

What's On 1 Jan to April 2019 (Please note sessions do not run on Bank Holidays)

Children and Families: Prevention Ryedale Area

	Time	Activity	More Information	Where
MONDAY	9.30 - 11.30 Drop In	Child Minder Group 1st & 3rd Monday each month	Child-minder led session for child minders and their children. <i>Free</i>	Central Ryedale Children's Centre Norton, YO17 9BG
	9.00 - 11.00 Drop In	Child Health Clinic 2nd & 4th Monday each month	Meet Health Visitors, gain advice, get baby weighed and join in a fun play session. 0-5 years <i>Free</i>	Northern Ryedale Children's Centre Kirkbymoorside, YO62 6AG
	10.00 - 12.00 Drop In	Breastfeeding Support Weekly	An informal session where parents/expectant parents can get help, advice and support. (no longer a weigh in clinic) <i>Free</i>	Central Ryedale Children's Centre Norton, YO17 9BG
	9.30 - 11.30 Please Book	Strengthening Families Seven weeks 18th Feb - 8th April NOT on 25th Feb (half term week)	Programme for both parents/carers and young people. Separate direct work for coming together to share. Behaviour, attachment and empowerment to strengthen the family unit. 10-14 years <i>Free</i>	Prevention Service Hub, Malton Road, Pickering, YO18 7JJ
	1.30 - 3.00 Drop In	Child Health Clinic Every 3rd Monday	Meet Health Visitors, gain advice, get baby weighed and join in fun play session. 0-5 years <i>Free</i>	Sherburn Methodist Church, St. Hilda's St, Sherburn, YO17 8PG
	2.00 - 3.00 Please Book	Babbling Babies Four Weeks 18th Feb - 11th March	Build on early attachment through music, rhymes and other fun activities. 0-1 years <i>£2.00 per family per session</i>	Central Ryedale Children's Centre Norton, YO17 9BG
TUESDAY	9.00 - 10.30 Drop In	Stay & Play Weekly	A range of exciting activities in a friendly environment supporting your child's development. 0-5 years <i>£2.00 per family per session</i>	Northern Ryedale Children's Centre Kirkbymoorside, YO62 6AG

	Time	Activity	More Information	Where
TUESDAY	10.30 –11.30 Please Book	Baby Massage Five weeks 15th Jan - 12th Feb	Spend time with your baby learning massage to aid relaxation and bonding. 6 weeks-crawling <i>£30.00 - Payable in full at time of booking</i>	Central Ryedale Children's Centre Norton, YO17 9BG
	1.15 - 2.15 Please Book	Baby Massage Five weeks 5th Mar - 2nd April		Prevention Service Hub, Malton Road, Pickering, YO18 7JJ
	2.00 - 3.00 Drop in	Young Parent Group (under 25 years old) Five weeks 8th Jan - 5th Feb 5th March - 2nd April	An opportunity to meet other families and enjoy an exploratory sensory experience with your child. 0 - 5 years <i>Free</i>	Central Ryedale Children's Centre Norton, YO17 9BG
	2.00 - 3.00 Please Book	Babbling Babies Four weeks 22nd Jan - 12th Feb	Build on early attachment through music, rhymes and other fun activities. 0-1 years <i>£2.00 per family per session</i>	Northern Ryedale Children's Centre Kirkbymoorside, YO62 6AG
	6.30 - 8.30 Drop In	Youth Club Weekly	An opportunity to have space to meet friends & participate in activities. 11-19 years <i>Free</i>	Prevention Service Hub, Malton Road, Pickering, YO18 7JJ
WEDNESDAY	10.00 - 11.30 Invite Only	Building Blocks for Language Six week programme 6th Mar - 10th Apr	Programme aims to give parent/carers simple yet powerful tools to build and develop children's language skills. <i>Free</i>	Central Ryedale Children's Centre Norton, YO17 9BG
	1.00 - 3.00 Invite Only	Incredible Years Six weeks 16th Jan to 20th Feb	Covers topics that give you the opportunity to explore different aspects of parenting and how to support your children's needs and manage their behaviour as they grow. 3-10 years <i>Free</i>	Central Ryedale Children's Centre Norton, YO17 9BG
	1.00 - 3.00 Invite only	Create Confidence Nine Weeks 16th Jan - 13th Mar	The Create Confidence programmes are a tool box of targeted interventions to improve resilience, confidence and self-esteem in children and young people who are vulnerable to domestic abuse. This may be present or historic Age group 6-11 <i>Free</i>	Prevention Service Hub, Malton Road, Pickering, YO18 7JJ
	1.30 - 3.00 Please Book	Baby and Me Four weeks 16th Jan - 6th Feb	Meet other parents, interact with your baby, and find out lots about the first months of baby's life. Including information and support on a range of issues such as childhood illness and home safety.	Central Ryedale Children's Centre Norton, YO17 9BG
	10.00 - 11.30 Please Book	Baby and Me Four weeks 13th Feb - 6th March	7 weeks-6 months <i>Free</i>	Prevention Service Hub, Malton Road, Pickering, YO18 7JJ
	2.00 - 3.00 Please Book	Small Talk Five weeks 6th Mar - 3rd April	Interactive session providing information and ideas for parents and carers to learn and share in the home environment. Each week has a different theme. 1-2 years <i>Free</i>	Northern Ryedale Children's Centre Kirkbymoorside, YO62 6AG

	Time	Activity	More Information	Where
WEDNESDAY	2.00 - 3.00 Please Book	Babbling Babies Four weeks 20th Mar - 10th Apr	Build on early attachment through music, rhymes and other fun activities. 0-1 years <i>£2.00 per family per session</i>	Prevention Service Hub, Malton Road, Pickering, YO18 7JJ
	6.00 - 8.00 Drop In	FUSE Theatre Weekly - Term Time Only Starts 9th Jan - performance date 3rd Feb	A youth theatre group providing opportunities for disabled and non-disabled people to work together on workshops and performances. 11-19 years <i>Free</i>	Prevention Service Hub, Malton Road, Pickering, YO18 7JJ
THURSDAY	9.30 - 11.30 Drop In	Child Minder Group 3rd Thursday each month	Child-minder led session for child minders and their children. <i>Free</i>	Northern Ryedale Children's Centre Kirkbymoorside, YO62 6AG
	10.00 - 11.00 Please Book	Small Talk Five weeks 7th Mar - 4th Apr	Interactive session providing information and ideas for parents and carers to learn and share in the home environment. Each week has a different theme. 1-2 years <i>Free</i>	Central Ryedale Children's Centre Norton, YO17 9BG
	1.00 - 3.00 Please Book via the Children's Centre 01609 533072	Change Your Mindset Five weeks 24th Jan to 21st Feb provided by Adult Learning & Skills Service	Recognise how a negative thought process can result in a negative Mindset. Learn how changing your Mindset can enable you to have a "can do" attitude rather than "cannot do" Adults, aged 19 plus <i>Free</i>	Central Ryedale Children's Centre Norton, YO17 9BG
	2.00 - 3.30 Drop In	Child Health Clinic 1st & 3rd Thursday each month	Meet Health Visitors. Get advice, get baby weighed and join in fun play session! 0-5 <i>Free</i>	Prevention Service Hub, Malton Road, Pickering, YO18 7JJ
	6.00 - 8.00 Please Book	Parentcraft Every Month please call 01609 533072 for details	4 week rolling ante-natal programme introducing expectant parents to their children's centre, midwives and health visitors. <i>Free</i>	Central Ryedale Children's Centre Norton, YO17 9BG
FRIDAY	9.30 - 11.30 Please Book via 01609 780780 or email East.AdultLe arning@north yorks.gov.uk	Who Am I ? Five weeks 11th Jan to 8th Feb provided by Adult Learning & Skills Service	Improve confidence, resilience & raise self-esteem. Develop resources, to help you cope, with everyday life and challenges. Become emotionally more self sufficient. Find resources, to enable self-wellbeing. Explore and develop, positive communication skills, get to know yourself. Discover hope, resilience, mindfulness and relaxation. Adults, aged 19 plus <i>Free</i>	Prevention Service Hub, Malton Road, Pickering, YO18 7JJ
	10.00 - 12.00 Drop In	Child Health Clinic & Play Weekly	Meet Health Visitors, gain advice, get baby weighed and join in fun play session! 0-5 years <i>Free</i>	Central Ryedale Children's Centre Norton, YO17 9BG

Reading and Sharing Books with Your Child

Here are the top 10 books for 0 - 5 year olds

- 'Each, Peach, Pear, Plum' by Janet and Allan Ahlberg
- 'The Jolly Postman and Other People's Letters' by Janet and Allan Ahlberg
- 'The Snowman' by Raymond Briggs
- 'Gorilla' by Anthony Browne
- 'Would You Rather?' by John Burningham
- 'Dear Zoo' by Rod Campbell
- 'The Very Hungry Caterpillar' by Eric Carle
- 'I will Not Ever Never Eat a Tomato' by Lauren Child
- 'Princess Smartypants' by Babette Cole
- 'Hairy Maclary from Donaldson's Dairy' by Lynley Dodd

Check out which other books have made it into the top 25 and which books have been selected in each age range by visiting their website:

www.booktrust.org.uk/books/children/100-best-books



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) 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 or visit www.northyorks.gov.uk/healthy-choices-children

Prevention Service

The Prevention Service brings together a range of preventative work previously undertaken by separate services. The single service:

- operates seamlessly throughout the 0-19 age range;
- eliminates duplication, unnecessary and unhelpful transitions for families;
- has a new way to provide services, including a greater capacity to provide early help in a more targeted way for children, young people and families; and
- is co-located with the Healthy Child Teams (0-19).

Our vision is that "families in North Yorkshire are able to access readily a range of support to ensure that their children are safe, happy and well, and that they can flourish at school and in the wider world".

Other Information

Volunteering	We need your help. Every Centre needs an extra pair of hands on occasions. We need volunteers to help with a lot of what we do, ranging from just an hour of help on one occasion, to parents providing support for regular sessions. We would be delighted to hear from you if you could help in any way.
Family Outreach Workers	Family Outreach Workers can help individual parents with parenting issues. If you have a challenge you are struggling to overcome please contact us at one of our Centres. This is a confidential service and there are a range of parenting courses you may be able to access.

Contact Us

Ryedale Children's Centre

Tel: 01609 533072

Email: ryedalecc@northyorks.gov.uk

How to find us?

Central Ryedale Children's Centre

Grove Street, Norton, Malton, YO17 9BG

Northern Ryedale Children's Centre

Westfields, Kirkbymoorside, YO62 6AG

Ryedale Prevention Service Hub

The Old Court House, Malton Road, Pickering, YO18 7JJ

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

Texting: 07624 802425



**DO WE HAVE YOUR
EMAIL DETAILS?**

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

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



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