

Children's Well-Being Support



<https://www.facebook.com/HyndburnFamilyZone>

Family Zone is ran through Lancashire's Child & Family Wellbeing Service. Within Family Zone, you will find a wide range of support groups on offer within your local area that can support you & your family



<https://canw.org.uk/>

Targeted support for children and young people, specifically focused on improving their emotional health and wellbeing.



Anna Freud
National Centre for
Children and Families

<https://www.annafreud.org/>

Anna Freud covers a wide range of issues and offer support, sign posting and resource to help issue such as dealing with mental health difficulties, managing feeling, bereavement, anxiety, school based avoidance support and much more.



<https://charliewaller.org/>

We provide mental health training, resources and consultancy with a focus on children and young people.



<https://ynotaspire.org.uk/>

Supporting young people to build skills and confidence to make a difference to their lives and our community. Supporting mental health and offers advice to parents. Referrals for 1:1 in school are also possible through this service.



<https://www.carerslinklancashire.co.uk/>

Carers Link with Young Carers across Hyndburn and the Ribble Valley and their aim is to help young people who care for others within their daily life:

Make new friends, gives them time out from thier caring role, provides 1 to 1 support, offers fun activities including cinema trips, bowling and eating out, opportunities to learn new skills through training and workshops & attend trips & residential stays.



Get advice
and support

<https://www.lancashire.gov.uk/youthzone/get-in-touch/>

An advice service for young people contactable available 365 days a year. This service linked with Lancashire Children & Family Wellbeing Service and is available via text, call or online chat. This service can advise on a wide range of issue such as problems at home & school. Mental health, staying safe online, relationships, bullying and many more topics.



[Nest Lancashire - Supporting young victims](#)

Nest Lancashire is a support service for young people aged 8 to 18 who have been affected by crime or subjected to threats or harassment. You can talk to them in confidence and all of our services are free of charge.

Family Health- physical and mental health



<https://lancsyoungeoplefamilyservice.co.uk/>

Lancashire Healthy Young People & Families Service provides Health Visiting and School Nursing Services across the county



NHS

Great Ormond Street
Hospital for Children
NHS Foundation Trust

<https://www.gosh.nhs.uk/conditions-and-treatments/general-health-advice/>

Our general health section has all the advice you need to help you and your family lead an active and healthy lifestyle.



<https://111.nhs.uk/>

Get help with symptoms & existing medical conditions & get help with accessing NHS services



East Lancashire Child and Adolescent
Services (ELCAS)

<https://elht.nhs.uk/services/paediatrics/east-lancashire-child-and-adolescent-services>

ELCAS is a mental health service here to support children and young people, up to age 18th birthday, who are experiencing a range of mental health difficulties

<https://elht.nhs.uk/services/paediatrics/east-lancashire-child-and-adolescent-services/elcas-primary-care-team> - Click the link to access ELCAS Attend Anywhere online drop in session to discuss any concerns you may have with your child's mental health.



MindEd
elearning to support healthy minds

<https://www.minded.org.uk/>

MindEd is a free educational resource on children, young people, adults and older people's mental health



NHS

Lancashire &
South Cumbria
Talking Therapies

[Self-referral :: Lancashire and South Cumbria NHS Foundation Trust \(lscft.nhs.uk\)](https://lscft.nhs.uk/)

A psychological therapy service offering a range of free talking therapies to people aged 16 and over in Lancashire and 18 and over in South Cumbria.

Safety



Lancashire Constabulary

[Home - Lancashire Constabulary - Report Online](#)

Report a NONE emergency crime here-



[Hollie Guard – Personal Safety App](#)

HollieGuard is a personal alarm, deterrent, evidence catcher and more. Providing a lot more functionality than a regular keyring alarm for absolutely anyone who has safety in mind.

<https://www.ceop.police.uk/safety-centre/>



CEOP are here to help and give you advice, and you can make a report directly to us if something has happened online which has made you feel unsafe, scared or worried. This might be from someone you know in real life, or someone you have only ever met online. We take all reports seriously and we will do everything we can to keep you safe.



Prevent Strategy

<https://www.gov.uk/guidance/get-help-if-youre-worried-about-someone-being-radicalised>

Get help for radicalisation concerns &

Find out how the Prevent programme supports people who are at risk of becoming involved with terrorism through radicalisation.



<https://www.lancsfireandrescue.org.uk/safety/safety-advice/>

General fire safety advice for around the home, garden and your local environment.

<https://www.lancsfireandrescue.org.uk/contact-us/home-fire-safety/>

Click the link to access Lancs Fire & Rescue Home Fire Safety Check Service Page, Where You Can Receive Your Own Personalised Fire Safety Advice.

NSPCC

[Keeping children safe online | NSPCC](#)

Support parents with online safety advice, and we're here for children – to protect them and help them recover from abuse.



[Safeguarding children - Lancashire County Council](#)

We ALL have a duty to protect children and young people from harm caused by neglect or abuse. If you have any concerns about a child's safety or welfare, please seek advice from the link above.

Special Educational Needs



<https://adhdnorthwest.org.uk/>

ADHD North West is committed to providing a free unique support service to empower and improve the wellbeing of individuals and families affected by an Attention Deficit Disorder and associated conditions. We believe in making a difference by improving knowledge, increasing confidence, reducing isolation, and encouraging aspirations.



<https://www.actionasd.org.uk/>

Although Action for ASD has now ceased its charitable operations, they have compiled a list of services that you may find useful, please click the link for more information regarding to support & advice about ASD



[Child - British Dyslexia Association \(bdadyslexia.org.uk\)](http://bdadyslexia.org.uk)

If your child is, or may be, dyslexic then we have information, resources and training available to help you to ensure that your child is able to reach their full potential.



<https://makaton.org/>

- providing training to families, carers, and professionals; developing and producing printed and electronic resources;
- working with others to make their information accessible;
- providing advice and support for families and professionals;
- working in partnership to influence society and empower people.



<https://childlawadvice.org.uk/information-pages/special-educational-needs/>



<https://senddirectory.lancashire.gov.uk/kb5/lancashire/directory/home.page>

Search the SEND Directory for organisations and services that support or provide information, advice and activities for children and young people with special educational needs (SEND) and their families.

Housing & Life Style Support



[Home | ourfoodbank](#)

Should you need a food parcel you can send an email or ring the number at the top of the page and a parcel will be made up & delivered to your address.

Onward <https://www.onward.co.uk/services/care-and-support/1st-call/>

1st Call can provide tailored 1-2-1 support to residents living in Lancashire, giving you an opportunity to engage in a range of activities that will help improve overall health and wellbeing and provide support with issues such as employment support, financial advice, housing needs, accessing training and volunteering roles, and advice on other external organisations that can offer support and guidance.

NATIONAL DEBTLINE

<https://www.nationaldebtline.org/>

Free debt advice & support Helplines.



[Home - Shelter England](#)

Shelter provide a wide range of service & advice to point you in the right direction regarding any housing issue that you might be encountering.



<https://www.hyndburnbc.gov.uk/household-support-fund/>

Support Available

The Household Support Fund Round 3 can assist with the following;

- Energy & Water, Food, Clothing & Limited small white goods

Each category is capped at a set amount per household. The scheme will also signpost you to other sources of advice and support to ensure that you get all the assistance you are entitled to. You may be offered a referral for advice and assistance with finance, debt and/or welfare benefits, to help address long-term needs.



<https://www.home-start.org.uk/>

Home-Start is a local community network of trained volunteers and expert support helping families with young children through their challenging times.



[Housing Advice \(hyndburnbc.gov.uk\)](https://www.hyndburnbc.gov.uk/)

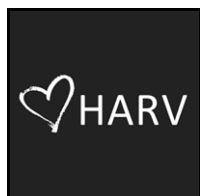
Within Housing Advice, we can offer help and advice on housing-related issues for people seeking housing advice from renting accommodation to advice on benefits and entitlements, dealing with private landlords, homelessness and housing issues in relation to relationship breakdown.

Parent/Guardian Support



<https://www.familylives.org.uk/>

Family Lives covers issues such as Behaviour management, parenting support, children struggling with school attendance, depression and other mental health issues and much more.



[HARV | \(harvoutreach.org.uk\)](http://harvoutreach.org.uk)

HARV provides services to vulnerable children and families in Hyndburn and Ribblesdale that have been affected by domestic abuse, exploitation & violence. A service for both Men, Women and Children.

We are LANCASHIRE WOMEN

[Homepage | Lancashire Women](#)

Offer support with employment support, mental health and wellbeing support (1 to 1 sessions and group sessions), money advice and energy advice. We also have a Justice & Safety team who work with women in the justice system or women who might face homelessness or domestic abuse.



[Inspire – Welcome to Inspire Lancashire \(inspirelancs.org.uk\)](http://inspirelancs.org.uk)

Inspire is a Drug and Alcohol Service. Who are there to empower you to tackle your drug (including alcohol) use.

Gingerbread **Single parents, equal families**

[Home | Gingerbread](#)

Gingerbread provides information to help single parents support themselves and their family.



[Home - Cafcass - Children and Family Court Advisory and Support Service](#)

Cafcass represents children in family court cases in England. We independently advise the family courts about what is safe for children and in their best interests. We put their needs, wishes and feelings first, making sure that children's voices are heard at the heart of the family court setting.

Cruse Bereavement Support

[Home - Cruse Bereavement Support](#)

Personalised grief support service



[Therapies - Maundy Relief - Helping those in poverty and need in the Accrington area](#)

Counselling is a talking therapy that can help you to talk through your problems in a safe and confidential setting and can help you to work through difficult thoughts and feelings and can also help to improve or relieve symptoms of low mood and anxiety.