

# Rossendale Family Hubs 2<sup>nd</sup> Birthday!

## Matt Sutherland – Neighbourhood and Community Team Manager

My name is Matt Sutherland and I am delighted to have joined Lancashire County Council as the new Team Leader for Neighbourhood and Communities in Rossendale, having started in June.

I am looking forward to collaborating with our valued partners to enhance and expand our community offer for children, young people, and families. A key focus of my role will also be developing our group work offer within the local community, ensuring we create inclusive, supportive, and engaging opportunities for all.



## Early Help Strategy



We have proudly rolled out the new Early Help Strategy back in July. This has been rolled out across Lancashire, and it is already making strides in supporting families and children in our community. The new strategy is designed around nine key priorities, each aimed at strengthening the Early Help Offer we provide. These priorities have been carefully selected to ensure that we are addressing the most pertinent needs and providing effective support to those we serve.

During our launch event, we were delighted to see a broad range of partners engaging with us, contributing their insights and support to enhance the implementation of the strategy. It was encouraging to witness such collaboration and shared commitment to improving early intervention and support. For those interested in learning more about the new strategy, I encourage you to visit one of our Family Hubs, where you can pick up a detailed booklet outlining all aspects of the strategy.

Scan here for more information



# Meet more of the Family Hub Team



## Elliott Wight – Family Hubs Navigator

I am absolutely delighted to have joined our team back in July as Rossendale's Family Hub Navigator. It has been a fantastic journey so far, and I am incredibly grateful for the warm welcome. During my time in this role, I have had the opportunity to witness the extraordinary partnership working that our district is renowned for. It's truly inspiring to see the dedication and collaboration across different services and individuals, all working towards enhancing the lives of our communities.

My role as Family Hub Navigator involves focusing on offering support at a level 2 offer, and I am enthusiastically looking forward to building upon the solid foundations we already have in place. As we strive to further develop the Family Hub Network, my aim is to meet the diverse needs and wishes of our local communities, ensuring that families receive the support they truly deserve. I am incredibly fortunate to be supported by our dedicated Delivery Centre Support Workers. Their role is vital for our service, and together, we are committed to providing the best support to our partners and our communities.

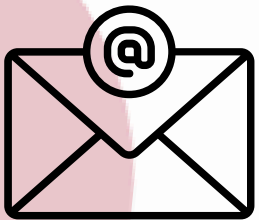
## Delivery Centre Support Workers (DCSW) – Adrian, Chloe, Sophie and Steph

At the heart of Rossendale's Family Hubs, Delivery Centre Support Workers play a vital role in creating welcoming, safe, and supportive spaces for children, young people, and families. As part of Lancashire's Children and Family Wellbeing Service, our team works behind the scenes and on the front lines to ensure that every visit to the hub is a positive and empowering experience.

Our work is varied and dynamic. We support the day-to-day running of the hubs, helping to coordinate sessions, maintain facilities, and assist practitioners in delivering a wide range of services—from parenting support and early years activities to youth engagement and wellbeing programmes. We're often the first point of contact for families, offering a friendly face and a listening ear, and helping them navigate the support available.

We also play a key role in making sure the hubs are inclusive and accessible. Whether it's setting up spaces for sensory play, preparing resources for workshops, or helping families feel at ease during their visits, we're committed to making sure everyone feels welcome and valued.

Our work is grounded in collaboration—with colleagues, partners, and the families we serve. We're proud to be part of a service that puts children and families at the centre, and we're excited to continue growing and adapting to meet the needs of our community.



**rossendalefamilyhub@lancashire.gov.uk**



**01772 536 873**

Scan here for more information





# Our Family Hubs!



**The Maden Centre Family Hub,  
Rochdale Road,  
Bacup,  
OL13 9NZ**



**Haslingden Family Hub,  
Bury Road,  
Haslingden,  
BB4 5PG**



**Rawtenstall Family Hub & the Zone,  
The Old Fire Station,  
Rawtenstall,  
BB4 8EW**

**A huge thank you to ALL of our partners who joined us for our HAF provision over the summer!**



**The NCT team joined us at our Whitaker park an Haslingden HAF events!**

**NHS Talking Therapies also joined in on the summer fun, sharing information about their services.**

**A huge thank you from the Rossendale Team to everyone else who came along!**

## NHS Health Promotion

### Free Flu Vaccinations for 2- and 3-Year Olds

From 1<sup>st</sup> September, all children aged 2 and 3 years old by 31<sup>st</sup> August 2025 will be eligible for a free flu vaccination. There are now three easy ways to have your child vaccinated:

1. Through your GP – Parents of 2- and 3-year-olds will be contacted by their GP to arrange an appointment.
2. At pre-school (if attached to a mainstream school) – If your child is eligible, and attends a pre-school linked to a mainstream school, the school immunisation team will be in touch.
3. At your local pharmacy – From 1<sup>st</sup> October, you have the additional option of taking your child to your local pharmacy for their flu vaccine.

Most children will be offered the nasal spray flu vaccine, which contains a small amount of gelatine from pigs (porcine gelatin). However, if you do not want your child to have the nasal spray, a flu vaccine injection without gelatin is available. You can speak to the person vaccinating your child or ask for the flu vaccine injection on the school's consent form.

A free flu vaccine will also be offered to all primary school (reception to year 6) and secondary school (years 7 to 11) students as well as pregnant women.

🔗 Further information can be found here: <https://www.nhs.uk/vaccinations/child-flu-vaccine/>

Scan here for more information





# Priority Meeting 2025

In July, a group of key partners convened to collaboratively explore how we can best support the three core priorities of the Family Hub Network:

1. Strengthening relationships and collaborative working across partner organizations.
2. Increasing our reach to families within the community, with a particular focus on engaging South Asian families.
3. Identifying and addressing gaps in service provision.

Throughout the day, we engaged in meaningful discussions and co-developed a series of actionable steps aimed at advancing these priorities. Public Health's commitment to deploy the PHIL van at the CFW Summer HAF provision, enhancing visibility and access to health resources for our South Asian Community. Improving communication pathways between partners to ensure timely and effective information sharing. We are scheduled to reconvene in September to evaluate the impact of these actions and reflect on their effectiveness.

## Celebrating Community Partnerships at the Family Hubs

We're proud to shine a spotlight on two of our incredible community partners who continue to make a real difference in the lives of local families.

### **Rossendale Leisure Trust – Better Habits**

We're excited to welcome Rossendale Leisure Trust into our centres with their Better Habits programme—a fun and friendly initiative where families can explore and learn healthier habits together. These sessions offer a chance to play, connect with other families, and build routines that support wellbeing in a way that's achievable and tailored to each family's needs.

Better Habits takes into account real-life factors like budgets, cooking facilities, food culture, and access to healthy options within the local community. Each session includes movement-based activities and opportunities for children and adults to share knowledge and experiences. A parent, carer or guardian must attend with their child, and upon completing the programme, families will receive a certificate and complimentary gifts—including free access to family activities.


### **NHS Talking Therapies – Stress Control Workshops**

We're also pleased to share that Stress Control Workshops by NHS Talking Therapies will continue at the Rawtenstall Family Hub. This free 6-week course is open to anyone aged 16 and over and is designed to help tackle stress, anxiety, depression, panic, poor sleep, burnout, and loss of confidence.

The sessions are not group therapy—you won't be asked to speak about personal issues. Instead, the course teaches practical techniques to help you become your own "therapist," with each week focusing on a different theme:

- Week 1: Understanding stress and its impact
- Week 2: Relaxation, breathing, and physical activity
- Week 3: Managing stressful thoughts
- Week 4: Boosting self-esteem and problem-solving
- Week 5: Handling panic and improving sleep
- Week 6: Bringing it all together to shape a healthier future

 Tuesdays, 9th September – 14th October

 10:00am – 12:00pm

 The Zone, The Old Fire Station, Rawtenstall

To join, contact Hyndburn and Rossendale NHS Talking Therapies at 01254 226067 or visit [www.lscft.nhs.uk/talking-therapies/self-referral](http://www.lscft.nhs.uk/talking-therapies/self-referral).

Scan here for more information

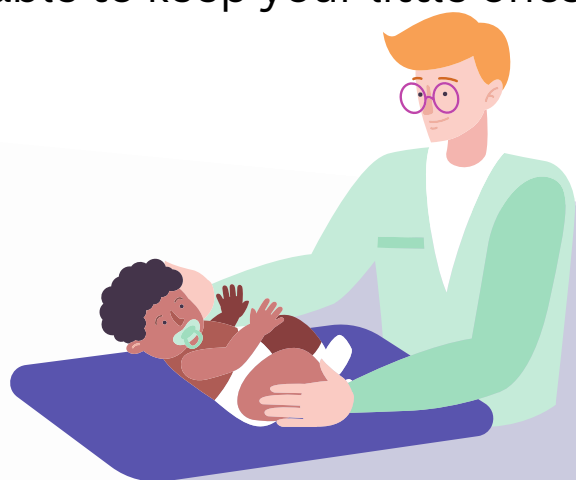




# Upcoming Groups

## Café and Connect

A warm and friendly space for people to connect with others within the community and receive information and advice if needed. Free hot drinks and snacks provided. Toys and soft play available to keep your little ones entertained too.



Help you to feel the relaxing effect of giving your baby a massage. Strengthen the bonding process. Build your confidence in handling your baby. Supporting your baby's development in helping their physical needs if there is any tummy trouble, problems with bowel movement or trapped wind. Provide opportunities to meet other parent/carers, develop networks and peer support. Provide information about brain development, digestion, and nurturing relationships

## Colourful Footsteps

- Build their confidence to take part in physical play and exercise.
- Be confident in expressing themselves
- Experience positive social opportunities and interactions
- Access learning and development opportunities
- Receive peer support as well as signposting to specialist services for their parents and carers
- Find a safe, inclusive place to be themselves



## Hubs for US

Your Voice. Your Space. Your Support.

 Consultation

We're listening! Share your thoughts, ideas, and feedback to help shape services that truly reflect our community's needs.

 Information & Signposting

Find out what's available locally. We'll guide you to the right services, resources, and opportunities—quickly and clearly.

 Incoming Support

Need help? We're here. Whether it's advice, a friendly chat, or practical support, our hub is a safe and welcoming place to start.



## PNETs Now Live in Rawtenstall Family Hub – Coming Soon to Maden!

We're excited to share that our PNETs (Parenting Network Engagement Teams) are now up and running in the Rawtenstall Family Hub!

And there's more good news – PNETs will be launching soon in the Maden Family Hub, so keep an eye out for updates. We're looking forward to extending this support to even more families in our community.

If you'd like to learn more or get involved, please reach out to your local Family Hub team.

COMING  
SOON



Scan here for more information

