

Who Cares? Awards

You're an unpaid carer, but who cares about you?

We want to hear about the people, businesses, health care settings, or anywhere else that you felt recognised and understood as a carer. Does your hairdresser go over and above to make you feel special, did your dentist ask how you are whilst you waited for the person you care for to have their check-up? We want to celebrate those places and people that make your life, as a carer, just that little bit easier. It can be practicalities, acknowledging you as an individual or anything you feel makes them stand out as 'carer friendly'.

An independent panel will judge nominations and awards will be presented during carers week, on Wednesday 10th June...More details coming soon!!

We'd really like to shine a light on good practice so please complete a nomination form by clicking this link <https://forms.gle/qWiYHQdrkWhUbeNq9>

Email us at info@boltoncarers.org.uk

Telephone the helpline on 01204 363056.



We Are Explorers CIC joined us last week to deliver an Art Workshop



Knit & Natter Group



Daisyhill Community Garden Carers Group

Carers Focus Group

Thursday 14th May

1.30-2.30pm at the Thicketford Centre

We are inviting carers to take part in our Carers Focus Group—a supportive and welcoming space where you can share your experiences and help shape the Healthier Carers Together project.

This group is an opportunity to come together and discuss what the project is currently offering, where it could improve and what support would make the greatest difference to you and other carers. It's also a chance to connect with others, exchange ideas and raise any issues you feel are important. If you would like your voice to be heard and play a role in improving support for carers, we would be delighted for you to get involved.

Call 01204 363056 to book your place



Come and join us in May..there's lots going on!!

Socialising

Daisy Hill Community Garden Carers Group

Daisy Hill Cricket Club
Tuesday 5th May
11-1pm

Pop in for a coffee and a friendly chat. You'll also have the chance to get involved with the raised garden beds!

Male Carers Meet up

Come and join us for a coffee & chat
Wednesday 27th May
11.30am

Emmaus, Fletcher Street BL3 6NF

If you are planning to come along, please give us a call on 01204 363056 then we have an idea for numbers attending and can look out for you.

Book Club

Tuesday 5th
Tuesday 12th
Tuesday 19th
10-12

Thicketford Centre

A friendly group where you can read, borrow and exchange books all whilst enjoying a coffee & chat.

Knit & Natter

Wednesday 6th
Wednesday 13th
Wednesday 20th
10-12

Thicketford Centre

Bring your knitting, crochet, or any other creative hobby and enjoy chatting while you create, we also have a supply of needles, crochet hooks and wool for you to use.

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.

Kearsley Methodist Church, Manchester Rd
Tuesday 26th May 10.30-11.30

Harwood Methodist Church BL2 3HX
Wednesday 20th May 1-2pm

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

Tonge Moor UCAN Centre
Every Monday 11-12noon

Westhoughton Robert Shaw Pub
Monday 18th May 10.30-11.30

Little Lever Christ Church Mytham Rd
Wednesday 20th May 11-12noon

Horwich The Bridge Church, Rock St.
Wednesday 13th May 10.30-11.30

Relaxation & Wellbeing

Carers Relaxation

Thicketford Centre
Monday 11th May
10.30-11.30

Carers Only
Booking Essential

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

Yoga & Relaxation

Smithills Hall
Friday 15th & 22nd May
10.30-11.30

Join us at Smithills Hall for a calming yoga and relaxation session, followed by a friendly coffee and chat.

Carers are especially welcome — even if you'd just like to come along for a drink, a chat, and some good company.

Carers Only - Booking Essential

Quiz on Zoom!

Thursday's on Zoom
11.30-12.30
Call the helpline for further information

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

