

## Friends of Bolton Carers Support

Friends of Bolton Carers Support has been set up to raise essential funding to strengthen the work of Bolton Carers Support. Your minimum monthly donation of £5 will be used to provide direct support for unpaid carers living in, or caring for someone living in Bolton.

In return, you will receive a gift at the end of each year of fully paid contributions to celebrate the anniversary of you becoming a Friend of Bolton Carers Support.

**If you would like to discuss becoming a Friend of Bolton Carers Support please call our helpline on 01204 363056 to find out more.**

## 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.

## Do We Have Your Email Address?

You'll find this bulletin at various community spots across Bolton. To get it sent straight to your inbox, just give us a call on 01204 363056 and update us with your email address.

### Male Carers Group

Thursday 3<sup>rd</sup> July 4.30pm

Northern Monkey Bar, Nelson Square Bolton

### Workshops

**Planning your Future ...Things to do now!**

Wednesday 9<sup>th</sup> July 11-12noon

Thicketford Centre or by Zoom

### Young Adults Carers Group

**Are you a carer aged 18-30,  
Join our carers group aimed at young adult  
carers.**

Costa Coffee

Bolton Shopping Park, Trinity St.

Wednesday 9<sup>th</sup> July 5-6.30pm



### Socialising

**Carers Ten Pin Bowling**

Tuesday 22<sup>nd</sup> July 11-1pm

£10

**Carer & Cared For Summer Lunch**

Wednesday 16<sup>th</sup> July 12.30-3.30

Holiday Inn

£12.50

**Booking is essential for these events**

## July What's On - Get Involved!

### Volunteering

If you are interested in volunteering with us, why not pop along to one of our recruitment stands?

Little Lever Library every Monday in June 10.30-12noon

Bolton Hospital Tuesday 1<sup>st</sup> 8<sup>th</sup> 22<sup>nd</sup> 29<sup>th</sup> July 10-2pm

Costa Coffee at Trinity Retail Park Wednesday 9<sup>th</sup> July 5-6.30pm

Harwood Methodist Church Wednesday 2<sup>nd</sup> 9<sup>th</sup> 16<sup>th</sup> July 11.30-12.30pm



### Telephone Befriending

Would you like regular phone contact at home through our telephone befriending service? Just call our helpline, and we'll connect you with Laurent, our telephone befriender.

### Activities

#### Line Dancing

Trinity Methodist Church Tonge Rd BL2 6BH

#### Pottery Painting

Wednesday 2<sup>nd</sup> July 1-3pm

Bluebells Pottery

£10

### Financial Wellbeing

Are you a registered Carer looking for benefits advice?

We offer telephone advice on benefits & 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 7<sup>th</sup> July 6-7pm

### Carers Hubs

**Daubhill** Church of the Nazarene BL3 3PU  
Wednesday 2<sup>nd</sup> July 11-12.30

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

**Westhoughton** Robert Shaw Pub  
Monday 21<sup>st</sup> July 10.30-11.30

**Brightmet** Mill Coffee House Bury New Rd  
Thursday 10<sup>th</sup> July 11-12noon

**Little Lever** Christ Church Mytham Rd  
Wednesday 16<sup>th</sup> July 10.30-11.30

**Kearsley** Methodist Church, Manchester Rd  
Tuesday 22<sup>th</sup> July 10.30-11.30

**Harwood** Methodist Church, Longsight Lane  
Wednesday 2<sup>nd</sup> 9<sup>th</sup> 16<sup>th</sup> July 11.30-12.30

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!**