

- Clothes Line - (01253) 770646
- 2 year funding - (0300) 12367
- Childline - (0800) 1111
- MINDS MATTER - (01253) 955943
- Benefits Help Line - (0800) 0556688
- Fylde Coast Women's Aid - (01253) 596699
- Dental Help Line - (01253) 306378
- Inspire - (01253) 724710
- Emergency Health Services - 111
- Police (non emergency) - 101
- Children's Social Care - (0300) 1236720
- Breastfeeding Helpline - (0300) 100 212
- CASHER - (07810) 696565
- (Young Peoples Mental Health)

## 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 51111**

**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**

DELIVERING EARLY HELP

ACROSS FYLDE & WYRE

Children and Family  
**Wellbeing**  
 Service



# What's on guide

**Fylde & Wyre**



FYLDE YOUTH ZONE, WYRE YOUTH ZONE, WYRE NEIGHBOURHOOD CENTRES or FYLDE CHILDREN AND FAMILY WELLBEING SERVICE for latest news & information in your area.

## Welcome

A warm welcome to you from everyone at the Children & Family Wellbeing Service (CFW), part of Lancashire County Council.

Our service is here to provide early help on a whole range of issues which may be affecting you and your family. We want to offer 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 of 0 - 19yrs + . Working together with key partners, we aim to ensure that we have maximum impact on achieving positive outcomes for you and 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. Family Support Workers can work with you on an individual basis, offering you a more tailored and targeted response. Through our Neighbourhood Centres and Outreach Programmes, 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 Neighbourhood 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 service 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 in the **Centre Details** section of this guide.

You can also contact our 'Talk Zone' service which is available every day of the year from 2.00pm - 10.00pm.

Tel: (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

**Family Information Service.**, Tel: (0300) 1236712 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 do not hesitate to contact us.

We look forward to hearing from you, and thank you for using our service.



FYLDE YOUTH ZONE, WYRE YOUTH ZONE, WYRE NEIGHBOURHOOD CENTRES or FYLDE CHILDREN AND FAMILY WELLBEING SERVICE for latest news & information in your area.

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## Centre news

Just some of the groups and activities available at Fylde & Wyre Neighbourhood Centres.



### REACH OUT

Suitable for:  
Young people aged 18 and under who present with:  
Anxiety/Depression  
Feeling worried or upset  
Low self-esteem  
Low confidence  
Need Advice  
Someone to talk to

### CASHER



M.U.G.A  
Multi Use  
Games  
Area



### Family Support

Being a parent can be the greatest thing in the world but it's not the easiest of jobs. At some time during our lives we all need help and support. If you need practical help, childcare advice or information, managing your child's behaviour, benefits or returning to work, then call in and have a chat.

### COLOURFUL FOOTSTEPS

Special Educational  
Needs & Disabilities  
Group  
(S.E.N.D)



FYLDE YOUTH ZONE, WYRE YOUTH ZONE, WYRE NEIGHBOURHOOD CENTRES or FYLDE CHILDREN AND FAMILY WELLBEING SERVICE for latest news & information in your area.

Notes:

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Centre details & contacts

**Fleetwood Children & Family Wellbeing Services**

Milton Street  
FLEETWOOD  
Lancashire  
FY7 6QW  
Tel: (01253) 741117

**Fylde Children & Family Wellbeing Service**

Chapel Walks  
KIRKHAM  
Lancashire  
PR4 2TA  
Tel: (01772) 535135

**Rothwell Drive Centre**

Rothwell Drive  
FLEETWOOD  
Lancashire  
FY7 8FF  
Tel: (01253) 741117

**St. Annes Sydney Street Neighbourhood Centre**

Sydney Street  
LYTHAM St. ANNES  
Lancashire  
FY8 1TR  
Tel: (01772) 535135

**Thornton Children & Family Wellbeing Services**

Heys Street  
THORNTON - CLEVELEYS  
Lancashire  
FY5 4JP  
Tel: (01253) 741117

**Garstang Library**

Windsor Road  
GARSTANG  
Lancashire  
PR3 1ED  
*CFW provision please call*  
Tel: (01253) 741117

**Weeton Children & Family Wellbeing Service**

Weeton Barracks  
Henderson Road  
PR4 3JQ  
Tel: (01253) 741117

**INTEGRATED SERVICES MANAGER**

Louise Jefferson Tel: (01253) 897250

**TEAM LEADERS**

Family Intensive Support

Kevin Ashworth Tel: (01253) 897345

Targeted Youth Support

Brian Wood Tel: (01772) 538857

Neighbourhood & Communities

Kirsty May Tel: (01772) 539582



## Early Childhood Birth - 5 years

Through our Neighbourhood and Community offer the Children and Family Wellbeing Service recognises the value of group work and in particular evidenced based programmes in providing information, education and support for children, young people and their parents and carers.

Groups and group work programmes are open to all families across Lancashire who would welcome additional support around a range of different topics. Our centres provide a welcoming inclusive environment where you will be encouraged to participate and get involved in activities whilst feeling safe and supported. Alternatively, there may be groups that are best run virtually online, tailor made to meeting your needs.

### How do I access groups?

There are a number of ways children, young people and their families can access group work and programmes. First and foremost through ringing their local Neighbourhood Centre and booking on.

Alternatively another professional may complete and submit a request for support or make a booking on a family's behalf. Alternatively, a school may have arranged the delivery of a programme and therefore may approach a family they know that would value the support.

Each centre offers a programme and a range of services, groups, and drop-in sessions which will give you and your family the support you need, in the right place and at the right time.

### Who's involved and where do these groups run?

Neighbourhood Group Workers (NGW) will run a whole series of drop-in sessions, groups, courses and activities in our Neighbourhood Centres and will work directly with you and your children.

Delivery Centre Support Workers (DCSW) will greet you when you visit our Neighbourhood Centres, provide you with information and make sure you get the best from using our service. Depending on the circumstances some of our groups may be offered in other venues such as community centres, libraries and in schools. In addition, groups and support may be delivered through partnership working e.g. Health and Midwifery Services.



# YOUNG CARERS



In partnership with



A young carer is someone who is under 18 years of age and helps look after a relative with a disability, illness, mental health condition or drug or alcohol problems.

You may do extra jobs in and around the home, such as cooking, cleaning or helping someone get dressed and move around. You may also provide physical help to a sibling who is disabled or ill.

If the above information sounds familiar, then you may benefit from attending our local support group.



Come along and find out more about what is on offer, have some fun, and maybe make some new friends.

Wyre Neighbourhood Centre, Milton Street, FLEETWOOD, FY7 6QW

For more information, please contact either:-

[jasmine.gwillam@lancashire.gov.uk](mailto:jasmine.gwillam@lancashire.gov.uk)

Tel: (07929) 722375



## Targeted Youth Support

We have various activities running throughout Fylde and Wyre for young people 12 - 19 (up to 25 with S.E.N.D addition needs).

### COLOURFUL FOOTSTEPS (S.E.N.D GROUP - A-Team)

Providing a safe and welcoming environment for young people ages 12 - 19 (up to 25 with special educational needs and disabilities S.E.N.D). The group aims to work on life skills, improving communication skills, self-confidence & self-esteem in a group work setting.

### CASHER (Emotional / Mental Health support)

Wednesday (Wyre Neighbourhood Centre, Fleetwood) and (Garstang Community Academy, Garstang) for young people needing emotional support with issues including school, friendships, bullying, feeling in a low mood or that may want to harm themselves. If this includes you then come and meet our CASHER and CFW Youth worker teams, who can support you with strategies to manage these feelings.

### YOUTH COUNCIL

Each district in Lancashire has a youth council, made up of young people aged 12-19 (up to 25 with S.E.N.D). It is an opportunity for young people 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 as significant to them and others.

They have the opportunity to attend monthly meeting at County Hall in Preston equipping them with skills that gives them a voice and influence over decisions that affect them.

### NEIGHBOURHOOD BASED YOUTH WORK

This allows our neighbourhood youth workers to engage with young people within the community they live in. Together they will create an environment in which young people can feel comfortable to discuss issues that affect them and evaluate with the young people any future support needs. You will find our workers and/or 'bus' at the following locations: For further details or queries about our Targeted Youth Support offer, please contact us:

Tel: (01253) 741117



## Early Childhood Birth - 5 years

### Ante and Post Natal Support

If you have been signposted by another professional for support from the Children, Family and Wellbeing Service there may be an opportunity to attend one or more of these groups.

### Parents to Be

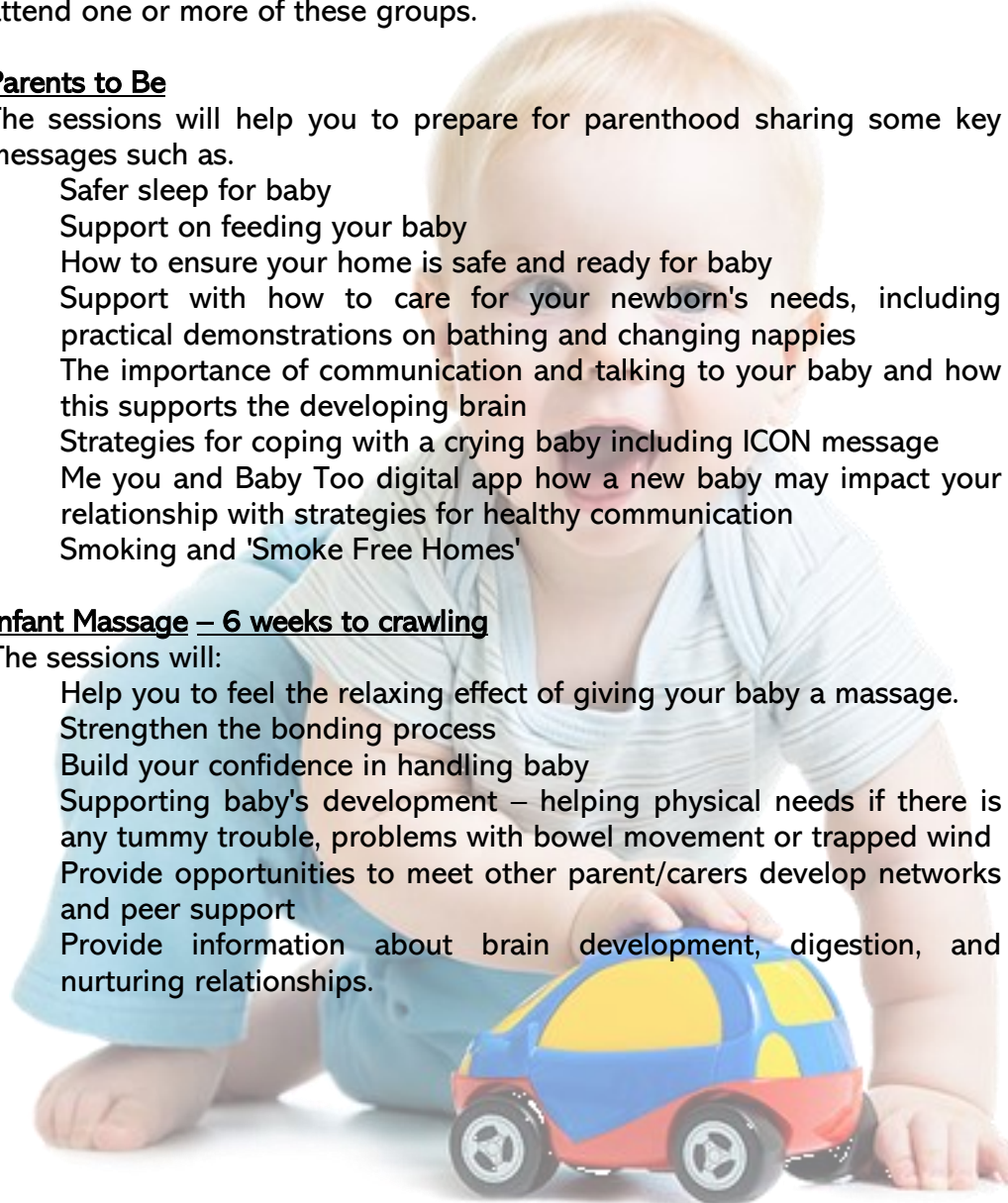
The sessions will help you to prepare for parenthood sharing some key messages such as.

- Safer sleep for baby
- Support on feeding your baby
- How to ensure your home is safe and ready for baby
- Support with how to care for your newborn's needs, including practical demonstrations on bathing and changing nappies
- The importance of communication and talking to your baby and how this supports the developing brain
- Strategies for coping with a crying baby including ICON message
- Me you and Baby Too digital app how a new baby may impact your relationship with strategies for healthy communication
- Smoking and 'Smoke Free Homes'

### Infant Massage – 6 weeks to crawling

The sessions will:

- Help you to feel the relaxing effect of giving your baby a massage.
- Strengthen the bonding process
- Build your confidence in handling baby
- Supporting baby's development – helping physical needs if there is any tummy trouble, problems with bowel movement or trapped wind
- Provide opportunities to meet other parent/carers develop networks and peer support
- Provide information about brain development, digestion, and nurturing relationships.



## Early Childhood Birth - 5 years cont.

### Baby and You

Meet and network with other new parents to share your experiences of caring for baby together. The sessions will:

- Provide information about your child's ages and stages of development, particularly the growing brain and your crucial role in supporting this.
- Provide you with opportunities to play together and encourage positive play and interaction between you and your baby.
- Help you with any issues around bonding, connection & communication between you and your baby
- Bring you together with other parents to prevent you from feeling socially isolated which is often a reality for new parents.
- Baby weighing clinic

### Learning and Development Through Play

#### Development Matters

We will provide groups in our centres where you can bring your child along to socialise and play alongside other children and parents.

#### The sessions provide:

- High quality, well planned, stimulating and challenging activities across all ages from 0-5 based on child-initiated play both indoors and outdoors (where possible). Guided by the Early Years Foundation Stage Development Matters.
- Information about how to nurture your child's growing brain, that supports their learning and development.
- Opportunity for physical play in a safe environment
- Support for you to play and enjoy some time together.
- A chance to get involved in your child's learning and development by actively observing and interacting with them whilst they play and as they reach important milestones.
- A safe and secure environment for your child to develop their confidence, social and emotional skills and make friends.
- Ideas, activities and opportunities to continue, develop and expand play at home.
- Support for your child's creativity and imagination and learning through role-play
- Support for you and your child if they have Special Educational Needs or Disability (SEND)

## Parenting & Family Support cont.

course a go, if they find themselves entrenched in ongoing divisive, destructive conflict which they find hard to resolve or if aspects of how they relate to each other or manage their relationship has a detrimental impact on their parenting.



## Parenting & Family Support cont.

All families have arguments, it is part of how we negotiate, make decisions, understand each other and live together, this is constructive, and children learn

from seeing how arguments are resolved. However, when arguments become frequent, intense and poorly resolved it is destructive conflict and children suffer from being exposed to it. There is support on hand and we would encourage you to come along and give this course a go if you find yourself entrenched in ongoing destructive conflict with your partner. This is a course of 6 weekly sessions, couples are encouraged to attend together.

The course aims to work in a solution focused way, enabling and empowering you as a couple to understand your conflict and see how to resolve the issues yourselves, rather than relying on a practitioner for solutions.

### It covers:

- Effects of conflict on parents and children, and the causes of conflict
- The stages of relationship development, how are existing vulnerabilities can make us more susceptible to conflict and the different perspective we bring to our relationships
- Constructive and destructive communication
- Thought feelings and behaviours
- The feelings wheel, problems and issues
- Better communication – expectations and reality, goal setting.

### Who is the course for?

The sessions are relevant to all kinds of couples, same sex, families with adopted children, families where there is a blend of cultures or religions. The aim is to work in a solution focused way, enabling and empowering couples to understand their conflict and see how to resolve their issues themselves, rather than relying on a practitioner for solutions.

This course is for parents who live together and also can be for individuals in a relationship, who may be co-parenting after separation, we would encourage couples to come along and give this

## Healthy Relationships

*A 6-week course to help strengthen families.*

## Early Childhood Birth- 5 years cont.

- Support with your parenting if you need it.
- Information relevant to you as a family with young children including employment, training, childcare, health and wellbeing, healthy lifestyles, healthy relationships early education and childcare.
- The chance to meet with other families and make new relationships.
- Opportunities to participate and share your thoughts including your cultural and community values.

### Chat, Play and Read

There may be special groups held in a centre to support your child's speech and language, which is a crucial skill that supports all other areas of their learning and development. This includes the ability to listen, understand and communicate verbally and non-verbally, supporting language development:

- Provides a strong foundation for school (e.g. children with proficient speech and language skills are likely to find it easier to learn to read)
- Helps build confidence
- Enables children to communicate their needs better (and therefore reduces frustration)
- Facilitates the development of friendships
- Provides children the opportunity to build a love for words, books and stories
- Helps children make sense of the world around them

### The sessions will provide opportunities to:

- Read and share books together, exploring the fun, rhythms and excitement of words and stories.
- Support your child's listening skills by reading aloud to them and support you to do the same.
- Encourage children to participate in song and rhyme learning new words in a fun and friendly way.
- Encourage children to use language in their play; describing, predicating, sharing ideas and explaining.
- Play and socialise together.
- Support you as a parent with ideas of how you can support your child's speech and language development.
- Recognise when there may be a delay in your child's speech and language and signpost to specialist support if it is needed.



## Early Childhood Birth- 5 years cont.

### Transitions - Being ready for nursery or school (Moving On Up)

In order to support children to be ready to make the most of learning at nursery and school we should support them in developing individual characteristics for learning these are;

- **Playing and Exploring** – children investigate and experience things, and ‘have a go’
- **Active Learning** – children concentrate and keep on trying if they encounter difficulties and enjoy achievements.
- **Creating and Thinking Critically** – children have and develop their own ideas, make links between ideas, and develop strategies for doing things

All the support we offer to parents in our group-based provision is focused on supporting the development of these characteristic in children. We want to ensure children are at the best possible levels of ability, confidence and independence when they start childcare or schools. This transition to a new environment should go smoothly if they are encouraged to develop a set of skills that will help them along the way and ensure that they are ready for leaning.

#### **In these sessions we will help children to:**

- Be looking forward to starting school/nursery
- Be happy to be away from my parents of carers
- Have some independent self-care, knowing when to wash their hands, wipe their nose, and when they start school can go to the toilet by themselves
- Enjoy interacting with other children.
- Enjoy learning about and exploring new things.
- Enjoy listening to and reading stories and looking at picture books
- Have a good bedtime routine so they are not tired in the morning
- Can or are starting to be able to share toys and take turns
- Be able to sit still and listen for a short while
- Be happy to tidy up after themselves and can look after their things

#### **Activities will include:**

- Building a child's emotional confidence
- Encouraging physical activity
- Supporting children's imagination and creativity
- Learning through role-play

## Parenting & Family Support cont.

### **The course covers:**

- **Raising responsible teenagers** – taking part in family decision making, being respectful and considerate, getting involved in family activities, developing a healthy lifestyle, being reliable, being assertive
- **Raising competent teenagers-** developing self-discipline, establishing good routines, getting involved in school activities, being a good problem solver following school rules, having supportive friends



### **Stepping Stones Triple P**

For parents who have children with a disability or other additional needs up to 12 years, this involves, 9 (5 weekly sessions, 3 weeks of telephone support then a final week)

This course will assist you if you have specific concerns about your child's behaviour or development. You are most likely to benefit if your family is not complicated by significant behaviour problems or stress.

### **The course covers:**

- **Positive parenting for children with a disability** – creating a positive learning environment, using assertive discipline, having reasonable expectations, looking after yourself as a parent, adapting to having a child with a disability, being part of your community
- **Helping your child reach their potential** - promoting your child's development by teaching them new skills and behaviours; this explores, choosing a skill to teach, breaking skills into steps, choosing rewards, deciding on where, strategies and keeping track and reviewing .



## Parenting & Family Support cont.

### Triple P Parenting Programmes

Children do not come supplied with a handbook, most of the time we feel our way along the parenting journey hoping that we are getting it right, crossing our fingers, that our children will grow up happy, healthy and fulfilled. It is not an easy job and many of us can feel out of depth and overwhelmed, finding that our children's behaviour is not what we expected, challenging and difficult to manage. If you are struggling with being a parent, the evidence based, structured Triple P parenting course could be the answer for you.



#### Group Triple P

For parents of children aged 2-11 years old, this involves 8 sessions ( 4 weekly, 3 weeks of telephone support then a final week) it is delivered through group discussions, parent workbook and homework. The course will assist if you have specific concerns about your child's development or behaviour. You are most likely to benefit if your family is not complicated by significant behaviour problems or stress.

#### The course covers:

- **Positive Parenting** – using assertive discipline, having reasonable expectations, looking after yourself as a parent
- **Raising confident, competent children** -Showing respect for others, being considerate, having good communication and social skills, having healthy self-esteem, being a good problem solver and becoming independent
- **Raising resilient children**- recognising and accepting feelings, expressing things appropriately, building a positive outlook, developing coping skills, dealing with negative feelings, dealing with stressful life events.

#### Teen Triple P

For Parents with teenagers up to 16 years, this involves 8 sessions ( 4 weekly, 3 weeks of telephone support then a final week) it is delivered through group discussions, parent workbook and homework. The course will assist if you have specific concerns about your teen's behaviour. You are most likely to benefit if your family is not complicated by significant behaviour problems or stress.



## Early Childhood Birth- 5 years cont.

### Mini Move and Groove

High levels of good health and wellbeing are vital for children to be able to fully engage in play to learn. Our physical health and wellbeing activities for early years children are a brilliant resource to help guide them on their first steps to living well and boost your child's physical and motor development. These sessions will:

- Builds confidence
- Develop gross motor and fine motor skills
- Improve speech and language skills
- Build social skills, have fun together and make new friends
- Introduction to the benefits of adopting healthy life styles

### The Developing Child 5 to 11 Years Old

#### Inside Out

We provide targeted support for children of primary school age your child may be

- Struggling to express and manage their emotions.
- Have low self confidence and self-esteem.
- Presenting with anxious behaviours

By creating a safe space, your child will have the opportunity to take part in evidence-based activities including scenarios and role play, breathing and stretching exercises, TV and video clips, arts and craft, fun and games

**In the sessions children will be able to:**

- Explore wishes and feelings and understand worries
- Look at a range of strategies to help manage strong emotions
- Take part in a range of creative and physical activities to encourage positive play and interaction between children and their peers.
- Build confidence and social skills
- Meet new people and make new friends
- Explore and understand the impact of their behaviour on others
- Think about, understand and appreciate that we are all unique and different



## Developing Child 5 to 11 Years Old

### Move and Groove

If you have any concerns about your child's overall health and wellbeing that is not connected to any diagnosed condition, we have sessions that support you and your child adopting healthy lifestyles. Many children can be put off by PE at school and can feel excluded from participating. It may be too competitive or slightly threatening particularly if there are large groups with mixed abilities and they feel shy or have lower self-esteem. We will provide a safe, sensitive and nurturing space for children to meet and have fun together, promoting physical play and activity. We will provide information on their growing body and how to adopt healthy lifestyles including healthy eating.

#### **In the sessions children will be able to:**

- Build their confidence to take part in physical play and exercise.
- Get information to understand how diet and exercise effect their growing bodies

### Parenting & Family Support cont.

- Build their social skills, have fun together and make new friends.
- Think about adopting healthy lifestyles, balancing activity time with screen time.

### Groups for children with SEND

We also provide sessions in our centres for children with physical, learning, behavioural and emotional difficulties offer an inclusive environment, with opportunities for learning development and support. This is also where parent carers have the opportunity to meet make new friends and share experiences with those going through similar joys and challenges. There will also be information to hand about professional support so you can be signposted to other agencies, groups and services.

#### **The sessions will help children to:**

- Be confident in expressing themselves
- Experience positive social opportunities and interactions
- Access learning and development opportunities

## Developing Child 5 to 11 Years Old

### Moving On Up years 6 - 7

\_You may be worried that your child may struggle with the transition to secondary school, we know this can be the case for many children for a variety of reasons. We want to help make this a smoother and happier time for them so that they look forward with confidence and a better understanding of what to expect when they enter the next step of their schooling journey. Concerns may be a result of their development, social and communication skills, behaviour and / or emotional health and wellbeing issues.

Through providing activities and games, discussions scenarios and role play arts and craft activities, travel to school and homework planning

#### **We will help children to:**

- Explore feelings and emotions around transition
- Prepare practically for starting high school, subject planning and homework.
- Look at issues / scenarios that might come up at high school
- Build children's self-esteem and confidence
- Inform children about places to access further support
- Be with confident with their journey to and from school

### Parenting & Family Support cont.

- Receive peer support as well as the signposting to specialist services for their parent carers
- Find a safe inclusive place to be

