

What's On

Wednesday 4th January - Friday 7th April 2017

Children and Families: Prevention Service, Richmondshire

	Time	Activity	More Information	Where
MONDAY	9:30-11:30 Drop in	Baby & Toddler Group	A parent led session for parents/carers & children to learn & play together with monthly drop ins from a Family Outreach Support Worker. 0 - 5 years old - £2 charge per session (50p charge for each additional child)	West Burton Village Hall, DL8 4JY
	9:30-11:30 Drop In	Baby & Toddler Group Term Time Only	A parent led session for parents/carers & children to learn & play together with monthly drop ins from a Family Outreach Support Worker. 0 - 5 years old	Reeth Memorial Hall, DL11 6QT
	9:30-11:00 Drop in	Healthy Child Clinic 1st Monday of each month	The opportunity to get your child weighed and obtain advice from a member of the Health Visiting team.	Catterick GP Surgery
	10:00-14:00	Parents 4 Parents - Workshops and Support Sessions Term Time Only	Training courses, workshops and support sessions for volunteers and parents. For more information, please contact 07749 420 833 or 07864 502 301.	Carnagill Children's Centre, DL9 3HN
	13:00-14:30	Messy Play Term Time Only	A fun and interactive session that encourages your child's curiosity and helps to stimulate their learning and senses. Remember to dress for <i>messy</i> play and get ready for fun! 0 - 5 years old	Wensleydale Children's Centre, DL8 3BJ
	14:00-15:00 Drop in	Healthy Child Clinic 2nd Monday of each month	The opportunity to get your child weighed and obtain advice from a member of the Health Visiting team.	Scorton Health Clinic, DL10 6HB
	16:30-18:00	Junior YouthAbility Term Time Only	A chance for young people with a disability to have fun, meet new friends, learn new things and enjoy a youth club environment. For further information please ring Colburn Children's Centre and ask to speak to Jeanette Year 3 - Year 6 (7/8yrs old—11 year old)	Richmondshire Prevention Hub, DL10 7BQ
	18:15-20:00 Booking Required	Antenatal Group	Please ring Colburn Children's Centre on 01609 532595 for dates & times.	Colburn Children's Centre, DL9 4RF
18:30-20:00	YouthAbility Term Time Only	A chance for young people with a disability to have fun, meet new friends, learn new things and enjoy a youth club environment.	Richmondshire Prevention Hub, DL10 7BQ	
TUESDAY	9:00-11:00 Drop in	Childminders Drop In Term Time Only	An opportunity for childminders to network with other childminders looking for provide support, advice and fun. <i>£1 per session</i>	Carnagill Children's Centre, DL9 3HN
	Course 1 - 9:45-10:30 Course 2 - 13:00-13:45 Booking required	Baby Yoga Course 1: 10th Jan - 7th Feb Course 2: 28th Feb - 28th Mar	A 5 week course combining developmentally appropriate moves with gentle post-natal exercises. 6 weeks - crawling <i>£15 for the course</i>	Course 1 - Colburn Children's Centre, DL9 4RF Course 2 - Carnagill Children's Centre, DL9 3HN
	10:00-11:30	Baby & Toddler Group Term Time Only	A parent led session for parents/carers & children to learn & play together with monthly drop ins from a Family Outreach Support Worker. 0 - 5 years old	Melsonby Methodist Primary School, DL10 5ND

	Time	Activity	More Information	Where
TUESDAY	Course 1 - 10:45-11:45 Course 2 - 14:00-15:00 Booking Required	Baby Massage Course 1: 10th Jan - 7th Feb Course 2: 28th Feb - 28th Mar	A 5 week course focusing on different infant massage techniques. 6 weeks - crawling <i>£15 for the course</i>	Course 1 - Colburn Children's Centre, DL9 4RF Course 2 - Carnagill Children's Centre, DL9 3HN
	11:00-12:30	Healthy Child Clinic 1st Tuesday of the month	The opportunity to get your child weighed and obtain advice from a member of the Health Visiting team.	Reeth, Doctors Surgery , DL11 6SU
	13:00-14:30 Drop in	Healthy Child Clinic with Stay & Play Weekly	The opportunity to weigh your child and obtain advice from a member of the Health Visiting Team. You can also stay, play and chat with other families. Please arrive before 2:15 to guarantee your child is weighed.	Colburn Children's Centre, DL9 4RF
	13:00-14:30 Drop in	Breastfeeding Support Group Weekly	A drop in group for breastfeeding mums to meet other breastfeeding mums in a relaxed atmosphere. This parent support group is led by a Family Outreach Support Worker and is supported by a member of the Health Visiting team.	Colburn Children's Centre, DL9 4RF
	13:30-15:30 Drop in	Stay & Play Includes Healthy Child Clinic on the 2nd Tuesday of the month	A group for parents/carers & children to learn & play together. Please note there is no outdoors and no buggy store, for access please use the main school entrance and wait in reception until collected by a member of the Children's Centre team. 0 - 5 years old	Leyburn Primary School, DL8 5SD
	14:00-15:00	Healthy Child Clinic 3rd Tuesday of the month	The opportunity to get your child weighed and obtain advice from a member of the Health Visiting team.	Aldborough Doctors Surgery, DL11 7TH
	18:30-20:30	Youth Club Term Time Only	Run by North Yorkshire Youth. <i>50p per person</i>	Risedale School, DL9 4BD
WEDNESDAY	9:30-11:30	Advice and Support Drop In Starting 11th January	Are you looking for some support or advice regarding family life? Do you need some ideas for building routines, helping with homework, 2 year old funding or talking to your teenager? Come and chat with a member of our team about anything from tots to teens.	Colburn Children's Centre, DL9 4RF
	9:30-11:00 Booking Required	Citizens Advice Bureau Weekly	Come in for advice on benefits, housing, debt or just about anything! Please ring Colburn Children's Centre on 01609 532595 for available appointments.	Colburn Children's Centre, DL9 4RF
	9:30-11:30 Drop in	Access to Autism 1st Wednesday of the month	A support group for parents of children with Autism and sensory issues and for those going through diagnosis.	Colburn Children's Centre, DL9 4RF
	9:45-10:30 Booking Required	Baby Yoga Course 1: 11th Jan - 8th Feb Course 2: 1st Mar - 29 Mar	A 5 week course combining developmentally appropriate moves with gentle post-natal exercises. 6 weeks - crawling <i>£15 for the course</i>	Scout Hut, DL10 4VV
	10:00-12:00 Drop in	Healthy Child Clinic 1st and 3rd Wednesday of the month	The opportunity to get your child weighed and obtain advice from a member of the Health Visiting team.	The Friary, Richmond , DL10 4UJ
	10:45-11:45 Booking Required	Baby Massage Course 1: 11th Jan - 8th Feb Course 2: 1st Mar - 29 Mar	A 5 week course focusing on different infant massage techniques. 6 weeks - crawling <i>£15 for the course</i>	Scout Hut, DL10 4VV
	12:30-14:00	NEET Youth Café	This is an informal drop in for 16-19 year olds looking for support with and advice on building CVs, searching for courses and applying for apprenticeships and jobs.	Richmondshire Prevention Hub, DL10 7BQ
	13:00-14:30 Referral required	Building Blocks 7 weeks	A play based session concentrating on speech and language development aimed at parents and children together. 2-3 years old	Colburn Children's Centre, DL9 4RF
	13:00-15:00	Mums at the Hut Term Time Only—Does not run 1st Wednesday s of each month	Volunteer led - A group for parents/carers & children to have fun and play together. 0-5 years old	Scout Hut, DL10 4VV
	18:30-20:30	Youth Club	Run by North Yorkshire Youth. <i>50p per person</i>	Wensleydale School, DL8 5HY

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THURSDAY	9:15-11:15 Drop in	Speech & Language Drop In	This is an open session for families with children up to the age of 4 years 11 months who are not already seeing a speech & language therapist.	Please ring Colburn CC on 01609 532595 for dates and venues.
	9:15-11:15 Drop in	Baby Play Term Time Only and Except Clinic Dates	A play based session aimed at parents and children together. 0-3 years	Wensleydale Children's Centre, DL8 3BJ
	9:15-11:15 Drop in	Healthy Child Clinic with Stay & Play 1st Thursday of the month	The opportunity to get your child weighed and obtain advice from a member of the Health Visiting team. You can also stay, play and chat with other families.	Wensleydale Children's Centre, DL8 3BJ
	9:15-11:30 Drop in	Childminders Drop In Fortnightly - starting 12th January	An opportunity for childminders to network with other childminders looking for provide support, advice and fun. <i>£1 per session</i>	Colburn Children's Centre, DL9 4RF
	10:00-11:30 Drop in	Stay & Play Includes Healthy Child Clinic on the 2nd & 4th Thursday of the month	A group for parents/carers & children to learn & play together. 0 - 5 years old	Carnagill Children's Centre, DL9 3HN
	13:00-14:30 Drop in	Sensory/Heuristic Play Term Time Only - starting 5th January	A fun interactive session that encourages your child's curiosity and helps to stimulate their senses. 0 - 5 years old	Colburn Children's Centre, DL9 4RF
	16:00-17:30 Booking Required	Fuse Term Time Only	Inclusive theatre group for young people ages 11-25 years with Special Education Needs and Disabilities (SEND) and non SEND. Contact Hannah Ley on 01609 535768 for more information.	Richmondshire Prevention Hub, DL10 7BQ
	18:30-20:00 Drop In	Youth Club Term Time Only	Free for young people to have fun, meet new friends, learn new things and enjoy a youth club environment. For school years 7 - 11	Colburn Leisure Centre, DL9 4QH
FRIDAY	9:15-11:15 Drop in	Stay & Play Term Time Only	A group for parents/carers & children to learn & play together. 0 - 5 years old	Gayle Institute, DL8 3RZ
	9:15-10:15 Drop in	Healthy Child Clinic with Stay & Play 3rd Friday of the month	The opportunity to get your child weighed and obtain advice from a member of your Health Visiting Team. A play session will be set up by one of our Family Outreach Support Workers.	Gayle Institute, DL8 3RZ
	12:00-14:30 Drop in	POSCH 20th Jan, 3rd Feb, 17th Mar, 31st Mar	Support group for parents and carers of special children. Please ring Colburn Children's Centre on 01609 532595 for more information.	Colburn Children's Centre, DL9 4RF
	13:00-14:30	Parents 4 Parents - 'Just between us' Term Time Only	A support group for parents who want to share experiences and issues with each other. The group is led by trained volunteers who are also parents from local communities. For more information about joining this group, please contact 07749 420833 or 07864 50230.	Colburn Children's Centre, DL9 4RF
	13:30-15:30 Drop in	Messy Chat Term Time Only	A fun, play session set up by one of our Family Outreach Support Workers to help support development and learning. Please note there is no outdoors and no buggy store, for access please use the main school entrance and wait in reception until collected by a member of the Children's Centre team.	Leyburn Primary School, DL8 5SD

Other Information

Safeguarding	For the safeguarding of young children, no mobile phones are allowed to be active in any of the Children's Centre sessions that we offer. If you need to take a call, please take it out of the building. Photos can be taken by staff on the Centre's own camera. Please ask staff if you want a copy of a specific photo and they will be happy to print it for you.
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.
NEET	This group is for 16-19 year olds who are Not in Education, Employment or Training , and are looking for support with and advice on building CVs, searching for courses and applying for apprentices and jobs.
Amazing Babies	Working with colleagues in Midwifery, Health Visitors and NSPCC we are offering a programme of support for all new parents from Antenatal through to Postnatal. You will be invited to attend antenatal sessions and then to Baby Steps and the Children's Centre sessions. For more information please contact your midwife.
'Hot topic' workshops	Watch out for our new workshops starting this term which will tackle some hot topics that we are often asked about concerning children aged from 0-19. Topics will include healthy eating, being confident and in control, parents guide to social media, and promoting very early language and communication. Is there a topic that you would like to know more about? If so, please get in touch to let us know!
Compass REACH	Compass REACH work with young people aged 9-19 (up to 25 with learning difficulties) in relation to substance/alcohol misuse and poor sexual health. They also work with children and young people who may benefit from receiving early help and prevention work in relation to emotional wellbeing and mental health issues.
First Aid	Relaxed and informal sessions for parents/carers of young children. To book please call Colburn Children's Centre on 01609 532595. Please note due to the size of the training room children cannot be present during the training, therefore alternative child care may need to be arranged if you wish to attend. Tuesday 24th January 2017 at Carnagill Children's Centre: 12:30 - 15:00 Tuesday 21st March 2017 at Colburn Children's Centre: 9:30 - 12:00
Supporting local groups	Are you a member of a parent led baby and toddler group that would like some support from a member of the Children's Centre team? Our Family Outreach Support Workers can advise and support on learning through play and can deliver a popular play based session concentrating on early speech and language development aimed at parents and children together. Please let us know if your group would like some support.



Did you know...

Your child could be entitled to 15 hours a week of free early education and childcare if you are in receipt of certain benefits or credits. To find out more contact the **Children's Centre** on 01609 532595 or the **Families Information Service** on 01609 533483



DO WE HAVE YOUR EMAIL DETAILS?

If not please let a member of staff know.



DO WE HAVE YOUR MOBILE NUMBER?

If not please let a member of staff know.

Contact Us

Colburn Children's Centre

Tel: 01609 532595

Email: colburncc@northyorks.gov.uk

Carnagill & Wavell Children's Centre

Tel: 01609 532113

Children & Families' Service: Prevention

Tel: 01609 533682

How to find us?

Colburn Children's Centre

1 The Broadway,
Colburn,
DL9 4RF

Carnagill & Wavell Children's Centre

Derby Close,
Leadmill Estate,
Catterick Garrison,
DL9 3HN

Wensleydale Children's Centre

c/o Askrigg Primary School,
Askrigg,
Leyburn,
DL8 3BJ

Children & Families' Service: Prevention

Richmondshire Prevention Hub,
Richmond School Site,
Darlington Road,
Richmond,
DL10 7BQ



Find us on Facebook for updates and additional sessions & activities

www.facebook.com/RichmondshireArea

Visit our website

www.nyfamilies.info

or call our friendly team on **01609 533483**



Families
Information
Service

You could also email us at

fis.information@northyorks.gov.uk

or text **07624 802425**

Useful Numbers:

Childline: 0800 1111

NHS Non-Emergency: 111

Police Non-Emergency: 101

Jobcentre Plus: 0845 6043719

National Debt Line: 08088 084000

Customer Resolution Centre: 01609 780 780

Domestic Abuse Service: 03000 110110

Harrogate and District 
NHS Foundation Trust

You matter most

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!



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 Joanne Weaver on 01609 798073 or Joanne.Weaver@northyorks.gov.uk

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