



Like our Facebook page for updates and news about sessions and courses in Chorley : Search for **Chorley Family Zone**

and **South Ribble Family Zone**



DELIVERING EARLY HELP

Children and Family Wellbeing Service

Useful Numbers

NHS Dentist Helpline -0300 311 2233

Mind matters - 01772 773437

Community Midwives -01257 245116

Children's Social Care 0300 123 6720

Health visitors- 0300 247 0040 Opt 1

Food Bank Chorley- 01257 260050

Royal Preston Hospital - 01772 716565

Food Bank South Ribble - 01772 455955

Chorley Hospital -01257 261222

Woman's Centre Chorley- 01257 265342

Police Non-Emergency - 101

ChildLine 0800 1111

Medical Advice - 111

National Domestic Abuse Helpline

Need an NHS Dentist- 01772 325100

0808 2000 247

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

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

Virtual What's on guide

Chorley and South Ribble

March - May 2021



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 **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.

Other Services and where to find them



Before Coronavirus our centres offered lots of services for the community. We have been unable to reintroduce these back into centre and we don't have any information when this will change. For your information please see how to contact your health professionals for the moment.

Midwife Clinic

Your Midwife is still seeing you at the times expected, they will arrange appointments with you, maybe in your home or at the hospital. If you have any concerns around your antenatal care, appointments or just need advice call the numbers on your letter.

Weigh, Stay, Play - Well Baby Clinic

During this difficult time our health partners are not undertaking well baby clinics in the community. Should you have a concern about the weight of your baby please call the duty health visitor. This number can be found in your baby's red book.

F.A.B Breastfeeding Peer Support Group

Volunteer led support is still available by telephone 01254 772929 and through Zoom support groups.

More information on their website

www.familiesandbabies.org.uk

2 Year Old Development Checks

Our partners at Virgin Care are not currently undertaking development checks in our centres.

If you have any concerns about the development milestones of your child, please call the duty Health Visitor.



Like us on
Facebook!

We will be advertising our return to centres on our Facebook pages first! This is also where we promote new groups and courses, where we share health messages, health visitor pages and lots more.....

You can find us by searching the following:

- Chorley Family Zone
- South Ribble Family Zone
- Lancashire Youth Zone



Centre details

Chorley

Duke Street Neighbourhood Centre
(next to Duke St Primary School)

Duke Street,

Chorley

PR7 3DU

Tel: 01257 516316

Chorley Neighbourhood Centre

55 Union Street,

Chorley

Lancashire PR7 1EB

Tel: 01257 517240

South Ribble

West Paddock Neighbourhood Centre

West Paddock

Leyland

Preston

PR25 1HR

TEL:01772 532930

The Following Centres remain closed due to Coronavirus

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

Highfield - Wright St, Chorley

Kindsfold—Martinfield Road, Penwortham

Wade Hall—Royal Avenue, Leyland

Bamber Bridge - Brindle Road, Bamber Bridge



Children's Groups 0-11yrs

Sing-along-a-Storytime

"Chat, Play & Read"

2-5yrs

This virtual session, perfect for toddlers and pre-school aged children. The session is fun and interactive and encourages your child's communication skills and development. Each session is based around a story, with rhymes, games and singing associated to the book of the day.

Baby & You

families with children 0-2yrs
Over an 8 week period we will cover key subjects that are often a cause of worry to new parents. Safer Sleep, development stages, Health Visitor sessions and much more. Monday afternoons and Friday mornings available,

Baby Massage

Birth to crawling, to promote nurturing touch and communication. Please bring a towel with you. This is referral via health visitor or family support worker only.

01257 516316 or 01772 532930

Nurture

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 those people around them.

We deliver sessions separately for children in KS1 and KS2
These sessions are delivered virtually. Call us for more information

01257 516316 or 01772 532930

Freedom for Children

A 8 week course for children aged 4-11yrs. Helps them to understand what is abusive behaviour and what isn't. Especially for those who have experienced abuse in their family home.

This course is held in a small group in our Duke St centre.

01257 516316



HEALTHY START VITAMIN COLLECTION

Monday 9:30-12:30, Duke Street Centre.

Friday 9:30-11:30, West Paddock centre.

If you are an expectant mum or have a child under 5yrs old and are entitled to free "Healthy Start" vitamins, call the Centre to book a pick-up slot, and please bring your voucher attached to the letter

Call 01257 516316 or 01772 532930

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

Youth Services 11-19 years old (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

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.

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)

Locality Youth Group

an opportunity for you to meet with neighbourhood outreach workers in the community environment and discuss issues that are current and affecting your lives. A chance to discuss and learn about the issue that affect young people like bullying, low self-esteem, drugs, relationships, sexual health and child sexual exploitation. Aimed at young people who would like more information on specific issues and become more involved with a youth group.

**T: 01772 532930
for more information**

Parents Groups

Parents to Be (Monthly)

While our centres are currently closed, we are delivering Zoom antenatal sessions so we can share information and advice with expectant mums ahead of baby arriving. Preparing for baby, feeding, safer sleep, ICON and lots more

01257 516316 or 01772 532930

Freedom Programme

a supportive course for women To increase their self confidence, to feel empowered and make positive changes in their lives and relationships.

This course is delivered on a rolling programme. Ask for more information. **01257 516316**

Horizons

A 6 week course for parents who struggle with low mood, anxiety or are isolated. Through holistic methods we look at ways we can boost our wellbeing so that we can move forward to support ourselves. **01257 516316**

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, you choose 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 manage poor behaviour, your children will learn boundaries and how to develop calming techniques which are key in later life.

Our current courses are:

Group Triple P - Children 2-11yrs

Teens Triple P - Children 12-16yrs

Stepping Stones - Children under 12 with SEND or a disability

Triple P Lifestyle - For families who need support to implement a healthier lifestyle for their children.

Call for more information

Courses are delivered on a rolling programme.

01257 516316 or 01772 532930



Parents and Children's Sessions 0-11yrs

Monday's

Baby and You - 1:30pm-2:30pm

Triple P - Teens 1pm-2.30pm

Nurture - 4pm-5pm

Tuesday's

Group Triple P - 10am - 11:30am

Freedom Programme - 10:30 -12 noon

Baby Massage - 2pm-3pm

Triple P - Teens 6.30pm - 8pm

Wednesday's

Group Triple P - 1pm - 2.30pm

Nurture - 4pm-5pm

Group Triple P - 6.30pm-8pm

Thursday's

Horizons - 10:30- 12 noon

Sing-a-long-Storytime (chat, play, read) 2pm-3pm

Friday's

Baby and You - 10am-11am

Teens Triple P - 10am - 11:30am

Youth Provisions 11-19yrs

Tuesday's

Girls group - 5:30pm-6:30pm

South Ribble Youth Council - 6:30pm-7:30pm

Wednesday's

Chorley Youth Council - 6:30pm-7:30pm

POUT 6:30pm -7:30pm

Thursday's

UNITE 6:30pm -7:30pm

Friday's

Locality Youth Group - 6:30pm-7:30pm

These sessions are correct at the time of printing, they are subject to change as more courses are added to

