



Like our Facebook page for updates and news about sessions and courses: Search for Preston Family Hub



## Useful Numbers

Citizens Advice Helpline - 0808 223 1133	Minds Matter - 01772 773437
NHS Dentist Helpline - 0300 311 2233	Children's Social Care - 0300 123 6720
Community Midwives - 01772 524592	Food Bank - 01772 555425
Health Visitors- 0300 247 0040	Woman's Centre Preston - 01772 201601
Royal Preston Hospital - 01772 716565	ChildLine 0800 1111
Police Non-Emergency - 101	National Domestic Abuse Helpline 0808 2000 247
Medical Advice - 111	
Need an NHS Dentist- 01772 325100	

# 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**

DELIVERING EARLY HELP



## Children and Family Wellbeing Service



# What's on guide

**PRESTON CFW SERVICE**  
**ALL OUR GROUPS ARE FREE**

January - April 2024

[www.lancashire.gov.uk](http://www.lancashire.gov.uk)



## 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.

## Other Services and where to find them



### Health Visiting Team

#### **Well Baby Clinic**

Currently Health Visitors are conducting Healthy Baby Clinics by appointment only.

Find out how to make an appointment and where they are held by visiting:

[lanccsfis.lancashire.gov.uk/](http://lanccsfis.lancashire.gov.uk/)

#### **Bump, Birth & Beyond**

Meet other parents & prepare for the birth of your baby

Face to face group | Multiple dates & locations 5.30-7.30pm

#### **2 Year Old Development Checks**

Our partners at HCRG are not currently undertaking development checks in our centres.

If you have any concerns about the development milestones of your child, please contact them.

**For more information or to book any of the above:**

☎ 300 247 0040

or

✉ [VCL.019.SinglePointofAccess@nhs.net](mailto:VCL.019.SinglePointofAccess@nhs.net)

### Midwife Clinic

Your Midwife is still seeing you at the times expected, they will arrange appointments with you, maybe in your home, at the hospital or at one of our centres. If you have any concerns around your antenatal care, appointments or just need advice call the numbers on your letter/texts from the midwifery team.

### F.A.B Breastfeeding Peer Support Group

Tuesday - 10.00 - 1.30 pm  
Ribbleton Family Hub

Volunteer led support is also available by telephone  
01254 772929 9.00 am - 5.00 pm  
More information on their website  
[www.familiesandbabies.org.uk](http://www.familiesandbabies.org.uk)

National Breastfeeding helpline:  
0300 1000 212 9.30 am - 9.30 pm





Like us on  
**Facebook!**

This is where we promote new groups and courses, where we share health messages, health visitor pages and lots more.....

You can find us by searching the following:

- Preston Family Hub
- Lancashire Youth Zone



## Centre details

### **Ribbleton Family Hub**

Ribbleton Hall Drive  
Ribbleton  
Preston  
PR2 6EE  
Telephone: 01772 539444

### **Preston East CFW Services**

Brookfield Primary School  
Watling Street Road  
Preston  
PR2 6TU  
Telephone: 01772 539420

### **Preston West CFW Service**

Ashton Primary School Site  
Ainsdale Drive  
Preston  
PR2 1TU

### **Oakham Court**

13-14 Oakham Court,  
Avenham Lane,  
Preston  
PR1 3XP

### **Preston Central Neighbourhood Centre**

Brieryfield Road  
Preston  
PR1 8SR  
Telephone: 01772 531948

### **Moor Nook CFW Services**

Burholme Road  
Ribbleton  
Preston  
PR2 6HN

### **St Lukes CFW Service**

161 Ribbleton Lane  
Preston  
PR1 5ST  
Telephone: 01772 537725



## Children's Groups 0-11yrs

### Infant Massage - Birth to crawling.

A 5 week course to promote nurturing touch and early communication. This course can enhance the bonding and attachment between mother and baby.

### Baby and You

A pre-toddler group providing positive activities for you and your baby to do together, supporting their early development and experiences. It's also a good opportunity for you and baby to make new friends.

### Development Matters/ Messy Play (0-4yrs)

Let your child explore various textures, getting used to different sensations using their hands and fingers...even their toes and feet!

### Mini Movers and Groovers (1-4yrs)

Help your child to develop their literacy, communication, motor and listening skills during these fun and engaging story, rhyme and craft sessions.

### Chat, Play and Read (Speech and Language)

This session is perfect for toddlers and pre-school aged children. The session is fun and interactive and encourages your child's communication skills and development. Lots of play, singing and story time.

### Family Inside Out

An opportunity to come together as a family, have fun and make new friends, whilst promoting your child's social and emotional skills.

### Inside Out

A 12 week course for children who need support to build confidence and self-esteem. Or children who may struggle with their emotions, affecting how they build friendships and treat people around them. We deliver sessions separately for children in KS1 and KS2.

### Colourful Footsteps

A stay and play session for children with additional needs and their parents/carers and siblings. Play and chat with other families who can relate to your experiences. The sensory room will be available for use throughout the session too.

### Moving Up (6 -11 yrs)

An opportunity to take part in a variety of games and activities to help to build confidence and self-esteem, and positive relationships with other young people.

### Stay and Play

A good opportunity for children and parents/carers to play together and make friends.

### SGO Support Group Held First Friday of the Month starting 9/2/2024

A support group for families who have a Special Guardianship Order. This will be a great opportunity to make friends and develop support networks for children and their carers in a safe environment.

## Port Offer - ages 12-19 (25 for SEND)

<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
1.45 pm Allotments Sport Group Starting 2024!	1.30 – 3.30 pm Moor Nook CFW Centre  NEET Drop in (not in education, employment or training)  3.30 – 5.00pm Moor Nook CFW Centre Young Person's Drop-in	6.45 - 9.00pm Moor Nook CFW Centre Community Safe Spaces Youth Group
8.30 pm CFW Centre  , Voice, and ance ouncil	6.45pm - 9.00pm Detached in Goosnargh (Street-based group work)	6.45pm - 9.00pm Detached in Preston (Street-based group work)



## Preston CFW Targeted Youth Support

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
<p>6.30 pm - 8.30 pm</p> <p>Ribbleton Family Hub</p> <p><b>This is us!</b></p> <p><b>Special Educational Needs and Disabilities Youth Group</b></p>	<p>7.00 pm - 9:00 pm</p> <p>Moor Nook CFW Centre</p> <p><b>Bread LGBTQ+ group</b></p>	<p>4.15 - 5.15 pm</p> <p>Moor Nook CFW Centre</p> <p><b>YP Allotment</b></p> <p><b>Coming Spring</b></p> <p>6.30pm - 7.30pm</p> <p>Moor Nook CFW Centre</p> <p><b>Participation Influx Youth Club</b></p>

Moor Nook Youth  
Moor Nook CFW Centre  
Burholme Road, Ribbleton  
Preston  
PR2 6HN

For more information/to book contact:

[prestonTYS@lancashire.gov.uk](mailto:prestonTYS@lancashire.gov.uk)

Pete Riley - 07890432724/[peter.riley2@lancashire.gov.uk](mailto:peter.riley2@lancashire.gov.uk)

Nicola Cole - 07890425188/[nicola.cole@lancashire.gov.uk](mailto:nicola.cole@lancashire.gov.uk)

## Parents' Groups

### Healthy Relationships

A 4 week programme for people who are experiencing challenging times in their relationship and are struggling with positive communication. Support with resolving arguments by using respectful, constructive communication skills to help resolve disagreements.

### Parents to Be

A two week course for expectant parents who have had their 20 week scan.  
The sessions will: • Help you to prepare for parenthood • 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 Baby's cry, you can cope (ICON) • Early Play

### Freedom for Adults Programme

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

### Triple P Parenting Programme

Triple P doesn't tell you how to parent. It's more like 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 poor behaviour. Your children will learn boundaries to help them develop calming techniques useful for their wellbeing.

### **We offer courses in:**

**Group Triple P** - Children 2-11 yrs

**Teen Triple P** - Children 12-16 yrs

**Stepping Stones** - Children 2-11 yrs with SEND.

**Our Triple P sessions are delivered over a 9 week period. Waiting lists are open all year round. Contact one of our Centres to book a place for our next delivery**





## Parents and Children's Sessions

### Development Matters/ Messy Play - 0-4 yrs followed by Mini Move and Groove

Monday - Ribbleton Family Hub - 9.30 - 11.00 am  
 Wednesday - Preston Central Neighbourhood Centre - 9.30 - 11.00 am  
 Friday - Preston East Neighbourhood Centre - 9.30 - 11.00 am  
 Friday - Ribbleton Family Hub - 1.00 - 2.30 - this session includes sensory play

### Infant Massage (Baby Massage) 0-6 months Followed by Baby Group/Sensory CALL TO BOOK A PLACE

Monday - Preston East Neighbourhood Centre - 9.30 - 11.00 am  
 Thursday - Ribbleton Family Hub - 9.30 - 11.00 am

### Parents to Be (2 week course) CALL TO BOOK A PLACE

Thursday - Ribbleton Family Hub - 1.00 - 3.00 pm

### Mini Inside Out (Nurture Programme) CALL TO BOOK A PLACE

Monday 5-7 yrs - Ribbleton Family Hub - 3.45 - 5.00 pm

### Inside Out (Nurture Programme) CALL TO BOOK A PLACE

Monday 8-11 yrs - Ribbleton Family Hub - 3.45 - 5.00 pm  
 Wednesday 6-11 yrs - Moor Nook Neighbourhood Centre - 3.30 - 5.00 pm

### Family Inside Out CALL TO BOOK A PLACE

Tuesday - Moor Nook Neighbourhood Centre - 3.30 - 5.00 pm  
 Thursday - Millbank Court - 3.30 - 5.00 pm

### Triple P Programme CALL TO BOOK A PLACE

Our Triple P sessions are delivered over a 9 week period. Waiting lists are open all year round. Contact one of our Centres to book a place for our next delivery.

### Freedom For Adults Programme CALL TO BOOK A PLACE

Contact 01772 539444 for further details

### Colourful Footsteps (SEND Family Group)

Tuesday (0-5 yrs) - Preston Central Neighbourhood Centre - 1.00 - 2.30 pm  
 Thursday (7-11 yrs) - Ribbleton Family Hub - 3.30 - 5.00 pm

### Stay & Play - followed by Mini Move & Groove or Story Time

Tuesday - Preston West - 9.30 - 11.00 am  
 Thursday - Oakham Court - 9.30 - 11.00 am  
 Friday - Preston Central - 1.00 - 2.30 pm

### Moving Up (6-11 yrs)

Monday - Ribbleton Family Hub - 3.30 - 5.00 pm  
 Wednesday - Moor Nook Neighbourhood Centre - 3.30 - 5.00 pm

### Chat, Play and Read 2-4yrs - followed by Story Time or Mini Move & Groove CALL TO BOOK A PLACE

Monday - Ribbleton Family Hub - 1.00 - 2.30 pm  
 Tuesday - Preston East Neighbourhood Centre - 9.30 - 11.00 am

### Baby and You (Baby Group - pre-toddlers) - followed by Baby Sensory

Monday - Preston West Neighbourhood Centre - 9.30 - 11.00 am  
 Wednesday - Preston West Neighbourhood Centre - 9.30 - 11.00 am  
 Wednesday - Ribbleton Family Hub - 9.30 - 11.00 am

### Healthy Relationships CALL TO BOOK A PLACE

Tuesday - Ribbleton Family Hub - 1.00 - 3.00 pm

### SGO Group - Held First Friday of the Month Starting 9/2/2024

Friday - St Luke's - 9.30 - 11.00 am

### Half Term 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

CALL TO BOOK A PLACE -  
 Please contact one of our centres:

Ribbleton	01772 539444
Central	01772 531948
Preston East	01772 539420

For all other sessions please just come along and join in



We do have a waiting list operating for most groups

Please do not hesitate to contact us at any of the Centres or e-mail: [cwprestongroups@lancashire.gov.uk](mailto:cwprestongroups@lancashire.gov.uk)