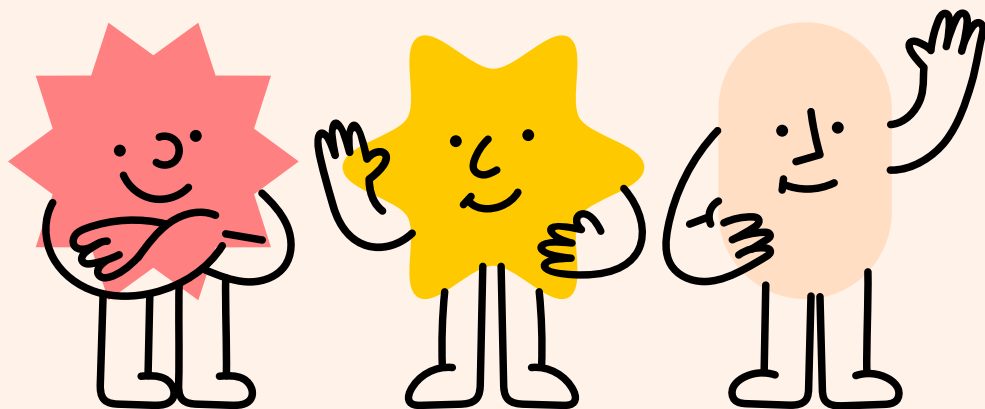


GUIDE TO SERVICES AND ACTIVITIES FOR FAMILIES IN BOLTON

January to March 2026



Scan the QR code with your mobile camera
to access a digital version of this guide.
www.boltonfamilyhubs.org.uk



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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. It is UK Government funded as part of Best Start in Life, supporting families on their journey from pregnancy through to their child starting school and beyond.

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

Find us on Facebook



Bolton Family Hubs
bit.ly/43eTVXM



Bolton Early Years 0-5s
bit.ly/4ic98wY



Visit the new Best Start in Life Parent Hub

Access a variety of helpful features such as a week by week pregnancy guide; what childcare support is available for you; where you can access Breakfast Clubs and Wraparound Childcare for your child, and lots more:
www.beststartinlife.gov.uk

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

Baby in Mind

Specialist Parent Infant Mental Health Practitioner support for parents and caregivers (antenatal and 0-2 years). Advance booking required. See page 42

Mondays, 9:30am – 1:00pm

Stay and Play

Drop-in for families with children aged 0-5 years. Term time only. See page 52

Mondays, 1:00pm – 2:00pm

Family Fun Time

Drop-in for families with children of all ages. See page 51

Mondays, 3:15pm – 4:15pm

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. See page 38

Tuesdays, 10:00am – 11:00am

Free Data SIM Cards through the National Databank

Free SIM cards and mobile data. Eligibility applies. Call in and speak to our team.

Tuesdays, 2:00pm – 3:00pm

Specialist Health Visitor for Infant Feeding

Providing one to one support for feeding difficulties/complex feeding issues. *Appointment only. See page 37

***Wednesdays 9:30am -12:30pm**

Stay and Play

Drop-in for families with children aged 0-5 years. Term time only. See page 52

Wednesdays, 10:00am - 11:30am

Nature Club for Tots

Drop-in for families with children aged 1-3 years. Term time only. See page 54

Thursdays, 10:00am - 11:00am

Chat, Play, Read

Drop-in group for families with children 12 months +. See page 49

Thursdays, 1:00pm - 2:00pm

Your Health Bolton - Stop Smoking Support

Free 12-week programme of support to help you quit smoking. See page 66

Fridays by appointment only

Antenatal Clinic

Clinics operate by appointment only. See page 26 for information.

Well Baby Clinic

Clinics operate by appointment only. See page 33 for information.

Alexandra Book Swap

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

Free SIM cards and mobile data.
Eligibility applies. Call in and speak
to our team.

Mondays, 10:00am – 11:00am

Baby Babble and Bond

Drop-in group for families with
babies 0-12 months. See page 38

Tuesdays, 10:00am – 11:00am

Chat, Play, Read

Drop-in group for families with
children 12 months +. See page 49

Tuesdays, 1:00pm – 2:00pm

Shake, Rattle, and Roll

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

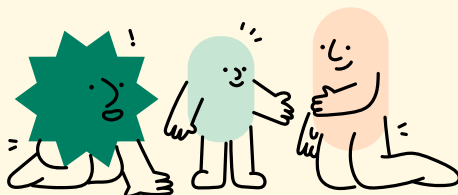
*Term time only. See page 54

***Wednesdays, 10am – 10:45am**

Join a Root and Rise Group 'Reparenting Space for Growth and Connection' at Red Lane Church, Brightmet

For families with children in
Reception Class up to Key Stage
2. Free 6-week groups. *Advanced
sign up required. See page 59

***Tuesdays, 1:00pm – 3:00pm**



Stay and Play

Drop-in for families with children aged 0-5 years. Term time only. See page 52

Thursdays, 10:00am - 11:00am

Chat, Play, Read

Drop-in group for families with children 12 months +. See page 49

Thursdays, 1:00pm - 2:00pm

Family Fun Time

Drop-in for families with children of all ages. See page 51

Thursdays, 3:15pm - 4:30pm

Early Years Sing and Play

An interactive musical session with Bolton Music Service for families with children 18 months to 4 years. No need to book! Term time only.

Fridays, 10:00am - 11:00am

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. See page 38

Fridays, 1:00pm - 2:00pm

Infant Feeding Support (Complex Issues)

One to one support for feeding difficulties. Babies under 4 weeks old. See page 37

Fridays by appointment only

Antenatal Clinic

Clinics operate by appointment only. See page 26 for information.

Bright Meadows Book Swap

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

Your Health Bolton – Stop Smoking Support

Free 12-week programme of support to help you quit smoking. See page 66

Wednesdays by appointment only

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 17 Jan, 7 Feb,
28 Feb, 21 Mar

Stay and Play

Drop-in for families with children aged 0-5 years. Term time only. See page 52

Mondays, 10:00am - 11:00am

Family Fun Time

Drop-in for families with children of all ages. See page 51

Mondays, 3:30pm - 4:30pm

Breastfeeding Group

Drop-in and meet other breastfeeding parents. See page 36

Wednesdays, 11:00am - 12:00pm

Chat, Play, Read

Drop-in group for families with children 12 months +. See page 49

Tuesdays, 1:00pm - 2:00pm

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. See page 38

Wednesdays, 9:30am - 10:30am

Baby in Mind

Specialist Parent Infant Mental Health Practitioner support for parents and caregivers (antenatal and 0-2 years). Advance booking required. See page 42

Wednesdays, 12:30pm - 4:00pm

With You in Mind

Drop-in peer support group for parents with children aged 0-2 years (expectant parents welcome). Continues during half-term. See page 42

Wednesdays, 1:15pm - 2:45pm

Your Health Bolton - Stop Smoking Support

Free 12-week programme of support to help you quit smoking. See page 66

Thursdays by appointment only

Join a Togetherness Group 'Understanding your child'

A 10-week group for families with a child under 3 years old. *Advance sign up required. See page 44

***Thursdays (10-weeks)
10:00am - 12:00pm**

Chat, Play, Read

Drop-in group for families with children 12 months +. See page 49

Thursdays, 1:00pm - 2:00pm

Free Data SIM Cards through the National Databank

Free SIM cards and mobile data. Eligibility applies. Call in and speak to our team.

Thursdays, 2:00pm - 3:00pm

Stay and Play

Drop-in for families with children aged 0-5 years. Term time only. See page 52

Fridays, 10:00am - 11:30am

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. See page 38

Fridays, 1:00pm - 2:00pm

Cooking Wizards

Classes to help children aged 8 and over learn basic cooking skills to boost confidence and independence. *Advanced booking required. See page 62

***Saturdays, 17 Jan - 21 Mar**

Family Help Saturday Parenting Advice Drop-in

For families with children 18 years and under. Drop-in between 10:00am - 4:00pm. See page 59

**Saturday 17 Jan, 7 Feb,
28 Feb, 21 Mar**

Plan and prepare for parenthood (antenatal classes)

A group for parents-to-be. See pages 28

**Saturday 7 Feb
10:00am - 12:00pm**

Antenatal Clinic

Clinics operate by appointment only. See page 26 for information.

Well Baby Clinic

Clinics operate by appointment only. See page 33 for information.

Farnworth Book Swap

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

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

Specialist Parent Infant Mental Health Practitioner support for parents and caregivers (antenatal and 0-2 years). Advance booking required. See page 42

Mondays, 9:30am – 1:00pm

Chat, Play, Read

Drop-in group for families with children 12 months +. See page 49

Mondays, 10:00am – 11:00am

Tuesdays, 10:00am – 11:00am

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. See page 38

Mondays, 1:00pm – 2:00pm

Stay and Play

Drop-in for families with children aged 0-5 years. Term time only. See page 52

Tuesdays, 1:00pm – 2:00pm

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. See page 38

Wednesdays, 10:00am – 11:00am

Breastfeeding Group

Drop-in and meet other breastfeeding parents. See page 36

Wednesdays 1:00pm – 2:00pm

Free Data SIM Cards through the National Databank

Free SIM cards and mobile data. Eligibility applies. Call in and speak to our team.

Wednesdays, 2:00pm – 3:00pm

Proud 2 b Parents Stay and Play

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

Thursdays, 1:00pm - 2:30pm

Family Fun Time

Drop-in for families with children of all ages. See page 51

Thursdays, 3:15pm - 4:30pm

Flowhession Parent and Tots

Drop-in stay and play for families with children 0-4 years. Friendly practitioners available who speak multiple languages. Term time only. See page 54

Fridays, 10:00am - 12:00pm

Little Bats Stay and Play

An outdoor 'forest school' stay and play 8-week 0-5s group. Advanced booking required. See page 53

Fridays*, 1:00pm - 2:30pm

Antenatal Clinic

Clinics operate by appointment only. See page 26 for information.

Well Baby Clinic

Clinics operate by appointment only. See page 33 for information.

Great Lever Book Swap

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

WHAT'S ON AT: **HARVEY FAMILY HUB**

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

Hub opening hours:

8:00am - 6:00pm
Monday to Friday

Baby Group

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

Mondays, 10:00am - 11:00am

Chat, Play, Read

Drop-in group for families with
children 12 months +. See page 49

Mondays, 1:00pm - 2:00pm

SEND Stay and Play

Drop-in for children 0-5 years
with a diagnosis or going through
diagnosis. Term time only. See
page 56

Mondays, 1:00pm - 2:00pm

Andy's Man Club

Open to all men, dad's and dads-
to-be. No children please. *Except
Bank Holidays

***Mondays, 7:00pm - 9:00pm**

Your Health Bolton - Stop Smoking Support

Free 12-week programme of
support to help you quit smoking.
See page 66

Tuesdays by appointment only.

Stay and Play

Drop-in for families with children
aged 0-5 years. Term time only.
See page 52

Tuesdays, 10:00am - 11:00am

Join a Togetherness Group 'Understanding your child'

A 10-week group for families with a child under 3 years old. *Advance sign up required. See page 44

***Tuesdays (10-weeks)
10:00am - 12:00pm**

Stay, Play and Toy Loan

Drop-in for families with children aged 0-5 years. Term time only. See page 52

Tuesdays, 1:00pm - 2:00pm

Family Fun Time

Drop-in for families with children of all ages. See page 51

Tuesdays, 3:15pm - 4:30pm

Stay, Play and Toy Loan

Drop-in for families with children aged 0-5 years. Term time only. See page 52

Wednesdays, 9:30am - 11:00am

Empowering Parents Drop-in

A safe place to share your worries around family relationships. See page 60

**Wednesdays, 10:00am - 12:00pm
(Jan - Feb 2026)**

Stay and Play

Drop-in for families with children aged 0-5 years. Term time only. See page 52

Wednesdays, 1:00pm - 2:00pm

Preparing to Breastfeed Workshops (Antenatal Class)

Come along if you're pregnant and thinking about breastfeeding. See page 29

**Wednesday, 11 February
5:30pm - 7:45pm**

Infant Feeding Support (Complex Issues)

One to one support for feeding difficulties. Babies under 4 weeks old. See page 37

Wednesdays by appointment only

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. See page 38

Thursdays, 10:00am - 11:00am

Little Bats Stay and Play

An outdoor 'forest school' stay and play 8-week 0-5s group. Advanced booking required. See page 53

Fridays*, 10:00am - 11:30am

Free Data SIM Cards through the National Databank

Free SIM cards and mobile data. Eligibility applies. Call in and speak to our team.

Fridays, 12:00pm - 1:00pm

Antenatal Clinic

Clinics operate by appointment only. See page 26 for information.

Harvey Book Swap

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

WHAT'S ON AT: **OLDHAMS FAMILY HUB**

Forfar Street, Bolton, BL1 6RN

Telephone: 01204 334992

Hub opening hours:

8:30am - 4:30pm

Monday to Friday

Little Bats Stay and Play

An outdoor 'forest school' stay and play 8-week 0-5s group. Advanced booking required. See page 53

Mondays*, 10:00am - 11:30am

Free Data SIM Cards through the National Databank

Free SIM cards and mobile data. Eligibility applies. Call in and speak to our team.

Mondays, 2:00pm - 3:00pm

Nature Club for Tots

Drop-in for families with children aged 1-3 years. Term time only. See page 54

Tuesdays, 10:00am - 11:00am

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. See page 38

Tuesdays, 1:00pm - 2:00pm

Family Fun Time

Drop-in for families with children of all ages. See page 51

Tuesdays, 3:15pm - 4:15pm

Wiggle Tots Toddler Group

Drop-in baby and toddler group. 0-4 years. Term time only. See page 53

Wednesdays, 10:30am - 11:45am

Your Health Bolton - Stop Smoking Support

Free 12-week programme of support to help you quit smoking. See page 66

Thursdays by appointment only

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. See page 38

Thursdays, 9:30am - 10:30am

Breastfeeding Group

Drop-in and meet other breastfeeding parents. See page 36

Thursdays, 1:00pm - 2:00pm

Stay and Play

Drop-in for families with children aged 0-5 years. Term time only. See page 52

Thursdays, 1:00pm - 2:00pm

Hope for Mental Health Group

Adult group run by Oldhams Church. For more information, please contact Rev Lee on 07712 003 290.

Thursdays, 7:15pm

Chat, Play, Read

Drop-in group for families with children 12 months +. See page 49

Fridays, 10:00am - 11:00am

SEND Stay and Play

Drop-in for children 0-5 years with a diagnosis or going through diagnosis. Term time only. See page 56

Fridays, 1:00pm - 2:30pm

Sugar Lumps SEND Stay and Play

A drop-in for families of children 0-5 years with special educational needs and disabilities (SEND). See page 56

Friday 20 Feb, 1:00pm - 2:30pm

Antenatal Clinic

Clinics operate by appointment only. See page 26 for information.

Well Baby Clinic

Clinics operate by appointment only. See page 33 for information.

Oldhams Book Swap

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

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 24 Jan, 14 Feb,
7 Mar, 28 Mar

Flowhession Parent and Tots

Drop-in stay and play for families with children 0-4 years. Friendly practitioners available who speak multiple languages. Term time only. See page 54

Mondays, 10:00am – 12:00pm

Baby in Mind

Specialist Parent Infant Mental Health Practitioner support for parents and caregivers (antenatal and 0-2 years). Advance booking required. See page 42

Tuesdays, 9:30am – 1:00pm

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. See page 38

Tuesdays, 10:00am – 11:00am

Nature Club for Tots

Drop-in for families with children aged 1-3 years. Term time only. See page 54

Tuesdays, 1:00pm – 2:00pm

With You in Mind

Drop-in peer support group for parents with children aged 0-2 years (expectant parents welcome). Continues during half-term. See page 42

Tuesdays, 1:15pm – 2:45pm

Chat, Play, Read

Drop-in group for families with children 12 months +. See page 49

Wednesdays, 10:00am – 11:00am

Parent Support Coffee Morning

A drop-in group for parent carers of children struggling with mental health difficulties. See page 60

Wednesdays, 10:00am – 11:00am

Free Data SIM Cards through the National Databank

Free SIM cards and mobile data. Eligibility applies. Call in and speak to our team.

Wednesdays, 3:30pm - 4:30pm

Plan and prepare for parenthood (antenatal classes)

A group for parents-to-be. See pages 28

**Wednesday 14 Jan
5:30pm - 7:30pm**

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. See page 38

Thursdays, 1:00pm - 2:00pm

Family Fun Time

Drop-in for families with children of all ages. See page 51

Thursdays, 3:15pm - 4:30pm

Join a Togetherness Group 'Understanding your child'

A 10-week group for families with a child under 3 years old. *Advance sign up required. See page 44

***Fridays (10-weeks) 10am - 12pm**

Cooking Wizards

Classes to help children aged 8 and over learn basic cooking skills to boost confidence and independence. *Advanced booking required. See page 62

***Saturdays, 24 Jan - 28 Mar**

Family Help Saturday Parenting Advice Drop-in

For families with children 18 years and under. Drop-in between 10:00am - 4:00pm. See page 59

**Saturday 24 Jan, 14 Feb, 7 Mar,
28 Mar**

Preparing to Breastfeed

Come along if you're pregnant and thinking about breastfeeding. See page 29

Saturday 7 Mar, 10am - 12:15pm

Well Baby Clinic

Clinics operate by appointment only. See page 33 for information

Antenatal Clinic

Clinics operate by appointment only. See page 26 for information.

Oxford Grove Book Swap

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

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 10 Jan, 31 Jan,
21 Feb, 14 Mar

Chat, Play, Read

Drop-in group for families with children 12 months +. See page 49

Mondays, 10:00am - 11:00am

Join a Togetherness Group 'Understanding your child'

A 10-week group for families with a child under 3 years old. *Advance sign up required. See page 44

***Mondays (10-weeks)
10:00am - 12:00pm**

With You in Mind

Drop-in peer support group for parents with children aged 0-2 years (expectant parents welcome). Continues during half-term. See page 42

Mondays, 10:30am - 12:00pm

Shake, Rattle, and Roll

Active music and movement session for families with 0-5s. *Term time only. See page 54

***Mondays, 1:30pm - 2:15pm**

Family Fun Time

Drop-in for families with children of all ages. See page 51

Mondays, 3:00pm - 4:30pm

Baby in Mind

Specialist Parent Infant Mental Health Practitioner support for parents and caregivers (antenatal and 0-2 years). Advance booking required. See page 42

Tuesdays, 9:30am - 1:00pm

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. See page 38

Tuesdays, 1:00pm - 2:00pm

Stay and Play

Drop-in for families with children aged 0-5 years. Term time only. See page 52

Wednesdays, 1:00pm - 2:00pm

Plan and prepare for parenthood (antenatal classes)

A group for parents-to-be. See pages 28

**Wednesday 11 Mar
5:30pm - 7:30pm**

SEND Stay and Play

Drop-in for children 0-5 years with a diagnosis or going through diagnosis. Term time only. See page 56

Thursdays, 10:00am - 11:30am

Sugar Lumps SEND Stay and Play

A drop-in for families of children 0-5 years with special educational needs and disabilities (SEND). See page 56

**Thursday 19 Feb,
10:00am - 11:30am**

Free Data SIM Cards through the National Databank

Free SIM cards and mobile data. Eligibility applies. Call in and speak to our team.

Fridays, 9:00am - 10:00am

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. See page 38

Fridays, 10:30am - 11:30am

Breastfeeding Group

Drop-in and meet other breastfeeding parents. See page 36

Fridays, 1:00pm - 2:00pm

Chat, Play, Read

Drop-in group for families with children 12 months +. See page 49

Fridays, 1:30pm - 2:30pm

Cooking Wizards

Classes to help children aged 8 and over learn basic cooking skills to boost confidence and independence. *Advanced booking required. See page 62

***Saturdays, 10 Jan - 14 Mar**

Family Help Saturday Parenting Advice Drop-in

For families with children 18 years and under. Drop-in between 10:00am - 4:00pm. See page 59

Saturday 10 Jan, 31 Jan, 21 Feb, 14 Mar

Preparing to Breastfeed Workshops (Antenatal Class)

Come along if you're pregnant and thinking about breastfeeding. See page 29

**Saturday, 10 January
10:00am - 12:15pm**

Antenatal Clinic

Clinics operate by appointment only. See page 26 for information.

Well Baby Clinic

Clinics operate by appointment only. See page 33 for information.

Tonge Book Swap

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

WHAT'S ON IN: BLACKROD

Wiggle Worship

Toddler group with songs, rhymes, and stories. Term time only.

Mondays, 9:00am - 10:45am
St Katherines Church, BL6 5EN

Baby Rhyme Time

Nursery rhymes, free play and refreshments. Term time only. 0-18 months.

Mondays, 11:00am - 11:45am
St Katherines Church, BL6 5EN

Chat, Play, Read

Drop-in group for families with children 12 months +. *Term time only. See page 49

***Tuesdays, 10:00am - 11:00am**
Blackrod Young People's Centre,
BL6 5SY

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. *Term time only. See page 38

***Wednesdays, 10:00am - 11:00am**
Blackrod Young People's Centre,
BL6 5SY

Blackrod Sports and Community Centre Activities

Visit the Blackrod Sports and Community Centre website to find a list of free activities for different age groups:
www.blackrodsacc.org.uk

WHAT'S ON IN: HORWICH

Wiggle Tots Toddler Group

A drop-in toddler group. Term time only.

Mondays, 9:00am - 11:00am
Holy Trinity Church, Horwich
Parish Hall

Bumps, Boobs and Buggies Walking Group

This gentle walk is suitable for prams, toddlers, and slings. See page 39

Mondays, 10:00am - 11:00am
Horwich Library

Breastfeeding Group

Drop-in and meet other breastfeeding parents. See page 36

Mondays, 11:00am - 12:00pm
Horwich Library

Toddler Tales

Storytelling sessions ideal for 2-5 years. See page 50

Thursdays, 10:30am
Horwich Library

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. *Term time only. See page 38

***Fridays, 9:30am - 10:30am
and 1:00pm - 2:00pm**
Horwich Health and Wellbeing
Hub

WHAT'S ON IN: WESTHOUGHTON

Chat, Play, Read

Drop-in group for families with children 12 months +. *Term time only. See page 49

***Mondays, 9:30am - 10:30am**
The Gates Primary School

Breastfeeding Group

Drop-in and meet other breastfeeding parents. See page 36

Tuesdays, 11:00am - 12:00pm
Westhoughton Library

The Nest: Perinatal Mental Health Support Group

A group for caregivers who may be feeling low, anxious, or overwhelmed during pregnancy or the early years of parenting.

*Advanced booking only. See page 40

Tuesdays*, 10:00am - 11:00am
The Hub at Westhoughton

Computer Drop-in

Issues with your device? Want to learn something new? Drop-in for support.

Tuesday to Fridays,
9:30am - 2:30pm
The Hub at Westhoughton

Assist Service

A digital drop-in. No need to book.

Wednesdays, 10:00am - 12:00pm
John Holt Youth Centre

John Holt Brew Club

No need to book.

Wednesdays, 12:00pm - 2:00pm
John Holt Youth Centre

Men's Social Group

No need to book. Open to all men, dad's and dads-to-be. No children please.

Wednesdays, 2:00pm - 3:00pm
The Hub at Westhoughton

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. *Term time only. See page 38

***Thursdays, 9:30am - 10:30am**
Washacre Primary School,
BL5 2NJ

Stay and Play

Drop-in for families with children aged 0-5 years. *Term time only. See page 52

***Thursdays, 1:30pm - 2:30pm**
The Hub at Westhoughton

Toddler Tales

Storytelling sessions ideal for 2-5 years. See page 50

Fridays, 10:30am
Westhoughton Library

John Holt Youth Club

For young people aged 13-17 years. No need to book.

Fridays, 6:30pm - 8:30pm
John Holt Youth Centre

WHAT'S ON IN: KEARSLEY

Shake, Rattle, and Roll

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

*Term time only. See page 54

Mondays*, 9:30am - 10:15am
Kearsley Woodbridge College,
BL4 8LB

Baby Babble and Bond

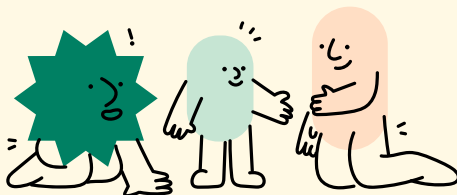
Drop-in group for families with babies 0-12 months. *Term time only. See page 38

Mondays, 1:30pm - 2:30pm
Kearsley Woodbridge College,
BL4 8LB

Toddler Tales

Storytelling sessions ideal for 2-5 years. See page 50

Tuesdays, 11:00am
Farnworth Library



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 (by appointment only)			
Alexandra Family Hub	Mon-Fri	9:00am-5:00pm	01204 337347
Bright Meadows Family Hub	Tue, Thu, Fri	9:30am-4:30pm	01204 336691
Farnworth Family Hub	Mon-Fri	9:00am-5:00pm	01204 334955
Harvey Family Hub	Mon-Fri	9:00am-5:00pm	01204 337390
Oldhams Family Hub	Mon-Thu	9:00am-4:30pm	01204 334992
Oxford Grove Family Hub	Mon-Fri	9:00am-5:00pm	01204 337090
Tonge Family Hub	Mon-Fri	9:00am-5:00pm	01204 336745
Great Lever Family Hub	Mon-Fri	9:00am-5:00pm	01204 337333
Winifred Kettle House	Mon-Fri	9:00am-5:00pm	01204 335138

Useful info:

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

Maternity Action

Free, confidential legal advice on work and benefits for pregnant women and new parents in Greater Manchester. Website: www.maternityaction.org.uk/manchester-maternity-rights or free call 0808 801 0488.

An online antenatal Togetherness pathway

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.togetherness.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 or to book a place, visit: book.breastfeedingtogether.co.uk

Oxford Grove Family Hub	Wednesday	14 Jan	5:30pm - 7:30pm
Online	Saturday	24 Jan	10:00am - 12:00pm
Farnworth Family Hub	Saturday	7 Feb	10:00am - 12:00pm
Online	Wednesday	18 Feb	5:30pm - 7:30pm
Tonge Family Hub	Wednesday	11 Mar	5:30pm - 7:30pm
Online	Saturday	28 Mar	10:00am - 12:00pm

Pregnancy Padlet Resource

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

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



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

Royal Bolton Antenatal Clinic
Monday 5 Jan, 2 Feb, 2 Mar
6:30pm - 8:30pm

Ingleside Birth Centre
Saturday 17 Jan, 14 Feb, 14 Mar
10:00am - 12:00pm

Preparing to Breastfeed Workshops (Antenatal Class)

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: book.breastfeedingtogether.co.uk

Tonge Family Hub	Saturday	10 Jan	10:00am - 12:15pm
Online	Wednesday	28 Jan	5:30pm - 7:45pm
Harvey Family Hub	Wednesday	11 Feb	5:30pm - 7:45pm
Online	Saturday	28 Feb	10:00am - 12:15pm
Oxford Grove Family Hub	Saturday	7 Mar	10:00am - 12:15pm
Online	Wednesday	18 Mar	5:30pm - 7:45pm

Safer Sleep for Babies Online Session

What is safer sleep and why is it so important for babies? This 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: <https://bit.ly/4dwhJcl>

Online	Thursday	12 Feb	10:00am - 11:00am
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Your Baby and You (antenatal group)

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: <https://bit.ly/4kR8eaG>



Empowering Parents Drop-in

A safe place to share your worries around family relationships. See page 60

***Harvey Family Hub**

Wednesdays 10:00am - 12:00pm

***Jan - Feb 2026**

SUPPORT FOR: NEW PARENTS

Birth registration in Bolton

You must make an appointment to register your baby's birth within 42 days in the town or city where the baby was born. A registration appointment for babies born in Bolton is made online at: <https://bit.ly/3eb4zaK>.

Call 01204 331185 for more support.

An online baby Togetherness pathway

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.togetherness.co.uk to create an account and access for free by entering the access code: RIVINGTON (subject to change).

Baby Budgeting and Beyond!

Delivered by Bolton's Money Skills Service at your local Family Hub. A 1-hour information session planned for parents of children aged 0-12 months (expectant parents welcome). Covering topics such as budgeting, making your money go further, saving tips and money saving new parent hacks. Children are welcome to attend. Interest? Email moneyskills@bolton.gov.uk with the subject header "Baby Budgeting and Beyond", your name, contact information, and your preferred hub.

Empowering Parents Drop-in

A safe place to share your worries around family relationships. See page 60

***Harvey Family Hub**

Wednesdays 10:00am - 12:00pm

***Jan - Feb 2026**

Proud 2 b Parents

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

Dad Matters

Supporting dads (and dads-to-be) in Bolton and across Greater Manchester. For more information, see page 46.

Spoons Greater Manchester

A charity supporting parents with babies in neonatal care (and following discharge). Get online information, register for support and attend groups like Baby Massage and Stay and Play. To find out more, visit: <https://bit.ly/3Ni9kNp>

Useful information:

- The NHS Website: www.nhs.uk/baby/
- Sign up for emails - Best Start in Life - NHS and receive personalised emails created to support you throughout pregnancy and parenthood.
- Get help to buy food and milk with Healthy Start www.healthystart.nhs.uk

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.

Find out more at: www.boltonft.nhs.uk/services/0-19-health-and-wellbeing/

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 463666	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 Family Hub 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 (Winter update)

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

For information about the winter vaccination programme for 2025/2026 visit: <https://gmintegratedcare.org.uk/winter-vaccinations/>

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.



What to do if your baby is unwell?

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

Useful links and services:

- Your GP: To find a GP, visit www.nhs.uk/nhs-services/
- NHS 111 visit www.111.nhs.uk or call 111
- Your Local pharmacy: To find your nearest visit www.nhs.uk/nhs-services/
- The NHS website: www.nhs.uk/baby
- The Little Orange Book: <https://bit.ly/49kHa14>

Safe sleep, coping with crying and preventing accidents:

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

SUPPORT WITH: INFANT FEEDING

UNIVERSAL NHS SUPPORT:

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 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 33 for details.

Are you breastfeeding?

View a collection of 'Padlet' written resources, links, and videos on how to breastfeed your baby: <https://bit.ly/3KQdXho>



Are you bottle feeding?

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



National Breastfeeding Helpline

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

Breastfeeding Together Peer Support

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

Free Breastfeeding Groups

Come along to meet other mums and socialise, with peer support available.

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
Westhoughton Library	Tuesdays	11:00am - 12:00pm
Farnworth Family Hub	Wednesdays	11:00am - 12:00pm
Great Lever Family Hub	Wednesdays	1:00pm - 2:00pm
Oldhams Family Hub	Thursdays	1:00pm - 2:00pm
Tonge Family Hub	Fridays	1:00pm - 2:00pm

Thinking of Introducing Solid Foods? There’s no rush to mush...

Give your baby the best start in life by waiting until they are ready, before introducing solid foods. Read the ‘No rush to mush’ leaflet to find out why: <https://bit.ly/4fOuKiP>



Introducing Solid Foods (online)

Ideal for families with babies around 3-6 months old. This 1-hour, live online session, will give you the confidence to recognise when to introduce solids and which foods to start with. Discover practical tips and the different approaches you could use. Advanced booking required, visit: <https://bit.ly/3KIZW83>.

Thursday 26 Feb
10:00am - 11:00am



SPECIALIST NHS SUPPORT

(Complex issues/difficulties):

The Specialist Midwife Infant Feeding Team

The team provide one to one support for feeding difficulties/complex issues if your baby is under four weeks old.

*Appointment only.

***Harvey Family Hub, Wednesdays
9:00am - 5:00pm**

***Bright Meadows Family Hub,
Fridays 9:00am - 5:00pm**

To book, call 01204 390423.

The team can also offer a Tongue-tie clinic appointment where required.

Specialist Health Visitor for Infant Feeding

Providing one to one support for feeding difficulties/complex feeding issues. *Appointment only.

***Alexandra Family Hub,
Wednesdays 9:30am - 12:30pm**

Contact the 0-19 Community Infant Feeding Team or your Specialist Public Health Nurse to arrange an appointment for the specialist clinic.

ACTIVITIES FOR: NEW PARENTS

Baby Babble and Bond

A 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. Sessions continue through half-term except those marked with *

Great Lever Family Hub	Mondays	1:00pm - 2:00pm
Kearsley Woodbridge College*	Mondays	1:30pm - 2:30pm
Oxford Grove Family Hub	Tuesdays	10:00am - 11:00am
Bright Meadows Family Hub	Tuesdays	10:00am - 11:00am
Alexandra Family Hub	Tuesdays	10:00am - 11:00am
Oldhams Family Hub	Tuesdays	1:00pm - 2:00pm
Tonge Family Hub	Tuesdays	1:00pm - 2:00pm
Farnworth Family Hub	Wednesdays	9:30am - 10:30am
Great Lever Family Hub	Wednesdays	10:00am - 11:00am
Blackrod Young People's Centre*	Wednesdays	10:00am - 11:00am
Oldhams Family Hub	Thursdays	9:30am - 10:30am
Washacre Primary School*	Thursdays	9:30am - 10:30am
Harvey Family Hub	Thursdays	10:00am - 11:00am
Oxford Grove Family Hub	Thursdays	1:00pm - 2:00pm
Horwich Health and Wellbeing Hub*	Fridays	9:30am - 10:30am
Tonge Family Hub	Fridays	10:30am - 11:30am
Bright Meadows Family Hub	Fridays	1:00pm - 2:00pm
Horwich Health and Wellbeing Hub*	Fridays	1:00pm - 2:00pm
Farnworth Family Hub	Fridays	1:00pm - 2:00pm

Baby Group

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

Harvey Family Hub

Mondays* 10:00am - 11:00am

Baby Time

A 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)

Fridays 11:00am - 12:00pm

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@mhst.co.uk to book.

The Hub, Central Drive, BL5 3DS
Tuesdays*, 10:00am - 11:00am
***Advanced booking only.**

Dad Matters

Supporting dads (and dads-to-be) in Bolton and across Greater Manchester. For more information, see page 46.

Your Baby and You

Antenatal group to help give mums, dads, birthing parents and non-birthing parents an introduction into the emotional journey of parenthood and help them to interact with their baby. To find out more, see page 30.

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 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.

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.

Compassion Focused Therapy (CFT) Group for Mums

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. You are welcome to bring your baby with you to the group. To access the group, a referral to Bolton Talking Therapies will need to be completed either via our online portal: <https://bit.ly/4dpFDWt>

(please note in the referral that you are interested in the CFT group) or by calling **01204 483101**. You can complete this referral yourself or it can be completed on your behalf by a professional, such as your Health Visitor or GP. The next 8-week group is due to start in the new year, date to be confirmed. Venue:

**Friends Meeting House,
50 Silverwell St, BL1 1PP
Tuesdays (8-weeks)
10:00am - 12:30pm**



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 <https://bit.ly/4dpFDWt> to self-refer.

Baby in Mind

A support session for parents and caregivers (antenatal and 0-2 years). 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.

Alexandra Family Hub	Mondays	9:30am - 1:00pm
Great Lever Family Hub	Mondays	9:30am - 1:00pm
Oxford Grove Family Hub	Tuesdays	9:30am - 1:00pm
Tonge Family Hub	Tuesdays	9:30am - 1:00pm
Farnworth Family Hub	Wednesdays	12:30pm - 4:00pm

With You in Mind

Drop-in peer support group for parents with children aged 0-2 years (expectant parents welcome). Come along, meet others, and share your experiences. Continues during half-term. For information, call **01204 216537** or email: Sharonfletcher@homestarthost.org.uk

Tonge Family Hub	Mondays	10:30am - 12:00pm
Oxford Grove Family Hub	Tuesdays	1:15pm - 2:45pm
Farnworth Family Hub	Wednesdays	1:15pm - 2:45pm

SUPPORT FOR: FAMILIES WITH YOUNG CHILDREN

Contact Bolton Families
Information Service for more help
and advice.

Email: families@bolton.gov.uk

Call: **01204 332170**

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 33) to ask for more advice and support or signposting and referrals to other services. For more information visit: www.boltonft.nhs.uk/services/0-19-health-and-wellbeing/

Useful Information

- www.nhs.uk/conditions/baby/
 - Sign up for emails - Best Start in Life - NHS and receive personalised emails created to support you throughout pregnancy and parenthood.
 - Help buying food and milk www.healthystart.nhs.uk/
 - Thinking about potty training? Visit: <https://eric.org.uk/potty-training/>
 - Words for Life provide fun activities to help boost children's language, literacy, and communication skills at home. <https://bit.ly/3WWkqh2>
 - CBeebies Parenting www.bbc.co.uk/cbeebies/parenting
- Help prevent tooth decay, scan below to watch helpful videos.



Join a Togetherness 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

Tonge Family Hub (from 19th Jan)	Monday*	10:00am - 12:00pm
Harvey Family Hub (from 20th Jan)	Tuesday*	10:00am - 12:00pm
Farnworth Family Hub (from 22nd Jan)	Thursday*	10:00am - 12:00pm
Oxford Grove Family Hub (from 23rd Jan)	Friday*	10:00am - 12:00pm

Access an online Togetherness pathway ‘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 <https://togetherness.co.uk/>, create an account and enter the access code: RIVINGTON in the Apply Access Code box.

Family Help Saturday Parenting Advice Drop-in

For families with children 18 years and under. Drop-in between 10:00am - 4:00pm. See page 59

Farnworth Family Hub	Saturday 17 Jan, 7 Feb, 28 Feb, 21 Mar
Oxford Grove Family Hub	Saturday 24 Jan, 14 Feb, 7 Mar, 28 Mar
Tonge Family Hub	Saturday 10 Jan, 31 Jan, 21 Feb, 14 Mar

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!

Dad Matters

Dad Matters is a Home Start HOST project supporting dads who are expecting a baby or have a baby under 2 years old, to better understand their baby and their role as a dad. We support dads to develop the best relationship possible with their baby through:

- One-to-One Peer Support
- Walk 'n' Talks
- Information, education, and resources
- Helping dads to access the appropriate services

For the latest details or any questions contact: richardsmith@homestarthost.org.uk / 07936 359 554

Visit: <https://home-starthost.org.uk/dad-matters/> or find us on

Facebook: www.facebook.com/DadMattersGM/



Andy's Man Club

Open to all men, dad's and dads-to-be. No children please.

Mondays, 7:00pm - 9:00pm
Harvey Family Hub

Men's Social Group

Open to all men, dad's and dads-to-be. No children please.

Wednesdays, 2:00pm - 3:00pm
The Hub at Westhoughton

HELP WITH: **CHILDCARE COSTS** (FOR FAMILIES RECEIVING ADDITIONAL SUPPORT)

Contact Bolton Families
Information Service for more help
and advice.

Email: 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/freechildcare
- Take your child's birth certificate or red book to a Family Hub
- 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
- Information about you and your child (date of birth, address, email, birth certificate or red book, and evidence of benefit).

If you qualify, you will receive confirmation by email. You will need to show this and your child's birth certificate or red book to the childcare provider you have chosen.

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

Scan me
with a
mobile
camera

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

**BEST
START
IN LIFE**

**Bolton
Council**

www.bolton.gov.uk/freechildcare

HELP WITH: CHILDCARE COSTS (FOR WORKING PARENTS)

Contact Bolton Families
Information Service for more
help and advice.
Email: 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.beststartinlife.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.

 UK Government



For parents' questions, **BIG & small.**

Can I get help with childcare costs?

How can I prepare my child to start school?

When should I wean my baby?



Get advice and support at BestStartInLife.gov.uk



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

ACTIVITIES TO SUPPORT:
**EARLY
COMMUNICATION
AND LANGUAGE
LEARNING AT HOME**

Chat, Play, Read

An 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.

The Gates Primary School*	Mondays	9:30am – 10:30am
Great Lever Family Hub	Mondays	10:00am – 11:00am
Tonge Family Hub	Mondays	10:00am – 11:00am
Harvey Family Hub	Mondays	1:00pm – 2:00pm
Blackrod Young People’s Centre*	Tuesdays	10:00am – 11:00am
Great Lever Family Hub	Tuesdays	10:00am – 11:00am
Bright Meadows Family Hub	Tuesdays	1:00pm – 2:00pm
Farnworth Family Hub	Tuesdays	1:00pm – 2:00pm
Oxford Grove Family Hub	Wednesdays	10:00am – 11:00am
Farnworth Family Hub	Thursdays	1:00pm – 2:00pm
Bright Meadows Family Hub	Thursdays	1:00pm – 2:00pm
Alexandra Family Hub	Thursdays	1:00pm – 2:00pm
Oldhams Family Hub	Fridays	10:00am – 11:00am
Tonge Family Hub	Fridays	1:30pm – 2:30pm

Sessions continue through half-term except those marked with *

Toddler Tales with Bolton Libraries and Museum Services

Storytelling sessions for young children, mums, dads, and carers.
Ideal for toddlers 2-5 years. No need to book. Continues in the school holidays.

High Street Libraries	Mondays	12:00pm
Farnworth Library	Tuesdays	11:00am
Brightmet Library	Wednesdays	10:30am
Bolton Central Library	Wednesdays	11:30am
Blackrod, Horwich and Bromley Cross Libraries	Thursdays	10:30am
Little Lever and Westhoughton Libraries	Fridays	10:30am
Bolton Central Library	Fridays	11:30am

Saturday Storytime

Love Storytime? Come to Bolton Central Library at 2pm, every Saturday and enjoy a storytelling session with your little one.

Bolton Central Library
Saturdays 2:00pm

ACTIVITIES FOR: FAMILIES WITH CHILDREN

Family Fun Time

A 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. Continues throughout February half-term.

Tonge Family Hub	Mondays	3:00pm - 4:30pm
Alexandra Family Hub	Mondays	3:15pm - 4:15pm
Farnworth Family Hub	Mondays	3:30pm - 4:30pm
Oldhams Family Hub	Tuesdays	3:15pm - 4:15pm
Harvey Family Hub	Tuesdays	3:15pm - 4:30pm
Great Lever Family Hub	Thursdays	3:15pm - 4:30pm
Oxford Grove Family Hub	Thursdays	3:15pm - 4:30pm
Bright Meadows Family Hub	Thursdays	3:15pm - 4:30pm

Stay and Play

Stay and play for children aged 0-5 years with activities like messy, sensory and free play; indoor and outdoor activity. No need to book. Term time only.

Bolton Toy Library*		
Bolton Wanderers in the Community (BWITC)**		
The Hub at Westhoughton ***		
Farnworth Family Hub*	Mondays	10:00am - 11:00am
Alexandra Family Hub*	Mondays	1:00pm - 2:00pm
Harvey Family Hub*	Tuesdays	10:00am - 11:00am
Harvey Family Hub*	Tuesdays	1:00pm - 2:00pm
Great Lever Family Hub*	Tuesdays	1:00pm - 2:00pm
Harvey Family Hub*	Wednesdays	9:30am - 11:00am
Alexandra Family Hub**	Wednesdays	10:00am - 11:30am
Harvey Family Hub*	Wednesdays	1:00pm - 2:00pm
Tonge Family Hub*	Wednesdays	1:00pm - 2:00pm
Bright Meadows Family Hub*	Thursdays	10:00am - 11:00am
Oldhams Family Hub*	Thursdays	1:00pm - 2:00pm
The Hub at Westhoughton***	Thursdays	1:30pm - 2:30pm
Farnworth Family Hub**	Fridays	10:00am - 11:30am

**Wiggle Tots and Wiggle
Worship Toddler Groups**

Toddler groups. Enjoy songs, stories, free play and refreshments. Term time only.

St Katherine’s Church, BL6 5EN
Mondays 9:00am - 10:45am

**Holy Trinity Church,
Horwich Parish Hall**
Mondays 9:00am - 11:00am

Oldhams Family Hub
Wednesdays 10:30am - 11:45am

**5 GOLDEN RULES FOR
COMMUNICATION**



Eye to Eye

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

Kneel during bathtime, sit on the floor with your child or sit your child on your knee.



**Little Bats Learning:
Stay and Play**

Stay and play the forest school way outdoor sessions. An 8-week block to build your tots confidence to play in nature. 1-5 years (younger siblings welcome to accompany) *Advanced booking required. Email: www.littlebatslearning.org/sessions/ or call Elanor on 07818 925678 or drop into a session to secure a place. The next 8-week block will start again in 2026.

Oldhams Family Hub
Mondays* 10:00am - 11:30am

Harvey Family Hub
Fridays* 10:00am - 11:30am

Great Lever Family Hub
Fridays* 1:00pm - 2:30pm

Lancashire Wildlife Trust: Nature Club for Tots

A fun drop-in session for families with children aged 1-3 years. Facilitated by Lancashire Wildlife Trust. Email Ruth: rireland@lancswt.org.uk or call 07740 419183 for info. Term time only.

Oldhams Family Hub

Tuesdays 10:00am - 11:00am

Oxford Grove Family Hub

Tuesdays 1:00pm - 2:00pm

Alexandra Family Hub

Thursdays 10:00am - 11:00am

Proud 2 b Parents

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

***Great Lever Family Hub**

Thursdays 1:00pm - 2:30pm

Shake, Rattle, and Roll!

Active music and movement session for 0-5s. No need to book! *Term time only.

Kearsley Woodbridge College

***Mondays 9:30am - 10:15am**

Tonge Family Hub

***Mondays 1:30pm - 2:15pm**

Bright Meadows Family Hub

***Wednesdays 10:00am - 10:45am**

Flowhesion: Parent and Tots

Drop-in stay and play for families with children 0-4 years. Friendly practitioners available who speak multiple languages. Term time only.

Oxford Grove Family Hub

Mondays 10:00am - 12:00pm

Great Lever Family Hub

Fridays 10:00am - 12:00pm

Explore Smithills Hall

The hall and grounds are free to enter and explore on

**Wednesday, Thursday and
Fridays, 10:00am - 4:00pm and
Sundays, 12:00pm - 4:00pm**

Fish Feeds at Bolton Aquarium (Bolton Central Library)

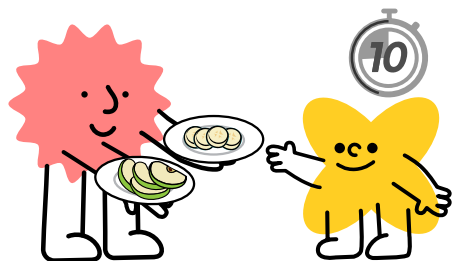
Chat with the Aquarium staff and watch the vibrant fish enjoy their meal.

**Tuesday, Thursday and
Saturday, 1:00pm during all
school holidays (some with
Curator Talk).**

5 GOLDEN RULES FOR COMMUNICATION

10 Seconds

Wait 10 seconds, watching and listening to give the child a chance to take a turn. Count to ten slowly in your head.



SEND ACTIVITIES

SEND Stay and Play

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

Mondays* 1:00pm - 2:00pm

SEND Stay and Play

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

**Tonge Family Hub
Thursdays 10:00am - 11:30am**

**Oldhams Family Hub
Fridays 1:00pm - 2:30pm**

Sugar Lumps SEND Stay and Play

Rachel @SugarLumps 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.

**Tonge Family Hub
Thursday 19 Feb,
10:00am - 11:30am**

**Oldhams Family Hub
Friday 20 Feb,
1:00pm - 2:30pm**

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

**Age 8-18
Mondays 4:00pm - 8:00pm**

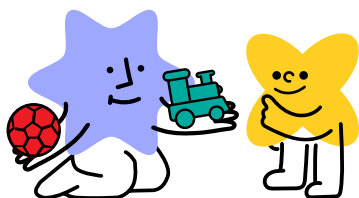
**Age 19-25
Tuesdays 4:00pm - 6:00pm**

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 or visit the calendar for up-to-date information: 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: <https://bit.ly/3SbEYNC> or scan the QR code.



5 GOLDEN RULES FOR COMMUNICATION



A or B

Offer choices as often as possible throughout the day. Show and name the alternatives. For example, "Do you want ball or train?"

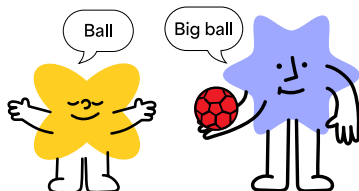


5 GOLDEN RULES FOR COMMUNICATION

Model and Extend

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

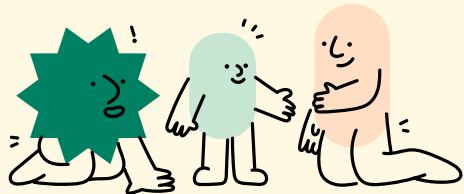
For example, your child points to a ball, you say "ball". Your child says "ball", you say "big ball". They say, "big ball", you say "yes, big red ball".



ACTIVITIES FOR THE: SCHOOL HOLIDAYS

Holiday Activities (February half-term)

Many of your family activities in Family Hubs and Libraries will continue in the February half-term. This includes, Baby Babble Bond, Family Fun Time, Toddler Tales and Chat, Play, Read. Some exclusions apply. See pages 38, 49, 50 and 51 for more information.



Join Bolton Library and Museum Services during the school holidays. Find out more on Facebook [BoltonLibraryandMuseumServices](https://bit.ly/3QXP0AE) and Eventbrite <https://bit.ly/3QXP0AE>

Sugar Lumps SEND Stay and Play

Rachel @SugarLumps 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.

Tonge Family Hub
Thursday 19 Feb,
10:00am - 11:30am

Oldhams Family Hub
Friday 20 Feb,
1:00pm - 2:30pm

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.

OTHER ACTIVITIES AND SUPPORT FOR: FAMILIES

Family Help Saturday Parenting Advice Drop-in

For families with children 18 years and under. Drop-in between 10:00am - 4:00pm for a coffee and chat. No need to book. For more info, contact the Family Help Service on 01204 336215 / EarlyHelp@bolton.gov.uk

Farnworth Family Hub
**Saturday 17 Jan, 7 Feb, 28 Feb,
21 Mar**

Oxford Grove Family Hub
**Saturday 24 Jan, 14 Feb, 7 Mar,
28 Mar**

Tonge Family Hub
**Saturday 10 Jan, 31 Jan, 21 Feb,
14 Mar**

Join a Root and Rise Group 'Reparenting Space for Growth and Connection'

For families with children in Reception Class up to Key Stage 2. These free 6-week groups offer a safe, supportive space for parents and carers to explore their own stories and strengthen family connections. Discover practical tools to manage stress, build emotional resilience, and nurture calmer, more connected relationships at home.

Each participant receives a £100 Play and Connection Kit and weekly take-home resources to help bring learning to life with your child. Perfect for any parent wanting to grow, heal, and create a more peaceful home environment. To find out more and sign up* email: dawn.kay@parentrootcollective.co.uk or call: 07887760332

[www.parentrootcollective.co.uk/
root-rise](http://www.parentrootcollective.co.uk/root-rise)

Red Lane Church, Brightmet
***Tuesdays, 1:00pm - 3:00pm**
(advance sign up required)

Let's Keep Bolton Moving

Visit the Let's Keep Bolton Moving website for a list of family friendly activities and groups, including parks and green spaces, arts and crafts sessions, baby, and toddler groups and much more: <https://letskeepboltonmoving.co.uk/>

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.

**Oxford Grove Family Hub,
Wednesdays 10:00am - 11:00am**

Empowering Parents Drop-in

A safe place to share your worries around family relationships. Come and talk to us about what is happening for you and our knowledgeable team will offer you advice, support and guidance. No need to book. Free refreshments. For more information contact CYP@fortalice.co.uk or call 01204 589682.

**Harvey Family Hub,
Wednesdays, 10:00am - 12:00pm
(Jan - Feb 2026)**

Nurturing Wellbeing Parent Guide

Bolton Together's iThrive Hub provide a free to download online guide for parents and carers offering information, guidance, and resources to assist in supporting their child's mental health and well-being: <https://bit.ly/4hBliAd>. Additional resources designed to support families and young people in Bolton can be found here: <https://bolton-together.org.uk/>

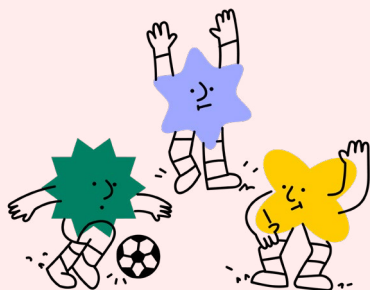
Swimming Lessons

Build water confidence alongside your child with adult and child swimming lessons at Farnworth, Horwich, Sir Jason Kenny, and Westhoughton Leisure Centres. Fees may apply. To find out more, visit: www.boltonleisure.com

Lagan's Foundation Care Support Service

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

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
Web 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 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.

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.

- Junior clubs aged 8-12
- Senior clubs aged 13-18
- Connect aged 8-18 (SEND)
- Beyond Connect aged 19-25 (SEND)

Become a member for free at: www.blgc.co.uk

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/

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

Cooking Wizards

Classes to help children aged 8 and over learn basic cooking skills to boost confidence and independence. *Advanced booking required. To book email: enquiries@cookingwizards.co.uk

Oxford Grove Family Hub
***Saturdays 24 Jan - 28 Mar**

Tonge Family Hub
***Saturdays 10 Jan - 14 Mar**

Farnworth Family Hub
***Saturdays 17 Jan - 21 Mar**

SUPPORT FOR: YOUNG PEOPLE

Adolescent Health and Wellbeing Service

A holistic health and wellbeing service for young people up to 19 years old, providing support for physical, sexual, social and emotional health needs. If you live in Bolton and need help or want more information visit www.boltonft.nhs.uk/services/0-19-health-and-wellbeing/

Mental Health Support

Be Kind to My Mind is a mental health support service for young people. Are you struggling with your feelings or want to understand more about mental health conditions? Visit us at: www.bekindtomymind.co.uk @BeKindToMyMind Kooth offer online Mental Health Support for 10-25-year-olds. Visit: www.kooth.com

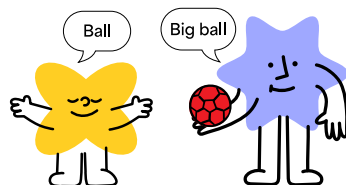
IThrive Service

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 and click 'refer for support' for more information.

5 GOLDEN RULES FOR COMMUNICATION



Actions Speak Louder

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

For example, rub your tummy and say, "are you hungry?"



SUPPORT FOR: PARENTS

Bolton Money Skills Support

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

Call us on **01204 332916**

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

Debt and Money Advice

www.bolton.gov.uk/costofliving

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 | UCAN Centres

Our helpful and friendly staff provide a little bit of everything in our UCAN centres, so no matter what you are looking for or what support you need - if you think we can help, we probably can. In most centres you'll be able to find:

- A friendly welcome
- Help finding you a job
- Free use of the internet and computers
- Training courses
- Access to social activities and community groups
- Help with housing issues and benefits
- Health and wellbeing support and advice
- Help with money matters
- Free use of the phone
- And lots more - all for free.

Find your nearest UCAN Centre at www.boltonathome.org.uk/ucan.

For enquiries about property management and maintenance across Bolton, call: 01204 328000.

Warm spaces

Find a Bolton warm space at www.warmwelcome.uk

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



Your Health Bolton - Stop Smoking Support

Free support to help you quit smoking. A 12-week quit programme run by friendly, expert advisors who provide a range of proven methods to help you give up smoking. Get accurate information and advice, as well as supplying up to 12 weeks of Nicotine Replacement products completely free.

Harvey Tuesdays

***Between 9:30am - 4:30pm**

Bright Meadows Wednesdays

***Between 9:45am - 4:30pm**

Oldhams Thursdays

***Between 9:30am - 4:30pm**

Farnworth Thursdays

***Between 9:30am - 4:30pm**

Alexandra Fridays

***Between 9:30am - 4:00pm**

*Appointment only.

Call 01204 570 999 or visit the website: <https://yhbolton.co.uk/>

Talking Therapies

Bolton's Talking Therapies provide free, confidential talking therapies for adults aged 16 years and over. They will work with you and help you address a range of problems that you may be experiencing, e.g., depression, anxiety, panic, stress, PTSD, OCD and phobias.

Talking Therapy Service information can be found here:

<https://bit.ly/43NxMx6> Self-refer by following the link provided.

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 more information, call the Bolton Health Hive on 01204 916241 or visit: www.boltongpfed.co.uk/communityhealth

Qwell

Mental Health support for adults. Visit: **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: <https://bit.ly/4crd7SY>

Connect 5

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

Living Life to the Full

Feeling low or stressed?
These 7 sessions (half-days) will guide you to identify and tackle a variety of problems in life. Find out more: <https://bit.ly/4crd7SY>

Greater Manchester Crisis Line

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

Domestic Abuse

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

Report Abuse

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

In partnership with:



NOTES

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 Family Hub

Shaw Street BL3 6HU
01204 337390

Oldhams Family Hub

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

