

What's On May- July 2019

Children and Families: Early Help Whitby and The Moors

| | Time | Activity | More Information | Where |
|---------|---------------|---|---|--|
| MONDAY | 9:30am-11am | Building Blocks for Language Starts: 13th May (Excluding: 27th May) | Talking doesn't just happen naturally. Some children find it more difficult than other children of the same age to express themselves and may need some extra help. Sessions are based around play and having fun! For 2-3yr olds (Invitation only) | Whitby Children and Family Hub YO21 1HY |
| | 1:30pm-3pm | Little Learners Starts: 13th May (Excluding: 27th May) | Join us to access a range of exciting activities to support your child's development. A friendly environment to meet other parents and spend some time helping your child learn about the world around them. Lots of fun - singing, playing and interacting with your child. Sessions are run by our team of Children and Families Support Workers, the activities in this session are aimed at 1-3 year olds but all children 0-5 are welcome to attend. £2 per family, per session | Staithe Village Hall TS13 5AD |
| | 1.30pm-3.30pm | Incredible Years 0-1 & Amazing Babies Starts: 13th May (Excluding: 27th May) | Get in tune with your baby and learn how amazing your babies brain is and how important parents are in babies development. Come along to a relaxed and friendly session, meet new parents & get lots of ideas on how to support your babies play and development. **Booking Required** | Whitby Children and Family Hub YO21 1HY |
| TUESDAY | 1:30pm-3pm | Little Learners Starts: 14th May (Excluding: 28th May) | Join us to access a range of exciting activities to support your child's development. A friendly environment to meet other parents and spend some time helping your child learn about the world around them. Lots of fun - singing, playing and interacting with your child. Sessions are run by our team of Children and Families Support Workers, the activities in this session are aimed at 1-3 year olds but all children 0-5 are welcome to attend. £2 per family, per session | Eastside Community Centre YO22 4EA |

WEDNESDAY**No Sessions Running**

| | Time | Activity | More Information | Where |
|-----------------|-------------|---|--|--|
| THURSDAY | 10am-12pm | Breastfeeding Support Weekly | This group offers a welcoming environment for breastfeeding & 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 |
| | 1pm-3pm | Chillout Starts: 16th May (Excluding: 30th May) | Relax, learn new craft skills, meet new people & get some 'me' time. Free crèche (Crèche is held at Whitby Children and Family Hub) **Booking Required** | Whitby Children and Family Hub YO21 1HY (Parent session held in prefab at Stakesby School) |
| | 1:30pm-3pm | Little Learners Starts: 16th May (Excluding: 30th May) | Join us to access a range of exciting activities to support your child's development. A friendly environment to meet other parents and spend some time helping your child learn about the world around them. Lots of fun—singing, playing and interacting with your child. Sessions are run by our team of Children and Families Support Workers, the activities in this session are aimed at 1-3 year olds but all children 0-5 are welcome to attend. £2 per family, per session | The Hive Highfield Road YO21 3LW |
| | 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 |

Breastfeeding Support

Midwives, Health Visitors and Children and Families Support Workers have been trained and are available to offer support and information to families across North Yorkshire.

Information on what is available in your area and how to contact your local health visiting team can be accessed from the breastfeeding support map in the following link:

<http://www.northyorks.gov.uk/article/24091/breastfeeding>



**DO WE HAVE YOUR EMAIL
DETAILS?**

**If not, please let a member
of staff know.**

| | Time | Activity | More Information | Where |
|--------|-------------|--|---|--|
| FRIDAY | 9:30am-11am | Little Learners Starts:17th May (Excluding: 31st May) | Join us to access a range of exciting activities to support your child's development. A friendly environment to meet other parents and spend some time helping your child learn about the world around them. Lots of fun—singing, playing and interacting with your child. Sessions are run by our team of Children and Families Support Workers, the activities in this session are aimed at 1-3 year olds but all children 0-5 are welcome to attend. £2 per family, per session | Whitby Children and Family Hub YO21 1HY |
| | 1.30pm-3pm | Baby Play Starts:17th May (Excluding: 31st May) | For babies from birth to crawling stage, come along to meet other parents and spend some time touching, talking and playing with your baby to help them develop and learn about the world around them. £2 per family, per session | Whitby Children and Family Hub YO21 1HY |



 @nyhealthchoice

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 and Family Hub) over a 12 week period, 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 07950080783 or complete an online contact form at

www.northyorks.gov.uk/healthy-choices

facebook

Want to stay up to date with our news and activities?

Follow us on our Facebook page:

“Whitby and the Moors Area”



Contact us

Whitby Children and Family Hub

Tel: 01609 533819

Email: whitbyandthemoorscc@northyorks.gov.uk

How to find us?

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

Whitby Children and Family Hub

Byland Road, Whitby, YO21 1HY

Other venues where we run sessions:

Eastside

Community Centre

Abbots Road
Whitby
YO22 4EA

The Hive

Highfield Road
Whitby
YO21 3LW

Stakesby Prefab

Stakesby School
Byland Road
Whitby
YO21 1HY

Staithes Village Hall

Staithes Lane
Whitby
TS13 5AD

Family Information Service

Visit our website

www.northyorks.gov.uk/nyfamilies

Or contact our friendly team on

Calling: 01609 533483

Texting: 07624 802425



You could also email us at

fis.information@northyorks.gov.uk

Other Children and Family Hubs

Briercliffe 01609 798700

Central Ryedale 01609 533072

Eastfield 01609 534053

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 Vitamins

Vitamins are essential nutrients that your body needs. Even though you can get lots of vitamins from a healthy balanced diet, you still might not get everything you need at certain times in your life - such as when you're pregnant, a new mum or a small child.

Healthy Start vitamins contain vitamins A, C and D for children aged from six months to four years, and folic acid and vitamins C and D for pregnant and breastfeeding women.

You can now receive Health Start vitamins from Whitby and the Moors Children and Family Hub for a small charge or for free if you are receiving Healthy Start Vouchers.

For more information visit:

www.healthystart.nhs.uk/for-health-professionals/vitamins/

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