

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 Harrogate & Knaresborough town areas

	Time	Activity	More Information	Where
M O N D A Y	9.30-10.45am Drop in	Health Visitor Clinic	Meet with health visiting team for advice, support and weight review. Please arrive at least 15 minutes before end time. For children from birth to 5 years & parents/carers. Free	Bilton Children's Centre
	9.30-11am Drop in	Health Visitor Clinic	Meet with health visiting team for advice, support and weight review. Please arrive at least 15 minutes before end time. For children from birth to 5 years & parents/carers. Free	Knaresborough Children's Centre
	10-11am Drop in NEW DAY & TIME!	Breastfeeding Group	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. Free	Knaresborough Children's Centre
	10-11am BOOK Term-time	Active Learners	6-week programme of topics related to early development & learning, with an emphasis on outdoor play and forest school learning. For children from 18 months to pre-school & parents/carers. Siblings 0-5 years welcome too! Free	Saltergate Children's Centre
	1.30-2.30pm BOOK Term-time	Amazing Babies	6-week programme of topics related to early development and learning, with play opportunities including sensory exploration. For children from birth to pre-crawling & parents/carers. Free	Harrogate Town Children's Centre
	2.30-4pm BOOK	Midwife Clinic	Phone 01609 535753 to make an appointment. Care and advice for you and your baby through pregnancy and for up to 28 days after birth.	Harrogate Town Children's Centre
	5-6.30pm Drop in Term-time	Youth Project	Youth activities for 11-14 year olds including craft and cooking activities, plus different topics each week on issues facing young people today. Free	Knaresborough Community Centre
	5-6.30pm Drop in Term-time	Youth Project	Youth club activities for 11-14 year olds including confidence and team building, craft, cooking and sports activities, plus lots more. Free	Bilton Youth Centre
6-7.30pm Drop in	Moving Forward	Activity and social group for young people aged 16-25 years with special needs & disabilities. Contact Rachel on 01609 798790	Trax	

Sleep Talks

Bookable session on normal sleep development, where baby sleeps and sleep safety, delivered by health visiting team. Suitable for parents of babies from 5 months old upwards. Babies welcome to attend too! Contact any centre to book.

Bilton Children's Centre: Wed 10th Oct - 2.30pm - 3.30pm; Mon 17th Dec - 1.30pm - 2.30pm

Knaresborough Children's Centre: Tues 6th Nov - 10.30am - 11.30am

Introducing Solids Talks

Bookable session on introducing solids/weaning with your baby, delivered by the health visiting team. Suitable for parents of babies from 3 months old upwards. Babies welcome to attend too! Contact any centre to book.

Bilton Children's Centre: Wednesdays - 5th Sep; 17th Oct; 14th Nov; 12th Dec - all 2.30pm - 3.30pm

Knaresborough Children's Centre: Tuesdays - 11th Sep; 16th Oct; 20th Nov; 11th Dec - all 10.30am - 11.30am

	Time	Activity	More Information	Where
TUESDAY	9.30-11.30am Drop in	Childminders Group	Fortnightly play session led by and for childminders. Bring along the children you care for. £1 per childminder	Bilton Children's Centre
	10-11.30am Drop in	Health Visitor Clinic	Meet with health visiting team for advice, support and weight review. Please arrive at least 15 minutes before end time. For children from birth to 5 years & parents/carers. Free	Starbeck Library
	10-11.30am BOOK	Mums in Mind	8-week programme for mums who are feeling anxious or low in mood, delivered by health visiting team & prevention service. For mums & children under 2 years. Free.	Wesley Centre, Harrogate
	1-2pm BOOK Term-time	Amazing Babies	6-week programme of topics related to early development and learning, with play opportunities including sensory exploration. For children from birth to pre-crawling & parents/carers. Free	Knareborough Children's Centre
	1.30-2.45pm Drop in	Health Visitor Clinic	1st Tuesday of every month. Meet with health visiting team for advice, support and weight review. Please arrive at least 15 minutes before end time. For children from birth - 5 years & parents/carers. Free	Harrogate Central Library
	1.30pm-2.30pm NEW! Starting 4th Sept	Breastfeeding Group	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. Free	St Robert's Centre, Harrogate
	4-5.30pm BOOK	FUSE theatre group	Inclusive theatre group for young people aged 11-25 years with Special Educational Needs and Disabilities (SEND) and non SEND young people. Contact John Rose on 01609 533334 for more information.	Starbeck Methodist Church
	4.30-5.30pm Drop in	Adversity United Football Club (SEND)	Football club for children & young people aged 6-12 years with special educational needs/disabilities (SEND). Affiliated to North Yorkshire Youth. Membership form to be completed by parent/carer. £2 per young person	Harrogate Grammar School
	7-9pm Drop in Term-time	Fairfax Youth Club	Youth Club activities for 11-19 year olds. Run by North Yorkshire Youth. 50p per young person	Fairfax Community Centre

Support with early speech and language development

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

Bookstart - home visits - Interested in learning more about how to share books, stories & rhymes with your child in a fun way? Want to find out more about what we offer at our centres? We offer a home visiting programme to do this. **Suitable for children aged 12 months–2 years and their parents/carers**

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 (or appropriate developmentally) and their parents/carers**

Building Blocks for Language - 8-week programme (1 1/2 hour 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 & language therapists and delivered by trained staff. **Suitable for children aged 2-3 years (or appropriate developmentally) and their parents/carers**

Contact any of the centres to find out more and to book your visit or place

	Time	Activity	More Information	Where
W E D N E S D A Y	9-12noon BOOK appointment	Family Outreach Worker Appointments	Need advice and support? Come & talk to a Family Outreach Worker. For expectant families and those with children from birth to 19 years. Free	Bilton Children's Centre & Knaresborough Children's Centre
	9.15-10.45am Drop in	Health Visitor Clinic	Meet with health visiting team for advice, support and weight review. For children from birth - 5 years & parents/carers. Free	Saltergate Children's Centre
	9.30-11am Drop in	Childminders Group	Play session led by and for childminders. Bring along the children you care for. £1 per childminder	Harrogate Town Children's Centre
	9.30-11.00am Drop in	Physiotherapy Pre-School drop in	Worried about your child's early milestones? Come along with your child to see a qualified Physiotherapist On: 26th Sep; 24th Oct; 21st Nov; 19th Dec. Free	Bilton Children's Centre
	9.30-11.30am Drop in	Speech and Language Pre-School drop in	Worried about your child's speech and language? Come along with your child to see a qualified Speech & Language Therapist: On: 12th Sep; 10th Oct; 14th Nov; 12th Dec. Free	Knaresborough Children's Centre
	9.30-11.30am Drop in	Speech and Language Pre-School drop in	Worried about your child's speech and language? Come along with your child to see a qualified Speech & Language Therapist: On: 19th Sep; 17th Oct; 21st Nov; 19th Dec. Free	Harrogate Town Children's Centre
	10-11am BOOK Term-time	Little Explorers	6-week programme of topics related to early development and learning, with play opportunities. For children from crawling to 18 months & parents/carers. Free	Knaresborough Children's Centre
	1-2.30pm Drop in	Physiotherapy Pre-School drop in	Worried about your child's early milestones? Come along with your child to see a qualified Physiotherapist On: 5th Sep; 3rd Oct; 7th Nov; 5th Dec. Free	Saltergate Children's Centre
	1-2.30pm Drop in	Speech and Language Pre-School drop in	Worried about your child's speech and language? Come along with your child to see a qualified Speech & Language Therapist: On: 26th Sep; 24th Oct; 28th Nov. Free	Saltergate Children's Centre
	1-2pm BOOK Term-time	Amazing Babies	6-week programme of topics related to early development and learning, with play opportunities including sensory exploration. For children from birth to pre-crawling & parents/carers. Free	Bilton Children's Centre
	1-3.30pm BOOK appointment	Midwife Clinic	Phone 01609 532902 to make an appointment. Care and advice for you and your baby through pregnancy and for up to 28 days after birth	Bilton Children's Centre
	1.30-3pm Drop in	Bumps and Babes Group	Come along for a programme of topics related to you, your pregnancy and parenthood, as well as meet other young parents for fun activities. For young mums/mums-to-be & dads/dads-to-be aged under 25, with their baby up to 6 months old. Siblings welcome too. Free	Harrogate Town Children's Centre
	2.30-4pm BOOK appointment	Midwife Clinic	Phone 01609 533855 to make an appointment. Care and advice for you and your baby through pregnancy and for up to 28 days after birth	Knaresborough Children's Centre
	5-7pm	Youth Council	11-19 years old? Are you passionate about young people? Have your voice heard at the Harrogate Youth Council. For more information, contact Kevin Jeffrey 01609 535931	Trax
6-8pm	LGBT+ Support Group	Support group for 14-19 year olds. For more info, contact Lena Kanabar on 07532 041091 or Tommo on 07809 630501.		

	Time	Activity	More Information	Where
T H U R S D A Y	9.30-11am Drop in	Here to Help - Early Years Health Practitioner Clinic	Early Years Health Practitioner drop-in clinic, supporting families with children aged birth - 5 years with: sleeping; toileting; behaviour; diet and nutrition 6th Sep; 4th Oct; 1st Nov; 6th Dec. Free	Harrogate Town Children's Centre
	9.30-11am Drop in	Physiotherapy Pre-School Drop in	Worried about your child's early milestones? Come along with your child to see a qualified Physiotherapist. On: 13th Sep; 11th Oct; 15th Nov; 13th Dec. Free	Knaresborough Children's Centre
	9.30-11.30am Drop in	Childminder Group	Play session led by and for childminders. Bring along the children you care for. £1 per childminder	Knaresborough Children's Centre
	10-11.30am Drop in Term-time	Twins Stay & Play group	Volunteer parent-led group for twins & multiple births from birth to 5 years and parents/carers. £1 per family	Bilton Children's Centre
	1-2.15pm Drop in	Health Visitor Clinic	Meet with health visiting team for advice, support and weight review. Please arrive at least 15 minutes before end time. For children from birth- 5 years & parents/carers. Free	Harrogate Town Children's Centre
	1.30-3pm BOOK appointment	Midwife Clinic	Phone 01609 798752 to make an appointment. Care and advice for you and your baby through pregnancy and for up to 28 days after birth.	Saltergate Children's Centre
	7-9pm Drop in Term-time	Jennyfields Youth Club	Youth club activities for young people from 11 to 19 years. Run by North Yorkshire Youth. 50p per young person	Styan Community Centre
F R I D A Y	10-11am BOOK Term-time	Little Explorers	6-week programme of topics related to early development & learning, with play opportunities. For children from crawling to 18 months & parents/carers. Free	Bilton Children's Centre
	10-11am BOOK	Antenatal Breastfeeding Workshop	Small, interactive, midwife-led workshop, learning all about breastfeeding your baby, including practical advice on position and attachment. For all mums 26-28 weeks gestation. On: 7th Sep; 28th Sep; 5th Oct; 19th Oct; 2nd Nov; 16th Nov; 30th Nov; 14th Dec. Free. Contact any of the children's centres to book your place.	Harrogate Town Children's Centre
	10.30-11.30am Drop in	Health Visitor Clinic	Meet with health visiting team for advice, support and weight review. Please arrive at least 15 minutes before end time. For children from birth- 5 years & parents/carers. Free	Stockwell Road Surgery, Knaresborough
	7-8.30pm Drop in	Spofforth Youth Club	Youth club activities for young people aged 8-16 years. Affiliated to North Yorkshire Youth. £3 per young person	Spofforth Village Hall
	7.15-9.15pm Drop in Term-time	Knaresborough Youth Club	Youth club activities for young people aged 11-19 years. Run by North Yorkshire Youth. 50p per young person	Knaresborough Community Centre

Baby Massage courses

Five-session practical course on techniques & benefits of baby massage. **For pre-crawling babies & parents/carers. £30 for 5 sessions (1 hour over 5 weeks - term-time only) per family.** Contact any of the centres to request specific dates, add your name and centre preference onto our booking list.

Bilton Children's Centre: Tuesday afternoons

Harrogate Town Children's Centre: Tuesday mornings

Knaresborough Children's Centre: Tuesday mornings or Thursday afternoons

Saltergate Children's Centre: Thursday mornings

Other Information

Adult Learning	Interested in learning new skills or getting back into learning? We work with the Adult Learning & Skills Service, so contact them today on 01609 780780 to find out what you could do or pop into Trax, 15-17 Station Bridge, Harrogate HG1 1SP
Baby Basics Harrogate	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 new-born. Donations accepted at Bilton Children's Centre. For more information, message babybasicsharrogate@gmail.com or search on Facebook for Baby Basics Harrogate
Early years education and childcare 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 the extended 30 hours childcare entitlement for 3 & 4 year olds, visit: https://www.northyorks.gov.uk/early-education-places-and-funding
First Aid Awareness	Two-hour awareness sessions available with limited on-site crèche places. £5 per family per session. Contact any children's centre for dates and to book your place. Also, see the British Red Cross website, as recommended by NHS Choices: http://www.redcross.org.uk/en/What-we-do/First-aid/Baby-and-Child-First-Aid or download their apps onto your smartphone
Foodbanks in Harrogate District	Anyone can reach crisis point and Harrogate District Foodbanks are available to help when that happens. For further information on food banks in Harrogate District, visit: https://harrogatedistrict.foodbank.org.uk/get-help/how-to-get-help/ or phone 07885 529864 or email info@harrogatedistrict.foodbank.org.uk . Vouchers available from children's centres
Harrogate IAPT (Increasing Access to Psychological Therapies) Service	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
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 in to collect yours today
Musical Mums	Musical Mums is a series of FREE singing and music-making sessions where mums under 25 and children under 5 can explore music in a relaxed and friendly environment. They meet every Tuesday from 1-2pm in the Wesley Chapel, Harrogate (Oxford St, Harrogate HG1 1PP) and are always welcome to new members! Sessions consist of 45 minutes of activities to develop confidence, creativity and coordination followed by 15 minutes of socialising and refreshments. It doesn't matter if you are new to singing. Sessions are a great opportunity to meet others your own age, gain new skills and make new friends. Just pop along.
Not in Education, Employment or Training (NEET)	16-19 years old or 16-24 years old with special educational needs? Not in education, employment or training? Contact the Harrogate Prevention Hub on 01609 533446 for more information on what support is available in your local area
On-line safety for children & young people	Interested in finding out more about how to support your children and young people to keep safe on-line? Go to: http://www.childnet.com/blog/free-internet-safety-leaflets-for-parents-2016 to download useful leaflets. Ring any of the centres to put your name on a waiting list if you would like to attend a workshop on how to support children/young people to keep safe on-line
Parenting Programmes	Want to get the best out of family life? Interested in learning techniques for parenting? We have a range of parenting programmes. Contact a children's centre for more info
Sensory Room	Did you know we have a fantastic sensory room at Knaresborough Children's Centre? Contact the centre to book your slot to use the room! £2 per family per hour
Stop Smoking	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
Storytelling at the Library	Did you know that the library service run regular storytelling sessions at the library for children from birth-5 years and parents/carers? Contact your local library for more info
YorSexual Health	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 https://www.yorsexualhealth.org.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 wide world".

Contact us:

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

Harrogate Saltergate Children's Centre
Newby Crescent, Harrogate HG3 2TT
Tel: 01609 798752
harrogatenorth&towncentre@northyorks.gov.uk

Harrogate Town Children's Centre
Wetherby Road, Harrogate HG2 7SG
Tel: 01609 535753
knaresborough&harrogate.southcc@northyorks.gov.uk

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

Other Children's Centres:

Ripon & Rural Children's Centres

Operating from outreach venues in the Ripon area
Contact them on: 01609 532608

Other community venues:

Bilton Youth Centre

69 Bilton Lane, Harrogate HG1 3DT

Fairfax Community Centre

Fairfax Avenue, Harrogate HG2 7RU

Harrogate Central Library

Victoria Avenue, Harrogate HG1 1EG

Knaresborough Community Centre

Stockwell Avenue, Knaresborough HG5 0LG

Starbeck Library

68A High Street, Harrogate HG2 7LW

Starbeck Methodist Church

High Street, Harrogate HG2 7LL

Stockwell Road Surgery

21 Stockwell Road, Knaresborough HG5 0JY

St Robert's Centre

3 Robert Street, Harrogate HG11HP

Trax

15-17 Station Bridge, Harrogate HG1 1SP

Wesley Centre

Oxford Street, Harrogate HG1 1PP



**DO WE HAVE YOUR
EMAIL DETAILS?**

**If not, please let a member
of staff know**

Visit our website

www.northyorks.gov.uk

or call our friendly team on

01609 533483

You could also email us at

fis.information@northyorks.gov.uk

or text **07624 802425**

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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 Web: www.northyorks.gov.uk

If you would like this information in another language or format please ask us.

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