



Bolton Macmillan Information & Support Service

Diary Dates for July



Yoga - Wednesday 1st 15th 22nd 29th
Craft Group - Thursday 2nd 9th
Brightmet Drop-in Thursday 2nd 9th 16th 23rd 30th
Walking Group - Friday 3rd
Boots No.7 Skincare & Make-up Masterclass Monday 6th
Bolton Cancer Voices - Monday 6th 13th 20th 27th
Prostate Support Group - Wednesday 16th
Wig Service - Wednesday 15th & 29th
Brew & Potter at Moss Bank Park - Thursday 21st
5K Your Way - Saturday 25th



New Support Group

Brew & Potter around Moss Bank Park Garden

If you are going through cancer treatment, in recovery, or living with cancer, you may be looking to take positive steps for your wellbeing. If so, this **NEW** monthly support group may be just what you're looking for.

Starting on Tuesday 21st July, 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. No need to book, just turn up & look out for our welcoming volunteers in their green Macmillan T-shirts & fleeces!

Or to find out more call us on 01204 663059.



HURRY!
LAST FEW PLACES



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,
Near Main Entrance, BL4 0JR
Tel 01204 390625
Monday, Wednesday, Thursday & Friday,
10am-4pm
Tuesday, 10.30am-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.

Boot No.7 Skincare & Make-up Masterclass

Cancer treatment can affect your appearance, which can understandably affect the way you feel.

Boots Macmillan Beauty Advisors are hosting a pamper session where you will find expert tips about coping with changes to your skin, nails and hair.

Monday, 6th July,
10am-12.30pm
The Wellbeing Hub, Bolton Hospice. BL1 4QR

**To find out more & book on
please call 01204 663059**



Walking Group

Our usual monthly Walk n Talk is at **Moss Bank Park (BL1 7NJ)** Friday 5th June at 1pm. Meet at the park car park off Barrow Bridge Road, near the chimney.

Lovely short walk, less than a mile & at your own pace, followed by refreshments at Moss Bank Park Cafe.

We'd love you to join us. No need to book. New walkers always warmly welcomed.

If you have any questions about the walk or would like to receive more information about future walks, please call us on 01204 390625.

PLEASE NOTE

If we have to cancel a walk, we will put this on our socials...so why not follow us today?! Details below.



PRIDE 2026

If you are LGBTQIA+ and living with cancer, it's important to make sure you get relevant information and support.

Whether you are living with cancer, caring for someone having treatment or you are a healthcare professional, Macmillan Cancer Support has relevant information, resources and support, such as specific information about cancer screening and the LGBTQIA+ Forum.

For more information go to:
www.macmillan.org.uk/support-for-lgbtq-affected-by-cancer

Booklet of the Month



LGBTQIA+ people and cancer

This booklet is for people who are LGBTQIA. With information about navigating healthcare, cancer & cancer treatment, this booklet also includes contact details for other organisations that can offer information & support. Drop into our Centres to pick up a leaflet or give us a call & we'll pop it in the post.



Sarcoma Awareness Month

Sarcoma Awareness Month takes place globally throughout July to highlight this rare cancer of the bone and soft tissue. If you have been diagnosed with sarcoma, you might need more support in understanding your cancer.

Sarcoma UK offer a Support Line & are there to help you. Go to: sarcoma.org.uk

The most common symptom of sarcoma is a lump that is growing or changing. Other symptoms can include: swelling; tenderness or pain in the bone that can be worse at night; stomach pain; loss of appetite or feeling full after a small amount of food; blood in your poo or vomit.

If you notice anything new or unusual for yourself that lasts for more than a week or so, always speak to your GP. It may well be nothing serious but it's always best to check.



Want to be more active?



5K Your Way is a cancer support group with a twist. It brings together people living with or beyond cancer, their families, friends, and healthcare professionals to walk, jog, run, cheer, or volunteer at local parkrun events.

Did you know we have a 5K Your Way in Bolton EVERY month? It's on the last Saturday of every month at Leverhulme Park. For more details give us a call on 01204 663059 or go to www.moveagainstcancer.org/5k-your-way



Yoga For Cancer is a gentle, weekly yoga class in Bolton Town Centre for anyone during or after treatment to help safely build back strength and manage symptoms such as stiffness in joints, fatigue and anxiety. Wednesdays at 3pm. Booking is essential. Call 01204 663059 for details.



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