

What's On

April - July 2019

Children and Families: Early Help Service Scarborough Area

	Time	Activity	More Information	Where
MONDAY (excluding bank holidays)	9.00am - 12.00 noon Drop in <i>Term time only</i>	Information and Advice Starts 29th April	Call in for general advice on issues facing you and your family, for example information about 2 Year Funding, or referrals for support.	Eastfield Children & Family Hub YO11 3LR
	9.15 - 10.45am <i>Term time only</i>	Early Years Play Starts 29th April	Bring your child to try out different activities and meet new people in our fun and friendly play session. <i>For babies aged 0 to pre-school.</i>	Filey Children & Family Hub YO14 9BA
	9.30 - 10.45am Drop in	Healthy Child Clinic	Get your baby weighed and discuss health or development matters with the Health Team.	Briercliffe Children & Family Hub YO12 6NS
	10.00 - 11.00am Please book <i>Term time only</i>	Infant Massage Starts 17th June <i>£30 per 5 week course</i>	Weekly sessions for parents and babies. Learn how to support relaxation and relief, communication and bonding. <i>For babies from 6 weeks to crawling.</i>	Briercliffe Children & Family Hub YO12 6NS
	10.00am - 12.00 noon Please book	Breastfeeding Support Appointments	One-to-one support available for all breastfeeding mums. Contact your Midwife, Health Visitor or peer supporter for an appointment.	Briercliffe Children & Family Hub YO12 6NS
	10.30 - 11.30am Drop in <i>Term time only</i>	Breastfeeding Support Group Starts 29th April	A welcoming group for new and expectant mums to meet other breastfeeding mums and get support with breastfeeding issues. Members of the Health Team will be available for advice and information. New parents or parents-to-be can also find out more about breastfeeding by talking to their Midwife or Health Visitor, or by accessing the Start4Life website at www.nhs.uk/start4life .	Briercliffe Children & Family Hub YO12 6NS

2 Year Funding

You could be eligible for 15 hours of **FREE** early years funding for your child, from the term after their second birthday.

For more information, advice, or help completing an application form, contact Briercliffe Children & Family Hub on 01609 798700, or pop in to speak to one of our staff.

	Time	Activity	More Information	Where
MONDAY (excluding bank holidays)	12.30 - 3.30pm Please book	Bumps to Buggies Midwife Clinic	Community ante-natal and post-natal clinic. Please contact your Midwife or your local Children & Family Hub for an appointment.	Eastfield Children & Family Hub YO11 3LR
	1.30 - 2.45pm Drop in <i>2nd & 4th Monday of the month</i>	Healthy Child Clinic	Get your baby weighed and discuss health or development matters with the Health Team.	Ayton Village Hall YO13 9HY
	4.00 - 5.30pm <i>Term time only</i>	Rounders Youth Theatre Starts 29th April <i>Voluntary contribution £1 per session</i>	Youth theatre classes offering young people the opportunity to get involved in creative projects, develop new skills, make friends and have lots of fun! <i>For young people aged 8-11.</i>	The Hub, Eastfield YO11 3LW
	5.30 - 6.45pm Please book	Hatha Yoga Starts 29th April <i>£40 per 5 week course</i>	Improve your physical, mental and emotional well-being. For details, dates and to book, contact Rebecca Thompson, mobile: 07966 202738 or email: rebecca@core-yoga.co.uk.	Briercliffe Children & Family Hub YO12 6NS
	6.00 - 8.00pm <i>Term time only</i>	Rounders Youth Theatre Starts 29th April <i>Voluntary contribution £1 per session</i>	Youth theatre classes offering young people the opportunity to get involved in creative projects, develop new skills, make friends and have lots of fun! <i>For young people aged 12 and over.</i>	The Hub, Eastfield YO11 3LW
	7.00 - 8.00pm Please book	Pregnancy Yoga Starts 29th April <i>£40 per 5 week course</i>	Pregnancy yoga has many physical, mental and emotional benefits, and can help prepare for and assist with labour and birth. For details, dates and to book, contact Rebecca Thompson, mobile: 07966 202738 or email: rebecca@core-yoga.co.uk.	Briercliffe Children & Family Hub YO12 6NS
	7.00 - 9.00pm <i>Term time only</i>	Youth Club run by North Yorkshire Youth Starts 29th April <i>50p per person</i>	An open access youth club run by North Yorkshire Youth. <i>For young people aged 11-19.</i>	Westway Open Arms, Eastfield YO11 3EE
TUESDAY	9.00 - 3.30pm Please book	Bumps to Buggies Midwife Clinic	Community ante-natal and post-natal clinic. Please contact your Midwife or your local Children & Family Hub for an appointment.	Briercliffe Children & Family Hub YO12 6NS
	10.00 - 11.00am Please book	Post-Natal Yoga with Babies Starts 30th April <i>£40 per 5 week course</i>	Relax, build core strength, breathing techniques and more. Start from 6 weeks after birth. For details, dates and to book, contact Rebecca Thompson, mobile: 07966 202738 or email: rebecca@core-yoga.co.uk.	Briercliffe Children & Family Hub YO12 6NS

	Time	Activity	More Information	Where
TUESDAY	1.00 - 2.30pm Drop in	Healthy Child Clinic	Get your baby weighed and discuss health or development matters with the Health Team.	Eastfield Medical Centre YO11 3LJ
	1.00 - 3.00pm Please book	Bumps to Buggies Midwife Clinic	Community ante-natal and post-natal clinic. Please contact your Midwife or your local Children & Family Hub for an appointment.	Friarage Children & Family Hub YO11 1HS
	1.30 - 2.30pm Please book <i>Term time only</i>	Infant Massage Starts 4th June <i>£30 per 5 week course</i>	Weekly sessions for parents and babies. Learn how to support relaxation and relief, communication and bonding.	Eastfield Children & Family Hub YO11 3LR
	1.30 - 3.00pm Drop in <i>1st & 3rd Tuesday of the month</i>	Healthy Child Clinic	Get your baby weighed and discuss health or development matters with the Health Team.	The Oasis Centre YO11 1XE
	2.30 - 3.30pm Drop in	Breastfeeding Support Group	A welcoming group for new and expectant mums to meet other breastfeeding mums and get support with breastfeeding issues. Members of the Health Team will be available for advice and information. New parents or parents-to-be can also find out more about breastfeeding by talking to their Midwife or Health Visitor, or by accessing the Start4Life website at www.nhs.uk/start4life .	Eastfield Medical Centre YO11 3LJ
	3.15 - 4.45pm <i>Term time only</i>	Junior Youth Club Starts 30th April	Crafty activities, consoles, pool, quizzes, fun games, healthy snacks. <i>For young people in Years 3-5.</i>	Briercliffe Children & Family Hub YO12 6NS
	5.15 - 6.45pm <i>Term time only</i>	Barrowcliff Youth Club Starts 30th April	Have fun crafting and playing games, making food/drinks and playing on the consoles and pool table. <i>For young people in Year 6 and above.</i>	Briercliffe Children & Family Hub YO12 6NS
WEDNESDAY	9.30 - 11.00am <i>Term time only</i>	Early Years Play Starts 1st May	Bring your child to try out different activities and meet new people in our fun and friendly play session. <i>For babies aged 0 to pre-school.</i>	Eastfield Children & Family Hub YO11 3LR
	9.45 - 10.45am Please book <i>Term time only</i>	Baby Yoga Starts 1st May and 5th June <i>£25 per 4 week course</i>	Have fun connecting with your baby and aiding his/her development through stretches and movements. For details, dates and to book, contact Rebecca Palmer, mobile: 07709 117341. <i>Suitable for babies from 12 weeks - 8 months.</i>	Briercliffe Children & Family Hub YO12 6NS
	10.15 - 10.45am <i>Term time only</i>	Story Time	Come to the library and listen to stories and rhymes. Join the Norman Bear Club. <i>For families with children aged 0-5.</i>	Newby & Scalby Library YO12 6EE

	Time	Activity	More Information	Where
WEDNESDAY	1.30 - 3.00pm Drop in	Healthy Child Clinic	Get your baby weighed and discuss health or development matters with the Health Team.	Filey Surgery YO14 9AE
	1.30 - 3.00pm Drop in <i>2nd & 4th Wednesday of the month</i>	Healthy Child Clinic	Get your baby weighed and discuss health or development matters with the Health Team.	Scalby Parish Hall YO13 0RA
	1.30 - 3.00pm Drop in	Healthy Child Clinic	Get your baby weighed and discuss health or development matters with the Health Team.	Lawrence House Medical Centre YO11 1UB
	3.00 - 5.00pm <i>Term time only</i>	BUGS Starts 1st May	Targeted youth club for young people aged 10+ who have a social and/or communication difficulty. Enjoy sport, art, games, computers and cooking. Contact 01609 798700 for information.	The Street YO12 7PW
	5.30 - 7.00pm <i>Term time only</i>	Youthie Starts 1st May	Crafty activities, Apple music, team games, PS4, pool, fun quizzes, chill out space, snacks. <i>For young people in Year 6 and above.</i>	The Street YO12 7PW
	7.00 - 9.00pm <i>Term time only</i>	Youth Club run by North Yorkshire Youth Starts 1st May <i>50p per session</i>	An open access youth club run by North Yorkshire Youth. <i>For young people aged 11-18.</i>	St John's Centre, Filey YO14 9AU
THURSDAY	10.00 - 11.30am <i>Term time only</i>	Early Years Play Starts 2nd May	Come and explore the exciting activities on offer in our Sensory and Play Rooms.	Briercliffe Children & Family Hub YO12 6NS
	10.30 - 11.30am Drop in <i>1st Thursday of the month</i>	Healthy Child Clinic	Get your baby weighed and discuss health or development matters with the Health Team.	Hunmanby Community Centre YO14 0NS
	4.00 - 5.30pm <i>Term time only</i>	ROOTS Youth Club Starts 2nd May	Crafty activities, Apple music, PS4, pool, quizzes, fun games, healthy snacks.	The Street YO12 7PW
	5.30 - 7.00pm <i>Term time only</i>	Youth Club Starts 2nd May	An opportunity to meet friends, participate in fun activities and learn something new in an interactive and safe environment. <i>For young people in Years 6-8.</i>	The Hub, Eastfield YO11 3LW
	6.00 - 8.00pm Please book	Ante-Natal Sessions	Programme of four ante-natal sessions. Please contact Briercliffe Children & Family Hub on 01609 798700 for dates and to book.	Briercliffe Children & Family Hub YO12 6NS



The **Healthy Choices** service provides a family focused package of support for children and young people aged 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 & 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 or

	Time	Activity	More Information	Where
FRIDAY	9.00am - 3.00pm Please book	Bumps to Buggies Midwife Clinic	Community ante-natal and post-natal clinic. Please contact your Midwife or your local Children & Family Hub for an appointment.	Briercliffe Children & Family Hub YO12 6NS
	10.00 - 11.30am <i>Term time only</i>	Early Years Play <i>Starts 3rd May</i>	Bring your child to try out different activities and meet new people in our fun and friendly play session. <i>For babies aged 0 to pre-school.</i>	Friarage Children & Family Hub YO11 1HS
	1.00 - 2.15pm Please book <i>Term time only</i>	Infant Massage Starts 7th June <i>£30 per 4 week course</i>	Weekly sessions for parents and babies. Learn how to support relaxation and relief, communication and bonding. <i>For babies from 6 weeks to crawling.</i>	Friarage Children & Family Hub YO11 1HS
	11.30am - 12.15pm <i>Term time only</i>	Little Yoga Stars: Toddler Yoga Starts 3rd May <i>£4.00 per family, per session</i>	These yoga classes are specifically designed to engage young children aged 18 months - 2.5 years in yoga fun through songs, rhymes and activities. For further details, contact Rebecca Palmer, mobile: 07709 117341.	Briercliffe Children & Family Hub YO12 6NS
	1.30 - 2.15pm <i>Term time only</i>	Little Yoga Stars: Pre-School Yoga Starts 3rd May <i>£4.00 per family, per session</i>	Pre-school yoga for children aged 2-4 years. Have fun together with your child as you explore yoga through stories, breathing and mindfulness games. For further details, contact Rebecca Palmer, mobile: 07709 117341.	Briercliffe Children & Family Hub YO12 6NS
	4.00 - 5.30pm <i>Term time only</i>	FUSE Theatre Group Starts 3rd May	Inclusive theatre group for young people aged 11-25 with Special Education Needs and Disabilities (SEND) and non-SEND. Contact 01609 798700 for more information.	Stephen Joseph Theatre YO11 1JW

The Early Help Service also runs several programmes to support parenting, young people growing up, and children with a speech and language delay.

Parenting Programmes

- *Incredible Years: Babies (ages 0-1), Toddler (ages 1-3) and Pre-School Series (ages 4-10)*
- *Family Links (ages 8-11)*
- *Strengthening Families (ages 10-14)*

These sessions emphasise positive interactions between parents/carers and children; and consider children's development needs to encourage social/emotional development and build relationships.

Young People's Groups

- *Girls Group (ages 11+)*
- *Lads Group (ages 11+)*
- *Create Confidence (children who have witnessed domestic abuse or family difficulties, ages 10+)*

These are small group sessions that will enable young people to address sensitive and emotive issues in a nurturing environment, supported by experienced and trained staff.

Speech and Language Delay Programmes

- *Small Talk (ages 12-24 months)*
- *Building Blocks for Language (ages 24-36 months)*

These programmes focus on developing strategies and activities that encourage children's speech, language and communication, including tips on eating, drinking and dummy use.

Please contact your local children & family hub if you would like more information

Contact us

Briercliffe Children & Family Hub

76 Briercliffe, Scarborough, YO12 6NS

Tel: 01609 798700

Email: pshubscarborough@northyorks.gov.uk

Eastfield Children & Family Hub

Link Walk, Eastfield, YO11 3LR

Tel: 01609 534053

Email: pshubeastfield@northyorks.gov.uk

Friarage Children & Family Hub

Friargate, Scarborough, YO11 1HS

Tel: 01609 798700

Email: pshubscarborough@northyorks.gov.uk

Filey Children & Family Hub

Padbury Avenue, Filey, YO14 0BA

Tel: 01609 534053

Email: pshubeastfield@northyorks.gov.uk

The Hub

Moor Lane, Eastfield, YO11 3LW

Tel: 01609 534053

Email: pshubeastfield@northyorks.gov.uk



Find us on Facebook

www.facebook.com/ScarboroughTownCFSP

www.facebook.com/ScarboroughSouthFileyCFSP

Keep up-to-date with what's on in your local area including fun activities and events!

Families Information Service (FIS)

You can find help accessing a childcare provider by contacting FIS as follows:

Website: www.northyorks.gov.uk/nyfamilies

Emailing: fis.information@northyorks.gov.uk

Calling: 01609 533483

Texting: 07624 802425

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!



Briercliffe Sensory Room

Did you know that you can bring your child to use the Sensory Room at Briercliffe Children and Family Hub after you have completed an short induction?

As well as being relaxing and lots of fun, the equipment offers many developmental benefits.

Please contact Briercliffe Children & Family Hub on 01609 798700 for more information, to book an induction or to book to use the room.

Early Help Service

This service brings together a range of preventative work previously undertaken by separate teams.

This single service:

- operates seamlessly across 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

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.

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