

BEST START IN LIFE

Children and Family Wellbeing Service

Lancashire County Council

Comms: 10091

M.A.T.C.H.

10am-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 every month.

Burnley Wood Best Start Family Hub

Include Me

10am-12noon

Session for SEND children and their families, breakfast served during the session.

1st Saturday every month.

Burnley Wood Best Start Family Hub

Trek Talk for men and their children (mums welcome!)

10am-12noon

Themed monthly walk; from Burnley Wood Family Hub

1 hour walk followed by drinks and snacks in the centre

3rd Saturday every month

Burnley Wood Best Start Family Hub

Family Play Saturday

10am-12noon

Families welcome, children 0 - 11yrs, breakfast served during the session

3rd Saturday every month

Burnley Wood Best Start Family Hub

Saturday groups

Participation	Groups and services provided by our Family Hub Partners

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.

Burnley Wood Best Start Family Hub

November – December 2026

What's on...

LANCASHIRE FAMILY HUBS NETWORK

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 health 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.

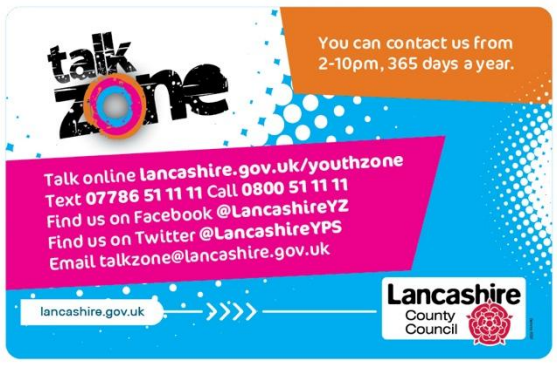
Parenting and Family Support – Parents and Carers

Bump, Birth and Beyond	A comprehensive course supporting expectant parents in preparing for their baby's arrival. 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 2-11year 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.











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

Safer sleep for baby
BLACKBURN WITH DARWEN, BLACKPOOL & LANCASHIRE



LANCASHIRE FAMILY HUBS NETWORK

What's On...

@ Burnley Wood Best Start Family Hub 33 Brunswick Street, Burnley, BB11 3NY

Scan to Book an Event

Lancashire Family Hubs Network

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Burnley Wood Morning sessions			**One Stop Shop** Information on services available locally 1st Wednesday of the month 9am – 11am Tea and toast available **Triple P** parenting course call 01282 470707 for more information	**Parent Carer Champion Forum** Monthly Session **Development Matters** session alongside **Baby Clinic drop-in** with a member of the Health Visting team 9:30 – 11:30am	**Mini Colourful Footsteps** Early years session with Home-Start East Lancs 9:30am – 11:00am **Parent Carer Forum early years drop-in with SENDIAS** 3rd Friday in the month 9.30am-11.30am
Burnley Wood Afternoon sessions	**Parents-To-Be** Session 2-week course for expectant parents. **Call to book on 01282 470707** **Sensory Play** session 1.30pm-3pm Early years sensory play session	**Infant Massage** session 1.15pm-2.45pm **Please call to book on 01282 470707**	**Baby and You** session 1:15pm – 2:45pm Early years activity session	**Bump, Birth & Beyond** 2-week course for expectant partners delivered with Health Visitors 01282 470707 to book on or for further details	Ask at your local Family Hub about Healthy Start 
Burnley Wood Twilight sessions	BEST START IN LIFE	**Midwifery Clinic** Appointments to be made via Badger App **Us Together** session 4.30pm-6.00pm Activity session for dads/male carers and their children. Healthy tea provided.	**Colourful Footsteps** **SEND** primary age 4.00pm – 6.00pm **SEN support drop-in** 4pm-6pm with our SEND Support Facilitator for advice and guidance 2nd Wednesday of the month	Lancashire Health Visiting and School Nursing	**Download our new Lancs Child and Family app** www.lancschildandfamily.co.uk
Outreach sessions	DOWN TOWN COMMUNITY GROCERY  Down Town, Shopping Centre, Charterwalk, Burnley BB11 1AD 01282 901522	**Stay & Play session** Stoneyholme Nursery School, March Street, Burnley BB12 0BU 9.30am-11am	**Chatty Latte** Have a chat with our friendly team. Hot drink and light refreshments provided. 9:00am-11:00am	**Riding the Rapids** Age specific: early years, primary, or secondary **For more details please call 01282 470707**	nct Lancashire Infant Feeding Support 
	Ask at your local Family Hub about Book start for early years children 	Burnley Together Have a look online to see what else Down Town can offer: http://www.burnleytogether.org.uk/down-town	**Little Doves Golden Friends** Intergenerational stay & play session at Dovestone Gardens Care Home Briercliffe Road, Burnley BB11 2ED 1.30pm-3pm	BURNLEY COMMUNITY GROCERY  Valley Street Community Centre 01282 901511	**All our groups and sessions are free!** **Follow us on Facebook: Burnley Family Hub**	Ask at your local Family Hub about Employment support drop-in sessions 
			Smokefree Lancashire Commit to Quit Call us 0808 196 2638	**Warm & Welcome** Find out about local activities and services. Hot meal provided. 3:30pm – 6pm	**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		

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

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November – December 2026

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What's on... in Burnley

FAMILY HUBS NETWORK LANCASHIRE

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LANCASHIRE FAMILY HUBS NETWORK

What's On...

Scan to Book an Event

LANCASHIRE FAMILY HUBS NETWORK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Outreach venues		**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 **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 **Warm & Welcome** Find out about local activities and services. Hot meal provided. 3:30pm-6:00pm	**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	**Infant Feeding Support Group** 1:00pm-2:30pm **Lactation Clinic** 1-4pm **By appointment only**	**Development Matters** session alongside **Baby Clinic drop-in** with Health Visting team 9:30 – 11:30am **Chatty Latte** 1pm-3pm
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	**Chatty Latte** Have a chat with our friendly team. Hot drink and light refreshments provided. 1:00pm – 3:00pm	**Warm & Welcome** Find out about local activities and services. Hot meal provided 9:00am-11:00am
Burnley Zone & Family Hub Mount Pleasant Street, Burnley, BB11 1LW (All groups at Burnley Zone are aged 12+ unless specified)	**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 NHS East Lancashire Hospitals NHS Trust A University Teaching Trust	**School Readiness** session Invites will come from the Health Visiting Team	**Bump, Birth & Beyond** **Parents to Be** Please call us on 01282 470707 to book on or for further details	**Baby & You** session 1:15pm-2:45pm Ask at your local Family Hub about eligibility for 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  Valley Street Community Centre 01282 901511	Have a look online to see what else Down Town can offer: http://www.burnleytogether.org.uk/down-town		Pick up a timetable for Burnley Wood Best Start Family Hub for lots more groups and sessions too! BEST START IN LIFE	**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 School March Street Burnley BB12 0BU 9:30am-11:00am			