



What's On

Tues 12th April - Fri 22nd July 2016

Children and Families' Service: Prevention Hambleton South

	Time	Activity	More Information	Where
MONDAY	9:00am - 10:30am	Stay & Play Messy Monday (excl Bank Holidays) Drop-in with tea & toast	A play session based on messy physical activities and ideas linked to the Early Years Foundation Stage, to encourage play that can be continued and developed at home. Birth - 4 year olds Free	Thirsk Children's Centre, YO7 1DS
	1:30pm - 2:30pm	Harminis 18th Apr - 23rd May (excl 2nd May) or 6th Jun - 25th Jul Please Book	Harminis music and movement sessions introduce children to rhythm and tempo, often combined with playing instruments. 6 months - 4 year olds £3 per family per week	The Galtres Centre, Easingwold, YO61 3AE
	1:30pm - 2:15pm	Signing Tots 18th Apr - 23rd May (excl 2nd May)	Music and movement alongside Sign Language while singing, often with puppets, to improve listening skills & communication. 12 months - 4 year olds £3 per family per week	Thirsk Children's Centre, YO7 1DS
	3:45pm - 5:45pm	Rainbow Group 18th Apr - 23rd May (excl 2nd May) and 6th - 27th Jun & 11th Jul Referral required	Social and emotional targeted group for young people to develop knowledge around subjects such as; personal safety, healthy lifestyles & positive relationships. 6 - 11 year olds Free	Thirsk Children's Centre, YO7 1DS
TUESDAY	9:15am - 11:30am Health Visitor from 9:45am	Weigh, Stay & Play Drop-in	Child clinic in partnership with Health Visitors. Opportunity to weigh your child plus stay & play in an informal and friendly atmosphere. Birth - 4 year olds Free	Thirsk Children's Centre, YO7 1DS
	10:30am - 11:30am	Foundation Support 12 th Apr, 10 th May, 14 th Jun & 12 th Jul	Foundation will be available to provide free information and guidance on housing related issues including financial and health concerns	
	10:00am - 12:00pm	Infant Feeding Support Group Drop-in	A peer support group for breast and bottle feeding mums in a relaxed atmosphere. Birth - 4 year olds Free	Thirsk Children's Centre, YO7 1DS
	12:00pm - 1:30pm	Stay & Play Ready for School 3rd May - 28th Jun (excl 31st May)	An 8 week course based on activities and ideas linked to the Early Years Foundation Stage, focusing on supporting children be ready for school. 3 - 4 year olds	Linton-on-Ouse Primary School YO30 2BD

	Time	Activity	More Information	Where
TUESDAY	1:00pm - 4:00pm	Development Checks	1 and 2 year old checks. By invitation from your Health Visitor <i>Free</i>	Thirsk Children's Centre, YO7 1DS
	3:30pm - 5:30pm	Parents 2 B 7th Jun - 5th Jul Please Book	5 week ante-natal course to prepare for the birth of a baby, caring for baby & yourselves. Delivered by a Birth and Beyond practitioner. Expectant Parents <i>Free</i>	The Galtres Centre, Easingwold, YO61 3AE
	6:00pm - 7:30pm	Youthability Drop-in	Youth club for young people with special educational needs and disabilities. To provide inclusive activities in an informal environment. 11 - 25 years old <i>Free</i>	Hambleton South Prevention Hub, Thirsk School, YO7 1RZ
WEDNESDAY	9:30am - 11:30am	Parenting Programme 27th Apr - 6th Jul (excl 1st Jun) Creche provided Referral required	10 week course to improve parental wellbeing and mental health, support the safety and wellbeing of children and improve the parenting experience. Parents of birth - 8 year olds <i>Free</i>	Thirsk Children's Centre, YO7 1DS
	9:30am - 11:30am	Weigh, Stay & Play Drop-in	Child clinic in partnership with Health Visitors. Opportunity to weigh your child plus stay & play in an informal and friendly atmosphere. Birth - 4 year olds <i>Free</i>	Easingwold Children's Centre, YO61 3HJ
	9:30am - 11:00am	Stay, Play & Weigh 20th Apr, 18th May, 15th Jun & 20th Jul Monthly drop-in	Opportunity to stay & play in an informal and friendly atmosphere, plus weigh your child and speak with a Health Visitor. Birth - 4 year olds <i>Free</i>	Linton-on-Ouse Village Hall, YO30 2AX
	9:30am - 11:30am Health Visitors 9:30 - 11:00 term time only	Weigh, Stay & Play Alanbrooke Drop-in	Child clinic in partnership with Health Visitors. Opportunity to weigh your child and stay and play in an informal and friendly atmosphere. Birth - 4 year olds <i>Free</i>	Alanbrooke School, Station Road, Thirsk, YO7 3SF
	11:30am - 12:30pm	Breastfeeding Support Drop-in	A chance for mums and mums-to-be to meet others and gain support from a Breastfeeding Counsellor. Mothers & Mums-to-be in Hambleton South <i>Free</i>	Easingwold Children's Centre, YO61 3HJ
	1:00pm - 2:00pm	Parenting Programme Drop-In 20th Apr, 18th May, 15th Jun & 20th Jul	An opportunity for parents who have attended a Parenting Programme to continue to support each other, revisit ideas and celebrate successes. <i>Free</i>	Thirsk Children's Centre, YO7 1DS
	1:00pm - 3:00pm	Speech & Language Drop-In 18th May	For parents to discuss any concerns they have about their child's speech development with a Speech & Language Therapist. Under 5 years old <i>Free</i>	Easingwold Children's Centre, YO61 3HJ
	1:15pm - 2:45pm	Baby & Me 13th Apr - 25th May (excl 18th May) Please Book	7 week post-natal course to get to know other parents whilst finding out lots about the first few months of your baby's life. 7 weeks - 6 month olds <i>Free</i>	Easingwold Children's Centre, YO61 3HJ
	3:45pm - 5:45pm	Rainbow Group 20th Apr - 25th May & 15th-29th Jun & 13th Jul Referral required	Social and emotional targeted group for young people to develop knowledge such as; personal safety, healthy lifestyles & positive relationships. 6 - 11 year olds <i>Free</i>	Sutton-on-the-Forest Primary School YO61 1DW

	Time	Activity	More Information	Where
THURSDAY	9:00am - 11:00am	Speech & Language Drop-In 21st Apr, 19th May, 16th Jun or 21st Jul	For parents to discuss any concerns they have about their child's speech development with a Speech and Language Therapist. Under 5 years old <i>Free</i>	Thirsk Children's Centre, YO7 1DS
	9:30am - 11:30am	Childminder Drop-In Term time only (excl 21st Apr, 19th May, 16th Jun & 21st Jul)	A session for childminders and children to meet and share good practice linked to the Early Years Foundation Stage while enjoying the Children's Centre's facilities. Birth - 4 year olds <i>Free</i>	Thirsk Children's Centre, YO7 1DS
	9:45am - 12:30pm	Baby Sensory Please contact Clare on 07970 122187 for prices and to book	Introduce your baby to a magical world of sensory delights, glowing balls, light shows, puppets, bubbles, rainbows, signing and songs. Every week is different and each activity is carefully designed to stimulate baby's senses and promote their learning and development. 9:45am - Birth to 13 month olds 10:45am - 7 to 13 month olds 11:45am - Birth to 6 month olds <i>Ring Clare for prices</i>	Thirsk Children's Centre, YO7 1DS
	12:00pm - 12:45pm	Words and Music Drop-in	Themed sessions which explore stories through songs and nursery rhymes. These aim to support the engagement of children with reading, while developing vocabulary and language through song while having fun. Birth - 4 year olds <i>Free</i>	Thirsk Children's Centre, YO7 1DS
	1:00pm - 2:30pm	Baby & Me 14th Apr - 26th May or phone for future dates Please Book	7 week post-natal course to get to know other parents whilst finding out lots about the first few months of your baby's life. 7 weeks - 6 month olds <i>Free</i>	Thirsk Children's Centre, YO7 1DS
	1:30pm - 3:00pm	Parents under 25 Group Drop-in	An informal session for parents under 25 years old and their children. Get ideas to support your child's learning and development through fun activities while socialising with other parents and their children. Birth - 4 year olds <i>Free</i>	Thirsk Children's Centre, YO7 1DS
	5:30pm - 9:00pm	Youth Club Drop-in	An informal youth session that provides young people with the opportunity to socialise in a safe environment whilst taking part in positive and progressive activities. 5:30pm - 7:00pm Year 7 & 8 7:30pm - 9:00pm Year 9 + (up to 19 yrs) <i>Free</i>	Hambleton South Prevention Hub, Thirsk School, YO7 1RZ

	Time	Activity	More Information	Where
FRIDAY	09:30am - 11:00am	Small Talk 10th Jun - 22nd Jul Please Book	7 week course to promote the importance of early communication with your child and encourage speech development. 1 - 2 year olds <i>Free</i>	Thirsk Children's Centre, YO7 1DS
	10:00am - 11:30am	Friends From Abroad 15th Apr, 20th May, 17th Jun & 15th Jul Monthly drop-in	An informal peer support group for families who come from other countries/cultures to socialise and play with their children. Birth - 4 year olds <i>Free</i>	Thirsk Children's Centre, YO7 1DS
	10:15am - 11:00am	Baby Yoga 22nd Apr - 20th May or 17th Jun - 15th Jul Contact Helen on 07956 626286 for price and to book.	Yoga sessions to aid baby's muscle development by stretching and moving, improving skills such as co-ordination, grasping, rolling and crawling. 8 weeks - crawling <i>Ring Helen for prices</i>	Thirsk Children's Centre, YO7 1DS
	11:15am - 12:15pm	Baby Massage 22nd Apr - 20th May or 17th Jun - 15th Jul Please Book	For parents to learn gentle massage for their babies to aid relaxation, develop muscle tone, co-ordination, aid digestion and to strengthen immune systems. 4 weeks - crawling <i>£15 per course per family</i>	Thirsk Children's Centre, YO7 1DS
	1:00pm - 2:30pm	Building Blocks for Language 6th May - 1st Jul (excl 3rd Jun) Please Book	An 8 week course for parents of children with delayed speech, language or communication skills. 2 and 3 year olds <i>Free</i>	Thirsk Children's Centre, YO7 1DS
	1:30pm - 2:15pm 2:45pm - 3:30pm	Baby Yoga 22nd Apr - 20th May or 17th Jun - 15th Jul Contact Helen on 07956 626286 for price and to book.	Yoga sessions to aid baby's muscle development by stretching and moving, improving skills such as co-ordination, grasping, rolling and crawling. 8 weeks - crawling <i>Ring Helen for prices</i>	The Galtres Centre, Easingwold, YO61 3AE
	2:30pm - 3:30pm 1:30pm - 2:30pm	Baby Massage 22nd Apr - 20th May or 17th Jun - 15th Jul Please Book	For parents to learn gentle massage for their babies to aid relaxation, develop muscle tone, co-ordination, aid digestion and to strengthen immune systems. 4 weeks - crawling <i>£15 per course per family</i>	The Galtres Centre, Easingwold, YO61 3AE
	4:00pm - 5:30pm	Fuse Theatre Drop-in	An inclusive theatre group for young people with Special Education Needs and Disabilities (SEND) plus non-SEND young people. Contact Hannah Ley on 01609 535768 for more information. 11 - 25 year olds <i>Free</i>	The Cultureshack, Bedale High School DL8 2EQ

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SATURDAY	10:30am - 12:30pm	Stay & Play SEND 9th & 23rd Apr, 14th & 28th May, 11th & 25th Jun, 9th & 23rd Jul Drop-in	An informal get together and play session for parents with children with special educational needs and disabilities. Based on activities, stories and ideas linked to the Early Years Foundation Stage. Birth – 11 year olds <i>Free</i>	Thirsk Children's Centre, YO7 1DS
	10:00am - 12:00pm	First Aid for Parents 28th May Please Book	A 2 hour course for parents which covers a range of childhood emergency situations and how to deal with them. Parents of birth - 8 year olds <i>£5 per person</i>	The Galtres Centre, Easingwold, YO61 3AE
	10:00am - 12:00pm	First Aid for Parents 18th Jun Please Book	A 2 hour course for parents which covers a range of childhood emergency situations and how to deal with them. Parents of birth - 8 year olds <i>£5 per person</i>	Thirsk Children's Centre, YO7 1DS

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 to 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	
Volunteering at Hambleton South Children's Centres	We need your help. Every Children's Centre needs an extra pair of hands on occasions. We need volunteers to help with a lot of what we do, such as parents wanting to provide support for regular sessions. We would be delighted to hear from you if you could help in any way.
2 Year Old Funding	If you have a 2 year old child and you are in receipt of one of the following benefits, you may be eligible for 15 hours free funded childcare for your child: <ul style="list-style-type: none"> · Income Support · Jobseeker's Allowance (income based) · Income-related Employment and Support Allowance · Child Tax Credit with income less than £16,190 · Working Tax Credit with an annual income less than £16,190 · Support under the immigration and asylum act 1999 · Guarantee element of State Pension Credit For information contact us on: 01609 533068 or the Families Information Service on: 01609 533483
Family Outreach Workers	Family Outreach Workers are there to support parents, children and young people to enhance and improve their lives. They work in partnership with other agencies to ensure that families receive the right support at the right time. Family Outreach Workers will deliver targeted, evidence based parenting courses, also run focussed sessions to encourage parents to engage with their children. Referrals may be made by professionals or by individuals themselves.
Youth Council Advisory Group	Youth Council is for all young people aged 11 - 19. Make your voice heard on local issues affecting you, your friends and family. Have your say, campaign for change and make a difference to your local community. For more information please contact Thirsk Children's Centre on 01609 533068.

Contact Us

Thirsk Children's Centre

Hambleton Place

Thirsk

YO7 1DS

Tel: 01609 533068

Email: thirskcc@northyorks.gov.uk

Hambleton South Prevention Hub

Thirsk School & Sixth Form College

Topcliffe Road

Thirsk

YO7 1RZ

Tel: 01609 536206

Email:

pshubhambletonsouth@northyorks.gov.uk



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EMAIL DETAILS?
If not please let a member of
Children's Centre 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!



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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www.facebook.com

Hambleton South Area

Children & Families' Service: Prevention



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

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