Family Hubs Network Rossendale Partners

Rossendale Newsletter, November 2026

Making a Difference

Young people in East Lancashire, and those concerned about a young person's wellbeing, can access free online mental health advice through CYPMH East's "Attend Anywhere" drop-in service. The virtual sessions offer advice, guidance and support from mental health professionals in an accessible online setting.

Upcoming sessions, on Wednesdays:

4/11/26 – 1pm to 3pm
11/11/26 – 3pm to 5pm
18/11/26 – 5pm to 7pm
25/11/26 – 1pm to 3pm

For joining details, scan the QR code below



New Initiatives

Could you spare a few hours to help your local community? Lancashire and South Cumbria NHS Foundation Trust is recruiting volunteers to support children, young people and families across the area.

As a Community Connector or Youth Support Volunteer, you can help people access local support, share your knowledge and make a positive difference in your community. Full training and support are provided.

For more information, scan the QR code on the poster or contact your local Family Hub.

Supporting Local Families

Autism & ADHD Advocates CIC has expanded its free online support programme, adding new weekday, evening and Saturday morning sessions to make support more accessible for families and individuals. The sessions are open to parents, carers and neurodivergent people, offering practical advice, guidance and a greater understanding of autism and ADHD.

Participants can also suggest topics they would like to explore in future sessions. Attendance is free, no diagnosis is required, and cameras can remain off if preferred.

For more information or to book a place, visit:

www.autismadhdadvocates.org.

A valuable and accessible source of support for neurodivergent individuals and their families.

Working Together

Starting this November, families with children aged 0-5 are invited to join Little Explorers @ Hillside, a fun and welcoming toddler group held at:

Hillside Nursery, Cedar Avenue, BB4 5NH.

Featuring songs, stories, play activities and opportunities to make new friends, the sessions are designed to support young children's learning, development and confidence through play.

The group runs from 9:15am to 10:30am, starting 3rd November, and there is no need to book - simply turn up and join the fun! For enquiries, contact the Family Hubs!

For more information, get in touch today:
Rossendalefamilyhub@lancashire.gov.uk

Or call us on **01772 536 873**