



Making it  
happen in  
Chorley

FREE

# Chorley Support Services

We hope this guide helps you access the resources, activities, and support you need to make the most of family life in Chorley.

For more updates on HAF, follow Chorley Council on social media or visit the website below using the QR code.



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**The best** for our residents

**Chorley**  
Council

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# Mental Health Support Services

## Lancashire Mind

Mental health promotion, resilience training, peer support groups, and school-based programmes for children and young people.

**Website:** [www.lancashiremind.org.uk](http://www.lancashiremind.org.uk)

**Phone:** 01257 231660

**Email:** [admin@lancashiremind.org.uk](mailto:admin@lancashiremind.org.uk)

## Lancashire Mind's Youth Advisory Group

Group for young people aged 11–25 to shape mental health services and raise awareness in their communities.

**Website:** [www.lancashiremind.org.uk](http://www.lancashiremind.org.uk)  
(search Youth Advisory Group)

**Phone:** 01257 231660

**Email:** [admin@lancashiremind.org.uk](mailto:admin@lancashiremind.org.uk)

## Kooth

Free, safe and anonymous online counselling and emotional wellbeing support for young people aged 10–25.

**Website:** [www.kooth.com](http://www.kooth.com)

## PAPYRUS – Prevention of Young Suicide

Confidential support and advice for young people struggling with thoughts of suicide and for anyone concerned about them.

**Website:** [www.papyrus-uk.org](http://www.papyrus-uk.org)

**Phone:** 0800 068 4141 (Text: 07860 039967)

**Email:** [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

## NHS Talking Therapies (Mindsmatter Lancashire)

Free therapy for adults experiencing anxiety, low mood or stress.

**Website:** [www.lscft.nhs.uk/Mindsmatter](http://www.lscft.nhs.uk/Mindsmatter)

**Phone:** 01772 643168

**Email:** [lscft.mindsmatter@nhs.net](mailto:lscft.mindsmatter@nhs.net)

## Chorley Women's Centre (Chorley Women's Hub)

Safe space offering counselling, peer groups and drop-ins for women in Chorley.

**Website:** [www.chorleywomenshub.org.uk](http://www.chorleywomenshub.org.uk)

**Phone:** 01257 543260

**Email:** [info@chorleywomenshub.org.uk](mailto:info@chorleywomenshub.org.uk)

## Andy's Man Club

Free peer-to-peer support groups for men aged 18+ struggling with mental health. No referral needed.

**Website:** [www.andysmanclub.co.uk](http://www.andysmanclub.co.uk)

**Phone:** 0800 066 2167

**Email:** [info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk)

## Inspire Youth Zone – Wellbeing and Health Programme

Emotional and physical wellbeing sessions for young people aged 8–19 (up to 25 with additional needs).

**Website:** [www.inspireyouthzone.org](http://www.inspireyouthzone.org)

**Phone:** 01257 228888

**Email:** [youthzone@inspireyouthzone.org](mailto:youthzone@inspireyouthzone.org)

## St Laurence's Wellness Hub (Chorley)

Community wellness hub offering drop-ins, mindfulness, crafts and a welcoming space for all.

**Website:** [www.stlaurencechorley.co.uk](http://www.stlaurencechorley.co.uk)

**Phone:** 01257 231360

**Email:** [office@stlaurencechorley.co.uk](mailto:office@stlaurencechorley.co.uk)

# Tips to support mental health

## Try to relax and reduce stress

If you're under a lot of pressure, you may start to feel overwhelmed or out of control. Stress can also cause physical effects on our bodies. Think about what might help you to relax.

For example, this could be having a bath, going for a walk, listening to music

## Do something you enjoy

Try to make time to do an activity you like on a regular basis. This could be cooking a meal, getting in touch with a friend or watching TV.

## Focus on the present

Paying attention to the present moment or your senses can be helpful. This is sometimes called mindfulness. You can use techniques such as meditation or breathing exercises. Or you can practise mindfulness by paying more attention to your senses while doing things you do each day, for example, while washing up or eating. Focusing on the present can help people become more aware of their thoughts and feelings. This means that instead of being overwhelmed by your feelings, it may become easier to manage them.

## Make a self-care kit

It may help to put together some things that could help you when you're struggling. A self-care kit is filled with things that normally comfort you and help you relax.

For example, you could include your favourite book, pictures or photos, a stress ball or fidget toy and a comforting blanket or slippers. Or you could make a digital self-care kit on your phone. You could save photos, music, videos, messages or sayings that you find helpful. Or notes to remind yourself how to manage difficult situations.

## Take care online

There's lots on the internet that may affect our wellbeing. You may find that you're spending more time online than you'd like. Or that it's making your mental health worse. It could help to take breaks from the internet. Or change the accounts you follow or websites you visit.

## Join a class or group

Learning a new skill in a group can be enjoyable, and help boost your confidence.

## Try doing something creative

You may find it helpful to do something creative, like drawing, taking photos or baking. This might help distract you from difficult thoughts or feelings. Or it may help you to understand yourself better or express difficult things in a safe way. Being creative can also feel calming or rewarding.

## Spend time with animals

Some people find that being with animals is calming and enjoyable. You could try pet-sitting or dog walking, feed birds from your window, or visit a local community farm.

# Family Support Services

## Children and Family Wellbeing Service / Chorley Family Hub

Practical support for families with children aged 0–19 (or up to 25 with SEND): parenting, health advice and emotional wellbeing.

**Website:** [www.lancashire.gov.uk/familyhubs](http://www.lancashire.gov.uk/familyhubs)

**Phone:** 0800 511 111

**Email:** [talkzone@lancashire.gov.uk](mailto:talkzone@lancashire.gov.uk)

## Home-Start Central Lancashire

Practical and emotional home-visiting support for families. A sensitive parenting programme – Sweet Chili Parenting

**Website:** [www.homestartcentrallancs.org.uk](http://www.homestartcentrallancs.org.uk)

**Phone:** 01257 241636

**Email:** [admin@homestartcentrallancs.org.uk](mailto:admin@homestartcentrallancs.org.uk)

## Chorley Council Social Prescribing – Families and Children

Connects families to local services and activities that support health, wellbeing and relationships.

**Website:** [www.chorley.gov.uk](http://www.chorley.gov.uk)  
(search Social Prescribing)

**Phone:** 01257 515151

**Email:** [contact@chorley.gov.uk](mailto:contact@chorley.gov.uk)

## Lancashire Break Time

Short-break activities for children and young people aged 4–18 with SEND, giving families respite.

**Website:**  
[www.lancashire.gov.uk/lancashire-break-time](http://www.lancashire.gov.uk/lancashire-break-time)

**Phone:** 0300 123 6701

**Email:** [breaktime@lancashire.gov.uk](mailto:breaktime@lancashire.gov.uk)

## Lancashire SENDIAS

Free, impartial advice to families of children and young people with SEND on education, health and care plans.

**Website:** [www.lancssendias.org.uk](http://www.lancssendias.org.uk)

**Phone:** 0300 123 6706

**Email:** [information.lineteam@lancashire.gov.uk](mailto:information.lineteam@lancashire.gov.uk)

## Key Charity Chorley

Practical support including furniture, housing advice, budgeting support and crisis help. They offer support refuge for women and children who are experiencing domestic violence or living in fear of a partner or family member.

**Website:** [www.keycharity.org.uk](http://www.keycharity.org.uk)

**Phone:** 01257 220555

**Email:** [office@keycharity.org.uk](mailto:office@keycharity.org.uk)

## Lancashire Victim Services

Emotional and practical support for families affected by crime and abuse.

**Website:** [www.lancashirevictimservices.org](http://www.lancashirevictimservices.org)

**Phone:** 0300 323 0085

**Email:** [info@lancashirevictimservices.org](mailto:info@lancashirevictimservices.org)

# School Uniform Support

## Chorley Buddies

Free school uniform events and support across the borough with branded and plain school uniform for all ages

**Website:** [www.chorleybuddies.org](http://www.chorleybuddies.org)

**Phone:** 01257 542367

**Email:** [hello@chorleybuddies.org](mailto:hello@chorleybuddies.org)

## Unify Credit Union

Our School Uniform Loan was designed to help parents ease the pressure by breaking down the cost into smaller, manageable repayments.

### What we offer:

Loan amounts from £150 - £500

Just 11% interest per month (12.7% APR)

Repaid back over 50 weeks or 11 months

Affordable repayments - through Child Benefit

**Website:** [www.unifycu.org](http://www.unifycu.org)

**Phone:** 01942 245656

# Tips to support family life

## Balancing work and home life

It's not easy balancing your work and home life, but how you manage it can make quite a difference to your relationship with your family. Having a balance between work and home is being able to work in a way which fits around family commitments and isn't restricted to the 9 to 5, it will boost self-esteem as you're not always worrying about neglecting your responsibilities in any area, and will help you to feel more in control of your life. Your family will be happier to see more of you, and you'll have a life away from home.

## Look after yourself

Parents often spend all their time looking after everyone else in the family and forget about themselves. If you don't look after yourself, this can impact on your mental health, and you won't be able to give your children the support they need. Remind yourself that you have feelings and needs of your own. It's not selfish to treat yourself and it doesn't have to be expensive - but putting aside some time to do just what you want to do, even if it's only 10 minutes a day.

## Discipline

Rather than thinking of discipline as a punishment, you should use it as a way of teaching your children how to meet their needs without hurting or offending anyone. While you may be angry, it can help to keep calm and teach your child how he or she could have handled the situation differently, and how he or she can go about it differently next time. This way is both more positive and more constructive.

## Setting Boundaries

We often use boundaries to protect children from harm or danger. But it is important that you try to explain why boundaries are there, rather than issuing orders - for instance, if you pull them away from an open fire explain why. Children may be reluctant to follow instructions if parents command them. However, an explanation as to why the instructions are important will help your child understand and therefore cooperate.

## Communication

Communication is important during both the good and the tough times. Children often find it hard to put their feelings into words and just knowing that their parents are listening can be enough. Talk about yourself, not just about your problems but about your daily life. If they feel included in the things you do they are more likely to see the value of including you in the things they do.

## Spend quality time with your partner

It can be difficult to find time for you and your partner once you have children, but it is important to make time for each other. After all, children learn about relationships from their parents. Make sure you communicate with them frequently about all the day to day matters, as well as just things you enjoy talking about. Try to organise time that you can spend with each other, whether it's going out for a meal, or just relaxing in front of the TV together.

# Financial Support Services

## Citizens Advice – Chorley and South Ribble

Free, confidential advice on debt, benefits, housing, employment and legal issues.

**Website:** [www.chorleycab.org.uk](http://www.chorleycab.org.uk)

**Phone:** 0808 278 7803

**Email:** [advice@chorleycab.org.uk](mailto:advice@chorleycab.org.uk)

## Christians Against Poverty (CAP)

Free debt help, budgeting courses and money coaching through local churches.

**Website:** [www.capuk.org](http://www.capuk.org)

**Phone:** 0800 328 0006

**Email:** [info@capuk.org](mailto:info@capuk.org)

## StepChange Debt Charity

Free, expert debt advice and practical solutions including debt management plans.

**Website:** [www.stepchange.org](http://www.stepchange.org)

**Phone:** 0800 138 1111

## NHS Healthy Start Vouchers

Vouchers for pregnant women and families with children under 4 to buy healthy food and milk.

**Website:** [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

**Phone:** 0300 330 7010

**Email:** [healthy.start@nhsbsa.nhs.uk](mailto:healthy.start@nhsbsa.nhs.uk)

## Free School Meals (Lancashire County Council)

Helps eligible families access free school meals during term time.

**Website:** [www.lancashire.gov.uk/freeschoolmeals](http://www.lancashire.gov.uk/freeschoolmeals)

**Phone:** 01772 532109

**Email:** [fsm.south@lancashire.gov.uk](mailto:fsm.south@lancashire.gov.uk)

## NHS Integrated Care Board – Debt and Money Advice

Money and debt advice delivered through health and care settings.

**Website:** [www.lancashireandsouthcumbria.icb.nhs.uk](http://www.lancashireandsouthcumbria.icb.nhs.uk) (search Financial Wellbeing)

## Under One Roof – Chorley Council

Help for residents in hardship including food, fuel, household essentials and debt advice.

**Website:** [www.selnnet-underoneroof.org.uk](http://www.selnnet-underoneroof.org.uk)

**Phone:** 01772 200 690

**Email:** [underoneroof@selnet-uk.com](mailto:underoneroof@selnet-uk.com)

# Tips to support finances

## Create a Family Budget

List all sources of income and track your monthly expenses, including rent, bills, groceries, and leisure activities. A clear budget helps you understand where your money is going and makes it easier to identify areas to save.

## Plan Meals and Shop Smart

Plan meals for the week to avoid impulse buying and food waste. Make a shopping list and stick to it, look for discounts, and consider buying in bulk to save money.

## Reduce Utility Costs

Small changes like turning off lights when not in use, reducing water usage, and using energy-efficient appliances can help lower utility bills over time.

## Look for Deals and Discounts

Use cashback apps, loyalty cards, and discount vouchers when shopping. Compare prices online and in-store to find the best deals. Make use of mobile apps to help with finances

- Simplifi
- YNAB
- Quicken Classic
- Mysupermarket: Compare the cost of food and toiletries

## Save on Family Activities

Look for free or low-cost community events, parks, and local attractions. Many libraries, museums, and leisure centres offer free or discounted entry for families.

## Review Subscriptions and Contracts

Check for any unused or unnecessary subscriptions (e.g., streaming services, gym memberships) and cancel or renegotiate them to save money.





# Drug, Alcohol and Substance Misuse Support

## SmokeFree Lancashire

Free support to quit smoking, including nicotine replacement therapy and specialist help.

**Website:** [www.lancashire.gov.uk/smokefree](http://www.lancashire.gov.uk/smokefree)

**Phone:** 0808 196 2638

**Email:** [smokefree.lancs@nhs.net](mailto:smokefree.lancs@nhs.net)

## Inspire Substance Misuse Service – Lancashire

Recovery-focused drug and alcohol treatment for adults.

**Website:** [www.inspirenorth.org.uk](http://www.inspirenorth.org.uk)  
(search Inspire Substance Misuse Lancashire)

**Phone:** 01772 366120

**Email:** [info@inspirenorth.org.uk](mailto:info@inspirenorth.org.uk)

## With You

Free, confidential support for adults and young people with drug, alcohol or mental health challenges.

**Website:** [www.wearewithyou.org.uk](http://www.wearewithyou.org.uk)

**Phone:** 0808 164 0074

**Email:** [lancashire@wearewithyou.org.uk](mailto:lancashire@wearewithyou.org.uk)

# Tips for overcoming substance misuse

## You are not alone

Many people struggle with substance use, help is available. Reach out to someone you trust or a support group. Recovery is possible

## Be honest with yourself

Acknowledge how substance use is affecting your life. Identifying triggers that lead to use such as situations, emotions or people. Self-awareness is the first step to change

## Small achievable goals

Focus on one step at a time rather than a big picture. Celebrate the small victories like cutting down or going a day without using

## Change your environment

Avoid places or people that encourage substance use. Find positive distractions such as hobbies, exercise or volunteering. Surround yourself with those who support your recovery

## Look after your health

Sleep, nutrition and exercise can help improve mood and energy levels. Learn healthy coping mechanisms such as journaling, meditation or talking to someone

## Forgive yourself and keep going

Slipping up doesn't mean you've failed, it is a part of the journey. Focus on your progress, not perfection. Remember, every step forward is a win.

# Other Support and Information

## Lancashire Young Carers (Barnardo's)

Support, respite and activities for young carers aged 5–18.

**Website:** Lancashire Young Carers | Barnardo's

**Phone:** 01772 641002

**Email:** lancashireyoungcarers@barnardos.org.uk

## Better Health Better Self (Chorley Council)

Wellbeing coaching and support to build confidence and improve health.

**Website:** Better Health, Better Self | Chorley

**Phone:** 01257 515151

**Email:** betterhealthbetterself@chorley.gov.uk

## Citizens Advice – Housing Support

Expert help with housing issues, including homelessness risk and tenancy rights.

**Website:** www.chorleycab.org.uk

**Phone:** 0808 278 7803

**Email:** advice@chorleycab.org.uk

## The Café at St Laurence's (Cancer Support)

Welcoming space for anyone affected by cancer offering peer support and signposting.

**Website:** www.stlaurencechorley.co.uk

**Phone:** 01257 231360

**Email:** office@stlaurencechorley.co.uk

## Confidence Steps to Health (Jigsaw Homes)

Programme to build confidence, improve wellbeing and personal development.

**Website:** www.jigsawhomes.org.uk

**Phone:** 07708320351

**Email:** info@jigsawhomes.org.uk

## Chorley Buddies

Volunteer-led befriending, shopping, transport and community connections.

**Website:** www.chorleybuddies.org

**Phone:** 01257 542367

**Email:** hello@chorleybuddies.org

## Chorley Wildcats

A multi Sports club for young people with a disability. Held at all Seasons Leisure Centre on a Saturday.

**Phone:** 01257 267748



# Food Support in Chorley

## Chorley Help the Homeless Food Bank

Emergency food parcels and support for those in crisis. Referral may be required.

**Website:** [www.chorleyhelpthehomeless.org](http://www.chorleyhelpthehomeless.org)

**Phone:** 01257 220077

**Email:** [info@chorleyhelpthehomeless.org](mailto:info@chorleyhelpthehomeless.org)

## The Hub at St Laurence's Church

Weekly community café with low-cost or free meals and refreshments.

**Website:** [www.stlaurencechorley.co.uk](http://www.stlaurencechorley.co.uk)

**Phone:** 01257 231360

**Email:** [office@stlaurencechorley.co.uk](mailto:office@stlaurencechorley.co.uk)

## Chorley Buddies – Community Pantry

Emergency food parcels and food food clubs around the borough.

**Website:** [www.chorleybuddies.org](http://www.chorleybuddies.org)

**Phone:** 01257 542367

**Email:** [hello@chorleybuddies.org](mailto:hello@chorleybuddies.org)



# Additional Resources

## Free or Low-Cost Activities

- **Yarrow Valley Country Park**  
Trails and picnic spots.
- **Astley Park**  
Playgrounds and trails.
- **Astley Hall Events**  
Free cultural and educational activities.
- **Attend local libraries**  
Offer free children and family sessions.
- Plan a scavenger hunt at **Yarrow Valley Country Park**.
- Try **sensory play** with safe household items like pasta or rice.
- Create **sensory bins** using rice, pasta, or water.
- **Crafts:** Make paper plate masks or paint rocks from the park.
- **Rivington Pike Walk**  
A scenic walk with amazing views.
- **Chorley Canalside Walk**  
Enjoy a peaceful stroll or bike ride along the Leeds-Liverpool Canal.
- **Worden Park** (Free, Parking Small Fee)  
In nearby Leyland, this park has a large playground, mini maze, and woodlands.

## Educational Tools

- **BBC Bitesize**  
Free online lessons for all ages.
- **Twinkl**  
Free printables for crafts, reading, and math.
- **Chorley Library Membership**  
Access to books and audiobooks.
- **Khan Academy** (Online)
- **Oxford Owl** (Online)
- **Phonics Play** (Online)
- **Storyberries** (Online)
- **Exploratorium** (Online)
- **NASA Kids' Club** (Online)
- **Art for Kids Hub** (Youtube)
- **GoNoodle** (Online)