



Like our Facebook page for updates and news about sessions and courses
Chorley Family Hub



DELIVERING EARLY HELP

Children and Family Wellbeing Service

Useful Numbers

NHS Dental Helpline 0300 311 2233 / www.nhs.uk/nhs-services/dentists/how-to-find-an-nhs-dentist/

Community Midwives 01257 245 116

Health Visitors 0300 247 0040 Opt 1

Royal Preston Hospital 01772 716 565

Chorley Hospital 01257 261 222

Police Non-Emergency 101

Medical Advice 111

Mental Health 24hr 08000 130707

Mind Matters (mental health support) 01772 773 437

Children's Services Support Hub 0300 123 6720 / 0300 123 6722 (out of hours)

Food Bank Chorley 01257 260 050

Women's Centre Chorley 01257 265 342

Childline 0800 1111

National Domestic Abuse Helpline 0808 2000 247

Tippy Toes Baby Bank 07711 964 309

NCT Infant Feeding Support 0300 330 0700

Citizens Advice 01257 265 432



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
twitter.com/LancashireYPS

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

What's on guide



CHORLEY CFW
All our groups are free

April—June 2024



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 **fis@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

Your Midwife will arrange appointments with you, this 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 number on your letter.



Weigh, Stay and Play

Health Care Practitioners are conducting **Baby Weigh In Clinics** within our centres which are proving to be very popular with new parents.

This is a drop in service.

Every Monday 9.30am -11.30am
(last weighing 11.15am, first come basis)
at Duke Street Family Hub PR7 3DU

Every Tuesday 9.30am -11.00 am
(last weighing 10.45am, first come basis)
Clayton Brook Village Hall, Clayton-le-Woods PR5 8HL



2 Year Old Development Checks

Our Health partners are carrying out 2 year development checks in our centres.

Wednesday pm at Highfield
Friday am/pm at Duke Street

This is by appointment only, if you have any concerns about your child's developmental milestones please call

0300 247 0040

or

Email
VCL.019.Singlepointofaccess2@nhs.net

Who's there to help you with feeding your baby

www.lancsyoungepeoplefamily.service.co.uk/feeding-your-baby-postnatal-information



More about our groups and services...

See health messages, partner health pages and lots more on our social media pages.....[Chorley Family Hub](#) For more information

for children and families, please search: [www.](#)

lancashire.gov.uk/children-education-families



Bump, Birth & Beyond In Person Group

Meet other parents and prepare for the birth of your baby!

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

To book onto BBB contact your Health
Visiting 0-19 Service: ☎ 0300 247 0040 or
✉ Vcl.019.SinglePointOfAccess2@nhs.net



SCAN ME

- Held over 2 consecutive weeks 5.30-7.30pm
- Multiple locations across Lancashire
- See our website for our upcoming schedule

A recording and further support is available on our website
lancasyoungpeoplefamilyxservice.co.uk/bbb



[www.lancashire.gov.uk/
children-education-families/
special-educational-needs-
and-disabilities](http://www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities)

HEALTHY START VITAMIN COLLECTION

**If you have a Healthy Start Card -
you can collect your VITAMINNS at
any of our Family Hubs**

**Children up to 5yrs old and
pregnant or breast feeding mums
(until your child is 1 yr old)**

**Please bring along your
Healthy Start Card
To check eligibility**

visit: www.healthystart.nhs.uk

Funded places for 3 and 4-
year-olds



All 3 and 4-year-old children are entitled to
up to 15 hours per week at a local
nursery or with a childminder.

www.lancashire.gov.uk/childcare

Call: 0300 123 6712

Centre details

Duke St Family Hub (next to

Duke St Primary School)

Duke Street

Chorley

PR7 3DU

Tel: 01257 516 316

Highfield Family Hub

(next to Highfield Nursery)

Wright Street

Chorley

PR6 0SL

Tel: 01257 516 466

Enquiries to the Family Hubs 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 Hub' or scanning the QR code below



Children's Groups (0-11yrs)



Baby Massage

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

Baby & You

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

Chat, Play & Read

From mobile to pre-school early language and communication sessions using play and interaction to support your child's speech and language development.

Development Matters -

Stay and Play

From mobile to preschool. Interactive and fun, social, sensory and emotional development activities: crafts, songs and nursery rhymes. Learn about your child's development and how to assist their progress. An opportunity to ask questions and share stories.

Includes activities for children and parents to develop children's learning, social and practical skills in preparation for school.

Mini Move & Groove

Pre-school fun activity groups focusing 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.

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.

Partnership Working



Smokefree Lancashire Clinics

Tuesdays - Duke Street Family Hub
PR7 3DU 1pm-5pm

by appointment only at the moment

If you live in Lancashire and want to quit smoking, [Smokefree Lancashire 0808 196 2638](#) can provide support for you. Getting help from a **stop smoking** service can increase your chances of successfully quitting smoking.

The service can also help you if you want to stop using niche tobacco (shisha or chewing tobacco)

HOW MANY HOURS OF CHILDCARE CAN YOU GET PER WEEK?

Age 3-4 years				Age 2 years				Age 9-23 months	
ALL PARENTS				FAMILIES RECEIVING SOME ADDITIONAL FORMS OF GOVERNMENT SUPPORT				WORKING FAMILIES	
15 HOURS	15 HOURS	15 HOURS	15 HOURS	15 HOURS	15 HOURS	15 HOURS	15 HOURS	15 HOURS	30 HOURS
Now	APR 2024	SEP 2024	SEP 2025	Now	APR 2024	SEP 2024	SEP 2025	SEP 2024	SEP 2025
WORKING FAMILIES				WORKING FAMILIES					
30 HOURS	30 HOURS	30 HOURS	30 HOURS	15 HOURS	15 HOURS	30 HOURS			
Now	APR 2024	SEP 2024	SEP 2025	APR 2024	SEP 2024	SEP 2025			

Visit: www.childcarechoices.gov.uk



HELP PAYING FOR YOUR CHILDCARE



Government help with childcare costs for parents. Whether you have toddlers or teens, you could get support.

NCT Lancashire Infant Feeding Support



Are you a new parent or parent to be?

We offer:

- A free, confidential service, run by local trained Breastfeeding Peer Supporters.
- Breastfeeding and infant feeding support in hospital, in groups and via 1-2-1 support.

NCT support is:

- For every parent and parent to be.
- There to support you however you are feeding your baby.

Our NCT Peer Supporters are trained to listen without judgement, offer support and information and signpost to other local services when needed. All our peer supports are local mothers who have wide ranging experiences of being a parent.

NCT Lancashire Support Helpline

0208 752 9025 Monday – Friday, 9am – 5pm

Email: lancshiresupport@nct.org.uk

NCT Feeding Line

0300 330 0700

Free support is available every day from 8am to midnight, including bank holidays.



In partnership with:



Parents Groups



Weigh, Stay and Play (birth - 12 months)

This is a drop in clinic run by The 0-19 Health Service's Health Care Practitioners, you can get baby weighed, meet other parents and let your little one(s) play

Freedom Programme

A supportive relaxed group for women who have experienced domestic abuse and would like to be able to recognise abusive behaviour and what makes a healthy relationship. It helps make sense of, and understand what has happened to them.

Healthy Relationships

The course aims to work in a solution focused way, enabling and empowering you/as a couple to understand conflict and see how to resolve issues yourselves using constructive communication.

All our groups are FREE, we have a waiting list operating for some groups

Please do not hesitate to contact us for more information on 01257 516 316 or 01257 516 466

Children and Family Wellbeing Service
Welcome Form



Scan QR Code to Complete Electronic Welcome Form

Why not complete our Welcome Form before you attend our groups
Select:

Chorley

area

email : cfw-ch-groups@lancashire.gov.uk



Triple P Parenting Programme

Children do not come with a handbook, It is not an easy job and many of us can feel out of our depth. Children's behaviour can be challenging and difficult to manage. If you are struggling, a Triple P parenting course could be the answer for you.

Children 2 - 11 years. Triple P Group

The course is delivered through group discussions, parent workbooks and homework. The course will assist if you have specific concerns about your child's development or behaviour

Children 12 - 16 years. Triple P Teens

The course looks at raising responsible competent teenagers . Developing self-discipline, establishing good routines. Getting involved in family activities, developing a healthy lifestyle, being reliable

Children under 12 with SEND Stepping Stones

Positive parenting for children with a disability. Looking at reasonable expectations whilst looking after yourself as a parent and helping your child to reach their full potential.

Our Triple P waiting lists are open all year round.

Supporting you to feed your baby

About our groups and services...



ONE STOP SHOP

Families can visit to access advice on:

Housing, Emotional Health & Wellbeing,
Finances, Home Safety, Foodbanks,

& speak to Citizens Advice Bureau
Christians Against Poverty & more

Young People (& parents);

Call in for advice and support
on any issues, and meet staff
from Inspire Youth Zone,
Princes Trust, Sexual Health
Services, Targeted Youth Sup-
port, and We Are With You!

16th April
21st May
18th June
16th July

9am till 12noon
Families

2.30 - 5pm
Young People

Third Tuesday of
every month

**FAMILY
HUB
CHORLEY**

Duke Street Family Hub
Chorley
PR7 3DU

Our Youth Workers can support you with your personal, educational and social development.

Youth Council Wednesday's 7-9pm

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

Safe Spaces Friday's 7-9pm (Leyland based)

Is an open access provision which all young people can attend. The session provides informal education and access to advice and guidance from qualified and understanding Youth Workers alongside games, challenges and opportunities for trips and residential experiences

Detached Work

Tuesday, Wednesday & Friday's 7 - 9pm

Detached sessions are delivered across Chorley including, Adlington, Coppull and Chorley Centre, they allow young people to engage with our Youth Workers in spaces which are comfortable to them. The Youth Work team offer advice and guidance in the community alongside fun activities

for more information T: 01772 532930 Or email :

chorleysouthribble.tys@lancashire.gov.uk

follow us on our Facebook page: [Chorley Youth Zone](#)

These sessions are correct at the time of printing.





Targeted Youth Support

12-19 years old (25 with SEND)

UNITE Monday's 6.30-8.30pm

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.

NEET drop in Tuesday 3 - 4pm

Young people aged 16 to 18 who are not in Education, Employment or Training. TYS staff can offer support including help with applications, CV writing and support to find appropriate training or employment.

Bus Pass drop-in Tuesday 4 - 5pm

Young people aged 16 to 18 who are not in Education, Employment or Training. TYS staff can support young people to complete an application for a free bus pass.

POUT Tuesday's 7-9pm (Leyland based)

This is a supportive environment for young people who identify as LGBTQIA+ or questioning their gender or sexuality. The group provides a safe space to meet with friends, make new friends and connect through lots of fun activities. Youth Workers are there to support and listen whilst giving opportunities to share ideas, support on coming out, identity, friendships, emotional wellbeing, family relationships and more.

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.

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



Parent's and Children's Sessions (0-11years)

Baby & You (with Baby Sensory)

Duke Street Family Hub PR7 3DU Monday 9.30am-11.30am

Clayton Brook Village Hall PR5 8HL Tuesday Baby & Toddler Group
9.30am-11.00am

Duke Street Family Hub PR7 3DU Wednesday 1.00pm-2.30pm

Infant Massage

Highfield Family Hub PR6 0SL Tuesday 1.30pm—2.30pm

Weigh Stay & Play

Duke Street Family Hub PR7 3DU Monday 9.30am-11.30am

Clayton Brook Village Hall PR5 8HL Baby & Toddler Group 9.30am-
11.00am

Chat Play and Read Speech and Language

Clayton Green Library PR6 7EN Tuesday 1.30am—3.00pm

Coppull Library PR7 5DF Wednesday 1.30pm – 3.00pm

Duke Street Family Hub PR7 3DU Thursday 1.00pm-2.30pm

Mini Move and Groove

Highfield Family Hub PR6 0SL Monday 10am -11.30am

Development Matters - Stay and Play

Highfield Family Hub PR6 0SL Monday 1.00pm - 2.30pm

School aged Children:

Colourful Footsteps for Children with SEND

Duke Street Family Hub PR7 3DU Wednesday 3.30pm –5.00pm

Inside Out (Nurture Programme)

Highfield Family Hub PR6 0SL Monday 3.30pm - 5.00pm

Freedom for Children

Courses run throughout the year, please ask

ONE STOP SHOP - Advice for Families and Young People

Duke Street Family Hub PR7 3DU

Every third Tuesday: 21 May; 18 June; 16 July

Families 9am - 12noon / Young People 2.30pm - 5pm

Triple P Programme and Healthy Relationships

Group Triple P - for parents with children 2 –11 years

Starting: Monday 13/5/2024 1.00pm-3.00pm and Starting: Thursday 16/5/24

9.30am-12noon at Duke Street Family Hub PR7 3DU

Teen Triple P - for parents with children 12-16 years

Starting: Tuesday 14/5/24 6pm - 8pm at Highfield Family Hub PR6 0SL

Stepping Stones Triple P - for parents with children with a Special
Educational Need or Disability - please ask

Freedom Programme Courses run throughout the year, please ask

Bump, Birth & Beyond

Duke Street PR7 3DU Thursday 20 & 27 June 5.30pm - 7.30pm

To book a place call: 0300 2470040

or email: Vcl.019.SinglePointOfAccess2@nhs.net

Parents To Be

Duke Street Family Hub PR7 3DU

Thursday & 16 & 23 May 6pm - 8pm

School Holiday Activities:

During school holidays we offer various fun activities for
children 0 –11 years.

Booking is essential for these groups.

Why not follow us on our Facebook page:

[Chorley Family Hub](#)

These dates, times and venues are correct at the time of printing.
Please ring 01772 532930 for more information