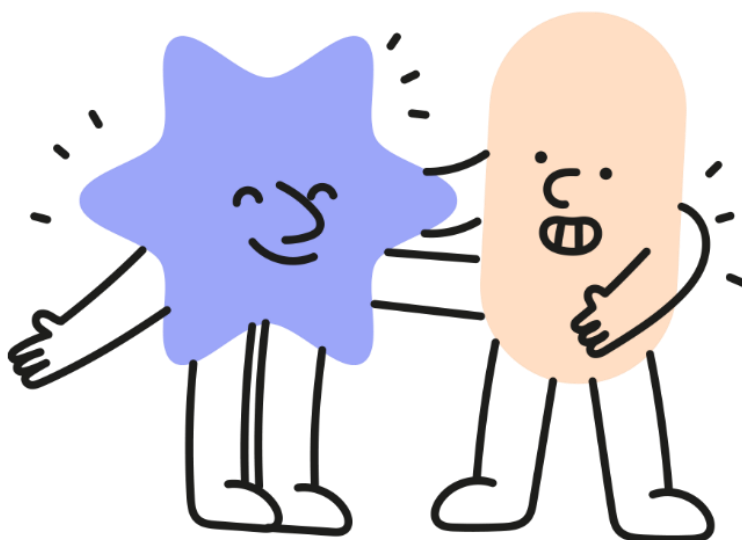


WORKFORCE NEWSLETTER

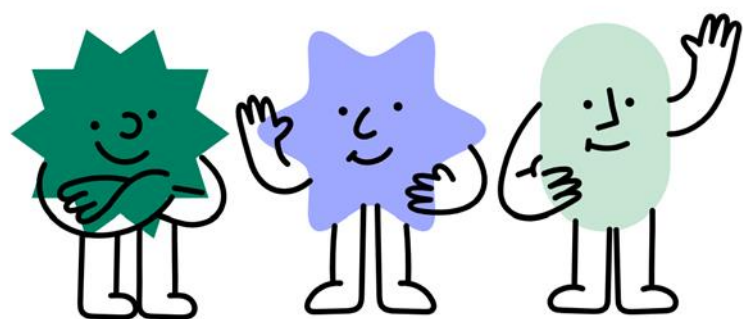
Sixth edition- May 2025



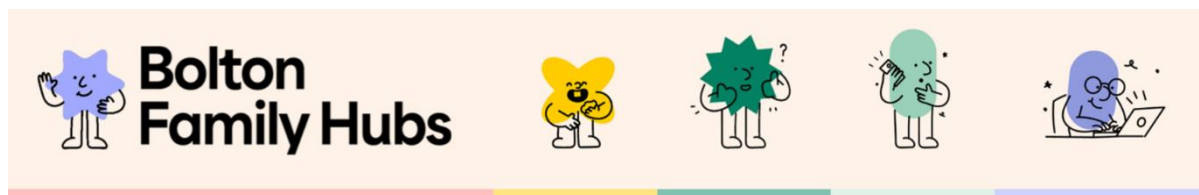
Your guide to what's happening in Bolton Family Hubs
and across the wider network, as well as updates on
useful resources and training opportunities

WHAT'S IN THIS ISSUE?

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Family Hubs Programme



Year 4 of Bolton Family Hubs is live

We are delighted that we have another year of funding to consolidate, embed and enhance our Family Hub and Start for Life offer. This funding supports us to continue to work in partnership across the Family Hub Network to improve outcomes for children and their families, with a particular focus on the 1001 Critical Days.

The depth of offer across Bolton for families has really grown across the partnership, and the number of families accessing services have increased for a second year. This collaborative offer has had a positive impact on the number of families who are attending activities in the family hubs as well as in the Health and Well-being Hub at Westhoughton, Blackrod Young Peoples Centre, several schools, community buildings and many libraries across the borough. This is such a positive picture for Bolton, and it is thanks to every one of the partner organisations within the network that so much has already been achieved through the programme. The funded strands of delivery remain as Parenting, Parent Infant Relationships and Perinatal Mental Health, Infant Feeding and the Home Learning Environment.

During this year our focus in Bolton is around consistency and continuation of the offer for children and families 0-19 (or 25 with SEND), further developing the Family Hub network and reaching more families. We will be prioritising the way in which our online and virtual offer of services develops as well as improving the way in which communicate the pathway of services to families.

It will be another busy year where we are making a difference to families in Bolton.

The national Family Hub programme for 2025 26 can be found [here](#) .

BRANDING & COMMS

Family Hub Guide to Services and Activities

The new Family Hub guide for April – July is out!

The guide is updated every term and provides a timetable of activities for each Family Hub/Start Well Centre and other areas. It then goes on to provide a comprehensive overview of all the services, sessions and useful information available to families tailored to specific ages and stages including expectant parents, new parents, families with young children, families with SEND, families with school aged children, young people and a section for parents.

Hard copies are available from all Family Hub and Start Well Centre receptions, plus additional copies have been delivered to FHP, locality and Public Health Nursing teams. Any requests for hard copies can be emailed to Hannah.brown@bolton.gov.uk

You can access a pdf version of the guide by scanning the QR code on the front of a hard copy or by visiting www.boltonfamilyhubs.org.uk (if blocked from accessing this, try <https://www.bolton.gov.uk/bolton-start-well-family-hubs> instead) - then click on 'Guide to services and activities for families in Bolton' button.



Digital Offer



Bolton Council is transforming its support services for children and young people from birth up until the age of 19 (or 25 for those with special educational needs and disabilities) by launching a new family hubs digital offer.

Family hubs bring council, health and community services together, so that families with children and young people can access the right help and support, at the right time.

With the launch of a new digital offer, families can expect online access to advice and information at the touch of a button, making it much more convenient for those who are unable to access a family hub near them.

The family hubs online resource will also make it easier to navigate to the relevant information, whether a parent or carer is looking for support around a child's early years, those of primary age, or for advice around a young person's journey into adulthood.



FAMILY HUBS FACILITIES UPDATE

Oldhams Family Hub Gets a Bright New Look Following Refurbishment

We're delighted to share that refurbishment works at our Oldhams Family Hub have now been completed, bringing a fresh, modern, and welcoming new feel to the centre for families, staff, and visitors alike.

The project has seen a full programme of improvements carried out across the building, including newly laid flooring throughout, giving every room a clean, contemporary look. Alongside this, re-decoration works have taken place in all areas, brightening up spaces and creating a warm, inviting atmosphere for families to feel at home in.

As part of the refurbishment, new blinds have been installed throughout the building, providing improved comfort and privacy in all rooms. In addition, we're pleased to share that brand new kitchen facilities have been fitted in the children's room, community room, staff room, and main kitchen. These modern, practical spaces will support a wide range of activities, groups, and day-to-day staff use.

A particularly proud achievement is that these extensive improvements were delivered with minimal disruption to our services — a real credit to the dedication and teamwork shown by everyone involved. Staff worked closely alongside internal teams and external contractors to ensure services remained available, and families continued to receive the support they rely on while the works took place.

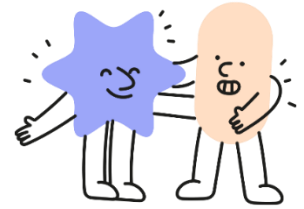
To complete the transformation, new signage and furniture have now been added, enhancing both the look and functionality of the hub. The centre has been given a much-needed refresh and now offers a bright, clean, and up-to-date environment for the whole community.

The team is thrilled with the final result and would like to extend sincere thanks to the contractors and all those involved in bringing the project to life. The new space reflects the team's commitment to providing a welcoming, safe, and supportive environment for families — and we have been busy welcoming everybody in to enjoy the new surroundings.

Come along and see it for yourself, a formal opening will be held in summer — we look forward to welcoming you!



Welcoming Our New Centre Assistants to the Family Hub Service



We are excited to share some fantastic news from our Family Hub Service as we officially welcome three new Centre Assistants to our Facilities Team!

A big welcome to Keith, Tahseen and Lee who have quickly settled into their roles and become valued members of the team. It's been wonderful to see how naturally they've integrated, bringing enthusiasm, a positive attitude, and a variety of skills and experience to the role.

The wider team has been brilliant in offering support, taking the time to help show our new Centre Assistants all the processes, day-to-day routines, and the little but important things that help keep our hubs running smoothly for families. It's a real reflection of the supportive and collaborative spirit within the service.

We're delighted to have them on board and look forward to seeing them continue to grow in their roles, contributing to the welcoming, safe, and well-maintained environment our families and visitors rely on.

A huge welcome to the team — we're so pleased to have you with us!

Bridging the Digital Divide in Bolton: The Digital Families Project

This summer, Bolton Family Hubs, in collaboration with Bolton Digital Employment and Skills, is launching the "Digital Families" project to combat digital exclusion. This initiative aims to enhance digital services across Family Hubs, ensuring all families have access to essential online resources.

Key components include:

- **Enhanced Public Wi-Fi:** Reliable internet access in all Family Hubs.
- **Public Access PCs:** Computers available at Oxford Grove and Great Lever in May, expanding to all hubs over the summer.
- **Free Mobile Data:** For families at risk of digital exclusion.

A vital part of the project is training Information Assistants as "Digital Champions" to support families in developing digital literacy and accessing online services. This includes help with early education checks, Healthy Start Vouchers, school applications, and more.

By integrating these services, Family Hubs will work with the Library Service to provide comprehensive public access to PCs, empowering families with the skills and resources needed to thrive in a digital world. This project ensures no family is left behind in the digital age.



Family Hubs Facebook Pages



A number of new Facebook pages have been created to promote Family Hub activities and key messages to families.

Please like and share these pages with families and colleagues.



Bolton Family Hubs page -

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

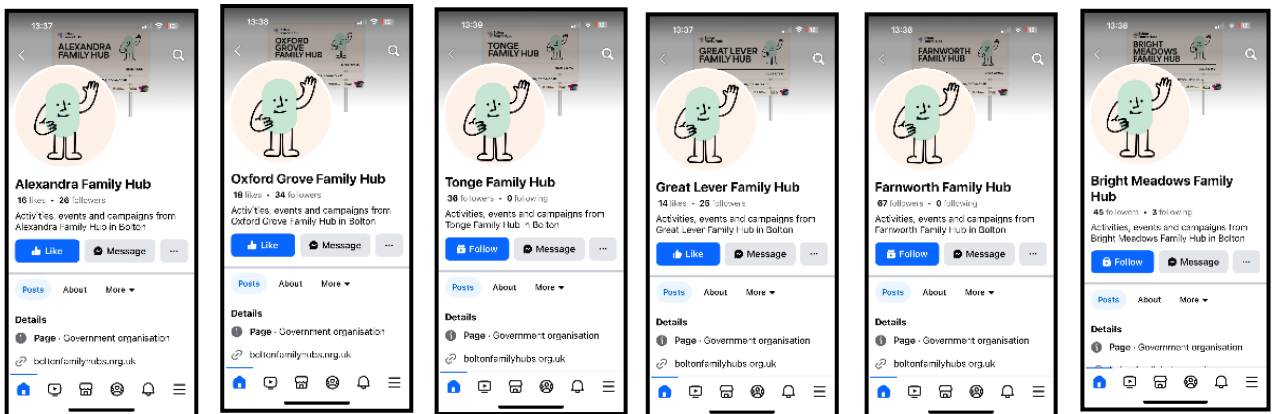
This page provides information of the wider service delivery across the Family Hub network.



Bolton Family Hubs individual pages-

Each Hub has it's on FB page to promote activities, events and campaigns within the Family Hub.

Click on the page to direct you to the Hub's Facebook page.
Please promote and follow:



Bolton Early Years 0-5s –

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

This page is for families with 0-5's to promote key messages, useful advice and support.



FAMILY HUB PRACTITIONER CONTACT DETAILS



FAMILY HUB PRACTITIONER (FHP) TEAM

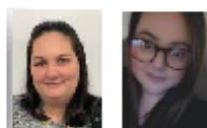
SENIOR FAMILY HUB PRACTITIONERS:

- Hannah Brown Hannah.brown@bolton.gov.uk 07379077050
- Lizzie Simister Elizabeth.simister@bolton.gov.uk 07746535284 (T,W,T)



ALEXANDRA FAMILY HUB (Plus covering Westhoughton area)

- Dawn Jemmett Dawn.jemmett@bolton.gov.uk 07379077041
- Nicola Kenny Nicola.kenny@bolton.gov.uk 07379077034



BRIGHT MEADOWS FAMILY HUB

- Timea Kabdebon Timea.kabdebon@bolton.gov.uk 07379077153



FARNWORTH FAMILY HUB (Plus covering Kearsley area)

- Katie Campbell katie.campbell@bolton.gov.uk 07386967414 (T,W,T,F)



GREAT LEVER FAMILY HUB

- Fazila Lasania fazila.lasania@bolton.gov.uk 07435879034 (M,T,W)

HARVEY START WELL CENTRE

- Bemgba Ichull Bemgba.ichull@bolton.gov.uk 07386967382



OLDHAMS START WELL CENTRE

- Janet Skinner Janet.skinner@bolton.gov.uk 07350416929 (T,W,T,F)



OXFORD GROVE FAMILY HUB (Plus Horwich & Blackrod areas)

- Katie Worsley Katie.worsley@bolton.gov.uk 07386967388 (M,T,W)
- Leanna Brown Leanna.brown@bolton.gov.uk 07379077047



TONGE FAMILY HUB

- Tina Mather Tina.mather@bolton.gov.uk 07379077191



Updated 8/5/25

Supporting Early Language and Home Learning Environment Making it REAL in Bolton!

Community REAL Family Fun Day 2025

Bolton Central Library

Date: Saturday 21st June 2025

Time: 10am-12noon



2-Day REAL Training

Friday 3rd October – Full day at Harvey Start Well Centre

Friday 10th October – Full day at Harvey Start Well Centre

Limited Places!

Practitioners working with 2,3 and 4 year olds or Reception

Save the dates! Bolton REAL Network Dates

Thursday 13th November 2025 – Tonge Family Hub – 9.30-11am

Open to Settings – Schools - Locality Practitioner – Family Hub

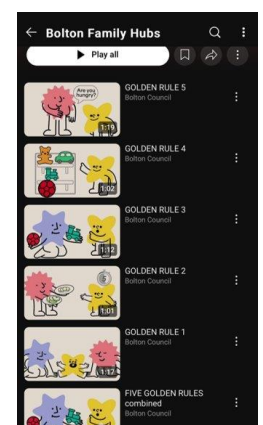
Practitioner - EYCLDS

5 Golden Rules videos to show parents Golden Rules in action

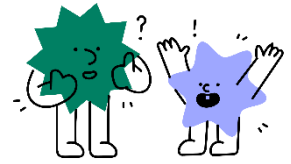
Now live on

Bolton Council YouTube channel

[**FIVE GOLDEN RULES video**](#)



INFANT FEEDING



The majority of Family Hubs staff and Bolton Together's commissioned VCSE staff and volunteers have completed the Infant feeding training. It is a mandatory requirement that all staff working in the Family Hubs receive Infant feeding training appropriate to their role and attend an annual update to ensure staff can stay up to date.

There are future training dates for both Level 2 training -

Level 2 training is for staff working directly with children under the age of 5

Tuesday 24th June Infant feeding training level 2 @ Pikes lane health centre Training room 2 , 9.30am -4pm

Infant feeding training level 2 over 2 dates (*please note both have to be attended*)

Thursdays 5th June 10am- 1pm @ Pikes lane Centre Training room 1

Thursday 12th June 10am- 1pm @ Pikes lane Centre Training room 1

Level 1 training for staff who work with families but not directly with children under 5 require Level 1 training , dates for this training will be available shortly.

Baby Friendly Initiative (UNICEF) Managers training

17th July 11-1 @ Harvey Family Hub

Email Victoria.davies@boltonft.nhs.uk to book on.



All Family Hubs have signs promoting being breastfeeding friendly, we are waiting for stickers that can be place on the doors of the Family Hubs.

Audits will soon take place of both the environments and staff to ensure we are working to best practice for Infant feeding.



PARENT & INFANT RELATIONSHIP SERVICE

Baby in mind

Who are we

Baby in mind is a branch of the Bolton Parent and infant relationship service (PAIRS). We offer Information, advice and guidance sessions across the family hubs. Which offer a space to think about things that can be impacting their relationship with their baby. This is inclusive and not limited to Parental mental health, social difficulties, relationship difficulties and childhood trauma.

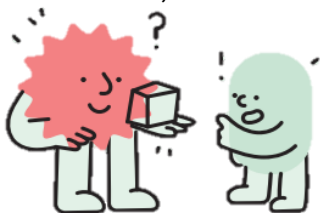
What we have achieved

The Your Baby and You Antenatal Group as mentioned in the previous newsletter has evolved into a flexible and fluid offer, which can be delivered to individual families or as part of a group. This is to ensure that families who may experience some barriers can access this offer, and the team are proud of how this has been moulded by the families who have attended. To date the feedback from these sessions has been very positive.

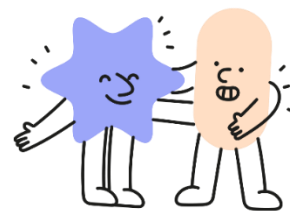
Information Advice and Guidance sessions are now available in the majority of Family Hubs. Again, the BIM team work hard to engage all families and have created some capacity to see families outside of the hubs, where travelling is a limitation. Families who have completed their journey with BIM, have shown a consistent drop in **all** outcome measures. The post intervention PHQ9 and GAD7 scores, show parents report their difficulties with anxiety and low mood have halved as a result of accessing BIM.

Both our reflective groups are up and running both with the Family Hub Practitioners and Locality Practitioners.

We are currently in the process of expanding our training offer due to demand, something we are excited to continue.



SPOTLIGHT ON COLLABORATIVE WORKING



The BIG Night Out: Transition Event (from nursery to reception)

On the 30th of April, Bolton early years providers from across the borough (Daycare settings and Schools) met for the very first transition event in Bolton, with the aim of enhancing the support and processes for families with children moving from early education and childcare settings to reception class. Colleagues including Bolton Start Well Service, Bolton NHS Foundation Trust Public Health Nursing Service, Early Years Communication and Language Development Service, Bolton Family Hubs and Bolton SEND and Inclusion Service were present throughout the night to provide support around transition, covering common areas of need such as advice around toileting; speech and language; special educational needs and disabilities; health and wellbeing etc.

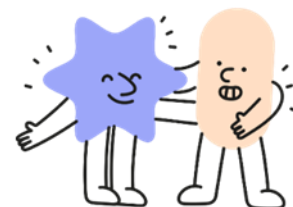
The atmosphere was truly electric, with music from Greater Northern Acoustic Ensemble to begin the event. Participants came and shared snacks and drinks as they networked the night away.

Everyone came prepared to talk about their children and families. There was a positive buzz as all services and early years providers worked together to support smooth transitions by fully engaging, networking, sharing ideas and planning future events and follow-up meetings.

It was a truly inspirational night, and according to the feedback so far, 100% of the participants asked to run this again next year!



PARTNER UPDATES



Families with children 0-5 years with questions or concerns about your child's play, communication, behaviour, or learning can come along to a SEND Family Hub Stay and Play session with Educational Psychology Drop-in throughout June and July.

SEND Stay and Play with Educational Psychology Drop-in

FOR BOLTON FAMILIES WITH CHILDREN 0-5 YEARS

Do you have any questions or concerns about your child's play, communication, behaviour or learning?

Members of Bolton Educational Psychology Service will be on hand for an informal chat at Bolton Family Hubs SEND Stay and Play sessions on the following dates:

	8 May 2025	10:00am - 11:30am	Tonge Family Hub
	23 May 2025	1:00pm - 2:30pm	Oldhams Start Well Centre
	19 June 2025	10:00am - 11:30am	Tonge Family Hub

Please be aware that this will not involve any formal or diagnostic assessments



**Bolton
Council**

Bolton parents & carers are invited to a webinar on young people's wellbeing and mental health on Monday the 9th of June at 6pm.

Learn about Bolton-specific trends from #BeeWell and Kooth, and discover free, anonymous support on Kooth & Qwell for young people and adults.

Please click here to register (live or recording). go.kooth.com/vwcy

**Qwell**

**Kooth**

The Voice of Young People in Bolton

Mental Health Webinar Monday 9th June 6.00 - 6.45 pm

Register for our webinar on young people's wellbeing & mental health in Bolton.

We'll present local #BeeWell & Kooth insights & promote local mental health support for you and your family.



To register, Scan QR code or visit go.kooth.com/vwcy



GMCA
in partnership with

Targeted Early Help Offer

Targeted Early Help have joined forces with our community partners to make children's wishes come true. As part of their upcoming Eid celebrations Crescent Food Bank and Dream Smiles Dental wanted to gift toys to children in Bolton, whether they celebrate Eid or not! We are working together to ensure that up to 50 children whose families are working with Targeted Early Help can submit an Eid Toy Wish for a toy or gift worth up to £15. These will then be supplied by Crescent Food Bank and Dream Smiles Dental and delivered by targeted early help, bringing joy to families across Bolton during Eid.

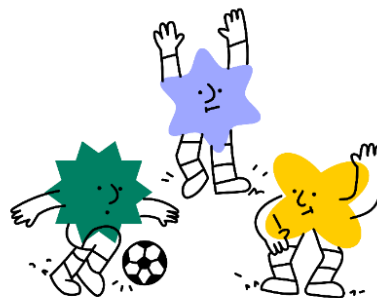
 Dream Smiles Dental

 **CRESCENT
FOOD BANK**

**Bolton
Council**

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

Website www.bolton.gov.uk/playandyouth



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

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 Together

A new year, another successful quarter for Bolton Together's Early Years VCSE Delivery.

Bolton Together's 10 VCSE Early Years Providers have delivered another quarter of incredible support, resources and activities for families. We have continued to work in partnership to provide comprehensive breastfeeding support, perinatal and parent infant mental health support, the Solihull approach parenting programme, parent and carer consultation *and* another 240 stay and play sessions between January to March. Not only that, a new dads group and a new walking group began!



From Birth to Babbles - we've got the skills!



Some of this quarter's report highlights:

- Infant feeding support is available on Maternity Wards for new mums with their feeding questions and concerns 7 days a week, Live Chat every night until 10pm and 164 home visits completed.
- Every session, from Perinatal and Parent infant mental health, to forest school stay and play delivered by Baby Friendly Trained staff.
- Speech and Language learning are built into every stay and play session. Every play practitioner models playful, responsive interactions that promote early communication including commenting on play, using simple language, repeating key words, following the child's lead, singing songs, and using gestures and facial expressions to support understanding and connection.
- Take a look at our latest report and find out more!

Read our latest report and discover more at:

<https://bolton-together.org.uk/early-years/>

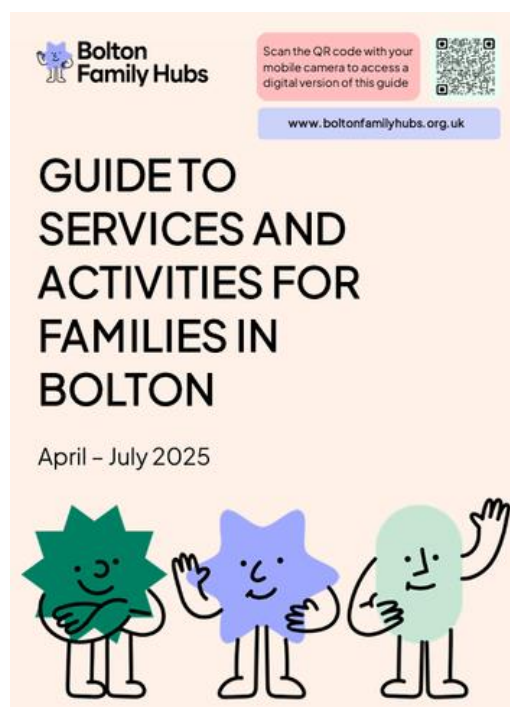


Programme Manager:

Katrina.Fletcher@BoltonTogether.Org.Uk

ARE YOU A BABY AGED BETWEEN 0 AND 2 YEARS? ARE YOU LOOKING FOR A PLACE TO TAKE YOUR GROWN UP, TO PLAY, LEARN AND MAKE FRIENDS?

**Tell your grown up to take a look
inside the Bolton Family Hubs
Guide! If you're 0-2, we've got
you covered.**



Check it [out: https://www.boltonstartwell.org.uk/downloads/file/732/bolton-start-well-family-hubs-programme](https://www.boltonstartwell.org.uk/downloads/file/732/bolton-start-well-family-hubs-programme)

Bolton Together website: <https://bolton-together.org.uk/early-years/>



GETTING TO KNOW FAMILIES TOGETHER: THE SOLIHULL APPROACH

In this quarter's Family Hub Workforce newsletter, we spoke with Elinor, Project Manager of Families Together and Breastfeeding Together, about their work delivering Solihull Approach parenting groups in Bolton. Both organisations are members of Bolton Together and commissioned through us to support local families delivering this great offer.

Can you tell us a bit about your Organisation

(Families Together) and the communities you serve?

We support parents and carers across Bolton through our Solihull Parenting Groups. We know parenting can be tough at times, and we're here to offer support, knowledge and a listening ear.

What inspired your team to get involved in delivering Solihull parenting support?

We saw the impact that the early years have on families and wanted to offer something meaningful. The Solihull Approach gives us a really strong foundation to help parents feel more connected and confident.



*Elinor Halliwell, Project Manager
Families Together and Breastfeeding Together*

What challenges do you see families facing most often?

Lots of parents come to us feeling overwhelmed. Sleep struggles, stress, tantrums but also that general feeling of not knowing if they're doing things right.

How do you ensure your services are accessible and inclusive?

We work closely with many different organisations to make sure our groups are open to everyone. We co-deliver some groups with Flowhession Foundation, with a staff member who is able to speak multiple languages and, we co-deliver sessions with Family Hub Practitioners too. Families can self-refer or be referred by a professional.

What kind of training or background do your staff bring to the Solihull programme and how do they support each other in this emotionally demanding work?

Our team has completed in-depth Solihull Approach training, so they bring both professional knowledge and a caring, down-to-earth approach. We look after each other by checking in regularly and working closely as a team. Supporting each other is really important when you're holding space for parents to open up.

What does a typical session look like for the families attending?

Each course runs for 10 weeks, with weekly two-hour sessions. It's relaxed and welcoming, with a mix of activities, group discussions and space to reflect.



How have parents and carers responded to the programme?

The feedback has been brilliant. Over 100 parents and carers have completed the course since January 2024, and many say it's had a big impact on their parenting.

Have you noticed any particular breakthroughs or lightbulb moments?

Absolutely. A lot of parents realise their child's behaviour is a form of communication. That shift in thinking really helps them respond in a calmer and more connected way.

Can you share any feedback or stories that stood out to you from families who've completed the course?

Jodie's story always stays with us. She joined the group struggling with her toddler's sleep and mealtimes and was nervous at first. By the end, she said her relationships with all her children had improved and she felt more confident in herself. She even made friends through the group.

In what ways have you seen it impact children, either directly or through changes in their parents?

Children really benefit when their parents feel more calm, consistent and emotionally available. We see improvements in behaviour and emotional wellbeing. Families are happier.

Do you adapt the programme for different needs?

Yes, we tailor the sessions based on the group's needs and experiences, while keeping the core structure and approach the same.

How do you evaluate the impact of your work over time?

We gather feedback after each course and reflect on what parents tell us. Their stories and the changes they report are brilliant.

If you could tell parents in the Bolton community one thing, what would it be?

You don't have to do this on your own. Reaching out for support is a strength, not a weakness.

How can people get involved or access your support?

If you live in Bolton and have a child under three, you can sign up by copying and pasting this link into your browser: <https://forms.office.com/e/Y8E6Kmq2mQ> or give us a **call on 07514 484157**.

We're happy to answer any questions or help you book a place.



As we read in Elinor's interview, Families Together provide parenting support across the Bolton Borough, delivering the Solihull Parenting Support Groups. Parenting can be challenging for lots of parents and that's why the team at Families Together have completed an in depth training in the Solihull Approach to ensure they have the knowledge and skills to support families effectively.

The Solihull Approach is a parenting programme that has been around for over 25 years, and it used as a framework when supporting families. It helps parents/carers to build stronger relationships with their children and help them to learn more about their child's behaviour whilst providing them with useful tips, ideas and coping strategies.

A typical Solihull Approach Group runs for 10 weeks and is two hours long. It consists of different activities with lots of group discussion and the opportunity for parents/carers to reflect on their own parenting, learning new skills and ideas to put into practice with their own children.

Here is a link to a short video about the Solihull Groups which you may give you a better understanding on what the Course consists of for families – [About the Groups – Families Together](#)

The criteria for families to join the groups are that they need to live in Bolton and have a child under the age of 3. Professionals can refer a family on or families can self-refer, to complete the short form just click the link: <https://forms.office.com/e/Y8E6Kmq2mQ> or contact us directly to book on. For more information call 07514 484157.



“Inourplace” is an online learning platform developed by psychologists and health practitioners, providing accessible learning about emotional health and wellbeing, proven to positively impact mental health, behaviour and relationships. www.inourplace.co.uk

Please share the wellbeing news update from the Solihull Approach, (the NHS team behind inourplace.co.uk) with ALL parents/carers.

[Emotional health and wellbeing for parents](#)

You will receive these updates twice per term – if there is anything you'd like to see or if you're interested in teacher training or resources, please email: solihull.approach@uhb.nhs.uk

UNDERSTANDING YOUR CHILD

SOLIHULL APPROACH

10 Week Parenting Group
open to all parents of children under 3 in Bolton

2 HOURS

FREE GROUPS

PLAY

PARENTING STYLES

BRAIN DEVELOPMENT

COMMUNICATION

BABIES AND CHILDREN WELCOME

EMOTIONS

For more information or to book on contact Families Together
Call or text: 07514 484157
Email: familiestogether445@gmail.com
Go to: familiestogether.org.uk



PARTNER UPDATES

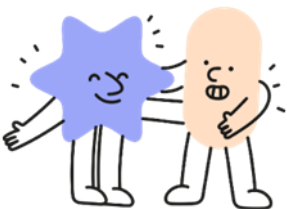


Our Bright Start Playgroup is in full swing and is approaching its first birthday!! We currently welcome around 8 families each week.

We are here for families with babies and young children aged 0-5 years who are deaf. We also extend a warm welcome to hearing siblings, hearing parents, D/deaf parents and CODAs (Children of Deaf Adults).

Our sessions are packed full of messy play, sensory play, painting and colouring, arts and crafts, free play toys, stories and songs and opportunities to learn British Sign Language.

We would love to welcome more families into our sessions so if you, or a family you know would benefit from coming along please get in touch.





**BRIGHT START
PLAYGROUP**



Monday 10.30am-12.00pm
(Term time only)



FREE



Ages 0-5 years



Deaf, deafened, hard-of-hearing and hearing
parents and children welcome



Join us at:
Bolton Deaf Society
Bark Street
Bolton
BL1 2AX

For more information email:
Playgroup1@boltondeafociety.co.uk
Phone : 01204 521219



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**BRIGHT START
PLAYGROUP**

The Healthy Mind, Healthy Parenting Pathway by Family Assist.

The pathway is a structured programme designed to **empower parents** with knowledge, tools, and strategies to improve parental well-being and strengthen family relationships.



What is the Pathway?

A supportive, step by step journey exploring key areas of parental well-being, mental health awareness, and family resilience. The sessions provide practical strategies to manage stress, build coping skills, and create a self-care plan tailored to your family's needs.



Our ethos is to **support not judge** and **overcome challenges together**

Interested?

01204 540100

Email. families@blgc.co.uk

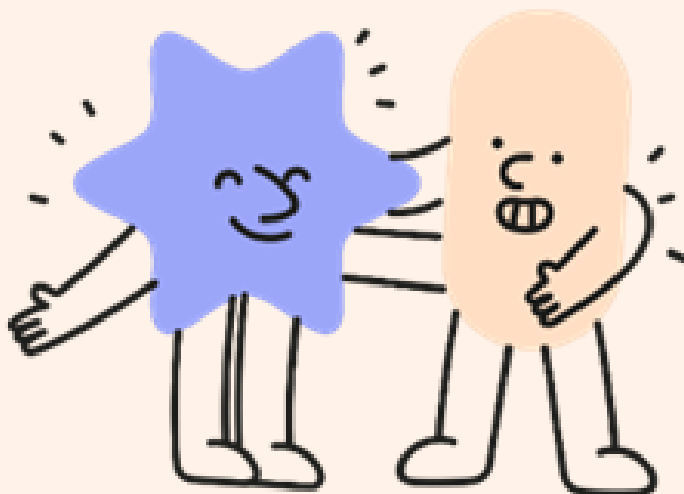
Who is it for?

Parents looking to improve their well-being and strengthen family bonds, Professionals looking to refer families for practical, compassionate support to improve parental well-being.

What are the benefits?

- Practical strategies for handling parenting stress
- Increased emotional resilience & self-awareness,
- One to one coaching & guidance to build confidence
- Stronger family relationships & improved communication,
- A personalised self-care plan to support long-term well-being.





FEEDBACK AND SUGGESTIONS

Please let us know your feedback regarding the content of this newsletter and whether you have found the information useful. We would also welcome any suggestions for future editions.

Please email fhworkforcenewsletter@bolton.gov.uk if you would like to be added to the newsletter distribution list.