



IThrive Offer - 2 – 25 years

Brief Overview of Services

Supporting Children and young people with their Emotional Health

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.

Please note that all of our support is needs based and child centred. The above overviews are a guide to what support could potentially be offered by our providers after being triaged by our IThrive team to determine suitability.

Bolton Together's IThrive 2 – 11 Offer

2-5 yrs	<p>Bolton Toy Library</p> <p>Initially we offer 1:1 sessions where child and parent can meet our Team, familiarise themselves with a new environment; where the child often works with the same Key worker to build their confidence and trust. Working together with the family we centre our support around the child's interests i.e. creativity, construction, games, using activities to explore our emotions, learning skills to identify how it makes us feel, learn tips to deal with our feelings, help us calm down, and help and guide Parents to help and avoid triggers and establish boundaries. When the child presents with improved confidence, improved behaviour we offer group appointments where children can meet others and learn emotional resilience.</p>
5-8 yrs	<p>Action For Children – Variable locations.</p> <p>Offer the “Decider Skills” programme, a CBT informed programme that meets the needs of children experiencing low level anxiety, low mood and in need of coping strategies. Primarily work in small groups with parents/carers invited along, with a small offer for 1:1 where absolutely necessary. New referrals must be completely suitable and based upon wait list size due to capacity.</p> <p>Fortalice – Fortalice Outreach Centre.</p> <p>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.</p>

Please note that all of our support is needs based and child centred. The above overviews are a guide to what support could potentially be offered by our providers after being triaged by our IThrive team to determine suitability.

Bolton

Together

Bolton Together's IThrive 2 – 11 Offer

8-11 yrs

Bolton Wanderers In the Community– In schools and the community.

Provide mentoring for young people with the opportunity for each child to attend activities with their mentor as part of the support offered. One type of support offered is the 'Coaching for Confidence' course which children can choose to complete. Throughout these sessions, mentees complete the 'Coaching for Confidence' sports mentoring course which is based around enabling young people to identify their feelings and emotions, explore when and how they occur and look at utilising strategies to help them handle them. The sessions are based around sport and the principles of being a sports leader, with modules such as 'The Laws of the Game' and 'The Young players Code of Conduct'. The course culminates with the young person planning and delivering a footballing session for their peers and them receiving their 'Coaching for Confidence' Sports Leader Award. Within this also, mentees also have sessions built around recognising their strengths, building confidence and resilience and other areas for development and improvement.

Action for Children – Variable locations.

The Decider Skills Programme is an evidenced based, cognitive behaviour therapy programme of proactive skills in managing and regulating emotions and distress. Focus areas of emotional health are Distress Tolerance, Mindfulness, Emotional Regulation and Interpersonal Effectiveness. Aimed at any child aged 8- 11yrs and their parent/carers. The programme is delivered in a group setting with no more than 9 children and their parents/ carers in attendance.

Urban Outreach - Amber Centre.

At Urban Outreach we are able to offer various packages of support with young people around understanding well-being and strategies to help. There is also provision for parenting support to improve resilience and emotional health and to encourage positive change. Sessions include exploration and advice around issues such as anxiety, friendships, self-esteem, anger, self-care and emotional regulation.

Please note that all of our support is needs based and child centred. The above overviews are a guide to what support could potentially be offered by our providers after being triaged by our IThrive team to determine suitability.

Bolton

Together

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

11-19
+
25 yrs
SEND

Bolton Lads and Girls Club – Infinity Centre.

Offer Psychosocial sessions to enable young people to build practical skills and understand their emotional wellbeing, in a nonjudgmental environment.

Bolton Lads and Girls Club Counselling – Infinity Centre.

Provide talking therapy based on a trauma-informed and CBT approach, that allows young people to discuss their problems and any difficult feelings they encounter in a safe, confidential environment.

Fortalice CYP Team – Fortalice Outreach Centre.

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

Fortalice Counselling– Fortalice Outreach Centre.

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 wellbeing.

Urban Outreach – Amber Centre.

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

Breaking Barriers North West

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

Please note that all of our support is needs based and child centred. The above overviews are a guide to what support could potentially be offered by our providers after being triaged by our IThrive team to determine suitability.

Bolton **Together**

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

**11-19
+
25 yrs
SEND**

Bolton Lads and Girls Club Thrive Plus – Infinity Centre.

Ongoing group work, or workshops that look at emotional health and wellbeing.

Fortalice Thrive Plus – Fortalice Outreach Centre.

Drop-in sessions for those who have finished support with Fortalice, or those who are on a waiting list for support with Fortalice.

Urban Outreach Thrive Plus – Amber Centre.

Bespoke 1:1 therapeutic interventions with young people who are experiencing issues with emotional regulation and low mood. Support around understanding wellbeing and strategies to help.

Breaking Barriers North West Thrive Plus – Breaking Barriers Café/Sensory Space.

1 drop in per week including 1:1 and group listening support to work on emotional health and promote wellbeing by using a goal oriented approach. 1 group each week with 10-15 CYP focusing on table games to engage isolated CYP to socialise, meet others and work on communication skills. This group focuses on those with ASC and/or a learning disability with communication differences and low sense of self.

13 yrs +

The Proud Trust

Provide 1:1, group sessions and mentoring to young people facing emotional health and wellbeing difficulties due to their sexual identity and gender identity.

Please note that all of our support is needs based and child centred. The above overviews are a guide to what support could potentially be offered by our providers after being triaged by our IThrive team to determine suitability.

Bolton

Together

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

* 25 years for young people with SEND

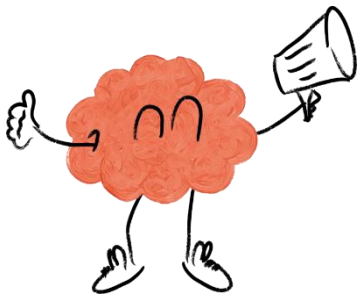
One point of referral**

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.gmmh.nhs.uk/bolton-camhs/>

Bolton

Together