

BOLTON MACMILLAN INFORMATION & SUPPORT SERVICE UPDATE

December 2021



**THANK
YOU**



A massive thankyou to everyone who donated After Eights and cranberry sauce for Bolton Urban Outreach, 'Christmas Dinner on Jesus'!

WALKING GROUP

7 January 2022

1pm

Moss Bank Park

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*

Give us a call to book your place!



Hannah, Kelly and Neal at the
Community Wellbeing Event at The
Victoria Hall, Bolton.

This was a great opportunity for people
to attend and find out what free services
and groups are running again in Bolton.
There was an opportunity to participate
in Bollywood dancing, Tai Chi and seated
pilates!

BOOKLET OF THE MONTH

This booklet offers advice and guidance to anyone affected by cancer who may feel lonely or isolated. The booklet discusses how you may be feeling, and provides information about further sources of support.



CHRISTMAS OPENING TIMES

Friday, 24 December	Giles House – OPEN for Drop in 10am- 1pm Helpline Number 01204 663059* Bolton One - CLOSED Royal Bolton Hospital - CLOSED
Christmas Day	CLOSED
Boxing Day	CLOSED
Monday, 27 December	CLOSED
Tuesday, 28 December	CLOSED
Wednesday, 29 December	Giles House – CLOSED
Thursday, 30 December	Bolton One - CLOSED
Friday 31 December	Royal Bolton Hospital – OPEN for Drop in 10am- 4pm. Helpline Number 01204 663059*
New Year's Day	CLOSED
Monday, 3 January	CLOSED
Tuesday, 4 January	Service re-opens as normal

**If we are not available to take your call please leave a message and we will get back to you (this may not be the same day)*

The Macmillan National Helpline is open 7 days a week 8am-8pm. 0808 808 00 00



JOIN US...

Bolton Macmillan Information and Support Service host a virtual support group weekly.

WHEN?

Every Thursday, 10am-11am.

HOW TO JOIN

You will need to download Microsoft teams on your phone/iPad/laptop to join in. *

Email us on boltoncancerinfo@nhs.net to book your place and we will forward you the link to join.

**Please call us if you are unsure how to download teams, or refer to our, 'How to guide'.*

HOPE COURSE – Starting February 2022 (Help Overcoming Problems Effectively)

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

For 6 weeks
2 ½ hours/week

Helps manage stress and emotional difficulties.

If you are living with or after cancer,

Find new ways to help regain your confidence.

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

TO KEEP UP TO DATE, YOU CAN FOLLOW US ON SOCIAL MEDIA.



Like us at www.facebook.com/BoltonMacmillanCancerinfo

Or follow us on www.twitter.com/boltonmacinfo



WEBSITE

You can also find our more info at our website at: www.boltonmacmillansupport.org.uk