

# What's On

January - March 2019

## 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.

## Children and Families: Prevention Ripon & Rural Harrogate

	Time	Activity	More Information	Where
<b>MONDAY</b>	10.00 - 11.00am 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. <i>Free</i>	Knaresborough Children's Centre HG5 0BN
	1.00 - 2.00pm	<b>Introducing Solids Talk</b>	For advice around introducing solid food. <b>Dates: 7th Jan &amp; 11th Mar.</b> <b>Contact your health visitor or call us to book.</b> <i>Free</i>	Community House, Ripon HG4 1LE
	1.00 - 2.00pm	<b>Sleep Talk</b>	For advice, guidance and support around your child's sleep patterns. <b>For parents/carers with children 0-5 years. Dates: 11th Feb &amp; 8th Apr.</b> <b>Contact your health visitor or call us to book.</b> <i>Free</i>	Community House, Ripon HG4 1LE
	By Appointment	<b>Adult Learning &amp; Skills: Information, Advice &amp; Guidance Session</b>	Looking for work or to develop your skills? The Adult Learning & Skills Service can support you. <b>For adults aged over 19 years.</b> Call 01609 780780 to make an appointment with an advisor. <i>Free</i>	Community House, Ripon HG4 1LE
	4.30 - 6.00pm	<b>Squigglers Art Club</b>	Creative and Fun Art Group. <b>For Young People Aged 10-16 years. Term time.</b> For further details contact Claire Thompson on 01609 534543. <i>£2 per session</i>	Ripon Library/Workhouse Museum HG4 1AG
<b>TUESDAY</b>	9.30 - 11.30am	<b>Health Visitor Drop-in</b>	Meet the health visiting team for advice, support and weight review. <b>For children from birth to 5 years and their parents/carers.</b> <i>Free</i>	Church Lane Surgery, Boroughbridge YO51 9BD
	10.00 - 11.30am First Tues of month	<b>Monthly Health Visitor Drop-in with Baby Play</b>	Meet with the health visiting team for advice, support and weight review. Meet with our Family Outreach Support Worker for ideas around early communication and play. <b>Dates: 5th Feb, 5th Mar.</b> <b>For children from birth to 5 years and their</b>	Masham Town Hall Market Place HG4 4DY

	Time	Activity	More Information	Where
<b>TUESDAY</b>	10.00 - 11.30am <b>Referral only</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. <b>Speak to your health visitor &amp; ask to be referred. For mums &amp; children under 2. Free</b>	Wesley Centre, Harrogate HG1 1PP
	1.15 – 2.30pm	<b>Play Together with Parent Talk</b>	Stay, Play & Exploration session. <b>For children from birth to 5 years.</b> Need advice and support or want to find out more about your child's early development? Come and talk to a Family Outreach Support Worker. <b>Term time. Starting 8th Jan. Free</b>	Nidderdale Children's Centre, Pateley Bridge HG3 5LE
	1.30 - 2.30pm 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 & biscuits will be provided. <i>Free</i>	St Robert's Centre, Harrogate HG1 1HP
	3.00 - 4.00pm	<b>Midwifery Drop-in</b>	Care and advice for <b>you and your baby</b> through <b>pregnancy and for up to 28 days after birth.</b> <i>Free</i>	Leon Smallwood Unit, Ripon Hospital HG4 2PR
	6.30 - 8.00pm	<b>Boroughbridge Youth Club</b>	A range of activities for young people supported by local volunteers. <b>For young people aged 8 to 14 years.</b> For more details contact Vicki on 07881 797716. <i>£2 per session</i>	Boroughbridge Football Club YO51 9EA
	4.30 - 5.30pm	<b>Adversity United Football Club (SEND)</b>	Football Club for children and young people aged 6-12 years with special educational needs/disabilities (SEND). Affiliated to North Yorkshire Youth. <i>£2 per young person</i>	Harrogate Grammar School HG2 ODZ
	7.00 - 8.00pm	<b>Melmerby Youth Club</b>	A range of activities for young people supported by Volunteers. <b>For young people aged 9-16 years.</b> For more details contact Vicki on 07881 797716. <i>£1 per session</i>	Melmerby Village Hall HG4 5HA

## Support with early speech and language development

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

**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 and their parents/carers.**

**Building Blocks for Language - 8 week programme (1.5 hours 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 and language therapists and delivered by trained staff. **Suitable for children aged 2-3 years and their parents/carers.**

**Singing Speech - 6 week programme (1 hour per session)** - fun with actions, songs, rhymes and music to promote speech and language skills for your pre-school child. **Suitable for children aged 36 months-preschool.**

For further information please contact (01609) 532608

	Time	Activity	More Information	Where
WEDNESDAY	9.30-11.00am	<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>Dates: 9th Jan, 6th Feb, 6th Mar, 3rd Apr. Free</b>	Bilton Children's Centre HG1 4HZ
	9.30 - 11.30am	<b>Speech &amp; Language Pre-School Drop-In</b>	Worried about your child's speech or language development? Come along with your child to see a qualified speech and language therapist. <b>For pre-school age children. Dates: 16th Jan, 13th Feb, 20th Mar, 1st May, 5th Jun, 3rd Jul. Free</b>	Ripon Library HG4 1AG
	10.00 - 11.30am	<b>Family Support Drop-In</b>	Need advice and support? Come and talk to a friendly Family Outreach Worker/Family Outreach Support Worker. <b>For young people, expectant families &amp; those with children from birth - 19 years. Starts 9th Jan Free</b>	Ripon Library HG4 1AG
	10.15 - 10.45am	<b>Story Time</b>	Join the Library Service for some great stories and fun and check out the wonderful selection of children's books. <b>For children from birth to 5 years. Free</b>	Boroughbridge Library YO51 9AR
	10:15 - 11:00am	<b>Story &amp; Rhyme Time</b>	Join the Library Service for an interactive and creative story and rhyme time session aimed at promoting a love of books and stories in young children. <b>For children from 2 - 5 years. Term time only. Starting 9th Jan. Free</b>	Ripon Library HG4 1AG
	10.30 - 11.00am	<b>Weekly Story Time</b>	Join the Library Service for some great stories and fun and check out the wonderful selection of children's books. <b>For children from birth to 5 years.</b> Please contact 01423 714953 for further details. <i>Free</i>	Nidderdale Plus Library, Pateley Bridge HG3 5AT
	11.00am - 12.00noon	<b>Health Visitor Clinic</b> Third Wed of month	Meet the health visiting team for advice, support and weight review. <b>For children from birth to 5 and their parents/carers. Drop-In. Free</b>	Tockwith Surgery, Tockwith YO26 7PR
	12.30 - 1.30pm	<b>Monthly Health Visitor Clinic</b> First Wed of month	Meet with the health visiting team for advice, support and weight review. <b>Drop-in. Free</b>	Springbank Surgery, Green Hammerton YO26 8BN
	1.30 - 3.00pm	<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>Dates: 23rd Jan, 20th Feb, 20th Mar. Free</b>	Saltergate Children's Centre HG3 2TT
	1.30 - 3.00pm	<b>Health Visitor Drop-In</b>	Meet with the health visiting team for advice, support and weight review. <b>For children from birth to 5 and their parent/carers. Free</b>	Community House, Ripon HG4 1LE
	3:00 - 4:30pm	<b>Healthy Youth Drop-In Clinic</b>	Meet the health team for confidential advice and support on sexual health, emotional health and taking risks. <b>For young people aged 10 to 19 years. Free</b>	Ripon Youth Centre HG4 2DF
	6.30 - 8.00pm	<b>Ripon Youth Café</b>	A range of activities for young people supported by North Yorkshire Youth. <b>For young people in Year 6 and above. Term-time. Free</b> For further details contact Vicki on 07881 797716.	Allhallowgate Methodist Church Hall, Ripon
THURSDAY	9.00 - 10.30am	<b>Health Visitor Drop-In</b> Weekly	Meet with the health visiting team for advice, support and weight review. <b>Starting 3rd Jan. For children from birth to 5 and their parents/carers. Free</b>	Salvation Army Building, Lead Lane, Ripon HG4 2NE
	9.15 - 10.30am	<b>Health Visitor Drop-In</b> Weekly	Meet with the health visiting team for advice, support and weight review. <b>Starting 3rd Jan. For children from birth to 5 and their parents/carers. Free</b>	Nidderdale Children's Centre, Pateley Bridge

	Time	Activity	More Information	Where
THURSDAY	9.15 - 10.30am	<b>Baby Play</b> Last Thurs of month	Find out more about your baby's development. An opportunity for early play, to meet other parents and our Family Outreach Support Worker. <b>Dates: 31st Jan, 28th Feb, 28th Mar.</b> <b>For children from birth to early walking. Free</b>	Nidderdale Children's Centre, Pateley Bridge HG3 5LE
	9.30 - 11.00am	<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>Dates: 17th Jan, 14th Feb, 14th Mar, 11th Apr.</b> <i>Free</i>	Knaresborough Children's Centre HG5 0BN
	10.00am - 12.00pm	<b>Ripon Toy Library</b> Weekly including half term	An opportunity to borrow toys at a low cost and stay and play. <b>For children from birth to 8 years and their parents/grandparents/carers/childminders.</b>	Community House, Ripon HG4 1LE
	10.00 - 11.30am	<b>Twins Stay &amp; Play Group</b>	Volunteer parent-led group for twins and multiple births. <b>For children from birth to 5 years and their parents/carers. Drop-in. Term-time. £1 per family</b>	Bilton Children's Centre HG1 4HZ
	10.30 - 11.00am	<b>Toddlers Stories &amp; Crafts</b>	Join the Library Service for stories and simple crafts and colouring. <b>For pre-schoolers. Term time only. Free</b>	Ripon Library HG4 1AG
	1.00 - 2.00pm	<b>Introducing Solids Talk</b>	For advice around introducing solid food. <b>Contact your health visitor or call us to book.</b> <b>Dates: 24th Jan, 21st Mar. Free</b>	Nidderdale Children's Centre
	1.00 - 2.00pm	<b>Sleep Talk</b>	For advice, guidance & support around your child's sleep patterns. <b>For parents/carers with children 0-5 years.</b> <b>Contact your health visitor or call us to book.</b> <b>Dates: 14th Feb. Free</b>	Nidderdale Children's Centre HG3 5LE
	1.30 - 2.30pm 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 will be provided. <b>Starting 3rd Jan. Free</b>	Community House, Ripon HG4 1LE
	1.30 - 3.00pm	<b>Monthly Health Visitor Drop-In</b> This session runs on a Thursday	Meet with the health visiting team for advice, support and weight review. <b>For children from birth to 5 years and their parents/carers.</b> <b>Dates: 10th Jan, 7th Feb, 7th Mar. Free</b>	Dishforth Airfield Community Centre
	1.30 - 3.00pm	<b>Play Together with Parent Talk</b> This session runs on a Thursday	Enjoy a range of play activities with your child. Meet the Family Outreach Support Worker for home learning and play ideas to support your child's early development. <b>For children from birth to 5 years and their parents/carers. Dates: 10th Jan, 7th Feb, 7th Mar. Free</b>	Dishforth Airfield Community Centre YO7 3EZ
	6.00 - 7.15pm	<b>Masham Youth Club</b>	A range of activities for young people. Meeting on Thursdays. <b>For school years 5-8. Term time.</b> For more details contact Vicki on 07881797716. <i>Free</i>	Masham Town Hall HG4 4DY
	6.30 - 8.00pm	<b>Kirkby Malzeard Youth Club</b>	A range of activities for young people. Meeting on Thursdays. <b>For ages 9-13 years. Term Time.</b> For more details contact Vicki on 07881 797716. <i>£2 per session</i>	The Mechanics Institute HG4 3RS
FRI	9.15 - 10.30am	<b>Midwifery Drop-in</b>	Care and advice for you and your baby through <b>pregnancy and for up to 28 days after birth. Free</b>	Ripon Antenatal Unit, Ripon Hospital
SAT	10.00am - 12.00noon	<b>Ripon Youth Theatre</b>	Run by Ripon Operatic Society. <b>For young people aged 7-18 years.</b> For more details contact Vicki on 07881 797716.	Operatic Hall Allhallowgate, Ripon HG4 1LQ

## Other Information

<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 newborn. 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>Does your teenager need more support? Are you concerned about their self-esteem, anger or risky behaviours?</b>	We offer small group sessions and positive activities after school and during school holidays. Please come along to our Family Support Drop –In (Wednesdays 10.00 to 11.30am at Ripon Library) or contact 01609 532608 for further information.
<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>Family First Aid</b>	See the Red Cross website for online information on basic first aid, as recommended by NHS choices: <a href="http://www.redcross.org.uk/What-we-do/First-aid/Baby-and-Child-First-Aid">http://www.redcross.org.uk/What-we-do/First-aid/Baby-and-Child-First-Aid</a>
<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, or ask a Family Outreach Support Worker.
<b>IDAS Supporting anyone affected by domestic abuse or sexual violence.</b>	Free 24 hour local helpline 0300 110 110, or visit <a href="http://www.idas.org.uk">www.idas.org.uk</a> , Harrogate Outreach 01423 858335.
<b>Not in Education, Employment or Training (NEET)</b>	16-19 years old (or 16-24 years old with special educational needs) and not in education, employment or training? Contact the Ripon Prevention Hub on 01609 532608 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.
<b>Parenting Programmes</b>	Want to get the best out of family life? Want to understand more about your child's behaviour and learn new techniques for parenting? We offer a range of programmes for all ages. Please contact 01609 532608 for more details.
<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>Volunteering</b>	Have you got some spare time or would you like to develop your experience / skills as a volunteer? We can offer various volunteer opportunities across our range of services. Please contact 01609 532608 for further details.
<b>Well-being &amp; emotional health, supporting parents, carers, children</b>	Support for parents, carers: <a href="http://www.parentline.com">www.parentline.com</a> Well being, emotional health: <a href="http://www.mindinharrogate.org.uk">www.mindinharrogate.org.uk</a> Help and advice for children and young people: <a href="http://www.childline.org.uk">www.childline.org.uk</a>
<b>Your Sexual 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>
<b>Mental Health Support</b>	Ripon Library runs a Mental Health Support Drop In Session with Harrogate Minds on a Friday morning 10:00—12:00. For more information please call 01609 536623 or email <a href="mailto:ripson.library@northyorks.gov.uk">ripson.library@northyorks.gov.uk</a>



## Contact Us:

### Ripon & Rural Harrogate Children and Families' Service

Ripon Youth Centre  
Clotherholme Road, Ripon, HG4 2DF  
Tel: 01609 532608  
Email: [riponcc@northyorks.gov.uk](mailto:riponcc@northyorks.gov.uk)

### Nidderdale Children's Centre

c/o St Cuthberts School  
King Street, Pateley Bridge, Harrogate, HG3 5LE  
Tel: 01609 798818  
Email: [riponcc@northyorks.gov.uk](mailto:riponcc@northyorks.gov.uk)

## Find us on Facebook



[www.facebook.com/  
RiponRuralHarrogateCFSP](http://www.facebook.com/RiponRuralHarrogateCFSP)

## Visit our website:

[www.northyorks.gov.uk/children-and-families](http://www.northyorks.gov.uk/children-and-families)

## Other local Children's Centres:

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

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

**Harrogate Saltergate Children's Centre**  
Newby Crescent, Harrogate HG3 2TT  
Tel: 01609798752  
[harrogatenorth&towncentre@northyorks.gov.uk](mailto:harrogatenorth&towncentre@northyorks.gov.uk)

**Harrogate Town Children's Centre**  
Wetherby Road, Harrogate HG2 7SG  
Tel: 01609 533855  
[knaresborough&harrogate.southcc@northyorks.gov.uk](mailto:knaresborough&harrogate.southcc@northyorks.gov.uk)

## 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 wider world.

If you are aware of a family you feel would benefit from the Prevention Service, please contact your Area Prevention Manager on: 01609 532323.



**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**

*As part of our Safeguarding Policy we discourage the use of personal mobile phones and cameras in the Children and Family Hubs. As the child's parents/guardian, you agree that if you take photographs or video recordings of any children, you will use these for personal and family use only and not circulate wider without consent of the individuals.*

For further information on how the Council processes your personal data refer to:

<https://www.northyorks.gov.uk/privacy-notice>

## 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.

Tel: **01609 780 780** Email: [customer.services@northyorks.gov.uk](mailto:customer.services@northyorks.gov.uk)