



Monday 11th May - Sunday 17th May 2026

MON



CONNECT

BOLTON WALK OF HOPE

Monday 11th May

12pm - Meet at Victoria Square -Opposite Coffee House
Come meet our community wellbeing partners at the LKBM Gazebo for a wellbeing chat

TUES



LEARN

CHATTY BENCHES

11 till 1pm - Bolton Market, Lifestyle Hall BL1 1TJ

Join us for chat friendly space where people can sit, chat, and connect. Designed to reduce loneliness and encourage conversation, everyone is welcome to stop by for a relaxed chat

WED



ACTIVE

WALK OF THE WEEK - NEW HOUSE WEDNESDAY WALKERS

Meet at 10.30am - New House Farm Car Park
Off Hollycroft Avenue, Darcy Lever BL2 6HE
Everyone is welcome to join this friendly weekly walk

THURS



NOTICE

LET'S KEEP BOLTON MOVING WEBSITE

Check out our Let's Keep Bolton Moving website for a wide range of physical activity, health, and wellbeing activities across Bolton: letskeepboltonmoving.co.uk

FRI



GIVE

COMMUNITY CHAMPIONS

If you're passionate about helping people, have a positive can-do -attitude and want to make a real difference in your community, we'd love to hear from you.

Find out more and get involved:

letskeepboltonmoving.co.uk/communitychampions

Let's Keep Bolton
Moving > > > >

ACTIVITIES | HEALTH | WELLBEING

