

January 24



Bolton Macmillan Information & Support Service

Happy New Year! We hope you have all enjoyed the festive season and feel ready to embrace the year ahead. If you feel your finances have taken a hit over Christmas then remember we can offer financial support to cancer patients in the Bolton area. Alternatively our Macmillan Support Line offers a free and confidential phone service for people living and affected by cancer. They support patients and their families with clinical, practical and financial related information. If you have over indulged this Christmas then why not consider coming along to our walks or take part in 5K Your Way, these may help you shift a few excess pounds but are also a great benefit to your mental health too.

Benefit Adviser

Sara Wiper is our in-house benefit advisor who can support cancer patients who live in the Bolton area, or have a Bolton GP. She can check if you are receiving the correct benefit entitlements, such as PIP or Attendance Allowance.



Sara can also check to see if you are entitled to any other financial support, such as council tax reduction. We offer both face to face and telephone appointments. Please ring 01204 663059 to book.

Macmillan Support Line

The rising cost of living means that many people affected by cancer have had tough choices to make. We know living with less money can be a struggle, particularly if you've had to stop working or reduce your hours because of cancer. The Macmillan Support Line is open 8am - 8pm. Freephone 0808 808 0000. We have advisors who can help with things such as energy advice, welfare rights, questions about work and cancer, benefits advice and emotional support.



Christmas Dinner on Jesus

Our team went out to support Urban Outreach, working together to bring light and hope to the people of Bolton who are dealing with illness, sadness or financial problems. We delivered around 25 Christmas Hampers in December on behalf of Urban Outreach to people affected by Cancer. Each hamper contained food products for families or individuals to prepare a Christmas meal.



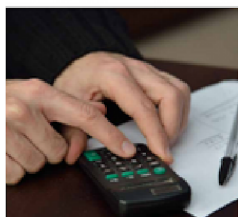
URBAN
OUTREACH (BOLTON)



Booklet of the Month

Planning and managing
your finances

Whether you need help to manage debt, help with energy costs or you need help to make a will then you will find this booklet explains how cancer can affect your finances and aims to help you look at your income, spending and budgeting, and other financial issues.



Macmillan Grants

A Macmillan Grant is a one off payment of up to £300. You can apply every 2 years (used to every 6 years). Macmillan Grants are available to people who have £1,000 or less in savings. It is also based on what income you receive. Ask our staff for more information.



Our Craft Group is back from Thursday, 11 January at Little Lever Library. Volunteers Dawn and Laura will be there to meet you! We meet 10am - 12.30pm every Thursday (term time only). No craft experience necessary!

Please book your place! Tel 663059

Volunteer of the Month

Graham is one of our walk leaders at our popular Walking Group. He plans and organises the walk routes and checks they are safe prior to our walks. Graham has volunteered with us for many years, and also helps with our HOPE Course and has also helped in our Bolton One Centre, usually with computer work, as his background is in computer science! He is very good at statistics and spreadsheets too!



Yoga



Yoga for Cancer

A low impact and relaxing yoga class aimed at anyone living with or beyond cancer.

Wednesday 3- 4pm
at David Lloyd Health Club, BL1 4AL

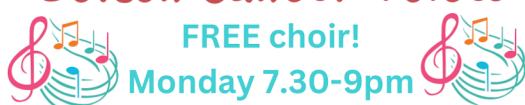
This yoga class uses postures that safely stretch, strengthen and relax the body and aims to help with some of the symptoms you may experience such as anxiety, poor sleep, stiffness and joint pain.

To book a place, please contact Jackie

Try something new in the New Year! Why not join a choir, our craft group, be part of Bolton PAC or come along to 5K Your Way - Set yourself an achievable goal and make a difference!

Choir

Bolton Cancer Voices



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

Walking Group

Every month our walking group meets for a short walk of approximately 1 mile, followed by refreshments in a nearby cafe. We have walk leaders who guide the walk. It is a great opportunity to meet with other people in similar situations to yourself and benefit from some fresh air.

Our 5th January walk will be at Moss Bank Park, meeting at 1pm at the car park, off Barrow Bridge Road, near to Barrow Bridge Chimney, BL1 7NJ Please contact Jackie if you would like to come along so that we know you are coming!



Contact us...

Contact our team at any of our 3 centres.

Royal Bolton Hospital - 01204 390625
Bolton One - 01204 462442
Bolton Hospice - 01204 663059
or email boltoncancer@nhs.net

Follow us on social media!



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



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



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



If you would like to receive our monthly newsletter please email us!