

Come and Celebrate Carers Week with Us!



Bolton carers support **Carers Week**

MONDAY 8TH JUNE	10.30-11.30	Relaxation session at Thicketford Centre
	11.30-12.30	Hand Massage at Thicketford Centre
TUESDAY 9TH JUNE	10.00-12.00	Book Club at Thicketford Centre
	10.00-12.00	Information Stand at Bolton Hospital Main Corridor
	12.30-2.30	The Roads That Brought Us Here - Reminiscing Session at Thicketford Centre
WEDNESDAY 10TH JUNE	11.00-3.00	Information Day and Who Cares? Awards Celebration at Thicketford Centre
THURSDAY 11TH JUNE	11.00-12.30	Singing for Wellbeing at Thicketford Centre
	1.00-2.30	Coconut Bird Feeder Wellbeing Workshop at Thicketford Centre
FRIDAY 12TH JUNE	10.00-12.00	Information Stand at Bolton Hospital Main Corridor

Celebrate Carers Week with us!
For further information and to book your place
Please call 01204 363056 or Email: info@boltoncarers.org.uk



Bolton carers support **Carers Week**

INFORMATION DAY & WHO CARES? AWARDS CELEBRATION

Wednesday 10th June
11-3pm
Thicketford Centre,
Thicketford Rd BL2 2LW

Please join us as we celebrate Carers Week at our Information Day and Who Cares? Awards Celebration.

Browse stalls from local organisations, enjoy refreshments and help us recognise the individuals, businesses and organisations who have gone above and beyond to support carers across Bolton.

11:00am to 3pm - Browse stalls from local organisations
12:30pm to 1:00pm - Drinks & nibbles
1:00pm onwards - Who Cares? Awards Celebration



For further information and to book your place
Please call 01204 363056 or Email: info@boltoncarers.org.uk



Bolton Carers Support: Who Cares? Awards

Are you an unpaid carer? Then we want to know – who cares about you?

As carers, it's often the little things that make the biggest difference. We are looking to celebrate the people, businesses, healthcare settings and community organisations that go out of their way to recognise, support and understand unpaid carers.

Maybe your hairdresser always makes time to check in on you, your local café offers a warm welcome, or a healthcare professional takes the time to ask how you are doing while supporting the person you care for. It might be practical support, kindness, understanding, or simply making you feel seen as an individual, whatever it is, we want to hear about those who make life just that little bit easier for carers.

Nominations will be reviewed by an independent panel, with awards presented during Carers Week on Wednesday 10th June as part of our Who Cares? Awards Celebration.

We'd really like to shine a light on good practice so please complete a nomination form by clicking this link <https://forms.gle/qWiYHQdrkWhUbeNq9>

Email us at info@boltoncarers.org.uk

Telephone the helpline on 01204 363056.



What's On in June!

Digital learning

Monday 15th June 1-2pm
Asian Elders Resource Centre,
1st Floor Shanti Pharmacy, 160
St. Helens Road BL3 3PH
For anyone who would like to
learn how to access and use
the NHS App or any other
digital apps or websites.

Coconut Bird Feeder Workshop

Thursday 11th June
1-2.30pm
Thicketford Centre
Join us to create simple homemade
feeders to help care for local wildlife. A
relaxing and creative activity for carers
and cared-for to enjoy together.

Taton Park Picnic & Singing for the Brain

With Asian Elders Resource
Centre
Thursday 25th June
For further details please call
the helpline on 01204 363056

Booking is essential for all of these activities - 01204 363056

The Roads That Brought Us Here

Tuesday 9th June
12.30-2.30pm
Thicketford Centre

Join us for a warm and relaxed reminiscence
session where we can share stories about family
life, past jobs and memories of life in Bolton. Every
life has a story to tell and we'd love to celebrate
the memories and experiences that have shaped
your journey.

Please feel free to bring along photographs to
share with the group.

Booking essential

Book Club

Every Tuesday
10-12
Thicketford Centre

Knit & Natter

Wednesday 3rd 17th 24th June
10-12
Thicketford Centre

Carers Hubs

Carers Hubs are warm, welcoming spaces where carers
can come together to chat, share experiences and take
a well-earned break. Enjoy a cuppa, connect with
others who understand and access helpful information
and support in a relaxed setting.

Both carer & cared for are welcome to attend.

New Venue

Bromley Cross Library The Crescent,
Toppings Estate BL7 9JU
Thursday 18th June 1-2pm

Kearsley Methodist Church, Manchester Rd
Tuesday 23rd June 10.30-11.30

Harwood Methodist Church BL2 3HX
Wednesday 17th June 1-2pm

Daubhill Church of the Nazarene BL3 3PU
Wednesday 3rd June 11-12noon

Tonge Moor UCAN Centre
Every Monday 11-12noon

Westhoughton Robert Shaw Pub
Monday 15th June 10.30-11.30 AND

Daisyhill Cricket Club
Tuesday June 2nd 11-2pm

Little Lever Christ Church Mytham Rd
Wednesday 17th June 11-12noon

Horwich The Bridge Church, Rock St.
Wednesday 24th June 10.30-11.30

Relaxation & Wellbeing

Yoga & Relaxation

Smithills Hall
Friday 19th & 26th
10.30-12noon

Join us at Smithills Hall for a calming yoga session, followed by coffee
and a chat.

Carers Only - Booking Essential

Carers Relaxation

Thicketford Centre
Monday 8th June
10.30-11.30

**Carers Only
Booking Essential**

Hand Massage

Thicketford Centre
Monday 8th June
11.30-12.30

**Carers Only
Booking Essential**

Please wear warm clothes & bring a cushion/blanket/mat

Conversation Café

Friday 12th June
11:30-12:30
Bolton General Practice 2-4 Moor Ln,
Bolton BL1 4TH



Helpline on 01204 363056 Monday-Thursday 10-4pm

email: info@boltoncarers.org.uk

