

Monday	<p><b>Birchall Trust</b> @ Burnley Wood Centre 9-5pm from Jan 24 (We offer support to anyone aged 4 and above affected by rape, sexual abuse or sexualised violence in Cumbria and Lancashire) <b>Burnley Together</b> @ Down Town <b>Steps to Employment</b> Our 'steps to employment' project help people across Burnley increase their chances of getting a job. Available during the week.10.30-12noon Get in touch e-mail: <a href="mailto:skills@calico.org.uk">skills@calico.org.uk</a> <b>Thrive</b> at Down Town 11am–1pm A variety of skills, employment and training advice all available in one place. If you are aged 16–24 and looking for help and advice come along and meet with a variety of our partners who have expertise in helping young people take their next steps. SGO stay and play group – 3<sup>rd</sup> Monday of each month at Burnley Wood Family Hub 10.00am-11.30am</p>	<p><b>LSCFT – Keyworking Service drop-in</b> 10am-12noon at Burnley Wood Family Hub March 11<sup>th</sup> / April 22<sup>nd</sup> / June 10<sup>th</sup> / July 22<sup>nd</sup> We are a service which provides support for young people under 25 who are referred to the Dynamic Support Database who are at high risk and require a high level of support, but we can also link in with families and signpost to services in the local offer which can support families with young people with a diagnosis of Autism.  <b>Be Savy S.E.N.D. group</b> @ Burnley Zone 6.45-9.00pm <b>Referral only</b> <a href="mailto:cfwyouthworkburnley@lancashire.gov.uk">cfwyouthworkburnley@lancashire.gov.uk</a></p>	<p><b>Lancashire Women</b> @ Tay St 9-5pm  <b>CONNECT wellbeing drop-in</b> @ Tay St 2.30-4.00pm supported by Lancashire Women <b>NHS Talking Therapies</b> @ Ightenhill 9-5pm &amp; Burnley Zone 9-5pm <b>Inside Out programme</b> To book your place call 01282 470707 3.30pm-5.00pm Burnley Wood Centre Course starts 8/1/2024. Chai Centre Course starts 19/2/2024</p>
<p><b>Tuesday</b></p>	<p><b>Hear Now</b> family signposting support drop-in @ Down Town (above New Look) 10.30-12pm <b>HAPI 16/17 homeless drop-in</b> for support and advice @ Tay St. Call 01282 470891 for more information. <b>Triple P GROUP</b> @ Burnley Wood To book your place call 01282 470707 1.00pm – 3.00pm</p>	<p><b>POWAR</b> (SEND Youth Participation voice) youth voice and influence group to provide a space for young people with SEND to raise issues of importance @ Burnley Zone 4.30pm-6.00pm for 8-15yr olds 6.30pm-8.00pm for 16-25yr olds</p>	<p><b>NHS Talking Therapies</b> @ Burnley Zone 9-5 x 2 counsellors</p>
<p><b>Wednesday</b></p>	<p><b>Hear Now</b> family signposting support drop-in @ Tay St 1-3pm <b>Commit to Quit Smoking Cessation</b> @ Tay St 10-4 <b>Employability drop-in</b> @ Tay St 10-11.30am &amp; Burnley Wood 3.30-5pm</p>	<p><b>Colourful Footsteps</b> group 5-11 yr. old with parent @ Tay St 4-5pm</p>	<p><b>Lancashire Women</b> @ Tay St 9-5pm  <b>NHS talking Therapies</b> @ Tay St 9-5pm &amp; Burnley Zone x 2 counsellors. <b>Youth Voice</b> 12-19+ yrs. aim to support young people who feel they either have issues or want to seek support/talk about @ Burnley Zone 6.45pm-9.00pm  <b>Burnley Leisure and Culture</b> - Adult Weight Management session 16-week programme Burnley Wood Family Hub 10.00am-11.30am</p>
<p><b>Thursday</b></p>	<p><b>Birchall Trust</b> @ Burnley Wood Centre 9-5pm from Jan 24 with Children's Counsellor <b>Commit to Quit Smoking Cessation</b> @ Burnley Wood 10-4pm <b>Hear Now</b> family signposting support drop-in @ New Neighbours Together St John's Church Hall, off Ivy St, Burnley, BB10 1TD9.30-11.30am</p>		<p><b>Strong Together</b> support drop-in for survivors of DA @ Tay St 10-12pm <b>NHS Talking Therapies</b> @ Tay Street 9-5 (from March)  <b>Burnley Leisure and Culture</b> - Adult Weight Management session 16-week programme Chai Centre 1.30-3.00pm</p>
<p><b>Friday</b></p>	<p><b>Burnley Together</b> @ Down Town '<b>Relove the Preloved</b>' School Uniform shop is located at Downtown, Charter Walk Shopping Centre, open Mon-Fri, 9:00am to 4:00pm call 01282 686402</p>		<p><b>NHS Talking Therapies</b> @ Chai Centre 9-5</p>
<p><b>Saturday</b></p>			<p><b>M.A.T.C.H.</b> (men and their children) interactive fun session @ Tay St 1<sup>st</sup> Saturday each month 10-12pm <b>Trek Talk</b> group for men and their children, starting from Burnley Wood to Towneley Park and back 3<sup>rd</sup> Saturday each month. 10-12pm <b>Family Play Saturday</b> – for children 0-11 and parents Burnley Wood Family Hub 10am-12noon</p>
<p><b>Supporting information</b></p>	<p>Contacts at Birchall Trust: <a href="mailto:natasha.mcardle@birchalltrust.org.uk">natasha.mcardle@birchalltrust.org.uk</a> <a href="mailto:Laura.Doughty@birchalltrust.org.uk">Laura.Doughty@birchalltrust.org.uk</a> <a href="mailto:Sophie.Munoz@birchalltrust.org.uk">Sophie.Munoz@birchalltrust.org.uk</a>  Contact at CGL Commit to Quit Stop Smoking Bernice Whitehead <a href="mailto:Bernice.Whitehead@cgl.org.uk">Bernice.Whitehead@cgl.org.uk</a>  <b>Burnley Together</b> can support and <b>advice with budgeting, money management, bills, and debt</b>. Signposting to access specialist services from Citizens Advice Bureau (CAB) and Christians Against Poverty (CAP) and support to attend drop ins and appointments during the week. You can call us on 01282 686 402 or email us at <a href="mailto:contact@burnleytogether.org.uk">contact@burnleytogether.org.uk</a></p>	<p><b>Burnley Together</b> can support you through the process of completing and bidding on the Be With Us application. We can give advice and signposting for <b>housing queries</b>. Telephone: 01282 425011 Email: <a href="mailto:housing@burnley.gov.uk">housing@burnley.gov.uk</a> You can also contact Burnley Together if you have any queries <a href="mailto:contact@burnleytogether.org.uk">contact@burnleytogether.org.uk</a></p>	<p>Contact at Lancashire Women: Julie.Stewart <a href="mailto:Julie.Stewart@lancashirewomen.org">Julie.Stewart@lancashirewomen.org</a>  Contact at NHS Talking Therapies: <a href="mailto:Kathryn.Millward@lscft.nhs.uk">Kathryn.Millward@lscft.nhs.uk</a> <a href="mailto:Chloe.Johnson@lscft.nhs.uk">Chloe.Johnson@lscft.nhs.uk</a> Contact at Shine Coaching (Trek Talk) Lian 07714 580 487 <a href="mailto:enquiries@shine-coaching.com">enquiries@shine-coaching.com</a></p>

	Infant Feeding	Midwifery	Health Visiting
<b>Monday</b>	<a href="#">LatchAid breastfeeding app - Lancashire Healthy Young People and Families Service</a> ( <a href="http://lancsyoungpeoplefamilyservice.co.uk">lancsyoungpeoplefamilyservice.co.uk</a> )	<b>Midwife clinic</b> by appt @ Ightenhill 8.30-4.30pm <b>Midwife clinic</b> by appt @ Chai Centre 9-5pm <a href="#">Register your pregnancy :: East Lancashire Hospitals NHS Trust</a> ( <a href="http://elht.nhs.uk">elht.nhs.uk</a> )	The <b>Virtual</b> Group programme. To book on virtual sessions, speak to your health Visitor or call/ e mail Call 0300 247 0040 E mail – <a href="mailto:vcl.019.SinglePointOfAccess2@nhs.net">vcl.019.SinglePointOfAccess2@nhs.net</a>
<b>Tuesday</b>		<b>Midwife clinic</b> by appt @ Tay St 9-5pm <b>ELHT Midwifery team Maternity Tobacco Dependency Team</b> @ Tay St 9-5pm <b>Young Parents group</b> for parents & parents-to-be @ Burnley Zone 10.00am-11.30am	<b>HCRG 2 yr. review</b> follow by appt only 9-11.30am <b>Virtual support</b> - Learning to Talk 10-11am 1st Tuesday of each month Talking tips for 1- & 2-year-olds <b>Virtual support</b> - Understanding Colic & Reflux*1-2pm Run fortnightly Breast and formula feeding
<b>Wednesday</b>		<b>ELHT Midwifery team Maternity Tobacco Dependency Team</b> @ Chai Centre 9-5pm	<b>Baby clinic with Health Visitors</b> – no appointment needed @ Tay St 1-3pm <b>Virtual support</b> - Moving onto Solids* 0-12 mths 10-11am Run fortnightly
<b>Thursday</b>	<b>Virtual support</b> - Antenatal Infant Feeding* 1-2pm Over 2 weeks		<b>Virtual support</b> - Baby & Me 10-11am 2nd Thursday of each month
<b>Friday</b>	<b>Lactation Clinic</b> – by appointment only @ Tay St 1-4.30pm <b>F.A.B. Breastfeeding support</b> group @ Tay St 1-2.30pm	<b>Midwife clinic</b> by appt @ Chai Centre 9-5pm	
<b>Saturday</b>			
<b>Supporting information</b>		Contact for Maternity stop smoking service Bell Emma (ELHT) Family Care <a href="mailto:Emma.Bell2@elht.nhs.uk">Emma.Bell2@elht.nhs.uk</a>	