

Bolton Macmillan Information & Support Service



Spring is upon us and the lighter, longer days are sure to put a spring in your step! We welcome back our Gardening Group from April to September and this month our Walking Group will be meeting over in Horwich. If you are feeling active why not join us at Leverhulme Park for 5K Your Way! Hopefully we won't get too many April showers! You could search for sunshine and look at booking a holiday! Browse our Travel and Cancer booklet full of information about travelling and booking insurance when you have cancer.

What's On...

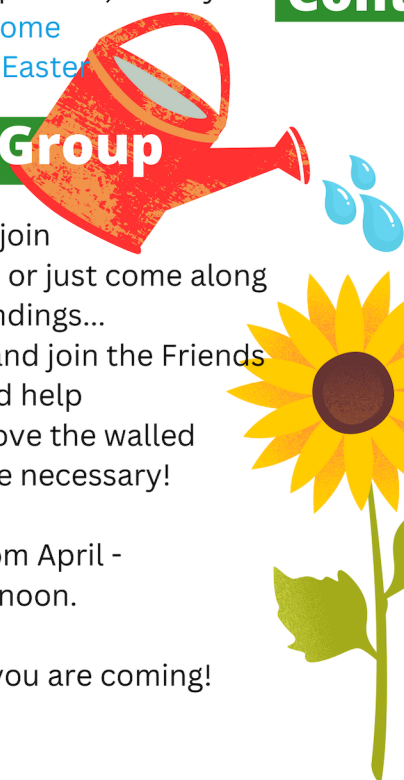
Walking Group - Fri, 5 April
Gardening Group - Tues, 9,16, 23, 30 April
Bolton Cancer Voices - Mon, 8,15, 22 and 29
Yoga - Wed, 10, 17, 24 April
Prostate Support Group - Wed, 10 April
Wig Service Wed, 10, 24 April
Craft Group - Thurs, 11, 18, 25 April
5K Your Way - Sat, 27 April
Health & Wellbeing Event - Wed 1 May
No 7 Skincare & Make Up - Mon, 13 May
[Please check dates as some groups are closed over Easter](#)

Gardening Group

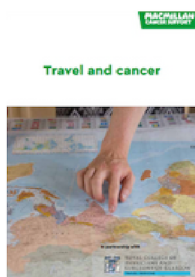
Whether you want to join in with the gardening, or just come along and enjoy the surroundings... why not come along and join the Friends of Moss Bank Park and help to maintain and improve the walled garden. No experience necessary!

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

Please let us know if you are coming!



Booklet of the Month



This booklet is about travelling if you are affected by cancer. It is for anyone planning a trip or holiday in the UK or abroad. It includes information how cancer can affect travel, about travel insurance, taking medicines abroad and looking after yourself while you are away.

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.boltoncancer@nhs.net



[macmillanbolton](#)



[boltonmacinfo](#)



[boltonmacmillancancerinfo](#)



Shine is a UK charity that support adults in their 20s, 30s and 40s who have experienced a cancer diagnosis. They have regular online support and private Facebook groups. Why not check out their website.

Volunteer of the Month

Retired Oncology Nurse Specialist, Sheena previously volunteered at Macmillan at Southampton General Hospital, but then moved 'up North' to be near her family. She wanted to continue volunteering for Macmillan after seeing first hand the support given to the patients she cared for. Sheena mainly volunteers at our Macmillan Centre at Bolton Hospice, helping with the preparation for our HOPE courses and Boots No7 Pamper Sessions.

Sheena enjoys to crotchet and we think she is very talented!



Walking Group

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. Followed by refreshments in Curley's.



Health and Wellbeing Event

Our popular FREE Health & Wellbeing Event will be held on Wednesday, 1 May at The Bridge Centre, BL2 1JX. Booking is essential.

There will be lots of 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!

Craft Group

Our weekly Craft Group is back open from 11 April, after the Easter break. We 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! Please book your place!



Yoga

Our 12 week low impact and relaxing yoga sessions have been a huge success!

No previous yoga experience necessary!



Why not join our next 12 week sessions due to commence in April. For more information and an application form, please contact Jackie.

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 during cancer, such as anxiety, poor sleep, stiffness and joint pain.

Wig & Headwear



CREATING HEADLINES WORLDWIDE
Aderans

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.



Bolton Cancer Voices

FREE choir!
Monday 7.30-9pm

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

No auditions and no need to read music.
For more information call Karen
01204 595562/ 07773 164235



Feedback

If you have accessed our service please tell about your experience!

Simply point your phone's camera at the QR code to complete a short survey

