

# South Ribble Parent Information & Wellbeing Drop In

Information and advice from the South Ribble Social Prescribing Team and Compass Bloom Mental Health Support Team.



Wednesday 23rd  
October 2024  
10-1pm

Civic Centre, West  
Paddock, Leyland,  
Lancashire PR25 1DH



## South Ribble Social Prescribing



- Money worries
- Housing issues
- Isolation / loneliness
- Employment / new skills
- Diet / exercise
- Mental health / wellbeing



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[www.southribble.gov.uk/southribbletogether](http://www.southribble.gov.uk/southribbletogether)

## Compass BLOOM

### PARENT/CARER CONSULTATION DROP-IN

#### Who Are Compass Bloom?

We offer a free and confidential service supporting children and young people, aged 5-18, with mild to moderate emotional health and wellbeing needs.

We work in 87 schools and colleges throughout Chorley, South Ribble, Preston and West Lancs.

Are you the parent/carer of a young person who is experiencing mild to moderate anxiety or low mood?

This could look like:



FEELING WORRIED



STRUGGLING TO SLEEP



WITHDRAWAL FROM FAMILY, FRIENDS AND/OR USUAL ACTIVITIES



STRUGGLING TO CONCENTRATE



TEARFUL

IF ANY OF THE ABOVE SOUNDS LIKE YOUR CHILD/YOUNG PERSON WE CAN HELP!



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