

What's On

29th April - 30th August 2019

Children and Families: Early Help

Selby

	Time	Activity	More Information	Where
MONDAY	09.45am - 10.45am Please book	Baby Yoga 3rd June - 1st July	5 week course. To book call Anne Marie on 07956 266144 or email anne-marieking@hotmail.co.uk Age 10 weeks to crawling 5 week course - £30 per course	Sherburn Children's Centre
	9.30am - 11.00am Invite only	Building Blocks for Language 3rd June - 15th July	Communication programme for children identified by a Speech and Language Therapist, Health Visitor or Early Years Setting. Age 2 to 3 years	Selby North Children's Centre
	9.30am - 11.30am	Childminder Drop In (third Mon of the month))	Childminder led play session for childminders and their children.	Selby South Children's Centre
	10.00am - 11.30am Invite only	Mums in Mind (MIMS) 13th May - 8th July (excluding 27th May)	8-week programme for mums who are feeling anxious or low in mind, Speak to your health visitor to be referred. For mums & children under 2 years	Brotherton Children's Centre
	10.00am - 11.30am	SEND Support Group 3rd June 1st July	A parent group offering support & information issues relating to Special Education Needs & Disabilities. For families with a child awaiting or already diagnosed & is supported by the Early Help & CAMHS.	Selby South Children's Centre For further information please contact Cathy: 07816 454027
	11.00 - 12.00pm Please book	Baby Massage 3rd June - 1st July	5 week course to learn baby massage. Age 6 weeks to 6 months £30 per course (payment to be made prior to the start date)	Sherburn Children's Centre
	1.00pm - 2.30pm Drop in	Breastfeeding Cafe Weekly	A group for new or expectant mums to meet other breastfeeding mums and get help with breastfeeding issues.	Sherburn Children's Centre
	4.00pm - 5.30pm Invite only	Girls Group 3rd June - 1st July	A 6 week course for girls focusing on a range of topics including confidence, body image, positive choices, etc. Age 11 - 13 years	Selby North Children's Centre

	Time	Activity	More Information	Where
MONDAY	4.00pm - 5.30pm Invite only	Our Space	An inclusive group. Meet new friends: crafts, life skills and fun activities Age 9 - 13 years	Selby North Children's Centre
	Evenings	Antenatal	3 week course, covers labour, birth, breastfeeding and bringing baby home. Book via your Midwife	Selby North Children's Centre
	7.00pm - 9.00pm Drop in	Youth Club (delivered by North Yorkshire Youth) Term time only	An opportunity to meet friends and participate in activities. Years 7 to 9 - 50p per session	Sherburn Children's Centre
TUESDAY	09.30am - 11.15am Invite only	Little Explorers Term time only Starting 4th June	A play and development session for pre-school children and their parents/carers. Come and make a learning story for your child. Information and support available. SEND friendly.	Sherburn Children's Centre
	9.30am - 11.00am Invite only	Building Blocks for Language 4th June - 16th July	Communication programme for children identified by a Speech and Language Therapist, Health Visitor or Early Years Setting. Age 2 to 3 years	Brotherton Children's Centre
	9.30am - 11.00am Drop in	Child Health Clinic 3rd Tues of the month	Drop in to see your health visiting team for advice on your child's health and well being. Age 0 to 5 years	Eggborough Methodist Church DN14 0LP
	1.00pm - 2.45pm Drop in	Bumps, Babies & Beyond Weekly	For young parents and parents to be (25 and under). Weekly topics and fun activities with your children.	Sherburn Children's Centre
	1.30pm - 3.00pm Drop in	Child Health Clinic 2nd & 4th Tues of the month	Drop in to see your health visiting team for advice on your child's health and well being. Age 0 to 5 years	Selby South Children's Centre
	4.00 - 5.30pm Invite only	Girls Group 4th June - 2nd July	A 6 week course for young girls focusing on a range of topics including confidence, body image, positive choices, etc. Age 11 - 13 years	Sherburn Children's Centre
	5.30pm - 6.45pm Drop in	Youth Club Term time only	Games, crafts, space to sit and chat. Information and support available on a range of subjects. Age 11 - 13 years	Selby North Children's Centre
7.00pm - 8.15pm Drop in	Fusion Term time only	Games, crafts, space to sit and chat. Support available on a range of subjects. Condoms available. Age 13 - 19 years	Selby North Children's Centre	

	Time	Activity	More Information	Where
WEDNESDAY	10.00am - 11.30am Drop in	Child Health Clinic 2nd Weds of the month	Drop in to see your health visiting team for advice on your child's health and well being. Age 0 to 5 years	Brotherton Children's Centre
	12.45 - 1.45pm Please book	Baby Yoga 1st May - 5th June (Excluding 29th May) 12th June - 10th July	5 week course . To book call Anne Marie on 07956 266144 or email anne-marieking@hotmail.co.uk Age 10 weeks to crawling <i>5 week course - £30 per course</i>	Selby North Children's Centre
	2.00 - 3.00pm Please book	Baby Massage 8th May - 12th June (Excluding 29th May) 19th June - 17th July	5 week course to learn baby massage. Age 6 weeks to 6 months £30 per course (payment to be made prior to the start date)	Selby North Children's Centre
	4.00 - 5.30pm Invite only	Arrows 5th June - 17th July	A group to help develop self-esteem and social skills (7 weeks) Age 7-10 years	Selby North Children's Centre
	6.00pm - 8.00pm	LGBT+ Group 8th May, 22nd May, 12th June, 26th June, 10th July, 24th July & 14th August.	Youth group for those who are or think they might be Lesbian, Gay, Bisexual, Trans or questioning. Have some fun, meet people, get information & support Age 13 to 19 years	For more information & venue, please contact selbysouthcc@northyorks.gov.uk or ring 07973918386
	7.00pm - 8.30pm Drop in	Youth Group Term time only	Games, crafts, space to sit and chat. Support available on a range of subjects. Condoms available Age 13 to 19 years	Sherburn Children's Centre
THURSDAY	9.15am - 10.30am Drop in	Stay and Play Term time only	Enjoy a range of play activities. For parent/carers and their children. Age 0 to 5 years <i>£2 per family</i>	Brotherton Children's Centre
	9.30am - 11.30am	Early Years Communication and Interaction Drop in for parents 20th June	Come and talk to us at the Children's Centres for advice and support around all aspects of your child's communication skills.	Sherburn Children's Centre
	10.00am - 11.30am Drop in	Breastfeeding Cafe Weekly	A group for new or expectant mums to meet other breastfeeding mums and get help with breastfeeding issues.	Selby North Children's Centre
	10.00am - 11.30am Please book	Amazing Babies 6th June - 11th July	<i>6 sessions of topics related to early development & learning, with a chance to meet other parents/carers</i> From birth to pre-crawling	Sherburn Children's Centre
	1.15pm - 3pm Invite only	Little Explorers Term time only	A play and development session for pre-school children and their parents/carers. Come and make a learning story for your child. Information and support available. SEND friendly.	Selby South Children's Centre


	Time	Activity	More Information	Where
THURSDAY	1.00pm - 2.45pm Drop in	Bumps, Babies & Beyond Weekly	For young parents and parents to be (25 and under). Weekly topics and fun activities with your children.	Selby North Children's Centre
	1.30pm - 3.00pm Drop in	Child Health Clinic Weekly	Drop in to see your health visiting team for advice on your child's health and well being. Age 0 to 5 years	Sherburn Children's Centre
	12.15pm - 1.00pm Drop in	Youth Drop In Term time only	Drop in for help, advice, information and guidance; job search, CV writing, sexual health, condom distribution, etc.	Sherburn High School
	5.45pm - 7.00pm Drop in	Youth Club Term time only	Games, crafts, space to sit and chat. Information and support available on a range of subjects. Age 11 - 13 years	Salvation Army Hall Parkin Avenue YO8 8BY
	6.30pm - 8.00pm Drop in	Youth Café Term time only	Games, crafts, space to sit and chat. Support available on a range of subjects. Condom distribution available. Age 13 to 19 years	Salvation Army Hall Parkin Avenue YO8 8BY
	6.30pm - 8.00pm Please book	FUSE 2nd May - 18th July (excluding 23rd & 30th May)	A Youth Theatre project for young people with special education needs and disabilities (SEND) & non SEND. Age 11 to 25 years	Tadcaster Children's Centre
FRIDAY	9.00am— 11.00am	Child Health Clinic Weekly	Drop in to see your health visiting team for advice on your child's health and well being. Age 0 to 5 years	Selby North Children's Centre
	9.30am - 11.30am	Childminder Drop In (last Fri of the month)	Childminder led play session for childminders and their children.	Sherburn Children's Centre
	9.30am - 11.30am Invite only	Strengthening Families 17th May - 5th July (excluding 31st May)	A 7 week programme to help parents and children talk to each other effectively, understand each other's feelings and thereby strengthen their relationship. Parent/carers and children age 10 - 14yrs	Selby North Children's Centre
	10.00am - 11.30am Please book	Amazing Babies 7th June - 12th July	<i>6 sessions of topics related to early development & learning, with a chance to meet other parents/carers</i> From birth to pre-crawling	Selby South Children's Centre
	10.00am - 11.30am Drop in	Child Health Clinic (1st & 3rd Fri of month)	Drop in to see your health visiting team for advice on your child's health and well being. Age 0 to 5 years	Tadcaster Children's Centre
	1.00pm - 3.00pm	Early Years Communication and Interaction Drop in for parents 14th June	Come and talk to us at the Children's Centres for advice and support around all aspects of your child's communication skills.	Selby North Children's Centre
	1.30 - 2.30pm Please book	Baby Massage 14th June - 12th July	5 week course to learn baby massage. Age 6 weeks to 6 months £30 per course (payment to be made prior to the start date)	Selby South Children's Centre

	Time	Activity	More Information	Where
SATURDAY	10.00am - 11.30am Please book	Just for Dad and Me 18th May & 13th July	Fun session for children and their dads/ male carers. 0 to 5 years (older siblings welcome)	Sherburn Children's Centre or Brotherton Children's Centre.

Children and Families: Early Help provides support for a family when a need is identified at any point in a child's life. We work across all agencies and partners and we aim to deliver the right support, at the right time and in the right place to families.

The following group activities will be available to meet local need. Most of these programmes are referral only. Please talk to any practitioner if you would like you, your child and/or a family member to be referred onto any of the activities. The practitioner will contact us to add your name and details onto our waiting lists and you will then be contacted.

Other Information

	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 07950080783 or complete an online contact form at www.northyorks.gov.uk/healthy-choices
Healthy Start Vitamins	Healthy Start vitamins are available to buy at Selby North, Selby South, Sherburn, Brotherton and Tadcaster Children's Centres. You can exchange your vouchers or buy them for the following prices: Women's vitamin tablets - 75p & Children's vitamins - £1.40
Smoking Cessation Clinics	Smokefreelife North Yorkshire is a confidential stop smoking service, available free of charge to anyone living or working in North Yorkshire. For further details or to make an appointment please call 0800 2465215 or 01609 663023.
Story Time at Libraries across Selby	Story time at the library for children and their parents/carers. 0 to 5 years Sherburn Community Library Tuesday 10.30am -11.00am Thursday 10.00am - 10.45am (Story & Crafts) Selby Library Wednesdays 10:30 – 11:15 Tadcaster Community Library Thursday 10.00am - 10.30am
Sexual Health Services	<u>New Selby War Memorial Hospital, Doncaster Road, Selby, YO8 9BX</u> Monday (Closed Bank Holidays) 3.00pm - 4.00pm - Young People's Walk In (Ages 19 and under) 4:00pm - 6:30pm - Walk In clinic (Everyone Welcome) 4.00pm - 6.30pm - Appointments Thursday 4:00pm – 6:30pm - Walk in clinic and Appointments Friday (Closed Bank Holidays) 1:00pm - 3:00pm - Appointments Only <u>Sherburn Group Practice, Sherburn in Elmet, LS25 6ED</u> Tuesday 3.30pm - 4.30pm - Appointments 3.30pm - 5.30pm - Walk in Clinic

Contact Us

Selby Children's Centres

(Selby North, Selby South, Brotherton, Sherburn & Tadcaster)

Tel: **Brotherton 01609 534720**

Selby South 01609 797598

Selby North 01609 535111

Email: brothertoncc@northyorks.gov.uk

selbynorthcc@northyorks.gov.uk

selbysouthcc@northyorks.gov.uk



Find us on Facebook

www.facebook.com

TadcasterRuralSelbyCFSP

SelbyTownCFSP

How to find us?

Brotherton Children's Centre

Low Street

Brotherton

WF11 9HQ

Sherburn Children's Centre

Attached to Sherburn Library

Finkle Hill

Sherburn in Elmet

LS25 6EA

Tadcaster Children's Centre

Manor Farm Youth Centre

St. Josephs Street

Tadcaster.

LS24 9HA

Selby North Children's Centre

Flaxley Road

Selby

YO8 4DL

Selby South Children's Centre

Barwic Parade,

Families Information Service

If you need help with finding childcare we will be happy to help you.

Visit our website

www.northyorks.gov.uk/nyfamilies or call

our friendly team on

01609 533483

You could also email us at

fis.information@northyorks.gov.uk

or text **07624 802425**

DO WE HAVE YOUR EMAIL DETAILS?

If not please let a member
of staff know.



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**

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