

## Useful websites and phone numbers

Citizens Advice Helpline - 0808 223 1133  
Lancashire Dental Helpline - 03001234 010  
Community Midwives - 01772 524592  
Health Visitors- 0300 247 0040  
Royal Preston Hospital - 01772 716565  
SEND helpline: 01772 533900  
Children's Social Care - 0300 123 6720  
Food Bank - 01772 555425  
National Domestic Abuse Helpline 0808 2000 247  
ChildLine 0800 1111  
Medical Advice - 111  
Police Non-Emergency - 101  
Childcare Choices: [childcarechoices.gov.uk](http://childcarechoices.gov.uk)  
Help In Preston: [helpinpreston.com](http://helpinpreston.com)

**Get advice  
and support**



**Age 0-19** (up to 25 for young people with learning difficulties or disabilities)

Someone to talk to  
Problems at home/school  
Jobs and training  
Apprenticeships  
Staying safe online  
Sex and health  
Relationships

Mental Health  
Self Harm  
Bullying  
Drugs and alcohol  
Things to do  
Housing, rights and money  
What age can I?

**Text** 07786 511111

**Talk online** [lancashire.gov.uk/youthzone](http://lancashire.gov.uk/youthzone)

**Call** 0800 511111

[facebook.com/LancashireYPS](https://facebook.com/LancashireYPS)  
[twitter.com/LancashireYPS](https://twitter.com/LancashireYPS)

You can contact us 365 days a year  
**2pm to 10pm**

LANCASHIRE  
**FAMILY  
HUBS  
NETWORK**  
PRESTON

Supporting children, young  
people and families to  
succeed in Lancashire



**Lancashire**  
County  
Council



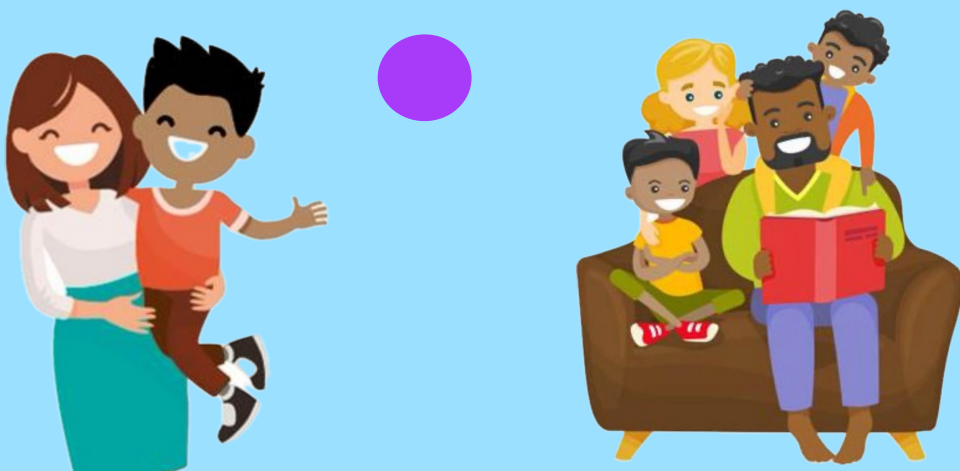
## Lancashire Family Hubs Network

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
- Baby feeding advice
- SEND support and advice
- Activity sessions for young children
- Youth activities, advice and support
- And lots more

For more information visit  
[www.lancashire.gov.uk/children-education-families/family-hubs/](http://www.lancashire.gov.uk/children-education-families/family-hubs/)



**We have a number of Family Hub buildings across Preston where you can call in for information and support.**

**Our centres are open 9-5pm Monday to Friday every week.**

### **Ribbleton Family Hub**

Ribbleton Hall Drive

Ribbleton

Preston

PR2 6EE

Telephone: 01772  
539444

### **Preston West Family Hub**

Ashton Primary School

Ainsdale Drive

Preston

PR2 1TU

Telephone: 01772  
536419

### **Riverbank Family Hub**

Brieryfield Road

Preston

PR1 8SR

Telephone: 01772  
531948

### **Moor Nook Family Hub & Youth Zone**

Burholme Road

Ribbleton

Preston

PR2 6HN

### **Preston East CFW Services**

Brookfield Primary School

Watling Street Road

Preston

PR2 6TU

Telephone: 01772 539420

## GET IN CONTACT

Email

[Prestonfamilyhub@lancashire.gov.uk](mailto:Prestonfamilyhub@lancashire.gov.uk)



Like us on  
**Facebook!**

Follow our Family Hub and Youth Facebook  
pages for the latest information

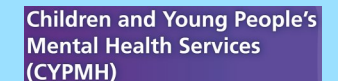
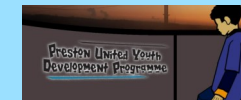
Preston Family Hub

and

Preston Youth Zone



We work with a large network of local partners including



We work closely with children, young people and families to  
provide the information, advice and support they need in  
one place.





A Family Hub is a place where children, young people and their families can access support.

You may recognise some of our Family Hub locations or have visited them before. That's because Family Hubs are taking the place of our children and family wellbeing and neighbourhood centres, so that we can expand what we offer. So don't worry, you won't have to travel anywhere new, and support is still local to you.



Preston West Family Hub



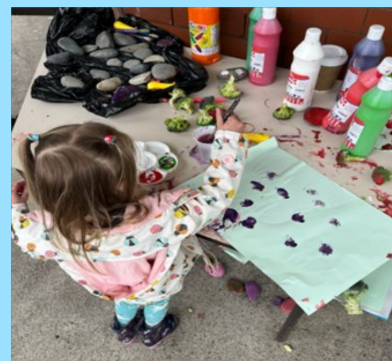
Ribbleton Family Hub



Riverbank Family Hub



Moor Nook Family Hub and Youth Zone




Here are some pictures of our groups and activities.



It might be that you just want to access groups, courses or get a bit of advice from a range of partner agencies who support families. We have a range of groups available across Preston for you to attend with your child or groups for children and young people aged 5-18 yrs (25yrs with SEND). We also have courses for parent s and carers to attend, just scan the codes below for details of what's

# WHAT'S ON

LANCASHIRE  
**FAMILY  
HUBS**  
NETWORK  
PRESTON




Scan the QR code to find out more about Family Hubs.

Scan the QR code to find out what's on in your local area.



**FAMILY  
HUBS**  
NETWORK

Supporting children, young people and families to succeed in Lancashire



Twice a month partner agencies come to the family hubs to provide a One Stop Shop. No appointment is needed just come along and speak with the different services.

# ONESTOP SHOP

## Preston West

Monthly Drop In -

Families can access free advice & support

Community Gateway

Citizen Advice—Energy advice

Employment advice - DWP

Relationship advice

Runshaw College Apprenticeships

Community Education Sexual Health

Debt Advice/Support

Free Funded Nursery Places

School Nurse team

No  
appointment  
needed

No  
Appointment  
Needed

Second  
Thursday of  
the month,  
2pm-4pm



Preston West Family Hub

Ashton Primary School Site, Ainsdale Drive,

Preston, PR2 1TU

Telephone: 01772 536419



# ONESTOP SHOP

Monthly Drop In - Families can access free this is open to everyone advice & support No appointments needed just turn up!

The Barnardo's MyTime to Thrive Service offers short-term therapy for children and young people struggling with their mental health and wellbeing.  
We support ages 5-18 and up to the age of 25 for those with additional needs.

Pathway Navigator-ASD Autism Pathway Navigator.

Learn about the School Age Autism pathway processes, ask for advice about referrals and other mechanisms of support. Receive signposting support from someone with lived experience of a child/ young person with autism.

ADHD North West Learn ADHD Northwest is committed to providing a free, unique support service to empower and improve the wellbeing of individuals and families affected by an attention deficit hyperactivity disorder and associated conditions.

Talking Therapies

We are a psychological therapy service offering a range of free talking therapies to people aged 16 and over in Lancashire and 18 and over in South Cumbria.

Talking Therapies offer a range of brief psychological interventions to support people's differing emotional needs (such as generalised anxiety, panic, depression, obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD), this includes online, telephone and face-to-face treatment and therapy options.

Work well Coach—Through the WorkWell project we can help you take positive steps forward.

School Nurse - Bed wetting Sleep Hygiene & More

Compass bloom YP Mental Health support

Housing - Preston City Council - Gateway

Citizen Advice

Benefit Advice - DWP

Debt Advice/Support

Employment advice - DWP

Home safety - Lancs Fire & Rescue

Free Funded Nursery Places

Runshaw College Apprenticeships

Lancashire Women Support for ladies

Domestic Abuse Support

Community Education Sexual Health

Youth Worker EmPower – Contextual Safeguarding Team

Front Door, Assessment & Adolescent Services

Lancashire County Council

Parenting Worker EmPower – Contextual Safeguarding Team

Front Door, Assessment & Adolescent Services

Lancashire County Council

26.08.2025

30.09.2025

28.10.2025

25.11.2025

27.01.2026

24.02.2026

Private  
meeting rooms  
available

No need to  
book,  
just turn up

Last  
Tuesday of  
the month  
2pm - 4pm



Ribbleton Family Hub,  
Ribbleton Hall Drive,  
Ribbleton,  
Preston,  
PR2 6EE