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DELIVERING EARLY HELP

# Children and Family Wellbeing Service



WEST PADDOCK  
**FAMILY HUB**  
AND THE ZONE  
SOUTH RIBBLE

## 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 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)
- Citizens Advice Line 01257 265432
- 2 & 3yr old Childcare Funding 0300 1236712

**Get advice and support** **talk zone**

**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://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**  
**All our groups are free**

All our groups are **FREE**

Jan — March 2024



## 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 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

### Weigh, Stay and Play

Health Care 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**  
Bamber Bridge Family Centre PR5 6YJ

**Alternative Tuesdays 9.30—11.30 am**  
Kingsfold Family Centre PR1 9HJ

**Every Friday 9.30—11.30**  
West Paddock Family Hub PR25 1HR  
Call 0300 247 0040 or Email  
[VCL.019.SinglePointofAccess2@nhs.net](mailto:VCL.019.SinglePointofAccess2@nhs.net)  
for more information

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

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



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

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

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 your child's development milestones please call: **0300 247 0040**

**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 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 [lancashireyoungpeoplefamilyyservice.co.uk/bbb](https://lancashireyoungpeoplefamilyyservice.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](http://www.lancashire.gov.uk)

For more information about 2 and 3year old funding why not call into our Employment Drop In at West Paddock Family Hub PR25 1HR on Wednesdays between 9 –12pm or visit [lancashire.gov.uk/childcare](http://lancashire.gov.uk/childcare) call 0300 1236712

## Centre details

**West Paddock**

**Family Hub and The Zone**

**West Paddock**

**Leyland Preston PR25 1HR**

**01772 532930**

**Bamber Bridge**

**Family Centre**

**Brindle Road**

**Bamber Bridge Preston PR5 6YJ**

**01772 532932**

**Kingsfold**

**Family Centre**

**Martinfield Road**

**Penwortham Preston PR1 9HJ**

**01772 539471**

**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](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 effects 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 nursery and school, focusing on developing children's active learning, creativity, whilst 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 supporting 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.

## Partnership Working



If you live in Lancashire and want to quit smoking, [Smokefree Lancashire 0808 196 2638](#) can provide support for you. Getting help from a stop smoking service can increase your chances of successfully quitting smoking. The service can also help you if you want to stop using niche tobacco (shisha or chewing tobacco)

### **Smokefree Lancashire Clinics**

Mondays: West Paddock Family Hub PR25 1HR  
1pm—4pm  
Mondays: Kingsfold Family Centre PR1 9HJ  
12-2.30 pm  
Wednesday: Bamber Bridge Family Centre PR5 6YJ  
1pm-4pm  
**(by appointment only at the moment)**

**Key-Connect**  
Peer Support Group  
For Parents and Carers of  
Autistic Young People

Do you care for an Autistic young person, with or without diagnosis or on the Pathway?  
Our Peer support group may be of interest to you.

Key-Connect is an informal peer-support group in a relaxed, inclusive and confidential space.

Connect with other parents/carers with shared lived experiences, exchange practical advice, receive mutual support, and signposting.

The group will meet weekly on Tuesdays for 1.5hr / 12 weeks.

**Who:** Parents/Carers within Lancashire/South Ribble  
**Where:** Wade Hall Family Centre, 73 Royal Ave, Leyland PR25 1BL  
**When:** Starting Tuesday 24th October 2023 @12:30pm-2pm

For further information and to book a place please contact:  
Niki (Group Facilitator) on 07580358080 / niki@keycharity.org.uk

Free to attend - Booking is Essential



### **Making Sense of Special Needs**

A FREE 6-week course for parents or carers of children and young people with special educational needs or disabilities [SEND]

Does your child struggle at school?

Do you know what help may be available for them?

Are you confused by the words and abbreviations that are used in meetings?

Do you know how to find information, advice and support for your yourself?

Would you like to know more?

Lancashire SENDIAS have a 6-week course for parents and carers to help them understand more about the special needs process in Lancashire.

This will be a face-to-face course run in South Ribble by Trinity Special Needs Advice Partnership with the Lancashire Children and Family Wellbeing Service

There will be a limit on numbers on each course, so you will need to book a place. For more details, please email either [trinitysnap17@gmail.com](mailto:trinitysnap17@gmail.com) or [cfw-sr-groups@lancashire.gov.uk](mailto:cfw-sr-groups@lancashire.gov.uk)

## AFTER SCHOOL FAMILY GAMES

Children and Family Wellbeing Service

An afternoon school games session for the whole family

Opportunity for the family to get together and have lots of fun playing games together, playing with other families.

Board games, table top games, console games, physical games and lots more...



WEST PHOENIX FAMILY HUB AND THE ZONE SOUTH RIBBLE

Call us on 01772 532930 for more information

A FREE group for all

Lancashire County Council

Children and Family Wellbeing Service Welcome Form



Scan QR Code to Complete Electronic Welcome Form

Why not complete our Welcome Form before you attend any of our sessions, this will save time when you arrive.

Please select service in:

**South Ribble**

## 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**

**Healthy Start Card visit [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)**

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

Healthy Start paper vouchers are being replaced by a new prepaid card

To continue to get help to buy healthy essentials, you'll need to apply online to receive your new prepaid card: [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

## Parents Groups

### Weigh, Stay and Play

This is a drop in clinic run by hcrq Care Group, 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.

### 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 some groups**

**Please do not hesitate to contact us for more information on 01772 532930**

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](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 whilst looking after yourself as a parent and helping your child to reach their full potential

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



Come and join our new and exciting groups starting in 2024

**FREE** **BEEHIVE** Baby & Toddler Group

QR code

**RUN BY:** Children and Family Wellbeing Service

9.30am - 11.30am  
Every Friday morning, term time  
New Day Church, Ward Street, Lostock Hall PR5 5HR 01772 461454  
No booking required for the event, but please use the QR code to register.

Why not come along to our new Baby and toddler group, it offers the opportunity for young children to have fun and mix with other children in a safe environment where a familiar adult can share and extend their early learning experiences.



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.

(Term Time only)



**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 PR25 1HR which Chorley residents are free to attend for more information T: 01772 532930 Or email :

[chorleysoutribble.tys@lancashire.gov.uk](mailto:chorleysoutribble.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 courses 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 2 - 4pm

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.

[www.lancashire.gov.uk/events](http://www.lancashire.gov.uk/events)  
03001236703  
This is a free event



This is a new course starting on Monday 22nd January at Leyland Library 11:30—12:30.

The session will help you to feel the relaxing effect of giving your baby a massage

To book a place please ring 03001236703

### We also run Baby Massage courses at our

West Paddock Family Hub  
PR25 1HR  
Tuesday 11-12 am  
Kingsfold Family Centre  
PR1 9HJ  
Friday 1.30-2.30 pm

Get Crafty every  
Thursday 3:45—4:45

At our Kingsfold  
Family Centre Martinfield Rd  
PR1 9HJ

## GET CRAFTY

Children and Family Wellbeing Service

An afternoon school arts & crafts session for the whole family

Artists will be able to explore using a variety of different materials which will help with their creative nature where they will have lots of fun and create good looking projects

Call us on  
01772 532930  
for more  
information



A FREE  
group for  
all

Lancashire  
County Council

If you are looking for fun and easy crafts for all the family after school, you have come to the right place!

**(Term time only)**

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

## Mini Move and Groove

Kingsfold Family Centre PR1 9HJ Monday 9.30-10.30

West Paddock Family Hub PR25 1HR Monday 1-2

## Chat Play and Read Speech and Language

West Paddock Family Hub PR25 1HR Monday 9.30-11

Kingsfold Family Centre PR1 9HJ Thursday 9.30 -10.30

## Baby Massage

West Paddock Family Hub PR25 1HR Tuesday 11-12

Family Centre PR1 9HJ Friday 1.30-2.30

## Freedom for Children

Kingsfold Family Centre PR1 9HJ Tuesday 3.30-4.45

## Baby & You with Infant Feeding Support

Kingsfold Family Centre PR1 9HJ Tuesday 9.30 - 10.30

and Wednesday 1.30-2.30

Bamber Bridge Family Centre PR5 6YJ Monday 1-2

## Baby & You Weigh Stay & Play

Bamber Bridge Family Centre PR5 6YJ **alternative** Mondays starting 8th January 2024 1-3

Kingsfold Family Centre PR1 9HJ **alternative** Tuesdays starting 16th January 2024 9.30 -11.45

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

## Baby and You Sensory

West Paddock Family Hub PR25 1HR Thursday 1.30- 2.30

## Development Matters

Kingsfold Family Centre PR1 9HJ Tuesday 1-2

Wade Hall Family Centre PR25 1BX Wednesday 1- 2

## Move and Groove

Kingsfold Family Centre PR1 9HJ Wednesday 3.15- 4.30

West Paddock Family Hub PR25 1HR Thursday 3.30 - 4.45

## After School Family Games

West Paddock Family Hub PR25 1HR Tuesday 3.30- 4.45

## Trinity Snap Making Sense of Special Needs, a 6 week course starting

February 2024 to book a place email: CFW-SR-groups@lancashire.gov.uk

## Virtual SGO Peer Support Group to book a place

email: CFW-SR-groups@lancashire.gov.uk held the last Thursday of every month

## Inside Out (Nurture Programme)

Kingsfold Family Centre PR1 9HJ Monday 3.45 - 4.45

West Paddock Family Hub PR25 1HR Monday 3.45 - 4.45

Wade Hall Family Centre PR261BX Wednesday & Thursday 3.45 - 4.45

## Colourful Footsteps for Children with SEND

West Paddock Family Hub PR25 1HR Wednesday 3.30-4.45

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

West Paddock Family Hub PR25 1HR Thursday 9.45- 11.45

## Get Crafty with Arts and Crafts for all the Family

Kingsfold Family Centre PR1 9HJ Thursday 3.15- 4.30

## Employability Drop In

West Paddock Family Hub Leyland PR25 1HR Wednesday 9-12

## Horizons

West Paddock Family Hub Leyland PR25 1HR Tuesday 10-12

## Triple P Programme and Healthy Relationships ( attendance in person or virtual)

Group Triple P for parents with children 2 -11 years 09/01/2024-19/03/2024

West Paddock Family Hub PR25 1HR Tuesday 1-3

Teen Triple P for parents with children 12-16 years 18/01/2024-21/03/2024

Kingsfold Family Centre PR1 9HJ Thursday 1- 3

Stepping Stones Triple P for parents with children under 12 with SEND

11/01/24-21/03/24 Bamber Bridge Family Centre PR5 6YJ Thursday 6-8

## Freedom Programme Course's run throughout the year.

## BEEHIVE Baby & Toddler Group

New Day Church Ward St Lostock Hall PR5 5HR Friday 9.30-11.30 term time

## Bump, Birth & Beyond 22nd & 29th February

West Paddock Family Hub PR25 1HR 5.30-7.30 to book a place:

call 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](#)

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