

October 2026 Carers Bulletin

www.boltoncarers.org.uk

New Team Member - Health Partnership Co-ordinator

Health Partnership Co-ordinator – Jackie joins our team on 6th October. She will begin by connecting with our health colleagues to ensure that we can increase the number of carers identified and referred to our team. If you are a health professional and would like to connect with Jackie please email jackie@boltoncarersupport.co.uk



Carers Assessment Feedback Session

An informal event to chat about experience and thoughts around the carers assessment process with colleagues from Bolton Council.

Wednesday 7th October
10-12noon

Wellbeing Room at Thicketford Centre
Light refreshments

To book your place please call 01204 363056

Christmas Theatre Trip

Come and enjoy a lovely festive evening with us at Bolton Little Theatre, watching the much loved A Christmas Carol.

Thursday 10th December at 7.30pm

£10

Tickets are available now.
We'll meet at the theatre
and enjoy a little Christmas
magic together.



Carer & Cared For Welcome- Booking Essential

Raising Awareness of Unpaid Carers in Bolton

Are you part of a community group, professional team or organisation that works with carers? I would be happy to come along and talk about Bolton Carers Support and the vital role of unpaid carers.

The talk will include

Unpaid carers and the challenges they may face.

The support available through Bolton Carers Support.

How carers can access help and support at the right time.

How groups & professionals can better identify & support carers.

Talks can be tailored to suit your group and are a great way to raise awareness, improve understanding and strengthen support for carers in Bolton.

If you would like to find out more, please call the helpline and ask for Zoe, or email zoe@boltoncarersupport.co.uk

Save The Date - Further Details to Follow

Nutrition & Hydration: Quick & Healthy Air-Fryer Snacks - 10th November 12-2pm at Thicketford Centre

Carers Rights Day Thursday 19th November

Bolton Carers Support AGM Thursday 10th December 10-11.30am at Thicketford Centre



Relaxation & Wellbeing

Yoga & Relaxation

Smithills Hall
Friday 9th 16th October
10.30-12noon

Join us at Smithills Hall for a calming yoga and relaxation session, followed by a friendly coffee and chat. Carers are especially welcome — even if you'd just like to come along for a drink, a chat and some good company.

Carers Only - Booking Essential

Carers Relaxation

Thicketford Centre
Monday 12th October
10.30-11.30am

Carers Only - Booking Essential

Socializing

Coffee & Craft Halloween Session

Join us for some spooky halloween crafts or just pop in to keep warm and have a chat & a coffee!

Tuesday 13th October
11-12.30pm

Carer & Cared for welcome

Talking Tables

Information Stand

Tuesday 20th October
1.30-2.30pm
High St Library
74 High Street BL3 6SZ



Male Carers Group

Don't miss the opportunity to join us at Olympus Chippy, Great Moor Street
Friday 9th October 2pm
For a brew and fish & chips.
You'll be treated to the following menu..... for **£10**.

Two course meal
Olympus cod, chips and peas served with bread and butter, tea or coffee
Plus choice of sweet from -

- Home-made apple pie and custard
- Home-made syrup sponge with custard
- Vanilla ice cream

Places **MUST** be pre-booked by ringing
01204 363056

Knit & Natter

Wednesday 7th 21st 28th October
10-12 noon

Thicketford Centre

Knitting, crafting, coffee & friendly company

Knit & Natter - Stay Warm Save Energy Workshop

Wednesday 14th October 11-12noon
Join us for a friendly workshop
Carer & Cared For Welcome

Information Stand

Information, advice & a listening ear
Wednesday 28th October
10-12noon
Crompton Health Centre
Crompton Way BL8 1UP

Join Us in October

Carers Hubs

Carers Hubs are warm, welcoming spaces where carers can come together to chat, enjoy a cuppa, connect with others who understand and access helpful information and support in a relaxed setting.

Rumworth Conversation Cafe Shanti Medical Centre, 160
Saint Helens Rd BL3 3PH
Wednesday 21st October 11-12noon

Great Lever Information Stand, Bolton Medical Centre
BL3 6PY Monday 12th October 2-3pm

Blackrod Community Centre, Greenbarn Way BL6 5TG
Tuesday 20th October 12.30-1.30pm

Hall i' th' Wood Greenway Community Centre BL1 8HA
Monday 5th October 10.30-11.30am

Daubhill Church of the Nazarene, Southend St. BL3 3PU
Wednesday 14th October 11-12.30pm

Tonge Moor UCAN Centre
Every Monday 11-12noon

Westhoughton Robert Shaw Pub, Market St BL5 3AN
Monday 19th October 10.30-11.30am

Daisyhill Cricket Club BL5 2EB
Tuesday 13th October 11-1pm

Little Lever Christ Church Mytham Rd BL3 1JE
Wednesday 21st October 11-12noon

Bromley Cross Library The Crescent, BL7 9JU
Tuesday 13th October 2-3pm

Kearsley Methodist Church, Manchester Rd
Tuesday 20th October 10.30-11.30am

Both carer & cared for are welcome to attend.



Helpline on 01204 363056 Monday-Thursday 10-4pm
email: info@boltoncarers.org.uk

