

# What's On

3rd January 2017 to 22nd April 2017

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

	Time	Activity	More Information	Where
MONDAY	09.45am - 10.45am Please book	<b>Baby Yoga</b> 9th Jan - 6th Feb	5 week course for you and your baby. To book call Anne Marie on 07956 266144 or 01924 278461 or email <a href="mailto:anne-marieking@hotmail.co.uk">anne-marieking@hotmail.co.uk</a> <b>Age 10 weks to crawling</b> <i>£25 per 5 week course</i>	Brotherton Children's Centre
		<b>Baby Yoga</b> 6th Mar - 3rd Apr		Tadcaster Children's Centre
	10.00am - 12.00pm Please book	<b>Paediatric First Aid Awareness</b> 13th February	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
	10am - 11am 11am - 12pm Please book	<b>Sensory Room</b>	<b>For under 2's and children with sensory or developmental needs</b> <i>£2 per family per slot</i>	Brotherton Children's Centre
	10.00am - 11.30am Referral only	<b>Building Blocks for Language</b> 16th Jan - 13th Mar (excluding half term)	Communication programme for children identified by a Speech and Language Therapist or Health Visitor. <b>Age 2 to 5 years</b>	Sherburn Children's Centre
	11.00 - 12.00pm Please book	<b>Baby Massage</b> 9th Jan - 6th Feb	5 week course to learn about baby massage. <b>Age 6 weeks old to crawling</b> <i>£15 per course</i>	Brotherton Children's Centre
		<b>Baby Massage</b> 6th Mar - 3rd Apr		Tadcaster Children's Centre
	1.00pm - 2.30pm Drop in	<b>Breastfeeding Support Group</b> Starting 16th Jan	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
	3.00 - 5.00pm Referral only	<b>Create Confidence</b> 9th Jan - 13th Feb	A 6 week course for 11-19yr olds who have witnessed Domestic Abuse	Sherburn Children's Centre
	3.30pm - 5.00pm Referral only	<b>Go Girls</b> 27th Feb - 3rd Apr	A 6 week course for 14 - 16 year old girls focusing on emotional health and relationships.	To be confirmed
7.00pm - 9.00pm Drop in	<b>Youth Club</b> (delivered by North Yorkshire Youth) Term time only	An opportunity to meet friends and participate in activities. <b>Years 7 &amp; 8</b> <i>50p per session</i>	Sherburn Children's Centre	

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TUESDAY	9.30am - 11.00am Drop in	<b>Family Support Drop In</b> 10th Jan, 14th Feb, 14th Mar & 11th Apr	Need advice and support on parenting, managing behaviour, financial difficulties, etc. Come & talk to us. <b>For parents with children 0 to 19 yrs.</b>	Brotherton Children's Centre
		<b>Family Support Drop In</b> 17th Jan, 28th Feb, 21st Mar & 18th Apr		Tadcaster Children's centre
	09.30am - 11.00am Drop in	<b>Stay and Play</b>	Enjoy a range of play activities. For parent/carers and their children. <b>Age 0 to 5 years</b> <i>£2 per family</i>	Tadcaster Children's Centre
	09.30am - 11.00am Drop in	<b>Child Health Clinic</b> (1st Tues of the month) 3rd Jan, 7th Feb, 7th Mar & 4th Apr	Drop in to see your health visiting team for advice on your child's health and well being. <b>Age 0 to 5 years</b>	Tadcaster Children's Centre
	10.30am - 11.00am	<b>Library Story Time</b>	Story time at the library for children and their parents/carers. <b>0 to 5 years</b>	Sherburn Library
	10.00am - 11.30am Referral only	<b>Amazing Babies</b> 28th Feb - 4th Apr	A 6 week course about baby brain development in the early days. <b>For expectant parents and parents with babies aged 0 to 3 months</b>	Sherburn Children's Centre
	1.00am - 3.00pm Please book	<b>Paediatric First Aid Awareness</b> 31st Jan & 14th March	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>	Tadcaster Children's Centre
	1.30pm - 3.00pm Drop in	<b>Bumps, Babies &amp; Beyond</b>	For young parents and parents to be (25 and under). Weekly topics and fun activities with your children.	Sherburn Children's Centre
WEDNESDAY	10.00am - 11.30am Drop in	<b>Next Steps</b> 1st Feb & 5th Apr	Advice and information session on Home Safety, Play & Development, Weaning and more... <b>Babies aged 3 to 4 months</b>	Sherburn Children's Centre
		<b>Next Steps</b> 15th Feb		Brotherton Children's Centre
	10.00 - 11.30am Drop in	<b>Baby and You</b> Weekly	Baby play and development sessions for parents with babies & parents to be. <b>Age up to 18 months</b>	Brotherton Children's Centre
	9.30am - 11.30am Drop in	<b>Childminder Drop In</b> (2nd Wed of the month)	Childminder led play session for childminders and their children.	Tadcaster Children's Centre
	10.00 - 11.30am Drop in	<b>Child Health Clinic</b> (2nd Weds of month) 11th Jan, 8th Feb, 8th Mar & 12th Apr	Drop in to see your health visiting team for advice on your child's health and well being. <b>Age 0 to 5 years</b>	Brotherton Children's Centre
	11.00am - 12.00pm Drop in	<b>Antenatal Session</b> 11th Jan, 8th Feb, 8th Mar & 12th Apr	An opportunity for expectant parents to come along to meet Children's Centre staff and the Health Visiting team.	Brotherton Children's Centre
	7.00pm - 8.30pm Drop in	<b>Youth Group</b> Term time only	An opportunity to meet friends and participate in activities. <b>Age 13 to 19 years</b>	Sherburn Children's Centre

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THURSDAY	9.15am - 10.45am Drop in	<b>Stay and Play</b>	Enjoy a range of play activities. For parent/carers and their children. <b>Age 0 to 5 years</b> <i>£2 per family</i>	Brotherton Children's Centre
	10.00am - 12.00pm Please book	<b>Paediatric First Aid Awareness</b> 19th Jan & 2nd Mar	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	<b>Story &amp; Crafts (Volunteer Led)</b>	Volunteer led session for children. <b>Age 0 to 5 years</b>	Sherburn Library
	10.00am - 10.30am	<b>Library Story Time</b>	Story time at the library for children and their parents/carers. <b>0 to 5 years</b>	Tadcaster Library
	1.30pm - 3.15pm Drop in	<b>Child Health Clinic</b> Weekly	Drop in to see your health visiting team for advice on your child's health and well being. <b>Age 0 to 5 years</b>	Sherburn Children's Centre
	1.30pm - 3.00pm Drop in	<b>Baby and You</b> Weekly	Baby play and development sessions for parents with babies & parents to be. <b>Age up to 18 months</b>	Sherburn Children's Centre
	4.00pm - 5.30pm Drop in	<b>Youth Drop In</b>	Drop in for help, advice, information and guidance; job search, CV writing, sexual health, condom distribution, etc.	Sherburn Library
	6.30pm - 8.00pm Please book	<b>FUSE</b>	A Youth Theatre project for young people with special education needs and disabilities (SEND) and non SEND. For more info call 07813844489 or email <a href="mailto:simon.kirk@northyorks.gov.uk">simon.kirk@northyorks.gov.uk</a> <b>Age 11 to 25 years</b>	Tadcaster Children's Centre
FRIDAY	9.30am - 11.30am	<b>Childminder Drop In</b> (last Fri of the month)	Childminder led play session for childminders and their children.	Sherburn Children's Centre
	9.30am - 11.00am	<b>Family Support Drop In</b> 6th Jan, 3rd Feb, 3rd Mar & 7th Apr	Need advice and support on parenting, managing behaviour, financial difficulties, etc. Come & talk to us. <b>For parents with children 0 to 19 yrs.</b>	Sherburn Children's Centre
	10.00am - 12.00pm Please book	<b>Paediatric First Aid Awareness</b> 31st March	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
	10.00am - 11.30am Drop in	<b>Child Health Clinic</b> (3rd Fri of the month) 20th Jan, 17th Feb, 17th Mar & 21st Apr	Drop in to see your health visiting team for advice on your child's health and well being.	Tadcaster Children's Centre
	10.00am - 11.30am	<b>Next Steps</b> 6th Jan & 3rd Mar	Advice and information on Home Safety, Play & Development, Weaning and more... <b>Babies aged 3 to 4 months</b>	Tadcaster Children's Centre
	10.00am - 11.30am Drop in	<b>Baby and You</b> Weekly	Baby play and development sessions for parents with babies & parents to be. <b>Up to 18 months</b>	Tadcaster Children's Centre

	Time	Activity	More Information	Where
<b>FRIDAY</b>	11.00am - 12.00pm Drop in	<b>Antenatal Session</b> 20th Jan, 17th Feb, 17th Mar & 21st Apr	An opportunity for expectant parents to come along to meet Children's Centre staff and the Health Visiting team.	Tadcaster Children's Centre
	1.30pm - 3.00pm Drop in	<b>Stay and Play</b>	Enjoy a range of play activities. For parent/carers and their children. <b>0 to 5 years old.</b> <i>£2 per family</i>	Sherburn Children's Centre
<b>SATURDAY</b>	10.00am - 11.30am Please book	<b>Just for Dad and Me</b> 21st Jan, 18th Feb, 18th Mar & 22nd Apr	Fun session for children and their dads/male carers. <b>0 to 5 years (older siblings welcome)</b>	Sherburn Children's Centre or Brotherton Children's Centre.


## Prevention service

We have launched a new children and families prevention service that brings together a range of preventative work previously undertaken by separate services.

There is now a single service 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.
<b>Smoking Cessation Clinics</b>	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).
<b>Volunteering</b>	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.
<b>Horizons Drop In</b>	Do you, or anyone you know, want to be free from drugs or alcohol misuse? We can help you. Our Brotherton drop-in is held every Tuesday morning at 10.30-11.30 at the Children's Centre. Please feel free to call in to see us for a coffee and a chat or telephone 01723 330730 for further details.

## Contact Us

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

Tel: **01609 534720**

Email: [brothertoncc@northyorks.gov.uk](mailto: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](http://www.nyfamilies.info)

or call our friendly team on

**01609 533483**

You could also email us at

[fis.information@northyorks.gov.uk](mailto:fis.information@northyorks.gov.uk)

or text **07624 802425**



**Find us on Facebook**

[www.facebook.com](http://www.facebook.com)

TadcasterRuralSelbyCFSP



**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  
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## 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](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.

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