

## Children and Families: Early Help Harrogate, Knaresborough and surrounding areas

**Children and Families: Early Help** provides support for a family when a need is identified at any point in a child's life. We work across all agencies and partners and we aim to deliver the right support, at the right time and in the right place to families.

The following group activities will be available to meet local need. **Most of these programmes are referral-only. Please talk to any practitioner if you would like you, your child and/or a family member to be referred onto any of the activities. The practitioner will contact us to add your name and details onto our waiting lists and you will then be contacted.**

0-5 years Activities	More Information	Suitable for
<b>Baby Massage</b> <i>Referral-only</i>	5 weekly sessions to learn the techniques & benefits of baby massage.	For pre-crawling babies & parents/carers
<b>Amazing Babies</b> <i>Self-referral &amp; referral</i>	6 weekly sessions of topics related to early development and learning, with play opportunities and the chance to chat with other parents/carers	Babies from birth to pre-crawling & parents/carers
<b>Little Explorers</b> <i>Referral-only</i>	6 weekly sessions of topics related to early development and learning, with play opportunities and the chance to chat with other parents/carers	Babies from crawling to walking & parents/carers
<b>Active Learners</b> <i>Referral-only</i>	6 weekly sessions of topics related to early development and learning, with play opportunities and the chance to chat with other parents/carers	Toddlers from walking to pre-school & parents/carers
<b>Small Talk</b> <i>Referral-only</i>	7 weekly sessions with 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.	children aged 12 months-2 years (or appropriate developmentally) & parents/carers
<b>Building Blocks for Language</b> <i>Referral-only</i>	8 weekly sessions 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	children aged 2-3 years (or appropriate developmentally) & parents/carers
<b>Singing Speech</b> <i>Referral-only</i>	6 weekly sessions to raise children's awareness of the sounds they are using; to encourage children to listen to the sounds in words; to help parents to integrate phonological awareness activities into their everyday routines. Referral via Speech and Language Therapist	Children aged 3-4 years with delayed speech development & parents/carers
<b>Bookstart Corner</b> <i>Referral-only</i>	Home visits with children and parents/carers, to learn how to share books, stories and rhymes with your child in a fun way	Children aged 12 months - 2 years & parents/carers

5-19 (25) years Activities	More Information	Suitable for
<b>Switch</b> <i>Referral-only</i>	8 weekly programme of activities suitable for children and young people who could benefit from support to develop their confidence and social skills	Children and young people aged 5-16 years - tailored to different age ranges
<b>LGBT+ support group</b> <i>Self-referral &amp; referral</i>	Support group for young people. For more information, contact Lena Kanabar on 07532 041091	Young people aged 14-19 years
<b>Bilton Youth Project</b> <i>Referral-only</i>	Youth club activities including confidence and team building, craft, cooking and sports activities, plus lots more.	Young people aged 11-14 years
<b>Moving Forward</b> <i>Self-referral &amp; referral</i>	Activity and social group for young people with special needs & disabilities. Contact Rachel on 01609 798790 to arrange to visit the group.	Young people aged 16-25 years

Parent/Carer Activities	More Information	Suitable for
<b>Parenting Programmes</b> <i>Referral-only</i>	Want to get the best out of family life? Interested in how to improve your relationship with your child/ren? 5 weekly sessions with a chance for discussions with other parents/carers	Any parents/carers with children aged 0-19 years
<b>LGBT+ support group for parents</b> <i>Self-referral &amp; referral</i>	Come along for support, information, advice and guidance. Come and meet others alike in a non-judgemental environment. For more information, contact Lena Kanabar on 07532 041091	Any parents/carers/ family members with children who are LGBT+

Other	More Information	Suitable for
<b>Children &amp; Families Worker/ Support Worker Appointments</b> <i>Self-referral &amp; referral</i>	Need advice and support? Come and talk to a Children & Families Worker/Support Worker. Call any centre to make an appointment.	For expectant families & those with children from birth to 19 years

## Activities delivered jointly with partner agencies

### Breastfeeding group

Drop-in 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.

Mondays	10-11am	Knaresborough CC
Tuesdays	1.30-2.30pm	St Roberts Centre, Harrogate

### Mums in Mind

8-week programme for mums who are feeling anxious or low in mind, delivered by Health Visiting team and Early Help. Speak to your health visitor and ask to be referred. For mums & children under 2 years.

Tuesdays	10-11.30am	Wesley Centre, Harrogate
----------	------------	--------------------------

## Activities delivered by partner agencies in our centres

### Midwifery clinics

Care and advice for you and your baby through pregnancy and for up to 28 days after birth. Ring the centre number to book an appointment

Mon	2.30-3.45pm	Harrogate Town CC
Wed	1-3.30pm	Bilton CC
Wed	2.30-4pm	Knaresborough CC
Thurs	1.30-3pm	Saltergate CC

### Antenatal breastfeeding workshop

Small, interactive, midwife-led workshop, learning all about breastfeeding your baby, include practical advice on position and attachment. Ring the centre number to book.

Fri	10-11am	Harrogate Town CC
-----	---------	-------------------

**10th May; 24th May; 7th Jun; 21st Jun;  
5th Jul; 19th Jul; 2nd Aug; 16th Aug**

### 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 and Language Therapist.

Wed	9.30-11.30 am	Knaresborough CC	<b>8th May; 12th Jun; 10th Jul</b>
Wed	9.30-11.30 am	Harrogate Town CC	<b>15th May; 19th Jun; 17th Jul</b>
Wed	1-2.30 pm	Saltergate CC	<b>22nd May; 26th Jun</b>

### Physiotherapy pre-school drop-in

Worried about your child's early milestones? Come along with your child to see a qualified

Wed	9.30-11am	Bilton CC	<b>8th May; 12th Jun; 10th Jul</b>
Wed	1.30-3pm	Saltergate CC	<b>1st May; 5th Jun; 3rd Jul</b>
Thurs	9.30-11 am	Knaresborough CC	<b>16th May; 20th Jun; 18th Jul</b>

### Health Visiting clinics

**Weekly drop-in.** Meet the health visiting team for advice, support and weight review. Please arrive at least 15 minutes before end time. For children from birth - 5 years and parents/carers

Mon	9.30-10.45am	Bilton CC
Mon	9.30-11am	Knaresborough CC
Tues	10-11.30am	Starbeck library
Wed	9.15-10.45am	Saltergate CC
Thurs	1-2.15pm	Harrogate Town CC
Fri	10.30-11.30am	Stockwell Road Surgery

**Monthly - first Tuesday of every month**

Tues	1.30-2.45pm	Harrogate Library
------	-------------	-------------------

### 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.

Tues	10.30-11.30am	Knaresborough CC
Wed	2.30-3.30pm	Bilton CC

**Tues: 30th Apr; 4th Jun; 2nd Jul  
Wed: 17th Apr; 8th May; 12th Jun; 10th Jul**

### 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.

Tues	10.30-11.30am	Knaresborough CC
Wed	2.30-3.30pm	Bilton CC

**Tues: 21st May; 30th Jul  
Wed: 1st May; 5th Jun**

### Early Years Health Practitioner Clinic

Drop-in supporting families with children birth - 5 years with: sleeping; toileting; behaviour; diet & nutrition

First Thurs of month	9.30-11am	Harrogate Town CC
----------------------	-----------	-------------------

## Contact us:

### Harrogate Bilton Children's Centre

Woodfield Road, Harrogate HG1 4HZ

**Tel: 01609 532902**

[harrogatenorth&towncentre@northyorks.gov.uk](mailto:harrogatenorth&towncentre@northyorks.gov.uk)

### Harrogate Saltergate Children's Centre

Newby Crescent, Harrogate HG3 2TT

**Tel: 01609 798752**

[harrogatenorth&towncentre@northyorks.gov.uk](mailto:harrogatenorth&towncentre@northyorks.gov.uk)

### Harrogate Town Children's Centre

Wetherby Road, Harrogate HG2 7SG

**Tel: 01609 535753**

[knaresborough&harrogate.southcc@northyorks.gov.uk](mailto:knaresborough&harrogate.southcc@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)

## 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 Health & Wellbeing Hub

69 Bilton Lane, Harrogate HG1 3DT

### Harrogate Central Library

Victoria Avenue, Harrogate HG1 1EG

### Starbeck Library

68A High Street, Harrogate HG2 7LW

### Stockwell Road Surgery

21 Stockwell Road, Knaresborough HG5 0JY

### St Robert's Centre

3 Robert Street, Harrogate HG11HP

### Wesley Centre

Oxford Street, Harrogate HG1 1PP

## 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



**DO WE HAVE YOUR  
EMAIL DETAILS?**

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

## Find us on Facebook



**LIKE US at:** [www.facebook.com/  
HarrogateTownKnaresboroughCFSP](http://www.facebook.com/HarrogateTownKnaresboroughCFSP)

## General Enquiries:

**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)