

Neighbourhood Bulletin

Asian Elders Step Up Programme



Asian Elders' Resource Centre

STEP UP

A six-week singing and gentle movement programme

WEDNESDAYS

Music Movement Friendship Wellbeing

Stronger Brighter Together

A typical session includes:

- Arrival and social welcome
- Welcome circle
- Physical warm-up
- Breathing and posture
- Vocal warm-up
- Singing with movement
- Reflection and home activity

Designed to support:

- Strength, balance and mobility
- Confidence through singing
- Breathing, posture and social connection

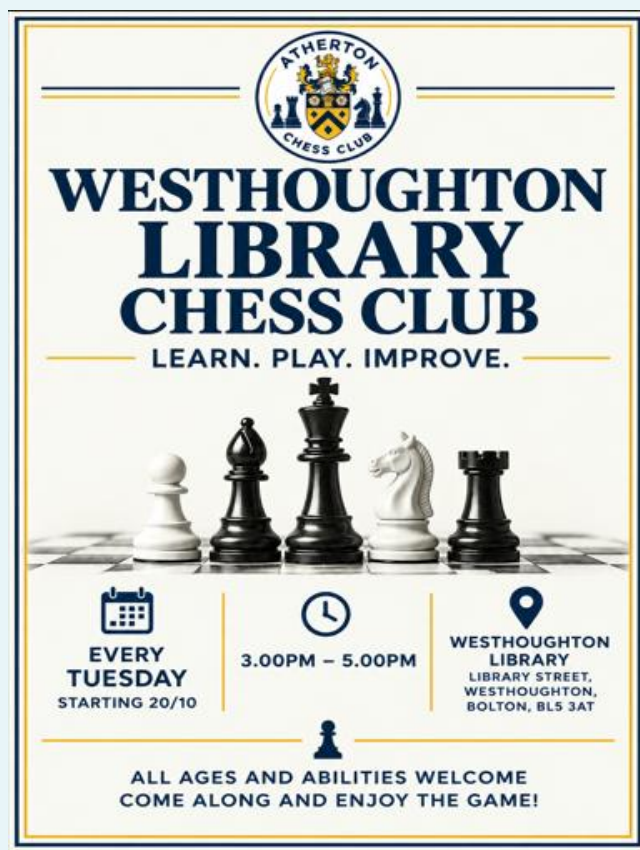
Activities can be completed seated or standing and adapted to individual ability.

STARTING 21 OCTOBER 10.30-12 FOR 6 WEEKS

TO REGISTER YOUR INTEREST CALL:
01204 651123 OR 07939801884

Think Creative
for health for education for life

Chess Club



ATHERTON CHESS CLUB

WESTHOUGHTON LIBRARY CHESS CLUB

LEARN. PLAY. IMPROVE.

EVERY TUESDAY STARTING 20/10

3.00PM – 5.00PM

WESTHOUGHTON LIBRARY
LIBRARY STREET,
WESTHOUGHTON,
BOLTON, BL5 3AT

ALL AGES AND ABILITIES WELCOME
COME ALONG AND ENJOY THE GAME!

Friends of Queens Park Event



Friends of Queens Park

Magical Harry Potter

INSPIRED

Interactive Covered Trail
with free activities and crafts

Saturday 24th October

11am - 2.30pm

Children must be accompanied

Free Family Craft

at the Pavilion Cafe
in Queens park

Live Well Launch Event



Bolton Live Well

Brightmet Library

FREE EVENT - THIS HALF TERM!

LIVE WELL CENTRE LAUNCH EVENT

OCT 28TH 3-7PM

Come and find out what Live Well is all about and what is on offer for all ages in your community!

ALL WELCOME!

Join us for a free buffet and activities for all!

At **Brightmet Library**,
Brightmet Fold Lane,
Brightmet, Bolton, BL2 6NT

Your place for everyday support

DWP Drop-in Service

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 Medical/Leisure Centre, Victoria Rd, BL6 5PY	Monday 19 October 2026	9:30am to 1pm 2pm to 4pm
Bolton College, Deane Rd, Bolton, BL3 5BG	Tuesday 20 October 2026	9:30am to 2pm
Bridge Church, 109 Bradford St, BL2 1JX	Thursday 22 October 2026	9:30am to 1pm 2pm to 3:30pm
Asda Aslley Bridge, Moss Bank Way, BL1 8QG	Friday 23 October 2026	9:30am to 1pm 2pm to 4pm
Horwich Medical/Leisure Centre, Victoria Rd, BL6 5PY	Monday 26 October 2026	9:30am to 1pm 2pm to 4pm
Tesco Farnworth, Long Causeway, BL4 9BW	Tuesday 27 October 2026	9:30am to 1pm 2pm to 3:30pm
Tesco Little Lever, Crossley St, BL3 1AA	Wednesday 28 October 2026	9:30am to 12pm 1pm to 3:30pm
Family Feel Good Day Brownlow Fold Community Centre, Eskrick St, BL1 3EF	Thursday 29 October 2026	12pm to 3pm
Masjid-e-Noorul Islam Mosque, Prospect St, BL1 3QH	Friday 30 October 2026	11am to 3pm

For future dates go online to
www.jobhelp.campaign.gov.uk
Mobile Jobcentre Plus: Bolton timetable

Learn Language Together Sessions

learn language TOGETHER

WARM, FRIENDLY
LEARNING FOR
PARENTS, CARERS,
BABIES AND FAMILIES.

SIGN UP NOW

HARVEY FAMILY HUB

Where: Harvey Best Start Family Hub, Shaw Street, Bolton, BL3 6HU

Groups:
30th Oct - 11th Dec
3:30pm - 5:30pm

Groups:
15th Jan - 19th Feb
3:30pm - 5:30pm

OXFORD GROVE FAMILY HUB

Where: Oxford Grove Best Start Family Hub, Oxford Grove, Bolton, BL1 3BH

Groups:
30th Oct - 11th Dec
12:30pm - 2:30pm

Groups:
15th Jan - 19th Feb
12:30pm - 2:30pm

For more information, please contact

✉ contact@recreate-u.co.uk

☎ 07563 899067

Experienced, qualified English teachers

Meet other families

Fun activities

Babies 0-6 months

Free meal

Building a brighter future
with *you* in mind

Bolton Library Upcoming Events

Bolton
Library and
Museum Services

Upcoming Branch Events

OCT 2026

20 TUES	Westhoughton Chess Club 🕒 15:00-17:00 📍 Westhoughton Library
24 SAT	Science Saturday 🕒 11:00-15:00 📍 Little Lever Library
27 TUES	Winnie the Pooh 100th Anniversary 🕒 14:30 📍 Westhoughton Library
28 WEDS	Toddler Tales Special: Winnie the Pooh 🕒 10:30 📍 Brightmet Library
29 THURS	Toddler Tales Special: Winnie the Pooh 🕒 10:45 📍 Bromley Cross Library
29 THURS	Egypt Explorers Day 🕒 11:00-16:00 📍 Harwood Library
30 FRI	Toddler Tales Special: Winnie the Pooh 🕒 10:30 📍 Westhoughton Library

Bolton
Library and
Museum Services

SPOOKY AND SUPERNATURAL

October Half Term at Bolton Museum.
Saturday 24 October - Sunday 1 November

FREE ACTIVITIES

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

Saturday 24 October
Green Libraries Storytime

Monday 26 October
Make a Mysterious UFO

Tuesday 27 October
Make a Paper Plate Ghost

Wednesday 28 October
Listen and Draw: Spooky Story

Thursday 29 October
Spooky Storytime

Friday 30 October
Family Friendly Film: Happy

Halloween Scooby Doo (2pm)

Saturday 31 October
Magical Witch and Wizard

Cards

the
JEWELLER'S DAUGHTER
Theatre Show

Thursday 29 October
11am and 2pm

Tickets available on
Eventbrite.

DIGITAL DISCOVERY DAY

Join us to explore a world
of digital creativity and
technology!
1pm-4pm
Friday 30 October

Fish Feeds
Tues Thurs and Sat @ 1pm

Storytime!
3:30pm Mon-Fri
2pm Sat
Junior Library

K Brignall 19/10/26

Citizens Advice Session



Here to help with life's challenges

Citizens Advice Drop In Session

Get free, independent and confidential advice and support.



Greenway Community Centre Hall
Ith Wood



Tuesday 27th October 2026



9am – 12pm



Free advice
Confidential and impartial



Bolton Citizens Advice
Supporting our community

Family Feel Good Day




Family Feel Good Day



Brownlow Fold Community Learning Centre

Thursday 29th October, 12pm-3pm

- Health checks
- Activities
- Food
- Free clothing boutique
- Find out about courses at Bolton College
- Information stalls for local organisations and services



FREE entry!

See you there!

Singing for the Brain

Singing for the Brain® Bolton

Enjoy this year with music and song!
Feel good and meet new friends!
Get advice and support from our friendly, trained staff.




Our free Singing for the Brain groups are run by Alzheimer's Society for people living with dementia, carers and family members.

When: The last Wednesday of every month from 11am-12.30pm
Where: Age UK Bolton Ageing Well Centre, Cross St, Farnworth, Bolton BL4 7AG

28 October	31 March
18 November	28 April
27 January	26 May
24 February	

Refreshments available. Free parking on site.

For more information and to book a place, please contact Sarah Pacitto on 07704 661553/ 0161 477 6999 or email sarah.pacitto@alzheimers.org.uk

Dementia support and advice
For general support or advice about dementia, call Alzheimer's Society Dementia Support Line: 0333 150 3456

 **Alzheimer's Society**
It will take a month to feel dementia

Alzheimer's Society is a registered charity in England and Wales (296645) and the Isle of Man (1128).

Carers Group



FREE CARERS GROUP

Come and join us from 11am to 1pm for our free carers group. It's a great opportunity to connect with other carers, share experiences, and access support in a friendly and welcoming environment.



CARERS SUPPORT WILL BE IN ATTENDANCE ON 13TH OCTOBER 11AM - 1PM



JULIE WRIGHT WILL BE IN ATTENDANCE ON 27TH OCTOBER 11AM - 1PM



DAISY HILL CRICKET CLUB COMMUNITY GARDEN, ST JAMES STREET, DAISY HILL

What to expect

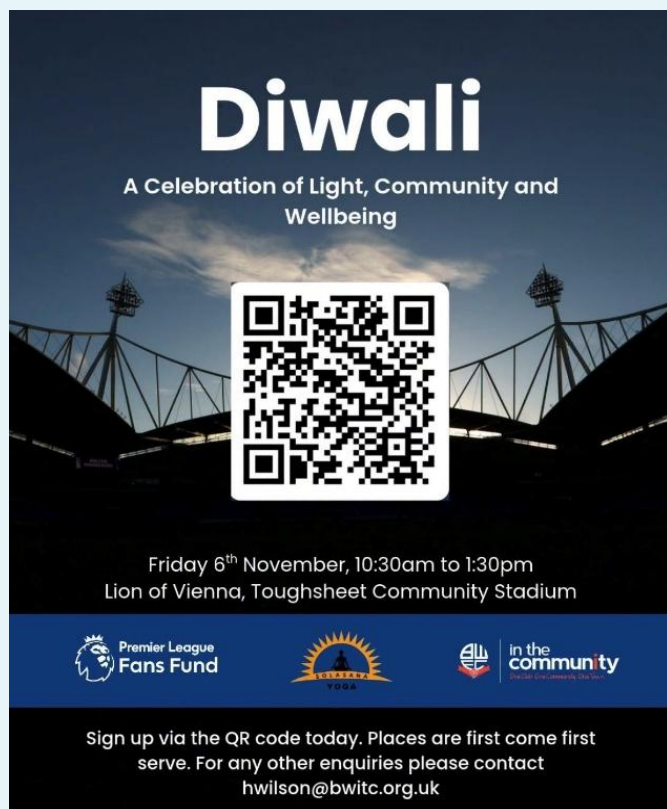
- Meet other local carers and share experiences.
- Discover support and resources from Bolton Carers Support and Social Prescribers.
- Help us plan our Carers area of the Community Garden.
- Enjoy free drinks.

For more information email julie.wright108@nhs.net





Diwali Event



Diwali
A Celebration of Light, Community and Wellbeing

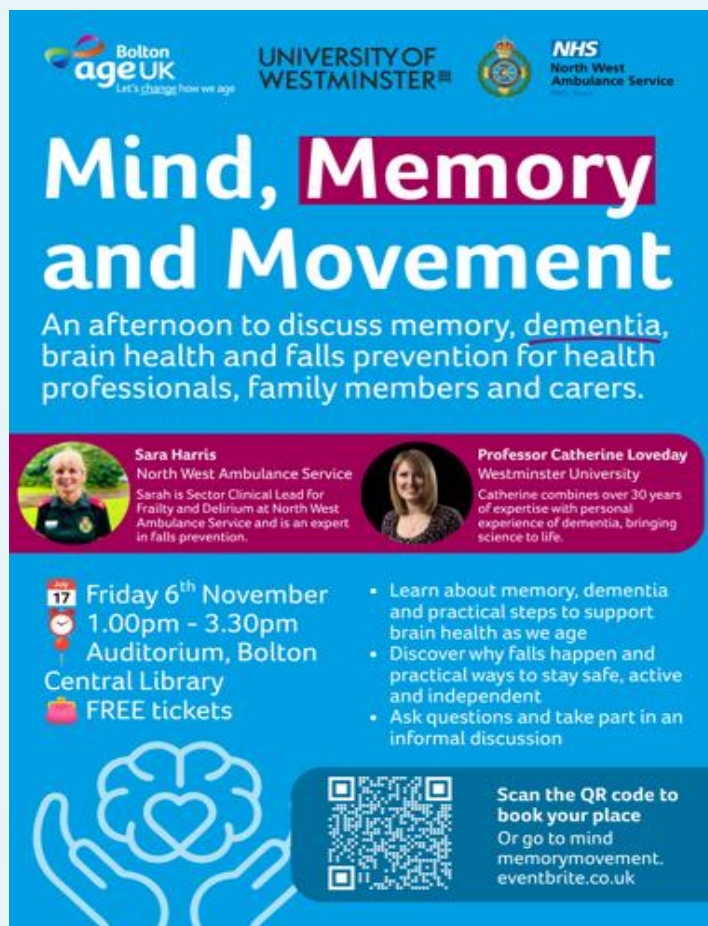


Friday 6th November, 10:30am to 1:30pm
Lion of Vienna, Toughsheet Community Stadium

Premier League Fans Fund |  | in the community

Sign up via the QR code today. Places are first come first serve. For any other enquiries please contact
hwilson@bwitc.org.uk

Mind, Memory and Movement Session



Bolton age UK | **UNIVERSITY OF WESTMINSTER** | **NHS North West Ambulance Service**

Mind, Memory and Movement

An afternoon to discuss memory, dementia, brain health and falls prevention for health professionals, family members and carers.

Sara Harris
North West Ambulance Service
Sarah is Sector Clinical Lead for Frailty and Delirium at North West Ambulance Service and is an expert in falls prevention.

Professor Catherine Loveday
Westminster University
Catherine combines over 30 years of experience with personal experience of dementia, bringing science to life.

Friday 6th November
1.00pm - 3.30pm
Auditorium, Bolton Central Library
FREE tickets

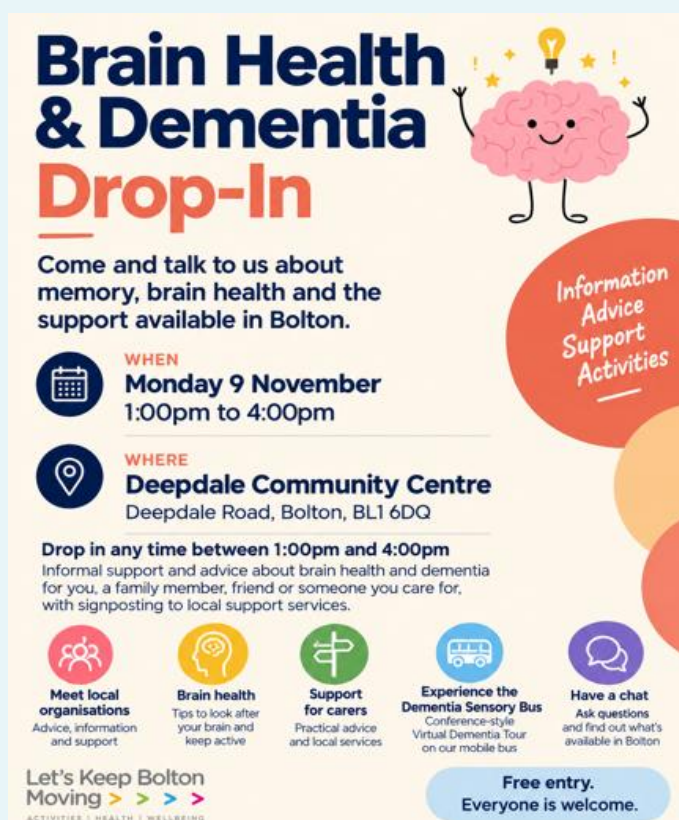
- Learn about memory, dementia and practical steps to support brain health as we age
- Discover why falls happen and practical ways to stay safe, active and independent
- Ask questions and take part in an informal discussion

Scan the QR code to book your place
Or go to [mindmemorymovement.eventbrite.co.uk](https://www.eventbrite.co.uk)

Or to book your free ticket 

[Mind, Memory and Movement Q&A Tickets, Friday, November 6 • 1 PM - 3:30 PM | Eventbrite](https://www.eventbrite.co.uk)

Brain Health and Dementia



Brain Health & Dementia Drop-In

Come and talk to us about memory, brain health and the support available in Bolton.

WHEN
Monday 9 November
1:00pm to 4:00pm

WHERE
Deepdale Community Centre
Deepdale Road, Bolton, BL1 6DQ

Drop in any time between 1:00pm and 4:00pm
Informal support and advice about brain health and dementia for you, a family member, friend or someone you care for, with signposting to local support services.

Information Advice Support Activities

- Meet local organisations**
Advice, information and support
- Brain health**
Tips to look after your brain and keep active
- Support for carers**
Practical advice and local services
- Experience the Dementia Sensory Bus**
Conference-style Virtual Dementia Tour on our mobile bus
- Have a chat**
Ask questions and find out what's available in Bolton

Let's Keep Bolton Moving
ACTIVITY | HEALTH | WELLBEING

Free entry. Everyone is welcome.

BAND Life Skills Session



family action | **BAND** | **WALTHAMPTON** | **BARCLAYS | LifeSkills**

LifeSkills

Connecting communities through food.

- Understanding Banking
- How to save more money
- Planning your personal budget
- Understanding money and bills

A four week course to build financial understanding and skills around managing money. Practical skills which you can apply to every day life.

Each session includes an art activity to support self-expression and personal growth.

The sessions run for two hours with breaks and include refreshments.

Every Friday for four weeks commencing 6th November 2026.

1pm - 3pm.
The Hub, Central Dr, Westthoughton, Bolton BL5 3DS

BAND@family-action.org.uk
01204 380 643

Family-action.org.uk
Family Action, Registered as a Charity in England & Wales no: 264713. Registered as a Charity in the Isle of Man no: 1206. Registered Company Limited by Guarantee in England and Wales no: 01068186.

Community Consultation Event

COMMUNITY CONSULTATION EVENT

Bolton Contemporary

7 Nov - 13:00
Farnworth Library
Farnworth

Farnworth Community Consultation Event

Join us in person to share your views about what you would like to see creatively happening in Farnworth. Come and join us for an afternoon of creativity and conversation. Help shape the project, we want to hear your thoughts about what you would like to see happening creatively in Farnworth. Click on the QR code to book a place or drop in 1 - 3pm

Free afternoon tea will be provided!

Confidence to Community Programme

Confidence to Community

A free 10-week confidence building programme

• Build confidence • Meet new people • Gain new skills

What you'll gain

- ✓ Confidence and self-belief
- ✓ Communication and teamwork skills
- ✓ Experience of planning a community project
- ✓ Participation in a 'This is Bolton' showcase event
- ✓ A personal action plan towards employment, training, volunteering or further support

Monday 2nd November 2026 - Monday 18th January 2027
9.30am - 12.30pm

Bolton Community Advice, 16a Oxford Street, Bolton, BL1 1RF

Find out more:
Email: DES@bolton.gov.uk
Text: 07902246262

To enrol on this course, scan the QR code

Bolton
a place where everyone has the opportunity to thrive

Funded by UK Government

Bolton Digital Employment Skills

DWP: Don't pay to claim advice/ awareness

Claims Management Companies (CMCs) are contacting pensioners, offering to handle claims for benefits like Attendance Allowance or missing Home Responsibilities Protection (HRP), for a fee. This isn't illegal, but the fees can be several hundred pounds. Some people don't realise they've entered into an agreement until it's too late.

The message is straightforward: if you're eligible for these benefits, it's free to claim them. Independent and trusted help is available for free from organisations including Citizens Advice and Independent Age.

Please share the [toolkit assets](#), including social media copy and assets, posters, newsletter text and email signatures. You can [visit the campaign site](#) to find out more about how we are protecting our customers from financial harm and also watch our [how to apply for Attendance Allowance video](#).

Naloxone Training

Naloxone training is now available through Better Days Bolton. You can book on to the training by following the link or scanning the QR code below:

<https://www.eventbrite.co.uk/e/better-days-bolton-free-naloxone-training-tickets-2003053154907?aff=oddttdcreator>

The team are also able to offer bespoke training to groups as well- please get in touch to arrange by emailing: info@betterdaysbolton.org.uk

Build Create Connect Session for Adults

BUILD CREATE CONNECT

A LEGO® Brick Building & Wellbeing Session for Adults
Seniorcise x Sunnyside

Build. Unwind. Connect.

A relaxed space to unwind, get creative with LEGO and connect with others.

Building bridges, one brick at a time.

OPEN TO ALL

EVERY MONDAY 1 - 3PM

Slaterfield Community Centre
Carrington Drive, Bolton, BL3 6YE

Activities: LEGO Building & Creative Challenges, Mindfulness Colouring, Puzzles & Brain Games, Memory & Conversation Activities, Make & Create, Reading & Reflection Corner.

Themes: Creativity, Wellbeing, Community, Inclusivity

LEGO® is a trademark of the LEGO Group of companies, which does not sponsor, authorise or endorse these sessions.



THANK YOU!