



ITHRIVE NEWSLETTER

June 2026

ithrive@boltontogogether.org.uk

Key Updates

New Neurodiversity offer



Who? Children aged 5-10 (No diagnosis needed)

What? 1:1 child-led sessions in a calm, structured, and familiar environment. Sessions will focus on building confidence, improving their understanding of themselves, develop emotional wellbeing, build communication skills and also learn strategies to cope with everyday challenges.

Parents will have regular check-ins. These sessions will provide a safe space to reflect on and discuss the week, share challenges, celebrate successes and plan next steps. Guidance will be personalised and practical.

They will also hold celebration events throughout the programme to recognise progress, achievements and family strengths. Events will be welcoming, inclusive and flexible, allowing all children and families to participate comfortably.

Please fill in the referral form below to access this service.

[iThrive Referral Form](#)

HAF is a program that provides free holiday clubs and activities for children and young people during school holidays, along with a nutritious meal.

More information can be found on Bolton Council's website. This service is for those children receiving free school meals.



iThrive Navigator Outreach Sessions

Who? Families who are navigating Neurodiversity for their children. Aged 5-19 years (25 with SEND).

What? 30 minute sessions where you can ask our Navigators questions regarding navigating Neurodiversity pathways, gain advice, and discuss next steps

When? The next 3 sessions are on the 25th June, 30th July, and 13th August. More information can be found on the flyer

[Book Here](#)

Bolton Together
Registered Charity in England and Wales (1163466)
<https://boltontogogether.org.uk/>

iThrive Navigators for Neurodiversity OUTREACH SESSIONS

Upcoming dates:

- When?** 25th June 9:30 - 12:00
Where? Harvey Family Hub
- When?** 30th July 9:30 - 12:30
Where? Farnworth family hub
- When?** 13th August 9:30 - 12:30
Where? Harvey Family Hub

What is Navigation?

The purpose of our iThrive Navigators is to support families as they explore neurodiversity, including Autism and ADHD. We work closely with parents to explain next steps, help families understand the pathways available, share information and resources, and connect families to services and support.

What can I expect?

30-minute slots are available with one of the Navigators to discuss your concerns and provide the opportunity to ask questions, and consider possible next steps for your family. This is an informal conversation to find out more about your family's and your child's needs and strengths. We will provide information and resources and agree whether further support from a Navigator would be useful to help you to achieve your goals.

For more information on how to book:

Booking Form

[CLICK HERE](#)

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Bolton Together

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

Kooth- <https://www.kooth.com/>

Qwell- <https://www.qwell.io/>

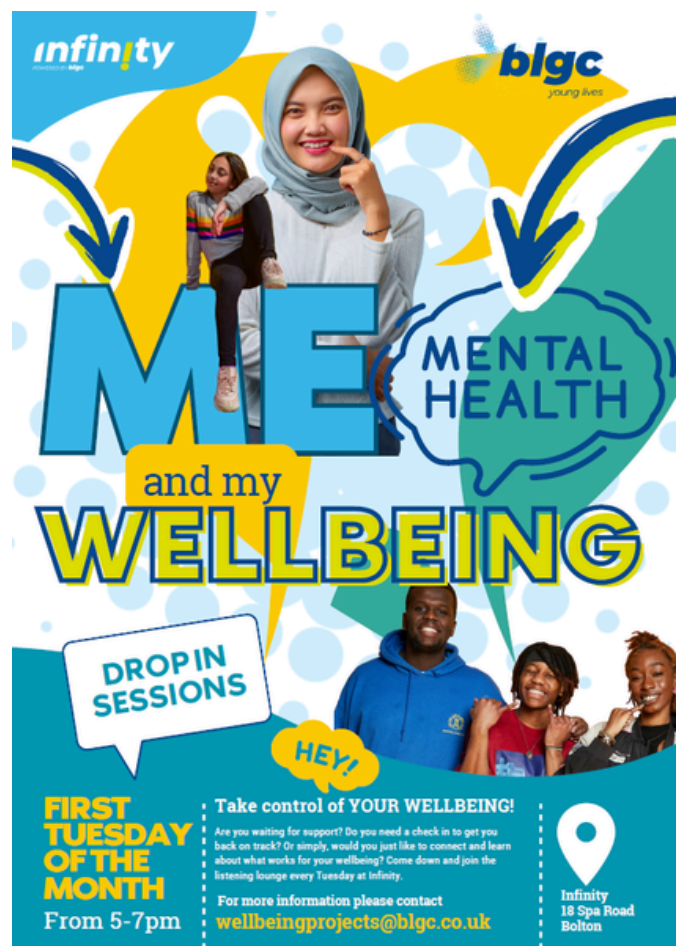
BLGC- <https://www.blgc.co.uk/>

Mind- <https://www.mind.org.uk/>

Spectrum Gaming

<https://www.spectrumgaming.net>

Additional Support



infiniti
young lives

blgc
young lives

ME
and my
WELLBEING

MENTAL HEALTH

DROP IN SESSIONS

HEY!

FIRST TUESDAY OF THE MONTH
From 5-7pm

Take control of YOUR WELLBEING!
Are you waiting for support? Do you need a check in to get you back on track? Or simply, would you just like to connect and learn about what works for your wellbeing? Come down and join the listening lounge every Tuesday at Infiniti.

For more information please contact
wellbeingprojects@blgc.co.uk

Infinity
18 Spa Road
Bolton

kooth | Qwell

Supporting the mental health of children, young people, and adults in your community



Vue Bolton hosts an autism-friendly screening at 10:30am on the last Sunday of every month. [You can book that and other autism-friendly screenings here.](#) Select All Times or Coming Soon to see the full range of screenings available.

Vue Bolton- For those aged 4-11, handpicked family films from only £2.49 when booked online, showing late mornings every weekend and every day during the school holidays.
www.myvue.com

Cineworld Bolton - The Valley - Autism friendly and audio descriptive showings are available - ring for more information.

www.cineworld.co.uk

0870 777 2775

Cineworld Bolton- Family ticket available at Cineworld - parents get the same prices as children

Support Over Summer

Last summer, iThrive provided support to 266 children and young people across July, August and September, with our delivery partners delivering 81 sessions during the six-week school holidays to help young people stay connected to the support they needed.

This year, we also expanded our offer through the introduction of Navigator support for families exploring neurodiversity concerns and a dedicated mentoring programme for children aged 5–10 with neurodiverse needs.

Building on this strong foundation, we are aiming to reach even more children, young people and families this summer. If you know someone who could benefit from support, we encourage you to refer them to the Hub early so they can access the right help at the right time.

[REFER HERE](#)

Keep an eye out for the release of the Summer Wellbeing Booklet. It is full of mental wellbeing support, activities and summer fun around Bolton.

[RESOURCES](#)

We have put together a Water Safety presentation collating useful links and printable activities. Please share and discuss with your children and young people.

[VIEW](#)

For further information you can access our website www.bolton-together.co.uk or email us ithrive@boltontgether.org.uk

[VISIT OUR WEBSITE](#)

Scan the QR code to access the Bolton Family Hub Guide for support and activities over summer



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