

Come along to our Virtual Groups We would love to see you!

Lancashire Healthy Young People and Families 0-19 Service

Our virtual groups offer a fantastic way to come together on a video call with other parents and carers who are having similar experiences. These virtual sessions provide an opportunity to gain information and support from our friendly team of health professionals.

Live and pre-recorded sessions are available.

Live sessions – Take place on Microsoft Teams which is widely available on desktops, laptops, tablets and mobile phones. Microsoft Teams is very user friendly, which means if you're camera shy or totally ready to get involved, Microsoft Teams enables you to participate at your own pace.

Pre-recorded sessions– Allow you to take part at a time that is convenient to you. The session links are available via our website.

If you have any further questions or would like to book your place on one of our groups, please contact a member of the Lancashire Healthy Young People and Families Service on **0300 247 0040** or email us at **vcl.019.SinglePointOfAccess@nhs.net**.

We would love to hear from you!

If you find that you can no longer attend, it's not a problem. Please get in touch and we can allocate your place to another parent.

We are always adding new groups, please follow our Facebook page to keep updated **www.facebook.com/lancashirehealthyyoungpeopleandfamilies**.

For more information and the links to our recorded sessions please visit our website.



www.lancsyoungpeoplefamilyservice.co.uk

As commissioned by:

Sessions Available

Lancashire Healthy Young People and Families 0-19 Service

Preschool

Group	Overview
Talk to me 0-6 mths	Speech and language support.
Chat, read, play 6-18 mths	Speech and language support.
Understanding Colic & Relux 0-6 mths	Colic and reflux symptoms and what you can do to help your baby.
Moving onto solids 0-12 mths	Introduction to solid foods/weaning. Live & pre-recorded sessions available.
Baby and Me	Information on communicating with our babies and how we can look after our mental health.
Antenatal Infant Feeding Session	Information and top tips for expectant parents on feeding their new baby. Live & pre-recorded sessions available.
Bump, Birth and Beyond	Antenatal Health Visitor education session. Live & pre-recorded sessions available.

School age

Night time wetting	Support for night time wetting (Recorded)
Healthy lifestyle- Healthy weight. NEW!	Healthy eating and nutrition advice.
Sleep & behaviour support. NEW!	Supporting your child with behaviour and sleep.
School Readiness (From April)	Aimed at preparing you and your child for their first day at school.



@LancashireHealthyYoungPeopleAndFamilies

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