



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



## Useful Numbers

Citizens Advice Helpline - 0808 223 1133	Talking Therapies - 01772 773437
Lancashire Dental Helpline - 03001234 010	Children's Social Care - 0300 123 6720
Community Midwives - 01772 524592	Food Bank - 01772 555425
Health Visitors- 0300 247 0040	Woman's Centre Preston - 01772 201601
Royal Preston Hospital - 01772 716565	ChildLine 0800 1111
Police Non-Emergency - 101	National Domestic Abuse Helpline 0808 2000 247
Medical Advice - 111	Childcare Choices: <a href="http://childcarechoices.gov.uk">childcarechoices.gov.uk</a>
Help In Preston: <a href="http://helpinpreston.com">helpinpreston.com</a>	SEND helpline: 01772 533900

# 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](http://lancashire.gov.uk/youthzone)

**Call 0800 511111**

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

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

DELIVERING EARLY HELP



Children and Family  
**Wellbeing**  
Service



# What's on guide

**PRESTON**

**JANUARY - MARCH 2025**

**ALL OUR GROUPS ARE FREE**

[www.lancashire.gov.uk](http://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](http://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](mailto: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.

Pictures of  
some of  
our groups

All our groups are FREE



Riverbank Family Hub  
Brieryfield Rd

Preston West  
Family Hub  
Ainsdale Drive

Ribbleton Family Hub  
Ribbleton Hall Drive

Moor Nook  
Burholme Rd

Preston East  
Watling Street Rd



## More about our groups and services...

# ONE STOP SHOP

### Monthly Drop In - Families can access free advice & support

#### Pathway Navigator-ASD Autism Pathway Navigator

Learn about the School Age Autism pathway processes, ask for advice about referrals and other mechanisms of support. Receive signposting support from someone with lived experience of a child/ young person with autism.

#### School Nurse - Bed wetting Sleep Hygiene & More

#### Compass bloom YP Mental Health support

#### Housing - Preston City Council - Gateway

#### Citizen Advice

#### Benefit Advice - DWP

#### Emotional Health and Wellbeing

#### Debt Advice/Support

#### Employment advice - DWP

#### Relationship advice

#### Home safety - Lancs Fire & Rescue

#### Free Funded Nursery Places

#### Sahara Project

#### Runshaw College Apprenticeships

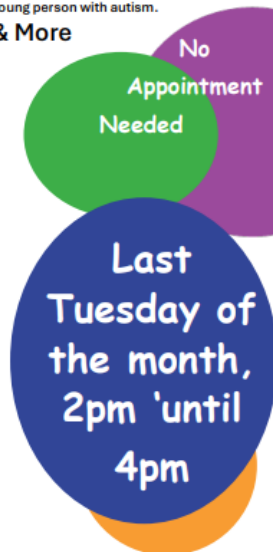
#### Lancashire Women

#### Accessing Food Banks

#### Household living support

#### Domestic Abuse Support

#### Community Education Sexual Health



**COMING SOON TO  
PRESTON WEST!**  
**For info contact:  
01772 536419**

Ribbleton Family Hub,  
Ribbleton Hall Drive,  
Ribbleton,  
Preston,  
PR2 6EE

## Centre details

### Ribbleton Family Hub

Ribbleton Hall Drive

Ribbleton

Preston

PR2 6EE

Telephone: 01772 539444

### Preston East CFW Services

Brookfield Primary School

Watling Street Road

Preston

PR2 6TU

Telephone: 01772 539420

### Preston West Family Hub

Ashton Primary School Site

Ainsdale Drive

Preston

PR2 1TU

Telephone: 01772 536419

### Millbank Court

Edmund Street

Preston

PR1 1ED,

Telephone: 01772 666182

### Riverbank Family Hub

Brieryfield Road

Preston

PR1 8SR

Telephone: 01772 531948

### Moor Nook Family Hub

Burholme Road

Ribbleton

Preston

PR2 6HN

### St Luke's Family Time Centre

161 Ribbleton Lane

Preston

PR1 5ST

Telephone: 01772 537725

### Stoneygate CFW Services

Stoneygate Walk

Preston

PR1 3XU





# Information For Groups

## **Infant Massage - Birth to Crawling.**

A 6 week course to promote nurturing touch and early communication. This course can enhance the bonding and attachment between mother and baby.

## **Baby and You (Pre-toddlers)**

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....even their toes and feet!

## **Mini Move and Groove (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 age children. The session is fun and interactive and encourages your child's communication skills and development. Lots of play, singing and story time.

## **Family Inside Out**

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

## **Inside Out**

A 12 week course for children who need support to build confidence and self-esteem. Or children who 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.

## **Colourful Footsteps (0-5)**

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.

## **Moving Up (5 -11 yrs)**

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.

## **Stay and Play**

A good opportunity for children and parents/carers to play together and make friends.

## **SGO Support Group Held First Friday of the Month starting Jan 2025**

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.

# **Other Services and where to find them**

## **Health Visiting Team**

### **Well Baby Clinic**

Health Visitors are now conducting Healthy Baby Clinics in some of our Centres - no appointment required

Find out where they are held by visiting:

[lancsyoungpeoplefamilyservice.co.uk](http://lancsyoungpeoplefamilyservice.co.uk)

Or contact one of our Family Hubs

### **Bump, Birth & Beyond**

Meet other parents & prepare for the birth of your baby

Face to face group. Multiple dates & locations 5.30-7.30pm

### **2 Year Old Development Checks**

Our partners at the Health Visiting Team are currently undertaking development checks in some of our centres. If you have any concerns about the development milestones of your child, please contact them.

**For more information or to book any of the above:**

☎ 0300 247 0040  
or

✉ [VCL.019.SinglePointofAccess@nhs.net](mailto: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 at one of our centres. If you have any concerns around your antenatal care, appointments or just need advice call the numbers on your letter/texts from the midwifery team.

## **NCT Breastfeeding Peer Support Group**

Tuesday - 10.00 - 11.30 am  
Ribbleton Family Hub

Lancs phone no: 02087529025  
Email: [lancshiresupport@nct.org.uk](mailto:lancshiresupport@nct.org.uk)

NCT helpline: 0300 330 0700  
8.00 am - 12 pm, 7 days a week  
manned by breastfeeding counselor's

 NCT Parent Support Lancashire



Like us on  
**Facebook!**

This is 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 Hub
- Lancashire Youth Zone

## Other Services and where to find them



The Children and Family Wellbeing Service would like to introduce a Supervised Toothbrushing Scheme in Nurseries across Lancashire for children aged 2-5 Year olds. If you are a parent/carer of a child who attends Nursey, in one of our first target areas - **Pendle , Hyndburn , Preston Or Burnley**. Please ask your Nursery if they are taking part, Further Information for your child's setting can be gained from Our Oral health Team Email - [letsgetbrushing@lancashire.gov.uk](mailto:letsgetbrushing@lancashire.gov.uk)

## Parent's Groups

### Positive Relationships, Stronger Families

A 4 week course which aims to empower anyone who has a significant caring responsibility for a child to understand conflicts within relationships and see how the issues can be resolved rather than relying on a practitioner for solutions

### Parents to Be

A two week course for expectant parents who have had their 20 week scan. The sessions will include:

- Helping 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

### 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 2-11 yrs

**Teen Triple P** - Children 12-16 yrs

**Stepping Stones** - Children 2-11 yrs with SEND.

**Our Triple P sessions are delivered over a 9 week period. Waiting lists are open all year round. Contact one of our Centres to book a place for our next delivery**



### ADVICE DROP-SESSIONS

**Are you looking for some support & advice?**

Drop-in sessions are being held at both Ribbleson & Preston West Family Hubs where you can call in (**no appt needed**) and speak with a range of agencies including Preston City Council, CAB, Lancs County Council, Community Gateway and many more! To find out when the next session is call: Ribbleson Family Hub on 01772 539444 Preston West Family Hub on 01772 536419

## Parent and Child Groups 0-11yrs

### Development Matters/Messy Play - 0-4 yrs

Monday - Ribbleton Family Hub - 9.30 - 10.30am  
 Monday - Preston West Family Hub - 9.30 - 10.30m  
 Wednesday - Riverbank Family Hub - 9.30 - 10.30am  
 Friday - Preston East Neighbourhood Centre - 9.30 - 10.30 am

### Development Matters/ Mini Move & Groove - 0-4 yrs

Monday - Ribbleton Family Hub 10.30 - 11.30 am  
 Monday - Preston East Neighbourhood Centre 2.00 - 3.00 pm  
 Tuesday - Preston West Family Hub 9.30 - 10.30 am  
 Tuesday - Riverbank Family Hub - 1.00 - 2.00 pm  
 Wednesday - Riverbank Family Hub - 10.30 - 11.30 am  
 Thursday - Preston East Neighbourhood Centre - 10.30 - 11.30 am

### Infant Massage (Baby Massage) 0-6 months

CALL TO BOOK A PLACE

Monday - Preston East Neighbourhood Centre - 9.30 - 10.30 am  
 Thursday - Ribbleton Family Hub - 9.30 - 10.30 am

### Mini Inside Out (Nurture Programme - 5-7yrs)

CALL TO BOOK A PLACE

Monday - Ribbleton Family Hub - 3.15 - 4.15 pm  
 Tuesday - Preston West Family Hub - 3.15 - 4.15 pm  
 Wednesday - Moor Nook Family Hub- 3.15 - 4.15 pm

### Inside Out (Nurture Programme - 8-11 yrs)

CALL TO BOOK A PLACE

Monday- Ribbleton Family Hub - 3.15 - 4.15 pm  
 Tuesday - Preston West Family Hub - 3.15 - 4.15 pm  
 Wednesday - Moor Nook Family Hub- 3.15- 4.15 pm

## ort Offer - ages 12-19 (25 for SEND)

<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>- 8.00pm</p> <p><u>Family Hub</u></p> <p>, Voice, and ence</p> <p>ouncil</p>	<p><b>9.00 am – 1.00 pm</b></p> <p>Evidence Based Youth Work Programmes in Schools <b>(Email to Book)</b></p> <p><b>1.00 pm – 3.00 pm</b></p> <p><u>Moor Nook Family Hub</u></p> <p>NEET Drop in, Buss Pass &amp; Sexual Health advice</p> <p><b>3.00 pm – 5.00 pm</b></p> <p><u>Moor Nook Family Hub</u></p> <p>Young Person's Drop-in</p> <p><b>6.00 pm - 9.00 pm</b></p> <p>Detached (Street-based group work) in Preston</p>	<p><b>9.00 am - 1.00pm</b></p> <p>Evidence Based Youth Work Programmes in Schools <b>(Email to Book)</b></p> <p><b>5.30 pm - 7.30 pm</b></p> <p><u>Moor Nook Family Hub</u></p> <p>Level 1 Cookery Course <b>(Invite only)</b></p> <p><b>6.30 pm - 7.30 pm</b></p> <p>Detached (Street-based group work) in Moor Nook</p> <p><b>6.30 pm - 7.30 pm</b></p> <p><u>Moor Nook Youth Family Hub</u></p> <p>Safe Spaces Youth Group</p>

We do have a waiting list operating  
 Please do not hesitate to contact us at any of the Centres or e-







## Preston CFW Targeted Youth Support

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
<b>3.30 pm - 5.00 pm</b> <u>Moor Nook Family Hub</u> <b>Warm &amp; Welcome - Step Up to Youth Work (ages 8 - 12)</b>	<b>6.00 pm – 8.00 pm</b> <u>(Private location)</u> <b>Bread LGBTQ+ group</b>	<b>6.00 pm –</b> <u>Moor Nook I</u> <b>Participation Influe Youth C</b>
<b>6.00 pm – 8.00 pm</b> <u>Moor Nook Family Hub</u> <b>This is us! Special Educational Needs and Disabilities Youth Group</b>		

### Moor Nook Youth

#### Moor Nook Family Hub

Burholme Road, Ribbleson  
Preston  
PR2 6HN

For more information/to book contact:

[prestonTYS@lancashire.gov.uk](mailto:prestonTYS@lancashire.gov.uk)

Pete Riley - 07890432724/[peter.riley2@lancashire.gov.uk](mailto:peter.riley2@lancashire.gov.uk)

Nicola Cole - 07890425188/[nicola.cole@lancashire.gov.uk](mailto:nicola.cole@lancashire.gov.uk)

Annie Riley - 07523 804722/[annie.Riley@Lancashire.gov.uk](mailto:annie.Riley@Lancashire.gov.uk)

### Development Matters/Storytime 2- 4yrs

Tuesday - Riverbank Family Hub - 10.30 - 11.30 am

Wednesday - Preston West Family Hub - 10.30 - 11.30 am

Friday - Preston East Neighbourhood Centre 10.30 - 11.30 am

Friday - Riverbank Family Hub - 2.00 - 3.00 pm

### Baby and You (pre-toddlers)

Monday - Preston West Family Hub - 9.30 - 10.30 am

Tuesday - Ribbleson Family Hub - 9.30 - 10.30am

Thursday - Ribbleson Family Hub - 10.30 - 11.30 am

### Baby Sensory (Baby Group—pre toddlers)

Monday - Preston West Family Hub - 10.30 - 11.30 am

Monday - Preston East Neighbourhood Centre - 10.30 - 11.30 am

Tuesday - Ribbleson Family Hub - 10.30 - 11.30 am

### Colourful Footsteps (SEND Family Group) (0-5 yrs)

Thursday - Stoneygate Nursery - 1.00 - 2.30pm

### Chat, Play & Read CALL TO BOOK A PLACE

Monday - Preston East Neighbourhood Centre - 1.00 - 2.00 pm

Tuesday - Riverbank Family Hub - 9.30 - 10.30 am

### Triple P Programme (Parenting Course)

CALL TO BOOK A PLACE

Our Triple P sessions are delivered over a 9 week period. Waiting lists are open all year round. Contact one of our Centres to book a place for our next delivery.



g for most groups

-mail: [cfwprestongroups@lancashire.gov.uk](mailto:cfwprestongroups@lancashire.gov.uk)

## Parent and Child Groups 0 -11yrs

### Development Matters/Move & Groove - 5 -11yrs

Monday - Ribbleton Family Hub - 4.15 - 5.15 pm

Tuesday - Preston West - 4.15 - 5.15 pm

Wednesday - Moor Nook Family Hub - 4.15 - 5.15 pm

### Development Matters/Stay & Play

Monday - Preston West Family Hub - 10.30 - 11.30 am

Monday - Ribbleton Family Hub - 3.15 - 4.15 pm

Tuesday - Preston West Family Hub - 10.30 - 11.30 am

Tuesday - Riverbank Family Hub - 2.00 - 3.00 pm

Wednesday - Preston West Family Hub - 9.30 - 10.30 am

Wednesday - Millbank Court - 9.30 - 11.00 am

Thursday - Preston East Neighbourhood Centre - 9.30 - 10.30am

Friday - Ribbleton Family Hub - 9.30 - 10.30am

Friday - Riverbank Family Hub - 1.00 - 2.00 pm

### Development Matters/Sing Along Time

Friday - Ribbleton Family Hub 10.30 - 11.30 am

### Family Inside Out CALL TO BOOK A PLACE

Tuesday - Moor Nook Family Hub- 3.30 - 5.00 pm

### Warm & Welcome

Monday - Ribbleton Family Hub - 4:15 – 5:15 pm

### Parents to Be and Positive Relationships CALL TO BOOK A PLACE

Thursday – Ribbleton Family Hub - 1.00 - 3 .00 pm

### Freedom For Adults Programme CALL TO BOOK A PLACE

Contact 01772 539444 for further details

### SGO Group - Held First Friday of the Month Starting January 2025

Friday – St Luke's –Family Centre 9.30 - 11.00 am

### School Holiday Activities

During school holidays we offer various fun activities for all the family.

Booking is essential for some of these activities

Why not follow us on our Facebook page for up to date information:



The dates, times & venues of our groups are correct at the time of printing

CALL TO BOOK A PLACE -  
Please contact one of our centres:

Ribbleton 01772 539444

Riverbank 01772 531948

Preston East 01772 539420

Preston West 01772 536419

E-mail: [cfwprestongroups@lancashire.gov.uk](mailto:cfwprestongroups@lancashire.gov.uk)

For all other sessions please just come along  
and join in.

We do have a waiting list operating for most groups  
Please do not hesitate to contact us at any of the Centres or e-mail: [cfwprestongroups@lancashire.gov.uk](mailto:cfwprestongroups@lancashire.gov.uk)

