



ambition
for
ageing



AMBITION FOR AGEING HALLIWELL WHAT'S ON GUIDE

Third Space Café, 133 Deansgate, Bolton Centre.

DEMENTIA FRIENDLY CAFE

Third Space Cafe invites you to come and have a relaxing time at their dementia friendly space. This café holds weekly activities and opportunities to socialize with others, and is open every **Monday**. To find out more ring the café on **01204 384233**.

Bolton Central Library & Museum, Le Mans Crescent, Bolton

SPORTING MEMORIES

Do you love talking about sport? Sporting Memories Network and Bolton Wanderers Community Trust are inviting you to join their friendly group for older sports fans. They meet every Tuesday at Bolton Central Library from 10:30-12:00. For more details contact Richard on 07867459210 or email rslater@bwct.org.uk

DOWN MEMORY LANE

Come along and experience the reminiscence boxes, have a chat and share memories, with tea and biscuits provided. This group meets on the **1st Wednesday** of each month from 11:30-13:00, for more information contact Dawn Crossley dawncrossley@ageukbolton.org.uk or call **01204 701525**.

Bolton School, Chorley New Road, BL1 4PA

Love Walking? Love Sports? Love A Cuppa?

Then Walking Sports is for you!

Walking sports is a great opportunity to get some gentle exercise with like-minded people and get a little bit fitter.

Walking rugby, cricket and hockey available.

Men and Women welcome.

For more information contact Peter from Prime Sports on 01204 597248

Hamers Butchers, 218 Chorley Old Road, BL13BW

MEAL DELIVERY SERVICE

This local butchers provides a mobile service of freshly prepared meals made with locally sourced ingredients to the homes of those who are unable to get out to the shop. To find out more about this service telephone **Dave from Hamers on 01204 843676**.

Bolton Central Library Activities - Bolton Town Centre

CHAIR YOGA WITH AGE UK BOLTON

Help loosen your joints and keep yourself active, healthy and feeling good. Come and join us **every other Tuesday** starting 21 March from **1.30pm-2.30pm** for an hour of chair based yoga and relaxation. Booking is essential, call **Lucy on 01204 337877** or speak to a member of the team at the library.

St Luke's Church Activities - Chorley Old Rd, Bolton

WEDNESDAY CLUB

This popular weekly lunch club is an opportunity to enjoy a fresh hot meal in a relaxed and friendly environment, with opportunities to also take part in trips, activities and listen to guest speakers. These volunteer ran sessions are £3 to attend and run from **12pm-1:30pm**. To find out more or to book your place ring **Eileen on 01204 843060**.

HALLIWELL LOCAL HISTORY SOCIETY

A friendly and informal group who meet with a shared interest in local history, this group has regular guest speakers who visit to inform on topical information around past times in and around the town. This group meets on the **last Tuesday of every month at 19:30** and there is a £2 charge for none members. For more information contact **Margaret Koppens on 01204 597644**.

Jubilee Day Centre, Darley Street, BL13BX

BOLTON CARE4

A group for parents and carers of adults with learning disabilities. We are a social and supportive network who meet on the **first Tuesday** of each month to listen to guest speakers and share our knowledge to be there for one another. Meetings run from 7pm-9pm and we welcome any new faces. To find out more contact 01204 306971.

Spinningfields Sheltered Housing - Halliwell, Bolton

CHAIR BASED EXERCISE WITH AGE UK

A gentle exercise class for those who want to keep fit and healthy in later life. If you want to join in, come along on **Wednesdays 10am-11am**. For more information contact **Lucy Bird on 01204 337877**.

Anchor Whitecroft Housing - Vernon Street, Bolton, BL1 2PR

BOLTON CARERS GROUP - HALLIWELL SCHOOL HILL AREA

A monthly group ran by Bolton Carers Support where carers can come together to take a break and talk. This Group meets **10am-11:30am** on the first **Thursday** of each month. (group situated in the communal lounge). For more information contact **Jenny on 01204 368045**

Crumbs Café, 142 Chorley Old Road, BL13AT

SOCIAL SPACE AND MEAL DEALS

Crumbs Café is an accessible café with age friendly seating and promotional lunch deals for the over 60's community to encourage a social meeting place where local residents can meet and make friends. To find out more pop into the café, open **daily from 8am-2pm**.

Shepard Cross Street Allotment - Halliwell, Bolton

GARDENING PROJECT

An allotment group that aims to get people social and active, in a natural environment. This group is open to anybody from the local community that has an interest in gardening. If you are interested in getting involved contact **Richard on 07891 967320**. This group meets every **Tuesday 2pm -5pm**.

Bolton Hindu Age Inspiration Activities - 1 Thomas Holden Street, Halliwell, Bolton

POTTERY CLASSES

Come and join us every Thursday, **11am - 1pm** for our pottery class, all abilities welcome! £1 per person. To find out more contact Hemal Lad at the BHA office on 01204 527492 between 10am-1pm or on the BHA mobile on 07497 060705.

YOGA CLASSES

Want to stay fit and healthy, why not give yoga a go? At £1 a session, these classes are an ideal opportunity to try something new, and keep yourself active, whilst meeting new people. This class runs every **Monday 11:15-12:15**. For more information contact Hemal Lad at the BHA office on 01204 527492 between 10am-1pm or on the BHA mobile on 07497 060705.

Halliwell Befriending Service Activities – Venue currently under refurbishment so contact the telephone number below to find out where each activity is taking place

KNIT AND NATTER

If you enjoy crafts, card making and having a knit and natter, why not come along to Jessie's over 50s crafts workshop. This group meets fortnightly, on **Tuesday afternoons 1:30pm-3:30pm**. For more details call **01204 840808**.

COMPUTER GROUP

A chance for you to develop your computer skills, suitable for all abilities. Held every **Thursday morning 9:30-11:30**. For more information call **01204 840808**.

ACTIVITIES AFTERNOON

Come along to HBS and Contour Homes men's activity group where you can take part in a range of games and activities such as dominos, darts and snooker. This group meets **fortnightly on Tuesday 1pm-3pm**. For more information call **01204 840808**.

Halliwell UCAN Centre Activities - Hatfield Rd, Bolton BL1 3BU

HALLIWELL MENS GROUP

Your community welcomes you to this supportive social network ran by men who are looking to help shape the local community. If you want to build confidence and get involved then this group is for you, it meets every **Wednesday 10-12** for more information ring **Halliwell UCAN Centre on 01204 335233**.

CREATIVE BALLET CLASSES

Our over 50's creative Ballet sessions combine Ballet technique with creative elements explored through use of props including ribbons and scarves. We explore a mixture of low and high intensity routines to develop balance, flexibility and strength. No previous experience needed all abilities welcome. Each session costs £3 and run every **Thursday 10:30-11:30**. For more information contact **Amy Greenhaulgh 07976446813**

GADGET DROP-IN

This is a drop in, where members of the public can get free friendly and supportive advice on how to use any electronic gadgets. If you have a new phone and are struggling to text, or have an IPAD and want to know how to fill it with your favourite books, this is the place for you to find out how. **1pm-4pm every Wednesday Call 01204 335407** for more details.

KNIT AND NATTER

A group that does a lot more than what is in the name! This could be your chance to meet other like-minded people and create different pieces of textile art, from knitting to sewing, or just to meet others for a chat, this group has it all. This group meets on **Fridays 11am-2pm**. For more information call **01204 335407**.

GENTLE STRETCH & EXERCISE

A gentle to moderate exercise class for those who want to keep fit and mobile. If you want to join in, come along on **Mondays 12:30-1:30**. For more information contact **Get Active on 0800 458 9029**. Each session costs £1.

CARIBBEAN ELDERS ASSOCIATION

This group was originally set up, to create a supportive network for local Caribbean residents, but over time has developed into a multicultural crafts group that has regular social meals and trips out. This group is open to everybody from any ethnicity, so why not come along and find out more? Every **Monday 10am-12pm**. For more information call **01204 335407**.

FOOD GROWING PROJECT

This group is an opportunity to show off your green fingers. Supporting other local residents to grow seasonable edible produce. This group meets every **Wednesday 1pm-3pm**. For more information call **01204 335407**.

Victoria Hall Activities - Central Bolton, BL1 2AS

MEMORY CAFÉ - BOLTON DEMENTIA SUPPORT

A café which offers a friendly relaxed and welcoming setting where people living with dementia and their families can meet others in similar situations, to share experiences and find out how and where they can get help. Every **Monday 2pm-4pm**.

Jubilee House Activities - Gas Street, Bolton BL1 4TU

NINTENDO WII

Have you heard about the 'Nintendo Wii' and wondered what it's all about? Come along on Monday afternoons and find out how you can play bowling on the TV! It's fun, you can make new friends and get a bit fitter in the process! We meet on Mondays in the ground floor community room 1.30pm - 3.30pm. Please ring **Lesley on: 07919 555284**.

POOL TOURNAMENT

Calling all men who enjoy playing pool! We have a monthly pool tournament. Anyone can join in, both beginners and experts alike. The competition is on the 3rd floor community room once a month on Wednesdays 1.30pm-3.30pm. Please ring **Lesley on: 07919 555284**.

St Georges' Court Activities, off Back Lane, Bolton, BL1 2DP

BINGO

Calling all bingo enthusiasts, or even those who just want to get out the house, have a chat and make some new friends. Everyone is welcome and you even get a cup of tea and a biscuit! The group meet on Mondays 1pm - 3pm and Fridays 6.15pm - 8.30pm. Prices vary depending on games played. Please ring **Lesley on 07919 555284**

KNIT, NATTER & CROCHET

Want to catch up as you crochet? Socialise as you sew? Knit as you natter? Come along and join Elaine and Kellie for our free group sessions on **Thursday afternoons 1.30pm-3.30pm**

GUIDE FOR 50 + ACTIVITIES IN HALLIWELL

July 2018 Edition



Starting 25 May (3rd floor). Beginners or experts welcome! Or just come along for a chat and a brew. Please ring **Lesley on 07919 555284**

Home Instead Office - Hamill House, 112-116 Chorley New Road, Bolton BL1 4DH

BOLTON CARERS GROUP - HALLIWELL GILNOW AREA

A bi-weekly group ran by Bolton Carers Support where carers can come together to take a break and talk. This Group meets **1pm-3pm on the 2nd Wednesday** of every month at. Ask at the reception for directions. For more information contact **Jenny on 01204 368045**

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 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 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.