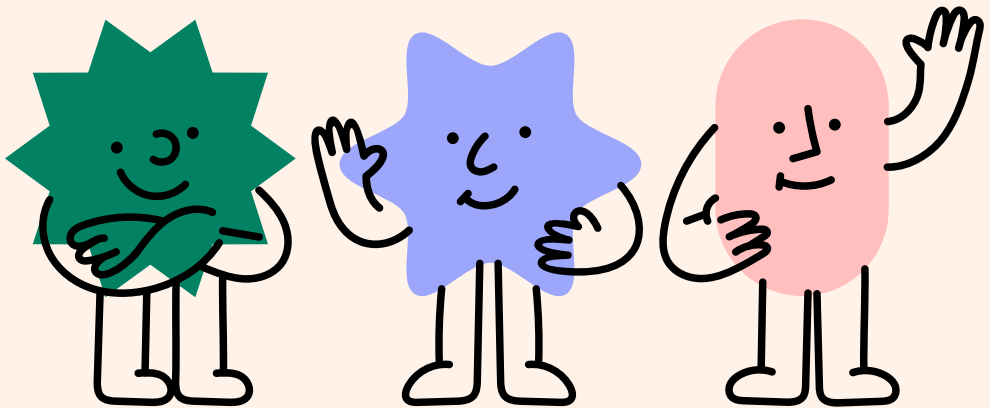


GUIDE TO SERVICES AND ACTIVITIES FOR FAMILIES IN BOLTON

April to July 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 41

Mondays, 9:30am - 1:00pm

Stay and Play

Drop-in for families with children aged 0-5 years. Term time only. See page 43

Mondays, 1:00pm - 2:00pm

Family Fun Time

Drop-in for families with children of all ages. Except Bank Holidays. See page 57

Mondays, 3:15pm - 4:15pm

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. See page 36

Tuesdays, 10:00am - 11:00am

**Specialist Health Visitor for
Infant Feeding**

Providing one to one support for feeding difficulties/complex feeding issues. *Appointment only. See page 32

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

Stay and Play

Drop-in for families with children aged 0-5 years. Term time only. See page 43

Wednesdays, 10:00am - 11:30am

Nature Club for Tots

Drop-in for families with children aged 1-3 years. Term time only. See page 45

Thursdays, 10:00am - 11:00am

Easter 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. See page 54

**Thursday 16 Apr,
1:00pm - 2:30pm**

Chat, Play, Read

Drop-in group for families with children 12 months +. See page 53

Thursdays, 1:00pm - 2:00pm

Your Health Bolton - Stop Smoking Support

Free 12-week programme of support to help you quit smoking. See page 69

Fridays by appointment only.

Come and enjoy our children's space

Enjoy the toys, mark-making, and our book corner, with the option to take books home. We also issue Bolton library cards! See page 56 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.

Antenatal Clinic

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

Well Baby Clinic

Clinics operate by appointment only. See page 35 for information.

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

Greenroyd Avenue, BL2 5DD
Telephone: 01204 336691

Find us on
Facebook



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

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. See page 36

Tuesdays, 10:00am - 11:00am

Chat, Play, Read

Drop-in group for families with children 12 months +. See page 53

Tuesdays, 1:00pm - 2:00pm

Easter 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. See page 54

Tuesday 14 Apr, 1:00pm - 2:30pm

Shake, Rattle, and Roll

Active music and movement session for families with 0-5s. Continues May half-term. See page 45

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

Stay and Play

Drop-in for families with children aged 0-5 years. Term time only. See page 43

**Thursdays, 10:00am - 11:00am
(except Thursday 7th May)**

Chat, Play, Read

Drop-in group for families with children 12 months+. See page 53

**Thursdays, 1:00pm - 2:00pm
(except Thursday 7th May)**

Family Fun Time

Drop-in for families with children of all ages. See page 57

**Thursdays, 3:15pm - 4:30pm
(except Thursday 7th May)**

Early Years Sing and Play

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

Fridays, 10:00am - 11:00am

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. See page 36

Fridays, 1:00pm - 2:00pm

Infant Feeding Support (Complex Issues)

One to one support for feeding difficulties. Babies under 4 weeks old. See page 32

Fridays by appointment only

Come and enjoy our children's space

Enjoy the toys, mark-making, and our book corner, with the option to take books home. We also issue Bolton library cards! See page 56 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.

Antenatal Clinic

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

WHAT'S ON AT: **FARNWORTH BEST START FAMILY HUB**

King Street, BL4 7AP
Telephone: 01204 334955

Find us on
Facebook



Hub opening hours:

9:00am - 5:00pm
Monday and Friday
9:00am - 6:00pm
Tuesday, Wednesday,
and Thursday
9:00am - 4:00pm
Saturday 18 Apr, 16 May,
13 Jun, 4 Jul

Stay and Play

Drop-in for families with children aged 0-5 years. Term time only. See page 43

Mondays, 10:00am - 11:00am

Family Fun Time

Drop-in for families with children of all ages. Except Bank Holidays. See page 57

Mondays, 3:30pm - 4:30pm

Chat, Play, Read

Drop-in group for families with children 12 months +. See page 53

Tuesdays, 1:00pm - 2:00pm

Easter 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. See page 54

Tuesday 7 Apr, 1:00pm - 2:30pm

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. See page 36

Wednesdays, 9:30am - 10:30am

Breastfeeding Group

Drop-in and meet other breastfeeding parents. See page 31

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 41

Wednesdays, 12:30pm - 4:00pm

Bolton Shared Care SEND Support Drop-in

An information session for families of children with SEND to meet others, discuss shared experiences, and learn about available support services. See page 49

**Wednesday 3 June,
10:00am - 12:00pm**

With You in Mind

Drop-in peer support group for parents with children aged 0-2 years (expectant parents welcome). Continues during half-term. See page 41

Wednesdays, 1:15pm - 2:45pm

Join a Togetherness group 'Understanding your child'

A 10-week group for families with a child under 3 years old. *Advance sign up required. See page 47

***Thursdays, from 30 Apr for
10-weeks, 10:00am - 12:00pm**

Chat, Play, Read

Drop-in group for families with children 12 months +. See page 53

Thursdays, 1:00pm - 2:00pm

Stay and Play

Drop-in for families with children aged 0-5 years. Term time only. See page 43

Fridays, 10:00am - 11:30am

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. See page 36

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 58

***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 62

**Saturday 18 Apr, 16 May,
13 Jun, 4 Jul**

Preparing to Breastfeed Workshop

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

Saturday 4 Jul 10:00am - 12:15pm

Come and enjoy our children's space

Enjoy the toys, mark-making, and our book corner, with the option to take books home. We also issue Bolton library cards! See page 56 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.

Antenatal Clinic

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

Well Baby Clinic

Clinics operate by appointment only. See page 35 for information.

ACTIVITIES AT KEARSLEY WOODBRIDGE COLLEGE

Shake, Rattle, and Roll

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

*Term time only/excluding Bank Holidays. See page 45

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

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. *Term time only. See page 36

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

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

Leonard Street, BL3 3AP
Telephone: 01204 337333

Find us on
Facebook



Hub opening hours:
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 41

Mondays, 9:30am - 1:00pm

Chat, Play, Read

Drop-in group for families with children 12 months +. Except Bank Holidays. See page 53

Mondays, 10:00am - 11:00am

Easter 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. See page 54

**Monday 13 Apr,
10:00am - 11:30am**

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. Except Bank Holidays. See page 36

Mondays, 1:00pm - 2:00pm

Chat, Play, Read

Drop-in group for families with children 12 months +. See page 53

Tuesdays, 10:00am - 11:00am

Stay and Play

Drop-in for families with children aged 0-5 years. Term time only. See page 43

Tuesdays, 1:00pm - 2:00pm

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. See page 36

Wednesdays, 10:00am - 11:00am

Breastfeeding Group

Drop-in and meet other breastfeeding parents. See page 31

Wednesdays, 1:00pm - 2:00pm

Proud 2 b Parents Stay and Play

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

Thursdays, 1:00pm - 2:30pm

Family Fun Time

Drop-in for families with children of all ages. See page 57

Thursdays, 3:15pm - 4:30pm

Flowhession Parent and Tots Sessions

Drop-in stay and play for families with children 0-4 years. Friendly practitioners available who speak multiple languages. Term time only. See page 45

Fridays, 10:00am - 12:00pm

Little Bats Stay and Play

An outdoor 'forest school' stay and play 8-week 0-5s group. Advanced booking required. See page 44

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

Come and enjoy our children's space

Enjoy the toys, mark-making, and our book corner, with the option to take books home. We also issue Bolton library cards! See page 56 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.

Antenatal Clinic

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

Well Baby Clinic

Clinics operate by appointment only. See page 35 for information.

WHAT'S ON AT: HARVEY BEST START FAMILY HUB

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

Find us on
Facebook



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

Toy Library Baby Group

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

Mondays, 10:00am - 11:00am

Chat, Play, Read

Drop-in group for families with children 12 months +. Except Bank Holidays. See page 53

Mondays, 1:00pm - 2:00pm

Easter 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. See page 54

Monday 13 Apr, 1:00pm - 2:30pm

Toy Library Stay, Play, and Loan

A drop-in for families with children aged 0-5 years, supporting wellbeing through play, offering access to the sensory room and toy loans. Term time only.

Mondays, 1:00pm - 2:00pm

Andy's Man Club

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

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

Your Health Bolton - Stop Smoking Support

Free 12-week programme of support to help you quit smoking. See page 69

Tuesdays by appointment only.

Toy Library Stay and Play

Drop-in for families with children aged 0-5 years. Term time only. See page 43

Tuesdays, 10:00am - 11:00am

Toy Library Stay, Play and Toy Loan

A drop-in for families with children aged 0-5 years, supporting wellbeing through play, offering access to the sensory room and toy loans. Term time only.

Tuesdays, 1:00pm - 2:00pm

Family Fun Time

Drop-in for families with children of all ages. See page 57

Tuesdays, 3:15pm - 4:30pm

Toy Library Baby Group

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

Wednesdays, 10:00am - 11:00am

Flowhesion Parent and Tots Sessions

Drop-in stay and play for families with children 0-4 years. Friendly practitioners available who speak multiple languages. Term time only. See page 45.

Wednesdays, 10:00am - 12:00pm

Bolton Shared Care SEND Support Drop-in

An information session for families of children with SEND to meet others, discuss shared experiences, and learn about available support services. See page 49

**Wednesday 6 May,
10:00am - 12:00pm**

Toy Library Stay and Play

Drop-in for families with children aged 0-5 years. Term time only. See page 43

Wednesdays, 1:00pm - 2:00pm

Infant Feeding Support (Complex Issues)

One to one support for feeding difficulties. Babies under 4 weeks old. See page 32

Wednesdays by appointment only

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. See page 36

Thursdays, 10:00am - 11:00am

Toy Library Stay, Play & Toy Loan

A drop-in for families with children aged 0-5 years, supporting wellbeing through play, offering access to the sensory room and toy loans. Term time only.

Thursdays, 10:00am - 11:00am

Recreate-U's Best Start

A fun, friendly stay, play and learn sessions. Ideal for families with children ages 3-5 years. See page 54 for more information or sign up here: <https://eequ.org/recreateu>
*Begins Thursday 4 June, advanced sign up required.

Thursdays*, 4:00pm - 5:00pm

Little Bats Stay and Play

An outdoor 'forest school' stay and play 8-week 0-5s group. Advanced booking required. See page 44

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

Come and enjoy our children's space

Enjoy the toys, mark-making, and our book corner, with the option to take books home. We also issue Bolton library cards! See page 56 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.

Antenatal Clinic

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

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

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

Find us on
Facebook



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

Little Bats Stay and Play

An outdoor 'forest school' stay and play 8-week 0-5s group. Advanced booking required. See page 44

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

Nature Club for Tots

Drop-in for families with children aged 1-3 years. Term time only. See page 45

Tuesdays, 10:00am - 11:00am

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. See page 36

Tuesdays, 1:00pm - 2:00pm

Family Fun Time

Drop-in for families with children of all ages. See page 57

Tuesdays, 3:15pm - 4:15pm

Wiggle Tots Toddler Group

Drop-in baby and toddler group. 0-4 years. Term time only. See page 47

Wednesdays, 10:30am - 11:45am

Your Health Bolton - Stop Smoking Support

Free 12-week programme of support to help you quit smoking. See page 69

Thursdays by appointment only.

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. See page 36

**Thursdays, 9:30am - 10:30am
(except Thursday 7th May)**

Breastfeeding Group

Drop-in and meet other breastfeeding parents. See page 31

**Thursdays, 1:00pm - 2:00pm
(except Thursday 7th May)**

Stay and Play

Drop-in for families with children aged 0-5 years. Term time only. See page 43

**Thursdays, 1:00pm - 2:00pm
(except Thursday 7th May)**

Hope for Mental Health Group

Adult group run by Oldhams Church. For more information, please contact Rachel Morris on 07939 142 201.

Thursdays, 7:15pm

Chat, Play, Read

Drop-in group for families with children 12 months +. See page 53

Fridays, 10:00am - 11:00am

Easter 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. See page 54

Friday 17 Apr, 10:00am - 11:30am

SEND Stay and Play

Drop-in for children 0-5 years with a diagnosis or going through

diagnosis. Term time only. See page 49

Fridays, 1:00pm - 2:30pm

@SugarLumps SEND Stay and Play

A drop-in for families of children 0-5 years with special educational needs and disabilities (SEND). See page 49

Friday 29 May, 1:00pm - 2:30pm

Come and enjoy our children's space

Enjoy the toys, mark-making, and our book corner, with the option to take books home. We also issue Bolton library cards! See page 56 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.

Antenatal Clinic

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

Well Baby Clinic

Clinics operate by appointment only. See page 35 for information.

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

Shepherd Cross St, BL1 3BH
Telephone: 01204 337090

Find us on
Facebook



Hub opening hours:

9:00am - 5:00pm
Monday and Friday
9:00am - 6:00pm
Tuesday, Wednesday
and Thursday
9:00am - 4:00pm
Saturday 25 Apr, 30 May,
20 Jun, 11 Jul

Flowhession Parent and Tots Sessions

Drop-in stay and play for families with children 0-4 years. Friendly practitioners available who speak multiple languages. Term time only. See page 45

Mondays, 10:00am - 12:00pm

Baby in Mind

Specialist Parent Infant Mental Health Practitioner support for parents and caregivers (antenatal and 0-2 years). Advance booking required. See page 41

Tuesdays, 9:30am - 1:00pm

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. See page 36

Tuesdays, 10:00am - 11:00am

Nature Club for Tots

Drop-in for families with children aged 1-3 years. Term time only. See page 45

Tuesdays, 1:00pm - 2:00pm

With You in Mind

Drop-in peer support group for parents with children aged 0-2 years (expectant parents welcome). To arrange a time to meet, see page 41

Tuesdays, 1:15pm - 2:45pm

Chat, Play, Read

Drop-in group for families with children 12 months +. See page 53

Wednesdays, 10:00am - 11:00am

Easter 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. See page 54

**Wednesday 8 Apr,
10:00am - 11:30am**

Parent Support Coffee Morning

A drop-in group for parent carers of children struggling with mental health difficulties. See page 62

Wednesdays, 10:00am - 11:00am

Plan and Prepare for Parenthood (antenatal classes)

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

**Wednesday 13 May,
5:30pm - 7:30pm**

**Wednesday 8 Jul,
5:30pm - 7:30pm**

Recreate-U's Best Start

A fun, friendly stay, play and learn sessions. Ideal for families with children ages 3-5 years. See page 54 for more information or sign up here: <https://eequ.org/recreateu>
*Begins Thursday 4 June, advanced sign up required.

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

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. See page 36

**Thursdays, 1:00pm - 2:00pm
(except Thursday 7th May)**

Family Fun Time

Drop-in for families with children of all ages. See page 57

**Thursdays, 3:15pm - 4:30pm
(except Thursday 7th May)**

Join a Togetherness group 'Understanding your child'

A 10-week group for families with a child under 3 years old. *Advance sign up required. See page 47

***Fridays, from 1 May for 10-weeks,
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 58

***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 62

**Saturday 25 Apr, 30 May,
20 Jun, 11 Jul**

Come and enjoy our children's space

Enjoy the toys, mark-making, and our book corner, with the option to take books home. We also issue Bolton library cards! See page 56 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.

Antenatal Clinic

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

Well Baby Clinic

Clinics operate by appointment only. See page 35 for information.

WHAT'S ON AT: **TONGE BEST START FAMILY HUB**

Starkie Road, BL2 2ED
Telephone: 01204 336745

Find us on
Facebook



Hub opening hours:

9:00am - 5:00pm
Monday and Friday
9:00am - 6:00pm
Tuesday, Wednesday
and Thursday
9:00am - 4:00pm
Saturday 9 May, 6 Jun,
27 Jun, 18 Jul

Chat, Play, Read

Drop-in group for families with children 12 months +. Except Bank Holidays. See page 53

Mondays, 10:00am - 11:00am

Family Fun Time

Drop-in for families with children of all ages. Except Bank Holidays. See page 57

Mondays, 3:15pm - 4:30pm

With You in Mind

Drop-in peer support group for parents with children aged 0-2 years (expectant parents welcome). Continues during half-term, except bank holidays. See page 41

Mondays, 10:30am - 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 41

Tuesdays, 9:30am - 1:00pm

Shake, Rattle, and Roll

Active music and movement session for families with 0-5s.
*Term time only/excluding Bank Holidays. See page 45

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

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. See page 36

Tuesdays, 1:00pm - 2:00pm

Stay and Play

Drop-in for families with children aged 0-5 years. Term time only. See page 43

Wednesdays, 1:00pm - 2:00pm

Preparing to Breastfeed Workshop (antenatal class)

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

Wednesday 10 Jun,
5:30pm - 7:45pm

SEND Stay and Play

Drop-in for children 0-5 years with a diagnosis or going through diagnosis. Term time only. See page 49

Thursdays, 10:00am - 11:30am

@SugarLumps SEND Stay and Play

A drop-in for families of children 0-5 years with special educational needs and disabilities (SEND). See page 49

Thursday 28 May,
10:00am - 11:30am

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. See page 36

Fridays, 10:30am - 11:30am

Breastfeeding Group

Drop-in and meet other breastfeeding parents. See page 31

Fridays, 1:00pm - 2:00pm

Chat, Play, Read

Drop-in group for families with children 12 months +. See page 53

Fridays, 1:30pm - 2:30pm

Easter 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. See page 54

Friday 10 Apr, 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 58

***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 62

**Saturday 9 May, 6 Jun,
27 Jun, 18 Jul**

Preparing to Breastfeed Workshop (antenatal class)

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

**Saturday 9 May,
10:00am - 12:15pm**

Plan and Prepare for Parenthood (antenatal classes)

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

**Saturday 6 Jun,
10:00am - 12:00pm**

Come and enjoy our children's space

Enjoy the toys, mark-making, and our book corner, with the option to take books home. We also issue Bolton library cards! See page 56 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.

Antenatal Clinic

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

Well Baby Clinic

Clinics operate by appointment only. See page 35 for information.

WHAT'S ON IN: BLACKROD AND HORWICH

Wiggle Tots Toddler Group

A drop-in toddler group. Term time only.

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

Wiggle Worship

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

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

Bumps, Boobs, and Buggies Walking Group

This gentle walk is suitable for prams, toddlers, and slings. See page 37

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

Breastfeeding Group

Drop-in and meet other breastfeeding parents. See page 31

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

Chat, Play, Read

Drop-in group for families with children 12 months +. See page 53

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

Easter 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. See page 54

Tuesday 14 Apr, 10:00am - 11:30am
Blackrod Young People's Centre,
BL6 5SY

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. *Term time only. See page 36

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

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. See page 36

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

Toddler Tales

Storytelling sessions ideal for 2-5 years. See page 55

Thursdays, 10:30am
Horwich Library

Thursdays, 10:30am
Blackrod Library

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 +. *Term time only. See page 53

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

Wiggle Worship

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

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

Computer Drop-in

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

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

Breastfeeding Group

Drop-in and meet other breastfeeding parents. See page 31

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

Digi Club Assist Service

A digital drop-in. No need to book.

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

John Holt Brew Club

No need to book.

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

Men's Social Group

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

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

Baby Babble and Bond

Drop-in group for families with babies 0-12 months. *Term time only. See page 36

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

Stay and Play

Drop-in for families with children aged 0-5 years. *Term time only. See page 43

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

John Holt Youth Club

For young people. No need to book.

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

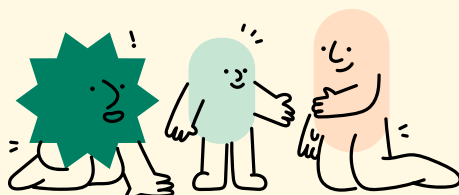
Wednesdays, 3:30pm - 5:30pm
Reception class to year 6
Term time only

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

Toddler Tales

Storytelling sessions ideal for 2-5 years. See page 55

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 - Thu	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? Pregnancy Symptom Checker

Access an A-Z of symptoms online 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

Groups and one to one support for dads and dads-to-be. For more information, see page 64.

Online Antenatal Togetherness Pathway

Written by NHS professionals, 'Understanding pregnancy, labour, birth, and your baby' is a free online pathway for everyone around baby. It's part of a series of pathways, using the Solihull

Approach model, designed to support families every step of the way. Simply visit **www.togetherness.co.uk**, create an account, and use the access code **RIVINGTON** to unlock practical tips and reassurance.

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>



Safer Sleep for Babies Online Session

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

Online
Tuesday 7 Apr
3:00pm - 4:00pm

Online
Thursday 11 Jun
10:00am - 11:00am

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: www.book.breastfeedingtogether.co.uk

Online	Wednesday 29 Apr	5:30pm - 7:30pm
Oxford Grove Family Hub	Wednesday 13 May	5:30pm - 7:30pm
Online	Saturday 30 May	10:00am - 12:00pm
Tonge Family Hub	Saturday 6 Jun	10:00am - 12:00pm
Online	Wednesday 24 Jun	5:30pm - 7:30pm
Oxford Grove Family Hub	Wednesday 8 Jul	5:30pm - 7:30pm
Online	Saturday 11 Jul	10:00am - 12:00pm

Your Baby and You (antenatal group)

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

To enrol, collect a registration form at a Family Hub reception or email Yourbabyandyou.pairs@gmmh.nhs.uk and send a picture of the completed form back.

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



INFANT FEEDING (and antenatal support)

Antenatal 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

Royal Bolton Antenatal Clinic
Monday 4 May, 1 Jun, 6 Jul,
6:30pm - 8:30pm

Ingleside Birth Centre
Saturday 25 Apr, 16 May, 20 Jun,
10:00am - 12:00pm

Preparing to Breastfeed Workshops (Antenatal Class)

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	Saturday 25 Apr	10:00am - 12:15pm
Tonge Family Hub	Saturday 9 May	10:00am - 12:15pm
Online	Wednesday 20 May	5:30pm - 7:45pm
Tonge Family Hub	Wednesday 10 Jun	5:30pm - 7:45pm
Online	Saturday 20 Jun	10:00am - 12:15pm
Farnworth Family Hub	Saturday 4 Jul	10:00am - 12:15pm

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**.

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 35 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 (online)

For new parents who are breastfeeding their newborn. The 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

**Wednesday 20 May,
2:00pm - 4:00pm**

**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	Mon	11:00am - 12:00pm
Westhoughton Library	Tue	11:00am - 12:00pm
Farnworth Family Hub	Wed	11:00am - 12:00pm
Great Lever Family Hub	Wed	1:00pm - 2:00pm
Oldhams Family Hub	Thu (except Thu 7 May)	1:00pm - 2:00pm
Tonge Family Hub	Fri	1:00pm - 2:00pm
Online*	Fri	10:00am - 11:00am

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

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



Introducing Solid Foods (online)

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



Tuesday 21 Apr 1:00pm - 2:00pm

Thursday 25 Jun 10:00am - 11:00am

SPECIALIST NHS SUPPORT (Complex issues/difficulties):

The Specialist Midwife Infant Feeding Team

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

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

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

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

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

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.

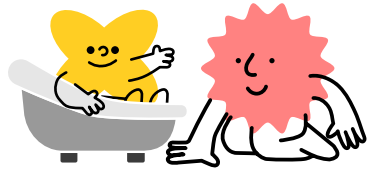
In Bolton, IntraHealth is the provider for all school aged immunisations. Contact IntraHealth by telephone: **0333 358 3397** (option 1, then option 2), or email BoltonImms@Intrahealth.co.uk. For more information about the national vaccination programme for all ages, visit: www.gmintegratedcare.org.uk/winter-vaccinations



Online Baby Togetherness Pathway

Written by NHS professionals, 'Understanding your baby', is a free online pathway for everyone around baby. It's part of a series of pathways, using the Solihull Approach model, designed to support families every step of the way. Simply visit www.togetherness.co.uk, create an account, and use the access code **RIVINGTON** to unlock practical tips and reassurance.

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.



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

Baby Babble and Bond

A drop-in fun and interactive group for families with babies 0-12 months. Enjoy songs, rhymes, sensory play, and topic chats on building relationships, weaning, play, oral health etc. Run by Family Hub Practitioners. Sessions continue through half-term except on bank holidays and those marked with *

Great Lever Family Hub	Mon	1:00pm - 2:00pm
Kearsley Woodbridge College*	Mon	1:30pm - 2:30pm
Oxford Grove Family Hub	Tue	10:00am - 11:00am
Bright Meadows Family Hub	Tue	10:00am - 11:00am
Alexandra Family Hub	Tue	10:00am - 11:00am
Oldhams Family Hub	Tue	1:00pm - 2:00pm
Tonge Family Hub	Tue	1:00pm - 2:00pm
Farnworth Family Hub	Wed	9:30am - 10:30am
Great Lever Family Hub	Wed	10:00am - 11:00am
Blackrod Young People's Centre*	Wed	10:00am - 11:00am
Oldhams Family Hub	Thu (except Thu 7 May)	9:30am - 10:30am
Washacre Primary School*	Thu	9:30am - 10:30am
Harvey Family Hub	Thu	10:00am - 11:00am
Oxford Grove Family Hub	Thu (except Thu 7 May)	1:00pm - 2:00pm
Horwich Health and Wellbeing Hub	Fri	9:30am - 10:30am
Tonge Family Hub	Fri	10:30am - 11:30am
Bright Meadows Family Hub	Fri	1:00pm - 2:00pm
Horwich Health and Wellbeing Hub	Fri	1:00pm - 2:00pm
Farnworth Family Hub	Fri	1:00pm - 2:00pm

Toy Library Baby Group

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

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

Harvey Family Hub
Wednesdays*, 10:00am - 11:00am

Baby Time

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

Bolton Museum
Tuesdays, 10:30am - 11:30am

Bumps, Boobs, and Buggies Walking Group

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

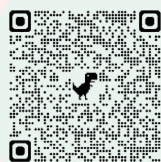
Horwich Library (BL6 7AJ)
Mondays, 10:00am - 11:00am

Moss Bank Park (BL1 6LY)
Fridays, 11:00am - 12:00pm

Dad Matters Walk & 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.

Saturday 25 Apr, 16 May, and 20 Jun, 10:00am - 11:30am
Moses Gate Country Park, BL4 7QS



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>

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>

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

The NHS Website:
www.nhs.uk/baby

Child Accident Prevention Trust:
www.capt.org.uk

PERINATAL INFANT MENTAL HEALTH (PIMH) 0-2s

Your Baby and You

An 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 28.

Nature, Nurture, and Natter

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

**The Roost, Ashley Avenue,
BL2 5AR
Thursdays, 10:00am - 12:00pm***

Home-Start Host PIMH Support

Professional and peer support sessions are carried out in family homes, Family Hubs and alternative venues, as required or appropriate. Contact: info@homestarthost.org.uk

Bolton Toy Library PIMH Support

Trained facilitators and one-to-one support are available to parents and carers with mild mental health difficulties. Contact us: enquires@boltontoylibrary.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.



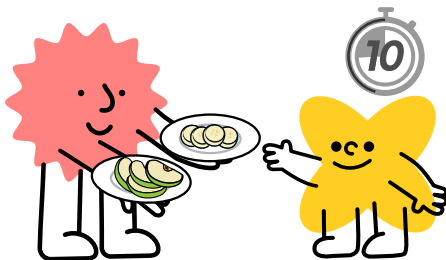
Bolton Talking Therapies

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.

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.



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 - 1:00pm
Tonge Family Hub	Tuesdays	9:30am - 1:00pm
Farnworth Family Hub	Wednesdays	12:30pm - 4:00pm

With You in Mind

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

Continues during half-term, 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 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 35) 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

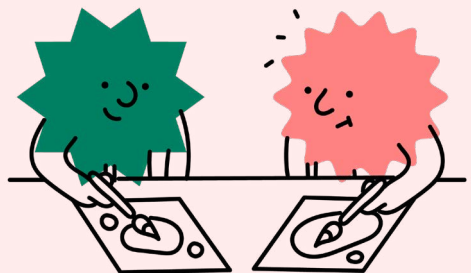
NHS Get Help to Buy Food and Milk (Healthy Start)

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

Children's Spaces in all Bolton Family Hubs

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



Stay and Play

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

Term time only.

Bolton Toy Library*

Bolton Wanderers in the Community (BWITC)**

The Hub at Westhoughton ***

Farnworth Family Hub*	Mon	10:00am - 11:00am
Alexandra Family Hub*	Mon	1:00pm - 2:00pm
Harvey Family Hub*	Mon	1:00pm - 2:00pm
Harvey Family Hub*	Tue	10:00am - 11:00am
Harvey Family Hub*	Tue	1:00pm - 2:00pm
Great Lever Family Hub*	Tue	1:00pm - 2:00pm
Alexandra Family Hub**	Wed	10:00am - 11:30am
Harvey Family Hub*	Wed	1:00pm - 2:00pm
Tonge Family Hub*	Wed	1:00pm - 2:00pm
Bright Meadows Family Hub*	Thu (except Thu 7 May)	10:00am - 11:00am
Harvey Family Hub*	Thu	10:00am - 11:00am
Oldhams Family Hub*	Thu (except Thu 7 May)	1:00pm - 2:00pm
The Hub at Westhoughton***	Thu	1:30pm - 2:30pm
Farnworth Family Hub**	Fri	10:00am - 11:30am

Early Years Sing and Play

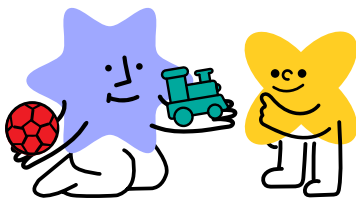
An interactive musical session with Bolton Music Service for families with children 18 months to 4 years. No need to book! Term time only.

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

Fish Feeds at Bolton Aquarium (Bolton Central Library)

Chat with the Aquarium staff and watch the vibrant fish enjoy their meal. Tuesday, Thursday and Saturday, 1:00pm during all school holidays (some with Curator Talk).

5 GOLDEN RULES FOR COMMUNICATION



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?”



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

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

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

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

Stay, Chat, and Play

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

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

Shake, Rattle, and Roll!

Active music and movement session for 0-5s. No need to book! Term time only and excluding Bank Holidays. Bright Meadows will run in May Half-term (25 May)

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

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

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

Flowhesion: Parent and Tots Sessions

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

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

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

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

Mini Makers (May Half-term)

Join Bolton Library and Museum Services for free art themed activities from the 26 to 29 May between 10:30am - 12:00pm and 1:00pm - 3:30pm.

Find out more about Bolton Library and Museum events on Facebook www.facebook.com/BoltonLibraryandMuseumServices and Eventbrite <https://bit.ly/3QXP0AE>.

Explore Smithills Hall

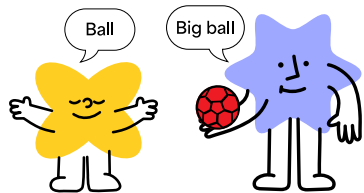
The hall and grounds are free to enter and explore on Wednesday, Thursday and Fridays, 10:00am - 4:00pm and Sundays, 12:00pm - 4:00pm.

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”.



Wiggle Tots and Wiggle Worship Toddler Groups

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

St Katharine's Church Blackrod	Mon	9:00am - 10:45am
Holy Trinity Horwich Parish Hall	Mon	9:00am - 11:00am
Oldhams Family Hub (Oldhams Church)	Wed	10:30am - 11:45am
St James, Daisy Hill	Wed	9:00am - 10:00am
St Andrew's, Over Hulton (£1 per family)	Mon	10:30am - 11:30am
Grace Church, Bolton	Wed	10:00am - 11:00am
St Peter's Parish Centre, Halliwell	Tues	10:00am - 11:30am
St Bartholomew's, Westhoughton	Mon	9:30am - 11:00am

Join a Togetherness group 'Understanding your child'

This free 10-week group offers insights for all parents and carers, helping you gain a deeper understanding of your child's development. Includes play, communication, brain development, emotions and parenting styles. Whether you're navigating new experiences or simply curious to learn new skills. Perfect for those with a child under 3. Children welcome.

***Please book in advance** by contacting Families Together on **07514 484157** or email **familiestogether445@gmail.com**

Find out more at: www.familiestogether.org.uk

Farnworth Family Hub

Thursday*, 10:00am - 12:00pm (from 30 Apr)

Oxford Grove Family Hub

Friday*, 10:00am - 12:00pm (from 1 May)

Online Child Development Togetherness Pathway

Written by NHS professionals, 'Understanding your child', is a free online pathway for everyone around your child. It's part of a series of pathways, using the Solihull Approach model, designed to support families every step of the way. Simply visit www.togetherness.co.uk, create an account, and use the access code **RIVINGTON** to unlock practical tips and reassurance.

Useful websites

- Thinking about potty training? Visit: www.eric.org.uk/potty-training
- Words for Life provide fun activities to help boost children's language, literacy, and communication skills at home. <https://bit.ly/3WWkqh2>
- CBeebies Parenting www.bbc.co.uk/cbeebies/parenting

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



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

**NHS
Bolton
NHS Foundation Trust**

Scan Me

... for a **better** Bolton

The poster features a dark blue background with white text. At the top right is the NHS Bolton logo. The main text is in large, bold, white capital letters. Below the text are two cartoon teeth: one is smiling and pointing, the other is holding a toothbrush with blue foam. To the right is a QR code on a pink background with the text 'Scan Me' below it. At the bottom left is the slogan '... for a better Bolton'.

SPECIAL EDUCATIONAL NEEDS AND DISABILITIES (SEND)

SEND Stay and Play

Weekly term time fun activity sessions for families with children aged 0-5 years SEND (diagnosed or awaiting diagnosis). Run by The Orchards Federation.

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

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

@SugarLumps SEND Stay and Play

For families with children aged 0-5 years SEND (diagnosed or awaiting diagnosis). Dress for mess!

Tonge Family Hub Thu
28 May, 10:00am - 11:30am

Oldhams Family Hub
Fri 29 May, 1:00pm - 2:30pm

SEND Stay and Play

Fun activity sessions for families with children aged 0-5 years SEND (diagnosed or awaiting diagnosis).

Tonge Family Hub
Thu 4 June, 10:00am - 11:30am

Oldhams Family Hub
Fri 5 June, 1:00pm - 2:30pm

Bolton Shared Care SEND Support Drop-in

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

For more information email: Shaheeda.patel@bolton.gov.uk or Elaine.nuttall@bolton.gov.uk

Harvey Family Hub
Wednesday 6 May
10:00am - 12:00pm

Farnworth Family Hub
Wednesday 3 June
10:00am - 12:00pm

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, no matter where they 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: www.compassbolton.co.uk/workshops-and-training/parent-workshops/starting-school

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, 5:00pm - 8:00pm

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

Breaking Barriers

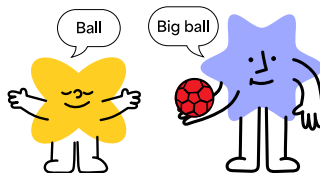
A charity working with children and young people with SEND, providing peer support groups for families. Call: **07717 434 840**, email: breakbarriers3@gmail.com or visit the calendar for up-to-date information: www.breakingbarriersnw.com

Bolton's SEND Local Offer

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.



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?"



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

* 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

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

HELP WITH CHILDCARE COSTS (FOR WORKING PARENTS):

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

For more information on the Working Parents Entitlement and how to apply, visit

www.beststartinlife.gov.uk

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



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

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

EARLY COMMUNICATION AND SCHOOL READINESS

Chat, Play, Read

An interactive group for families with children 12 months+ Enjoy songs, stories, sensory play, and craft activities to help build your child's communication, language, and literacy skills. Sessions continue through half-term except on bank holidays and those marked with *

The Gates Primary School*	Mon	9:30am - 10:30am
Great Lever Family Hub	Mon	10:00am - 11:00am
Tonge Family Hub	Mon	10:00am - 11:00am
Harvey Family Hub	Mon	1:00pm - 2:00pm
Blackrod Young People's Centre*	Tue	10:00am - 11:00am
Great Lever Family Hub	Tue	10:00am - 11:00am
Bright Meadows Family Hub	Tue	1:00pm - 2:00pm
Farnworth Family Hub	Tue	1:00pm - 2:00pm
Oxford Grove Family Hub	Wed	10:00am - 11:00am
Farnworth Family Hub	Thu	1:00pm - 2:00pm
Bright Meadows Family Hub	Thu (except Thu 7 May)	1:00pm - 2:00pm
Alexandra Family Hub	Thu	1:00pm - 2:00pm
Oldhams Family Hub	Fri	10:00am - 11:00am
Tonge Family Hub	Fri	1:30pm - 2:30pm

Easter 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.

Farnworth Family Hub	Tue 7 Apr	1:00pm - 2:30pm
Oxford Grove Family Hub	Wed 8 Apr	10:00am - 11:30am
Tonge Family Hub	Fri 10 Apr	1:30pm - 3:00pm
Great Lever Family Hub	Mon 13 Apr	10:00am - 11:30am
Harvey Family Hub	Mon 13 Apr	1:00pm - 2:30pm
Blackrod Young People's Centre	Tue 14 Apr	10:00am - 11:30am
Bright Meadows Family Hub	Tue 14 Apr	1:00pm - 2:30pm
Alexandra Family Hub	Thu 16 Apr	1:00pm - 2:30pm
Oldhams Family Hub	Fri 17 Apr	10:00am - 11:30am

Recreate-U's Best Start

Fun, friendly stay, play and learn sessions. Find out what your little one will need to know when they go to school and try out some simple, engaging activities to help them develop their skills. For children ages 3-5, accompanied by their adult. Sign up link: www.eequ.org/recreateu

*Begins Thursday 4 June, advanced sign up required.

Farnworth Family Hub	*Thursdays	11:00am - 12:00pm
Oxford Grove Family Hub	*Thursdays	1:00pm - 2:00pm
Harvey Family Hub	*Thursdays	4:00pm - 5:00pm

Toddler Tales with Bolton Libraries and Museum Services

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

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

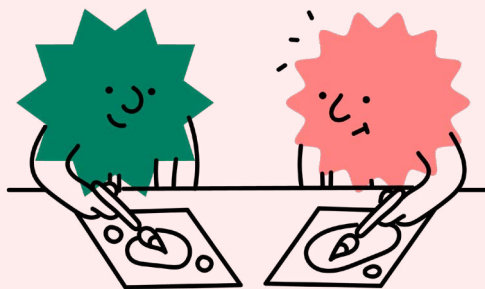
Saturday Storytime

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

Bolton Central Library
Saturdays, 2:00pm

Children's Spaces in all Bolton Family Hubs

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



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

CHILDREN AND YOUNG PEOPLE

Family Fun Time

A drop-in group for families with children of all ages. Read, play, craft, and connect in our indoor and outdoor spaces, with free snacks and the opportunity to chat with a Family Hub Practitioner. Sessions continue through half-term except on bank holidays.

Tonge Family Hub	Mon	3:15pm - 4:30pm
Farnworth Family Hub	Mon	3:30pm - 4:30pm
Alexandra Family Hub	Mon	3:15pm - 4:15pm
Oldhams Family Hub	Tue	3:15pm - 4:15pm
Harvey Family Hub	Tue	3:15pm - 4:30pm
Great Lever Family Hub	Thu	3:15pm - 4:30pm
Oxford Grove Family Hub	Thu (except Thu 7 May)	3:15pm - 4:30pm
Bright Meadows Family Hub	Thu (except Thu 7 May)	3:15pm - 4:30pm

Cooking Wizards

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

Oxford Grove Family Hub

***Saturdays**

Tonge Family Hub

***Saturdays**

Farnworth Family Hub

***Saturdays**

Cinema at the Crescent

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

Digital Saturdays

Join Digital Saturdays at Bolton Central Library - a fun, hands-on session where young people (aged 7-12 years) can explore coding, creative tech, and digital play. To book a place, visit Eventbrite <https://bit.ly/3QXP0AE>.

Online Child Development

Togetherness Pathways
Written by NHS professionals, 'Understanding your child' and 'Understanding your brain (for teenagers only)', is available via a free online learning platform (for anyone in Bolton). It's part of a series of pathways, using the Solihull Approach model, designed to support families every step of the way. Simply visit www.togetherness.co.uk, create an account, and use the access code **RIVINGTON** to unlock practical tips and reassurance.

Bolton Lads and Girls Club (BLGC)

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

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

Member sign up is free:

www.blgc.co.uk

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

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 (Years 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.

Email: positive.activities@bolton.gov.uk

Website: www.bolton.gov.uk/playandyouth

Check out Bolton's Play and Youth Facebook page @ Play&YouthBolton.

Scan the QR code to find out what's on throughout the term including 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.

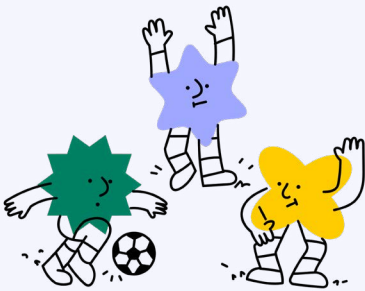
Believe Achieve CIC

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

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

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

Visit: **www.kooth.com**

iThrive Service

iThrive work with a range of local organisations who offer, one to one and group support for Bolton children aged 2-19 years or up to 25 with SEND.

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

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

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 18 Apr, 16 May,
13 Jun, 4 Jul

Oxford Grove Family Hub
Saturday 25 Apr, 30 May,
20 Jun, 11 Jul

Tonge Family Hub
Saturday 9 May, 6 Jun,
27 Jun, 18 Jul

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. Each participant receives a £100 Play and Connection Kit and weekly take-home resources to help bring learning to life with your child. Perfect for any parent wanting to grow, heal, and create a more peaceful home environment.

To find out more and sign up* email: dawn.kay@parentrootcollective.co.uk or call: **07887760332**

Website:

www.parentrootcollective.co.uk/root-rise

Red Lane Church, Brightmet
***Tuesdays, 9:30am - 11:30am**
(advance sign up required)

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. If you'd like to meet other local dads, this section highlights the activities designed just for you.

Dad Matters

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

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

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

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



Andy's Man Club

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

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

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

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>



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.

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**.

HEALTH PROMOTION

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

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.

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

Oldhams Family Hub

Thursdays

*Between 9:30am - 4:30pm

Alexandra Family Hub

Fridays

*Between 9:30am - 4:00pm

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

In partnership with:





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



NOTES

A large, empty white rectangular area with rounded corners, intended for taking notes. It occupies the majority of the page below the 'NOTES' header.

NOTES



YOUR LOCAL FAMILY HUBS AND OTHER CENTRES

Alexandra Family Hub

Blackledge Street BL3 4BL
01204 337347

Bright Meadows Family Hub

Greenroyd Ave, Brightmet,
BL2 5DD
01204 336691

Farnworth Family Hub

King Street BL4 7AP
01204 334955

Great Lever Family Hub

Leonard Street BL3 3AP
01204 337333

Harvey Family Hub

Shaw Street BL3 6HU
01204 337390

Oldhams Family Hub

Forfar Street BL1 6RN
01204 334992

Oxford Grove Family Hub

Shepherd Cross Street BL1 3BH
01204 337090

Tonge Family Hub

Starkie Road BL2 2ED
01204 336745

Horwich Health and Wellbeing Hub

Victoria Road BL6 7BT
01204 335138

The Hub at Westhoughton

The Hub, Central Drive, BL5 3DS
01942 635985

