

What's On

January - April 2020



Children and Families Whitby Hub



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

<https://www.facebook.com/WhitbyTheMoorsCFSP>

**MONDAY, TUESDAY,
WEDNESDAY**

No Sessions Running

	Time	Activity	More Information	Where
THURSDAY	10am-12pm	Breastfeeding Weekly	This group offers a welcoming environment for breastfeeding and expectant mums to meet other mums and socialise or just drop in to access skilled support. Refreshments and biscuits will be provided.	Whitby Children and Family Hub YO21 1HY
	9am-11am	Baby Weigh in Clinic	Come along to get your baby weighed and discuss any of your child's health or development questions with our Healthy Child Team.	Whitby Hospital Spring Hill Whitby YO21 1DP
	6pm-8pm	Antenatal 3 week rolling course Various dates	Come along and meet the Children and Families Support Worker, Midwife and Health Visiting teams and find out what services are available to you and your baby. **Booking Required**	Whitby Children and Family Hub YO21 1HY

FRIDAY

No Sessions Running

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 Whitby Children & Families' Hub on 01609 534129 or the Families Information Service on 01609 533483 or visit <https://www.northyorks.gov.uk/early-years-funding-two-year-olds>


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 visit: <https://www.northyorks.gov.uk/early-years-funding-3-and-4-year-olds>

SEND (Special Educational Needs Disability) offer Whitby 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 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 Whitby Children and Families Hub on 01609 534129 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 (eg 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

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.

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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

Whitby Children and Families Hub

Byland Road, Whitby, YO21 1HY

Tel: 01609 534129

Email: c&fhubwhitbyryedale@northyorks.gov.uk

How to find us?

We are located in Whitby on Byland Road, just next to Stakesby Primary School.

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



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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

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