

Bolton

Together

IThrive Offer - 2 – 25 years

Brief Overview of Services

Supporting Children and young people with their Emotional Health

Bolton Together's I-Thrive 2 – 11 Offer

Homestart HOST

A team of trained local volunteers, who are all parents themselves, provide one to one support to families if they have at least one child under five.

2-5 yrs

Bolton Toy Library

Can guide parents to find the right support, provides drop-in advice sessions, one to one support, themed activity sessions and is offering Emotional Well Being Kits.

Child Action NorthWest

Offers a range of therapies and activities for children and their families, both one to one and group work.

5-8 yrs

Fortalice

Support for children and families who are or have experienced domestic abuse. Providing guidance and techniques to parents/carers in how they can support their child. Fortalice offer a range of interventions and support to children and young people

Bolton Wanderers In the Community

One to one mentoring for young people with the opportunity for each child to attend activities with their mentor as part of the support offered.

Action for Children

Decider skills Group Work therapy to teach children, and adults the skills to recognise their own thoughts, & to monitor and manage their own emotions.

8-11 yrs

Urban Outreach

One to one support for the child and the family, exploring issues and challenges, learning tools to manage emotions and developing coping strategies.

Zacs Youth Bar

Group and one to one mentoring focusing on preparing for the move to High School in Year 6, delivering to those living in the South of Bolton.

Bolton

Together

Bolton Together's I-Thrive 11 – 19 Offer (25 years for young people with SEND)

11-19 yrs
+
25 yrs
SEND

Bolton Lads and Girls Club

Information advice guidance and signposting. A range of emotional health and wellbeing workshops and group sessions to support positive emotional health and wellbeing. One to one support using a range of therapeutic interventions to support young people who are feeling anxious, low, and struggling to manage how they feel.

Breaking Barriers North West

One to One Listening Service for young people with Special Education Needs and Disabilities. Exploring emotions and identifying and explaining coping mechanisms.

Fortalice

Information, advice, guidance, and signposting for young people affected by domestic abuse. One to one support and group work provided to support young people using the recovery toolkit and exploring healthy relationships.

Zacs Youth Bar

Information, advice, guidance and signposting. Healthy Minds Workshops and one to one listening service exploring coping mechanisms.

13 yrs +

Bolton YMCA Information, advice, guidance and signposting. Group sessions and one to one listening service to support young people aged 13 and over to talk through the difficulties they are experiencing and agree steps to address these.

The Proud Trust

One to one, group sessions and mentoring available for young people experiencing emotional health and well being difficulties due to their sexual identity. Support is also available for those questioning their gender identity.

How to Refer to Bolton Together's I-Thrive Offer (2 – 19yrs)*

* 25 years for young people with SEND

One point of referral**

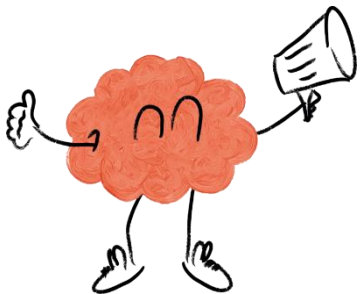
Triaged and allocated to the right service by an Emotional Health and Well Being Practitioner

[Click here for Two Page Referral Form](#)

Email: IThrive@boltontgether.org.uk

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

***The one point of referral currently applies to accessing Bolton Together's mental health and emotional wellbeing offer. If you feel a child or young person requires CAMHS please refer directly to the service <https://www.gmmh.nhs.uk/bolton-camhs/>*



Bolton

Together