

Neighbourhood Bulletin

Vaccinations

The NHS Vaccination Van is coming to Bolton!

It's not too late to protect yourself and your loved ones this winter. No appointment needed!

📍 Where to find us: Victoria square: 9-3

- Thursday 15th January

🔑 What's available:

- Flu jab: For those aged 65+, pregnant, or with a weakened immune system
- COVID-19 jab: For those aged 75+ or with a weakened immune system
- Blood pressure checks: For anyone 40+ not currently on blood pressure medication

🔗 Check if you're eligible:

- Flu vaccine eligibility: <https://bit.ly/47PzzVN>
- COVID-19 vaccine eligibility: <https://bit.ly/4hSYQTI>

Let's keep Bolton healthy this winter ❤️



Free Flu vaccine for 2-3 year olds

Upcoming Clinics

- 📍 **Tonge Family Hub** – 260 Starkie Road, BL2 2ED
Jan– Fri 9th, Fri 16th, Fri 23rd, Fri 30th | 1–4pm
- 📍 **Bright Meadows Family Hub** – Greenroyd Avenue, BL2 5DD
Jan– Tue 13th, Tue 20th, Tue 27th | 12:30–3:30pm
- 📍 **Oldhams Family Hub** – Forfar Street, BL1 6RN
Jan– Fri 9th, Fri 16th, Fri 23rd, Fri 30th | 9–12pm
- 📍 **Harvey Family Hub** – Shaw Street, BL3 6HU
Jan– Mon 12th, Mon 19th, Mon 26th | 1–4pm
- 📍 **Farnworth Hub** – King Street, BL4 7AP
Jan– Thurs 8th, Thurs 15th, Thurs 22nd, Thurs 29th | 1–4pm

✅ Non-pork gelatine version available
✅ Consent form required – Scan the QR code print and complete before attending or Consent forms can be provided at the clinic

Bolton Family Hubs

Healthwatch- NHS App

Healthwatch Bolton are seeking your feedback to help find out about your experiences of using the NHS App. Your responses will help shape the future of NHS digital services.

The NHS App is a secure, free digital tool from NHS England for people in England to access various NHS services on their phone or tablet, letting users book appointments, order repeat prescriptions, view GP health records, manage hospital referrals, and get health advice, acting as a central 'digital front door' to healthcare.

We would like to hear your views and experiences of using the NHS App. Please take a moment to complete our survey here: <https://www.surveymonkey.com/r/FRLZHKX> or scan the QR code here:




Share your feedback on using the NHS App

NHS

Scan the QR code

healthwatch Bolton

Community Alliances

HORWICH NORTH COMMUNITY ALLIANCE



- Come and build on existing community action and strengths in your area!

When: Tues 20th January 2026

Time 5.30pm : Venue : Horwich RMI, Ramsbottom Road, Horwich, BL6 5NH

All Welcome - Local Residents, Community Groups, Social Enterprises, Faith Groups, Volunteers, and Businesses, come along and get involved with your Community Alliance!

- Refreshments provided

- Please confirm if you are attending

- Learn more: www.Bolton.gov.uk/communityalliances
Contact/Questions: ibrahim.kala@bolton.gov.uk
horwichnorthca@gmail.com



SMITHILLS COMMUNITY ALLIANCE



- Come and build on existing community action and strengths in your area!

When: Thurs 29th January 2026

Time 1.00 pm : Venue : The Triangle Community Methodist Church, New Church Road, Bolton, BL1 5QP

All Welcome - Local Residents, Community Groups, Social Enterprises, Faith Groups, Volunteers, and Businesses, come along and get involved with your Community Alliance!

- Lunch provided

- Please confirm if you are attending

- Learn more: www.Bolton.gov.uk/communityalliances
Contact/Questions: Paul.Haunch@bolton.gov.uk



RUMWORTH COMMUNITY ALLIANCE CELEBRATION EVENT



**25 JAN 2026
11AM - 3PM**

Discover the Rumworth Community Alliance

Why not join us to learn more about the Rumworth Community Alliance, its operations, and the benefits it brings to the community?

Several local groups will be present, so come and explore what they have to offer!



ACTIVITIES :

- Henna
- Arts And Crafts
- Cake decorating
- Archery
- Visit different stalls

Come and be part of the Rumworth Community Alliance!

FREE HOT DRINKS & REFRESHMENTS

Get in touch for more information; 07824810517

@BOLTON MUSLIM GIRLS SCHOOL
Suan Lane
BL3 6TQ



QUEENS PARK & CENTRAL COMMUNITY ALLIANCE



- Come and build on existing community action and strengths in your area!

When: Weds 11th February 2026

Time 12.00 pm : Venue : Queens Park Cafe, Queens Park, Bolton

All Welcome - Local Residents, Community Groups, Social Enterprises, Faith Groups, Volunteers, and Businesses, come along and get involved with your Community Alliance!

- Lunch/Refreshments provided

- Network and meet others

- Bring your own groups leaflets and promotional materials

- Please confirm if you are attending

- Learn more: www.Bolton.gov.uk/communityalliances
Contact/Questions: QPCCCommunityAlliance@gmail.com



Women's Sessions

YOU GOT THIS!
IS 2026 GOING TO BE YOUR YEAR?

**DO YOU WANT TO LEARN NEW SKILLS & HAVE FUN?
INCREASE YOUR CONFIDENCE & TRY NEW THINGS?
SPEND TIME WITH A LIKEMINDED GROUP OF WOMEN?
GAIN ACCREDITED QUALIFICATIONS IN A RELAXED
FRIENDLY ENVIRONMENT?**

These FREE sessions run every Friday from 10am
starting on Friday 16th January
at The Elderdale Centre
Yewdale Gardens
Brightmet
BL2 5JF

Limited spaces available
Open to women in the Brightmet area
contact 07766798070
or email info@thevideobox.tv
to find out more & to book your place



bolton *Brightmet Butterflies* **THE VIDEOBOX**

SEN
CHIT AND CHAT MORNING
A SAFE PLACE FOR SEN FAMILIES
COME SAY HI
LADIES ONLY!

COME ALONG, ENJOY A DRINK WHILST MEETING FELLOW PARENTS
AND CARERS OF NEURODIVERGENT CHILDREN.

A SAFE PLACE WHERE YOU FEEL TRULY UNDERSTOOD, WITHOUT THE
FEAR OF BEING JUDGED.

LIVED EXPERIENCES, ADVICE AND SUPPORT.
PARENTS SUPPORTING PARENTS, WE DO NOT NEED TO FEEL ALONE.

TUESDAY
13TH JAN 2026
9.15AM - 10.30AM

BUFC HUB,
HIBBERT ST,
BOLTON, BL1 8JG

Macmillan Session

**Bolton Macmillan Cancer
Information and Support Service**

**Thursday 15th
January 2026
10am-12pm**

**We would like to invite you
to the re-launch of our
Drop-in service at
Brightmet Library**

**Find us in the entrance of the
Health Centre and Library to pick
up FREE refreshments and find
out more about our service**

Talking Tables

**Come along
and join a
Talkin' Table
near you**

Talkin' Tables are hosted weekly with the aim of bringing people together one table at a time. Come join in the conversation and enjoy the company of others who think that sitting in cafés is better with company!

- Find your Talkin' Table**
The "Talkin' Tables" are the ones marked with the small sign inviting you to sit and join in.
- Get Comfortable**
This is a safe, inclusive space so pull up a chair and enjoy the company of others.
- Enjoy the conversation**
Remember to always be kind and respectful.

YOUR NEAREST TALKIN' TABLE IS AT

VENUE	DAY	TIME
New Day & Time	High St Library With Jayne & Sajeda	Starting 20th Jan 26
Everyone welcome		

Visit: www.talkintables.co.uk
email: info@talkintables.co.uk
to find your nearest venue

f Talkin' Tables **📍** Talkin' Tables

Headspace



Words for THE END of the World

TUESDAY 20TH JANUARY

Doors open 7pm
Show starts 7:30pm

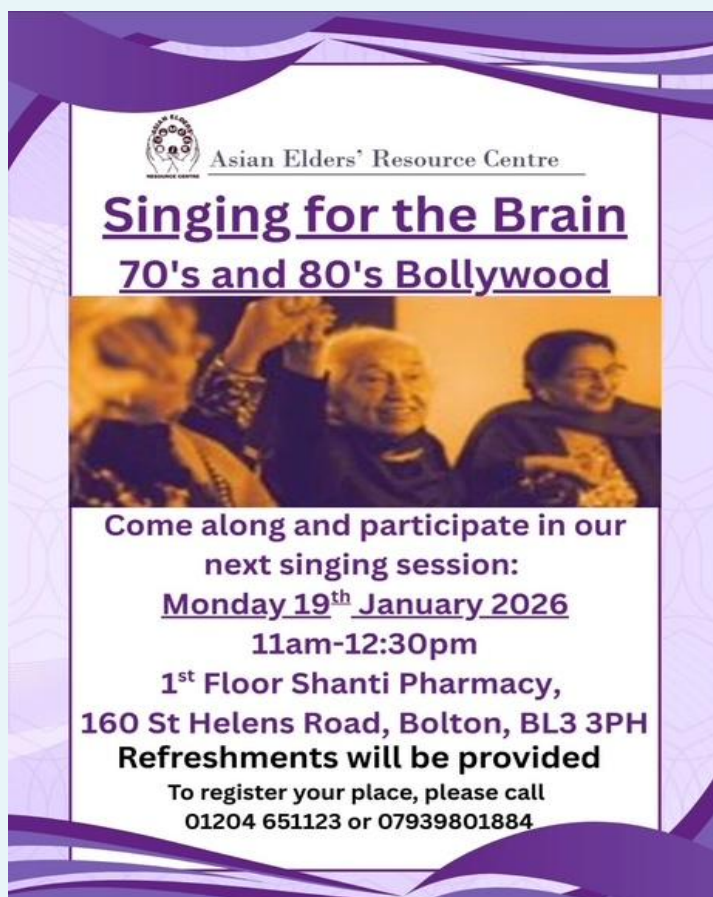
Hosted by
George Greenhalgh & Kevin McCaffrey


Come along to a fantastic night of
Spoken Word & Music
WORDS FOR THE END OF THE WORLD
exclusively at Headspace Bolton

To register your interest in performing in one of our available
10 minute slots please visit www.headspacebolton.co.uk/events

headspace

Singing for the Brain



 Asian Elders' Resource Centre

Singing for the Brain
70's and 80's Bollywood

Come along and participate in our
next singing session:
Monday 19th January 2026
11am-12:30pm
1st Floor Shanti Pharmacy,
160 St Helens Road, Bolton, BL3 3PH
Refreshments will be provided
To register your place, please call
01204 651123 or 07939801884

Chatty Bench



Bolton Market
Support local life

COMMUNITY CHAMPIONS

Let's keep Bolton Moving >>>

Chatty Bench
Bolton Markets

Lifestyle Hall

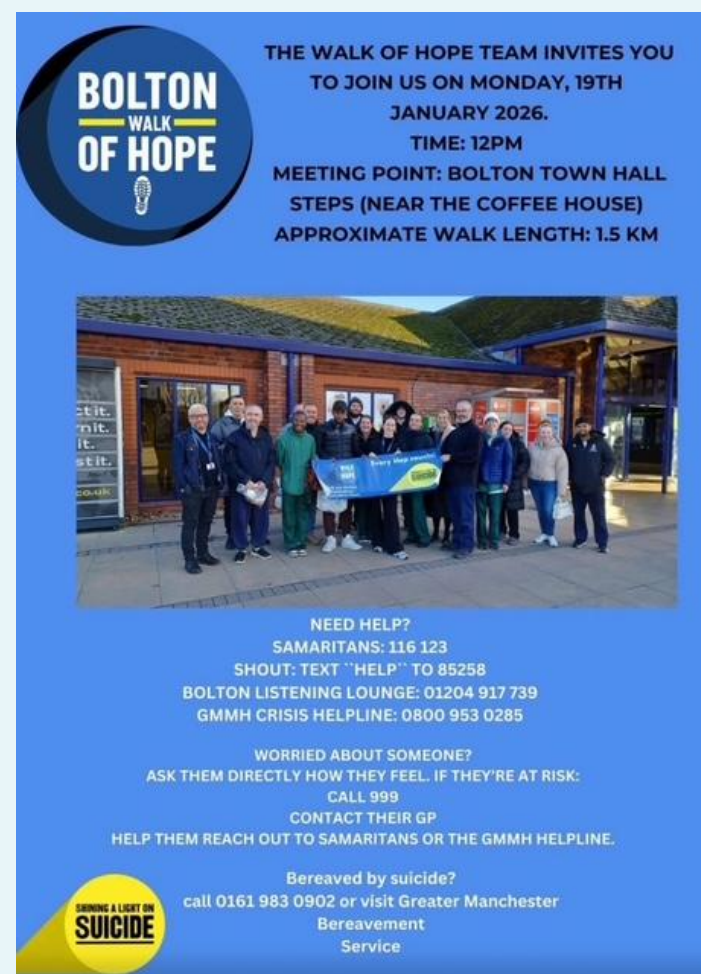
Ashburner Street, Bolton, BL1 1TJ

Every Tuesday
Starting 13 January - 11am - 1pm

Come chat with our Community Champion and discover support, friendship and connection.


Email: helloLKB@bolton.gov.uk

Walk of Hope



BOLTON WALK OF HOPE

THE WALK OF HOPE TEAM INVITES YOU
TO JOIN US ON MONDAY, 19TH
JANUARY 2026.
TIME: 12PM
MEETING POINT: BOLTON TOWN HALL
STEPS (NEAR THE COFFEE HOUSE)
APPROXIMATE WALK LENGTH: 1.5 KM



NEED HELP?
SAMARITANS: 116 123
SHOUT: TEXT "HELP" TO 85258
BOLTON LISTENING LOUNGE: 01204 917 739
GMMH CRISIS HELPLINE: 0800 953 0285

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

Pathways into GMMH adult mental health services are changing

From 19 January 2026 the referral pathways into community mental health teams in GMMH will be changing.

Why?

The NHS Long Term Plan has laid out the need for new and integrated models of primary and community mental health care.

Access to the right help in a timely manner is critical. The nature and quality of engagement with a person, especially at their first contact with services, can determine how the relationship with services develops.

What will change?

From 19 January 2026 referrals will no longer be processed by Single Point of Access (SPOA).

Instead, Primary Care suitable therapy referrals can be sent directly to Talking Therapies, and Secondary Care referrals can be sent to the newly formed Referral and Assessment Hub (previously Bolton Assessment Service).

Existing direct referral pathways remain unchanged.

Please share this update within your teams.

If you would like us to come and discuss this further, please e-mail both:

BoltonPCPTS@gmmh.nhs.uk and
BoltonRAH@gmmh.nhs.uk

Improving Lives

Primary Care

Talking Therapies:
for Anxiety
and Depression

Who do we support?

Talking Therapies: for Anxiety and Depression is for people aged 16+ (including older people) who are presenting with a common mental health problem (CMHP) which falls within the categories below:

- Depression
- Generalised Anxiety Disorder
- Social Anxiety
- Panic Disorder
- Post-Traumatic Stress Disorder
- Obsessive Compulsive Disorder
- Body Dysmorphic Disorder
- Health Anxiety
- Specific Phobia
- Anger
- Low self-esteem
- CMHPs in the context of long-term health conditions
- Stress-related and adjustment difficulties

The person will be motivated to work towards goals and willing to engage with Psychological Therapy. They will have needs that can be managed within primary care (i.e. low-moderate levels of risk). They will not be using substances to a level that likely impact their ability to engage in therapy.

What do we provide?

- We offer individual and group psychological therapy virtually and face to face.
- Step 2 Low Intensity Therapy: Guided Self Help or SilverCloud
- Step 3 High Intensity Therapy: CBT, EMDR, IPT
- Counselling: provided by One Point
- Step 3+ Therapy: For higher levels of psychological complexity
- Employment Advisor Service
- Group therapy options: See website for details

How to refer?

Self-referral or professional referral can be completed via website:
www.gmmh.nhs.uk/bolton-talking-therapies

Scan here for the
Talking Therapies
Professionals
Referral Form



How to contact Talking Therapies?

Phone: 0161 271 0190

Email: BoltonPCPTS@gmmh.nhs.uk

Job Club

FARNWORTH JOB CLUB

**STARTING ON
20TH JANUARY**

Every **TUESDAY 10am to 12 noon** for 8 weeks

Join a friendly community and gain skills to step confidently into employment

Book Now!

CALL
01204 861371
FOR MORE INFO

christians against poverty
CAP
job clubs

FARNWORTH BAPTIST CHURCH
CHURCH COMMUNITY TOGETHER

Steps to employment
by Coach guide

Social Group

Warm Welcome Social Group

Looking to meet new people in a supportive pressure free environment?

Starts Wednesday, 7th January | 2pm to 3.30pm
Blackrod Sports and Community Centre, BL6 5TG

Drop in for a chat, a cuppa and biscuits!
A friendly, social prescriber-led space to meet new people and take things at your own pace.

Completely free and everyone 18+ welcome.

Community Event

Free Community Event at Queens Park Saturday 24th January & 7th February

- Family Pebble Painting to add to the Sensory Garden being created in the park
- Make a clay animal using clay to take home with you
- Drop-in anytime 10-12pm or 1:30-3:30pm
- Suitable for ages 5+, children must be accompanied
- Wear an old top for the indoor pebble painting and suitable clothes to stay warm outside for making clay animals

Meeting at the Pavilion Cafe
WhatThreeWords location ///remain.behind.shuts

Cold Weather Conversations Toolkit

The GM Ageing Hub, in collaboration with [Independent Age](#), have recently launched the [Cold Weather Conversations toolkit](#). The toolkit is designed to help organisations communicate cold weather risks and support older adults' health and wellbeing during winter. Each year, thousands of older adults in the UK face preventable health risks due to cold weather, with excess winter deaths remaining a significant concern. This toolkit provides practical guidance for organisations to strengthen winter preparedness and deliver clear, effective messages to those most at risk.

[You can download Cold Weather Conversations via the GM Ageing Hub web page.](#)

Ambulance Service: Advice Around Winter Falls

Winter weather comes with a surge in 999 calls from people who have fallen and cannot get back up. This is why the Association of Ambulance Chief Executives (AACE), speaking on behalf of all UK ambulance services, has joined forces with the Royal College of Emergency Medicine ([RCEM](#)) and the British Geriatrics Society ([BGS](#)) to issue important advice: know what to do if you fall, and take simple steps to stay steady on your feet.

The key advice is:

- If you do fall – stay calm: Take a moment to check yourself before moving.
- If you can get up safely: Roll onto your side, push up to hands and knees, shuffle to a sturdy chair or sofa, place one foot flat and slowly stand.
- If you cannot get up: Use your phone or pendant alarm immediately, shout or bang to attract attention, keep warm, and move a little every half hour to protect circulation.

This advice is now available in a [downloadable PDF that can be printed off by members of the public via the AACE website.](#)

Independent Age Briefing on Proposed Merger of Pension Credit and Housing Benefit

Independent Age have published a new briefing, which explores how the proposed merger of Pension Credit and Housing Benefit can work best for older people on low incomes.

For more information, and to download the briefing, [visit the Independent Age website.](#)

Ring & Ride service review – have your say

Have you used the Ring & Ride minibus service? Transport for Greater Manchester (TfGM) want your feedback to help shape the future of the service.

Ring & Ride is an accessible, low-cost minibus service for people over 70 with walking difficulties and disabled people to get to hospital, the nearest town centre, or accessible transport hub.

The review will look at how Ring and Ride can fit into the Bee Network, Greater Manchester's joined-up transport system, to make travel easier and how to use resources in the best way possible.

[Complete the short survey](#) by 9 February 2026:

- Current service users will be sent a paper copy of the survey with a Freepost return envelope. If you haven't received your paper copy by the middle of January, please call the TfGM contact centre 0161 244 1000 Monday to Friday: 7am to 8pm, Weekends and Bank Holidays: 8am to 8pm.
- Individuals and groups can fill in the online survey [Local Link/Ring & Ride Surveys - Greater Manchester Combined Authority - Citizen Space](#)
- Groups or organisations can join an online feedback session by emailing flexibletransport@tfgm.com
- Anyone who finds it difficult to complete the online survey can send feedback to flexibletransport@tfgm.com; support for non-English speakers is available by calling 0161 244 1000.

Thank you!