



ambition  
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## AMBITION FOR AGEING CROMPTON WHAT'S ON GUIDE

### All Souls Community Centre, Astley Street, Bolton. BL18EH.

#### TALK ENGLISH SESSIONS

These sessions run on Thursdays 12:30-14:30 in Huddle Up café which is situated inside All Souls Community Centre. These sessions provide an opportunity for people over 50 to come and practice talking in English, with helpful volunteers facilitating conversations to help you improve your skills and confidence. If you would be interested in finding out more or taking part in these sessions then please contact Yasmin Holgeth on [yasminholgeth@ageukbolton.org.uk](mailto:yasminholgeth@ageukbolton.org.uk) or call 01204 832114

#### REMINISCE GROUP

A very friendly group who meet to chat and share stories of what they remember about Bolton and the area they live/lived in. Everybody is welcome, even if you are new to Bolton, you may enjoy listening to what it was like here in past-times.

This group meets at **10am on the first Wednesday of every month** for more information contact Margaret Koppens on 01204 597644.

#### CHAT & NATTER

Huddle Up Café is a café situated within All Souls Community Centre and they are part of the Chatty Café Scheme. This means they provide a chat and natter table in their café where you can sit and join in conversation with other local residents. The café also provide a 'suspended coffee' service which means if you cannot afford to purchase a coffee from the café, you can ask for a coffee on the house which would have been kindly paid for in advance by other customers who wanted to do something nice to make you smile. To find our more contact All Souls Community Centre on 01204 385868 or pop into Huddle Up Café on **Thursdays 10:00-12:00** for a chat and natter meet-up.

### BREATHING BUDDIES

Chair yoga and mindfulness for carers. These sessions have been designed to educate on relaxation techniques to support with positive mental health and wellbeing.

Sessions run every **Thursday at 11:45**. For more information contact Kay Birkett **07738910980**.

### COMMUNITY WELLBEING PROGRAMME

Residents from the Crompton and Halliwell area are invited to join 'Team Boo' for a series of practical wellbeing sessions which will enable you to be at your best. These sessions run monthly and are aimed to give your wellbeing a boost. For more information on the next session contact 'Team Boo' – [hello@boo-consulting.com](mailto:hello@boo-consulting.com) or call **01204 357980**. Each session asks for £1 donation to be given to Bolton Young Persons Housing Association.

### CRAFTS AT ALL SOULS

This crafting group works on various projects throughout the year and is currently making a community quilt which will be displayed within the community center. If you would like to join in and take part in embroidery, crocheting and knitting then come along on a Thursday from 1pm-3pm or get in touch with **Carol Bernard on 07974141295**.

### BELL RINGING

Come over to All Souls Community Center and have a go at Bell Ringing in our Church tower. We will be on hand to give you a hand and make sure that you have a fabulous time. This experience is free and is available on **Wednesday evenings at 7pm**, to book your place contact **Andy 07791208865**.

### M A Mission Learning Centre, Halliwell Road, Bolton. BL1.

#### MACMILLAN MONTHLY COFFEE MORNINGS

M A Mission learning centre would like to invite you to join in with their monthly coffee mornings, which aim to raise funds for Macmillan Cancer Support. These are held on the first **Thursday of each month 9-11**. For more information contact the M A Mission team on 07400008135.

### SDI Youth Education Centre, 33 Hibbert Street.

#### ZADA ELDERLY SERVICES

ZADA group meet and deliver various activities from Hibbert Community Centre, the group are also developing an elder's forum and would like you to join in. Their forum will meet on **Tuesdays 12 midday** at SDI Youth Education Centre on Hibbert Street, just a minute away from Hibbert Centre. For more information on this group please contact Hanif on 07975909658 or email [zada.age@gmail.com](mailto:zada.age@gmail.com).

### LAKES ACTION FOR RESIDENTS ASSOCIATION (LARA GROUP)

LARA group are currently delivering a project which aims to use the groups gardening skills to tidy up local green spaces and plant flowers to make their local area more attractive. If you live in the Crompton ward and would like to get involved then get in touch with **Habib** on **07727106098** or email [lakes.lara@gmail.com](mailto:lakes.lara@gmail.com).

### Costa Coffee in Waterstones, Central Bolton

#### BOLTON CARERS SUPPORT DROP IN AND SOCIAL GROUP

A friendly welcome awaits you in a place where you can socialise and make new friends. Bolton Carers Support can help you find out information, advice and support around any caring responsibilities you have. The 1<sup>st</sup> Tuesday of every month 11am-12pm. To find out more information contact **Zoe Hill** on **01204 368042**.

### Cobden Community Centre - 22 Felton Walk, Bolton, BL1 8EN

#### GENTLE MOVEMENT TO MUSIC EXERCISE WITH AGE UK

Our mix of gentle movement to music and chair based exercise is ideal for those looking to keep active at their own pace. This session can also be adapted to suit your needs. Ran by Age UK every **Tuesday 11am-12pm** and is free to attend. For more information contact **Lucy Bird** on **01204 337877**.

#### YOGA AND STRETCH

This class focusses on a range of yoga exercises including breathing techniques and strengthening exercises to help with balance and stability. Participants can exercise from a chair or on their feet and the class is suitable for differing abilities. The instructor is also multi-lingual and is happy to translate instructions into Gujarati. To join in the fun come along on a **Wednesdays 10-11am**, each session costs £1.50, for more information contact **Priya Punam** on **07983578564**. This session is supported by the Crompton Ward Neighborhood Management.

### Greenways Community Centre, Crompton Close, Hall-ith-wood, Bolton BL1 8UA

#### WONDER WOMAN WITH BOLTON AT HOME

A women's group to help improve confidence, whilst taking part in crafts and sewing, and learning about local services available to help improve your quality of life. Every **Tuesday 1pm-3pm**. For more information contact **Sara** on **01204 37988**.

#### CRAFT GROUP - BOLTON AT HOME

Come along and try your hand at a range of free crafts. Every **Wednesday 12:20pm-3pm**. For more information contact **Lynn** on **01204 327990**.

### **OLDER PEOPLES GROUP/COFFEE MORNING**

A weekly coffee group ran by local residents where people can chat, make friends and find out what's going on in the area. Every **Wednesday 10am-11:30am**. For more information contact **Lynn on 01204 327990**.

### **Drummond Street Community Centre - Drummond Street, BL1 6QQ**

#### **LUNCHEON CLUB - WITH AGE UK BOLTON**

A friendly smile and a hot 2 course lunch is waiting for you at the Age UK Luncheon club. The weekly lunch and leisure club provides the perfect opportunity for a good quality and good value meal; a choice of social activities and relaxed social contact in a friendly and welcoming environment. Every **Thursday 12pm-1pm**. For more information contact **Heather on 01204 701525**.

### **DRUMMOND STREET CRAFT & CULTURE GROUP**

A group set up to have a good chat, reminisce about the old days and get involved in crafty projects. Previous projects have included being heavily involved in the poppy project on the town hall for Remembrance Sunday, making a panel for display during the Holocaust memorial service and 'make do and mend' projects. The group are organising a Vintage Tea party on Saturday 22 July and are currently making vintage style items to be displayed and sold. The group meet every **Monday 10am-12noon** and its 50p for tea and coffee. Please ring **Lesley on 07919 555284**

### **BINGO**

If you enjoy a natter and a game of bingo, this is for you! Bingo, chat and get together. Everyone welcome. Prices are various depending on how many games you want to play. The group meet. They meet on some afternoons and some evenings. Please ring **Lesley on 07919 555284**

Monday 5pm - 8.20pm

Tuesday 1pm - 4pm

Wednesday 5pm - 8.30pm

Friday 5pm - 8.30pm

Saturday 5pm - 8.30pm

### **IT CLASSES**

Come along and get to grips with your tablet and the internet. We have 3 different sessions for people of all abilities.

**Improver group: 9.30am - 10.30am**

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July 18' Edition



Our improver group is a small group of 5 people, who started off as absolute beginners, but can now send emails and order items online but are still learning.

## **Absolute beginners: 10.30am - 11.30am**

Do you know nothing about computers or the internet? Do you want to know more? If yes, then our Absolute Beginners group is just for you. Our very patient and easy to get on with IT tutor can help you learn how to get online and use a tablet.

## **Confident Surfers: 11.30am - 12.30pm**

This session is for you if you can get online, but want to learn more, such as photograph editing, uploading photos or selling items on the internet etc.

The sessions run Tuesday mornings and cost 50p for tea and coffee. Please ring **Lesley on 07919 555284**.

## **COFFEE MORNING**

Coffee and a chat for older people. There is a small charge for tea and coffee and they meet on Wednesday mornings between **8.45am-11am**. Please ring **Lesley on 07919 555284**.

## **GAMES EVENING**

Residents run this games evening and everyone is welcome. They play darts, dominoes and cards. Bring your own refreshments for a fun filled evening on **Thursdays 6.45pm-10pm**. Please ring **Lesley on 07919 555284**.

## **WRITERS CLUB**

This group meet to discuss and critique their own writings. They meet fortnightly and break for summer. The group meet on alternative Fridays between 10am-12noon. Please ring **Lesley on 07919 555284**

## **The Octagon Theatre - Howell Croft South, Bolton, BL1 1SB**

### **ART BEAT**

A drama based arts and activities group, for the over 50's. If you have a passion for the arts, and want to come and get involved in a range of performances, then this is the group for you. Art Beat costs £50 for 10 sessions (1 term) and meets weekly on **Wednesdays from 10:15am - 12:15pm**. Please email [wesley.pearce@octagonbolton.co.uk](mailto:wesley.pearce@octagonbolton.co.uk) to be added to the mailing list or call **01204 556501** to find out more.

## **Ask Sara**

### **NEW ONLINE RESOURCE**

Ask Sara is a new online tool to help you explore different equipment and telecare which is available to help keep you in control of your health, in your home and with your daily

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activities. This resource was developed by The Disabled Living Foundation and has been funded by Bolton Council to enable us to access it for free, with no registration required.

Why not take a look by visiting: <https://asksara.dlf.org.uk/>

**If you would like to find out more about groups in your area then contact the Community Asset Navigator team from Bolton CVS, this team will be happy to support you in finding the right group for you. Contact: [can@boltoncvs.org.uk](mailto:can@boltoncvs.org.uk) 01204 546048**

**If you require this guide in audio format and live in the Halliwell, Crompton or Tonge with the Haulgh area of Bolton then contact Michael Tatman at Bolton News Talk on 07547 914637 to access your free audio version.**

This guide was created by Ambition for Ageing Bolton, which is a partnership project between Age UK, Bolton CVS and Bolton at home; working together to help your community live well and stay connected in later life.