

What's On

16th April 2018 to 31st August 2018

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

| | Time | Activity | More Information | Where |
|----------------------------|--------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------|
| MONDAY | 09.45am - 10.45am Please book | Baby Yoga 16th Apr - 21st May (excluding 7th May) | 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> | Sherburn Children's Centre |
| | | Baby Yoga 11th Jun - 9th Jul | | Brotherton 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 4th Jun - 16th Jul | 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 16th Apr - 21st May (excluding 7th May) | 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> | Sherburn Children's Centre |
| | | Baby Massage 11th Jun - 9th Jul | | Brotherton 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 |
| | 1.00pm - 2.30pm Referral only | Amazing Babies 16th Apr - 21st May (excluding 7th May) | A course about baby brain development in the early days. For expectant parents and parents with babies aged 0 to 3 months | Brotherton Children's Centre |
| | 4.00pm - 5.30pm Invite Only | Create Confidence 16th Apr - 21st May (excluding 7th May) | A course for children & young people who have witnessed Domestic Abuse. | Sherburn Children's Centre |
| | Evenings | Antenatal | 3 week course, covers labour, birth, breastfeeding and bringing baby home. Book via your Midwife | Selby North Children's Centre YO8 4DL |
| 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 - 50p per session | Sherburn Children's Centre | |

| | Time | Activity | More Information | Where |
|------------------|-----------------------------------|------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| TUESDAY | 09.00am - 11.00am Invite only | Girls Group 24th Apr - 3rd Jul | A 10 week course for young people, delivered in school. | Sherburn High School |
| | 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 17th Apr, 15th May, 19th Jun, 17th Jul & 21st Aug | 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 |
| | 11.00am - 1.00pm Referral only | Yorbabe 5th Jun - 3rd Jul | A 5 week programme for mums-to-be and dads-to-be to support through pregnancy, birth and parenthood. Parents-to-be under 25 years old. Contact Julie on 07870800678 for further information. | Selby North Children's Centre YO8 4DL |
| | 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 9th May, 13th Jun, 11th July & 8th Aug | 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 Outreach Worker 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 6th June - 18th July | 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 25th Apr, 9th May, 23rd May, 13th Jun, 27th Jun & 11th Jul | 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 18th April | 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 3rd May & 5th July | 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 |
| | 12.45pm - 2.45pm Invite only | Family Links 19th April - 12th July (excluding 31st May & 28th June) | A 10 week course that aims to help parents understand and manage feelings and behaviour and become more positive and nurturing in their relationships with children and each other. Childcare is provided. Parents with children 0 - 8 years | Brotherton Children's Centre |
| | 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 |
| | 4.30pm - 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 19th April - 5th July | A Youth Theatre project for young people with special education needs and disabilities (SEND) and non SEND. 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 |
| | 9.30am - 11.30am Please book | Paediatric First Aid Awareness 8th June | 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 |
| | 10.00am - 11.30am Drop in | Child Health Clinic (1st & 3rd Fri of month) 20th Apr, 4th May, 18th May, 1st Jun, 15th Jun, 6th Jul, 20th Jul, 3rd Aug & 17th Aug | 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 |


| | Time | Activity | More Information | Where |
|-----------------|----------------------------------|---------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|
| FRIDAY | 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 |
| SATURDAY | 10.00am - 11.30am Please book | Just for Dad and Me 21st Apr, 26th May, 16th Jun, 21st Jul & 18th Aug | 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. |
| Volunteering | We have volunteer roles available within the service, if you are interested please contact us for more information. |
| Sexual Health Services | <u>New Selby War Memorial Hospital, Doncaster Road, Selby, YO8 9BX</u> Monday (Closed Bank Holidays) 3.00pm - 4.00pm - Young People's Walk In (Ages 19 and under) 4:00pm - 6:30pm - Walk In clinic (Everyone Welcome) 4.00pm - 6.30pm - Appointments Thursday 4:00pm - 6:30pm - Walk in clinic and Appointments Friday (Closed Bank Holidays) 1:00pm - 3:00pm - Appointments Only <u>Sherburn Group Practice, Sherburn in Elmet, LS25 6ED</u> Tuesday 3.30pm - 4.30pm - Appointments |

Contact Us

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

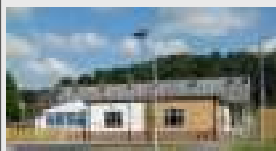
Tel: **01609 534720**

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!

HEALTHY
START



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**

Email: customer.services@northyorks.gov.uk Web: www.northyorks.gov.uk

If you would like this information in another language or format please ask us.

Tel: **01609 780 780** Email: customer.services@northyorks.gov.uk