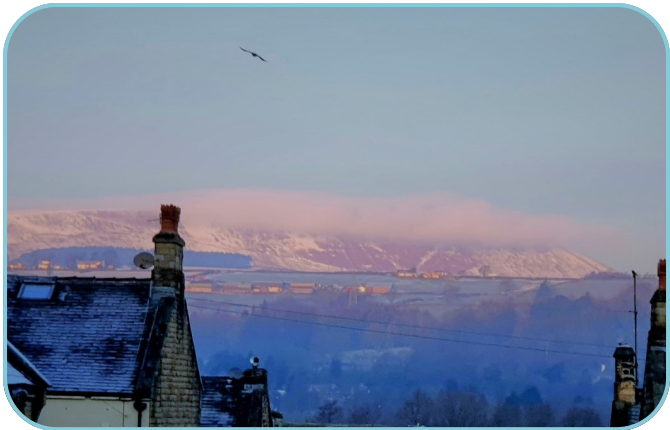


Pendle - Winter 2023



WELCOME TO OUR FIRST FAMILY HUB MULTI AGENCY NEWSLETTER

Our revamped Family Hub service aims to provide better access to services and support for families. Family Hubs are a national model that aim to provide high-quality, holistic and rounded support to children, young people and families on the basis they can easily access the help they need, regardless of where in the county they live. Family Hubs will bring services together to support all members of the family, minimising the need to search for different types of support that might otherwise be hard to find.

Support available through Family Hub networks begins at pregnancy and progresses through early years, childhood to 19 for young people, or 25 for young people with special educational needs and disabilities (SEND).

It includes parenting help, early help and safeguarding as well as mental health support, infant feeding advice and 'wrap-around' services such as support for domestic abuse or substance misuse. These services are supported by the voluntary community and faith sector and the network will include support from groups specific to each district who have specialisms or are able to strengthen the professional offer already in place, build positive relationships with families and connect services to deliver improvements in their lives at a local level.

It is estimated that a total of 12 Family Hubs networks will be in place across Lancashire by March 2024, comprising over 60 local centres working with Lancashire's district and borough councils and hundreds of organisations and professionals to ensure help can be delivered fast and at the right time.

Our core aim is to work better together with our multi-agency partners across all areas in Pendle, to ensure that:

"Children, young people and their families are safe, healthy, and achieve their full potential"

OUR MISSION

Getting the right services to the right children, young people and families at the right time, and in the right place.

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Children and Family Wellbeing Service

Get advice and support

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?

facebook.com/LancashireYPS
twitter.com/LancashireYPS
You can contact us 365 days a year
2pm to 10pm

Age 0-19
(up to 25 for young people with learning difficulties or disabilities)

talk zone
Text 07786 51111
Talk online lancashire.gov.uk/youthzone
Call 0800 511111

Lancashire County Council

www.lancashire.gov.uk

CURRICULUM FRAMEWORK

Parenting & Family Support	Early Childhood Services (0-5 years)	The Developing Child (6-11 years)	Targeted Youth Support (12-19+ years)	Employability
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Children and Family Wellbeing Service responds to a great variety of identified needs, to support children, young people and families, to make the sustained changes they need to improve their wellbeing and quality of life. The service is committed to securing the engagement and the full participation of those it works with. This is to make sure that the ‘Family’s Plan’ or their ambitions for learning and development through participation in groups and learning programmes are achieved. So that they own their own successes and can use what they have learned to sustain their own positive progress going forwards, particularly when challenging circumstances may arise again in the future. CFW works to a curriculum of ‘priority themes’ on which we are supporting children, young people, and families to grow and develop

“We are committed to shifting the balance of power so that our work is family-led, and utilises families’ strengths”

OUR DELIVERY ARRANGEMENTS

The Children and Family Wellbeing Service offers its front facing services at the local level in neighbourhoods, and arranges its teams around the 12 district council areas in Lancashire.

For strategic purposes, local teams are grouped together into localities, co-terminus with the five place-based integrated health partnership footprints in Lancashire. This is so we can form strong local collaborations across our key partner agencies.

WHO’S WHO IN CFWS

Our local teams are made up of a wide range of different professional staff - all of whom play a special role in support of children, young people and families, and include:

Family Support Workers will work directly with parents and children and support them to identify and make the changes that will improve outcomes for the family.

Neighbourhood and Lead Group Workers will run a whole series of drop-in sessions, groups, courses and activities working directly with parents and children.

Delivery Centre Support Workers will greet families when they visit our neighbourhood centres, provide them with information and make sure they get the best from using our service.

Family Time Workers will work with families whose contact with their children is supervised, to provide safe and child focused sessions.

Professional Range Youth Workers will work with teenagers providing targeted support both one to one and through a wide variety of groups and activities.

Domestic Abuse Practitioners provide tailored support for your family if you have experienced domestic abuse. They advise and assist family support workers to ensure access to specialist services where needed.

HOLIDAY ACTIVITIES AND FOOD

Christmas is coming, so please don't forget HAF. The information about what's on, along with the booking processes will be on district websites by the 4th Dec.

As schools break up quite late this year, in most district the clubs will be running between 2nd and 5th of Jan – but there are some exceptions, with a few activities taking place on the 22nd Dec and between Christmas and the new year. As schools are not back until the 8th of Jan the first week of Jan will be a difficult time for families, it will be cold & dark with little for young people to do, traditionally being a time when families have no money to spare, so HAF will be really important.

Please encourage and support your families to book on, especially if they are open to us with an EH plan – if they are not eligible through benefits related FSM, they will be eligible under the 15% other criteria if we are working with them .

<https://www.lancashire.gov.uk/children-education-families/school-holiday-activities/>

If you are eligible for benefits related free school meals, you can get a place on the Holiday Activities and Food Programme (HAF)!!

In the Christmas holidays this will be for 4 days, most likely taking place between the 2nd and 5th of January, you will need to check out the details on the website for your district.

You will get to

- Take part in fun activities, sports and games
- Meet up with friends and make new ones
- Have a tasty healthy meal

Visit our website

<https://www.lancashire.gov.uk/children-education-families/school-holiday-activities/>

Or email CFW-HAF@lancashire.gov.uk



PENDLE LEISURE TRUST

Pendle Leisure Trust are pleased to announce they are now creating courses specifically for **the Duke of Edinburgh Bronze Awards** for local secondary school children.

After identifying a lack of availability of courses for DofE Bronze achievers, Pendle Leisure Trust has created three courses across its three main leisure sites. These courses will fulfil the Skills and Physical requirements of a DofE Bronze Award Scheme that participants need as part of the course.

The three courses, Junior Taekwondo, Gym/Fitness Instructor and Fitness Sessions have been specifically created to be suitable for the Skill and Physical element of the Duke of Edinburgh Bronze Award and will commence in late November for a prepaid 12-week period.

To book a place on the Duke of Edinburgh course, visit www.pendleleisuretrust.co.uk/dofe



MULTI AGENCY INFORMATION

As our Family Hubs transformation continues to expand, so does the offer from both new and existing partner agencies, across a wide range of service needs. Whether in our centres or in the local communities, there is some incredible work being done to help families and individuals in Pendle.

You may already have worked alongside or be familiar with many of the organisations shown here, however new partners are being added regularly, and some existing ones are adding further services to their offer, to meet the specific demands that have been identified.

If you have anything that you would like to add to future newsletters, please email details to Sameena.Ali@lancashire.gov.uk or Dawn.Mulgrew@lancashire.gov.uk



Children and Family Wellbeing Service

Get advice and support

Someone to talk to
Problems at home/school
Jobs and training
Apprenticeships
Staying safe online
Sex and health
Relationships

Mental Health
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Bullying
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Things to do
Housing, rights and money
What age can I?

facebook.com/LancashireYPS
twitter.com/LancashireYPS
You can contact us 365 days a year
2pm to 10pm

Age 0-19
(up to 25 for young people with learning difficulties or disabilities)

Talk Zone
Text 07786 511111
Talk online lancashire.gov.uk/youthzone
Call 0800 511111

Lancashire County Council

www.lancashire.gov.uk



Find us on Facebook -
Pendle Family Hub

BIRCHALL TRUST

Birchall Trust support people affected by the trauma of rape and sexual abuse, with services available to anyone over the age of four years old.

They offer a wide range of services designed to help survivors to heal and move forward, including:

- ◆ Adult counselling
- ◆ Dedicated young people's therapists
- ◆ Play therapy for children
- ◆ Pre-trial therapy
- ◆ Wellbeing support and advocacy
- ◆ Peer support groups
- ◆ Training and education programmes

You can now make referrals to the Birchall Trust, with safe spaces available across the Family Hub network in Pendle. To refer, simply scan the QR code below or visit www.birchalltrust.org.uk and click the 'Refer Here' button at the top of the web page



POSITIVE ACTION IN THE COMMUNITY (PAC)

Positive Action in the Community (PAC) was established in 1997 to meet the needs of the community which were not being met through statutory provision or by other organisations, particularly in the areas of youth homelessness, domestic abuse and mental wellbeing.

PAC are a local registered charity with the vision to have a community that gives the greatest opportunity for a safe, fulfilled and aspirational life, free from, homelessness, domestic abuse and poor mental health. To achieve this, they deliver a number of projects that includes; supported accommodation, community based support, support in educational settings, counselling, and training, and personal development opportunities.

All PAC services provide specialist support on an individual basis to empower people to build emotional resilience, improve their health and wellbeing, make positive choices, and to have fulfilled and independent lives.

If you would like to get in touch, you can do this by visiting <https://www.p-a-c.org.uk>, by calling on **01282 619192** or email info@p-a-c.org.uk.



COLNE CITADEL

Colne Citadel is a charitable community centre, based in the heart of Colne Town Centre, whose main aim is to prevent social isolation and improve wellbeing, and to try to meet the needs of the community at every possible opportunity.

The low cost community café is open Monday, Tuesday, Thursday and Friday from 10am - 2pm, with many different support groups and projects going on outside of those hours.

Counselling appointments run throughout the day—call 07422 344244 to enquire and book.

www.colnecitadel.co.uk



Registered Charity
No. 1158372

Colne Citadel is situated in a former Salvation Army building in Colne town centre. We are a charity run by a dedicated team of volunteers to serve all members of our local community without prejudice. By providing a safe, welcoming environment we aim to reduce social isolation and improve the well-being of our visitors.

Colne Citadel provides:
A safe, caring environment in which to socialise - accessible to all
Peer support groups
Free professional counselling service
Access and signposting to support with addiction problems
Volunteering opportunities
Room hire including training room

Telephone: 01202 867644
Mobile: 07925 357436 Counselling Service: 07422 344244
Email: colnecitadel@aol.co.uk
Address: Market Place, Colne, Lancashire, BB8 0HY

“We aim to reduce social isolation and improve wellbeing with free or low cost interventions“

What's On at Colne Citadel

Monday

- 10-2 Low cost Café, warm safe space
- 9-12 Change, Live, Grow
- 10-11.30 Supported Arts and Crafts
- 12-1.30 The more confident Art and Crafter

Tuesday

- 10-2 Low Cost Café , warm safe space
- 10-12 Beginners IT group/ Crisis support
- 11- 1 Bingo – Broth/Stew, Bingo and Prizes £3 per person
- 1-3 Parent and Child group (Term time)
- 7-8.30 MenKind male support group.

Thursday

- 10-2 Low Cost Café, warm safe space
- 9-12 Change, Live, Grow
- 12- 13.30 Arts and Crafts
- 12-2 Emerging futures family support
- 10-2 Board Games and Social

Friday

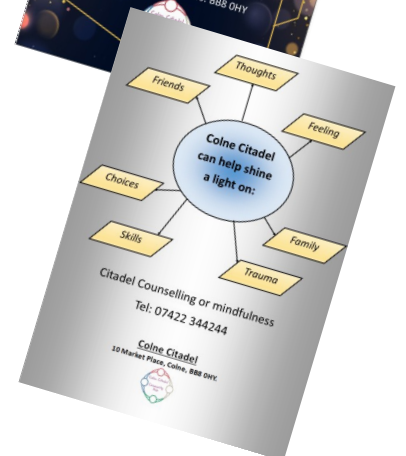
- Low Cost Café 10-2, warm safe space
- Nattershack 11.30-1
- Womenkind 10- 11.30

Saturday

- 9.30- 12 Full breakfast £5
- 5pm- 9pm Saturday Social, food and events (quiz/bingo/karaoke)

Sunday

- Talk and Walk first Sunday of each month 11am meet.
- All welcome.



Manager@Colnecitadel.co.uk

E.L.L.I.E.

East Lancashire Learning & Information Exchange (ELLIE) is running several services from our Bradley Family Hub/The Zone. ELLIE provide support for families new to Lancashire. They have translation services available and so can work with non-English speaking families with ease!

East Lancashire
Learning and Information Exchange equalityanddiversity@lancashire.gov.uk

**ARE YOU A FAMILY THAT IS NEW TO
LANCASHIRE?
DO YOU NEED SUPPORT
WITH GETTING A SCHOOL PLACE? OR
GETTING READY TO JOIN A NEW SCHOOL?**

We can help with ... Preparing your child for school
Understanding how schools and education work
Choosing a school
Learning basic skills and improving English language skills
Finding out about your new area and getting to know people locally

Visit us:

Every Tuesday, 9am- 4pm
(Term Time only)

ELLIE at The Zone Nelson
Leeds Road
Nelson
BB9 8EL

ELLIE help families to complete admission and appeal paperwork for schools and can help families to apply for Free School meals and Free Transport, if they are eligible for these. The drop-in service for this is on Tuesdays 0900-1300 and 1400-1600 (term time only).

They also run ESOL classes in conjunction with WEA. These classes are of varying levels at Bradley Family Hub/The Zone and starting shortly at Brierfield Family Hub.. These are free of charge for those 18 and over and are aimed to give adults the language tools to live, work and integrate into their local communities, and to help them with their life in the UK.

School readiness sessions Thursday 9:30 – 11:30am. This a six week programme of learning for children who are Primary and Secondary school age, who are international new arrivals awaiting school places. As some of these children have not been in school for a while, and their English levels vary, ELLIE provide English sessions to help them develop their language capability- speaking , listening and understanding, reading and writing to help them to get ready for learning in schools in the UK .

As this can be quite different to schools that they have previously experienced, or they or may have never attended school in their home country, the aim is to provide them with similar experiences to those in classrooms/schools, and they will be given opportunities to work both independently and collaboratively to acquire their English skills. If during the six week period they are allocated a school place they will then move to their school, and the information gathered about them and their English levels is passed onto the relevant school.

For more information, contact equalityanddiversity@lancashire.gov.uk

East Lancashire
Learning and Information Exchange

LANCASHIRE HEALTHY YOUNG PEOPLE & FAMILIES SERVICE

On behalf of Lancashire County Council and the NHS, Lancashire Healthy Young People & Families Service (provided by HCRG Care Group) provide a range of child and family services throughout Lancashire that are free at the point of delivery.

They provide Health Visiting services, health advice (from antenatal through to the first 5 years of your child's life) and School Nursing Services for 5 to 19-year-olds (to age 25 for SEND).

This includes advising on healthy growth and care, breastfeeding, providing help with common health problems and working with other professionals to support young families and carers

<https://lancsyoungpeoplefamilyservice.co.uk/>

Telephone: 0300 247 0040 – Monday to Friday 9am to 5pm

Email: VCL.019.SinglePointofAccess2@nhs.net






Breastfeeding & Parenting support on your phone!

LatchAid 3D support



FREE 5 month Premium upgrade*



Download now

Now including Premium in pregnancy!

For more information, visit: any.health/lancashire-hcr g



*Offer ends 31 March 2022
Any a is a lactation & parenting support app. All information provided does not amount to medical advice.



Lancashire Community 0-19 service, CFWS and FAB breastfeeding peer support are all UNICEF BFI Gold Accredited



The Virtual Group Programme


 0300 247 0040

 vcl.019.SinglePointOfAccess2@nhs.net

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

Visit our website for more info lancsyoungpeoplefamilyservice.co.uk



Tuesday	Wednesday	Thursday	Friday
Learning to Talk 10-11am 1st Tuesday of each month Talking tips for 1 & 2 year olds	Moving onto Solids* 0-12 mths 10-11am Run fortnightly	Baby & Me 10-11am 2nd Thursday of each month	Bump, Birth & Beyond** 12.30-2pm Run fortnightly Antenatal education
Understanding Colic & Reflux* 1-2pm Run fortnightly Breast and formula feeding		Antenatal Infant Feeding* 1-2pm Over 2 weeks	#BBB is also offered at face to face locations See our website or call us for info

*You can also view a pre-recorded version of these sessions available on our website

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

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



LANCASHIRE LIBRARIES

Reading for Health

Lancashire libraries are a great place to start your "Reading for health" journey. Lancashire Libraries stock the Reading Well collections which are book schemes which provide helpful information and self-help techniques for managing common conditions and symptoms, including anxiety, depression, pain, and fatigue. These books have been selected by health experts, librarians, and people with lived experience of the conditions and are recommended and used by health professionals.

The Reading Well schemes are:

- Reading Well for Children – aimed at children in KS2 aged 7 – 11.
- Reading Well for Teens – aimed at teenagers aged 13 – 18.
- Reading Well for Mental Health
- Reading Well for Long Term Conditions
- Reading Well for Dementia



Little Steps – 2023 saw the launch of our new reading scheme aimed specifically at ages 2-5. It is a free scheme aiming to boost Early Years development, which was shown to have been particularly hit by the lockdowns of recent years, with the scheme having been developed in collaboration with Early Years specialists. Families collect cards featuring a different friendly animal character, with each card corresponding to a particular developmental theme, e.g. making friends, self-esteem, emotions. A card contains a list of recommended books and tasks to complete, with children earning stickers for completing two books and two tasks. As part of Little Steps each of our libraries also hold a monthly session focussing on one particular card, helping children to progress with the scheme and putting into practice many of the activities that have been highlighted to help their development.



We have had 1895 families register for the scheme since launching in March. Future plans are to release a new set of character cards each year focussing on different developmental themes, with accompanying books and tasks, in order to provide new content for participating children all the way from age 2 to 5. The next set is due to be released in January 2024.



Culture Hacks are young volunteers aged 11 to 24 who volunteer in libraries, museums, and Archives. They get the chance to be involved in a wide range of activities and can develop their own ideas. The venues that host Culture Hacks have a designated member of staff who is there to support them in their volunteering experience. Young people interested in volunteering can call into their local library to talk to a member of staff, or see the current volunteer opportunities online on the Lancashire Volunteer Partnership website: [Lancashire Volunteer Partnership \(lancsvp.org.uk\)](http://lancsvp.org.uk)

Your local library has lots more going on, from Baby Bounce and Rhyme to Saturday morning Lego Clubs, plus they are all designated Warm spaces, where you can stay for a while, use their computers and get advice and signposting information from the staff.

Library	Mon	Tues	Weds	Thurs	Fri	Sat
Barnoldswick	9am - 5pm	9am - 1pm	9am - 7pm	9am - 5pm	9am - 5pm	9am - 1pm
Barrowford	9am - 5pm	Closed	9am - 1pm	9am - 7pm	9am - 5pm	9am - 1pm
Brierfield	9am - 5pm	9am - 7pm	Closed	9am - 5pm	9am - 1pm	9am - 1pm
Colne	9am - 7pm	9am - 5pm	9am - 5pm	9am - 5pm	9am - 5pm	9am - 5pm
Nelson	9am - 5pm	9am - 5pm	1pm - 7pm	9am - 1pm	9am - 5pm	9am - 5pm

HOME-START IN EAST LANCASHIRE

Home-Start in East Lancashire believes that children need a happy and secure childhood and that parents play the key role in helping them achieve their full potential. Home-Start wants to see a society in which all parents have the support they need to give their children the best start in life.

<https://homestarteastlancs.org/>



Colne Family Group
Monday 09:30 am—11:00 am

Come and join our family group in Colne

Relaxed and friendly group offering support and friendship for families with children 0-5 years.

Free to come along and enjoy toys, crafts, snacks and a brew

For more information contact Joanne on 07715 635 749

Location
Asda Community Room
Colne

گپ شب
Mondays 10:00 am -11:30 am

Come and join our chai and chat family group in Brierfield

Relaxed and friendly group offering support and friendship for families with children 0-5 years.

For more information contact Jade on 07832 164295

Location
Brierfield Children's Centre, Tunstill Square,
Brierfield, Nelson BB9 5GZ

Busy Bees
Tuesdays 09:30am- 11:00am

A support group for parent/carers, of all children who have additional and/or behavioural needs, who would like to share/ gain advice and ideas with others.

Busy bees can offer concerned parent(s) a relaxed non-judgmental atmosphere, one to one support and a stimulating, fun and positive play experience for the child.

For more information contact Joanne on 07715 635 749 or Rachael on 07702 555 078

Location
Colne Neighbourhood Centre, Walton Street, BB8 0EL

Home-Start Positive Steps Pendle

A peer support group for mums who have children's social care involvement or who have had previous children removed.

Group provides a safe place, to speak freely about your experiences, offers emotional support, reduces isolation and helps build positive relationships.

1:1 support is also available

The group is an opportunity to receive non-judgemental support and help you make positive changes in your lives

For more information contact Rachael: 07702 555 078

Every Wednesday
Railway Community Centre, Nelson
12-2pm

Kinship Carers Group

Are you looking after children from your extended family or a close friend? Do you have a Special Guardianship or Kinship order?

Would you like to meet others in a similar situation and support one another?

Why not join us for a once a month catch up, your children can play with others whilst you enjoy a brew and a chat.

1st Friday of every Month
1.30pm—3pm
Asda Community Room
Cooperation Street
Colne
BB8 8LU
CONTACT
Rachael on 07702555078
Or
Joanne on 07715635749

“Being a parent can be lonely, frustrating and overwhelming. Home-Start is there for families when they need it the most because childhood can't wait.”

Home-Start in East Lancashire provides a range of services to help families:

- A volunteer with parenting experience to visit parents with young children at home. The volunteer offers tailor-made one-to-one support, regularly – usually on a weekly basis.
- Emotional support to help parents find ways to manage and resolve problems.
- Direct support for children including playing, listening, having fun, establishing routines, encouraging development and providing opportunities for outings and treats.
- Practical help with getting to appointments, doing the shopping, budgeting, nutrition and meal planning, cooking and making the home safe.
- Outreach and family groups so parents can get out, meet others, and become more involved in their own community.
- Information and links to other organisations including health and educational services.
- Attendance at meetings and moral support, especially in relation to dealing with case conferences or solicitors and court cases. Access to parenting advice and parenting skills training.

CHILDREN'S ORAL HEALTH

Good oral health is very important, as it allows children to perform essential tasks like eating and speaking. It has psychosocial dimensions playing a part in developing self-confidence, the ability to socialise, and to play and learn without pain, discomfort and embarrassment. It can have longer implications right into adulthood and beyond affecting employment opportunities and overall health.

Oral disease, particularly caries, is among the most common noncommunicable diseases worldwide and is the biggest reason children end up having a general anaesthetic in the UK. The burden on and lack of access to NHS services is a concern to many. There are stark inequalities in oral health outcomes affecting the poorest communities disproportionately. The proportion of children in some of our districts (Pendle, Burnley, Hyndburn and Preston), have the some of the worst oral health in England.

Lancashire County Council is working on and setting improving children's oral health as a priority by working on the following projects:

Dental Epidemiology.

This occurs every two years and is undertaken by a team from the University of Central Lancashire Dental School. They look at a large sample of 5 year old children's teeth whilst in school. This information gives a good indicator as to the state of our children's teeth. It is important that schools take part if invited and that parents consent for their children when selected, if the measure is going to be anywhere near useful.

Intervening years are taken up by surveys that cover other groups of people whether it is adults, other ages of children or older people.

Health Visitor Toothbrush and toothpaste distribution.

This takes place during Health visitor visits to families where they are given a toothbrush and paste and given advice on oral health. An early start to toothbrushing is key to better oral health and avoiding treatment for caries as a child grows. We know that many children as young as 5 years old and earlier already have decayed missing or filled teeth.

Family Oral Health Campaign

Campaign for families with babies and young children. The community projects team and Public Health have worked with families, health and social care professionals, and education and community organisations to develop a campaign for families with very young children. Four of our districts consistently demonstrate poorer oral health and we have co-produced a range of resources to share in those areas but also more widely across Lancashire. The resources advocate for early toothbrushing, as soon as the first tooth appears.



Supervised Tooth Brushing.

One of the most widely used and recommended interventions for improving oral health is supervised toothbrushing and so a support scheme will be implemented in the future. This will help nursery providers with the 'know how' and support to organise a scheme at their site. This aims to work with those nurseries in the areas of greatest need first. However, nurseries and early years don't need to wait for that help. There are plenty of resources and guides available to help set up independently. However, if nurseries, particularly in Pendle, Preston, Hyndburn and Burnley are particularly keen for support, please contact healthimprovement@lancashire.gov.uk and ask to be put on the waiting list.

Vitamin D

Vitamin D is a nutrient which promotes good bone and teeth development. Many children have vitamin D levels lower than recommended. Vitamin D should be taken for all children particularly in the winter months and all children with dark skin all year round. It is contained within the NHS Healthy Start vitamin offer. The vitamins are given out for all our babies who are either breast fed or drink less than 500mls of formula by health visitors at two of their visits. They can also be claimed free when on a low income and eligible for Healthy Start <https://www.healthystart.nhs.uk>. Healthy Start vitamins are available at three CFWS buildings in Pendle: Whitefield Family Centre, Brierfield Family Hub, and Colne Family Hub. Lancashire libraries are able to assist potential claimants if they need help to complete the application process.



Community Engagement.

We want to challenge the ingrained assumptions about families and bring to light all that promotes the best in oral health in community and family. A massive thank you for all those people who have talked with us so far.

Give Up Loving Pop (GULP)

gulp. *give up loving pop* GULP is our successful schools-based programme run by local community football teams under the auspices of Healthy Stadia. Children at key stage 2 are challenged to give up pop for 21 days, take part in physical challenges, learn about sugar in fizzy drinks, energy/sport drinks and promotion of consumption of water. This is an extremely popular intervention and children in schools from targeted areas are invited to take part.

WE ARE WITH YOU

we are withyou in Lancashire

We Are With You is one of the UK's largest specialist drug and alcohol treatment charities. They work with over 95,000 people every year, helping them and their families deal with the effects of drug and alcohol misuse. As well as adult services, We Are With You also provide services specially tailored to the needs of young people and parents.

We Are With You was founded in 1967, when Mollie Craven wrote to the Guardian newspaper. Mollie's son was addicted to heroin. In her letter, she called for the formation of a group, to provide support to people in a similar position to her own. Out of this was created 'APA' - standing for both 'The Association of Parents of Addicts' and 'The Association for the Prevention of Addiction'. In 1997, APA re-branded as Addaction. Most recently, in February 2020, they have rebranded to We

Are With You - and since 1967, this has grown to a national organisation. Over the years they have built links with government, policy-makers and influencers.

We Are With You delivers drug and alcohol services throughout Lancashire (excluding Blackpool and Blackburn). They aim to deliver an accessible, young person friendly service which focuses on a variety of needs. They offer an integrated early intervention, prevention, treatment and community engagement service for young people up to 25 years and their families. The service is commissioned in partnership with the Public Health Department within Lancashire County Council.

As part of their service, We Are With You:

- Work one to one and in groups with young people to address their own substance or alcohol misuse
- Deliver group work sessions with young people in schools, colleges and youth groups etc.
- Train professionals, parents, and foster carers on substance misuse and the wider risks associated
- Address a range of issues that impact on the young person and affect their resilience e.g. self-harm,, emotional health and wellbeing (see additional model information)

Family support workers who our families and carers





- Link into wider support within the county including our own bespoke groups
- Work in partnership within the community with various services
- Operate regular detached outreach with the provision of diversionary activities across Lancashire
- Specialist school team covering north, central and east Lancashire
- Specialist Family safeguarding practitioners in partnership with CGL
- Specialist criminal justice workers based within CYJS

<https://www.wearewithyou.org.uk/>

Lancashire Infant Feeding Support

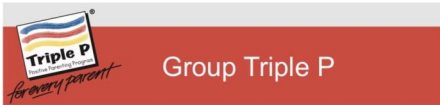


Who's there to help you with feeding your baby

Who	What	How
<p>Midwifery Service – (Care passed to Health Visiting at 28 days)</p> <p>Health Visiting Service – Lancashire Healthy Young People & Families 0-19 Service</p>  <p>Anya (Latch Aid) app – Early parenting and breastfeeding support</p>  <p>FAB Breastfeeding Peer Support</p>  <p>Children & Family Wellbeing Service</p> 	<ul style="list-style-type: none"> • Face to face 1:1 support at home and in clinic • Telephone support • Home visits offered: 5 core contacts AND as needed • Telephone and email support • Clinics – opportunity to discuss concerns and weigh baby • Live Virtual Groups (many also pre-recorded): Antenatal Infant Feeding, Colic & Reflux, BBB, Moving onto Solids and more! • Specialist Infant Feeding Clinic - virtual • Breastfeeding Specialist Lactation Consultant Clinics – in person • Parenting and lactation support tool offering round-the clock advice • FREE Premium upgrade during pregnancy +5 months (til 31/03/24) • 1:1 support from lactation experts and parental chat groups • Helpline and 1:1 digital support from trained peer supporters • Face to face groups and virtual groups • Maternity ward visits and home visits • Social media inc breastfeeding mothers private Fb group • Face to face & virtual groups i.e. Baby Massage, Baby & Me • 1:1 support in person and over the phone • Facebook page and website 	<ul style="list-style-type: none"> • Your 'Notes' will include Midwifery contact info depending on where you live and which NHS Trust you fall under <p>t: 0300 247 0040 (Mon-Fri 9am-5pm) e: vcl.019.singlepointofaccess2@nhs.net f: Facebook page w: Website – Your one-stop-shop! v: Virtual Group Programme</p> <ul style="list-style-type: none"> • Child Health / Well-baby local Clinics • Your child's 'red book' is a handy source of information <ul style="list-style-type: none"> ▪ Read more about Anya here ▪ Download the app today on your smartphone or tablet <p>w: Website and f: Facebook</p> <p>t: 01254 772 929 (Open everyday 9.00am – 5.00pm) e: admin@familiesandbabies.org.uk f: Facebook public page and private group w: FAB website</p> <p>For your nearest centre info: w: Website t: 0800 511 111 (Open everyday 2-10pm) f: Facebook – search Family Zone + your area/town</p>

*All services listed offer FREE support to families living in Lancashire who fall under the banner of Lancashire County Council.

The Triple P – Positive Parenting Program is one of the most effective evidence-based parenting programs in the world, backed up by more than 35 years of ongoing research. Triple P gives parents simple and practical strategies to help them build strong, healthy relationships, confidently manage their children's behavior and prevent problems developing. Triple P is used in more 30 countries and has been shown to work across cultures, socio-economic groups and in many different kinds of family structures. For more information on Triple P in Pendle, please contact your nearest CFWS centre or email cfwpenderlrs@lancashire.gov.uk



The Triple P – Positive Parenting Program® knows all parents have different needs. That's why Triple P has many different ways for you to get your parenting help. So you can choose what will suit you and your family best.

Who is this for?

- parents of children birth-12

Triple P can help you

- encourage behaviour you like
- deal with problem behaviour
- become confident as a parent
- be realistic about parenting
- take care of yourself

Is this your family?

Other parents don't seem to have it as tough as you. Your child constantly misbehaves. Your family life is full of anger and tears. There's probably a lot of shouting and your child may even be aggressive – perhaps hitting you, the furniture or his or her brothers and sisters. In fact, every day – from breakfast to bedtime – is a battle.

If this sounds familiar, then Group Triple P can help. Group Triple P gives you support to help you manage your child's behaviour and prevent the kinds of problems that make your family life stressful.

Or is this you?

You want to create the happiest home life you can. You may have a few concerns about your child's behaviour – perhaps there's disobedience or you simply want to find out how to set up better routines for mealtimes or bedtimes. Whatever it is, you're very keen to learn more about positive parenting and how you can apply it to your family. If you're ready for a more in-depth look at the parenting strategies that really can work, Group Triple P is ideal.

What happens at Group Triple P?

Group Triple P is a great opportunity to meet other parents in similar situations – other parents who'll support you and share stories with you.

From the start, you'll be given tips and suggestions to suit the needs of your family. You'll see scenes from the *Every Parent's Survival Guide* DVD, which will show you how the ideas work in real life. And your workbook will give you the tools and information you need to start positive parenting straight away at home. Your Triple P provider will guide you every step of the way and even provide backup phone support as you put your new skills into practice.

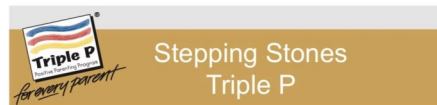
How long does it take and how big are the groups?

There are about 12 parents in a group session. Usually, each session lasts no more than two hours at a time. In all, you'll attend no more than five group sessions – the first four should give you the tips you need to start positive parenting.

Then, you'll have three weeks to practise Triple P at home. Your Triple P provider will call you every week at a set time to find out how you're doing and offer advice if you're having any trouble. Those calls will last about 15 minutes.

Finally, you'll meet up with your group and Triple P provider for one last session. This is a chance to go over any problems you may still have – and to congratulate yourself on how far you've come!

www.triplep-parenting.net



The Triple P – Positive Parenting Program® knows that all parents have different needs. That's why Triple P offers a number of specialist programmes tailored to suit parents with very specific needs or circumstances. Stepping Stones Triple P is one of them.

Who is this for?

- parents of children with a disability (birth-12 years)

Stepping Stones Triple P can help you

- manage problem behaviour and developmental issues common in children with disabilities
- encourage behaviour you like
- cope with stress
- develop a close relationship with your child
- teach your child new skills

What is Stepping Stones Triple P?

Stepping Stones Triple P has been developed for parents of children with a developmental disability. Because it's based on Triple P's proven parenting strategies, it gives you ways to deal with the kinds of childhood behaviour problems and issues that can make family life stressful. Stepping Stones Triple P has been evaluated with real families and has been shown to work with children with intellectual and physical disabilities who have disruptive behaviour.

What are the ways I may do Stepping Stones Triple P?

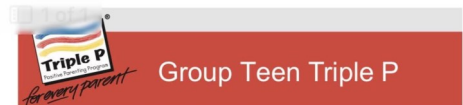
Seminars tackle the most common issues for parents of children with a disability and bring together large groups of parents – often 20 or more. Each seminar takes just 90 minutes and you can do one, two or all three in the series. The topics in the series are: *Positive Parenting for Children with a Disability: Helping your Child Reach their Potential*; and *Changing Problem Behaviour into Positive Behaviour*.

Primary Care Stepping Stones is a series of brief counselling sessions with a trained provider. Sessions are 15 and 30 minutes. You'll meet four times (although sometimes more, sometimes less) over the space of a month or so. Your provider will be someone from your local health, education or welfare community – perhaps a family support worker, school counsellor, special education teacher or a family doctor. You'll meet to tackle specific behaviours or issues that are particularly worrying you. You could discuss anything from your child's fears and anxiety to meltdown, tantrums or disruptive behaviour. You'll be given a targeted Stepping Stones booklet with more information to help you manage the problem at home.

Standard Stepping Stones is more in-depth and is recommended for families with significant problems at home. Standard Stepping Stones is done in private with a provider, who will help you develop a wide range of positive parenting skills. You'll meet up for eight to ten sessions of an hour each. You'll be shown excerpts from the *DVD A Survival Guide for Families with a Child who has a Disability* and be given the *Stepping Stones Triple P Family Workbook*.

Group Stepping Stones is great if you are having significant problems with your child's behaviour or if you would simply like to learn parenting skills to help promote your child's development and potential. You'll meet with a small group of parents who also have a child with a disability. There'll be just six sessions of around 2 ½ hours each. It will take a couple of months to complete. During the sessions you'll watch DVD excerpts of the parenting strategies being used in real family situations and you'll have a group workbook to take home. Your provider will also call you at home (three times for between 15 and 30 minutes) to answer questions, provide support and help you with any problems.

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The Triple P – Positive Parenting Program® knows all parents have different needs. That's why Triple P has many different ways for you to get your parenting help. So you can choose what will suit you and your family best.

Who is this for?

- parents of teenagers

Teen Triple P can help

- build a better relationship with your teenager
- reduce conflict
- keep your teenager safe
- be realistic about parenting
- take care of yourself

Is this your family?

Your teen's behaviour has become too much for you to handle. At home, there's probably a lot of shouting and very little agreement. Or maybe you don't bother trying to talk anymore. But you are worried. Where will this all end?

If this sounds familiar, then Group Teen Triple P can help you, and your teenager, get back on track.

Or is this you?

Or, maybe it isn't that bad. It's just that you realise things can change very quickly. So you've been to know as much as possible about positive parenting so you'll be prepared if hassles arise.

Group Teen Triple P can give you the support you need to be prepared!

What happens at Group Teen Triple P?

Group Teen Triple P is a great opportunity to meet other parents in similar situations – other parents who'll support you and share stories with you.

From the start, you'll be given tips and suggestions to suit the needs of your family. You'll see scenes from the *Every Parent's Guide to Teenagers* DVD, which will show you how the ideas work in real life. And your workbook will give you the tools and information you need to start positive parenting straight away at home. Your Teen Triple P provider will guide you every step of the way and even provide backup phone support as you put your new skills into practice.

How long does it take and how big are the groups?

There are about 12 parents in a group session. Usually, each session lasts no more than two hours at a time. In all, you'll attend no more than five group sessions – the first four should give you the tips you need to start positive parenting.

Then, you'll have three weeks to practise Triple P at home. Your Triple P provider will call you every week at a set time to find out how you're doing and offer advice if you're having any trouble. Those calls will last about 15 minutes.

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