



Visit [www.lancashire.gov.uk](http://www.lancashire.gov.uk) and search 'safer sleep for baby' for more information about the 'six steps' to safer sleep.

lanashire.gov.uk

**Talk Zone**

You can contact us from 2-10pm, 365 days a year.

Talk online [lanashire.gov.uk/youzone](http://lanashire.gov.uk/youzone)  
Text 07786 51 11 Call 0800 51 11 11  
Find us on Facebook @LancashireYZ  
Find us on Twitter @LancashireYZ  
Email [talkzone@lanashire.gov.uk](mailto:talkzone@lanashire.gov.uk)

NCT Lancashire Support Helpline  
0208 752 9025 Monday - Friday, 9am - 5pm  
Email: [lanashiresupport@nct.org.uk](mailto:lanashiresupport@nct.org.uk)  
NCT Feeding Line  
0300 330 0700  
Free support is available every day from 8am to midnight, including bank holidays.

Ready to quit for good?  
Call us today on 08081 962 638  
Smokefree Lancashire  
Council for Quit

Get your free Healthy Start vitamins here.  
Use your NHS Healthy Start prepaid card to collect:  
• Vitamins for women  
• Vitamin drops for babies and young children  
[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

Let's get brushing!  
It's never too early to start brushing!  
SHN  
LANCASHIRE COUNTY COUNCIL

## Useful Numbers

Childcare Funding	0300 1234097
Childline	0800 1111
Children's Services	0300 1236720
Citizens Advice Line	0800 1448848
Community Midwives	01257 245116
Food Bank South Ribble	01772 930405
Health Visitors	0300 247 0040 Opt 1
Medical Advice	111
Mind Matters	01772 773437
National Breastfeeding Helpline	0300 1000212
National Domestic Abuse	0808 200247
NCT Feeding Support Helpline	0300 3300700
NHS Dentist helpline	0300 3301348
Royal Preston Hospital	01772 522972
The Wish Centre	0300 5610440
Tippy Toes Baby Bank	07852304225

## What's On...



Welcome to our  
**South Ribble Family Hubs**  
What's On Guide.

January – March 2026



Please remember all our groups are free

#HAF26

Participation	Groups and services provided by our Family Hub Partners
SEND	The group aims to work on life skills, improving communication skills, self-confidence & self-esteem in a group work setting. 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. 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.
DA 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.
Positive Relationships, Stronger 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.
Nurture Programme	Focuses on building strong, trusting relationships and promoting emotional wellbeing through self-awareness, empathy, realistic expectations, and positive discipline.
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.
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.
Parenting and Family Support - Parents and Carers	
Colourful Footsteps	A safe space for children with physical, learning, behavioural, or emotional difficulties to gain confidence, self-expression and make new friends.
Move and Groove	Promotes physical play and a healthy lifestyle whilst building social skills and having fun.
Inside Out	A group to build confidence, self-esteem, and friendships through creative and physical activities.
5-11 years old	
Transitions	Supporting children's development through learning, creative play and exploration as they prepare for early years provision or primary school.
Mini 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.
Development Matters	A wonderful session for children under 5 to learn, play, and make friends. It offers stimulating indoor and outdoor activities.
Chat, Play and Read	A group for children under 5, which supports speech, language development, and listening skills in a fun and interactive way.
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.
Infant Massage	Suitable for babies from 6 weeks to crawling. These sessions support your baby's development and strengthen your attachment.

# What's On...

**South Ribble &  
Family Wellbeing Service**  
www.southribblefamilyhub@lancashire.gov.uk  
www.lancashire.gov.uk/events  
January - March 2026



Scan to Book  
an Event



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>West Paddock Family Hub &amp; the Zone</b> West Paddock, Leyland Preston PR25 1HR <b>01772 532930</b></p> <p><b>Youth Support</b> 12 – 19 years old (25 with SEND)</p>	<p>9:30am – 11:00 am Story Corner</p> <p>6:30pm – 8:30 pm <b>UNITE</b> (SEND Group)</p>	<p>9:30am – 11:30am Horizons (6/1/26 – 17/2/26) (3/3/26 – 7/4/26)</p> <p>3:30pm – 4:30pm Warm &amp; Welcome</p> <p>4:30pm – 6pm Thrive</p> <p>7 pm – 9pm POUT (LGBTQ+ Group)</p>	<p>9:30am – 11:30am One Stop Shop and SEND drop in (every 3<sup>rd</sup> Wednesday of the month)</p> <p>1pm – 3pm Nurture Parenting (Bookable parenting course)</p> <p>7pm – 9pm Youth Council</p>	<p>9:30am – 10:30am Magical Moments Colourful Footsteps</p> <p>1:30pm – 3:00pm Baby &amp; You Sensory</p> <p>5:30pm – 7:30pm Bump, Birth &amp; Beyond (8/1 &amp; 15/1) (2/4 &amp; 9/4)</p>	<p>9:15am – 11:30am Weigh, Stay &amp; Play (Limited to 20 spaces)</p> <div style="border: 1px solid black; padding: 5px;"> <p><b>NEW SATURDAY GROUP</b> 9:30am – 11am Fortnightly Colourful Footsteps Starting 10/1/26</p> </div> <p>7pm – 9pm Safe Space &amp; Detached Work</p>
<p><b>Walton-le-Dale Family Hub</b> Brindle Road, Bamber Bridge Preston PR5 6YJ <b>01772 532930</b></p>	<p>1pm – 2:30pm Baby &amp; You Sensory</p> <p>1pm – 3pm Baby &amp; You Sensory with drop in Weigh session (Every other Monday, from 5/1/26 limited to 15 spaces)</p>			<p>9:30am – 11am Story Corner</p>	
<p><b>Kingsfold Family Centre</b> Martinfield Road, Penwortham Preston PR1 9HJ <b>01772 532930</b></p>	<p>9:30am – 11am Mini Move &amp; Groove</p> <p>1pm – 3pm Riding the Rapids (Bookable parenting course)</p>	<p>9:30am – 11am Baby &amp; You</p> <p>9:30am – 11:30am Baby &amp; You with drop in weigh session (Every other Tuesday, from 13/1/26 limited to 15 places)</p>	<p>1:30pm – 2:30pm Babbling Babies (0 – 18 months)</p>		 <p>Follow us on  for all up to date information</p>
<p><b>Wade Hall Family Centre</b> 75 Royal Avenue, Leyland Preston PR25 1BX <b>01772 532930</b></p>			<p>1:30pm - 2:30pm Chat, Play Read (Referral only)</p>		
	<p>9:30am – 11:00am Beehive Development Matters</p> <p><b>St Aidan's Church</b> Station Road PR5 6QR</p>				<p>9:30am – 11:30am Beehive Baby &amp; You Development Matters</p> <p><b>New Day Church</b> Ward Street PR5 5HR</p>

