



DELIVERING EARLY HELP

Children and Family Wellbeing Service

Useful numbers

NHS Dentist Helpline	0300 3112233
Chorley Midwives	01257 245116
Leyland Health Visitor	01772 644176
Royal Preston Hospital	01772 716565
Chorley Hospital	01257 261222
South Ribble Borough Council	01772 421491
Police Non-Emergency	101
Mindmatters	01772 773437
Health visitor	0300 247 0040
ChildLine	0800 1111

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 51111

Talk online lancashire.gov.uk/youthzone

Call 0800 51111

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

You can contact us 365 days a year
2pm to 10pm



What's on guide

South Ribble



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 lanccsfis@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.

Centre details

West Paddock
Neighbourhood Centre
West Paddock
Leyland
Preston
PR25 1HR
01772 532930

Wade Hall Children and
Family Wellbeing
Service
75 Royal Avenue
Leyland
Preston
PR25 1BX
01772 539470

Kingsfold Children and
Family Wellbeing
Services
Martinfield Road
Penwortham
Preston
PR1 9HJ
01772 539471

Bamber Bridge Children
and Family Wellbeing
Services
Brindle Road
Bamber Bridge
Preston
PR5 6YJ
01772 532932

**Please contact relevant centre
to book a place on any of our
groups
All groups aged 12-19 are also
applicable for young people
aged to 25 with Special
education needs**





Unite

Providing a safe and welcoming environment for young people aged 11-25 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.

Bump, Birth and Beyond (BBB)

Is an antenatal course run in partnership with The Children Family & Wellbeing Service. It supports parents-to-be through pregnancy and beyond. The programme provides you with relevant information to help you make informal choices about birth, preparation for the birth as well as key messages about infant feeding, safer sleep, play, communication and taking care of your new baby.

Targeted Youth Group

A 6 week course for young people ages 12-19. Increase confidence and support health and wellbeing through fun activities, discussions and relevant information



Programme

West Paddock Neighbourhood Centre

Monday

13:30 - 15:00 Young Parents (starting in February 2020)

Bump Birth and Beyond (please ring for further information)

Tuesday

19:00 - 21:00 Youth Council/ Targeted Youth Club (age 12-19) – Alternating Weeks

Wednesday

13:30 – 15:00 Weigh, Stay and Play

16:00 – 17:00 Emotional health and wellbeing group

Friday

10:00 - 11:30 Health Visitor Weigh and Play

16:30 - 18:30 Unite



More about our groups and services...

Wade Hall Neighbourhood Centre

Monday

9:00 - 12:00 Midwife Clinic – Appointment Only

13:00 - 15:00 Health Visitor Weigh and Play

Tuesday

9:00 - 16:00 Midwife Clinic - Appointment Only

Thursday

9:00 – 12:00 Midwife Clinic – Appointment Only

13:30 - 14:30 Rap and Rhyme

Friday

9:00 - 12:00 Midwife Clinic – Appointment Only

Evening Groups

Girls' Group

An opportunity to meet and integrate with other girls in a safe welcoming environment. Come along and access fun activities as well as discuss current issues that may be affecting young girls today. Help increase confidence and support health and wellbeing through fun activities, discussions and relevant information. (Aged 13 – 19, up to 25 with SEND)

POUT

A group for young people aged 12 – 19 who identify as lesbian, gay, bisexual or Trans. 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

Youth Council

An opportunity for young people to have a voice and be able to influence decisions made locally and nationally. Contact Richard on 01772 532930 for more information.



About our groups and services...

Speech & Language

This group supports and encourages children to develop their speech and language. Parents will be given support to extend their child's vocabulary by reading lots of stories, singing rhymes and modelling speech.

'Sensations'

A five week course aimed at children aged 2 -5 years. Offers opportunities for children to explore, invent, problem solve and explore the different senses.

Juniors

A 5 week course aimed at key stage 2 (ages 7 – 11). It involves taking part in a variety of activities, helping to build confidence and self-esteem.



Triple P

Is a parenting programme, but it doesn't tell you how to be a parent. It's more like a toolbox of ideas. You choose the strategies you need. You choose the way you want to use them. It's all about making Triple P work for you. The three Ps in 'Triple P' stand for 'Positive Parenting Programme' which means your family life is going to be much more enjoyable. We run a variety of groups regularly throughout the year from our centres. Please contact your local centre to find out more about more information.

Rap & Rhyme

This 5 week course for 0-5 year olds encourages children to develop their communication and social skills. Parents will be given support by singing songs and rhymes. Please ring to book.

Bamber Bridge Neighbourhood Centre

Monday

10:00 – 11:00 Sensations

Tuesday

16:00 – 17:30 Juniors

Wednesday

13:30 – 14:30 Rap and Rhyme

Bump, Birth and Beyond

Thursday

9:30 – 11:30 Weigh, Stay and Play

18:30 – 20:30 Unite

Friday

9:00 – 16:00 Midwife Clinic – Appointment Only





Kingsfold Neighbourhood Centre

Monday

10:00 - 11:00 Sensory Play

Tuesday

10:00 - 11:00 Speech and Language

13:00 - 14:30 Health Visitor Weigh, Stay and Play

Thursday

15:30 – 17:00 Juniors



About our groups and services...

Day Groups

Midwife Clinic

Appointments with your midwife, ante and post-natal. Staff from the Centre will be on hand to give practical advice and support on a range of topics, whilst being able to signpost to support.

Health Visitor Weigh, stay & Play

Come to your Stay and Play session which is aimed at play and interaction with your baby. It helps parents to understand the age and stage development of their child. The session is in partnership with the Health Visitors and staff from the Neighbourhood Centre will be on hand to give practical advice and support on a range of topics, whilst being able to signpost to support.

Health Visitors

2 year development checks and weigh sessions, some with interactive play.

Freedom Programme

A supportive course for females only to increase their self-confidence, to feel empowered and make positive changes in their lives and relationships.

Sensory Play

A 5 week course aimed at parents/carers with babies aged 0-0-12 months. Enjoy 1:1 time with your baby to support bonding and attachment. Please ring to book.

Emotional Health and Wellbeing Group

A 5 week course targeting young people who are experiencing low mood, anxiety and self-harm tendencies.

Young Parents

A group designed for young parents (up to age 19 years) and their children where experiences can be shared, new skills can be learnt and knowledge enhanced all the time whilst having fun.