



**North Yorkshire  
County Council**

# What's On

September to December 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> 12th September, 3rd October, 7th November, 5th December	<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.	<b>Selby South</b> Children's Centre YO8 8DJ
	9:00am - 11:00am Just Drop In	<b>Family Support Drop In</b> 19th September, 17th October, 21st November, 19th December	<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.	<b>Selby North</b> Children's Centre YO8 4DL
	9.30am - 11.30am	<b>Child-minder Drop in</b> 19th September, 17th October, 21st November, 19th December	Are you a Child Minder? Come along to a fun play session with the children you care for. <b>Child-minder led session.</b>	<b>Selby South</b> 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> <b>£1 per Family</b>	<b>Selby North</b> Children's Centre YO8 4DL
	1:00pm - 2:30pm <b>Contact the centre to book your place</b>	<b>Baby Massage</b> 5th September - 3rd October 7th November—5th December	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> <b>£15 per 5 week course</b>	<b>Selby North</b> 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> <b>£1.50 per family</b>	<b>Selby South</b> Children's Centre YO8 8DJ
	3:30 pm- 5:00pm <b>Contact the Children's centre for more information</b>	<b>Arrows</b> 19th Sept—17th Oct	A group to help develop self -esteem and social skills. Referral only.  <b>From 7-10 yrs.</b>	<b>Selby South</b> Children's Centre YO8 8DJ

	Time	Activity	More Information	Where
<b>TUESDAY</b>	9.30am -11.30 am <b>Referral Only</b>	<b>Incredible Years</b> 20th September—29th November	<b>10 week parenting course for parents, around behaviour and child development</b>  <b>3—6 Years (crèche limited places)</b>	<b>Selby North</b> Children's Centre YO8 4DL
	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.	<b>Selby South</b> Children's Centre YO8 8DJ
	1:30pm – 3:00pm <b>Referral through Health Visitor or Speech Therapist</b>	<b>Building Blocks</b> 27th September—15th November	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>	<b>Selby North</b> Children's Centre YO8 4DL
	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. Free</b>	<b>Selby North</b> 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.	<b>Selby Town Hall</b> (Back Entrance) YO8 4AH
	7:30pm - 9.00pm Just Drop In	<b>Youth Club</b> <b>14 years—19 Years</b>	<b>Free</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>	<b>Selby South</b> Children's Centre YO8 8DJ
	10:00am– 12:00pm <b>Contact the centre to book your place</b>	<b>Healthy Cooking on a Budget</b> 2nd November, - 30th November (5 week course)	Planning healthy family meals on a budget. Cooking, Budgeting, Nutrition	<b>Selby North</b> Children's Centre YO8 4DL
	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>	<b>Selby North</b> Children's Centre YO8 4DL
	1:00pm - 3:00pm <b>Contact the centre to book your place.</b>	<b>CACHE: Accredited adult learning— Support Children's positive behaviour</b> 21st September - 7th Dec ( term time only )	Work towards a level 2 qualification in Childcare . Learn how to positively manage young children's behaviour at home and in settings.	<b>Selby South</b> Children's Centre YO8 8DJ

	Time	Activity	More Information	Where
<b>WEDNESDAY</b>	6:00pm - 8:00pm	<b>LGBT Group</b>  14th September, 26th October 16th November 21st Dec <b>14– 19 years</b>	Youth group for those who are or think they might be Lesbian, Gay, Bisexual, Trans and Questioning.  Have some fun, meet new people , get information and support  <b>Free</b>	<b>For More information &amp; Venue please contact Pip Nix on 07542 174275</b>
<b>THURSDAY</b>	10:00am -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. <b>£1.00 per family.</b>	<b>Portholme Church</b> 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>	<b>Selby South</b> Children's Centre YO8 8DJ
	1:30pm - 3:00pm  <b>Contact the centre to book your place</b>	<b>Small Talk</b>  22nd September—3rd November( No during half term)	A 7 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>	<b>Selby South</b> Children's Centre YO8 4DL
	1:00pm - 2:30pm  <b>Contact the centre to book your place</b>	<b>Christmas on a Budget</b>  3rd November - 8th December	<b>Home made Christmas Crafts, Planning Christmas Dinner and looking at budgeting for the big day.</b>  <b>Limited Crèche available</b>	<b>Selby North</b> Children's Centre YO8 4DL
	1:30pm - 3:00pm  Just Drop in	<b>Young People's Drop In</b>	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 (25 with SEND)</b>	<b>Selby Library</b> 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.	<b>Salvation Army Hall</b> Parkin Avenue YO8 8DJ
	7:30pm - 9:00pm  Just Drop In	<b>Youth Club</b>  <b>14 years—19 Years</b>	<b>Free</b>	<b>St Richards Hall,</b> 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	9:00am - 11:00am Just Drop In	<b>Scott Road 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.	<b>Scott Road Medical Centre</b>
	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> <b>£1 per family.</b>	<b>Selby South Children's Centre</b> YO8 8DJ
	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 adele@minimaestro.co.uk</b> for more information, prices and to book your place.	<b>Selby North Children's Centre</b> YO8 4DL
	1:00pm - 2:30pm <b>Contact the centre to book your place</b>	<b>Baby Massage</b> 9th September—7th Oct 11th November -9th Dec	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> <b>£15 per 5 week course .</b>	<b>Selby South Children's Centre</b> YO8 4DL

### 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

The Children and Families Prevention service brings together a range of preventative work 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 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".**

### Selby North Children's Centre

Tel: 01609 535111

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

Selby North Children's Centre

Flaxley Road, Selby, YO8 4DL

### Selby South Children's Centre

Tel: 01609 797598

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

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)

search for **Selby Town Area** and like our page! See new events.

## Other Information

<b>Holiday Fun</b>	<b>Music , Movement and More ( confident walkers –5 years )Selby North -25th Oct and 20th Dec</b> (Christmas themed session)- 10.30am-11.30 am. Please look out for other holiday sessions including family learning .
<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>Calling all Dads/ Family men and other family members to family fun activities</b>	For fun family sessions just drop in at <b>Selby South Children's Centre</b> <b>At 10.00am - 11.30 am</b> <b>with Sam Safaris</b> <b>On Saturday, 1st October 2016</b> <b>And Family Christmas Party on</b> <b>Saturday 17th December 2016</b> <b>Cost: £1 per child –Contact Selby South for more information</b>
<b>Antenatal Breastfeeding Workshops</b>	<b>Sunday 4th December 2016 -Selby North Children's Centre</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 or 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.

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