



Like our Facebook page for updates and news about sessions and courses:
Search for Preston Family Zone



DELIVERING EARLY HELP

Children and Family Wellbeing Service

Useful Numbers

- | | |
|---------------------------------------|---------------------------------------|
| NHS Dentist Helpline -0300 311 2233 | Mind matters - 01772 773437 |
| Community Midwives - 01772 524592 | Children's Social Care 0300 123 6720 |
| Health Visitors- 03002470040 | Food Bank - 01772555425 |
| Royal Preston Hospital - 01772 716565 | Woman's Centre Preston - 01772 259211 |
| 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 51111

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



What's on guide

Preston

September 2023



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



Health Visiting Team

Well Baby Clinic

Currently Health Visitors are conducting Healthy Baby Clinics by appointment only.

Find out how to make an appointment and where they are held by visiting

<https://lancsyoungepeoplefamilyservice.co.uk/health-visiting/>

telephone **0300 247 0040**

or Email

VCL.019.SinglePointofAccess@nhs.net

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 or email.

0300 247 0040 or Email

VCL.019.SinglePointofAccess@nhs.net

Midwife Clinic

Your Midwife is still seeing you at the times expected, they will

arrange appointments with you, maybe in your home, at the hospital or one of our centres. If you have any concerns around your antenatal care, appointments or just need advice call the numbers on your letter from the midwifery team.

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



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:

- Preston Family Zone
- Lancashire Youth Zone



Centre details

Preston Central Neighbourhood Centre

Brieryfield Road
Preston
PR1 8SR
Telephone: 01772 531948

Preston East CFW Services

Brookfield Primary School
Watling Street Road
Preston
PR2 6TU
Telephone: 01772 539420

Preston West CFW Services

Ashton Primary School Site,
Ainsdale Drive,
Preston
PR2 1TU

The Foxton Centre

Off Knowsley Street
Avenham Lane
Preston PR1 3SA

Ribbleton CFW Services

Ribbleton Hall Drive
Ribbleton
Preston
PR2 6EE
Telephone: 01772 539444

Moor Nook CFW Services

Burholme Road
Ribbleton
Preston
PR2 6HN
Telephone: 01772 539460

St Luke's CFW Services

161 Ribbleton Lane
Preston
PR1 5ST



Children's Groups 0-11yrs

Infant Massage Birth to crawling, to promote nurturing touch and early communication. This course can enhance the bonding & attachment between mother & baby.

Baby and You A pre-toddler group providing positive activities for you and your baby to do together, supporting their early development and experiences. It's also a good opportunity for you and baby to make new friends.

Development Matters/ Messy Play (0-4yrs) Let your child explore various textures, getting used to different sensations using their hands and fingers.. and even their toes and feet!

Parents to Be

The sessions will:

- help you to prepare for parenthood
- Safer sleep for your baby
- Support on feeding your baby
- How to ensure your home is safe and ready for your baby
- Support with how to care for your newborn's needs, including practical demonstrations on bathing and changing nappies
- The importance of communication and talking to your baby and how this supports the developing brain
- Strategies for coping with a crying baby
- Baby's cry, you can cope (ICON)
- Early Play

Mini Movers and Groovers (1-4yrs) Help your child to develop their literacy, communication, motor and listening skills during these fun and engaging story, rhyme, and craft sessions.

Chat, Play and Read (Speech and Language) This session is perfect for toddlers and pre-school aged children. The session is fun and interactive and encourages your child's communication skills and development. Lots of play, singing and story time.

Moving up A pre school session, focusing on preparing children for when they attend nursery/school. Its also a good opportunity to make friends.

Inside Out A 12 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 people around them. We deliver sessions separately for children in KS1 and KS2.

Family Inside Out

An opportunity to come together as a family, have fun and make new friends, all while promoting your child's social and emotional skills.

Support Offer - ages 12-19 (25 for SEND)

<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
5:45pm Allotments Parent Group	1:30 – 3:30pm NEET Drop in Moor Nook Youth & Community Centre	6.45 - 9pm Nook Youth centre Community Safe Spaces Youth Group
9:00pm Community centre n, Voice, and ence Council	3:30 – 5pm Young person's Drop-in Moor Nook Youth & Community Centre	6.45pm - 9pm Detached (Street-based group work) in Preston
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Preston CFW Targeted Youth Support



Monday	Tuesday	Wednesday
<p>6:45pm - 9:00pm</p> <p>Ribbleton Children's centre</p> <p>This is us!</p> <p>Special Educational Needs and Disabilities Youth Group</p>	<p>6.45pm - 9:00pm</p> <p>Bread</p> <p>LGBTQ+ group</p>	<p>4.15 - 5.15pm</p> <p>Moor Nook Youth & Community Centre</p> <p>YP Allotment</p> <p>6.45pm - 8.00pm</p> <p>Moor Nook Youth & Community Centre</p> <p>Participation</p> <p>Influencing Youth</p>

PURPLE GROUPS – No Need to book
GREEN GROUPS – Please contact prestonTYS@lancashire.gov.uk.
BLUE GROUPS – COMING SOON IN 2023 TBC

Moor Nook Youth & Community Centre
 Burholme Road, Ribbleton
 Preston
 PR2 6HN

For more information/to book contact:
prestonTYS@lancashire.gov.uk
 Pete Riley – 07890432724/peter.riley2@lancashire.gov.uk
 Nicola Cole – 07890425188/Nicola.cole@lancashire.gov.uk

Colourful Footsteps (5-11yrs)
 A stay and play session for children with additional needs and their parents/carers and siblings. Play and chat with other families who can relate to your experiences. The sensory room will be available for use throughout the session too.

Movin on up (7up) Ages 7-11yrs
 An opportunity to take part in a variety of games and activities to help to build confidence and self-esteem, and positive relationships with other young people.

Healthy Relationships
 A 6-week programme for people who are experiencing challenging times in their relationship and are struggling with positive communication. Support with resolving arguments by using respectful, constructive communication skills and with resolving disagreements.

SGO Support Group
 A support group for families who have a Special Guardianship Order. This will be a great opportunity to make friends and develop support networks for children and their carers' in a safe environment.

Parents Groups

Freedom for Adults Programme



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

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 and 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 learn how to manage poor behaviour. Your children will learn boundaries to help them develop calming techniques useful for their wellbeing.

We offer courses in:

Group Triple P - Children 2-11yrs
Teens Triple P - Children 12-16yrs
Stepping Stones - Children 2-11yrs with SEND.



Parents and Children's Sessions 0-11yrs



Development Matters / Messy Play-0-4yrs followed by Mini Move and Groove

Monday- Ribbleton Neighbourhood Centre 9.30-11.00am

Wednesday- Central Neighbourhood Centre 9.30-11.00am

Thursdays - The Foxton Centre, Preston 10.00-11.30am

Friday—Preston East Neighbourhood Centre 9.30-11.00am

Infant Massage 0-6 months (Baby Massage) Followed by Baby and You CALL TO BOOK A PLACE

Tuesday- Preston East Neighbourhood Centre 9.30-11.00am

Thursday- Ribbleton Neighbourhood Centre 9.30-11.00am

Parents to Be CALL TO BOOK A PLACE

Thursday— Ribbleton Neighbourhood Centre 1.00-3.00pm

Mini Inside Out (Nurture Programme) CALL TO BOOK A PLACE

Monday 5-7yrs-Ribbleton Neighbourhood Centre 3.45-5.00pm

Inside Out (Nurture Programme) CALL TO BOOK A PLACE

Monday 8-11yrs-Ribbleton Neighbourhood Centre 3.45-5.00pm

Family Inside Out CALL TO BOOK A PLACE

Tuesday - The Hub at Grange Park 3.00-5.00pm

Triple P Programme CALL TO BOOK A PLACE

Monday-Triple P Stepping Stones Preston East Neighbourhood Centre 1.00-3.00pm

Thursday— Triple P 0-12 Preston East Neighbourhood Centre 9.30 -11.30am

Thursday -Triple P Teen Preston East Neighbourhood Centre 1:00– 3.00pm

FAB Breastfeeding Peer Support Group

Tuesday-Ribbleton Neighbourhood Centre-10:30-12.00pm

Freedom For Adults Programme CALL TO BOOK A PLACE

Thursdays - (Contact 01772 539444 for further details)

Colourful Footsteps (SEND Family Group) 0-11yrs

Monday— Ribbleton Neighbourhood Centre 1.00-2.30pm

Tuesday (0-5yrs) –Preston Central Neighbourhood Centre 1.00-2.30pm

Moving on Up

Wednesday - Moor Nook Neighbourhood Centre 3.45-5.15pm

Chat, Play and Read 2-4yrs CALL TO BOOK A PLACE

Monday— Preston East Neighbourhood Centre 9.30-11.00am

Tuesday - Preston East Neighbourhood Centre 1.00-2.30pm

Baby and You (Baby Group)

Wednesday-Preston West Neighbourhood Centre 9.30-11.00am

Wednesday - Ribbleton Neighbourhood Centre 9.30-11.00am

Healthy Relationships CALL TO BOOK A PLACE

Tuesday - Ribbleton Neighbourhood Centre 1.00-3.00pm

SGO Group

Tuesday- Peer Support Group— St Lukes 3.30-5.00pm

Friday Stay and Play Group- St Lukes 9.30-11.00am

CALL TO BOOK A PLACE - Please contact the centre to book your place

Ribbleton 01772 539444

Central 01772 531948

Preston East 01772 539420

For Zoom and Moor Nook bookings please call any of the numbers above

For all other sessions please just come along and join in

