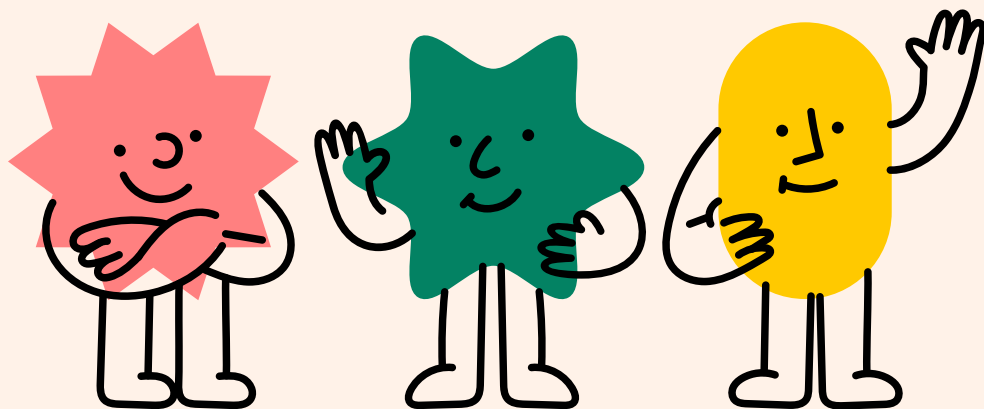


GUIDE TO FREE SERVICES AND ACTIVITIES FOR FAMILIES IN BOLTON

July to August 2026



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



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What are Best Start Family Hubs?

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

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

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

Find us online



Bolton Family Hubs
bit.ly/4ciRzZB

Find us on Facebook



Bolton Family Hubs
bit.ly/43eTVXM



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



Discover the Best Start in Life Parent Hub

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

WHAT'S ON AT: ALEXANDRA BEST START FAMILY HUB

Blackledge Street, BL3 4BL
Telephone: 01204 337347

Find us on
Facebook



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

Baby in Mind

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

Mondays 9:30am – 1:00pm

Specialist Health Visitor for Infant Feeding

Providing one to one support for feeding difficulties/complex feeding issues. *Appointment only. See page 28

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

Family Fun Time

Drop-in for families with children of all ages. *Except 24 Aug. See page 48

***Mondays, 3:15pm – 4:15pm**

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. *Except 25 Aug. See page 32

***Tuesdays, 10:00am – 11:00am**

Chat, Play, Read

Drop-in group for families with children 12 months +. *Except 26 and 27 Aug. See page 44.

In addition, join us for a special summertime REAL literacy activity session on Thursday 23 July and Wednesday 5 August at the same times. To find out more about this activity, see page 45.

***Wednesday, 1:00pm – 2:30pm**

***Thursdays, 1:00pm – 2:00pm**

Your Health Bolton - Stop Smoking Support

Free 12-week programme of support to help you quit smoking. See page 60

Fridays by appointment only.

Antenatal Clinic

Clinics operate by appointment only. See page 22 for information.

Well Baby Clinic

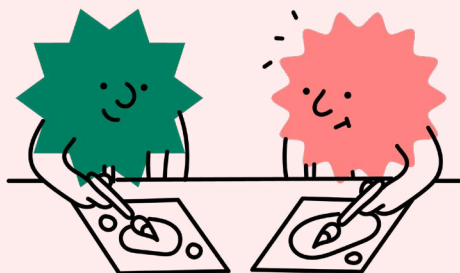
Clinics operate by appointment only. See page 30 for information.

Free Data SIM Cards through the National Databank

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

Come and enjoy our children's space anytime

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



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

Greenroyd Avenue, BL2 5DD
Telephone: 01204 336691

Find us on
Facebook



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

Chat, Play, Read

Drop-in group for families with children 12 months +. *Except 24 Aug. See page 44

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

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. *Except 25 Aug. See page 32

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

Chat, Play, Read

Drop-in group for families with children 12 months +. *Except 25 Aug. See page 44.

In addition, join us for a special summertime REAL literacy activity session on Tuesday 28 July at the same time. To find out more about this activity, see page 45.

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

Dad Matters: Support for new and expecting dads

Providing a space to access support, chat, meet other dads and to find out what's on across the borough. See page 55.

Tuesdays, 2:30pm - 3:30pm

Shake, Rattle, and Roll

Active music and movement session for families with 0-5s. See page 40. *Except 26 Aug.

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

Your Health Bolton - Stop Smoking Support

Free 12-week programme of support to help you quit smoking. See page 60

Wednesdays by appointment only.

Family Fun Time

Drop-in for families with children of all ages. *Except 27 Aug. See page 48

***Thursdays, 1:00pm - 3:00pm**

Baby Bonding Group

A small group for parents and babies aged 0-6 months. Starts Wednesday 9th September. For more information, email: babyinmind.pairs@gmmh.nhs.uk

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. *Except 28 Aug. See page 32

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

Antenatal Clinic

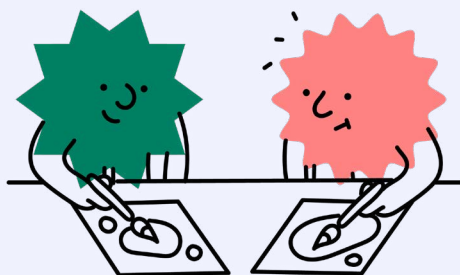
Clinics operate by appointment only. See page 22 for information.

Free Data SIM Cards through the National Databank

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

Come and enjoy our children's space anytime.

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



WHAT'S ON AT: FARNWORTH BEST START FAMILY HUB

King Street, BL4 7AP
Telephone: 01204 334955

Find us on
Facebook



Hub opening hours:

8:45am - 6:00pm
Monday to Friday
9:00am - 4:00pm
Saturday 25 Jul and
15 Aug

Family Fun Time

Drop-in for families with children of all ages. *Except 24 Aug. See page 48

***Mondays, 3:30pm - 4:30pm**

Chat, Play, Read

Drop-in group for families with children 12 months +. *Except 25 Aug. See page 44.

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

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. *Except 26 Aug. See page 32

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

Breastfeeding Group

Drop-in and meet other breastfeeding parents. See page 27

Wednesdays, 11:00am - 12:00pm

Baby in Mind

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

**Wednesdays, 12:30pm - 4:00pm
Fridays, 9:30am - 4:00pm**

With You in Mind

Drop-in peer support group for parents with children aged 0-2 years (expectant parents welcome). See page 37

Wednesdays, 1:15pm - 2:45pm

Chat, Play, Read

Drop-in group for families with children 12 months +. *Except 27 Aug. See page 44.

In addition, join us for a special summertime REAL literacy activity session on Thursday 6 August at the same time. To find out more about this activity, see page 45.

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

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. *Except 28 Aug. See page 32

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

Cooking Wizards

Classes to help children aged 8 and over learn basic cooking skills to boost confidence and independence. *Advanced booking required. See page 49

***Saturdays**

Family Help Saturday Parenting Advice Drop-in

For families with children 18 years and under. Drop-in between 10:00am - 4:00pm. See page 53

Saturday 25 Jul and 15 Aug

Antenatal Clinic

Clinics operate by appointment only. See page 22 for information.

Well Baby Clinic

Clinics operate by appointment only. See page 30 for information.

Free Data SIM Cards through the National Databank

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

Come and enjoy our children's space anytime

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

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

Leonard Street, BL3 3AP
Telephone: 01204 337333

Find us on
Facebook



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

Chat, Play, Read

Drop-in group for families with children 12 months +. *Except 24 Aug. See page 44.

In addition, join us for a special summertime REAL literacy activity session on Monday 27 July at the same time. To find out more about this activity, see page 45.

***Mondays, 9:30am - 11:00am**

Baby in Mind

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

Mondays, 9:30am - 1:00pm

Dad Matters: Support for new and expecting dads

Providing a space to access support, chat, meet other dads and to find out what's on across the borough. See page 55.

Mondays, 11:00am - 12:00pm

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. *Except 24 Aug. See page 32

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

Chat, Play, Read

Drop-in group for families with children 12 months +. *Except 25 Aug. See page 44.

In addition, join us for a special summertime REAL literacy activity session on Tuesday 4 August at the same time. To find out more about this activity, see page 45.

***Tuesdays, 9:30am - 11:00am**

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. *Except 26 Aug. See page 32

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

Family Fun Time

Drop-in for families with children of all ages. *Except 27 Aug. See page 48

***Thursdays, 3:15pm - 4:30pm**

Stay and Play

A messy play session for all the family, facilitated by @SugarLumps. Dress for mess! No session Fri 28 Aug.

***Fridays, 10:30am - 12:00pm**

Antenatal Clinic

Clinics operate by appointment only. See page 22 for information.

Well Baby Clinic

Clinics operate by appointment only. See page 30 for information.

Free Data SIM Cards through the National Databank

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

Come and enjoy our children's space anytime

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

WHAT'S ON AT: HARVEY BEST START FAMILY HUB

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

Find us on
Facebook



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

Chat, Play, Read

Drop-in group for families with children 12 months +. *Except 24 Aug. See page 44.
In addition, join us for a special summertime REAL literacy activity session on Monday 27 July at the same time. To find out more about this activity, see page 45.

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

Andy's Man Club

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

Mondays, 7:00pm - 9:00pm

Family Fun Time

Drop-in for families with children of all ages. *Except 25 Aug. See page 48

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

Sugar Lumps SEND Stay and Play

Drop-in for families with children aged 0-5 years. No Diagnosis required. Dress for mess!

Tuesdays, 10:00am - 11:30am

Your Health Bolton - Stop Smoking Support

Free 12-week programme of support to help you quit smoking. See page 60

Tuesdays by appointment only

Family Fun Time

Drop-in for families with children of all ages. *Except 26 Aug. See page 48

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

Breastfeeding Together: Under 25s Stay and Play Group NEW!

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

Wednesdays, 1:00pm - 2:00pm

Preparing to Breastfeed

Workshop

Come along if you're pregnant and thinking about breastfeeding. See page 25

**Wednesday 12 Aug,
5:30pm - 7:45pm**

Baby in Mind

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

Thursdays, 9:30am - 4:00pm

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. *Except 27 Aug. See page 32

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

Chat, Play, Read

Drop-in group for families with children 12 months +. *Except 28 Aug. See page 44.

In addition, join us for a special summertime REAL literacy activity session on Friday 14 August at the same time. To find out more about this activity, see page 45.

***Fridays, 9:30am - 11:00am**

Antenatal Clinic

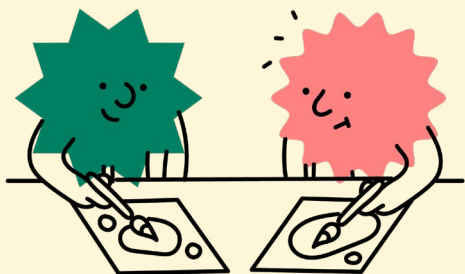
Clinics operate by appointment only. See page 22 for information.

Free Data SIM Cards through the National Databank

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

Come and enjoy our children's space anytime

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



WHAT'S ON AT: OLDHAMS BEST START FAMILY HUB

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

Find us on
Facebook



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

Shake, Rattle, and Roll

Active music and movement session for families with 0-5s. See page 40. *Except 24 Aug.

***Mondays, 10:30am - 11:15am**

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. *Except 25 Aug. See page 32

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

Family Fun Time

Drop-in for families with children of all ages. *Except 25 Aug. See page 48

***Tuesdays, 3:15pm - 4:15pm**

Chat, Play, Read

Drop-in group for families with children 12 months +. *Except 26 Aug. See page 44.

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

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. *Except 27 Aug. See page 32

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

Breastfeeding Group

Drop-in and meet other breastfeeding parents. See page 27

Thursdays, 1:00pm - 2:00pm

Hope for Mental Health Group

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

Thursdays, 7:15pm

Your Health Bolton - Stop Smoking Support

Free 12-week programme of support to help you quit smoking. See page 60

Thursdays by appointment only.

Chat, Play, Read

Drop-in group for families with children 12 months +. *Except 28 Aug. See page 44.

In addition, join us for a special summertime REAL literacy activity session on Friday 24 July at the same time. To find out more about this activity, see page 45.

***Fridays, 9:30am - 11:00am**

Dad Matters: Support for new and expecting dads

Providing a space to access support, chat, meet other dads and to find out what's on across the borough. See page 55.

Fridays, 11:00am - 12:00pm

@SugarLumps SEND Stay and Play

A drop-in for families of children 0-5 years with special educational needs and disabilities (SEND). See page 41. *Except Friday 28 Aug.

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

Antenatal Clinic

Clinics operate by appointment only. See page 22 for information.

Well Baby Clinic

Clinics operate by appointment only. See page 30 for information.

Free Data SIM Cards through the National Databank

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

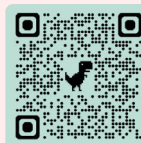
Come and enjoy our children's space anytime

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

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

Shepherd Cross St, BL1 3BH
Telephone: 01204 337090

Find us on
Facebook



Hub opening hours:
8:45am - 6:00pm
Monday to Friday
9:00am - 4:00pm
Saturday 1 Aug and
22 Aug

Lego Brick-Building Stay and Play

Brick-Building fun with North West Brick Community CIC. Come along and make your own Lego model. Free fun for all the family and there's no need to book! *Except Monday 24 August.

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

Baby in Mind

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

Tuesdays, 9:30am - 4:00pm

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. *Except 25 Aug. See page 32

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

With You in Mind

Drop-in peer support group for parents with children aged 0-2 years (expectant parents welcome). See page 37

Tuesdays, 1:15pm - 2:45pm

Parent Support Coffee Morning

A drop-in group for parent carers of children struggling with mental health difficulties. See page 53

Wednesdays, 10:00am - 11:00am

Chat, Play, Read

Drop-in group for families with children 12 months +. *Except 26 Aug. See page 44.

In addition, join us for a special summertime REAL literacy activity session on Wednesday 5 August at the same time. To find out more about this activity, see page 45.

***Wednesdays, 10:00am - 11:30pm**

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. *Except 27 Aug. See page 32

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

Family Fun Time

Drop-in for families with children of all ages. *Except 27 Aug. See page 48

***Thursdays, 3:15pm - 4:30pm**

Plan and Prepare for Parenthood

A group for parents-to-be. See pages 24

**Saturday 1 Aug,
10:00am - 12:00pm**

Cooking Wizards

Classes to help children aged 8 and over learn basic cooking skills to boost confidence and independence. *Advanced booking required. See page 49

***Saturdays**

Family Help Saturday Parenting Advice Drop-in

For families with children 18 years and under. Drop-in between 10:00am - 4:00pm. See page 53

Saturday 1 Aug and 22 Aug

Antenatal Clinic

Clinics operate by appointment only. See page 22 for information.

Well Baby Clinic

Clinics operate by appointment only. See page 30 for information.

Free Data SIM Cards through the National Databank

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

Come and enjoy our children's space anytime

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

WHAT'S ON AT: TONGE BEST START FAMILY HUB

Starkie Road, BL2 2ED
Telephone: 01204 336745

Find us on
Facebook



Hub opening hours:

8:45am - 6:00pm

Monday to Friday

9:00am - 4:00pm

Saturday 8 Aug

Chat, Play, Read

Drop-in group for families with children 12 months +. *Except 24 Aug. See page 44.

In addition, join us for a special summertime REAL literacy activity session on Monday 3 August at the same time. To find out more about this activity, see page 45.

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

With You in Mind

Drop-in peer support group for parents with children aged 0-2 years (expectant parents welcome). See page 37

Mondays, 10:30am - 12:00pm

Shake, Rattle, and Roll

Active music and movement session for families with 0-5s. See page 40. *Except 24 Aug.

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

Dad Matters: Support for new and expecting dads

Providing a space to access support, chat, meet other dads and to find out what's on across the borough. See page 55.

Mondays, 2:30pm - 3:30pm

Family Fun Time

Drop-in for families with children of all ages. *Except 24 Aug. See page 48

***Mondays, 3:15pm - 4:30pm**

Baby in Mind

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

Tuesdays, 9:30am - 1:00pm

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. *Except 25 Aug. See page 32

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

Family Fun Time

Drop-in for families with children of all ages. *Except 26 Aug. See page 48

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

Moo Music SEND Stay and Play
A session for SEND children 0-5 and their families. Children will explore their senses through singing, dancing, and play. See page 41. *Except 27 Aug.

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

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. *Except 28 Aug. See page 32

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

Breastfeeding Group

Drop-in and meet other breastfeeding parents. See page 27

Fridays, 1:00pm - 2:00pm

Chat, Play, Read

Drop-in group for families with children 12 months +. *Except 28 Aug. See page 44.

In addition, join us for a special summertime REAL literacy activity session on Friday 31 July at the same time. To find out more about this activity, see page 45.

***Fridays, 1:30pm - 3:00pm**

Cooking Wizards

Classes to help children aged 8 and over learn basic cooking skills to boost confidence and independence. *Advanced booking required. See page 49

***Saturdays**

Family Help Saturday Parenting Advice Drop-in

For families with children 18 years and under. Drop-in between 10:00am - 4:00pm. See page 53

Saturday 8 Aug

Antenatal Clinic

Clinics operate by appointment only. See page 22 for information.

Well Baby Clinic

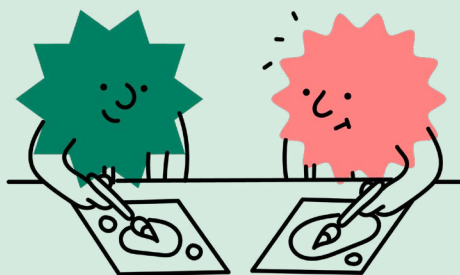
Clinics operate by appointment only. See page 30 for information.

Free Data SIM Cards through the National Databank

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

Come and enjoy our children's space anytime

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



WHAT'S ON IN: BLACKROD AND HORWICH

Bumps, Boobs, and Buggies Walking Group

This gentle walk is suitable for prams, toddlers, and slings. See page 33

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

Breastfeeding Group

Drop-in and meet other breastfeeding parents. See page 27

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

Chat, Play, Read

Drop-in group for families with children 12 months plus. *Except 25 Aug. See page 44.

In addition, join us for a special summertime REAL literacy activity session on Tuesday 28 July at the same time. To find out more about this activity, see page 45.

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

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. *Except 26 Aug. See page 32

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

Toddler Tales

Storytelling sessions ideal for 2-5 years. See page 46

Thursdays, 10:30am
Horwich Library & Blackrod Library

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. *Except 28 Aug. See page 32

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

Blackrod Sports and Community Centre Activities

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

WHAT'S ON IN: WESTHOUGHTON

Chat, Play, Read

Drop-in group for families with children 12 months plus. See page 44.

In addition, join us for a special summertime REAL literacy activity session on Monday 3 August at the same time. To find out more about this activity, see page 45.

***Mondays except 17 & 24 Aug**
9:30am - 10:30am
The Gates Primary School

Free Family Lego Sessions

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

Monday 3 Aug, 5:00pm - 7:00pm
John Holt Youth Club

Computer Drop-in

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

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

Breastfeeding Group

Drop-in and meet other breastfeeding parents. See page 27

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

John Holt Youth Club

For school aged children in Year 5 to Year 7. No need to book.

Tuesdays, 6:30pm - 8:30pm

Men's Social Group

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

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

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. *Except 27 Aug. See page 32

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

John Holt Youth Club

For school aged children in Year 8 to Year 13. No need to book.

Fridays, 6:30pm - 8:30pm

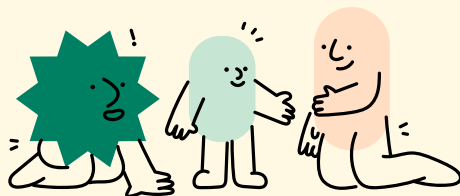
John Holt Food Bank and Community Shop

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

Toddler Tales

Storytelling sessions ideal for 2-5 years. See page 46

Fridays, 10:30am
Westhoughton Library



PREGNANCY (including partners)

Just found out you are pregnant?

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

You will have a schedule of antenatal appointments with your Community Midwife. It is important to attend for clinical assessment and to share information. To change appointments, ring the Community Midwives Office.

If you feel unwell or have any health concerns prior to 16 weeks you should contact your GP. After 16 weeks if you have urgent concerns about you or your baby, you should contact Maternity Triage on **01204 390612**.

Antenatal Clinics (by appointment only)		
Alexandra Family Hub	Mon - Fri	01204 337347
Bright Meadows Family Hub	Tue, Thu, and Fri	01204 336691
Farnworth Family Hub	Mon - Fri	01204 334955
Harvey Family Hub	Mon - Fri	01204 337390
Oldhams Family Hub	Mon - Fri	01204 334992
Oxford Grove Family Hub	Mon - Fri	01204 337090
Tonge Family Hub	Mon - Fri	01204 336745
Great Lever Family Hub	Mon - Fri	01204 337333
Winifred Kettle House	Mon - Fri	01204 335138

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

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

www.healthystart.nhs.uk

Is It Serious? Online Pregnancy Symptom Checker

Access an A-Z of symptoms at:

www.tommys.org/pregnancy-information/symptom-checker

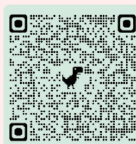
Maternity Action

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

Dad Matters: Saturday Walk and Talks

A great way for you to connect and chat about being a dad with other dads. For more information, see page 56

**Saturday 4 Jul, 1 Aug, and 19 Sep,
10:00am - 11:30am**



Dad Matters: Support for new and expecting dads

Groups and one to one support for dads and dads-to-be. For more information, see page 55.

**Great Lever Family Hub
Mondays, 11:00am - 12:00pm**

**Tonge Family Hub
Mondays, 2:30pm - 3:30pm**

**Bright Meadows Family Hub
Tuesdays, 2:00pm - 3:00pm**

**Oldhams Family Hub
Fridays, 11:00am - 12:00pm**

Understanding Pregnancy, Labour, Birth and Your Baby

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

Plan and Prepare for Parenthood

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: www.book.breastfeedingtogether.co.uk

Oxford Grove Family Hub	Saturday	1 Aug	10:00am - 12:00pm
Online	Wednesday	5 Aug	5:30pm - 7:30pm

Your Baby and You

A group giving 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>



Safer Sleep for Babies

An online session to learn why safer sleep matters for babies. Open to all parents and carers. For more information email enquiries@breastfeedingtogether.co.uk. To book visit: <https://bit.ly/4dwhJcl>

Online	Wednesday	19 Aug	3:00pm - 4:00pm
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INFANT FEEDING (and antenatal support)

Breastfeeding Workshops

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

Ingleside Birth Centre

Sat 18 Jul, 15 Aug, 10:00am - 12:00pm

Pregnancy Padlet Resource

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



Preparing to Breastfeed Workshops

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

To book, visit: www.book.breastfeedingtogether.co.uk

Online	Wednesday	22 Jul	5:30pm - 7:45pm
Harvey Family Hub	Wednesday	12 Aug	5:30pm - 7:45pm
Online	Saturday	22 Aug	10:00am - 12:15pm

UNIVERSAL SUPPORT:

0-19 Community Infant Feeding

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

Public Health Nurse

You can discuss any feeding issues with your Specialist Public Health Nurse (Health Visitor) during visits, over the phone or at a Well Baby Clinic. See page 30 for details.

Are you breastfeeding?

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



Are you bottle feeding?

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



National Breastfeeding Helpline

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

Breastfeeding Together Peer Support

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

Breastfeeding Your Newborn

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

Online
Wednesday 29 Jul
2:00pm - 4:00pm

Breastfeeding Groups

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

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



Horwich Library	Monday	11:00am - 12:00pm
Westhoughton Library	Tuesday	11:00am - 12:00pm
Farnworth Family Hub	Wednesday	11:00am - 12:00pm
Oldhams Family Hub	Thursday	1:00pm - 2:00pm
Online (see details above)	Friday	10:00am - 11:00am
Tonge Family Hub	Friday	1:00pm - 2:00pm

Breastfeeding Together: Under 25s Stay and Play Group NEW!

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

Wednesdays, 1:00pm - 2:00pm
Harvey Family Hub

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

Give your baby the best start in life by waiting until they are ready, before introducing solid foods. Read the ‘No rush to mush’ leaflet to find out why: www.boltonft.nhs.uk/wp-content/uploads/2026/06/No-rush-to-mush.pdf



Introducing Solid Foods

This 1-hour, live online session is ideal for families with babies around 3-6 months old. Gain confidence to recognise when to introduce solids and which foods to start with. Discover practical tips and the different approaches you could use. Advanced booking required, visit:

<https://bit.ly/3KIZW83>.

Wednesday, 26 Aug
1:00pm - 2:00pm



SPECIALIST NHS SUPPORT (Complex issues/difficulties):

The Specialist Midwife Infant Feeding Team

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

*Appointment only. To book, call **01204 390423**. The team can also offer a Tongue-tie clinic appointment where required.

Specialist Health Visitor for Infant Feeding

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

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

BABY

Birth registration in Bolton

You must make an appointment to register your baby's birth within 42 days in the town or city where the baby was born. A registration appointment for babies born in Bolton is made online at: <https://bit.ly/3eb4zaK>. Call **01204 331185** for more support.

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

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

NHS Online: Caring for your baby

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

Understanding Your Baby

An online pathway written by NHS professionals for everyone around baby. It's part of a series of pathways designed to support families every step of the way. To create a free account, visit www.togetherness.co.uk, and use the access code **RIVINGTON**

Immunisation Service

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

Your 0-19 Public Health Nurse Team

The team, including Health Visitors and School Nurses will contact you to complete your antenatal visit after 28 weeks of pregnancy and when your child is 10-14 days, 6-8 weeks, 9-12 months and 2-2.5 years old. They offer advice and support on mental health, safe sleeping, infant feeding, breastfeeding, introducing solid foods, child development, minor accidents and illnesses and can signpost or refer you to other services. For support, contact your 0-19 team or GP or book a Well Baby Clinic appointment or visit: www.boltonft.nhs.uk/services/0-19-health-and-wellbeing

Well Baby Clinics

Clinics are appointment only. Please book an appointment with your Public Health Nurse via their mobile or using the numbers below between the times 9:00am - 10:00am and 2:30pm - 5:00pm.

*Term time only.

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

What to do if your baby is unwell?

Useful websites

Find a GP

Visit www.nhs.uk/nhs-services

NHS 111

Visit www.111.nhs.uk or call 111

Find your local pharmacy

www.nhs.uk/nhs-services

The NHS website

www.nhs.uk/baby

The Little Orange Book

<https://bit.ly/49kHa14>

Find a dentist

Find a dentist - NHS

Safe sleep, coping with crying and preventing accidents

Useful websites

The Lullaby Trust (Safe sleep)

www.lullabytrust.org.uk

ICON (Infant crying)

www.iconcope.org

Cry-sis (Crying/sleepless)

www.cry-sis.org.uk

Child Accident Prevention Trust

www.capt.org.uk

Proud 2b Parents

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

Spoons Greater Manchester

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

Baby Babble and Bond

A drop-in fun and interactive group for families with babies 0-12 months. Enjoy songs, rhymes, sensory play, and topic chats on building relationships, weaning, play, oral health etc. Run by Family Hub Practitioners. ***Groups will not run between 24-28 Aug.**

Great Lever Family Hub	Monday*	1:00pm – 2:00pm
Oxford Grove Family Hub	Tuesday*	10:00am – 11:00am
Bright Meadows Family Hub	Tuesday*	10:00am – 11:00am
Alexandra Family Hub	Tuesday*	10:00am – 11:00am
Oldhams Family Hub	Tuesday*	1:00pm – 2:00pm
Tonge Family Hub	Tuesday*	1:00pm – 2:00pm
Farnworth Family Hub	Wednesday*	9:30am – 10:30am
Great Lever Family Hub	Wednesday*	10:00am – 11:00am
Blackrod Young People's Centre	Wednesday*	10:00am – 11:00am
Oldhams Family Hub	Thursday*	9:30am – 10:30am
Washacre Primary School	Thursday*	9:30am – 10:30am
Harvey Family Hub	Thursday*	10:00am – 11:00am
Oxford Grove Family Hub	Thursday*	1:00pm – 2:00pm
Horwich Health and Wellbeing Hub	Friday*	9:30am – 10:30am
Tonge Family Hub	Friday*	10:30am – 11:30am
Bright Meadows Family Hub	Friday*	1:00pm – 2:00pm
Horwich Health and Wellbeing Hub	Friday*	1:00pm – 2:00pm
Farnworth Family Hub	Friday*	1:00pm – 2:00pm

Baby Time

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

Bolton Museum

Tuesdays, 10:30am - 11:30am

Bumps, Boobs, and Buggies Walking Group

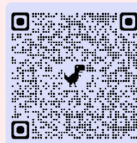
This gentle walk is suitable for prams, toddlers, and slings. Bring your family and friends along. Getting out for some fresh air is a great way to improve well-being and to meet other mums. No need to book.

Horwich Library (BL6 7AJ)

Mondays, 10:00am - 11:00am

Dad Matters: Saturday Walk and Talks

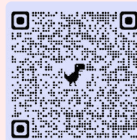
A great way for you to connect and chat about being a dad with other dads. For more information, see page 56



**Saturday 4 Jul, 1 Aug, and 19 Sep,
10:00am - 11:30am**

Dad Matters: Support for new and expecting dads

Groups and one to one support for dads and dads-to-be. For more information, see page 55.



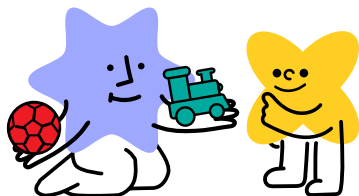
**Great Lever Family Hub
Mondays, 11:00am - 12:00pm**

**Tonge Family Hub
Mondays, 2:30pm - 3:30pm**

**Bright Meadows Family Hub
Tuesdays, 2:00pm - 3:00pm**

**Oldhams Family Hub
Fridays, 11:00am - 12:00pm**

5 GOLDEN RULES FOR COMMUNICATION

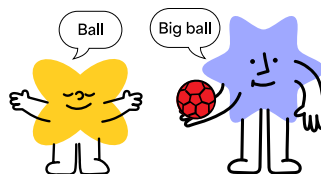


A or B

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

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

5 GOLDEN RULES FOR COMMUNICATION



Actions Speak Louder than Words

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

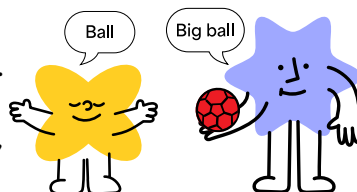
For example, rub your tummy and say, “are you hungry?”

5 GOLDEN RULES FOR COMMUNICATION

Model and Extend

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

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



5 GOLDEN RULES FOR COMMUNICATION

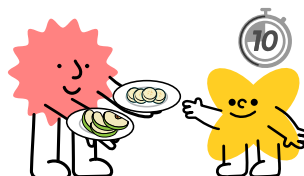


Eye to Eye

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

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

5 GOLDEN RULES FOR COMMUNICATION



10 Seconds

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

Count to ten slowly in your head.

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



PERINATAL INFANT MENTAL HEALTH (PIMH) 0-2s

Your Baby and You

An antenatal group to help give mums, dads, birthing parents and none birthing parents an introduction into the emotional journey of parenthood and help them to interact with their baby. To find out more, see page 24.

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

Compassion Focused Therapy (CFT) Group for Mums

If you're a mum with a baby under 2 and finding parenting overwhelming, you may benefit from an 8-week perinatal CFT group. Sessions are 2.5 hours weekly (from 10:00am until 12:30pm) at a family-friendly venue, and babies are welcome. To attend, complete a Bolton Talking Therapies referral online at <https://bit.ly/4dpFDWt> (add that it's for the CFT group) or call **01204 483101**. You or a professional such as your Health Visitor or GP can do this.



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

Individual sessions for parents and caregivers (antenatal and 0-2). With an NHS Specialist Parent Infant Mental Health Practitioner. This is a supportive, confidential space to share and think together about any worries or concerns you may have and how we can be helpful. To arrange a time to meet, please email babyinmind.pairs@gmmh.nhs.uk

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

Baby Bonding

Run by the Baby in Mind team, this small group for parents and babies 0-6 months, starts on the 9th September at Bright Meadows Family Hub. For more information, email: babyinmind.pairs@gmmh.nhs.uk

With You in Mind

Drop-in peer support group for expectant and parents of children aged 0-2. Come and meet others and share experiences. Continues during half-term, except bank holidays. 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

TODDLER

Universal development checks

All families are offered one-to-one appointments to talk about their child's development and receive advice and support where needed:

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

Early Years Communication and Language Service (EYCLDS)

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

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

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

Understanding Your Child

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

Useful websites

www.eric.org.uk/potty-training

Find a dentist - NHS

www.bbc.co.uk/cbeebies/parenting

Boost your child's language, literacy, and communication skills at home: www.wordsforlife.org.uk

Dental Health for Babies, Children, Young People and Families

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



Shake, Rattle, and Roll!

Active music and movement session for 0-5s. No need to book!
No sessions between 24 and 28 August

Oldhams Family Hub
*Mondays, 10:30am - 11:15am

Tonge Family Hub
*Mondays, 1:30pm - 2:15pm

Bright Meadows Family Hub
*Wednesdays, 10:00am - 10:45am

A blue and white poster from NHS Bolton NHS Foundation Trust. The text reads: "CHECKING YOUR CHILD'S TEETH EVERY MONTH IS A GREAT WAY TO HELP IDENTIFY EARLY SIGNS OF TOOTH DECAY". Below the text are two cartoon teeth: a large white tooth with a smiling face and a smaller tooth with a blue cloud of foam on its head, holding a red toothbrush. To the right is a QR code with the text "Scan Me" below it. At the bottom left, it says "... for a better Bolton". The NHS Bolton logo is in the top right corner.

CHECKING YOUR CHILD'S TEETH
EVERY MONTH IS A GREAT WAY TO
HELP IDENTIFY EARLY SIGNS OF
TOOTH DECAY

Scan Me

... for a **better** Bolton

NHS Bolton
NHS Foundation Trust

Join a Togetherness Group 'Understanding your child'

Starting September 2026!

This free 10-week group (2 hours a week), offers insights for all parents and carers, helping you gain a deeper understanding of your child's development. Includes play, communication, brain development, emotions and parenting styles. Whether you're navigating new experiences or simply curious to learn new skills. Perfect for those with a child under 4.

Children welcome. *Book your place for the autumn term by contacting Families Together on 07514 484157 or email familiestogether445@gmail.com
Find out more at: www.familiestogether.org.uk

Explore Smithills Hall

The hall and grounds are free to enter and explore on

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

Sundays, 12:00pm - 4:00pm.

Fish Feeds at Bolton Aquarium (Bolton Central Library)

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

**Tuesday, Thursday and Saturday,
1:00pm.**

SPECIAL EDUCATIONAL NEEDS AND DISABILITIES (SEND)

SEND Stay and Play

For families with children aged 0-5 years with SEND. No diagnosis necessary. Sessions facilitated by *Moo Music and **@SugarLumps

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

***Tonge Family Hub**
Thursdays (except 27 Aug)
10:00am - 11:30am

****Oldhams Family Hub**
Fridays (except 28 Aug)
1:00pm - 2:30pm

Parent Carer Workshop: Starting School and SEND

A supportive workshop for families of children with additional needs due to start reception class. Small informal groups for parents and carers, no matter where you are on the SEND Journey, from early identification to undergoing EHC Assessment. Facilitated by Bolton's Information Advisory Service and Bolton Parent Carers. For more information visit: <https://bit.ly/4xzazhG>

BLGC Infinity SEND Connect Club

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

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

Age 8-18, Tuesdays
4:00pm - 6:00pm

Breaking Barriers

A charity working with children and young people with SEND, providing peer support groups for families. Call: **07717 434 840**, email: breakbarriers3@gmail.com or visit the calendar for up-to-date information: www.breakingbarriersnw.com

Bolton's SEND Local Offer

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



CHILDCARE AND EARLY YEARS EDUCATION

HELP WITH CHILDCARE COSTS (FOR FAMILIES RECEIVING ADDITIONAL SUPPORT)

Contact Bolton Families Information Service for more help and advice.

Email: families@bolton.gov.uk

Call: 01204 332170

How to apply

- Go online (Citizen Portal) by visiting www.bolton.gov.uk/freechildcare
- Take your child's birth certificate or red book to a Family Hub
- Ask at school, nursery or your childminder
- Ask your Public Health Nurse (Health Visitor)
- Ask a Start Well Locality Practitioner

You will need

- Your National Insurance Number
- Information about you and your child (date of birth, address, email, birth certificate or red book and evidence of benefit).

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

**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

**BEST
START
IN LIFE**
Quality early years education
and childcare in Bolton

**Bolton
Council**

* 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

HELP WITH CHILDCARE COSTS (FOR WORKING PARENTS):

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

For more information on the Working Parents Entitlement and how to apply, visit www.beststartinlife.gov.uk.

*Hours can be taken 30 hours per week, term time, for 38 weeks. Some childcare providers will allow you to stretch the hours over more weeks, i.e. 22.8 hours over 50.



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

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

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

EARLY COMMUNICATION AND SCHOOL READINESS

Chat, Play, Read

An interactive group for families with children 12 months+ Enjoy songs, stories, sensory play, and craft activities to help build your child’s communication, language, and literacy skills.

***Groups will not run between 24-28 Aug. **Except 17 & 24 Aug**

The Gates Primary School	**Mondays	9:30am – 10:30am
Great Lever Family Hub	*Mondays	9:30am – 11:00am
Tonge Family Hub	*Mondays	10:00am – 11:30am
Bright Meadows Family Hub	*Mondays	10:00am – 11:30am
Harvey Family Hub	*Mondays	1:00pm – 2:00pm
Great Lever Family Hub	*Tuesdays	9:30am – 11:00am
Blackrod Young People’s Centre	*Tuesdays	10:00am – 11:00am
Bright Meadows Family Hub	*Tuesdays	1:00pm – 2:30pm
Farnworth Family Hub	*Tuesdays	1:00pm – 2:30pm
Oxford Grove Family Hub	*Wednesdays	10:00am – 11:30pm
Oldhams Family Hub	*Wednesdays	10:00am – 11:30am
Alexandra Family Hub	*Wednesdays	1:00pm – 2:30pm
Farnworth Family Hub	*Thursdays	1:00pm – 2:00pm
Alexandra Family Hub	*Thursdays	1:00pm – 2:00pm
Harvey Family Hub	*Fridays	9:30am – 11:00am
Oldhams Family Hub	*Fridays	9:30am – 11:00am
Tonge Family Hub	*Fridays	1:30pm – 3:00pm

Summer REAL Activities (Raising Early Achievement in Literacy)

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

Alexandra Family Hub	Thu 23 Jul	1:00pm - 2:00pm
Oldhams Family Hub	Fri 24 Jul	9:30am - 11:00am
Great Lever Family Hub	Mon 27 Jul	9:30am - 11:00am
Harvey Family Hub	Mon 27 Jul	1:00pm - 2:00pm
Blackrod Young People's Centre	Tue 28 Jul	10:00am - 11:00am
Bright Meadows Family Hub	Tue 28 Jul	1:00pm - 2:30pm
Tonge Family Hub	Fri 31 Jul	1:30pm - 3:00pm
Tonge Family Hub	Mon 3 Aug	10:00am - 11:30am
The Gates Primary School	Mon 3 Aug	9:30am - 10:30am
Great Lever Family Hub	Tue 4 Aug	9:30am - 11:00am
Oxford Grove Family Hub	Wed 5 Aug	10:00am - 12:00pm
Alexandra Family Hub	Wed 5 Aug	1:00pm - 2:30pm
Farnworth Family Hub	Thu 6 Aug	1:00pm - 2:00pm
Harvey Family Hub	Fri 14 Aug	9:30am - 11:00am

Toddler Tales with Bolton Libraries and Museum Services

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

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

Saturday Storytime

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

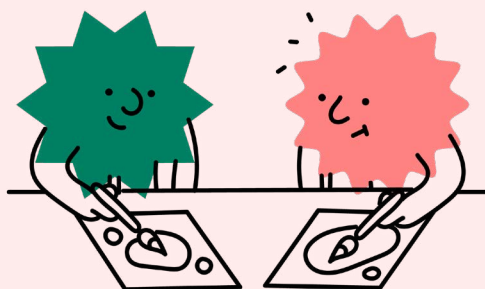
Bolton Central Library
Saturdays, 2:00pm

Early Years Communication and Language Service (EYCLDS)

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

Useful websites

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



CHILDREN AND YOUNG PEOPLE

Family Fun Time

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

***Groups will not run between 24-28 August.**

Tonge Family Hub	Monday*	3:15pm - 4:30pm
Alexandra Family Hub	Monday*	3:15pm - 4:15pm
Farnworth Family Hub	Monday*	3:30pm - 4:30pm
Harvey Family Hub	Tuesday*	1:00pm - 3:00pm
Oldhams Family Hub	Tuesday*	3:15pm - 4:15pm
Harvey Family Hub	Wednesday*	1:00pm - 2:30pm
Tonge Family Hub	Wednesday*	1:30pm - 3:00pm
Bright Meadows Family Hub	Thursday*	1:00pm - 3:00pm
Great Lever Family Hub	Thursday*	3:15pm - 4:30pm
Oxford Grove Family Hub	Thursday*	3:15pm - 4:30pm

Lego Brick-Building Stay and Play

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

Oxford Grove Family Hub
Mondays*, 10:00am - 12:00pm
 *Except Monday 24 August

Stay and Play

A messy play session for all the family, facilitated by @ SugarLumps. Dress for mess!

Great Lever Family Hub
Fridays*, 10:30am - 12:00pm
 *Except Friday 28 Aug

Cooking Wizards

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

Oxford Grove Family Hub
***Saturday 1 Aug & 22 Aug**

Tonge Family Hub
***Saturday 8 Aug**

Farnworth Family Hub
***Saturday 25 Jul & 15 Aug**

Theatre in the Park

Join Bolton Library and Museum Services at Elizabeth Park (opposite Bolton Market) over the Summer Holidays for free family friendly theatre shows. Each show varies in length between 30-45 minutes and is perfect for all the family. If the weather proves too bad for the show to go ahead in the park, we will relocate into Bolton Central Library. It's free and there's no need to book!

Elizabeth Park
Thursdays (except 27 Aug),
11:00am and 2:00pm

Summer Reading Challenge Launch

“Read to the Beat”. Join Bolton Library and Museum Services at the launch event of this year’s Summer Reading Challenge. Sign up, grab books, and take part in activities to inspire you for your challenge.

Bolton Central Library
Saturday 18 Jul
11:00am - 3:00pm

The Big Game Event

A day for families and the community to get together. All ages welcome. Enjoy traditional and modern games, play an old favourite and introduce family members to something new. It’s a free drop-in and there’s no need to book.

Farnworth Library
Saturday 25 Jul
10.30am - 4:00pm

Understanding your Child & Understanding your Teenagers Brain (for teenagers only)

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

Bolton Lads and Girls Club (BLGC)

Join BLGC Infinity (Spa Road), for free fun and activities! Enjoy the gym, games room, music studio, art room and more. Members can also fuel up on a hot meal.

- Junior clubs ages 8-12
- Senior clubs ages 13-18
- Connect ages 8-18 (SEND)
- Beyond Connect ages 8-18 (SEND)

Membership is free:

www.blgc.co.uk

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

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

Adolescent Health and Wellbeing Service

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

Mental Health Support

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

www.bekindtomymind.co.uk

Kooth

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

Visit: **www.kooth.com**

iThrive Service

iThrive work with a range of local organisations who offer, one to one and group support for Bolton children aged 5-19 years or up to 25 with SEND.

Access support by asking a parent or trusted adult to complete the online referral form with you.

Visit: **www.bolton-together.org.uk** and click 'refer for support' for more information.

Bolton's Play and Youth Service

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

Play Scheme (Reception - Year 6)

After school activities supporting social, physical, and emotional development. A chance to learn, try new things, and experience the wider world!

Junior Youth Club (Year 5 - 7)

Evening sessions offering activities that support transition between primary school and secondary school by promoting independence and the development of life skills.

Youth Club (Year 8 - 13)

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

To find out more, contact us:

Email positive.activities@bolton.gov.uk

Website www.bolton.gov.uk/playandyouth

Find us on Facebook @Play&YouthBolton or scan the QR code



Bolton Holiday Activities and Food Programme (HAF)

Funded by the UK Government and co-ordinated locally by Bolton Council, our HAF programme supports children and families on benefits related Free School Meals with FREE physical and enriching activities alongside a hot meal for a minimum of 4 hours a day, 4 days a week, for 4 weeks! Check out the HAF microsite to see 'what's on' near you over summer: www.Bolton.gov.uk/HAF. Don't have a HAF code? Whilst the programme is aimed at children and young people on benefits related free school meals #TeamBolton's Play & Youth Service offer FREE sessions and food to all school aged young people across the borough!

PARENTS AND CARERS (including dads and male carers)

Family Help Saturday Parenting Advice Drop-in

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

Farnworth Family Hub
Saturday 25 Jul and 15 Aug

Oxford Grove Family Hub
Saturday 1 Aug and 22 Aug

Tonge Family Hub
Saturday 8 Aug

Parent Support Coffee Morning

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

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

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

For families with children in Reception Class up to Key Stage 2. These free 6-week groups offer a safe, supportive space for parents and carers to explore their own stories and strengthen family connections.

Discover practical tools to manage stress, build emotional resilience, and nurture calmer, more connected relationships at home.

To find out more and sign up, email: **dawn.kay@**

parentrootcollective.co.uk or call: **07887760332**

Website:

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

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**

DADS AND DADS-TO-BE

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

Dad Matters: Support for new and expecting dads

Supporting new and expecting dads from pregnancy until your child is 2 years old. Dad Matters provide a space to access support, have informal conversations, connect with other dads, and find out about services available through Dad Matters and Family Hubs.

Come along to chat, ask questions, share experiences, or simply find out more about the support available.

Support available includes:

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

Great Lever Family Hub
Mondays, 11:00am - 12:00pm

Tonge Family Hub
Mondays, 2:30pm - 3:30pm

Bright Meadows Family Hub
Tuesdays, 2:00pm - 3:00pm

Oldhams Family Hub
Fridays, 11:00am - 12:00pm

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

Visit: www.home-starthost.org.uk/dad-matters or find us on Facebook: www.facebook.com/DadMattersGM



Dad Matters: Saturday Walk and Talks

A great way for you to connect and chat about being a dad with other dads. Get support from our coordinators and some fresh air for you and your little one. For dads and dads-to-be.

No need to book. Meet at 10:00am in Moss Bank Park, BL1 6LU on the following dates.



**Saturday 4 Jul, 1 Aug, and 19 Sep,
10:00am - 11:30am**

Andy's Man Club

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

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

Men's Social Group

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

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

FAMILY MONEY HELP

Bolton Money Skills Support
Struggling financially? Bolton Money Skills Service offer free, confidential, and impartial services to people living, working, and studying in Bolton. Help can be offered for a range of issues, including high energy costs, budgeting guidance, and dealing with debt. Telephone **01204 332916**, email: moneyadvice@bolton.gov.uk or visit: www.boltonsmoneyskills.org.uk.

Debt and Money Advice

www.bolton.gov.uk/costofliving

Warm Spaces

Find a Bolton warm space at www.warmwelcome.uk

Local Welfare Provision

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

DIGITAL, EMPLOYMENT, AND SKILLS

Support with Digital, Employment, and Skills (DES)

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

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

Working Well: Pioneer

Get help finding work that's right for you. With support that continues even after you've started work.

If you're currently unemployed, aged 18+, and not currently required to search for work as part of Universal Credit or JSA, then Working Well: Pioneer could help you. You'll get:

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

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

Bolton at Home | UCAN Centres

Our helpful and friendly staff provide a little bit of everything in our UCAN centres, so no matter what you are looking for or what support you need - if you think we can help, we probably can.

In most centres you'll be able to find:

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

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

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

MENTAL HEALTH AND WELLBEING

Nurturing Wellbeing Parent Guide

Bolton Together's iThrive Hub provide a free to download online guide for parents and carers offering information, guidance, and resources to assist in supporting their child's mental health and well-being:

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

Additional resources designed to support families and young people in Bolton can be found here:

www.bolton-together.org.uk

Talking Therapies

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

Talking Therapy Service information can be found here:

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

Kooth

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

Visit: www.kooth.com

Qwell

Mental Health support for adults.

Visit: www.qwell.io

5 Ways to Wellbeing

Explore the '5 ways to wellbeing' that support many aspects of wellbeing and mental health. For session and booking information visit: <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 or to book, 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.

HEALTH PROMOTION

Find a dentist

Search for NHS dentists accepting new patients for routine check-ups or offering urgent or specialist dental care: **Find a dentist - NHS**

Dental Health for Babies, Children, Young People and Families

Click the link or scan the QR code to see information on caring for your family's teeth:

www.padlet.com/publichealthnursing/oral-health-for-babies-children-young-people-and-families-bo-8wf0lj5lfvvy5a1e



Your Health Bolton - Stop Smoking Support

Free support to help you quit smoking. A 12-week quit programme run by friendly, expert advisors who provide a range of proven methods to help you give up smoking. Get accurate information and advice, as well as supplying up to 12 weeks of nicotine replacement products completely free. *Appointment only. Call **01204 570 999** or visit the website: **<https://yhbolton.co.uk/>**

Harvey Family Hub
Tuesdays

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

Bright Meadows Family Hub
Wednesdays

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

Oldhams Family Hub
Thursdays

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

Alexandra Family Hub
Fridays

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

Let's Keep Bolton Moving

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

Bolton Health Hive

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

Adult (and Child) Swimming Lessons

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

In partnership with:



Bolton Music Service
Working in Bolton and Blackburn with Darwen













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

Apply online for NHS Healthy Start.



www.healthystart.nhs.uk

  @NHSHealthyStart



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LOCAL HUBS AND 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
01204 335138

The Hub at Westhoughton

The Hub, Central Drive, BL5 3DS
01942 635985

