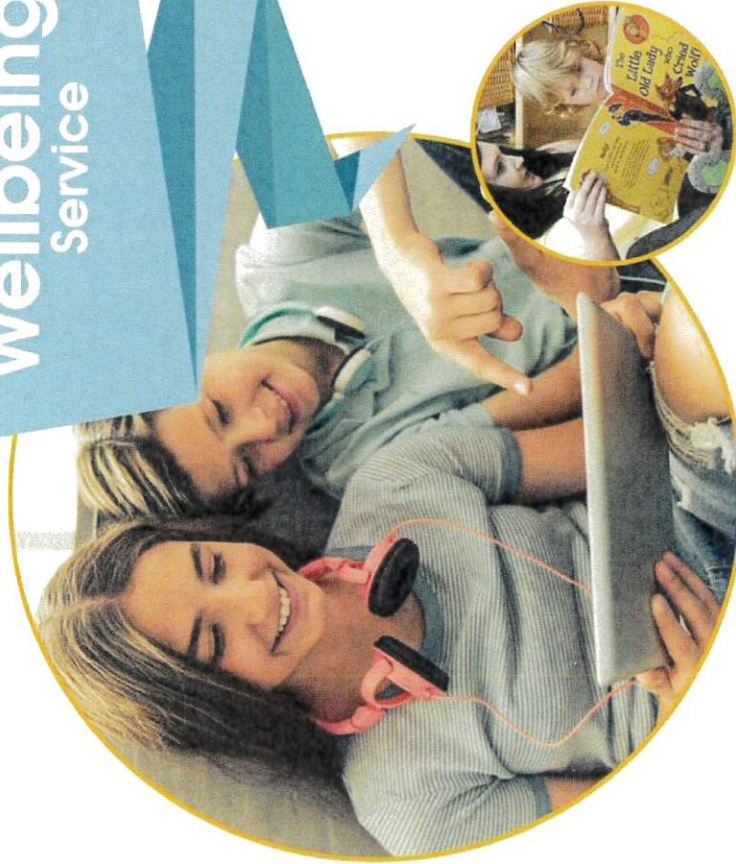


DELIVERING EARLY HELP

Children and Family Wellbeing Service



What's on guide

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.

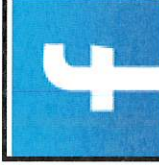
We provide targeted services for children and young people across the age range 0-19yrs+. Working together with key partners, we aim to ensure that we have maximum impact on achieving positive outcomes for your family.



**WHY NOT COMPLETE OUR WELCOME FORM
BEFORE YOU ATTEND OUR GROUPS**
SELECT: SOUTH RIBBLE



EVENTS AND COURSE BOOKINGS
www.lancashire.gov.uk/events



SOUTH RIBBLE FAMILY HUB



CFW-SR-groups@lancashire.gov.uk

Children's Groups (0-11yrs)



BOOKING QR CODE

Baby and You - information about your child's ages and stages of development, particularly the growing brain and your crucial role in supporting this.

BOOKING
REQUIRED

Birth, Bump and Beyond - A 2 week course for expectant parents. The group includes: safer sleep, coping with crying, home safety, baby communication, early play and care of a new born.

BOOKING
REQUIRED

Chat, Play and Read - For children aged 18 months to 5 years. This session is perfect in supporting your child's speech and language development which is a crucial skill that supports all areas of learning. Build confidence through words, books, songs and stories in a fun way.

Development Matters - Is an opportunity where you can bring your child along to socialise and play alongside other children and parents. Stimulating and challenging activities across all ages from 0 — 5 years guided by the Early Years Foundation Stage Development Matters.

Freedom for Children - A 10 week course for children aged 4-11yrs. This course is for children who have experienced abuse in their family home. Children explore abusive and non-abusive behaviours, reassure that they are not to blame if violence has been received or witnessed to build confidence and social skills

BOOKING
REQUIRED

Infant Massage - Is a 5 week programme from birth to crawling, it helps to build confidence in handling your baby, strengthening the bonding process, supporting your babies development and physical needs. Whilst meeting other parents/carers, develop networks and peer support.

BOOKING
REQUIRED

Inside Out - A 6 week course aimed at children who need support to build confidence and self-esteem. We will look at a range of strategies to help with emotions, social skills, explore and understand the impact of their behaviour on others. Engage in activities with positive interaction between children and their peers. Delivered in school

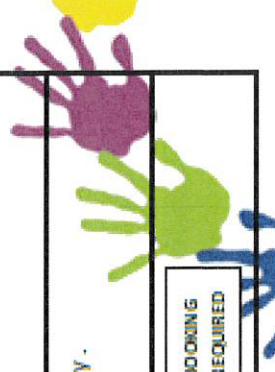
Magical Moments and Colourful Footsteps SEND group - We offer an inclusive environment for children to be confident in expressing themselves, through positive and social opportunities and interactions, supporting those going through similar joys and challenges.

Mini Move and Groove (2—5 year olds) - Our group looks at boosting your child's physical development, build confidence, develop motor and fine motor skills, improve speech and language whilst having fun and making new friends. Whilst promoting good health and wellbeing.

Weigh, Stay and Play - This is a drop in clinic run by our Health Care Practitioners, you can get baby weighed, meet other parents and let your children play.

School Holiday Activities - During the school holidays we offer various fun activities for children 0 — 11 years. Booking for these groups is essential.

BOOKING
REQUIRED



Parents Groups

BOOKING QR CODE



Employability, SGO and SEND Drop in - Access to support and advice on employment, SEND services, SGO peer support and much more.	BOOKING REQUIRED
Freedom Programme - A supportive relaxed group for women who have experienced domestic abuse and would like to be able to recognise abusive behaviour and what makes a healthy relationship. It helps make sense of, and understand what has happened to them.	BOOKING REQUIRED
Horizons - A 6 week course for parents who struggle with low mood, anxiety, low self-esteem or isolation. Through holistic methods we look at ways you can boost your wellbeing so that you can move forward to support yourself.	
Midwife Clinics - Your Midwife will arrange appointments with you, this may be 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 number on your letter.	BOOKING REQUIRED
Positive Relationships/Stronger Families - Come and join us for our 4 week Positive Relationships course. Learn valuable skills on positive communication, learning how to resolve arguments when they arise.	
Triple P Parenting Programme - Children do not come with a handbook, it is not an easy job and many of us can feel out of our depth. Children's behaviour can be challenging and difficult to manage. If you are struggling, a Triple P parenting course could be the answer for you.	BOOKING REQUIRED
Triple P Group (children 2-11 years) - The course is delivered through group discussions, parent workbooks and homework. The course will assist if you have specific concerns about your child's development or behaviour.	BOOKING REQUIRED
Triple P Teens (children 12-16 years) - The course looks at raising responsible competent teenagers. Developing self-discipline, establishing good routines. Getting involved in family activities, developing a healthy lifestyle.	BOOKING REQUIRED
Triple P SEND Stepping Stones (children under 12 years) - Positive parenting for children with a disability. Looking at reasonable expectations whilst looking after yourself as a parent and helping your child to reach their full potential.	BOOKING REQUIRED

Groups Timetable

Monday morning	Midwife/Health Visitor (Alternate weeks) @ Walton le Dale Midwife vaccination clinic @ Kingsfold	Mini Move and Groove 9:30—11:00 @ Kingsfold	Chat, Play and Read 9:30—11:00 @ West Paddock S&L (first Monday of each month)	S&L—Speech and Language
Monday afternoon	Weekly Baby & You Sensory Weigh (A lternate weeks from 17/3) 13:00—15:00 @ Walton le Dale	Horizons 13:00—14:30 @ West Paddock	Freedom Programme Contact for details	BOOKING QR CODE
Tuesday morning	Health Visitor @ Walton le Dale	Weekly Baby & you Weigh (A lternate weeks from 11/3) 9:30—11:00 @ Kingsfold	Freedom Programme Contact for details	
Tuesday afternoon	Triple P SS 13:00—15:00 @ Walton le Dale	Colourful Footsteps KS1 & KS2 15:30—16:30 @ West Paddock		
Wednesday morning	Health Visitor @ Kingsfold Midwife @ West Paddock Midwife @ Walton le Dale	Employability & SGO drop in 9:30—11:30 @ West Paddock	SEND drop in 3rd Wednesday of the month 9:30—11:30 @ West Paddock	
Wednesday afternoon	Infant Massage 13:30—14:30 @ West Paddock	Move and Groove 15:30—16:45 @ West Paddock	Triple P group & PRSF 17:30—19:30 @ Walton le Dale	
Thursday morning	Health Visitor @ West Paddock	Chat, Play and Read 9:30—11:00 @ Walton le Dale	Magical Moments 9:30—11:30 @ West Paddock	
Thursday afternoon	Baby & You Sensory 13:30—15:00 @ West Paddock	Bump, Birth & Beyond 17:30—19:30 @ West Paddock		
Friday morning	Midwife @ Walton le Dale Midwife @ West Paddock	Weigh, Stay & Play 09:30—12:30 @ West Paddock	Beehive Baby and You 9:30—11:30 @ New Day Church	Beehive Development Matters 9:30—11:30 @ New Day Church
Friday afternoon				

Targeted Youth Support 12-19 years old (25 with SEND)

Our Youth Workers can support you with your personal, educational and social development.

Monday's - UNITE 6:30 —8:30pm. 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.
Tuesday's - WARM & WELCOME 4:30—6:00pm. A warm and welcoming youth club for young people 12-19. This is just like our Friday night youth club but with smaller numbers and a quieter space, with games, activities and opportunities for support from our youth workers.
Tuesday's - POUT 7:00 —9:00pm. This is a group for young people who identify as LGBTQIA+ or questioning their sexuality and want a safe environment so they can be themselves in a non-judgmental and supported environment. The group provides a safe space to meet with friends, make new friends and connect through lots of fun activities. Youth Workers are there to support and listen whilst giving opportunities to share ideas, support on coming out, identity, friendships, emotional wellbeing, family relationships and more.
Wednesday's - YOUTH COUNCIL 7:00-9:00pm. An opportunity for young people to have a voice and be able to influence decisions made locally and nationally.
Wednesday's - DETACHED WORK 7:00-9:00pm. Detached sessions are delivered across South Ribble and allow young people to engage with our Youth Workers in spaces which are comfortable to them. The Youth Work team offer advice and guidance in the community alongside fun activities.
Friday's -SAFE SPACES 7:00-9:00pm. Is an open access provision which all young people can attend. The session provides informal education and access to advice and guidance from qualified and understanding Youth Workers alongside games, challenges and opportunities for trips and residential experiences.
Friday's - DETACHED WORK 7:00-9:00pm. Detached sessions are delivered across South Ribble and allow young people to engage with our Youth Workers in spaces which are comfortable to them. The Youth Work team offer advice and guidance in the community alongside fun activities.

Our youth provision is currently run from: West Paddock Family Hub & the Zone, PR25 1HR. For more information T: 01772 532 930



Chorleysouthribble.tys@lancashire.gov.uk



South Ribble Youth Zone



HEALTHY START VITAMIN COLLECTION

If you are an expectant mum or have a child under 5yrs old and are entitled to free "Healthy Start" vitamins, call into any of our Centre's, please bring along your new digital card.

The vitamins contain vitamin A, C & D for your child. Folic Acid & vitamin C & D for you if you are pregnant, breast feeding or until your child is one year old

To apply for your Healthy Start Card visit www.healthystart.nhs.uk



If you live in Lancashire and want to quit smoking/vaping, [Smokefree Lancashire](http://SmokefreeLancashire) 0808 196 638 can provide support for you.

Getting help from a stop smoking service can increase your chances of successfully quitting smoking/vaping.



Useful numbers

West Paddock

Family Hub and The Zone

West Paddock, Leyland

Preston PR25 1HR •

01772 532930 •

Kingsfold Family Centre

Martinfeld Road, Penwortham

Preston PR1 9HJ

01772 532930

Walton-le-dale Family Hub

Brindle Road, Bamber Bridge

Preston PR5 6YJ

01772 532930

Wade Hall Family Centre

75 Royal Ave, Leyland

Preston PR25 1BX

01772 532930

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

Call 0800 511111

facebook.com/LancashireYPS
twitter.com/LancashireYPS

You can contact us 365 days a year

2pm to 10pm