

Bolton

Together

## Our Year in Review - 1st April '22 - 31st March '23





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### Vision

By working together collaboratively, we will improve the quality of life for communities.

### Mission

Through voluntary sector-led collaboration, delivering high-quality cost-effective integrated services for children, young people and their families in Bolton, we will utilise existing resources more effectively and generate new funds and resources.

## Our Values

**Trust and Respect**

**Quality**

**Inclusion and Diversity**

**Accountability**

'What a year it has been for Bolton Together, we started the year becoming an employing organisation and have now welcomed two further members of staff, Hannah as our Emotional Health and Well Being Practitioner on the IThrive Hub and Anne as our Contract and Quality Support Officer. Both have been valuable additions to the team. Matthew continued on secondment from Bolton CAMHS and has been instrumental in developing the Hub and enhancing our partnership approach. Through our member providers excellent delivery, we have seen young people and families experience positive outcomes, feeling more connected and improving their well being and coping strategies. We have secured new contracts including the Online Safety Programme, the Preparing for Adulthood SEND Community Inclusion Project and the new Stay, Play and Learn provision. We have also continued to deliver existing programmes bringing our member's knowledge, expertise, and experience together to deliver quality programmes in Bolton. We look forward to next year when we will be delivering the VCSE Sector elements of the Family Hub Programme in Bolton.

**Louise McDade - Chief Executive Officer - Bolton Together**

# Bolton

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# The Year in Review - 1st April '22 - 31st March '23

## 32

### Members

## Our Members

- During 22/23 we had 32 members.
- 3 new organisations became members during the year
- We distributed **£1,063,802** to members
- 73% of members received funding
- 50% applied for new funding this year
- Over the year Members collaborated on the following topics :

The Cost of Living Crisis  
Family Hub Developments  
Development of the Stay and Play Provision  
Shaping the Online Safety Proposal

## 10

### Projects

## Our Programmes

- We were awarded funding to deliver four new programmes : My First Phone Online Safety Project, The IThrive counselling service, Stay Play and Learn and the SEND Community Inclusion Project.
- We continued to deliver the
- IThrive support for 2 - 25 years
- Perinatal Peer Support
- IThrive Parent Peer Support
- The IThrive Referral Hub
- IThrive Schools Network
- Early Years Engagement with Parents/Carers
- The IThrive Referral Hub received 1,167 referrals

## 1,330

### CYP supported with mental health

## The number of people supported

- 775 children were supported with their emotional health through the IThrive 2 - 11 years programme
- 555 children were supported through IThrive 11 - 25 years
- 663 Parents were supported with their child's emotional and mental well being.
- 316 parents and 428 children accessed stay play and learn sessions for the under fives
- 188 parents accessed Perinatal Mental Health Support
- 2,467 participated in the Easter, Summer and Winter HAF.
- 228 young people and parents engaged through the community inclusion and Early Years engagement.

## 88%

### reached their goal

## The Difference Made

- 88% of children and young people reached their goal.
- 60% of the 2- 11 years children and 72.6% of the 11 - 19 years demonstrated an improvement in the CORS and ORS outcome measures
- 100% parents recorded an improvement in well being and making connections as part of the Peer Support.
- 100% would recommend the service
- 98% stated the support was Excellent ( 85% felt support was Good.
- 100% said they felt able to talk.
- 98% said their views were taken seriously.



'Definitely helped with my dad. Things are so much better with him and that side of the family is improving. -School is okay now, I don't get picked on as much anymore. -My anxiety has improved, I've gained more friends and I can talk to more people. Talking about my relationship with my dad has really helped.'

In the Words of Young People and Parents accessing support from providers

'He has progressed well with his Paediatric Doctor stating that he has improved his cognitive development/understanding progress and will most certainly catch up before he attends school. I feel that the staff input, guidance and regular Emotional Wellbeing Kits helped him learn to self-regulate his emotions in a non-judgemental environment'

'We worked through lots of things and I feel I am able to cope with my issues in a more positive way.'

“The sessions have been brilliant, and the staff are wonderful. Like any mother, we want the best for our children, and we want to be able to take them away on holiday and go on lots of fun days out over the summer. Unfortunately, this summer we haven't been able to go away on holiday or do much, but Oliver has loved coming here and the fact it has all been free of charge has been such a big relief for me. I can't even say thank you enough, especially for feeding him too. I

'Millie has improved a lot going to sessions , she does things like walking the dogs, catching the bus and paying for things by herself. She has come on leaps and bounds, there is a big difference in Millie '



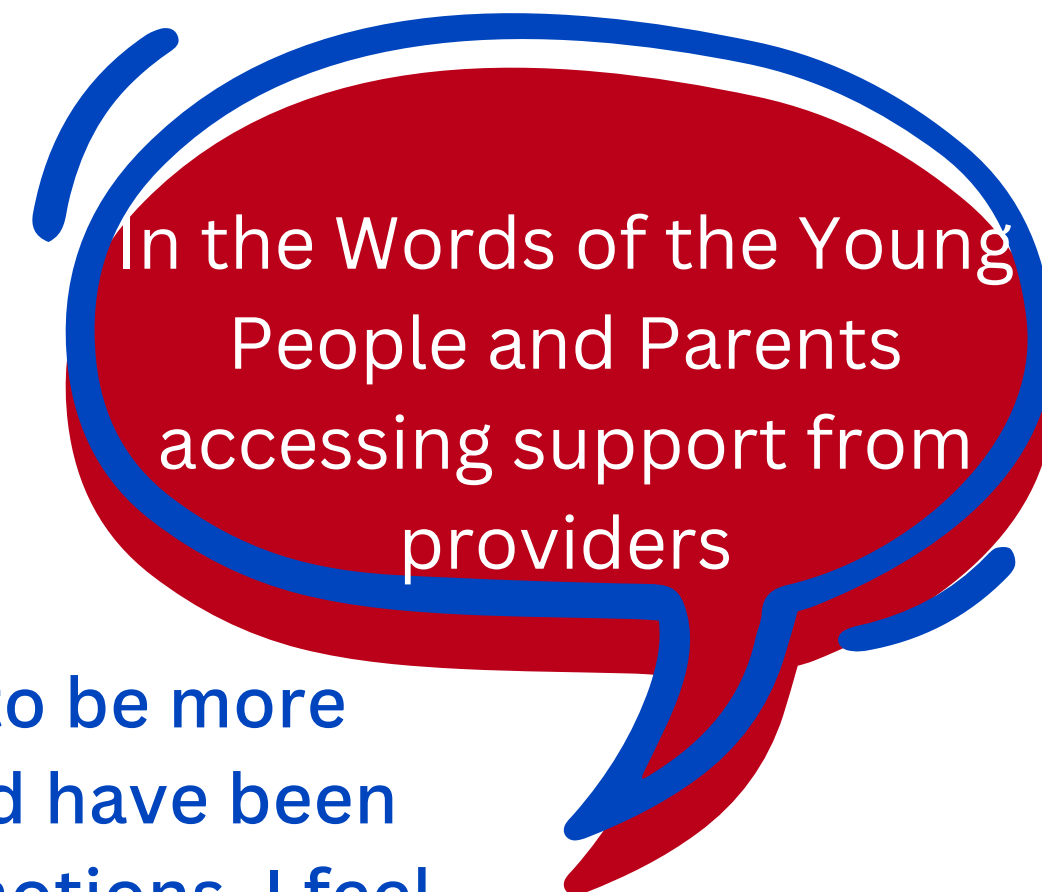
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'feel like things really improved for me, such as low mood, my anxiety and being able to feel better in my day to day life. This was because I was offered a place that I was able to talk about these things. I found that naming three positives each week about my life helped ....'



**'It has given me the functions to build from that I never had as a child. This will help me with my own journey too.'**

'feel like I am able to be more positive in myself and have been able to manage my emotions. I feel like the vicious cycle model was helpful.'

*'I wish I could have more sessions because they have been really beneficial and I feel I have more confidence. I feel that my sleep has improved which is something I have struggled with. I have also noticed an improvement on my grades now that I have learnt how not to put so much pressure on myself.'*

*'After suffering from cancer through Covid me & my son were very anxious of mixing with others. I was worried about Louis starting school Sep 22 as he has problems with anxieties. Toy Library has been brilliant at settling us in, welcoming and playing great with others is helping my boy.'*



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# Case Studies

**M is a new arrival to Bolton with limited English. When he started the project he was very nervous and would find it difficult to interact with the other children playing games. As the project progressed, we could see that his confidence grew and he started to interact a lot more positively with the other young people and was even practising his English with them - BSCA HAF Delivery.**

'Emma was very isolated when I met her. She was struggling with her mental health and her young boy's behaviour and mental health. I supported Emma for a number of weeks, with wellbeing check ins and encouraged Emma to engage in the community. Emma has now started at the gym and is engaging with a coffee morning with my support, which she now regularly attends. This gave her a great deal of confidence and she is now trained as a community connector. Collectively, we established a parent drop in at the Centre and she now actively invites parents who are struggling. '

**Raise the Youth Foundation, IThrive Parent Peer Support**

Tom is the oldest child of 3,. His parents are younger and very supportive and caring, and good advocates for him, although have had various family challenges to deal with. He has been undergoing assessment for autism . When stressed/struggling, he shouts/swears and often upsets other children inadvertently, although is usually very honest and upfront about his own behaviour. He embraced tree climbing, den building, stick whittling, nature top trumps, Japanese leaf printing, hammocks, foraging, using the fire strike to make a spark. He struggled a bit with other children creating their own imaginative games which did lead to some clashes/challenges for a short time. However, these were diffused effectively, and everyone continued to enjoy their week. By day three, we encouraged him to link with another child who also has SEND, who had similar interests. They hung out together, climbing trees, sharing the hammock, and decided that they had become friends. Their mums swapped phone numbers, and they have since met up and carried on their friendship. Tom announced at the end of the week that he had had the best week of his life.

## **Little Bats - Learning CIC - HAF Provision**

**Grace struggled with her low mood and 'bad thoughts' was due to low self esteem and confidence. We focussed on psychoeducation around healthy eating and how undereating can affect our bodies, our sleep, concentration. We worked on 'bridge statements' to reframe her negative thoughts. We also looked at boosting Grace's self esteem by looking at what she believes makes a good person, Grace ticked every trait and realised that she has lots of personality traits that make her a good person. The best coping strategy we found together was a grounding technique to become present in the moment. - BLGC - IThrive 11-19 years Delivery**



# Our Members

"Increased awareness of funding and being a part of a larger contract delivery is excellent for a smaller charity striving to provide the best possible services for Children and families across Bolton. The benefits include: Increased credibility and security in numbers - strengthening our offer. Co-operation and strength in the VCSE in co- delivery of projects. Access to local funding knowledge, increased time management as Bolton Together represents us at vital meetings. Improved chances to achieve organisational goals. Grown our networking and knowledge. Expertise and leadership commitment sharing knowledge. In summary our collaboration with Bolton Together is and has been a huge benefit to our Charity. Your Leadership helps drive our organisational strategies whilst enabling our small Team to concentrate on delivering quality services for vulnerable children and their families. Being part of a strong network of non-profit organisations in Bolton to improve outcomes for children, young people and their families." - **Anita Ball, Project Co-ordinator - Bolton Toy Library**



Membership during  
1st April '22 - 31st  
March '23



# Our Board of Trustees

## 1st April 2022 - 31st March 2023

Chair - Lindsey Darley  
Vice Chair - Neil Hutchinson  
Adam Warbrick  
Beverley Matta  
Gill Smallwood  
Jackie Robinson  
Karen Edwards (now resigned from Board)  
Martin Needham

## A Message from our Chair

On behalf of the Board of Trustees, I want to say thank you to all of our members who have delivered amazing work over the year, reaching young people that other services may not have been able to and demonstrating the importance of partnership delivery. Thank you also to our funders who enabled this work to take place. We are looking forward to continuing to support our members to delivery high quality support to families in Bolton.

**Lindsey Darley**



**73%**

**of our members  
received funding**



**£1,063,802**

**distributed  
to members**



**100%**

**of parents accessing  
IThrive Peer support  
reported an improvement  
in wellbeing**



**88%**

**of young people  
accessing IThrive reached  
reached their goal**







Thank you to our members, programme providers, our staff team, our Board, our funders and to the children, young people and parents and carers who access our support and activities.

For more information contact

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Website: <https://boltontogogether.org.uk/>

Twitter: @BoltonTogether

## Funders

The logo for Bolton Council, featuring the word "Bolton" in a multi-colored font (blue, green, yellow, orange, red, purple) and "Council" in black below it.

Department  
for Education

The NHS logo, featuring the letters "NHS" in white on a blue background.

Bolton  
NHS Foundation Trust



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