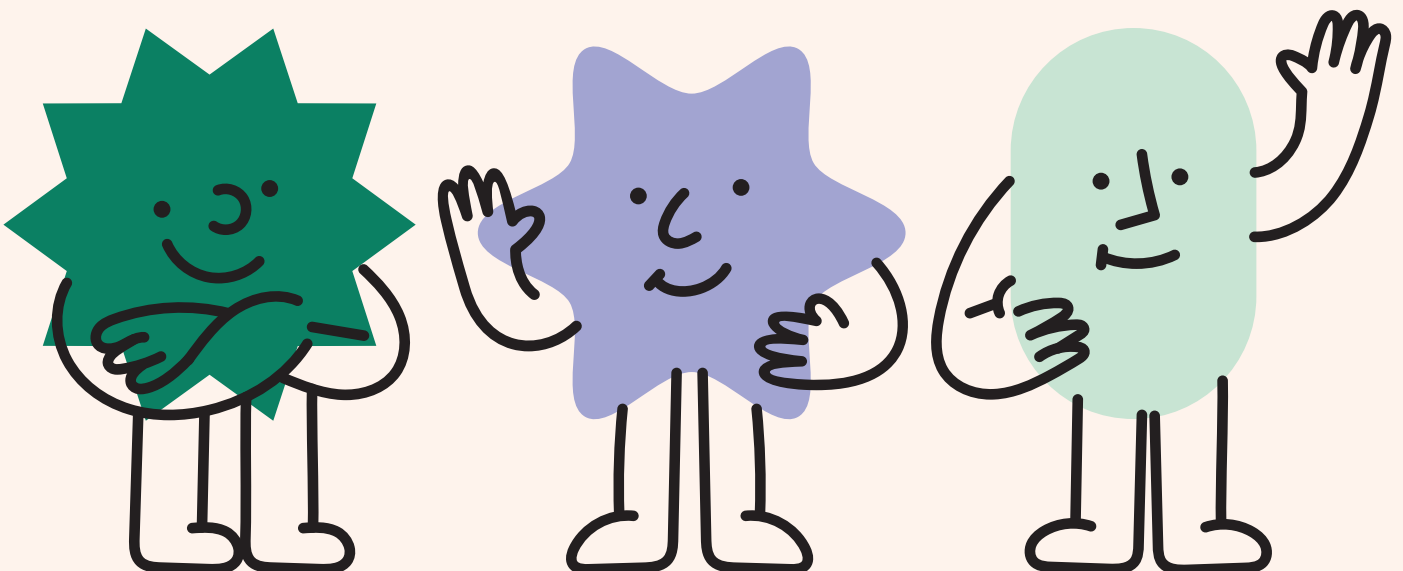




GUIDE TO WHAT'S ON FOR FAMILIES IN BOLTON

April - July 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

**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

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>



**If you're pregnant or have
a child under the age of 4,
you could be eligible for the
NHS Healthy Start Scheme**



To check if you're eligible
for Healthy Start, visit:
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

To access additional antenatal sessions, please contact Breastfeeding Together at: enquiries@breastfeedingtogether.co.uk

Royal Bolton Antenatal Clinic

6:30pm - 8:30pm

Monday 1 Apr, 13 May, 3 Jun, 1 Jul

Ingleside Birth Centre

10:00am - 12:00noon

Saturday 20 Apr, 18 May, 15 Jun, 20 Jul



Scan me:



START FOR LIFE: FOR EXPECTANT PARENTS

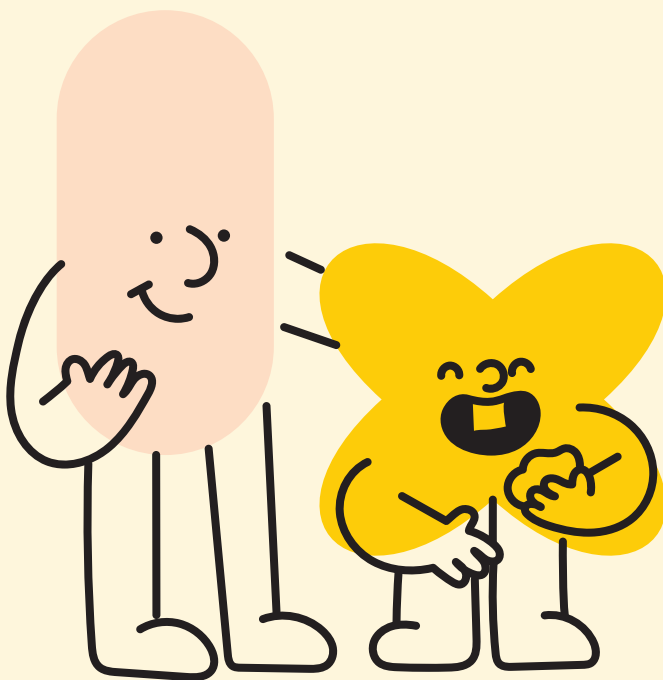
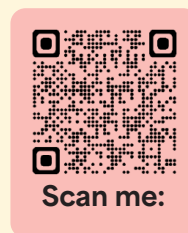
Free online antenatal course

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**

Thinking about feeding and caring for your baby?

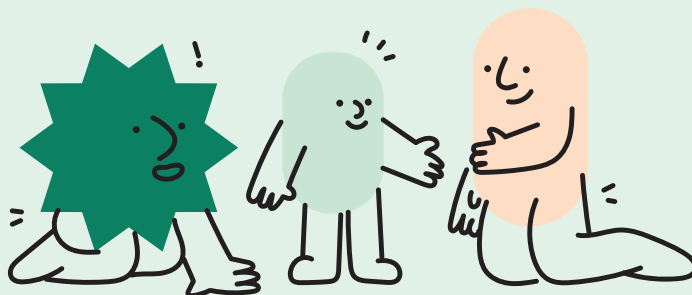
Visit Padlet 'Information for you whilst you're pregnant' (using the link or QR code). View a collection of written resources, links and videos offering information and support on how to feed and care for your baby. <https://bit.ly/45BtJV7>



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.



Day	Time	Venue	Contact
Monday	1:00pm - 3:00pm	Oxford Grove Family Hub	01204 338188
Monday	1:00pm - 3:00pm	Famworth 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

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/>

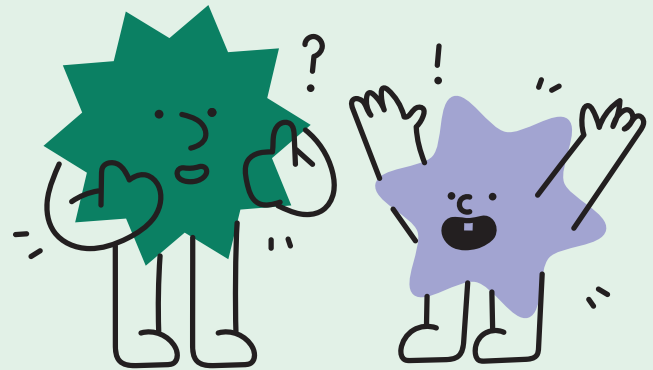
Facebook: <https://bit.ly/3CuV67z>

Free online postnatal course

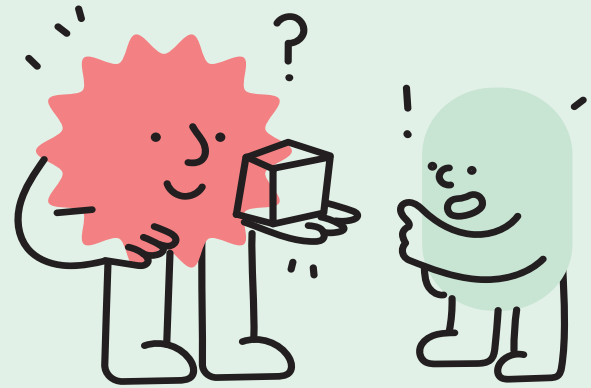
Written by Psychologists, Psychotherapists, Health Visitors and NHS Professionals. 'Understanding Your Baby' is a course for everyone around the baby, supporting you and your new arrival. Go to www.inourplace.co.uk and apply the 'access code' to gain access for free. **Access code: RIVINGTON**

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



START FOR LIFE: INFANT FEEDING SUPPORT

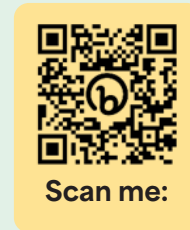


Online support

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.



Peer support 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:

Tuesdays 9:30am - 11:00am
Farnworth Family Hub

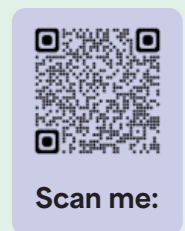
Wednesdays 1:00pm - 2:30pm
Alexandra Family Hub

Thursdays 1:00pm - 2:30pm
Oldhams Start Well Centre

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



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)



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.

- 0-19 Immunisation Team
01204 463170
Bolton5-19Imms@boltonft.nhs.uk
- Early Years Communication and Language Development Service
01204 338349
- Healthy Families
01204 463175

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.

Email: familiestogether445@gmail.com

Tel: 07514 484157

Website: www.familiestogether.org.uk

Register today for a group beginning in May:

Mondays | 10am - 12pm

Oldhams Family Hub

Forfar St, BL1 6RN

Tuesdays | 12:30pm - 2:30pm

The Hub at Westhoughton

Central Dr, BL5 3DS

Fridays | 10am - 12pm

Oxford Grove Family Hub

Shepherd Cross St, BL1 3BH

Babies and children welcome to attend!

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. 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

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 Julie on 07917 071653 or Katie on 07554 227615. Alternatively, email Julie.Parkinson2@boltonft.nhs.uk
Advanced booking required

Tuesdays 10:45am - 11:45am

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. Sessions are term time unless stated.

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

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

Bolton Money Skills

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 over the phone.

Ring: 01204 332916

www.boltonsmoneyskills.org.uk

moneyadvice@bolton.gov.uk

**Wednesdays: 5, 12, 19 & 26 June
9:00am - 12:00pm**

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, 20 Apr, 18 May, 15 Jun, 6 Jul, 27 Jul, 17 Aug. Some sessions require advanced booking. Sessions are term time unless stated.

Stay, Play, and Learn

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

Mondays 10:00am - 11:00am

Busy Babies

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

Wednesdays 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 Julie on 07917 071653 or Katie on 07554 227615. Alternatively, email Julie.Parkinson2@boltonft.nhs.uk
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: 25 Apr, 16 May, 27 Jun, 18 Jul,
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 9 May, 1:00pm - 2:30pm

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, 20 Apr, 18 May, 15 Jun, 6 Jul, 27 Jul, 17 Aug. Some sessions require advanced booking. Sessions are term time unless stated.

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 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

Saturday 20 Apr, 18 May, 15 Jun, 6 Jul, 27 Jul, 17 Aug, 9:30am - 3:30pm.

START FOR LIFE: KEARSLEY WOODBRIDGE COLLEGE (BL4 8LB)

Shake, Rattle, Roll

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

- Apr - 15, 22, 29
- May - 13, 20
- June - 24
- July - 1, 8, 15, 22

Mondays 9:30am - 10:15am

Busy Babies

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

Mondays 1:30pm - 2:30pm



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.

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

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 Julie on 07917 071653 or Katie on 07554 227615. Alternatively, email Julie.Parkinson2@boltonft.nhs.uk

Advanced booking required

Wednesdays 11:15am - 12:15pm

Bolton Money Skills

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 over the phone.

Ring: 01204 332916

www.boltonsmoneyskills.org.uk

moneyadvice@bolton.gov.uk

**Wednesday 17 & 24 April,
9:00am - 12:00pm**

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

Wednesday 10 Apr, 12 Jun,
1:00pm - 2:30pm

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

Fridays 10:00am - 12:00noon

Proud2BParents Drop-in

A family stay & play for LGBT+ parents, carers, and their children. Proud2Bparents offer weekend sessions, Perinatal Infant Mental Health sessions, digital workshops and lots more. Please see their website or join the mailing list or find out more: www.proud2bparents.co.uk info@proud2bparents.co.uk

Thursdays 12:30pm - 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*** To find out more and book, see www.LittleBatsLearning.org/sessions/ or call Elanor, 07818 925678

Fridays 1:00pm - 2:30pm

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. 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

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 24 Apr, 26 Jun,
1:00pm - 2:30pm

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***** To find out more and book, see www.LittleBatsLearning.org/sessions/ or call Elanor, 07818 925678

Fridays 10:00am - 11:30am



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. 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*** To find out more and book, see www.LittleBatsLearning.org/sessions/ or call Elanor, 07818 925678

Mondays 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.

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. The Oasis Church coffee morning also takes place from 10:00am - 12:00pm. Free refreshments.

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 Julie on 07917 071653 or Katie on 07554 227615. Alternatively, email julie.parkinson2@boltonft.nhs.uk ***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

Baby's First Foods

Babies, parents, and grandparents - learn when and how to introduce solid foods to your baby. Ideal for families with babies around 3-6 months old. To book your place, call the Healthy Families Team on 01204 463175

Thursday 16 May: 1:00pm - 2:30pm

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, 27 Apr, 1 Jun, 22 Jun, 13 Jul, 3 Aug. 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. Contact Aisha for more information: aisha.khan@flowhesionfoundation.org

Mondays 10:00am - 12:00noon

Busy Babies

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

Tuesdays 9:30am - 10:15am

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

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 Julie on 07917 071653 or Katie on 07554 227615. Alternatively, email julie.parkinson2@boltonft.nhs.uk ***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

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, 27 Apr, 1 Jun, 22 Jun, 13 Jul, 3 Aug. Some sessions require advanced booking. Sessions are term time unless stated.

Bolton Money Skills

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 over the phone.

Ring: 01204 332916

www.boltonsmoneyskills.org.uk

moneyadvice@bolton.gov.uk

**Wednesday 1, 8, 15, 22 & 29 May,
9:00am - 12:00pm**

Baby's First Foods

Babies, parents, and grandparents - learn when and how to introduce solid foods to your baby. Ideal for families with babies around 3-6 months old. To book your place, call the Healthy Families Team on 01204 463175.

**Wednesday 3 Apr & 5 Jun,
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 11 Apr, 2 & 23 May, 13 Jun, 4 Jul,
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. For more information, contact Targeted Early Help on 01204 336215 or email EarlyHelp@bolton.gov.uk

**Saturday 27 Apr, 1 Jun, 22 Jun, 13 Jul, 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, 11 May, 8 Jun, 29 Jun, 20 Jul, 10 Aug. Some sessions require advanced booking. Sessions are term time unless stated.

Shake, Rattle, and Roll!

A fun and active music and movement session for 0-5s. Term time only. ***Advanced booking required*** Call Tonge Family Hub on 01204 336745 to book your place.

Mondays 1:30pm - 2:15pm

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 17 Apr, 1:00pm - 2:30pm
Wednesday 19 Jun, 1:00pm - 2:30pm

Bolton Money Skills

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 over the phone.

Ring: 01204 332916

www.boltonsmoneyskills.org.uk

moneyadvice@bolton.gov.uk

**Wednesday 17 & 24 Apr,
1:00pm - 4:00pm**

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, 11 May, 8 Jun, 29 Jun, 20 Jul, 10 Aug. Some sessions require advanced booking. Sessions are term time unless stated.

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.

**Thursdays: 18 Apr, 9 May, 20 Jun,
11 Jul, 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

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 Julie on 07917 071653 or Katie on 07554 227615. Alternatively, email Julie.Parkinson2@boltonft.nhs.uk

Advanced booking required

Fridays 10:00am - 11:00am

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

**Saturday 11 May, 8 Jun, 29 Jun, 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.

Busy Babies

A fun and interactive group for you and your baby. 0-12 months. Drop-in. The Valley Community Primary School, Hibbert Street, BL1 8J

Mondays 9:15am - 10:15am

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

Venue: The Roost, Ashley Avenue, BL2 5AR

To find out more and book, see <https://LittleBatsLearning.org/sessions/> or call Elanor, 07818 925678

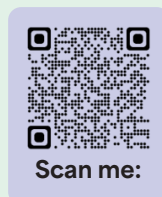
Mondays 10:00am - 11:30am

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 via Eventbrite or drop-in. Follow the link or use your mobile camera to scan the QR code [Perinatal Fitness - Small Steps Tickets, Multiple Dates | Eventbrite](#)



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
Venue: The Hub, Central Drive, BL5 3DS

Thursdays 1:30pm - 2:30pm

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

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

Fridays 10:00am - 11:30am

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

**Bolton
Start Well**



**Bolton
Council**

**Bolton Council's
Money Skills Service**
offer a range of **FREE** and
impartial services to **Bolton**
residents who may be
struggling in these difficult times:

Bolton's
money
skills Service

Money Advice

01204 33 1965/2916

The Money Advice team can help
you with debts including:

Rent or mortgage

Council tax

Energy bills

Credit card bills

We can do this by negotiating affordable
repayments on your behalf.

We also offer advice and assistance
with court forms plus debt relief
orders and bankruptcy.

**On average
we save
customers
£200 a year!**

Money Skills

01204 331983/1968

The Money Skills team can help
with advice on:

Budgeting

Making ends meet

Savings on gas and electricity

Energy efficiency advice

Switching to a cheaper
tariff or supplier

moneyadvice@bolton.gov.uk
moneyskills@bolton.gov.uk

**Bolton
Council**

ACTIVITIES IN BOLTON LIBRARIES AND MUSEUM

Find us

Facebook: [BoltonLibraryand
MuseumServices](#)

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



Scan me:

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 for families with babies around 3-6 months old. To book your place, call the Healthy Families Team on 01204 463175

Thursday 2nd May, 1:00pm - 2:30pm
Westhoughton Library

Thursday 23rd May, 1:30pm - 3:00pm
High Street Library

Smithills Hall

The hall and grounds are free to enter and explore

Wednesday, Thursday, Friday
10:00am - 4:00pm

Sunday 12:00noon - 4:00pm

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

Sugar Lumps SEND Creative Play Sessions

Families with young children, join us for creative messy play.

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

Saturday 11 May 11:00am
Saturday 15 June 11:00am
Saturday 6 July 11:00am

MORE ACTIVITIES IN BOLTON LIBRARIES AND MUSEUM

Find us

Facebook: [BoltonLibraryand
MuseumServices](#)

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



Scan me:

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.

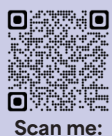
Saturdays, 2:00pm

Under 5s Messy Play with Sugar Lumps

Families with young children, join us for creative messy play.

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

Saturday 11 May 2:00pm
Saturday 15 June 2:00pm
Saturday 6 July 2:00pm



Scan me:

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

May Half-term Family Fun

Visit Bolton Central Library and Museum during the May half-term for free fairytale themed family fun!

Explore how nature features in so many fairytales and the museum's new exhibition 'Nature into Art'.

**Saturday 25 - Friday 31 May 2024,
11:00am - 3:00pm**

Dummy Heroes are back in Bolton!



Drop-in with your child and meet the Dummy Heroes.
Children of all ages welcome.



Little Lever Library

Friday, 17 May 2024
10:30am - 12:00pm

High Street Library

Monday, 20 May 2024
10:30am - 12:00pm

Bromley Cross Library

Thursday, 23 May 2024
2:30pm - 4:00pm

Brightmet Library

Wednesday, 29 May 2024
10:30am - 12:00pm

Central Library

Friday, 31 May 2024
11:30am - 1:00pm



Your child can swap their dummy for a medal and a prize!
Or come and get top tips to help your child give up their dummy if
they are not yet ready.

The Dummy Heroes will also be available to talk to you about your
child's speech, language, and communication development and
keeping their mouth and teeth healthy.

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



What is Measles?

- Measles is highly infectious and can spread easily through coughing and sneezing.
- 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.

Your child is at risk of measles if they have not had the Measles, Mumps, and Rubella (MMR) Vaccination.

What to do next

- Check your child's red book or contact your GP Practice if you are unsure whether your child has had 1 or 2 doses of the MMR Vaccination.
- If your child is in Years 8 and 10 of high school, the Immunisation Team will be offering the MMR Vaccination to any young person who is outstanding, alongside their routine vaccinations. An MMR consent form will be sent home if your child is identified as being incomplete with 1 or 2 of the MMR Vaccinations.
- MMR Vaccinations will also be offered to any young person in Year 11 identified as outstanding, before they finish school in the summer. This information will be sent out by letter.
- If you have children who are aged between 0-11yrs, we are kindly asking parents/carers to contact their GP Practice until further guidance is received.

PLEASE NOTE: There are vaccines available that do 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.

Two Bolton Pharmacies are now able to give MMR Vaccination to anyone over the age of 16 years old:
Hooton's Pharmacy, Lee Lane, Horwich and Cohens Chemist at Brightmet Health Centre

For more information follow the link below or use your mobile phone camera to scan the QR code: nhs.uk/conditions/measles/



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



Are you passionate about making a difference in your community?

Bolton CVS help match individuals with volunteering roles. There are countless opportunities to lend a hand to and create positive change.

Chat to Nicola Taylor, (Family Hubs and Environment Volunteer Development Officer) in the Family Hubs, or get in touch by telephone: 07510 079784 or email: nicola@boltoncvs.org.uk

Bolton CVS Volunteer opportunities <https://services.boltoncvs.org.uk/list-of-opportunities>

To find out more about Bolton CVS Volunteering opportunities, drop-in:

- Monday 9:00am - 11:30am
Oxford Grove Family Hub
- Monday 1:00pm - 4:00pm
Alexandra Family Hub
- Wednesday 9:00am - 11:30am
Farnworth Family Hub
- Wednesday 1:00pm - 4:00pm
Tonge Family Hub
- Friday 9:00am - 11:30am
Great Lever Family Hub

SELF-REFERRAL SERVICES



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>



SELF-REFERRAL SERVICES

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>

Could you cope in a POWER CUT?

Register online at www.enwl.co.uk/extracare or call us on 105

If you or someone you know would benefit from extra support during a power cut you can sign up to our free Extra Care Register. Being without power is inconvenient for everyone, but can cause additional difficulties for some customer groups. There are lots of other benefits too, check them out at www.enwl.co.uk/extracare

electricity north west
Bringing energy to your door

Scan me to print a copy for your noticeboard

www.enwl.co.uk/extracare **POWER CUT? CALL 105**

#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 summer 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

SCAN ME WITH A MOBILE CAMERA

Let's Keep Bolton...
Walking Smiling Dancing
Chatting Caring Supporting
Volunteering Healthy Eating Improving

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

Bolton Play and Youth Service

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

National Domestic Violence Helpline (England)

Call 0808 2000 247 (24 hours)

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

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

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.

