

**June**  
**2025** 

# Bolton Macmillan Information & Support Service

## Diary Dates



Wig Service - Wed, 11 & 25 June  
5K Your Way - Sat, 28 June  
Yoga - Wed, 4, 11, 18, 25 June  
Walking Group - Fri, 6 June & Fri 20 June  
Yoga & Relaxation Workshop - Sun, 22 June  
Craft Group - Thur, 5, 12, 19, 26 June  
Bolton Cancer Voices - Mon, 2, 9, 16, 23, 30 June  
Prostate Support Group - Wed, 11 June  
Gardening Group - Tues, 3, 10, 17, 24 June  
Macmillan @ Brightmet Library - Thur, 19 June  
Boots No 7 Skincare Masterclass - Mon, 7 July

## Please Contact us...

Whether you are getting in touch to let us know you are coming to our support groups, or whether you need someone to talk to...Do not hesitate to contact our team at our centres.

Bolton One - 01204 462442  
Royal Bolton Hospital - 01204 390625  
Bolton Hospice - 01204 663059  
or email boh-tr.boltoncancer@nhs.net

## Please Follow us on Social Media



macmillanbolton



boltonmacmillancancerinfo



## Volunteer Week 3 - 9 June



Volunteer week is a perfect time to say a great big thank you to our team of volunteers for the contribution they make.

Our volunteers have been invited to an afternoon tea party this week, which will incorporate some valuable training and updates.

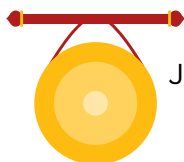
If you would like more information about volunteering with Macmillan please contact us! We have a range of opportunities from admin duties, meeting and greeting visitors, helping at our support groups, and coming along to help at our outreach and events.



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.

<https://shinecancersupport.org>

## Yoga & Relaxation Workshop



Join us for the afternoon and enjoy a yoga & relaxation workshops including sound bath, and followed by afternoon tea.

Limited places - Cost £10

Sunday, 22 June 1.30-5.30pm

at David Lloyd, Bolton.

Call Jackie for more info 01204 462442





## Walk 'n' Talk Group



We have 2 walks this month - join us for our walk at Moses Gate Country Park on Friday 6 June. Approx 1.3 miles  
Or if you prefer something longer we will be walking 3 miles around Turton & Entwistle Reservoir on Friday, 20 June

Please contact us for more information



## Gardening Group

Every Tuesday  
10am - 12noon  
Meet at The Walled Garden,  
Moss Bank Park

**No experience necessary.**

Please let us know if you are coming!

April - October



## Booklet of the Month



This publication is for people with all types of hair who may lose their hair as a side effect of cancer treatment. It gives information and practical tips to help people prepare for and cope with hair loss, including information about scalp cooling and wigs.

An audio version of this booklet can be listened to via SoundCloud, from where it can also be downloaded by users with a SoundCloud account.

If you have been affected by cancer, you are invited to come and take time to sit in the walled garden and enjoy the tranquility and surroundings.

## Hope Course

**Finished Cancer Treatment?**

**Want to get your life back on track?**

**Why not attend our HOPE course over the three dates.**

**Spaces the Hope course starting this Month still available.**

23<sup>rd</sup> June  
30<sup>th</sup> June  
14<sup>th</sup> July

**Call Kelly on 01204 390625 for more details.**

## Our Centres



**ROYAL BOLTON HOSPITAL**  
01204 462442



**GILES HOUSE,  
BOLTON HOSPICE**  
01204 462442



**BOLTON ONE**  
01204 462442

## Feedback

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.