



Bolton Macmillan

September 2026

Information & Support Service

Diary Dates for September



Bolton Cancer Voices - Monday 7th 14th 21st 28th
Wig Service - Wednesday 16th 23rd
Walking Group - Friday 4th & Friday 18th
Brew & Potter at Moss Bank Park - Tuesday 15th
Prostate Support Group - Wednesday 9th
5K Your Way - Saturday 26th
Craft Group - 3rd 10th 17th 24th



Walking Group

Fresh air, gentle exercise, friendly & supportive company ..what are you waiting for?!

Our usual monthly Walk n Talk is at **Smithills Hall (BL1 7NP) on Friday 4th September, 1pm** for a short, easy-paced & flat walk around the beautiful gardens. Followed by a short walk or drive down to the cafe at Smithills Farm nearby for refreshments.

NO NEED TO BOOK

New walkers always welcome to join this friendly & supportive group.

If you have any questions about the walk or would like to receive more information about future walks, please call us on 01204 390625.



Need a listening ear?

Sometimes it's just about being able to talk to someone 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, 10.30am-4pm
(excluding Bank Holidays)

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

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

This month sees one of our occasional longer walks, this time taking place at **Rivington (BL6 7SB) on Friday 18th September, 1pm**. Meeting outside the Visitor Centre near the Lower Barn Cafe for a walk of around 3.5 miles. The paths are mostly even, but includes one steep incline. We stop for refreshments towards the end of the walk at The Village Tearooms.

BOOKING ESSENTIAL

If you're interested in joining us, please call us on 01204 390625.

PLEASE NOTE

If we have to cancel a walk, we will put this on our socials or you can call us on 01204 390625 to check.

Gynae Cancer Awareness Month

September is Gynae Cancer Awareness Month, a chance to talk about the five gynae cancers; womb, ovarian, cervical, vulval and vaginal. Together, they affect just over 22,000 women and people with gynae organs each year in the UK.

For more information including risk factors, advice on gynae health and support if you've been affected by a gynae cancer see

www.eveappeal.org.uk



Booklet of the Month Healthy Eating and Cancer

This booklet is for people living with or after cancer who want to know more about having a healthy diet. It includes information about healthy eating tips, food safety when your immunity is low common questions about diet and cancer.

Drop into one of our centres to pick up a copy or call us on 01204 390625 & we'll pop one in the post.



With cancer treatment often triggering menopause, many women say that navigating this after feels harder than cancer treatment itself.

Menopause and Cancer offer support, information, resources and a community of other women who get it.

To find out more go to:

www.menopauseandcancer.org

Ladies, feeling in need of a boost?

Cancer treatment can affect your appearance, which can understandably affect the way you feel. Boots Macmillan Beauty Advisors are hosting a pamper session where you will find expert tips about coping with changes to your skin, nails and hair.

Monday, 5th Oct,
10am-12.30pm
The Wellbeing Hub,
Bolton Hospice BL1 4QT

To find out more & book on please call 01204 390625



FREE Health & Wellbeing Event

Wed 4th November
1.30pm-3.30pm
The Bridge Centre,
BL2 1JX

Places still available on our information and support event for people affected by cancer.

BOOKING IS ESSENTIAL

CONTACT US TO BOOK YOUR PLACE TODAY!

T : 01204 390625

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Thank you Volunteers

We wanted to say a big thank you to our wonderful **5K Your Way** Ambassadors, Ken, Suzanne & Lawrence who attend Parkrun on the last Saturday of each month when 5KYW takes place. The Ambassadors offer a warm welcome to anyone who comes along and walk (sometimes jog!) the course & enjoy a well earned brew at the end.

Your enthusiasm & commitment is truly appreciated.

Blood Cancer Awareness Month

Give us a call if you interested in finding out more.

By raising awareness of blood cancer, we can help people get the support they need.

Despite being the fifth most common cancer in the UK, lack of awareness may be affecting people getting an early diagnosis and then the right support if they have a blood cancer such as Leukaemia, Lymphoma or Myeloma.

Find out more here:
www.bloodcancer.org.uk

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