Bolton Carers Support

August 2025 Carers Bulletin



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.



Scan to sign up

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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 5^{th,} 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.



Thursday 14th August 11.30pm Great Ale at the Vaults, Market Place, Knowsley St. BL1 2AS



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

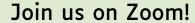
Breightmet Mill Coffee House Bury New Rd Thursday 14th August 11-12noon

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

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.



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

If you would like to book on to any of our events or hubs please call our Helpline on 01204 363056