

# GUIDE FOR 50 + ACTIVITIES IN TONGE & THE HAULGH

JULY 18' EDITION



## AMBITION FOR AGEING TONGE & HAULGH WHAT'S ON GUIDE

**Bolton Sea Cadets Building, 101 Castle Street, BL2 1JP**

### ENGLISH AS A SECOND LANGUAGE

Speak English, make friends and learn more about where you live. If you know a family member, friend or neighbor who would benefit from English practice, please get in touch with Sarah on 01204 329653 or email [sarah.taylor@boltonathome.org.uk](mailto:sarah.taylor@boltonathome.org.uk) these sessions run every **Wednesday 9-11AM**.

### THE PEOPLES QUILT PROJECT

This project is for all levels of sewing experience, and is encouraging people with an interest or passion in sewing to come and join in the sessions. The project meets on **Wednesdays 10:00-11:30am**.

### MIND AND BODY MONDAYS

Need to learn to relax? Want to improve your health and wellbeing? Want to lose weight? Join us for this new, free five week relaxation course including hypnotherapy to help change your relationship with food for good. **Mondays 13:00-14:30PM**. To book on contact Sarah on 01204 329653.

**Bridge Coffee Shop, 109 Bradford Street, BL2 1JX**

### JOIN THE HAULGH COMMUNITY WRITING GROUP

Whether you want to blog about baking, pen a personalized poem or bash out a best seller, come to our writing group where everyone is welcome and we try new techniques and meet new friends. For more information contact Carole [boltonpoetry@hotmail.com](mailto:boltonpoetry@hotmail.com) or call 07801231219. We meet on the **third Friday of each month, 13:00-15:00PM**.

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**The Sensory Centre at Thicketford, 336 Ainsworth Lane, Tonge Moor, Bolton. BL22QL (activities at this centre are aimed at people with sight loss)**

## LIVING WITH SIGHT LOSS COURSE

This free course is delivered by Henshaws and aims to give you information and advice about living with your sight loss. You'll be able to find out more about your eye condition, talk to other people experiencing the same issues as you, and learn about the procedures at the eye hospital and the benefits of registration. This course runs for 6 weeks, to find out when you can start call 0300 222 5555.

## BRILLE GROUP

Braille is a great way to read and write and can increase your independence. If you're interested in learning, or would like to increase your skills, come along to our weekly group on **Tuesdays 12:00-15:00pm**

## HENSHAWS LUNCH CLUB

Every **Wednesday 10:30-14:15pm**

## HENSHAWS TEA AND COFFEE AFTERNOON

Every other Thursday **13:00 – 14:30pm**

## HENSHAWS TECH TALK

A group that discusses new and existing technology for visually impaired people of all skills and confidence levels. Come and join us on the first **Thursday of the month 10:30-12:30pm.**

## **Bolton Parish Church, Kestor Street, BL22AN.**

### FREE ESOL SESSIONS

Relaxed and friendly English classes for speakers of other languages who want to improve their language skills, build confidence and learn more about what's going on in their local community.

This group meets every Wednesday from **9am-11am**, for more information contact **Sarah on 01204 329653.**

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**Meadowside Community Centre, 1 Meadowside Avenue, Tonge, BL22SS.**

## **GOLDEN OLDIES**

A warm and welcoming group, which invites people to come together and have fun, whilst taking part in crafts, coffee mornings, game sessions and much more, so why not come along and join in the fun!?

This group meets every **Monday** 9:30 -11:30, **Tuesdays** 14:00-16:00, **Wednesdays** 9:30-11:00, **Thursdays** 14:00-16:00. For more information contact **Sarah on 01204 329653.**

**Moorgate Primary School, 1 Entwistle Street, BL22RH.**

## **INTERGENERATIONAL GARDNING CLUB**

A free Gardening Club working with school children, parents, grandparents and local elderly residents to share skills and knowledge to grow vegetables and flowers. This club is based in a community green space attached to the school grounds, and they welcome you to come and get involved. **Tuesdays 3:30pm-4:30pm.** Anybody interested in getting involved should contact Mrs Heyes on **01204 333477.**

**St Chads Church, Longworth St, Tonge Fold BL2 6AW**

## **WEDNESDAY LUNCH CLUB**

This friendly lunch club is ran by Team Tonge Fold and they welcome you to come along, share a meal and take part in various activities.

This club meets every other Wednesday and costs £3 per week, for more information and to book yourself a space contact **Sarah on 01204 329653.**

## **OVER 50'S YOGA CLASSES**

Yoga sessions for all abilities, delivered by a friendly community ambassador. Come along to improve your health and make new friends.

These classes run on **Mondays at 10am** from St Chads Church Hall, for more information contact **01204 526773 / 07902168335**

## **SATURDAY COFFEE MORNING**

Looking for something to do on a Saturday? Come on down to the Team Tonge Fold coffee morning, held 10:30-12:00 on the **2<sup>nd</sup> Saturday** of each month. For more details contact Team Tonge Fold on [vhkm@talktalk.net](mailto:vhkm@talktalk.net).

## **SLIMMING WORLD**

If you're looking to lose weight, why not join your local slimming world group?

This group meets every **Tuesday at both 10am and 6:30pm.** For more details contact Team Tonge Fold on [vhkm@talktalk.net](mailto:vhkm@talktalk.net).

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## Eldon Extra Care Unit, Lansdowne Road, BL2 2JH

### COFFEE AND DOMINOS

Eldon Extra Care Unit hold a **daily** coffee and dominos activities session for residents, and are welcome to members of the public coming along and joining in the fun. If this sounds like something you would like to get involved with contact Karen Thomas 07776 160793/ **01204 337168**.

## The Bridge Church, 109 Bradford Street, Bolton. BL21JX.

### BRIDGE LIFE

Every Thursday the Bridge Church offer 'BRIDGE LIFE' which is a warm and welcoming place to get involved in a mix of free social activities from crafts and games to pampering. For more information or to get involved contact Sue on 01204 361704.

## Thicketford Centre, Thicketford Road, Bolton BL2 2LW

### V.I.P Saturday Social: Social Action for the Visually Impaired

Feeling isolated due to your eye condition?

Come along and meet new friends at our V.I.P Saturday Social which is run by you, for you. Enjoy a freshly cooked meal, unlimited refreshments, activities, trips out and much more. £5 to attend per week, for more information contact: [savibolton@gmail.com](mailto:savibolton@gmail.com) / **07968815509**.

### CARERS, COFFEE AND CAKES DROP IN

Are you a carer? Do you sometimes feel a bit isolated and want to meet others for a chat? Do you like coffee and cake? If so, come along to one of our monthly drop ins at Bolton Carers support at the Thicketford Centre. Contact Bolton Carers to find out more on **01204 363056** or [zoe@boltoncarersupport.co.uk](mailto:zoe@boltoncarersupport.co.uk)

### CREATIVE CRAFTERS

Make different crafts, share skills, drink a cuppa and have a natter with fellow creative crafters. This group meets on **Tuesdays** (except the first in the month) from 10am to 12 noon. Carers Ayleen Benischke and Pat Stazicker run the friendly sessions. For further information please contact **Bolton Carers Support on 01204 363056**.

### TWO NEW FEET.

Finding it difficult to reach your feet?

Two New Feet offers a toenail cutting service by trained health therapists at affordable prices.

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Available every **Wednesday from 9:30-12:30**, to book an appointment contact **01204 337537**.

## The Fusion Centre, 2-8 Connaught Square, Bolton BL2 2JA

### FUSION FILM CLUB

Fusion provide a **monthly Monday film club** which is free to attend and provides an opportunity to enjoy a modern film alongside other local residents and in addition have hot drinks and biscuits for £1. For more information on the next screening contact Gaynor Cox on 01204 329706.

### FUSION IT Drop In

Would you like to improve your IT skills? Are you baffled by computers, laptops, smart phones and digital technology? Do you want to get online and get connected? Come along to one of Fusion Centres welcoming IT Drop In sessions; Every **Thursday 10-12** for more information contact Fusion Centre on **01204 380814**.

### CHRISTINE'S CRAFT SESSIONS

Take part in crafts, meet new friends and find out more about your local community centre. Christine's craft sessions run every **Tuesday 2.30pm - 4.30pm**. £1.50 per session. To join in the fun, contact the Fusion Centre on **01204 380814**.

### FUSION ART WORKSHOP

Want to improve your painting and drawing abilities? This class is run by an experienced tutor. Come along to one of his classes which meet every Thursday morning **10am - 12 noon** at £2.50 per session. To find out more details, get in touch with the **Fusion Centre on 01204 380814**.

### FUSION CAFÉ

Run by local community members, Fusion Café is open **every Tuesday** from 10am - 12 noon and has some great deals including full English Breakfast for £3. Pop in and say hi, or to find out more, contact the **Fusion Centre on 01204 380814**

### FUSION MONTHLY GAMES NIGHT

Take part in the Fusion monthly games night which runs on the **first Monday** of every month from 6.30pm (adults only). Cost per session is £2 including refreshments. To find out more details, get in touch with the **Fusion Centre on 01204 380814**.

### MEN IN SHEDS

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Your local men in sheds group invites you to come and get hands on a practical in their workshop. This group meets **every Friday**, to find out more contact **Gav Isherwood 01204 329566**.

## ON YOUR OWN CLUB

This group was set up for people who felt they were on their own, isolated and lacking support. The group have fortnightly coffee mornings on Wednesdays and use these as a chance to plan and discuss future trips and outings, they also have a monthly activities or bingo night. To find out more contact **Derek on 01204 380814**.

## Tonge Children's Centre, 260 Startkie Road, Bolton BL2 2ED

### GENERATION RE-UNITED!

An exciting new group which aims to bring together different generations. This group has something for everyone. If you feel young, whether you are a child, carer or of more mature years, join us for arts, food, card games, music, dance and much more. We meet every **Monday from 3.30pm - 5pm**. For more information please contact **Alison on 07980 110121**.

## St Andrews Methodist Church, Tonge Moor Road, Bolton BL2 3BJ

### GENTLE STRETCH EXERCISE

Weekly gentle stretch exercise sessions for those who want to keep their bodies active. Sessions run on **Fridays 10:30-11:30 & 11:30-12:30** each session costs £1 to find out more contact Get Active on **0800 4589029**

### GENTLE MENS EXERCISE SESSIONS

Men's weekly gentle stretch exercise sessions for those who want to keep their bodies active. Sessions run every **Monday 9:45-10:45** and cost £2 to attend. To find out more contact Get Active on **0800 4589029**.

### GENTLE YOGA SESSIONS

Weekly yoga sessions to learn breathing and muscle strengthening techniques. Sessions run every **Monday 2pm-3pm** and cost £2.50 to attend. To find out more contact Get Active on **0800 4589029**.

### PILATES

Join in these weekly pilates session to build up strength and refresh your mind. Sessions run on **Wednesdays 2pm-3pm & 3pm-4pm** and cost £2 to attend. To find out more contact Get Active on **0800 4589029**.

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## 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](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.

