

Centre details

Southway Neighbourhood Centre

Yeadon
Skelmersdale
WN8 8NL
01695 651350

Park Neighbourhood Centre

Barnes Road
Skelmersdale
WN8 8HN
01695 654099

Grove Neighbourhood Centre

Station Approach
Burscough
L40 0RZ
01772 539680

Eavesdale Neighbourhood Centre

Eavesdale Tanhouse
Skelmersdale
WN8 6BA
01695 654055

Social Media

You can also follow us on Facebook
for all the latest news and events



@CFW West Lancs



What's on guide

West Lancs



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.

Useful Numbers

Children's Social Care 0300 123 6720

Emergency Duty Team 0300 123 6722

Citizen Advice 0344 245 1294

Welfare Rights 0300 123 6739

Job Centre 028 9756 0537

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



Children's Groups (0-11 years)

Healthy Start Vitamins

If you are eligible for the NHS Healthy Start Vitamins, you will be invited to apply online and issued 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 6mths & 4yrs.

Please speak to your midwife or Health visitor for more information. Healthy Start vitamins can be collected from the Zone.

www.healthystart.nhs.uk

New Group

Parents to Be

A two-week course for expectant parents 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. For more information, please contact us.

All of our groups and courses are free.

Please contact us if you would like more information or if you would like to book a place for any courses or groups.

All are groups and courses run regularly and waiting lists are always open.

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

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.

Connect Juniors

For children in years 5&6. Fun activities focusing on key topics in a fun and engaging way. Safe space to hang out with friends or meet new ones.

Colourful Footsteps SEND Group

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.

Freedom for Children

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

Inside Out (5-11)

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

Move and Groove (5-11)

Primary age fun activity groups focussing on exercise, active lifestyles and healthy eating.

Mini Move and Groove (2-5)

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

Parent & Carer Groups

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. This course is delivered over 12 weeks.

Healthy Relationships

A 6-week programme for parents who are experiencing challenges in their relationship and who are struggling to communicate positively.

Take Five

Our newest group aimed at parents and carers. Come down for a cuppa and a chat and learn ways to support your wellbeing and support if you are looking to get into work now or in the future.

Triple P Parenting Programme

Triple P does not tell you how to parent, it gives you 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 your child's misbehaviour.

You will also learn how to teach your child to understand and accept boundaries, develop new skills which will help them to develop independence whilst encouraging calming techniques which support their wellbeing.

We offer courses in:

Group Triple P – Children 2-11 years
Teen Triple P – Children 12-16 years
Stepping Stones – Children under 11 with SEND or additional needs.



We also work with other agencies who offer the following sessions:

Tuesday - Burscough

9:00am - 12:00 noon

Infant Weighing Clinic

Appointments by the Health Visitor

Tuesday - Burscough

1 - 4pm

Midwife Booking in Clinic

Contact your Midwife to book

Monday - Eavesdale

9:00am - 12:00 noon

Midwife Booking in Clinic

Contact your Midwife to book

Wednesday – Eavesdale

9:00am - 12:00 noon

Midwife Booking in Clinic

Contact your Midwife to book

Friday – Eavesdale

10-11:30am

More Positive Together

Email mpt@westlancs.gov.uk to book

Monday – Park

CANW – SPACE

For parents/carers with a child or young person who is experiencing emotional or mental health issues.

Email John jboyle@canw.org.uk

Tuesday – Park

9:00am - 12:00 noon

Midwife Booking in Clinic

Contact your Midwife to book

Thursday – Park

1-3pm

Infant Weighing Clinic

Contact your Health Visitor to book

Friday – Park

Starts at 10am

FAB Breastfeeding Group

No need to book

Friday – The Zone

11-1pm

Birchwood Inclusion Café

No need to book



WARM WELCOME

A stay & play session for families. Come and join us for a family stay & play, enjoy a brew and some snacks.

Monday 1-3pm – Park Neighbourhood Centre
Tuesday 9-12pm – Eavesdale Neighbourhood Centre
Wednesday 9-12pm – Burscough Neighbourhood Centre

Also there is a Warm Welcome on
Friday 11 – 1pm – Junk Food Café - The Zone

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.



@CFWwestlancs



Targeted Youth Support 12-19 (up to 25 with SEND)

Boost – Nurture Youth Group

Monday 5.45pm

Fun, informative sessions, exploring key topics and issues affecting young people who require additional support with confidence, communication or social skills.

West Lancs Youth Council

Wednesday 6.45pm

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.

West Lancs Community Offer

Thursday 4.00pm

Community offer, evidence-based programmes

Detached Street-based Project

Thursday 6.45pm

The TYS team will offer advice and information, facilitate sports activities and aim to develop new relationships with the young people that utilise the park spaces.

Lancashire Youth Council

Thursday 6.30pm (fortnightly)

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.

CONNECT Community Safe Spaces

Friday 6.45pm

An open provision project for young people. The aim is to create a safe environment and provide an opportunity for young people to meet and establish new and existing relationships with their peers.

NEET Bus Passes

Young people who are NEET can access support and apply for a bus pass.

Please contact the TYS team to find out more

Carl Coughlan 01772534993

Paul Rooney 01772 534987

Talk Zone 0800 51 11 11

Text 07786 51 11 11

Email talkzone@lancashire.gov.uk

 West Lancs Youth Zone

Centre Sessions

Burscough Neighbourhood Centre

Tuesday

10.00-11:30am Baby & You

Wednesday

1.00-2:30pm Chat Play Read
3:30-4:45pm Colourful Footsteps

Thursday

10.00-11:30am Development Matters
1-2:30pm Move & Groove

Eavesdale Neighbourhood Centre

Monday

10.00-11:30am Chat Play Read
1.00-2:30pm Baby & You

Tuesday

10.00-11:30am Development Matters

Park Neighbourhood Centre

Monday

3:30-4:45pm Move & Groove

Tuesday

10.00-11:30am Mini Move & Groove
1-2:30pm Chat Play Read
3:30-4:45pm Colourful Footsteps

Thursday

10.00-11:30am Development Matters
1.00-2:30pm Baby & You

The Zone

Wednesday

1.00-2:30pm Take Five

Thursday

3:30-4:45pm Connect Juniors

PURPLE GROUPS – No Need to book

Please contact the centre to book onto the next course for Triple P, Inside Out, Baby Massage, Parents to Be, Healthy Relationships

Please contact the one of our centres for more information on any of groups & courses

