



Early Help

Working Together to Support Children

Virtual Offer



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 |
|--|--|--|
| C&FHubscarborough@northyorks.gov.uk 01609 534101 | C&FHubCraven@northyorks.gov.uk 01609 533118 | C&FHubHambleton@northyorks.gov.uk 01609 532320 |
| C&FHubWhitbyRyedale@northyorks.gov.uk 01609 534129 | C&FHubHarrogate@northyorks.gov.uk 01609 533127 | C&FHubSelby@northyorks.gov.uk 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 |
|-----------------------------|-------------------|--|
| 0 -5 Sessions | | |
| Ante-natal Session | One off session | A one-hour session covering baby brain development, early communication, things to do with your newborn and places to go and things to do to support you and your new baby. A great opportunity to 'meet' other expectant parents to develop a peer network to support mental health and reduce isolation. |
| Amazing Babies | 5 week programme | A 5-week program 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 wellbeing and mindfulness. |
| 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. |
| Primary Age Sessions | | |
| 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. |
| Heads Up | 6 week programme | Heads Up is for children aged 4 – 7 and is run over 6 sessions, which can be delivered on a flexible basis, e.g. twice a week or weekly. Sessions will last between 30 – 45 minutes. 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. |



| Session Name | Length of session | Session Overview |
|---|-------------------------|---|
| Youth Sessions | | |
| 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 session offers information on wellbeing, 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! |
| 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. |
| Switch | 6 week programme | The Switch programme for the 11+ 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 6 sessions. The content includes interactive activities, fun ice breakers and games which means 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. |
| 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. |
| 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. |
| Helping Teenagers with Emotional Well-being | One off session | 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 sessions last 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. |
| Risk Taking Behaviour | 2 one hour sessions | 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. |
| Managing Challenging Behaviour in Teenagers | 2 one hour sessions | 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 and develop stronger relationships whilst providing de-escalation strategies. |
| It Takes Two – Parental Conflict | 2 one hour sessions | 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. |
| Incredible Years | 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 academic, social and emotional skills and reduce conduct problems. Sessions are aimed at children aged either 1-3 or 3-8 years. |
| Strengthening Families | 7 sessions | Strengthening Families is a parenting and family strengthening programme for families with children aged between 10 and 14. The programme consists of weekly sessions for families to learn how communicate effectively as well as specific skills such as parental limit setting and child resistance to peer pressure. |
| Family Links | 4 – 6 week course | A course for parents designed to empower them to build positive relationships, encourage co-operative behaviour and develop resilience, empathy and self-esteem in themselves and their children. |



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.

| | | |
|---------------------------|--|---------------------|
| Early Help Central | Selby, Hambleton, Richmondshire | 01609 534829 |
| Early Help West | Harrogate, Knaresborough, Ripon, Craven | 01609 534842 |
| Early Help East | Scarborough, Ryedale, Whitby | 01609 534852 |

| Session Name | Length of session | Session Overview |
|------------------------------|------------------------|--|
| 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 craft. |
| Small Talk | 6 week course | An online course which teaches parents the importance of speech language and communication for children aged 1- 2 years providing tips and exercises to promote language and communication skills. |
| 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 providing tips and techniques to promote language and communication skills. |
| Breastfeeding Support | Weekly drop-ins | Virtual sessions for families to access support, advice and guidance in relation to breastfeeding . |
| Creating Confidence | 6 week course | 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. |