

Bolton

Together

Winter Support 2024

We recognise that whilst the Winter period can be an exciting time, it can also bring its own set of challenges. We have gathered information about all sorts of support and resources available to help support you over the Christmas and Winter period.

There is information about local support happening in Bolton as well as resources that you can access online. We also have information about what to do if you or a loved one is in crisis over the Winter period.



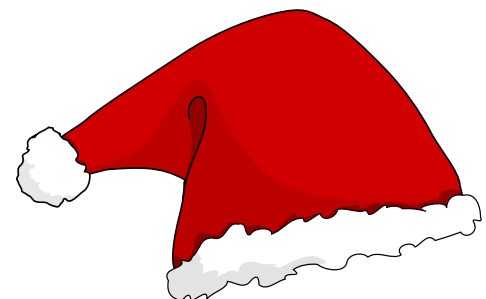


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Local Support

- **Bolton Together Parent Peer Support.** Our support is for parents/carers of children who are struggling with their mental health. You can self-refer here <https://bolton-together.org.uk/parent-peer-support-referral/>
- **Bolton IAPT.** Free talking therapies in Bolton for those aged 16 and over for difficulties such as stress, anxiety, depression, phobias and more. You can self-refer via this [link](#) or find out more information [here](#).





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Local Support

- **Bolton HAF.** Offers a range of activities and a free meal in various locations across Bolton. Some activities require the child to access free school meals <https://www.bolton.gov.uk/HAF>
- **Bolton Together IThrive Hub.** Offers a range of support for children and young people's emotional wellbeing. For further information please see the [overview here](#).

To make a referral, please complete the referral form [here](#).





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Local Money Support

- **Bolton UCAN centres.** With many locations around Bolton, you can visit for access to community groups, help with benefits, help with money matters and more. See their website for more, [UCAN](#).
- **Bolton Money Skills** can help with energy costs, budgeting, dealing with debt and more <https://www.boltonsmoneyskills.org.uk/>
- **Citizen's Advice Bury and Bolton** have trained advisors who can help with benefits, money and debt, housing, community care <https://www.cabb.org.uk/>





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Local Food Support

- **Bolton At Home Food Support.** Offer food, drink and other household essentials. You can complete an application form [here](#) or email pantries@boltonathome.org.uk for more information.
- **Bolton Council Help With Food And Fuel** <https://www.bolton.gov.uk/benefits/help-crisis-emergency/2>
- **Breaking Barriers North West** are able to provide food hampers for families in need. Market Hall Market Place, Bolton, BL1 2AL. breakbarriers3@gmail.com





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Online Support

- **Mind - Christmas coping tools**

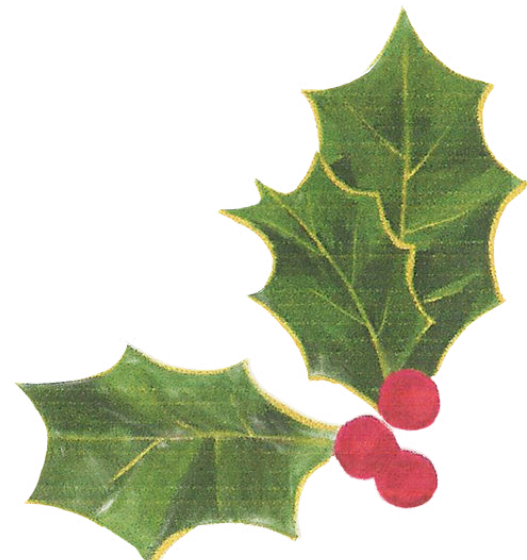
<https://www.mind.org.uk/information-support/tips-for-everyday-living/christmas-and-mental-health/christmas-coping-tips/>

- **Young Minds - Reminders if your child struggles with Christmas**

<https://www.youngminds.org.uk/young-person/blog/five-helpful-reminders-if-you-find-christmas-difficult/>

- **Young Minds - Taking the pressure off Christmas**

<https://www.youngminds.org.uk/young-person/blog/taking-the-pressure-off-christmas/>





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Online Support

- **BEAT - 5 Questions on Eating Disorders and Christmas**

<https://www.beateatingdisorders.org.uk/your-stories/five-questions-about-christmas-eating-disorder/>

- **Mental Health UK - Loneliness over Christmas**

https://euc7zxtct58.exactdn.com/wp-content/uploads/2023/11/09130110/Xmas-2023-Campaign_Coping-tips_A4L-2pp-printout_v2_FAW_PRINT.pdf

- **Mind - Crisis coping tools**

<https://www.mind.org.uk/need-urgent-help/>





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Helpline Numbers

- **Greater Manchester Mental Health Crisis line**
<https://www.gmmh.nhs.uk/247-helpline/>
Call **0800 953 0285** for 24/7 crisis support.
- **Samaritans** <https://www.samaritans.org/>
Call **116 123** For a safe space to talk to a volunteer.
- **Papyrus** <https://www.papyrus-uk.org/>
Call **0800 068 4141** for confidential suicide advice.
- **The Mix** - Young people aged 25 and under can text **85258** for their crisis messaging service.





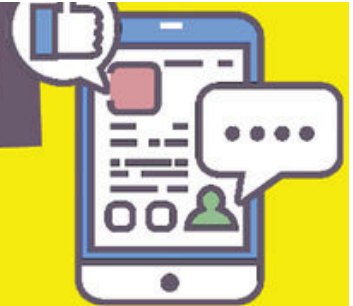
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Is your child getting a phone for Christmas?
Find out how to keep them safe and well online here

WHAT I WISH MY PARENTS KNEW

ABOUT ONLINE SAFETY...



TALK TO YOUR YOUNG PERSON

Help spot the signs of cyberbullying and harmful content by becoming your young person's trusted adult. Make sure to ask the right questions, such as:

- Is there anything worrying you online?
- Has anybody asked you for your personal information?
- Are you sure that you know who you are talking to online?



SHARING PERSONAL INFORMATION

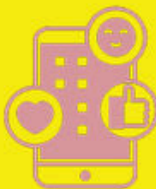
When sharing personal information or making payments on any websites or apps, check that there is a closed padlock in the address bar next to the website address.

This means that your connection to that website is secure. It does not guarantee that the retailer is legitimate. If the padlock is not there, then do not use the website.

PASSWORDS

Make sure that all apps and website logins have secure passwords. A strong password will have the following:

- Three random words, such as cupfishbiro
- Random uppercase letters
- At least one number
- At least one special character, such as a full stop or comma
- Example – **CupFishBiro8!**



You can also set up two-factor authentication (2FA), which means that every time you enter a password, you'll need to enter a unique one-off code that will be sent via text message or email before you can log in.

As a parent, you can set your mobile number for the 2FA, meaning that your young person won't be able to sign into a service or buy something online without you knowing.

FAMILIARISE YOURSELF WITH PARENTAL CONTROLS

Parental controls allow you to decide what websites and apps your young person can access. You can set limits on how long they can spend on their device and monitor how they use it.



The '**Google Family Link**' app is a Uswitch recommended parental control app and is available for free on Apple and Android phones.

FOR FURTHER SUPPORT

Kooth is a free, anonymous live chat service. Visit [Kooth.com](https://www.kooth.com)

Childline counsellors take calls 24/7 for any young people's worries. Call **0800 1111**

Bekindtomymind has a directory of local services and support. Visit [bekindtomymind.co.uk](https://www.bekindtomymind.co.uk)