

## Early Help Virtual Offer – Summer Term 2021

We are pleased to be able to share with you our new programme of virtual sessions and courses. The sessions, facilitated by the Children and Family Support Workers (CFSW's), have been designed to be versatile and can be delivered virtually on a 1:2:1 basis with families or in a group based situation.

If you know of, or are supporting, a child, young person or family who would benefit from attending one or more of these sessions, please encourage them to book directly onto the course by ringing the area number or emailing the local Hub as detailed below so consent can be obtained.

East Locality	West Locality	Central Locality
<a href="mailto:C&amp;FHubscarborough@northyorks.gov.uk">C&amp;FHubscarborough@northyorks.gov.uk</a> 01609 534101 <a href="mailto:C&amp;FHubWhitbyRyedale@northyorks.gov.uk">C&amp;FHubWhitbyRyedale@northyorks.gov.uk</a> 01609 534129	<a href="mailto:C&amp;FHubCraven@northyorks.gov.uk">C&amp;FHubCraven@northyorks.gov.uk</a> 01609 533118 <a href="mailto:C&amp;FHubHarrogate@northyorks.gov.uk">C&amp;FHubHarrogate@northyorks.gov.uk</a> 01609 533127	<a href="mailto:C&amp;FHubHambleton@northyorks.gov.uk">C&amp;FHubHambleton@northyorks.gov.uk</a> 01609 532320 <a href="mailto:C&amp;FHubSelby@northyorks.gov.uk">C&amp;FHubSelby@northyorks.gov.uk</a> 01609 532343

Family names will be added to a list of interested participants, and the Children and Family Support Workers who are leading on the course will contact them directly to make arrangements for session delivery.

Due to sessions and courses being offered virtually, we can now combine cohorts from across the County and reduce the barriers for families accessing the Early Help programmes. If you would like some more information, please call the numbers above to discuss further.

Session Name	Length of session	Session Overview	Start Dates	Times
<b>0 -5 Sessions</b>				
Ante-natal Session	One off session	An informative session covering baby brain development and early communication, plus stimulating things to do with your new born. It will look at places to go and things you can do to support yourselves and your baby. A great opportunity to 'meet' other expectant parents, to develop a peer network to support mental health and reduce isolation. There will be time at the end for you to ask questions.	Wednesday 7 <sup>th</sup> April Wednesday 5 <sup>th</sup> May Wednesday 2 <sup>nd</sup> June Wednesday 7 <sup>th</sup> July	18:00-20:00 10:00-12:00 18:00-20:00 10:00-12:00

Amazing Babies	5 week programme	A five-week programme aimed at ante-natal to 1 year olds which includes information, advice and support on brain development; early development and the importance of the first 1000 days in your baby's life; responsive parenting and attachments; the importance of play and early communication. It will also include ideas around play and interactions for babies' development, and a special session for parents on well-being and mindfulness.	Call for further details	
Terrific Toddlers	6 week programme	An online course to support parents with the development and parenting of their toddlers. The main aim of the course is to empower parents to give their children the best start in lifelong learning, through play, interaction and a quality home learning environment. This will help to ensure that their child is ready for school and ready for life.	Thursday 15 <sup>th</sup> April Friday 16 <sup>th</sup> April Monday 7 <sup>th</sup> June	13:00-14:00 09:30-10:30 13:30-14:30
<b>Primary Age Sessions</b>				
Switch	6 week programme	Switch is for young people aged 8 - 11 years and aims to develop their self-confidence and social skills through building self-esteem, understanding friendships, teamwork and safe relationships. The sessions have lots of games, crafts and fun activities.	Tuesday 13 <sup>th</sup> April Wednesday 19 <sup>th</sup> May Tuesday 22 <sup>nd</sup> June	16:15-17:15 16:15-17:15 16:15-17:15
Heads Up	6 week programme	Heads Up is for children aged 4 - 7 years and is run over six sessions. Sessions will last approximately one hour. Each session will have a theme covering self-esteem, emotions, anxiety, anger, friendships and safe relationships and being kind. Each week there will be a mixture of stories, games and activities.	Tuesday 20 <sup>th</sup> April Wednesday 21 <sup>st</sup> April Thursday 10 <sup>th</sup> June	16:30-17:30 16:00-17:00 16:30-17:30
Create Confidence	6 week programme	A course designed to offer emotional support for primary school aged children who have been in family situations with historic domestic abuse. The sessions provide activities for the children to explore emotions and feelings about the past trauma and provides them with coping strategies.	Tuesday 13 <sup>th</sup> April Thursday 10 <sup>th</sup> June	16:00-17:00 16:00-17:00

Youth Sessions				
Create Confidence	6 week programme	A course designed to offer emotional support for secondary school aged children who have been in family situations with historic domestic abuse. The sessions provide activities for the children to explore emotions and feelings about the past trauma and provides them with coping strategies.	Wednesday 14 <sup>th</sup> April Wednesday 10 <sup>th</sup> June	16:00-17:00 16:00-17:00
LGBTQ+	Weekly drop-in sessions	The relaxed sessions are designed to be flexible so young people can drop in and out as needed. The group looks for opportunities for the young people to gain insight into the support available. The sessions offer information on well-being, identity, sexual health and support from the wider community. The team work closely with MESMAC, who can offer specialised support. Distance meet ups in small groups have been arranged so that we can get together outside of the virtual world too!	Call for further details	
Girls Group	6 week programme	The sessions cover a host of topics including body image, managing stress, keeping safe, dealing with emotions, healthy relationships and much more. The sessions provide an opportunity for young people to learn new things, have fun and meet new friends. The aim of the sessions is to improve emotional and mental health; improve knowledge on healthy friendships and relationships and, where age appropriate, provide information on sexual health and contraception. The course is designed to ensure young people have a better understanding of risk taking activities, substance misuse and antisocial behaviours, and an increased knowledge on how to improve confidence, self-esteem and resilience.	<b>10-14 years old</b> Thursday 6 <sup>th</sup> May Tuesday 8 <sup>th</sup> June  <b>14-18 years old</b> Monday 19 <sup>th</sup> April Monday 7 <sup>th</sup> June	16:00-17:00 16:00-17:00  16:00-17:00 16:00-17:00
Youthability	Weekly drop-in sessions	Youthability is a youth club for young people aged 11-25 years with special educational needs and disabilities, offering inclusive activities for young people to enjoy and achieve.	Call for further details	
Switch	6 week programme	The Switch programme for the 11+ age group is designed to help young people build self-confidence and develop their social, emotional and mental health. The Switch programme has been created to be run in small groups for six sessions. The content includes interactive activities, fun ice-breakers and games which mean they are engaging for the young people. The topics covered include self-esteem, managing strong feelings, kindness and friendships, team work, anger, anxiety, self-confidence, self-care and mindfulness.	Thursday 29 <sup>th</sup> April Monday 14 <sup>th</sup> June	16:15-17:15 16:15-17:15

Parenting				
Young Parents	Weekly drop-in sessions	Sessions where young parents can meet together to share experiences, gain information and to discuss any issues of interest or concern.	Call for further details	
Supporting Emotional Well-being	6 week programme	A six-week course which aims to support parents to understand and develop their own positive emotional health and well-being, whilst building a support network with other parents. Each week the session looks at key themes including anxiety; self-esteem; communication; conflict; dealing with change; 5 ways to well-being.	Wednesday 21 <sup>st</sup> April Thursday 22 <sup>nd</sup> April Friday 23 <sup>rd</sup> April Monday 14 <sup>th</sup> June Tuesday 15 <sup>th</sup> June Thursday 17 <sup>th</sup> June	19:00-20:00 19:00-20:00 10:00-11:00 19:00-20:00 10:00-11:00 19:00-20:00
Helping Teenagers with Emotional Well-being	A one off session, or can be combined with other courses	A session looking at the emotional well-being of teenagers. This session covers teenage hormones and stresses; day to day pressures and anxiety; depression; concerning behaviour. Information is also provided to help parents to support their teenager. The session lasts up to 1 hour depending on discussion and includes YouTube clips. The session can be delivered as a group or on a 1:2:1 basis.	Monday 17 <sup>th</sup> May Monday 21 <sup>st</sup> June	10:00-11:00 17:00-18:00
Risk Taking Behaviour	A one off session, or can be combined with other courses	This session offers an insight into why teenagers take risks. The sessions are complemented by videos and exercises for parents and carers to help them to understand challenging behaviours and obtain advice on coping strategies.	Tuesday 11 <sup>th</sup> May Tuesday 15 <sup>th</sup> June	10:00-11:00 17:00-18:00
Managing Challenging Behaviour in Teenagers	Two sessions, or can be combined with other courses	Two x 1 hour sessions looking at how teenagers develop and change. The course offers support and ideas for parents to enjoy a better relationship with their teenager. The sessions aim to give advice and tools to improve communication, develop stronger relationships whilst providing de-escalation strategies.	Tuesday 20 <sup>th</sup> April Tuesday 8 <sup>th</sup> June	10:00-11:00 17:00-18:00

Tips and Hints on Parenting a Teenager	A one off session, or can be combined with other courses	Ideas and tips for addressing some of the challenges you may face as a parent of a teenager. The session covers communication, hormones, sleep, challenging behaviour and much more. This would be a good session for all parents and carers.	Tuesday 27 <sup>th</sup> April Thursday 27 <sup>th</sup> May	10:00-11:00 17:00-18:00
It Takes Two – Parental Conflict	A one off session, or can be combined with other courses	For lots of children parental conflict is part of everyday life and more often than not parents are not aware of the potential impact it has on their children. Work, finances and household chores are just a few of the competing elements that can cause tensions to rise, disagreements to escalate and arguing to become commonplace. These sessions will help families recognise and understand the impact of parental conflict on their child's well-being and enable them to make positive changes.	Monday 19 <sup>th</sup> April Wednesday 12 <sup>th</sup> May Wednesday 9 <sup>th</sup> June Thursday 15 <sup>th</sup> July	18:00-19:00 10:00-11:00 14:00-15:00 18:00-19:00
Incredible Years 1-3 years old	8 week course	The Incredible Years evidence based parenting programme focuses on strengthening parenting competencies and fostering parent involvement in children's school experiences, to promote children's academic, social and emotional skills and reduce conduct problems. Sessions are aimed at parents/carers with children aged 1-3 years.	Wednesday 28 <sup>th</sup> April Thursday 20 <sup>th</sup> May	19:00-20:30 TBC
Incredible Years 3-8 years old	8 week course	The Incredible Years evidence based parenting programs focus on strengthening parenting competencies and fostering parent involvement in children's school experiences, to promote children's academic, social and emotional skills and reduce conduct problems. Sessions are aimed at parents/carers with children aged 3-8 years.	Tuesday 4 <sup>th</sup> May Thursday 13 <sup>th</sup> May Wednesday 19 <sup>th</sup> May	19:00-20:30 13:00-14:30 10:00-11:30
Nurturing Programme	5 week course	This course is a condensed version of the evidence based Family Links Course. The course is designed to empower parents to build positive relationships, encourage co-operative behaviour and develop resilience, empathy and self-esteem in themselves and in their children.	Tuesday 20 <sup>th</sup> April Thursday 22 <sup>nd</sup> April Wednesday 9 <sup>th</sup> June Wednesday 9 <sup>th</sup> June Monday 14 <sup>th</sup> June	10:30-11:30 13:00-14:00 10:30-11:30 18:00-19:00 13:00-14:00

**Other specialised sessions offered by Early Help:**

The following sessions have slightly different referral pathways, if you are interested in referring families please contact your locality Practice Co-ordinator on the Locality Hub numbers (detailed below) and they will be able to assist you.

<b>Early Help Central</b>	Selby, Hambleton, Richmondshire	01609 534829
<b>Early Help West</b>	Harrogate, Knaresborough, Ripon, Craven	01609 534842
<b>Early Help East</b>	Scarborough, Ryedale, Whitby	01609 534852

<b>Session Name</b>	<b>Length of session</b>	<b>Session Overview</b>	<b>Start Dates</b>	<b>Times</b>
Mums in Mind	Weekly drop-in session	A support group for mums experiencing low mood and post-natal depression. The group provides a safe and supportive environment where mums can come together to share their experiences with others. MIMS is facilitated by the Health Team and Early Help staff who are always on hand to offer support, information, and above all, a listening ear for any worries or concerns. The sessions cover the following topics:- depression/anxiety; coping strategies; attachment; relationships. The sessions incorporate relaxation sessions; music; baby yoga; arts and crafts.	Call for further details	
Small Talk	6 week course	An online course which teaches parents the importance of speech, language and communication for children aged 1 - 2 years old, providing tips and exercises to promote language and communication skills.	Call for further details	
Building Blocks for Language	7 week course	An online course which teaches parents the importance of speech, language and communication for children aged 2 - 3 years old, providing tips and techniques to promote language and communication skills.	Call for further details	
Breastfeeding support	Weekly drop-ins	Virtual support sessions for families to access support, advice and guidance in relation to breastfeeding.	Call for further details	