



Visit [www.lancashire.gov.uk](http://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](http://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](mailto:talkzone@lancashire.gov.uk)

**NCT**  
NCT Lancashire Support Helpline  
0208 752 9025  
Email: [lancashiresupport@nct.org.uk](mailto: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](http://www.healthystart.nhs.uk)

**Healthy Start**  
Use your NHS Healthy Start prepaid card to collect:  
• Vitamins for women  
• Vitamin drops for babies and young children  
[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

**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.

**1<sup>st</sup> Saturday in every month.**  
Burnley Wood Family Hub

**Include Me**

10am-12noon

Session for SEND children and their families.

**1<sup>st</sup> 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

**3<sup>rd</sup> Saturday of every month**  
Burnley Wood Family Hub

**Family Play Saturday**

10.00am-12noon

Families welcome with children 0 - 11yrs

**3<sup>rd</sup> 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**

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

**5-11 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.

**0-5 years old**

**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><b>All our groups &amp; sessions are free</b></p>	<p><b>Family One Stop Shop</b> Information &amp; guidance on services available 1<sup>st</sup> Wednesday of the month 9:00 – 11:00am</p> <p><b>Baby and You</b> session 1:15pm – 2:45pm</p> <p><b>Colourful Footsteps</b> SEND primary age 4.00pm – 5.00pm</p>	<p><b>Development Matters</b> session alongside <b>Baby Clinic drop-in</b> with a member of the Health Visting team 9:30 – 11:30am</p> 	<p><b>Busy Bees SEND</b> 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><b>Baby and You</b> session 1:15pm – 2:45pm</p>	<p><b>Bump, Birth &amp; Beyond</b> course</p> <p><b>Parents to Be</b> Course</p> <p>Please call us on 01282 470707 to book on or for further details</p>	<p><b>Employment support drop-in</b> session 1:00pm-2:30pm</p> <p><b>Mini Move &amp; Groove</b> session 1:30pm-2:30pm</p>	 <p>Tay Street Sensory Room call 01282 470891 to book</p>	<p><b>Development Matters</b> session alongside <b>Baby Clinic drop-in</b> with a member of the Health Visting team 9:30 – 11:30am</p>  <p><b>NCT Infant Feeding Support Group</b> 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><b>Baby and You</b> session 1:15pm – 2:45pm</p>	<p><b>Infant Massage</b> 9:30am-11:00am</p> <p><b>Please call to book on 01282 470707</b></p> 	<p><b>Mini Move &amp; Groove</b> session 9:30 -11am</p> <p><b>Development Matters</b> session alongside <b>Baby Clinic drop-in</b> 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 &amp; Family Hub Mount Pleasant Street, Burnley, BB11 1LW</p>	<p><b>Chill and Chat</b> Drop in for info, advice &amp; guidance for young people 12-19+ 3:30pm-5:30pm</p> <p><b>Colourful Voices</b> for SEND young people for personal and social development.6:45pm-9:00pm</p>	<p><b>Step Up Youth Group</b> For year 5 &amp; 6 students, supporting their transition to high school 3:30pm-5:30pm</p> <p><b>Detached Youth Work</b> Padiham 6:45pm – 9:00pm</p>	<p><b>Youth Council</b> 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><b>PRISM</b> Specifically for young people who identify as LGBTQ+ 6:45pm-9:00pm</p> <p><b>Detached Youth Work</b> Daneshouse &amp; Stoneyholme 6:45pm – 9:00pm</p>	<p><b>Step Up Plus Youth Group</b> For Year 7 students 3:30pm-5:30pm</p> <p><b>Safe Space</b> 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><b>Midwifery Clinic</b> Appointments to be made via Badger App</p>	<p><b>Development Matters</b> session 9:30am-11:00am</p> <p><b>School Readiness</b> session Invites will come from the Health Visiting Team</p>	<p><b>BURNLEY COMMUNITY GROCERY</b></p>  <p>Valley Street Community Centre 01282 901511</p>	<p><b>Baby &amp; You</b> 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><b>Infant Massage</b> 9:30am-11:00am <b>Please call to book on 01282 470707</b></p> 	 <p>Call us <b>0808 196 2638</b></p>	<p><b>Craft &amp; Chat session</b> 1:00pm – 2:30pm</p> <p>Have a look online to see what else Down Town can offer: <a href="http://www.burnleytogether.org.uk/down-town">http://www.burnleytogether.org.uk/down-town</a></p>	<p><b>Maternity Tobacco Dependency Team</b> 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><b>Stay &amp; Play at Stoneyholme Nursery</b> 9:30am-11:00am</p>	<p><b>Infant Massage</b> 9:30am -11:00am Venue – Basically Cheer, Former Parkside Methodist Church, Cog Lane, Burnley BB11 5AH <b>Please call to book on 01282 470707</b></p>	