



DELIVERING EARLY HELP

Children and Family **Wellbeing** Service

Useful numbers

Health Visiting Team 0300 247 0040 Virgin Care
Breastfeeding Support Line 0300 100 0212
Women's Centre 01254 871771
Welfare Rights 0300 123 6739
Citizen's Advice Bureau 0300 456 2552
NHS Dentist 0845 533 3230
NHS Helpline 111
Community Police 101
National Domestic Violence Helpline 0808 2000 247
Children's Social Care 0300 123 6701

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

Rossendale

Lancashire
County
Council



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 **lanccsfis@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.

Centre details

Due to the Coronavirus some of our centres are still temporarily closed and we are running our Groups via ZOOM

We have however, opened our Bacup Neighbourhood Centre, 3 days per week, Tuesday, Wednesday and Thursday for one to one sessions

If you would like to speak to us for more information, advice or support please still call us on the numbers below

Bacup Children and Family Wellbeing Services

The Maden Centre
Rochdale Road
Bacup OL13 9NZ
Tel: 01706 237780

Haslingden Children and Family Wellbeing Service

Bury Road
Haslingden
BB4 5PG
Tel: 01706 237782

Whitworth Children and Family Wellbeing Services

Whitworth Library
Lloyd Street
Whitworth
OL12 8AA
Tel: 01706 237780

Rawtenstall Children and Family Wellbeing Services

The Old Fire Station
Burnley Road
Rawtenstall BB4 8EW
Tel: 01706 237788



About our groups and services...

Under 5's programme

Days	Group	Time	Duration	Starting Date
Monday	Baby Massage	10 to 11am	6 weekly sessions	Next block starts 12 Oct 2020 on ZOOM
	Parents 2 Be	4 to 5pm	2 sessions per month	October 12 & 19 on ZOOM

Contact David or Victoria by e mail: cfwrossmailbox@lancashire.gov.uk

Primary School Age

Days	Group	Time	Duration	Starting Date
Tuesday	Junior Group	3.30 to 4.30pm	1 hour weekly	Virtual

Contact Jo or Moh by email: cfwrossmailbox@lancashire.gov.uk

Youth Programme

Days	Group	Time	Duration	Starting Date
Tuesday	Bacup Youth	7 to 8pm	1 hour weekly	Ongoing ZOOM
Wednesday	Locality Offer	6.45 to 7.45pm	1 hour weekly	Ongoing ZOOM
Thursday	Stars	6.30 to 7.30pm	1 hour weekly	Ongoing ZOOM
Friday	Detached work	6.30 to 7.30pm	1 hour weekly	Face to face in Local community HOT SPOTS

Contact Hans by email: hans.mundry@lancashire.gov.uk

Freedom Programme

Adult Support Group

Contact Sandra Findlay on
01706 237782



Parenting Programmes

Days	Group	Time	Duration	Date
Wednesday	Teen Triple P	9.30 to 11.30am	2 hours weekly	November Via ZOOM
Wednesday	Teen Triple P	6.00 to 8.00pm	2 hours weekly	November Via ZOOM
Monday	Group Triple P	6.00 to 8.00pm	2 hours weekly	November Via ZOOM
Friday	Group Triple P	9.30 to 11.30am	2 hours weekly	November Via ZOOM

Contact Jo or David by email: cfwrossmailbox@lancashire.gov.uk

Programme

Under 5's programme

Parents 2 Be - Under the current circumstances the Children and Family Wellbeing Service are delivering a shortened version of **Bump, Birth and Beyond (BBB)** (an antenatal course run in partnership with Children and Family Wellbeing Service, Midwives & Health Visitors). The shortened version includes Safer Sleep, ICON Coping with Crying, Early Play, Home Safety Quiz, caring for a new baby.

Baby Massage - birth to crawling, to promote nurturing touch and communication.

Primary school age children

Junior Club – this session is aimed at key stage 2 (ages 7 – 11). It involves taking part in a variety of indoor and outdoor activities, helping to build confidence and self-esteem, set boundaries and build peer friendships.

Youth Programme

Issue Based Youth Work – delivered via ZOOM, an opportunity to meet and integrate with other young people in a safe environment. Access a variety of fun, positive activities including virtual, sports and team activities. Opportunities to discuss current issues that may be affecting the lives of young people. Help increase confidence and support, individuals health and wellbeing (Aged 12 – 19, up to 25 with SEND)

Stars – 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 self-confidence & self-esteem in a group work setting. Parents/Carers are welcome to attend.

Locality Offer – Rossendale, Hyndburn and Ribble Valley young people, look at issues which have been identified within the Youth Council agenda. Members of the Youth Parliament (MYP) young people attend these session and support staff to deliver the Agenda and have the opportunity to present their findings to cabinet members. There is also opportunity to discuss wellbeing issues that young people may be facing during the lock down.

Practical Parenting



Teen and Group Triple P – A range of evidence based and effective parenting courses available as groups or 1-1 sessions. This is a programme that doesn't tell you how to parent. It's more like a toolbox of ideas. You choose the strategies you need, you choose the way you want to use them. It's all about making Triple P work for you. We will deliver weekly live Zoom sessions specifically for families with children in certain age bands, so that the content is relevant to everyone in the zoom room.

The Freedom Programme



Freedom Programme - A supportive course for women, to increase their self-confidence, to feel empowered and make positive changes in their lives and relationships. Delivered via Zoom providing a safe space for women to come together to share experiences, learn about keeping safe and how relationships impact on children.

