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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 524496
- 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 51111**

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

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



# What's on guide

**Preston**

September 2022



[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.

## 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](mailto: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](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 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](http://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

### **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



## 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.

### **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.

### **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!

### **Library Baby bounce and**

**Rhyme** Enjoy lively sing-along songs, gentle movements, and rhymes with your baby, plus meet and chat with other parents and carers. Suitable for babies up to around 18 months of age, but older pre-school siblings welcome.

### **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. It's 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.

**Arts and Crafts** Join us for this fun, family-friendly run group, and get creative together. In conjunction with the Next Door Nation Community Team & the Children & Family Wellbeing Service

### **Move and Groove Inside Out**

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

## Youth Provisions 12-19yrs

Mondays – SEND Group 'This Is Us' age 12-25.

6:45pm-9pm

Ribbleton Centre

Tuesdays – BREAD LGBTQ+ Group age 12-19/25.

6:45pm-9pm

Confidential group – please speak with the Preston TYS Team.

Wednesdays – Youth Council Group age 12-19/25.

6:45pm-9pm

Moor Nook Young Person's Centre

Thursdays – Young Person Community Drop In/Bus Pass Scheme

1pm-4:30pm

Moor Nook Young Person's Centre

Fridays – Preston City Centre Detached

6pm-8:30pm

For any other information regarding the youth groups, please contact the Preston TYS Team [PrestonTYS@lancashire.gov.uk](mailto:PrestonTYS@lancashire.gov.uk)



# Youth Services 12-19 years old (25 with SEND)

## This is Us

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.

## BREAD

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

## Youth Council

An opportunity for young people to have a voice and be able to influence decisions made locally and nationally.

## Detached Work

These sessions are delivered in Preston at various locations. These sessions provide information, advice & guidance to young people.

**for more information email**  
[prestonTYS@lancashire.gov.uk](mailto:prestonTYS@lancashire.gov.uk)  
**Or**

**Look on facebook**  
Lancashire Youth Zone

## 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.

**Freedom for Children** An 8 week course for children aged 4-11yrs. This helps them to understand what is and isn't abusive behaviour. This course is for children who have experienced abuse in their family home. The course is run as a small group in our centres.

**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.

## 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

Monday-Ribbleton Neighbourhood Centre 10-11:30 am

Wednesday– Central Neighbourhood Centre 10-11:30am

## Mini Movers and Groovers (Rhyme Time)

Monday - Central Neighbourhood Centre 10-11am

Tuesday - Ribbleton Neighbourhood Centre 9:30-10:30

## Infant Massage (Baby Massage) CALL TO BOOK A PLACE

Tuesday –Central Neighbourhood Centre 10-11am

## Inside out (Nurture Programme) CALL TO BOOK A PLACE

Monday 8-11yrs-Ribbleton Neighbourhood Centre 3:45-5pm

Monday 5-7yrs-Central Neighbourhood Centre 3:45-5pm

## Move and Groove (Previously Family Nurture) CALL TO BOOK A PLACE

Tuesday – Moor Nook Neighbourhood Centre 3:45-5:30pm

## Triple P Programme CALL TO BOOK A PLACE

Monday-Triple P Teen Ribbleton Neighbourhood Centre

1– 2:30pm

Wednesday -Triple P 0-12yrs Ribbleton Neighbourhood Centre

1– 2:30pm

Thursday —Triple P Stepping Stones via Zoom 10-11:30am

## Library Baby Bounce and Rhyme

Wednesday—Preston West Neighbourhood Centre - 2:30– 3pm

## FAB breastfeeding peer support group

Tuesday—Ribbleton Neighbourhood Centre– 10:30-12noon

## Move and Groove (Ukrainian Community session)

Coming Soon– venue and times to be confirmed

## Freedom For adults Programme CALL TO BOOK A PLACE

Tuesday – Via Zoom (contact 01772 539444 for further details)

## Freedom for Children (Freedom Flowers) CALL TO BOOK A PLACE

Tuesday - Ribbleton Neighbourhood Centre– 3:45-5:00pm

## Colourful Footsteps (SEND Family Group)

Thursday 5-11yrs Central Neighbourhood Centre 3:30-5pm

## Movin on Up (7up)

Wednesday Moor Nook Neighbourhood Centre 3:45-5:15pm

## Chat, Play and Read (Simon Says) CALL TO BOOK A PLACE

Tuesday Central Neighbourhood Centre 1-2pm

Thursday Preston East Neighbourhood Centre 1:30-2:30pm

## Baby and You (Baby Group)

Tuesday—Central Neighbourhood Centre 10:30 -11:30am

Wednesday - Ribbleton Neighbourhood Centre– 9:30—10:30am

## Moving up (Pre School Group)

Thursday—Preston East Neighbourhood Centre 9:30—10:30am

CALL TO BOOK A PLACE— Please call 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

