



Bolton

Together

Bolton Together's Early Years Offer

Stay and Play

The diverse range of Stay and Plays offer the opportunity for parents and children to socialise and play. Parents can access information and advice, and help support their children's development. 7 of Bolton Together's Members deliver Stay and Play sessions every week.

Number of Weekly sessions

- Bolton Toy Library: 9 sessions
- Bolton Wanderers In The Community: 2 sessions
- The Hub at Westhoughton: 1 session
- Proud2bParents: 1 session
- Little Bats Learning: 4 sessions
- Lancashire Wildlife Trust: 3 sessions
- Flowhesion Foundation: 2 sessions



Timetables

Little Bats Learning Forest School

Little Bats Learning are offering 10-week forest school courses to families with children aged 1-5 (younger babies welcome with older siblings). Term-time only. To book, email: littlebatslearning@hotmail.com

Oldhams Start Well Children's Centre	Mondays	10-11:30am
Harvey Start Well Children's Centre	Fridays	10-11:30am
Bright Meadows Family Hub	Mondays	1-2:30pm
Great Lever Start Well Children's Centre	Fridays	1-2:30pm

Bolton Wanderers in the Community Stay and Play: Drop In, Stay and Play

Alexandra Family Hub	Wednesdays	10am-11.30am
Sutton Community Centre	Fridays	10am-11.30am

Proud2bParents Stay and Play: Drop In, Stay and Play

Great Lever Start Well Children's Centre	Thursday	1:00 - 2:30PM
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The Hub Westhoughton Stay and Play for 0-5 Years

The Hub at Westhoughton, Central Drive, BL5 3DS. Thursdays 1:30-2:30pm

Lancashire Wildlife Trust Nature Tots Contact Ruth rireland@lancswt.org.uk
Lancashire Wildlife Trust offer a nature based stay and play drop-in for children 1-3 years.

Oldhams Family Hub Tuesdays 10:00am – 11:00am
Oxford Grove Family Hub Tuesdays 1-2pm
Alexandra Family Hub Thursdays 10:00am – 11:00am

Flowhesion Foundation Parents and Tots
aisha.khan@flowhesionfoundation.org.uk

Stay and play drop – in group for parents with children aged 0-4 years.
Bilingual practitioners are in attendance for parents with South Asian ethnic backgrounds.

Oxford Grove Family Hub Mondays 10:00am – 12:00noon
Great Lever Family Hub Fridays 10:00am – 12:00noon

Bolton Toy Library Stay and Play

Farnworth Start Well Children’s Centre	Mondays	10-11am
Alexandra Family Hub	Mondays	1-2pm
Harvey Start Well Children’s Centre	Tuesdays	1-2pm
Great Lever Start Well Children’s Centre	Tuesdays	1-2pm
Harvey Start Well Children’s Centre	Wednesdays	1-2pm
Tonge Family Hub	Wednesdays	1-2pm
Oldhams Start Well Children’s Centre	Thursdays	1- 2pm
Bright Meadows Family Hub	Thursdays	10-11am

Bolton Toy Library: enquires@boltontoylibrary.org

Parent Support Offer

The Solihull Approach Parenting Programme
The Solihull Approach Parenting Programme is a 10 week course for parents to enhance their knowledge of parent and child development.
For booking and dates please visit:
<https://famielstogether.org.uk/>



Perinatal Mental Health Support Offer

MHiST Perinatal Fitness – Small Steps

Drop-in for families with children 0–2 years. Experience: gentle, wellbeing fitness. Meet others in a supportive, friendly, and welcoming space.

Westoughton Hub, Central Drive, BL5 3DS Mondays 11:00am – 12:00pm

With You in Mind: HomeStartHOST

A free drop-in peer support group for parents with children aged 0–2 years (expectant parents welcome)

Alexandra Family Hub Mondays 10:30am – 12:00noon

Oxford Grove Family Hub Tuesdays 1:15pm – 2:45pm

Farnworth Family Hub Wednesdays 1:15pm – 2:45pm

For information, contact: Sharonfletcher@homestarthost.org.uk or telephone 01204 216537



HomeStartHOST

Professional and peer support sessions are carried out in family homes, Family Hubs and alternative venues, as required or appropriate. Services are also available online, via phone and for families for whom English is an additional language.

info@homestarthost.org.uk

Trained facilitators and one-to-one support are available to parents and carers with mild mental health difficulties. This is offered by Bolton Toy Library and HomeStartHOST.

Contact Details:

Home-Start HOST: info@homestarthost.org.uk

Bolton Toy Library: enquires@boltontoylibrary.org



Infant Feeding with Breastfeeding Together

Breastfeeding Together provide Infant Feeding Support. All parents are provided access to one-to-one practical help on hospital wards in the immediate postnatal period, support with breastfeeding initiation, responsive feeding and relationship building.

In addition to this, Breastfeeding Together have an infant feeding peer support service, with drop-in infant feeding support and antenatal sessions available at Family Hubs. Breastfeeding Together also hold an office space at Oxford Grove Family Hub.

Breastfeeding Together Support

Available in hospital, at home, online, and over the telephone. Live chat available daily! To access, click the chat icon in the bottom right-hand corner of their website between 7pm-10pm. <https://bit.ly/3YXS2fy>

For equipment hire call 01942 236111 or email enquiries@breastfeedingtogether.co.uk.

On YouTube you'll find lots of breastfeeding support videos <https://bit.ly/4fFvhIY>.

Free Breastfeeding Support Groups

Breastfeeding Together provide in person support as shown below.

Horwich Library Mondays 11:00am – 12:00pm

Farnworth Family Hub Tuesdays 9:30– 10:30

Great Lever Family Hub Wednesdays 1–2pm

Oldhams Start Well Centre Thursdays 1–2pm

Tonge Family Hub Fridays 1–2pm

Alternatively, you can join the online group: Online 10:00am – 11:00am Meeting ID: 861 4777 2724 Passcode

Telephone: 01942 236111 or 07742 234496

Email: Enquiries@breastfeedingtogether.co.uk



Parent Engagement Offer

Bolton Toy Library deliver the Parent Carer Panel, with 14 members attending bi-monthly meetings to consult on parent informed priorities to inform and shape the Family Hub work.



The Wildlife Trust for
**Lancashire
Manchester &
North Merseyside**



in the
community
One Club. One Community. One Town



For more information please contact

Katrina Fletcher (She/Her)

**Programme Manager: Children, Young People and Families
Bolton Together**

Email: Katrina.Fletcher@boltontogogether.org.uk

Mobile: 07756286407

Bolton Together

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

Twitter: @BoltonTogether

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