



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

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

talk zone
You can contact us from 2-10pm, 365 days a year.
Talk online lancashire.gov.uk/youthzone
Text 07786 51 11 11 Call 0800 51 11 11
Find us on Facebook @LancashireYZ
Email talkzone@lancashire.gov.uk

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

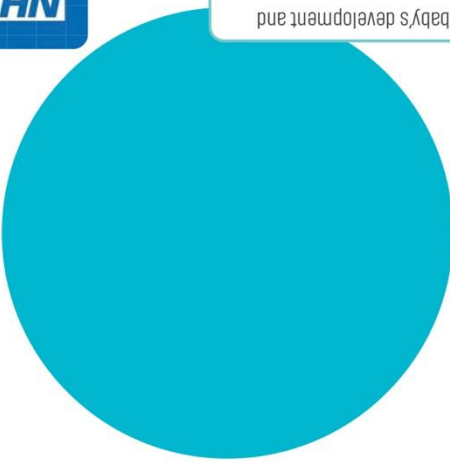
Let's get brushing!
It's never too early to start brushing!
SHN
SCAN FOR MORE INFORMATION
Lancashire County Council

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 Spaces	Safe space for young people to hang out with friends and opportunities to participate in a variety of activities.
LGBTQ+ Youth Council & Participation	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.

Targeted Youth Support 12-19 (25 SEND)	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.
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.
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. In partnership with midwives and health visitors.
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	A comprehensive course supporting expectant parents in preparing for their baby's arrival. Delivered in partnership with midwives and health visitors.
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.
Colourful Footsteps	For children moving from primary to secondary school, this session uses interactive activities to help them prepare both practically and emotionally.

5-11 years old	For early years provision or primary school.
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.



BEST START IN LIFE

What's On...

LANCASHIRE FAMILY HUBS NETWORK

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



What's On...

Preston Children & Family Wellbeing Service
07th September 2026 - 18th December 2026



Scan to Book an Event



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Ribbleton Family Hub, Ribbleton Hall Drive, Preston, PR2 6EE 01772 539444	Messy Play (0-5yrs) 9.30-11.00am Triple P Stepping Stones 1.00-3.00pm Colourful Footsteps (5-11yrs) 4.30-6.00pm (SEND)	PEEP Baby & You (non-mobile) 9.30-11.00am Chat, Play & Read 1.00-2.30pm NCT Breastfeeding Support Group 10-11.30am One Stop Shop & DWP Drop in 2.00-4.00pm (Last Tuesday of the month) Children's Family Hub Advisory Group 3.30-5.00pm (half termly)	HCRG Weighing Clinic 9.15-11.15am SALT (invite only) 9.15am-12.00pm Pram Push & Wellbeing Walk 9.30-11.00am BBB (3 monthly) 6.00-7.30pm	Infant Massage 9.30-11.00am Mini Colourful Footsteps (0-5yrs) 1.00-2.30pm (SEND) Stay & Play (0-5yrs) 3.30-5.00pm Move and Groove (5-11yrs) 3:30 – 5:00 pm Parent/Carer Champion Forum 6.00-7.30pm (monthly)	PEEP Mini Move & Groove (0-5yrs) 9.30-11.00am Story Time (0-5yrs) 1.00-2.30pm Parents to Be (on demand) 1.00-3.00pm
Riverbank Family Hub, Brieryfield Road, Preston PR1 8SR 01772 531948	Infant Massage Mini Colourful Footsteps (0-5yrs) 1.00-2.30pm	Music Group (0-5yrs) 1.00-2.30pm Family Stay & Play (0-11yrs) 3.30–5.00pm	Sensory Play (0-5yrs) 9.30-11.00am Community Cafe 8.30-1.30pm Positive Relationships 1.00-3.00pm (booking required)	Stay & Play (0-5yrs) 9.30-11.00am Mini Move & Groove (0-5yrs) 1.30-3.00pm HCRG Weighing Clinic 1.00-3.00pm	Baby & You (non-mobile) 9.30-11.00am Stay & Play (0-5yrs) 1.00-2.30pm
Preston West Family Hub, Ainsdale Drive. Preston PR2 1TU 01772 536419	HCRG Weighing Clinic 09.15-11.15am Baby & You (non-mobile) 9.30-11.00am Messy Play (0-5yrs) 9.30-11.00am Triple P Discussion Group 1.00-3.00pm (booking required)	Story Time (0-5yrs) 9.30-11.00am Family Stay & Play 3.30-5.00pm	HCRG School Readiness (invite only) 9.00am-12.00pm	PEEP Stay & Play (0-5yrs) 9.30-11.00am One Stop Shop 2.00-4.00pm (Second Thursday of the month) DWP Drop In 2.00-4.00pm (second Thursday of the month)	Sensory Play(0-5yrs) 9.30-11.00am Stay & Play (0-5yrs) 1.00-2.30pm
Moor Nook Family Hub and Youth Zone, Burholme Road, Preston, PR2 6HN	Step Up to Youthwork (8-12yrs) 3.30-5.00pm	Stay & Play (0-5yrs) 9.30-11.00am Family Stay & Play (0-11yrs) 3.30-5.00pm	BEST START IN LIFE	All our groups are free!	We are excited to be introducing a Saturday Dads and Carers Group at Moor Nook. Please come and join us for exciting activities from 10:00am – 11.30am (0-11yrs) Come and join in the fun!
Preston East Family Centre, Watling Street Road, Preston PR2 6TU 01772 539420	PEEP Mini Move & Groove (0-5yrs) 9:30-11:00am HCRG School Readiness (invite only) 12:30-3:00pm		Solihull Parenting 9:30 - 11:30 New Horizons 13:00-14:30		Sensory Room Sensory rooms are available at Ribbleton Family Hub and Preston East Family Centre. For Enquiries: cfwprestonroombookings@lancashire.gov.uk
Stoneygate CFW Services, Stoneygate Walk Preston PR1 3XU	 Care Group To book courses with your Health Visitors. Scan code below:	 Lancashire Health Visiting and School Nursing Available in our centres: - Developmental checks - Baby Weigh clinics - Bump Birth and Beyond - Breast Pump Loan Service (call the Family Hubs)		Riding the Rapids Parenting 9:30-11:30am Nurture Parenting 1.00pm-3.00pm	
Ribbleton Library Ribbleton Hall Drive PR2 6EE				Womens Group 10:00-12:00	
Foxton Centre Knowsley Street Preston PR1 3SA The Vault, Tithebarn St, Preston PR1 1DN The Intact Centre 49 Whitby Ave, Ingol, Preston PR2 3YP Millbank Court, Edmund Street, Preston, PR1 1ED			Baby & You (non-mobile) 9:30 – 11:00 Stay & Play (0-5yrs) 1.00 – 2.30pm Stay & Play (0-5yrs) 9.30-11.00am		