

**Children and Families: Early Help**  
**Ripon & Rural Harrogate and surrounding areas**

**Children and Families: Early Help** provides support for a family when a need is identified at any point in a child's life. 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 the local need of targeted children and families. **Places will only be available through referral from a professional.**

If you identify a family or young person who would benefit from a targeted group, please discuss with the family or young person to ensure consent is gained before contacting us on 01609 532608.

0-5 years Activities	More Information	Suitable for
<b>Baby Massage</b> <i>Referral only</i>	5-session practical course on techniques & benefits of baby massage.	For pre-crawling babies & parents/carers
<b>Amazing Babies</b> <i>Referral only</i>	6 weekly sessions of topics related to early development and learning, with play opportunities and the chance to chat with other parents/carers.	Babies from birth to pre-crawling & parents/carers
<b>Little Explorers</b> <i>Referral only</i>	6 weekly sessions of topics related to early development and learning, with play opportunities and the chance to chat with other parents/carers.	Babies from crawling to walking & parents/carers
<b>Active Learners</b> <i>Referral only</i>	6 weekly sessions of topics related to early development and learning, with play opportunities and the chance to chat with other parents/carers.	Toddlers from walking to pre-school & parents/carers
<b>Small Talk</b> <i>Referral only</i>	7 weekly sessions - storytelling, rhymes & songs, messy play, music, plus lots of tips to help your child's communication. Developed by speech & language therapists and delivered by trained staff.	Children aged 1 - 2 years (or appropriate developmentally) & parents/carers
<b>Building Blocks for Language</b> <i>Referral only</i>	8 weekly sessions - to help you to see how easy it can be to use and improve your child's language in everyday life. Developed by speech & language therapists and delivered by trained staff.	Children aged 2 - 3 years (or appropriate developmentally) & parents/carers
<b>Singing Speech</b> <i>Referral only</i>	6 weekly sessions - to raise children's awareness of the sounds they are using; to encourage children to listen to the sounds in words; to help parents to integrate phonological awareness activities into their everyday routines. Referral via Speech and Language Therapist.	Children aged 3 - 4 years with delayed speech development & parents/carers
<b>Bookstart Corner</b> <i>Referral only</i>	Home visits with children and parents/carers, to learn how to share books, stories and rhymes with your child in a fun way.	Children aged 1 - 2 years & parents/carers

5-19 (25) years Activities	More Information	Suitable for
<b>Switch</b> <i>Referral only</i>	This 8-week programme of activities is suitable for children and young people who could benefit from support to develop their confidence and social skills.	Children and young people aged 5-16 years - tailored to different age ranges
<b>LGBT+ support group</b>	Support group for young people. For more information, contact Lena Kanabar on 07532 041091.	Young people aged 14-19 years
<b>Bilton Youth Project</b> <i>Referral only</i>	Youth club activities including confidence and team building, craft, cooking and sports activities, plus lots more.	Young people aged 11-14 years
<b>Moving Forward</b>	Activity and social group for young people with special needs & disabilities. Contact Rachel on 01609 798790 to arrange to visit the group.	Young people aged 16-25 years
Parent/Carer	More Information	Suitable for
<b>Parenting Programmes</b> <i>Referral only</i>	Want to get the best out of family life? Interested in how to improve your relationships with your child/ren? Five weekly sessions with a chance for discussions with other parents/carers.	Any parents/carers with children aged 0-19 years
Other	More Information	Suitable for
<b>Early Help Support Sessions</b>	Are you a family or young person in need of advice and support? Come and talk to a Children & Families Support Worker for guidance and signposting. Call 01609 532608 to make an appointment. <b>Dates:</b> <b>Ripon Library: June 19th &amp; July 3rd, 17th</b> <b>Boroughbridge Library: June 12th &amp; July 10th</b> <b>Nidderdale Plus: June 26th &amp; July 24th</b>	For expectant families & those with children from birth to 19 years

### Contact Us:

#### Ripon & Rural Harrogate Children and Families' Service

Ripon Youth Centre  
Clotherholme Road, Ripon, HG4 2DF  
Tel: 01609 532608  
Email: [riponcc@northyorks.gov.uk](mailto:riponcc@northyorks.gov.uk)



Find us on Facebook  
[www.facebook.com/RiponRuralHarrogateCFSP](http://www.facebook.com/RiponRuralHarrogateCFSP)

### Families Information Service (FIS)

You can find help accessing a childcare provider by:-

Website: [www.northyorks.gov.uk/nyfamilies](http://www.northyorks.gov.uk/nyfamilies)  
Emailing: [fis.information@northyorks.gov.uk](mailto:fis.information@northyorks.gov.uk)

Calling : 01609 533483  
Texting: 07624 802425

### General Enquiries:

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](mailto:customer.services@northyorks.gov.uk) Web: [www.northyorks.gov.uk](http://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](mailto:customer.services@northyorks.gov.uk)

## Activities delivered jointly with partner agencies

### Breastfeeding group

Drop-in group offers a welcoming environment for breastfeeding & expectant mums to meet other mums and socialise, or just drop in to access skilled support. Enquiries: 01765 645932

Thursdays	1.30 - 2.30pm	Ripon Community House
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### Mums in Mind

8-week programme for mums who are feeling anxious or low in mind, delivered by Health Visiting team and Early Help. Speak to your health visitor and ask to be referred. For mums & children under 2 years. Enquiries: 01423 555316

Tuesdays	10:00 - 11.30am	Wesley Centre, Harrogate
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## Activities delivered by partner agencies in our centres

### Midwifery clinics

Care and advice for you and your baby through pregnancy and for up to 28 days after birth.

Enquiries: 01765 643541

Tues	3:00 - 4:00pm	Leon Smallwood Unit, Ripon Hospital
Fri	9:15 - 10:30am	Ripon Antenatal Unit, Ripon Hospital

### Health Visiting clinics

Weekly drop-in. Meet the health visiting team for advice, support and weight review. Please arrive at least 15 minutes before end time. For children from birth - 5 years and parents/carers. Enquiries: 01765 645932 (Ripon) or 01423 555316 (Harrogate)

Wed	1:30 - 3:00pm	Ripon Community House
Thurs	9:00 - 10:30am	Salvation Army
Thurs	9:15 - 10:30am	Nidderdale Children's Hub
Fri	9:30 - 11:00am	Church Lane Surgery, Boroughbridge

### Speech and language pre-school drop-in

Worried about your child's speech and language? Come along with your child to see a qualified Speech and Language Therapist. Enquiries: 01423 553122

Wed	9.30 - 11.30am	Ripon Library	1st May; 5th Jun; 3rd Jul
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### Monthly

First Tues	10:00 - 11:30am	Masham Town Hall
First Wed	12:30 - 13:30pm	Springbank Surgery Green Hammerton
Third Wed	11:00am - 12 noon	Tockwith Surgery

### Introducing Solids Talks

Delivered by the health visiting team. Suitable for parents/carers of babies from 3 months+.

Enquiries: 01765 645932 or 01423 555316

Mon	1:00 - 2:00pm	Ripon Community House	13th May & 8th Jul
Thurs	1:00 - 2:00pm	Nidderdale Children's Hub	16th May & 11th Jul

### Sleep Talks

Delivered by the health visiting team.

Suitable for parents/carers of babies 0-5 years.

Enquiries: 01765 645932 or 01423 555316

Mon	1:00 - 2:00pm	Ripon Community House	8th Apr & 10th Jun
Thurs	1:00 - 2:00pm	Nidderdale Children's Hub	11th Apr & 13th Jun

### Physiotherapy pre-school drop-in

Worried about your child's early milestones? Come along with your child to see a qualified Physiotherapist. Enquiries: 01423 553023

Wed	9.30 - 11.30am	Bilton CC	8th May; 12th Jun;
Wed	1.30 - 3.00pm	Saltergate CC	1st May; 5th Jun; 3rd Jul
Thurs	9.30 - 11.00am	Knaresborough CC	16th May; 20th Jun; 18th Jul