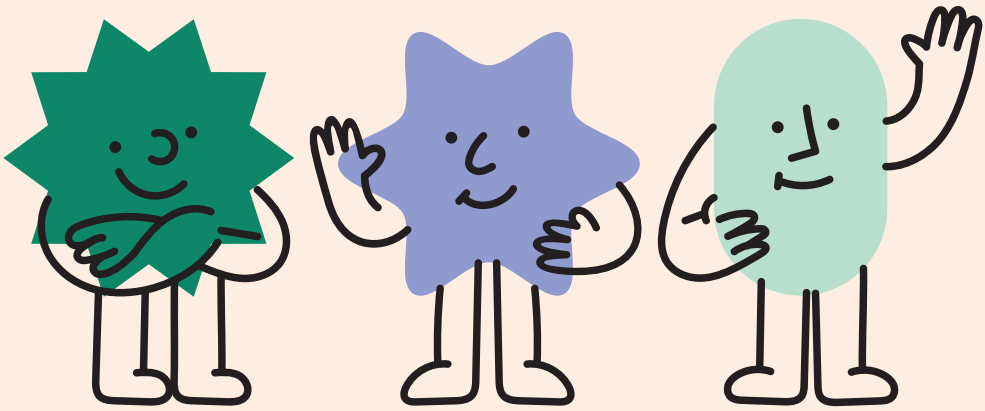
Bolton Family Hubs

BEST START IN LIFE

GUIDE TO FREE SERVICES AND ACTIVITIES FOR FAMILIES IN BOLTON

September to December 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 Best Start Family Hubs?

Best Start Family Hubs are welcoming spaces for families with children and young people from birth to 19 (and up to 25 with SEND). We offer free activities, expert advice, and practical help, from pregnancy through to school and beyond.

Funded by the UK Government's Best Start in Life programme, our hubs bring together professionals who can support you with everything from child development and learning to housing, employment, and financial advice.

Drop in or call your local Family Hub for help and guidance. If the person you need isn't available, we'll connect you to the right support. Whatever family life brings, we're here for you.

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

Discover the Best Start in Life Parent Hub

Your one-stop online space for everything family related. From week-by-week pregnancy tips and introducing solid foods to childcare funding information, getting ready to start school and more, visit **www.beststartinlife.gov.uk** and sign up for free NHS emails packed with guidance for pregnancy and parenthood.

WHAT'S ON AT:
ALEXANDRA BEST START FAMILY HUB

Blackledge Street, BL3 4BL
Telephone: 01204 337347

Find us on Facebook

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

Baby Bonding

Small group baby bonding sessions for those with babies aged 6-12 months. See page 44

Mondays 10:30am - 11:30am

Stay and Play

Drop-in for families with children aged 0-5 years. Term time only. See page 47

Mondays, 1:00pm - 2:00pm

Family Fun Time

Drop-in for families with children of all ages. See page 60

Mondays, 3:15pm - 4:15pm

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. See page 40

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

Dad Matters Drop-in

Supporting new dads and dads-to-be until their child is 2 years old. See page 69

Tuesdays, 11:00am - 12:00pm

Specialist Health Visitor for Infant Feeding

Providing one to one support for feeding difficulties/complex feeding issues.
*By appointment only. See page 34

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

Stay and Play

Drop-in for families with children aged 0-5 years. Term time only. See page 47

Wednesdays, 10:00am - 11:30am

Nature Club for Tots

Drop-in for families with children aged 1-3 years. Term time only. See page 48

Thursdays, 10:00am - 11:00am

Chat, Play, Read

Drop-in group for families with children 12 months +. See page 58

Thursdays, 1:00pm - 2:00pm

Half-term Family Fun: REAL (Raising Early Achievement in Literacy)

Join us in the October half-term for a special holiday themed REAL session ideal for families with children 3-4 years old but all welcome! Find out more on page 59

Thursday 29 October, 1:00pm - 2:00pm

Your Health Bolton - Stop Smoking Support

Free 12-week programme of support to help you quit smoking. See page 75

Fridays by appointment only.

Family Pop-in and Play

Enjoy indoor play with toys, mark-making, and our book corner, with the option to take books home. See page 57

Free Data SIM Cards through the National Databank

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

Antenatal Clinic

Clinics operate by appointment only. See page 27 for information.

Well Baby Clinic

Clinics operate by appointment only. See page 38 for information.

WHAT'S ON AT:
BRIGHT MEADOWS BEST START FAMILY HUB

Greenroyd Avenue, BL2 5DD
Telephone: 01204 336691

Find us on Facebook

Hub opening hours:
Monday to Friday
8:45am - 5:00pm

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. See page 40

Tuesdays, 10:00am - 11:00am
Fridays, 1:00pm - 2:00pm

Baby in Mind

Specialist Parent Infant Mental Health Practitioner support for parents and caregivers (antenatal and 0-2 years). To arrange a time to meet, see page 43

Tuesdays, 1:00pm - 4:00pm

Chat, Play, Read

Drop-in group for families with children 12 months +. See page 58

Tuesdays, 1:00pm - 2:00pm
Wednesdays, 11:00am - 12:00pm

Half-term Family Fun: REAL (Raising Early Achievement in Literacy)

Join us in the October half-term for a special holiday themed REAL session ideal for families with children 3-4 years old but all welcome! Find out more on page 59

Tuesday 27 October,
1:00pm - 2:00pm

Dad Matters Drop-in

Supporting new dads and dads-to-be until their child is 2 years old. See page 69

Tuesdays, 2:00pm - 3:00pm

Moo Music Stay, Play, and Learn

An interactive and engaging music and play session for families with children 0-5 years. *Weekly sessions except for 21 and 28 October. See page 49

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

Baby Bonding

Small group baby bonding sessions for those with newborns up to 6 months. See page 44

Wednesdays, 12:30pm - 1:30pm

Your Health Bolton - Stop Smoking Support

Free 12-week programme of support to help you quit smoking. See page 75

Wednesdays by appointment only.

Stay and Play

Drop-in for families with children aged 0-5 years. Term time only. See page 47

Thursdays, 10:00am - 11:00am

Family Fun Time

Drop-in for families with children of all ages. See page 60

Thursdays, 3:30pm - 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

Family Pop-in and Play

Enjoy indoor and outdoor play with toys, mark-making, and our book corner, with the option to take books home. See page 57

Free Data SIM Cards through the National Databank

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

Antenatal Clinic

Clinics operate by appointment only. See page 27 for information.

WHAT'S ON AT:
FARNWORTH BEST START FAMILY HUB

King Street, BL4 7AP
Telephone: 01204 334955

Find us on Facebook

Hub opening hours:
Monday to Friday
8:45am - 6:00pm

Saturday 12 Sep, 3 Oct, 24 Oct, 14 Nov, and 5 Dec
9:00am - 4:00pm

Stay and Play

Drop-in for families with children aged 0-5 years. Term time only. See page 47

Mondays, 10:00am - 11:00am

Baby in Mind

Specialist Parent Infant Mental Health Practitioner support for parents and caregivers (antenatal and 0-2 years). To arrange a time to meet, see page 43

Mondays, 12:30pm - 4:00pm
Fridays, 9:00am - 4:00pm

Family Fun Time

Drop-in for families with children of all ages. See page 60

Mondays, 3:30pm - 4:30pm

Chat, Play, Read

Drop-in group for families with children 12 months +. See page 58

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

Half-term Family Fun: REAL (Raising Early Achievement in Literacy)

Join us in the October half-term for a special holiday themed REAL session ideal for families with children 3-4 years old but all welcome! Find out more on page 59

Tuesday 27 October,
1:00pm - 2:00pm

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. See page 40

Wednesdays, 9:30am - 10:30am
Fridays, 1:00pm - 2:00pm

Bumps, Boobs, and Brews Pregnancy and Breastfeeding Support Group

Drop-in and meet other breast-feeding parents. See page 33

Wednesdays, 11:00am - 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

Wednesdays, 1:15pm - 2:45pm

Join a Togetherness group 'Understanding your child'

A 10-week group for families with a child under 4 years old. *Advance sign up required. See page 46

***Thursdays, 10-weeks in autumn, 10:00am - 12:00pm**

Stay and Play

Drop-in for families with children aged 0-5 years. Term time only. See page 47

Fridays, 10:00am - 11:30am

Cooking Wizards

Classes to help children aged 8 and over learn basic cooking skills to boost confidence and independence. *Advanced booking required. See page 61

***Saturdays**

Family Help Saturday Parenting Advice Drop-in

For families with children 18 years and under. Drop-in between 10:00am - 4:00pm. See page 67

Saturday 12 Sep, 3 Oct, 24 Oct, 14 Nov, and 5 Dec

Plan and Prepare for Parenthood

A group for parents-to-be. See pages 30

Saturday 3 Oct, 10:00am - 12:00pm
Saturday 5 Dec, 10:00am - 12:00pm

Lego Brick-Building Stay and Play

Brick-building fun for all the family with North West Brick Community CIC. Come along and make your own Lego model. No need to book.

Saturday 12 Sep, 3 Oct, 14 Nov, 5 Dec, 2:00pm - 4:00pm

Family Pop-in and Play

Enjoy indoor play with toys, mark-making, and our book corner, with the option to take books home. See page 57

Free Data SIM Cards through the National Databank

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

Antenatal Clinic

Clinics operate by appointment only. See page 27 for information.

Well Baby Clinic

Clinics operate by appointment only. See page 38 for information.

ACTIVITIES AT KEARSLEY WOODBRIDGE COLLEGE

Moo Music Stay, Play, and Learn

An interactive and engaging music and play session for families with children 0-5 years. *Weekly for 6 weeks until the October half-term (7, 14, 21, and 28 September, 5 and 12 October). See page 49

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

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. Term time only. See page 40

Mondays, 1:30pm - 2:30pm

WHAT'S ON AT:
GREAT LEVER BEST START FAMILY HUB

Leonard Street, BL3 3AP
Telephone: 01204 337333

Find us on Facebook

Hub opening hours:
Monday to Friday
8:45am - 6:00pm

Chat, Play, Read

Drop-in group for families with children 12 months +. See page 58

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

Half-term Family Fun: REAL (Raising Early Achievement in Literacy)

Join us in the October half-term for a special holiday themed REAL session ideal for families with children 3-4 years old but all welcome! Find out more on page 59

Monday 26 October, 10:00am - 11:00am

Dad Matters Drop-in

Supporting new dads and dads-to-be until their child is 2 years old. See page 69

Mondays, 11:00am - 12:00pm

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. See page 40

Mondays, 1:00pm - 2:00pm
Wednesdays, 10:00am - 11:00am

Stay and Play

Drop-in for families with children aged 0-5 years. Term time only. See page 47

Tuesdays, 1:00pm - 2:00pm

Baby in Mind

Specialist Parent Infant Mental Health Practitioner support for parents and caregivers (antenatal and 0-2 years). To arrange a time to meet, see page 43

Wednesdays, 1:00pm - 4:00pm

Proud 2 b Parents: Stay, Chat, and Play

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

Thursdays, 10:30am - 12:00pm

Family Fun Time

Drop-in for families with children of all ages. See page 60

Thursdays, 3:15pm - 4:30pm

Flowhesion Parent and Tots Sessions

Drop-in stay and play for families with children 0-4 years. Friendly practitioners available who speak multiple languages. Term time only. See page 49

Fridays, 10:00am - 12:00pm

Family Pop-in and Play

Enjoy indoor and outdoor play with toys, mark-making, and our book corner, with the option to take books home. See page 57

Free Data SIM Cards through the National Databank

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

Antenatal Clinic

Clinics operate by appointment only.

See page 27 for information.

Well Baby Clinic

Clinics operate by appointment only. See page 38 for information.

WHAT'S ON AT:
HARVEY BEST START FAMILY HUB

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

Find us on Facebook

Hub opening hours:
Monday to Friday
8:00am - 6:00pm

Toy Library Baby Group

Drop-in for families with children 0-2 years with sensory room access and toy loans. Term time only.

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

Chat, Play, Read

Drop-in group for families with children 12 months +. See page 58

Mondays, 1:00pm - 2:00pm
Tuesdays, 1:00pm - 2:00pm

Half-term Family Fun: REAL (Raising Early Achievement in Literacy)

October half-term themed fun, ideal for families with children 3-4 years, but all ages welcome. See page 59.

Monday 26 October,
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

Toy Library Stay, Play, and Loan

A drop-in for families with children aged 0-5 years, supporting wellbeing through play, offering access to the sensory room and toy loans. Term time only. *Quiet group with restricted numbers for those who find larger groups overwhelming.

***Mondays, 1:00pm - 2:00pm**
Tuesdays, 1:00pm - 2:00pm
Thursdays, 10:00am - 11:00am

Toy Library Stay and Play

Drop-in for families with children aged 0-5 years. Term time only. See page 60

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

Your Health Bolton - Stop Smoking Support

Free 12-week programme of support to help you quit smoking. See page 75

Tuesdays by appointment only.

Family Fun Time

Drop-in for families with children of all ages. See page 60

Tuesdays, 3:15pm - 4:30pm

Flowhesion Parent and Tots Sessions

Drop-in stay and play for families with children 0-4 years. Friendly practitioners available who speak multiple languages. Term time only. See page 49

Wednesdays, 10:00am - 12:00pm

Join a Togetherness group

'Understanding your child'

A 10-week group for families with a child under 4 years old. *Advance sign up required. See page 46

***Wednesdays, 10-weeks in autumn, 10:00am - 12:00pm**

Breastfeeding Together: Under 25s Stay and Play Group

Drop-in group for parents under 25 to come along to meet other mums, make friends and enjoy activities with your child.

Wednesdays, 1:00pm - 2:00pm

Toy Library After School/ Nursery Stay, Play and Loan

A drop-in for families with children aged 0-6 years, supporting wellbeing through play, offering access to the sensory room and toy loans. Term time only.

Wednesdays, 3:30pm - 4:45pm

Plan and Prepare for Parenthood

A group for parents-to-be. See page 30

Wednesday 11 Nov, 5:30pm - 7:30pm

Baby in Mind

Specialist Parent Infant Mental Health Practitioner support for parents and caregivers (antenatal and 0-2 years). To arrange a time to meet see page 37

Thursdays, 9:00am - 12:30pm

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. See page 40

Thursdays, 10:00am - 11:00am

Flowhesion Parent and Tots Sessions

Drop-in stay and play for families with children 0-4 years. Friendly practitioners available who speak multiple languages. Term time only. See page 49

Fridays, 10:00am - 12:00pm

Your Baby and You

Antenatal sessions for mum's, dad's, birthing parents, and none birthing parents. Come along and gain an introduction into the emotional journey of parenthood.

*Group sessions run on the same day and time, in the same place, weekly, for three weeks, initially from Friday 11th September, and will continue on a rolling ongoing basis every 3 weeks. For booking details, see page 44.

***Fridays 11, 18 and 25 September, 12:30pm - 2:00pm**

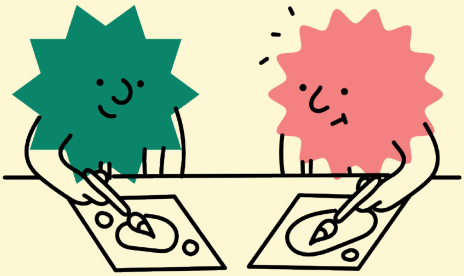
Footprints and Families

A place to talk laugh, learn, and feel understood. Join our Kinship Care Group and find support every step of the way.

Friday 4 Sep, 2 Oct, 6 Nov, 4 Dec and 8 Jan, 12:30pm - 3:00pm

Family Pop-in and Play

Enjoy indoor play with toys, mark-making, and our book corner, with the option to take books home. See page 57



Free Data SIM Cards through the National Databank

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

Antenatal Clinic

Clinics operate by appointment only. See page 27 for information.

WHAT'S ON AT:
OLDHAMS BEST START FAMILY HUB

Forfar Street, Bolton, BL1 6RN
Telephone: 01204 334992

Find us on Facebook

Hub opening hours:
Monday to Friday
8:30am - 4:30pm

Little Bats Learning: Outdoor Stay and Play

Learn to play the forest school way! A drop-in session for families with children between 1-5 years old.

Mondays, 10:00am - 11:30am

Join a Togetherness group 'Understanding your child'

A 10-week group for families with a child under 4 years old. *Advance sign up required. See page 46

***Mondays, 10-weeks in autumn, 12:30pm - 2:30pm**

Nature Club for Tots

Drop-in for families with children aged 1-3 years. Term time only. See page 48

Tuesdays, 10:00am - 11:00am

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. See page 40

Tuesdays, 1:00pm - 2:00pm
Thursdays, 9:30am - 10:30am

Family Fun Time

Drop-in for families with children of all ages. See page 60

Tuesdays, 3:15pm - 4:15pm

Your Health Bolton - Stop Smoking Support

Free 12-week programme of support to help you quit smoking. See page 75

Thursdays by appointment only.

Bumps, Boobs, and Brews Pregnancy and Breastfeeding Support Group

Drop-in and meet other breastfeeding parents. See page 33

Thursdays, 1:00pm - 2:00pm

Stay and Play

Drop-in for families with children aged 0-5 years. Term time only. See page 47

Thursdays, 1:00pm - 2:00pm

Hope for Mental Health Group

Adult group run by Oldhams Church. For more information, please contact Rachel on Rachel_morris04@yahoo.co.uk or telephone 07939 142201.

Thursdays, 7:15pm

Chat, Play, Read

Drop-in group for families with children 12 months +. See page 58

Fridays, 10:00am - 11:00am

Half-term Family Fun: REAL (Raising Early Achievement in Literacy)

Join us in the October half-term for a special holiday themed REAL session ideal for families with children 3-4 years old but all welcome! Find out more on page 59

Friday 30 October, 10:00am - 11:00am

Dad Matters Drop-in

Supporting new dads and dads-to-be until their child is 2 years old. See page 69

Fridays, 11:00am - 12:00pm

SEND Stay and Play

Drop-in for children 0-5 years with SEND. No diagnosis necessary. Term time only. See page 51

Fridays, 1:00pm - 2:30pm

@SugarLumps SEND Stay and Play

A drop-in for families of children 0-5 years with special educational needs and disabilities (SEND). See page 51

Friday 30 Oct, 1:00pm - 2:30pm

Family Pop-in and Play

Enjoy indoor and outdoor play with toys, mark-making, and our book corner, with the option to take books home. See page 57

Free Data SIM Cards through the National Databank

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

Antenatal Clinic

Clinics operate by appointment only. See page 27 for information.

Well Baby Clinic

Clinics operate by appointment only. See page 38 for information.

WHAT'S ON AT:
OXFORD GROVE BEST START FAMILY HUB

Shepherd Cross St, BL1 3BH
Telephone: 01204 337090

Find us on Facebook

Hub opening hours:
Monday to Friday
8:45am - 6:00pm
Saturday 19 Sep, 10 Oct, 31 Oct, 21 Nov, and 12 Dec
9:00am - 4:00pm

Flowhesion Parent and Tots Sessions

Drop-in stay and play for families with children 0-4 years. Friendly practitioners available who speak multiple languages. Term time only. See page 49

Mondays, 10:00am - 12:00pm

Baby in Mind

Specialist Parent Infant Mental Health Practitioner support for parents and caregivers (antenatal and 0-2 years). To arrange a time to meet see page 43

Tuesdays, 9:00am - 4:00pm

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. See page 40

Tuesdays, 10:00am - 11:00am
Thursdays, 1:00pm - 2:00pm

Space to Just Be Me Toddler-hood

Understand your little one's journey through big emotions and relationships using the power of play. *Advanced booking required. See page 46

***Tuesdays, 11:30am - 12:30pm**

Nature Club for Tots

Drop-in for families with children aged 1-3 years. Term time only. See page 48

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 58

Wednesdays, 10:00am - 11:00am

Half-term Family Fun: REAL (Raising Early Achievement in Literacy)

Join us in the October half-term for a special holiday themed REAL session ideal for families with children 3-4 years old but all welcome! Find out more on page 59

Wednesday 28 October, 10:00am - 11:00am

Parent Peer Support Coffee Morning

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

Wednesdays, 10:00am - 11:00am

Preparing to Breastfeed Workshops

Come along if you're pregnant and thinking about breastfeeding. See page 31

Wednesday 14 Oct, 5:30pm - 7:45pm

Family Fun Time

Drop-in for families with children of all ages. See page 60

Thursdays, 3:15pm - 4:30pm

Cooking Wizards

Classes to help children aged 8 and over learn basic cooking skills to boost confidence and independence. *Advanced booking required. See page 61

***Saturdays**

Family Help Saturday Parenting Advice Drop-in

For families with children 18 years and under. Drop-in between 10:00am - 4:00pm. See page 67

Saturday 19 Sep, 10 Oct, 31 Oct, 21 Nov, and 12 Dec

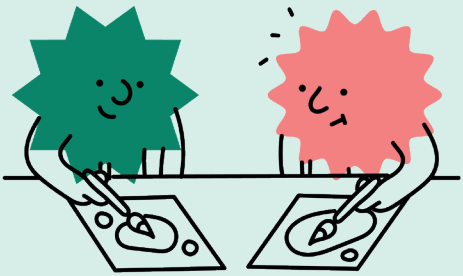
Lego Brick-Building Stay and Play

Brick-building fun for all the family with North West Brick Community CIC. Come along and make your own Lego model. No need to book.

Saturday 19 Sep, 10 Oct, 31 Oct, 12 Dec, 2:00pm - 4:00pm

Family Pop-in and Play

Enjoy indoor and outdoor play with toys, mark-making, and our book corner, with the option to take books home. See page 57



Free Data SIM Cards through the National Databank

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

Antenatal Clinic

Clinics operate by appointment only. See page 27 for information.

Well Baby Clinic

Clinics operate by appointment only. See page 38 for information.

WHAT'S ON AT:
TONGE BEST START FAMILY HUB

Starkie Road, BL2 2ED
Telephone: 01204 336745

Find us on Facebook

Hub opening hours:
Monday to Friday
8:45am - 6:00pm
Saturday 5 Sep, 26 Sep, 17 Oct, 7 Nov, and 28 Nov
9:00am - 4:00pm

Chat, Play, Read

Drop-in group for families with children 12 months +. See page 58

Mondays, 10:00am - 11:00am
Fridays, 1:30pm - 2:30pm

Half-term Family Fun: REAL (Raising Early Achievement in Literacy)

Join us in the October half-term for a special holiday themed REAL session ideal for families with children 3-4 years old but all welcome! Find out more on page 59

Friday 30 October, 1:30pm - 2:30pm

With You in Mind

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

Mondays, 10:30am - 12:00pm

Moo Music Stay, Play, and Learn

An interactive and engaging music and play session for families with children 0-5 years. *Weekly for 6 weeks until the October half-term (7, 14, 21, and 28 September, 5 and 12 October). See page 49

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

Dad Matters Drop-in

Supporting new dads and dads-to-be until their child is 2 years old.
See page 69

Mondays, 2:30pm - 3:30pm

Family Fun Time

Drop-in for families with children of all ages. See page 60

Mondays, 3:15pm - 4:30pm

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. See page 40

Tuesdays, 1:00pm - 2:00pm
Fridays, 10:30am - 11:30am

Bolton Shared Care SEND Support Drop-in

An information session for families of children with SEND to meet others, discuss shared experiences, and learn about available support services. See page 52

Wednesday 9 Sep, 10:00am - 12:00pm

Stay and Play

Drop-in for families with children aged 0-5 years. Term time only. See page 47

Wednesdays, 1:00pm - 2:00pm

Plan and Prepare for Parenthood

A group for parents-to-be. See pages 30

Wednesday 9 Sep, 5:30pm - 7:30pm

SEND Stay and Play

Drop-in for children 0-5 years with SEND. No diagnosis necessary. Term time only. See page 51

Thursdays, 10:00am - 11:30am

@SugarLumps SEND Stay and Play

A drop-in for families of children 0-5 years with special educational needs and disabilities (SEND). See page 51

Thursday 29 Oct, 10:00am - 11:30am

Baby in Mind

Specialist Parent Infant Mental Health Practitioner support for parents and caregivers (antenatal and 0-2 years). To arrange a time to meet, see page 43

Thursdays, 1:00pm - 5:00pm

Bumps, Boobs, and Brews Pregnancy and Breastfeeding Support Group

Drop-in and meet other breastfeeding parents. See page 33

Fridays, 1:00pm - 2:00pm

Preparing to Breastfeed Workshops

Come along if you're pregnant and thinking about breastfeeding. See page 31

Saturday 5 Sep, 10:00am - 12:15pm
Saturday 7 Nov, 10:00am - 12:15pm
Wednesday 9 Dec, 5:30pm - 7:45pm

Cooking Wizards

Classes to help children aged 8 and over learn basic cooking skills to boost confidence and independence. *Advanced booking required. See page 61

***Saturdays**

Family Help Saturday Parenting Advice Drop-in

For families with children 18 years and under. Drop-in between 10:00am - 4:00pm. See page 67

Saturday 5 Sep, 26 Sep, 17 Oct, 7 Nov, and 28 Nov

Lego Brick-Building Stay and Play

Brick-building fun for all the family with North West Brick Community CIC. Come along and make your own Lego model. No need to book.

Saturday 5 Sep, 17 Oct, 7 Nov, 28 Nov, 2:00pm - 4:00pm

Family Pop-in and Play

Enjoy indoor play with toys, mark-making, and our book corner, with the option to take books home. See page 57

Free Data SIM Cards through the National Databank

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

Antenatal Clinic

Clinics operate by appointment only.See page 41 for information.

Well Baby Clinic

Clinics operate by appointment only. See page 38 for information.

WHAT'S ON IN: BLACKROD AND HORWICH

Wiggle Tots Toddler Group

A drop-in toddler group. Term time only.

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

Wiggle Worship

Baby and toddler group with songs, rhymes, and stories. Suitable for pre-school children. Term time only.

Mondays, 9:00am - 11:15am
St Katherines Church, BL6 5EN

Bumps, Boobs, and Buggies Walking Group

This gentle walk is suitable for prams, toddlers, and slings. See page 41

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

Bumps, Boobs, and Brews Pregnancy and Breastfeeding Support Group

Drop-in and meet other breastfeeding parents. See page 33

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

Chat, Play, Read

Drop-in group for families with children 12 months plus. See page 58

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. See page 40

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

Toddler Tales

Storytelling sessions ideal for 2-5 years. See page 59

Thursdays, 10:30am
Horwich Library and Blackrod Library

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. See page 40

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

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: blackrodsacc.org.uk/

WHAT'S ON IN: WESTHOUGHTON

Chat, Play, Read

Drop-in group for families with children 12 months +. Term time only. See page 58

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

Wiggle Worship

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

Mondays, 9:30am - 11:00am
St Bartholomew's, Westhoughton

Family Lego Sessions

Brick-building fun with North West Brick Community CIC. Come along and make your own Lego model. Free fun for all the family and no need to book.

First Monday every month
John Holt Youth Club

Computer Drop-in

Issues with your device? Want to learn something new? For support call The Hub on 01942 635985 and book a time to meet with Devon.

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

SEN @ The Hub Parent Peer Support Group

A peer support group for parents of children with SEN. See page 52

The Hub at Westhoughton
First Tue every month
10:00am - 11:30am
The Hub at Westhoughton
Third Sat every month
10:00am - 11:30am

Digi Club Assist Service

A digital drop-in support service. No need to book.

Tuesdays, 10:00am - 11:00pm
John Holt Youth Centre

Bumps, Boobs, and Brews Pregnancy and Breastfeeding Support Group

Drop-in and meet other breastfeeding parents. See page 33

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

John Holt Brew Club

No need to book.

Tuesdays, 11:00am - 12:00pm
John Holt Youth Centre

John Holt Youth Clubs

Come down to John Holt Youth Centre. No need to book. *Term time only.

Tuesdays, 6:30pm - 8:30pm (Year 5 to year 7)

***Wednesdays, 3:30pm - 5:30pm (Reception class to year 6)**

Fridays, 6:30pm - 8:30pm (Year 8 to year 13)

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 40

Thursdays, 9:30am - 10:30am
Woodland Primary Academy, BL5 2NJ

Stay and Play

Drop-in for families with children aged 0-5 years. Term time only.
See page 47

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

Toddler Tales

Storytelling sessions ideal for 2-5 years. See page 59

Fridays, 10:30am
Westhoughton Library

John Holt Food Bank and Community Shop

Providing subsidised food shops and free crisis packs for people in crisis in Westhoughton.

JUST FOUND OUT YOU ARE PREGNANT?

Congratulations! As soon as you find out you are pregnant, you can book your maternity care directly with Bolton Maternity Services by contacting the Community Midwives Office on:

01204 390023

We recommend contacting us as early as possible so you can meet your midwife and access important early pregnancy screening.

Your first appointments

Early Pregnancy & Information Clinic (7-10 weeks)

You will be invited to attend an early pregnancy and information appointment where we will:

- Share important public health information for pregnancy
- Discuss and offer routine screening blood tests

Booking Appointment (8-12 weeks)

You will have an appointment with your named midwife, who will:

- Discuss your medical, pregnancy and social history
- Review your screening results
- Provide information and support throughout your pregnancy

We welcome partners or anyone you would like to support you at your appointments. Please note that it is routine practice for all women to have the opportunity to speak with their midwife alone for the first 10 minutes of their appointment.

Maternity Action

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

NHS Get Help to Buy Food and Milk (Healthy Start)

If you're more than 10 weeks pregnant or have a child under 4 years, you may be entitled to this help. Check here: **www.healthystart.nhs.uk**

When to contact us

Early Pregnancy Unit (up to 16 weeks)

If you experience pain or bleeding in early pregnancy, contact:

Early Pregnancy Unit: 01204 390612

Maternity Triage (from 16 weeks of pregnancy until 28 days after birth)

Contact maternity triage if you have concerns about your health or your baby.

You should contact us if you experience:

- Reduced or changed baby movements
- Vaginal bleeding
- Abdominal pain
- Suspected waters breaking
- Signs of labour
- Any concerns about your health or your baby's wellbeing

Maternity Triage: 01204 390612

Pregnancy Circles

Bolton Maternity Services offer Pregnancy Circles – a group antenatal care approach where expectant parents with similar due dates meet in small local groups.

Sessions include:

- Private clinical checks with your midwife
- Pregnancy education and discussions
- Support from other parents-to-be

Research shows that group antenatal care can help women feel more informed, supported and satisfied with their maternity care.

Is It Serious? Pregnancy Symptom Checker

Access an A-Z of symptoms online at: **www.tommys.org/pregnancy-information/symptom-checker**

Birth Preparation Classes

Birth preparation classes (also known as antenatal or childbirth classes) help you and your partner prepare for labour, birth and caring for your newborn.

Sessions cover:

- Signs of labour
- Stages of birth
- Relaxation and breathing techniques
- Pain relief options
- Possible medical interventions
- Newborn care

Classes can be booked through your midwife during your antenatal appointments. We recommend attending between 28-32 weeks of pregnancy.

Labour, Birth, and Your Baby

An online pathway, written by NHS professionals for everyone around baby. To create a free account, visit togetherness.co.uk and use the access code RIVINGTON

Plan and Prepare for Parenthood
Learn what to expect through pregnancy and get practical tips for preparing for life with a new baby. For more information and to book on, visit: https://book.breastfeedingtogether.co.uk/

Tonge Family Hub	Wed	9 Sep	5:30pm - 7:30pm
Online	Sat	26 Sep	10:00am - 12:00pm
Farnworth Family Hub	Sat	3 Oct	10:00am - 12:00pm
Online	Wed	21 Oct	5:30pm - 7:30pm
Harvey Family Hub	Wed	11 Nov	5:30pm - 7:30pm
Online	Sat	28 Nov	10:00am - 12:00pm
Farnworth Family Hub	Sat	5 Dec	10:00am - 12:00pm
Online	Wed	16 Dec	5:30pm - 7:30pm

Your Baby and You

An 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 44.

Dad Matters

Groups and one to one support for dads and dads-to-be. For more information, see page 69.

Safer Sleep for Babies

Learn why safer sleep matters for babies in this online session. Open to all parents and carers. For more information email **enquiries@breastfeedingtogether.co.uk**. To book visit: **bit.ly/4dwhJcl**

Online Thu 22 Oct
10:00am - 11:00am

Online Thu 10 Dec
3:00pm - 4:00pm

INFANT FEEDING (AND ANTENATAL SUPPORT)

Breastfeeding Workshops

Midwifery Infant Feeding Team Antenatal Workshops, help you feel more prepared and confident about breastfeeding your baby. To book call 01204 390423 or email: **infantfeeding@boltonft.nhs.uk**

Ingleside Birth Centre
Saturday 19 Sep, 17 Oct, 14 Nov, 19 Dec 10:00am - 12:00pm

Pregnancy Padlet Resource

Explore the Midwifery Infant Feeding Team's online 'Padlet' resources, links, and videos on feeding and caring for your baby: **bit.ly/45BtJV7**

Preparing to Breastfeed Workshops

Pregnant and planning to breastfeed? Join our evidence-based session for essential information and practical tips. For more information email **enquiries@breastfeedingtogether.co.uk.**
To book, visit: **book.breastfeedingtogether.co.uk**

Tonge Family Hub	Sat	5 Sep	10:00am - 12:15pm
Online	Wed	16 Sep	5:30pm - 7:45pm
Oxford Grove Family Hub	Wed	14 Oct	5:30pm - 7:45pm
Online	Sat	31 Oct	10:00am - 12:15pm
Tonge Family Hub	Sat	7 Nov	10:00am - 12:15pm
Online	Wed	18 Nov	5:30pm - 7:45pm
Tonge Family Hub	Wed	9 Dec	5:30pm - 7:45pm
Online	Sat	12 Dec	10:00am - 12:15pm

Universal 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 337579.

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 Well Baby Clinic. See page 38 for details.

Are you breastfeeding?

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

Are you bottle feeding?

View a collection of online 'Padlet' written resources, links, and videos on how to safely bottle feed your baby (formula or breastmilk): **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 **bit.ly/4fFvhlY.**

Breastfeeding Your Newborn

For new parents who are breastfeeding their newborn. This online session covers, the 'Fourth Trimester', growth spurts, establishing breastfeeding, feeding positions, expressing and storage of breastmilk and safer sleep and breastfeeding. Book here: **book.breastfeedingtogether.co.uk/Session/Information/1027**

Wednesday 30 Sep, 10:00am - 12:00pm

Thursday 26 Nov, 2:00pm - 4:00pm

Bumps, Boobs, and Brews Pregnancy and Breastfeeding Support Group

Come along to meet other mums and socialise, with peer support available. Alternatively, you can join the online group using the link **us02web.zoom.us/j/86147772724a** 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
Oldhams Family Hub	Thursdays	1:00pm - 2:00pm
Tonge Family Hub	Fridays	1:00pm - 2:00pm
Online (see details above)	Fridays	10:00am - 11:00am

Under 25s Stay and Play Group

Drop-in group for parents under 25 to come along to meet other mums, make friends and enjoy activities with your child. Run by Breastfeeding Together.

Harvey Family Hub
Wednesdays
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: **www.boltonft.nhs.uk/wp-content/uploads/2026/06/No-rush-to-mush.pdf**

Introducing Solid Foods

An online session, ideal for families with babies around 3-6 months old. Learn to recognise when to introduce solids and which foods to start with. Discover practical tips and the different approaches you can use. Register to attend here: **bit.ly/3KIZW83**

Online Thu 8 Oct
10:00am - 11:00am

Online Thu 3 Dec
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. *By appointment only. To book, call 01204 390423. The team can also offer a Tongue-tie clinic appointment where required*

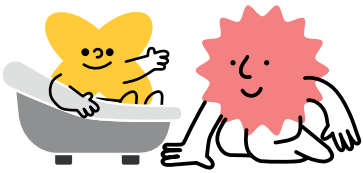
Specialist Health Visitor for Infant Feeding

Providing one to one support for feeding difficulties/complex feeding issues. *By appointment only. Contact the 0-19 Community Infant Feeding Team or your Specialist Public Health Nurse to arrange an appointment for the specialist clinic.

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

5 GOLDEN RULES FOR COMMUNICATION

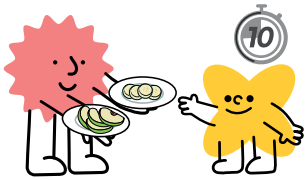
EYE TO EYE



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.

10 SECONDS

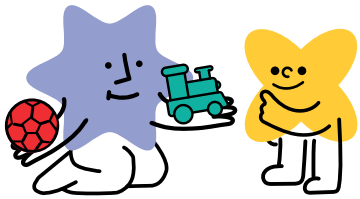


Wait 10 seconds, watching and listening to give the child a chance to take a turn.

Count to ten slowly in your head.

Scan the QR code to access the **5 Golden Rules video clips**

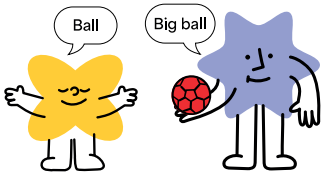
A OR B



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

For example,
“Do you want ball or train?”

MODEL AND EXTEND



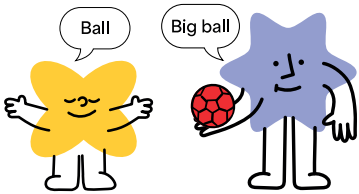
Whatever stage a child is at, repeat what they do or say and add one word.

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”.

ACTIONS SPEAK LOUDER THAN WORDS

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?”



BABY

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**. Call 01204 331185 for more support.

NHS Get Help to Buy Food and Milk (Healthy Start)

If you're more than 10 weeks pregnant or have a child under 4 years, you may be entitled to this help. Check here: **www.healthystart.nhs.uk/**

NHS Online: Caring for your baby

Explore everything you need to know about caring for a baby: **www.nhs.uk/baby**

Understanding Your Baby

An online pathway, written by NHS professionals, for you and everyone around your baby. To create a free account, visit www.togetherness.co.uk, and use the access code RIVINGTON

Immunisation Service

All children in the UK are offered routine vaccinations to help protect against serious diseases at 8, 12, and 16 weeks, 12 months, and beyond. For details, visit **www.nhs.uk/vaccinations** or contact your GP if any are missed.
For children aged 5 and above please contact IntraHealth by phoning: 0333 358 3397 (option 1, then option 2), or email **BoltonImms@Intrahealth.co.uk**

Your 0-19 Public Health Nurse Team

The team, including Health Visitors and School Nurses will contact you to complete your antenatal visit after 28 weeks of pregnancy and 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 mental health, safe sleeping, infant feeding, breastfeeding, introducing solid foods, child development, minor accidents and illnesses and can signpost or refer you to other services.

For support, contact your 0-19 team or GP or book a Well Baby Clinic appointment or visit: **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 via their mobile or using the numbers below between the times 9:00am - 10:00am and 2:30pm - 5:00pm. *Term time only.

Oxford Grove Family Hub	Mon	1:00pm - 3:00pm	01204 338188
Farnworth Family Hub	Mon	1:00pm - 3:00pm	01204 463666
***Crompton Centre**	Tue	1:30pm - 2:15pm	01204 463050
Great Lever Family Hub	Tue	9:30am - 11:30am	01204 335019
Alexandra Family Hub	Wed	9:30am - 11:30am	01204 337578
Oldhams Family Hub	Wed	1:00pm - 2:45pm	01204 463050
Tonge Family Hub	Thu	1:00pm - 3:00pm	01204 338063
Horwich Health Hub	Thu	1:30pm - 3:30pm	01204 335138
Winifred Kettle House	Fri	9:30am - 11:30am	01204 463346

What to do if your baby is unwell?

Useful websites

- Find a GP **www.nhs.uk/nhs-services**
- NHS 111 **www.111.nhs.uk** or call 111
- Find your local pharmacy **www.nhs.uk/nhs-services**
- The NHS website **www.nhs.uk/baby**
- The Little Orange Book **bit.ly/49kHa14**
- Find a dentist **www.nhs.uk/service-search/find-a-dentist**

Safe sleep, coping with crying and preventing accident

Useful websites

- The Lullaby Trust (Safe sleep) **www.lullabytrust.org.uk**
- ICON (Infant crying) **iconcope.org**
- Cry-sis (Crying/sleepless) **www.cry-sis.org.uk**
- Child Accident Prevention Trust **www.capt.org.uk**

Proud 2b Parents

Offering a range of fun activities and events for LGBT+ parents and carers, and their children, across Bolton and Greater Manchester. To find out more and book, email **info@proud2bparents.co.uk**

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**

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 in half-term except those marked with *

Great Lever Family Hub	Mon	1:00pm - 2:00pm
*Kearsley Woodbridge College	Mon	1:30pm - 2:30pm
Alexandra Family Hub	Tue	10:00am - 11:00am
Bright Meadows Family Hub	Tue	10:00am - 11:00am
Oxford Grove Family Hub	Tue	10:00am - 11:00am
Oldhams Family Hub	Tue	1:00pm - 2:00pm
Tonge Family Hub	Tue	1:00pm - 2:00pm
Farnworth Family Hub	Wed	9:30am - 10:30am
Blackrod Young People's Centre	Wed	10:00am - 11:00am
Great Lever Family Hub	Wed	10:00am - 11:00am
Oldhams Family Hub	Thu	9:30am - 10:30am
*Woodland Primary Academy	Thu	9:30am - 10:30am
Harvey Family Hub	Thu	10:00am - 11:00am
Oxford Grove Family Hub	Thu	1:00pm - 2:00pm
Horwich Health and Wellbeing Hub	Fri	9:30am - 10:30am
Tonge Family Hub	Fri	10:30am - 11:30am
Bright Meadows Family Hub	Fri	1:00pm - 2:00pm
Farnworth Family Hub	Fri	1:00pm - 2:00pm
Horwich Health and Wellbeing Hub	Fri	1:00pm - 2:00pm

Toy Library Baby Group

Drop-in for families with children 0-2 years with sensory room access and toy loans. Term time only.

Harvey Family Hub
Mondays 10:00am - 11:00am

Harvey Family Hub
Wednesdays 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

Dad Matters

Groups and one to one support for dads and dads-to-be. For more information, see pages 69 and 70

PERINATAL INFANT MENTAL HEALTH (PIMH) 0-2S

Nature, Nurture, 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, 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 available for parents and carers with mild mental health difficulties.
Contact us: **enquires@boltontoylibrary.org.uk**family and no need to book.

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** to self-refer.

With You in Mind

Drop-in peer support group for expectant and parents of children aged 0-2. Come and meet others and share 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

Compassionate Mind for Baby and Me

If you're a mum with a baby under 2 and finding parenting overwhelming, join our 8-week Compassion-Focused Therapy (CTF) group. Sessions are 2.5 hours weekly (from 10:00am until 12:30pm) at a family-friendly venue, and you can bring baby. To attend, complete a Bolton Talking Therapies referral online at **bit.ly/4dpFDWt** (add that it's for the CFT group) or call 01204 483101.

Space to Just Be: Toddlerhood

Experience a supportive space to just 'be' rather than 'do' with your toddler. Learn how your little one will develop and how you and play are the most important things for your toddler. See page 46

Baby in Mind

Individual sessions for parents and caregivers (antenatal and 0-2). With an NHS Specialist Parent Infant Mental Health Practitioner. This is a supportive, confidential space to share and think together about any worries or concerns you may have and how we can be helpful.

To arrange a time to meet, please email: **babyinmind.pairs@gmmh.nhs.uk**

Farnworth Family Hub	Mondays	12:30pm - 4:00pm
Oxford Grove Family Hub	Tuesdays	9:00am - 4:00pm
Bright Meadows Family Hub	Tuesdays	1:00pm - 4:00pm
Great Lever Family Hub	Wednesdays	1:00pm - 4:00pm
Harvey Family Hub	Thursdays	9:00am - 12:30pm
Tonge Family Hub	Thursdays	1:00pm - 5:00pm
Farnworth Family Hub	Fridays	9:00am - 4:00pm

Baby Bonding

Baby in Mind offer small group baby bonding sessions (*0-6 month / **6-12 months).Enjoy simple, gentle, and playful activities focussed on the parent/carer and baby wellness. A supportive space to just 'be' rather than 'do' with your baby and learn how your little one will develop and how you play the most important part of all. For more information, email: **babyinmind.pairs@gmmh.nhs.uk**

****Alexandra Family Hub**	**Mondays**	**10:30am - 11:30am**
***Bright Meadows Family Hub**	**Wednesdays**	**12:30pm - 1:30pm**

Your Baby and You

An antenatal group giving parents-to-be an introduction into the emotional journey of parenthood to help them interact with their baby. These sessions run on the same day and time, in the same place, weekly, for three weeks.

Book by emailing: **yourbabyandyou.pairs@gmmh.nhs.uk**

For updates and other information, visit the PAIRS Padlet by scanning the QR code or following this link: **bit.ly/4kR8eaG**

Harvey Family Hub	Fri 11, 18 and 25 Sep	12:30pm - 2:00pm
Online	Mon 14, 21 and 28 Sep	8:30am - 10:00am
Harvey Family Hub	Fri 2, 9 and 16 Oct	12:30pm - 2:00pm
Online	Wed 7, 14 and 21 Oct	6:00pm - 7:30pm
Harvey Family Hub	Fri 23, 30 Oct and 6 Nov	12:30pm - 2:00pm
Online	Mon 2, 9 and 16 Nov	8:30am - 10:00am
Harvey Family Hub	Fri 13, 20 and 27 Nov	12:30pm - 2:00pm
Online	Wed 25 Nov, 2 and 9 Dec	6:00pm - 7:30pm
Harvey Family Hub	Fri 4, 11 and 18 Dec	12:30pm - 2:00pm

TODDLER

Universal development checks

All families are 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're worried about your child's development before or after these checks, visit your local Best Start Family Hub or contact your Public Health Nurse Team (see info on page XX) 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/

Early Years Communication and Language Service (EYCLDS)

A team of Speech and Language Therapists and Therapy Assistants based in Best Start Family Hubs across Bolton, provide advice and support about language and communication development for families 0-5s. If you have any queries, please contact the team on 01204 338349 or email **eyclds@boltonft.nhs.uk**

NHS Get Help to Buy Food and Milk (Healthy Start)

If you're more than 10 weeks pregnant or have a child under 4 years, you may be entitled to this help. Check here:
www.healthystart.nhs.uk

Dental Health for Babies, Children, Young People and Families

Click the link or scan the QR code to see information on caring for your family's teeth:
bit.ly/4fMSZQQ

Understanding Your Child

An online pathway, written by NHS professionals, for everyone around your child. To create a free account, visit **www.togetherness.co.uk**, and use the access code RIVINGTON

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 4.

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**

***Oldhams Family Hub**
Mondays 12:30pm - 2:30pm

***Harvey Family Hub**
Wednesdays 10:00am - 12:00pm

***Farnworth Family Hub**
Thursdays 10:00am - 12:00pm

Space to Just Be Me Toddlerhood

Experience a supportive space to just 'be' rather than 'do' with your toddler. Learn how your little one will develop and how you and play are the most important things for your toddler.

Designed to help you support and understand your little one's journey through big emotions and relationships using the power of play. Book by emailing **babyinmind.pairs@gmmh.nhs.uk**

Oxford Grove Family Hub
Tuesdays 11:30am - 12:30pm

Useful websites

Thinking about potty training? **eric.org.uk/potty-training**

Find a dentist **www.nhs.uk service-search/find-a-dentist**

Boost children's language, literacy, and communication skills at home with Words for Life **wordsforlife.org.uk**

CBeebies Parenting **www.bbc.co.uk/cbeebies/parenting**

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.

(*) Facilitated by Bolton Toy Library

(**) Facilitated by Bolton Wanderers in the Community (BWITC)

(***) Facilitated by The Hub at Westhoughton

*Farnworth Family Hub	Mon	10:00am - 11:00am
*Alexandra Family Hub	Mon	1:00pm - 2:00pm
*Harvey Family Hub	Mon	1:00pm - 2:00pm
*Harvey Family Hub	Tue	10:00am - 11:00am
*Harvey Family Hub	Tue	1:00pm - 2:00pm
*Great Lever Family Hub	Tue	1:00pm - 2:00pm
**Alexandra Family Hub	Wed	10:00am - 11:30am
*Harvey Family Hub	Wed	1:00pm - 2:00pm
*Tonge Family Hub	Wed	1:00pm - 2:00pm
*Bright Meadows Family Hub	Thu	10:00am - 11:00am
*Harvey Family Hub	Thu	10:00am - 11:00am
*Oldhams Family Hub	Thu	1:00pm - 2:00pm
***The Hub at Westhoughton	Thu	1:30pm - 2:30pm
**Farnworth Family Hub	Fri	10:00am - 11:30am

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.

Bright Meadows Family Hub
Fridays 10:00am - 11:00am

Little Bats Learning: Outdoor Stay and Play

Learn to play the forest school way! A drop-in session for families with children between 1-5 years old.

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

Fish Feeds at Bolton Aquarium (Bolton Central Library)

Chat with the Aquarium staff and watch the vibrant fish enjoy their meal. Tuesdays and Thursdays and Saturday at 1:00pm during October half-term.

Bolton Central Library
Saturdays 1:00pm

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: Stay, Chat, and Play

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 10:30am - 12:00pm

Moo Music Stay, Play, and Learn

An interactive and engaging music and play session for families with children 0-5 years. Enjoy the props, instruments, parachute games, role play, and more. No need to book.

*Both Monday sessions will run on 7, 14, 21, 28 September and 5, 12 October only.

**Wednesday's session will run weekly except on the 21 and 28 October.

***Kearsley Woodbridge College**
Mondays 9:30am - 10:30am

***Tonge Family Hub**
Mondays 1:30pm - 2:30pm

****Bright Meadows Family Hub**
Wednesdays 10:00am - 11:00am

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.

Flowhesion Parent and Tots Sessions

Drop-in stay and play for families with children 0-4 years. Friendly practitioners available who speak multiple languages. Term time only. *New session with use of indoor and outdoor play areas.

Oxford Grove Family Hub
Mondays 10:00am - 12:00pm

Harvey Family Hub
Wednesdays 10:00am - 12:00pm

Great Lever Family Hub
Fridays 10:00am - 12:00pm

***Harvey Family Hub**
Fridays 10:00am - 12:00pm

Wiggle Tots and Wiggle Worship Toddler Groups

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

St Katharine's Church Blackrod	Mon	9:00am - 11:15am
Holy Trinity Horwich Parish Hall	Mon	9:00am - 11:00am
St Bartholomew's, Westhoughton	Mon	9:30am - 11:00am
St Andrew's, Over Hulton (£1 per family)	Mon	10:30am - 11:30am
St Peter's Parish Centre, Halliwell	Tue	10:00am - 11:30am
St James, Daisy Hill	Wed	9:00am - 10:00am
Grace Church, Bolton	Wed	10:00am - 11:00am

SPECIAL EDUCATIONAL NEEDS AND DISABILITIES (SEND)

Bolton's SEND Local Offer

Find details about local SEND support services in one place. Search online for 'Bolton SEND Local Offer': **bit.ly/3SbEYNC** or scan the QR code.

SEND Stay and Play

Weekly term time fun activity sessions for families with children aged 0-5 years SEND. No diagnosis necessary. Run by The Orchards Federation.

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

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

@SugarLumps SEND Stay and Play

For families with children aged 0-5 years SEND. No diagnosis necessary. Dress for mess!

Tonge Family Hub
Thu 29 Oct 10:00am - 11:30am

Oldhams Family Hub
Fri 30 Oct 1:00pm - 2:30pm

Stories, Sounds, and Sensory Play

Online workshops for parents, carers, or guardians of children 0-5 with SEND or emerging needs.
Explore fun, simple, low cost / no cost activities to support your child's early language. Workshop dates:

15 Sep 2026, 7:00pm - 8:15pm
15 Oct 2026, 9:45am - 11:00am
18 Nov 2026, 1:00pm - 2:15pm

To book visit Eventbrite: **bit.ly/4yY7Sql**

Bolton Shared Care SEND Support Drop-in

An information session for families of children with SEND to meet others, discuss shared experiences, and learn about available support services. For more information email: **Shaheeda.patel@bolton.gov.uk** or Elaine.nuttall@bolton.gov.uk

Tonge Family Hub
Wed 9 Sep 10:00am - 12:00pm

SEN @ The Hub Parent Peer Support Group

A monthly run peer support group for parents of children with SEN.

Join our sessions to share your experiences in a safe space, alongside selfcare, mindfulness, support, and resource sharing.

Contact **Beth@thehubwesthoughton.com**

The Hub at Westhoughton
First Tue every month
10:00am - 11:30am
The Hub at Westhoughton
Third Sat every month
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**

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

Age 8-18
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

Stay and Play for Children with Sensory Needs and Disabilities

Thomasson Memorial Sensory Support Service offer a welcoming environment for babies and young children with hearing, vision, or multisensory needs. Sessions combine expert guidance with fun, accessible activities. Great for the whole family to learn, connect, and thrive together by weaving practical interventions into engaging play that can be easily repeated at home.

Sessions are by invitation only.

For more information, contact Claire Jacks, QToD QTVI, Assistant Head Teacher **sss@thomasson.bolton.sch.uk** / 01204 333120.

Ladywood Parent Autism Support Courses

Courses are available for parents/carers of children who have received a diagnosis of autism. Gain an understanding of your child's autistic spectrum condition, learn strategies to manage behaviour, increase your knowledge, skills, and confidence and more. To join the waiting list, email **Outreach@ladywood.bolton.sch.uk**. Please include, your name, contact information and preferred email along with your child's full name, date of birth, school/setting, date of diagnosis and the session you would like to attend. Please note, due to high demand, wait times may be up to 12 months.

Courses include:
Early Bird Parent Support (Under 5s)

Early Bird Plus Parent Support (5-10 Years)

Teen Life Parent Support (10-18 Years)

Riding Rapids Parent Support (5-18 Years)
Venue: Tonge Family Hub

CHILDCARE AND EARLY YEARS EDUCATION

Contact Bolton Families Information Service for more help and advice.
Email: **families@bolton.gov.uk**
Call: 01204 332170

Help with childcare costs (For families receiving additional support)

How to apply

- Go online (Citizen Portal) by visiting **www.bolton.gov.uk/freechildcare**
- Take your child's birth certificate or red book to a Family Hub
- Ask at school, nursery or your 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.



HELP WITH:
CHILDCARE COSTS (FOR WORKING PARENTS)

*All eligible working parents of children aged from 9-months-old, up to school age, will be able to access 30 hours per week.

For more information on the Working Parents Entitlement and 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.



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

EARLY COMMUNICATION AND SCHOOL READINESS

Early Years Communication and Language Service (EYCLDS)

A team of Speech and Language Therapists and Therapy Assistants based in Best Start Family Hubs across Bolton, provide advice and support about language and communication development for families 0-5s. If you have any queries, please contact the team on 01204 338349 or email **eycld s@boltonft.nhs.uk**

First Words Together

A fun, interactive group designed for parents and carers with children 0-2 years. Created by the National Literacy Trust. Runs over 5 face-to-face sessions, with a free book each week. Providing simple tips and activities to help support early communication and language development through play, stories, and everyday interactions. If this is right for you, places can be booked during your child's 18-month Development Check.

Talking Walk-in

New to Bolton, starting September 2026. Join our informal, play-based drop-in session for families with children aged 0-4 years (pre-school).

A friendly space to play and get support with your child's communication and language development. Chat with the Speech and Language Therapy Service and Family Hub Practitioners for advice, practical strategies, and guidance on next steps to support your child.

Ask at your local Best Start Family Hub for more details.

Let's Get Talking

A friendly parent and child group for children aged 2-3 years, based on the 5 Golden Rules for Communication and designed by Speech and Language Therapists. Delivered over five weeks, it helps parents and carers learn simple ways to support their child's communication and language development through everyday routines and play. Speak to your Health Visitor or childcare provider to see if this is the right group to support your child's communication skills and to book places.

Useful websites

- Eric **eric.org.uk/all-aboard-the-toilet-train-get-ready-for-school/**
- CBeebies Parenting **www.bbc.co.uk/cbeebies/parenting**
- Starting Reception **startingreception.co.uk/**
- Find a dentist: **www.nhs.uk/service-search/find-a-dentist**

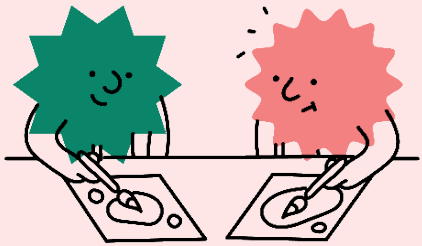
Saturday Storytime

Enjoy a storytelling session at Bolton Central Library with your little one.

Bolton Central Library
Saturdays 2:00pm

Family Pop-in and Play Spaces

Each Family Hub entrance has a fun children's space with toys, markmaking and book areas where you can read together or borrow a book. For even more books, our team can issue you with a library card for your local or central library. Ask our friendly reception team or speak to a Family Hub Practitioner to find out more.



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

*The Gates Primary School	Mon	9:30am - 10:30am
Great Lever Family Hub	Mon	10:00am - 11:00am
Tonge Family Hub	Mon	10:00am - 11:00am
Harvey Family Hub	Mon	1:00pm - 2:00pm
Blackrod Young People's Centre	Tue	10:00am - 11:00am
Great Lever Family Hub	Tue	10:00am - 11:00am
Bright Meadows Family Hub	Tue	1:00pm - 2:00pm
Farnworth Family Hub	Tue	1:00pm - 2:00pm
Harvey Family Hub	Tue	1:00pm - 2:00pm
Oxford Grove Family Hub	Wed	10:00am - 11:00am
Bright Meadows Family Hub	Wed	11:00am - 12:00pm
Alexandra Family Hub	Thu	1:00pm - 2:00pm
Farnworth Family Hub	Thu	1:00pm - 2:00pm
Oldhams Family Hub	Fri	10:00am - 11:00am
Tonge Family Hub	Fri	1:30pm - 2:30pm

Half-term Family Fun: REAL (Raising Early Achievement in Literacy)

Perfect for ages 3 - 4, but all families welcome. Enjoy autumn themed logo hunts, storytime, and messy play, and take home simple, lowcost ideas to support literacy. No need to book!

Great Lever Family Hub	Mon 26 Oct	10:00am - 11:00am
Harvey Family Hub	Mon 26 Oct	1:00pm - 2:00pm
Blackrod Young People's Centre	Tue 27 Oct	10:00am - 11:00am
Bright Meadows Family Hub	Tue 27 Oct	1:00pm - 2:00pm
Farnworth Family Hub	Tue 27 Oct	1:00pm - 2:00pm
Oxford Grove Family Hub	Wed 28 Oct	10:00am - 11:00am
Alexandra Family Hub	Thu 29 Oct	1:00pm - 2:00pm
Oldhams Family Hub	Fri 30 Oct	10:00am - 11:00am
Tonge Family Hub	Fri 30 Oct	1:30pm - 2:30pm

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
Breightmet Library	Wednesdays	10:30am
Bolton Central Library	Wednesdays	11:00am
Blackrod, Horwich and Bromley Cross Libraries	Thursdays	10:30am
Little Lever and Westhoughton Libraries	Fridays	10:30am
Bolton Central Library	Fridays	11:00am

CHILDREN AND YOUNG PEOPLE

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. Sessions continue through half-term except on bank holidays.

Tonge Family Hub	Mondays	3:15pm - 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	3:30pm - 4:30pm

Toy Library Stay, Play, and Loan

A drop-in for families with children aged 0-5 years, supporting wellbeing through play, offering access to the sensory room and toy loans. Term time only. *Quiet group with restricted numbers for those who find larger groups overwhelming, contact Bolton Toy Library to find out more.

Harvey Family Hub
***Mondays, 1:00pm - 2:00pm**
Tuesdays, 1:00pm - 2:00pm
Thursdays, 10:00am - 11:00am

Toy Library After School/ Nursery Stay, Play and Loan

A drop-in for families with children aged 0-6 years, supporting wellbeing through play, offering access to the sensory room and toy loans. Term time only.

Harvey Family Hub
Wednesdays, 3:30pm - 4:45pm

Little Bats Learning: Outdoor Stay and Play

Learn to play the forest school way, building your tots confidence to play in nature. An outdoor session for families with children aged between 1-5 years old. Younger siblings are welcome to accompany. For more information, visit: **www.littlebatslearning.org/** sessions or call Elanor on 07818 925678.

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

Saturday Lego Brick-Building Stay and Play

Brick-building sessions for all the family, with North West Brick Community CIC. Come along and make your own Lego model. No need to book.

Farnworth Family Hub
12 Sep, 3 Oct, 14 Nov, 5 Dec
2:00pm - 4:00pm

Oxford Grove Family Hub
19 Sep, 10 Oct, 31 Oct, 12 Dec
2:00pm - 4:00pm

Tonge Family Hub
5 Sep, 17 Oct, 7 Nov, 28 Nov
2:00pm - 4:00pm

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

***Tonge Family Hub**
Saturdays

***Farnworth Family Hub**
Saturdays

Cinema at the Crescent

A free children's film every second Saturday of the month at 2:00pm at Bolton Central Library and Museum.

Football Themed Family Fun

Come and celebrate all things football!

Horwich Library
Sat 12 Sep 11:00am - 4:00pm

Southeast Asian Family Games Festival

Manchester Indian Film Festival returns with a range of exciting new South Asian family games premieres. Be the first people in the UK to play!

High Street Library
Sat 19 Sep 12:00pm - 4:00pm

Half-term Activities

Enjoy a variety of free family fun activities such as storytelling, crafts, films and theatre performances. Just drop-in there is no need to book!

Bolton Central Library
Sat 24 Oct - Sun 1 Nov
10:30am - 12:00pm
Sat 24 Oct - Sun 1 Nov
1:00pm - 3:30pm

Science Saturdays

Find the fun in science by exploring, creating, and joining in interactive activities.

Little Lever Library
Sat 24 Oct 11:00am - 3:00pm

Halloween Fun Day

Come in your spookiest costume and join us for crafts, games, and a Halloween disco. Suitable for children aged 4+ and families.

Smithills Hall Historic Halls
Wed 28 Oct 11:00am - 3:00pm

Ancient Egypt

Explore and celebrate all things Ancient Egyptians.

Harwood Library
Thu 29 Oct 11:00am - 4:00pm

Digital Discover Days

Step into a world of digital fun at our Digital Discovery Day where children and families can explore virtual reality, Minecraft, coding, and more hands-on tech adventures! No need to book.

Bolton Central Library
Fri 30 Oct 1:00pm - 4:00pm

Put Big Light On Festival

The amazing free light festival returns to Bolton Town Centre this November!

Save the date and find out more on Facebook: **www.facebook.com/putbiglightonfestival**

Bolton Town Centre
Thu 19 - Sun 22 Nov
5:00pm - 9:00pm

Elf Takeover Day

Bring your very own cheeky elf and join our mischievous little helpers for a day packed with elf-tastic adventures, elf-mazing games, and just a sprinkle of playful elf-chaos.

Bolton Central Library
Sat 5 Dec 11:00am - 3:00pm

Understanding Your Child and Understanding Your Teenagers Brain (for teenagers only)

Online pathways, written by NHS professionals for everyone around your child. To create an account, visit **togetherness.co.uk,** and use the access code **RIVINGTON**

Bolton Lads and Girls Club (BLGC)

Join BLGC Infinity (Spa Road), for free fun and activities! Enjoy the gym, games room, music studio, art room and more. 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)**

Member sign up is free: www.blgc.co.uk/

BLGC also offers support for young people's wellbeing, confidence, and mental health. Self-referrals accepted. Find out more: **www.blgc.co.uk/targeted-youth-services/what-we-offer/**

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

@BeKindToMyMind is a mental health support service for young people. Struggling with your feelings? Want to understand more about mental health conditions? Visit: **www.bekindtomymind.co.uk**

Kooth

Get free safe and anonymous support for young people (10-25-year-olds).

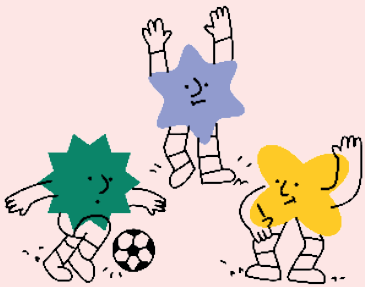
Visit: **www.kooth.com**

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



Bolton's Play and Youth Service

The Play and Youth Service offer free activities in Young People Centres and other community venues across the borough. Whether it's sports, arts, music or games, qualified staff are there to offer support, advice, and guidance in a warm and safe space.

Play Scheme (Reception - Year 6)
After school activities supporting social, physical, and emotional development. A chance to learn, try new things, and experience the wider world!

Junior Youth Club (Year 5 - 7)
Evening sessions offering activities that support transition between primary school and secondary school by promoting independence and the development of life skills.

Youth Club (Year 8 - 13)
Engaging young people in projects on issues that affect them and the communities they live in. Sessions are young people led, promoting youth voice and action whilst building independence, confidence, and skills that will support them through adolescence.

Check out Bolton's Play and Youth Facebook page @ Play&YouthBolton. Scan the QR code to find out what's on throughout the term including in the school holidays.
www.bolton.gov.uk/playandyouth

Bolton Holiday Activities and Food Programme (HAF)

Funded by the UK Government, our HAF programme supports children and families on benefits related Free School Meals with FREE physical and enrichment activities alongside a hot meal.

The programme runs during the Easter, summer, and Christmas break. Check out the HAF microsite to see 'what's on' near you! **www.bolton.gov.uk/HAF**.

Don't have a HAF code?

Whilst the programme is aimed at children and young people on benefits related free school meals #TeamBolton's Play & Youth Service offer FREE sessions and food to all school aged young people across the borough!

PARENTS AND CARERS
(including dads and male carers)

Parent Peer 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. Facilitated by Families Together.

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

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 12 Sep, 3 Oct, 24 Oct, 14 Nov, and 5 Dec

Oxford Grove Family Hub
Saturday 19 Sep, 10 Oct, 31 Oct, 21 Nov, and 12 Dec

Tonge Family Hub
Saturday 5 Sep, 26 Sep, 17 Oct, 7 Nov, and 28 Nov

Footprints and Families

A place to talk laugh, learn, and feel understood. Join our Kinship Care Group and find support every step of the way.

Friday 4 Sep, 2 Oct, 6 Nov, 4 Dec and 8 Jan, 12:30pm - 3:00pm

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

For families with children from birth to 18 years. 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.

To find out more and sign up email: **dawn.kay@parentrootcollective.co.uk** or call: 07887 760332

Website: **www.parentrootcollective.co.uk/root-rise**

Lagan's Foundation Care Support Service

Providing support, respite, and home care to families with children 0-19 with complex health needs (specialising in congenital heart defects or feeding issues). Free to families that do not qualify for a funded care package from the local authority.

For more information, visit: **www.lagans.org.uk,** email: **info@lagans.org.uk** or call 01204 800300

Togetherness' Understanding your child: from toddler to teenager pathway is now available on WhatsApp

Offering trusted guidance parents and carers can return to when the day allows. Tap the link below to get started. When prompted, add our local access code RIVINGTON to sign up. **bit.ly/3QLCaM2**

DADS AND DADS-TO-BE

Bolton dads are welcome at all sessions listed in this guide. If you'd like to meet other local dads, this section highlights the activities designed just for you.

Dad Matters Drop-in

Supporting new dads and dads-to-be until their child is 2 years old. Dad Matters offers a space to access support, chat and connect with other dads, and find out about services available through Dad Matters and Best Start Family Hubs.

- One-to-one support
- Peer support opportunities
- Information and signposting
- Support around transition to fatherhood, wellbeing, and parent-infant relationships

Great Lever Family Hub	Mondays	11:00am - 12:00pm
Tonge Family Hub	Mondays	2:30pm - 3:30pm
Alexandra Family Hub	Tuesdays	11:00am - 12:00pm
Bright Meadows Family Hub	Tuesdays	2:00pm - 3:00pm
*Farnworth Family Hub	Wednesdays	11:00am - 12:00pm
*Harvey Family Hub	Thursdays	11:00am - 12:00pm
*Oxford Grove Family Hub	Thursdays	2:00pm - 3:00pm
Oldhams Family Hub	Fridays	11:00am - 12:00pm

*Starting week commencing 21 September.

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

Visit: **home-starthost.org.uk/dad-matters/**

Facebook: **www.facebook.com/DadMattersGM/**

Dad Matters Walk & Talks

An outdoor walking group where you can connect and chat about being a dad with other dads. Get support from Dad Matters coordinators and some fresh air for you and your little one.

Saturday 19 Sep, 28 Nov, 12 Dec, 10:00am
Moss Bank Park

The BIG Festival Walk and Talk

A BIG get together for dads and dads-to-be from across Greater Manchester.

Saturday 19 Dec, 10:00am
Heaton Park

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

DIGITAL, EMPLOYMENT, AND SKILLS

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

UCAN centres providing a little bit of everything. 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.

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 can be offered for a range of issues.

Telephone 01204 332916, email: **moneyadvice@bolton.gov.uk** or visit: **www.boltonsmoneyskills.org.uk.**

Debt and Money Advice

www.bolton.gov.uk/costofliving

Warm Spaces

Find a Bolton warm space at **www.warmwelcome.uk**

Local Welfare Provision

For help in a crisis or emergency, visit: **www.bolton.gov.uk/benefits/help-crisis-emergency/2**

MENTAL HEALTH AND WELLBEING

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**

Additional resources designed to support families and young people in Bolton can be found here: **bolton-together.org.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: **bit.ly/43NxMx6** Self-refer by following the link provided.

Kooth

Free safe and anonymous support for young people (10-25-year-olds).

Visit: **www.kooth.com**

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: **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**

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**

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.

HEALTH PROMOTION

Find a dentist

Search for NHS dentists accepting new patients for routine check-ups or offering urgent or specialist dental care: **www.nhs.uk/service-search/find-a-dentist**

Dental Health for Babies, Children, Young People and Families

Click the link or scan the QR code to see information on caring for your family's teeth: **bit.ly/4fMSZQQ**



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. *Appointment only. Call 01204 570 999 or visit the website: **yhbolton.co.uk/**

***Harvey Family Hub**
Tuesdays
Between 9:30am - 4:30pm

***Bright Meadows Family Hub**
Wednesdays
Between 9:30am - 4:30pm

***Oldhams Family Hub**
Thursdays
Between 9:30am - 4:30pm

***Alexandra Family Hub**
Fridays
Between 9:30am - 4:00pm

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/**

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**

Adult (and Child) 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:**activebolton.com/activities/swimming**. Fees may apply.

In partnership with:

bolton cvs

Bolton Council

Bolton Library and Museum Services

Bolton Music Service
Working in Bolton and Blackburn with Darwen

Bolton toy LIBRARY

Bolton SEND Local Offer
Your special educational needs and disabilities information hub

HOME START HOST

Bolton FIS

DAD MATTERS

Breastfeeding Together
Providing Positive Peer Support to families

flowesion
BUILD • BELONG • ASPIRE • VALUE

TOGETHERNESS

NHS Greater Manchester Mental Health NHS Foundation Trust

NHS Bolton NHS Foundation Trust

OCTAGON

Play and Youth Bolton

PROUD 2B parents

Bolton Together

The Wildlife Trust for Lancashire Manchester & North Merseyside

in the community
One Club, One Community, One Town

Little Bats Learning

Sugar Lumps
The Home of Creative Play

National Literacy Trust
Change your story



If you're pregnant or have children under the age of four, you could get help to buy food and milk.

Apply online for NHS Healthy Start.



www.healthystart.nhs.uk

@NHSHealthyStart

SCAN ME

LOCAL HUBS AND CENTRES

Alexandra Family Hub
Blackledge Street BL3 4BL
01204 337347

Bright Meadows Family Hub
Greenroyd Ave, Breightmet, 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
01204 335138

The Hub at Westhoughton
The Hub, Central Drive, BL5 3DS
01942 635985

