

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



Useful numbers

West Lancs Council - 01695 577177

Need a Dentist- 01772 325100

Benefits Help Line- 08000556688

Minds matter - 01772 643168

Non-Emergency Services- 101

Medical Advice - 111

Children's Social Care 03001236720

ChildLine- 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 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

During the Coronavirus Pandemic this service has been extended to 8.30am to 10pm.

DELIVERING EARLY HELP

Children and Family Wellbeing Service



Virtual What's on guide

West Lancs



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.

More information about our groups



Youth Groups

Boost - SEND Nurture based group for 12-19yrs, Friday at the Zone

West Lancs Youth Council - 11yrs+, refer in via email. Wed eves

Detached work - Mobile advice and engagement in the West Lancs area

Fearless - 6 week programme, for children aged 12yrs+, to support them to understand what anxiety is and to develop strategies to manage it

CONNECT - A safe environment providing an opportunity for young people to meet and establish new and existing relationships with their peers. The age range for the groups is 11 (secondary school) to 19yrs Friday evening, 18:45-21:00 at the Zone, no need to book.

Email: westlancs.TYS@lancashire.gov.uk for more information

Divine Days Community Dance Sessions

Energetic, fun classes for little ones to build confidence, make friends, develop strength and take part in physical exercise to music.

Baby dance, Toddler dance and Relaxation Sessions

These classes are designed for children with physical disabilities, learning disabilities, autism and behavioural or emotional difficulties

Adults Relax Dance - Relax through Dance, an opportunity for women to take time out to find space and learn relaxation techniques

Dancing in Heels - High energy dance session building confidence, body image and self esteem

Please book via <https://www.divinedays.co.uk/our-dance-groups/>

Triple P Parenting Courses

This programme does not tell you how to parent, it gives you 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. We will deliver weekly sessions specifically for families with children in certain age bands, so that the content is relevant to everyone in the group. The course will run in a combination of groups, zoom and occasional twilight sessions.

Triple P Group - Children 2-11yrs

Triple P Teens - Children 11-16yrs

Nurture Groups

No Worries: For children aged 8-11yrs who may struggle with worries. During the sessions, children use a creative activity book to work out worries, combat stress and put anxiety in its place. The group also aims to build self-confidence and self-esteem.

Hello Happy: For children aged 8-11yrs, who may struggle with anger. During the sessions, children use a creative activity book to learn about anger, negative emotions and learn strategies to help manage frustration and anger.

Be Me: Our group for 8-11 year olds where they can learn social skills, relationship building and gain confidence. Activities include arts, crafts, sports and games. Be Me provides a safe space for children to learn, interact and form friendships.

Freedom Programme

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

Our groups are on Zoom or in centre and provide a safe space for women to come together to share experiences, learn about keeping safe and promote positive wellbeing.

Closed group, referral only.

Centre details

Southway Neighbourhood Centre

Yeadon

Skelmersdale

WN8 8NL

Tel: 01695 651350

Burscough Neighbourhood Centre

Station Approach

Burscough

L40 0RZ

Tel: 01772 539680

Park Neighbourhood Centre

Barnes Road

Skelmersdale

WN8 8HN

Tel: 01695 654099

Eavesdale Neighbourhood Centre

Eavesdale

Tanhouse

Skelmersdale

WN8 6AU

Tel: 01695 654055

General Email Contact:

CFWWestLancsNeighbourhoodTeam@lancashire.gov.uk

Facebook

West Lancashire Children and Family Wellbeing Service



Health Service Group information

Midwife Clinic

Your Midwife is still seeing you at the times expected, they will arrange appointments with you, may be 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.

Baby Weighing Clinics

During this difficult time our health partners are undertaking limited 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.

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. The number will be in your child's red book.

F.A.B Breastfeeding Peer Support Group

Volunteer led support is still available by phoning 01254 772929 and there are also some support groups running. For more information see their website www.familiesandbabies.org.uk



Triple P Timetable



Group Triple P for ages 2-12yrs and Triple P Teens for 11 plus.

Our Triple P courses run every half term. For any further information or advice on the support available for you and your family please call or email

We are on Facebook

Like our Facebook page for dates and news about our groups and courses in West Lancs. Search for:

"West Lancashire Children and Family Wellbeing Service"



The Freedom Programme



Jeckly Fleming

Freedom Programme

For women who are or have been affected by domestic abuse. For more information and referrals please contact us.

Healthy Start Vitamins

Wednesday 9:30-12:30
Southway Neighbourhood Centre.

If you are an expectant mum or have a child under 5yrs old and are entitled to free Healthy Start vitamins, please bring your voucher with you.

Under 5's Provision

Speech and Language Group

Chatterbox 2yr+

Baby & You 0-12mths

Let's Play Parent & Toddler
Group 1-2yrs

Running at our Eavesdale and
Burscough Neighbourhood
centres.

SEN Provision

Baby Dance, Toddler Dance & Relax Dance

Running at our Eavesdale and
Burscough Neighbourhood
centres.

Lighthouse Group

Support for parents/carers
Meet parents & professionals
for advice/support. Monthly
Zoom sessions.

Emotional Health and Wellbeing groups for Primary Aged Children

Our Key Stage 2 groups are:

Hello Happy
No Worries
Be Me

Groups for Adults

Hi Heals

Dance sessions for women
running at the Zone

Relaxation Dance

Relaxation sessions running
at the Zone.

Referral only, closed group.

Early Years Group information

Chatterbox: Speech & Language

Our Chatterbox Speech and Language group is now back and running. If your child is aged 2yrs+, you have concerns and feel your child might benefit from speech and language support this session might be perfect for you.

Baby and You Parent and Baby group 0-12mths

We are developing our Baby & You group for parents/ carers and babies under 1yr. There will be lots of support, advice and fun activities for you to do with baby.

Let's Play, Parent & Toddler group

Our parent & toddler group is aimed at children 1-3yrs of age. These sessions will be delivered in centre and will include singing, stories, arts and crafts and other fun activities you and your child can join in with.

For any further information, support for your family or to register interest, book a place or get an invite to a group call us on:

T: 01695 651350

Our email address is

CFWWestLancsNeighbourhoodTeam@lancashire.gov.uk



Chat, play, read

General Email Contact: CFWWestLancsNeighbourhoodTeam@lancashire.gov.uk