



Bolton Macmillan Information & Support Service

July 24



Booklet of the Month

Hair loss is not a symptom of cancer and cancer does not cause you to lose your hair, but cancer treatments can affect your hair in the following ways:

Some treatments may make your hair fall out. This is usually temporary.

Other treatments can cause permanent hair loss in parts of your body.

The condition and texture of your hair may change. This is usually temporary.

This booklet is about coping with changes to your hair and how cancer treatment may affect your hair, how to prepare for hair loss and what to expect after treatment ends.



Save the date!

- HOPE Course - Mon, 24 June, 1 & 8 July
- Walking Group - Friday, 5 July
- Boots No7 Skincare & Makeup Class - Mon 8 July
- Outdoor Yoga, Moss Bank Park - Tuesday 9 July
- Prostate Support Group - Wed, 10 July
- Gardening Group - Tues, 2, 9, 16, 23, 30 July
- Bolton Cancer Voices - Mon, 1, 8, 15, 22, 29 July
- Yoga - Wed 3, 10, 17, 24, 31 July
- Wig Service Wed, 3 and 24 July
- Craft Group - Thurs, 4, 11, 18, 25 July
- Brightmet Library - Thurs, 19 July
- 5K Your Way - Sat, 27 July

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



Wig & Headwear

The wig fitting service is available at our Royal Bolton Hospital Centre, every 2nd and 4th Wednesday of the month.

BOOKING IS ESSENTIAL!



We also have a display with a selection of headwear. The products are available to purchase.



Hope Course

Our next Hope Course will be held in November, over 3 Mondays, at The Wellbeing Hub at Bolton Hospice. Helping people who have finished cancer treatment to overcome problems effectively. For more information please contact Kelly.

Skincare & Make Up



Cancer treatment can affect your appearance, which can understandably affect the way you feel. Boots Macmillan Beauty Advisors are hosting a pamper session where you will find expert tips about coping with changes to your skin, nails and hair.

Our next session on Monday, 8 July will be held at Little Lever Health Centre & Library, BL3 1HH. Places are limited. **BOOKING IS ESSENTIAL!**



Walking Group



On Friday, 5 July our monthly walk will take place at Moses Gate Country Park, meeting on the bottom car park, Hall Lane, just off St Peter's Way (A666), Farnworth at 1pm and the walk is around 1.3 miles. Refreshments and toilet facilities are available at The Jolly Carters, BL3 1BW. You are welcome to stay for a drink after the walk.



Photographs taken at Moses Gate Country Park



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

Craft Group

Please note that our weekly Craft Group will close for summer at the end of July. We meet on Thursday mornings at Little Lever Library. Our volunteers, Dawn and Laura will welcome you!

We meet 10am - 12.30pm
(Term time only)

No craft experience necessary!



Outdoor Yoga



Our Gardening Group, which meets every Tuesday 10am - 12 noon at The Walled Garden, Moss Bank Park will be focusing on wellbeing and wellness throughout July. Come along and absorb nature! On 9 July, Jackie will be leading a short, seated outdoor yoga and meditation practice. Please bring your own chair and blanket. (Weather permitting).



If you are interested in Yoga, why join our gentle, low impact and relaxing yoga classes. To register for our next 12 week yoga course held on Wednesdays at David Lloyd please contact Jackie.

Sarcoma Awareness

Soft Tissue Sarcoma is a rare cancer that starts in the supporting tissues of the body. It can develop in any tissues that support, connect, surround and protect the organs. These include:
• fat • muscle • nerves • fibrous tissues • tendons and ligaments • blood vessels.

Bone Sarcoma Osteosarcoma is a sarcoma that starts in the bone. It grows differently from soft tissue sarcoma, and is treated differently. Sometimes it is hard to tell whether a sarcoma has started in soft tissue or bone. Some types, such as Ewing sarcoma, can start in either the bone or the soft tissue.



Our display at Bolton One will have lots of information available.

Brightmet Library



Did you know that every 3rd Thursday of the month we are at Brightmet library 10am - 12noon. Come along for emotional support and information on all aspects of living with cancer.

Volunteer of the Month

Claire started volunteering with Macmillan in July 2019. She wanted to 'give something back' and had heard brilliant things about the service. She works part time running a team of 5 churches and has 2 children (18 and 13) She says "The team are fabulous, so welcoming and great fun to be with in the office! It is a pleasure to be able to assist those who use the service."



5KYW

We invite anyone who is living with or beyond cancer, families, friends and health care professionals to join us on the last Saturday of the month at 8.45am at Leverhulme Park. We are linked with the local parkrun.

Afterwards we go for a brew and chat at The Bridge Cafe and you are welcome to join us there too!

Register at www.5kyourway.org/register.