

Bolton

Together

IThrive Newsletter

JULY 2024

Support Over Summer

Highlighting support available for families, young people and parents in Bolton this summer.

Welcome to our IThrive Newsletter for July

With the school holidays fast approaching we recognise the importance of ensuring young people and their families can engage in support and look after their wellbeing. Throughout this newsletter you will be able to find lots of information about support available over the summer period in Bolton for families, young people and parents.

This newsletter also features an important update about referrals for support for children aged 5-7 under our IThrive offer, and an important reminder about referrals made before summer.

Follow us on X @BoltonTogether

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

Registered Charity in England and Wales (1163466)

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An update regarding referrals for 5-7 year olds

Due to an unprecedented demand for our services and the current capacity constraints we are facing, we have had to make the difficult decision to **temporarily pause** accepting new referrals for children aged 5 to 7 except in cases where support for domestic abuse and violence (DAV) is required.

This measure is necessary to ensure that we can continue to safely support those in need.

We understand the challenges this may pose and appreciate your understanding and cooperation during this period.

In the meantime, we wanted to ensure you have access to our extra resources.

Attached are details about our Parent Peer Support groups, which you can explore further here: <https://bolton-together.org.uk/parent-peer-support-referral/>.

We are hosting drop-in sessions throughout the next few months that do not require a referral. These sessions are aimed at parents whose children are facing challenges with their emotional well-being and will highlight any available support.

You may also find the following online resources beneficial:

- <https://www.kooth.com/>
- <https://www.qwell.io/>
- <https://www.bekindtomymind.co.uk/>
- <https://www.youngminds.org.uk/>
- <https://parents.actionforchildren.org.uk/>

Bolton Together Parent Drop-Ins

The IThrive Hub is proud to announce our new Parent Drop-In sessions. These sessions are aimed at parents and carers whose child is awaiting support from one of our providers. The next session is **20th August 6-7pm** via Teams. We are planning further drop-ins throughout the year, please check our website for further details.

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ONLINE ITHRIVE PARENT DROP IN

With schools set to reopen in a few weeks, this period can be demanding. This session is designed to assist parents in navigating school transitions and adjusting to the return to the classroom.



**TUESDAY
20 AUGUST
6PM-7PM**

Join us for our upcoming online parent drop-in session, designed to offer information, guidance, and resources to assist parents in supporting their child's emotional health and well-being.

- ✓ Listen to our guest speakers discuss back-to-school routines.
- ✓ Explore ways to support transitioning between schools.
- ✓ Gain useful tools to help support your child

Access the Teams the link to attend 

For more information or to request the Teams link to attend, contact us below
 ithrive@boltontogether.org.uk
 www.bolton-together.org.uk

In partnership with
BLGC's wellbeing team.



blgc *enriching young lives*

Registered Charity in England and Wales
(1163466)

Our August session will have speakers discussing back to school routines and exploring school transition. Parents will have an opportunity to hear about support available in Bolton and learn how to support themselves and their child with tools and resources.



[Click here to join](#)

HAF (Holidays, Activities and Food programme)

This summer there will be lots of **free activities, food sessions, family events** and much more. Some sessions are just for children and young people in receipt of benefit related free school meals, however park events are open to all young people.

Youth providers across Bolton will be delivering diverse activities four hours per week for four days per week over four weeks during the Summer holidays.

#TeamBolton
Holiday Activities
& Food #HAF

www.bolton.gov.uk/HAF

Department for Education
Bolton Council

Visit the Bolton Council HAF page for further information, including where sessions are taking place <https://www.bolton.gov.uk/HAF>.

HAF Volunteering Opportunity For Young People

This Summer, Bolton Together is teaming up with BLGC, BWITC and Lancashire Outdoor Initiative to offer an exciting leadership and development opportunity for Bolton's young people aged **13 – 16 years**. Young people eligible for free school meals will be given access to free, fun and interactive training to enhance their skills and confidence and be supported in a wide range of volunteering opportunities for children and young people across Bolton during the Summer.

NEW

All expenses will be paid, and food will be provided during the volunteering opportunities. At the end of the summer, there will be a celebration event which will include outdoor adventure activities at the Anderton Centre.

WE WANT YOU!

HAF VOLUNTEERS

are YOU..

- Aged between 13-16?
- Receiving Free School Meals?
- Looking to add to your CV?
- Wanting to volunteer and help young people?
- Waiting for a new challenge which is fun?

We have **FREE** places available to come and complete a recognised ASDAN short course!

Anderton Centre
Outdoor Learning & Activities

Bolton Together

In the Community
Get Out. Get Community. Get Back.

Bolton Council

blgc
enriching young lives

Apply NOW to
volunteering@blgc.co.uk

Contact volunteering@blgc.co.uk to register or for further information.

BSCA - One Life Youth project

An exciting new youth work project from BSCA and Bolton Together utilising sports, activities and games to build confidence, improve wellbeing and have access to mentoring sessions.

Please contact Bashir on **010204 334 004** or email **bolsomcom@hotmail.com** for more information.

NEW



One-to-one youth project

One life



We are part of this project which is coordinated by Bolton Together

Aim of the project:

Be active, be healthy, be creative and enjoy.

What kind of activities does this project offer?

- Sport and recreational activities, fun and other interactive games
- Workshops
- Confidence building
- Access to mental health and wellbeing support
- Information, Advice and guidance service (for both young people and their parents/Guardians)
- One-to-one mentoring sessions
-

If you live in Great lever, Rumworth area and need more information about the project please feel free to contact us:

Bashir Aideed: 01204-334004

Email: bolsomcom@hotmail.com

BLGC Emotional Wellbeing Groups

NEW



EMOTIONS

» Starts Mon 08 July
Healthy Minds

Empower your mental well-being!
Healthy Minds will help you to grow your mental resilience and nurture a healthier mindset by understanding that all our emotions are normal. Together, in these fun workshops we will explore and build coping skills to foster inner strength and help us self-regulate. Sign up today and invest in your mental wellbeing for a brighter tomorrow!



Juniors
5-6 PM

Seniors
7-8 PM

Monday Nights
in the Steve Jobs Room

Limited spaces available
for more information contact
wellbeingprojects@blgc.co.uk

Bolton Lads and Girls Club are running a new emotional wellbeing group, 'Healthy Minds' for young people. Each week they will explore emotions and how to look after yourself in creative ways. For more information please contact: wellbeingprojects@blgc.co.uk.

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BLGC Emotional Wellbeing Groups

NEW

infinity
POWERED BY blgc

blgc
young lives

ME and my Wellbeing TOOLKIT

AGE
11-16

Cohort 1 JULY

29 & 30

Cohort 2 AUGUST

12 & 13

Cohort 3 AUGUST

19 & 20

All sessions from
10am-3pm

EMPOWER YOUR WELLBEING!

A two day interactive course for ages 11-16 that provides young people with tools to look after their wellbeing and boost their resilience. For more information email wellbeingprojects@blgc.co.uk



Infinity
18 Spa Road
Bolton

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Urban Outreach Parent Drop-Ins

NEW

Bolton Together **URBAN** OUTREACH **RISE** Reaching Inside, Strengthening Emotions

Parent Drop In

01 'It's okay to take a break.' We can provide a listening ear and welcoming environment.

02 We can signpost to local services bespoke to your needs.

03 We are able to offer support around understanding wellbeing and strategies to help.

25/07, 01/08, 08/08, 15/08, 22/08, 29/08
3.45 to 4.45 p.m.
The Amber Centre, Snowden Street, BL12PU.

Urban Outreach are holding new **drop-in sessions** for **parents** over summer. The aim is for parents to have a listening ear, signpost to services and look at strategies for wellbeing. Sessions will take place at their Amber Centre.

MhiST “Spring Forward” for Parents

The graphic features the words 'Spring Forward' in a large, stylized, cursive font. 'Spring' is in blue and 'Forward' is in pink. The background is a light purple with various colorful flowers and leaves in shades of pink, purple, and white.

What is it Spring Forward?

A **FREE** course which will boost your mental wellbeing and improve how you feel about yourself using the power of simple positive psychology exercises.

For Individuals who are...

- Looking for practical ways to improve mental wellbeing
 - Improve confidence and self-esteem
 - Wanting to figure out where your next journey is going to take you

START DATE: Wednesday 17th July 2024

10:30AM - 12:30PM

Get in touch: saffron.bradley@mhist.co.uk
christine.makinson@mhist.co.uk

01204 527 200

Bolton Based Only

1st Floor Moorland House, 116 Bark Street, Bolton, BL1 2AX



Funded by
UK Government



MhiST “Bounce Back” for Parents

BOUNCE BACK IN 6 WEEKS

What is it?

A six-week course on how positive psychology can give a boost to your family's mental well-being.

It is an introductory guide to some of the latest evidence-based techniques from positive psychology that have proven benefits on mental well-being within the family.

Who is it for?

It is for any parent/carer who is interested in learning more about practical ways to improve mental well-being.

The Stats

- A 20% increase in overall mental health improvement
- Significant enhancements in positive emotions, engagement, and relationships.



START DATES: Thursday: 1st August & 12th September
5:00PM - 7:00PM

Wednesday: 11th September
10:00AM - 12:00PM

Get in touch: saffron.bradley@mhist.co.uk
christine.makinson@mhist.co.uk

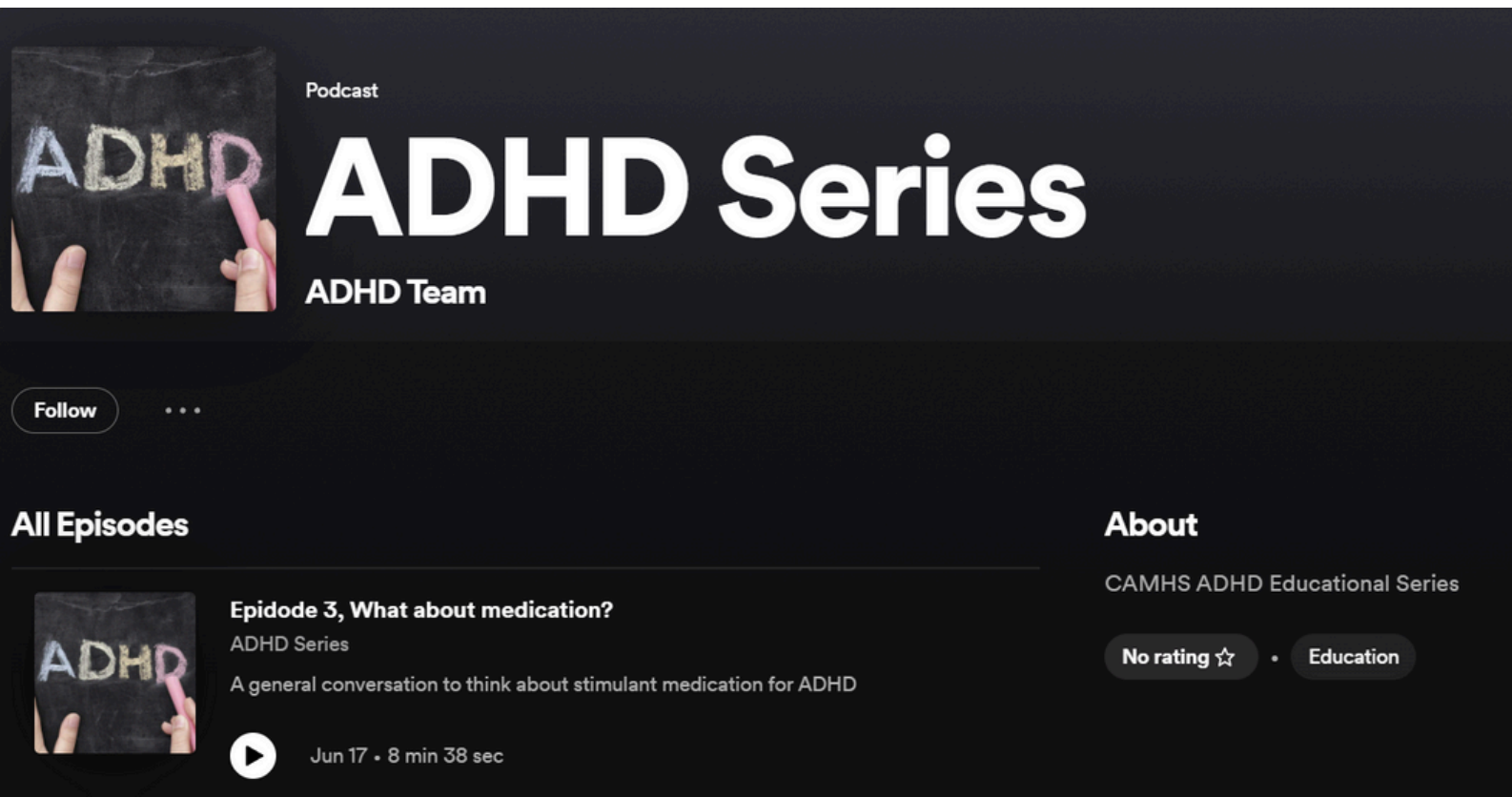
01204 527 200

Bolton Based Only



ADHD Podcast From Bolton CAMHS

The ADHD team at CAMHS have launched a podcast on Spotify looking at different themes and topics within the area. Episodes so far have explored how ADHD can present in children, impulsivity and medication.



The screenshot shows the Spotify interface for the 'ADHD Series' podcast. At the top, there is a 'Podcast' label and the title 'ADHD Series' by the 'ADHD Team'. A 'Follow' button and a menu icon are visible. Below the title, there are two sections: 'All Episodes' and 'About'. The 'All Episodes' section features a list of episodes, with the first one being 'Episode 3, What about medication?' from the 'ADHD Series', described as 'A general conversation to think about stimulant medication for ADHD', dated 'Jun 17' and lasting '8 min 38 sec'. The 'About' section identifies the series as 'CAMHS ADHD Educational Series' and includes a 'No rating' indicator and a 'Education' category tag.



[Click here for the Spotify link](#)

Kooth and Qwell

The summer holidays can mean lots more free time. But it's easy to let the days go by, get lost in your phone, and down in your mood.

Kooth asked hundreds of young people for their ideas for simple things to do – that make them feel great.

Their top 20 ideas are below. Why not get inspired, get active – and while you're at it, vote for your favourite, or share what you're doing to @kooth_uk with the hashtag #GoSomewhereGood.

We'll be giving away a prize a day for 50 days – anything from a one-of-a-kind customised skateboard, to brand-new 'Bog Man' clothing, 'So Good' merch, or a £50 book voucher.

Whenever you're feeling... 🔍

- Whenever you're feeling **anxious**
- Whenever you're feeling **alone**
- Whenever you're feeling **low**
- Whenever you're feeling **lost**
- Whenever you're feeling **overwhelmed**

Reach out to us. www.qwell.io

Qwell

GO SOMEWHERE GOOD
kooth

Go Somewhere Good this summer... and get involved for a chance to win daily prizes!

Kooth also have a new page explaining their service for parents who may have questions, <https://explore.kooth.com/families/>

Referrals to IThrive before Summer

As we move closer to the school summer holiday period, please include as much information as possible when completing and submitting an IThrive referral form to Bolton Together. Please also check that the **contact information is correct, that you have included the voice of the child and that there is consent.** This will enable us to progress cases over the summer period when we are unable to contact school and prevents unnecessary delays.

If you are not sure whether to make a referral or if you would like to discuss if our service is the correct one for a young person, please email us at ithrive@boltontgether.org.uk before submitting.

We are currently receiving a high number of referrals and are keen to do all that we can to avoid further delays for children and young people receiving support.

Please send all referrals via our website referral form, <https://bolton-together.org.uk/ithrive-2-19-years-referral-form/>.

All referrals for our Parent peer Support project can be made via our website, <https://bolton-together.org.uk/parent-peer-support-referral/>.



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Final Message from the IThrive Team

Thank you for taking the time to read this newsletter. We hope that the information provided will be useful for you, and please do share with your colleagues to get the word out about support available.

If you have sent a referral to the IThrive Hub and require an update, please contact us via ithrive@boltontogogether.org.uk.



We hope you have a lovely Summer!



Follow us on X @BoltonTogether

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

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