

# Bolton Macmillan Information & Support Service

**February  
2025**



## Follow us on Social Media



macmillanbolton



boltonmacmillancancerinfo



## Walk 'n' Talk Group



Turn right off Smithills Dean Road. Car park on the left, Bolton BL1 7NP. Bus Service 525 /526. Toilet facilities and refreshments available at the hall.

## Craft 'n' Group

Every Thursday  
(term time only)  
10am - 12noon

Closed 20 Feb for half term

**Little Lever Health  
Centre, Market Street,  
BL3 1JQ**



## Please get in touch...

Royal Bolton Hospital - 01204 390625

Bolton One - 01204 462442

Bolton Hospice - 01204 663059

or email boh-tr.boltoncancer@nhs.net

Whether you are letting us know you are coming to a support group, or you just want to talk, please don't hesitate to contact our team at any of our 3 centres.



## Booklet of the Month



This booklet is about talking about cancer. It is for anyone who has been diagnosed with cancer.

The booklet explains:

- the benefits of talking about cancer
- how to cope if you find the conversations difficult
- how to deal with other people's reactions.

It also has practical tips for talking and asking for support. We hope it helps you deal with some of the questions or feelings you may have.

We have a variety of support groups available which enable you to meet and talk to other people who are affected by cancer.



## Yoga for Cancer

Every Wednesday 3pm at David Lloyd Health Club

A 12 week gentle, low impact and relaxing yoga class aimed at anyone living with or beyond cancer.

Booking is essential - contact Jackie

There is no yoga on 19 Feb



## Diary Dates



- Wig Service - Wed, 12 & 26 Feb
- 5K Your Way - Sat, 22 Feb
- Craft Group - Thurs, 6, 13, 27 Feb (not half term)
- Walking Group - Fri 7 Feb
- Bolton Cancer Voices - Mon 3, 10, 17 & 24 Feb
- Yoga - Wed 5, 12, 26 Feb (not half term)
- Prostate Support Group - Wed, 12 Feb
- Kidney Cancer Awareness Week - 3-7 Feb

## Bolton Cancer Voices



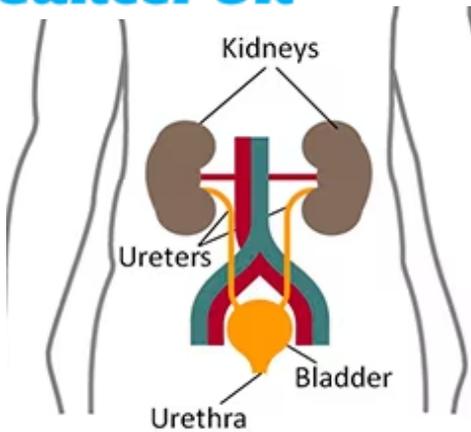
Monday 7.30 - 9pm

Founded in 2012, Bolton Cancer Voices is an inspirational, welcoming choir, open to anyone who has received a cancer diagnosis. The choir provides a positive, motivational environment. It offers an informal forum to meet with others in a similar situation.

Please contact Karen for more information 07773 164235 or email [boltoncancervoices@yahoo.com](mailto:boltoncancervoices@yahoo.com)



Kidneys are a special filter system for your body. Kidneys remove waste products from the blood and produce urine. Kidneys control the levels of many substances in the blood. Kidneys help to control your blood pressure.



### Common symptoms:

- Blood in your urine.
- Dull pain in your side.
- High temperature.
- Feeling tired.
- Loss of weight for no reason.
- Lump in your side or back.



12-Week Women's Fitness for Health after Breast Cancer. Last chance to register 16 Feb!

[www.herspirit.co.uk/fitness-for-health-breast-cancer](http://www.herspirit.co.uk/fitness-for-health-breast-cancer)

## Volunteer of the Month

Sarah began volunteering with Macmillan in December 2022 after looking for something worthwhile to do with her free time. She saw an advert on social media asking for volunteers, so applied and has never looked back.



"I consider myself to be very lucky to be part of a wonderful, caring and thoughtful team. In my free time I enjoy being with my family; making memories with my 3 children and beautiful granddaughter."



Funded by: BREAST CANCER NOW. Delivered by: HER SPIRIT. Supported by: Hub Primary Healthcare Daily.

## World Cancer Day



The World Cancer Day 2025's campaign "United by Unique" is about placing people at the centre of cancer care. **United in our goals, unique in our needs.** That is the World Cancer Day theme that will be heard around the world in the lead up to and on 4 February 2025.



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



If you have accessed our service we would love you to tell us about your experience.