

# BOLTON MACMILLAN INFORMATION & SUPPORT SERVICE UPDATE

## August 2022

### MACMILLAN COFFEE MORNING

30 September 2022 at Bolton Market Place  
Can you donate a raffle prize?  
Please drop at one of our centres - **thank you**



**MACMILLAN @  
BOLTON ONE**  
01204 462442



**MACMILLAN @  
GILES HOUSE**  
01204 663059



**MACMILLAN @  
ROYAL BOLTON**  
01204 390624

When you're affected by cancer having the right kind of information and support is essential. We offer information & support to anyone affected by cancer, their carers, families and friends. We signpost to local services and support groups. We have three information & support centres open. These are based at Royal Bolton Hospital, Bolton One and Giles House at Bolton Hospice.

### WALKING GROUP

Friday 5 August - 1pm  
Doffcocker Lodge  
aprox 1.3 mile



Friday 2 September - 1pm  
Queens Park (Lower Area)  
Aprox 1 mile walk  
Meet at car park off Spa  
Road (old bowling green),  
BL1 4AY

Meet at Doffcocker Lodge car park,  
off Chorley Old Road, BL1 5SH



### GARDENING GROUP

Every Tuesday morning 10am till 12noon  
Come along and join the Friends of Moss Bank  
Park and help to maintain and improve the walled  
garden.

Join in with the gardening or just come along and  
enjoy the surroundings.  
All abilities welcome.



Refreshments available in the café.

MACMILLAN  
CANCER SUPPORT

# PRIDE BOLTON

6/7 August 2022

Come and see us!



Win our hamper!

Free goodie bags!

Lots of information available!

## BOOKLET OF THE MONTH



This Stay Healthy - Eat a Healthy Diet Booklet is one of our 'easy read booklet' about how to reduce your risk of cancer. This booklet talks about what a healthy diet is and foods to avoid. Our easy read booklets use simple language and pictures to tell you about cancer.

## MACMILLAN GRANTS CRITERIA

A Macmillan Grant is a one off payment for people with a cancer diagnosis.



### SAVINGS:



One person household  
Savings limit £6,000



Two person household/family  
Savings limit £8,000

### WEEKLY INCOME:



Less than £323\*/week



Less than £442\*/week

We accessed £90,200 of Macmillan Grants in the last financial year.  
Did you know during the last financial year we applied for 256 Macmillan Grants.

\*(after rent/mortgage, and Council Tax has been deducted).

## HOPE Course

Helping Overcome Problems Effectively

6 week course - Starts Monday, 5 September 2022  
every Monday, 9.45am -12.30pm  
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.



## SKINCARE AND MAKEUP MASTERCLASS

MACMILLAN  
CANCER SUPPORT



### Boots No7 Pamper Session

**Cancer may be the toughest fight you have to face but remember you are not alone. You might start to see certain changes in your appearance during and after treatment, but Boots Macmillan Beauty Advisors are here to help. Boots Macmillan Beauty Advisors are holding a pamper sessions where you will find expert tips about coping with changes to your skin, nails and hair.**

**Places are limited so booking is essential!**

**WHERE?**  
**WHEN?**

Little Lever Health Centre & Library, BL3 1HH

Monday, 12 September 2022 10am - 12.30pm

