

CHOOSE YOUR STARTING POINT



Knowing where to start when trying to access support can be confusing and overwhelming. Every child is different and there is no set path or right or wrong! You don't need a diagnosis to get support for your child. Here's what you can do:

I WANT TO UNDERSTAND MY CHILD BETTER

This is a good place to start if you are unsure of where to get support from and what support is appropriate for your family. The goal is to learn, gain some reassurance and confidence, and get trusted advice.



Bolton Together's IThrive

Navigators for Neurodiversity

You can talk concerns through with our Navigators who will support you through the next steps.

[Referral Form](#)

Compass Partnership

The Compass Partnership provides free workshops and group sessions for parents and carers on a variety of topics linked to neurodiversity and SEND.

"Understanding your child"

Online togetherness for parents and carers. There are different courses available for your specific concern. Access online for free via <https://togetherness.co.uk/pathway-library/> Create an account and enter the access code:

RIVINGTON

Click on the pictures above to access the website and find out more information

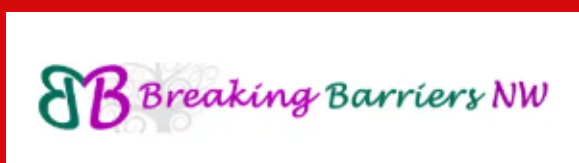
PRACTICAL HELP FOR HOME

The goal here is to have appropriate strategies to help you manage your home life much easier. This support is based on what you and your family needs, and not what diagnoses are in place. Diagnosis is not needed to get support.



Riding the rapids

Riding the Rapids is a 10 session group-based intervention for parents and carers of Autistic children. It increases parents' confidence and coping.



Breaking Barriers NW

An opportunity for parents to share challenges and strengths when supporting their neurodiverse children. No diagnosis needed. They have drop ins available every Thursday at 10:30am to chat and ask advice. To book, email breakbarriers3@gmail.com



Woodbridge Parenting Workshops

Bespoke Parent Workshops, all 9.30-10.30am, £15 per family. You can email the following to ask for information about the workshops, and to book on:
Kayk@ladywood.bolton.sch.uk
Brabinl@ladywood.bolton.sch.uk



Speech and Language therapy (SALT)

The goal is to empower others to effect change for children with speech, language, communication and feeding needs.

Click on the pictures above to access the website and find out more information

SUPPORT WITHIN SCHOOL

The goal here is to understand that schools do not need a diagnosis to act on any needs that may be presenting, they can act now. This support is based on improving understanding, improving your child's learning and improving inclusion.



Barriers to education - Warmth Framework

Focuses on 6 key areas to enable young people to feel a sense of belonging and for their needs to be met, allowing increased engagement in learning and school attendance.



Bolton IAS

Legally based advice and guidance to parents and carers of children and young people from 0-25, on education, health and social care.



Bolton Parent Carers

Part of The Compass Partnership where you can access free workshops and group sessions to support your understanding of neurodevelopmental needs, as well as other topics related to SEND.



Bolton Together's IThrive Navigators

Our navigators can support you in your understanding of what schools can put in place without the need for a diagnosis. They can also signpost and link you with organisations that can further support your family

Click on the pictures above to access the website and find out more information

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MY CHILD NEEDS EMOTIONAL SUPPORT

The goal here is to get support for your child's emotional wellbeing. They might need extra support with their feelings, anxiety and further mental health. Neurodiverse children have a right to access emotional support.



Bolton Together IThrive Hub

[2-19 referral form for IThrive support](#)

Bolton Together's iThrive initiative offers resources and support for parents, professionals, and young people, aiming to promote emotional health and wellbeing within the community.

Mental Health Support Teams (MHSTs)

MHSTs offers mental health support within schools. There are selected schools that work with MHST.

Counselling offers - Respect for all

Respect for all are a charity that offer counselling support to children, young people and families with Autism. They accept self-referrals and professional referrals. Their service is mainly delivered online, however face to face appointments can be accessed.

Spectrum Gaming

An online community for Autistic young people, created and led by autistic adults.

It offers a safe space for young people to make friends and connect with others.

Click on the pictures above to access the website and find out more information

THINGS FEEL OVERWHELMING OR UNSAFE

The goal here is to understand what support you can access when needs increase/worsen. It is important to know where you can go if you need an extra layer of support. Click on the pictures below to access the websites.



Rapid Response Team

The rapid response team provide community-based rapid assessment and brief intensive support for up to 72 hours



Integrated Front Door

The Integrated Front Door offers a single contact point for child wellbeing concerns in Bolton. You can reach a social worker by calling 01204 331500 and selecting Option 2. Phone lines are open Monday to Friday, 8:45 am to 5 pm.

CAMHS

You can contact the CAMHS duty worker on 01204 483 222 (Monday–Friday, 9am–5pm) if things feel unsafe for your child or you need urgent mental health advice. For 24/7 help, call NHS 111. In an emergency, call 999 or go to A&E immediately.

Dynamic Support Register

Aims to meet the needs of children with Neurodiversity who are at risk of being admitted to a mental health hospital, or at risk of their placement breaking down. And find further resources/support available to you if your child is experiencing a higher level of needs. A referral can be made by a professional supporting the family.

You may need to speak to your lead professional about accessing this higher level of support

WHAT HAPPENS NEXT?

Some of these services and support can be accessed at the same time. Remember that support is not always a one size fits all, you may need to try a few things before you find the correct support that works. However, it's important to remember that:

- Needs are reviewed over time
- If your circumstances change then your options can always be revisited
- Talk to your IThrive Navigator to explore what's right for you and what your options are.

Additional information and resources:

- Access the Bolton Council local offer for access to a range of information (<https://www.bolton.gov.uk/sendlocaloffer/>).
- Bolton Together Website (<https://bolton-together.org.uk/>).
- Greater Manchester Autism Consortium website (<https://autismgm.org.uk/>).

