



Spring 1- Term Newsletter

Welcome to the Children & Family Wellbeing Service newsletter.

Jump into Fun

Jump into fun sessions have now replaced the inside out groups delivered in centres, there will be a focus on emotional health and wellbeing through physical activity. The aim will be to build on effective teamwork skills, resilience and confidence/self esteem. The Jump into fun sessions are for ages 7-11, with **no booking** required.

The Ribble Valley session will be every Tuesday 3.45-5.15pm at Clitheroe Family Hub and the Zone, BB7 2JY.

Riding the Rapids

Riding the Rapids is a 10 session group-based intervention for parents and carers of Autistic children and young people, children and young people with significant Learning Disabilities, and those on the pathway for Autism assessment.

With well-being at its centre, Riding the Rapids supports parents and carers to understand and reduce their child's stress, distress, anxiety related behaviour, or other behaviours of concern. The programme uses a structured, neuro-affirmative approach. It increases parents' confidence and coping, and supports families to thrive.

Bookings is requires through the events booking page (see link below)



Lancashire Family Hubs Network



Find support for you and your family from local services both in person and online. Support is available for all stages of family life, from pregnancy through to 19 years old or 25 for those with special educational needs and disabilities (SEND). Families can access a wide range of services at Family Hubs, such as:

- midwife and health visitor appointments
- groups for expectant mums and dads
- counselling for families
- baby feeding advice
- SEND support groups and advice

[Lancashire Family Hubs Network - Lancashire County Council](#) – Family Hub webpage

Ribblevalleyfamilyhub@lancashire.gov.uk - email

Lancashire County Council Events-

Please signpost all your families to our events through this link

[Lancashire County Council Events](#) – Events page

Ribble Valley What's On

Targeted Youth Support 12-19 (26 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+	
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.
Participation	Groups and services provided by our Family Hub Partners

What's On...



Ribble Valley

Important Information

If you believe that a child is in immediate danger, please contact the Police in the first instance using 999.

Next, report your concerns to Children's Service by telephone: 0300 123 6720 or 0300 123 6722 if out of hours.

Please have available the Police crime log number.

To contact your local Family Hub Please call: 01200 420460 or Email: Ribblevalleyfamilyhub@lancashire.gov.uk



Longridge Family Hub
Berry Lane
Longridge
PR3 3JP



Clitheroe Family Hub
Wesleyan Row
Parsons Lane
BB7 2JY

Please use the QR code to register if you haven't been to our groups before

facebook

Children and Family Wellbeing Service



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.
Mini Move and Groove	Develop social skills and make friends in this fun and upbeat group which encourages physical activity and a health 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.
Move and Groove	Promotes physical play and a healthy lifestyle whilst building social skills and having fun.
Colourful Footsteps	A safe space for children with physical, learning, behavioural, or emotional difficulties to gain confidence, self-expression and make new friends.
Moving on	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 collaboration with Midwives and Health Visitors.
Nurture Programme	A 10-week course that helps parents and carers build positive relationships, encourage co-operative behaviour, and boost resilience.
Sollihull	Helps parents understand their child's behaviour by focusing on emotional wellbeing, strong relationships, and how children's brains develop.
Triples P	Parenting course to support development and address behaviours. Group parents of 2-11 year olds and Teen's course.
Riding the Rapids	For parents and carers of children with Autism, learning or neurodevelopmental disabilities, or complex physical needs. It supports understanding and managing challenging behaviour.
Positive Relationships, Stronger Families	This 4-week programme supports parents and carers facing ongoing conflict, helping them understand its impact on children and what healthy relationships look like.
Separated Parents	A 4-week course for separated parents, exploring the impact of separation on children, co-parenting positively and meeting children's needs while living apart.
DA Recovery	For women who have experienced domestic abuse. Offers support in recovering abusive behaviours, understanding healthy relationships in a safe and supportive way – call for more details.

NHS Lets get brushing
It's never too early to start brushing!

SCAN FOR MORE INFORMATION

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

Ready to quit for good?

Call us today on **0800 1 962 638**

Smokefree

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 0300 51 11 11
Find us on Facebook @LancashireY2
Find us on Twitter @LancashireYPS
Email talkzone@lancashire.gov.uk

Lancashire County Council

NCT Lancashire Support Helpline
0208 752 9025 Monday - Friday, 9am - 5pm
Email: lancshiresupport@nct.org.uk

NCT Feeding Line
0300 330 0700
Free support is available every day from 9am to midnight, including bank holidays.

nct

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













What's On... Ribble Valley



Scan to Book
an Event



January - February 2026	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Infant Massage 9:30am - 11:00am Longridge Family Hub Berry Lane PR3 3JP BOOKING REQUIRED	Development Matters 9:30am – 10:30am Clitheroe Family Hub Wesleyan Row Parsons Lane BB7 2JY	Chat Play Read 9:30am - 10:30am Longridge Family Hub Berry Lane PR3 3JP		Chat Play Read 10:30am - 11:30am Clitheroe Library Church street BB7 2DG Last Friday of every month
	Baby Self-Weigh 12:15pm - 1:15pm Longridge Family Hub Berry Lane PR3 3JP	Riding the Rapids 10:00am – 12:30am Clitheroe Family Hub Wesleyan Row Parsons Lane BB7 2JY BOOKING REQUIRED	Weigh In Clinic 9:30am - 11:30am Clitheroe Family Hub Wesleyan Row Parsons Lane BB7 2JY		Generations Stay and Play 10:30am - 11:30am Abbeyfield House Union Street Clitheroe BB7 2NH
	Baby and You 1:30pm - 2:30pm Longridge Family Hub Berry Lane PR3 3JP		Sing and Rhyme 10:00am - 11:00am Clitheroe Family Hub Wesleyan Row Parsons Lane BB7 2JY		
	Baby and You / NCT Feeding Support 10:00am - 11:30am Clitheroe Family Hub Wesleyan Row Parsons Lane BB7 2JY				
	Infant Massage 1:30pm – 3:00pm Clitheroe Family Hub Wesleyan Row Parsons Lane BB7 2JY BOOKING REQUIRED				
			<p>Do you have a two-year-old? To help you balance family life don't forget to apply for a funded childcare place. Pop in to your nearest Family Hub for more information and support</p> 		
Additional Sessions					
For the bookable groups please refer to the QR code below  Scan to Book an Event	Saturday Family Fun 10:00am – 12:00pm New Era Family Hub Paradise Street Accrington BB5 1PB				

Targeted Youth What's on

Detached Youth Work
With Accrington Stanley Community Trust

Tuesday
Longridge
6:30pm till 8:30pm

Wednesday
Oswaldtwistle and Church
5:30pm till 7:30pm

Thursday
Clayton-Le-Moors
4pm till 5:30pm

Friday
Clitheroe
4pm till 5:30pm

Locations are subject to change due to needs in area



Get in Touch!

Email:
cfwhyndburnyouthwork@lancashire.gov.uk

Facebook
Hyndburn Youth Zone
Ribble Valley Youth Zone



Hyndburn and Ribble Valley Targeted Youth Support



What's On for Young People
September 2025 to December 2025



Lancashire
County Council




New Era Family Hub

Monday
SNAP (SEND)
6:45pm till 8:45pm

Wednesday
Youth Council
6:45pm till 8:45pm

Thursday
LGBTeens
6pm till 8:15pm

Friday
Safe Space
6pm till 8pm



Longridge Family Hub

Monday
SNAP (SEND)
6pm till 8pm

Friday
Safe Space
6pm till 8pm


School Work

Work can take place within school settings. If this is something your setting would like please get in touch.

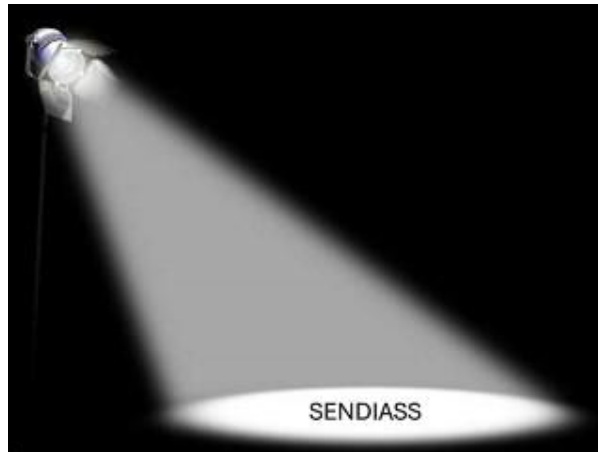
Clitheroe Family Hub

Wednesday
Youth Council
6:45pm till 8:45pm

Friday
Safe Space
6pm till 8pm



Service Spot light



Lancashire SEND Information, Advice and Support Service is a statutory service which is run at 'arm's length' from the Local Authority and provides free, confidential, impartial advice, guidance and support to parents of children with special educational needs and children and young people with SEND.

The service can help you to gather, understand and interpret information and apply it to your own situation.

They can provide information around the following areas in relation to SEND:

- rights, roles and responsibilities
- health and social care processes, regulations and guidance
- support from other agencies and organisations

Contact

Find out more about the service on the [Lancashire SEND IAS website](#).

For information or to find out if the service can help you contact:

Tel: 0300 123 6706

Monday to Friday 9am to 5pm

Email: information.lineteam@lancashire.gov.uk

The SENDIASS service will be at the Park Family Hub, Norfolk Grove, Church, BB5 4RY every Friday morning.