

Bolton Carers Support

April 2026 Carers Bulletin

www.boltoncarers.org.uk



Who Cares?

Carers Week 2026 is themed Building Carer Friendly Communities and, as such, we are on the look out for those people or organisations who really stand out to you, as carers. Is it your hairdresser who always takes time to ask how you are and to remind you that you matter, or is it your postman who checks in because he's not seen you for a while? It could be your GP or dental practice who have gone out of their way to accommodate an appointment that fits around your caring, or it could be an escort or driver on the transport that takes your loved one to respite care? We want to celebrate the people and places that are 'carer aware', those that make your day feel a little lighter and stand out as caring for you too. Watch out for a separate email, coming soon, asking you to nominate those you feel are worthy. If you'd rather phone the helpline and tell us about your nominee, we will be happy to take the information.

Call the Helpline on 01204 363056

Carers Focus Group

We are inviting carers to join our Carers Focus Group, a welcoming space where you can share your experiences and help shape the Healthier Carers Together project. The group aims to bring carers together to talk about what the project is currently offering, what it could be doing better, and what support you feel would make the biggest difference. It's also an opportunity to connect with others, share ideas, and raise anything you believe would benefit fellow carers. If you're interested in having your voice heard and helping improve support for carers, we would love for you to get involved.

Call 01204 363056 for more information

Thank You

We are always saddened to hear of the passing of a loved one, be it the person who is cared for or the carer themselves. Recently there have been a few bereavements amongst our community and we would like to express our sincere gratitude to those of you whom have, amongst so many very worthy causes, chosen Bolton Carers Support as the recipient for 'In Memory' collections. These donations really do make a big difference in helping us continue to provide the support we do. If anybody would like to discuss how to arrange a collection, we are always happy to guide you through the process. Don't forget, our support for carers doesn't end because the caring journey has ended, we are still here to listen, help and guide you into the future.

Join The Friends of Bolton Carers Support Today

Every day unpaid carers across Bolton give their time, energy and love to support others. By joining the Friends of Bolton Carers Support, you can make sure they get the care and understanding they deserve in return.

With a small monthly donation of just £5, you'll help fund vital services that offer comfort, guidance and connection to carers who often feel forgotten. As a gesture of our gratitude, you'll receive a special thank-you gift after each full year of support, a token of appreciation for standing beside Bolton's carers.

Scan the QR code or call our helpline on 01204 363056 to join today.

Together, we can make sure no carer in Bolton ever feels alone.



Digital Skills Workshop

Would you like support using your device to make appointments on line or order repeat prescriptions? Maybe you'd like to find out what is going on in your local area? Why not register your interest in our Digital Skills Workshop by calling 01204 363056



Helpline: 01204 363056 Monday-Thursday 10-4pm

email: info@boltoncarers.org.uk



Join us in April!

Daisy Hill Community Garden New Carers Group

Daisy Hill Cricket Club
Every Tuesday
11-1pm

Pop in for a coffee and a friendly chat with Julie, your local social prescriber, along with members of the team from Bolton Carers Support. You'll also have the chance to get involved with the raised garden beds!

Male Carers Meet up

Harwood Methodist Church Café.
Longsight, Harwood, Bolton BL2 3HX,
Wednesday 29th April
11.30-12.30

Come and join us for a coffee and a chat.

If you're planning to come along, please give us a call on 01204 363056, then we have an idea for numbers attending and can look out for you.

Looking forward to seeing you there.

Art Workshop with We Are Explorers CIC

Thursday 23rd April
11-1pm
Thicketford Centre

Come and join us for a fun filled morning with We are Explorers CIC

Booking is required
01204 363056

Socialising

Carer & Cared for welcome - no need to book just turn up or for more information call the helpline.

Book Club

Tuesday 21st
Tuesday 28th
10-12

Thicketford Centre

We have a wide variety of books available to read, borrow, and exchange all whilst enjoying a coffee & chat.

Knit & Natter

Wednesday 1st
Wednesday 15th
Wednesday 22nd
Wednesday 29th
10-12

Thicketford Centre

Bring your knitting, crochet, or any other creative hobby and enjoy chatting while you create.

Octagon Carers Coffee Morning

Tuesday 21st April
11-1pm
Octagon Theatre



Carers enjoying our recent Easter Crafting coffee morning.

Quiz on Zoom!

Thursday's on Zoom
11.30-12.30

Call the helpline for further information

Carers Hubs

Carers Hubs are warm, welcoming spaces where carers can come together to chat, share experiences and take a well-earned break. 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.

NEW! Harwood

Harwood Methodist Church BL2 3HX
Tuesday 21st April 1-2pm
Wednesday 29th April 1-2pm

Daubhill Church of the Nazarene BL3 3PU
Wednesday 22nd April 10.30-12noon

Tonge Moor UCAN Centre
Every Monday 11-12noon

Westhoughton Robert Shaw Pub
Monday 20th April 10.30-11.30

Little Lever Christ Church Mytham Rd
Wednesday 1st April 11-12noon

Horwich The Bridge Church, Rock St.
Wednesday 29th April 10.30-11.30

Relaxation & Wellbeing

Carers Relaxation

Thicketford Centre
Monday 13th April
10.30-11.30

Carers Only - Booking Essential

Yoga & Relaxation

Smithills Hall
Friday 10th & 24th April
10.30-11.30

Refreshments are served 11.30-12 you are welcome to attend for a coffee & chat at 11.30 even if you haven't been to the yoga session.

Carers Only - Booking Essential

Please wear warm clothes & bring a cushion/blanket/mat

If you would like more information about any of our activities or hubs please call our

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email: info@boltoncarers.org.uk

