

October 2025

Bolton Macmillan Information & Support Service



Diary Dates for October



Wig Service - Wednesday 15th & 29th
5K Your Way - Saturday 25th
Yoga - Wednesday 1st, 8th, 15th, 22nd, 29th
Walking Group - Friday 3rd
Craft Group - Thursday 2nd, 9th, 16th, 23rd, 30th
Bolton Cancer Voices - Monday 6th, 13th, 20th, 27th
Prostate Support Group - Wednesday 8th
Boots No 7 Skincare Masterclass - Monday 6th



A HUGE thank you to everyone who supported our fabulous Macmillan Coffee Morning at the end of September. Whether you donated prizes or delicious cakes, or came along on the day to enjoy a brew & a cake - it's really appreciated. It was lovely to see so many people who work at the Hospital & our grateful service users who wanted to pop in to support Macmillan. Total so far is just over £500! Thank you everyone.

**THANK
YOU**

Thanks also go to our wonderful Macmillan Craft Group for their Coffee Morning at Little Lever Library & Health Centre. This group supports Macmillan every year by selling their beautiful hand made gifts, doing raffles & tombola - this year raising just over £240! All your hard work is appreciated. Thank you.



Follow us on Social Media



macmillanbolton



boltonmacmillancancerinfo



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 the team at our Centres.

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

**Health & Wellbeing
Event coming soon ...**



When?
Wednesday 5th
November
1-3.30pm

Where?
The Bridge Centre
Bolton
BL2 1JX

FREE afternoon of information & support for people nearing the end of their treatment.
Come along to meet Cancer Nurse Specialists, groups & other key organisations to find out what local support is available.
To find out more & book your place, please call 01204 390625.



Volunteer of the Month



Linda has been a volunteer with us since the service started 10 years ago. She very kindly gives up her time every week to help answer calls & carry out important admin duties at our Bolton Hospice Centre. Linda wanted to volunteer to meet people & try to help, which she certainly does.

Linda is also in a choir & loves to sing. We also admire her classy style & especially her jazzy red shoes!



We are very grateful & lucky to have her as one of our wonderful volunteers. Thank you Linda.

Walking Group



This month's Walk n Talk is at Doffcocker Lodge (BL1 5SH) Friday 3rd October at 1pm.

Join us for a easy-paced short walk & delicious brew afterwards. New walkers always warmly welcomed.

CoppaFeel! breast cancer awareness

October is Breast Cancer Awareness Month. Knowing your own body could save your life, so getting familiar with your breasts or chest is crucial. Remembering to check is the next step. For a brilliantly easy to follow guide to checking your chest & option to sign up for text reminders, simply go to coppafeel.org



Booklet of the Month



With the change of seasons, it can sometimes feel more difficult to cope with what's going on in life. This booklet looks at the different kinds of emotions people may feel when they are given a cancer diagnosis, offers suggestions of some things that might help & sources of support. If you or someone you know is going through cancer - maybe this might help. Get in touch & we can pop one in the post.

Our Centres



ROYAL BOLTON HOSPITAL
01204 462442



**GILES HOUSE,
BOLTON HOSPICE**
01204 462442



BOLTON ONE
01204 462442



If you are living with cancer or after cancer, the Help Overcoming Problems Effectively (HOPE) course may help you get more out of life by helping you plan for the future, be better equipped to deal with anxiety & uncertainty & manage the day to day impact cancer may have had. Our next course is on December 1st, 8th & 15th. Interested? Call us or drop-in at any of the Centres for more information.



Still want to donate for Macmillan Coffee Morning? Scan here. Thank you.

