



Welcome to the **May 2026** edition of your
East

Neighbourhood Newsletter



Wonder Woman Group Bolton



WONDER WOMAN GROUP BOLTON

**Meet weekly for creative activities,
wellbeing support & confidence building.**

Drop in and join us for a FREE cuppa...

**Enjoy creative wellbeing projects & try your hand at
learning something new...**

Chat with other women and make new friends!

Tuesdays 1.00pm -3.00pm

Greenway Community Centre,
Hall I 'th Wood, BL1 8UJ

For more information contact

Christine.fitton@beonehomes.com

01204 329563



Building a brighter future
with *you* in mind



Support available



NHS
Greater Manchester
Mental Health
NHS Foundation Trust

Recovery Academy

 Free courses and resources to support wellbeing and recovery.

 For service users, carers, family, friends, and professionals.



Scan me!



Find out more
recoveryacademy.gmmh.nhs.uk
0161 938 5122

Improving Lives

Building a brighter future
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Things to do.....

Celebrate with us!



Bygone Days, Bright Tomorrows
160 Years of Park Life 
Queens Park, Pavilion Cafe
Saturday 23rd May
1pm - 3-30pm
Music and Dance  
Programme &
96.5 Bolton FM Roadshow  
Childrens Crafts
And More! Traditional games **Stalls**

Funded by UK Government
LEVELLING UP

Friends of Queens Park Bolton

Bolton Council Growing the Good Work Fund

The Wildlife Trust for Lancashire Manchester & North Merseyside

Things to do.....

ACTIVE BOLTON | **PARK YOGA**

On behalf of
Bolton Council

FREE PARK YOGA SESSIONS

9.30AM - 10.30AM
ON SUNDAYS

**NEW TO
BOLTON**

**STARTING
3RD MAY**

 Queen's Park,
Spa Road, BL1 4RU
(near the cafe)

 Bring a mat or towel

 No need to book -
just turn up and look out
for the Park Yoga flag -
we'll be going ahead
come rain or shine!

Get involved



YOU CAN

Chat,
Craft &
Coffee

10am – 12pm


Deepdale Community Centre
(1st Thursday of the month)
4th June, 2nd July,
6th August, 3rd Sept, 1st October,
5th November, 3rd December

Christine.fitton@beonehomes.com
01204 329563

The poster features a background of various colorful craft supplies including buttons, beads, and threads. The text is overlaid on this background. The "Be One Homes" logo is in the top left corner. The main title "YOU CAN" is in large, bold, blue letters. Below it, a yellow circle contains the text "Chat, Craft & Coffee". The event details, including the time, location, and dates, are listed in bold black text. The contact information is at the bottom.

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Get involved



For people and their pets

PERSONAL SAFETY TRAINING

WOMEN-ONLY (13+)
ONE-DAY COURSE




Freedom
Personal Safety

**WALKER SUITE
VICTORIA HALL
BOLTON
BL1 2AS**

**10AM-2.30PM
MON 11 MAY
OR
TUE 30 JUNE**

PRACTICAL STEPS TO KEEP SAFE WHEN OUT AND ABOUT

EMAIL TO BOOK YOUR FREE PLACE:
ANGELAB@ENDEAVOURPROJECT.ORG.UK
01204 394 842



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Get involved



ELEVATE HER
FUNDED BY THE PILGRIM TRUST
YOUNG WOMEN'S SUPPORT AGED 16-25

Depression, Anxiety, Relationship Breakdowns, Social Interactions, Isolation, Confidence, Self-Esteem, Housing/Finances

GET HELP & SUPPORT

**BREAKING DOWN BARRIERS:
EMPOWERING YOUNG WOMEN TO OVERCOME & SUCCEED**

Young Women can access 1:1 support with our Support Workers
Young Women's Peer Support Group available on:
Wednesdays from 12:00 - 14:00PM

"The Elevate Her project has really helped me to improve my confidence and self-esteem"

"I am now able to open up about my feelings and can express them to others"

CONTACT US

Young Women's Support Workers
Michelle Daubney - Michelle.Daubney@mhist.co.uk
Rebecca.Campbell@mhist.co.uk - Rebecca.campbell@mhist.co.uk
07916974256
MhIST - help@mhist.co.uk | 01204 527 200

Support available

Bolton's Money Skills Service offers a range of **FREE** and impartial services to people who live, work or study in Bolton:



Money Advice

01204 332916

The Money Advice team can help you with debts including:

Rent or mortgage
Council tax
Energy bills
Credit card bills

We can do this by negotiating affordable repayments on your behalf.

We also offer advice and assistance with court forms plus debt relief orders and bankruptcy.

On average
we save
customers
£200 a year!

Money Skills

01204 331968

The Money Skills team can help with advice on:

Budgeting
Making ends meet
Savings on gas and electricity
Energy efficiency advice
Switching to a cheaper tariff or supplier

moneyadvice@bolton.gov.uk
moneyskills@bolton.gov.uk

Bolton
Council

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Spotlight on Act Now, Age Better UK Campaign 2026



Act Now, Age Better: Age UK Campaign 2026

Age UK has launched its Act Now, Age Better campaign!

We want people in mid-life (aged 50-65) to get thinking, talking and taking actions to help them for years to come.

But we also know that ageing well is a team sport. So we're here to help you make your next move towards a stronger and healthier later life, by giving advice, providing inspiration and opening doors to new ways of moving. The new campaign is all about inspiring people to try something new from the wide range of sports and activities on offer.

While we can't prevent ageing, we can all take action to help us age in the best way possible. Regular movement is one of the most powerful tools you have to feel your best now and protect your future health

– a bit like paying into a physical pension plan.

Start your journey towards a more active life by downloading the Act Now, Age Better: Your Next Move booklet, written by Dr Hussain Al-Zubaidi for Age UK. [Download leaflet](#)

To find out more about the campaign and get more practical tips and ideas, head to Age UK's dedicated Act Now, Age Better page. To find out more about activities in Bolton, please visit: [Age UK Bolton | Welcome to Age UK Bolton and Home - Let's Keep Bolton Moving](#)

Spotlight on Act Now, Age Better UK Campaign 2026

SparkShift COMMUNITY
Where neurodivergent minds come together to thrive

MINDFUL MOVEMENT & WALK

Join us for a gentle session designed to help you slow down, reconnect with your body, and enjoy movement in a calm, supportive way.

This session will include simple, accessible mindful movement and a relaxed walk – giving you space to ease the body, settle the nervous system, and reconnect with your breath and surroundings.

More grounded. More present. More connected to your body.

This is not about fitness or performance – it's about moving in a way that feels good for you.

WHAT TO EXPECT

- Gentle, guided movement to release tension
- A slow, relaxed walk at a comfortable pace
- Time to clear your mind and regulate your body
- A calm, low-pressure environment
- Space to connect with others (or simply be in your own space)

EVENT DETAILS

Wednesday 6th May
6:30pm – 7:45pm

Meeting point: Hamill House car park 112-116 Chorley New Rd Bolton BL1 4DR

Free on-site parking

FREE event (Spaces limited to keep the space calm and supportive)

WHAT TO BRING

- Comfortable clothing
- Suitable footwear
- Water
- Anything that helps you feel at ease

Join us! RSVP here: partiful.com/e/mYastxFW2m4chYTA5gWj

Register your interest for future events: luminapathways.org.uk/sparkshift-community/

SparkShift Community Run by Lumina Pathways CIC
Delivered by Surya Empowerment Movement

ageUK
Act Now, Age Better.

APRIL	MAY	JUNE
<p>Chatty Benches Bolton Markets Ashburner Street BL11TJ Lifestyle Hall Every Tuesday 11am - 1pm</p> <p>Location: Bolton Community Advisory</p>	<p>Dementia awareness week - Monday 18 May - Victoria Square (11:00am-3:00pm)</p> <p>Tuesday 19 May - Bolton Central Library (11:00am-3:00pm)</p> <p>Location: Online</p>	<p>Bolton Walk Of Hope 15th Monday 12 - 1pm Bolton Town Hall Steps (Near The Coffee House)</p> <p>Location: Bolton Community Advisory</p>
JULY	AUGUST	SEPTEMBER
<p>Khidma Ladies Community Group willows centre, bolton, BL3 5PA Thursdays 9 30am till 5pm Fridays 4pm til 9pm</p>	<p>Age Well in Brightmet St James Brightmet Parish Centre Roscow Ave, Brightmet, Bolton, BL2 6HU Every Wednesday 1 - 3</p>	<p>Bolton Wheels for All Mondays 4pm - 6pm Thursdays 10am - 12pm Only £4 per person per session Long Lane, Darcy Lever, Bolton BL2 6BZ</p>

Let's Keep Bolton Moving >>>

ACTIVITIES | HEALTH | WELLBEING

THURSDAYS

10am: Beginner friendly yoga
11am: Warm relaxing yoga

SUNDAYS

10am: Hot sculpt & flexibility flow
11am: Warm relaxing yoga

Starting Thursday 30th April:
Hayat Flow Studio,
Eden Street, BL1 6NJ

@paulangoziyoga

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Get involved

WHAT'S ON?

Bolton
at Home

ELDERDALE COMMUNITY CENTRE

MONDAY 10.30 - 11.30 am Yoga Contact: Anthony 07729 629865	4.00 - 6.00 pm Withins Action Group Contact: 07462 426101 (Derek) 07504 257819 (Marie)	6.00 - 9.00 pm AJAYS Morris Dancing Contact: Julie 07984 539939
TUESDAY Age UK Strength & Balance / Chair Based Yoga Contact: 01204 382411		5.00 - 9.00 pm AJAYS Morris Dancing Contact: Julie 07984 539939
WEDNESDAY	1.00 - 4.00 pm NHS Cardiac Rehabilitation Team	6.00 - 9.00 pm IPPON Karate Contact: Jason 07825 176235
THURSDAY 1.00—3.00 pm Thursday Social over 60s food & social (alternate weeks) Contact: Videobox 07766 798070	6.30 - 7.30 pm Beavers (6-8 yrs) (alternate weeks) Contact: Simon 07768 992560	7.45 - 9.00 pm Cubs (8-10yrs) (alternate weeks) Contact: Simon 07768 992560
FRIDAY 10.00 - 12.00 Brightmet Butterflies Contact: Videobox 07766 798070		6.00 - 9.00 pm IPPON Karate Contact: Jason 07825 176235
SUNDAY 10.00 - 12.00 IPPON Karate		



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For more information contact:

Gaynor Cox, Community Development Officer, Bolton at Home
gaynor.cox@boltonathome.org.uk 07979 705123

Wait well – Bolton Wanderers in the Community



Self-Refer for Wait Well Wanderers

Are you over 50 and on a waiting list for surgery?

Wanting to keep yourself active with 1-1 support?

Self-refer into our Wait Well Wanderers programme where we will provide key mental and physical support.

Wait Well Wanderers, funded by Bolton CVS and the Bolton Fund, offers a bespoke support plan working with our Project Officer, Joe, for 1-1 support to remain well and active to ensure you are ready and able to have your surgery. Your first session will consist of an initial meeting and assessment from which a course of action will be agreed for future sessions. Your second session will be an active session as part of our Walk and Talk or Active Wanderers groups.

Please note we will require surgeon sign off for all referrals.

Sessions take place at the Toughsheet Community Stadium however we can be flexible dependent.

For more information and to get a self-referral form contact:-

Joe at jlawton@bwitc.org.uk

[Self-Refer for Wait Well Wanderers – Bolton Wanderers in the Community](#)

Staying well if you're waiting for treatment



While you're waiting for surgery or treatment, there are lots of simple and positive steps you can take to look after your physical and emotional wellbeing.

These steps can help you feel more prepared for your procedure and support a smoother recovery afterwards.

To help you during this time, the NHS in Greater Manchester has created '[While You Wait](#)', a trusted online resource designed especially for people waiting for planned care. It offers clear, practical advice on:

Keeping active in a way that suits your mobility and fitness level

Eating well and maintaining a healthy balanced diet

Managing symptoms or pain safely while you wait

Looking after your mental wellbeing and reducing stress

Supporting long term conditions such as diabetes, heart disease or respiratory illness

Continued....



Accessing local community support, groups and services near you [link to other Bolton services page]

You can explore the full range of resources [here](#), including accessibility features such as over 100 languages and text-to-speech functionality.

If your symptoms change, worsen, or if you're worried about anything while you're waiting, please contact the team named on your appointment letter. We're here to support you before, during and after your treatment.

[While you wait](#)

[Information, advice, and resources to help you manage your physical and mental wellbeing while waiting for hospital care.](#)

[Choosing the right service](#)

[When you use the right NHS service, you get the right treatment sooner.](#)



Support for Carers



Who Cares?

You're an unpaid carer, but who cares about you? We want to hear about the people, businesses, health care settings, or anywhere else that **you** felt recognised and understood as a carer. Does your hairdresser go over and above to make **you** feel special, did your dentist ask how **you** are whilst you waited for the person you care for to have their check-up? We want to celebrate those places and people that make your life, as a carer, just that little bit easier. It can be practicalities, acknowledging you as an individual or anything you feel makes them stand out as 'carer friendly'.

Awards will be presented under the following categories (dependent on nominations):
Place - Employer; Health Provider; Small Business
Person - Store Assistant; Business Owner; Health Professional; Colleague

Judging will be carried out by an Independent panel including representatives from The Bolton News & Bolton CVS.

Nominate here: <https://forms.gle/qWIYHQdrkWhUbeNq9>
 or call our helpline on 01204 363056

Presentations will take place during our Carers Week event on Wednesday 10th June at the Thicketford Centre

Registered Charity: 1082166 Company Limited by Guarantee: 3025369



Carers Week

INFORMATION DAY & WHO CARES? AWARDS CELEBRATION

Wednesday 10th June
 11-3pm
 Thicketford Centre,
 Thicketford Rd BL2 2LW

Please join us as we celebrate Carers Week at our Information Day and Who Cares? Awards Celebration.

Browse stalls from local organisations, enjoy refreshments and help us recognise the individuals, businesses and organisations who have gone above and beyond to support carers across Bolton.


11:00am to 3pm - Browse stalls from local organisations
 12:30pm to 1:00pm - Drinks & nibbles
 1:00pm onwards - Who Cares? Awards Celebration



For further information and to book your place
 Please call 01204 363056 or Email: info@boltoncarers.org.uk










Carers Week

MONDAY 8TH JUNE	10.30-11.30	Relaxation session at Thicketford Centre
	11.30-12.30	Hand Massage at Thicketford Centre
TUESDAY 9TH JUNE	10.00-12.00	Book Club at Thicketford Centre
	10.00-12.00	Information Stand at Bolton Hospital Main Corridor
	12.30-2.30	The Roads That Brought Us Here - Reminiscing Session at Thicketford Centre
WEDNESDAY 10TH JUNE	11.00-3.00	Information Day and Who Cares? Awards Celebration at Thicketford Centre
THURSDAY 11TH JUNE	11.00-12.30	Singing for Wellbeing at Thicketford Centre
	1.00-2.30	Coconut Bird Feeder Wellbeing Workshop at Thicketford Centre
FRIDAY 12TH JUNE	10.00-12.00	Information Stand at Bolton Hospital Main Corridor

Celebrate Carers Week with us!
 For further information and to book your place
 Please call 01204 363056 or Email: info@boltoncarers.org.uk

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Support for Carers



Relaxation for Carers

A time to relax and unwind

A wonderful opportunity to learn about breathing techniques to quieten the mind and body. Helps to reduce stress, anxiety, improves sleep and helps prevent burnout. Find your inner calm with mindful meditation skills.



Monday 11th of May
Monday 8th of June
Monday 27th of July
Monday 24th of August

10:30 to 11:30am

at the Wellness Room, Thicketford Centre, Thicketford Road, Bolton,
BL2 2LW

Please wear comfortable and warm clothes, a mat, cushion and blanket for extra comfort

Please contact our helpline on 01204 363056 - Monday to Thursday
10:00am to 4:00pm or email - info@boltoncarers.org.uk



Gentle Yoga & Relaxation for Carers

A Journey to Inner Peace & Personal Renewal

Take time for yourself in a calm and supportive environment. This gentle session is designed especially for carers, offering relaxation, renewal, and a chance to reconnect with your wellbeing



Friday 15th & 22nd May
Friday 19th & 26th June
Friday 17th & 24th July
Friday 14th & 21st August

10:30 to 12:00pm

at the Smithills Hall, Smithills Dean Road, Bolton, BL1 7NP

Please wear comfortable and warm clothes, a mat, cushion and blanket for extra comfort
Carers and those they care for are warmly invited to join us for refreshments and a friendly chat
from 11:30am to 12:00pm at Smithills Hall

Please contact our helpline on 01204 363056 - Monday to Thursday
10:00am to 4:00pm or email - info@boltoncarers.org.uk



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Support available

Empowered Conversations research opportunity for carer partners of people living with dementia. Please feel free to circulate within your networks.

For more information about the research please contact Empowered Conversations directly:

[Empowered Conversations – a practical approach to staying connected to a person with dementia](#)

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IRAS ID 346849 Version 1.0 18/12/2025

Empowered Conversations Like to Help?

A project evaluating a 6-week course focusing on helping to improve communication and relationships for care supporters of people living with Dementia

To take part, you must:

- Be over 18
- Currently be a family carer/care supporter for someone living with Dementia
- Provide emotional or practical support at least weekly.

You will be compensated for your time!

If you are interested, please contact the research team on EmpoweredRCT@gmmh.nhs.uk



MANCHESTER
1824
The University of Manchester

empowered conversations
helping you stay connected to people living with dementia

NHS
Greater Manchester Mental Health
NHS Foundation Trust

Bolton
HEALTH AND CARE PARTNERSHIP

May Half Term at Brightmet Library

MAY HALF TERM AT BRIGHTMET LIBRARY

FREE CREATIVE ACTIVITY FOR FAMILIES



THURSDAY 28TH MAY
3:30PM - 5PM



Visit Brightmet Library for storytelling with arts and crafts
by the Octagon Theatre.

We will be exploring our imaginations and creating stories
about our best day ever!

There will be free snacks for the family as a thank you for
attending the session.



BRIGHTMET LIBRARY
BRIGHTMET FOLD LANE
BRIGHTMET
BOLTON
BL2 6NT

Support available

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 18 May 2026	9:30am to 1pm 2pm to 4pm
Not in service	Tuesday 19 May 2026	
John Holt Centre, Birch Ave, Westhoughton, BL5 2NR	Wednesday 20 May 2026	9:30am to 12pm 1pm to 3pm
St. James Primary School, Hillside Ave. Farnworth, BL4 9QB	Thursday 21 May 2026	09:00 to 1pm 2pm to 4pm
Asda Astley Bridge, Moss Bank Way, BL1 8QG	Friday 22 May 2026	9:30am to 1pm 2pm to 4pm
Westhoughton Community Hub, Central Drive, BL5 3DS	Tuesday 26 May 2026	9:30am to 1pm 2pm to 4pm
Tesco Little Lever, Crossley St, BL3 1AA	Wednesday 27 May 2026	9:30am to 1pm 2pm to 4pm
Not in service	Thursday 28 May 2026	
Masjid-e-Noorul Mosque Prospect Street, BL1 3QH	Friday 29 May 2026	11am to 3pm

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with *you* in mind

Things to do...



Wednesday
27
may

FREE!
all welcome

blgc

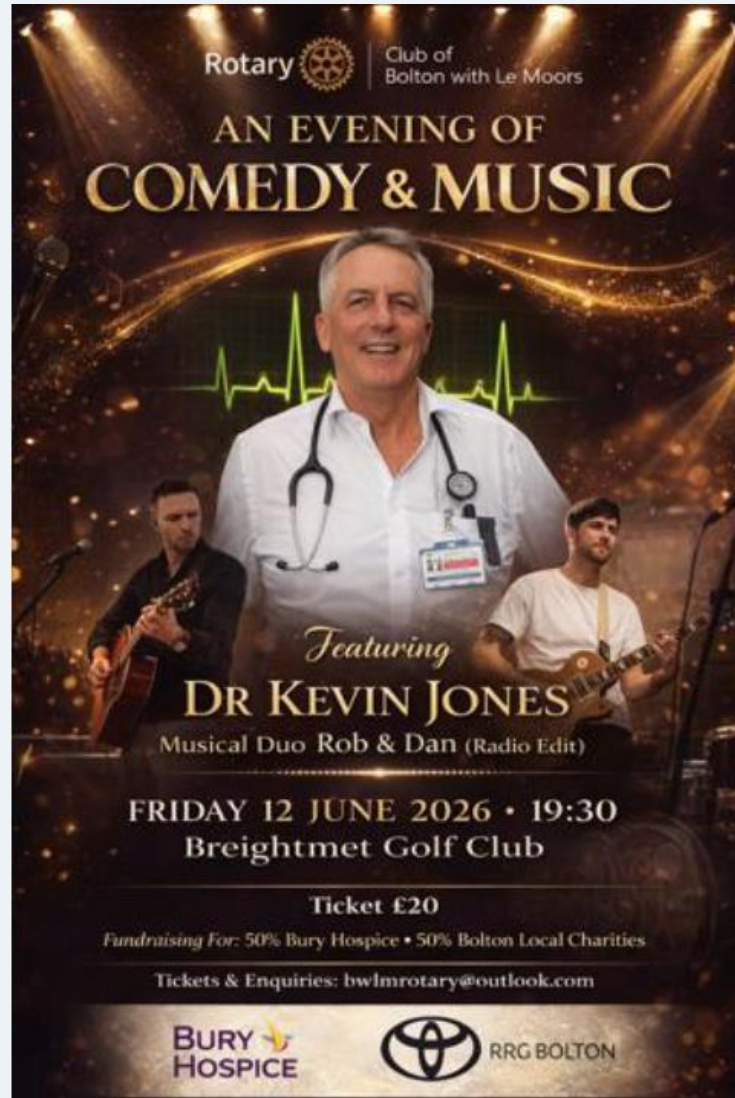
FREE COMMUNITY Day

WORKSHOPS
ARTS & CRAFTS
MARKETHALL
SPORTS
COMPETITIONS
INTERNATIONAL CUISINE
FUN
GAMES
FACE PAINTING
ROCK CLIMBING

Time **11am** to **3pm**

Infinity
18 Spa Rd
Bolton
BL1 4AG

Call us
on **01204 540100** to find out more!
Those aged 13 and under will need to be accompanied by an adult



Rotary Club of Bolton with Le Moors

AN EVENING OF
COMEDY & MUSIC



Featuring
DR KEVIN JONES
Musical Duo Rob & Dan (Radio Edit)

FRIDAY 12 JUNE 2026 • 19:30
Brightmet Golf Club

Ticket £20

Fundraising For: 50% Bury Hospice • 50% Bolton Local Charities

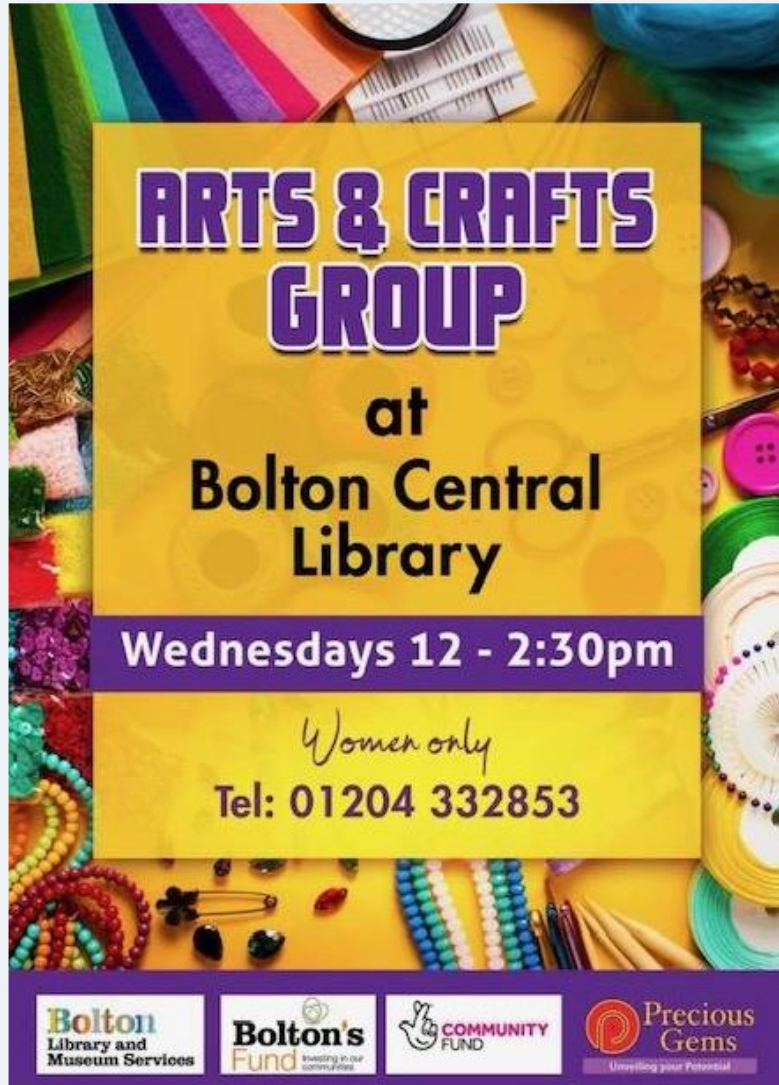
Tickets & Enquiries: bwlmrotary@outlook.com

BURY HOSPICE   **RRG BOLTON**



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Things to do...



ARTS & CRAFTS GROUP
at
Bolton Central Library
Wednesdays 12 - 2:30pm
Women only
Tel: 01204 332853

Bolton Library and Museum Services
Bolton's Fund Investing in our communities
COMMUNITY FUND
Precious Gems Unveiling your Potential



Bolton Library and Museum Services
MINI MAKERS
May Half Term at Bolton Museum.
Saturday 23 - Sunday 31 May

FREE ACTIVITIES
10:30am-12pm and then 1pm-3:30pm

Saturday 23 May
Flag making to celebrate Bolton Pride

Tuesday 26 - Friday 29 May
Mini Makers Story Party
Get creative at our themed Story Parties during the week. Take part in fun activities and help us grow a HUGE masterpiece in our gallery!

Saturday 30 May
Make A Magnificent Puppet

Footy Fairytales
Elizabeth Park
11am and 2pm
Get in the World Cup fever with this theatre show where football and fairytales collide!
Thurs 28 May
Free, no need to book!

Fish Feeds
Tues Thurs and Sat @ 1pm

Storytime!
3pm Mon-Fri
2pm Sat
Junior Library

Show your support, buy, sell, browse for a good cause

LOWERHEAPS FARM
FUNDRAISER

CARBOOT SALE

SUNDAY 14TH JUNE
11AM

**EQUESTRIAN SALES, BRIC-A-BRAC,
TOMBOLA, RAFFLES, BBQ, CAKES &
MORE.**

*car boot/stalls on the main yard, £10 per
stall- contact Liz Smalley 07896627234
Parking on the farm lane*

- **Equestrian Items**
- **Bric a brac**
- **Tombola**
- **Raffles**
- **BBQ**
- **Cakes & More.....!!!!**

Lower heaps farm is located at
Outwood Trail M26 1DT

Pathway to Wellbeing at Beechcroft Village



Pathway to Wellbeing

Where Wellness Blooms

A 4 week wellbeing programme supporting physical, mental and social health
Tuesdays 2pm-4pm

Your session dates:

Week	Session title	What you'll be doing
1	Introduction to woodworking	Craft an indoor planter, which you get to take home
2	Aromatherapy for modern stress	Learn about essential oils for modern day stress. Create a blend from both masculine and feminine oils to take home and use in a variety of ways.
3	Busy Bees Gardening	Learn the process of growing herbs and vegetables in planters, and take home your own plant.
4	Art for wellness	Create mindfulness art, which benefits your mental health and wellbeing

Please only arrive 15 minutes before the session starts

For any questions contact
Contact Laura on Tel: 07793279219
Or Geoff 07444479620
email: beechcroftvillage@gmail.com
Facebook: [BeechcroftVillage](https://www.facebook.com/BeechcroftVillage)

Where to find us
Beechcroft Grove, Darcy Lever
Bolton, BL2 6EZ

Scan this QR code for Beechcroft Village social media

SAMIS Men in sheds and Busy Bee Gardeners run Monday, Tuesday, Thursday, Friday 10am-3pm and are free drop in sessions if you'd like to attend more.
Time out Tuesdays (Ladies only social nights) the first 3 Tuesdays of each month
Quiz night (All welcome) 4th Tuesday every month
You can self refer or receive a referral from your GP or Healthcare provide

Building a brighter future
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Mindful Men Workshops



✦ Mindful Men Workshops ✦

BOLTON MANBASSADORS
IN THE COMMUNITY

Take charge of your mental well-being

Feeling stressed? Easily frustrated? Nothing seems to go your way?

Unleash the power of your mind and take back control with our Mindful Men workshops.

We offer different opportunities for men to develop their mental fitness and build resilience against the troubles of everyday life.

Try out a number of alternative therapies **FOR FREE** to see if they are the answer to the questions you've been asking. Places are limited. Booking essential.

OUR SERVICES

Join us for ... **7pm - 9pm**

A 4-week Men's PILATES workshop for beginners delivered by Leanne from Bamboo Pilates every Thursday in June

✦ **Helps reduce stress/tension, calm the nervous system, encourage better mobility & flexibility while supporting wellbeing through mindful movement & body awareness**

Location: Tonge Moor UCAN, 269 Tonge Moor Rd, Bolton, BL2 2LE
Time & Date: 7pm-9pm every Thursday in June - on 4th, 11th, 18th & 25th

Places are limited -
Booking is essential
Contact us on

☎ 07787 337 474
🌐 www.boltonathome.org.uk/manbassadors/
✉ boltonmanbassadors@boltonathome.org.uk

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Powering Opportunity: Refurbished Laptops



Bolton organisations are being invited to apply for refurbished laptops available through the Bolton Digital Employment and Skills Team. The devices have been professionally wiped, and upgraded, as part of the team's ongoing mission to remove digital barriers and ensure everyone has the tools they need to learn, work and stay connected. Over 100 laptops are available thanks to a partnership between Bolton Council, Recycle-IT! Bolton and the council's technology team, who have diverted the devices from corporate programmes and prepared them for reuse in the community. By gifting these laptops to residents who may otherwise struggle to afford one, the team are helping more people access online services, apply for jobs, complete training and manage day-to-day digital tasks with confidence. Organisations supporting Bolton residents who are in receipt of income-related benefits can express their interest in receiving laptops to support people they work with. To express an interest, organisations are to email the Digital Employment and Skills Team at DES@bolton.gov.uk with a brief note about how owning a device would help people you support. The team will then get in touch with next steps. There is limited-availability, and devices will be allocated on a first-come, first-serve basis to those who meet the criteria.

Missed your child's vaccines – Drop In!

📍 Missed your child's school vaccines? IntraHealth have got you covered!

IntraHealth is running catch-up vaccination clinics during the May half-term, making it easy to get your child back up to date.

📍 Locations & Times:

- 📅 Tuesday 25 May – Farnworth Family Hub (09:30–14:30)
- 📅 Wednesday 26 May – Oldham's Family Hub (09:30–12:30)
- 📅 Wednesday 26 May – Capitol House, Bolton (13:30–15:00)
- 📅 Thursday 27 May – Harvey Children's Centre (09:30–14:30)

📍 Available vaccines:

- ✓ Td/IPV & MenACWY (Year 9–11)
- ✓ HPV (Year 8–11)
- ✓ MMR (Reception–Year 11)

✅ Simple, quick, and local — no need to miss out.

📅 Drop in during half-term and get protected!

📞 To book an appointment: Call 0333 358 3397 and press option 2





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:

Kelly.wray@bolton.gov.uk

If you know of anyone who would like to be included in the distribution list, please also let **Kelly** know 😊