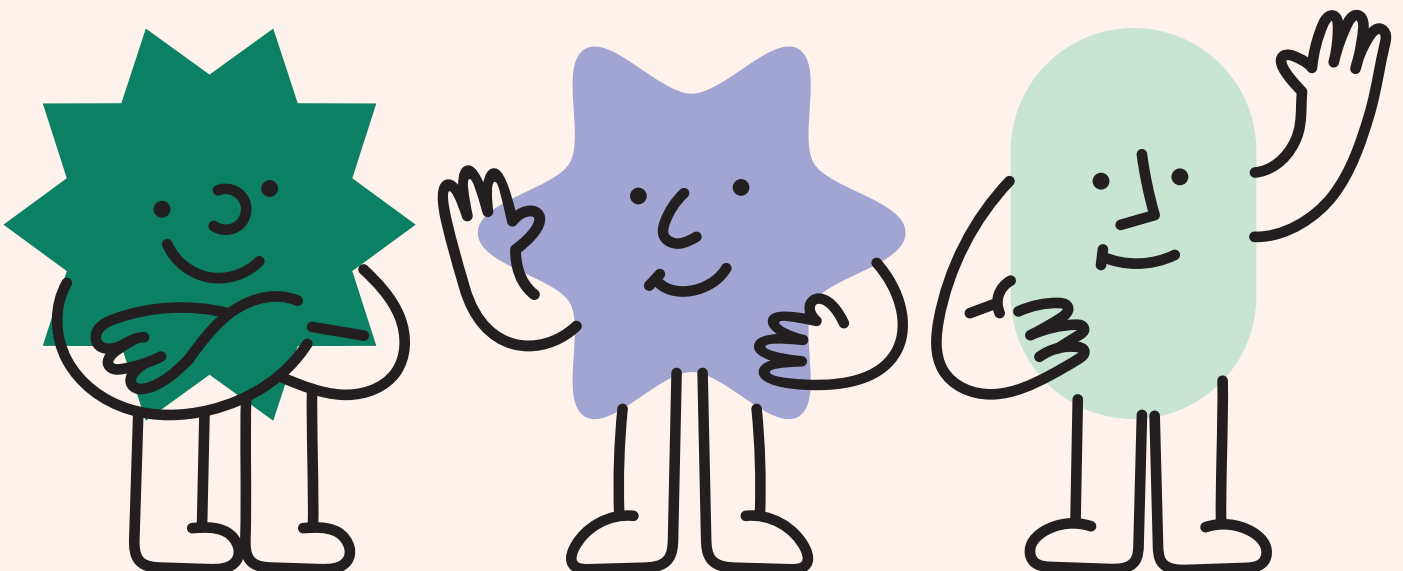




# GUIDE TO WHAT'S ON FOR FAMILIES IN BOLTON

INCLUDES THE START FOR LIFE OFFER

July - August 2024



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

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

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)

**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](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.

## For more information

Email: [families@bolton.gov.uk](mailto:families@bolton.gov.uk)  
Ring: 01204 332170

# 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.

## Find us on Facebook!



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



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



**It's easy to apply online  
for your NHS Healthy Start  
prepaid card**

To see if you're eligible  
for Healthy Start, visit:  
[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

## START FOR LIFE: 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	Days	Time	Contact
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

## 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](mailto:infantfeeding@boltonft.nhs.uk)

To access additional antenatal sessions, please contact Breastfeeding Together at: [enquiries@breastfeedingtogether.co.uk](mailto:enquiries@breastfeedingtogether.co.uk)

### Royal Bolton Antenatal Clinic

6:30pm - 8:30pm

Monday 5 Aug 2024 & 2 Sep 2024

### Ingleside Birth Centre

10:00am - 12:00pm

Saturday 20 Jul 2024 & 17 Aug 2024



## START FOR LIFE: FOR EXPECTANT PARENTS

### Solihull antenatal course (free and online)

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](http://www.inourplace.co.uk) and apply the 'access code' to gain access for free. **Access code; RIVINGTON**

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

Get lots of information which will help you make informed parenting choices and feel more confident as you become a new parent.

Additional dates and sessions available online!

For more information or to book a place click on the link below or scan the QR code. Feel free to just turn up!

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

### 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>



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**Harvey Family Hub**  
5:30pm - 7:30pm  
Thursday 11 July 2024



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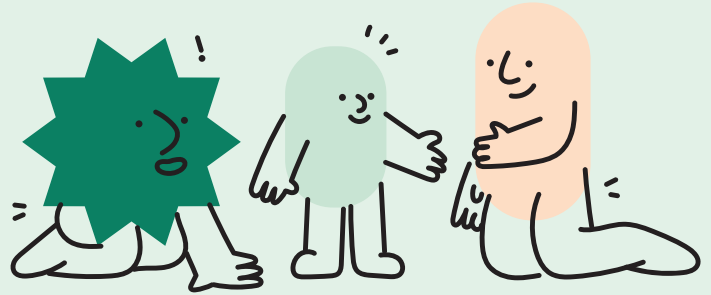
**Great Lever Family Hub**  
10:00am - 12:00pm  
Saturday 3 Aug 2024



## START FOR LIFE: FOR NEW PARENTS

### Well baby clinics

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



Venue	Day	Time	Contact
Oxford Grove Family Hub	Monday	1:00pm - 3:00pm	01204 338188
Farnworth Family Hub	Monday	1:00pm - 3:00pm	01204 332750
Crompton Centre	Tuesday	1:00pm - 2:45pm	01204 463050
Great Lever Family Hub	Tuesday	9:30am - 11:30am	01204 335019
Alexandra Family Hub	Wednesday	9:30am - 11:30am	01204 337578
Oldhams Start Well Centre	Wednesday	1:00pm - 2:45pm	01204 463050
Tonge Family Hub	Thursday	1:00pm - 3:00pm	01204 338063
Horwich Clinic	Thursday	1:30pm - 3:30pm	01204 335138
Winifred Kettle House	Friday	9:30am - 11:30am	01204 335138

**Horwich Clinic** - Please note, from September 2024 this clinic may move to the Horwich Hub. Details to be confirmed. In the meantime, please continue to book an appointment using the contact information above.

## START FOR LIFE: FOR NEW PARENTS

### Dad Matters

Dad Matters supports dads (and dads-to-be) 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>

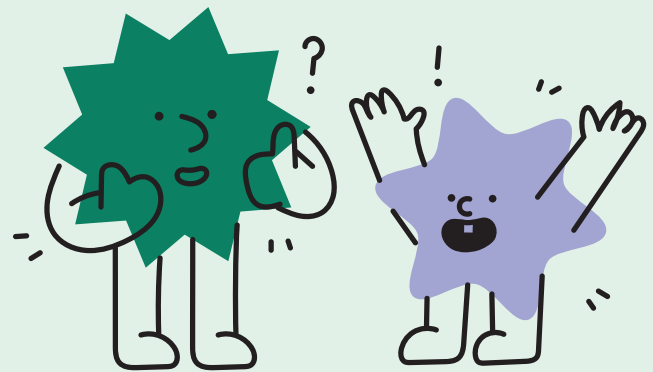
For support telephone: 01204 331185

### Solihull postnatal course (free and online)

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](http://www.inourplace.co.uk) and apply the 'access code' to gain access for free. **Access code; RIVINGTON**



# START FOR LIFE: INFANT FEEDING SUPPORT

## 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 group

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

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

**Tuesdays 9:30am - 10:30am**  
Farnworth Family Hub

**Wednesdays 1:00pm - 2:00pm**  
Alexandra Family Hub

**Thursdays 1:00pm - 2:00pm**  
Oldhams Start Well Centre

**Fridays 10:00am - 11:00am**  
Online Zoom

**Fridays 1:00pm - 2:00pm**  
Tonge Family Hub



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





## START FOR LIFE: SUPPORT FOR FAMILIES

### 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).

- Public Health Nursing  
**01204 462325**
- Adolescent Health and Wellbeing  
**01204 462444**
- Chat Health for parents  
**07507 331751 (text service)**
- Chat Health for young people (11-19)  
**07507 331753 (text service)**
- 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>

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.

### Potty training and starting reception class

ERIC provide free information and resources to families to help with potty training.

If your child is starting reception but not quite clean and dry through the day (or night), talk to your Public Health Nurse (Health Visitor) and visit the ERIC website today.

Free helpline:  
**0808 801 0343**  
Monday to Thursday  
10:00am - 2:00pm



The Children's Bowel & Bladder Charity



# UNDERSTANDING YOUR CHILD'S BEHAVIOUR

A Solihull Approach group  
for parents and carers



## Do you have a child under 3?

### Would you like to:

- Know more about your child's development?
- Have a better understanding of your child's behaviour?
- Know why your child has temper tantrums?
- Meet with other parents?

**FREE**  
GROUPS

### UNDERSTANDING YOUR CHILD'S BEHAVIOUR

is a 10 week parenting group,  
each group lasts for 2 hours.  
The group is completely free of  
charge.

### What we will explore:

- Having fun together
- Development needs
- Behaviour difficulties
- Communication
- Parenting styles
- Sleep

For more information please contact Families Together

Email: [familiestogether445@gmail.com](mailto:familiestogether445@gmail.com)

Call: 07514 484157

Go to: [familiestogether.org.uk](http://familiestogether.org.uk)



## START FOR LIFE: SUPPORT FOR FAMILIES

### A Solihull course 'Understanding your child's behaviour'

The Solihull Approach supports parents to better understand their child's behaviour and is beneficial for all parents with a child under 3.

### Understanding Your Child's Behaviour Group Information

Sessions take place weekly for 10 weeks, with each group running for 2 hours.

Children are welcome to attend with you or creche facility is available for some sessions on a first come first served basis (please contact us for details).

### Register your interest in joining a group near you!



For more details get in touch or scan the QR code to book a place.

Website: [www.familiestogether.org.uk](http://www.familiestogether.org.uk)

Email: [familiestogether445@gmail.com](mailto:familiestogether445@gmail.com)

Ring: 07514 484157

### 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 in or make an appointment to speak to someone by phoning: 01204 332916. Read more about the service online:

[www.boltonsmoneyskills.org.uk](http://www.boltonsmoneyskills.org.uk)

[moneyadvice@bolton.gov.uk](mailto:moneyadvice@bolton.gov.uk)



## START FOR LIFE: **ALEXANDRA FAMILY HUB**

1 of 2

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.

### **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](mailto:Sharonfletcher@homestarthost.org.uk) or telephone 01204 216537

**Monday 22, 29 Jul & 5, 12, 19  
Aug 10:30am - 12:00pm**

### **Come and Play**

Come along with your children, have a drink and a snack, meet the team, and make use of the outdoor and indoor play spaces. All ages welcome.

**Monday 22, 29 Jul & 5, 12, 19  
Aug 2:30pm - 4:00pm**

### **Let's Get Ready for School**

Fun and interactive group for families with children starting school in September. The sessions will provide you with advice and a range of fun activities to practice the skills your child will need for starting school, including, independence and self-care, writing and counting skills, routines and more.

**Monday 22, 29 Jul & 5, 12, 19  
Aug 1:00pm - 2:00pm**

### **Baby Babble and Bond**

Fun interactive group for you and your baby (0-12 months). Play together, exploring sensory resources, songs and rhymes, topics covered include support around building relationships, play, weaning, oral health, and more.

**Tuesday 23, 30 Jul & 6, 13, 20  
Aug 9:30am - 10:30am**

## START FOR LIFE: ALEXANDRA FAMILY HUB

2 of 2

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.

### 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 - 2:00pm

### REAL Family Fun Day

Come along and meet our friendly bear and enjoy lots of family fun activities with your little ones. Free to attend and no need to book!

Thursday 15 Aug, 11:00am - 3:00pm

### Alexandra's Community Library

Families with babies and young children can come along and take, swap, and enjoy a book! With thanks to the 'Men in Sheds Association' Bolton for kindly donating a bookshelf.



## START FOR LIFE: FARNWORTH FAMILY HUB

1 of 2

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, 27 Jul, 17 Aug. Some sessions require advanced booking.

### Let's Get Ready for School

Fun and interactive group for families with children starting school in September. The sessions will provide you with advice and a range of fun activities to practice the skills your child will need for starting school, including, independence and self-care, writing and counting skills, routines and more.

**Monday 22, 29 Jul & 5, 12, 19  
Aug 10:00am - 11:00am**

### Come and Play

Come along with your children, have a drink and a snack, meet the team, and make use of the outdoor and indoor play spaces. All ages welcome.

**Monday 22, 29 Jul & 5, 12, 19  
Aug 1:00pm - 3:00pm**

### 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.

**Tuesdays 9:30am - 10:30am**

### Baby Babble and Bond

Fun interactive group for you and your baby (0-12 months). Play together, exploring sensory resources, songs and rhymes, topics covered include support around building relationships, play, weaning, oral health, and more

**Wednesday 24, 31 Jul & 7, 14,  
21 Aug 9:30am - 10:30am**

### 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.

For information, contact:

[Sharonfletcher@homestarthost.org.uk](mailto:Sharonfletcher@homestarthost.org.uk)  
or telephone 01204 216537.

**Wednesdays 1:15pm - 2:45pm**

## START FOR LIFE: FARNWORTH FAMILY HUB

2 of 2

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, 27 Jul, 17 Aug. Some sessions require advanced booking.

### Shake, Rattle and Roll!

A fun and active music and movement session for 0-5s. A summertime drop-in session.

Thursday 25 Jul & 1, 8, 15, 22  
Aug 10:00am - 10:45am

### 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 11 Jul, 12 Sep 1:00pm - 2:30pm

### Stay and Play

Stay and play for children all ages with a range of activities, both indoors and outdoors, including messy play.

Friday 26 Jul & 2, 9, 16, 23 Aug  
9:30am - 10:30am

### 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 27 Jul, 17 Aug  
9:30am - 3:30pm

### Farnworth's Community Library

Families with babies and young children can come along and take, swap, and enjoy a book! With thanks to the 'Men in Sheds Association' Bolton for donating a bookshelf.

## START FOR LIFE: GREAT LEVER FAMILY HUB

1 of 2

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.

### Baby Babble and Bond

Fun interactive group for you and your baby (0-12 months). Play together, exploring sensory resources, songs and rhymes, topics covered include support around building relationships, play, weaning, oral health, and more

**Monday 22, 29 Jul & 5, 12, 19  
Aug 9:30am - 10:30am**

### Let's Get Ready for School

Fun and interactive group for families with children starting school in September. The sessions will provide you with advice and a range of fun activities to practice the skills your child will need for starting school, including, independence and self-care, writing and counting skills, routines and more.

**Tuesday 23, 30 Jul & 6, 13, 20  
Aug 1:00pm - 2:00pm**

### Stay and Play

Stay and play for children all ages with a range of activities, both indoors and outdoors, including messy play.

**Wednesday 24, 31 Jul & 7, 14,  
21 Aug 9:30am - 10:30am**

### Come and Play

Come along with your children, have a drink and a snack, meet the team, and make use of the outdoor and indoor play spaces. All ages welcome.

**Wednesday 24, 31 Jul & 7, 14,  
21 Aug 1:00pm - 3:00pm**



## START FOR LIFE: GREAT LEVER FAMILY HUB

2 of 2

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.

### 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 14 Aug 1:00pm - 2:30pm**

### REAL Family Fun Day

Come along and meet our friendly bear and enjoy lots of family fun activities with your little ones. Free to attend and no need to book!

**Friday 2 Aug, 11:30am - 3:30pm**

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

Get lots of information which will help you make informed parenting choices and feel more confident as you become a new parent. Additional dates and sessions available online. For more information or to book a place click on the link below or scan the QR code. Feel free to just turn up!  
<https://book.breastfeedingtogether.co.uk/>

**Saturday 3 Aug 10:00am - 12:00pm**



## START FOR LIFE: 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.

### Sugar Lumps SEND Creative Stay and Play

This is a fun and creative messy play session for families with young children.

**Tuesday 30 Jul & 6, 13, 20, 27  
Aug 10:30am - 11:30am**

### Come and Play

Come along with your children, have a drink and a snack, meet the team, and make use of the outdoor and indoor play spaces. All ages welcome.

**Tuesday 23, 30 Jul & 6, 13, 20  
Aug 1:00pm - 3:00pm**

### Baby Babble and Bond

Fun interactive group for you and your baby (0-12 months). Play together, exploring sensory resources, songs and rhymes, topics covered include support around building relationships, play, weaning, oral health, and more.

**Wednesday 24, 31 Jul & 7, 14,  
21 Aug 9:30am - 10:30am**

### Let's Get Ready for School

Fun and interactive group for families with children starting school in September. The sessions will provide you with advice and a range of fun activities to practice the skills your child will need for starting school, including, independence and self-care, writing and counting skills, routines and more.

**Wednesday 24, 31 Jul & 7, 14,  
21 Aug 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)

**Wednesday 28 Aug  
1:00pm - 2:30pm**





# FIVE WAYS HAPPY DAYS

CONNECT | LEARN | ACTIVE | NOTICE | GIVE

There are 5 ways to wellbeing, we call them  
'5 Ways Happy Days'.

They are simple things you can do each day to help you  
feel happier and more positive.



Connect with others socially or  
through an interest or a hobby.



Learn a new skill, read a book,  
explore new places.



Go for a walk, or do some moderate  
exercise that you like to do.  
Release your feel good endorphins.



Be mindful of the present moment  
and appreciate the world around you.  
This could be spending time in nature



Doing things for others can make you  
feel good about yourself. Help a  
friend or a neighbour.



Find out more...  
[www.letskeepboltonmoving.co.uk](http://www.letskeepboltonmoving.co.uk)  
#KeepBoltonMoving   

Let's Keep Bolton  
Moving > > > >

## START FOR LIFE: 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.

### Baby Babble and Bond

Fun interactive group for you and your baby (0-12 months). Play together, exploring sensory resources, songs and rhymes, topics covered include support around building relationships, play, weaning, oral health, and more

Thursday 25 Jul & 1, 8, 15, 22  
Aug 9:30am - 10:30am

### Let's Get Ready for School

Fun and interactive group for families with children starting school in September. The sessions will provide you with advice and a range of fun activities to practice the skills your child will need for starting school, including, independence and self-care, writing and counting skills, routines and more.

Thursday 25 Jul & 1, 8, 15, 22  
Aug 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 - 2:00pm

### 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)

Thursday 18 Jul, 19 Sep  
1:00pm - 2:30pm

### Come and Play

Come along with your children, have a drink and a snack, meet the team, and make use of the outdoor and indoor play spaces. All ages welcome.

Friday 26 Jul & 2, 9, 16, 23  
Aug 2:30pm - 4:00pm

# Early Help Parenting Drop-in

For all families with children under 18

We know that being a parent is not always easy and that families need extra support at some stage as children grow up.

Targeted Early Help Workers will be on hand to offer advice and support.

We can offer signposting to helpful services, organisations and community groups.

Poor school attendance?

Are they being excluded from school?

Are they anxious or struggling with self-esteem?

Are you struggling with your child's behaviour?

Not sure what services there are available that can help to support you?

Come and join us for a cup of tea and a chat if you want any advice or information about parenting.

**Drop-in sessions, 9.30am - 3.30pm**

Farnworth King St Centre 18 May 15 June 6 July 27 July 17 Aug

Oxford Grove Children Centre 1 June 22 June 13 July 3 Aug

Tonge Children Centre 11 May 8 June 29 June 20 July 10 Aug



**For more information please contact:**

Targeted Early Help Tel: 01204 337390

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

**Bolton Start Well**  
Early Years Foundation Stage

**Bolton Council**

## START FOR LIFE: OXFORD GROVE FAMILY HUB

1 of 2

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, 3 Aug. Some sessions require advanced booking.

### Baby Babble and Bond

Fun interactive group for you and your baby (0-12 months). Play together, exploring sensory resources, songs and rhymes, topics covered include support around building relationships, play, weaning, oral health, and more.

**Tuesday 23, 30 Jul & 6, 13, 20  
Aug 9:30am - 10:30am**

### 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.

For information, contact:  
[Sharonfletcher@homestarthost.org.uk](mailto:Sharonfletcher@homestarthost.org.uk)  
or telephone 01204 216537.

**Tuesdays 1:15pm - 2:45pm**

### Shake, Rattle and Roll!

A fun and active music and movement session for 0-5s. A summertime drop-in session.

**Wednesday 24, 31 Jul & 7, 14,  
21 Aug 1:00pm - 1:45pm**

### 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 7 Aug 1:00pm - 2:30pm**

## START FOR LIFE: OXFORD GROVE FAMILY HUB

2 of 2

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, 3 Aug. Some sessions require advanced booking.

### Let's Get Ready for School

Fun and interactive group for families with children starting school in September. The sessions will provide you with advice and a range of fun activities to practice the skills your child will need for starting school, including, independence and self-care, writing and counting skills, routines and more.

Thursday 25 Jul & 1, 8, 15, 22  
Aug 10:00am - 11:00am

### REAL Family Fun Day

Come along and meet our friendly bear and enjoy lots of family fun activities with your little ones. Free to attend and no need to book!

Thursday 22 Aug, 11:00am - 3:00pm

### Come and Play

Come along with your children, have a drink and a snack, meet the team, and make use of the outdoor and indoor play spaces. All ages welcome.

Thursday 25 Jul & 1, 8, 15, 22  
Aug 1:00pm - 3:00pm

### 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)

Saturdays 3 Aug, 9:30am - 3:30pm

## START FOR LIFE: TONGE FAMILY HUB

[1 of 2](#)

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, 20 Jul, 10 Aug. Some sessions require advanced booking.

### Come and Play

Come along with your children, have a drink and a snack, meet the team, and make use of the outdoor and indoor play spaces. All ages welcome.

**Monday 22, 29 Jul & 5, 12,  
19 Aug 1:00pm - 3:00pm**

### Shake, Rattle and Roll!

A fun and active music and movement session for 0-5s. A summertime drop-in session.

**Monday 22, 29 Jul & 5, 12,  
19 Aug 1:30pm - 2:15pm**

### Let's Get Ready for School

Fun and interactive group for families with children starting school in September. The sessions will provide you with advice and a range of fun activities to practice the skills your child will need for starting school, including, independence and self-care, writing and counting skills, routines and more.

**Wednesday 24, 31 Jul & 7, 14,  
21 Aug 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)

**Wednesday 21 Aug 1:00pm - 2:30pm**



## START FOR LIFE: TONGE FAMILY HUB

2 of 2

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, 20 Jul, 10 Aug. Some sessions require advanced booking.

### Stay and Play

Stay and play for children all ages with a range of activities, both indoors and outdoors, including messy play.

**Friday 26 Jul & 2, 9, 16, 23 Aug**  
9:30am - 10:30am

### 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.

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

### Baby Babble and Bond

Fun interactive group for you and your baby (0-12 months). Play together, exploring sensory resources, songs and rhymes, topics covered include support around building relationships, play, weaning, oral health, and more.

**Friday 26 Jul & 2, 9, 16, 23 Aug**  
1:00pm - 2:00pm

### 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)

**Saturdays 20 Jul & 10 Aug**  
9:30am - 3:30pm

## START FOR LIFE: 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.

### 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.

**Mondays 11:00am - 12:00pm The Hub, Central Drive, BL5 3DS**



Book ahead or drop-in.  
Perinatal Fitness | Eventbrite

### 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)

**Westhoughton Library Thursday 4 Jul & 5 Sep 1:00pm - 2:30pm**

**High Street Library Thursday 25 Jul & 26 Sep 1:30pm - 3:00pm**

### 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.

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

**Fridays 10:00am - 11:00am  
Online via Zoom**

### 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](mailto:admin@thehubwesthoughton.com)

**Thursdays, 1:30pm - 2:30pm  
The Hub, Central Drive, BL5 3DS**

**More activities in other parts of Bolton can be found on pages 28-31 and 34-37.**



# Exam Results Day



Whatever happens, we'll be by your side.

Find support on **kooth.com** today

# ACTIVITIES IN BOLTON LIBRARIES AND MUSEUM

## Find us

Facebook: [BoltonLibraryand  
MuseumServices](#)

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

## 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**

## 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)

**High Street Library Thursday**  
25 Jul & 26 Sep 1:30pm - 3:00pm

**Westhoughton Library Thursday**  
4 Jul & 5 Sep 1:00pm - 2:30pm

## Fish Feeds

During the school holidays, there will be fish feeds on Tuesday, Thursday, and Saturday at 1pm. Drop-in.

## 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

**Thursdays 10:30am**  
Blackrod & Horwich  
Libraries

**Tuesdays 11:00am**  
Farnworth Library

**Thursdays 2:00pm**  
Bromley Cross Library

**Wednesdays 10:30am**  
Brightmet Library

**Fridays 10:30am**  
Little Lever &  
Westhoughton Libraries

**Wednesdays 11:30am**  
Bolton Central Library

**Fridays 11:30am**  
Bolton Central Library



# ACTIVITIES IN BOLTON LIBRARIES AND MUSEUM

## Find us

Facebook: [BoltonLibraryand  
MuseumServices](#)

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

## Summer Reading Challenge

This year's Summer Reading Challenge 'Marvellous Makers' will inspire children's creativity. It begins on Saturday 13th July and continues through to Saturday 7th September. To take part, read six books and track your progress online or with a logbook from Bolton Library. Earn badges and stickers and receive a certificate and medal upon completion.

Find out more at the Summer Reading Launch Event, hosted by Bolton Central Library, together with the Octagon Theatre is. Free, drop-in.

**Saturday 20 Jul 11:00am - 3:00pm**

## Big Goldilocks and the Three Bears

Join Bolton Libraries and Booster Cushion Theatre Company for a family-friendly retelling of this classic fairytale. Book on Eventbrite. Tickets £5 for adults. Suitable for children aged 3+ (under 12 months go free). Family Ticket: £15 (for 4 people).

**Wednesday 21 Aug 11:00am - 2:00pm**

## Summer of Stories

Love stories? Join Bolton Libraries every week this summer to enjoy free Storytimes for 4-12-year-olds. Free, drop-in.

**Mondays 10:30am**

Westhoughton Library

**Fridays 10:30**

Horwich Library

**Tuesdays 10:30am**

Brightmet & Little  
Lever Libraries

**Fridays 10:30am**

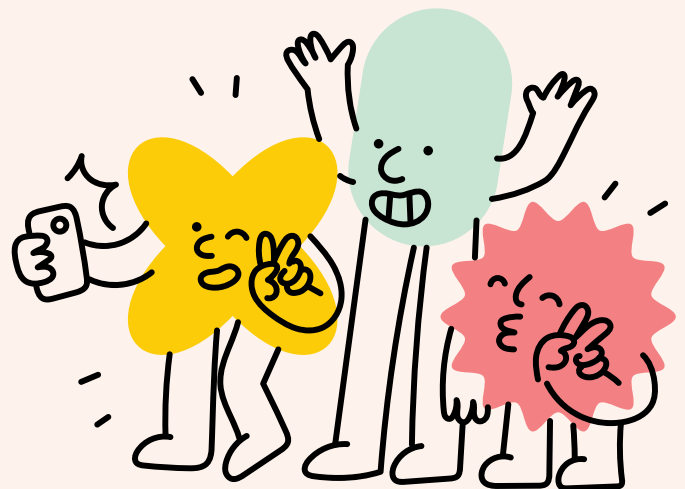
Farnworth Library

**Thursdays 10:30am**

High Street Library

**Saturdays 2:00pm**

Bolton Central Library  
(excluding 24 Aug)



# MORE ACTIVITIES IN BOLTON LIBRARIES AND MUSEUM

## Find us

Facebook: [BoltonLibraryandMuseumServices](#)

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

## Smithills Hall Garden Party

It's back! Join us for a family fun day, including craft and food stalls, music, and plenty of fantastic summer activities. Entry is free but charges may apply for refreshments and some activities.

Sunday 14 Jul 12:00pm - 4:00pm

## The Puppet Van: The Lost Colour

Experience 'The Lost Colour' at Smithills Hall, a unique outdoor theatre adventure presented by 'Half a String'. The show by The Puppet Van involves colourful puppetry, laughter, and creativity, suitable for art lovers and children 5+.

Book via Eventbrite (times will be available when booking): £5 per person / £15 for a family of four.

## Holiday Crafts at Smithills Hall

Weekly fun-themed craft sessions. £3.00 per child. Book via Eventbrite.

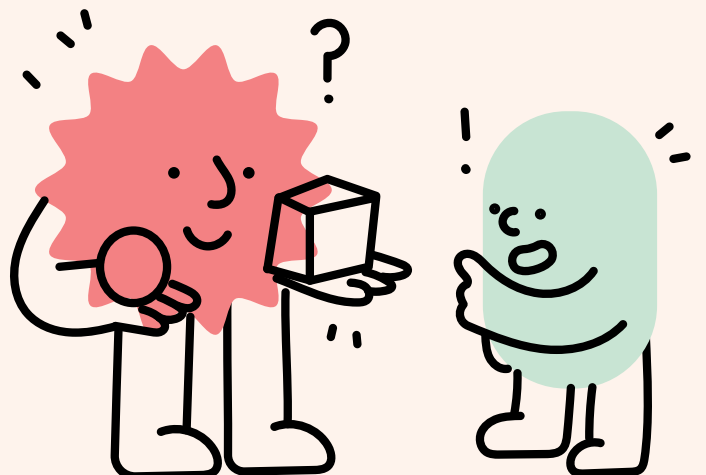
Friday 26 Jul & 2, 9, 16, 23, 30  
Aug 10:00am - 12:30pm

## Nature Walks

Meet our Curator of Natural History, Lauren Field, 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.

Suitable for families. Please meet at the entrance of Smithills Hall. Free drop-in.

Thursday 25th Jul & 22 Aug 1:00pm



# ACTIVITIES IN BOLTON LIBRARIES AND MUSEUM

## Find us

Facebook: [BoltonLibraryand](#)

[MuseumServices](#)

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

## Octagon Library Theatre Tours

This Summer, Bolton families can embark on a magical journey through the world of books with the Octagon Theatre's Library Tours. It's a perfect day out for book lovers of all ages! Free, drop-in.

**Friday 26 July**

**11:00am & 1:30pm**

Farnworth Library

**Thursday 15 August**

**1:30pm**

High Street Library

**Monday 29 July**

**11:00am & 1:30pm**

Westhoughton Library

**Tuesday 20 Aug**

**11:00am & 1:30pm**

Little Lever Library

**Tuesday 6 August**

**11:00am & 1:30pm**

Brightmet Library

**Friday 30 August**

**11:00am & 1:30pm**

Horwich Library

## Storytime with British Sign Language

Join us for a children's Storytime with British Sign Language. Free, drop-in.

**Wednesday 31 Jul & 28 Aug**

**1:00pm at Bolton Central Library**

## Surprises from the Natural History Stores

Become a nature detective and explore the natural world by getting up close to natural history. Free, drop-in.

**Saturday 10 Aug, 1:00pm Wild Cats**

**Saturday 7 Sep, 1:00pm Birds**

## Daily Activities with Bolton Central Library and Museum

During the summer holidays there will be daily fun activities from 11:00am - 3:00pm like storytelling, trails, film screenings and events for the new exhibition 'Birds in Bolton' (taking place on Sat 22 July to Sun 1 September). Events are usually free and no need to book unless otherwise stated. Visit Central Library to find out more.

# MEASLES, MUMPS & RUBELLA (MMR): INFORMATION FOR PARENTS AND CARERS



## What is Measles?

Bolton NHS Foundation Trust has a dedicated School Aged Immunisation Team made up of highly skilled staff who are experienced in offering vaccinations to all high school aged children in Bolton.

- The number of people catching Measles is on the rise in Greater Manchester.
- Measles can be very serious, causing a rash and high temperature.
- Complications include ear and chest infections, diarrhoea, infections of the brain and brain damage.

**Did you know that one person with measles can infect around 15-20 unvaccinated people?  
Just 15 minutes direct contact with someone infected with measles is enough to transmit the virus.**

## What to do next

- If you are unsure whether your child has had 1 or 2 doses of the MMR Vaccination, please check your child's red book or contact your GP Practice.
- MMR vaccinations are currently being offered to any young person in Years 8-11 who we have identified as outstanding, with 1 or more of these vaccinations from our records. If you have received a consent form from the team, please return this as soon as possible to school or via the email address below.
- If your child is in Year 7, at college or a sixth form college attached to a school, and is outstanding with one or more MMR Vaccinations please contact the Immunisation Team to discuss how your child can receive these vaccinations.
- These vaccinations can be given in school. However, the team will also be holding clinics in the school holidays by appointment only.

**PLEASE NOTE: The Immunisation Team use Priorix to protect against Measles, Mumps and Rubella, which does not contain Porcine Gelatine.**

**Please remember:** to be protected from measles and other infections like mumps and rubella, you need to be protected with 2 doses of the MMR vaccination.

These vaccinations can be completed by your GP Practice if you are outstanding or at one of the following Pharmacies: MMR available in pharmacies | Greater Manchester Integrated Care Partnership [gmintegratedcare.org.uk](http://gmintegratedcare.org.uk)

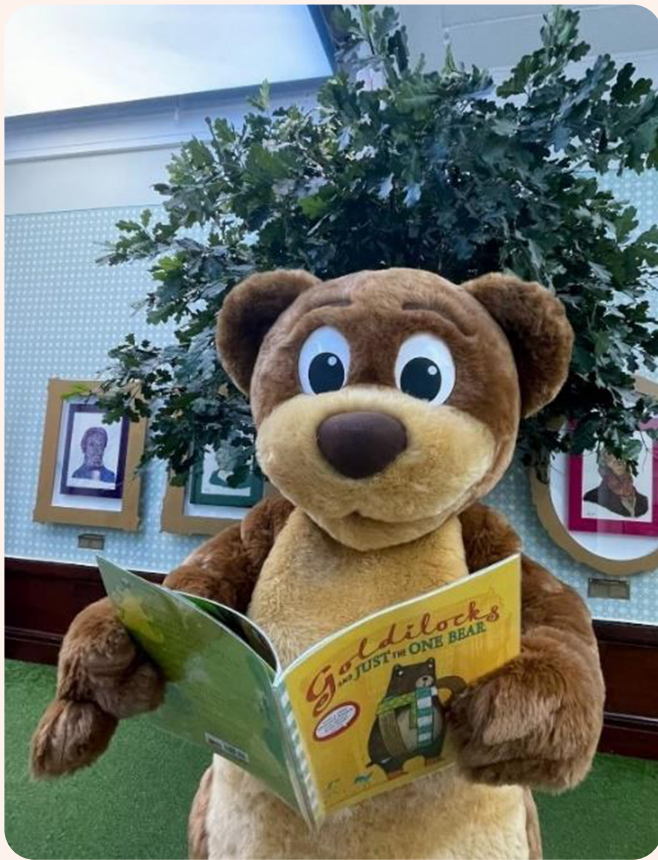
If you have any questions, please contact the immunisation team who can offer advice or assistance: [Bolton5- 19immsteam@boltonft.nhs.uk](mailto:bolton5-19immsteam@boltonft.nhs.uk) or call 01204 463170

**For more information, visit:** Measles: information for schools and healthcare centres [www.gov.uk/government/publications/measles-dont-let-your-child-catch-it-flyer-for-schools/measles-information-for-schools-and-healthcare-centres](http://www.gov.uk/government/publications/measles-dont-let-your-child-catch-it-flyer-for-schools/measles-information-for-schools-and-healthcare-centres)



# 'REAL' FAMILY FUN DAY (RAISING EARLY ACHIEVEMENT IN LITERACY)

Activity events are for families with children under 5-years-old.



## Meet our friendly bear

Come along and meet our friendly bear and enjoy lots of family fun activities with your little ones. These events are free to attend and no need to book!

### Activities include:

- A bear hunt.
- Story time
- Logo hunt
- Join in with rhyme time
- Rhyme time
- Messy play & mark making

Friday 2 Aug, 11:30am - 3:30pm

Great Lever Family Hub

Thursday 15 Aug, 11:00am - 3:00pm

Alexandra Family Hub

Thursday 22 Aug, 11:00am - 3:00pm

Oxford Grove Family Hub

Delivered in partnership with...

Bolton Primary Schools and Nurseries. Scan the QR code to find out if your school or nursery is involved.



**MORE**




*Adult & Child*  
**SWIMMING  
LESSONS**

Build water confidence  
alongside your child.

at Farnworth Leisure Centre,  
Horwich Leisure Centre,  
Sir Jason Kenny Centre &  
Westhoughton Community  
Leisure Centre

**BOOK  
NOW**



Speak to a member of our team at one of our sites,  
or head to [boltonleisure.com](http://boltonleisure.com) to book now.

 Follow us



let's do  
**MORE**



# ROOKIE LIFEGUARD

**THIS FANTASTIC PROGRAMME OFFERS EDUCATION IN:  
SELF-RESCUE, SURVIVAL, RESCUE, FIRST AID  
AND LIFESAVING SPORT SKILLS**

- **TEACHES CHILDREN HOW TO ENJOY WATER SAFELY** •
- **MAKE NEW FRIENDS WITH TEAMWORK AND PEER SUPPORT** •
  - **VITAL LIFE SKILLS** •
  - **SKILLS TO BE CONFIDENT IN WATER** •
  - **GAIN INDEPENDENCE** •

Visit Reception at Farnworth Leisure Centre, Horwich Leisure Centre, Sir Jason Kenny Centre, or Westhoughton Community Leisure Centre to find out more and book a place.

SCAN HERE  
to find out more.



# BOLTON HOLIDAY ACTIVITIES AND FOOD (HAF) PROGRAMME

Find us online:

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



## HAF eligibility

The HAF programme supports children (4-16 years) and families in receipt of benefits related free school meals and offers free fun activity sessions including sports, games, physical activity, and food for a minimum of 4 hours a day, for 4 days a week.

Some sessions are just for children and young people in receipt of benefit related free school meals, however most council sessions, skate parks, and community cookouts are open to all young people, look out for “available to all young people” on the HAF microsite. See the details of all sessions online, including how to book on (some sessions are drop-in): <https://www.bolton.gov.uk/HAF>

## Food support

All HAF sessions offer a free meal to those taking part. If you just need food support, visit our website for more advice: <https://www.bolton.gov.uk/homepage/167/holiday-activities-and-food---food-listings>

## Young people with SEND

Many activities will be inclusive and able to support children with SEND - look out for the ‘SEND’ listings on the timetable. In addition, visit ‘Bolton SEND Local Offer’ online.



The banner features a colorful background with icons representing various activities and seasons. A central white speech bubble contains the text: **#TeamBolton Holiday Activities & Food #HAF**. Below the speech bubble is a QR code with the text "SCAN ME" underneath it. At the bottom, there is a blue button with the website address [www.bolton.gov.uk/HAF](http://www.bolton.gov.uk/HAF). To the right of the button are the logos for the Department for Education and Bolton Council.

# BOLTON PLAY AND YOUTH SERVICE



## Find us

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

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

Facebook: @Play&YouthBolton

Play and Youth Service offer a range of free and low-cost child centred play provision across the borough, offering activities within local communities for children and young people aged 4-17 years old. All staff are DBS checked (previously known as CRB).

## Sessions for 4-12s

Mainly for younger children these sessions are about getting involved with fun activities such as arts and crafts, role play, games and much more! Sessions usually run after school and on a weekend with extra sessions in the school holidays.

## Junior Youth Club for 9-12s

Offers various activities, advice, and the time to learn new skills.

## Youth Club for 13-17s

Offers an array of activities and projects that aim to develop young people into adults. Activities can range from fun lighthearted topics to more issue-based projects that aim to inform and challenge perceptions!

## Let's Keep Bolton Moving

Find activities for families to enjoy over the summer.

Visit the website for a list of activities and groups near you, including parks and green spaces, arts and crafts sessions, baby, and toddler groups and much more.

[Scan the QR code to find out more.](#)

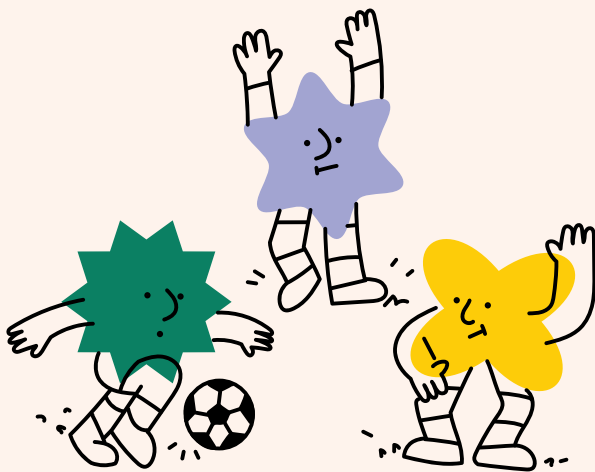


# NATIONAL PLAY DAY & PARK DAYS

Join the Play and Youth Service in Bolton's biggest parks every week from the 23 July - 23 August for some family friendly pop-up events!

Alongside our positive activities, our partners will be delivering cooking sessions, sports, games support advice and guidance! Best of all... it's all FREE!

In addition, we will also be celebrating National Play Day in Westhoughton Park, 7 August 11:00am - 3:00pm! What's not to love!



## Monday Skate Park Sessions

11:00am - 3:00pm

Check out the HAF microsite to find out where these take place:

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

## Moses Gate Park

Tuesdays 23, 30 Jul & 6, 13, 20 Aug

11:00am - 3:00pm

## Westhoughton Park

Wednesdays 24, 31 Jul & 7, 14, 21 Aug

11:00am - 3:00pm

## Moss Bank Park

Thursdays 25 Jul & 1, 8, 15, 22 Aug

11:00am - 3:00pm

## Queens Park

Fridays 26 Jul & 2, 9, 16, 23 Aug

11:00am - 3:00pm

# Top tips for teeth

change  
4 life



## TIP 1 Be sugar smart

Avoid sugary food and drink before bedtime. They should be consumed less often and only at mealtimes. Try sugar free, diet or no added sugar drinks. Remember, plain water or lower fat milks are best.



## TIP 2 See the dentist

It's free for kids under 18 to visit NHS dentists, so make sure you take them regularly.



## TIP 3 Brushing twice is nice

Make sure your kids clean their teeth twice a day with a fluoride toothpaste. Help them brush once before bed and once at any other time that suits you and your family.



Ask your dentist for more top tips.

Download the Change4Life Food Scanner app to find out what's in your food and drink.



# USEFUL INFORMATION

## 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

## Debt and Money Advice

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

## Digital Support in Bolton (DES)

Call 01204 332853

## Fortalice: Domestic Abuse

Call 01204 365677 (24 hours)

## Find A Bolton Warm Space

[www.warmwelcome.uk/#find-a-space](http://www.warmwelcome.uk/#find-a-space)

## 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

## 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 (young people aged 11-19 years)

8:00am - 8:00pm, Monday - Friday

## Bolton's Be kind to my mind

Facebook @BeKindToMyMind

[www.bekindtomymind.co.uk](http://www.bekindtomymind.co.uk)

## Qwell Mental Health

Families can visit [www.qwell.io](http://www.qwell.io)

## Kooth Mental Health Support

10-25 year old? Visit [www.kooth.com](http://www.kooth.com)

## 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 above.

