

# Achieve Asset Fund

**Salford & Trafford**

## Activities Directory

January 2025-December 2025



# Overview

To help support the recovery community, Achieve workers, and their clients, Salford CVS have created this directory with information on 2024-25 funded organisations, the activities they are providing, and contact details of key contacts.

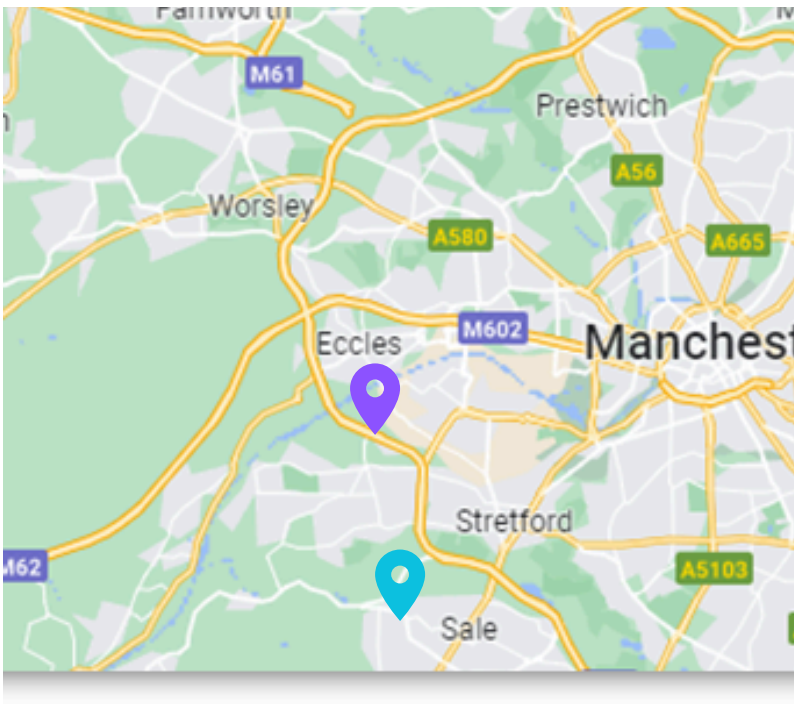
Please be aware that activities can change over the delivery period and therefore some information in the directory may not be up to date. Some projects may also be full, or not accepting referrals.

If you have any questions or queries, please contact groups directly. If you have any concerns, or any information is incorrect, please contact Salford CVS on [grants@salfordcvs.co.uk](mailto: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

Broughton Boxing  
Sow the City  
Fallen Angels Dance Theatre  
Mandem Meetup  
Itsherstory  
Chabad Community Care

### Trafford

Flowhesion Foundation  
The Mile Shy Club  
Hidden Treasure Trust CIO  
Tackling Minds CIC  
Gorse Hill Studios

## Salford Projects

**Sow the City** - This project will provide people in recovery with Social and Therapeutic Horticulture sessions for improved mental and physical health, through green wellbeing activities and access to free, healthy food.

Email/Telephone: [info@sowthecity.org](mailto:info@sowthecity.org)/ 0161 465 6954

**Broughton Boxing Academy** - Ready, Steady, Recovery uses sports and fitness to help improve the physical and mental wellbeing of members of the recovery community whilst also providing training and volunteer opportunities and developing pathways into employment.

Contact: <https://salfordboxingclub.com/contact.php>

**Fallen Angels Dance Theatre** – Recovery in Motion 2024 will move forward previous Achieve activities with weekly movement workshops, moving towards peer-led activity.

Email/Telephone: [claire@fallenangelsdt.org](mailto:claire@fallenangelsdt.org)/ 07801478548

**Mandem Meetup** – Mandem Together will be an in-real-life materialisation of our WhatsApp “Addiction Support Crew” group. The Mandem want to a “Talking Circle” (a space to talk without judgement or expectation) only for those in recovery, Mandem Football to encourage physical activity and a Walk and Talk all based in Trafford, dreamt up, created and delivered by those in active recovery all for free.

Email/Telephone: [jamie@mandemmeetup.org](mailto:jamie@mandemmeetup.org) / 07751589289

**Itsherstory** - Partnering with charities and business, the Achieveher Excel programme for women offers coaching, and peer group support designed to increase self-esteem and increase employability.

Email: [contact@itsherstory.uk.com](mailto:contact@itsherstory.uk.com)

**Chabad Community Care - Aliyah Youth** - Helping youth and the wider community by setting up educational evenings, get togethers, community joint sessions(people in AND out of recovery) including sports, discussion topic groups, health and fitness evenings and various training evenings and other various mind and wellbeing health projects that they can attend which will help them along their recovery journey. Running art, music and expressive groups as well as boxing classes and fortnightly hikes. Guided mindfulness and meditation evenings which we find crucial to recovery. For Orthodox Jewish Community members.

Email: [francesca@chabadcommunitycare.org](mailto:francesca@chabadcommunitycare.org) / [mendel@aliyayouth.org.uk](mailto:mendel@aliyayouth.org.uk)

## Trafford Projects

**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@mileshyclub.com](mailto:hello@mileshyclub.com)

**Flowhession Foundation** – Various bi-lingual services including 1-1 mentoring, support groups, and counselling services for those aged 18-60.

Email/Telephone: [admin@flowhessionfoundation.org.uk](mailto:admin@flowhessionfoundation.org.uk)/ 01204 275 106

**Hidden Treasure Trust CIO** - The Restoration Project is a holistic approach to supporting people in recovery through activities, relationship and fun. It uses a combination of 1-1 support, a weekly programme of activities and a monthly get-together to build on existing work and services in Partington and Trafford.

Email: [ruth@hiddentreasuretrust.com](mailto:ruth@hiddentreasuretrust.com)

**Tackling Minds CIC** - Tackling Minds seeks funding to expand our successful fishing based recovery programme, currently active in Trafford and Salford. Our project will provide 40 structured therapeutic fishing sessions to individuals in drug and alcohol recovery, building on our proven results to improve mental wellbeing, reduce relapse rates, and strengthen community support.

Email: [David.lyons@tacklingminds.org](mailto:David.lyons@tacklingminds.org)

**Gorse Hill Studios** - Inclusive/holistic recovery support for young adults (including minoritised groups) through a range of relevant activities delivered in partnership with referrals from local community groups, housing providers, and recovery/health services – including peer-led recovery networks.

Email: [hello@gorsehillstudios.co.uk](mailto:hello@gorsehillstudios.co.uk)

***If you would like more information, or would like to refer your client, please contact each organisation directly.***