

**Our early  
intervention  
hubs have  
arrived!**

# Children & Young People's Hubs

Available to children  
and young people  
across Lancashire,  
aged 11 - 25.

## **Locations:**

Preston, Blackpool, Fleetwood, Pendle, Burnley and Blackburn

## **Services:**

We will deliver a range  
of wellbeing provisions:

- Wellbeing Workshops
- Self help information
- Employability Workshops
- 1-1 Virtual Wellbeing Coaching
- Signposting/Drop In
- Bounce Forward

**Our new CYP Hub model will  
combine a virtual wellbeing  
coaching service with face to  
face support in our listed  
locations.**



## Thrive in Work Workshops

For young people aged 16+ to support and develop a range of skills including, confidence and motivation, life skills and overall wellbeing skills to assist with transition in to work

### Drop-ins/ sign posting and Self help

A chance for young people to have an informal chat about anything wellbeing wise! It could be for signposting, it could be more information about one of our services or just someone to listen to them.

### Bounce Forward

Our flagship resilience programme designed and delivered in fun, engaging and accessible ways to children and young people aged 11-14 to support them to develop coping skills to overcome tough and challenging times

### Wellbeing Workshops

Young people will work within a group to explore a range of topics such as sleep, anxiety, exam stress, body image. The workshops will offer strategies to help with these issues and aim to boost confidence, raise awareness and support peer connections.

## 5 Ways to Wellbeing Workshop

A universal workshop introducing the 5 ways to wellbeing

### 1:1 Wellbeing Coaching

A young person will work with a Wellbeing Coach over 6 sessions to remove barriers to wellbeing, create a wellbeing goal to achieve as well as learn practical coping strategies along they way. This is a referral-based service, and if the young person is over 16, it can be a self-referral. The aim of these sessions is to improve wellbeing and build resilience.

