

## We are Next Steps

We're a Bury-based network that empowers people to make positive changes to their relationship with drugs or alcohol. We help our friends, families and neighbours by sharing honest, non-judgemental, relatable advice about substance misuse, addiction and recovery. We also promote wellbeing events and activities. **We do this because we care about ourselves, each other and our communities.**

## Our Vision

Anyone who wants to get into recovery should be able to find help and advice independently in their local area, benefiting from the lived experience of those around them. Our network will make services and support easier to navigate, without shame or stigma, while putting emphasis on visible wellbeing and the benefits of healthier living. **No one left out, no one left behind.**

## Our Values

**Honesty • Empathy • Trust  
Acceptance • Relatability**

## Get in touch with us!

Please feel free to contact us via email or using our social media channels.

✉ [nextsteps@gmmh.nhs.uk](mailto:nextsteps@gmmh.nhs.uk)

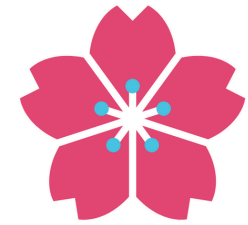
🌐 [Facebook.com/NextStepsBury](https://www.facebook.com/NextStepsBury)

## Visit our Facebook page!



Hold your mobile phone camera over the QR code to go straight to our Facebook page and find loads of community activities that can support your wellbeing.

Next Steps is a wellbeing network set up by people with lived experience of recovery.



# Next Steps

ACCEPTED - CONNECTED - RESPECTED

**We are a  
peer-driven  
recovery and  
wellbeing  
network, built on  
lived experience**

**Working together for a healthier, happier  
Bury.**

**We are on a mission  
to make recovery and  
wellbeing better for  
everyone in Bury.**

## **Will you join us?**

Next Steps was set up by people with lived experience who wanted to help others by sharing honest, relatable advice and support.

Our network promotes a range of events, activities, drop in advice sessions and other opportunities for the people and communities of Bury.

## **Honest, relatable advice**

No matter where you are in your journey and what steps you want to take next, we can support you with friendly, real-talk advice that is based on the lived experience of our members and team. From getting into recovery, to chatting about volunteering and other opportunities, we are always happy to help people explore their options.

## **Join us today!**

It only takes 30 seconds to sign up to our network, giving you access to a wide range of activities across Bury that can support your mental, physical and social wellbeing. All you need to do is scan the QR code below.



## **Do you run a group, activity or organisation?**

We are always eager to hear from local groups that support wellbeing in the community.

Please feel free to email us on **[nextsteps@gmmh.nhs.uk](mailto:nextsteps@gmmh.nhs.uk)** to tell us about what you are up to.

## **Groups and events**

We put on a range of groups and events throughout the week all across Bury, all geared towards supporting wellbeing. We also promote activities that are provided by our member organisations.

## **Support our families and carers**

If you care about someone who is affected by drug or alcohol use, you can speak to us about the range of support for families, friends and carers that is available from local services and groups.

**Our contact details  
are on the back of  
this leaflet!**

