



Welcome to the Newfield Resource Directory!

The purpose of this Directory is to inform families about community based social activities that take place for children, young people and adults with disabilities, in and around Blackburn with Darwen.

The Directory also provides a list of useful contact numbers as well as a list of abbreviations and terms that families are likely to hear at meetings but may not be familiar with.

If you know of a group, club or activity that is specifically for children with disabilities or is “disability friendly” please contact us at FamilyWellbeingCoordinators@newfield.blackburn.sch.uk so that we can include the details in the Directory.

Many thanks

Mathilde Sharrocks and Ann Marie Pickering

Family Wellbeing Coordinators – Newfield School

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Activities for Children and Young People with Disabilities

Name of Activity/Group/Club	When does it take place?	Where does it take place?	Information and cost	Who can I contact for more details or to join?
AFC Lammack – Pan Disability Football Club	Wednesday 6pm-7pm	QEGS Sports Hall Lammack Road Blackburn BB1 8LA	Please ring for details and cost	Telephone 07725910761
Blackburn Rovers Pan Disability Football Session	Monday 5pm-6pm	Our Lady & St John High School North Road Blackburn BB1 1PY	£3 per session for children with a disability or Special Educational Needs aged 8 – 16 years. Sessions take place outdoors when possible or in the sports hall in poor weather.	Forms can be completed in the Reception Area at school on the night or complete the online form by visiting Blackburn Rovers Open Play.
Blackburn Rovers Disability Football Session for Young People with Down Syndrome	Monday 5pm-6pm	Our Lady & St John High School North Road Blackburn BB1 1PY	£3 per session for children with a disability or Special Educational Needs aged 8 – 16 years. Sessions take place outdoors when possible or in the sports hall in poor weather.	Forms can be completed in the Reception Area at school on the night or complete the online referral form by visiting Blackburn Rovers Open Play.
Diversity Club at Darwen Youth Zone	Sunday 2pm-5pm	Blackburn Youth Zone Jubilee Street Blackburn BB1 1EP	£3 per year membership and then 50p per session attended. Variety of activities on offer. Open to children and young people	Contact Diversity Lead, Bridget Holden Tel: (01254) 292000 Or email bridget.holden@blackburnyz.org

Diversity Club at Blackburn Youth Zone	Monday 3.30pm-6pm.		<p>with disabilities, aged 8-25 years.</p> <p>Young People who receive a direct payment or personal budget may be required to bring their PA to support them. (All PA's will need to undertake Youth Zone induction prior to attending).</p>	
Don't Dis Ability Boccia Club with Blackburn Community Sports Club	Thursday 6pm-7pm (term time only)	St Bede's Specialist Sports College Sports Hall Livesey Branch Road Blackburn BB2 5BU	For Children with disabilities aged 6 years and above. Cost is £2 subs per week.	Contact Rob Kit on 07913 601166 Or email: rob@sportingnrg.co.uk
Family and Community Enterprise (FACE) Project – in conjunction with Birds of Paradise (Tuyoorul Jannah)	Saturday 1pm-3pm	St Stephen's Primary School Robinson Street Blackburn BB1 5PE	A club for children with disabilities aged 7-19 years. Activities include arts and crafts, singing and dancing, Lego. Cost is £3 per child, per session. Parents are welcome to stay but this is not a requirement.	<p>Maximum of 15 children per session. Applications to join must be made on line and then an assessment will be undertaken to determine whether the child's needs can be met by the project.</p> <p>For more information contact 07832 233223 or email hello@faceandme.org.uk or go to www.faceandme.org.uk</p>

Fox Foundation Football and Fenny Reccers (Inclusive Disability Football Session)	Saturday 9.15am-10am	St Bede's Specialist Sport College 3G Pitch	A session for children in school years 1-4. A new opportunity for children to take part in weekly disability football sessions, consisting of fun, game based activities to develop physical and social skills.	For cost and to check availability please contact FOXFOUNDATIONFOOTBALL@OUTLOOK.COM
Hearing Impaired Toddler Group	Once a month during term time on a Tuesday morning	Shadsworth Children's Centre Shadsworth Road Blackburn BB1 2HR	Free of charge. Group is for pre-school children who have a diagnosed hearing impairment.	At the moment places remain limited due to Covid 19. Please contact the centre for more details on (01254) 680733 or email Nicola.steele@blackburn.gov.uk
Kaleidoscope Youth Club (formerly Apple Trees Youth Club)	Wednesday 6pm-8pm (Term time only)	Kaleidoscope Off Lindisfarne Avenue Blackburn BB2 3ER	The club is available to children with moderate learning needs aged from 8- 18 years. It is free of charge.	Numbers are limited and as such places have to be booked and confirmed before a child can attend. Please contact: Joanne Birtwistle Children's Disability Service (01254) 666898 or email joanne.birtwistle@blackburn.gov.uk
Kids Next Door Youth Club	Thursday 7pm-9.30pm	Knott Street Community Centre Knott Street Darwen	A youth club for young people aged 11-21 with a diagnosis of Asperger Syndrome or young people who are anxious in social settings. At the	Contact Elizabeth Clarkson at Elizabeth.clarkson@blackburn.gov.uk for availability and to book a place.

			moment there is no cost to attending the club.	
Margaret Haes Horse Riding Centre	Please check for opening days and times.	Margaret Haes Horse Riding Centre Moor Road Holcombe Bury BL8 4NX	<p>The Margaret Haes Riding Centre is an independent charitable organisation which has helped hundreds of children and adults with special needs enjoy the experience of riding ponies over the West Pennine Moors.</p> <p>The centre offers introductory riding lessons to both disabled and able-bodied children and adults.</p> <p>The centre offers private or group sessions, birthday parties, pony days and events in their indoor and outdoor school for all abilities.</p> <p>Prices vary depending on what type of session. Please see the website for details.</p>	Contact (01706) 821337 or email: mhrc@hotmail.co.uk
Mini Members Club at Youth Zone	Saturday 12.30-2pm. These times changed due to Covid 19 so please contact Youth Zone for information.	Blackburn Youth Zone Jubilee Street Blackburn BB1 1EP	£3 per year membership and then 50p per session attended. Variety of activities on offer. Open to children and young people aged 5-7 years, including children with disabilities. Children need to be able to	Contact Diversity Lead, Bridget Holden Tel: (01254) 292000 Or email bridget.holden@blackburnyz.org

			<p>cope in a group setting and not require 1:1 supervision.</p> <p>Young People who receive a direct payment or personal budget will be required to bring their PA to support them. (All PA's will need to undertake Youth Zone induction prior to attending).</p>	
OJ's Saturday Family Club	Saturday 11am-3.30pm (Families can arrive at a time suited to them and are welcome to stay as long as they like within the above times).	Hillside Specialist School and College, Ribchester Road Longridge PR3 3XB	<p>The aim is to offer a friendly and understanding session to give parents of children with autism, peace of mind that their child's needs are understood. OJ's staff run the session but children are always the responsibility of parents and carers, therefore children need to be supervised at all times.</p> <p>Indoor activities are set up and we have lots of safe and outdoor spaces to explore.</p> <p>This is a family session, therefore, siblings are welcome to visit with the child they are looking after.</p>	<p>Contact Lisa Donoghue at lisa@ojscare.org or on 07971 723 607</p> <p>Or Bryony Donoghue at b.donoghue@ojscare.org</p> <p>Places can also be booked on line by visiting www.ojscare.org</p>

			<p>Carers are also welcome to visit with children they are looking after.</p> <p>Places are limited, so that all attending have a positive experience. Therefore, all sessions must be pre-booked.</p> <p>The cost is £4 per person.</p>	
Rossendale Special Ski Club (Rosski)	Ski training takes place on Saturdays between 2pm-4pm	Ski Rossendale Haslingden Old Road Rawtenstall BB4 8RR	<p>Rossendale Special Ski Club (Rosski) is open to any young person in East Lancashire and neighbouring counties with a Learning Disability who either wants to learn to ski or who can ski. We are based at the dry ski slope at Ski Rossendale.</p> <p>We are a very friendly welcoming club always looking for new members. The criteria is that members must have or have had a Statement of Special Educational Needs or be on School Action +. There is no upper age limit but we have set a lower age limit of 6 years.</p>	<p>For more information Tel: (01706) 231479 Or visit www.rosski.org.uk</p>

			<p>We aim to open up skiing to a group of young people who may never have had the opportunity to ski. We are Associate Members of Special Olympics GB and offer the opportunity to those skiers who meet SOGB criteria the chance to compete at local, national and world level.</p> <p>Please contact the club for costs.</p>	
<p>Tuyoorul Janaj (Birds of Paradise)</p> <p>Specialist Madrassah</p>	<p>5.15-7.15pm (hourly slots) Monday to Friday.</p> <p>Saturday 9am-1pm or Sunday 11am-3pm</p>	<p>Former Coach House Day Nursery 35 Shear Bank Road Robinson Street Blackburn BB1 8AP</p> <p>But also deliver 1:1 sessions within the home</p>	<p>To meet the varying needs (including religious and cultural needs) of individuals with SEND (special educational needs and disabilities) using a holistic approach. Aged 4 – 19 years.</p> <p>To provide every individual, with the opportunity and enabling environment to grow and flourish to achieve their full potential.To provide a nurturing</p>	<p>For more information or to join the Madrassah please contact 0782558144 Or email: tuyoorul_jannah@hotmail.co.uk</p>

			<p>environment that is happy, safe and stimulating through a team of highly skilled specialist staff.</p> <p>Available to children from 4 years of age with no upper age limit.</p> <p>Cost is £10 per session for private funding students and £12 per session for those on direct payments.</p>	
<p>Wacky World Inflatable Park ASD/Disability Friendly Session</p>	<p>Monday at 6pm-7pm</p>	<p>Wacky World Inflatable Park 4 Campbell Street Preston</p>	<p>Wacky World is an inflatable activity course. Perfect for anyone wanting to explore Wacky Fun under a more controlled environment.</p> <ul style="list-style-type: none"> • Lights turned down • Music Off • Quiet rooms (if required) • Fully trained staff <p>Cost is £5.95 per child. One carer can access for free but additional carer's/adults are charged £1.95</p> <p>Sessions are available for children aged 0 to 12 years.</p>	<p>Although there is no requirement to pre-book, families are advised to book on line as places are limited and there is some paperwork (Waiver form) to complete prior to entry.</p> <p>For more information, please contact: 01772 920 105 or email: preston@wackyworlduk.co.uk</p>

Activities for Adults with Disabilities

Name of Activity/Group/Club	When does it take place?	Where does it take place?	Information and cost	Who can I contact for more details or to join?
East Lancs Social Inclusion Club (ELSI)	Wednesday 6pm-9pm	St Marks Conservative Club Preston Old Road Blackburn BB2 2SS	<p>Social Club for Adults with a Learning Disability.</p> <p>Various activities including, disco, live music, pool, darts and karaoke.</p> <p>The club meets so that people who have difficulties in social situations have the opportunity to make new friends and build new relationships.</p> <p>Cost is £1 per week but it is recommended that people attending bring money to buy drinks and snacks or to play pool etc.</p>	<p>Telephone: (01254) 682368 or 07818465491</p> <p>Email: elsiuk2000-secretary@yahoo.co.uk</p>
Motivate Archery	Monday 10am-11.30am	Witton Arena Witton Country Park Blackburn	<p>Motivate offer a weekly timetable of activity sessions for adults with a learning disability Age 16+</p> <p>Their aim is to help people lead an active lifestyle and improve their health and wellbeing.</p>	<p>It is advisable to ring to check that sessions are running. Please telephone (01254) 682037</p> <p>Or contact: Matthew.leaver@blackburn.gov.uk or Kathryn.boyes@blackburn.gov.uk</p>

			<p>Staff are friendly and helpful and sessions are open to all abilities. So, if you fancy trying something new, want to improve your fitness or just enjoy meeting other people, come along!</p> <p>Cost is £1 per session with a Beez Card. Carers attend free of charge.</p>	
Motivate Cycling	Monday 1.30pm-3.00pm	Witton Cycling Centre Witton Country Park Blackburn	<p>Motivate offer a weekly timetable of activity sessions for adults with a learning disability. Their aim is to help people lead an active lifestyle and improve their health and wellbeing. Age 16+</p> <p>Staff are friendly and helpful and sessions are open to all abilities. So, if you fancy trying something new, want to improve your fitness or just enjoy meeting other people, come along!</p> <p>Cost is £1 per session with a BeezCard. Carers attend free of charge.</p>	<p>It is advisable to ring to check that sessions are running. Please telephone (01254) 682037</p> <p>Or contact: Matthew.leaver@blackburn.gov.uk or Kathryn.boyes@blackburn.gov.uk</p>
Motivate Health Walk (approx. 1 hour)	Tuesday 10.30am-11.30am	Various venues in Blackburn and Darwen. Contact Motivate for details.	<p>Motivate offer a weekly timetable of activity sessions for adults with a learning disability. Age 16+</p> <p>Their aim is to help people lead an</p>	<p>It is advisable to ring to check that sessions are running. Please telephone (01254) 682037</p> <p>Or contact: Matthew.leaver@blackburn.gov.uk or</p>

			<p>active lifestyle and improve their health and wellbeing.</p> <p>Staff are friendly and helpful and sessions are open to all abilities. So, if you fancy trying something new, want to improve your fitness or just enjoy meeting other people, come along!</p> <p>Cost is £1 per session with a Beez card. Carers attend free of charge.</p>	<p>Kathryn.boyes@blackburn.gov.uk</p>
Motivate Swim	Tuesday 1.30pm-2.30pm	Blackburn Leisure Centre Fielding Street Blackburn BB2 1LQ	<p>Motivate offer a weekly timetable of activity sessions for adults with a learning disability. Age 16+</p> <p>Their aim is to help people lead an active lifestyle and improve their health and wellbeing.</p> <p>Staff are friendly and helpful and sessions are open to all abilities. So, if you fancy trying something new, want to improve your fitness or just enjoy meeting other people, come along!</p> <p>Cost is £2 per session with a Beez card. Carers attend free of charge.</p>	<p>It is advisable to ring to check that sessions are running. Please telephone (01254) 682037</p> <p>Or contact: Matthew.leaver@blackburn.gov.uk or Kathryn.boyes@blackburn.gov.uk</p>

<p>Motivate Multi Sports Session</p>	<p>Thursday 10am-11.30am</p>	<p>Witton Arena Witton Country Park Blackburn</p>	<p>Motivate offer a weekly timetable of activity sessions for adults with a learning disability. Age 16+ Their aim is to help people lead an active lifestyle and improve their health and wellbeing. Staff are friendly and helpful and sessions are open to all abilities. So, if you fancy trying something new, want to improve your fitness or just enjoy meeting other people, come along!</p> <p>Cost is £1 per session with a Beez card. Carers attend free of charge.</p>	<p>It is advisable to ring to check that sessions are running. Please telephone (01254) 682037</p> <p>Or contact: Matthew.leaver@blackburn.gov.uk or Kathryn.boyes@blackburn.gov.uk</p>
<p>Motivate Albion Mill Session</p>	<p>Thursday 2pm-3pm</p>	<p>Albion Mill (Housing with care) Albion Street Blackburn BB2 4LX</p>	<p>Motivate offer a weekly timetable of activity sessions for adults with a learning disability. Age 16+ Their aim is to help people lead an active lifestyle and improve their health and wellbeing.</p> <p>Staff are friendly and helpful and sessions are open to all abilities. So, if you fancy trying something new, want to improve your fitness or just enjoy meeting other people, come along!</p> <p>Cost is £1 per session with a Beez card. Carers attend free of charge.</p>	<p>It is advisable to ring to check that sessions are running. Please telephone (01254) 682037</p> <p>Or contact: Matthew.leaver@blackburn.gov.uk or Kathryn.boyes@blackburn.gov.uk</p>

<p>Motivate Dance</p>	<p>Friday 10.30am-11.30am</p>	<p>Audley Centre Chester Street Blackburn BB1 1LP</p>	<p>Motivate offer a weekly timetable of activity sessions for adults with a learning disability. Age 16+ Their aim is to help people lead an active lifestyle and improve their health and wellbeing.</p> <p>Staff are friendly and helpful and sessions are open to all abilities. So, if you fancy trying something new, want to improve your fitness or just enjoy meeting other people, come along!</p> <p>Cost is £1 per session with a Beez card. Carers attend free of charge.</p>	<p>It is advisable to ring to check that sessions are running. Please telephone (01254) 682037</p> <p>Or contact: Matthew.leaver@blackburn.gov.uk or Kathryn.boyes@blackburn.gov.uk</p>
<p>Motivate Football</p>	<p>Friday 11am-11.30am</p>	<p>Audley Centre Chester Street Blackburn BB1 1LP</p>	<p>Motivate offer a weekly timetable of activity sessions for adults with a learning disability. Age 16+ Their aim is to help people lead an active lifestyle and improve their health and wellbeing.</p> <p>Staff are friendly and helpful and sessions are open to all abilities. So, if you fancy trying something new, want to improve your fitness or just enjoy meeting other people, come along!</p> <p>Cost is £1 per session with a Beez card. Carers attend free of charge.</p>	<p>It is advisable to ring to check that sessions are running. Please telephone (01254) 682037</p> <p>Or contact: Matthew.leaver@blackburn.gov.uk or Kathryn.boyes@blackburn.gov.uk</p>

<p>Motivate Dodgeball</p>	<p>Friday 1.30pm-3pm</p>	<p>Witton Arena Witton Country Park Blackburn</p>	<p>Motivate offer a weekly timetable of activity sessions for adults with a learning disability. Age 16+ Their aim is to help people lead an active lifestyle and improve their health and wellbeing.</p> <p>Staff are friendly and helpful and sessions are open to all abilities. So, if you fancy trying something new, want to improve your fitness or just enjoy meeting other people, come along!</p> <p>Cost is £1 per session with a Beez card. Carers attend free of charge.</p>	<p>It is advisable to ring to check that sessions are running. Please telephone (01254) 682037</p> <p>Or contact: Matthew.leaver@blackburn.gov.uk or Kathryn.boyes@blackburn.gov.uk</p>
<p>My Step Up Farm</p>	<p>Monday to Friday 9.30am-3.30pm</p> <p>(Closed on bank holidays)</p>	<p>Brownhill Farm Newington Avenue Blackburn BB1 9RG</p>	<p>A wide variety of farm activities for adults with autism or learning disabilities. (Animal care, fixing fence posts, collecting eggs, feeding chickens, general DIY).</p> <p>We offer our clients the opportunity to socialise in a fun environment, whilst developing new skills and increasing confidence.</p> <p>Many clients use Direct Payments to access the farm. We are happy to provide information about this or please visit our website.</p>	<p>07504 759 164 Visits to the farm are by booking only</p> <p>Email: mystepup.co.uk</p>

			Full time carers are welcome to attend with clients free of charge.	
Sliding Doors Social	Mondays and Thursdays 9.30am-3.30pm (can attend for ½ days if preferable).	St. Edward's Church Hall Veronica Street Darwen	For people with disabilities aged 18+. Variety of activities available. Anyone requiring support will need to bring a carer. Please contact to confirm cost of session. (Carers can attend free of charge).	Tel: 07495 303 224 or email: slidingdoorssocial@gmail.com
Sliding Doors Social Evening	Tuesdays 6.30pm-8.30pm	Ivy Street Community Centre 30 Ivy Street Blackburn BB2 3RR	For people with disabilities aged 18+. Variety of activities including Music, Singing and Bingo. Refreshments available. Please contact to confirm cost of session. Carers can attend free of charge.	Tel: 07495 303 224 or email slidingdoorssocial@gmail.com
Sliding Doors Social Lads Group	Tuesdays 9.30am-12.30pm and 6.15pm-8.15pm	Mill Hill Community Centre New Chapel Street Blackburn BB2 4DT	For lads/men with disabilities aged 18+. Activities include gardening, pool, arts and crafts, X Box or simply chill and chat. Please contact to confirm cost of session.	Tel: 07495 303 224 or email slidingdoorssocial@gmail.com
Sliding Doors Social Happy Songs and Music Group	Wednesdays from 1pm-3pm	Mill Hill Community Centre New Chapel Street Blackburn BB2 4DT	For people with disabilities aged 18+. Please contact to confirm cost of session.	Tel: 07495 303 224 or email: slidingdoorssocial@gmail.com
Sliding Doors Social Disco Party Night	Thursday from 6.30pm-8.30pm	The Blues Bar Ewood Park Football Stadium Blackburn BB2 4JF	For people with disabilities aged 18+. (Young people aged 16 or over are welcome but must be accompanied by a parent or carer).	Tel: 07495 303 224 or email: slidingdoorssocial@gmail.com

			Music, Dancing, Karaoke, Bingo and Raffle.	
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Local Attractions that are FREE!

Sometimes we forget about the local attractions and community resources that we have in the borough, and our surrounding areas, which are accessible, fun and don't cost anything.

Name of Attraction/Resource	Where is it?	What are the opening times?
Blackburn Library	Town Hall Street, Blackburn BB2 1AG Tel: (01254) 661221	Monday 10am-7pm Tuesday to Friday 10am-5pm Saturday 10am-4pm
Blackburn Museum	Museum Street, Blackburn BB1 7AJ Tel: (01254) 667130	Wednesday to Saturday 12-4.45pm
Brockholes Nature Reserve (Car Park Charges Apply)	Preston New Road Preston PR5 0AG Tel: (01772) 872000	Wednesday to Sunday 10am-4pm
Clitheroe Castle Grounds	Castle Gate Clitheroe BL7 2JX Tel: (01200) 424568	12-4pm (Charges Apply to Enter the Museum)

Darwen Library	Knott Street Darwen BB3 0BU Tel: (01254) 706021	Monday 10am-7pm Tuesday – closed Wed & Thurs 1pm-5pm Friday 10am-5pm Saturday 10am-2pm
Park/Walk	Witton Country Park, Blackburn	Open all hours
Park/Walk	Corporation Park, Blackburn	Open all hours
Park/Walk	Queens Park, Blackburn	Open all hours
Park/Walk	Boldventure Park, Darwen	Open all hours
Park/Walk	Sunnyhurst Woods Darwen	Open all hours
Park/Walk	Worden Park Leyland	Open all hours
Singing Ringing Tree	A unique musical sculpture that overlooks Burnley. Close to the Dunnockshaw Millennium Wood, part of the Forest of Burnley reforestation programme, and links to the Pennine Bridleway and local walking routes.	Open all hours

Don't forget about your local Children's Centre. Some of the centres have sensory rooms that you can book, libraries and other resources such as mother and toddler groups. Some offer clubs and activities in the evenings. Why not give them a call and request an activities list or contact the Families Information Service at fis@blackburn.gov.uk

Name of Centre	Address	Contact Number
Accrington Road	Accrington Road Blackburn BB1 2AF	(01254) 666120
Audley and Queens Park	Pringle Street Blackburn BB1 1SF	(01254)507750
Darwen	Lord Street Darwen BB3 0HD	(01254) 778900

Earcroft	Monton Road Darwen BB3 0HF	(01254) 870900
Hancock Street	Hancock Street Blackburn BB2 2LZ	(01254)666230
Higher Croft	Fishmoor Drive Blackburn BB2 3UY	(01254) 267920
Little Harwood	Robinson Street Blackburn BB1 5PE	(01254) 506910
Livesey All Age	Andrew Close Blackburn BB2 4NU	(01254) 507950
Longshaw	Crosby Road Blackburn BB2 3NF	(01254) 698832
Shadsworth	Shadsworth Road Blackburn BB1 2HR	(01254) 680733
Wensley Fold	Carnarvon Road Blackburn BB2 6NL	(01254) 585085

Groups and Services to support parents and carers

Name of Group	Details	Who do I contact to join or obtain more details?
Blackburn with Darwen Carers Service	A hub for services for local carers including carers of children and young people with disabilities – a range of support services including 1:1 support, counselling, peer support, groups, activities and benefits advice can be made available once registered.	Contact: (01254) 688440. The Carers service is based at Kingsway, Greenhurst Place, Blackburn BB2 1NA
Care Network Hub	At Care Network we believe that providing you with information on relevant health and wellbeing services can help you to make informed choices about your life or the lives of anyone you care for, so that you can live the best life. We provide the information and signposting service for all residents of Blackburn with Darwen to support any independence, health or wellbeing needs, including, but not	Phone lines are open 9am - 5pm Monday, Tuesday, Wednesday, Friday (with an early close of 3.30pm on Thursday's). Tel: (01254) 507255 Care Network Hub is located at 9A Town Hall Street Blackburn BB2 1AG

	<p>limited to: staying independent, improving wellbeing, home safety and maintenance, meeting new people and having fun, positive mental health and stress management, what's on in the local community, gadgets to stay safe (assistive technology), health and social care – getting the right help and support, living with a disability, living with long term health conditions, third-party hate crime reporting, volunteering opportunities, employment support and work clubs</p>	<p>Weekly drop in sessions also take place at Darwen Town Hall</p>
Children's Disability Service Duty Worker	<p>A Child Support Officer from the Children's Disability Service will be available as a duty worker, Monday to Friday from 1pm – 5pm. They are available to respond to questions/queries from any family who receives a service from the team or any family whose child is registered to Disability Links.</p>	<p>Contact (01254) 503773. Please note that this service is only available at the time and days stated.</p>
Disability Links Information Service	<p>Provides regular updates via newsletters and mailshots about local services for children and young people with disabilities. Registration from birth to 25 years.</p>	<p>Contact the Duty Officer from the Children's Disability Service to request a registration form. Monday to Friday from 1pm-5pm on (01254) 503773</p>
Home Start	<p>Home-Start volunteers provide emotional and practical support and friendship to families with at least one child under the age of seven. By doing so they represent a lifeline for many families when things are difficult. This support can be enough to prevent things getting worse and so can possibly help avoid family breakdown.</p>	<p>Contact (01254 692613)</p> <p>Home Start Blackburn with Darwen Kings Court 33 King Street Blackburn BB2 2DH</p> <p>Our service is free and confidential.</p>

	<p>Parents and families come to Home-Start for a variety of reasons.</p> <p>These include: Loneliness, disability, ill health, multiple births, isolation, bereavement, post-natal illness, relationship difficulties or struggling with behaviour/routines.</p>	
Lancashire and Cumbria Autism Support Hub	<p>Join the conversation for free support on a range of issues affecting autistic children, adolescents and adults.</p> <ul style="list-style-type: none"> - Autistic people sharing real experiences of everyday challenges - Free clinical advice from experienced clinicians - Monthly email updates with advice and information - Tips to help you manage everyday challenges - Live online discussions and Q&A sessions 	<p>The link to the website is https://lsc.clinical-partners.org.uk/contact</p>
Local Offer	<p>An online resource that details services, support and guidance for families of children with disabilities and/or special educational needs aged 0-25 years.</p>	<p>www.bwd-localoffer.org.uk</p>
National Autistic Society	<p>Local support group for parents, carers, children, siblings and adults living with autism.</p> <p>Coffee mornings takes place at the BwD Carers Centre, Greenhurst Place, Blackburn – 2nd and 4th Wednesday of every month.</p>	<p>For more information please contact Branch Officer Joanne Johnson</p> <p>Telephone: 07887 838168 or email NASBlackburnwithDarwenbranch@nas.org.uk</p>
Parents In Partnership	<p>Parents In Partnership are the parent carer forum for parents/carers of children and young people (from birth to 25 years old) with special educational needs and disabilities. We are funded by the DfE to encourage parent participation, we are all volunteer parents and carers ourselves, who</p>	<p>Contact the Steering Group on 07923 252 483 email bwdpip1@gmail.com or go to bwdpip.org.uk, where you can sign up to be a member.</p> <p>Our Facebook page is:</p>

	believe parents and carers views are vital when bringing about changes which will enable all children and young people with disabilities to lead full and enriched lives. We sit in strategic meetings with partners from education, health and social care to ensure the voices of parents and carers are heard. We also signpost to services both local and national – “Empowering Parents through information sharing.” We also hold regular events such as coffee mornings, workshops etc and signpost parents and carers to services locally and nationally.	https://www.facebook.com/blackburnwithdarwenparentsinpartnership/
Sleep Charity	Our free helpline is run by trained sleep advisors, many of whom are specialists in working with SEND. We can talk to young people directly, or parents (we can also talk to adults, including older people, about their sleep issues).	The helpline is open 5 times a week, Sunday, Monday, Tuesday, Thursday evenings 7-9pm, and Wednesday mornings 9-11am. The number is 03303 530 541. You can read more here: https://thesleepcharity.org.uk/national-sleep-helpline/
Special Education Needs and Disabilities Information and Advice Support Service (SENDIASS)	An impartial support, advice and information service relating to Special Educational Needs and Disabilities pertaining to Education, Health and Care Plans and Independent Support	Contact Jane Partington on (01254) 583957 Email: office@communitycvs.org.uk or go to www.communitycvs.org.uk/sendiaass
Vision Links BwD	A facebook page for parents and families of children with a visual impairment and also young people with a visual impairment in Blackburn with Darwen. The page is overseen by a member of the BwD Visual Impairment Team. The aim is to provide families with information about upcoming events, network with other parents and for VI young people to share experiences.	Facebook: visionlinksbwD

Online Safety

The following websites offer information to parents and carers about how to safeguard children when they are using the internet as well as general safeguarding tips and advice.

Name	Details	Website
Internet Matters	A useful tool showing how to set parental controls across a range of devices and websites.	http://www.internetmatters.org/parental-controls/interactive-guide/
Internet Safety Guide	Cerebra provides an internet safety guide for parents with children who have learning disabilities and Autism. This contains information around grooming and online criminality, as well as links to support around helping children think about what is, or is not, ok in their digital relationships.	Learning Disabilities, Autism and Internet Safety - Cerebra
Mobile Phone	Ready for your child to have their first phone	https://www.o2.co.uk/help/nspcc/my-childs-first-phone
NSPCC Net Aware	Look here for advice on social networks, apps and gaming. Really easy search facility with up to date info.	https://www.net-aware.org.uk/ For practical advice on privacy settings, parental controls and more. There is also an online safety Advice Line 0808 800 5002
Online safety	Think You Know- an animation for children with learning difficulties about staying safe online- Mild to moderate learning difficulties	https://www.thinkuknow.co.uk/parents/Support-tools/Films-to-watch-with-your-children/Josh and Sue original/
TikTok	Learn how to set privacy and safety settings on the TikTok social platform to help your child have a safer experience.	https://www.internetmatters.org/blog/2020/04/16/tik-tok-app-safety-what-parents-need-to-know/

Organisations to Support Families

The following pages will focus on local and national organisations who offer advice and support to families on a wide range of issues.

Carers

Name of Agency	Purpose	Contact	Important Information
Blackburn with Darwen Carers Service	Support service for unpaid carers.	BwD Carers Service Kingsway Greenhurst Place Blackburn BB2 1NA Tel: (01254) 688440 www.bwdcarers.org.uk	Support for unpaid carers. Can cover counselling, therapeutic support e.g. massages, support groups e.g. Alzheimer's, learning disability, adults with addictions etc.
Young Carers	Support to children and young people who are acting as carers for parents or siblings.	Child Action North West 273 Preston New Road Blackburn BB2 6PL Tel: (01254) 692709	Support young carers by making sure they can have breaks from their responsibilities and by giving young carers a platform to share their experiences and raise awareness about the issues they face.

Counselling and Relationships

Name of Agency	Purpose	Contact
Lancashire Women's Centre	Couple and relationship counselling Divorce and Marriage Breakdown Death of a Family Member	33 King Street Blackburn BB2 2DH Tel: 0300 330 1354
National Family Mediation Service	A family mediation service which may be quicker and more cost-effective than heading to court. It reduces conflict, and your family stays in control of arrangements over children, property and finance. NFM works across England and Wales.	Tel: 0300 4000 636 Email: general@nfm.org.uk

Crisis Situations

Name of Agency	Purpose	Contact	Important Information
Accommodation Service Information (The WISH Centre)	Supporting women and children to live free from abuse. Support, advice and safe emergency accommodation	Blackburn Darwen and District Womens Aid info@womens-aid-blackburn.co.uk Tel: (01254) 260465	Planning to leave partner support.
Blackburn Food Bank	Provides emergency food parcels	59 Oakenhurst Road, Blackburn BB2 1SN	The food bank can only be accessed when you have a food voucher. Referrals to the Food Bank can be made by health visitors, social workers or The Citizen's Advice Bureau.

Debt/Finances

Name of Agency	Purpose	Contact	Important Information
Jubilee Credit Union	Savings Accounts and Affordable Small Loans	5-7 Bolton Road, Darwen, BB3 1DF, United Kingdom Tel: (01254) 776611 jubileetowercu@btconnect.com	We offer savings accounts for children and adults within Blackburn with Darwen. Our savings accounts have no monthly fees or minimum deposit amounts, allowing you to save in a way that works best for you. Whether it's a small loan for birthdays or car repairs, or a larger loan for a holiday or home improvements, JTCU can offer affordable options with repayments structured to you and often lower interest rates than most high street lenders.
Pay Plan	Free debt advice and free debt management	Tel: 0800 716 239 Go to: www.payplan.com	To help people become debt free through clear, honest advice and debt solutions that work.
Shelter	Advice and assistance with debt problems	Blackburn Central Library Town Hall Street Blackburn BB2 1AG	Support regarding housing, debt and benefit entitlement. Appointments are required.
The Money Advice Service	Entitlements and Budgeting	www.moneyadvice.org.uk Tel: 0800 138 7777 (Monday to Friday)	Supporting Families with Budgeting, Managing Money and Managing Debt

Domestic Abuse

Name of Agency	Purpose	Contact	Important Information
Accommodation Service Information (The Wish Centre)	Supporting women and children to live free from abuse. Support, advice and safe emergency accommodation	Blackburn Darwen and District Womens Aid info@womens-aid-blackburn.co.uk Tel: (01254) 260465	Planning to leave partner support
Floating Support Service (The Wish Centre) (Blackburn Darwen & District Womens Aid)	Support in own home following domestic abuse - regain independence and confidence	Tel: (01254) 698549	
Independent Domestic Violence Advocates (IDVA's) (The Wish Centre)	Crisis Intervention / Advice, support advocacy / specialist support for victims with additional needs - forced marriage, substance misuse, sexual violence	Tel: (01254) 260465 43 King Street, Blackburn, BB2 2DH	24 hour domestic abuse helpline 08450777088/0808 2000 247
Make the Change Programme (The Wish Centre)	12 x weekly sessions for men around anger management / beliefs /	info@womens-aid-blackburn.co.uk	

	effects of domestic abuse on children		
The Freedom Programme (The Wish Centre)	12 x 2 hour weekly sessions - course to develop awareness and understanding of abuse issues.	Tel: (01254) 260465 / 55111 info@womens-aid-blackburn.co.uk	

Employment

Name of Agency	Purpose	Contact	Important Information
JobCentrePlus	Employment support /lone parents/training/ childcare	Penny Street Blackburn BB1 6HA Tel: 03456043719	At your local Blackburn jobcentre, they can deal with all your claims for Jobseeker's Allowance, Universal Credit, Incapacity Benefit, Employment and Support Allowance, and Income Support. You can also apply for jobs in Blackburn using Universal Jobmatch or you may need to contact a local adult education provider to find out about the free training courses that may be available in Blackburn & Lancashire area.

Family Support/Parenting

Name	Purpose	Contact	Important Information
<p>Families Information Service (Blackburn with Darwen)</p>	<p>Information Service - nurseries/childcare/ parent & toddler groups/parenting courses</p>	<p>Families information Service The Exchange Ainsworth Street Blackburn BB1 6AD Tel: (01254) 667877</p>	
<p>Home Start (Blackburn)</p>	<p>Supports families with a variety of issues providing one child in the family is under the age of 7</p>	<p>Home-Start Blackburn & Darwen Kings Court 33 King Street Blackburn BB2 2DH Tel: (01254) 692613 Office Mobile: 07925976640 Email: hstart@btconnect.com</p>	<p>Home-Start volunteers provide emotional and practical support and friendship to families with at least one child under the age of seven. By doing so they represent a lifeline for many families when things are difficult. This support can be enough to prevent things getting worse and so potentially can help avoid family breakdown.</p> <p>Parents and families come to Home-Start for a variety of reasons. These include:</p> <p>Loneliness, disability, ill health, multiple births, isolation, bereavement, post-natal illness, relationship difficulties or</p>

			<p>struggling with behaviour/routines.</p> <p>The service is free and confidential.</p>
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Health (including Physical, Emotional and Sexual Health Support Services)

Name of Agency	Purpose	Contact	Important Information
Brook Blackburn	Free, confidential sexual health services for people of all ages living in Blackburn with Darwen.	Tel: (01254) 268700	Access contraception and emergency contraception, Sexually transmitted infection testing, advice and more.
Lancashire MIND	Mental Health Support Service	<p>Tel: (01257) 231660</p> <p>admin@lancashiremind.org.uk</p> <p>www.lancashiremind.org.uk</p> <p>Or contact Care Network Hub in Blackburn</p>	We work with all ages to help people build resilience and understand how to look after their mental health. We offer support to people who are facing barriers to achieving mental wellbeing and help people experiencing a mental health condition to get back on track.

<p>Lancashire & South Cumbria NHS Foundation Trust</p>	<p>Wellbeing helpline and texting service</p>	<p><u>Freephone 0800 915 4640</u></p> <p>Lines are open: Monday to Friday 7pm-11pm Saturday and Sunday 12pm-midnight</p>	<p>Our Wellbeing Helpline and Texting Service is a Freephone out of hours, person centred listening environment for people requiring emotional support in relation to their own mental health or that of someone they know.</p> <p>The Helpline aims to empower callers through active listening and information to make their own choices about how their health care needs may be met.</p> <p>Fully trained volunteers operate the helpline, they offer their time to listen and support callers.</p> <p>Confidentiality: The Helpline strives to maintain a safe and confidential space for callers to discuss any issues in relation to their own mental health, however some exceptions to confidentiality may apply under certain circumstances. You are</p>
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			able to listen to these exceptions upon calling the helpline freephone service.
Refresh	Service to help local people maintain positive emotional and physical wellbeing.	https://refreshbwd.com/	Support with how to stop smoking, eat well, be active and stay healthy.

Substance Misuse Support Service

Name	Purpose	Contact	Important Information
Inspire	Substance/Alcohol Misuse support	24 Hour Helpline Tel: (01254) 495 014	We offer a wide range of support for anyone worried about their own or somebody else's substance/alcohol use. We offer advice and guidance to individuals and family members through rapid, open access assessment leading to support and treatment. Our aim is to provide the kind of support that allows people to make positive changes in their lives and make recovery a real possibility.

Cost of Living Increases – There is local and national support that you can access:

We know that lots of our families are worried about the huge price increases that we have all experienced over the last few months and here at Newfield we want to ensure that our families are aware of the local and national services, grants and advice that is available and can provide support. Please do not hesitate to contact one of the Family Wellbeing Coordinators if you are aware of anything else.

<https://helpforhouseholds.campaign.gov.uk> The UK government is offering help for households. See what cost of living support you could be eligible for.

https://england.shelter.org.uk/get_help/local_services/blackburn Advice and guidance Use our emergency helpline 03301 755 121 during opening hours if you are homeless, have nowhere to stay tonight, are worried about losing your home, or are at risk of harm or abuse in your home.

<https://www.moneyhelper.org.uk/en> Advice on anything to do with money

<https://www.stepchange.org> Help and advice around debt to get you back on track

<https://www.nationaldebtline.org> We give free and independent debt advice. There is also a Cost of living hub on this website to find out if you can pay less for your living costs and to learn about any extra help that might be available.

<https://www.healthystart.nhs.uk/how-to-apply/> Are you pregnant or have a child under 4? The NHS healthy start scheme means that you could be entitled to over £1000 to spend on fruit, veg milk or formula milk.

Blackburn.gov.uk – Take a look at the Household Support Scheme. The Government have announced the scheme will be further extended from 1st October 22 to help with the rising cost of living. There have been significant changes to the Household Support Scheme eligibility criteria from 1st October 2022. For Households **not** on income related benefits. One application per household.

Household support may be available for:

- Blackburn with Darwen residents, children, families and adults
- Single income household with a total annual household income below £23,267
- Households with 2 or more adults with an annual income below £34,904

We may ask you about your savings. Savings must be below £16,000

You must be able to provide evidence of your total household income in the form of wage slips and bank statements, showing your name and address and upload these to your application. If you have applied previously under the criteria “Income related benefits” you will **not** be eligible to apply again as of 1st October 22.

If you have recently applied for any income based benefits and will not receive any Cost of Living Payments, claims processed after 25th May 22 you may be eligible for Household support. The funding is aimed at households who will **not** receive financial support under any schemes as listed below.

Cost of living payments

- £650 one-off Cost of Living Payment for those on means tested benefits
- £150 Disability Cost of Living Payment

Household support can:

- Help with food
- Help with Utility bills (Gas/Electric/Water) offering a 1 off payment (includes customers on pre-payment meters, direct debit payments and annual bill payers)
- Boiler servicing, repair and replacement in owner occupied homes* subject to assessment by a qualified gas heating engineer as part of the Healthy Home Service.
- Advice and support to reduce outgoings and increase income
- Children's beds
- Support for sustainable impact on energy costs (insulating hot water tanks, fitting draft excluders, replacing inefficient lightbulbs)
- Purchasing White Goods (Fridge/Freezer/Cooker etc) 1 white good item per household based on all applications received from the household since 1st December 2021.
- Digital access and Broadband advice

Council Tax Reductions for Families of Children with Disabilities – Did you know that if you, or someone who lives with you, is 'substantially and permanently' disabled, we may be able to reduce your bill.

If you qualify for the reduction, your Council Tax charge will be reduced by the equivalent of one property band, even if your property is in band A.

To qualify, your home must have been adapted to meet the needs of the disabled resident, and must have at least one of the following:

- an extra bathroom or extra kitchen which is necessary to meet the needs of the disabled person
- a room (other than a bathroom, kitchen or toilet) which is mainly used by the disabled person
- sufficient floor space to use a wheelchair indoors, where one needs to be used inside the property.

The room or the wheelchair must also be essential or of major importance to the disabled person's well-being, due to the nature and extent of their disability.

Stair lifts, handrails and other fixtures on their own would not qualify for the reduction.

A disabled person in this context means a person who is substantially and permanently disabled. The disabled person can be either an adult or a child and does not have to be responsible for paying the Council Tax bill. Please contact the Council for further information.

Food Bank – Based on Oakenhurst Road in Blackburn. Referrals can be made by social workers, health visitors and the Citizen's Advice Bureau.

Local Community Fridges/Food banks – Some areas of the Borough are now operating individual community foodbanks where families pay small amounts for large amounts of basic goods, fruit and vegetables. Please check if your local area has such a facility by joining your community Facebook groups.

Frequently Used Abbreviations. Below is a list of abbreviations that parents and carers might hear professionals use, or you might read in minutes of meetings or information you receive from school, health, financial agencies or social care. This list has been taken from the Blackburn with Darwen Local Offer.

A		C	
AA	Attendance Allowance	CDC	Council for Disabled Children
AAC	Augmentative and Alternative Communication	CIN	Child In Need
ADHD	Attention Deficit Hyperactivity Disorder	CIOC	Children In Our Care
ADD	Attention Deficit Disorder	CLC	City Learning Centre
ASB	Anti-Social Behaviour	CofE	Church of England
ASD	Autistic Spectrum Disorder	CSO	Child Support Officer
ASC	Autistic Spectrum Condition		
B		D	
BSL	British Sign Language	DLA	Disability Living Allowance
BwD	Blackburn with Darwen	DfE	Department for Education
		DHT	Deputy Head Teacher
		DP	Direct Payments
C		DSA	Disabled Students Allowance
C&YP	Children and Young People	DWP	Department for Work and Pensions
CA	Carers Allowance		
CAB	Citizen's Advice Bureau		
CADS	Children's Advice and Duty Service		
CAMHS	Child and Adolescent Mental Health Services		
CANW	Child Action North West		
CCG	Clinical Commissioning Group		

E		L	
EFA	Education Funding Agency	LA	Local Authority
EHE	Elective Home Education	LADO	Local Authority Designated Officer
EHC	Education Health and Care	LD	Learning Disabilities
EHCP	Education Health and Care Plan	LO	Local Offer
ELCAS	East Lancs Child and Adolescent Support		
EP	Educational Psychologist		
EWO	Education Welfare Officer (now known as Inclusion Officer)		
F		M	
FIS	Family Information Service	MASH	Multi Agency Safeguarding Hub
FWC	Family Wellbeing Coordinator	MAT	Multi Academy Trust
		MLD	Moderate Learning Difficulty
H		N	
HI	Hearing Impaired	NAS	National Autistic Society
HLTA	Higher Level Teaching Assistant	NASEN	National Association for Special Educational Needs
		NHS	National Health Service
I		O	
IEP	Individual Education Plan	OT	Occupational Therapist
ICPC	Initial Child Protection Conference		
IO	Inclusion Officer		
IRO	Independent Reviewing Officer		
IS	Independent Support		
P		S	
PCP	Person Centred Planning	SENDIST	Special Educational Needs and Disabilities Tribunal

PECS	Picture Exchange Communication System	SENDSS	Special Educational Needs and Disabilities Support Service
PEP	Personal Education Plan	SGO	Special Guardianship Order
PCT	Primary Care Trust	SLCN	Speech, Language and Communication Needs
PD	Physical Disability	SLD	Severe Learning Difficulties
PIP	Personal Independence Payments	SLT or SaLT	Speech and Language Therapy
PMLD	Profound and Multiple Learning Difficulties	SpLD	Specific Learning Difficulties (Dyslexia)
PRSP	Primary Resourced Specialist Provision	SSA	Special Support Assistant
		SW	Social Worker
R		V	
RC	Roman Catholic	VI	Visual Impairment
S		Y	
SEMH	Social, Emotional and Mental Health Difficulties	YOT	Youth Offending Team
SEN/SEND	Special Education Needs/and Disabilities	YOI	Young Offenders Institute
SENCO	Special Educational Needs Coordinator	YP	Young Person
SENDIASS	SEND Information and Support Advice		

The Directory has been developed by the Family Wellbeing Coordinators at Newfield School. The aim is to provide our families with useful information about local and national services, groups, activities etc. The information contained was correct when the Directory was completed but it is the responsibility of parents and carers to contact any service they wish to access prior to attending, or to check that a specific activity or group is suitable for their child to attend. The relevant contact details are listed to assist you. It would be helpful if parents and carers notify the Family Wellbeing Coordinators should they discover any details to be incorrect or that groups are no longer running so that the Directory can be updated. The Family Wellbeing Co-ordinators will aim to update the Directory every 6 months and publish the updated Directory on the school's website.