

# What's On

January - April 2020



## Children and Families Service: Craven



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

	Time	Activity	More Information	Where
MONDAY	9.30 - 10.30	Weaning sessions (1st Monday of each month) 6th January 3rd February 2nd March 6th April	<b>Drop-in sessions</b> on introducing solids/ weaning with your baby, delivered by the health visiting team. Suitable for parents of babies from 3 months old upwards. Babies welcome to attend too! Tel: 01423 544265 for information.	Skipton Children and Families Hub
	9.00—11.00	Childminder Drop-in (Term-time only)	An opportunity for child minders to meet and share good practice. Parents who are searching for a child minder are also welcome to drop in.	South Craven Children and Families Hub
	10.30 - 12.15	Child Health Clinic (Every week)	<b>Drop-in session.</b> Meet the health visiting team for advice, support and weight review. Please arrive at least 15 minutes before end time. For children from birth - 5 years and parents/carers. Tel: 01423 544265.	Skipton Children and Families Hub
	12.30 - 1.30	Breastfeeding Support Drop-in (Every week)	<b>Drop-in group</b> offers a welcoming environment for breastfeeding and expectant mums to meet other mums and socialise, or just drop in to access skilled support. Refreshments will be provided. <b>Free.</b> Tel: 01423 544265.	Skipton Children and Families Hub
TUESDAY	9.30 - 11.30	Speech and Language Therapy drop-in sessions 14th January 11th February 10th March 21st April	Worried about your child's speech and language? If your child is under 6, come along with your child to see a qualified Speech and Language Therapist. A referral form is required for children over 6 years old. For queries please telephone 01756 701708.	Skipton General Hospital
	10.00 - 11.00	Child Health Clinic (4th Tuesday of the month) 28th January 25th February 24th March 28th April	<b>Drop-in session.</b> Meet the health visiting team for advice, support and weight review. Please arrive at least 15 minutes before end time. For children from birth - 5 years and parents/carers. Tel: 01423 544265.	Hellifield Methodist Church

	Time	Activity	More Information	Where
<b>TUESDAY</b>	2.00 - 4.00	Child Health Clinic (Alternate Tuesdays) 14th & 28th January 11th & 25th February 10th & 24th March 7 <sup>th</sup> and 21 <sup>st</sup> April	<b>Drop-in session.</b> Meet the health visiting team for advice, support and weight review. Please arrive at least 15 minutes before end time. For children from birth - 5 years and parents/carers. Tel: 01423 544265.	Bentham Health Centre
	2.00 - 4.00	Child Health Clinic (Alternate Tuesdays) 27th February 12th and 26th March	<b>Drop-in session.</b> Meet the health visiting team for advice, support and weight review. Please arrive at least 15 minutes before end time. For children from birth - 5 years and parents/carers. Tel: 01423 544265.	Church House, Main Street, Grassington
	5.30 - 7.00	LGBT Group	Informal group for young LGBT people. Meet other young LGBT people in a safe environment, access information and support.	Skipton Children and Families Hub
<b>WEDNESDAY</b>	9.30 - 11.15	Child Health Clinic (Every week)	<b>Drop-in session.</b> Meet the health visiting team for advice, support and weight review. Please arrive at least 15 minutes before end time. For children from birth - 5 years and parents/carers. Tel: 01423 544265.	Skipton Children and Families Hub
	9.30 - 11.00	<b>Twins and Multiple Births Group</b> (Term-time only)	For under 5's. A chance to meet other families, share stories and advice. Fun activities for babies and children. A parent led group	South Craven Children and Families Hub
	10.15 - 11.30	Child Health Clinic (1st Wednesday of the month) 5th February 4th March	<b>Drop-in session.</b> Meet the health visiting team for advice, support and weight review. Please arrive at least 15 minutes before end time. For children from birth - 5 years and parents/carers. Tel: 01423 544265.	St Andrew's Church, Gargrave
	10.15 - 11.30	Child Health Clinic (Alternate Wednesdays) 8th & 22nd January 5th February 4th & 18th March 1st & 29th April	<b>Drop-in session.</b> Meet the health visiting team for advice, support and weight review. Please arrive at least 15 minutes before end time. For children from birth - 5 years and parents/carers. Tel: 01423 544265.	Ingleton Methodist Church
	1.00 - 2.00	Weaning sessions (2nd Wednesday of each month) 8th January 12th February 11th March 8th April	<b>Drop-in sessions</b> on introducing solids/weaning with your baby, delivered by the health visiting team. Suitable for parents of babies from 3 months old upwards. Babies welcome to attend too! Tel: 01423 544265 for information.	South Craven Children and Families Hub

## Family advice and support

Are you looking for some guidance or advice regarding difficulties you are currently facing in family life? If you want to talk through these difficulties and find out what support may be available, please call our Early Help Service on 01609 534842 to speak to one of our Children and Families Workers.

	Time	Activity	More Information	Where
<b>TUESDAY</b>	1.00 - 2.00	Weaning sessions (4th Wednesday of each month) 22nd Jan, 26th Feb, 25th Mar, 22nd Apr	<b>Drop-in sessions</b> on introducing solids/ weaning with your baby, delivered by the health visiting team. Suitable for parents of babies from 3 months old upwards. Babies welcome to attend too! Tel: 01423 544265 for information.	North Craven Children and Families Hub (Settle)
	<b>WEDNESDAY</b>	3.00-5.00	Moving Forwards  Please contact Rachel Gott on 07805 802046 for dates.	Activity and social group for young people with special needs and disabilities. For more information, contact Rachel Gott on 07805 802046 or email Rachel.gott@northyorks.gov.uk  Young people aged 16-25 years
<b>THURSDAY</b>		9.30 - 11.15	Child Health Clinic (Every Week)	<b>Drop-in session.</b> Meet the health visiting team for advice, support and weight review. Please arrive at least 15 minutes before end time. For children from birth - 5 years and parents/carers. Tel: 01423 544265.
	2.00 - 4.00	Child Health Clinic (1st and 3rd Thursday of the month) 2nd & 16th January 6th & 20th February 5th & 19th March 2 <sup>nd</sup> and 16 <sup>th</sup> April	<b>Drop-in session.</b> Meet the health visiting team for advice, support and weight review. Please arrive at least 15 minutes before end time. For children from birth - 5 years and parents/carers. Tel: 01423 544265.	Settle Health Centre
	9.30 - 11.30	Speech and Language therapy drop-in sessions  17th January 14th February 13th March 24th April	Worried about your child's speech and language? If your child is under 6, come along with your child to see a qualified Speech and Language Therapist. A referral form is required for children over 6 years old. For queries please telephone 01729 822205.	Settle Health Centre
<b>FRIDAY</b>	9.45 - 10.45 & 11.00 - 12.00	<b>Weeny Boppers</b> <b>(Under 5's)</b> (Term-time only)	For under 5's. An exciting mix of songs, rhymes, instruments, tots actions and dancing. <b>£2.50 per family</b>	South Craven Children and Families Hub
	1.30 - 3.00	Amazing Babies  5 week course Starting 24th January	5 weekly sessions of topics related to early development and learning, with play opportunities and the chance to chat with other parents/carers.	South Craven Children and Families Hub

Here are some of our targeted programmes - to find out more, please ask a member of our team, or telephone 01609 533118.

<b>0-5 years Activities</b>	<b>More Information</b>	<b>Suitable for</b>
<b>Amazing Babies</b> <i>Self-referral &amp; referral</i>	5 weekly sessions of topics related to early development and learning, with play opportunities and the chance to chat with other parents/carers.	Babies from birth to pre-crawling & parents/carers.
<b>Little Explorers</b> <i>Referral-only</i>	6 weekly sessions of topics related to early development and learning, with play opportunities and the chance to chat with other parents/carers.	Babies from crawling to walking & parents/carers.
<b>Active Learners</b> <i>Referral-only</i>	6 weekly sessions of topics related to early development and learning, with play opportunities and the chance to chat with other parents/carers.	Toddlers from walking to pre-school & parents/carers.
<b>Small Talk</b> <i>Referral-only</i>	7 weekly sessions with storytelling, rhymes & songs, messy play, music, plus lots of tips to help your child's communication. Developed by speech & language therapists and delivered by trained staff.	Children aged 12 months - 2 years (or appropriate developmentally) & parents/carers.
<b>Building Blocks for Language</b> <i>Referral-only</i>	8 weekly sessions to help you to see how easy it can be to use and improve your child's language in everyday life. Developed by speech and language therapists and delivered by trained staff.	Children aged 2-3 years (or appropriate developmentally) & parents/carers.
<b>Singing Speech</b> <i>Referral-only</i>	6 weekly sessions to raise children's awareness of the sounds they are using; to encourage children to listen to the sounds in words; to help parents to integrate phonological awareness activities into their everyday routines. Referral via Speech and Language Therapist.	Children aged 3-4 years with delayed speech development & parents/carers.
<b>Bookstart Corner</b> <i>Referral-only</i>	Home visits with children and parents/carers, to learn how to share books, stories and rhymes with your child in a fun way.	Children aged 12 months - 2 years & parents/carers.

<b>5-19 years Activities</b>	<b>More Information</b>	<b>Suitable for</b>
<b>Switch</b> <i>Referral-only</i>	8 weekly programme of activities suitable for children and young people who could benefit from support to develop their confidence and social skills.	Children and young people aged 5-16 years - tailored to different age ranges.
<b>LGBT+ support group</b> <i>Self-referral &amp; referral</i>	Support group for young people. For more information, contact Laura Preston on 07980 013324 or email <a href="mailto:laura.preston@northyorks.gov.uk">laura.preston@northyorks.gov.uk</a> .	Young people aged 14-19 years
<b>Moving Forward</b> <i>Self-referral &amp; referral</i>	Activity and social group for young people with special needs and disabilities. For more information, contact Rachel Gott on 07805 802046 or email <a href="mailto:Rachel.gott@northyorks.gov.uk">Rachel.gott@northyorks.gov.uk</a>	Young people aged 16-25 years
<b>Creating Confidence</b>	Create Confidence is a therapeutic intervention for children and young people who have historically witnessed and been affected by domestic abuse.	Young people aged 5-11 or 12-16
<b>Get Your Kicks</b>	6 week targeted course looking at CSE, Relationships, Alcohol, Drugs, and risky behaviour.	Young people aged 11 - 16

<b>Parent/Carer Activities</b>	<b>More Information</b>	<b>Suitable for</b>
<b>Parenting Programmes</b> <i>Referral-only</i>	Want to get the best out of family life? Interested in how to improve your relationship with your child/ren? 5 weekly sessions with a chance for discussions with other parents/carers.	Any parents/carers with children aged 0-19 years
<b>Children &amp; Families Support Worker Appointments</b> <i>Self-referral &amp; referral</i>	Need advice and support? Come and talk to a Children & Families Worker / Support Worker. Call Skipton Children and Families Hub on 01609 533118 to make an appointment.	For expectant families and those with children from birth to 19 years.

## 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 Skipton Children and Families Hub on 01609 533118 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** West Early Help 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.

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

**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? Please call Skipton Children and Families Hub on 01609 533118 who will ask one of our Children and Families Support Workers to get in touch with you.



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 age 4-19 years who are above a healthy weight. You and your family will be offered a **free**, personalised programme in your own home and/or local community setting (e.g. school or children's centre) for up to 12 weeks, involving fun and interactive sessions, weekly challenges and realistic goals to help you on your journey towards a healthier lifestyle. To find out more please contact the Healthy Choices team on 01609 798081, text 'HEALTHY' and your postcode to 07950 080783 or complete an online contact form at [www.northyorks.gov.uk/healthy-choices](http://www.northyorks.gov.uk/healthy-choices)

**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.

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

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## 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**

#### **Skipton Children & Families Hub**

Tel: 01609 533118

Email: [C&FHubCraven@northyorks.gov.uk](mailto:C&FHubCraven@northyorks.gov.uk)

### **How to find us?**

#### **Skipton Children & Families Hub**

Brougham Street, Skipton, BD23 2ES

Tel: 01609 533118

[C&FHubCraven@northyorks.gov.uk](mailto:C&FHubCraven@northyorks.gov.uk)

#### **South Craven Children & Families Hub**

Colne Road, Glusburn, Keighley, BD20 8PN

Tel: 01609 533118

[C&FHubCraven@northyorks.gov.uk](mailto:C&FHubCraven@northyorks.gov.uk)

#### **North Craven Children & Families Hub**

30 Duke Street, Settle, BD24 9DN

Tel: 01609 533118

[C&FHubCraven@northyorks.gov.uk](mailto:C&FHubCraven@northyorks.gov.uk)



### **Families Information Service (FIS)**

You can find help accessing a childcare provider by:-

Website: [www.northyorks.gov.uk/nyfamilies](http://www.northyorks.gov.uk/nyfamilies)

Emailing: [fis.information@northyorks.gov.uk](mailto:fis.information@northyorks.gov.uk)

Calling : 01609 533483

### **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 and Families Hub - 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](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)