

What's On



DURING THE COVID-19 PANDEMIC

From December 2020

Our Offer to You

East Riding Children's Centre buildings are open at reduced capacity and we are still here, willing and able to provide you with advice and support from our experienced staff.

In line with the Government guidance we are able to provide limited face to face sessions for families with young children which can be accessed within your local Children Centre.

We have also developed a number of virtual activities for you and your child that we are offering until further notice. Please see overleaf for full details.

To get involved or for further information please contact us via our hubs. At the moment you will need to send us an email or leave a message for us to call you back and we will respond as soon as possible



East Riding Children and Families Hub	Telephone Number	Email Address
Anlaby, Hessle, Brough, Cottingham	01482 391832	AnlabyCCHub@eastriding.gov.uk
Beverley, Beeford	01482 391831	BeverleyCCHub@eastriding.gov.uk
Bridlington Family Centre, Bridlington Butts Close	01482 391830	BridlingtonCCHub@eastriding.gov.uk
Driffield, Market Weighton, Pocklington	01482 391827	DriffieldCCHub@eastriding.gov.uk
Goole – Marshlands, Kingsway, Howden	01482 391828	MarshlandsCCHub@eastriding.gov.uk
Withernsea, Hedon, Hornsea	01482 391829	WithernseaCCHub@eastriding.gov.uk



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SERVICE	DESCRIPTION
Infant Massage	Take some time for you and your baby in our most soothing session. This five-week course for babies aged six weeks to crawling promotes bonding, attachment, relief from colic and constipation and aiding sleep to name a few. The programme is led by one of our experienced family co-ordinators who is trained in Infant Massage. Our experienced staff are also able to provide advice and support if you need it around the early days as a new parent, safer sleep and how you can support your baby's learning and development.
Infant Feeding Support	We are still here to support you with feeding and caring for your baby - our trained staff are available to offer one to one support via telephone or virtual contacts.
Breastfeeding Cafes	Why not join one of our Breastfeeding Cafes? This is an opportunity to meet (virtually in some cases) other breastfeeding mums, share your stories and gain support throughout your breastfeeding journey. Sessions are facilitated by a friendly member of staff who has breastfeeding training. If you would like to join a group or find out more please contact us via one of our hubs and a member of our team will be in touch.
Antenatal Parent Education	Our Family Coordinators are currently offering virtual Antenatal Parent Education to expectant parents who are around 28 weeks pregnant. Find out all about looking after yourself and baby in the early days, as well as receiving advice and guidance on safer sleep, bathing your baby and car seat safety. The Antenatal Education is being delivered either by telephone call or by virtual online classes. If you told your midwife you were happy for us to contact you, and you are under midwifery care at York and Scarborough hospitals and Goole and Scunthorpe, you will automatically receive a call from the Children's Centre, (please contact your midwife for information on the courses they are running). If you're unsure or would like to access the course please contact your nearest Centre. If you are having your baby at Hull Hospital you can book your virtual online classes at www.hey.nhs.uk/maternity/book-antenatal-classes/ or call 07341887617. We will still offer you a telephone Antenatal Parent Education call, if you let us know you were happy to be contacted, if you chose not to, or are not able to, book onto the online classes.
Virtual Family Links	Let's face it, family life can be hard work at times, perhaps even more so during this difficult time. From understanding your child's behaviour, changes in your relationships and even just making sense of what it means to be a parent, our popular Family Links course can help you work it all out! We're currently offering a Virtual Family Links programme which is fully supported by our experienced team and is flexible to fit in with your availability.
Family Support	Sometimes you might welcome a bit of extra support with family life especially during this difficult time. Your local Children's Centre has a team of experienced Family Co-ordinators who can provide information and advice on a one to one basis via phone or virtual contact methods. Please call or email one of hubs where you will receive a warm and friendly welcome and be given the opportunity to talk to one of our staff.
Talk Time	Our Talk Time Course is spread over 6 weeks. The aim of our course is to help children from two years old develop an understanding of language and communication through play and to encourage early communication skills. Every week emails are sent with links to songs, activities and supplementary information which are themed around: developing eye contact, making choices, copying, turn taking, listening together and speech sounds. Top tips are shared that can be done with children in their homes and alongside this we will deliver a home learning resource pack straight to doorsteps. We will keep regular contact and act as mentors throughout the course.
Virtual Bookstart	Virtual Bookstart is spread over 4 weeks. This programme is designed to support early language skills and to encourage the love of books, stories and rhymes in babies and young children. We will share songs, activities and stories via emails, looking at areas themed around: make time for rhyme, sharing stories and books, making stories come alive and fun with mark making. Free Bookstart and resource packs are delivered to homes to encourage sharing of books together and to bring children's creative minds to life in the home learning environment. We make regular contact and guide children and families on their reading journey. Happy reading, singing and rhyming together.
Facebook	Follow us on Facebook for activities, ideas to support your child's development, and updates about your local centre!
Home Learning	Contact us to speak to a Family Coordinator who can give you ideas and support to help you with your child's development through fun play activities at home.
Early Days	Our Early Days session is run over 3 weeks in a COVID safe way in your local centre to offer advice and support in your baby's first weeks. Early Days promotes positive emotional well-being, gives parents a place to talk, listen and share experiences new and old. To find out more information please contact your local Children's Centre.



We are proud that East Riding Children's Centres achieved re-accreditations by Unicef as Baby Friendly Gold in May 2020



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