

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 -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

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

Warm & Welcome

An informal group for all families with children to drop in, have a free cup of tea or coffee, and some toast, while your children play in our warm, fun family rooms. No need to book, just turn up.

Pendle What's On - January 2023



Our Neighbourhood Centres

Where we are:

Bradley NC

(Formerly The Zone)

Leeds Road

Nelson, BB9 8EL

Tel: 01282 470877

Barnoldswick NC

Gisburn Road

Barnoldswick, BB18 5LS

Tel: 01282 470670

Brierfield NC

(formerly Family Tree)

Tunstall Square

Brierfield, BB9 5GZ

Tel: 01282 470534

Colne NC

Walton Street

Colne, BB8 0EL

Tel: 01282 470830

Whitefield NC

(formerly The Beacon Centre)

Maurice Street

Nelson, BB9 7HS

Tel: 01282 470277

Follow us at:



pendle family zone

Monday

9.30 - 10.30am

Baby And You (0-2yrs)
Bradley NC

9.30 - 10.30am

Development Matters (2yr - preschool)

10.30 - 11.00am

Mini Move & Groove
Whitefield NC

Tuesday

9.30 - 10.30am

Baby And You (0-2yrs)
Barnoldswick NC

9.30 - 11.30am

Warm and Welcome
Barnoldswick NC

Wednesday



Our Sensory Rooms are open every day Monday to Friday.

To book your free session, call Colne (01282 470830) or Brierfield (01282 470534)

Thursday

9.30-10.30am

Baby And You (0-2yrs)
Brierfield NC



Friday

9.30 - 12.00pm

Warm and Welcome
Colne NC

10.00 - 11.15am

Baby Massage
(alternating centres, starting 6th Jan at Colne NC - to enquire/ book, email cfwpendlerfs@lancashire.gov.uk)

1.00 - 2.00pm

Baby And You (0-2yrs)
Whitefield NC

1.00 - 3.00pm

Parents to Be

(alternating centres, starting 16th Jan at Colne - to enquire/ book, cfwpendlerfs@lancashire.gov.uk)

1.00 - 2.00pm

Development Matters (2yr - preschool)

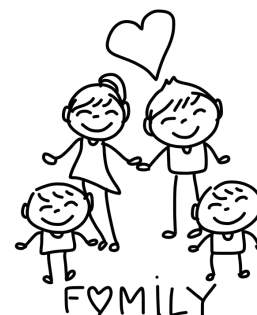
2.00 - 2.30pm

Mini Move & Groove
Bradley NC

1.30pm - 2.30pm

Chat, Play & Read

(alternating centres, starting 3rd Jan at Brierfield - to enquire/book, cfwpendlerfs@lancashire.gov.uk)



3.00pm - 5.00pm

Warm and Welcome
Bradley NC

1.00 - 2.00pm

Development Matters (2yr - preschool)

2.00 - 2.30pm

Mini Move & Groove
Brierfield NC and Colne NC

3.00pm - 5.00pm

Warm and Welcome
Whitefield NC

1.00 - 2.00pm

Baby And You (0-2yrs)
Colne NC

3.45 - 5.15pm

Colourful Footsteps
(5-11 SEND)

CFWS Colne
(to enquire and/or book, email cfwpendlerfs@lancashire.gov.uk)

3.45pm - 4.45pm

Inside Out featuring Move & Groove

(alternating centres starting 9th Jan at Bradley - to enquire and/or book, email cfwpendlerfs@lancashire.gov.uk)

