



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.

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

Lancashire County Council

NCT

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

Ready to quit for good?
Call us today on 0800 181 638

Smokefree Lancashire
Commit to Quit

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

SCAN FOR MORE INFORMATION

Useful Numbers

Breastfeeding Helpline	0300 1000212
Childcare Funding	0300 1234097
Childline	0800 1111
Children's Services	0300 1236720
Citizens Advice Line	0800 1448848
Community Midwives	01257 245116
FAB Helpline	01772 322012
Food Bank South Ribble	01772 930405
Health Visitors	0300 247 0040 Opt 1
Medical Advice	111
Mind Matters	01772 773437
National Domestic Abuse	0808 2000247
NHS Dentist helpline	0300 3301348
Royal Preston Hospital	01772 522972
The Wish Centre	0300 5610440
Tippy Toes Baby Bank	07852304225

What's On...

Welcome to our new
South Ribble Family Hubs
September – December
What's On Guide.



Please remember all our groups are free

#HAF25

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 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.
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.
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.
Nurture Programme	Focuses on building strong, trusting relationships and promoting emotional wellbeing through self-awareness, empathy, realistic expectations, and positive discipline.
Triple P	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.
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.
Parenting and Family Support - Parents and Carers	A comprehensive course supporting expectant parents in preparing for their baby's arrival. Delivered in partnership with midwives and health visitors.
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	
Transitions	For early years provision or primary school. Supporting children's development through learning, creative play and exploration as they prepare for early years provision or primary school.
Mini Move and Groove	Develop social skills and make friends in this fun and upbeat group which encourages physical activity and a healthy lifestyle. For children under 5.
Development Matters	A wonderful session for children under 5 to learn, play, and make friends. It offers stimulating indoor and outdoor activities.
Chat, Play and Read	A group for children under 5, which supports speech, language development, and listening skills in a fun and interactive way.
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.
Infant Massage	Suitable for babies from 6 weeks to crawling. These sessions support your baby's development and strengthen your attachment.
0-5 years old	

What's On...

**South Ribble &
Family Wellbeing Service**
www.southribblefamilyhub@lancashire.gov.uk
www.lancashire.gov.uk/events
September - December 2025



Scan to Book
an Event



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
West Paddock Family Hub & the Zone West Paddock, Leyland Preston PR25 1HR 01772 532930 Youth Support 12 – 19 years old (25 with SEND)	9:30am – 11:00 am Chat, Play & Read (with Speech & Language support the first Monday of each month) 6:30pm – 8:30 pm UNITE	9:30am – 11:30 am Horizons 1:30pm – 4:45pm Move & Groove 4:30pm – 6pm Warm & Welcome 7 pm – 9pm POUT	9:00am – 12:00pm Job Club SEND drop in (every 3 rd Wednesday of the month) 3:30pm – 4:30pm Colourful Footsteps 7pm – 9pm Youth Council	9:30am – 11:30am Magical Moments Colourful Footsteps 1:30pm – 3:00pm Baby & You Sensory	9:30am – 12:30pm Weigh, Stay & Play (Limited to 20 spaces) 7pm – 9pm Safe Space & Detached Work
Walton-le-dale Family Hub Brindle Road, Bamber Bridge Preston P5 6YJ 01772 532930	1pm – 2:30pm Baby & You Sensory 1pm – 3pm Baby & You Sensory with drop in Weigh session (Every other Monday, limited to 15 spaces)		1pm – 3pm Nurture Parenting	9:30am – 11am Chat, Play & Read	
Kingsfold Family Centre Martinfield Road, Penwortham Preston PR1 9HJ 01772 532930	9:30am – 11am Mini Move & Groove	9:30am – 11am Baby & You 9:30am – 11:30am Baby & You with drop in weigh session (Every other Tuesday, limited to 15 places)			
Wade Hall Family Centre 75 Royal Avenue, Leyland Preston PR25 1BX 01772 532930			1pm – 2:30pm Baby Sensory		
New Day Church Ward Street Lostock Hall Preston PR5 5HR					9:30am – 11:30am Beehive Baby & You Development Matters

