

Like our Facebook page for updates and news about sessions and courses in Chorley : Search for **Chorley Family Zone**



Useful numbers

Chorley Council- 01257 515151

Benefits Help Line- 08000556688

Non-Emergency Services- 101

Medical Advice - 111

Local Police Number- (01772) 614444

Children's Social Care 03001236720

ChildLine- 08001111

Need a Dentist- 01772 325100

Food Bank – 01257 260050

Mindsmatter - 01772 643168

Woman's Centre - 01257 265342

Inspire Youth Zone - 01257 228888

Chorley Domestic Abuse Helpline –
01257 260200

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

DELIVERING EARLY HELP

Children and Family
**Wellbeing
Service**



What's on guide

CHORLEY

Jan - April 2020

Lancashire
County
Council



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.



Chorley Youth Council—Now weekly at Inspire Youth Zone

Get involved with the Youth Council, campaign, meet decision makers and have your say about things that affect you and your friends, and be listened to.

"All young people have the right to have a say about things that affect them especially when adults are making decisions about things that affect young people".

Article 12 - UN Convention on the Rights of the Child, 1989.

We want young people to be involved in all aspects of our work, planning sessions, delivering workshops, facilitating meetings, planning events and much more.

For more information ring **01257 517240**.





More about our groups and services...

Family Drop In

**Chorley Neighbourhood Centre,
Union Street**

An information, advice and guidance drop in session for young people and parents. Workers are on hand to offer support with access to education, employment or training as well as any housing or wider family issues.

Free bus passes are available for 16 - 18 year old currently unemployed and seeking employment (**eligibility criteria applies**).

Detached Street Based Work

Neighbourhood Outreach Workers engage with young people within the community. Working with young people and discussing issues that affect them, reducing risk taking and offering advice, education and support.

Youth 4 Health, often delivered within high school, a course for young people aged 12-16 years. Topics covered are bullying, building confidence and self-esteem, healthy relationships and sexual health, online safety, increasing social skills, the effects of alcohol and drugs and risk taking behaviours.

for more information ring **01257 517240**.

Healthy Start vitamins

You can now collect your free vitamins from Children and Family Wellbeing Service centre at Highfield in Chorley. Healthy Start vitamins contain vitamins A, C and D for your child and folic acid and vitamins C and D for you if you are pregnant, breastfeeding or until your baby is one year old. Drops are for your child if they are aged from six months (unless a health visitor has advised earlier use of vitamins) until they are four years old and mums get tablets. You **must** be receiving the Healthy Start vouchers that you get with your food vouchers. You will exchange the voucher to get your free vitamins. If you need more information please contact your Midwife, Health Visitor or phone your nearest centre.

Centre details

Duke Street Child and Family Wellbeing Services

Duke Street Primary School

Duke Street, Chorley PR7 3DU

Tel: 01257 516316

Highfield Child and Family Wellbeing Services

Highfield Nursery School, Wright Street,
Chorley PR6 0SL

Tel: 01257 516466

Chorley Neighbourhood Centre

55 Union Street, Chorley
Lancashire PR7 1EB

Tel: 01257 517240

Lord Street Neighbourhood Centre

Lord Street, Chorley

Lancashire PR6 0RF

Outreach Services at:

Euxton Library

St Mary's Gate, Euxton,
Chorley PR7 6AH

Clayton Green Library

Clayton Green Business Park, Library
Rd, Clayton-Le-Woods
Lancashire PR6 7EN



About our groups and services...

Midwife Clinic –appointments with your midwife ante and sometimes post-natal. Our Staff from the Neighbourhood Centre will be on hand to give practical advice and support on a range of topics, whilst being able to signpost to support if required

By appointment only

(BBB)

Bump, Birth and Beyond is an antenatal course run in partnership with Children and Family Wellbeing Service, Midwives & Health Visitors. It supports parents-to-be through pregnancy and beyond. The programme provides you with relevant information to help you make informed choices about birth, preparation for the birth as well as key messages around infant feeding, safer sleep, play, communication and taking care of your new baby.

Booking Essential

For any booking essential courses please call 01257 516466 or 01257 516316

Weigh, Stay and Play & Well Baby Clinic

Come to your Stay and Play session which is aimed at play and interaction with your baby. It helps parents to understand the age and stage development of their child. The session is in partnership with the Health Visitors and staff from the Neighbourhood Centre will be on hand to give practical advice and support on a range of topics, whilst being able to signpost to support.

2 Year Old Development Checks

Led by our Health Visiting Team. To discuss the milestones in your child's development. *By appointment only.*

Neighbourhood Centre staff will be on hand to give practical advice and support on a range of topics, whilst being able to signpost to support for anything that has been highlighted during your appointment.

Triple P - is a parenting programme, that doesn't tell you how to parent. It's more like a toolbox of ideas. You choose the strategies you need. You choose the way you want to use them. It's all about making Triple P work for you.

The three Ps in 'Triple P' stand for 'Positive Parenting Programme' which means your family life is going to be much more enjoyable.

We deliver sessions specifically for families with children in certain age bands, so that the content is relevant to everyone in the room.

Currently we have courses for families with:

Children 2-11yrs

Children 12-16yrs

Children under 12 with SEND or a disability

We also deliver a course for parents who are in conflict after a separation

Call for more information

Courses are delivered on a rolling programme.

Booking Essential



Triple P Transitions

A course for parents who have separated and are experiencing conflict around contact and communication regarding their children. Learn coping techniques and the understanding that you can only control your own reaction to situations. A must for those of you who are struggling through this traumatic period.

Booking Required (at this time the dates and times are still to be confirmed for Feb 2020)

Freedom Programme

a supportive course for women

To increase their self confidence, to feel empowered and make positive changes in their lives and relationships.

This course is delivered on a rolling programme. Ask for more information.

Booking Essential

Eligible for Healthy Start? If you are in receipt of Healthy Start Vouchers please see the information on page 10 about collecting your Vitamins from our Highfield Centre



More about our groups and services...

Nurture Group – supporting children age 7 to 11 to understand and manage their emotions, whilst also respecting the feelings of those around them. Through games and activities the children will develop new skills and coping strategies that allow them to manage social and emotional demands more effectively.

Booking Essential

Self-esteem Group

For those children who are struggling with their self-esteem and confidence. The group aims to promote each individual's self-worth and give them the tools to identify what it is that is holding them back.

Booking Essential



Moving on to High School Groups

Our Step up & Stepping up Courses are to support Year 6 students who would benefit with extra support with the transition from Primary to Secondary school, delivered in the last half term of the school year. Come along and access fun activities as well as discuss current issues that may affect you today. Help increase confidence and support health and wellbeing through fun activities, discussions and relevant information.

Booking Essential

June-July delivery only so something to think about for later in the year.

Horizons – A 5 week course for parents to promote self-esteem, confidence, look at your goals and aspirations and improve overall wellbeing.

The course will use an holistic approach to help parents improve their wellbeing. We know that when the parent feels well they can be better at everything else that being a parent brings.

Interested? Speak to us and book a place. **Booking Essential**

For booking onto any course please call 01257 516466 or 01257 516316

F.A.B. – Breastfeeding Peer Support Group

Volunteer led breastfeeding support. Drop-in session for pregnant and breastfeeding mothers. Gain support from other breastfeeding mothers in your area.

Baby Club – (Baby & Me / Baby Play)

Aimed at parents/carers with babies 0 to 12 months. A time to enjoy one to one time with your baby to support bonding and attachment.

Waddle to Toddle is an extension of the Baby play session, for when baby is up and about, however perhaps still a little small and unsteady for a stay and play session. There is a cut off age for this group to keep it for early movers of 30months.

Speech & Language Group

(Chatter Box, Chattering Chimps) this group supports and encourages children to develop their speech and language. Parents will be given support to extend their child's vocabulary by reading lots of stories, singing rhymes and modelling speech.

Stay and Play Sessions

(Jelly Tots & More than Just Words)

this activity session is a great way for parents to learn and play with their children in a fun friendly environment with other families, with a particular focus on developing language and communication skills through fun activities and play. Centre staff are on hand to support and encourage families attending and signpost to other activities and services.





Duke Street Centre

Monday

9am - 12 Midwife Clinic

10.30 - 11.45am Baby Play

10:30 – 11:45am Waddle to Toddle

1 -2pm Weigh Clinic & Stay and Play

3.30 – 5.30pm Nurture Group 13th Jan (5 weeks)

(Ask for more information)

Tuesday

9am - 12 Midwife Clinic

9.30-11am Chatterbox

6-8pm BBB (Booking required)

Wednesday

9.30– 12 - Freedom (booking required)

1-3pm 2Yr Development Checks

Thursday

9.30-11am F.A.B. Breastfeeding Support (From 23rd Jan 2019)

1.30 – 3pm Jelly Tots Stay and Play

Friday

9.30-11-30 Triple P Parenting Course

Ask for more info (booking required)

Highfield Centre

Monday

9 - 4pm Midwife Clinic

2-4pm—Legal Clinic Appointments

5.30– 8pm - Triple P Transitions (Jan/Feb)

Tuesday

9am -12 Noon - 2Yr Development Checks

09:30-11:30 Triple P Parenting Course

Ask for more info (booking required)

4 – 6pm Nurture Group - 3rd March (5 weeks) (Ask for more information)

Wednesday

9 - 12 noon Midwife Clinic

1-2pm Weigh Clinic & Stay and Play

6-8pm BBB (Booking required)

Thursday

10-11.30am Baby & Me

1.30-3pm Horizons Ask for more info (booking required)

Friday

9.30- 11am More than Just words- Stay and Play session.

11:00am – 12 Chattering Chimps [Term time only] Ask for more info

Clayton Brook/Green, & Euxton Areas

Tuesday

Euxton Library

9.30-11:30am - Stay and Play

Clayton Green Library

1-3pm Stay and Play

Youth Programme

Monday Evenings

Inspire Youth Zone 6pm-8pm

Chorley Youth Council

call 01257 517240 to enquire

Wednesday

Chorley Neighbourhood Centre

1-4pm Family Drop in Session

Wednesday Evening

Street work in Coppull Community (behind Library) 6.30pm-8pm

See Course
Descriptions Throughout
the Booklet

Please Call 01257 516466 or 01257 516316 for further information about other courses that we are delivering.

Triple P Teens, Triple P Transitions (Parental Conflict)

Triple P Group (2-12yrs) Triple P Stepping Stones (SEND 2-12yrs)

The Freedom Programme

Or indeed if you require further information about anything on our timetables.