

## Become a Friend of Bolton Carers Support

Join Friends of Bolton Carers Support and help us strengthen vital services for unpaid carers in Bolton. Your minimum monthly donation of just £5 will directly fund support for individuals caring for loved ones in our community.

As a thank you, you'll receive a special gift at the end of each full year you've contributed, celebrating your commitment as a Friend of Bolton Carers Support.

To learn more about becoming a Friend, please scan the QR Code or call our helpline at 01204 363056.



Scan to sign up  
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## Community Garden

We're excited to partner with Julie Wright, Social Prescribing Linkworker – Westhoughton PCN, and Martin Barry from the fantastic Daisy Hill CC Community Garden to create a dedicated "Carers Patch." This new area will feature raised beds to plant, tend and enjoy some 'me time'.

Carers can use this patch and the rest of the peaceful garden as and when it suits them.

Are you ready to dig in, nurture your wellbeing and connect with other carers? Call 01204 363056 to find out more!



All tools, resources and plants are provided, along with access to the clubhouse facilities (toilets/kitchen).

## Helpline Hours Have Changed

Our helpline opening hours are now Monday to Thursday 10am – 4pm. Outside of these hours our answer machine will pick up any messages and we will get back to you as soon as possible.

Face to face appointments can also be arranged during these times.

Please book via our helpline on 01204 363056.

## Save The Date

We've teamed up with Home Instead once again to bring you our next **Carers Wellbeing Morning** on Wednesday 17<sup>th</sup> September at Thicketford Centre

We also have:

**Male Carers Group** 4<sup>th</sup> September 11.30am Emmaus, Fletcher St.

**Wiltshire Farm Foods Tasting Session** 11<sup>th</sup> September 12pm at Thicketford Centre

**Quit Smoking and Weight Management Session** 18<sup>th</sup> September 10am at Thicketford Centre

**Keep an eye on next month's Bulletin for more details!**

# Bolton Carers Support

**August What's On - Get Involved!**



## Volunteering

**If you are interested in volunteering with us, pop along to one of our recruitment stands?**

Little Lever Library every Monday 10.30-12noon

Bolton Hospital Tuesday 5<sup>th</sup>, 12<sup>th</sup> & 26<sup>th</sup> August 10-2pm

Costa Coffee at Trinity Retail Park Wednesday 13<sup>th</sup> August 5-6.30pm



## Activities

### Line Dancing

Trinity Methodist  
Church Tonge Rd BL2  
6BH

Please call the helpline  
for further  
information.

## Telephone Befriending

Would you appreciate a regular friendly chat?  
Our telephone befriending service offers just  
that! Simply call our helpline, and we'll connect  
you with Laurent, our dedicated telephone  
befriender.

## Male Carers Group

Thursday 14<sup>th</sup> August  
11.30pm

Great Ale at the Vaults,  
Market Place,  
Knowsley St. BL1 2AS



## Carers Hubs

**Daubhill** Church of the Nazarene BL3 3PU  
Wednesday 6<sup>th</sup> August 11-12.30

**Tonge Moor** UCAN Centre  
Every Monday 11-12noon (not Bank Holiday)

**Westhoughton** Robert Shaw Pub  
Monday 18<sup>th</sup> August 10.30-11.30

**Brightmet** Mill Coffee House Bury New Rd  
Thursday 14<sup>th</sup> August 11-12noon

**Little Lever** Christ Church Mytham Rd  
Wednesday 20<sup>th</sup> August 10.30-11.30

**Kearsley** Methodist Church, Manchester Rd  
Tuesday 19<sup>th</sup> August 10.30-11.30

## Financial Wellbeing

Are you a Carer in need of benefits advice?  
We're here to help with your benefits and financial  
wellbeing! Get the support you need by calling us on  
01204 363056.

## Join us on Zoom!

### Carers Quiz on Zoom

Every Thursday  
11.30-12.30pm

### Coffee & Chat on Zoom Join us for a catch up over Zoom

Monday 11<sup>th</sup> August 6-7pm

**If you would like to book on to any of our events or hubs please call our Helpline on  
01204 363056**

**Booking is essential to secure your spot!**