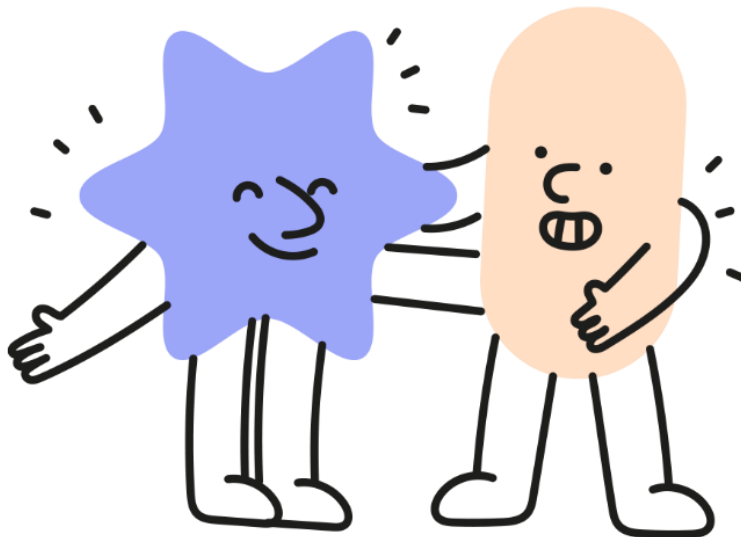


# WORKFORCE NEWSLETTER

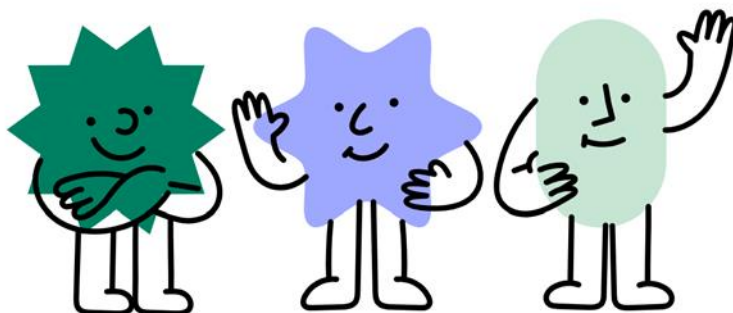
Fourth edition- November 2024



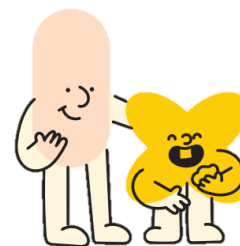
Your guide to what's happening in Bolton Family Hubs and across the wider network, as well as updates on useful resources and training opportunities

# WHAT'S IN THIS ISSUE?

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# FAMILY HUB UPDATES



## ‘GUIDE TO SERVICES & ACTIVITIES’

The September – December 2024 edition of our Bolton Family Hubs ‘Guide to services & activities for families in Bolton’ has been published. It provides an overview of the services on offer for families with children and young people 0-19/25s across the wider Family Hubs Network plus a timetable of sessions for each Family Hub.

Hard copies are available from the Family Hubs, libraries and other buildings. A digital copy can be accessed here. [Family Hubs Programme Guide](#)

Or visit our webpage below for more info:

[Bolton Family Hubs – Bolton Council](#)



## Thinking about volunteering?



Interested in making a difference in your community?

Bolton Community and Voluntary Service can help!

To find out more contact Volunteer Development Officer Nicola Taylor at [nicola@boltoncvs.org.uk](mailto:nicola@boltoncvs.org.uk) or by calling 07510 079784

**Benefits of volunteering**

- Gain new skills
- Support your mental wellbeing
- Improve your confidence
- Connect with your community
- Gain valuable work experience
- Give something back

bolton cvs

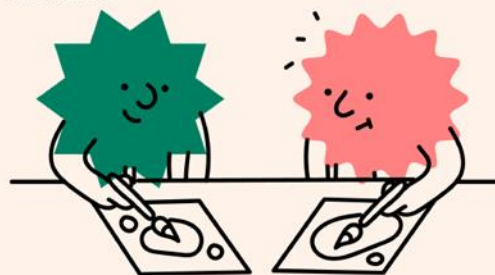


Learn new skills, connect with your community, and gain valuable experience!

- WEDNESDAY 27<sup>TH</sup> NOVEMBER OXFORD GROVE 11.00 AM-12.00 PM
- THURSDAY 28<sup>TH</sup> NOVEMBER OLDHAMS 11.00 AM-12.00 PM
- FRIDAY 29<sup>TH</sup> NOVEMBER TONGE 1.30 PM-2.30 PM
- MONDAY 2<sup>ND</sup> DECEMBER GREAT LEVER 11.00 AM-12.00 PM
- MONDAY 2<sup>ND</sup> DECEMBER ALEXANDRA 1.30 PM-2.30 PM
- TUESDAY 3<sup>RD</sup> DECEMBER HARVEY 11.00 PM-12.00 PM

### Benefits of Volunteering Workshops

Contact  
[nicola@boltoncvs.org.uk](mailto:nicola@boltoncvs.org.uk)  
07510 079784



# FAMILY HUB PROGRAMME UPDATE

## A programme of future funding

In the Autumn Budget the Government have committed to funding existing Family Hub areas. Whilst the detail of this has not yet been shared by the Department, this commitment to Family Hubs from the new Government is great news and is testament to the amazing partnership work we have in place across Bolton.

## BRANDING & COMMS

Over the past few months the Comms and Branding group have been working on the launch of the Family Hub branding. There have been lots of new developments.

**Signage** - The installations of our newly branded signage has happened at Bright Meadows and Great Lever Family Hub. We are excited to see how our Hubs transform with the new branding and look forward to the new signage being rolled out in the other Hubs.



**The Digital Offer** - We are making progress in developing our digital offer by exploring options to further develop the Family Hub website. This is based on practitioner and family feedback of how they like to access information and the types of information they would like to access.



**Family Hubs video** – We are looking for volunteers who are willing to appear in a welcome video to promote the Family Hub offer to families in Bolton. The video will be a virtual tour around the Hub of what a family can expect when attending the Family Hub.

Your involvement will be to have a presence in filming the themed scenes. The role can be as little or as big as you would like to be involved in.

If you or your team are interested in appearing in the 'welcome video' please email [FHworkforcenewsletter@bolton.gov.uk](mailto:FHworkforcenewsletter@bolton.gov.uk)

# FAMILY HUBS AND EARLY HELP

Developments are taking place within the Council and the partnership to establish and strengthen Bolton's Family Support Offer. This brings together existing support delivered across the Targeted Early Help Service and Family Hubs activity, ensuring all families are able to access the right level of support at the right time. The refreshed Early Help Board met on the 30<sup>th</sup> September and discussed key areas such as governance across the partnership, identifying priorities and supporting the workforce. As the Board progresses a full action plan will be developed to ensure all families receive a high-quality offer both in the Hubs and throughout the Family Hubs Network.

Currently, Bolton offers Reducing Parental Conflict (RPC) support as part of their targeted early help. However, they are hoping to design an offer for families engaged in universal services too.

As part of this project, Bolton are looking to consult families across the spectrum of support to understand barriers to engaging in Reducing Parental Conflict (RPC) services and to improve service design. This includes families engaged in Reducing Parental Conflict (RPC) services as part of targeted early help, and families not yet engaged in targeted help but accessing universal services.

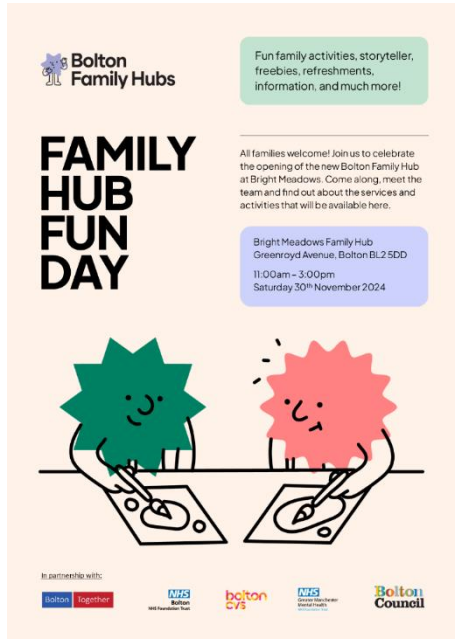
Additionally, this project will seek to engage and consult families that are underrepresented in early help more generally. The project will work alongside trusted VCS organisations in the local community to identify and carry out consultations with families to better understand possible barriers to engaging in Reducing Parental Conflict (RPC) services. These consultations will help shape future Reducing Parental Conflict (RPC) services to meet the needs of all families, regardless of background, in Bolton.

Also, in November we will be developing and administering a family survey for those accessing targeted and universal early help services. After those focus groups are delivered and we have received the survey returns, we will spend January analysing and interpreting the findings alongside the internal data analysts in Bolton.

We hope that by February 2025 we will be able to use these findings to inform the design of future RPC services.



# FAMILY HUB FUN DAY

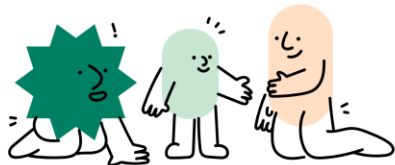


## On 30<sup>th</sup> November a Family Fun Event will be held at Bright Meadows Family Hub on Greenroyd Avenue in Brightmet.

We are delighted to announce that Bright Meadows will be the 6<sup>th</sup> Family Hub to be launched in Bolton. Families and service providers are invited to come along to share in the fun and find out more about the services planned for this Hub.

Children and their family can enjoy fun activities, storytelling, face painting and complementary refreshments whilst they talk with a range of professionals about the services and activities planned at Bright Meadows. There will also be an opportunity for families to give their views about the way in which services might be developed in this area.





# EARLY YEARS IN BOLTON



**[‘Do Something BIG’](#) AND [‘GM Early Year Recruitment’](#) Campaign.**

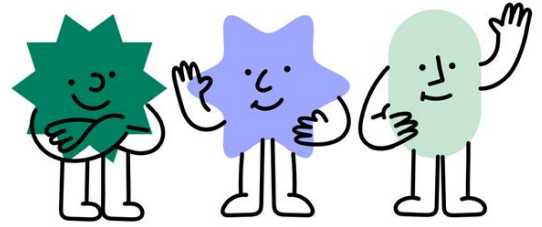
The first is a national campaign and the latter a local campaign but both interlink and aim to raise the awareness that early years is the starting point of education, helping to give every child, the best possible start in life.

Both campaigns focus on highlighting and celebrating the existing early years workforce and the impact that those workers have on children and their families; why early years education and childcare is important, as well as highlighting how rewarding a career in early years can be. **There are video case studies, some of them filmed in a Bolton setting – can you spot which one? They are shared every Wednesday until mid-January 2024 on [social media](#) – if you see them, please reshare to your friends and family with the hashtag [#EarlyYearsInBolton](#)**



Visit the [Bolton Council: Early Years and Childcare Website](#) to find more information about starting a career in early years or for those with experience / qualifications, how to [advance their early years career](#) or [find a job](#) work locally.

# AUTUMN FAMILY HUB PRACTITIONERS UPDATE



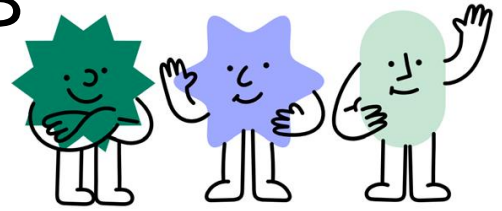
Over the past few months, the team have been:

- Delivering Baby Babble and Bond, these sessions run in six week blocks with a different topic chat each week and safety tips for parents/ carers. The sessions include sensory play, songs and rhymes. The topics covered include brain development, weaning, physical freedom and oral health.
- Expanding Chat, Play Read sessions to all Family Hubs and Children's Centres and updating the planning to include the Start Well Stories and REAL framework.
- Continuing Come and Play sessions for families with children of all ages in all Family Hubs and Children's Centres.
- Promoting local and national campaigns within the Family Hubs on the TV screens and Displays in the entrance spaces alongside Admin and within the community in collaboration with various teams.
- Providing additional sessions through the half terms such as REAL Family Fun Day at Tonge on the 29<sup>th</sup> October, which was well attended.
- Expanding sessions such as Baby Babble and Bond and Chat, Play Read into the Westhoughton area and Horwich and Blackrod where there are no physical Family Hub buildings.
- Co-delivering the 'Understanding your Child' group with Families Together (Please see Family Hub guide for further details).
- Co-delivering Let's Get Talking sessions with Early Years Communication and Language team.
- Promoting the Family Hub offer across Bolton making links with local schools, Early Years settings and local groups.
- Attending School events such as Coffee Mornings and Parents Evenings.

Furthermore, we have now filled all the outstanding posts for the team, taking on five new Family Hub Practitioners (see team contacts for names and bases).



# AUTUMN FAMILY HUB PRACTITIONERS UPDATE



## NEW ACTIVITIES COMING UP...

### What's on in Westhoughton...

- ❖ Chat, Play Read at The Gates Primary school on Mondays 9:30-10:30 starting 4<sup>th</sup> November.
- ❖ Baby Babble and Bond at Washacre Primary school on Thursdays 9:30-10:30 starting 7<sup>th</sup> November.

### What's on in Horwich...

- ❖ Baby Babble and Bond at Horwich Health and Wellbeing Hub on Fridays 9:30-10:30 starting 8<sup>th</sup> November.

From January we will be running sessions in Johnson Fold Primary:

- ❖ Baby Babble and Bond on Fridays 9:30-10:30 starting 10<sup>th</sup> January.

### Chat, Play, Read:

Free fun and interactive group session for families with children 12 months+ Join in with songs, stories and play activities to build speech and language. No need to book, just turn up.

### Baby, Babble and Bond:

Free fun and interactive group session for families with babies 0-12 months. Join in with songs and rhymes, sensory play and topic chats on building relationships, play, weaning, oral health and more. No need to book, just turn up.

# FAMILY HUB PRACTITIONER CONTACT DETAILS

## SENIOR FAMILY HUB PRACTITIONERS

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- Hannah Brown [Hannah.brown@bolton.gov.uk](mailto:Hannah.brown@bolton.gov.uk) – 07379077050
- Lizzie Simister [Elizabeth.simister@boltonft.nhs.uk](mailto:Elizabeth.simister@boltonft.nhs.uk) – 07746535284



## ALEXANDRA FAMILY HUB

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- Dawn Jemmett [Dawn.jemmett@bolton.gov.uk](mailto:Dawn.jemmett@bolton.gov.uk) - 07379077041
- Fazila Lasania [fazila.lasania@boltonft.nhs.uk](mailto:fazila.lasania@boltonft.nhs.uk) - 07435879034



## FARNWORTH FAMILY HUB

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- Katie Campbell [katie.campbell3@boltonft.nhs.uk](mailto:katie.campbell3@boltonft.nhs.uk) – 07554227615
- Bemgba Ichull – [Bemgba.ichull@bolton.gov.uk](mailto:Bemgba.ichull@bolton.gov.uk) - 07386967382



## GREAT LEVER FAMILY HUB

---

- Jess McKewan [Jessica.mckewan@bolton.gov.uk](mailto:Jessica.mckewan@bolton.gov.uk) – 07379077153
- Maja Becirovic [maja.becirovic@bolton.gov.uk](mailto:maja.becirovic@bolton.gov.uk) - 07386967376



## OXFORD GROVE FAMILY HUB

---

- Nicola Kenny [Nicola.kenny@bolton.gov.uk](mailto:Nicola.kenny@bolton.gov.uk) - 07379077034
- Leanna Brown [Leanna.brown@bolton.gov.uk](mailto:Leanna.brown@bolton.gov.uk) – 07379077047
- Nabizana Muhigirwa [Nabizana.Muhigirwa@bolton.gov.uk](mailto:Nabizana.Muhigirwa@bolton.gov.uk)



## TONGE FAMILY HUB

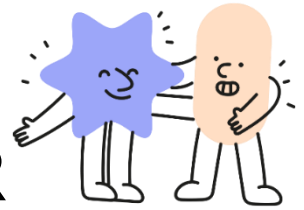
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- Sarah Bartlett [Sarah.bartlett1@bolton.gov.uk](mailto:Sarah.bartlett1@bolton.gov.uk) - 07379077146
- Tina Mather [Tina.mather@bolton.gov.uk](mailto:Tina.mather@bolton.gov.uk) – 07379077191
- Katie Worsley [Katie.Worsley@bolton.gov.uk](mailto:Katie.Worsley@bolton.gov.uk) – 0738697388



Please get in contact to see how we can support you & your families 😊

# SPOTLIGHT ON COLLABORATIVE WORKING OVER SUMMER



## REAL FAMILY FUN DAYS

Hosted at **Alexandra, Great Lever and Oxford Grove Family Hub**, delivered by Family Hub Practitioners with support from Locality team members.

Activities were based on the four strands of literacy:

- **Early Writing** (tuff trays with paint, sand, playdough and gloop)
- **Oral Language** (bottle shakers)
- **Environmental print** (Logo hunt)
- **Books** (making bear masks, Octagon storytellers)

These activities all promoted home learning ideas which were low cost/no cost and practitioners modelled the ORIM framework (Opportunities, Recognition, Interaction, Model) to parents/ carers.

We also had information stalls in the entrance spaces which Early Help, Dummy Heroes and Ingeus provided.



## LET'S GET READY FOR SCHOOL SESSIONS

As an action taken from the Early Education Improvement group, we provided sessions to support school readiness. Activities were held in all Family Hubs each week facilitated by Family Hub Practitioners, this session included:

- Recognising first letter of their name
- Number sorting games
- Routine games
- Using cutlery with Playdough
- Mock dinner time activities with lunch boxes and dinner trays
- Dressing tips and school uniforms to try on
- Hygiene through washing babies and tips on hand washing
- Advice on toileting and ERIC resources



# SPOTLIGHT ON COLLABORATIVE WORKING OVER SUMMER



## COME & PLAY SESSIONS

These new sessions were facilitated by the Family Hub Practitioners who were available to families with children and young people of all ages. The sessions offered a range of indoor and outdoor activities, including snacks provided by the Centre Assistants. The sessions were hugely popular, attracting new families into the Hubs. Families were able to speak to Practitioners and Admin Assistants to find out more information of the wider Family Hub programme offer over summer.



## Holiday Activity Fund- HAF PARK EVENTS

Family Hub Practitioners attended almost all of the HAF park events which took place four times a week over summer, delivering activities for 0-5yrs. This provided them with the opportunity to make links with the other services involved in the HAF park events and reach families which hadn't previously accessed the Family Hubs to promote the wider offer.

# PARTNER UPDATES

## EARLY YEARS UPDATE

Since September 2023, providers have had **4,991 interactions with families, equivalent to assisting a family every 25 minutes.**

As we complete our first year of delivery, here are the key highlights:

### Infant Feeding



Attendance at Infant Feeding drop-in sessions is ever growing, driven by collaboration and Breastfeeding Together's dedication. Additionally, trained staff and volunteers support mothers at midwifery clinics and continue to do so on Bolton maternity wards.

**Breastfeeding Together made 101 home visits and 419 texts/calls to support mums between July and September!**

**Breastfeeding Together supported over 600 mums this quarter, with mums reporting a 100% improvement in Breastfeeding outcomes.**

To find out more and discover the breadth of their offer, from Home visits and drop in sessions to online and phone support visit: [Bolton | Breastfeeding Together](#) Their sessions are also included in the Family Hub Guide: : [bolton-start-well-family-hubs-programme](#)



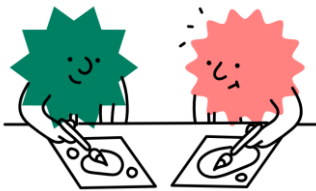
## Stay and Play & Family Hubs

With 37 weekly sessions, hundreds of families engage in infant feeding support, stay and play, forest school, Solihull Approach, and more.

**509 Families Stayed, Played & Learned with us this quarter!**

*"These sessions have been an incredible opportunity for my child to grow in confidence. I've noticed such a positive change in their social skills as they see the same faces every week. It's a wonderful feeling to watch them interact with other children in a safe environment."*

You can find all our sessions in the Family Hub Guide:  
[bolton-start-well-family-hubs-programme](#)



## Solihull Approach



Families Together ran 12, 10-week, parenting groups in the last 12 months, achieving a 72% course completion rate. New sessions continue through to August 2025. Bookings: [Families Together Website](#) or call 07514 484157. Families Together created a short informational film about the Solihull Approach Programme: [About the Groups – Families Together](#)

## Parent Carer Panel Video

This quarter Bolton Together attended the Parent Carer Engagement Panel to create a film to raise awareness of the great work being done. Please watch the short film on our website: [Parent Carer Panel video](#)

## Parent Carer Engagement



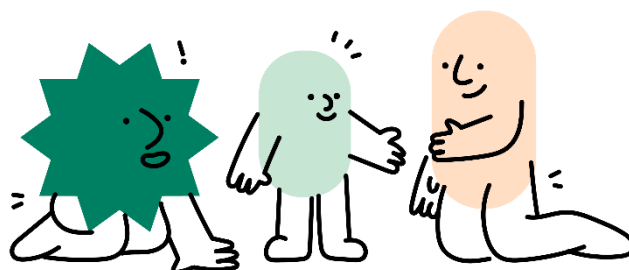
Bolton Toy Library consulted with 113 parents/carers and carers between July and September on how family's access and receive information. The findings highlight key areas for improving communication, such as increasing awareness among GPs, schools, and midwives to ensure they are informed about the wider range of services available in Bolton. It also emphasises the crucial role played by Health Visitors, friends, family, and the Family Hub Guide as essential sources of information for parents/carers and carers. This insight will be used to inform the ongoing development of the Family Hubs digital offer."

**548 Parents/Carers gave feedback on Family Hubs and service development in the last 12 months!**

## Perinatal and Parent Infant Mental Health

Perinatal and Parent Infant Mental Health providers continue to work with parents/carers offering both one to one and group support. Providers use the Goals Based Outcomes Tool, by week 10, 100% of parents/carers who set goals were reaching them!

To find out more about these sessions please see the Family Hub Guide: [bolton-start-well-family-hubs-programme](#)





**Bolton  
Family Hubs  
Network**

**Bolton**

**Together**

## Giving Back

### Bolton Toy Library Toy Appeal



Bolton Toy Library is collecting donations for their Toy Bank again this Christmas. We welcome good as new/new toys, games and gift sets which are given to families across Bolton. **The last date for receiving items will be Thursday 12th December.**

Please contact [boltontoylibrary@yahoo.co.uk](mailto:boltontoylibrary@yahoo.co.uk)

### Home-Start HOST Operation Sparkle – Igniting Magic in 2025



Imagine a childhood without trips to the zoo, days at the seaside, or those magical experiences that create lifelong memories. For many families we support, this is their reality.

With your help, we can help more families share special time together.

Every pound you give is a building block for happier childhoods and stronger families. Will you join us in making 2025 truly sparkle for those who need it most?

Donate now and be part of something magical.

[Operation Sparkle: help a child have a bright future - JustGiving](#)

### Further Information and resources

Explore our July to September Early Years Report, featuring insightful data, inspiring case studies, and wonderful photos:

[Early Years - Bolton Together Charity](#)

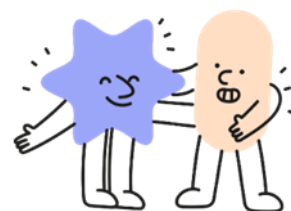
For more on our services, visit our Bolton Together Website:

[Charity - Bolton Together Charity](#)

Or contact Katrina Fletcher: Programme Manager - Children and Families: [Katrina.fletcher@boltontgether.org.uk](mailto:Katrina.fletcher@boltontgether.org.uk)



# PARTNER UPDATES



## INFANT FEEDING TEAM

We are working hard on the infant feeding work stream looking at ensuring our centres are welcoming and comfortable for mum to breastfeed, work is underway to look at breastfeeding welcome signage in all family Hubs. We have started on the first step of the journey to achieve UNICEF baby friendly accreditation by registering our intent with UNICEF. An infant feeding policy for the Family hubs is currently being written.



Staff training for infant feeding has started with Level 1 already taken place on the 9<sup>th</sup> of October. Future Level 1 and 2 training dates are:

Level 2 training 6<sup>th</sup> of November  
9-4.30, Tonge Family Hub

Level 1 training 14<sup>th</sup> of November  
9.30-12, Harvey Family Hub

Level 1 training 14<sup>th</sup> of November  
1-3.30, Harvey Family Hub

Level 2 training 2<sup>nd</sup> of December  
9-4.30, Pikes lane Health centre.

Any staff not booked on please discuss with your line manager.

### Bolton NHS Foundation Trust

3 Aug · 🌐

We're shining a spotlight on our services as part of World Breastfeeding Week 2024.

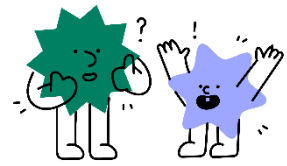
Today we're meeting our Infant Feeding Team.

They help you over the phone and on home visits after your baby is born, supporting you with your feeding journey until baby is 6-8 weeks old.

Here's what some of our families have said about the service:

- 🌟 'Responsive and caring'
- 🌟 'Supportive, knowledgeable, patient, enthusiastic and put me at ease straight away'
- 🌟 'The support was so good and helped me at a time when I was feeling down and alone'

# PARENT & INFANT RELATIONSHIP SERVICE



## What's next:

### Training

We will be delivering core training to the 0–2's workforce (including the voluntary sector) on parent-infant/ perinatal mental health and relationships from September 2024 onwards.

### Reflective Practice Groups

This professional group activity encourages reflective thinking 'about their work with parents, infants and families.

This offer will commence from September 2024.

Continued overleaf

## Joint Direct Work and Therapeutic Interventions

In a small number of cases, we will offer ongoing intervention to families.

We may also support the professional network in implementing intervention.

### Contact us:

[babyinmind.pairs@gmmh.nhs.uk](mailto:babyinmind.pairs@gmmh.nhs.uk)

[www.gmmh.nhs.uk](http://www.gmmh.nhs.uk)



Access the QR code for the Parent and Infant Mental Health Padlet.

Date: 01/07/2024

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**NHS**  
Greater Manchester  
Mental Health  
NHS Foundation Trust

## Baby in Mind

Part of Bolton Family Hubs & in partnership with Parent & Infant Relationship Service (PAIRS).



Part of  
**Bolton  
Family Hubs**  
Network



## About Baby in Mind

Baby in Mind is a 2 year project funded by the Start Well's 'Best Start for Life' initiative and is delivered in partnership with the established Bolton Parent and Infant Relationship Service (PAIRS).

Baby in Mind will:

- Primarily target universal mild – moderate perinatal mental health and parent infant relationship needs.
- To prevent difficulties before they emerge and better support families with a wide range of difficulties.

For more information visit the PAIRS Padlet for professionals



### Baby in Mind Offer

#### Criteria for involvement:

- Antenatal (pregnancy) or with a child under 2 years old.
- Where there are Mild to Moderate concerns about the infant and/or the parent and infant relationship.
- Those who are working with this population as part of the universal or voluntary workforce.

#### We offer:

Consultations  
Training/Reflective practice groups  
Information, Advice and Guidance sessions for parents/carers

## Consultations and Drops ins

We are able to offer consultation to all Universal Staff (including volunteers). These meetings are intended to be a reflective space for those working with families expecting a baby or with an infant under the age of 2.

Consultations are available upon request either online or in one of the family hubs.

To arrange a consultation please email:

[babyinmind.pairs@gmmh.nhs.uk](mailto:babyinmind.pairs@gmmh.nhs.uk)

## Parent IAG sessions

Baby in Mind clinicians will be available in the Family Hubs for parents to schedule individual information, advice and guidance sessions. These will also be available online.

## How to access the information, advice and guidance sessions.

You can access our information, advice and guidance clinics by contacting the team via the information overleaf to arrange a session in advance.

You can also visit the family hubs during weekday morning between 9:30am and 12pm.

Currently our information, advice and guidance sessions take place at:

Monday	Alexandra
Tuesday	Oxford Grove
Thursday	Tonge
Friday	Great Lever

We will do our best to update our Padlet whenever sessions might be cancelled, but it may be worth calling ahead to see if sessions are running if you plan to attend without an appointment.

## Contact us

✉ [Babyinmind.pairs@gmmh.nhs.uk](mailto:Babyinmind.pairs@gmmh.nhs.uk)

☎ 01204 483 222 and ask for Baby in Mind

## Further information

For further information, please visit our online Padlet page by scanning the QR code:



## Get involved

To get involved with GMMH and/or share your views, please visit: [www.gmmh.nhs.uk/get-involved](http://www.gmmh.nhs.uk/get-involved)

Please contact us if you require support with this information, including other languages, audiotape, Braille or larger print.

Version: 1.0 Date: 07/10/2024  
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# Baby In Mind

Information, advice and guidance sessions



Improving Lives

## About Baby in Mind

Baby in Mind is a project funded by Start Well's "Best start for Life" Initiative and has been developed with the Bolton Parent and infant relational service (PAIRS).

## Our aims

Baby in Mind aims to support all Mums, Dads, Parents and primary caregivers who are expecting a baby or have a child under the age of two, as well as those who are working with this group.



## Space to think about you and your baby

Expecting a baby or having a new baby, is often a very complicated emotional experience.

Some parents can experience thoughts or feelings which can be surprising or shocking for them.

There is often little time to stop and reflect or talk about this during every day life as a new parent.

In turn this can have an unhelpful impact on parents, babies and their relationships.

The Baby in Mind service is available to all parents and carers with a range of different experiences.

We are here to try and make sense and overcome some of these challenges, or point you in the right direction towards further support.

## Information, advice and guidance sessions

These offer a chance to meet with a specialist parent infant mental health practitioner for up to an hour and 15 minutes.

This time can be used in whichever way feels most helpful for those attending, from thinking about current feelings and experiences, to making plans which might help the demands of daily life to feel more manageable.



# BOLTON SAFEGUARDING



ICON exist to help prevent abusive head trauma. It is for parents and professionals looking for support. ICON is an evidence-based programme consisting of a series of brief 'touchpoint' interventions that reinforce the simple message making up the ICON acronym. [www.iconcope.org](http://www.iconcope.org)



VIDEO

Or QR Code for video

Persistent crying in babies is a potential trigger for parents / caregivers to lose control and shake a baby. Around 70% of babies are shaken by men. Any prevention programme should seek to include male carers and support all parents / caregivers how to cope with a crying baby.

**Babies Cry, You Can Cope!**

**I**nfant crying is normal and it will stop! Babies start to cry more frequently from around 2 weeks of age. The crying may get more frequent and last longer. After about 8 weeks of age babies start to cry less each week.

**C**omfort methods can sometimes soothe the baby and the crying will stop. Think about are they:
 

- hungry
- tired
- in need of a nappy change

 Try simple calming techniques such as singing to the baby or going for a walk.

It's **o**k to walk away if you have checked the baby is safe and the crying is getting to you. After a few minutes when you are feeling calm, go back and check on the baby.

**N**ever, ever shake or hurt a baby. It can cause lasting brain damage or death. If you are worried that your baby is unwell contact your GP or call NHS 111.

Speak to someone if you need support such as your family, friends, Midwife, Health Visitor or GP.

© Hampshire Clinical Commissioning Groups Safeguarding Children Services



## Training

Multi-agency Safeguarding Children Training Brochure  
 April 2024 – March 2025  
[www.boltonsafeguardingchildren.org.uk](http://www.boltonsafeguardingchildren.org.uk)

<b>BSCP Network Bite : Webinar: Elective Home Education</b>	Tues 14th January 2025	1.00 PM	90 mins max	<a href="#">Enrol</a>	Online	All
<p>Bolton Safeguarding Children Partnership is hosting a series of informative "Network Bites". (NWB) webinars. As many as 92,000 children in England were being electively home educated and this may place children at increased risk as they are less likely to be visible to services, and as such evidence of harm is less likely to be available to agencies. This risk is further increased when a child has never been registered with a school or has moved into an area and not registered with a school. The paper draws on evidence from rapid reviews and local child safeguarding practice reviews to better understand some of the risk factors associated with elective home education</p>						
<b>Online Safety Live (Information for professionals)</b>	Wed 22nd Jan 2025	1.00 PM	2 hours	<a href="#">Enrol</a>	Clsroom	All
<p>The UK Safer Internet Centre are delighted to partner with Bolton Safeguarding Children Partnership to deliver a FREE Online Safety update. It is open to all who work with children and young people, this event will give you the latest in research, legislation, technology, tools and resources along with exclusive access to the presentation and resource materials. Safety online is constantly changing, and the purpose of Online Safety Live events is to provide access to this information, right on people's doorsteps. We understand that everyone is busy and the feedback has been clear that getting time away from work is a challenge – this is the why we have organised these events as short briefing sessions. They provide vital information, critically supplemented with access to detailed resources to review later. The team will also be available to answer any of your online safety queries or questions.</p>						

Missed the Last Network Bite? No problem see it here

[Early Intervention and Fixed Penalty Notices for Education attendance](#)



# MONEY ADVICE



On your MART's!  
Get Set!  
Go!



<p><b>Citizens Advice</b></p> <p>Free, independent and confidential advice for all. Offering specialist services in benefits, community care, energy, housing and money advice.</p> <p>Website: <a href="http://www.cabb.org.uk">www.cabb.org.uk</a> Advice line: 0808 278 7804 (9:00 - 4:00) Credit support: 0800 144 8 444 (9:00 - 6:00)</p>	<p><b>WR</b> Bolton Council Welfare Rights</p> <p>Help with benefit reconsiderations and appeals including tribunal representation.</p> <p>Tel: 01204 333 820 (8:30 - 5:00 Mon to Fri) Online: <a href="http://gmpa.link/BWR">gmpa.link/BWR</a></p>	<p>throughout this tool. Tenants of these providers may want to check first with their provider what support is on offer there. For example:</p> <p><b>Bolton at Home</b> Provides assistance to their tenants on a range of issues including: debt, income maximisation, benefit applications/appeals and budgeting. <b>01204 328 000</b></p> <p>Borrowing and saving</p> <p>Credit Unions (<a href="http://gmpa.link/CU">gmpa.link/CU</a>) are local not-for-profit firms offering savings accounts and low-cost loans subject to affordability.</p> <p>Domestic abuse</p> <p><b>Endeavour</b> Provides a wide range of services and support to anyone affected by domestic violence or abuse. <b>01204 394 842</b></p> <p>Drug and alcohol</p> <p><b>Achieve Recovery Services</b> <a href="http://www.gmmh.nhs.uk/achieve">www.gmmh.nhs.uk/achieve</a> Provides substance misuse treatment and recovery services to people affected by alcohol or drug misuse. <b>01204 483 090</b></p> <p>Gambling</p> <p><b>Chapter One</b> <a href="http://www.chapter-one.org">www.chapter-one.org</a> Information to help understand the causes of gambling harm, and where to access the right help, including for those affected by other's gambling.</p> <p>Homelessness</p> <p><b>Bolton Housing Options</b> <a href="mailto:housing.options@bolton.gov.uk">housing.options@bolton.gov.uk</a></p>
<p><b>St Paul's Church</b></p> <p>Provides benefit checks, support through appeals (Jeremiah) and advice service (Community) for a range of wider assistance such as a second or other homes and wellbeing issues and their faith.</p>	<p><b>SW</b> Starts with you</p> <p>Provides energy advice to improve energy efficiency and reduce costs.</p> <p>Tel: 01204 937 700 Online referral: <a href="http://gmpa.link/SWY">gmpa.link/SWY</a></p>	
	<p><b>RS</b> Mcr Refugee Support Network</p> <p>Help asylum seekers and refugees get the basic support they need to live with dignity. Includes advice on housing, employment, welfare and general immigration</p>	

However, poverty is split up (food poverty, fuel poverty etc.) the underlying cause is always insufficient money. Many organisations or professionals, who engage with people who are living in poverty, need information on where to refer people for appropriate support and advice to maximise a families income. The **Money Advice Referral Tool (MART)** aims to help by simplifying the process and putting the key information at your fingertips.



[MART - Resolve Poverty Tool](#)



Maternity Action is delivering a [maternity rights advice service](#) for pregnant women and new parents in the Greater Manchester and East Cheshire region.

Over the past few months, Maternity Action's outreach worker Kate, has been attending Baby, Babble and Bond sessions to talk to new parents about their rights when returning to work, requesting KIT days or flexible working as well as additional benefits they may be eligible for.

Other issues Maternity Action can support with include:

- Calculating and getting maternity pay
- Checking benefits entitlements
- Sick pay and holiday pay queries
- Stress at work and dealing with redundancy
- Safe working conditions in pregnancy
- Agency workers and self-employed workers

Women and families can contact Maternity Action by phone or email:

Call FREE: 0808 801 0488 (10am-1pm Mon-Fri)

Or fill out our online form for email advice or to request a call back:

<https://maternityaction.org.uk/manchester-maternity-rights-form/>



# Raising Early Achievement in Literacy (REAL) Making it REAL in Bolton

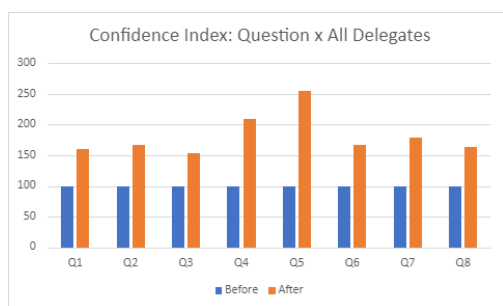
As part of the Family Hubs and Start for Life Programme, the early language and the home learning environment (HLE) strand states that funding is used to, *“Implement targeted, evidence-based interventions that train practitioners to support parents with the HLE”*

In Bolton, we have chosen the Raising Early Achievement in Literacy - Making it REAL training programme as the evidence-based approach to improve outcomes for our youngest children. We know REAL boosts children’s communication, language, and early literacy development; takes a low cost/no-cost approach; is fun, engaging and accessible to all; is built around the four strands of literacy and the ORIM framework, and most importantly builds practitioners and parents’ knowledge, skills and confidence to support children’s early literacy.

So far, we have recruited three Bolton professionals from the Library Service, St Michael’s CofE Primary School, and Bright Futures @ The Gateway to complete the train the trainer programme and since September 2023 over 30 Early Years professionals have completed the 2-day REAL training and 19 early years settings and schools are busy planning and delivering REAL.



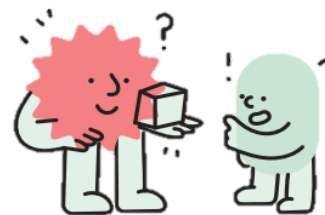
January 2023 Delegates and trainers at the end of the 2-day REAL training



Early evaluation shows an overall increase in practitioner confidence with the greatest gains in the 4 strands of literacy and use of the ORIM Framework.

**Coming soon!** 20 more places available on the 2-day training in April 2024. REAL Networks in March and May and which delegates say, *“Builds confidence and reboots the enthusiasm for the project”* Also, look out for a ‘REAL’ Community Family Fun Day in June 2024 at Bolton Central Library.

# USEFUL TOOLS & RESOURCES



[Kooth.com](https://www.kooth.com) and [Qwell.io](https://www.qwell.io) are your free online counselling services.

[Kooth.com](https://www.kooth.com) is for anyone aged 10-15 and [www.Qwell.io](https://www.qwell.io) is for ages 25+.

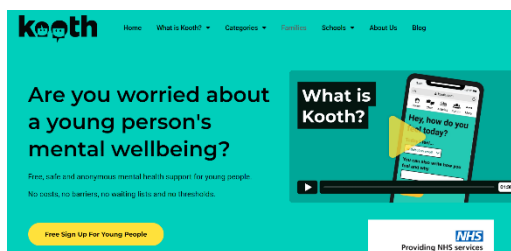
We offer free anonymous support through our website where you can chat 1-1 to our qualified practitioners or you can look up advice and help from our magazine and podcasts. There are no waiting lists for our services, simply find our websites and join.

This winter we have a new section of our website dedicated to parents and carers and some helpful live podcasts and webinars.

**Worried about the mental health or wellbeing of a young person? Want to know how Kooth can support them?**

Visit our online information

centre <https://explore.kooth.com/families/>



## EBSA (Emotionally Based School Avoidance) - Parent and Carers webinar

The session will include what EBSA is, perspectives from a young person, strategies to support young people experiencing EBSA and how Kooth and Qwell can help. To book click the link here:

[https://share.hsforms.com/1zn\\_7zR0kRhOVBkuXxWcqLAc5dpg](https://share.hsforms.com/1zn_7zR0kRhOVBkuXxWcqLAc5dpg)

## Webinars and information sessions for parents, carers and professionals

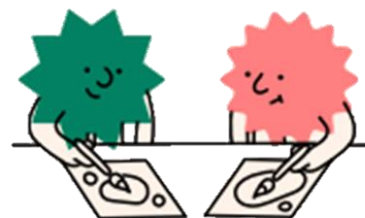
Our linktree is the place you can find out about and book onto our free webinars and information sessions to provide you with tips to support young people and their mental health. We also look at some tools on Kooth.com that have been designed to teach helpful empowering techniques to young people. To book a place click here:

<https://linktr.ee/KoothEngagementTeam>





# WORKFORCE TRAINING OFFER



## STARTWELL TRAINING:

Bolton Start Well offer a range of training courses for early years professionals. Please link to courses [Courses – Bolton Start Well](#)

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## SAFEGUARDING CHILDREN TRAINING:

The Bolton Safeguarding Children Partnership (BSCP) arrange and coordinate courses for multi-agency staff and professionals working with children in Bolton. Please see link to their full training brochure below:

[Multi-agency Safeguarding Children training Brochure](#)

**To book or add yourself to the BSCP training circulation list, contact:**

Nick Howarth, Multi-Agency Training Officer, Castle Hill Centre  
01204 337861 [multiagencytraining@bolton.gov.uk](mailto:multiagencytraining@bolton.gov.uk)

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## MENTAL HEALTH TRAINING:

[Mental Health Training Brochure](#) offers a range of courses that are open to all people working and volunteering in Bolton. See [Booking Form](#)

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## HEALTHY FAMILIES TEAM TRAINING:

The Healthy Families Team offers a programme of workforce training for multi-agency staff working with children and young people in Bolton. Please see the link to their training brochure below:

[healthy-families-training-programme \(boltonstartwell.org.uk\)](https://boltonstartwell.org.uk/healthy-families-training-programme)

They can offer bespoke training to single teams, delivered face to face or on MS Teams. For more info contact [ceri.blackmore@boltonft.nhs.uk](mailto:ceri.blackmore@boltonft.nhs.uk)



Thank you for reading 😊

## **FEEDBACK AND SUGGESTIONS**

Please let us know your feedback regarding the content of this newsletter and whether you have found the information useful. We would also welcome any suggestions for future editions.

Please email [fworkforcenewsletter@bolton.gov.uk](mailto:fworkforcenewsletter@bolton.gov.uk) if you would like to be added to the newsletter distribution list.