

South Neighbourhood Newsletter

January 2026

Building a brighter future
with *you* in mind

Bolton
HEALTH AND CARE PARTNERSHIP



Community Spirit

In August 2025, the New Bury Alliance hosted an event at New Bury Community Centre.

The Foundation92 Youth Bus attended, alongside local partners and community organisations- New Bury Boxing, Bolton Wanderers In The Community, 1Message, Your Housing Group, Bolton At Home, Onward Housing, Bolton Art Circle, Bolton Octagon (The Agency), Bolton Community Safety Team, Greater Manchester Police, and local councillors.

In total, around 150 young people came along for a great day! Many young people had the opportunity to experience the skate park and youth bus, finding out what resources and support services are available to them in their local area.

It also gave the chance for families to speak to their local policing team and housing organisations, resolving concerns and increasing communication within the community.

The goal is to host more of these events in the future, focusing on a wider partnership approach to bring as many people together as possible.

For more information please visit: <https://orlo.uk/lvk3t>



This month: Sharing the Love ❤️



A huge **THANK YOU** to our local litter picking groups who have been out and about in the cold, wet and windy weather this month looking after our community and green spaces!

Over 100 bags of litter have been collected by over 20 volunteers- a fantastic effort from everyone involved!!!



This month: S.P.A.R.K Community Alliance



Thank you to everyone who attended the 'S.P.A.R.K. Community Alliance' at St Saviours Church on 14th January.

It was a great meeting of local residents, community leads, agencies and partners.

Discussions focused on:

- All the fantastic activities happening in the area
- An update on the canal project consultation
- A presentation from CVS regarding funding opportunities



The Community Alliance is an informal network of local residents, voluntary groups and businesses, who come together to link-up and to help improve the place where they live and work.

If you'd like to come to the next meeting, have your say and get involved, please contact Deb Barlow (Chair) on deb.b30@hotmail.co.uk or Corinna Cowley (Area Working Coordinator) on corinna.cowley@bolton.gov.uk

For more information, please visit: <https://www.bolton.gov.uk/area-working-1/community-alliances>

This month: Warm Spaces

January can be a challenging time of year for everyone. That's why we want everyone to know about the joy, warmth and magic of Warm Welcome Spaces, and to find a space, close to home- especially during Warm Welcome Week, taking place this week from Mon 19th – Sun 25th Jan.

There are many warm spaces in our neighbourhood (and across Bolton) to do just that! Where you can call in and get much more than a warm welcome! Many also provide films, food and drinks, community activities, arts and crafts, internet and wi-fi- and exercise classes too!



You're welcome at your nearest warm space

You'll find them in: Brightmet & Withins Deane & Hulton Farnworth & Kearsley Great Lever Hall i' th' Wood Halliwell Johnson Fold Little Lever Tonge with the Haulgh Westhoughton	They're friendly places with: Seating Drinks Food Films Community activities Arts and crafts Computers Exercise classes Internet	And help at hand on: Housing issues Health and wellbeing Money matters Employment and training
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To find your nearest warm space and see other ways we can support you at this time, visit:
boltonathome.org.uk/cost-of-living

Bolton at Home

Help for Winter

For more information, please visit:
www.warmwelcome.uk/warm-welcome-week
www.boltonathome.org.uk/warm-spaces



Salvation Army, Farnworth
Church and Community
Centre, Brackley Street,
BL4 9DR

**Come & join us in our Warm
space every Monday
between 12.- 1.30pm.
Soup & roll with hot drink
provided free.
Games, chat & laughter .**



Bolton
Library and
Museum Services

Available at:

*Blackrod
Brightmet
Bromley Cross
Farnworth
Harwood
High Street
Horwich
Little Lever &
Westhoughton
Community Libraries*



SCAN ME

Scan the QR Code to find more
Warm Welcome Spaces.

boltonlams.co.uk



Bolton Council



learn,
laugh,
live

Bolton u3a
Reg Charity No.
1140495



COFFEE & CHAT GROUP

THE WELL CAFE × EVERY 3RD FRIDAY
FARNWORTH BL4 7PQ 10:30 AM

This month: New Year, New You



Your Health Bolton

It's not too late to start your New Year health goals! Whether you want to lose weight, quit smoking or simply feel better, we're here to help with free expert support tailored to you!

Take the first step today!

Call us on 01204 570999 or visit our website to start your journey!

yhbolton.co.uk

Start your health journey today with **free support**

Happier, healthier, for longer.



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Bolton Leisure

Looking for a workout that's fun AND motivating? 💪

Join our friendly and supportive classes, perfect for getting moving, boosting your energy, and keeping the motivation flowing!



Whether you're a beginner or a regular, you'll sweat, smile and feel amazing. Come see why our classes are the highlight of everyone's week -

<https://www.boltonleisure.com/farnworth-leisure-centre/timetables>



This month: New Year, New You




QUIT SMOKING YOUR WAY

New year, new you

Join Allen Carr's **FREE Easyway** in-person seminar

A drug-free method that helps people stop smoking by helping them understand their thoughts & beliefs about smoking.

 Saturday 24th January

 10am – 4pm

 Holiday Inn Bolton, 1 Higher Bridge St,
Bolton, BL1 2EW

To book your place: www.allencarr.com/location/bolton/ or call: 020 8944 7761

 Bolton Council

 Allen Carr's
Easyway



New Year, New You!

Join Allen Carr's **FREE Easyway** in-person seminar in Bolton and quit smoking for good – using a drug-free method with **NO** nicotine replacement therapy.



Saturday 24th January



10am – 4pm



Holiday Inn Bolton, 1 Higher Bridge St, Bolton, BL1 2EW



Book now - <https://www.allencarr.com/location/bolton>

*Eligibility – Free places are reserved for Bolton residents only. Prefer to attend from home? Find more dates and book your online-only seminar here:



<https://www.allencarr.com/location/bolton>

This month: Dry January



Well done to everyone who has given Dry January a go this year!

For anyone that missed the start, but is now motivated to give it a try, you don't need to wait!

Take a look at Alcohol Change UK's website: [Try Dry® Anytime 31 days | Alcohol Change UK](#) and consider joining the free Try Dry® Anytime 31 challenge!

With support available every step of the way:

- Daily motivational emails with tips and tricks
- Inspiring personal stories
- Chance to earn points and win achievement awards.
- Crafted videos from trained specialists to help you reach your goals.
- Chance to join an online peer support group to connect with like-minded people



Warning! This support is not a substitute for alcohol treatment.

People who are clinically alcohol dependent can die if they suddenly, completely stop drinking. If you experience fits, shaking hands, sweating, seeing things that are not real, depression, anxiety, or difficulty sleeping after a period of drinking and while sobering up, then you may be clinically alcohol dependent and should NOT suddenly, completely stop drinking. But you can still take control of your drinking. Talk to a GP or your local community alcohol service* who will be able to get help for you to reduce your drinking safely.

*Achieve Addictions, Treatment and Recovery Service: www.gmmh.nhs.uk/achieve or phone 01204 483090

This month: Cervical Screening

January is Cervical Screening Awareness month and this week is Cervical Cancer Prevention week 2026!

Cervical screening is a **FREE** health test ('smear') that helps prevent cervical cancer and detect it early! But we know that uptake across the North Neighbourhood varies significantly!

We would encourage **everyone** who is offered a test to have it, as we know that a staggering 99.8% of cervical cancer cases in the UK are **preventable** and early detection of abnormal cells saves lives!

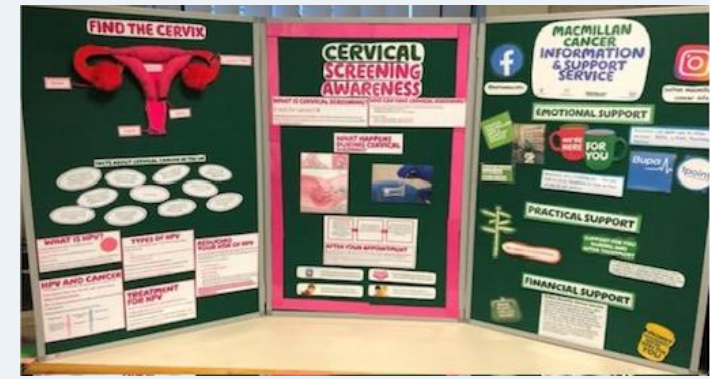
If you're aged 25-64, make sure you're up to date with your screening!

If you have any questions or concerns- take a look at this short clip: <https://youtu.be/etyMF-ENlr0?t=5>

For information and resources, please visit:

<https://gmcancer.org.uk/communication/cervical-screening-awareness-week-june-2025-nhs-nw-toolkit/>
or <https://cancerscreeningbolton.co.uk>

Macmillan also have displays and plenty of information at their centres- or you can contact the team on 01204 462442



This month: Health Information Week

Reading Well Books for health and wellbeing are collections of books designed to support mental health and wellbeing across different age groups and life stages.

The reading lists cover a range of topics, including dementia, mental health, support for families, teens and children.

These books are selected to provide helpful insights, coping strategies, information and advice and are written by professionals or people with lived experience.

Available to borrow in all libraries in Bolton. For more information about local libraries, visit:

www.bolton.gov.uk/libraries

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Libraries

Museums

Archives

Aquarium

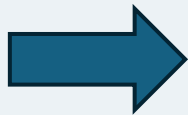
Visitor Information

The Crescent Le Mans Crescent, BL1 1SE 01204 333173	Horwich Library Jones St, Horwich, BL6 7AJ 01204 332347
Ask Bolton Libraries 01204 332853 askboltonlibraries@bolton.gov.uk	Little Lever Library Market Street, Little Lever, BL3 1LP 01204 332360
Smithills Hall Smithills Dean Road, BL1 7NP 01204 332370	Westhoughton Library Library St, Westhoughton, BL5 3AU 01942 634640
Blackrod Library Church St, Blackrod, BL6 5EQ 01204 332380	Please see www.boltonlams.co.uk for opening times, email addresses, events, and activities.
Brightmet Library Brightmet Fold Lane, BL2 6NT 01204 332352	Group visits: If your group is planning to visit us, we would love to see you, so please let us know when you intend to come by emailing askboltonlibraries@bolton.gov.uk , or if you are a school, email sims@bolton.gov.uk
Bromley Cross Library The Crescent, Toppings Estate BL7 9JU 01204 332354	Stay in touch! Follow us on socials to keep updated on all our exhibitions and events:
Farnworth Library Market St, Farnworth, BL4 7PG 01204 332344	Bolton Library and Museum Services
Harwood Library Gate Fold, Harwood, BL2 3HN 01204 332340	Smithills Hall Museum
High Street Library High St, Bolton, BL3 6SZ 01204 332358	@Bolton_Library_Museum
	@BoltonLMS



Bolton
Library and
Museum Services
www.boltonlams.co.uk

Coming up: GMP meeting

Please join us
for the next
Police Surgery



Details of police surgeries and P.A.C.T. meetings, can be found on Bee in the Loop and on our website:

 Bee in the Loop: <https://orlo.uk/qCDeT>
 GMP website: <https://www.gmp.police.uk/>

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POLICE SURGERIES

Meet your local officers alongside partner agencies and raise concerns about key issues within the community.

The next surgery will be held on: Tuesday 3rd February

Located at: Farnworth Library, Market Street

Time: 11:00 – 13:00

To help us identify the issues in your area please get in touch with your Neighbourhood Policing Team and tell us what matters to you.



Sign up to receive free community alerts
www.BeeintheLoop.co.uk

For non-emergency calls or to report a crime call: **101** or use Live Chat at [gmp.police.uk](https://www.gmp.police.uk)
Use **999** only in emergencies where there is a threat to life or crime in progress



For more information visit:
[gmp.police.uk](https://www.gmp.police.uk)

Coming up: The Well

Support for Veterans: Drop-in every Friday!

The Bolton Guild of Help are at The Well in Farnworth supporting Bolton's military family and the wider community. Veterans, serving personnel, and their families in Farnworth & Kearsley can drop-in and access support on their doorstep. Support and help with:

- ✓ White goods & furniture
- ✓ Benefits, debt & financial guidance
- ✓ School uniforms & energy costs
- ✓ Emergency food parcels
- ✓ Mobility aids & referrals to military charities

For more details email:

becky@boltonguildofhelp.org.uk

Visit: <https://boltonguildofhelp.org.uk>



Veterans & Community Drop-in Centre, The Well, Farnworth

Every Friday 10am until 1pm




Trafford St, Farnworth, Bolton BL4 7PQ

Farnworth & Kearsley Foodbank
Together with Trusts!

BCH
The Bolton Guild of Help

Looking for a place to relax with a friendly atmosphere?
Want to meet new people? Need some company?

Pop along to our Renew Well session, every Thursday afternoon for adults.

-  Play board games
-  Partake in crafts
-  Bring your own activity to enjoy

Free refreshments will be provided!



people's health trust

Renew Wellbeing

EVERY THURSDAY
2.30PM - 4.30PM

FARNWORTH BAPTIST CHURCH
CHURCH COMMUNITY TOGETHER

Bolton
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FARNWORTH JOB CLUB

STARTING ON
20TH JANUARY

Every **TUESDAY** 10am to
12 noon for 8 weeks

Join a friendly
community and gain
skills to step
confidently into
employment

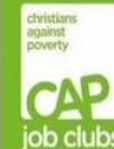
Book Now!



CALL

01204 861371

FOR MORE INFO



Coming up:

NEW AGEING WELL ACTIVITY

Join sustainable textile experts Densal Global in a new Creative Textiles class and learn how to save the planet one stitch at a time

TASTER SESSION (Thursday 5th Feb, 10am - 12pm): Try out different fabric techniques, chat to our expert tutors and choose which skills you want to build on.

REGULAR SESSIONS (Every Thursday starting 12th Feb, 10am - 12pm): Learn a new eco-friendly technique each session, from machine sewing to dyeing and quilting.

📍 Ageing Well Centre, Cross Street, Farnworth, BL4 7AG

🍷 £5 per session - all materials and equipment included

☎️ Call 01204 701525 to book



The poster for 'Creative Textiles' features a green background with a central pink scalloped-edge box containing the title 'CREATIVE TEXTILES' in orange and pink lettering. Above the title is a paperclip icon. Below the title, it lists activities: Machine sewing, Tie dye, Rag rugging, Macrame, Batique dyeing, Quilting, and Making fabric dyes. The session is held on Thursdays from 10am to 12pm at the Ageing Well Centre, Cross Street, Farnworth. It is tutor-led by textile experts, welcomes all abilities, and costs £5 per person with all materials provided. The bottom of the poster shows illustrations of a sewing machine, fabric, and hands stitching.

Bolton age UK
Let's change how we age

DENSAL GLOBAL
Go Green!!!

CREATIVE TEXTILES

Machine sewing | Tie dye | Rag rugging | Macrame
Batique dyeing | Quilting | Making fabric dyes

THURSDAYS 10AM - 12PM
Ageing Well Centre, Cross Street, Farnworth

Tutor-led by textiles experts | All abilities welcome | £5 per person All materials provided

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music
in mind



Bolton
Dementia
Support

Recommended by
CLASSIC FM



Free Dementia Music Café

Come and join the fun!

Every **Wednesday**
1.30pm - 3pm
During term times.

• New Bury UCAN Centre
53 George Street, Bolton
BL4 9PU

Full schedule on
Musicinmind.org

People with dementia and their
carers welcome - no musical
experience needed

"A little piece of heaven in
our week"

"We enjoy seeing mum
enjoying herself... **we never
stop smiling**"

"The sessions are **full of
playfulness, laughter, tears**...
they are so inclusive and so
much fun!"



- Free to attend
- Make new **friends**
- Improve **wellbeing** and mood
- Help **people with dementia** to communicate and express themselves

To attend and for more information on parking and accessibility, contact:
boltondsg@gmail.com or **07704594585**

Coming up:



For more information and to book tickets, please visit:

www.farnworthlittletheatre.co.uk

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Fancy a trip to Farnworth Little Theatre?
Banana Enterprise Network - a registered charity
has fully funded (FREE) tickets for adults aged
55yrs or older, living in Farnworth or Salford areas
thanks to The National Lottery Community Fund.

The first theatre trip is on 20th March 2026 to see
"The Swearing Jar".

Here's what its about: *"Meet Carey and Simon an otherwise-perfect married couple with a bit of a swearing problem. They're determined to kick the habit by the time their baby is born. Too bad that's not their only problem. Simon has a secret. And Carey has a new friend - a musician named Owen that she met at a bookstore. With quirky characters music and gentle humor this lovely and intricately-constructed story is about meeting challenges head-on and finding hope."*

To book your free tickets text/whatsapp 07775 066130 with your name, address and how many tickets you would like.

Tickets will also be available for One flew over the cuckoos nest 😊



Fully funded thanks to The National Lottery
Community Fund

FANCY A TRIP TO THE THEATRE?
JOIN US TO SEE THE PLAY "THE SWEARING JAR"
AT FARNWORTH LITTLE THEATRE!



DATE: 20th March 2026

TIME: Meet at 7pm at the entrance to Farnworth Little Theatre to sign in.

WHERE: Farnworth Little Theatre, Cross St, Farnworth BL4 7AJ

COST: Fully funded (free)

BOOKING REQUIRED: Text or whatsapp us on 07775 066130

ELIGIBILITY: You should be an adult aged 55yrs or older living in or near Farnworth or in Salford



Coming up:



PARENT & TOTS
MONDAYS 9AM
£1:50
(SNACK INCLUDED)
SPACES AVAILABLE

BRACKLEY STREET FARNWORTH SALVATION ARMY

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STAY AND PLAY

FREE fun and interactive stay and play activities for families with children 0-5yrs old.

Join in with songs, stories and sensory play activities delivered by Family Hub Practitioners.



Spindle Point Primary School

Moss Ln, Bolton, BL4 8SE

Thursday 22nd January 2026

9:00am-10:00am



Scan the QR code with your mobile camera to access the full Bolton Family Hub 'Guide to What's on'







SCAN HERE

Bolton



Sport In Mind

Registered Charity 1161323

Youth Activities for Mental Wellbeing

FREE!

Sport in Mind provides **free sport** and **physical activity** opportunities for children and young people to help build confidence and self esteem, meet new people and support low mood and other mental health challenges.

Bolton Sessions

Tues	4-5pm	Boxing	9-16 years	BLGC Infinity, 18 Spa Road, BL1 4AG
Wed	4-5pm	Multi-Sports	9-16 years	Horwich Leisure Centre, Victoria Road, BL6 5PY
Thurs	4:30 - 5:30 pm	Multi-Sports	9-16 years	Farnworth Leisure Centre, Brackley Street, BL4 9DZ

Sessions run weekly excluding school holidays

 @sportinmind  youth@sportinmind.org  www.sportinmind.org  0300 102 1400

Boxing and Farnworth Multi Sports begin on the 13/01/26

Coming up: Winter Vaccinations



Free Flu Vaccine Clinics for 2–3 Year Olds in Bolton Family Hubs!

Protect your little ones this winter! We’re offering flu vaccinations for children aged 2–3 years at several Family Hubs across Bolton throughout January.

- ✓ Non-pork gelatine version available
- ✓ Consent form required – please complete before attending.

Upcoming Clinics:

Farnworth Hub – King Street, BL4 7AP

- Thurs 22nd and 29th Jan | 1–4pm

Don’t miss out – help keep your child healthy this winter!
Download the consent form here: <https://bit.ly/4iztzip4>



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Community Pharmacy

Please find below a list of Pharmacies in the neighbourhood offering winter vaccinations. For more information, please use the link: [Find a pharmacy that offers free flu vaccination - NHS](#)

Ward	Pharmacy	Address	Post Code	Service Offered
Farnworth North	Manor Pharmacy	28-30 Egerton Street	BL4 7LE	Flu 18+
Farnworth South	Highfield Road Pharmacy	241 Highfield Road	BL4 0NX	Flu 18+
Farnworth South	Market Pharmacy	45 Brackley Street	BL4 9DS	Flu (Inc 2-3) & Covid
Farnworth South	Asda Pharmacy	Asda Stores	BL4 9DT	Flu 18+
Farnworth South	Tesco Instore Pharmacy	Long Causeway	BL4 9LS	Flu 18+
Farnworth South	Rowlands Pharmacy	Piggott Street	BL4 9QZ	Flu 18+
Great Lever	Cohens Chemist	281 Rishton Lane	BL3 2EH	Flu 18+
Great Lever	Cohens Chemist	171 Crescent Road	BL3 2JS	Flu 18+
Hulton	Newbrook Pharmacy	56 Newbrook Road	BL5 1ER	Flu 18+
Kearsley	Cohens Chemist	193 Bolton Road	BL4 9BX	Flu 18+

Spotlight on: Support this January

January can be a challenging time that can leave people feeling overwhelmed and anxious! There are things that can help, and support is available if you, or someone you know, needs it! Please reach out!

For tips and advice about mental health, including stress, anxiety and sleep, please visit: www.nhs.uk/every-mind-matters/ or <https://letskeepboltonmoving.co.uk/understand.php>

For support, reach out to:

- Talking Therapies: BoltonPCPTS@gmmh.nhs.uk or call 0161 271 0190.
To find out more about Talking Therapies, visit: [NHS talking therapies for anxiety and depression – NHS](#)
- NHS 111 and select the mental health option 2 if you, or someone you know, is in a mental health crisis
- If there's an immediate risk to life ring 999 or go to A&E.
- Samaritans: phone 116 123 or text SHOUT to 85258
- 1Point Counselling Services: 01204 917745
- Mind: 0300 123 3393
- GM Mental Health Foundation Trust: 0800 953 0285
- Campaign Against Living Miserably: 0800 585 858

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Spotlight on: NHS Know Where To Go

Winter can be a difficult time. Health services come under increased pressure and many of us are more likely to see a dip in our health and wellbeing – especially those who are more vulnerable. So, it's more important than ever that people get to know where to go if they are unwell or need extra help and support. Finding the right NHS service can also help you get the treatment you need sooner

Here's a quick guide to help you get to know where to go:



For more information, visit:

'Get To Know Where To Go' page on the NHS Greater Manchester website.

'Think Pharmacy First' page on the NHS Greater Manchester website.

If you're not sure, visit NHS 111 online: www.111.nhs.uk
Available 24/7, 365 days a year.

- If you need help for a little one under 5, call 111.
- For help in BSL, search NHS 111 BSL.
- If you have a hearing problem, use text relay. Call 18001 111 using the Relay UK app or a text phone.



Spotlight on: Cost of Living Support



Bolton is committed to supporting people to cope with high prices of food, fuel and other household essentials, as well as tackling the causes of poverty. Help is available!

Find out about where you can get help on:

- Debt, money and benefits
- Housing support
- Food, energy and safety
- Jobs and skills
- Health and wellbeing
- Support for businesses



By visiting: www.bolton.gov.uk/cost-living
www.boltonathome.org.uk/cost-of-living

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Spotlight on: Illegal Money Lending

January can be a stressful time financially, but loan sharks are not the answer!

Loan sharks prey on those in need, leading to mounting debt and relentless pressure.

If you're struggling, reach out to local support services or look for a safer way to borrow, such as a credit union or CDFI.

Let's start the new year safe and loan shark-free!

If you think you or someone you know is involved with a loan shark contact
Stop Loan Sharks on
0300 555 2222

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Spotlight on: AAA Screening

AAA screening can help find an 'abdominal aortic aneurysm' (AAA) early. This means it can be monitored and treated, if needed, so it's less likely to burst (rupture), which can be life threatening.

The scan is painless, and can detect any swelling in your aorta, which is the main blood vessel that carries blood from the heart to the abdomen.

Most abdominal aortic aneurysms do not have any symptoms, so screening is the best way to find one. Sadly, 82% of people with an untreated abdominal aortic aneurysm die from it, but any swelling can be treated if detected early.

All men are invited by the NHS for AAA screening in their 65th year, and you'll only have the AAA screening test once, unless an aneurysm is found

Find out more about AAA screening at:
[Abdominal aortic aneurysm \(AAA\) screening - NHS](#)



NHS
Manchester University
NHS Foundation Trust

65 yr + Men of Greater Manchester & East Cheshire

Can you spare 10 minutes?
It could save your life

Abdominal Aortic Aneurysm Screening

Who?
All men aged 65+

When?
In your 65th year or over

Why?
1 in 70 men will have an AAA

How?
Ultrasound scan. It's safe, quick and pain free

What?
Weakening of the artery wall

Where?
NHS sites near you

A diagram of a human torso from the neck to the thighs. The heart and major blood vessels are shown in red. A dashed rectangular box highlights the abdominal area, where a red, bulging shape represents an abdominal aortic aneurysm (AAA). The label 'AAA' is written inside the bulge.

For further information search the internet for NHS AAA Screening

Men over 65 contact the AAA screening programme on:

0161 291 5716



Thank you for your continued support!

If you would like to showcase your work or service in the next newsletter, please send the details to:

Kathryn.brignall@boltonft.nhs.uk

If you know of anyone who would like to be included in the distribution list, please also let Kath know ☺