

Become a Friend of Bolton Carers Support

Join Friends of Bolton Carers Support and help us strengthen vital services for unpaid carers in Bolton. Your minimum monthly donation of just £5 will directly fund support for individuals caring for loved ones in our community.

As a thank you, you'll receive a special gift at the end of each full year you've contributed, celebrating your commitment as a Friend of Bolton Carers Support.

To learn more about becoming a Friend,
please scan the QR Code or call our helpline at 01204 363056.



Community Garden

We're excited to partner with Julie Wright, Social Prescribing Linkworker – Westhoughton PCN, and Martin Barry from the fantastic Daisy Hill CC Community Garden to create a dedicated "Carers Patch." This new area will feature raised beds to plant, tend and enjoy some 'me time'. Carers can use this patch and the rest of the peaceful garden as and when it suits them.

Are you ready to dig in,
nurture your wellbeing and
connect with other carers?
Call 01204 363056 to find
out more!



All tools, resources and
plants are provided, along
with access to the
clubhouse facilities
(toilets/kitchen).

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.

Save The Date

We've teamed up with Home Instead once again to bring you our next
Carers Wellbeing Morning on Wednesday 17th September at Thicketford Centre

We also have:

Male Carers Group 4th September 11.30am Emmaus, Fletcher St.

Wiltshire Farm Foods Tasting Session 11th September 12pm at Thicketford Centre

Quit Smoking and Weight Management Session 18th September 10am at Thicketford Centre

Keep an eye on next month's Bulletin for more details!

Bolton Carers Support

August What's On - Get Involved!



Volunteering

If you are interested in volunteering with us, pop along to one of our recruitment stands?

Little Lever Library every Monday 10.30-12noon

Bolton Hospital Tuesday 5th, 12th & 26th August 10-2pm

Costa Coffee at Trinity Retail Park Wednesday 13th August 5-6.30pm



Activities

Line Dancing

Trinity Methodist
Church Tonge Rd BL2
6BH

Please call the helpline
for further
information.

Telephone Befriending

Would you appreciate a regular friendly chat?
Our telephone befriending service offers just
that! Simply call our helpline, and we'll connect
you with Laurent, our dedicated telephone
befriender.

Male Carers Group

Thursday 14th August
11.30pm

Great Ale at the Vaults,
Market Place,
Knowsley St. BL1 2AS



Financial Wellbeing

Are you a Carer in need of benefits advice?
We're here to help with your benefits and 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 11th August 6-7pm

Carers Hubs

Daubhill Church of the Nazarene BL3 3PU
Wednesday 6th August 11-12.30

Tonge Moor UCAN Centre
Every Monday 11-12noon (not Bank Holiday)

Westhoughton Robert Shaw Pub
Monday 18th August 10.30-11.30

Brightmet Mill Coffee House Bury New Rd
Thursday 14th August 11-12noon

Little Lever Christ Church Mytham Rd
Wednesday 20th August 10.30-11.30

Kearsley Methodist Church, Manchester Rd
Tuesday 19th August 10.30-11.30

**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!