

Bolton

Together

IThrive Offer - 2 – 25 years

Brief Overview of Services

Supporting Children and young people with their Emotional Health

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- All our support is designed to be flexible, with work taking place in provider settings and schools.
- We use a strength-based approach and look at what will best suit the child's interests and needs.
- Our strategies aim to improve Emotional Health and Wellbeing for children and young people long term.

Bolton Together's IThrive 2 – 11 Offer

Homestart HOST

Provide one to one support to families, who have at least one child under five. They have a team of trained local volunteers who are all parents themselves.

Bolton Toy Library

Give guidance to parents to find the right support, drop-in advice sessions, one to one support, themed activity sessions and Emotional Wellbeing Kits.

Child Action North West

Offer a range of therapies and activities for children and their families, to help them with their emotional health.

Fortalice CYP Team

Provides a trauma informed service for young children who are/have been exposed to domestic abuse.

Bolton Wanderers In the Community

Provide 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

Deliver the Decider skills group, that teaches children and adults the skills to recognise their own thoughts, feelings and behaviours.

Urban Outreach

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

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

11-19
+
25 yrs
SEND

Bolton Lads and Girls Club

Offer 1:1 Psychosocial sessions to enable young people to build practical skills and understand their emotional wellbeing, in a non-judgmental environment.

Fortalice CYP Team

Provides one to one support for young people exposed to domestic abuse at home or in their own intimate relationship

Fortalice Counselling Service

Work interactively with young people where their experiences of Domestic Abuse past and present impacts on the here and now affecting the Young Person's well-being

Child Action North West

Provide 1:1 emotional health and wellbeing support, to support children and young people, based on individual needs.

Urban Outreach

Offer personalised, in-depth therapeutic support enabling children to take steps to create solutions to their difficulties, using experienced practitioners to offer the best advice, support and encouragement for each families' needs.

Breaking Barriers North West

Provide a one-to-one Listening Service for young people with Special Education Needs and Disabilities, exploring emotions and identifying and explaining coping mechanisms.

The Proud Trust

Provide one to one, group sessions and mentoring available to young people experiencing emotional health and wellbeing difficulties due to their sexual and gender identity.

13 yrs +

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

* 25 years for young people with SEND

One point of referral**

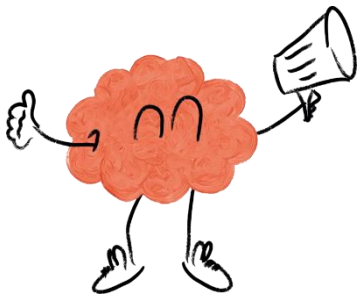
Triaged and allocated to the right service by an Emotional Health and Well Being Practitioner

Click [here](#) for our 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.qmmh.nhs.uk/bolton-camhs/>*



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