



Like our Facebook page for updates and news about sessions and courses: Search for "South Ribble Children and Family Wellbeing Service"



## Useful Numbers

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

# 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](http://lancashire.gov.uk/youthzone)

**Call 0800 511111**

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



**South Ribble CFW**

**Jan— March 2023**



[www.lancashire.gov.uk](http://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](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

[lancsyoungpeoplefamilyservice.co.uk/child-health-clinics/](http://lancsyoungpeoplefamilyservice.co.uk/child-health-clinics/)

**or Call 0300 247 0040**

**or Email**

**[VCL.019.SinglePointofAccess@nhs.net](mailto:VCL.019.SinglePointofAccess@nhs.net)**



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

**Thursday** 1 pm at : The Pantry  
61 Hough Lane Leyland PR25 2SA

Volunteer led support is also available by telephone 01254 772929

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

### 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**

**or Email**

**[VCL.019.SinglePointofAccess2@nhs.net](mailto: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](mailto:vcl.019.SinglePointOfAccess2@nhs.net)

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

Visit our website for more info [lancsyounpeoplefamilyservice.co.uk](http://lancsyounpeoplefamilyservice.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](https://www.facebook.com/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**

**Bamber Bridge**

**Neighbourhood Centre**

**Brindle Road**

**Bamber Bridge Preston PR5 6YJ**

**01772 532932**

**Kingsfold**

**Neighbourhood Centre**

**Martinfield Road**

**Penwortham Preston PR1 9HJ**

**01772 539471**

**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

5 week programme. From birth to crawling, to promote nurturing touch and early communication. This course can enhance the bonding & attachment between carer & baby.

## Baby & You

From New Born—18 months, over an 8 week period we will cover key subjects such as Safer Sleep, Child Development, ICON and much more

## Mini Move and Groove 2—5 years

Come and join us in our new get active group! We will be having lots of fun together and taking part in lots of great activities to get our hearts racing.

## Move and Groove 5—11 years

Move and groove is a 6 week course for children aged 5—11 to build social skills, have fun together and make new friends. We will look at balancing activity time with screen time as well as adopting healthy lifestyles

## Chat, Play & Read 18 months -5yrs

This session is perfect for toddlers and pre-school aged children. The session is fun and interactive and encourages your child's communication skills and development. Lots of play, singing and story time.

**Babies are welcome**

## Development Matters

This 6 week course aims to use nurturing principles to develop the social and emotional skills resilience and self confidence of identified children. In order for them to thrive at home, school and with their peers

## Inside Out

A 6 week course for children who need support to build confidence and self-esteem. Or they may struggle with their emotions, affecting how they build friendships and treat people around them. We deliver sessions separately for children in KS1 and KS2.

These sessions are delivered in centres after school 4-5 pm.

## Freedom for Children

A 10 week course for children aged 4-11yrs. Helping children to understand what is and isn't abusive behaviour. This course is for children who have experienced abuse in their family home. Children are taught about healthy and unhealthy relationships.

## Transitions Group

This is a 6 week course 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 etc.

## Colourful Footsteps SEND group

This 6 week course aims to use nurturing principles to develop social and emotional skills, resilience and self confidence

## Monday

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

## Tuesday

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

## Wednesday's

**Detached Work** 7-9pm in Bamber Bridge

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

## Friday's

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

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

A group for young people who identify as LGBTQIA+. The group provides a safe and confidential space to come together to meet and share experiences. To get information, advice and support on coming out, friendships, emotional wellbeing, identity, 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

Open access group providing a safe space for young people to attend and engage with our staff.

### Detached Work

These sessions are delivered in Bamber Bridge and at various locations. These sessions provide information, advice & guidance to young people.

**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 course for women to increase their confidence, feel empowered and make positive changes in their lives and relationships.

Freedom helps women to identify signs of controlling and abusive behaviours. This course is delivered in our centres over 12 weeks.

### 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 we can boost our wellbeing so that we can move forward to support ourselves. This course is delivered in our centres.

### Healthy Relationships

A 6 week supportive programme for parents experiencing challenges in their relationship and are struggling to communicate positively

**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

Triple P doesn't tell you how to parent. It's more like a toolbox of ideas. You choose the strategies you need and the way you want to use them. It's all about making Triple P work for you. By parenting in a positive way you will learn how to manage poor behaviour. Your children will learn boundaries to help them develop calming techniques useful for their wellbeing.

### We offer courses in:

**Group Triple P** - Children 2-11yrs,

**Teens Triple P** - Children 12-16yrs ,

**Stepping Stones** -

Children under 12 with SEND or a disability.

**Triple P Lifestyle** -

For families who need support to Implement a healthier lifestyle for their children.

**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 10am—11.30am

## Transitions

Kingsfold Neighbourhood Centre PR1 9HJ Monday 1.30pm—3pm

## Inside Out (Nurture Programme)

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

## Development Matters

Kingsfold Neighbourhood Centre PR1 9HJ Tuesday 1pm—2.30pm

Wade Hall Neighbourhood Centre PR25 1BX Friday 10—11.30 am

## Baby & You

Kingsfold Neighbourhood Centre PR1 9HJ Tuesday 10—11.30 am

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

## Colourful Footsteps for Children with SEND

West Paddock Neighbourhood Centre PR25 1HR

Wednesday 3.30pm—5pm

## Chat Play and Read

Kingsfold Neighbourhood Centre PR1 9HJ Wednesday 10—11.30

Wade Hall Neighbourhood Centre PR25 1BX Thursday 1pm—2.30pm

## Move and Groove

Kingsfold Neighbourhood Centre PR1 9HJ Thursday 3.30pm—5pm

## Baby Massage

Kingsfold Neighbourhood Centre PR1 9HJ Friday 1:30m—3pm

Wade Hall Neighbourhood Centre PR25 1BX Friday 1:30pm—3pm

(Please ring for dates and venue)

**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 book a place call 01772 532930

## 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

Monday 1pm—4pm at our Bamber Bridge Centre (bi-weekly).

Tuesday 1pm—3pm at our Kingsfold Centre (bi-weekly).

Friday 9:30-12:00 at our West Paddock Centre.

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)