

FAMILY HUBS LANCASTHIRE NETWORK

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

safer sleep
SAFE SLEEPING IN A BABY'S ROOM

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

NCT Lancashire Support Helpline
0208 752 9025
Email lancashire.support@nct.org.uk
NCT Feeding Line
0300 330 0700
Free support to available every day from 9am to midnight, including bank holidays.

Ready to quit for good?
Call us today on **0800 1962 638**

Use your NHS Healthy Start prepaid card to collect vitamins for women and young children.

www.healthystart.nhs.uk

Get your free Healthy Start vitamins here.

Use your NHS Healthy Start prepaid card to collect vitamins for women and young children.

www.healthystart.nhs.uk

Let's get Brushing

It's never too early to start brushing!

SCAN FOR MORE INFORMATION

NHS

School Holiday Activities

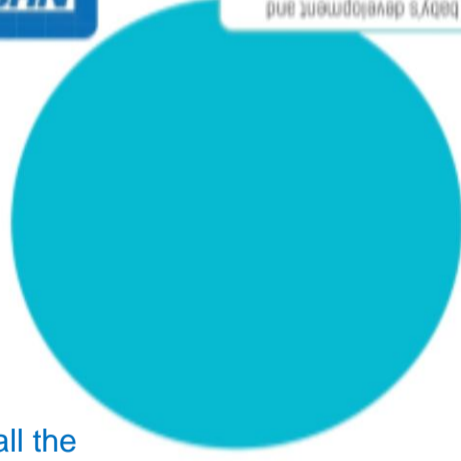
During school holidays we offer various fun activities for all the family.
Booking is essential for some of these activities

Why not follow us on our Facebook page for up to date information:



The dates, times & venues of our groups are correct at the time of printing

Participation	Groups and services provided by our Family Hub Partners
Safe Spaces	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.
LEBITO	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.
Youth Council & Participation	
SENIO	
Targeted Youth Support 12-19 (26 SENIO)	
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 - 2-7 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	
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	
Cultural 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	
5-11 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 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.



What's On... PRESTON



Welcome

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

Our "What's On Guide" aims to keep you as up to date on what specific groups and services are available at your nearest centre



ALL OUR GROUPS ARE FREE!

What's On...

Preston Children & Family Wellbeing Service 15th April 2026 - 17th July 2026



Scan to Book an Event



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RIBBLETON FAMILY HUB Ribbleton Hall Drive Ribbleton Preston PR2 6EE 01772 539444	Messy Play 0 - 5yrs 09:30am – 11:00am Inside Out 5 - 11yrs 3:45pm – 5:00pm (Booking required) Stay & Play 0 - 5yrs 3:30pm - 5:00pm	Baby & You / Toddler Time 09:30am – 11:00am NCT Breastfeeding Peer Support Group 10:00am – 11:30am Warm and Welcome Stay and Play 1:00am – 2:30pm Chat Play and Read 2 – 4yrs 1:00pm – 2:30pm (Booking required) One Stop Shop Last Tuesday of the month 2:00pm – 4:00pm	HCRG Baby Weighing Clinic 09:15am – 11:15am SALT (Book by SALT) 09:15am – 12:00pm Outdoor Play 10:00am – 12:00pm Meeting at Ribbleton Family Hub	Infant Massage (Booking required) 09:30am - 11:00am Family Stay and Play 0 – 11yrs 3:30pm – 5:00pm	Story Time 0 - 5yrs 09:30am – 11:00am Mini Move and Groove ft Bite Size Chefs 0 - 5yrs 1:00pm – 2:30pm
RIVERBANK FAMILY HUB Brieryfield Rd Preston PR1 8SR 01772 531948	Mini Move and Groove ft Bite Size Chefs 0 - 5yrs 1:00pm – 2:30pm	Music Group 0 – 5yrs 1:00pm – 2:30pm	Wiggle and Giggle Gang 0 – 5 yrs 09:30am – 11:00am Healthy Relationships (BBB) 10:00 - 12:00pm (Booking required)	Stay & Play 0 - 5yrs 09:30am – 11:00am Mini Move and Groove 0 – 5yrs 1:00pm – 2:30pm HCRG Baby Weighing Clinic 1:00pm – 3:00pm	Baby and You (Pre walkers only) 10:00am – 11:30am Stay & Play 0 - 5yrs 1:00pm – 2:30pm
MILLBANK COURT Edmund Street PRESTON 01772 666182			Stay & Play 0 - 5yrs 09:30am – 11:00am	Family Stay and Play 5 – 11yrs 3:30pm – 5:00pm	
PRESTON WEST FAMILY HUB Ashton Primary School Site Ainsdale Drive Preston PR2 1TU 01772 536419	HCRG Baby Weighing Clinic 09:15am – 11:15am Baby & You (pre-walkers only) 09:30am – 11:00am Messy Play 0 - 5yrs 09:30am – 11:00am Inside Out 5 – 11yrs 3:45pm – 5:00pm (Booking required)	Pram Push and Walk 09:30am – 11:00am Meeting at Preston West Family Hub Story Time 0 – 5yrs 10:00am – 11:30am Family Arts & Crafts 3:30pm – 5:00pm	Stay and Play 0 - 5 yrs 09:30am - 11:00am	HCRG 3 Year Ready for School 09:00am – 12:00pm One Stop Shop Second Thursday of the month 2:00pm – 4:00pm Warm and Welcome Outdoor Play 0 – 5yrs 1:00pm – 2:30pm	Stay and Play 0 - 5yrs 09:30am – 11:00am Wiggle and Giggle Gang 0 – 5yrs 1:00pm – 2:30pm
MOOR NOOK FAMILY HUB & YOUTH ZONE Burholme Road Ribbleton PRESTON	Crafty Club 8 - 11yrs 3:30pm – 5:00pm	SEND Family Colourful Footsteps 0 – 11yrs 3:30pm – 5:00pm	Flourishing Together 5 - 11yrs 3:30pm – 5:00pm		
Stoneygate CFW Services Stoneygate Walk PRESTON PR1 3XU Foxton Centre Knowsley Street Preston PR1 3SA				Parenting Riding the Rapids 09:30am – 11:30pm (Booking required) Parent Nurturing 12:30pm – 2:30pm (Booking required) Womens Group 10:00am – 12:00am	
PRESTON EAST CFW SERVICES Brookfield Primary School Site Watling Street Rd Preston PR2 6TU 01772 539420	HCRG 3 Year Ready for School 12:30pm – 3:00pm		Childminders 0 - 5yrs 09:30am – 11:00am	Music Group 0 – 5yrs 10:00am – 11:30am	Messy Play 0 - 5yrs 09:30am – 11:00am

