# **Bolton Carers Support**

**June 2025 Carers Bulletin** 



Carers

# Carers Week 9<sup>th</sup> - 15<sup>th</sup> 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 9<sup>th</sup> June 10.30-1pm
The Mill Coffee House Tuesday 10<sup>th</sup> June 10-12noon
Thicketford Centre Wednesday 11<sup>th</sup> June 10-12noon
Lancaster Suite, Victoria Square Thursday 12<sup>th</sup> June 10-3pm

To book please contact us on 01204 363056

### Volunteers Week: 2<sup>nd</sup> - 8<sup>th</sup> June

Celebrating our wonderful volunteers on June 2<sup>nd</sup> 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 3<sup>rd</sup> & 10<sup>th</sup> June 10-2pm
Costa Coffee at Trinity Retail Park Wednesday 11<sup>th</sup> June 5-6.30pm
Harwood Methodist Church every Wednesday 11.30-12.30pm





### Loneliness Awareness Week 9<sup>th</sup> - 15<sup>th</sup> 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 5<sup>th</sup> June 11.30

# Socialising

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

### **Activities**

Carers Walk

Thursday 26<sup>th</sup> 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 11<sup>th</sup> 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 9<sup>th</sup> June 6-7pm

## Workshops

#### **Positive Thinking Workshop**

Wednesday 18<sup>th</sup> June 10am-12noon Thicketford Centre

£10

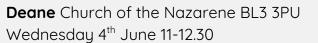
#### Introduction to Usui Reiki Level 1

Monday 23<sup>rd</sup> June 10-3pm Thicketford Centre

£25

For further information contact the helpline & discuss with Zoe

### Carers Hubs



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

**Westhoughton** Robert Shaw Pub Monday 16th June 10.30-11.30

**Breightmet** Mill Coffee House Bury New Rd Thursday 12<sup>th</sup> 11-12noon

**Little Lever** Christ Church Mytham Rd Wednesday 11<sup>th</sup> June 10.30-11.30

**Kearsley** Methodist Church, Manchester Rd Tuesday 24<sup>th</sup> June 10.30-11.30

**Horwich** The Bridge Church, Rock St. Wednesday 25<sup>th</sup> June 10-11.30

**Harwood** Methodist Church, Longsight Lane Wednesday 4<sup>th</sup> 11<sup>th</sup> 18<sup>th</sup> & 25<sup>th</sup> June 11.30-12.30