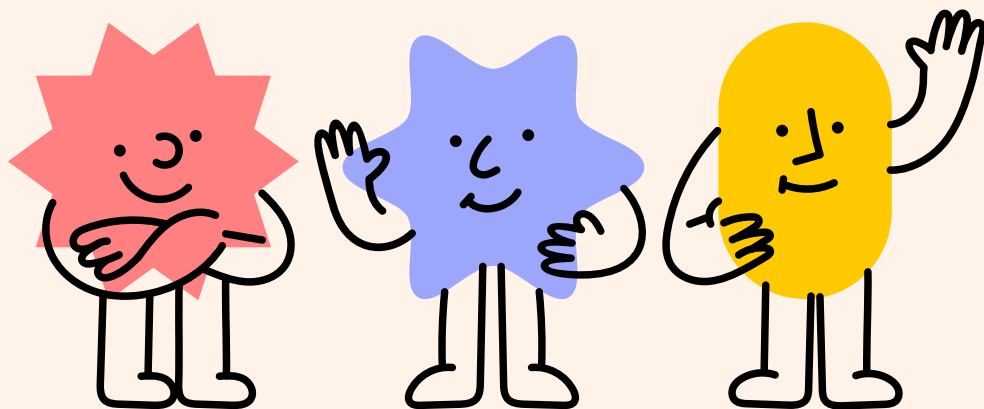


GUIDE TO SERVICES AND ACTIVITIES FOR FAMILIES IN BOLTON

September to December 2025



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



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WHAT ARE FAMILY HUBS?

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

Our Family Hubs offer a wide range of activities and integrated support services to help you with every aspect of parenting for children of all ages. At the core of Family Hubs is the Start for Life offer for children from birth to 2-year-old, to ensure every child in Bolton has the best possible start in life.

Find us online



Bolton Family Hubs
bit.ly/4ciRzZB

A range of professionals are available to support parents-to-be and families around an array of topics from supporting your child's development and learning, to finding advice and guidance for topics like financial support, housing, employment and much more!

We also signpost to other agencies when needed. Speak to the team by telephone or during one of the sessions advertised in this guide.

Find us on Facebook



Bolton Family Hubs
bit.ly/43eTVXM



Bolton Early Years 0-5s
bit.ly/4ic98wy

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

Blackledge Street, BL3 4BL
Telephone: 01204 337347

Find us on
Facebook



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

Baby in Mind

A support session for parents and caregivers. Meet a Specialist Parent Infant Mental Health Practitioner for up to 1 hour 15 mins. This time is personal to you e.g., thinking about current feelings and experiences, or making plans which might help the demands of daily life to feel more manageable. Appointments must be prebooked by emailing the team on: babyinmind.pairs@gmmh.nhs.uk

Monday 9:30am – 1:00pm

Family Fun Time

A free drop-in for families with children of all ages. Read, play, craft, and connect in our indoor and outdoor spaces, with free snacks and the opportunity to chat with a Family Hub Practitioner. Term time only.

Mondays, 3:15pm – 4:15pm

Stay and Play

Indoor and outdoor activities, including messy play. Free drop-in for families with 0-5s. Term time only.

Bolton Toy Library*
Bolton Wanderers in the Community (BWITC)**

Mondays, 1:00pm – 2:00pm*
Wednesdays, 10:00am – 11:30am**

Baby Babble and Bond

A free drop-in fun and interactive group for families with babies 0-12 months. Enjoy songs, rhymes, sensory play, and topic chats on building relationships, weaning, play, oral health etc. By Family Hub Practitioners. Term time only.

Tuesdays, 10:00am – 11:00am

Free Data SIM Cards through the National Databank

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

Tuesdays, 2:00pm – 3:00pm

Nature Club for Tots

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

Thursdays, 10:00am – 11:00am

Chat, Play, Read

Free drop-in group for families with children 12 months +. Enjoy songs, stories, sensory play, and craft activities to help boost your child's communication, language and literacy skills. Run by Family Hub Practitioners. Term time only.

Thursdays, 1:30pm – 2:30pm

REAL Event (Raising Early Achievement in Literacy)

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

**Thursday 30 October
1:30pm – 3:30pm**

Antenatal Clinic

Clinics operate by appointment only. See page 33-34 for information.

Well Baby Clinic

Clinics operate by appointment only. See page 40 for information.

Alexandra Book Swap

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

WHAT'S ON AT: BRIGHT MEADOWS FAMILY HUB

Greenroyd Avenue, BL2 5DD
Telephone: 01204 336691

Find us on
Facebook



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

Free Data SIM Cards through the National Databank

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

Mondays, 10:00am – 11:00am

Baby Babble and Bond

A free drop-in fun and interactive group for families with babies 0-12 months. Enjoy songs, rhymes, sensory play, and topic chats on building relationships, weaning, play, oral health etc. Run by Family Hub Practitioners. Term time only.

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

Join a Solihull Group 'Understanding your child'

These free 10-week groups offer insights for all parents and carers, helping you gain a deeper understanding of your child's development. Including play, communication, brain development, emotions and parenting styles. Perfect for anyone with a child under 3, whether you're navigating new experiences or simply curious to learn new skills.

To find out more and sign up*, email: famielstogether445@gmail.com or call: 07514 484157.

Tuesdays (10-weeks) *
12:30am – 2:30pm

Shake, Rattle, and Roll

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

*Except 15 Oct, 22 Oct and 29 Oct / 10 Dec and 17 Dec

Wednesdays*, 10:00am – 10:45am

Stay and Play

Indoor and outdoor activities, including messy play. Free drop-in for families with 0-5s. Term time only. Run by Bolton Toy Library.

Thursdays, 10:00am – 11:00am

Chat, Play, Read

Free drop-in group for families with children 12 months +. Enjoy songs, stories, sensory play, and craft activities to help boost your child's communication, language and literacy skills. Run by Family Hub Practitioners. Term time only.

Tuesdays and Thursdays,
1:00pm – 2:00pm

Family Fun Time

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

Thursdays, 3:15pm – 4:30pm

REAL Event (Raising Early Achievement in Literacy)

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

Thursday 30 October
1:00pm – 3:00pm

Early Years Sing and Play

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

Fridays, 10:00am - 11:00am

Infant Feeding Support (Complex Issues)

One to one support for feeding difficulties and complex issues if your baby is under 4 weeks old. To book an appointment, contact the Specialist Midwife Infant Feeding Team on **01204 390423**. *Appointment only.

Fridays* between 9:00am - 5:00pm

Your Health Bolton - Stop Smoking Support

Free support to help you quit smoking. Our 12-week quit programme is run by friendly, expert advisors who provide a range of proven methods to help you give up smoking. Fully trained advisors give you accurate information and advice, as well as supplying up to 12 weeks of Nicotine Replacement products completely free. Support is by appointment only, so please speak to someone in your Family Hub, call us on 01204 570 999 or visit our website at: yhbolton.co.uk

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

Antenatal Clinic

Clinics operate by appointment only. See page 33-34 for information.

Bright Meadows Book Swap

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

WHAT'S ON AT: FARNWORTH FAMILY HUB

King Street, BL4 7AP
Telephone: 01204 334955

Find us on
Facebook



Hub opening hours:

9:00am - 5:00pm
Monday and Friday
9:00am - 6:00pm
Tuesday, Wednesday,
and Thursday
9:00am - 4:00pm
Saturday 13 Sep, 4 Oct,
25 Oct, 15 Nov, 6 Dec

Stay and Play

Indoor and outdoor activities, including messy play. Free drop-in for families with 0-5s. Term time only. By Bolton Toy Library.

Mondays, 10:00am - 11:00am

Family Fun Time

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

Mondays, 3:30pm - 4:30pm

Breastfeeding Group

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

Tuesdays, 9:30am - 10:30am

Chat, Play, Read

Free drop-in group for families with children 12 months +. Enjoy songs, stories, sensory play, and craft activities to help boost your child's communication, language and literacy skills. Run by Family Hub Practitioners. Term time only.

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

Baby Babble and Bond

A free drop-in fun and interactive group for families with babies 0-12 months.

Enjoy songs, rhymes, sensory play, and topic chats on building relationships, weaning, play, oral health etc. Run by Family Hub Practitioners. Term time only.

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

Baby in Mind

A support session for parents and caregivers. Meet a Specialist Parent Infant Mental Health Practitioner for up to 1 hour 15 mins. This time is personal to you e.g., thinking about current feelings and experiences, or making plans which might help the demands of daily life to feel more manageable. Appointments must be prebooked by emailing the team on: babyinmind.pairs@gmmh.nhs.uk

Wednesdays, 9:30am - 1:00pm

With You in Mind

A free drop-in peer support group for parents with children aged 0-2 years (expectant parents welcome). Come along, meet others, and share your experiences.

Continues during half-term. For info, call 01204 216537 or email: Sharonfletcher@homestarthost.org.uk

Wednesdays, 1:15pm - 2:45pm

Join a Solihull Group 'Understanding your child'

These free 10-week groups offer insights for all parents and carers, helping you gain a deeper understanding of your child's development. Including play, communication, brain development, emotions and parenting styles. Perfect for anyone with a child under 3, whether you're navigating new experiences or simply curious to learn new skills.

To find out more and sign up*, email: familiestogether445@gmail.com or call: **07514 484157**.

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

Free Data SIM Cards through the National Databank

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

Thursdays, 2:00pm - 3:00pm

Stay and Play

Indoor and outdoor activities, including messy play. Free drop-in for families with 0-5s. Term time only. Facilitated by Bolton Wanderers in the Community (BWITC).

Fridays, 10:00am - 11:30am

REAL Event (Raising Early Achievement in Literacy)

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

literacy development at home. Free and no need to book!

Friday 31 October
9:30am - 11:30am

Plan and prepare for parenthood (antenatal classes)

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

Saturday, 4 Oct or 6 Dec
10:00am - 12:00pm

Antenatal Clinic

Clinics operate by appointment only. See page 33-34 for information.

Well Baby Clinic

Clinics operate by appointment only. See page 40 for information.

Farnworth's Book Swap

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

WHAT'S ON AT: GREAT LEVER FAMILY HUB

Leonard Street, BL3 3AP
Telephone: 01204 337333

Find us on
Facebook



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

Chat, Play, Read

Free drop-in group for families with children 12 months +. Enjoy songs, stories, sensory play, and craft activities to help boost your child's communication, language and literacy skills. Run by Family Hub Practitioners. Term time only.

Mondays and Tuesdays
10:00am – 11:00am

REAL Event (Raising Early Achievement in Literacy)

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

Monday 27 October
10:00am – 12:00pm

Stay and Play

Indoor and outdoor activities, including messy play. Free drop-in for families with 0-5s. Term time only. Run by Bolton Toy Library.

Tuesdays, 1:00pm – 2:00pm

Baby Babble and Bond

A free drop-in fun and interactive group for families with babies 0-12 months.

Enjoy songs, rhymes, sensory play, and topic chats on building relationships, weaning, play, oral health etc. Run by Family Hub Practitioners. Term time only.

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

Breastfeeding Group

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

Wednesdays, 1:00pm – 2:00pm
*Subject to change

Free Data SIM Cards through the National Databank

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

Wednesdays, 2:00pm – 3:00pm

Proud 2 b Parents Stay and Play

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

Thursdays, 1:00pm – 2:30pm

Family Fun Time

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

Thursdays, 3:15pm – 4:30pm

Plan and prepare for parenthood (antenatal classes)

Get information to help you make informed parenting choices and feel more confident on your journey. Feel free to just turn up! Online sessions available. For more

information email enquiries@breastfeedingtogether.co.uk or to book a place, visit: <https://bit.ly/4kGNTF0>. These workshops are free to attend.

Thursday, 6 Nov, 5:30pm – 7:30pm

Baby in Mind

A support session for parents and caregivers. Meet a Specialist Parent Infant Mental Health Practitioner for up to 1 hour 15 mins. This time is personal to you e.g., thinking about current feelings and experiences, or making plans which might help the demands of daily life to feel more manageable. Appointments must be prebooked by emailing the team on: babyinmind.pairs@gmmh.nhs.uk

Mondays 9:30am – 1:00pm
(and reorder session)

Parent and Tots

Stay and play for families with children aged 0-4 years. Bilingual practitioners available for parents with South Asian ethnic backgrounds. Free drop-in. Term time only. By Flowhession Foundation.

Fridays, 10:00am – 12:00pm

Little Bats Stay and Play

Stay and play the forest school way outdoor sessions. An 8-week block to build confidence in your tot to play in nature. 1-5 years.

*Advanced booking required.

To secure a place, email: www.littlebatslearning.org/sessions/ call Elanor **07818 925678** or drop into the hub.

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

Antenatal Clinic

Clinics operate by appointment only. See page 33-34 for information.

Well Baby Clinic

Clinics operate by appointment only. See page 40 for information.

Great Lever Book Swap

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

WHAT'S ON AT:

HARVEY FAMILY HUB

Shaw Street, Bolton, BL3 6HU

Telephone: 01204 337390

Hub opening hours:

8:00am - 6:00pm

Monday to Friday

Celebrate the launch of Harvey Family Hub on Sat 18 Oct, 11am-3pm at our Family Fun Day.

Baby Group

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

Mondays, 10:00am - 11:00am

Chat, Play, Read

Free drop-in group for families with children 12 months +. Enjoy songs, stories, sensory play, and craft activities to help boost your child's communication, language and literacy skills. Run by Family Hub Practitioners. Term time only.

Mondays, 1:00pm - 2:00pm

SEND Stay and Play

Bolton Toy Library, drop-in for children 0-5 years with a diagnosis or going through diagnosis. Term time only.

Mondays, 1:00pm - 2:00pm

Andy's Man Club

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

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

REAL Event (Raising Early Achievement in Literacy)

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

**Monday 27 October
1:00pm - 3:00pm**

Family Fun Time

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

Tuesdays, 3:15pm - 4:30pm

Stay and Play Groups

For families with 0-5s. Run by Bolton Toy Library. Term time only. Free and no need to book. Indoor and outdoor activities.

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

Stay play and loan toys. Sensory room available with free drinks and snacks*

Tuesdays, 1:00pm - 2:00pm*
Wednesdays, 9:30am - 11:00am*
Thursdays, 10:00am - 11:00am

Infant Feeding Support (Complex Issues)

One to one support for feeding difficulties and complex issues if your baby is under 4 weeks old. To book an appointment, contact the Specialist Midwife Infant Feeding Team on **01204 390423**. *Appointment only.

**Wednesdays*,
Between 9:00am - 5:00pm**

Join a Solihull Group 'Understanding your child'

These free 10-week groups offer insights for all parents and carers, helping you gain a deeper understanding of your child's development. Including play, communication, brain development, emotions and parenting styles. Perfect for anyone with a child under 3, whether you're navigating new experiences or simply curious to learn new skills.

To find out more and sign up*, email: **famielstogethr445@gmail.com** or call: **07514 484157**

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

Baby Babble and Bond

A free drop-in fun and interactive group for families with babies 0-12 months.

Enjoy songs, rhymes, sensory play, and topic chats on building relationships, weaning, play, oral health etc. Run by Family Hub Practitioners. Term time only.

Thursdays, 10:00am - 11:00am

Preparing to Breastfeed

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

Thursday, 11 Dec
5:30pm - 7:45pm

Little Bats Stay and Play

Stay and play the forest school way outdoor sessions. An 8-week block to build confidence in your tot to play in nature. 1-5 years. *Advanced booking required. To secure a place, email: **www.littlebatslearning.org/sessions/** call Elanor **07818 925678** or drop into the hub.

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

Free Data SIM Cards through the National Databank

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

Fridays, 12:00pm - 1:00pm

Antenatal Clinic

Clinics operate by appointment only. See page 33-34 for information.

Harvey Book Swap

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

WHAT'S ON AT: OLDHAMS FAMILY HUB

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

Little Bats Stay and Play

Stay and play the forest school way outdoor sessions. An 8-week block to build confidence in your tot to play in nature. 1-5 years. *Advanced booking required. To secure a place, email: www.littlebatslearning.org/sessions/ call Elanor **07818 925678** or drop into the hub.

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

Free Data SIM Cards through the National Databank

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

Mondays, 2:00pm - 3:00pm

Hub opening hours:

8:30am - 4:30pm
Monday to Friday

Celebrate the launch of Oldhams Family Hub on Sat 13 Oct, 11am-3pm at our Family Fun Day.

Nature Club for Tots

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

Tuesdays, 10:00am - 11:00am

Chat, Play, Read

Free drop-in group for families with children 12 months +. Enjoy songs, stories, sensory play, and craft activities to help boost your child's communication, language and literacy skills. Run by Family Hub Practitioners. Term time only.

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

Family Fun Time

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

Tuesdays, 3:15pm - 4:15pm

REAL Event (Raising Early Achievement in Literacy)

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

Tuesday 28 October
1:00pm - 3:00pm

Wiggle Tots Toddler Group

A free drop-in baby and toddler group. 0-4 years. Term time only. Contact Melanie on **07786 328042** for further information. The Oasis Café is open from 10:00am - 12:00pm servicing free food and hot drinks.

Wednesdays, 10:30am - 11:45am

Hope for Mental Health Group

A free to attend adult group run by Oldhams Church. For more information, please contact Rev Lee on 07712 003 290.

Thursdays, 7:15pm

Baby Babble and Bond

A free drop-in fun and interactive group for families with babies 0-12 months. Enjoy songs, rhymes, sensory play, and topic chats on building relationships, weaning, play, oral health etc. Run by Family Hub Practitioners. Term time only.

Thursdays, 9:30am - 10:30am

Breastfeeding Group

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

Thursdays, 1:00pm - 2:00pm

Stay and Play

Indoor and outdoor activities, including messy play. Free drop-in for families with 0-5s. Term time only. Run by Bolton Toy Library.

Thursdays, 1:00pm - 2:00pm

SEND Stay and Play

A drop-in play group for families of children with SEND aged 0-5 years. Children do not need an official diagnosis to attend. Term time only.

Fridays, 1:00pm - 2:30pm

Sugar Lumps SEND Stay and Play

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

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

Antenatal Clinic

Clinics operate by appointment only. See page 33-34 for information.

Well Baby Clinic

Clinics operate by appointment only. See page 40 for information.

Oldhams Book Swap

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

WHAT'S ON AT: OXFORD GROVE FAMILY HUB

Shepherd Cross St, BL1 3BH
Telephone: 01204 337090

Find us on
Facebook



Hub opening hours:

9:00am - 5:00pm
Monday and Friday
9:00am - 6:00pm
Tuesday, Wednesday
and Thursday
9:00am - 4:00pm
Saturday 20 Sep, 11 Oct,
1 Nov, 22 Nov, 13 Dec

Parent and Tots

Stay and play for families with children aged 0-4 years. Bilingual practitioners available for parents with South Asian ethnic backgrounds. Free drop-in. Term time only. By Flowhesion Foundation.

Mondays, 10:00am - 12:00pm

Baby in Mind

A support session for parents and caregivers. Meet a Specialist Parent Infant Mental Health Practitioner for up to 1 hour 15 mins. This time is personal to you e.g., thinking about current feelings and experiences, or making plans which might help the demands of daily life to feel more manageable. Appointments must be prebooked by emailing the team on: babyinmind.pairs@gmmh.nhs.uk

Tuesdays, 9:30am - 1:00pm

Baby Babble and Bond

A free drop-in fun and interactive group for families with babies 0-12 months. Enjoy songs, rhymes, sensory play, and topic chats on building relationships, weaning, play, oral health etc. Family Hub Practitioner led. Term time only.

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

Nature Club for Tots

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

Tuesdays, 1:00pm - 2:00pm

With You in Mind

A free drop-in peer support group for parents with children aged 0-2 years (expectant parents welcome). For info, call **01204 216537** or email: **Sharonfletcher@homestarthost.org.uk**

Tuesdays, 1:15pm - 2:45pm

Chat, Play, Read

Free drop-in group for families with children 12 months +. Enjoy songs, stories, sensory play, and craft activities to help boost your child's communication, language and literacy skills. Run by Family Hub Practitioners. Term time only.

Wednesdays, 10:00am - 11:00am

Parent Support Coffee Morning

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

Wednesdays, 10:00am - 11:00am

Free Data SIM Cards through the National Databank

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

Wednesdays, 3:30pm - 4:30pm

REAL Event (Raising Early Achievement in Literacy)

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

**Wednesday 29 October
10:00am - 12:00pm**

Family Fun Time

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

Thursdays, 3:15pm - 4:30pm

Join a Solihull Group

'Understanding your child'

These free 10-week groups offer insights for all parents and carers, helping you gain a deeper understanding of your child's development. Including play, communication, brain development, emotions and parenting styles. Perfect for anyone with a child under 3, whether you're navigating new experiences or simply curious to learn new skills.

To find out more and sign up*, email: **familiestogether445@gmail.com** or call: **07514 484157**

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

Preparing to Breastfeed

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

**Saturday 1 Nov,
10:00am - 12:15pm**

Pause. Engage. Play.

An all-male group, meeting Saturday once a month. For details see page 26.

Antenatal Clinic

Clinics operate by appointment only. See page 33-34 for information.

Well Baby Clinic

Clinics operate by appointment only. See page 40 for information.

Oxford Grove Book Swap

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

WHAT'S ON AT: TONGE FAMILY HUB

Starkie Road, BL2 2ED
Telephone: 01204 336745

Find us on
Facebook



Hub opening hours:

9:00am - 5:00pm
Monday and Friday
9:00am - 6:00pm
Tuesday, Wednesday
and Thursday
9:00am - 4:00pm
Saturday 6 Sep, 27 Sep,
18 Oct, 8 Nov, 29 Nov

Shake, Rattle, and Roll

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

*Except 13 Oct, 20 Oct and 27 Oct
/ 8 Dec and 15 Dec

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

Family Fun Time

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

Mondays, 3:00pm - 4:30pm

With You in Mind

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

Mondays, 10:30am - 12:00pm

Chat, Play, Read

Free drop-in group for families with children 12 months +. Enjoy songs, stories, sensory play, and craft activities to help boost your child's communication, language and literacy skills. Run by Family Hub Practitioners. Term time only.

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

Baby Babble and Bond

A free drop-in fun and interactive group for families with babies 0-12 months. Enjoy songs, rhymes, sensory play, and topic chats on building relationships, weaning, play, oral health etc. Run by Family Hub Practitioners. Term time only.

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

Baby in Mind

A support session for parents and caregivers. Meet a Specialist Parent Infant Mental Health Practitioner for up to 1 hour 15 mins. This time is personal to you e.g., thinking about current feelings and experiences, or making plans which might help the demands of daily life to feel more manageable. Appointments must be prebooked by emailing the team on: babyinmind.pairs@gmmh.nhs.uk

Tuesdays, 9:30am - 1:00pm

Stay and Play

Indoor and outdoor activities, including messy play. Free drop-in for families with 0-5s. Term time only. Run by Bolton Toy Library.

Wednesdays, 1:00pm - 2:00pm

SEND Stay and Play

A drop-in play group for families of children with SEND aged 0-5 years. Children do not need an official diagnosis to attend. Term time only

Thursdays, 10:00am - 11:30am

Sugar Lumps SEND Stay and Play

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

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

Free Data SIM Cards through the National Databank

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

Fridays, 9:00am - 10:00am

Breastfeeding Group

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

Fridays, 1:00pm - 2:00pm

REAL Event (Raising Early Achievement in Literacy)

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

**Friday 31 October
1:00pm - 3:00pm**

Preparing to Breastfeed

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

**Saturday, 6 Sep
10:00am - 12:15pm
Thursday, 9 Oct
5:30pm - 7:45pm**

Antenatal Clinic

Clinics operate by appointment only. See page 33-34 for information.

Well Baby Clinic

Clinics operate by appointment only. See page 40 for information.

Tonge Book Swap

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

WHAT'S ON AT: THE HUB AT WESTHOUGHTON

Central Drive, BL5 3DS
Telephone: 01942 635985

The Nest: Perinatal Mental Health Support Group

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

Mondays, 11:00am - 12:30pm

Computer Drop-in

Free to attend and no need to book.

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

Men's Social Group

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

Wednesdays, 2:00pm - 3:00pm

Stay and Play

Stay and play for children aged 0-5 years with activities like messy, sensory and free play; indoor and outdoor activity. Free drop-in.

Thursdays, 1:30pm - 2:30pm

Ofsted Registered Childminder Group

Drop-in. No need to book. £2.50 per childminder. Term time only.

Thursdays, 9:30am - 11:30am

Stay and Play

Stay and play for children aged 0-5 years with activities like messy, sensory and free play; indoor and outdoor activity. Free. Continues in the holidays.

Thursdays, 1:30pm - 2:30pm

Pause. Engage. Play.

An all-male group to strengthen your skills in engaging with your little one, helping you improve your confidence. We are also keen to hear your ideas about how we make play sessions more accessible to Bolton dads. Free refreshments.

One Saturday each month at The Hub at Westhoughton and Oxford Grove Family Hub. To find out more and book visit <https://wix.to/uviFj3o>



WHAT'S ON IN OTHER AREAS OF: WESTHOUGHTON

Chat, Play, Read

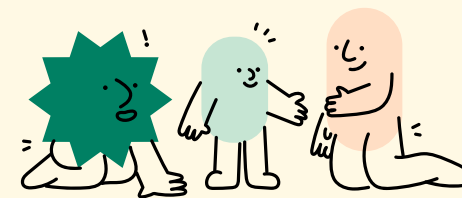
Free drop-in group for families with children 12 months +. Enjoy songs, stories, sensory play, and craft activities to help boost your child's communication, language and literacy skills. Run by Family Hub Practitioners. Term time only.

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

Toddler Tales with Bolton Libraries and Museum Services

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

Fridays, 10:30am
Westhoughton Library



WHAT'S ON IN: BLACKROD

Wiggle Worship

A free toddler group with songs, rhymes, and stories. Term time only.

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

Baby Rhyme Time

Nursery rhymes, free play and refreshments. Free to all and everyone welcome! Term time only. 0-18 months.

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

Chat, Play, Read

Free drop-in group for families with children 12 months +. Enjoy songs, stories, sensory play, and craft activities to help boost your child's communication, language and literacy skills. Run by Family Hub Practitioners. Term time only.

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

Baby Babble and Bond

A free drop-in fun and interactive group for families with babies 0-12 months.

Enjoy songs, rhymes, sensory play, and topic chats on building relationships, weaning, play, oral health etc. Run by Family Hub Practitioners. Term time only.

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

Blackrod Sports and Community Centre Activities

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

WHAT'S ON IN: HORWICH

Wiggle Tots Toddler Group

A free drop-in toddler group. Term time only.

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

Bumps, Boobs and Buggies Walking Group

This gentle walk is suitable for prams, toddlers, and slings. 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!

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

Breastfeeding Group

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

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

Toddler Tales

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

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

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

Baby Babble and Bond

A free drop-in fun and interactive group for families with babies 0-12 months.

Enjoy songs, rhymes, sensory play, and topic chats on building relationships, weaning, play, oral health etc. Run by Family Hub Practitioners. Term time only.

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

WHAT'S ON AT: JOHN HOLT CENTRE

Birch Avenue, BL5 2NR
Telephone: 01942 859535

Assist Service (Digital Drop-in)

Free to attend, no need to book.

Wednesdays, 10:00am - 12:00pm

John Holt Brew Club

Free to attend, no need to book.

Wednesdays, 12:00pm - 2:00pm

John Holt Youth Club

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

Fridays, 6:30pm - 8:30pm

WHAT'S ON AT: WASHACRE PRIMARY SCHOOL

Clough Avenue, BL5 2NJ
Telephone: 01942 634756

Baby Babble and Bond

A free drop-in fun and interactive group for families with babies 0-12 months.

Enjoy songs, rhymes, sensory play, and topic chats on building relationships, weaning, play, oral health etc. Run by Family Hub Practitioners. Term time only.

Thursdays, 9:30am - 10:30am

WHAT'S ON IN: KEARSLEY

Shake, Rattle, and Roll

An active music and movement session for 0-5s. Term-time only.
*Except 13 Oct, 20 Oct and 27 Oct / 8 Dec and 15 Dec

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

Baby Babble and Bond

A free drop-in fun and interactive group for families with babies 0-12 months.

Enjoy songs, rhymes, sensory play, and topic chats on building relationships, weaning, play, oral health etc. Run by Family Hub Practitioners. Term time only.

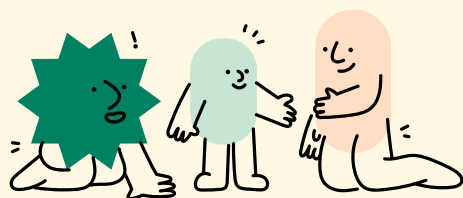
Mondays, 1:30pm - 2:30pm
Kearsley Woodbridge College,
BL4 8LB

Toddler Tales

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

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

Tuesdays, 11:00am
Farnworth Library



SUPPORT FOR: EXPECTANT PARENTS

Just found out you are pregnant?

Book an appointment with Bolton Foundation Trust Maternity Services as soon as you can to see your midwife and have your early screening tests. To book, ring the Community Midwives Office on **01204 390023** (open Mon - Fri 10:00am-3:30pm). You will have a schedule of antenatal appointments with your Community Midwife. It is important to attend for clinical assessment and to share information. To change appointments, ring the Community Midwives Office. If you feel unwell or have any health concerns prior to 16 weeks you should contact your GP. After 16 weeks if you have urgent concerns about you or your baby, you should contact Maternity Triage on **01204 390612**.

Useful info:

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

Maternity Action

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

Antenatal Clinics (by appointment only)

Alexandra Family Hub	Mon - Fri	9:00am - 5:00pm
Bright Meadows Family Hub	Tue, Thu, and Fri	9:30am - 4:30pm
Farnworth Family Hub	Mon - Fri	9:00am - 5:00pm
Harvey Family Hub	Mon - Fri	9:00am - 5:00pm
Oldhams Family Hub	Mon - Fri	9:00am - 4:30pm
Oxford Grove Family Hub	Mon - Fri	9:00am - 5:00pm
Tonge Family Hub	Mon - Fri	9:00am - 5:00pm
Great Lever Family Hub	Mon - Fri	9:00am - 5:00pm
Winifred Kettle House	Mon - Fri	9:00am - 5:00pm

Free online antenatal course

Written by registered Midwives and NHS Professionals.

'Understanding pregnancy, labour, birth, and your baby' is an online course for everyone around the baby, including mums, dads,

grandparents, friends, and family. It is part of a series of Solihull Approach courses for different age groups.

Go to www.inourplace.co.uk to create an account and access for free by entering the access code: RIVINGTON (Subject to change).

Free Plan and Prepare for Parenthood (antenatal class)

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

Harvey Family Hub	Thurs 11 Sep	5:30pm - 7:30pm
Online	Sat 20 Sep	10:00am - 12:00pm
Farnworth Family Hub	Sat 4 Oct	10:00am - 12:00pm
Online	Wed 22 Oct	5:30pm - 7:30pm
Great Lever Family Hub	Thurs 6 Nov	5:30pm - 7:30pm
Online	Sat 15 Nov	10:00am - 12:00pm
Farnworth Family Hub	Sat 6 Dec	10:00am - 12:00pm
Online	Wed 17 Dec	5:30pm - 7:30pm

Free pregnancy Padlet resource

Visit the Padlet resource below created by the Midwifery Infant Feeding Team to view a collection of written resources, links and videos offering information and support on how to feed and care for your baby.
<https://bit.ly/45BtJV7>



Antenatal Breastfeeding Workshops

Come along to one of the Midwifery Infant Feeding Team's Antenatal Workshops to help you feel more prepared and confident about breastfeeding your baby. Sessions take place as timetabled below. To book call **01204 390423** or email: **infantfeeding@boltonft.nhs.uk**. These workshops are free to attend.

Royal Bolton Antenatal Clinic
Monday 1 Sep, 6 Oct, 3 Nov, 1 Dec
6:30pm - 8:30pm

Ingleside Birth Centre
Saturday 20 Sep, 18 Oct, 15 Nov,
20 Dec
10:00am - 12:00pm

Preparing to Breastfeed Workshops

Pregnant and planning to breastfeed? This evidence-based session will provide you with key information and practical tips to help you to breastfeed your baby. For more information email **enquiries@breastfeedingtogether.co.uk** or to book a place, visit: **https://bit.ly/3D2EZKU**. These workshops are free to attend.

Tonge Family Hub	Sat 6 Sep 2025	10:00am - 12:15pm
Online	Thurs 25 Sep 2025	5:30pm - 7:45pm
Tonge Family Hub	Thurs 9 Oct 2025	5:30pm - 7:45pm
Online	Sat 18 Oct 2025	10:00am - 12:15pm
Oxford Grove Family Hub	Sat 1 Nov 2025	10:00am - 12:15pm
Online	Wed 19 Nov 2025	5:30pm - 7:45pm
Harvey Family Hub	Thurs 11 Dec 2025	5:30pm - 7:45pm
Online	Sat 20 Dec 2025	10:00am - 12:15pm

Safer Sleep for Babies

What is safer sleep and why is it so important for babies? This free online session will provide all you need to know about safer sleep. All parents and carers welcome.

For more information email **enquiries@breastfeedingtogether.co.uk** or to book a place, visit: **https://bit.ly/4dwhJcl**. These workshops are free to attend.

Online	Wednesday 15 Oct	3:00pm - 4:00pm
Online	Wednesday 10 Dec	3:00pm - 4:00pm

Your Baby and You (antenatal group)

A free antenatal group to help give mums, dads, birthing parents and none birthing parents an introduction into the emotional journey of parenthood and help them to interact with their baby. There are 4, 1.5-hour sessions run on the same day and time, in the same place weekly for 4 weeks (venue and times vary). The group is run by the PAIRS service, and it is available to everyone.

To enrol, collect a registration form at a Family Hub reception or email **Yourbabyandyou.pairs@gmmh.nhs.uk** and send a picture of the completed form back. For updates and other information, visit PAIRS Padlet by scanning the QR code or following this link: **https://bit.ly/4kR8eaG**



SUPPORT FOR: NEW PARENTS

Birth registration in Bolton

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

Call **01204 331185** for more support.

Free online baby course

Written by Psychologists, Psychotherapists, Health Visitors and NHS Professionals. 'Understanding Your Baby' is a course for everyone around the baby, supporting you and your new arrival. It is part of a series of Solihull Approach courses for different age groups.

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

Useful information:

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

Dad Matters

Supporting dads (and dads-to-be) in Bolton and across Greater Manchester. For more information, see page 52.

Website: dadmatters.org.uk
Facebook: <https://bit.ly/3CuV67z>

Spoons Greater Manchester

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

Proud 2 b Parents

This summer Proud 2 b Parents is delighted to offer a range of activities for LGBT+ parents and carers, and their children, across Bolton and Greater Manchester. To find out more about these fun family events and book on, email info@proud2bparents.co.uk. All our events are free. Our term-time Stay and Play group at Great Lever Family Hub will start back up again in September!

Baby Budgeting and Beyond!

Delivered by Bolton's Money Skills Service at your local Family Hub. A 1-hour information session planned for parents of children aged 0-12 months (expectant parents welcome). Covering topics such as budgeting, making your money go further, saving tips and money saving new parent hacks. Children are welcome to attend.

Interest? Email moneyskills@bolton.gov.uk with the subject header "Baby Budgeting and Beyond" with your name, contact information, and your preferred hub and we will be in touch.

Your 0-19 Public Health Nurse Team

This team includes Health Visitors, School Nurses, Staff Nurses, and Public Health Assistant Practitioners. Your Public Health Nurse team will contact you to complete your antenatal visit after you reach 28 weeks into your pregnancy, when your child is 10-14 days, 6-8 weeks, 9-12 months and 2-2.5 years old. They offer advice and support on a range of topics including parental mental health, safe sleeping, infant feeding, breastfeeding, weaning, child development, minor accidents and illnesses and can signpost or refer you to other services where needed.

If you need advice and support from your Public Health Nurse Team, you can:

- Contact your 0-19 team or your GP.
- Book a Well Baby Clinic appointment.

Well baby clinics

Clinics are appointment only. Please book an appointment with your Public Health Nurse using the telephone numbers provided below.

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

Immunisation Service

In the UK, every child is offered a series of vaccinations to help protect them from serious diseases (8 weeks, 12 weeks, 16 weeks, 12 months and beyond). For more information, visit: www.nhs.uk/vaccinations/. Contact your GP surgery if you have not received these or have missed an appointment. IntraHealth became the new provider for all school aged immunisations on the 1st April 2025. Contact IntraHealth by telephone: **0333 358 3397** (option 1, then option 2), or email **BoltonImms@Intrahealth.co.uk**.

What to do if your baby is unwell?

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

- Your GP: To find a GP, visit www.nhs.uk/nhs-services/
- NHS 111 visit www.111.nhs.uk or call 111
- Your Local pharmacy: To find your nearest visit www.nhs.uk/nhs-services/
- The NHS website: www.nhs.uk/conditions/baby
- The Little Orange Book: <https://bit.ly/46FdtEr>

Safe sleep, coping with crying and preventing accidents:

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

SUPPORT WITH: INFANT FEEDING

FOR UNIVERSAL NHS SUPPORT:

0-19 Community Infant Feeding

The team will contact you after the birth of your baby to offer advice and support over the phone or through home visits until your baby is 6-8 weeks old. Call **01204 462339**.

Specialist Public Health Nurse

You can discuss any feeding issues with your Specialist Public Health Nurse (Health Visitor) during visits, over the phone or at a baby clinic appointment. See page 40 for details.

Are you breastfeeding?

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



Are you bottle feeding?

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



National Breastfeeding Helpline

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

Breastfeeding Together Peer Support

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

FOR SPECIALIST NHS SUPPORT (Complex issues/difficulties):

The Specialist Midwife Infant Feeding Team

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

One to one appointment's available between 9:00am - 5:00pm at:
Harvey Family Hub (Wed)
Bright Meadows Family Hub (Fri)

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 (by appointment only) for feeding difficulties/complex feeding issues.

One to one appointment's available 9:30am -12:30pm:
Alexandra Family Hub (Wed)

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

Free Breastfeeding Groups

Breastfeeding Together provide face to face support groups as shown below.

Alternatively, you can join the online group using the link Online Peer Support Group or QR code. Fridays 10:00am - 11:00am, Meeting ID: 861 4777 2724 (code: BFT789)



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

*Subject to change

Thinking of Introducing Solid Foods?

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



ACTIVITIES FOR:
NEW PARENTS

Baby Babble and Bond

A free drop-in fun and interactive group for families with babies 0-12 months.

Enjoy songs, rhymes, sensory play, and topic chats on building relationships, weaning, play, oral health etc. Run by Family Hub Practitioners. Term time only.

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

Baby Group

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

Harvey Family Hub

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

Baby Time

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

Bolton Museum

Tuesdays, 10:30am - 11:30am

Bumps, Boobs and Buggies

Walking Group

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

Horwich Library (BL6 7AJ)

Mondays, 10:00am - 11:00am

Moss Bank Park (BL1 6LY)

Thursdays, 1:00pm - 2:00pm

SUPPORT FOR: PERINATAL MENTAL HEALTH 0-2S

The Nest: Perinatal Mental Health Support Group

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

The Hub, Central Drive, BL5 3DS

Mondays, 11:00am - 12:30pm

Dad Matters

Supporting dads (and dads-to-be) in Bolton and across Greater Manchester. For more information, see page 52.

Website: dadmatters.org.uk

Facebook: <https://bit.ly/3CuV67z>

Your Baby and You

A free antenatal group to help give mums, dads, birthing parents and non-birthing parents an introduction into the emotional journey of parenthood and help them to interact with their baby. To find out more, see page 37.

Nature, Nurture, and Natter

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

The Roost, Ashley Avenue,

BL2 5AR

Thursdays 10:00am - 12:00pm*

Home-Start Host PIMH Support

Professional and peer support sessions are carried out in family homes, Family Hubs and alternative venues, as required or appropriate.

Contact: info@homestarthost.org.uk.

With You in Mind

Drop-in peer support group for parents with children aged 0-2 years (expectant parents welcome). Come along, meet others, and share your experiences.

Continues during half-term. For information, call **01204 216537** or email: Sharonfletcher@homestarthost.org.uk

Tonge Family Hub

Mondays, 10:30am - 12:00pm

Oxford Grove Family Hub

Tuesdays, 1:15pm - 2:45pm

Farnworth Family Hub

Wednesdays, 1:15pm - 2:45pm

Bolton Toy Library PIMH Support

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

Bolton Talking Therapies

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

Baby in Mind

An information, advice, and guidance support session for all parents and caregivers. Meet a Specialist Parent Infant Mental Health Practitioner for up to 1 hour 15 mins. This time is personal to you, from thinking about current feelings and experiences, to making plans which might help the demands of daily life to feel more manageable.

Sessions take place as listed below. Please prebook a space by emailing: babyinmind.pairs@gmmh.nhs.uk.

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

Perinatal Compassion Focused Therapy (CFT) Group

Mum with a baby under 2? Finding the demands of parenting difficult to cope with or struggling with depression or anxiety? You may benefit from attending a Perinatal CTF Group. Come to a 2.5-hour weekly group for 8 weeks, at a family friendly venue. Bring your baby with you. To self-refer, visit Talking Therapies <https://bit.ly/4dpFDWt> or call **01204 483101**. The next 8-week group begins:

Friends Meeting House, 50 Silverwell St, BL1 1PP
Tuesdays (8-weeks) 9:30am - 12:00pm

SUPPORT FOR: FAMILIES WITH YOUNG CHILDREN

Universal development checks

All families will be offered a one-to-one appointment to discuss their child's development and given advice and support where needed. Visits will be offered for children at:

- 9-12 months (Public Health Nurse Team)
- 18 months (Start Well Locality Practitioner Team)
- 2 years - 2.5 years (Public Health Nurse Team)

If you have any concerns about your child's development before or after these checks, you can visit your local Family Hub or contact your Public Health Nurse Team (see info on page 40) to ask for more advice and support or signposting and referrals to other services.

Useful Information

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

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



Join a free Solihull group 'Understanding your child'

This free 10-week group offers insights for all parents and carers, helping you gain a deeper understanding of your child's development. Includes play, communication, brain development, emotions and parenting styles. Whether you're navigating new experiences or simply curious to learn new skills. Perfect for those with a child under 3. Children welcome. Creche in some venues. *Please book in advance by contacting Families Together on **07514 484157** or email familiestogether445@gmail.com Find out more at: www.familiestogether.org.uk

Bright Meadows Family Hub	Tuesday*	12:30pm - 2:30pm
Harvey Family Hub	Wednesday*	10:00am - 12:00pm
Farnworth Family Hub	Thursday*	10:00am - 12:00pm
Oxford Grove Family Hub	Friday*	10:00am - 12:00pm

Access a free Solihull course online 'Understanding your child'

Written by Psychologists, Psychotherapists, Health Visitors and NHS Professionals. 'Understanding Your Child' is a course for everyone around the child, including parents, grandparents, family and friends. It is part of a series of Solihull Approach courses for different

age groups, covering pregnancy, labour, birth and your baby, understanding your child from toddler to teenager, understanding your brain (for teenagers only) and more. To access charge free, go to www.inourplace.co.uk, create an account and enter the access code: RIVINGTON in the Apply Access Code box (subject to change).

SUPPORT FOR: DADS

Dads in Bolton are welcome to attend all advertised activity in this guide. However, if you're a Bolton dad looking to meet other local dads, then the activity listed on this page is for you!

Pause. Engage. Play.

An all-male group to strengthen your skills in engaging with your little one, helping you improve your confidence. We are also keen to hear your ideas about how we make play sessions more accessible to Bolton dads. Free refreshments will be available.



One Saturday each month at The Hub at Westhoughton and Oxford Grove Family Hub. To find out more and book visit <https://wix.to/uVlFj3o>

Dad Matters

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

Andy's Man Club

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

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

Men's Social Group

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

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

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

Contact Bolton Families Information Service for more help and advice.

Email: families@bolton.gov.uk

Call: 01204 332170

How to apply

- Go online (Citizen Portal) by scanning the QR code below or visiting www.bolton.gov.uk/freechildcare
- Take your child's 'Red Book', birth certificate, and benefit award to a Family Hub
- Ask at school, nursery or a childminder
- Ask your Public Health Nurse (Health Visitor)
- Ask a Start Well Locality Practitioner

You will need

- Your National Insurance Number / National Asylum Seeker Support Number
- Information about you and your child (date of birth, address, email, Red Book, Birth Certificate and Benefit Award letter etc.)

If you qualify, you will receive a confirmation letter to your email address. Take this letter and your child's birth certificate to a local childminder, nursery, or school nursery of your choice.

Childcare Choices
Quality early years education and childcare in Bolton

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

Scan me with a mobile camera

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

www.bolton.gov.uk/freechildcare

Bolton Council

HELP WITH:
CHILDCARE COSTS (FOR WORKING PARENTS)

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

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



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

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

ACTIVITIES TO SUPPORT:
EARLY COMMUNICATION AND LANGUAGE LEARNING AT HOME

Chat, Play, Read

A free interactive group for families with children 12 months+ Enjoy songs, stories, sensory play, and craft activities to help build your child’s communication, language, and literacy skills. Run by Family Hub Practitioners. Term time only.

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

Toddler Tales with Bolton Libraries and Museum Services

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

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

Sharing Stories Summer Farewell

Enjoy stories and activities at the finale of the Sharing Stories Library Tour and Summer Reading Challenge 'Story Garden'.

Takes place 14 September from 11:00am - 3:00pm at Smithills Historic Halls.

Saturday Storytime

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

**Bolton Central Library
Saturdays, 2:00pm**

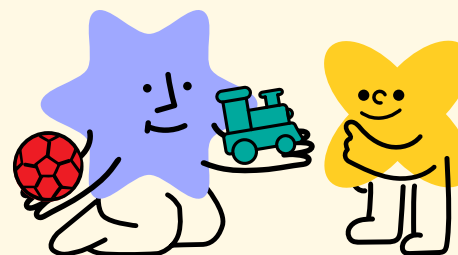
REAL Event (Raising Early Achievement in Literacy)

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

Great Lever Family Hub	Mon 27 October	10:00am - 12:00pm
Harvey Family Hub	Mon 27 October	1:00pm - 3:00pm
Oldhams Family Hub	Tues 28 October	1:00pm - 3:00pm
Oxford Grove Family Hub	Wed 29 October	10:00am - 12:00pm
Alexandra Family Hub	Thurs 30 October	1:30pm - 3:30pm
Bright Meadows Family Hub	Thurs 30 October	1:00pm - 3:00pm
Farnworth Family Hub	Fri 31 October	9:30am - 11:30am
Tonge Family Hub	Fri 31 October	1:00pm - 3:00pm

5 Golden Rules for Communication

Here are 5 ways to support your child's early communication and language learning at home. Follow the QR code or link to watch short video examples: <https://bit.ly/boltonfamilyhubsyoutube>



ACTIVITIES FOR: FAMILIES WITH CHILDREN

Family Fun Time

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

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

Free Exhibitions

Join Bolton Library and Museum Services for:

- Reebok and Norman Walsh: Bolton History of the Running Shoes Exhibition** between 5 July and 18 July 2025. Tours take place on: 9 Sep, 14 Oct, 11 Nov at 1:00pm. The History of Bolton’s Running Clubs Tour will take place on the 30 Sep from 1:00pm.
- The Foxes - The Iconic British Mammal Exhibition** takes place on the 20 September at 11:00am. It’s free to enter and there is no need to book.

Visit Bolton Library and Museum Services to find out more about both exhibitions.

Family Film Club at High Street Library

First Saturday of every month. Vote for your favourite film a week in advance and we’ll show the film with the most votes! All films will be rated U or PG. Book on the day at High Street Library: 6 September, 4 October, 1 of November and 6 December.

Stay and Play

Stay and play for children aged 0-5 years with activities like messy, sensory and free play; indoor and outdoor activity. Free drop-in. Term time only.

Bolton Toy Library*

Bolton Wanderers in the Community (BWITC)**

The Hub at Westhoughton ***

Farnworth Family Hub*	Mondays	10:00am - 11:00am
Alexandra Family Hub*	Mondays	1:00pm - 2:00pm
Harvey Family Hub*	Tuesdays	10:00am - 11:00am
Harvey Family Hub*	Tuesdays	1:00pm - 2:00pm
Great Lever Family Hub*	Tuesdays	1:00pm - 2:00pm
Harvey Family Hub*	Wednesdays	9:30am - 11:00am
Alexandra Family Hub**	Wednesdays	10:00am - 11:30am
Harvey Family Hub*	Wednesdays	1:00pm - 2:00pm
Tonge Family Hub*	Wednesdays	1:00pm - 2:00pm
Harvey Family Hub*	Thursdays	10:00am - 11:00am
Bright Meadows Family Hub*	Thursdays	10:00am - 11:00am
Oldhams Family Hub*	Thursdays	1:00pm - 2:00pm
The Hub at Westhoughton***	Thursdays	1:30pm - 2:30pm
Farnworth Family Hub**	Fridays	10:00am - 11:30am

Wiggle Tots and Wiggle Worship Toddler Groups

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

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

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

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

Little Bats Learning: Stay and Play

Stay and play the forest school way outdoor sessions. An 8-week block to build your tots confidence to play in nature. 1-5 years (younger siblings welcome to accompany) *Advanced booking required. Email: www.littlebatslearning.org/sessions/ or call Elanor on **07818 925678** or drop into a session to secure a place. The next 8-week block will start again at the beginning of October 2025.

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

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

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

Lancashire Wildlife Trust:**Nature Club for Tots**

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

Oldhams Family Hub
Tuesdays, 10:00am - 11:00am

Oxford Grove Family Hub
Tuesdays, 1:00pm - 2:00pm

Alexandra Family Hub
Thursdays, 10:00am - 11:00am

Proud 2 b Parents

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

Great Lever Family Hub
Thursdays, 1:00pm - 2:30pm

Shake, Rattle, and Roll!

A fun and active music and movement session for 0-5s. Free drop-in, no need to book!

Kearsley Woodbridge College
Mondays, 9:30am - 10:15am
(except 13, 20, 27 Oct; 8, 15 Dec)

Tonge Family Hub
Mondays, 1:30pm - 2:15pm
(except 13, 20, 27 Oct; 8, 15 Dec)

Bright Meadows Family Hub
Wednesdays, 10am - 10:45am
(except 15, 22, 29 Oct; 10, 17 Dec)

Flowhesion: Parent and Tots

Stay and play groups for families with children aged 0-4 years. Bilingual practitioners attend for parents with South Asian ethnic backgrounds. Free drop-in. Term time only.

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

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

Explore Smithills Hall

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

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

Smithills Hall Heritage Open Days

Tours of Smithills Hall with access to the 'George Marsh Room' which is usually closed to the public.

17, 18 and 19 September, 11:00am - 12:30pm.

Fish Feeds at Bolton Aquarium (Bolton Central Library)

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

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

Surprises from the Natural History Stores

Free drop-in at Bolton Central Library, 2 September and 28 October.

SEND ACTIVITIES

Sugar Lumps SEND Stay and Play

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

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

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

SEND Stay and Play

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

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

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

BLGC Infinity SEND Connect Club

Bolton Lads and Girls Club (BLGC) run free 'Connect Clubs' at Infinity BLGC, 18 Spa Road, BL1 4AG. Register at: www.blgc.co.uk

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

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

Breaking Barriers

A charity working with children and young people with SEND, providing peer support groups for families. Call: **07717 434 840**, email: breakingbarriers3@gmail.com or visit the calendar for up-to-date information: www.breakingbarriersnw.com

SEND Stay and Play

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

Harvey Family Hub
Mondays*, 1:00pm - 2:00pm

The Father Christmas Experience

My First Father Christmas Experience, a day for children with additional needs, and a day for adult and teenage believers - in addition to our traditional Father Christmas Experience. Dates, information and booking details will be released mid-September. Visit: Bolton Library and Museum Services to find out more.

Bolton's SEND Local Offer

Providing a single point for information, to help families access details about services available to them. Search 'Bolton SEND Local Offer' online for more information, visit: <https://bit.ly/3SbEYNC> or scan the QR code.



ACTIVITIES FOR THE: SCHOOL HOLIDAYS

**Holiday Activities
(autumn and winter 2025)**

Join Bolton Library and Museum Services during the school holidays for more fun activities like storytelling and film screenings. Find out more on **Facebook Bolton Library and Museum Services** and Eventbrite <https://bit.ly/3QXP0AE>

- **Magic and Mayhem**
(25 Oct - 3 Jan)
- **Winter break activities**
(20 Dec - 3 Jan)
- **Put Big Light On: Dan Acher’s ‘Borealis’** (20 - 23 Nov)
- **Father Christmas Experience**
(Dec 2025)

Free Halloween Craft Activities

Little Lever Library Monday 27 October	2:00pm - 3:00pm
Brightmet Library Tuesday 28 October	2:00pm - 3:00pm
Horwich and Blackrod Libraries Thursday 30 October	10:30am - 2:30pm
Harwood and Farnworth Libraries Thursday 30 October	2:00pm - 3:00pm
Bromley Cross Library Thursday 30 October	3:00pm - 4:00pm
High Street Library Thursday 30 October	5:00pm - 6:00pm
Westhoughton Library Friday 31 October	2:00pm - 3:00pm

Green Libraries Week

Celebrate Green Libraries Week with free activities and events in all libraries between 27 October - 2 November 2025.

Ghastly Stories for Gruesome Gremlins

Showing 29 October, from 11:30 and 2:30pm. Purchased ticket - event booking details to be announced closer to event.

Bat Walk - Nature Talks and Walks

Bat and Moth Walk around the grounds at Smithills Halls on 29 October at 7:00pm

OTHER ACTIVITIES AND SUPPORT FOR: FAMILIES

Let's Keep Bolton Moving

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

Swimming Lessons

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

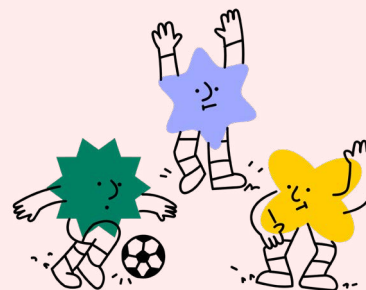
Lagan's Foundation Care Support Service

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

Bolton Health Hive

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

ACTIVITIES FOR: YOUNG PEOPLE



Bolton's Play and Youth Service
The Play and youth Service offer an array of free positive activities from several Young People Centres and community venues across the borough! Whether it's sports, arts, music or games, qualified staff are on hand to offer support, advice, and guidance in a warm and safe space. Sessions are delivered for children 4 - 17 years old.

Play Sessions (4-12s)

Provide positive activities afterschool that aim to develop children's social, physical, and emotional development. It's a chance for children to learn, try new things, and experience the wider world!

Junior Youth Sessions (9-12s)

Aim to support the transition between primary school and secondary school by delivering engaging activities that promote independence and develop life skills. Sessions run in the evening and provide a positive pathway to the senior youth club sessions.

Youth Sessions (13-17s)

Use positive activities as a vehicle to engage young people in issue-based projects that affect them and the communities in which they live. The sessions are young people led promoting youth voice and youth action whilst building independence, confidence and skills that will support them through adolescence. Email positive.activities@bolton.gov.uk
Web: www.bolton.gov.uk/playandyouth. Alternatively, check out Bolton's Play and Youth Facebook page @ **Play&YouthBolton** and scan the QR code to find out what's on throughout the term including the school holidays.



Bolton Holiday Activities and Food Programme (HAF)

Team Bolton's Holiday Activities and Food (HAF) Programme will be back during the Easter, Summer, and Christmas break offering enriching activities and a hot meal for children on benefits related Free School Meals. Check out the HAF microsite to see 'what's on' near you! www.Bolton.gov.uk/HAF.

Bolton Lads and Girls Club

Jump into BLGC Infinity (Spa Road), a space for young people to enjoy free club sessions with use of the gym, games room, astro turf pitch, music studio and art room. Members can also fuel up on a hot meal.

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

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

Bolton Lads and Girls Club

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

Believe Achieve CIC

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

- Employability Workshops
- Dance classes
- Music studio
- IT skills sessions
- Mental Health support

145-147 Market St, Farnworth, BL4 8HF.

For more information call **01200 312007** or email: info@believeachievecic.co.uk.

Video Game Tournament

Second Saturday of every month. Book on the day at High Street Library:

- 13 September
- 11 October
- 8 November
- 13 December

SUPPORT FOR: YOUNG PEOPLE

The Parallel

A young people's health centre, for those aged up to 19-year-old. If you live in Bolton and need help, go online for more info: <https://bit.ly/4dAylPz>

360o

For information about Bolton's 360o Young People's Substance Misuse Service, visit: <https://bit.ly/3SCjz2y>

Mental Health Support

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

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.

SUPPORT FOR: PARENTS

Bolton Money Skills Support

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

Call us on **01204 332916**

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

Support with Digital, Employment, and Skills (DES)

- Access digital support with Bolton Library and Museum Services to get:
- Free digital one to one support to use a phone, tablet or laptop.
- Essential digital skills to help you update and upload your CV and search for jobs.
- Access to a digital lending library, (borrow a Chromebook or Tablet) to help you with digital and employability skills and courses.
- Free data (adults over 18 on low income).

- ESOL courses for residents, refugees, and asylum seekers with English as an additional language.

To find out more, contact DES on **01204 332853** or **DES@bolton.gov.uk**

Working Well: Pioneer

Get help finding work that's right for you. With support that continues even after you've started work. If you're currently unemployed, aged 18+, and not currently required to search for work as part of Universal Credit or JSA, then Working Well: Pioneer could help you. You'll get:

- A dedicated employment specialist
- Access to local employers hiring now
- Access to health support
- A wide range of employability courses
- Practical help with CVs, applications, interviews, travel, and more
- Help with career progression and development once in work

To find out more, visit **www.inworkgm.co.uk/pioneer**

Bolton at Home

Managing and maintaining properties across Bolton. Call: **01204 328000**

Warm spaces

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

Debt and Money Advice

www.bolton.gov.uk/costofliving

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

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

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



Parent Support Coffee Morning

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

Talking Therapies

Bolton's Talking Therapies provide free, confidential talking therapies for adults aged 16 years and over. They will work with you and help you address a range of problems that you may be experiencing, e.g., depression, anxiety, panic, stress, PTSD, OCD and phobias. Talking Therapy Service information can be found here: **<https://bit.ly/43NxMx6>** Self-refer by following the link provided.

Nurturing Wellbeing Parent Guide

Bolton Together's iThrive Hub provide a free to download online guide for parents and carers offering information, guidance, and resources to assist in supporting their child's mental health and well-being: <https://bit.ly/4hBliAd>

Additional resources designed to support families and young people in Bolton can be found here: bolton-together.org.uk

Qwell

Mental Health support for adults. Visit: www.qwell.io

5 Ways to Wellbeing

Explore the '5 ways to wellbeing' that support many aspects of wellbeing and mental health. For session and booking information visit: <https://bit.ly/4crd7SY>

Connect 5

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

Living Life to the Full

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

Greater Manchester Crisis Line

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

Domestic Abuse

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

Report Abuse

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

In partnership with:



YOUR LOCAL FAMILY HUBS AND OTHER CENTRES

Alexandra Family Hub

Blackledge Street BL3 4BL
01204 337347

Bright Meadows Family Hub

Greenroyd Ave, Brightmet,
BL2 5DD
01204 336691

Farnworth Family Hub

King Street BL4 7AP
01204 334955

Great Lever Family Hub

Leonard Street BL3 3AP
01204 337333

Harvey Family Hub

Shaw Street BL3 6HU
01204 337390

Oldhams Family Hub

Forfar Street BL1 6RN
01204 334992

Oxford Grove Family Hub

Shepherd Cross Street BL1 3BH
01204 337090

Tonge Family Hub

Starkie Road BL2 2ED
01204 336745

Horwich Health and Wellbeing Hub

Victoria Road BL6 7BT

Horwich Library

Jones Street BL6 7AJ
01204 335040

The Hub at Westhoughton

The Hub, Central Drive, BL5 3DS
01942 635985

Winifred Kettle House

Washacre Lane BL5 2NG
01204 337347



Funded by
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**Bolton
Family Hubs**