

Bolton Carers Support

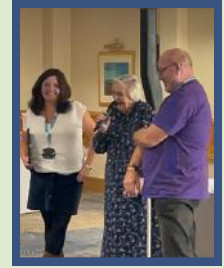
November 2025 Carers Bulletin

www.boltoncarers.org.uk



Celebrations

As mentioned in our last bulletin, our National Lottery funding for Peter's work as Activities Coordinator and Christine's work as Financial Wellbeing Worker has now ended. We had a fabulous carer and cared for meal to celebrate the success of the project at the Holiday Inn. We will continue to try to identify funding where we can to organise the well needed breaks for our carers.



Bolton Carers Support: Carers Rights Day Celebrations and AGM

You are welcome to come to one or both parts of the day – just let us know which.

Join us on Carers Rights Day to recognise and celebrate the incredible work of carers and learn more about the work taking place to shape the future of support across Bolton. This session at The Light Cinema will bring together carers, communities and professionals to explore the value of carers, share carer stories and hear more about the work being delivered in Bolton to support carers. In true cinema style, a series of short films will be screened followed by Question-and-Answer discussions... and of course there will be popcorn and refreshments too!

Date: Thursday 20th November

Time: 10:45 – 13:30

Location: The Light Cinema, Market Place Shopping Centre, Bolton, BL1 2AL

RSVP: Email info@boltoncarers.org.uk or call Bolton Carers Support's helpline 01204 363056

The event will conclude with an invitation to continue the conversation at the Octagon Theatre for the BCS AGM. Let's make a difference together.

Bolton Carers Support AGM...join us in the Crescent Room at the Octagon Theatre on Thursday 20th November. The AGM will start at 2pm and will be followed by an open drop in until 4pm for carers to chat and find out more about our service.

As always, please book your place by calling our helpline 01204 363056 or emailing info@boltoncarers.org.uk

Warm Space Project

We're delighted to launch a new project supporting unpaid carers across Bolton this winter.

Zoe will be helping carers access warm, welcoming spaces across the borough — places to relax with a hot drink, connect with others, and take a well-earned break. These sessions offer more than warmth; they're a chance to share experiences, discover local activities, and find out what support is available.

Some sessions will be hosted by Bolton Carers Support, while others will take place through our fantastic partner organisations. Together, we're building a caring community across Bolton — one where no carer feels alone this winter.

For details of where Zoe will be each week, visit our Facebook page or call the helpline on 01204 363056.

Join The Friends of Bolton Carers Support Today

Every day unpaid carers across Bolton give their time, energy and love to support others. By joining the Friends of Bolton Carers Support, you can make sure they get the care and understanding they deserve in return. With a small monthly donation of just £5, you'll help fund vital services that offer comfort, guidance and connection to carers who often feel forgotten.

As a gesture of our gratitude, you'll receive a special thank-you gift after each full year of support, a token of appreciation for standing beside Bolton's carers.

Scan the QR code or call our helpline on 01204 363056 to join today.
Together, we can make sure no carer in Bolton ever feels alone.



Scan to sign up
Powered by GoCardless

Wellbeing Coffee Morning for Carers

Join us for our next Wellbeing Coffee Morning at The Mill Coffee House, Bury New Road, on Thursday 13th November from 10.30am to 12.30pm.

It's a relaxed and friendly space where carers can take a break, enjoy a chat, and focus on their own wellbeing. This session will include health checks for carers, henna art, and soothing hand massages, alongside our usual confidential information, advice, and support.

To book your place, please call 01204 363056, we'd love to see you there!

Join us on Zoom Carers Quiz!

Thursday
11.30-12.30pm

An afternoon filled
with smiles,
connection and
positive energy at
our recent Positive
Thinking
Workshop.



Reiki Level 1

Monday 24th November
10-3pm

Thicketford Centre
£25

Join us for our next Reiki training day. Reiki Level 1 offers a calming introduction to mindfulness and self-awareness, helping you nurture your own wellbeing and inner balance.



Coffee & Croissants

Thursday 6th November
10am-12pm
Thicketford Centre

Join us in a welcoming warm space where you can come together with other carers to enjoy good company and friendly conversation. There'll be plenty to do, with activities including dominoes, mindful art and we will also be making positivity jars...you are also welcome to sit and chill, no need to join in with any of the activities if you don't want to.

A lovely way to unwind, get creative and connect with other carers...we hope to see you there!

Call 01204 363056 to book your place!

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.

Daubhill Church of the Nazarene BL3 3PU
Wednesday 12th November 11-12.30

Tonge Moor UCAN Centre
Every Monday 11-12noon

Westhoughton Robert Shaw Pub
Monday 17th November 10.30-11.30

Brightmet Mill Coffee House Bury New Rd
Thursday 13th November 10.30-12.30pm

Little Lever Christ Church Mytham Rd
Wednesday 5th November 11-12

Kearsley Methodist Church, Manchester Rd
Tuesday 18th November 10.30-11.30

Harwood Methodist Church, Longsight Lane
Wednesday 5th & 19th November 1-2pm

If you would like to book on to any of our activities or hubs please call our Helpline on
01204 363056 Monday-Thursday 10-4pm or email info@boltoncarers.org.uk
Booking is essential to secure your spot!