

September 2026 Carers Bulletin

www.boltoncarers.org.uk

Healthier Carers Together – Carers Focus Groups

Our Carers Focus Groups are a great opportunity to share your experiences, ideas and views on the support and services available to carers.

Thank you to everyone who joined our previous sessions. We'd love to hear from even more carers and make sure your voices help shape the future of support and services.

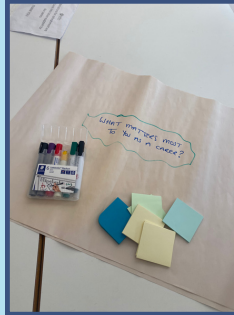
Our September sessions are:

Church of the Nazarene, Daubhill

Wednesday 9th September 11-12noon

Thicketford Centre

Wednesday 30th September, 11-12noon



Everyone is welcome, and we'd love you to come along and share your views.

If you can't make either date, please register your interest and we'll keep you updated by email about future Carers Focus Group sessions.

To book your place call 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!

Carers Assessment Feedback Session

An informal event to chat about experience and thoughts around the carers assessment process with colleagues from Bolton Council.

Wednesday 7th October
10-12noon

Wellbeing Room at Thicketford Centre
Light refreshments

To book your place please call 01204 363056



Carers enjoying some much needed relaxation at Smithills Hall



Carers at our recent DIY workshop

New Team Member

We are delighted to welcome a new Health Partnership Coordinator to our team at the start of October. They will work closely with GP practices, hospital and community health services and the voluntary sector, to raise awareness of unpaid carers. We need to make sure carers are identified early on in their caring journey so they can access the support they need. Look out for more information in our next bulletin.



Come & join us in September!

Coffee & Craft

Tuesday 22nd September
11-12.30pm

Thicketford Centre

Join us for a fun morning filled with rock painting, peg dolls & mindfulness art.
Carer & cared for both welcome.

Male Carers Group

Wednesday 23rd September
11.30am

Wetherspoons

Nelson Square Bolton

Come & join us for a coffee and a chat.

Knit & Natter

Wednesday 2nd 9th 16th 23rd
10-12noon

Thicketford Centre

Knitting, crafting, coffee & friendly company.

RHS Gardens Bridgewater

RHS Gardens Bridgewater, Worsley.

Monday 7th September 10-4pm
£10

Booking Essential

Coach pick-up and drop-off will be from Bolton Train Station arriving back in Bolton by 4pm. There is also space outside to eat lunch if you would like to bring this with you. An email will be sent out prior to the trip with all details.

Celebrating Women - Culture, Sarees & Henna

Friday 25th September
10.30-12.30pm

Women Only. Booking Essential

Light snacks provided

In partnership with Bolton Wanderers in the Community. Wellbeing Hub (next to BWFC Ticket Office) Burnden Way, Horwich, BL6 6JW

Hollywood Bowl

Middlebrook Bolton

Thursday 24th September arrival 5pm

Carers Only. Booking Essential
£5

Relaxation & Wellbeing

Yoga & Relaxation

Smithills Hall

Friday 11th 18th September 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 14th September 10.30-11.30noon

Carers Only
Booking Essential

Please bring a cushion/blanket/mat

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.

Relax, Recharge & Connect: Mindfulness, Coffee & Chat for Carers' - Community Garden Daisyhill Cricket Club BL5 2EB
Tuesday 8th September 11-1pm

Great Lever Bolton Medical Centre, Great Lever BL3 6PY
Monday 21st September 11-12noon

Blackrod Community Centre, Greenbarn Way BL6 5TG
Tuesday 15th September 12.30-1.30pm

Hall i' th' Wood Greenway Community Centre BL1 8HA
Monday 14th September 10-11.30am

Daubhill Church of the Nazarene, Southend St. BL3 3PU
Wednesday 9th September 11-12noon

Tonge Moor UCAN Centre
Every Monday 11-12noon

Westhoughton Robert Shaw Pub, Market St BL5 3AN
Monday 21st September 10.30-11.30am

Little Lever Christ Church Mytham Rd BL3 1JE
Wednesday 16th September 11-12noon

Horwich The Bridge Church, Rock St. BL6 5QS
Wednesday 23rd September 10.30-11.30am

Bromley Cross Library The Crescent, Toppings Estate BL7 9JU
Thursday 3rd September 11-12noon

Kearsley Methodist Church, Manchester Rd
Tuesday 15th September 10.30-11.30am

Harwood Medical Centre, Harwood Health Centre, BL2 3HQ
Tuesday 22nd September 11-12.30pm

