

August 24

Bolton Macmillan Information & Support Service



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[boltonmacmillancancerinfo](#)

Save the date!

Walking Group - Friday, 2 August
Prostate Support Group - Wed, 14 August
Gardening Group - Tues, 6, 13, 20, 27 August
Bolton Cancer Voices - Mon, 5, 12, 19, 26 August
Yoga - Wed 7 August, (then paused until 4 Sept)
Wig Service Wed, 14 and 28 August
Craft Group - Closed during August
Brightmet Library - Thurs, 15 August
5K Your Way - Sat, 31 August
Macmillan Coffee Morning - 26 and 27 September

Our Centres



ROYAL BOLTON HOSPITAL
01204 462442



**GILES HOUSE,
BOLTON HOSPICE**
01204 462442



BOLTON ONE
01204 462442

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

Volunteer of the Month

This is Alison, a retired nurse who helps out at our centre at the Royal Bolton Hospital. She supports patients who visit our centre and helps us at our health and wellbeing events. Alison chose to volunteer with us following her own cancer diagnosis in 2008 as she felt she wanted to 'give something back'. Alison's hobbies include socialising with friends and walking her dog, Mollie.



When you are affected by cancer having the right kind of information and support is essential. We offer information and support to anyone affected by cancer, their carers, families and friends. When you don't know who to turn to turn to us! Please note we aren't the Macmillan nurses! We offer information and support, such as financial support, emotional support and practical support. We can help access benefits that you may be entitled to because of your cancer diagnosis. We signpost to local services and support groups. We offer a listening ear.

We have 3 centres in Bolton, open Monday to Friday, 10am - 4pm. (Please note on occasion we do have to close centres at short notice, so please ring and check before making a special journey.)

Booklet of the Month



This booklet is about the support you can get when you go home from hospital. It is for anyone leaving hospital after cancer treatment. It may also be helpful for family members and friends.

The booklet explains

- the care and support that can be arranged when you leave hospital.
- Which health and social care professionals may be involved in planning your discharge from hospital, and your care and support at home.

The topics covered in the booklet

Preparing to leave hospital	
When can I go home?	4
How is care and support arranged for me?	18
What type of support will I need?	20
Which professionals will be involved in my care?	33
If I need specialist help with symptoms	35
My medicines	40
Key contacts	42
My hospital discharge checklist	44
When I get home	46
What other support is available?	50
About our information	52
Other ways we can help you	56
Other useful organisations	

Walking Group



On Friday, 2 August our monthly walk will take place at Queen's Park, meeting on the car park off Spa Road (corner of Mayor Street), Bolton, BL1 4AY at 1pm. The walk is around 1 mile. There are toilet facilities and refreshments available in The Pavilion Cafe in the park.



Photograph of some of our walkers at our March walk at Queen's Park.



Gardening Group

Beth will be at our Gardening Group on Tuesday mornings. Feel free to come along and enjoy the garden or join in with the gardening. If the weather isn't great then look out for us in the cafe.

Tuesday 10am - 12pm at the Walled Garden, Moss Bank Park.



Yoga

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.



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

Macmillan Coffee Morning

At the end of September we will be hosting our annual Macmillan Coffee Morning. 26 September at Bolton One and 27 September at Royal Bolton Hospital



We hope you can join us for a drink and a slice of cake or two. There will be hampers full of treats to be won.

Staff will be on hand to offer support and we will have lots of information available about our service and the support we offer cancer patients and their families.

If you would like to donate a hamper, or items to add to a hamper please drop off at one of our centres or contact Beth for more information.

Why not host your own coffee morning, anywhere, in any way you like - a cosy catch up in the living room, a garden party or even a kitchen disco! Sign up online for your fundraising pack and more information on how to host. For more information visit: www.macmillan.org.uk/coffee-morning

Remember to stay safe in the sun this summer.

