

Healthier Carers Together - Our New 5 Year Project

We're excited to introduce Healthier Carers Together, a new 5 year project designed to improve wellbeing, connection and support for unpaid carers across Bolton.

The project will work closely with local partners to help identify carers earlier and connect them to the right support. Building on the successful Unlocking Wellbeing in Bolton project, this next 5 years will strengthen existing partnerships while responding to the changing needs of carers.

Healthier Carers Together will offer regular community-based hubs within the six Bolton Neighbourhoods, alongside building partnerships with other faith, social and interest groups and organisations. Carers will also shape the project directly through a Carers Focus Group, ensuring their voices shape activities, events and other future plans.

Alongside this, we'll be working with local services to improve awareness and understanding of unpaid carers, helping ensure carers feel better supported wherever they go.

The project will be flexible in it's delivery and will evolve through continuous learning, evaluation and feedback from carers and partners, with a strong focus on sustainability for the future.

Together, we're working towards healthier, more supported carers across Bolton.

If you would like to find out more about our project and meet Nireexa & Zoe the Engagement Workers for the project pop along to...

Healthier Carers Together
Octagon Theatre Bolton
Tuesday 10th March
11am-1pm

Working Together to Support Carers

Are you part of a community group, professional team, or organisation that works with carers? We can come along and talk about the vital role of unpaid carers and how they can be better supported.

The session covers unpaid carers, the challenges they may face, the support available through Bolton Carers Support and how carers can access help at the right time. We also explore how groups and professionals can better identify carers and support them more effectively.

Sessions can be tailored to suit your group and are a valuable 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 zoe@boltoncarersupport.co.uk



Yoga at Smithills



Enjoying Christmas Celebrations



What's on in February!

Creative Wellbeing

Riso Printing & Weaving Workshop

Thursday 5th February

10am-12.30pm

Thicketford Centre

Delivered by Weaving Conversations
& Bolton Contemporary CIC

Carers Coffee Mornings & Art Sessions

Carers Coffee Mornings are back!

Octagon Theatre Bolton

Tuesday February 10th

Tuesday March 10th

Tuesday 21st April

11am-1pm

The coffee mornings are hosted by the Octagon Theatre,
Bolton Carers Support staff will also be there to chat too.

Socialising

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

Book Club

Tuesday

3rd, 10th, 24th February

10-12

Thicketford Centre

We have a wide variety of
books available to read,
borrow, and exchange all
whilst enjoying a coffee &
chat.

Games Club

Thursday

5th 12th & 26th February

1.30-3pm

Thicketford Centre

Join our new Games Club
and enjoy a huge selection
of games along with good
conversation and a coffee-
filled afternoon

Knit & Natter

Wednesday

4th 11th & 25th February

10-12

Thicketford Centre

Bring your knitting, crochet, or
any other creative hobby and
enjoy chatting while you
create.



Coming in March!

Carers Relaxation

Thicketford Centre

Monday 23rd March

10.30-11.30

Yoga & Relaxation

Smithills Hall

Friday 20th & 27th March

10.30-11.30

Carers Only - Booking Essential

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

Quiz on Zoom!

Every Thursday on Zoom

11.30-12.30

Call the helpline for further
information

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 11th February 11-12.30

Tonge Moor UCAN Centre

Every Monday 11-12noon

Westhoughton Robert Shaw Pub

Monday 16th February 10.30-11.30

Little Lever Christ Church Mytham Rd

Wednesday 18th February 11-12

Kearsley Methodist Church, Manchester Rd

Tuesday 24th February 10.30-11.30

Horwich The Bridge Church, Rock St.

Wednesday 25th February 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

