

What's On

Spring Term Programme

January – March 2024



Driffield Children's Centre



Early Help and Prevention

Welcome to 2024!

Happy New Year to all our children, families, and partners and welcome to our new What's On programme of activities this term.

We officially launch our new **Early Communication Pathway** to encourage your child's communication and language development and is made up of Book Time, Talk Time and Musical Me, where your child's language will be encouraged through song, repetition and rhyme.

Children and Family Centres are intended to support you and your child on your family journey and we welcome you and your wider family network to take part in our **preventative and universal sessions**. See inside for more details!

We all need a bit of help from time to time to get back to a point where we can manage, and there may be times when you are not sure what you need to do to get things working again for you and your family. That's where **Early Help Family Work** comes in. Our role is to help you find what works best for your family and ensure you receive the right help at the right time. Working with you to help your family is the key principle of Early Help.

If you feel you would benefit from Early Help please speak to one of our Children's Centre staff at your local centre. Professionals can make a request on behalf of a family and with the families' consent via our Early Help Hub EHP@eastriding.gov.uk or by ringing **01482 391700**.

Local updates

NEW:

Twins or More!

The group welcomes families with twins/multiples of all ages for like minded support and conversation about twin/multiple family life. The group meets weekly on a Tuesday and alternates between Driffield Children's Centre and Pocklington Children's Centre each week, please call the centre for more information and to book a place. The group will start on Tuesday 9th January at Pocklington Children's Centre.

Activity of the Month

Check out our activity of the month when you visit the centre for your child to take away (ask in sessions or reception)



Holiday Activities

Watch out for activity information in the centre
for
February Half Term
&
Outdoor Explorers Easter Extravaganza



EAST RIDING
OF YORKSHIRE COUNCIL

YOUR JOURNEY	ACTIVITY	DESCRIPTION	WHO IS IT FOR?
Antenatal 	Antenatal Parent Education	Find out all about looking after yourself and baby in the early days, as well as receiving information and advice on safer sleep, infant feeding, bathing your baby and car seat safety. If you are having your baby at Hull, Scarborough, York, Scunthorpe or Goole hospitals and you told your midwife you were happy for us to contact you, you will automatically receive a call. If you are unsure, or would now like to access the course, please contact your nearest centre. If you are having your baby at Hull hospital you can also book your place HERE , or call 07341 887617.	<i>Expectant parents who are around 28 weeks pregnant.</i>
Postnatal Pathway 	Early Days	First stage on our postnatal pathway – come along to our relaxed and fun sessions and meet other parents whilst learning about how your baby develops and getting the most out of your early days together.	<i>For babies from birth.</i>
	Infant Massage	Second stage of the pathway promotes bonding and relaxation in a warm, calming environments	<i>For babies who have had their 6-week check up to crawling.</i>
	Baby Days	The last part of your journey on our pathway sees you and your baby enjoy a range of baby friendly activities and soft sensory play your baby will love learning from.	<i>For babies up to crawling.</i>
	Breastfeeding group	Meet other breastfeeding mums, share your stories and gain support on your breastfeeding journey. Trained friendly staff available to offer information and support.	<i>Are you expecting a baby or currently breastfeeding?</i>
Early Communication Pathway 	Musical Me	A fun-filled music session that supports early communication and language. Join in with some well-loved nursery rhymes and children's songs – you may even learn a few new ones! Ideas to carry on the music and movement at home are also available.	<i>For babies from crawling.</i>
	Book Time	Want to enjoy books at home? A programme usually delivered in the family home which is designed to support early language skills and encourage the love of books in babies and young children. Includes links with the local library.	<i>From 16 – 26 months.</i>
	Talk Time	A 6-week programme of sessions to provide support for children from 2 years old with language and early communication difficulties. Activities are themed around eye contact, turn taking, making choices, listening, copying and speech sounds.	<i>From 2 – 3 years.</i>
Core sessions 	Play and Learn	Join in our fun sessions for 0-5's. This session provides an opportunity for you to support your child's development through play, helping build confidence and learning while having fun together. Activities include crafts, play and singing. Ideas for activities at home are also available.	<i>For 0 – walking or 0-5 years.</i>
	Outdoor Explorers	Made up of 6 weekly sessions aimed at children aged 2-3 years. We explore nature and the outdoor world through a variety of activities. The session focused on developing well-being by enjoying family outdoor activities in your local area, taking notice of the natural world and being physically active.	<i>Preschool children aged around 2-3 years.</i>
	Sensory experience	Want to stimulate your child's senses? A place where children can explore and develop their senses in a calm and relaxing atmosphere. Ideal for very young children and those with additional needs. Our sensory room is available for families to book. Please contact us for more information.	<i>Ideal for very young children and those with additional needs.</i>

YOUR JOURNEY	ACTIVITY	DESCRIPTION	WHO IS IT FOR?
Home learning 	Take and Make	Want to get creative at home? This is an opportunity to buy essential craft materials and packs of resources at cost price. This will help promote home learning and development with your child. Contact us for more details.	<i>For all families.</i>
	Home Learning	Contact us to speak to a member of the team who can give you ideas and support to help you with your child's development through fun activities at home.	<i>For families with young children.</i>
	Meet us at community groups	We will be out and about at community groups in the area with our Take and Make as well as some fun activities which support children's learning and development.	<i>Local community groups.</i>
Family Support 	1-1 support	We all need a bit of help from time to time to get back to a point where we can manage, and there may be times when you are not sure what you need to do to get things working again for you and your family. That's where Early Help Family Work comes in. Our role is to help you find what works best for your family and ensure you receive the right help at the right time.	<i>For all families and carers.</i> <i>Call the Early Help and Prevention Hub on 01482 391700</i>
	Family Links	Let's face it, family life can be hard work at times. From understanding your child's behaviour, changes in your relationship and even just making sense of being a parent, our popular Family Links course can help you work it all out!	<i>For families with children aged 2 – 11 years</i>
	Bags of Support	We have created a number of bags containing books, toys, tips and resources for families with young children to support you with elements of parenting. These include supporting with sleep, life with a new sibling, fussy eating, behaviour, weaning and toilet training. Our bags of support are available to borrow free of charge.	<i>For families with young children.</i>
	Food Bank	Your local Children's Centre can help you access a food bank service near you.	<i>For all families and carers.</i>
	'Jackie'	No-one should be in period poverty – if you need any sanitary products, ask for 'Jackie' or a member of staff to provide.	<i>For all families and carers.</i>



Children's Centres in the East Riding have been awarded the UNICEF Baby Friendly Initiative Gold Award and this year have successfully passed the 4 year revalidation. This award recognises the support we offer new parents helping them to develop a close and loving bond with their baby, supporting them in the early days and getting feeding off to a good start. We work in partnership with midwives and health visitors to provide the right support at the right time.

East Riding of Yorkshire

Families Information Service Hub

Tel: (01482) 396469
E: fish@eastriding.gov.uk
W: fish.eastriding.gov.uk

The Families Information Service Hub is known as FISH.

The friendly, helpful FISH team operates a helpline offering free, impartial information for young people, parents and carers and professionals who have a role in supporting families.

FISH is a 'one-stop-shop' where you can get details of services in the East Riding for children and young people aged 0-20 years.

Timetable for Driffield Children's Centre

Time	ACTIVITY – all at Driffield Children's Centre unless otherwise stated	DATES	Booking ?	Term time?
MONDAYS				
9.30-11am	Baby Days	Call for Dates (5 week course)	Call Us	No
11.30 – 12.30pm	Musical Me	Call for Dates	Call Us	Yes
1.30 – 2.30pm	Family Drop In	Weekly	Drop In	No
TUESDAYS				
9.30 – 10.30.am	Outdoor Explorers	Fortnightly starting W/C 22.1.24	Call Us	Yes
	Twins or More!	Fortnightly starting W/C 15.1.24	Call Us	Yes
11.15 – 12.30pm	Breastfeeding Group	Weekly	Drop In	No
1 – 4pm	Child Health Clinic (with ISPHNS)	Weekly	By invite	No
1.30 – 2.30pm	Infant Massage	Call for dates (5 week course)	Call Us	No
WEDNESDAYS				
9.30 - 11.30am	Family Links	Call for dates (10 week course)	Call Us	Yes
1 – 2.30pm	Early Days	Call for dates (3 week course)	Call Us	No
THURSDAYS				
9.30 – 11am	Play and Learn (Active Crawling upwards)	Weekly	Call Us	Yes
1 – 2.30pm	Talk Time	Call for Dates (6 Week course)	By Invite	Yes
FRIDAYS				
9 – 10am	Family Drop In	Weekly	Drop In	No
1 – 2.30pm	Play and Learn (Up to Active Crawling)	Weekly	Call Us	Yes

Contact us:

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 E: driffieldcc@eastriding.gov.uk
 W: www.eastriding.gov.uk/childrens-centres
[@erchildrenscentres](https://twitter.com/erchildrenscentres)

