

**Bolton**

**Together**

## **IThrive Offer - 2 – 25 years**

### **Brief Overview of Services**

*Supporting Children and young people with their Emotional Health*



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## Our support

- All support offered is flexible, with sessions taking place at school or a provider setting.
- We use a strength-based approach, using interventions that are best suited to a child's wants, interests and needs.
- The strategies and tools we provide aim to improve the child's emotional health and wellbeing long-term.

# Bolton Together's IThrive 2 – 11 Offer

## **Homestart HOST**

2-5 yrs

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**

5-8 yrs

Support children and families who have experienced domestic abuse, providing guidance and techniques to parents/carers in how they can support their child and offer a range of interventions to children and young people

## **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.

8-11 yrs

## **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 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.

**Fortalice**

Support young people who are affected by Domestic abuse and violence, using the recovery toolkit and exploring healthy relationships.

**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.

13 yrs +

**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.

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

\* 25 years for young people with SEND

### One point of referral\*\*

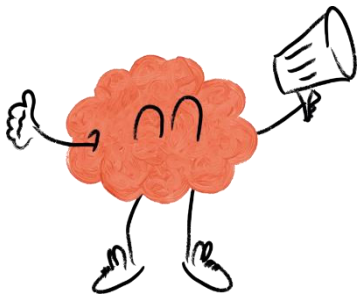
Triaged and allocated to the right service by an Emotional Health and Well Being Practitioner

Click [here](#) for our referral form

Email: [IThrive@boltontgether.org.uk](mailto: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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