

# BOLTON MACMILLAN INFORMATION & SUPPORT SERVICE UPDATE *September 2021*

We offer information & support for anyone affected by cancer, we have three centres located across Bolton. We offer a warm, friendly, safe environment for people affected by cancer, their carer, relatives and friends, to discuss any concerns they may have.



Give us a call, email or book an appointment for support, information or just to chat.

## BENEFITS ADVICE SERVICE

Sara Wiper, Macmillan Benefits Adviser offers

Benefits Advice to people affected by cancer who live in Bolton or have a Bolton GP. To access this service contact us on **01204 663059** or email a referral form

[boltoncancerinfo@nhs.net](mailto:boltoncancerinfo@nhs.net)

## HOPE COURSE – Monday, 4th October (Help Overcoming Problems Effectively)

If you are living with or after cancer,

Find new ways to help regain your confidence.

For 6 weeks  
2 ½ hours/week

Helps manage stress and emotional difficulties.

We still have a few places left!

Helps people who have had cancer to get on with life after treatment has finished.

Helps you get more out of life.

To book onto the HOPE course or discuss it in more detail, please contact Kelly or Sue.



## OUR NEXT WALKING GROUP IS:

**FRIDAY 17<sup>th</sup> SEPTEMBER**

Location: Rivington (Longer walk) Time: 1pm

Route: Approx. 3.5 miles

Meeting Point: The Information Centre near the Great House Barn (BL6 7SB), which is often referred to as the Lower Barn. The walk is one of our occasional longer walks and is approximately 3.5 miles long. The paths we use on this walk are fairly even, but there is a certain amount of uneven ground with some tree roots to beware of. The path can sometimes be a bit muddy, so please make sure you are wearing suitable footwear.

Booking is essential, if you are interested in joining us please contact Hannah on 01204 663059

*\*Toilet facilities and refreshments available at Rivington Tearooms*



**FRIDAY 1<sup>st</sup> OCTOBER**

Location: Moss Bank Park

Time: 1pm'Route: Approx. 1 mile

Meeting Point: Moss Bank Park Car Park, Off Barrow Bridge Road, near to Barrow Bridge Chimney, Bolton. BL1 7NJ.

*\*Toilet facilities and refreshments available at Moss Bank Park Café*

## HELLO BETH

We are delighted to welcome Beth Baugh to the Bolton Macmillan Information and Support Service team!

Beth has been appointed as our new part time Information and Support Service Assistant working alongside Neal and Hannah.

We know she will be a fab addition to the team!!



## BOOKLET OF THE MONTH

This booklet has been written for people living with or after cancer, who want to know more about a healthy diet. It explains why diet is important, and has tips on how to eat well and maintain a healthy body weight. It aims to help you think about what changes you may want to make, and help you put them into practice. If you would like a copy of this booklet let us know, or to view the booklet please click [here](#).

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You can also find our more info at our website at: [www.boltonmacmillansupport.org.uk](http://www.boltonmacmillansupport.org.uk)

