



Like our Facebook page for updates and news about sessions and courses: Search for "Hyndburn Family Zone & Ribble Valley Family Zone Children and Family Wellbeing Service"



DELIVERING EARLY HELP

Children and Family Wellbeing Service

Useful Numbers

- | | |
|--|---|
| NHS Dentist Helpline 0300 311 2233 | Minds matters 01772 773437 |
| FAB Breastfeeding Support 01254 772929 | Children's Services Support Hub (for self referral) 0300 123 6720 |
| Royal Preston Hospital 01772 716565 | Benefits Helpline 0800 055 6688 |
| Royal Blackburn Hospital 01254 263555 | Lancashire Woman Accrington 0300 330 1354 |
| Police Non-Emergency 101 | Childline 0800 1111 |
| Medical Advice 111 | National Domestic Abuse Helpline 0808 2000 247 |
| Need an NHS Dentist 01772 325100 | Citizens Advice 01254 394210 |
| Mental Health 24hr Service 08000 130 707 | Blackburn Birth Centre 01254 733434 |

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



What's on guide



HYNDBURN & RIBBLE VALLEY

May—July 2023



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

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 **lanclsfis@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 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.

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

lanclsyoungpeoplefamilyservice.co.uk/child-health-clinics/

or Call 0300 247 0040



Funded places are available for 2,3 & 4 year olds at local nurseries and childminder.

All 3 & 4 years olds are entitled to up to 15 hours per week, and for working families this can rise to 30 hours.

Some 2 year olds may also be entitled.

For more information speak to you local nursery or childminder.

Visit Lancashire.gov.uk/childcare

DON'T MISS OUT CLAIM THEIR HOURS TODAY!

2 YEAR OLDS
Play, Learn & Grow

3&4
YEAR OLDS
Play, Learn & Grow

30 HOURS FUNDED
CHILDCARE



More about our groups and services...

We share health messages, health visitor pages and lots more on our social media pages.....

You can find us by searching the following:

Hyndburn Family Zone



Ribble Valley Family Zone



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 lancsyoungpeoplefamilyservice.co.uk



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

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

@LancashireHealthyYoungPeopleAndFamilies

care.think.do.
WE CHANGE LIVES BY TRANSFORMING HEALTH AND CARE.



Centre details

New Era Complex

Paradise Street

Accrington BB5 1PB

01200 420460

Copperhouse Rishton

Neighbourhood Centre

7 Station Road

Rishton BB1 4HF

01200 420460

The Zone Clitheroe

Wesleyan Row

Parsons Lane, Clitheroe

BB7 2JY

01200 420460

The Park Child & Family Centre

Norfolk Grove

Accrington BB5 4RY

01200 420460

Great Harwood Neighbourhood Centre

Rushton Street

Great Harwood BB6 7JQ

01200 420460

Longridge Neighbourhood Centre

Berry Lane

Preston

PR3 3JP

01200 420460

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

Or email:

cfwhyndburnrfs@lancashire.gov.uk



Children's Groups (0-11yrs)

Infant Massage

5 week programme. From birth to crawling, to promote nurturing touch and early communication. This course enhances the bonding & attachment between carer & baby.

Baby & You

From newborn -18 months, and over an 8 week period we will cover key subjects such as Safer Sleep, ICON, child development and much more.

Move and Groove 18mths—4yrs

Come and join us in our new get active group! We will be having lots of fun together and taking part in lots of great activities to get our hearts racing.

Chat, Play & Read 18mths 4yrs

The session is fun and interactive and encourages your child's communication skills and development.

Development Matters 2-4 yrs

This group aims to support children's creativity and imagination through play.

Big Cook Little Cook

Children with their Parents/Carers will develop and learn new skills in food preparation, healthy choices and cooking fresh food on a budget. Equipping them to recreate healthy dishes at home and develop their own meal ideas.

Colourful Footsteps SEND group

This 6 week course aims to use nurturing principles to develop social and emotional skills, resilience and self confidence.

Inside Out Age 5-7yrs & 8-11yrs

A 6 week course for children who need support to build confidence and self-esteem.

Or they may struggle with their emotions, affecting how they build friendships and treat people around them. These sessions are delivered in centres after school.

Freedom for Children

A 10 week course for children aged 4-11yrs. Helping children to understand what is and isn't abusive behaviour. This course is for children who have experienced abuse in their family home. Children are taught about healthy and unhealthy relationships.

Tiny Toes

Every Parent/Carer knows the challenges that the early stages of parenthood brings even more so if you are a new parent. Our service understands that having a baby can turn your world upside down. With this in mind, we have created our brand new Tiny Toes session aimed to help support you with all these new challenges that a new baby brings.

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

Safe Spaces

These groups are open to all young people who need a safe space to access support, guidance, and advice from youth workers. These groups have activities and opportunities to have new experiences and meet new people.

Detached

These groups are out in the community where the young people are. We take our information bus which is a mobile youth club with us. Young people can access support, guidance and advice

Evidence Based

These groups are short term group sessions for a set number of weeks on a topic or need of young people such as anxiety or teen relationship abuse.

Targeted

These groups are designed to support a particular demographic of young people and create a safe space for them to access support, advice and guidance. These groups have activities and opportunities to have new experiences and meet new people.

Participation

These groups are about young people gaining voice and influence in their local communities through accessing youth council's and your parliament programmes.

For more information on times and venues please email:

cfwhyndburnyouhtwork@lancashire.gov.uk

About our groups and services...

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, you can call into any of our centre's. Please remember to bring along your Healthy Start Card.

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

Collect from any below Centre

Mon ~ Fri 9am—5pm New Era Complex, Paradise Street, Accrington.

Mon ~ Fri 9am—5pm The Park Child & Family Centre, Norfolk Grove, Accrington.

Mon ~ Fri 9am—5pm Copperhouse, Rishton Neighbourhood Centre 7 Station Road, Rishton.

Mon ~ Fri 9am—5pm Great Harwood Neighbourhood Centre, Rushton Street, Great Harwood.

Mon ~ Fri 9am—5pm The Zone, Wesleyan Row, Clitheroe.

Mon ~ Thurs 9am—5pm Longridge Neighbourhood Centre, Berry Lane, Preston.



Parents Groups

Freedom Programme

A supportive course for women to increase their confidence, make them 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 in our centres over 12 weeks.

Looking Forward

The aim of the drop in is to support families with employability, training volunteering, financial & benefit support in a 'one stop shop' style drop in.

Healthy Relationships

A 6 week supportive programme for parents experiencing challenges in their relationship and are struggling to communicate positively.

(couples to attend together)

All our groups are free, we have a waiting list operating for most groups

Please do not hesitate to contact us for more information on

Tel: 01200 420460

Or email :

cfwhyndburnrfs@lancashire.gov.uk

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 child/ren 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 12yrs with SEND.

Our Triple P sessions are delivered over 9 week period. Waiting lists are open all year round.

Transitions

This is a 5 week course to help your little ones prepare for school or nursery. The group aims to promote school readiness, speech and language, confidence and Independence.

Parent's and Children's Sessions (0-11years)



Move and Groove

Great Harwood Neighbourhood Centre ~ Monday 1:30 - 2:30

Longridge Neighbourhood Centre ~ Tuesday 10:00 – 11:00

The Park Child and Family Centre ~ Tuesday 4:00 - 5:00

The Zone Clitheroe ~ Thursday 10:00 - 11:00

Clayton Community Centre ~ Thursday 9:30 - 10:30

Development Matters

Great Harwood Neighbourhood Centre ~ Wednesday 09:30 - 10:30

Copperhouse Rishton ~ Wednesday 1:30 - 2:30

The Park Child and Family Centre ~ Friday 2:00 - 3:00

Baby & You

Great Harwood Neighbourhood Centre ~ Tuesday 1:30 - 2:30

Copperhouse Rishton ~ Thursday 1:30 - 2:30

Longridge Neighbourhood Centre ~ Thursday 1:30 - 2:30

The Zone Clitheroe ~ Friday 10:00 - 11:00

Chat Play Read

Rishton Library ~ Tuesday 10:00 -11:00

The Park Child and Family Centre ~ Tuesday 1:00 - 2:00

Clayton Community Centre ~ Friday 09:30 - 10:30

The Zone Clitheroe ~ Friday 2:00 - 3:00

Colourful Footsteps for Children with SEND

8-11 YRS ~ New Era Complex ~ Tuesday 4:00-5:00

Longridge Neighbourhood Centre ~ Tuesday 3:45 - 4.45

5-7 YRS ~ The Park Child and Family Centre ~ Thursday 4:00-5:00pm

The Zone Clitheroe ~ Thursday 3:45 – 4:45

These dates, times and venues are correct at the time of printing.
Please ring for more information on 01200 420460

Inside Out (Nurture Programme)

Great Harwood Neighbourhood Centre ~ Monday 3:45 - 4:45

The Zone Clitheroe ~ Monday 3:45 - 4:45

Great Harwood Neighbourhood Centre ~ Tuesday 3:45 - 4:45

Great Harwood Neighbourhood Centre ~ Thursday 3:45- 4:45

Longridge Neighbourhood Centre ~ Thursday 3:45 – 4:45

Infant Massage

The Zone Clitheroe ~ Monday 1:00 - 2:30

Copperhouse Rishton ~ Thursday 9:30 - 11:00

Great Harwood Neighbourhood Centre ~ Friday 1:00 - 2:30

Big Cook Little Cook

Copperhouse Rishton ~ Tuesday 10:00 - 11:30

The Zone Clitheroe ~ Tuesday 16:00 - 17:30

Triple P Programme

Delivery days and times vary depending on demand. Waiting lists are open all year round

Freedom Programme

Course's run throughout the year. Waiting Lists are always open

Healthy Relationships

Great Harwood Neighbourhood Centre ~ Monday 09:30 - 11:30

Longridge Neighbourhood Centre ~ Tuesday 09:30 - 11:30

Looking Forwards

The Zone Clitheroe ~ Tuesday 09:30 - 11:30

New Era Complex ~ Friday 09:30 - 11:30

Tiny Toes

The Park Child & Family Centre ~ Wednesday 1:30 - 2:30