



Like our Facebook page for updates and news about sessions and courses: Search for South Ribble Family Hub



DELIVERING EARLY HELP

Children and Family Wellbeing Service

Useful Numbers

- NHS Dentist Helpline 0300 311 2233
- Children's Services Support Hub 0300 123 6720
- Community Midwives 01257 245116
- Food Bank South Ribble 01772 455955
- Health Visitors 0300 247 0040 Opt 1 ??
- Women's Centre Chorley 01257 265342
- Royal Preston Hospital 01772 716565
- Childline 0800 1111
- Chorley Hospital 01257 261222
- National Domestic Abuse Helpline 0808 2000 247
- Police Non-Emergency 101
- Tippy Toes Baby Bank 07711964309
- Medical Advice 111
- NCT Feeding Line 0300 330 0700 – 8am to mid-night / NCT Lancashire Support Helpline Mon – Fri
- Need an NHS Dentist 01772 325100
- 9-5 Email:lancashiresupport@nct.org.uk Citizens
- Mental Health 24hr Service 08000
- Advice Line 01257 265432/ 2 & 3yr old Childcare Funding 0300 1236712
- Minds Matter 01772 773 437

www.lancashire.gov.uk/children-education-families

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
twitter.com/LancashireYPS

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



What's on guide



South Ribble CFW
All our groups are free

Sept– Dec 2024



www.lancashire.gov.uk

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

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

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 Clinics



Your **Midwife** will arrange appointments with you, this 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.

Baby - Weigh, Stay and Play

Healthy Family Practitioners are conducting **Weigh In Clinics** within our centres which are proving to be very popular with new parents. This is a drop in service.

Alternative Mondays 1—3pm

(From Mon 2nd September)

Walton-le-dale Family Hub PR5 6YJ

Alternative Tuesdays 9.30—11.30 am

(From Tuesday 10th September)

Kingsfold Family Centre PR1 9HJ

Every Friday 9.30—11.45

West Paddock Family Hub PR25 1HR

Call **0300 247 0040** or email

VCL.019.SinglePointofAccess2@nhs.net for more information.



2 Year Old Development Checks

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

Tuesday - Walton-le-dale Family Hub

Wednesday - Kingsfold Family Centre

Thursday - West Paddock Family Hub

Appointment only, if you have any concerns about your child's development milestones please call:

0300 247 0040 or email:
VCL.019.Singlepointofaccess2@nhs.net

Who's there to help you with feeding your baby?

Lancsyoungpeoplefamilyservice.co.uk/feeding-your-baby-postnatal-information



NCT Feeding Line: 0300 330 0700
(8am-midnight everyday inc. Bank Hols)
E: lancshiresupport@nct.org.uk

NCT Lancashire Support Helpline:
0208 752 9025 (Mon-Fri 9am-5pm)



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 Family Hub**
- **South Ribble Youth Zone**



hcrq
Care Group

Bump, Birth & Beyond
In Person Group

Meet other parents and prepare for the birth of your baby!
Face to face group | Multiple dates & locations 5.30-7.30pm

To book onto BBB contact your Health Visiting 0-19 Service: ☎ 0300 247 0040 or ✉ Vcl.019.SinglePointOfAccess2@nhs.net

Held over 2 consecutive weeks 5.30-7.30pm
Multiple locations across Lancashire
See our website for our upcoming schedule

SCAN ME

A recording and further support is available on our website lancashireyoungpeoplefamily.service.co.uk/bbb

This is a **two week** course for expectant parents.

The group includes

Safer Sleep. ICON (coping with crying), **Home Safety, Baby Communication, Early Play and Care of a New Born**

30 HOURS FREE CHILD CARE

WEST PADDOCK FAMILY HUB AND THE ZONE SOUTH RIBBLE

Lancashire County Council

www.lancashire.gov.uk

For more information about 2 and 3 year old funding why not call into our **'Employment Drop In'** at **West Paddock Family Hub PR25 1HR** on **Wednesdays between 9 -12pm** or contact the Family Information Service on **0300 123 6712 / email: FIS@lancashire.gov.uk**

www.lancashire.gov.uk/children-education-families/early-years-childcare-and-family-support/

Centre details

West Paddock
Family Hub and The Zone
West Paddock
Leyland
Preston PR25 1HR
01772 532930

Kingsfold
Family Centre
Martinfield Road
Penwortham
Preston PR1 9HJ
01772 532930

Walton-le-dale Family Hub
Brindle Road
Bamber Bridge
Preston PR5 6YJ
01772 532932

Wade Hall
Family Centre
75 Royal Ave
Leyland
Preston PR25 1BX
01772 532930

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

Or email:

CFW-SR-groups@lancashire.gov.uk



Children's Groups (0-11yrs)



Infant 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.

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.

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 supporting those going through similar joys and challenges.

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.

Moving On Up (Year 6 & 7)

You may be worried that your child may struggle with the transition to secondary school, Concerns may be a result of their development, social and communication skills, behaviour and or emotional health and wellbeing issues. Through providing activities and games, discussions, scenarios, travel to school and homework planning, the group will help explore feelings and emotions around transition, prepare practically for starting high school, subject planning and homework. Inform children about places to access for further support, be confident with their journey to and from school.



Partnership Working

Smokefree Lancashire Clinics



Monday: West Paddock Family Hub PR25 1HR
9am - 5pm

Thursday: Kingsfold Family Centre PR1 9HJ
9am - 4pm

Wednesday: Walton-le-dale Family Hub PR5
6YJ 1pm - 4 pm

Currently by appointment only

If you live in Lancashire and want to quit smoking/vaping, [Smokefree Lancashire](https://www.smokefree.lancashire.gov.uk) **0808 196 638** can provide support for you.

Getting help from a stop smoking service can increase your chances of successfully quitting smoking/vaping.

This service can also help you if you want to stop using niche tobacco (shisha or chewing tobacco).

Follow us on Facebook at: [South Ribble Family Hub](https://www.facebook.com/SouthRibbleFamilyHub)

and find out 'What's on' in our Hubs and Family Centres and across Lancashire County Council's other services, including libraries at Lancashire County Council Events web page:

www.lancashire.gov.uk/events





Communication - "Let's Talk"

Relationship quality effects how parents....

- Care for their children
- Establish a consistent routine



For further info call 01772 532 930

Sessions cover improving communication within families, stages of relationship development. The feelings wheel - thoughts, feelings and behaviours. Understanding each other and living together to reduce stress.

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, call into any of our Centre's, please bring along your new digital card.

The vitamins contain vitamin A, C & D for your child. Folic Acid & vitamin C & D for you if you are pregnant, breast feeding or until your child is one year old

**To apply for your Healthy Start Card visit
www.healthystart.nhs.uk**



Parents Groups



Weigh, Stay and Play

This is a drop in clinic run by our Health Care Practitioners, you can get baby weighed, meet other parents and let your children play

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.

Relationships – Lets Talk

Sessions cover improving communication within families, stages of relationship development. The feelings wheel – thoughts, feelings and behaviours. Understanding each other and living together to reduce stress.

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

Please do not hesitate to contact us for more information on 01772 532 930

Children and Family Wellbeing
Service
Welcome Form



Scan QR Code to Complete
Electronic Welcome Form

**Why not complete
our Welcome Form
before you attend
our groups
Select :South Ribble
area**

email : 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.

Children 2—11 years. Triple P Group

The course is delivered through group discussions, parent workbooks and homework. The course will assist if you have specific concerns about your child's development or behaviour

Children 12—16 years. Triple P Teens

The course looks at raising responsible competent teenagers . Developing self-discipline, establishing good routines. Getting involved in family activities, developing a healthy lifestyle, being reliable

Children under 12 with SEND

Stepping Stones

Positive parenting for children with a disability. Looking at reasonable expectations whilst looking after yourself as a parent and helping your child to reach their full potential.

Our Triple P waiting lists are open all year round.



Come and join our exciting groups



Baby and You offers babies the opportunity to extend their learning through touch and sensory activities.

Development Matters offers a safe environment for young children to have fun and mix with other children share and extend their early learning experiences .

Chat Play and Read with Speech



and Language Therapist support



Calling all 0-5 year olds with Special Educational Needs and Disabilities. A new playgroup just for you offering structured and free play in a calm and supportive space
Parents and siblings welcome too

Join us at: West Paddock Family Hub & The Zone, West Paddock, Leyland PR25 1HR

Every Thursday 9.45am - 11.45am



The group caters for the needs of children who have developmental difficulties, disabilities, or other suspected Special Education Needs who are 0-5 years old.

A diagnosis or referral will not be required.

Siblings are welcome to attend.

Magical Moments will offer a structured morning of free play and short group activities offering developmentally appropriate activities in a predictable, calm atmosphere. There is a small quiet room available for those who would benefit from this.

The group will be supported by staff from the Family Hub, volunteer parents of older children with SEND and specialist Early Years Teacher Alison Pettitt from Reachout ASC.

Our Youth Workers can support you with your personal, educational and social development.

Safe Spaces Friday's 7-9pm

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

Wednesday & Friday's 7-9pm

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.

Our youth provision is currently run from:
South Ribble's West Paddock Family Hub & The Zone
PR25 1HR which Chorley residents are welcome to attend.

For more information T: 01772 532 930

or email : chorleysouthribble.tys@lancashire.gov.uk
Follow us on our Facebook page: [South Ribble Youth Zone](#)

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

Targeted Youth Support

12-19 years old (25 with SEND)

UNITE Monday's 6.30-8.30pm

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 Tuesday's 7-9pm

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 Wednesday's 7-9pm

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

NEET drop in Friday 3 -5pm

Young people aged 16 to 18 who are not in Education, Employment or Training. TYS staff can offer support including help with applications, CV writing and support to find appropriate training or employment.

Bus Pass drop in Friday 4 -5pm

Young people aged 16 to 18 who are not in Education, Employment or Training. TYS staff can support young people to complete an application for a free bus pass.

INFANT MASSAGE

Children and Family Wellbeing Service

For newborn to crawling
A 5-week course that promotes nurturing touch and encourages bonding with your baby!

Relaxing sessions where you are taught basic nurturing strokes that can be added to your baby's routine. Learn about behavioural states and about your babies cues as well as being able to socialise with other parents/carers and babies.

Contact us on
01772 532930
for more information

FREE GROUP



Infant Massage

The 5 week programme is for babies from birth to crawling, it helps to build confidence in handling your baby, strengthening the bonding process, supporting your babies development and physical needs.

This is a great opportunity to meet other parents/carers, develop networks and peer support.

Call to book

01772 532 930

SEND Drop In Peer Support Group

Signposting and support available for parents/carers with children who have SEND.

Come and have a coffee and a chat

Held the 3rd Thursday every month

09:30am —11:30am

the first session will be on Thursday 18th April

at

West Paddock Family Hub

West Paddock Leyland Preston PR5 1HR call

01772 532930 for more information



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

Mini Move and Groove

Kingsfold Family Centre PR1 9HJ Monday 9.30am -11.00am

Chat Play and Read with Speech and Language Therapist support

West Paddock Family Hub PR25 1HR Monday 9.30am -11.00am

Walton-le-Dale Family Hub PR5 6YJ Thursday 9.30am -10.30 am

Infant Massage

West Paddock Family Hub PR5 6YJ Wednesday 1.30pm - 2.30pm

Baby & You

Kingsfold Family Centre PR1 9HJ

Tuesday 9.30am - 10.30am

New Day Church Ward St Lostock Hall PR5 5HR

Friday 9.30am -11.30am term time

Weigh Stay & Play

Walton-le-dale Family Hub PR5 6YJ **alternative** Mondays starting

Mon 2 September 2024 1.00pm - 3.00pm

Kingsfold Family Centre PR1 9HJ **alternative** Tuesdays starting

Tues 10 September 2024 9.30am -11.30 am

West Paddock Family Hub PR25 1HR **every** Friday 9.30am -11.45 am

Baby and You Sensory

Walton-le-Dale Family Hub Monday 1.00pm - 3.00pm

West Paddock Family Hub Thursday 1.30pm - 2.30 pm

Development Matters

New Day Church Ward St Lostock Hall PR5 5HR

Friday 9.30am -11.30am term time

Magical Moments/Colourful Footsteps 0-5 years (Term time only)

West Paddock Family Hub PR25 1HR Thursday 9.45am - 11.45 am

Inside Out (Nurture Programme)

West Paddock Family Hub PR25 1HR Monday 3.30pm - 4.30pm

Colourful Footsteps for Children with SEND

West Paddock Family Hub PR25 1HR Wednesday 3.30pm -4.30pm

Virtual SGO Peer Support Group

Held the last Thursday of every month 3.30pm-4.30pm. To book a place please email: cfw-sr-groups@lancashire.gov.uk

Employability Drop In

West Paddock Family Hub Leyland PR25 1HR

Wednesday 9.00am -12.00 pm

Horizons

West Paddock Family Hub Leyland PR25 1HR Tuesday 10.45am - 11.45 am

Triple P Programme and Healthy Relationships

Group Triple P for parents with children 2 -11 years

Teen Triple P for parents with children 11-16 years

Stepping Stones Triple P for parents with children (2-11 years) with SEND

Call 01772 532 930 to find out **dates, times and venues from September 24 onwards.**

Freedom for Children & Freedom Programme Course's run throughout the year, please ask.

Bump, Birth & Beyond 2 week course (5.30pm – 7.30pm)

West Paddock Family Hub PR25 1HR. To book a place please contact

T: 0300 2470040 or email vcl.019.singlepointofaccess2@nhs.net

School Holiday Activities:

During school holidays we offer various fun activities for children 0 –11 years.

Booking is essential for these groups.

Why not follow us on our Facebook page:

South Ribble Family Hub

Please ring 01772 532 930 for more information or visit

[Lancashire County Council Events](https://www.lancashire.gov.uk/events) -

www.lancashire.gov.uk/events

These dates, times and venues are correct at the time of printing.