

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: 2 sessions
- Lancashire Wildlife Trust: 3 sessions
- Flowhesion Foundation: 2 sessions



Little Bats Learning Forest School

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

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

Alexandra Family Hub	Wednesdays	10am-11.30am
Farnworth Family Hub	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.

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 Togetherness Parenting Programme
The 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

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



Dad Matters

Dad Matters is a Home-Start HOST project supporting dads who are expecting a baby or have a baby under 2 years old, to better understand their baby and their role as a dad. They support dads to develop the best relationship possible with their baby through One-to-One Peer Support, Monthly Walk and Talks and more. Dad Matters Walk & Talks are a great way for you to connect with other dads and chat about being a dad. You'll get support from our coordinators and some fresh air for you and your little one!



To book your free place on a walk or access support, contact

richardsmith@homestarthost.org.uk

Facebook:

<https://www.facebook.com/DadMattersGM>



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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 too. To find out more contact them at:

Telephone: 01942 236111 or 07742 234496

Email: Enquiries@breastfeedingtogether.co.uk



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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@boltontgether.org.uk

Mobile: 07756286407

Bolton Together

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

Twitter: @BoltonTogether

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