



Useful numbers

Lune Park Neighbourhood Centre:
01524 581280

Westgate Neighbourhood Centre:
01524 586509

Poulton Neighbourhood Centre:
01524 581281

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

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

DELIVERING EARLY HELP

Children and Family Wellbeing Service



What's on guide

Lancaster District

January 2022



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.

Centre details

Lune Park Neighbourhood Centre

Ryelands Park
Owen Road
Lancaster
LA1 2LN
01524 581280

***Open Tuesdays, Wednesdays, and Fridays between 10am – 12 noon for Vitamin D drops.**

Poulton Neighbourhood Centre

The Old Fire Station
Clark Street
Morecambe
LA4 5HT
01524 581281

***Open Mondays and Thursdays between 10am – 12 noon for Vitamin D drops.**

Westgate Neighbourhood Centre

Langridge Way
Morecambe
LA4 4XF
01524 586509

***Open Wednesdays, and Thursdays between 10am – 12 noon for Vitamin D drops.**

Online details

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

Facebook: **Lancaster and Morecambe Family Zone**



Programme

Monday

Poulton

Chat, Play & Read
9.30am – 10.30am

Bounce & Rhyme
1pm – 2pm



Tuesday

Lune Park

Baby Massage
9.30am – 10.30am

Baby Massage
11am-12am

Bounce & Rhyme
1pm – 2pm

Westgate

Messy Play
9.30am – 10.30am

Poulton

Wiggle & Giggle
10am - 11am

Morecambe Library

Young Parents to be
1pm -3pm

IMPACT (Youth Group) 8-11 years
3.30pm – 4.45pm

Online Zoom

Parents to Be
3.30pm – 4.30pm

Wednesday

Lune Park

Chat, Play & Read
9.30am – 10.30am

AOK
1– 2pm

Westgate

Baby Massage
10am -11am

Teen Triple P
1pm – 3pm

Online Zoom

Group Triple P
10am – 11.30am

Westgate School

Group Triple P
1pm – 3pm



The Freedom Programme

[Are you in an abusive relationship or have you been affected by domestic abuse?](#)

We offer a friendly, group support programme online and face to face in Lancaster & Morecambe to help you move on and build a healthier, safer, more confident life.

We also offer support for children who have been affected by domestic abuse.



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



Programme (cont)

Thursday

Lune Park

Wiggle & Giggle
1pm – 2pm

Westgate

Bounce & Rhyme
9.30am – 10.30am

Wiggle & Giggle
1pm – 2pm

Poulton

Baby Massage
10am – 11am

Messy Play
1pm – 2pm

Online Zoom

Teen Triple P
5.30pm – 7pm

Central High School

Teen Triple P
3.30pm – 5.30pm

Friday

Lune Park

Messy Play
9.30am – 10.30am

Westgate

Chat, Play & Read
9.30am – 10.30am



Youth Programme

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

Monday

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

6.15pm – 8.30pm
A group for young people with special
educational needs and disabilities.
Activities include cooking, games and
physical activities in a safe supportive
environment. Taking place at
Morecambe Library.

Contact Claire Armer 07717815062

PYRO (LGBTQ+)

For more information regarding
date/time/venue
Contact: Nicole Cobb 07887631335

Tuesday

**Detached Session (12 to 19yrs or up to 25
with SEND) from 14th February 2022**

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: Charlie Bluglass 07977273886

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: Charlie Bluglass 07977273886

Thursday

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

3.30pm – 5.30pm
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



**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

Friday

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

6.15pm – 8.30pm
This group is open to any young person in the
local area. Safe space for young people to
hang out with friends and opportunities to
participate in a variety of activities. Held at
Morecambe Library.

Contact: Charlie Bluglass 07977273886



About our groups and services...

What are the courses about?

Parents 2 Be

An antenatal course providing you with key information on Safer Sleep, ICON coping with crying, caring for your newborn and early play.

Young Parents To Be

A group for parents to be aged 20 years and under. Antenatal care and information to help you make informal choices about birth, preparation for birth as well as key messages about infant feeding, safer sleep, play, communication and taking care of your new baby.

Baby Massage

Birth to crawling, to promote nurturing touch and communication. Please bring a towel and oil with you.



Wiggle & Giggle

A group aimed at babies under 6 months old offering key information and advice about safer sleeping, comforting a crying baby (ICON), language development and home safety. Babies will be entertained with fun activities and group nursery rhymes.

Bounce and Rhyme

Is a group following the "Hungry Little Minds" campaign which encourages parents and carers to adopt positive activities and behaviours to boost children's communication, language, and literacy development.

This is a group aimed for babies and toddlers to join in with singing songs to aid development of language and communication.

Chat, Play and Read

Is aimed at early communication, play, reading and interaction with your child. It helps parents to understand the age and stage development of their child and moves onto school readiness.

Messy Play

Children explore the world through touch. It is important to give your child plenty of opportunities to experience different touch sensations. Messy Play is a great way to give your child lots of different sensations and it helps them to develop hand and finger coordination.



Triple P

Triple P - is a parenting programme, but it doesn't tell you how to be a parent. It's more like a toolbox of ideas. You choose the strategies you need. You choose the way you want to use them. It's all about making Triple P work for you. The three Ps in 'Triple P' stand for 'Positive Parenting Programme' which means your family life is going to be much more enjoyable.

Stepping Stones Triple P

This course is specifically for those parenting children with disabilities.

Group Triple P

For those parenting children aged 0 – 12 years.

Teen Triple P

For those parenting Teens.



AOK

A parent peer support group providing a safe and welcoming environment for children with any additional needs and their parents/carers to enjoy a variety of activities and meet new friends. Siblings welcomed too.

IMPACT (8-11 years - Key Stage 2)

A group for children age between 8 – 11 years in Key Stage 2.

Opportunities to make new friends, participate in fun games and creative activities.



PYRO (LGBTQ+)

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.

Contact Nicole Cobb 07887631335 for more information regard date/time/venue.





More about our groups

All our groups are **FREE** to attend.

Most groups you can just turn up to on the day, and there is no expectation to commit to attending regularly.

Some of our groups you need to book onto such as Baby Massage. These run for a set number of weeks.

If you have a query about a group or would like to book onto sessions, please give us a call on **01524 581280**.



Health 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 must be receiving the Healthy Start vouchers that you get with your food vouchers. You will exchange the voucher to get your free vitamins.

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



What do qualifying families get?

If you are at least 10 weeks pregnant you get 1 voucher a week worth £3.10.

For each baby under the age of 1 you get 2 vouchers a week worth £6.20. For each child over the age of 1 and under 4 you get 1 voucher a week worth £3.10.

You will also receive vouchers for free maternal supplements and/or child vitamin drops.

How do I sign up?

Families receiving certain benefits such as income support, job seekers allowance or child tax credit can check if you are eligible here.

Website:

<https://www.healthystart.nhs.uk/healthy-start-vouchers/do-i-qualify/do-i-qualify/>

Apply by Email:

<https://www.healthystart.nhs.uk/healthy-start-vouchers/how-to-apply/email-application-form/>

Apply Online:

<https://www.healthystart.nhs.uk/healthy-start-vouchers/how-to-apply/online-application-form/>



You can collect your drops from the following centres if you have a Healthy start voucher:

Lune Park Neighbourhood Centre

Ryelands Park
Owen Road Lancaster
LA1 2LN
Tuesdays, Wednesdays, and Fridays
10am – 12 noon

Westgate Neighbourhood Centre

Langridge Way
Morecambe
LA4 4XF
Wednesdays, and Thursdays
10am – 12 noon

Poulton Neighbourhood Centre

Clark Street
Morecambe
LA4 5HR
Mondays and Thursdays
10am – 12 noon