

March 23

Bolton Macmillan Information & Support Service



Walking Group



3 March- Queens Park (Lower Area, aprox 1 mile)
Meet at 1pm at Spa Road car park (old bowling green),
Bolton, BL1 4AY

14 April- Doffcocker Lodge
, aprox 1.3miles

Meet 1pm at Doffcocker Lodge Car Park,
off Chorley Old Road, BL1 5SH

Craft Group

Every Thursday 10am - 12noon
at Little Lever Health Centre, BL3 1JQ

We also have a Craft Sale & Tombola on 30 March.

Ring 663059
to book!



Macmillan Mile Save the Date!

This year we are hosting our first
Macmillan Mile Event at Leverhulme Park.

Saturday, 20 May 2023
10am - 12.30pm

This walk, for all ages, aims to raise awareness of the
support that's available from Macmillan for people
living with cancer in Bolton, not just in hospital or
clinical settings but also in the local community.
More details to be announced or keep a look out on our
website: www.boltoncancerinfo.org.uk

Skincare and Make Up Master Class



Boots No 7 Pamper Session

Cancer treatment can affect your appearance, which can understandably affect the way you feel. Boots Macmillan Beauty Advisors are trained to offer make-up tips to help manage the visible side effects of cancer treatment, so you can start to feel more like you again. Boots Macmillan Beauty Advisors are hosting the pamper session where you will find expert tips about coping with changes to your skin, nails and hair.

6 March 2023 and 22 May 2023
10am - 12.30pm
at the Wellbeing Hub, Bolton Hospice, BL1 4QT

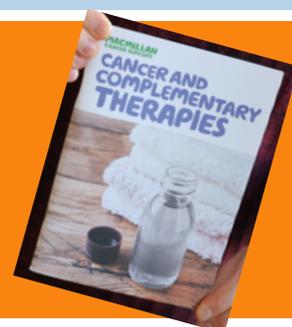
Booking essential, ring 01204 663059

MACMILLAN
CANCER SUPPORT



Booklet of the Month

A realistic and balanced guide to the complementary therapies used by people living with cancer. These include mind therapies, physical therapies, acupuncture, complementary medicines, alternative therapies and psychological and self-help therapies. Also includes a list of relevant organisations and resources.



No Smoking Awareness Day - 8 March



No Smoking Day is an annual health awareness day in the United Kingdom which is intended to help smokers who want to quit smoking. The first No Smoking Day was on Ash Wednesday in 1984!. Research shows the number of people around the world who still smoke cigarettes, and are not actively trying to quit is severely dwindling. The stigma surrounding smoking and the dangers of first-hand and second-hand smoke tend to get more severe as time goes on.

Prostate Cancer Awareness Month

Prostate cancer is the most common cancer in men in the UK. 1 in 8 men will get prostate cancer. It is not always life threatening, but when it is, the earlier you catch it the more likely it is to be cured.

Prostate Cancer Support Group meet on the 2nd Wednesday of every month 1-3pm at Harwood Methodist Church, BL2 3HZ. Contact 07818 005479



Meet the Team



Sue Summerfield
MCISS Manager



Kelly Gordon
MCISS Deputy Manager



Sara Wiper
MCISS Benefit Advisor



Beth Baugh
MCISS Assistant



Marie Chadwick
MCISS Assistant



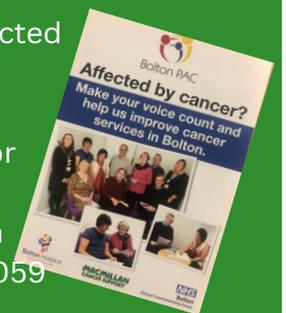
Jackie Wright
MCISS Assistant

Bolton PAC

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

We are looking for people to join and help continue to improve the local service we provide for people affected by cancer.

Call Kelly for more information
01204 663059



Ovarian Cancer Awareness Month

Most cases of ovarian cancer are diagnosed in women who have gone through the menopause. But younger women can also get ovarian cancer. The sooner it is detected the easier it is to treat. Survival can be up to 90% for women in the UK if diagnosed at the earliest stage.

Typical symptoms include bloated tummy, always feeling full, needing to wee more and pelvic or abdominal pain. Know what is normal for your body, be symptom aware and visit your GP to get checked.

