



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



DELIVERING EARLY HELP

Children and Family Wellbeing Service

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



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

What's on guide



South Ribble CFW
All our groups are free

Sept—Dec 2023



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.

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
for more information

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

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

Friday's 11am—12:30pm at:
Bamber Bridge Family Centre PR5 6YJ

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/

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



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

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

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 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



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

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)



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)

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

HO HO HO!
Santa's Crafthouse!

Whether you celebrate Christmas or not, this is a great event to spend time together and make fun and exciting decorations

Wednesday 13th December
9:30—11:30 at our
West Paddock Family Hub
Leyland PR25 1HR

To book a place ring 01772 532930





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 7-8pm

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.

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

[chorleysouthrib-](mailto:chorleysouthrib-ble.tys@lancashire.gov.uk)

ble.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.

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 most 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



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.**



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

Mini Move and Groove

Kingsfold Family Centre PR1 9HJ Monday's 10-11.30am

West Paddock Family Hub Leyland PR25 1HR Thursday's 10-11.30 am

Chat Play and Read

West Paddock Family Hub Leyland PR25 1HR Monday's 10-11.30 am

Wade Hall Family Centre PR25 1BX Thursday's 10-11.30 am

Baby Massage

Kingsfold Family Centre PR1 9HJ Fridays 1.30-2.30 pm

Wade Hall Family Centre PR25 1BX Monday 1.30-2.30 pm

Freedom for Children

West Paddock Family Hub Leyland PR25 1HR Tuesday's 3.30-5pm

Baby & You with Infant Feeding Support

Kingsfold Family Centre PR1 9HJ Tuesday and Wednesday 10-11.30am

West Paddock Family Hub Leyland PR25 1HR Thursday 1-2.30pm

Development Matters

Kingsfold Family Centre PR1 9HJ Tuesday 1.30-3pm

Wade Hall Family Centre PR25 1BX Wednesday 10-11.30am

Colourful Footsteps for Children with SEND

West Paddock Family Hub Leyland PR25 1HR Wednesday 3.30-5pm

Move and Groove

West Paddock Family Hub Leyland PR25 1HR Thursday 3.30-5pm

Inside Out (Nurture Programme)

Kingsfold Family Centre PR1 9HJ Monday 3.30-5pm

West Paddock Family Hub Leyland PR25 1HR Monday 3.30-5pm

Wade Hall Family Centre PR26 1BX Thursday 3.30-5pm

Weigh Stay and Play with Infant Feeding Support

Bamber Bridge Family Centre PR5 6YJ **alternative** Monday

1-3pm starting 30th October 2023

Kingsfold Family Centre PR1 9HJ **alternative** Tuesdays

9.30-11.30 am 7th November 2023

West Paddock Family Hub Leyland PR25 1HR **every** Friday 9.30-11.30am

SGO Peer Support Group

West Paddock Family Hub Leyland PR25 1HR Wednesday 3.30-5pm

SGO Stay and Play

Kingsfold Family Centre PR1 9HJ Thursday 10-11.30am

Triple P Programme and Healthy Relationships

Delivery days and times vary depending on demand.

Our waiting lists are open all year round.

Freedom Programme

Course's run throughout the year.

Employment Drop In

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

Horizons

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

School Holiday Activities:

During school holidays we offer various fun activities for all the family.

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

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 - 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

To apply for your Healthy Start Card- Visit www.healthystart.nhs.uk

