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DELIVERING EARLY HELP

# Children and Family Wellbeing Service

## Useful Numbers

- NHS Dentist Helpline 0300 311 2233
- Community Midwives 01257 245116
- Health Visitors 0300 247 0040 Opt 1
- Royal Preston Hospital 01772 716565
- Chorley Hospital 01257 261222
- Police Non-Emergency 101
- Medical Advice 111
- Need an NHS Dentist 01772 325100
- Mental Health 24hr Service 08000 130707
- Mind Matters 01772 773437
- Children's Services Support Hub (for self referral) 0300 123 6720
- Food Bank South Ribble 01772 455955
- Women's Centre Chorley 01257 265342
- Childline 0800 1111
- National Domestic Abuse Helpline 0808 2000 247
- Tippy Toes Baby Bank 07711964309
- FAB helpline 01254 772929 (9am—5pm)

# Get advice and support



**Age 0-19** (up to 25 for young people with learning difficulties or disabilities)

Someone to talk to  
**Problems at home/school**  
**Jobs and training**  
**Apprenticeships**  
**Staying safe online**  
**Sex and health**  
**Relationships**

**Mental Health**  
**Self Harm**  
**Bullying**  
**Drugs and alcohol**  
**Things to do**  
**Housing, rights and money**  
**What age can I?**

**Text 07786 511111**

**Talk online** lancashire.gov.uk/youthzone

**Call 0800 511111**

[facebook.com/LancashireYPS](https://www.facebook.com/LancashireYPS)  
[twitter.com/LancashireYPS](https://twitter.com/LancashireYPS)

You can contact us 365 days a year  
**2pm to 10pm**



# What's on guide



**South Ribble CFW**

**April – July 2023**



## Welcome

A warm welcome to you from everyone at the Children and Family Wellbeing Service in Lancashire County Council.

Our service is here to provide early help on a whole range of issues affecting you and your family. In other words, offering you the right help, in the right place, at the right time.

We provide targeted services for children and young people across the age range 0-19yrs+. Working together with key partners, we aim to ensure that we have maximum impact on achieving positive outcomes for your family.

Our staff are skilled and committed to understanding your needs and identifying with you the right support to help you achieve your goals. Key workers can work with you on an individual basis offering a more tailored and targeted response and through our community based centres and outreach programmes, outreach workers offer a range of groups and drop in services to meet a range of needs. We work in partnership with other agencies in our community based centres, to ensure we can bring together the right support for you in your local area.

Our 'What's on guide' aims to keep you as up to date as possible about what we can offer you and includes information on what specific groups and services are available at your nearest centre, in your local community.

If you need further information or support, you can contact using the information listed in the 'Key Contacts' section of this guide.

You can also contact our 'Talkzone' service which is available every day of the year from 2pm - 10pm.

**Call: 0800 511111**

**Text: 07786 511111**

**Talk online: [www.lancashire.gov.uk/youthzone](http://www.lancashire.gov.uk/youthzone)**

For those families with younger children, you can also access a lot of advice and guidance on a full range of childcare services, resources and issues from the Family Information Service. Tel: **0300 123 6712** or email [lancsfis@lancashire.gov.uk](mailto:lancsfis@lancashire.gov.uk)

We are always pleased to hear your feedback and ideas about our service, so if you feel able to share with us, please don't hesitate to contact us. We look forward to hearing from you and thank you for using our services.

## Other Services and where to find them



### Midwife Clinic

Your Midwife is still seeing you at the times expected, they will arrange appointments with you. Maybe in your home at the hospital or at one of our centres. If you have any concerns around your antenatal care, appointments or just need advice call the number on your letter.

### Well Baby Clinic

Currently Health Visitors are conducting Healthy Baby Clinics by appointment only.

Find out how to make an appointment and where they are held by visiting: [lancsyoungeoplefamilyservice.co.uk/child-health-clinics/](http://lancsyoungeoplefamilyservice.co.uk/child-health-clinics/)

**Call 0300 247 0040**

or

### Email

**VCL.019.SinglePointofAccess@nhs.net**

### Who's there to help you with feeding your baby :

[Lancsyoungeoplefamilyservice.co.uk/feeding-your-baby-postnatal-information/](http://Lancsyoungeoplefamilyservice.co.uk/feeding-your-baby-postnatal-information/)

### F.A.B Breastfeeding Peer Support Group

Thursday's 1pm - 2.30pm at : The Pantry 61 Hough Lane Leyland PR25 2SA &

Friday's 11am—12:30pm at: Tiny Tea Cups, Unit 4 Cotton Mill Road, Bamber Bridge, PR5 6LF

Volunteer led support is also available by telephone 01254 772929 9am—5pm

For more information you can visit their website [www.familiesandbabies.org.uk/locations/lancashire/](http://www.familiesandbabies.org.uk/locations/lancashire/)

### 2 Year Old Development Checks

Our partners at HCRG Care Group are carrying out 2 year development checks in our centres.

**Tuesday at Bamber Bridge**

**Wednesday at Kingsfold**

**Thursday at Wade Hall**

This is appointment only, if you have any concerns about the development milestones of your child please call

**0300 247 0040**

### Email

**VCL.019.SinglePointofAccess2@nhs.net**





## More about our groups and services...

We share health messages, health visitor pages and lots more on our social media pages.....

You can find us by searching the following:

- **South Ribble Children and Wellbeing Service**
- **South Ribble Youth Zone**



The Virtual Group Programme

0300 247 0040

vcl.019.SinglePointOfAccess2@nhs.net

To book on speak to your Health Visitor or call / email us above

Visit our website for more info [lancsyoungeoplefamilyservice.co.uk](http://lancsyoungeoplefamilyservice.co.uk)



Tuesday	Wednesday	Thursday	Friday
<b>Understanding Colic &amp; Reflux</b> 1-2pm Breast and formula feeding	<b>Moving onto Solids*</b> 0-12 mths 10-11am	<b>Baby &amp; Me</b> 10-11am Once a month	<b>Bump, Birth &amp; Beyond*</b> 12.30-2pm Antenatal education Run fortnightly
<b>Talk to Me / Chat, Read &amp; Play</b> 0-6 mths / 6-18 mths 10-11am Both groups run once a month		<b>Antenatal Infant Feeding*</b> 1-2pm Over 2 weeks	

\*There is also a pre-recorded version of these sessions and more available on our website

@LancashireHealthyYoungPeopleAndFamilies

**care.think.do.**  
WE CHANGE LIVES BY TRANSFORMING HEALTH AND CARE.



## Centre details

**West Paddock**

**Neighbourhood Centre**

**West Paddock**

**Leyland Preston PR25 1HR**

**01772 532930**

**Kingsfold**

**Neighbourhood Centre**

**Martinfield Road**

**Penwortham Preston PR1 9HJ**

**01772 539471**

**Bamber Bridge**

**Neighbourhood Centre**

**Brindle Road**

**Bamber Bridge Preston PR5 6YJ**

**01772 532932**

**Wade Hall**

**Neighbourhood Centre**

**75 Royal Ave**

**Leyland Preston PR25 1BX**

**01772 539470**

Enquiries to these centres should be directed to the appropriate number above.

Or email:

[CFW-SR-groups@lancashire.gov.uk](mailto:CFW-SR-groups@lancashire.gov.uk)



# Children's Groups (0-11yrs)



## **Baby Massage**

Is a 5 week programme from birth to crawling, it helps to build confidence in handling your baby, strengthening the bonding process, supporting your babies development and physical needs. Whilst meeting other parents/carers, develop networks and peer support.

## **Baby & You**

From New Born—18 months, the group provides information about your child's ages and stages of development, particularly the growing brain and your crucial role in supporting this. Experienced staff will help you with any issues around bonding, connection and communication in a relaxed and positive play environment.

## **Mini Move & Groove 2 - 5 years**

Good health and wellbeing are vital for children to be ready to pay and learn. Our group looks at boosting your child's physical and motor development, build confidence, develop motor and fine motor skills, improve speech and language whilst having fun and making new friends.

## **Move and Groove 5 - 11 years**

This group helps children to build their confidence through physical play and exercise, understanding how diet and exercise effect their growing bodies, balancing activity time with screen time, whilst having fun and making new friends.

## **Chat, Play & Read 18 months—5yrs**

This session is perfect for toddlers and pre-school aged children in supporting your child's speech and language development which is a crucial skill that supports all areas of learning. Supporting your child to make sense of the world and build confidence through words, books, songs and stories in a fun way.

## **Development Matters**

Is an opportunity where you can bring your child along to socialise and play alongside other children and parents. Planned, stimulating and challenging activities across all ages from 0—5 years guided by the Early Years Foundation Stage Development Matters. With opportunities to participate and share cultural and community values.

## **Inside Out**

A 6 week course aimed at children who need support to build confidence and self-esteem. We will look at a range of strategies to help with emotions, social skills, explore and understand the impact of their behaviour on others. Engage in activities with positive interaction between children and their peers. We deliver sessions separately for children in KS1 and KS2.

## **Freedom for Children**

A 10 week course for children aged 4-11yrs. This course is for children who have experienced abuse in their family home. Children explore abusive and non-abusive behaviours, reassure that they are not to blame if violence has been received or witnessed to build confidence and social skills.

## **Transitions Group**

The group looks at supporting children to be ready to make the most of learning at nursey and school, focusing on developing children's active learning, creativity, playing and exploring. Within the sessions, we will be helping children to improve their listening skills, turn taking and building emotional confidence as well as promoting independent self-care i.e. washing hands, wipe their nose and when they start school go to the toilet by themselves.

## **Colourful Footsteps SEND group**

We offer an inclusive environment for children to be confident in expressing themselves, through positive and social opportunities and interactions whilst making new friends and support with those going through similar joys and challenges.

## **Moving On Up**

For children in year 6, going into year 7. Our 6 week course will explore feelings and emotions around this transition. Our aim is to help children to be more confident with their journey to school, help children to prepare practically for starting high school, subject planning and homework.

## **Monday's**

**UNITE 6:30pm—8:30pm West Paddock, Leyland.**

## **Tuesday's**

**POUT 7 - 9pm West Paddock, Leyland**

## **Wednesday's**

**Detached Work 7 - 9pm in South Ribble**

**Youth Council 7 - 9pm West Paddock, Leyland**

## **Friday's**

**Safe Spaces Open Access 7pm - 9pm**

Our youth provision is currently in South Ribble which Chorley residents are free to attend.

If you wish to attend any of these groups please email:

[chorleysouthribble.tys@lancashire.gov.uk](mailto:chorleysouthribble.tys@lancashire.gov.uk)

[or follow us our Facebook page South Ribble Youth Zone](#)

**These sessions are correct at the time of printing. They are subject to change as more courses are added to our timetable.**





# Targeted Youth Support 12-19 years old ( 25 with SEND)

## UNITE

Providing a safe and welcoming environment for young people aged 12-25 years with special educational needs and disabilities. The group aims to work on life skills improving communication skills, self-confidence & self-esteem in a group work setting.

## POUT

This is a group for young people who identify as LGBTQIA+ or questioning their sexuality and want a safe environment so they can be themselves in a non-judgmental and supported environment. The group provides a safe space to meet with friends, make new friends and connect through lots of fun activities. Youth Workers are there to support and listen whilst giving opportunities to share ideas, support on coming out, identity, friendships, emotional wellbeing, family relationships and more.

## Youth Council

An opportunity for young people to have a voice and be able to influence decisions made locally and nationally.

## Safe Spaces

Is an open access provision which all young people can attend. The session provides informal education and access to advice and guidance from qualified and understanding Youth Workers alongside games, challenges and opportunities for trips and residential experiences

## Detached Work

Detached sessions are delivered across South Ribble and allow young people to engage with our Youth Workers in spaces which are comfortable to them. The Youth Work team offer advice and guidance in the community alongside fun activities

**T: 01772 532930  
for more information**

**Or email**

[chorleysouthribble.tys@lancashire.gov.uk](mailto:chorleysouthribble.tys@lancashire.gov.uk)

# Parents Groups

## Freedom Programme

A supportive relaxed group for women who have experienced domestic abuse and would like to be able to recognise abusive behaviour and what makes a healthy relationship. It helps make sense of and understand what has happened to them.

## Horizons

A 6 week course for parents who struggle with low mood, anxiety, low self-esteem or isolation. Through holistic methods we look at ways you can boost your wellbeing so that you can move forward to support yourself.

## Healthy Relationships

The course aims to work in a solution focused way, enabling and empowering you as a couple to understand your conflict and see how to resolve the issues yourselves with constructive and destructive communication.

**All our groups are free, we have a waiting list operating for most groups**

**Please do not hesitate to contact us for more information on**

**01772 532930**

**Or email :**

[CFW-SR-groups@lancashire.gov.uk](mailto:CFW-SR-groups@lancashire.gov.uk)



## Triple P Parenting Programme

Children do not come with a handbook, It is not an easy job and many of us can feel out of our depth. Children's behaviour can be challenging and difficult to manage. If you are struggling, a Triple P parenting course could be the answer for you.

**Triple P Group** - Children 2-11yrs, looks at Positive Parenting : using assertive discipline, having reasonable expectations, recognising and accepting feelings, building a positive outlook and dealing with stressful life events.

**Triple P Teens** - Children 12-16yrs, aims at raising competent teenagers, developing self-discipline, taking part in family decision making, being respectful and considerate, developing a healthy lifestyle.

**Stepping Stones** - Children under 12 with SEND. Positive parenting for children with a disability. Looking at reasonable expectations, looking after yourself as a parent. Helping your child to reach their potential

**Triple P Lifestyle** - For families who need support to implement a healthier lifestyle for their children. Improving children's dietary intake, understanding physical activity, increase self-esteem and reducing parenting stress around raising a healthy child

**Our Triple P sessions are delivered over 9 week period. Waiting lists are open all year round.**



## Parent's and Children's Sessions (0-11years)

### Mini Move and Groove

Kingsfold Neighbourhood Centre PR1 9HJ Monday's 10am—11.30am  
West Paddock Neighbourhood Centre PR25 1HR Friday's 1.30pm-3pm

### Chat Play and Read

West Paddock Neighbourhood Centre PR25 1HR Monday's 1pm-2.30pm  
Wade Hall Neighbourhood Centre PR25 1BX Thursday's 1pm—2.30pm

### Baby Massage

Kingsfold Neighbourhood Centre PR1 9HJ Monday's 1pm—2.30 pm  
Wade Hall Neighbourhood Centre PR25 1BX Friday's 1pm—2.30 pm

### Freedom for Children

West Paddock Neighbourhood Centre PR25 1HR Tuesday's 3.30pm-5pm

### Healthy Relationships

West Paddock Neighbourhood Centre PR25 1 HR Tuesday's 1pm—3pm

### Baby & You

Kingsfold Neighbourhood Centre PR1 9HJ Tuesday and Wednesday  
10am—11.30am

Wade Hall Neighbourhood Centre PR25 1BX Thursday 10am –11.30am

### Development Matters

Kingsfold Neighbourhood Centre PR1 9HJ Tuesday 1pm—2.30pm  
Wade Hall Neighbourhood Centre PR26 1BX Wednesday 10am –11.30am

### Colourful Footsteps for Children with SEND

West Paddock Neighbourhood Centre PR25 1HR Wednesday 3.30pm—  
5pm

### Move and Groove

Wade Hall Neighbourhood Centre PR26 1BX Wednesday 3.30pm—5pm

### Inside Out (Nurture Programme)

West Paddock Neighbourhood Centre PR25 1HR Thursday 3.30 — 5 pm

These dates, times and venues are correct at the time of printing.  
Please ring for more information on 01772 532930



### Triple P Programme

Delivery days and times vary depending on demand.  
Waiting lists are open all year round.

### Freedom Programme

Course's run throughout the year. Waiting Lists are always open.

### Parents to be

A free 2 week course for expectant parents who have had their 20 week scan. The course will look at Safer Sleep, ICON—coping with crying, Home Safety, Baby Communication, Early Play and Care of a New Born. For dates and to book a place call 01772 532930.

### Employment Drop In

West Paddock Neighbourhood Centre PR25 1HR Wednesday 9am – 12pm

### Horizons

West Paddock Neighbourhood Centre PR25 1HR 10am—12pm

### Half Term Activities:

During school holidays we offer various fun activities for all the family to enjoy. Booking is essential for these groups. Check what's on via our

Facebook page:  
**South Ribble Children and Family Wellbeing Service**  
or call 01772 532930 for more information

### HEALTHY START VITAMIN COLLECTION

If you are an expectant mum or have a child under 5yrs old and are entitled to free "Healthy Start" vitamins, you can call into any of our Centre's, please bring along your

Healthy Start Card

To apply for your Healthy Start Card- Visit [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

