



Early Help

Sessions for children, young people and families known to C&F Services or supported by key partners

The free sessions below are facilitated by the Early Help Children and Family Support Workers (CFSWs) and have been designed to be versatile and delivered virtually, on a 1:2:1 basis with families, or face to face in a group based situation.

If you are supporting a child, young person or family who would benefit from attending one or more of these sessions, please encourage them to give consent for you to book them on. If you are unable to reach the Booking or Referral Form for that course from the links shown next to it, please contact the area Children & Families Hub using the details below.

EAST	CandFHubScarborough@northyorks.gov.uk	01609 53(4101)
	CandFHubWhitbyRyedale@northyorks.gov.uk	01609 53(4129)
WEST	CandFHubCraven@northyorks.gov.uk	01609 53(3118)
	CandFHubRipon@northyorks.gov.uk	01609 53(3122)
	CandFHubHarrogate@northyorks.gov.uk	01609 53(3127)
	CandFHubKnaresborough@northyorks.gov.uk	01609 53(3176)
CENTRAL	CandFHubHambleton@northyorks.gov.uk	01609 53(2320)
	CandFHubRichmond@northyorks.gov.uk	01609 53(2338)
	CandFHubSelby@northyorks.gov.uk	01609 53(2343)

Family names will be added to a list of interested participants, then the CFSWs who are leading on the course will contact them directly to make arrangements for session delivery. Many sessions are offered virtually and may be a combined cohort from across the County to reduce the barriers for families accessing face to face sessions.

Session Name	Length of session	Session Overview	Start dates & details
0 -5 Sessions			
Antenatal For Parents	Virtual Course	The 'Understanding pregnancy, labour and the birth of your baby' antenatal online course gives practical information about pregnancy and birth, whilst at the same time introducing you to your baby. It explains how and why you are so important to this baby and integrates the traditional information given on an antenatal course with a new approach to starting your relationship with your baby even before baby makes an appearance. Click HERE for the OMG and HERE for the leaflet for families.	www.inourplace.co.uk Access code: NYFAMILIES Register with a North Yorkshire postcode. No booking required, available via the website
Amazing Babies For Parents Virtual/ Countywide	6 week programme	Aimed at parents of birth to one year olds, this course includes information, advice and support on early development including baby's brain, plus the importance of the first 1001 days in their baby's life; responsive parenting and attachments; the importance of play and early communication. It also includes ideas around play and interactions for babies' development plus a special session for parents on well-being and mindfulness. Click HERE for the OMG and HERE for the leaflet for families.	Please complete the EH Booking Form HERE and the Session Leader will contact the family with start dates.



Babbling Babies For Parents Locality/ Face to Face	4 week programme	A course for parents/carers and their babies aged 6 weeks to 6 months, designed to promote speech, language and communication. Parents are given simple ideas on how to sing, read, chat and play with their baby supporting them to create a good home learning environment in which their child can grow and learn. Click HERE for the OMG and HERE for the leaflet for families.	Grow and Learn Registration Form required HERE and the Session Leader will contact the family with start dates.
Small Talk For Parents Locality/ Face to Face	7 week programme	Sessions to help families understand the importance of speech, language and communication for children aged 12 - 24 months old, providing lots of techniques and tips to help encourage language and communication skills. Click HERE for the OMG and HERE for the leaflet for families.	Grow and Learn Registration Form required HERE and the Session Leader will contact the family with start dates.
Building Blocks for Language For Parents Locality/ Face to Face	8 week programme	Sessions to promote the importance of speech, language and communication skills for children aged 2-3 years old, providing lots of tips and techniques to help promote better language and communication skills. Click HERE for the OMG and HERE for the leaflet for families.	Grow and Learn Registration Form required HERE and the Session Leader will contact the family with start dates.
Primary Age Sessions			
Heads Up For Parents & Children Virtual/ Countywide	6 week programme	Heads Up is for children aged 4 - 8 years and delivered over sessions lasting about an hour. Each session focuses on a theme: anxiety, emotions, friendships, self-esteem, anger, safe relationships and being kind. Each week there is a mixture of stories, games and activities to ensure the sessions are interactive. Click HERE for the OMG and HERE for the leaflet for families.	Please complete the EH Booking Form HERE and the Session Leader will contact the family with start dates.
Youth Sessions			
Girls Group For Young People Locality/ Face to Face	6 week programme	The aim of these sessions is to improve emotional and mental health; improve their knowledge of healthy friendships and relationships, plus provide information on sexual health. The course is designed to ensure young people have a better understanding of risk taking activities, substance misuse and an increased knowledge on how to improve their confidence, self-esteem and resilience. Click HERE for the OMG.	Please complete the EH Booking Form HERE and the Session Leader will contact the family with start dates.
Elevate For Young People 10-17 Locality/ Face to Face (East Area only)	12 week programme	A rolling programme for young people who have entered the Criminal Justice System or who are coming to the attention of the Police in the community, due to ASB and negative behaviours. Sessions include Drug Awareness, Knife Crime Awareness, CCE & CSE, Victim Awareness, Employability & Interview Skills, Peer Influences, Assault on Emergency Worker, Internet Safety, plus Managing Emotions. This programme is flexible, allowing someone to be booked onto specific sessions. Click HERE for the OMG.	Please complete the EH Booking Form HERE and the Session Leader will contact the family with start dates.



LGBTQ+ For Young People Locality/ Face to Face	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. These sessions offer information on well-being, identity, sexual health and support from the wider community. Click HERE for the OMG and HERE for the leaflet for families.	Please complete the EH Booking Form HERE and the Session Leader will contact the family with start dates.
Parenting			
Solihull Parenting Programme For Parents and Wider Family Members	Virtual Courses	This is our universal parenting offer to all families. It is an online modular based learning option on subjects including, understanding your baby, understanding your child, understanding your teenager and many more. The courses are free for all North Yorkshire residents including parents, carers, grandparents and other family members. Each course consists of approximately 18 modules, each of which take about 15 minutes to complete. These can be accessed when it suits the family on any device which has access to the internet. Click HERE for the OMG and HERE for the leaflet for families.	www.inourplace.co.uk Access code: NYFAMILIES Register with a North Yorkshire postcode. No booking required, available via the website
Face to Face Parenting Sessions For Parents Locality/ Face to Face	5 week programme	Parenting courses are available to deliver in a group-based situation, or on a one-to-one basis where needs have been identified and the Solihull Parenting Programme would not be appropriate. These courses are structured and last for a minimum of 5 weeks. These sessions are split into three groups 0-4 years, primary and secondary school children. It is important that you are clear which session you would like your family to attend and put this information on the referral form. Click HERE for the OMG and HERE for the leaflet for families.	Please complete the EH Booking Form HERE and the Session Leader will contact the family with start dates.
Sleep Tight Programme For Parents Locality/ Face to Face	5 week programme	An evidence based programme which gives parents and carers strategies to promote good sleep hygiene and improve sleep. Research shows that on average children gain an additional 2.5 hours per night once families have completed this programme. Click HERE for the OMG and HERE for the leaflet for families.	Sleep Tight Referral Form required HERE and the Session Leader will contact the family with start dates.
Caring Dads For Fathers Locality/ Face to Face (East Area only)	17 week programme	Fathers and male carers play a crucial role in a child's development and future. This group-based programme will help fathers and male carers understand their important role within the family. The course aims to help the men improve relationships with their children, increase awareness, rebuild trust, and help plan for a better future. Click HERE for the OMG and HERE for the leaflet for families.	Caring Dads Referral Form required HERE and the Session Leader will contact the family with start dates.