



## programme)



### Who?

Mainly aimed at those receiving free school meals, some events are available to all those who want to get in on the fun.

### When?

4 hours a day, 4 days a week! For more information on specific timings of events please look on the HAF page using the link below.

### What?

Skate park fun, Family events or a festival of food and culture, HAF's got it all and to go alongside it a meal for all those taking part. To find out more and which events are near you check out Bolton Council's HAF webpage.

### [Find Out More](#)



## Online Parent Drop Ins

**ONLINE ITHRIVE PARENT DROP IN**

*With schools set to reopen in a few weeks, this period can be demanding. This session is designed to assist parents in navigating school transitions and adjusting to the return to the classroom.*

Join us for our upcoming online parent drop-in session, designed to offer information, guidance, and resources to assist parents in supporting their child's emotional health and well-being.

- ✓ Listen to our guest speakers discuss back-to-school routines.
- ✓ Explore ways to support transitioning between schools.
- ✓ Gain useful tools to help support your child

**Access the Teams the link to attend**

For more information or to request the Teams link to attend, contact us below  
@ithrive@boltontogether.org.uk  
www.bolton-together.org.uk

In partnership with BLGC's wellbeing team.

**blgc** enriching young lives

Registered Charity in England and Wales (1163466)

### Who?

Aimed at Parents and carers whose child is awaiting support for a provider

### What?

August's drop in covers back to school routines, the transition to high school and supplies parents with the tools to support themselves and their child

### When?

Our next session is on the 20th August from 6-7pm on teams

### [Click here to join](#)



## Parent Drop Ins

**Bolton Together URBAN OUTREACH RISE**  
Reaching Inside, Strengthening Emotions

**Parent Drop In**

01 'It's okay to take a break.' We can provide a listening ear and welcoming environment.

02 We can signpost to local services bespoke to your needs.

03 We are able to offer support around understanding wellbeing and strategies to help.

25/07, 01/08, 08/08, 15/08, 22/08, 29/08  
3.45 to 4.45 p.m.  
The Amber Centre, Snowden Street, BL12PU.

### Who?

Parents looking for well-being assistance and someone to talk to.

### What?

Drop ins giving parents the tools to better their well-being as well as lending an ear for those who need it. They will also signpost to relevant other services that may be helpful.

### When?

Weekly on Thursdays from 3:45-4:45pm starting on the 25th July and ending on the 29th August. Sessions take place at The Amber Centre.

## MhiST Bounce Back

**BOUNCE BACK IN 6 WEEKS**

### What is it?

A six-week course on how positive psychology can give a boost to your family's mental well-being.

It is an introductory guide to some of the latest evidence-based techniques from positive psychology that have proven benefits on mental well-being within the family.

#### Who is it for?

It is for any parent/carer who is interested in learning more about practical ways to improve mental well-being.

#### The Stats

- A 20% increase in overall mental health improvement
- Significant enhancements in positive emotions, engagement, and relationships.

**START DATES: Thursday: 1st August & 12th September**  
5:00PM - 7:00PM

**Wednesday: 11th September**  
10:00AM - 12:00PM

Get in touch: [saffron.bradley@mhist.co.uk](mailto:saffron.bradley@mhist.co.uk)  
[christine.makinson@mhist.co.uk](mailto:christine.makinson@mhist.co.uk)

**01204 527 200**

Bolton Based Only

### Who?

Parents and carers interested in practical ways to strengthen their mental well-being

### What?

A 6 week course using evidence based techniques surrounding positive psychology to improve family mental well-being

### When?

Cohort 1- Starts 1st August 5-7pm

Cohort 2- Starts 11th September 10am-12pm

Cohort 3- Starts 12th September 5-7pm



**Go Somewhere Good this summer... and get involved for a chance to win daily prizes!**



## Who?

Young people who want to stay active to stay healthy over summer

## When?

The choice is yours. Kooth give the ideas, you choose the time!

## What?

From 200 young people kooth narrowed down the top 20 ideas of simple things that can make you feel great over summer. Get involved and share with @kooth\_uk using #GoSomewhereGood. And for those getting active and involved, Kooth will be giving away a prize a day, for 50 days! A customised skateboard, 'So Good' merch or a £50 book voucher, get involved, get active, improve your well-being and win some prizes while your at it.

## Discover Kooth



## Additional Support and Information

Here are some additional links to help you over the summer.

- <https://www.kooth.com/>
- <https://www.qwell.io/>
- <https://www.bekindtomymind.co.uk/>
- <https://www.youngminds.org.uk/>
- <https://parents.actionforchildren.org.uk/>
- <https://bolton-together.org.uk/parent-peer-support-referral/>

Follow us on X @BoltonTogether

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

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