

The latest news and announcements from the University of Bolton Social Work Centre

INSIDE

National Smile Month

Stresses the importance of good oral hygiene to improve confidence.

Short Story

How my sewing machine became my relaxation and escape space.

Your Views

We want your views on what groups and activities you would like to see or be part of at the centre



National Smile Month 2021 May 17 - June 17



National Smile Month is a long running and high-profile campaign that is held throughout the United Kingdom to raise awareness of the importance of good oral hygiene, and to spread the message of the need to pay attention to oral hygiene to maintain a bright and white smile.

<http://www.nationalsmilemonth.org/>

My Sewing World

By Toyin Babs-Alli

I had a hard time growing up and needed a space for relaxation and me time and to explore hobbies to occupy my time.

I made two discoveries during those years; books, and my grandmother's sewing machine. I spent my solitary hours gobbling up James Hadley Chase's novels and medical journals brought home by my nurse grandmother, who had a hand-wounding, Singer table-top sewing machine covered in its glossy, brown box. It minded its own business pretty much in the dark corner of our expansive living room, where no one paid it any attention. It must have felt like I was feeling, sad, lonely, and ignored. Poor thing! Perhaps it was the reason I heard it beckoning to me, we were kindred spirits. Like everything new, I was at sea with what to do with it, so abuse set in. I ran paper through it the first time, another time a piece of nylon material which got stuck. I basically ran anything and everything that could pass through it. I have continued a settled relationship with the sewing machine, decades since. When I am on it, the world around me may cave in, I am oblivious. It is my relaxation, my escape space. What is yours?



Your Views

Your views matter to us. We would like to know what groups or activities and workshops you would like to see run and be part of at the University of Bolton Social Work Centre.

Please email us on socialworkcentre@bolton.ac.uk or Telephone us on 01204 903334

You can also contact us and follow us on -



@UoBSWCentre



@boltonSWcentre



UOB Social Work Centre



On Thursdays!

Quiz Night 7pm-8pm on Zoom, hosted by members of our social work team. Everyone is welcome, so if you or someone you know would like to participate, please contact us for a zoom invite by email for the link.



The Social Work Centre is now open for face-to-face contact. As we ease out of lock down restrictions, we are now able to meet at the Centre on a one-to one basis by appointment only. Do feel free to contact us if you need any help or advice, and we will do our very best to support you. If there is any issue, and you are not sure who you should be contacting, or what services are available for help, we may be able to guide you.

Tel: 01204 903334

Email:

socialworkcentre@bolton.ac.uk



**Send us a picture of your pet having fun outdoors!
We will pick a couple to show in a later newsletter.**

"We aim to provide a high standard of support to bring positive change for communities, families and individuals."