

COMMUNITY BULLETIN

SPRING 2



NHS

Bolton

NHS Foundation Trust

2-11 years

- **Bolton Toy Library:** For ages 2-7, offers 1-1 or group work appointments (Monday-Thursday) focusing on anxiety, parental anxiety, developmental awareness, and emotions.
- **Bolton Wanderers in the Community:** For ages 8-11, provides mentoring support during school hours, addressing low self-esteem, confidence, and social-emotional concerns.
- **Fortalice:** Supports ages 8-11 with Monday-Friday appointments in schools and community venues, focusing on issues in relation to domestic abuse, family conflict, and unhealthy relationships.
- **Urban Outreach:** Offers support for ages 8-11 with appointments Monday-Friday at various venues, addressing anxiety and emotional regulation through 1-1 work, group sessions, and home visits.
- **Next Chapter Project (Urban Outreach & Breaking Barriers):** A transition programme for children aged 10-11 entering secondary school, focusing on anxiety and mood challenges. Breaking Barriers also offer a SEND specific support pathway.

**bolton
cvs**



**ITHRIVE FOR YOUNG PEOPLE -
BOLTON [HTTPS://BOLTON-
TOGETHER.ORG.UK/ITHRIVE-
SUPPORT/ITHRIVE-FOR-YOUNG-
PEOPLE/CHARITY](https://bolton-together.org.uk/ithrive-support/ithrive-for-young-people/charity)**

**Mental
health
matters**

**11-19 years
(Up to 25 with SEND)**

- **Fortalice CYP & Counselling:** Offers emotional support for issues in relation to domestic abuse and unhealthy relationships, providing up to 12 confidential counselling sessions in schools and community venues.
- **Urban Outreach:** Provides help with anxiety and emotional regulation through 1-1 and group sessions, lasting 8-10 sessions over 6 weeks, in various community locations.
- **Bolton Lads and Girls Club CYP & Counselling:** Offers up to 12 counselling sessions in schools and BLGC Infinity, focusing on emotional wellbeing and coping strategies, along with tailored psychosocial interventions.
- **Breaking Barriers North West:** A listening service for young people with SEND, creating a safe space to explore emotions and develop coping strategies.
- **Proud Trust:** Provides group support for ages 13-18 at BLGC Infinity, focusing on mental health and LGBTQ+ identity, fostering community and friendships. Access to one to one support.

How do I refer?

You can make a referral through our website at the link here: <https://bolton-together.org.uk/ithrive-2-19-years-referral-form/> we welcome referrals from young people, professionals, and parents.

REACH OUT FOR
SUPPORT

ITHRIVE HUB

Supporting children and young
people aged 2- 19 years (and up to
25 with SEND)

Thrive Plus

A number of our providers also offer support whilst young people are on their waiting lists, such as drop in sessions, workshops etc. This is called Thrive Plus. For more information you can read our Overview of services booklet by scanning this QR Code.



COMMUNITY
FUND

CONTACT US



www.bolton-together.org.uk



ithrive@boltontgether.org.uk

Registered Charity in England and Wales (1163466)

BEECHCROFT VILLAGE

We are a community site, home to many different community activities:- Men in Sheds
Woodworking Group Arts for Wellness Women's Group Garden and Food Growing Sessions Mixed woodwork and art sessions

 [Visit our website](#)

 [07444479620](tel:07444479620)

 beechcroftvillage@gmail.com

 [Land behind 2 Beechcroft Grove, Darcy Lever, Bolton, BL2 6EZ](#)



 [Add to itinerary](#)

    



EVERY WEDNESDAY WELLBEING WALK - FREE

Step into wellbeing every Wednesday! Our peer-driven walk is a chance for members in recovery to reconnect with nature, build friendships, and boost wellbeing. Routes change weekly—your suggestions make it even better!



 [Visit our website](#)

 [07737965268](tel:07737965268)

 nextsteps@gmmh.nhs.uk

 [Ground Entrance, The Moorland House, 116 Bark Street, Bolton, BL1 2AX](#)

2026 Course Dates

Root & Rise

A free 6-week reparenting space helping parents break generational cycles and build stronger, more connected families, with free resources and a play kit included.



Date	Location	Time
23 Feb	Kings Church	9.30-11.30 am
24 Feb	Red Lane Church	9.30-11.30 am

Freedom Fuel

It's a free 4-week course that explores freedom, forgiveness and faith, giving parents space to grow and tools to support their journey.



Date	Location	Time
13 Jan	Red Lane Church	9.30-11.30 am
20 Apr	Kings Church	9.30-11.30 am
21 Apr	Red Lane Church	9.30-11.30 am

email us: hello@parentfuel.co.uk



Charity No: 1214885
Company No: 16557825

Our Courses

At ParentFuel, we believe discipleship happens in the home and in our everyday lives, not just on Sundays. Our upcoming sessions are honest, accessible, and grounded in real-life experiences. They include trauma-informed training to help leaders create safe and welcoming spaces where every family can feel seen, supported, and ready to grow.

**Bolton Council's
Money Skills Service
offer a range of FREE and
impartial services to Bolton
residents who may be
struggling in these difficult times:**



Money Advice

01204 33 1965/2916

The Money Advice team can help
you with debts including:

Rent or mortgage

Council tax

Energy bills

Credit card bills

We can do this by negotiating affordable
repayments on your behalf.

We also offer advice and assistance
with court forms plus debt relief
orders and bankruptcy.

**On average
we save
customers
£200 a year!**

Money Skills

01204 331983/1968

The Money Skills team can help
with advice on:

Budgeting

Making ends meet

Savings on gas and electricity

Energy efficiency advice

Switching to a cheaper
tariff or supplier

moneyadvice@bolton.gov.uk
moneyskills@bolton.gov.uk

**Bolton
Council**