



Like our Facebook page for updates and news about sessions and courses:

Search for "Chorley Family Zone"



DELIVERING EARLY HELP

Children and Family Wellbeing Service

Useful Numbers

NHS Dentist Helpline -0300 311 2233

Mind matters - 01772 773437

Community Midwives -01257 245193

Children's Social Care 0300 123 6720

Health Visitors- 0300 247 0040

Food Bank Chorley- 01257 260050

Royal Preston Hospital - 01772 716565

Woman's Centre Chorley- 01257 265342

Chorley Hospital -01257 261222

Childline 0800 1111

Police Non-Emergency - 101

National Domestic Abuse Helpline

Medical Advice - 111

0808 2000 247

Need an NHS Dentist- 01772 325100



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

What's on guide



Chorley CFW

Sept - Dec 2023



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



Midwife Clinic

Midwife appointments take place at our Duke Street and Highfield centres. Your midwife will arrange appointments with you directly. If you have any concerns around your antenatal care, appointments or just need advice please contact your midwife or GP directly.

Child Health Clinic

These clinics are running at various of locations across Chorley. Find out where they are held by visiting lancsyoungpeoplefamilyservice.co.uk/child-health-clinics

or by contacting the Single Point of Access via [@vcl.019.SinglePointOfAccess2](https://twitter.com/vcl.019.SinglePointOfAccess2) or 0300 247 0040

We run Baby & You alongside a Baby Drop In clinic in Clayton Brook Village Hall on Tuesday mornings 9:30-11:00am. Please call in to have your baby weighed or if you just need advice.

F.A.B Breastfeeding Peer Support Group

More information please visit www.familiesandbabies.org.uk

Volunteer led support is also available by telephone 01254 772929.

2 Year Old Development Checks

Our partners at Lancashire Healthy Young People & Family Services (HCRG) are currently carrying out two year checks in Duke Street and Highfield by **appointment only**. If you have any concerns about the development milestones of your child, please call

0300 247 0040 or Email vcl.019.singlepointofaccess2@nhs.net



Healthy Start Vitamins

If you are eligible for the NHS Healthy Start Vitamins, you will be invited to apply online and issued with a new digital card.

The vitamins contain vitamins A, C & D for your child. Folic Acid & Vitamins C & D for you if you are pregnant, breastfeeding or until your baby is one year old. Drops are for your child between 6months & 4 years.

Please speak to your midwife or health visitor for more information.

[Www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)



Centre details

Duke St Neighbourhood Centre (next to Duke St Primary School)

Duke Street

Chorley

PR7 3DU

Tel: 01257 516316

Highfield Neighbourhood Centre (Next to Highfield Nursery)

Wright Street

Chorley

PR6 0SL

Tel: 01257 516466

Enquiries to these centres should be directed to the appropriate number above.

Or email: CFW-CH-groups@lancashire.gov.uk

Follow us on Facebook for up to date information and messages by searching 'Chorley Family Zone' or scanning the QR code below





Children's Groups (0-11 years)

Baby Massage

5 week programme for babies 6 weeks to crawling. Aims to promote nurturing touch and early communication.

Baby & You

From birth to 12 months. Weekly sessions covering key subjects such as safer sleep, baby development. Meet other new parents too.

Chat, Play & Read

From 2-4 years early language and communication sessions using play and interaction to support your child's speech and language development.

Development Matters

Interactive story time sessions with activities, crafts, songs and nursery rhymes. Learning about your child's development and an opportunity to ask questions and share stories.

Mini Move & Groove

Pre-school fun activity groups focussing on exercise, active lifestyles and healthy eating.

Colourful Footsteps (SEND)

Support for children with physical, learning, behavioural and emotional difficulties along with their parents/carers. The session aims to offer an inclusive environment with opportunities for learning, development, and support.

Transitions 2-5yrs

Activities for children and parents that develop children's learning, social and practical skills in preparation for school.

Inside Out (KS2)

Using creative activities and discussions to help children understand their negative feelings, work out their emotions and give them strategies to manage them going forward.

Freedom for Children

A course that offers support for children who have been affected by domestic abuse.

COLOURFUL FOOTSTEPS

Children and Family Wellbeing Service

These sessions are for children age 5-11yrs with SEND (or undergoing assessment) and offers an inclusive environment, with opportunities for learning development and friendship, and a place where parents can access peer support

Wednesdays 3:30-5:00

Duke Street Neighbourhood Centre

Duke Street

Chorley

PR7 3DU



Ask at reception or call 01257 516316/516466 for more information



Lancashire
County Council



CHAT PLAY READ

Children and Family
Wellbeing
Service

FREE session perfect for those aged 2-5 years

Fun and interactive sessions designed to help encourage your child's communication skills.

Each session is based around a story, with rhymes, games and singing associated to the book of the day.

Tuesdays 1:30 –3:00pm
Clayton Green Library
Chorley
PR6 7EN

Thursdays 1:00pm—2:30pm
Duke Street Neighbourhood Centre
Duke Street
Chorley
PR7 3DU



Lancashire
County
Council



Parents & Carer Groups

Parents To Be

A course for expectant mothers who have had their 20 week scan. The course will look at important topics such as Safer Sleep, ICON-coping with crying, Home Safety, Baby Communication and care of a new-born.

Freedom Programme

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

Freedom helps women to identify signs of controlling and abusive behaviours.

Healthy Relationships

Many of us experience challenging times in our relationships and struggle to communicate positively, especially at stressful times in our lives.

This course is designed for parents, to support you in understanding your parental relationships, why we argue, how we can resolve issues in a healthy way and why our parental relationships are important for our children.

School Holidays

During school holidays we offer a range of fun activities for all the family. Places for these sessions fill up fast so follow us on Facebook to keep up to date with all our news and events.



@ChorleyFamilyZone





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 under 12 with a **diagnosis** of SEN or disabilities or be significantly on the pathway to a diagnosis.

Our Triple P Courses are delivered on a rolling programme in both centres.

Delivery times and days vary depending on demand

Waiting lists open all year. Call 01257 516316 or 516466

Or Email CFW-CH-Groups@lancashire.gov.uk

Youth Services 11-19 years old (25 with SEND)

UNITE

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.

POUT

A group for young people aged 12 to 19 who identify as Lesbian, Gay, Bisexual or Transgender. 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.

Youth Council

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

Safe Spaces

Open access group providing a safe space for young people to attend and engage with our staff.

Locality Youth Group

An opportunity for you to meet with neighbourhood outreach workers in the community environment and discuss issues that are current and affecting your lives. A chance to discuss and learn about the issue that affect young people like bullying, low self-esteem, drugs, relationships, sexual health and child sexual exploitation. Aimed at young people who would like more information on specific issues and become more involved with a youth group.

Detached Work

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

For any more information please ring

T: 01772 532930



Youth Provisions 11-19yrs

Monday

UNITE 6:30pm -8:30pm - Lord Street, Chorley

UNITE 6:30pm -8:30pm – West Paddock Neighbourhood Centre, Leyland

Tuesday

POUT 7:00 - 9:00pm - West Paddock, Leyland

Detached Work 7:00 - 9:00pm - Chorley Area - Adlington

Wednesday

Bus Pass Drop In - 4:00 - 5:00pm Union Street, Chorley

Youth Council – 7:00-9:00pm Lord Street Chorley

Youth Council - 7:00-9:00pm West Paddock, Leyland

Detached – 7:00-9:00 South Ribble Area

Friday

Bus Pass Drop in – 2:30-4:30 West Paddock Neighbourhood Centre, Leyland

Safe Spaces-Open Access 7:00 - 9:00pm West Paddock Neighbourhood Centre, Leyland

Detached Work 7:00 - 9:00pm - Chorley Area - Coppull & Euxton

These sessions are correct at the time of printing. They are subject to change as more courses are added to our timetable.



HEALTHY RELATIONSHIPS

Children and Family Wellbeing Service

Let's Talk

A six-session programme for couples experiencing challenging times in their relationship, or separated parents who are struggling to communicate positively.

Free!

This FREE course will develop your understanding of arguments, give you strategies to communicate in a more helpful way and teach you resilience tools for the future.

For more information call:
01257 516316 / 516466



Centre Sessions



Duke Street Neighbourhood Centre

Monday

10:00-11:30am Mini Move & Groove

1:00-3:00pm Triple P (Call to book)

Tuesday

10:00-11:30 Young Parents Group

1:30-2:30 Baby Massage (Call to book)

Wednesday

1:00-2:30pm Baby & You

3:30-5:00pm Colourful Footsteps

Thursday

9:30-11:00 Triple P (Call to book)

1:00-2:30pm Chat Play Read

1:00-2:30pm SEND Peer Support

Other Groups

We also run the Freedom Programme and some groups for SGO carers.

For more information please ring 01257
516316/516466

Highfield Neighbourhood Centre

Monday

10:00-11:30am Baby & You

1:00-2:30pm Transitions

3:30-5:00pm Inside Out (Call to book)

Tuesday

6:00-8:00pm Parents to Be (Call to book)

Thursday

1:00-2:30pm Healthy Relationships (Call to book)

Friday

1:00-2:30pm Development Matters

Clayton Brook Community Centre

Tuesday

9:30-11:00am Baby & You with Health Visitor

Clayton Green Library

Tuesday

1:30-3:00pm Chat Play Read