



# What's On

April - July 2018

Children and Families: Prevention

Name of district: Craven

	Time	Activity	More Information	Where
<b>MONDAY</b>		<b>Activities will run from Monday 16th April until Friday 20th July 2018. Please remember to check if the session you are attending is term time only.</b>		
	10.30 - 12.15	<b>Child Health Clinic</b>	An opportunity to have your child weighed, get advice from a member of the health visiting team on a range of issues, including breastfeeding. Play while you wait. Please note last entry is 12.15pm.	Skipton CC
	12.00 - 4.00	<b>Family History sessions</b>	Bookable hour slots. Pre-book with the library on 01609 534548.	Skipton Library
	1.00 - 2.00	<b>NEW! Weeny Boppers Babies</b> (Babies aged 0-1) (Term-Time only)	For Babies aged 0-1. An exciting mix of songs, rhymes, instruments, tots actions and dancing. <b>£1.00 per family</b>	Skipton CC
	1.30 - 2.30	<b>Single Parents Group</b>  Starting Monday 23rd April (Term-time only)	Are you a single parent? / or newly single parent?, confused about the future? feeling lonely? come along to chat to other parent's in a similar situation. Support available to help you support your child, think about finances and lots more – Under 5's welcome to come along and play.	Skipton CC
	3.00 - 5.00	<b>Monday Movers</b> (Alternate Mondays starting on 23rd April)  23rd April 21st May 4th and 18th June 2nd and 16th July	Youth club for young people <b>up to 25</b> with special educational needs or disabilities. If you think this may be for you or someone you know, please contact Hannah on 07815 413004 or Lauren on 07811 474518.	Skipton Town Hall
	4.15 - 5.15	<b>Lego Club (Age 5 and upwards)</b> (Term-time only)	For more details please contact Skipton Library on 01609 534548.	Skipton Library
<b>TUESDAY</b>	9.00 - 11.00 (last entry 10.45)	<b>Speech and Language Therapy Drop-In</b>  17th April 15th May 12th June 10th July	A chance for you and your child to see and have a talk with a speech and language therapist, if you have any concerns about speech and language development. <b>For children under the age of 6.</b>	Skipton General Hospital  <b>No sessions at Skipton CC</b>
	9.30 - 11.00	<b>Stay and Play for 0-2 year olds</b> (Every week)  3rd April - 28th August	Come along and have fun. Delivered by Brougham Street Nursery School.	Skipton CC

	Time	Activity	More Information	Where
<b>TUESDAY</b>	3.30 - 6.30	<b>New!</b> <b>Healthy Choices Clinic</b>  17th April - 10th July	Healthy Choices is a free, confidential 12 week programme to support children and young people (5-19) to achieve and maintain a healthy weight. We explore together how to eat healthily without breaking the bank; fun, free ways to stay active; and support you to make positive changes to help you achieve a healthier lifestyle.  Contact for details/referrals and information: Jenny Thompson, Healthy Lifestyle Advisor, 01609 798200/ 07890 586960. Email: jenny.thompson@northyorks.gov.uk	Skipton CC
	4.45 - 5.45	<b>Football (ages 11-19)</b> (Term-time only)	Ages 11-19 years (up to 25 years for young people with SEND). Girls and Boys. Come along and have fun, make friends, practise your skills. For more information, please call Laura Preston on 07980 013324.	Coulthurst Sports Centre, Skipton
<b>WEDNESDAY</b>	9.30 - 11.15	<b>Child Health Clinic</b>	An opportunity to have your child weighed, get advice from a member of the health visiting team on a range of issues, including breastfeeding. Play while you wait. Last entry is 11.15am.	Skipton CC
	9.30 - 11.30	<b>Family Outreach Worker Drop-in</b>  <b>AND</b>  <b>Next Step: NEET Drop In</b>	Need advice and support? Come and talk to a Family Outreach Worker about behaviour, finances, 2 year old funding or any other family issues. <b>For expectant parents and those with children from 0 to 19 years.</b>  <b>16 -19 ? Not in Employment, Education or Training?</b> Come along to our drop-in every Wednesday for advice and support.	Skipton CC
	10.00 - 12.00	<b>Knit and Natter</b>	For more details please contact Skipton Library on 01609 534548.	Skipton Library
	10.00 - 12.00	<b>NEW!</b> <b>1-2-1 IT help</b> Computer skills / knowledge, one hour slots, apply for jobs, learn how to Skype.	For more details please contact Skipton Library on 01609 534548.	Skipton Library
	10.00 - 12.00	<b>IT Support</b>	For more details please contact Skipton Library on 01609 534548.	Skipton Library
	11.00 - 11.30	<b>NEW!</b> <b>Skipton Library Under 5's Storytime</b> (Term time only)	Relaxed session, Autism friendly. For more details please contact Skipton Library on 01609 534548.	Skipton Library

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<b>WEDNESDAY</b>	2.00 - 3.00	<b>NEW! Small Talk</b>  <b>Places need to be booked</b>  (5 week course) Wednesday 6th June - Wednesday 4th July	Join us in a variety of play activities with ideas of how to support your child's language development. Sessions run in blocks, please contact Andrea for more details. What will my child get out of the session? Children will learn and develop listening, attention, speech and language skills. What will you get out of the session? You will learn different ways of helping your child's speech , language and communication development at home. Help your child to: Listen and talk Enjoy time together Build Confidence Get ready for nursery  <b>Call Andrea on 01609 535364 or to book a place call 01609 798094</b>	Skipton CC
	6.00 - 7.30	<b>NEW! Bump Brains</b> 2nd May  Skipton CC	Open evening for mum's to be, partners welcome. There will be a talk on baby brain development followed by a guided tour of the Children's Centre. Coffee and biscuits available. Please reserve a place by calling Skipton Children's Centre on 01609 798094.	Skipton CC
	6.00 - 7.00	<b>New ! Bump Booster</b> 9th May  Skipton CC	For pregnant ladies and their partners. Delivered by North Yorkshire Libraries Service. Find out about how babies hear in the womb, your baby remembers noises from the womb, the importance of talking to your bump.  To book a place please call Skipton CC on 01609 798094.	Skipton CC
<b>THURSDAY</b>	9.30 - 11.30	<b>Sleep Drop-in Clinic</b> (1st Thursday of the month)  5th April 3rd May 7th June 5th July	Are you fed up with bedtime battles? Getting your child to bed or to stay in bed? If the answer is yes, then call in and see us at the sleep drop-in clinic.  We have a specialist available to support children with special educational needs or disabilities.  <b>For parents of children aged 0-19.</b>	Skipton CC
	10.00 - 1.00 & 2.00 - 4.00	<b>NEW! 1-2-1 IT help</b> Computer skills / knowledge, one hour slots , apply for jobs, learn how to Skype.	Book with the Library on 01609 534548.	Skipton Library
	10.45	<b>NEW! Skipton Library Coffee Morning</b>	Monthly talks with refreshments. Adults only. For more details and to book a place, please contact Skipton Library on 01609 534548.	Skipton Library
	12.30 - 3.30	<b>Hearing screening sessions</b>	Hearing screening clinic - Parent's and babies will be invited individually .	Skipton CC
	1.00 - 2.00	<b>Weekly session! Breastfeeding Support Drop-in</b>  No session on 12th April	Meet other parents, discussions around breastfeeding, fresh juices available.	Skipton CC
1.00 - 4.00	<b>NEW! Horton Housing Craven Stay Drop-in session</b>	Part of North Yorkshire's Homeless Prevention Service. Do you need support or advice on housing? Call 07932 644973, leave a voicemail or send a text.	Skipton CC	

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	10.00 - 1.00 & 2.00 - 4.00	<b>NEW!</b> <b>1-2-1 IT help</b> Computer skills / knowledge, one hour slots , apply for jobs, learn how to Skype.	Book with the Library on 01609 534548.	Skipton Library
	10.45	<b>NEW!</b> <b>Skipton Library Coffee Morning</b>	Monthly talks with refreshments. Adults only. For more details and to book a place, please contact Skipton Library on 01609 534548.	Skipton Library
	12.30 - 3.30	<b>Hearing screening sessions</b>	Hearing screening clinic - Parent's and babies will be invited individually .	Skipton CC
	1.00 - 2.00	<b>Weekly session!</b> <b>Breastfeeding Support Drop-in</b>  No session on 12th April	Meet other parents, discussions around breastfeeding, fresh juices available.	Skipton CC
	1.00 - 4.00	<b>NEW!</b> <b>Horton Housing Craven Stay Drop-in session</b>	Part of North Yorkshire's Homeless Prevention Service. Do you need support or advice on housing? Call 07932 644973, leave a voicemail or send a text.	Skipton CC
	2.00 - 2.30	<b>Rhyme Time - (Under 5's)</b> Nursery Rhymes, actions, musical instruments.	Relaxed session, Autism friendly. For more details please contact Skipton Library on 01609 534548.	Skipton Library
	3.45 - 5.15	<b>Fuse Theatre Group</b> (ages 11 - 25)	<b>Inclusive Theatre Group aimed at young people aged 11-25 including those with Special Educational Needs and Disabilities.</b>  For more information, or to book-on, please call Andrea on 01609 535364.	Skipton CC
7.00 - 9.00	<b>Family Life course Evening Course</b>  26th April 3rd May 10th May 24th May  Please note there is no session on 17th May.	Is family life getting you down? Feel like there is no time for you anymore? Want some support and fun whilst finding out ways to get things back on track? Why not come and join our 4 week book-on course including topics such as managing behaviour and looking after yourself. For parents of children aged 0-19. To book a place please call 01609 798094.	Skipton CC	
FRIDAY	9.30 - 10.15	<b>NEW!</b> <b>Adult and Baby/Toddler Stretch</b>	Babies from 9 months plus Adult exercise class that little ones can come to, and will include them in the stretches and activities. No need to book. <b>£2.00 per family</b>	Skipton CC
	10.00 - 12.00	<b>NEW ! 1-2-1 IT help</b> Computer skills / knowledge one hour slots , apply for jobs, learn how to Skype	Book with the Library on 01609 534548.	Skipton Library
	10.00 - 11.00	<b>New!</b> <b>Rhyme Time (18 months+)</b>  8th June - 20th July	A mix of songs, rhymes, rhythm and movement. Helping children feel confident with words.	Skipton CC
	10.15 - 11.00	<b>NEW!</b> <b>Baby Massage and Baby Yoga</b> Every week (term-time only)	Learning to communicate with your baby through the art of touch. Gentle movements with songs. Babies aged 6 weeks to 6 months. No need to book. <b>£2.00 per family.</b>	Skipton CC


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FRIDAY	10.30 - 11.30	<b>Brilliant Babies</b> 6 week course 20th April - 25th May	For babies 0-8 months. 6 week programme covering messy play, information regarding brain development and introduction to weaning, health and safety. Free of charge. Please book a place for this programme by calling Skipton Children's Centre on 01609 798094.	Skipton CC
	11.00 - 11.45	<b>NEW!</b> <b>Footprint Art</b> (0 -18 months)	Drop in session with Baby Play and foot and hand print art to take home.  No need to book. <b>£2.00 per family.</b>	Skipton CC
	1.00 - 2.00	<b>Weeny Boppers (Under 5's)</b> (Term-time only) 20th April to 20th July	For under 5's. An exciting mix of songs, rhymes, instruments, tots actions and dancing. <b>£1.00 per family</b>	Skipton CC
	2.00 - 3.00	<b>Story Time</b>  (Term time only)	Relaxed session, Autism friendly. For more details please contact Skipton Library on 01609 534548.	Skipton Library
SATURDAY	10.00 - 2.00	<b>Gel Nails</b> Course code - UFPNRH10  16th June 2018	For children aged 10-15. Course Fee is £35.00. Online enrolment only at <a href="http://www.craven-college.ac.uk">www.craven-college.ac.uk</a> .  Please bring a packed lunch. For more information please telephone 01756 791411.	Craven College (High Street Site)
	10.00 - 2.00	<b>Junior Beauty - Party Make-up and Nails</b> Course code – UFPNRH08  28th April 2018	For children aged 10-15. Course Fee is £35.00. Online enrolment only at <a href="http://www.craven-college.ac.uk">www.craven-college.ac.uk</a> .  Please bring a packed lunch. For more information please telephone 01756 791411.	Craven College (High Street site)
	10.00 - 2.00	<b>Junior Party Hair Plaiting &amp; Twisting</b> Course code - UFPNRH06  19th May 2018	For children aged 10-15. Course Fee is £35.00. Online enrolment only at <a href="http://www.craven-college.ac.uk">www.craven-college.ac.uk</a> .  Please bring a packed lunch. For more information please telephone 01756 791411.	Craven College (High Street site)
	10.00 - 3.00	<b>Junior Animal Care</b> Course code - UFPNFG03  19th May 2018	For children aged 10-15. Course Fee is £40.00. Online enrolment only at <a href="http://www.craven-college.ac.uk">www.craven-college.ac.uk</a> . Please bring a packed lunch. For more information please telephone 01756 791411.	Craven College (Auction Mart site)
	10.00 - 3.00	<b>Junior Cookery</b> Course code - UFPNRK14  28th April 2018	For children aged 10-15. Course Fee is £45.00. Online enrolment only at <a href="http://www.craven-college.ac.uk">www.craven-college.ac.uk</a> . Please bring a packed lunch. For more information please telephone 01756 791411.	Craven College (High Street site)
	11.00	<b>Saturday Stories (Ages 5-11)</b> (2nd Saturday in the month)	For more details please contact Skipton Library on 01609 534548.	Skipton Library
	11.00	<b>NEW!</b> <b>Bump Booster</b>  21st April	For pregnant ladies and their partners. Delivered by North Yorkshire Libraries Service. Find out about how babies hear in the womb, your baby remembers noises from the womb, the importance of talking to your bump.	Skipton Library
	11.30	<b>Craft &amp; Chat - Adults only</b> (2nd Saturday of the month)	For more details please contact Skipton Library on 01609 534548.	Skipton Library

## Prevention service

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	
	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. For more information please contact Jenny Thompson on 01609 798200 or <a href="mailto:Jenny.Thompson@northyorks.gov.uk">Jenny.Thompson@northyorks.gov.uk</a> .
<b>Volunteering</b>	<b>Please contact <a href="mailto:caroline.hannah@northyorks.gov.uk">caroline.hannah@northyorks.gov.uk</a> or telephone 01609 533378 if you would like anymore information about volunteering.</b>
<b>Facebook</b>	Find us on Facebook and keep up to date with our sessions - CravenAreaCFSP
<b>Parent Education</b>	Classes available , recommended from 28 weeks of pregnancy – available to all women booked at Airedale NHS Trust. Classes include – Keeping Birth Normal, Stork Walk etc. Look at the website for more details: <a href="http://www.airedale-trust.nhs.uk/services/maternity-services/parent-education">www.airedale-trust.nhs.uk/services/maternity-services/parent-education</a> To book a place on classes please call Antenatal Clinic Office on 01535 294681 or 01535 292411
<b>Two year old funding</b>	Your child could be entitled to 15 hours a week of free early education and childcare at a local nursery, childminder or pre-school, please contact us for more details.
<b>30 hour funding</b>	Funding for 3 and 4 year olds – Don't miss out – Your child may be entitled to 30 hours of funding with a local pre school, nursery or childminder, contact Caroline Hannah (01609 533378) for more details.
<b>Speech and Language</b>	If you are concerned about your child's speech we offer sessions for you to attend, please ask for more details.
<b>Family Life Sessions</b>	Come along to find out how to get the best out of family life, different ideas and strategies to help you manage your day.
<b>Breastfeeding</b>	Support groups available, also if you need anywhere to breastfeed when you are out and about, please do pop in where you would be made welcome.
<b>Adult Learning</b>	If you are interested in further study, a variety of courses are available, contact Adult Learning and Skills Service – 01609 780780
<b>Library Sessions</b>	Summer reading challenge launch event with library service across all Craven libraries, check locally, launch date from Saturday 14th July 2018. Can you guess this year's theme? Let your local library know your guess information will be sent out through schools.

## **The Children's Centres in Craven are in 3 locations:-**

**Skipton Children's Centre** shares a site with Brougham Street Nursery and Parish Primary School on Brougham Street in Skipton. The centre is a 10-15 minute walk from Skipton train and bus stations. There is an accessible parking bay at the centre and on-street parking close by. The building is easily accessible and has ramp and lift facilities.

Tel: 01609 798094

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

Brougham Street, Skipton, BD23 2ES

**South Craven Children's Centre** is located next door to Glusburn Primary School on Colne Road in Glusburn and around a 10 minute walk from Crosshills bus stop. On street parking is available on surrounding streets and the centre is easily accessible.

Tel: 01609 798558

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

Colne Road, Glusburn, BD20 8PN

**North Craven Children's Centre, Settle** is located on Kendal Road, Settle, on the site of the old middle school. The centre is around a 10 minute walk from the Market Place and train station in Settle. There is ample parking and the centre is easily accessible.

Tel: 01609 533990

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

Kendal Road, Settle, BD24 0BU

## **Other venues in this programme:-**

Bentham Health Centre, LA2 7JP

Church House, Main Street, Grassington, Skipton, BD23 5AD

Coulthurst Craven Sports Centre, Carleton New Road, Skipton, BD23 2AZ

Grassington Devonshire Institute (Town Hall), 48 Main Street, BD23 5AA

Ingleton Community Library, Ingleborough Community Centre, Main Street, Ingleton, LA6 3HG

Ingleton Methodist Church, LA6 3EH

Methodist Chapel, Haw Grove, Hellifield, BD23 4JA

Settle Health Centre, BD24 9HZ

Settle Library, BD24 9RB

Skipton Library, BD23 1JX

South Craven Community Library, Main Street, Crosshills, BD20 8TQ