

BOLTON MACMILLAN INFORMATION & SUPPORT SERVICE UPDATE

November 22

Christmas isn't always a joyful time for everyone. It can be lonely and sad, whether it's due to bereavement, finances or something else. This project provides a Christmas meal hamper.



This year we are collecting 200g boxes of After Eight Mints for the Christmas Dinner on Jesus project run by Urban Outreach. Please drop donations off at any of our centres.



If you know someone in need of a hamper please let us know.
For more information visit www.urbanoutreach.co.uk

WALKING GROUP

Friday 4 November - 1pm
Moss Bank Park
aprox 1.3 miles

Meet at the Moss Bank car park, off Barrow Bridge Road, near to Barrow Bridge Chimney, BL1 7NJ



Friday 2 December - 1pm
Curley's Fishery's, Horwich
aprox 1.3 miles

Meet at the top of Curley's car park, along Wallsuches, Off Chorley Old Rd, BL6 6PP



BOOKLET OF THE MONTH

November is Lung Cancer Awareness Month so we have chosen this booklet to help people have an understanding of Lung Cancer, this booklet explains lung cancer, covers the causes and symptoms, diagnosis, staging and grading, treatments, and clinical trials. It also talks about emotional, practical, and financial issues.

This booklet is available at our centres, or can be viewed and ordered online.



BOLTON MACMILLAN INFORMATION & SUPPORT SERVICE

OPENING TIMES

Royal Bolton Hospital - Monday - Friday 10am - 4pm

Bolton One - Monday - Friday 10am - 4pm

Giles House, Bolton Hospice - Tuesday and Thursday 10am - 4pm

(Excluding bank holidays) Opening times may vary so please call ahead before making a special journey.

We help people
affected by cancer

We offer financial,
emotional and
practical support

Helping Overcome Problems Effectively



Our 3 week course will be held on
Monday 16, 23, 30 January 2023
9.30am - 3.30pm

at The Wellbeing Hub, Bolton Hospice.

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

Booking
essential

More
dates to
follow in
2023!

Like What you Read?

Sign up to receive emails from us. We will email you our monthly newsletter and send you updates about our events.

Email

boltoncancerinfo@nhs.net
or sign up on our website
www.boltoncancerinfo.org

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.

WHEN?

Monday, 9 January 2023 10am - 12.30pm - **fully booked**

Monday, 6 March 2023 10am - 12.30pm

Monday, 22 May 2023 10am - 12.30pm

WHERE?

The Wellbeing Hub, Bolton Hospice, BL1 4QR



Limited places.
Booking essential!

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