

SUPPORT FOR PARENTS/CARERS WITH BABIES 0 - 2 YEARS

The services below will support parents who may be feeling low or anxious about their new responsibilities and benefit from additional peer support, resources and activities

HomestartHOST

Delivering peer training to volunteers and staff, recruiting a Peer Coordinator to support the establishment of diverse peer support groups across Bolton.

For more information email:

TraceyWhistlecraft@homestarthost.org.uk

Bolton Toy Library

Distribution of emotional health and well being kits for parents and babies. Parent support drop in and one to one support, taking place in a relaxed supportive, friendly environment, and provision of resources and information.

Telephone 01204 395079 or

Email: boltontoylibrary@yahoo.co.uk

MHIST

For parents or carers of a child between 0-2 years finding their parenting challenging. Feeling lonely or unable to socialise like they used to. An opportunity to talk to other parents experiencing the same situation in a friendly, supportive non clinical setting. Parents/carers are welcome to bring their baby/toddler with them. Wednesdays 10am - 11:30am, Moorland House, Bark Street.

Email: christine.makinson@mhist.co.uk

Telephone: 01204 527200

Little Bats Learning

Experience the therapeutic benefits of nature for parent and baby. Forest School programmes accessible to all, with supported sessions tailored to each participant's needs. Opportunity to gain new perspectives, confidence and skills to support your baby's physical, mental and emotional development. We provide all equipment, including hot food and drinks cooked outside. Waterproof clothing and footwear is available to borrow. Sessions are led by a fully qualified Forest School Leader. This support will act as a follow on/next steps from the peer support groups.

Telephone: Elanor Gordon on 07402 470161 to find out more and to book a place.

Support can be accessed by emailing

IThrive@boltontgether.org.uk or by contacting the organisations directly.

Please note this offer is currently only available till 31st March 2022

Bolton Together is the lead organisation supporting this partnership which is funded by GMCVO.

Bolton Together

GMCVO

