

What's On

8th January 2018 to 13th April 2018

Children and Families: Prevention Rural Selby (Brotherton, Sherburn & Tadcaster)

	Time	Activity	More Information	Where
MONDAY	09.45am - 10.45am Please book	Baby Yoga 8th Jan - 5th Feb	5 week course for you and your baby. To book call Anne Marie on 07956 266144 or 01924 278461 or email anne-marieking@hotmail.co.uk Age 10 weeks to crawling <i>£25 per 5 week course</i>	Brotherton Children's Centre
		Baby Yoga 19th Feb - 19th March		Tadcaster Children's Centre
	10am - 11am 11am - 12pm Please book	Sensory Room	For under 2's and children with sensory or developmental needs <i>£2 per family per slot</i>	Brotherton Children's Centre
	9.30am - 11.00am Invite only	Building Blocks for Language 22nd Jan - 19th March (excluding 12th Feb)	Communication programme for children identified by a Speech and Language Therapist, Health Visitor or Early Years Setting. Age 2 to 3 years	Sherburn Children's Centre
	11.00 - 12.00pm Please book	Baby Massage 8th Jan - 5th Feb	5 week course to learn about baby massage. Age 6 weeks to 6 months <i>£15 per course (payment to be made prior to the start date to secure your place)</i>	Brotherton Children's Centre
		Baby Massage 19th Feb - 19th March		Tadcaster Children's Centre
	1.00pm - 2.30pm Drop in	Breastfeeding Cafe Weekly	A group for new or expectant mums to meet other breastfeeding mums, to form a social network and help with breastfeeding issues.	Sherburn Children's Centre
	12.45pm - 2.45pm Invite only	Strengthening Families 15th Jan - 12th March (excluding 12th Feb)	8 week programme to help parents and children talk to each other effectively, understand each other's feelings and thereby strengthen their relationship. Parent/carers and children aged 10 - 14yrs	Brotherton Children's Centre
	Evenings	Antenatal	3 week course, covers labour, birth, breastfeeding and bringing baby home. Book via your Midwife	Selby Hospital YO8 9BY
	7.00pm - 9.00pm Drop in	Youth Club (delivered by North Yorkshire Youth) Term time only	An opportunity to meet friends and participate in activities. Years 7 to 9 <i>50p per session</i>	Sherburn Children's Centre

	Time	Activity	More Information	Where
TUESDAY	09.00am - 11.00am Invite only	Girls Group 9th Jan - 20th March (excluding 13th Feb)	A 10 week course for young people, delivered in school.	Sherburn High School
	9.30am - 11.30am Please book	Paediatric First Aid Awareness 30th Jan & 20th March	A 2 hour awareness course to help parents/carers deal confidently with injuries and emergencies. You are welcome to bring your babies. <i>£3 per family</i>	Brotherton Children's Centre
	09.30am - 11.00am Drop in	Stay and Play Weekly	Enjoy a range of play activities. For parent/carers and their children. Age 0 to 5 years <i>£2 per family</i>	Tadcaster Children's Centre
	9.30am - 11.00am Drop in	Child Health Clinic and Baby Play 3rd Tues of the month 16th Jan, 20th Feb & 20th March	Drop in to see your health visiting team for advice on your child's health and well being alongside a play and development session for parents with babies & parents to be. Age 0 to 5 years	Eggborough Methodist Church Selby Road Eggborough DN14 0LP
	10.30am - 11.00am	Library Story Time	Story time at the library for children and their parents/carers. 0 to 5 years	Sherburn Community Library
	1.30pm - 3.00pm Drop in	Bumps, Babies & Beyond	For young parents and parents to be (25 and under). Weekly topics and fun activities with your children.	Sherburn Children's Centre
WEDNESDAY	9.30am - 11.30am	Childminder Drop In (2nd Wed of the month)	Childminder led play session for childminders and their children.	Tadcaster Children's Centre
	10.00 - 11.30am Drop in	Baby and You Weekly	Baby play and development sessions for parents with babies & parents to be. Age up to 18 months	Brotherton Children's Centre
	10.00 - 11.30am Drop in	Child Health Clinic 10th Jan, 14th Feb, 14th March & 11th April	Drop in to see your health visiting team for advice on your child's health and well being. Age 0 to 5 years	Brotherton Children's Centre
	10.30am - 12pm	Family Support Drop In Weekly	Need advice and support on parenting, managing behaviour, financial difficulties, etc. Come & talk to us. Parents with children 0 to 19yrs	Sherburn Children's Centre
	4.00 - 5.30pm Invite only	Arrows 24th Jan - 14th March (excluding 14th Feb)	A group to help develop self-esteem and social skills. Age 7 to 10 years	Sherburn Children's Centre
	6.00pm - 8.00pm	LGBT+ Group 10th Jan, 24th Jan, 7th Feb, 21st Feb, 7th March & 21st March	Youth group for those who are or think they might be Lesbian, Gay, Bisexual, Trans or questioning. Have some fun, meet new people, get information and support Age 13 to 19 years	For more information & venue, please contact selbysouthcc@northyorks.gov.uk or ring 07973918386
7.00pm - 8.30pm Drop in	Youth Group Term time only starting 10th Jan	An opportunity to meet friends and participate in activities. Age 13 to 19 years	Sherburn Children's Centre	

	Time	Activity	More Information	Where
THURSDAY	9.15am - 10.45am Drop in	Stay and Play	Enjoy a range of play activities. For parent/carers and their children. Age 0 to 5 years <i>£2 per family</i>	Brotherton Children's Centre
	9.30am - 11.30am Please book	Paediatric First Aid Awareness 22nd February	A 2 hour awareness course to help parents/carers deal confidently with injuries and emergencies. You are welcome to bring your babies. <i>£3 per family</i>	Sherburn Children's Centre
	10.00am - 10.45am	Story & Crafts (Volunteer Led)	Volunteer led session for children. Age 0 to 5 years	Sherburn Community Library
	10.00am - 10.30am	Library Story Time	Story time at the library for children and their parents/carers. Age 0 to 5 years	Tadcaster Community Library
	1.30pm - 3.15pm Drop in	Child Health Clinic Weekly	Drop in to see your health visiting team for advice on your child's health and well being. Age 0 to 5 years	Sherburn Children's Centre
	1.30pm - 3.00pm Drop in	Baby and You Weekly	Baby play and development sessions for parents with babies & parents to be. Age up to 18 months	Sherburn Children's Centre
	4.00pm - 5.30pm Drop in	Youth Drop In Weekly	Drop in for help, advice, information and guidance; job search, CV writing, sexual health, condom distribution, etc.	Sherburn Children's Centre
6.30pm - 8.00pm Please book	FUSE Starting 11th Jan	A Youth Theatre project for young people with special education needs and disabilities (SEND) and non SEND. For more info call 01609 435768 or email hannah.ley@northyorks.gov.uk Age 11 to 25 years	Tadcaster Children's Centre	
FRIDAY	9.30am - 11.30am	Childminder Drop In (last Fri of the month)	Childminder led play session for childminders and their children.	Sherburn Children's Centre
	10.00am - 11.30am Drop in	Child Health Clinic (1st & 3rd Fri of month) 19th Jan, 2nd Feb, 16th Feb, 2nd Mar, 16th Mar & 6th April	Drop in to see your health visiting team for advice on your child's health and well being.	Tadcaster Children's Centre
	10.00am - 11.30am Drop in	Baby and You Weekly	Baby play and development sessions for parents with babies & parents to be. Age up to 18 months	Tadcaster Children's Centre
	1.30pm - 3.00pm Drop in	Stay and Play Weekly	Enjoy a range of play activities. For parent/carers and their children. 0 to 5 years old. <i>£2 per family</i>	Sherburn Children's Centre


	Time	Activity	More Information	Where
SATURDAY	10.00am - 11.30am Please book	Just for Dad and Me 20th Jan, 17th Feb & 17th Mar	Fun session for children and their dads/male carers. 0 to 5 years (older siblings welcome)	Sherburn Children's Centre or Brotherton Children's Centre.

Prevention service

The children and families prevention service brings together a range of preventative work which

- Operates seamlessly throughout the 0-19 age range;
- Eliminates duplication, unnecessary and unhelpful transitions for families;
- Has a new way to provide services, including a greater capacity to provide early help in a more targeted way children, young people and families; and
- Is co-located with the new healthy child teams (5-19)

Our vision is that "families in North Yorkshire are able to access readily a range of support to ensure that their children are safe, happy and well, and that they can flourish at school and in the wider world".

Other Information	
	This is a bespoke family service for 5-19 year olds who wish to work towards a healthy weight. Each family is offered a 12 week programme which is delivered by a Healthy Lifestyle Advisor within the family home. During the programme families take part in a range of fun and interactive sessions based on key lifestyle topics, complete weekly challenges and set their own personalised goals. For more information please contact 01609 798081.
Healthy Start Vitamins	Healthy Start vitamins are available to buy at Sherburn, Brotherton and Tadcaster Children's Centres. You can exchange your vouchers or buy them for the following prices: Women's vitamin tablets - 75p Children's vitamins - £1.40
Smoking Cessation Clinics	Smokefreelife North Yorkshire is a confidential stop smoking service and is available free of charge to anyone living or working in North Yorkshire. For further details or to make an appointment please call 0800 2465215 or 01609 663023. Appointments are available at Sherburn Group Practice (Weds pm) and Tadcaster Health Clinic (Thurs pm).
Volunteering	We need your help. Every Centre needs an extra pair of hands on occasions. We need volunteers to help with a lot of what we do, ranging from just an hour of help on one occasion, to parents providing support for regular sessions. We would be delighted to hear from you if you could help in any way.
Horizons	Do you, or anyone you know, want to be free from drugs or alcohol misuse? We can help you. Please telephone 01723 330730 for further details.

Contact Us

Rural Selby Children's Centres (Brotherton, Sherburn & Tadcaster)

Tel: **01609 534720**

Email: brothertoncc@northyorks.gov.uk

How to find us?

Brotherton Children's Centre

Low Street
Brotherton
WF11 9HQ



Sherburn Children's Centre

Attached to Sherburn Library
Finkle Hill
Sherburn in Elmet
LS25 6EA



Tadcaster Children's Centre

Manor Farm Youth Centre
St. Josephs Street
Tadcaster.
LS24 9HA



Visit our website

www.nyfamilies.info

or call our friendly team on
01609 533483

You could also email us at

fis.information@northyorks.gov.uk

or text **07624 802425**



Find us on Facebook

www.facebook.com

TadcasterRuralSelbyCFSP



**DO WE HAVE YOUR
EMAIL DETAILS?**

**If not please let a member
of staff know.**

Healthy Start Vitamins

You can buy or use your
vouchers to get Healthy Start
(children's and women's)
vitamins from your children's
centre - Pop into reception to
collect yours today!



Contact us

North Yorkshire County Council, County Hall, Northallerton, North Yorkshire, DL7 8AD

Our Customer Service Centre is open Monday to Friday 8.00am – 5.30pm
(closed weekends and bank holidays). Tel: **01609 780 780**

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