

# What's On

## January - March 2018

### Children and Families: Prevention Scarborough Town, North and Central

	Time	Activity	More Information	Where
<b>MONDAY</b>	9.15 - 10.15am Please book <i>Term time only</i>	<b>Infant Massage</b> Starts 8th January and 26th February <i>£15 per 5 week course</i>	Weekly sessions for parents and babies. Learn how to support relaxation and relief, communication and bonding. <i>For babies up to crawling stage.</i>	Briercliffe Children's Centre YO12 6NS
	9.30 - 10.45am Drop in <i>(excluding bank holidays)</i>	<b>Healthy Child Clinic and Baby Weigh and Play</b> <i>Clinic every week; play session term time only</i>	Get your baby weighed and discuss health or development matters with the Health Team. Play while you wait to weigh!	Briercliffe Children's Centre YO12 6NS
	10.30 - 11.30am Drop in <i>(excluding bank holidays)</i>	<b>2 Year Funding Advice Session</b> 8th & 22nd January 5th & 19th February 5th & 19th March	Pop in for help and advice about eligibility for 2 year funding, and help with completing an application.	Briercliffe Children's Centre YO12 6NS
	10.30 - 11.30am Drop in <i>(excluding bank holidays)</i>	<b>2 Year Funding Advice Session</b> 15th & 29th January 12th & 26th February 12th & 26th March	Pop in for help and advice about eligibility for 2 year funding, and help with completing an application.	Friarage Children's Centre YO11 1HS
	1.00 - 2.00pm Drop in <i>Term time only</i>	<b>Young Parents Drop In</b> Starts 8th January	Fun craft activities, a chance to relax. A great opportunity for you to meet new friends, and enjoy fun sensory activities with your child. <i>For parents aged 19 and under, with children aged 0-5</i>	The Rainbow Centre YO11 1TH
	3.00 - 6.00pm Drop in <i>(excluding bank holidays)</i>	<b>Young People's Drop In</b> Starts 8th January	Young people's drop in for 13-19 year olds. Pop in for a warm drink and a chat. We can offer support and information about local activities.	Friarage Children's Centre YO11 1HS
	5.30 - 6.45pm Please book	<b>Hatha Yoga</b> <i>£40 per 5 week course</i>	Improve your physical, mental and emotional well-being. For details, dates and to book, contact Rebecca Thompson, mobile: 07966 202738 or email: <a href="mailto:rebecca@core-yoga.co.uk">rebecca@core-yoga.co.uk</a> .	Briercliffe Children's Centre YO12 6NS

	Time	Activity	More Information	Where
<b>MONDAY</b>	7.00 - 8.00pm Please book	<b>Pregnancy Yoga</b> <i>£40 per 5 week course</i>	Pregnancy yoga has many physical, mental and emotional benefits, and can help prepare for and assist with labour and birth. For details, dates and to book, contact Rebecca Thompson, mobile: 07966 202738 or email: rebecca@core-yoga.co.uk.	Briercliffe Children's Centre YO12 6NS
	9.00 - 3.30pm Please book	<b>Bumps to Buggies Midwife Clinic</b>	Community ante-natal and post-natal clinic. Please contact your midwife or your local Children's Centre for an appointment.	Briercliffe Children's Centre YO12 6NS
<b>TUESDAY</b>	10.00 - 11.00am Please book	<b>Post-Natal Yoga with Babies</b> <i>£40 per 5 week course</i>	Relax, build core strength, breathing techniques and more. Start from 6 weeks after birth. For details, dates and to book, contact Rebecca Thompson, mobile: 07966 202738 or email: rebecca@core-yoga.co.uk.	Briercliffe Children's Centre YO12 6NS
	10.00 - 11.30am Drop in <i>Term time only</i>	<b>Little Walkers</b> Starts 9th January <i>£2 per family per session</i>	Exciting activities for you and your toddler to explore together. <i>For cruisers to confident walkers.</i>	Briercliffe Children's Centre YO12 6NS
	10.30 - 11.30am Drop in <i>Term time only</i>	<b>Breastfeeding Support Group</b> Starts 9th January	A welcoming group for new and expectant mums to meet other breastfeeding mums, to form a social network and help with breastfeeding issues. Members of the Health Team will be available for advice and information.	Briercliffe Children's Centre YO12 6NS
	10.00, 10.45, 11.30am Please book	<b>North Yorkshire Local Assistance Fund (NYLAF)</b> Starts 2nd January	Help for families in crisis to apply for items essential to the wellbeing of their children. Please contact Friarage Children's Centre on 01609 798840 to book an appointment (no more than one week in advance) and for information on eligibility and evidence required.	The Street YO12 7PW
	1.00 - 3.00pm Please book	<b>Bumps to Buggies Midwife Clinic</b>	Community ante-natal and post-natal clinic. Please contact your midwife or your local Children's Centre for an appointment.	Friarage Children's Centre YO11 1HS
	1.30 - 3.00pm Drop in <i>Term time only</i>	<b>Creative Play</b> Starts 9th January <i>Suggested contribution £2 per family per session</i>	It's play time! This session could include getting messy, interactive crafts and soft play fun! <i>For families with children under 5.</i>	Friarage Children's Centre YO11 1HS
	1.30 - 3.00pm Drop in <i>1st &amp; 3rd Tues of every month.</i>	<b>Healthy Child Clinic and Baby Weigh &amp; Play</b> <i>Play session term time only</i>	Get your baby weighed and discuss health or development matters with the Health Team. Play while you wait to weigh!	The Oasis Centre YO11 1XE

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<b>TUESDAY</b>	1.30 - 3.30pm Drop in	<b>Directions</b>	Drop in session for young people up to the age of 19 to help decide on future direction. Advice, information, life/job skills and much more.	The Street YO12 7PW
	5.00 - 6.30pm Drop in <i>Term time only</i>	<b>Barrowcliff Youth Club</b> Starts 9th January	Join us in our new venue! Have fun crafting and playing games, making food/drinks and playing on the consoles and pool table. <i>For pupils in Years 6-8.</i>	Briercliffe Children's Centre YO12 6NS
	7.00 - 8.00pm Drop in <i>Term time only</i>	<b>Barrowcliff Youth Club</b> Starts 9th January	Join us in our new venue! Come for a snack and to play games including consoles and pool. <i>For pupils Year 9 and above.</i>	Briercliffe Children's Centre YO12 6NS
<b>WEDNESDAY</b>	10.00 - 11.30am Drop in <i>Term time only</i>	<b>Baby Play</b> Starts 10th January <i>Suggested contribution £2 per family per session</i>	Bring your baby to explore our Sensory and Play Rooms, and meet new people in our fun and friendly baby play group. <i>For babies aged 0 to walking.</i>	Briercliffe Children's Centre YO12 6NS
	10.00 - 12.00pm Please book <i>Term time only</i>	<b>Family Links</b> Starts 17th January	Family life can be challenging at times! This 10 week nurturing programme will give you practical tips on how to improve family relationships. <i>For parents of children aged from 8-11.</i>	Briercliffe Children's Centre YO12 6NS
	10.30 - 11.30am Please book <i>Term time only</i>	<b>Small Talk</b> Starts 31st January	Children communicate to make friends, learn and have fun. Small Talk is a 7 week parent/carer and child programme for children aged 12-24 months to encourage communication skills.	Friarage Children's Centre YO11 1HS
	12.30 - 2.00pm Please book	<b>Breastfeeding Support</b>	One-to-one support available for all breastfeeding mums. Contact your midwife, health visitor or peer supporter for an appointment.	Briercliffe Children's Centre YO12 6NS
	1.00 - 2.00pm Please book <i>Term time only</i>	<b>Building Blocks for Language</b> Starts 17th January	Children communicate to make friends, learn and have fun. BB4L is an 8 week parent/carer and child programme for children aged 2-3 years to encourage communication skills.	Friarage Children's Centre YO11 1HS
	1.30 - 3.00pm Drop in <i>2nd &amp; 4th Weds of every month.</i>	<b>Healthy Child Clinic and Baby Weigh &amp; Play</b> <i>Play session term time only</i>	Get your baby weighed and discuss health or development matters with the Health Team. Play while you wait to weigh!	Scalby Parish Hall YO13 0RA
	1.30 - 3.30pm Drop in	<b>Healthy Child Clinic</b>	Get your baby weighed and discuss health or development matters with the Health Team.	Lawrence House Medical Centre YO11 1UB
	3.00 - 5.00pm <i>Term time only</i>	<b>BUGS</b> Starts 10th January	Targeted Youth Club for young people aged 11+ who have a social and/or communication difficulty. Enjoy sport, art, games, computers and cooking. Contact 01609 798840 for information.	The Street YO12 7PW

	Time	Activity	More Information	Where
	4.00 - 6.30pm Please book <i>Term time only</i>	<b>Strengthening Families</b> Starts 21st February + 4 weekly booster sessions the following term	A 6-7 week programme to help parents and children talk to each other effectively, understand each other's feelings and thereby strengthen their relationship. <i>For parents/carers and children aged 10-14.</i>	Briercliffe Children's Centre YO12 6NS
	5.30 - 7.00pm Drop in <i>Term time only</i>	<b>Youthie</b> Starts 10th January	Crafty activities, Apple music, team games, PS4, pool, fun quizzes, chill out space and snacks. <i>For pupils in Year 8 and above.</i>	The Street YO12 7PW
<b>THURSDAY</b>	9.30 - 11.30am Drop in <i>Term time only</i>	<b>Childminder Support Session</b> Starts 11th January	The opportunity for childminders to access a good quality play environment and share professional support.	Friarage Children's Centre YO11 1HS
	10.00 - 11.30am Drop in <i>Term time only</i>	<b>Creative Play</b> Starts 11th January <i>Suggested contribution £2 per family per session</i>	It's play time! This session could include getting messy, interactive crafts and soft play fun! <i>For families with children under 5.</i>	Briercliffe Children's Centre YO12 6NS
	10.00, 10.30, 11.00, 11.30am Please book	<b>North Yorkshire Local Assistance Fund (NYLAF)</b> Starts 4th January	Help for families in crisis to apply for items essential to the wellbeing of their children. Please contact Briercliffe Children's Centre on 01609 798700 to book an appointment (no more than one week in advance) and for information on eligibility and evidence	Briercliffe Children's Centre YO12 6NS
	3.30 - 5.00pm Please book <i>Term time only</i>	<b>Lads Group</b> Starts 11th January	A safe environment for young men to explore topics including anger management, relationships and risky behaviours, helping them to make positive choices and achieve their aspirations.	Briercliffe Children's Centre YO12 6NS
	3.30 - 5.00pm Please book <i>Term time only</i>	<b>Girls Group</b> Starts 22nd February	A supportive group for young women who would benefit from self-esteem, confidence and resilience building in a positive and safe environment.	Briercliffe Children's Centre YO12 6NS
	3.30 - 5.00pm By invitation <i>Term time only</i>	<b>Create Confidence</b> Starts 18th January	A tool box of art based interventions to improve resilience, confidence and self-esteem in children and young people who may have been witness to domestic abuse or family difficulties.	Briercliffe Children's Centre YO12 6NS
	4.00 - 5.30pm Drop in <i>Term time only</i>	<b>ROOTS Youth Club</b> Starts 11th January	Crafty activities, Apple music, PS4, pool, fun quizzes, homework corner, fun games, healthy snacks. <i>For pupils in Years 5-7.</i>	The Street YO12 7PW
	6.00 - 7.30pm <i>Term time only</i>	<b>Big Music</b> Starts 11th January	Project focused on music performance and events. Contact 01609 798840 for information.	The Street YO12 7PW
	6.00 - 8.00pm Please book	<b>Ante-natal Sessions</b>	Programme of four ante-natal sessions. Please contact Briercliffe Children's Centre on 01609 798700 to book.	Briercliffe Children's Centre

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FRIDAY	9.00am - 3.00pm Please book	<b>Bumps to Buggies Midwife Clinic</b>	Community ante-natal and post-natal clinic. Please contact your midwife or your local Children's Centre for an appointment.	Briercliffe Children's Centre YO12 6NS
	9.30 - 11.30am Please book	<b>Incredible Years - Pre-School Series</b> Starts 12th January <i>Free childcare may be available</i>	A supportive programme to help strengthen relationships and promote children's social, emotional and language development. <i>For parents/carers of children aged 3-8.</i>	Briercliffe Children's Centre YO12 6NS
	10.00 - 11.30am Drop in <i>Term time only</i>	<b>Baby Play</b> Starts 12th January <i>Suggested contribution £2 per family per session</i>	Bring your baby to try out new activities and meet new people in our fun and friendly baby play group. <i>For babies aged 0 to walking.</i>	Friarage Children's Centre YO11 1HS
	1.00 - 3.00pm Please book	<b>Incredible Years - Baby/ Toddler Series</b> Starts 12th January <i>Free childcare may be available</i>	Very young children are delightful but sometimes also a challenge! This 10 week programme will consider how feelings can drive their behaviour, and give you strategies to support them. <i>For parents/carers of children aged 0-3.</i>	Briercliffe Children's Centre YO12 6NS
	1.30 - 2.30pm Please book <i>Term time only</i>	<b>Infant Massage</b> Starts 12th January and 23rd February <i>£15 per 5 week course</i>	Weekly sessions for parents and babies. Learn how to support relaxation and relief, communication and bonding. <i>For babies up to crawling stage.</i>	Friarage Children's Centre YO11 1HS
	1.30 - 2.30pm <i>Term time only</i>	<b>Harminis</b> Starts 12th January and 23rd February <i>£25 per 5 week course (£45 total for both courses, if booked and paid for at the start)</i>	A fun-filled music and movement class for pre-school children, babies and toddlers! Come to explore songs and rhymes, enjoy sensory activities and have lots of fun. To book, contact Kate Tyson, mobile: 07824 738813, email: kate@harminis.com.	Briercliffe Children's Centre YO12 6NS
	4.30 - 6.00pm <i>Term time only</i>	<b>FUSE</b> Starts 12th January	Inclusive theatre group for young people aged 11-25 with Special Education Needs and Disabilities (SEND) and non-SEND. Contact John Rose on 01609 533334 for more information.	Stephen Joseph Theatre YO11 1JW

**The Scarborough Pledge  
Transforming Coastal Futures**

The Scarborough Pledge is a project aimed at improving the lives and life-chances of children and young people living on the coast.

One of our aims is that every child in Scarborough will know the five songs before they start school.

To hear and download the songs being performed by children from Overdale School, please log onto [www.soundcloud.com](http://www.soundcloud.com) and search 'Scarborough Pledge'.

Contact your Children's Centre if you would like a copy of the words.

**Are you an experienced childcare sector provider that could offer high quality services to families of children aged 0-19?**

We need regular/occasional providers of sessions such as: crèches for pre-school children, baby massage, play and development, healthy lifestyle or general family learning sessions

**Interested?** You need to register your organisation on YORtender <https://www.yortender.co.uk>, and make an on-line tender application to be placed on our Approved Providers List. This process requires information regarding your suitability, skills and experience. To find out more about this exciting opportunity please contact your local centre and ask to talk the Team Leader: 0-19 Services.



## Contact us

### Scarborough Town North

Tel: 01609 798700

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

### Scarborough Town Central

Tel: 01609 798840

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

## How to find us

### Briercliffe Children's Centre

76 Briercliffe, Scarborough, YO12 6NS

### Friarage Children's Centre

Friarage, Scarborough, YO11 1HS

### The Street

12 Lower Clark Street, Scarborough, YO12 7PW

### Other Children's Centres

Scarborough South and Filey 01609 534053

Whitby and the Moors 01609 533819

## Speech & Language Support for pre-school children

Drop in sessions unfortunately no longer run from the Children's Resource Centre, Cherry Tree Avenue. If you have any concerns regarding your child's speech, language or communication, please speak to one of our Family Outreach Support Workers or your Health Visitor who will be able to offer advice.

### 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)

ScarboroughTownCFSP

## 2 Year Funding

You could be eligible for 15 hours of **FREE** early years funding for your child.

Pop in to speak to one of our staff for advice, or go to the specialist support session on a Monday, see programme for details.

### Healthy Start Vitamins

You can buy or use your vouchers to get Healthy Start (children's and women's) vitamins from your children's centre - Pop into reception to collect yours today!



## Briercliffe Sensory Room

Did you know that you can book to bring your child to use the Sensory Room at Briercliffe Children's Centre **FREE OF CHARGE** after you have completed a short induction?

As well as being relaxing and lots of fun, the equipment offers many developmental benefits.

**Please contact Briercliffe Children's Centre on 01609 798700 for more information, to book an induction or to book to use the room.**

## Prevention Service

The Prevention Service brings together a range of preventative work previously undertaken by separate services. The single service:

- 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 for children, young people and families; and
- is co-located with the Healthy Child Teams (0-19).

**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

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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