



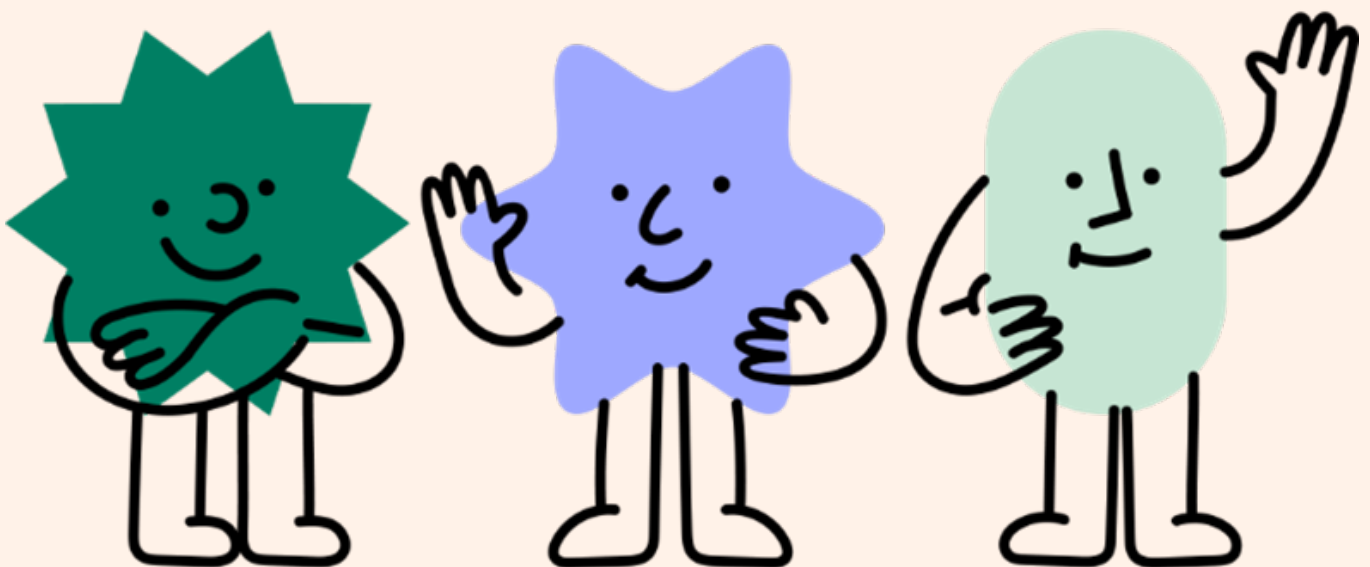
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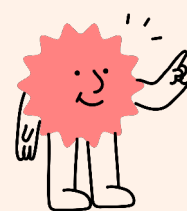
www.boltonfamilyhubs.org.uk

GUIDE TO SERVICES AND ACTIVITIES FOR FAMILIES IN BOLTON

January – April 2025



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Have your say!

Bolton Toy Library has been commissioned by Bolton Council to gather the views and opinions of parents and carers on the services they want to see in their local Family Hubs (Formerly Start Well Centres).

Bolton Toy Library appreciate you taking the time to fill out this questionnaire. If you have any queries, please contact us at boltontoylibrary@yahoo.co.uk

Please scan the QR Code to complete the questionnaire.

Thank you.



WHAT ARE FAMILY HUBS?

Family Hubs are places where families with children and young people 0–19 years, or up to 25 with SEND, can share the joys and challenges of parenthood.

Our Family Hubs offer a wide range of activities and integrated support services to help you with every aspect of parenting for children of all ages. At the core of Family Hubs is the Start for Life offer for children from birth to 2-year-old, to ensure every child in Bolton has the best possible start in life.

Find us online



Bolton Family Hubs
<https://bit.ly/4ciRzZB>

A range of professionals are available to support parents-to-be and families around an array of topics from supporting your child's development and learning, to finding advice and guidance for topics like financial support, housing, employment and much more!

We also signpost to other agencies when needed. Speak to the team by telephone or during one of the sessions advertised in this guide.

Find us on Facebook



Bolton Families Information Service
<https://bit.ly/42xtV7n>



Bolton Start Well at Home
<https://bit.ly/3f9yi3z>

In partnership with:



WHAT'S ON AT:

ALEXANDRA FAMILY HUB

Blackledge Street, Bolton, BL3 4BL

Telephone: 01204 337347

Hub opening hours:

9:00am – 5:00pm, Monday to Friday.

1of2

Baby in Mind

A support session for parents and caregivers. Meet a Specialist Parent Infant Mental Health Practitioner for up to 1 hour 15 mins. This time is personal to you e.g., thinking about current feelings and experiences, or making plans which might help the demands of daily life to feel more manageable. **For more information see page 33.**

Mondays, 9:30pm – 1:00pm

With You in Mind

Drop-in peer support group for parents with children aged 0-2 years (expectant parents welcome). Come along, meet others, and share your experiences.

For information, contact:

Sharonfletcher@homestarthost.org.uk

or telephone 01204 216537.

Mondays, 10:30am – 12:00pm

Stay and Play

Indoor and outdoor activities, including messy play. Free drop-in for families with 0-5s. Term time only.

*Bolton Toy Library ** Bolton Wanderers in the Community (BWITC)

Mondays, 1:00pm – 2:00pm*

Wednesdays, 10:00am – 11:30am**

Family Fun Time

A free drop-in group for families with children of **all ages**. Read, play, craft, and connect in our indoor and outdoor spaces, with free snacks and the opportunity to chat with a Family Hub Practitioner. **Term time only.**

Mondays, 3:15pm – 4:15pm

Baby Babble and Bond

A free drop-in fun and interactive group for families with babies **0-12 months**. Enjoy songs, rhymes, sensory play, and topic chats on building relationships, weaning, play, oral health etc. Run by Family Hub Practitioners. Continues in the school holidays.

Tuesdays, 9:30am – 10:30am

WHAT'S ON AT:

ALEXANDRA FAMILY HUB

Blackledge Street, Bolton, BL3 4BL
Telephone: 01204 337347

2 of 2

Hub opening hours:

9:00am – 5:00pm
Monday to Friday

Breastfeeding Group

A Breastfeeding Together peer support group. Drop-in. Come and meet other breastfeeding parents and get help and information from trained peers.

Wednesdays, 1:00pm – 2:00pm

Nature Club for Tots

A fun drop-in for families with children aged **1-3 years**. Facilitated by Lancashire Wildlife Trust. Call Cath 07740 419183 for more details. Term time only.

Thursdays, 10:00am – 11:00am

Chat, Play, Read

Free drop-in group for families with children 12 months +. Enjoy songs, stories, sensory play, and craft activities to help boost your child's communication, language and literacy skills. Run by Family Hub Practitioners. Continues in the school holidays.

Thursdays, 1:30pm – 2:30pm

Citizens Advice Service Sessions

Looking for support or advice on, debt, help to claim, housing, benefits, employment, health, family etc? Come and see Citizens Advice for free.

Booking required, call: **01204 337347**

Friday 7 Feb and 7 Mar
9:00am – 12:00pm

Antenatal Clinic

For an appointment with a Midwife, call Alexandra Family Hub on 01204 337347

Well Baby Clinic

Clinic operates by appointment only. To book an appointment with your Public Health Nurse, call: 01204 337578

Alexandra's Book Swop

Families with babies and young children, come along and take, swap, or enjoy a book!



WHAT'S ON AT:

BRIGHT MEADOWS FAMILY HUB

Greenroyd Avenue, Bolton, BL2 5DD

Telephone: 01204 336691

Hub opening hours:

9:00am – 5:00pm

Monday to Friday

1of2

Join a Solihull Group

'Understanding your child'

These free 10-week groups offer insights for all parents and carers, helping you gain a deeper understanding of your child's development. Including play, communication, brain development, emotions and parenting styles. Perfect for anyone with a child under 3, whether you're navigating new experiences or simply curious to learn new skills.

To find out more, call: 07514 484157 or email: familiestogether445@gmail.com

For bookings beyond January 2025, contact the team on the above email.

Monday group begins 20 January

10:00am – 12:00pm for 10 weeks.

Little Bats Stay and Play

Stay and play the forest school way. A 10-week course to build confidence for your tot to play in nature. Outdoor sessions. **1-5 years. *Advanced booking required.** To book visit: www.littlebatslearning.org/sessions/ or call Elanor on 07818 925678.

Mondays*, 1:00pm – 2:30pm

Baby Babble and Bond

A free drop-in fun and interactive group for families with babies **0-12 months**. Enjoy songs, rhymes, sensory play, and topic chats on building relationships, weaning, play, oral health etc. Run by Family Hub Practitioners. Continues in the school holidays.

Tuesdays, 9:30am – 10:30am

Shake, Rattle and Roll

An active music and movement session for families with 0-5s. No need to book.

**Wednesday 8, 15, 22, 29 Jan, 5, 12 Feb
10:00am – 10:45am**

Stay and Play

Indoor and outdoor activities, including messy play. Free drop-in for families with 0-5s. Term time only. Run by Bolton Toy Library.

Thursdays, 10:00am – 11:00am

WHAT'S ON AT:

BRIGHT MEADOWS FAMILY HUB

Greenroyd Avenue, Bolton, BL2 5DD

Telephone: 01204 336691

Hub opening hours:

9:00am – 5:00pm

Monday to Friday

2of2

Chat, Play, Read

Free drop-in group for families with children 12 months +. Enjoy songs, stories, sensory play, and craft activities to help boost your child's communication, language and literacy skills. Run by Family Hub Practitioners. Continues in the school holidays.

Thursdays, 1:00pm – 2:00pm

Family Fun Time

A free drop-in group for families with children of **all ages**. Read, play, craft, and connect in our indoor and outdoor spaces, with free snacks and the opportunity to chat with a Family Hub Practitioner. **Term time only.**

Thursdays, 3:15pm – 4:30pm

Baby's First Foods

Babies, parents, and grandparents - learn when and how to introduce solid foods to your baby. Ideal from families with babies around 3-6 months old. To book your place, call the Healthy Families Team on 01204 463175 or email hf@boltonft.nhs.uk

Friday, 17 Jan, 14 Mar

10:00am – 11:30am

Antenatal Clinic

For an appointment with a Midwife, call Farnworth Family Hub on 01204 336691

WHAT'S ON AT:

FARNWORTH FAMILY HUB

King Street, Farnworth, BL4 7AP

Telephone: 01204 334955

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Hub opening hours:

9:00am - 5:00pm

Monday and Friday

9:00am - 6:00pm

Tuesday, Wednesday, and Thursday

9:00am - 4:00pm

Saturday 18 Jan, 8 Feb, 1 Mar, 22 Mar

Stay and Play

Indoor and outdoor activities, including messy play. Free drop-in for families with 0-5s. Term time only. By Bolton Toy Library.

Mondays, 10:00am - 11:00am

Breastfeeding Group

A Breastfeeding Together peer support group. Drop-in. Come and meet other breastfeeding parents and get help and information from trained peers.

Tuesdays, 9:30am - 10:30am

Baby Babble and Bond

A free drop-in fun and interactive group for families with babies **0-12 months**.

Enjoy songs, rhymes, sensory play, and topic chats on building relationships, weaning, play, oral health etc. Run by Family Hub Practitioners. Continues in the school holidays

Wednesdays, 9:30am - 10:30am

Baby in Mind

A support session for parents and caregivers. Meet a Specialist Parent Infant Mental Health Practitioner for up to 1 hour 15 mins. This time is personal to you e.g., thinking about current feelings and experiences, or making plans which might help the demands of daily life to feel more manageable. **For more information see page 33.**

Wednesdays, 9:30pm - 1:00pm

With You in Mind

Drop-in peer support group for parents with children aged 0-2 years (expectant parents welcome). Come along, meet others, and share your experiences.

For information, contact:

Sharonfletcher@homestarthost.org.uk
or telephone 01204 216537.

Wednesdays, 1:15pm - 2:45pm

WHAT'S ON AT:

FARNWORTH FAMILY HUB

King Street, Farnworth, BL4 7AP

Telephone: 01204 334955

2of3

Hub opening hours:

9:00am – 5:00pm

Monday and Friday

9:00am – 6:00pm

Tuesday, Wednesday and Thursday

9:00am – 4:00pm

Saturday 18 Jan, 8 Feb, 1 Mar, 22 Mar

Join a Solihull Group

'Understanding your child'

These free 10-week groups offer insights for all parents and carers, helping you gain a deeper understanding of your child's development. Including play, communication, brain development, emotions and parenting styles. Perfect for anyone with a child under 3, whether you're navigating new experiences or simply curious to learn new skills.

To find out more, call: 07514 484157 or email: familiestogether445@gmail.com

For bookings beyond January 2025, contact the team on the above email.

Thursday group begins 23 January
10:00am – 12:00pm for 10 weeks.

Baby's First Foods

Babies, parents, and grandparents – learn when and how to introduce solid foods to your baby. Ideal from families with babies around 3–6 months old. To book your place, call the Healthy Families Team on 01204 463175 or email hf@boltonft.nhs.uk

Thursday, 16 Jan, 13 Mar
1:00pm – 2:30pm

Chat, Play, Read

Free drop-in group for families with children 12 months +. Enjoy songs, stories, sensory play, and craft activities to help boost your child's communication, language and literacy skills. Run by Family Hub Practitioners. Continues in the school holidays.

Fridays, 9:30am – 10:30am

Family Fun Time

A free drop-in group for families with children of **all ages**. Read, play, craft, and connect in our indoor and outdoor spaces, with free snacks and the opportunity to chat with a Family Hub Practitioner. **Term time only.**

Fridays, 3:15pm – 4:30pm

Early Help Parent Drop-in

For families with children under 18-year-old. Need advice about parenting? Come for a coffee and chat. For more information, contact Targeted Early Help on 01204 336215 or email EarlyHelp@bolton.gov.uk

Saturday, 18 Jan, 8 Feb, 1 Mar, 22 Mar,
9:30am – 3:30pm

WHAT'S ON AT:

FARNWORTH FAMILY HUB

King Street, Farnworth, BL4 7AP

Telephone: 01204 334955

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Hub opening hours:

9:00am - 5:00pm

Monday and Friday

9:00am - 6:00pm

Tuesday, Wednesday and Thursday

9:00am - 4:00pm

Saturday 18 Jan, 8 Feb, 1 Mar, 22 Mar

Farnworth's Book Swop

Families with babies and young children, come and take, swap, and enjoy the books in our library.



Antenatal Clinic

For an appointment with a Midwife, call Farnworth Family Hub on 01204 334955

Well Baby Clinic

Clinic operates by appointment only. To book an appointment with your Public Health Nurse, call: 01204 332750

Activity at Kearsley Woodbridge College (BL4 8LB)

Shake, Rattle, and Roll

An active music and movement session for 0-5s.
No need to book!

Monday:
6, 13, 20 and 27 January
3 and 10 February
9:30am - 10:15am

Baby Babble and Bond

Songs, rhymes, sensory play and topic chats on building relationships, play, weaning, and more. Families with babies 0-12 months welcome!

Mondays, 1:30pm - 2:30pm

WHAT'S ON AT:

GREAT LEVER FAMILY HUB

Leonard Street, Bolton, BL3 3AP

Telephone: 01204 3373333

Hub opening hours:

9:00am – 5:00pm

Monday to Friday

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Chat, Play, Read

Free drop-in group for families with children 12 months +. Enjoy songs, stories, sensory play, and craft activities to help boost your child's communication, language and literacy skills. Run by Family Hub Practitioners. Continues in the school holidays.

Mondays, 9:30am – 10:30am

Stay and Play

Indoor and outdoor activities, including messy play. Free drop-in for families with 0-5s. Term time only. Run by Bolton Toy Library.

Tuesdays, 1:00pm – 2:00pm

Baby Babble and Bond

A free drop-in fun and interactive group for families with babies **0-12 months**. Enjoy songs, rhymes, sensory play, and topic chats on building relationships, weaning, play, oral health etc. Run by Family Hub Practitioners. Continues in the school holidays.

Wednesdays, 9:30am – 10:30am

Baby's First Foods

Babies, parents, and grandparents - learn when and how to introduce solid foods to your baby. Ideal from families with babies around 3-6 months old. To book your place, call the Healthy Families Team on 01204 463175 or email hf@boltonft.nhs.uk

Wednesday, 12 Feb
1:00pm – 2:30pm

Proud 2 b Parents Stay and Play

A family stay and play for LGBT+ parents and carers and their children. Term time only.

Thursdays, 1:00pm – 2:30pm

Family Fun Time

A free drop-in group for families with children of **all ages**. Read, play, craft, and connect in our indoor and outdoor spaces, with free snacks and the opportunity to chat with a Family Hub Practitioner. **Term time only**.

Thursdays, 3:15pm – 4:30pm

WHAT'S ON AT:

GREAT LEVER FAMILY HUB

Leonard Street, Bolton, BL3 3AP

Telephone: 01204 3373333

Hub opening hours:

9:00am – 5:00pm

Monday to Friday

2of2

Plan and prepare for parenthood (antenatal classes)

Get information to help you make informed parenting choices and feel more confident as you journey into parenthood. Additional sessions available online. Feel free to just turn up!

book.breastfeedingtogether.co.uk/

Thursday, 9 Jan, 5:30pm – 7:30pm

Baby in Mind

A support session for all parents and caregivers. Meet a Specialist Parent Infant Mental Health Practitioner for up to 1 hour 15 mins. This time is personal to you e.g., thinking about current feelings and experiences, or making plans which might help the demands of daily life to feel more manageable. **For more information see page 33.**

Fridays, 9:30pm – 1:00pm

Parent and Tots

Stay and play for families with children aged **0-4 years**. Bilingual practitioners available for parents with South Asian ethnic backgrounds. Term time only.

Fridays, 10:00am – 12:00pm

Citizens Advice Service Sessions

Looking for support or advice on, debt, help to claim, housing, benefits, employment, health, family etc? Come and see Citizens Advice for free.

Booking required, call: **01204 337333**

Wednesday 26 Feb and 26 Mar
2:00pm – 5:00pm

Little Bats Stay and Play

Stay and play the forest school way. A 10-week course to build confidence for your tot to play in nature. Outdoor sessions. **1-5 years. *Advanced booking required.** To book visit: www.littlebatslearning.org/sessions/ or call Elanor on 07818 925678.

Fridays*, 1:00pm – 2:30pm

Antenatal Clinic

For an appointment with a Midwife, call Great Lever Family Hub, 01204 337333

Well Baby Clinic

Clinic operates by appointment only. To book an appointment with your Public Health Nurse, call: 01204 335019

WHAT'S ON AT:

HARVEY START WELL CENTRE

Shaw Street, Bolton, BL3 6HU
Telephone: 01204 337390

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Hub opening hours

8:00am – 6:00pm
Monday to Friday

Baby Group

Free drop-in for families with children 0-2 years. Term time only.

Mondays, 10:00am – 11:00am

Chat, Play, Read

Free drop-in group for families with children 12 months +. Enjoy songs, stories, sensory play, and craft activities to help boost your child's communication, language and literacy skills. Run by Family Hub Practitioners. Continues in the school holidays.

Mondays, 1:00pm – 2:00pm

SEND Stay and Play

Bolton Toy Library, drop-in for children 0-5 years with a diagnosis or going through diagnosis.

Mondays, 1:00pm – 2:00pm

Sugar Lumps SEND Messy Play

Half term activity! Join us at this fun and creative messy play session for families with young children with SEND.

Tuesday 18 Feb, 10:00am – 11:30am

Family Fun Time

A free drop-in group for families with children of **all ages**. Read, play, craft, and connect in our indoor and outdoor spaces, with free snacks and the opportunity to chat with a Family Hub Practitioner. Term time only.

Tuesdays, 3:15pm – 4:30pm

Stay and Play Groups

For families with 0-5s. Run by Bolton Toy Library. Term time only. Free and no need to book.

Indoor and outdoor activities.

Tuesdays, 10:00am – 11:00am
Wednesdays, 1:00pm – 2:00pm

Stay play and loan toys. Sensory room available with free drinks and snacks*

Tuesdays, 1:00pm – 2:00pm*
Wednesdays, 9:30am – 11:00am*
Thursdays, 10:00am – 11:00am

Antenatal Clinic

For an appointment with a Midwife, call Harvey Start Well Centre, 01204 337390

WHAT'S ON AT:

HARVEY START WELL CENTRE

Shaw Street, Bolton, BL3 6HU

Telephone: 01204 337390

Hub opening hours

8:00am – 6:00pm

Monday to Friday

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Join a Solihull Group

'Understanding your child'

These free 10-week groups offer insights for all parents and carers, helping you gain a deeper understanding of your child's development. Including play, communication, brain development, emotions and parenting styles. Perfect for anyone with a child under 3, whether you're navigating new experiences or simply curious to learn new skills.

To find out more, call: 07514 484157 or email: famiestogether445@gmail.com

For bookings beyond January 2025, contact the team on the email above.

Wednesday group begins 8 January

10:00am – 12:00pm for 10 weeks.

Baby's First Foods

Babies, parents, and grandparents - learn when and how to introduce solid foods to your baby. Ideal from families with babies around 3-6 months old. To book your place, call the Healthy Families Team on 01204 463175 or email hf@boltonft.nhs.uk

Wednesday, 26 Feb

1:00pm – 2:30pm

Baby Babble and Bond

A free drop-in fun and interactive group for families with babies **0-12 months**. Enjoy songs, rhymes, sensory play, and topic chats on building relationships, weaning, play, oral health etc. Run by Family Hub Practitioners. Continues in the school holidays.

Thursdays, 9:30am – 10:30am

Citizens Advice Service Sessions

Looking for support or advice on, debt, help to claim, housing, benefits, employment, health, family etc? Come and see Citizens Advice for free.

Booking required, call: **01204 337390**

Friday 14 Feb and 14 Mar

9:00am – 12:00pm

Little Bats Stay and Play

Stay and play the forest school way. A 10-week course to build confidence for your tot to play in nature. Outdoor sessions. 1-5 years. ***Advanced booking required.** Visit: www.littlebatslearning.org/sessions/ or call Elanor on 07818 925678.

Fridays*, 10:00am – 11:30am

WHAT'S ON AT:

OLDHAMS START WELL CENTRE

Forfar Street, Bolton, BL1 6RN

Telephone: 01204 334992

Hub opening hours:

8:30am – 4:30pm

Monday to Friday

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Little Bats Stay and Play

Stay and play the forest school way. A 10-week course to build confidence for your tot to play in nature. Outdoor sessions. **1-5 years. *Advanced booking required.** To book visit: www.littlebatslearning.org/sessions/ or call Elanor on 07818 925678.

Mondays*, 10:00am – 11:30am

Nature Club for Tots

A fun drop-in for families with children aged **1-3 years**. Facilitated by Lancashire Wildlife Trust. Call Cath 07740 419183 for more details. Term time only.

Tuesdays, 10:00am – 11:00am

Chat, Play, Read

Free drop-in group for families with children 12 months+. Enjoy songs, stories, sensory play, and craft activities to help boost your child's communication, language and literacy skills. Run by Family Hub Practitioners. Continues in the school holidays.

Tuesdays, 1:00pm – 2:00pm

Family Fun Time

A free drop-in group for families with children of **all ages**. Read, play, craft, and connect in our indoor and outdoor spaces, with free snacks and the opportunity to chat with a Family Hub Practitioner. **Term time only.**

Tuesdays, 3:15pm – 4:15pm

Wiggle Tots

A fun baby and toddler group facilitated by Oldhams Church. **0-4 years**. Free drop-in. Term time only.

Wednesdays, 10:30am – 11:45am

Baby Babble and Bond

A free drop-in fun and interactive group for families with babies **0-12 months**. Enjoy songs, rhymes, sensory play, and topic chats on building relationships, weaning, play, oral health etc. Run by Family Hub Practitioners. Continues in the school holidays.

Thursdays, 9:30am – 10:30am

WHAT'S ON AT:

OLDHAMS START WELL CENTRE

Forfar Street, Bolton, BL1 6RN

Telephone: 01204 334992

Hub opening hours:

8:30am – 4:30pm

Monday to Friday

2of2

Breastfeeding Group

A Breastfeeding Together peer support group. Drop-in. Come and meet other breastfeeding parents and get help and information from trained peers.

Thursdays, 1:00pm – 2:00pm

Baby's First Foods

Babies, parents, and grandparents – learn when and how to introduce solid foods to your baby. Ideal from families with babies around 3–6 months old. To book your place, call the Healthy Families Team on 01204 463175 or email hf@boltonft.nhs.uk

Thursday, 23 Jan, 20 Mar
1:00pm – 2:30pm

Stay and Play

Indoor and outdoor activities, including messy play. Free drop-in for families with 0–5s. Term time only. Run by Bolton Toy Library.

Thursdays, 1:00pm – 2:00pm

Citizens Advice Service Sessions

Looking for support or advice on, debt, help to claim, housing, benefits, employment, health, family etc? Come and see Citizens Advice for free.

Booking required, call: **01204 334992**

Friday 21 Feb and 21 Mar
9:00am – 12:00pm

SEND Stay and Play

A drop-in play group for families of children with SEND aged 0–5 years. Children do not need an official diagnosis to attend. Term time only.

Fridays, 1:00pm – 2:30pm

Antenatal Clinic

For an appointment with a Midwife, call Oldhams Start Well Centre on 01204 334992

Well Baby Clinic

Clinic operates by appointment only. To book an appointment with your Public Health Nurse, call: 01204 463050

WHAT'S ON AT:

OXFORD GROVE FAMILY HUB

Shepherds Cross Street, BL1 3BH

Telephone: 01204 337090

lof3

Hub opening hours:

9:00am – 5:00pm

Monday and Friday

9:00am – 6:00pm

Tuesday, Wednesday and Thursday

9:00am – 4:00pm

Saturday 25 Jan, 15 Feb, 8 Mar, 29 Mar

Parent and Tots

Stay and play for families with children aged **0-4 years**. Bilingual practitioners available for parents with South Asian ethnic backgrounds. Free drop-in. Term time only. Run by Flowhesion Foundation.

Mondays, 10:00am – 12:00pm

Baby in Mind

A support session for parents and caregivers. Meet a Specialist Parent Infant Mental Health Practitioner for up to 1 hour 15 mins. This time is personal to you e.g., thinking about current feelings and experiences, or making plans which might help the demands of daily life to feel more manageable. **For more information see page 33.**

Tuesdays, 9:30am – 1:00pm

Baby Babble and Bond

A free drop-in fun and interactive group for families with babies **0-12 months**. Enjoy songs, rhymes, sensory play, and topic chats on building relationships, weaning, play, oral health etc. Run by Family Hub Practitioners. Continues in the school holidays.

Tuesdays, 9:30am – 10:30am

Nature Club for Tots

A fun drop-in for families with children aged **1-3 years**. Facilitated by Lancashire Wildlife Trust. Call Cath 07740 419183 for more details. Term time only.

Tuesdays, 1:00pm – 2:00pm

With You in Mind

Drop-in peer support group for parents with children aged 0-2 years (expectant parents welcome). Come along, meet others, and share your experiences.

For information, contact:

Sharonfletcher@homestarthost.org.uk

or telephone 01204 216537.

Tuesdays, 1:15pm – 2:45pm

WHAT'S ON AT:

OXFORD GROVE FAMILY HUB

Shepherds Cross Street, BL1 3BH

Telephone: 01204 337090

2of3

Hub opening hours:

9:00am – 5:00pm

Monday and Friday

9:00am – 6:00pm

Tuesday, Wednesday and Thursday

9:00am – 4:00pm

Saturday 25 Jan, 15 Feb, 8 Mar, 29 Mar

Chat, Play, Read

Free drop-in group for families with children 12 months+. Enjoy songs, stories, sensory play, and craft activities to help boost your child's communication, language and literacy skills. Run by Family Hub Practitioners. Continues in the school holidays.

Wednesdays, 9:30am – 10:30am

Baby's First Foods

Babies, parents, and grandparents – learn when and how to introduce solid foods to your baby. Ideal from families with babies around 3-6 months old. To book your place, call the Healthy Families Team on 01204 463175 or email hf@boltonft.nhs.uk

Wednesday, 5 Feb
1:00pm – 2:30pm

Plan and prepare for parenthood (antenatal classes)

Get information to help you make informed parenting choices and feel more confident as you journey into parenthood.

Additional sessions available online. Feel free to just turn up!

book.breastfeedingtogether.co.uk/

Wed, 26 Feb 10:00am – 12:00pm
Thu, 13 Mar 5:30pm – 7:30pm

Family Fun Time

A free drop-in group for families with children of **all ages**. Read, play, craft, and connect in our indoor and outdoor spaces, with free snacks and the opportunity to chat with a Family Hub Practitioner. **Term time only.**

Thursdays, 3:15pm – 4:30pm

WHAT'S ON AT:

OXFORD GROVE FAMILY HUB

Shepherds Cross Street, BL1 3BH
Telephone: 01204 337090

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Join a Solihull Group

'Understanding your child'

These free 10-week groups offer insights for all parents and carers, helping you gain a deeper understanding of your child's development. Including play, communication, brain development, emotions and parenting styles. Perfect for anyone with a child under 3, whether you're navigating new experiences or simply curious to learn new skills.

To find out more, call: 07514 484157 or email: familiestogether445@gmail.com

For bookings beyond January 2025, contact the team on the email above.

Friday group begins 24 January
10:00am – 12:00pm for 10 weeks.

Well Baby Clinic

Clinic operates by appointment only. To book an appointment with your Public Health Nurse, call: 01204 338188

Hub opening hours:

9:00am – 5:00pm
Monday and Friday

9:00am – 6:00pm
Tuesday, Wednesday and Thursday

9:00am – 4:00pm
Saturday 25 Jan, 15 Feb, 8 Mar, 29 Mar

Pause. Engage. Play.

An all-male group to strengthen your skills in engaging with your little one, helping you improve your confidence. We are also keen to hear your ideas about how we make play sessions more accessible to Bolton dads. Free refreshments will be available.

One Saturday each month. To book visit <https://wix.to/uvlFj3o>

Early Help Parent Drop-in

For families with children under 18-year-old. Need advice about parenting? Come for a coffee and chat. For more information, contact Targeted Early Help on 01204 336215 or email EarlyHelp@bolton.gov.uk

Saturday, 25 Jan, 15 Feb, 8 Mar, 29 Mar, 9:30am – 3:30pm

Antenatal Clinic

For an appointment with a Midwife, call Oxford Grove Family Hub on 01204 337090

WHAT'S ON AT:

TONGE

FAMILY HUB

Starkie Street, Bolton, BL2 2ED

Telephone: 01204 336745

lof3**Hub opening hours:**

9:00am – 5:00pm

Monday and Friday

9:00am – 6:00pm

Tuesday, Wednesday and Thursday

9:00am – 4:00pm

Saturday 11 Jan, 1 Feb, 22 Feb, 15 Mar

Shake, Rattle and Roll

An active music and movement session for families with 0-5s. No need to book.

Monday 6, 13, 20, 27 Jan, 3, 10 Feb

1:30pm – 2:15pm

Family Fun Time

A free drop-in group for families with children of **all ages**. Read, play, craft, and connect in our indoor and outdoor spaces, with free snacks and the opportunity to chat with a Family Hub Practitioner. **Term time only.**

Mondays, 3:15pm – 4:45pm

Baby's First Foods

Babies, parents, and grandparents - learn when and how to introduce solid foods to your baby. Ideal from families with babies around 3-6 months old. To book your place, call the Healthy Families Team on 01204 463175 or email hf@boltonft.nhs.uk

Wednesday, 19 Feb

1:00pm – 2:30pm

Stay and Play

Indoor and outdoor activities, including messy play. Free drop-in for families with 0-5s. Term time only. Run by Bolton Toy Library.

Wednesdays, 1:00pm – 2:00pm

Baby in Mind

A support session for parents and caregivers. Meet a Specialist Parent Infant Mental Health Practitioner for up to 1 hour 15 mins. This time is personal to you e.g., thinking about current feelings and experiences, or making plans which might help the demands of daily life to feel more manageable. **For more information see page 33.**

Thursdays, 9:30am – 1:00pm

SEND Stay and Play

A drop-in play group for families of children with SEND aged 0-5 years. Children do not need an official diagnosis to attend. **Term time only.**

Thursdays, 10:00am – 11:30am

WHAT'S ON AT:

TONGE FAMILY HUB

Starkie Street, Bolton, BL2 2ED

Telephone: 01204 336745

2of3

Hub opening hours:

9:00am – 5:00pm

Monday and Friday

9:00am – 6:00pm

Tuesday, Wednesday and Thursday

9:00am – 4:00pm

Saturday 11 Jan, 1 Feb, 22 Feb, 15 Mar

Sugar Lumps SEND Creative Stay and Play

Half-term activity! Join us at this fun and creative messy play session for families with young children with SEND.

Thursday 20 Feb, 10:00am – 11:30am

Baby Babble and Bond

A free drop-in fun and interactive group for families with babies **0-12 months**. Enjoy songs, rhymes, sensory play, and topic chats on building relationships, weaning, play, oral health etc. Run by Family Hub Practitioners. Continues in the school holidays.

Fridays, 10:30am – 11:30am

Breastfeeding Group

A Breastfeeding Together peer support group. Drop-in. Come and meet other breastfeeding parents and get help and information from trained peers.

Fridays, 1:00pm – 2:00pm

Chat, Play, Read

Free drop-in group for families with children 12 months +. Enjoy songs, stories, sensory play, and craft activities to help boost your child's communication, language and literacy skills. Run by Family Hub Practitioners. Continues in the school holidays.

Fridays, 1:00pm – 2:00pm

Early Help Parent Drop-in

For families with children under 18-year-old. Need advice about parenting? Come for a coffee and chat. For more information, contact Targeted Early Help on 01204 336215 or email

EarlyHelp@bolton.gov.uk

Saturday, 11 Jan, 1 Feb, 22 Feb, 15 Mar,
9:30am – 3:30pm

WHAT'S ON AT:

TONGE FAMILY HUB

Starkie Street, Bolton, BL2 2ED

Telephone: 01204 336745

3of3

Hub opening hours:

9:00am – 5:00pm

Monday and Friday

9:00am – 6:00pm

Tuesday, Wednesday and Thursday

9:00am – 4:00pm

Saturday 11 Jan, 1 Feb, 22 Feb, 15 Mar

Plan and prepare for parenthood (antenatal classes)

Get information to help you make informed parenting choices and feel more confident as you journey into parenthood.

Additional sessions available online.
Feel free to just turn up!

book.breastfeedingtogether.co.uk/

Saturday, 1 Feb

10:00am – 12:00pm

Antenatal Clinic

For an appointment with a Midwife, call Tonge Family Hub on 01204 336745

Well Baby Clinic

Clinic operates by appointment only. To book an appointment with your Public Health Nurse, call: 01204 338063



SUPPORT FOR:

EXPECTANT PARENTS

Just found out you are pregnant?

If you have a positive pregnancy test or have recently moved to the area, here's what to do next.

Get in touch with your local midwifery team as soon as possible to let them know about your pregnancy on 01204 390023. We will then contact you to schedule a first 'booking' appointment with one of our midwives.

Useful info:

- Receive personalised emails created to support you throughout pregnancy and parenthood via Start for Life <https://www.nhs.uk/start-for-life/start-for-life-emails/>
- Get help to buy food and milk with Healthy Start <https://www.healthystart.nhs.uk/>
- Is it serious? Pregnancy warning signs to look out for (tommys.org) <https://bit.ly/3X3hUWe>

Antenatal clinics

During your pregnancy you will be offered regular appointments with a Midwife or Obstetrician. They check that you and your baby are well, give you support and information about your pregnancy to help you make informed choices.

To book a midwife appointment, contact one of the centres below.

Venue	Day	Time	Call
Alexandra Family Hub	Monday - Friday	9:00am - 5:00pm	01204 337347
Bright Meadows Family Hub	Tue, Thu, and Fri	9:30am - 4:30pm	01204 336691
Farnworth Family Hub	Monday - Friday	9:00am - 5:00pm	01204 334955
Harvey Start Well Centre	Monday - Friday	9:00am - 5:00pm	01204 337390
Oldhams Start Well Centre	Monday - Friday	9:00am - 4:30pm	01204 334992
Oxford Grove Family Hub	Monday - Friday	9:00am - 5:00pm	01204 337090
Tonge Family Hub	Monday - Friday	9:00am - 5:00pm	01204 336745
Great Lever Family Hub	Monday - Friday	9:00am - 5:00pm	01204 337333
Winifred Kettle House	Monday - Friday	9:00am - 5:00pm	01204 335138

SUPPORT FOR:

EXPECTANT PARENTS

Free online antenatal course

Written by registered Midwives and NHS Professionals. 'Understanding pregnancy, labour, birth, and your baby' is an online course for everyone around the baby, including mums, dads, grandparents, friends, and family.

It is part of a series of Solihull Approach courses for different age groups.

Go to www.inourplace.co.uk to create an account and access for free by entering the access code: **RIVINGTON**

Free pregnancy Padlet resource

Visit the Padlet resource below created by the Midwifery Infant Feeding Team to view a collection of written resources, links and videos offering information and support on how to feed and care for your baby.

<https://bit.ly/45BtJV7>



Dad Matters

Supporting dads (and dads-to-be) in Bolton and across Greater Manchester to have the best possible relationships with their families. Find out more:

Website: <https://dadmatters.org.uk/>

Facebook: <https://bit.ly/3CuV67z>

Free antenatal breastfeeding workshops

Come along to one of the Midwifery Infant Feeding Team's Antenatal Workshops to help you feel more prepared and confident about breastfeeding your baby.

Sessions take place at:

Royal Bolton Antenatal Clinic

Mon 6 Jan, 3 Feb, 3 Mar

6:30pm – 8:30pm

And for diabetes in pregnancy:

Wed 15 Jan, 19 Feb, 19 Mar

6:30pm – 8:30pm

Ingleside Birth Centre

Sat 18 Jan, 15 Feb, 15 Mar

10:00am – 12:00pm

To book call 01204 390423 or email: infantfeeding@boltonft.nhs.uk

SUPPORT FOR:

FOR EXPECTANT PARENTS

Free 'Plan and prepare for parenthood' antenatal classes

Get information to help you make informed choices confidently as you become a new parent. Online and face to face sessions available:

Oxford Grove Family Hub

Wed 26 Feb, 10:00am – 12:00pm

Thu 13 Mar, 5:30pm – 7:30pm

Great Lever Family Hub

Thu 9 Jan, 5:30pm – 7:30pm

Tonge Family Hub

Sat 1 Feb, 10:00am – 12:00pm

And online Jan, Feb, and Mar 2025!

To book visit:

book.breastfeedingtogether.co.uk/

In addition, Breastfeeding Together offer 'Live Chat' (available daily). Click the chat icon in the bottom right-hand corner of the website between 7pm-10pm every day. <https://bit.ly/3YXS2fy>

Maternity Action

Contact Maternity Action (MA) for completely free and confidential legal advice on work and benefits for pregnant women and new parents in Greater Manchester.

MA can support you if you're:

- Wondering which benefits you're entitled to.
- Unsure if you're being treated unfairly at work.
- Need to know what your rights are at work.
- Not sure if you can get maternity pay.

For support, free call 0808 801 0488 or email:

www.maternityaction.org.uk/manchester-maternity-rights

Your Baby and You (antenatal programme)

A free antenatal group to help give mums, dads, birthing parents and non birthing parents an introduction into the emotional journey of parenthood and help them to interact with their baby. There are 4, 1.5-hour sessions run on the same day and time, in the same place weekly for 4 weeks (venue and times vary). The group is run by the PAIRS service, and it is available to everyone.

To enrol, collect a registration form at a Family Hub reception or email Yourbabyandyou.pairs@gmmh.nhs.uk Once completed, send a picture of the form to the email above.

For updates and other information please visit the PAIRS Padlet by scanning the QR code below.

<https://bit.ly/4fmKIFI>



SUPPORT FOR:

NEW PARENTS

Birth registration in Bolton

You must make an appointment to register your baby's birth within 42 days in the town or city where the baby was born. A registration appointment for babies born in Bolton is made online at:

<https://bit.ly/3eb4zaK>.

Call 01204 331185 for more support.

Free online baby course

Written by Psychologists, Psychotherapists, Health Visitors and NHS Professionals. 'Understanding Your Baby' is a course for everyone around the baby, supporting you and your new arrival.

It is part of a series of Solihull Approach courses for different age groups.

Go to www.inourplace.co.uk to create an account and access for free by entering the access code: **RIVINGTON**

Useful information:

- The NHS Website: www.nhs.uk/conditions/baby
- Receive personalised emails created to support you throughout pregnancy and parenthood via Start for Life <https://www.nhs.uk/start-for-life/start-for-life-emails/>
- Get help to buy food and milk with Healthy Start <https://www.healthystart.nhs.uk/>

Dad Matters

Supporting dads (and dads-to-be) in Bolton and across Greater Manchester to have the best possible relationships with their families!

Find out more:

Website: <https://dadmatters.org.uk/>

Facebook: <https://bit.ly/3CuV67z>

Spoons Greater Manchester

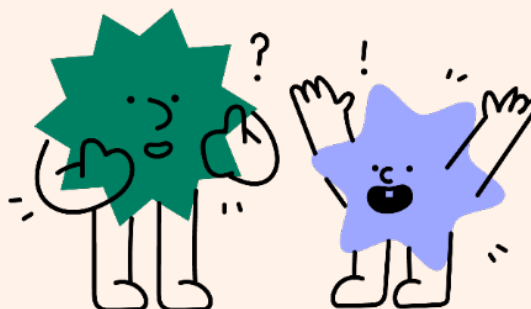
A charity supporting parents with babies in neonatal care (and following discharge).

Get online information, register for support and attend groups like Baby Massage and Stay and Play. To find out more, visit: <https://bit.ly/3Ni9kNp>

Proud 2 b Parents

An inclusive organisation for all routes to parenthood. Run by and delivering services for LGBT+ parents and carers-to-be, families and their children. Find out more:

<https://www.proud2bparents.co.uk/>



SUPPORT FOR:

NEW PARENTS

Your 0-19 Public Health Nurse Team

This team includes Health Visitors, School Nurses, Staff Nurses and Public Health Assistant Practitioners. Your Public Health Nurse team will contact you to complete your antenatal visit after you reach 28 weeks into your pregnancy, when your child is 10-14 days, 6-8 weeks, 9-12 months and 2-2.5 years old. They offer advice and support on a range of topics including parental mental health, safe sleeping, infant feeding, breastfeeding, weaning, child development, minor accidents and illnesses and can signpost or refer you to other services where needed.

If you need advice and support from your Public Health Nurse Team, you can:

- Text our **Chat Health Service** on **07507 331751** during normal working hours. If you need advice before receiving a reply, please contact your GP.
- Book a Well Baby Clinic appointment.

Well baby clinics

Clinics are appointment only. Please book an appointment with your Public Health Nurse using the telephone numbers provided below.

Venue	Day	Time	Call
Oxford Grove Family Hub	Mondays	1:00pm – 3:00pm	01204 338188
Farnworth Family Hub	Mondays	1:00pm – 3:00pm	01204 332750
Crompton Centre	Tuesdays	1:00pm – 2:45pm	01204 463050
Great Lever Family Hub	Tuesdays	9:30am – 11:30am	01204 335019
Alexandra Family Hub	Wednesdays	9:30am – 11:30am	01204 337578
Oldhams Start Well Centre	Wednesdays	1:00pm – 2:45pm	01204 463050
Tonge Family Hub	Thursdays	1:00pm – 3:00pm	01204 338063
Horwich Health Hub (BL6 7BT)	Thursdays	1:30pm – 3:30pm	01204 335138
Winifred Kettle House	Fridays	9:30am – 11:30am	01204 335138

Immunisation service

In the UK, every child is offered a series of vaccinations to help protect them from serious diseases. First vaccinations from 8 weeks old (at your GP surgery), and then at 12 weeks, 16 weeks, 12 months and beyond. For more information, visit:

<https://www.nhs.uk/vaccinations/>. Contact your GP surgery if you have not received or have missed an appointment.

Immunisation concerns for older children? Contact the 0-19 Immunisation Team on **01204 463170**, or email bolton5-19immsteam@boltonft.nhs.uk

SUPPORT FOR:

NEW PARENTS

What to do if your baby is unwell?

It can be a worrying time when our babies and children are unwell, and it can sometimes be difficult to work out what we can manage ourselves and when to get help. Useful links and services:

- Your GP: To find a GP, visit www.nhs.uk/nhs-services/
- NHS 111 visit www.111.nhs.uk or call 111
- Your Local pharmacy: To find your nearest visit www.nhs.uk/nhs-services/
- The NHS website: www.nhs.uk/conditions/baby
- The Little Orange Book: <https://bit.ly/46FdtEr>

Safe sleep, coping with crying and preventing accidents:

- The Lullaby Trust (Safe sleep) www.lullabytrust.org.uk
- ICON (Infant crying) www.iconcope.org
- Cry-sis (Crying/sleepless) www.cry-sis.org.uk
- The NHS Website: www.nhs.uk/conditions/baby
- Child Accident Prevention Trust: www.capt.org.uk

Vision | Openness | Integrity | Compassion | Excellence

NHS
Bolton
NHS Foundation Trust

Looking after your baby's teeth

You can start brushing your baby's teeth as soon as they start to come through. Use a baby toothbrush with a tiny smear of fluoride toothpaste.

Don't worry if you don't manage to brush much at first.

The important thing is to get your baby used to brushing their teeth as part of their daily routine. You can help by setting a good example and letting them see you brushing your own teeth.

Improving care,
transforming lives...for a better Bolton



SUPPORT WITH:

INFANT FEEDING

0-19 Community Infant Feeding

The team will contact you after the birth of your baby to offer advice and support over the phone or through home visits until your baby is 6-8 weeks old. Call 01204 462339.

Specialist Midwife Infant Feeding Team

Can offer support with feeding difficulties if your baby is under four weeks old. Call 01204 390423.

Specialist Public Nurse

You can discuss any feeding issues with your Specialist Public Health Nurse (Health Visitor) during visits, over the phone or at a baby clinic appointment or ChatHealth. See page 27 for details.

Specialist breastfeeding support

Contact the Community Infant Team or Public Health Nursing Team to arrange an appointment for the specialist clinic which runs every Wednesday morning.

Breastfeeding peer support

Breastfeeding Together offer peer support services in hospital, at home, online, and over the telephone.

Visit www.breastfeedingtogether.co.uk
Call: 07742 234496

Free Breastfeeding Groups

Breastfeeding Together provide online and face to face support groups at:

Horwich Library

Mondays 11:00am – 12:00pm

Farnworth Family Hub

Tuesdays 9:30am – 10:30am

Alexandra Family Hub

Wednesdays 1:00pm – 2:00pm

Oldhams Start Well Centre

Thursdays 1:00pm – 2:00pm

Tonge Family Hub

Fridays 1:00pm – 2:00pm

[Online Peer Support Group](#)

Fridays 10:00am – 11:00am

Meeting ID: 861 4777 2724

Passcode: BFT789



Are you breastfeeding?

View a collection of 'Padlet' written resources, links, and videos on how to breastfeed your baby:

<https://bit.ly/3KQdXho>

Are you bottle feeding?

View a collection of 'Padlet' written resources, links, and videos on how to safely bottle feed your baby (formula or breastmilk): <https://bit.ly/3shHKJs>

National Breastfeeding Helpline

Open 24 hours, 365 days a year
Telephone: 0300 100 0212

SUPPORT WITH:

INFANT FEEDING



Give your baby the best start in life by waiting until they are ready, before introducing solid foods. Read the 'No rush to mush' leaflet to find out why!

<https://bit.ly/4fOuKiP>

Free Baby's First Food sessions

Find out all you need to know about when and how to introduce solid foods to your baby in these 90-minute sessions. Suitable for families with **babies around 3-5 months old**. Parents, grandparents and carers welcome. Bring baby too!

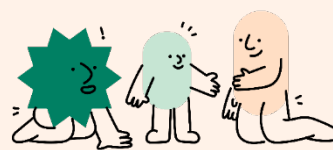
Book with the Healthy Families Team. Tel: 01204 463175 or email HF@boltonft.nhs.uk

Venue	Day	Date	Time
Westhoughton Library	Thursday	9 Jan 2025	1:00pm – 2:30pm
Farnworth Family Hub	Thursday	16 Jan 2025	1:00pm – 2:30pm
Bright Meadows Family Hub	Friday	17 Jan 2025	10:00am – 11:30am
Oldhams Start Well Centre	Thursday	23 Jan 2025	1:00pm – 2:30pm
High Street Library	Thursday	30 Jan 2025	1:30pm – 3:00pm
Oxford Grove Family Hub	Wednesday	5 Feb 2025	1:00pm – 2:30pm
Great Lever Family Hub	Wednesday	12 Feb 2025	1:00pm – 2:30pm
Tonge Family Hub	Wednesday	19 Feb 2025	1:00pm – 2:30pm
Harvey Start Well Centre	Wednesday	26 Feb 2025	1:00pm – 2:30pm
Westhoughton Library	Thursday	6 Mar 2025	1:00pm – 2:30pm
Farnworth Family Hub	Thursday	13 Mar 2025	1:00pm – 2:30pm
Bright Meadows Family Hub	Friday	14 Mar 2025	10:00am – 11:30am
Oldhams Start Well Centre	Thursday	20 Mar 2025	1:00pm – 2:30pm
High Street Library	Thursday	27 Mar 2025	1:30pm – 3:00pm

Breastfeeding Together Peer Support

Available in hospital, at home, online, and over the telephone. Live chat available daily! To access, click the chat icon in the bottom right-hand corner of the website between 7pm-10pm. <https://bit.ly/3YXS2fy>. For equipment hire call 01942 236111 or email enquiries@breastfeedingtogether.co.uk. On YouTube you'll find lots of breastfeeding support videos <https://bit.ly/4fFvhlY>.

ACTIVITIES FOR:

NEW PARENTS**Baby Babble and Bond**

A free drop-in fun and interactive group for families with babies **0-12 months**. Enjoy songs, rhymes, sensory play, and topic chats on building relationships, weaning, play, oral health etc. Run by Family Hub Practitioners. Continues in the school holidays.

Venue	Day	Time
Kearsley Woodbridge College	Mondays	1:30pm – 2:30pm
Alexandra Family Hub	Tuesdays	9:30am – 10:30am
Oxford Grove Family Hub	Tuesdays	9:30am – 10:30am
Bright Meadows Family Hub	Tuesdays	9:30am – 10:30am
Farnworth Family Hub	Wednesdays	9:30am – 10:30am
Great Lever Family Hub	Wednesdays	9:30am – 10:30am
Harvey Start Well Centre	Thursdays	9:30am – 10:30am
Oldhams Start Well Centre	Thursdays	9:30am – 10:30am
Washacre Primary School	Thursdays	9:30am – 10:30am
Horwich Health and Wellbeing Hub	Fridays	9:30am – 10:30am
Johnson Fold Primary School	Fridays	9:30am – 10:30am
Tonge Family Hub	Fridays	10:30am – 11:30am

Baby Time

A weekly group for **babies and their families**. Enjoy interactive songs and fun at Bolton Museum. No need to book and free. Continues in the school holidays!

Venue	Day	Time
Bolton Museum	Tuesdays	10:30am – 11:30am

Baby Group

A free weekly drop-in stay and play group for families with children **0-2 years**. Come and meet other families. Run by Bolton Toy Library. Term time only*.

Venue	Day	Time
Harvey Start Well Centre	Mondays*	10:00am – 11:00am

SUPPORT FOR:

PERINATAL MENTAL HEALTH 0-2s

Dad Matters

Supporting dads (and dads-to-be) in
See page 26 for information.

MHiST Perinatal Fitness Small Steps

For families with children 0-2 years.
Experience: gentle, wellbeing fitness.
Meet others in a supportive, friendly,
and welcoming space. Book ahead or
drop-in <https://bit.ly/3AilmlV>

The Hub, Central Drive, BL5 3DS
Mondays, 11:00am – 12:30pm

Nature, Nurture, and Natter*

Feeling overwhelmed, isolated or
anxious? Pregnant or with a baby 0-2-
year-olds? Come along and play in
nature to bond with your baby.

*Advanced booking required, email:
Hello@LittleBatsLearning.org
or call Elanor, 07818 925678.

The Roost, Ashley Avenue, BL2 5AR
Tuesdays 10:00am – 12:00pm

With You in Mind

Home Start Host's drop-in peer support
group for parents with children aged 0-
2 years (expectant parents welcome).
Come along, meet others, and share
your experiences.

Telephone 01204 216537 or email

Sharonfletcher@homestarthost.org.uk

Alexandra Family Hub
Mondays 10:30am – 12:00pm

Oxford Grove Family Hub
Tuesdays 1:15pm – 2:45pm

Farnworth Family Hub
Wednesdays 1:15pm – 2:45pm

SUPPORT FOR:

PERINATAL MENTAL HEALTH 0-2s

Baby in Mind

An information, advice, and guidance support session for all parents and caregivers. Meet a Specialist Parent Infant Mental Health Practitioner for up to 1 hour 15 mins. This time is personal to you, from thinking about current feelings and experiences, to making plans which might help the demands of daily life to feel more manageable.

Sessions take place in hubs (listed below) between 9:30am – 12:00pm. For more information, call in, email: babyinmind.pairs@gmmh.nhs.uk or call **01204 483222** (ask for Baby in Mind).

Advertised changes to this schedule and other helpful information are shared on Padlet, which can be accessed here:

<https://bit.ly/40JpHuG>



Alexandra Family Hub
Mondays 9:30am – 1:00pm

Oxford Grove Family Hub
Tuesdays 9:30am – 1:00pm

Farnworth Family Hub
Wednesdays 9:30am – 1:00pm

Tonge Family Hub
Thursdays 9:30am – 1:00pm

Great Lever Family Hub
Fridays 9:30am – 1:00pm

Bolton Talking Therapies

Bolton's Talking Therapies provide free, confidential support for adults aged 16 years and over. Prioritising expectant parents and their partners, or main caregivers of a child up to 24 months old. Call: 01204 483101 or visit <https://bit.ly/4dpFDWt>. Self-refer by following the link provided.

Perinatal CFT Group

Baby under 2? Finding the demands of parenting difficult to cope with or struggling with depression or anxiety? Come to a 2.5-hour weekly group for 8 weeks, starting at Harvey Start Well

Centre, late September. To self-refer, visit Talking Therapies on the link above or telephone 01204 483101



SUPPORT FOR:

FAMILIES WITH YOUNG CHILDREN

Universal development checks

All families will be offered a one-to-one appointment to discuss their child's development and given advice and support where needed. Visits will be offered for children at:

- 9-12 months (Public Health Nurse Team)
- 18 months (Start Well Locality Practitioner Team)
- 2 years – 2.5 years (Public Health Nurse Team)

If you have any concerns about your child's development before or after these checks, you can visit your local Family Hub or contact your Public Health Nurse Team (see info on page 27) to ask for more advice and support or signposting and referrals to other services.

Useful Information

- www.nhs.uk/conditions/baby/
- Get personalised emails created to support you throughout pregnancy and parenthood via Start for Life <https://www.nhs.uk/start-for-life/start-for-life-emails/>
- Help buying food and milk <https://www.healthystart.nhs.uk/>

Thinking about potty training?

Visit: <https://eric.org.uk/potty-training/>

Words for Life provide fun activities to help boost children's language, literacy, and communication skills at home.

<https://bit.ly/3WWkqh2>

BBC Tiny Happy People

<https://www.bbc.co.uk/tiny-happy-people>

Help prevent tooth decay, scan below to watch helpful videos.

NHS
Bolton
NHS Foundation Trust

CHECKING YOUR CHILD'S TEETH
EVERY MONTH IS A GREAT WAY TO
HELP IDENTIFY EARLY SIGNS OF
TOOTH DECAY




... for a better Bolton

SUPPORT FOR:

FAMILIES WITH YOUNG CHILDREN

Join a Solihull group
'Understanding your child'

This free 10-week group offers insights for all parents and carers, helping you gain a deeper understanding of your child's development. Including play, communication, brain development, emotions and parenting styles. Perfect for anyone with a child under 3, whether you're navigating new experiences or simply curious to learn new skills.

Children welcome. Creche in some venues. Contact us on 07514 484157 or email familiestogether445@gmail.com
Website www.familiestogether.org.uk

For bookings beyond January 2025, please get in touch via the email above.

Free online 'Understanding your child' course

Written by Psychologists, Psychotherapists, Health Visitors and NHS Professionals. 'Understanding Your Child' is a course for everyone around the child, including parents, grandparents, family and friends.

It is part of a series of Solihull Approach courses for different age groups.

Go to www.inourplace.co.uk to create an account and access for free by entering the access code: RIVINGTON

Spring Groups 2025

Harvey Start Well Centre

Wed from 8 Jan, 10:00am – 12:00pm

Horwich Health and Wellbeing Hub

Fri from 10 Jan, 12:30pm – 2:30pm

Bright Meadows Family Hub

Mon from 20 Jan, 10:00am–12:00pm

Farnworth Family Hub

Thu from 23 Jan, 10:00am – 12:00pm

Oxford Grove Family Hub

Fri from 24 Jan, 10:00am – 12:00pm

SUPPORT: FOR DADS

Dads in Bolton are welcome to attend all advertised activity in this guide. However, if you're a Bolton dad looking to meet other local dads, then the activity listed on this page is for you!

Pause. Engage. Play.

An all-male group to strengthen your skills in engaging with your little one, helping you improve your confidence. We are also keen to hear your ideas about how we make play sessions more accessible to Bolton dads.

Free refreshments will be available.

One Saturday each month at **The Hub at Westhoughton and Oxford Grove Family Hub**. To find out more and book visit <https://wix.to/uvlFi3o>

Dad Matters

Supporting dads (and dads-to-be) in Bolton and across Greater Manchester to have the best possible relationships with their families. Find out more:

Website: <https://dadmatters.org.uk/>

Facebook: <https://bit.ly/3CuV67z>



Working with small children is a big deal. Could you support young children's learning and development to ensure that they have a strong foundation to thrive?

Find out more: <https://bit.ly/4fKf6Uq>

Do something **BIG**
Work with
small children



bitly

HELP WITH CHILDCARE COSTS IF YOU CLAIM CERTAIN BENEFITS

A colorful poster for 'Childcare Choices' from Bolton Council. The main text reads: 'Your two year old may be eligible for 15 hours per week* of free early years education and childcare'. A QR code is shown with the text 'Scan me with a mobile camera'. The poster features illustrations of diverse children playing on a green field. The Bolton Council logo is in the bottom right corner.

Your two year old may be eligible for 15 hours per week* of free early years education and childcare

Childcare Choices
Quality early years education and childcare in Bolton

Scan me with a mobile camera

* 570 hours per year, which can be taken as 15 hours per week in term time or as arranged with your provider

www.bolton.gov.uk/freechildcare

Bolton Council

How to apply

Go online (Citizen Portal) by scanning the QR code above or visiting www.bolton.gov.uk/freechildcare

- Go to a Start Well Family Hub (Start Well Centre)
- Ask at school, nursery or a childminder
- Ask your Public Health Nurse (Health Visitor)
- Ask a Start Well Locality Practitioner

For more information

Email: families@bolton.gov.uk

Ring: 01204 332170

You will need

- Your National Insurance Number / National Asylum Seeker Support Number
- Information about you and your child (date of birth, address, email etc.)

If you qualify, you will receive a confirmation letter to your email address. Take this letter and your child's birth certificate to a local childminder, nursery, or school nursery of your choice.

HELP WITH CHILDCARE COSTS FOR WORKING PARENTS

From April 2024, the funded early education and childcare offer for working parents was expanded so that all eligible working parents of 2-year-olds can access 15 hours per week. *

From September 2024, all eligible working parents of children who have had their 9-month-old anniversary before the 1st of September, can access 15 hours per week. *

From September 2025, all eligible working parents of children aged 9-month-old, up to school age, can access 30 hours per week. *



UK Government

Help for Households

Get help
with childcare costs
So you can juggle work and life

Find out more
childcarechoices.gov.uk

Childcare
Choices

For more information about the Working Parents Entitlement, visit www.childcarechoices.gov.uk.

Please be aware that there is a deadline each term for applications.

* Hours can be taken 15 / 30 hours per week term time for 38 weeks. Some childcare providers will allow you to stretch the hours over more weeks.

For more information
Email: families@bolton.gov.uk
Ring: 01204 332170

ACTIVITIES TO SUPPORT:

EARLY COMMUNICATION AND LANGUAGE LEARNING AT HOME

Chat, Play, Read

A free interactive group for families with **children 12 months+** Enjoy songs, stories, sensory play, and craft activities to help build your child's communication, language, and literacy skills. Run by Family Hub Practitioners. Continues in the school holidays.

Venue	Day	Time
Great Lever Family Hub	Mondays	9:30am – 10:30am
The Gates Primary School	Mondays	9:30am – 10:30am
Harvey Start Well Centre	Mondays	1:00pm – 2:00pm
Oldhams Start Well Centre	Tuesdays	1:00pm – 2:00pm
Oxford Grove Family Hub	Wednesdays	9:30am – 10:30am
Alexandra Family Hub	Thursdays	1:30pm – 2:30pm
Bright Meadows Family Hub	Thursdays	1:00pm – 2:00pm
Farnworth Family Hub	Fridays	9:30am – 10:30am
Tonge Family Hub	Fridays	1:00pm – 2:00pm

Toddler Tales with Bolton Libraries and Museum Services

Free storytelling sessions for young children, mums, dads, and carers.

Ideal for toddlers 2- 5 years. Free drop-in. Continues during the school holidays!

Venue	Day	Time
Harwood and High Street Libraries	Mondays	10:30am
Farnworth Library	Tuesdays	11:00am
Brightmet Library	Wednesdays	10:30am
Bolton Central Library	Wednesdays	11:30am
Blackrod, Horwich and Bromley Cross Libraries	Thursdays	10:30am
Little Lever and Westhoughton Libraries	Fridays	10:30am
Bolton Central Library	Fridays	11:30am
Bolton Central Library	Saturdays	2:00pm

See page 43 for National Storytelling Week and World Book Day activities!

ACTIVITIES FOR:

FAMILIES WITH YOUNG CHILDREN

Family Fun Time

A free drop-in group for families with children of **all ages**. Read, play, craft, and connect in our indoor and outdoor spaces, with free snacks and the opportunity to chat with a Family Hub Practitioner. **Term time only.**

Venue	Day	Time
Alexandra Family Hub	Mondays	3:15pm – 4:15pm
Tonge Family Hub	Mondays	3:15pm – 4:45pm
Oldhams Start Well Centre	Tuesdays	3:15pm – 4:15pm
Harvey Start Well Centre	Tuesdays	3:15pm – 4:30pm
Great Lever Family Hub	Thursdays	3:15pm – 4:30pm
Oxford Grove Family Hub	Thursdays	3:15pm – 4:30pm
Bright Meadows Family Hub	Thursdays	3:15pm – 4:30pm
Farnworth Family Hub	Fridays	3:15pm – 4:30pm

Explore Smithills Hall

The hall and grounds are free to enter and explore as shown below.

Day	Time
Wednesdays	10:00am – 4:00pm
Thursdays	10:00am – 4:00pm
Fridays	10:00am – 4:00pm
Sundays	12:00pm – 4:00pm

Cinema at the Crescent

Enjoy free family films every second Saturday from 2pm in the Library Lecture Theatre. Full details of screenings can be found on the Bolton Library and Museum webpages: <https://www.boltonlams.co.uk/news/article/75/cinema-at-the-crescent>

Play, Create, and Make

Free creative fun for families every Saturday at Farnworth Library, 10:30am – 4:30pm.



Happy Birthday Bolton Central Library



A free family event to celebrate the 1st birthday of Bolton Central Library! Enjoy fun activities, engaging storytelling sessions and more! 18th January, 11:00am – 3:00pm

ACTIVITIES FOR:

FAMILIES WITH YOUNG CHILDREN

Stay and Play

Stay and play for **children aged 0-5 years** with activities like messy, sensory and free play; indoor and outdoor activity. Free drop-in. Term time only.

Bolton Toy Library*

Bolton Wanderers in the Community (BWITC)**

The Hub at Westhoughton ***

Venue	Day	Time
Farnworth Family Hub*	Mondays	10:00am – 11:00am
Alexandra Family Hub*	Mondays	1:00pm – 2:00pm
Harvey Start Well Centre*	Tuesdays	10:00am – 11:00am
Harvey Start Well Centre*	Tuesdays	1:00pm – 2:00pm
Great Lever Family Hub*	Tuesdays	1:00pm – 2:00pm
Harvey Start Well Centre*	Wednesdays	9:30am – 11:00am
Harvey Start Well Centre*	Wednesdays	1:00pm – 2:00pm
Alexandra Family Hub**	Wednesdays	10:00am – 11:30am
Tonge Family Hub*	Wednesdays	1:00pm – 2:00pm
Bright Meadows Family Hub*	Thursdays	10:00am – 11:00am
Oldhams Start Well Centre*	Thursdays	1:00pm – 2:00pm
The Hub at Westhoughton***	Thursdays	1:30pm – 2:30pm
Sutton Community Centre**	Fridays	10:00am – 11:30am

Wiggle Tots

A free drop-in baby and toddler group facilitated by Oldhams Church. **0-4 years**. Contact Melanie on 07786 328042 for further information. Term time only.

Venue	Day	Time
Oldhams Family Hub	Wednesdays	10:30am – 11:45am

ACTIVITIES FOR:

FAMILIES WITH YOUNG CHILDREN

Little Bats Stay and Play

Stay and play the forest school way. A 10-week course to build confidence for your tot to play in nature. Outdoor sessions. **1-5 years. *Advanced booking required.** To book visit: www.littlebatslearning.org/sessions/ or call Elanor on 07818 925678.

Venue	Day	Time
Oldhams Start Well Centre	Mondays*	10:00am – 11:30am
Bright Meadows Family Hub	Mondays*	1:00pm – 2:30pm
Harvey Start Well Centre	Fridays*	10:00am – 11:30am
Great Lever Family Hub	Fridays*	1:00pm – 2:30pm

Nature Club for Tots

A fun drop-in for families with children **1-3 years**. Enjoy nature-based activities. For more information contact Lancashire Wildlife Trust on 07395 243061 or email Ruth: rieland@lancswt.org.uk. Term time only.

Venue	Day	Time
Oldhams Family Hub	Tuesdays	10:00am – 11:00am
Oxford Grove Family Hub	Tuesdays	1:00pm – 2:00pm
Alexandra Family Hub	Thursdays	10:00am – 11:00am

Proud 2 b Parents

A family stay and play for LGBT+ parents and carers and their children. Proud 2 b Parents also provide an event on a Saturday several times a year, as well as meetups in the school holiday. See website: www.proud2bparents.co.uk or join the mailing list: info@proud2bparents.co.uk to find out more. Term time only.

Venue	Day	Time
Great Lever Family Hub	Thursdays	1:00pm – 2:30pm

ACTIVITIES FOR:

FAMILIES WITH YOUNG CHILDREN

Shake, Rattle, and Roll!

A fun and active music and movement session for **0-5s**.

***Session dates listed below.**

Venue	Day	Time
Kearsley Woodbridge College	Mon 6, 13, 20, 27 Jan, 3, 10 Feb*	9:30am – 10:15am
Tonge Family Hub	Mon 6, 13, 20, 27 Jan, 3, 10 Feb*	1:30pm – 2:15pm
Bright Meadows Family Hub	Wed 8, 15, 22, 29 Jan, 5, 12 Feb*	10am – 10:45am

Parent and Tots

Stay and play groups for families with children aged **0-4 years**. Bilingual practitioners attend for parents with South Asian ethnic backgrounds. Free drop-in. Term time only.

Venue	Day	Time
Oxford Grove Family Hub	Mondays	10:00am – 12:00pm
Great Lever Family Hub	Fridays	10:00am – 12:00pm

National Storytelling Week Tiny Tales

Visit Bolton Library and Museum for this REAL event (Raising Early Achievement in Literacy) for National Storytelling Week, aimed at inspiring families with children under five to join in with fun literacy events. Ideal for 3-4s but all children under 5 welcome.

Venue	Date	Between
Bolton Museum	Saturday 8 February	10:00am – 2:00pm

World Book Day Bedtime Stories

Round off your World Book Day, dressed in your pyjamas with classic stories told by our storytellers, with a special guest appearance from our Library Bear.

Venue	Date	Time
Bolton Museum	Thursday 6 March	6:15pm

SEND ACTIVITIES

SEND Stay and Play

The Orchards Federation run a drop-in play group for families of children with special educational needs and disabilities (SEND). Families with children **0-5 years** welcome. Children do not need an official diagnosis to attend. **Term time only.**

Venue	Day	Time
Tonge Family Hub	Thursdays	10:00am – 11:30am
Oldhams Start Well Centre	Fridays	1:00pm – 2:30pm

Sugar Lumps SEND Creative Play (holiday activity)

Fun and creative messy play drop-in for families with young children with SEND.

Venue	Dates	Time
Harvey Start Well Centre	Tuesday 18 February	10:00am – 11:30am
Tonge Family Hub	Thursday 20 February	10:00am – 11:30am

BLGC Infinity SEND Connect Club

Bolton Lads and Girls Club (BLGC) run free 'Connect Clubs' at Infinity BLGC, 18 Spa Road, BL1 4AG. Register at: <https://www.blgc.co.uk/>

Age	Day	Time
8-18	Mondays	5:00pm – 8:00pm
19-25	Tuesdays	4:00pm – 6:00pm

Breaking Barriers

A charity working with children and young people with SEND, providing peer support groups for families. Call: 07717 434 840, email: breakbarriers3@gmail.com or visit the calendar for up-to-date information: www.breakingbarriersnw.com.

SEND Stay and Play

Bolton Toy Library host this *term time weekly group. In addition, get free sensory toy loans for children 0-5 years with a diagnosis (or seeking diagnosis). Individual drop-ins can be arranged.

Venue	Day	Time
Harvey Start Well Centre	Mondays*	1:00pm – 2:00pm

Bolton's SEND Local Offer

Providing a single point for information, to help families access details about services available to them. Search 'Bolton SEND Local Offer' online for more information or scan the QR code.



ACTIVITIES FOR:

HALF TERM

February Holiday Activities

Join Bolton Library and Museum Services during the February school holidays for fun activities, storytelling, trails, film screenings and more. Find information on Facebook [BoltonLibraryandMuseumServices](#) and Eventbrite <https://bit.ly/3QXP0AE>

Venue	When	Between
Bolton Libraries and Museum	Sat 15 Feb to Sat 22 Feb	11:00am – 1:00pm
Bolton Libraries and Museum	Sat 15 Feb to Sat 22 Feb	1:30pm – 3:30pm

Underwater Worlds

Come and join us for a half-term adventure inspired by the wonders of Bolton Aquarium and beyond.

Venue	When	Between
Bolton Libraries and Museum	Sat 15 Feb to Sat 22 Feb	11:00am – 1:00pm
Bolton Libraries and Museum	Sat 15 Feb to Sat 22 Feb	1:30pm – 3:30pm

Young Naturalists Club at Bolton Museum

Join Lauren, Curator of Natural History and Russ, from Nature Talks and Walks to develop your skills as a young naturalist. Get up close with the museum collections. The session explores fun ways to learn about and connect with the natural world.

Venue	Date	Time
Bolton Museum	Friday 21 February	11:00am – 1:00pm

Sugar Lumps SEND Creative Play

Fun and creative messy play drop-in for families with young children with SEND

Venue	Dates	Time
Harvey Start Well Centre	Tuesday 18 February	10:00am – 11:30am
Tonge Family Hub	Thursday 20 February	10:00am – 11:30am

In addition, the following sessions will continue in half term: Baby Babble and Bond; Baby Time; Chat, Play, Read; Toddler Tales (see page 31 and 39).

OTHER ACTIVITIES AND SUPPORT FOR: **FAMILIES**

Let's Keep Bolton Moving

Visit the Let's Keep Bolton Moving website for a list of family friendly activities and groups, including parks and green spaces, arts and crafts sessions, baby, and toddler groups and much more:

<https://letskeepboltonmoving.co.uk/>

Swimming Lessons

Build water confidence alongside your child with adult and child swimming lessons at Farnworth, Horwich, Sir Jason Kenny, and Westhoughton Leisure Centres.

To find out more, visit:

www.boltonleisure.com

Lagan's Foundation Care Support Service

The service provides support, respite, and home care to families with children 0-19 with complex health needs (specialising in congenital heart defects or feeding issues). It's free to access for families that do not qualify for a funded care package from the local authority. For more information and to self-refer, visit: www.lagans.org.uk, email: info@lagans.org.uk or call 01204 800300

Bolton Health Hive

Get a free health check, advice, and care. Everyone welcome and no appointment needed. Open Monday to Friday 10am – 4:00pm. For information on where you can get a free health check, call the Bolton Health Hive on 01204 916241 or visit:

www.boltongpfed.co.uk/communityhealth

Saturday Parent Support Drop-in

For all families with children under 18 years old. Need advice or information about parenting? Call in for a coffee and a chat. For more information, contact the Early Help team on 01204 336215 or email earlyhelp@bolton.gov.uk.

Farnworth Family Hub

18 Jan, 8 Feb, 1 Mar, 22 Mar
9:30am – 3:30pm

Oxford Grove Family Hub

25 Jan, 15 Feb, 8 Mar
9:30am – 3:30pm

Tonge Family Hub

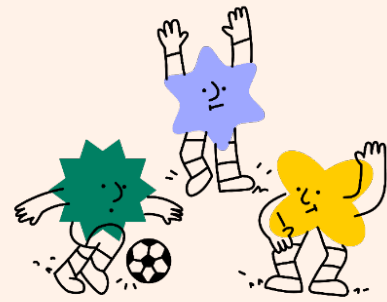
11 Jan, 1 Feb, 22 Feb, 15 Mar
9:30am – 3:30pm

ACTIVITIES FOR:

YOUNG PEOPLE

Bolton's Play and Youth Service

The Play and youth Service offer an array of **free** positive activities from several Young People Centres and community venues across the borough! Whether it's sports, arts, music or games, qualified staff are on hand to offer support, advice, and guidance in a warm and safe space. Sessions are delivered for children 4 – 17 years old.



Play Sessions (4-12s)

Provide positive activities afterschool that aim to develop children's social, physical, and emotional development. It's a chance for children to learn, try new things, and experience the wider world!

Junior Youth Sessions (9-12s)

Aim to support the transition between primary school and secondary school by delivering engaging activities that promote independence and develop life skills. Sessions run in the evening and provide a positive pathway to the senior youth club sessions.

Youth Sessions (13-17s)

Use positive activities as a vehicle to engage young people in issue-based projects that affect them and the communities in which they live. The sessions are young people led promoting youth voice and youth action whilst building independence, confidence and skills that will support them through adolescence.

Email positive.activities@bolton.gov.uk

Website www.bolton.gov.uk/playandyouth

Alternatively, check out Bolton's Play and Youth Facebook page [@Play&YouthBolton](https://www.facebook.com/Play&YouthBolton) and scan the QR code to find out what's on throughout the autumn term including the school holidays.



Team Bolton's Holiday Activities and Food (HAF) Programme will be back during the Easter, Summer, and Christmas break offering enriching activities and a hot meal for children on benefits related Free School Meals. Check out the HAF microsite to see 'what's on' near you!

www.Bolton.gov.uk/HAF



SUPPORT FOR:

YOUNG PEOPLE

Bolton Lads and Girls Club

Jump into BLGC Infinity*, a space for young people to enjoy free club sessions with use of the gym, games room, astro turf pitch, music studio and art room. Members can also fuel up on a hot meal!

Become a member for free at:

<https://www.blgc.co.uk/get-involved/join-us/>

Junior clubs aged 8-12

Wednesdays, 4:00pm – 7:00pm

Fridays, 4:00pm – 7:30pm

Senior clubs aged 13-18

Tuesdays, 5:00pm – 9:00pm

Thursdays, 5:00pm – 9:00pm

Connect aged 8-18 (SEND)

Mondays, 5:00pm – 8:00pm

Beyond Connect aged 19-25 (SEND)

Tuesdays, 4:00pm – 6:00pm

*BLGC Infinity is at 18 Spa Road, BL1 4AG

The Parallel

A young people's health centre, for those aged up to 19-year-old. If you live in Bolton and need help, go online for more info: <https://bit.ly/4dAylPz>

360°

For information about Bolton's 360° Young People's Substance Misuse Service, visit: <https://bit.ly/3SCjz2y>

Mental Health Support

Be Kind to My Mind is a mental health support service for young people. Are you struggling with your feelings or want to understand more about mental health conditions? Visit us at:

www.bekindtomymind.co.uk

@BeKindToMyMind

Kooth offer online Mental Health Support for 10-25-year-olds.

Visit: www.kooth.com

Chat Health Text Service

Bolton NHS Foundation Trust offer a confidential health text service.

If you have a health-related questions, get in touch:

Parents, text 07507 331751

11-19-year-olds, text 07507 331753

IThrive Service

Offers support to Bolton children aged 2-19 years or up to 25 with SEND.

IThrive work with a range of local organisations who offer youth-centred, one to one and group support.

Access support by asking a parent or trusted adult to complete the online referral form with you.

Visit: www.bolton-together.org.uk and click 'refer for support' for more information.

SUPPORT FOR:

PARENTS

Bolton Money Skills Support

Struggling financially? Bolton Money Skills Service offer free, confidential, and impartial services to people living, working, and studying in Bolton. Help offered for a range of issues, including high energy costs, budgeting guidance, and dealing with debt.

Call us on 01204 332916

www.boltonsmoneyskills.org.uk
moneyadvice@bolton.gov.uk

Support with Digital, Employment, and Skills (DES)



Access digital support with Bolton Library and Museum Services to get:

- Free digital one to one support to use a phone, tablet or laptop.
- Essential digital skills to help you update and upload your CV and search for jobs.
- Access to a digital lending library, (borrow a Chromebook or Tablet) to help you with digital and employability skills and courses.
- Free data (adults over 18 on low income).
- ESOL courses for residents, refugees, and asylum seekers with English as an additional language.

To find out more, contact DES on 01204 332853 or DES@bolton.gov.uk

Working Well: Pioneer

Get help finding work that's right for you. With support that continues even after you've started work.

If you're currently unemployed, aged 18+, and not currently required to search for work as part of Universal Credit or JSA, then Working Well: Pioneer could help you. You'll get:

- A dedicated employment specialist
- Access to local employers hiring now
- Access to health support
- A wide range of employability courses
- Practical help with CVs, applications, interviews, travel, and more
- Help with career progression and development once in work

To find out more, visit

www.inworkgm.co.uk/pioneer

Bolton at Home

Managing and maintaining properties across Bolton. Call: 01204 328000

Warm spaces

Find a Bolton warm space at

www.warmwelcome.uk/

Debt and Money Advice

www.bolton.gov.uk/costofliving

SUPPORT FOR:

PARENTS

Chat Health Text Service

Bolton NHS Foundation Trust offer a confidential health text service. Have a health-related questions? Get in touch! Parents, text 07507 331751
11–19-year-olds, text 07507 331753

Talking Therapies

Bolton's Talking Therapies provide free, confidential talking therapies for adults aged 16 years and over. They will work with you and help you address a range of problems that you may be experiencing, e.g., depression, anxiety, panic, stress, PTSD, OCD and phobias. Talking Therapy Service information can be found here: <https://bit.ly/43NxMx6>
Self-refer by following the link provided.

Qwell

Mental Health support for adults.
Visit: www.qwell.io

Nurturing Wellbeing Parent Guide

Bolton Together's iThrive Hub provide a free to download online guide for parents and carers offering information, guidance, and resources to assist in supporting their child's mental health and well-being: <https://bit.ly/4hBliAd>.

Additional resources designed to support families and young people in Bolton can be found here:

<https://bolton-together.org.uk/>

5 Ways to Wellbeing

Explore the '5 ways to wellbeing' that support many aspects of wellbeing and mental health. To find training dates, times, and venues, and to book a place, visit: <https://bit.ly/4crd7SY>

Connect 5

A 3-session course that uses cognitive behavioural therapy to promote self-help. The course aims to raise awareness of how you can support mental health and wellbeing within your everyday life. To find training dates, times, and venues, and to book a place, visit: <https://bit.ly/4crd7SY>

Living Life to the Full

Feeling low or stressed?
These 7 sessions (half-days) will guide you to identify and tackle a variety of problems in life. If you want to improve the way you feel, book a place today. Find out more: <https://bit.ly/4crd7SY>

Greater Manchester Crisis Line

Call 0800 953 0285 (24/7), or
Text SHOUT to 85258

Domestic Abuse

Fortalice provide services to everyone affected by domestic abuse and violence. Call 01204 365677 / 01204 701846 or email info@fortalice.co.uk

Report Abuse

If you are in immediate risk of harm, phone 999 or get someone else to phone on your behalf. If the situation is not an emergency, but you still need the police, call 101.

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 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

Your local Family Hubs and other centres



Alexandra Family Hub

Blackledge Street BL3 4BL
01204 337347

Bright Meadows Family Hub

Greenroyd Ave, Brightmet, BL2 5DD
01204 336691

Farnworth Family Hub

King Street BL4 7AP
01204 334955

Great Lever Family Hub

Leonard Street BL3 3AP
01204 337333

Harvey Start Well Centre

Shaw Street BL3 6HU
01204 337390

Oldhams Start Well Centre

Forfar Street BL1 6RN
01204 334992

Oxford Grove Family Hub

Shepherd Cross Street BL1 3BH
01204 337090

Tonge Family Hub

Starkie Road BL2 2ED
01204 336745

Horwich Health and Wellbeing Hub

Victoria Road BL6 7BT
01204 335138

Horwich Library

Jones Street BL6 7AJ
01204 335040

Johnson Fold Primary School

Worston Avenue BL1 5UG
01204 333011

Kearsley Centre (Woodbridge College)

Springfield Rd, Kearsley, BL4 8LB
01204 334955

Sutton Community Centre

Addlington Road, BL3 4QZ
01204 673790

The Hub at Westhoughton

The Hub, Central Drive, BL5 3DS
01942 635985

Washacre Primary School

Clough Ave, Westhoughton, BL5 2NJ

Winifred Kettle House

Washacre Lane BL5 2NG
01204 337347



Funded by
UK Government



**Bolton
Family Hubs**