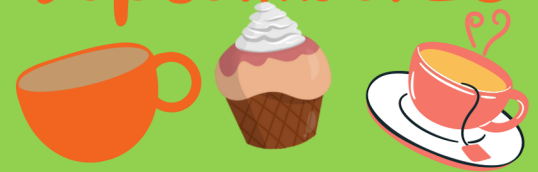


**September 23**



# Bolton Macmillan Information & Support Service

## Health & Wellbeing Event

We are pleased to welcome back our long awaited Health and Wellbeing Event, which was put on hold due to Covid. We invite you to come along to for FREE cancer information and support! There will be an array of stall holders for you to chat to, including specialist nurses and other local organisations and professionals who offer a variety of support. There will be a wealth of information for you to take away!



**When?**  
20 September 2023  
1-3.30pm

**Where?**  
The Bridge Centre,  
Bradford Street, BL2 1JX

### Booking is Essential!

Call: 01204 663059

Email: [boltoncancerinfo@nhs.net](mailto:boltoncancerinfo@nhs.net)

## Volunteer of the Month

We welcome Clare to our team of Volunteers! Clare is our newest volunteer who joined us in June and helps at our RBH centre. She decided to become a volunteer for Macmillan when she visited another centre and thought how lovely it was! She is enjoying meeting patients and supporting them.

Clare also works as a physiotherapist part time and in her spare time is a taxi service for her dancing daughter!



## Macmillan Coffee Morning

Friday 29 September is the official date for you to host a Macmillan Coffee Morning! We would love to hear about your plans this year. Our team will be out and about dropping in to see you at various events in the area this morning so please do let us know and hopefully we will see you there! Get the kettle on and save a cake!



## Walking Group

Our walking group is proving to be very popular during the summer months! (Despite not being very dry!) Why not join this friendly group! We meet on the first Friday of the month for a gentle 1 mile walk, followed by coffee and chat in a nearby cafe. Our next walk will be on **Friday 1 September** we will be meeting at **Smithills Hall** at 1pm at Smithills Hall Car Park, BL1 7NP and on **Friday, 22 September** if you want to join us for our bi-annual longer walk, at Rivington, we will meet outside the Rivington Visitor Centre, near the Great House Barn on Rivington Lane BL6 7SB, often referred to as the Lower Barn. Please let us know if you are coming!



## Booklet of the Month

Macmillan produces a range of information booklets about work and cancer, which are available at our centres, but can also be viewed on the Macmillan website. They explain how cancer and its treatments can affect your work life and gives you things to consider when making decisions about your work. If you have cancer, the law considers this a disability and there are laws that protect you from being discriminated against at work because of cancer. If you would like to talk to someone, or have more questions to ask you can call the Financial Guidance Team at Macmillan Support Line free on 0808 808 0000 7 days a week 8am-8pm



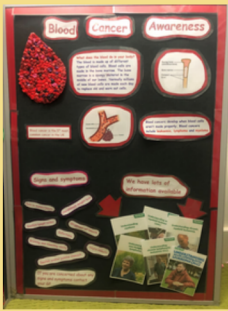
## Cancer Awareness Display Boards at Bolton One

Beth has been busy preparing information boards to be displayed at our Bolton One Centre. We will also have lots of booklets out for you to read, or take away and staff on hand to answer any questions.

### Blood Cancer Awareness

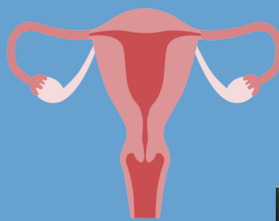


Blood cancer is the 5th most common type of cancer in the UK.



Blood cancers develop when blood cells aren't made properly. Blood cancers include leukaemia, lymphoma, and myeloma.

### Gynaecological Cancer Awareness

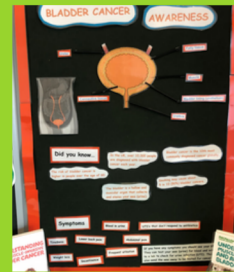


There are 5 types of gynae cancers

- Womb cancer
- Cervical cancer
- Vulva cancer
- Vaginal cancer
- Ovarian cancer



### Urological Cancer Awareness



Urological Cancer Awareness raises awareness of urological cancers including prostate, bladder and kidney.

### 5k Your Way [www.5kyourway.org](http://www.5kyourway.org)

Could you be an ambassador for our local 5k Your Way, which meet at Leverhulme Park on the last Saturday of every month? This could be on a rota basis. Please contact us for more information. 5k Your Way is a country wide, 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!

### Craft Group

Our craft group will re-start after the summer break on Thursday, 7 September



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

Little Lever Health Centre,  
Mytham Road, BL3 1JQ

A lovely group who have a passion for craft! Whether its making cards, painting pebbles or knitting, we're sure we have something for everyone.

### Social Media



[boltonmacmillancancerinfo](https://www.facebook.com/boltonmacmillancancerinfo)



[macmillanbolton](https://www.instagram.com/macmillanbolton)



[boltonmacinfo](https://www.twitter.com/boltonmacinfo)

Jackie joined our team in January this year, and as part of her role she looks after our social media. Whether she is informing you of up and coming events, promoting cancer awareness or telling you what we have been up to in the community, she posts a whole raft of information for you to see! We would love you to like, share, re-tweet our posts so that people are made aware of the great service we provide to the people of Bolton affected by cancer.

