

## October 2026 Carers Bulletin

[www.boltoncarers.org.uk](http://www.boltoncarers.org.uk)

### New Team Member - Health Partnership Co-ordinator

Health Partnership Co-ordinator – Jackie joins our team on 6<sup>th</sup> October. She will begin by connecting with our health colleagues to ensure that we can increase the number of carers identified and referred to our team. If you are a health professional and would like to connect with Jackie please email [jackie@boltoncarersupport.co.uk](mailto:jackie@boltoncarersupport.co.uk)



### Carers Assessment Feedback Session

An informal event to chat about experience and thoughts around the carers assessment process with colleagues from Bolton Council.

Wednesday 7<sup>th</sup> October  
10-12noon

Wellbeing Room at Thicketford Centre  
Light refreshments

To book your place please call 01204 363056

### Christmas Theatre Trip

Come and enjoy a lovely festive evening with us at Bolton Little Theatre, watching the much loved A Christmas Carol.

Thursday 10<sup>th</sup> December at 7.30pm

**£10**

Tickets are available now.  
We'll meet at the theatre and enjoy a little Christmas magic together.



**Carer & Cared For Welcome- Booking Essential**

### Raising Awareness of Unpaid Carers in Bolton

Are you part of a community group, professional team or organisation that works with carers? I would be happy to come along and talk about Bolton Carers Support and the vital role of unpaid carers.

The talk will include

Unpaid carers and the challenges they may face.

The support available through Bolton Carers Support.

How carers can access help and support at the right time.

How groups & professionals can better identify & support carers.

Talks can be tailored to suit your group and are a great way to raise awareness, improve understanding and strengthen support for carers in Bolton.

If you would like to find out more, please call the helpline and ask for Zoe, or email [zoe@boltoncarersupport.co.uk](mailto:zoe@boltoncarersupport.co.uk)

### Save The Date - Further Details to Follow

**Nutrition & Hydration:** Quick & Healthy Air-Fryer Snacks - 10<sup>th</sup> November 12-2pm at Thicketford Centre

**Carers Rights Day** Thursday 19<sup>th</sup> November

**Bolton Carers Support AGM** Thursday 10<sup>th</sup> December 10-11.30am at Thicketford Centre



## Relaxation & Wellbeing

### Yoga & Relaxation

Smithills Hall  
Friday 9<sup>th</sup> 16<sup>th</sup> October  
10.30-12noon

Join us at Smithills Hall for a calming yoga and relaxation session, followed by a friendly coffee and chat. Carers are especially welcome — even if you'd just like to come along for a drink, a chat and some good company.

**Carers Only - Booking Essential**

### Carers Relaxation

Thicketford Centre  
Monday 12<sup>th</sup> October  
10.30-11.30am

**Carers Only - Booking Essential**

## Socializing

### Coffee & Craft Halloween Session

Join us for some spooky halloween crafts or just pop in to keep warm and have a chat & a coffee!

Tuesday 13<sup>th</sup> October  
11-12.30pm

**Carer & Cared for welcome**

### Talking Tables

#### Information Stand

Tuesday 20<sup>th</sup> October  
1.30-2.30pm  
High St Library  
74 High Street BL3 6SZ



## Male Carers Group

Don't miss the opportunity to join us at Olympus Chippy, Great Moor Street  
Friday 9<sup>th</sup> October 2pm  
For a brew and fish & chips.  
You'll be treated to the following menu..... for **£10**.

Two course meal  
Olympus cod, chips and peas served with bread and butter, tea or coffee  
Plus choice of sweet from -

- Home-made apple pie and custard
- Home-made syrup sponge with custard
- Vanilla ice cream

Places **MUST** be pre-booked by ringing  
01204 363056

## Knit & Natter

Wednesday 7<sup>th</sup> 21<sup>st</sup> 28<sup>th</sup> October  
10-12 noon

Thicketford Centre

Knitting, crafting, coffee & friendly company

### Knit & Natter - Stay Warm Save Energy Workshop

Wednesday 14<sup>th</sup> October 11-12noon  
Join us for a friendly workshop  
**Carer & Cared For Welcome**

## Information Stand

Information, advice & a listening ear  
Wednesday 28<sup>th</sup> October  
10-12noon  
Crompton Health Centre  
Crompton Way BL8 1UP

**Join Us in October**

## Carers Hubs

Carers Hubs are warm, welcoming spaces where carers can come together to chat, enjoy a cuppa, connect with others who understand and access helpful information and support in a relaxed setting.

**Rumworth Conversation Cafe** Shanti Medical Centre, 160  
Saint Helens Rd BL3 3PH  
Wednesday 21<sup>st</sup> October 11-12noon

**Great Lever** Information Stand, Bolton Medical Centre  
BL3 6PY Monday 12<sup>th</sup> October 2-3pm

**Blackrod** Community Centre, Greenbarn Way BL6 5TG  
Tuesday 20<sup>th</sup> October 12.30-1.30pm

**Hall i' th' Wood** Greenway Community Centre BL1 8HA  
Monday 5<sup>th</sup> October 10.30-11.30am

**Daubhill** Church of the Nazarene, Southend St. BL3 3PU  
Wednesday 14<sup>th</sup> October 11-12.30pm

**Tonge Moor** UCAN Centre  
Every Monday 11-12noon

**Westhoughton** Robert Shaw Pub, Market St BL5 3AN  
Monday 19<sup>th</sup> October 10.30-11.30am

**Daisyhill** Cricket Club BL5 2EB  
Tuesday 13<sup>th</sup> October 11-1pm

**Little Lever** Christ Church Mytham Rd BL3 1JE  
Wednesday 21<sup>st</sup> October 11-12noon

**Bromley Cross** Library The Crescent, BL7 9JU  
Tuesday 13<sup>th</sup> October 2-3pm

**Kearsley** Methodist Church, Manchester Rd  
Tuesday 20<sup>th</sup> October 10.30-11.30am

**Both carer & cared for are welcome to attend.**



Helpline on 01204 363056 Monday-Thursday 10-4pm  
email: [info@boltoncarers.org.uk](mailto:info@boltoncarers.org.uk)

