

Family Hubs
LANCASHIRE NETWORK

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

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

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

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

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!

Targeted Youth Support 12-19 (25 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

Saturday groups

M.A.T.C.H.
10.00am-12noon
Men and their children group for dads, grandads, and male carers with their children. Breakfast and activities suitable for ages 0-11 years old.
1st Saturday in every month.
Burnley Wood Family Hub

Include Me
10am-12noon
Session for SEND children and their families.
1st Saturday in every month.
Burnley Wood Family Hub

Trek Talk for men and their children (mums welcome!)
10.00am-12noon
Themed monthly walk; from Burnley Wood Family Hub
1 hour walk followed by drinks and snacks in the Centre
3rd Saturday of every month
Burnley Wood Family Hub

Family Play Saturday
10.00am-12noon
Families welcome with children 0 - 11yrs
3rd Saturday in the month
Burnley Wood Family Hub

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 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.
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	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.
Solihull	Helps parents understand their child's behaviour by focusing on emotional wellbeing, strong relationships, and how children's brains develop.
Triple 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.

What's On... in Burnley



Sep - Oct 2026

Children and Family
Wellbeing
Service

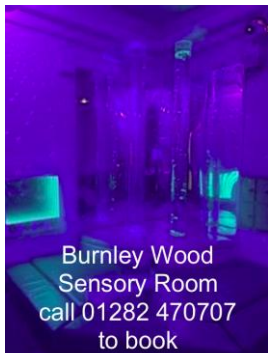


What's On...



Scan to Book
an Event



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Outreach venues	 Burnley Wood Sensory Room call 01282 470707 to book	Little Doves Golden Friends Intergenerational stay and play session 1:30 – 3pm Dove Stone Gardens Briercliffe Road, BB10 1BB	Riding the Rapids (with MHST) For parents of CYP with autism / specific learning disability. Not for standalone neurodivergence Please call to book on 01282 470707	Riding the Rapids Age specific: early years, primary, or secondary Groups cannot be mixed Please call to book on 01282 470707	All our groups and sessions are free! Follow us on Facebook: Burnley Family Hub
Tay Street Family Hub Tay Street, Burnley, BB11 4BU 01282 470891	Baby and You session 1:15pm – 2:45pm 	Sensory Play Early years sensory session 10 – 11:30am	Employment support drop-in session 1:00pm-2:30pm Mini Move & Groove session 1:30pm-2:30pm	NCT Infant Feeding Support Group 1:00pm-2:30pm Lactation Clinic 1-4pm By appointment only	Development Matters session alongside Baby Clinic drop-in with a member of the Health Visting team 9:30 – 11:30am 
The Chai Centre Family Hub Hurtley Street, Burnley, BB10 1BY 01282 628530	Baby and You session 1:15pm – 2:45pm  Ask at your local Family Hub about Healthy Start	Infant Massage 9:30am-11:00am Please call to book on 01282 470707 	Mini Move & Groove session 9:30 -11am Development Matters session alongside Baby Clinic drop-in with a member of the Health Visting team 1:00pm-3:00pm 	 0300 330 0700 Option 1 NCT Infant Feeding Line Open every day, 8am to midnight, including bank holidays.	Bump, Birth & Beyond course Parents to Be Course Please call us on 01282 470707 to book on or for further details
Burnley Zone & Family Hub Mount Pleasant Street, Burnley, BB11 1LW	Chill and Chat Community based outreach, advice & guidance 3:30-5:30pm Colourful Voices for SEND young people for personal and social development. 6:45-9:00pm	Step Up Youth Group For year 5 & 6 students, supporting their transition to high school 3:30-5:30pm Detached Youth Work Padiham 6:45-9:00pm	Youth Council For young people wanting to be a voice for Burnley's young people, learn about democracy, voting and being members of the community. 6:45-9:00pm	PRISM Specifically for young people who identify as LGBTQ+ 6:45-9:00pm Detached Youth Work Daneshouse & Stoneyholme 6:45-9:00pm	Step Up Plus Youth Group For Year 7 students 3:30-5:30pm Safe Space a safe space for young people to chill and enjoy 6:45-9:00pm
Ightenhill Family Centre Oak Street, Burnley, BB12 6QZ	Midwifery Clinic Appointments to be made via Badger App 	School Readiness session Invites will come from the Health Visiting Team	BURNLEY COMMUNITY GROCERY  Valley Street Community Centre 01282 901511	Baby & You session 1:15pm-2:45pm Ask at your local Family Hub about Funded Childcare Places	Ask at your local Family Hub about Employment support drop-in sessions 
Down Town Charter Walk Shopping Centre (above New Look) Burnley BB11 1AD 01282 901522 Monday-Friday 9:00am-4:00pm	DOWN TOWN COMMUNITY GROCERY 	Have a look online to see what else Down Town can offer: http://www.burnleytogether.org.uk/down-town	  0808 196 2638	Pick up a timetable for Burnley Wood Best Start Family Hub for lots more groups and sessions too! 	Maternity Tobacco Dependency Team supporting pregnant women to stop smoking. Appointments available in the Family Hubs, to be booked through your midwife
For information about programmes to support victims of domestic abuse please call Burnley Wood Best Start Family Hub on 01282 470707	Ask at your local Family Hub about Book start for early years children 	Stay & Play at Stoneyholme Nursery 9:30am-11:00am	 Tay Street Sensory Room call 01282 470891 to book		