

# Ageing Well

## ●●● Programme Guide ●●●



***Find out what we  
have on offer for  
Bolton's over 50s***

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## A Word from Lesley

Our Ageing Well services, clubs, activities and social events are a huge part of what we do here at Age UK Bolton. I hope this booklet proves to be a useful guide to what we have in your area, as well as around the Bolton borough.



Whether it's services like Befriending, creative classes, such as our art and craft based classes, or simply social interaction and a bit of fun, we hope you can find something to tickle your fancy within these pages. For more information or to book onto any of our services, don't hesitate to get in touch.

*Lesley Simm*

Lesley Simm

Ageing Well Manager, Age UK Bolton

# About Ageing Well ●●●



Ageing well is something that we feel everybody deserves the opportunity to do. We have put together a collection of services, classes and events that can help enrich the lives of those who get involved.

A lot of what we offer is based at the Ageing Well Centre, on Cross Street in Farnworth, but there is much more on offer throughout all of Bolton

We have services, such as Befriending and the shorter-term PALs (Promoting Active Lives) Project, which focuses on friendship, social interaction, developing confidence and reducing isolation for older people

Our classes are a great way to meet new people as well as learning new skills or simply polish up or rejuvenate skills and passions you already have.

Our social events never fail to get a good time going, whether through guest speakers, musicians, activities or simply through good old conversation.

Whatever you are looking for, we hope you can find it in our Ageing Well Programme Guide.



# Meet The Team ●●●



**Lesley Simm**

Ageing Well Manager



**Vicky Urmston**

Ageing Well Coordinator



**Emer Fostyk**

PALs Coordinator



**David Boardman**

Ageing Well Centre  
Manager



**Keith Carter**

Ageing Well Coordinator  
(Little Lever)



**Gaynor Clayton**

Ageing Well Coordinator  
(Little Lever)



**Tara Barker**

Volunteer Coordinator



**Sharon Kirkham**

Ageing Well Assistant  
Coordinator

***Get in touch with the Ageing Well Team!***

Age UK Bolton Ageing Well Centre,  
Cross Street, Farnworth. BL4 7AG

**01204 701525**

[ageingwell@ageukbolton.org.uk](mailto:ageingwell@ageukbolton.org.uk)

# Weekly at the Ageing Well Centre ●●●

## Monday

Line Dancing (beginners)	1.15pm - 2.15pm
Advanced Guitar	1.30pm - 3.30pm
Line Dancing (improvers)	2.30pm - 3.30pm

## Tuesday

Gentle Dance/Strength & Balance	9.15am - 12.45pm
Tuesday social	1.00pm - 2.30pm
Self Led Guitar Group	1.30pm - 3.30pm
Table Tennis & Pool	2.00pm - 4.00pm

## Wednesday

Board Games	10.00am - 12.00pm
Mixed Crafts (tutor led)	10.00am - 12.00pm
Family History (tutor led)	10.00am - 12.00pm
Family History (tutor led)	1.30pm - 3.30pm
Parchment Craft	1.30pm - 3.30pm
Beginners Art (tutor led)	1.30pm - 3.30pm
Farnworth Singing Group (dementia friendly)	2.00pm - 4.00pm

## Thursday

Farnworth Knitting Friends	10.00am - 12.00pm
Zumba Gold (book in 6 week blocks)	11.30am - 12.15pm

## Friday

Digital Skills Class (1-hour Groups)	9.00am - 11.30am
Mixed Keyboards (tutor led)	10.00am - 12.00pm
Tea Dance (sequence dancing)	2.00pm - 4.00pm

***Please be aware that due to high demand, some groups & classes will have a waiting list. Call 01204 701525 for availability and booking***

# Monthly at The Ageing Well Centre ●●●



First Monday of the month.\*

10.00am - 12.00pm

Read and discuss! Literary fans will love getting involved in our book group! Get lost in the pages and tell the group what you thought each month!

\* When Book Group dates fall on a bank holiday, group will meet the following Monday

## Thursday Afternoon Social Events

2.00pm - 4.00pm



Lads @ Lunch is our dedicated men's group. Providing attendees with a hot meal, fun activities and a chance to talk and put the world so rights with other local men.

£4



Our Friendship Cafe provides attendees with hot drinks and snacks to enjoy while taking in a talk by one of our guest speakers, followed by activities and crafts with other local people.

£3



The Afternoon Tea brings sandwiches, cakes and hot drinks to attendees as well as an array of fantastic musical entertainment each month! Have a sing and a dance if you want, or sit back, relax and enjoy!

£4

***Please be aware that due to high demand, some of our monthly social events will have a waiting list. Call 01204 701525 for availability and booking***

## Weekly at other venues ●●●

### Monday

#### Art

Thicketford Centre, Thicketford Road, BL2 2LW 10.00am - 12.00pm

#### Card Making Workshop

Brightmet Library, Brightmet Fold Lane, BL2 6NT 10.30am - 12.00pm

#### Art for You with Dani (Ladies 55+)

Crompton Court ECH, Settle Street, L. Lever BL3 1PP 12.30pm - 2.30pm

#### Dominoes

Manor Gardens ECH, Hough Fold Way, BL2 3DR 2.00pm - 4.00pm

#### Knit & Natter

Bromley Cross Library, Toppings Green, BL7 9JU 2.00pm - 4.00pm

### Tuesday

#### Card Making Workshop

Harwood Library, Gate fold, BL2 3HN 10.30am - 12.00pm

#### Sew so Crafty Workshop

Brightmet Library, Brightmet Fold Lane, BL2 6NT 10.30am - 12.00pm

#### Mah Jong

Bolton Central Library, Le Mans Crescent BL1 1SE 1.00pm - 3.00pm

#### Botanical Water Colours

Little Lever Library, 63 Market St, BL3 1HH 1.30pm - 3.30pm

#### Trinkets (alternate Tues –ring for dates)

Crompton Court ECH, Settle Street, L. Lever BL3 1PP 1.30pm - 2.30pm

### Tuesday

#### Chair Based Exercise with Norma

Crompton Court ECH, Settle Street, L. Lever BL3 1PP 10.00am - 11.00am

#### You Me & a Cup of Tea

Spring View MC, Mytham Road, L. Lever BL3 1HQ 10.30am - 11.30am

#### Line Dance (Plus post-session refreshments)

Sutton Community Centre, Addington Road, BL3 4QZ 1.00pm - 2.00pm

#### Village Voices with Emma

St Matthew's Church Hall, Little Lever BL3 1HH 1.30pm - 3.30pm

#### Little Lever Aging Hub (Warm Space)

The Ageing Hub, The Haven, Little Lever BL3 1HS 1.30pm - 2.30pm

## Thursday

### **Knit & Natter**

Brightmet Library, Brightmet Fold Lane, BL2 6NT 10.30am - 12.00pm

### **Knit & Natter**

Harwood Library, Gate Fold, BL2 3HN 10.30am - 12.00pm

### **Knit & Natter**

Farnworth Library, Market Street, BL4 7PG 10.30am - 12.00pm

### **Chair Based Exercise with Helen**

Crompton Court ECHg, Settle Street, L. Lever BL3 1PP 11.30am - 12.15am

### **Scrabble**

Harwood Library, Gate Fold, BL2 3HN 2.00pm - 4.00pm

## Friday

### **Warm Space Social Group**

Connections MC, St Helen's Road, G. Lever, BL3 3TP 10.00am - 12.00pm

### **Card Making Workshop**

Thicketford Centre, Thicketford Road, BL2 2LW 10.00am - 12.00pm

### **Silver Signers**

Little Lever Library, Market Street, BL3 1HH 10.30am - 11.30am

### **Art Workshop**

Brightmet Library, Brightmet Fold Lane, BL2 6NT 10.30am - 12.00pm

### **Walmsley Singing Group with Pam & Frances**

Walmsley CH, Blackburn Road, Egerton, BL7 9SA 1.30pm - 3.00pm

**For more information on our  
classes in the community  
call 01204 701525**



# Lunch Clubs ●●●



## Lunch Clubs In your area

### **Monday - Horwich**

Horwich Evangelical Church, The Wright Place, Wright Street,  
Horwich, Bolton BL6 7TS

### **Tuesday - Bromley Cross**

Windsor Road Community Centre, Windsor Road, Bromley Cross,  
Bolton BL7 9LH

### **Wednesday - Horwich**

St Mary's Church, 86 Chorley New Road, Horwich, Bolton BL6 5QJ

### **Alternate Wednesdays - Westhoughton**

Cornerstone Church, Wigan Road, Westhoughton, Bolton BL5 3RQ

### **Alternate Wednesdays - Tonge Fold**

St Chad's Church, Longworth Street,  
Tonge Fold, Bolton BL2 6AW

### **Friday - Hulton**

Hulton Lane Community Centre, Hulton Lane,  
Bolton BL3 4JB

**12pm - 2pm**

**For more information and booking call**

**01204 701525**

**Living longer... living well in Bolton**

## Other Ageing Well Programmes ●●●

### Befriending

- Regular social visits or phonecalls
- Develop friendships
- Fully screened volunteers
- Regular check-ins from Age UK Staff



### Digital Befriending

- Visits to help with digital skills
- Learn to use phones, tablets and laptops
- Fully screened volunteers



## Volunteering ●●●

Volunteers play a vital role in all aspects of the charity's work. Without them, many, if not all, of our services would cease to exist. Volunteers also work alongside staff members, and those who use our services, to improve what we do and how we do it. They also help to inform and shape the development of new services and initiatives.



*"The lovely parties and social outings that the charity organises, by way of thanking us for what we do. I can recommend volunteering with Age UK Bolton to anyone and everyone. It's one of the best decisions I've ever made."*



Subscribe to the Age UK Bolton YouTube channel for some great video content including Strength & Balance videos and examples of our work in the local area.

## 30 DAY FALLS PREVENTION S&B EXERCISE CALENDAR



Keep yourself moving and  
keep yourself strong with our  
30 day exercise calendar!

**GET YOURS NOW**

**CALL: 01204 382411**

**OR VISIT**

**AGEUKBOLTON.ORG.UK**

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### Our Service

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- Household Cleaning and shopping.
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recommend Home Services\***

Call  
**01204 382411**  
for more details and pricing  
or visit [ageukbolton.org.uk](http://ageukbolton.org.uk)

"I'm over the moon  
with the service! I really  
do value the support  
and I honestly couldn't  
do without it."



## Volunteer with **Bolton ageUK**



**Call Tara on 01204 382411**

**Join our Facebook Groups for more workouts**

*Together While Apart*



- Exercise Videos
- Entertainment
- Quizzes
- Chat



**EXERCISE VIDEOS FROM AGE UK  
BOLTON AND BEYOND!**

# Ageing Well

●●● Programme Guide ●●●

*We have a wide variety of activities and courses running at our Farnworth Ageing Well Centre and across the borough. We also have rooms for hire and opportunities for volunteers to get involved in our vital work in Bolton.*

*Please get in touch for further details on any of our Ageing Well programmes, clubs or activities....*



Scan to find us online



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



[ageingwell@ageukbolton.org.uk](mailto:ageingwell@ageukbolton.org.uk)



01204 701525

Find us on social media



Registered Charity Number: 223240