



What's On

Tuesday 8th January - Friday 12th April

Children and Families: Prevention Service, Richmondshire



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	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
	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
	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 <i>Returning on 14th January</i> 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 Debbie.	Richmondshire Prevention Hub, DL10 7BQ
	18:00-20:00 Booking Required	Antenatal Group	An antenatal group delivered by the Midwifery Service, the Health Visiting team and the Prevention Service. Please ring Colburn Children's Centre on 01609 532595 for dates & times.	Carnagill Children's Centre, DL9 3HN
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
	Course 1 – 09:45-10:30	Baby Yoga 5th March - 2nd April Booking required	A 5 week course combining developmentally appropriate moves with gentle post-natal exercises. Please ring the bell for attention. 6 weeks - crawling. £30 for the course.	Richmond Methodist Church Hall, DL10 7AZ Please ring the bell of the Church Hall to gain entry
	Course 1 – 10:45-11:45	Baby Massage 5th March - 2nd April 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. 6 weeks - crawling. £30 for the course.	Richmond Methodist Church Hall, DL10 7AZ Please ring the bell of the Church Hall to gain entry.

	Time	Activity	More Information	Where
TUESDAY	11:30-12:30 Drop in	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	Let's Discover Story and Rhyme Weekly, Term Time Only	A fun, play session full of creative, messy and imaginative activities based on our favourite stories and rhymes.	Colburn Children's Centre, DL9 4RF
		Healthy Child Clinic 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	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
	16:00-17:30 Booking Required	Fuse 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	Youth Club Term Time Only	Run by North Yorkshire Youth. 50p per person	Risedale School, DL9 4BD	
WEDNESDAY	9:15-11:30 Drop in	Childminders' drop in Fortnightly from 16th January 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
	9:30-11:00 Drop in	Let's Discover Story and Rhyme Term Time Only	A fun, play session full of creative, messy and imaginative activities based on our favourite stories and rhymes.	Wensleydale Children's Centre, DL8 3BJ
		Healthy Child Clinic 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.	
	9:30-11:00 Drop in	Chatterbox 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.	Trinity Academy Richmond, DL10 4NF Please ring the bell on the side door to the old nursery room
	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
Both Courses 09:45-10:30 Booking required	Baby Yoga Course 1: 16th Jan - 13th Feb Course 2: 6th Mar - 3rd Apr	A 5 week course combining developmentally appropriate moves with gentle post-natal exercises. 6 weeks - crawling £30 for the course	Course 1 - Carnagill Children's Centre. DL9 3HN Course 2 - Colburn Children's Centre DL9 4RF	
Both Courses 10:45-11:45 Booking required	Baby Massage Course 1: 16th Jan - 13th Feb Course 2: 6th Mar - 3rd Apr	A 5 week course combining developmentally appropriate moves with gentle post-natal exercises. 6 weeks - crawling £30 for the course	Course 1 - Carnagill Children's Centre. DL9 3HN Course 2 - Colburn Children's Centre DL9 4RF	

	Time	Activity	More Information	Where
WEDNESDAY	13:00-14:30 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. You can also stay and play with other families.	The Friary, Richmond, DL10 4UJ
	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
	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
	18:30-20:30	Youth Club 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	Speech and Language drop in 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
	9:30 - 11:00 Drop in	Chatterbox Weekly 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
		Healthy Child Clinic 2nd and 4th Thursday of the month - PLUS an extra clinic on 3rd January due to the Christmas break	Twice a month there is also an opportunity to get your child weighed and obtain advice from a member of the Health Visiting team.	
	13:30-15:00 Drop in	Play Together & Healthy Child Clinic 3rd Thursday of each month	A fun, play session to help support your child's early learning and development and encourage parents to get together. There will also be an opportunity to get your child weighed and obtain advice from a member of your Health Visiting Team.	Leyburn Methodist Church Hall, DL8 5AT
FRIDAY	9:30-10:30	Play Together Term time only	A fun, play session set up by one of our team to help support your child's early learning and development. And encourage parents to get together.	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 Monthly	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
	13:30-15:00	Soft Play Session Weekly	This session provides a wide range of play and movement opportunities for interaction between children and adults thus developing social, emotional and spatial skills. £3 for your first child and £1 for additional children.	Yorebridge Sports, Askrigg, DL8 3BJ

First Aid for Parents course




Wednesday 13th February 2019 from 5.30pm-8.00pm at Carnagill Children's Centre

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.

A non-refundable charge of £5 will be payable upon booking - please pop into one of our centres to pay and book your place. See 'How to find us' section on the back of this guide.

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

<p>Building Blocks For Language</p>	<p>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. <i>Starting February 2019</i></p>
<p> ... for Parents</p>	<p>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. Booking is essential for this course. <i>Starting January 2019</i></p>
<p>Amazing Babies</p>	<p>A three week course aimed at expectant parents and parents of young babies. It will give an overview of how your baby's brain is developing and how you can help through fun interactive play, which is key to growing physically and emotionally healthy. There will also be an opportunity to make some low cost resources that you can take away to support your baby's development during this important period of development. Free course for all, but priority will be given to parents who are referred by a professional. Please ring the Children's Centre to refer or book.</p>
<p>All Set</p>	<p>A new programme aimed at small groups of primary school 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. Referral required from a professional who is working with the child - please ring or email Colburn Children's Centre.</p>
<p>Terrific Toddlers</p>	<p>A new 6 week course for parents of children aged 1-3 years, who want to give their child the best start in life. Did you know that what you do with your child in the early years can make a big difference to their outcomes as young people and adults? This course will give you an understanding of how your child learns and what you can do to support them in their development. <i>Free course for all, but priority will be given to parents who are referred by a professional.</i> Please ring the Children's Centre to refer or express an interest in attending.</p>

Useful Information

2 Year Old Funding 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 01609 533483

Extended Entitlement for 3 & 4 year olds ***Working parents*** 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: <https://www.northyorks.gov.uk/early-education-places-and-funding>

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 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 As part of our Safeguarding Policy, we discourage the use of personal mobile phones and cameras in the Children and Families Hubs. As the child's parents/guardian, you agree that if you take photographs or video recordings of any children, you will use these for personal and family use only and not circulate wider without consent of the individuals.



Not in education, employment or training (NEET) 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



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 0900-1700 and Friday 0900-1630 (excluding Bank Holidays).



The Healthy Choices service provides a family-focused package of support for children and young people aged 5-19 years who are above a healthy weight. Each family is offered a free, 12-week personalised programme in their own home and/or community settings, during which they take part in fun and interactive sessions, complete weekly challenges and set their own goals to help them on their journey towards a healthier lifestyle. To find out more please contact the Healthy Choices team on 01609 798081.

Breastfeeding Support Breastfeeding is a great way to get your baby off to the best start. Please visit www.northyorks.gov.uk/breastfeeding for information and our interactive map which shows where you can get support across North Yorkshire.

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. We are a part of the Children and Families Service which includes Children's Social Care and Youth Justice. If you have a concern about a child or young person, or you wish to make a referral to the Children & Families Service, please contact the customer resolution centre by phoning 01609 780780 or by emailing Children&families@northyorks.gov.uk or Children&families@northyorks.gcsx.gov.uk

Follow us on Facebook for updates, additional sessions and activities:

www.facebook.com/RichmondshireAreaCFSP





DO WE HAVE YOUR EMAIL DETAILS?



DO WE HAVE YOUR MOBILE NUMBER?

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

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:



Families Information Service (FIS)

You can find help accessing a childcare provider by:-

Website: www.northyorks.gov.uk/nyfamilies

Emailing: fis.information@northyorks.gov.uk

Calling : 01609 533483

Texting: 07624 802425

Useful Numbers:

Childline: 0800 1111

NHS Non-Emergency: 111

Police Non-Emergency: 101

Jobcentre Plus: 0800 055 6688

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