

August 2026 Carers Bulletin

www.boltoncarers.org.uk

Carers Focus Group - We Still Want to Hear From You!

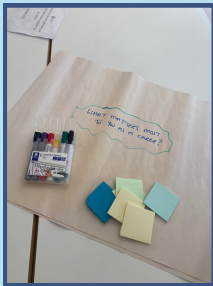
Our first Carers Focus Group meetings in July were a great success – thank you to everyone who came along and shared their thoughts. It was fantastic to hear your ideas and experiences. There are still many carers we haven't heard from, so we're holding more sessions and would love you to join us.

Healthier Carers Together is all about making sure carers' voices help shape the support and services we provide and your views really do matter.

Our next session will take place on Zoom on:

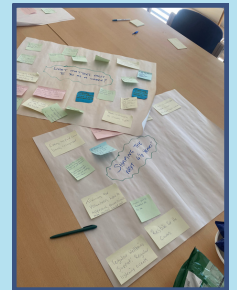
Thursday 13th August 11-12.00 noon - please register your interest to receive the zoom link.

Monday 17th August 10.30-11.30 Robert Shaw Pub, Westhoughton



Save the date! We'll also be holding two further sessions in September:
Wednesday 9th September 11-12noon at Church of the Nazarene, Daubhill
Wednesday 30th September 11-12noon at the Thicketford Centre

Your voice matters, and we'd love to hear from you.
If you can't make any of these dates, please register your interest and we'll keep you updated about future focus group sessions by email.



If you would like to book a place on one of the Focus Group meetings please call 01204 363056

RHS Garden Bridgewater - Save the Date!

Come and enjoy a relaxing day out with us at
RHS Garden Bridgewater, Worsley.

Monday 7th September 10-4pm.

Take in the beautiful gardens, enjoy the fresh air and spend time with other carers in a peaceful setting.

Coach pick-up and drop-off will be from Bolton Bus Station arriving back in Bolton by 4pm.

The cost is £10 per person.

Places are limited, so booking is essential.
Please call our helpline on 01204 363056.

Raffle Tickets Now on Sale!

Raffle tickets available for £2 each, with lots of fantastic prizes to be won. Tickets can be purchased from a member of staff at any of our hubs across Bolton, or by calling our Helpline on 01204 363056. All funds raised goes directly back into our services and activities for carers. Thank you for your support and good luck!

Take The Plunge - Swimming Sessions for Carers

We're delighted to be launching our new swimming sessions for carers,

A trial session will be starting on

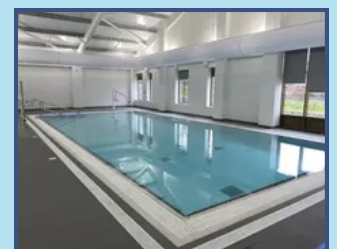
Tuesday 18th August 3-4pm

Jubilee Centre, 324 Crompton Way BL2 3AF

Whether you're looking to keep active, unwind or simply enjoy some time for yourself, these sessions are a great opportunity to relax and improve your wellbeing.

Carers only & parking is available.

Booking is essential, please call 01204 363056 to book your place.



Helpline: 01204 363056 Monday-Thursday 10-4pm

email: info@boltoncarers.org.uk



Relaxation & Wellbeing

Yoga & Relaxation

Smithills Hall
Friday 14th & 21st August
10.30-12noon

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

Carers Relaxation

Thicketford Centre
Monday 24th August
10.30-11.30

**Carers Only
Booking Essential**

Please bring a cushion/blanket/mat

Socializing

Male Carers Group

Wednesday 26th August
11.30am
Emmaus Cafe
Fletcher St BL3 6NF

Book Club

Tuesday 4th 11th 18th August - 10-12
Thicketford Centre
Read, borrow or swap books while enjoying a coffee and friendly chat with fellow carers.

Knit & Natter

Wednesday 5th 19th 26th August
10-12
Thicketford Centre
Knitting, crafting, coffee & friendly company.

DIY For Carers Build, Create & Connect

Wednesday 12th August
10-12noon
Thicketford Centre

Conversation Cafe

Wednesday 26th August
11.20-12.30
Medical Centre
Deane Rd BL3 5DP

Information Stand

Wednesday 19th August
10.30-12noon
Tonge Moor Health
Thicketford Rd BL2 2LW



Carers at our recent
Pamper & Prosper event

Join us in August

Carers celebrating the final
Carers Coffee Morning at
the Octagon Theatre



Carers Hubs

Carers Hubs are warm, welcoming spaces where carers can come together to chat, enjoy a cuppa, connect with others who understand and access helpful information and support in a relaxed setting.

Great Lever Information Stand, Bolton Medical Centre
BL3 6PY
Monday 17th August 11-12

Blackrod Community Centre, Greenbarn Way BL6 5TG
Tuesday 18th August 12.30-1.30

Hall i' th' Wood Greenway Community Centre BL1 8HA
Monday 3rd August 10.30-11.30

Daubhill Church of the Nazarene, Southend St. BL3 3PU
Wednesday 5th August 11-12.30pm

Tonge Moor UCAN Centre
Every Monday 11-12noon

Westhoughton Robert Shaw Pub, Market St BL5 3AN
Monday 17th August 10.30-11.30

Daisyhill Cricket Club BL5 2EB
Tuesday 4th August 11-1pm

Little Lever Christ Church Mytham Rd BL3 1JE
Wednesday 19th August 11-12noon

Bromley Cross Library The Crescent, BL7 9JU
Thursday 27th August 10-11am

Kearsley Methodist Church, Manchester Rd
Tuesday 18th August 10.30-11.30

Both carer & cared for are welcome to attend.



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