

The background image shows a wooden table set up for baking. In the foreground, there's a white bowl filled with chocolate chips, a green measuring cup, and a whisk. To the right, a white bowl contains a yellow liquid mixture. Behind these, a block of butter sits on a piece of parchment paper, next to a small bottle of vanilla extract. Further back, a large bag of flour (1.5kg) and a container of baking powder are visible. A person's arm in a school uniform is partially seen on the right side of the frame.

IThrive Report - April - June '26

11-19 years (25 SEND)

Bolton

Together

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1.0 Summary

During April–June 2026, IThrive continued to provide accessible, responsive emotional health and wellbeing support to young people aged 11–19, including those with additional needs and vulnerabilities. Across delivery partners, young people received targeted 1:1 interventions, therapeutic support and group-based opportunities designed to strengthen emotional regulation, resilience, confidence and positive coping strategies.

A key focus this quarter has been supporting young people experiencing the impact of domestic abuse, anxiety, low mood, anger, exam stress, self-harm concerns and difficulties within relationships. Through safe and consistent relationships with practitioners, young people have developed greater self-awareness, improved emotional literacy and increased confidence in managing challenges.

Case studies demonstrate the meaningful difference this support is making. Young people have progressed from feeling overwhelmed and struggling with conflict to recognising triggers, communicating more effectively, developing healthier routines and rebuilding positive relationships. One young person shared: “I try more to listen. I don’t just react. It’s hard but I have been trying.”

Partnership working has remained central to delivery, with practitioners working alongside schools, families and wider services to ensure young people’s voices are heard and support is coordinated. Flexible delivery across schools, community venues, GP surgeries and local settings has improved accessibility and engagement.

IThrive continues to provide early, preventative support that enables young people to build resilience, improve wellbeing and develop skills that will positively influence their future.

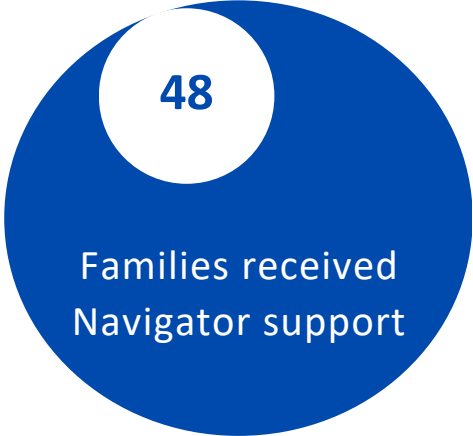
- Young people are developing improved emotional regulation, confidence and coping strategies
 - Across the quarter, support focused on helping young people manage anger, frustration, anxiety and overwhelming emotions through emotional regulation activities, safety planning and positive coping strategies.
 - In the Miles case study, the young person developed greater awareness of anger triggers, improved his ability to de-escalate conflict and reported: "I try more to listen. I don't just react. It's hard but I have been trying."

- Young people presenting with higher levels of emotional risk are receiving timely safety-focused support
 - Six young people supported by Fortalice were regularly exhibiting risky behaviours, including self-harm and suicidal ideation. Work focused on safety planning, recognising crisis points, identifying trusted adults and accessing appropriate support.
 - Bolton Lads & Girls Club Thrive completed safeguarding responses for concerns including self-harm and suicidal thoughts during the quarter.

- Family support is strengthening the wider network around young people
 - Fortalice, Bolton Lads & Girls Club and RISE continued to involve parents and carers where appropriate, supporting improved understanding of young people's needs.
 - Through RISE's partnership with Families Together, parents and young people accessed joint support, with one parent reporting improved wellbeing and increased engagement in self-care activities following six group sessions.

2.0 IThrive Neurodiversity Navigators Update

The iThrive Navigator Service continued to strengthen its support for neurodiverse children, young people and their families across Bolton during April–June 2026. Building on the previous quarter, the service established a strong caseload, introduced successful monthly outreach sessions and maintained a zero waiting list by increasing capacity.



During the quarter, 27 new referrals were accepted, 23 initial meetings completed, 48 cases remained open, 19 cases were successfully closed and six families accessed the first outreach session, with all appointments attended. Most referrals related to children aged 5–8, highlighting increasing demand for early intervention. Emotional dysregulation, attention difficulties and school avoidance emerged as the most common presenting concerns. Families received practical support through advice, advocacy, school meetings, parenting courses, peer support and signposting to specialist services. Feedback was overwhelmingly positive, with 100% of parents reporting they felt listened to, supported and involved in decision-making, and all saying they would recommend the service.

Case studies demonstrated how personalised interventions, collaborative working with schools and tailored strategies improved outcomes for children and reduced parental anxiety. The report also identified increasing demand in East Bolton and recognised the need to improve awareness among underrepresented communities. Looking ahead, priorities include expanding outreach provision, strengthening regional collaboration, developing new resources and continuing to provide accessible, early neurodiversity support for families.

"For once, I feel listened to regarding [my child's] difficulties." – Parent



Key impacts this quarter:

- **Supported 48 families**, with 19 achieving their goals and successfully completing support.
- **Improved early access to support** through the launch of community outreach sessions, reducing barriers for families.
- **Responded to increasing demand** for children aged 5–8, providing timely early intervention.
- **Helped families address key challenges**, including emotional dysregulation, attention difficulties and school avoidance.
- **Strengthened partnership working** with schools and health professionals, improving coordinated support for children and families.
- **Empowered parents** through advocacy, practical strategies, parenting programmes and connections to wider community support.
- **Achieved outstanding parent satisfaction**, with 100% of families reporting they felt listened to, supported and would recommend the service.



Bolton Together
Registered Charity in England and Wales (1133466)
<https://boltontogether.org.uk/>

IThrive Navigators for Neurodiversity OUTREACH SESSIONS

Upcoming dates:

When? 25th June 9:30 - 12:00
Where? Harvey Best Start Family Hub

When? 30th July 9:30 - 12:30
Where? Farnworth Best Start Family hub

When? 13th August 9:30 - 12:30
Where? Harvey Best Start 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. We work with children aged 5-19 (25 with SEND).

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

 Emma.Griffiths@boltontogether.org.uk
 Lauren.Gregory@boltontogether.org.uk



The Navigators



3. What Has Been Delivered This Quarter

This quarter, IThrive services delivered support to over 125 young people, providing a mix of early intervention, targeted support, and whole-family engagement across Core Offer, IThrive Plus, and Parent Peer Support pathways.

Fortalice

- 20 young people supported; 73 1:1 support and guidance sessions delivered
- Focused on emotional regulation, safety planning, coping strategies, managing anger, anxiety and the impact of domestic abuse
- Supported young people experiencing self-harm concerns and suicidal ideation through risk identification, crisis planning and identifying safe adults
- Continued strong multi-agency working, including attendance at 5 Core Group meetings to support coordinated plans around young people



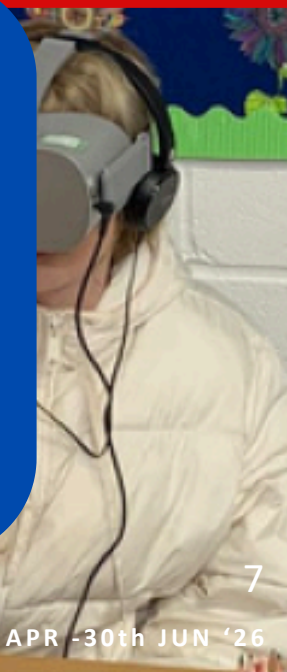
Fortalice Counselling

- 18 young people received or were receiving therapy; 97 counselling sessions delivered
- Provided therapeutic support addressing the impact of domestic abuse, trauma, anxiety, low mood, self-esteem and relationship difficulties
- Increased focus on involving parents and carers within treatment plans to strengthen support around young people
- Expanded flexible delivery locations, including GP surgeries, community venues and local settings to improve accessibility and engagement



Bolton Lads & Girls Club Thrive

- 26 young people offered support; 25 young people engaged with the service
- Delivered targeted emotional wellbeing support focused on resilience, confidence, coping strategies and managing emotional challenges
- Supported young people presenting with safeguarding concerns, including self-harm and suicidal thoughts, through appropriate safeguarding responses and signposting
- Continued community-based youth support approaches to engage young people who may face barriers accessing traditional services



Bolton Lads & Girls Club Counselling

- 6 young people allocated; 12 young people received counselling support during the quarter
- Provided therapeutic support to young people requiring focused emotional wellbeing interventions
- Continued to offer accessible counselling support alongside wider IThrive provision
- Maintained effective referral pathways and appropriate transitions into and out of counselling support

Baby Basics Bolton & The Bridge Church



Urban Outreach – RISE

- 74 referrals received via the IThrive Hub; 37 young people allocated to support workers; 222 1:1 sessions delivered
- Supported young people through emotional wellbeing interventions, resilience building, confidence development and coping strategies
- Strengthened group support through partnership working with Families Together, creating a combined offer for young people and parents
- Delivered additional wellbeing activities during school holidays, supporting connection, confidence and positive relationships



Breaking Barriers Northwest

- 11 young people supported, with 42 one-to-one support and guidance sessions delivered.
- Provided one-to-one support for a range of issues affecting young people's emotional wellbeing, including family relationship breakdowns, friendships, anger management, school-related challenges (such as concentration, attendance, bullying and suspensions), exam stress, sleep difficulties and concerns around eating.



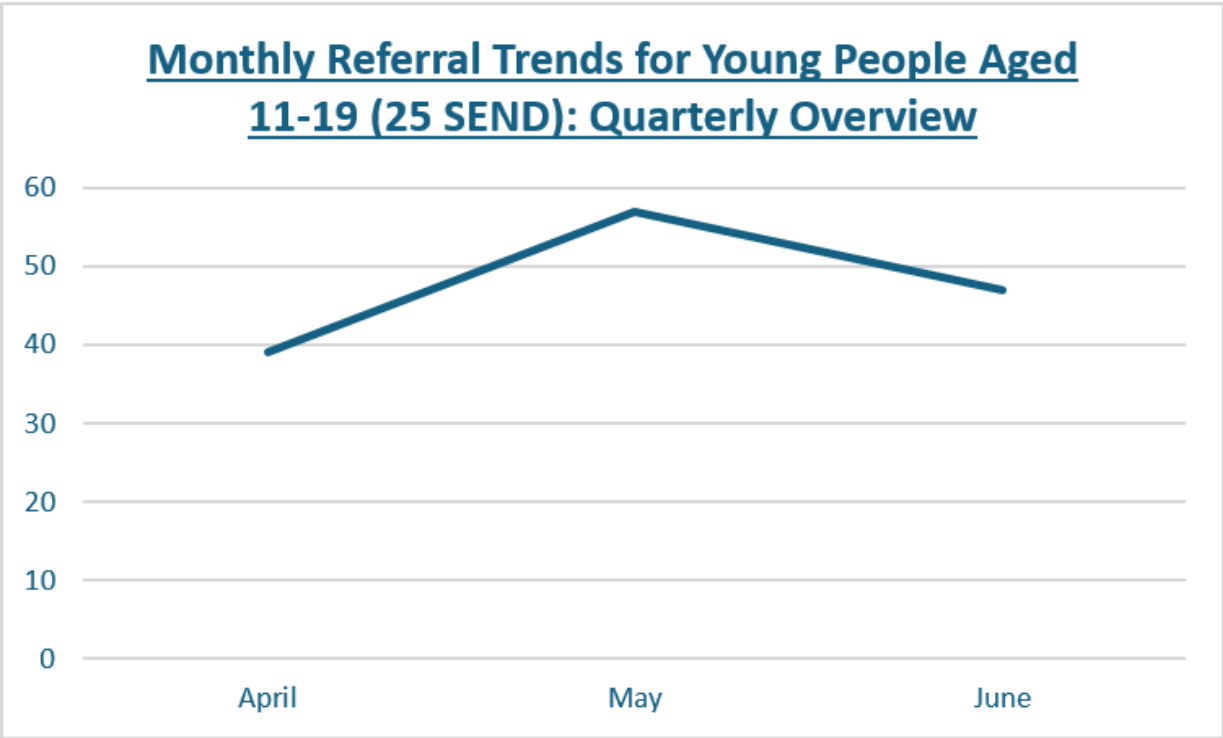
The Proud Trust

- 12 LGBTQ+ youth group sessions, providing a safe, inclusive space for young people to socialise, learn and build confidence.
- Supported 10 unique young people, with 40 attendances across regular youth group sessions.
- 14 one-to-one support sessions, offering personalised emotional support, guidance and advice for young people with individual needs.
- Enabled 4 Bolton young people to access wider Proud Trust services, with 20 attendances at other group sessions, helping them build.

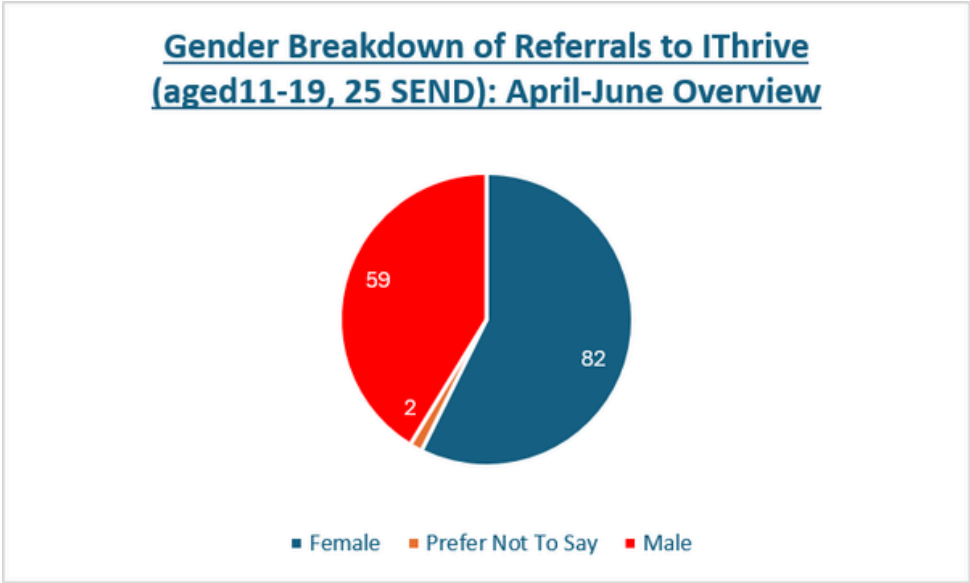


4.0 Quantitative Data

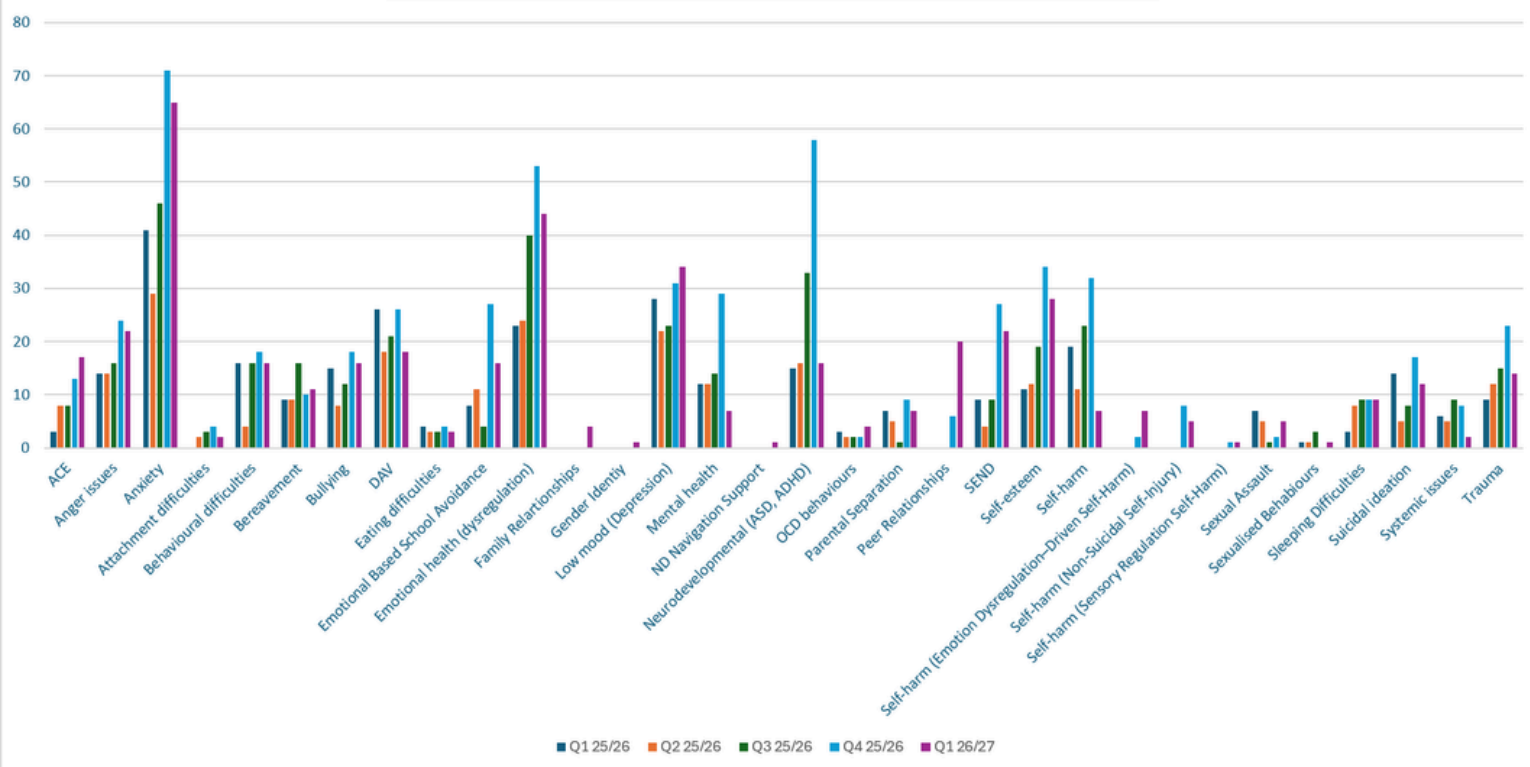
4.1 Qualitative Data - REFERRAL DATA



During the quarter, the IThrive Hub received 143 referrals for those aged 11-19 years old. The referral data demonstrates sustained demand for the iThrive service, with referrals increasing overall across 2025/26 and remaining at a high level into Quarter 1 2026/27. Presenting needs continue to be dominated by emotional wellbeing and mental health concerns, particularly anxiety, emotional dysregulation and low mood, alongside increasing complexity reflected in adverse childhood experiences (ACEs), neurodevelopmental needs, school avoidance and peer relationship issues. The demographic profile of referrals broadly reflects Bolton's young population, with the majority of referrals relating to White British young people and females, although continued monitoring is required to ensure equitable access across all communities and protected characteristics.



Reason for Referral to iThrive (aged 11-19, 25 SEND) Quarterly Overview

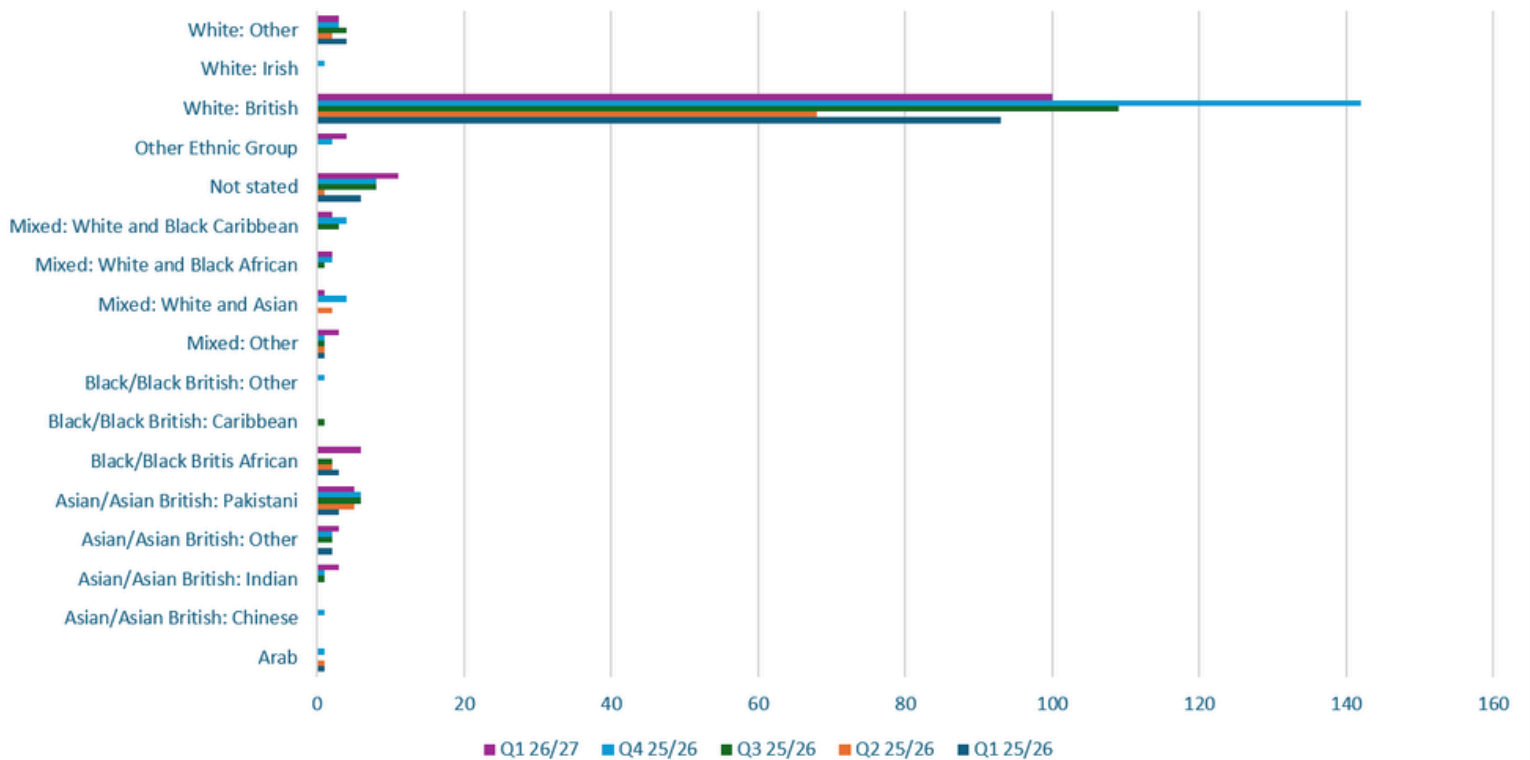


During Quarter 1 2026/27 (April to June 2026), anxiety remained the most common presenting difficulty, accounting for 45.5% of all referrals (65 of 143), compared with 39.7% in the previous quarter, demonstrating sustained demand for support with emotional wellbeing. Emotional dysregulation was recorded in 30.8% of referrals (44), remaining one of the most common presenting needs despite a slight reduction from 29.6% to 30.8% as referral volumes decreased overall. Low mood was identified in 23.8% of referrals (34), an increase from 17.3% in Quarter 4 2025/26. The most notable change was in peer relationship difficulties, which increased from 3.4% of referrals (6) in Quarter 4 2025/26 to 14.0% (20) in Quarter 1 2026/27. Referrals relating to Adverse Childhood Experiences (ACEs) also continued their upward trend, increasing from 7.3% of referrals in Quarter 4 2025/26 to 11.9% in Quarter 1 2026/27, representing the highest proportion recorded across the reporting period. Conversely, referrals relating to neurodevelopmental needs reduced from 32.4% to 11.2%, while referrals for self-harm (combining all self-harm categories) decreased from 24.0% to 14.0%, suggesting a shift in the profile of presenting needs rather than an overall reduction in demand.

45.5%

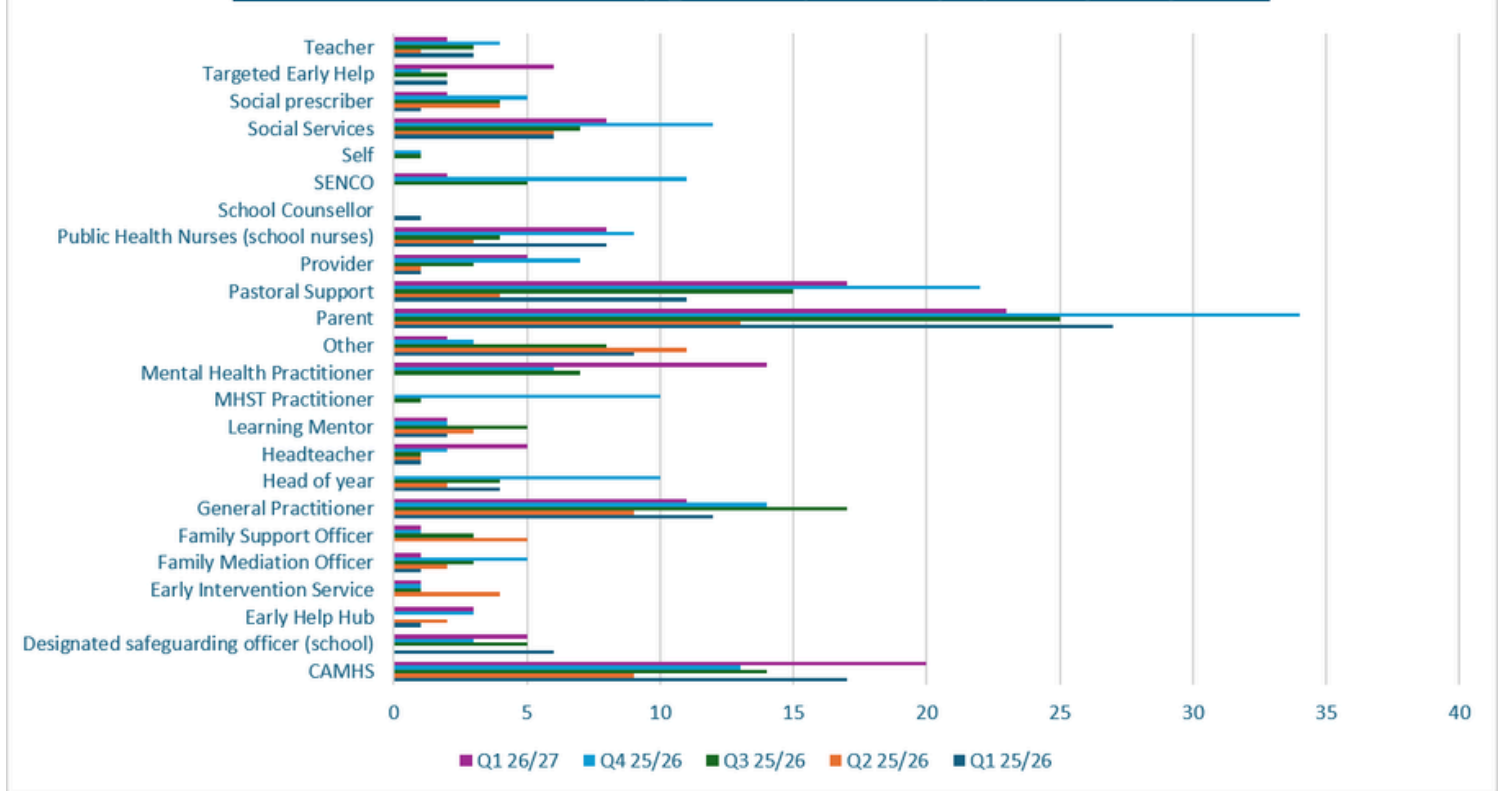
of referrals cited anxiety as a presenting difficulty

Ethnicity Profile of Referrals to iThrive (aged 11-19, 25 SEND): Quarterly Comparison



During Quarter 1 2026/27 (April to June 2026), referrals continued to be predominantly from young people identifying as White British, accounting for 69.9% of all referrals (100 of 143). This remains consistent with previous quarters, where White British referrals represented between 72.6% and 79.3% of referrals, indicating a stable pattern in service engagement. Referrals from Asian/Asian British communities accounted for 7.7% of referrals in Quarter 1 2026/27, with Pakistani young people representing the largest subgroup within this category (3.5% of all referrals). This is broadly consistent with previous quarters, where Asian/Asian British referrals ranged between 3.7% and 7.3%. Referrals from Black, Black British and other Black backgrounds increased to 4.2% in Quarter 1 2026/27, compared with 0%–2.2% in previous quarters, although numbers remain relatively small. The proportion of referrals where ethnicity was not stated increased to 7.7%, compared with 0.9%–5.8% across previous quarters, highlighting the importance of continued focus on accurate and complete demographic recording. To support equitable access, iThrive continues to work alongside the Bolton ACIS approach to strengthen relationships with global majority communities, build trust and improve understanding of mental health support pathways, helping to reduce barriers and increase engagement with services. Overall, the ethnicity profile of referrals broadly reflects the diversity of Bolton's young people, while ongoing monitoring and community partnership work remain important to ensure all communities are able to access support when needed.

Source of Referrals to iThrive (aged 11-19, 25 SEND): Quarterly Comparison



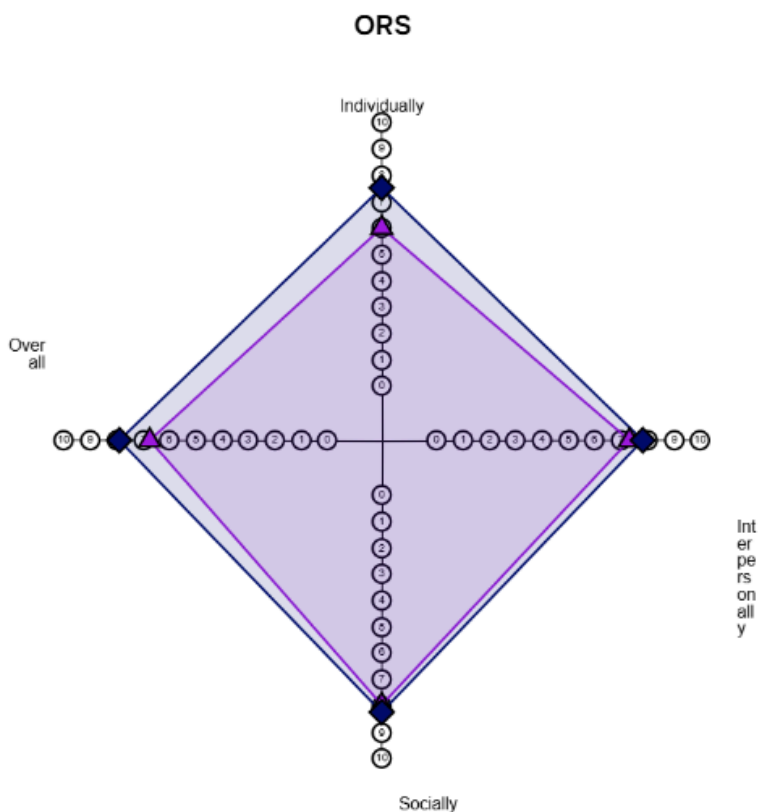
During Quarter 1 2026/27 (April to June 2026), referrals continued to come from a broad range of partners, demonstrating effective partnership working across education, health, early help and community services. Parents remained the largest referral source, accounting for 16.1% of referrals, followed by CAMHS (14.0%), pastoral support (11.9%) and mental health practitioners (9.8%). Referrals from schools and education settings continued to contribute significantly, with pastoral support, headteachers, SENCOs and other school-based professionals collectively accounting for 18.2% of referrals, highlighting the important role of education in identifying and supporting young people's emotional wellbeing needs. The continued range of referral routes indicates that iThrive is accessible through multiple pathways and is embedded within Bolton's wider support network for children and young people.

- Demand for iThrive remained high, with 143 referrals received during Quarter 1 2026/27, representing continued sustained demand following the peak of 179 referrals in Quarter 4 2025/26.
- The profile of need shifted compared with the previous quarter, with reductions in referrals relating to neurodevelopmental needs (32.4% to 11.2%) and self-harm (24.0% to 14.0%), while anxiety, low mood and peer relationship concerns increased proportionally.
- Referral pathways remained diverse, with parents (16.1%), CAMHS (14.0%), pastoral support (11.9%) and mental health practitioners (9.8%) being the main sources of referrals, demonstrating strong links across family, health and education networks.

4.2 Quantitative Data - OUTCOME DATA

The outcome data shows that young people supported by iThrive made positive progress in their emotional wellbeing, relationships and ability to manage everyday challenges. Over half (52%) of young people reported improved overall wellbeing, with only 12% reporting a decline. The greatest improvement was in personal wellbeing, with 68% of young people reporting that they felt better able to manage their own challenges.

Improvements were also seen across relationships and school experiences, with 56% reporting improved relationships and 39% reporting better outcomes linked to school. For those completing anxiety and emotional wellbeing measures, 100% showed a reduction in reported difficulties. All young people completing goal-based outcomes made progress towards their personal goals. Overall, the data demonstrates that iThrive support is helping young people manage emotional difficulties, build resilience and improve their day-to-day wellbeing.



100%

recorded goals achieved or showing progress

52%

of young people showed an overall improvement in wellbeing

The reduction of improvement compared to previous quarters reflects increased complexity, including higher ACEs, relationship difficulties and anxiety, with young people requiring more sustained support to achieve measurable change.

4.3 Safeguarding

During delivery of support, safeguarding concerns were identified for 10% of young people, while 90% had no safeguarding concerns recorded. Where concerns were identified, appropriate safeguarding processes were followed, including referrals to the Integrated Front Door (IFD), liaison with schools, completion of safeguarding forms and consideration of risks relating to self-harm, home circumstances and safety concerns. This demonstrates that safeguarding was actively considered throughout support, with escalation pathways used where additional support or intervention was required.

Following completion of support, the majority of young people were able to continue their progress through self-management and community-based options. 48% were recommended ongoing self-care strategies, while 14% were signposted or supported to access general youth activities. A further 10% were referred to another agency, 3% were referred to CAMHS and 3% were referred to an iThrive provider for continued support. 17% of young people chose not to continue with further support.

Overall, the next steps indicate that most young people were able to transition from iThrive with strategies to maintain their wellbeing, while those with ongoing or more complex needs were connected to appropriate services.

5.0 Qualitative Data

5.1 Qualitative Data - CASE STUDIES



Supporting a Young Person to Overcome Anxiety and Build Independence Supported by Bolton Lads & Girls Club Counselling

A young person accessing counselling support through BLGC received therapeutic intervention to address emotional wellbeing needs. Counselling provided a safe space to explore thoughts, feelings and challenges, helping the young person develop greater awareness of their emotions and identify strategies to manage difficulties. Through engagement with the service, the young person was supported to build confidence, improve coping strategies and develop a stronger understanding of their own wellbeing needs. The intervention formed part of a wider early intervention approach, supporting the young person to access appropriate emotional health support and build resilience.

‘I was listened to really well and was never judged.’
‘It was very helpful and changed my view on how I see myself.’
FEEDBACK FROM YOUNG PERSON

Building Emotional Regulation and Stronger Family Relationships

Supported by Fortalice CYP



Miles, aged 16, was referred to Fortalice following historical domestic abuse within the family home and increasing anger outbursts, particularly towards his sister. He was experiencing difficulties managing emotions, conflict within family relationships and exam-related stress. Support focused on recognising anger triggers, developing emotional regulation skills, improving communication and creating a personalised safety plan. Sessions also explored healthy routines, peer relationships and strategies to manage pressure. Miles engaged positively and developed greater confidence in recognising emotions, reducing escalation and communicating more safely with family members. By the end of support, he demonstrated improved resilience and emotional awareness, stating: *"I try more to listen. I don't just react. It's hard but I have been trying."*

Rebuilding Confidence Following Trauma and Loss

Supported by Fortalice Counselling



Rio, aged 15, accessed counselling support due to low mood, anger, low self-esteem and social withdrawal linked to adverse experiences, including difficulties within foster care, family relationships and a significant bereavement. Therapeutic work focused on self-worth, emotional understanding, challenging unhelpful thoughts and processing experiences that had contributed to feelings of anger and isolation. Rio attended 8 of 9 sessions and became increasingly able to reflect on his emotions and communicate his needs. Through counselling, Rio developed healthier coping strategies, improved family relationships and began reconnecting with activities and friendships. He shared: *"The sessions have massively helped me, I am now eating again, going back to the gym and going out with my mates."*

Developing Emotional Awareness and Positive Coping Skills

Supported by Bolton Lads & Girls Club Thrive



A young person accessing BLGC Thrive presented with emotional wellbeing challenges, including difficulties managing emotions and responding to stressful situations. Through targeted 1:1 support, the young person was supported to explore feelings, understand triggers and develop strategies to manage challenges more positively. The intervention focused on building confidence, improving emotional awareness and developing practical coping strategies that could be used in everyday situations. The young person engaged with support and reflected on the progress made, sharing: *"I know how to keep myself calm."* The support provided a consistent and trusted space for the young person to develop skills that strengthen emotional resilience and improve their ability to manage future challenges.

Building Confidence Through Emotional Wellbeing Support Supported by Urban Outreach – RISE

A young person accessing RISE support was supported to develop emotional resilience, confidence and strategies to manage difficult feelings. Through consistent 1:1 sessions, the young person explored their emotions, identified challenges affecting their wellbeing and developed practical coping strategies. RISE provided a safe and supportive relationship, helping the young person feel understood and less isolated. Feedback from a family highlighted the impact of support: *“The support x received was amazing. From the start to the end she is a different person that is great to see. Thank You.”* The intervention demonstrated the value of early, relationship-based support in helping young people improve emotional wellbeing, confidence and engagement with those around them.

Building Trust Through Consistent Support Supported by Breaking Barriers Northwest



Maya began accessing Breaking Barrier’s one-to-one listening service in November 2025, seeking support to manage her emotions and worries. Having previously engaged with other services, she found it difficult to trust professionals and was concerned that conversations would not remain confidential. As a result, Maya initially appeared withdrawn and reluctant to engage. Through regular fortnightly sessions and consistent reassurance about confidentiality and safeguarding, Maya gradually began to feel safe enough to open up about the challenges she was facing. Over time, her confidence in the service has grown, and she now attends sessions consistently and engages fully. Although Maya continues to work through difficult emotions, she is developing a greater understanding of her feelings and is becoming more confident in expressing them. Building trust has been a significant milestone in her journey and has laid the foundation for continued emotional growth and resilience.

Building Confidence and Belonging Supported by The Proud Trust



A young person joined the Bolton LGBTQ+ youth group during a period of change, with a new youth worker supporting the group. Through welcoming, youth-led sessions focused on connection, creativity and wellbeing, they gradually became more engaged and confident. They took part in Pride Month activities, explored LGBTQ+ history and identity, and built positive friendships with peers. As trust developed, they felt comfortable seeking support from youth workers and sharing their ideas. Their experience reflects the wider impact of the group in creating a safe, inclusive space where young people can build confidence, belonging and community.

6.0 Thrive Plus



During 2025/26, the IThrive Plus programme has continued to provide flexible, preventative emotional wellbeing support for children, young people and families across Bolton through a partnership approach involving Breaking Barriers Northwest, Fortalice, Urban Outreach (RISE) and Bolton Lads & Girls Club. The programme supported 211 children and young people, alongside 70 parents and carers, through a combination of 1:1 support, group interventions, drop-ins and community-based wellbeing activities.

Delivery has responded to a wide range of emotional wellbeing needs, including anxiety, low mood, low self-esteem, trauma, family challenges and social isolation. Young people reported improved confidence, resilience, emotional regulation and coping strategies, with 91% achieving the goals they identified and 100% reporting that they felt listened to, taken seriously and able to talk openly with their practitioner. The programme also demonstrated the value of flexible, relationship-based support, enabling young people to access help in schools, community settings and trusted youth spaces.

The full IThrive Plus annual report provides further detail on delivery, outcomes, case studies and feedback from young people and families.

<https://bolton-together.org.uk/wp-content/uploads/2026/07/IThrive-Plus-Report-Year-2.pdf>

- 211 children and young people supported through the Thrive Plus programme across 2025/26, with delivery continuing into April–June 2026 through flexible emotional wellbeing interventions, group support, drop-ins and community-based activities.
- 579 sessions delivered across the Thrive Plus programme during 2025/26, providing young people with consistent access to emotional wellbeing support.
- Outcome measures demonstrated positive progress, with:
 - 91% of young people achieving the goals they set through support.
 - 100% of young people reporting they felt listened to, taken seriously and able to talk openly with their practitioner.
 - 75% showing an increase in ORS wellbeing scores.
 - 61% showing an increase in CORS outcome scores.
 - 100% showing a reduction in worry measured through GAD scores.

7.0 Parent Peer Support

During April–June 2026, the IThrive Parent Peer Support offer continued to provide accessible, early intervention support for parents and carers across Bolton through delivery by Families Together and Breaking Barriers Northwest. 159 parents/carers have been supported during the quarter. The offer provides flexible support through peer groups, 1:1 conversations, outreach and community-based engagement, helping parents and carers feel more confident in supporting their children's emotional wellbeing, while reducing isolation and strengthening family relationships.

Provider Delivery Highlights

Families Together

Families Together supported 106 unique parents/carers during the quarter, with their support benefiting 236 children and young people. Delivery included 13 parent peer support groups, alongside 526 calls/text contacts and 37 face-to-face 1:1 sessions through home visits, Family Hubs and community settings. The service also strengthened links with wider IThrive delivery through partnership working with Urban Outreach, engaging parents alongside their children's emotional wellbeing sessions. Parent feedback highlighted increased confidence, improved communication and reduced stress, with 97% of parents/carers who set a goal either achieving their goal or continuing to work towards it.

Breaking Barriers Northwest

Breaking Barriers Northwest continued to provide parent peer support to 53 parents. Delivery focused on creating accessible opportunities for parents and carers to connect, access guidance and share experiences, supporting families to build confidence and strengthen their ability to respond to their children's emotional wellbeing needs.

Together, the Parent Peer Support offer has provided a valuable preventative approach, ensuring parents and carers are supported alongside children and young people, recognising the important role families play in sustaining positive emotional wellbeing outcomes.



Key Highlights

- **Individualised support is preferred:** 84% of those accessing parent peer support wanted and were able to access one to one peer support.
- 916 total contacts/attendances, demonstrating sustained engagement rather than one-off support.
- **97% of parents/carers** who set goals either achieved them or remain actively engaged in support to achieve them.
- Referrals were received from a broad range of statutory, education and voluntary sector partners—including self-referrals, 0–19 services, midwifery, social care, schools, Family Support Workers and community organisations.

Supporting a Grandparent Carer Through Bereavement and Family Change

Support provided by Families Together



ES, a grandparent, was referred to Families Together through the IThrive Hub after seeking support while caring for her grandchildren following the death of their mother in 2025 and previous experiences of domestic abuse. Support focused on providing emotional reassurance, practical guidance and a safe space to discuss grief and family challenges.

Between April and June 2026, ES received three home visits and ongoing telephone/text support. The team supported referrals to bereavement services and other specialist organisations, helped develop coping strategies, and provided continued support while ES navigated guardianship and financial matters. ES shared that having a trusted, non-judgemental person to talk to helped her feel less overwhelmed and more able to manage challenges.

“I felt like I could talk with no judgement. Being able to share my concerns and work through things helped my mind feel less overwhelmed.”



***"It was very helpful and I would recommend to friends that are struggling."
(Bolton Lads and Girls Club)***

***i would not of gotten through year 11 if i had not had the support from breaking barriers i have attended group sessions , and one to one sessions and found both very helpful."
(Breaking Barriers North West)***

***"it made me personally feel that I wasn't on my own dealing with my son's unhappiness - it was recognised and a plan to deal with negative things was made."
(Urban Outreach)***

***" I feel i would not of managed with out all the support i have received "
(Breaking Barriers North West)***

9.0 Next Steps

Over the next quarter, the IThrive partnership will focus on providing accessible early intervention support for children aged 11-19, especially during summer and the transition to the new school year. Key activities include:

- Providing ND Navigator outreach sessions to help children and families access support and advice without a referral.
- Strengthening referral partnerships by revising the current referral form to improve data collection, reduce barriers in the referral process, and increase successful connections to services.
- Updating the Overview of Services to improve accessibility by using plain language, clearly describing available programs, eligibility criteria, and referral processes for families and professionals.
- Engaging with ACIS to improve accessibility for Global Majority communities, ensuring all families can access support.

Funded by



Greater Manchester



We extend our thanks to our providers, commissioners and partners for their support and collaboration in working towards our shared goal to provide better experiences for families in Bolton.

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