

SUPPORTING FAMILY MENTAL HEALTH AND WELLBEING

CHILD DEVELOPMENT AND BEHAVIOUR

There are many reasons why many of us feel the need to spend some time reflecting on our knowledge as a parent. Sometimes we want to deepen our understanding of our child's development to help us understand more about our child's behaviours or feelings.

Here at Hardy Mill, we advise parents and carers to visit:

<https://inourplace.heiapply.com/online-learning/>



There are an array of courses available covering a broad range of topics to support parents at all stages of their child's development. Each course is separated into modules of learning to allow parents and carers to access courses at their own speed, and to also take time to try the strategies and help suggested without feeling overwhelmed.

There is usually a charge to access these courses, but Hardy Mill Primary School can provide you with a code to enable you to access the courses at no cost. Please contact school and speak to our school SEND lead, Mrs Hamblet (hambletj@hardymill.bolton.sch.uk) or Head teacher, Mrs Briggs (briggsj@hardymill.bolton.sch.uk) and they will be pleased to support you with this.

We advise completing the course over an 8-10 week period, ensuring you dedicate time to thinking about how the advice and support could help your family. You can do this at any time that suits you too!



FINANCIAL WORRIES AND CONCERNS

We know that financial worries and concerns can sometimes feel overwhelming, and it can help to seek advice and talk. Bolton has a free to access Money Skills service which can assist you with a range of issues including energy costs, budgeting guidance and dealing with debts through a confidential 1:1 appointment system. To access this support, call 01204 331968/01204 331969 or email: moneyskills@bolton.gov.uk

PARENT PEER SUPPORT GROUPS

Bolton Together offers some excellent parenting peer support groups for parents/carers of children any age. These groups are aimed at parents and carers of children who are experiencing mental or emotional health difficulties. They are also a great way to meet with other parents and members of the community to discuss experiences. Some brief information about what these groups offer is below.

Breaking Barriers – Peer Support for Parents/Carers of Children with SEND



Breaking Barriers is a charity that works with children and young people with SEND. Breaking Barriers peer support gathers groups of parents/carers of children with SEND and can offer support and advice and signpost to useful information. Contact them to find out more:

Email: breakbarriers3@gmail.com

Telephone No: 07717 434 840

Location: Breaking Barriers North West café, upper ground floor of Market Place (next to TUI)

Times: Tuesdays 5-6:30pm / Thursdays 10-12:30pm

During non-term time please check the calendar on www.breakingbarriersnw.com as these dates and times can change.

MHIST – Bounce Back

A 6 week course looking at how Positive Psychology can boost family mental wellbeing. Particularly useful for parents/carers looking at ways to support their own and their child's mental wellbeing. Each week will introduce a new topic from Positive Psychology research.

Email: Christine.makinson@mhist.co.uk

Telephone No: 01204 527200

Location: Location MHIST 1st floor, Moorland house. 116 Bark Street. Bolton, BL1 2AX



Raise the Youth – Parent Peer Support

They offer one to one guidance and meeting with parent connectors who can support other parents. Also provides access to informal support groups to meet others and share experiences.

They also offer an 8 week course using mindfulness techniques to help support parents to cope better with stress and anxiety. Each week looks at a new topic including communication, stress, dealing with difficulties and much more. Also, an opportunity to meet other parents and share experiences.

Email: parents@raisetheyouth.co.uk / office@raisetheyouth.co.uk

Telephone No: 07507 360305 / 01204 431946



ADULT MENTAL HEALTH SUPORT

Qwell – Digital support

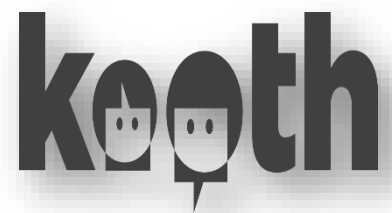


Free, anonymous, digital mental health support has been commissioned by the Greater Manchester Health and Social Care Partnership. Qwell is available for adults aged 26+. We would recommend this as an early port of call for families, or to provide an extra layer of support for ongoing mental health needs within your own family. Follow the link to their website: <https://www.qwell.io/>

SUPPORTING YOUR CHILD'S MENTAL HEALTH

Kooth – Digital support

Free, anonymous, digital mental health support has been commissioned by the Greater Manchester Health and Social Care Partnership. Kooth is available for children and young people aged 10 – 25+. This site is moderated by trained staff to ensure the safety of our young people. Follow the link to their website: <https://www.kooth.com/>



IThrive Alliance for 11 – 19-year olds - Emotional Health and Well Being Support for Young People

Help is available if a young person is feeling low, anxious, or struggling with their emotions. Someone to talk through what they are experiencing, information on what can help, exploring self-management techniques, group work and one to one support.

Bolton Together has brought together 5 charities to support young people. Each service tailors their support to the young person, increasing the level of support and number of sessions dependant on the young person's needs.



Bolton Lads & Girls Club Information advice guidance and signposting.

A range of emotional health and wellbeing workshops and group sessions to support positive emotional health and wellbeing. One to one support using a range of therapeutic interventions to support young people who are feeling anxious, low, and struggling to manage how they feel.

Email: Sarah.Randall@blgc.co.uk

Telephone no: 01204 540100

Bolton YMCA Information, advice, guidance and signposting.

Group sessions and one to one listening service to support young people aged 13 and over to talk through the difficulties they are experiencing and agree steps to address these.

Email: Sophie.Craddock@fyldecoastymca.org

Telephone no: 01253893928



Fortalice Information, advice, guidance, and signposting for young people affected by domestic abuse.

One to one support and group work provided to support young people using the recovery toolkit and exploring healthy relationships.

Email: cyp@fortalice.co.uk

Telephone no: 01204 365677



The Proud Trust

One to one, group sessions and mentoring available for young people experiencing emotional health and wellbeing difficulties due to their sexual identity. Support is also available for those questioning their gender identity.

Email: olivia.ouwehand@theproudtrust.org



Zac's Youth Bar Information, advice, guidance and signposting.

One to one mobile listening service exploring coping mechanisms and provision of peer support groups.

Email: emma.kidd@zacsyouthbar.co.uk

Telephone No: 07878642588



If you think that support from one of these organisations would support your child's emotional health and wellbeing, please get in contact with our school SEND lead, Mrs Hamblet (hambletj@hardymill.bolton.sch.uk) or Head teacher, Mrs Briggs (briggsj@hardymill.bolton.sch.uk) and they will be pleased to make the online referral for you.

DOMSTIC ABUSE

As a school, we are involved in a project called Operation Encompass. This project has been running successfully for a number of years and ensures that schools are notified when there has been a domestic violence incident reported to the police. If this happens to you and your family, school will contact you to see if you want any support for yourself or your child/ren.

We are always here to listen and help, but some parents/ carers may wish to speak to someone directly and in confidence to seek advice or help. We recommend getting in touch with Fortalice; a charity based here in Bolton:



24hr Support line: 01204 365677

HEALTHY MIND, HEALTHY BODY

Let's Keep Bolton Moving

Would you like advice or information on maintaining personal health, opportunities to move more, or help with quitting smoking or drinking? A website which families may find useful is the 'Let's Keep Bolton Moving' website. Follow the link below:

<https://letskeepboltonmoving.co.uk/>

