

South Neighbourhood Newsletter

September 2026

Building a brighter future
with *you* in mind

Bolton
HEALTH AND CARE PARTNERSHIP



This Month: Falls Awareness Week (21st - 25th Sept)

Many people think falling is just something that happens as we age — but it's not!

Older people can be more likely to fall because of things such as weaker muscles, health conditions such as dementia and the side effects of medication but, **most falls can be prevented.**

Falls can lead to serious injury, but it can also impact a person's wellbeing and confidence. So it's important, particularly during winter when the ground is more slippery and there's less daylight, that we follow simple steps to help prevent falls.

Top tips to help you stay on your feet:

- ✓ Keep active – Add strength and balance exercises into your regular routine. You could try the KOKU app <https://kokuhealth.com/for-older-adults/> or Age UK Bolton's Home Exercise Guide: www.exercisefromhome.co.uk
- ✓ Check your eyesight – get regular eye tests, which are free if you're over 60, to catch changes that could affect your balance.
- ✓ Have regular medication checks – some medications can increase risk of a fall. Make sure to ask your GP for a yearly review.
- ✓ Make your home safe – clear away clutter, particularly from floors and stairs. Make sure rooms and hallways are well lit and remove loose rugs.
- ✓ Be careful outside – during winter, watch out for ice, wet leaves, and snow. Wear good-grip shoes and use handrails where possible.

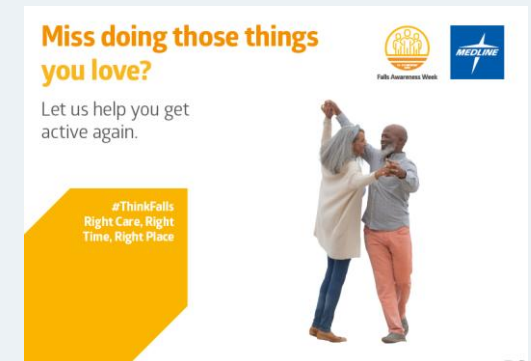


If you are a professional, friend, relative or carer of someone who is at more at risk of falling, talk them through the importance of following these tips and ensure their home is as safe as it can be!

Also share with them what to do if they do have a fall at home alone and how to get help.

Remember: Getting older doesn't mean you have to fall. Stay safe and independent this winter.

Visit the NHS Falls Prevention page for more information: <https://www.nhs.uk/conditions/falls/>



This Month:

Farnworth Community Health and Wellbeing Event

Come along to our FREE Community Event and connect with services, access support and discover local community groups!

 Friday 25th September

 11am – 5pm

 Outside Cotton, Brackley Street, Farnworth Town Centre

Everyone is welcome!

We look forward to seeing you there!

Let's build a healthier, stronger Farnworth together!

A huge THANK YOU to the Community Alliance for their contribution towards the transportation costs of Gazebos, Tables and Chairs, to Capital and Centric for the use of their site, as well as all the partners and community who have supported and promoted the event!



You're Invited!   

FARNWORTH COMMUNITY HEALTH & WELLBEING EVENT

*Your community. Your health.
Your future.* 

Bringing together local communities
with a range of health, voluntary
and community partners.

THE EVENT WILL TAKE PLACE:

-  On **Friday 25th September**
-  Outside Cotton,
Brackley Street,
Farnworth Town Centre
-  **11:00 – 17:00**

CONNECT WITH LOCAL SERVICES

ACCESS SUPPORT

DISCOVER VOLUNTARY & COMMUNITY GROUPS

SUPPORTING HEALTHIER, MORE INDEPENDENT LIVES

Everyone Welcome! 
Let's build a healthier, stronger Farnworth together.

Proudly supported by      

Coming Up: GM Police

Please join us for the next Police Surgeries:



Kearsley

- 11 – 12
- Tuesday 27th October and 17th November
- 12A Roosevelt Rd

Farnworth

- 10:30 – 11:30am on Thursday 17th September
- 2-3pm on Wednesday 14th October
- Both taking place at the Coffee House, King Street



This is a great opportunity to raise any concerns, ask questions and find out what the local policing team are doing to address issues that matter most to the community

Details of police surgeries and P.A.C.T. meetings, can be found on Bee in the Loop and on our website:



Bee in the Loop: <https://orlo.uk/qCDeT>

GMP website: <https://www.gmp.police.uk/>

Coming Up: Family Hubs

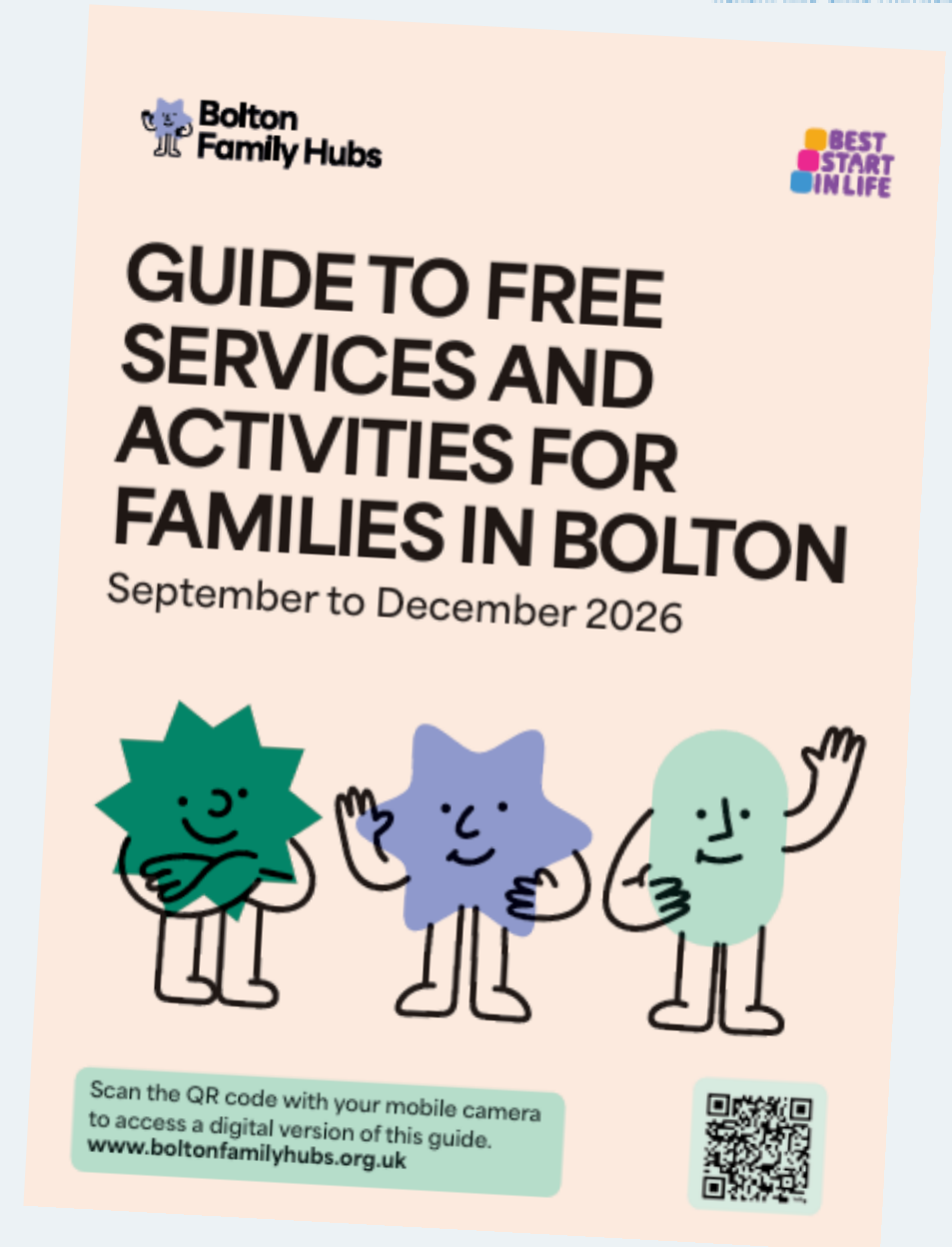
The Family Hub Guide to Services and Activities:
September – December 2026 is available!

Take a look at the Family Hub programme for
activities :

👉 [Guide to Free Services and Activities for
Families in Bolton](#)

For more information about Family Hubs, visit:
[Families \(including Best Start Family Hubs Bolton\) –
Bolton Start Well](#)

You can also follow on Facebook:
<https://www.facebook.com/boltonfamilyhubs/>
<https://www.facebook.com/boltonearlyyears>



Coming Up: Family Hubs

TOGETHERNESS **NHS**

BABIES &
CHILDREN
ARE
WELCOME!

Autumn 2026

Farnworth Best Start Family Hub

King Street, Bolton, BL4 7AP
Starting 17th September

Every Thursday 10am-12pm (2 hours) for 10 weeks
Thursday 17th September - Thursday 26th November

No session on 29th October 2026

To find out more or book a place go to:
famielstoegether.org.uk

CALL:
07514
484157
TO BOOK



Parent child relationships

Bolton Family Hubs

FARNWORTH FAMILY HUB

Bolton's Fund Investing in our communities

LEGO® SET BUILDING
FOR FAMILIES (AGES 6+)
SATURDAYS 2PM - 3:45PM
12TH SEPTEMBER, 3RD OCTOBER, 24TH OCTOBER,
14TH NOVEMBER, 5TH DECEMBER...
KING STREET, BOLTON, BL4 7AP
WE BRING THE SETS, YOU BRING YOURSELF

FREE sessions,
please book here:
www.nwbrickcommunity.org.uk
hello@nwbrickcommunity.org.uk
Tel. 07933 704539

QR CODE

NW BRICK COMMUNITY
Build - Play - Relax - Connect

**Come and join our FREE
Family Hub activities!**



At: Kearsley Woodbridge College BL4 8LB

Moo Music Stay, Play, and Learn

An interactive, engaging music and play session for
families with children aged 0-5years

Mondays - 9:30am - 10:30am

(7th Sept - 12th Oct)

Baby Babble and Bond

Enjoy songs, rhymes and sensory play for families with
babies aged 0-12 months

Mondays, 1:30pm - 2:30pm (term time)

No booking required, just turn up
Please see Family Hub Guide for details



Scan the QR code with your mobile
camera to access the full Bolton
Family Hub 'Guide to What's on'

Coming up: Farnworth Family Hub

Best Start Family Hubs Bolton Guide to Services and Activities 07/09/2026 - 18/12/2026

WHAT'S ON AT: FARNWORTH BEST START FAMILY HUB

King Street, BL4 7AP
Telephone: 01204 334955

Find us on
Facebook



Hub opening hours:

Monday to Friday
8:45am - 6:00pm

Saturday 12 Sep, 3 Oct,
24 Oct, 14 Nov, and 5 Dec
9:00am - 4:00pm

Stay and Play

Drop-in for families with children
aged 0-5 years. Term time only.
See page 47

Mondays, 10:00am - 11:00am

Baby in Mind

Specialist Parent Infant Mental
Health Practitioner support for
parents and caregivers (antenatal
and 0-2 years). To arrange a time
to meet, see page 43

Mondays, 12:30pm - 4:00pm
Fridays, 9:00am - 4:00pm

Family Fun Time

Drop-in for families with children
of all ages. See page 60

Mondays, 3:30pm - 4:30pm

Chat, Play, Read

Drop-in group for families with
children 12 months +. See page 58

Tuesdays, 1:00pm - 2:00pm
Thursdays, 1:00pm - 2:00pm

Half-term Family Fun: REAL (Raising Early Achievement in Literacy)

Join us in the October half-term for a
special holiday themed REAL
session ideal for families with
children 3-4 years old but all
welcome! Find out more on page 59

Tuesday 27 October,
1:00pm - 2:00pm

Baby Babble and Bond

Drop-in group for families with
babies 0-12 months. See page 40

Wednesdays, 9:30am - 10:30am
Fridays, 1:00pm - 2:00pm

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Best Start Family Hubs Bolton Guide to Services and Activities 07/09/2026 - 18/12/2026

Bumps, Boobs, and Brews Pregnancy and Breastfeeding Support Group

Drop-in and meet other breast-
feeding parents. See page 33

Wednesdays, 11:00am - 12:00pm

Cooking Wizards

Classes to help children aged
8 and over learn basic cooking
skills to boost confidence and
independence. *Advanced
booking required. See page 61

***Saturdays**

With You in Mind

Drop-in peer support group for
parents with children aged 0-2
years (expectant parents wel-
come). Continues during half-
term. See page 42

Wednesdays, 1:15pm - 2:45pm

Join a Togetherness group 'Understanding your child'

A 10-week group for families with
a child under 4 years old. *Advance
sign up required. See page 46

***Thursdays, 10-weeks in autumn,**
10:00am - 12:00pm

Stay and Play

Drop-in for families with children
aged 0-5 years. Term time only.
See page 47

Fridays, 10:00am - 11:30am

Family Help Saturday Parenting Advice Drop-in

For families with children 18 years
and under. Drop-in between
10:00am - 4:00pm. See page 67

**Saturday 12 Sep, 3 Oct, 24 Oct, 14
Nov, and 5 Dec**

Plan and Prepare for Parenthood

A group for parents-to-be. See
pages 30

**Saturday 3 Oct, 10:00am -
12:00pm**
**Saturday 5 Dec, 10:00am -
12:00pm**

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Best Start Family Hubs Bolton Guide to Services and Activities 07/09/2026 - 18/12/2026

Lego Brick-Building Stay and Play

Brick-building fun for all the family
with North West Brick Community
CIC. Come along and make your
own Lego model. No need to
book.

**Saturday 12 Sep, 3 Oct, 14 Nov, 5
Dec, 2:00pm - 4:00pm**

Family Pop-in and Play

Enjoy indoor play with toys,
mark-making, and our book
corner, with the option to take
books home. See page 57

Free Data SIM Cards through the National Databank

Free SIM cards and mobile data.
Eligibility applies. Call in and speak
to our team.

Antenatal Clinic

Clinics operate by appointment
only. See page 27 for information.

Well Baby Clinic

Clinics operate by appointment
only. See page 38 for information.

ACTIVITIES AT KEARSLEY WOODBIDGE COLLEGE

Moo Music Stay, Play, and Learn

An interactive and engaging music and play session for families with
children 0-5 years. *Weekly for 6 weeks until the October half-term
(7, 14, 21, and 28 September, 5 and 12 October). See page 49

***Mondays, 9:30am - 10:30am**

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. Term time only.
See page 40

Mondays, 1:30pm - 2:30pm

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There are lots of groups on at Farnworth Family Hub throughout the week. Please see Pages 6-8 of the brochure to find out more:
[Guide to Free Services and Activities for Families in Bolton](#)

Coming up: Think Cre8tive

New 6-week creative health ***strength and movement*** course (aiming at preventing and supporting people at risk of frailty):

**16 September 2026 - 21 October 2026, Wednesdays 11-12.30,
Age UK Farnworth**

This is a community-based creative movement and wellbeing programme designed for adults (typically aged 50+) who may benefit from improving strength, balance, confidence, mobility, wellbeing and social connection.

It is open to 15 participants per 6-week course, booking essential,

If you would like to find out more about Think Cre8tive Group and the singing programs they host across Bolton, please visit their website or YouTube channel to find out more about their amazing work.

www.thinkcre8tivedgroup.com

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

A poster for the 'Step Up!' program. It features a light brown background with musical notes. The text is in various fonts and colors, including gold, brown, and purple. At the bottom right, there is a QR code and the 'Think Cre8tive Singing Club' logo.

6-week strength and movement for over 50s

Step Up!

FREE 6-week
singing programme building
STRENGTH & MOVEMENT

WEDNESDAYS 11-12.30
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.thinkcre8tivedgroup.com
Contact Pamela 01204 263165
info@thinkcre8tivedgroup.com

Think Cre8tive Singing Club

Coming up:

For more information,
visit the official Magic
Motor Fest website:
www.magicmotorfest.co.uk.

Bringing the community together

MAGIC MOTOR FEST

Sunday 27 September



**A charity fundraising event
in support of Speed of Sight**

Farnworth Cricket Club
27 September • 12:00pm – 5:00pm

 DJ and music

 Raffles and trophies

 Food & refreshments

 Family activities

To register your car or bike
(limited to 200 vehicles):



Speed Of Sight
Driving the Difference

Changing lives, one drive at a time
www.speedofsight.org



Proudly sponsored by



WELLNESS RUN DAY 2026

CUTACRE COUNTRY PARK, BOLTON

1K FAMILY FUN RUN

STARTS 11:00 AM
A FUN, INCLUSIVE RUN FOR ALL THE FAMILY!

-  BRING THE LAUGHTER. BRING THE SMILES.
-  FANCY DRESS ENCOURAGED!
-  PERFECT FOR KIDS, FAMILIES & BEGINNERS
-  LIVE MUSIC, FUN ACTIVITIES & FESTIVE ATMOSPHERE

ONE AMAZING DAY OF RUNNING, WELLNESS & COMMUNITY!

5K COMPETITIVE RACE

RACE START 1:00 PM • REGISTRATION 12:00 PM
OFFICIAL CHIP-TIMED 5K RACE FOR SERIOUS RUNNERS

-  OFFICIAL CHIP TIMING ACCURATE RESULTS
-  MEASURED 5K COURSE FAST & SCENIC
-  TOP 3 MEN & TOP 3 WOMEN RECEIVE GOLD MEDALS
-  ALL FINISHERS RECEIVE A FINISHER'S MEDAL



LIVE MUSIC | **HOT FOOD** | **OPEN BAR** | **AFTER PARTY AT THE HULTON ARMS!**

SATURDAY 26TH SEPTEMBER 2026

CUTACRE COUNTRY PARK, BOLTON
AMPLE PARKING • EASY ACCESS • STUNNING SETTING

Coming Up:

ST JOHN'S CHURCH

COFFEE MORNING

All Welcome!

biscuits

CHAT

TEA

you are not alone

In Church

Tuesday 13th October

10:00am – 12 noon

Come along & make new friends

 Social Team 01204574530 (Please leave a message.)
 Facebook St John the Evangelist CE Social Team

CONTACT US

STONECLOUGH & KEARSLEY HISTORY WALK

SAT 19TH SEPT 2026 | 10:00 AM START

ST SAVIOUR'S CHURCH VILLAGE FAIR & DOG SHOW,
FOLD ROAD, RINGLEY, STONECLOUGH

JOIN LOCAL HISTORIAN SIMON, MEET AT ST SAVIOUR'S CHURCH, THEN TAKE A 5K WALK AROUND OUR LOCAL HISTORICAL SITES, VENTURING ALONG THE CANAL, THROUGH KEARSLEY AND FINISHING AT ST SAVIOUR'S CHURCH WHERE YOU WILL BE TREATED TO AFTERNOON TEA OF EITHER CAKES AND SANDWICHES OR A HEARTY PLOUGHMANS LUNCH YOU CHOOSE.
£15PP



TO REGISTER FOR THE
WALK TEXT ANGELA ON
07799112333

HELP SUPPORT LOCAL CAUSES

A family-friendly route for all paces Approx 5Km



SCARECROW FESTIVAL 2026



SATURDAY 19TH AND SUNDAY 20TH SEPTEMBER

SCARECROW TRAIL OPEN FROM 10AM UNTIL 4PM

 SCAN THE QR CODE TO REGISTER YOUR SCARECROW

DEADLINE FOR ENTRIES IS SUNDAY 23RD AUGUST 2026

For further information or assistance with your entry form, please contact us by email at: kearsleyscarecrowfestival@hotmail.com
Follow us on Facebook Kearsley Scarecrow Festival

Coming Up:

Bolton Guild of Help

September Drop Ins

Veteran and Community Drop-In Dates For Your Diary

John Holt Community Centre, BL52NR

Tuesdays: 1st 8th 15th 22nd 29th

Bridge Church Horwich, BL65QS

Wednesdays: 2nd 9th 16th 23rd 30th

Bridge Coffee Shop, BL21JX

Thursdays: 3rd 10th 17th 24th

The Well, Farnworth, BL47PQ

Fridays: 4th 11th 18th 25th





★ Fitness and Fun at The Well in Farnworth

From
**31 September
2026**
to
**31 July
2027**

 **Weekly sessions at**
The Well, Trafford St,
Farnworth, Bolton BL4 7PQ

 **THE WELL**

 **Register your interest**
at The Well or
with Boltonu3a





Praise, Testimony & Healing

A Special Evening with Dave Bell (Alive Lincoln)

Expect a powerful night filled with heartfelt worship, life-changing testimony, and an opportunity to receive prayer for healing.

Come believing for:

- ✓ Fresh hope
- ✓ Renewed faith
- ✓ God's healing touch
- ✓ Encouragement for your journey

No matter your background or where you are in life, you are warmly invited.

 **Friday 25 September 2026**

 **7pm**



 **Farnworth Baptist Church**

Free entry • Everyone welcome

Coming Up:

#speakeasyaphasia



Aphasia Bolton

UCAN CENTER
59 George St, New Bury
Farnworth, Bolton
BL4 9PU

Monthly Meetings 2026

For Members and carers

Wednesdays 10am till 11:45am

8th July
19th August
9th September
14th October



Contact us for information and how to book
office@speakeasy-aphasia.org.uk

CIRCLE DANCING GROUP

Meet Thursdays
at 2pm

Kearsley New
Jerusalem Church,
Charles Street, BL4 9DD



2026 Dates

27th August

1st October

29th October

19th November

10th December

We dance to a wide
variety of music, all
dances are taught
and no partner
required.

Light refreshments are served afterwards.
Suggested £3 donation

For more information call 07847 064135



Beginners Line Dance Class

Mondays 7.00pm – 7.50pm

Starting 21 Sept 2026

£7 per person

St Georges' Community Hall
Daisy Avenue
Farnworth
BL4 0EJ



Enquiries to 07771 735851
or Facebook "Dancing with Alison"



music
in mind



Recommended by
CLASSIC FM



Music Café for people living with dementia

Come and join the fun!

Every Wednesday 1.30pm – 3pm, New Bury UCAN Centre,
Farnworth, Bolton
BL4 9PU

Every Thursday 1.30pm – 3pm Bolton Wanderers Tough
Sheet Community Stadium,
Wellbeing Hub, Bolton,
BL6 6JW



"A little piece of heaven in our week"

"We enjoy seeing mum
enjoying herself... we never
stop smiling"

"The sessions are full of
playfulness, laughter, tears..
they are so inclusive and so
much fun!"

- Free to attend
- Make new friends
- Improve wellbeing and mood
- Help people with dementia to communicate and express themselves

To attend this Music Café, or for more information on parking and accessibility, contact boltondsg@gmail.com or 07704594585

Coming up: Stoptober 2026

Stoptober is nearly here!

Every time you try to quit smoking brings you closer to quitting for good, and we're here to help. Let's quit smoking together this October.

It's much easier to stop smoking when you get the right support 💪
You're 3 x more likely to quit!

Check out the FREE stop smoking support services for you in Bolton –
<https://letskeepboltonmoving.co.uk/smoking>

- ➔ FREE, confidential service
- ➔ Nicotine replacement therapies
- ➔ Vape starter kits & pods
- ➔ Stop smoking medication
- ➔ Behaviour change sessions x 12
- ➔ Self-referral
- ➔ Flexible appointments

Find the method that suits you!



Let's do this
together!

Coming up: International Day of Older People

Each year on 1st October, people across the world mark United Nations International Day of Older People.

This year's theme is focused around 'What is on your doorstep'. It is an opportunity to:

- Celebrate all the work already happening in Bolton to become more Age Friendly
- Raise awareness and share information about what is available across our communities
- Look ahead and think about how we can make our neighbourhoods more age-friendly over time

Join us for our celebration event:

- Bolton Central Library, 1-4pm
- Thursday 1st October

For more information, visit:

[International Day of Older People 2026 | Centre for Ageing Better](#)

Around **six in ten** people aged 50 and over believe that local people pull together to improve their neighbourhood

This increases with age but has decreased since 2021/22



The poster features a colorful logo at the top, followed by the title 'International Day of Older People' and the subtitle 'Celebrating Age-Friendly Communities in Bolton'. It lists the date as Thursday 1st October 2026, from 1pm to 4pm, at Bolton Central Library. A paragraph invites people to celebrate ageing well with music, activities, and local groups. A list of activities includes music and entertainment, activities to join in with, meeting local community groups, finding out what's happening across Bolton, information and support, and sitting down to chat. A red button states 'Free to attend. Everyone welcome. Just drop in.' The Bolton Council logo is at the bottom left, and the slogan 'Let's Keep Bolton Moving' with a colorful arrow is at the bottom right. Three photos on the right show people at a table, two people walking, and people sitting at a table.

International Day of Older People

Celebrating Age-Friendly Communities in Bolton

Thursday 1st October 2026 | 1pm - 4pm | Bolton Central Library

Come along and celebrate ageing well in Bolton. Enjoy a relaxed community day with music, activities and local groups. Find out what's happening right on your doorstep.

- Music and entertainment
- Activities to join in with
- Meet local community groups
- Find out what's happening across Bolton
- Information and support if you need it
- Sit down, have a chat and enjoy the day

Free to attend.
Everyone welcome. Just drop in.

Bolton Council

Let's Keep Bolton Moving >>>
ACTIVITIES | HEALTH | WELLBEING



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:

Kathryn.brignall@boltonft.nhs.uk

If you know of anyone who would like to be included in the distribution list, please also let Kath know ☺