledge the reality of his addiction without fear of rejection.

In that moment, as I listened to him, I saw in his eyes that he needed my support.





## | THE KNOCK ON THE DOOR

# and that knock was the beginning of Recover.

He had reached out — not because he had nowhere else to go — but because he believed I would understand and support him without judgement.

That single knock on the door set me on a journey — one that would ultimately lead to the creation of Recover Bolton.

A group of people that those struggling with addiction could reach out to, and find the understanding, guidance, and culturally sensitive support they need.

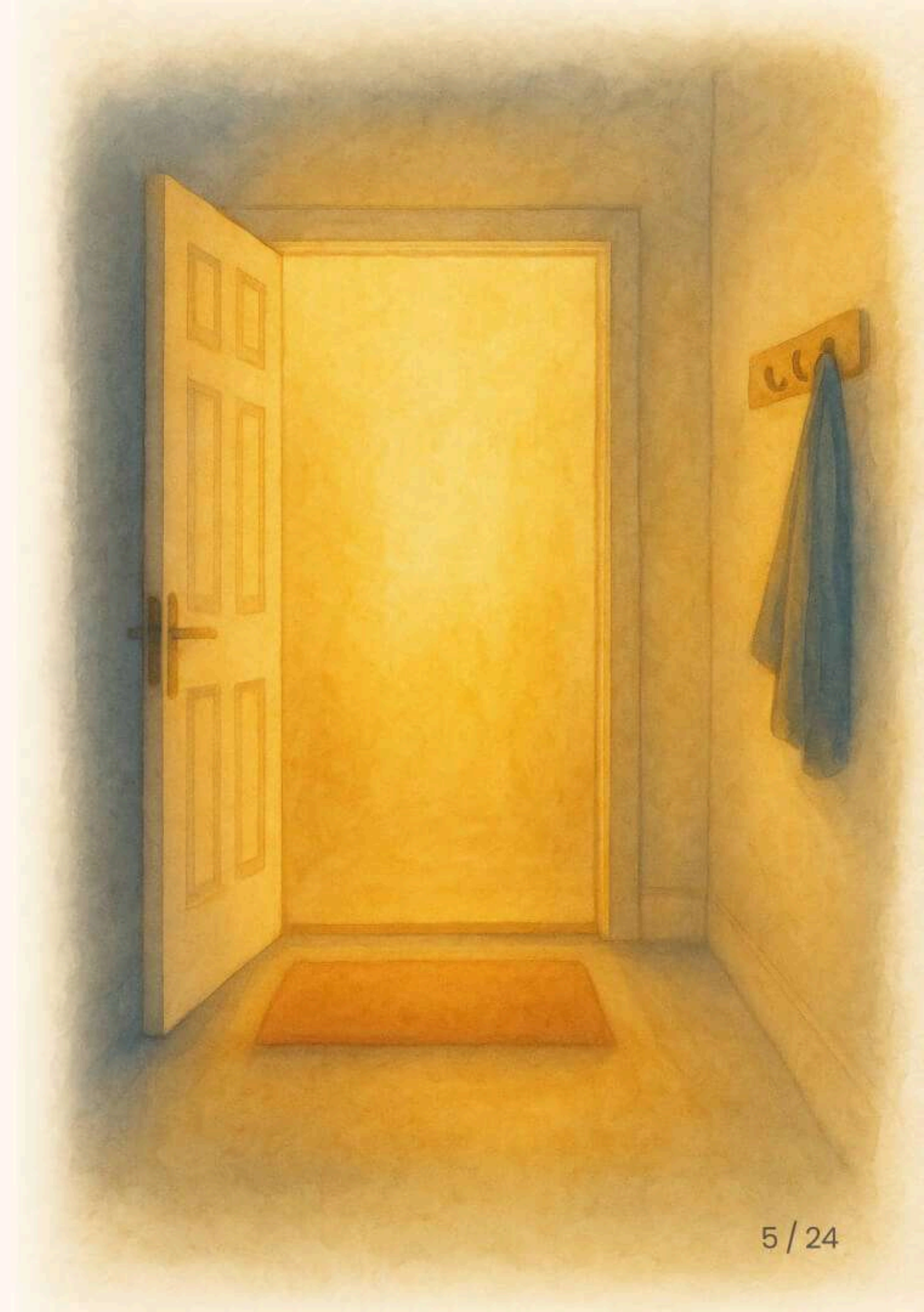
That night wasn't just about helping a friend — it was about recognising a much wider, urgent need in our community.

Many others, just like him, are suffering in silence. Afraid to seek help. Afraid of judgment. Afraid of where their addiction might lead.

There had to be a better way — a way to ensure that no one struggling with addiction feels they have to suffer alone.

**Riaz Vali**

Chair of Trustees





## | THE STRUGGLE TO FIND SUPPORT

# Recovery is never a straight path

Addiction does not exist in isolation.

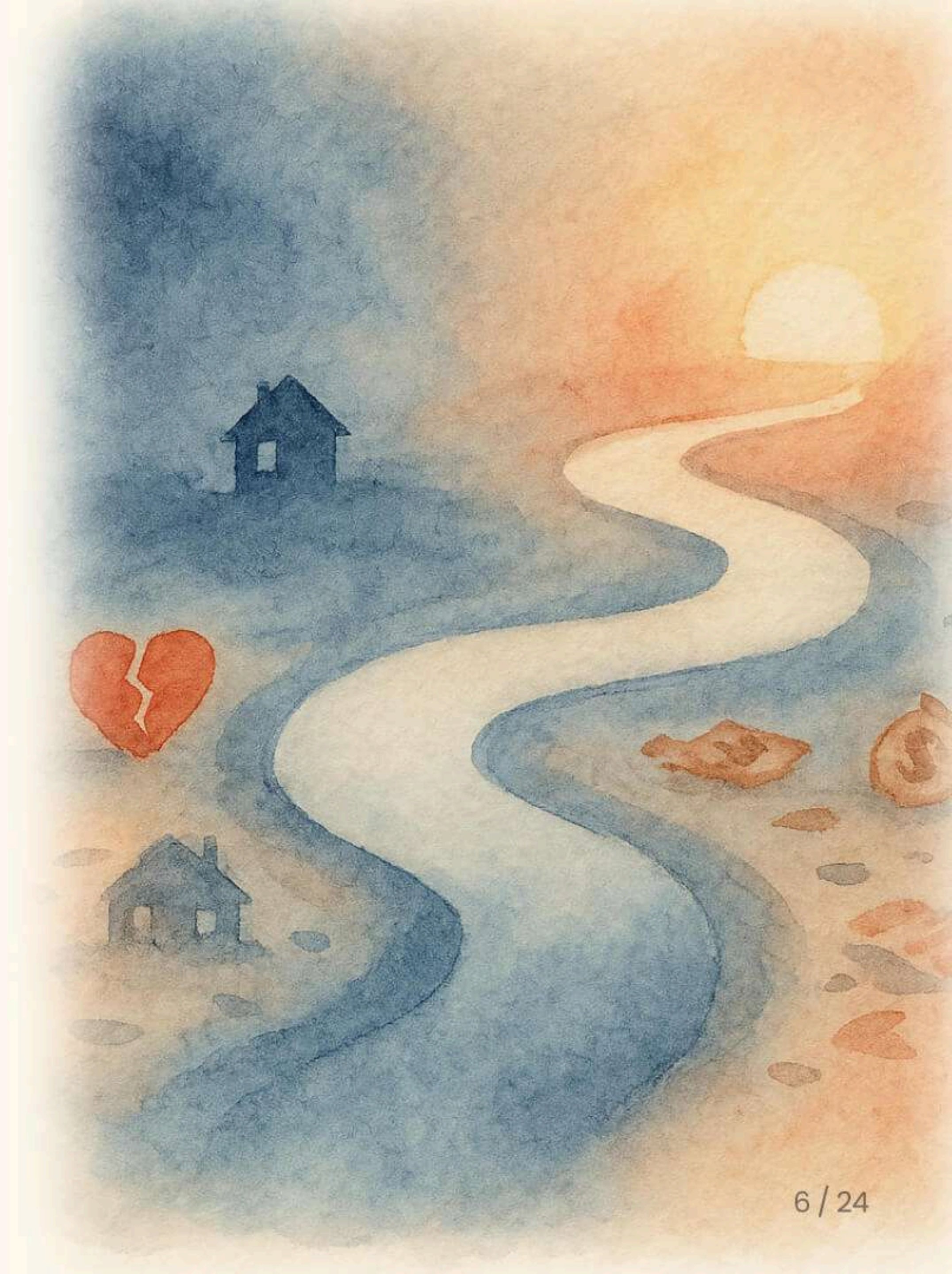
People battling addiction also often face:

- Stigma & isolation
- Housing instability
- Debt & financial stress
- Relationship breakdowns
- Mental health struggles
- Legal and social challenges

Early on, we realised recovery had to go beyond addressing substance use — it required rebuilding other aspects of people's lives.

But the system was fragmented — no single place offered the wraparound support people needed.

Recover Bolton's mission became clear: Build a community response that sees the whole person, not just their addiction.





## | LEARNING BEYOND BOLTON

# Learning from others to build what our community needs

In the early stages of supporting individuals, we quickly saw the limitations of local addiction services.

They were often too clinical, too impersonal — and lacked the holistic, faith-sensitive support that many in communities like ours needed.

So we started looking beyond Bolton for models that truly worked.

That search led us to two inspiring places:

- **Spinney Hill in Leicester**, a community with similar demographics and cultural challenges
- **A rehabilitation centre in South Africa**, where faith and lived experience were central to recovery

Both models were powerful. We even sent several individuals abroad for treatment — and their lives changed in meaningful ways.





## Bringing it home – Shaping our own path

But while sending people abroad was life-changing, it wasn't sustainable.

The financial burden – often carried by families or supported through community donations – was simply too great to maintain.

**We needed a better solution that was:**

- Local
- Affordable
- Rooted in the needs of our community

So we returned to Spinney Hill – not just for inspiration, but for mentorship.

Their leadership helped shape a vision for a home-grown model that felt right for Bolton – and potentially, for many other communities like ours.

A model that would become Recover Bolton – a culturally grounded, community-led service.





## | THE FRONT DOOR

# A trusted first step towards recovery

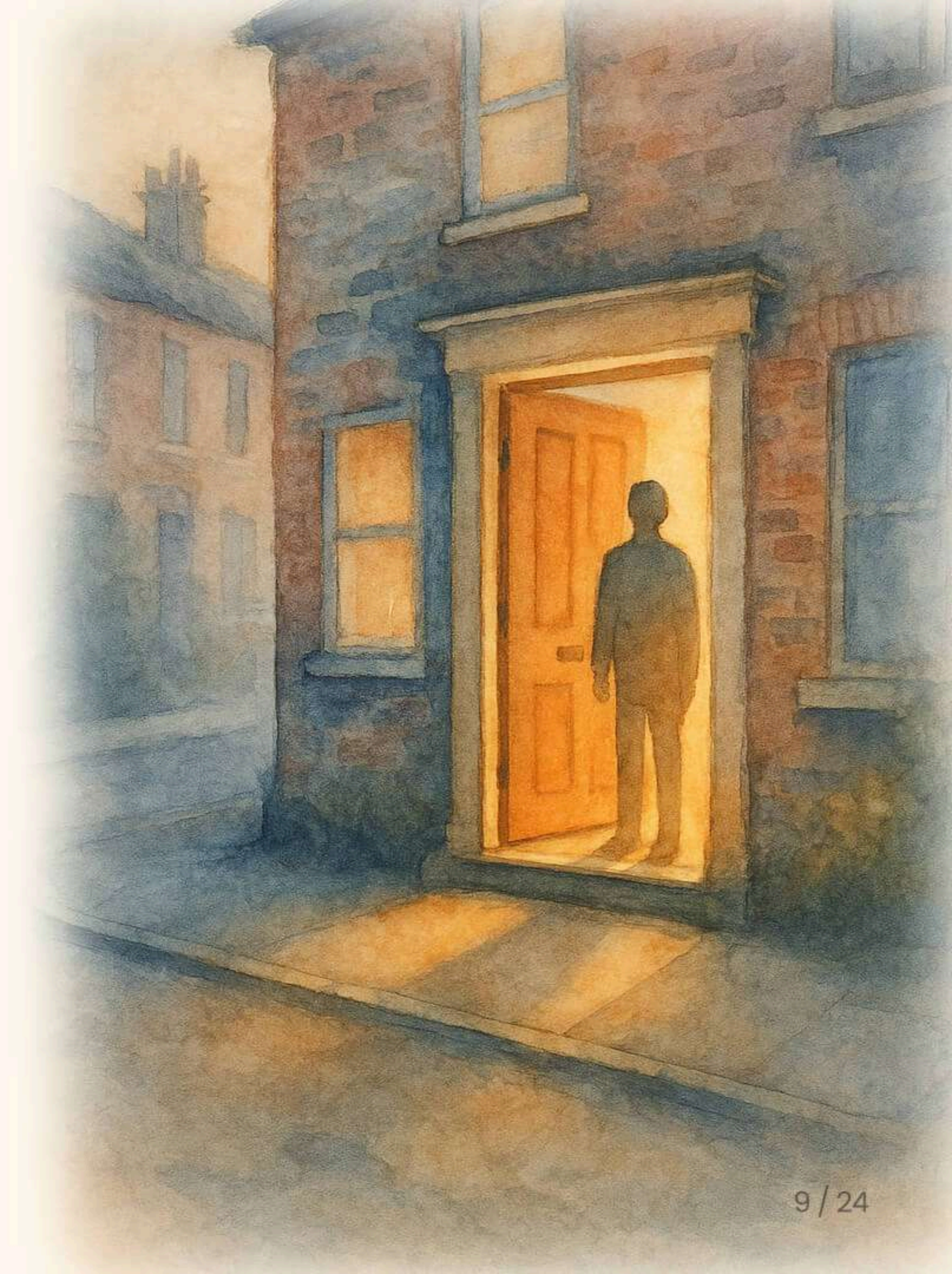
Through our work over the past two years, we've learned that recovery often begins long before any professional intervention.

It starts with someone being heard. Someone being believed.

That's why we created The Front Door — not just a service, but a warm, stigma-free point of contact.

A place where individuals, families, and community members can come forward and say: *"I need help."*

Here, we listen. We understand. And we walk alongside each person — without judgment.





## | THE FRONT DOOR

# Guided by those who've walked the path

What makes this space truly powerful is the people at its heart:

- Local volunteers
- Peer mentors
- Community champions

Many of them have faced addiction themselves — and come through it.

They don't just give advice.

They offer hope, trust, and lived wisdom.

This culturally aware, human-first approach makes people feel seen, safe, and ready to take their first real step toward recovery.





## | THE LIVING ROOM

# A safe space to start, wherever you are

The Living Room is more than a place — it's a promise.

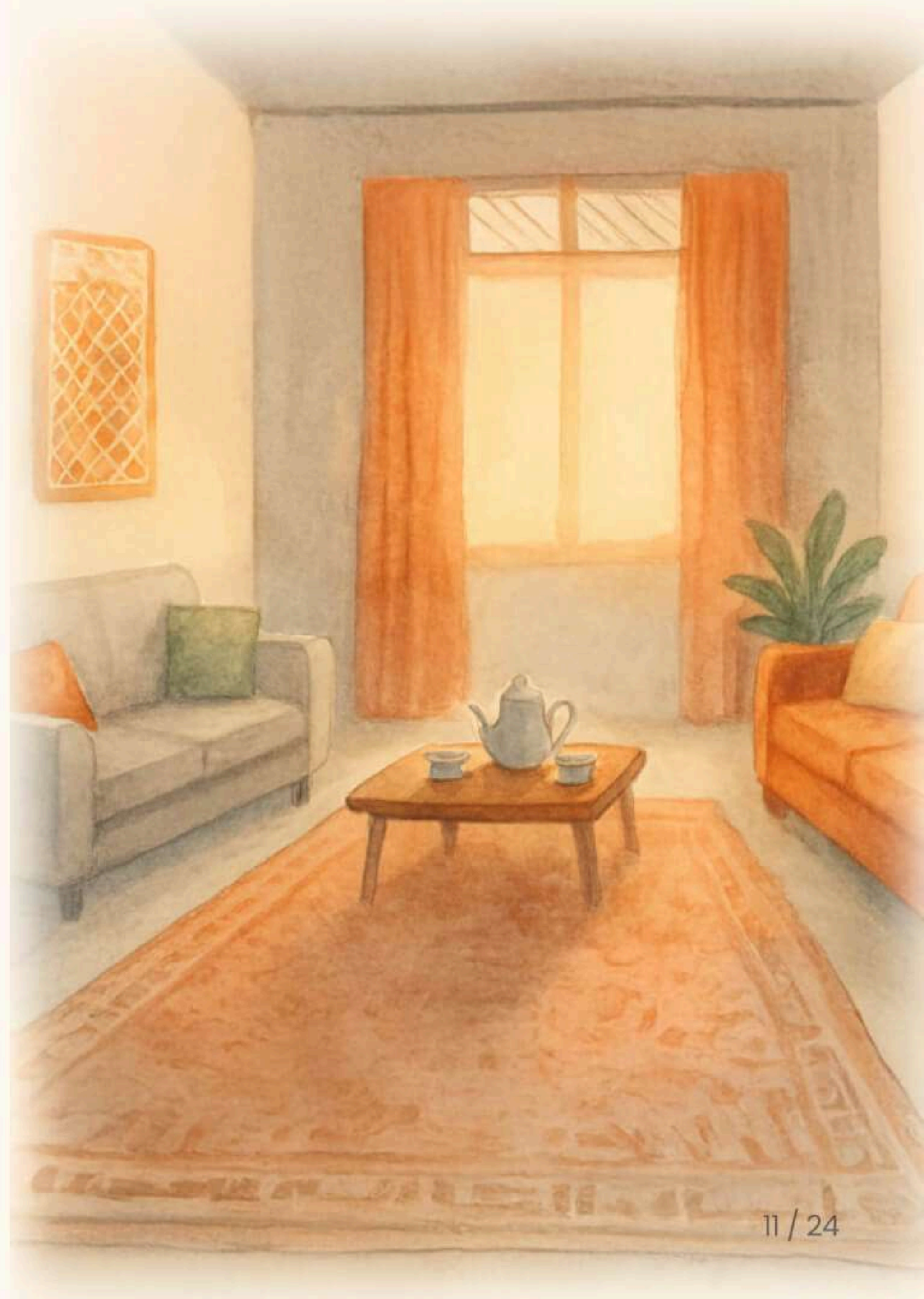
A promise that someone will listen. That support is within reach. And that no one has to face addiction alone.

Until recently, The Living Room was a virtual space, offering support through:

- Phone calls that matter
- One-to-one counselling and care
- Trusted guidance offered in local community spaces when needed

But having recently secured a physical hub in Bolton, we're excited to now also offer this support face-to-face. The Living Room brings together trusted partners from across the community — offering people the right help at the right time. People using the service over the phone have told us:

| "It felt like someone opened a door and welcomed me in."





## | THE LIVING ROOM

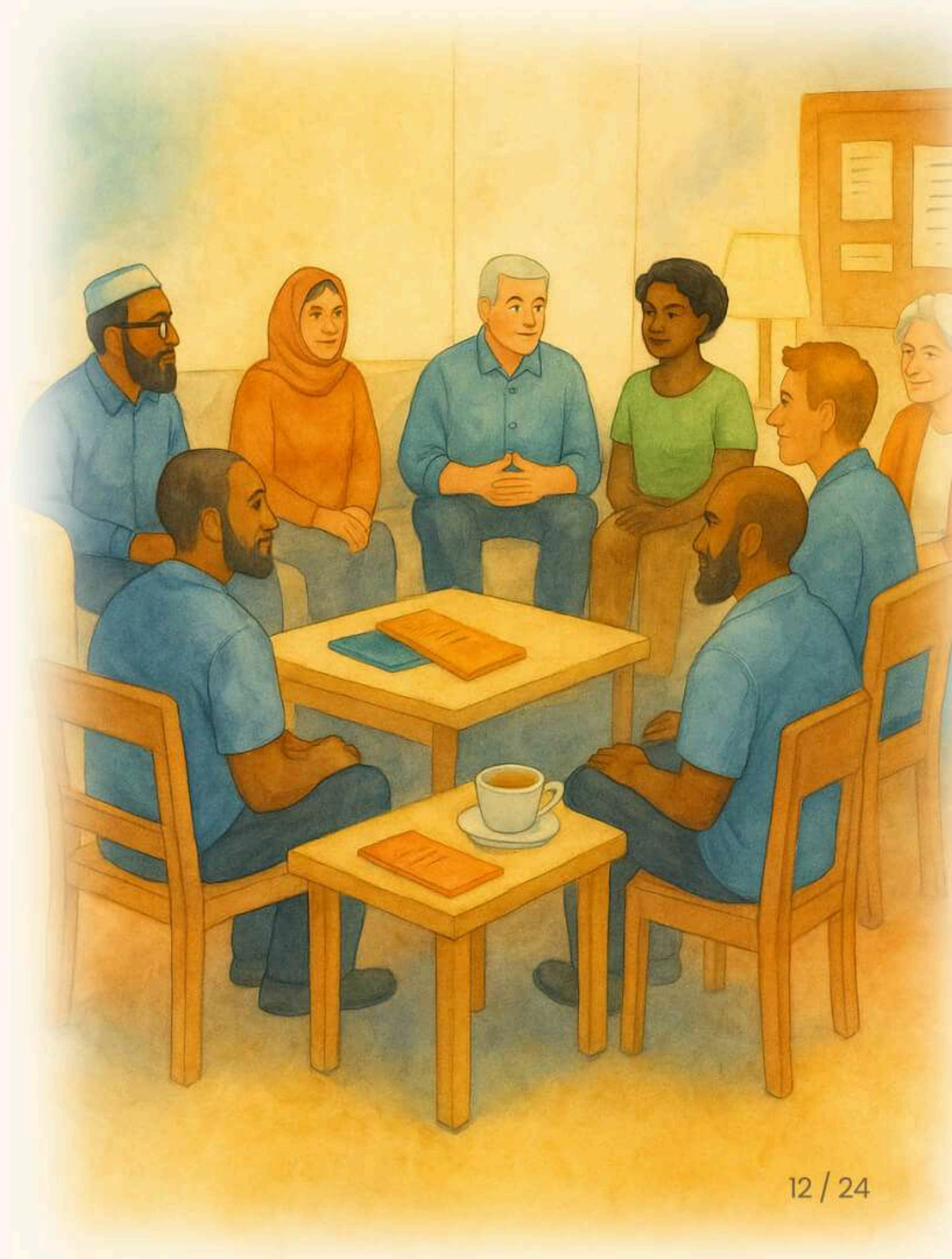
# Connecting people to the right support – For today and tomorrow

The Living Room brings together trusted partners from across the community – offering people the right help at the right time.

**Up to now, this happened virtually through:**

- Phone-based support
- One-to-one guidance
- Referrals to community services when needed

With a location secured, we're now ready to create a **physical Living Room** – a welcoming hub where professionals from across housing, health, mental wellbeing, and recovery services come together in one place.





## Recovery is not the end – It's the beginning

Rehabilitation is just the first step.

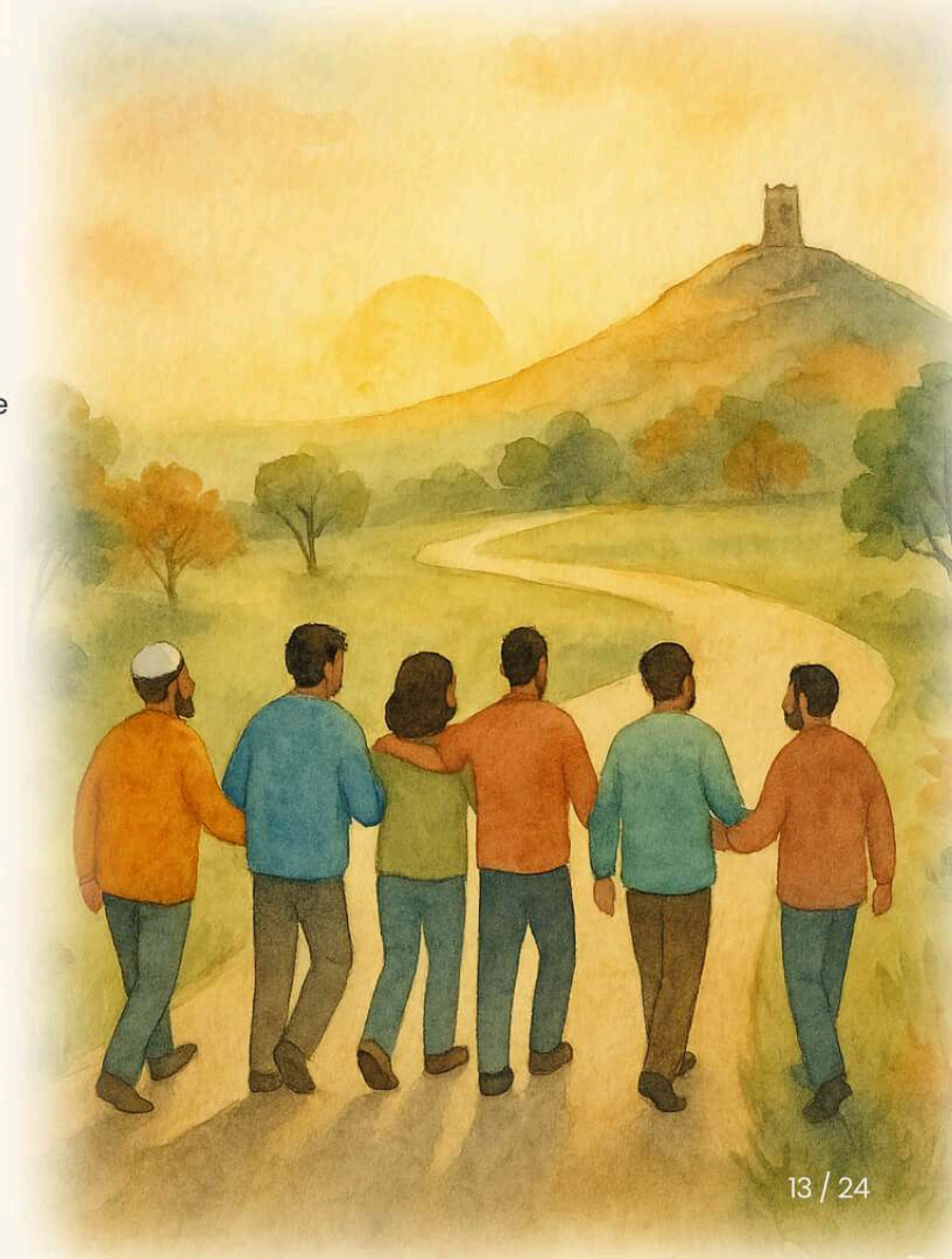
Lasting recovery happens when people are supported to rebuild their lives — one piece at a time.

That's why our work doesn't end when someone reaches a point of recovery.

**We continue walking alongside them as they:**

- Find stable housing
- Rebuild relationships
- Access mental health care
- Regain financial stability
- Develop life skills
- Reconnect with their community and faith

This means that the people we help can find a new way forward — with purpose, dignity, and hope.





## From survivors to supporters

Those with lived experience rebuild their own lives — but also help others do the same.

### They become:

- Mentors
- Advocates
- Community educators
- Peer supporters

They speak at schools, youth events, and community workshops.

They challenge stigma and raise awareness.

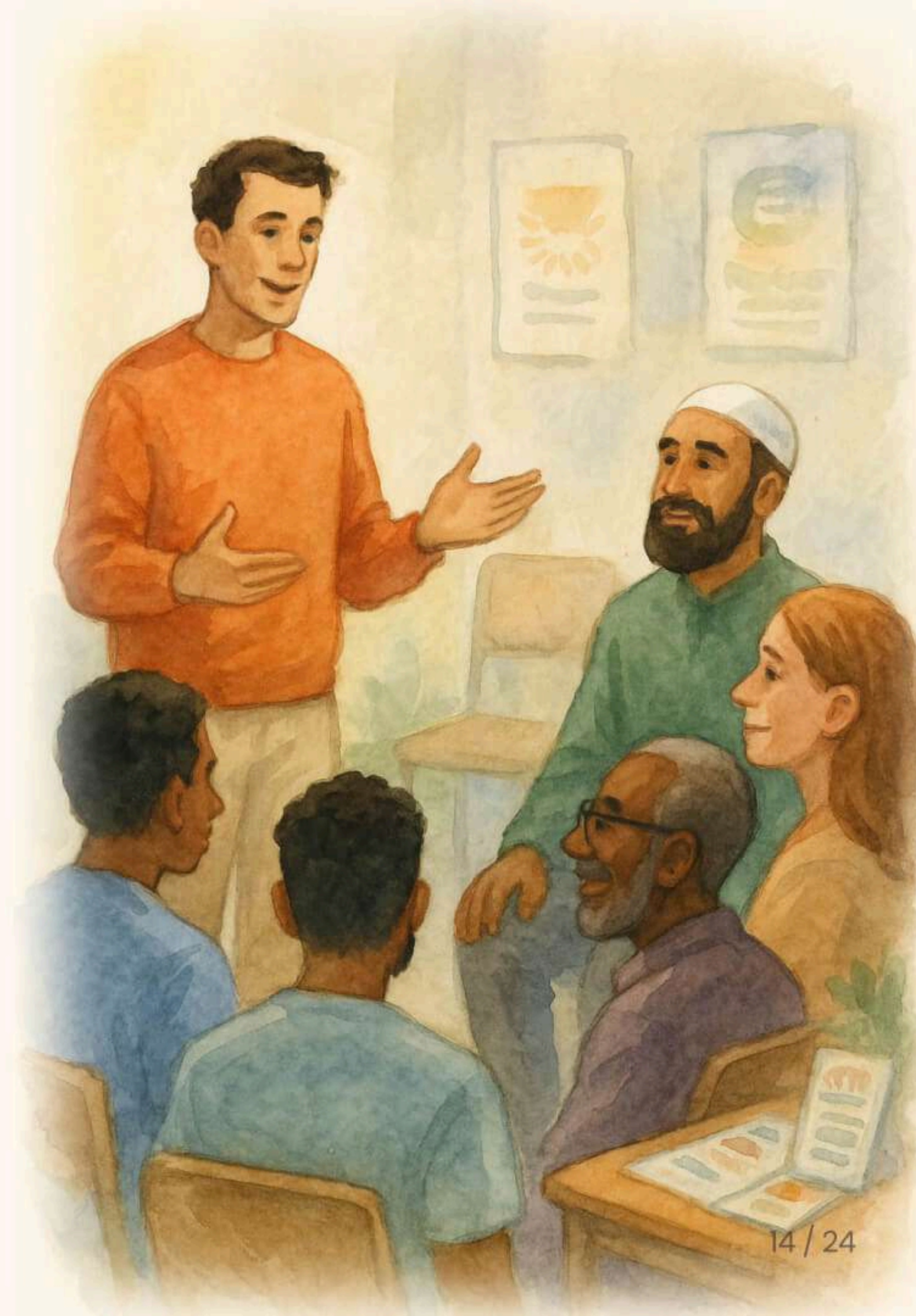
They show others what recovery can look like — real, raw, and possible.

And because they've been there, their support hits differently.

It feels authentic, relatable, and empowering.

At Recover, we're building more than individual journeys.

We're building a resilient, recovery-powered community.





## | VISION & MISSION

### Our vision & mission

#### Vision:

To establish Recover Bolton as a trusted, community-led service — providing culturally appropriate recovery support and partnership pathways locally and beyond.

#### Mission:

To deliver holistic, person-centred addiction support that heals the mind, body, and soul. Rooted in compassion, confidentiality, cultural sensitivity, and Islamic values, we are dedicated to empowering individuals and families to recover with dignity, rediscover purpose, and achieve long-term stability.





## | OUR APPROACH – A PATH TO RECOVERY

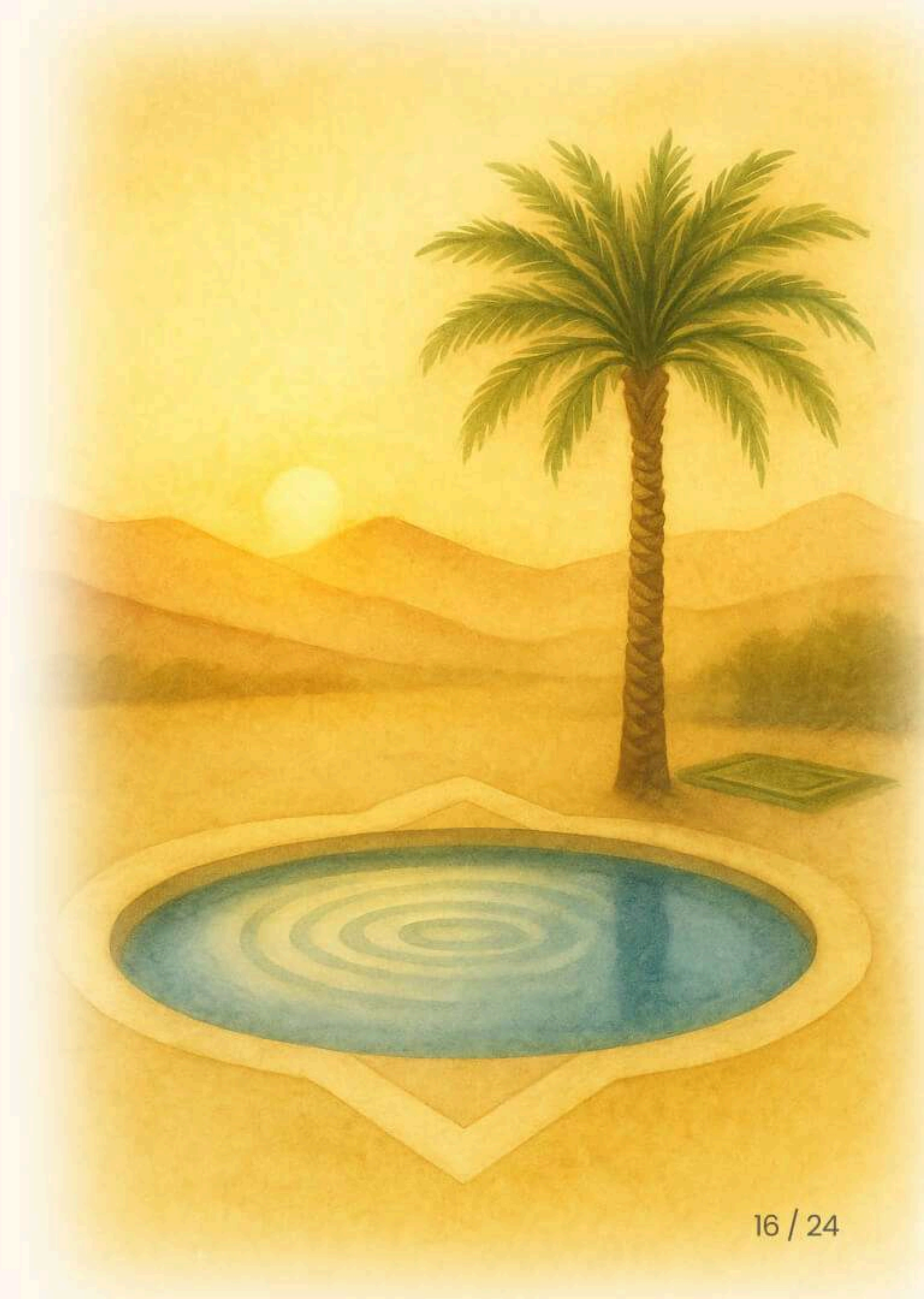
# Mind, Body & Soul: A holistic path to recovery

### Faith-Inspired Tools for Lasting Change

As well as breaking free from a substance or behaviour, we believe a key factor in addiction recovery is rebuilding a life. The **Mind, Body & Soul** model offers a powerful, balanced framework for healing that draws on spiritual values and inner transformation. Rooted in faith, but open to all, this approach encourages the use of spiritual tools and practices, such as prayer, scripture, gratitude, and community to support personal growth and lasting recovery.

Importantly, this faith-inspired model works alongside any treatment, therapy, or medical support that may be recommended, and it acknowledges how crucial peer encouragement and family support are in a person's journey to recovery. Healing is not a solitary path. It's a bridge supported by connection, compassion, and community.

**Mind, Body & Soul** doesn't prescribe one religious path – it embraces a holistic journey where faith provides strength, guidance, and hope for a new beginning. Recovery is just as much about what we grow into, as it is about what we've left behind. Healing the mind, body, and soul is a journey toward wholeness, guided by the light of faith and the power of personal renewal.



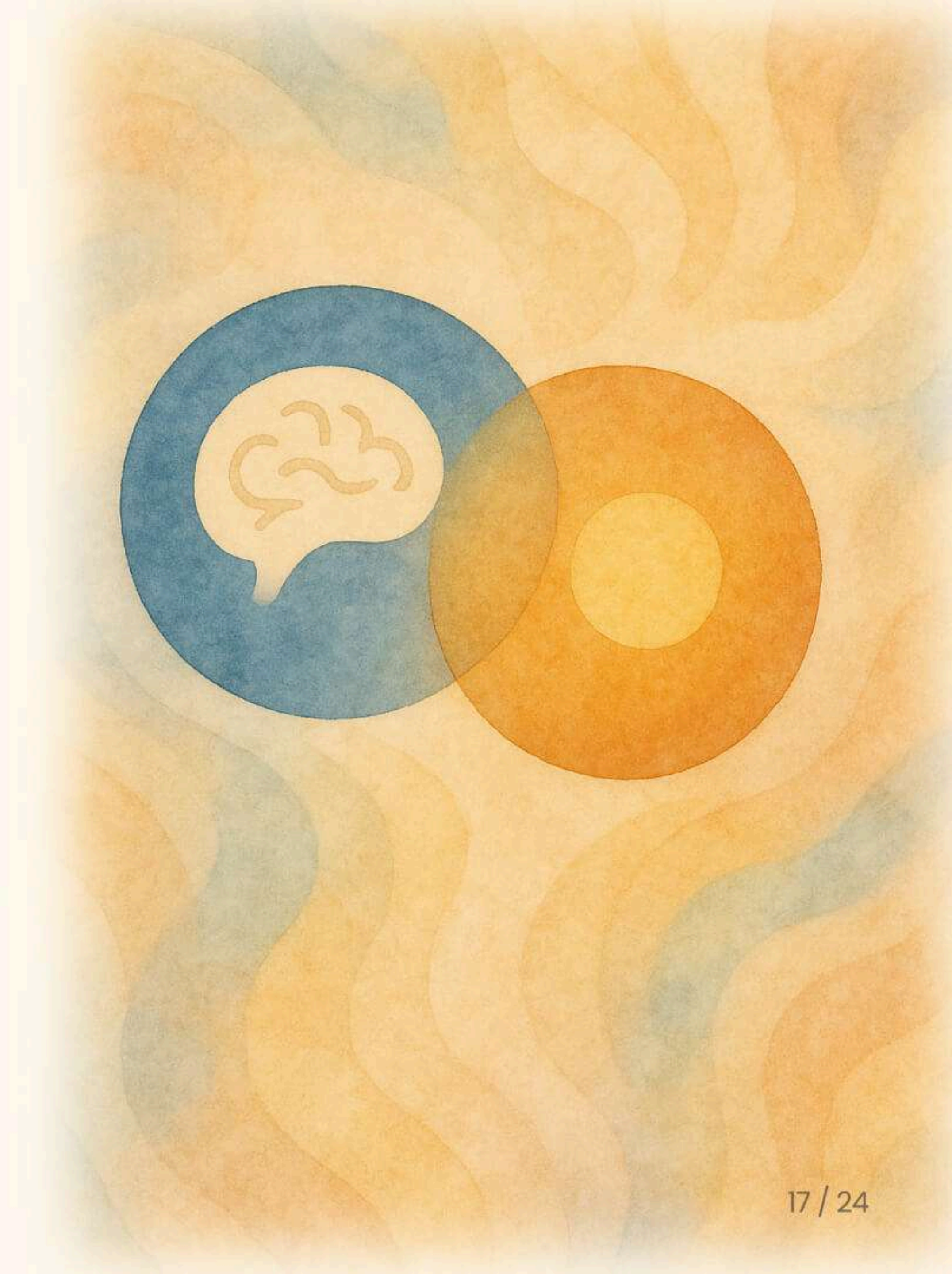


## Mind – Renewing thought and clarity

Addiction often clouds our thinking and judgment. The recovery journey begins with the renewal of the mind, learning to let go of destructive thought patterns and embrace new, healthier ways of thinking. Through self-reflection, prayer or meditation, learning, and connection with spiritual wisdom, people can begin to reshape how they see themselves and the world. Faith helps anchor the mind in hope, purpose, and a deeper truth beyond the pain of the past.

## Body – Respecting and reclaiming the physical self

Exhaustion, poor health, physical withdrawal – the body often feels the brunt of addiction. Recovery includes caring for and respecting the body: good nutrition, rest, exercise, and gradual healing. Many religious and spiritual paths teach the importance of caring for the body as a gift or token of trust. By treating the body with dignity and care, people in recovery begin to reclaim control and restore balance.





## Soul – Reconnecting with purpose and spirit

The soul is where we hold our deepest sense of meaning, values, and connection to the Divine. Addiction can leave people feeling spiritually empty or disconnected.

Reconnecting with the soul means rediscovering purpose, embracing forgiveness, and finding inner peace. Through prayer, spiritual guidance, service to others, or simply quiet moments of reflection, people can nourish their spirit and feel part of something greater than themselves.





## KEY ACHIEVEMENTS & ACTIVITIES TO DATE

### How we've supported individuals and families so far



#### Rehabilitation outcomes

- 25 individuals supported
- 22 fully recovered
- 3 in relapse — ongoing support in place



#### Family engagement & support

- 100% of families engaged from day 1
- Family sign-up required
- Ongoing support throughout recovery



#### Employment & skills support

- Personalised guidance for work reintegration



#### Legal & probation support

- Help navigating court orders and probation conditions



#### Mental health & trauma care

- Addressing root causes with trauma-informed professionals



#### Housing & stability

- Securing safe accommodation for recovery



#### Peer mentoring & lived experience

- Inspiring support from those who've walked the same path



#### Crisis intervention

- Rapid responses for relapses or emergencies



#### Monitoring & aftercare

- Ongoing check-ins to sustain recovery



## Looking ahead – our priorities

### **Develop our hub**

Establish our newly-acquired space in Bolton as a welcoming recovery hub – a *physical Front Door and Living Room* – offering peer support, counselling, and structured recovery programmes.

### **Strengthen governance & training**

Recruit and train staff, volunteers, and champions. Build a framework to monitor outcomes and continually improve.

### **Enhance access & engagement**

Act as the ‘front door’ for those seeking support. Introduce a structured, person-centred intake and referral process.

### **Build sustainable partnerships**

Collaborate with probation, housing, healthcare, faith and other VCSE providers to create a joined up recovery network.

### **Expand outreach & awareness**

Use trusted community voices and culturally relevant campaigns to reach those most in need – and reduce stigma.

### **Leverage best practice**

Learn from successful models like Spinney Hill. Adapt national recovery strategies to meet local needs.

### **Listen to lived experience**

Gather stories and insights from individuals in recovery, their families, communities & wider networks. By amplifying these voices, we support our partners in designing services that truly reflect the needs, strengths, and realities of those most affected by addiction.

### **Secure long-term funding**

Build long-term sustainability and prioritise influencing and securing core funding to provide a stable financial foundation for essential operations. In parallel actively pursue external funding opportunities through grants, partnerships, and project-based bids.



## | STRATEGIC ALIGNMENT: LOCAL (BOLTON)

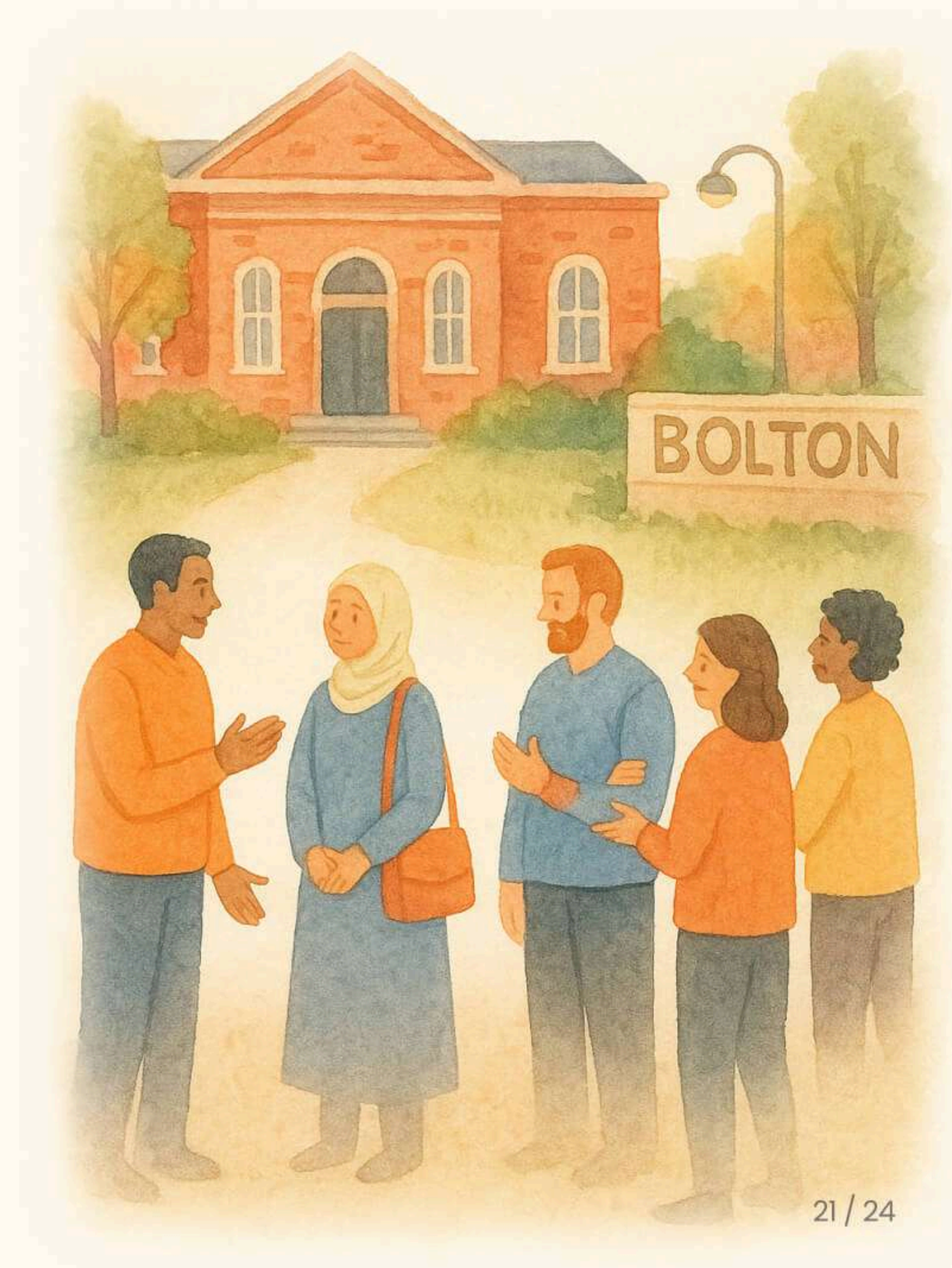
# Working towards Bolton's local priorities

**Bolton's Health and Wellbeing Strategy and JSNA highlight key local needs:**

- Drug and alcohol harm reduction
- Mental health support
- Early intervention & prevention
- Stronger community resilience
- Culturally competent care

**Recover Bolton will:**

- Act as a culturally sensitive front door to support for the Muslim and wider community
- Work with the council and VCSE partners to address housing, employment, and family breakdown
- Establish The Living Room as a peer-led hub aligned with Bolton's integrated care ambitions
- Deliver outreach, education, and stigma reduction across neighbourhoods





## | STRATEGIC ALIGNMENT: REGIONAL (GREATER MANCHESTER)

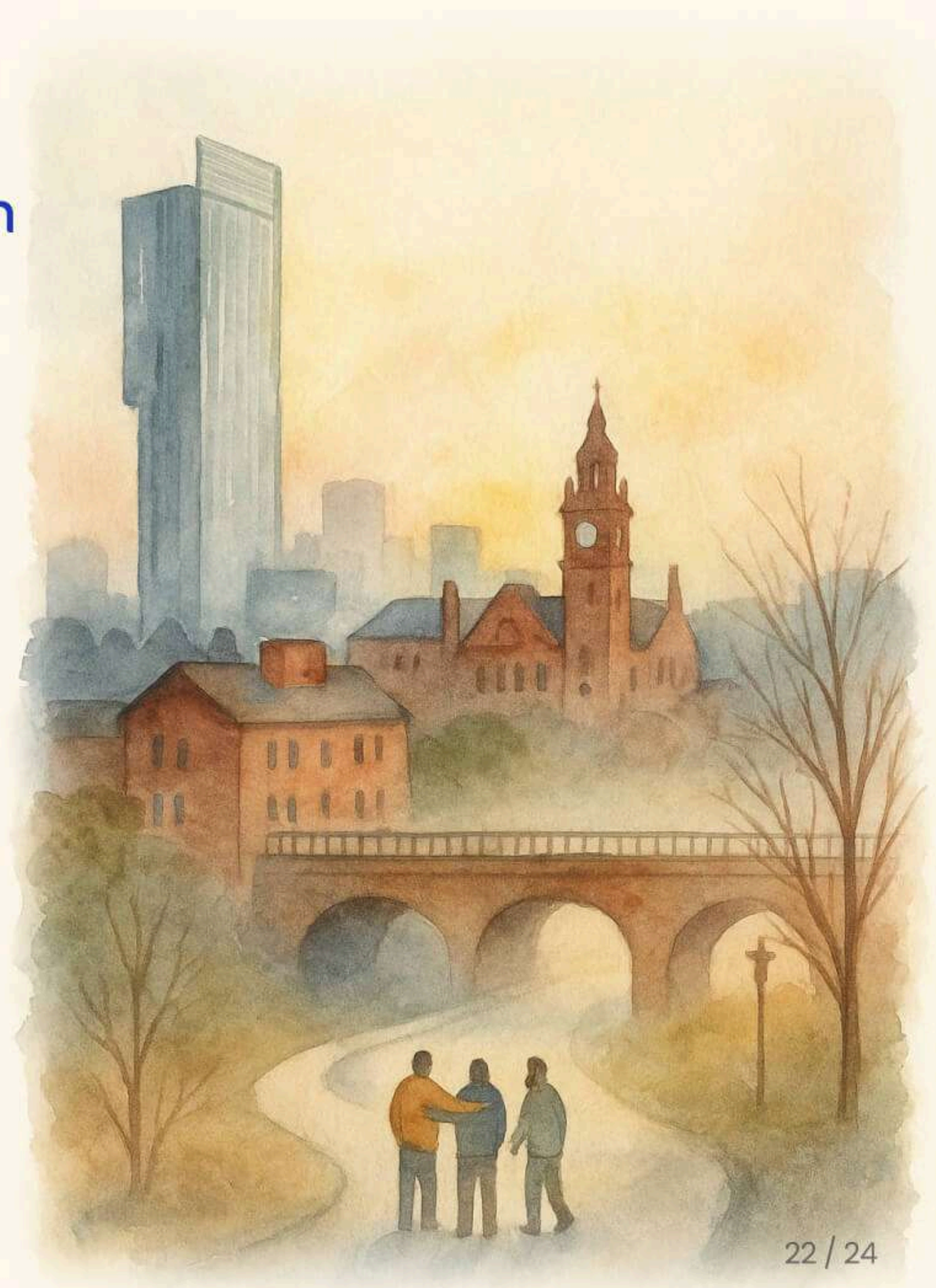
# Supporting Greater Manchester's recovery vision

### GMCA's Substance Misuse Strategy prioritises:

- Whole-system, trauma-informed approaches
- Reducing deaths and inequalities
- Embedding lived experience in service design
- Cross-sector pathways (justice, housing, mental health)
- Stronger, community-led responses

### Recover Bolton will:

- Embed a *faith-sensitive, trauma-informed* model of care
- Involve lived experience in delivery through mentors, educators and peer voices
- Partner with probation, housing, and mental health teams to facilitate reintegration





## | STRATEGIC ALIGNMENT: NATIONAL (ENGLAND)

# Contributing to national recovery goals

National strategies (10-Year Drug Plan, NHS Long Term Plan, OHID) focus on:

- Expanding access, especially for under-served groups
- Whole-system recovery and aftercare
- Building recovery *capital*: housing, employment, support networks
- Strengthening the VCSE sector
- Data-driven, outcomes-based innovation

Recover Bolton will:

- Offer a community-led, *culturally aware model* aligned with national goals
- Expand access for faith-based and ethnic minority groups
- Strengthen recovery capital via partnerships
- Build a simple evaluation framework to track outcomes and impact





# Closing statement

On the surface, recovery is about breaking free from addiction.  
But look deeper, and you'll see it's also about rebuilding lives, restoring dignity, and creating hope — one person, one family, one community at a time.

At Recover Bolton, we believe no one should have to walk that path alone.  
We're here — to listen, to guide, and to support.

Whether you're someone in need, a family member, or a potential partner — we welcome you to be part of this journey.

## Contact & Support

### Get In Touch

Text, WhatsApp or email us anytime:

**Phone:** 07823 657360, 07789 401002, 07488 864816

**Email:** [contactus@recoverbolton.org](mailto:contactus@recoverbolton.org)

