

December 2025

Bolton Macmillan Information & Support Service

Diary Dates for December

**Bolton Cancer Voices Hospice Concert -
Wednesday 3rd**
Bolton Cancer Voices - Mon 1st
Craft Group - Thursday 4th & 11th
Walking Group - Friday 5th
**Bolton Cancer Voices Christmas Concert -
Saturday 6th**
Prostate Support Group - Wednesday 10th
Yoga - Wednesday 10th
Wig Service - Wednesday 10th & 17th
5K Your Way - Saturday 27th



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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 the team at our Centres:

Bolton One - 01204 462442

Royal Bolton Hospital - 01204 390625

Bolton Hospice - 01204 663059

Email boh-tr.boltoncancer@nhs.net



**A huge thank you!
Health & Wellbeing
Event**

We had a record breaking turn-out for our latest Health & Wellbeing event in November, with over 100 people who attended to find out about local support available to them. Thank you to everyone who came along, & especially to all the stall holders, speakers & our volunteers who gave up their time to help support people in Bolton affected by cancer.

Craft Group Christmas Fair

Our talented Craft Group will be holding their Christmas Craft tombola & raffle on Thursday 11th December at Little Lever Library BL3 1HH. Pop in for some beautiful handmade stocking fillers!

An unexpected side effect to cancer can be that you find yourself struggling financially. Our service aims to offer financial & practical support. Don't struggle alone, please contact us & let us help signpost you to local services that might be able to help or refer you to our Benefits Adviser if needed.

Festive Opening Times in December & January

Mon 22nd - All Centres open 10am-4pm

Tues 23rd - All Centres open 12pm-4pm

Wed 24th - Royal Bolton Hospital Centre open 10am-1pm

Thurs 25th Christmas Day - All Centres CLOSED

Friday 26th Boxing Day - All Centres CLOSED

Mon 29th - Royal Bolton Hospital Centre open 10am-4pm

Tues 30th - Royal Bolton Hospital Centre open 10am-4pm

Wed 31st - Royal Bolton Hospital Centre open 10am-2.30pm

Thurs 1st Jan - New Year's Day - All Centres CLOSED

Fri 2nd Jan - Royal Bolton Hospital Centre open 10am-4pm

Mon 5th Jan - All Centres re-open as normal 10am-4pm



Thank you to our Volunteers

Our service relies on the hard work & dedication of our wonderful volunteers. As another year comes to an end, we just want to say a huge THANK YOU to each & everyone of them for giving up their time to volunteer, whether it's working in the Centres, helping to run our support groups, attending outreach events such as the Health & Wellbeing Event, or being members of the Bolton People Affected by Cancer (PAC) group, we are so very grateful & lucky to have our wonderful volunteers.



Walking Group



This month's Walk n Talk starts at Curlies Fisheries, Horwich, BL6 6PP, **Friday 5th Dec** at 1pm for easy-paced, flat, one mile walk & delicious brew & mince pie afterwards...unless you want to be tempted by Curlies famous fish & chips!

No need to book. New walkers always warmly welcomed. Christmas jumpers a must!

Booklet of the Month



This might be a helpful & positive read for anyone coming near to the end of their treatment & navigating a 'new normal'. It includes information about how you might be feeling, getting support for day to day worries & thinking about healthy lifestyle. If you think it might be useful for yourself or someone you know, drop into one of our Centres for a copy, or give us a call & we'll pop one in the post today.



Latest HOPE course... COMING SOON



Our Help Overcoming Problems Effectively (HOPE) courses are always really positively received & valued by anyone who attends. If you or someone you know is finishing their cancer treatment but struggling to get on with life, this might be just what they are looking for. For more information about our next course due to start in February, please call 01204 390625.



The last 5K Your Way of 2025 is on **Saturday 27th Dec at 8.45am**. This monthly meeting takes place during Bolton Parkrun at Leverhulme Park (BL2 6EX). You can walk, jog or run it.

Always an amazing start to the weekend & in the company of supportive people who enjoy fresh air & exercise.

Give us a call to find out more on 01204 390625.



Bolton Cancer Voices have got a busy month ahead! Catch them on **Wed 3rd 6.30pm** at Bolton Hospice Light up a Life service & **Sat 6th 7.15pm** at Bolton Parish Church for their festive concert.

For more information call Karen on 01204 595562

At this time of year, there are many celebrations taking place & it's often a chance to spend quality time with our loved ones. But if you need a break from the festivities or are struggling with your emotions, please do reach out for support. See our opening hours above. Don't hesitate to drop-in or call us.

For when we are closed, the Macmillan Support Line is open on Christmas Day, Boxing Day & New Year's Day, 8am-8pm.

Call 0808 808 0000

