

What's On

Monday 2nd September - Tuesday 24th December 2019

Children and Families Service: **Richmondshire**



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www.facebook.com/RichmondshireAreaCFSP

	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	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 be available to offer professional advice if needed to help you reach your personal breastfeeding goals.	Carnagill Children's Centre, DL9 3HN
	18:00-20:00 Booking	Antenatal Group	An antenatal group delivered by the Midwifery Service, the Health Visiting team and the Early Help Service. Please ring Colburn Children's	Carnagill Children's Centre, DL9 3HN
	18:30-20:30	Youth Club Term Time Only—starting 9th September	Run by North Yorkshire Youth. 50p per person	Leyburn Scout Hut, DL8 5EL
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. £1 per session	Carnagill Children's Centre, DL9 3HN
	13:00-13:45	Baby Yoga 11th Sept - 9th Oct 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 4AE Please ring the bell of the Church Hall to gain entry
	14:00-15:00	Baby Massage 11th Sept - 9th Oct 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 4AE Please ring the bell of the Church Hall to gain entry.
	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

	Time	Activity	More Information	Where
TUESDAY	13:00-14:30 Drop in	Let's Discover 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.	
	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 Term Time only	An opportunity for childminders to network with other childminders looking for support, advice and fun. £1 per session	Colburn Children's Centre, DL9 4RF
	9:30-11:00 Drop in	Let's Discover Weekly, 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	Play together Term Time Only	A fun, play session to help support your child's early learning and development and encourage parents to get 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
	13:00-13:45	Baby Yoga 13th Nov - 11th Dec Booking Required	A 5 week course combining developmentally appropriate moves with gentle post-natal exercises. 6 weeks - crawling £30 for the course	Carnagill Children's Centre, DL9 3HN
	14:00-15:00	Baby Massage 13th Nov - 11th Dec Booking Required	A 5 week course combining developmentally appropriate moves with gentle post-natal exercises. 6 weeks - crawling £30 for the course	Carnagill Children's Centre, DL9 3HN
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	

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 534829** to speak to one of our **Children and Families Workers**

	Time	Activity	More Information	Where
WEDNESDAY	18:00-20:00	LGBT+ 3rd Wednesday of the month	For young people aged 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. lgbthamandrich@northyorks.gov.uk	Call Colburn Children's Centre for more information
	18:00-19:30	Youthability Term Time only <i>Returning on 18th September</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	Risedale School, DL9 4BD
THURSDAY	9:15-11:15 Drop in	Speech and Language drop in Monthly	This is an open session run by Speech and Language Therapists, 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	Twice a month there is also an opportunity to get your child weighed and obtain advice from a member of the Health Visiting team.	
	13:00 - 14:30	Amazing Babies 3 week programme starting 3rd October	Find out how your baby's brain is developing and how you can help them reach their full potential. See page 4 for further details.	Carnagill Children's Centre, DL9 3HN
	13:30 - 15:00 Drop in	Let's Discover & Healthy Child Clinic 19th September, 24th October, 22nd November, 19th December	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 - 11:00	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
	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. £3 for your first child and £1 for additional children.	Yorebridge Sports, Askrigg, DL8 3BJ

First Aid for Parents course




Saturday 16th November 2019 from 10:00am-12.30pm at Colburn 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 our targeted programmes - to find out more, please ask a member of our team.

<p>Building Blocks For Language and Small Talk</p>	<p>Are you worried about your child's speech and language development? We offer two play based programmes which give information and practical activities to support your child's speech and language. They are both aimed at parents and children together. For you to take part in one of these programmes, a referral is required from either a Speech and Language Therapist, your early years setting or the Health Visiting team. Please ring the Children's Centre for information about the next Speech and Language drop in. Small Talk is for 1 year olds and is 6 weeks long, Building Blocks for Language is for 2 year olds and is 7 weeks long. Next course starts September.</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 and a crèche may be available for under 5s. Next course starts September.</p>
<p>Amazing Babies</p>	<p>A three week programme aimed at expectant parents and parents of young babies. It will give you an insight into how your baby's brain is developing and how you can help it reach it's full potential 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. <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 book. Next programme starts in October.</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. Next course starts November.</p>
<p>Terrific Toddlers</p>	<p>A 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. A variety of activities will also be available for your child <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. Next course starts September.</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 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 Colburn Children's Centre on 01609 532595 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 07950080783 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.

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

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

Richmondshire Hub

Richmond School Site,
Darlington Road,
Richmond,
DL10 7BQ



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

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