



# What's On

September - December 2018



Children and Families: Prevention – Selby Town

	Time	Activity	More Information	Where
<b>MONDAY</b>	9:30am - 11:30am  <b>Just Drop in</b>	<b>Childminder Drop In</b>  17 <sup>th</sup> September 15 <sup>th</sup> October 19 <sup>th</sup> November 17 <sup>th</sup> December	Are you a Child-minder? Come along to a fun play session with the children you care for.  <b>Child-minder led session    Free</b>	<b>Selby South</b> Children's Centre YO8 8DJ
	9:30am - 11:30am  <b>Referral only</b>	<b>Building Blocks For Language</b>  24 <sup>th</sup> September - 12 <sup>th</sup> November  Term time only	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>2 - 3 years old</b> <b>Contact Selby North for more information: 01609 535111</b>	<b>Selby North</b> Children's Centre YO8 4DL
	10:00am - 11:30am	<b>The SEND Support Group</b>  10 <sup>th</sup> September 1 <sup>st</sup> October 5 <sup>th</sup> November 3 <sup>rd</sup> December	Parent led support group for parents of children with or awaiting a diagnosis of additional needs or disability. Information and support available.  <b>Contact Selby South for more information: 01609 797598</b>	<b>Selby South</b> Children's Centre YO8 8DJ
	10:00am - 11:30am  <b>Booking Required</b> Please call Selby North Children Centre on 01609 53 5111	<b>Babbling Babies</b>  17 <sup>th</sup> September - 22 <sup>nd</sup> October  7th January- 11th February	Six weekly sessions. Activities to build babies language development, designed by a Speech and Language Therapist. Opportunities to support babies skills and development including: play and interaction, learning to listen, understanding new words and exploring.  <b>For babies 0 - 18 months</b>	<b>Selby North</b> Children's Centre YO8 4DL

	Time	Activity	More Information	Where
<b>MONDAY</b>	10:00am - 11:30am <b>Booking Required</b> Please call Selby North Children Centre on 01609 53 5111	<b>Amazing Babies</b> 5 <sup>th</sup> November - 19 <sup>th</sup> November	Three weekly sessions. Looking at the impact of experiences on brain growth and development, babies emotional development and the importance of interaction, play and laughter. <b>For babies 0 - 6 months</b>	<b>Selby North Children's Centre</b> YO8 4DL
	10:00am - 11:30am <b>Booking Required</b> Please call Selby North Children Centre on 01609 53 5111	<b>Baby Sensory and Development</b> 26 <sup>th</sup> November - 10 <sup>th</sup> December	Three weekly sessions. Looking at babies and toddlers and how they learn and explore with their senses. Includes exploring treasure baskets, opportunities for creating things to use with your baby at home, messy play and activities that use all 5 senses and child development patterns. <b>For babies 0 - 18 months</b>	<b>Selby North Children's Centre</b> YO8 4DL
	1:30pm - 2:30pm <b>Just Drop In</b>	<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 Children's Centre</b> YO8 8DJ
	4:00pm - 5:30pm <b>Invitation only</b>	<b>Our Space</b>	An inclusive group. Meet new friends: crafts, life skills and fun activities <b>9 - 13 years</b>	<b>Selby North Children's Centre</b> YO8 4DL
	<b>Evenings</b>	<b>Antenatal</b>	3 week course, covers labour, birth, breastfeeding and bringing baby home. <b>Book via your Midwife</b>	<b>Selby North Children's Centre</b> YO8 4DL

## Healthy Start Vitamins

Healthy Start Vitamins are on sale in Selby Town Children's Centres. **Women's Vitamins Tablets - 75p, Children's Vitamin Drops - £1.40 or exchange your Health Start Vouchers.** For more information ask a member of staff.



**To book an appointment with the Selby Town Health Visiting Team please contact:**

**Admin/Reviews booking: 01423 542276/ 01423 54227**

**Voicemail: 01423 542275**

**Email: [hdft.selbyhv@nhs.net](mailto:hdft.selbyhv@nhs.net)**

	Time	Activity	More Information	Where
<b>TUESDAY</b>	11:00am - 1:00pm <b>Referral from Midwife</b>	<b>Yorbabe</b>  9 <sup>th</sup> October - 6 <sup>th</sup> November	A 6 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>Contact Julie on 07870 800678 for further information.</b>	<b>Selby North</b> Children's Centre YO8 4DL
	1:30pm - 3:00pm <b>Just Drop In</b>	<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
	1:00pm - 3:00pm <b>Just Drop In</b>	<b>Young Beginners</b>	A chance to meet other parents of a similar age to enjoy play and development activities with your children. <b>Parents to be/Parents under 25 years old</b>	<b>Selby North</b> Children's Centre YO8 4DL
	5:30pm - 6:45pm <b>Just Drop In</b>	<b>Youth Club</b>  <b>Term time only - unless specified</b>	Games, crafts, space to sit and chat. Information and support available on a range of subjects.  <b>11 - 13 Years</b> <span style="float: right;"><b>Free</b></span>	<b>The Youth Hub</b> (Based on Selby North Children's Centre site) YO8 4DL
	7:00pm - 8:15pm <b>Just Drop In</b>	<b>Fusion - Youth Session</b>	Games, crafts, space to sit and chat. Support available on a range of subjects. Condom distribution also available. <b>Contact us for dates</b>  <b>13+ Years</b> <span style="float: right;"><b>Free</b></span>	<b>Selby North</b> Children's Centre YO8 4DL

## Speech and Language Support Groups available, at the Children's Centres.

Referral through your Health Visitor, Speech and Language Therapist or Setting required to attend.

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

**New Price: £1.50 per family per 45 min slot.**

Book our cosy sensory room slots for up to 4 people at a time. Explore textures, lights and sounds. Ideal for children under 2 and for children with additional sensory needs.

**Monday** 9am, 10am, 11am, 1pm, 2pm 3pm  
**Tuesday - Thursday** 9am, 10am, 11am,  
**Friday** 9am, 10am, 11am, 1pm, 2pm

**Contact the centre to book your place call:  
01609 535111 or email [selbynorthcc@northyorks.gov.uk](mailto:selbynorthcc@northyorks.gov.uk)**

**WEDNESDAY**

Time	Activity	More Information	Where
10:00am - 11:30am <b>Just Drop In</b>	<b>Baby Play &amp; 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 South</b> Children's Centre YO8 8DJ
12:15pm – 1:15pm <b>Booking Required</b> Email: anne-marieking@hotmail.co.uk	<b>Baby Yoga</b> <b>Start Dates</b> 5 <sup>th</sup> September 14 <sup>th</sup> November 9 <sup>th</sup> January 6 <sup>th</sup> March	5 week course for you and your baby. To book email: anne-marieking@hotmail.co.uk <b>Age 10 weeks to crawling</b>  <b>£25 per 5 week course.</b>	<b>Selby North</b> Children's Centre YO8 4DL
1:00pm - 3:00pm <b>Just Drop In</b>	<b>Lets Play Whatever the Weather</b>	A play and development 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 £1 per family</b>	<b>Selby North</b> Children's Centre YO8 4DL
1:30pm - 3:00pm <b>Invitation only</b>	<b>Little Explorers</b>  <b>Term time only</b>	A play and development session for pre-school children and their parents/carers. Come and make a learning story for your child. Information and support available. <b>Contact 01609 797598 for further information</b>	<b>Selby South</b> Children's Centre YO8 8DJ
1:30pm – 2:30pm <b>Booking Required</b> Please call Selby North Children Centre on 01609 53 5111	<b>Baby Massage</b> <b>Start dates</b> 5 <sup>th</sup> September 14 <sup>th</sup> November 9 <sup>th</sup> January	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>£30 per course (payment to be made when booking to secure your place) This is a subsidised amount. 3 weeks - pre crawling</b>	<b>Selby North</b> Children's Centre YO8 4DL
4:00pm - 5:30pm <b>Referral only</b>	<b>Arrows</b>  3 <sup>rd</sup> October - 23 <sup>rd</sup> November <b>Term time only</b>	A group to help develop self-esteem and social skills (7 weeks) <b>From 7-10 years</b> <b>Contact the Centre for more information</b>	<b>Selby South</b> Children's Centre YO8 8DJ
4:00pm - 5:00pm <b>Just drop in</b>	<b>Youth Council</b>  Fortnightly	Come along and have your say and represent the views and opinions of other young people in your area. <b>Contact the centre for dates</b>	<b>Selby North</b> Children's Centre YO8 4DL
6:00pm - 7:30pm	<b>LGBT+ Group</b>  12 <sup>th</sup> , 26 <sup>th</sup> Sept 10 <sup>th</sup> , 24 <sup>th</sup> Oct 14 <sup>th</sup> , 28 <sup>th</sup> Nov 12 <sup>th</sup> Dec	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>13 - 19 years</b>	<b>For more info &amp; venue please contact: selbysouthcc@northyorks.gov.uk or 07973 918386</b>

**THURSDAY**

Time	Activity	More Information	Where
10:00am - 11:30am <b>Just Drop In</b>	<b>Breastfeeding Group</b>	Breastfeeding or thinking about breastfeeding when you have your baby? Come along for refreshments, support and to feed in a relaxed environment. <b>Older children welcome.</b>	<b>Selby North Children's Centre</b> YO8 4DL
1:30pm - 3:00pm <b>1st Thursday of each month</b> <b>Just Drop in</b>	<b>Young People's Drop In</b> 6 <sup>th</sup> September 4 <sup>th</sup> October 1 <sup>st</sup> November 6 <sup>th</sup> December	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
1:30pm - 3:00pm <b>Booking Required</b> Please call Selby North Children Centre on 01609 53 5111	<b>Baby Sensory and Development</b>  11 <sup>th</sup> October - 25 <sup>th</sup> October	Three weekly sessions. Looking at babies and toddlers and how they learn and explore with their senses. Includes exploring treasure baskets, opportunities for creating things to use with your baby at home, messy play and activities that use all 5 senses and child development patterns. <b>For babies 0 - 18 months</b>	<b>Selby North Children's Centre</b> YO8 4DL
1:30pm - 3:00pm <b>Booking Required</b> Please call Selby North Children Centre on 01609 53 5111	<b>Babbling Babies</b>  8 <sup>th</sup> November - 13 <sup>th</sup> December	Six weekly sessions. Activities to build babies language development, designed by a Speech and Language Therapist. Opportunities to support babies skills and development including: play and interaction, learning to listen, understanding new words, expressing myself and exploring. <b>For babies 0 - 18 months</b>	<b>Selby North Children's Centre</b> YO8 4DL
1:30pm - 3:00pm <b>Booking Required</b> Please call Selby North Children Centre on 01609 53 5111	<b>Amazing Babies</b>  10th January - 24th January	Three weekly sessions. Looking at the impact of experiences on brain growth and development, babies emotional development and the importance of interaction, play and laughter. <b>For babies 0 - 6 months</b>	<b>Selby North Children's Centre</b> YO8 4DL
5:45pm - 7:00pm	<b>Youth Club</b>  Term time only	Games, crafts, space to sit and chat. Information and support available on a range of subjects. <b>11 - 13 years</b> <b>Free</b>	<b>Salvation Army Hall</b> Parkin Avenue YO8 8DJ
6:30pm - 8:00pm	<b>Youth Café</b>  Term time only	Games, crafts, space to sit and chat. Information and support available on a range of subjects. Condom distribution also available. <b>13+ years</b> <b>Free</b>	<b>Salvation Army Hall</b> Parkin Avenue YO8 8DJ

	Time	Activity	More Information	Where
<b>FRIDAY</b>	9:00am - 11:00am <b>Just Drop In</b>	<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 North</b> Children's Centre YO8 4DL
	<b>9 months - 2yrs</b> 10:00am - 10:45am <b>2yr +</b> 11:00am - 11:45am	<b>Mini Maestros</b>  <b>Term time only</b>	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.	<b>Selby North</b> Children's Centre YO8 4DL
	9:30am - 11:30am  <b>Just Drop In</b>	<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</b> Children's Centre YO8 8DJ
	1:30pm - 2:30pm <b>Booking Required</b> Please call Selby South Children Centre on 01609 79 7598	<b>Baby Massage</b>  <b>Start dates</b> 7 <sup>th</sup> September 11 <sup>th</sup> January 8 <sup>th</sup> March	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>£30 per course (payment to be made when booking to secure your place)</b> <b>This is a subsidised amount</b> <b>From 3 weeks - pre crawling</b>	<b>Selby South</b> Children's Centre YO8 8DJ
<b>SATURDAY</b>	10:00am - 11:30am  <b>Just drop in</b>	<b>Family Time</b>  6 <sup>th</sup> October 15 <sup>th</sup> December	Calling all Dads/Family men and other family members. A fun family session.  <b>6th October - Dingle Dangle Scarecrow</b> <b>15th December - Christmas Party Time</b>  <b>£1 per family</b>	<b>Selby South</b> Children's Centre YO8 8DJ

Like our Facebook page and stay up-to-date with future events and activities  
Just search: 'Selby Town Area'



# Information for Parents, Carers & Young People

Do you need information and support regarding parenting issues such as behaviour management, relationships, child development etc? A duty worker from the Selby Prevention team is available on 01609 532385 - Monday to Friday 9:00am - 4:00pm.

<b>Other Useful Information</b>		<b>Bee Able</b> - local support group and activities for children with additional needs and their families. <a href="https://www.bee-able.co.uk/">https://www.bee-able.co.uk/</a>
		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 01609 798081 and our email is: <a href="mailto:HealthyLifestyleService@northyorks.gov.uk">HealthyLifestyleService@northyorks.gov.uk</a>

## YorSexual Health Clinics

### Address:

New Selby War Memorial Hospital  
Doncaster Road  
Selby  
YO8 9BX

**Telephone:** 01904 721111



**Opening times: (Closed Bank Holidays)**

### Monday

3.00pm - 4.00pm - Young People's Walk In (Ages 19 and under)  
4:00pm - 6:30pm - Walk In clinic (Everyone Welcome)  
4.00pm - 6.30pm - Appointments

### Thursday

4:00pm – 6:30pm - Walk In clinic and Appointments

### Friday

1:00pm - 3:00pm - Appointments Only

## Early Years Education and Funding

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 extended 30 hours childcare entitlement for 3 & 4 year olds, visit: <http://www.northyorks.gov.uk/early-education-places-and-funding> or contact your Children's Centre.

## 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

## Families Information Service

Visit our website

<https://www.northyorks.gov.uk/choosing-childcare>

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**

## Prevention service

Children and Families:

**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".**

## Parenting Support

**Parenting Courses are delivered through the children's centres for different age ranges: babies, toddlers, 3 - 8 years and 9 - 14 year olds**

- Parenting is not always easy, with the support of other parents these friendly groups provide an opportunity to receive tips and support around understanding children's behaviour and needs as they grow and develop.
- Also look out for parent workshops on key topics such as keeping safe online and promoting positive behaviour.
- Please contact the Children Centres for more information.

## 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.

## 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.