



What's On

Monday 4th September - Friday 22nd December 2017

Children and Families: Prevention Service, Richmondshire

	Time	Activity	More Information	Where
MONDAY	9:30-11:00 Drop in	Healthy Child Clinic 1st Monday of each month	Come along for the opportunity to get your child weighed and obtain advice from a member of the Health Visiting team.	Catterick Village Health Centre, DL10 7LD
	12:30-14:00 Drop in	Young Parents' Group Term time only Starting on 11th September	A new group for young parents and parents to be, aged 25 and under. Come and explore and play with your child in a fun, welcoming and interactive environment. Each week we will look at different topics helping us to develop skills as parents. As this is a lunch time session we will prepare and share a healthy light lunch together (provided by the Children's centre)	Colburn Children's Centre, DL9 4RF
	12:45-14:45 Booking required	Incredible Years - Toddler Programme 11th Sept - 11th Dec (excluding 23/10/2017) A crèche will be provided. Referral required —please telephone the Children's Centre for more information.	A parenting programme that is suitable for parents with a child aged between 9 months and 3 years. It is designed to strengthen parenting skills and promote children's learning and development. Some of the topics that we will explore: <ul style="list-style-type: none"> • Positive play and interaction • Strategies for reducing/handling unwanted behaviour • Using praise and rewards effectively with children • Supporting your child with separations and routines • Promoting your child's early language 	Colburn Children's Centre, DL9 4RF
	14:00-15:00 Drop in	Healthy Child Clinic 2nd Monday of each month	Come along for the opportunity to get your child weighed and obtain advice from a member of the Health Visiting team.	Scorton Health Clinic, DL10 6HB
	16:30-18:00	Junior Youthability Year 3 - Year 6	A chance for young people with special educational needs and disabilities (SEND) to have fun, meet new friends, learn new things and enjoy a youth club environment. For further information please ring Colburn Children's Centre and ask to speak to Jeanette. <i>Term Time only</i>	Richmondshire Prevention Hub, DL10 7BQ
	18:30-20:00	Youthability Year 7 upwards		
	18:15-20:00 Booking Required	Antenatal Group	Please ring Colburn Children's Centre on 01609 532595 for dates & times.	Colburn Children's Centre, DL9 4RF

***FREE* First Aid for Parents - to book call Colburn Children's Centre on 01609 532595**

Children are naturally curious and adventurous and minor injuries are all part of growing up. Fortunately, serious injuries and illnesses rarely happen but when they do it is important that parents and carers are able to react in an appropriate and timely fashion.

Toddler focus - Tuesday 19th September 2017 at Carnagill Children's Centre: 12:45 - 15:15

This session will offer practical advice on managing the bumps and bruises that occur as children become more mobile, it will include advice on managing head injuries and identifying serious injuries from minor scrapes

Baby focus—Tuesday 5th December 2017 at Colburn Children's Centre: 9:45 - 12:15

The Baby focused session will concentrate on reassuring parents and show how to adapt First Aid techniques to suit babies and younger toddlers

Due to the size of the training rooms, children cannot be present for these first aid sessions.

	Time	Activity	More Information	Where
TUESDAY	9:00-11:00 Drop in	Childminders Drop In Term Time Only	An opportunity for childminders to network with other childminders looking for support, advice and fun. A member of the Prevention Service will also drop in on some sessions to offer advice, support and information. £1 per session	Carnagill Children's Centre, DL9 3HN
	9:30 - 11:00 Drop in	Messy Chat Term time only	A fun, play session set up by one of our Family Outreach Support Workers to help support your child's development and learning. Please use the entrance at the side of the village hall.	Harmby Village Hall, DL8 5PG
	Course 1 - 9:45-10:30 Course 2 - 13:00-13:45	Baby Yoga Course 1: 12th Sept - 10th Oct Course 2: 7th Nov - 5th Dec Booking required	A 5 week course combining developmentally appropriate moves with gentle post-natal exercises. 6 weeks - crawling £15 for the course	Course 1 - Colburn Children's Centre Course 2 - Carnagill Children's Centre
	Course 1 – 10:45-11:45 Course 2 - 14:00-15:00	Baby Massage Course 1: 12th Sept - 10th Oct Course 2: 7th Nov - 5th Dec Booking required	A 5 week course focusing on different infant massage techniques. 6 weeks - crawling £15 for the course	Course 1 - Colburn Children's Centre Course 2 - Carnagill Children's Centre
	11:00-12:30	Healthy Child Clinic 1st Tuesday of each month	Come along for the opportunity to get your child weighed and obtain advice from a member of the Health Visiting team.	Reeth Doctors Surgery, DL11 6SU
	13:00-14:30 Drop in	Healthy Child Clinic with Stay & Play Weekly	The opportunity to weigh your child and obtain advice from a member of the Health Visiting team. You can also stay, play and chat with other families. Please arrive before 2:15 to guarantee your child is weighed. <i>The stay and play session is term time only.</i>	Colburn Children's Centre, DL9 4RF
	13:00-14:30 Drop in	Breastfeeding Support Group Weekly	A drop in group for expectant and breastfeeding mums to meet other breastfeeding mums in a relaxed atmosphere. This parent support group is led by a Family Outreach Support Worker and is supported by a member of the Health Visiting team.	Colburn Children's Centre, DL9 4RF
	1:30 - 15:00	Little Explorers Term time only *Please note change of day*	A fun and interactive session to encourage your child's curiosity and stimulate their learning. Please dress for messy play and get ready for fun! 0-5 years old	Wensleydale Children's Centre, DL8 3BJ
	14:00 - 15:00	Healthy Child Clinic 3rd Tuesday of each month	Come along for the opportunity to get your child weighed and obtain advice from a member of the Health Visiting team.	Aldborough Doctors Surgery, DL11 7TH
	18:30 - 20:30	Youth Club Term Time Only	Run by North Yorkshire Youth. 50p per person	Risedale School, DL9 4BD
WEDNESDAY	9:15-11:15 Drop in	Chatterbox Term Time Only and except clinic dates below	A fun play session for 0-5's using songs, stories and other play opportunities to encourage communication between parents and children. Each week we will find something new in our "Chatterbox" to talk about and explore.	Wensleydale Children's Centre, DL8 3BJ
	9:15 - 11:15 Drop in	Healthy Child Clinic with Stay & Play 2nd Wednesday of the month	The opportunity to get your child weighed and obtain advice from a member of the Health Visiting team. You can also stay, play and chat with other families.	Wensleydale Children's Centre, DL8 3BJ
	9:30-11:30 Drop in	Access to Autism 1st Wednesday of the month	A support group for parents of children with autism and sensory issues and for those going through diagnosis.	Colburn Children's Centre, DL9 4RF
	9:30-11:00 Booking Required	Citizens Advice Bureau - Weekly	Come in for advice on benefits, housing, debt or just about anything! Please ring Colburn Children's Centre on 01609 532595 for available appointments.	Colburn Children's Centre, DL9 4RF

	Time	Activity	More Information	Where
WEDNESDAY	9:45 - 10:30 Booking Required	Baby Yoga Course 1: 13th Sep - 11th Oct Course 2: 8th Nov - 6th Dec	A 5 week course combining developmentally appropriate moves with gentle post-natal exercises. 6 weeks - crawling £15 for the course	Richmond Scout Hut, DL10 4VV
	10:00 - 12:00 Drop in	Healthy Child Clinic 1st and 3rd Wednesday of each month	Come along to clinic for the opportunity to get your child weighed and obtain advice from a member of the Health Visiting team.	The Friary, Richmond , DL10 4UJ
	10:45-11:45 Booking Required	Baby Massage Course 1: 13th Sep - 11th Oct Course 2: 8th Nov - 6th Dec	A 5 week course focusing on different infant massage techniques. 6 weeks - crawling £15 for the course	Richmond Scout Hut, DL10 4VV
	13:00-14:30 Drop in	Family Advice and Support Drop In	Are you looking for some support or advice regarding family life? Come and chat with a member of our team about anything from tots to teens.	Colburn Children's Centre, DL9 4RF
	13:00-15:00	Mums at the Hut Term Time Only	Volunteer led - A group for parents/carers & children to have fun and play together. With monthly drop ins from a Family Outreach Support Worker. 0-5 years old	Richmond Scout Hut, DL10 4VV
	18:00 - 20:00	LGBT+ 3rd Wednesday of the month	This group is for young people aged from 14 - 19 years who are lesbian, gay, bisexual or transgender. A safe and welcoming place to access support/information and meet other young people in a similar situation. Email: lgbthamandrich@northyorks.gov.uk	Call Colburn Children's Centre for more information
THURSDAY	9:15—11:15	Speech and Language drop in	This is an open session for families with children up to the age of 4 years 11 months who are not already seeing a Speech and Language therapist.	Please ring Colburn CC on 01609 532595 for dates and venues
	9:15—11:30	Childminders' drop in Fortnightly from 14th September	An opportunity for childminders to network with other childminders looking for support, advice and fun. A member of the Prevention Service will also drop in on some sessions to offer advice, support and information. £1 per session	Colburn Children's Centre, DL9 4RF
	10:00-11:30 Drop in	Healthy Child Clinic 2nd & 4th Thursday of the month	Come along to clinic for the opportunity to get your child weighed and obtain advice from a member of the Health Visiting team.	Carnagill Children's Centre, DL9 3HN
		Small Talk All other Thursdays	Small Talk is a play based session concentrating on speech and language development aimed at parents and children together.	
	13:00-14:30 Drop in	Little Explorers Term Time Only	A fun and interactive session to encourage your child's curiosity and stimulate their learning. Please dress for messy play and get ready for fun! 0-5 years old	Colburn Children's Centre, DL9 4RF
	13:30-15:00 Drop in	Stay & Play Term time only. Includes Healthy Child Clinic on the 2nd Thursday of the month	A group for parents/carers and children to learn & play together. Access down the alleyway between the One Stop shop and the Sandpiper. 0 - 5 years old The session on 23rd November will include a Chatty Children workshop.	Leyburn Methodist Church Hall, DL8 5AT
	16:00-17:30 Booking Required	Fuse Term Time Only	Inclusive theatre group for young people aged 11-25 years with Special Education Needs and Disabilities (SEND) and non SEND. Contact Hannah Ley on 01609 535768 for more information.	Richmondshire Prevention Hub, DL10 7BQ
	18:00-20:00 Drop In	Youth Club Term Time Only	Free for young people to have fun, meet new friends, learn new things and enjoy a youth club environment. For school years 7 - 11	Colburn Leisure Centre, DL9 4QH

	Time	Activity	More Information	Where
FRIDAY	9:15-11:15 Drop in	Stay & Play Term Time Only	A group for parents/carers and children to learn and play together with their children. 0 - 5 years old	Gayle Institute, DL8 3RZ
	9:15-10:15 Drop in	Healthy Child Clinic with Stay & Play 29th Sept, 27th Oct, 24th Nov and 15th Dec	The opportunity to get your child weighed and obtain advice from a member of your Health Visiting Team. A play session will be set up by one of our Family Outreach Support Workers. <i>Last Friday of the month (except December)</i>	Gayle Institute, DL8 3RZ
	11:00-13:30 Drop in	POSCH 29th September	Support group for parents and carers of special children. Please ring Colburn Children's Centre on 01609 532595 for more information and further dates.	Colburn Children's Centre, DL9 4RF

Parent and Family workshops

Please ring Colburn Children's Centre on 01609 532595 to book your place

Amazing Babies

9:30—11:30 on Thurs 21st Sept at Colburn Children's Centre

This 2 hour workshop is for parents to be and parents of babies aged up to about 6 months. It will give you an overview of how your baby's brain is developing and how you can help with fun and interactive play, which is key to growing physically and emotionally healthy.

Keeping Safe Online

6:30pm—8:00pm on Wednesday 18th Oct at Richmond Hub

This 2 hour workshop is for Key Stage 2 children and their parents who want to ensure that they are enjoying the internet and modern technology whilst making sure that they are aware of the dangers and know how to keep safe.

Promoting Positive Behaviour

9:30—11:30 on Tues 31st Oct at Colburn Children's Centre

Are you struggling with your child's behaviour? Do you ever feel as though all you ever say is 'No'? Come along to this workshop to learn some positive strategies for managing unwanted behaviour and understand why your child behaves the way they do. 3 - 8 years. A crèche will be provided for under 5s.

Chatty Children

1:30 - 3:00pm on Thurs 23rd Nov at Leyburn Methodist Church Hall, DL8 5AT

Would you like to find out how you can help to encourage your child's communication and language skills? This workshop is aimed at families with young children and concentrates on how a child's speech and language skills develop, with fun ideas to enjoy together.

Supported sessions

Are you a member of a parent led baby and toddler group that would like some support from a member of the Children's Centre team? Our Family Outreach Support Workers can advise and support on learning through play and can deliver a popular play based session concentrating on early speech and language development aimed at parents and children together. The Children's Centre team have supported the groups below with play based sessions and continue to drop in to give support or deliver activities on a regular basis. Charges may apply to attend these groups

Time	Group	Where
Mondays, 9:30-11:30 Closed Bank Holidays	West Burton Baby & Toddler Group	West Burton Village Hall, DL8 4JY
Mondays, 9:30-11:30 Term time only	Swaledale Seedlings	Reeth Memorial Hall, DL11 6QT
Mondays, 9:15 -11:15 Term time only	Hawes Playgroup	The Market Hall, Hawes, DL8 3QP
Tuesdays, 10:00-11:30 Term time only	Melsonby Baby & Toddler Group	Melsonby Methodist Primary School, DL10 5ND

Other Information

Building Blocks For Language	Are you worried about your child's speech and language development? We offer a play based programme called Building Blocks for Language, giving information and practical activities to support your child's speech and language which is aimed at parents and children together. For you to take part in this programme, a referral is required from either a Speech and Language Therapist or your Health Visitor. 2 - 3 years old.
Extended Entitlement for 3 & 4 year olds	*Working parents* If you are eligible you can claim up to 1140 hours of funded early education and childcare for your 3-4 year old stretched over the year, or for 30 hours per week during term time. You can take these hours with pre-schools, day nurseries, childminders and schools where the offer is available. For more information: https://www.northyorks.gov.uk/early-education-places-and-funding
Amazing Babies	Working with colleagues in Midwifery, Health Visiting and NSPCC we are offering a programme of support for all new parents from Antenatal through to Postnatal. You will be invited to attend antenatal sessions and then to Baby Steps and the Children's Centre sessions. For more information please contact your midwife.
SEND (Special Educational Needs Disability) offer	Richmondshire Prevention Service welcomes and is accessible for all. Accessible toilets and changing facilities are provided in our County Council buildings. We aim to coordinate services for children, young people and families in the area. Providing a wide range of services and support for children and families, and our youth activities include services for young people with additional needs. We also offer signposting and information about other relevant services.
Safeguarding	For the safeguarding of young children, no mobile phones are allowed to be active in any of the Children's Centre sessions that we offer. If you need to take a call, please take it out of the building. Photos can be taken by staff on the Centre's own camera. Please ask staff if you want a copy of a specific photo and they will be happy to print it for you.



Did you know...
your 2 year old child could be entitled to 15 hours a week of **free early education and childcare** if you are in receipt of certain benefits or credits.

To find out more contact the
Children's Centre on 01609 532595 or
the **Families Information Service** on
01609 533483

The Prevention Service

The ultimate aim of our service is to reduce the numbers of children and young people requiring more intensive and more costly interventions through Children's Social Care and other crisis led services, by providing timely and effective responses that prevent difficulties escalating. The Prevention Service focuses on:

- School attendance;
- Those not in education, employment or training (NEET);
- Children's centre offer and 0-19 programme;
- Young people in pupil referral units;
- The six developing stronger families criteria;
- Children and young people who are missing;
- Those at risk of child sexual exploitation; and
- Parenting.



DO WE HAVE YOUR EMAIL DETAILS?

If not please let a member of staff know



DO WE HAVE YOUR MOBILE NUMBER?

If not please let a member of staff know

Contact Us

Colburn Children's Centre

Tel: 01609 532595

Email: colburncc@northyorks.gov.uk

Carnagill & Wavell Children's Centre

Tel: 01609 532113

Children & Families' Service: Prevention

Tel: 01609 533682

How to find us?

Colburn Children's Centre

1 The Broadway,
Colburn,
DL9 4RF

Carnagill & Wavell Children's Centre

Derby Close,
Leadmill Estate,
Catterick Garrison,
DL9 3HN

Wensleydale Children's Centre

c/o Askrigg Primary School,
Askrigg,
Leyburn,
DL8 3BJ

Children & Families' Service: Prevention

Richmondshire Prevention Hub,
Richmond School Site,
Darlington Road,
Richmond,
DL10 7BQ



Follow us on **Facebook** for updates and additional sessions & activities

www.facebook.com/RichmondshireAreaCFSP

Visit our website

www.nyfamilies.info

or call our friendly team on **01609 533483**



Families Information Service

You can also email us at

fis.information@northyorks.gov.uk

or text **07624 802425**

Useful Numbers:

Childline: 0800 1111

NHS Non-Emergency: 111

Police Non-Emergency: 101

Jobcentre Plus: 0845 6043719

National Debt Line: 08088 084000

Customer Resolution Centre: 01609 780 780

Domestic Abuse Service: 03000 110110

Harrogate and District 
NHS Foundation Trust

You matter most

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**

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