

What's On

Updated March 2020

Please See Updated Child Health
Clinic Information



Harrogate and District
NHS Foundation Trust

Children and Families: Early Help - Selby Children & Family Hubs

	Time	Activity	More Information	Where
MONDAY	09.45am - 10.45am Please book	Baby Yoga 13th Jan for 5 weeks	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>	Sherburn Children and Family Hub
		Baby Yoga 2nd March for 5 weeks		Brotherton Children and Family Hub
	9.30am - 11.00am Invite only	Building Blocks for Language 27th January - 16th Mar (excluding 17th Feb)	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 and Family Hub
	9.30am - 11.30am	Childminder Drop In (third Mon of the month))	Childminder led play session for childminders and their children.	Selby South Children and Family Hub
	10.00am - 11.30am Invite only	Mums in Mind (MIMS) 20th Jan for 8 weeks (excluding 17th Feb)	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	Selby North Children and Family Hub
	10.00am - 11.30am	SEND Support Group 1st Monday of the month	A parent led group offering support & information 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 and Family Hub For further information please contact Cathy: 07816 454027
	11.00 - 12.00pm Please book	Baby Massage 13th Jan for 5 weeks	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 and Family Hub
		Baby Massage 2nd March for 5 weeks		Brotherton Children and Family Hub
	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 and Family Hub
	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 and Family Hub
Evenings	Antenatal	2 week course, covers labour, birth and breastfeeding. Book via your Midwife	Selby North Children and Family Hub	
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 and Family Hub	

	Time	Activity	More Information	Where
TUESDAY	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
	9.30am - 11.00am Invite only	Building Blocks for Language 28th January - 17th Mar (excluding 17th Feb)	Communication programme for children identified by a Speech and Language Therapist, Health Visitor or Early Years Setting. Age 2 to 3 years	Sherburn Children and Family Hub
	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 and Family Hub
	1.00pm - 3.00pm Drop in	Child Health Clinic Weekly Starting 3rd March	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 and Family Hub
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 and Family Hub
	12.45 - 1.45pm Please book	Baby Yoga 15th Jan for 5 weeks 4th March for 5 weeks	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 and Family Hub
	2.00 - 3.00pm Please book	Baby Massage 15th Jan for 5 weeks 4th March for 5 weeks	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 and Family Hub
	6.00pm - 8.00pm	LGBT+ Group 8th Jan, 22nd Jan, 12th Feb, 26th Feb, 11th Mar and 25th Mar	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
	6.00pm - 7.30pm 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 and Family Hub
THURSDAY	9.30am - 11.30am	Early Years Communication and Interaction Drop in for parents 27th February	Come and talk to us at the Children and Family Hubs for advice and support around all aspects of your child's communication skills.	Sherburn Children and Family Hub
	1.00pm - 3.00pm			Selby North Children and Family Hub
	10.00am - 11.30am Please book	Amazing Babies 9th Jan for 6 weeks	<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 and Family Hub
		Amazing Babies 27th Feb for 6 weeks		Selby South Children and Family Hub
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 and Family Hub	

	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 and Family Hub
	1.30pm - 3.00pm Drop in	Child Health Clinic 2nd & 4th Thursday 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	Sherburn Children and Family Hub
	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. Condoms available. Age 13 to 19 years	Salvation Army Hall Parkin Avenue YO8 8BY
FRIDAY	9.30am - 11.30am Drop in	Parent Led Stay & Play Weekly	Parent led stay and play. Age 0 - 5 years £2 per family	Selby South Children and Family Hub
	10.00am - 11.30am Drop in	Child Health Clinic (1st & 3rd Fri of month) Moving to Thursday from 5th March	Drop in to see your health visiting team for advice on your child's health and well being. Age 0 to 5 years	The Barn, St Joseph's Street, Tadcaster.

Other Information

	<p>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) 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</p>
Healthy Start Vitamins	Healthy Start vitamins are available to buy at Selby North, Selby South, Sherburn, Brotherton and Tadcaster Children and Family Hubs. 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	Please visit www.yorsexualhealth.org.uk/clinics-and-services/ for up to date details of clinics available in the Selby District.

Contact Us

Selby Children & Family Hubs

(Selby North, Selby South, Brotherton & Sherburn)

Tel: 01609 532343

Email: C&FHubSeby@northyorks.gov.uk

How to find us?

Brotherton Children & Family Hub

Low Street
Brotherton
WF11 9HQ

Sherburn Children and Family Hub

Attached to Sherburn Library
Finkle Hill
Sherburn in Elmet
LS25 6EA

The Barn

St Joseph's Street
Tadcaster
LS24 9HA

Selby North Children and Family Hub

Flaxley Road
Selby
YO8 4DL

Selby South Children and Family Hub

Barwic Parade,
Selby
YO8 8DJ

Families Information Service

If you need help finding childcare

Visit: www.northyorks.gov.uk/nyfamilies

Call: 01609 533483

Email: fis.information@northyorks.gov.uk

Selby Health Visitors

Main Number: 01423 542275

Reviews Booking: 01423 542276/
01423 542278

@ 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