

March 2026 Carers Bulletin

www.boltoncarers.org.uk

The Carers' Empathy Charter

The new 'Carers' Empathy Charter' sets out a clear way of communicating with carers in Bolton. We have adopted this Charter and it is our ambition that this is adopted across the borough...here it is! Watch this space for further developments with this work.

Carers' Empathy Charter

- We recognise that you are a carer.
- We value your input.
- We actively listen to your concerns and issues raised.
- We treat you with dignity and respect.
- We aim to find solutions with you.
- We empower and involve you in decision-making relevant to the care of your loved one.
- We connect you with others who can help and support you.
- We provide fair and equitable services.
- We support you around health and wellbeing.
- We work together to continuously improve service provision for carers.



Carers enjoying our recent Riso Printing & Weaving Workshop

Vaccinations

As we move into spring, please remember to keep an eye out for information about any vaccinations you may be eligible for. Taking up the offer of vaccination is an important way to protect your health

What's on in March

Healthier Carers Together

Tuesday 10th March
11-1pm

Join us at The Octagon Theatre for coffee & cake and learn more about our new project...Healthier Carers Together.

Carers Information & Wellbeing Coffee Morning

Friday 13th March 9.30-12noon
Winifred Kettle Centre
Westhoughton BL5 2NG

Join us at our Carers Wellbeing Morning, a relaxed and welcoming space to focus on you. Enjoy mini health checks, friendly conversations and the chance to speak with a range of local organisations offering information, advice and support.

Men's Group

Coffee & Light Lunch
Wed 25th March
11.30-1pm

Emmaus Cafe, Fletcher St
BL3 6NF
Come and join us over lunch for a chat.
Bring along your thoughts and ideas on how we can develop and move the men's group forward together.



What's on in March

Creative Wellbeing

Carers Social with Easter Crafts

Thursday 5th March
11am-1pm
Thicketford Centre

Come along for a Easter themed coffee morning filled with creativity and good company. Christina will be joining us to play her beautiful harp music and will also be available to talk about short course opportunities at Bolton College.

Air Dry Clay Workshop

£5 per person

Thursday 19th March
11-1pm

Thicketford Centre

Get creative by making spring themed clay creations

Booking is required for both these events - 01204 363056

Socialising

Carer & Cared for welcome - no need to book just turn up or for more information call the helpline.

Book Club

Every Tuesday
10-12

Thicketford Centre

We have a wide variety of books available to read, borrow, and exchange all whilst enjoying a coffee & chat.

Games Club

Every Thursday
1.30-3pm

Thicketford Centre

Join our new Games Club and enjoy a huge selection of games along with good conversation and a coffee-filled afternoon.

Knit & Natter

Every Wednesday
10-12

Thicketford Centre

Bring your knitting, crochet, or any other creative hobby and enjoy chatting while you create.



Quiz on Zoom!

Thursday's on Zoom
11.30-12.30

Call the helpline for further information

Carers Hubs

Carers Hubs are warm, welcoming spaces where carers can come together to chat, share experiences and take a well-earned break. Enjoy a cuppa, connect with others who understand and access helpful information and support in a relaxed setting. Both carer & cared for are welcome to attend.

Daubhill Church of the Nazarene BL3 3PU
Wednesday 11th March 11-12.30

Tonge Moor UCAN Centre
Every Monday 11-12noon

Westhoughton Robert Shaw Pub
Monday 16th March 10.30-11.30

Little Lever Christ Church Mytham Rd
Wednesday 18th March 11-12

Kearsley Methodist Church, Manchester Rd
Tuesday 24th March 10.30-11.30

Horwich The Bridge Church, Rock St.
Wednesday 25th March 10.30-11.30

Relaxation & Wellbeing

Carers Relaxation

Thicketford Centre
Monday 23rd March
10.30-11.30

Yoga & Relaxation

Smithills Hall
Friday 20th & 27th March
10.30-11.30

Carers Only - Booking Essential

Please wear warm clothes & bring a cushion/blanket/mat

If you would like more information about any of our activities or hubs please call our

Helpline on 01204 363056 Monday-Thursday 10-4pm

email: info@boltoncarers.org.uk

