

Bolton Carers Support

June 2025 Carers Bulletin



**Carers
Week**

Carers Week 9th - 15th June: Bolton Carers Support Roadshow

Bolton Carers Support is on the road for Carers Week! Find out about services, information, and short breaks from Bolton Carers Support and partners at the following locations:

The Hub, Westhoughton Monday 9th June 10.30-1pm

The Mill Coffee House Tuesday 10th June 10-12noon

Thicketford Centre Wednesday 11th June 10-12noon

Lancaster Suite, Victoria Square Thursday 12th June 10-3pm

To book please contact us on 01204 363056

Volunteers Week: 2nd - 8th June

Celebrating our wonderful volunteers on June 2nd with a fabulous lunch made by one of our newest volunteers; Sushma. This is an opportunity for Bolton Carers Support to say a HUGE THANK YOU to all our volunteers for all the precious time they give to BCS. Without our volunteers help and support we would struggle to offer the services we do. We really do appreciate each and every one of you.

If you would like to join our team of volunteers, please call our helpline on 01204 363056 to find out how you can get involved or alternatively you can pop along to one of our recruitment stands.

Little Lever Library every Monday in June 10.30-12noon

Bolton Hospital Tuesday 3rd & 10th June 10-2pm

Costa Coffee at Trinity Retail Park Wednesday 11th June 5-6.30pm

Harwood Methodist Church every Wednesday 11.30-12.30pm



Loneliness Awareness Week 9th - 15th June

Combat Loneliness this June

We can all feel lonely at times – it's a natural human emotion that many of us will experience. We're biologically wired for social contact and loneliness is our signal that we need more. If you are struggling with loneliness or a lack of social connection, why not reach out and join us at one of our many activities and hubs happening throughout June. Come and meet us and discover what Bolton Carers Support is all about!

If you prefer regular contact at home, our telephone befriending service is also available, just give our helpline a call and we will link you in with Laurent our telephone befriender.

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Male Carers Group

Cafe @ Moss Bank Park
Thursday 5th June 11.30

Socialising

Carer's Lunch - Olympus restaurant £10
Thursday 19th June
Places are limited, booking essential

Activities

Carers Walk

Thursday 26th June 10.45-1pm
Walker Fold Car Park BL6 6PR

Line Dancing

Every Monday 1.30-2.30pm
Trinity Methodist Church Tonge Rd BL2 6BH

Young Adults Carers Group

Are you a carer aged 18-30,
Join our carers group aimed at young adult carers.

Costa Coffee
Bolton Shopping Park, Trinity St.
Wednesday 11th June 5-6.30pm

Financial Wellbeing

Monday - Wednesday
Telephone advice available on 01204 363056
Benefit advice & support
for registered Carers

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 9th June 6-7pm

Workshops

Positive Thinking Workshop

Wednesday 18th June 10am-12noon
Thicketford Centre

£10

Introduction to Usui Reiki Level 1

Monday 23rd June 10-3pm
Thicketford Centre

£25

For further information contact the
helpline & discuss with Zoe

Carers Hubs

Deane Church of the Nazarene BL3 3PU
Wednesday 4th June 11-12.30

Tonge Moor UCAN Centre
Every Monday 11-12noon

Westhoughton Robert Shaw Pub
Monday 16th June 10.30-11.30

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

Little Lever Christ Church Mytham Rd
Wednesday 11th June 10.30-11.30

Kearsley Methodist Church, Manchester Rd
Tuesday 24th June 10.30-11.30

Horwich The Bridge Church, Rock St.
Wednesday 25th June 10-11.30

Harwood Methodist Church, Longsight Lane
Wednesday 4th 11th 18th & 25th June 11.30-12.30

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!