

May 2025 

# Bolton Macmillan Information & Support Service

## Diary Dates

Walking Group - Fri, 2 May  
Wig Service - Wed, 14 and 28  
5K Your Way - Sat, 31 May  
Yoga - Wed, 14, 21 and 28 May  
Health and Wellbeing Event Wed, 7 May  
Boots No 7 Skincare Masterclass - Mon, 12 May  
Craft Group - Thurs, 1,8,15,22 and 29 May  
Bolton Cancer Voices - Mon, 12, 19 and 26 May  
Prostate Support Group - Wed, 14 May  
Gardening Group - 6, 13, 20 and 27 May



## Please Contact us...

Whether you are getting in touch to let us know you are coming to our support groups, or whether you need someone to talk to...Do not hesitate to contact our team at our centres.

Bolton One - 01204 462442  
Royal Bolton Hospital - 01204 390625  
Bolton Hospice - 01204 663059  
or email boh-tr.boltoncancer@nhs.net



## Health & Wellbeing Event

**WHEN?**  
Wed, 7 May 2025  
1pm- 3.30pm  
**WHERE?**  
The Bridge Centre,  
109 Bradford St, Haugh,  
Bolton BL2 1JX



**BOOKING IS ESSENTIAL**  
**CONTACT US TO BOOK YOUR PLACE TODAY!**  
Call us on: 01204 390625  
Email: boh-tr.boltoncancerinfo@nhs.net



## Walk 'n' Talk Group

Doffcocker Lodge  
Friday 2 May  
Approx 1.3 miles

Meet: Doffcocker Lodge Car park,  
off Chorley Old Road, BL1 5SH.

Toilet facilities and refreshments available at Cafe Italia



## Skincare & Make Up



Cancer treatment can affect your appearance, which can understandably affect the way you feel. Boots Macmillan Beauty Advisors are hosting a pamper session where you will find expert tips about coping with changes to your skin, nails and hair.



Our next session on Monday, 12 May will be held at The Wellbeing Hub at Bolton Hospice, BL1 4QR  
Places are limited. **BOOKING IS ESSENTIAL!**

## Booklet of the Month

This booklet is about travelling if you are affected by cancer. It is for anyone planning a trip or holiday in the UK or abroad. The booklet explains how cancer and its treatment may affect your trip.

It also gives information about:

- planning ahead
- travel insurance
- taking medicines abroad
- looking after yourself while you are away.

We hope it helps you deal with some of the questions or feelings you may have. We cannot give advice about the best treatment for you.



## Volunteer of the Month

Anne Shuttleworth is the chair of the Macmillan Bolton Fundraising Community. "All the services that Macmillan Cancer Support offer cost money, with no funding from the government, the Charity has to raise money ourselves. Each year we try and raise as much money as we can to help pay for the services in the Bolton area, always looking for new fundraising opportunities and volunteers to help out at collections and functions."

If you have some time to give or would like to arrange a fundraising event, please email [boltonmacmillan@gmail.com](mailto:boltonmacmillan@gmail.com) We would love to hear from you.



## Please Follow us on Social Media



[macmillanbolton](https://www.instagram.com/macmillanbolton)



[boltonmacmillancancerinfo](https://www.facebook.com/boltonmacmillancancerinfo)



## Gardening Group

Every Tuesday  
10am - 12noon  
Meet at The Walled Garden,  
Moss Bank Park

**No experience necessary.**

Please let us know if you are coming!



April - October

If you have been affected by cancer, you are invited to come and take time to sit in the walled garden and enjoy the tranquility and surroundings. Enjoy the floral displays and wi

## Yoga & Relaxation Workshop

We have places left on our yoga and relaxation workshop and sound bath, followed by afternoon tea.

Cost £10

Sunday, 22 June

1.30-5.30pm

at David Lloyd, Bolton.

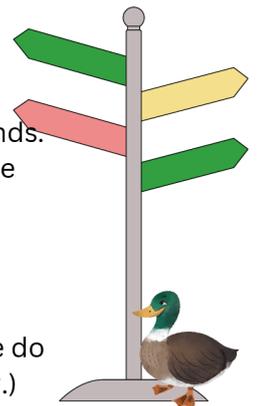
Call Jackie for more info 01204 462442



## The Macmillan Centres in Bolton

When you are affected by cancer having the right kind of information and support is essential. We offer information and support to anyone affected by cancer, their carers, families and friends. When you don't know who to turn to us! Please note we aren't the Macmillan nurses! We offer information and support, such as financial support, emotional support and practical support. We can help access benefits that you may be entitled to because of your cancer diagnosis. We signpost to local services and support groups. We offer a listening ear.

We have 3 centres in Bolton, open Monday to Friday, 10am - 4pm. (Please note on occasion we do have to close centres at short notice, so please ring and check before making a special journey.)



**GILES HOUSE,  
BOLTON HOSPICE**



**BOLTON ONE**



**ROYAL BOLTON HOSPITAL**