Baby and You	This activity session will focus on children aged eight weeks to two years, and help parents to understand the age and stage development of their child. Staff from the Neighbourhood Centre will be on hand to give practical advice and support on a range of topics, whilst being able to signpost to support. No need to book—just turn up
Development Matters	This activity session is a great way for parents to learn and play with their children in a fun friendly environment with other families, with a particular focus on developing language and communication skills through fun activities and play. Centre staff are on hand to support and encourage families attending and signpost to other activities and services. No need to book—just turn up
Chat, Play and Read	An opportunity to discuss your child's speech and language development with our staff, with advice on ages and stages. These are not assessment groups, but referrals can be discussed and made if appropriate. There will be a range of activities and strategies to support and improve your child's communication skills.
Mini Move and Groove	A fun programme, to help young children develop healthy, active lifestyles. Each session in the structured six week course will focus on promoting physical play and activity through music and movement, Aimed at all families with children from walking to preschool.
SEND (5-11 & 12-19+)	Groups for children and young people with SEND, covering ages 5-19 (up to 25 with EHCP) . Games, crafts and other activities, with advice from Centre staff. Please speak to a member of staff to make a referral or email cfwpendlerfs@lancashire.gov.uk
Child Health Clinic (Health Visitors)	A chance to get your baby weighed, check their progress and get advice from the Health Visiting Team on topics such as feeding, weaning and milestones. Call 0300 247 0040 to book an appointment
Sensory Rooms	Free to use at both Colne and Brierfield, our sensory rooms are beneficial for families with very young children, and also for older children and young people with additional needs. Please book in advance by calling the appropriate centre.
Inside Out, featuring Move and Groove (5-12 Years)	After school session for children aged 5 - 9 and 10-12 years, who are deemed vulnerable, isolated or struggling with their emotions. Focusing on building resilience, healthy relationships, safety, boundaries and self-esteem. Please speak to a member of staff to make a referral or email cfwpendlerfs@lancashire.gov.uk
Triple P Parenting Courses	Being a parent can be one of the hardest things you will have to do. Everyone who becomes a parent will experience times when they need some extra advice and support; after all, children don't come with a handbook. A range of parenting programmes will allow you to explore and develop strategies for parenting. Contact your local Neighbourhood Centre or email cfwpendlerfs@lancashire.gov.uk for more information

Lancashire County Council

Children and Family Wellbeing Service

Pendle What's On - Sept 2022



Our Neighbourhood Centres

Where we are:

CFWS Bradley
(Formerly The Zone)
Leeds Road
Nelson, BB9 8EL
Tel: 01282 470877

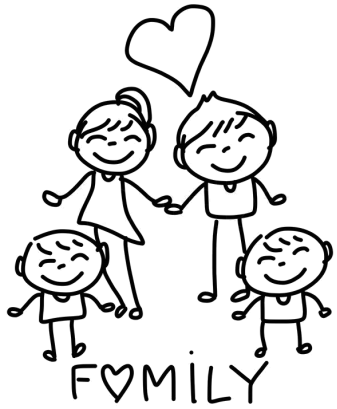
CFWS Barnoldswick
Gisburn Road
Barnoldswick, BB18 5LS
Tel: 01282 470670

CFWS Brierfield
(formerly Family Tree)
Tunstill Square
Brierfield, BB9 5GZ
Tel: 01282 470534

CFW Colne
Walton Street
Colne, BB8 0EL
Tel: 01282 470830

CFWS Whitefield
(formerly The Beacon Centre)
Maurice Street
Nelson, BB9 7HS
Tel: 01282 470277

Follow us at: pendle family zone

Monday	Tuesday	Wednesday	Thursday	Friday
10-11.30am Baby And You (0-2yrs) CFWS Bradley **10-11.30am** Development Matters (2yr - preschool) CFWS Whitefield	**10-11.30am** Baby And You (0-2yrs) CFWS Barnoldswick **10.30-11.30am** **(Starts 13th September)** Mini Move & Groove CFWS Whitefield		**10-11.30am** Baby And You (0-2yrs) CFWS Brierfield **10-11.30am** Development Matters (2yr - preschool) CFWS Colne	
1.00 - 2.30pm Baby And You (0-2yrs) CFWS Whitefield 	**1.00 - 2.30pm** Development Matters (2yr - preschool) CFWS Bradley **1pm - 2pm** **(Starts 13th September)** Mini Move & Groove CFWS Brierfield	**1.00 - 2.30pm** Development Matters (2yr - preschool) CFWS Colne **1.00 - 2pm** **(Starts 14th September)** Mini Move & Groove CFWS Barnoldswick	**1.00 - 2.30pm** Development Matters (2yr - preschool) CFWS Brierfield **1pm - 2pm** **(Starts 15th September)** Mini Move & Groove CFWS Colne and CFWS Bradley	**1.00 - 2.30pm** Baby And You (0-2yrs) CFWS Colne **4.00 - 5.30pm*** Colourful Footsteps (5-11 SEND) CFWS Colne
7.00 - 9.00pm Colourful Voices (12-19+ SEND) CFWS Bradley	**4.00 - 5.30pm (referral only)** Inside Out ft Move & Groove (5-8 years) CFWS Bradley	**4.00 - 5.00pm (referral only)** Inside Out ft Move & Groove (5-11 years) CFWS Barnoldswick	**4.00 - 5.30pm (referral only)** Inside Out ft Move & Groove (9-11 years) CFWS Bradley	