

Bolton Macmillan Information & Support Service

May 2026



Diary Dates for May



Walking Group - Friday 1st
Bolton Cancer Voices - Monday 4th 11th 18th
Yoga - Wednesday 6th 13th 20th
Brightmet Drop-in 7th 14th 21st
Craft Group - Thursday 7th 14th 21st
Prostate Support Group - Wednesday 13th
Wig Service - Wednesday 13th & 27th
5K Your Way - Saturday 30th

Need a listening ear?

Sometimes it's just about being able to offer you time to talk 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 0JR
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.**



What is the HOPE Course?

The Help Overcoming Problems Effectively (HOPE) course aims to help people who have had cancer, get on with life after treatment has finished by concentrating on finding new ways to help **regain your confidence and manage stress and emotional difficulties**. Run by a healthcare professional and someone affected by cancer, it will provide support and information to help you manage the day-to-day impact of your condition. What's more, it's a great opportunity to meet people in a similar situation to you. Among the many topics addressed during the course are:

- Managing stress and emotional challenges
- Relaxation and physical activity
- Motivation and goal setting
- Identifying personal strengths and building confidence for the future

Run over several weeks, there are between 6 and 8 people in the group and the time is spent in facilitated discussion, with some group activities and ideas for you to try between sessions.

The **next course** is at the Wellbeing Hub, Bolton Hospice, 9.45am-4pm on **7th 14th & 28th September**.

To find out more and how to book on please call 01204 663059.

“After being diagnosed with cancer and receiving treatment, I was left feeling depressed and so sorry for myself but as the course progressed this feeling gradually left me.”

Thank you Volunteers

We wanted to say a big thank you to our wonderful volunteers who help out at the MCISS Centre at Giles House, Bolton Hospice. Bev, Cath, Claire, Linda, Peter, Ren and Sheena are a huge help with answering calls from people affected by cancer, dealing with admin tasks and preparing for events such as the Macmillan Coffee Morning and the Health & Wellbeing events.

Your hard work & dedication is truly appreciated.



Walking Group



This month's Walk n Talk starts at **Doffcocker Lodge** (opposite The Triangle Church, BL1 5SH) Friday 1st May at 1pm for an easy-paced, flat, short walk, brew and a chat afterwards at Cafe Italia nearby. No need to book. A welcoming and friendly group for anyone affected by cancer. New walkers always welcome.

PLEASE NOTE, if we have to cancel due to extreme weather warnings, we will put this on our socials or call us on 01204 390625 to check.

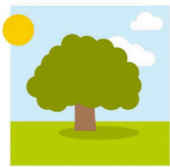


Sun Awareness Week 11th-17th May



An annual campaign to raise awareness of skin cancer and promote sun safety.

How to enjoy the sun safely



Seek shade
Take a break under trees or umbrellas, especially in the middle of the day when the sun is strongest.



Cover up
Wear a top that covers your shoulders, a wide-brimmed hat and UV-protection sunglasses.



Apply sunscreen
Pick one with at least SPF 30 and 4 or 5 stars. Use it generously and regularly.



Together we are beating cancer.

For more information go to macmillan.org.uk and search for sun safety.

Booklet of the Month

This easy to understand leaflet talks about how to enjoy the sun safely and reduce the risk of skin cancer. In simple detail it covers when and how you should protect your skin. If you're a Health Professional & would like copies to give to your patients, please get in touch.



Ladies, feeling in need of a boost?

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, 11th May, 10am-12.30pm
The Wellbeing Hub, Bolton Hospice.

To find out more & book on please call 01204 663059



If you're starting to think about holidays after having a cancer diagnosis, you might like some information about **Travel Insurance & general tips on travelling**. Why not drop into one of our Centres to pick up some useful information. Alternatively, get in touch and we can post or email it to you.



Worried about affording days out with the kids this year? If you've had a cancer diagnosis, in treatment or still recovering, you may be able to apply for **FREE** family days out at local venues. Get in touch to find out more or go to theosbornetrust.com

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