

# What's On

January - March 2019

## Children and Families: Prevention Harrogate & Knaresborough town areas

|  | Time                                    | Activity                     | More Information  | Where                            |
|--|---|------------------------------|---|----------------------------------|
| <b>M<br/>O<br/>N<br/>D<br/>A<br/>Y</b> | 9.30-10.45am<br>Drop in                 | <b>Health Visitor Clinic</b> | Meet with health visiting team for advice, support and weight review. Please arrive at least 15 minutes before end time. <b>For children from birth to 5 years &amp; parents/carers. Free</b>                     | Bilton Children's Centre         |
|  | 9.30-11am<br>Drop in                    | <b>Health Visitor Clinic</b> | Meet with health visiting team for advice, support and weight review. Please arrive at least 15 minutes before end time. <b>For children from birth to 5 years &amp; parents/carers. Free</b>                     | Knaresborough Children's Centre  |
|  | 10-11am<br>Drop in                      | <b>Breastfeeding Group</b>   | This group offers a welcoming environment for breastfeeding & expectant mums to meet other mums and socialise, or just drop in to access skilled support. Refreshments and biscuits will be provided. <b>Free</b> | Knaresborough Children's Centre  |
|  | 1.30-2.30pm<br><b>BOOK</b><br>Term-time | <b>Amazing Babies</b>        | 6-week programme of topics related to early development and learning, with play opportunities including sensory exploration. <b>For children from birth to pre-crawling &amp; parents/carers. Free</b>            | Harrogate Town Children's Centre |
|  | 2.30-4pm<br><b>BOOK</b>                 | <b>Midwife Clinic</b>        | Phone 01609 535753 to make an appointment. Care and advice for you and your baby through pregnancy and for up to 28 days after birth.   | Harrogate Town Children's Centre |
|  | 5-6.30pm<br>Drop in<br>Term-time        | <b>Youth Project</b>         | Youth club activities for 11-14 year olds including confidence and team building, craft, cooking and sports activities, plus lots more. <b>Free</b>   | Bilton Health & Wellbeing Hub    |
|  | 6-7.30pm<br>Drop in                     | <b>Moving Forward</b>        | Activity and social group for young people aged 16-25 years with special needs & disabilities. Contact Rachel on 01609 798790 to arrange to visit the group. <b>Free</b>  |                                  |

### Sleep Talks

Bookable session on normal sleep development, where baby sleeps and sleep safety, delivered by health visiting team. Suitable for parents of babies from 5 months old upwards. Babies welcome to attend too! Contact any centre to book.

#### Knaresborough Children's Centre:

Tuesdays - 15th Jan; 12th Mar  
All 10.30am - 11.30am

#### Bilton Children's Centre:

Wednesdays - 20th Feb  
All 2.30pm - 3.30pm

### Introducing Solids Talks

Bookable session on introducing solids/weaning with your baby, delivered by the health visiting team. Suitable for parents of babies from 3 months old upwards. Babies welcome to attend too! Contact any centre to book.

#### Bilton Children's Centre:

Wednesdays - 9th Jan; 13th Feb; 13th Mar  
All 2.30pm - 3.30pm

#### Knaresborough Children's Centre:

Tuesdays - 29th Jan; 26th Feb; 26th Mar -  
all 10.30am - 11.30am

|  | Time                              | Activity                                     | More Information  | Where                           |
|--|-----------------------------------|--|---|---------------------------------|
| <b>T<br/>U<br/>E<br/>S<br/>D<br/>A<br/>Y</b> | 9.30-11.30am<br>Drop in           | <b>Childminders Group</b>                    | Weekly play session led by and for childminders. Bring along the children you care for. <b>£1 per childminder</b>   | Bilton Children's Centre        |
|  | 10-11.30am<br>Drop in             | <b>Health Visitor Clinic</b>                 | Meet with health visiting team for advice, support and weight review. Please arrive at least 15 minutes before end time. <b>For children from birth to 5 years &amp; parents/carers. Free</b>                                     | Starbeck Library                |
|  | 10-11.30am<br><b>BOOK</b>         | <b>Mums in Mind</b>                          | 8-week programme for mums who are feeling anxious or low in mood, delivered by health visiting team & prevention service. Speak to your health visitor and ask to be referred. <b>For mums &amp; children under 2 years. Free</b> | Wesley Centre, Harrogate        |
|  | 1-2pm<br><b>BOOK</b><br>Term-time | <b>Amazing Babies</b>                        | 6-week programme of topics related to early development and learning, with play opportunities including sensory exploration. <b>For children from birth to pre-crawling &amp; parents/carers. Free</b>                            | Knaresborough Children's Centre |
|  | 1.30-2.45pm<br>Drop in            | <b>Health Visitor Clinic</b>                 | 1st Tuesday of every month. Meet with health visiting team for advice, support and weight review. Please arrive at least 15 minutes before end time. <b>For children from birth - 5 years &amp; parents/carers. Free</b>          | Harrogate Central Library       |
|  | 1.30pm-2.30pm<br>Drop in          | <b>Breastfeeding Group</b>                   | This group offers a welcoming environment for breastfeeding & expectant mums to meet other mums and socialise, or just drop in to access skilled support. Refreshments and biscuits will be provided. <b>Free</b>                 | St Robert's Centre, Harrogate   |
|  | 4.30-5.30pm<br>Drop in            | <b>Adversity United Football Club (SEND)</b> | Football club for children & young people aged 6-12 years with special educational needs/disabilities (SEND). Affiliated to North Yorkshire Youth. Membership form to be completed by parent/carer. <b>£2 per young person</b>    | Harrogate Grammar School        |
|  | 7-9pm<br>Drop in<br>Term-time     | <b>Fairfax Youth Club</b>                    | Youth Club activities for 11-19 year olds. Run by North Yorkshire Youth. <b>50p per young person</b>  | Fairfax Community Centre        |

## Support with early speech and language development

Did you know we support children with early speech and language development? We offer:

**Bookstart - home visits** - Interested in learning more about how to share books, stories & rhymes with your child in a fun way? Want to find out more about what we offer at our centres? We offer a home visiting programme to do this. **Suitable for children aged 12 months–2 years and their parents/carers**

**Small Talk - 7-week programme (1 hour per session)** - storytelling, rhymes & songs, messy play, music, plus lots of tips to help your child's communication. Developed by speech & language therapists and delivered by trained staff. **Suitable for children aged 12 months-2 years (or appropriate developmentally) and their parents/carers**

**Building Blocks for Language - 8-week programme (1 1/2 hour per session)** to help you to see how easy it can be to use and improve your child's language in everyday life. Developed by speech & language therapists and delivered by trained staff. **Suitable for children aged 2-3 years (or appropriate developmentally) and their parents/carers**

**Contact any of the centres to find out more and to book your visit or place**

|  | Time                                   | Activity                                      | More Information   | Where  |
|--|--|---|--|--|
| <b>W<br/>E<br/>D<br/>N<br/>E<br/>S<br/>D<br/>A<br/>Y</b> | 9-12noon<br><b>BOOK</b><br>appointment | <b>Family Outreach Worker Appointments</b>    | Need advice and support? Come & talk to a Family Outreach Worker. <b>For expectant families and those with children from birth to 19 years. Free</b>   | Bilton Children's Centre & Knaresborough Children's Centre |
|  | 9.15-10.45am<br>Drop in                | <b>Health Visitor Clinic</b>                  | Meet with health visiting team for advice, support and weight review. <b>For children from birth - 5 years &amp; parents/carers. Free</b>  | Saltergate Children's Centre                               |
|  | 9.30-11am<br>Drop in                   | <b>Childminders Group</b>                     | Play session led by and for childminders. Bring along the children you care for. <b>£1 per childminder</b>   | Harrogate Town Children's Centre                           |
|  | 9.30-11.00am<br>Drop in                | <b>Physiotherapy Pre-School drop in</b>       | Worried about your child's early milestones? Come along with your child to see a qualified Physiotherapist<br><b>On: 9th Jan; 6th Feb; 6th Mar; 3rd Apr. Free</b>  | Bilton Children's Centre                                   |
|  | 9.30-11.30am<br>Drop in                | <b>Speech and Language Pre-School drop in</b> | Worried about your child's speech and language? Come along with your child to see a qualified Speech & Language Therapist: <b>On: 23rd Jan; 20th Feb; 27th Mar; 8th May. Free</b>  | Knaresborough Children's Centre                            |
|  | 9.30-11.30am<br>Drop in                | <b>Speech and Language Pre-School drop in</b> | Worried about your child's speech and language? Come along with your child to see a qualified Speech & Language Therapist: <b>On: 30th Jan; 6th Mar; 3rd Apr; 15th May. Free</b>   | Harrogate Town Children's Centre                           |
|  | 1.30-3pm<br>Drop in                    | <b>Physiotherapy Pre-School drop in</b>       | Worried about your child's early milestones? Come along with your child to see a qualified Physiotherapist<br><b>On: 23rd Jan; 20th Feb; 20th Mar. Free</b>  | Saltergate Children's Centre                               |
|  | 1-2.30pm<br>Drop in                    | <b>Speech and Language Pre-School drop in</b> | Worried about your child's speech and language? Come along with your child to see a qualified Speech & Language Therapist:<br><b>On: 9th Jan; 6th Feb; 13th Mar; 10th Apr; 22nd May. Free</b>  | Saltergate Children's Centre                               |
|  | 1-2pm<br><b>BOOK</b><br>Term-time      | <b>Amazing Babies</b>                         | 6-week programme of topics related to early development and learning, with play opportunities including sensory exploration. <b>For children from birth to pre-crawling &amp; parents/carers. Free</b>   | Bilton Children's Centre                                   |
|  | 1-3.30pm<br><b>BOOK</b><br>appointment | <b>Midwife Clinic</b>                         | Phone 01609 532902 to make an appointment. Care and advice for you and your baby through pregnancy and for up to 28 days after birth   | Bilton Children's Centre                                   |
|  | 1.30-3pm<br>Drop in                    | <b>Bumps and Babes Drop-In</b>                | Come along for a programme of topics related to you, your pregnancy and parenthood, as well as meet other young parents for fun activities. <b>For young mums/mums-to-be &amp; dads/dads-to-be aged under 25, with their baby up to 6 months old. Siblings welcome too. Free</b> | Harrogate Town Children's Centre                           |
|  | 2.30-4pm<br><b>BOOK</b><br>appointment | <b>Midwife Clinic</b>                         | Phone 01609 533855 to make an appointment. Care and advice for you and your baby through pregnancy and for up to 28 days after birth   | Knaresborough Children's Centre                            |
|  | 5-7pm                                  | <b>Youth Council</b>                          | 11-19 years old? Are you passionate about young people? Have your voice heard at the Harrogate Youth Council. For more information, contact Kevin Jeffrey 01609 535931   | Trax   |
|  | 6-8pm                                  | <b>LGBT+ Support Group</b>                    | Support group for 14-19 year olds. For more information, contact Lena Kanabar on 07532 041091  |  |

## Compass Buzz

**Compass BUZZ** runs a **text messaging service** called **BUZZ US** for young people aged 11-18 who live in North Yorkshire. Their Wellbeing Workers can provide advice, support and signposting in relation to **mental health** and **wellbeing** issues. The service is open Monday–Thursday 0900-1700 and Friday 0900-1630 (excluding Bank Holidays) and can be contacted by texting 07520 631 168.

|  | Time                                   | Activity  | More Information   | Where                                 |
|--|--|---|--|---------------------------------------|
| <b>T<br/>H<br/>U<br/>R<br/>S<br/>D<br/>A<br/>Y</b> | 9.30-11am<br>Drop in                   | <b>Here to Help - Early Years Health Practitioner Clinic</b>  | Early Years Health Practitioner drop-in clinic, supporting families with children aged birth - 5 years with: sleeping; toileting; behaviour; diet and nutrition. <b>7th Feb; 7th Mar. Free</b>   | Harrogate Town Children's Centre      |
|  | 9.30-11am<br>Drop in                   | <b>Physiotherapy Pre-School Drop in</b>   | Worried about your child's early milestones? Come along with your child to see a qualified Physiotherapist. <b>On: 17th Jan; 14th Feb; 14th Mar; 11th Apr. Free</b>  | Knaresborough Children's Centre       |
|  | 9.30-11.30am<br>Drop in                | <b>Childminder Group</b>  | Play session led by and for childminders. Bring along the children you care for. <b>£1 per childminder</b>   | Knaresborough Children's Centre       |
|  | 10-11.30am<br>Drop in<br>Term-time     | <b>Twins Stay &amp; Play group</b>  | Volunteer parent-led group for twins & multiple births from birth to 5 years and parents/carers. <b>£1 per family</b>  | Bilton Children's Centre              |
|  | 1-2.15pm<br>Drop in                    | <b>Health Visitor Clinic</b>  | Meet with health visiting team for advice, support and weight review. Please arrive at least 15 minutes before end time. <b>For children from birth- 5 years &amp; parents/carers. Free</b>  | Harrogate Town Children's Centre      |
|  | 1.30-3pm<br><b>BOOK</b><br>appointment | <b>Midwife Clinic</b>   | Phone 01609 798752 to make an appointment. Care and advice for you and your baby through pregnancy and for up to 28 days after birth.  | Saltergate Children's Centre          |
|  | 2-3pm<br><b>BOOK</b><br>Term-time      | <b>Amazing Babies</b>   | 6-week programme of topics related to early development and learning, with play opportunities including sensory exploration. <b>For children from birth to pre-crawling &amp; parents/carers. Free</b>   | Saltergate Children's Centre          |
| 7-9pm<br>Drop in<br>Term-time                      | <b>Jennyfields Youth Club</b>          | Youth club activities for young people from 11 to 19 years. Run by North Yorkshire Youth. <b>50p per young person</b> | Styan Community Centre   |                                       |
| <b>F<br/>R<br/>I<br/>D<br/>A<br/>Y</b>             | 10-11am<br><b>BOOK</b>                 | <b>Antenatal Breastfeeding Workshop</b>   | Small, interactive, midwife-led workshop, learning all about breastfeeding your baby, including practical advice on position and attachment. For all mums 26-28 weeks gestation. <b>On: 11th Jan; 25th Jan; 8th Feb; 22nd Feb; 8th Mar; 22nd Mar; 22nd Mar; 5th Apr. Free.</b> Contact any of the children's centres to book your place. | Harrogate Town Children's Centre      |
|  | 10.30-11.30am<br>Drop in               | <b>Health Visitor Clinic</b>  | Meet with health visiting team for advice, support and weight review. Please arrive at least 15 minutes before end time. <b>For children from birth- 5 years &amp; parents/carers. Free</b>  | Stockwell Road Surgery, Knaresborough |
|  | 7-8.30pm<br>Drop in                    | <b>Spofforth Youth Club</b>   | Youth club activities for young people aged 8-16 years. Affiliated to North Yorkshire Youth. <b>£3 per young person</b>  | Spofforth Village Hall                |
|  | 7.15-9.15pm<br>Drop in<br>Term-time    | <b>Knaresborough Youth Club</b>   | Youth club activities for young people aged 11-19 years. Run by North Yorkshire Youth. <b>50p per young person</b>   | Knaresborough Community Centre        |

### Baby Massage courses

Five-session practical course on techniques & benefits of baby massage. **For pre-crawling babies & parents/carers. £30 for 5 sessions (1 hour over 5 weeks - term-time only) per family. Contact any of the centres to request specific dates, add your name and centre preference onto our booking list.**

**Bilton Children's Centre:** Tuesday afternoons

**Harrogate Town Children's Centre:** Tuesday mornings

**Knaresborough Children's Centre:** Tuesday mornings or Thursday afternoons

**Saltergate Children's Centre:** Thursday mornings

## Other Information

|  |  |
|--|--|
| <b>Adult Learning</b>  | Interested in learning new skills or getting back into learning? We work with the Adult Learning & Skills Service, so contact them today on 01609 780780 to find out what you could do or pop into Trax, 15-17 Station Bridge, Harrogate HG1 1SP   |
| <b>Baby Basics Harrogate</b>   | Baby Basics Harrogate is part of a national, volunteer-led project which aims to support new mothers and families who are struggling to meet the financial and practical needs of looking after a new baby, They provide Moses baskets filled with essentials for a new-born. Donations accepted at Bilton Children's Centre. For more information, message <a href="mailto:babybasicsharrogate@gmail.com">babybasicsharrogate@gmail.com</a> or search on Facebook for Baby Basics Harrogate   |
| <b>Early years education and childcare funding</b>                           | For further information, eligibility criteria and links to the electronic checking service and childcare service account for early years education and childcare funding for 2 year olds and the extended 30 hours childcare entitlement for 3 & 4 year olds, visit: <a href="https://www.northyorks.gov.uk/early-education-places-and-funding">https://www.northyorks.gov.uk/early-education-places-and-funding</a>   |
| <b>First Aid Awareness</b>   | Two-hour awareness sessions available with limited on-site crèche places. £5 per family per session. Contact any children's centre for dates and to book your place. Also, see the British Red Cross website, as recommended by NHS Choices: <a href="http://www.redcross.org.uk/en/What-we-do/First-aid/Baby-and-Child-First-Aid">http://www.redcross.org.uk/en/What-we-do/First-aid/Baby-and-Child-First-Aid</a> or download their apps onto your smartphone   |
| <b>Foodbanks in Harrogate District</b>                                       | Anyone can reach crisis point and Harrogate District Foodbanks are available to help when that happens. For further information on food banks in Harrogate District, visit: <a href="https://harrogatedistrict.foodbank.org.uk/get-help/how-to-get-help/">https://harrogatedistrict.foodbank.org.uk/get-help/how-to-get-help/</a> or phone 07885 529864 or email <a href="mailto:info@harrogatedistrict.foodbank.org.uk">info@harrogatedistrict.foodbank.org.uk</a> . Vouchers available from children's centres   |
| <b>Harrogate IAPT (Increasing Access to Psychological Therapies) Service</b> | Primary care mental health service providing treatments for common mental health problems using cognitive behavioural therapy. This is delivered in the form of computerised CBT, one-to-one sessions and courses such as Stress Control and Healthy Minds. For more information on courses call: 01423 852137/852062. For one-to-one sessions or computerised CBT, please ask for a referral via a health professional - appointments and courses also available in children's centres  |
| <b>Healthy Start Vitamins</b>  | You can buy or use your vouchers to get Healthy Start (children's and women's) vitamins from your children's centre - pop in to collect yours today  |
| <b>Musical Mums</b>  | Musical Mums is a series of FREE singing and music-making sessions where mums under 25 and children under 5 can explore music in a relaxed and friendly environment. They meet every Tuesday from 1-2pm in the Wesley Chapel, Harrogate (Oxford St, Harrogate HG1 1PP) and are always welcome to new members! Sessions consist of 45 minutes of activities to develop confidence, creativity and coordination followed by 15 minutes of socialising and refreshments. It doesn't matter if you are new to singing. Sessions are a great opportunity to meet others your own age, gain new skills and make new friends. Just pop along. |
| <b>Not in Education, Employment or Training (NEET)</b>                       | 16-19 years old or 16-24 years old with special educational needs? Not in education, employment or training? Contact the Harrogate Prevention Hub on 01609 533446 for more information on what support is available in your local area   |
| <b>On-line safety for children &amp; young people</b>                        | Interested in finding out more about how to support your children and young people to keep safe on-line? Go to: <a href="http://www.childnet.com/blog/free-internet-safety-leaflets-for-parents-2016">http://www.childnet.com/blog/free-internet-safety-leaflets-for-parents-2016</a> to download useful leaflets. Ring any of the centres to put your name on a waiting list if you would like to attend a workshop on how to support children/young people to keep safe on-line  |
| <b>Parenting Programmes</b>  | Want to get the best out of family life? Interested in learning techniques for parenting? We have a range of parenting programmes. Contact a children's centre for more info   |
| <b>Sensory Room</b>  | Did you know we have a fantastic sensory room at Knaresborough Children's Centre? Contact the centre to book your slot to use the room! £2 per family per hour   |
| <b>Stop Smoking</b>  | Want to stop smoking? Smokefreelife North Yorkshire can help you become smoke free for life. Phone 0800 2465215 or 01609 663023 or text QUIT to 66777 to find out about local clinics  |
| <b>Storytelling at the Library</b>   | Did you know that the library service run regular storytelling sessions at the library for children from birth-5 years and parents/carers? Contact your local library for more info  |
| <b>YorSexual Health</b>  | YorSexual Health offers confidential, free and friendly sexual health and contraception services across North Yorkshire, with various clinics available across Harrogate District. Call the central booking line on 01904 721111 for more information and to book at appointment. Also visit <a href="https://www.yorsexualhealth.org.uk">https://www.yorsexualhealth.org.uk</a>   |

## Children and Families: Prevention

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 wide world".

### Contact us:

**Harrogate Bilton Children's Centre**  
Woodfield Road, Harrogate HG1 4HZ  
**Tel: 01609 532902**  
harrogatenorth&towncentre@northyorks.gov.uk

**Harrogate Saltergate Children's Centre**  
Newby Crescent, Harrogate HG3 2TT  
**Tel: 01609 798752**  
harrogatenorth&towncentre@northyorks.gov.uk

**Harrogate Town Children's Centre**  
Wetherby Road, Harrogate HG2 7SG  
**Tel: 01609 535753**  
knaresborough&harrogate.southcc@northyorks.gov.uk

**Knaresborough Children's Centre**  
Manor Road, Knaresborough HG5 0BN  
**Tel: 01609 533855**  
knaresborough&harrogate.southcc@northyorks.gov.uk

### Other Children's Centres:

**Ripon & Rural Children's Centres**  
Operating from outreach venues in the Ripon area  
Contact them on: 01609 532608

### Other community venues:

**Bilton Health & Wellbeing Hub**  
69 Bilton Lane, Harrogate HG1 3DT  
**Fairfax Community Centre**  
Fairfax Avenue, Harrogate HG2 7RU  
**Harrogate Central Library**  
Victoria Avenue, Harrogate HG1 1EG  
**Knaresborough Community Centre**  
Stockwell Avenue, Knaresborough HG5 0LG  
**Starbeck Library**  
68A High Street, Harrogate HG2 7LW  
**Starbeck Methodist Church**  
High Street, Harrogate HG2 7LL  
**Stockwell Road Surgery**  
21 Stockwell Road, Knaresborough HG5 0JY  
**St Robert's Centre**  
3 Robert Street, Harrogate HG11HP  
**Trax**  
15-17 Station Bridge, Harrogate HG1 1SP  
**Wesley Centre**  
Oxford Street, Harrogate HG1 1PP



**DO WE HAVE YOUR  
EMAIL DETAILS?**

If not, please let a member  
of staff know

### Families Information Service (FIS)

You can find help accessing a childcare provider by:-

Website: [www.northyorks.gov.uk/nyfamilies](http://www.northyorks.gov.uk/nyfamilies)  
Emailing: [fis.information@northyorks.gov.uk](mailto:fis.information@northyorks.gov.uk)  
Calling : 01609 533483  
Texting: 07624 802425

### Find us on Facebook



LIKE US at: [www.facebook.com/  
HarrogateTownKnaresboroughCFSP](http://www.facebook.com/HarrogateTownKnaresboroughCFSP)

### General Enquiries:

**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)