



Children and Family  
**Wellbeing**  
Service

**WHAT IS ON OFFER  
AT OUR CENTRES?**

**DELIVERING EARLY HELP  
RIGHT SERVICE, RIGHT SUPPORT,  
RIGHT FOR FAMILIES**



# Introduction

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.

## Who's involved and where do these groups run?

Neighbourhood Group Workers 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 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 eg Health and Midwifery Services.

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. In addition, a school may have arranged the delivery of a programme and therefore may approach a family directly that they know would value the support.

Drop in to see us at one of our neighbourhood centres for information about our groups or alternatively you can search for your nearest centre at:

[www.lancashire.gov.uk/children-education-families/early-years-childcare-and-family-support/family-support/children-and-family-wellbeing-service/](http://www.lancashire.gov.uk/children-education-families/early-years-childcare-and-family-support/family-support/children-and-family-wellbeing-service/)

By phoning our Talk Zone number you will also be able to find out more about our group programmes in each district.

**Talk Zone – 0800 511111**

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.



## Early Childhood Services 0-5 years old

### Pregnancy and babies

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:

- 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 your baby
- Supporting your baby's development in helping their 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

### Parents to Be

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

- Safer sleep for your baby
- Support on feeding your baby
- How to ensure your home is safe and ready for your 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
- Early Play

### Baby and You

Meet and network with other new parents to share your experiences of caring for your 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 0-5yrs based on child-initiated play both indoors and outdoors (where possible). This is 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.
- Opportunities 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 Disabilities (SEND)
- 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:

### The sessions will:

- Provide a strong foundation for school (e.g. children with proficient speech and language skills are likely to find it easier to learn to read)
- Help build confidence
- Enable children to communicate their needs better (and therefore reduces frustration)
- Facilitate the development of friendships
- Provide children the opportunity to build a love for words, books and stories
- Help 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 song 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.

## Transitions

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;

- **Playing and Exploring** – children investigate and experience things, and 'have a go'
- **Active Learning** – children concentrate and keep on 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 provision is focused on supporting the development of these characteristic in children. We want to ensure children are at the best possible levels of ability, confidence and independence when they start childcare or schools. This transition to a new environment should go smoothly if they are encouraged to develop a set of skills that will help them along the way and ensure that they are ready for learning.

### In these sessions we will help children to:

- Be looking forward to starting school/nursery
- Be happy to be away from their parents or carers

- Have some independent self-care, knowing when to wash their hands, wipe their nose, and when they start school they 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 will include:

- Building a child's emotional confidence
- Encouraging physical activity
- Supporting children's imagination and creativity
- Learning through role-play





## The Developing Child 5 to 11 years old

### The Healthy Child

#### Inside Out

We provide targeted support for children of primary school age. Your child may be:

- Struggling to express and manage their emotions.
- Have low self confidence 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 strong emotions
- Take part in a range of creative and physical activities to encourage positive play and interaction between children and their peers.
- Build confidence and social skills
- Meet new people and make new friends
- Explore and understand the impact of their behaviour on others
- Think about, understand and appreciate that we are all unique and different

#### 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.

#### 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 have 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, discussions 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 for further support
- Be more confident with their journey to and from school

#### Colourful Footsteps

We also provide sessions in our centres for children with physical, learning, behavioural or emotional difficulties. We offer an inclusive environment, with opportunities for learning, development and support. This is also where parents and carers have the opportunity to meet and 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
- Receive peer support as well as the signposting to specialist services for their parents and carers
- Find a safe, inclusive place to be

### Support for children who have experienced/witnessed domestic abuse or violence

#### Freedom Programme for children

The Children and Family Wellbeing Service has a strong commitment to support both adults and children who have suffered from domestic abuse to heal effectively from their trauma and to help break the cycle of abuse. Our trained staff will help your child's voice be heard and believed. The programme offers activities that are child led, age appropriate and sensitively delivered. They help children to work through their fears, anxieties and emotions, providing them with coping strategies, resilience building their self-esteem and confidence.

The sessions will help children to:

- Explore abusive behaviours within relationships and recognise them
- Explore non-abusive behaviours within relationships and recognise them
- Reassure children that they are not to blame if violence has been received or witnessed
- Build the confidence of children
- Provide a safe and great place to meet new people
- Help build social skills



## Parenting and Family Support

### 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?

- 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 workbooks 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

### 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 workbooks 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 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 old, 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

### Healthy Relationships – strengthening families

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.

#### The course covers:

- The 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.

## Freedom

The Freedom Programme is a relaxed, informal group for women who have experienced domestic abuse, from a partner or family members and would like to be able to recognise abusive behaviours and understand what makes a healthy relationship.

Freedom is primarily designed for women as victims of domestic violence, as research shows that the majority of domestic abuse cases are male on female.

### The sessions:

- Examine the roles played by attitudes and beliefs on the actions of abusive men and the responses of victims and survivors.
- Help victims and survivors make sense of and understand what has happened to them, instead of the whole experience just feeling like a horrible mess.
- Describe how children are affected by being exposed to this kind of abuse and very importantly how their lives are improved when the abuse is removed.





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