



**Crosshill**  
School

## Local & National 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 [safeguarding@crosshill.blackburn.sch.uk](mailto:safeguarding@crosshill.blackburn.sch.uk) so that we can include the details in the directory.

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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 Sessions	Wednesday 6pm – 7pm	QEGS Sports Hall Lammack Road Blackburn BB1 8LA	Football sessions for children aged 8-16 with a disability or Special Educational Needs  Lammack Football Club has over 15 years' experience of delivering football for people with disabilities. £3 per session	Contact 07725910761 for more information
Blackburn Rovers Inclusion Kicks Football Session	Monday 5pm-6pm	The Bric (Blackburn Rovers indoor centre) BB24JF	Free session for children with a disability or Special Educational Needs age 8-16  Sessions take place outdoors when possible or in the sports hall in poor weather.	Turn up on the night and there will be a consent form to complete. Contact is Brad Martin Tel: (01254) 508256 Email: brad.martin@brfctrust.co.uk
Diversity Youth Club at Blackburn Youth Zone	Monday 3:30pm-6pm (11-16)  Sundays 2pm-6pm 8+	Blackburn Youth Zone Jubilee Street Blackburn BB1 1EP	Free membership - <u><a href="#">Become a Member - Blackburn &amp; Darwen Youth Zone</a></u>  Diversity offers our members a smaller, accessible session that helps young people breakdown barriers which may have previously stopped them from engaging in activities and remove them where we can. All activities are fun, engaging and accessible catering for every ability where possible.	Contact SEND Co-ordinator, Sajida Sidat Tel: 07541938431 Or email bridget.holden@blackburnyz.org

Hearing Impaired and Visually impaired – Sensory stars	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.	Please contact the centre for more details on (01254) 680733 or email <a href="mailto:Nicola.steele@blackburn.gov.uk">Nicola.steele@blackburn.gov.uk</a>
Inspiration Station	Book online or turn up and play	Unit 135, 44 King William Street, The Mall, Blackburn, BB1 7DP	Community interest company, Personalising Freedom, and charity, Rummage Rescuers, have launched the Inspiration Station. This is a meeting place for those with or without care needs and disabilities. The Inspiration Station will provide access for people to engage in group activities, to learn life skills, have a safe space to relax and to be creative and socialise. The centre has a sensory room and soft play chill-out room and aims to support learning and independent living skills.	Contact Liz Crook on 01254 790993 Or <a href="mailto:bookings@inspirationstationbwd.co.uk">bookings@inspirationstationbwd.co.uk</a>  Website: <a href="http://www.inspiration-station.co.uk">www.inspiration-station.co.uk</a>
Kaleidoscope Youth Club	Wednesday 6:30pm-8:30pm (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. Children and young people who attend have the opportunity to form friendships with other young people with similar needs and abilities, and develop skills of independence and socialising without their parents or carers.	

			The Club offers activities such as arts, crafts, baking, computer games, drama, sports and activities of the young people's own choice and interest.	
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. The club costs £1 per session.	Micheala Phillipson at BwD
Margaret Haes Horse Riding Centre	Please check for opening days and times.	Margaret Haes Horse Riding Centre Moor Road Holcombe Bury BL8 4NX	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. The centre offers introductory riding lessons to both disabled and able-bodied children and adults.  The centre offers private or group sessions, birthday parties, pony days and events in their indoor and outdoor school for all abilities.  Prices vary depending on what type of session. Please see the website for details.	Contact (01706) 821337 or email: mhrc@hotmail.co.uk

OJ's Saturday Family Club	Alternative 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. This is a family session, therefore, siblings are welcome to visit with the child they are looking after.</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, parents and carers go free.</p>	<p>Contact Lisa Donoghue at <a href="mailto:lisa@ojscare.org">lisa@ojscare.org</a> or on 07971 723 607</p> <p>Or Bryony Donoghue at <a href="mailto:b.donoghue@ojscare.org">b.donoghue@ojscare.org</a></p> <p>Places can also be booked on line by visiting <a href="http://www.ojscare.org">www.ojscare.org</a></p>
OJ's Midweek holiday family club	Selected days during the school holidays, usually Tuesday and Thursday, but this may change from time to time. 11am-3:30pm	Hillside Specialist School and College, Ribchester Road Longridge PR3 3XB	We run our Mid-week Holiday Family Club at a setting in Longridge, Lancashire. We aim to offer friendly and understanding sessions to give you peace of mind that your child's needs are understood.	<p>Contact Lisa Donoghue at <a href="mailto:lisa@ojscare.org">lisa@ojscare.org</a> or on 07971 723 607</p> <p>Or Bryony Donoghue at <a href="mailto:b.donoghue@ojscare.org">b.donoghue@ojscare.org</a></p>

			<p>OJ's staff run the sessions and children are always the responsibility of parents and carers, so we ask that you supervise your children at all times please.</p> <p>We set up the sessions in the same way as the Family Saturday Club and the times are the same.</p> <p>The cost is £4 per person, parents and carers go free.</p>	<p>Places can also be booked on line by visiting <a href="http://www.ojscare.org">www.ojscare.org</a></p>
Rosendale Special Ski Club (Rosski)	Ski training takes place on Saturdays between 2pm-4pm	Ski Rosendale Haslingden Old Road Rawtenstall BB4 8RR	<p>Rosendale 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 Rosendale.</p> <p>We are a very friendly welcoming club always looking for new members.</p> <p>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>To provide a nurturing environment that is happy, safe</p>	<p>For more information Tel: (01706) 231479 Or visit <a href="http://www.rosski.org.uk">www.rosski.org.uk</a></p>

			<p>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>	
Siblings 'Sibs' Group	Every Half Term Holiday week on a Wednesday 10am – 1.30pm	Newfield School Old Bank Lane Blackburn BB1 2PW	This is a specific group for the brothers and sisters of children with disabilities to spend some time together enjoying fun activities. There is no charge to attend Sibs.	Numbers are limited and as such places must be booked and confirmed before a child can attend, open to children whose sibling is open to a disability social worker. Please contact: Sharon Waterworth Children's Disability Service (01254) 503773 or email <a href="mailto:CWDDutyTeam@blackburn.gov.uk">CWDDutyTeam@blackburn.gov.uk</a>

<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"> <li>• Lights turned down</li> <li>• Music Off</li> <li>• Quiet rooms (if required)</li> <li>• Fully trained staff</li> </ul> <p>Cost is £6.95 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: <a href="mailto:preston@wackyworlduk.co.uk">preston@wackyworlduk.co.uk</a></p>
<p>YPS ASD group</p>	<p>Thursday 7pm – 9:15pm</p>	<p>Darwen Knott Street</p>	<p>For children and young people with a diagnosis of Autism</p>	<p>Contact Liz Clarkson on 01254 298630 or <a href="mailto:Elizabeth.clarkson@blackburn.gov.uk">Elizabeth.clarkson@blackburn.gov.uk</a> for further information</p>
<p>YPS Complex Needs Group</p>	<p>Wednesdays 5pm – 7pm</p>	<p>Kaleidoscope Off Lindisfarne Avenue Blackburn BB2 3ER</p>	<p>For more profound needs at Kaleidoscope.</p>	<p>Contact Liz Clarkson on 01254 298630 or <a href="mailto:Elizabeth.clarkson@blackburn.gov.uk">Elizabeth.clarkson@blackburn.gov.uk</a> for further information</p>
<p>YPS Holiday Scheme</p>	<p>School holidays</p>		<p>YPS provide a holiday scheme for children and young people during school holidays.</p>	<p>Contact Liz Clarkson on 01254 298630 or <a href="mailto:Elizabeth.clarkson@blackburn.gov.uk">Elizabeth.clarkson@blackburn.gov.uk</a> for further information</p>

YPS SEND Inclusion Sessions	Saturdays 10am – 12pm  Wednesdays 5:30pm – 7:30pm		For children 8-16 years with additional needs at Kaleidoscope.  For children 8-19 years with SEND who require 1:1 support at Kaleidoscope	Contact Liz Clarkson on 01254 298630 or <a href="mailto:Elizabeth.clarkson@blackburn.gov.uk">Elizabeth.clarkson@blackburn.gov.uk</a> for further information
Little Lancashire Village	Follow page for sessions	Darwen, Blackburn, Burnley, Rawtenstall	For more information follow the Facebook page for updates when SEND sessions are released – under 7years.	<a href="https://www.thelittlelancashirevillage.co.uk/">https://www.thelittlelancashirevillage.co.uk/</a>

## 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?
AFC Lammack Pan Disability Football Sessions	Mondays 6pm – 7pm	QEGS Sports Hall Lammack Road Blackburn BB1 8LA	<p>Football sessions for adults and young people aged 16+ with a disability or Special Educational Needs</p> <p>Lammack Football Club has over 15 years' experience of delivering football for people with disabilities.</p> <p>£3 per session.</p>	Contact 07725910761 for more information

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. Each session attended earns the member 1 point; for every 10 points collected the member can attend 1 session free-of-charge.</p>	<p>Contact Pauline Parkinson Telephone: (01254) 728642 or 07818465491</p> <p>Email: <a href="mailto:elsiuk2000secretary@yahoo.co.uk">elsiuk2000secretary@yahoo.co.uk</a></p> <p>Website: <a href="http://www.elsiuk.org">www.elsiuk.org</a></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.</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) 58502</p> <p>Or contact: <a href="mailto:Matthew.leaver@blackburn.gov.uk">Matthew.leaver@blackburn.gov.uk</a> or <a href="mailto:Kathryn.boyes@blackburn.gov.uk">Kathryn.boyes@blackburn.gov.uk</a></p>
Motivate Cycling	Monday 1.30pm-3.00pm	Witton Cycling Centre		
Motivate Health Walk (approx. 1 hour)	Tuesday 10.30am-11.30am	Various venues in Blackburn & Darwen.	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!	It is advisable to ring to check that sessions are running. Please telephone (01254) 58502
Motivate Swim	Tuesday 1:30pm – 2:30pm	Blackburn Leisure Centre		Or contact: <a href="mailto:Matthew.leaver@blackburn.gov.uk">Matthew.leaver@blackburn.gov.uk</a> or <a href="mailto:Kathryn.boyes@blackburn.gov.uk">Kathryn.boyes@blackburn.gov.uk</a>
Motivate Multi sports	Wednesday 10:30am – 11:30am	Darwen Leisure Centre		

Motivate Cycle round the track	Wednesday 12:30pm – 2:30pm	Witton Cycling Centre	Cost is £1 per session with a Beez Card. Carers attend free of charge.	
Motivate Supervised Gym	Wednesday 1:15pm – 2:15pm	Blackburn Leisure Centre		
Motivate Team Games	Thursday 10:00am – 11:30am	Witton Park Arena		
Motivate Dance	Friday 10:30am - 11:30am	Audley Sports Centre		
Motivate Gym	Friday 10:30am - 11:00am	Audley Sports Centre		
Motivate Football	Friday 11am - 11.30am	Audley Sports Centre		
Motivate Dodgeball	Friday 1.30pm-3pm	Witton Arena		

My Step-Up Farm	Monday to Friday 9.30am-3.30pm  (Closed on bank holidays)	Brownhill Farm Newington Avenue Blackburn BB1 9RG	A wide variety of farm activities for adults with autism or learning disabilities.  We offer our clients the opportunity to socialise in a fun environment, whilst developing new skills and increasing confidence.  Many clients use Direct Payments to access the farm. We are happy to provide information about this or please visit our website.  Full time carers go free	Visits to the farm are by booking only. To book contact 07504 759 164  Website: <a href="http://www.mystepup.co.uk">www.mystepup.co.uk</a>
Sandersons Inclusive Dance sessions	Monday and Wednesday 13:30 – 14:30	Sanderson Dance & Fitness Queens Mill Charlotte Street Burnley BB11 1LZ	A dance & exercise session that is suitable for adults with additional needs. A great way to improve fitness and socially engage with other participants. The classes cover a variety of styles including Street, Line Dance, Ballroom, Latin along with some fun party dances too. Carers are welcome to take part or wait in the studio whilst the class is taking place. Hot drink & biscuit included. £5.50 per week	Contact is Claire McNulty  Tel: 01282 433111  Website: <a href="http://www.sandersondance.co.uk/classes/learning-disabilities-dance-session/">www.sandersondance.co.uk/classes/learning-disabilities-dance-session/</a>
Sliding Doors Social Group	Mondays 9.30am-12.30pm  Wednesdays 9:30am – 12:30pm	Ivy Street Community Centre 30 Ivy Street Blackburn BB2 3RR	An opportunity for people to get together, make new friends and engage in activities such as board games, bingo or singing. For people with disabilities aged 18+. Anyone requiring support will need to bring	Tel: 07495 303 224  Email: <a href="mailto:slidingdoorssocial@gmail.com">slidingdoorssocial@gmail.com</a> or

			a carer. Tea, coffee and biscuits provided. No booking required. £5.50 per session.	alison.slidingdoors@gmail.com
Sliding Doors Social Happy Songs and Music Group	Mondays 1pm-3pm  Wednesdays 1pm – 3pm	Ivy Street Community Centre 30 Ivy Street Blackburn BB2 3RR	A fun afternoon of music and dancing for everyone. Come and sing, dance or just listen to some music. Tea, coffee and biscuits provided. No booking required	Tel: 07495 303 224  Email: <a href="mailto:slidingdoorssocial@gmail.com">slidingdoorssocial@gmail.com</a> or alison.slidingdoors@gmail.com
Sliding Doors Lads Group	Tuesdays 9.30am-12.30pm	Mill Hill Community Centre New Chapel Street Blackburn BB2 4DT	For young men with additional needs aged 18+. A wide range of activities such as X Box, pool, bowling, and trips to outdoor activity centres. Refreshments provided. Booking required. £5 per session.	Tel: 07495 303 224  Email: <a href="mailto:slidingdoorssocial@gmail.com">slidingdoorssocial@gmail.com</a> or <a href="mailto:alison.slidingdoors@gmail.com">alison.slidingdoors@gmail.com</a>
Sliding Doors Young Person's Group	Tuesdays 6:00pm – 8:00pm	Mill Hill Community Centre New Chapel Street Blackburn BB2 4DT	A group for young people age 18+. A safe space to engage in activities such as Wii, cooking, gardening and trips out. Refreshments provided. No booking required. £2 per session.	Tel: 07495 303 224  Email: <a href="mailto:slidingdoorssocial@gmail.com">slidingdoorssocial@gmail.com</a> or <a href="mailto:alison.slidingdoors@gmail.com">alison.slidingdoors@gmail.com</a>
Sliding Doors Women's Group	Thursday 1pm – 3pm	Mill Hill Community Centre New Chapel Street Blackburn BB2 4DT	A great afternoon with a lovely bunch of ladies. Lots of laughs over brews, quizzes, bingo and guest speakers. All ladies welcome.  No booking required. £4 per session.	Tel: 07495 303 224  Email: <a href="mailto:slidingdoorssocial@gmail.com">slidingdoorssocial@gmail.com</a> or <a href="mailto:alison.slidingdoors@gmail.com">alison.slidingdoors@gmail.com</a>

<p>Sliding Doors Social Disco Party Night</p>	<p>Thursday 6.30pm- 8.30pm</p>	<p>Blues Bar Ewood Park Football Stadium Blackburn BB2 4JF</p>	<p>For people with disabilities aged 18+. (Young people aged 16 or over are welcome but must be accompanied by a parent or carer). Music, Dancing, Karaoke, Bingo and Raffle.</p> <p>Refreshments available to purchase. £2 entry free. Carers go free.</p>	<p>Tel: 07495 303 224</p> <p>Email: <a href="mailto:slidingdoorssocial@gmail.com">slidingdoorssocial@gmail.com</a> or <a href="mailto:alison.slidingdoors@gmail.com">alison.slidingdoors@gmail.com</a></p>
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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 10:00am – 7:00pm Tuesday to Friday 10:00am – 5:00pm Saturday 10:00am – 4:00pm
Blackburn Museum	Museum Street, Blackburn BB1 7AJ Tel: (01254) 667130	Wednesday to Saturday 12:00pm - 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 10:00am – 7:00pm Tuesday – Closed Wed 10:00am – 5:00pm Thurs 1:00pm - 5:00pm Friday 10:00am – 5:00pm Saturday 10:00am - 2:00pm
Park/Walk	Ashton Park, Darwen	Open all hours
Park/Walk	Bold Venture Park, Darwen	Open all hours
Park/Walk	Corporation Park, Blackburn	Open all hours

Park/Walk	Queens Park,Blackburn	Open all hours
Park/Walk	Roe Lee Park, Blackburn	Open all hours
Park/Walk	Sunnyhurst Woods, Darwen	Open all hours
Park/Walk	Whitehall Park, Darwen	Open all hours
Park/Walk	Witton Country Park, Blackburn	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](mailto: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 age 18+ 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	<p>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.</p> <p>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 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>Phone lines are open 9am - 5pm Monday, Tuesday, Wednesday, Friday (with an early close of 3.30pm on Thursdays).</p> <p>Tel: (01254) 507255  Care Network Hub is located at  9A Town Hall Street  Blackburn  BB2 1AG</p> <p>Weekly drop in sessions also take place at Darwen Town Hall</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"> <li>- Autistic people sharing real experiences of everyday challenges</li> <li>- Free clinical advice from experienced clinicians</li> <li>- Monthly email updates with advice and information</li> <li>- Tips to help you manage everyday challenges</li> <li>- Live online discussions and Q&amp;A sessions</li> </ul>	The link to the website is <a href="https://lsc.autismunlocked.co.uk">https://lsc.autismunlocked.co.uk</a>
Local Offer	An online resource that details services, support and guidance for families of children with disabilities and/or special educational needs aged 0-25 years.	<a href="http://www.bwd-localoffer.org.uk">www.bwd-localoffer.org.uk</a>
National Autistic Society – BwD Branch	<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 – 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of every month.</p>	<p>For more information please contact Branch Officer Joanne Johnson</p> <p>Telephone: 07887 838168 or email <a href="mailto:NASBlackburnwithDarwenbranch@nas.org.uk">NASBlackburnwithDarwenbranch@nas.org.uk</a></p>
Parents In Partnership	A voluntary group of parents and carers who support other local families by sharing information and signposting, hosting events and workshops on issues that matter to local families, listen to others experiences and opinions, provide training in order to build confidence and resilience in other carers. Coffee mornings, forum meetings, workshops and more for families of children with Special Educational Needs and Disabilities aged 0-25 years	Contact the Steering Group on 07923 252 483 email <a href="mailto:bwdpip1@gmail.com">bwdpip1@gmail.com</a> or go to <a href="http://bwdpip.org.uk">bwdpip.org.uk</a>
Special Education Needs and Disabilities Information and	An impartial support, advice and information service relating to Special Educational Needs and Disabilities pertaining to Education, Health and Care Plans and Independent Support	<p>Contact Jane Partington on (01254) 583957</p> <p>Email: <a href="mailto:office@communitycvs.org.uk">office@communitycvs.org.uk</a></p> <p>Website: <a href="http://www.communitycvs.org.uk/sendiaass">www.communitycvs.org.uk/sendiaass</a></p>

Advice Support Service (SENDIASS)		
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
ADHD Lancashire	Support with ADHD diagnosis face to face or by telephone.  Monthly parent/carer support meetings/coffee morning.	Bernadette <a href="mailto:bernadette@adhd Lancashire.com">bernadette@adhd Lancashire.com</a> 07788431400 <a href="http://www.adhd Lancashire.com">www.adhd Lancashire.com</a>

## 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.	<a href="http://www.internetmatters.org/parental-controls/interactive">http://www.internetmatters.org/parental-controls/interactive</a> <a href="http://www.internetmatters.org/parental-controls/interactive-guide/guide/">http://www.internetmatters.org/parental-controls/interactive-guide/guide/</a>
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.	<a href="#">Learning Disabilities, Autism and Internet Safety - Cerebra</a>
Mobile Phone	Ready for your child to have their first phone	<a href="https://www.o2.co.uk/help/nsppc/my-childs-first-phone">https://www.o2.co.uk/help/nsppc/my-childs-first-phone</a>
NSPCC Net Aware	Look here for advice on social networks, apps and gaming. Really easy search facility with up-to-date info.	<a href="https://www.net-aware.org.uk/">https://www.net-aware.org.uk/</a> 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.	<a href="https://www.thinkuknow.co.uk/parents/Support-tools/Films-to-watch-with-your-children/Josh_and_Sue_original/watch-with-your-children/Josh_and_Sue_original/">https://www.thinkuknow.co.uk/parents/Support-tools/Films-to-watch-with-your-children/Josh_and_Sue_original/watch-with-your-children/Josh_and_Sue_original/</a>
TikTok	Learn how to set privacy and safety settings on the TikTok social platform to help your child have a safer experience.	<a href="https://www.internetmatters.org/blog/2020/04/16/tik-tok-app">https://www.internetmatters.org/blog/2020/04/16/tik-tok-app</a> <a href="https://www.internetmatters.org/blog/2020/04/16/tik-tok-app-safety-what-parents-need-to-know/safety-what-parents-need-to-know/">https://www.internetmatters.org/blog/2020/04/16/tik-tok-app-safety-what-parents-need-to-know/safety-what-parents-need-to-know/</a>

## 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  <a href="http://www.bwdcarers.org.uk">www.bwdcarers.org.uk</a>	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: <a href="mailto:general@nfm.org.uk">general@nfm.org.uk</a>
BwD local offer – Healthy relationships support/parental conflict	Conflict between parents is a normal part of relationships. However, when the conflict is frequent, intense, and poorly resolved, it puts children’s long-term outcomes at risk.	BwD Hubs - 01254585000

### 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  <a href="mailto:info@womens-aidblackburn.co.uk">info@womens-aidblackburn.co.uk</a> 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.
The billy project Community fridge	Community fridge providing grocery shops at reduce price.	Unit 2 fitness for women, albert street, Mill Hill BB2 4BI	Contact for opening times as these seem to vary.  £4 for one bag, £15 for 28 days (2 bags per week) FSW can support with referral.

Sam's community Hub	Providing food boxes at a reduced cost.	Newfield drive, Blackburn, BB2 3ua	Free food advertised on their fb page daily.  Food boxes also available for £6.50.
Blossoms at CBP – part of Sam's	Provides clothing at reduced cost.		Clothing from high street shops at reduced rates. Often provides uniform (September) for £1.

## 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: <a href="tel:01254776611">01254 776611</a> <a href="mailto:jubileetowercu@btconnect.com">jubileetowercu@btconnect.com</a>	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: <a href="http://www.payplan.com">www.payplan.com</a>	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	<a href="http://www.moneyadvice.org.uk">www.moneyadvice.org.uk</a>  Tel: 0800 138 7777 (Monday to Friday)	Supporting Families with Budgeting, Managing Money and Managing Debt

The Oaks	Free budgeting, debt and benefit advice based at Blackburn food bank.	59 Oakenhurst Road, Blackburn BB2 1SN	We operate Monday – Friday, 9am-3pm.
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## 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  <a href="mailto:info@womens-aid-blackburn.co.uk">info@womens-aid-blackburn.co.uk</a> 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 / effects of domestic abuse on children	<a href="mailto:info@womens-aid-blackburn.co.uk">info@womens-aid-blackburn.co.uk</a>	
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 <a href="mailto:info@womens-aid-blackburn.co.uk">info@womens-aid-blackburn.co.uk</a>	

## 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
Families Information Service (Blackburn with Darwen)	Information Service - nurseries/childcare/ parent & toddler groups/parenting courses	Families information Service The Exchange Ainsworth Street Blackburn BB1 6AD Tel: (01254) 667877	
Home Start (Blackburn)	Supports families with a variety of issues providing one child in the family is under the age of 7	Home-Start Blackburn & Darwen Kings Court 33 King Street Blackburn BB2 2DH  Tel: (01254) 692613 Office Mobile: 07925976640 Email: <a href="mailto:hstart@btconnect.com">hstart@btconnect.com</a>	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. Parents and families come to Home-Start for a variety of reasons. These include:  Loneliness, disability, ill health, multiple births, isolation, bereavement, post-natal illness, relationship difficulties or

			struggling with behaviour/routines.  The service is free and confidential.
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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.	<a href="tel:01254268700">Tel: (01254) 268700</a>	Access contraception and emergency contraception, Sexually transmitted infection testing, advice and more.
Lancashire MIND	Mental Health Support Service	Tel: (01257) 231660 <a href="mailto:admin@lancashiremind.org.uk">admin@lancashiremind.org.uk</a> <a href="http://www.lancashiremind.org.uk">www.lancashiremind.org.uk</a> Or contact Care Network Hub in Blackburn	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 &amp; South Cumbria NHS Foundation Trust</p>	<p>Wellbeing helpline and texting service</p>	<p><a href="tel:08009154640">Freephone 0800 915 4640</a></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.	<a href="https://refreshbwd.com/">https://refreshbwd.com/</a>	Support with how to stop smoking, eat well, be active and stay healthy.
The Billy Project	<p>The Billy Project is a funded gym project aimed at women and girls aged 11+.</p> <p>Junior sessions are aimed to tackle inequalities and run for the most vulnerable.</p>	<p><a href="#">Our Services   The Billy Project   Blackburn with Darwen</a></p> <p><a href="#">Unit 2 Fitness For Women Park Side Units Albert Street Mill Hill Blackburn, Lancashire BB2 4BL 07939 832216</a></p>	<p>Monday – Friday 11am – 4pm</p> <p>SEND sessions Monday, Wednesday and Friday 4pm- 5pm.</p>

## 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.

## 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.

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

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

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

The directory has been developed by the Family Support Worker at Crossfield 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 Support Worker should they discover any details to be incorrect or that groups are no longer running so that the directory can be updated.