



Like our Facebook page for updates and news about sessions and courses:

Search for "Chorley Family Zone"



DELIVERING EARLY HELP

## Children and Family Wellbeing Service

### Useful Numbers

NHS Dentist Helpline -0300 311 2233

Mind matters - 01772 773437

Community Midwives -01257 245116

Children's Social Care 0300 123 6720

Health Visitors- 0300 247 0040 Opt 1

Food Bank Chorley- 01257 260050

Royal Preston Hospital - 01772 716565

Woman's Centre Chorley- 01257 265342

Chorley Hospital -01257 261222

Childline 0800 1111

Police Non-Emergency - 101

National Domestic Abuse Helpline

Medical Advice - 111

0808 2000 247

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**



## What's on guide

**Free!**

**Chorley CFW**

Jan –Apr 2023



[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 **[lancsfis@lancashire.gov.uk](mailto:lancsfis@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

### Midwife Clinic

Your Midwife is still seeing you at the times expected. They will arrange appointments with you, maybe in your home or at the hospital. If you have any concerns around your antenatal care, appointments or just need advice call the numbers on your letter.

### 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

[lancsyoungepeoplefamilyservice.co.uk/child-health-clinics/](http://lancsyoungepeoplefamilyservice.co.uk/child-health-clinics/)

or email or telephone.

**0300 247 0040 or Email**  
**[VCL.019.SinglePointofAccess@nhs.net](mailto:VCL.019.SinglePointofAccess@nhs.net)**



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

**Monday 10am** at Chorley Library

Volunteer led support is also available by telephone 01254 772929.

More information on their website

[www.familiesandbabies.org.uk](http://www.familiesandbabies.org.uk)

### 2 Year Old Development Checks

Our partners at Lancashire Healthy Young People & Family Services (HRGC) are not currently undertaking development checks in our centres.

If you have any concerns about the development milestones of your child, please call or email.

**0300 247 0040 or Email**  
**[VCL.019.SinglePointofAccess@nhs.net](mailto:VCL.019.SinglePointofAccess@nhs.net)**





Like us on  
**Facebook!**

This is where we give information about our groups and courses.

We share key messages relating to parenting, health visitor pages and lots more.....

You can find us by searching the following or scanning the QR code below:

- **Chorley Family Zone**
- **Lancashire Youth Zone**



## Centre details

**Duke St Neighbourhood  
Centre** (next to Duke St Primary  
School)

**Duke Street**

**Chorley**

**PR7 3DU**

**Tel: 01257 516316**

**Highfield Neighbourhood  
Centre** (Next to Highfield Nursery)

**Wright Street**

**Chorley**

**PR6 0SL**

**Tel: 01257 516466**

Enquiries to these centres should be directed to the appropriate number above.

Or email: [CFW-CH-groups@lancashire.gov.uk](mailto:CFW-CH-groups@lancashire.gov.uk)

Follow us on Facebook for up to date information and messages by searching 'Chorley Family Zone' or scanning the QR code below





## Children's (0-11) and Parents

### No Booking Needed:

#### Baby & You

For babies new born until they are mobile. Over an 8 week period we will cover key subjects that are often a cause of worry to new parents. Safer Sleep, Development, ICON and much more.

#### Chat, Play & Read

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.

#### Development Matters 2-5yrs

We cover different themes each week. Social, sensory & emotional development. Help your child to develop their motor skills. Parents are given idea's to assist their child's progress. Ideal to prepare your child for school.

#### Colourful Footsteps 5-11yrs

For children with SEND (or undergoing assessment). Safe, fun and welcoming sessions where children can make friends and parents can access peer support.

#### Move and Groove - Primary

Fun activities around movement based play, focussing on exercise, active lifestyles and healthy eating

#### Mini Move & Groove - Preschool

Fun activities around movement based play, focussing on exercise, active lifestyles and healthy eating

#### Transitions 2-5yrs

Activities for children and parents that develop child's learning, social and practical skills in preparation for school.

### Booking Essential:

#### Inside Out (Previously Nurture)

A 5 week course for children who need support with confidence, self-esteem, or emotions.

We deliver sessions separately for KS1 and KS2.

These sessions are delivered in centres after school 4-5 pm.

#### Freedom for Children

An 8 week course for children in KS1 and KS2, who have experienced abuse in their family home. Children are taught about healthy and unhealthy relationships via small group in our centres.

#### Baby Massage

Birth to crawling, to promote nurturing touch and early communication. This course can enhance the bonding & attachment between mother & baby.

# COLOURFUL FOOTSTEPS

Children and Family  
Wellbeing  
Service

These sessions are for children age 5-11yrs with SEND (or undergoing assessment) and offers an inclusive environment, with opportunities for learning development and friendship, and a place where parents can access peer support

Wednesdays 3:30-5:00

Duke Street Neighbourhood Centre

Duke Street

Chorley

PR7 3DU



Ask at reception or call  
01257 516316/516466  
for more information



**Lancashire**  
County Council





# CHAT PLAY READ

Children and Family  
Wellbeing  
Service

## FREE session perfect for those aged 2-5 years

Fun and interactive sessions designed to help encourage your child's communication skills.

Each session is based around a story, with rhymes, games and singing associated to the book of the day.

Tuesdays 1:30 – 3:00pm  
Clayton Green Library  
Chorley  
PR6 7EN

Thursdays 1:30pm - 3:00pm  
Duke Street Neighbourhood Centre  
Duke Street  
Chorley  
PR7 3DU



### Parents To Be

2x weekly sessions for expectant parent(s), following your 20 week scan. Packed with useful, practical and safety information.

### Freedom Programme

A 12 week course for women to increase confidence, feel empowered & make positive changes in life and relationships. This helps women identify signs of controlling and abusive behaviours.

### Horizons

6x weekly sessions for parents who struggle with low mood, anxiety, low self-esteem or isolation. Through holistic methods we look at ways we can boost our wellbeing so that we can move forward to support ourselves. This session is delivered in our centres.

### Healthy Relationships

A 6 session supportive programme for parents experiencing challenges in their relationship and struggling to communicate positively (couples to attend together).

### Time Out

A peer support group for parents of SEN children. Drop in for a coffee, a chat and meet some new friends.

### VITAMIN COLLECTION

Monday 9:30-12:30  
Duke Street Centre

If you are an expectant mum or have a child under 5yrs old and are entitled to free "Healthy Start" vitamins. Call the Centre to book a pick-up slot and please bring your card as proof of entitlement.



Call 01257 516316 or 516466.

To apply for Healthy Start - Visit [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

### Half Term Activities

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

These activities require pre-booking, keep an eye on our Facebook page for more information

**'Chorley Family Zone'**



### **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 2-11yrs

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

**Stepping Stones** - Children under 12 with a **diagnosis** of SEN or disabilities or be significantly on the pathway to a diagnosis.

**Our Triple P Courses are delivered on a rolling programme in both centres.**

**Delivery times and days vary depending on demand**

**Waiting lists open all year. Call 01257 516316 or 516466**

**Or Email CFW-CH-Groups@lancashire.gov.uk**

## **Youth Services 11-19 years old (25 with SEND)**

### **UNITE**

Providing a safe and welcoming environment for young people aged 12-25 years with special educational needs and disabilities. The group aims to work on life skills improving communication skills, self-confidence & self-esteem in a group work setting. Parents/Carers are welcome to attend.

### **POUT**

A group for young people aged 12 to 19 who identify as Lesbian, Gay, Bisexual or Transgender. The group provides a safe and confidential space to come together to meet and share experiences. To get information, advice and support on coming out, friendships, emotional wellbeing, identity, family relationships and more. The group meet weekly for further information please email [pout@lancashire.co.uk](mailto:pout@lancashire.co.uk)

### **Youth Council**

An opportunity for young people to have a voice and be able to Influence decisions made locally and nationally.

### **Safe Spaces**

Open access group providing a safe space for young people to attend and engage with our staff.

### **Locality Youth Group**

An opportunity for you to meet with neighbourhood outreach workers in the community environment and discuss issues that are current and affecting your lives. A chance to discuss and learn about the issue that affect young people like bullying, low self-esteem, drugs, relationships, sexual health and child sexual exploitation. Aimed at young people who would like more Information on specific issues and become more involved with a youth group.

### **Detached Work**

These sessions are delivered in Chorley Borough at various locations. These sessions provide information, advice & guidance to young people.



## Youth Provisions 11-19yrs

### Monday

**UNITE** 6:30pm -8:30pm - Lord Street, Chorley

**UNITE** 6:30pm -8:30pm – West Paddock Neighbourhood Centre, Leyland

### Tuesday

**POUT** 7:00 - 9:00pm - West Paddock, Leyland

**Detached Work** 7:00 - 9:00pm - Chorley Area - Adlington

### Wednesday

**Bus Pass Drop In** - 4:00 - 5:00pm Union Street, Chorley

**Youth Council** – 7:00-9:00pm Lord Street Chorley

**Youth Council** - 7:00-9:00pm West Paddock, Leyland

**Detached** – 7:00-9:00 South Ribble Area

### Friday

**Bus Pass Drop in** – 2:30-4:30 West Paddock Neighbourhood Centre, Leyland

**Safe Spaces**-Open Access 7:00 - 9:00pm West Paddock Neighbourhood Centre, Leyland

**Detached Work** 7:00 - 9:00pm - Chorley Area - Coppull & Euxton

These sessions are correct at the time of printing. They are subject to change as more courses are added to our timetable.



## HEALTHY RELATIONSHIPS

Children and Family  
Wellbeing  
Service

A six session structured programme for couples experiencing challenging times in their relationship, or just struggling to communicate positively.

This course will develop your understanding of arguments, give you strategies to communicate in a more helpful way and teach you resilience tools for the future.



For more information call:  
01257 516316 / 516466





## When and Where

### Baby & You

Mondays - Highfield - 10:00 - 11:30

Wednesdays - Duke Street - 1:00 –2:30

### Chat, Play & Read

Tuesdays - Clayton Green Library - 1:30 - 3:00

Thursdays - Duke Street - 1:00-2:30

### Development Matters

Tuesdays - Duke Street - 9:30 - 11:00

Thursdays –Highfield –1:00 - 2:30

### Colourful Footsteps

Wednesdays - Duke Street - 3:30 - 5:00

### Transitions

Thursdays - Highfield- 10:00 - 11:30

### Time Out

Wednesdays - Highfield - 9:30-11:30

### Baby Massage

Tuesdays - Duke Street - 2:00-3:00



### Mini Move and Groove

Mondays—Duke Street - 10:00 –11:30

Wednesdays - Highfield– 1:00 –2:30

### Move and Groove

Thursdays –Duke Street –3:30 –5:00

### Parents to Be (call to book)

Fridays - Duke Street - 1:00-3:00

### Horizons (call to book)

Fridays - Highfield - 11:00-12:30

### Warm Welcome Space

Mondays - Duke Street –3:30–5:00

Fridays –Highfield –3:30 –5:00

### Healthy Relationships

Tuesdays –Highfield –6:00 –8:00

### Inside Out

KS2 –Mondays –Highfield –3:30-5:00

### Moving On Up

Fridays –Duke Street-3:30-5:00

