Useful numbers
Health Visiting Team 0300 247 0040
Breastfeeding Support Line 0300 100 0212
Women’s Centre 01254 871771
Welfare Rights 0300 123 6739
Citizen’s Advice Bureau 0300 456 2552
NHS Dentist 0845 533 3230
NHS Helpline 111
Community Police 101
National Domestic Violence Helpline 0808 2000 247
Children’s Social Care 0300 123 6701

Get advice and support talkzone
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?

What’s on guide
Rossendale

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

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 5111111
Text: 07786 5111111
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 lancsfs@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.
Programme

Bacup Children and Family Wellbeing Services

Monday
08.30 - 16.30 Midwife Clinic
10:00 - 11:30 Baby & You
15:30 - 17:00 Junior Club
18:15 - 20:15 Girls Group

Wednesday
08:30 - 16:30 Ante-Natal Appointments

Friday
09:00 - 12.30 Midwife Clinic (Bookings only)
10:00 - 11:30 Ages & Stages
13.30 - 16.30 Midwife Clinic

Haslingden Children and Family Wellbeing Services

Monday
09:00-12:30 Ante-Natal Appointments
09:30 - 11:30 Ages & Stages

Wednesday
09:00 - 12:30 Ante-Natal Appointments
09:30 - 12:30 Triple P Teen (Start date 8th May 2019)
13:15 - 16:00 Midwife Clinic (Bookings only)

Thursday
09:30 – 11:00 Baby & You
15:30 – 17:00 Junior Group

Friday
08:45 -13:00 Midwife Clinic (Bookings only)

Rawtenstall Children and Family Wellbeing Services

Monday
10:00 - 11:00 Baby Massage

Tuesday
10:00 - 11:00 Baby & You

Wednesday
15:30 - 17:00 Junior Group
18:30 - 20:30 Detached District

Wednesday
15:00 - 17:00 Bump to Birth & Beyond
15:30 - 17:00 Homework Club
17:30 - 21:00 Youth Council & Issue Based Every Other Week

Thursday
09:30 - 12:30 Triple P Stepping Stones (Start date 2nd May 2019)
18:00 – 21:00 STARS SEND Group, Voice & Influence (Lancashire Youth Council)

Friday
15:30 – 17:00 Sensory Group

Whitworth Children and Family Wellbeing Services

St Bartholomew’s Primary School

Wednesday
10:00 – 11:30 Baby & You

Please Note this service will be moving to Whitworth Library
About our groups and services...

**Baby & You** – this session is aimed at supporting parents with babies from birth to 12 months to encourage early brain development, bonding and attachment.

**Ages & Stages** (ages 1 – 4) – this session will focus on the opportunity for families to play and learn together in a fun, relaxed environment. Sessions will include a range of activities which the whole family can be part of where and 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.

**Junior Club** – this session is aimed at key stage 2 (ages 7 – 11). It involves taking part in a variety of indoor and outdoor activities, helping to build confidence building and self-esteem and set boundaries.

**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)

**Stars** – providing a safe and welcoming environment for young people aged (insert age group here) 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.

**Midwife Clinic** – appointments with your midwife ante and post-natal. 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.

**Bump, Birth and Beyond (BBB)** - is an antenatal course run in partnership with Children and Family Wellbeing 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.

**Baby Massage** - birth to crawling, to promote nurturing touch and communication. Please bring a towel with you.

**Healthy Start vitamins** - you can now collect your free vitamins from Children and Family Wellbeing Service centres. Healthy Start vitamins contain vitamins A, C and D for your child and folic acid and vitamins C and D for you if you are pregnant, breastfeeding or until your baby is one year old. Drops are for your child if they are aged from six months (unless a health visitor has advised earlier use of vitamins) until they are four years old and mums get tablets. You **must** be receiving the Healthy Start vouchers that you get with your food vouchers. You will exchange the voucher to get your free vitamins. If you need more information please contact your Midwife, Health Visitor or phone your nearest centre.