



# What's On

April to August 2016

## Children and Families: Prevention—Selby Town

	Time	Activity	More Information	Where
<b>MONDAY</b>	9:00am - 11:00am Just Drop In	<b>Family Support Drop In</b> 4th April, 6th June, 4th July, 1st August	<b>For expectant parents or parents with a child 0-19 years old.</b> Information, support and guidance on issues including child development, behaviour management, relationships, finance etc.	Selby South Children's Centre YO8 8DJ
	9:00am - 11:00am Just Drop In	<b>Family Support Drop In</b> 18th April, 16th May, 20th June, 18th July, 15th August	<b>For expectant parents or parents with a child 0-19 years old.</b> Information, support and guidance on issues including child development, behaviour management, relationships, finance etc.	Selby North Children's Centre YO8 4DL
	9:30am - 11:30am Just Drop In	<b>Speech and Language Drop In</b> 11th April, 9th May	Worried about your child's language development and speech? Come along and talk to a speech and language therapist . <b>0-5 years old.</b>	Selby South Children's Centre YO8 8DJ
	9.30am - 11.30am	<b>Child-minder Drop in</b> 18th April, 16th May, 20th June, 18th July, 15th August.	Are you a Child Minder? Come along to a fun play session with the children you care for. <b>Child-minder led session .</b>	Selby South Children's Centre YO8 8DJ
	10:00 am - 11:30am Just Drop In	<b>Baby Play and Development Group</b>	Join in the fun and play activities to encourage your child's early development and meet other parents and carers. <b>From birth - 18 Months.</b> <i>£1 per Family</i>	Selby North Children's Centre YO8 4DL
	1:00pm - 2:30pm <b>Contact the centre to book your place</b>	<b>Baby Massage</b> 11th April - 16th May 6th June - 4th July	A five-week practical course on the techniques and benefits of baby massage for parent/carer and baby, facilitated by a qualified and experienced practitioner. <b>From 6 weeks - Crawling.</b> <i>£15 per 5 week course</i>	Selby North Children's Centre YO8 4DL
	1:30pm - 2:30pm Just Drop In	<b>Mini Music Movement and More</b>	Baby Music Session with instruments, singing, rhymes and actions. <b>From birth—walkers</b> <i>£1.50 per family</i>	Selby South Children's Centre YO8 8DJ
	3:30 pm- 5:00pm	<b>Arrows</b>	A group to help develop self -esteem and social skills. Referral only. <b>From 7-10 yrs.</b>	Selby South Children's Centre YO8 8DJ

	Time	Activity	More Information	Where
<b>TUESDAY</b>	9:30am - 11:30am Just Drop In	<b>Speech and Language Drop In</b>  26th April, 24th May	Worried about your child's language development and speech. Come along and talk to a speech and language therapist . <b>0-5 years old.</b>	Selby North Children's Centre YO8 4DL
	9:30am - 11:30am Just Drop In	<b>NCT Bumps and Babes</b>  12th April, 3rd May, 17th May, 7th June	Come and meet other parents-to-be and bring your little ones to meet other parents and babies. No need to be a member or book, just turn up! This session is ran by volunteers from Selby NCT, part of the NCT, the UKs largest parenting charity. <b>Pregnant mums and babies from birth to 18 months.</b>	Selby North Children's Centre YO8 4DL
	10:30am - 11:30am Just Drop In	<b>Music Movement and More</b>	Music, instruments, singing, rhymes and actions. <b>Confident walkers - 5 Years.</b> <i>£1.50 per family.</i>	Selby North Children's Centre YO8 4DL
	1:00pm - 2:30pm <b>Contact the centre to book your place</b>	<b>Get Ready for School</b>  12th April - 10th May	A group that will support your child's development and help to prepare them for the transition into school. <b>Parents and pre-school Children</b>	Selby North Children's Centre YO8 8DJ
	1:30pm - 3:00pm Just Drop In	<b>Child Health Clinic</b>	Drop in to see your health visiting team to get advice on your child's health and well-being. Baby Weighing available.	Selby South Children's Centre YO8 8DJ
	1:30pm - 3:00pm Just Drop In	<b>Young Beginners</b>	A chance to meet other parents of a similar age to enjoy fun activities with your children . <b>Parents to be/Parents under 25 years old.</b>	Selby North Children's Centre YO8 4DL
	1:30pm - 3:00pm <b>Contact the centre to book your place</b>	<b>Small Talk</b>  7th June - 12th July	A 6 week programme to support your child's speech, language and communication. We use different play ideas each week to encourage development and skills. <b>1 - 2 Years Old.</b>	Selby North Children's Centre YO8 4DL
	5:45pm - 7:15pm Just Drop In	<b>Youth Club</b>  <b>11 years—13 Years</b>	Games, crafts, space to sit and chat. Term Time Only.	Selby Town Hall (Back Entrance) YO8 4AH
	7:30pm - 9:00pm Just Drop In	<b>Youth Club</b>  <b>14 years—19 Years</b>		
<b>WEDNESDAY</b>	10:00am - 11:30am Just Drop In	<b>Babies and Tots</b>	Join in the fun and play activities to encourage your child's early development and meet other parents and carers. <b>From birth - 18 Months.</b> <i>£1 per Family.</i>	Selby South Children's Centre YO8 8DJ
	1:00pm - 3:00pm Just Drop In	<b>Lets Play Whatever the Weather</b>	A play session for children and parents/ carers together. Try new experiences, crafts and messy play. Access to outside play – whatever the weather! <b>From Birth - 5 Years.</b> <i>£1 per family.</i>	Selby North Children's Centre YO8 4DL

	Time	Activity	More Information	Where
<b>WEDNESDAY</b>	1:00pm - 3:00pm <b>Contact the centre to book your place.</b>	<b>CACHE: Support Children's Play in Early Years</b>  13th April - 6th July (Term Time Only)	An introduction to working with children between birth and five years, with knowledge of children up to seven years with a chance to explore new ideas for play and to find out more about how to support your child's learning.	Selby South Children's Centre YO8 8DJ
	1:00pm - 2:30pm <b>Contact the centre for more information</b>	<b>Get Ready for School</b>  13th April - 11th May	A group that will support your child's development and help to prepare them for the transition into school. <b>Parents and pre-school Children.</b>	Selby South Children's Centre YO8 8DJ
<b>THURSDAY</b>	10:00am - 11:30am <b>Contact the centre for more information</b>	<b>Building Blocks for Language</b>  14th April - 26th May	Focused sessions for children who have speech and language development delay or concerns. Play based experiences and information for parents/carers. <b>2 - 3 Years.</b>	Selby South Children's Centre YO8 8DJ
	10:00am - 12:00pm <b>Contact the centre to book your place</b>	<b>Amazing Babies</b>  9th June - 30th June	A 4 week programme where you can learn about baby brain development and activity ideas to make and enjoy with your baby. We will look at the importance of interaction and how early experiences impact on brain growth. <b>Pregnancy to 4 months</b> <i>£4 per course.</i>	Selby South Children's Centre YO8 8DJ
	10:00-am 11:30am  Just Drop In	<b>Breastfeeding Cafe</b>	Breastfeeding or thinking about breastfeeding when you have your baby? Come along for refreshments and advice from a breastfeeding counsellor and breastfeeding peer supporters. <i>£1.50 per family.</i>	Portholme Church YO8 4QH
	1:00pm - 3:00pm <b>Contact the Centre for more information and for dates.</b>	<b>Yorbabe</b>	A 7 week programme for mums-to-be and Dads-to-be to support through pregnancy, birth and parenthood . <b>Parents-to-be under 25 years old.</b>	Selby South Children's Centre YO8 8DJ
	1:30pm - 3:00pm  Just Drop in	<b>NEETs Drop In</b>	For young people Not in Employment, Education or Training (NEET). Drop in session to help think about options and look at applying for jobs, training opportunities, CV writing support, careers info etc. <b>16 - 19 Years Old.</b>	Selby Library YO8 4EQ
	5:45pm - 7:15pm  Just Drop In	<b>Youth Club</b>  <b>11 years—13 Years</b>	Games, crafts, space to sit and chat. Term Time Only.	Salvation Army Hall Parkin Avenue YO8 8DJ
	7:30pm - 9:00pm  Just Drop In	<b>Youth Club</b>  <b>14 years—19 Years</b>		St Richards Hall, Barwic Parade YO8 8DL
	<b>Did you know?</b> You may now see your Community Midwife or Health Visiting Team for appointments at Selby Town Children's Centres - they will contact you to arrange to see you			

	Time	Activity	More Information	Where
FRIDAY	9:30am - 11:30am Just Drop In	<b>Lets Play Whatever the Weather</b>	A play session for children and parents / carers together. Try new experiences, crafts and messy play. Access to outside play – whatever the weather! <b>From Birth - 5 Years</b> <i>£1 per family.</i>	Selby South Children's Centre YO8 8DJ
	9:30am - 11:30am Just Drop In	<b>NCT Friday Friends</b>  8th April, 29th April, 13th May, 27th May, 10th June, 24th June	Come and meet other parents-to-be and bring your little ones for a play and chat. No need to be a member or book, just turn up! <u>The last Friday of the month includes our popular sling library.</u> We have a range of slings and carriers suitable from birth to preschool age to try and hire. Cost £7.50 per sling per month. This session is ran by volunteers from Selby NCT, part of the NCT, the UKs largest parenting charity. <b>Pregnant mums and children 0-5 years.</b>	Selby North Children's Centre YO8 4DL
	9:30am - 10:15am 9 months to 2yrs 10:30am – 11:15am 2yrs +	<b>Mini Maestros</b>  Term Time only	Magical music classes for children aged 9 months to Pre-School. <b>Call Adele on: 07894 869 951 or email <a href="mailto:adele@minimaestro.co.uk">adele@minimaestro.co.uk</a></b> for more information, prices and to book your place.	Selby North Children's Centre YO8 4DL
	1:00pm - 2:30pm  <b>Contact the centre to book your place</b>	<b>Baby Massage</b>  15th April - 13th May 10th June - 8th July	A five-week practical course on the techniques and benefits of baby massage for parent/carer and baby, facilitated by a qualified and experienced practitioner <b>From 6 weeks - Crawling.</b> <i>£15 per 5 week course .</i>	Selby South Children's Centre YO8 4DL
SAT	10:00am - 11:30am  <b>Family Fun Time - Special events and activities..</b>	4th June—Purple Pig Farm 23rd July—Hi, Low Quick ,Slow music session.	<b>0-6 Years, Dad's and Family men are particularly welcome in this session . Come along to the Centre as a family-older siblings welcome.</b> <i>Charge will be dependant on the activity on offer.</i>	Selby South Children's Centre YO8 8DJ

### Sensory Play Room at Selby North Children's Centre

Monday 9:00am, 10:00am, 11:00am, 1:00pm, 2:00pm 3:00pm

Tuesday - Thursday 9:00am, 10:00am, 11:00am,

Friday 9:00am, 10:00am, 11:00am, 1:00pm, 2:00pm 3:00pm

Book our cosy sensory room slots for up to 4 individuals at a time. Explore textures, lights and sounds.

**Ideal for children under 2 and for children with additional sensory needs.**

*£1 per family.* Contact the centre to book a slot

## Prevention service

**We have launched a 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".**

## Contact Us

### Selby North Children's Centre

Tel: 01609 535111

Email: [selbynorthcc@northyorks.gov.uk](mailto:selbynorthcc@northyorks.gov.uk)

### Selby South Children's Centre

Tel: 01609 797598

Email: [selbysouthcc@northyorks.gov.uk](mailto:selbysouthcc@northyorks.gov.uk)

## How to find us?

### Selby North Children's Centre

Flaxley Road, Selby, YO8 4DL

### Selby South Children's Centre

Barwic Parade, Selby, YO8 8DJ

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)

SelbyTownArea

## Other Information

<b>Summer fun.</b>	Be on the look out for flyers advertising our summer activities that will include <b>Play days at both Centres, Story Time sessions</b> and <b>Fun with Food sessions.</b>
<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>Parenting Programmes.</b>	Parenting is not always easy, with support of other parents these friendly courses provide an opportunity to receive tips and support around managing children's behaviour and needs as they grow and develop. For more information about what's available contact the Centres.
<b>Antenatal Breastfeeding Workshops.</b>	<b>Sunday 28th February 2016, Sunday 3rd July 2016, Sunday 4th December 2016</b> To book onto a course or for more information mums should email <a href="mailto:selbybreastfeedingworkshop@gmail.com">selbybreastfeedingworkshop@gmail.com</a> and Kat will send them all the information they need. The workshops are free, and we will ask for a voluntary donation.
<b>Healthy Start Vitamins.</b>	Healthy Start Vitamins are on sale in Selby Town Children's Centres. <b>Women's Vitamins Tablets—75p, Children's Vitamin Drops—£1.40</b> or <b>Exchange your Healthy Start Vouchers.</b> For more information ask a member of staff.

## 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.

Tel: **01609 780 780** Email: [customer.services@northyorks.gov.uk](mailto:customer.services@northyorks.gov.uk)