

Like our Facebook page for updates and news about sessions and courses in Hyndburn and Ribble Valley search @HyndburnFamilyZone @RibbleValleyFamilyZone

DELIVERING EARLY HELP

Children and Family
Wellbeing
Service



Useful numbers

Health Visiting Team- 0300 247 0040	National Domestic Helpline – 0808 2000 247
Benefits Help Line- 08000556688	Breastfeeding Support – 0300 100 0212
Non-Emergency Services- 101	Citizens Advice – 01254 394210
Medical Advice - 111	Women's Centre - 01254 871771
Children's Social Care- 03001236701	Blackburn Birth Centre – 01254 7334334
Child Line- 08001111	

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 51 11 11

Talk online lancashire.gov.uk/youthzone

Call 0800 51 11 11

facebook.com/LancashireYPS
twitter.com/LancashireYPS

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

What's on guide

Hyndburn & Ribble Valley

www.lancashire.gov.uk

Lancashire
County
Council



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.

Centre details

Accessing Virtual Groups, and further information.

To take part in any of our virtual groups and courses you will need a [Zoom account](#) and an [email address](#).

You will need to set this account up prior to accessing the group.

Once we have spoken to you, we will email you an invite into the group.

For more information about group times, days, and accessibility, please contact one of our Children and Family Wellbeing Services:

You can also contact us via our

Facebook page

[@HyndburnFamilyZone](#)

[@RibbleValleyFamilyZone](#)

Key Contacts:

Call: 0800 511111

Text: 07786 511111

Talk Online:

**[www.lancashire.gov.uk/
youthzone](http://www.lancashire.gov.uk/youthzone)**

**Children and Family
Wellbeing Service
Hyndburn and Ribble
Valley**

01200 420460



Nurture / SEND Groups

Inside Out [4-7 years]

The group is for children who would benefit from support to help manage their emotions and express themselves. Children with low self-confidence and self-esteem or children who are presenting with anxious behaviours. The groups are delivered in a friendly, nurturing environment with fun activities that will explore different topics related to emotional health and well-being, aiming to promote confidence and self-esteem.

Inside Out [8-11 years]

The group offers to support children with managing emotions and expressing themselves. The group provides a nurturing environment that will offer a safe place to explore different topics related to emotional health and well-being. On completion of the programme the children will hopefully have grown in confidence, self-esteem and developed strategies to manage their behaviour.

Colourful Footsteps (SEND) [0-11 years]

For young people with special educational needs and disabilities. The group provides a safe space while on zoom for improving communication skills, self-confidence, life skills and self-esteem in the group. Throughout the session we have lots of interactive activities and games to play. We will also have a craft activity for the children to do throughout the week to then bring back to group for a show and tell.

The Freedom Programme for Primary Children

The programme is dedicated to all children who are living with or who are survivors of domestic violence and abuse. The programme is targeted specifically at primary age children who are often the hidden victims of abuse.

Youth Programme

Hyndburn & Ribble Valley are continuing to run their groups for teenagers ages 12 - 19 (up to 25 SEND).

Please refer to the *Youth What's On Guide* for further information about how to access these groups.

This programme is a guideline only and may be subject to change.

Keep up to date with groups and events via our Facebook pages:

- www.facebook.com/hyndburnfamilyzone
- www.facebook.com/ribblevalleyfamilyzone

We host competition events over half term, so get involved by liking and sharing our Facebook page. On this page we also share a range of messages and useful resources for children and families.



Parent and Child Groups

Infant Massage [0 - 1 years]

Infant massage offers a special one to one experience for both Parents/Carers and baby through the use of massage and reflexology techniques. Infant massage has many proven benefits, such as; aiding digestion and relieving some reflux and colic symptoms, as well as improving babies sleep patterns. The class sizes will be small and delivered in centre, with qualified members of staff for gentle guidance over a five week course.

Baby and You [0-2 years]

Incorporating the Hungry Little Minds Campaign for early years development, the group creates opportunities for parent and baby interaction and bonding. Our group leaders will help parents and carers to build confidence in playing with children to aid stimulation, communication and development through Chat, Play and Read. We will also cover important topics such as ICON, safer sleep, infant feeding and weaning, and home safety.

Big Cook Little Cook [2 - 5 years]

Enjoy time together with your child, and involve them in the process of making their own food. Learn to create healthy family meals on a budget, that you can re-create at home! Ingredients will be provided within the sessions, as well as an easy to follow family recipe book. The recipe book will include some familiar family favourites, as well as handy hints, tips, and cost per serving to help make your cooking experience simple and stress free.

School Transition Groups

We offer two transitional groups for children either starting Primary School, or Secondary School that need extra support during their transition. These are both programmes focusing on school readiness.

Ready Steady School [2 - 5 years]

This 6 - 8 week programme will incorporate Chat, Play and Read, music & rhyme, and will help to prepare children age 2 - 5yrs for entering a school environment for the first time. We will be delivering a variety of activities for children and parents to engage in play that develops the child's growth, speech and language, learning and social skills.

Moving On Up [Year 6 children]

This is a 8 - 12 week programme. The group is for children starting Secondary School in September, who may have worries about starting big school and need extra support in preparation for their transition. We will cover topics such as making new friends, settling in to a new environment, practical preparation, scenarios in school, bullying, emotional support, and building resilience and confidence ready for September.



Parent Only Groups

Freedom Programme

A supportive course for women only, to increase their self confidence, to feel empowered and make positive changes in their lives and relationships. This group will provide a safe space for women to come together to share experiences, learn about keeping safe, how relationships impact on children and promoting positive well-being.

Healthy Relationships

This course is for parents who live together and are in an intact relationship. We would encourage couples to come along and give this course a go if they find themselves entrenched in ongoing divisive, destructive conflict, which may also have an impact on parenting and the wellbeing of their children. The sessions are relevant to all kinds of couples. Same sex, families with adopted children, families where there is a blend of cultures or religions. The aim is to work in a solution focused way, enabling and empowering couples to understand their conflict and see how to resolve their issues themselves, rather than relying on a practitioner for solutions. 6 session intervention to support parents experiencing harmful conflict can also be delivered by a Family Support Worker as part of an Early Help Plan for a couple who are receiving support from the CFW service .

Triple P Parenting Programme

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".

We offer the following Triple P Programmes:

Group Triple P (parents of children 0 - 12)

Teen Triple P (parents of teenagers 13 - 19 years)

Stepping Stones Triple P (parents of children 0 - 12 years with SEND)

Triple P Lifestyles (parents of children aged 5-10 years wanting to have a more positive and healthier life.)

Please note that group availability may vary, and not all groups in this guide may be available to book. Please ring prior to attending to avoid disappointment.