

# What's On

Tuesday 17th April - Friday 20th July 2018

Children and Families: Prevention Service, Richmondshire

	Time	Activity	More Information	Where
<b>MONDAY</b>	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
	9:30-11:00 Drop in	Breastfeeding Group	This is a relaxed group where you can chat and share experiences with other mums who are breastfeeding and expectant mums who want to know a little more. A Health Visitor will also be available to offer professional advice if needed to help you reach your personal breastfeeding goals.	Carnagill Children's Centre, DL9 3HN
	13:30-15:00 Drop in	Young Parents' Group Term time only	A group for young parents and parents to be, aged 25 and under. Come along to 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. We will also prepare and share a healthy snack together	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
	18:00 - 19:30	Youthability Term Time only  Year 7 upwards	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 Katie.	Richmondshire Prevention Hub, DL10 7BQ
	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
<b>TUESDAY</b>	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 team to help support your child's early learning and development. Messy play with lots of chatter! Please use the entrance at the side of the village hall.	Harmby Village Hall, DL8 5PG
	Course 1 – 13:00-13:45 Course 2 - 13:00-13:45	Baby Yoga Course 1: 17th Apr - 22nd May Course 2: 12th Jun - 10th Jul Booking required	A 5 week course combining developmentally appropriate moves with gentle post-natal exercises. Please note course 1 will not be running on 24 APR so an extra date has been added. 6 weeks - crawling. £15 for the course	Course 1 - Carnagill Children's Centre Course 2 - Carnagill Children's Centre

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<b>TUESDAY</b>	Course 1 – 14:00-15:00 Course 2 - 14:00-15:00	<b>Baby Massage</b> Course 1: 17th Apr - 22nd May Course 2: 12th Jun - 10th Jul Booking required	A 5 week course focusing on different infant massage techniques. Allowing your child to build up their tolerance and enjoyment of the massage strokes and giving you the confidence to deliver these. please note course 1 will not be running on 24 APR so an extra date has been added. 6 weeks - crawling. £15 for the course	Course 1 - Carnagill Children's Centre Course 2 - Carnagill Children's Centre
	11:00-12:30 Drop in	<b>Healthy Child Clinic</b> 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	<b>Chatterbox</b> Weekly Term Time Only	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.	Colburn Children's Centre, DL9 4RF
		<b>Healthy Child Clinic</b> Weekly	An opportunity to weigh your child and obtain advice from a member of the Health Visiting team. Please arrive before 2:15 to guarantee your child is weighed.	
	14:00 - 15:00 Drop in	<b>Healthy Child Clinic</b> 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
	16:00-17:30 Booking Required	<b>Fuse</b> Term Time Only	An inclusive theatre group for young people aged 11-25 years with Special Education Needs and Disabilities (SEND) and non SEND. For further information please ring Colburn Children's Centre and ask to speak to Emma.	Richmondshire Prevention Hub, DL10 7BQ
18:30 - 20:30	<b>Youth Club</b> Term Time Only	Run by North Yorkshire Youth. 50p per person	Risedale School, DL9 4BD	
<b>WEDNESDAY</b>	9:15-11:15 Drop in	<b>Chatterbox</b> Term Time Only	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
		<b>Healthy Child Clinic</b> 2nd Wednesday of the month	Once a month there will also be an opportunity to get your child weighed and obtain advice from a member of the Health Visiting team.	
	9:15—11:00 Drop in	<b>Healthy Child Clinic</b> 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. You can also stay and play with other families.	The Friary, Richmond, DL10 4UJ
	9:15—11:30 Drop in	<b>Childminders' drop in</b> Fortnightly from 18th April 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	Colburn Children's Centre, DL9 4RF
	9:30-11:30 Drop in	<b>Access to Autism</b> 2nd Wednesday of the month (No session in April due to staff training)	A support group for parents of children with autism and sensory issues and for those going through diagnosis. Come along to meet and talk to other parents who are going through similar experiences.	Colburn Children's Centre, DL9 4RF
9:30-11:00 Booking Required	<b>Citizens Advice Bureau - Weekly</b>	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	<b>Baby Yoga</b> Course 1: 18th Apr - 16th May Course 2: 13th Jun - 11th Jul	A 5 week course combining developmentally appropriate moves with gentle post-natal exercises. 6 weeks - crawling £15 for the course	Richmond Scout Hut
	10:45-11:45 Booking Required	<b>Baby Massage</b> Course 1: 18th Apr - 16th May Course 2: 13th Jun - 11th Jul	A 5 week course focusing on different infant massage techniques.  6 weeks - crawling £15 for the course	Richmond Scout Hut
	13:00-14:30 Drop in	<b>Family Advice and Support Drop In</b>	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 Drop in	<b>Let's discover at the Hut</b> Term Time Only Excludes the 1st Wednesday of each month	A group for parents/carers and children to learn and play together. We will develop our senses through messy play, grow our communication skills through books and singing and build our imaginations through creative activities.	Richmond Scout Hut, DL10 4VV
	18:00 - 20:00	<b>LGBT+</b> 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: <a href="mailto:lgbthamandrich@northyorks.gov.uk">lgbthamandrich@northyorks.gov.uk</a>	Call Colburn Children's Centre for more information
	18:30—20:30	<b>Youth Club</b> Term time only	Run by North Yorkshire Youth. Please note that the gates will only be open from 6:30 until 6:40 and young people will have to stay for the full session.	Wensleydale School
THURSDAY	9:15—11:15 Drop in	<b>Speech and Language drop in</b> Monthly	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
	10:00-11:30 Drop in	<b>Let's discover</b> Term Time Only	A group for parents/carers and children to learn and play together. We will develop our senses through messy play, grow our communication skills through books and singing and build our imaginations through creative activities.	Carnagill Children's Centre, DL9 3HN
	13:30-15:00 Drop in	<b>Chatterbox</b> Term Time Only and <b>excluding 3rd May</b>	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.	Leyburn Methodist Church Hall, DL8 5AT
		<b>Healthy Child Clinic</b> 2nd and 4th Thursday of the month	Twice a month there is also an opportunity to get your child weighed and obtain advice from a member of the Health Visiting team.	
		<b>Healthy Child Clinic</b> 2nd Thursday of the month	Once a month there will also be an opportunity to get your child weighed and obtain advice from a member of the Health Visiting team. <b>Please note: April's Clinic will take place on 19th April instead of 12th April</b>	
	18:00-20:00 Drop In	<b>Youth Club</b> Term Time Only	A free group 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

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FRIDAY	9:15-11:15 Drop in	Messy Chat at Gayle Term Time Only	A fun, play session set up by one of our team to help support your child's early learning and development. Messy play with lots of chatter! Please use the entrance at the side of the village hall.	Gayle Institute, DL8 3RZ
		Healthy Child Clinic 4th Friday of the month	Once a month there will also be an opportunity to get your child weighed and obtain advice from a member of your Health Visiting Team.	
	11:00-13:30 Drop in	POSCH Friday 11th May	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

## \*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, as are childhood illnesses. 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. Join our relaxed and informal first aid session with Helen who will cover topics such as choking, burns, fevers, rashes and poisoning. We apologise that children cannot be present during the training, therefore alternative child care may need to be arranged if you wish to attend.


Venue, date and time to be confirmed via our Facebook page:

[www.facebook.com/RichmondshireAreaCFSP](http://www.facebook.com/RichmondshireAreaCFSP)

Here are some of the targeted programmes that we will be running this summer. To find out more, please ask a member of our team.

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, your early years setting or your Health Visitor. 2 - 3 years old.
Create Confidence	Create Confidence is a targeted intervention for children and young people who have witnessed and been affected by domestic abuse and aims to improve resilience, confidence and self-esteem. The sessions are delivered in a small, friendly and supportive group by two members of our team. Topics include healthy relationships, personal and family strengths, keeping safe, gender differences, exploring anger and understanding emotions.
 ...for parents	This is not a parenting course but focuses on a parent's own emotional well-being; helping you to identify your own early warning signs of emotional distress and develop your own sense of positive emotional well-being. The course covers our own behaviours, anxiety, self-esteem, how we express ourselves to others, building peer support and understanding the concept of stress and how this manifests itself, especially being a parent.
Strengthening Families	An evidence based programme aimed at young people aged between 10 and 14 years old, together with one of their parents over 6 weeks. It aims to reduce behavioural problems in adolescents and strengthen the parent/carer-child relationship. The course includes specific activities designed to help parents/cares learn nurturing skills that support their children, teach parents/cares how to effectively discipline and guide their youths and give youths a healthy future orientation and an increased appreciation of their parents/cares.
All Set	We have developed a new programme aimed at small groups of primary aged children who may need a bit of extra support. The programme will cover a range of topics including relationships and being a good friend, staying safe, being safe with others, emotions and anxiety, behaviour, exploring morals and fairness, and healthy lifestyles. <i>We would be interested to hear from local schools who feel this would be of benefit to some of their pupils.</i>

## Other Information

<p>Extended Entitlement for 3 &amp; 4 year olds</p>	<p><b>*Working parents*</b> You may be able to claim up to 1140 hours of funded early education and childcare for your 3-4 year old stretched over the year, or 30 hours per week during term time. You can take these hours with pre-schools, nurseries, childminders and schools where the offer is available. For more information: <a href="https://www.northyorks.gov.uk/early-education-places-and-funding">https://www.northyorks.gov.uk/early-education-places-and-funding</a></p>
<p>SEND (Special Educational Needs Disability) offer</p>	<p>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.</p>
<p>Safeguarding</p> 	<p>For the safeguarding of young children, no personal mobile phones are to be used in any of the Children's Centre sessions. This is to ensure that photographs of your children are not placed online without your consent. If you need to take a call, please take it out of the building. Photos can be taken by our team on their work mobile devices and if you would like a copy they will be happy to print it for you.</p>
<p>Not in education, employment or training (NEET)</p>	<p>Are you aged 16-19 and not in education, employment or training? Do you want to know more about support and opportunities that are available for you locally? Pop into one of our Family Advice and Support drop ins at Colburn Children's Centre to find out more on Wednesdays from 13:00—14:30</p>
<p>Compass Buzz</p>	<p>BUZZ US is a text messaging service for young people across North Yorkshire aged 11-18. Young people can text 07520 631168 and receive a message back from one of their Wellbeing Workers offering advice, support and signposting around Mental Health and Wellbeing. The service is confidential and young people will receive a text back within one working day. The service is open Mon-Thursday</p>



Did you know...

your 2 year old child could be entitled to 15 hours a week of *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

## 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 so that we can keep you up to date

### Contact Us

#### Colburn Children's Centre

Tel: 01609 532595

Email: [colburncc@northyorks.gov.uk](mailto: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,  
additional sessions and activities:

[www.facebook.com/RichmondshireAreaCFSP](https://www.facebook.com/RichmondshireAreaCFSP)



## DO WE HAVE YOUR MOBILE NUMBER?

Visit our website

[www.nyfamilies.info](http://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](mailto: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!

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](mailto:customer.services@northyorks.gov.uk) Web: [www.northyorks.gov.uk](http://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](mailto:customer.services@northyorks.gov.uk)