

Bolton

Family Hubs

Guide to what's on for
families in Bolton

January – March 2024



Scan the QR code with your
mobile camera to access a
digital version of this guide →





Childcare
Choices

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

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



Scan me
with a
mobile
camera

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



www.bolton.gov.uk/freechildcare

**Bolton
Council**

This is a great way for children to learn, play and have fun with others their age. It also gives you time back for yourself, to access work or training, or to spend with others.

Join thousands of parents like you across Bolton who have already taken up this offer.

How to apply

- Go online (Citizen Portal) by scanning the QR code above or visiting 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.

For more information

Email: families@bolton.gov.uk

Ring: 01204 332170

**Bolton
Council**

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.

They offer a wide range of activities and integrated support services to help you with every aspect of parenting, so your child gets the best possible start in life.

A number of professionals will be available to support parents-to-be and families around a whole range of topics including supporting your child's development and learning. We also signpost families onto other agencies when needed. You can speak to the team by telephone or during one of the sessions advertised in this guide.

What's next for Family Hubs?

Throughout October Bolton Council and partners launched the first five Family Hubs across Tonge, Alexandra, Farnworth, Oxford Grove, and Great Lever. The launch family fun days were a huge success with families able to find out about the wide range of support and advice available through the Hubs.

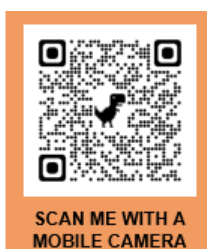
As we continue to develop this offer, you will soon start to see new Family Hub branding. This has been designed based on the direct feedback of families. This will soon become visible across the Hubs, website, social media and promotional posters and leaflets. Keep a lookout, we can't wait to share the final design with you!



Find us on Facebook!



Bolton Start Well
at Home
<https://bit.ly/3f9yi3Z>



Bolton Families
Information Service
<http://bit.ly/42xtV7n>

Start for Life: What's on for expectant parents

Antenatal clinics

Antenatal appointments in all centres are booked in advance directly with your midwife. To self-refer to a midwife, contact your local hub on the details below.

Venue	Day	Time	Contact details
Alexandra Family Hub	Monday - Friday	9:00am - 5:00pm	01204 337347
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

Free online antenatal course

Written by registered Midwives and NHS Professionals. 'Understanding pregnancy, labour, birth, and your baby' is a course for everyone around the baby, including mums, dads, grandparents, friends, and family. Go to www.inourplace.co.uk and apply the 'access code' to gain access for free. **Access code: RIVINGTON**

Antenatal breastfeeding workshops

Come along to one of the Infant Feeding Team's Antenatal Breastfeeding Workshops to help you feel more prepared and confident about breastfeeding your baby. Sessions take place at Ingleside Birth Centre and Royal Bolton Antenatal Clinic.

To book call 01204 390423 or email: infantfeeding@boltonft.nhs.uk

Royal Bolton Antenatal Clinic

6:30pm – 8:30pm

Monday 15th Jan / 5th Feb / 4th Mar

Ingleside Birth Centre

10:00am – 12:00noon

Saturday 20th Jan / 17th Feb / 16th Mar

Thinking about feeding and caring for your baby?

Visit Padlet 'Information for you whilst you're pregnant' (using the link or QR code). 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>



Scan me

Dad Matters

Dad Matters supports dads-to-be (and dads) in Bolton and across Greater Manchester to have the best possible relationships with their families! Find out more:

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

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. For babies born in Bolton, a registration appointment can be made online at: <https://bit.ly/3eb4zaK>. For support telephone: 01204 331185

Are you pregnant or have children under the age of 4?

You could get £221* per year with the NHS Healthy Start scheme

Check if you're eligible and apply online at: www.healthystart.nhs.uk   @NHSHealthyStart

*Based on £4.25 per week eligibility.



Start for Life: What's on for new parents

Bolton 0-19 health and wellbeing services

We are part of Bolton NHS Foundation Trust and deliver services to support the health and wellbeing of expectant parents and families with babies, children and young people aged 0-19 (up to age 25 for those with special educational needs).

Our service comprises of Public Health Nursing (Health Visitors, School Nurses, Nursery Nurses), the Immunisation Team, Enhancing Families, Healthy Families, Early Years Communication and Language Development Service and Adolescent Health Services.

- Public Health Nursing
01204 462325
- Adolescent Health and Wellbeing 01204 462444
- Chat Health for parents
07507 331751
- Chat Health for young people (11-19)
07507 331753
- 0-19 Immunisation Team
01204 463170
Bolton5-19Imms@boltonft.nhs.uk
- Early Years Communication and Language Development Service
01204 338349
- Healthy Families
01204 463175



Visit our website
<https://bit.ly/3dssKkJ>



Parents and carers of 0-19s in Bolton we are on Facebook!
<https://bit.ly/3LrY5Au>

Well baby clinics

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

Day	Time	Venue	Contact details
Monday	1:00pm - 3:00pm	Oxford Grove Family Hub	01204 338188
Monday	1:00pm - 3:00pm	Farnworth Family Hub	01204 332750
Tuesday	1:00pm - 3:00pm	Crompton Centre (The Valley CP School)	01204 463050
Tuesday	9:30am - 11:30am	Great Lever Family Hub	01204 335019
Wednesday	9:30am - 11:30am	Alexandra Family Hub	01204 337578
Wednesday	1:00pm - 3:00pm	Oldhams Start Well Centre	01204 463050
Thursday	1:00pm - 3:00pm	Tonge Family Hub	01204 338063
Thursday	1:30pm - 3:30pm	Horwich Clinic	01204 462902
Friday	9:30am - 11:30am	Winifred Kettle House	01204 335138

Free online postnatal 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. Go to www.inourplace.co.uk and apply the 'access code' to gain access for free. **Access code: RIVINGTON**

Are you pregnant or have children under the age of 4?

With the NHS Healthy Start Scheme, you could get help to buy:

✓ Plain cow's milk ✓ fresh, frozen or tinned fruit and vegetables ✓ infant formula milk ✓ fresh, dried, and tinned pulses

You can also get free Healthy Start vitamins.

Check if you're eligible and apply online at: www.healthystart.nhs.uk

@NHSHealthyStart



Start for Life: Infant Feeding Support

Infant feeding online support

For information and support on how to breastfeed your baby, visit Padlet: Breastfeeding using the link <https://bit.ly/3KQdXho>, or by scanning the 'scan me' QR code with your smart phone camera - view a collection of written resources, links, and videos.



For additional advice and support with breastfeeding in the first 6 weeks, contact the Community Infant Feeding Team on 01204 462339, or speak to your Public Health Nursing Team.

Bottle feeding? (formula or breastmilk), visit Padlet: Bottle Feeding at: <https://bit.ly/3shHKJs>, or by scanning the 'scan me' QR code with your smart phone camera, for information on how to safely prepare feeds and use a responsive paced bottle feeding technique.



Infant feeding peer support

Breastfeeding Together offer support in hospital, at home, online and over the telephone. In addition, they offer online and face to face group sessions:

- **Tuesdays** 9:30am - 11:00am
Farnworth Family Hub
- **Wednesdays** 1:00pm - 2:30pm
Alexandra Family Hub
- **Thursdays** 1:00pm - 2:30pm
Oldhams Start Well Centre
- **Fridays** 10:00am - 11:00am
Online Zoom

Find out more and book your free place online, follow the link below or scan the QR code with your mobile phone camera.



Book.BreastfeedingTogether.co.uk



Breastfeeding information and support available 9:30am – 9:30pm, every day of the year!



FREE
SERVICES

INFANT FEEDING PEER SUPPORT SERVICES IN BOLTON

Find out more about our information and support services available for all your infant feeding needs.



OUR PREGNANCY AND PARENTING SESSIONS

Online and face to face sessions are available at locations across Bolton.
Find out more and book your free place at
book.breastfeedingtogether.co.uk



SUPPORT IN HOSPITAL

On Royal Bolton Hospital's Maternity Wards over 7 days a week



HOME VISITS

1-1 Infant Feeding Support available at a time to suit you including evenings/weekends



LIVE WEB CHAT

www.breastfeedingtogether.co.uk
7-10pm daily



PHONE SUPPORT

Call, text or WhatsApp on
07742 234496



OUR GROUPS

Tuesdays -
9.30am - 11am @ Farnworth Family Hub
Wednesdays -
1pm - 2.30pm @ Alexandra Family Hub
Thursdays -
1pm - 2.30pm @ Oldhams Family Hub
Fridays -
10am-11am online via Zoom



BREASTPUMP HIRE

Local Breastpump Hire is available

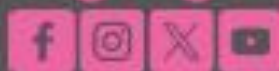


ONLINE SUPPORT FORUM

Breastfeeding Together Connect & Share on Facebook is available 24/7

Find out more about all of our services at-

www.breastfeedingtogether.co.uk



Start for Life: What's on at Alexandra Family Hub

For more information about the activities on this page, visit the hub on Blackledge Street, BL3 4BL or telephone 01204 337347 between 9:00am – 5:00pm, Monday to Friday. Some sessions require advanced booking. Sessions are term time unless stated.

With You in Mind

A free drop-in peer support group for parents with children aged 0-2 years (expectant parents welcome). Come along, meet others, and share your experiences. For information, contact: Sharonfletcher@homestarthost.org.uk or telephone 01204 216537

Mondays 10:30am – 12:00noon

Stay, Play, and Learn

Family fun for children 0-5 years. Drop-in. Facilitated by Bolton Toy Library.

Mondays 1:00pm - 2:00pm

Busy Babies

A fun and interactive group for you and your baby. 0-12 months. Drop-in.

Tuesdays 9:30am - 10:30am

Bolton Wanderers in the Community Stay and Play

Enjoy activities like sand and water play, arts and crafts, song and rhyme time, gardening and more! Sessions are free and include refreshments. 0-5s, parents and carers. Term-time only. Drop-in. Free to attend.

For more information, contact:

jbarnes@bwitc.org.uk

Wednesdays 10:00am - 11:30am

Infant Feeding 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 - 2:30pm

Nature Club for Tots

A fun drop-in. 1-3 years. Call Cath 07740 419183 for more details.

Facilitated by The Wildlife Trust for Lancashire Manchester & North Merseyside.

Thursdays 10:00am - 11:00am



Start for Life: What's on at Farnworth Family Hub

For more information about the activities on this page, visit the hub on King Street, BL4 7AP or telephone 01204 334955 between 9:00am – 5:00pm (Monday and Friday) or 9:00am - 6:00pm (Tuesday, Wednesday, and Thursday). Saturday opening times are 9:00am – 4:00pm, 20th Jan/10th Feb/2nd Mar/23rd Mar/20th Apr. Some sessions require advanced booking. Sessions are term time unless stated.

Includes activities taking place at Kearsley Centre on Springfield Road

Shake, Rattle, Roll

A fun and active music and movements session for 0-5s and family. 5 weeks per term. Drop-in.

Mondays 9:30am – 10:15am

Venue: Kearsley Centre (BL4 8LB)

Stay, Play, and Learn

Family fun for children 0-5 years. Drop-in. Facilitated by Bolton Toy Library.

Mondays 10:00am – 11:00am

Infant Feeding 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 – 11:00am

Busy Babies

A fun and interactive group for you and your baby. 0-12 months. Drop-in.

Wednesdays 9:30am - 10:15am

*In addition, Busy Babies takes place at the Kearsley Centre (BL4 8LB) on

Mondays 1:30pm - 2:30pm*

Happy Healthy Babies

For families with babies 0-6 months. 6-week course. Topics include relationships, feeding, solid foods, oral health and wellbeing with sensory play and songs. To book, ring Healthy Families Team on 01204 463175.

Advanced booking required

Wednesdays 10:30am – 11:30am

With You in Mind

A free drop-in peer support group for parents with children aged 0-2 years (expectant parents welcome). Come along, meet others, and share your experiences. For information, contact: Sharonfletcher@homestarthost.org.uk or telephone 01204 216537

Wednesdays 1:15pm – 2:45pm

SEND Stay and Play

The Orchards Federation facilitates a drop-in session for families of children with SEND. 0-5 years. Children do not need an official diagnosis to attend.

Thursday 11th Jan, 1st Feb, 14th Mar, 10:00am – 11:30am

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

Thursday 18th Jan / 14th Mar, 1:00pm – 2:30pm

Early Help Parent Drop-in

For families with children under 18-year-old. Need advice about parenting? Come for a coffee and chat.

Saturday 20th Jan, 10th Feb, 2nd Mar, 23rd Mar, 20th Apr, 9:30am – 3:30pm.

For more information, contact Targeted Early Help on 01204 336215 or email

EarlyHelp@bolton.gov.uk

Start for Life: What's on at Great Lever Family Hub

For more information about the activities on this page, visit the hub on Leonard Street, BL3 3AP or telephone 01204 337333 between 9:00am – 5:00pm, Monday to Friday. Some sessions require advanced booking. Sessions are term time unless stated.

Busy Babies

A fun and interactive group for you and your baby. 0-12 months. Drop-in.

Mondays 9:30am - 10:30am

Stay, Play, and Learn

Family fun for children 0-5 years. Drop-in. Facilitated by Bolton Toy Library.

Tuesdays 1:00pm - 2:00pm

Chat, Play and Read

A fun and interactive group for you and your baby. 12 months+ Drop-in.

Wednesdays 9:30am - 10:30am

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

Wednesday 14th Feb, 1:00pm – 2:30pm

Proud 2B Parents Group

A family stay and play for LGBT+ parents, carers, and their children. Drop-in.

Thursdays 12:30pm – 2:00pm

join the mailing list or find out more:

info@proud2bparents.co.uk

Parent and Tots

Stay and play groups for parents with children aged 0-4 years. Bilingual practitioners in attendance for parents with South Asian ethnic backgrounds. Drop-in.

Fridays 10:00am - 12:00noon

Contact Aisha for more information:

aisha.khan@flowhessionfoundation.org.uk

Little Bats Stay and Play

Stay and play the forest school way. A 10-week course to build confidence for your tot to play in nature. Outdoor sessions. 1-5 years.

Advanced booking required

Fridays 1:00pm – 2:30pm

To find out more and book, see

<https://LittleBatsLearning.org/sessions/>

or call Elanor, 07818 925678

Bolton Money Skills

Drop-in, all year round, for free impartial advice on budgeting, managing debt and making savings on household bills. Call in or make an appointment over the phone: 01204 331983 / 01204 331968

Wednesdays 9:00am – 12:00pm

Start for Life: What's on at Harvey Start Well Centre

For more information about the activities on this page, visit the hub on Shaw Street, BL3 6HU or telephone 01204 337390 between 8:00am – 6:00pm, Monday to Friday. Some sessions require advanced booking. Sessions are term time unless stated.

Mother and Baby Group

A peer support group with access to a multi-sensory room. 0-2 years.

Advanced booking required

Contact Bolton Toy Library on 01204 395079 or email:

boltontoylibrary@yahoo.co.uk

Mondays 10:00am - 11:00am

SEND Stay and Play

Drop-in session for families of children with special educational needs and disabilities. Toy Loans. 0-5 years.

Access to a multi-sensory room.

Contact Bolton Toy Library on 01204 395079 or email:

boltontoylibrary@yahoo.co.uk

Mondays 1:00pm – 2:00pm

Stay, Play, and Learn

Family fun for children 0-5 years. Drop-in. Facilitated by Bolton Toy Library.

Tuesdays 10:00am - 11:00am

Wednesdays 1:00pm - 2:00pm

Little Bats Stay and Play

Stay and play the forest school way. A 10-week course to build confidence for your tot to play in nature. Outdoor sessions. 1-5 years.

Advanced booking required

Fridays 10:00am – 11:30am

To find out more and book, see

<https://LittleBatsLearning.org/sessions/>

or call Elanor, 07818 925678

Family Drop-in

Play together. Free loan of toys, resources, and books. 0-5 years.

Drop-in at Bolton Toy Library.

Tuesdays 1:00pm - 2:00pm

Wednesdays 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

Wednesday 31st Jan, 28th Feb,
1:00pm – 2:30pm



Start for Life: What's on at Oldhams Start Well Centre

For more information about the activities on this page, visit the hub on Forfar Street, BL1 6RN or telephone 01204 334992 between 8:30am – 4:30pm, Monday to Friday. Some sessions require advanced booking. Sessions are term time unless stated.

Little Bats Stay and Play

Stay and play the forest school way. A 10-week course to build confidence for your tot to play in nature. Outdoor sessions. 1-5 years.

Advanced booking required

Mondays 1:00pm – 2:30pm

To find out more and book, see

<https://LittleBatsLearning.org/sessions/>

or call Elanor, 07818 925678

Nature Club for Tots

A fun drop-in. 1-3 years. Call Cath 07740 419183 for more details.

Facilitated by The Wildlife Trust for Lancashire Manchester & North Merseyside.

Tuesdays 10:00am - 11:00am

Wiggle Tots

A fun baby and toddler group facilitated by Oldhams Church. 0-4 years.

Contact Melanie on 07786 328042 for further information.

Wednesdays 10:30am – 11:45am

Busy Babies

A fun and interactive group for you and your baby. 0-12 months. Drop-in.

Thursdays 9:30am - 10:15am

Happy Healthy Babies

For families with babies 0-6 months. 6-week course. Topics include relationships, feeding, solid foods, oral health and wellbeing with sensory play and songs. To book, ring Healthy Families Team on 01204 463175.

Advanced booking required

Thursdays 10:30am – 11:30am

Stay, Play, and Learn

Family fun for children 0-5 years. Drop-in. Facilitated by Bolton Toy Library.

Thursdays 1:00pm - 2:00pm

Infant Feeding 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 - 2:30pm

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

Thursday 21st Mar, 1:00pm – 2:30pm



Start for Life: What's on at Oxford Grove Family Hub

For more information about the activities on this page, visit the hub on Shepherd Cross Street, BL1 3BH or telephone 01204 337090 between 9:00am – 5:00pm (Monday & Friday), 9:00am – 6:00pm (Tuesday, Wednesday, & Thursday). Saturday opening times are 9:00am – 4:00pm, 6th Jan/27th Jan/17th Feb/9th Mar/6th Apr/27th Apr. Some sessions require advanced booking. Sessions are term time unless stated.

Parent and Tots

Stay and play groups for parents with children aged 0-4 years. Bilingual practitioners in attendance for parents with South Asian ethnic backgrounds. Drop-in.

Mondays 10:00am - 12:00noon

Contact Aisha for more information:
aisha.khan@flowhessionfoundation.org.

Busy Babies

A fun and interactive group for you and your baby. 0-12 months. Drop-in.

Tuesdays 9:30am - 10:15am

Happy Healthy Babies

For families with babies 0-6 months. 6-week course. Topics include relationships, feeding, solid foods, oral health and wellbeing with sensory play and songs. To book, ring Healthy Families Team on 01204 463175.

Advanced booking required

Tuesdays 10:30am – 11:30am

Nature Club for Tots

A fun drop-in. 1-3 years. Call Cath 07740 419183 for more details. Facilitated by The Wildlife Trust for Lancashire Manchester & North Merseyside.

Tuesdays 1:00pm - 2:00pm

With You in Mind

A free drop-in peer support group for parents with children aged 0-2 years (expectant parents welcome). Come along, meet others, and share your experiences. For information, contact: Sharonfletcher@homestarthost.org.uk or telephone 01204 216537

Tuesdays 1:15pm – 2:45pm

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

Wednesday 7th Feb, 1:00pm – 2:30pm

SEND Stay and Play

The Orchards Federation facilitates a drop-in session for families of children with SEND. 0-5 years. Children do not need an official diagnosis to attend.

Thursday 18th Jan, 8th Feb, 29th Feb, 21st Mar, 10:00am – 11:30am

Early Help Parent Drop-in

For all families with children under 18-year-old. If you want advice or information about parenting, join us for a coffee and chat.

Saturday 6th Jan, 27th Jan, 17th Feb, 9th Mar, 6th Apr, 27th Apr, 9:30am – 3:30pm.

For more information, contact Targeted Early Help on 01204 336215 or email EarlyHelp@bolton.gov.uk

Start for Life: What's on at Tonge Family Hub

For more information about the activities on this page, visit the hub on Starkie Road, BL2 2ED or telephone 01204 336745 between 9:00am – 5:00pm (Monday & Friday), 9:00am – 6:00pm (Tuesday, Wednesday, & Thursday). Saturday opening times are 9:00am – 4:00pm, 13th Jan/3rd Feb/24th Feb/16th Mar/13th Apr. Some sessions require advanced booking. Sessions are term time unless stated.

Busy Babies

A fun and interactive group for you and your baby. 0-12 months. Drop-in.

Mondays 9:30am - 10:30am

Shake, Rattle, and Roll!

A fun and active music and movement session for 0-5s. Term time only.

Advanced booking required

Mondays 1:30pm - 2:15pm

Call Tonge Family Hub on 01204 336745 to book your place.

Stay, Play, and Learn

Family fun for children 0-5 years. Drop-in. Facilitated by Bolton Toy Library.

Wednesdays 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

Wednesday 24th Jan, 21st Feb, 1:00pm – 2:30pm

SEND Stay and Play

The Orchards Federation facilitates a drop-in session for families of children with SEND. 0-5 years. Children do not need an official diagnosis to attend.

Thursday 25th Jan, 15th Feb, 7th Mar, 28th Mar, 10:00am – 11:30am

Chat, Play and Read

A fun and interactive group for you and your baby. 12 months+ Drop-in.

Fridays 9:30am - 10:30am

Early Help Parent Drop-in

For all families with children under 18-year-old. If you want advice or information about parenting, join us for a coffee and chat.

Saturday 13th Jan, 3rd Feb, 24th Feb, 16th Mar, 13th Apr, 9:30am – 3:30pm.

For more information, contact Targeted Early Help on 01204 336215 or email EarlyHelp@bolton.gov.uk

Bolton Money Skills

Drop-in, all year round, for free impartial advice on budgeting, managing debt and making savings on household bills. Call in or make an appointment over the phone: 01204 331983 / 01204 331968

Wednesdays 1:00pm – 4:30pm

Start for Life: What's on in other areas of Bolton

On this page you will find information about the activities taking place in other areas of Bolton including Westhoughton. The page also includes online activity.

Little Bats Stay and Play

Stay and play the forest school way. A 10-week course to build confidence for your tot to play in nature. Outdoor sessions. 1-5 years.

Advanced booking required

Mondays 10:00am – 11:30pm

Venue: The Roost, Ashley Avenue, BL2 5AR

To find out more and book, see

<https://LittleBatsLearning.org/sessions/>

or call Elanor, 07818 925678

Small Steps

For families with children 0-2 years. Meet others in a supportive, friendly, and welcoming space. Drop-in:

Fridays 12:30pm - 2:00pm

The Hub, Central Drive, BL5 3DS

Interested in getting together online or in person at other venues?

Contact Small Steps:

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



Scan me

Stay and Play at the HUB

Come and join Stay and Play at The HUB, for children 0-5 years and their carer's. Free play with soft equipment and imaginative play toys. Refreshments are provided and snacks for the children. For further information contact:

admin@thehubwesthoughton.com

Thursdays 1:30pm - 2:30pm

The Hub, Central Drive, BL5 3DS

Bolton Wanderers in the Community Stay and Play

Enjoy activities like sand and water play, arts and crafts, song and rhyme time, gardening and more! Sessions are free and include refreshments.

0-5s, parents and carers. Term-time only. Drop-in. Free to attend.

For more information, contact:


jbarnes@bwitc.org.uk

Fridays 10:00am - 11:30am

Sutton Community Centre, Addington Road, Bolton, BL3 4QZ



Activities in Bolton Libraries and Museum

 Bolton Central Library is reopening on Le Mas Crescent and is ready to unveil its new appearance after a £4.43m renovation, featuring a fresh children's library complete with a special play and exploration area for children under five.

Join us for the **Bolton Library Family Fun Day** on **Saturday 20th January 2023**, **11:00am – 3:00pm**. Free and no need to book!

Activities at Bolton Museum

Come along every Saturday for free craft and activities.

Saturdays, 1:00pm to 3:00pm

Saturday Storytime

Do you love stories? Come to Bolton Central Library every Saturday and enjoy a free Storytime.

Saturdays, 2:00pm

Half-term Family Fun

Visit Bolton Central Library and Museum during half term for free family fun!

Stories from around the world will take place on:

Saturday 17th - Sunday 25th February, **11:00am – 3:00pm**

Special Effects Models in TV and Film will take place on:

Saturday 30th March - Sunday 14th April, **11:00am – 3:00pm**

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

Thursday 7th Mar, 1:00pm – 2:30pm

Westhoughton Library

Thursday 28th Mar, 1:30pm – 3:00pm

High Street Library

National Storytelling Week

At Bolton Central Library, our experienced storytellers will be celebrating National Storytelling Week with some of their favourite interactive stories. Join us!

Saturday 3rd Feb, 11:00am & 2:00pm

World Book Day

Bedtime Stories

Round off your World Book Day, dressed in your pyjamas with classic stories told by our storytellers with a special guest appearance from our Library Bear. Drop-in to Bolton Central Library.

Thursday 7th Mar, 6:15pm

Early Explorer Festival

Thursday 14th March to Saturday 16th March is dedicated to young children's learning and play.

Let your child explore and enjoy a diverse range of activities including arts and crafts, storytelling, and interactive performances.

Don't miss out on the SEND Children's Day on Thursday 14 March.

Free! More information on the Bolton Central Library and Museum Website.

More Activities in Bolton Libraries and Museum

Toddler Tales

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

- **Mondays 10:30am**
Harwood & High Street Libraries
- **Tuesdays 11:00am**
Farnworth Library
- **Wednesdays 10:30am**
Brightmet Library
- **Thursdays 10:30am**
Blackrod & Horwich Libraries
- **Thursdays 2:30pm**
Bromley Cross Library
- **Fridays 10:30am**
Little Lever & Westhoughton Libraries

Baby Time

A weekly group for babies and their families, every Tuesday. Enjoy interactive songs at Bolton Museum. No need to book and free!
Tuesdays, 10:30am - 11:30am

Under 5s Messy Play with Sugar Lumps

Families with young children, join us for creative messy play with Sugar Lumps! On the following Saturdays:

17 February 2:00pm

16 March 2:00pm

27 April 2:00pm

Booking is essential. Tickets go live on Eventbrite a week before each session: <https://bit.ly/3QXP0AE>

Smithills Hall Nature Walks

Join our Curator of Natural History to explore the nature surrounding Smithills Hall. We'll be hunting for insects, learning about trees, and looking for signs of other wildlife in the gardens. Free!

Thursday 22nd Feb, 1:00pm

Thursday 4th Apr, 1:00pm

Smithills Hall

The hall and grounds are free to enter and explore **Wednesday, Thursday, Friday 10:00am - 4:00pm** and **Sunday 12:00noon - 4:00pm**

Little Lever FAB

Breastfeeding Group

Come and meet other mums and chat with peer supporters at Little Lever Library.
Fridays, 1:00pm - 2:00pm

Find us!

Facebook

[@BoltonLibraryandMuseumServices](#)

Eventbrite

<https://bit.ly/3QXP0AE>

Digital Support & Free to Use Computers and Wi-Fi

All Bolton Libraries provide free access to computers and Wi-Fi. There is a simple sign-up process required to enable access to library Wi-Fi. Please ask a member of staff for support. For more information about digital support in Bolton, visit: www.boltondes.org.uk

Volunteer in Bolton

Becoming a volunteer will provide you with physical and mental rewards. Volunteering can help reduce stress, boost your self-confidence, self-esteem, and life-satisfaction. You will gain new skills through training, and you'll feel welcome by a supportive and friendly team.

Find a range of volunteering opportunities with the following charities.



Home-Start HOST is a charity supporting parents with children under 5 years, offering support and friendship through challenging times.

We train our volunteers to offer friendly, non-judgemental peer support in the home, and offer welcoming peer support groups for parents with under 2s to help support parents' and children's wellbeing.

Get in touch 01204 216 537

Email info@homestarthost.org.uk



Bolton Toy Library is a charity providing daily drop-ins to encourage children to play together and develop their skills through a range of fun activities.

Families borrow books, toys, and kits to help them learn at home. Parents and carers also access ongoing support.

We provide training so that you can learn new skills to help others. If you can spare 2 hours a week, we'd love to hear from you!

Get in touch 01204 395 079

Email boltontoylibrary@yahoo.co.uk

Self-referral Services



Spoons Charity

Greater Manchester

This charity supports parents who have or have had a baby on the neonatal unit. Find information online and register for groups including Baby Massage; Stay and Play; Sensory Play; Little Cruisers Well-being Walks; Weaning Sessions and Trauma Therapy. Parents can access online support at: <https://bit.ly/3Ni9kNp>



**Greater Manchester
Mental Health**
NHS Foundation Trust

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.

The Adult IAPT (Talking Therapy Services) information can be found here: <https://bit.ly/43NxMx6>

#TeamBolton
Holiday Activities
& Food #HAF

www.bolton.gov.uk/HAF

Department for Education
Bolton Council

Team Bolton's Holiday Activities & Food (HAF) Programme is back this winter 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

Let's Keep Bolton Moving > > > >

ACTIVITIES | HEALTH | WELLBEING



Let's Keep Bolton...

Walking Smiling Dancing
Chatting Caring Supporting
Volunteering Healthy Eating Improving
Socialising Working Learning



SCAN ME WITH A
MOBILE CAMERA

Useful information

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**.

Bolton Council

Call 01204 333333

Families Information Service

Call 01204 332170

NHS Healthy Families Team

Call 01204 463175

Bolton at Home

Call 01204 328000

8:00am - 5:30pm, Monday – Friday

Bolton Community Midwives

Call 01204 390023

Bolton Registry Office

Call 01204 331185

Bolton Play and Youth Service

Call 01204 332323/8190, email
positive.activities@bolton.gov.uk or visit
Facebook @Play&YouthBolton

Debt, Money, and Advice

<https://www.bolton.gov.uk/costofliving>

Find a Warm Space

<https://www.warmwelcome.uk/#find-a-space>

Digital Support in Bolton (DES)

Call 01204 332853

Digitalhelp@bolton.gov.uk

Greater Manchester 24/7 Crisis Line

Call 0800 953 0285 (freephone)

Text SHOUT to 85258

Childline

For children in trouble or danger

Call 0800 1111 (24 hours)

TEXT Chat Health (Bolton NHS)

Confidential health text service.

07507 331751 (parent line)

07507 331753 (11-19 years)

8:00am – 8:00pm, Monday – Friday

Bolton's Be kind to my mind

Facebook @BeKindToMyMind

Qwell Mental Health

Support for Parents and Carers

Visit www.qwell.io

Kooth Mental Health Support for Young People 10-25 Years

Visit www.kooth.com

Fortalice: Domestic Abuse / Violence

Call 01204 365677 (24-hour support)

<https://fortalice.org.uk/>

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 use your mobile camera to scan the QR code opposite.

