

## Centre details

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

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

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

**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

West Lancs



## 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.

## 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://www.facebook.com/LancashireYPS)

[twitter.com/LancashireYPS](https://twitter.com/LancashireYPS)

You can contact us 365 days a year

**2pm to 10pm**



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

### Healthy Start Vitamins

If you are eligible for the NHS Healthy Start Vitamins, you will be invited to apply online and issued with 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)

### New Group

#### 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 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 our groups and courses run regularly and waiting lists are always open.**

#### 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

From 2-4 years early language and communication sessions using play and interaction to support your child's speech and language development.

#### Development Matters

From 12 months. 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.

#### 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

Many of us experience challenging times in our relationships and struggle to communicate positively, especially at stressful times in our lives.

Our Healthy Relationship course which runs for 6 weeks. It's designed for parents, to support you in understanding your parental relationships, why we argue, how we can resolve issues in a health way and why our parental relationships are important for our children.

### S.W.A.N

Our newest drop-in session for Support with Additional Needs. Aimed at Parents & Carers, this weekly session aims to provide a space for parents & carers to meet with support, advice, and guest speakers.

### 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

Parent & child fitness class

supporting wellbeing & confidence.

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

#### Tuesday – Park

9:00am - 12:00 noon

Midwife Booking in Clinic

Contact your Midwife to book

#### Thursday – 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)

### Monday

3:00pm - 5:00pm  
Not in Education, Employment or Training & Bus Pass Drop in

5:45pm - 8:00pm  
BOOST Special Educational Needs and Disabilities Youth Group

### Tuesday

6:45pm - 9:00pm  
Detached (Street-based group work) in Burscough

6.45pm - 8:00pm  
LGBTQ+ Support Group

### Wednesday

4:15pm - 5:45pm  
Teen Warm Welcome

6:45pm - 9:00pm  
Participation, Voice, and Influence Youth Council

### Thursday

5:45pm - 8:00pm  
Detached (Street-based group work) in Ormskirk

### Friday

5:45pm - 8:00pm  
Level 1 Relationship and Sexual Education and GUM Services Drop in

6:45-9pm  
Connect Community Safe Spaces Youth Group



### The Virtual Group Programme

0300 247 0040

vcl.019.SinglePointOfAccess2@nhs.net

To book on speak to your Health Visitor or call / email us above

Visit our website for more info [lancsyoungeoplefamilyservice.co.uk](http://lancsyoungeoplefamilyservice.co.uk)



Tuesday	Wednesday	Thursday	Friday
<b>Understanding Colic &amp; Reflux</b> 1-2pm Breast and formula feeding	<b>Moving onto Solids*</b> 0-12 mths 10-11am	<b>Baby &amp; Me</b> 10-11am Once a month	<b>Bump, Birth &amp; Beyond*</b> 12.30-2pm Antenatal education Run fortnightly
♥	♥	<b>Antenatal Infant Feeding*</b> 1-2pm Over 2 weeks	♥

\*There is also a pre-recorded version of these sessions and more available on our website

@LancashireHealthyYoungPeopleAndFamilies

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WE CHANGE LIVES BY TRANSFORMING HEALTH AND CARE.



## Centre Sessions

### Burscough Neighbourhood Centre

#### Tuesday

10.00-11:30am **Baby & You**

#### Wednesday

3:30-4:45pm **Colourful  
Footsteps**

#### Thursday

10.00-11:30am **Development  
Matters**  
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**

### Park Neighbourhood Centre

#### Tuesday

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

#### Wednesday

1-2:30pm **S.W.A.N.**

#### Thursday

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

### The Zone

#### Targeted Youth Support

Please contact the TYS team to  
find out more

**Carl Coughlan** 01772534993  
**Paul Rooney** 01772 534987  
**James Horrocks** 01772 530548

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

### **PURPLE GROUPS – No Need to book**

**Please contact the centre to book onto the next course for Triple P,  
Inside Out, Baby Massage, Parents to Be, Healthy Relationships**

**Please contact one of our centres for more information on any of  
our groups & courses.**

