



FAMILY HUBS
LANCASHIRE NETWORK



Visit www.lancashire.gov.uk and search 'safer sleep for baby' for more information about the 'six steps' to safer sleep.

talk zone

You can contact us from 2-10pm, 365 days a year.

lanashire.gov.uk

Talk online lanashire.gov.uk/youzone
Text: 07786 51 11 11 Call: 0800 51 11 11
Find us on Facebook @LancashireYZ
Email: talkzone@lanashire.gov.uk

nct

NCT Lancashire Support Helpline
0208 752 9025 Monday - Friday, 9am - 5pm
Email: lancahsupport@nct.org.uk
NCT Feeding Line
0300 330 0700
Free support is available every day from 8am to midnight, including bank holidays.

Smokefree

Ready to quit for good?
Call us today on 08081 962 638

Healthy Start

Get your free Healthy Start vitamins here.

Use your NHS Healthy Start prepaid card to collect:
• Vitamins for women
• Vitamin drops for babies and young children

www.healthystart.nhs.uk

Let's get brushing!

It's never too early to start brushing!

SHN

LANCASHIRE COUNTY COUNCIL

School Holiday Activities

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

Booking is essential for some of these activities

Why not follow us on our Facebook page for up to date information:



The dates, times & venues of our groups are correct at the time of printing

Participation Groups and services provided by our Family Hub Partners

SEND
The group aims to work on life skills, improving communication skills, self-confidence & self-esteem in a group work setting.
Safe Spaces
Safe space for young people to hang out with friends and opportunities to participate in a variety of activities.
LGBTQ+
Access this group to obtain support, discuss and challenge ideas around gender and identity. Join and have your say. At this group you can join in with debates on issues in the local community and wider society. Creating campaigns for positive change.

Targeted Youth Support 12-19 (25 SEND)

Bump, Birth and Beyond
A comprehensive course supporting expectant parents in preparing for their baby's arrival. Delivered in partnership with midwives and health visitors.
Triple P
An evidence-based approach to support children's development and address behavioural concerns. Triple P Group - 2-11 years old, Triple P Teen and Stepping Stones - for parents or carers who have children with a disability or additional needs up to 12 years old.
Nurture Programme
Focuses on building strong, trusting relationships and promoting emotional wellbeing through self-awareness, empathy, realistic expectations, and positive discipline.
Positive Relationships, Stronger Families
Empowers parents and carers to understand and manage conflict through effective, constructive communication. This programme is for women who have experienced domestic abuse from a partner or family member. It helps you recognise abusive behaviours, and understand healthy relationships in a relaxed, informal setting.
DA Recovery
For women who have experienced domestic abuse. Offers support in recognising abusive behaviours, understanding healthy relationships, and connecting with others in a safe, supportive environment - call for more information.

Parenting and Family Support - Parents and Carers

Inside Out
A group to build confidence, self-esteem, and friendships through creative and physical activities. Promotes physical play and a healthy lifestyle whilst building social skills and having fun.
Move and Groove
A safe space for children with physical, learning, behavioural, or emotional difficulties to gain confidence, self-expression and make new friends.
Colourful Footsteps
For children moving from primary to secondary school. This session uses interactive activities to help them prepare both practically and emotionally.

5-11 years old

Infant Massage
Suitable for babies from 6 weeks to crawling, these sessions support your baby's development and strengthen your attachment.
Baby and You
A fun and stimulating group that encourages positive play and interaction with your baby, suitable for babies from birth to pre-walking stage.
Chat, Play and Read
A group for children under 5, which supports speech, language development, and listening skills in a fun and interactive way.
Development Matters
A wonderful session for children under 5 to learn, play, and make friends. It offers stimulating indoor and outdoor activities.
Mini Move and Groove
Develop social skills and make friends in this fun and upbeat group which encourages physical activity and a health lifestyle. For children under 5.
Transitions
Supporting children's development through learning, creative play and exploration as they prepare for early years provision or primary school.

0-5 years old

What's On...



PRESTON

Welcome

A warm welcome to you from everyone at Preston Children & Family Wellbeing Service.

Our "What's On Guide" aims to keep you as up to date on what specific groups and services are available at your nearest centre



ALL OUR GROUPS ARE FREE!

What's On...

Preston Children & Family Wellbeing Service September - December 2025



Scan to Book
an Event



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RIBBLETON FAMILY HUB Ribbleton Hall Drive Ribbleton Preston PR2 6EE Tel: 01772 539444	Development Matters (Messy Play) 0-5 yrs 9:30 - 11:00am Infant Massage (Booking required) 1:00 – 2:00pm followed by Baby Sensory 2:00 - 3:00pm Inside Out 5-11 yrs 3:45 - 4:45pm (Booking required) Development Matters Stay & Play 0-5 yrs 3:30 - 5:00pm	Baby & You (pre-walkers only) 9:30 - 11:00am NCT Breastfeeding Peer Support Group 10:00 - 11:30am One Stop Shop Last Tuesday of the month 2:00 - 4:00pm	HCRG Baby Weighing Clinic 9:15 - 11:15am Speech & Language Advice Walk-In 11:00 - 11:45am BBB - Sept 2025 (Booking required)	Chat, Play and Read 9:30 - 11:00am Parents To Be and Positive Relationships, Stronger Families 1:00 - 2:30pm (Booking required) Family Stay and Play All Ages 3:30 - 5:00pm	Story Session 0-5 yrs 10:00 - 11:30am Development Matters Stay & Play 0-5 yrs 1:00 - 2:30pm
RIVERBANK FAMILY HUB Brieryfield Rd Preston PR1 8SR Tel: 01772 531948	Mini Move and Groove 0-5 yrs 1:00 - 2:30pm	Baby Sensory 0-1 yrs 1:00 - 2:30pm	Development Matters (Messy Play) 0-5yrs 9:30 - 11:00am Infant Massage Birth to Crawling 10:00 – 11:00 (Booking required)	Mini Move and Groove 0-5yrs 9:30 - 11:00am HCRG Baby Weighing Clinic 1:00 - 3:00 pm Family Nurture 3:30 - 5:00 pm	Development Matters, (Stay & Play) 0-5yrs 1:00 - 2:30pm
MILLBANK COURT Edmund Street PRESTON				Dad's Group 3:30 - 5:00pm	
PRESTON WEST FAMILY HUB Ashton Primary School Site Ainsdale Drive Preston PR2 1TU Tel: 01772 536419	HCRG Baby Weighing Clinic 9:15 - 11:15am Baby & You (pre-walkers only) 9:30 - 11:00am Development Matters, (Messy Play) 0-5 yrs 9:30 - 11:00am	Mini Move & Groove 0-5yrs 9:30 - 11:00am Music Group 1:00 - 2:00pm 0-5 yrs Inside Out 5-11 yrs 3:45 - 4:45pm (Booking required)	Development Matters (Stay and Play) 0-5 yrs 10:00 -11:30am	One Stop Shop Second Thursday of the month 2:00 - 4:00pm Baby & You (pre-walkers only) 1:00 - 2:30pm	Mini Move and Groove 0-5 yrs 9:30 - 11:00am
MOOR NOOK FAMILY HUB & YOUTH ZONE Burholme Road Ribbleton PRESTON PR2 6HN	Crafty Club 10-12 yrs 3:30 - 5:00pm	SEND Family Inside Out 3:30 - 5:00pm	Flourishing Together 5 - 11 yrs 3:30 - 5:00pm Move & Groove 5-11 yrs 3:30 - 5:00pm	NO GROUPS HERE TODAY	
Stoneygate CFW Services Stoneygate Walk PRESTON PR1 3XU		Triple P – Sessions running morning and afternoon (Booking required)			
PRESTON EAST CFW SERVICES Brookfield Primary School Site Watling Street Rd Preston, PR2 6TU Tel: 01772 539420	NO GROUPS HERE TODAY	NO GROUPS HERE TODAY	Development Matters Stay & Play 0-5 yrs 9:30 - 11:00am	Development Matters Stay & Play 0-5 yrs 9:30 - 11:00am	Development Matters (Messy Play) 0-5yrs 9:30 - 11:00am

