



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

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

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

Smokefree
Call us today on 08081 962 638
Ready to quit for good?
Use your NHS Healthy Start prepaid card to collect:
• Vitamins for women
• Vitamin drops for babies and young children
www.healthystart.nhs.uk

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• Vitamin drops for babies and young children
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Let's get brushing!
It's never too early to start brushing!
SHN
LANCASHIRE COUNTY COUNCIL
SCAN FOR MORE INFORMATION

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+	Access this group to obtain support, discuss and challenge ideas around gender and identity.
Youth Council & Participation	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

Bump, Birth and Beyond
Delivered in collaboration with Midwives and Health Visitors. A 10-week course that helps parents and carers build positive relationships, encourage cooperative behaviour, and boost resilience. 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 2-17 year olds and teens's course. Riding the Rapids For parents and carers of children with Autism, learning or neurodevelopmental disabilities, complex physical needs. It supports understanding and managing challenging behaviour. 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.

Parenting and Family Support - Parents and Carers
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. A safe space for children with physical, learning, behavioural, or emotional difficulties to gain confidence, self-expression and make new friends. For children moving from primary to secondary school, this session uses interactive activities to help them prepare both practically and emotionally.

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.

What's On...



in Burnley



















April - July 2026

What's On...



Scan to Book
an Event



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Burnley Wood Family Hub 33 Brunswick Street, Burnley, BB11 3NY 01282 470707</p>  <p>Burnley Wood Sensory Room call 01282 470707 to book</p>		<p>All our groups & sessions are free</p>	<p>Family One Stop Shop Information & guidance on services available 1st Wednesday of the month 9:00 – 11:00am</p> <p>Baby and You session 1:15pm – 2:45pm</p> <p>Colourful Footsteps SEND primary age 4.00pm – 5.00pm</p>	<p>Development Matters session alongside Baby Clinic drop-in with a member of the Health Visting team 9:30 – 11:30am</p> 	<p>Busy Bees SEND early years session with Home-Start East Lancs 9:30am – 11:00am</p> 
<p>Tay Street Family Hub Tay Street, Burnley, BB11 4BU 01282 470891</p> 	<p>Baby and You session 1:15pm – 2:45pm</p>	<p>Bump, Birth & Beyond course</p> <p>Parents to Be Course</p> <p>Please call us on 01282 470707 to book on or for further details</p>	<p>Employment support drop-in session 1:00pm-2:30pm</p> <p>Mini Move & Groove session 1:30pm-2:30pm</p>	 <p>Tay Street Sensory Room call 01282 470891 to book</p>	<p>Development Matters session alongside Baby Clinic drop-in with a member of the Health Visting team 9:30 – 11:30am</p>  <p>NCT Infant Feeding Support Group 1:00pm-2:30pm</p>
<p>The Chai Centre Hurtley Street, Burnley, BB10 1BY 01282 628530</p>  <p>Ask at your local Family Hub about Healthy Start</p>	<p>Baby and You session 1:15pm – 2:45pm</p>	<p>Infant Massage 9:30am-11:00am</p> <p>Please call to book on 01282 470707</p> 	<p>Mini Move & Groove session 9:30 -11am</p> <p>Development Matters session alongside Baby Clinic drop-in with a member of the Health Visting team 1:00pm-3:00pm</p> 	 <p>0300 330 0700</p> <p>Option 1 NCT Infant Feeding Line Open every day, 8am to midnight, including bank holidays.</p>	
<p>Burnley Zone & Family Hub Mount Pleasant Street, Burnley, BB11 1LW</p>	<p>Chill and Chat Drop in for info, advice & guidance for young people 12-19+ 3:30pm-5:30pm</p> <p>Colourful Voices for SEND young people for personal and social development.6:45pm-9:00pm</p>	<p>Step Up Youth Group For year 5 & 6 students, supporting their transition to high school 4pm-5:30pm</p> <p>Detached Youth Work Padiham 6:45pm – 9:00pm</p>	<p>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. 6:45pm-9:00pm</p>	<p>PRISM Specifically for young people who identify as LGBTQ+ 6:45pm-9:00pm</p> <p>Detached Youth Work Daneshouse & Stoneyholme 6:45pm – 9:00pm</p>	<p>Step Up Plus Youth Group For Year 7 students 3:30pm-5:30pm</p> <p>Safe Space a safe space for young people to chill and enjoy 6:45pm-9:00pm</p>
<p>Ightenhill Centre Oak Street, Burnley, BB12 6QZ</p> 	<p>Midwifery Clinic Appointments to be made via Badger App</p>	<p>Development Matters session 9:30am-11:00am</p> <p>School Readiness session Invites will come from the Health Visiting Team</p>	<p>BURNLEY COMMUNITY GROCERY</p>  <p>Valley Street Community Centre 01282 901511</p>	<p>Baby & You session 1:15pm-2:45pm</p> <p>Ask at your local Family Hub about Funded Childcare Places</p>	<p>Ask at your local Family Hub about Employment support drop-in sessions</p> 
<p>Down Town Charter Walk Shopping Centre (above New Look) Burnley BB11 1AD</p> <p>01282 901522 Monday-Friday 9:00am-4:00pm</p> 		<p>Have a look online to see what else Down Town can offer:</p> <p>http://www.burnleytogether.org.uk/down-town</p>	 <p>Call us 0808 196 2638</p>	<p>Stay and Snuggle session 1:00pm – 2:30pm A relaxed, supportive space for parents and their little ones. Join us for a chat with a focus on different key health messages</p>	<p>Maternity Tobacco Dependency Team supporting pregnant women to stop smoking.</p> <p>Appointments available in the Family Hubs, to be booked through your midwife</p>
<p>For information about programmes to support victims of domestic abuse please call Burnley Wood Family Hub on 01282 470707</p> 	<p>Ask at your local Family Hub about Book start for early years children</p>	<p>Stay & Play at Stoneyholme Nursery 9:30am-11:00am</p>			