

**DELIVERING EARLY HELP
ACROSS FYLDE & WYRE**

Children and Family
**Wellbeing
Service**



What's on guide

Fylde & Wyre

www.lancashire.gov.uk

Welcome

A warm welcome to you from everyone at the Children & Family Wellbeing Service (CFW), part of Lancashire County Council.

Our service is here to provide early help on a whole range of issues which may be affecting you and your family. We want to offer 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 of 0 - 19yrs + . Working together with key partners, we aim to ensure that we have maximum impact on achieving positive outcomes for you and 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. Family Support Workers can work with you on an individual basis, offering you a more tailored and targeted response. Through our Neighbourhood Centres and Outreach Programmes, 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 Neighbourhood 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 **Centre Details** section of this guide.

You can also contact our '**Talk Zone**' service which is available every day of the year from **2.00pm - 10.00pm**.

Tel: (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

Family Information Service., Tel: (0300) 1236712 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 do not hesitate to contact us.

We look forward to hearing from you, and thank you for using our service.



Centre details & contacts

Fleetwood Children & Family Wellbeing Services

Milton Street
FLEETWOOD
Lancashire
FY7 6QW
Tel: (01253) 741117

Rothwell Drive Centre

Rothwell Drive
FLEETWOOD
Lancashire
FY7 8FF
Tel: (01253) 741117

Thornton Children & Family Wellbeing Services

Heys Street
THORNTON - CLEVELEYS
Lancashire
FY5 4JP
Tel: (01253) 741117

Weeton Children & Family Wellbeing Service

Weeton Barracks
Henderso n Road
PR4 3JQ
Tel: (01253) 741117

Fylde Children & Family Wellbeing Service

Chapel Walks
KIRKHAM
Lancashire
PR4 2TA
Tel: (01772) 535135

INTEGRATED SERVICES MANAGER

Louise Jefferso n Tel: (01253) 897250

TEAM LEADERS

Family Intensive Support

Kevin Ashworth Tel: (01253) 897345

St. Annes Sydney Street Neighbourhood Centre

Sydney Street
LYTHAM St. ANNES
Lancashire
FY8 1TR
Tel: (01772) 535135

Garstang Library

Windsor Road
GARSTANG
Lancashire
PR3 1ED
CFW provisio n please call
Tel: (01253) 741117

Targeted Youth Support

Brian Wood Tel: (01772) 538857

Neighbourhood & Communities

Kirsty May Tel: (01772) 539582



Early Childhood Birth - 5 years

Through our Neighbourhood and Community offer the Children and Family Wellbeing Service recognises the value of group work and in particular evidenced based programmes in providing information, education and support for children, young people and their parents and carers.

Groups and group work programmes are open to all families across Lancashire who would welcome additional support around a range of different topics. Our centres provide a welcoming inclusive environment where you will be encouraged to participate and get involved in activities whilst feeling safe and supported. Alternatively, there may be groups that are best run virtually online, tailor made to meeting your needs.

How do I access groups?

There are a number of ways children, young people and their families can access group work and programmes. First and foremost through ringing their local Neighbourhood Centre and booking on.

Alternatively another professional may complete and submit a request for support or make a booking on a family's behalf. Alternatively, a school may have arranged the delivery of a programme and therefore may approach a family they know that would value the support.

Each centre offers a programme and a range of services, groups, and drop-in sessions which will give you and your family the support you need, in the right place and at the right time.

Who's involved and where do these groups run?

Neighbourhood Group Workers (NGW) will run a whole series of drop-in sessions, groups, courses and activities in our Neighbourhood Centres and will work directly with you and your children.

Delivery Centre Support Workers (DCSW) will greet you when you visit our Neighbourhood Centres, provide you with information and make sure you get the best from using our service. Depending on the circumstances some of our groups may be offered in other venues such as community centres, libraries and in schools. In addition, groups and support may be delivered through partnership working e.g. Health and Midwifery Services.



Early Childhood Birth - 5 years

Ante and Post Natal Support

If you have been signposted by another professional for support from the Children, Family and Wellbeing Service there may be an opportunity to attend one or more of these groups.

Parents to Be

The sessions will help you to prepare for parenthood sharing some key messages such as.

- Safer sleep for baby
- Support on feeding your baby
- How to ensure your home is safe and ready for baby
- Support with how to care for your newborn's needs, including practical demonstrations on bathing and changing nappies
- The importance of communication and talking to your baby and how this supports the developing brain
- Strategies for coping with a crying baby including ICON message
- Me you and Baby Too digital app how a new baby may impact your relationship with strategies for healthy communication
- Smoking and 'Smoke Free Homes'

Infant Massage– 6 weeks to crawling

The sessions will:

- Help you to feel the relaxing effect of giving your baby a massage.
- Strengthen the bonding process
- Build your confidence in handling baby
- Supporting baby's development – helping physical needs if there is any tummy trouble, problems with bowel movement or trapped wind
- Provide opportunities to meet other parent/carers develop networks and peer support
- Provide information about brain development, digestion, and nurturing relationships.



Early Childhood Birth - 5 years co nt.

Baby and You

Meet and network with other new parents to share your experiences of caring for baby together. The sessions will:

- Provide information about your child's ages and stages of development, particularly the growing brain and your crucial role in supporting this.
- Provide you with opportunities to play together and encourage positive play and interaction between you and your baby.
- Help you with any issues around bonding, connection & communication between you and your baby
- Bring you together with other parents to prevent you from feeling socially isolated which is often a reality for new parents.
- Baby weighing clinic

Learning and Development Through Play

Development Matters

We will provide groups in our centres where you can bring your child along to socialise and play alongside other children and parents.

The sessions provide:

- High quality, well planned, stimulating and challenging activities. across all ages from 0-5 based on child-initiated play both indoors and outdoors (where possible). Guided by the Early Years Foundation Stage Development Matters.
- Information about how to nurture your child's growing brain, that supports their learning and development.
- Opportunity for physical play in a safe environment
- Support for you to play and enjoy some time together.
- A chance to get involved in your child's learning and development by actively observing and interacting with them whilst they play and as they reach important milestones.
- A safe and secure environment for your child to develop their confidence, social and emotional skills and make friends.
- Ideas, activities and opportunities to continue, develop and expand play at home.
- Support for your child's creativity and imagination and learning through role-play
- Support for you and your child if they have Special Educational Needs or Disability (SEND)



Early Childhood Birth- 5 years co nt.

- Support with your parenting if you need it.
- Information relevant to you as a family with young children including employment, training, childcare, health and wellbeing, healthy lifestyles, healthy relationships early education and childcare.
- The chance to meet with other families and make new relationships.
- Opportunities to participate and share your thoughts including your cultural and community values.

Chat, Play and Read

There may be special groups held in a centre to support your child's speech and language, which is a crucial skill that supports all other areas of their learning and development. This includes the ability to listen, understand and communicate verbally and non-verbally, supporting language development:

- Provides a strong foundation for school (e.g. children with proficient speech and language skills are likely to find it easier to learn to read)
- Helps build confidence
- Enables children to communicate their needs better (and therefore reduces frustration)
- Facilitates the development of friendships
- Provides children the opportunity to build a love for words, books and stories
- Helps children make sense of the world around them

The sessions will provide opportunities to:

- Read and share books together, exploring the fun, rhythms and excitement of words and stories.
- Support your child's listening skills by reading aloud to them and support you to do the same.
- Encourage children to participate in singing and rhyme learning new words in a fun and friendly way.
- Encourage children to use language in their play; describing, predicating, sharing ideas and explaining.
- Play and socialise together.
- Support you as a parent with ideas of how you can support your child's speech and language development.
- Recognise when there may be a delay in your child's speech and language and signpost to specialist support if it is needed.



Early Childhood Birth- 5 years co nt.

Transitions- Being ready for nursery or school (Moving On Up)

In order to support children to be ready to make the most of learning at nursery and school we should support them in developing individual characteristics for learning these are;

- **Paying and Exploring** – children investigate and experience things, and 'have a go'
- **Active Learning** – children co ncentrate and keep o n trying if they encounter difficulties and enjoy achievements.
- **Creating and Thinking Critically** – children have and develop their own ideas, make links between ideas, and develop strategies for doing things

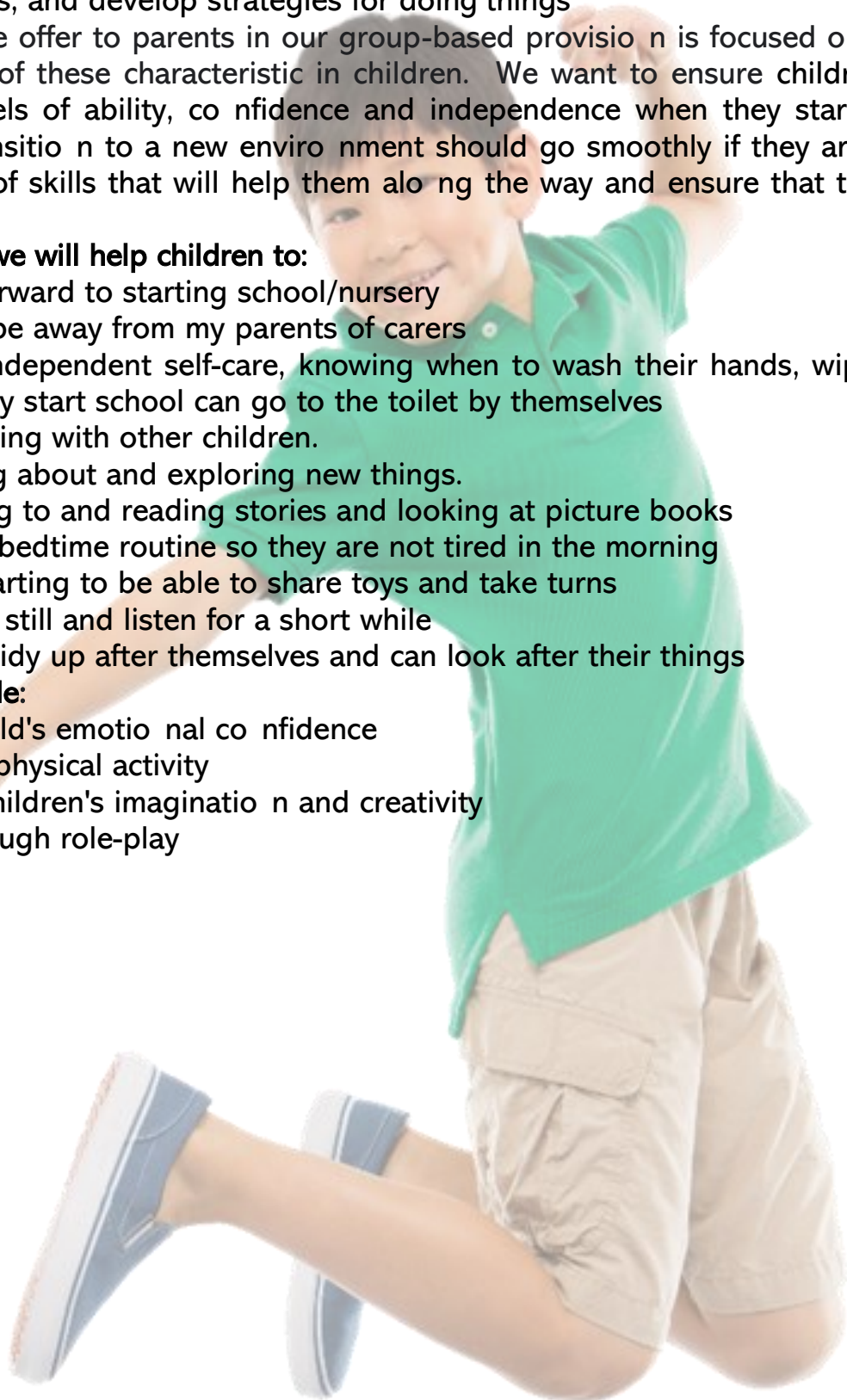
All the support we offer to parents in our group-based provisio n is focused o n supporting the development of these characteristic in children. We want to ensure children are at the best possible levels of ability, co nfidence and independence when they start childcare or schools. This transitio n to a new enviro nment should go smoothly if they are encouraged to develop a set of skills that will help them alo ng the way and ensure that they are ready for leaning.

In these sessions we will help children to:

- Be looking forward to starting school/nursery
- Be happy to be away from my parents of carers
- Have some independent self-care, knowing when to wash their hands, wipe their nose, and when they start school can go to the toilet by themselves
- Enjoy interacting with other children.
- Enjoy learning about and exploring new things.
- Enjoy listening to and reading stories and looking at picture books
- Have a good bedtime routine so they are not tired in the morning
- Can or are starting to be able to share toys and take turns
- Be able to sit still and listen for a short while
- Be happy to tidy up after themselves and can look after their things

Activities willinclude:

- Building a child's emotio nal co nfidence
- Encouraging physical activity
- Supporting children's imaginatio n and creativity
- Learning through role-play



Early Childhood Birth- 5 years co nt.

Mini Move and Groove

High levels of good health and wellbeing are vital for children to be able to fully engage in play to learn. Our physical health and wellbeing activities for early years children are a brilliant resource to help guide them o n their first steps to living well and boost your child's physical and motor development. These sessio ns will:

- Builds co nfidence
- Develop gross motor and fine motor skills
- Improve speech and language skills
- Build social skills, have fun together and make new friends
- Introductio n to the benefits of adopting healthy life styles

The Developing Child 5 to 11 Years Old

Inside Out

We provide targeted support for children of primary school age your child may be

- Struggling to express and manage their emotio ns.
- Have low self co nfidence and self-esteem.
- Presenting with anxious behaviours

By creating a safe space, your child will have the opportunity to take part in evidence-based activities including scenarios and role play, breathing and stretching exercises, TV and video clips, arts and craft, fun and games

In the sessions children will be able to:

- Explore wishes and feelings and understand worries
- Look at a range of strategies to help manage stro ng emotio ns
- Take part in a range of creative and physical activities to encourage positive play and interactio n between children and their peers.
- Build co nfidence and social skills
- Meet new people and make new friends
- Explore and understand the impact of their behaviour o n others
- Think about, understand and appreciate that we are all unique and different



Developing Child 5 to 11 Years Old

Move and Groove

If you have any concerns about your child's overall health and wellbeing that is not connected to any diagnosed condition, we have sessions that support you and your child adopting healthy lifestyles. Many children can be put off by PE at school and can feel excluded from participating. It may be too competitive or slightly threatening particularly if there are large groups with mixed abilities and they feel shy or have lower self-esteem. We will provide a safe, sensitive and nurturing space for children to meet and have fun together, promoting physical play and activity. We will provide information on their growing body and how to adopt healthy lifestyles including healthy eating.

In the sessions children will be able to:

- Build their confidence to take part in physical play and exercise.
- Get information to understand how diet and exercise effect their growing bodies
- Build their social skills, have fun together and make new friends.
- Think about adopting healthy lifestyles, balancing activity time with screen time.

Groups for children with SEND

We also provide sessions in our centres for children with physical, learning, behavioural and emotional difficulties offer an inclusive environment, with opportunities for learning development and support. This is also where parent carers have the opportunity to meet make new friends and share experiences with those going through similar joys and challenges. There will also be information to hand about professional support so you can be signposted to other agencies, groups and services.

The sessions will help children to:

- Be confident in expressing themselves
- Experience positive social opportunities and interactions
- Access learning and development opportunities



Developing Child 5 to 11 Years Old

Moving On Up years 6- 7

You may be worried that your child may struggle with the transition to secondary school, we know this can be the case for many children for a variety of reasons. We want to help make this a smoother and happier time for them so that they look forward with confidence and a better understanding of what to expect when they enter the next step of their schooling journey. 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, discussion scenarios and role play arts and craft activities, travel to school and homework planning

We will help children to:

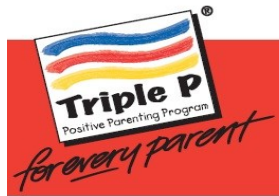
- Explore feelings and emotions around transition
- Prepare practically for starting high school, subject planning and homework.
- Look at issues / scenarios that might come up at high school
- Build children's self-esteem and confidence
- Inform children about places to access further support
- Be confident with their journey to and from school
- Receive peer support as well as the signposting to specialist services for their parent carers
- Find a safe inclusive place to be



Parenting & Family Support co nt.

Triple P Parenting Programmes

Children do not come supplied with a handbook, most of the time we feel our way along the parenting journey hoping that we are getting it right, crossing our fingers, that our children will grow up happy, healthy and fulfilled. It is not an easy job and many of us can feel out of depth and overwhelmed, finding that our children's behaviour is not what we expected, challenging and difficult to manage. If you are struggling with being a parent, the evidence based, structured Triple P parenting course could be the answer for you.



Group Triple P

For parents of children aged 2-11 years old, this involves 8 sessions (4 weekly, 3 weeks of telephone support then a final week) it is delivered through group discussions, parent workbook and homework. The course will assist if you have specific concerns about your child's development or behaviour. You are most likely to benefit if your family is not complicated by significant behaviour problems or stress.

The course covers:

Positive Parenting – using assertive discipline, having reasonable expectations, looking after yourself as a parent

Raising confident, competent children -Showing respect for others, being considerate, having good communication and social skills, having healthy self- esteem, being a good problem solver and becoming independent

Raising resilient children- recognising and accepting feelings, expressing things appropriately, building a positive outlook, developing coping skills, dealing with negative feelings, dealing with stressful life events.



Teen Triple P

For Parents with teenagers up to 16 years, this involves 8 sessions (4 weekly, 3 weeks of telephone support then a final week) it is delivered through group discussions, parent workbook and homework. The course will assist if you have specific concerns about your teen's behaviour. You are most likely to benefit if your family is not complicated by significant behaviour problems or stress.

The course covers:

Raising responsible teenagers – taking part in family decision making, being respectful and considerate, getting involved in family activities, developing a healthy lifestyle, being reliable, being assertive

Raising competent teenagers- developing self-discipline, establishing good routines, getting involved in school activities, being a good problem solver following school rules, having supportive friends



Stepping Stones Triple P

For parents who have children with a disability or other additional needs up to 12 years, this involves, 9 (5 weekly sessions, 3 weeks of telephone support then a final week) This course will assist you if you have specific concerns about your child's behaviour or development. You are most likely to benefit if your family is not complicated by significant behaviour problems or stress.

The course covers:

Positive parenting for children with a disability – creating a positive learning environment, using assertive discipline, having reasonable expectations, looking after yourself as a parent, adapting to having a child with a disability, being part of your community

Helping your child reach their potential - promoting your child's development by teaching them new skills and behaviours; this explores, choosing a skill to teach, breaking skills into steps, choosing rewards, deciding on where, strategies and keeping track and reviewing.



Parenting & Family Support co nt.

All families have arguments, it is part of how we negotiate, make decisions, understand each other and live together, this is constructive, and children learn from seeing how arguments are resolved.

However, when arguments become

frequent, intense and poorly resolved it is destructive conflict and children suffer from being exposed to it. There is support on hand and we would encourage you to come along and give this course a go if you find yourself entrenched in ongoing destructive conflict with your partner. This is a course of 6 weekly sessions, couples are encouraged to attend together.

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, rather than relying on a practitioner for solutions.

It covers:

- Effects of conflict on parents and children, and the causes of conflict
- The stages of relationship development, how are existing vulnerabilities can make us more susceptible to conflict and the different perspective we bring to our relationships
- Constructive and destructive communication
- Thought feelings and behaviours
- The feelings wheel, problems and issues
- Better communication – expectations and reality, goal setting.

Who is the course for?

The sessions are relevant to all kinds of couples, same sex, families with adopted children, families where there is a blend of cultures or religions. The aim is to work in a solution focused way, enabling and empowering couples to understand their conflict and see how to resolve their issues

themselves, rather than relying on a practitioner for solutions.

This course is for parents who live together and also can be for individuals in a relationship, who may be co-parenting after separation, we would encourage couples to come along and give this course a go, if they find themselves entrenched in ongoing divisive, destructive conflict which they find hard to resolve or if aspects of how they relate to each other or manage their relationship has a detrimental impact on their parenting.

Healthy Relationships

A 6-week course to help strengthen families.



Targeted Youth Support

We have various activities running throughout Fylde and Wyre for young people 12 - 19 (up to 25 with S.E.N.D additional needs).

COLOURFUL FOOTSTEPS (S.E.N.D GROUP- A-Team)

Providing a safe and welcoming environment for young people ages 12 - 19 (up to 25 with special educational needs and disabilities S.E.N.D). The group aims to work on life skills, improving communication skills, self-confidence & self-esteem in a group work setting.

CASHER (Emotional / Mental Health support)

Wednesday (Wyre Neighbourhood Centre, Fleetwood) and (Garstang Community Academy, Garstang) for young people needing emotional support with issues including school, friendships, bullying, feeling in a low mood or that may want to harm themselves. If this includes you then come and meet our CASHER and CFW Youth worker teams, who can support you with strategies to manage these feelings.

YOUTH COUNCIL

Each district in Lancashire has a youth council, made up of young people aged 12-19 (up to 25 with S.E.N.D). It is an opportunity for young people to have a voice and be able to influence decisions made locally and nationally. Regular meetings in districts give young people the opportunity to be involved in project and campaigns that they identify as significant to them and others.

They have the opportunity to attend monthly meeting at County Hall in Preston equipping them with skills that gives them a voice and influence over decisions that affect them.

NEIGHBOURHOOD BASED YOUTH WORK

This allows our neighbourhood youth workers to engage with young people within the community they live in. Together they will create an environment in which young people can feel comfortable to discuss issues that affect them and evaluate with the young people any future support needs. You will find our workers and/or 'bus' at the following locations:

For further details or queries about our Targeted Youth Support offer, please contact us:



(01253) 741117



YOUNG CARERS



In partnership with



A young carer is someone who is under 18 years of age and helps look after a relative with a disability, illness, mental health condition or drug or alcohol problems.

You may do extra jobs in and around the home, such as cooking, cleaning or helping someone get dressed and move around. You may also provide physical help to a sibling who is disabled or ill.

If the above information sounds familiar, then you may benefit from attending our local support group.



Come along and find out more about what is on offer, have some fun, and maybe make some new friends.

Wyre Neighbourhood Centre, Milton Street, FLEETWOOD, FY7 6QW

For more information, please contact
jasmine.gwillam@lancashire.gov.uk
Tel: (07929) 722375



WYRE NEIGHBOURHOOD CENTRES, WYRE YOUTH ZONE.
FYLDE YOUTH ZONE, or FYLDE CHILDREN AND FAMILY WELLBEING SERVICE for latest news & information in your area.

Child Health Clinics

Face-to-face clinics for parents and carers.

Our Child Health Clinics give an opportunity for parents and carers with any concerns about their baby to receive some face-to-face support from our Health Visiting Team.

Access to the clinics is by **appointment only**, with parents and carers able to book on either through their health visitor or by contacting our Single Point of Access

via VCL.019.SinglePointOfAccess2@nhs.net or Tel: 0300 247 0040.

If e-mailing, please provide your child's name, date of birth, address and contact number and your health visitor will be in touch to discuss an appointment.

Fylde and Wyre

- St Anne's Health Centre, Durham Avenue;
Tuesdays 9.30am - 12.00 noon
- The Zone, Milton Street, Fleetwood, FY7 6QW;
Mondays 9.30am - 12.10pm
- Weeton Barracks Medical Centre, Singleton Road, Weeton;
Thursdays 9.30am - 11.30am

*(Follow signs for Weeton School, go through that entrance **not main one**, 1st Building on left for Medical Centre, clinic is in Children's Centre behind Medical Centre)*



The Virtual Group Programme



0300 247 0040



vcl.019.SinglePointOfAccess2@nhs.net

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

Visit our website for more info lancsyoungeoplefamilyservice.co.uk

Tuesday	Wednesday	Thursday	Friday
Understanding Colic & Reflux 1-2pm Breast and formula feeding	Moving onto Solids* 0-12 mths 10-11am	Baby & Me 10-11am Once a month	Bump, Birth & Beyond* 12.30-2pm Antenatal education Run fortnightly
		Antenatal Infant Feeding* 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.



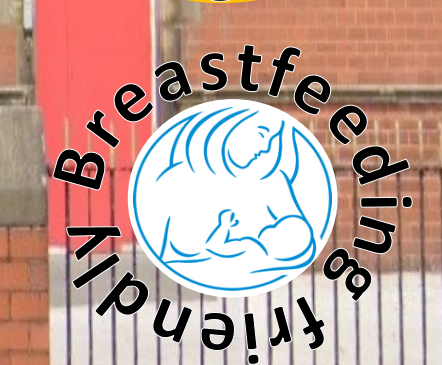
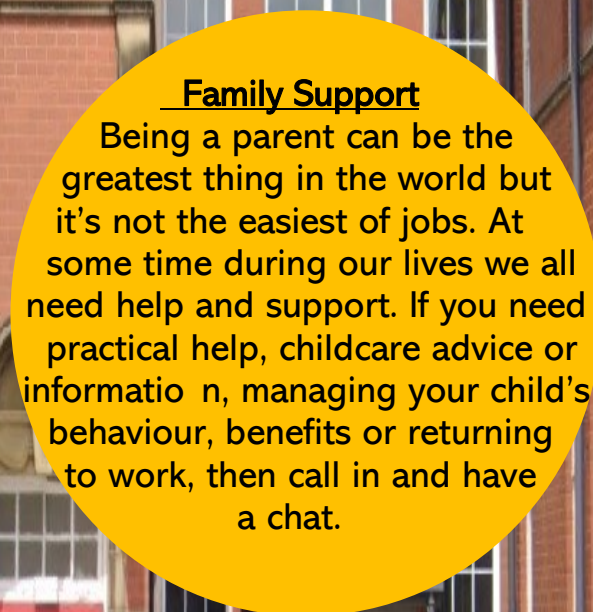
FAB Breastfeeding Helpline
 Open from 9:00am - 5:00pm

(01254) 772931



WYRE NEIGHBOURHOOD CENTRES, WYRE YOUTH ZONE.
 FYLDE YOUTH ZONE, or FYLDE CHILDREN AND FAMILY WELLBEING SERVICE for latest news & information in your area.

Centre news Just some of the groups and activities available at Fylde & Wyre Neighbourhood Centres.



FYLDE YOUTH ZONE, WYRE YOUTH ZONE, WYRE NEIGHBOURHOOD CENTRES or FYLDE CHILDREN AND FAMILY WELLBEING SERVICE for latest news & information in your area.



Lancashire Infant Feeding Support

Who's there to help you with feeding your baby



Who	What	How
Midwifery Service	<ul style="list-style-type: none"> • Face to face 1:1 support at home and in clinic • Telephone support • Care passed to Health Visiting at 28 days 	<ul style="list-style-type: none"> • Your 'Notes' will include Midwifery contact info depending on where you live and which NHS Trust you fall under
Health Visiting Service – Lancashire Healthy Young People & Families 0-19 Service	<ul style="list-style-type: none"> • Home visits offered: Antenatal, 10-14 days, 6-8 weeks, 8-12 months, 2-2.5 years AND as needed • Telephone and email support • Clinics – opportunity to discuss concerns and weigh baby • Live Virtual Groups (many also pre-recorded): Antenatal Infant Feeding, Colic & Reflux, BBB, Moving onto Solids and more! • Specialist Infant Feeding Clinic - virtual • Breastfeeding Specialist Lactation Consultant Clinics – in person 	<p>t: 0300 247 0040 (Mon-Fri 9am-5pm)</p> <p>e: vcl.019.singlepointofaccess2@nhs.net</p> <p>f: Facebook page</p> <p>w: Website – Your one-stop-shop!</p> <p>v: Virtual Group Programme</p> <ul style="list-style-type: none"> • Child Health / Well-baby local Clinics • Don't forget – your child's 'red book' is a handy source of information
Children & Family Wellbeing Service	<ul style="list-style-type: none"> • Face to face & virtual groups i.e. Baby Massage, Baby & Me • 1:1 support in person and over the phone • Facebook page and website 	<p>For your nearest centre info:</p> <p>w: Website</p> <p>t: 0800 511 111 (Open everyday 2-10pm)</p> <p>f: Facebook – search Family Zone + your area/town</p>
Breastfeeding Peer Support	<ul style="list-style-type: none"> • Helpline and 1:1 digital support • Face to face and virtual groups • Maternity ward visits and home visits • Social media inc breastfeeding mothers private Fb group 	<p>t: 01254 772 929 (Open everyday 9.00am – 5.00pm)</p> <p>e: admin@familiesandbabies.org.uk</p> <p>f: Facebook public page and private group</p> <p>w: FAB website</p>



*All services listed offer FREE support to families living in Lancashire who fall under the banner of Lancashire County Council.

WYRE NEIGHBOURHOOD CENTRES, WYRE YOUTH ZONE.
FYLDE YOUTH ZONE, or FYLDE CHILDREN AND FAMILY WELLBEING SERVICE for latest news & information in your area.



Further / National Support	
Antenatal Education	Online Sessions: <ul style="list-style-type: none">• <u>'Understanding pregnancy, labour, birth and your baby'</u> available in different languages• <u>Getting ready to breastfeed</u> - Association of Breastfeeding Mothers (ABM)• <u>Global Health Media</u> – useful videos and app• <u>Latch Aid</u> - cutting-edge support app• <u>FAB</u> – peer support service (see overleaf)• <u>Drugs in Breastmilk Information Service</u> by BfN• <u>La Leche League</u> – Info source• <u>Breastfeeding Helpline</u> open every day 9.30am – 9.30pm
Breastfeeding	 0300 100 0212
Bottle Feeding	<ul style="list-style-type: none">• <u>First Steps Nutrition</u> – Information on infant formula milks and safe bottle preparation
General Infant Care	<ul style="list-style-type: none">• <u>Basis</u> – Baby safe sleep source• <u>Better Births</u> – Information for families including <u>Wondering about your baby's growth?</u>• <u>First Steps Nutrition</u> – Eating well in pregnancy and new mums, infants and the early years• <u>UNICEF</u> Baby Friendly resources & leaflets for all feeding methods• <u>NHS Start 4 Life</u> – includes info on vitamins and introducing solid foods• <u>Spoons</u> Neonatal Family Support

Scan here for support and information




If you are experiencing pain while breastfeeding or have any concerns, please seek help.

For support and information visit lancsyoungepeoplefamilyservice.co.uk

t: 0300 247 0040

Clothes Line	- (01253) 770646
2 year funding	- (0300) 12367
Childline	- (0800) 1111
MINDS MATTER	- (01253) 955943
Benefits Help Line	- (0800) 0556688
Fylde Coast Women's Aid	- (01253) 596699
Dental Help Line	- (01253) 306378
Inspire	- (01253) 724710
Emergency Health Services	- 111
Police (non emergency)	- 101
Children's Social Care	- (0300) 1236720
Breastfeeding Helpline	- (0300) 100 212
CASHER	- (07810) 696565
(Young Peoples Mental Health)	



To register please scan
the QR Code or
 (01253) 741117



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



WYRE NEIGHBOURHOOD CENTRES, WYRE YOUTH ZONE.
FYLDE YOUTH ZONE, or FYLDE CHILDREN AND FAMILY WELLBEING SERVICE for latest news & information in your area.

Sep23v7	MONDAY			TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Fylde Children & Family Wellbeing Service Chapel Walks KIRKHAM PR4 2TA Tel: (01253) 741117	AM	10:00am - 11:30am Chat, Play, Read (Starts 11th Sept)	9:30am - 11:30am Parents to Be (17th & 24th Oct, 21st & 28th Nov, 12th & 19th Dec)	B	10:00am - 11:30am Development Matters (Starts 13th Sept)	1:00pm - 2:30pm Mini Move (Starts 14th Sept)	9:30am - 11:30am Triple P - Stepping Stones (Starts 29th Sept)	B			
	PM	1:00pm - 2:00pm Infant Massage (Starts 11th Sept)	B		1:00pm - 2:30pm Baby & You (Starts 13th Sept)	3:30pm – 5:00pm Move and Groove (Starts 14th Sept)	1:15pm - 2:45pm Colourful Footsteps (S.E.N.D with Pear Tree School) (Starts 15th Sept)	B			
	PM+										
Weeton Children & Family Wellbeing Service Weeton Barracks Henderson Road PR4 3JQ Tel: (01253) 741117	AM		10:00am - 11:30am Mini Move (Starts 12th Sept)								
	PM		12:00pm - 1:30pm Chat, Play, Read (Starts 12th Sept)								
	PM+										
St. Annes Sydney Street Neighbourhood Centre Sydney St., St. ANNES FY8 1TR Tel: (01253) 741117	AM					10:00am - 11:00am Stay & Play Special Guardianship Offer (Starts 14th Sept)	B				
	PM		1:00pm - 2:00pm Infant Massage (Starts 12th Sept)	B		1:00pm - 2:30pm Baby & You (Starts 14th Sept)					
	PM+		3:30pm - 5:00pm Colourful Footsteps (S.E.N.D) (Starts 3rd Oct)								
VIRTUAL sessions for zoom Fylde & Wyre			5:30pm - 7:30pm Triple P Group (Starts 2nd Oct.)	B		6:00pm - 8:00pm Triple P Teen (Starts 28th Sept)	B				

Groups with a **B** need to be booked. Virtual Groups will be delivered using  ZOOM.
 Details of how to access ZOOM will be sent out prior to the group(s) starting.

TO BOOK  (01253) 741117



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 FYLDE CHILDREN AND FAMILY WELLBEING SERVICE or
 FYLDE YOUTH ZONE for latest news & information in your area.