Useful numbers

Health Visitors, Clitheroe - 0300 247 0040
The Castle Medical Group - 01200 413535
Pendleside Medical Practice – 01200 413600
Health Visitors, Longridge - 0300 247 0040
Midwives, Longridge - 01772 524496
Families and Babies – local (01254) 772929 / national 0300 100 0212
PHAB SEND – (01254) 457026

Blackburn Birth Centre – 01254 733434
Inspire - 01254 495383
Ribble Valley Homes - 0800 1114448
Home Start, Pendle & Ribble Valley - 01200 443827
Job Centre - 0845 604 3719
Children’s Social Care - 0300 123 6720

Get advice and support talk zone

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
Ribble Valley

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 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 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**

**The Zone Clitheroe**

**Monday:**
- **Little Chatterboxes**
  09.30-11.00
  (6wk block
  Please ring to book)
- **Targeted Youth group SEND**
  19:30-21:00
  12-25 Yrs Linked with PHAB

**Tuesday:**
- **Triple P Group**
  13.00 – 15.00
  24/09/2019
- **Girls Allowed**
  15.30-17.00
- **Bump, Birth and Beyond**
  18:30 – 20:30
  Booking required
- **Youth Council**
  18.45 – 21.00
  11 – 19yrs (25yrs SEND)

**Wednesday**
- **Youth Group**
  18.45 – 21.00
  YRS 7,8,9 & 10

**Thursday:**
- **Let’s Explore**
  10.00-11:30
  Preschool age

**Friday:**
- **Music & Movement**
  13.30 – 14.30
  Preschool age

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**Longridge Young People's Centre**

**Tuesday:**
- **Youth Council**
  18.45 – 21.00
  11 – 19yrs (25yrs SEND)

**Wednesday:**
- **Let’s Explore**
  10.00-11:30
  0-2yrs
- **Bump, Birth & Beyond**
  17:30-19:30
  Booking required

**Thursday:**
- **Triple P – Teen**
  9.30-11.30am
  24/09/2019
- **Triple P – Group**
  13.00-15.00
  24/09/2019
- **Youth Group**
  18.45 – 21.00
  YRS 7,8,9 & 10

**Friday:**
- **Midwife booking in Clinic**
  09:00-12:00
  Appointments through the midwife
- **Stay ‘n’ Play**
  9.30-11:00
  Preschool age

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Please like
RIBBLE VALLEY FAMILY ZONE Facebook page for activities and information for families and children aged 0-11
RIBBLE VALLEY YOUTH ZONE Facebook page for activities and information for children and young people 11-19 (25 with SEND)
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.

Spring into PHAB Youth Sessions (Targeted youth group SEND feel free to contact us via phab@spring-projects.co.uk) – Delivering a wide range of activities with all abilities for young people in year 7 and above (11+). We offer a range of activities which include: cooking/baking/pool/music/indoor sports/film nights and more......

Little Chatterboxes - 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.

Triple P Parenting - a broad-based parenting intervention delivered over eight weeks for parents of children up to 12-years.

Triple P Teen - a broad-based parenting intervention delivered over eight weeks for parents of teenagers from the age of 12 – 16 years old.

Family Transitions Triple P – Separation and or divorce is a difficult time for ALL the family, ongoing conflict between parents, signs of deterioration in children's behaviour, parental anger, stress or inability to cope. If you and your family are going through this, then we can help you manage the challenges that you and your family may face. Understanding how each member of your family is feeling and providing tips and strategies to help you and your family cope will all help to reduce the impact on everyone and create some positive outcomes for your children. Increase confidence in raising your children / improve coping skills / Help reduce your level of emotional stress / improve communication with your partner.

Let's Explore – 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.

Youth Council - Each district in Lancashire has a youth council, made up of young people aged 12 - 19. It is an opportunity for young people to have a voice and be able to influence decisions made locally and nationally. Regular meetings in districts give young people the opportunity to be involved in project and campaigns that they identify significant to them and others. Gives them the opportunity to attend monthly meeting at County Hall in Preston equipping them with skills that gives them a voice and influence over decisions that affect them. This will be run once a month – please ring for more details and transport.

Stay 'n' Play – 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.

Girl's Allowed – 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.

Youth Group – this is an activity based youth session for young people from year 7, 8, 9 and 10 with a focus on fun, informal discussion and debate on issues affecting young people.

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.