



DELIVERING EARLY HELP

## Children and Family **Wellbeing** Service

### Useful numbers

To contact our Neighbourhood Centres:  
01524 581280

To make a self-referral for support via the Children's  
Services Support Hub:  
03001236720

# 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://facebook.com/LancashireYPS)  
[twitter.com/LancashireYPS](https://twitter.com/LancashireYPS)

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



# What's on guide

**Lancaster District**

**January 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](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

### Lune Park Neighbourhood Centre

Ryelands Park  
Owen Road  
Lancaster  
LA1 2LN

### Poulton Neighbourhood Centre

The Old Fire Station  
Clark Street  
Morecambe  
LA4 5HT

### Westgate Neighbourhood Centre

Langridge Way  
Morecambe  
LA4 4XF

### Carnforth Neighbourhood Centre

Kellet Road  
Carnforth  
LA5 9LS

### Neighbourhood Centres

**Telephone Contact details:**  
**01524 581280**



**Lancaster and Morecambe  
Family Zone**

### Online details

Family Safeguarding is a new Children's Social Care team working in partnership with all Children's Services – please follow on



**@LancsFamilies**

## Healthy Start vitamins

Healthy Start vitamins contain vitamins A, C and D for your child. Folic acid and vitamins C and D for you if you are pregnant, breastfeeding or until your baby is one year old.

Drops are for your child if they are aged from six months (unless a health visitor has advised earlier use of vitamins) until they are four years old, and mums get tablets.

You need to be in the NHS Healthy Start Scheme to obtain free Healthy Start Vitamins.

If you need more information please contact your Midwife, Health Visitor, or your nearest centre.

Centres are opened 9am – 5pm  
Monday to Friday to obtain  
drops/tablets.

Carnforth is only open on Friday  
mornings but does not give out  
drops/tablets.





# Programme



## Monday

### Lune Park

**Baby & You**  
10am – 11am

### Poulton

**Development Matters**  
9.30am – 11am

### Morecambe Library

**Move & Groove** (8-11years)  
3.30pm – 4.45pm

### The Sensory Room at Poulton



We have a Sensory Room available to use **free** of charge at Poulton Neighbourhood Centre.

Use of the Sensory Room is subjected to availability.

Bookings can be made between 09:00 and 17:00 Monday to Friday.

## Tuesday

### Lune Park

**Infant Massage (B)**  
10am – 11am

**Infant Massage (B)**  
11am-12am

**Chat, Play & Read**  
1pm – 2.30pm

**Move & Groove** (5-8 years)  
3.30pm – 4.45pm

### Westgate

**Infant Massage (B)**  
10am – 11am

### Morecambe Library

**Young Parents to be**  
1pm -3pm

**Inside Out** (8-11 years)  
3.30pm – 4.45pm

## Wednesday

### Lune Park

**Development Matters**  
9.30am-10.30am

**Warm Welcome**  
10.30am – 12pm

**Colourful Footsteps**  
1pm– 2.30pm

### Poulton

**Baby & You**  
9.30am-10.30am

### Westgate

**Triple P Teen (B)**  
12.30pm-2.30pm

**Parents to Be (B)**  
5.30pm-7.30pm

### Online Zoom

**Triple P Group (B)**  
5.30pm-7.30pm

**(B) Bookable Session.**  
**Please call the centre**  
**for more information.**

## Thursday

### Lune Park

**Triple P Stepping Stones (B)**  
10am-12pm

**Parents to Be (B)**  
5.30pm – 7.30pm

### Poulton

**Triple P Group (B)**  
10am – 12pm

**Infant Massage (B)**  
1pm – 2pm

### Westgate

**Chat, Play & Read**  
9.30am – 11am



Scan the QR Code to access  
our Facebook page.

## Friday

### Lune Park

**Mini Move & Groove**  
9.30am – 11am

### Poulton

**FAB (Breastfeeding Support Group)**  
9.30am – 11.30am

### Westgate

**Development Matters**  
9.30am – 11am

**Baby & You**  
1pm-2pm

### Carnforth

**Development Matters**  
9.30am-10.45am

**Infant Massage (B)**  
11am – 12pm



## Youth Programme

To take part in sessions contact named worker for more details.



### Monday

#### **EASY Youth Group for those with SEND (12-25yrs)**

6.15pm – 8.30pm

A group for young people with special educational needs and disabilities.

Activities include cooking, games and physical activities in a safe supportive environment.

Taking place at [Morecambe Library](#).

Contact [Claire Armer 07717815062](#)

### Wednesday

#### **Locality Youth Council (12 to 19yrs or up to 25 with SEND)**

6.15pm – 8.30pm

A group for young people who would like to be involved in making a difference in their local community, whilst engaging in fun and enjoyable sessions. Supporting north participation, discussing local projects and issues.

Taking place at [Morecambe Library](#).

Contact: [Chris McQueen on 07496715912](#)

#### **Youth Impact Group (12 to 19yrs or up to 25 with SEND)**

3.30pm – 5.45pm

This is a small group for young people with issues such as social anxiety. This is a nurturing group to help build self-confidence and communication skills in social situations.

Held at [Morecambe Library](#).

Contact: [Claire Armer 07717815062](#)

### Thursday

#### **Detached Session (12 to 19yrs or up to 25 with SEND)**

6.15pm – 8.30pm

Fun and interactive activities and discussions with young people out in the communities where they live, young people will lead the focus of the work.

Held in the Morecambe area.

Contact: [Charlie Bluglass 07977273886](#)

#### **Detached Session (12 to 19yrs or up to 25 with SEND)**

6.15pm – 8.30pm

Fun and interactive activities and discussions with young people out in the communities where they live, young people will lead the focus of the work.

Held in the Lancaster area.

Contact: [Chris McQueen on 07496715912](#)

### Friday

#### **Open Youth Club (12 to 19yrs or up to 25 with SEND)**

6.15pm – 8.30pm

This group is open to any young person in the local area. Safe space for young people to hang out with friends and opportunities to participate in a variety of activities.

Held at [Morecambe Library](#).

Contact: [Charlie Bluglass 07977273886](#)



#### **PYRO (LGBTQ+) (13-17yrs)**

Fun, informative sessions, exploring key topics and issues affecting young people who identify as LGBTQ+. Providing an opportunity to meet other young people, make friends, socialise, and support each other.

For more information regarding date/time/venue

Contact: [Nicole Cobb 07887631335](#)

## About our groups and services...

### Early Childhood Services (0-5)

#### Parents To Be

Preparing for parenthood through sharing key messages on Safer sleep, ICON, home safety, caring for a newborn's needs and the importance of communication.

#### Young Parents to Be

Antenatal group for parents aged 20 and under, delivered alongside the Specialist midwife for Teenage Pregnancy.

#### Infant Massage – birth to crawling

A six-week programme which involves gently and rhythmically stroking your baby's body to promote bonding and interaction.

#### Baby and You

This group encourages positive play and interaction between you and your baby with key messages about how to care for your baby through their early stages of development.

#### Development Matters

Stimulating and challenging activities across all ages from 0-5yrs based on child-initiated play guided by the Early Years Foundation Stage Development Matters.

#### Chat, Play and Read

The sessions will provide opportunities to read and share books together, exploring the fun, rhythms and excitement of words and stories to support your child's speech and language development.

#### Mini Move and Groove

A range of physical health and wellbeing activities for early years children to help guide them on their first steps to living well and boosting their physical and motor development.

### The Developing Child (5-11)

#### Inside Out (8-11 years - Key Stage 2)

Emotional health and wellbeing targeted group. A range of strategies and creative, physical activities to encourage positive play, build self-confidence and manage anxious feelings.

#### Move and Groove (5-8 years and 8-11 years)

A safe, sensitive and nurturing space for children to meet and have fun together, promoting physical activity and healthy lifestyles.

#### Colourful Footsteps

A group for children with physical, learning, behavioural or emotional difficulties. We offer an inclusive environment, positive social interactions and learning and development opportunities.

#### Freedom for Children

One to one and small group sessions for children who have suffered from domestic abuse. The programme offers activities that are child led, age appropriate and sensitively delivered to help children work through their fears, anxieties and emotions.

#### Moving On Up (Year 6 and 7)

The sessions will help children to explore feelings and emotions around transition to secondary school and build their self-esteem and confidence.

### Parenting and Family Support

#### Triple P Group

Evidenced based parenting programme for parents of children aged 2-11 years old. The course is delivered across 8 sessions focused on Positive Parenting and raising confident, competent, and resilient children.

#### Triple P Teen

Evidenced based programme for parents with teenagers up to 16 years. The course is delivered across 8 sessions focused on raising responsible and competent teenagers.

#### Triple P Stepping Stones

Evidence based programme for parents who have children with a disability or other additional needs up to 12 years old. The course is delivered across 9 sessions focused on positive parenting for children with a disability and helping your child reach their potential.

#### Freedom Programme

Relaxed, informal group for women who have experienced domestic abuse, from a partner or family members and would like to be able to recognise abusive behaviours and understand what makes a healthy relationship.





## The Virtual Group Programme



0300 247 0040





[vcl.019.SinglePointOfAccess2@nhs.net](mailto:vcl.019.SinglePointOfAccess2@nhs.net)

To book on speak to your Health Visitor or call / email us above

Visit our website for more info [lancsyoungepeoplefamilyservice.co.uk](http://lancsyoungepeoplefamilyservice.co.uk)



Tuesday	Wednesday	Thursday	Friday
<b>Understanding Colic &amp; Reflux</b> 1-2pm Breast and formula feeding	<b>Moving onto Solids*</b> 0-12 mths 10-11am	<b>Baby &amp; Me</b> 10-11am Once a month	<b>Bump, Birth &amp; Beyond*</b> 12.30-2pm Antenatal education Run fortnightly
<b>Talk to Me / Chat, Read &amp; Play</b> 0-6 mths / 6-18 mths 10-11am Both groups run once a month		<b>Antenatal Infant Feeding*</b> 1-2pm Over 2 weeks	

\*There is also a pre-recorded version of these sessions and more available on our website



[@LancashireHealthyYoungPeopleAndFamilies](https://www.facebook.com/LancashireHealthyYoungPeopleAndFamilies)

**care.think.do.**  
WE CHANGE LIVES BY TRANSFORMING HEALTH AND CARE.

