Bolton Hospice
caring from the heart

Bolton PAC
People Affected by Cancer

MACMILLAN CANCER SUPPORT

NHS
Greater Manchester

March 24

Bolton Macmillan Information & Support Service

What's On...

Here are some dates at a glance, for your diary during March. Details of some of these groups will be on this newsletter, alternatively you can contact us for more information or why not visit our website, or follow us on social media!

Walking Group - Friday 1 March
No 7 Skincare & Make Up - Monday, 4 March
Bolton Cancer Voices - Monday, 4, 11, 18 & 25 March
Yoga - Wednesday, 6, 13, 20 and 27 March
National CNS Day - Friday, 15 March
Prostate Support Group - Wednesday, 13 March
Wig Service Wednesday, 13 and 27 March
Craft Group - Thursday, 7, 14, 21 March
5K Your Way - Saturday, 30 March

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 boh-tr.boltoncancerinfo@nhs.net

boltonmacmillancancerinfo
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Follow us on social media!

Craft Group

Our weekly Craft Group meet on Thursday mornings at Little Lever Library. Our volunteers, Dawn and Laura will welcome you!
We meet 10am - 12.30pm
No craft experience necessary!
Reminder that we will be closed during the Easter Holidays!

Cancer Nurse Specialist Day

15 March 2024 is National Cancer Nurse Specialist (CNS) Day and we will be celebrating the life changing work of a Cancer Nurse Specialist. We recognise the complexity and skilled nature of the CNS role and the difference they make to the lives of people affected by cancer.
CNS help to:
reduce the number of emergency admissions
the length of hospital stays
the number of follow up appointments
the number of medical consultations,
and they provide support to enable people to be cared for and to die in their place of choice.

Booklet of the Month

This booklet explains how care is planned for people affected by cancer. An Holistic Needs Assessment (HNA) identifies any concerns you may have when you have been diagnosed with cancer. These concerns may be physical, emotional, practical, financial and spiritual.

It is called holistic because you can discuss any needs or concerns you have about any area of your life. It is not only about the physical symptoms of cancer or the side effects of treatment.

If you are not offered an HNA and would like one, you can ask someone from your healthcare team about it, or contact our team.

Volunteer of the Month

Ren came to volunteer with us about 2 years ago, after using our service when she had cancer herself. She is a great help at our Bolton One Centre, she is super organised and keeps our information stock up to date as well as chatting to people who drop in. Ren worked in banking for 'too many years'! In her spare time Ren plays a lot of golf and is a roadie for her brother who is a singer/songwriter.

Walking Group

On Friday 1 March we will be walking around Queens Park meeting at 1pm at the car park off Spa Road, BL1 4AY

On Friday 5 April we will be meeting at Curley's Fishery, at 1pm at the top of Curley's car park, along Wallsuches, Off Chorley Old Road, BL6 6PP and we will walk in the beautiful countryside for aprox 1.3miles.

Yoga

Yoga for Cancer

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

Booking essential!
12 sessions of low impact and relaxing yoga.
(Suggested donation of £1/session)
No previous yoga experience necessary!
Safely stretch, strengthen and relax the body.

Happy Easter

Counselling Support

MACMILLAN CANCER SUPPORT

Through Bupa, Macmillan are offering 4 counselling sessions, free for people struggling emotionally because of cancer.
Free phone 0800 239 4978, 7 days a week 8am- 8pm.
Or access it online at
https://www.macmillan.org.uk/bupa-counselling

Prostate Cancer

PROSTATE CANCER UK

1 in 8 men in the UK will get prostate cancer. During March we will be promoting Prostate Cancer Awareness.

Some symptoms to be aware of:

- difficulty starting to urinate or emptying your bladder
- a weak flow when you urinate
- a feeling that your bladder hasn't emptied properly
- dribbling urine after you finish urinating
- needing to urinate more often than usual, especially at night
- a sudden need to urinate – you may sometimes leak urine before you get to the toilet

Come and join the Bolton Prostate Cancer Support Group who meet every 2nd Wednesday of the month at Harwood Methodist Church, BL2 3HX.
Ring 07471 535867 for more information

1POINT

1point is a local organisation offering free counselling in person, online or by telephone.
Telephone 01204 917745 or email silverwellbeing@1pointbolton.org.uk

Ovarian Cancer

March is Ovarian Cancer Awareness Month, so we will be having a display at our Bolton One Centre, with lots of useful information.

Ovarian cancer can be treated more successfully if it is found early. Some of the symptoms are:

- a long-lasting bloated or swollen tummy
- Feeling full quickly when you eat, or loss of appetite.
- Pain in the lower tummy or back.
- Peeing (passing urine) more often than usual or more urgently (feeling like you can't hold on)