

South Neighbourhood Newsletter

December 2025



Building a brighter future
with *you* in mind

This month: Pride of Farnworth & Kearsley



Local residents, Bolton at Home's Farnworth Focus Team and Farnworth and Kearsley First Councillors joined forces to litter-pick the Farnworth Town Centre Estate this month.

45 bags of litter were collected in just over an hour!!!

The Farnworth Focus Team also gifted a Christmas Tree to the local community for everyone to enjoy!

Thank you to everyone involved and all you're doing to look after our community!



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Huge congratulations to Jimmy Hark from Farnworth and Stephen Tonge from Kearsley, who were awarded a Civic Medal by the Mayor!

Thank you for all you do for our communities and the difference you have made to so many people!



This month:

A huge thank you to all the students at Harper Green School who spent the day at Royal Bolton Hospital, spreading festive cheer across the wards!

The students also added thoughtful messages to the 'Tree of Hope', as well as singing, dancing and ringing the festive bells with patients and staff!

To read more, please visit:

<https://harpergreen.net/news/students-visitboltonhospital/>



We're looking for a Farnworth Development Officer! The support we offer to groups and organisations throughout their journey is a crucial part of our work at Bolton CVS. That's why we're looking for a Development Officer who will be focused in the Farnworth community, making sure groups and organisations have the advice and support they need to run safely and sustainably 💜

Get all the details here → <https://bit.ly/4lNUKxv>

This month: The Well

Daily Reverse Advent Calendar

Help us spread some festive cheer at Farnworth and Kearsley Foodbank!

You can donate in any of these ways:

- Drop off at Farnworth Food Bank, The Well, Trafford St
 - Drop off at Tesco or Asda, Farnworth
 - Order online from our shop and have it delivered straight to our door <https://givetoday.co.uk/fkfoodbank/>

Every donation counts and makes a huge difference to families in need!

REVERSE ADVENT CALENDAR



Book Club

Love reading? Enjoy a good chat and a cuppa? Come and join us for our monthly book club at The Well, Trafford Street, Farnworth (BL4 7PQ) starting at 🕒 10:30am.

Upcoming reads:

🎄 20 December (Christmas Special!) – Harry Potter and the Philosopher’s Stone by J.K. Rowling

📅 17 January – Accidental Saints: Finding God in all the Wrong People by Nadia Bolz-Weber

All are welcome — whether you’ve read every page or just fancy some good company.

Come for book chat, prayer, and friendship! 💬 ☕



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Coming up: S.P.A.R.K Community Alliance



S.P.a.R.K. Community Alliance

Stoneclough, Prestolee, and Ringley, Kearsley

NEXT MEETING

When?

Wednesday 14th January 2026, 12:30 - 2pm

Where?

St Saviour's Church Hall, M26 1FT

You're invited!

If you're part of a local group, business, school, agency, or live or work in the area, you're welcome to join SPaRK Community Alliance.

Community Alliances are informal, neighbourly networks, of individuals, groups and organisations, who collaborate and support each other towards shared goals that benefit a community.

Come along and help shape what happens in our community!

To reserve your place, please contact Deb Barlow (Chair) on deb.b30@hotmail.co.uk or Corinna Cowley, Area Working Coordinator, on corinna.cowley@bolton.gov.uk, tel: 07584 491097, so we can arrange numbers for seats, teas/coffees/biscuits



October 2025



S.P.a.R.K News

Stoneclough, Prestolee, and Ringley, Kearsley

On 15th October, the second SPaRK Community Alliance meeting took place at Kearsley Mount Methodist Church. It was fantastic to see so many residents, community group representatives, and local agencies come together once again — and to welcome some new faces too! Together, we revisited the priorities identified at our launch event in July and started looking ahead to the big question: "What's next?"

Lou from Groundwork Trust joined us to share some exciting plans for the area and invited everyone to get involved by contributing ideas and suggestions from the local community. We also heard updates from local groups about the fantastic activities and opportunities available for young people in the area.

The Alliance continues to be a great space for connection, collaboration, and mutual support — bringing neighbours and Ward Members together to make a difference.

If you would like to be added to the email list and/or Whatsapp Group, please contact Deb Barlow (Chair) on deb.b30@hotmail.co.uk or Corinna Cowley, Area Working Coordinator on corinna.cowley@bolton.gov.uk

Date of next meeting: Wednesday 14th January 2026, 12:30pm - 2pm, St Saviour's Church Hall

Priority: Community Engagement and Inclusion

Coming Soon: SPaRK "What's On" Guide!

We're excited to announce plans for a brand-new SPaRK What's On Guide — your go-to place for everything happening in our community!

The guide will feature local clubs, groups, and activities, as well as upcoming events taking place each quarter.

A simple template will be sent out along with this newsletter — please take a few minutes to complete and return it to the Area Working Coordinator if you'd like your group or event to be included in the next edition.

Let's celebrate all the great things happening across the SPaRK area and help spread the word!

Priority: Young People

Kearsley Youth Brass Band

We were joined by Mike Hurst who shared all the fantastic opportunities available for young people (and adults!) to get involved in music locally.

KYBB is home to both a Training Band and a Main Band, led by two exceptionally talented Musical Directors. They're currently welcoming new members of all ages and abilities — whether you're picking up an instrument for the first time, returning to music after a break, or even starting a new hobby in retirement! All lessons are heavily subsidised, ensuring that no one is excluded due to cost.

The band is also on the lookout for new venues and events to perform at, so if you have any ideas or opportunities, they'd love to hear from you!

Funding is currently being sought to support the training of Musical Directors, and the Area Working Coordinator will be sharing details of potential funding options soon.

Come and join the music — it's never too late to start! Contact: kearsleyyb@gmail.com

Priority: The Environment

Groundwork Trust - Exciting Canal Project - Have Your Say!

We were delighted to welcome Lou from Groundwork Trust to our recent meeting, where she shared details of an exciting new partnership with the Manchester, Bolton and Bury Canal Society as part of the Medlock Valley Restoration Project.

The team is exploring ways to enhance local habitats and improve the canal and surrounding areas — including the stretch that runs right through the SPaRK community. Groundwork Trust is keen to hear from local residents and community groups about their ideas and experiences.

They'll be sharing questionnaires and arranging consultation activities with the SPaRK community. They will stay in touch with the SPaRK Community Alliance as the project develops.

If you'd like to find out more or get involved, please contact Lou at Groundwork Trust on Louisa.Smith@groundwork.org.uk

Prestolee Community Centre - Update

Cllr Wilkinson shared that the Prestolee Community Centre has received strong interest from groups and organisations keen to rent and use the space. The aim is to find a group that will benefit the community and make good use of the building throughout the day and hopefully evening. Further updates will follow as plans progress.

People's Community Project - Remembrance events

David de Souza sent an inspiring update on the Ringley Remembrance Project. The bottle bottoms poppy project is well underway, with the Bolton Community Payback Team busy cutting, painting, and drilling poppies. Thanks to Ward Members for funding refreshments — it's made a real difference!

Key Dates:

- Fri 24 Oct: Final day to drop off plastic bottles
- Sat 1 Nov, 9:30am: Installation of the waterfall, arch & garlands - volunteers welcome at La Roma car park
- Sun 9 Nov, 10:30am: Service of Remembrance at Ringley Old Bridge
- Sun 9 Nov, 6:00pm: Candlelight of Remembrance - an evening of candles and readings
- Sat 15 Nov, 10:30am: Take-down day - helping hands appreciated!

Plus, David has recorded a special song, "Ringley Bridge Remembrance", available now to stream on Spotify, iTunes, YouTube, and Amazon Music.

Local resident Margaret kindly offered to share a collection of historic photos taken by her late husband, hoping they can find a loving home and lasting legacy within the community. Deb has kindly offered to follow this up and help ensure the photos are preserved and enjoyed by others for years to come.



Image shows Ringley Old Bridge, November 2024, with over 38,000 bottle bottoms forming the display

Actions & Ideas from the Meeting

- Canal Volunteers: Corinna will link the Canal Volunteers with Lou at Groundwork Trust.
- Funding Opportunities: Corinna will share the Growing the Good Work application form and guidelines with Lou.
- What's On Guide: The 'What's On' template will be circulated — please return completed forms to Corinna or Deb so we can get a Community What's On guide started
- Engaging Young People: Contact local schools to involve young people and hear their ideas for the community. Could this be discussed during Parliament Week (November)?
- Music Opportunities: The "Making Music" studio in Farnworth could offer great ways to engage SPaRK children — worth exploring!
- Youth Spaces: There's a need for a social space for young people.
 - Cllr Wilkinson shared an update on the Prestolee Community Centre, which has received strong interest from local groups. The aim is to find a group that benefits the community and makes good use of the space day and evening. Updates to follow.

Details of Local Groups & Activities shared at the meeting

- Swing Band - Meets 1st & 3rd Wednesday of the month, 8pm, at St Saviour's Church, Fold Road, M26 1FT. £3.50 subs. Contact Michael Hurst at mike_hurst@live.com for details.
- The O'Grady's Folk Group - Meets 1st & 3rd Tuesday of the month at The Horseshoe Pub.
- Contact Michael Hurst for more details.
- 3rd Farnworth Scout Group - Beavers, Cubs, and Scouts meet weekly at St Saviour's Primary School, M26 1EU. Visit 3rdfarnworthscouts.org.uk for details.
- Poppy Appeal - Royal British Legion - Volunteers needed to watch over the Poppy Appeal desk at Asda (everything will be set up for you!). Contact Cllr Wilkinson for dates.

Future Meetings

- The group agreed to rotate meeting locations and times every couple of months to encourage wider participation. Please send any venue ideas to Deb or Corinna.
- Everyone agreed it's great to have an action list to keep the momentum going!
- **Date of next meeting: Wednesday 14th January 2026, 12:30pm - 2pm St Saviour's Church Hall**

Coming up: Farnworth Community Alliance



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November 2025

Farnworth Community Alliance News

On a cold autumnal October evening, Farnworth Community Alliance held its second meeting. Community Representatives and officers attended the meeting at New Bury Learning Centre to talk about the three priorities identified at the last meeting.

What did we discuss and learn?

- There lots of different activities and groups in the Farnworth area
- Information sharing is a key priority
- There are various different noticeboards around the area that could be made better use of
- Farnworth Library provide one stop shop services 3 days per week.
- Bolton Lads and Girls Club have been doing outreach work with young people in the area
- The local assets like, Farnworth Park and Moses Gate Country Park, are valued in the community
- There is appetite for intergenerational activities
- Digital plus skills offered at the UCAN are really valuable. There will be 2 more additional sessions for Dementia support and Speak Easy coming up.

November 2025

Farnworth Community Alliance News

 Community Alliances
Growing the good work

Community Alliance Chair

2 members of the community have been nominated to be chair/co-chairs of the Community Alliance to work with Paula and Paul, Area Working Co-ordinators to take the Alliance forward.

The nominations will be brought to the next meeting for confirmation.

Next steps

- The next meeting will be held in the afternoon and will be early 2026
- An information sharing sub group will be set up. If you want to be involved please contact paula.garstang@bolton.gov.uk

CALL TO ACTION

Please share this newsletter to anyone you may think would be interested.

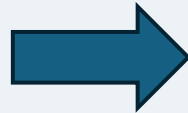
If you want to know more or get involved in the information sharing sub group please do get in touch with the Area Working Co-ordinators;

paulagarstang@bolton.gov.uk
paulhaunch@bolton.gov.uk





Coming up: GMP P.A.C.T meeting

Please join us
for the next
PACT meeting



Details of police surgeries, 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/>

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PARTNERS & COMMUNITIES TOGETHER MEETING

Meet your local officers alongside partner agencies and raise concerns about key issues within the community.

The next surgery will be held on:

Wednesday 7th January 2026

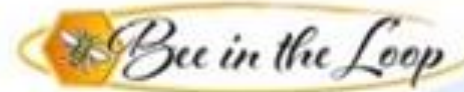
Located at:

TBC

Time:

6:00PM – 07:30PM

To help us identify the issues in your area please get in touch with your
Neighbourhood Policing Team and tell us what matters to you.



Sign up to receive free community alerts
www.BeeintheLoop.co.uk

For non-emergency calls or to report a crime call: **101** or use Live Chat at gmp.police.uk
Use **999** only in emergencies where there is a threat to life or crime in progress




For more information visit:
gmp.police.uk

Coming Up: Family Hubs

Our Local Family Hub has groups on everyday, whether it be a baby, toddler or wellbeing support group for families.


The new Family Hub Guide to services for Jan -Mar 2026 has just been released! Please take a look: [bolton-family-hub-programme-jan-mar-2026](https://www.boltonfamilyhubs.org.uk/bolton-family-hub-programme-jan-mar-2026)


For more information about Family Hubs, please visit:
www.boltonfamilyhubs.org.uk



GUIDE TO SERVICES AND ACTIVITIES FOR FAMILIES IN BOLTON

January to March 2026





Scan the QR code with your mobile camera to access a digital version of this guide.
www.boltonfamilyhubs.org.uk



BABY BABBLE AND BOND

FREE fun and interactive group session for families with babies 0-12 months



Songs, sensory play and topic chats with our Family Hub Practitioners

No booking required, just turn up.

Kearsley Woodbridge College:
Mondays, 1:30pm – 2:30pm

Farnworth Family Hub:
Wednesdays, 9:30am – 10:30am
Fridays, 1:00pm – 2:00pm



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



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



UNDERSTANDING YOUR CHILD

SOLIHULL APPROACH

10 Free 2 hour sessions
open to all parents of children under 3 in Bolton

Winter Group

Farnworth Family Hub
King Street, Bolton, BL4 7AP
Starting 22nd January
Every Thursday 10am-12pm (2 hours) for 10 weeks
Thursday 22nd January - Thursday 2nd April

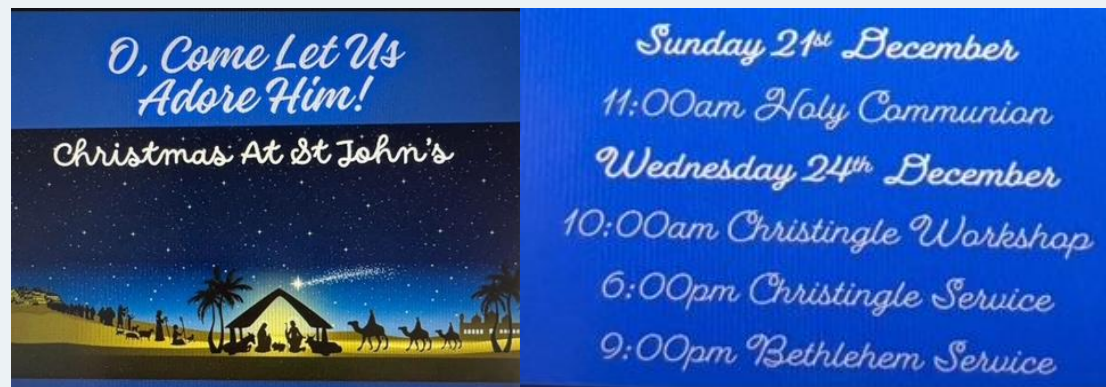
BABIES & CHILDREN ARE WELCOME!





The Solihull parenting group will start back Thursday 22nd January, 10am-12pm, for parents or carers with a child under 3. A really useful group to help understand why children do what they do and how we can interact and support them.

Coming up:



Coming up:



Bolton Hospice will collect Christmas trees on 6th and 7th January for a suggested minimum donation of £15

To book, please visit:
www.boltonhospice.org.uk/Christmas-tree
or call: 01204 663055



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Support for Veterans

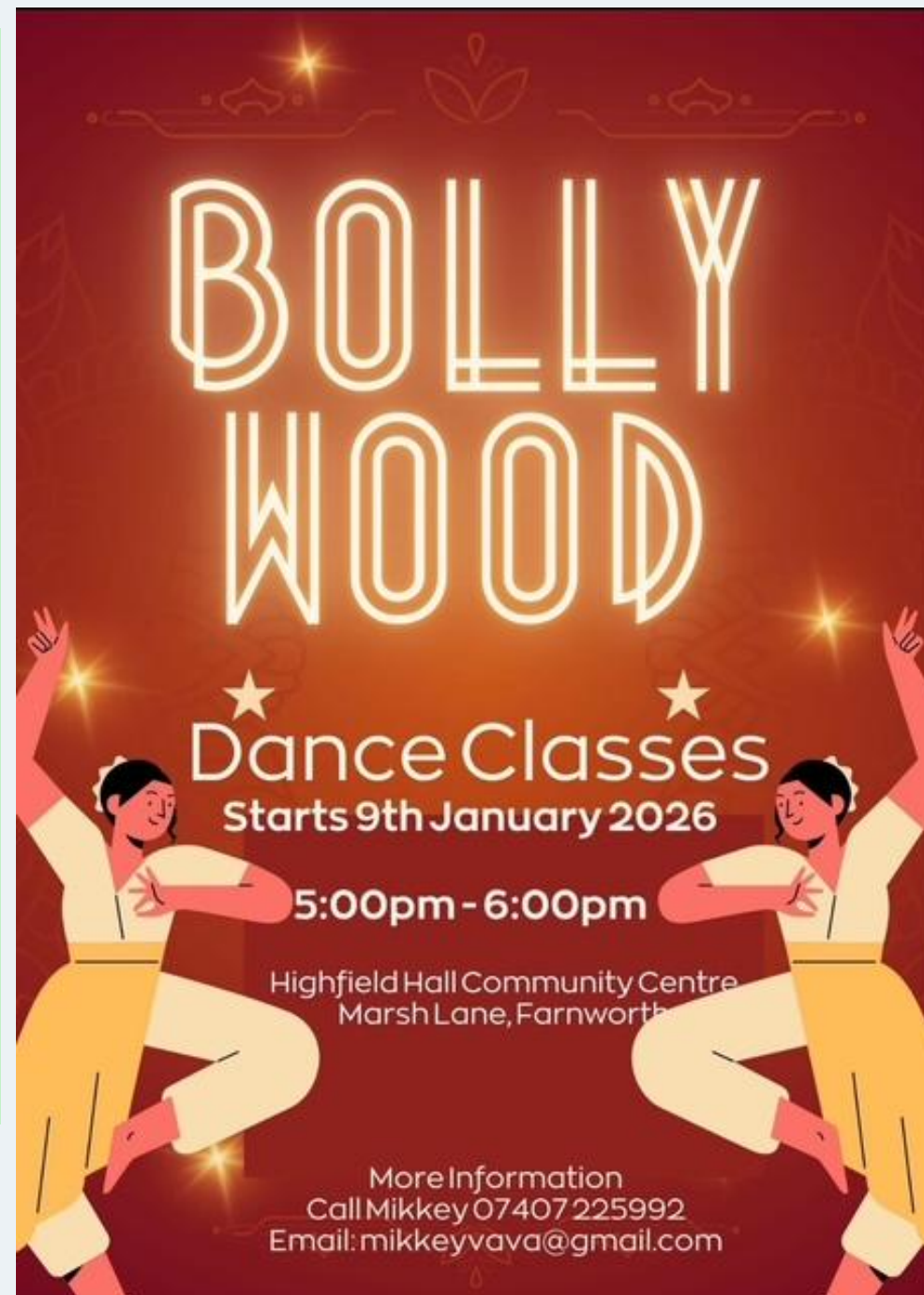
A huge thank you to the Ward Councillors from Farnworth North, Farnworth South and Kearsley for supporting Bolton Guild of Help with a grant from the Growing the Good Work project.

This funding will help deliver the Well Veterans and Community Drop-In Support Centre throughout 2026 at The Well.

A welcoming space offering advice, support and a friendly face for our local veterans. Please help spread the word to anyone who may benefit.

The drop-in will take place every Friday, 10am -12pm, starting on 9 January 2026.

For more details follow Bolton Guild of Help on Facebook or visit:
<https://boltonguildofhelp/.org.uk>



Coming up: Commit to Quit, 2026!



✨ Make 2026 YOUR Year - Quit Smoking for Good! ✨

You're 3x more likely to succeed when you get the right support – and in Bolton, it's all FREE!

- ✓ Nicotine replacement therapies
- ✓ Vape starter kits & pods
- ✓ Behaviour change sessions
- ✓ Specialist quit programmes
- ✓ Digital apps
- ✓ Flexible appointments (face to face, telephone, digital)

Why wait? Break free from addiction and take back your health, money, and happiness. 💪

Your future starts now – let's do this together!


👉 www.letskeepboltonmoving.co.uk/smoking



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Coming up: Winter Vaccinations




 Free Flu Vaccine Clinics for 2–3 Year Olds in Bolton Family Hubs!

Protect your little ones this winter! We’re offering flu vaccinations for children aged 2–3 years at several Family Hubs across Bolton throughout December.

- ✓ Non-pork gelatine version available
- ✓ Consent form required – please complete before attending.

Upcoming Clinics:

 Farnworth Hub – King Street, BL4 7AP

- Thurs 18 Dec | 1–4pm

Don’t miss out – help keep your child healthy this winter!
Download the consent form here: <https://bit.ly/4iztzip4>



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Community Pharmacy

Please find below a list of Pharmacies in the neighbourhood offering winter vaccinations. For more information, please use the link: [Find a pharmacy that offers free flu vaccination - NHS](#)

Ward	Pharmacy	Address	Post Code	Service Offered
Farnworth North	Manor Pharmacy	28-30 Egerton Street	BL4 7LE	Flu 18+
Farnworth South	Highfield Road Pharmacy	241 Highfield Road	BL4 0NX	Flu 18+
Farnworth South	Market Pharmacy	45 Brackley Street	BL4 9DS	Flu (Inc 2-3) & Covid
Farnworth South	Asda Pharmacy	Asda Stores	BL4 9DT	Flu 18+
Farnworth South	Tesco Instore Pharmacy	Long Causeway	BL4 9LS	Flu 18+
Farnworth South	Rowlands Pharmacy	Piggott Street	BL4 9QZ	Flu 18+
Great Lever	Cohens Chemist	281 Rishton Lane	BL3 2EH	Flu 18+
Great Lever	Cohens Chemist	171 Crescent Road	BL3 2JS	Flu 18+
Hulton	Newbrook Pharmacy	56 Newbrook Road	BL5 1ER	Flu 18+
Kearsley	Cohens Chemist	193 Bolton Road	BL4 9BX	Flu 18+

Spotlight on: Repeat Prescriptions

December is a busy time, and it's easy to overlook the essentials!

Last winter NHS 111 received over 52,000 calls for requests for repeat prescriptions.

Please remember to order your repeat prescriptions before the upcoming bank holidays to avoid unnecessary stress and potential health risks.

You can order a repeat prescription by logging into your account using the NHS app/NHS website.

For help and support, please visit:
www.nhs.uk/nhs-services/online-services/how-to-order-a-repeat-prescription/

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Spotlight on: Support over the Festive Period



We know the festive period and New Year can be difficult. There is support available if you, or someone you know, need it! Please reach out!

- Samaritans: phone 116 123 or text SHOUT to 85258
- Bolton Carers Support: 01204 363056 – open weekdays from 9am to 5pm, closed on Bank Holidays
- BAND/Family Action: 01204 3800643 / band@family-action.org.uk
- 1Point Counselling Services: 01204 917745
- Age UK Bolton: 01204 328411
- Age UK National Helpline: 0800 678 1602
- Mind: 0300 123 3393
- GM Mental Health Foundation Trust: 0800 953 0285
- Campaign Against Living Miserably: 0800 585 858



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BAND

Christmas 2025 opening hours

BAND will be open from 10 am to 2 pm on the following days:

Wednesday 24th December
Thursday 25th December
Friday 26th December

Monday 29th December
Tuesday 30th December
Wednesday 31st December
Thursday 1st January
Friday 2nd January

Please ring the office on 01204 380 643 if you have any queries.

family-action.org.uk

Family Action: Registered as a Charity in England & Wales no. 1044752
Registered as a Charity in the Republic of Ireland no. 1050. Registered Company Limited by Guarantee in England and Wales no. 01464444

Spotlight on: Cost of Living Support



Bolton is committed to supporting people to cope with high prices of food, fuel and other household essentials, as well as tackling the causes of poverty. Help is available!

Find out about where you can get help on:

- Debt, money and benefits
- Housing support
- Food, energy and safety
- Jobs and skills
- Health and wellbeing
- Support for businesses



By visiting: www.bolton.gov.uk/cost-living
www.boltonathome.org.uk/cost-of-living

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Spotlight on: Money Advice Referral Tool (MART)



We know there are many (and increasing) numbers of people living in poverty across our neighbourhood- but for many organisations or professionals who support people dealing with poverty, information on where to refer people for advice can often be difficult to find.

The MART has been designed to support navigating this complex landscape!

The MART does this by guiding you through a conversation with a person about their financial difficulties so that you can confidently:

- ❖ Refer them onto an appropriate organisation which can help them maximise their income, and/or
- ❖ Refer them to an appropriate organisation that can provide advice/ help on issues that may have caused their financial difficulties, or made those difficulties worse (such as their mental health)

For further information and to access the MART please visit:
www.resolvepoverty.org/money-advice-referral-tools/

Spotlight on: Illegal Money Lending

Christmas can be a stressful time financially, but loan sharks are not the answer! Loan sharks prey on those in need, leading to mounting debt and relentless pressure. If you're struggling, reach out to local support services or look for a safer way to borrow, such as a credit union or CDFI.

Let's keep this festive season safe and loan shark-free! 🎄

If you think you or someone you know is involved with a loan shark contact Stop Loan Sharks on 0300 555 2222



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: Warm Spaces



We want everyone to find a place of belonging and reconnection at a Warm Space near their home, to make new friends and connect with their community!

And there are many warm spaces in our neighbourhood (and across Bolton) to do just that! Where you can call in and get much more than a warm welcome!

Many also provide films, food and drinks, community activities, arts and crafts, internet and wi-fi- and exercise classes too!

You're welcome at your nearest warm space

You'll find them in:
Brightmet & Withins
Deane & Hulton
Farnworth & Kearsley
Great Lever
Hall i' th' Wood
Halliwell
Johnson Fold
Little Lever
Tonge with the Haulgh
Westhoughton

They're friendly places with:
Seating
Drinks
Food
Films
Community activities
Arts and crafts
Computers
Exercise classes
Internet

And help at hand on:
Housing issues
Health and wellbeing
Money matters
Employment and training

To find your nearest warm space and see other ways we can support you at this time, visit:
boltonathome.org.uk/cost-of-living



Help for Winter

Bolton at Home

For more information, please visit:
www.boltonathome.org.uk/warm-spaces
www.warmwelcome.uk/#find-a-space

Salvation Army, Farnworth Church and Community Centre, Brackley Street, BL4 9DR

Come & join us in our Warm space every Monday between 12.- 1.30pm.
Soup & roll with hot drink provided free.
Games, chat & laughter .

Available at:

*Blackrod
Brightmet
Bromley Cross
Farnworth
Harwood
High Street
Horwich
Little Lever &
Westhoughton
Community Libraries*

SCAN ME

Scan the QR Code to find more Warm Welcome Spaces.

boltonlams.co.uk

Bolton Council

COFFEE & CHAT GROUP

THE WELL CAFE X EVERY 3RD FRIDAY
FARNWORTH BL4 7PQ X 10:30 AM

Spotlight on: SCOPE

Scope are a disability equality charity who are offering help to disabled people and people with long term health conditions with their energy costs.

If you or a loved one are worried about energy costs, Scope's friendly team are here to help!

Scope are offering to come to your community groups, coffee mornings or meetings to offer free energy advice.

If you'd like to book in a free talk from our friendly Community Adviser Ayaz Bhuta MBE, you can contact him directly at ayaz.bhuta@scope.org.uk

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Spotlight on: Drug and Alcohol Support



There is a wide range of support available for anyone affected by drug and alcohol-related harms. Please find key information and resources for signposting below:

Achieve Bolton: specialist drug and alcohol prevention, treatment, and recovery service for Bolton residents. The service provides information, advice, and support on drug and alcohol related harms to individuals or professionals. If you have any queries or concerns please contact the Achieve Bolton team on **01204 483090** or email achieve.referrals@gmmh.nhs.uk. Please see safety information guidance on the next slide

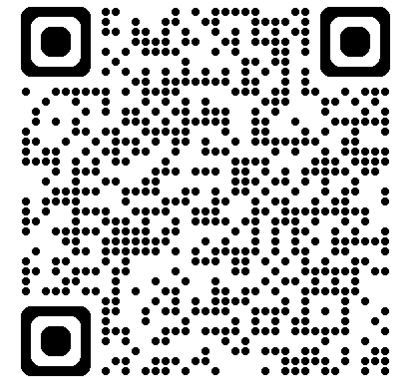
Naloxone training and kits: Naloxone is a lifesaving medication that can temporarily reverse the effects of an opioid overdose, buying time for emergency help to arrive. Achieve can provide naloxone kits and training on how to use them. For more information, please contact the team on 01204 483090.

WEDINOS: Professionals can signpost individuals to WEDINOS, a free and confidential postal testing service that identifies the contents of substances. For full details and instructions, visit www.wedinos.org.

Overdose response guidance: Visit [Overdose Advice | Greater Manchester Mental Health NHS FT](#) for advice on what to do and how naloxone can help in response to an overdose.

Drugbot: Provides accurate, essential information through an online chat, helping people reduce risks if they are using drugs, or supporting professionals working with them. Visit [Drugbot | Cranstoun](#) for more information.

Achieve BBST Harm Reduction Videos: Achieve BBST colleagues have created a collection of short videos to raise awareness of the effects and harms of substances, including alcohol, cocaine, ketamine, cannabis, and new psychoactive substances (NPS). *Please scan the QR code to access the webpage and view these resources.*



Spotlight on: Drug and Alcohol Support



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**Achieve**
Christmas Advice 2025

**Greater Manchester
Mental Health**
NHS Foundation Trust

**Pharmacy Collections**

Some things to remember to keep you safe over the festive period

- Have Naloxone available. Please carry this with you. Training provided at Achieve. Naloxone will reverse an opiate overdose temporarily.
- Synthetic opiates (Nitazenes) as well as Xylazine and Fentanyl have been found in a variety of drugs. "Test before you ingest", testing strips for Nitazenes, Xylazine and Fentanyl are available at Achieve.
- Drugs can be tested at Wedinos. WEDINOS - Welsh Emerging Drugs & Identification of Novel Substances Project
- "Start low and go slow", have a small amount of your drug first to monitor effects.
- If you use drugs alone, put a safety plan together and get someone to check on you (even by phone).
- If you choose to inject drugs, make sure you have enough equipment to last you over the holidays. Always take more equipment than you think you will need from the needle exchange. Never share injecting equipment, to protect yourself from Hepatitis or HIV.
- If you haven't used drugs for a few days, your tolerance will have reduced. Use smaller amounts and see how you feel first before using more.
- If you are injecting drugs, test the strength first or smoke instead.
- Mixing drugs can be dangerous especially as we do not know what is in them. Be aware that there are a lot of fake tablets circulating and many deaths have occurred using these tablets.
- Synthetic drugs are causing overdose even when not injected.
- Take care of yourself. You are important!

CHECKLIST DO YOU KNOW

- ☐ Your local pharmacy opening times?
- ☐ Achieve opening times and phone no?
- ☐ Who you are spending Christmas with?
- ☐ If you have got enough equipment?
- ☐ If others know where your naloxone is?

Spotlight on: WorkWell

The team at Bolton WorkWell would like to thank everyone for their support over the last 12 months.

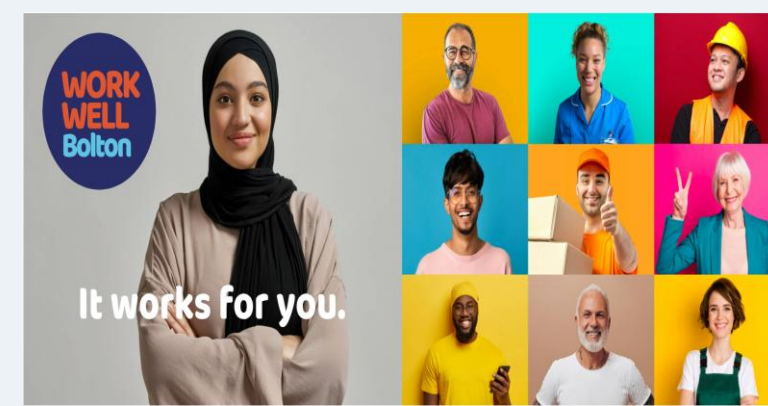
We have now been delivering the programme for just over one year and have supported almost 280 Bolton residents!

Long-term sickness is a leading cause of economic inactivity in Bolton. WorkWell aims to improve the employment outcomes for our residents, enabling them to return to work in happy, healthy environments where they can thrive.

By reducing health related unemployment and supporting workplace wellbeing, addressing health challenges early, the programme helps with the following.

- ✓ Reduce repeat GP and community health appointments
- ✓ Support early intervention and prevention priorities
- ✓ Help residents maintain income and stability
- ✓ Reduces sickness absence
- ✓ Prevents job loss
- ✓ Strengthens wraparound wellbeing pathways within neighbourhood teams
- ✓ Provides specialist input without adding burden to clinical colleagues
- ✓ Promotes healthier, happier communities

Together, we can make a real difference in helping Bolton residents stay well, stay working and thrive!



Self refer here: Scan the QR code
Tel: 01204 338981
Email: GetBoltonWorking@bolton.gov.uk
www.letskeepboltonmoving.co.uk/workwell.php

Building a brighter future
with *you* in mind

Spotlight on: Independent Age



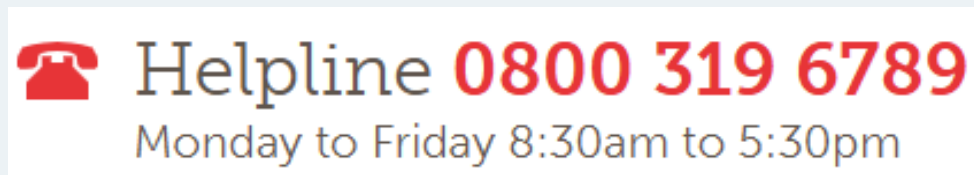
Independent Age is the national charity focused on improving the lives of people facing financial hardship in later life.

Our helpline and expert advisers offer free, practical support to older people without enough money to live on. Through our grants programme, we support hundreds of local organisations working directly with older people across the UK.

We use the knowledge and insight gained from our support services and partnerships to highlight the issues experienced by older people in poverty and campaign for change.

We believe no one should face financial hardship in later life.

For more information about us and to access our free resources, please visit: <https://www.independentage.org/>



Building a brighter future
with *you* in mind



Spotlight on: Farnworth South Ward

Our people



14,800 people live in the ward¹

Resident age¹:



- **23%** are aged **0-15**
- **27%** are aged **25-44**
- **8%** are aged **65-74**
- **7%** are aged **75+**

Resident ethnicity²:



- **8%** from **Asian** backgrounds
- **4%** from **Black** backgrounds
- **84%** from **White** backgrounds

Household makeup²:



- **33%** are **single person** households
- **34%** have **dependent children**

Housing type³:

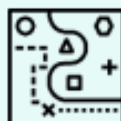


- **48%** of households **own** their home
 - **25%** own their **semi-detached**
- **34%** live in a **social rented** home
 - **16%** live in a socially rented **semi**
 - **11%** live in a socially rented **flat**
- **18%** live in a **private rented** home
 - **7%** - a private rented **terrace**



Our place

Land use within the ward⁴



- **50% developed land**
 - 11% residential
 - 20% highways and road transport
 - 8% community buildings
- **50% undeveloped land**
 - 30% residential gardens
 - 8% agriculture



1 retail centre in or near the ward⁵:

- Farnworth – **£19** million



0% of ward residents live in an area with a nationally **high risk of transport related social exclusion**⁶



2 listed buildings⁷ - both grade II listed

- Church of St Thomas
- Shakespeare public house

Our health



76% say their **health is good/ very good**²

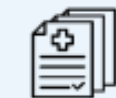


Health behaviours among adults:

- **31%** are physically **inactive**^{8,9}
Less than 30 mins brisk walk a week
- **21%** smoke¹⁰
- **7%** drink alcohol at high/ very high levels¹⁰



45% of young people in **Year 6** (age 10-11) are **above a healthy weight**¹²



Long term conditions¹⁰:

- **25%** experience **depression**
- **1%** experience **severe mental illness**
- **7%** experience **asthma**



Life expectancy at birth gives an overview of population health¹¹

- **Male 73-74**: 5-6 yrs below England
- **Female 75-81**: 8-2 yrs below England



26 road traffic collisions with 1+ person **killed or seriously injured** 2022-24¹²

- 10% of Bolton's total



Thank you for your continued support!

**Wishing you and your loved ones all the best for
the festive period, and for 2026!**

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 ☺