



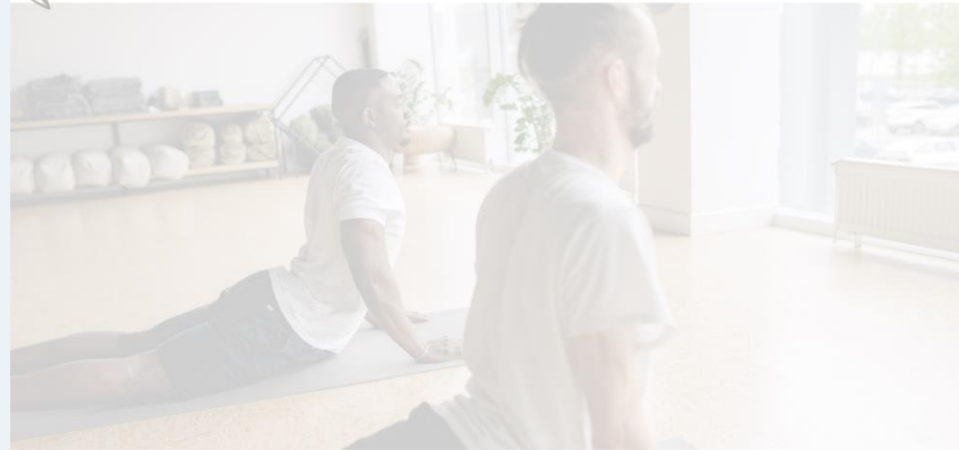
Welcome to the **January 2026** edition of your **East** **Neighbourhood Newsletter**





Gentle Yoga & Relaxation for Carers

A Journey to Inner Peace & Personal Renewal



Friday 23rd January 10:30 to 12:00pm
at the Smithills Hall,
Smithills Dean Road,
Bolton,
BL1 7NP

- Please wear comfortable and warm clothes
- Bring a mat, cushion and blanket
- Refreshment and chat after 11:30

Please contact our helpline on 01204 363056 Monday to Thursday
10:00am to 4:00pm or email - info@boltoncarers.org.uk





RLSS UK National Pool Lifeguard Qualification (NPLQ)

The UK and Ireland's most awarded pool lifeguard qualification, and internationally recognised.

The NPLQ teaches candidates Pool Rescue Techniques, Lifeguarding Theory, First Aid and CPR in engaging and interactive training sessions.

Course details:

- **Venue:** Horwich Leisure Centre
- **Dates:** 16th February - 20th February
- **Cost:** £275.00
- **How to book:** Anthony.yates@serco.com

For more information about
the course, visit www.rlss.org.uk/nplq

www.rlss.org.uk

[f](#) [@](#) [X](#) [d](#) @RLSSUK

February is LGBTQ+ History Month



Please Share with Your Networks:

Read the weekly newsletter from Canal St Manchester:

<https://canal-st.co.uk/?na=v&nk=13316-ff801782ef&id=197>

George House Trust: New Monthly Newsletter

https://crm.ght.org.uk/civicrm/mailling/view?reset=1&id=5791&cid=5010&cs=d64be3e9a2c1aa2ee8dd0f45c86b5400_1766416982_168

Fighting With Pride: A roundup from 2025 Newsletter

<https://mailchi.mp/fightingwithpride/christmas-2025-fwp-newsletter?e=d1dc24a262>

Proud 2B Parents: Monthly Newsletter

<https://mailchi.mp/ede6f28f6f98/december-2025-newsletter-16535271?e=c3332628fc>

LGBT Foundation: Community Newsletter

<https://lgbtfoundation.cmail19.com/t/y-e-axqyd-hdbthldiy-tu/>

Gaydio Academy: Last chance to apply: FREE Intro to Radio & Podcasting course
(Stockport & Tameside residents)

Want to kick off the new year with a new skill? If you're from Stockport or Tameside, join Gaydio Academy for a FREE course in radio presenting, news reading, podcasting and more.

You'll be taught by an award-winning podcaster and broadcaster.

Manchester City Centre
19th–28th January (weekdays only)

Apply here: <https://www.gaydio.academy/courses/2025/intro-to-radio-and-podcasting-stockport-and-tameside/>

Gaydio Awards: Friday 20th March, The Manchester Deansgate Hotel

Providing a night of entertainment to those who truly deserve it, the Gaydio Awards has welcomed the likes of Rave, Sigala, Danny Beard, Tia Kofi, La Voix, Caitly Baser, Tulisa and Katy B to their stage. This year in 2026 they plan to go bigger and better than ever before.

Taking place on Friday 20th March 2026 at The Manchester Deansgate Hotel, we'll come together to honouring the stories, moments, and everyday champions of the LGBTQ+ community.

A general admission ticket guarantees one seat on a table of up to 12 guests at the ceremony with a delicious three-course meal, half-a-bottle of wine per person on

the table and a welcome glass of fizz as well as a complimentary ticket to the official after party. Zero alcohol alternatives are available.

The ceremony is a vibrant atmosphere, where inclusivity and celebration of queer people and organisations takes centre stage, featuring live performances by queer stars and allies.

<https://gaydioprideawards.co.uk/tickets/>

Pride in Leadership and On The Level have developed a programme of training to help LGBTQ+ professionals to overcome barriers to career progression, build confidence, and take that next step. The programme comprises four courses:

- **Overcoming barriers to career progression**
Understanding how identity and experience shape ambition, courage and confidence.
- **How to strive for greatness and avoid mediocrity**
Raising your sights, embracing stretch and building leadership habits rooted in clarity and purpose.
- **Building healthy work connections**
Creating professional relationships and networks that support visibility, advocacy and opportunity.
- **Becoming a powerful LGBTQ+ person of influence**
Recognising your power, strengthening communication and learning how to influence authentically.

Details and registration are here - <https://www.onthelevelconsultancy.com/lgbtq-open-courses>

Russell Road Development: Update and Scheme Naming Poll

<https://mailchi.mp/097bcbef33cb/russell-road-december-update-and-scheme-naming-poll?e=b878a1f2d6>

Will You Help Build Pixie? - A New Digital Home for LGBTQ+ Communities

Pixie is a new safety-first social platform being developed right here in Manchester. We've all seen the toxicity on other platforms, Pixie is building something our community desperately needs, a digital sanctuary. Using AI and secure ID-verification, Pixie are developing a space where LGBTQ+ people can socialise, create content and build communities online without fear of trolls or pile-ons.

Pixie isn't another big-tech company; it's a LGBTQ-led tool and are calling for people in Manchester to sign-up for early access to the app when it starts beta testing in a few week's time. [Sign-up now for early access.](#)

LGBT Foundation's Community Action Network

"Want to get involved in LGBTQ+ activism but don't have a lot of time? Not able to participate in 'traditional' forms of volunteering? Are you an expert in a particular area of LGBTQ+ experience? Our monthly

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February is LGBTQ+ History Month

Community Action Network newsletter keeps you up to date on public consultations affecting LGBTQ+ people and puts you in contact with researchers who are publishing LGBTQ+ informed research, which will be used to shape public policy for years to come."

The sign-up link is here [LGBT Foundation - Community Action Network \(CAN\)](#)

LGBT Foundation: Be Part of History: Our Queer Future Consultation

Through fun and interactive workshops, you'll explore what LGBTQ+ equality should look like in 2050. Together they'll talk about the future of queer healthcare, neighbourhoods, and a world without inequalities. Your voice will form part of a visual map of Our Queer Future, published next year.

The best way to create an inclusive future is to make sure all voices are heard. They would particularly love to hear from those who are multiply marginalised, including people of colour (PoC) and other racially minoritised communities, trans*, non-binary, younger (aged 30 and under) and/or older people (aged 50+), and disabled people.

The in-person events combine the workshop with a fun free activity – while the activities change, the workshops are the same, so please only register for one event. Unless otherwise stated, each event has very limited tickets, so book early to avoid disappointment!

Spotlight on: B-NICE

‘Bolton- Neighbourhood Investment in Community Enterprises’



VOLUNTEER

At Bolton NICE we strive to accommodate all the people who come through our doors. We have various types of activities that people can volunteer to do. Click here to find out more information about volunteering, we are only a phonecall away. Tel 07900535403

SERVICES

Our services include aid with homeless people, recycling and rehoming furniture and other items, our community bus for the residents of Bolton, the community toolbox and more. Click here to find out more about the services that we provide.

RECYCLING

We collect and recycle anything that can be reused. This can be furniture, household goods, toys, tools etc. In fact, we will take anything that we can pass on for free to families and individuals in need. Our policy is to give away good for free to be reused by families or individuals in need of our services.

TOOLBOX

We aim to setup a Bolton wide community tool box. We are already working in the ten areas of Bolton Metropolitan Council. We have started to amass a good supply of tools for community use. We are helping people explore self employment with the loan of tools and equipment.



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To contact Bolton Nice, please
email: boltonnice1@gmail.co.uk

call: 07900 535 403

Visit: www.boltonnice.org.uk

Or follow on Facebook

Spotlight on Macmillan

Weblink: – [Home](#) | [Bolton Macmillan Cancer Information & Support](#)







Weblink to newsletter <https://www.boltonmacmillansupport.org.uk/wp-content/uploads/2025/12/Newsletter-December2025.pdf>

Macmillan are there to support people going through Cancer and those supporting them, they can help in a number of ways:-

- [Money Worries](#) >
- [Emotional Support](#) >
- [Being There For Someone With Cancer](#)
- [Guide to Local Services](#) >
- [Practical Support](#) >
- [People Involved In Your Care](#)
- [Planning Ahead](#) >
- [Useful Websites](#)

See following pages for further details

Spotlight on Macmillan





January 2026

Bolton Macmillan Information & Support Service

Diary Dates for January

Yoga - Wednesday 7th 14th 21st 28th
Craft Group - Thursday 8th 15th 22nd 29th
Walking Group - Friday 9th
Prostate Support Group - Wednesday 14th
Wig Service - Wednesday 14th & 28th
Bolton Cancer Voices Monday 19th 26th
5K Your Way - Saturday 31st

Follow us on Social Media



 [macmillanbolton](#)
 [boltonmacmillancancerinfo](#)

We'd love to hear from you


Whether you are getting in touch to let us know you are coming to our support groups, or whether you need someone to talk to...do not hesitate to contact the team at our Centres:

Royal Bolton Hospital - 01204 390625
Bolton Hospice - 01204 663059
Email boh-tr.boltoncancerinfo@nhs.net

With the support of Bolton Council & Bolton CVS, we are able to offer some people diagnosed with cancer **£100 worth of supermarket vouchers** via the Household Support Fund. This support is targeted at people who have little savings & receive certain benefits. If you or someone you know is struggling financially & this little extra could help, please call us on 01204 663059 to find out more about the Household Support Fund.

“After being diagnosed with cancer and receiving treatment, I was left feeling depressed and so sorry for myself but as the (HOPE) course progressed this feeling gradually left me. I am delighted to say I am back to my happy outlook on life.”



Heard about the HOPE Course?

HOPE stands for Help Overcoming Problems Effectively. The course is aimed at those who have finished treatment. It runs for 3 full days or 6 half days & is held on a Monday at the Wellbeing Hub at Bolton Hospice. The course concentrates on finding new ways to help regain your confidence and manage stress and emotional difficulties.

Topics addressed during the course include:

- Managing stress & emotional challenges
- Relaxation & physical activity
- Motivation & goal setting
- Identifying personal strengths & building confidence for the future

If this sounds useful for yourself or someone you know, please do get in touch with us on **01204 663059** for more information, future dates & a booking form.

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Living with cancer we can help

**Bolton Macmillan
Cancer Information
and Support
Service**



અમે આપને કેન્સર સંબંધિત કોઈ પણ પાસા પર વિવિધ ભાષાઓમાં માહિતી તેમ જ સહાય આપી શકીએ છીએ.

Oferujemy informacje oraz wsparcie w różnych językach na każdym etapie walki z rakiem.

ہم مختلف زبانوں میں، آپ کو کینسر کے ہر پہلو کے حوالے سے معلومات اور معاونت کی پیش کش کر سکتے ہیں۔

MACMILLAN
CANCER SUPPORT

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The Bolton Macmillan Cancer Information and Support Service provides a confidential drop in service for anyone living with cancer.

This includes people who:

- require information about cancer
- have a cancer diagnosis
- are living life post treatment
- are living with the consequences of a cancer diagnosis
- are looking to reduce the risks of cancer
- are a carer, relative, or a friend of someone with cancer
- are a health professional.

How we can help

Staffed by Macmillan Cancer Information and Support Specialists and trained volunteers, we are able to provide:

- literature on all aspects of living with cancer
- internet access to guide people to appropriate information resources
- the opportunity to discuss treatments, side effects and other cancer related issues
- a private room to talk to someone in confidence
- information and support over the phone for those not able to access the service in person.

Kelly Gordon, Bolton
Macmillan Information and
Support Deputy Manager

We also offer

- links to local and national support services
- signposting to self help and support groups
- access to the Macmillan Benefits Advice Service
- referral to other available support services
- cancer awareness sessions
- links to other voluntary and statutory agencies
- cancer information in large print, audio format and some languages other than English.

Macmillan Benefits Advice Service

When you, or someone close to you has been diagnosed with cancer, money might not be one of the first things you think about. But having cancer can be expensive. If you are a patient or carer affected by cancer, you can get free, confidential advice from our specialist Macmillan Benefits Adviser.

We can help with:

- applying for benefits
- applying for tax credits
- health costs, such as travel to hospital for treatment
- accessing charitable grants
- applying for transport concessions, such as a disabled parking badge
- benefits that help with housing costs
- signposting for help with other issues, such as debt.

Spotlight on Macmillan



Macmillan Cancer Support We're here to help everyone with cancer live life as fully as they can, providing practical, financial and emotional support. So whatever cancer throws your way, we're right there with you. For information, support or just someone to talk to, call 0808 808 00 00 or visit macmillan.org.uk.

Bolton Hospice provides specialist care and support for local people with cancer and other life-limiting illnesses and their families, in the hospice and at home. We provide care throughout a patient's illness, so they achieve the best possible quality of life.

Bolton People Affected by Cancer Are a group of individuals affected by cancer who are working with the partner organisations to co-produce the Macmillan Information and Support Service here in Bolton and to ensure that it meets the needs of local people.

Greater Manchester Integrated Care (GMIC). The Greater Manchester Integrated Care is an organisation that buys, or commissions, health services for Bolton people. The GMIC is responsible for making sure that everyone in the Bolton borough has the health services they need, that services are safe, and deliver high quality care.

Four partners, one shared goal



At Macmillan, we give people with cancer everything we've got. If you're diagnosed, your worries are our worries. We will move mountains to help you live life as fully as you can.

We'll do whatever it takes. For information, support or just someone to talk to, call 0808 808 00 00 or visit macmillan.org.uk

Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland.

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NEW WEEKLY DROP-IN AT BRIGHTMET LIBRARY FROM BOLTON MACMILLAN CANCER INFORMATION AND SUPPORT SERVICE

A **NEW** weekly drop-in service is being launched at **Brightmet Library** in **Bolton** for anyone **affected by cancer** who requires emotional, practical or benefits information and support.

Bolton Macmillan Cancer Information and Support Service has had a long involvement with supporting people in this area of Bolton. We are now pleased to be able to offer an **improved weekly drop-in service**, directly in the community, which will take place **EVERY THURSDAY, 10am-12pm** at **Brightmet Library**, Brightmet Fold Lane, Brightmet, BL2 6NT. |

This non-medical service is designed to offer a range of support to anyone affected by cancer including:

- Emotional support
- A listening ear
- Information and advice on benefits
- Practical information and support
- Signposting to other local services

We are hopeful that people in the local area will get to know that cancer support is nearby if they ever need it and that for health professionals working in Brightmet Health Centre and the local area, that they are able to signpost their patients to us rather than have to travel to one of our other drop-in Centres in Bolton.

We will be re-launching this enhanced service on Thursday 15th January and invite anyone who is visiting Brightmet Library or Health Centre to pop along to pick up FREE refreshments and to find out more about our service.

For further information please contact us on 01204 663059 or email boh-tr.boltoncancerinfo@nhs.net

Whatever you need to ask we're here online and on the phone. Call 0808 808 00 00 or visit macmillan.org.uk/whateveryouneed



For more information, contact Macmillan Cancer Support's communications team:

media@macmillan.org.uk

Notes to Editors:

About Macmillan Cancer Support

Macmillan Cancer Support has spent more than 100 years helping people living with cancer. We know that cancer can disrupt your whole life. And it can be made worse simply because of who you are and where you live. But we're here to change that. The number of people diagnosed with cancer is growing, and every one of them needs the best support to meet their unique needs. That's why we'll do whatever it takes to help everyone living with cancer across the UK get the support they need right now and transform cancer care for everyone who will be diagnosed in the future.

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Help Overcoming Problems Effectively

FINDING IT TOUGH AFTER TREATMENT?

If you are living with or after cancer, the Helping Overcome Problems Effectively course can help you get more out of life.

HOW CAN WE HELP?

- o Rediscover your strengths.
- o Manage the day-to-day impact cancer has had.
- o Plan for the future
- o Be better equipped to deal with anxiety and uncertainty.
- o Make the most of good things in your life.
- o Get support from people going through a similar thing.

WHEN?

The course is usually held three times a year and is delivered over 3 full days or 6 half days. To find out about the next course - please give us a call or email us.


WHERE?

The Wellbeing Hub
Bolton Hospice

Booking is required for this course.

CONTACT US

01204 663059 or email
boh-tr.boltoncancerinfo@nhs.net



DO YOU LOVE TO SING?
HAVE YOU EVER RECEIVED A CANCER DIAGNOSIS?

Founded in June 2012 Bolton Cancer Voices is an inspirational, welcoming Choir open to anyone who has received a cancer diagnosis of any type at any time.

The Choir provides a positive, motivational and diversionary environment where members have fun, enjoy the challenges and exhilaration of performing and have a focus aside from their illness.

It offers an informal forum to meet with others in a similar situation and benefit from mutual support and understanding.

Though cancer brings the Choir together it is not allowed to define or restrict us: we are a community Choir like any other with a full programme of appearances and activities together with many dreams and aspirations!

Membership is FREE: there is no requirement to read music and no auditions to worry about.

We have no geographical restrictions on membership, as long as you can travel to Bolton for rehearsals.


Rehearsals take place on Mondays 7.30pm - 9.00pm
at The Friends Meeting House, Silverwell Street, Bolton BL1 1PP

Enquiries to Karen Elliott - Chair
01204 595562 / 07773 164235
www.boltoncancervoices.org.uk
E-mail: boltoncancervoices@yahoo.com

@BoltonCancervoices


We are waiting to hear from YOU!

Spotlight on Macmillan



Yoga For Cancer

12 weeks beginners course
Suggested donation of £1 per class







Suitable for anyone during or after cancer treatment

Wednesdays 3pm-3.50pm
at
David Lloyd Health Club Chorley Street, Bolton

- Safely build back strength and stamina
- Manage symptoms such as stiffness, joint pain and anxiety
- Calm your mind and manage anxious feelings
- Learn helpful breathing techniques to use in everyday life
- Meet other people in a similar situation

For more information contact Jackie on 01204 663059

PLACES LIMITED, BOOKING ESSENTIAL





5K YOUR WAY

MOVE AGAINST CANCER FREE

We invite anyone who is living with or beyond cancer, families, friends and health care professionals to join us once a month to walk, jog, run, cheer or volunteer at a 5k Your Way group linked to a local parkrun.

All ages and abilities are welcome. Lots of us will be walking. Do as little or as much as you want or just join us for a drink and a chat.

When: The last Saturday of every month.
8:45am for 9am start.

Where: Leverhulme Park, Long Lane, Bolton, BL2 6EX.

Meeting point: Next to the Banner near the Outside Gym. 8.45am

Ambassadors: Kelly, Sue, Jackie, Ken and Chemane.

Contact: boltongroup@5kyourway.org

Register here: www.5kyourway.org/register

PROVIDED BY MOVE CHARITY

 www.5kyourway.org info@5kyourway.org [@moveagainstcancer](https://www.youtube.com/@moveagainstcancer) [@5kYourWayMoveAgainstCancer](https://www.facebook.com/5kYourWayMoveAgainstCancer) [cancer5KYourWay](https://twitter.com/cancer5KYourWay) [5KYourWay](https://www.instagram.com/5KYourWay)



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January to June 2026

We would be delighted to welcome anyone who has been affected by cancer, including carers, family and friends, to come along and join us.

Whether you're being treated for cancer or you're recovering, walking can help to keep your mind healthy as well as your body. It's free and fun - all you need is a pair of comfortable walking shoes!

Walks are usually the first Friday of each month and are at a medium/slow pace, mostly flat and last for about 30 minutes.

IMPORTANT INFORMATION

No need to book onto a walk, just turn up at the relevant destination each month.

Please be aware that we occasionally have to cancel walks at short notice depending on severe weather forecasts. Any updates regarding walks not going ahead due to poor weather, will be shared on social media (see back of leaflet for details). If you would like to check a walk is going ahead or would like to know more before coming on a walk, please contact us on 01204 663059.

Friday 9th January

Location: Moss Bank Park
Time: 1pm
Route: Approx. 1 mile
Meeting Point: Moss Bank Park Car Park, Off Barrow Bridge Road, near to Barrow Bridge Chimney, Bolton. BL1 7NJ.
Toilet facilities and refreshments available at Moss Bank Park Café

Friday 6th February

Location: Smithills Hall
Time: 1pm
Route: Approx. 1 mile
Meeting Point: Turn right off Smithills Dean Road, car park on the left, Bolton BL1 7NP.
Toilet facilities available at the Hall. After the walk we will go up to Smithills Farm for refreshments

Friday 6th March

Location: Queens Park (Lower Area)
Time: 1pm
Route: Approx. 1 mile
Meeting Point: Car Park off Spa Road (old bowling green), Bolton, BL1 4AY.
Toilet facilities and refreshments available at Queens Park Pavilion Café.

Friday 10th April

Location: Curley's Fishery, Horwich. (Please note, NOT the first Friday in April)
Time: 1pm
Route: Approx. 1.3 miles
Meeting Point: At the top of Curley's car park, along Wallsuches, Off Chorley Old Rd. Parking is available along Wallsuches, Horwich, BL6 6PP
Toilet Facilities and refreshments available at Curley's Dining Room.

Friday 1st May

Location: Doffcocker Lodge
Time: 1pm
Route: Approx. 1.3 miles
Meeting Point: Doffcocker Lodge Car Park, off Chorley Old Road, Bolton, BL1 5SH (Turning is opposite the Triangle Church)
Toilet Facilities and refreshments available at Café Italia.

Friday 5th June

Location: Moses Gate Country Park
Time: 1pm
Route: Approx. 1.3 miles
Meeting Point: On the **bottom** car park, Hall Lane, just off St. Peter's Way (A666), Farnworth.
Toilet Facilities and refreshments available at The Jolly Carters BL3 1BW.

Friday 19th June (Longer Walk)

Location: Turton and Entwistle Reservoir (Longer Walk)
Time: 1pm
Route: Around 3 miles
Meeting Point: The car park at the bottom of Batridge Road, off Greens Arms Road, BL7 0NF. *Note that this is a pay and display car park, but the machine has been broken for a while.* This walk will be around 3 miles and mainly flat; as usual you will be able to take it at your own pace. Toilet facilities and refreshments available at the Strawbury Duck, part way through the walk. **As this a longer walk than we usually do, we ask that you book your place in advance if you intend to join us and also discuss it with one of the walk leaders.**



All our walks start at 1pm and are usually on the first Friday of every month.


Walk leaders will be in green Macmillan fleeces or hi-vi vests at all the meeting points so please look out for them!

For more information or advice about the walks & to book onto the longer walks please contact us on 01204 663059.

In the event of needing to cancel a walk for safety reasons due to extreme weather forecasts, please be aware that this information will be put on our social media.

So why not follows today!

 **@boltonmacinfo**

 **@macmillanbolton**

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Flu Vaccinations

Vaccinations

The NHS Vaccination Van is coming to Bolton!

It's not too late to protect yourself and your loved ones this winter. No appointment needed!

📍 Where to find us: Victoria square: 9-3

- Thursday 15th January

🔧 What's available:

- Flu jab: For those aged 65+, pregnant, or with a weakened immune system
- COVID-19 jab: For those aged 75+ or with a weakened immune system
- Blood pressure checks: For anyone 40+ not currently on blood pressure medication

🔗 Check if you're eligible:

- Flu vaccine eligibility: <https://bit.ly/47PzzVN>
- COVID-19 vaccine eligibility: <https://bit.ly/4hSYQTI>

Let's keep Bolton healthy this winter ❤️

Healthwatch- NHS App

Healthwatch Bolton are seeking your feedback to help find out about your experiences of using the NHS App. Your responses will help shape the future of NHS digital services.

The NHS App is a secure, free digital tool from NHS England for people in England to access various NHS services on their phone or tablet, letting users book appointments, order repeat prescriptions, view GP health records, manage hospital referrals, and get health advice, acting as a central 'digital front door' to healthcare.

We would like to hear your views and experiences of using the NHS App. Please take a moment to complete our survey here: <https://www.surveymonkey.com/r/FRLZHKX> or scan the QR code here:



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Free Flu vaccine for 2-3 year olds

Upcoming Clinics

† Tonge Family Hub – 260 Starkie Road, BL2 2ED
Jan– Fri 9th, Fri 16th, Fri 23rd, Fri 30th | 1–4pm

† Bright Meadows Family Hub – Greenroyd Avenue, BL2 5DD
Jan– Tue 13th, Tue 20th, Tue 27th | 12:30–3:30pm

† Oldhams Family Hub – Forfar Street, BL1 6RN
Jan– Fri 9th, Fri 16th, Fri 23rd, Fri 30th | 9–12pm

† Harvey Family Hub – Shaw Street, BL3 6HU
Jan– Mon 12th, Mon 19th, Mon 26th | 1–4pm

† Farnworth Hub – King Street, BL4 7AP
Jan– Thurs 8th, Thurs 15th, Thurs 22nd, Thurs 29th | 1–4pm

🌱 Non-pork gelatine versions available
📄 Consent form required – Scan the QR code print and complete before attending or Consent forms can be provided at the clinic



Bolton
Family Hubs



Queens Park and central Community Alliance



QUEENS PARK & CENTRAL COMMUNITY ALLIANCE



- Come and build on existing community action and strengths in your area!

When: Weds 11th February 2026

Time 12.00 pm : Venue : Queens Park Cafe, Queens Park, Bolton

All Welcome - Local Residents, Community Groups, Social Enterprises, Faith Groups, Volunteers, and Businesses, come along and get involved with your Community Alliance!

- Lunch/Refreshments provided
- Network and meet others
- Bring your own groups leaflets and promotional materials
- Please confirm if you are attending
- Learn more: www.Bolton.gov.uk/communityalliances
Contact/Questions: QPCCCommunityAlliance@gmail.com



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Pathways to GMMH are changing

Pathways into GMMH adult mental health services are changing

From 19 January 2026 the referral pathways into community mental health teams in GMMH will be changing.

Why?

The NHS Long Term Plan has laid out the need for new and integrated models of primary and community mental health care.

Access to the right help in a timely manner is critical. The nature and quality of engagement with a person, especially at their first contact with services, can determine how the relationship with services develops.

What will change?

From 19 January 2026 referrals will no longer be processed by Single Point of Access (SPOA).

Instead, Primary Care suitable therapy referrals can be sent directly to Talking Therapies, and Secondary Care referrals can be sent to the newly formed Referral and Assessment Hub (previously Bolton Assessment Service).

Existing direct referral pathways remain unchanged.

Please share this update within your teams.

If you would like us to come and discuss this further, please e-mail both:

BoltonPCPTS@gmmh.nhs.uk and

BoltonRAH@gmmh.nhs.uk

Improving Lives

Primary Care

Talking Therapies:
for Anxiety
and Depression

Who do we support?

Talking Therapies for Anxiety and Depression is for people aged 16+ (including older people) who are presenting with a common mental health problem (CMHP) which falls within the categories below:

- Depression
- Generalised Anxiety Disorder
- Social Anxiety
- Panic Disorder
- Post-Traumatic Stress Disorder
- Obsessive Compulsive Disorder
- Body Dysmorphic Disorder
- Health Anxiety
- Specific Phobia
- Anger
- Low self-esteem
- CMHPs in the context of long-term health conditions
- Stress-related and adjustment difficulties

The person will be motivated to work towards goals and willing to engage with Psychological Therapy. They will have needs that can be managed within primary care (i.e. low-moderate levels of risk). They will not be using substances to a level that likely impact their ability to engage in therapy.

What do we provide?

- We offer individual and group psychological therapy virtually and face to face.
- Step 2 Low Intensity Therapy: Guided Self Help or SilverCloud
- Step 3 High Intensity Therapy: CBT, EMDR, IPT
- Counselling: provided by One Point
- Step 3+ Therapy: For higher levels of psychological complexity
- Employment Advisor Service
- Group therapy options: See website for details

How to refer?

Self-referral or professional referral can be completed via website:
www.gmmh.nhs.uk/bolton-talking-therapies

Scan here for the
Talking Therapies
Professionals
Referral Form



How to contact Talking Therapies?

Phone: 0161 271 0190

Email: BoltonPCPTS@gmmh.nhs.uk

Community Event



The poster features a central teal box with white text announcing the event. Surrounding this box are five circular callouts with colored backgrounds (purple, blue, orange, green, and yellow) containing details about the activities and requirements. The top of the poster displays logos for the Friends of Queens Park Bolton, Bolton's Fund, Bolton Council, The Wildlife Trust for Lancashire Manchester & North Merseyside, and the Growing the Good Work Fund. The bottom of the poster includes the meeting location and a note about social distancing. The background is decorated with stylized illustrations of a dragonfly, a bird, a paw print, and a leaf.

**Free Community Event at
Queens Park
Saturday 24th January
& 7th February**

Family Pebble Painting to add to the Sensory Garden being created in the park

Make a clay animal using clay to take home with you

Drop-in anytime 10-12pm or 1:30-3:30pm

Suitable for ages 5+, children must be accompanied

Wear an old top for the indoor pebble painting and suitable clothes to stay warm outside for making clay animals

**Meeting at the Pavilion Cafe
WhatThreeWords location ///remain.behind.shuts**



Thank you for your continued support!

If you would like to showcase your work or service in the next newsletter, please send the details to:

Kelly.wray@bolton.gov.uk

If you know of anyone who would like to be included in the distribution list, please also let **Kelly** know 😊