



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:  
0300 123 6720

# 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**

**September 2022**



[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 **[lanccsfis@lancashire.gov.uk](mailto: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

### 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

## Online details

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



@LancsFamilies



Lancaster and Morecambe  
Family Zone

## 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.





# Programme



## Monday

### Lune Park

**Baby & You**  
10am – 11am

**Poulton**  
**Development Matters**  
9.30am – 10.30am

**Infant Massage**  
11am- 12pm

**Chat, Play & Read**  
1pm - 2pm

**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.

## Tuesday

### Lune Park

**Infant Massage**  
10am – 11am

**Infant Massage**  
11am-12am

**Chat, Play & Read**  
1pm – 2pm

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

### Westgate

**Infant Massage**  
10am – 11am

### Morecambe Library

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

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

### Online Zoom

**Parents to Be**  
3.30pm – 4.30pm

## Wednesday

### Lune Park

**Development Matters**  
9.30am-10.30am

**Colourful Footsteps**  
1.30pm– 2.30pm

### Poulton

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

### Westgate

**Group Triple P**  
12.30pm-2.30pm

**Parents to be**  
5.30pm-7.30pm

### Online Zoom

**Group Triple P**  
5.30pm-7.30pm

## Thursday

### Lune Park

**Teen Triple P**  
10am-12pm

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

### Poulton

**Triple P Stepping Stones**  
10am – 12pm

### Westgate

**Chat, Play & Read**  
9.30am – 10.30am

**Development Matters**  
1.30pm-2.30pm



## Friday

### Poulton

**Mini Move & Groove**  
(2-5 years)  
9.30am-10.30am

### Westgate

**Development Matters**  
9.15am – 10.15am

**Baby & You**  
1.30pm-2.30pm

### Carnforth

**Development Matters**  
9.30am-10.30am

**Infant Massage**  
10.45am-11.45am



## Youth Programme

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



### Monday

#### **EASY Youth Group for those with SEND (12-19yrs)**

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: [Chris McQueen on 07496715912](#)



#### **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

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

- Safer sleep for your baby
- Support on feeding your baby
- How to ensure your home is safe and ready for your baby
- Support with how to care for your newborn's needs
- 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

### Young Parents to Be

A group for parents aged 20 years and under.

### Infant Massage – birth 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 your baby.
- Supporting your baby's development in helping their physical needs if there is any tummy trouble, problems with bowel movement or trapped wind.
- Provide information about brain development, digestion, and nurturing relationships.

### Baby and You

*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.

### Development Matters

*The sessions provide:*

- Stimulating and challenging activities across all ages from 0-5yrs based on child-initiated play both indoors and guided by the Early Years Foundation Stage Development Matters.
- Information about how to support your child's learning and development through songs and play.
- Opportunities for physical play in a safe environment.
- A safe and secure environment for your child to develop their confidence, social and emotional skills and make friends.
- The chance to meet with other families and make new relationships.

### 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.
- Support your child's listening skills by reading aloud to them and support you to do the same.
- Encourage children to use language in their play, describing, predicating, sharing ideas, and explaining.
- Support you as a parent with ideas of how you can support your child's speech and language development.
- Help children make sense of the world around them.

## The Developing Child (5-11)

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

This groups helps to support children who may be struggling to express and manage their emotions or are presenting anxious behaviours and low self-confidence.

*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 creative and physical activities to encourage positive interaction with their peers.
- Build confidence and social skills
- Meet new people and make new friends

### Move and Groove

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

We have three groups.

Move & Groove for ages 8 – 11 years

(Morecambe Library)

Move & Groove for ages 5 – 8 years (Poulton)

Mini Move and Groove for ages 2 – 5 years.

### Colourful Footsteps

We also provide sessions in our centres for children with physical, learning, behavioural or emotional difficulties. We offer an inclusive environment, with opportunities for learning, development, and support. Parents and carers can meet and make new friends and share experiences. There will also be information to hand about professional support so you can be signposted to other agencies, groups, and services.

## Parenting and Family Support

### Triple P

'Triple P' which stands for 'Positive Parenting Programme' is an evidence-based parenting course. It doesn't tell you how to be a parent. It's more like a toolbox of ideas where you choose the strategies you need. It is delivered through group discussions, parent workbooks and homework.

### Group Triple P

For parents of children aged 2-10 years old.

#### *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.

#### *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 old.

#### *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.
- 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.

### Healthy Relationships – strengthening families

All families have arguments, it is part of how we negotiate and understand each other. This is constructive and children learn from seeing how arguments are resolved. However, when arguments become frequent, intense, and poorly resolved, children suffer from being exposed to it. This 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.

#### *The course covers:*

- The effects of conflict on parents and children, and the causes of conflict
- How are existing vulnerabilities can make us more susceptible to conflict
- Constructive and destructive communication
- Thought feelings and behaviours
- The feelings wheel, problems, and issues
- Better communication expectations and reality, goal setting.

### Are you in an abusive relationship or have you been affected by domestic abuse?

### Freedom

The Freedom Programme is a 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 sessions:*

- Examine the roles played by attitudes and beliefs on the actions of abusive men and the responses of victims and survivors.
- Help victims and survivors make sense of and understand what has happened to them, instead of the whole experience just feeling like a horrible mess.
- Describe how children are affected by being exposed to this kind of abuse and very importantly how their lives are improved when the abuse is removed.



#### Contact Caroline North –

Caroline.north@lancashire.gov.uk  
or call 01524 581281 or  
07766367505 for more information  
about the Freedom Programmes.