

# Bolton Macmillan Information & Support Service



April 2026



## Diary Dates for April



Yoga - Wednesday 8<sup>th</sup> 15<sup>th</sup> 29<sup>th</sup>  
Brightmet Drop-in 2<sup>nd</sup>, 9<sup>th</sup> 16<sup>th</sup> 23<sup>rd</sup> 30<sup>th</sup>  
Craft Group - Thursday 2<sup>nd</sup> 30<sup>th</sup>  
Walking Group - Friday 10<sup>th</sup> (NOT 1<sup>st</sup> Apr)  
Prostate Support Group - Wednesday 8<sup>th</sup>  
Wig Service - Wednesday 15<sup>th</sup> & 29<sup>th</sup>  
Bolton Cancer Voices - Monday 13<sup>th</sup> 20<sup>th</sup> 27<sup>th</sup>  
5K Your Way - Saturday 25<sup>th</sup>

## Here to help you live well with cancer

If you are living with or beyond cancer, or have been affected by cancer through family or friends, our team aim to support you with emotional, practical and financial support.

### Need a listening ear?

Sometimes it's just about being able to offer you time to talk or to know there's someone there who cares.

### You can drop in or call us:

**Macmillan Centre Royal Bolton Hospital,**  
Royal Bolton Hospital, BL4 0JR  
Tel 01204 390625  
Monday – Friday, 10am-4pm  
(excluding Bank Holidays)

**Macmillan Centre Giles House**  
Bolton Hospice, BL1 4QR  
Tel 01204 663059  
Tuesday & Thursday, 10am-4pm

**Brightmet Library Weekly Drop-in**  
Brightmet Health Centre, BL2 6NT  
Tel 07450 166071  
Thursdays 10am-12pm

If you're making a special journey, please call ahead.



## Did you Know ...

We have different support groups that you can attend to meet others who are going through a similar experience.

Whether it's our monthly Walking Group, Yoga For Cancer classes, Craft & Chat Group or 5K Your Way, we know you'll always receive a friendly welcome and a chance feel supported and listened to.

If you'd like to know more about any of these groups, please don't hesitate to get in touch.



Our **Benefits Adviser** is available to offer benefits advice to anyone who lives in Bolton or has a Bolton GP. For more information or to make an appointment, call us on 01204 663059.



“Joining (this group) has really helped my wellbeing and confidence this year. Everyone is supportive and understands how you feel after a cancer diagnosis.”

# Thank you Volunteers

We wanted to give a special thanks to our wonderful volunteers who run the Macmillan Walk n Talk Group which usually meets on the first Friday of each month. Carrie, Graham, Helen, Julie, Pat, Sue & Susan all regularly give up their time to check walks are safe to go ahead and give a warm welcome to people who attend. We couldn't run this popular group without them.

Thank you all so much. Your hard work & dedication is truly appreciated.



## Walking Group

This month's Walk n Talk starts at **Curley's Fishery, Horwich (BL6 6PP)**

Friday 10<sup>th</sup> April at 1pm for an easy-paced, short walk, brew and a chat afterwards at Curley's... or maybe you'll be tempted with a Curley's fish n chips?!

No need to book. New walkers always welcome.

**PLEASE NOTE**, if we have to cancel due to extreme weather warnings, we will put this on our socials or call us on 01204 390625 to check.



## Wig Service



A wig fitting service is available twice a month at our Royal Bolton Hospital Macmillan Centre. For a friendly and professional service, call us for more information and bookings on 01204 390625.

## Bowel Cancer Awareness Week

### Know the symptoms of bowel cancer



- Bleeding from your bottom
- Blood in your poo
- A change in how often you poo, or regularly having diarrhoea or constipation
- Losing weight but you're not sure why
- Feeling very tired all the time but you're not sure why
- A pain or lump in your tummy

If you have any of these symptoms, talk to your GP and ask about an at-home test.

Knowing the symptoms is important to help spot bowel cancer early. The earlier that it's found, the more treatable it's likely to be. We know it can be embarrassing, but it's really important to speak to your GP if you notice anything unusual for you. For more information search **BOWEL CANCER UK**

## Craft Group Easter Sale and Tombola

Come along and join us ...

Thursday 2<sup>nd</sup> April, 10am-12pm  
at Little Lever Library

Beautiful handmade gifts, tombola and refreshments. Pick up seasonal goodies and help support our Craft Group.



## Booklet of the Month



Find out more about how we may be able to support you. This booklet is packed with information covering practical and emotional support. If you're a Professional supporting people affected by cancer and would like some copies, please get in touch.

## HELP NEEDED

THIS April we are hoping to **increase** our followers on Facebook and Instagram. If you don't follow us already PLEASE do so now/share with your friends and help us reach more people who may need our support. Thank you.



**FOLLOW US**



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