Useful numbers

NHS Dentist Helpline  0300 3112233
Chorley Midwives     01257 245116
Royal Preston Hospital 01772 716565
Chorley Hospital      01257 261222
South Ribble Borough Council 01772 421491
Police Non-Emergency  101
Mindmatter            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 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
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 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.

Preparing For High School
To support Year 6 students who would benefit with extra support with the transition from Primary to Secondary school. Come along and access fun activities as well as discuss current issues that may affect you today. Help increase confidence and support health and wellbeing through fun activities, discussions and relevant information.

Junior Club
A 6 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.

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

Triple P
This 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. Please contact your local centre to find out more about Triple P and for details of the support available.

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.
More about our groups and services...

**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 12 – 19, up to 25 with SEND)

**Detached**
Detached allows our neighbourhood workers to engage with young people within the community in which they live. They will create an environment in which young people can feel comfortable to discuss issues that affect them and evaluate with the young people any future support needs.

**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

**Unite**
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. Parents/Carers are welcome to attend.

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**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
**Programme**

**West Paddock Neighbourhood Centre**

**Monday**
- 9:00-16:00 Health Visitor 2 Year Checks
- 13:30 to 15:00 'Sensations' (age 2-5)
- 18:30-20:30 Bump, Birth and Beyond

**Tuesday**
- 17:30-19:30 Girls' Group (age 12-19)
- 19:00-21:00 Detached
- 19:00-21:00 Youth Council/ Targeted Youth Club (age 12-19) – Alternating Weeks

**Wednesday**
- 16:00-18:00 Emotional Health and Wellbeing Group (Age 12-14)

**Thursday**
- 16:30-17:30 Junior Club (Age 7-11)
- 18:30-20:30 Triple P

**Friday**
- 10:00-11:30 Health Visitor Weigh, Stay and Play
- 16:30-18:30 UNITE (Age 12-16)

* POUT and FREEDOM – Please ring 01772 532930 for further details.

**Bump, Birth and Beyond (BBB)**
- Is an antenatal course run in partnership with Wellbeing, Prevention & Early Help Service, Midwives & Health Visitors. 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.

**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.

**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.

**Movers and Shakers**
- If you are a parent/carer with children, come and join us at 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. For ages 2- 5.
Health Visitor Weigh, Stay & Play
Come to our 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.

Rap & Rhyme
A Group 0-5 year olds which encourages children to develop their communication and social skills.

Sensory Play – Kingsfold
Aimed at parents/carers with babies aged 0-12 months. Enjoy 1:1 time with your baby to support bonding and attachment.

0-5 Stay and Play
Come to our stay and Play session which is aimed at play and interaction with your child.

'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.

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

Kingsfold Children and Family Wellbeing Service

**Monday**
10:00-11:00 Sensory Play (age 0-12 months)

**Tuesday**
10:00-11:00 Speech and Language (age 2-3)
13:00-14:30 Health Visitor Weigh, Stay and Play

**Wednesday**
13:00 -14:30 Stay and Play (age 0-5)
15:30 -17:00 Junior Club (Age 7-11)
About our groups and services...

**Wade Hall Children and Family Wellbeing Service**

**Monday**
9:00-12:00 Midwife Clinic
10:00-11:00 Speech and Language (age 2-3)
13:00-15:00 Health Visitor Weigh, Stay and Play

**Tuesday**
9:00-16:00 Midwife Clinic

**Wednesday**
13:30-14:30 Rap and Rhyme (age 0-5)

**Friday**
9:00-12:00 Midwife Clinic
9:30-11:30 Triple P

**Bamber Bridge Neighbourhood Centre**

**Monday**
13:30-14:30 Rap and Rhyme (age 0-5)

**Tuesday**
10:00-11:30 0-5 Stay and Play Group (age 0-5)
16:00-18:00 Preparing For High School

**Wednesday**
13:00-14:30 Movers and Shakers (age 2-5)
18:30-20:30 Bump, Birth and Beyond

**Thursday**
9:30-11:30 Health Visitor Weigh, Stay and Play
18:30-20:30 UNITE (age 16-25)

**Friday**
9:00-16:00 Midwife Clinic