

July
2025



Bolton Macmillan Information & Support Service

Diary Dates



Wig Service - Wed 9th, 24th July
5K Your Way - Sat, 26th July
Yoga - Wed 2nd July, 9th July, 16th July & 30th July
Walking Group - 4th of July
Craft Group - Thur, 3, 10, 17 July
Bolton Cancer Voices - Mon 7, 14, 21, 28
Prostate Support Group - Wed, 9 July
Gardening Group - Tues, 1, 8, 15, 22, 29 July
Macmillan @ Brightmet Library - Thur, 17 July
Boots No 7 Skincare Masterclass - Mon, 7 July

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

Please Follow us on Social Media



macmillanbolton



boltonmacmillancancerinfo

Volunteer of the Month



This Month the volunteer we want to recognise is Pat. Pat has been with us for seven years. She has helped out in a range of differing settings. Most recently she has been volunteering her time and working with us at Bolton One answering the phones and offering her support to those using the drop in service. She also has been delivering a pop up information and support stand at Brightmet Health Centre on the third Thursday of every month.

Recently Pat has moved onto a new opportunity with us and now spends her time volunteering at our yoga sessions. Pats communication and rapport with patients is invaluable and she is such an asset to our team. Thank you Pat!



Katie is leaving us!



**GOOD
JOB!!**

Katie has worked with us as our admin support worker for the last 2.5 years. She has been supporting Kelly and the team amazingly well and we would have been lost without her. She is now moving into a role that allows her more time at home with her lovely family. We wish you all the luck for the future Katie. You will be missed.

7th July 2025

Skincare and Makeup Masterclass



Cancer treatment can affect your appearance, which can understandably affect the way you feel. Boots Macmillan Beauty Advisors are trained to offer make-up tips to help manage the visible side effects of cancer treatment so you can feel more like you again. Boots Macmillan Beauty Advisors are hosting the pamper session where you will find expert tips about coping with changes to your skin, nails and hair.

Sessions run 10:30- 13:00pm at the Little Lever health Centre & Library. Booking is essential 01204 462442

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.

Booklet of the Month



This booklet is to help you talk with and support a family member, friend, or partner with cancer. It includes suggestions on how to be a good listener, how to talk about cancer and how to offer practical help while looking after yourself. It also has details of how to get support.

An audio version of this booklet can be listened to via SoundCloud, from where it can also be downloaded by users with a SoundCloud account.

Our Centres



ROYAL BOLTON HOSPITAL
01204 462442



**GILES HOUSE,
BOLTON HOSPICE**
01204 462442



BOLTON ONE
01204 462442



Summer Sounds Sensation

In aid of Cancer Research UK & Macmillan Cancer Support

Summer Sounds Sensation

Saturday 19th July - Start Time 7:15pm
Bolton Parish Church, Silverwell Street, BL1 1PS

Featuring...



Members of
the Bolton
Caledonia Pipe
Band



Cotton Town
Chorus
The a cappella voices of
the MACC winners and
BABS Male Chorus
Champions 2025



Tea & Coffee, Limited Bar and Raffle

Tickets £10 per person available from Russ
on 07980 906825 or email russ.wintle@gmail.com or
online www.ticketsource.co.uk/shakin-buckets



Feedback

Simply point your
phone camera at the
QR code to complete
a short survey.



If you have accessed our service we would love you to tell us about your experience.