

Bolton Carers Support

December 2025 Carers Bulletin

www.boltoncarers.org.uk



Bolton
carers support
supporting you... because we care



Christmas & New Year Helpline Opening Hours

Monday 22nd December - 10am to 4pm
Tuesday 23rd December - 10am to 4pm
Wednesday 24th December - 10am to 4pm
Thursday 25th December - Closed
Friday 26th December - Closed
Monday 29th December - 10am to 4pm
Tuesday 30th December - 10am to 4pm
Wednesday 31st December - 10am to 4pm
Thursday 1st January - Closed
Friday 2nd January - Closed

Annual General Meeting

10.30-11.30am
Wednesday 17th December 2025
(rearranged date)
Bolton Carers Support
Thicketford Centre
Tonge Moor
BL2 2LW
Pop along to our AGM, have a chat and enjoy a mince pie.
Book your place on 01204 363056

Healthier Carers Together – The National Lottery Community Fund

We're delighted to share some wonderful news — Bolton Carers Support has been awarded a further five years of funding from The National Lottery Community Fund. This will support our new Healthier Carers Together project, beginning in January 2026. The project builds on what we've learned from our previous work, helping us develop even stronger support for carers across Bolton.

With this funding, we aim to strengthen our commitment to ensuring every carer in Bolton feels valued and receives the information, care and support they deserve. Healthier Carers Together will allow us to work closely with both established carer communities and those who may not yet have accessed support. Through strategic and partnership working, we will continue to amplify carers voices and give them a platform to help shape local change.

This is fantastic news and with the continued support of Bolton Council, we are able to carry on our vital work ensuring that Bolton's carers receive the support they need and are entitled to. Look out for more information in our next bulletin about how you can get involved.



Thank you!

We had an amazing Carers Rights Day at the Light Cinema showcasing the brilliant, innovative, creative and emotive work being undertaken across Bolton to make a difference to the lives of unpaid carers. A hidden army of individuals who carry on not just on Carers Rights Day but EVERY day!
We definitely are stronger together. We will share in our next bulletin how you can view the carer films shown at the cinema. Thank you once again to all who joined us!

Unlocking Wellbeing in Bolton

After three years of dedicated funding, the Unlocking Wellbeing in Bolton project has now come to an end. We've really enjoyed working together with all our partners to raise awareness and promote wellbeing for carers across Bolton. A heartfelt thank you to everyone who supported the project including our friends in local churches, libraries, neighbourhood teams, community groups and many other community venues.
A special thank you also goes to the carers who joined us along the way. It's been wonderful to see so many people enjoying our wellbeing coffee mornings at King's Church and the Octagon, attending football matches and stadium visits, coming along to plays and choir sessions, taking part in wellbeing events and joining our yoga and relaxation sessions. We're pleased to share that several of the community groups established through this project will continue as part of our new project, Healthier Carers Together. This means carers will still have access to supportive spaces and opportunities to stay connected as we move forward with the next chapter.



Mini Christmas Market & Mince Pies

Wednesday 10th December 12.30-3.30pm - Thicketford Centre

Step into the festive spirit with us!

Join fellow carers for a cheerful afternoon of Christmas shopping, mince pies and plenty of seasonal fun. Browse a selection of gorgeous handmade gifts from Ayleen's Crafting Group and Sally's 'Pocket Money' gifts, perfect for those last-minute presents.

We'll also have some light-hearted Christmas games and activities, with chances to win prizes for a small entry fee with lots of fun and festive laughter.

A welcome break before Christmas arrives.

Carers Christmas Quiz on Zoom!

Join us on zoom for a festive themed quiz!

Thursday 18th December
12.30-1.30pm



Four lovely ladies who have recently completed their Reiki Level 1. New dates coming in the New Year.



Ladies enjoying our recent Carers Wellbeing Morning.

Carers Hubs

Carers Hubs are warm, welcoming spaces where carers can come together to chat, share experiences and take a well-earned break. Enjoy a cuppa, connect with others who understand and access helpful information and support in a relaxed setting.

Both carer & cared for are welcome to attend.

Daubhill Church of the Nazarene BL3 3PU
Wednesday 10th December 10.30-11.30

Tonge Moor UCAN Centre
Every Monday 11-12noon

Little Lever Christ Church Mytham Rd
Wednesday 17th December 11-12

Kearsley Methodist Church, Manchester Rd
Tuesday 16th December 10.30-11.30

Thicketford Centre Thicketford Rd
Wednesday 3rd December 10-12
&
Thursday 10th December 12.30-3.30

Carers Christmas Social

Join us for a cosy festive morning, with coffee and cake, Christmas crafts, and a few light-hearted games to get everyone into the seasonal spirit. It's a lovely chance to relax, chat with other carers and enjoy some Christmas cheer together.

**Wednesday 3rd December
10-12**

Thicketford Centre

If you would like to book on to any of our activities or hubs please call our Helpline on
01204 363056 Monday-Thursday 10-4pm or email info@boltoncarers.org.uk
Booking is essential to secure your spot!