

### Happy New Year

As we welcome the New Year, we would like to take a moment to wish all carers and their families a very happy, healthy and peaceful year ahead. We know how much dedication, strength and compassion carers give every day and we want you to know how valued and appreciated you are.

Looking ahead, we're really excited about all the activities and opportunities we have planned for the coming year.

We'll be continuing to offer a range of information and advice sessions, giving carers the chance to access guidance, ask questions and feel more confident about the support available to them.

Our Carers Hubs will remain at the heart of what we do, providing welcoming spaces where carers can connect, take a break and feel supported. Alongside this, we're delighted to be introducing some new groups, including a Knit and Natter group, a Games Group, and a Book Club – all designed to offer relaxed, friendly ways to meet others and enjoy some time for yourself.

Wellbeing will continue to be a key focus throughout the year. We have lots of mindfulness and wellbeing activities planned giving carers opportunities to unwind, recharge and look after their own mental and emotional health.

To make sure you don't miss out on any upcoming sessions, events or news we encourage you to register with us and receive our monthly Carers Bulletin straight to your inbox. It's the easiest way to stay informed and connected.

If you are a professional, community group or local business and would like to help us share information by displaying our bulletin, we would love to hear from you. Please get in contact and we can arrange this for you.

We look forward to another year of working alongside carers and our partners and we can't wait to share everything the year ahead has in store.

### New Project Starting in January

Working together, Bolton Carers Support and Asian Elders Resource Centre want to ensure that informal caring is understood and recognised by all communities and that carers are encouraged to access the support they are entitled to. We know that in Bolton there are in excess of 20,000 unpaid carers not accessing support, health checks or carers assessments, many of those people facing significant barriers to engaging with services. In addition to our existing work with partners across Bolton, jointly with Asian Elders Resource Centre, and thanks to funding from Bolton's Fund, we are pleased to be able to offer regular yoga classes, therapeutic 'pamper' sessions, advice and information events, weekly outreach, digital drop-ins and more. All aimed at encouraging people to recognise themselves, their friends or family as a carer, ultimately helping unpaid carers to lead happier and healthier lives. Watch this space for more details!

### Helpline Notice

Please note that week commencing 19th January our helpline will go to answer machine. We remain open as usual during this time but the team will be using this period to plan for the future.

We're pleased to be starting the New Year with new funding which means we'll be developing new ways of working, along with new activities and opportunities for carers.

Although the helpline will be on answer machine we will be regularly checking messages and will get back to you as soon as possible.

Thank you for your understanding and continued support.

## Raising Awareness of Unpaid Carers in Bolton

Are you part of a community group, professional team or organisation that works with carers? I would be happy to come along and talk about Bolton Carers Support and the vital role of unpaid carers.

The talk will include

- Unpaid carers and the challenges they may face.
- The support available through Bolton Carers Support.
- How carers can access help and support at the right time.
- How groups & professionals can better identify & support carers.

Talks can be tailored to suit your group and are a great way to raise awareness, improve understanding and strengthen support for carers in Bolton.

If you would like to find out more, please call the helpline and ask for Zoe, or email me at [zoe@boltoncarersupport.co.uk](mailto:zoe@boltoncarersupport.co.uk)

## What's on in January

### Socialising

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

#### Coffee & Social

Thurs 15<sup>th</sup> Jan  
10-12  
Thicketford  
Centre

#### Book Club

Tues 27<sup>th</sup> Jan  
10-12  
Thicketford  
Centre

#### Games Club

Thurs 15<sup>th</sup> Jan  
Thurs 29<sup>th</sup> Jan  
1.30-3pm  
Thicketford  
Centre

#### Knit & Natter

Wed 14<sup>th</sup> Jan  
Wed 28<sup>th</sup> Jan  
10-12  
Thicketford Centre

#### Quiz on Zoom!

Every Thursday on  
Zoom  
11.30-12.30

#### Carers Relaxation

Thursday 8<sup>th</sup> Jan  
10.30-11.30  
Thicketford Centre

#### Yoga & Relaxation

Fri 23<sup>rd</sup> Jan  
10.30-12noon  
Smithills Hall BL1 7NP  
Refreshments from 11.30

#### Carers Only - Booking Essential

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



Carers enjoying a festive morning of mince pies & crafting.



### 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 7th January 11-12.30

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

**Westhoughton** Robert Shaw Pub  
Monday 19<sup>th</sup> January 10.30-11.30

**Little Lever** Christ Church Mytham Rd  
Wednesday 14th January 11-12

**Kearsley** Methodist Church, Manchester Rd  
Tuesday 27<sup>th</sup> January 10.30-11.30

**Horwich** The Bridge Church, Rock St.  
Wednesday 28<sup>th</sup> January 10.30-12noon

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](mailto:info@boltoncarers.org.uk)