

Bolton

Together

Summer

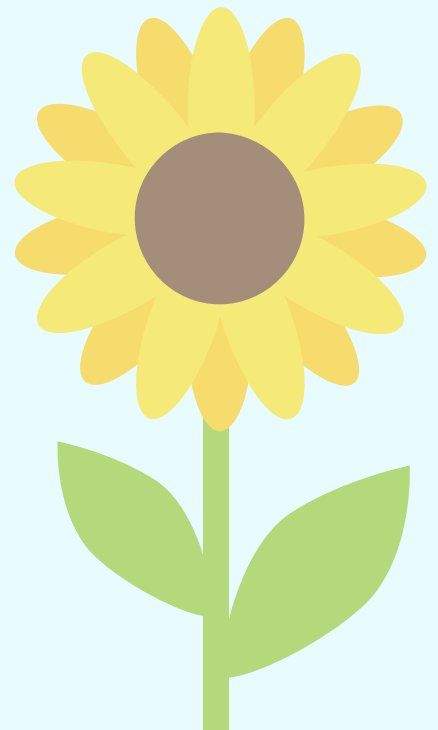
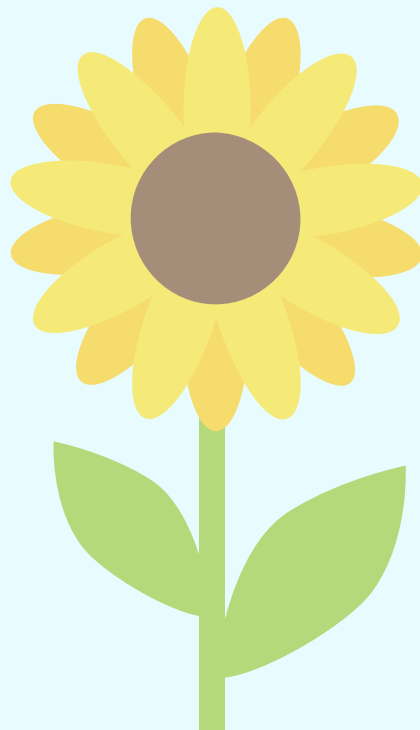
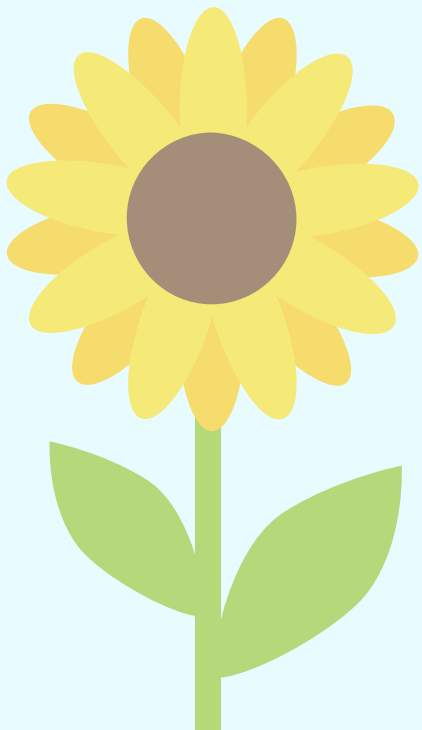
Mental Wellbeing Activity
Book



Registered Company Number: 08730010 (ENGLAND
and WALES) Registered Charity Number 1163466

What's Inside

- Get outside- Relaxed activities to do outdoors enjoying nature
- Self Care ideas- write down your favourite self care ideas to use when you need them.
- Summer Survival Guide
- Worry tree
- Colouring sheet- colour me in when you need a quiet moment
- Support available
- Summer activities in Bolton
- Move into wellness- movement challenge completed your way!
- Water Safety Guide



Get Outside

Summer is a great time for getting outside and enjoying nature. Here are some relaxed activities to enjoy when you want a quieter day.

Forest bathing- Lay a blanket on the ground, lie down and close your eyes. What can you hear? Enjoy the sounds of nature and focus on your breathing

Scavenger Hunt- This makes a boring walk much more interesting! Look for colours, shapes and textures.

Wildlife spotting- What will you spot in your local woodland? A squirrel? a robin? Draw what you see or keep a list to compare next time.

Make a Den- what can you find to make a den? remember to leave no trace when you're done!

Have a picnic- Make your favourite lunch, pack a little treat and head out! Find the perfect spot to enjoy your picnic

To The Woods



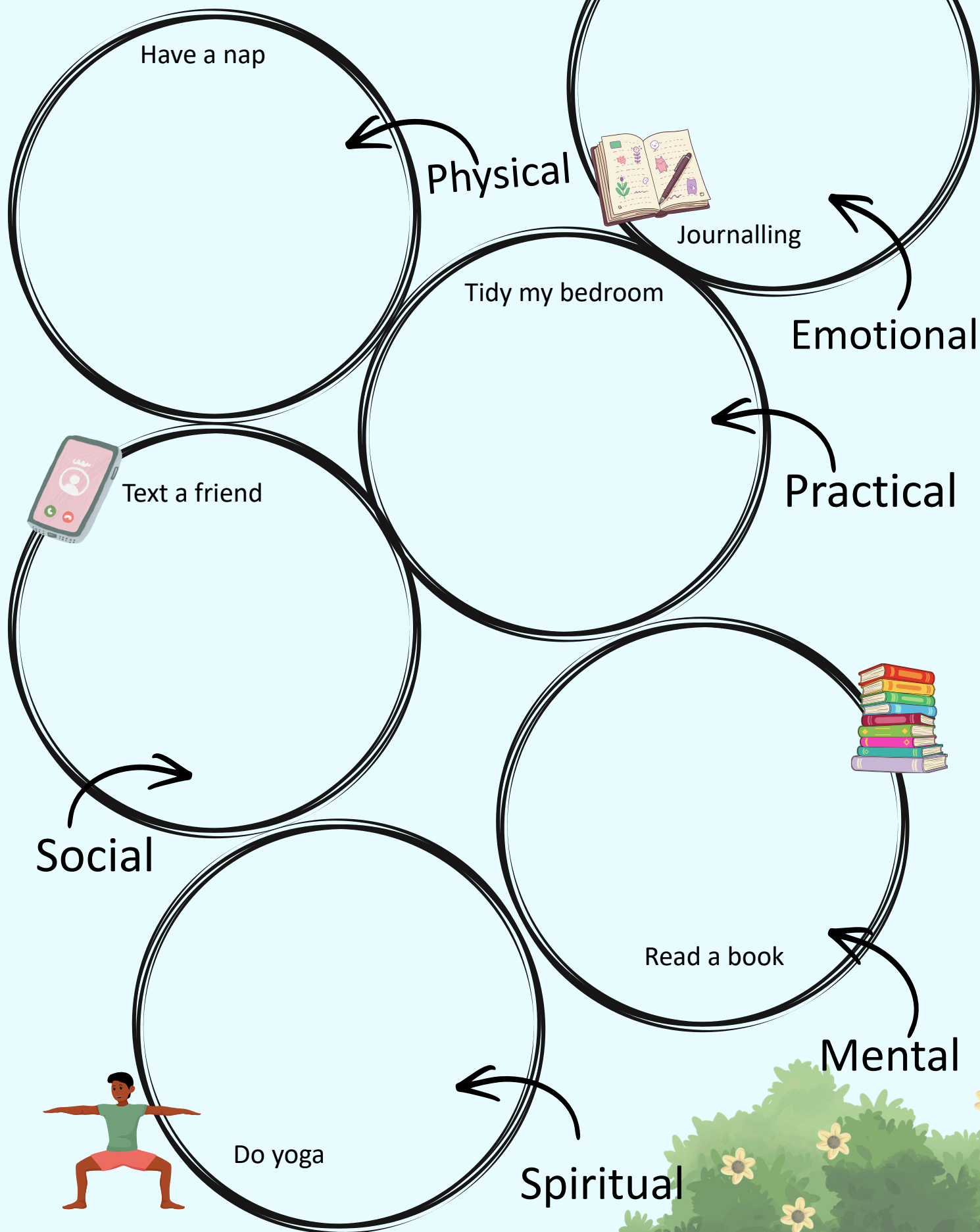
Scan the QR code to visit the Woodland trust website. They have all the information on your local woodlands, routes, and activities.





Self Care Ideas

Write down some ideas to help you when you need a boost

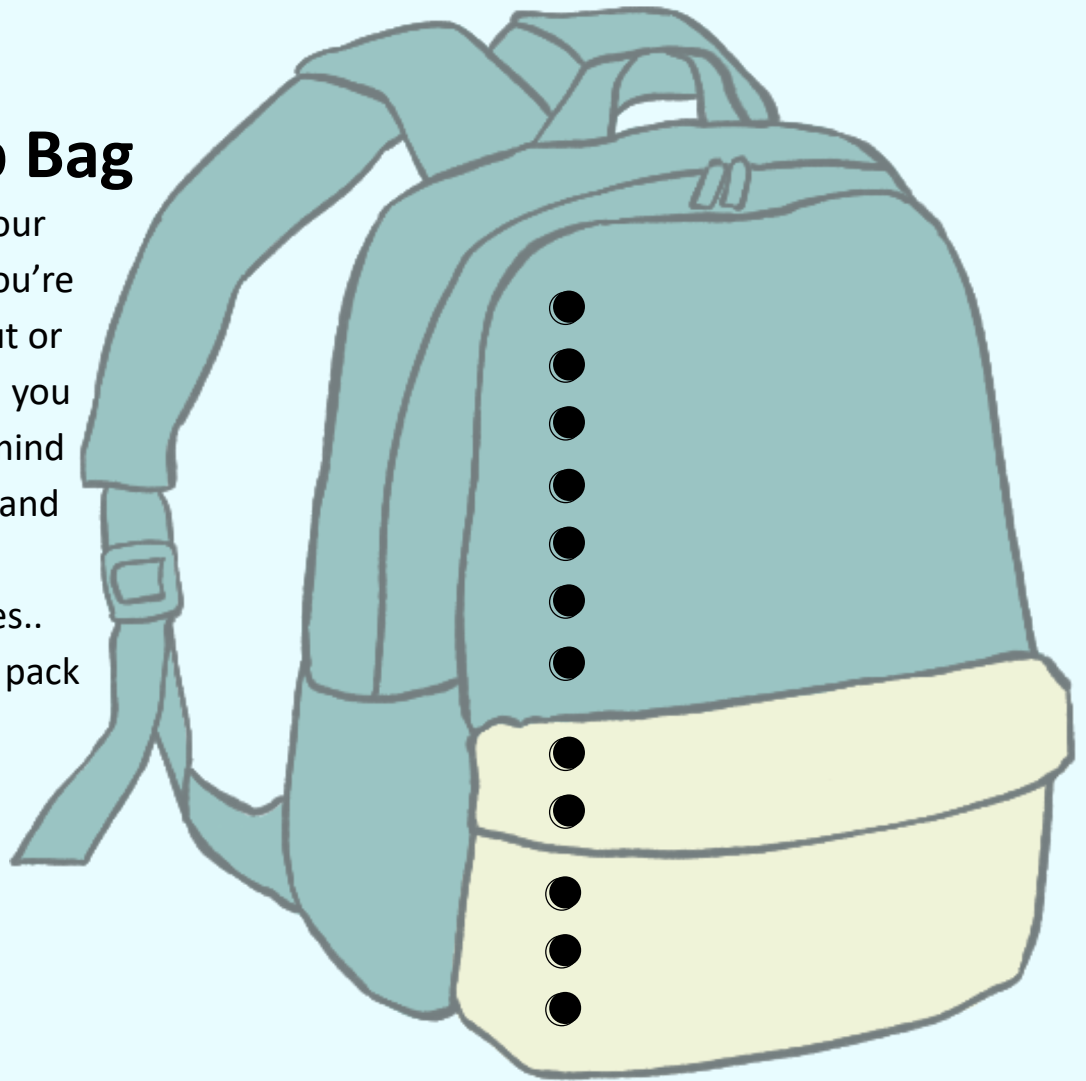


Summer Survival Guide

Summer Grab Bag

What do you need in your summer survival kit? If you're going for a family day out or visiting friends, what can you pack to help keep your mind and body feeling happy and relaxed.

Fidget toys, headphones..
write a checklist ready to pack
on days out.



DIY Summer Sundae

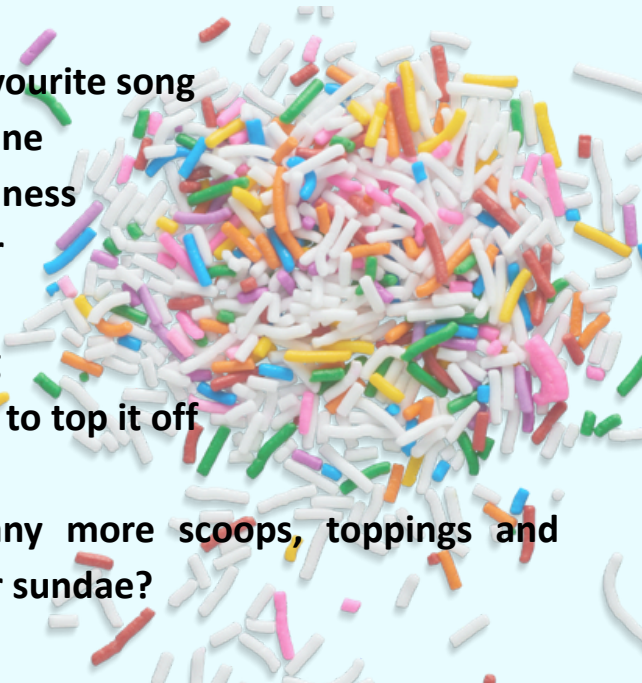
What would make your perfect Summer Sundae?

menu

- 1 scoop of my favourite song
- 1 scoop of sunshine
- a sprinkle of kindness
- a flake of laughter
- a drizzle of quiet
- a drop of reading
- a trip to the park to top it off



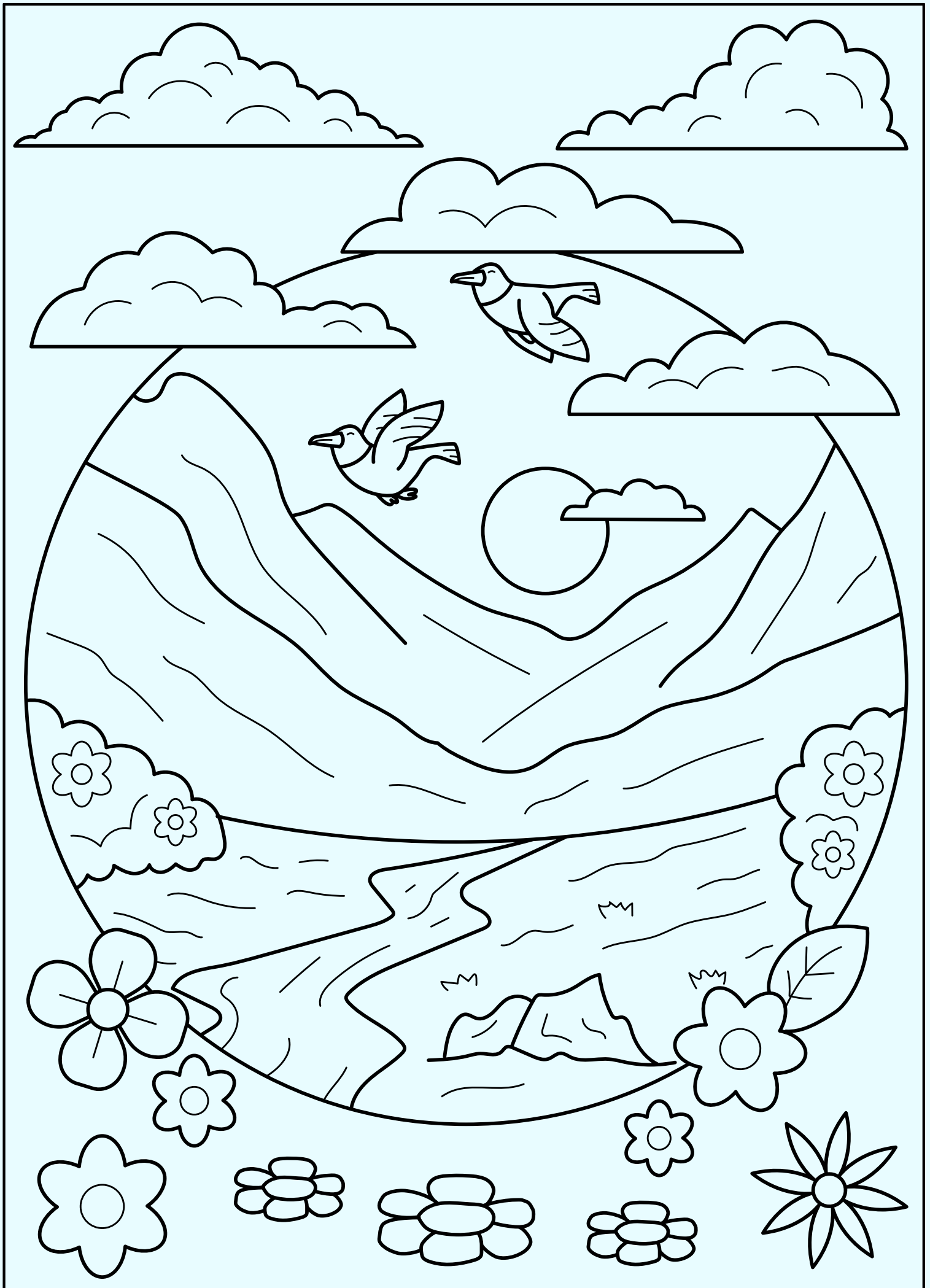
Can you think of any more scoops, toppings and sauces to add to your sundae?



Worry Tree

Write your worries on a leaf. Think of a solution and write it with your worry. Next time you feel worried, look back at your tree and find your solutions





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

infinity **blgc**
young lives

ME **MENTAL HEALTH**
and my **WELLBEING**

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



#TeamBolton
Holiday Activities
& Food #HAF



www.bolton.gov.uk/HAF

Department
for Education

Bolton
Council

hey
JUMP INTO
SUMMER
WITH #HAF!

GET READY FOR

- + Football + Arts and crafts
- + Baking + Cooking
- + Multisports + Gaming
- + Planting + Workshops
- + Trips + Rock Climbing

JUNIORS
Ages 8-12
10am-2pm

CALL US NOW

21204 540100 to book your place
PLACES ARE LIMITED, SO BOOK NOW

CALL NOW PAID PLACES AVAILABLE

blgc
enriching young lives

Department for Education
Bolton Council

in the community
Premier League Kicks

MONDAYS	TUESDAYS
<ul style="list-style-type: none"> Kearsley Academy, BL4 8HY 4:00 - 5:00pm - Ages 8-17 (Football) Canon Slade School, BL2 3BP 6:00 - 7:00pm - Ages 8-17 (Disability Football) Castle Hill, BL2 2JW 7:00 - 9:00pm - Ages 12-17 (Youth Club) Brownlow Fold, BL1 3EF 6:30 - 9:00pm - Ages 12-17 (Youth Club) 	<ul style="list-style-type: none"> St Catherine's, BL2 5EW 5:00 - 6:00pm - Ages 8-17 (Football) LGBTQ+, BL4 7AP 5:30 - 7:30pm - Ages 13-17 (Youth Club)
WEDNESDAYS	THURSDAYS
<ul style="list-style-type: none"> St James', BL4 9RU 4:00 - 5:00pm - Ages 8-12 (Football) Pikes Lane, BL3 5EL 5:30 - 6:30pm - Ages 8-12 (Football) 6:30 - 7:30pm - Ages 13-17 (Football) 	<ul style="list-style-type: none"> PowerLeague, BL2 6BZ 4:00 - 5:00pm - Ages 8-12 (Football) HAFWAY - Girls & Non Binary, BL1 8BP 5:00 - 6:30pm - Ages 12-17 (Youth Club)
FRIDAYS	SATURDAYS
<ul style="list-style-type: none"> St James', BL4 9RU 5:00 - 7:00pm - Ages 12-17 (Football) Castle Hill, BL2 2JW 7:00 - 8:30pm - Ages 8-12 (Football) 	<ul style="list-style-type: none"> Sunninghill, BL3 6TR 4:45 - 6:00pm - Ages 13-17 (Football) 6:00 - 7:15pm - Ages 9-12 (Football)

For more information please contact Owen Heyes at oheyes@bwitc.org.uk

Free events in Bolton!

The Theatre in the Park are free events throughout summer that include performances and circus shows followed by a workshop

Click the link for more details and discover lots of other events

<https://www.visitbolton.com/whatson/family-events/>



Family Festival 2026 at the Octagon
25-26 July FREE but booking required

<https://octagonbolton.co.uk/events/family-festival-2026>



Park Yoga

Free Family friendly yoga Session

Queen's Park

Every Sunday until 19th

September

9.30-10.30

Bring a Mat or Blanket



Follow the link for more information about Queens Park Bolton, Try the outdoor gym or take the riverside walk. There's a beautiful children's playground and replenish at the cafe

<https://www.queensparkbolton.co.uk/>

hey JUMP INTO SUMMER WITH #HAF!

GET READY FOR

- + Football + Arts and crafts
- + Baking + Cooking
- + Multisports + Gaming
- + Planting + Workshops
- + Trips + Rock Climbing

CONNECT
Ages 8-18*
* With additional needs

MONDAYS - 4-8PM
MON 20TH & 27TH JULY
MON 3RD & 10TH AUG
FRIDAYS - 10-2PM
FRI 24TH & 31ST JULY
FRI 07TH & 14TH AUG

CALL NOW
PAID PLACES AVAILABLE

01204 540100 to book your place
PLACES ARE LIMITED, SO BOOK NOW

Bolton Council

Summer water safety

Accidents are mostly preventable with the correct knowledge and judgment and here are our tips to staying safe in the water during the summer:

To enjoy the water safely and make the right call...

- Enter slowly and carefully
Think carefully about your ability to splash or swim in cold outdoor water. 49% of those who lost their life were classified as swimmers*. Are you really a good swimmer?
- Stay within reach
Don't go too far and stay within a standing depth.
- Always be supervised
Over 70% of fatal accidents occur in the absence of professional supervision. Seek life guarded areas and always make sure some one is available to raise the alarm.

Summer is an amazing time to enjoy our beautiful waterways but we must be mindful that warmer weather is directly linked to an increase in fatal drowning incidents.

Rivers and Lakes/Lochs pose the greatest statistical risk as there are often hazards that the average person is equipped to handle and there is a lack of professional supervision.

In an emergency...

- Call 999
If you are at the coast, call 999 and ask for the Coastguard. Don't enter the water to rescue.
- If you're in trouble FLOAT and call for help
Fall in or become tired – stay calm, float on your back and call for help. Throw something that floats to somebody that has fallen in.



STOP AND THINK



STAY TOGETHER



CALL 999



FLOAT

For further information please check out <https://www.rlss.org.uk>

If you feel that yourself or a child/young person are at risk of harming themselves or others, then we would urge you to contact any of the following services who are able to offer support:

- NHS (non-emergency) 111 (24hrs)
- Samaritans (Helpline) 116 123 (24hrs)
- GMMH 24/7 Helpline number 0800 953 0285

Alternatively, please contact your GP. Or if in crisis, attend your local A&E department.

This workbook has been produced by the IThrive Team at Bolton Together. For further information you can access our website www.bolton-together.co.uk or email us ithrive@boltontogogether.org.uk

[VISIT OUR WEBSITE](http://www.bolton-together.co.uk)

If you or someone you know needs support, you can complete the referral form on our website or click the link below

[REFER HERE](#)

Bolton

Together