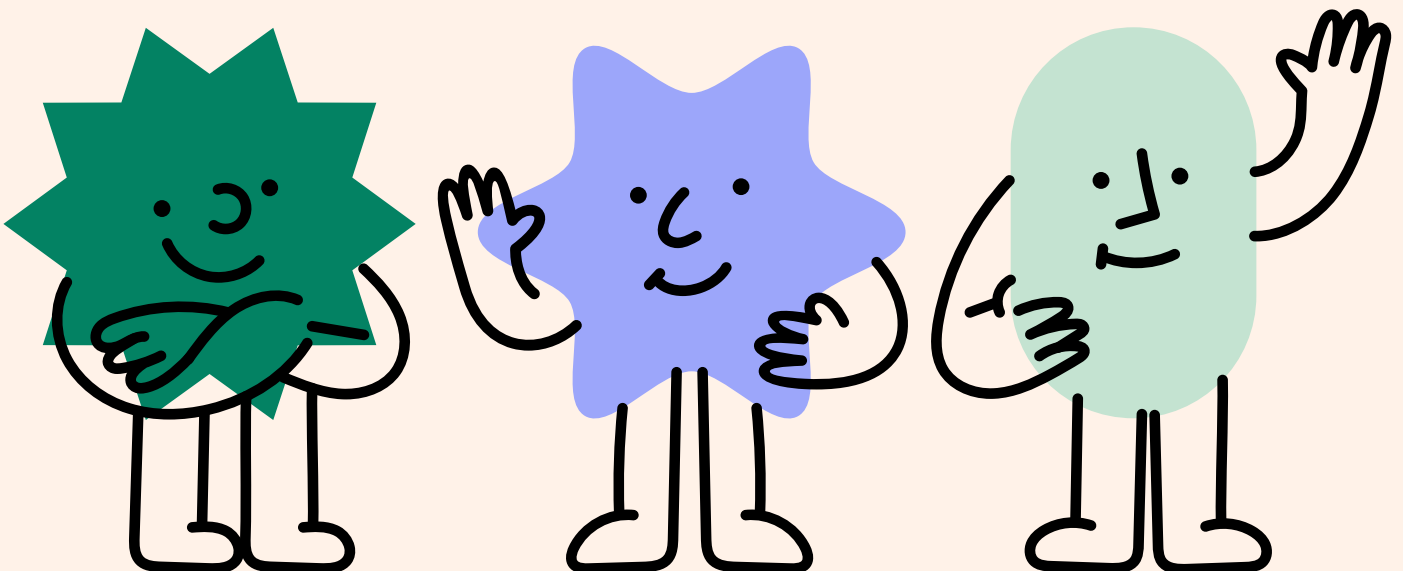




GUIDE TO SERVICES & ACTIVITIES FOR FAMILIES IN BOLTON

September - December 2024



CONTENTS

3	What are family hubs?	26	Activities for young people
4-5	Support for expectant parents	27	Support for young people
6	Maternity Action	28-29	Support for parents
7-9	Support for new parents	30-31	What's on at Alexandra Family Hub
10-11	Support with infant feeding	32-34	What's on at Farnworth Family Hub (includes Kearsley Centre)
12	Activities for new parents	35-36	What's on at Great Lever Family Hub
13	Support for perinatal mental health	37-38	What's on at Harvey Start Well Centre
14-15	Support for families with young children	39-40	What's on at Oldhams Family Hub
16	Help with childcare costs if you claim certain benefits	41-43	What's on at Oxford Grove Family Hub
17	Help with childcare costs for working parents	44-46	What's on at Tonge Family Hub
18-23	Activities for families with young children	47	Find out about volunteering opportunities
24-25	Activities for families	48	Your local hub and other centres

COMING SOON

BRIGHT MEADOWS FAMILY HUB OPEN DAY

Celebrate the opening of a new Bolton Family Hub at Bright Meadows!

Join us Friday 1st November 2024 from 10:00am - 3:00pm

Drop-in and enjoy free activities, entertainment, refreshments and get information about the services and activities available. **Open to all the family!**

More information will be shared on our social channels closer to the time.

Following open day, Bright Meadows will provide the full range of support services for children and families already found in the existing family hubs across the borough. See page 3 for more information.

WHAT ARE FAMILY HUBS?

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

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

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

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

Find us on Online!



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



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



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

Find us on Facebook!



START FOR LIFE: FOR EXPECTANT PARENTS

Just found out you are pregnant?

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

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

Useful info:

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

Antenatal clinics

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

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

Venue	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

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 an online course for everyone around the baby, including mums, dads, grandparents, friends, and family.

It is part of a series of Solihull Approach courses for different age groups.

Go to www.inourplace.co.uk to create an account and access for free by entering the access code: **RIVINGTON**

Free plan and prepare for parenthood (antenatal classes)

Get information to help you make informed choices confidently as you become a new parent. Sessions online and in the following centres:

Oxford Grove Family Hub
Thu 12 Sep, 5:30pm - 7:30pm

Farnworth Family Hub
Sat 5 Oct, 10:00am - 12:00pm
Sat 7 Dec, 10:00am - 12:00pm

Great Lever Family Hub
Thu 14 Nov, 5:30pm - 7:30pm

To book visit:
book.breastfeedingtogether.co.uk/

Free pregnancy Padlet resource

Visit the Padlet resource below created by the Midwifery Infant Feeding Team to view a collection of written resources, links and videos offering information and support on how to feed and care for your baby. <https://bit.ly/45BtJV7>



Free antenatal breastfeeding workshops

Come along to one of the Midwifery Infant Feeding Team's Antenatal Workshops to help you feel more prepared and confident about breastfeeding your baby.

Sessions take place at:

Royal Bolton Antenatal Clinic
Mon 7 Oct, 4 Nov, 2 Dec
6:30pm - 8:30pm

Ingleside Birth Centre
Sat 21 Sep, 19 Oct, 16 Nov, 14 Dec
10:00am - 12:00pm

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

Pregnant or new parent?

Are you worried about work or money?

Contact Maternity Action for completely **FREE** and **confidential** legal advice on work and benefits for pregnant women and new parents in Greater Manchester and East Cheshire.

Fill in the online form



Scan the QR code and fill out our online form
Or visit:
maternityaction.org.uk/manchester-maternity-rights

Call **FREE**
0808 801 0488

10am - 1pm Mon-Fri
Or leave a message for a call back.



Wondering which benefits you're entitled to?



Unsure if you're being treated unfairly at work?



Want to know what your rights are at work?



Not sure if you can get any maternity pay?



SUPPORT FOR: NEW PARENTS

Birth registration in Bolton

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

Call 01204 331185 for more support.

Free online baby course

Written by Psychologists, Psychotherapists, Health Visitors and NHS Professionals.

'Understanding Your Baby' is a course for everyone around the baby, supporting you and your new arrival.

It is part of a series of Solihull Approach courses for different age groups.

Go to www.inourplace.co.uk to create an account and access for free by entering the access code: **RIVINGTON**

Useful information:

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

Dad Matters

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>

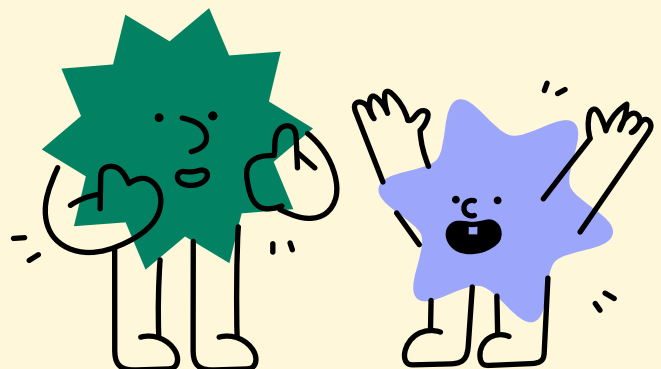
Spoons Greater Manchester

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

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

Proud 2 b Parents?

An inclusive organisation for all routes to parenthood. Run by and delivering services for LGBT+ parents and carers-to-be, families and their children. Find out more: <https://www.proud2bparents.co.uk/>



SUPPORT FOR: NEW PARENTS

Your 0-19 Public Health Nurse Team

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

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

- Text our Chat Health Service on 07507 331751 during normal working hours. If you need advice before receiving a reply, please contact your GP.
- Book a Well Baby Clinic appointment.

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

SUPPORT FOR: NEW PARENTS

What to do if your baby is unwell?

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

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

Safe sleep, coping with crying and preventing accidents:

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

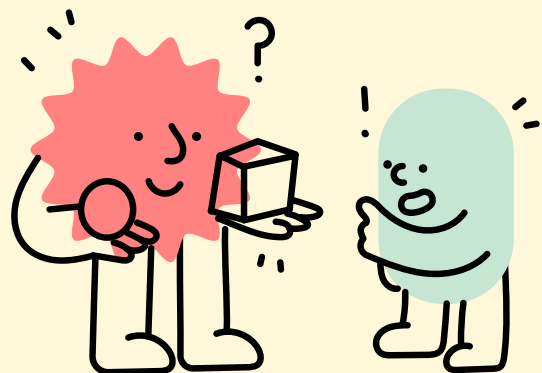
Immunisation service

In the UK, every child is offered a series of vaccinations to help protect them from serious diseases.

Your baby will be offered their first vaccination by your GP surgery at 8 weeks old, with further vaccines offered at 12 weeks, 16 weeks, 12 months and beyond. For more information, visit: <https://www.nhs.uk/vaccinations/>

Contact your GP surgery if you have not received or have missed an appointment.

For any immunisation concerns regarding older children, you can contact the 0-19 Immunisation Team on 01204 463170, or email bolton5-19immsteam@boltonft.nhs.uk



SUPPORT WITH: INFANT FEEDING

Community Infant Feeding Team

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

Specialist Midwife Infant Feeding Team

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

Specialist Public Nursing Team

You can discuss any feeding issues with your Specialist Public Health Nurse (Health Visitor) during visits or at a baby clinic appointment or ChatHealth. See page 8 for details.

Specialist breastfeeding support

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

Breastfeeding peer support

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

Visit www.breastfeedingtogether.co.uk
Call: 07742 234496

Free Breastfeeding Groups

Breastfeeding Together provide online and face to face support groups at:

Horwich Library

Mondays 11:00am - 12:00pm

Farnworth Family Hub

Tuesdays 9:30am - 10:30am

Alexandra Family Hub

Wednesdays 1:00pm - 2:00pm

Oldhams Start Well Centre

Thursdays 1:00pm - 2:00pm

Tonge Family Hub

Fridays 1:00pm - 2:00pm

Online Peer Support Group

Fridays 10:00am - 11:00am

Meeting ID: 861 4777 2724

Passcode: BFT789



Free breastfeeding resource

View a collection of 'Padlet' written resources, links, and videos on how to breastfeed your baby:

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

Are you bottle feeding?

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

National Breastfeeding Helpline

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

SUPPORT WITH: INFANT FEEDING

Free Baby's First Food sessions

These 90-minute sessions will provide you with all you need to know about when and how to introduce solid foods to your baby.

Suitable for families with **babies around 3-6 months old**.



Give your baby the best start in life by waiting until they are ready, before introducing solid foods. Read the 'No rush to mush' leaflet to find out why! <https://bit.ly/4fOuKiP>



Babies, dads, grandparents welcome.

Book with the Healthy Families Team. Tel: 01204 463175 or email HF@boltonft.nhs.uk

Venue	Days	Date	Time
Westhoughton Library	Thursday	05-Sep-24	1:00pm - 2:30pm
Farnworth Family Hub	Thursday	12-Sep-24	1:00pm - 2:30pm
Oldhams Start Well Centre	Thursday	19-Sep-24	1:00pm - 2:30pm
High Street Library	Thursday	26-Sep-24	1:30pm - 3:00pm
Oxford Grove Family Hub	Wednesday	02-Oct-24	1:00pm - 2:30pm
Great Lever Family Hub	Wednesday	09-Oct-24	1:00pm - 2:30pm
Tonge Family Hub	Wednesday	16-Oct-24	1:00pm - 2:30pm
Harvey Start Well Centre	Wednesday	23-Oct-24	1:00pm - 2:30pm
Westhoughton Library	Thursday	07-Nov-24	1:00pm - 2:30pm
Farnworth Family Hub	Thursday	14-Nov-24	1:00pm - 2:30pm
Oldhams Start Well Centre	Thursday	21-Nov-24	1:00pm - 2:30pm
High Street Library	Thursday	28-Nov-24	1:30pm - 3:00pm
Oxford Grove Family Hub	Wednesday	27-Nov-24	1:00pm - 2:30pm
Great Lever Family Hub	Wednesday	04-Dec-24	1:00pm - 2:30pm
Tonge Family Hub	Wednesday	11-Dec-24	1:00pm - 2:30pm
Harvey Start Well Centre	Wednesday	18-Dec-24	1:00pm - 2:30pm

ACTIVITIES WITH: NEW PARENTS

Baby Babble and Bond

Free fun and interactive group session for families with babies 0-12 months.

Join in with songs and rhymes, sensory play and topic chats on building relationships, play, weaning, oral health and more. No need to book, just turn up.

Venue	Day	Time
Alexandra Family Hub	Tuesdays	9:30am - 10:30am
Farnworth Family Hub	Wednesdays	9:30am - 10:30am
Great Lever Family Hub	Wednesdays	9:30am - 10:30am
Harvey Start Well Centre	Thursdays	9:30am - 10:30am
Oldhams Start Well Centre	Thursdays	9:30am - 10:30am
Oxford Grove Family Hub	Tuesdays	9:30am - 10:30am
Tonge Family Hub	Fridays	10:30am - 11:30am
The Valley Primary School	Mondays	9:15am - 10:15am
Kearsley Centre	Mondays	1:30pm - 2:30pm

Baby Time

A weekly group for babies and their families. Enjoy interactive songs and fun at Bolton Museum. No need to book and free. Continues during the school holidays!

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

Baby Group

A free drop-in group for families with children 0-2 years. *Advance booking required. Please call Bolton Toy Library to book your place on 01204 395079.

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

SUPPORT WITH:

PERINATAL MENTAL HEALTH

Dad Matters

Supporting dads (and dads-to-be) in See page 7 for information.

MHiST Perinatal Fitness Small Steps

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

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

Nature, Nurture, and Natter*

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

*Advanced booking required, email: Hello@LittleBatsLearning.org or call Elanor, 07818 925678.

The Roost, Ashley Avenue, BL2 5AR
Tuesdays 10:00am - 12:00pm

Free Padlet Resources

View a collection of resources on improving parent-infant mental health: <https://bit.ly/3KQdXho>

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.

Telephone 01204 216537 or email Sharonfletcher@homestarthost.org.uk

Alexandra Family Hub
Mondays 10:30am - 12:00pm

Oxford Grove Family Hub
Tuesdays 1:15pm - 2:45pm

Farnworth Family Hub
Wednesdays 1:15pm - 2:45pm

Bolton Talking Therapies

Bolton's Talking Therapies provide free, confidential support for adults aged 16 years and over. Prioritising expectant parents and their partners, or main caregivers of a child up to 24 months old. Call: 01204 483101 or visit <https://bit.ly/4dpFDWt>

Perinatal CFT Group

Baby under 2? Finding the demands of parenting difficult to cope with or struggling with depression or anxiety? Come to a 2.5-hour weekly group for 8 weeks, starting at Harvey Start Well Centre, late September. To self-refer, visit Talking Therapies on the link above or telephone: 01204 483101.



SUPPORT FOR: FAMILIES WITH YOUNG CHILDREN

Universal development checks

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

Visits will be offered for children:

- At -12 months by your Public Health Nurse Team
- At 18 months by the Start Well Locality Practitioner Team
- At 24-30 months by your Public Health Nurse Team

If you have any concerns about your child's development before or after these checks, you can visit your local Family Hub or contact your Public Health Nurse Team (see info on page 8) to ask for more advice and support or signposting and referrals to other services.

Useful Information

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

Thinking about potty training?

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

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

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

Help prevent tooth decay, scan below to watch helpful videos.



**CHECKING YOUR CHILD'S TEETH
EVERY MONTH IS A GREAT WAY TO
HELP IDENTIFY EARLY SIGNS OF
TOOTH DECAY**



Scan Me

... for a **better** Bolton

SUPPORT FOR: FAMILIES WITH YOUNG CHILDREN

Join a Solihull group 'Understanding your child'

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

Children welcome. Creche in some venues.
Contact us on 07514 484157 or email familiestogether445@gmail.com
Website www.familiestogether.org.uk

Free online 'Understanding your child' course

Written by Psychologists, Psychotherapists, Health Visitors and NHS Professionals.

'Understanding Your Child' is a course for everyone around the child, including parents, grandparents, family and friends.

It is part of a series of Solihull Approach courses for different age groups.

Go to www.inourplace.co.uk to create an account and access for free by entering the access code: **RIVINGTON**

Autumn Groups 2024

Saturday Group (multiple venues)

Saturdays from 7 Sep, 10am - 12pm

Washacre Primary School Group

Tuesdays from 10 Sep, 1pm - 3pm

The Valley Primary School Group

Wednesdays from 25 Sep, 1pm - 3pm

Oxford Grove Family Hub Group

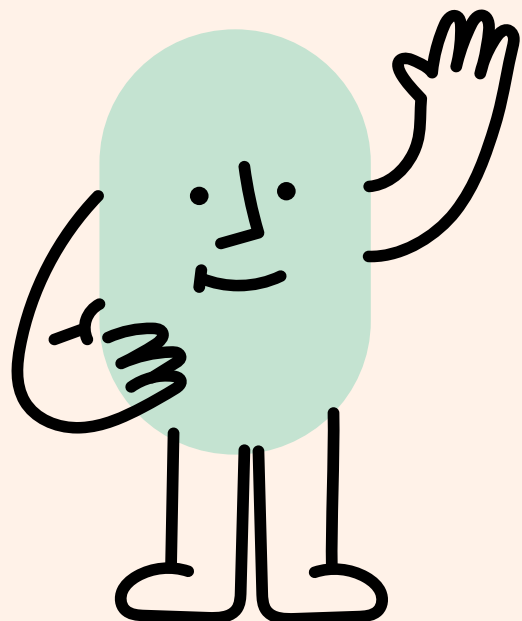
Fridays from 4 Oct, 10am - 12pm

Tonge Family Hub Group

Mondays from 7 Oct, 10am - 12pm

Farnworth Family Hub Group

Thursdays from 17 Oct, 10am - 12pm



HELP WITH:

CHILDCARE COSTS IF YOU CLAIM CERTAIN BENEFITS

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

Scan me with a mobile camera

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

www.bolton.gov.uk/freechildcare

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

Bolton Council

How to apply

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

HELP WITH: CHILDCARE COSTS FOR WORKING PARENTS



Get help

with childcare costs

So you can juggle work and life

Find out more

childcarechoices.gov.uk

Childcare
Choices

From April 2024, the funded early education and childcare offer for working parents was expanded so that all eligible working parents of 2-year-olds can access 15 hours per week. *

From September 2024, all eligible working parents of children who have had their 9-month-old anniversary before the 1st of September, can access 15 hours per week. *

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

For more information about the Working Parents Entitlement, visit www.childcarechoices.gov.uk

Please be aware that there is a deadline each term for applications.

* Hours can be taken 15 / 30 hours per week term time for 38 weeks. Some childcare providers will allow you to stretch the hours over more weeks.

For more information

Email: families@bolton.gov.uk

Ring: 01204 332170

ACTIVITIES FOR: FAMILIES WITH YOUNG CHILDREN

Chat, Play, Read

Free fun and interactive group session for families with **children 12 months+**

Join in with songs, stories and play activities to build speech and language.

No need to book, just turn up.

Venue	Day	Time
Alexandra Family Hub	Thursdays	1:30pm - 2:30pm
Farnworth Family Hub	Fridays	9:30am - 10:30am
Great Lever Family Hub	Mondays	9:30am - 10:30am
Harvey Start Well Centre	Wednesdays	9:30am - 10:30am
Oldhams Start Well Centre	Tuesdays	1:00pm - 2:00pm
Oxford Grove Family Hub	Wednesdays	9:30am - 10:30am
Tonge Family Hub	Fridays	1:00pm - 2:00pm

Come and Play *

Come along with your children, meet the team, and make use of the outdoor and indoor play spaces.

All ages welcome. * Come and Play will break for Christmas from 16th December. Term time only.

Venue	Day	Time
Alexandra Family Hub	Mondays*	3:15pm - 4:15pm
Farnworth Family Hub	Fridays*	3:15pm - 4:15pm
Great Lever Family Hub	Wednesdays*	3:15pm - 4:15pm
Harvey Start Well Centre	Tuesdays*	3:15pm - 4:15pm
Oldhams Start Well Centre	Tuesdays*	3:15pm - 4:15pm
Oxford Grove Family Hub	Thursdays*	3:15pm - 4:15pm
Tonge Family Hub	Thursdays*	3:15pm - 4:15pm

ACTIVITIES FOR: FAMILIES WITH YOUNG CHILDREN

Toddler Tales

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

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

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

Explore Smithills Hall

The hall and grounds are free to enter and explore as shown below.

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

Birds of Bolton

Until Sunday 3 November, see this family fun exhibition at Bolton Museum. Free entry!

Find Bolton Library and Museum Service event information at

Facebook

[BoltonLibraryandMuseumServices](#)

Eventbrite

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

What's on Guide (Jul-Dec 24)

<https://bit.ly/4fC4DLM>

Town of Culture Activity Guide

<https://bit.ly/3AI0oE1>

ACTIVITIES FOR: FAMILIES WITH YOUNG CHILDREN

Stay and Play

Stay and play for children aged 0-5 years with a range of activities, both indoors and outside, including messy play and free play. Free drop-in. Term time only.

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

Proud 2 b Parents

A family stay and play for LGBT+ parents and carers and their children. Proud 2 b Parents also offer weekend groups. See website: www.proud2bparents.co.uk or join the mailing list: info@proud2bparents.co.uk to find out more. Term time only.

Venue	Day	Time
Great Lever Family Hub	Thursdays	12:30pm - 2:00pm

Wiggle Tots

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

Venue	Day	Time
Oldhams Start Well Centre	Wednesdays	10:30am - 11:45am

ACTIVITIES FOR: FAMILIES WITH YOUNG CHILDREN

Little Bats Stay and Play

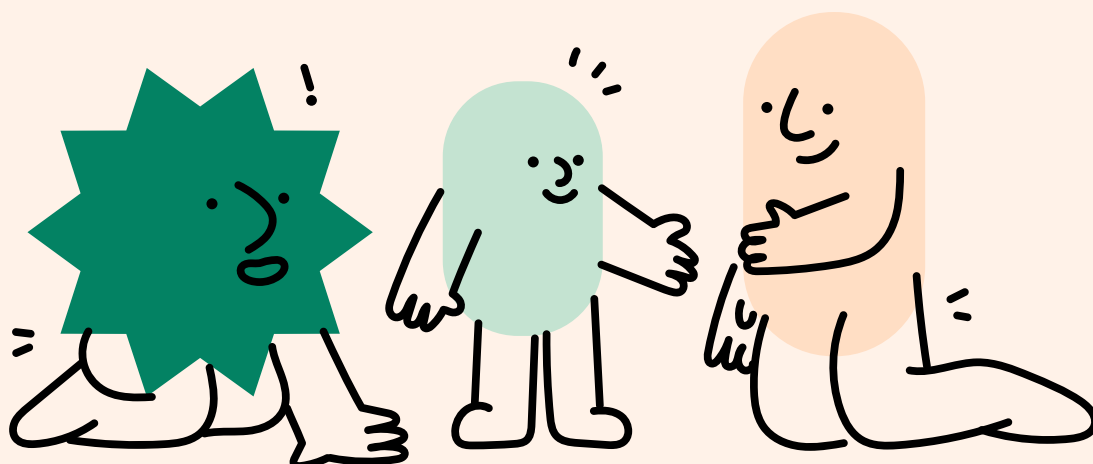
Stay and play the forest school way. A 10-week course to build confidence for your tot to play in nature. Outdoor sessions. **1-5 years. *Advanced booking required.** To book visit: www.littlebatslearning.org/sessions/ or call Elanor on 07818 925678.

Venue	Day	Time
The Roost, Ashley Avenue, BL2 5AR	Mondays*	10:00am - 11:30am
Oldhams Start Well Centre	Mondays*	1:00pm - 2:30pm
Harvey Start Well Centre	Fridays*	10:00am - 11:30am
Great Lever Family Hub	Fridays*	1:00pm - 2:30pm

Nature Club for Tots

A fun drop-in. **1-3 years.** Contact Lancashire Wildlife Trust on 07395 243061 or email rireland@lancswt.org.uk for more details. Term time only.

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



ACTIVITIES FOR: FAMILIES WITH YOUNG CHILDREN

Shake, Rattle, and Roll!

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

*Sessions start 16 Sep. **Sessions start 16 Sep, no sessions 21 Oct, 9 & 16th Dec.

Venue	Day	Time
Tonge Family Hub	Mondays*	1:30pm - 2:15pm
Kearsley Centre	Mondays**	9:30am - 10:15am

Parent and Tots

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

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

Storytelling Saturdays

The Octagon Theatre will visit Family Hubs on selected Saturday mornings for free storytelling sessions. We will explore books in a creative and interactive way to open our imaginations. Free drop-in for families with children 0-8 years with a stay and play session from 11:00am - 11:30am.

Venue	Date (Saturdays)	Time
Oxford Grove Family Hub	2 November	10:00am - 11:30am
Tonge Family Hub	9 November	10:00am - 11:30am
Farnworth Family Hub	16 November	10:00am - 11:30am
Oxford Grove Family Hub	23 November	10:00am - 11:30am
Tonge Family Hub	30 November	10:00am - 11:30am
Farnworth Family Hub	7 December	10:00am - 11:30am

ACTIVITIES FOR:

FAMILIES WITH YOUNG CHILDREN**SEND Stay and Play**

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

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

SEND Drop-in

Bolton Toy Library offer families of children aged **0-5 years** with special educational needs and disabilities time to access their multi-sensory room and equipment. Families can also loan items for free. Call 01204 395079 to find out more. Term time only.

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

BLGC Infinity SEND Youth Club

Bolton Lads and Girls Club (BLGC) run free 'Connect' clubs for those with special educational needs and disabilities at Infinity BLGC, 18 Spa Road, BL1 4AG. Register at: <https://www.blgc.co.uk/>

Age	Day	Time
8-18	Mondays	5:00pm - 8:00pm
19-25	Tuesdays	4:00pm - 6:00pm

Breaking Barriers

A charity organisation working with children and young people with SEND. The service also provides peer support groups for parents and carers. For more information, go to: www.breakingbarriersnw.com (visit the calendar for up to date information), or email: breakbarriers3@gmail.com or call: 07717 434 840.

Bolton's SEND Local Offer

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



ACTIVITIES WITH: FAMILIES

October Holiday Activities

Join Bolton Library and Museum Services during the October school holidays for fun activities, storytelling, trails, film screenings and more.

Venue	When	Between
Bolton Libraries and Museum	Sat 26 Oct to Sun 3 Nov	11:00am - 3:00pm

Halloween at Smithills Hall

Drop-in for a family fun Halloween Spooktacular event. No need to book and free of charge!

Venue	When	Between
Smithills Hall	31 October	11:00am - 3:00pm

Smithills Hall Halloween Haunted Family Fun Ghost Tours

Book your tour on Eventbrite: <https://bit.ly/3QXP0AE>

Put Big Light On Festival 2024

Returning Thursday, December 5 to Sunday, December 8 and it's free!

After last year's incredible success, Bolton will once again be illuminated with stunning light art installations from around the globe.

This year don't miss Gaia, a breathtaking six-meter-wide installation by UK artist Luke Jerram, featuring detailed NASA imagery of Earth.

Bring the whole family for an unforgettable experience and stay tuned to our 'Put Big Light On' Facebook page for more exciting updates!

Find Bolton Library and Museum Service event information at

Facebook

[BoltonLibraryandMuseumServices](#)

Eventbrite

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

What's on Guide (Jul-Dec 24)

<https://bit.ly/4fC4DLM>

Town of Culture Activity Guide

<https://bit.ly/3AI0oE1>

ACTIVITIES FOR: FAMILIES

Let's Keep Bolton Moving

Visit the Let's Keep Bolton Moving website for a list of family friendly activities and groups, including parks and green spaces, arts and crafts sessions, baby, and toddler groups and much more: <https://letskeepboltonmoving.co.uk/>

Swimming Lessons

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

To find out more, visit:
www.boltonleisure.com

Saturday Parent Support Drop-in

For all families with children under 18 years old. If you want advice or information about parenting, join the Early Help team anytime between 9:30am and 3:30pm for a coffee and a chat. For more information, contact the Early Help team on 01204 336215 or email: earlyhelp@bolton.gov.uk

Farnworth Family Hub

14 Sep, 5 Oct, 26 Oct, 16 Nov, 7 Dec
9:30am - 3:30pm

Oxford Grove Family Hub

21 Sep, 12 Oct, 2 Nov, 23 Nov, 14 Dec
9:30am - 3:30pm

Tonge Family Hub

7 Sep, 28 Sep, 19 Oct, 9 Nov, 30 Nov
9:30am - 3:30pm

Bolton Health Hive



Supporting Bolton people

Visit us for:

- Health checks
- Phlebotomy (blood tests)
- Vaccinations (if eligible)
- Smear tests (if due)
- Lifestyle advice
- Signposting to other services

Walk-in, no appointment needed
Our usual opening times are
Monday to Friday, 10am till 4pm.

Please call **01204 916 241** or scan the QR code, to find out the latest information on our opening times and the services we offer.

Find us at:

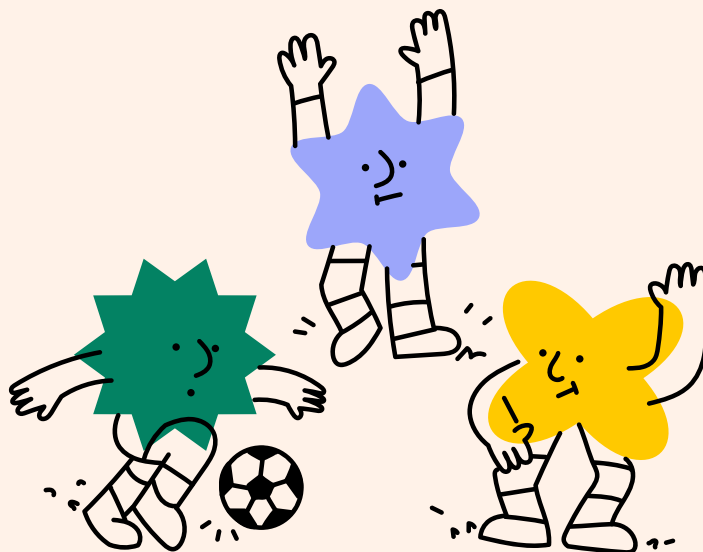
Unit 9b, Market Place
Bolton, BL1 2AL

Located on the ground floor next to H Samuel

ACTIVITIES FOR: YOUNG PEOPLE

Bolton's Play and Youth Service

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



Play Sessions (4-12s)

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

Junior Youth Sessions (9-12s)

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

Youth Sessions (13-17s)

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

Email: positive.activities@bolton.gov.uk

Website: www.bolton.gov.uk/playandyouth



Alternatively, check out Bolton's Play and Youth Facebook page @Play&YouthBolton and scan the QR code to find out what's on throughout the autumn term including the school holidays.

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



SUPPORT FOR: YOUNG PEOPLE

Bolton Lads and Girls Club

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

Become a member for free at: <https://www.blgc.co.uk/get-involved/join-us/>

Junior clubs aged 8-12

Wednesdays, 4:00pm - 7:00pm

Fridays, 4:00pm - 7:30pm

Senior clubs aged 13-18

Tuesdays, 5:00pm - 9:00pm

Thursdays, 5:00pm - 9:00pm

Connect aged 8-18 (SEND)

Mondays, 5:00pm - 8:00pm

Beyond Connect aged 19-25 (SEND)

Tuesdays, 4:00pm - 6:00pm

*BLGC Infinity is at 18 Spa Road, BL1 4AG

The Parallel

A young people's health centre, for those aged up to 19-year-old. If you live in Bolton and need help, go online for more info:

<https://bit.ly/4dAylPz>

360°

For information about Bolton's 360° Young People's Substance Misuse Service, visit:

<https://bit.ly/3SCjz2y>

Mental Health Support

Be Kind to My Mind is a mental health support service for young people. Are you struggling with your feelings or want to understand more about mental health conditions? Visit us at:

www.bekindtomymind.co.uk

@BeKindToMyMind

Kooth offer online Mental Health Support for 10-25-year-olds. Visit: www.kooth.com

Chat Health Text Service

Bolton NHS Foundation Trust offer a confidential health text service. If you have a health-related questions, get in touch!

Parents, text 07507 331751

11-19-year-olds, text 07507 331753

IThrive Service

Offers support to Bolton children aged 2-19 years or up to 25 with SEND.

IThrive work with a range of local organisations who offer youth-centred, one to one and group support.

Access support by asking a parent or trusted adult to complete the online referral form with you.

Visit: www.bolton-together.org.uk and click 'refer for support' for more information.

SUPPORT FOR: PARENTS

Bolton Money Skills Support

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

Call us on 01204 332916

www.boltonsmoneyskills.org.uk
moneyadvice@bolton.gov.uk

Support with Digital, Employment, & Money Skills



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

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

To find out more, contact DES on 01204 332853.

Working Well: Pioneer

Get help finding work that's right for you. With support that continues even after you've started work. If you're currently unemployed, aged 18+, and not currently required to search for work as part of Universal Credit or JSA, then Working Well: Pioneer could help you. You'll get:

- A dedicated employment specialist
- Access to local employers hiring now
- Access to health support
- A wide range of employability courses
- Practical help with CVs, applications, interviews, travel, and more
- Help with career progression and development once in work

To find out more, visit

www.inworkgm.co.uk/pioneer

Bolton at Home

Managing and maintaining properties across Bolton. Call: 01204 328000

Warm spaces

Find a Bolton warm space at

www.warmwelcome.uk

Debt and Money Advice

www.bolton.gov.uk/costofliving

SUPPORT FOR: **PARENTS**

Chat Health Text Service

Bolton NHS Foundation Trust offer a confidential health text service. Have a health-related questions? Get in touch!

Parents, text 07507 331751

11-19-year-olds, text 07507 331753

Talking Therapies

Bolton's Talking Therapies provide free, confidential talking therapies for adults aged 16 years and over. They will work with you and help you address a range of problems that you may be experiencing, e.g., depression, anxiety, panic, stress, PTSD, OCD and phobias.

Talking Therapy Service information can be found here: <https://bit.ly/43NxMx6>

5 Ways to Wellbeing

Explore the '5 ways to wellbeing' that support many aspects of wellbeing and mental health. To find training dates, times, and venues, and to book a place, visit: <https://bit.ly/4cxd7SY>

Parent Online Drop-in

A free session offering information, guidance, and resources to assist parents in supporting their child's emotional health and well-being.

Learn about Boltons Talking Therapies and how they support mental health and get strategies to help manage your own stress and anxiety whilst parenting. To find out more, email: ithrive@boltontogogether.org.uk

Tuesday, 24 Sep, 5:30pm - 6:30pm

Qwell

Mental Health support for adults.

Visit: www.qwell.io

Connect 5

A 3-session course that uses cognitive behavioural therapy to promote self-help. The course aims to raise awareness of how you can support mental health and wellbeing within your everyday life. To find training dates, times, and venues, and to book a place, visit: <https://bit.ly/4cxd7SY>

Living Life to the Full

Feeling low or stressed?

These 7 sessions (half-days) will guide you to identify and tackle a variety of problems in life. If you want to improve the way you feel, book a place today. Find out more: <https://bit.ly/4cxd7SY>

Greater Manchester Crisis Line

Call 0800 953 0285 (24/7), or
Text SHOUT to 85258

Domestic Abuse

Fortalice provide services to everyone affected by domestic abuse and violence. Call 01204 365677 / 01204 701846 or email: info@fortalice.co.uk

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

WHAT'S ON AT:**ALEXANDRA
FAMILY HUB****Hub opening hours:**

9:00am - 5:00pm, Monday to Friday.

Blackledge Street, Bolton, BL3 4BL

Telephone: 01204 337347

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

or telephone 01204 216537.

Mondays, 10:30am - 12:00pm

Come and Play

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

Mondays, 3:15pm - 4:15pm
(No session 28 Oct, 16 Dec)

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.

Tuesdays, 9:30am - 10:30am

Breastfeeding Group

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

Wednesdays, 1:00pm - 2:00pm

Stay and Play

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

Mondays, 1:00pm - 2:00pm
Wednesdays, 10:00am - 11:30am

Chat, Play, Read

Free drop-in sessions for families with children 12 months +. Enjoy songs, stories, and play activities to help boost speech and language development.

Thursdays, 1:30pm - 2:30pm

WHAT'S ON AT: **ALEXANDRA FAMILY HUB**

Hub opening hours:

9:00am - 5:00pm, Monday to Friday.

Blackledge Street, Bolton, BL3 4BL

Telephone: 01204 337347

Nature Club for Tots

A fun drop-in for families with children aged 1-3 years. Call Cath 07740 419183 for more details. Term time only.

Thursdays, 10:00am - 11:00am

Antenatal Clinic

For an appointment with a Midwife, call Alexandra Family Hub on 01204 337347

Well Baby Clinic

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



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.

WHAT'S ON AT:

FARNWORTH FAMILY HUB

King Street, Farnworth, BL4 7AP

Telephone: 01204 334955

Hub opening hours:

9:00am - 5:00pm,
Monday and Friday

9:00am - 6:00pm,
Tuesday, Wednesday & Thursday

9:00am - 4:00pm

Saturday 14 Sep, 5 Oct, 26 Oct, 16 Nov, 7 Dec

Stay and Play

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

Mondays, 10:00am - 11:00am

Breastfeeding Group

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

Tuesdays, 9:30am - 10:30am

Baby Babble and Bond

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.

Wednesdays, 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

or telephone 01204 216537.

Wednesdays, 1:15pm - 2:45pm

Baby's First Foods

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

Thursday, 12 Sep & 14 Nov 1:00pm - 2:30pm

Come and Play

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

Fridays, 3:15pm - 4:15pm
(No session 1 Nov, 20 Dec)

WHAT'S ON AT:

FARNWORTH FAMILY HUB

King Street, Farnworth, BL4 7AP

Telephone: 01204 334955

Hub opening hours:

9:00am - 5:00pm,
Monday and Friday

9:00am - 6:00pm,
Tuesday, Wednesday & Thursday

9:00am - 4:00pm

Saturday 14 Sep, 5 Oct, 26 Oct, 16 Nov, 7 Dec

Chat, Play, Read

Free drop-in sessions for families with children 12 months +. Enjoy songs, stories, and play activities to help boost speech and language development.

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, 14 Sep, 5 Oct, 26 Oct,
16 Nov, 7 Dec, 9:30am - 3:30pm**

Storytelling Saturdays

The Octagon Theatre will visit the Hub for free storytelling sessions. We will explore books in a creative and interactive way to open our imaginations. Free drop-in for families with children 0-8 years with a stay and play session from 11:00am - 11:30am

**Saturday, 16 Nov & 7 Dec
10:00am - 11:30am**

Plan and prepare for parenthood (antenatal classes)

Get information to help you make informed parenting choices and feel more confident as you journey into parenthood.

Additional sessions available online.

Feel free to just turn up!

book.breastfeedingtogether.co.uk/

**Saturday 5 Oct & 7 Dec
10:00am-12:00pm.**

WHAT'S ON AT:**FARNWORTH
FAMILY HUB**

King Street, Farnworth, BL4 7AP

Telephone: 01204 334955

Hub opening hours:9:00am - 5:00pm,
Monday and Friday9:00am - 6:00pm,
Tuesday, Wednesday & Thursday

9:00am - 4:00pm

Saturday 14 Sep, 5 Oct, 26 Oct, 16 Nov, 7 Dec

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

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

To find out more, call: 07514 484157 or email: famiestogether445@gmail.com

Saturday group begins 7 September and rotates between Tonge, Farnworth, and Oxford Grove Family Hubs, 10:00am - 12:00pm for 10 weeks.

Thursday group begins 17 October at Farnworth Family Hub, 10:00am - 12:00pm for 10 weeks.

**Farnworth's
Community Library**

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

**Antenatal Clinic**

For an appointment with a Midwife, call Farnworth Family Hub on 01204 334955

Well Baby Clinic

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

Activity at Kearsley Woodbridge College (BL4 8LB)**Shake, Rattle, and Roll**

An active music and movement session for 0-5s. Drop-in session.

- Monday, 16, 23, 30 Sep, 7, 14 Oct
- Monday, 4, 11, 18, 25 Nov, 2 Dec
- 9:30am - 10:15am

Baby Babble and Bond

Songs and rhymes, sensory play and topic chats on building relationships, play, weaning, and more.

Families with babies 0-12 months.

- Mondays, 1:30pm - 2:30pm

WHAT'S ON AT: **GREAT LEVER FAMILY HUB**

Hub opening hours:

9:00am - 5:00pm, Monday to Friday

Leonard Street, Bolton, BL3 3AP

Telephone: 01204 3373333

Chat, Play, Read

Free drop-in sessions for families with children 12 months +. Enjoy songs, stories, and play activities to help boost speech and language development.

Mondays, 9:30am - 10:30am

Stay and Play

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

Tuesdays, 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.

Wednesdays, 9:30am - 10:30am

Come and Play

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

Wednesdays, 3:15pm - 4:15pm
(No session 30 Oct, 18 Dec)

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

Wednesday, 9 Oct, 1:00pm - 2:30pm
Wednesday, 4 Dec 1:00pm - 2:30pm

Proud 2 b Parents

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

Thursdays, 12:30pm - 2:00pm

WHAT'S ON AT:

GREAT LEVER FAMILY HUB

Hub opening hours:

9:00am - 5:00pm

Monday to Friday

Leonard Street, Bolton, BL3 3AP

Telephone: 01204 337333

Plan and prepare for parenthood (antenatal classes)

Get information to help you make informed parenting choices and feel more confident as you journey into parenthood.

Additional sessions available online. Feel free to just turn up! book.breastfeedingtogether.co.uk/

Thursday, 14 Nov 5:30pm - 7:30pm

Parent and Tots

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

Fridays, 10:00am - 12:00pm

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 book visit: www.littlebatslearning.org/sessions/ or call Elanor on 07818 925678.

Fridays, 1:00pm - 2:30pm

Antenatal Clinic

For an appointment with a Midwife, call Great Lever Family Hub on 01204 337333

Well Baby Clinic

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

WHAT'S ON AT:**HARVEY START
WELL CENTRE****Hub opening hours:**

8:00am - 6:00pm, Monday to Friday

Shaw Street, Bolton, BL3 6HU

Telephone: 01204 337390

Baby Group

Free drop-in for families with children
0- 2 years. *Advanced booking required.
Call Bolton Toy Library 01204 395079.

Mondays*, 10:00am - 11:00am**SEND Drop-in**

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

Mondays, 1:00pm - 2:00pm**Come and Play**

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

**Tuesdays, 3:15pm - 4:15pm
(No session 29 Oct, 17 Dec)****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

**Wednesday, 23 Oct & 18 Dec
1:00pm - 2:30pm****Stay and Play**

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

**Tuesdays, 10:00am - 11:00am
Wednesdays, 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.

Thursdays, 9:30am - 10:30am

WHAT'S ON AT:

HARVEY START WELL CENTRE

Hub opening hours:

8:00am - 6:00pm, Monday to Friday

Shaw Street, Bolton, BL3 6HU

Telephone: 01204 337390

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 book visit:

www.littlebatslearning.org/sessions/ or call

Elanor on 07818 925678.

Fridays*, 10:00am - 11:30am

Chat, Play, Read

Free drop-in sessions for families with children 12 months +. Enjoy songs, stories, and play activities to help boost speech and language development.

Wednesdays, 9:30am - 10:30am

Antenatal Clinic

For an appointment with a Midwife, call Harvey Start Well Centre on 01204 337390

WHAT'S ON AT:

OLDHAMS START WELL CENTRE

Hub opening hours:

8:30am - 4:30pm, Monday to Friday

Forfar Street, Bolton, BL1 6RN

Telephone: 01204 334992

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 book visit: www.littlebatslearning.org/sessions/ or call Elanor on 07818 925678.

Mondays*, 1:00pm - 2:30pm

Nature Club for Tots

A fun drop-in for families with children aged 1-3 years. Call Cath 07740 419183 for more details. Term time only.

Tuesdays, 10:00am - 11:00am

Chat, Play, Read

Free drop-in sessions for families with children 12 months +. Enjoy songs, stories, and play activities to help boost speech and language development.

Tuesdays, 1:00pm - 2:00pm

Come and Play

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

Tuesdays, 3:15pm - 4:15pm
(No session 29 Oct, 17 Dec)

Wiggle Tots

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

Wednesdays, 10:30am - 11:45am

Baby Babble and Bond

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.

Thursdays, 9:30am-10:30am

WHAT'S ON AT:

OLDHAMS START WELL CENTRE

Hub opening hours:

8:30am - 4:30pm, Monday to Friday

Forfar Street, Bolton, BL1 6RN

Telephone: 01204 334992

Breastfeeding Group

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

Thursdays, 1:00pm - 2:00pm

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

Thursday, 19 Sep & 21 Nov
1:00pm - 2:30pm

Stay and Play

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

Thursdays, 1:00pm - 2:00pm

SEND Stay and Play

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

Fridays, 1:00pm - 2:30pm

Antenatal Clinic

For an appointment with a Midwife, call Oldhams Start Well Centre on 01204 334992

Well Baby Clinic

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

WHAT'S ON AT:

OXFORD GROVE FAMILY HUB

1 of 3

Shepherds Cross Street, BL1 3BH

Telephone: 01204 337090

Hub opening hours:

9:00am - 5:00pm

Monday & Friday

9:00am - 6:00pm

Tuesday, Wednesday & Thursday

9:00am - 4:00pm

Saturday 21 Sep, 12 Oct, 2 Nov, 23 Nov, 14 Dec

Parent and Tots

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

Mondays, 10:00am - 12:00pm

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 9:30am-10:30am

Nature Club for Tots

A fun drop-in for families with children aged 1-3 years. Call Cath 07740 419183 for more details. Term time only.

Tuesdays, 1:00pm - 2:00pm

With You in Mind

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

For information, contact: Sharonfletcher@homestarthost.org.uk or telephone 01204 216537.

Tuesday 1:15pm - 2:45pm

Chat, Play, Read

Free drop-in sessions for families with children 12 months +. Enjoy songs, stories, and play activities to help boost speech and language development.

Wednesdays, 9:30am - 10:30am

Baby's First Foods

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

**Wednesday 2 Oct
& 27 Nov 1:00pm-2:30pm**

WHAT'S ON AT:

OXFORD GROVE FAMILY HUB

2 of 3

Shepherds Cross Street, BL1 3BH

Telephone: 01204 337090

Hub opening hours:

9:00am - 5:00pm

Monday & Friday

9:00am - 6:00pm

Tuesday, Wednesday & Thursday

9:00am - 4:00pm

Saturday 21 Sep, 12 Oct, 2 Nov, 23 Nov, 14 Dec

Come and Play

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

Thursdays, 3:15pm - 4:15pm
(No session 31 Oct, 19 Dec)

Plan and prepare for parenthood (antenatal classes)

Get information to help you make informed parenting choices and feel more confident as you journey into parenthood.

Additional sessions available online.

Feel free to just turn up!

book.breastfeedingtogether.co.uk/

Thursday, 12 Sep, 5:30pm - 7:30pm

Antenatal Clinic

For an appointment with a Midwife, call Oxford Grove Family Hub on 01204 337090

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, 21 Sep, 12 Oct, 2 Nov, 23
Nov, 14 Dec, 9:30am - 3:30pm**

Storytelling Saturdays

Storytelling Saturdays The Octagon Theatre will visit the Hub for free storytelling sessions. We will explore books in a creative and interactive way to open our imaginations. Free drop-in for families with children 0-8 years with a stay and play session from 11:00am - 11:30am.

**Saturday, 2 Nov & 23 Nov
10:00am - 11:30am**

Well Baby Clinic

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

WHAT'S ON AT:**OXFORD GROVE
FAMILY HUB**3 of 3

Shepherds Cross Street, BL1 3BH

Telephone: 01204 337090**Hub opening hours:**

9:00am - 5:00pm

Monday & Friday

9:00am - 6:00pm

Tuesday, Wednesday & Thursday

9:00am - 4:00pm

Saturday 21 Sep, 12 Oct, 2 Nov, 23 Nov, 14 Dec

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

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

To find out more, call: 07514 484157 or email: familiestogether445@gmail.com

Saturday group begins 7 September and rotates between Tonge, Farnworth, and Oxford Grove Family Hubs, 10:00am - 12:00pm for 10 weeks.

Friday group begins 4 October at Oxford Grove Family Hub, 10:00am - 12:00pm for 10 weeks.

WHAT'S ON AT:

TONGE FAMILY HUB

1 of 3

Starkie Street, Bolton, BL2 2ED

Telephone: 01204 336745

Hub opening hours:

9:00am - 5:00pm

Monday & Friday

9:00am - 6:00pm

Tuesday, Wednesday & Thursday

9:00am - 4:00pm

Saturday 7 Sep, 28 Sep, 19 Oct, 9 Nov, 30 Nov

Shake, Rattle and Roll

for 0-5s. Drop-in session. ***Begins week commencing 16 September.**

Term time only.

Mondays*, 1:30pm - 2:15pm

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

**Wednesday 16 Oct &
11 Dec 1:00pm-2:30pm**

Come and Play

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

**Thursdays, 3:15pm - 4:15pm
(No session 31 Oct, 19 Dec)**

Stay and Play

Indoor and outdoor activities, including messy play. Free drop-in for 0-5s and their family.

Term time only.

Wednesdays, 1:00pm - 2:00pm

SEND Stay and Play

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

Thursdays, 10:00am - 11:30am

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 10:30am-11:30am

WHAT'S ON AT:

TONGE FAMILY HUB

2 of 3

Starkie Street, Bolton, BL2 2ED

Telephone: 01204 336745

Hub opening hours:

9:00am - 5:00pm

Monday & Friday

9:00am - 6:00pm

Tuesday, Wednesday & Thursday

9:00am - 4:00pm

Saturday 7 Sep, 28 Sep, 19 Oct, 9 Nov, 30 Nov

Breastfeeding Group

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

Fridays, 1:00pm - 2:00pm

Chat, Play, Read

Free drop-in sessions for families with children 12 months +. Enjoy songs, stories, and play activities to help boost speech and language development.

Fridays, 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

Saturday, 7 Sep, 28 Sep, 19 Oct, 9 Nov, 30 Nov, 9:30am - 3:30pm

Storytelling Saturdays

The Octagon Theatre will visit the Hub for free storytelling sessions. We will explore books in a creative and interactive way to open our imaginations. Free drop-in for families with children 0-8 years with a stay and play session from 11:00am - 11:30am.

**Saturday, 9 Nov & 30 Nov
10:00am - 11:30am**

Antenatal Clinic

For an appointment with a Midwife, call Oxford Grove Family Hub on 01204 336745

Well Baby Clinic

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

WHAT'S ON AT:**TONGE
FAMILY HUB****3 of 3**

Starkie Street, Bolton, BL2 2ED

Telephone: 01204 336745**Hub opening hours:**

9:00am - 5:00pm

Monday & Friday

9:00am - 6:00pm

Tuesday, Wednesday & Thursday

9:00am - 4:00pm

Saturday 7 Sep, 28 Sep, 19 Oct, 9 Nov, 30 Nov

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

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

To find out more, call: 07514 484157 or email: famiestogether445@gmail.com

Saturday group begins 7 September and rotates between Tonge, Farnworth, and Oxford Grove Family Hubs, 10:00am - 12:00pm for 10 weeks.

Monday group begins 7 October at Tonge Family Hub, 10:00am - 12:00pm for 10 weeks.

**REAL Family Fun Session
(Raising Early
Achievement in Literacy)**

Families with children between the ages of 3 and 4 years old will get the most out of this fun activity session, but all families are welcome to attend. There will be plenty for everyone to get involved in!

Activities include:

- A bear hunt
- Storytime
- Logo hunt
- Rhyme time
- Messy play
- Mark making

You'll also take away lots of low cost/no cost ideas to help you support your child's literacy development at home. Free, drop-in, no need to book!

**Tuesday, 29th October
10:00am - 12:30pm**

FIND OUT ABOUT VOLUNTEERING OPPORTUNITIES

Bolton CVS

Are you passionate about making a difference in your community? Then consider volunteering with Bolton CVS! There are loads of opportunities to lend a hand to and help make positive change.

For more information, contact Nicola Taylor, Family Hubs and Environment Volunteer Development Officer.

Get in touch 07510 079 784

Email: nicola@boltoncvs.org.uk

Website: <https://bit.ly/3WtQUhi>

HomeStart Host

HomeStart 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

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

YOUR LOCAL FAMILY HUBS & OTHER CENTRES



Alexandra Family Hub
Blackledge Street BL3 4BL
01204 337347

Farnworth Family Hub
King Street BL4 7AP
01204 334955

Great Lever Family Hub
Leonard Street BL3 3AP
01204 337333

Harvey Start Well Centre
Shaw Street BL3 6HU
01204 337390

Oldhams Start Well Centre
Forfar Street BL1 6RN
01204 334992

Oxford Grove Family Hub
Shepherd Cross Street BL1 3BH
01204 337090

Tonge Family Hub
Starkie Road BL2 2ED
01204 336745

Horwich Library
Jones Street BL6 7AJ
01204 335040

Winifred Kettle House
Washacre Lane BL5 2NG
01204 337347

The Hub at Westhoughton
The Hub, Central Drive, BL5 3DS
01942 635985

Sutton Community Centre
Addlington Road, BL3 4QZ
01204 673790

**Kearsley Centre
(Woodbridge College)**
Springfield Rd, Kearsley, BL4 8LB
01204 334955

The Valley Primary School
Hibbert Street, BL1 8JG

Washacre Primary School
Clough Ave, Westhoughton, BL5 2NJ

Coming soon!
Bright Meadows Family Hub
Greenroyd Ave, Brightmet, BL2 5DD

