

Bolton Macmillan Information & Support Service

October 23



Bolton Cancer Voices

FREE choir!
Monday 7.30-9pm

We are looking for new members! Open to anyone over 18 years, living with, or beyond cancer.

No auditions and no need to read music.

For more information call Karen
01204 595562/ 07773 164235



Macmillan Toilet Card



Cancer treatment can affect bowel and bladder function. A toilet card is a card that you can show quickly and easily to staff in shops, pubs, and other places. It explains that you have a medical condition and need urgent access to a toilet. You can pick up a toilet card from one of our centres. We cannot guarantee that it will work everywhere, but we hope that it helps you get access to a toilet without any awkward questions.

Help with Prescriptions

In England, prescriptions are free for anything related to cancer or its effects. You need to collect an FP92A Form from your GP surgery and apply for a medical exemption certificate.

An exemption certificate lasts for 5 years and can be renewed if you are still eligible. Once you have the exemption certificate, you do not need to pay for any prescriptions, this includes prescriptions for medicines that are not related to your cancer treatment. You will need to show the exemption certificate to the pharmacist when you collect your medicines.



Volunteer of the Month

This is Georgina, who came to volunteer with us after she retired from working in a school. Georgina has had a cancer diagnosis in the past and can relate to patients who come in to our centres, offering them support and guidance.



Booklet of the Month

This booklet is for anyone who has had treatment to cure cancer and is worried about it coming back. It has suggestions to help you manage your worries, uncertainties and fears, including how to get more support. We have a wide range of booklets available at our centres, and our staff will give advice and support.



Emotional Support



Through BUPA, Macmillan are offering up to 6 counselling sessions, free for people struggling emotionally because they have cancer. For those eligible, free tailored support is available within days and provided online or over the phone, at a time that suits you.

Please note: you can only access this service via the Macmillan Support Line on 0808 808 0000 or by booking a Wellbeing Assessment online. Please do not contact BUPA directly.

Macmillan Grants

The criteria to apply for a Macmillan Grant is changing in October 2023.

If you have a cancer diagnosis and savings LESS than £1,000 then you may be eligible for a grant of up to £300.

Contact a member of our team who can discuss this with you and, if you are eligible, they will make an application for you.



Autumn Walk

Approx 1.3 miles round Doffcocker Lodge

Friday, 6 October

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

Toilet facilities and refreshments available at the Trainangel Community Methodist Church Cafe.

Our friendly Walking Group meet on the first Friday of every month, please let us know you are coming!



Stoptober has helped over 2.5 million people across England make quit attempts since its launch in 2012. 95% of ex-smokers saw positive changes in their life soon after quitting. We're stronger together. This **Stoptober** join thousands of people who have quit smoking with **Stoptober**. On average smokers spend £38.59 a week on tobacco. That means they could have around £2,000 more to spend a year by quitting.



When you stop smoking, good things start to happen! There are many benefits to quitting such as having more energy, feeling healthier, breathing better and having extra money in your pocket.



Monday, 9 October
10am - 12.30pm
Wellbeing Hub at
Bolton Hospice

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.

Booking essential
Ring 663059



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.



Craft Group

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

Little Lever Health Centre,
Mytham Road, BL3 1JQ



Dawn and Laura are our volunteers who run our craft group and would love to welcome you! We have something crafty for everyone! Please ring 663059 and let us know you are coming!