

Introducing our TYS Offer – Ages 12 – 19 and 25 for SEND

Moor Nook Family Hub / The Zone
Burholme Road, Ribbleson, Preston, PR2 6HN
For enquiries, email: PrestonTYS@lancashire.gov.uk

Monday: Step up to Youth Work (8-12yrs) 3.30pm-5.00pm

SEND 'This is Us' 6.00pm-8.00pm

Tuesday: LGBTQ+ 'Bread' 6.00pm-8.00pm

Wednesday: Youth Council 6.00pm-8.00pm

Thursday: NEET 1.00pm-3.00pm

Young Persons Drop in 6.00pm-8.00pm

Lad's Project 6.00pm-8.00pm

Community Detached Provision 6.00pm-8.00pm

Friday: Friday Night Safe Space 6.00pm-8.00pm

Community Detached Provision 6.00pm-8.00pm



Follow our Preston Family Hubs Facebook Page for more information

PRESTON

A warm welcome to you from everyone at Preston Children and Family Wellbeing Service.

Our What's on Guide aims to keep you up to date on all our groups and other services available at your nearest Family Hub or Family Centre.



ALL OUR GROUPS ARE FREE!

Children and Family
**Wellbeing
Service**

**Lancashire
County Council**

0-5 years old	
Infant Massage	Suitable for babies from 6 weeks to crawling, these sessions support your baby's development and strengthen your attachment.
Baby and You	A fun and stimulating group that encourages positive play and interaction with your baby. Suitable for babies from birth to pre-walking stage.
Chat, Play and Read	A group for children under 5, which supports speech, language development, and listening skills in a fun and interactive way.
Development Matters	A wonderful session for children under 5 to learn, play, and make friends. It offers stimulating indoor and outdoor activities.
Hi Move and Groove	Develop social skills and make friends in this fun and upbeat group which encourages physical activity and a healthy lifestyle. For children under 5.
Transitions	Supporting children's development through learning, creative play and exploration as they prepare for early years provision or primary school.
5-11 years old	
Inside Out	A group to build confidence, self-esteem, and friendships through creative and physical activities. Promotes physical play and a healthy lifestyle whilst building social skills and having fun.
Move and Groove	A safe space for children with physical, learning, behavioural, or emotional difficulties to gain confidence, self-expression and make new friends.
Confident Footsteps	For children moving from primary to secondary school, this session uses interactive activities to help them prepare both practically and emotionally.
Parenting and Family Support – Parents and Carers	
Bump, Birth and Beyond	A comprehensive course supporting expectant parents in preparing for their baby's arrival. Delivered in partnership with midwives and health visitors.
Triple P	An evidence-based approach to support children's development and address behavioural concerns. Triple P Group - 2-11 years old, Triple P Teen and Stepping Stones - for parents or carers who have children with a disability or additional needs up to 12 years old.
Nurture Programme	Focuses on building strong, trusting relationships and promoting emotional wellbeing through self-awareness, empathy, realistic expectations, and positive discipline.
Where Relationships Change Families	Empowers parents and carers to understand and manage conflict through effective, constructive communication. This programme is for women who have experienced domestic abuse from a partner or family member. It helps you recognise abusive behaviours, and understand healthy relationships in a relaxed, informal setting.
Safe Recovery	For women who have experienced domestic abuse. Offers support in recognising abusive behaviours, understanding healthy relationships, and connecting with others in a safe, supportive environment – call for more information.
Targeted Youth Support 12-19 (25 SEND)	
SEND	The group aims to work on life skills, improving communication skills, self-confidence & self-esteem in a group work setting.
Safe Spaces	Safe space for young people to hang out with friends and opportunities to participate in a variety of activities.
LGBTQ+	Access this group to obtain support, discuss and challenge ideas around gender and identity.
Youth Council & Participation	Join and have your say. At this group you can join in with debates on issues in the local community and wider society. Creating campaigns for positive change.



Visit www.lancashire.gov.uk and search 'safer sleep for baby' for more information about the 'six steps' to safer sleep.



**LANCASHIRE
FAMILY
HUBS**

