

Neighbourhood Bulletin

Women's Health/ Cancer Awareness

WOMEN'S HEALTH AND CANCER AWARENESS
Your Health Matters—Early Detection Saves Lives

DATE Saturday 25 th April 2026	TIME 12:00 PM – 1:30 PM	VENUE Zakariyya Jaame Masjid, Bolton UK (ZJM), Ladies entrance, 2nd floor, library
--	--------------------------------------	--

WHAT'S HAPPENING ON THE DAY?

- Cancer awareness presentation delivered by Answer Cancer Representative – **Sabirah**
- Supported by a **local GP**
- Open discussion and information sharing

OUR AIM | This event is designed to:

- Raise awareness around screening and early diagnosis
- Discuss common challenges in screening access
- Offer tips for maintaining overall well-being
- Empower women to take control of their health

WHY IT MATTERS
1 in 2 people will be diagnosed with cancer in their lifetime. Knowing the signs and attending regular screenings makes a real difference and **can save lives.**

Take Charge of Your Health Today
Join us, learn more, and support your community.

Bolton Council **ANSWER CANCER** **ZJM** **BOLTON GPFEDERATION**

Nature Based Wellbeing Session

WILD WORKS Bolton
The Wildlife Trust for Lancashire Manchester & North Merseyside

FREE Nature Based Wellbeing Sessions

- Learn new skills and gain knowledge of local nature.
- No previous experience needed.
- AQA certificate** gained through attending.
- Support for the first steps towards volunteering and employment in environmental sector.

For adults 18+ who live in Bolton and are currently unemployed.
Transport tickets reimbursed (up to £8 per session)

Queens Park, Bolton
Starting 28th April
Every Tuesday for 6 weeks
1pm-3pm

To find out more or to book your place, email Chloe at:
cdesmond@lancswt.org.uk

Examples of activities include:
Nature walks, woodwork, conservation tasks, nature photography and gardening.

Want to know more?
Scan the QR Code
Call: 01772 872007 or 07738 102274
Email: natureandwellbeing@lancswt.org.uk

bolton CVS

Garden Competition

The Big Bolton Wildlife Friendly Garden Competition

Great Prizes
Free to Enter
Open to BL1 - BL7 residents
Closing date 16th August 2026

Go Wild in Your Garden!

Rotary Bolton Lever ask everyone in Bolton to do a little bit to support wildlife

Enter with your Garden, Courtyard, Balcony or Window box for the chance to win a great prize

Talk to us at Heaton Fold Garden Centre BL1 5BU
10 - 3 on Sunday 29th March or Sunday 26th April

For more details and how to enter
Download your Information Pack here or email wildlife@boltonrotary.org.uk

Follow us for updates and tips
facebook.com/wildlifefriendlygardencompetition

RHS Garden Bridgewater
heaton fold GARDEN CENTRE
Bolton Garden Centre
Rotary Bolton Lever

Dance Classes

DANCING WITH ALISON

10 Week Beginners Ballroom Dance Class

Mondays 7pm – 8pm
From 20 April 2026

St Georges' Community Hall
Daisy Avenue
Farnworth
BL4 0EJ

£7.50 per person

Learn Wally, Quickstep, Social Foxtrot, Ora Ora Ora, Kumba, Rock 'n' Roll, Sequence Dances

Enquiries to 07771 735851
Facebook "Dancing with Alison"

Manbassadors Walk of Hope- Save the Date



EVERY STEP FORWARD, IS A STEP IN THE RIGHT DIRECTION

Bolton Manbassadors

Walk of Hope

11.30am, 2nd May
Bolton Town Hall

We will be walking from Bolton Town Hall to the Toughsheet Community Stadium, ahead of the last match of the season, to raise awareness of Men's mental health & suicide prevention.

Booking essential

Contact - tara.branagan@beonehomes.com / 07789 031699



Park Yoga Sessions



ACTIVE BOLTON | **PARK YOGA**

On behalf of **Bolton Council**

FREE PARK YOGA SESSIONS

NEW TO BOLTON
STARTING 3RD MAY

9.30AM - 10.30AM
ON SUNDAYS

 Queen's Park,
Spa Road, BL1 4RU
(near the cafe)

 Bring a mat or towel

 No need to book - just turn up and look out for the Park Yoga flag - we'll be going ahead come rain or shine!

Bereavement Café Wellbeing Day

Wellbeing Day

A gentle day to pause, reflect, and just be

6th May 2026
Bolton Golf Club | 10am – 2pm

£5 Donation to Attend – Includes Welcome Drink




For further info, email info@thebereavementcafe.co.uk Funded by





www.trybooking.com/uk/GGJA

Fibromyalgia Support- Save the Date



Fibromyalgia Support Breakfast

Join us for a day of celebration and solidarity!

International Fibromyalgia Day
Tuesday 12th May 2026
at 10:00 am

Westhoughton Wetherspoons,
34-40 Market St, Westhoughton,
Bolton BL5 3AN



BREAKFAST & A DRINK TO CELEBRATE

Community Event

Celebrate with us!



Bygone Days, Bright Tomorrows

160 Years of Park Life

Queens Park, Pavilion Cafe

Saturday 23rd May

1pm - 3-30pm

Music and Dance Programme & 96.5 Bolton FM Roadshow

Childrens Crafts
And More! Traditional games Stalls



Baby and Me session

NHS Bolton Talking Therapies

Compassionate Mind for Baby and Me

Compassion-Focused Therapy (CFT) based group.

- Are you the main carer of a baby under two years old?
- Are you finding the demands of parenting/caring difficult to cope with?
- Are you struggling with depression or anxiety?
- Do you get caught up in worry and self-criticism?

If **yes**, you may benefit from attending our perinatal CFT group.

What is CFT?

CFT aims to help reduce distress and psychological difficulties, as well as increasing happiness, wellbeing and flourishing. CFT does this by helping people to cultivate their compassionate minds, which in turn, allows them to engage with the difficulties they are facing in a wise and helpful way.

CFT helps people to become more compassionate towards themselves and others.

The group will be facilitated by two members of our team. It will involve attending eight, two-and-a-half hour weekly sessions, at a family friendly venue. Babies and toddlers are welcome to come along.

If you think you may benefit from accessing this group, please complete our online self-referral form by visiting the link below or scanning the QR code:

www.gmmh.nhs.uk/bolton-talking-therapies




for anxiety and depression

Horwich Day Dance

RIVINGTON MORRIS PRESENTS:

Horwich Day of Dance

SATURDAY 25 APRIL 2026

WITH GUEST MORRIS DANCING SIDES

Procession: 10:45 PROCESSION FROM BLACKEDGE BREWERY

Dance spots:

- 11:30** THE ALE HOUSE AND THE BRIDGE
- 1:00** THE SADDLE
- 2:30** THE BOWLING GREEN
- 3:15** BLACKEDGE BREWERY

COLLECTING FOR BOLTON HOSPICE ON THE DAY



Duck Race- Rotary Club Fundraiser

CHRIST CHURCH WALMSLEY with St ANDREWS

FUNDRAISING EVENT

TURTON ROTARY CLUBS DUCK RACE

GET YOUR TICKETS!

DUCK RACE TICKETS £1 EACH **BOOK OF 5 £5**

90% of sales benefit Christ Church **10%** benefits Turton Rotary's charitable causes

Duck Race: Sunday June 14th

Starts at 11am

Bradshaw Brook, Bradshaw Cricket Club, BL2 3EU

1st PRIZE £1000 + MANY OTHER CASH PRIZES!

Contact Andy Pearson for tickets



THANK YOU!