



Bolton Macmillan

October 2026

Information & Support Service

Diary Dates for October



Boots No.7 Skincare & Makeup Masterclass 5th
Bolton Cancer Voices - Monday 5th 12th 19th 26th
Wig Service - Wednesday 14th 28th
Walking Group - Friday 2nd
Brew & Potter at Moss Bank Park - Tuesday 20th
Prostate Support Group - Wednesday 14th
5K Your Way - Saturday 31st
Craft Group - Thursday 1st 8th 15th 22nd

Need a listening ear?

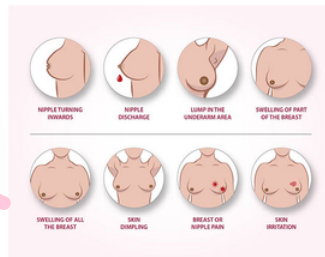
Sometimes it's just about being able to talk to someone or to know there's someone there who cares.

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.**



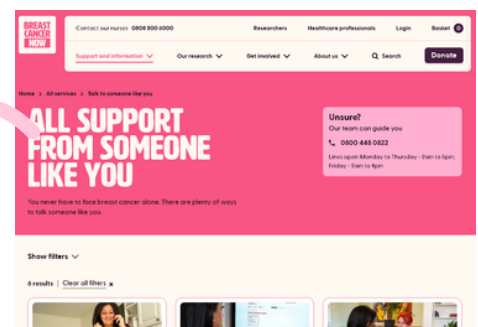
October is Breast Cancer Awareness month. Each year, about 55,000 people are diagnosed with breast cancer in the UK. It is more common in people over 50, but it can also affect younger people. The earlier breast cancer is diagnosed, the easier it is to treat. This means it's important for anyone with breasts or a chest to check themselves regularly and report any unusual changes to their doctors. For a step by step guide:

self-checkout.coppafeel.org

If you've been diagnosed with breast cancer, you can find information and support here:

breastcancernow.org

Whether it's finding good quality information, information in a different language, speaking to someone who's had a primary or secondary breast cancer diagnosis or speaking to a nurse, Breast Cancer Now is an amazing place to start.



Walking Group

Our usual monthly Walk n Talk is at **Doffcocker Lodge (BL1 5SH)** on **Friday 2nd October, 1pm** for a short, easy-paced & flat walk around the beautiful lodge. Followed by a short walk or drive to Cafe Italia 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.



HURRY! Last few places 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.

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

**To find out more & book on
please call 01204 390625**

MACMILLAN
CANCER SUPPORT



Booklet of the Month

Talking to children and teenagers when an adult has cancer

This booklet is for parents, grandparents, family members or friends who might want some help with how to talk to children & young people about their cancer diagnosis. It covers what language to use, how to deal with questions & their reactions & other sources of support.



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



A BIG thank you to our wonderful Craft Group who held their annual fundraiser for Macmillan Coffee Morning by selling beautiful hand-made gifts & putting together a great Tombola They raised a fabulous £175.



Thanks also to staff, family & volunteers & everyone who dropped in for our Coffee Morning at the Hospital Centre. We raised £148.

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to quit for good.

Search Stoptober for free support

Better
Health
Let's
do this



You are much more likely to be successful at quitting smoking if you don't do it alone. Search 'Stoptober' to access a range of FREE support, tools, information and advice on quitting smoking.

There is also a postcode lookup tool to help find local stop smoking services.

Thank you Volunteers

We wanted to say thank you to Leslie & Sheena who regularly help out at our Boots No.7 Skincare & Makeup Masterclasses by being models & meeting & looking after the ladies who attend. These sessions always get very positive feedback for being informative, fun & friendly. Our volunteers play a big part in this.

Your friendly approach & giving up time is truly appreciated.

Goodbye & thank you

We wanted to say a big thank you to Bev & Zaira, two of our wonderful Volunteers who are leaving the team. We are so grateful for the time & commitment shown to our service. All the best for whatever you do next!



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