

Neighbourhood Bulletin

Active Bolton Sessions

Free 6 Weeks of Park Tennis

Saturdays starting from 13th June

1pm-2pm - Aged 7-10
2pm-3pm - Aged 11+

Moss Bank Park

Book via the Active Bolton app or contact waynejones@activebolton.com

MEN'S COUCH 2 5K RUNNING GROUP

Free

12 week 'Couch to 5k' Men's running group

Starting Monday 15th June 6pm - 7pm at Leverhulme Park Community Leisure Centre, Long Lane, Bolton BL2 6EB

LIMITED PLACES!
To book your place: text 07535628351 or email bmitc1@outlook.com

Bolton College

As part of World Refugee Week, we're celebrating the diversity of our community with a Language Exchange event. Volunteers will be on hand to help you learn basic phrases in some of the many languages spoken in Bolton!

Come along, learn some new phrases, and take a free language booklet representing 14 languages spoken in our community! You can also pick up a free bookmark in your chosen language.

There is also an Adult Learning Foundation Literacy Skills course starting on 16th June. This is a great first step for residents with English as their first language who would like to learn to read and write.

The course covers:

- The structure of the alphabet
- Understanding and identifying the differences of consonants and vowels
- Confidence building in correct pronunciation
- Identify/ label health and safety signs correctly
- Pronounce and write your name and address correctly

Deane Road Campus: Tuesday's, 09:00 - 12:00 (16 June - 30 Jun 2026)

Here's the link to enrol: <https://www.boltoncollege.ac.uk/courses/foundation-literacy-skills/>

Language Exchange

Do you speak another language or are you interested in a taster of some of the many languages spoken in Bolton?
We are celebrating the diversity of our community with a Language Exchange as part of World Refugee Week.

When? Where?
Wednesday 17th June 11am - 3pm
Bolton Central Library

What will you be doing?
Meet members of your local community and learn some phrases in some of the many languages spoken in the neighbourhood.

Menopause Sessions

.NICKI.GILLON@GMAIL.COM



FIND YOU AGAIN, FIND YOU AGAIN
WESTHOUGHTON
PRIMARY CARE NETWORK

WHO'S IT FOR?!
For Women who are in Peri-Menopause, Menopause or post-Menopausal

- Gain Confidence
- Share experiences
- Socialise
- Learn more about Menopause

WHEN IS IT?
Every Wednesday at 6.30pm from 17th June. It will run for 6 weeks

- A New topic each week
- Nutrition
- Mental health
- Body & mind
- Confidence
- Empowering your voice
- Symptoms


WHERE IS IT?
The Curly Cow
1 Market St,
Westhoughton,
Bolton BL5 3AH

- Chance to buy a coffee & cake
- Relax
- And bring a notepad
- Let's do this!

NO NEED TO BOOK & COMPLETELY FREE



Sip and Paint Event





Rose Petal Events
Presents
Sip & Paint

Sunday 21st June
At All Souls Church, Bolton, BL1 5EY
From 1:30pm till 4:30pm

A ladies only event for sipping, painting and shopping

For further information and to book your space please contact Roshan on 07845007237

Trauma Informed

Do you live in Greater Manchester?

On behalf of **Trauma Responsive Greater Manchester**, we want to understand more about residents' experiences in childhood and adulthood and their impacts on health and wellbeing.

Using this information, we hope to offer better support services to improve quality of life for people of all ages in Greater Manchester.



Use the link or scan the QR code to tell us about your experiences to give us the information we need to support this work.
<https://tinyurl.com/4mfav8wc>



We are pleased to share that the Trauma Responsive Greater Manchester (TRGM) Prevalence Survey. The survey aims to help us better understand people's experiences in both childhood and adulthood, and how these impact health and wellbeing across Greater Manchester. This insight will directly inform the development of more effective, trauma-responsive support and services for communities across the city region. Participants can complete the survey via the link or QR code included in

the poster: <https://tinyurl.com/4mfav8wc>. Your support is essential in ensuring we capture a picture of experiences across Greater Manchester. Thank you in advance for your help with this important work.



**THE WALK OF HOPE TEAM INVITES YOU
TO JOIN US ON MONDAY, 15TH
JUNE 2026.
TIME: 12PM
MEETING POINT: BOLTON TOWN HALL
STEPS (NEAR THE COFFEE HOUSE)
APPROXIMATE WALK LENGTH: 1.5 KM**



**NEED HELP?
SAMARITANS: 116 123
BOLTON LISTENING LOUNGE: 01204 917 739
NHS : 111 OPTION 2**

**WORRIED ABOUT SOMEONE?
ASK THEM DIRECTLY HOW THEY FEEL. IF THEY'RE AT RISK:
CALL 999
CONTACT THEIR GP
HELP THEM REACH OUT TO SAMARITANS OR THE GMMH HELPLINE.**

**Bereaved by suicide?
call 0161 983 0902 or visit Greater Manchester
Bereavement
Service**

**SHINING A LIGHT ON
SUICIDE**

Community Alliance



Queens Park & Central Community Alliance

Bringing residents, community groups, and partners together to ensure local voices shape decisions and services in Queens Park and Central ward

Join us at the next networking meeting



@ The Pavilion Cafe, Queens Park
Wednesday 17th June
12 noon until 2pm
with an optional walk in the park afterwards
A light lunch will be provided

Please confirm your attendance to
qpcommunityalliance@gmail.com
by Friday 5th June

Bolton Guild of Help Event

Bolton Guild of Help Share to Care



- Would you like to learn more about the support available to you and your family?
- Are you a resident of Bolton?
- Are you a veteran, someone who is still serving, or a military family member

If you answered yes to any of these questions, come along to this event.

Friday 19th June 2026
10:00am - 14:00pm
Bridge Conference Centre
Bradford Street
BL2 1JX

For more information:
Becky@boltonguildofhelp.org.uk




Rotary Club



BOLTON

MAKER'S MARKET

FREE ENTRY

10AM - 3PM

SATURDAY 20TH JUNE

REFRESHMENTS
CRAFTS AND GIFTS
JEWELLERY
COSMETICS
TOMBOLA

FREE PARKING

BOLTON PARISH CHURCH
SILVERWELL STREET

Rotary
Bolton Lever



Fun Run

BE THE FIRST TO EXPERIENCE BOLTON'S MOST COLOURFUL FUN RUN



SUNDAY 12TH JULY

QUEEN'S PARK, BOLTON



COLOUR RUN



Registered with FUNDRAISING REGULATOR

Kindly sponsored by: **STATESIDE FOODS**

Bolton Hospice is a Registered Charity No. 518704

Age UK

Community Canals Project

The Art of Belonging Project

Floristry with Bolton Contemporary

The Sessions Will Run on the Following Days:

- Thursday 25th June 1pm-3pm
- Thursday 9th July 1pm-3pm
- Thursday 16th July 1pm-3pm
- Thursday 23rd July 1pm-3pm

Free and all Materials Provided!
Only 20 places available

For enquiries, please call 01204 701525 and leave a message for Lynsey to book a place

Bolton Central Library, basement room

WE ARE THE COMMUNITY CANALS PROJECT

UPCOMING EVENTS IN JUNE

OUR GUIDED WALKS:

Nature Walk and Talk with Russ Hedley
 Sunday 7th: <https://tinyurl.com/Russ070626>
 Sunday 28th: <https://tinyurl.com/Russ280626>

Bee Orchids Guided Walk
 Saturday 20th: <https://tinyurl.com/Bee200626>

OUR CONSULTATIONS:

Our Vision, Our Gardens
 Thursday 11th: <https://tinyurl.com/Vision110626>
 Tuesday 23rd: <https://tinyurl.com/Vision230626>

Creative Spaces - Consultation Drop Ins
 Find out more through Be One Home's website

SCAN THE QR CODE TO JOIN OUR MAILING LIST OR CONTACT US FOR MORE INFORMATION!

communitycanals@groundwork.org.uk

This Van Can Roadshow

Do you know the early signs and symptoms that could mean cancer? The NHS wants everyone to know the key symptoms to look out for, including:

- ➔ a lump or swelling anywhere on the body
- ➔ a cough or breathlessness lasting more than three weeks
- ➔ an unexplained bleeding (in pee, poo, or between periods)
- ➔ heartburn that lasts for three weeks or more
- ➔ unexplained tiredness, pain, loss of appetite, or weight loss

#ThisVanCan, The NHS cancer awareness roadshow will be at [Tesco Farnworth BL4 9BW](#) on 11th of June and [Tesco Horwich BL6 6JS](#) on the 12th of June

Our friendly team are on board for chats about the signs and symptoms of cancer you should look out for, cancer screening, and what to do if you're worried about cancer. Why not pop along and #GetCancerClever.

Can't make it today? Search "this van can" for more info.



THANK YOU!