



## **Children and Family Wellbeing Service**



**Vision:** Children, young people, and their families are safe, healthy, and achieve their full potential.

**Mission:** Getting the right services to the right children, young people, and families at the right time and in the right place.

# Group work Offer



CFWS recognises the value of group work and in particular **evidenced based programmes** in providing information, education and support Our group work offer covers 5 themes:

- Early Childhood
- the developing child
- Parenting and Family Support
- Targeted Youth support
- Young People & adults seeking employment

Parenting & Family Support.

- Triple P Group
- Triple P Teen
- Triple P Stepping Stones
- Freedom
- Healthy relationships
- Horizons

# Early Childhood - Young Children (0 – 5 years)

- Parents to Be, antenatal support
- Baby & you – post natal support
- Infant massage – post natal support
- School Readiness
- Child Development
- Transitions to School - nursery or primary
- Development Matters
- Chat, Play & Read
- Mini Move & Groove



# The developing child (5-11 years)

- Inside Out
- Move & Groove
- Colourful Footsteps
- Moving on Up
- Freedom for Children



# Targeted Youth Support

Evidence based group work programmes:

- Heads Up – 5 ways to wellbeing
- Fearless – coping with worries
- Escape the Trap – relationships
- Impact – exploring risk taking behaviours.

These groups can be booked to run within school settings.

Email: [Chorleysouthribble.tys@lancashire.gov.uk](mailto:Chorleysouthribble.tys@lancashire.gov.uk)



Unite – SEND group

POUT – LGBTQIA+ group

Youth Council

Detached – youth provision out in the community

Safe Space – Open access group

Group provision runs weekly from West Paddock neighbourhood centre in Leyland and Lord St, Chorley.

# Supporting Families Adviser

Supporting Families  
Employment Adviser  
(Chorley/South Ribble/West Lancs)  
Lynn Hayes 07920713232  
lynn.hayes@lancashire.gov.uk

## Supporting individuals to move closer to/gain employment

- help with a CV
- Maths and English qualifications
- help with Interview techniques
- help with job searching
- confidence building
- volunteering
- benefit related problems
- Referral is by email including name, address, DOB and telephone number with consent from the adult



Department  
for Work &  
Pensions

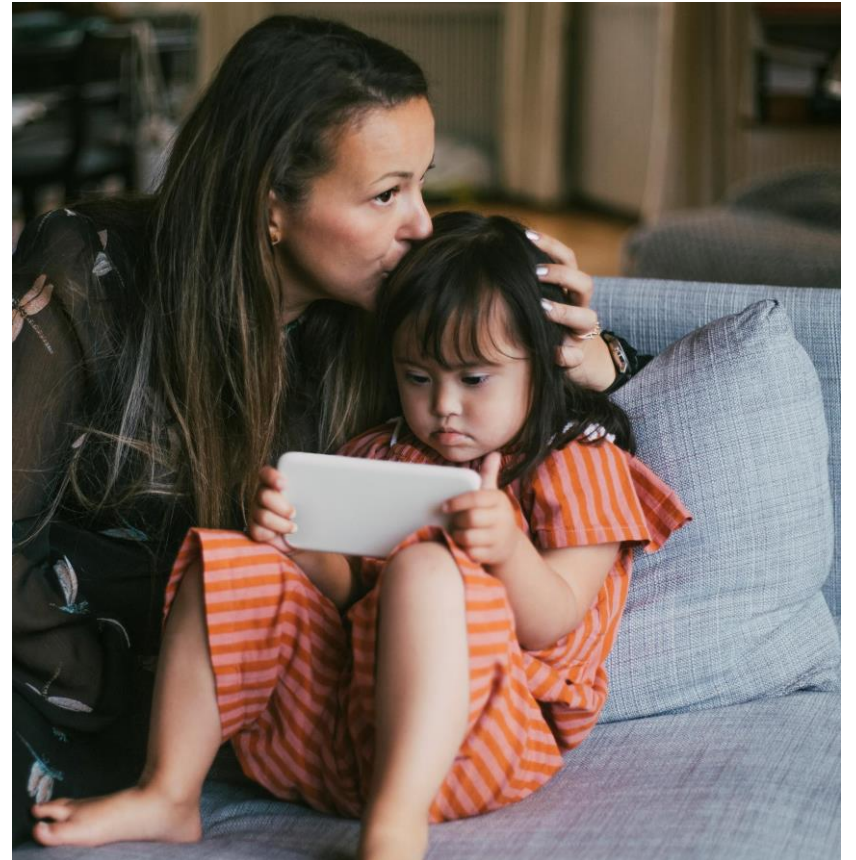
Lynn works Wednesday, Thursday and Friday



# Primary Mental Health Service top tips

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- **Listen** to you child's worries- however small, as they are real and important to them.
- It's important to **validate the child's emotions** at the time- 'I can see this is making you upset/anxious/worried/angry...and we can see if we can work this out together, if that would be helpful.'
- **Don't always try to 'fix things'**...sometimes children just need us to listen.
- Ask your child- 'When you're telling me this, do you want me to just listen...or listen and help you to work out some ways to sort this issue out?'



# Primary Mental Health Service top tips

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- It's important for **the adults** around them to contain their own worries and anxiety, so that the children see that managing these situations and emotions is possible. They follow/mimic the **role models** around them.
- Good to let children know **that everyone worries about things-** it's how we manage these worries that's important. Might even be helpful to have a regular time at home to talk about feelings - encouraging the children to share ideas/thoughts/strategies of how different children manage their worries
- 'The Huge Bag of Worries' book – not a bedtime book!
- Series of books 'Starving the Anxiety Gremlin'
- [Resources \(annafreud.org\)](http://annafreud.org)

