

Edition 92 - Thursday 28 May 2015 **Spotlight on...**

CHILDREN'S CENTRES in East Riding of Yorkshire

Description of service: Children's Centres are a 'one stop shop' to provide opportunities for local families to find support and information.

Group Support for all families with children under 5 years: attend antenatal sessions, healthy child clinics, and share play and learning experiences at children's centre sessions or at outreach venues.

One to one support for families with children 0-8 years and during the ante-natal period: support, information and guidance are available for any family who needs a little extra help with:

- ☛ Healthy lifestyles – advice and information for parents supporting healthier lifestyles for the whole family, including healthy eating, breastfeeding and baby-led weaning
- ☛ Child development and establishing routines – including toilet training, sleep, managing behaviour and language development
- ☛ Home learning opportunities – including Bookstart; supporting early language and communication skills.

Bags of support; information and resources for parents to use focusing on issues impacting on children such as, toilet training, going into hospital, going to the dentist, starting school, arrival of new baby and family separation to name but a few

- ☛ Parenting – 1-1 support / course for supporting parenting skills including support through pregnancy, confidence building and emotional health
- ☛ Daily life – Advice and strategies for parents to develop routines
- ☛ Information on services – including getting out and about in the community and accessing activities
- ☛ Home safety information
- ☛ Budgeting, benefits – including help with form filling, attending appointments plus where to go for more specialist advice
- ☛ Training – in the centre (such as Free Basic First Aid) or signposting to local providers

Additional support from your children's centre, working in partnership with you and your family and other agencies such as:

- ☛ Early years services - To build on strategies settings, childminders and Early Support have put in place to support your child's learning and development
- ☛ School – To build on strategies school have put in place to improve school attendance and behaviour to support your child's learning and development
- ☛ Health – To build on strategies from your health visitor, GP or other

health professional to address your child's health needs

• Housing - To offer information and advice on where to seek further help

• Help to access childcare – To support your family in accessing childcare, and 2, 3 and 4 year funded places in partnership with FISH (Families Information Service Hub)

Referrals to specialist services including:

• Domestic Abuse – To support you with keeping your child safe

• Alcohol and drug misuse – To support you with keeping your child safe

• Mental health issues - Supporting the impact of mental health issues have on your child

What happens next? If you feel your family would benefit from any of the above, please drop in or phone your local children's centre. Any professionals working with a family please complete a request for service form available at all children's centres.

Sensory Environments – provide interactive experiences between adults and children, removing distractions from the outside world, designed to be calming for babies, young children and children with additional needs who are exploring the world around them using their senses.

How much does it cost? Free Service

Who do I contact? In the East Riding of Yorkshire there are 18 Children's Centres all offering support and different activities. All Children's Centres are listed on the FISH Website www.fish.eastriding.gov.uk under the relevant area. To find out more please contact your local children's centre and speak to a member of the team.

FISH update

Don't forget FISH also hold information about universal services (those services/activities that everyone can use) such as children centres, sports activities, libraries and leisure centres etc. You can find this information on our website so please click [here](#) to see what is available or alternatively please call FISH on (01482) 396469.

Humber Help - a website tackling homelessness in Hull and the East Riding - Please see information on the new Humber Help website – www.humberhelp.co.uk a website tackling issues of homelessness across Hull and East Riding. Please see below a short 'press release' concerning the website.

A new website aims to help co-ordinate information-sharing between all those

whose lives are affected by the chaos of homelessness and the wide variety of local organisations that provide services of support to those in need. The www.humberhelp.co.uk website - supported by Hull City Council, East Riding of Yorkshire Council, and East Riding Voluntary Action Services - will improve the communication of homelessness services and issues on three levels:

- making those caught in homelessness more aware of the services and support available to them, providing daily information of help that is immediately available.
- helping organisations, also, to have a greater understanding of the variety and extent of services available to the people they're supporting, enabling them to direct clients to additional support, and encouraging partnership-working to the benefit of all.
- helping the public to have a deeper understanding of all issues around homelessness, providing opportunities for volunteering, and encouraging development of more informed responses to the issues.

All organisations and individuals that provide a service to those experiencing homelessness - and its related issues - can register the details of their project on the website. Additionally, the editor will help to publish sector news, and stories, submitted to the site.

East Riding Voices in Partnership (ERVIP)

ERVIP Coffee Mornings - Come along to an ERVIP coffee morning. There is no need to book. We welcome all parent carers of children with special educational needs and disabilities. Guest speakers have been arranged in order to offer lots of information and a chance to chat and enjoy a coffee.

Rosie Ireson from East Riding Voluntary Action Services (ERVAS) will come along as our guest speaker on Tuesday 2 June. ERVAS is a local development agency that supports the voluntary sector and community in the East Riding of Yorkshire.

Date: Tuesday 2 June 2015

Time: 09.30-11.30am

Cost: Free

Venue: Lobster Pot (Marstons), 184 Kingsgate, Bridlington YO15 3NG

Contact: Ally Coupland on: Mobile: 07813676941 email:

allyervip@hotmail.com

Or email: sjwervip@hotmail.co.uk

Sara Ness will be our guest speaker at this session. Sara is the Designated Clinical Officer (DCO), and supports the Clinical Commissioning Group (CCG) in meeting its statutory responsibilities for children and young people with SEN and disabilities.

Date: Tuesday 23 June 2015

Time: 09.30-11.30am

Cost: Free

Venue: The Red Hawk Pub, Welton Road, Brough HU15 1AF

Contact: Ally Coupland on: Mobile: 07813676941 email:

allyervip@hotmail.com

Or email: sjwervip@hotmail.co.uk

Transport: Should any parents or carers wishing to attend have transport issues please get in touch and we will see what arrangements could be made or whether an event could be hosted in your area.

Beverley

The East Riding Carers Support Service Annual Carers Conference

For carers of people over 18 years of age and who are registered with the East Riding Carers Support Service. The morning is dedicated to information sessions and during the afternoon, the carers will be able to relax and enjoy the complimentary therapies and also browse information stands.

Dates: Thursday 11 June 2015

Times: 9.45am – 3.30pm

Cost: Free

Venue: Tickton Grange Hotel, Main Street, Tickton, Beverley HU17 9SH

Contact: To book your place, call Carers Support on freephone 0800 917 6844

Bridlington and Driffield

Your FISH Locality Information Officer (LIO) is Sam Spence and you can contact her on (01482) 396469.

Bridlington Autism Support Group – A friendly and relaxing environment for parents whose children have autism to come together to chat and support each other. The group runs every Monday (during school term time only). On **Monday 8 June 2015** Louise Windsor from the FISH team will attend to explain how she can support parents with ensuring that schools are meeting the special educational needs of their children and young people.

Date: Every Monday during term-time

Venue: Christ Church Key Centre, Family Room, 2 Quay Road, Bridlington YO15 2AP

Costs: Free

Time: 10.00 am till 12.00noon

Contact: Contact John Dixon for further information on (01262) 404100/ (01262) 404105 or email jdixon@christchurchbridlington.co.uk

Bridlington ADHD Support Group- Are you a parent/carer of a child with ADHD? Come along to a friendly parent-led group to share your ideas and experiences. On **Wednesday 3 June 2015** Sam Spence from the FISH Team will come along to answer your questions and provide information on a

variety of topics including: care and support, leisure activities and money matters.

Dates: Wednesday 3 June 2015

Times: 10.00 - 11.30am

Cost: FREE

Venue: Bridlington Children's Centre, Butts Close, Bridlington

Contact: Emma Telephone: 07851 343585 Email: brid.adhd@yahoo.co.uk

Driffield parent carer support group – Are you a parent carer of a child with additional needs aged 0 – 19 years? Come along to our friendly parent led group, to share ideas and experiences with others.

Dates: Thursday 11 June 2015

Times: 11am – 12.30pm

Cost: Free - no need to book, just turn up on the day

Venue: Driffield Children's Centre, Becksides, Driffield YO25 6QN

Contact: Driffield Children's Centre on (01377) 240782

TEMPO – Do you have a child with ME/Chronic Fatigue Syndrome or work with a young person with ME/Chronic Fatigue Syndrome and would like to know more? Come along to speak to other parents and young people with ME.

Dates: Monday 29 June 2015

Times: 10.00am till 12 noon

Cost: Free

Venue: The Access Centre Exchange Street, Driffield, YO25 6LL.

Contact: TEMPO on 07973 617621 or email stuartjktaylor@btinternet.com

The Den – Performance – Come along to be in the audience of a show performed by the children and young people from The Den, Bridlington. There are around 24 members in the group, with various disabilities/abilities with the age range of six years to 17 years old. We want to ensure a really supportive environment and an excellent experience for them on a big stage for the first time. The show is based upon the members' ideas and characters etc. We have devised a script with them for the first half which is based on Scooby Doo Mystery and the second half of the show has been put together entirely by the members. Please come along and show your support.

Dates: Tuesday 16 June 2015

Times: Arrive 7pm for show start at 7.30pm. Approx finish time: 9.20pm

Cost: All tickets are £5 but we are happy to look at family discounts etc and carers go free.

Venue: The Spa Bridlington, South Marine Drive, Bridlington, YO15 3JH

Contact: To purchase tickets email on: thedenbridlington@yahoo.co.uk or telephone: 07521 364107

All tickets need to be bought/ booked in advance as there won't be any

available on the door.

Sensory Needs Seminar - a one-day seminar from the NAS Autism Seminars for Families series which provides information and advice to parents and carers of children and young people with autism. The seminar helps families to:

- ℞• consider the different sensory systems and how they work together
- ℞• examine how sensory information may be processed differently
- ℞• discuss how children with autism may have different sensory experiences
- ℞• share strategies and approaches to help with sensory needs

Dates: Thursday 2 July 2015

Times: 10am to 2.30pm - please bring a packed lunch for the mid-day break

Cost: Free

Venue: Hilderthorpe Children's Centre, Hilderthorpe Primary School, Shaftsbury Road, Bridlington, YO15 3PP

Contact: For further details and to book a place on a seminar, please contact Sally-Ann Pindar on (01482) 392254 or email sally.pindar@eastriding.gov.uk

Haltemprice

FiND Family Support - At our next meeting we are happy to have as our guest, Liane Kirk of Futures+. Liane will be talking with us about some of the options available for our family members as they move into adulthood and beyond; thinking about issues around continued provision of care services, learning, and potential employment opportunities as well as housing options.

Dates: Tuesday 2 June 2015

Times: 7.30pm onwards

Venue: FiND3, Annexe, Miriam House, The Hourne, Hessle HU13 9LR

Contact: Sally - Email: thestoakes@thestoakes.karoo.co.uk

Text: 07530 903229

Visit: www.findcharity.org.uk www.matthewshub.org

Anlaby Children's Centre - Come and Play

Dates: Friday 29 May 2015

Times: 9.30 – 10.30am

Cost: Free

Venue: Anlaby Children's Centre, First Lane, Anlaby HU10 6UE

Contact: Anlaby Children's Centre – (01482) 565560

Anlaby Children's Centre - Babies Playing

Dates: Friday 29 May

Times: 1.30 – 2.30pm

Cost: Free

Venue: St Andrews Memorial Hall, Kirkella, Beverley Road, Anlaby HU10 7QA

Contact: No Booking Required

Brough Children's Centre - Let's Get Physical - This exciting new session offers a safe, friendly environment for children and parent/carers to get moving together and make new friends. It will help to develop your child's physical, communication and language development, whilst having fun at the same time. All children from 0 - 5 years and their siblings are welcome.

Dates: Every Friday morning starting 29 May 2015

Times: 9.15 - 10.30am

Cost: Free

Venue: Come and join us to at South Cave Leisure Centre, Church Street, South Cave, Brough HU15 2EP

Contact: Brough Children's Centre (01482) 669474

Holderness

Sensory Needs Seminar - a one-day seminar from the NAS Autism Seminars **for** Families series which provides information and advice to parents and carers of children and young people with autism. The seminar helps families to:

- consider the different sensory systems and how they work together
- examine how sensory information may be processed differently
- discuss how children with autism may have different sensory experiences
- share strategies and approaches to help with sensory needs.

Dates: Thursday 25 June 2015

Times: 10am to 2.30pm - please bring a packed lunch for the mid-day break.

Cost: Free

Venue: Hornsea Children's Centre, Hornsea School, Eastgate, Hornsea HU18 1DW

Contact: For further details and to book a place on a seminar, please contact Sally-Ann Pindar on (01482) 392254 or email sally.pindar@eastriding.gov.uk

Invitation to Sproatley Juniors Annual Tournament - For the first time Sproatley Juniors have included a disability section as part of their annual summer tournament. The tournament is open to all Under 16 teams and will compete over a 6 a side format.

Dates: Saturday 6 June and Sunday 7 June 2015

Venue: Sproatley Playing Fields

Contact: For more information please contact Chris Turner on 07782 171606

E-mail: christurner1973@gmail.com

Goole

Sensory Needs Seminar - a one-day seminar from the **NAS Autism Seminars for Families series** which provides information and advice to parents and carers of children and young people with autism. The seminar helps families to:

- ℞• consider the different sensory systems and how they work together
- ℞• examine how sensory information may be processed differently
- ℞• discuss how children with autism may have different sensory experiences
- ℞• share strategies and approaches to help with sensory needs.

Dates: Wednesday 8 July 2015

Times: 10am to 2.30pm - please bring a packed lunch for the mid-day break.

Cost: Free

Venue: Marshlands Children's Centre, Marshlands Primary School, Hall Road, Old Goole DN14 5UE

Contact: For further details and to book a place on a seminar, please contact Sally-Ann Pindar on (01482) 392254 or email sally.pindar@eastriding.gov.uk

Castaway Goole Music Theatre Â– Open Evening (Reg Charity 1129614)

- works with adults and young people aged eight and upwards who have a learning and/ or physical disability, autistic spectrum condition or mental health difficulty. We offer a full range of performing arts, media and volunteer opportunities. We realise that parents / carers are not aware of what Castaway offers Â– we have youth groups and can also help with transition and life after school / college. Programmes are matched to the individual and payments to the charity are also negotiated on that basis. We would like to invite prospective members and their carers to an Open Evening where you can find out about the different sessions that we offer, ask questions, meet members and see if there is anything you might like to try.

Dates: Wednesday 3 June 2015

Times: 7 Â– 9pm

Cost: Free

Venue: Estcourt St, Goole DN14 5AS (disabled and free parking available)

Contact: Please do not hesitate to ring Castaway (01405) 761423 or email info@castaway-goole.co.uk if you need any further information

Castaway Goole Music Theatre Open Week Â– We will be having an open week where you can sit in at sessions and see the things that we do.

Dates: Saturday 6 June to Saturday 13 June 2015

Venue: Estcourt St, Goole, DN14 5AS (disabled and free parking available)

Contact: Please do not hesitate to ring Castaway (01405) 761423 or e mail info@castaway-goole.co.uk if you need any further information

Run Ahead - Activity and support group for families with children with additional needs. Meet other families, make friends and have fun. The group has exclusive use of Fun Run soft play centre for the session so families can relax and have fun. You can also enjoy a meal at the café which serves a variety of hot and cold meals, snacks and drinks. Siblings are welcome.

Dates: Tuesday 16 June 2015

Times: 4.00 - 6.30pm

Cost: £2.50 per child

Venue: Fun Run, Unit 4, Rawcliffe Road, Goole DN14 6TY (next to B&Q turn right on the entrance road to park outside Fun Run)

Contact: Sharon Kitteridge on 07795 054340 or sharonk@btinternet.com

Wolds and Dale

The Monday Group – A group for parent carers of children and young people (aged 0-19 years) with additional needs. Come along, have a chat and air your views on services for children (up to age 19) with additional needs.

Dates: Monday 15 June 2015

Times: 9:30 - 11:00am

Cost: Free

Venue: Pocklington Children's Centre, Woldgate College, 92 Kilnwick Road, Pocklington YO42 2LL

Contact: Hayley Kilkenny (Community Nursery Nurse) on (01759) 307154 or 07920 531302

Market Weighton Autism Parent Carer Support Group - Are you a parent carer of a child with Autism in the Pocklington/Market Weighton area? Come along to our friendly evening group for a cuppa and a chat with other parents. Your child does not need a diagnosis for you to attend.

Dates: Monday 15 June 2015

Times: 6.30 – 8.00pm

Cost: Free

Venue: Market Weighton Children's Centre, Princess Road, Market Weighton YO43 3BY

Contact: 07952 269817 or email on: mwareaautismsg@gmail.com

Market Weighton daytime Autism Parent Carer Support Group - The Market Weighton Autism Parent Carer Support Group are now running a regular daytime support group to accommodate for those parents who are unable to attend the support group which runs on the evening of the third Monday of each month. If you are a parent carer of a child with Autism in the Pocklington/Market Weighton area come along for a cuppa and a chat with other parents. Your child does not need a diagnosis for you to attend.

Date: Friday 5 June 2015

Times: 9.00am till 12.00 noon

Cost: Free

Venue: Market Weighton Children's Centre, Princess Road, Market Weighton YO43 3BY

Contact: 07952 269817 or email mwareaautismsg@gmail.com

IMPs (Inclusive Music Projects) - Do you want to learn to sing and sign and write your own music? With 30 years of experience of inclusive music making in Yorkshire, Accessible Arts and Media has the answer. IMPs is a fantastic musical opportunity for young people. Unlike a traditional music project, IMPs is fully accessible and inclusive, welcoming both disabled and non-disabled young people alike.

Age: Young people aged between ten and 18 years

Dates: Monday evenings (during term-time)

Times: from 6.00 - 7.15pm

Cost: Â£4 per week (some subsidies available please ask)

Venue: Woldgate College, Kilnwick Road, Pocklington YO42 2LL

Contact: call (01904) 626965, email imps@aamedia.org.uk or visit www.aamedia.org.uk

East Riding wide and Hull/York catchment

Together Group - Picnic at East Park - For all families who have a child or children with hearing loss and their siblings. Run by families. Sessions at the centre are suitable for 0-10 years.

Dates: next group is Saturday 20 June 2015

Cost: Free

Venue: East Park

Contact: For more information please contact Natalie Battle on 07723928536 or Sarah Jackson on 07876781629

The Big Gig - The Red Learning Disability Friendly Festival - Come and join Hull's biggest inclusive party! This invitation is for every lover of music, dancing, fun and merriment! Music on two stages, a BBQ, a wide range of food stalls and activities including: cheerleading, graffiti art, break dancing and street dancing, craft activities, a sensory area and much more! For all ages and abilities. Extra disabled toilets on site and a changing place facility.

Date: Saturday 11 July 2015

Time: 12 noon - 11pm

Cost: Adults - Â£6 advance/Â£7 on the door

Under 18s - Â£4 advance/Â£5 on the door

Under 10s - Free

Venue: Hull University Union

Contact: www.hullboxoffice.co.uk/ (01482) 221113

Play Action – BIG Lunch event

Dates: Saturday 6 June 2015 and Sunday 7 June 2015

Times: 10am – 4pm

Cost: Free

Venue: Princes Quay, Lower Deck, Hull, HU9 2AA

Contact : All welcome

Echoes Foundation Sensory Room – A state of the art sensory room great for disabled children which provides a stimulating and relaxing environment.

Dates: Monday - Saturday

Times: 1 hour sessions between 10:00am – 17:00pm

Cost: Free (donations always appreciated)

Venue: Echoes Foundation, Centre 88, Saner Street, Hull HU3 2TR

Contact: For more details or to book the room please ring Daniel (01482) 310410

Echoes Foundation 5-a-side Football Tournament – Charity fund raiser football tournament for business or groups of friends.

Dates: Saturday 6 June 2015

Times: 11:30am – 4:00pm

Cost: £10 per player

Venue: Soccer Sensations, Poorhouse Lane, Hull HU9 5DF

Contact: For more details or to book places please ring Dan on (01482) 310410

ERVAS (East Riding Voluntary Action Services) - Youth Social Action

Partners. Do you need help improving your community or service? Would you like young people to help? If the answer is yes, then why not come along to the Youth Social Action Partners Event. East Riding Voluntary Action Services (ERVAS) has recently been appointed as a Local Delivery Provider for National Citizen Service (NCS) within the East Riding, where young people (16 and 17 year old) will take part in a social action project to benefit their local community. So, if you have an idea for a project that needs some volunteers, then this is your chance to see what our NCS young people can do for you. We are looking for opportunities such as: tidying up wasteland, painting community halls, creating play areas or raising awareness of social issues, indeed anything you think will benefit others and we hope you can come along and talk to us about any ideas you may have. All tasks will be risk assessed and supervised by ERVAS staff.

Dates: Wednesday 10 June 2015

Times: 1 – 3.30pm (Refreshments will be provided on arrival)

Venue: The Lawns Centre, Cottingham

Cost: Free

Contact: If you would like to come along, please Email: colette@ervas.org.uk

National News

Echoes Disability Rocks Trip – Trip to all-inclusive music and arts festival

– coach transport provided free of charge

Dates: Saturday 30 May 2015

Times: 09.00am – 18.00pm

Cost: £10 per ticket, carers and under 5s Free

Venue: Nell Bank, Illkley, West Yorkshire LS29 0DE

Contact: Dan on (01482) 310410 for more info/to book places

Please note inclusion of services and sessions is not an endorsement or recommendation.

The next bulletin will be on Thursday 11 June 2015

If you would like to submit information, news or events for inclusion in future FISH bulletins please email us at fish@eastriding.gov.uk (please note submission does not guarantee inclusion)

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