

THE KAVIA COMMUNITY NEWS



REAL PEOPLE. REAL STORIES. REAL SUPPORT.

Good communities look after each other.

BOLTON & WIGAN | 2026

WELCOME TO OUR 2026 EDITIONS

Good Communities Look After Each Other

A free community guide for Bolton and Wigan, bringing local people, local services and local support together.



Bringing
care and
communities
together

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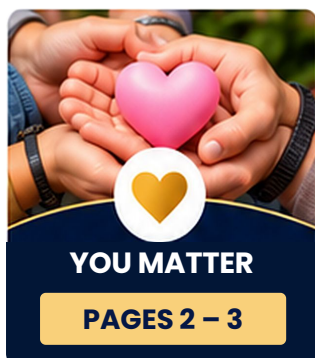
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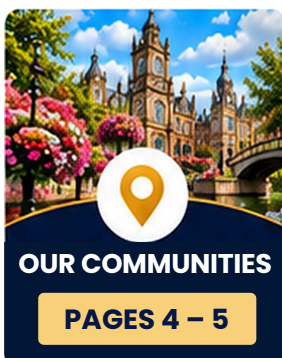
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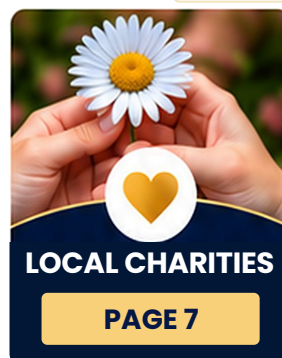
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LOCAL SUPPORT

Finding the Support You Need in Bolton and Wigan

A simple guide to local services, advice and support.

When life changes, it can be overwhelming. Knowing where to turn for the right support, information or advice can make a big difference.

There are many local services across Bolton and Wigan that can help, but it is not always easy to know what is available, who to contact or where to start.

This page brings together some of the most useful local support a lot of people may need at different times in their lives, whether for themselves, a family member, a friend or a loved one.

CARE AND SUPPORT ADVICE

Both Bolton and Wigan Councils have teams who can provide information about care and support for adults, carers and people with a disability. They can help you understand your options, arrange an assessment and direct you to local services.

PRACTICAL SUPPORT

You can also find help with things like benefits, housing, transport, equipment and support at home. Many local charities and community groups offer practical help, a listening ear and guidance.



EMOTIONAL SUPPORT

Looking after someone, or adjusting to new circumstances, can be emotionally challenging. There are local organisations offering support for mental health, bereavement, dementia and carers.

COMMUNITY CONNECTIONS

From lunch clubs to befriending schemes, local groups and activities can help reduce isolation and bring people together.

TAKING THE FIRST STEP

It can feel like a lot to take in, but you do not have to do it all at once. Start with a conversation, ask a question and take one small step. Help often exists, and this newspaper is here to make it a little easier to find.

You Are Not Alone

There are people and services in Bolton and Wigan that can help. Whether you need information, advice or practical support, there is always someone to talk to.

Asking for help is a sign of strength. It can be the first step to feeling more in control, and to finding the support that is right for you or your loved one.

USEFUL STARTING POINTS

Bolton Council Adult Social Care ☎ 01204 337860

Wigan Council Adult Social Care ☎ 01942 828777

Bolton Carers Support ☎ 01204 363056

Wigan & Leigh Carers Centre ☎ 01942 697885

Dementia support

Local organisations can provide guidance and support.

Bereavement support

Local services are available to help you and your family.

Your GP surgery

For health worries and medication reviews.

SIX 10-MINUTE WAYS TO HELP PREVENT LONELINESS

01 MAKE A CALL Phone someone you haven't spoken to in a while.	02 POP IN Visit a neighbour or loved one for a quick chat.	03 LISTEN Give someone your full attention and ask how they are.	04 INVITE Ask someone to join you for a cuppa or short walk.	05 CONNECT Help someone find a local group or community activity.	06 CHECK AGAIN Arrange another call or visit so they feel remembered.
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LOCAL SERVICES

Health, Wellbeing and Everyday Support



Local services to help you live well, stay independent and feel supported,

Good health and wellbeing can make a big difference to everyday life. There are many local services across Bolton and Wigan to support you, whether you need medical care, practical help or advice.

This page highlights some of the key services available and how they can help you stay healthy, independent and connected to your community.

GP PRACTICES

Your GP surgery is often the first point of contact for health concerns. They can provide medical advice, ongoing care and referrals to specialist services.

PHARMACIES

Local pharmacies can give advice on minor illnesses, medication and repeat prescriptions. Many also offer additional services such as flu vaccinations and blood pressure checks.

DENTAL CARE

Good oral health is an important part of overall wellbeing. For those who find it difficult to attend a surgery, domiciliary dental services like Dentist-2u can provide care in your own home or care setting.



“Local services can help you stay healthy, independent and connected.”

EYE CARE

Regular eye tests can help detect problems early and keep your vision in good health. Local opticians can also provide advice on glasses, contact lenses and ongoing care.

HEARING CARE

If you are having difficulty hearing, local hearing care services can provide assessments, advice and support with hearing aids.

PODIATRY AND FOOT CARE

Looking after your feet is important, especially if you have diabetes or mobility issues. Local podiatry services can help with everything from nail care to more complex foot health needs.

Support for Independent Living

There are many services in Bolton and Wigan that can help you remain independent at home for as long as possible.

From home adaptations and stairlifts to mobility equipment and transport, local organisations can provide advice and practical support.

Whether you need a small adjustment or more significant changes, help is available to make your home safer, more comfortable and easier to live in.



KAVIA

CARE • UK

BRINGING CARE AND COMMUNITIES TOGETHER

SHOWCASING LOCAL
BUSINESSES
IN LOCAL PUBLICATIONS
FOR LOCAL PEOPLE

COMMUNITY HEALTH

Bolton: A Town Built on Community Spirit

Born in Bolton. Made for every community.

Dentist-2u was founded in Bolton with a simple but powerful belief — that everyone deserves access to dental care, no matter their age, where they live or their circumstances.

We saw too many older, disabled, vulnerable and housebound people struggling to access a traditional dental practice. For many, this can lead to pain, infection, difficulty eating and a loss of confidence, affecting both health and quality of life.

We believed there had to be a better way — a service that takes dental care to people, rather than expecting them to travel. That is how Dentist-2u began, right here in Bolton.

OUR JOURNEY

After approximately 12 months of working towards Care Quality Commission registration, Dentist-2u began operating in November 2025.

Since then, we have supported 200 care homes and reached 2,300 patients, extending our services from Bolton to Kent.

What started in our hometown has grown into a trusted, community-focused service that is helping people across many communities.

WHAT WE DO

We provide domiciliary dental care, visiting care homes, private homes and supported living settings. Our services include routine examinations, treatments, denture care, new dentures and emergency support — all in a comfortable and familiar environment.

WHO WE HELP

We support elderly, vulnerable, disabled and housebound individuals who are unable to access a traditional dental practice, helping to improve oral health, comfort, confidence and overall wellbeing.

WHY IT MATTERS

Good oral health can improve so many parts of life — from eating and speaking to confidence and social interaction. Our work helps people stay comfortable, maintain their dignity and enjoy a better quality of life.

OUR MISSION

To make dental care accessible for everyone, reduce the barriers faced by vulnerable people and ensure that no one is forgotten when it comes to their oral health.

Because Everyone Deserves a Healthy Smile

Our mission is simple — to bring high-quality, professional dental care to the people who need it most, in the places where they live.

We are committed to improving access, supporting communities and making a positive difference to the lives of vulnerable and housebound individuals across Bolton, Wigan and beyond.

GET IN TOUCH

If you are a care home, family member or healthcare professional and would like to find out more about how Dentist-2u can help, we would love to hear from you.



Call Us
01204 866401



Email Us
info@dentist-2u.co.uk



Visit Our Website
www.dentist-2u.co.uk



Keeping Britain Smiling at Home

LOCAL HEROES

Wigan: A Community Built on Caring

From local residents to a place where everyone belongs.



Sunshine House Community Centre in Scholes, Wigan is a shining example of what can be achieved when local people come together.

It began as a residents' association in 1996, driven by local community activist Barbara Nettleton and a group of dedicated residents who wanted to make a real difference in their community.

Their vision and determination grew into Sunshine House Community Centre, which has been serving the people of Scholes and the wider Wigan community since 2004.

Today, Sunshine House continues to provide a warm, welcoming and supportive place where everyone can access practical help, feel valued and be part of a community.

SUPPORT AND ADVICE

Sunshine House offers a range of support including advice on housing, benefits and wellbeing. Their team and volunteers are there to listen, guide and help local people find the right support at the right time.

COMMUNITY ACTIVITIES

From social groups and wellbeing activities to events and seasonal celebrations, there is always something happening at Sunshine House to bring people together.



“ A welcoming place to connect, find support and feel part of the community. ”

A COMMUNITY IDEA

In 1996, a group of local residents, led by community activist Barbara Nettleton, formed a residents' association with a shared goal – to create a stronger, kinder and more connected community. Their hard work and commitment led to the opening of Sunshine House Community Centre in 2004.

WHAT THEY DO

Sunshine House provides a wide range of services and activities, including information and advice, housing support, health and wellbeing sessions, social groups and community events. It is a place where people of all ages can come together, access support and feel part of something.

A Place Where Everyone Belongs

Sunshine House Community Centre is a community-led charity in Scholes, Wigan, providing support, advice and activities for local people.

Their mission is to improve the lives of individuals and families by offering a safe, welcoming and inclusive space where everyone can access practical help, build connections and feel part of the community.

Sunshine House is run by a dedicated team of staff and volunteers who work tirelessly to support local people and make a positive difference in the community.

GET IN TOUCH

- 01942 820026
- reception@sunshinehousewigan.com
- sunshinehousewigan.com

WHY IT MATTERS

Sunshine House helps to combat isolation, build confidence and create opportunities. It gives local people a safe and friendly space where they can be themselves, get the help they need and know they are not alone.



Offering a place where
the community can feel
safe, warm and welcome.



INDEPENDENT LIVING

Growing Older Shouldn't Mean Losing Independence

With the right support in place, many people can continue to live independently, safely and comfortably in their own homes.



As we get older, a few changes can make daily life more challenging. However, with the right support and local services, small adjustments can make a big difference, helping people to remain independent and continue doing the things they enjoy.

Stair Lifts



Stair lifts can make it easier and safer to move around your home, helping you stay in the place you love for longer.

Mobility Aids



From walking frames to wheelchairs and scooters, mobility aids can give you greater freedom, confidence and independence.

Meals on Wheels



Nutritious, delicious meals delivered to your door can help you maintain a healthy diet and take the worry out of mealtimes.

Ring a Ride



Community transport services like Ring a Ride can help you get out and about, whether it's for appointments, shopping or social activities.

Small Changes. A Big Difference.

With the right support, you can continue to do the things you enjoy and stay connected to your community.



STAY AT HOME FOR LONGER

Practical support can help you remain independent in the place you love.



KEEP CONNECTED

Services like Ring a Ride make it easier to stay in touch with friends, family and your community.



IMPROVE WELLBEING

Being able to get out, move around safely and take part in activities can have a positive impact on both physical and mental health.



GREATER CONFIDENCE

Having the right support in place can help you feel safer, more confident and in control of your daily life.



With the right support, you can continue to enjoy your home, your routines and the things you love, staying connected to your community.



Adult Social Care – Support with Equipment and Home Adaptations

Your local council may be able to help with the cost of equipment, home adaptations and other support if you or a loved one have care needs. Contact Adult Social Care to find out what is available and whether you may be eligible. Support is based on an assessment.

**Bolton
Council**

Bolton Council – Adult Social Care



01204 337860

Monday to Friday, 9am – 5pm

**Wigan
Council**

Wigan Council – Adult Social Care



01942 828777

Monday to Friday, 9am – 5pm

The Heart of Our Communities

Support
Choices
Opportunities
Independence

Local charities play a vital role in our communities, offering care, companionship and support to people when they need it most.

Age UK Bolton, Age UK Wigan Borough, Bolton Hospice and Wigan Hospice are here to help local people live well, stay connected and get the help they need, at every stage of life.



Age UK Bolton helps local older people live independently, stay connected and enjoy a better quality of life. Their services include practical support, information, advice and a wide range of activities.



- Information and advice
- Activities and friendship
- Help to stay independent
- A stronger, connected community

Age UK Bolton
01204 382411
Mon – Fri 9am – 4pm



Age UK Wigan Borough helps local older people to live well, offering help, advice and opportunities to stay active, social and independent within their community.

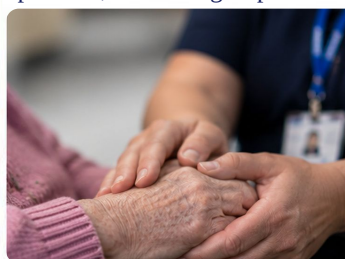


- Advice and guidance
- Social groups and activities
- Help to stay independent
- Benefits checks

Age UK Wigan Borough
01942 615880
Mon – Fri 9am – 4pm



Bolton Hospice provides compassionate care and support for adults with life-limiting illnesses, as well as support for their families and loved ones. Their team helps people live as well as possible, for as long as possible.



- Specialist palliative care
- Emotional and practical support
- Support for families and loved ones
- Caring for our community

Bolton Hospice
01204 663055
Mon – Fri 9am – 5pm



Wigan Hospice offers expert care and support to people with life-limiting illnesses and those close to them. Their services focus on compassion, dignity and making every moment count.



- Specialist care and support
- Comfort, dignity and respect
- Support for families and carers
- Making a difference in Wigan

Wigan Hospice
01942 525566
Mon – Fri 9am – 5pm



Volunteer Today

Make a difference in your local community.

- Meet new people
- Share your time
- Learn new skills
- Support local people

No One Should Have To Navigate Care Alone

Finding the right support, information and local services can feel overwhelming. Kavia Care UK is here to make it easier.

Our Bolton Edition 2027 and Wigan Edition 2027 bring together trusted local services, helpful information and practical guidance, so you can quickly find the support you or your loved ones need.



Both editions include information on a wide range of local services such as:



EASY TO FIND

Quickly locate local services in one place.



LOCAL FOCUS

Supporting people in Bolton, Wigan and surrounding areas.



TRUSTED SERVICES

Information you can rely on from local, reputable providers.



FOR EVERYONE

Whether you need support now or are planning for the future.



BUILDING CONNECTED COMMUNITIES

Helping local people live well, stay independent and feel supported.



Showcase Your Business

Be part of the Kavia Care UK Bolton Edition 2027 & Wigan Edition 2027

Contact Us Today



01204 216212



kerry@kaviacareuk.com



www.kaviacareuk.com