



DELIVERING EARLY HELP

## Useful numbers

Welfare Rights 0300 123 6739  
Citizen's Advice 01282 450535  
Burnley Borough Council 01282 425011  
Calico Homes Ltd 0800 1692407  
Lancashire Women & New Born Centre 01282 42507  
Lancashire Women's Centre 01282 429672  
Victim Support 01282 425780  
Pennine Community Credit Union 01282 691333  
Children's Social Care 0300 123 6720  
Children & Families Health Service Central – 01282 628349  
West – 01282 628660 East – 01282 628549  
CVS 01282 433740 Brook 01282 416596  
Community Police 0845 125 3535 or 101  
Tax Credits 034553003900

# 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**

Children and Family  
**Wellbeing**  
Service



# What's on guide

## BURNLEY

**Lancashire**  
County  
Council



[www.lancashire.gov.uk](http://www.lancashire.gov.uk)

## Welcome

A warm welcome to you from everyone at the Children and Family Wellbeing Service in Lancashire County Council.

Our service is here to provide early help on a whole range of issues affecting you and your family. In other words, offering you the right help, in the right place, at the right time.

We provide targeted services for children and young people across the age range 0-19yrs+. Working together with key partners, we aim to ensure that we have maximum impact on achieving positive outcomes for your family.

Our staff are skilled and committed to understanding your needs and identifying with you the right support to help you achieve your goals. Key workers can work with you on an individual basis offering a more tailored and targeted response and through our community based centres and outreach programmes, outreach workers offer a range of groups and drop in services to meet a range of needs. We work in partnership with other agencies in our community based centres, to ensure we can bring together the right support for you in your local area.

Our 'What's on guide' aims to keep you as up to date as possible about what we can offer you and includes information on what specific groups and services are available at your nearest centre, in your local community.

If you need further information or support, you can contact using the information listed in the '**Key Contacts**' section of this guide.

You can also contact our '**Talkzone**' service which is available every day of the year from 2pm – 10pm.

**Call: 0800 511111**

**Text: 07786 511111**

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

For those families with younger children, you can also access a lot of advice and guidance on a full range of childcare services, resources and issues from the Family Information Service. Tel: **0300 123 6712** or email **[lancsfis@lancashire.gov.uk](mailto:lancsfis@lancashire.gov.uk)**

We are always pleased to hear your feedback and ideas about our service, so if you feel able to share with us, please don't hesitate to contact us. We look forward to hearing from you and thank you for using our services.

## Centre details

**Burnley Wood CFW Service**

Brunswick Street

Burnley BB11 3NY

**Open Mon-Fri 9am-5pm**

**South West Burnley CFW Service**

Tay Street

Burnley BB11 4BU

**Open Wed-Fri 9am-5pm**

**Reedley Hallows CFW Service**

Burnley Campus

Barden Lane

Burnley BB10 1JD

**Centre not currently open for delivery**

**Chai Centre CFW Service**

Hurtley Street

Burnley

BB10 1BY

**Centre not currently open for delivery**

**Healthy Start vitamins** - you can now collect your free vitamins from Children and Family Wellbeing Service centre, see opening times above.

Healthy Start vitamins contain vitamins A, C and D for your child and folic acid and vitamins C and D for you if you are pregnant, breastfeeding or until your baby is one year old.

Drops are for your child if they are aged from six months (unless a health visitor has advised earlier use of vitamins) until they are four years old and mums get tablets. You must be receiving the Healthy Start vouchers that you get with your food vouchers. You will exchange the voucher to get your free vitamins.

**Apply for healthy start at**

**<https://www.healthystart.nhs.uk/>**

**Burnley Central CFW Service**

Whittam Street

Burnley

BB44 1LW

**Open Mon-Fri 9am-5pm**

**Ightenhill CFW Service**

Oak Street

Burnley

BB12 6QZ

Tel: 01282 470895

**Centre not currently open for delivery**

**Whitegate CFW Service**

Victoria Road

Burnley

BB12 8TG

**Open Mon-Fri 9am-5pm**

**Contact Talkzone between 2pm and 10pm, if you need any advice.**

**Text: 0778651 11 11**

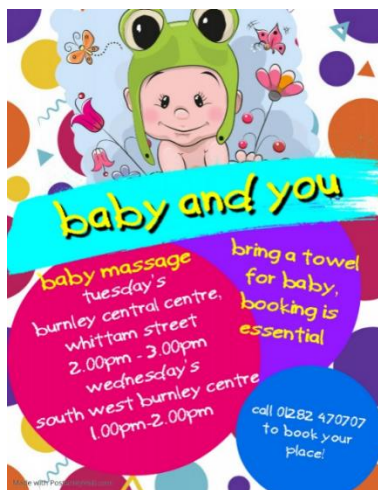
**Talk online:**

**[lancashire.gov.uk/talkzone](http://lancashire.gov.uk/talkzone)**

**Call: 0800 51 11 11**



## Programme



**Baby and You** is a 6-week baby course and is delivered face-to-face. The benefits of baby massage are:

### Benefits for parent

- Feeling closer to your baby
- Gaining a deeper understanding of your baby's behaviour, crying and body language
- Providing an enjoyable opportunity for you to spend one-to-one time with your baby
- Feeling the relaxing effects of giving your baby a massage
- Increased confidence in your ability to care for and nurture your baby

### Benefits for your baby

- Helping your baby to feel securely attached
- Helping your baby to feel more loved, valued and respected
- Reduced crying and emotional distress
- Increased levels of relaxation and longer sleep
- Development of body awareness and coordination
- Relief from wind, colic, constipation and teething discomfort

**Baby Days** is a 6-week course aimed at parents with non-mobile babies.

This session is delivered face-to-face and the aim of baby days is:

To provide an opportunity for parents and their babies/toddlers to engage in a play session facilitated in a local centre. To raise awareness about the benefits and importance of parent and child activities.. Good parenting is developing the best possible relationships with children. Communication and interpersonal activities are the best modes of maintaining the proper relationship with children and influencing them positively.

To book your family place on Baby Days call 01282 470707, booking is essential.



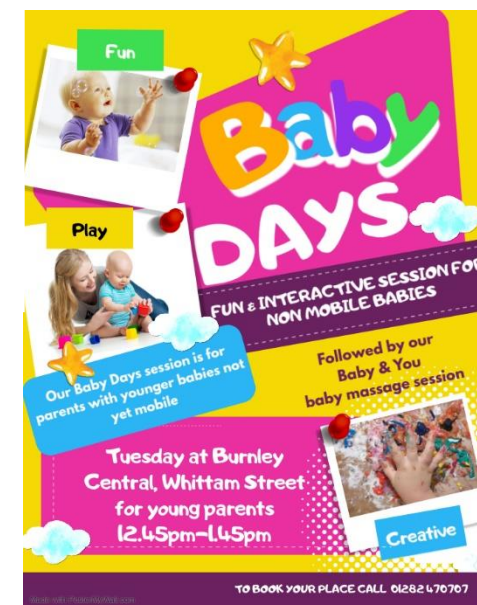
**LITTLE MOVERS** is a course open to all parents and mobile babies up to the age of 2 yrs.

This session is delivered face-to-face and the benefits of Little Movers are:

To provide an opportunity for parents and their babies/toddlers to engage in a play session facilitated in a local centre. To raise awareness about the benefits and importance of parent and child activities.


The growth and development of children is the sole responsibility of parents. They are the most important factors that can influence children to grow as responsible, mature and successful human beings. Good parenting is developing the best possible relationships with children. Communication and interpersonal activities are the best modes of maintaining the proper relationship with children and influencing them positively. Getting involved in the activities of children help parents to know them better and sustain the affectionate relationship with them.

To find out more and book your family place on Little Movers call 01282 470707, booking is essential. Sessions taking place across different centres.





## More about our groups and services...




**Elmer says...**  
“...come to our **under 5's** activities”


**Burnley Campus Library**  
**Bounce & Rhyme**

Join us for singing, dancing and stories.


**Every Monday**  
**10:30am until 11:30am**



**Baby Bounce & Rhyme**  
Your baby is never too young to enjoy music and rhyme. Lots of bouncy rhymes and songs for children aged around 4-18 months.




**Story Times**  
All pre-school children can have fun at the library - listen to stories, join in with rhymes and take part in fun activities.



**Toddler Rhyme Time**  
From 18 months of age your child can enjoy this interactive session packed with rhymes, songs and stories.


whoever you are  
**love libraries**  
You would be surprised what is on offer through Lancashire libraries...

**Burnley Campus Library**  
**Story Time**  
Join us for fun, excitement and adventure in our weekly Story Time session  
**Every Monday**  
**11.30 am until 12.00pm**





**Elmer says...**  
“...come to our **under 5's** activities”


**Burnley Campus Library**  
**Toddler Rhyme Time**  
Join us for singing, dancing and stories  
**Every Wednesday**  
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Hungry Little Minds is a 6-week course following on from Little Movers, focussing on speech, language and communication and is aimed at children age 2-4yrs with parent/carer. Children love it when you chat, play and read with them, even when they're too young to understand everything. **Whatever the time and wherever you are, you can turn almost anything into a game. And every little thing you do together will help set them up nicely for when they start school.**

To book your family place on Hungry Little Minds call 01282 470707, booking is essential, sessions listed above.

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**CHAT MORE**  
**PLAY MORE**  
**READ ALOUD**



**BOOKING IS ESSENTIAL PLEASE CALL 01282 470707 TO BOOK YOUR PLACE**

**6 WEEK SPEECH & LANGUAGE PROGRAMME FOR CHILDREN AGE 2-4YRS**

**MONDAY 1.15PM @ BURNLEY CENTRAL CENTRE, WHITAM STREET**

**WEDNESDAY 10.45 @ WHITEGATE NURSERY SCHOOL, VICTORIA RD, PADIHAM**

**THURSDAY 10.15AM @ SOUTH WEST BURNLEY CENTRE, TAY STREET**



## More about our groups and services...



**SHINE GROUP** aims to provide an opportunity for parents and children with SEND age 5-11 years old to engage in a specific SEND activity session facilitated in a local centre:

To provide a safe environment for children and parents to play and explore accessing age appropriate resources and the sensory room.

To encourage awareness with parents around their child's development

To offer a range of creative and physical opportunities to encourage positive play and interaction between children and their parents.

Aid bonding, connection & reduce the risk of social isolation for parents

Built the confidence of parents and communication between parent and child

Chance for adult interaction. provide a great place to meet new people and build children's social skills



Triple P courses are internationally recognised as effective parenting programmes.

The CFW Burnley Neighbourhood team are delivering a range of programmes both face-to-face and virtually to include.

**Triple P GROUP** - delivered over eight weeks for parents of children up to 12-years. Parents actively participate in a range of exercises to learn about the causes of child behaviour problems, setting specific goals, and using strategies to promote child development, manage misbehaviour, and plan for high-risk situations.

**Triple P TEEN** - delivered over eight weeks for parents of teenagers up to 16-years-old who are interested in learning a variety of parenting skills. Parents may be interested in promoting their teenager's development and potential or they may have concerns about their teenager's behaviour.

**Triple P Stepping Stones** - has been developed for parents of children with a disability. Stepping Stones Triple P has been evaluated with families of children with a range of disabilities (e.g. intellectual disability, autism spectrum disorders, cerebral palsy) and elevated levels of disruptive behaviour.

To enquire about any of the Triple P courses, please call 01282 470707 for more details.



## Programme (cont)

# The Freedom Programme

Lancashire  
County Council



## UniQcorns

Burnley

Special Education Needs/  
Disability Youth Group  
For 12yrs - 25yrs

For more information or to join  
sessions please contact:  
Qadeer.Ahmed@lancashire.gov.uk  
07770 764310

Monday Evenings  
7:00pm - 9:00pm



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**Domestic violence is very common:** research shows that it can affect one in four women in their lifetimes. The Children and Family Wellbeing Team are offering a rolling programme of courses for women to engage within a supportive environment. The Freedom Programme is a way of helping you to protect yourself and your children. For details about programmes running please private message our Facebook page [Burnley Family Zone](#)

**UniQcorn SEND 12-19+** – Young people with disabilities are encouraged to access provision in the district - Monday evenings 7.00pm-9.00pm

For more details or book on the session contact Qadeer on 07770 764310 or e mail

[Qadeer.ahmed@lancashire.gov.uk](mailto:Qadeer.ahmed@lancashire.gov.uk)

We support SEND Young people to have a fun time and make new friends.

Throughout the program we will be looking at:

- Cooking, shopping, independence
- Motivation and confidence building
- Team building, teamwork and personal and social development
- Arts and crafts
- Employability skills (Older young people)
- Computers
- Sports
- & organising events throughout the year

Like and share Burnley Family Zone Facebook page.



To find out about CFW services and activities, plus lots and lots of other information.

The poster is for the NHS school nurse service. It features the Virgin Care logo and the NHS logo. The main text reads: 'IF YOU'RE 11-19 YEARS OLD TEXT YOUR SCHOOL NURSE 07507330510'. Below this, it lists various issues they help with: 'EMOTIONAL HEALTH & WELLBEING', 'BULLYING', 'SELF HARM', 'ALCOHOL', 'SMOKING', 'DRUGS', 'HEALTHY EATING', 'CONTRACEPTION', and 'SEXUAL HEALTH'. It also says 'Text us for confidential advice & support'. At the bottom, there is a small disclaimer and the ChatHealth logo.

## Programme (cont)



SPORT ACTIVITIES. SKILLS.  
GAMES. MUSIC. POOL.

GIVING YOUNG PEOPLE SOMETHING  
TO DO, SOMEWHERE TO GO &  
SOMEONE TO TALK TO.

Tuesday Evenings  
7:00PM - 9:00PM

Targeted youth work for young  
people engaging in anti-social and  
risky behaviour, or those at risk.

Support, advice and guidance  
around ASB, crime, drug and  
alcohol misuse, relationships, risky  
behaviour and more.

**YOUNG  
PEOPLE'S  
VOICE**

Lancashire  
County Council

Children and Family  
Wellbeing  
Service

FOR DETAILS CONTACT:  
Qadeer.Ahmed@lancashire.gov.uk  
07770764310

**Young People's Voice** – is an engaging programme of targeted youth work delivered by Burnley's Children & Family Wellbeing Service. The group looks to explore youth anti-social behaviour, working with local partner agencies supporting physical, emotional and mental well-being through a combination of fun, sports, music, arts and group work activities. Session runs Tuesday evening 7-9pm, For more details or book on the session contact Qadeer on 07770 764310 or email [Qadeer.ahmed@lancashire.gov.uk](mailto:Qadeer.ahmed@lancashire.gov.uk)

**Youth Council** - is an opportunity for young people to have a voice and be able to influence decisions made locally and nationally. Regular meetings in districts give young people the opportunity to be involved in projects and campaigns that they identify significant to them and others. It also gives them the opportunity to attend monthly meetings at County Hall in Preston equipping them with skills that gives them a voice and influence over decisions that affect them.

Sessions take place on Wednesday evenings from 7.00-9.00pm

For more details or book on the session contact Qadeer on 07770 764310 or e mail

[Qadeer.ahmed@lancashire.gov.uk](mailto:Qadeer.ahmed@lancashire.gov.uk)

Lancashire  
County Council

**Burnley  
YOUTH  
COUNCIL**

Wednesday  
Evenings  
7:00pm -  
9:00pm

Enabling young people the opportunity  
to champion the thoughts and views  
of young people in their community

Interested?  
Call, Text or email for  
more information:  
Qadeer.Ahmed@lancashire.gov.uk  
07770 764310

Are you  
12 - 19  
Years old?

**BE A VOICE FOR YOUNG PEOPLE**

**POUT Burnley 12-19+**, is an LGBTQ+ youth group for young people age 12-19+. Youth groups continue to provide a lifeline for those who cannot access the support, understanding or information that they need at home or at school. For many, an LGBTQ youth group will be the first place they truly feel that they can be themselves. (The Proud Trust) The aim of the POUT Burnley programme is to provide an opportunity for LGBTQ+ young people to meet other LGBTQ young people. Youth groups provide vital support and confidence and a safe space to meet

For more details or book on the session contact Qadeer on 07770 764310 or e mail

[Qadeer.ahmed@lancashire.gov.uk](mailto:Qadeer.ahmed@lancashire.gov.uk)

FOR  
12 - 19+

**POUT BURNLEY**  
LGBTQ+ YOUTH GROUP

Meet other young people within your community  
A safe space to explore Gender and Identity  
Access support, information & advice  
Become an LGBTQ+ Ally

**BE YOURSELF**

THURSDAY evenings  
7:00pm - 9:00pm

For more information  
please contact:  
Qadeer.Ahmed@lancashire.gov.uk  
07770 764310

Lancashire  
County Council

Children and Family  
Wellbeing  
Service

**EMPOWERING POSITIVE CHANGE**



## Programme (cont)



**BURNLEY YOUTH ZONE**

Children and Family Wellbeing Service

Young people aged 12-19 (+25 with SEND)

# TIME TO TALK

**Emotional Health & Wellbeing Youth Group**

- Talk About Real Issues
- Sports & Other Fun Activities
- Life Skills
- Access Support, Guidance & Advice
- Someone To Talk To
- Make New Friends
- Cooking & Baking
- Have Fun!

**TUESDAY EVENINGS 4PM - 6PM**

For more information or to join the sessions please contact  
[Qadeer.Ahmed@lancashire.gov.uk](mailto:Qadeer.Ahmed@lancashire.gov.uk) - 07770764310

**Lancashire County Council**

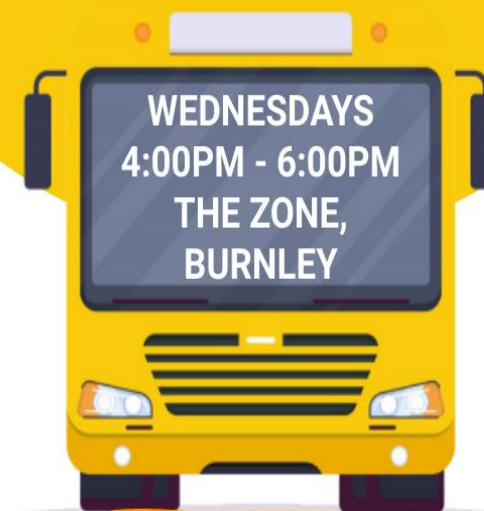
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# DROP IN FOR YOUR FREE BUS PASS

## BASIC REQUIREMENTS

- YOUNG PEOPLE AGED 16-18
- NOT IN EDUCATION, EMPLOYMENT OR TRAINING
- YOUNG CARERS OR PARENTS, NEEDING TO SUPPORT A YOUNG PERSON TO ACCESS EMPLOYMENT, EDUCATION OR TRAINING



**FOR MORE INFORMATION PLEASE CONTACT QADEER:**  
**EMAIL: [QADEER.AHMED@LANCASHIRE.GOV.UK](mailto:QADEER.AHMED@LANCASHIRE.GOV.UK)**  
**CALL: 07770 764310**





To book - call or email [lancsyoungeoplefamilyservice.co.uk](mailto:lancsyoungeoplefamilyservice.co.uk)

0300 247 0040 vcl.019.SinglePointOfAccess@nhs.net

Tuesday	Wednesday	Thursday	Friday
<b>Talk to Me</b> 0-6 mths 10-11am Every 1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday of the month	<b>Moving onto Solids*</b> 0-12 mths 10-11am	<b>Baby &amp; Me</b> 10-11am Every fortnight from 4 <sup>th</sup> March	<b>School Readiness</b> From April 10-11am
<b>Chat, Read &amp; Play</b> 6-18 mths 10-11am Every 2 <sup>nd</sup> & 4 <sup>th</sup> Tuesday of the month	<b>1 Year and Beyond</b> From Apr - 1-2pm Alternate weeks with the below session	<b>Antenatal Infant Feeding*</b> 1-2pm	<b>Bump, Birth &amp; Beyond*</b> 12.30-2pm Antenatal education
<b>Understanding Colic &amp; Reflux</b> 1-2pm Breast, bottle & formula feeding	<b>2 Years and Beyond</b> From Apr - 1-2pm Alternate weeks with the above session		

\*There is also a pre-recorded version of these sessions available on our website, plus Night time Wetting

@LancashireHealthyYoungPeopleAndFamilies



# BREASTFEEDING SUPPORT GROUP

EVERY THURSDAY  
 | 10:00 - 11:30 |  
 BURNLEY CAMPUS LIBRARY  
 BARDEN LN, BURNLEY  
 BB10 1JD



@fabLancashire  
 Helpline: 01254 772929 9:30am-2:30pm & 9:30pm-Midnight EVERY DAY

## Antenatal Infant Feeding Live Virtual Group

Information and top tips on feeding for expectant parents  
 LIVE interactive group THURSDAY 1-2pm

To book on contact your Health Visiting Service  
 ☎ 0300 247 0040 ✉ vcl.019.SinglePointOfAccess@nhs.net



Pre-recorded version available on our website  
[lancsyoungeoplefamilyservice.co.uk](http://lancsyoungeoplefamilyservice.co.uk)



~ Breastfeeding peer support ~

## HELPLINE

**01254 772929**  
 7 DAYS A WEEK  
 9:30AM - 2:30PM  
 &  
 9:30PM - MIDNIGHT

@fabLancashire



# LET'S KEEP TALKING



**Our health and our finances have taken a hit during coronavirus.**

**Share the load - talk to a friend or family member about what you're going through.**

If you're struggling to cope then call the LSCFT mental health crisis line **0800 953 0110** or text **HELLO** to the Wellbeing & Mental Health Texting Service on **07860 022 846** or call Samaritans on 116 123

Scan the QR code for a list of services in your area



[healthierlsc.co.uk/MentalHealthSupport](http://healthierlsc.co.uk/MentalHealthSupport)



**Mental health support resources in Lancashire and South Cumbria**

Here is a list of mental health support resources available across Lancashire and South Cumbria. To find out more, follow the links below or make a call. More support is available at: [healthierlsc.co.uk/MentalHealthSupport](http://healthierlsc.co.uk/MentalHealthSupport)

**Dial 999 if you have seriously harmed yourself**

	Online self-help materials, resources and guidance.	<a href="http://healthyyoungminds.lsc.co.uk/information/coronavirus">healthyyoungminds.lsc.co.uk/information/coronavirus</a> Available: 24 hours a day, daily.
	An online counselling service for over 16s.	<a href="http://togetherall.com">togetherall.com</a> Available: 24 hours a day, daily.
	A safe place for anyone struggling to cope.	<a href="http://selfhelp.samaritans.org">selfhelp.samaritans.org</a> 116 123 Available: 24 hours a day, daily.
	Support for men struggling or in crisis.	<a href="http://calmzone.net">calmzone.net</a> 0800 58 58 58 Available: 5pm-12am, daily.
	Wellbeing and mental health helpline and text service supporting people's mental health. <a href="#">LanguageLine</a> available.	<a href="http://lscft.nhs.uk/Mental-Health-Helpline">lscft.nhs.uk/Mental-Health-Helpline</a> 0800 915 4640 Text HELLO to 07860 022846. Available: Weekdays 7pm-11pm Weekends 12pm-Midnight
	Mental Health Crisis Line - urgent help with mental health distress	<a href="http://lscft.nhs.uk/Crisis">lscft.nhs.uk/Crisis</a> 0800 953 0110 Available: 24 hour a day, daily.
	Psychological therapy via telephone / video or online.	<a href="http://lscft.nhs.uk/Mindsmatter">lscft.nhs.uk/Mindsmatter</a>
	Support for young people dealing with suicide, depression or distress. <a href="#">LanguageLine</a> available.	<a href="http://papyrus-uk.org">papyrus-uk.org</a> 0800 068 41 41 Text: 07786 209697. Available: weekdays 10am-10pm; weekends 2-10pm.
	Supporting adults recovering from addiction / mental health diagnosis.	<a href="http://redroserecovery.org.uk">redroserecovery.org.uk</a> Available: online only 24/7.
	Supporting recovery and continued sobriety of alcoholics.	<a href="http://alcoholics-anonymous.org.uk">alcoholics-anonymous.org.uk</a> E: <a href="mailto:eastlancsaa@gmail.com">eastlancsaa@gmail.com</a>
	Helping you understand and look after your mental health and wellbeing.	<a href="http://lancashiremind.org.uk">lancashiremind.org.uk</a> <a href="http://mindinfurness.org">mindinfurness.org</a> <a href="http://u1verstonmind.org.uk">u1verstonmind.org.uk</a> online only.

## Mental health support resources in Lancashire and South Cumbria

	Confidential helpline providing information, friendship and advice to older people.	<a href="https://thesilverline.org.uk">thesilverline.org.uk</a> 0800 4708090 Available: 24 hours a day, daily.
	Practical advice - how to deal with stress and anxiety.	<a href="https://nhs.uk/oneyou/every-mind-matters/">nhs.uk/oneyou/every-mind-matters/</a> online only 24/7.
	Helpline for any challenges under 25s' might be facing.	<a href="https://themix.org.uk">themix.org.uk</a> 0808 808 4994 Available: 4-11pm, daily. Or text: THEMIX to 85258 (24/7).
	Helping those suffering with anxiety disorders.	<a href="https://anxietyuk.org.uk">anxietyuk.org.uk</a> 08444 775 775 Availability: weekdays 9:30am – 5.30pm. Or text 07537 416 905.
	Advice for parents / carers concerned about the mental health of a child or young person.	<a href="https://youngminds.org.uk">youngminds.org.uk</a> 0808 8025544 Available: weekdays 12-10pm. 24/7 Crisis Messenger: text YM to 85258. <a href="https://languageLine.org.uk">LanguageLine</a> available.
	Helping older people who are at home and need extra support with their wellbeing.	<a href="https://ageuk.org.uk">ageuk.org.uk</a> 0800 678 1602 Available: 8am-7pm, daily. Language support on Thursday.
	Safe and anonymous online counselling and support for young people.	<a href="https://kooth.com">kooth.com</a> Available: weekdays 12pm-10pm; weekends 6-10pm.
	Talk Me Happy - counselling, bereavement and befriending for BME people in Lancashire.	<a href="https://lancashirebmenetwork.org.uk/counselling">lancashirebmenetwork.org.uk/counselling</a> 01254 392974 Available: weekdays 10am-5pm.
	Confidential counselling service for children.	<a href="https://childline.org.uk">childline.org.uk</a>
	Helping people with panic attacks and anxiety disorders.	<a href="https://nopenic.org.uk">nopenic.org.uk</a> 0330 606 1174 Available: weekdays 3-6pm.
	Support for anyone anxious or worried in Cumbria.	<a href="https://safa-selfharm.com">safa-selfharm.com</a> 01229 832269 Available: weekdays 9am-5pm.
	Support for children & young people who are grieving.	<a href="https://childbereavementuk.org">childbereavementuk.org</a> 0800 0288840 Available: weekdays 9am – 5pm.
	Emotional support for children and young people in Cumbria	<a href="https://tinyurl.com/barnardosmytime">tinyurl.com/barnardosmytime</a> 01539 742626 E: <a href="mailto:MyTimeCumbria@barnardos.org.uk">MyTimeCumbria@barnardos.org.uk</a> Available: weekdays 9am – 5pm.

## LET'S KEEP TALKING



**No matter what  
life has thrown at  
us this year, you can  
still make ends meet.**

**Reach out and have  
the chat you've been  
meaning to have.**

If you're struggling to cope then call the  
LSCFT mental health crisis line **0800 953 0110**  
or text **HELLO** to the Wellbeing & Mental  
Health Texting Service on **07860 022 846**  
or call Samaritans on 116 123

Scan the QR  
code for a list  
of services in  
your area





## Signposting to other early help support



Get In Touch: ☎ 01282 686402 ✉ [contact@burnleytogether.org.uk](mailto:contact@burnleytogether.org.uk)

Help with obtaining food parcels / meals on wheels / collecting prescriptions / dog walking / preventing loneliness / financial and debt advice / housing advice / help with shopping / mental health support

Address: Action for ASD Autism Resource Centre, King Edward House, Finsley Gate, Burnley, BB11 2FS

Area Covered: Pennine

Web: [www.actionasd.org.uk](http://www.actionasd.org.uk)

Email: [children@actionasd.org.uk](mailto:children@actionasd.org.uk)

Tel: Children's Service: 07809 903852 Services: Offering support for children, young people and their families affected by Autism. Service offers advice and support, online counselling sessions, online training such as Cygnet. Regularly updating website with information. Opening times 9.30am till 3.30pm Monday to Friday



Area Covered: National

Web: [www.healios.org.uk/services/thinkninja1](http://www.healios.org.uk/services/thinkninja1)

Services: Free online app for 10 - 18 years old in the UK during the crisis.



Area Covered: National

Web: [www.minded.org.uk](http://www.minded.org.uk)

Services: MindEd is a free educational resource on children and young people's mental health. Help and advice, hints and tips are available to help parents support their children and young people's mental health and their own mental health.





## Signposting to other early help support

Address: Hyndburn Voluntary & Community Resource Centre, Cannon Street, Accrington

Area Covered: Pennine

Web: [www.adhdnorthwest.org.uk](http://www.adhdnorthwest.org.uk)

Email: [yvonne.tudor@adhdnorthwest.org.uk](mailto:yvonne.tudor@adhdnorthwest.org.uk)

Tel: 01254 352 586 / 01524 411 044



Services: Offering support for children, young people and their families who are affected by ADHD. Service offers advice and support using various methods including telephone, Zoom (face to face), website and social media.

Address: 64 Bank Parade, Burnley BB11 1TS Area Covered: Pennine

Web: [www.brook.org.uk/burnley](http://www.brook.org.uk/burnley)

Email: [el.counselling@brook.org.uk](mailto:el.counselling@brook.org.uk)

Tel: Blackburn Counselling Service: 07824 164271

Burnley Counselling Service: 07760 163327

Services: Brook Young Counselling Service offers one to one counselling for ages 13 - 25 years. The service is currently using telephone and skype methods of contact.



Address: 21-23 Blackburn Road, Accrington, BB5 1HF Area Covered: Pennine

Web: [www.lancashirewomen.org](http://www.lancashirewomen.org) [www.facebook.com/LancashireWomen](https://www.facebook.com/LancashireWomen) [www.twitter.com/LancashireWomen](https://www.twitter.com/LancashireWomen)

Tel: 07832 688181

Services: This service supports families whose babies are admitted to the Neonatal Intensive Care Unit at Burnley General Hospital. The service is currently providing telephone support to families and promoting their group Facebook page.



Address: Bay 6, 1 Dorothy Avenue, Leyland, PR25 2YA Area Covered: East only

Web: [www.barnardos.org.uk/lancashire-young-carers.html](http://www.barnardos.org.uk/lancashire-young-carers.html)

Email: [lancashireyoungcarers@barnardos.org.uk](mailto:lancashireyoungcarers@barnardos.org.uk)

Services: Barnardo's Young Carers Service supports young carers across East Lancashire (not Blackburn with Darwen). They are continuing their service using social media and telephone support. Website available with information that young carers can access: [www.barnardos.org.uk/lancashire-young-carers.html](http://www.barnardos.org.uk/lancashire-young-carers.html)



Area Covered: National

Web: [www.papyrus-uk.org/hopelineuk/](http://www.papyrus-uk.org/hopelineuk/) Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

Tel: 0800 068 4141 or text: 07860 039967



Services: Suicide prevention helpline for young people and up to the age of 35 years 9am - 10pm weekdays, 2pm - 10pm weekends and bank holidays



Area Covered: National  
Web: [www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk)  
Tel: 0808 2000 247

Services: National helpline number for those people who are at risk or experiencing domestic violence.



**Address:** Whalley Road, Wilpshire, Blackburn, BB1 9LL

**Area Covered:** Blackburn with Darwen

**Web:** <https://canw.org.uk/>

**Tel:** 01254 244700 **Email:** [info@canw.org.uk](mailto:info@canw.org.uk)

**Services:** CANW Young People's service supports young cares within the Blackburn with Darwen area.

**CANW Leaving Care Service:** CANW have Children in Need Funding to support vulnerable Care Leavers by providing online support and guided activities for young people 15yrs plus who have left care and are feeling isolated. The service is working towards three main targets: Improved emotional and physical health, growth in independence skills and greater understanding of personal risk and safety.

## Signposting to other early help support

NEST Lancashire:

- Part of Victim Support
- Work with CYP 8-18 who have been affected by crime, bullying, threats and harassment
- One to one or group-based support and access to sport and other activities
- Also offer support through criminal justice system from reporting to police to attending court.

See [www.nestlancashire.org/whatwedo](http://www.nestlancashire.org/whatwedo)

# BIG WHITE WALL®

Address: 36-38 Whitefriars Street London EC4Y 8BQArea Covered: Pennine

Web: [www.bigwhitewall.com](http://www.bigwhitewall.com)

Services: Big White Wall is an online community for people aged 16 and over who feel stressed, anxious or feeling low. Trained professionals are available 24/7 who will provide 1:1 therapy or you can talk to other members anonymously and take part in group sessions.



## Programme (cont)

### Trust House Lancs:

- Preston based but cover countywide
- Counselling and support for victims of Sexual Abuse and Violence
- Support adults, CYP and families from age 4 onwards
- Victims can self-refer, or professionals can refer on their behalf

Referral form on Website – email to [referrals@trushouselancs.org](mailto:referrals@trushouselancs.org)

Website: [www.trushouselancs.org](http://www.trushouselancs.org) Contact: 01772 825288 [support@trushouselancs.org](mailto:support@trushouselancs.org)

### Signposting to other early help support



### Get in touch

**Central Team**  
Ringway House  
Percy Street  
Preston  
PR1 1HQ

**East Team**  
C/O CVS Building  
62-64 Yorkshire  
Street  
Burnley  
BB11 3BT

**North Team**  
C/O YMCA  
New Road  
Fleet Square  
Lancaster  
LA1 1EZ

**Call**  
0808 164 0074 (This number is free to call)

**Facebook**  
[facebook.com/WeAreWithYouLancs](https://facebook.com/WeAreWithYouLancs)

**Instagram**  
[Instagram.com/wearewithyoulancs](https://Instagram.com/wearewithyoulancs)

### We Are With You in Lancashire

We provide free and confidential support to young people experiencing issues with drugs, alcohol or mental health. We help young people achieve their goals, whether that's staying safe and healthy, making changes or reducing harm.

Want to chat? We Are With You.

[wearewithyou.org.uk](http://wearewithyou.org.uk)

**We will work with you to make a change**

A free and confidential service for young people under 25 affected by drugs and alcohol.

### Our office opening hours are

**Monday – Friday**  
9am to 5pm

**Webchat**  
Monday – Friday 9 am to 9 pm and  
Weekends 10 am to 4pm

**we are withyou**  
in Lancashire

In partnership with:  
**Lancashire**  
County Council