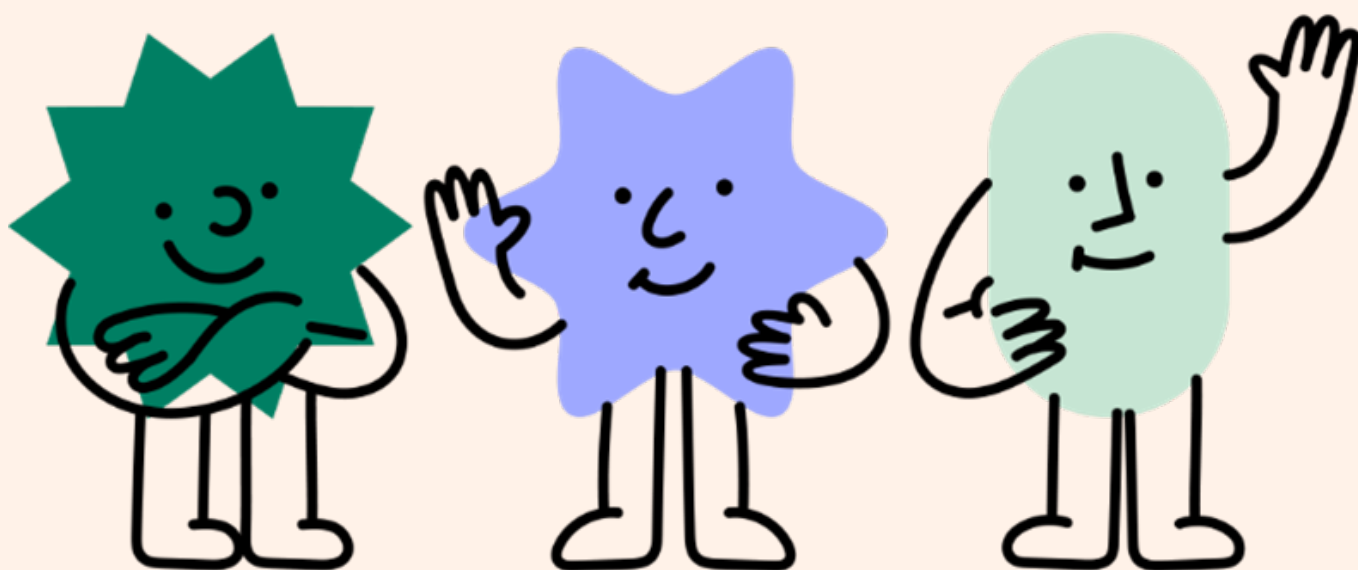


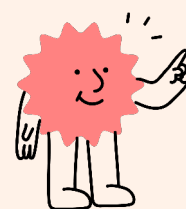


# GUIDE TO SERVICES AND ACTIVITIES FOR FAMILIES IN BOLTON

April – July 2025



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**Have your say** Bolton Toy Library would like to hear from parents, carers, and guardians on the services they want to see in their local Family Hubs (formerly Start Well Centres).

If you have any queries, please contact Bolton Toy Library at [boltontoylibrary@yahoo.co.uk](mailto:boltontoylibrary@yahoo.co.uk)

To complete the questionnaire, please scan the QR Code 



# WHAT ARE FAMILY HUBS?

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

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

## Find us online



Bolton Family Hubs  
<https://bit.ly/4ciRzZB>

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

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

## Find us on Facebook



Bolton Family Hubs  
<https://bit.ly/43eTVXM>



Bolton Early Years 0–5s  
<https://bit.ly/4ic98wY>

## In partnership with:



WHAT'S ON AT:

# ALEXANDRA FAMILY HUB

Blackledge Street, BL3 4BL

Telephone: 01204 337347

[Find us on Facebook](#)

[lof2](#)



Hub opening hours:

9:00am – 5:00pm

Monday to Friday

## Baby in Mind

A support session for parents and caregivers. Meet a Specialist Parent Infant Mental Health Practitioner for up to 1 hour 15 mins. This time is personal to you e.g., thinking about current feelings and experiences, or making plans which might help the demands of daily life to feel more manageable. For more information see page 43.

Mondays, 9:30pm – 1:00pm

## 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 experiences.

Continues during half-term. For information, call 01204 216537 or email: [Sharonfletcher@homestarthost.org.uk](mailto:Sharonfletcher@homestarthost.org.uk)

Mondays, 10:30am – 12:00pm

## Family Fun Time

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

Mondays, 3:15pm – 4:15pm

## Stay and Play

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

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

Mondays, 1:00pm – 2:00pm\*

Wednesdays, 10:00am – 11:30am\*\*

## Baby Babble and Bond

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

Tuesdays, 9:30am – 10:30am

## Bolton College Taster Sessions

Enjoy a hands-on taster session in May. Contact the hub to find out more.

**British Culture**

Wednesday 21 May, 1:00pm – 3:30pm

WHAT'S ON AT:

# ALEXANDRA FAMILY HUB

Blackledge Street, BL3 4BL

Telephone: 01204 337347

[Find us on Facebook](#)

[2of2](#)



**Hub opening hours:**

9:00am – 5:00pm

Monday to Friday

## Bolton College Learning and Employability Drop-ins

Free help with CV writing, career mapping, job applications, interview skills or get support with course enrolment, and gain qualifications!

Wednesday 30 Apr or 14 May  
1:00pm – 2:30pm

## Nature Club for Tots

A fun drop-in for families with children aged 1-3 years. Facilitated by Lancashire Wildlife Trust. Email Ruth: [rireland@lancswt.org.uk](mailto:rireland@lancswt.org.uk) for more details. Term time only.

Thursdays, 10:00am – 11:00am

## Chat, Play, Read

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

Thursdays, 1:30pm – 2:30pm

## Citizens Advice Service Sessions

Looking for support or advice on, debt, help to claim, housing, benefits, employment, health, family etc? Come and see Citizens Advice for free.

Booking required, call: 01204 337347

Friday 2 May, appointments times  
between 9:00am – 11:30am

## Antenatal Clinic

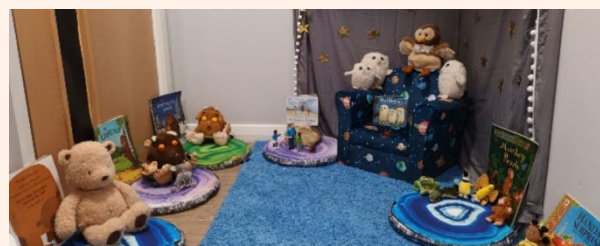
For an appointment with a Midwife, call the hub.

## Well Baby Clinic

Clinic operates by appointment only. To book an appointment with your Public Health Nurse, call: 01204 337578

## Alexandra's Book Swop

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



WHAT'S ON AT:

# BRIGHT MEADOWS FAMILY HUB

Greenroyd Avenue, BL2 5DD

Telephone: 01204 336691

[Find us on Facebook](#)

[lof2](#)



Hub opening hours:

9:00am – 5:00pm

Monday to Friday

## Antenatal Clinic

For an appointment with a Midwife, call the Hub.

## Baby in Mind

A support session for parents and caregivers. Meet a Specialist Parent Infant Mental Health Practitioner for up to 1 hour 15 mins. This time is personal to you e.g., thinking about current feelings and experiences, or making plans which might help the demands of daily life to feel more manageable. For more information see page 43.

Mondays, 9:30pm – 1:00pm

## Little Bats Stay and Play

Stay and play the forest school way. An 8-week block to build confidence in your tot to play in nature. Outdoor sessions. 1–5 years. **\*Advanced booking required.** To book visit: [www.littlebatslearning.org/sessions/](http://www.littlebatslearning.org/sessions/) or call Elanor on 07818 925678.

Mondays\*, 1:00pm – 2:30pm

## Baby Babble and Bond

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

Tuesdays, 9:30am – 10:30am

## Bolton College Taster Sessions

Enjoy hands-on taster sessions in May. Contact the hub to find out more.

### Cake decorating

Tuesday 13 May, 1:00pm – 3:30pm

### Nail art

Tuesday 20 May, 1:00pm – 3:30pm

## Shake, Rattle, and Roll

An active music and movement session for families with 0–5s. Term-time only.

Wednesdays, 10:00am – 10:45am  
Excluding 25 June 2025



WHAT'S ON AT:

# BRIGHT MEADOWS FAMILY HUB

Greenroyd Avenue, BL2 5DD

Telephone: 01204 336691

[Find us on Facebook](#)[2of2](#)

Hub opening hours:

9:00am – 5:00pm

Monday to Friday

## Stay and Play

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

Run by Bolton Toy Library.

Thursdays, 10:00am – 11:00am

## Chat, Play, Read

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

Thursdays, 1:00pm – 2:00pm

## Bolton College Learning and Employability Drop-ins

Free help with CV writing, career mapping, job applications, interview skills or get support with course enrolment, and gain qualifications!

Thursday 3 Apr or 8 May  
1:30pm – 3:00pm

## Family Fun Time

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

Thursdays, 3:15pm – 4:30pm

## Baby's First Foods

Babies, parents, and grandparents – learn when and how to introduce solid foods to your baby. Ideal from families with babies around 3-6 months old. To book your place, call the Healthy Families Team on 01204 463175 or email [hfb@boltonnft.nhs.uk](mailto:hfb@boltonnft.nhs.uk)

Friday, 16 May  
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. Free and no need to book! Term time only.

Weekly from Friday 25 April  
Fridays, 10:00am – 11:00am

WHAT'S ON AT:

## FARNWORTH FAMILY HUB

King Street, BL4 7AP

Telephone: 01204 334955

[Find us on Facebook](#)

[lof3](#)



### Hub opening hours:

9:00am – 5:00pm

Monday and Friday

9:00am – 6:00pm

Tuesday, Wednesday, and Thursday

9:00am – 4:00pm

Saturday 17 May, 14 Jun, 5 Jul

### Stay and Play

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

Mondays, 10:00am – 11:00am

### Breastfeeding Group

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

Tuesdays, 9:30am – 10:30am

### Baby Babble and Bond

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

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

Wednesdays, 9:30am – 10:30am

### Baby in Mind

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

For more information see page 43.

Wednesdays, TBC

### With You in Mind

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

Continues during half-term. For information, call 01204 216537 or email: [Sharonfletcher@homestarthost.org.uk](mailto:Sharonfletcher@homestarthost.org.uk)

Wednesdays, 1:15pm – 2:45pm

### Bolton College Learning and Employability Drop-ins

Free help with CV writing, career mapping, job applications, interview skills or get support with course enrolment, and gain qualifications!

Wednesdays, 8 Apr, 30 Apr  
9:15am – 10:45am



## WHAT'S ON AT:

# FARNWORTH FAMILY HUB

King Street, BL4 7AP

Telephone: 01204 334955

[Find us on Facebook](#)

2of3

**Hub opening hours:**

9:00am – 5:00pm

Monday and Friday

9:00am – 6:00pm

Tuesday, Wednesday and Thursday

9:00am – 4:00pm

Saturday 17 May, 14 Jun, 5 Jul

**Join a Solihull Group****‘Understanding your child’**

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

To find out more and sign up\*, email: [familiestogether445@gmail.com](mailto:familiestogether445@gmail.com) or call: 07514 484157.

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

**Baby's First Foods**

Babies, parents, and grandparents – learn when and how to introduce solid foods to your baby. Ideal from families with babies around 3-6 months old. To book your place, call the Healthy Families Team on 01204 463175 or email [hfb@boltonft.nhs.uk](mailto:hfb@boltonft.nhs.uk)

Thursday, 8 May  
1:00pm – 2:30pm

**Chat, Play, Read**

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

Fridays, 9:30am – 10:30am

**Family Fun Time**

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

Fridays, 3:15pm – 4:30pm

**Early Help Parent Drop-in**

For families with children under 18-year-old. Need advice about parenting? Come for a coffee and chat. For more information, contact Targeted Early Help on 01204 336215 or email [EarlyHelp@bolton.gov.uk](mailto:EarlyHelp@bolton.gov.uk)

Saturday 17 May, 14 Jun, 5 Jul,  
10:00am – 12:00pm

WHAT'S ON AT:

## FARNWORTH FAMILY HUB

King Street, BL4 7AP

Telephone: 01204 334955

[Find us on Facebook](#)

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**Hub opening hours:**

9:00am – 5:00pm

Monday and Friday

9:00am – 6:00pm

Tuesday, Wednesday and Thursday

9:00am – 4:00pm

Saturday 17 May, 14 Jun, 5 Jul

### Preparing to Breastfeed

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

Saturday 5 Jul, 10:00am – 12:15pm

### Workshop for Parents to Support in Managing Teens

Come in and see the Early Help team.

Saturdays 1–3pm  
Call the hub to book

### Odyssey9 Academy CIC

Delivering youth workshops in the creative industry such as producing, videography, photography and more. See page 59 for more information.

Saturdays 1–3pm  
See page 59 for booking information

### Cooking Wizards

Does your child like cooking or would they like to learn a new skill? Aged 8 years plus.

Saturdays, 10:00am – 12:00pm  
See page 58 for more information

### Antenatal Clinic

For an appointment with a Midwife, call the hub.

### Well Baby Clinic

Clinic operates by appointment only. To book an appointment with your Public Health Nurse, call: 01204 332750

### Farnworth's Book Swop

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



For a list of activities at:  
**Kearsley Woodbridge  
College (BL4 8LB)** see  
page 30.



WHAT'S ON AT:

# GREAT LEVER FAMILY HUB

Leonard Street, BL3 3AP

Telephone: 01204 337333

[Find us on Facebook](#)[lof3](#)

Hub opening hours:

9:00am – 5:00pm

Monday to Friday

## Chat, Play, Read

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

Mondays, 9:30am – 10:30am

## Bolton College Learning and Employability Drop-ins

Free help with CV writing, career mapping, job applications, interview skills or get support with course enrolment, and gain qualifications!

Monday 28 Apr, 12 May  
9:30am – 11:00am

## Baby's First Foods

Babies, parents, and grandparents – learn when and how to introduce solid foods to your baby. Ideal from families with babies around 3–6 months old. To book your place, call the Healthy Families Team on 01204 463175 or email [hf@boltonft.nhs.uk](mailto:hf@boltonft.nhs.uk)

Monday, 7 Apr and 9 Jun  
1:00pm – 2:30pm

## Stay and Play

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

Tuesdays, 1:00pm – 2:00pm

## Baby Babble and Bond

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

Wednesdays, 9:30am – 10:30am

WHAT'S ON AT:

## GREAT LEVER FAMILY HUB

Leonard Street, BL3 3AP

Telephone: 01204 337333

[Find us on Facebook](#)

2of3



Hub opening hours:

9:00am – 5:00pm

Monday to Friday

### Breastfeeding Group

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

Wednesdays, 1:00pm – 2:00pm

### Citizens Advice Service Sessions

Looking for support or advice on, debt, help to claim, housing, benefits, employment, health, family etc? Come and see Citizens Advice for free.

Booking required, call: 01204 337333

Wednesday 30 Apr, 28 May,  
appointments times between  
2:00pm – 5:00pm

### Proud 2 b Parents Stay and Play

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

Thursdays, 1:00pm – 2:30pm

### Family Fun Time

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

Thursdays, 3:15pm – 4:30pm

### Plan and prepare for parenthood (antenatal classes)

Get information to help you make informed parenting choices and feel more confident as you journey into parenthood. Additional sessions available online. Feel free to just turn up!

[book.breastfeedingtogether.co.uk/](http://book.breastfeedingtogether.co.uk/)

Thursday, 8 May, 5:30pm – 7:30pm

WHAT'S ON AT:

## GREAT LEVER FAMILY HUB

Leonard Street, BL3 3AP

Telephone: 01204 337333

[Find us on Facebook](#)

3of3



Hub opening hours:

9:00am – 5:00pm

Monday to Friday

### Baby in Mind

A support session for all parents and caregivers. Meet a Specialist Parent Infant Mental Health Practitioner for up to 1 hour 15 mins. This time is personal to you e.g., thinking about current feelings and experiences, or making plans which might help the demands of daily life to feel more manageable. For more information see page 43.

Fridays, 9:30am – 1:00pm

### Parent and Tots

Stay and play for families with children aged 0–4 years. Bilingual practitioners available for parents with South Asian ethnic backgrounds. Term time only.

Fridays, 10:00am – 12:00pm

### Little Bats Stay and Play

Stay and play the forest school way. An 8-week block to build confidence in your tot to play in nature. Outdoor sessions. 1–5 years. **\*Advanced booking required.** To book visit: [www.littlebatslearning.org/sessions/](http://www.littlebatslearning.org/sessions/) or call Elanor on 07818 925678

Fridays\*, 1:00pm – 2:30pm

### Antenatal Clinic

For an appointment with a Midwife, call the Hub.

### Well Baby Clinic

Clinic operates by appointment only. To book an appointment with your Public Health Nurse, call: 01204 335019

WHAT'S ON AT:

## HARVEY START WELL CENTRE

Shaw Street, Bolton, BL3 6HU

Telephone: 01204 337390

Hub opening hours

8:00am – 6:00pm

Monday to Friday

lof3

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### Baby Group

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

Mondays, 10:00am – 11:00am

### Bolton College Learning and Employability Drop-ins

Free help with CV writing, career mapping, job applications, interview skills or get support with course enrolment, and gain qualifications!

Monday 28 Apr, 12 May  
11:00am – 1:00pm

### Chat, Play, Read

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

Mondays, 1:00pm – 2:00pm

### SEND Stay and Play

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

Mondays, 1:00pm – 2:00pm

### Andy's Man Club

Meeting every Monday from 7pm

\*except Bank Holidays. #ItsOkayToTalk.  
A peer-led charity.

Mondays\*, 7:00pm – 9:00pm  
Harvey Start Well Centre

### Family Fun Time

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

Tuesdays, 3:15pm – 4:30pm



## WHAT'S ON AT:

# HARVEY START WELL CENTRE

Shaw Street, Bolton, BL3 6HU

Telephone: 01204 337390

2 of 3**Hub opening hours**

8:00am – 6:00pm

Monday to Friday

**Baby's First Foods**

Babies, parents, and grandparents – learn when and how to introduce solid foods to your baby. Ideal from families with babies around 3–6 months old. To book your place, call the Healthy Families Team on 01204 463175 or email [hf@boltonft.nhs.uk](mailto:hf@boltonft.nhs.uk)

Tue, 22 Apr and Wed, 25 Jun  
1:00pm – 2:30pm

**Stay and Play Groups**

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

Indoor and outdoor activities.

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

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

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

**Join a Solihull Group****'Understanding your child'**

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

To find out more and sign up\*, email: [familiestogether445@gmail.com](mailto:familiestogether445@gmail.com) or call: 07514 484157.

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

**Baby Babble and Bond**

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

Thursdays, 9:30am – 10:30am

WHAT'S ON AT:

## HARVEY START WELL CENTRE

Shaw Street, Bolton, BL3 6HU

Telephone: 01204 337390

Hub opening hours

8:00am – 6:00pm

Monday to Friday

3 of 3

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### Preparing to Breastfeed

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

Thursday 10 Apr  
5:30pm – 7:45pm

Thursday 12 Jun  
5:30pm – 7:45pm

### Citizens Advice Service Sessions

Looking for support or advice on, debt, help to claim, housing, benefits, employment, health, family etc? Come and see Citizens Advice for free. Booking required, call: 01204 337390

Friday 9 May, appointments times  
between 9:00am – 11:30am

### Little Bats Stay and Play

Stay and play the forest school way. An 8-week block to build confidence in your tot to play in nature. Outdoor sessions. 1-5 years. **\*Advanced booking required.** To book visit: [www.littlebatslearning.org/sessions/](http://www.littlebatslearning.org/sessions/) or call Elanor on 07818 925678.

Fridays\*, 10:00am – 11:30am

### Antenatal Clinic

For an appointment with a Midwife, call the hub.

## WHAT'S ON AT:

# OLDHAMS START WELL CENTRE

Forfar Street, Bolton, BL1 6RN

Telephone: 01204 334992

lof3

## Hub opening hours:

8:30am – 4:30pm

Monday to Friday

## Little Bats Stay and Play

Stay and play the forest school way. An 8-week block to build confidence in your tot to play in nature. Outdoor sessions. 1-5 years. **\*Advanced booking required.** To book visit: [www.littlebatslearning.org/sessions/](http://www.littlebatslearning.org/sessions/) or call Elanor on 07818 925678.

Mondays\*, 10:00am – 11:30am

## Join a Solihull Group

### 'Understanding your child'

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

To find out more and sign up\*, email: [famiestogether445@gmail.com](mailto:famiestogether445@gmail.com) or call: 07514 484157.

Mondays (10-weeks) \*  
12:30pm – 2:30pm

## Nature Club for Tots

A fun drop-in for families with children aged 1-3 years. Facilitated by Lancashire Wildlife Trust. Email Ruth: [rireland@lancswt.org.uk](mailto:rireland@lancswt.org.uk) for more details. Term time only.

Tuesdays, 10:00am – 11:00am

## Chat, Play, Read

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

Tuesdays, 1:00pm – 2:00pm

## Baby's First Foods

Babies, parents, and grandparents – learn when and how to introduce solid foods to your baby. Ideal from families with babies around 3-6 months old. To book your place, call the Healthy Families Team on 01204 463175 or email [hf@boltonft.nhs.uk](mailto:hf@boltonft.nhs.uk)

Tuesday, 13 May  
2:00pm – 3:30pm

WHAT'S ON AT:

## OLDHAMS START WELL CENTRE

Forfar Street, Bolton, BL1 6RN

Telephone: 01204 334992

Hub opening hours:

8:30am – 4:30pm

Monday to Friday

2 of 3

### Family Fun Time

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

Tuesdays, 3:15pm – 4:15pm

### Wiggle Tots

A fun baby and toddler group facilitated by Oldhams Church. 0-4 years. Free drop-in. Term time only

Wednesdays, 10:30am – 11:45am

### Baby Babble and Bond

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

Thursdays, 9:30am – 10:30am

### Baby in Mind

A support session for parents and caregivers. Meet a Specialist Parent Infant Mental Health Practitioner for up to 1 hour 15 mins. This time is personal to you e.g., thinking about current feelings and experiences, or making plans which might help the demands of daily life to feel more manageable. For more information see page 43.

Thursdays, 9:30am – 1:00pm

### Breastfeeding Group

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

Thursdays, 1:00pm – 2:00pm

### Stay and Play

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

Thursdays, 1:00pm – 2:00pm

WHAT'S ON AT:

## OLDHAMS START WELL CENTRE

Forfar Street, Bolton, BL1 6RN

Telephone: 01204 334992

Hub opening hours:

8:30am – 4:30pm

Monday to Friday

3 of 3

### Bolton College Learning and Employability Drop-ins

Free help with CV writing, career mapping, job applications, interview skills or get support with course enrolment, and gain qualifications!

Thursday 1 May, 15 May  
1:30pm – 3:00pm

### Antenatal Clinic

For an appointment with a Midwife, call the hub.

### Well Baby Clinic

Clinic operates by appointment only. To book an appointment with your Public Health Nurse, call: 01204 463050

### Citizens Advice Service Sessions

Looking for support or advice on, debt, help to claim, housing, benefits, employment, health, family etc? Come and see Citizens Advice for free.

Booking required, call: 01204 334992

Friday 16 May, appointments times  
between 9:00am – 11:30am

### SEND Stay and Play

A drop-in play group for families of children with SEND aged 0-5 years.

Children do not need an official diagnosis to attend. Term time only.

Fridays, 1:00pm – 2:30pm

WHAT'S ON AT:

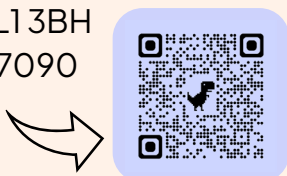
## OXFORD GROVE FAMILY HUB

Shepherd Cross St, BL1 3BH

Telephone: 01204 337090

[Find us on Facebook](#)

[lof3](#)



**Hub opening hours:**

9:00am – 5:00pm

Monday and Friday

9:00am – 6:00pm

Tuesday, Wednesday and Thursday

9:00am – 4:00pm

Saturday 26 Apr, 31 May, 21 Jun, 12 Jul

### Well Baby Clinic

Clinic operates by appointment only. To book an appointment with your Public Health Nurse, call: 01204 338188

### Antenatal Clinic

For an appointment with a Midwife, call the hub.

### Parent and Tots

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

Mondays, 10:00am – 12:00pm

### Bolton College Learning and Employability Drop-ins

Free help with CV writing, career mapping, job applications, interview skills or get support with course enrolment, and gain qualifications!

Tuesday 15 Apr, 13 May  
9:15am – 10:45am

### Baby in Mind

A support session for parents and caregivers. Meet a Specialist Parent Infant Mental Health Practitioner for up to 1 hour 15 mins. This time is personal to you e.g., thinking about current feelings and experiences, or making plans which might help the demands of daily life to feel more manageable. For more information see page 43.

Tuesdays, 9:30am – 1:00pm

### Baby Babble and Bond

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

Tuesdays, 9:30am – 10:30am



## WHAT'S ON AT:

# OXFORD GROVE FAMILY HUB

Shepherd Cross St, BL1 3BH

Telephone: 01204 337090

[Find us on Facebook](#)

2of3

**Hub opening hours:**

9:00am – 5:00pm

Monday and Friday

9:00am – 6:00pm

Tuesday, Wednesday and Thursday

9:00am – 4:00pm

Saturday 26 Apr, 31 May, 21 Jun, 12 Jul

**Nature Club for Tots**

A fun drop-in for families with children aged 1–3 years. Facilitated by Lancashire Wildlife Trust. Email Ruth: [rireland@lancswt.org.uk](mailto:rireland@lancswt.org.uk) for more details. Term time only.

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). Come along, meet others, and share your experiences. Continues during half-term. For information, call 01204 216537 or email: [Sharonfletcher@homestarthost.org.uk](mailto:Sharonfletcher@homestarthost.org.uk)

Tuesdays, 1:15pm – 2:45pm

**Chat, Play, Read**

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

Wednesdays, 9:30am – 10:30am

**Plan and prepare for parenthood (antenatal classes)**

Get information to help you make informed parenting choices and feel more confident as you journey into parenthood. Additional sessions available online. Feel free to just turn up! [book.breastfeedingtogether.co.uk/](http://book.breastfeedingtogether.co.uk/)

Wed, 16 Apr 10:00am – 12:00pm

**Baby's First Foods**

Babies, parents, and grandparents – learn when and how to introduce solid foods to your baby. Ideal from families with babies around 3–6 months old. To book your place, call the Healthy Families Team on 01204 463175 or email [hf@boltonft.nhs.uk](mailto:hf@boltonft.nhs.uk)

Wednesday, 2 Apr and 4 Jun  
1:00pm – 2:30pm**Bolton College Taster Sessions**

Enjoy a hands-on taster session in May. Contact the hub to find out more.

**British Culture**

Wednesday 7 May, 1:00pm – 3:30pm

WHAT'S ON AT:

## OXFORD GROVE FAMILY HUB

Shepherd Cross St, BL1 3BH

Telephone: 01204 337090

[Find us on Facebook](#)

3of3



Hub opening hours:

9:00am – 5:00pm

Monday and Friday

9:00am – 6:00pm

Tuesday, Wednesday and Thursday

9:00am – 4:00pm

Saturday 26 Apr, 31 May, 21 Jun, 12 Jul

### Family Fun Time

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

Thursdays, 3:15pm – 4:30pm

### Join a Solihull Group

#### 'Understanding your child'

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

To find out more and sign up\*, email: [familiestogether445@gmail.com](mailto:familiestogether445@gmail.com) or call: 07514 484157.

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

### Early Help Parent Drop-in

For families with children under 18-year-old. Need advice about parenting? Come for a coffee and chat. For more information, contact Targeted Early Help on 01204 336215 or email [EarlyHelp@bolton.gov.uk](mailto:EarlyHelp@bolton.gov.uk)

Saturday 26 Apr, 31 May, 21 Jun, 12 Jul,  
10:00am – 12:00pm (drop-in)

NEW!

**Saturday Stay and Play (drop-in)**  
1:00pm – 2:00pm

**Happy Families  
Play and Support Group**  
3:00pm – 4:00pm  
(phone the hub to find out more)

### Cooking Wizards

Does your child like cooking or would they like to learn a new skill? Aged 8 years plus.

Saturdays, 10:00am – 12:00pm  
See page 58 for more information

### Pause. Engage. Play.

An all-male group, meeting Saturday once a month. For details see page 46.

## WHAT'S ON AT:

# TONGE FAMILY HUB

Starkie Road, BL2 2ED

Telephone: 01204 336745

[Find us on Facebook](#)[lof3](#)**Hub opening hours:**

9:00am – 5:00pm

Monday and Friday

9:00am – 6:00pm

Tuesday, Wednesday and Thursday

9:00am – 4:00pm

Saturday 10 May, 7 Jun, 28 Jun, 19 Jul

## Shake, Rattle, and Roll

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

Mondays (except bank holidays and the 23 June 2025) 1:30pm – 2:15pm

## Family Fun Time

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

Mondays, 3:15pm – 4:45pm

## Baby's First Foods

Babies, parents, and grandparents – learn when and how to introduce solid foods to your baby. Ideal from families with babies around 3-6 months old. To book your place, call the Healthy Families Team on 01204 463175 or email [hf@boltonft.nhs.uk](mailto:hf@boltonft.nhs.uk)

Wednesday, 16 Apr and 18 Jun  
1:00pm – 2:30pm

## Stay and Play

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

Wednesdays, 1:00pm – 2:00pm

## Baby in Mind

A support session for parents and caregivers. Meet a Specialist Parent Infant Mental Health Practitioner for up to 1 hour 15 mins. This time is personal to you e.g., thinking about current feelings and experiences, or making plans which might help the demands of daily life to feel more manageable. For more information see page 43.

Tuesdays, 9:30am – 1:00pm

## SEND Stay and Play

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

Thursdays, 10:00am – 11:30am

WHAT'S ON AT:

# TONGE FAMILY HUB

Starkie Road, BL2 2ED

Telephone: 01204 336745

[Find us on Facebook](#)

[2of3](#)



**Hub opening hours:**

9:00am – 5:00pm

Monday and Friday

9:00am – 6:00pm

Tuesday, Wednesday and Thursday

9:00am – 4:00pm

Saturday 10 May, 7 Jun, 28 Jun, 19 Jul

## Baby Babble and Bond

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

Fridays, 10:30am – 11:30am

## Chat, Play, Read

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

Fridays, 1:00pm – 2:00pm

## Bolton College Learning and Employability Drop-ins

Free help with CV writing, career mapping, job applications, interview skills or get support with course enrolment, and gain qualifications!

Friday 4 Apr, 2 May

11:30am – 1:00pm

## Preparing to Breastfeed

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

Saturday 10 May

10:00am – 12:15pm

Wednesday 21 May or 16 Jul

10:00am – 12:15pm

## Breastfeeding Group

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

Fridays, 1:00pm – 2:00pm

**WHAT'S ON AT:**

# TONGE FAMILY HUB

Starkie Road, BL2 2ED

Telephone: 01204 336745

[Find us on Facebook](#)[3of3](#)**Hub opening hours:**

9:00am – 5:00pm

Monday and Friday

9:00am – 6:00pm

Tuesday, Wednesday and Thursday

9:00am – 4:00pm

Saturday 10 May, 7 Jun, 28 Jun, 19 Jul

## Plan and prepare for parenthood (antenatal classes)

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

[book.breastfeedingtogether.co.uk/](http://book.breastfeedingtogether.co.uk/)

Saturday, 5 Apr or 7 Jun

10:00am – 12:00pm

Wednesday, 18 Jun

10:00am – 12:00pm

Thursday, 10 Jul

5:30pm – 7:30pm

## Cooking Wizards

Does your child like cooking or would they like to learn a new skill? Aged 8 years plus.

Saturdays, 10:00am – 12:00pm

See page 58 for more information

## Early Help Parent Drop-in

For families with children under 18-year-old. Need advice about parenting? Come for a coffee and chat. For more information, contact Targeted Early Help on 01204 336215 or email [EarlyHelp@bolton.gov.uk](mailto:EarlyHelp@bolton.gov.uk)

Saturday 10 May, 7 Jun, 28 Jun, 19 Jul,  
10:00am – 12:00pm**NEW!****Saturday Stay and Play (drop-in)**

1:00pm – 2:00pm

**Happy Families****Play and Support Group**

3:00pm – 4:00pm

(phone the hub to find out more)

## Antenatal Clinic

For an appointment with a Midwife, call the hub.

## Well Baby Clinic

Clinic operates by appointment only. To book an appointment with your Public Health Nurse, call: 01204 338063

WHAT'S ON AT:

## WASHACRE PRIMARY SCHOOL

Clough Avenue, BL5 2NJ  
Telephone: 01942 634756

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## JOHN HOLT CENTRE

Birch Avenue, BL5 2NR  
Telephone: 01942 859535

### Join a Solihull Group 'Understanding your child'

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

To find out more and sign up\*, email: [familiestogether445@gmail.com](mailto:familiestogether445@gmail.com) or call: 07514 484157.

Tuesdays (10-weeks) \*  
12:30am – 2:30pm  
Washacre Primary School, BL5 2NJ

### Assist Service (Digital Drop-in)

Free to attend, no need to book.

Wednesdays, 10:00am – 12:00pm  
John Holt Youth Centre, BL5 2NR

### John Holt Brew Club

Free to attend, no need to book.

Wednesdays, 12:00pm – 2:00pm  
John Holt Youth Centre, BL5 2NR

### Baby Babble and Bond

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

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

### John Holt Youth Club

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

Fridays, 6:30pm – 8:30pm  
John Holt Youth Centre, BL5 2NR



WHAT'S ON AT:

# THE HUB AT WESTHOUGHTON

Central Drive, BL5 3DS

Telephone: 01942 635985

lof1

## MHiST Perinatal Fitness Small Steps

For families with children 0-2 years.  
Experience: gentle, wellbeing fitness.  
Meet others in a supportive, friendly,  
and welcoming space. Book ahead or  
drop-in <https://bit.ly/3AilmlV>

Mondays, 11:00am – 12:30pm

## Men's Social Group

No need to book, drop-in and free to  
attend. All dad's and dad's-to-be  
welcome!

Wednesdays, 2:00pm – 3:00pm

## Stay and Play

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

Thursdays, 1:30pm – 2:30pm

## Ofsted Registered Childminder Group

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

Thursdays, 2:00pm – 3:00pm

## Computer Drop-in

Free to attend and no need to book.

Fridays, 9:30am – 2:30pm

## Pause. Engage. Play.

An all-male group to  
strengthen your skills  
in engaging with your  
little one, helping you  
improve your



confidence. We are also keen to hear  
your ideas about how we make play  
sessions more accessible to Bolton  
dads. Free refreshments.

One Saturday each month at **The  
Hub at Westhoughton and Oxford  
Grove Family Hub**. To find out more  
and book visit <https://wix.to/uvlFj3o>

WHAT'S ON IN OTHER AREAS OF:

## WESTHOUGHTON

lofl

### Chat, Play, Read

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

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

No session 12<sup>th</sup> May 2025



### Toddler Tales with Bolton Libraries and Museum Services

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

Fridays, 10:30am  
Westhoughton Library

## WHAT'S ON AT:

## BLACKROD YOUNG PEOPLE'S CENTRE

Manchester Road, BL6 5SY  
Telephone: 01204 331029

lofl

### Chat, Play, Read

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

Mondays, 9:30am – 10:30am  
Blackrod Young People's Centre

No session 12<sup>th</sup> May 2025

### Baby Babble and Bond

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

Wednesdays, 9:30am – 10:30am  
Blackrod Young People's Centre

\*No session 14<sup>th</sup> May 2025

## HORWICH HEALTH AND WELLBEING HUB

Victoria Road, BL6 7BT

### Baby Babble and Bond

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

Fridays, 9:30am – 10:30am  
Horwich Health and Wellbeing Hub

### Toddler Tales

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

Thursdays, 10:30am  
Blackrod and Horwich Libraries

### Breastfeeding Group

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

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

WHAT'S ON AT:

# KEARSLEY WOODBIDGE COLLEGE

Springfield Road, BL4 8LB  
Telephone: 01204 332382

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## Shake, Rattle, and Roll

An active music and movement session for 0–5s. Term-time only.

Mondays (except bank holidays and the 23 June 2025) 9:30am – 10:15am

## Baby Babble and Bond

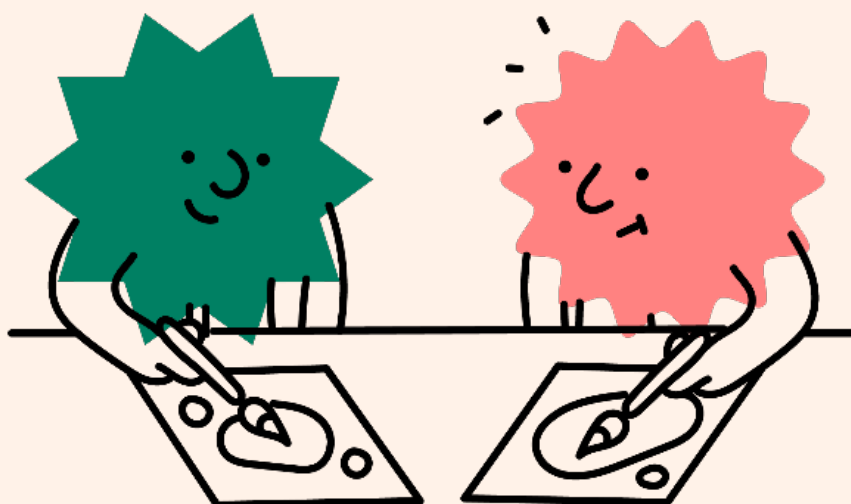
A free drop-in fun and interactive group for families with babies 0–12 months. Enjoy songs, rhymes, sensory play, and topic chats on building relationships, weaning, play, oral health etc. Run by Family Hub Practitioners. Term time only.

Mondays, 1:30pm – 2:30pm

## Toddler Tales

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

Tuesdays, 11:00am  
Farnworth Library



SUPPORT FOR:

# EXPECTANT PARENTS

## Just found out you are pregnant?

If you have a positive pregnancy test or have recently moved to the area, here's what to do next.

Get in touch with your local midwifery team as soon as possible to let them know about your pregnancy on 01204 390023. We will then contact you to schedule a first 'booking' appointment with one of our midwives.

## Useful info:

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

## Antenatal clinics

During your pregnancy you will be offered regular appointments with a Midwife or Obstetrician. They check that you and your baby are well, give you support and information about your pregnancy to help you make informed choices.

To book a midwife appointment, contact one of the centres below.

Venue	Day	Time	Call
Alexandra Family Hub	Monday - Friday	9:00am - 5:00pm	01204 337347
Bright Meadows Family Hub	Tue, Thu, and Fri	9:30am - 4:30pm	01204 336691
Farnworth Family Hub	Monday - Friday	9:00am - 5:00pm	01204 334955
Harvey Start Well Centre	Monday - Friday	9:00am - 5:00pm	01204 337390
Oldhams Start Well Centre	Monday - Friday	9:00am - 4:30pm	01204 334992
Oxford Grove Family Hub	Monday - Friday	9:00am - 5:00pm	01204 337090
Tonge Family Hub	Monday - Friday	9:00am - 5:00pm	01204 336745
Great Lever Family Hub	Monday - Friday	9:00am - 5:00pm	01204 337333
Winifred Kettle House	Monday - Friday	9:00am - 5:00pm	01204 335138

SUPPORT FOR:

# EXPECTANT PARENTS

## Free online antenatal course

Written by registered Midwives and NHS Professionals. '**Understanding pregnancy, labour, birth, and your baby**' is an online course for everyone around the baby, including mums, dads, grandparents, friends, and family. It is part of a series of Solihull Approach courses for different age groups. Go to [www.inourplace.co.uk](http://www.inourplace.co.uk) to create an account and access for free by entering the access code: **RIVINGTON** (Subject to change).

## Free pregnancy Padlet resource

Visit the Padlet resource below created by the Midwifery Infant Feeding Team to view a collection of written resources, links and videos offering information and support on how to feed and care for your baby.

<https://bit.ly/45BtJV7>



## Maternity Action

Maternity Action offer free and confidential legal advice on work and benefits for pregnant women and new parents in Greater Manchester. Get support if you are:

- Wondering which benefits you are entitled to.
- Unsure if you're being treated unfairly at work.
- Need to know what your rights are at work.
- Not sure if you can get maternity pay.

For support, free call 0808 801 0488 or email:

[www.maternityaction.org.uk/manchester-maternity-rights](http://www.maternityaction.org.uk/manchester-maternity-rights)

## Safer Sleep for Babies

What is safer sleep and why is it so important for babies? This free online session will provide all you need to know about safer sleep. All parents and carers welcome. To book a place, visit: [book.breastfeedingtogether.co.uk/](http://book.breastfeedingtogether.co.uk/).

Venue	Day	Date	Time
Online	Wednesday	14 May	10:00am – 11:00am
Online	Wednesday	18 Jun	3:00pm – 4:00pm
Online	Wednesday	9 Jul	10:00am – 11:00am
Online	Wednesday	13 Aug	3:00pm – 4:00pm



SUPPORT FOR:

# EXPECTANT PARENTS

## 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. Free to attend.

To book visit: [book.breastfeedingtogether.co.uk/](https://book.breastfeedingtogether.co.uk/).

Venue	Day	Date	Time
Oxford Grove Family Hub	Wednesday	16 Apr	10:00am – 12:00pm
Online	Thursday	17 Apr	5:30pm – 7:30pm
Great Lever Family Hub	Thursday	8 May	5:30pm – 7:30pm
Online	Saturday	24 May	10:00am – 12:00pm
Tonge Family Hub	Saturday	7 Jun	10:00am – 12:00pm
Tonge Family Hub	Wednesday	18 Jun	10:00am – 12:00pm
Online	Thursday	19 Jun	5:30pm – 7:30pm
Tonge Family Hub	Thursday	10 Jul	5:30pm – 7:30pm
Online	Saturday	26 Jul	10:00am – 12:00pm

## Your Baby and You (antenatal group)

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

To enrol, collect a registration form at a Family Hub reception or email

[Yourbabyandyou.pairs@gmmh.nhs.uk](mailto: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/4fmKIFI>



## Nature, Nurture, and Natter

Feeling overwhelmed, isolated or anxious? Join a supportive group for pregnant women and those with babies 0-2 years. For more information, see page 42.

SUPPORT FOR:

# EXPECTANT PARENTS

## Preparing to Breastfeed Workshops

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

Venue	Day	Date	Time
Harvey Family Hub	Thursday	10 Apr 2025	5:30pm – 7:45pm
Online	Saturday	26 Apr 2025	10:00am – 12:15pm
Online	Thursday	1 May 2025	5:30pm – 7:45pm
Tonge Family Hub	Saturday	10 May 2025	10:00am – 12:15pm
Tonge Family Hub	Wednesday	21 May 2025	10:00am – 12:15pm
Harvey Start Well Centre	Thursday	12 Jun 2025	5:30pm – 7:45pm
Online	Saturday	28 Jun 2025	10:00am – 12:15pm
Farnworth Family Hub	Saturday	5 Jul 2025	10:00am – 12:15pm
Online	Thursday	17 Jul 2025	5:30pm – 7:45pm
Tonge Family Hub	Wednesday	16 Jul 2025	10:00am – 12:15pm

## Antenatal Breastfeeding Workshops

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

Venue	Dates	Time
Royal Bolton Antenatal Clinic	5 May, 2 Jun, 7 Jul, 4 Aug	6:30pm – 8:30pm
Ingleside Birth Centre	17 May, 21 Jun, 19 Jul, 16 Aug	10:00am – 12:00pm

## SUPPORT FOR:

# NEW PARENTS

## Birth registration in Bolton

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

Call 01204 331185 for more support.

## Free online baby course

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

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

## Useful information:

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

## Dad Matters

Supporting dads (and dads-to-be) in Bolton and across Greater Manchester. For more information, see page 46.

Website: <https://dadmatters.org.uk/>

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

## Spoons Greater Manchester

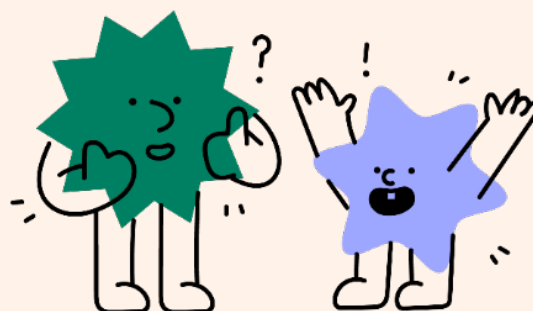
A charity supporting parents with babies in neonatal care (and following discharge).

Get online information, register for support and attend groups like Baby Massage and Stay and Play. To find out more, visit: <https://bit.ly/3Ni9kNp>

## Proud 2 b Parents

An inclusive organisation for all routes to parenthood. Run by and delivering services for LGBT+ parents and carers-to-be, families and their children. Find out more:

<https://www.proud2bparents.co.uk/>



## SUPPORT FOR:

# NEW PARENTS

## Your 0–19 Public Health Nurse Team

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

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

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

## Well baby clinics

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

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

## Immunisation Service

In the UK, every child is offered a series of vaccinations to help protect them from serious diseases (8 weeks, 12 weeks, 16 weeks, 12 months and beyond). For more information, visit: <https://www.nhs.uk/vaccinations/>. Contact your GP surgery if you have not received these or have missed an appointment.

**IntraHealth** became the new provider for all school aged immunisations on the 1<sup>st</sup> April 2025. Contact IntraHealth by telephone: 0333 358 3397 (option 1, then option 2), or email [BoltonImms@Intrahealth.co.uk](mailto:BoltonImms@Intrahealth.co.uk).

## SUPPORT FOR:

# NEW PARENTS

## What to do if your baby is unwell?

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

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

## Safe sleep, coping with crying and preventing accidents:

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

Vision | Openness | Integrity | Compassion | Excellence

**NHS**  
Bolton  
NHS Foundation Trust

## Looking after your baby's teeth

You can start brushing your baby's teeth as soon as they start to come through. Use a baby toothbrush with a tiny smear of fluoride toothpaste.

Don't worry if you don't manage to brush much at first.

The important thing is to get your baby used to brushing their teeth as part of their daily routine. You can help by setting a good example and letting them see you brushing your own teeth.

Improving care,  
transforming lives...for a **better Bolton**



SUPPORT WITH:

# INFANT FEEDING

## 0-19 Community Infant Feeding

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

## Specialist Midwife Infant Feeding Team

Can offer support with feeding difficulties if your baby is under four weeks old. Call 01204 390423.

## Specialist Public Health Nurse

You can discuss any feeding issues with your Specialist Public Health Nurse (Health Visitor) during visits, over the phone or at a baby clinic appointment. See page 36 for details.

## Specialist breastfeeding support

Contact the Community Infant Team or Public Health Nursing Team to arrange an appointment for the specialist clinic which runs every Wednesday morning.

## Breastfeeding peer support

Breastfeeding Together offer peer support services in hospital, at home, online, and over the telephone.

Visit [www.breastfeedingtogether.co.uk](http://www.breastfeedingtogether.co.uk)  
Call: 07742 234496.

## Are you breastfeeding?

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



## Are you bottle feeding?

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



## National Breastfeeding Helpline

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



SUPPORT WITH:

# INFANT FEEDING

## Breastfeeding Together Peer Support

Available in hospital, at home, online, and over the telephone. Live chat available daily! To access, click the chat icon in the bottom right-hand corner of the website between 7pm-10pm. <https://bit.ly/3YXS2fy>. For equipment hire call 01942 236111 or email [enquiries@breastfeedingtogether.co.uk](mailto:enquiries@breastfeedingtogether.co.uk). On YouTube you'll find lots of breastfeeding support videos <https://bit.ly/4fFvhlY>.

## Free Breastfeeding Groups

Breastfeeding Together provide face to face support groups as shown below. Alternatively, you can join the online group using the link or QR code below.

### [Online Peer Support Group](#)

Fridays 10:00am – 11:00am

Meeting ID: 861 4777 2724

Passcode: BFT789



Venue	Day	Time
Horwich Library	Mondays	11:00am – 12:00pm
Farnworth Family Hub	Tuesdays	9:30am – 10:30am
Great Lever Family Hub	Wednesdays	1:00pm – 2:00pm
Oldhams Start Well Centre	Thursdays	1:00pm – 2:00pm
Tonge Family Hub	Fridays	1:00pm – 2:00pm

SUPPORT WITH:

# INFANT FEEDING



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>

## Free Baby's First Food sessions

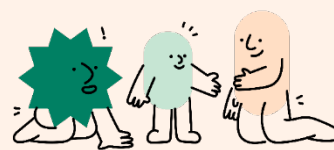
Find out all you need to know about when and how to introduce solid foods to your baby in these 90-minute sessions. Suitable for families with **babies around 3–5 months old**. Parents, grandparents and carers welcome. Bring baby too!

Book with the Healthy Families Team. Tel: 01204 463175 or email [HF@boltonft.nhs.uk](mailto:HF@boltonft.nhs.uk)

Venue	Day	Date	Time
Oxford Grove Family Hub	Wednesday	2 Apr 2025	1:00pm – 2:30pm
Great Lever Family Hub	Monday	7 Apr 2025	1:00pm – 2:30pm
Tonge Family Hub	Wednesday	16 Apr 2025	1:00pm – 2:30pm
Harvey Start Well Centre	Tuesday	22 Apr 2025	1:00pm – 2:30pm
Westhoughton Library	Thursday	1 May 2025	1:00pm – 2:30pm
Farnworth Family Hub	Thursday	8 May 2025	1:00pm – 2:30pm
Oldhams Start Well Centre	Tuesday	13 May 2025	2:00pm – 3:30pm
Bright Meadows Family Hub	Friday	16 May 2025	10:00am – 11:30am
High Street Library	Thursday	22 May 2025	1:30pm – 3:00pm
Oxford Grove Family Hub	Wednesday	4 Jun 2025	1:00pm – 2:30pm
Great Lever Family Hub	Monday	9 Jun 2025	1:00pm – 2:30pm
Tonge Family Hub	Wednesday	18 Jun 2025	1:00pm – 2:30pm
Harvey Start Well Centre	Wednesday	25 Jun 2025	1:00pm – 2:30pm

## ACTIVITIES FOR:

# NEW PARENTS



## Baby Babble and Bond

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

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

Venue	Day	Time
Kearsley Woodbridge College	Mondays	1:30pm – 2:30pm
Alexandra Family Hub	Tuesdays	9:30am – 10:30am
Oxford Grove Family Hub	Tuesdays	9:30am – 10:30am
Bright Meadows Family Hub	Tuesdays	9:30am – 10:30am
Farnworth Family Hub	Wednesdays	9:30am – 10:30am
Great Lever Family Hub	Wednesdays	9:30am – 10:30am
Blackrod Young People's Centre	Wed (except 14 May)	9:30am – 10:30am
Harvey Start Well Centre	Thursdays	9:30am – 10:30am
Oldhams Start Well Centre	Thursdays	9:30am – 10:30am
Washacre Primary School	Thursdays	9:30am – 10:30am
Horwich Health and Wellbeing Hub	Fridays	9:30am – 10:30am
Tonge Family Hub	Fridays	10:30am – 11:30am

## Baby Time

Families with babies come and enjoy free interactive songs and fun.

Venue	Day	Time
Bolton Museum	Tuesdays	10:30am – 11:30am

## Baby Group

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

Venue	Day	Time
Harvey Start Well Centre	Mondays*	10:00am – 11:00am

SUPPORT FOR:

# PERINATAL MENTAL HEALTH 0-2s

## MHiST Perinatal Fitness Small Steps

For families with children 0-2 years.  
Experience: gentle, wellbeing fitness.  
Meet others in a supportive, friendly,  
and welcoming space. Book ahead or  
drop-in <https://bit.ly/3AilmlV>

The Hub, Central Drive, BL5 3DS  
Mondays, 11:00am – 12:30pm

## Your Baby and You

A free antenatal group to help give  
mums, dads, birthing parents and none  
birthing parents an introduction into the  
emotional journey of parenthood and  
help them to interact with their baby. To  
find out more, see page 33.

## Nature, Nurture, and Natter

Feeling overwhelmed, isolated or  
anxious? Pregnant or have a baby 0-2-  
year-olds? Come along and play in  
nature to bond with your baby.

\*Advanced booking required, email:  
[Hello@LittleBatsLearning.org](mailto>Hello@LittleBatsLearning.org)  
or call Elanor, 07818 925678.

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

## Dad Matters

Supporting dads (and dads-to-be) in  
Bolton and across Greater Manchester.  
For more information, see page 46.

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

## With You in Mind

Drop-in peer support group for parents with children aged 0-2 years (expectant  
parents welcome). Come along, meet others, and share your experiences.  
Continues during half-term. For information, call 01204 216537 or email:  
[Sharonfletcher@homestarthost.org.uk](mailto:Sharonfletcher@homestarthost.org.uk)

Venue	Day	Time
Alexandra Family Hub	Mondays	10:30am – 12:00pm
Oxford Grove Family Hub	Tuesdays	1:15pm – 2:45pm
Farnworth Family Hub	Wednesdays	1:15pm – 2:45pm

SUPPORT FOR:

# PERINATAL MENTAL HEALTH 0-2s

## Bolton Talking Therapies

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

### Baby in Mind

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

Sessions take place in hubs (listed below) between 9:30am – 1:00pm. You can prebook a space by emailing: [babyinmind.pairs@gmmh.nhs.uk](mailto:babyinmind.pairs@gmmh.nhs.uk) or call 01204 483222 (ask for Baby in Mind).

Advertised changes to this schedule and other helpful information is shared on Padlet, which can be accessed here: <https://bit.ly/40JpHuG>



Venue	Day	Time
Alexandra Family Hub	Mondays	9:30am – 1:00pm
Bright Meadows 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	See Padlet for update
Oldhams Start Well Centre	Thursdays	9:30am – 1:00pm
Great Lever Family Hub	Fridays	9:30am – 1:00pm

### Perinatal Compassion Focused Therapy (CFT) Group

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



The next 8-week group begins	Day	Time
Friends Meeting House, BL1 1PP	Tuesday 29 Apr	9:30am – 12:00pm

SUPPORT FOR:

# FAMILIES WITH YOUNG CHILDREN

## Universal development checks

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

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

If you have any concerns about your child's development before or after these checks, you can visit your local Family Hub or contact your Public Health Nurse Team (see info on page 27) to ask for more advice and support or signposting and referrals to other services.

## Useful Information

- [www.nhs.uk/conditions/baby/](http://www.nhs.uk/conditions/baby/)
- Get personalised emails created to support you throughout pregnancy and parenthood via Start for Life <https://www.nhs.uk/start-for-life/start-for-life-emails/>
- Help buying food and milk <https://www.healthystart.nhs.uk/>

## Thinking about potty training?

Visit: <https://eric.org.uk/potty-training/>

**Words for Life** provide fun activities to help boost children's language, literacy, and communication skills at home.

<https://bit.ly/3WWkqh2>

## BBC Tiny Happy People

<https://www.bbc.co.uk/tiny-happy-people>

**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**



**Scan Me**

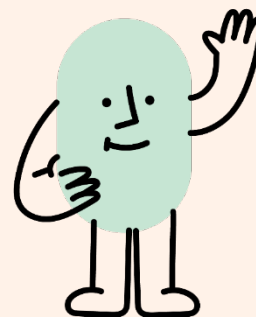
**NHS**  
Bolton  
NHS Foundation Trust

... for a **better** Bolton



SUPPORT FOR:

# FAMILIES WITH YOUNG CHILDREN



Join a free Solihull group  
'Understanding your child'

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

Children welcome. Creche in some venues. **\*Please book in advance by contacting Families Together** on 07514 484157 or email [familiestogether445@gmail.com](mailto:familiestogether445@gmail.com)  
Find out more at: [www.familiestogether.org.uk](http://www.familiestogether.org.uk)

Venue	Day	Time
Oldhams Family Hub	Monday*	12:30pm – 2:30pm
Washacre Primary School	Tuesday*	12:30pm – 2:30pm
Harvey Start Well Centre	Wednesday*	10:00am – 12:00pm
Farnworth Family Hub	Thursday*	10:00am – 12:00pm
Oxford Grove Family Hub	Friday*	10:00am – 12:00pm

## Access a free Solihull course online 'Understanding your child'

Written by Psychologists, Psychotherapists, Health Visitors and NHS Professionals. 'Understanding Your Child' is a course for everyone around the child, including parents, grandparents, family and friends.

It is part of a series of Solihull Approach courses for different age groups, covering pregnancy, labour, birth and your baby, understanding your child from toddler to teenager, understanding your brain (for teenagers only) and more.

To access charge free, go to [www.inourplace.co.uk](http://www.inourplace.co.uk), create an account and enter the access code: RIVINGTON in the Apply Access Code box (subject to change).

SUPPORT:

## FOR DADS

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

### Pause. Engage. Play.

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



Free refreshments will be available.

One Saturday each month at **The Hub at Westhoughton and Oxford Grove Family Hub**. To find out more and book visit <https://wix.to/uvlFj3o>

### Dad Matters

Supporting dads (and dads-to-be) in Bolton and across Greater Manchester Find out more:

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

### Andy's Man Club

Meeting every Monday from 7pm  
\*except Bank Holidays. #ItsOkayToTalk.  
A peer-led charity.

Mondays\*, 7:00pm – 9:00pm  
Harvey Start Well Centre

### Men's Social Group

No need to book, drop-in and free to attend. All dad's and dad's-to-be welcome!

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

### Dads and Male Carers Questionnaire

The Hub at Westhoughton would like to hear from you, can you spare a few minutes to give your thoughts? Feedback will help to create supportive and relevant groups for all dads and male carers in Bolton. Project funded by Bolton Together.

All responses are confidential.

Survey: <https://bit.ly/43lwUCn>



## HELP WITH

# CHILDCARE COSTS IF YOU CLAIM CERTAIN BENEFITS

Contact Bolton Families Information Service for more help and advice.

Email: [families@bolton.gov.uk](mailto:families@bolton.gov.uk)

Call: 01204 332170



The poster features a large white sign with a rainbow and a yellow bird at the top. The sign reads: "Your two year old may be eligible for **15 hours per week\*** of free early years education and childcare". Below the sign, a group of diverse cartoon children are playing on a green field. A QR code is shown with the text "Scan me with a mobile camera" and a dashed arrow pointing to it. In the top right corner, the "Childcare Choices" logo is displayed with the tagline "Quality early years education and childcare in Bolton". At the bottom left, a small note states: "\* 570 hours per year, which can be taken as 15 hours per week in term time or as arranged with your provider". The bottom of the poster includes the website "www.bolton.gov.uk/freechildcare" and the "Bolton Council" logo.

**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](http://www.bolton.gov.uk/freechildcare)

**Childcare Choices**  
Quality early years education and childcare in Bolton

**Bolton Council**

## How to apply

Go online (Citizen Portal) by scanning the QR code above or visiting [www.bolton.gov.uk/freechildcare](http://www.bolton.gov.uk/freechildcare)

- Go to a Start Well Family Hub (Start Well Centre)
- Ask at school, nursery or a childminder
- Ask your Public Health Nurse (Health Visitor)
- Ask a Start Well Locality Practitioner

## You will need

- Your National Insurance Number / National Asylum Seeker Support Number
- Information about you and your child (date of birth, address, email etc.)

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

HELP WITH

# CHILDCARE COSTS FOR WORKING PARENTS

Contact Bolton Families Information Service for more help and advice.

Email: [families@bolton.gov.uk](mailto:families@bolton.gov.uk)

Call: 01204 332170

From September 2025, all eligible working parents of children aged 9-month-old, up to school age, will be able to access 30 hours per week. \*

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

[www.childcarechoices.gov.uk](http://www.childcarechoices.gov.uk)

\* Hours can be taken 15 / 30 hours per week, term time, for 38 weeks. Some childcare providers will allow you to stretch the hours over more weeks, i.e. 11.4 hours over 50 weeks for children accessing 15 hours, 22.8 hours over 50 weeks for children accessing 30 hours.

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

**Here to help you juggle family life**

There's childcare support, including 15 or 30 hours, that could help give your child a great start and you the choices you need.

**See what support you could get.**

HM Government

Childcare Choices

## Wraparound Childcare (before and after school)

**Did you know?** You can request wraparound and holiday childcare at the school your child attends and you can do this by writing a letter or emailing your child's school. Tell them the type of childcare you need (wraparound or holiday), the age of your child or children, the needs of the child (e.g., the needs of a child with SEND), and when you most need it (e.g., days of the week and times).

Your child's school will look at your request and should let you know about their decision within a term. They should tell you the reason for their decision and any next steps they are taking.

## ACTIVITIES TO SUPPORT:

# EARLY COMMUNICATION AND LANGUAGE LEARNING AT HOME

## Chat, Play, Read

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

Venue	Day	Time
Great Lever Family Hub	Mondays	9:30am – 10:30am
The Gates Primary School	Mon (except 12 May)	9:30am – 10:30am
Blackrod Young People's Centre	Mon (except 12 May)	9:30am – 10:30am
Harvey Start Well Centre	Mondays	1:00pm – 2:00pm
Oldhams Start Well Centre	Tuesdays	1:00pm – 2:00pm
Oxford Grove Family Hub	Wednesdays	9:30am – 10:30am
Alexandra Family Hub	Thursdays	1:30pm – 2:30pm
Bright Meadows Family Hub	Thursdays	1:00pm – 2:00pm
Farnworth Family Hub	Fridays	9:30am – 10:30am
Tonge Family Hub	Fridays	1:00pm – 2:00pm

## Toddler Tales with Bolton Libraries and Museum Services

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

**Ideal for toddlers 2–5 years.** Free drop-in. Continues during the school holidays!

Venue	Day	Time
High Street Libraries	Mondays	10:30am
Farnworth Library	Tuesdays	11:00am
Brightmet Library	Wednesdays	10:30am
Bolton Central Library	Wednesdays	11:30am
Blackrod, Horwich and Bromley Cross Libraries	Thursdays	10:30am
Little Lever and Westhoughton Libraries	Fridays	10:30am
Bolton Central Library	Fridays	11:30am
Bolton Central Library	Saturdays	2:00pm



## ACTIVITIES FOR:

# FAMILIES WITH YOUNG CHILDREN

## Family Fun Time

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

Venue	Day	Time
Alexandra Family Hub	Mondays	3:15pm – 4:15pm
Tonge Family Hub	Mondays	3:15pm – 4:45pm
Oldhams Start Well Centre	Tuesdays	3:15pm – 4:15pm
Harvey Start Well Centre	Tuesdays	3:15pm – 4:30pm
Great Lever Family Hub	Thursdays	3:15pm – 4:30pm
Oxford Grove Family Hub	Thursdays	3:15pm – 4:30pm
Bright Meadows Family Hub	Thursdays	3:15pm – 4:30pm
Farnworth Family Hub	Fridays	3:15pm – 4:30pm

## Explore Smithills Hall

The hall and grounds are free to enter and explore.

Day	Time
Wednesdays	10:00am – 4:00pm
Thursdays	10:00am – 4:00pm
Fridays	10:00am – 4:00pm
Sundays	12:00pm – 4:00pm

## Cinema at the Crescent

Enjoy free family films every second Saturday from 2pm in the Library Lecture Theatre. Full details of screenings can be found on the Bolton Library and Museum webpages:

<https://www.boltonlams.co.uk/news/article/75/cinema-at-the-crescent>

## Play, Create, and Make

Free creative fun for families every Saturday at Farnworth Library, 10:30am – 4:30pm.

## Fish Feeds at Bolton Aquarium

Chat with the Aquarium staff and watch the vibrant fish enjoy their meal at 1:00pm every Saturday at Bolton Central Library and Museum.

## ACTIVITIES FOR:

# FAMILIES WITH YOUNG CHILDREN

## Stay and Play

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

Bolton Toy Library\*

Bolton Wanderers in the Community (BWITC)\*\*

The Hub at Westhoughton \*\*\*

Venue	Day	Time
Farnworth Family Hub*	Mondays	10:00am – 11:00am
Alexandra Family Hub*	Mondays	1:00pm – 2:00pm
Harvey Start Well Centre*	Tuesdays	10:00am – 11:00am
Harvey Start Well Centre*	Tuesdays	1:00pm – 2:00pm
Great Lever Family Hub*	Tuesdays	1:00pm – 2:00pm
Harvey Start Well Centre*	Wednesdays	9:30am – 11:00am
Harvey Start Well Centre*	Wednesdays	1:00pm – 2:00pm
Alexandra Family Hub**	Wednesdays	10:00am – 11:30am
Tonge Family Hub*	Wednesdays	1:00pm – 2:00pm
Harvey Start Well Centre*	Thursdays	10:00am – 11:00am
Bright Meadows Family Hub*	Thursdays	10:00am – 11:00am
Oldhams Start Well Centre*	Thursdays	1:00pm – 2:00pm
The Hub at Westhoughton***	Thursdays	1:30pm – 2:30pm
Sutton Community Centre**	Fridays	10:00am – 11:30am

## Wiggle Tots

A free drop-in baby and toddler group facilitated by Oldhams Church. **0–4 years**. Contact Melanie on 07786 328042 for further information. Term time only.

Venue	Day	Time
Oldhams Family Hub	Wednesdays	10:30am – 11:45am



ACTIVITIES FOR:

# FAMILIES WITH YOUNG CHILDREN

## Little Bats Stay and Play

Stay and play the forest school way. An 8-week block to build your tots confidence to play in nature. Outdoor sessions. 1-5 years (younger siblings welcome to accompany)

**\*Advanced booking required.** To book visit: [www.littlebatslearning.org/sessions/](http://www.littlebatslearning.org/sessions/) or call Elanor on 07818 925678.

Venue	Day	Time
Oldhams Start Well Centre	Mondays*	10:00am – 11:30am
Bright Meadows Family Hub	Mondays*	1:00pm – 2:30pm
Harvey Start Well Centre	Fridays*	10:00am – 11:30am
Great Lever Family Hub	Fridays*	1:00pm – 2:30pm

## Nature Club for Tots

A fun drop-in for families with children 1-3 years. Enjoy nature-based activities. For more information, contact Lancashire Wildlife Trust. Email Ruth:

[rireland@lancswt.org.uk](mailto:rireland@lancswt.org.uk). Term time only.

Venue	Day	Time
Oldhams Family Hub	Tuesdays	10:00am – 11:00am
Oxford Grove Family Hub	Tuesdays	1:00pm – 2:00pm
Alexandra Family Hub	Thursdays	10:00am – 11:00am

## Proud 2 b Parents

A family stay and play for LGBT+ parents and carers and their children. Proud 2 b Parents also provide an event on a Saturday several times a year, as well as meetups in the school holiday. See website: [www.proud2bparents.co.uk](http://www.proud2bparents.co.uk) or join the mailing list:

[info@proud2bparents.co.uk](mailto:info@proud2bparents.co.uk) to find out more. Term time only.

Venue	Day	Time
Great Lever Family Hub	Thursdays	1:00pm – 2:30pm

## ACTIVITIES FOR:

# FAMILIES WITH YOUNG CHILDREN

## Shake, Rattle, and Roll!

A fun and active music and movement session for 0–5s. Term time only. No session on Bank Holidays or between 23 – 27 June 2025.

Venue	Day	Time
Kearsley Woodbridge College	Mondays	9:30am – 10:15am
Tonge Family Hub	Mondays	1:30pm – 2:15pm
Bright Meadows Family Hub	Wednesdays	10am – 10:45am

## Parent and Tots

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

Venue	Day	Time
Oxford Grove Family Hub	Mondays	10:00am – 12:00pm
Great Lever Family Hub	Fridays	10:00am – 12:00pm

## REAL Family Fun Day

A REAL Family Fun event (Raising Early Achievement in Literacy) aimed at inspiring families with children 3–4 years old (under 5s welcome) to join in with fun literacy play.

Venue	Date	Between
Bolton Central Library	Saturday 21 June	10:00am – 12:00pm

## Saturday Storytime

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

Venue	Date	Time
Bolton Central Library	Saturdays	2:00pm

# SEND ACTIVITIES

## SEND Stay and Play

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

Venue	Day	Time
Tonge Family Hub	Thursdays	10:00am – 11:30am
Oldhams Start Well Centre	Fridays	1:00pm – 2:30pm

## BLGC Infinity SEND Connect Club

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

Age	Day	Time
8–18	Mondays	5:00pm – 8:00pm
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](mailto:breakbarriers3@gmail.com) or visit the calendar for up-to-date information: [www.breakingbarriersnw.com](http://www.breakingbarriersnw.com).

## SEND Stay and Play

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

Venue	Day	Time
Harvey Start Well Centre	Mondays*	1:00pm – 2:00pm

### Bolton's SEND Local Offer

Providing a single point for information, to help families access details about services available to them. Search 'Bolton SEND Local Offer' online for more information or scan the QR code.



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ACTIVITIES FOR:

## HALF TERM

### Holiday Activities

Join Bolton Library and Museum Services during the February school holidays for fun activities, storytelling, trails, film screenings and more. Find information on Facebook [BoltonLibraryandMuseumServices](#) and Eventbrite <https://bit.ly/3QXP0AE>.

### Books! Books! Books!

Celebrate the magic of books with book themed activities and join in the 'Look for a Book' hunt across Bolton. Excluding Bank Holiday Monday\*.

Venue	When	Between
Bolton Central Library and Museum	Sat 24 May to Sat 31 May*	11:00am – 1:00pm
Bolton Central Library and Museum	Sat 24 May to Sat 31 May*	1:30pm – 3:30pm

### Nature Walk

Explore the nature surrounding Smithills Hall with the Curator of Natural History. Hunt for insects, learning about trees, and looking for signs of other wildlife in the gardens.

Venue	Dates	Time
Smithills Hall	Thursday 29 May	1:00pm

## OTHER ACTIVITIES AND SUPPORT FOR: **FAMILIES**

### **Let's Keep Bolton Moving**

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

<https://letskeepboltonmoving.co.uk/>

### **Swimming Lessons**

Build water confidence alongside your child with adult and child swimming lessons at Farnworth, Horwich, Sir Jason Kenny, and Westhoughton Leisure Centres.

To find out more, visit:

[www.boltonleisure.com](http://www.boltonleisure.com)

### **Lagan's Foundation Care Support Service**

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

### **Bolton Health Hive**

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

[www.boltongpfed.co.uk/communityhealth](http://www.boltongpfed.co.uk/communityhealth)

### **Early Help Parent Drop-in (Saturdays)**

For all families with children under 18 years old. Need advice or information about parenting? Call in for a coffee and a chat. For more information, contact the Early Help team on 01204 336215 or email [earlyhelp@bolton.gov.uk](mailto:earlyhelp@bolton.gov.uk).

#### **Farnworth Family Hub**

17 May, 14 Jun, 5 Jul  
10:00am – 12:00pm

#### **Oxford Grove Family Hub**

26 Apr, 31 May, 21 Jun, 12 Jul  
10:00am – 12:00pm

#### **Tonge Family Hub**

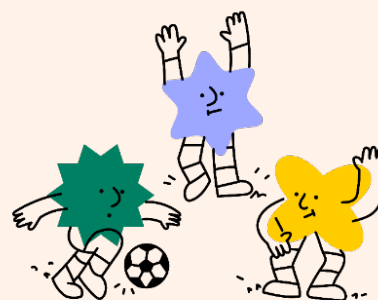
10 May, 7 Jun, 28 Jun, 19 Jul  
10:00am – 12:00pm

## ACTIVITIES FOR:

# YOUNG PEOPLE

## Bolton's Play and Youth Service

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



### Play Sessions (4–12s)

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

### Junior Youth Sessions (9–12s)

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

### Youth Sessions (13–17s)

Use positive activities as a vehicle to engage young people in issue-based projects that affect them and the communities in which they live. The sessions are young people led promoting youth voice and youth action whilst building independence, confidence and skills that will support them through adolescence.

Email [positive.activities@bolton.gov.uk](mailto:positive.activities@bolton.gov.uk)

Website [www.bolton.gov.uk/playandyouth](http://www.bolton.gov.uk/playandyouth)

Alternatively, check out Bolton's Play and Youth Facebook page [@Play&YouthBolton](https://www.facebook.com/Play&YouthBolton) and scan the QR code to find out what's on throughout the autumn term including the school holidays.



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

[www.Bolton.gov.uk/HAF](http://www.Bolton.gov.uk/HAF)



## ACTIVITIES FOR:

# YOUNG PEOPLE

## Cooking Wizards

Does your child like cooking or would they like to learn a new skill? Come along to a series of Saturday sessions held in Family Hubs and learn basic cooking skills and gain increased confidence in the kitchen environment. Aged 8 years plus.

To book a free place for your child, please email: [enquiries@cookingwizards.co.uk](mailto:enquiries@cookingwizards.co.uk)

Venue	Saturdays	Time
Oxford Grove Family Hub	26 Apr, 31 May, 21 Jun, 12 Jul	10:00am – 12:00pm
Tonge Family Hub	10 May, 7 Jun, 28 Jun, 19 Jul	10:00am – 12:00pm
Farnworth Family Hub	12 Apr, 17 May, 14 Jun, 5 Jul	10:00am – 12:00pm

## Bolton Lads and Girls Club

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

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

**Become a member for free at:**

<https://www.blgc.co.uk/>

## 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

Based at 145-147 Market Street, Farnworth, BL4 8HF.

For more information call 01200 312007 or email: [info@believeachievecic.co.uk](mailto:info@believeachievecic.co.uk).



## SUPPORT FOR:

# YOUNG PEOPLE

## Bolton Lads and Girls Club

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

## Odyssey9 Academy CIC

Delivering workshops in the creative industry such as producing, videography, photography and more! We engage with young people who may want to redirect their attention in a positive way whilst equipping them with transferable skills; using creativity to educate and raise awareness around the many social issues facing young people in our community. To find out more, call: 07539 489 954 or email: [info@odyssey9.co.uk](mailto:info@odyssey9.co.uk).

## The Parallel

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

## 360°

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

## Mental Health Support

**Be Kind to My Mind** is a mental health support service for young people. Are you struggling with your feelings or want to understand more about mental health conditions? Visit us at: [www.bekindtomymind.co.uk](http://www.bekindtomymind.co.uk) @BeKindToMyMind

**Kooth** offer online Mental Health Support for 10–25-year-olds. Visit: [www.kooth.com](http://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](http://www.bolton-together.org.uk) and click 'refer for support' for more information.

## SUPPORT FOR:

# PARENTS

## Bolton Money Skills Support

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

Call us on 01204 332916

[www.boltonsmoneyskills.org.uk](http://www.boltonsmoneyskills.org.uk)  
[moneyadvice@bolton.gov.uk](mailto:moneyadvice@bolton.gov.uk)

## Support with Digital, Employment, and Skills (DES)



Access digital support with Bolton Library and Museum Services to get:

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

To find out more, contact DES on 01204 332853 or [DES@bolton.gov.uk](mailto: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](http://www.inworkgm.co.uk/pioneer)

## Bolton at Home

Managing and maintaining properties across Bolton. Call: 01204 328000

## Warm spaces

Find a Bolton warm space at [www.warmwelcome.uk/](http://www.warmwelcome.uk/)

## Debt and Money Advice

[www.bolton.gov.uk/costofliving](http://www.bolton.gov.uk/costofliving)

SUPPORT FOR:

# PARENTS



## Bolton College Learning and Employability Drop-ins

Free help with CV writing, job applications, interview skills, career mapping. Enrol onto courses to explore new interests or gain qualifications needed to reach your goals.

Venue	Day	Date	Time
Alexandra Family Hub	Wednesdays	30 Apr / 14 May	1:00pm – 2:30pm
Bright Meadows Family Hub	Thursdays	3 Apr / 8 May	1:30pm – 3:00pm
Farnworth Family Hub	Wednesdays	8 Apr / 30 Apr	9:15am – 10:45am
Great Lever Family Hub	Mondays	28 Apr / 12 May	9:30am – 11:00am
Harvey Start Well Centre	Mondays	28 Apr / 12 May	11:00am – 1:00pm
Oldhams Start Well Centre	Thursdays	1 May / 15 May	1:30pm – 3:00pm
Oxford Grove Family Hub	Tuesdays	15 Apr / 13 May	9:15am – 10:45am
Tonge Family Hub	Fridays	4 <sup>th</sup> Apr / 2 May	11:30am – 1:00pm

## Bolton College Taster Sessions

Enjoy a hands-on taster session in May. Contact the hub to find out more.

Venue	Topic	Date	Time
Oxford Grove Family Hub	British Culture	Wed 7 May	1:00pm – 3:30pm
Bright Meadows Family Hub	Cake Decorating	Tue 13 May	1:00pm – 3:30pm
Bright Meadows Family Hub	Nail Art	Tue 20 May	1:00pm – 3:30pm
Alexandra Family Hub	British Culture	Wed 21 May	1:00pm – 3:30pm

## Citizens Advice Service Sessions (free advice)

Looking for support or advice on, debt, help to claim, housing, benefits, employment, health, family etc? Call the hub to book an appointment to see Citizen's Advice.

Venue	Telephone	Date	Between
Alexandra Family Hub	01204 337347	2 May	9:00am – 12:00pm
Great Lever Family Hub	01204 337333	30 Apr, 28 May	2:00pm – 5:00pm
Harvey Start Well Centre	01204 337390	9 May	9:00am – 12:00pm
Oldhams Family Hub	01204 334992	16 May	9:00pm – 12:00pm

## SUPPORT FOR:

# PARENTS

## Talking Therapies

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

## Nurturing Wellbeing Parent Guide

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

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

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

## Qwell

Mental Health support for adults.

Visit: [www.qwell.io](http://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](mailto: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.



# Thinking about volunteering?



**Interested in making a difference in your community?**

**Bolton Community and Voluntary Service can help!**

**To find out more contact Volunteer Development Officer Nicola Taylor at [nicola@boltoncvs.org.uk](mailto:nicola@boltoncvs.org.uk) or by calling 07510 079784**



## Benefits of volunteering



Gain new skills



Support your mental wellbeing



Improve your confidence



Connect with your community



Gain valuable work experience



Give something back

# 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 Start Well Centre

Shaw Street BL3 6HU  
01204 337390

## Oldhams Start Well Centre

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

## Horwich Library

Jones Street BL6 7AJ  
01204 335040

## Kearsley Centre (Woodbridge College)

Springfield Rd, Kearsley, BL4 8LB  
01204 334955

## Sutton Community Centre

Addlington Road, BL3 4QZ  
01204 673790

## The Hub at Westhoughton

The Hub, Central Drive, BL5 3DS  
01942 635985

## Washacre Primary School

Clough Ave, Westhoughton, BL5 2NJ

## Winifred Kettle House

Washacre Lane BL5 2NG  
01204 337347



**Bolton  
Family Hubs**



**Funded by  
UK Government**