

# Bolton Macmillan Information & Support Service

May 23



## Sun Awareness Week

1 - 7 May 2023



- Skin cancer is the UK's most common cancer.
- Malignant melanoma, the deadliest form of skin cancer, is one of the most common cancers in young adults (aged 15-34).
- Over the last 25 years, rates of malignant melanoma in Britain have risen faster than any other common cancer.
- More people die from skin cancer in the UK than Australia.
- Over 80% of all skin cancers are caused by over-exposure to the sun and/or sunbeds.



**We can prevent the majority of skin cancers by being safe in the sun!**

## Macmillan Mile

Come and join us for this community event at Leverhulme Park

**20 May 2023 from 10am - 12.30pm**

Refreshments  
available for those who  
register

Family Fun!

Suitable for all  
ages and abilities -  
everyone welcome!

You may want  
to bring your own camping  
chair or picnic blanket as  
seating may be limited.

Information Stalls

Face painting



To register for the event please book via trybooking [www.trybooking.co.uk/CFNU](http://www.trybooking.co.uk/CFNU)

**FREE EVENT**

## Volunteer of the Month

We would like to introduce you to our volunteers! They do a fabulous job supporting our team. This is Pat! Pat has been volunteering with us since we opened our service. She has a nursing background and wanted to do something that helped people. Pat helps to re-stock our information at Bolton One and also takes a pop-up stand to Brightmet library once a month and is also a walk leader at our Walking Group. Pat is an avid Bolton Wanderers fan and also enjoys keeping fit and going on family holidays.



Did you know that May is ...

## National Walking Month

Why not consider leaving your car at home more this month, join our walking group, or come along to our Macmillan Mile Event? See how many steps you can achieve in May! Set yourself small goals to reach bigger achievements!



## Walking Group

5 May - Moses Gate Country Park, aprox 1.3 miles  
Meet 1pm on the bottom car park, Hall Lane,  
just off St Peter's Way (A666), Farnworth.

In June we will have our longer,  
3 mile walk at Turton & Entwistle Reservoir.



# Boots No 7 Pamper Session

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

Booking essential



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.



## MACMILLAN MILE

Join us for this fantastic community event which aims to bring people affected by cancer, their family and friends together.

**Saturday 20th May**  
10.30am - 12.30pm at Leverhulme Park

For more information contact the Macmillan Cancer Information & Support Service on 01204 462 442

- Find out what support is available locally
- Information Stalls
- Benefits Advice

- Free event and open to all
- Face painting
- Free refreshments for those who register

- This is not a fundraising event but donations are welcome on the day
- You may want to bring your own camping chair or picnic blanket as seating may be limited



To register for the event please book via trybooking [www.trybooking.co.uk/CFNU](http://www.trybooking.co.uk/CFNU)



June 2023 10am - 12.30pm  
in the Wellbeing Hub, Bolton  
Hospice. Booking Essential

Come along and find new ways to help regain your confidence and manage stress and emotional difficulties following your cancer treatment.

A great opportunity to meet other people in a similar situation to you.



## Craft Group

Every Thursday  
(term time only)  
10am - 12noon

at  
Little Lever Health Centre,  
Mytham Road, BL3 1JQ

We would love you to come and join our Craft and Chat group, who meet every Thursday.

## Gardening Group

Whether you want to join in with the gardening, or just come along and enjoy the surroundings...why not come along and join the Friends of Moss Bank Park and help to maintain and improve the walled garden. No experience necessary!



Tuesday mornings from April -  
September 10am - 12noon.

## Contact us

To book on any of the groups mentioned in our newsletters please ring 01204 663059 or email us at [boltoncancerinfo@nhs.net](mailto:boltoncancerinfo@nhs.net). Why not be the first to read our newsletter and sign up to receive it straight to your email inbox!

Follow us on social media for up to date information or visit our website: [www.boltonmacmillansupport.org.uk](http://www.boltonmacmillansupport.org.uk)



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## Wig and Headwear



The wig fitting and headwear service for cancer patients is available on the 2nd and 4th Wednesday of every month at the Macmillan Centre, Royal Bolton Hospital, BL4 0JR 10am - 12pm. BY APPOINTMENT ONLY.



## Booklet of the Month

This month we have chosen our 'Understanding Skin Cancer' booklet. It explains how skin cancer is diagnosed and treated. It also has information about what to expect after treatment finishes, preventing further skin cancers and getting support. For information about Melanoma, a less common type of skin cancer, we have another booklet which specifically covers this.

