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DELIVERING EARLY HELP

# Children and Family Wellbeing Service

## Useful numbers

- Health Visiting Team- **0300 247 0040**
- National Domestic Helpline – **0808 2000 247**
- Benefits Help Line- **08000556688**
- Breastfeeding Support – **0300 100 0212**
- Non-Emergency Services- **101**
- Citizens Advice – **01254 394210**
- Medical Advice - **111**
- Women's Centre - **01254 871771**
- Children's Social Care- **03001236701**
- Blackburn Birth Centre – **01254 7334334**
- Child Line- **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](http://lancashire.gov.uk/youthzone)

**Call 0800 511111**

[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**

# Virtual What's on guide

**Hyndburn**

September 2020 Onwards

[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.

## Centre details

**Due to Coronavirus our centres are temporarily closed. However we are running lots of groups and courses remotely via ZOOM. Details can be found in this Virtual What's On Guide.**

### Accessing Virtual Groups, and further information.

**To take part in any of our virtual groups and courses you will need a Zoom account and an email address.**

**You will need to set this account up prior to accessing the group.**

**Once we have spoken to you, we will email you an invite into the group.**

**Please be assured we have lots of systems in place to safeguard you and your children.**

**For more information, contact our neighbourhood outreach workers on:**

**01772 538936**

**You can also contact us via our Facebook page**

**@hyndburnfamilyzone**





## Programme

### Monday

- **Group Triple P**  
9:30 - 11:30am
- **Parents2B \*NEW\***  
10:00 - 11:00am
- **Girls Group**  
16:00 - 17:00pm

### Thursday

- **Tumble Tots \*NEW\***  
10:00 – 10:30am
- **Mini Impact**  
16:00 - 17:00pm
- **Zoom Babies**  
13:00 - 14:00pm

### Tuesday

- **Virtual Baby Massage**  
11:00 - 12:00pm
- **Hungry Little Minds \*NEW\***  
13:30 – 14:00pm
- **Impact**  
16:00 - 17:00pm
- **Boys Group \*NEW\***  
16:00 - 17:00pm

### Youth Programme

- **Hyndburn Youth Session**  
Tuesday 19:00 - 20:00pm
- **Virtual Youth Council**  
Wednesday 19:00 - 20:00pm
- **Snap (SEND)**  
Thursday 19:00 - 20:00pm

### Wednesday

- **Group Triple P**  
9:30 - 11:30am
- **Music & Rhyme \*NEW\***  
13:00 – 13:30pm
- **Shine**  
16:00 - 17:00pm
- **Boys Group \*NEW\***  
16:00 - 17:00pm

- **Friday Detached Work**  
  
Clayton Le Moors  
18:15 - 19:25pm  
  
Accrington Town Centre  
19:40 - 20:45pm

### Adult Support

#### Freedom Programme

For further information  
please contact

01772 538396

This programme is a  
guideline only and may be  
subject to change.

Keep up to date with  
groups and events via our  
Facebook pages:



- [www.facebook.com/hyndburnfamilyzone](http://www.facebook.com/hyndburnfamilyzone)
- [www.facebook.com/hyndburnyouthzone](http://www.facebook.com/hyndburnyouthzone)



## Virtual Groups Available Via Zoom...



### ***Hungry Little Minds*** **\*NEW\*** [0-5 years]

Many little things light up hungry little minds. Kids take everything in, and even the smallest things you do with them can make a big difference. They love it when you chat, play and read with them, even when they're too young to understand everything. We understand that due to the coronavirus outbreak, you and your children are spending more time at home and you might be looking for a bit more inspiration for things to do. This group offers some simple, fun ideas and activities you can do at home as a family.

### ***Tumble Tots*** **\*NEW\*** [2-4 years]

We all know children are always on the move and can't keep still, so why not come along to our new interactive Zoom sessions. It will be a simple, fun and fast paced group that the whole family can get involved with, (we're no Joe Wicks) with a variety of yoga, sticky kids dancing and actions songs. The group will help to burn off some of that excess energy (and food) during lockdown.

### ***Freedom Programme***

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

Our virtual group delivered via Zoom will provide a safe space for women to come together to share experiences, learn about keeping safe, how relationships impact on children and promoting positive wellbeing.

### ***Baby Massage*** [0-1 years]

Baby massage offers a special one to one experience for both mother and baby through the use of massage and reflexology techniques. Baby massage has many proven benefits, such as; aiding digestion and relieving some reflux and colic symptoms, as well as improving babies sleep patterns. The class sizes will be small and delivered through Zoom, with qualified members of staff for gentle guidance over a five week course.

### ***Group Triple P*** [parents of children 0-12 years]

Group Triple P – Is a parenting programme, but it doesn't tell you how to be a 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. The three Ps in "Triple P" stand for "Positive Parenting Programme" which means your family life is going to be much more enjoyable.

### ***Zoom Babies*** [0-1 years]

Zoom Babies will be delivered with the support from the Health Visiting Team. It is an interactive group with stories, singing and simple activities that can be recreated at home such as treasure baskets, musical instruments, shakers and sensory items. It is also an opportunity for parents to ask questions, speak to other parents as well as receiving those important Public Health messages. Each week the staff focus on Breast Feeding Support, Safer Sleeping, Weaning, Safety in the Home, Bath time, Tummy time etc.

### ***Music & Rhyme*** **\*NEW\*** [0-2 years]

Incorporating the Hungry Little Minds Campaign, this group will show off your child's singing voice and musical talents. Whether that be playing the drums with pans and spoons, rice bottle shakers and tissue box guitars, we all have a bit of rhythm. We will be bringing together a selection of old favourite nursery rhymes as well as introducing you to some new ones whilst having fun.

### ***Parents2Be*** **\*NEW\***

Are you an expectant parent? Are there things you would like to know about caring for your new baby? Have you got lots of questions? Maybe around where your baby sleeps, Infant feeding, how to cope with crying and how to play with your baby. There are no silly questions so join onto our online session to meet other expectant parents, discuss your experiences and ask any questions you may have with the Children and Family Wellbeing team.

**Starting Monday 28th September please contact 01772 538396**



## Virtual Groups Continued...

### **Impact [8-11 years]**

Our virtual group offering support and guidance to help young people manage their emotional and social development. Guidance will be available around feelings such as stress and anxiety, and any other issues young people find themselves struggling with. For ages 8– 11 years.

### **Mini Impact [5-7 years]**

The group sessions are aimed for children aged 5-7 years, and they are to promote confidence, self esteem and their emotional wellbeing.

There will be a range of different activities each week learning through fun, play, games, art and crafts, and to manage and cope with stress plus making new friends and having fun.

**For more Information and to book onto the sessions Please contact 01772 538396**

### **Shine [0-11 years]**

For young people age 0-11 years with special educational needs and disabilities. The group provides a safe space while on zoom for improving communication skills, self-confidence, life skills and self-esteem in the group. Throughout the session we have lots of interactive activities and games to play. We will also have a craft activity for the children to do throughout the week to then bring back to group for a show and tell.

### **SNAP (SEND) [12-25 years]**

This virtual group is for young people aged 12- 25 years with special educational needs and disabilities. This group welcomes teenagers and supports them to build their confidence and self esteem, develop life skills and independence as well as helping with social/communication skills. No booking necessary. Parents and carers are welcome to attend.

### **Boys Group \*NEW\* [11-13 years]**

Due to the popularity of Girls Group, we are now introducing Boys Group! Some of the activities we will be delivering are : Team building games, managing worries and anxieties, confidence building and self-esteem and any other issues which have been identified. The group provides a safe space for boys to talk about issues effecting them whilst having fun too.



### **Girls Group [11-13 years]**

This group is for girls aged 11 – 13 years who are in need of a little support around their confidence and self-esteem, we will also be discussing worries and stress and how to cope with different emotions. Alongside this we will be playing team games, quizzes and making things with the crafts we have at home e.g: worry boxes, stress balls and affirmation stones. This girls in this group tend to get along really well, and we all have a lot of fun.

### **Outreach Detached work [11-19 or 25 years with SEND]**

Youth workers will be out in the community engaging with young people face to face, in a fun and interactive way. This creates opportunity for 11-19 year olds (up to 25 with disabilities) to discuss the issues effecting them, and for youth workers to build connections with young people through regular interaction.

### **Virtual youth Council [12-19 years]**

Each district in Lancashire has a youth council, made up of young people. It is an opportunity for them to have a voice and be able to influence decisions made locally and nationally. Regular meetings in districts give young people the opportunity to be involved in project and campaigns that they identify to be significant to them and others

### **Hyndburn Youth Session [12-19 years]**

In this session we play games, have discussions, have quizzes and a general good time together.