

What's On

4th September 2017 to 22nd December 2017

Children and Families: Prevention
Rural Selby (Brotherton, Sherburn & Tadcaster)

	Time	Activity	More Information	Where
MONDAY	09.45am - 10.45am Please book	Baby Yoga 18th Sept - 16th Oct	5 week course for you and your baby. To book call Anne Marie on 07956 266144 or 01924 278461 or email anne-marieking@hotmail.co.uk Age 10 weeks to crawling £25 per 5 week course	Tadcaster Children's Centre
		Baby Yoga 13th Nov - 11th Dec		Sherburn Children's Centre
	10am - 11am 11am - 12pm Please book	Sensory Room	For under 2's and children with sensory or developmental needs £2 per family per slot	Brotherton Children's Centre
	10.00am - 11.30am Invite only	Building Blocks for Language 11th Sept - 6th Nov (excluding 23rd Oct)	Communication programme for children identified by a Speech and Language Therapist, Health Visitor or Early Years Setting. Age 2 to 3 years	Sherburn Children's Centre
	10.00am - 11.30am Please book	Small Talk 13th Nov - 18th Dec	A course to help develop children's communication and language skills. Age 12 to 24 months	Brotherton Children's Centre
	11.00 - 12.00pm Please book	Baby Massage 18th Sept - 16th Oct	5 week course to learn about baby massage. Age 6 weeks to 6 months £15 per course (payment to be made prior to the start date to secure your place)	Tadcaster Children's Centre
		Baby Massage 13th Nov - 11th Dec		Sherburn Children's Centre
	12.45pm - 2.45pm Invite only	Incredible Years (3 - 8 programme) 18th Sept - 11th Dec (excluding 23rd Oct)	A parenting programme for parents with children aged between 3 and 8 years. Free childcare provided	Brotherton Children's Centre
	1.00pm - 2.30pm Drop in	Breastfeeding Cafe Weekly	A group for new or expectant mums to meet other breastfeeding mums, to form a social network and help with breastfeeding issues.	Sherburn Children's Centre
	3.00pm - 5.00pm Invite Only	Create Confidence 6th Nov - 11th Dec	A 6 week course for 11-19yr olds who have witnessed Domestic Abuse. 11-19 years	Sherburn Children's Centre
Evenings	Antenatal	3 week course, covers labour, birth, breastfeeding and bringing baby home. Book via your Midwife	Selby Hospital YO8 9BY	

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MONDAY	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 <i>50p per session</i>	Sherburn Children's Centre
	09.00am - 11.00am Invite only	Making Men 3rd Oct - 12th Dec	A 10 week course for young people, delivered in school.	Sherburn High School
TUESDAY	9.30am - 11.30am Please book	Paediatric First Aid Awareness 17th October	A 2 hour awareness course to help parents/carers deal confidently with injuries and emergencies. You are welcome to bring your babies. <i>£3 per family</i>	Brotherton Children's Centre
	09.30am - 11.00am Drop in	Stay and Play	Enjoy a range of play activities. For parent/carers and their children. Age 0 to 5 years <i>£2 per family</i>	Tadcaster Children's Centre
	9.30am - 11.00am Drop in	Child Health Clinic and Baby Play 3rd Tues of the month 19th Sept, 17th Oct, 21st Nov & 19th Dec	Drop in to see your health visiting team for advice on your child's health and well being alongside a play and development session for parents with babies & parents to be. Age 0 to 5 years	Eggborough Methodist Church Selby Road Eggborough DN14 0LP
	10.30am - 11.00am	Library Story Time	Story time at the library for children and their parents/carers. 0 to 5 years	Sherburn Community Library
	11.00am - 1.00pm Please book	Yorbabe 26th Sept - 7th Nov	A 7 week programme for mums and dads to be (under 25) to support through pregnancy, birth and parenthood. Parents-to-be under 25yrs old	Selby North Children's Centre YO8 4DL Contact Julie on 07870 800678
	1.30pm - 3.00pm Drop in	Bumps, Babies & Beyond	For young parents and parents to be (25 and under). Weekly topics and fun activities with your children.	Sherburn Children's Centre
	4.00 - 5.30pm Invite only	Arrows 31st Oct - 12th Dec	A group to help develop self-esteem and social skills. Age 7 to 10 years	Sherburn Children's Centre
	9.30am - 11.30am	Childminder Drop In (2nd Wed of the month)	Childminder led play session for childminders and their children.	Tadcaster Children's Centre
WEDNESDAY	10.00am - 11.30am	Next Steps 13th September	Advice and information session on Home Safety, Play & Development, Weaning and more...	Brotherton Children's Centre
	10.30am - 12.00pm	Next Steps 11th October	Babies aged 3 to 4 months	Sherburn Children's Centre
	10.00 - 11.30am Drop in	Baby and You Weekly	Baby play and development sessions for parents with babies & parents to be. Age up to 18 months	Brotherton Children's Centre
	10.00 - 11.30am Drop in	Child Health Clinic 13th Sept, 11th Oct, 8th Nov & 13th Dec	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's Centre
	10.30am - 12pm	Family Support Drop In Weekly	Need advice and support on parenting, managing behaviour, financial difficulties, etc. Come & talk to us. Parents with children 0 to 19 yrs	Sherburn Children's Centre

	Time	Activity	More Information	Where
WEDNESDAY	6.00pm - 8.00pm	LGBT+ Group 13th Sept, 27th Sept, 11th Oct, 25th Oct, 8th Nov, 22nd Nov, 13th Dec,	Youth group for those who are or think they might be Lesbian, Gay, Bisexual, Trans or questioning. Have some fun, meet new people, get information and support Age 13 to 19 years	For more information & venue, please contact selbysouthcc@northyorks.gov.uk or ring 07973918386
	7.00pm - 8.30pm Drop in	Youth Group Term time only starting 13th Sept	An opportunity to meet friends and participate in activities. Age 13 to 19 years	Sherburn Children's Centre
THURSDAY	9.15am - 10.45am Drop in	Stay and Play	Enjoy a range of play activities. For parent/carers and their children. Age 0 to 5 years <i>£2 per family</i>	Brotherton Children's Centre
	9.30am - 11.30am Please book	Paediatric First Aid Awareness 7th December	A 2 hour awareness course to help parents/carers deal confidently with injuries and emergencies. You are welcome to bring your babies. <i>£3 per family</i>	Sherburn Children's Centre
	10.00am - 10.45am	Story & Crafts (Volunteer Led)	Volunteer led session for children. Age 0 to 5 years	Sherburn Community Library
	10.00am - 10.30am	Library Story Time	Story time at the library for children and their parents/carers. Age 0 to 5 years	Tadcaster Community Library
	1.30pm - 3.15pm Drop in	Child Health Clinic Weekly	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's Centre
	1.30pm - 3.00pm Drop in	Baby and You Weekly	Baby play and development sessions for parents with babies & parents to be. Age up to 18 months	Sherburn Children's Centre
	4.00pm - 5.30pm Drop in	Youth Drop In Weekly	Drop in for help, advice, information and guidance; job search, CV writing, sexual health, condom distribution, etc.	Sherburn Children's Centre
	6.30pm - 8.00pm Please book	FUSE Starting 28th September	A Youth Theatre project for young people with special education needs and disabilities (SEND) and non SEND. For more info call 01609 435768 or email hannah.ley@northyorks.gov.uk Age 11 to 25 years	Tadcaster Children's Centre
FRIDAY	9.30am - 11.30am	Childminder Drop In (last Fri of the month)	Childminder led play session for childminders and their children.	Sherburn Children's Centre
	10.00am - 11.30am Drop in	Child Health Clinic (1st & 3rd Fri of month) 15th Sept, 6th Oct, 20th Oct, 3rd Nov, 17th Nov, 1st Dec & 15th Dec	Drop in to see your health visiting team for advice on your child's health and well being.	Tadcaster Children's Centre


	Time	Activity	More Information	Where
FRIDAY	10.00am - 11.30am Drop in	Baby and You Weekly	Baby play and development sessions for parents with babies & parents to be. Up to 18 months	Tadcaster Children's Centre
	10.00am - 11.30am	Next Steps 10th November	Advice and information on Home Safety, Play & Development, Weaning and more... Babies aged 3 to 4 months	Tadcaster Children's Centre
	1.30pm - 3.00pm Drop in	Stay and Play Weekly	Enjoy a range of play activities. For parent/carers and their children. 0 to 5 years old. <i>£2 per family</i>	Sherburn Children's Centre
SATURDAY	10.00am - 11.30am Please book	Just for Dad and Me 16th Sept, 21st Oct, 18th Nov & 16th Dec	Fun session for children and their dads/male carers. 0 to 5 years (older siblings welcome)	Sherburn Children's Centre or Brotherton Children's Centre.

Prevention service

The children and families prevention service brings together a range of preventative work which

- 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 children, young people and families; and
- Is co-located with the new healthy child teams (5-19)

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	
	This is a bespoke family service for 5-19 year olds who wish to work towards a healthy weight. Each family is offered a 12 week programme which is delivered by a Healthy Lifestyle Advisor within the family home. During the programme families take part in a range of fun and interactive sessions based on key lifestyle topics, complete weekly challenges and set their own personalised goals. For more information please contact 01609 798081.
Smoking Cessation Clinics	Smokefreelife North Yorkshire is a confidential stop smoking service and is available free of charge to anyone living or working in North Yorkshire. For further details or to make an appointment please call 08002465215 or 01609 663023. Appointments are available at Sherburn Group Practice (Weds pm) and Tadcaster Health Clinic (Thurs pm).
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.
Horizons	Do you, or anyone you know, want to be free from drugs or alcohol misuse? We can help you. Please telephone 01723 330730 for further details.

Contact Us

Rural Selby Children's Centres (Brotherton, Sherburn & Tadcaster)

Tel: **01609 534720**

Email: brothertoncc@northyorks.gov.uk

How to find us?

Brotherton Children's Centre

Low Street
Brotherton
WF11 9HQ



Sherburn Children's Centre

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



Tadcaster Children's Centre

Manor Farm Youth Centre
St. Josephs Street
Tadcaster.
LS24 9HA



Visit our website

www.nyfamilies.info

or call our friendly team on
01609 533483

You could also email us at

fis.information@northyorks.gov.uk

or text **07624 802425**



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TadcasterRuralSelbyCFSP



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of staff know.**

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Our Customer Service Centre is open Monday to Friday 8.00am – 5.30pm
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