

## Centre details

**Southway Neighbourhood Centre**  
Yeadon  
Skelmersdale  
WN8 8NL  
**01695 651350**

**Grove Neighbourhood Centre**  
Station Approach  
Burscough  
L40 0RZ  
**01772 539680**

**Park Neighbourhood Centre**  
Barnes Road  
Skelmersdale  
WN8 8HN  
**01695 654099**

**Eavesdale Neighbourhood Centre**  
Eavesdale Tanhouse  
Skelmersdale  
WN8 6BA  
**01695 654055**

## Social Media

You can also follow us on Facebook  
for all the latest news and events



@CFW West Lancs



# What's on guide

Nov – Dec 22



## 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 **[lanccsfis@lancashire.gov.uk](mailto:lanccsfis@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.

## Useful Numbers

Children's Social Care 0300 123 6720

Emergency Duty Team 0300 123 6722

Citizen Advice 0344 245 1294

Welfare Rights 0300 123 6739

Job Centre 028 9756 0537

# 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](http://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**



### Healthy Start Vitamins

If you are eligible for the NHS Healthy Start Vitamins, you will be invited to apply online and issued a new digital card.

The vitamins contain vitamins A, C & D for your child. Folic Acid & Vitamins C & D for you if you are pregnant, breastfeeding or until your baby is one year old. Drops are for your child between 6mths & 4yrs.

Please speak to your midwife or Health visitor for more information. Healthy Start vitamins can be collected from the Zone.

[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

### Coming Soon...

#### Parents to Be

A two-week course for expectant parents who have had their 20-week scan. The course will look at important topics such as Safer Sleep, ICON – coping with crying, Home Safety, Baby Communication and Care of a New-born. For more information, please contact us.

### All of our groups and courses are free.

**Please contact us if you would like more information or if you would like to book a place for any courses or groups.**

**All of groups and course run regularly and waiting lists are always open.**



## Children's Groups (0-11 years)

#### Baby Massage

5-week programme for babies 6 weeks to crawling. Aims to promote nurturing touch and early communication.

#### Baby & You

From birth to 12 months. Weekly sessions covering key subjects such as safer sleep, baby development. Meet other new parents too.

#### Chat, Play & Read

Early language and communication sessions using play and interaction to support your child's speech and language development.

#### Development Matters

Interactive story time sessions with activities, crafts, songs and nursery rhymes. Learning about your child's development and an opportunity to ask questions and share stories.

#### Connect Juniors

For children in years 5&6. Fun activities focusing on key topics in a fun and engaging way. Safe space to hang out with friends or meet new ones.

#### Colourful Footsteps SEND Group

Support for children with physical, learning, behavioural and emotional difficulties along with their parents/carers. The session aims to offer an inclusive environment with opportunities for learning, development, and support.

#### Freedom for Children

A course that offers support for children who have been affected by domestic abuse.

#### Inside Out (5-11)

Using creative activities and discussions to help children be able to understand their negative feelings, work out their emotions and give them strategies to manage them going forward.

#### Move and Groove (5-11)

Primary age fun activity groups focussing on exercise, active lifestyles and healthy eating.

#### Mini Move and Groove (2-5)

Pre School fun activity groups focussing on exercise, active lifestyles, and healthy eating.





## Parent & Carer Groups

### Freedom Programme

A supportive course for women, to increase their self-confidence, to feel empowered and make positive changes in their lives and relationships.

Freedom helps women to identify signs of controlling and abusive behaviours. This course is delivered over 12 weeks.

### Healthy Relationships

A 6-week programme for parents who are experiencing challenges in their relationship and who are struggling to communicate positively.

### Take Five

Our newest group aimed at parents and carers. Come down for a cuppa and a chat and learn ways to support your wellbeing and support if you are looking to get into work now or in the future.

### Triple P Parenting Programme

Triple P does not tell you how to parent, it gives you a toolbox of ideas. You choose the strategies you need and the way you want to use them. It's all about making Triple P work for you. By parenting in a positive way you will learn how to manage your child's misbehaviour.

You will also learn how to teach your child to understand and accept boundaries, develop new skills which will help them to develop independence whilst encouraging calming techniques which support their wellbeing.

We offer courses in:

Group Triple P – Children 2-11 years  
Teen Triple P – Children 12-16 years  
Stepping Stones – Children under 11 with SEND or additional needs.



We also work with other agencies who offer the following sessions:

#### Tuesday - Burscough

9:00am - 12:00 noon

Infant Weighing Clinic

Appointments by the Health Visitor

#### Tuesday - Burscough

1 - 4pm

Midwife Booking in Clinic

Contact your Midwife to book

#### Monday - Eavesdale

9:00am - 12:00 noon

Midwife Booking in Clinic

Contact your Midwife to book

#### Wednesday – Eavesdale

9:00am - 12:00 noon

Midwife Booking in Clinic

Contact your Midwife to book

#### Friday – Eavesdale

10-11:30am

More Positive Together

Email [mpt@westlancs.gov.uk](mailto:mpt@westlancs.gov.uk) to book

#### Monday – Park

CANW – SPACE

For parents/carers with a child or young person who is experiencing emotional or mental health issues.

Email John [jboyle@canw.org.uk](mailto:jboyle@canw.org.uk)

#### Tuesday – Park

9:00am - 12:00 noon

Midwife Booking in Clinic

Contact your Midwife to book

#### Tuesday – Park

1-3pm

Infant Weighing Clinic

Contact your Health Visitor to book

#### Friday – Park

Starts at 10am

FAB Breastfeeding Group

No need to book

#### Friday – The Zone

11-1pm

Birchwood Inclusion Café

No need to book



## SCHOOL HOLIDAYS

During school holidays we offer a range of fun activities for all the family. Places for these sessions fill up fast so follow us on Facebook to keep up to date with all our news and events.



@CFWwestlancs

## Targeted Youth Support 12-19 (up to 25 with SEND)

### **Boost – Nurture Youth Group**

Monday 5.45pm

Fun, informative sessions, exploring key topics and issues affecting young people who require additional support with confidence, communication or social skills.

### **West Lancs Youth Council**

Wednesday 6.45pm

A group for young people who would like to be involved in making a difference in their local community, whilst engaging in fun and enjoyable sessions.

### **West Lancs Community Offer**

Thursday 4.00pm

Community offer, evidence-based programmes

### **Detached Street-based Project**

Thursday 6.45pm

The TYS team will offer advice and information, facilitate sports activities and aim to develop new relationships with the young people that utilise the park spaces.

### **Lancashire Youth Council**

Thursday 6.30pm (fortnightly)

A group for young people who would like to be involved in making a difference in their local community, whilst engaging in fun and enjoyable sessions.

### **CONNECT Community Safe Spaces**

Friday 6.45pm

An open provision project for young people. The aim is to create a safe environment and provide an opportunity for young people to meet and establish new and existing relationships with their peers.

### **NEET Bus Passes**

Young people who are NEET can access support and apply for a bus pass.

Please contact the TYS team to find out more


**Carl Coughlan** 01772534993

**Paul Rooney** 01772 534987

Talk Zone 0800 51 11 11

Text 07786 51 11 11

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

 West Lancs Youth Zone

## Centre Sessions

### Burscough Neighbourhood Centre

#### Tuesday

10.00-11:30am Baby & You  
1.00-2:30pm Baby Massage  
3:30-4:45pm Inside Out

#### Wednesday

1.00-2:30pm Chat Play Read  
3:30-4:45pm Colourful Footsteps

#### Thursday

10.00-11:30am Development Matters  
1.00-2:30pm Triple P  
3:30-4:45pm Move & Groove

### Eavesdale Neighbourhood Centre

#### Monday

10.00-11:30am Chat Play Read  
1.00-2:30pm Baby & You

#### Tuesday

10.00-11:30am Development Matters  
1.00-2:30pm Baby Massage

#### Thursday

10.00-12:00pm Triple P

### Park Neighbourhood Centre

#### Monday

3:30-4:45pm Move & Groove

#### Tuesday

10.00-11:30am Mini Move & Groove  
3:30-4:45pm Colourful Footsteps

#### Thursday

10.00-11:30am Development Matters  
1.00-2:30pm Baby & You

### The Zone

#### Wednesday

1.00-2:30pm Take Five

#### Thursday

10.00-11:30am Baby Massage  
3:30-4:45pm Connect Juniors

#### Friday

10.00-12:00pm Triple P  
1.00-2:30pm Healthy Relationships

**PURPLE GROUPS – No Need to book**

**GREEN GROUPS – Please contact the centre to book onto the next course**

**Please contact the one of our centres for more information**

