



Bolton Macmillan Information & Support Service

June 2026

Diary Dates for June



Bolton Cancer Voices - Monday 1st 8th 15th 22nd 29th
Yoga - Wednesday 3rd 10th 17th
Brightmet Drop-in 4th 11th 18th 25th
Craft Group - Thursday 4th 11th 18th 25th
Walking Group - Friday 5th & 19th
Prostate Support Group - Wednesday 10th
Wig Service - Wednesday 10th & 24th
5K Your Way - Saturday 27th

Volunteer Week 1st - 7th June

Volunteer Week is a perfect time to say a **great big thank you** to our team of volunteers for the contribution they make. Whether it's working in our Information Centres; giving up their time to support Bolton People Affected Cancer (Bolton PAC); attending outreach events or helping to run our popular support groups, we could not run our service without their valuable contribution.

We are so very grateful, thank you.

We are looking forward to celebrating their hard work with a lovely afternoon planned during Volunteers Week, which will incorporate some valuable training and updates as well as chance to catch up with everyone with some refreshments!

If you would like more information about volunteering with Bolton Macmillan Cancer Information & Support Service, please contact us. We have a range of opportunities and are always happy to talk to people who might be interested in becoming our latest valuable volunteer.



Need a listening ear?

Sometimes it's just about being able to talk to someone or to know there's someone there who cares.

You can drop in or call us:

Macmillan Centre Royal Bolton Hospital,
Royal Bolton Hospital, BL4 OJR
Tel 01204 390625
Monday – Friday, 10am-4pm
(excluding Bank Holidays)

Macmillan Centre Giles House
Bolton Hospice, BL1 4QR
Tel 01204 663059
Tuesday & Thursday, 10am-4pm

Brightmet Library Weekly Drop-in
Brightmet Health Centre, BL2 6NT
Tel 07450 166071
Thursdays 10am-12pm

If you're making a special journey, please call ahead.

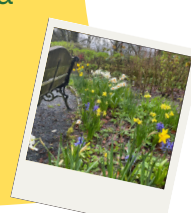
Coming soon ...

Wellbeing Brew & Potter around the garden

We are excited about a brand **NEW** monthly Wellbeing Walk starting in July that will take place in addition to our existing monthly Walk n Talk programme.

On the 3rd Tuesday of every month between 10am-12pm, anyone affected by cancer is invited to Moss Bank Park Cafe for a brew & chat followed by a leisurely stroll over to the beautiful Walled Garden to see throughout the seasons this wonderful space transform.

A chance to connect with other people who may be going through a similar experience to you & opportunity to be out in nature. Two things we know can help with general mood and wellbeing. Look out for further information on our Socials or to find out more call us 01204 663059.



Walking Group



This month we have TWO walks to choose from ...

Our usual monthly Walk n Talk starts at the bottom carpark of **Moses Gate County Park (BL4 7QS)**

Friday 5th June at 1pm for an easy-paced, flat walk (around 1 mile), with lovely scenery and birdlife, followed by a drink afterwards at The Jolly Carter Pub nearby (BL3 1BW)
No need to book.



This month also sees our **longer** walk around **Turton and Entwistle Reservoir (BL7 ONF)**, Friday 19th June at 1pm starting at the carpark at the bottom of Bartridge Road, just near the reservoir. This walk is around 3 miles, mostly flat but does include one steep incline. Beautiful longer walk, stunning view & at your own pace. We stop for refreshments at the Strawbury Duck Pub part way through.



We'd love you to join us for these walks.

If you are coming to our longer walk, please phone to book on. Call us on 01204 390625.

PLEASE NOTE, if we have to cancel a walk, we will put this on our socials or you can call us on 01204 390625 to check.



If you are caring for someone, did you know Bolton Carers Support are there to help YOU? Offering advice, short breaks and telephone befriending, this friendly and professional team are waiting for your call.
Carers Helpline
01204 363056
www.boltoncarers.org.uk

Booklet of the Month



Travel and Cancer

This booklet is about travelling if you are affected by cancer. It is for anyone planning a trip or holiday in the UK or abroad. It includes information about travel insurance, taking medicines abroad and looking after yourself while you are away.



Cancer Support if you're in your 20's



shinecancersupport.org



Getting a cancer diagnosis can be difficult at whatever age or stage of life you're in, but it can be particularly challenging if you're a young adult. **Shine Cancer Support** aims to support people to manage emotional and physical wellbeing such as changing relationships, dating, being a parent and work issues.

Shine offer online support as well as the opportunity to get together with others, with meetups in Manchester. To find out more visit their website or drop into our Royal Bolton Hospital Centre to pick up some information.

It's Cervical Screening Awareness Week in June
..if yours is due **DON'T** put it off. Not had one for years?
Call your GP TODAY.



We'd love to hear from you!

We'd love to know what you think about the support you've received from the Bolton Macmillan Cancer Information & Support Service.

All feedback welcome and will help us to understand where we are getting it right, and where we can improve to make things better.



Scan QR code above or visit boltonmacmillansupport.org.uk/feedback



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