

July 2026 Carers Bulletin

www.boltoncarers.org.uk

Have Your Say - Join Our Healthier Carers Together Focus Group!

Your voice matters and we want to hear it!

Healthier Carers Together launched in January and will be supporting carers across Bolton over the next coming years. To ensure the project truly reflects the needs, experiences and aspirations of carers we are inviting you to join our new Carers Focus Group.

We're looking to build a core group of carers who can meet regularly to share ideas, discuss what's important to carers and help shape the direction of the project as it develops. This is your opportunity to influence future activities, services and support, ensuring carers remain at the heart of everything we do. To make it easier for carers to get involved, focus group sessions will be held at three different venues across Bolton. Whether you have lots of ideas to share or simply want to ensure carers' voices are represented, we'd love you to join us and be part of this exciting journey.

Together, we can build a project that works for carers, with carers.

If you can't make the below dates please still register your interest and we will keep you updated via email with future dates.

Thicketford Centre - Tuesday 14th July 11-12

Westhoughton Robert Shaw Pub - Monday 20th July 10.30-11.30

Kearsley Mount Methodist Church - Tuesday 21st July 10.30-11.30

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

Carers Week - Thank You!

A huge thank you to everyone who joined us during Carers Week and attended our Information Day and Awards Ceremony. It was wonderful to come together to celebrate carers, recognise achievements, share experiences and enjoy the range of activities and events on offer throughout the week. We hope you had a fantastic time! To see some of the highlights and photos from the celebrations, including our award winners, please visit our Facebook page. - Bolton Carers Support.

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 go directly back into our services and activities for carers. Thank you for your support and good luck!

Ending on a High Note

Thank You Think Creative Group!

As our six week singing group comes to an end, we would like to say a huge thank you to Think Creative Group for delivering such a fantastic programme. Each session has been filled with fun, laughter, music and friendship, creating a welcoming and uplifting space for our carers to enjoy. The group has been a real highlight, bringing people together and leaving everyone with smiles on their faces.

If you would like to find out more about Think Creative Group and the singing programs they host across Bolton, please visit their website or YouTube channel for more information about their amazing work.

www.thinkcreativegroup.com

<https://www.youtube.com/@boltonsingingclub>



Come & join us in July!

Male Carers Group

Wednesday 29th July
11.30

Café Create
Claremont House,
Bark St, BL1 2AX

Book Club

Tuesday 7th 21st July - 10-12
Tuesday 14th July 10-11
Thicketford Centre
Read, borrow or swap books while
enjoying a coffee and friendly chat with
fellow carers.

Knit & Natter

Wednesday 1st 8th 22nd July
10-12
Thicketford Centre
Knitting, crafting, coffee & friendly
company.

Pamper & Prosper: Wellbeing & Money Skills Session

Thicketford Centre
Wednesday 15th July 11-12.30
Hand message, henna, money skills, digital learning
& much more.
**All welcome but priority will be given to carers for
treatments.**

Relaxation & Wellbeing

Yoga & Relaxation

Smithills Hall
Friday 17th & 24th July
10.30-12noon

Join us at Smithills Hall for a calming yoga session,
followed by coffee and a chat from 11.30

Carers Only - Booking Essential

Carers Relaxation

Thicketford Centre
Monday 27th July
10.30-11.30

**Carers Only
Booking Essential**

Please bring a cushion/blanket/mat

Wellbeing Awareness Session

Sevaldal Group
238 Bridgeman St. BL3 6SA
Wednesday 29th July
10.30-11.15

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.

Both carer & cared for are welcome to attend.

New - Great Lever Conversation Café, Bolton Medical Practice
Wednesday 1st July 11-12

New - Blackrod Community Centre, Greenbarn Way BL6 5TG
Tuesday 21st July 12.30-1.30

New - Hall i' th' Wood Greenway Community Centre BL1 8HA
Monday 6th July 10-11.30

Daubhill Church of the Nazarene, Southend St. BL3 3PU
Wednesday 8th July 11-12noon

Tonge Moor UCAN Centre
Every Monday 11-12noon

Westhoughton Robert Shaw Pub, Market St BL5 3AN
Monday 20th July 10.30-11.30

Daisyhill Cricket Club BL5 2EB
Tuesday July 7th 11-1pm

Little Lever Christ Church Mytham Rd BL3 1JE
Wednesday 15th July 11-12noon

Horwich The Bridge Church, Rock St. BL6 5QS
Wednesday 22nd July 10.30-11.30

Bromley Cross Library The Crescent, Toppings Estate BL7 9JU
Thursday 23rd July 10.30-11.30

Kearsley Methodist Church, Manchester Rd
Tuesday 21st July 10.30-11.30

Harwood Methodist Church BL2 3HX
Wednesday 22nd July 1-2pm



Helpline on 01204 363056 Monday-Thursday 10-4pm

email: info@boltoncarers.org.uk

