

## August 2026 Carers Bulletin

[www.boltoncarers.org.uk](http://www.boltoncarers.org.uk)

### Carers Focus Group - We Still Want to Hear From You!

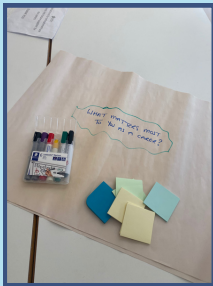
Our first Carers Focus Group meetings in July were a great success – thank you to everyone who came along and shared their thoughts. It was fantastic to hear your ideas and experiences. There are still many carers we haven't heard from, so we're holding more sessions and would love you to join us.

Healthier Carers Together is all about making sure carers' voices help shape the support and services we provide and your views really do matter.

Our next session will take place on Zoom on:

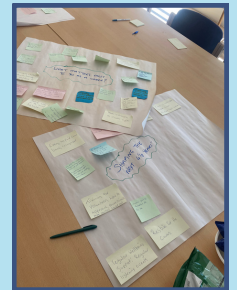
Thursday 13th August 11-12.00 noon - please register your interest to receive the zoom link.

Monday 17th August 10.30-11.30 Robert Shaw Pub, Westhoughton



Save the date! We'll also be holding two further sessions in September:  
Wednesday 9th September 11-12noon at Church of the Nazarene, Daubhill  
Wednesday 30th September 11-12noon at the Thicketford Centre

Your voice matters, and we'd love to hear from you.  
If you can't make any of these dates, please register your interest and we'll keep you updated about future focus group sessions by email.



If you would like to book a place on one of the Focus Group meetings please call 01204 363056

### RHS Garden Bridgewater - Save the Date!

Come and enjoy a relaxing day out with us at  
RHS Garden Bridgewater, Worsley.

Monday 7th September 10-4pm.

Take in the beautiful gardens, enjoy the fresh air and spend time with other carers in a peaceful setting.

Coach pick-up and drop-off will be from Bolton Bus Station arriving back in Bolton by 4pm.

**The cost is £10 per person.**

Places are limited, so booking is essential.  
Please call our helpline on 01204 363056.

### Raffle Tickets Now on Sale!

Raffle tickets available for £2 each, with lots of fantastic prizes to be won. Tickets can be purchased from a member of staff at any of our hubs across Bolton, or by calling our Helpline on 01204 363056. All funds raised goes directly back into our services and activities for carers. Thank you for your support and good luck!

### Take The Plunge - Swimming Sessions for Carers

We're delighted to be launching our new swimming sessions for carers,

A trial session will be starting on

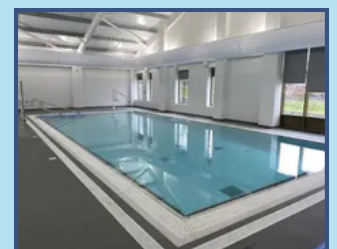
**Tuesday 18th August 3-4pm**

**Jubilee Centre, 324 Crompton Way BL2 3AF**

Whether you're looking to keep active, unwind or simply enjoy some time for yourself, these sessions are a great opportunity to relax and improve your wellbeing.

Carers only & parking is available.

Booking is essential, please call 01204 363056 to book your place.



Helpline: 01204 363056 Monday-Thursday 10-4pm

email: [info@boltoncarers.org.uk](mailto:info@boltoncarers.org.uk)



## Relaxation & Wellbeing

### Yoga & Relaxation

Smithills Hall  
Friday 14<sup>th</sup> & 21<sup>st</sup> August  
10.30-12noon

Join us at Smithills Hall for a calming yoga and relaxation session, followed by a friendly coffee and chat. Carers are especially welcome — even if you'd just like to come along for a drink, a chat and some good company.

**Carers Only - Booking Essential**

### Carers Relaxation

Thicketford Centre  
Monday 24<sup>th</sup> August  
10.30-11.30

**Carers Only  
Booking Essential**

**Please bring a cushion/blanket/mat**

## Socializing

### Male Carers Group

Wednesday 26<sup>th</sup> August  
11.30am  
Emmaus Cafe  
Fletcher St BL3 6NF

### Book Club

Tuesday 4<sup>th</sup> 11<sup>th</sup> 18<sup>th</sup> August - 10-12  
Thicketford Centre  
Read, borrow or swap books while enjoying a coffee and friendly chat with fellow carers.

### Knit & Natter

Wednesday 5<sup>th</sup> 19<sup>th</sup> 26<sup>th</sup> August  
10-12  
Thicketford Centre  
Knitting, crafting, coffee & friendly company.

### DIY For Carers Build, Create & Connect

Wednesday 12<sup>th</sup> August  
10-12noon  
Thicketford Centre

### Conversation Cafe

Wednesday 26<sup>th</sup> August  
11.20-12.30  
Medical Centre  
Deane Rd BL3 5DP

### Information Stand

Wednesday 19<sup>th</sup> August  
10.30-12noon  
Tonge Moor Health  
Thicketford Rd BL2 2LW



Carers at our recent  
Pamper & Prosper event

## Join us in August

Carers celebrating the final  
Carers Coffee Morning at  
the Octagon Theatre



## Carers Hubs

Carers Hubs are warm, welcoming spaces where carers can come together to chat, enjoy a cuppa, connect with others who understand and access helpful information and support in a relaxed setting.

**Great Lever** Information Stand, Bolton Medical Centre  
BL3 6PY  
Monday 17<sup>th</sup> August 11-12

**Blackrod** Community Centre, Greenbarn Way BL6 5TG  
Tuesday 18<sup>th</sup> August 12.30-1.30

**Hall i' th' Wood** Greenway Community Centre BL1 8HA  
Monday 3<sup>rd</sup> August 10.30-11.30

**Daubhill** Church of the Nazarene, Southend St. BL3 3PU  
Wednesday 5<sup>th</sup> August 11-12.30pm

**Tonge Moor** UCAN Centre  
Every Monday 11-12noon

**Westhoughton** Robert Shaw Pub, Market St BL5 3AN  
Monday 17<sup>th</sup> August 10.30-11.30

**Daisyhill** Cricket Club BL5 2EB  
Tuesday 4<sup>th</sup> August 11-1pm

**Little Lever** Christ Church Mytham Rd BL3 1JE  
Wednesday 19<sup>th</sup> August 11-12noon

**Bromley Cross** Library The Crescent, BL7 9JU  
Thursday 27<sup>th</sup> August 10-11am

**Kearsley** Methodist Church, Manchester Rd  
Tuesday 18<sup>th</sup> August 10.30-11.30

**Both carer & cared for are welcome to attend.**



Helpline on 01204 363056 Monday-Thursday 10-4pm  
email: [info@boltoncarers.org.uk](mailto:info@boltoncarers.org.uk)

