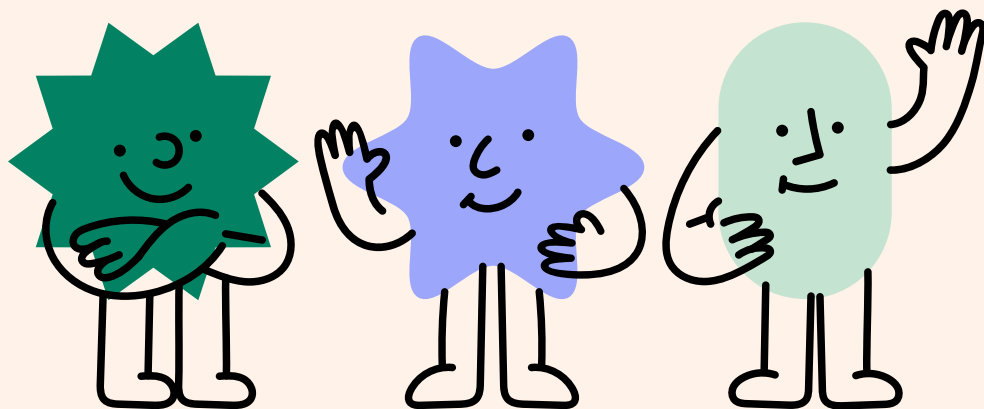


# GUIDE TO SERVICES AND ACTIVITIES FOR FAMILIES IN BOLTON

July to August 2025



Scan the QR code with your mobile camera  
to access a digital version of this guide.  
**[www.boltonfamilyhubs.org.uk](http://www.boltonfamilyhubs.org.uk)**



# CONTENTS

<b>WHAT ARE FAMILY HUBS?</b>		<b>1</b>
<b>WHAT'S ON AT:</b>	ALEXANDRA FAMILY HUB	<b>2</b>
	BRIGHT MEADOWS FAMILY HUB	<b>4</b>
	FARNWORTH FAMILY HUB	<b>6</b>
	GREAT LEVER FAMILY HUB	<b>10</b>
	HARVEY START WELL CENTRE	<b>12</b>
	OLDHAMS START WELL CENTRE	<b>15</b>
	OXFORD GROVE FAMILY HUB	<b>16</b>
	TONGE FAMILY HUB	<b>19</b>
	THE HUB AT WESTHOUGHTON	<b>22</b>
	WESTHOUGHTON	<b>23</b>
	JOHN HOLT CENTRE	<b>24</b>
	BLACKROD	<b>25</b>
	HORWICH	<b>26</b>
<b>SUPPORT FOR:</b>	EXPECTANT PARENTS	<b>28</b>
	NEW PARENTS	<b>33</b>
	INFANT FEEDING	<b>37</b>
<b>HEALTHY FAMILIES TEAM:</b>	BABY'S FIRST FOODS	<b>39</b>
<b>ACTIVITIES FOR: NEW PARENTS</b>		<b>40</b>
<b>SUPPORT FOR:</b>	PERINATAL MENTAL HEALTH 0-2S	<b>42</b>
	FAMILIES WITH YOUNG CHILDREN	<b>45</b>
	DADS	<b>47</b>
<b>HELP WITH:</b>	CHILD CARE COSTS (IF YOU CLAIM CERTAIN BENEFITS)	<b>48</b>
	CHILD CARE COSTS (FOR WORKING PARENTS)	<b>49</b>
<b>STARTING RECEPTION</b>		<b>51</b>
<b>ACTIVITIES TO SUPPORT: EARLY COMMUNICATION AND LANGUAGE LEARNING AT HOME</b>		<b>52</b>
<b>SUMMER READING CHALLENGE</b>		<b>54</b>
<b>ACTIVITIES FOR: FAMILIES WITH CHILDREN</b>		<b>55</b>
<b>SEND ACTIVITIES</b>		<b>59</b>
<b>OTHER ACTIVITIES AND SUPPORT FOR: FAMILIES</b>		<b>60</b>
<b>ACTIVITIES FOR: YOUNG PEOPLE</b>		<b>62</b>
<b>SUPPORT FOR: YOUNG PEOPLE</b>		<b>64</b>
<b>SUPPORT FOR: PARENTS</b>		<b>65</b>
<b>YOUR LOCAL FAMILY HUBS AND OTHER CENTRES</b>		<b>70</b>

# 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.

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 online



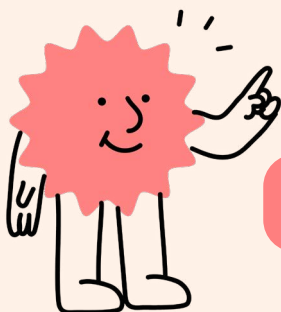
Bolton Family Hubs  
**[bit.ly/4ciRzZB](https://bit.ly/4ciRzZB)**



Find us on Facebook  
Bolton Family Hubs  
**[bit.ly/43eTVXM](https://bit.ly/43eTVXM)**



Find us on Facebook  
Bolton Early Years 0-5s  
**[bit.ly/4ic98wy](https://bit.ly/4ic98wy)**



**Working parents - find out more about the expansion of funded childcare on page 51**

## WHAT'S ON AT: **ALEXANDRA FAMILY HUB**

Blackledge Street, BL3 4BL

Telephone: 01204 337347

Find us on  
Facebook



**Hub opening hours:**

9:00am – 5:00pm

Monday to Friday

### **With You in Mind**

A free drop-in peer support group for parents with children aged 0-2 years (expectant parents welcome).

For info, call 01204 216537 or email: [Sharonfletcher@homestarthost.org.uk](mailto:Sharonfletcher@homestarthost.org.uk)

**Mondays, 10:30am – 12:00pm**  
**Except Bank Holidays**

### **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. Appointments must be prebooked by emailing the team on:

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

**Monday 4 Aug and 11 Aug,**  
**1:00pm – 3:30pm**

### **Family Fun Time**

A free drop-in 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.

\*Except 25 August.

**Mondays\*, 1:00pm – 3:00pm**

### **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.

\*Except 26 August.

**Tuesdays\*, 9:30am – 10:30am**

## Free Data SIM Cards through the National Databank

We're proud to be part of the National Databank initiative, offering free SIM cards and mobile data to people from low-income backgrounds. To find out if you are eligible, call in and speak to our team.

**Tuesdays - 2pm-3pm**

## 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. \*Except 28 August.

**Thursdays\*, 1:30pm - 2:30pm**

## REAL Event

(Raising Early Achievement in Literacy) Families with children between the ages of 3 and 4 years old will get the most out of this fun activity session, but all families are welcome to attend. There will be plenty for everyone to get involved in! Activities include a bear hunt, Storytime, messy play and more!

You'll also take away lots of low cost/no cost ideas to help you support your child's literacy development at home. Free and no need to book!

**Thursday 24 July,  
1:30pm - 3:30pm**

## Antenatal Clinic

For an appointment with a Midwife, call the hub.

## 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, BL2 5DD  
Telephone: 01204 336691

Find us on  
Facebook



**Hub opening hours:**  
9:00am – 5:00pm  
Monday to Friday

### **Free Data SIM Cards through the National Databank**

We're proud to be part of the National Databank initiative, offering free SIM cards and mobile data to people from low-income backgrounds. To find out if you are eligible, call in and speak to our team.

**Mondays - 10:00am - 11:00am**

### **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. \*Except 25 August.

**Mondays\*, 1:00pm - 3:00pm**

### **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. \*Except 26 August.

**Tuesdays\*, 9:30am - 10:30am**

### **Stop Smoking Support - Your Health Bolton**

Free support to help you quit smoking.

Our 12-week quit programme is run by friendly, expert advisors who provide a range of proven methods to help you give up smoking. Fully trained advisors give you accurate information and advice, as well as supplying up to 12 weeks of Nicotine Replacement products completely free. Support is by appointment only,

so please speak to someone in your Family Hub, call us on 01204 570 999 or visit our website at: [yhbolton.co.uk](http://yhbolton.co.uk)

**Wednesdays, 9:30am - 4:30pm  
(by appointment only)**

### **Shake, Rattle, and Roll**

An active music and movement session for families with 0-5s.

**Wednesdays, 10:00am - 10:45am  
23, 30 July and 6, 13, 20 August**

### **Free Data SIM Cards through the National Databank**

We're proud to be part of the National Databank initiative, offering free SIM cards and mobile data to people from low-income backgrounds. To find out if you are eligible, call in and speak to our team.

**Thursdays - 2pm-3pm**

### **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. \*Except 28 August.

**Thursdays\*, 1:00pm - 2:00pm**

### **REAL Event**

(Raising Early Achievement in Literacy)

Families with children between the ages of 3 and 4 years old will get the most out of this fun activity session, but all families are welcome to attend. There will be plenty for everyone to get involved in! Activities include a bear hunt, Storytime, messy play and more!

You'll also take away lots of low cost/no cost ideas to help you support your child's literacy development at home. Free and no need to book!

**Thursday 31 July,  
1:00pm - 3:00pm**

### **Antenatal Clinic**

For an appointment with a Midwife, call the Hub.

## WHAT'S ON AT: **FARNWORTH FAMILY HUB**

King Street, BL4 7AP

Telephone: 01204 334955

Find us on  
Facebook



### Hub opening hours:

9:00am - 5:00pm

Monday and Friday

9:00am - 6:00pm

Tuesday, Wednesday,  
and Thursday

9:00am - 4:00pm

Saturday 26 Jul and 16  
Aug 2025

### 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.

\*Except 27 August.

**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. Appointments must be prebooked by emailing the team on: [babyinmind.pairs@gmmh.nhs.uk](mailto:babyinmind.pairs@gmmh.nhs.uk)

**Wednesday 6 Aug, 1:00pm - 3:30pm**

### With You in Mind

A free drop-in peer support group for parents with children aged 0-2 years (expectant parents welcome).

For info, call 01204 216537 or email: [Sharonfletcher@homestarthost.org.uk](mailto:Sharonfletcher@homestarthost.org.uk)

**Wednesdays, 1:15pm - 2:45pm**



## Shake, Rattle, and Roll

An active music and movement session for families with 0-5s.

**Thursdays, 10:00am - 10:45am**  
**24, 31 July and 7, 14, 21 August**

## 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 and sign up\*, email: [familiestogether445@gmail.com](mailto:familiestogether445@gmail.com) or call: 07514 484157.

## 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. \*Date subject to change, please call/email to book: 01204 463175 [HF@boltonft.nhs.uk](mailto:HF@boltonft.nhs.uk)

**Thursday, 7 August\***  
**1:00pm - 2:30pm**

## Free Data SIM Cards through the National Databank

We're proud to be part of the National Databank initiative, offering free SIM cards and mobile data to people from low-income backgrounds. To find out if you are eligible, call in and speak to our team.

**Thursdays 2:00pm - 3:00pm**

## 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. \*Except 29 August.

**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. \*Except 29 August.

**Fridays\*, 1:00pm - 3:00pm**

## REAL Event

(Raising Early Achievement in Literacy)

Families with children between the ages of 3 and 4 years old will get the most out of this fun activity session, but all families are welcome to attend. There will be plenty for everyone to get involved in! Activities include a bear hunt, Storytime, messy play and more! You'll also take away lots of low cost/no cost ideas to help you support your child's literacy development at home. Free and no need to book!

**Friday 8 August, 9:30am - 11:30am**

## 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 26 Jul and 16 Aug 2025,  
10:00am - 12:00pm**

## Workshop for Parents to Support in Managing Teens

Come in and see the Early Help team.

**Saturday 26 Jul and 16 Aug, 1-3pm**  
Call the hub to book

## Antenatal Clinic

For an appointment with a Midwife, call the hub.

## Well Baby Clinic

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

## Farnworth's Book Swap

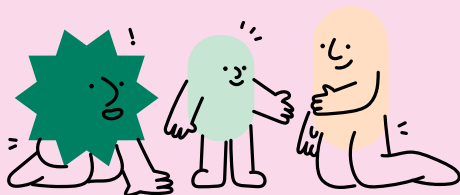
Families with babies and young children, come and take, swap, and enjoy the books in our library.

### Farnworth Library

#### Toddler Tales

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

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



**Tuesdays, 11:00am**

## WHAT'S ON AT: **GREAT LEVER FAMILY HUB**

Leonard Street, BL3 3AP  
Telephone: 01204 337333

Find us on  
Facebook



**Hub opening hours:**  
9:00am – 5:00pm  
Monday to Friday

### **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. Appointments must be prebooked by emailing the team on: **[babyinmind.pairs@gmmh.nhs.uk](mailto:babyinmind.pairs@gmmh.nhs.uk)**

**Monday 21 Jul, 4 Aug and 11 Aug,  
9:00am – 12:00pm**

### **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. \*Except 25 August.

**Mondays\*, 9:30am – 10:30am**

### **REAL Event**

(Raising Early Achievement in Literacy)  
Families with children between the ages of 3 and 4 years old will get the most out of this fun activity session, but all families are welcome to attend. There will be plenty for everyone to get involved in! Activities include a bear hunt, Storytime, messy play and more! You'll also take away lots of low cost/no cost ideas to help you support your child's literacy development at home. Free and no need to book!

**Monday 28 July, 9:30am – 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. \*Except 26 August.

**Tuesdays\*, 1:00pm – 3:00pm**

## **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.

\*Except 27 August.

**Wednesdays\*, 9:30am – 10:30am**

## **Breastfeeding Group**

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

**Wednesdays, 1:00pm – 2:00pm**

## **Free Data SIM Cards through the National Databank**

We're proud to be part of the National Databank initiative, offering free SIM cards and mobile data to people from low-income backgrounds. To find out if you are eligible, call in and speak to our team.

**Wednesdays – 2pm-3pm**

## **Antenatal Clinic**

Call the Hub, for a Midwife appointment.

## **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

### Hub opening hours:

8:00am – 6:00pm

Monday to Friday

### 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. \*Except 25 August.

**Mondays\*, 1:00pm – 2:00pm**

### REAL Event

(Raising Early Achievement in Literacy). Families with children between the ages of 3 and 4 years old will get the most out of this fun activity session, but all families are welcome to attend. There will be plenty for everyone to get involved in! Activities include a bear hunt, Storytime, messy play and more! You'll also take away lots of low cost/no cost ideas to help you support your child's literacy development at home. Free and no need to book!

**Monday 4 Aug 1:00pm – 3:00pm**

### Andy's Man Club

Meeting every Monday from 7pm \*except Bank Holidays. #ItsOkay-ToTalk. Open to all men, dad's and dads-to-be but no children please.

**Mondays\*, 7:00pm – 9:00pm**

**Except Bank Holidays**

### Sugar Lumps SEND Stay and Play

Rachel @ Sugar Lumps invites families of children 0-5 years with special educational needs and disabilities (SEND) to this drop-in play group. Children do not need an official diagnosis to attend.

**Tuesdays, 10:00am – 11:30am**

**22, 29 Jul, 5, 12, 19 Aug**

### 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.

\*Except 26 August.

**Tuesdays\*, 1:00pm – 3:00pm**

## 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 and sign up\*, email: **familiestogether445@gmail.com** or call: 07514 484157

## 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. \*Date subject to change, please call/email to book: 01204 463175 **HF@boltonft.nhs.uk**

**Wednesday, 23 July \***  
**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.

\*Except 28 August.

**Thursdays\*, 9:30am – 10:30am**

## Preparing to Breastfeed

Pregnant and planning to breastfeed? This evidence-based session will provide you with key information and practical tips to help you to breastfeed your baby. For more information email **enquiries@breastfeedingtogether.co.uk** or to book a place, visit: **bit.ly/3D2EZkU**. Workshops are free to attend.

**Thursday 14 Aug, 5:30pm-7:45pm**

## Free Data SIM Cards through the National Databank

We're proud to be part of the National Databank initiative, offering free SIM cards and mobile data to people from low-income backgrounds. To find out if you are eligible, call in and speak to our team.

**Fridays – 12pm-1pm**

## Antenatal Clinic

For an appointment with a Midwife, call the hub.

## 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

### 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 and sign up\*, email: [famielstogether445@gmail.com](mailto:famielstogether445@gmail.com) or call: 07514 484157.

### Free Data SIM Cards through the National Databank

We're proud to be part of the National Databank initiative, offering free SIM cards and mobile data to people from low-income backgrounds. To find out if you are eligible, call in and speak to our team.

**Mondays - 2pm-3pm**

### 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. \*Except 26 August.

**Tuesdays\*, 1:00pm - 2:00pm**

### REAL Event

(Raising Early Achievement in Literacy) Families with children between the ages of 3 and 4 years old will get the most out of this fun activity session, but all families are welcome to attend. There will be plenty for everyone to get involved in! Activities include a bear hunt, Storytime, messy play and more! You'll also take away lots of low cost/no cost ideas to help you support your child's literacy development at home. Free and no need to book!

**Tuesday 29 July, 1:00pm - 3:00pm**



## 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. \*Except 27 August.

**Wednesdays\*, 1:00pm - 3:00pm**

## 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. \*Date subject to change, please call/email to book: 01204 463175 [HF@boltonft.nhs.uk](mailto:HF@boltonft.nhs.uk)

**Thursday, 14 August\***  
**2:00pm - 3:30pm**

## 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.

\*Except 28 August.

**Thursdays\*, 9:30am - 10:30am**

## Breastfeeding Group

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

**Thursdays, 1:00pm - 2:00pm**

## Antenatal Clinic

For an appointment with a Midwife, call the hub.

## 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**

Shepherd Cross St, BL1 3BH

Telephone: 01204 337090

Find us on  
Facebook



### **Hub opening hours:**

9:00am - 5:00pm

Monday and Friday

9:00am - 6:00pm

Tuesday, Wednesday  
and Thursday

9:00am - 4:00pm

Saturday 2 Aug and 30  
Aug 2025

### **Shake, Rattle, and Roll**

An active music and movement session for families with 0-5s.

**Mondays, 10:00am - 10:45am**

**21, 28 July and 4, 11, 18 August**

### **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. Appointments must be prebooked by emailing the team on: [babyinmind.pairs@gmmh.nhs.uk](mailto:babyinmind.pairs@gmmh.nhs.uk)

**Tuesday 22 Jul, 5 Aug and 12 Aug,  
9:00am - 12:00pm**

### **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. Family Hub Practitioner led. \*Except 26 August.

**Tuesdays\*, 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. \*Except 26 August

**Tuesdays\*, 1:00pm - 3:00pm**

## With You in Mind

A free drop-in peer support group for parents with children aged 0-2 years (expectant parents welcome).

For info, call 01204 216537 or email: [Sharonfletcher@homestarthost.org.uk](mailto:Sharonfletcher@homestarthost.org.uk)

**Tuesdays, 1:15pm - 2:45pm**

## 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. \*Except 27 August.

**Wednesdays\*, 9:30am - 10:30am**

## Parent Support Coffee Morning

Is your child struggling with their mental health? Come to a free drop-in group for parents/carers to get some emotional support and signposting to practical support. Come for a coffee and a chat.

**Wednesdays, 10:00am - 11:00am**

## REAL Event

(Raising Early Achievement in Literacy)

Families with children between the ages of 3 and 4 years old will get the most out of this fun activity session, but all families are welcome to attend. There will be plenty for everyone to get involved in! Activities include a bear hunt, Storytime, messy play and more! You'll also take away lots of low cost/no cost ideas to help you support your child's literacy development at home. Free and no need to book!

**Wednesday 30 July, 9:30am - 11:30am**

## Free Data SIM Cards through the National Databank

We're proud to be part of the National Databank initiative, offering free SIM cards and mobile data to people from low-income backgrounds. To find out if you are eligible, call in and speak to our team.

**Wednesdays - 3.30pm-4.30pm**

## 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 and sign up\*, email: **familiestogether445@gmail.com** or call: 07514 484157 Fridays (10-weeks) \*

## 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 2 Aug and 30 Aug  
10:00am - 12:00pm (drop-in)**

## Saturday Stay and Play (drop-in)

For Bolton families with young children.

**Saturday 2 Aug and 30 Aug,  
1:00pm - 2:00pm**

## Happy Families Play and Support Group

Phone the hub to find out more.

**Saturday 2 Aug and 30 Aug,  
3:00pm - 4:00pm**

## Pause. Engage. Play.

An all-male group, meeting Saturday once a month. For details see page XX.

## Well Baby Clinic

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

## Antenatal Clinic

For an appointment with a Midwife, call the hub.

## WHAT'S ON AT: **TONGE FAMILY HUB**

Starkie Road, BL2 2ED  
Telephone: 01204 336745

Find us on  
Facebook



### Hub opening hours:

9:00am – 5:00pm  
Monday and Friday  
9:00am – 6:00pm  
Tuesday, Wednesday  
and Thursday  
9:00am – 4:00pm  
Saturday 19 Jul and 9  
Aug 2025

### Shake, Rattle, and Roll

An active music and movement session for families with 0-5s.

**Mondays, 1:30pm – 2:15pm**  
**21, 28 July, and 4, 11, 18 August**

### 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. Appointments must be prebooked by emailing the team on: [babyinmind.pairs@gmmh.nhs.uk](mailto:babyinmind.pairs@gmmh.nhs.uk)

**Tuesday 22 Jul, 5 Aug and 12 Aug,**  
**1:00pm – 3:30pm**

### 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. \*Except 28 August.

**Thursdays\*, 9:30am-11:30am**

### Free Data SIM Cards through the National Databank

We're proud to be part of the National Databank initiative, offering free SIM cards and mobile data to people from low-income backgrounds. To find out if you are eligible, call in and speak to our team.

**Fridays – 9am-10am**

## 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 25 July, appointments times between 9:00am - 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.

\*Except 29 August.

**Fridays\*, 10:30am - 11:30am**

### 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. \*Except 29 August.

**Fridays\*, 1:00pm - 2:00pm**

## 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**

## REAL Event

(Raising Early Achievement in Literacy)

Families with children between the ages of 3 and 4 years old will get the most out of this fun activity session, but all families are welcome to attend. There will be plenty for everyone to get involved in! Activities include a bear hunt, Storytime, messy play and more!

You'll also take away lots of low cost/no cost ideas to help you support your child's literacy development at home. Free and no need to book!

**Friday 25 July, 1:00pm - 3:00pm**

## Plan and prepare for parenthood

(antenatal classes)

Get information to help you make informed parenting choices and feel more confident on your journey. Feel free to just turn up! Online sessions available. For more information email [enquiries@breastfeedingtogether.co.uk](mailto:enquiries@breastfeedingtogether.co.uk) or to book a place, visit: [bit.ly/4kGNTF0](https://bit.ly/4kGNTF0). These workshops are free to attend.

**Saturday, 9 Aug**  
**10:00am - 12:00pm**

## 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](mailto:EarlyHelp@bolton.gov.uk)

**Saturday 19 Jul and 9 Aug,**  
**10:00am - 12:00pm**

## Saturday Stay and Play (drop-in)

For Bolton families with young children.

**Saturday 19 Jul and 9 Aug,**  
**1:00pm - 2:00pm**

## Happy Families Play and Support Group

Phone the hub to find out more.

**Saturday 19 Jul and 9 Aug,**  
**3:00pm - 4:00pm**

## Antenatal Clinic

For an appointment with a Midwife, call the hub.

## Well Baby Clinic

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

## WHAT'S ON AT: THE HUB AT WESTHOUGHTON

Central Drive, BL5 3DS  
Telephone: 01942 635985

### Computer Drop-in

Free to attend and no need to book.

**Tuesday to Fridays, 9:30am - 2:30pm**

### The Nest: Perinatal Mental Health Support Group

Delivered by MHiST. A welcoming group for parents who may be feeling low, anxious, or overwhelmed during pregnancy or the early years of parenting. Join us in a warm, welcoming space to connect with others and access support in a peer group setting. Open to mums, dads, and carers during pregnancy and up to your child's 2nd birthday. Contact: Rebecca Campbell **Rebecca.Campbell@mhlist.co.uk** to book.

**Tuesdays, 10:00am - 11:00am**

### Men's Social Group

No need to book, drop-in and free to attend. Open to all men, dad's and dads-to-be but no children please.

**Wednesdays, 2:00pm - 3:00pm**

### 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.

**Thursdays, 1:30pm - 2:30pm**

### 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. One Saturday each month at The Hub at Westhoughton and Oxford Grove Family Hub. To find out more and book visit **wix.to/uvlFj3o**





## WHAT'S ON IN OTHER AREAS OF: WESTHOUGHTON

### 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. \*Date subject to change, please call/email to book: 01204 463175 [HF@boltonft.nhs.uk](mailto:HF@boltonft.nhs.uk)

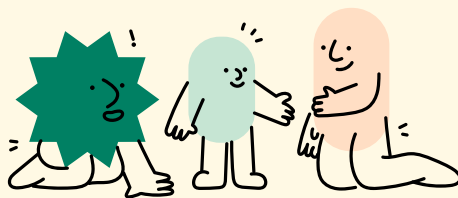
**Thursday, 31 July\* 1:00pm - 2:30pm**  
**Westhoughton Library**

### Toddler Tales

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

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

**Fridays, 10:30am**  
**Westhoughton Library**



## WHAT'S ON AT: JOHN HOLT CENTRE

Birch Avenue, BL5 2NR  
Telephone: 01942 859535

### Assist Service

(Digital Drop-in)  
Free to attend, no need to book.

**Wednesdays,  
10:00am - 12:00pm**

### John Holt Brew Club

Free to attend, no need to book.

**Wednesdays,  
12:00pm - 2:00pm**

### John Centre Play and Youth Sessions

Aged 4-17? John Holt Centre host a number of free play and youth sessions across the week delivered by Bolton Council's Play & Youth Service. For specific times and days, visit the HAF microsite at [www.bolton.gov.uk/HAF](http://www.bolton.gov.uk/HAF)

### Family Fun Time

A free drop-in group for families with children of all ages. Read, play, craft, and connect in our play space, with free snacks and the opportunity to chat with a Family Hub Practitioner.

\*Except 26 August

**Tuesday\*, 9:30am - 11:00am**

## WHAT'S ON IN: BLACKROD

### 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. \*Except 25 August.

**Mondays\*, 9:30am - 10:30am**  
**Blackrod Young People's Centre**  
**BL6 5SY**

### 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.

\*Except 27 August.

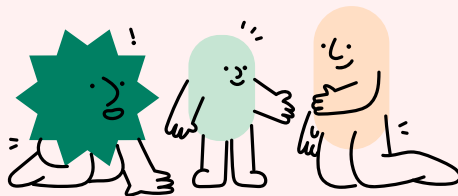
**Wednesdays\*, 9:30am - 10:30am**  
**Blackrod Young People's Centre**  
**BL6 5SY**

### Toddler Tales

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

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

**Thursdays, 10:30am**  
**Blackrod Library (BL6 5EQ)**



## WHAT'S ON IN: HORWICH

### Bumps, Boobs and Buggies Walking Group

This gentle walk is suitable for prams, toddlers, and slings. Bring your family and friends along. Getting out for some fresh air is a great way to improve well-being and to meet other mums. No need to book! \*Except Bank Holidays

**Mondays\*, 10:00am - 11:00am**  
**Horwich Library (BL6 7AJ)**

### Breastfeeding Group

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

**Mondays\*, 11:00am - 12:00pm**  
**Horwich Library (BL6 7AJ)**

### Toddler Tales

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

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

**Thursdays, 10:30am**  
**Horwich Library (BL6 7AJ)**

### 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.

\*Except 29 August.

**Fridays\*, 9:30am - 10:30am**  
**Horwich Health and Wellbeing Hub (BL6 7BT)**

## **Bolton Mental Health Support Team (MHST): A parent/carers workshop on anxiety**

If your child is struggling with anxiety, this will be a useful and informative workshop for you! The Bolton Mental Health Support Team (MHST) is offering parent/carers workshops in Family Hubs across Bolton. The workshop provides support and strategies for parents around anxiety in children and young people aged 5-18 years old. The workshop will outline what anxiety is, the symptoms, and how this impacts children and young people. MHST will provide support strategies to help manage the physical sensations and emotions of anxiety. The workshop is 90 minutes long.

For more information, including venues, times, dates, and how to book, follow the link or scan the QR code using your mobile phone camera:

**[bit.ly/3SehWaQ](https://bit.ly/3SehWaQ)**



**Friday 25 July, 12:30pm - 2:00pm**  
**Horwich Health and Wellbeing Hub (BL6 7BT)**

# SUPPORT FOR: EXPECTANT PARENTS

## Just found out you are pregnant?

Book an appointment with Bolton Foundation Trust Maternity Services as soon as you can to see your midwife and have your early screening tests. To book, ring the Community Midwives Office on 01204 390023 (open Mon - Fri 10:00am-3:30pm). You will have a schedule of antenatal appointments with your Community Midwife. It is

important to attend for clinical assessment and to share information. To change appointments, ring the Community Midwives Office. If you feel unwell or have any health concerns prior to 16 weeks you should contact your GP. After 16 weeks if you have urgent concerns about you or your baby, you should contact Maternity Triage on 01204 390612

Antenatal clinics		
Alexandra Family Hub	Mon - Fri	9am - 5pm
Bright Meadows Family Hub	Tue, Thu, and Fri	9:30am - 4:30pm
Farnworth Family Hub	Mon - Fri	9am - 5pm
Harvey Start Well Centre	Mon - Fri	9am - 5pm
Oldhams Start Well Centre	Mon - Fri	9am - 4:30pm
Oxford Grove Family Hub	Mon - Fri	9am - 5pm
Tonge Family Hub	Mon - Fri	9am - 5pm
Great Lever Family Hub	Mon - Fri	9am - 5pm
Winifred Kettle House	Mon - Fri	9am - 5pm

## Useful info:

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

## Maternity Action

Maternity Action offer free and confidential legal advice on work and benefits for pregnant women and new parents in Greater Manchester. Get support if you are:

- Wondering which benefits you are 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](http://www.maternityaction.org.uk/manchester-maternity-rights)**

## 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](http://www.inourplace.co.uk)** to create an account and access for free by entering the access code: RIVINGTON (Subject to change).

**Plan and Prepare for Parenthood  
(antenatal class)**

Helping you make informed choices confidently as you prepare to be a new parent. Online and face to face sessions available as timetabled below. For more information email [enquiries@breastfeedingtogether.co.uk](mailto:enquiries@breastfeedingtogether.co.uk) or to book a place, visit: [bit.ly/4kGNTF0](https://bit.ly/4kGNTF0).  
These workshops are free to attend.

Online	Saturday	26 Jul	10:00am - 12:00pm
Tonge Family Hub	Saturday	9 Aug	10:00am - 12:00pm
Online	Thursday	21 Aug	5:30pm - 7:30pm

**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. [bit.ly/45BtJV7](https://bit.ly/45BtJV7)



**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 as timetabled below. To book call 01204 390423 or email: [infantfeeding@boltonft.nhs.uk](mailto:infantfeeding@boltonft.nhs.uk).  
These workshops are free to attend.

**Royal Bolton Antenatal Clinic**  
Monday 4 Aug and 1 Sep  
6:30pm - 8:30pm

---

**Ingleside Birth Centre**  
Saturday 19 Jul and 16 Aug  
10:00am - 12:00pm



## Preparing to Breastfeed Workshops

Pregnant and planning to breastfeed? This evidence-based session will provide you with key information and practical tips to help you to breastfeed your baby. For more information email **enquiries@breastfeedingtogether.co.uk** or to book a place, visit: **bit.ly/3D2EZkU**. These workshops are free to attend.

Online	Thursday	17 Jul	5:30pm - 7:45pm
Harvey Start Well Centre	Thursday	14 Aug	5:30pm - 7:45pm
Online	Saturday	30 Aug	10:00am - 12:15pm

## Safer Sleep for Babies

What is safer sleep and why is it so important for babies? This free online session will provide all you need to know about safer sleep. All parents and carers welcome. For more information email **enquiries@breastfeedingtogether.co.uk** or to book a place, visit: **bit.ly/4dwhJcl**. These workshops are free to attend.

Online	Wednesday
13 Aug	3:00pm - 4:00pm

## Your Baby and You

(antenatal group)

A free antenatal group to help give mums, dads, birthing parents and none 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** and send a picture of the completed form back.

For updates and other information, visit PAIRS Padlet by scanning the QR code or following this link:

**[bit.ly/4kR8eaG](https://bit.ly/4kR8eaG)**



## Little Bats Learning: Nature, Nurture, and Natter

Feeling overwhelmed, isolated, or anxious? Pregnant or have a baby 0-2 years old? Come along and play in nature to bond with your baby. \*Advanced booking required, email **Hello@LittleBatsLearning.org** or call Elanor, 07818 925678. Parents and carers in attendance can bring older siblings along in the holidays if needed.

The Roost, Ashley Ave, BL2 5AR

**Thursdays\* 17 July, 24 Jul,  
7 Aug, 21 Aug, 11 Sep  
10:00am - 12:00pm**

## 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:

**[bit.ly/3eb4zaK](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](https://www.inourplace.co.uk)** to create an account and access for free by entering the access code: RIVINGTON (subject to change).

### Useful information:

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

### Dad Matters

Supporting dads (and dads-to-be) in Bolton and across Greater Manchester. For more information, see page 47.

Website: **[dadmatters.org.uk/](https://dadmatters.org.uk/)**

Facebook: **[bit.ly/3CuV67z](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:

**[bit.ly/3Ni9kNp](https://bit.ly/3Ni9kNp)**

## **Proud 2 b Parents**

This summer Proud 2 b Parents is delighted to offer a range of activities for LGBT+ parents and carers, and their children, across Bolton and Greater Manchester. To find out more about these fun family events and book on, email **info@proud2bparents.co.uk**

All our events are free.

Our term-time Stay and Play group at Great Lever Family Hub will start back up again in September!

## **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:

- Contact your 0-19 team or 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.

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

## Immunisation Service

In the UK, every child is offered a series of vaccinations to help protect them from serious diseases (8 weeks, 12 weeks, 16 weeks, 12 months and beyond). For more information, visit: [www.nhs.uk/vaccinations/](http://www.nhs.uk/vaccinations/). Contact your GP surgery if you have not received these or have missed an appointment.

IntraHealth became the new provider for all school aged immunisations on the 1st April 2025. Contact IntraHealth by telephone: 0333 358 3397 (option 1, then option 2), or email [BoltonImms@Intrahealth.co.uk](mailto:BoltonImms@Intrahealth.co.uk).

## 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/](http://www.nhs.uk/nhs-services/)
- NHS 111 visit [www.111.nhs.uk](http://www.111.nhs.uk) or call 111
- Your Local pharmacy: To find your nearest visit [www.nhs.uk/nhs-services/](http://www.nhs.uk/nhs-services/)
- The NHS website: [www.nhs.uk/conditions/baby](http://www.nhs.uk/conditions/baby)
- The Little Orange Book: [bit.ly/46FdEr](http://bit.ly/46FdEr)

Safe sleep, coping with crying and preventing accidents:

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

## 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 Health 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. See page 35 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 Together Peer Support

Available in hospital, at home, online, and over the telephone. Live chat available daily! Except Bank Holidays. To access, click the chat icon in the bottom right-hand corner of the website between 7pm-10pm: [bit.ly/3YXS2fy](https://bit.ly/3YXS2fy). For equipment hire call 07742 234496 or email [enquiries@breastfeedingtogether.co.uk](mailto:enquiries@breastfeedingtogether.co.uk). On YouTube you'll find lots of breastfeeding support videos [bit.ly/4fFvhlY](https://bit.ly/4fFvhlY).

### Are you breastfeeding?

View a collection of 'Padlet' written resources, links, and videos on how to breastfeed your baby: [bit.ly/3KQdXho](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): [bit.ly/3sshHKJs](https://bit.ly/3sshHKJs)



**National Breastfeeding Helpline**

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

**Thinking of introducing solids food?**

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: [bit.ly/4fOuKiP](https://bit.ly/4fOuKiP)



**Free Breastfeeding Groups**

Breastfeeding Together provide face to face support groups as shown below.  
Alternatively, you can join the online group using the link Online Peer Support Group or QR code. Fridays 10:00am - 11:00am, Meeting ID: 861 4777 2724 (code: BFT789)



Horwich Library	Mondays*	11:00am - 12:00pm
Farnworth Family Hub	Tuesdays	9:30am - 10:30am
Great Lever Family Hub	Wednesdays	1:00pm - 2:00pm
Oldhams Start Well Centre	Thursdays	1:00pm - 2:00pm
Tonge Family Hub	Fridays	1:00pm - 2:00pm

\*Except Bank Holidays



# HEALTHY FAMILIES TEAM: BABY’S FIRST FOODS

Learn when and how to introduce solid foods to your 3-6 months old baby. Parents, grandparents, carers and baby welcome! \*Dates subject to change, please call/ email to book: 01204 463175  
**HF@boltonft.nhs.uk**

Harvey Start Well Centre Wednesday	23 Jul 2025*	1:00pm - 2:30pm
Westhoughton Library Thursday	31 Jul 2025*	1:00pm - 2:30pm
Farnworth Family Hub Thursday	7 Aug 2025*	1:00pm - 2:30pm
Oldhams Start Well Centre Thursday	14 Aug 2025*	2:00pm - 3:30pm
High Street Library Thursday	21 Aug 2025*	1:30pm - 3:00pm

# 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.

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
Blackrod Young People’s Centre	Wednesdays (Except 27 Aug)	9:30am - 10:30am
Harvey Start Well Centre	Thursdays	9:30am - 10:30am
Oldhams Start Well Centre	Thursdays	9:30am - 10:30am
Horwich Health and Wellbeing Hub	Fridays	9:30am - 10:30am
Tonge Family Hub	Fridays	10:30am - 11:30am

## Baby Time

A free drop-in group for families with babies. Enjoy interactive songs and fun.

**Bolton Museum**

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

## Bumps, Boobs and Buggies Walking Group

This gentle walk is suitable for prams, toddlers, and slings. Bring your family and friends along. Getting out for some fresh air is a great way to improve well-being and to meet other mums. No need to book!

**Horwich Library (BL6 7AJ)**

**Mondays\* 10:00am - 11:00am**

**Moss Bank Park (BL1 6LY)**

**Thursdays 1:00pm - 2:00pm**

\*Except Bank Holidays

## SUPPORT FOR: PERINATAL MENTAL HEALTH 0-2S

### The Nest: Perinatal Mental Health Support Group

Delivered by MHIST. A welcoming group for parents who may be feeling low, anxious, or overwhelmed during pregnancy or the early years of parenting. Join us in a warm, welcoming space to connect with others and access support in a peer group setting. Open to mums, dads, and carers during pregnancy and up to your child's 2nd birthday. Contact: Rebecca Campbell **Rebecca.Campbell@mhist.co.uk** to book.

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

### Dad Matters

Supporting dads (and dads-to-be) in Bolton and across Greater Manchester. For more information, see page 47.

Website: [dadmatters.org.uk/](https://dadmatters.org.uk/)  
Facebook: [bit.ly/3CuV67z](https://bit.ly/3CuV67z)

### Your Baby and You

A free antenatal group to help give mums, dads, birthing parents and none birthing parents an introduction into the emotional journey of parenthood and help them to interact with their baby. To find out more, see page 28.

### Nature, Nurture, and Natter

Feeling overwhelmed, isolated, or anxious? Pregnant or have a baby 0-2 years old? Come along and play in nature to bond with your baby. \*Advanced booking required, email **Hello@LittleBatsLearning.org** or call Elanor, 07818 925678. Parents and carers in attendance can bring older siblings along in the holidays if needed.

The Roost, Ashley Avenue, BL2 5AR

**Thursdays (17 Jul, 24 Jul, 7 Aug, 21 Aug and 11 Sep). 10:00am - 12:00pm\***

**Home-Start Host PIMH Support**

Professional and peer support sessions are carried out in family homes, Family Hubs and alternative venues, as required or appropriate. Contact: [info@homestarthost.org.uk](mailto:info@homestarthost.org.uk).

**Bolton Talking Therapies**

Free, confidential support for adults (16 +). Prioritising expectant parents and main caregivers of a child up to 24 months old. Call 01204 483101 or visit [bit.ly/4dpFDWt](https://bit.ly/4dpFDWt) to self-refer.

**Bolton Toy Library  
PIMH Support**

Trained facilitators and one-to-one support are available to parents and carers with mild mental health difficulties. Contact Details:  
Bolton Toy Library:  
[enquires@boltontoylibrary.org](mailto:enquires@boltontoylibrary.org).

**With You in Mind**

A free drop-in peer support group for parents with children aged 0-2 years (expectant parents welcome). For more information, call or email Sharon on 01204 216537 [Sharonfletcher@homestarthost.org.uk](mailto: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

\*Except Bank Holidays

**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 as listed below. Please prebook a space by emailing: [babyinmind.pairs@gmmh.nhs.uk](mailto:babyinmind.pairs@gmmh.nhs.uk). \*Except Bank Holidays.

Great Lever Family Hub	
Monday 21 Jul, 4 Aug, 11 Aug	9:00am - 12:00pm
Oxford Grove Family Hub	
Tuesday 22 Jul, 5 Aug, 12 Aug	9:00am - 12:00pm
Tonge Family Hub	
Tuesday 22 Jul, 5 Aug, 12 Aug	1:00pm - 3:30pm
Alexandra Family Hub	
Monday 4 Aug, 11 Aug	1:00pm - 3:30pm
Farnworth Family Hub	
Wednesday 6 Aug	1:00pm - 3:30pm

**Perinatal Compassion Focused Therapy (CFT) Group**

Mum with a baby under 2? Finding the demands of parenting difficult to cope with or struggling with depression or anxiety? You may benefit from attending a Perinatal CTF Group. Come to a 2.5-hour weekly group for 8 weeks, at a family friendly venue. Bring your baby with you. To self-refer, visit

Talking Therapies [bit.ly/4dpFDWt](https://bit.ly/4dpFDWt) or call 01204 483101. The next 8-week group begins: Friends Meeting House, 50 Silverwell St, BL1 1PP

**Tuesday (from 29 Jul)**  
**9:30am - 12:00pm**

## 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 34) to ask for more advice and support or signposting and referrals to other services.

### Useful Information

- [www.nhs.uk/conditions/baby/](http://www.nhs.uk/conditions/baby/)
- Get personalised emails created to support you throughout pregnancy and parenthood via Start for Life [www.nhs.uk/start-for-life/start-for-life-emails/](http://www.nhs.uk/start-for-life/start-for-life-emails/)
- Help buying food and milk [www.healthystart.nhs.uk/](http://www.healthystart.nhs.uk/)
- Thinking about potty training? Visit: [eric.org.uk/potty-training/](http://eric.org.uk/potty-training/)
- Words for Life provide fun activities to help boost children's language, literacy, and communication skills at home. [bit.ly/3WWkqh2](http://bit.ly/3WWkqh2)
- BBC Tiny Happy People [www.bbc.co.uk/tiny-happy-people](http://www.bbc.co.uk/tiny-happy-people)

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



## **Join a free 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. Includes play, communication, brain development, emotions and parenting styles. Whether you're navigating new experiences or simply curious to learn new skills. Perfect for those with a child under 3.

Children welcome. \*Please book in advance by contacting Families Together on 07514 484157 or email **familiestogether445@gmail.com**  
Find out more at: **www.familiestogether.org.uk**

## **Access a free Solihull course online**

'Understanding your child'  
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, covering pregnancy, labour, birth and your baby, understanding your child from toddler to teenager, understanding your brain (for teenagers only) and more.

To access charge free, go to **www.inourplace.co.uk**, create an account and enter the access code: RIVINGTON in the Apply Access Code box (subject to change).



## 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 [wix.to/uvlFj3o](https://wix.to/uvlFj3o)

### **Dad Matters**

Supporting dads (and dads-to-be) in Bolton and across Greater Manchester Find out more:  
Website: [dadmatters.org.uk/](https://dadmatters.org.uk/)  
Facebook: [bit.ly/3CuV67z](https://bit.ly/3CuV67z)

### **Andy's Man Club**

Meeting every Monday from 7pm \*except Bank Holidays.  
**#ItsOkayToTalk.** Open to all men, dad's and dads-to-be but no children please.

**Mondays\*, 7:00pm – 9:00pm**  
**Harvey Start Well Centre**

### **Men's Social Group**

No need to book, drop-in and free to attend. Open to all men, dad's and dads-to-be but no children please.

**Wednesdays, 2:00pm – 3:00pm**  
**The Hub at Westhoughton, BL5 3DS**

## HELP WITH: CHILDCARE COSTS (IF YOU CLAIM CERTAIN BENEFITS)

Contact Bolton Families  
Information Service for more help  
and advice.

Email: [families@bolton.gov.uk](mailto:families@bolton.gov.uk)

Call: 01204 332170

### How to apply

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

### 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.

**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

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

**Bolton  
Council**

[www.bolton.gov.uk/freechildcare](http://www.bolton.gov.uk/freechildcare)

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

HELP WITH:  
**CHILDCARE  
COSTS (FOR  
WORKING  
PARENTS)**

Contact Bolton Families  
Information Service for more  
help and advice.  
Email: [families@bolton.gov.uk](mailto:families@bolton.gov.uk)  
Call: 01204 332170

From September 2025, all eligible working parents of children aged 9-month-old, up to school age, will be able to access 30 hours per week.\*  
For more information on the Working Parents Entitlement and to learn how to apply, visit [www.childcarechoices.gov.uk](http://www.childcarechoices.gov.uk)  
\* Hours can be taken 30 hours per week, term time, for 38 weeks. Some childcare providers will allow you to stretch the hours over more weeks, i.e. 22.8 hours over 50.



**Please be aware, there is a deadline each term for applications:**

Application deadline	Funding can be accessed
31 August	From September
31 December	From January
31 March	From April

## What is wraparound childcare?

Wraparound childcare is before and after school childcare for primary school aged children. Typically available from around 8:00am until 6:00pm, during term time, either on a school site or another local setting such as a community centre, a nursery, or a childminder.

Providers will set their own fees for wraparound places, so prices will vary. Once you have chosen a provider, you would pay them directly for your child's place.

If you are eligible, you will be able to use Tax-Free Childcare or Universal Credit Childcare to help pay for your place. You might also be able to get help with your initial upfront childcare costs. Check what support is available to you by using the childcare eligibility checker. Find out more at [ChildcareChoices.gov.uk](https://ChildcareChoices.gov.uk)

## Did you know?

You can request wraparound and holiday childcare at the school your child attends and you can do this by writing a letter or emailing your child's school. Tell them the type of childcare you need (wraparound or holiday), the age of your child or children, the needs of the child (e.g., the needs of a child with SEND), and when you most need it (e.g., days of the week and times).

Your child's school will look at your request and should let you know about their decision within a term. They should tell you the reason for their decision and any next steps they are taking.



**Here to help you juggle family life**

Wraparound childcare offers a safe, supportive and fun place outside of school hours. It also gives parents more flexibility with drop off and collection times.

Search **Childcare Choices** to see what support you could get.

 HM Government

 Childcare Choices

# Starting Reception

## Your child's journey to school starts at home

We understand that all children develop at their own pace, and that we're all learning from birth. When it's time to start school, some children will need more help than others.

There are key skills\* that schools expect children to be learning before their first day. Practising these will make your child's journey to Reception positive as possible.

There's lots you can do at home to build your child's confidence and independence, helping them feel emotionally and practically prepared to start school.

\*We are calling this document the 'Starting Reception' definition. Some people/organisations refer to this as 'school readiness'.



### How can I help my child get ready?

- Your child will have lots of new activities and routines to get used to when they start school. There are some things they'll need to do more independently than they might have before.
- Research shows that a child's relationship with their parents is the most important factor in their development, and there's a lot you can do at home.
- When your child is at home with you or another caregiver, you can practise as a family with fun activities (we've included links at the end of this resource).
- Some of these skills take time to master, so it's good to introduce them gradually as part of your daily routine.



### Find out more

For more information on how to help your child get ready for reception, and for information on supporting children with additional needs, scan the QR code or visit <https://startingreception.co.uk>.

**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.

Great Lever Family Hub Mondays (Except 25 Aug)	9:30am - 10:30am
Blackrod Young People’s Centre Mondays (Except 25 Aug)	9:30am - 10:30am
Harvey Start Well Centre Mondays (Except 25 Aug)	1:00pm - 2:00pm
Oldhams Start Well Centre Tuesdays (Except 26 Aug)	1:00pm - 2:00pm
Oxford Grove Family Hub Weds (Except 27 Aug)	9:30am - 10:30am
Alexandra Family Hub Thursdays (Except 28 Aug)	1:30pm - 2:30pm
Bright Meadows Family Hub Thursdays (Except 28 Aug)	1:00pm - 2:00pm
Farnworth Family Hub Fridays (Except 29 Aug)	9:30am - 10:30am
Tonge Family Hub Fridays (Except 29 Aug)	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. Except Bank Holidays.

High Street Libraries	Mondays	10:30am
Farnworth Library	Tuesdays	11:00am
Breightmet 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

## REAL Event (Raising Early Achievement in Literacy)

Families with children between the ages of 3 and 4 years old will get the most out of this fun activity session, but all families are welcome to attend. There will be plenty for everyone to get involved in! Activities include a bear hunt, Storytime, messy play and more!

You'll also take away lots of low cost/no cost ideas to help you support your child's literacy development at home. Free and no need to book!

Harvey Start Well Centre	Monday 4 August	1:00pm - 3:00pm
Oldhams Start Well Centre	Tuesday 29 July	1:00pm - 3:00pm
Alexandra Family Hub	Thursday 24 July	1:30pm - 3:30pm
Tonge Family Hub	Friday 25 July	1:00pm - 3:00pm
Great Lever Family Hub	Monday 28 July	9:30am - 11:30am
Oxford Grove Family Hub	Wednesday 30 July	9:30am - 11:30am
Bright Meadows Family Hub	Thursday 31 July	1:00pm - 3:00pm
Farnworth Family Hub	Friday 8 August	9:30am - 11:30am

# SUMMER READING CHALLENGE

Sign up to the summer reading challenge at this year’s launch event! Hosted by Bolton Central Library in collaboration with The Octagon Theatre. Come and listen to brilliant stories and take part in activities to inspire you on your challenge!

Reading Challenge	Launch Event	Between
Bolton Central Library	Saturday 19 Jul 2025	11:00am - 3:00pm

## Summer Stories

Enjoy free Storytimes, have fun, make new friends and complete your Bolton Summer Reading Challenge by visiting each week through summer. No need to book!

Westhoughton Library	Mondays (Excluding 25 Aug)	10:30am
Brightmet Library	Tuesdays	10:30am
Little Lever Library	Tuesdays	10:30am
Blackrod Library	Thursdays	10:30am
High Street Library	Thursdays	12:30am
Harwood Library	Thursdays (24 Jul, 7 and 21 Aug only)	2:30pm
Bromley Cross Library	Thursdays (31 Jul, 14 and 28 Aug only)	2:30pm
Horwich Library	Fridays	10:30am
Farnworth Library	Fridays	10:30am
Bolton Centre Library	Saturdays (Excluding 23 Aug)	2:00pm



# ACTIVITIES FOR: FAMILIES WITH 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.

Alexandra Family Hub Mondays (Except 25 Aug)	1:00pm – 3:00pm
---	-----------------

Bright Meadows Family Hub Mondays (Except 25 Aug)	1:00pm – 3:00pm
--	-----------------

Great Lever Family Hub Tuesdays (Except 26 Aug)	1:00pm – 3:00pm
--	-----------------

Harvey Start Well Centre Tuesdays (Except 26 Aug)	1:00pm – 3:00pm
--	-----------------

John Holt Community Centre Tuesdays (Except 26 Aug)	9:30am – 11:30am
--	------------------

Oxford Grove Family Hub Tuesdays (Except 26 Aug)	1:00pm – 3:00pm
---	-----------------

Oldhams Start Well Centre Wednesdays (Except 27 Aug)	1:00pm – 3:00pm
---	-----------------

Tonge Family Hub Thursdays (Except 28 Aug)	9:30am-11:30am
---	----------------

Farnworth Family Hub Fridays (Except 29 Aug)	1:00pm – 3:00pm
---	-----------------

### Shake, Rattle, and Roll!

A fun and active music and movement session for 0-5s. No session week commencing 25 August 2025. Free drop-in, no need to book!

Oxford Grove Family Hub	
Mondays (21, 28 Jul, 4, 11, 18 Aug)	10:00am - 10:45am
Tonge Family Hub	
Mondays (21, 28 Jul, 4, 11, 18 Aug)	1:30pm - 2:15pm
Bright Meadows Family Hub	
Weds (23, 30 Jul, 6, 13, 20 Aug)	10am - 10:45am
Farnworth Family Hub	
Thurs (24, 31 Jul, 7, 14, 21 Aug)	10am - 10:45am

### Fish Feeds at Bolton Aquarium

Chat with the Aquarium staff and watch the vibrant fish enjoy their meal. Every Saturday 1:00pm at Bolton Central Library and Museum’s Aquarium.

### Reebok: High-Speed Shoes and Running Clubs

Come and celebrate the opening of the summer exhibition at Bolton Library and Museum! With fun activities for all the family. Explore the exhibition with an 11:00am tour. From 11:00am - 3:00pm enjoy creative activities, trainer customisation demonstrations, film screening, music, and more. During the Summer there will be Reebok activities every Thursday!

### Branch Library Craft Activities

Free and no need to book! Drop-in and enjoy family craft activities.  
Except Bank Holidays.

Little Lever Library	Mondays	2:00pm – 3:00pm
Brightmet Library	Tuesdays	2:00pm – 3:00pm
Westhoughton Library	Tuesdays	2:30pm – 3:30pm
Horwich Library	Thursdays	10:30am – 2:30pm
Blackrod Library	Thursdays	10:30am – 12:30pm
Bromley Cross Library Farnworth, Harwood and	Thursdays	3:00pm – 4:00pm
High Street Libraries	Thursdays	2:00pm – 3:00pm

### Library Events

**Jaw-some Family Fun:** with shark themed crafts and activities, trails and more. Westhoughton Library, Sat 16 Aug, 11:00am – 4:00pm

**Jaw-some Family Fun:** enjoy shark themed stories.  
Westhoughton Library, Sat 16 Aug, 11:00am – 2:30pm

**Family Film Club:** bring cold snacks and juice. All Films rated U or PG.  
High Street Library, Sat 5 Jul and 2 Aug, 2:00pm – 4:00pm

**Video Game Tournament:** got what it takes to be a video gaming champion? Join us! High Street Library, Sat 12 Jul and 9 Aug, 2:00pm

## **Young Naturalists Club at Bolton Museum**

Join the Curator of Natural History and 'Nature Talks and Walks' to develop your skills as a young naturalist. An engaging and interactive two-hour event exploring the fascinating natural world. Free, book on Eventbrite.

## **Surprises from the Natural History Stories**

Drop-in and meet Lauren, who looks after the museum animals, plants, insects, rocks, and fossils. Discover what a Natural History Curator does whilst learning more about the specimens. Free!

### **Bolton Museum**

**Saturday 26 Jul and 23 Aug**  
**1:00pm - 3:00pm**

## **Activities at Bolton Central Library and Museum**

During the summer holidays, there will be family fun activities, storytelling, trails, and film screenings. Free and no need to book! Additionally, explore the new family friendly 'Reebok' exhibition and take part in 'Story Garden' activities.

**Every day, between 11:00am - 3:00pm (except Bank Holidays).**

## **Wild Wonders Explore and Play**

An exciting Wild Wonders Explore and Play Tech session where creativity meets coding in a nature-inspired adventure!

**Monday 28 July 2025,**  
**10:00am - 3:00pm.**

## **Explore Smithills Hall**

The hall and grounds are free to enter and explore every:

**Wednesday, Thursday, and Friday**  
**between 10:00am - 4:00pm, and**  
**Sunday 12:00pm - 4:00pm.**

## **Nature Walks at Smithills Hall**

Explore the nature surrounding of Smithills Hall with the Curator of Natural History. Hunt for insects, learn about trees, and look for signs of wildlife! Please note, this is suitable for children of all ages but some of the route is not suitable for pushchairs or prams.

**Thursday 26 July and 21 August,**  
**1:00pm (meet at the main**  
**entrance).**

# SEND ACTIVITIES

## Sugar Lumps SEND Stay and Play

Rachel @ Sugar Lumps invites families of children 0-5 years with special educational needs and disabilities (SEND) to this drop-in play group. Children do not need an official diagnosis to attend.

**Harvey Start Well Centre, Tuesday**  
**22, 29 Jul, 5, 12, 19 Aug, 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: [www.blgc.co.uk/](http://www.blgc.co.uk/)

**Age 8-18**

**Mondays 4:00pm - 8:00pm**

**Age 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](mailto:breakbarriers3@gmail.com) or visit the calendar for up-to-date information:  
[www.breakingbarriersnw.com](http://www.breakingbarriersnw.com)

## 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, visit: [bit.ly/3SbEYNC](https://bit.ly/3SbEYNC) or scan the QR code.



## 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: [letskeepboltonmoving.co.uk/](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](http://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](http://www.lagans.org.uk), email: [info@lagans.org.uk](mailto:info@lagans.org.uk) or call 01204 800300

### Bolton Health Hive

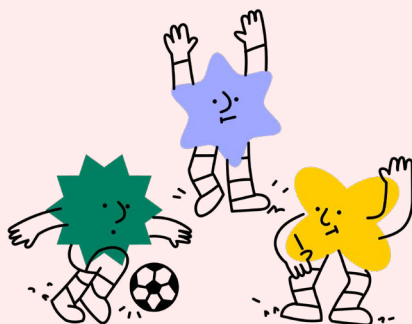
Get a free health check, advice, and care. Everyone welcome and no appointment needed. Open Monday to Friday 10am - 4:00pm. For information on where you can get a free health check, call the Bolton Health Hive on 01204 916241 or visit: [www.boltongpfd.co.uk/communityhealth](http://www.boltongpfd.co.uk/communityhealth)

### Early Help Parent Drop-in (Saturdays)

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](mailto:earlyhelp@bolton.gov.uk)

Farnworth Family Hub, 26 Jul and 16 Aug 2025, 10:00am - 12:00pm
Oxford Grove Family Hub, 2 Aug and 30 Aug 2025, 10:00am - 12:00pm
Tonge Family Hub, 19 Jul and 9 Aug 2025, 10:00am - 12:00pm

## 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](mailto:positive.activities@bolton.gov.uk)

Website [www.bolton.gov.uk/playandyouth](http://www.bolton.gov.uk/playandyouth)

Alternatively, check out Bolton's Play and Youth Facebook page @Play&YouthBolton and scan the QR code to find out what's on throughout the autumn term including the school holidays.





## Bolton Holiday Activities and Food Programme (HAF)

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](http://www.Bolton.gov.uk/HAF).

## Free HAF Hub Family Events

Come and join our FREE 'HAF HUB' family events over summer, drop-in between 11:00am and 3:00pm from the \*22 July to the 21 August in the following parks:

<b>Tuesdays*</b>	<b>Moses Gates Park BL4 7QS</b>
<b>Wednesdays*</b>	<b>Westhoughton Central Park BL5 3DS</b>
<b>Thursdays*</b>	<b>Moss Bank Park BL1 6NB</b>
<b>Fridays*</b>	<b>Queens Park BL1 4DA</b>

## Computer Xplorers

### Digi Saturdays

Ages 7+ enjoy coding, building and exploring with Computer Xplorers!

**Bolton Central Library**  
**26 Jul and 16 Aug**  
**1:00pm - 3:30pm**

## Bolton Lads and Girls Club

Jump into BLGC Infinity (Spa Road), 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. Except Bank Holidays

- Junior clubs aged 8-12
  - Senior clubs aged 13-18 Connect aged 8-18 (SEND)
  - Beyond Connect aged 19-25 (SEND)
  - Holiday Activity and Food (HAF)
- Become a member for free at:  
[www.blgc.co.uk/](http://www.blgc.co.uk/)

## Believe Achieve CIC

Offering many activities in the Farnworth area, including: Youth clubs for ages 8+ (Monday, Wednesday, Thursday, Friday, Saturday)

- Employability Workshops
  - Dance classes
  - Music studio
  - IT skills sessions
  - Mental Health support
- 145-147 Market St, Farnworth, BL4 8HF.

For more information call 01200 312007 or email: [info@believeachievecic.co.uk](mailto:info@believeachievecic.co.uk).

# SUPPORT FOR YOUNG PEOPLE

## Bolton Lads and Girls Club

Supporting young people by offering services that focus on range of needs including emotional health and wellbeing, mental health, building self-confidence, self-esteem and resilience. Self-referrals accepted. Find out more: [www.blgc.co.uk/targeted-youth-services/what-we-offer/](http://www.blgc.co.uk/targeted-youth-services/what-we-offer/)

## 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: [bit.ly/4dAylPz](https://bit.ly/4dAylPz)

## 360o

For information about Bolton's 360o Young People's Substance Misuse Service, visit: [bit.ly/3SCjz2y](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: [@BeKindToMyMind](http://www.bekindtomymind.co.uk)  
Kooth offer online Mental Health Support for 10-25-year-olds. Visit: [www.kooth.com](http://www.kooth.com)

## IThrive Service

IThrive work with a range of local organisations who offer, one to one and group support for Bolton children aged 2-19 years or up to 25 with SEND.

Access support by asking a parent or trusted adult to complete the online referral form with you. Visit: [www.bolton-together.org.uk](http://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](http://www.boltonsmoneyskills.org.uk)  
[moneyadvice@bolton.gov.uk](mailto: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/](http://www.warmwelcome.uk/)

## Debt and Money Advice

[www.bolton.gov.uk/costofliving](http://www.bolton.gov.uk/costofliving)

## Citizens Advice Service Sessions (free advice)

Looking for support or advice on, debt, help to claim, housing, benefits, employment, health, family etc? Call the hub to book an appointment to see Citizen's Advice.

### Tonge Family Hub

01204 336745

Fri 25 Jul 9:00pm - 12:00pm

## Free Data SIM Cards through the National Databank

We're proud to be part of the National Databank initiative, offering free SIM cards and mobile data to people from low-income backgrounds. If you're eligible, you can collect a SIM from your local Family Hub. Pop in and ask a member of our team for more details.

## Bolton Mental Health Support Team (MHST): A parent/carer workshop on anxiety

If your child is struggling with anxiety, this will be a useful and informative workshop for you! The Bolton Mental Health Support Team (MHST) is offering parent/carer workshops in Family Hubs across Bolton.

The workshop provides support and strategies for parents around anxiety in children and young people aged 5-18 years old. The workshop will outline what anxiety is, the symptoms, and how this impacts children and young people. MHST will provide support strategies to help manage the physical sensations and emotions of anxiety. The workshop is 90 minutes long.

For more information, including venues, times, dates, and how to book, follow the link or scan the QR code using your mobile phone camera: [bit.ly/3SehWaQ](https://bit.ly/3SehWaQ).



## Parent Support Coffee Morning

Is your child struggling with their mental health? Come to a free drop-in group for parents/carers to get some emotional support and signposting to practical support. Come for a coffee and a chat at Oxford Grove Family Hub, Wednesdays 10:00am – 11:00am.

## 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: [bit.ly/43NxMx6](https://bit.ly/43NxMx6) Self-refer by following the link provided.

## 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: [bit.ly/4hBliAd](https://bit.ly/4hBliAd). Additional resources designed to support families and young people in Bolton can be found here: [bolton-together.org.uk/](https://bolton-together.org.uk/)

## Qwell

Mental Health support for adults. Visit: [www.qwell.io](https://www.qwell.io)

## 5 Ways to Wellbeing

Explore the '5 ways to wellbeing' that support many aspects of wellbeing and mental health. For session and booking information visit: [bit.ly/4crd7SY](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: [bit.ly/4crd7SY](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. Find out more: [bit.ly/4crd7SY](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](mailto: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.

In partnership with:



# 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

## Horwich Library

Jones Street BL6 7AJ  
01204 335040

## The Hub at Westhoughton

The Hub, Central Drive, BL5 3DS  
01942 635985

## Winifred Kettle House

Washacre Lane BL5 2NG  
01204 337347



Funded by  
UK Government



**Bolton  
Family Hubs**