



Putting you in the Picture...Parent Support

Parent support – child development & 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 baby or child development to help us understand more about our child's behaviours or feelings.

Here at Mytham we advise parents and carers to visit:

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



The courses available are 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. 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!

There are usually a charge for the courses, but Mytham Primary School can provide you with an access code to enable you to access the courses

at no cost. Please contact school and speak to our school SENDCOs Miss Nuttall or Mrs Lord; they will be pleased to support you with this.



Parent support – financial worries and concerns

We know that financial worries and concerns can sometimes feel overwhelming, and it can help to seek advice and talk. You can self-refer for help with your mental health needs using the information below. School will not be notified; it is a completely confidential service.

referrals@supportedsteps.co.uk



MENTAL HEALTH SUPPORT

Free to anyone living in Bolton, who's financial struggles are impacting on their mental health & wellbeing



MAKING LAVENDER BATH SALTS DURING
A SELF-CARE & COPING TOOLS GROUP
SESSION HELD AT OUR COMMUNITY HUB

PREVENTION & PROMOTION FUND FOR BETTER MENTAL HEALTH



WHAT SUPPORT IS AVAILABLE?

- 3x hour long 1:1 sessions
- Focused support sessions provided by therapeutically trained recovery staff
- Sessions available face-to-face at our community hub, via telephone, online, or in service user's homes
- Signposting to other supporting agencies where needed to help with any longer-term support needs
- Group sessions

FOR MORE INFO OR TO MAKE A REFERRAL,
CALL 01204 318001 OR
EMAIL: referrals@supportedsteps.co.uk

- Smart Goal Setting
- Mental Health Education
- Family & Carer Support
- Advocacy Support
- Recovery-based, Therapeutic Approaches & Tools
- Activities Supporting Personal Growth & Social Inclusion
- Free pick-ups & drop offs available for anyone requiring wheelchair-Friendly Transportation



A GUIDED VISUALISATION TO SUPPORT
STRESS RELIEF - DURING ONE OF OUR
WELLBEING WALKS AT MOSES GATE
COUNTRY PARK



Parent support – children's mental health

As a school we know that many children (as well as grown-ups) have found the Covid19 pandemic a difficult time to navigate. This has left some families concerned about the impact on their child's mental health needs. Some families have concerns around specific mental health needs of their child, and would like advice or someone to talk to. We encourage you to contact the I-Thrive programme, based here in Bolton, for wonderful support and help.

Bolton

Together

ITHRIVE PARENT PEER SUPPORT

- Share experiences with other parents
- Find out about specific mental health conditions
- Be supported to find out what services are available
- Have a one to one chat
- Explore how to best support your child
- Take time out to focus on your own well being
- Learn new skills

Breaking Barriers NW

Support for Parents/Carers whose children are experiencing difficulties with their mental health

As a parent/carer it can be difficult to know how to help your child and can impact on your own well being when your child is experiencing mental health difficulties. We can help you feel less isolated and support you in a way that works for you.

To access information and support complete the following form:
<https://bolton-together.org.uk/parent-peer-support-programme-referral-form/>
or you can contact directly:

Raise The Youth Foundation
parent@raisetheyouth.co.uk
Telephone 01204431946

Breaking Barriers
breakbarriers3@gmail.com

ZACS Youth Bar
Allison@Zacsyouthbar.co.uk

RAISE THE YOUTH FOUNDATION

ZACS

Parent Support – Children with special educational needs or disabilities

We know from speaking to many of our parents and carers that it can sometimes be a lonely and challenging time when supporting the needs of a child with additional needs or special educational needs. Families want somewhere to turn for support and to feel a real sense of inclusion. In addition to the help we can offer as a school, you may wish to contact Breaking Barriers NW; a charity based in Bolton that support families facing the often complex world of special educational needs. They provide support for parents and social opportunities for your children, such as family days out or visits to trampoline parks and play centres. Contact them to find out more:

<https://www.breakingbarriersnw.com/>



The Bolton Parent Carers Forum are a wonderful support for parents and carers who have children aged 0-25 with any type of special educational needs. From support completing paperwork and application forms, to general support/ advice and parent workshops, they are extremely knowledgeable and support families across Bolton.

<https://www.boltonparents.org.uk/>



Parent Support – Adult Mental Health

We're delighted to announce that free, anonymous, digital mental health support has been commissioned by the Greater Manchester Health and Social Care Partnership. Kooth and Qwell are now available across the region for ages 10+. 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.



<https://www.qwell.io/> (for adults 26+)



<https://www.kooth.com> (for children and young people 10-25yrs)

Parent support – Domestic Abuse

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 advise speaking with Fortalice; a wonderful charity based here in Bolton:

<https://fortalice.org.uk/>



Parent & young person support –

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/>



Finally, our door at Mytham is always open. Please contact school if you require any further support or advice.

Thank you