

November 2026 Carers Bulletin

www.boltoncarers.org.uk

Carers Rights Day - Come Along and Join Us!



Join us on
Thursday 19th November
1pm to 4pm
1st floor of Bolton Octagon Theatre



Celebrate Carers Rights Day with us! It's a great opportunity to meet our friendly team, enjoy some refreshments and chat with a range of local partners from across Bolton. They'll be on hand to offer practical advice, information and support to help you in your caring role. Whether you have a specific question or simply want to find out what support is available, everyone is welcome. We look forward to seeing you there!

Book your place on 01204 363056.

Bolton Carers Support Annual General Meeting

Join us for the Bolton Carers Support Annual General Meeting

Thursday 10th December
10.30am to 11.30am
Thicketford Centre.

This is a great opportunity to find out more about our work, hear about what we've been doing to support carers and share in our plans for the future.

Afterwards, stay for a friendly chat with our staff team over a coffee and biscuits. We'd love to see you there, so come along, meet the team and enjoy a warm welcome!

All Welcome, book your place on 01204 363056.

Christmas Theatre Trip

Join us for a festive evening at Bolton Little Theatre to enjoy the classic Christmas tale.

A Christmas Carol.

**Thursday 10th December
7.30pm**

Tickets are £10 and available now.

We'll meet at the theatre, enjoy the show and share in the excitement of the festive season. If you fancy a cosy Christmas night out with good company, we'd love you to come along and join us!



Carer & Cared For Welcome- Booking Essential.

Make a Difference to Carers in Bolton

Behind every unpaid carer is a story of dedication, kindness and love. At Bolton Carers Support, we want every carer to know that they matter too. By becoming a Friend of Bolton Carers Support, you can help us continue providing the advice, emotional support and opportunities to connect that make such a difference to carers' lives.

For just £5 a month, you can help us be there for carers when they need us most, reminding them that they are valued, supported and never forgotten.

As a thank you for your generosity, you'll receive a special gift after each full year of supporting us.

Become a Friend today! Scan the QR code or call our helpline on 01204 363056 to find out more. Your kindness can help us build a stronger, more supportive Bolton for every unpaid carer.



Scan to sign up
Powered by GoCardless



Relaxation & Wellbeing

Yoga & Relaxation

Smithills Hall
Friday 13th November
Friday 20th November
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 16th November
10.30-11.30am

Carers Only - Booking Essential

Nutrition & Hydration Workshop

Tuesday 10th November
12-2pm

Thicketford Centre

Come along and learn how to make quick nutritious air-fryer snacks and salads.

Age UK Bolton will also be joining us to share helpful tips on Nutrition & Hydration.

Carer & Cared for welcome.

Knit & Natter

Wednesday 11th 18th
25th November
10-12 noon

Thicketford Centre
Knitting, crafting, coffee & friendly company

Carer & Cared For Welcome

Male Carers Group

Join us at the Market Hall, Ashburner street at 12.00, Thursday 19th November for a drink and a chat.

Afterwards I will head to the Carers Rights day event, at 1pm, at the Octagon Theatre for anyone who wants to join and check the information stands available.

Diwali Celebration

Hindu New Year Temple Visit

Monday 9th November
11:30-12:30pm

161 Deane Road, Bolton, BL3 5AH

Join us for a special visit to celebrate Diwali, the Hindu Festival of Lights and welcome the New Year, with an opportunity to learn more about Hindu traditions, culture and the meaning behind this beautiful celebration.

Care and cared for both welcome.

Book your place 01204 363056.

Sewing & Alteration Club

Monday 30th November
10.30am-12noon
Shanti Medical Centre
160 Saint Helens Rd BL3 3PH

Unity in the Community Event

Wednesday 18th November
Asian Elders Resource Centre
(Further details to follow)

World Ready Day: Be Mindful

Thursday 26th November
9am-4pm
Bolton College, Deane Rd,
Bolton, BL3 5BG
All Welcome

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.

Westhoughton Robert Shaw Pub, Market St BL5 3AN
Monday 16th November 10.30-11.30am

Blackrod Community Centre, Greenbarn Way BL6 5TG
Tuesday 17th November 12.30-1.30pm

Hall i' th' Wood Greenway Community Centre BL1 8HA
Monday 2nd November 10.30-11.30am

Daubhill Church of the Nazarene, Southend St. BL3 3PU
Wednesday 18th November 11-12.30pm

Tonge Moor UCAN Centre
Every Monday 11-12noon

Daisy Hill Cricket Club BL5 2EB
Tuesday 3rd November 11-1pm

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

Bromley Cross Library The Crescent, BL7 9JU
Thursday 12th November 10.30-12pm

Kearsley Methodist Church, Manchester Rd
Tuesday 24th November 10.30-11.30am

Both carer & cared for are welcome to attend.

