



## **I Thrive for 2 – 11-year olds**

### **Emotional Health and Well Being Support**

*For children and their parents/carers*

Help is available if a child is feeling low, anxious, or struggling with their emotions. Someone to talk through what they are experiencing, information on what can help, group work and one to one support. Bolton Together has brought together 7 charities to support the child and the whole family.

### **For Children 2 – 5 years**

#### **Bolton Toy Library**

Can guide parents to find the right support, provides drop-in advice sessions, one to one support, themed activity sessions and is offering Emotional Well Being Kits.

**Email:** [boltontoylibrary@yahoo.co.uk](mailto:boltontoylibrary@yahoo.co.uk) **Telephone number:** 01204 395079

#### **HomestartHOST**

A team of trained local volunteers, who are all parents themselves, provide one to one support to families if they have at least one child under five.

**Email:** [info@homestarthost.org.uk](mailto:info@homestarthost.org.uk) **Telephone number:** 0161 344 0669

### **For Children 5 – 8 years**

#### **Fortalice**

Support for children and families who are or have experienced domestic abuse. Providing guidance and techniques to parents/carers in how they can support their child.

**Email:** [cyp@fortalice.co.uk](mailto:cyp@fortalice.co.uk) **Telephone number:** 01204 365677.

#### **Child Action North West**

Offers a range of therapies and activities for children and their families, both one to one and group work.

**Email:** [ehwbadminteam@canw.org.uk](mailto:ehwbadminteam@canw.org.uk) **Telephone numbers:** 07581 384 902/  
07531 575 074/ 07834 586 158

**Bolton Together**

Bolton Together is a registered charity, a consortium that brings organisations together to support children and families.

We have been funded by NHS Bolton Foundation Trust to provide these services as part of the 0 – 19 Contract.

**Website:** <https://bolton-together.org.uk/> **Telephone:** 07547409726



## For Children 8 – 11 years

### Action for Children

Decider skills Group Work therapy to teach children, and adults the skills to recognise their own thoughts, & to monitor and manage their own emotions.

**Email:** [ruth.gandy@actionforchildren.org.uk](mailto:ruth.gandy@actionforchildren.org.uk) **Telephone number:** 07725601515

### Bolton Wanderers

One to one mentoring for young people with the opportunity for each child to attend activities with their mentor as part of the support offered.

**Email:** [mentoring@bwct.org.uk](mailto:mentoring@bwct.org.uk) - **Telephone number:** 07840049786

### Fortalice

Support for children and families who are or have experienced domestic abuse. Providing guidance and techniques to parents/carers in how you can support your children.

**Email:** [cyp@fortalice.co.uk](mailto:cyp@fortalice.co.uk) **Telephone number:** 01204 365677.

### Zacs Youth Bar

Group and one to one mentoring focusing on preparing for the move to High School in Year 6, delivering to those living in the South of Bolton.

**Email:** [emma.kidd@zacsyouthbar.co.uk](mailto:emma.kidd@zacsyouthbar.co.uk) **Telephone number :** 07878642588

**To access this support, complete a referral form and send to the organisation directly. A one-point referral Hub will be available from March 2021. All appropriate steps will be taken to provide safe spaces during COVID. Some organisations may adapt how their services are offered due to this.**



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