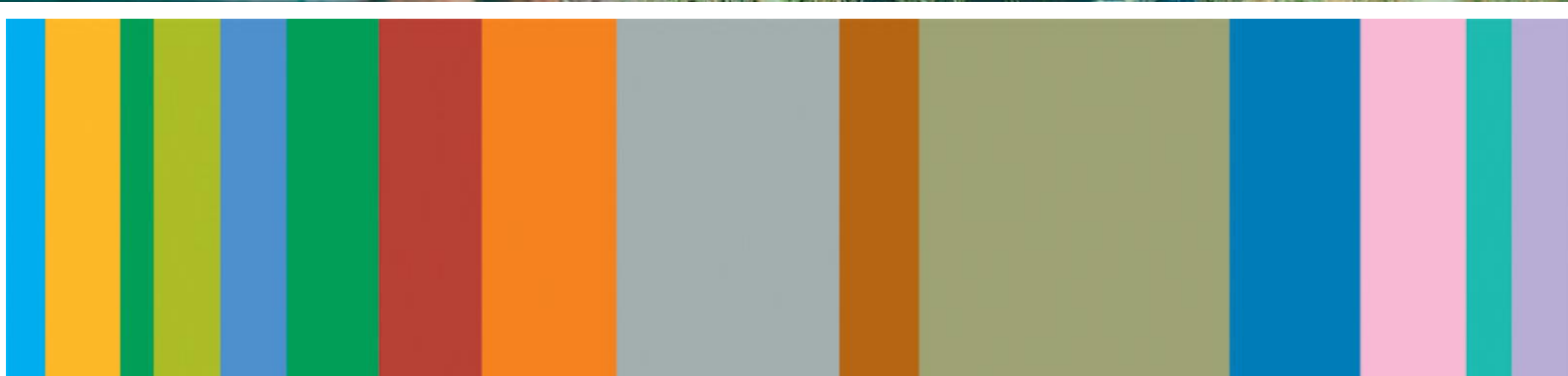


Bolton Start Well Family Hubs

Your guide to what's on for
families in Bolton

Spring / Summer 2023





Childcare
Choices

Quality early years education
and childcare in **Bolton**

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



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 check eligibility and apply:

To check your child's eligibility for a free Two-Year-Old Early Years Education and Childcare place, you can either:

- visit a Start Well Family Hub, or
- go to the online Citizen Portal by scanning the QR code above or visiting: <https://bit.ly/3R99e10>

If you are eligible for free hours, call Bolton Families Information Services on 01204 332170, who can advise you of the available options in your area.



Get a top up to help pay for your childcare – to find out more go to childcarechoices.gov.uk

Childcare
Choices



HM Government

**Bolton
Start Well**

**Play & Youth
Bolton**

NHS
Bolton
NHS Foundation Trust

**Bolton
Library and
Museum Services**

**Bolton
Council**

What are Start Well Family Hubs?

Start Well Family Hubs are places where families with children 0-19, or up to 25 for children with SEND can share the joys and challenges of parenthood.

They offer a range of activities and integrated support services to help you with every aspect of parenting, so your child gets the best possible start in life.

A number of professionals will be available to support parents-to-be and families around a whole range of topics including supporting your child's development and learning. We also signpost families onto other agencies when needed. You can speak to the team by telephone or during one of the sessions advertised in this guide. Contact details can be found on the back cover.

Find us on Facebook!

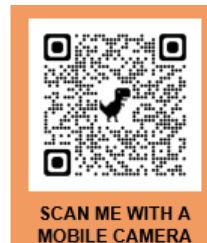
Bolton Start Well
at Home

<https://bit.ly/3f9yi3Z>



Bolton Families
Information Service

<http://bit.ly/42xtV7n>



MyLifein
www.Bolton.org.uk 

**“All the local info
I need is just a
click away!”**

For the most comprehensive and up-to-date information about Bolton get online.

With contact details, quality reviews and prices for accredited services and information on nurseries, child minders, schools, children and adult social care providers, voluntary organisations, local help groups, activities and events My Life In Bolton is your one stop shop to keep all the family in the know.

Don't forget this still provides free promotion and listings to local event, community and voluntary groups and service providers.

www.mylifeinbolton.org.uk



Make playtime a great time!



Children's brains are like little sponges, soaking up everything around them.

Kids love it when you chat, play and read with them. And it sets them up nicely for school.

For more support, search **Start for Life**

Start for Life: What's on for expectant parents

Antenatal Clinics

Antenatal appointments in all centres are booked in advance directly with your Midwife. To self-refer to a midwife, contact your local hub on the details below.

Venue	Day	Time	Contact details
Alexandra Start Well Family Hub	Monday - Thursday	9:00am - 5:00pm	01204 337347
Farnworth Start Well and Young People's Family Hub	Monday - Friday	9:00am - 5:00pm	01204 334955
Harvey Start Well Family Hub	Monday - Friday	9:00am - 5:00pm	01204 337390
Oldhams Start Well Family Hub	Monday - Friday	9:00am - 5:00pm	01204 334992
Oxford Grove Start Well Family Hub	Monday - Friday	9:00am - 5:00pm	01204 337090
Tonge Start Well Family Hub	Monday - Friday	9:00am - 5:00pm	01204 336745
Great Lever Start Well Family Hub	Monday - Friday	9:00am - 5:00pm	01204 337333
Winifred Kettle House	Monday - Friday	9:00am - 5:00pm	01204 337347

Birth registration in Bolton

You must make an appointment to register your baby's birth within 42 days in the town or city that the baby is born.

For babies born in Bolton, a registration appointment can be made online at:

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

Alternatively, telephone: 01204 331185

Dad Matters

Dad Matters supports 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>



**If you're pregnant or have
a child under the age of 4,
you could be eligible for the
NHS Healthy Start Scheme**



To check if you're eligible
for Healthy Start, visit:
www.healthystart.nhs.uk



Happy Healthy Babies Group

NHS

Bolton

NHS Foundation Trust

FREE 6 week course!

**For families
with 0-6
month olds**

Includes:

Sensory Play

Active Songs

Plus advice on

Building relationships

Responsive feeding

Starting solid foods

Oral health

Parental wellbeing

Courses starting at:

- Oxford Grove Start Well Centre – Tuesdays – 10-11am
- Farnworth Start Well Centre – Wednesdays – 10-11am
- Tonge Start Well Centre – Fridays – 10-11am

To book, ring the Healthy Families Team on **01204 463175**

... for a **better** Bolton

Start for Life: What's on for new parents

Bolton 0-19 Health and Wellbeing Service

We are part of **Bolton NHS Foundation Trust** and deliver services to support the health and wellbeing of expectant parents and families with babies, children and young people aged 0-19 (up to age 25 for those with special educational needs).

Our service comprises of Public Health Nursing (Health Visitors, School Nurses, Nursery Nurses), the Immunisation Team, Enhancing Families, Healthy Families, Early Years Communication and Language Development Service and Adolescent Health Services.

- Public Health Nursing
01204 462325
- Adolescent Health and Wellbeing **01204 462444**
- Chat Health for parents
07507 331751
- Chat Health for young people (11-19)
07507 331753
- 0-19 Immunisation Team
01204 463170
Bolton5-19Imms@boltonft.nhs.uk
- Early Years Communication and Language Development Service
01204 338349
- Health Families
01204 463175



Visit our website
<https://bit.ly/3dssKkJ>



Parents and carers of 0-19s in Bolton we are on Facebook!
<https://bit.ly/3LrY5Au>

Well Baby Clinics

Well Baby Clinics are run **by appointment only**. Please book an appointment with your Public Health Nurse using the telephone numbers below.

Day	Time	Base	Contact details
Monday	1:00pm - 3:00pm	Oxford Grove Start Well Family Hub	01204 463780
Monday	1:00pm - 3:00pm	Farnworth Start Well and Young Peoples Family Hub	01204 332750
Tuesday	1:00pm - 3:00pm	Crompton Centre at The Valley Community School	01204 463050
Tuesday	9:30am - 11:30am	Great Lever Start Well Family Hub	01204 335019
Wednesday	9:30am - 11:30am	Alexandra Start Well Family Hub	01205 337578
Wednesday	1:00pm - 3:00pm	Oldhams Start Well Family Hub	01204 463050
Thursday	1:00pm - 3:00pm	Tonge Start Well Family Hub	01204 338063
Thursday	1:30pm - 3:30pm	Horwich Clinic	01204 462902
Friday	9:30am - 11:30am	Winifred Kettle House	01204 335138

Breastfeeding support

Get support and advice from your Public Health Nursing Team. Contact the infant feeding support team on **01204 462339**, for advice and to make an appointment.

Healthy Families Team

NEW
for
2023

NHS
Bolton
NHS Foundation Trust

Parent Sessions

BABY'S FIRST FOODS

FREE 90-minute session
For families with 0-6 month olds

**Learn all about when & how
to introduce solid foods to your baby**



Session Venues	Day/time	Dates for 2023
Tonge Start Well Centre Starkie Road, BL2 2ED 01204 336745	Tuesdays 1-2.30pm	• 18th April • 16th May • 13th June
Oxford Grove Start Well Centre Shepherd Cross Street, BL1 3BH 01204 337090	Wednesdays 1-2.30pm	• 12th April • 10th May • 7th June
Oldhams Start Well Centre Forfar Street, BL1 6RN 01204 334992	Thursdays 9.30-11am	• 27th April • 25th May • 22nd June
Great Lever Start Well Centre Leonard Street, BL3 3AP 01204 337390	Thursdays 1-2.30pm	• 27th April • 25th May • 22nd June

Please note: We recommend you ring the venue on the day of the session to check it is going ahead



To find out more about the
Healthy Families Team and the
sessions we provide, scan the
QR code to visit our webpage.



Babies, partners & grandparents are welcome 😊

To book your place in advance please call 01204 463175.

Start for Life: What's on for babies

Child and Family Sessions

Bolton Start Well with partner agencies offer a range of face-to-face child and family sessions in Start Well Family Hubs across the borough. These sessions are drop-in (unless otherwise stated), and free. Sessions are term time only.

Busy Babies

A fun and interactive group for you and your baby. Sessions cover a variety of topics, including following your baby's lead; listening and talking to your baby; sharing stories and rhymes and learning through exploring.

- **Monday 10:00am - 11:00am**
Tonge Start Well Family Hub
- **Monday 10:00am - 11:00am**
Great Lever Start Well Family Hub
- **Tuesday 10:00am - 11:00am**
Alexandra Start Well Family Hub
- **Wednesday 10:00am - 11:00am**
Oldhams Start Well Family Hub
- **Thursday 10:00am - 11:00am**
Farnworth Start Well & Young People's Family Hub
- **Thursday 1:00pm - 2:00pm**
Oxford Grove Start Well Family Hub
- **Friday 1:30pm - 2:30pm**
Kearsley Centre

Chat, Play and Read

A fun and interactive group for you and your baby. 12 months plus.

- **Wednesday 10:00am - 11:00am**
Great Lever Start Well Family Hub
- **Friday 10:00am - 11:00am**
Tonge Start Well Family Hub



STAY AND PLAY SESSIONS

For Under Fives and their parents
at Start Well Centres across Bolton

COME AND JOIN US!

**Bolton Toy Library
The Flowhession Foundation
Lancashire Wildlife Trust**

Contact:

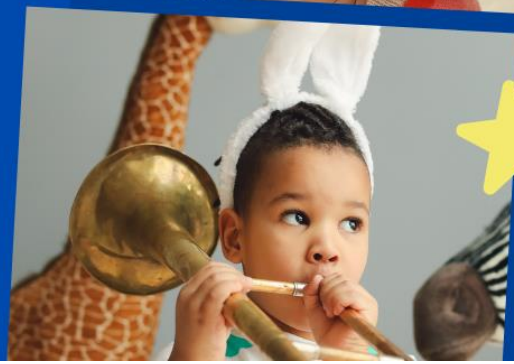
**boltontogogether@boltontogogether.org.uk
for more details or find further
information in this booklet about each
session.**

WHY PLAY WITH US?

**Meet Other Parents
Story Time
Support your child's
development
Creative Play
A range of resources
available
Have Fun Together**

Bolton

Together



Start for Life: What's on for toddlers

Toddler Stay, Play & Learn

Sessions for you and your child to share some exciting activities and ideas for playing and learning when at home. 0-4 years. Facilitated by Bolton Toy Library. Term time only.

- **Monday 10:00am - 11:00am**
Farnworth Start Well Family Hub
- **Monday 1:00pm - 2:00pm**
Alexandra Start Well Family Hub
- **Tuesday 10:00am - 11:00am**
Harvey Start Well Family Hub
- **Tuesday 1:00pm - 2:00pm**
Great Lever Start Well Family Hub
- **Thursday 10:00am - 11:00am**
Tonge Start Well Family Hub

Play and Stay Sessions

Stay and play groups for parents with children aged 0-4 years. Session open to all. Bilingual practitioners will be present for those non-English speaking parents with South Asian ethnic backgrounds. Facilitated by The Flowhession Foundation. Term time only.

- **Monday 10:00am - 12:00noon**
Oxford Grove Start Well Family Hub
- **Friday 10:00am - 12:00noon**
Great Lever Start Well Family Hub

For more information contact Aisha Khan by phone 07878 989613 or email: aisha.khan@flowhessionfoundation.org.uk

Shake Rattle Roll

Join John at Tonge Start Well Centre for Shake Rattle Roll, a fun and active music and movement session for 0-5s.

- **Monday 1:30pm - 2:15pm**
Tonge Start Well Family Hub

Call Tonge Start Well Centre on 01204 336745 to book your place.

Little Explorers

Fun sensory activities for little explorers on the move from 1-3 years. Term time only.

- **Monday 1:30pm - 2:30pm**
Kearsley Centre

Nature Club for Tots

A fun drop-in for 1-3-year-olds. Call Cath 07740 419183 for more details. Facilitated by The Wildlife Trust for Lancashire Manchester & North Merseyside. Term time only.

- **Tuesday 10:00am - 11:00am**
Oldhams Start Well Family Hub
- **Tuesday 1:00pm - 2:00pm**
Oxford Grove Start Well Family Hub
- **Thursday 10:00am - 11:00am**
Alexandra Start Well Family Hub

What's on at Bolton Libraries and Museum

Baby Time

A fortnightly group for babies and their families, **every other Tuesday**. Enjoy interactive songs at Bolton Museum. No need to book and free!

- **Alternating Tuesdays**
10:30am - 11:30am

Toddler Tales

Free storytelling sessions for young children, mums, dads and carers. Ideal for toddlers 2-5 years. Free drop-in!

- **Monday 10:30am**
Harwood & High Street Library
- **Tuesday 11:00am**
Farnworth Library
- **Wednesday 10:30am**
Broughton Library
- **Thursday 10:30am**
Blackrod & Horwich Library
- **Thursday 2:00pm**
Bromley Cross Library
- **Friday 10:30am**
Little Lever & Westhoughton Library
- **Friday 11:30am**
Central Library

Cinema at the Crescent

Enjoy free family films **every second Saturday of the month** (on Fridays during half-term) in the Library Lecture Theatre. From **1:00pm**.

- **13 May The Bad Guy**
- **2 June The Croods**
- **10 June Minions: The Rise of Gru**

Saturday Stars for Family

Weekly Saturday family fun drop-in sessions for ages 4-11 at **community libraries, 2:30pm - 3:30pm**. Follow us on Facebook:

[@BoltonLibraryandMuseumServices](https://www.facebook.com/BoltonLibraryandMuseumServices)

Saturday Club Family

Every Saturday at Bolton Museum - free self-led activities from crafts to games and objects handlings to trails, there is always something different!

- **Saturdays 1:00pm - 3:00pm**

Going to the Match

Family workshops at Bolton Museum.

Print workshop:

- **Saturday, 22 April**
Book via Eventbrite
<https://bit.ly/3QXP0AE>

Collage workshop (drop-in):

- **Saturday, 13 May**
12:00noon - 3:00pm

Crowd noise, making musical instruments workshop (drop-in):

- **Saturday 20 May**
11:00am - 3:00pm

Artist led oil pastel workshop (drop-in):

- **Tuesday, 30 May**
11:00am - 3:00pm

Design a football ground (drop-in):

- **Saturday, 3 June**
11:00am - 3:00pm

Make Lowry style popup art (drop-in):

- **Saturday, 10 June**
11:00am - 3:00pm

What's on at Bolton Libraries and Museum

School Holiday Activities

Free holiday activities. To find out what's on each day, visit:

[@BoltonLibraryandMuseumServices](#)

May half-term – It's a goal!

Enjoy It's time to get sporty – join us for a week of football themed activities, including designing your own kits and boots, making finger puppets, taking part in a football themed trail and more! Find out more:

[@BoltonLibraryandMuseumServices](#)

- **27 May - 4 June**
11:00am - 3:00pm every day!

Fish Feeds

During all school holidays there will be free fish feeds at the Bolton Aquarium. Visit:

- **Tuesday 1:00pm**
- **Thursday 1:00pm**
- **Saturday 1:00pm**

SEND Music Sessions

Sessions are led by music therapists for children with SEND who find regular activities hard to access. These are free sessions however booking is essential via the Bolton Libraries' Eventbrite page.

<https://bit.ly/3QXP0AE>

SEND Drama Sessions

Part of the 'Going to the Match Exhibition' on **Tuesday 11 April** and **Wednesday 12 April**.

Find out more and book via Eventbrite:

<https://bit.ly/3QXP0AE>

Smithills Hall

The hall and grounds are free to enter and explore:

- **Wednesday 10:00am - 4:00pm**
- **Thursday 10:00am - 4:00pm**
- **Friday 10:00am - 4:00pm**
- **Sunday 12:00noon - 4:00pm**

Smithills Hall - Family Fun Day and Dog Show

Come along for a fun packed day! Free admission for visitors. Charges apply for the dog competition, stalls, activities, and refreshments.

- **Sunday 14 May**
12:00noon - 4:00pm

Find us!

Email

askboltonlibraries@bolton.gov.uk

Facebook

[@BoltonLibraryandMuseumServices](#)

Eventbrite

<https://bit.ly/3QXP0AE>



Early Help Parenting Drop-in

For
all families
with children
under 18

We know that being a parent is not always easy and that families need extra support at some stage as children grow up.

Targeted Early Help Workers will be on hand to offer advice and support.

We can offer signposting to helpful services, organisations and community groups.

Poor
school
attendance?

Are they
being excluded
from school?

Are they
anxious or
struggling with
self-esteem?

Are you
struggling with
your child's
behaviour?

Not sure
what services
there are available
that can help to
support you?

Come and join us for a cup of tea and a chat if you want any advice or information about parenting.

Drop-in sessions, 10am-1pm

Farnworth King St Centre 20 May 17 Jun 8 Jul 29 Jul 19 Aug

Oxford Grove Children Centre 3 Jun 24 Jun 15 Jul 5 Aug 2 Sept

Tonge Children Centre 13 May 10 Jun 1 Jul 22 Jul 12 Aug 9 Sept



For more information please contact:

Targeted Early Help Tel: 01204 336215

Email: earlyhelp@bolton.gov.uk

**Bolton
Start Well**



**Bolton
Council**

What's on at Bolton Toy Library

Baby Group (0-1 years)

A drop-in peer support group for parents and carers with babies. Meet others in a relaxed environment and participate in interactive play sessions.

- **Monday 10:00am - 11:00am**

Bolton Toy Library

Stay and Play (0-5 years)

Drop-in stay and play group for parents and carers with babies and young children.

- **Wednesday 9:30am - 11:00am**

Bolton Toy Library at Harvey

- **Wednesday 12:30pm - 2:00pm**

Bolton Toy Library at Harvey

- **Thursday 10:00am – 11:00am**

Bolton Toy Library

Home Ed (0-11 years)

Drop-in session.

- **Thursday 12:30pm – 2:00pm**

Bolton Toy Library

SEND (0-5 years)

Drop-in session for families of children with special educational needs and disabilities.

- **Thursday 1:00pm – 2:00pm**

Bolton Toy Library

All sessions take place at **Harvey Start Well Family Hub**.

One to One Sessions/Loans

Bolton Toy Library offer 'one to one' sessions for families, providing young children and their parents a chance to play and gain confidence in a quiet play space. Please book in advance.

The service also loan Emotional Health Kits, toys, resources and books to children and settings.

Parents: ring ahead to book a visit with or without your child.

Professionals: refer directly to arrange an accompanied visit or doorstep delivery of resources for a family.

Contact us!

Bolton Toy Library

Based at Harvey Start Well Family Hub,
Shaw Street,
Bolton, BL3 6HU

Telephone: 01204 395079

Email: boltontoylibrary@yahoo.co.uk

Website: www.boltontoylibrary.org

Facebook: <http://bit.ly/3UcOAd1>



5 Golden Rules for Communication

Actions Speak Louder than Words

Use actions, facial expressions and tone of voice to help children understand and make new words stand out.



Mime having a drink from a cup to your child for “**drink**” whilst saying “**you want a drink?**”

Model and Extend

Whatever stage a child is at, repeat what they do or say and add one word.



For example, your child points to a car, you say “**car**”. Your child says “**car**”, you say “**red car**”. They say “**red car**”, you say “**yes, big red car**”.



Eye to Eye

Get down on the child's level so you can see their face and they yours.



Sit on the floor with your child or sit your child on your knee.

10 Seconds

Wait 10 seconds, watching and listening to give the child a chance to take a turn.



Count to ten slowly in your head.

A or B

Offer choices as often as possible throughout the day. Show and name the alternatives.



For example, “**Do you want apple or banana?**”

Amazing facts

A baby will respond differently to different voices. They recognise their Mum's voice from birth and can work out where a sound is coming from just 10 minutes after being born. Babies can also tell the difference between a happy voice and an angry voice from 6 weeks.

Sharing stories and singing nursery rhymes help to develop the connections in children's brains. These grow at the fastest rate up to two years old and the brain reaches 60 percent of its adult size by baby's first birthday.

Children use the same muscles for chewing and swallowing as they do

for talking so moving to free flow cups and different textures when your child is ready for weaning will help their talking.

Learning more than one language has many benefits for young children. For example, they have more brain connections and activity in the areas of the brain related to memory, attention and language. These have long term benefits for learning and life chances.

If you want more information or advice about any areas of communication, please contact your Health Visitor or the Start Well team.

For more information or support, please contact:

Bolton Start Well **Tel:** 01204 338149 **Email:** BoltonStartWell@Bolton.gov.uk



Produced in association with:

Vaccines for Babies and Children

Vaccines protect us throughout our life



The NHS Vaccination programme protects babies from

8 weeks onwards

Available childhood vaccines include:



8 weeks

- ✓ The 6-in-1 vaccine
- ✓ Pneumococcal vaccine
- ✓ Rotavirus vaccine
- ✓ Men B vaccine



1 year

- ✓ Measles, Mumps and Rubella
- ✓ HiB / Men C vaccine
- ✓ Pneumococcal vaccine booster
- ✓ Men B vaccine booster



2-9 years

- ✓ Annual flu vaccine (nasal vaccine)
- ✓ 4-in-1 pre-school booster
- ✓ MMR vaccine



12 years

- ✓ HPV vaccine (female only)



14 years

- ✓ 3-in-1 teenage booster
- ✓ MenACWY vaccine

In response to the recent alerts from the UK Health Security Agency, **Bolton NHS Foundation Trust** have been asked to ensure that all children and young people are up to date with vaccinations including Tetanus, Diptheria, Polio and MMR.

Bolton NHS Foundation Trust has a dedicated School Aged Immunisation Team made up of highly skilled staff who are experienced in offering vaccinations to all school aged children in Bolton.

If you would like information on immunisations, contact the Bolton 0-19s Immunisation Team:

Telephone: 01204 463170

Email: Bolton5-19Imms@boltonft.nhs.uk

For online information about the national vaccination programme for children of all ages, including why vaccination is safe and important and when to get vaccinated, visit: <https://www.nhs.uk/conditions/vaccinations/>

Public Health
England

NHS

Starting nursery?

- ✓ Visited the nursery
- ✓ Settling in sessions
- ✓ Check vaccines are up to date

Pre-school jabs include:

- ✓ MMR1 at 1 year
- ✓ MMR2 at 3 years 4 months
- ✓ Booster at 3 years 4 months

When your child starts nursery they will be learning and playing with more children. If they are not up to date with their jabs, they could be at risk of catching preventable diseases.



For a full list of required vaccines, please visit: [‘NHS vaccinations and when to have them’](#)



**ARE YOU A PARENT OR CARER
OF A CHILD IN BOLTON ?
TEXT YOUR NURSE
07507331751**

**WE SUPPORT YOU WITH PARENTHOOD AND BEYOND
INCLUDING... PARENTAL MENTAL HEALTH
INFANT FEEDING, BREASTFEEDING AND WEANING
SAFE SLEEPING MINOR
CHILD DEVELOPMENT ACCIDENTS AND ILLNESSES
TEXT US FOR CONFIDENTIAL ADVICE AND SUPPORT.**

DISCLAIMER: We do not usually inform anyone else if you contact a specialist nurse. We might inform someone if we were concerned about your or your child's safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact your doctor. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). Prevent the nurse from sending messages to you by texting STOP to our number. Messages are charged at your usual rate. Your information is stored securely in accordance with the Data Protection Act 2018.

... for a better Bolton

Bolton Together - Family Support Services 0-2s

Bolton Together

The services listed below support parents with low mood and anxiety due to new parental responsibility. participants benefit from additional peer support, resources, and activities.

Alternatively, contact iThrive by email ithrive@boltontogogether.org.uk to enquire about how to access family support for expectant parents and carers and other support services for those with babies (0-2 years).



With You in Mind

Access support from trained volunteers, other parents and staff. A group to support you with your experiences. Feel connected to the community! For parents and little ones (0-2 years).

- **Monday 10:30am - 12:00noon**
Alexandra Start Well Family Hub
- **Tuesday 1:15pm - 2:45pm**
Oxford Grove Start Well Family Hub
- **Wednesday 1:15pm - 2:45pm**
Farnworth Start Well & Young People's Family Hub

For more information contact:

Sharonfletcher@homestarthost.org.uk



Small Steps

For parents, guardians, and carers with babies (0-2 years). This service provides opportunity to meet with others in a supportive, friendly, non-clinical setting.

For more information, contact: jayne.oakley@mhlist.co.uk, or telephone: 01204 527200

- **Friday 10:00am - 11:30am**
Horwich Community Centre
- **Friday 12:30pm - 2:00pm**
The Hub at Westhoughton

Mental Health & Wellbeing Training

If you work or volunteer in Bolton, you can get free training in mental health and wellbeing.

The training can help you with your own mental health and wellbeing as well as teach you to recognise the signs of poor mental health in others, and how to give your support.

To book or for more information, visit:

www.bolton.gov.uk/mentalhealthtraining.



BOLTON
COLLEGE



Adult Learning Opportunities at Bolton College

Bolton College offers an extensive range of courses for adults, covering a diverse mix of subjects, from **Art** to **Science**.



Boost your career prospects

Meet and connect with new people



Enhance your skills and knowledge

Explore a new hobby



Broaden your horizons

Have fun!



Begin your journey of personal and professional development today! To learn more and to apply visit:

www.boltoncollege.ac.uk

Mental Health and Wellbeing in Bolton

Bolton Together - Parent Peer Support Programme

Bolton Together is a charity organisation and the children and young people's voluntary and community sector consortium for Bolton with an aim to improve quality of life for communities.

Do you have a child experiencing difficulties with their mental health?

If you'd like to access parent peer support, scan the QR code or visit:

<https://bit.ly/3DDMwo8>



Be kind to my mind for parents and carers – It's ok to talk!

'Be kind to my mind' is a Bolton campaign to help reduce the stigma around emotional and mental health.

If you need support and advice to support your own mental health and wellbeing, there is a wealth of information online at <https://bit.ly/3A24yNE> and on Facebook @bekindtomymind.

Kooth for young people

Kooth provide free online mental health and wellbeing support for young people from 10-25 years! Chat privately with friendly counsellors or read articles written by other young people. Visit: www.kooth.com

Qwell for parents and carers

Qwell offer free online mental health counselling and self-help support for parents and carers in Bolton – it's free and anonymous! Visit: www.qwell.io

Crisis lines in Greater Manchester

If you feel you need mental health support, please contact **Bolton's 24/7 crisis line**. This is available to anyone of any age on **0800 953 0285 (freephone)**.

Alternatively, text **SHOUT to 85258** – A 24/7 crisis text messaging service. All conversations are with real people, and this won't appear on your phone bill.



Bolton's Local Offer

Are you a...

- ☆ Young person with a special educational need or disability
- ☆ Parent or carer of a child/ young person with a special educational need or disability
- ☆ Practitioner working with a child/ young person who has a special educational need or disability

Take a look at...

Bolton's Local Offer

One place for information and services:

- The special educational needs and disabilities provision you can expect in Bolton
- The range of services to support children and young people with SEND
- Information about SEN Support/Education Health and Care Plans (EHCPs)
- Early years, schools and colleges
- Preparing for adulthood
- Leisure activities
- Short breaks

For further details about the
Local Offer, take a look at
www.bolton.gov.uk/sendlocaloffer



SCAN ME WITH A
MOBILE CAMERA

Bolton
Council

SEND Stay and Play

The Orchards Federation **SEND Stay and Play** sessions are for children 0-5 years to give parents, carers, their children and siblings the opportunity to meet other families and gain information about the services available to them.

Children don't need an official diagnosis to attend.

Sessions take place **Thursdays** from **10:00am - 11:30am (term time only)**. Free and no need to book! Sessions are held at the following Start Well Family Hubs:

Oxford Grove Start Well Hub

20 April 2023
11 May 2023
22 June 2023
13 July 2023

Tonge Start Well Hub

27 April 2023
18 May 2023
29 June 2023
20 July 2023

Farnworth Start Well & Young People's Hub

4 May 2023
25 May 2023
15 June 2023
6 July 2023



ONLINE ANTENATAL course FREE across Bolton

Written by Registered Midwives
& NHS Professionals

Part of the Solihull Approach series
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Available 24/7



Understanding Pregnancy, Labour, Birth and Your Baby

For everyone around the baby:
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For technical support contact
solihull.approach@uhb.nhs.uk
or 0121 296 4448 Mon-Fri 9am-5pm



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www.solihullapproachparenting.com

Top tips
for
teeth



Little mouths need less toothpaste

0-3 years

smear



3-6 years

pea size



start 4 life

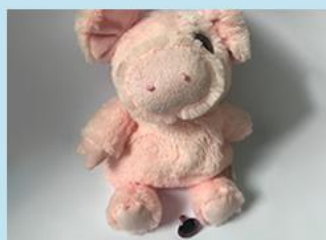
Dangerous toys may include:



Super-strong magnets that can rip through your child's belly



Easy-access button batteries that can kill your child if swallowed



Long cords that can strangle or small parts that can choke a child



Chargers that can catch fire or wires that can cause electric shocks

These high-risk toys are best avoided from unknown brands and sellers

Activities for Children and Young People

Play and Youth Service

Play and Youth Service offer a range of free and low-cost child centred play provision across the borough, offering activities within local communities for children and young people aged 4-17 years old. All staff are DBS checked (previously known as CRB).

Play Sessions (4-12s)

Mainly for younger children these sessions are about getting involved with fun activities such as arts and crafts, role play, games and much more! Sessions usually run after school and on a weekend with extra sessions in the school holidays.

Junior Youth Club (9-12s)

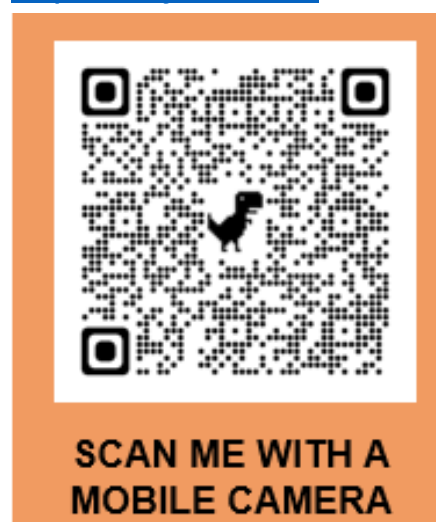
Junior youth club offer various activities, advice, and the time to learn new skills.

Youth Club (13-17s)

Youth sessions offer an array of activities and projects that aim to develop young people into adults. Activities can range from fun lighthearted topics to more issue-based projects that aim to inform and challenge perceptions!

Follow the link below or use your mobile camera to scan the QR code below to see the directory that will help you find your nearest Children and Young People's Centre.

<http://bit.ly/439IzBI>



Contact us!

Email:

positive.activities@bolton.gov.uk

Telephone:

01204 33 2323/8190

Facebook:

<https://www.facebook.com/TeamBoltonYouth>

Cost of living

Help when you need it



Get free support on ways to make your food, fuel and money go further.

Get help with debt, money and benefits!

Benefits - emergency & crisis

Money - credit unions

Travel - bus passes

Reducing bills

Childcare costs - Child benefit,

Tax-Free, 2, 3 & 4 year olds



Scan the QR code for details
www.bolton.gov.uk/costofliving

**Bolton
Council**

SOFAS ARE NOT SAFE FOR SLEEPING BABIES



Sleeping on a sofa with your baby increases the risk of Sudden Infant Death Syndrome by up to 50 times

Learn how to give your baby the safest possible sleep at www.lullabytrust.org.uk/safersleep or call 0808 802 6868

Useful numbers

Bolton Council

Call 01204 333333

Families Information Service

Call 01204 332170

NHS Healthy Families Team

Call 01204 463175

Bolton at Home

Call 01204 328000

8:00am - 5:30pm, Monday - Friday

Bolton Community Midwives

Call 01204 390023

Bolton Registry Office

Call 01204 331185

Samaritans

Call 116 123 (24 hours)

Childline

For children in trouble or danger

Call 0800 1111 (24 hours)

TEXT Chat Health

Confidential health text service.

07507 331751 (parent line)

07507 331753 (young people aged 11-19)

8:00am – 8:00pm, Monday - Friday

National Domestic Violence Helpline (England)

Call 0808 2000 247 (24 hours)

Women's Domestic Violence Helpline (Manchester)

Call 0161 636 7525

10:00am - 4:00pm, Monday - Friday

Start Well Family Hubs

Alexandra Start Well Family Hub

Blackledge Street BL3 4BL

01204 337347

Farnworth Start Well and Young People's Family Hub

King Street BL4 7AP

01204 334955

Great Lever Start Well Family Hub

Leonard Street BL3 3AP

01204 337333

Harvey Start Well Family Hub

Shaw Street BL3 6HU

01204 337390

Oldhams Start Well Family Hub

Forfar Street BL1 6RN

01204 334992

Oxford Grove Start Well Family Hub

Shepherd Cross Street BL1 3BH

01204 337090

Tonge Start Well Family Hub

Starkie Road BL2 2ED

01204 336745

Horwich Library

Jones Street BL6 7AJ

01204 335040

Winifred Kettle House

Washacre Lane BL5 2NG

01204 337347

Kearsley Centre

(Woodbridge College)

Springfield Road BL4 8LB

01204 334955