

# BOLTON MACMILLAN INFORMATION & SUPPORT SERVICE UPDATE

February 2022



We'd love you to visit our website

[www.boltonmacmillansupport.org.uk](http://www.boltonmacmillansupport.org.uk)



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**5K YOUR WAY,  
MOVE AGAINST CANCER**

[www.5kyourway.org](http://www.5kyourway.org)

Contact Astrid Greenberry - 07908 213 542  
[astridgreenberry@yahoo.co.uk](mailto:astridgreenberry@yahoo.co.uk)

**A support group with a difference**

A community-based initiative to encourage those living with and beyond cancer, families, friends and those working in cancer services to walk, jog, run, cheer or volunteer at a local 5k Your Way parkrun event on the last Saturday of every month.



**World  
Cancer Day  
4 February**

**Close the Care Gap**

This year the focus is on closing the care gap around the world so that everyone has access to the same care.

We have a display board at our Bolton One Centre giving more information.

# WALKING GROUP

4 March 2022  
1pm  
Queens Park (Lower Area)

Meeting Point - Car Park off Spa Road, BL1 4AY  
Toilet facilities and refreshments  
available at Queens Park Pavilion Café  
Give us a call to book your place!

## CRAFT GROUP

Re-launch coming soon!!  
in  
Spring 2022  
at  
the new Little Lever Health Centre

More details to follow.

*Make your voice  
count!*

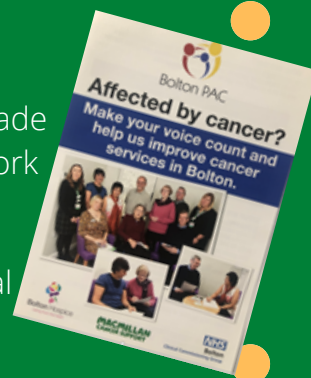


Affected by Cancer?  
Would you like to help shape our service?

Bolton People Affected by Cancer (Bolton PAC) are a user involvement group made up of patients, carers, and family members, using their cancer experience to work alongside healthcare professionals.

Will you join our 'Bolton PAC' Group and help us continue to improve the local service we provide for people affected by cancer?

Your Opinion Matters! Contact Kelly for more information



look good **feel better**  
FACING CANCER WITH CONFIDENCE

Love yourself!



Visit the Look Good Feel Better website and check out their confidence-boosting workshops. Now, because of Covid, they know that their support is vital and they have trialled and launched virtual workshops to reach out to people living with cancer in their own home.

New

Virtual Workshops



To book a workshop visit [www.lookgoodfeelbetter.co.uk](http://www.lookgoodfeelbetter.co.uk)



## HOPE Course

Helping Overcome Problems Effectively

3 day course - Starts 6 June 2022

every Monday, 9.45am - 4.00pm

at The Wellbeing Hub, Bolton Hospice.

If you have recently finished cancer treatment, or are living with cancer, we can help you get more out of life.

To discuss in more detail or to book a place, please contact Kelly or Sue.