

Neighbourhood Bulletin

Brain and Balance Hub

Brain & Balance Hub

Nutrition & Hydration • Memory • Movement

- Join us for 12 weeks of free, fun and interactive wellbeing sessions
- Designed to support carers and individuals at risk of developing dementia
- Improve your confidence in mobility and balance
- Learn about the importance of nutrition and hydration

When?

- Every Monday starting from July 20th 2026
- 12:30 — 13:30

Where?

- Deepdale Community Centre, Deepdale Road, Brightmet, Bolton, Lancashire BL2 6PQ

How?

- Contact our team at Age UK Bolton to find out more and secure your place today!

Find out more at:

01204 382411

strengthandbalance@ageukbolton.org.uk

Move with Her Club (started Wed 22nd July)

MOVE WITH HER

Club

BEGINNER FRIENDLY & ALL ABILITIES WELCOME

WEDNESDAY

5:30 – 6:15 PM STRENGTH

6:15 – 7:00 PM TRACK

LEVERHULME PARK
Bolton

AN INCLUSIVE & SAFE SPACE FOR WOMEN | @movewithherclub

Telephone number for enquiries 07827042242

Summer Fayre

Saturday 25th July 2026, 12pm - 4pm

BEACH THEME

SUMMER FAYRE

FUNDS RAISED TO SUPPORT ONGOING COMMUNITY WORK AT
Brownlow Fold Church of the Nazarene, Yarrow Place, BL1 3UR

Something to sell? Reserve a Table for £10
Contact: Natasha.Wynn1992@gmail.com

BBQ, Ice Lollies, Cakes, Children's Games, Bouncy Castle,
pre-loved Clothes, Toys and Books for sale

LOTS OF FUN - PLEASE JOIN US - FANCY DRESS COSTUMES WELCOME PREFERRED!

Party in the Park

Howfen Wakes presents
PARTY IN THE PARK 2026
Saturday 1st August • 11am–6pm
Central Park, Westhoughton

Officially opened by
Emmerdale star
Joe-Warren Plant

FREE ENTRY

Food & Stalls

- Artisan Food Court
- Local Stallholders

Attractions

- Classic Cars & Scooters
- Torrs Exotic Animals
- Dog Show

Family Fun

- Children's Area
- Face Painting & Hair Braiding
- Fairground & Inflatables

Live Entertainment

- Stage & Arena Singers
- Dance Performances
- Carnival Royalty

A full day of family fun
in the heart of Howfen

07579 102132 | howfenwakes@gmail.com

A full day of family fun
in the heart of Howfen

Family Fun Day

FRIENDS OF QUEENS PARK BOLTON

SATURDAY 1ST AUGUST

FREE FAMILY ACTIVITIES

IDENTIFY BUTTERFLIES & BUTTERFLY CRAFT ACTIVITIES

11AM – 12NOON
1.30PM – 2.30PM

@ PAVILION CAFE, QUEENS PARK

ALL CHILDREN MUST BE ACCOMPANIED BY AN ADULT

LOVE PARKS WEEK

Family Fun Days

Brightmet Library and Octagon Theatre's

FAMILY FUN DAY

FREE ENTRY

Sensory Storytelling Show 'Wild Book Day' by the Octagon Theatre

Design your own Melon Pizza
Plus FREE delicious food by Sushma Snacks

Music Workshops
Sing Along with Instruments

Arts and Crafts
Making Animal Masks

Reading Corner
Discover Books at the Library

Giant Games
Connect4 and Others

TUESDAY 4th AUGUST 2026

WHERE?
Brightmet Library
Brightmet Fold Lane
Brightmet
Bolton
BL2 6NT

DROP IN
Any time between
11am - 3pm

OCTAGON

FAMILY Fun DAY

ABSOLUTELY FREE

Wednesday 5th August—1pm

Come and meet Ranger Mike & his baby Dinosaurs
There are lots of Garden Games
No Booking required

Splash!
Splash pool under 8's

Soft Archery
Soft Archery over 5's

BINGO
Bingo—Any Age

FREE CRISPS— ICELOLLIES—DRINKS

**St James Parish Centre Roscow Ave,
Brightmet BL26HU**

Headspace Cabaret Night



headspace

27 Bradshawgate
Bolton
BL1 1EL

FREE ENTRY
If you would like to support our community projects you can make a donation at the end of the fantastic night

BYOB

Wednesday 5th August
7:30pm - 10:30pm

Anything Goes
Cabaret Night
Music Comedy
Spoken Word

GMCA  **COMMUNITY FUND**

Harper Lane Summer Fair



HARPER'S LANE ALLOTMENTS

Summer Fair!

SUNDAY 9TH AUGUST

12 NOON UNTIL 4PM

COME AND ENJOY OUR ANNUAL SUMMER FAIR!

**RAFFLE & TOMBOLA
ANNUAL FRUIT & VEG
COMPETITION
CRAFT STALLS
CHEESE & ICECREAM
CAKES, DRINKS &
REFRESHMENTS
CASH ONLY PLEASE**

Little Lever Plant Swap



Bolton
Library and
Museum Services

Little Lever Library

Plant Swap

Tuesday 11th August

1.30 pm - 2.30 pm

Plant swap with the Garden Brew & Nature Chat Club.
Share top tips & gardening advice,
meet others & enjoy a brew!

Garden Brew & Nature
Chat Club meet every
Tuesday 1.30-2.30pm
All very welcome

Contact Library Lever Library for more
information. LittleLever.Library@bolton.gov.uk

Menopause Café



Bolton **hub**
employment

Open to anyone in Bolton and
completely free to attend!
Limited spaces available

Tuesday 18th August

4:30pm - 6:30pm

**The One Stop Shop
Bolton Town Hall, BL1 1RU**

Struggling with menopause or wanting to understand this stage of life better?
Join our Menopause Awareness Café at Bolton Employment Hub with Dr Beverley Matta. You'll hear from a specialist practitioner who will share insights into the physical, emotional and practical aspects of menopause. Whether you're going through it, supporting someone or expanding your knowledge, you're welcome. Let's break the stigma and empower women together. Explore wellbeing support.

 Register now:
Scan the QR code
or
Email: GetBoltonWorking@bolton.gov.uk

Cancer Roadshow

The Cancer Awareness Roadshow is coming to Bolton

- Chat to a nurse about how small health changes can reduce your cancer risk
- Learn about screening and where to get more information
- Talk about the importance of spotting cancer early by speaking to the GP about any concerns

Bolton Market BL11TJ:	Victoria Square BL11RJ
Thursday 9 April	Tuesday 19 May
Thursday 7 May	Wednesday 20 May
Thursday 4 June	Tuesday 4 August
Thursday 9 July	Wednesday 5 August
Thursday 10 September	Tuesday 22 September
Thursday 8 October	Wednesday 23 September
Thursday 12 November	
Thursday 10 December	10am -4pm



For more information visit:
cruk.org/roadshow



The Cancer Awareness Roadshow is coming to Bolton!

Drop-in to speak to a nurse, learn how small lifestyle changes can reduce your cancer risk, get information about screening and understand the importance of spotting cancer early

Find out more:

www.cruk.org/roadshow

Foundational ACES and Trauma Awareness Training

Sometimes life can be tough, traumatic events in your childhood can lead to experiencing physical, behavioural, and poor mental health experiences, even in adulthood. However, with the right support you can live a happy, healthy fulfilling life.

Why Attend?

Understanding ACEs and trauma is essential for anyone working or volunteering in Bolton. This training will help you:

- Recognise the impact of childhood adversity on health, behaviour, and life outcomes.
- Learn practical ways to support individuals who have experienced trauma.
- Develop a trauma-informed approach in your business, work or community role, improving wellbeing, resilience

By attending, you'll gain valuable insights that can strengthen your practice, enhance relationships, and contribute to a healthier Bolton.

Course Overview

This session will cover:

- What ACEs are and how they affect people's lives.
- How adversity and trauma influence health and behaviour.
- What a trauma-informed way of living or working looks like and how to implement it.

Who Can Join? Open to anyone working, or volunteering in Bolton – across all sectors and roles.

Facilitators: Thrive Manchester – specialists in trauma-informed practice.

How to Register – click here: [foundational-aces-adverse-childhood-experiences-trauma-awareness-training](#)

Don't miss this opportunity to build skills that make a real difference in our community.

Links to our websites, including links to additional resources: [Working with Children – Adverse Childhood Experiences & Trauma Informed Practice – Learning and development](#) or [Trauma Responsive Greater Manchester](#)

Building a brighter future
with *you* in mind

Big Games Event



Job Centre Plus Mobile Drop-in Service

Mobile drop in service

by jobcentreplus

WE CAN HELP WITH:

- Local job opportunities
- CV support
- Training and courses
- Career change
- Interview preparation
- General benefit advice/signposting
- Options when leaving education
- Apprenticeships
- Working with a health condition
- Work search guidance
- Job application assistance

For any benefit payment enquiries, please contact us by phone or visit your nearest Jobcentre.

TIMETABLE Bolton



LOCATION	DATE	TIME
Horwich Leisure Centre, Victoria Rd, Horwich, BL6 5PY	Monday 27 July 2026	9:30am to 1pm 2pm to 4pm
Spar (Rocket Store), 63 New Ln, Brightmet, Bolton BL2 5BP	Tuesday 28 July 2026	9:30am to 1pm 2pm to 4pm
Smithills Farm, Smithills Deane Road, Smithills, BL1 7S	Wednesday 29 July 2026	9:30am to 1pm 2pm to 4pm
Bridge Church Bolton 109 Bradford Street, Bolton, BL2 1JX	Thursday 30 July 2026	9:30 to 1pm 2pm to 3.30pm
Asda Astley Bridge, Moss Bank Way, BL1 8QG	Friday 31 July 2026	9:30am to 12pm
Horwich Leisure Centre, Victoria Rd, Horwich, BL6 5PY	Monday 3 August 2026	9:30am to 1pm 2pm to 4pm
Smithills Farm, Smithills Deane Road, Smithills, BL1 7S	Tuesday 4 August 2026	9:30am to 1pm 2pm to 4pm
Tesco Little Lever, Crossley Street, Little Lever, BL3 1AA	Wednesday 5 August 2026	9:30am to 1pm 2pm to 3.30pm
New Bury UCAN Centre, 53 George Street, BL4 9PU	Thursday 6 August 2026	9:30am to 12:30pm
Asda Farnworth, Brackley St BL4 9DT	Thursday 6 August 2026	2pm to 4pm
Masjid-e-Noorul Islam Mosque Prospect Street, BL1 3QH	Friday 7 August 2026	11am to 3pm

For future dates go online to
www.jobhelp.campaign.gov.uk
Mobile Jobcentre Plus: Bolton timetable

Qwell and Kooth

If you support young people, we wanted to let you know that we will be introducing Soluna by Kooth later this year. The next step in the evolution of Kooth's children and young people's service.



Soluna by Kooth is built on the proven clinical model, safeguarding standards, and governance that have made Kooth a trusted service for young people and the professionals who work alongside them for decades. The service will be available as an app or website.

At this stage, there is nothing you need to change. Please continue to signpost young people to [Kooth.com](https://www.kooth.com) as normal. We simply want to make you aware and ensure you have all the information you need ahead of launch. You can sign up to receive updates [here](#)

Please also find below additional tools and resources- perfect for raising awareness about Qwell's free mental health service:

- Free printed resources or further team training: just tell us what you need [Get in touch here](#)
- Want to share what Qwell offers on social media? Digital resources can be accessed [here](#)
- [Case studies, mental health information and more](#): find out how we support adults, professionals and families on Qwell.

Think Cre8tive

6-week strength and movement for over 50s

Step Up!

FREE 6-week singing programme building STRENGTH & MOVEMENT

WEDNESDAYS
16 September - 21 October 2026
Age UK Ageing Well Centre Farnworth
Cross Street, BL4 7 AG

BOOKING ESSENTIAL
through Eventbrite

For more information, contact:
www.thinkcre8tivegroup.com
Contact Pamela 01204 263163
info@thinkcre8tivegroup.com




Psychotherapy Clinic

Psychotherapy Institute Clinic – Bolton

Talk to Someone Who Will Really Listen

Affordable Weekly Therapy – £20

Sessions provided by therapists in advanced professional training, supervised by experienced UKCP-registered psychotherapists.

- ✓ Start therapy quickly – Currently no long waiting lists
- ✓ Work with the same therapist for up to a year
- ✓ Confidential and professionally supervised
- ✓ Sessions from £20



Sessions are provided by therapists in advanced professional training and supervised by experienced UKCP-registered psychotherapists.

Enquire Today – Limited Places Available

office@psychotherapyinstitute.co.uk
07946 859773



Weather Ready Campaign 2026

Climate change is already causing warmer temperatures in the UK. All of the warmest years on record in the UK have occurred since 2002, and in July 2022 temperatures exceeded 40°C for the first time on record. It is estimated that 2,803 people aged 65 years and over died due to the heat in England in 2022, and it is predicted that the number of heat-related deaths per year may triple by 2050.

Risks from Hot Weather

Hot weather can cause people to become unwell through dehydration, heat exhaustion and heatstroke, and can increase the risk of heart attack, stroke, lung problems and other diseases.

Who is most at risk?

- Older people, adult social care clients, particularly Care Home residents are particularly vulnerable as many are over 65 and have underlying conditions or have dementia that put them at higher risk of the effects of heat.
- Babies and young children are more likely to be unwell from hot weather because their bodies are less able to regulate temperature.
- People with underlying medical conditions can also be vulnerable to the effects of hot weather.
- Homeless people who are less able to access shelter.

What can I do?

See the national guidance and resources here:

[Heat summary supporting vulnerable people: healthcare professionals - UKHSA](#)

The guidance document includes information on:

- actions that healthcare professionals can take to prepare for, and respond to, hot weather
- who is at risk of ill health from heat
- how to recognise heat exhaustion and heatstroke, and what actions to take in these cases.

Healthcare professionals should also consult the [action card](#) for health and social care providers, and summary posters for:

- [for services delivering care to people in their homes](#)
- [for hospitals and healthcare settings in the community](#)

Please also find [here](#) the Local Authorities Summer Preparedness Toolkit and Heat Health for Primary Care [here](#).

Theatre in the Park

Visit Bolton is rolling out a series of 'spectacular' FREE Family Theatre Shows at Elizabeth Park, right across from Bolton Market!

Every Thursday at 11 AM and 2 PM during the six-week holidays (except August 27th). Each show is 30-45 minute escape perfect for the whole family!

No tickets needed—just show up and enjoy the fun!

Join our trio of swimmers as they dive into enchanting tales from both past and present, with some quirky characters making a splash along the way! Expect a joyous blend of music and storytelling that'll leave everyone smiling ear to ear. It's bound to be a swimmingly good time for all ages. Don't miss out!

THANK YOU!

